

SHARP[®]

MICROWAVE OVEN
微波爐

Ⓥ

R-279T(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.

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

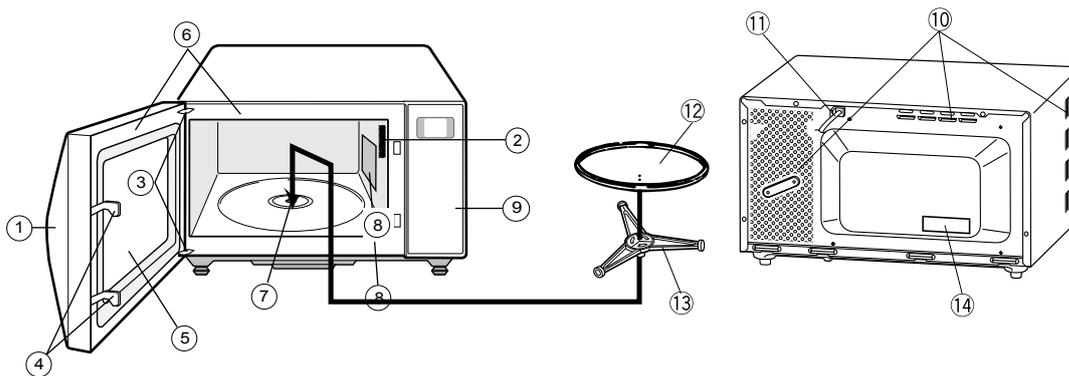
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

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 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



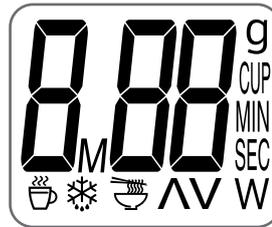
1. Door opening handle
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling
8. Waveguide cover (Do not remove)
9. Control panel (see page E-4)
10. Ventilation openings
11. Power supply cord
12. Turntable
13. Roller stay
14. Rating label

OPERATION OF TOUCH CONTROL PANEL

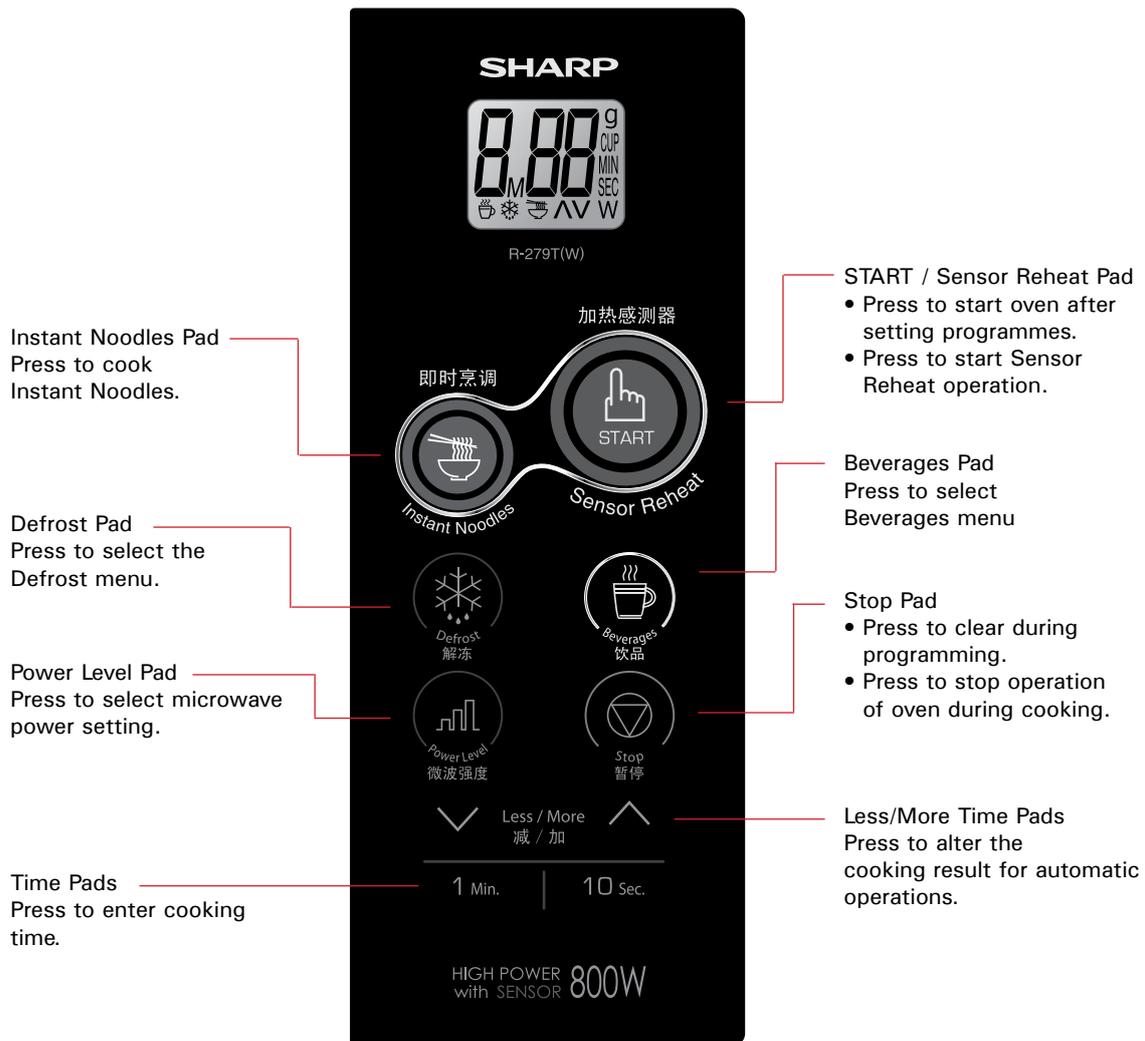
The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

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 at the end of the cooking cycle.

Control Panel Display



Touch Control Panel Layout



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.

BEFORE OPERATION

Getting Start

Plug the oven into a power point. The display will show "0", and now you can ready to use the oven.

Stop

Press the Stop pad once to:

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

MANUAL OPERATIONS

Microwave Time Cooking

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

There are 4 different power levels.

You can programme up to 20 minutes at the power level 200W and 500W.

You can programme up to 15 minutes at the power level 700W and 800W.

Power level 	200W Press the Power Level pad 4 times	500W Press the Power Level pad 3 times.	700W Press the Power Level pad 2 times.	800W (HIGH) Press the Power Level pad 1 time.
Display				
Examples	Defrost, Softening butter	Delicate Food such as Eggs or Seafood		Raw meat, Vegetables, Rice or Pasta

Suppose you want to cook vegetables for 2 minutes 30 seconds on HIGH POWER (800W).

Step	Procedure	Pad Order	Display
1	Enter the desired power level for 800W press the Power Level pad 1 time.	 x1 微波强度	
2	Enter the desired time by press Time pads.	1 Min. 10 Sec. x2 x3	
3	Press the START pad.		 The cooking time will begin counting down. When it reaches zero, the oven will "beep".

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 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.

AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. 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.
2. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually.
3. To change the final cooking or defrosting result from the standard setting, press the Less or More pad Refer to page E-13.
4. 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.
5. To defrost foods above or below the weights allowed on the DEFROST MENU GUIDE, use defrost manually.

One Touch Reheating

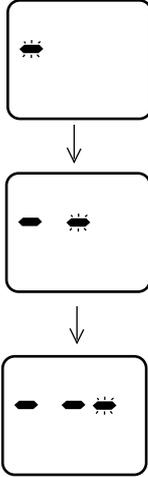
For your convenience One touch reheating allows you to easily reheat the food by automatic sensor function.

Do not cook small quantities of food or food contain few water such as bread, grilled food.

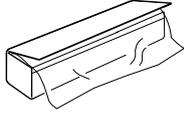
This prevent "smoke and ignition".

Do not use Sensor Reheat pad with a drink suggest using of Beverages pad instead.(Prevent of sudden boiling)

Suppose you want to heat a Dinner plate

Step	Procedure	Pad Order	Display
1	Press the START (Sensor Reheat pad once).	加热感测器  x 1	 <p>The cooking will begin start display will show sensor cooking bar, When cooking completed the oven will stop display will be "0".</p>

Reheat Menu Guide



- **Wrapped foods** : Food that want to keep moisture inside foods such as frozen rice, steamed food.
 - **Unwrapped foods** : Rice (room temp./frozen), foods that want to evaporate the water inside out such as deep fried dishes, stir-fried dishes.
- O : in the table means need wrapped

(mL = cc)

Menu	Weight	Status	Wrap	Less/More Pad	Techniques
Ready meal (Spaghetti, pie)	100-350g	Room temp/ Chilled	-	-	
Dinner plate (Lunch box etc.)	Approx. 600g	Room temp/ Chilled	-	-	
Rice	1-4 Cups (1 Cup 150 g)	Room temp/ Chilled	-	-	When rice is hard, spray water into it.
Frozen Rice	1-2 Cups (1 Piece 150 g)	Frozen	O	-	Thickness should be less than 3 cm. Make a flat frozen rice then put it on a dish
Steam dished (Steamed dumpling)	5-12 pcs (160 g)	Room temp/ Chilled	O	-	Sprinkle water over both sides
		Frozen	O	-	
Grilled dishes (Hamburger)	1-4 Cups (1 piece 80 g)	Room temp/ Chilled	-	^ More	Apply salad oil if it is dry
		Frozen	O		After finish heating, steam it 2-3 mins with wrapped condition
Curry-Stew	200-400g	Room temp/ Chilled	O	-	Freeze with a shallow container. Take out when a remain time is displayed, stir it then return to the original position, then press START pad, heat it and stir again when finish.
	100-400g	Frozen	O	^ More	
Boiled dishes	100-400g	Room temp/ Chilled	-	-	Wrap dished that may burst such as boiled fish
Deep fried dishes (tempura)	100-400g	Room temp/ Chilled	-	-	Place a kitchen or tempura paper on a dish then arrange foods (do not stack up). Due to squid is easy to burst then use manual operation micro 200W.
Soup	1-2 Cups (1 Cup 150 ml)		-	^ More	Stir after finish heating
Fried Rice	100-400g	Room temp/ Chilled	-	-	Stir after finish heating
	100-300g	Frozen	O	^ More	Unbind before heating
Fried noodle	100-200g	Room temp/ Chilled	-	-	Stir after finish heating
Taro-pumpkin	100-400g	Frozen	O	-	
Mixed vegetables	100-300g	Frozen	O	-	caution; when heat a small weight, it may cause smoke, ignition or sparks

Reheat Menu Guide

Cautions:

- Take out a wrap or a cover to avoid changing a shape or melt.
- Container that have a risk of damage, explosion or ignition during heat should be taken out.
(Container or bag of sauce, boiled egg, aluminium case)
- Do not use a aluminum container or a aluminium foil.
(There is a risk of sparks when heating and able to cause break down).
- Cool down a oven or tray if they are hot.

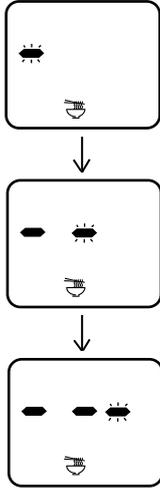
Instant Noodles

即时烹调

One touch Instant Noodles pad allows you to easily cook Instant Noodles by automatic sensor function.



Suppose you want to cook 1 piece 50g of Instant noodles.

Step	Procedure	Pad Order	Display
1	Press the Instant Noodles pad once.	<p>即时烹调</p>  <p>Instant Noodles x1</p>	 <p>The cooking will begin start display will show sensor cooking bar, When cooking completed the oven will stop display will be "0".</p>

- Put the instant noodles and add water in the bowl (recommend to use a ceramic bowl)
1 piece approx.50g~90g, 20-25°C room temperature, follow the package instruction for water amount.
You can put ingredients like vegetables together.
- Place the bowl on turntable.
- Cook uncovered.
- When oven has stopped, you can serve.

NOTE: Make sure all noodles are covered with water.
Follow the package instruction,if it has.
Cooking time varies on amount.(approx.3-4mins for 50g)

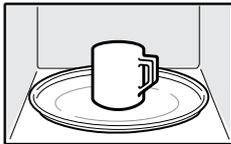
Beverages

1. 1 Cup
2. 2 Cup
3. 3 Cup
4. 4 Cup

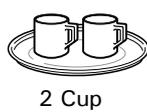


Beverages pad will automatically compute the microwave power to reheat popular menus. (Coffee, Tea and Water.)
 Each time of press Beverages pad will change number of cup
 1 cup --> 2 cup --> 3 cup --> 4 cup --> 1 cup

Preparation: Unwrap and place onto the center (for 1 cup)



For two or more cups ,place on the same circumference.



- Put beverage in a standard weight per cup.
 Milk: 200mL, Coffee: 150mL (mL = cc)
- Container: Use a container that a standard weight should be eight tens of the space of the container.
 Cup: Use a lower wide mouth cup
 Stir before and after reheat

Suppose you want to cook 2 cup of Tea.

Step	Procedure	Pad Order	Display
1	Press the Beverages pad twice.	 x2	
2	Press the START pad.	 x1	 ↓ After 30 sec.  The cooking time will begin counting down. When it reaches zero, the oven will "beep".

Wait 1-2 mins after finish heating before take out dishes.

Cautions:

- Transfer a beverage from a bottle before reheat.
- When a actual weight is less than a standard weight use manual reheating micro 800W
 Look a status while reheat. Use Sensor Reheat may cause sudden boil.

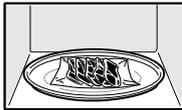
Defrost (Meat and Fish)

1. 100g
2. 200g
3. 300g
4. 400g
5. 500g



DEFROST will automatically compute the microwave power and defrosting time.
Each time of press Defrost pad will change quantity of defrost
100g --> 200g --> 300g --> 400g --> 500g --> 100g

Preparation: Place a wrap onto the center of tray (do not use a container)



Able to defrost 100g~500g in each time.
Defrost foods that just before take out from a freezer room.
If foods already starts defrosted, use manual reheating micro 200W with attention.
Prevent discolor or be boiled by cover the thin area of foods with aluminium foil.
Be careful not to make the foil touched a wall inside the cabinet or a door,
to prevent sparks or broken of glass door.

Suppose you want to defrost 400g of Meat.

Step	Procedure	Pad Order	Display
1	Press the DEFROST pad four times.	 x4	
2	Press the START pad.		 ↓ After 30 sec.  The defrosting time will begin counting down. When it reaches zero, the oven will "beep".

Materia		Less / More pad	Techniques
Meat	Hard meat	 More	Use aluminium foil cover thin area of chicken's legs.
	Minced meat -Slice meat Chicken		
Fish	Tuna -shrimp	 Less	Use aluminium foil cover a thin area of fish's tail.
	Fish		

NOTE: Shield thin end of chops or steaks with foil.

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

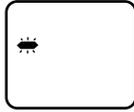
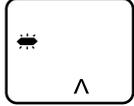
The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference use the “more” or “less” feature to either add (more) or reduce (less) cooking time.

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

- ONE TOUCH REHEATING
- INSTANT NOODLES
- DEFROST
- BEVERAGES (Less setting only)

(1) ONE TOUCH REHEATING

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

Step	Procedure	Pad Order	Display
1	Press the START (Sensor Reheat) pad once.	 x1	 <p>The reheating with sensor will begin operation.</p>
2	Press the More pad once.	 x1	 <p>The reheating with sensor continues operation with more setting. When it detected vapor, the oven will stop the display will be "0".</p>

(2) DEFROST

* Suppose you want to defrost 400g of fish for less time than the standard setting

Step	Procedure	Pad Order	Display
1	Press the DEFROST pad four times for defrost 400g.	 x4	
2	Press the START pad.		
3	Press the Less pad once. Within 30 sec. after press start pad.	 x1	 <p>Less indicator will appear.</p> <p>↓</p> <p>After 30 sec.</p>  <p>The defrosting time will begin counting down. When it reaches zero, the oven will “beep”.</p>



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	: 1.22 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) 	O
Ceramic (heat-resistant) 	O
Pottery, Stoneware	O
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) 	O
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	Monosodium glutamate
1	Egg white	3 cups	Water
1/2 tsp	Cornflour		

[Method]

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 800W for 7 minutes.
3. Add shrimp balls, straw mushrooms and spring onions. Cover and microwave at 800W for another 3 to 4 minutes until shrimp balls float. Sprinkle sesame oil in soup and serve.

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		

[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 800W for 7 minutes. Add meat balls and seasonings (B), cover, microwave at 800W 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 800W for 2 minutes 30 seconds.
3. In a casserole put in 3 cups of water and seasonings (B), stir well. Cover and microwave at 800W for 7 minutes. Add seasonings (C) and broccoli. Microwave at 800W for another 2 minutes 30 seconds.
4. Stir chopped fish mixture into boiling soup, cover and microwave at 800W for 1 minute. Garnish with chopped ham and celery.

MEAT

Cold Chicken with Chili

[Ingredients]

1 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
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 800W 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
¹/₂ tsp Salt
¹/₂ tsp Monosodium
glutamate
¹/₂ tsp Sugar
1 tsp Light soy
sauce
¹/₂ tsp Sesame oil
1 tbsp Cornflour
dash Pepper

[Method]

1. Mix minced pork with all seasonings. Make into balls and cover, microwave at 800W 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 800W. Stir after half the time.
5. Mix together sauce ingredients and cover, microwave at 800W for 2 minutes.
6. Pour sauce over cooked ingredients and serve

[Seasonings]

¹/₂ tsp Salt
¹/₄ tsp Monosodium glutamate
¹/₂ tsp Light soy sauce
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
1/2 Egg, beaten
1 1/2 tbsp Corn flour
1/4 tsp Ginger juice
1/2 tsp Salt
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 800W 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 800W 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 800W 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 800W 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 Corn flour
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 800W for 2 minutes. Take out and stir. Add seasonings, stir well. Cover and microwave at 800W for 2 minutes.
5. Stir, serve hot.





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 800W 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 800W 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 800W for around 3 minutes, stir well after half. Check the color and doneness while cooking.
3. Pour in the corn flour mixture and stir. Uncover and microwave at 800W 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 800W 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 800W 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 800W 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 800W 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 800W 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 800W 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

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 800W 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
³/₄ tbsp Almond extract
few Canned mixed fruits (with syrup)

[Method]

1. Put gelatin into casserole, add 600 ml water, cover and microwave at 800W 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 800W for 3 to 4 minutes until the center part is cooked.

Trifle

[Ingredients]

1 packet Port wine jelly crystals
1 ¹/₂ cups Boiling water
5 ¹/₃ tbsp Custard powder
375 ml Milk
¹/₂ cup Sugar
1 tsp Vanilla essence
1 cup Whipped cream
12 Macaroons
1 Madeira cake
¹/₂ 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 800W 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.



