

**SHARP®**

微波爐



**MICROWAVE OVEN**

**R-299T(S)**

使用說明書及食譜

**OPERATION MANUAL AND RECIPES**





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## 警告

重要安全須知：請細心閱讀、並保存好以備日後參考。

1. 為防止爐箱內起火、請注意並遵守下列事項：
  - a. 切勿讓食品烹調過度。
  - b. 烹調食品前、先拆去綁紮包裝紙袋或塑膠袋的金屬線。
  - c. 切勿用微波爐來加熱食油或油炸食品。因為油溫會變得很高而難以控制。
  - d. 使用由塑膠、紙或其他可燃燒物料製造的即棄容器烹調時、應時刻小心注意冒煙或燃燒的現象。
  - e. 烹調中發生冒煙或起火現象時、請不要立刻拉開爐門、應先停止操作及拔掉電源線、或將保險絲或電流斷路器之開關關閉。
  - f. 每次使用後、應先以濕布、再以乾布擦拭噴濺於波導管罩的食物及油垢。積存在微波爐內部的油污可能過熱而引致冒煙或起火。
2. 使用微波爐時、應避免過長時間烹調而引起食物爆破或食物延遲沸騰爆濺。微波爐可以快速加熱食品和飲料、因此您在烹調食物時一定要根據食物的種類和份量、選擇合適的烹調時間和微波功率。如果您無法確定烹調所需時間和微波功率、您可以先選擇低微波功率以及短時間烹調、直到食物充分和均勻加熱為止。請遵守下列事項：
  - a. 切勿用密封容器進行烹調。如帶有瓶蓋或奶嘴的奶瓶均屬密封容器。
  - b. 烹調時間切勿過長。
  - c. 加熱液體食物時、一定要用開口容器。
  - d. 烹調後等待最少20秒後才取出食物、以避免液體食物延遲沸騰爆濺。
  - e. 烹調前及烹調中將液體攪拌。盛載食物的器皿、或放匙羹或其他器具於器皿內時、應特別小心處理。
3. 本微波爐僅可作為家庭烹調使用、並僅應用於食物和飲料之加熱、烹調和解凍。本微波爐不適合作為商業或實驗室之用、用來加熱治療工具如：小麥包等。
4. 如果微波爐門夾有雜物或沒有關閉好時、切勿使用微波爐。
5. 請勿試圖自行更改或維修此微波爐。若由未接受過聲寶公司正式訓練之合格技術人員進行任何服務或維修、是非常危險的。尤其是在維修時需要開啟微波爐蓋、可能會導致微波洩漏、造成傷害。
6. 微波爐發生故障時、不可使用微波爐、應請聲寶技術人員加以檢查修理後才繼續使用。請注意爐門必須可以關緊及沒有以下故障：
  - (1) 爐門(彎曲、扭翹)
  - (2) 門鉸和鎖扣(破斷、鬆落)
  - (3) 爐門密封襯墊、襯墊層表面及爐箱內腔(彎曲或變形)
  - (4) 爐門密封襯墊表面有燒焦的痕跡。
7. 小心從微波爐內取出食物、避免器具、衣物或裝飾物觸碰到門鎖扣。
8. 微波爐操作時、切勿用物品、特別是金屬物品刺向爐門表面、以及爐門和微波爐之間的位置。
9. 切勿改造或損壞門鎖扣。
10. 烹調結束後、欲取出爐內食品時、務請戴用烹調手套、以免燙傷；並應小心揭蓋、以免蒸氣灼傷皮膚。
11. 電源線發生破損時、必須更換一條由聲寶認可的維修中心所提供之電源線、並必須由接受過聲寶公司訓練之合格服務技術員更換、以免受到傷害。
12. 如果爐箱內的照明燈發生故障、請聯絡代理商或受過聲寶公司訓練之合格服務技術員。
13. 避免熱蒸氣直接接觸面部和雙手、防止造成面部或雙手被灼傷。在離面部最遠的邊緣、慢慢揭開容器的蓋子、如微波爐用保鮮紙、小心打開爆玉米花的袋子和其他微波烹飪袋、避免開口朝向面部。
14. 確保電源線沒有受損壞、請勿將電源線壓於微波爐之下、擱置於發熱裝置表面或掛於銳利的物品上。
15. 為防止轉盤受損壞、請遵守下列事項：
  - a. 用水清洗轉盤時、應先待轉盤冷卻。
  - b. 切勿放置任何滾熱的物件於冷卻的轉盤上。
  - c. 切勿放置任何冰冷的物件於熾熱的轉盤上。
16. 請勿將任何物件遮蓋微波爐外殼或放於爐頂上。
17. 請勿使用微波爐作任何貯藏食物或物件用途。
18. 請確保烹調器皿於烹調時不會與爐箱內壁碰觸。
19. 務必清楚詳細地對兒童講解一切安全指引及不適當使用此爐的危險性、方可讓兒童於沒有成人監察下自行操作微波爐。
20. 除非得到監護人或負責其安全人士的適當監督或指導、否則、此機器不適合身體官能或心智能力退化者、或缺乏操作經驗和知識的人士(包括兒童)使用。
21. 兒童應受到適當監管、以確保不會以此機器作玩具。



## 特別注意事項及警告

	要求事項	忌諱事項
蛋類、水果、果仁、種子、蔬菜、香腸和蠔	<ul style="list-style-type: none"> <li>* 烹調蛋類、蠔等食品時、須於蛋黃、蛋白或蠔表面刺數孔、以免烹調加熱時爆裂。</li> <li>* 烹調馬鈴薯、蘋果、美國南瓜、熱狗、香腸及蠔等時、戳其皮數孔、讓烹調加熱時內部水蒸氣能冒出。</li> </ul>	<ul style="list-style-type: none"> <li>* 烹調或加熱帶殼蛋類。若「爆裂」、可能損壞微波爐或令自己受傷。</li> <li>* 煮雞蛋。</li> <li>* 過度加熱蠔。</li> <li>* 為帶殼果仁或種子類加熱。</li> </ul>
爆玉米花	<ul style="list-style-type: none"> <li>* 用微波爐爆玉米花時、必須使用微波爐爆玉米花專用袋。</li> <li>* 聽到爆玉米花聲已減慢到1-2秒一次時、應停止繼續烹調、以免過火。</li> </ul>	<ul style="list-style-type: none"> <li>* 用普通的爆玉米花袋或玻璃罐來爆玉米花。</li> <li>* 用微波爐爆玉米花專用袋爆玉米花時、設定的烹調時間過於所需時間。</li> </ul>
嬰兒食品	<ul style="list-style-type: none"> <li>* 轉盛嬰兒食品於微波爐烹調容器中、小心加熱。檢查適當的溫度、以免灼傷。</li> <li>* 直接加熱盛於嬰兒奶瓶中的牛奶時、必須揭去其旋蓋和奶嘴。加熱後、套上奶嘴、充份搖勻、達至適當溫度後、才餵嬰兒食用。</li> </ul>	<ul style="list-style-type: none"> <li>* 加熱即棄式瓶罐。</li> <li>* 對奶瓶加熱過度、請只加熱至溫熱的程度。</li> <li>* 用帶有奶嘴的奶瓶加熱。</li> <li>* 直接用盛載嬰兒食品的瓶罐加熱。</li> </ul>
一般食品	<ul style="list-style-type: none"> <li>* 烹調有餡料的食品後、請分斷切開、讓蒸氣冒出、以防止餘熱使之繼續烹調。</li> <li>* 加熱湯類飲料時、須用深底容器、以防湯類飲料濺出。</li> </ul>	<ul style="list-style-type: none"> <li>* 盛食品於玻璃罐或密封容器來加熱烹調。</li> <li>* 以微波爐來煎炸食品。</li> <li>* 用微波爐烘烤木頭、草類、濕紙張、衣服或花朵。</li> <li>* 無負荷狀態下（即在沒有可吸收能量的物品如食物或水）操作微波爐。</li> </ul>
液體(飲料)	<ul style="list-style-type: none"> <li>* 如要煮滾或烹調液體、請參照C-1頁之警告、以免引起爆炸或爆濺。</li> </ul>	<ul style="list-style-type: none"> <li>* 超過所建議的烹調時間。</li> </ul>
罐頭食品	<ul style="list-style-type: none"> <li>* 把罐頭食品取出及放於容器內。</li> </ul>	<ul style="list-style-type: none"> <li>* 把整個罐頭加熱或烹調。</li> </ul>
香腸卷、餡餅、聖誕布丁	<ul style="list-style-type: none"> <li>* 必須按“烹調指南”中的設定時間加以烹調（這類食物屬高糖份及高脂肪含量的食品）。</li> </ul>	<ul style="list-style-type: none"> <li>* 烹調過份、以致冒煙起火。</li> </ul>
肉類	<ul style="list-style-type: none"> <li>* 使用耐微波碟或盤、以收集及積聚肉類之汁液。</li> </ul>	<ul style="list-style-type: none"> <li>* 直接置肉塊於轉盤上烹調。</li> </ul>
容器	<ul style="list-style-type: none"> <li>* 使用前先確認該容器能否適用於微波烹調。</li> </ul>	<ul style="list-style-type: none"> <li>* 使用金屬容器進行微波烹調。金屬反射微波能引起火花現象。</li> </ul>
鋁箔紙(錫紙)	<ul style="list-style-type: none"> <li>* 用鋁箔紙來包裹食品薄細部份、以免烹調過度。</li> <li>* 注意火花產生。所以儘可能減少使用鋁箔紙、及應與爐之內壁保持距離。</li> </ul>	<ul style="list-style-type: none"> <li>* 鋁箔紙的使用過多。</li> <li>* 用鋁箔紙包裹的食品過於靠近爐箱內壁、以致火花產生、或損壞微波爐。</li> </ul>
為食物上色	<ul style="list-style-type: none"> <li>* 在轉盤和需上色食物間放置合適的隔熱品如：微波耐熱隔離盤。</li> </ul>	<ul style="list-style-type: none"> <li>* 超出廠商建議的預熱時間。過長的預熱會導致轉盤碎裂和（或）損壞微波爐內部構件。</li> </ul>

## 安裝事項

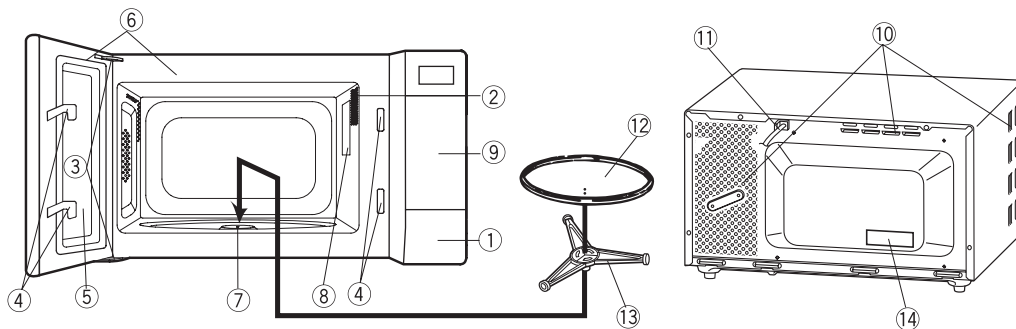
- 將微波爐內的包裝物件及爐門之宣傳標貼(若附有)全部拆去、認真檢查是否有損壞之處、必要時進行修理。  
例如：檢查爐門的安裝有否偏差、爐門周圍的密封襯墊有否損壞或微波爐內及爐門上是否有凹痕等。若發現有任何損壞之處、請立刻與聲寶維修中心聯絡、接受維修人員的檢查與修理後、才可使用本微波爐。
- 檢查本微波爐是否帶有下列附件：  
1) 轉盤 2) 轉盤旋轉架 3) 使用說明書(連食譜專欄)
- 先將轉盤旋轉架置於微波爐的連接器上、然後再將轉盤置於轉盤旋轉架上、確認其已經穩妥地安放。  
請參照下面的各部位名稱。切勿於未放置轉盤及其旋轉架時強行使用微波爐。
- 請勿將微波爐安裝在高溫或潮濕的地方、例如焗爐附近。而於安裝微波爐時、亦須注意避免堵塞或掩蓋微波爐的通風口。  
從爐頂以上之空間應有最少十五厘米、以便空氣流通。  
微波爐的設計不適宜嵌入牆壁或櫥櫃內。
- 由於用戶未遵照正確的電源接駁指示而引致微波爐損壞或其他不良後果時、廠方及經銷商概不負責。  
本微波爐所使用的交流電源的電壓和頻率必須與微波爐背面的標牌所示一致。
- 本微波爐的地線必須接地：

### 重點

電源線中導線按照以下方式標色：  
 綠黃色：地線  
 藍色：中線  
 褐色：火線

本微波爐電源線中導線的色標可能與閣下所用的插頭(或插座)上的色標不相同、屆時請按以下規則操作：  
 綠黃色的導線必須與以下幾種插頭(插座)之一相接：標有E字母、帶有  $\equiv$  符號、色標為綠色或黃綠色。  
 藍色的導線必須與標有N字母或藍色的插頭(或插座)相接。  
 褐色的導線必須與標有L字母或褐色的插頭(或插座)相接。

## 各部分名稱



- |                |                |
|----------------|----------------|
| 1. 開門掣         | 8. 波導管罩(請不要拆出) |
| 2. 照明燈         | 9. 控制板(請見C-4頁) |
| 3. 門鉸          | 10. 通風口        |
| 4. 門鎖          | 11. 電源線        |
| 5. 裝有透明窗的爐門    | 12. 轉盤         |
| 6. 爐門密封襯墊和襯墊表層 | 13. 轉盤旋轉架      |
| 7. 連接器         | 14. 標牌         |



# 軟鍵控制板指南

觸按控制板軟鍵以控制微波爐操作、當每次正確地觸按、微波爐會發出鳴響聲、以表示閣下已選擇軟鍵。除了軟鍵選入的鳴響聲外、在烹調程序完成時、微波爐還會發出一聲約兩秒的鳴響聲；而按烹調程序之需要、在烹調中途暫停時亦會發出四聲鳴響聲。

## 顯示器



## 觸按式軟鍵控制板

**翻熱軟鍵**  
觸按之可翻熱2種常用的項目。

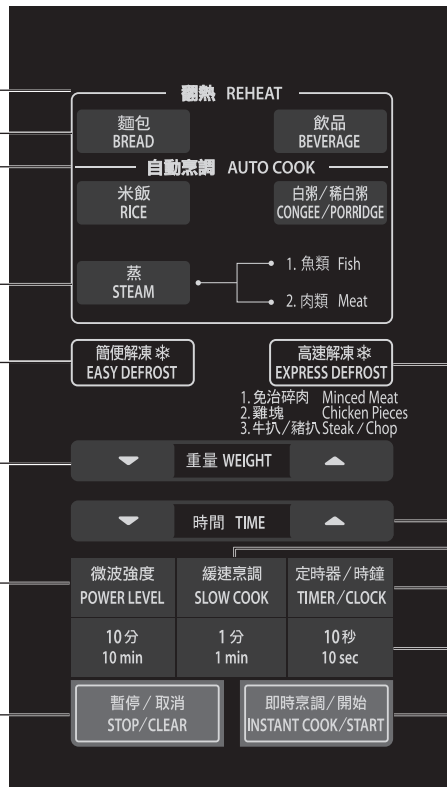
**自動烹調軟鍵**  
觸按之可烹調3種常用的烹調項目。

**簡便解凍軟鍵**  
輸入冷凍肉類重量、觸按此鍵以為其解凍。

**重量軟鍵**  
觸按軟鍵、輸入重量。

**微波強度軟鍵**  
· 觸按此鍵以設定微波強度。若不作任何選擇時、微波爐自行選定為100%(高火)的微波強度。

**暫停/取消軟鍵**  
· 觸按之便能取消編定烹調時之程序。  
· 在烹調進行時、觸按一次為暫停烹調；觸按兩次為取消烹調程序。



**高速解凍軟鍵**  
觸按之以選擇高速解凍項目。

**減少/增加時間軟鍵**  
觸按軟鍵、以一分鐘為單位增加或減少自選烹調時間、或者改變自動操作時的烹調程度。

**緩速烹調軟鍵**  
觸按之以作慢火及長時間烹調。

**定時器/時鐘軟鍵**  
觸按軟鍵以設定定時器和時鐘。



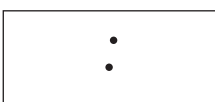
**時間軟鍵**  
觸按軟鍵、輸入烹調時間和時鐘時間。

**即時烹調/開始軟鍵**  
· 觸按此鍵使已編的烹調程序開始操作。  
· 在未編入烹調程序的狀態下而觸按、便立刻用1分鐘微波100%(高火)自動開始烹調。故觸按的次數相等於按分鐘所計的烹調時間。





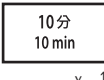
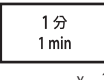



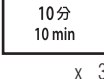
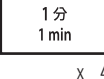
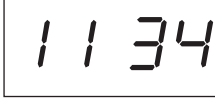


## 開始操作前之須知

### 烹調開始前之須知

步驟	操作	軟鍵	顯示
1	把微波爐插頭插入電源插座。 確保爐門已關閉。		 出現閃動的8字樣。
2	觸按暫停/取消軟鍵、之後聽到“嗶”的聲音。		 只有“:”顯示。

### 時鐘時間設定方法

\* 設定現在時間11:34(上午或下午)。

步驟	操作	軟鍵	顯示
1	觸按定時器/時鐘軟鍵。		
2	觸按時間軟鍵、輸入小時。	 x 1  x 1	
3	觸按定時器/時鐘軟鍵。		
4	觸按時間軟鍵，輸入分鐘。	 x 3  x 4	
5	再次觸按定時器/時鐘軟鍵。		

這是一個12小時制式的時鐘。

按暫停/取消軟鍵、重新輸入當天的時間(例 1:45)。

如果想知道在烹調模式下當天的時間、請按定時器/時鐘軟鍵。當手按著定時器/時鐘軟鍵時、將顯示當天的時間。

### 暫停/取消軟鍵的用法

觸按此軟鍵一次用來：

1. 暫停烹調中微波爐的操作。
2. 取消編定時錯誤選入的烹調程序。

### 取消烹調中所編定的程序

觸按暫停/取消軟鍵兩次。

## 微波烹調技巧

<b>食品的放置</b>	較厚向外、較薄向內(中央)。
<b>決定烹調時間</b>	開始時先用較短之烹調時間、然後再根據烹調後的情況而追加時間。若烹調時間過度、會引起食物燒焦、起火。
<b>食品的覆蓋</b>	參考食譜的指南用耐熱微波爐用保鮮紙、蓋或紙巾而把食品覆蓋好。這樣可以防止汁液飛濺、以及幫助食物均勻烹調。
<b>食品的局部遮蓋</b>	以防止肉塊細薄部份烹調過度、解凍時應用鋁箔紙(錫紙)把這些部份包好。
<b>食品的攪拌</b>	必要時於烹調過程中由外至內攪拌食物一至兩次。
<b>食品的翻轉</b>	烹調雞腿、漢堡或扒類時、時間過半翻轉之、以達均勻的烹調效果。
<b>食品的重新放置</b>	在烹調中途置換食品的位置、如外圍及中部食品的交換、以及上層和下層的交換、以達均勻烹調的效果。
<b>食品的擱置</b>	烹調之後、應擱置一段適當時間。若有可能、應將食物由爐中取出並攪拌。擱置時加蓋、可讓食物不致烹調過度。
<b>熟度檢查</b>	烹調後食品之顏色及軟硬、可作為測試其生熟程度、方法如下： <ul style="list-style-type: none"><li>- 整個食品是否都有蒸氣冒出、而非只是局部或邊沿。</li><li>- 家禽關節部分是否容易撕開。</li><li>- 肉塊或家禽已無血可見。</li><li>- 魚肉顏色已變、且可用刀叉輕易撕碎。</li></ul>
<b>濕氣的凝聚</b>	濕氣凝聚是微波爐烹調的正常現象。烹調中、食物內部的水份和濕氣受熱蒸發、使爐箱內的含水量增加。一般來說、加蓋的食物比不加蓋的食物所凝聚的濕氣較少。故應經常保持微波爐通風口暢通無阻。
<b>微波用煎碟</b>	採用煎碟或可加熱之質料用具時、應先用一耐熱絕緣體如陶瓷碟把煎碟與轉盤分隔、以免轉盤、轉盤旋轉架以及聯接器受熱過度而爆裂。而煎碟之預熱時間也不應超過指定的範圍。
<b>微波爐用保鮮紙</b>	烹調多油的食物時、由於保鮮紙有溶化之可能、故不可讓其和食物表面接觸。
<b>微波爐用塑膠廚具</b>	有些微波爐用的塑膠廚具不宜用來烹調多油或多糖的食物。



## 自選烹調功能




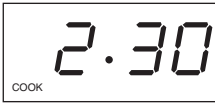
### 自選烹調時間的設定方法

欲以自選烹調進行烹調、先設定所需烹調時間、然後再設定微波強度。  
可設定至最多99分90秒。  
本微波爐設有6個微波輸出強度以供烹調選擇。

微波強度	0%	10% (低)	30% (中低)	50% (中)	70% (中高)	100% (高)
顯示	0P	10P	30P	50P	70P	100P
舉例		食品保溫	一般解凍、 軟化牛油等。	需要小心烹調之食品 (如蛋類及海鮮等)。		烹調肉類、 蔬菜、米飯或 意粉等。

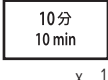





閣下可隨不同的食物而選擇不同的微波強度。  
若不作任何選擇時、微波爐將自動選其為100%(高火)之微波強度來烹調。

\* 假定閣下想用微波100%(高火)來煮菜2分30秒。

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		 COOK(烹調)燈號閃動。
2	觸按即時烹調/開始軟鍵。		 烹調時間開始逐秒遞減。

若閣下想降低微波強度、則應觸按微波強度軟鍵、直至顯示適當的微波強度為止。

\* 假定閣下想用微波50%(中火)來煮魚塊10分鐘。

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		 COOK(烹調)燈號閃動。
2	觸按微波強度軟鍵選定微波強度、直至出現適當的強度為止(50%(中火)之微波強度時、應觸按三次)。		
3	觸按即時烹調/開始軟鍵。		 烹調時間開始逐秒遞減。

烹調過程中、一旦將爐門拉開、顯示器上的時間顯示便隨即停止；之後若將爐門關上、並觸按即時烹調/開始軟鍵後、顯示器上的數字又接著逐秒遞減。

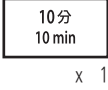
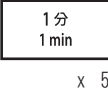


如閣下想於烹調過程中檢查選定的微波強度、只需一直觸按微波強度軟鍵、微波強度的百分率即會顯示出來。

如果以微波100%功率進行烹調、且設定時間超過20分鐘、20分鐘後微波功率將自動降低以防止過度加熱。

## 順序分段烹調

您可在一次中連續輸入3項不同的烹調程序、微波爐便可依程序來進行烹調。

\* 假定閣下想先用微波50% (中火)來烹調10分鐘、再用微波100% (高火)來烹調5分鐘。

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		 COOK (烹調)燈號閃動。
2	觸按微波強度軟鍵選定微波強度、直至出現適當的強度為止(50% (中火)之微波強度時、應觸按三次)。		
3	第二階段同樣選定所需烹調時間。(此時若不觸按微波強度軟鍵、微波爐便會自動以100% (高火)作烹調。)		
4	觸按即時烹調/開始軟鍵。		 第一階段烹調時間開始逐秒遞減。其遞減至0時、  顯示器上即出現第二階段的程序、而烹調時間再次逐秒遞減。

## 即時烹調

單觸按即時烹調軟鍵一次、便會以微波強度100% (高火)烹調一分鐘。

步驟	操作	軟鍵	顯示
1	觸按即時烹調/開始軟鍵。(只限於剛把爐門關閉3分鐘內才有效。)		 烹調時間開始逐秒遞減。

觸按即時烹調/開始軟鍵、直至顯示器上顯示出所需烹調時間為止。  
在自選烹調過程中、每觸按一次軟鍵、便能以一分鐘為單位增加烹調時間。


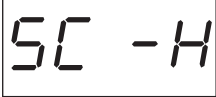
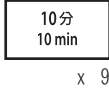
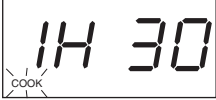

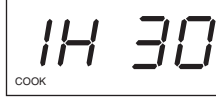
## 緩速烹調

緩速烹調  
SLOW COOK

觸按「緩速烹調」軟鍵一次選擇以「強微波緩速烹調」。  
觸按「緩速烹調」軟鍵兩次選擇以「弱微波緩速烹調」。

「緩速烹調」軟鍵是為了需長時間烹調的食物而設計、如燉、燜、煲湯或中式糖水等。「緩速烹調」之設定有兩種選擇、分別是「強微波緩速烹調」及「弱微波緩速烹調」、兩種選擇均分別最長可烹調2小時。

\* 假定閣下想以強微波緩速烹調燉雞1小時30分鐘。

步驟	操作	軟鍵	顯示
1	觸按緩速烹調軟鍵一次。	 x 1	
2	選定所需烹調時間。	 x 9	 COOK (烹調) 燈號閃動。
3	觸按即時烹調/開始軟鍵。		 烹調時間開始逐分鐘遞減。其遞減至0時、微波爐發出一聲鳴響信號。

### 注意

1. 如果想攪拌烹調食品、閣下可觸按暫停/取消軟鍵一次或直接打開爐門。待攪拌後、關閉爐門、觸按即時烹調/開始軟鍵繼續其烹調。
2. 強微波緩速烹調與弱微波緩速烹調可先後隨意地合併、作兩個階段的烹調。但是、緩速烹調功能不能與其他烹調功能結合作多階段的烹調。
3. 如閣下想於緩速烹調過程中確認選定的緩速強度、只要一直觸按微波強度軟鍵、顯示器上便可顯示出“SC-H”(強)或“SC-L”(弱)的字樣。

### 緩速烹調注意事項

為了達到理想的烹調效果、請儘量：

1. 把材料切成較小塊。
2. 加入適當的液體份量(如水、醬汁)、而使材料沉入其中、以免材料表面灼焦。特別是在燉肉或煲雞湯時、這情況更要注意。
3. 在煲湯或烹調較多份量時、材料最低限度要距離容器頂部1 1/2吋(3.8厘米)、不然可能會有滾瀉的現象。
4. 在食品剛烹調時、請避免加入太多調味。特別是鹽、應在烹調完畢後才加入。
5. 在烹調時加上蓋。而在烹調中、也不要隨便打開、以免影響烹調效果。
6. 在烹調後攪拌及擱置10分鐘。

## 緩速烹調食譜

### 炆牛腩

#### 【材料】

牛腩570克、蘿蔔330克、  
花椒2克、八角2粒、  
蔥(切粒)2條、薑3片

#### 【作法】

1. 材料準備：
  - 把牛腩切開、以鹽(1 1/2茶匙)、糖(1 1/2茶匙)、生抽(2茶匙)及蠔油(2茶匙)來醃。
  - 把蘿蔔去皮、切塊。
2. 用一3公升容器以微波高火4分鐘把3湯匙油煮熟、之後放入薑片及牛腩、加蓋後以微波高火煮5分鐘。
3. 加入花椒、八角及250至280毫升之滾水、均勻攪拌後加蓋、以強微波緩速烹調(SLOW COOK HIGH)煮1小時。
4. 加入蘿蔔及200至250毫升之滾水、均勻攪拌後加蓋、以強微波緩速烹調(SLOW COOK HIGH)煮1小時30分鐘。
5. 以生粉(2茶匙)、蠔油(2茶匙)、鹽(半茶匙)及水(3茶匙)為醬、均勻攪入後加蓋、以弱微波緩速烹調(SLOW COOK LOW)煮10至30分鐘。
6. 烹調後撒上蔥粒。
7. 供4人食用。

### 椰汁葡國雞

#### 【材料】

雞塊500克、甘筍150克、  
薯仔200克、洋蔥160克、  
椰漿400毫升、咖喱粉1茶匙

#### 【作法】

1. 把甘筍、薯仔及洋蔥去皮、洗淨切塊。
2. 以鹽(1茶匙)、糖(1茶匙)、蠔油(1茶匙)、生抽(2茶匙)、咖喱粉(1茶匙)及胡椒粉(少許)來醃好雞塊、待用。
3. 用一3公升容器放入甘筍、薯仔及200毫升之椰漿、加蓋後以微波高火煮12分鐘。
4. 加入已醃好之雞塊及餘下200毫升之椰漿、均勻攪拌後加蓋、以強微波緩速烹調(SLOW COOK HIGH)煮20分鐘。
5. 加入洋蔥及鹽(1茶匙)、均勻攪拌後加蓋、以強微波緩速烹調(SLOW COOK HIGH)煮多20至30分鐘。
6. 烹調結束後均勻攪拌。
7. 供4至6人食用。

### 木瓜燉雪耳

#### 【材料】

木瓜(已熟)1個、雪耳25克、  
南杏5克、北杏5克、冰糖160克

#### 【作法】

1. 把雪耳浸軟(最少3小時)。撕出雪耳瓣、洗淨瀝水、掉去雪耳莖。
2. 木瓜切半、去皮去核、切成粒狀(約3立方厘米)。
3. 用一3公升容器放入雪耳、南杏、北杏及500毫升之水、加蓋後以微波高火煮20分鐘。之後擱置10分鐘。
4. 加入木瓜粒、冰糖及500毫升之滾水、加蓋後以強微波緩速烹調(SLOW COOK HIGH)煮1小時15分鐘至1小時30分鐘。
5. 烹調後均勻攪拌。供4人食用。

### 滋補燉雞湯

#### 【材料】

雞(約半隻)420克、紅棗36克、  
淮山20克、杞子20克、黨心20克、  
北芪20克、龍眼乾20克

#### 【作法】

1. 材料準備：
  - 把雞切開4至6塊、去皮。
  - 把所有藥材洗淨、放進一3公升容器以1150毫升水浸最少3小時。
2. 用一兩公升容器以微波高火10分鐘加蓋煮熟1000毫升之水。放入雞塊、加蓋後以微波高火煮多4分鐘。之後取出沖水。
3. 把雞塊放於藥材浸料中、加蓋後以強微波緩速烹調(SLOW COOK HIGH)煮1小時30分鐘。再以弱微波緩速烹調(SLOW COOK LOW)煮20至40分鐘。
4. 加鹽(1茶匙或以上)來調味。之後加蓋擱置5分鐘。
5. 供4人食用。

# 自動烹調功能

## 自動烹調須知

1. 用自動烹調功能來烹調時、應按各項烹調指南中的步驟進行烹調以達到最佳的烹調效果。如果未謹慎依照指示操作、則可能造成食物加熱過度或加熱不足。
2. 當食物重量或份量少於或多於指南所建議之範圍時、請用自選烹調方法進行烹調。
3. 在選擇所需烹調設定之後、觸按減少/增加時間軟鍵、就可以在標準設定後、調節烹調或解凍程度（請參閱C-20）。
4. 烹調效果會因食物的不同情況、如烹調前的溫度、形狀、質素而有異、故烹調後應檢查食物、如有需要、請以自選烹調繼續加熱。
5. 為了避免孩童誤用、每一翻熱軟鍵只能於烹調、關閉爐門或觸按暫定/取消軟鍵後之3分鐘內使用。
6. 若解凍之食物重量多於或少於高速解凍指南之建議範圍時、請使用簡便解凍或自選解凍時間。
7. 輸入重量時、請按公斤後的首個小數點調整尾數單位才輸入。例如：0.35公斤、改為輸入0.4公斤。  
如果觸按減少（▼）軟鍵、每觸按一次、顯示將從重量/份量最高值開始減少。  
如果觸按增加（▲）軟鍵、每觸按一次、顯示將從重量/份量最低值開始增加。

## 自動烹調

### 米飯烹調



「米飯烹調」可讓您烹調2種常用的食物。  
請依照C-12頁米飯烹調指南之細節進行烹調。

\* 假定閣下想烹調兩份米飯。

步驟	操作	軟鍵	顯示
1	觸按米飯軟鍵一次。		 QTY(份量)燈號閃動。
2	觸按重量軟鍵以輸入份量。		 COOK(烹調)燈號閃動。
3	觸按即時烹調/開始軟鍵。		 烹調時間即出現及開始逐秒遞減。 其遞減至0時、微波爐將發出一聲鳴響信號。

## 米飯自動烹調指南

項目	份量	操作
米飯	1-2份量	
	份量	米飯 水
	1份量(1-2人用)	150克 240毫升
	2份量(3-5人用)	300克 480毫升
		<ul style="list-style-type: none"> <li>將米淘洗乾淨。</li> <li>將米和水共盛於一深底容器(約2公升)、浸泡30分鐘(其間、將米攪拌數次)。</li> <li>攪拌均勻後、加蓋進行烹調。</li> <li>烹調完畢後、輕輕攪拌、加蓋擱置5分鐘。</li> </ul>
白粥	1-2份量	
	份量	米飯 水
	1份量(1-2人用)	50克 750毫升
	2份量(3-5人用)	80克 1400毫升
		<ul style="list-style-type: none"> <li>將米淘洗乾淨。</li> <li>將米和水共盛於一深底容器(1份量用約2公升之容器、2份量用3公升)、浸泡30分鐘(其間、將米攪拌數次)。</li> <li>攪拌均勻後、不加蓋進行烹調。</li> <li>烹調完畢後、輕輕攪拌、擱置5分鐘。</li> </ul>
<b>各種粥類之烹調法</b>		
<p>例如：★ 柴魚花生粥</p> <p>材料： 柴魚 100克 切碎(預先炸熟)            (3-5人) 花生 50克            蘿蔔乾 1片 切碎            蔥3條 切粒</p> <p>注意：可於白粥烹調完畢時加入以上材料、並將蔥花及蘿蔔乾鋪於粥面以作裝飾。</p> <p>★ 皮蛋瘦肉粥</p> <p>材料： 瘦肉 230克 1/4(磅) 切小片(預先煮熟)            (3-5人) 皮蛋 2隻切小塊</p> <p>注意：可於白粥烹調完畢前10分鐘加入以上材料。</p>		
稀白粥	1-2份量	
	份量	米飯 水
	1份量(1-2人用)	100克 1200毫升
	2份量(3-5人用)	160克 2200毫升
		<ul style="list-style-type: none"> <li>將米淘洗乾淨。</li> <li>將米和水共盛於一深底容器(1份量用約2公升之容器、2份量用3公升)、浸泡15分鐘(其間、將米攪拌數次)。</li> <li>攪拌均勻後、不加蓋進行烹調。</li> <li>烹調完畢後、輕輕攪拌、擱置5分鐘。</li> </ul>
<b>各種粥類之烹調法</b>		
<p>可於稀白粥烹調完畢時或完畢前10分鐘、加入各種不同肉類及材料、便可烹調出下列不同的稀白粥：</p> <p>例如：★ 雞片粥：雞片 200克 切小片(預先煮熟)            (3-5人用)蔥 切三分分長度</p> <p>★ 魚片粥：魚片 250克(預先煮熟)            (3-5人用)薑 2片 切絲</p>		

### 注意

1. 開始烹調前、水温應大約為20°C。
2. 中式度量衡一兩相等於三十八克。










## 蒸烹調

蒸  
STEAM

1. 蒸魚 蒸烹調提供兩種常用的蒸煮烹調。
2. 蒸肉類 請依照"蒸烹調指南"之細節進行烹調。

\* 假定閣下想蒸煮兩份肉類。

步驟	操作	軟鍵	顯示
1	請按蒸烹調軟鍵直至所需之項目數字(觸按兩次為蒸肉類)。	 x 2	 QTY (份量) 燈號閃動。
2	觸按重量軟鍵以輸入份量。	重量 WEIGHT  OR  x 2                      x 2	 COOK (烹調) 燈號閃動。
3	觸按即時烹調/開始軟鍵。		 烹調時間即出現及開始逐秒遞減。其遞減至0時、微波爐將發出一聲鳴響信號。

## 蒸烹調指南

項目號碼	項目	開始時溫度	份量	操作								
1	蒸魚	8-12°C 冷凍溫度	1-3份量	<ul style="list-style-type: none"> <li>• 洗淨、去鱗。</li> <li>• 用刀於魚身割幾次、刺破魚眼睛。</li> <li>• 盛於直徑22-28厘米的圓形淺碟上。</li> <li>• 灑上水、適量之鹽和油。</li> <li>• 灑上蔥粒及薑絲。</li> <li>• 加上耐微波保鮮紙或玻璃蓋。</li> <li>• 烹調結束後、擱置2分鐘。</li> </ul>								
	例如：黃腳鯧 鯧魚 鯉魚 鱸魚 紅衫魚 烏頭 躉沙 石斑		<table border="1"> <thead> <tr> <th>份量</th> <th>重量</th> </tr> </thead> <tbody> <tr> <td>1份量</td> <td>130-199克</td> </tr> <tr> <td>2份量</td> <td>200-300克</td> </tr> <tr> <td>3份量</td> <td>301-420克</td> </tr> </tbody> </table> <p>(整條魚 或 魚片)</p>		份量	重量	1份量	130-199克	2份量	200-300克	3份量	301-420克
份量	重量											
1份量	130-199克											
2份量	200-300克											
3份量	301-420克											
2	蒸肉類	8-12°C 冷凍溫度	1-3份量	<ul style="list-style-type: none"> <li>• 把肉醃好。</li> <li>• 製作肉餅時、儘量製成薄塊。(中央部份應較薄)</li> <li>• 放在直徑22-28厘米之淺碟上。</li> <li>• 用微波保鮮紙或玻璃蓋加以覆蓋。</li> <li>• 烹調之後、擱置2分鐘。</li> </ul>								
	例如：豬肉餅 牛肉餅 排骨塊 雞塊		<table border="1"> <thead> <tr> <th>份量</th> <th>重量</th> </tr> </thead> <tbody> <tr> <td>1份量</td> <td>180-289克</td> </tr> <tr> <td>2份量</td> <td>290-400克</td> </tr> <tr> <td>3份量</td> <td>401-520克</td> </tr> </tbody> </table>	份量	重量	1份量	180-289克	2份量	290-400克	3份量	401-520克	
份量	重量											
1份量	180-289克											
2份量	290-400克											
3份量	401-520克											

(注意：烹調鱸魚時以「增加」功能來調校、效果更為理想。)

## 蒸烹調食譜

### 豆豉蒸排骨

**[ 材料 ]**  
排骨320克、豆豉10克

**調味料**  
鹽1茶匙、糖1茶匙、  
生抽1茶匙、麻油半茶匙、  
生粉1茶匙

#### [ 作法 ]

1. 把排骨用調味料醃好、之後加入豆豉混和。
2. 蓋上耐熱微波保鮮紙、觸按蒸烹調(STEAM MENU)軟鍵兩次至蒸肉類。

### 冬菇蒸雞

**[ 材料 ]**  
雞塊280克、  
冬菇(浸軟)40克、  
薑蔥絲適量

**調味料**  
鹽半茶匙、糖半茶匙、  
生抽1茶匙、生粉半茶匙、  
麻油半茶匙

#### [ 作法 ]

1. 把雞塊及冬菇用調味料醃好、撒上薑蔥絲。
2. 蓋上耐熱微波保鮮紙、觸按蒸烹調(STEAM MENU)軟鍵兩次至蒸肉類。

### 清蒸魚

**[ 材料 ]**  
魚1條(200至300克)、  
薑蔥絲適量

#### [ 作法 ]

1. 把魚洗淨去鱗、用刀於魚身界幾次。
2. 灑上水、鹽及油、再撒上蔥及薑絲。
3. 蓋上耐熱微波保鮮紙、觸按蒸烹調(STEAM MENU)軟鍵一次至蒸魚。

### 蒸肉餅

**[ 材料 ]**  
免治豬肉330克、梅菜50克、  
咸蛋黃1隻

**調味料**  
鹽1茶匙、糖1茶匙、  
生粉2茶匙、油2茶匙、  
生抽1 1/2茶匙

#### [ 作法 ]

1. 把免治豬肉及梅菜用調味料醃好、壓成肉餅狀。
2. 把咸蛋黃切開幾份、放於肉餅上作裝飾。
3. 蓋上耐熱微波保鮮紙、觸按蒸烹調(STEAM MENU)軟鍵兩次至蒸肉類。




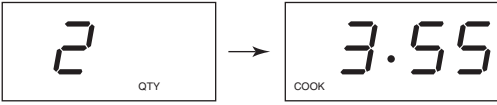
## 翻熱

麵包  
BREAD

飲品  
BEVERAGE

「翻熱」可讓您翻熱2種常用的食物。  
詳情請參照「翻熱指南」

\* 假定閣下想翻熱2杯飲品。

步驟	操作	軟鍵	顯示
1	觸按飲品軟鍵直至出現適當份量為止(觸按兩次以選擇兩杯)。	 X 2	約2秒後  大約兩秒鐘後便立刻開始烹調、而顯示器將會出現所需的烹調時間、並逐秒遞減。 烹調時間開始逐秒遞減。其遞減至0時、微波爐發出一聲鳴響信號。

## 翻熱指南

項目	烹調前溫度	份量	操作
麵包	20-25°C 室溫	1-4個  ( 1個 ) ( 約50克 )	<ul style="list-style-type: none"> <li>翻熱1-2個、則放在廚房紙巾上、以另一張廚房用紙巾覆蓋。</li> <li>翻熱3-4個、則放在已鋪上廚房用紙巾的碟子上、並以另一張廚房用紙巾覆蓋。</li> <li>只翻熱一個麵包時、應把麵包放在爐中央之處。</li> </ul>
(注意：烹調效果會因麵包之種類或新鮮程度而有別。)			
飲品 咖啡 奶茶/紅茶 清水	20-25°C 室溫	1-4個  ( 1杯 ) ( 約250毫升 )	<ul style="list-style-type: none"> <li>不加蓋。</li> <li>放在轉盤中央(1杯)。 (翻熱2-4杯、則放在轉盤邊沿。)</li> <li>翻熱之後加以攪拌。</li> </ul>









## 高速解凍

高速解凍\*  
EXPRESS DEFROST

1. 免治碎肉
2. 雞塊
3. 牛扒/豬扒

高速解凍功能可快速地為三項肉類之指定重量進行解凍。  
請依照C-17頁「高速解凍指南」中的細節進行解凍。

\* 假定閣下想為0.2公斤的免治碎肉解凍。

步驟	操作	軟鍵	顯示
1	觸按高速解凍軟鍵直至出現所需之項目數字(觸按一次為免治碎肉。)	 x 1	 COOK(烹調)燈號閃動。
2	觸按即時烹調/開始軟鍵。		 解凍時間顯示並開始逐秒遞減。至中途時、微波爐會發出四聲鳴響信號並停止操作。CHECK(查閱)燈號閃動顯示。
3	把爐門打開。反轉、然後重新排列、並遮蓋已解凍部份。		 CHECK(查閱)燈號閃動顯示。
4	關閉爐門。		 COOK(烹調)燈號閃動。
5	觸按即時烹調/開始軟鍵。		 解凍時間繼續遞減。其遞減至0時、微波爐發出一聲鳴響信號。

## 高速解凍指南

項目號碼	項目	份量	操作
1	免治碎肉	0.2公斤	<ul style="list-style-type: none"> <li>將冷藏碎肉放在淺碟上、將邊沿加以覆蓋。</li> <li>微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。取出已解凍部份、翻轉並以鋁箔紙條覆蓋邊緣部份。</li> <li>觸按開始軟鍵、繼續解凍。</li> <li>解凍結束後、以鋁箔紙覆蓋、擱置3-5分鐘為宜。</li> </ul>
2	雞塊 雞中翼	0.35公斤	<ul style="list-style-type: none"> <li>將雞中翼放置於淺碟上。</li> <li>微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。反轉、然後重新排列、並以鋁箔紙條覆蓋已解凍之部份。</li> <li>觸按開始軟鍵、繼續解凍。</li> <li>解凍結束後、以鋁箔紙覆蓋、擱置5分鐘為宜。</li> </ul>
3	牛扒/豬扒	0.3公斤	<ul style="list-style-type: none"> <li>用鋁箔紙包裹豬扒或牛扒較細的一端。</li> <li>將較薄之端向中心置於淺碟上。應注意肉塊不可重疊、如果肉塊重疊、應儘快將其分開。</li> <li>微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。反轉、然後重新排列、並以鋁箔紙條覆蓋已解凍之部份。</li> <li>觸按開始軟鍵、繼續解凍。</li> <li>解凍結束後、以鋁箔紙覆蓋、擱置5分鐘為宜。</li> </ul>

### 注意


1. 冷藏碎肉時、將其分成平坦、均勻的大小。
2. 冷藏雞塊、牛扒和豬扒時、分成平坦的單片、分層冷藏。如有需要、可使用冷藏保鮮紙將其分層隔開、這樣可確保解凍均勻。
3. 不妨在每一包裝上註明正確的重量。

## 簡便解凍


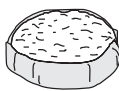
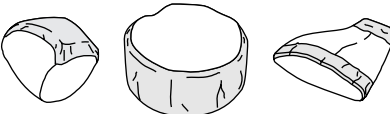


簡便解凍 ✪  
EASY DEFROST

簡便解凍功能可自動計算微波強度和解凍時間。  
請依照C-19頁「簡便解凍指南」中的細節進行解凍。

\* 假定閣下想為1.0公斤的雞塊解凍。

步驟	操作	軟鍵	顯示
1	觸按簡便解凍軟鍵。		 KG(公斤)燈號閃動。
2	觸按重量軟鍵輸入其重量。		 COOK(烹調)燈號閃動。
3	觸按即時烹調/開始軟鍵。		 解凍時間顯示並開始逐秒遞減。至中途時、微波爐會發出四聲鳴響信號並停止操作。 CHECK(查閱)燈號閃動顯示。
4	把爐門打開。反轉、然後重新排列、並遮蓋已解凍部份。		 CHECK(查閱)燈號閃動。
5	關閉爐門。		 COOK(烹調)燈號閃動。
6	觸按即時烹調/開始軟鍵。		 解凍時間繼續遞減。其遞減至0時、微波爐發出一聲鳴響信號。

## 簡便解凍指南

項目	重量 (最小 - 最多)	操作
牛扒 豬扒 	0.1-1.5公斤	<ul style="list-style-type: none"> <li>• 用鋁箔紙包裹豬扒或牛扒較細的一端。</li> <li>• 將較薄之端向中心置於淺碟上。應注意肉塊不可重疊、如果肉塊重疊、應儘快將其分開。</li> <li>• 烹調至中段時、微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。反轉、然後重新排列、並以鋁箔紙條覆蓋已解凍之部份。</li> <li>• 觸按開始軟鍵、繼續解凍。</li> <li>• 解凍結束後、以鋁箔紙覆蓋、擱置5-30分鐘為宜。</li> </ul>
碎肉 牛肉 	0.1-1.5公斤	<ul style="list-style-type: none"> <li>• 將冷凍碎肉放在淺碟上、將邊沿加以覆蓋。</li> <li>• 烹調至中段時、微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。取出已解凍部份、翻轉並以鋁箔紙條覆蓋邊沿之部份。</li> <li>• 觸按開始軟鍵、繼續解凍。</li> <li>• 解凍結束後、以鋁箔紙覆蓋、擱置5-30分鐘為宜。</li> </ul>
烤肉 牛肉/豬肉/羊肉 	0.5-1.5公斤	<ul style="list-style-type: none"> <li>• 用約2.5厘米寬的鋁箔紙條裹住肉塊的邊沿。</li> <li>• (如果可能)將瘦肉側朝上排放、置於淺碟上進行解凍。</li> <li>• 烹調至中段時、微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。翻轉並以鋁箔紙條覆蓋已解凍之部份。</li> <li>• 觸按開始軟鍵、繼續解凍。</li> <li>• 解凍結束後、以鋁箔紙覆蓋、擱置10-30分鐘為宜。</li> </ul>
家禽類 	1.0-1.5公斤	<ul style="list-style-type: none"> <li>• 將家禽從包裝紙中取出。用鋁箔紙包裹翅膀或腿部的尖端。</li> <li>• 將胸肉向下放於淺碟上進行解凍。</li> <li>• 烹調至中段時、微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。翻轉並以鋁箔紙條覆蓋已解凍之部份。</li> <li>• 觸按開始軟鍵、繼續解凍。</li> <li>• 解凍結束後、以鋁箔紙覆蓋、擱置15-30分鐘為宜。</li> </ul> <p><b>注意</b> 如有需要、擱置之後可於冷水下沖洗、以取出內臟。</p>
雞塊 	0.1-1.5公斤	<ul style="list-style-type: none"> <li>• 用鋁箔紙包住雞骨暴露部份進行解凍。</li> <li>• 將雞塊放置於淺碟上。</li> <li>• 烹調至中段時、微波爐將會發出「嗶」聲並停止、CHECK(查閱)燈號將開始閃動。反轉、然後重新排列、並以鋁箔紙條覆蓋已解凍之部份。</li> <li>• 觸按開始軟鍵、繼續解凍。</li> <li>• 解凍結束後、以鋁箔紙覆蓋、擱置5-30分鐘為宜。</li> </ul>

指南中未列出的食物類別、用戶可以自行選用30%的微波強度來解凍。

### 注意

1. 冷藏碎肉時、將其分成平坦、均勻的大小。
2. 冷藏雞塊、牛扒和豬扒時、分成平坦的單片、分層冷藏。如有需要、可使用冷藏保鮮紙將其分層隔開、這樣可確保解凍均勻。
3. 不妨在每一包裝上註明正確的重量。

## 其他簡便功能

### 減少/增加功能的設定





自動烹調指南中的烹調時間是按一般口味而設定的。如果想要根據個人喜好調節烹調時間、請使用減少/增加時間軟鍵來減少(LESS)、或增加(MORE)烹調時間。

可使用於下列的烹調功能：

- 自動烹調
- 翻熱
- 高速解凍
- 簡便解凍









#### (1) 翻熱

\* 假定閣下翻熱兩杯飲料時、想使用少於標準設定的時間。

步驟	操作	軟鍵	顯示
1	觸按飲品軟鍵兩次。		
2	於兩秒內觸按減少時間軟鍵一次。		

#### (2) 自動烹調、高速解凍、簡便解凍

\* 假定閣下在解凍1.0公斤雞塊時(簡便解凍)、想使用多於標準設定的時間。

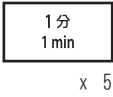






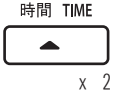
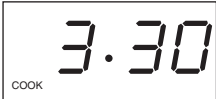
步驟	操作	軟鍵	顯示
1	觸按簡便解凍軟鍵。		 KG(公斤)燈號閃動。
2	觸按重量軟鍵輸入其重量。		 COOK(烹調)燈號閃動。
3	觸按增加時間軟鍵一次。		
4	觸按即時烹調/開始軟鍵。		

使用高速解凍時、於步驟1觸按高速解凍軟鍵直至所需之解凍項目、然後繼續步驟3之程序。

## 烹調過程中增加或減少烹調時間

在自選烹調過程中，可以使用減少(▼)/增加(▲)時間軟鍵來增加或減少烹調時間。

\* 假定閣下用微波50%(中火)烹調5分鐘之後，想把烹調時間增加2分鐘。(現在的烹調時間還剩1分30秒)

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		 COOK(烹調)燈號閃動。
2	觸按微波強度軟鍵選定微波強度、直至出現適當的強度為止(50%(中火)之微波強度時、應觸按三次)。		
3	觸按即時烹調/開始軟鍵。		 烹調時間開始逐秒遞減。 
4	觸按增加時間軟鍵兩次、增加烹調時間兩分鐘。		 烹調時間繼續逐秒遞減。

**注意** 本功能不適用於緩速烹調或自動操作。

## 定時器設定

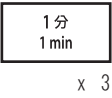



本功能可作為一般計時器用途使用、例如：

在一般爐子上煮蛋計時；或

為建議的擱置時間計時。

輸入時間最高可至99分90秒。若在倒數計時進行時想要取消、只需觸按STOP/CLEAR(暫停/取消)軟鍵、顯示器即會重新顯示當天的時間。

\* 假定閣下想要在一般爐子上煮蛋三分鐘。

步驟	操作	軟鍵	顯示
1	輸入想要的時間。		 COOK(烹調)燈號閃動。
雞蛋在鍋內開始烹調、即可設定定時器。			
2	觸按定時器/時鐘軟鍵。		 計時顯示器開始逐秒遞減。當計時器時間遞減至零時、微波爐會發出一聲「嗶」聲。

## 提示鈴聲

本微波爐設有提示鈴聲功能。若用戶於烹調完畢2分鐘後仍將食物擱置於爐中、則本爐會發出三聲「嗶」聲。若閣下不立即將食物取出、則微波爐會於4分鐘和6分鐘後各發出三聲「嗶」聲以提示用戶。





## 清潔時注意事項

清潔前先拔去電源插頭或在清潔時把爐門打開、以防止微波爐啟動。

**定期清潔微波爐** - 常保持微波爐清潔、清除殘留食物、否則會導致微波爐表面變質、大大減低微波爐的壽命、甚致會造成危險。

### 爐箱外殼：

爐箱外殼請用中性肥皂水來清潔。洗淨後用柔軟的濕布將其清洗並抹乾。清潔時、請勿使用粗粒狀洗滌劑。保持通風口清潔。

### 爐門：

經常用濕布抹拭爐門、透明窗兩面、爐門襯墊、襯墊表層及其四週、以清除油膩和渣滓等。不要使用顆粒狀洗滌劑。

### 輕觸式控制板：

用一微濕軟布抹拭軟鍵控制板。不要使用顆粒狀洗滌劑。

### 爐箱內壁：

為確保衛生、應用溫水軟布來清潔內壁。使用完畢後、以微濕軟布擦拭波導管罩、以去除食物渣滓。微波爐內積聚的食物殘渣可能會過熱並冒煙或燃燒起來。

切勿使用化學烤箱去污劑、研磨去污劑或粗粒狀洗滌劑洗刷微波爐。切勿向微波爐的任何部份、直接噴射微波爐清潔劑。應注意避免用過多的水清潔。而清潔之後、必須用布把水份抹乾。

### 轉盤及轉盤旋轉架：

請用中性肥皂水來清洗、並徹底抹乾。

## 維修前的檢查事項

在維修之前請先自行作以下檢查：

- |  |         |         |
|--|---------|---------|
| 1. 爐門打開時、照明燈是否亮著？                            | 是 _____ | 否 _____ |
| 2. 將一杯水(250毫升)放置於轉盤上、並把爐門關妥。觸按「即時烹調/開始」軟鍵兩次。 |         |         |
| A. 照明燈是否點亮？                                  | 是 _____ | 否 _____ |
| B. 通風扇是否轉動？(將手放在後方的通風口試探)                    | 是 _____ | 否 _____ |
| C. 轉盤是否旋轉？(轉盤可以順時針或逆時針旋轉)                    | 是 _____ | 否 _____ |
| D. 兩分鐘後、微波爐有沒有發出一聲鳴響信號？同時COOK(烹調)指示燈是否熄滅？    | 是 _____ | 否 _____ |
| E. 水是否已經變熱？                                  | 是 _____ | 否 _____ |

如果以上問題有一為“否”、請檢查電源插座及保險絲。

檢查後、如果電源插座及保險絲均未出現毛病、而微波爐仍有問題、請立刻與就近聲寶所指定的維修中心聯絡。

### 注意

如果在100%(高火)之狀態下烹調超過20分鐘、微波功率會自動降低以避免過熱。

## 規 格

交流電壓	: 請參考標識。
電力消耗	: 1.22千瓦
輸出功率	: 800瓦* (IEC測試程序)
微波頻率	: 2450MHz (乙類/第二組)**
外型尺寸	: 460毫米(闊) × 275毫米(高) × 380毫米(深)
爐箱尺寸	: 319毫米(闊) × 211毫米(高) × 336毫米(深)***
微波爐容量	: 22公升***
烹調均勻度	: 轉盤系統(轉盤直徑為272毫米)
重量	: 約12千克

\* 此規格是以國際電工委員會(IEC)為標準。

\*\* 此是以國際標準(International Standard) CISPR11中對工業、科技及醫學(ISM)儀器的分類。

\*\*\* 微波爐的內部容量是根據最大闊度、深度和高度而計算的。實際存放食品的容量稍少於此值。



## 烹調器具指南

器具	微波	蒸
玻璃(耐熱) 	○	○
陶瓷(耐熱) 	○	○
瓷器、石器	○	○
金屬廚具、不銹鋼廚具 	×	×
竹籬、籐器及木器 	短時間	×
塑膠廚具(微波耐用) 	短時間	×
紙碟、紙巾 	短時間	×
保鮮紙(微波耐用) 	○	×
鋁箔紙(錫紙) 	局部遮蓋	局部遮蓋
鋁/錫質盤 	×	×

### 注意

#### 量度標準

1杯	=	250毫升
1湯匙	=	15毫升
1茶匙	=	5毫升
1湯匙	=	3茶匙

# 食譜

## 湯類

### 鮮菇蝦丸湯

#### [材料]

蝦230克、  
肥肉40克、  
草菇1罐、  
蔥適量、  
油適量

#### [調味料]

(A)

鹽1茶匙、味精<sup>1</sup>/<sub>2</sub>茶匙、  
胡椒粉<sup>1</sup>/<sub>2</sub>茶匙、蛋白  
1隻、生粉<sup>1</sup>/<sub>2</sub>茶匙

(B)

鹽1茶匙、米酒1湯匙、  
味精2茶匙、水3杯

#### [作法]

1. 蝦去腸、瀝乾水份後剁成茸、加肥肉及調味料(A)、拌成蝦膠、以湯匙做成蝦丸。
2. 於一較深的耐熱容器內放入調味料(B)、附蓋用微波高火加熱7分鐘。
3. 加入蝦丸、草菇及蔥、附蓋加熱3~4分鐘、直至蝦丸浮起。吃時以麻油調味便可。

### 蕃茄肉丸湯

#### [材料]

蕃茄150克、  
免治豬肉150克、  
蔥2條、薑2片、

莞茜(切碎)少許、  
芹菜(切碎)少許、  
麻油適量

#### [調味料]

(A)

鹽<sup>1</sup>/<sub>2</sub>茶匙、  
味精<sup>1</sup>/<sub>4</sub>茶匙、  
米酒<sup>1</sup>/<sub>2</sub>茶匙、  
醬油<sup>1</sup>/<sub>2</sub>茶匙、  
生粉1茶匙、  
蛋白1隻

(B)

鹽<sup>1</sup>/<sub>2</sub>茶匙、蔥1條、  
胡椒粉<sup>1</sup>/<sub>4</sub>茶匙、  
味精<sup>1</sup>/<sub>4</sub>茶匙

#### [作法]

1. 把蔥及薑切碎。把蕃茄切塊。
2. 將免治豬肉、蔥、薑和調味料(A)攪勻、再加入蛋白及生粉調勻。用湯匙做成肉丸。
3. 於一較深的耐熱容器中加水3杯和蕃茄、附耐熱蓋用微波高火加熱7分鐘、加入肉丸及調味料(B)拌勻、附蓋加熱3~4分鐘。飾以莞茜及芹菜。食用時、加入麻油調味。

### 魚茸西蘭花羹

#### [材料]

魚肉300克、  
西蘭花150克、  
火腿(切碎)2湯匙、  
芹菜(切碎)1湯匙

#### [調味料]

(A)

蛋白1隻、鹽<sup>1</sup>/<sub>2</sub>茶匙、  
米酒1茶匙

(C)

鹽<sup>1</sup>/<sub>2</sub>茶匙、  
味精<sup>1</sup>/<sub>4</sub>茶匙、  
胡椒粉<sup>1</sup>/<sub>4</sub>茶匙

(B)

米酒1茶匙、蔥1條、  
薑2片

#### [作法]

1. 魚去骨並切成茸、加入調味料(A)拌勻。
2. 洗淨西蘭花、並切小朵。放其於較深的耐熱容器之內、加水2湯匙、附耐熱蓋用微波高火加熱2分30秒鐘。
3. 於較深耐熱容器內加入水3杯及調味料(B)拌勻、附蓋用微波高火加熱7分鐘。加入調味料(C)及西蘭花、附蓋用微波高火再加熱2分30秒鐘。
4. 將魚茸加入湯內攪勻、附蓋用微波高火加熱1分鐘。取出、撒上火腿碎和芹菜碎即成。



## 肉類

### 雞絲海蜇皮

#### 【材料】

海蜇皮 $1\frac{3}{5}$ 杯、  
青瓜1條(約50克)、  
雞腿肉230克、  
蔥10厘米(切末)、  
薑3片、酒1湯匙、  
蕃茄少許(裝飾)、  
芫茜少許(裝飾)

#### 【醬汁料】

切碎蔥末3湯匙、  
切碎薑末1茶匙、  
醬油4湯匙、糖 $\frac{1}{2}$ 茶匙、  
醋1湯匙、辣醬2湯匙、  
芝麻醬2湯匙

#### 【作法】

1. 可用溫水浸泡海蜇皮過夜或2~3天、瀝乾切絲。
2. 注入熱水、用叉或筷子攪動、直至其變曲、立即加冷水浸其片刻、撈起瀝乾待用。
3. 青瓜切絲。
4. 雞腿肉塊較厚處用刀切開、用牙籤或竹籤於其表皮紮數孔。然後、使其整塊的雞皮面朝下放置於較深的耐熱容器之中、加入蔥、薑及酒、附耐熱蓋用微波高火加熱2分30秒鐘。附蓋擱置、直至完全冷卻後、切其為絲。
5. 將2.、3.及4. 適當擺設於一菜盤中。
6. 澆上拌勻的醬汁料。食用時攪勻即可。
7. 用蕃茄和芫茜裝飾點綴之。

### 長芥菜肉丸子

#### 【材料】

瘦肉200克、  
冬菇10隻、  
薑2片、  
長芥菜300克、  
油1湯匙、  
水800毫升、  
蘇打粉2茶匙

#### 【醬汁料】

原湯300毫升、  
鹽 $\frac{1}{2}$ 茶匙、  
味精 $\frac{1}{2}$ 茶匙、  
糖 $\frac{1}{2}$ 茶匙、  
生抽1茶匙、  
麻油 $\frac{1}{2}$ 茶匙、  
生粉1湯匙、  
胡椒粉少許

#### 【作法】

1. 把瘦肉與調味料混合、擠壓成丸子、附蓋以微波高火加熱1分30秒鐘。
2. 除去長芥菜葉、切成塊狀。
3. 注入800毫升水、加2茶匙蘇打粉、使之浸泡之後瀝乾。
4. 芥菜、薑和冬菇放入深盤、澆上1湯匙油、附蓋用微波高火加熱約4~5分鐘。中途攪拌均勻。
5. 把醬汁料拌勻、加蓋用微波高火加熱2分鐘。
6. 淋於食送料上便可食用。

#### 【調味料】

鹽 $\frac{1}{2}$ 茶匙、  
味精 $\frac{1}{4}$ 茶匙、  
生抽 $\frac{1}{2}$ 茶匙、  
麻油 $\frac{1}{2}$ 茶匙、  
生粉1茶匙、  
胡椒粉少許

## 海鮮類

### 釀蜆

#### 【材料】

蜆8隻、免治豬肉40克、  
酒1茶匙、醬油1茶匙、  
蔥粒1湯匙、雞蛋 $\frac{1}{2}$ 隻(打好)、  
生粉 $1\frac{1}{2}$ 湯匙、薑汁 $\frac{1}{4}$ 茶匙、  
鹽 $\frac{1}{2}$ 茶匙、糖 $\frac{1}{4}$ 茶匙

#### 【作法】

1. 浸蜆於鹽水、以清洗其泥沙、讓其貝殼相互洗擦、以至完全洗淨。
2. 置蜆於一耐熱容器內加水70毫升、附耐熱蓋用微波高火加熱約3分鐘(或直至蜆貝殼張開)。
3. 將其餘材料混合拌勻、分為8等份。
4. 將各份分別填入空的蜆貝殼之中。
5. 將這16半蜆殼擺設於一耐熱大淺盤中、加水50毫升、附耐熱蓋用微波高火加熱若3~3分30秒鐘。取出、趁熱食用為佳。





## 檸汁魚

### 【材料】

人造牛油或牛油 $1/2$ 杯、麵粉 $2\frac{2}{3}$ 茶匙、新鮮檸檬汁 $2\frac{2}{3}$ 湯匙、切碎芫茜1湯匙、鹽 $1/4$ 茶匙、胡椒粉少許、芹菜籽少許、鯧魚或比目魚片500克(新鮮或解凍)

### 【作法】

1. 把人造牛油置於長方形烤盤或25厘米的方形烤鍋內。用微波高火加熱1~2分鐘使其溶化、除魚以外、加入其他的材料混合攪勻成牛油醬。
2. 將牛油醬塗於鯧魚兩面、排列於燒盤上、包上保鮮紙、用微波高火加熱7~8分鐘、直至魚中央用叉能簡單分開為止。

## 宮保明蝦

### 【材料】

大蝦6隻(約200克)、蔥2條、辣椒8隻、酒3湯匙、生粉1湯匙、薑2片、油1湯匙

### 【調味料】

醬油 $1\frac{1}{2}$ 湯匙、醋1湯匙、糖1湯匙

### 【作法】

1. 把蝦去腸。保留其殼尾、每隻切成2~3段。置其於一菜盤內、注酒於其上浸泡之。
2. 蔥切5厘米段、辣椒切半去籽。
3. 取出浸在酒中之蝦、然後粘上生粉。
4. 置蝦塊、蔥、辣椒以及薑於一較深的耐熱容器內、加入油1湯匙充分拌勻之、附耐熱蓋用微波高火加熱2分鐘。之後、取出攪拌。加入調味料、充分拌勻。附蓋用微波高火加熱2分鐘。
5. 取出攪拌。趁熱食用為佳。

## 清蒸魚

### 【材料】

魚1條(300~400克)、蔥1條、薑3片

### 【調味料】

酒 $2\frac{1}{2}$ 湯匙、醬油 $1\frac{1}{2}$ 湯匙、白胡椒粉 $1/4$ 茶匙、鹽 $1/2$ 茶匙、糖 $1/2$ 茶匙、油1湯匙、芫茜少許

### 【作法】

1. 刮去魚鱗、除去內臟、洗淨後、抹乾其水份、用刀於魚身兩側 數處。
2. 把蔥切為兩條、把其中一條切半拍平、另一條則切粒。
3. 將拍平的兩節蔥置於一耐熱碟上、再放數片薑片。然後、置魚於其上。把攪勻調味料淋於魚身、加水2湯匙、附耐熱蓋(或覆上保鮮紙)、用微波中高火加熱6~8分鐘。
4. 加入熱的油1湯匙並澆於魚身上。食用時撒上蔥粒和芫茜即可。





## 蔬菜類

### 涼拌豆腐

#### [材料]

豆腐1塊(4磚)、免治豬肉或牛肉110克、  
洋蔥粒<sup>1</sup>/<sub>4</sub>杯

#### [調味料]

豆瓣醬1湯匙、醬油1湯匙、麻油<sup>1</sup>/<sub>2</sub>湯匙、  
糖1<sup>1</sup>/<sub>2</sub>茶匙、水50毫升、  
生粉1茶匙加水2茶匙調勻

#### [作法]

1. 置豆腐於耐熱容器內、用微波高火加熱1分鐘。取出用水浸漂。撈起瀝乾、切塊、置於盤中。
2. 將肉和蔥盛入一耐熱容器內拌勻、附耐熱蓋用微波高火加熱3分鐘。時間至半時、攪拌一次。倒去溢出的汁液、然後、加豆瓣醬、醬油、麻油、糖及水於其中、充分拌勻。附蓋用微波高火再加熱約3分鐘。時間至半時、攪拌一次。烹調過程中、觀察其生熟程度。
3. 將生粉水注入其中、攪拌之、不附蓋用微波高火再加熱40秒~1分鐘。
4. 煮好後燒於豆腐上。然後用生菜、蔥絲及車厘子加以擺設修飾即可。

### 肉餡馬鈴薯

#### [材料]

馬鈴薯3個(大約600克)、洋蔥粒150克、  
免治豬肉100克、豌豆50克、油1茶匙

#### [調味料]

鹽1茶匙、牛油20克

#### [作法]

1. 洗淨馬鈴薯、擦乾其表面。用叉或針於其表皮刺數孔、以讓蒸氣溢出。
2. 置馬鈴薯於轉盤、用微波高火加熱8~9分鐘。加熱時間過半時、將其翻轉。完成後、用鋁箔紙包裹、擱置待用。
3. 取一較深的耐熱容器、加入洋蔥粒和1茶匙油拌勻之、附耐熱蓋用微波高火加熱2分鐘。中途攪拌一次。烹調過程中、觀察其生熟程度。
4. 加入免治豬肉、豌豆和鹽、拌勻之、附蓋用微波高火加熱2分鐘。加熱時間過半時、攪拌一次。
5. 把馬鈴薯頂端切開、挖空其內部。
6. 將炒好的肉餡填入其中、再從(5)挖出之馬鈴薯蓋封。
7. 於馬鈴薯表面塗滿牛油。置其於一耐熱淺盤中、用微波高火再加熱2分30秒~3分鐘。取出趁熱食用為佳。

### 燴素菜盤

#### [材料]

罐頭小竹筍30克、小蕃茄6個、磨菇6個、  
罐頭小玉米筍6條、罐頭草菇6隻、青菜  
230克、綠蘆筍14隻(切半)、胡蘿蔔1個  
(切片裝飾用)、馬鈴薯3片、白果<sup>1</sup>/<sub>2</sub>罐、  
鹽1<sup>1</sup>/<sub>2</sub>茶匙、煮菜用上湯800毫升、  
上湯300毫升攪入生粉1<sup>1</sup>/<sub>2</sub>湯匙、  
熟油適量

#### [作法]

1. 蔬菜洗淨放入爐內加鹽及上湯、分別用微波高火加熱1分30秒~2分鐘。
2. 每次煮完的上湯都倒掉。
3. 將蕃茄泡在沸水中、去皮。
4. 將各種蔬菜在盤中排成七彩形狀。
5. 將已混有生粉的上湯、用微波高火加熱2~2分30秒鐘真至適量的程度、然後便可、倒在蔬菜上。淋上熟油即可食用。

**注意** 可以隨意添加蔬菜種類。





## 雞蛋類

### 日式蛋羹

#### [材料]

蘑菇7克(浸軟切半)、大蝦60克(去殼、去腸)、魚餅20克(斜切)、雞胸肉80克(切丁)、冷原湯400毫升、雞蛋4隻、生抽<sup>1</sup>/<sub>2</sub>湯匙、鹽<sup>1</sup>/<sub>2</sub>茶匙、甜米酒2茶匙、芫茜1棵

#### [作法]

1. 將原湯、生抽、鹽、甜米酒和雞蛋混合攪均在一起、輕輕攪勻。
2. 將雞丁、魚餅、蘑菇和大蝦混合放入4隻碗內。
3. 將篩過的混合料(1)注入作好的材料(2)中。
4. 用茶匙取去混合料表面上的泡沫。
5. 用鋁箔封住碗、在中心刺一個孔。用微波中火加熱7~9分鐘。

**注意** 確認鋁箔沒有與轉盤或爐壁接觸。

6. 擱置5分鐘。
7. 飾以芫茜。

### 荷包蛋

#### [材料]

雞蛋4隻、油少量(塗抹用)

#### [作法]

1. 取數個小而深的耐熱容器(例如盛湯用小盤之類的容器等)、薄抹油於其內壁、然後、於每個容器中分別打入一隻雞蛋。
2. 用竹籤於蛋黃處弄破2~3個小孔、以防其受熱膨脹而噴濺。
3. 將打有雞蛋的容器、圍一圓周於轉盤之上、覆蓋上保鮮紙、用微波中低火加熱8~10分鐘即成。

數量	烹調時間(微波中低火)
1 隻	1' 30" ~ 2' 30"
2 隻	3' ~ 4'
3 隻	5' ~ 7'

**注意** 請注意避免過熱、以免引起噴濺。

- ※ 另外、因雞蛋大小鮮嫩程度而異、烹調所需時間有所變化。因此、在加熱過程中、請適當地觀察烹調情況。
- ※ 烹調1隻荷包蛋時、置其於轉盤之中央。

### 炒蛋

#### [材料]

雞蛋1隻、牛奶1湯匙

#### [調味料]

鹽少量、胡椒粉少量

#### [作法]

1. 打蛋於一耐熱烹調杯內、加入牛奶、鹽和胡椒粉、充份拌勻之。置其於微波爐轉盤中、不附蓋用微波高火加熱40秒~1分鐘。
2. 之後、攪拌弄碎。





## 甜品類

### 杏仁豆腐

#### 【材料】

魚膠粉2湯匙、水600毫升、  
杏仁香精<sup>3</sup>/<sub>4</sub>湯匙、牛奶200毫升、  
罐裝雜果(連糖汁)適量

#### 【作法】

1. 把魚膠粉盛入一較深的耐熱容器中、注水600毫升、附耐熱蓋用微波高火加熱7~9分鐘。待其完全溶解。之後、取出攪拌之。
2. 加入杏仁香精和牛奶、充分攪拌之。
3. 盛其於一大碗、再放入雪櫃內待成形冷卻。
4. 取出切其為鑽石形。加以雜果及糖汁便可。

### 蒸葡萄乾蛋糕

#### 【材料】

麵粉90克、雞蛋3隻、白糖70克、  
葡萄乾50克

#### 【作法】

1. 把麵粉篩好、擱置一邊備用。
2. 取一較大的容器、於其中攪拌蛋白直至成形。
3. 逐漸加糖於其中、攪勻之。
4. 將蛋黃加入、攪拌至發泡狀態。
5. 篩好的麵粉加入其中、與調好的蛋液快速攪勻。
6. 加入葡萄乾、攪勻。
7. 取圓形或四邊形的耐熱點心烘烤容器、於其內側塗上薄油層。然後、注入調好的麵粉混合料、弄平其表面。覆蓋一紙巾、用微波高火加熱3~4分鐘真至中央部份熟透。

### 紅彩變幻

#### 【材料】

砵酒晶粒1包、熱水1<sup>1</sup>/<sub>2</sub>杯、  
吉士粉5<sup>1</sup>/<sub>3</sub>湯匙、  
牛奶375毫升、砂糖<sup>1</sup>/<sub>2</sub>杯、  
呢拿香精1茶匙、打泡忌廉1杯、  
杏仁餅乾12塊、葡萄酒蛋糕1個、  
雪利酒<sup>1</sup>/<sub>2</sub>杯、草莓及青莓適量

#### 【作法】

1. 用熱水把砵酒晶粒溶化。之後冷卻至半凝結狀態。
2. 吉士粉和牛奶攪勻、加入砂糖、香精、用微波高火加熱4~6分鐘。加熱途中攪拌2次、之後待冷卻。
3. 把一半之打泡忌廉鋪於其上。
4. 把杏仁餅乾和蛋糕放入4個盛器內、注上<sup>1</sup>/<sub>2</sub>雪利酒、把草莓和青莓夾層放入以上混合物。
5. 重疊成層、冷卻2~3小時。
6. 把剩餘的打泡忌廉點綴表面。





# 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"> <li>* Puncture egg yolks and whites and oysters before cooking to prevent "explosion".</li> <li>* Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>* Cook eggs in shells. This causes "explosion", which may damage the oven or injure yourself.</li> <li>* Reheat whole eggs.</li> <li>* Overcook oysters.</li> <li>* Dry nuts or seeds in shells.</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>* Use specially bagged popcorn for the microwave oven.</li> <li>* Listen while popping corn for the popping to slow to 1-2 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>* Pop popcorn in regular brown bags or glass bowls.</li> <li>* Exceed maximum time on popcorn package.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns.</li> <li>* Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat disposable bottles.</li> <li>* Overheat baby bottles. Only heat until warm.</li> <li>* Heat bottles with nipples on.</li> <li>* Heat baby food in original jars.</li> </ul>
General	<ul style="list-style-type: none"> <li>* Food with filling should be cut after heating, to release steam and avoid burns.</li> <li>* Use a deep bowl when cooking liquids or cereals to prevent boiling over.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook in closed glass jars or airtight containers.</li> <li>* Deep fat fry food.</li> <li>* Dry wood, herbs, or wet papers.</li> <li>* Operate the oven empty.</li> </ul>
Liquids (Beverages)	<ul style="list-style-type: none"> <li>* For boiling or cooking liquids see WARNING on page E-1 to prevent the explosion and delayed eruptive boiling.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat for longer than recommended time.</li> </ul>
Canned foods	<ul style="list-style-type: none"> <li>* Remove food from can.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook food while in cans.</li> </ul>
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> <li>* These foods have high sugar and/or fat contents.</li> <li>* Cook for the recommended time</li> </ul>	<ul style="list-style-type: none"> <li>* Overcook as they may catch fire.</li> </ul>
Meats	<ul style="list-style-type: none"> <li>* Use a microwave proof rack or plate to collect drained juices.</li> </ul>	<ul style="list-style-type: none"> <li>* Place meat directly on the turntable for cooking.</li> </ul>
Utensils	<ul style="list-style-type: none"> <li>* Check the utensils are suitable for MICROWAVE cooking before you use them.</li> </ul>	<ul style="list-style-type: none"> <li>* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.</li> </ul>
Aluminium foil	<ul style="list-style-type: none"> <li>* Use to shield food to prevent over cooking.</li> <li>* Watch for sparking, therefore reduce foil and keep clear of cavity walls.</li> </ul>	<ul style="list-style-type: none"> <li>* Use too much.</li> <li>* Shield food close to cavity walls as sparking can damage the oven.</li> </ul>
Browning dish	<ul style="list-style-type: none"> <li>* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.</li> </ul>	<ul style="list-style-type: none"> <li>* 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.</li> </ul>

# INSTALLATION INSTRUCTIONS

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

## IMPORTANT

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

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

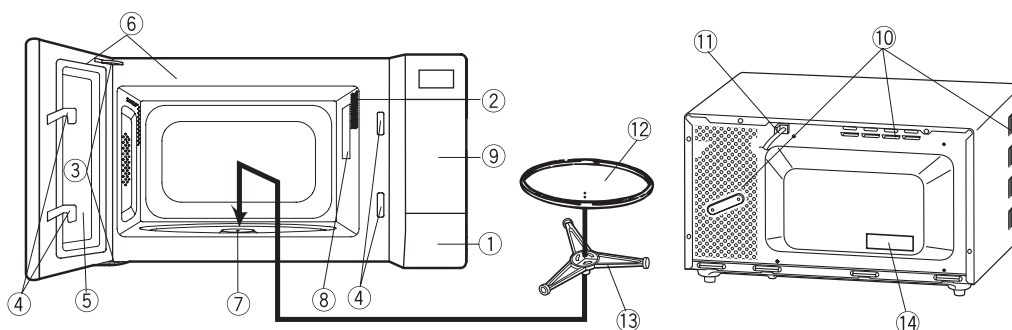
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol  $\equiv$  or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown

## OVEN DIAGRAM



1. Door open button
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

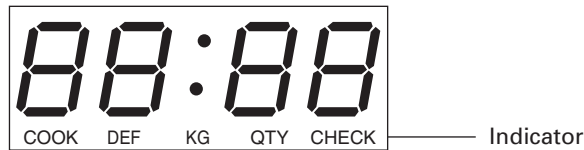
# OPERATION OF TOUCH CONTROL PANEL

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

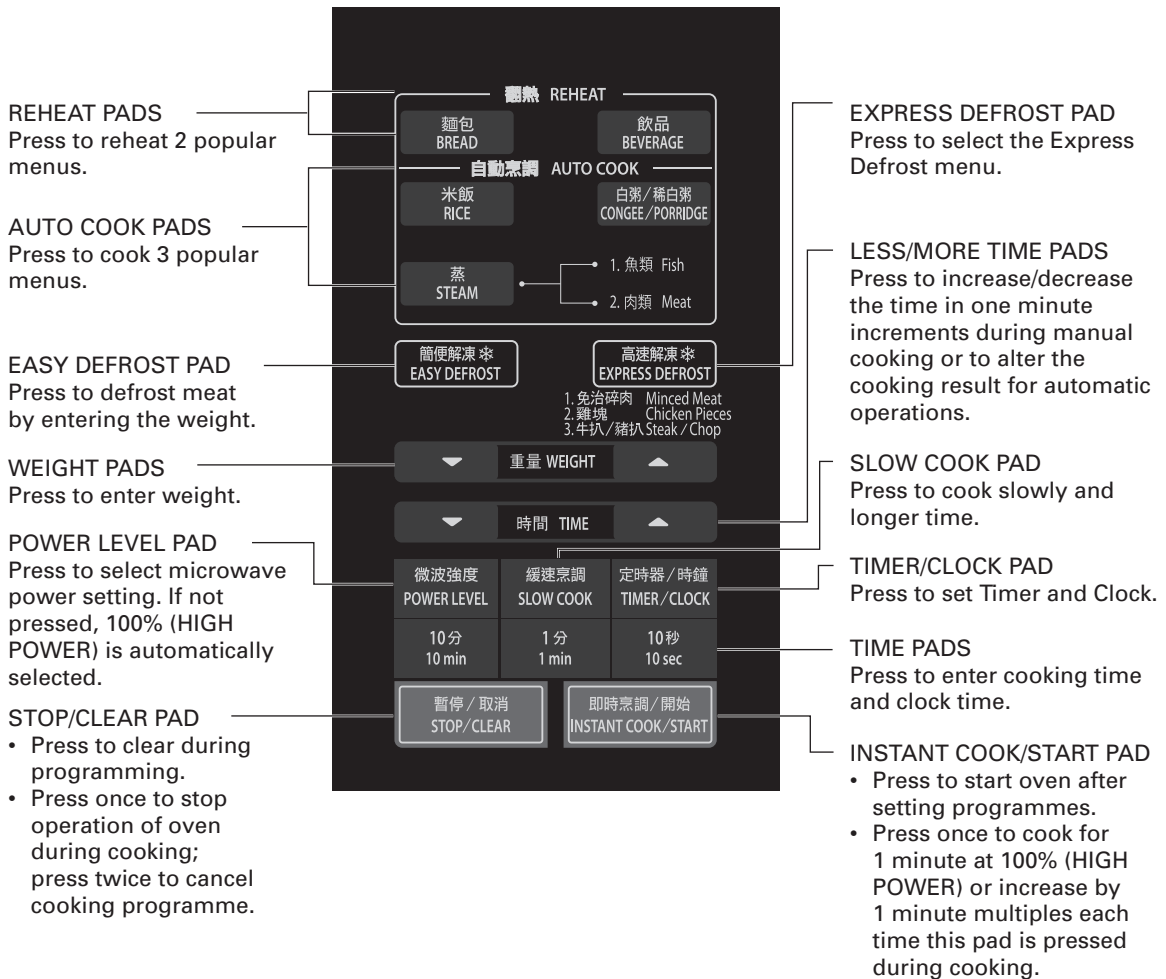
An entry signal tone should be heard each time you press the control panel to make a correct entry.

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

## Control Panel Display



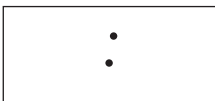


## Touch Control Panel Layout






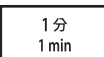







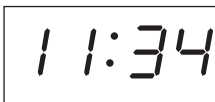
# BEFORE OPERATING

## Getting Started

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

## Clock Setting

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

Step	Procedure	Pad Order	Display
1	Press the TIMER/CLOCK pad.		
2	Enter the hours by pressing the TIME pads.	 x 1  x 1	
3	Press the TIMER/CLOCK pad.		
4	Enter the minutes by pressing the TIME pads.	 x 3  x 4	
5	Press the TIMER/CLOCK pad again.		

This is a 12 hour clock.

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

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

## Stop/Clear

Press the STOP/CLEAR pad once to:

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

## To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

## MICROWAVE COOKING TECHNIQUES

<b><u>Arrange food carefully</u></b>	Place thickest areas toward outside of dish.
<b><u>Watch cooking time</u></b>	Cook for the shortest amount of time indicated and add more time as needed. Food severely over-cooked can smoke or ignite.
<b><u>Cover foods before cooking</u></b>	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)
<b><u>Shield foods</u></b>	Use small pieces of aluminium foil to cover thin areas of meats or poultry in order to avoid overcooking.
<b><u>Stir foods</u></b>	From outside to center of dish, stir once or twice during cooking, if possible.
<b><u>Turn foods</u></b>	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
<b><u>Rearrange foods</u></b>	Like meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
<b><u>Allow standing time</u></b>	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.
<b><u>Check for doneness</u></b>	Look for signs indicating that cooking temperature has been reached. Doneness signs include: <ul style="list-style-type: none"> <li>- Food steams throughout, not just at edge.</li> <li>- Poultry thigh joints move easily.</li> <li>- Pork and poultry show no pinkness.</li> <li>- Fish is opaque and flakes easily with a fork.</li> </ul>
<b><u>Condensation</u></b>	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.
<b><u>Browning dish</u></b>	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.
<b><u>Microwave safe plastic wrap</u></b>	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
<b><u>Microwave safe plastic cookware</u></b>	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.

# MANUAL OPERATIONS






## Microwave Time Cooking

When cook under microwave manually, first enter the cooking time, then the power level. You can programme up to 99 minutes, 90 seconds. There are 6 different power levels.

Power level	0%	10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Display	0P	10P	30P	50P	70P	100P
Examples		Keeping food warm	Defrost, Softening butter	Delicate Food such as Eggs or Seafood		Raw meat, Vegetables, Rice or Pasta

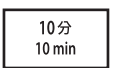





This variable cooking control allows you to select the rate of microwave cooking. If a power level is not selected, then 100% (HIGH POWER) is automatically used.

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

Step	Procedure	Pad Order	Display
1	Enter the desired cooking time.	  x 2                      x 3	 COOK will flash on and off.
2	Press the INSTANT COOK/START pad.		 The timer begins to count down.

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

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

Step	Procedure	Pad Order	Display
1	Enter the desired cooking time.	 x 1	 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	 x 3	
3	Press the INSTANT COOK/START pad.		 The timer begins to count down.

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

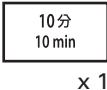



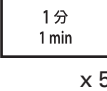
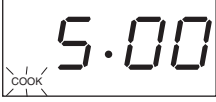


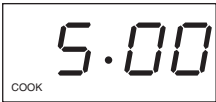
If you wish to know the power level during cooking, press the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.

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

## Sequence Cooking

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

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

Step	Procedure	Pad Order	Display
1	Enter the desired cooking time.	 x 1	 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	 x 3	
3	For second sequence, enter the desired cooking time. (If power is not selected the oven will operate at 100%).	 x 5	
4	Press the INSTANT COOK/START pad.		 The timer begins to count down. When it reaches zero,  the second sequence will appear and the timer will begin to count down again.

## Instant Cook

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

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. (Within 3 minutes of closing the door.)		 The timer begins to count down.

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

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




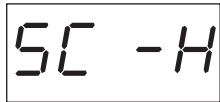
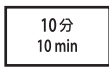
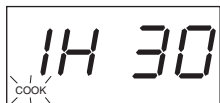


## Slow Cook

緩速烹調  
SLOW COOK

To select SLOW COOK HIGH, press the SLOW COOK pad once.  
To select SLOW COOK LOW, press the SLOW COOK pad twice.

The SLOW COOK setting is designed for food which needs longer cooking time. For example, stewing, braising, boiling soup or Chinese desserts of liquid type. The SLOW COOK setting provides two choices: SLOW COOK HIGH or SLOW COOK LOW. The maximum cooking time is 2 hours for each choice when cook manually.

\* Suppose you want to cook stew chicken on SLOW COOK HIGH for 1 hour 30 min: —

Step	Procedure	Pad Order	Display
1	Press the SLOW COOK pad once.	 x 1	
2	Enter the desired cooking time.	 x 9	 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will count down to zero. After cooking the oven will "beep".

### NOTE

1. If you need to check the food doneness during cooking, you can open the oven door by pressing the STOP/CLEAR pad once, then check and stir. After that close the door and press the INSTANT COOK/START pad to resume cooking.
2. Combination of HIGH and LOW for cooking in 2 stages is possible. But combination between SLOW COOK and other features is not possible.
3. If you wish to know the level of slow cook during cooking, press the POWER LEVEL pad. As long as your finger is pressing the POWER LEVEL pad, SC-H (SLOW COOK HIGH) or SC-L (SLOW COOK LOW) will be displayed.

### SPECIAL NOTES ON SLOW COOKING

For better cooking result, always try to:

1. Cut the ingredients into smaller pieces.
2. Add in adequate liquid as medium (eg: water, sauce) and try to submerge the ingredients into the liquid in order to avoid scorching. This is especially important when stew meat or chicken soup is prepared.
3. When soup or large quantity is prepared, make sure that the water level is at least 1<sup>1</sup>/<sub>2</sub> inches (3.8 cm) from the rim of casserole, otherwise spill over may result.
4. Do not add too much seasonings or salt at the initial stage of cooking. Try to add (especially salt) soon after or just after finish.
5. Cook with the casserole lid on. Also please do not open the lid during cooking as this may disturb the cooking sequence.
6. Stir and stand for 10 minutes after cooking.

## Slow Cook Recipes

### Beef Brisket with Daikon

#### [ Ingredients ]

570 g Beef Brisket  
330 g Daikon  
2 g Cayenne  
2 Aniseed  
2 stalks Green Onion (diced)  
3 slices Ginger

#### [ Method ]

1. Preparation –  
Cut the beef brisket into pieces. Marinade with salt (1½ tsp), sugar (1½ tsp), soya sauce (2 tsp) and oyster sauce (2 tsp). Skin and cut the daikon into pieces.
2. In a 3-litre casserole heat 3 tbsp of oil uncover on microwave HIGH for 4 minutes. Then stir in ginger slices and the marinated beef brisket. Cook with cover on microwave HIGH for 5 minutes.
3. Add in cayenne, aniseed and 250 to 280 ml of boiling water. Stir well. Cook with cover on SLOW COOK HIGH for 1 hour.
4. Add in daikon and 200 to 250 ml of boiling water. Stir well. Cook with cover on SLOW COOK HIGH for another 1 hour 30 minutes.
5. Stir in sauce of cornstarch (2 tsp), oyster sauce (2 tsp), salt (½ tsp) and water (3 tsp). Cook with cover on SLOW COOK LOW for 10 to 30 minutes.
6. Sprinkle the diced green onion on top after cooking.
7. Serve 4 persons.

### Portuguese Coconut Chicken

#### [ Ingredients ]

500 g Chicken pieces  
150 g Carrots  
200 g Potatoes  
160 g Onions  
400 ml Coconut Milk  
1 tsp Curry Powder

#### [ Method ]

1. Skin, rinse and cut the carrots, potatoes and onions into pieces.
2. Marinade the chicken pieces with salt (1 tsp), sugar (1 tsp), oyster sauce (1 tsp), soya sauce (2 tsp), curry powder (1 tsp) and pepper (pinches). Let stand for a while.
3. In a 3-litre casserole put in carrots, potatoes and 200 ml of coconut milk. Cook with cover on microwave HIGH for 12 minutes.
4. Add in the marinated chicken and another 200 ml of coconut milk. Stir well. Cook with cover on SLOW COOK HIGH for 20 minutes.
5. Add in onions and salt (1 tsp). Stir well. Cook with cover on SLOW COOK HIGH for another 20 to 30 minutes.
6. Stir well.
7. Serve 4 to 6 persons.

### White Fungus with Papaya

#### [ Ingredients ]

1 Papaya (ripen)  
25 g White Fungus  
5 g Sweet Almonds  
5 g Bitter Almonds  
160 g Rock Sugar

#### [ Method ]

1. Soak the white fungus for at least 3 hours. Tear out the leafy fungus, then rinse thoroughly and drain well. Discard the stem of white fungus.
2. Skin and remove the pits of papaya after cutting into half. Scoop out the papaya as balls or cut into dices of 3 cm<sup>3</sup>.
3. In a 3-litre casserole put in white fungus, sweet almonds, bitter almonds and 500 ml of water. Cook with cover on microwave HIGH for 20 minutes. Let stand for 10 minutes.
4. Add in papaya dices, rock sugar and 500 ml of boiling water. Cook with cover on SLOW COOK HIGH for 1 hour 15 minutes to 1 hour 30 minutes.
5. Stir well. Serve 4 persons.

### Nutritious Herbal Chicken Soup

#### [ Ingredients ]

420 g Chicken half  
36 g Red Dates  
20 g Wai San  
20 g Kei Chee  
20 g Tung Sam  
20 g Pak Kei  
20 g Longan

#### [ Method ]

1. Preparation –  
Cut the chicken half into 4 to 6 pieces. Remove the skin. Rinse and soak all the herbs into 1150 ml of water in a 3-litre casserole for at least 3 hours.
2. In a 2-litre casserole boil 1000 ml of water with cover on microwave HIGH for 10 minutes. Put in chicken pieces. Boil with cover for another 4 minutes. Then take out and rinse.
3. Put the scalded chicken into the soaking herbs and cook with cover on SLOW COOK HIGH for 1 hour 30 minutes. Then on SLOW COOK LOW for 20 to 40 minutes.
4. Add salt (1 tsp or more) as desired. After stir let stand with cover for 5 minutes.
5. Serve 4 persons.

# AUTOMATIC OPERATIONS

## Notes for Automatic Operations

- 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.
- Food weighing more or less than the quantity or weight listed in each Menu Guide, cook manually.
- To change the final cooking or defrosting result from the standard setting, press the LESS/MORE TIME pads after selecting desired setting. Refer to page E-20.
- The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
- To avoid children's misuse, each REHEAT function pad can be used only within 3 minutes after cooking completion, closing the door or pressing the STOP/CLEAR pad.
- To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.
- When entering the weight of the food, round off the weight to the nearest 0.1 kg. For example, 0.35 kg would become 0.4kg.  
If the DOWN (▼) weight pad is pressed the display will count down from the highest weight/quantity each time the pad is pressed.  
If the UP (▲) weight pad is pressed the display will count up from the lowest weight/quantity each time the pad is pressed.

## Auto Cook

### Rice Menu



RICE MENU allows you to cook 2 popular foods.  
Follow the instructions provided in the Rice Menu Menu Guide on page E-12.

\* Suppose you want to cook 2 serves of Rice: —

Step	Procedure	Pad Order	Display
1	Press the Rice pad once.		 QTY will flash on and off.
2	Press the WEIGHT pads to enter quantity.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will appear and count down to zero. When it reaches zero, the oven will "beep".

## Rice Menu Menu Guide

MENU	QUANTITY	PROCEDURE									
<b>Rice</b>	1-2 serves	<ul style="list-style-type: none"> <li>Wash rice until water runs clear.</li> <li>Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking).</li> <li>Stir and cook with cover.</li> <li>After cooking, stir lightly and stand for 5 mins with a cover.</li> </ul>									
<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 serve (1-2 persons)</td> <td>150 g</td> <td>240 ml</td> </tr> <tr> <td>2 serves (3-5 persons)</td> <td>300 g</td> <td>480 ml</td> </tr> </tbody> </table>	Serving (s)	Rice	Water	1 serve (1-2 persons)	150 g	240 ml	2 serves (3-5 persons)	300 g	480 ml		
Serving (s)	Rice	Water									
1 serve (1-2 persons)	150 g	240 ml									
2 serves (3-5 persons)	300 g	480 ml									
<b>Congee</b>	1-2 serves	<ul style="list-style-type: none"> <li>Wash rice until water runs clear.</li> <li>Place rice and water into a deep casserole (2ℓ for 1 serve, 3ℓ for 2 serves) and soak for 30 mins (stir rice a few times during soaking).</li> <li>Stir and cook uncovered.</li> <li>After cooking, stir lightly and stand for 5 mins.</li> </ul>									
<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 serve (1-2 persons)</td> <td>50 g</td> <td>750 ml</td> </tr> <tr> <td>2 serves (3-5 persons)</td> <td>80 g</td> <td>1400 ml</td> </tr> </tbody> </table>	Serving (s)	Rice	Water	1 serve (1-2 persons)	50 g	750 ml	2 serves (3-5 persons)	80 g	1400 ml		
Serving (s)	Rice	Water									
1 serve (1-2 persons)	50 g	750 ml									
2 serves (3-5 persons)	80 g	1400 ml									
<p><b>Menu Variation</b></p> <p>eg: ★ Congee with Pallock Fish and Peanuts            Ingredients: 100 g Pallock fish (fried; chopped)            (3-5 persons) 50 g Peanuts            1 slice salted turnip (chopped)            3 spring onions (chopped)</p> <p><b>NOTE:</b> The ingredients can be added just after finish, with salted turnip and spring onions as garnish and sprinkles on top.</p> <p>★ Congee with Salted Pork and Preserved Duck Eggs            Ingredients: approx. 230 g (1/2 lb) lean pork (chopped)            (3-5 persons) 2 preserved duck eggs (diced)</p> <p><b>NOTE:</b> The ingredients can be added 10 min. before finish.</p>											
<b>Porridge</b>	1-2 serves	<ul style="list-style-type: none"> <li>Wash rice until water runs clear.</li> <li>Place rice and water into a deep casserole (2ℓ for 1 serve, 3ℓ for 2 serves) and soak for 15 mins (stir rice a few times during soaking).</li> <li>Stir and cook uncovered.</li> <li>After cooking, stir lightly and stand for 5 mins.</li> </ul>									
<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 serve (1-2 persons)</td> <td>100 g</td> <td>1200 ml</td> </tr> <tr> <td>2 serves (3-5 persons)</td> <td>160 g</td> <td>2200 ml</td> </tr> </tbody> </table>	Serving (s)	Rice	Water	1 serve (1-2 persons)	100 g	1200 ml	2 serves (3-5 persons)	160 g	2200 ml		
Serving (s)	Rice	Water									
1 serve (1-2 persons)	100 g	1200 ml									
2 serves (3-5 persons)	160 g	2200 ml									
<p><b>Menu Variation</b></p> <p>You can enjoy the variation by putting some ingredients into Porridge just after finish or 10 mins before finish.</p> <p>eg: ★ Chicken Porridge: 200 g Chicken (cut small pieces, precooked)            (3-5 persons) Spring Onion, cut 3 cm long</p> <p>★ Fish Porridge: 250 g Fish (precooked)            (3-5 persons) 2 slices Ginger (cut into stripes)</p>											

**NOTE**

- Water temperature should be about 20°C at initial cooking.
- 1 tael=38 grams.


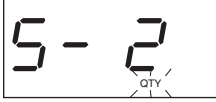




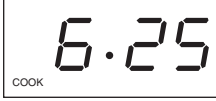
## Steam Menu



1. Fish
2. Meat

STEAM MENU allows you to cook 2 popular steam menus.  
Follow the instructions provided in the Steam Menu Menu Guide.

\* Suppose you want to cook 2 serves of steam meat: —

Step	Procedure	Pad Order	Display
1	Press the Steam Menu pad until the desired menu number is displayed (for meat press twice).	 x 2	 QTY will flash on and off.
2	Press the WEIGHT pads to enter quantity.	重量 WEIGHT  OR  x 2                      x 2	 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will appear and count down to zero. When it reaches zero, the oven will "beep".

## Steam Menu Menu Guide

NO.	MENU	INITIAL TEMPERATURE	QUANTITY	PROCEDURE								
1	<b>Steam Fish</b> eg: Sea Bream Red Snapper Carp Pomfret Golden Thread Black Mullet Flatfish Garoupa etc.	8-12°C Refrigerated temperature	1-3 serves <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1 serve</td> <td>130-199 g</td> </tr> <tr> <td>2 serves</td> <td>200-300 g</td> </tr> <tr> <td>3 serves</td> <td>301-420 g</td> </tr> </tbody> </table> ( Whole fish or Fish fillet )	Serving (s)	Weight	1 serve	130-199 g	2 serves	200-300 g	3 serves	301-420 g	<ul style="list-style-type: none"> <li>• Wash fish thoroughly and remove scales.</li> <li>• Make a few slits on the skin of fish, pierce the eyes of fish.</li> <li>• Put on a shallow dish, 22-28 cm in diameter.</li> <li>• Sprinkle lightly with water, salt and oil.</li> <li>• Put green onion and ginger slices on top.</li> <li>• Cover with microwave wrap or glass lid.</li> <li>• After cooking, stand for 2 minutes.</li> </ul>
Serving (s)	Weight											
1 serve	130-199 g											
2 serves	200-300 g											
3 serves	301-420 g											
2	<b>Steam Meat</b> eg: Pork patty Beef patty Spare rib cubes Chicken pieces etc.	8-12°C Refrigerated temperature	1-3 serves <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1 serve</td> <td>180-289 g</td> </tr> <tr> <td>2 serves</td> <td>290-400 g</td> </tr> <tr> <td>3 serves</td> <td>401-520 g</td> </tr> </tbody> </table>	Serving (s)	Weight	1 serve	180-289 g	2 serves	290-400 g	3 serves	401-520 g	<ul style="list-style-type: none"> <li>• Marinate the meat.</li> <li>• For meat patty, try to make it a thin layer especially in the centre.</li> <li>• Put on a shallow dish, 22-28 cm in diameter.</li> <li>• Cover with microwave wrap or glass lid.</li> <li>• After cooking, stand for 2 minutes.</li> </ul>
Serving (s)	Weight											
1 serve	180-289 g											
2 serves	290-400 g											
3 serves	401-520 g											

## Steam Menu Recipes

### Spare Ribs with Black Beans

#### [ Ingredients ]

320 g Spare Ribs  
10 g Black Beans

#### Seasonings

1 tsp Salt  
1 tsp Sugar  
1 tsp Light Soya  
Sauce  
1/2 tsp Sesame Oil  
1 tsp Cornstarch

#### [ Method ]

1. Marinate the spare ribs with seasonings, then mix with black beans.
2. Cover with microwave wrap and press the STEAM pad twice to Meat.

### Chicken Pieces with Mushrooms

#### [ Ingredients ]

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

#### Seasonings

1/2 tsp Salt  
1/2 tsp Sugar  
1 tsp Light Soya  
Sauce  
1/2 tsp Cornstarch  
1/2 tsp Sesame Oil

#### [ Method ]

1. Marinate the chicken pieces and soaked mushrooms with seasonings. Then mix together with ginger and green onion slices.
2. Cover with microwave wrap and press the STEAM pad twice to Meat.

### Steamed Whole Fish

#### [ Ingredients ]

200-300 g Fish  
Ginger slices  
Green Onion slices

#### [ Method ]

1. Wash the fish, remove its scales and make several slits on it.
2. Sprinkle lightly with water, salt and oil. Scatter ginger and green onion slices on top.
3. Cover with microwave wrap and press the STEAM pad once to Fish.

### Pork Patty

#### [ Ingredients ]

330 g Ground Pork  
50 g Preserved  
Vegetables  
1 Salted Egg Yolk

#### Seasonings

1 tsp Salt  
1 tsp Sugar  
2 tsp Cornstarch  
2 tsp Oil  
1 1/2 tsp Light Soya  
Sauce

#### [ Method ]

1. Marinate the ground pork and preserved vegetables with seasonings, mix well. Press into patty shape.
2. Cut the salted egg yolk into dices and place on the patty for decoration.
3. Cover with microwave wrap and press the STEAM pad twice to Meat.


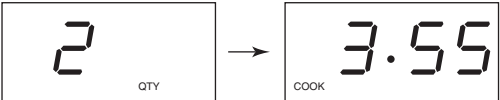
## Reheat

麵包  
BREAD

飲品  
BEVERAGE

REHEAT allows you to reheat 2 popular foods.  
Follow the instructions provided in the Reheat Menu Guide.

\* Suppose you want to reheat 2 cups of beverage: —

Step	Procedure	Pad Order	Display
1	Press the Beverage pad until the desired quantity is displayed (for 2 cups press twice).		<p>After about 2 sec.</p>  <p>Cooking starts and the cooking time will begin counting down. When it reaches zero, the oven will "beep".</p>

## Reheat Menu Guide

MENU	INITIAL TEMPERATURE	QUANTITY	PROCEDURE
<b>Bread</b>	20-25°C Room temperature	1-4 pieces ( 1 piece, approx. 50 g )	<ul style="list-style-type: none"> <li>For 1-2 pcs, put onto a paper towel and cover with another paper towel.</li> <li>For 3-4 pcs, put onto a plate lined with paper towel and cover with another paper towel.</li> <li>When you reheat only one piece of bread, place it on centre.</li> </ul>
<b>(NOTE: Reheating result varies with the kind of bread and its condition.)</b>			
<b>Beverage</b> Coffee Tea Water	20-25°C Room temperature	1-4 cups ( 1 cup, approx. 250 ml )	<ul style="list-style-type: none"> <li>No cover.</li> <li>Place on centre of turntable (1 cup). (For 2-4 cups, place along the rim of turntable.)</li> <li>After reheating, stir.</li> </ul>

## Express Defrost









高速解凍\*  
EXPRESS DEFROST

1. Minced Meat
2. Chicken Pieces
3. Steak/Chop

EXPRESS DEFROST rapidly defrosts 3 types of meat in specific weights.

Follow the instructions provided in the Express Defrost Menu Guide on page E-17.

\* Suppose you want to defrost 0.2 kg of Minced Meat: —

Step	Procedure	Pad Order	Display
1	Press the Express Defrost pad until the desired menu number is displayed (for Minced Meat press once).	 x 1	 COOK will flash on and off.
2	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. CHECK will flash on and off.
3	Open the door. Turn over and rearrange. Shield the defrosted portions.		 CHECK will flash on and off.
4	Close the door.		 COOK will flash on and off.
5	Press the INSTANT COOK/START pad.		 The defrosting time will continue counting down. When it reaches zero, the oven will "beep".



## Express Defrost Menu Guide

No.	MENU	QUANTITY	PROCEDURE
1	<b>Minced Meat</b> Beef	0.2 kg	<ul style="list-style-type: none"> <li>Place frozen minced meat on a shallow dish.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted portions, turn over and shield edges with foil strips.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 3-5 minutes.</li> </ul>
2	<b>Chicken Pieces</b> (Mid-joint of chicken wings)	0.35 kg	<ul style="list-style-type: none"> <li>Place mid-joint of chicken wings on a shallow dish.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Turn over, rearrange and shield the defrosted portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 5 minutes.</li> </ul>
3	<b>Steak/Chop</b>	0.3 kg	<ul style="list-style-type: none"> <li>Shield thin end of chops or steaks with foil.</li> <li>Position the food with thinner parts in the centre in a single layer on a shallow dish. If pieces are stuck together, try to separate as soon as possible.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Turn over, rearrange and shield the defrosted portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 5 minutes.</li> </ul>

### NOTE



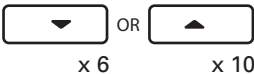







- When freezing minced meat, shape it into flat even sizes.
- For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
- It is also a good idea to label the packs with the correct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

## Easy Defrost


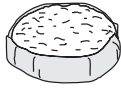
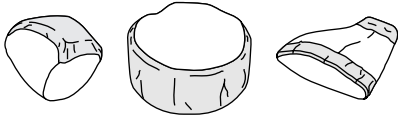


簡便解凍 ※  
EASY DEFROST

EASY DEFROST will automatically compute the microwave power and defrosting time. Follow the instructions provided in the Easy Defrost Menu Guide on page E-19.

\* Suppose you want to defrost 1.0 kg of Chicken Pieces: —

Step	Procedure	Pad Order	Display
1	Press the Easy Defrost pad.		 KG will flash on and off.
2	Press the WEIGHT pads to enter weight.	重量 WEIGHT  x 6                      x 10	 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When a 4 times “beep” sound is heard, the oven stops. CHECK will flash on and off.
4	Open the door. Turn over and rearrange. Shield the defrosted portions.		 CHECK will flash on and off.
5	Close the door.		 COOK will flash on and off.
6	Press the INSTANT COOK/START pad.		 The defrosting time will continue counting down. When it reaches zero, the oven will “beep”.

## Easy Defrost Menu Guide

MENU	QUANTITY (MIN. – MAX.)	PROCEDURE
<b>Steaks Chops</b>  	0.1 - 1.5 kg	<ul style="list-style-type: none"> <li>Shield thin end of chops or steaks with foil.</li> <li>Position the food with thinner parts in the centre in a single layer on a shallow dish. If pieces are stuck together, try to separate as soon as possible.</li> <li>Half way the oven will “beep” and stop, CHECK will flash on and off. Turn over, rearrange and shield the defrosted portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 5-30 minutes.</li> </ul>
<b>Minced Meat Beef</b>  	0.1 - 1.5 kg	<ul style="list-style-type: none"> <li>Place frozen minced meat on a shallow dish. Shield edges.</li> <li>Half way the oven will “beep” and stop, CHECK will flash on and off. Remove defrosted portions, turn over and shield edges with foil strips.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 5-30 minutes.</li> </ul>
<b>Roast Meat Beef/Pork/Lamb</b>  	0.5 - 1.5 kg	<ul style="list-style-type: none"> <li>Shield the edge with foil strips about 2.5 cm wide.</li> <li>Place joint with lean side face upwards (if possible) on a shallow dish.</li> <li>Half way the oven will “beep” and stop, CHECK will flash on and off. Turn over and shield the defrosted portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 10-30 minutes.</li> </ul>
<b>Poultry</b>  	1.0 - 1.5 kg	<ul style="list-style-type: none"> <li>Remove from original wrapper. Shield wing and leg tips with foil.</li> <li>Place breast side down on a shallow dish.</li> <li>Half way the oven will “beep” and stop, CHECK will flash on and off. Turn over and shield the defrosted portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 15-30 minutes.</li> </ul> <p><b>NOTE</b> After standing run under cold water to remove giblets if necessary.</p>
<b>Chicken Pieces</b>  	0.1 - 1.5 kg	<ul style="list-style-type: none"> <li>Shield the exposed bone with foil.</li> <li>Place chicken pieces on a shallow dish.</li> <li>Half way the oven will “beep” and stop, CHECK will flash on and off. Turn over, rearrange and shield the defrosted portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil for 5-30 minutes.</li> </ul>

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

**NOTE**

- When freezing minced meat, shape it into flat even sizes.
- For chicken pieces, steaks and chops, 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 individual preference, use the LESS/MORE time pads to either reduce (less) or add (more) cooking time.

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

- AUTO COOK
- REHEAT
- EXPRESS DEFROST
- EASY DEFROST


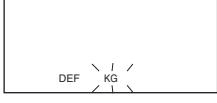
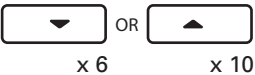





(1) REHEAT

\* Suppose you want to reheat 2 cups of beverage for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the Beverage pad twice.	 x 2	
2	Press the LESS TIME pad once within 2 seconds.	 x 1	

(2) AUTO COOK, EXPRESS DEFROST, EASY DEFROST

\* Suppose you want to defrost 1.0 kg of Chicken Pieces (EASY DEFROST) for more time than the standard setting.

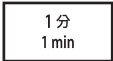




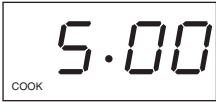



Step	Procedure	Pad Order	Display
1	Press the Easy Defrost pad.		 KG will flash on and off.
2	Press the WEIGHT pads to enter weight.	 x 6 OR x 10	 COOK will flash on and off.
3	Press the MORE TIME pad once.	 x 1	
4	Press the INSTANT COOK/ START pad.		

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

## Increasing or Decreasing Time During the Cooking Programme

Cooking time can be added or decreased during a manual cooking programme using the LESS (▼)/MORE (▲) TIME pads.

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

Step	Procedure	Pad Order	Display
1	Enter the desired cooking time.	 x 5	 Cook will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	 x 3	
3	Press the INSTANT COOK/START pad.		 The timer starts to count down. 
4	Press the MORE TIME pad twice to increase the cooking time by two minutes.	 x 2	 The timer keeps on counting down.

**NOTE** You cannot use this function for SLOW COOK and automatic operations.

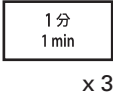



## Timer

Use this feature as a general purpose timer. Examples include:

- timing boiled eggs cooked on the stove top; or
- timing the recommended standing time of food.

You can enter any time up to 99 minutes, 90 seconds. If you want to cancel the timer during the count down phase, simply press the STOP/CLEAR pad and the display will return to showing time of day.

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

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

## Alarm

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

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

# CARE AND CLEANING

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

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

**Exterior:**

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

**Door:**

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

**Touch Control Panel:**

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

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

**Interior walls:**

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

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

**Turntable/Roller Stay:**

Wash with mild soapy water and dry thoroughly.

# SERVICE CALL CHECK

Please check the following before calling for service:

1. Does the display light up? YES \_\_\_\_\_ NO \_\_\_\_\_
2. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.  
Press the INSTANT COOK/START pad twice.
  - A. Does the oven lamp come on? YES \_\_\_\_\_ NO \_\_\_\_\_
  - B. Does the cooling fan work? YES \_\_\_\_\_ NO \_\_\_\_\_  
(Put your hand over the rear ventilation openings.)
  - C. Does the turntable rotate? YES \_\_\_\_\_ NO \_\_\_\_\_  
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
  - 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



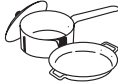




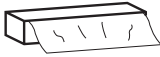

AC Line Voltage	: Refer to the rating label.
AC Power Required	: 1.22 kW
Output Power	: 800 W* (IEC test procedure)
Microwave Frequency	: 2450 MHz (Class B/Group 2)**
Outside Dimensions	: 460 mm(W) x 275 mm(H) x 380 mm(D)
Cavity Dimensions	: 319 mm(W) x 211 mm(H) x 336 mm(D)***
Oven Capacity	: 22 litre***
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	Defrost
Glassware (heat-resistant) 	○	○
Ceramic (heat-resistant) 	○	○
Pottery, Stoneware	○	○
Metal Cookware, Stainless Steel Cookware 	X	X
Straw, Wicker and Wood 	Short time	X
Plastic Cookware (microwave-safe only) 	Short time	X
Paper Plates/Towel 	Short time	X
Plastic Wrap (microwave-safe only) 	○	X
Aluminium Foil Paper 	Shielding	Shielding
Aluminium Foil Dish 	X	X

**NOTE**

**Measure Standard**

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



# RECIPES

## SOUP

### Shrimp Balls and Straw Mushroom Soup

#### [Ingredients]

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

#### [Seasonings]

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

#### [Method]

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

### Meatballs and Tomato Soup

#### [Ingredients]

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

#### [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 HIGH for 7 minutes. Add meat balls and seasonings (B), cover, microwave at HIGH for another 3 to 4 minutes. Garnish with coriander and celery, sprinkle sesame oil before serving.

### Broccoli and Minced Fish Soup

#### [Ingredients]

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

#### [Seasonings]

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

#### [Method]

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



## MEAT

### Cold Chicken with Chili

#### [Ingredients]

1 <sup>3</sup>/<sub>5</sub> 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  
<sup>1</sup>/<sub>2</sub> tsp Sugar  
1 tbsp Vinegar  
2 tbsp Chili sauce  
2 tbsp Sesame paste

#### [Method]

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

### Meatballs with Long Mustard Sauce

#### [Ingredients]

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

#### [Sauce]

300 ml Stock  
<sup>1</sup>/<sub>2</sub> tsp Salt  
<sup>1</sup>/<sub>2</sub> tsp Monosodium glutamate  
<sup>1</sup>/<sub>2</sub> tsp Sugar  
1 tsp Light soy sauce  
<sup>1</sup>/<sub>2</sub> tsp Sesame oil  
1 tbsp Cornflour  
dash Pepper

#### [Method]

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

#### [Seasonings]

<sup>1</sup>/<sub>2</sub> tsp Salt  
<sup>1</sup>/<sub>4</sub> tsp Monosodium glutamate  
<sup>1</sup>/<sub>2</sub> tsp Light soy sauce  
<sup>1</sup>/<sub>2</sub> 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  
<sup>1</sup>/<sub>2</sub> Egg, beaten  
1 <sup>1</sup>/<sub>2</sub> tbsp Cornflour  
<sup>1</sup>/<sub>4</sub> tsp Ginger juice  
<sup>1</sup>/<sub>2</sub> tsp Salt  
<sup>1</sup>/<sub>4</sub> tsp Sugar

#### [Method]

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



## Fillet of Sole in Lemon Parsley Butter

### [Ingredients]

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

### [Method]

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

## Prawns with Chili Peppers

### [Ingredients]

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

### [Seasonings]

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

### [Method]

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

## Steam Whole Fish

### [Ingredients]

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

### [Seasonings]

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

### [Method]

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



## VEGETABLES

### Cold Bean Curd

#### [Ingredients]

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

#### [Seasonings]

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

#### [Method]

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

### Stuffed Potatoes with Mince Meat

#### [Ingredients]

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

#### [Seasonings]

1 tsp	Salt
20 g	Butter

#### [Method]

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

### Vegetable Platter

#### [Ingredients]

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

#### [Method]

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

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





## EGGS

### Chawanmushi (Japanese Steam Eggs)

#### [Ingredients]

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

#### [Method]

1. Blend dashi soup, light soy sauce, salt, Mirin, and eggs; beat lightly.
  2. Arrange chicken cubes, fish cake, mushrooms and prawns into 4 mug-like serving bowls.
  3. Strain beaten mixture from (1) into (2).
  4. Use a teaspoon to scoop excess bubbles from the surface of mixture.
  5. Cover the bowls with aluminium foil, prick a hole in the center and microwave on MED for 7 to 9 minutes.
- NOTE** Make sure that the foil do not touch each other, the turntable or the oven wall.
6. Let it stand for 5 minutes.
  7. Garnish with parsley.

### Poached Eggs

#### [Ingredients]

4	Eggs
few	Oil

#### [Method]

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

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

#### NOTE

- Be careful not to overheat eggs; they may burst.
- \* The cooking time may vary depending on the size or freshness of the eggs; adjust the cooking time by carefully watching how they are being cooked in the oven.
  - \* When cooking one poached egg, place the dish in the middle of the turntable.

### Scrambled Eggs

#### [Ingredients]

1	Egg
1 tbsp	Milk

#### [Seasonings]

pinch	Salt
pinch	Pepper

#### [Method]

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





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## DESSERTS

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### Almond Bean Curd

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**[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 HIGH for 7 to 9 minutes, and stir until it dissolves completely.
2. Add milk and almond extract and stir well.
3. Pour into bowl, allow to set, and cool in refrigerator.
4. Cut into diamond shapes, garnish with mixed fruits and syrup.

### Steam Raisin Cake

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**[Ingredients]**

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

**[Method]**

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

### Trifle

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**[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 HIGH for 4 to 6 minutes, stirring twice during cooking. Cool.
3. Fold half the whipped cream into custard.
4. Arrange macaroons and cake in the base of 4 individual serving dishes. Pour half the sherry wine over macaroons and cake. Top with a layer of strawberries, blueberries, jelly and custard.
5. Repeat layers. Chill for 2 to 3 hours.
6. Decorate with remaining whipped cream.



