

WARNING

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

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

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

Additionally:

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

It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Do not try to adjust or repair the oven yourself.

It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.
6. Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
 - (1) Door (warped) (2) Hinges and Latches (broken or loosened) (3) Door Seals Sealing Surfaces and oven cavity (buckled or deformed) (4) Burn marks on the door seal faces.
7. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the safety door latches.
8. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
9. Never tamper with or deactivate the door safety latches.
10. Always use oven gloves to prevent burns when handling utensils that are in contact with hot food.

Enough heat from the food can transfer through utensils to cause skin burns.
11. Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard.
12. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
13. Avoid steam burns by directing steam away from the face and hands.

Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
14. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
15. To prevent the turntable from breaking:
 - a. Before cleaning the turntable with water, leave the turntable to cool.
 - b. Do not place anything hot on a cold turntable.
 - c. Do not place anything cold on a hot turntable.
16. Do not place anything on the outer cabinet.
17. Do not store food or any other items inside the oven.
18. Make sure the utensil does not touch the interior walls during cooking.
19. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
20. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
21. Children should be supervised to ensure that they do not play with the appliance.

SPECIAL NOTES AND WARNING

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard / soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	<ul style="list-style-type: none"> * For boiling or cooking liquids see WARNING on page E-1 to prevent explosion and delayed eruptive boiling. 	<ul style="list-style-type: none"> * Heat for longer than recommended time.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * Cook for the recommended time. (These foods have high sugar and / or fat contents.) 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof rack or plate to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking, therefore reduce foil and keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls as sparking can damage the oven.
Browning dish	<ul style="list-style-type: none"> * Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish. 	<ul style="list-style-type: none"> * Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and / or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity and the feature sticker from the oven door panel (if available). Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by the SHARP SERVICE CENTRE and repaired, if necessary.
2. Accessories provided
1) Turntable 2) Roller Stay 3) Operation Manual 4) Cookbook
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. The oven 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 15cm 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

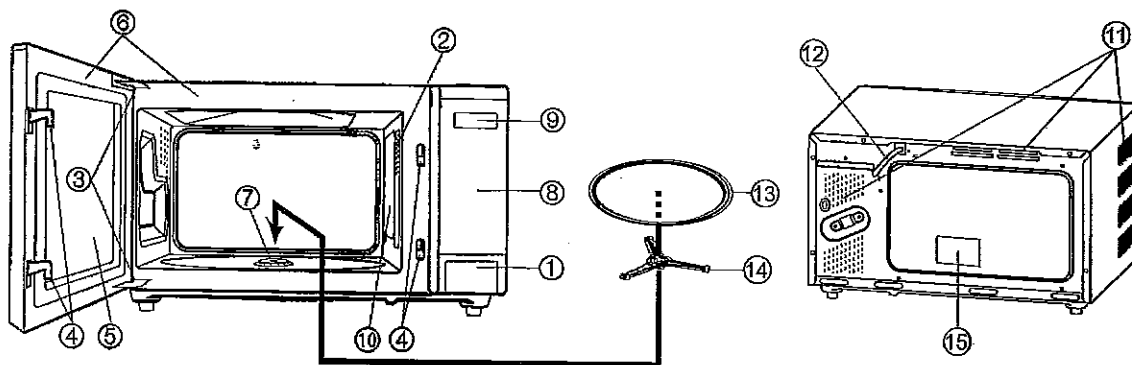
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

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 \perp 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 | 9. Touch control panel (see page E-4) |
| 2. Oven lamp | 10. Liquid crystal display |
| 3. Door hinges | 11. Ventilation openings |
| 4. Door safety latches | 12. Power supply cord |
| 5. See through door | 13. Turntable |
| 6. Door seals and sealing surfaces | 14. Roller stay |
| 7. Coupling | 15. Rating label |
| 8. Waveguide cover (Do not remove) | |

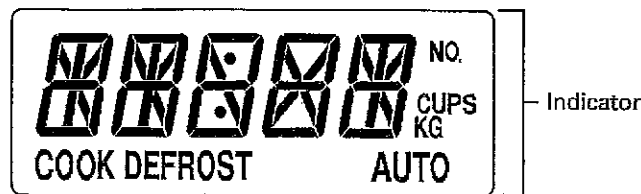
OPERATION OF TOUCH CONTROL PANEL

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

EXPRESS DEFROST PAD
Press to select the Express Defrost menu.

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

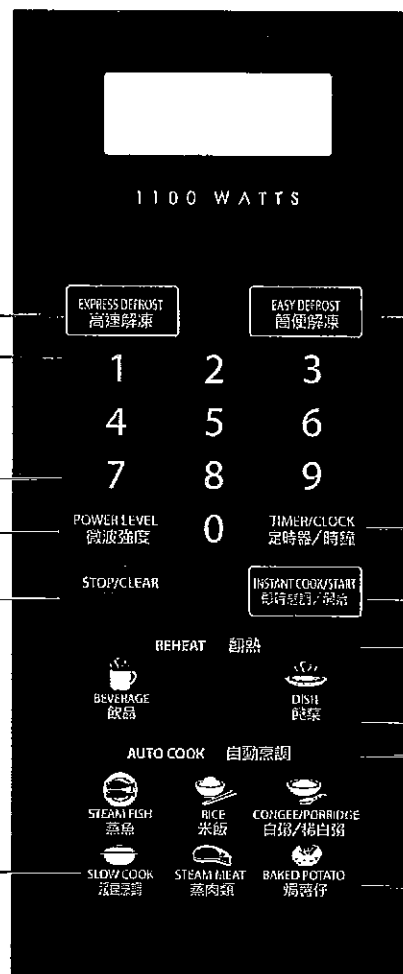
POWER LEVEL PAD

- Press to select microwave power setting. If not pressed, 100% (HIGH POWER) is automatically selected.
- Press to alter the cooking result for automatic operations. (less/more setting)

STOP/CLEAR PAD

- Press to clear during programming.
- Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

SLOW COOK PAD
Press to cook slowly and longer time.



EASY DEFROST PAD
Press to defrost meat by entering the weight.

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

INSTANT COOK/START PAD

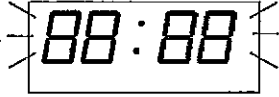

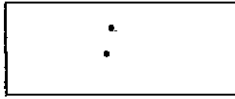
- Press to start oven after setting programmes.
- Press once to cook for 1 minute at 100% (HIGH POWER) or increase by 1 minute multiples each time this pad is pressed during cooking.

REHEAT PADS
Press to reheat 2 popular menus.

AUTO COOK PADS.
Press to cook 5 popular menus.



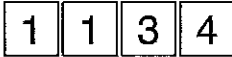
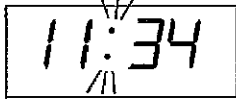

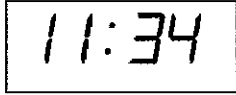
BEFORE OPERATING

Getting Started

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

Clock Setting

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

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

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

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

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

Stop/Clear

Press the STOP/CLEAR pad once to:

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

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MICROWAVE COOKING TECHNIQUES

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

MANUAL OPERATIONS

Microwave Time Cooking

When cook under microwave manually, first enter the cooking time, then the power level. You can programme up to 99 minutes, 99 seconds. There are 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 on 100% (HIGH POWER)

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

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

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

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

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



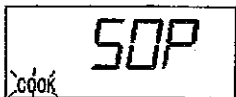


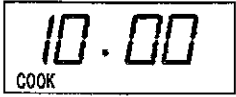

If you wish to know the power level during cooking, press the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.

If more than 40 minutes on 100% power is entered, the microwave power will be reduced after 40 minutes to avoid overheating.

Sequence Cooking


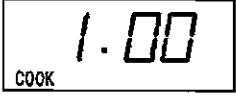
Your oven can be programmed with up to 3 cooking sequences, automatically switching from one variable power setting to the next.

* 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 desired cooking time.	1 0 0 0	 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).		
3	For second sequence, enter desired cooking time. (If power is not selected the oven will operate at 100%).	5 0 0	
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).


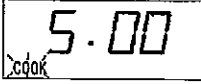
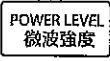


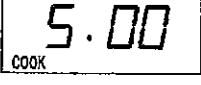
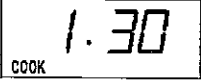

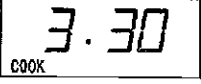
Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. (Within 3 minutes of closing the door.)		 The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed. Each time the pad is pressed during cooking, the cooking time is increased by 1 minute.

Increasing Time During the Cooking Programme

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

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

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


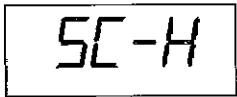

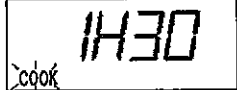
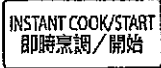

Slow Cook



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 desired cooking time.		 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". END will appear in the display.

NOTE

1. If you need to check the food doneness during cooking, you can press the STOP/CLEAR pad once and open the oven door, 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 1/2 inches (3.8cm) 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. Sit and stand after cooking.

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 or ERROR may be displayed.
- Food weighing more or less than the quantity or weight listed in each Menu Guide, cook manually.
- To change the final cooking or defrosting result from the standard setting, press the POWER LEVEL pad once (MORE) for more cooking time or twice (LESS) for less cooking time after selecting desired setting. Refer to page E-19.
- 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 AUTO COOK and 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.
- ERROR will be displayed if more or less than weight or quantity of foods suggested in Easy Defrost Menu Guide is programmed when the INSTANT COOK/START pad is pressed. To clear, press the STOP/CLEAR pad and reprogramme.
- When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 0.35kg would become 0.4kg.

Auto Cook



The AUTO COOK allows you to cook 5 popular foods. Follow the instructions provided in the Auto Cook Menu Guide on page E-12 and E-13.

* Suppose you want to cook 2 Baked Potatoes.

Step	Procedure	Pad Order	Display
1	Press the Baked Potato pad until desired quantity is displayed (for 2 pieces press twice).	 x 2	 ↓ After about 2 sec. Cooking starts and the cooking time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. TURN OVER will appear in the display.
2	Open the door. Turn over potatoes. Close the door.		PRESS START will appear in the display.
3	Press the INSTANT COOK/START pad.		 The cooking time will continue counting down. When it reaches zero, the oven will "beep". COVER STAND will appear in the display.

Auto Cook Menu Guide

MENU		QUANTITY		PROCEDURE
Rice		1-2 serves		<ul style="list-style-type: none"> • Wash rice until water runs clear. • Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking). • Stir and cook with cover. • After cooking, stir lightly and stand for 5 mins with a cover.
Times of Pressing	Serving (s)	Rice	Water	
1	1 serve (1-2 persons)	150 g	250 ml	
2	2 serves (3-5 persons)	300 g	480 ml	
Gongee		1-2 serves		<ul style="list-style-type: none"> • Wash rice until water runs clear. • 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). • Stir and cook uncovered. • After cooking, stir lightly and stand for 5 mins.
Times of Pressing	Serving (s)	Rice	Water	
1	1 serve (1-2 persons)	50g	750 ml	
2	2 serves (3-5 persons)	80 g	1400 ml	
Menu Variation				
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)				
NOTE The ingredients can be added just after finish, with salted turnip and spring onions as garnish and sprinkles on top.				
★ 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)				
NOTE The ingredients can be added 10 min. before finish.				
Porridge		1-2 serves		<ul style="list-style-type: none"> • Wash rice until water runs clear. • 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). • Stir and cook uncovered. • After cooking, stir lightly and stand for 5 mins.
Times of Pressing	Serving (s)	Rice	Water	
1	1 serve (1-2 persons)	100 g	1200 ml	
2	2 serves (3-5 persons)	160 g	2200 ml	
Menu Variation				
You can enjoy the variation by putting some ingredients into Porridge just after finish or 10 mins before finish.				
eg: ★ Chicken Porridge: 200 g Chicken (cut small pieces, precooked)				
(3-5 persons) Spring Onion, cut 3 cm long				
★ Fish Porridge: 250 g Fish (precooked)				
(3-5 persons) 2 slices Ginger (cut into stripes)				

- NOTE**
1. Water temperature should be about 20°C at initial cooking.
 2. 1 tael=38 grams.



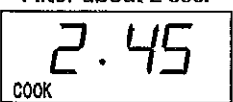
MENU	INITIAL TEMPERATURE	QUANTITY (serving per AUTO COOK pad pressing)	PROCEDURE												
Steam Fish eg: Sea Bream Red Snapper Carp Pomfret Golden Thread Black Mullet Flatfish Garoupa etc.	8-12°C	1-3 serves <table border="1"> <thead> <tr> <th>Times of Pressing</th> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1 serve</td> <td>130-199 g</td> </tr> <tr> <td>2</td> <td>2 serves</td> <td>200-300 g</td> </tr> <tr> <td>3</td> <td>3 serves</td> <td>301-420 g</td> </tr> </tbody> </table> (Whole fish)	Times of Pressing	Serving (s)	Weight	1	1 serve	130-199 g	2	2 serves	200-300 g	3	3 serves	301-420 g	<ul style="list-style-type: none"> Wash fish thoroughly and remove scales. Make a few slits on the skin of fish, pierce the eyes of fish. Put on a shallow dish, 22-28 cm in diameter. Sprinkle lightly with water, salt and oil. Put green onion and ginger slices on top. Cover with microwave wrap loosely or glass lid. After cooking, stand covered for 2 minutes.
Times of Pressing	Serving (s)	Weight													
1	1 serve	130-199 g													
2	2 serves	200-300 g													
3	3 serves	301-420 g													
Steam Meat eg: Pork patty Beef patty Spare rib cubes Chicken pieces etc.	8-12°C	1-3 serves <table border="1"> <thead> <tr> <th>Times of Pressing</th> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1 serve</td> <td>180-289 g</td> </tr> <tr> <td>2</td> <td>2 serves</td> <td>290-400 g</td> </tr> <tr> <td>3</td> <td>3 serves</td> <td>401-520 g</td> </tr> </tbody> </table>	Times of Pressing	Serving (s)	Weight	1	1 serve	180-289 g	2	2 serves	290-400 g	3	3 serves	401-520 g	<ul style="list-style-type: none"> Marinate the meat. For meat patty, try to make it a thin layer especially in the centre. Put on a shallow dish, 22-28 cm in diameter. Cover with microwave wrap loosely or glass lid. After cooking, stand covered for 2 minutes.
Times of Pressing	Serving (s)	Weight													
1	1 serve	180-289 g													
2	2 serves	290-400 g													
3	3 serves	401-520 g													
Baked Potato Potato (whole)	20-25°C Room temperature	1-4 pieces (1 piece, approx. 250 g)	<ul style="list-style-type: none"> Use washed new potatoes. Pierce a few times with fork on each side. Place on outside of turntable. If one piece only, place on the centre. The oven will "beep" and stop, CHECK will flash on and off. Turn over potatoes and press INSTANT COOK/START pad to continue cooking. After cooking, stand and covered with aluminium foil for 3-10 minutes. 												

Reheat



The 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.

Procedure	Pad Order	Display
Press the Beverage pad until desired quantity is displayed (for 2 cups press twice).	 x 2	 ↓ After about 2 sec.  Cooking starts and the cooking time will begin counting down. When it reaches zero, the oven will "beep". STIR will appear in the display.

Reheat Menu Guide

MENU	INITIAL TEMPERATURE	QUANTITY (serving per REHEAT pad pressing)	PROCEDURE
Beverage Coffee Tea Water	20-25°C Room temperature	1-4 cups (1 cup, approx. 250 ml)	<ul style="list-style-type: none"> • No cover. • Place on centre of turntable (1 cup). (For 2-4 cups, place along the rim of turntable.) • After reheating, stir.
Dish Lunch/Dinner plate Meat Dish Fried Noodles Plate of Rice	4-12°C Refrigerated temperature	1-2 serves (1 serve, approx. 200 g)	<ul style="list-style-type: none"> • Take out the dish from the refrigerator. • Cover with microwave wrap loosely or glass lid. • After reheating, stir and stand covered for 2 minutes.


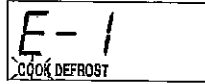




Express Defrost

EXPRESS DEFROST
高速解凍

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-16.

* 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. TURN OVER will appear in the display.
3	Open the door. Turn over and rearrange. Shield the defrosted portions. Close the door.		PRESS START will appear in the display.
4	Press the INSTANT COOK/START pad.		 The defrosting time will continue counting down. When it reaches zero, the oven will "beep". COVER STAND will appear in the display.

Express Defrost Menu Guide

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

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






EASY DEFROST
簡便解凍

EASY DEFROST will automatically compute the microwave power and defrosting time. Follow the instructions provided in the Easy Defrost Menu Guide on page E-18.

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

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad.	EASY DEFROST 簡便解凍	DEFROST  KG will flash on and off.
2	Press the number pads to enter weight.	1 0	1.0 KG COOK DEFROST COOK will flash on and off.
3	Press the INSTANT COOK/START pad.	INSTANT COOK/START 即時烹調/開始	9.30 COOK DEFROST The defrosting time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. TURN OVER will appear in the display.
4	Open the door. Turn over and rearrange. Shield the defrosted portions. Close the door.		PRESS START will appear in the display.
5	Press the INSTANT COOK/START pad.	INSTANT COOK/START 即時烹調/開始	4.40 COOK DEFROST The defrosting time will continue counting down. When it reaches zero, the oven will "beep". COVER STAND will appear in the display.

Easy Defrost Menu Guide

MENU	QUANTITY (MIN. - MAX.)	PROCEDURE
Steaks Chops 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Shield thin end of chops or steaks with foil. Position the food with thinner parts in the centre in a single layer on a shallow dish. If pieces are stuck together, try to separate as soon as possible. Half way the oven will "beep" and stop, TURN OVER will appear in the display. Turn over, rearrange and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.
Minced Meat Beef 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Place frozen minced meat on a shallow dish. Shield edges. Half way the oven will "beep" and stop, TURN OVER will appear in the display. Remove defrosted portions, turn over and shield edges with foil strips. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.
Roast Meat Beef/Pork/Lamb 	0.5 - 2.0 kg	<ul style="list-style-type: none"> Shield the edge with foil strips about 2.5 cm wide. Place joint with lean side face upwards (if possible) on a shallow dish. Half way the oven will "beep" and stop, TURN OVER will appear in the display. Turn over and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 10-30 minutes.
Poultry 	1.0 - 2.0 kg	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on a shallow dish. Half way the oven will "beep" and stop, TURN OVER will appear in the display. Turn over and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 15-30 minutes. <p>NOTE After standing run under cold water to remove giblets if necessary.</p>
Chicken Pieces 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Shield the exposed bone with foil. Place chicken pieces on a shallow dish. Half way the oven will "beep" and stop, TURN OVER will appear in the display. Turn over, rearrange and shield the defrosted portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.

Food not listed in the Guide can be defrosted manually using Medium Low power (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

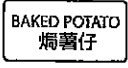

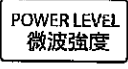
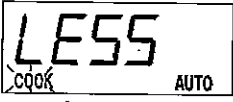
The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to individual preference, simply press the POWER LEVEL pad as adjustment. Press once for more cooking or twice for less cooking.

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

- AUTO COOK
- REHEAT
- EXPRESS DEFROST
- EASY DEFROST

(1) AUTO COOK / REHEAT

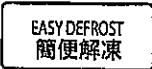





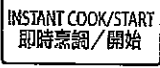

* Suppose you want to cook 2 Baked Potatoes for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the Baked Potato pad twice.	 x 2	
2	Press the POWER LEVEL pad twice within 2 seconds.	 x 2	

For REHEAT, follow this same procedure using the desired REHEAT pad instead of AUTO COOK pad in step 1.

(2) EASY DEFROST / EXPRESS DEFROST

* Suppose you want to defrost 1.0 kg of Chicken Pieces 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 number pads to enter weight.		 COOK will flash on and off.
3	Press the POWER LEVEL pad once.	 x 1	
4	Press the INSTANT COOK/ START pad.		

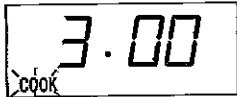


For EXPRESS DEFROST, select the menu using the EXPRESS DEFROST pad instead of the EASY DEFROST pad in step 1, and go to step 3.

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, 99 seconds. If you want to cancel the timer during the count down phase, simply press 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.	3 0 0	 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". END will appear in the display.

Child Lock

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

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

To unlock the control panel, press the TIMER/CLOCK pad, the number pad **1** and the INSTANT COOK/START pad and hold for 3 seconds. LOCK OFF will appear in the display.

Demonstration Mode

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

To demonstrate, press the TIMER/CLOCK pad and the number pad **0**, then press the INSTANT COOK/START pad and hold for 3 seconds. DEMO will appear in the display. Cooking operations can now be demonstrated with no power in the oven. For example, press INSTANT COOK/START pad, and the display will show 1.00 and count down to zero at ten times the speed faster than normal. When the timer reaches zero, END will appear in the display.

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

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 and power supply plug 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 spatters. 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. When the door is opened, does the oven lamp come on? YES _____ NO _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Over lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.
 - 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 one minute, 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:
1. If time appearing in the display is counting down very rapidly, check Demonstration Mode. (Please see page E-20 for detail.)
 2. If you cook the food over 40 minutes on 100% (HIGH POWER), the microwave power will be automatically reduced to avoid overheating.

SPECIFICATIONS

AC Line Voltage	:	Refer to the rating plate on the back of the oven.
AC Power Required	:	1.6 kW
Output Power	:	1100 W* (IEC test procedure)
Microwave Frequency	:	2450 MHz (Class B/Group 2)**
Outside Dimensions	:	620 mm(W) x 310 mm(H) x 448 mm(D)
Cavity Dimensions	:	375 mm(W) x 226 mm(H) x 387 mm(D)***
Oven Capacity	:	33 Litre***
Cooking Uniformity	:	Turntable (320 mm in diameter) system
Weight	:	Approx. 17 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.