

SHARP

R-D219G(K)



微波炉

MICROWAVE OVEN

使用说明书

OPERATION MANUAL

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重要安全说明

重要安全说明：请仔细阅读并保留以备将来参考。

1. 此微波炉只适合台面上使用。它不适于嵌装在墙或橱柜上，也不适合置于橱柜内。关于安装方式，请参看C-3页。
2. 确保微波炉上方留有至少20公分高的空间。
3. 此电器主要是供家庭和类似场地使用，如：
 - 商店、办公室和其他工作场所的员工厨房；
 - 农舍；
 - 酒店、汽车旅馆和其他住宅式场所；
 - 提供住宿加早餐类型的场所它不适合作商业和实验室用途。

此微波炉是为加热食物和饮料而设计。干燥食物或衣物、加热暖袋、治疗用袋（如小麦袋）、拖鞋、海绵、湿布等类似物件，将可能带来受伤、着火或火灾的风险。
- 4.
5. 此电器不适合身体、感官或精神能力较弱，或缺乏经验和知识的人（包括孩童）使用，除非有能负责安全的人在旁给予关于此电器使用的监督和指导。
6. 必须注意让孩童远离此电器。
7. 警告：要让孩童在没有监督的情况下使用微波炉，必须先确保孩童接收到足够的指示，以便他们懂得如何安全使用和了解不当使用的后果。
8. 警告：如果炉门或门上封条损坏了，切勿使用微波炉，直至夏普培训的合格维修技师将损坏处确实修好为止。
9. 警告：切勿擅自调整、修理或改装微波炉。除夏普培训的合格维修技师之外的任何人，如果把防止微波能量外射的保护外壳移除了来进行任何维修，将有可能带来危险。
10. 如果此电器的电源线损坏，切记须由夏普培训的合格维修技师来进行替换，以避免危险发生。
11. 警告：切勿把液体和其他食物放在密封的容器中加热，否则将可能发生爆炸。
12. 用微波加热饮料后停下的数秒种将有可能发生喷发式沸腾，因此在取出容器时必须小心。
13. 带壳的鸡蛋和水煮蛋不应用微波炉加热，因为鸡蛋有可能会爆开，即使是在微波已停止操作后。要煮熟或加热未捣烂或混合的鸡蛋，先在蛋黄和蛋白上刺洞，以避免鸡蛋爆开。
14. 厨具使用前必须先确认它们适合用于微波炉。请参看C-15页。微波模式下只能使用微波炉适用的容器和厨具。
15. 切勿在微波模式下使用金属容器来盛装食物和饮料。用于电磁炉的砂锅也不能使用。
16. 奶瓶里的奶和罐装宝宝食品在食用前应先搅拌或摇晃并检查温度，以避免发生烫伤。
17. 用塑料或纸质容器加热食物时，视线不要离开微波炉，因为有可能会发生着火的情况。
18. 如果发现烟雾冒出，即刻关掉电源或拔下插头，不要打开炉门，以避免激起火焰。
19. 应该定时清理微波炉，将食物残留清除。
20. 清洁和维护不应该由无人监督的孩童进行。
21. 未能保持微波炉清洁将有可能造成炉表面变质，继而影响电器的使用寿命，也可能造成危险发生。
22. 切勿使用摩擦力强的清洁刷或尖锐的金属刮具来清理炉门玻璃，因为表面一旦被刮花，将有可能发生玻璃碎裂。
23. 切勿使用蒸汽清洁设备。
24. 关于炉门封条、空间和相邻部件的清理，请参看C-13页。

重要安全说明

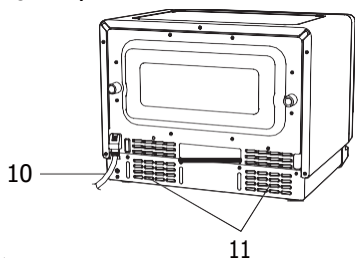
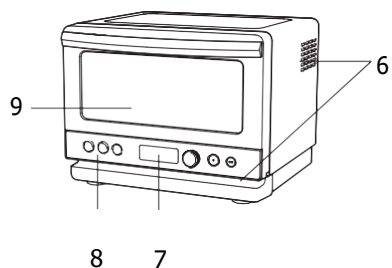
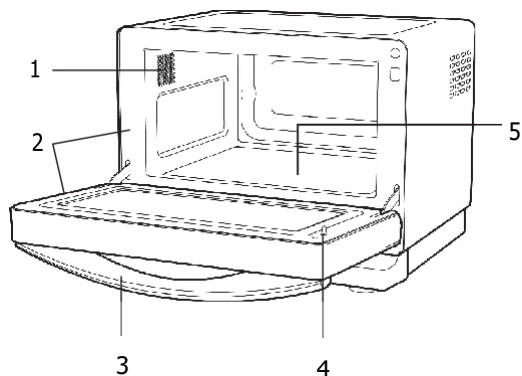
其他警告

- 为降低微波炉内部着火的风险，要注意：
 - 切勿过度加热食物
 - 把装有食物的纸袋或塑料袋放入微波炉前先取下绑在上面的扎线带。
 - 切勿加热油或脂肪来油炸食物，因为您无法控制油温。
 - 不要用微波炉来储存食物或其他物品。
- 为降低爆炸或喷发式沸腾带来的危险，取出容器时应格外小心。微波炉能够非常快速地加热食物和饮料，因此根据食物种类和数量选择合适的烹饪时长和功率非常重要。如果无法确定所需的烹饪时长和功率，可先用较长的时间和较低的功率为开始，直至把食物煮至完全均匀熟透。
此外还需注意：
 - 切勿使用密封的容器。拴上盖子或奶嘴的奶瓶也算是密封容器。
 - 不要增加不必要的烹饪时间。
 - 煮沸液体时，使用阔口的容器。
 - 液体煮沸后静置至少20秒才取出，以避免发生喷发式沸腾。
 - 液体在加热前和过程中需要搅拌。触碰容器或放入汤匙或其他厨具以搅拌时要极度小心。
- 此微波炉仅供家庭准备食物之用，并应只用于食物和饮料的加热、烹饪和解冻。它不适合作商业和实验室用途，也不适合用于加热治疗用袋，如小麦袋。
- 如果有任何物件卡在微波炉身和炉门之间，切勿操作微波炉。
- 从微波炉里取出食物时要注意避免让厨具、衣服或饰品勾到门门。
- 微波炉操作时，切勿用硬物，尤其是金属硬物捅进格栅或微波炉与炉门之间的缝隙。
- 切勿破坏门门。
- 拿取装有热食的厨具时务必使用厚的隔热手套，以避免烫伤。食物的热将通过容器传导至皮肤而造成灼伤。
- 如果微波炉的灯失灵，请咨询代理商或夏普培训的合格维修技师。
- 避免让蒸汽碰到脸部和手部，以免烫伤。从离您最远的盖子边缘处开始把盖子掀开，塑料包装袋等也是如此。打开爆米花袋和烹饪袋时要注意远离脸部。
- 确定电源线没有损坏，没有被压到微波炉底下，或碰到任何热的表面或尖角。
- 不要在放置微波炉的橱柜外围放置任何物件，因为它在操作时将会变得很热。
- 为避免烫伤，食用前切记先试一下食物和容器的温度，并加以搅拌。尤其在让宝宝、孩童和年长者食用前，更要特别注意食物和饮料的温度。喝饮料或汤前，先检查容器的温度。由于容器会变得很热，拿取时要格外小心。
- 操作时要确保厨具没有触碰到微波炉的内壁。
- 切勿直接触碰微波炉灯的周围部分。当灯开启时，此部分的温度会变得很高。
- 当微波炉在操作时，让房间保持通风，如打开窗户或开启厨房抽风机。从微波炉通风口冒出的蒸汽可能会把邻近的墙面或家具弄湿。
- 切勿把手指或物件插入孔洞里（蒸汽排出孔或通风口），以免造成微波炉损坏、触电或危险。
- 切勿在手湿的情况下触碰插头。确保插头已完全插入电源插座中。拔下插头时，抓住插头，不要拉电源线，以免造成电源线和插头里的管线损坏。
- 如果微波炉倒下或掉到地上，立刻停止使用。拔下插头，联系夏普的合格维修技师。
- 切勿在打开的炉门上放置任何物件，以避免微波炉倒下或造成炉门和折叶损坏。不要紧拉把手，也不要挂重物在上面。
- 除了夏普的日式砂锅，不要使用其他任何砂锅。

安装说明

1. 取下微波炉内部所有包装材料，以及炉门外侧上的贴纸（如果有）。
检查微波炉是否有任何损坏，如门不对称、门封条损坏、炉内部或门上有凹痕。如果有任何损坏，请勿操作微波炉，直至微波炉由夏普认可的服务中心进行检查和维修（如有需要）后为止。
2. 附带的配件包括
 - 1) Donabe (日式砂锅)
 - 2) 使用说明书
3. 此微波炉只适合在台面上使用。它不应放置在会有大量热气和蒸汽产生的地方，例如，烤箱旁边。切勿将它放置在易燃物品附近，如窗帘。注意不可挡住微波炉的通风口，放置时上方和右方需分别保留至少**20公分**和**10公分**的空间。即使通风的空间足够，微波炉也不应放置在五面都被包围住的地方。它的设计也不适合嵌装在墙或橱柜上。
4. 不要使用电插座适配器，将其他电器连接到同一个电源插座上。
5. 制造商和分销商均不对任何因不正确电源衔接程序而导致的电器损坏或人身伤害承担责任。所使用的交流电压和频率必须与标签上所列的对应。
6. 此电器必须接地。微波炉插头必须与标准接地家用电源插座安全衔接。

微波炉构造

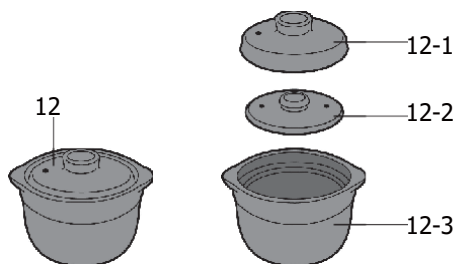


- 1 灯
- 2 门封条和密封面
- 3 门把
- 4 门闩
- 5 炉内底部
- 6 排气口
- 7 液晶显示屏
- 8 控制面板
- 9 玻璃门
- 10 电源线
- 11 通风口

配件

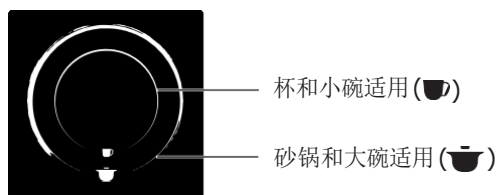
- 12 Donabe (日式砂锅)
- 12-1 外锅盖
- 12-2 内锅盖
- 12-3 锅体

*详情请参看C-7页。



炉内底部

可根据两道标准线来放置厨具。厨具应置于圆形标准线的中心位置。



日式砂锅的烹饪选项编号

转动旋钮，选择以下所要的选项。选项编号将出现在显示屏上。

砂锅(饭)

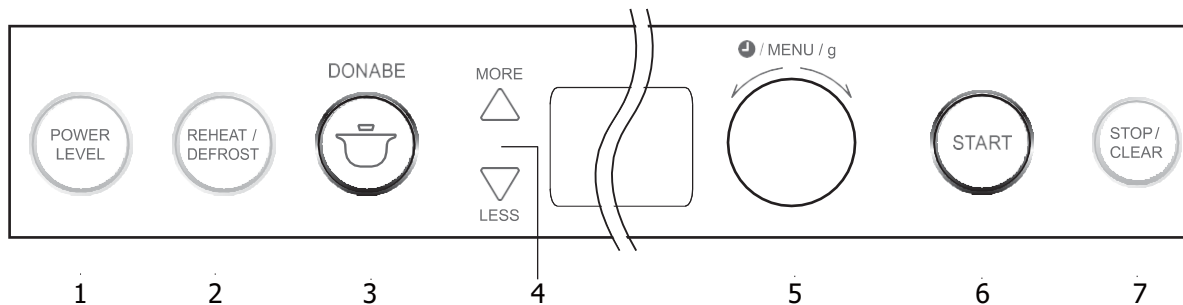
- 1-1, 白饭 (泰国米)
- 1-2
- 2-1, 白饭 (日本米)
- 2-2
- 03 快速煮饭 (泰国米)
- 04 五谷米
- 05 糙米饭
- 06 粥
- 07 砂锅饭

砂锅(菜)

- 21 煮蔬菜 (软)
- 22 煮南瓜、马铃薯
- 23 煮蔬菜 (硬)
- 24 炖菜
- 25 快熟面
- 26 意大利面

控制面板

操作键



- 1. POWER LEVEL 键**
按键以选择微波功率等级。
- 2. REHEAT/DEFROST 键**
按键以选择“加热”和“解冻”菜单。
- 3. DONABE 键**
按键以选择“砂锅烹饪”菜单。
- 4. MORE/LESS键**
按键以调整自动操作程式的成果：“自动(加热)”和“解冻”。
按键以调整“砂锅菜”第21选项的食物分量。
- 5. 转动**
转动以选择所要选项。
转动以选择所要数量。
转动以输入烹饪时长。
- 6. START 键**
按键以自动加热食物。参看C-6页。
选好设定后按此键以启动微波炉。
按键以确定您的选择。
- 7. STOP / CLEAR 键**
设定程式时按此键以进行清除。烹饪时按此键一次以停止操作；按两次以取消烹饪程序。

显示讯息

显示屏上显示各种需知讯息，包括烹饪的时长和程式。



微波状态显示:

WAIT : 砂锅饭即将开始蒸煮。

READY TO EAT : 砂锅饭煮好了

▲ · ▼ : MORE(▲) / STANDARD(·) / LESS(▼)
自动烹饪的状态。

300g (▲) / 200g (·) / 100g (▼)
“砂锅菜”第21选项的状态。

时间/数量的状态显示:

min : 分钟

sec : 秒

cup : 杯

烹饪程式的状态显示:

AUTO : 自动(加热)正在进行中。

DONABE : 选定“砂锅饭”。



DONABE : 选定“砂锅菜”。



REHEAT : 选定“加热”程式。

DEFROST : 选定“解冻”程式。

操作前须知

- 开始操作微波炉前，请确定您已阅读并完全理解此使用说明书的内容。

准备开始

步骤

- 1 插上电源。
这时显示屏还不会有讯息显示。
- 2 打开炉门。
显示屏上会出现“0”（初始显示）。这时关上炉门。

注意：

微波炉设有自动断电程式。在以下三种情况下，若您5分钟或更长时间内没有输入指示，显示屏将转为空白。这时您需要把炉门打开再关上：

1. 屏幕上显示“0”时
2. 您在设定任何烹饪程序时
3. “自动（加热）”或“微波设时烹饪”程式暂停时

打开炉门，以重新启动电源。

停止/清除

按 STOP/CLEAR 键一次，以便：

1. 暂停烹饪程序
2. 清除程序设定中的错误

注意：

若微波炉门在烹饪过程种被打开，微波炉将会暂停操作。

烹饪中途取消程序

按 STOP/CLEAR 键两次。

自动烹饪

自动烹饪需知

1. 使用自动功能时，仔细遵照每项菜单指南中的指示来进行，以达到最佳烹饪成果。
若没有遵照指示，食物很可能会煮过头或煮不熟。
2. 如果食物的分量比菜单指南中所列来得更多或更少，请选择手动烹饪。
3. 最终的烹饪成果将因食物本身的状态（如初始温度、形状、数量）而有所不同。请务必在烹饪完成后查看食物的情况。
4. 您可以按 MORE 或 LESS 键随意调整“自动（加热）”和“解冻”的成果。请参看 C-11 页。

自动（加热）

AUTO（加热）可自动加热所有 C-17 页所列自动（加热）菜单指南上的食物。

自动（加热）特别提醒：

1. 食物应放在炉内底部的中心位置。
2. 切勿使用“自动（加热）”程式来加热任何饮料，以免发生喷发式沸腾。若要加热饮料，请选择“加热”程式。参看 C-9 页。

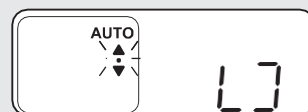
* 假设您要加热一份米饭。

步骤

- 1 把米饭放在微波炉内的中央位置。



- 2 关门后1分钟内按下 START 键。



要从标准设定 (•) 调整最终的烹饪成果，需在10秒内按下 MORE 或 LESS 键。10秒过后，所选定的指示将出现在显示屏上。加热完成后，微波炉会响起“哔”声。

注意：

1. 不要使用砂锅。
2. 不要加热任何未解冻的食物。冷冻食物应使用手动加热。请参看 C-10 页。
3. 如果微波炉内部温度过高，不可使用“自动（加热）”程式。显示屏上将出现“U 04”。

自动烹饪

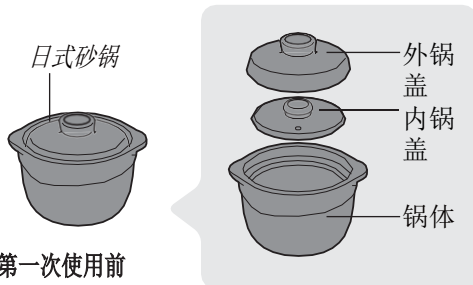
日式砂锅烹饪

日式砂锅烹饪有两个类别共15份菜单。请参看C-18页的砂锅食谱。

类别	菜单	显示编号
RICE (饭)	1. 白饭 (泰国米:长米)	1-1, 1-2
	2. 白饭 (日本米: 短米)	2-1, 2-2
	3. 快速煮饭 (泰国米: 长米)	03
	4. 五谷米	04
	5. 糙米饭	05
	6. 粥	06
	7. 砂锅饭	07
DISH (菜)	8. 煮蔬菜 (软)	21
	9. 煮南瓜/马铃薯	22
	10. 煮蔬菜 (硬)	23
	11. 炖菜	24
	12. 快熟面	25
	13. 意大利面	26

关于日式砂锅:

此微波炉配备的日式砂锅是供煮饭和炖煮食物之用。不要使用此夏普日式砂锅以外的其他砂锅。



砂锅第一次使用前

紧盖砂锅以避免出现污渍和裂痕。

- 1 小心清洗砂锅。
- 2 在砂锅中倒入600毫升水，再倒入120克薯粉（或面粉）。
- 3 把砂锅放进微波炉内底部的中心位置（无需盖子）。
- 4 用600W微波加热砂锅10分钟。请参看C-10页。
- 5 加热后取出砂锅，静置20-30分钟以降温。再彻底清洗一遍并擦干。

关于砂锅的特别提醒:

- 1 不要拿空的砂锅去加热。
- 2 不要在炉内底部拖动砂锅，以防底部被刮花。
- 3 不要使用有裂痕或缺口的砂锅。
- 4 不要挡住砂锅的排气小孔。
取出砂锅时应使用厚的隔热手套，以避免烫伤。
- 5 除了本说明书中所列的用途，不要把砂锅用作其他用途。
- 6 使用砂锅烹饪时，请仔细遵循日式砂锅食谱中的指示以取得最佳烹饪成果。若没有仔细遵循指示，食物将可能过度沸腾并溢出。请参看C-10页。
- 8 切勿把砂锅放在煤气炉或明火上加热。
- 9 不要使用其他微波炉或厨房电器的砂锅。

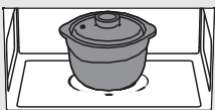
自动烹饪

Donabe RICE (砂锅饭)

* 假设您要煮2杯白米 (泰国米)。

步骤

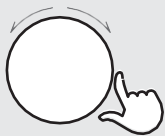
- 1** 把食物放在炉内底部的中心位置。



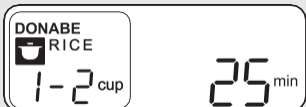
- 2** 按 DONABE 键一次。



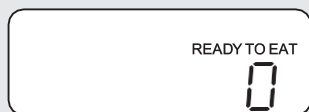
- 3** 转动旋钮选择菜单。



- 4** 按 START 键。



显示屏上将显示所选烹饪程式的倒计时。当计时来到“0”时，微波炉将会响起“哔”声。接下来，将进入静置（蒸煮）程序的倒计时。倒数至“0”时，“READY TO EAT”的字样将会显现。



注意：

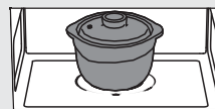
1. 第6选项“粥”没有静置（蒸煮）倒计时的设定。
2. 您可以依据软硬度，在“READY TO EAT”倒计时中途选择停止蒸煮程序。

Donabe DISH (砂锅菜)

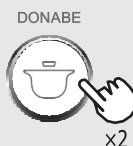
* 假设您要炖煮食物。

步骤

- 1** 把食物放在炉内底部的中心位置。



- 2** 按 DONABE 键两次。



- 3** 转动旋钮选择菜单。



- 4** 按 START 键。



显示屏上将显示所选烹饪程式的倒计时。当计时来到“0”时，微波炉将会响起“哔”声，并显示“READY TO EAT”字样。

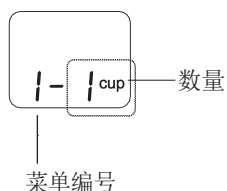
自动烹饪

加热

加热有2个选项。
 参看C-17页的加热菜单指南。

菜单	显示	数量
1. 蒸饭	1-1 杯, 1-2 杯	1-2 人份
2. 饮料	2-1 杯, 2-2 杯	1-2 杯

显示屏将显示菜单编号和数量：



* 假设您要加热2杯牛奶。

步骤

1 把食物放在炉内底部的中心位置。



2 按 REHEAT/DEFROST 键一次。



3 转动旋钮选择菜单和数量。



4 按 START 键。



显示屏上将显示烹饪程序的倒计时。当计时来到“0”时，微波炉将响起“哔”声。

注意：

- 切勿使用“自动（加热）”程式来加热任何饮料，以避免发生喷发式沸腾。
- 不要使用砂锅。

解冻

解冻功能每次可自动解冻100-500克的肉类和鱼。每次增加单位为50克。请参看C-17页的解冻贴士。

* 假设您要解冻300克肉类。

步骤

1 把食物放在炉内底部的中心位置。



2 按 REHEAT/DEFROST 两次。



3 转动旋钮选择数量（300克）。



4 按 START 键。



要从标准设定 (●) 调整最终的烹饪成果，需在10秒内按下●MORE或LESS键。



10秒过后，所选定的指示将出现在显示屏上，解冻开始倒计时。当计时来到“0”时，微波炉会响起“哔”声。

注意：

- 不要使用砂锅。
- 若微波炉内部的温度过高，切勿使用“解冻”功能。显示屏上将出现“U 04”。

手动烹饪

微波设时烹饪

使用手动微波烹饪时，先输入微波功率等级，再输入烹饪时长。

微波功率等级	需时	例子	
850W	高	0 - 20 分钟	快速加热食物
600W	中	0 - 20 分钟	加热食物、加热精细的食物
500W			
200W	低	0 - 60 分钟	解冻、炖煮

微波功率等级

微波功率共有4个等级。

默认功率等级设置为 600W。

要调整功率等级，请按 POWER LEVEL 键直至所要的等级出现。

需时

依功率等级而定，微波炉可设定最长的烹饪时间为60分钟。

顺时针或逆时针转动旋钮以增加或减少烹饪时长。

若设定在0 - 20 分钟之间，每次增加/减少的时间单位为 10 秒；若设定在20-60分钟之间，每次增加/减少的时间单位为 1分钟。假设您要以500W加热食物5分钟。

注意：

- 1 不要使用砂锅（除了本使用说明书中的指示）。
- 2 若只是要加热很小量的食物，可设定较短的烹饪时间，以避免发生冒烟或着火。建议设定20-30秒，并全程留意炉内的变化。
- 3 不要加热分量很小且切成细碎的根类食物（如红萝卜）及类似食物。少量食物在微波操作时将可能引起火花、造成烧焦和着火。

贴士

- 1 80 - 500克的食物可以一起煮。
- 2 使用与食物分量匹配的容器。

步骤

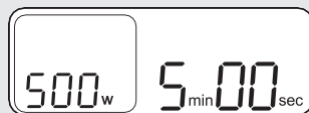
- 1 把食物放在炉内底部的中心位置。



- 2 按 POWER LEVEL 键选择功率等级。



- 3 转动旋钮输入烹饪时长。



- 4 按 START 键。



显示屏上将显示烹饪程式的倒计时。当计时来到“0”时，微波炉将响起“哔”声。

其他便利功能

自动烹饪时间调整 (增加或减少烹饪时长)

您可随意调整“自动（加热）”和“解冻”下想要达到的成果。

如果您要让自动设定的时间长一些，可在按下 **START** 键的10秒内按**MORE**键一次来加长时间。

显示屏上将显示“▲”。

如果您要让自动设定的时间短一些，可在按下 **START** 键的10秒内按**LESS**键一次以缩短时间。

显示屏上将显示“▼”。

当“▲·▼”开始闪烁时，您即可更改设定。

如果10秒之内没有任何指示输入，将自动回到标准设定。

烹饪结束提醒

烹饪结束后，微波炉将发出提醒，并在提醒后1、2和3分钟重复提醒，除非炉门被打开或有人按下 **STOP/CLEAR** 键。

设定静音

要将微波炉设为静音模式，需在回到初始显示后按住 **DONABE** 键4秒，直至2声短“哔”声响起。然后，再按下 **STOP/CLEAR** 键。

注意：

1. 即使电源中断，微波炉的设定不会消失。
2. 即使处在静音状态，微波炉仍会发出以下2道信号声。
 - 错误信号声
 - 微波炉操作被取消的信号声
3. 要取消静音模式，需按住 **DONABE** 键4秒，直至一声短“哔”声响起。然后，按下 **STOP/CLEAR** 键。

常见问题与解答

如果显示屏上出现“C”加一个数字，您认为微波炉可能操作异常，在咨询夏普授权的服务中心之前，可以先查阅以下常见问题列表。由此，您将可减少不必要的电话联系。

- 维修和改装：若微波炉操作出现异常，切勿再尝试操作它。
- 外层橱柜和灯源：不要将外层橱柜移除，以避免触电或灼烧的风险。

出错提醒/讯息提醒

显示	行动
U04	微波炉温度太高，不宜使用“自动（加热）”和“解冻”程式。 把食物从微波炉取出以降温，直至显示字样消失。
C 数字	若是技术错误，请联系夏普授权的服务中心。

常见问与答

以下所列均为正常情况，并非微波炉功能异常的表现。

问题/情况	答案
控制面板/电源	显示屏转为黑色/空白一片。 * 把炉门打开再关闭。 * 检查插头与墙上电源插座是否完好衔接。 * 检查墙上插座和保险丝是否损坏。 注意：在以下情况，显示屏将在5分钟内转为空白： 1. “0”显示时。 2. 当您在设定任何烹饪程序时 3. “自动（加热）”或“微波设时烹饪”程式暂停时。
	按任何键都没有反应。 按 STOP/CLEAR键后再尝试操作。
	烹饪中途电源中断。 * 之前设定的烹饪时间和程序将消失。 * 食物将继续以手动程式加热。
	烹饪时长有所改变。 这在砂锅饭程式中属正常现象。开始时，显示屏将显示烹饪时间的倒计时。计时来到“0”时，微波炉会响起“哔”声。 接着，静置（蒸煮）程式的倒计时将会开始。请参看C-8页。
水汽	微波炉打开后内部有水汽。 这是蒸汽在微波炉内部凝结的结果。待降温后，以软质抹布或海绵擦干即可。
杂声/声响	烹饪过程中有杂声。 * 冷却扇在烹饪过程中操作。 * 微波炉在控制输出功率。
	烹饪结束后有杂声。 冷却扇会继续操作直至微波炉冷却。可能会操作约1分钟30秒。
	3声短”哔”声。 这是提醒声。微波炉在烹饪结束后每1分钟会响3声，除非有人打开炉门或按下STOP/CLEAR键。
	按任何键都没有发出声响。 微波炉正处在静音状态。参看C-11页。
烟/异味	微波炉内部使用后有异味。 检查炉内是否清洁，没有任何食物残留。注意在每次使用后清理微波炉内部。
其他	使用既定菜单程式煮出来的食物成果欠佳。 * 检查食物是否放在炉内底部的中心位置。 * 检查食物分量是否正确。

保养与清洁

- 清洁之前切记要关闭电源。

定期清洁微波炉 - 保持微波炉清洁，清除所有食物残留，否则将可能造成微波炉表面腐蚀。这不但会缩短微波炉的使用寿命，还可能造成危险。

外部:

用中性清洁剂和温水清洁外部，再用湿布擦干净。避免使用质地粗硬的清洁工具。确保通风口没有被灰尘阻塞。

炉门:

经常用湿布擦拭炉门和两边的通风口、门封条和相邻部份，以清除溅出或溢出的食物残留。不要使用质地粗硬的清洁工具或尖锐的金属刮具来清洁炉门玻璃，以免刮花表面，造成玻璃碎裂。

控制面板:

只能用微湿的抹布稍微擦拭。

不要刷或使用任何化学清洁剂。注意避免沾到太多水。

炉内壁:

用软质抹布和温水擦拭炉内壁。每次使用后以软质抹布清洁炉内底部，以去除所有食物残留。食物残留积累将可能引起过热、冒烟或着火。

切勿使用市售的微波炉清洁剂、质地粗硬的清洁工具和擦洗海绵来清洁微波炉的任何部分。切勿在微波炉任何部分直接喷洒微波炉清洁剂。

避免微波炉沾到太多水。清洁后，务必用软质抹布将多余水分抹干。

日式砂锅:

用中性肥皂水清洗并彻底抹干。切勿使用擦洗海绵。为防日式砂锅破裂，不要在使用后迅速让它降温。

拨打服务电话前先检查

在您拨电寻求协助前，请先进行以下测试：

取一玻璃杯装水（约250毫升），放进微波炉并关紧炉门。以850W开始操作1分钟。

A. 微波炉灯是否有亮起？

是 _____ 否 _____

B. 冷却扇是否有操作？（可把手放在后方的通风口测试）

是 _____ 否 _____

C. 1分钟后，信号声是否有响起？

是 _____ 否 _____

D. 杯里的水是否有变热？

是 _____ 否 _____

若以上任何一项的答案为“否”，请检查您的墙上插座和电表箱里的保险丝是否操作正常。

若两者都没有异常，请联系最靠近您的夏普授权服务中心。

注意:

1. 若您以850W加热食物超过3分钟，输出功率将自动降低以避免发生过热现象。

2. 若显示屏上的字样不断变换，表示微波炉正处在示范模式。按下 STOP/CLEAR后按LESS键3次，微波炉会响起“哔”声，显示屏上将出现“0”。

规格

交流线路电压 : 230V, 50Hz

交流电源要求 : 1,350 W

输出功率 : 850 W* (IEC 测试程序)

微波频率 : 2,450 MHz (B类/ 第2组)**、

外型尺寸 : 410 厘米(W) x 360 厘米(H) x 317 厘米(D)

内部尺寸 : 330厘米(W) x 170厘米(H) x 285厘米(D)***

微波炉容量 : 19 公升****

重量 : 约 10 公斤

Donabe (日式砂锅) : 193厘米(W) x 147厘米(H) x 169厘米(D),约1.3公斤

* 根据国际电工委员会 (IEC) 的输出功率标准测量方式测量。

** 此为国际标准CISPR11下ISM (工业、科学和医药) 设备的分类。

*** 深度的计算不包括门把。

**** 内部尺寸是从测量最大宽度、深度和高度而得出。确实可容纳食物的空间会较小。

为持续改进产品功能，我们保留更改设计和规格的权利，恕不通知。

烹饪指南


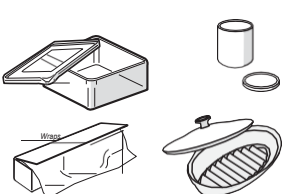

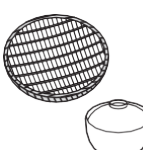
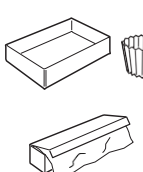

微波烹饪技巧

<u>注意烹饪时长</u>	先将烹饪时长设定为指示中所建议的最短时间，之后若有需要，才加长时间。 食物煮过头将可能引起冒烟或着火。
<u>盖好食物再加热</u>	查阅食谱中的建议遮盖方式：如用厨房纸巾、保鲜膜或盖子。 盖子可预防食物溅出，同时让食物均匀煮熟。（也助维持微波炉的清洁）
<u>稍微遮盖食物</u>	用一小片铝箔遮住肉类或家禽较薄的部分，以避免煮过头。
<u>搅动食物</u>	可以的话，在烹饪过程中由外往中间方向搅动食物一或两次。
<u>把食物翻面</u>	鸡肉、汉堡肉或牛扒之类的食物，在烹饪过程中应翻面一次。
<u>改变食物摆放的位置</u>	例如一盘肉丸，您可在烹饪过程中把上面的肉丸移到底下，把中间的肉丸移到旁边。
<u>给予静置时间</u>	确保烹饪结束后食物有足够的时间静置。把食物从微波炉取出并搅拌。 静置时间能让食物煮熟，但不会煮过头。
<u>查看熟度</u>	留意预设的烹饪温度是否已达到。若达到表示食物可能已煮熟，可查看： - 食物是否已整个熟透，不是只有边缘熟。 - 家禽关节部的肉是否一动就松开。 - 猪肉和家禽每个部位都不再呈粉红色。 - 鱼肉不再透明，用叉子轻轻一动就能弄散。
<u>水汽凝结</u>	这是微波烹饪中常见的现象。食物中的湿气和水分会影响微波炉内部的湿度。一般上，食物盖住来煮会比不盖住产生较少水汽。确保通风口没有被挡住。
<u>煎盘</u>	使用煎盘或自动加热材质的容器时，切记在底下放一个耐热的垫子，如瓷盘，以避免热压力损坏底部的转盘、旋转支架和耦合。留意菜单中所指示的预热时间，不可超时。
<u>微波炉用塑料膜</u>	由于塑料膜可能会融化，加热油脂含量多的食物时要避免让塑料膜接触到食物。
<u>微波炉用塑料厨具</u>	一些微波炉用塑料厨具不适合用来加热油脂和糖分多的食物。

烹饪指南

关于容器和盖子

从以下图表了解每种烹饪程式适用的容器和盖子。

○ 可使用	
<p>耐高温的玻璃容器、陶器和瓷器</p> 	<ul style="list-style-type: none">快速加热或降温将可能造成裂痕。不可使用彩色或有裂痕的容器，以及带金边或银边装饰的器皿，以免造成损坏或引起火花。
<p>耐 140°C及以上高温的塑料和硅胶容器，以及保鲜膜。</p> 	<ul style="list-style-type: none">糖和油脂含量多的菜肴不可用这类容器来加热，因为糖和油脂遇高温会变形或融化。使用密封容器时，请取走盖子。温度过高将可能造成冒烟、起火或快速沸腾（汤）的情况。仅适用于可用微波炉加热的食物。加热前把盖子取走。
× 不可使用	
<p>不可耐高温的玻璃杯</p> 	<ul style="list-style-type: none">强化玻璃、切割玻璃和水晶玻璃也都不可使用。
<p>漆器、竹制和纸制容器</p> 	<ul style="list-style-type: none">这类容器可能会掉屑、裂开，也有着火的风险。可以使用包装上有列明微波炉适用、可耐高温的烘焙纸。
<p>金属容器，如铝、不锈钢和搪瓷，以及铝箔纸</p> 	<ul style="list-style-type: none">这类容器会引起火花，造成损坏。
<p>耐热度低于 140°C 的塑料容器（如保丽龙）</p> 	<ul style="list-style-type: none">苯乙烯（Styrene）、聚乙烯（polyethylene）、三聚氰胺（melamine）（如婴幼儿餐具）、酚（pheno）和脲醛树脂（urea resin）在无线电波作用下会产生变化。

请留意

如果要使用以上所述之外其他材质的容器，请咨询容器的零售商或制造商。

烹饪指南

特别注意事项


	可做	不可做
鸡蛋、水果、坚果、籽、蔬菜、香肠和蚝	<ul style="list-style-type: none"> * 加热前先在蛋黄、蛋白和蚝上刺孔，以避免发生“爆炸”。 * 先刺破马铃薯、苹果、南瓜、热狗、香肠和蚝的表皮再加热，以让蒸汽释放。 	<ul style="list-style-type: none"> * 煮带壳的鸡蛋。这样做将可能造成“爆炸”，导致微波炉损坏或人受伤。 * 煮全熟/半熟蛋。 * 让蚝煮过头。 * 放带壳的坚果或籽进去烘干。
爆米花	<ul style="list-style-type: none"> * 选择专为微波炉设计的袋装爆米花。 * 留意听爆米花爆开的声音。速度将逐渐慢下来。 	<ul style="list-style-type: none"> * 直接把玉米和黄糖放在玻璃碗里来做爆米花。 * 整个爆开过程的时长不可超过包装上所述时间。
婴儿食品	<ul style="list-style-type: none"> * 把婴儿食品从瓶子移到小盘子后小心加热，过程中不时搅拌。确认温度是否合适，以避免烫伤。 * 加热奶瓶前先摘下瓶盖和奶嘴。加热后摇晃奶瓶以让液体均匀。确认温度是否合适。 	<ul style="list-style-type: none"> * 加热一次性使用的瓶子。 * 过度加热奶瓶。 * 连同奶嘴一起加热。 * 把婴儿食品留在原本的瓶子里加热。
一般食物	<ul style="list-style-type: none"> * 带馅料的食物在加热后应切开，以让蒸汽释放，避免烫伤。 * 加热液体或麦片时使用较深的碗，以防食物沸腾时溢出。 * 加热少量切细碎的根类食物时，需把它们浸泡在水里。加热少于100克的食物将可能引起火花，造成烧焦和着火。 	<ul style="list-style-type: none"> * 用有盖玻璃容器或密封容器来加热或煮食物。 * 油炸食物。 * 加热和烘干木材、药材、湿纸巾、衣服或花。 * 在没有“吸收性”材料（如食物或水）的状态下操作微波。
液体 (饮料)	<ul style="list-style-type: none"> * 煮水或液体请参看C-1-2页的重要安全说明，以避免发生爆炸和迟发型喷发式沸腾。 	<ul style="list-style-type: none"> * 加热超过建议的时长。
罐头食品 “可煮袋”食品	<ul style="list-style-type: none"> * 把袋装和罐头食品放进容器后再加热。若用铝和其他金属容器，将可能引起火花，造成损坏。 	<ul style="list-style-type: none"> * 把食物留在罐里或袋里加热。
香肠卷、派、圣诞布丁	<ul style="list-style-type: none"> * 依照建议的时长来加热。（这类食物含高糖分和/或油脂） 	<ul style="list-style-type: none"> * 煮过头，以免引起着火。

自动烹饪指南

自动（砂锅饭烹饪）指南

饭 1 白饭 (泰国米: 长米)

饭 2 白饭 (日本米: 短米)

AUTO 菜单	时长
1杯 1-1 (TH) 2-1 (JP)	19分钟 30分钟30秒
2杯 1-2 (TH) 2-2 (JP)	32分钟30秒 35分钟30秒
配件	
	
材料	
饭 1 (泰国米)	
1杯	米 150克 水 200毫升
2杯	米 300克 水 360毫升
饭 2 (日本米)	
1杯	米 150克 水 300毫升
2杯	米 300克 水 460毫升



步骤

- 1 洗净白米，沥干。
- 2 把 **1** 的米和水放入砂锅，盖上内锅盖和外锅盖。


-泰国米:

- 3** 1 杯米，选择自动菜单1-1。 2 杯米，选择自动菜单1-2。

-日本米:

- 3** 1 杯米，选择自动菜单2-1。 2 杯米，选择自动菜单2-2。


饭 3 快速煮饭 (泰国米: 长米)

AUTO 菜单	时长
03 (TH)	18分钟
配件	
	
材料	
饭 1 (泰国米)	
米	150克
水	240毫升

步骤

- 1 洗净白米，沥干。
- 2 把 **1** 的米和水放入砂锅，盖上内锅盖和外锅盖。
- 3 选择自动菜单 03。

饭 4 (五谷饭)饭5 (糙米饭)

AUTO 菜单	时长
04	37分钟
05	37分钟
配件	
 砂锅 内锅盖 外锅盖	
材料	
饭 4 (五谷米)	
米	150克
水	320毫升
饭 5 (糙米)	
米	150克
水	320毫升

步骤

- 1 洗净白米，浸泡3小时。沥干。
- 2 把 **1** 的米和水放入砂锅，盖上内锅盖和外锅盖。

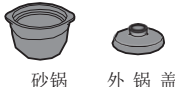
-五谷米:

- 3 选择自动菜单04。

-糙米:

- 3 选择自动菜单05。

饭 6 (粥)


AUTO 菜单	时长
06	35分钟
配件	
 砂锅 外锅盖	
材料	
饭 4 (五谷米)	
米	75克
水	350毫升



步骤

- 1 洗净白米，沥干。
- 2 把 **1** 的米和水放入砂锅，盖上外锅盖。
- 3 选择自动菜单06。

饭 7 (砂锅饭)

AUTO 菜单	时长	
07	28分钟30秒	
配件		
		
砂锅	内锅盖	外锅盖
材料		
米	150克	
A) 洋葱(切碎)	50克	
红萝卜(切碎)	50克	
玉米	50克	
虾	50克	
B) 水	160毫升	
C) 鸡汤	2茶匙	
少许盐胡椒粉		
月桂叶	1片	
青豆	50克	
牛油或油	5克	




步骤

- 1 将虾去壳。
- 2 洗净白米，沥干。
- 3 把A、B、C的材料和**2**的米放入砂锅。然后，盖上内锅盖和外锅盖。
- 4 选择自动菜单**07**。
- 5 *煮好后，加入牛油（或油）和青豆，搅拌均匀。

自动烹饪指南

自动（砂锅菜烹饪）指南

菜 21 (煮蔬菜(软))

AUTO 菜单	时长	
21 + ▲	3分钟30秒	
21 + ·	3分钟00秒	
21 + ▼	2分钟40秒	
配件		
		
砂锅	内锅盖	外锅盖
材料		
蔬菜	300-320克	
水	50毫升	

步骤

- 1 把菜切成 3-4 公分的小段。
 - 2 把**1**的菜放进煎盘，加水，盖上内锅盖和外锅盖。
 - 3 选择自动菜单**21**。
- 要硬一些
- 3 选择自动菜单**21**，再按“▲”。
- 要软一些
- 3 选择自动菜单**21**，再按“▼”。

例如，尝试您喜爱的蒸蔬菜

芦笋

西兰花


萝卜

白菜


包菜

菠菜


菜 22 (煮南瓜/马铃薯)

AUTO 菜单	时长
22	12分钟
配件	
 砂锅 内锅盖 外锅盖	
材料	
蔬菜	300-320克
水	50毫升

菜 23 (煮蔬菜(硬))

AUTO 菜单	时长
23	16分钟
配件	
 砂锅 内锅盖 外锅盖	
材料	
蔬菜	300-320克
水	50毫升

菜 24 (炖菜)

AUTO 菜单	时长
24	19分钟
配件	
 砂锅	
材料	
A)	块状培根 (1公分大小) 50克
	番茄 (1公分块状) 100克
	洋葱 (1公分块状) 20克
	红萝卜 (1公分块状) 20克
	马铃薯 (1公分块状) 30克
B)	水 300毫升
C)	鸡汤 (粉) 1茶匙
	噶汁 1茶匙
	番茄酱 1.5 汤匙
	橄榄油 1茶匙
	月桂叶 1片

步骤

- 1 把南瓜或马铃薯切成小块(约3公分大小)。
- 2 把 **1** 放入锅里, 加水, 盖上内锅盖和外锅盖。
- 3 选择自动菜单22。

步骤

- 1 把菜切成 3-4 公分的小段。
- 2 把 **1** 放入锅里, 加水, 盖上内锅盖和外锅盖。
- 3 选择自动菜单23。




**相较于自动菜单22, 您可选此菜单以加热较大块的马铃薯和南瓜, 或达到更软绵的效果。



步骤

- 1 把A、B和C的材料放入砂锅里。
- 2 选择自动菜单24(无需盖子)。
- 3 *煮好后, 搅拌均匀。

菜 25 (快熟面)

AUTO 菜单	时长
25	5分钟30秒
配件	
  	
砂锅	内锅盖 外锅盖
材料	
快熟面	1包(圆形)
水	
*特定分量的水	

注意




- 使用3分钟就能煮熟的面。
- 如果煮超过3分钟，面条可能会变硬。



步骤

- 1 把干的面块和水放入砂锅，盖上内锅盖和外锅盖。
- 2 选择自动菜单25- 快熟面。
- 3 煮好后，加入附带的汤料（粉或酱料包）。

菜 26 (意大利面)

AUTO 菜单	时长
26	13分钟
配件	
  	
砂锅	内锅盖 外锅盖
材料	
意大利面(干)	100克
水	350毫升
盐	



步骤

- 1 把干的意大利面条折半，放进砂锅。加水、盐，盖上内锅盖。
- 2 选择自动菜单26。
- 3 煮好后，沥干。

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

1. This oven is designed to be used on a countertop only. It is not designed to be built-in to a wall or cabinet. Do not place the oven in a cabinet. See page E-3 for the installation.
2. Ensure there is a minimum of free space above the oven of 20 cm.
3. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environmentsIt is not suitable for commercial, laboratory use.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, therapeutic devices (eg. wheat bags), slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. 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.
6. Children should be supervised to ensure that they do not play with the appliance.
7. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
8. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician trained by SHARP.
9. **WARNING:** Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
10. If the power supply cord of this appliance is damaged, it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard.
11. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
12. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
13. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode.
14. Utensils should be checked to ensure that they are suitable for use in the oven. See Page E-15. Use only microwave safe containers and utensils on microwave modes.
15. Metallic containers for food and beverages are not allowed during microwave modes. Clay pots for induction cookers must not be used.
16. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
17. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
18. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
19. The oven should be cleaned regularly and any food deposits removed.
20. Cleaning and user maintenance shall not be performed by children without supervision.
21. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
22. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
23. Steam cleaner is not to be used.
24. See instructions for cleaning door seals, cavities and adjacent parts on page E-13

IMPORTANT SAFETY INSTRUCTIONS

Other warnings

1. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
 - d. Do not store food or any other items inside the oven.
2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the container. Your oven is capable of heating food and beverages very quickly with microwave, therefore it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

Additionally:

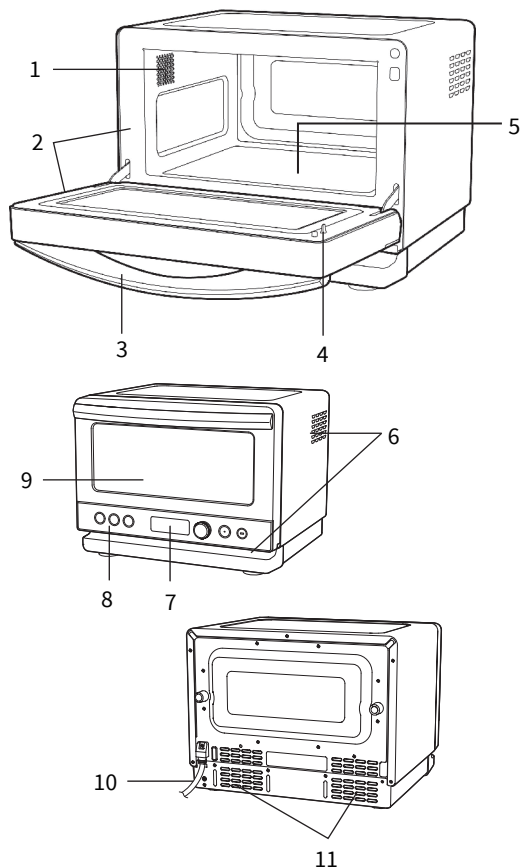
 - a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. Do not use excessive amount of time.
 - c. When boiling liquids in the oven, use a wide-mouthed container.
 - d. Stand at least for 20 seconds at the end of cooking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

It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the latches.
6. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
7. Never tamper with or deactivate the latches.
8. Always use thick oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
9. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
10. Avoid steam burns by directing steam away from the face and hands. Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
11. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
12. Do not place anything on the outer cabinet because the oven will become very hot during operation.
13. To avoid burns, always test the food and container temperature and stir before serving. Pay special attention to the temperature of food and drink given to babies, children and the elderly. Do not drink beverages or soup without checking the container's temperature. Take extra caution when handling the container because it becomes very hot.
14. Make sure the utensil does not touch the interior walls during cooking.
15. Do not touch around the oven lamps directly. This part will become hot when the oven lamp is on.
16. When the oven is in use, ventilate a room where the oven is installed. e.g. open a window or switch a kitchen ventilation fan on. Steam from the ventilation cover may wet nearby wall or furniture.
17. Do not insert fingers or objects in the holes (the steam outlets or air-vent openings) as this may damage the oven and cause an electric shock or a hazard.
18. Do not touch the electric plug with wet hand. Plug into the electric wall socket securely. When removing the plug from the socket always grip the plug, never pull the power supply cord as this may damage the power supply cord and the connections inside the plug.
19. If the oven falls down or drops on the floor, do not use the oven. Unplug the unit and contact a SERVICE CENTRE APPROVED BY SHARP.
20. Do not place any things on the door opened to prevent that the oven may fall down or could damage the door and hinges. Do not cling onto the handle and do not hang heavy objects from it.
21. Do not use any clay pots except for the one provided by SHARP.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, and the feature sticker from the outside of the door, if there is one.
Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
1) Donabe (Clay pot) 2) Operation manual
3. This oven is designed to be used on a countertop only. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. It should not be installed near combustible materials, for example, curtains. The oven should be installed so as not to block ventilation openings. For air ventilation allow space of at least 20 cm from the top and 10cm on the right side of the oven. Even if there is sufficient distance for air ventilation, the oven must not be placed where five sides are blocked.
This oven is not designed to be built-in to a wall or cabinet.
4. Do not connect other appliances to the same socket using an adaptor plug.
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.
6. This appliance must be earthed. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

OVEN DIAGRAM

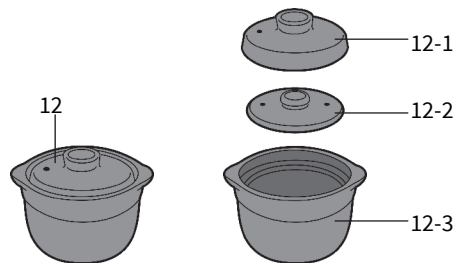


- 1 Oven lamp
- 2 Door seals and sealing surfaces
- 3 Door open handle
- 4 Latch
- 5 Oven floor
- 6 Exhaust openings
- 7 LCD display
- 8 Control panel
- 9 Door (glass)
- 10 Power supply cord
- 11 Air intake openings

ACCESSORIES

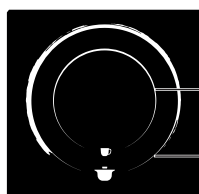
- 12 Donabe (Clay pot)
- 12-1 Outer lid
- 12-2 Inner lid
- 12-3 Pot

*See note for donabe on page E-7 for details.



OVEN FLOOR

There are two kinds of guidelines for putting utensils. Place the utensil in the centre of each circle.



For cup and small bowl (☐)

For donabe and bowl (☐)

OPTION NUMBER for DONABE COOKING

The following options are selected by turning the knob. Each option number will be shown on the display.

DONABE (RICE)

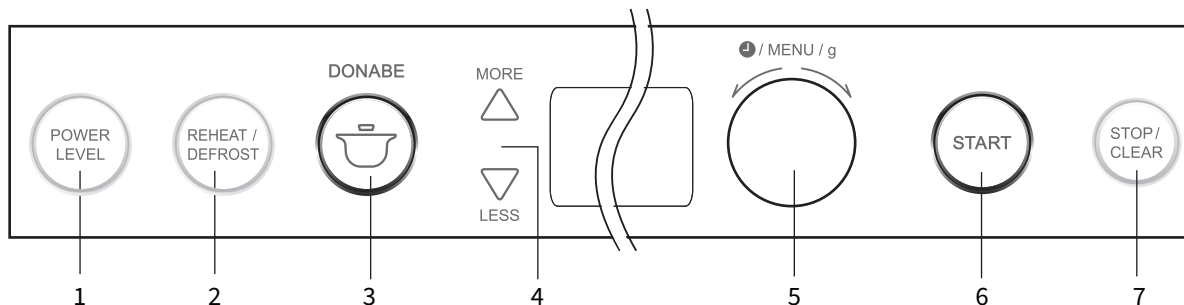
- 1-1, White rice (Thai rice)
- 1-2
- 2-1, White rice (Japan rice)
- 2-2
- 03 Quick cooking (Thai rice)
- 04 Multi grain rice
- 05 Brown rice
- 06 Porridge
- 07 Claypot rice

DONABE (DISH)

- 21 Boil vegetable (soft)
- 22 Boil pumpkin/potato
- 23 Boil vegetable (hard)
- 24 Stew
- 25 Instant noodle
- 26 Pasta

CONTROL PANEL

Operating Pads



1. **POWER LEVEL** pad
Press to select microwave power setting.
2. **REHEAT/DEFROST** pad
Press to select Reheat and Defrost menu.
3. **DONABE** pad
Press to select Donabe Cooking menu.
4. **MORE/LESS** pads
Press to alter the cooking result for automatic operations: AUTO (Reheat) and Defrost.
Press to alter the food weight for Donabe DISH menu no. 21.
5. **Dial**
Turn to select desired option.
Turn to select desired quantity.
Turn to enter cooking time.
6. **START** pad
Press to reheat food automatically. See page E-6.
Press to start oven after setting programmes.
Press to confirm your choice.
7. **STOP / CLEAR** pad
Press to clear during programming.
Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

Display Information

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



OVEN CONDITION INDICATORS:

WAIT : The steaming for Donabe RICE cooking will begin soon.

READY TO EAT : Donabe Cooking is complete.

▲ • ▼ : MORE(▲) / STANDARD(•) / LESS(▼) indicators for automatic cooking.
300g (▲) / 200g (•) / 100g (▼) indicators for Donabe DISH menu no. 21.


TIME / AMOUNT INDICATORS:

min : Minute
sec : Second
cup : Cup

COOKING MODE INDICATORS:

AUTO : AUTO (Reheat) is in progress.

DONABE : Donabe RICE cooking is selected.
 RICE

DONABE : Donabe DISH cooking is selected.
 DISH

REHEAT : Reheat mode is selected.

DEFROST : Defrost mode is selected.

BEFORE OPERATING

- Before operating your Oven, make sure you read and understand this operation manual completely.

Getting Started

PROCEDURE

- 1** Plug the oven into a power point. Nothing will appear on the display at this time.
- 2** Open the door. "0" (initial display) will appear on the display. Then close the door.

CAUTION:

Your oven has an Auto Power Off mode. If you do not operate the oven for 5 minutes or more under any of the following 3 states, the display will be blank until you open and close the oven door.

1. "0" is shown on the display.
2. While you set any cooking programme.
3. Pause in AUTO (Reheat) or in Microwave Time Cooking.

To turn on the power, open the door.

Stop/Clear

Press STOP/CLEAR once to:

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

NOTE:

The oven will stop temporarily by opening the door during the cooking.

To Cancel a Programme During Cooking

Press STOP/CLEAR twice.

AUTOMATIC COOKING

Notes for Automatic Cooking

1. When using the automatic features, carefully follow the instructions provided in each Menu Guide to achieve the best result.
If the instructions are not followed carefully, the food may be overcooked or undercooked.
2. Food weighing more or less than the quantity or weight listed in each Menu Guide, cook manually.
3. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking.
4. You can adjust cooking results for AUTO (Reheat) and Defrost as you like using MORE or LESS pad. See page E-11.

AUTO (Reheat)


AUTO (Reheat) automatically reheats all the food shown in the AUTO (Reheat) Menu Guide on page E-17.

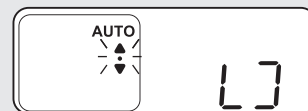
SPECIAL NOTE for AUTO (Reheat):

1. Place food in the centre of the oven floor.
2. Never use AUTO (Reheat) to heat any beverages to prevent the eruptive boiling. REHEAT is suitable for heating the beverages. See page E-9.

* Suppose you want to reheat 1 serve of rice.

PROCEDURE

- 1** Place food in the centre of the oven floor. 
- 2** Press START within 1 minute of closing the door.



To change the final cooking result from the standard setting (•), press MORE or LESS within 10 seconds. After about 10 seconds, the indicator selected will remain in the display. The segments will change in shape during cooking. After cooking, the oven will "beep".

NOTES:

1. Do not use the donabe.
2. Do not reheat any frozen food. Frozen food should be reheated manually. See page E-10.
3. While the oven cavity temperature is too high, you cannot use AUTO (Reheat). The display will show "U 04".

AUTOMATIC COOKING

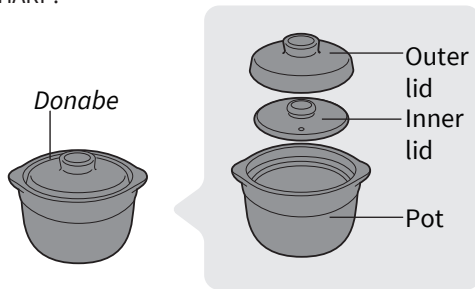
Donabe Cooking

Donabe Cooking has 2 categories and 15 menus as below. See the Donabe Recipes on page E-18.

Category	Menu	Display
RICE	1. White rice (Thai rice: long grain rice)	1-1, 1-2
	2. White rice (Japan rice: short grain rice)	2-1, 2-2
	3. Quick cooking (Thai rice: long grain rice)	03
	4. Multi grain rice	04
	5. Brown rice	05
	6. Porridge	06
	7. Claypot rice	07
DISH	8. Boiled vegetables (soft)	21
	9. Boiled pumpkin / potato	22
	10. Boiled vegetables (hard)	23
	11. Stew	24
	12. Instant noodle	25
	13. Pasta	26

About *Donabe* (Clay pot):

The *donabe* designed for this appliance is available for boiling rice and stewing dishes. Do not use any clay pots except for the one provided by SHARP.



Before the First Use of *Donabe*

Seal the *donabe* to prevent stains and cracks.

1. Rinse the *donabe* carefully.
2. Pour 600mL of water in the *donabe*, then dissolve 120g of potato starch (or flour) in it.
3. Put the *donabe* in the centre of the oven floor (no need the lids).
4. Heat the *donabe* for about 10 minutes on microwave 600W. See page E-10.
5. After heating, remove the *donabe* and leave it cool for 20-30 minutes. Then rinse and dry throughly.

SPECIAL NOTE for *Donabe*:

1. Do not heat the *donabe* with empty.
2. Do not drag the *donabe* on the oven floor to prevent from scratching the floor.
3. Do not use the *donabe* with any cracks or chips.
4. Do not block the steam vent hole.
5. Use oven gloves to take the *donabe* out after cooking to prevent burns.
6. Do not use the *donabe* for any purposes except for what instructed in this operation manual.
7. When cooking using the *donabe*, carefully follow the instructions provided in the Donabe Recipes to achieve the best result. If the instructions are not followed carefully, the food may boil and spill over.
8. Do not heat the *donabe* on a gas stove or open fire.
9. Do not use the *donabe* in the other microwave ovens or the other cooking appliances.

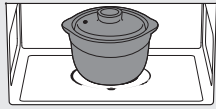
AUTOMATIC COOKING

For Donabe RICE

* Suppose you want to cook 2 cups of white rice (Thai rice).

PROCEDURE

- 1 Place food in the centre of the oven floor.



- 2 Press DONABE once.



- 3 Turn the dial to select the desired menu.



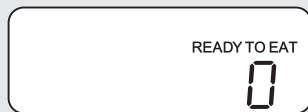
- 4 Press START.



The display will count down through the cooking time. When the cooking time reaches zero, the oven will “beep”.

Continuously, the display will count down the standing time for steaming.

The oven will stop when the timer reaches zero, and “READY TO EAT” will be still shown on the display.



NOTES:

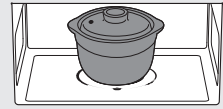
1. Item 6 “Porridge” has no standing time.
2. You can cancel the steaming during the timer is counting down with “READY TO EAT”, though the doneness may be changed.

For Donabe DISH

* Suppose you want to cook stew.

PROCEDURE

- 1 Place food in the centre of the oven floor.



- 2 Press DONABE twice.



- 3 Turn the dial to select the desired menu.



- 4 Press START.



The display will count down through the cooking time. When the cooking time reaches zero, the oven will “beep” and show “READY TO EAT” on the display.

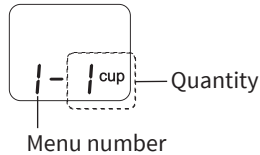
AUTOMATIC COOKING

Reheat

Reheat has 2 options.
See the Reheat Menu Guide on page E-17.

Menu	Display	Quantity
1. Steamed rice	1-1 cup, 1-2 cup	1-2 servings
2. Beverage	2-1 cup, 2-2 cup	1-2 cups

The display shows menu number and quantity:



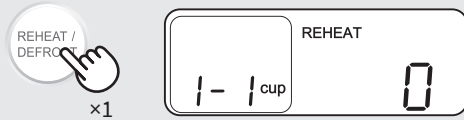
* Suppose you want to reheat 2 cups of milk.

PROCEDURE

- 1** Place food in the centre of the oven floor.



- 2** Press REHEAT/DEFROST once.



- 3** Turn the dial to select the desired menu number and quantity.



- 4** Press START.



The display will count down through the cooking time. When it reaches zero, the oven will “beep”.

NOTES:

- Never use AUTO (Reheat) to heat any beverages to prevent the eruptive boiling.
- Do not use the *donabe*.

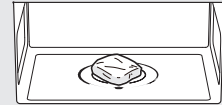
Defrost

Defrost automatically defrosts meat and fish with 100 - 500 g in each time. The increasing unit is 50g. See Defrost Tips on page E-17.

* Suppose you want to defrost 300 g of meat.

PROCEDURE

- 1** Place food in the centre of the oven floor.



- 2** Press REHEAT/DEFROST twice.



- 3** Turn the dial to select the desired amount (300 g).



- 4** Press START.



To change the final cooking result from the standard setting (•), press MORE or LESS within 10 seconds.



After about 10 seconds, the indicator selected will remain on the display and the defrosting time will begin counting down. When it reaches zero, the oven will “beep”.

NOTES:

- Do not use the *donabe*.
- While the oven cavity temperature is too high, you cannot use Defrost. The display will show “U 04”.

MANUAL COOKING

Microwave Time Cooking

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

Power level	Time range	Examples
850W	High	0 - 20 min.
600W	Medium	0 - 20 min.
500W		
200W	Low	0 - 60 min.
		Defrost, Stew

Power Level

There are four different power levels. The default power level setting is 600W. To change the power press POWER LEVEL until desired power level is displayed.

Time Range

Your oven can be programmed for up to 60 minutes depending on the power level. Turn the dial clockwise or counter-clockwise to decrease or increase cooking time. The input unit for 0 - 20 minutes is 10 seconds, and for 20- 60 minutes is 1 minute.

* Suppose you want to cook for 5 minutes on 500W.

PROCEDURE

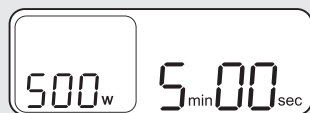
- 1 Place food in the centre of the oven floor.



- 2 Press POWER LEVEL to select power level.



- 3 Turn the dial to enter desired cooking time.



- 4 Press START.



The display will count down through the cooking time. When the cooking time reaches zero, the oven will “beep”.

NOTES:

- 1 Do not use the *donabe* (except the instruction in this operation manual)
- 2 To cook a little quantity of food, set shorter amount of time to prevent smoking or ignition. Set the cooking time for 20 - 30 seconds, and keep an eye during the cooking.
- 3 Do not cook small quantity of finely cut roots (e.g. carrot) and the like. Cooking small amount can cause sparks, burnt food and combustion.

TIPS:

- 1 80 - 500g of food can be cooked at a time.
- 2 Use a container appropriate for the food quantity.

OTHER CONVENIENT FEATURES

Automatic Cooking Time Adjustment (More or Less Time Adjustment)

You can adjust cooking results for AUTO (Reheat) and Defrost as you like.

Should you discover that you like the automatic settings slightly more done, press MORE once within 10 sec. after pressing START.

The display will show “▲”.

Should you discover that you like any automatic settings slightly less done, press LESS once within 10 sec. after pressing START.

The display will show “▼”.

While “▲ • ▼” is flashing, you can change the setting.

If no pad is pressed within 10 sec, the standard setting will be selected automatically.

End of Cooking Reminder

At end of cooking, the oven will signal and repeat after 1, 2 and 3 minutes unless door is opened or **STOP/CLEAR** is pressed.

Mute the Oven

To mute the oven, make sure the initial display is shown and press DONABE for 4 sec. until the 2 short beeps sound. Then press STOP/CLEAR.

NOTES:

1. The oven will hold the setting even if the power is interrupted.
2. The following 2 signals will sound even if the oven is in the mute setting.
 - Error sound
 - Cancellation sound during oven operation
3. To restore the sound, press DONABE for 4 sec. until a short beep sounds. Then press **STOP/CLEAR**.

TROUBLESHOOTING

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

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

Error Message/Information Message

DISPLAY	ACTION
U 04	The oven is too hot to use AUTO (Reheat) and Defrost. Remove food from oven and allow to cool until the message clears.
C number	Due to technical error, contact a SERVICE CENTRE APPROVED BY SHARP.

Troubleshooting Chart

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

QUESTION / SITUATION		ANSWER
Control panel / power supply	The display is black / blank.	<ul style="list-style-type: none"> * Open the door and close. * Check the power plug is properly connected to a suitable wall outlet. * Check the wall socket and fuse are functioning properly. <p>NOTE: In the following situations, the display will be blank in approx. 5 minutes.</p> <ol style="list-style-type: none"> 1. “0” is appeared on the display. 2. While you set any cooking programme. 3. Pause in AUTO (Reheat) or in Microwave Time Cooking.
	Any pads do not activate.	Retry after pressing STOP/CLEAR.
	Electrical power supply is interrupted during cooking.	<ul style="list-style-type: none"> * The programmed cooking time and mode will be cancelled. * Continue to cook manually.
	The remaining time has changed.	It is normal for Donabe RICE cooking. It is the standing time for steaming. At first, the display counts down the cooking time. When it reaches zero, the oven will “beep”. Continuously, the display will show and count down its steaming time. See page E-8.
Steam	Water is found inside the oven when the door is opened.	Steam has condensed inside the oven. Wipe dry with a soft cloth or a sponge after cooling.
Noise / Sound	Noise during cooking.	<ul style="list-style-type: none"> * The cooling fan will operate during cooking. * The oven will control the output power.
	Noise after cooking.	The cooling fan will operate until the oven is cool. The fan may continue to operate for 1 minute 30 seconds.
	3 short beeps sound.	It is the reminder sound. It will sound 3 times every 1 minute after cooking unless door is opened or STOP/CLEAR is pressed.
	No sound when pressing any pads.	The oven is in mute. See page E-11.
Smoke / Aroma	The oven cavity smells after cooking.	Check the oven cavity is clean without any food spatters. It is important to clean the oven interior after every use.
Others	The menu does not have a good result.	<ul style="list-style-type: none"> * Check the food is put in the centre of the oven floor. * Check the food quantity is correct.

CARE AND CLEANING - Disconnect the power supply cord before 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 harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

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 oven floor with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire.

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.

Donabe:

Wash with mild soapy water and dry thoroughly. DO NOT USE SCOURING PADS. To prevent the *donabe* from breaking, do not get it cool rapidly after use.

SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.

Start to operate the oven for 1 minute at power 850W.

- | | |
|--|--------------------|
| 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. After one minute, did audible signals sound? | YES _____ NO _____ |
| D. Is the water inside the oven hot? | YES _____ NO _____ |

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

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

NOTE:

1. If you cook the food over 3 minutes on 850 W power level, output power will be reduced to avoid overheating.
2. If indicators on the display change rapidly, the oven is set in the demonstration mode. Press LESS 3 times under pressing STOP/CLEAR, the oven will "beep" and "0" will appear on the display.

SPECIFICATIONS

AC Line Voltage	: 230V, 50Hz
AC Power Required	: 1,350 W
Output Power	: 850 W* (IEC test procedure)
Microwave Frequency	: 2,450 MHz (Class B/Group 2)**
Outside Dimensions	: 410 mm(W) x 360 mm(H) x 317 mm(D)
Cavity Dimensions	: 330 mm(W) x 170 mm(H) x 285 mm(D)***
Oven Capacity	: 19 litre****
Weight	: Approx. 10 kg
Donabe (clay pot)	: 193 mm(W) x 147 mm(H) x 169 mm(D), Approx. 1.3 kg

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

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

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

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

As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

COOKING GUIDES

Microwave Cooking Techniques

<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: – 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.

COOKING GUIDES

About Utensils and Coverings

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

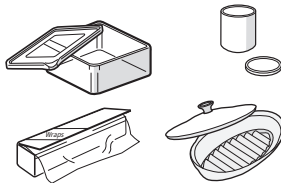
○ Can be used

Heat resistant glass containers, ceramics and china ware



- However, breakage can occur on rapid heating or cooling.
- Vessels with colored designs or cracks, or with gold or silver inlay patterns cannot be used, as they may be damaged or emit sparks.

Plastic and silicon containers, and wraps with heat resistance of 140°C or more



- However, cuisine with high sugar or oil content cannot be used, as they deform or melt at high temperatures.
- **When using sealed containers, please remove the lids. Overheating may lead to smoke, fire or rapid boiling (in the case of soups).**
- Please use those foods designated for use with electric oven heating.
- Remove the lids before heating.

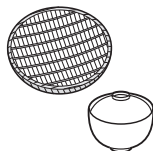
✗ Cannot be used

Glass containers lacking heat resistance



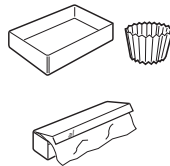
- Reinforced glass, cut glass and crystal glass also cannot be used.

Lacquer ware, bamboo and paper products



- These containers will peel, crack or burn.
- Heat-resistant baking sheets with instructions for use on the packaging can be used.

Metallic containers such as aluminum, stainless steel and enameled ware, and aluminum foil



- Sparks will be emitted, damaging the product.

Plastic containers with less than 140°C heat resistance (Styrofoam trays etc.)



- Styrene, polyethylene, melamine (for infant utensils etc.), phenol and urea resin will alter with radio waves.

Please note

When wishing to use containers other than those above, please consult with the retail source or manufacturer of the container.

COOKING GUIDES

Special Notes

	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. * 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. * When cooking small amounts of finely cut roots and the like, always soak them in an adequate amount of water. Cooking small amounts of less than 100g can cause accidents due to sparks, burnt food, and combustion. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * 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 IMPORTANT SAFETY INSTRUCTIONS on page E-1-2 to prevent explosion and delayed eruptive boiling. 	<ul style="list-style-type: none"> * Heat for longer than recommended time.
Canned foods "Boil-in-the-bag" food	<ul style="list-style-type: none"> * Put bagged and canned food in a container before cooking. Cooking food in aluminum and other metal containers can cause damage due to sparks. 	<ul style="list-style-type: none"> * Heat or cook food while in cans or bags.
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.

AUTOMATIC COOKING CHART

AUTO (Reheat) Menu Guide



Place the food in the centre of the oven floor.

Menu Name	Tips
Rice	<ul style="list-style-type: none"> • For room temperature and refrigerated. • When reheating the hard texture rice, sprinkle water.
Noodles	<ul style="list-style-type: none"> • After cooking, stir.
Curry	<ul style="list-style-type: none"> • Cover with plastic wrap.
Side dish	<ul style="list-style-type: none"> • After cooking, stir. * Do not cook the following items to prevent “explosion”. <ul style="list-style-type: none"> - Raw and boiled eggs (both of in/without shells) - Fried eggs

NOTES:

1. For frozen foods, cook manually.
2. Do not cook weighing less than 100 g with AUTO (Reheat).

Reheat Menu Guide



Place the food in the centre of the oven floor.

Menu Name	Quantity	Tips
1-1, 1-2 Steamed rice (initial temp - 18°C)	1-1: 1 serving 1-2: 2 servings (1 serve: 150g)	<ul style="list-style-type: none"> • Use the flat frozen rice of 2-3 cm thick covered with plastic wrap. • Put the overlapped wrapping side down on the oven floor. <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>(1serving)</p> </div> <div style="text-align: center;"> <p>(2 servings)</p> </div> </div>
2-1, 2-2 Beverage Milk (initial temp 8°C) Coffee (initial temp 20°C)	2-1: 1 cup 2-2: 2 cups (1 cup: 200mL)	<ul style="list-style-type: none"> • Use wide-mouthed container. • Do not cover. • Stir the liquid before cooking. • After cooking, stir. <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>(1 cup)</p> </div> <div style="text-align: center;"> <p>(2 cup)</p> </div> </div>

Defrost Guide



Weight Range: 100 - 500g

Place the food covered with plastic wrap in the centre of the oven floor.

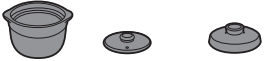
- Defrost foods that just before take out from a freezer room.
- If foods already starts defrosted, use manual reheating on microwave 200W with attention.
- Prevent discolor or be boiled by cover the thin area of foods with aluminium foil. Be careful not to make the foil touched a wall inside the oven cavity or the door, to prevent sparks or broken of glass door.

AUTOMATIC COOKING CHART

AUTO (Donabe RICE cooking) Guide

Rice 1 White rice (Thai rice: long grain rice)

Rice 2 White rice (Japanese rice: short grain rice)

AUTO Menu	Time
1cup 1-1 (TH) 2-1 (JP)	19min 30min30sec.
2cup 1-2 (TH) 2-2 (JP)	32min30sec. 35min30sec.
Accessories	
 Donabe Inner lid Outer lid	
Ingredient	
Rice 1 (Thai rice)	
1cup Rice 150g Water 200ml	
2cup Rice 300g Water 360ml	
Rice 2 (Japan rice)	
1cup Rice 150g Water 300ml	
2cup Rice 300g Water 460ml	



PROCEDURE

- 1 Wash the rice well and drain it with a colander.
- 2 Put **1** and water in a Donabe, and cover with the Inner lid and Outer lid.

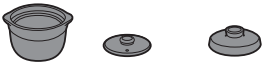
-for Thai rice

- 3 for 1 cup, heat with "Auto menu 1-1".
for 2 cup, heat with "Auto menu 1-2".

-for Japan rice

- 3 for 1 cup, heat with "Auto menu 2-1".
for 2 cup, heat with "Auto menu 2-2".


Rice 3 Quick cooking (Thai rice: long grain rice)

AUTO Menu	Time
03 (TH)	18min
Accessories	
 Donabe Inner lid Outer lid	
Ingredient	
Rice 1 (Thai rice)	
Rice	150g
Water	240ml

PROCEDURE

- 1 Wash the rice well and drain it with a colander.
- 2 Put **1** and water in a Donabe, and cover with the Inner lid and Outer lid.
- 3 Heat with "Auto menu 03".

Rice 4 (Multi grain rice) Rice 5 (Brown rice)

AUTO Menu	Time
04	37min
05	37min
Accessories	
 Donabe Inner lid Outer lid	
Ingredient	
Rice 4 (Multi grain rice)	
Rice	150g
Water	320ml
Rice 5 (Brown rice)	
Rice	150g
Water	320ml

PROCEDURE

- 1 Wash the rice well and soak it in water for 3 hours. then, drain it with a colander.
- 2 Put **1** and water in a Donabe, and cover with the Inner lid and Outer lid.


-for Multi grain rice

- 3 Heat with "Auto menu 04".

-for Brown rice

- 3 Heat with "Auto menu 05".

Rice 6 (Porridge)


AUTO Menu	Time
06	35min
Accessories	
 Donabe Outer lid	
Ingredient	
Rice 4 (Multi grain rice)	
Rice	75g
Water	350ml



PROCEDURE

- 1 Wash the rice well and drain it with a colander.
- 2 Put **1** and water in a Donabe, and cover with the Outer lid.
- 3 Heat with "Auto menu 06".

Rice 7 (Craypot rice)

AUTO Menu		Time
07		28min30sec.
Accessories		
		
Donabe	Inner lid	Outer lid
Ingredient		
Rice		150g
A)	Onions (chopped)	50g
	carrots (chopped)	50g
	Corn kernels	50g
	Shrimps	50g
B)	Water	160ml
C)	Chicken bouillon (powder)	2tsp
	a pinch of salt, pepper	
	bay leaf	1pc
	Green peas	50g
	butter or oil	5g



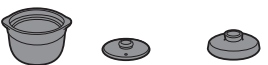
PROCEDURE

- 1 Remove shells from shrimp.
- 2 Wash the rice well and drain it with a colander.
- 3 Put "A, B, C and 2" in the Donabe. Then, cover with the Inner lid and Outer lid.
- 4 Heat with "Auto menu 07".
- 5 *After heating. Add butter (or Oil) and Green peas and stir them.

AUTOMATIC COOKING CHART

AUTO (Donabe DISH cooking) Guide

Dish 21 (Boiled vegetables (soft))

AUTO Menu		Time
21 + ▲		3min30sec.
21 + •		3min00sec.
21 + ▼		2min40sec.
Accessories		
		
Donabe	Inner lid	Outer lid
Ingredient		
Vegetables		300-320g
Water		50ml

PROCEDURE


- 1 Cut the vegetables into 3-4 cm pieces.
 - 2 Put 1 in a pan and add water and cover with the Inner lid and Outer lid.
 - 3 Heat with "Auto menu 21".
- more hard**
- 3 Heat with "Auto menu 21 and ▲".
- more soft**
- 3 Heat with "Auto menu 21 and ▼".

ex, Try your favorite steamed vegetables

Asparagus
Broccoli
Carrot


Chinese cabbage
Cabbage
Spinach

Dish 22 (Boiled pumpkin / potato)

AUTO Menu	Time
22	12min
Accessories	
 Donabe Inner lid Outer lid	
Ingredient	
Vegetables	300-320g
Water	50ml

PROCEDURE	
1	Cut pumpkin or potatoes into bite-sized pieces (Approximately about 3cm cube)
2	Put 1 in a pot and add water and cover with the Inner lid and Outer lid.
3	Heat with "Auto menu 22".

Dish 23 (Boiled vegetables (hard))

AUTO Menu	Time
23	16min
Accessories	
 Donabe Inner lid Outer lid	
Ingredient	
Vegetables	300-320g
Water	50ml


PROCEDURE	
1	Cut the vegetables into 3-4 cm pieces.
2	Put 1 in a pan and add water and cover with the Inner lid and Outer lid.
3	Heat with "Auto menu 23".

** About potatoes and pumpkins.

as Compared to "Auto menu 22".

Try this Auto menu if you want to heat more or cook a large pieces.




Dish 24 (Stew)

AUTO Menu	Time
24	19min
Accessories	
 Donabe	
Ingredient	
A)	Block bacon (1cm cube) 50g
	Tomato (1cm cube) 100g
	Onion (1cm cube) 20g
	Carrot (1cm cube) 20g
	Potato (1cm cube) 30g
B)	Water 300ml
C)	Chicken bouillon (powder) 1 tsp
	Worcestershire sauce 1 tsp
	Ketchup 1.5 tbsp
	Olive oil 1 tsp
	Bay leaves 1 pc



PROCEDURE	
1	Put "A, B and C" in the Donabe.
2	Heat with "Auto menu 24 (without any lid.)"
3	*After heating. Stir them well.

Dish 25 (Instant noodle)

AUTO Menu	Time
25	5min30sec.
Accessories	
  	
Donabe	Inner lid Outer lid
Ingredient	
Instant noodles	1 bag, (round type)
Water	
*Specified amount of water	

Notification




- Use noodles that have been boiled for 3 minutes.
- If the noodles are longer than 3 minutes, the finish of the noodles may become hard.



PROCEDURE

- 1 Put dried noodles and water in a clay pot, and cover the inner lid and outer lid.
- 2 Heat with “Auto menu 25, Instant noodles”.
- 3 After heating, add the included soup base (powder or sauce).

Dish 26 (Pasta)

AUTO Menu	Time
26	13min
Accessories	
  	
Donabe	Inner lid Outer lid
Ingredient	
Pasta (dried)	100g
water	350ml
salt	

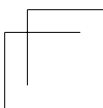
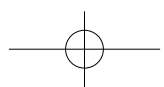
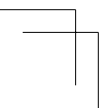
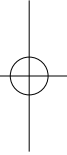


PROCEDURE

- 1 Fold the dried pasta in half and put it in a Donabe. Add water, salt and cover with the inner lid.
- 2 Heat with “Auto menu 26”.
- 3 Once heating done, put it in a colander and drain the water.

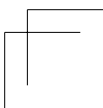
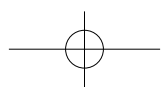
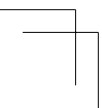
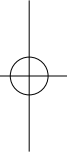


MEMO





MEMO



SHARP