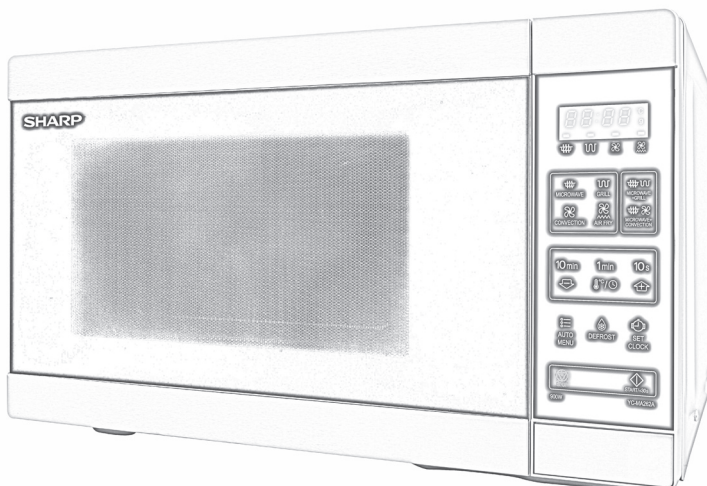


# SHARP



## User manual

R-26CAF-B

Microwave oven

\*Product images are for illustration purpose only. Actual product may vary.

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not insert anything between the oven front face and the door or allow debris or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is very important that the oven door closes properly and that there is no damage to the door, hinges, latches or door seals and sealing surfaces.
4. Do not attempt to repair or adjust the oven.

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## Important safety instructions

### READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

**To avoid the danger of fire. The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.**

This oven is designed to be used on a countertop only. It is not designed to be built into a kitchen unit. Do not place the oven in a cabinet. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230-240 V, 50 Hz, with a minimum 10 A distribution line fuse, or a minimum 10A distribution circuit breaker. A separate circuit serving only this appliance should be provided.

Do not place the oven in areas where heat is generated. For example, close to a conventional oven. Do not install the oven in an area of high humidity or where moisture may collect. Do not store or use the oven outdoors.

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

**Use only microwave-safe containers and utensils. Utensils should be checked to ensure that they are suitable for use in microwave ovens.**

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

**Clean the waveguide cover and the oven cavity. These must be dry and free from grease. Built up grease may overheat and begin to smoke or catch fire.**

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings.

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Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

Do not leave the oven unattended while it is operating.

To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or Christmas pudding. See the corresponding hints in the user manual.

**To avoid the possibility of injury. WARNING:**

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

- a) Make sure the door closes properly and ensure it is not misaligned or warped.
- b) Check to make sure the hinges and safety door latches are not broken or loose.
- c) Ensure that the door seals and sealing surfaces have not been damaged.
- d) Make sure inside the oven cavity or on the door are no dents.
- e) Ensure that the power supply cord and plug are not damaged.

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

**Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves**



**the removal of a cover which gives protection against exposure to microwave energy.**

Do not operate the oven with the door open or alter the door safety latches in any way. Do not operate the oven if there is an object between the door seals and sealing surfaces.

**Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits.**

**Follow the instructions for “Care and Cleaning”. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

**To avoid the possibility of electric shock.**

- Under no circumstances should you remove the outer cabinet.
- Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.
- Do not immerse the power supply cord or plug in water or any other liquid.
- Do not let the power supply cord hang over the edge of a table or work surface.
- Keep the power supply cord away from heated surfaces, including the rear of the oven.
- Keep the appliance and its cord out of reach of children less than 8 years.
- Do not attempt to replace the oven lamp yourself or allow

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anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.

- If the power supply cord is damaged, it must be replaced by an authorised SHARP service agent.

**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. To avoid the possibility of explosion and sudden boiling:**

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build-up of pressure even after the oven has been turned off. Take care when microwaving liquids. Use a wide mouthed container to allow bubbles to escape.

**Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.**

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time.
2. Stir liquid prior to heating/reheating.
3. It is advisable to insert a glass rod or similar (not metal) into the liquid whilst reheating.
4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

**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. Shell and slice hard boiled eggs before reheating them in the microwave oven.**

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

**WARNING: 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. Use pot holders or oven gloves when removing food from the oven to prevent burns. To avoid the possibility of burns:**

- Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling. To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly. Accessible parts may become hot during use. Young children should be kept away.
- Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.
- Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.
- Slice stuffed baked foods after heating to release steam and avoid burns.
- Keep children away from the door to prevent them burning themselves.

**WARNING: Only allow children aged from 8 years and above 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.**

**When the appliance is operated in the GRILL, MIX GRILL, CONVECTION, MIX CONVECTION and AUTO MENU mode**

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**(mode applicable to model), children should only use the oven under adult supervision due to the temperature generated.**

**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. Cleaning by children should be monitored.**

**Models with Electronic touch panel are enabled with a child lock mode.**

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings - paying special attention to packaging (e.g., self-heating materials) designed to make food crisp, as they may be extra hot.

### **Other warnings**

Never modify the oven in any way.

Do not move the oven while it is in operation.

This appliance is intended to be used in household. This oven is for home food preparation and may only be used for cooking 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. It is not suitable for commercial or laboratory use.

## **To promote trouble-free use of your oven and avoid damage.**

Never operate the oven when it is empty. 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 oven base due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

To prevent the turntable or base of the oven breaking:

- a)** Before cleaning with water, leave to cool.
- b)** Do not put hot or cold foods or hot utensils on a cold turntable/oven base.
- c)** Do not place anything on the outer cabinet during operation.

### **NOTE:**

Do not use plastic containers for microwaving if the oven is still hot from using a combination mode (oven model dependant) because they may melt.

Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

This appliance is intended for use in household and similar

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applications such as; Kitchen areas reserved for staff in stores, offices and other professional environments / Farms / Use by clients of hotels, motels and other residential type environments / Bed and breakfast type environments.

### **Precautions will using the Hot Air functions (Air Fry, Grill and Convection)**

- Clean the air fry tray and inner pot with damp, soapy cloth. Make sure only use mild, soapy water.
- DO NOT clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Damage to the surface will also occur.
- Dry the unit and all the assemblies with a soft cloth before storage or use.
- If there are any stains on the baking tray or frying basket which are too difficult to clean, let them soak in warm water for about 10 minutes before cleaning.
- DO NOT over fill when cooking. Overfilling may cause personal injury or property damage or affect the safe use of the appliance.
- DO NOT use oil or any other liquid in the baking tray.
- DO NOT use this appliance for deep-frying.
- Ensure that food is correctly prepared and cooked to avoid any danger to health.
- Prevent food contact with heating elements.
- ALWAYS ensure the appliance is properly assembled before use.
- DO NOT store any materials, other than the supplied accessories, in the air fryer when not in use.
- DO NOT use appliance for other than its intended use.
- The use of accessory attachments not recommended by as this may cause a hazard or injury.
- DO NOT cover the air intake vent or air exhaust vent while unit is operating. Doing so will prevent even cooking and may damage the unit or cause it to overheat.

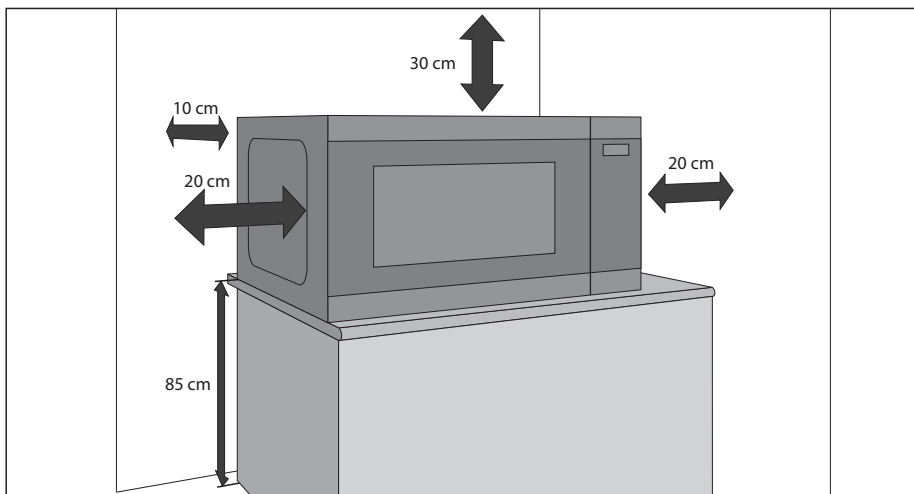
- DO NOT touch accessories during or immediately after cooking.
- Extreme caution must be used when the appliance contains hot food. Improper use may result in personal injury.
- Leave the unit after use so it has sufficient time to cool.
- Allow to cool before cleaning.
- **WARNING:** As this air fryer gets hot during use and some surfaces may develop high temperatures. As people perceive temperatures, this device should be used with care.
- Wear protective insulated gloves when touching hot surfaces or utensils, and food.



This symbol means that the surfaces are liable to get hot during use.

# Installation

1. Remove all packing materials from the inside of the oven cavity and remove any protective film found on the microwave oven cabinet surface.
  2. Check the oven carefully for any signs of damage.
  3. Place the oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven. Do not place the oven in a cabinet.
  4. Select a level surface that provide enough open space for the intake and/or outlet vents. See picture on the first page. The rear surface of appliance can be placed against a wall.
- The minimum installation height is 85 cm.
  - A minimum space of 20 cm is required between the sides of the microwave oven and any adjacent walls or objects.
  - Leave a minimum space of 30 cm above the oven.
  - Do not remove the feet from the bottom of the oven.
  - Blocking the intake and/or outlet openings can damage the oven.
  - Place the oven as far away from radios and TV as possible. Operation of microwave oven may cause interference to your radio or TV reception.



5. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

## **WARNING:**

Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains).

Do not block or obstruct air vent openings.

Do not place objects on top of the oven.

Do not touch the exterior of the microwave oven during or shortly after operation as it will be hot.



## Radio interference

Operation of the microwave oven may cause interference to your radio, TV, or similar equipment. If there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean the door and cavity where they meet.
2. Change the direction of the receiving antenna of the radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Plug the microwave oven into a different outlet so that microwave oven and receiver are not on the same mains feed.

## Grounding (earthing) instructions

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall socket that has been properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided.



**WARNING: Improper use of the grounding plug can result in a risk of electric shock.**

### NOTE:

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The mains lead used in your microwave oven uses the following colour coded wires:

Green and Yellow = EARTH | Blue = NEUTRAL | Brown = LIVE

## Specifications

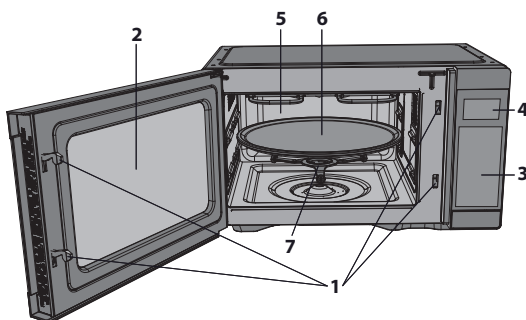
Model name:		R-26CAF-B
AC Line Voltage		230~240 V, 50 Hz single phase
Distribution line fuse/circuit breaker		10 A
Power	Power Consumption	1500 W
	Microwave Output Power	900 W
	Grill Output Power	1500 W
	Convection Power	1500 W
	Off Mode Power	<0.5 W
Microwave Frequency		2450 MHz
Outside Dimensions (W x H x D in mm)		523 x 300 x 415
Cavity Dimensions (W x H x D in mm)		335 x 218 x 362
Glass Turntable Size (ø mm)		315
Oven Capacity		26 litres*
Baking Tray Size (W x H x D in mm)		329 x 35 x 306
Air Fry Rack Size (W x H x D in mm)		298 x 47 x 275
Weight		17.7 kg
Oven Lamp (LED type)		1 W

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

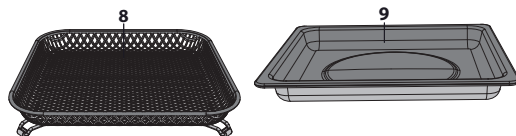
AS PART OF A POLICY OF CONTINUOUS IMPROVEMENT, WE RESERVE THE RIGHT TO ALTER DESIGN AND SPECIFICATIONS WITHOUT NOTICE.

# Oven and accessories

1. Door safety lock system
2. Oven window
3. Control Panel
4. Display
5. Oven cavity
6. Glass Tray
7. Roller Ring
8. Frying Basket
9. Baking Tray
10. Ventilation openings
11. Outer cabinet
12. Power supply cord



- The Grill Rack Baking Tray and Air Fry Rack are designed for use with grill and convection ovens only. DO NOT use any metal accessories when using the microwave function.
- For use of the Grill Rack refer to the GRILL sections of this User Manual.

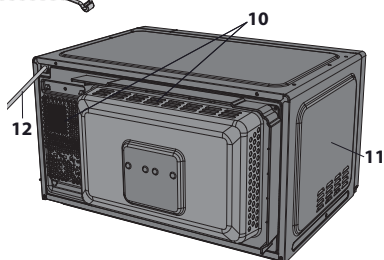


**Never touch the grill when it is hot.**

**NOTE:** When you order accessories, please mention two items: part name and model name.

## NOTES:

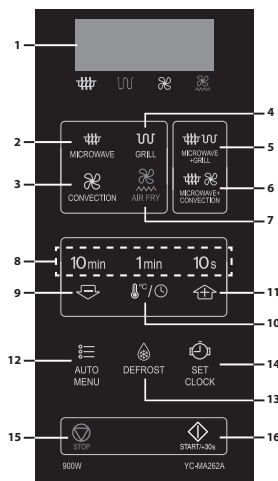
- After cooking fatty foods without a cover, always clean the cavity and any cooking utensils thoroughly, these must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
- When microwaving, always place cookware on the turntable.
- DO NOT use the Grill Rack or Baking Tray while using the microwave function.



**⚠ WARNING: ⚠** This symbol means that the surfaces are liable to get hot during use. The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

## Control panel

- 1. DIGITAL DISPLAY** – Cooking time, power, indicators and clock time are displayed.
- 2. MICROWAVE POWER** – Press to select microwave power level.
- 3. CONVECTION** – Press to select convection temperature.
- 4. GRILL** – Press to set grill cooking program. (Page 19).
- 5. MICROWAVE+GRILL** – Press to set microwave and grill combination cooking program. (Page 19).
- 6. MICROWAVE+CONVECTION** – Press to select convection combination cooking.
- 7. AIR FRY** – Press to use Air Fry function.
- 8. 10 SECONDS, 1 MINUTE, 10 MINUTES** – Use to set time of cooking or the clock.
- 9. DOWN** – Press to set food weight or servings.
- 10. TEMPERATURE/TIME** – Press to toggle between Temperature and Time setting.
- 11. UP** – Press to set food weight or servings.
- 12. AUTO MENU key** – Press to select auto cooking menus.
- 13. DEFROST** – Press to select defrost function.
- 14. SET CLOCK** – Use to set clock time. Use to set timer function.
- 15. STOP** – Press once to temporarily stop cooking, or twice to cancel cooking altogether.
- 16. START/+30s** – Press to start the oven and to increment cooking in 30 second intervals.



Symbol						
Description	Microwave	Grill	Air Fry	Convection	Temperature	Time

## Before using the oven

When the oven first plugged in, beep will sound and the display will show "0:00". Note that the clock does not have to be set for the oven to operate correctly. To set the clock, follow the instructions in the **"Setting the Clock"** section of this User Manual.

When new, the very first time the grill and/or convection is used, smoke and odors will be given off. To avoid this happening when food is being cooked, use the grill and convection function without food for approx. 20 minutes.

- After opening and closing the door, the oven will enter the standby mode. If no buttons are press within 1 minute, the display will remain on and the buttons will not operate. To enter standby mode again, open and close the door.
- During cooking, if the **STOP** button is pressed once, the cooking cycle will be paused. To restart cooking press the **START/+30s** button. If the **STOP** button is pressed twice, cooking will be canceled.
- When programming the oven for a particular function and there is a pause between button presses of more than 30 seconds the oven will return to the standby mode.
- When a cooking cycle is completed, the display will show **"End"** and a tone will be heard every two minutes until a button is pressed or the door is opened.

## Setting the clock


Your oven has a 24 hour clock mode.

- Press the **SET CLOCK** key once and "00:00" will flash.
- Press the time keys and enter the current time. Enter the hours by pressing the **10 min** key and enter the minutes by pressing the **1 min** and **10 s** keys.
- Press the **SET CLOCK** key to finish clock setting.

## NOTES:

- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show "0:00" when cooking is complete.
- To check the time of day during a cooking process, press **SET CLOCK** key and the LED will display the time of day for 2-3 seconds. This does not affect the cooking process.
- While in the clock setting mode, if the **STOP** key is pressed or if there is no operation within 1 minute, the oven will go back to the former setting.
- If the electrical power supply to your microwave oven is interrupted, the display will flash "0:00" after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.

## Microwave

Power Level	Press the <b>MICROWAVE POWER LEVEL</b> key 	Display (Percentage)
HIGH	x1	100P
	x2	90P
MEDIUM HIGH	x3	80P
	x4	70P
MEDIUM	x5	60P
	x6	50P
MEDIUM LOW (DEFROST)	x7	40P
	x8	30P
LOW	x9	20P
	x10	10P
	x11	0P

- Your oven has 11 power levels, as shown.
- To change the power level for cooking, press the **MICROWAVE POWER LEVEL** key until the display indicates the desired level. Set up the desired cooking time by pressing time keys. Press the **START** key to start the oven.
- To check the power level during cooking, press the **MICROWAVE POWER LEVEL** key.  
As long as your finger is pressing the **MICROWAVE POWER LEVEL** key the power level will be displayed. The oven continues to count down although the display will show the power level.
- If "0P" is selected, the oven will work with fan for no power. You can use this level to remove any odours.

Generally the following recommendations apply:

**100P/90P** - (HIGH) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

**80P/70P** - (MEDIUM HIGH) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as sponge cakes. At this reduced setting, the food will cook evenly without over cooking at the sides.

**60P/50P** - (MEDIUM) for dense foods which require a long cooking time when cooked conventionally, e.g. beef casserole, it is advisable to use this power setting to ensure the meat will be tender.

**40P/30P** - (MEDIUM LOW) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

**20P/10P** - (LOW) For gentle defrosting, e.g. cream, gateaux, or pastry.

## Manual operation

### Opening the door:

To open the oven door, press door opening button.

### Starting the oven:

Prepare and place food in a suitable container onto the turntable or place directly onto the turntable. Close the door and press the **START/◊ +30s** key after selecting the desired cooking mode. You may extend the desired cooking time during manual cooking by pressing **TIME** keys or **START/◊ +30s** key.



Once the cooking programme has been set and the **START/◊ +30s** key is not pressed in 1 minute, the setting will be cancelled.

The **START/◊ +30s** key must be pressed to continue cooking if the door is opened during cooking. The audible signal will sound once when the button is pressed in the correct manner.

Use the **STOP** key to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press the **STOP** key twice.
4. To set and to cancel the child lock.



### NOTE

- If the Microwave is not used for a period of 1 minute (and the door is closed) the safety lock will automatically activate. The keypad will no longer operate. To turn the safety lock off simply open the door to the Microwave and the keypad will become active again.

## Microwave cooking




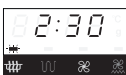
Your oven can be programmed for up 99 minutes 50 seconds (99.50).

### MANUAL COOKING/MANUAL DEFROSTING

- Enter the cooking time and use microwave power levels 100P to 10P to cook or defrost.
- Stir or turn the food, where possible, 2 - 3 times during cooking.
- After cooking, cover the food and leave to stand, where recommended.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.

### Example:

To cook 2 minutes and 30 seconds on 70% microwave power.

<p>Input the power level by pressing the <b>MICROWAVE POWER LEVEL</b> key 4 times for 70 P.</p> <p> x4</p>	<p>Enter the cooking time by pressing the <b>1 min</b> key twice and then the <b>10 s</b> key 3 times.</p>	<p>Press the <b>START/◊ +30s</b> key to start the timer. (The display will count down through the set cooking/defrosting time.)</p>
		

### NOTE:

- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anticlockwise.
- If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display stops automatically. The cooking/defrosting time starts to count down again when the door is closed and the **START** key is pressed.
- When cooking/defrosting is complete, open the door or press STOP key and the time of day will reappear on the display, if the clock has been set.
- If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** key. As long as your finger is pressing the **MICROWAVE POWER LEVEL** key, the power level will be displayed.

### IMPORTANT:

- Close the door after cooking/defrosting. Please note that the light will remain on when the door is open, this is for safety reason to remind you to close the door.
- If you cook food for more than the standard time (see chart below) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced or the grill heating element will turn on and off.

Cooking Mode	Standard time
Microwave 10P to 100P	30 minutes
Grill cooking	Intermittent operation, temperature controlled
Mix grill cooking	99 mins 50 sec

## Quick start

If you need to cook at 100% power level, just press the **START/+30s** button while in the standby mode. Each time the **START/+30s** button is pressed, it will add 30 seconds to the cooking time.

## Air fry cooking

### With Pre-Heat





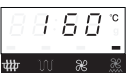
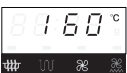


1. Press the **AIR FRY** button, the display will show **220°C**.
2. Press the **AIR FRY** button to select the temperature. Each time it is pressed the display will change, 220, 230, 140, 150, 160, 170, 180, 190, 200, 210, then back to 220.
3. Press the **START/+30s** button to confirm the temperature setting.
4. Press the **START/+30s** button and the oven will pre-heat.
5. When the pre-heat temperature is reached the temperature will flash on the display. Open the door, place the food to be cooked inside the oven and close the door.
6. Press the number buttons to enter the cooking time.
7. Press **START/+30s** button to start cooking.

### Without Pre-Heat

1. Press the **AIR FRY** button, the display will show **140°C**.
2. Press the **AIR FRY** button to select the temperature. Each time it is pressed the display will change, 220, 230, 140, 150, 160, 170, 180, 190, 200, 210, then back to 220.
3. Press the **START/+30s** button to confirm the temperature setting.
4. Press the number buttons to enter the cooking time.
5. Press **START/+30s** button to start cooking.

### Example:

To air fry for 10 minutes at 220°C on convection without pre-heat.

Press the air fry button once.  x1	Press the air fry button 4 times so that the display shows 160°C.	Press the <b>START/◊ +30s</b> button once.  x1	Press the 10min button once. 10 min x1	Press <b>START/◊ +30s</b> .  x1
				





## Grill cooking

### GRILL ONLY COOKING

The grill at the top of the oven cavity has one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning. Use the rack for grilling small items of food such as bacon, gammon and teacakes. Food can be placed either directly onto the rack, or into a flan dish/heat-resistant plate on the rack.

#### Example:

To grill for 20 minutes, using **GRILL** key.

Press <b>GRILL</b> key once.  x1	Enter the required heating time by pressing the <b>10 min</b> key twice.	Press the <b>START/◀ +30s</b> key to start the grilling. (The display will count down through the set grilling time.)
		





## Microwave + grill

**GRILL + MICROWAVE** combines microwave power with the convection function. In this mode the microwave power and convection power is used alternately. Full power microwave for 14 seconds, then grill for 15 seconds. This cycle repeats until the end of the cooking time.

The combination of microwave power with the grill reduces cooking time and provides a crisp, brown finish.

#### Example:

To cook for 15 minutes, follow the example below.

Press <b>GRILL + CONVECTION</b> key once.  x1 MICROWAVE +GRILL	Enter the required heating time by pressing the <b>10 min</b> key once and the 1 min key 5 times.	Press the <b>START/◀ +30s</b> key to start the cooking. (The display will count down through the set cooking time.)
		

### NOTES for GRILL and GRILL + MICROWAVE COOKING:

- It is not necessary to preheat the grill.
- When browning foods in a deep container, place on the turntable.
- 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 faulty. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill.

**IMPORTANT:** During operation, to allow smoke or smells to disperse open a window or switch the kitchen ventilation on.

**NOTE:** When using the grill function, the grill will turn on and off at regular intervals to prevent overheating.



**WARNING:** The door, outer cabinet, oven cavity and accessories will become very hot during operation. To prevent burns, always use thick oven gloves.

# Convection

During convection cooking, hot air is circulated throughout the oven cavity to brown and make crisp foods quickly and evenly. This oven can be programmed for thirteen different cooking temperatures (230°C, 220°C, 210°C, 200°C, 190°C, 180°C, 170°C, 160°C, 150°C, 140°C).

It is recommended to preheat the oven before cooking in the convection mode. To preheat and cook using the convection function, follow the instructions given below:

## With Pre-Heat










1. Press the **CONVECTION** button, the display will show **180°C**.
2. Press the **CONVECTION** button to select the temperature. Each time it is pressed the display will change, 180, 190, 200, 210, 220, 230, 140, 150, 160, 170 then back to 180.
3. Press the **START/+30s** button to confirm the temperature setting.
4. Press the **START/+30s** button and the oven will pre-heat.
5. When the pre-heat temperature is reached the temperature will flash on the display. Open the door, place the food to be cooked inside the oven and close the door.
6. Press the number buttons to enter the cooking time.
7. Press **START/+30s** button to start cooking.

## Without Pre-Heat

1. Press the **CONVECTION** button, the display will show **180°C**.
2. Press the **CONVECTION** button to select the temperature. Each time it is pressed the display will change, 180, 190, 200, 210, 220, 230, 140, 150, 160, 170 then back to 180.
3. Press the **START/+30s** button to confirm the temperature setting.
4. Press the number buttons to enter the cooking time.
5. Press **START/+30s** button to start cooking.

## Example:

To cook for 12 minutes at 210°C on convection without pre-heat.

Press the convection button once.  x1 CONVECTION	Press the convection button 3 times so that the display shows 210°C.  x3 CONVECTION	Press the <b>START/◊+30s</b> button once.  x1	Press the <b>10min</b> button once and the <b>1min</b> button twice.	Press <b>START/◊+30s</b> .  x1
				







## Microwave + convection

The Microwave+Convection mode makes cooking easier and faster as it uses fast microwave cooking and convection to crisp the food.

**MICROWAVE + CONVECTION** combines microwave power with the convection function. In this mode the microwave power and convection power is used alternately. Full power microwave for 14 seconds, then convection set for 170°C for 15 seconds. This cycle repeats until the end of the cooking time. The combination of microwave power with the convection function reduces cooking time and provides a crisp, brown finish.

### Example:

To cook for 10 minutes, using MICROWAVE + CONVECTION.

Press <b>MICROWAVE + CONVECTION</b> key once.  	Enter the required heating time by pressing the <b>10 min</b> key once. <b>10min x1</b> 	Press the <b>START/◀ +30s</b> key to start the cooking. (The display will count down through the set cooking time.) 
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### NOTES for CONVECTION + MICROWAVE cooking:

- There is no pre-heat function.
- When browning foods in a deep container, place on the turntable.
- 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 faulty. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on the convection function.

**IMPORTANT:** During operation, to allow smoke or smells to disperse open a window or switch the kitchen ventilation on.



**WARNING: The door, outer cabinet, oven cavity and accessories will become very hot during operation. To prevent burns, always use thick oven gloves.**

## Auto menu

For convenience the automatic cooking programmes allow food to be cooked quickly and evenly with only a few button presses. It is not necessary to program the duration and the cooking power, all that is required is to select the required auto cook function enter the weight/pieces if necessary.

### Microwave and Convection Auto Menu

To select the microwave and convection cooking auto menus press the AUTO MENU button once, then press the "+" or "-" buttons to choose the programmes, the screen will show "A01" to "A09"

#### For example, to cook two jacket potatoes.

1. Open the door and place the food inside the oven using suitable ovenware for the cook cycle being used.
2. Close the door.
3. Press the **AUTO MENU** button once. The display will show **A01**.
4. Press the "+" button once, the display will show **A02**.
5. Press **START/+30s** to confirm the selected auto cook menu.
6. Press the "+" or "-" button to adjust quantity (or weight for other menus).
7. Press **START/+30s** button to start cooking.
8. When cooking is finished, the display will return to the standby mode and 5 beeps will be heard.

## Auto Menu A01 to A09

Display	Menu	Display	Weight (g)	Cooking time	Cooking mode	Cooking advice
A01	Auto reheat	150g	150g	1 minute 30 seconds	Microwave P100	Place your food into a microwave safe container and place in the centre of the turntable.
		250g	250g	2 minutes 30 seconds		
		350g	350g	3 minutes 30 seconds		
		450g	450g	4 minutes 30 seconds		
		600g	600g	6 minutes		
A02	Potato	1		5 minutes 20 seconds	Microwave P100	Each potato should be approximately 230g. Remove any eyes (buds) and wash before cooking.
		2		8 minutes 30 seconds		
		3		11 minutes 30 seconds		
A03	Meat	150g	150g	3 minutes	Microwave P80 Turn over half way through cooking	Place your food into a microwave safe container and place in the centre of the turntable.
		300g	300g	4 minutes 40 seconds		
		450g	450g	6 minutes 30 seconds		
		600g	600g	8 minutes 30 seconds		
A04	Vegetable	150g	150g	3 minutes	Microwave P100	Place your food into a microwave safe container and place in the centre of the turntable.
		350g	350g	4 minutes 30 seconds		
		500g	500g	6 minutes		
A05	Pasta	50g	50g (water 450g)	18 minutes	Microwave P80	Place the uncooked pasta in a microwave safe bowl and add the water specified for the weight. Place the bowl in the centre of the turntable before starting the oven.
		100g	100g (water 800g)	20 minutes		
		150g	150g (water 1200g)	22 minutes		
A06	Fish	150g	150g	3 minutes 10 seconds	Microwave P80	Place the fish onto a microwave safe dish or rack and place in the centre of the turntable.
		250g	250g	4 minutes 40 seconds		
		350g	350g	5 minutes 40 seconds		
		450g	450g	7 minutes		
		650g	650g	9 minutes 40 seconds		
A07	Soup	200	200ml	2 minutes 10 seconds	P100	Place the soup in a microwave safe container and place in the centre of the turntable.
		400	400ml	4 minutes		
		600	600ml	5 minutes 40 seconds		
A08	Pizza	200g	200g	11 minutes	Convection 190°C	Place the pizza directly onto the baking tray and use on the lower level.
		300g	300g	12 minutes 30 seconds		
		400g	400g	14 minutes 30 seconds		
A09	Chicken	500g	500g	40 minutes	Convection 200°C Turn over at 2/3 of the way through cooking	Place your food on the baking tray and use on the lower level.
		750g	750g	45 minutes		
		1000g	1000g	50 minutes		
		1200g	1200g	55 minutes		

## Air Fry Auto Menu

To select the microwave and convection cooking auto menus press the **AUTO MENU** button twice, then press the "+" or "-" buttons to choose the programmes, the screen will show "AF01" to "AF14"

### For example, to cook frozen chicken nuggets.

1. Open the door and place the food inside the oven using suitable ovenware for the cook cycle being used.
2. Close the door.
3. Press the **AUTO MENU** button twice. The display will show **AF01**.
4. Press the "+" button five times, the display will show **AF06**.
5. Press **START/+30s** button to start cooking.
6. When the cooking cycle is completed, the oven will beep 5 times.

### Auto Menu AF01 to AF14

Display	Menu	Display	Weight (g)	Cooking time	Cooking mode	Cooking advice
AF01	Frozen French Fries	AF01	500g	21 minutes	Air fry 220°C	Do not overload the frying basket with too many fries. Ensure that the fries are evenly spaced.
AF02	Fish and Chips	AF02	400g	18 minutes 00	Air fry 220°C Turn over when 3 minutes of cooking time remains.	
AF03	Frozen Croquettes	AF03	400g	14 minutes	Air fry 210°C	Evenly space the croquettes in the frying basket.
AF04	Frozen Calamary	AF04	400g	14 minutes	Air fry 210°C	Evenly space the calamary in the frying basket.
AF05	Frozen Onion Rings	AF05	350g	13 minutes	Air fry 210°C	Evenly space the onion rings in the frying basket.
AF06	Frozen Nuggets	AF06	500g	20 minutes	Air fry 210°C Turn over when 4 minutes of cooking time remains.	Do not over fill. Ensure that there is a small amount of space between the nuggets.
AF07	Escalope	AF07	400g	20 minutes	Air fry 200°C Turn over when 4 minutes of cooking time remains.	
AF08	Shrimps	AF08	200g	11 minutes	Air fry 210°C	
AF09	Vegetable	AF09	300g	10 minutes	Air fry 220°C	Cut up vegetables into pieces 2 x 3cm to ensure even cooking.
AF10	Spring Rolls	AF10	400g	14 minutes	Air fry 220°C Turn over when 4 minutes of cooking time remains.	
AF11	Frozen Breaded Prawns	AF11	220g	12 minutes	Air fry 210°C Turn over when 4 minutes of cooking time remains.	Be carefull not to overfill the frying basket.
AF12	Frozen Potato Wedges	AF12	400g	20 minutes	Air fry 220°C	Do not overfill. Spray with cooking oil for a more crispy skin.
AF13	Buffalo Chicken Wings	AF13	550g	15 minutes	Air fry 210°C	Place evenly in the frying basket.
AF14	Grilled Fresh Fish Fillets	AF14	500g	11 minutes	Air fry 230°C	

- The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and how the food is placed in the oven. If the resold of the cooking is not satisfactory, please adjust the cooking time to suit.
- For some of the auto cook programs, you may be requested to turn the food over. Open the door, turn the food, close the door and then press the **START/+30s** button to resume cooking.

- Wear oven gloves (or similar) when turning food over.
- It is not possible to change the time or temperature of the air fry auto menu options.










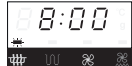
## Defrosting by weight

The microwave oven is pre-programmed with a timer and power level so that foods such as meat or seafood can be easily defrosted. The weight range for this is from 0.1kg – 2.0kg.

Follow the example below for details on how to operate these functions.

**Example:** To defrost a joint of meat weighing 1.2kg.

Place the food in a flat dish or alternatively on a microwave oven defrost rack on the turntable.

<p>Select the weight defrost function by pressing the defrost button once.</p> <p> x1</p> <p>DEFROST</p>	<p>Press the Up button 4 times</p> <p>  </p>	<p>Press the <b>START/◀ +30s</b> button once.</p> <p> x1</p>	<p>Press the start button and defrosting will start.</p> <p> x1</p>
			




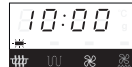
Notes for weight defrost:

- Before freezing foods, ensure food is fresh and of good quality.
- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- If necessary, shield small areas of meat or poultry with small pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.

## Defrosting by time

This function quickly defrosts food while enabling you to choose a suitable defrost period, depending on the food type. Follow the example below for details on how to operate this function. The time range is 0:01 – 99:50.

**Example:** To defrost the food for 10 minutes.

<p>Select the menu required by pressing the <b>TIME DEFROST</b> button twice.</p> <p> x2</p> <p>DEFROST</p>	<p>Enter the cooking time by pressing the time buttons.</p> <p>10min 1min 10s</p>	<p>Press the <b>START/◀ +30s</b> button to start the defrosting.</p> <p>(The display will count down through defrosting time)</p>
		

Notes for time defrost:

- After cooking the audible signal will sounds five times and the LED will display the time of day, if the clock has been set. If the clock has not been set, the display will only show "0:00" when cooking is complete.
- The preset microwave power level is P30 and cannot be changed.

## Sequence cooking

This function allows you to cook using up to 2 different stages which can include manual cooking time and mode and/or time defrost as well as weight defrost function. Once programmed there is no need to interfere with the cooking operation as the oven will automatically move onto the next stage. The audible signal will sound once after the first stage.

**Note:** Auto menu cannot be set as one of the multiple sequences.

**Example:** If you want to defrost the food for 5 minutes at 30P, then to cook with P80 microwave power for 7 minutes.

**The steps are as follows:**

1. Press the microwave button to set the power to 30P.
2. Enter the cooking time of 5 minutes.
3. Press the microwave button to set the power to P80.
4. Enter the cooking time of 7 minutes,
5. Press the START/+30s button to start cooking.

## Safety lock

This is an automatic function to prevent unsupervised operation of the oven by children. While in the standby mode, if there is no operation within one minute, the oven will automatically enter Safety lock mode all buttons are disabled. To turn the safety lock off simply open and close the door to the microwave and the keypad will become active again and the lock indicator light will turn off.

## Child lock

To set the CHILD LOCK, press and hold the **STOP** button for 3 seconds, a long beep will be heard and the display will show the locked icon. The oven is now in the CHILD LOCK mode.

To cancel the CHILD LOCK, press and hold the **STOP** button for 3 seconds until a long beep sound is heard.

## Cleaning and care

- Turn off the oven and unplug the power cord from the mains supply when cleaning.
- Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven sides, top base or turntable, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.
- The outside of the oven should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
- 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.
- Do not steam cleaners.
- Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
- If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. This is not a fault.
- The turntable should be cleaned regularly to avoid contamination and potential arcing/damage. Simply wipe the bottom surface of the oven with mild detergent.
- Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
- If the light bulb fails, please contact customer service for advice.
- The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
- Please do not dispose of this appliance into the domestic rubbish bin; refer to your countries advice on disposal of this type of product.

# Suitable ovenware

1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 2.54 cm between foil and cavity.

The list below is a general guide to help you select the correct utensils.

Cookware	Microwave Safe	Grill/ Convection/ Air Fry	Comment
Browning dishes	✓ / ✗	✗	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	✗	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Heat-Resistant Glass	✓	✓	Care should be taken to ensure that any glass cook ware is suitable for use in a microwave oven.
Non Heat-Resistant Glass	✗	✗	
Heat-Resistant Ceramics	✓	✓	Ensure that any ceramic material is not too thick or in high in mineral content.
Microwave-Safe Plastic Dish	✓	✗	Always check that the plastic cook ware is suitable to be used in a microwave oven.
Kitchen Paper	✓ / ✗	✗	Only use kitchen paper which is recommended for use in microwave ovens.
Glassware e.g. Pyrex®	✓ / ✗	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal Tray	✗	✓	It is not recommended to use metal cookware as it will arc, which can lead to fire.
Metal Rack	✗	✓	It is not recommended to use metal cookware as it will arc, which can lead to fire.
Aluminium foil Foil Containers	✓ / ✗	✓	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2.54 cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil®, follow instructions carefully.
Cling film	✓	✗	It should not touch the food and must be pierced to let the steam escape.
Plastic/Polystyrene e.g fast food containers	✓	✗	Care must be taken as some containers warp, melt or discolour at high temperatures.
Freezer/Roasting bags	✓	✗	Must be pierced to let steam escape. Ensure bags are suitable for microwave use.
Paper - Plates, cups and kitchen paper	✓	✗	Do not use plastic or metal ties, as they may melt or catch fire due to the metal 'arcing'.
Straw and wooden Containers	✓	✗	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Recycled paper and newspaper	✗	✗	Always attend the oven when using these materials as overheating may cause fire. May contain extracts of metal which will cause 'arcing' and may lead to fire.



**WARNING: When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.**

**NOTE:** Do not leave your oven unattended while in use.

# Microwave cooking advice

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results. Many of the following techniques are similar to those used in conventional cooking.



**WARNING: Liquids and foods must not be heated in sealed containers or jars/containers with lids on, as pressure will build up inside and may cause the jar/container to explode.**

## COOKING ADVICE NOTES:

- Always attend the oven when in use.
- Ensure that the utensils are suitable for use in a microwave oven.
- Only use microwave popcorn within the recommended packaging (follow the manufacturers instructions). Never use oil unless specified by the manufacturer and never cook for longer than instructed.



**WARNING: If you exceed recommended cooking times and use power levels that are too high, food may overheat, burn and, in extreme circumstances, catch fire and damage the oven.**

## Arrange

Place the thickest parts of food towards the outside of the dish. e.g. Chicken drumsticks.

Foods that are placed towards the outside of the dish will receive more energy, so cook quicker, than those in the centre.

## Cover

Certain foods benefit from being covered during microwave cooking.

Use vented microwave cling film or a suitable lid.

## Pierce

Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode. e.g. Potatoes, Fish, Chicken, Sausages.

NOTE: Eggs should not be heated using microwave power as they may explode, even after cooking has ended. e.g. poached, fried, hard boiled.

## Stir, turn and rearrange

For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.

## Stand

Standing time is necessary after cooking so it enables the heat to disperse equally throughout the food.

<b>Food Characteristics</b>	
<b>Composition</b>	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. Bones in food conduct heat, making the food cook more quickly. Care must be taken so that the food is cooked evenly.
<b>Density</b>	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
<b>Quantity</b>	The number of microwaves in your oven remains the same regardless of how much food is being cooked. The cooking time must be increased as the amount of food placed in the oven increases. e.g. Four potatoes will take longer to cook than two.
<b>Size</b>	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
<b>Shape</b>	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. For even cooking, place the thickest parts to the outside of the dish where they will receive more energy. Round shapes cook more evenly than square shapes when microwave cooking.
<b>Temperature of food</b>	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.



**WARNING: Face and Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.**



**WARNING: Check the temperature of food and drink, stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.**



## Defrosting advice

Using your microwave oven is the quickest defrosting method. It is a simple process but the following instructions are essential to ensure the food is thoroughly defrosted.

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave power levels P-20 to P-40.
- Please refer to the further information below.

### Rearrange

Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting.

Move closely packed pieces from the outside to the centre and rearrange over-lapping areas.

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 it is possible during defrosting.

e.g. bacon rashers, chicken fillets.

### Shield

Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.

### Stand

Standing time is necessary to ensure food is thoroughly defrosted.

Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.

### Turn over

It is essential that all foods are turned over up to 4 times during defrosting.

This is important to ensure thorough defrosting.

# Reheating advice

For the reheating of foods, follow the advice and guidelines below to ensure food is thoroughly reheated before serving.

## Plated meals

Remove any poultry or meat portions, reheat these separately, see below.

Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on power level P-50, stir/rearrange halfway through reheating.

**NOTE:** Ensure the food is thoroughly reheated before serving.

## Sliced meat

Cover with vented microwave cling film and reheat on power level P-60. Rearrange at least once to ensure even reheating.

**NOTE:** Ensure the meat is thoroughly reheated before serving.

## Poultry portions

Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on power level P-70.

Turn over halfway through reheating.

**NOTE:** Ensure the poultry is thoroughly reheated before serving.

## Casseroles

Cover with vented microwave cling film or a suitable lid and reheat on power level P-50.

Stir frequently to ensure even reheating.

**NOTE:** Ensure the food is thoroughly reheated before serving.

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using power level P-100, while a lasagne which contains ingredients that cannot be stirred, should be reheated using power level P-40.

## NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.



**WARNING: Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.**

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.



**WARNING: The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.**

## Troubleshooting

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Follow this simple check below:

Place half a cup of water on the turntable and close the door. Set the timer know to cook for 1 minute using microwave power level of P-100.

1. Does the oven lamp come on when it is cooking?
2. Does the cooling fan work? (Check by placing your hand above the air vent openings).
3. After 1 minute does the audible signal sound?
4. Is the water in the cup hot?

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart below.



**WARNING: Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs. This is important as it may involve the removal of covers that provide protection against microwave energy.**

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to repair, modify or operate the oven if it is not working properly.
- Outer Cabinet and Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal.

Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

## TROUBLESHOOTING CHART

Issue	Explanation
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed from the potatoes and that they have been pierced, place directly onto the turntable in a heat resistant flan dish or similar.
Oven does not work when the START/+30s button is pressed.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.
When using the oven in the grill only mode it may be noticed that the heating element does not appear to be on all the time.	While cooking in the grill mode, the oven temperature is monitored to ensure that the cavity does not get too hot. The grill element may turn on and off during the cooking cycle.
When using the grill in the combination mode, it does not appear to be on.	During the combination cooking mode (microwave and grill), the oven will switch between the two functions. The microwave and grill functions will not be turned on at the same time.
Convection oven does not appear to be getting hot enough.	The oven cavity temperature will be maintained at +/- 10% of the set level. Temperature is measured in the dead centre of the oven with a calibrated temperature measuring device using a K-type thermocouple.
After cooking the oven makes a noise or appears to still be operating.	At the end of the cooking cycle the fan may stay on for several minutes to cool down the oven. This is normal.
"COOL" is shown in the display.	When used in the air fry, grill or convection modes the oven cavity will heat up. After cooking is complete, "COOL" will be displayed until the temperature of the cavity drops below 140°C.

## Before calling for assistance

Before asking for service, please check each item below:

- Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
- Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
- Check to ensure that the power and timer knobs are set correctly.
- Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.





