

SHARP[®]

MICROWAVE OVEN

微波爐



R-25C1 (S)
R-25C1 (W)

OPERATION MANUAL AND RECIPES

使用說明書及食譜



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WARNING

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

1. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
 - d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
 - e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power plug, or shut off power at the fuse or circuit breaker panel.
 - f. After use, wipe the waveguide cover with a damp cloth, followed by a dry cloth to remove any food splashes and grease. Built-up grease may overheat and begin to cause smoke or catch fire.
2. To reduce the risk of an explosion or delayed eruptive boiling when handling the container.

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

Additionally:

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

It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Do not try to adjust or repair 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. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.
6. Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
 - (1) Door (warped) (2) Hinges and Latches (broken or loosened) (3) Door Seals Sealing Surfaces and oven cavity (buckled or deformed) (4) Burn marks on the door seal faces.
7. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the safety door latches.
8. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
9. Never tamper with or deactivate the door safety latches.
10. 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.
11. Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard.
12. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
13. 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.
14. 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.
15. To prevent the turntable from breaking:
 - a. Before cleaning the turntable with water, leave the turntable to cool.
 - b. Do not place anything hot on a cold turntable.
 - c. Do not place anything cold on a hot turntable.
16. Do not place anything on the outer cabinet.
17. Do not store food or any other items inside the oven.
18. Make sure the utensil does not touch the interior walls during cooking.
19. 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.
20. 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.
21. Children should be supervised to ensure that they do not play with the appliance.
22. This appliance is intended to be used in household and similar applications such as:
 - a. staff kitchen areas in shops, offices and other working environments;
 - b. farm houses;
 - c. by clients in hotels, motels and other residential environments;
 - d. bed and breakfast type environments.
23. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

SPECIAL NOTES AND WARNING

	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 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 teat 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 food. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	<ul style="list-style-type: none"> * For boiling or cooking liquids see WARNING on page E-1 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 while 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 rack or plate to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable 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, therefore reduce foil and keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls as sparking can damage the oven.
Browning dish	<ul style="list-style-type: none"> * Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish. 	<ul style="list-style-type: none"> * Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and / or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity and the feature sticker from the oven door panel (if available). Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by the SHARP SERVICE CENTRE and repaired, if necessary.
2. Accessories provided
 - 1) Turntable
 - 2) Roller Stay
 - 3) Operation Manual (with Cookbook Section)
3. Place the roller stay in the coupling on the oven floor, then place the turntable on to the roller stay, ensuring it is located firmly. Refer to OVEN DIAGRAM below. NEVER operate the oven without the roller stay and turntable.
4. This oven is designed to be used on a countertop only. It should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit.
The oven should be installed so as not to block ventilation openings.
Allow space of at least 15 cm from top of the oven for air ventilation.
This oven is not designed to be built-in to a wall or cabinet.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
The A.C. voltage and frequency must correspond to the one indicated on the rating label on the back of the oven.
6. This appliance must be earthed:

IMPORTANT

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

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

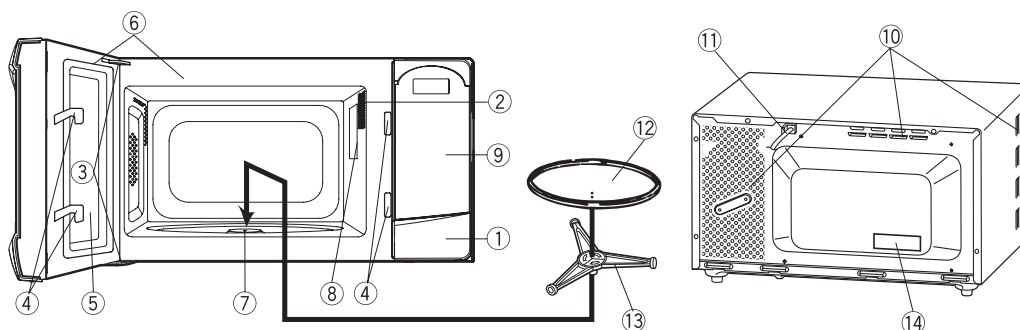
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \equiv 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. Door opening button | 8. Waveguide cover (Do not remove) |
| 2. Oven lamp | 9. Control panel (see page E-4) |
| 3. Door hinges | 10. Ventilation openings |
| 4. Door safety latches | 11. Power supply cord |
| 5. See through door | 12. Turntable |
| 6. Door seals and sealing surfaces | 13. Roller stay |
| 7. Coupling | 14. Rating label |

OPERATION OF TOUCH CONTROL PANEL

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

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

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

Control Panel Display



Touch Control Panel Layout

R-25C1

— INSTANT ACTION REHEAT / 即刻預熱 —

NUMBER PADS
Press to enter cooking time, clock time, weight of food.

POWER LEVEL PAD
Press to select microwave power setting. If not pressed, 100% is automatically selected. Press to alter the cooking result for automatic operations.

STOP/CLEAR PAD
Press to clear during programming. Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

EXPRESS DEFROST PAD
Press to select the Express Defrost menu.

INSTANT ACTION PADS
Press to cook or reheat 5 popular menus.

TIMER/CLOCK PAD
Press to set clock, timer, child lock or demonstration mode.

INSTANT COOK/START PAD
Press once to cook for 1 minute at 100% or increase by 1 minute multiples each time this pad is pressed during cooking. Press to start oven after setting programmes.

EASY DEFROST PAD
Press to select the Easy Defrost menu.

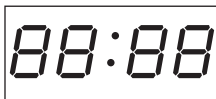

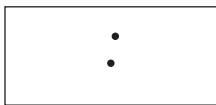
Instant Action Cooking / 即刻烹調

- 1. Fish Fillets 魚片
- 2. Chicken Fillets 雞肉片
- 3. Sausages / Minced Meat 香腸 / 肉末

- 1. Steak / Chops 牛排 / 豬排
- 2. Roast Meat 烤肉
- 3. Poultry 家禽
- 4. Chicken Pieces 雞肉塊


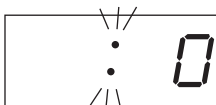
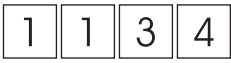
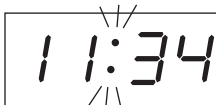

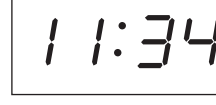
BEFORE OPERATING


Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point. Ensure the door is closed.		 Flashing four eights.
2	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

Clock Setting

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

Step	Procedure	Pad Order	Display
1	Press the TIMER/CLOCK pad.		 The dots (:) will flash on and off.
2	Enter the correct time of day by pressing the numbers in sequence.		
3	Press the TIMER/CLOCK pad again.		

This is a 12 hour clock. If you attempt to enter an incorrect clock time (eg. 13:45),  will appear in the display.

Press the STOP/CLEAR pad and re-enter the time of day (Ex. 1:45).

If you wish to know the time of day during the cooking mode, press the TIMER/CLOCK pad. As long as your finger is pressing the TIMER/CLOCK pad, the time of day will be displayed.

Stop/Clear

Press the STOP/CLEAR pad once to:

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

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MICROWAVE COOKING TECHNIQUES

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

MANUAL OPERATIONS

Microwave Time Cooking

When cook under microwave manually, first enter the cooking time, then the power level.

You can programme up to 99 minutes, 99 seconds.

There are 5 different power levels.

Power level	10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Display	10P	30P	50P	70P	100P
Examples	Keeping food warm	Defrost, Softening butter	Delicate Food such as Eggs or Seafood		Raw meat, Vegetables, Rice or Pasta

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

If a power level is not selected, then 100% (HIGH POWER) is automatically used.

* Suppose you want to cook vegetables for 2 minutes 30 seconds on 100% (HIGH POWER).

Step	Procedure	Pad Order	Display
1	Enter the desired cooking time.	2 3 0	2.30
2	Press the INSTANT COOK/START pad.	INSTANT COOK/START 即時烹調 / 開始	2.30 COOK The timer begins to count down.

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

* Suppose you want to cook Fish Fillets for 10 minutes on 50% (MEDIUM POWER).

Step	Procedure	Pad Order	Display
1	Enter the desired cooking time.	1 0 0 0	10.00
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	Power Level 微波強度	50P
3	Press the INSTANT COOK/START pad.	INSTANT COOK/START 即時烹調 / 開始	10.00 COOK The timer begins to count down.

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

If you wish to know the power level during cooking, press the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.

If more than 20 minutes on 100% power is entered, the microwave power will be reduced after 20 minutes to avoid overheating.

Sequence Cooking

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

* Suppose you want to cook for 10 minutes on 50% (MEDIUM POWER) followed by 5 minutes on 100% (HIGH POWER).

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

Instant Cook

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

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. (Within 3 minutes of closing the door.)		










Press the INSTANT COOK/START pad until the desired time is displayed.

Each time the pad is pressed during manual cooking, the cooking time is increased by 1 minute.

Increasing Time During a Cooking Programme

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

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

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).		
3	Press the INSTANT COOK/START pad.		 The timer starts to count down. 
4	Press the INSTANT COOK/START pad twice to increase the cooking time by two minutes.	 x2	

AUTOMATIC OPERATIONS




Notes for Automatic Operations

- When using the automatic features, carefully follow the details provided in each MENU GUIDE to achieve the best result.
If the details are not followed carefully, the food may be overcooked or undercooked or **Err** may be displayed.
- Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually.
- To change the final cooking or defrosting result from the standard setting, press the POWER LEVEL pad once (for more) or twice (for less) after selecting desired setting. Refer to page E-17.
- The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
- To avoid children's misuse, each INSTANT ACTION pad can be used only within 3 minutes of a preceding operation.
- To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.
- Err** will be displayed if:
more or less than weight of foods suggested in EASY DEFROST MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed.
To clear, press the STOP/CLEAR pad and reprogramme.
- When entering the weight of the food, round off the weight to the nearest 0.1 kg(100 g). For example, 1.35 kg would become 1.4 kg.


Instant Action

The Instant Action allows you to cook or reheat several popular foods.
Follow the details provided in INSTANT ACTION MENU GUIDE on page E-11.

* Suppose you want to cook Instant Noodle.

Step	Procedure	Pad Order	Display
1	Press the Instant Noodle pad.		 <p>↓</p> <p>After about 2 sec.</p>  <p>The cooking time will begin counting down. When it reaches zero, the oven will "beep". Err will appear in the display.</p>

Instant Action Menu Guide

Menu	Quantity (Unit per pressing each INSTANT ACTION pad)	Initial Temperature (approx.) 	Procedure	⌚ Standing Time (minutes)									
Dinner Plate <table border="1" data-bbox="207 478 582 615"> <thead> <tr> <th>MEAT</th> <th>POTATO</th> <th>VEGETABLES</th> </tr> </thead> <tbody> <tr> <td>175-180 g</td> <td>125 g</td> <td>100 g</td> </tr> <tr> <td>Beef, Lamb Chicken, T-Bone</td> <td>sliced</td> <td>2 varieties eg. sliced Carrot Zucchini, Broccoli</td> </tr> </tbody> </table>	MEAT	POTATO	VEGETABLES	175-180 g	125 g	100 g	Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot Zucchini, Broccoli	1 serve (approx. 400g)	+ 3°C Refrigerated	<ul style="list-style-type: none"> Cover with plastic wrap. After cooking, stand covered. 	2
MEAT	POTATO	VEGETABLES											
175-180 g	125 g	100 g											
Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot Zucchini, Broccoli											
Beverage includes: Tea Coffee Water	1 – 4 cups (1 cup, 250 ml)	+ 20°C Room temperature	<ul style="list-style-type: none"> No cover. Place on the outside of turntable. After reheating, stir. 	–									
Rice (Ready to serve rice)	1 cup (approx. 175 g)	+ 20°C Room temperature	<ul style="list-style-type: none"> Open the lid up slightly. Place on the center of turntable. Ready to serve after cooking 	–									
Omelet	2 cup (approx. 110 g)	+ 20°C Room temperature	<ul style="list-style-type: none"> Crack eggs into a bowl. Beat the eggs until the yolks and whites are completely mixed. At this stage you can add seasoning to the eggs as well Pour oil onto the dish. Add egg mixture to the plate. Cook uncovered When oven has stopped, you can serve. 	–									
Instant Noodle	1 pieces (approx. 50-90 g)	+ 20°C Room temperature	<ul style="list-style-type: none"> Put the instant noodle and add water in the bowl Follow the package instruction for water amount. You can put seasoning and ingredients like vegetables together. Place the bowl on turntable. Cook uncovered. When oven has stopped, you can serve. 	–									








Express Defrost

1. Fish Fillets
2. Chicken Fillets
3. Sausages / Minced Meat






EXPRESS DEFROST rapidly defrosts 0.5 kg specific foods. Follow the details provided in EXPRESS DEFROST MENU GUIDE on page E-13.

- Suppose you want to defrost 0.5 kg of Chicken Fillets.

Step	Procedure	Pad Order	Display
1	Press the EXPRESS DEFROST pad until the desired menu number is displayed (for Chicken Fillets press twice).	 x2	
2	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and CHECK will flash on and off.
3	Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.		 CHECK will be flashing.
4	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When it reaches zero, the oven will "beep". <u>End</u> will appear in the display.

Express Defrost Menu Guide

No.	Menu	Quantity (kg's)	Procedure	⌚ Standing Time (minutes)
1	Fish Fillets 	0.5	<ul style="list-style-type: none"> Place fish fillets on the defrost rack. The oven will "beep" and stop, CHECK will flash on and off. Turn over and separate into pieces. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. 	5
2	Chicken Fillets 	0.5	<ul style="list-style-type: none"> Place chicken fillets on the defrost rack. The oven will "beep" and stop, CHECK will flash on and off. Break apart and turn over. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. 	5
3	Sausages / Minced Meat 	0.5	<ul style="list-style-type: none"> Place sausages / minced meat on the defrost rack. The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted portions, turn over and shield edges with foil strips. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. 	5

NOTE: When freezing minced meat, shape it into flat even sizes.
For fish fillets, chicken fillets and sausages, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.


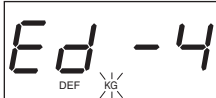







Easy Defrost

1. Steak / Lamb Chops
2. Roast Meat
3. Poultry
4. Chicken Pieces



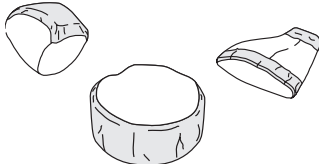

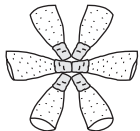


EASY DEFROST will automatically compute the microwave power and defrosting time. Follow the details provided in EASY DEFROST MENU GUIDE on page E-15.

- Suppose you want to defrost 1.0 kg of Chicken Pieces.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad until the desired menu number is displayed (for Chicken Pieces press four times).	 x4	 KG will flash on and off.
2	Press the number pads to enter weight.		 KG stops flashing and remains on display.
3	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and CHECK will flash on and off.
4	Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.		 CHECK will be flashing.
5	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When it reaches zero, the oven will "beep".

Easy Defrost Menu Guide

No.	Menu	Quantity min-max (kg's)	Procedure	⌚ Standing Time (minutes)
1	Steaks Lamb Chops 	0.1 - 1.5	<ul style="list-style-type: none"> Shield thin end of chops or steaks with foil. Position the food with thinner parts in the centre in a single layer on the defrost rack. If pieces are stuck together, try to separate as soon as possible. The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted pieces, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. 	5 - 20
	Minced Meat Beef 	0.1 - 1.5	<ul style="list-style-type: none"> Place frozen minced meat on the defrost rack. Shield edges. The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted portions, turn over and shield edges with foil strips. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. 	5 - 20
2	Roast Meat Beef/Lamb 	0.5 - 1.5	<ul style="list-style-type: none"> Shield the edge with foil strips about 2.5 cm wide. Place joint with lean side face upwards (if possible) on the defrost rack. The oven will "beep" and stop, CHECK will flash on and off. Turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. 	5 - 30
3	Poultry 	1.0 - 1.5	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on the defrost rack. The oven will "beep" and stop, CHECK will flash on and off. Turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. [N.B.] After standing run under cold water to remove giblets if necessary. 	15 - 20
4	Chicken Pieces 	0.1 - 1.5	<ul style="list-style-type: none"> Shield the exposed bone with foil. Place chicken pieces on the defrost rack. The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted pieces, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil. 	5 - 15

Food not listed in the Guide can be defrosted using 30% setting.

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

For chicken pieces, steaks and chop, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.

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

OTHER CONVENIENT FEATURES

Less/More Setting





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

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

- INSTANT ACTION
- EXPRESS DEFROST
- EASY DEFROST


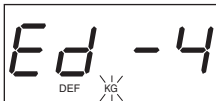






(1) INSTANT ACTION

* Suppose you want to reheat 1 cup of Beverage for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the BEVERAGE pad once.	 x1	
2	Press the POWER LEVEL pad twice within 2 seconds.	 x2	

(2) EXPRESS DEFROST / EASY DEFROST

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

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad four times for Chicken Pieces.	 x4	
2	Press the number pads to enter weight.		
3	Press the POWER LEVEL pad once.	 x1	
4	Press the INSTANT COOK/START pad.		


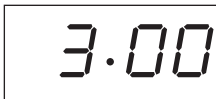
For EXPRESS DEFROST select the menu using the EXPRESS DEFROST pad instead of the EASY DEFROST pad in step 1, and go to step 3.

Timer

Use this feature as a general purpose timer. Example include:
 timing boiled eggs cooked on the stove top.
 timing the recommended standing time of food.

You can enter any time up to 99 minutes, 99 seconds. If you want to cancel the timer during the count down phase simply press STOP/CLEAR and the display will return to showing time of day.

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

Step	Procedure	Pad Order	Display
1	Enter desired time.		
Once the egg has come to the boil in the saucepan you can start the timer.			
2	Press the TIMER/CLOCK pad.		 The timer begins to count down. When the timer reaches zero, the oven will "beep". End will appear in the display.

Child Lock

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

To set the Child Lock, press the TIMER/CLOCK pad, press number pad **1** and finally press the INSTANT COOK/START pad and hold for 3 seconds. **SAFE** will appear in the display. The Control Panel is now locked, each time a pad is pressed, the display will show "SAFE".

To unlock the control panel, press the TIMER/CLOCK pad, **1** and the STOP/CLEAR pad. The time of day is displayed and the oven is ready to use.

Demonstration Mode

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

To demonstrate, press the TIMER/CLOCK pad, press number pad **0** and finally press the INSTANT COOK/START pad and hold for 3 seconds. **DISP** will appear in the display.

Cooking operations can now be demonstrated with no power in the oven. For example, press INSTANT COOK/START pad, and the display will show **1.00** and count down to zero at ten times the speed. When the timer reaches zero, **End** will appear in the display.

To cancel, press the TIMER/CLOCK pad, **0** and the STOP/CLEAR pad.

Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times after 2 minutes.

If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

CARE AND CLEANING

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

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

Exterior:

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

Door:

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

Touch Control Panel:

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

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

Interior walls:

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

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

Turntable/Roller Stay:

Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling for service:

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

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE: If you cook the food over 20 minutes on 100% (HIGH POWER), the microwave power will be automatically reduced to avoid overheating.

SPECIFICATIONS



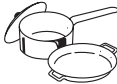




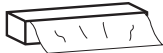
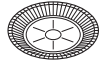
AC Line Voltage	: Refer to the rating label.
AC Power Required	: 1.25 kW
Output Power	: 800 W* (IEC test procedure)
Microwave Frequency	: 2450 MHz (Class B/Group 2)**
Outside Dimensions	: 460 mm(W) x 275 mm(H) x 368 mm(D)
Cavity Dimensions	: 319 mm(W) x 211 mm(H) x 336 mm(D)***
Oven Capacity	: 22 litre***
Cooking Uniformity	: Turntable (ø272 mm tray) system
Weight	: Approx. 12 kg

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

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

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

Cookware and Utensil Guide

Utensil	Microwave
Glassware (heat-resistant) 	○
Ceramic (heat-resistant) 	○
Pottery, Stoneware	○
Metal Cookware, Stainless Steel Cookware 	X
Straw, Wicker and Wood 	Short time
Plastic Cookware (microwave-safe only) 	Short time
Paper Plates/Towel 	Short time
Plastic Wrap (microwave-safe only) 	○
Aluminium Foil Paper 	Shielding
Aluminium Foil Dish 	X

NOTE

Measure Standard

- 1 cup = 250 ml
- 1 tbsp. = 15 ml
- 1 tsp. = 5 ml
- 1 tbsp. = 3 tsp.

RECIPES

SOUP

Shrimp Balls and Straw Mushroom Soup

[Ingredients]

230 g Shrimps
40 g Pork fat
1 can Straw mushrooms
few Spring onions (strips)
few Sesame oil

[Seasonings]

(A)		(B)	
1 tsp	Salt	1 tsp	Salt
1/2 tsp	Monosodium glutamate	1 tbsp	Rice wine
1/2 tsp	Pepper	2 tsp	Mono sodium glutamate
1	Egg white	3 cups	Water
1/2 tsp	Corn flour		

[Method]

Meatballs and Tomato Soup

[Ingredients]

150 g	Tomatoes	few	Coriander, chopped
150 g	Ground pork		
2 stalks	Spring onion	few	Celery, chopped
2 slices	Ginger	few	Sesame oil

[Seasonings]

(A)		(B)	
1/2 tsp	Salt	1/2 tsp	Salt
1/4 tsp	Monosodium glutamate	1 stalk	Spring onion
1/2 tsp	Rice wine	1/4 tsp	Pepper
1/2 tsp	Soy sauce	1/4 tsp	Monosodium glutamate
1 tsp	Cornstarch		
1	Egg white		

1. Remove veins from shrimps, drain and chop. Add pork fat and seasonings (A), stir well, to make a thick paste. Use a tablespoon to form shrimp balls. Set aside.
2. Combine seasonings (B) in large casserole. Cover and microwave at HIGH for 7 minutes.
3. Add shrimp balls, straw mushrooms and spring onions. Cover and microwave at HIGH for another 3 to 4 minutes until shrimp balls float. Sprinkle sesame oil in soup and serve.

[Method]

1. Finely chop spring onion and ginger. Cut tomatoes into quarters.
2. Mix ground pork with spring onion, ginger and seasonings (A), then add egg white and cornstarch, stir well. Use tablespoon to form meatballs.
3. Microwave 3 cups water and tomatoes in a large, covered bowl at HIGH for 7 minutes. Add meat balls and seasonings (B), cover, microwave at HIGH for another 3 to 4 minutes. Garnish with coriander and celery, sprinkle sesame oil before serving.

Broccoli and Minced Fish Soup

[Ingredients]

300 g Fish meat
150 g Broccoli
2 tbsp Ham, chopped
1 tbsp Celery, chopped

[Seasonings]

(A)		(C)	
1	Egg white	1/2 tsp	Salt
1/2 tsp	Salt	1/4 tsp	Monosodium glutamate
1 tsp	Rice wine	1/4 tsp	Pepper
(B)			
1 stalk	Spring onion		
2 slices	Ginger		
1 tsp	Rice wine		

[Method]

1. Remove fish bones and finely chop fish meat. Add in seasonings (A), stir slightly.
2. Rinse broccoli and cut into small pieces. Put it in casserole and add 2 tablespoons of water, then cover and microwave at HIGH for 2 minutes 30 seconds.
3. In a casserole put in 3 cups of water and seasonings (B), stir well. Cover and microwave at HIGH for 7 minutes. Add seasonings (C) and broccoli. Microwave at HIGH for another 2 minutes 30 seconds.
4. Stir chopped fish mixture into boiling soup, cover and microwave at HIGH for 1 minute. Garnish with chopped ham and celery.

MEAT

Cold Chicken with Chili

[Ingredients]

1 $\frac{3}{5}$ cups Jellyfish
1 (50 g) Cucumber
230 g Chicken leg
10 cm Green onion
3 slices Ginger
1 tbsp Chinese wine
few Tomato
few Parsley

[Sauce]

3 tbsp Green onion, chopped
1 tsp Ginger, grated
4 tbsp Soy sauce
 $\frac{1}{2}$ tsp Sugar
1 tbsp Vinegar
2 tbsp Chili sauce
2 tbsp Sesame paste

[Method]

1. Soak jellyfish in lukewarm water overnight or for 2 to 3 days. Drain.
2. Pour hot water over jellyfish and mix with fork or chopsticks. As soon as it shrivels, add cold water, soak for a while, and drain.
3. Shred cucumber.
4. Cut chicken legs, pierce the skin of each chicken leg with toothpick, and put them in casserole with skin facing down. Add green onion, ginger and wine, cover and microwave at HIGH for 2 minutes 30 seconds, let cool and then slice.
5. Place ingredients from 2,3 and 4 on plate.
6. Pour over mixture of sauce. Mix well before serving.
7. Garnish with tomato and parsley.

Meatballs with Long Mustard Sauce

[Ingredients]

200 g Pork, minced
10 Mushrooms
2 slices Ginger
300 g Long mustard
1 tbsp Oil
800 ml Water
2 tsp Bicarbonate of soda

[Sauce]

300 ml Stock
 $\frac{1}{2}$ tsp Salt
 $\frac{1}{2}$ tsp Monosodium glutamate
 $\frac{1}{2}$ tsp Sugar
1 tsp Light soy sauce
1 tsp Sesame oil
 $\frac{1}{2}$ tsp Cornflour
dash Pepper

[Method]

1. Mix minced pork with all seasonings. Make into balls and cover, microwave at HIGH for 1 minute 30 seconds.
2. Cut away long mustard leaves and cut into decorative pieces.
3. Soak in 800 ml water and add 2 tsp bicarbonate of soda. Drain.
4. Place mustard leaves, ginger and mushrooms in casserole, sprinkle 1 tbsp oil and cover, microwave for around 4 to 5 minutes at HIGH. Stir after half the time.
5. Mix together sauce ingredients and cover, microwave at HIGH for 2 minutes.
6. Pour sauce over cooked ingredients and serve.

[Seasonings]

$\frac{1}{2}$ tsp Salt
 $\frac{1}{4}$ tsp Monosodium glutamate
 $\frac{1}{2}$ tsp Light soy sauce
 $\frac{1}{2}$ tsp Sesame oil
1 tsp Cornflour
dash Pepper

SEAFOOD

Stuffed Clams

[Ingredients]

8 Clams
40 g Pork, ground
1 tsp Wine
1 tsp Soy sauce
1 tbsp Green onion, chopped
 $\frac{1}{2}$ Egg, beaten
1 $\frac{1}{2}$ tbsp Cornflour
 $\frac{1}{4}$ tsp Ginger juice
 $\frac{1}{2}$ tsp Salt
 $\frac{1}{4}$ tsp Sugar

[Method]

1. Soak clams in salt water to remove sand. Clean clams thoroughly by rubbing shells against each other.
2. Place clams in casserole, add 70 ml water, cover and microwave at HIGH for around 3 minutes (or until shells open).
3. Mix all other ingredients together and divide into 8 portions.
4. Stuff each portion into each empty half-shell of clam.
5. Arrange all 16 half-shells on a platter, add 50 ml water and cover, microwave at HIGH for around 3 to 3 minutes 30 seconds. Serve hot.

Fillet of Sole in Lemon Parsley Butter

[Ingredients]

1/2 cup	Margarine or butter
2 2/3 tsp	Plain flour
2 2/3 tbsp	Fresh lemon juice
1 tbsp	Chopped parsley
1/4 tsp	Salt
few	Pepper
few	Celery seed
500 g	Sole or flounder fillets, fresh or frozen, thawed

[Method]

1. Place margarine in rectangular baking dish or 25 cm square casserole. Microwave at HIGH for 1 to 2 minutes until melted. Blend in remaining ingredients except fish fillets to make into butter sauce.
2. Coat both sides of fish fillets with butter sauce. Arrange in the baking dish. Cover with plastic wrap. Microwave at HIGH for 7 to 8 minutes until fish flakes easily in centre with fork.

Prawns with Chili Peppers

[Ingredients]

6	Prawns (about 200 g)
2	Green onions
8	Chili peppers
3 tbsp	Wine
1 tbsp	Cornflour
2 slices	Ginger
1 tbsp	Oil

[Seasonings]

1 1/2 tbsp	Soy sauce
1 tbsp	Sugar
1 tbsp	Vinegar

[Method]

1. Clean prawns, slit the back and remove the vein. Cut each into two or three pieces, and place in bowl. Sprinkle with wine and leave to marinate.
2. Cut green onion into 5 cm lengths. Halve chili peppers and remove seeds.
3. Remove prawns from wine, sprinkle with cornflour.
4. Place prawns, green onion, chili pepper and ginger in casserole, add 1 tablespoon oil and stir well. Cover and microwave at HIGH for 2 minutes. Take out and stir. Add seasonings, stir well. Cover and microwave at HIGH for 2 minutes.
5. Stir, serve hot.

Steam Whole Fish

[Ingredients]

1 (300-400g)	Fish
1 stalk	Spring onion
3 slices	Ginger

[Seasonings]

2 1/2 tbsp	Chinese wine
1 1/2 tbsp	Soy sauce
1/4 tsp	White pepper
1/2 tsp	Salt
1/2 tsp	Sugar
1 tbsp	Oil
few	Parsley

[Method]

1. Unscale fish, remove the intestines, clean and drain. Make few slashes on each side of fish.
2. Take half of spring onion, cut into two parts and pat. Chop the remaining spring onion.
3. Place the patted spring onion in plate, add several slices ginger. Place fish on it. Top with mixed seasonings and 2 tablespoons of water. Cover and microwave at MED HIGH for 6 to 8 minutes.
4. Add 1 tablespoon of boiling oil on the fish. Decorate with chopped spring onion and parsley before serve.

VEGETABLES

Cold Bean Curd

[Ingredients]

1 block	Bean curd
110 g	Ground pork or, ground beef
1/4 cup	Onion, chopped

[Seasonings]

1 tbsp	Bean paste
1 tbsp	Soy sauce
1/2 tbsp	Sesame oil
1 1/2 tsp	Sugar
50 ml	Water
1 tsp	Cornflour mixed with 2 tsp water

[Method]

1. Place bean curd in casserole, microwave at HIGH for 1 minute. Remove and soak in water. Drain and cut into pieces. Arrange on serving plate.
2. Place meat and chopped onion in casserole, cover and microwave at HIGH for 3 minutes. Stir well after half the time, and remove excess oil. Add bean paste, soy sauce, sesame oil, sugar and water, stir well. Cover with the lid, microwave at HIGH for around 3 minutes, stir well after half. Check the color and doneness while cooking.
3. Pour in the cornflour mixture and stir. Uncover and microwave at HIGH for another 40 seconds to 1 minute.
4. Top bean curd with meat mixture. Garnish with lettuce, shredded green onion and cherries.

Stuffed Potatoes with Mince Meat

[Ingredients]

3	Potatoes (about 600 g)
150 g	Onion, minced
100 g	Ground beef
50 g	Green peas
1 tsp	Oil

[Seasonings]

1 tsp	Salt
20 g	Butter

[Method]

1. Wash potatoes and drain. Pierce the skin of each potato with a fork or skewer to allow steam to escape.
2. Place potatoes on the turntable, microwave at HIGH for 8 to 9 minutes, turn over after half the time. When done, cover with foil and set aside.
3. Place minced onion and 1 teaspoon of oil in casserole, stir well. Cover and microwave at HIGH for 2 to 3 minutes. Stir after half the time. Check the color and doneness while cooking.
4. Stir in ground beef, green peas and salt, cover and microwave at HIGH for 2 minutes. Stir after half the cooking time.
5. Cut out the potatoes from the top, then hollow out potatoes with a spoon.
6. Stuff potatoes with mixture from (4) and cover openings with potato pieces taken out from (5).
7. Glaze thoroughly with butter. Place on a plate and microwave at HIGH for 2 minutes 30 seconds to 3 minutes. Serve hot.

Vegetable Platter

[Ingredients]

30 g	Baby bamboo shoots, canned
6	Cherry tomatoes
6	Champignon mushrooms
6	Baby cornshoots, canned
6	Straw mushrooms, canned
230 g	Green vegetable
14	Green asparagus, cut in half
1	Carrot (sliced for decoration)
3 slices	Potato
1/2 can	Ginko nuts
1 1/2 tsp	Salt
800 ml	Vegetable stock
300 ml	Stock mix with
1 1/2 tbsp	cornstarch
few	Cooked oil

[Method]

1. Clean all the vegetables. Place in casserole with salt and stock and microwave at HIGH for 1 minute 30 seconds to 2 minutes for each kind.
2. Discard the stock each time.
3. Dip tomatoes in boiling water; remove skin.
4. Arrange vegetables colorfully on plate.
5. Heat 300 ml of cornstarch in microwave at HIGH for 2 to 2 minutes 30 seconds until thicken. Pour over vegetables, sprinkle cooked fat oil on top and serve.

NOTE Types of vegetables can vary or adjust according to personal taste.

EGGS

Chawanmushi (Japanese Steam Eggs)

[Ingredients]

7 g	Mushrooms, soaked, cut into halves
60 g	Prawns, shelled and deveined
20 g	Fish cake, cut at an angle
80 g	Chicken breast, cut into cubes
400 ml	Cold dashi soup
4	Eggs
1/2 tbsp	Light soy sauce
1/2 tsp	Salt
2 tsp	“Mirin” (sweet cooking wine)
1 stalk	Parsley

[Method]

1. Blend dashi soup, light soy sauce, salt, Mirin, and eggs; beat lightly.
2. Arrange chicken cubes, fish cake, mushrooms and prawns into 4 mug-like serving bowls.
3. Strain beaten mixture from (1) into (2).
4. Use a teaspoon to scoop excess bubbles from the surface of mixture.
5. Cover the bowls with aluminium foil, prick a hole in the center and microwave on MED for 7 to 9 minutes.

NOTE Make sure that the foil do not touch each other, the turntable or the oven wall.

6. Let it stand for 5 minutes.
7. Garnish with parsley.

Poached Eggs

[Ingredients]

4	Eggs
few	Oil

[Method]

1. Prepare a couple of small deep-bottomed heat resistant cooking dishes (such as small soup bowls). Have the inside of the dishes oiled thinly and break the eggs into one of each dish.
2. To prevent the eggs in the dishes from bursting while they are being heated, prick 2 to 3 holes in the yolks in advance using a toothpick or the like.
3. Place the dishes on the turntable in a circle, cover each of them with a cooking wrap, and microwave on MED LOW for 8 to 10 minutes.

Quantity	Cooking Time (MED LOW Power)
1 Egg	1'30" to 2'30"
2 Eggs	3' to 4'
3 Eggs	5' to 7'

NOTE

Be careful not to overheat eggs; they may burst.

- * The cooking time may vary depending on the size or freshness of the eggs; adjust the cooking time by carefully watching how they are being cooked in the oven.
- * When cooking one poached egg, place the dish in the middle of the turntable.

Scrambled Eggs

[Ingredients]

1	Egg
1 tbsp	Milk

[Seasonings]

pinch	Salt
pinch	Pepper

[Method]

1. Break the egg, put it into a heat-resistant cooking dish together with the milk, salt and pepper, and stir them well enough. Then place the dish in the middle of the turntable of the microwave oven, and cook, uncovered, on microwave HIGH for 40 seconds to 1 minute.
2. Stir the heated egg to small pieces.

DESSERTS

Almond Bean Curd

[Ingredients]

2 tbsp	Gelatin
600 ml	Water
200 ml	Milk
¾ tbsp	Almond extract
few	Canned mixed fruits (with syrup)

[Method]

1. Put gelatin into casserole, add 600 ml water, cover and microwave at HIGH for 7 to 9 minutes, and stir until it dissolves completely.
2. Add milk and almond extract and stir well.
3. Pour into bowl, allow to set, and cool in refrigerator.
4. Cut into diamond shapes, garnish with mixed fruits and syrup.

Steam Raisin Cake

[Ingredients]

90 g	Flour
3	Eggs
70 g	White sugar
50 g	Raisins

[Method]

1. Sift flour well and set aside.
2. Beat egg white in bowl until soft peaks form.
3. Gradually add sugar, continue beating.
4. Combine yolks and beaten egg white.
5. Add flour and stir quickly.
6. Add raisins and stir.
7. Pour the mixture into a well greased mold. Cover with a paper towel and microwave at HIGH for 3 to 4 minutes until the center part is cooked.

Trifle

[Ingredients]

1 packet	Port wine jelly crystals
1 ½ cups	Boiling water
5 ⅓ tbsp	Custard powder
375 ml	Milk
½ cup	Sugar
1 tsp	Vanilla essence
1 cup	Whipped cream
12	Macaroons
1	Madeira cake
½ cup	Sherry wine
few	Strawberries
few	Blueberries

[Method]

1. Dissolve jelly crystals in boiling water. Refrigerate until partially set.
2. Blend custard powder with milk; add sugar and vanilla essence. Cook on microwave HIGH for 4 to 6 minutes, stirring twice during cooking. Cool.
3. Fold half the whipped cream into custard.
4. Arrange macaroons and cake in the base of 4 individual serving dishes. Pour half the sherry wine over macaroons and cake. Top with a layer of strawberries, blueberries, jelly and custard.
5. Repeat layers. Chill for 2 to 3 hours.
6. Decorate with remaining whipped cream.

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