

SHARP[®]

MICROWAVE OVEN
微波爐



R-380V(S)
R-380VI(S)

OPERATION MANUAL
使用說明書





CONTENTS

	Page		Page
Important Safety Instructions.....	E-1	Automatic Operations	
Special Notes And Warning.....	E-3	Notes for Automatic Operations	E-10
Installation Instructions.....	E-4	Convenient Menus	E-10
Oven Diagram.....	E-4	Sensor Cook	E-18
Operation of Touch Control Panel		Quick Meals /Easy Meals.....	E-21
Control Panel Display.....	E-5	Other Convenient Features	
Touch Control Panel Layout	E-5	Less/More Setting	E-24
Before Operating		Increasing or Decreasing Time During	
Getting Started.....	E-6	a Cooking Programme	E-24
Clock Setting.....	E-6	Timer.....	E-25
Stop/Clear	E-6	Info	E-26
To Cancel a Programme During Cooking	E-6	Alarm.....	E-29
Microwave Cooking Techniques	E-7	Care and Cleaning.....	E-30
Manual Operations		Service Call Check	E-30
Microwave Time Cooking	E-8	Specifications	E-30
Sequence Cooking.....	E-9		
Instant Cook.....	E-9		

目錄

	頁數		頁數
重要安全須知	C-1	自動烹調功能	
特別注意事項及警告.....	C-3	自動烹調須知	C-10
安裝事宜	C-4	便利菜單	C-10
各部位名稱	C-4	感測烹調器	C-18
軟鍵控制板指南		快速膳食/簡易膳食	C-21
顯示器	C-5	其他簡便功能	
觸按式軟鍵控制板	C-5	減少 / 增加功能的設定	C-24
使用之前		在烹調過程中增加或減少時間	C-24
烹調開始前之須知	C-6	定時器設定	C-25
時鐘時間的設定方法	C-6	資訊	C-26
暫停/取消軟鍵	C-6	提示響鬧	C-29
如欲在烹調期間取消所編定的程序	C-6	清洗及注意事項	C-30
微波烹調技巧	C-7	維修前的檢查	C-30
自選烹調功能		規 格	C-30
自選烹調時間的設定方法	C-8		
順序分段烹調	C-9		
即時烹調	C-9		





IMPORTANT SAFETY INSTRUCTIONS

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

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by an authorised SHARP service agent or microwave technician.

WARNING: Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than an authorised SHARP service agent or microwave technician to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by a service centre approved by SHARP.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Utensils should be checked to ensure that they are suitable for use in the oven. Use only microwave safe containers and utensils on microwave modes.

The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

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

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

The oven should be cleaned regularly and any food deposits removed.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

See instructions for cleaning door seals, cavities and adjacent parts on page E-30.

Other warnings

1. To reduce the risk of fire in the oven cavity:

- a. Do not overcook food.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.

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 bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.
6. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
7. Never tamper with or deactivate the door safety latches.
8. 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.
9. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
10. Avoid steam burns by directing steam away from the face and hands.
Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
11. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
12. 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.
13. Do not place anything on the outer cabinet.
14. Do not store food or any other items inside the oven.
15. Make sure the utensil does not touch the interior walls during cooking.



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 can cause the egg to "explode", which may damage the oven or cause injury to 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 microwave safe 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 microwave safe glass bowl when cooking liquids or cereals to prevent boiling over. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	<ul style="list-style-type: none"> * For boiling or cooking liquids see IMPORTANT SAFETY INSTRUCTIONS on page E-1 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 roasting rack 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. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
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
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 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

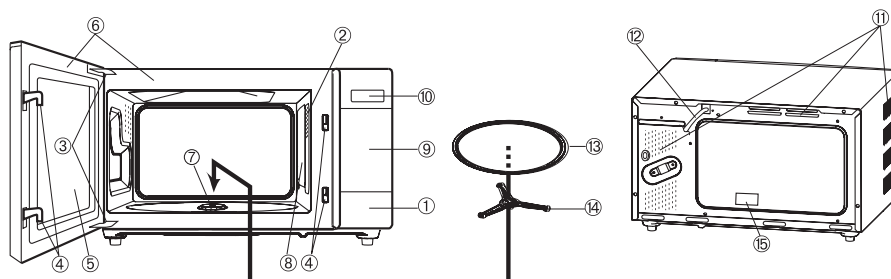
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

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

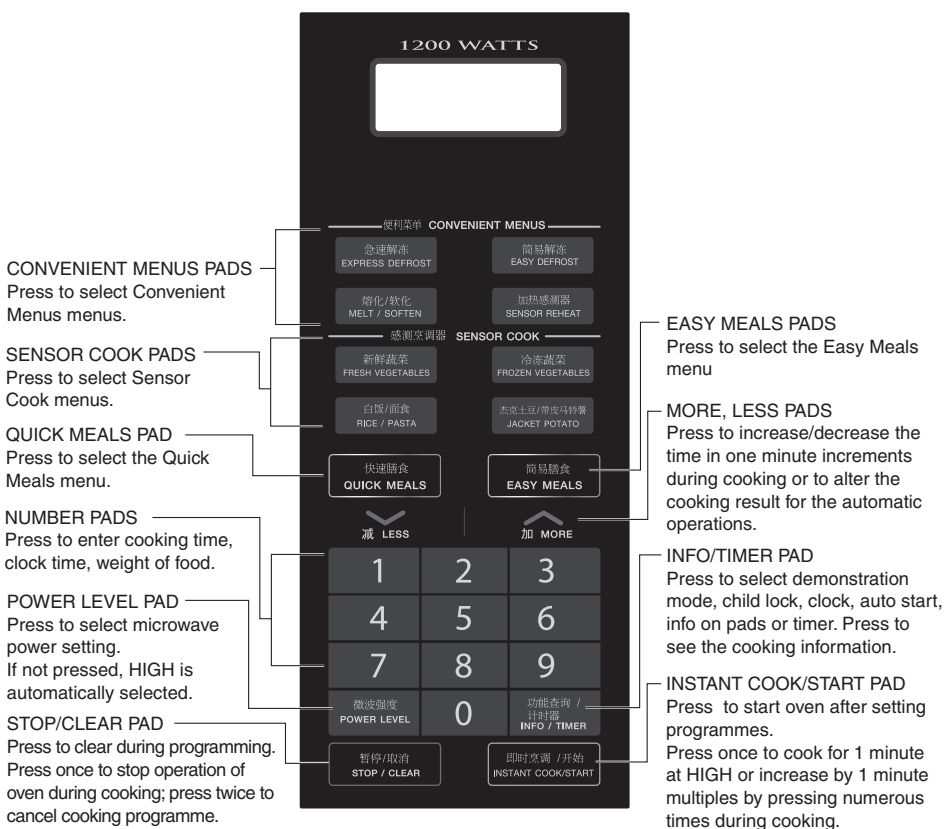
An entry signal tone should be heard each time you press the control panel to make a correct entry.

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

* This oven is preset with the INFORMATION GUIDE.

To assist you in operating your oven, useful information will appear on the display.

In this manual, the display information guide is abbreviated.

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point and switch on the power. Ensure the oven door is closed.		MICRO- WAVE OVEN
2	Press the STOP/CLEAR pad.	暂停/取消 STOP / CLEAR	. 0

Clock Setting

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

Step	Procedure	Pad Order	Display
1	Press the INFO/TIMER pad and the number 3.	功能查询 / 定时器 INFO / TIMER 3	CLOCK ENTER TIME
2	Enter the correct time of day by pressing the numbers in sequence.	1 1 3 4	11:34 The dots (:) will flash on and off.
3	Press the INSTANT COOK/START pad.	即时烹调 / 开始 INSTANT COOK/START	11:34

This is a 12 hour clock. If you attempt to enter an incorrect clock time (eg. 13:45), **ERROR** will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (eg. 1:45).

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

This is a manual cooking feature, first enter the cooking time then the power level.

There are eleven different power levels. You can programme up to 99 minutes, 99 seconds.

This variable cooking control allows you to select the rate of microwave cooking.

After cooking, the fan will continue to operate. COOLING may be displayed when the door is opened or STOP/CLEAR pad is pressed while fan is operating.

Display	Power level		Examples
	Power level	Power level	
100P	100%	High	Raw meat, Vegetables, Rice or Pasta
90P	90%		
80P	80%		
70P	70%	Medium High	Delicate Food such as Eggs or Seafood.
60P	60%		
50P	50%	Medium	
40P	40%		
30P	30%	Medium Low	Defrost, Softening butter
20P	20%		
10P	10%	Low	
0P	0%		Keep food warm

If a power level is not selected, then 100% power is automatically used.

* Suppose you want to time cook for 2 minutes 30 seconds on 100% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Press the INSTANT COOK/START pad.		 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% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press six times).	 x 6	
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.

Sequence Cooking

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

* Suppose you want to cook for 10 minutes on 50% followed by 3 minutes on 100%.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10.00
2	Select desired power level by pressing the POWER LEVEL pad (for 50% press six times).	微波强度 POWER LEVEL x 6	50P
3	For second sequence, enter desired cooking time. If power is not selected, the oven will operate at 100% power.	3 0 0	3.00
4	Press the INSTANT COOK/START pad.	即时烹调 / 开始 INSTANT COOK/START	10.00 COOK The timer begins to count down to zero. When it reaches zero, 3.00 COOK the second sequence will appear and the timer will begin counting down to zero again.

Instant Cook™

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

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within 3 minutes of closing the door, cooking completion or pressing the STOP/CLEAR pad.	即时烹调 / 开始 INSTANT COOK/START	1.00 COOK The timer begins to count down.

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



AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking on any SENSOR REHEAT or SENSOR COOK menus.
2. After oven is plugged in, wait 2 minutes before using SENSOR REHEAT or SENSOR COOK menus.
3. When cooking small quantities of food on SENSOR REHEAT or SENSOR COOK menus, the food may be cooked without displaying any remaining cooking time or requiring any operations during the cooking.
4. 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.
5. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually.
6. To change the final cooking or defrosting result from the standard setting, press the MORE or LESS pad prior to pressing each automatic operation pad. Refer to page E-24.
7. 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.
8. To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.
9. **ERROR** will be displayed if:
more or less than weight of foods suggested in EASY DEFROST MENU GUIDE or MELT/SOFTEN MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed.
To clear, press the STOP/CLEAR pad and reprogramme.
10. When entering the weight of the food, round off the weight to the nearest 0.1 kg (100 g). For example, 1.65 kg would become 1.7 kg. When entering the weight of Butter, Chocolate, Cream Cheese, round off the weight to the nearest 0.01 kg (10 g).
11. After cooking, the fan will continue to operate. COOLING may be displayed when the door is opened or STOP/CLEAR pad is pressed while fan is operating.

Convenient Menus

CONVENIENT MENUS will automatically compute the power level and cooking time. CONVENIENT MENUS has 4 categories.





Express Defrost



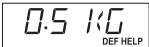






1. Fish Fillets
2. Chicken Fillets

EXPRESS DEFROST rapidly defrosts 0.5 kg of specific foods.

Follow the instructions provided in the EXPRESS DEFROST MENU GUIDE.

* Suppose you want to defrost 0.5 kg of Chicken Fillets.

Step	Procedure	Pad Order	Display
1	Press the EXPRESS DEFROST pad until the desired menu is displayed (for Chicken Fillets press twice).	 x 2	 
2	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. The oven will "beep" 4 times and stop. TURN, OVER, SEPA-, RATE, INTO, PIECES, SHIELD, WARM, PORTION will be displayed repeatedly.
3	Open the door. Remove defrosted pieces, turn over remaining pieces and shield warm portion. Close the door.		PRESS, START will be displayed repeatedly.
4	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When it reaches zero, the oven will "beep". STAND, COVERED, 10 MIN, FOIL will be displayed repeatedly.

Express Defrost Menu Guide

No.	Menu	Weight	Procedure
1	Fish Fillets	0.5 kg (- 18°C)	<ul style="list-style-type: none"> • Place fish fillets on a defrost rack. • When the oven stops, turn over and separate into pieces. Shield warm portions with foil strips. • After defrost time, stand covered with aluminium foil for 10 minutes.
2	Chicken Fillets	0.5 kg (- 18°C)	<ul style="list-style-type: none"> • Place chicken fillets on a defrost rack. • When the oven stops, turn over and separate into pieces. Shield warm portions with foil strips. • After defrost time, stand covered with aluminium foil for 10 minutes.

NOTE: When freezing minced meat, shape it into flat even sizes.

For fish fillets, chicken fillets and sausages freeze separately in single flat layers and if necessary separate into layers with freezer plastic.

This will ensure even defrosting.

It is also a good idea to label the packs with the correct weights.

If a defrost rack is not available, you can use a shallow dish. The doneness will be changed depending on the shape of the dish or food. Check the doneness sometimes during defrosting.



Easy Defrost










简易解冻
EASY DEFROST

1. Mince
2. Steak/Chops
3. Chicken Pieces
4. Whole Chicken
5. Roast Meat






EASY DEFROST will automatically compute the microwave power and defrosting time.

Follow the instructions provided in the EASY DEFROST MENU GUIDE on page E-13.

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

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad until the desired menu is displayed (for Chicken Pieces press three times).	 x 3	 
2	Press the number pads to enter weight.		
3	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. The oven will "beep" 4 times and stop. REMOVE, DE-, FROSTED, PORTION, TURN, OVER, SHIELD, WARM, PORITON will be displayed repeatedly.
4	Open the door. Remove defrosted pieces, turn over remaining pieces and shield warm portion. Close the door.		PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When it reaches zero, the oven will "beep". STAND, COVERED, 5-15 MIN, FOIL will be displayed repeatedly.

Easy Defrost Menu Guide

No.	Menu	Weight Range	Procedure
1	Mince Beef 	0.1-1.0	<ul style="list-style-type: none"> • Place frozen mince on a defrost rack. Shield edges. • When the oven stops, remove defrosted portions of mince, turn over and shield edges with foil strips. • After defrost time, stand covered with aluminium foil for 5-15 minutes. • See NOTE below.
2	Steak/Chops Fish Fillets 	0.1-1.0 0.2-0.6	<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 defrost rack. If pieces are stuck together, try to separate as soon as possible. • When the oven stops, remove defrosted pieces, turn over and shield the warm portions of remaining pieces. • After defrost time, stand covered with aluminium foil for 5-15 minutes. • See NOTE below.
3	Chicken Pieces 	0.2-1.0	<ul style="list-style-type: none"> • Shield the exposed bone with foil. • Place chicken pieces on a defrost rack. • When the oven stops, remove any defrosted pieces, turn over and shield the warm portions of remaining pieces. • After defrost time, stand covered with aluminium foil for 5-15 minutes. • See NOTE below.
4	Whole Chicken 	1.0-2.0	<ul style="list-style-type: none"> • Remove from original wrapper. Shield wing and leg tips with foil. • Place breast side down on a defrost rack. • When the oven stops, turn over and shield the warm portions. • After defrost time, stand covered with aluminium foil for 30-60 minutes. <p style="margin-left: 20px;">[N.B.] After standing run under cold water to remove giblets if necessary.</p>
5	Roast Meat Beef/Pork Lamb 	1.0-2.0 1.0-2.0	<ul style="list-style-type: none"> • Shield the bone and the edge with foil strips about 2.5cm wide. • Place joint with lean side face upwards (if possible) on a defrost rack. • When the oven stops, turn over and shield the warm portions. • After defrost time, stand covered with aluminium foil for 30-60 minutes.

Foods not listed in the Guide can be defrosted manually using Medium Low setting.

NOTE: When freezing mince, shape it into flat even sizes.

For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary separate into layers with freezer plastic.

This will ensure even defrosting.

It is also a good idea to label the packs with the correct weights.

If a defrost rack is not available, you can use a shallow dish. The doneness will be changed depending on the shape of the dish or food. Check the doneness sometimes during defrosting.






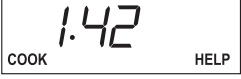
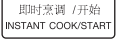
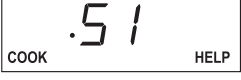
Melt/Soften

熔化/软化
MELT / SOFTEN

1. Butter
2. Chocolate
3. Cream Cheese
4. Ice Cream

MELT/SOFTEN allows you to melt 4 recipes. Follow the instructions provided in the MELT/SOFTEN MENU GUIDE.

* Suppose you want to melt 0.2 kg Chocolate.

Step	Procedure	Pad Order	Display
1	Press the MELT SOFTEN pad until the desired menu is displayed (for Chocolate press twice).	 x 2	
2	Press the number pads to enter weight.		
3	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. The oven will "beep" 4 times and will stop. STIR will be displayed repeatedly.
4	Open the door. Stir. Close the door.		PRESS START will be displayed.
5	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. When it reaches zero, the oven will "beep". STIR will be displayed repeatedly.

Melt/Soften Menu Guide

No.	Menu	Weight Range	Procedure
1	Butter	0.05-0.20 kg	<ul style="list-style-type: none"> • Place into a microwave safe glass bowl (e.g. pyrex bowl). • Cook uncovered. • When oven stops and STIR is displayed, stir and continue cooking. • After cooking, stir.
2	Chocolate	0.05-0.20 kg	<ul style="list-style-type: none"> • Place into a microwave safe glass bowl (e.g. pyrex bowl). • Cook uncovered. • When oven stops and STIR is displayed, stir and continue cooking. • After cooking, stir.
3	Cream Cheese	0.10-0.25 kg	<ul style="list-style-type: none"> • Place into a microwave safe glass bowl (e.g. pyrex bowl). • Cook uncovered. • When oven stops and STIR is displayed, stir and continue cooking. • After cooking, stir.
4	Ice Cream	0.5-2.0 litres	<ul style="list-style-type: none"> • Place into a microwave safe glass bowl (e.g. pyrex bowl). • Cook uncovered. • When oven stops and STIR is displayed, stir and continue cooking. • After cooking, stir.

Sensor Reheat






加热感应器
SENSOR REHEAT

1. Dinner Plate
2. Casserole
3. Thin Soup
4. Thick Soup
5. Pizza

Press to reheat 5 popular menus.

Follow the instructions provided in the SENSOR REHEAT MENU GUIDE.

* Suppose you want to reheat 4 cups of thin soup.

Step	Procedure	Pad Order	Display
1	Press the SENSOR REHEAT pad until the desired menu is displayed (for soup press three times).	 x 3	
2	Press the INSTANT COOK/START pad. * When the sensor detects the vapour from the food, the remaining reheating time will appear. (eg. remaining reheating time is approximately 2 min. 21 sec.)		  The timer begins to count down. When the cooking time reaches zero, STIR will be displayed.

Sensor Reheat Menu Guide

No.	Menu	Weight Range	Initial Temperature (approx.)	Procedure									
1	Dinner Plate	1 serve (approx. 400 g)	+ 3°C Refrigerated	<ul style="list-style-type: none"> Cover with plastic wrap. After cooking, stand covered for 5 minutes. <table border="1" style="margin: 10px auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 33%;">MEAT</th> <th style="width: 33%;">POTATO</th> <th style="width: 33%;">VEGETABLES</th> </tr> </thead> <tbody> <tr> <td>175-180g</td> <td>125g</td> <td>100g</td> </tr> <tr> <td>Beef, Lamb Chicken, T-Bone</td> <td>sliced</td> <td>2 varieties eg. sliced Carrot, Zucchini Broccoli</td> </tr> </tbody> </table>	MEAT	POTATO	VEGETABLES	175-180g	125g	100g	Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli
MEAT	POTATO	VEGETABLES											
175-180g	125g	100g											
Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli											
2	Casserole Casserole Beef Stroganoff Chicken Fricasse Canned Food Baked Beans Spaghetti	1 – 4 cups (1 cup, 250 ml)	+ 3°C Refrigerated + 20°C Room temperature	<ul style="list-style-type: none"> Place into a casserole dish, and cover with plastic wrap and pierce 5 times with skewer. After cooking, stand covered for 1-5 minutes then stir. 									
3	Thin Soup Pumpkin, Tomato	1 – 4 cups (1 cup, 250 ml)	+ 20°C Refrigerated	<ul style="list-style-type: none"> Place in a microwave safe glass bowl. Cover with plastic wrap and pierce 5 times with a skewer. After cooking, stir. 									
4	Thick Soup Pumpkin, Cream of chicken and corn	1 – 4 cups (1 cup, 250 ml)	+ 20°C Room temperature	<ul style="list-style-type: none"> Place in a microwave safe glass bowl. Cover with plastic wrap and pierce 5 times with a skewer. After cooking, stir. 									
5	Pizza	1 – 4 pieces (1 piece, approx. 90 g)	+ 3°C Refrigerated	<ul style="list-style-type: none"> Place pizza on paper towel on the turntable. 									

Final cooking results will vary according to the conditions of food (e.g. initial temperature, shape, quality), utensils and the oven. Please check the cooking result and if necessary, extend cooking times by manual Microwave.

Sensor Cook

感测烹调器 SENSOR COOK		FRESH VEGETABLES	FROZEN VEGETABLES	RICE/PASTA	JACKET POTATO
新鲜蔬菜 FRESH VEGETABLES	冷冻蔬菜 FROZEN VEGETABLES	1. Hard Vegetables 2. Soft Vegetables	1. Mixed Small Vegetables 2. Mixed Chunky Vegetables	1. White Rice 2. Dry Pasta 3. Fresh Pasta 4. Frozen Pasta	1. Jacket Potato
白饭/面食 RICE / PASTA	杰克土豆/带皮马铃薯 JACKET POTATO				

SENSOR COOK will automatically compute the power level and cooking time. SENSOR COOK has 4 categories. To select a menu, press the desired SENSOR COOK pad until the menu of your choice is displayed. Follow the instructions provided in the SENSOR COOK MENU GUIDE on page E-19.

* Suppose you want to use Sensor Cook to cook 2 Jacket Potatoes.

Step	Procedure	Pad Order	Display
1	Press the JACKET POTATO pad once.	杰克土豆/带皮马铃薯 JACKET POTATO x 1	JACKET POTATO SENSOR HELP
2	Press the INSTANT COOK/START pad. * When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 3 min. 30 sec.)	即时烹调 / 开始 INSTANT COOK/START	JACKET POTATO COOK SENSOR HELP COOKING COOK SENSOR HELP 3:30 COOK SENSOR HELP The cooking time will begin counting down. The oven will "beep" 4 times and will stop. TURN, OVER will be displayed.
3	Open the door. Turn over potatoes. Close the door.		PRESS, START will be displayed.
4	Press the INSTANT COOK/START pad.	即时烹调 / 开始 INSTANT COOK/START	2:50 COOK SENSOR HELP The cooking time will begin counting to zero, when it reaches zero, the oven will "beep". STAND, COVERED, 3-10MIN, FOIL will be displayed repeatedly.

Sensor Cook Menu Guide

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.

Fresh Vegetables Menu Guide

新鲜蔬菜
FRESH VEGETABLES

When you cook the following menus with SENSOR COOK, press the FRESH VEGETABLES pad until the desired menu appears in the display.

No.	Menu	Weight Range	Initial Temperature (approx.)	Procedure
1	Hard Vegetables Carrots Cauliflower Beans Pumpkin Brussels Sprouts	0.1-1.0 kg	+ 3°C Refrigerated	<ul style="list-style-type: none"> Wash the vegetables. Arrange the vegetables in a shallow dish. Cover with plastic wrap. After cooking, stir then stand covered for 1-5 minutes.
	Soft Vegetables Zucchini Squash Capsicum Mushroom Eggplant Broccoli	0.1-1.0 kg	+ 3°C Refrigerated	<ul style="list-style-type: none"> Wash the vegetables. Pierce skin of squash with fork. Arrange the vegetables in a shallow dish. Cover with plastic wrap. After cooking, stir then stand covered for 1-5 minutes.

Frozen Vegetables Menu Guide

冷冻蔬菜
FROZEN VEGETABLES

When you cook the following menus with SENSOR COOK, press the FROZEN VEGETABLES pad until the desired menu appears in the display.

1	Mixed Small Vegetables Peas Corn Diced carrot	0.1-1.0 kg	- 18°C	<ul style="list-style-type: none"> Before cooking, separate vegetables as much as possible. Arrange the vegetables in a shallow dish. Cover with plastic wrap. After cooking, stir then stand covered for 1-5 minutes.
	Mixed Chunky Vegetables Broccoli Sliced carrots Cauliflower Beans	0.1-1.0 kg	- 18°C	<ul style="list-style-type: none"> Before cooking, separate vegetables eg. broccoli as much as possible. Arrange the vegetables in a shallow dish. Cover with plastic wrap. After cooking, stir then stand covered for 1-5 minutes.



Rice / Pasta Menu Guide

白飯/面食
RICE / PASTA

When you cook the following menus with SENSOR COOK, press the RICE/PASTA pad until the desired menu appears in the display.

No.	Menu	Weight Range	Initial Temperature (approx.)	Procedure														
1	White Rice	½ - 4 cups	+60°C hot tap water or soup stock	<ul style="list-style-type: none"> Wash rice until water runs clear. Place into a microwave safe glass bowl and cover with hot tap water or soup stock. Cook uncovered. After cooking, stand for 3-5 minutes and stir. 														
	<table border="1"> <tr> <td>Rice</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water or soup stock (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>4 ½ cups</td> <td>6 cups</td> </tr> </table>	Rice	½ cup		1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water or soup stock (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	4 ½ cups	6 cups		
Rice	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups												
Hot tap water or soup stock (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	4 ½ cups	6 cups												
2	Dry Pasta	½ - 4 cups	+60°C hot tap water	<ul style="list-style-type: none"> Place into a microwave safe glass bowl and cover with hot tap water. Cook uncovered. After cooking, stand for 3-5 minutes and stir. 														
	<table border="1"> <tr> <td>Pasta</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>5 cups</td> <td>6 cups</td> </tr> </table>	Pasta	½ cup		1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups		
Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups												
Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups												
3	Fresh Pasta Tortellini Ravioli Fettuccine	½ - 4 cups	+60°C hot tap water	<ul style="list-style-type: none"> Place into a microwave safe glass bowl and cover with hot tap water. Cook uncovered. When oven stops and STIR is displayed, stir and continue cooking. After cooking, stand for 3-5 minutes and stir. 														
	<table border="1"> <tr> <td>Pasta</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>5 cups</td> <td>6 cups</td> </tr> </table>	Pasta	½ cup		1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups		
Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups												
Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups												
4	Frozen Pasta Tortellini Ravioli	½ - 4 cups	+60°C hot tap water	<ul style="list-style-type: none"> Place into a microwave safe glass bowl and cover with hot tap water. Cook uncovered. When oven stops and STIR is displayed, stir and continue cooking. After cooking, stand for 3-5 minutes and stir. 														
	<table border="1"> <tr> <td>Pasta</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>5 cups</td> <td>6 cups</td> </tr> </table>	Pasta	½ cup		1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups		
Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups												
Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups												

Jacket Potato Menu Guide

杰克土豆/带皮马铃薯
JACKET POTATO

When you cook the following menus with SENSOR COOK, press the JACKET POTATO pad.

1	Jacket Potato Potato (whole)	1-8 pieces (1 piece, approx. 180-200 g)	+ 20°C Room temperature	<ul style="list-style-type: none"> Use washed new potatoes. Pierce twice with fork on each side. Place on outside of turntable. When oven stops and TURN, OVER is displayed, turn potatoes over and continue cooking. After cooking, stand covered with aluminium foil for 3-10 minutes. <p>[N.B.] For small quantities, the food may not require a turn over during cooking.</p>



Quick Meals /Easy Meals

快速膳食
QUICK MEALS

简易膳食
EASY MEALS

QUICK MEALS








1. Garlic Prawns
2. BBQ Sauce Sausage
3. Roasted Chicken with Yoghurt
4. Seafood Fried Rice

EASY MEALS

1. Stewed Pork Ribs
2. Roasted Chicken with Soy Sauce
3. Stuffed Bitter Soup
4. Spicy Bacon Salad

QUICK MEALS and EASY MEALS allows you to cook each 4 popular recipes. Follow the instructions provided in the QUICK MEALS RECIPES on page E-22 and EASY MEAL RECIPES on page E-23 of the cooking guides."

* Suppose you want to cook Spicy Bacon Salad.

Step	Procedure	Pad Order	Display
1	Press the EASY MEALS pad until the desired menu is displayed (for Spicy Bacon Salad press four times).	 x 4	 
2	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. The oven will "beep" 4 times and will stop. TURN, OVER will be displayed repeatedly.
3	Open the door. Turn fish over. Close the door.		PRESS START will be displayed.
4	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. The oven will "beep" and will stop. ADD, REMAIN-, ING, INGRE-, DIENTS, AND, STIR will be displayed repeatedly.



Quick Meals Recipes

1. GARLIC PRAWNS

banana prawn meat	300 grams	salt	1/8 teaspoon
garlic	1 tablespoon (minced)	butter	30 grams
white pepper powder	1/2 teaspoon		

1. Combine minced garlic and butter in a container and stir. Put the container in the microwave without the lid on. Press the **QUICK MEALS** pad once. Select Garlic Prawns Menu then press the **INSTANT COOK/START** pad.
2. When you hear a beep (microwave stops working) and "ADD PRAWN" appears on the display panel, open the door panel and add prawns, salt, and white pepper. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
3. When you hear a beep again (microwave stops working) and "STIR" appears on the display panel, open the door panel and stir well. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
4. When cooking time is finished, remove from microwave and serve on a plate.
(3 servings)

2. BBQ SAUCE SAUSAGE

smoked cocktail sausages	150 grams	white pepper powder	1/4 teaspoon
barbecue sauce	3 tablespoons	refined sugar	1 tablespoon
seasoning sauce	1/2 teaspoon	fish sauce	2 teaspoons

1. Combine all ingredients in a container except sausages. Stir well until sugar has dissolved. Then add sausages and stir again. Rest for 15 minutes.
2. Put the container in the microwave without the lid on. Press Express Menu button twice. Select BBQ Sauce Sausage Menu then press the **INSTANT COOK/START** pad.
3. When cooking time is finished, remove from microwave and serve on a plate.
[1-2 servings]

3. ROASTED CHICKEN WITH YOGHURT

chicken breast	100 grams	oregano	1/4 teaspoon
natural yoghurt	2 tablespoons	black pepper powder	1/8 teaspoon
olive oil	1 tablespoon	salt	1/8 teaspoon
onion	1 tablespoon (minced)		
salad dressing			
natural yoghurt	2 tablespoons	red apple	50 grams (diced 1-inch cubes)
lime juice	1/2 teaspoon	Royal Fennel	30 grams (1/2 inch diagonal slices)
salt	1/8 teaspoon	roasted white sesame	1/2 teaspoon (lightly smashed)
sweetened condensed milk	1/2 teaspoon		

1. Clean chicken and perforate with a fork. Then let the chicken rest.
2. Combine all ingredients to create a marinade. Rub marinade all over the chicken and rest for 1 hour.
3. Place the above No. 2 ingredient (marinated chicken) in a shallow container. Put the container in the microwave without the lid on. Press the **QUICK MEALS** pad 3 times. Select Roasted Chicken with Yoghurt Menu then press the **INSTANT COOK/START** pad.
4. When you hear a beep (microwave stops working) and "TURN OVER" appears on the display panel, open the door panel and turn over the chicken. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
5. When cooking time is finished, remove from microwave, slice the chicken and serve on a plate with salad dressing.

How to make salad dressing

Combine all ingredients and stir. Then let the salad dressing rest.

[1-2 servings]

4. SEAFOOD FRIED RICE

white rice	2 1/2 cups	garlic	2 teaspoons (minced)
prawn meat	60 grams	vegetable oil	3 tablespoons
squid	70 grams	refined sugar	1 teaspoon
chicken egg	2 eggs	white pepper powder	1 teaspoon
onion	1/3 cups (julienne)	fish sauce	2 teaspoons
carrot	50 grams (dice into small cubes)	seasoning sauce	1 tablespoon
scallion	2 tablespoons (julienne crosswise)		

1. Place prawn meat and squid in a container. Put the container in the microwave with the lid on. Press the **QUICK MEALS** pad 4 times. Select Seafood Fried Rice Menu then press the **INSTANT COOK/START** pad.
2. When you hear a beep (microwave stops working) and "ADD OIL" appears on the display panel, open the door panel and add vegetable oil and garlic. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
3. When you hear a beep (microwave stops working) and "STIR AND ADD ONIONS AND CARROTS" appears on the display panel, open the door panel and add onion and carrot. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
4. When you hear a beep (microwave stops working) and "STIR AND ADD EGGS" appears on the display panel, open the door panel and add egg. Stir lightly. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
5. When you hear a beep (microwave stops working) and "ADD REMAINING INGREDIENTS EXCEPT SPRING ONIONS" appears on the display panel, open the door panel and add rice and the remaining ingredients except scallions. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad. When cooking time is finished, remove from microwave, garnish with scallions and serve on a plate with cucumbers and lime to your preference.





Easy Meals Recipes

1. STEWED PORK RIBS

pork ribs	500 grams (cut lengthwise into 1 inch strips)	coriander root	3 roots (lightly smashed)
shiitake mushroom	30 grams (soak in water until soft then remove stems)	light soy sauce	3 tablespoons
pickled mustard green	120 grams (2 centimeter diagonal slices)	refined sugar	1 tablespoon
garlic	20 grams (lightly smashed)	white pepper powder	1 ½ teaspoons
		pickled mustard green juice	½ cup
		water	4 cups

- Place pork ribs in a container. Put the container in the microwave with the lid on. Press the **EASY MEALS** pad once. Select Stewed Pork Ribs Menu then press the **INSTANT COOK/START** pad.
- When you hear a beep (microwave stops working) and "STIR AND ADD REMAINING INGREDIENTS" appears on the display panel, open the door panel and add all of the remaining ingredients. Stir. Put the container in the microwave with the lid on. Press the **INSTANT COOK/START** pad.
- When cooking time is finished, remove from microwave and serve in a bowl.

2. ROASTED CHICKEN WITH SOY SAUCE

chicken thigh	500 grams	oyster sauce	1 tablespoon
pickled garlic	100 grams	seasoning sauce	1 tablespoon
pickled garlic juice	½ cup	dark thick soy sauce	1 tablespoon
water	¼ cup	coconut palm sugar	2 tablespoons
fish sauce	2 tablespoons	white pepper powder	1 teaspoon

- Combine fish sauce, oyster sauce, seasoning sauce, dark thick soy sauce, coconut palm sugar, and white pepper powder together to create a marinade. Stir until sugar is dissolved. Rub marinade all over the chicken and rest for 30 minutes.
- Combine the above No. 1 ingredient (marinated chicken), pickled garlic, pickled garlic juice, and water together. Stir. Put the container in the microwave without the lid on. Press the **EASY MEALS** pad twice. Select Roasted Chicken with Soy Sauce Menu then press the **INSTANT COOK/START** pad.
- When you hear a beep (microwave stops working) and "TURN OVER" appears on the display panel, open the door panel and turn over the chicken. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
- When cooking time is finished, remove from microwave and serve on a plate.

3. STUFFED BITTER GOURD SOUP

Chinese bitter gourd	1 whole (400 grams)	chicken egg	1 whole
pork neck	300 grams (minced)	light soy sauce	1 tablespoon (marinate pork)
coriander root	3 roots (julienne crosswise)	light soy sauce	2 tablespoons (seasoning)
garlic	7 cloves (julienne crosswise)	dark thick soy sauce	½ teaspoon
white pepper powder	2 teaspoons	refined sugar	1 teaspoon
shiitake mushroom	3 caps (soak in water until soft then dice into small cubes)	water	3 cups

- Pound coriander root, garlic and white pepper together until thoroughly fine.
- Combine the above No. 1 ingredient, pork neck, and shiitake mushroom together. Season with light soy sauce, refined sugar, and dark thick soy sauce. Then add an egg. Stir well and let it rest.
- Cut the bitter gourd lengthwise into 2 ½ inch pieces. Remove seeds and fibrous core. Rinse thoroughly.
- Stuff the bitter gourd with pork mixture. Arrange in a container and put it in the microwave with the lid on. Press the **EASY MEALS** pad three times. Select Stuffed Bitter Gourd Soup Menu then press the **INSTANT COOK/START** pad.
- When you hear a beep (microwave stops working) and "REMOVE FOOD STAND AND ADD WATER INTO CONTAINER AND COVERED" appears on the display panel, open the door panel, remove the container and let it rest.
- Pour water into another container and put it in the microwave with the lid on. Then press the **INSTANT COOK/START** pad.
- When you hear a beep (microwave stops working) and "ADD STUFFED BITTER GOURD AND COVERED" appears on the display panel, open the door panel and add the rested bitter gourd mixture. Put the container in the microwave with the lid on. Press the **INSTANT COOK/START** pad. When cooking time is finished, remove from microwave, season with light soy sauce, stir lightly, and serve in a bowl.

(4 servings)

4. SPICY BACON SALAD

bacon	200 grams (slice crosswise into 1 inch pieces)	roasted rice powder	2 tablespoons
pork neck	100 grams (minced)	minced hot chili	1 tablespoon
shallot	½ cup (julienne crosswise)	lime juice	3 tablespoons
scallion	¼ cup (julienne crosswise)	fish sauce	1 tablespoon
mint leaf	¼ cup		

- Combine bacon and pork neck together. Stir and put the container in the microwave without the lid on. Press the **EASY MEALS** pad 4 times. Select Spicy Bacon Salad Menu then press the **INSTANT COOK/START** pad.
- When you hear a beep (microwave stops working) and "STIR" appears on the display panel, open the door panel, remove the container and stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
- When cooking time is finished, remove from microwave, add roasted rice powder, minced hot chili, lime juice and fish sauce. Stir. Then add shallots, scallions, and mint leaves. Stir lightly and serve on a plate with your favorite fresh vegetables.

(4 servings)



OTHER CONVENIENT FEATURES

Less/More Setting



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

The LESS/MORE pads can be used to adjust the cooking time of the following features

- CONVENIENT MENUS
- QUICK MEALS
- SENSOR COOK
- EASY MEALS

* Suppose you want to defrost 1.0 kg Chicken Pieces (Easy Defrost) for longer than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the MORE pad		
2	Press EASY DEFROST pad 3 times to defrost Chicken Pieces.	x 3	
3	Press number pads to enter weight.		
4	Press the INSTANT COOK/START pad.		

Increasing or Decreasing Time During a Cooking Programme

Microwave time can be added or decreased during a manual cooking programme using the "MORE" or "LESS" pads.

* Suppose you want to increase cooking time by 2 minutes during 5 minutes on 50% cooking.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL pad as required. (for 50% press 6 times)	x 6	
3	Press the INSTANT COOK/START pad.		 The timer starts to count down.
4	Press the MORE pad twice to increase time by 2 minutes.	x 2	





Timer

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

- timing boiled eggs cooked on the stove top.
- 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.

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

Step	Procedure	Pad Order	Display
1	Enter desired time.		 PRESS, START, OR, SELECT, POWER will be displayed.
Once the egg has come to the boil in the saucepan you can start the timer.			
2	Press the INFO/TIMER pad.		 The timer begins to count down. When the timer reaches zero, the oven will "beep".

Info



The INFO feature has 6 different programs.

Demonstration Mode

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

* To demonstrate.

Step	Procedure	Pad Order	Display
1	Press the INFO/TIMER pad.		DEMO, PRESS 1, LOCK, PRESS 2, CLOCK, PRESS 3, AUTO START, PRESS 4, INFO ON, PADS, PRESS DESIRED, PAD will be displayed repeatedly.
2	Press the number 1 pad.		DEMO, MODE, TOTURN, ON, PRESS, START will be displayed repeatedly.
3	Press the INSTANT COOK/START pad.		DEMO, MICRO-, WAVE, OVEN will be displayed repeatedly.

Cooking operations can now be demonstrated with no power in the oven.

* Suppose you demonstrate Instant Cook.

After step 3 for Demonstration Mode.

Step	Procedure	Pad Order	Display
4	Press the INSTANT COOK/START pad.		<p>The cooking time will begin counting down to zero at ten times the speed.</p>

* To cancel the Demonstration Mode.

After step 2 for Demonstration Mode.

Step	Procedure	Pad Order	Display
3	Press the INSTANT COOK/START pad.		<p>The time of day will appear in the display.</p>




Child Lock

If the oven is accidentally started with no food or liquid in the cavity, the life of the oven can be reduced. 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.

After step 1 for Demonstration Mode on page E-26.

Step	Procedure	Pad Order	Display
2	Press the number 2 pad.		
3	Press the INSTANT COOK/START pad.		 The time of day will appear in the display.

The control panel is now locked, each time a pad is pressed, the display will show "LOCK".

* To cancel the Child Lock.

After step 2 for Child Lock.

Step	Procedure	Pad Order	Display
3	Press the INSTANT COOK/START pad.		 The time of day will appear in the display. The oven is ready to use.

Clock Setting

To set the present time of day. See page E-6.



Auto Start

The Auto Start feature allows you to set your oven to start automatically.

* Suppose you want to start cooking a casserole for 20 minutes at 50% power level at 4:30. (AM or PM)
(Check that the correct time of day is displayed.)

After step 1 for Demonstration Mode on page E-26.

Step	Procedure	Pad Order	Display
2	Press the number 4 pad.	4	AUTO HELP START HELP
3	Enter the desired start time.	4 3 0	4:30 HELP The dots (:) will flash on and off.
4	Press the INSTANT COOK/START pad.	即时烹调 / 开始 INSTANT COOK/START	4:30 HELP ENTER HELP COOKING HELP TIME HELP
5	Enter the desired cooking time.	2 0 0 0	20:00 HELP
6	Set the desired cooking mode. (for microwave cooking at 50% power level, press the POWER LEVEL pad 6 times)	微波强度 POWER LEVEL x 6	50P HELP
7	Press the INSTANT COOK/START pad.	即时烹调 / 开始 INSTANT COOK/START	AUTO HELP START HELP 4:30 ON The oven will start cooking at 4:30. 20:00 COOK The timer begins to count down. When the timer reaches zero, all indicators will go off and the oven will "beep".

NOTE:

If the door is opened after step 7, close the door and press the START pad to continue with Auto Start.

Press the STOP/CLEAR pad to cancel Auto Start.

The correct time of day must be set before using Auto Start, see clock setting on page E-6.

AUTO START can be set in manual microwave cooking only.



Info on Pads

Each pad carries useful guide.

* **To get the guide for FRESH VEGETABLES pad.** After step 1 for Demonstration Mode on page E-26.

Step	Procedure	Pad Order	Display
2	Press the FRESH VEGETABLES pad.		PRESS, TO, SELECT, 1-2, PRESET, FRESH, VEGE-, TABLE, MENU will be displayed twice.

The guide message will be repeated twice, and then the display will show the time of day.

If you want to cancel the guide, press the STOP/CLEAR pad.

Help

Each setting of Automatic Operations has a cooking hint.

If you wish to check, press the INFO/TIMER pad whenever HELP is lit 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 and REMOVE FOOD will be displayed in the display after 1 minute.

If you do not remove the food at that time, the oven will "beep" 3 times after 2 minutes and 3 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. Oven 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?
(Put your hand over the rear ventilation openings.) YES _____ NO _____
 - C. Does the turntable rotate?
(The turntable can rotate clockwise or counterclockwise. This is quite normal.) YES _____ NO _____
 - D. After 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-26 for detail.)

2. In high / medium high power, output power will gradually be reduced to avoid overheating.

SPECIFICATIONS

AC Line Voltage	:	Refer to the rating plate on the back of the oven.
AC Power Consumption	:	1.15 kW* (IEC test procedure)
AC Power Required	:	1.90 kW
Output Power	:	1200 W* (IEC test procedure)
Microwave Frequency	:	2450 MHz (Class B/Group 2)**
Outside Dimensions	:	520 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. 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.



重要安全須知

重要安全須知：請細心閱讀、並儲存作將來參考之用。

本電器不得由體能、感官或意識能力不足，毫無經驗和知識的人士使用（包括兒童），除非由負責其安全的人士監督或指導使用。

請勿讓兒童將微波爐當作玩具玩耍。

警告：務必事先對兒童詳細解說所有安全須知及不當使用微波爐的危險性，才能讓兒童在無成人監督下自行操作微波爐。

警告：若爐門或爐門密封襯墊受損，應立即停用微波爐，並請夏寶授權之維修商或微波爐技術員進行維修。

警告：切勿自行調整、修理或改裝本微波爐。除夏寶授權的維修商或微波爐技術員外，任何人對本微波爐進行維修作業將有危險，因過程中必須移除一片防止微波暴露的蓋子。

若本電器的電源線受損，必須以一條特殊的電源線替換。替換作業必須由夏寶核可的維修中心執行。

警告：液體及其他食物不得裝在密封容器內加熱，否則可能爆裂。

以微波爐加熱飲料時會產生延遲沸騰爆濺，因此在拿取容器時必須特別謹慎。

切勿用微波爐烹調有殼的蛋或加熱整顆白煮蛋，它們在烹調後可能爆裂。若要烹調或加熱未打散的蛋，請將蛋黃及蛋白刺孔，以防爆裂。用微波爐加熱白煮蛋之前，請先剝殼並切片。

務必先確認餐具是否適用於微波爐。在微波模式下，只能使用微波爐適用的容器及餐具。

奶瓶或嬰兒食品罐內的內容物必須攪拌或搖晃，並在餵食前檢查溫度，以防止燙傷。

用塑膠或紙製容器加熱食物可能燃燒，必須注意看顧。

若發現冒煙，請切掉微波爐開關或拔掉插頭，保持爐門關閉，讓火焰因缺氧而熄滅。

微波爐應經常清潔，並除去所有食物殘留。

微波爐若不保持清潔，爐面會受侵蝕，進而影響微波爐壽命，甚至可能發生危險。

關於如何清潔爐門密封襯墊、爐箱及周邊零組件，請見C-30頁。

其他警告事項

1. 為防止意外發生、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。

2. 在使用微波爐烹調時應儘量避免食物爆裂或過長時間沸煮。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重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、再根據實際需要增加時間或功率加熱食物。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. 加熱液體時、一定要用開口容器。
- d. 待烹調後最少20秒才取出食物、以免煮滾的液體爆濺。
- e. 烹調前及烹調中將液體攪拌、盛載食物的器皿、或放藥劑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或用來加熱治療工具如：小麥包等。
4. 微波爐門夾有雜物或沒有關閉好時、切勿加以使用。
5. 從爐內拿取食物時請小心，勿讓食器、衣物禍首飾撞倒或勾到門鎖扣。
6. 微波爐正在操作時切勿以物件、特別是金屬製品刺向機門的網狀表面或爐門與微波爐之間的位置。
7. 切勿改造或損壞門鎖。
8. 烹調結束後欲取出爐內食品時、務請戴上烹調手套、以免燙傷；並應小心揭蓋、以免蒸氣灼傷皮膚。
9. 如果爐箱內照明燈發生故障、請與聲寶維修中心聯絡。
10. 避免熱蒸汽直接接觸面部和雙手、對面部或雙手造成灼傷。遠離面部、從碟子最邊緣的位置慢慢揭起覆蓋碟面的微波爐專用保鮮紙、小心開啟爆玉米花的袋子和微波烹飪袋。
11. 切勿將電源線壓於微波爐之下、擱置於發熱體表面或掛於銳利的物品上、以免受損壞。
12. 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. 切勿置滾熱食品或熾熱容器於冷卻的轉盤之上。
 - c. 切勿置冰冷食品或容器於熾熱的轉盤之上。
13. 切勿將任何物件遮蓋外殼或放於爐頂上。
14. 勿使用微波爐作任何貯藏食物或物件用途。
15. 請確保烹調器皿於烹調時不會與爐箱內壁碰觸。





特別注意事項及警告

	可	不可
蛋類、水果果仁、種子蔬菜、香腸和牡蠣（蠔）	<ul style="list-style-type: none"> * 烹調蛋類、蠔等食品時、需於蛋黃、蛋白或蠔表面刺數孔、以免烹調加熱時爆裂。 * 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溢出。 	<ul style="list-style-type: none"> * 烹調帶殼的蛋。可能導致蛋「爆裂」，並可能損壞微波爐或造成人員受傷。 * 為帶殼熟蛋類加熱。 * 過度加熱牡蠣（蠔）。 * 為帶殼果仁或種子類加熱。
爆玉米花	<ul style="list-style-type: none"> * 用微波爐爆玉米花時、必須使用微波爐爆玉米花專用袋。 * 聽到爆玉米花聲已減慢到1-2秒時、應停止繼續烹調、以免過火。 	<ul style="list-style-type: none"> * 用一般的爆米花紙袋或微波爐適用的玻璃碗來爆爆米花。 * 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。
嬰兒食品	<ul style="list-style-type: none"> * 轉盛嬰兒食品於微波爐烹調容器中、小心加熱之。必要時、均勻攪拌數次、直至加熱至適當的溫度為免燙傷。 * 直接加熱嬰兒奶瓶時、必須揭去旋蓋和奶嘴。加熱後、套上奶嘴、充份搖勻、達至適當溫度後、才餵嬰兒食用。 	<ul style="list-style-type: none"> * 加熱即棄式瓶罐。 * 對奶瓶加熱過度、或只加熱至微溫的程度。 * 把帶有奶嘴的奶瓶加熱。 * 直接把盛載嬰兒食品的瓶罐加熱。
一般食品	<ul style="list-style-type: none"> * 烹調有餡料的食品後、請分斷切開、讓蒸氣溢出、避免灼傷。 * 用深底容器加熱液體或麥片、以防食物沸騰濺出。 	<ul style="list-style-type: none"> * 盛載食品於玻璃瓶或密封容器來加熱烹調。 * 以微波爐來煎炸食品。 * 用微波爐烘乾木頭、草類或沾濕紙的張、衣服或花類。 * 在爐箱無負荷狀態下（即沒有可吸收能量的物品，如食物或水）操作微波爐。
液體（飲料）	<ul style="list-style-type: none"> * 關於煮滾或烹調液體食物，請參見C-1頁的「重要安全須知」，以防發生爆裂及延遲沸騰爆濺。 	<ul style="list-style-type: none"> * 超過建議的烹調時間。
罐頭食品	<ul style="list-style-type: none"> * 把罐頭食品取出及放於容器內。 	<ul style="list-style-type: none"> * 把整個罐頭加熱或烹調。
香腸卷、餡餅、聖誕布丁	<ul style="list-style-type: none"> * 屬高糖份或高脂肪含量的食品。因此必須按「烹調指南」中的設定時間加以烹調。 	<ul style="list-style-type: none"> * 烹調過份、以致冒煙起火。
肉類	<ul style="list-style-type: none"> * 用微波爐適用烤盤來盛接滴落的肉汁。 	<ul style="list-style-type: none"> * 直接置肉塊於轉盤上燒烤或烹調。
容器	<ul style="list-style-type: none"> * 使用微波爐適用之容器。 	<ul style="list-style-type: none"> * 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。（燒烤烹調除外）
鋁箔紙（錫紙）	<ul style="list-style-type: none"> * 用鋁箔紙來包裹食品薄細部份、以免烹調過度。 * 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。 	<ul style="list-style-type: none"> * 使用鋁箔紙過多。 * 用鋁箔紙包裹的食品過於靠近爐箱內壁、產生的火花可能損害爐箱。
褐色碟子	<ul style="list-style-type: none"> * 放置一件適當的絕緣體（例如、適用於微波爐及耐熱的餐碟）於轉盤及褐色碟子之間。 	<ul style="list-style-type: none"> * 超過製造商建議的預熱時間。過度預熱會使玻璃砸碎及 / 或損壞微波爐內壁。



安裝事宜

1. 將爐箱內的包裝材料及爐門上的功能貼紙（若有）全部移除。仔細檢查是否有任何損壞，例如：爐門是否安裝不正，爐門周圍的密封襯墊是否損壞，及爐箱內或爐門上是否有凹痕等。若發現任何損壞，請勿使用微波爐，並立即與夏寶維修中心聯絡，以進行必要檢修。
2. 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
3. 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。
4. 依照設計，本微波爐只能在流理台上使用。請勿將微波爐安裝在任何會發出高熱或蒸汽之處，例如傳統烤箱旁。安裝微波爐時，注意不要擋住通風口。

微波爐上方至少需留有15公分的空間，以利空氣流通。
本微波爐的設計不適合嵌入牆面或置於櫥櫃內。
5. 由於用戶自行更換電源插頭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標牌所示一致。
6. 本微波爐的地線必須接地：

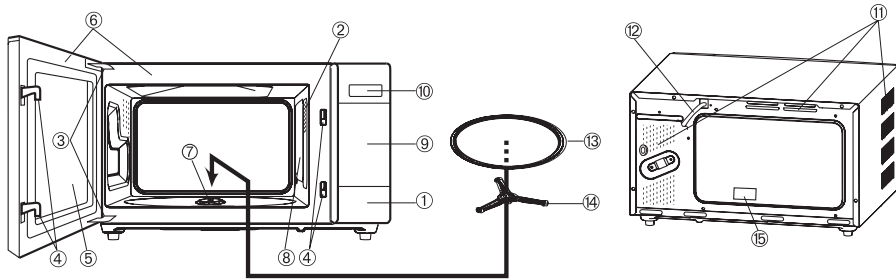
重點

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(≡)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。

各部位名稱



1. 爐門開啟按鈕
2. 照明燈
3. 門鉸
4. 門鎖
5. 裝有透明窗的爐門
6. 爐門密封襯墊和襯墊表層
7. 燒烤發熱器
8. 波導管罩（請勿拆除）
9. 控制板（請見C-5頁）
10. 液晶顯示板
11. 通風口
12. 電源線
13. 轉盤
14. 轉盤旋轉架
15. 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。

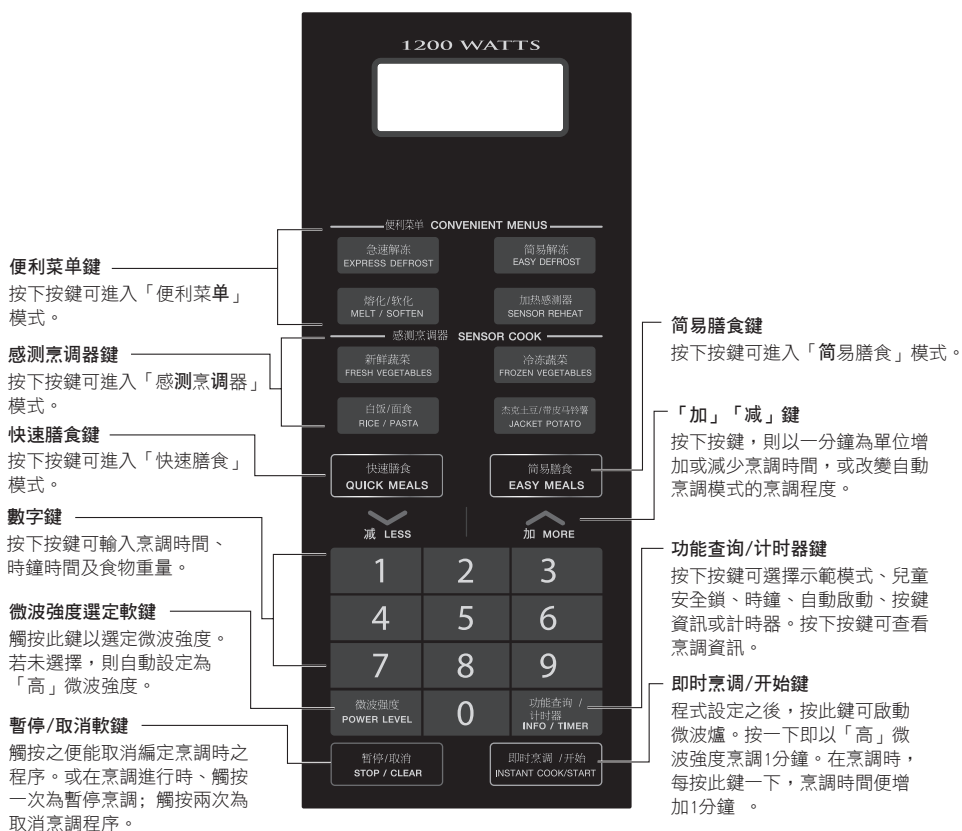
除了軟鍵選入的鳴響聲外、在烹調程序完成時、微波爐還會發出一聲約2秒的鳴響聲、而按烹調程序之需要、在烹調中途暫停時亦會發出四聲鳴響聲。

本電器不得使用外部計時器，或者單獨的遙控系統。

顯示器



觸按式軟鍵控制板



C-5



使用之前

- * 本微波爐已預載說明資訊。
為協助您操作微波爐，顯示板會顯示有用資訊。
在本手冊中，說明資訊以縮寫表示。

烹調開始前之須知

步驟	操作	軟鍵	顯示
1	插上微波爐的插頭，打開電源開關。 請確保爐門已關好。		MICRO- WAVE OVEN
2	按「暫停/取消」鍵。	暫停/取消 STOP / CLEAR	. 0

時鐘時間的設定方法

- * 設定現在時間11:34（上午或下午）。

步驟	操作	軟鍵	顯示
1	按「功能查詢/計時器」鍵，然後按數字「3」。	功能查詢 / 計時器 INFO / TIMER 3	CLOCK HELP ENTER HELP TIME HELP
2	依序按數字鍵，設定當天時間。	1 1 3 4	11:34 HELP 冒號 (:) 會閃爍。
3	觸按即時烹調/開始軟鍵。	即時烹調 / 開始 INSTANT COOK/START	11:34

時鐘為12小時制。若您試圖輸入不正確時間（例如13:45），顯示板將顯示。此時請按「暫停/取消」鍵，再輸入一次時間（例如1:45）。

暫停/取消軟鍵

觸按此軟鍵一次用來：

1. 在烹調期間、暫停微波爐的操作。
2. 取消編定時錯誤選入的烹調程式。

如欲在烹調期間取消所編定的程序

觸按暫停/取消軟鍵兩次。

微波烹調技巧

食品的放置	較厚向外、較薄向內（中央）。
法定烹調時間	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。
食品的覆蓋	參考食譜的指南：紙巾、用耐微波保鮮紙或蓋。 把食品覆蓋好、以防止汁液飛濺、以及幫助食物均勻烹調。 (使微波爐保持清潔)
食品的局部遮蓋	為了防止肉塊細薄部份烹調過度、應用鋁箔紙（錫紙）把這些部份包好。
食品的攪拌	必要時於烹調過程中、由外至內攪拌食物一至兩次。
食品的翻轉	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。
食品的重新放置	在烹調中途置換食品的位置（例如肉丸等等）、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。
食品的擱置	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。
熟度檢查	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"> - 整個食品是否都有蒸氣冒出、而非只是局部或邊沿。 - 家禽關節部是否容易撕開。 - 肉塊或家禽已無血可見。 - 魚肉色已變、且可用刀叉輕易撕碎。
濕氣的凝聚	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。故應確保微波爐的通風口暢通無阻。
微波用煎碟	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。
微波爐用保鮮紙	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。
微波爐用塑膠廚具	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

用自選烹調方法進行烹調時、先設定所需烹調時間、然後再選定微波強度。

本機提供11段微波強度。最長的烹調時間為99分99秒。

本微波爐設有5段微波輸出強度以供烹調選擇。

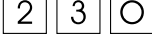


閣下可隨不同的食物而選擇不同的微波強度。

烹調完畢後，風扇會繼續轉動。當您開啟爐門或按下「暫停/取消」鍵時，若風扇仍在轉動，顯示板可能會顯示「COOLING」（冷卻中）。

顯示器	微波強度		舉例
	百分比	強度	
100P	100%	高	生的肉類、蔬菜、飯及意粉。
90P	90%		
80P	80%		
70P	70%	中高	需要小心烹調之食品、如蛋類、海鮮等。
60P	60%		
50P	50%	中	
40P	40%		
30P	30%	中低	一般解凍、軟化牛油等。
20P	20%		
10P	10%	低	食物保溫
0P	0%		

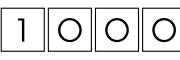





若未選擇微波強度，則自動使用100%微波強度。

* 假設您想用100%微波強度烹調2分30秒。

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		
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、直至顯示所需的微波強度為止。

* 假設您想用50%微波強度烹調魚片10分鐘。

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		
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（如需50%微波強度則按六下）。	 x 6	
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。

順序分段烹調

本機一次最多可設定3個自動烹調步驟，從一種微波強度自動切換至下一個設定。

* 假設您想用50%微波強度烹調10分鐘，接著用100%微波強度烹調3分鐘。

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		
2	觸按微波強度軟鍵。 (如需50%微波強度則按六下)。		
3	為第二個步驟輸入您要的烹調時間。若未選擇微波強度，則微波爐將以100%微波強度烹調。		
4	觸按即時烹調/開始軟鍵。		 第一階段烹調剩餘時間顯示逐秒遞減。其時間顯示遞減至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

夏寶的「即時烹調」功能非常方便，只要按一下，即以100%微波強度烹調一分鐘。

步驟	操作	軟鍵	顯示
1	觸按即時烹調/開始軟鍵。 在爐門關上、烹調完畢或按「暫停/取消」鍵之後3分鐘內有效。		 烹調剩餘時間開始逐秒遞減。

重複按「即時烹調/開始」鍵，直到顯示板顯示您要的時間為止。

每按一下，烹調時間就會增加1分鐘。



自動烹調功能

自動烹調須知

1. 在使用任何一種「加熱感應器」或「感測烹調器」模式之前，請將烹調容器表面及微波爐內部徹底擦乾。
2. 插上微波爐插頭之後，先稍候2分鐘，然後再啟動「加熱感應器」或「感測烹調器」模式。
3. 當您使用「加熱感應器」或「感測烹調器」模式來烹調少量食物時，機器可能不會顯示剩餘烹調時間，而您也不需在烹調中進行任何操作，即可將食物烹調完畢。
4. 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。
若未仔細按照指示操作，可能造成食物加熱過度或加熱不足，[ERROR] 或顯示板上會顯示。
5. 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。
6. 若要改變標準設定以得到不同的烹調或解凍效果，則在每次按下自動烹調模式之前，應先按「加」或「減」鍵。
請參閱C-24頁。
7. 烹調效果會因食物的不同情況、例如烹調前的溫度、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。
8. 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。
9. [ERROR] 如有下列狀況，顯示板將顯示：
按下「即時烹調/開始」鍵時，設定的食物重量會比「簡易解凍模式說明」或「熔化/軟化模式說明」所建議的食物重量更多或更少。
若想取消，請按「暫停/取消」鍵並重新設定。
10. 輸入重量時，請四捨五入至0.1公斤（100公克）。例：1.65公斤四捨五入成1.7公斤。當您輸入奶油、巧克力、奶油乳酪的重量時，請四捨五入至0.01公斤（10公克）。
11. 烹調完畢後，風扇會繼續轉動。當您開啟爐門或按下「暫停/取消」鍵時，若風扇仍在轉動，顯示板可能會顯示「COOLING」（冷卻中）。



便利菜單

「便利菜單」會自動計算微波強度及烹調時間。「便利菜單」分四大類。





急速解凍

急速解凍
EXPRESS DEFROST

- 魚片
- 雞排

「急速解凍」可快速解凍0.5公斤的特定食物。
請依照「急速解凍指南」中的細節進行解凍。

* 假設您想解凍0.5公斤的雞排。

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（按兩下選擇「雞排」）	急速解凍 EXPRESS DEFROST x 2	CH 10:00 DEF HELP FILLETS DEF HELP 0.5 KG DEF HELP
2	觸按即時烹調/開始軟鍵。	即時烹調/開始 INSTANT COOK/START	5:00 DEF HELP COOK DEF HELP 解凍時間開始倒數。微波爐會嗶4聲，然後停止。顯示板反覆顯示「TURN」「OVER」「SEPA-」「RATE」「INTO」「PIECES」「SHIELD」「WARM」「PORTION」（翻面，將肉塊分開，包覆已回溫部份）。
3	打開爐門。取出已解凍肉塊，將剩餘肉塊翻面，並包覆已回溫部份。關閉爐門。		顯示板將反覆顯示「PRESS」「START」（按開始鍵）。
4	觸按即時烹調/開始軟鍵。	即時烹調/開始 INSTANT COOK/START	3:00 DEF HELP COOK DEF HELP 解凍時間開始倒數。倒數到零時，微波爐會嗶一聲。顯示板將反覆顯示「STAND」「COVERED」「10 MIN」「FOIL」（覆蓋鋁箔紙，靜置10分鐘）。

高速解凍指南

項目號碼	項目	重量	操作
1	魚片	0.5 公斤 (-18°C)	<ul style="list-style-type: none"> 將魚片放在解凍架上。 當微波爐停止時，翻面，並將每片分開。用鋁箔紙條包覆已回溫部份。 解凍結束後，以鋁箔紙覆蓋，靜置10分鐘。
2	雞排	0.5 公斤 (-18°C)	<ul style="list-style-type: none"> 將雞排放放在解凍盤上。 當微波爐停止時，翻面，並將每片分開。用鋁箔紙條包覆已回溫部份。 解凍結束後，以鋁箔紙覆蓋，靜置10分鐘。

注意： 冷藏碎肉時、將其分成平坦、均勻的大小。
在保存魚片、雞排及香腸時，應將食物攤開冷凍。如有需要，可用冷凍用塑膠袋分層隔開，以確保解凍均勻。
不妨在每一包裝上註明正確的重量。
若沒有解凍架，可改用淺盤。解凍速度需視盤子或食物的形狀而定。在解凍期間，請隨時查看解凍程度。



簡便解凍

簡易解凍
EASY DEFROST






1. 絞肉
2. 牛排/豬排
3. 棒棒腿
4. 全雞
5. 爐烤肉塊

簡便解凍功能可自動計算微波強度和解凍時間。
請依照C-13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	重複按「簡易解凍」鍵，直到出現您要的模式為止（按三下選擇「棒棒腿」）。	 x 3	
2	按數字鍵輸入重量。		
3	觸按即時烹調/開始軟鍵。		 解凍時間開始倒數。微波爐會嗶4聲，然後停止。顯示板將反覆顯示「REMOVE」「DE-」「FROSTED」「PORTION」「TURN」「OVER」「SHIELD」「WARM」「PORITON」（取出已解凍的部份，翻面，包覆已回溫部份）。
4	打開爐門。取出已解凍肉塊，將剩餘肉塊翻面，並包覆已回溫部份。關閉爐門。		顯示板將反覆顯示「PRESS」「START」（按開始鍵）。
5	觸按即時烹調/開始軟鍵。		 解凍時間開始倒數。倒數到零時，微波爐會嗶一聲。顯示板將反覆顯示「STAND」「COVERED」「5-15 MIN」「FOIL」（覆蓋鋁箔紙，靜置5-15分鐘）。

自動燒烤烹調指南

項目號碼	項目	重量範圍	操作
1	絞肉 牛肉 	0.1-1.0	<ul style="list-style-type: none"> 將絞肉放在解凍架上，包覆邊緣。 當微波爐停止時，取出已解凍部份，翻面，並用鋁箔紙條包覆邊緣。 解凍結束後，以鋁箔紙覆蓋，靜置5-15分鐘。 請見以下「附註」。
2	牛扒豬扒肉塊 魚片 	0.1-1.0 0.2-0.6	<ul style="list-style-type: none"> 用鋁箔紙包裹豬扒或牛扒較細的一端。 將較薄的部份朝向中心，平鋪一層，置於解凍架上。 若魚片黏在一起，請試著儘快將它們分開。 當微波爐停止時，取出已解凍的魚片，將剩下的魚片翻面，並包覆已回溫部份。 解凍結束後，以鋁箔紙覆蓋，靜置5-15分鐘。 請見以下「附註」。
3	雞塊 	0.2-1.0	<ul style="list-style-type: none"> 用鋁箔紙包住雞骨暴露部份進行解凍。 將棒棒腿放在解凍架上。 當微波爐停止時，取出已解凍的棒棒腿，將剩下的棒棒腿翻面，並包覆已回溫部份。 解凍結束後，以鋁箔紙覆蓋，靜置5-15分鐘。 請見以下「附註」。
4	全隻雞 	1.0-2.0	<ul style="list-style-type: none"> 將食物從原包裝中取出。用鋁箔紙包覆雞翅和雞腿尖端。 將雞胸肉向下放置於解凍架上。 當微波爐停止時，翻面，並包覆已回溫部份。 解凍結束後，以鋁箔紙覆蓋，靜置30-60分鐘。 <p>註 如有需要，靜置後可置於冷水下沖洗，取出內臟。</p>
5	烤肉 牛肉/豬肉/ 羊肉 	1.0-2.0 1.0-2.0	<ul style="list-style-type: none"> 用約2.5公分寬的鋁箔紙條包覆骨頭及肉塊邊緣。 將瘦肉部位朝上（若有可能）放置在解凍架上。 當微波爐停止時，翻面，並包覆已回溫部份。 解凍結束後，以鋁箔紙覆蓋，靜置30-60分鐘。

指南中未列出的食物類別，可手動選擇「中低」微波強度設定來解凍。

注意：雪藏碎肉時、將其分成平坦、均勻的大小。

在保存棒棒腿、牛排及豬排時，應將食物攤開冷凍。如有需要，可用冷凍用塑膠袋分層隔開，以確保解凍均勻。

不妨在每一包裝上註明正確的重量。

若沒有解凍架，可改用淺盤。解凍速度需視盤子或食物的形狀而定。在解凍期間，請隨時查看解凍程度。

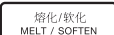





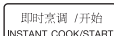



熔化/软化

熔化/软化
MELT / SOFTEN

1. 奶油
2. 巧克力
3. 奶油乳酪
4. 冰淇淋

「熔化/软化」有4種食譜模式。請依照「熔化/软化模式說明」的指示操作。

* 假設您想解凍0.2公斤的巧克力。

步驟	操作	軟鍵	顯示
1	重複按「熔化/软化」鍵，直到出現您要的模式為止（按三下選擇「巧克力」）。	 x 2	 
2	按數字鍵輸入重量。	 	
3	觸按即時烹調/開始軟鍵。		 COOK HELP 烹調時間開始倒數。微波爐會嗶4聲，然後停止。 顯示板將反覆顯示「STIR」（攪拌）。
4	打開爐門。攪拌。 關閉爐門。		顯示板將顯示「PRESS」「START」（按開始鍵）。
5	觸按即時烹調/開始軟鍵。		 COOK HELP 烹調時間開始倒數。倒數到零時，微波爐會嗶一聲。 顯示板將反覆顯示「STIR」（攪拌）。

融化/軟化模式說明

項目號碼	項目	重量範圍	操作
1	奶油	0.05-0.20 公斤	<ul style="list-style-type: none"> 將材料放入微波爐適用的玻璃碗（例：耐熱玻璃碗）。 不加蓋進行烹調。 當微波爐停止，並顯示「STIR」時，請攪拌，然後繼續烹調。 烹調後、攪拌。
2	巧克力	0.05-0.20 公斤	<ul style="list-style-type: none"> 將材料放入微波爐適用的玻璃碗（例：耐熱玻璃碗）。 不加蓋進行烹調。 當微波爐停止，並顯示「STIR」時，請攪拌，然後繼續烹調。 烹調後、攪拌。
3	奶油乳酪	0.10-0.25 公斤	<ul style="list-style-type: none"> 將材料放入微波爐適用的玻璃碗（例：耐熱玻璃碗）。 不加蓋進行烹調。 當微波爐停止，並顯示「STIR」時，請攪拌，然後繼續烹調。 烹調後、攪拌。
4	冰淇淋	0.5-2.0 公升	<ul style="list-style-type: none"> 將材料放入微波爐適用的玻璃碗（例：耐熱玻璃碗）。 不加蓋進行烹調。 當微波爐停止，並顯示「STIR」時，請攪拌，然後繼續烹調。 烹調後、攪拌。






加熱感應器

加熱感應器
SENSOR REHEAT

1. 碟飯
2. 煲鍋
3. 稀湯
4. 濃湯
5. 披薩

按下按鍵可翻熱5種常見食物。
請依照「加熱感應器模式說明」的指示來操作。

* 假設您想翻熱4杯份的稀湯。

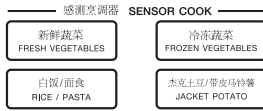
步驟	操作	軟鍵	顯示
1	重複按「加熱感應器」鍵，直到出現您要的模式為止（按三下選擇「湯」）。	 X 3	
2	觸按即時烹調/開始軟鍵。 * 當感應器偵測到食物發出的蒸氣時，會顯示剩餘翻熱時間。（例如：剩餘翻熱時間約2分21秒。）		  烹調剩餘時間開始逐秒遞減。 烹調時間倒數到零時，會顯示「STIR」（攪拌）。

加熱感應器模式說明

項目號碼	項目	重量範圍	烹調前溫度 (大約)	操作									
1	碟飯	1 份 (大約 400 克)	+3°C 冷藏	<ul style="list-style-type: none"> · 用保鮮膜覆蓋。 · 烹調完畢後，保持覆蓋，靜置5分鐘。 									
		<table border="1"> <thead> <tr> <th>肉類</th> <th>馬鈴薯</th> <th>蔬菜</th> </tr> </thead> <tbody> <tr> <td>175-180克</td> <td>125克</td> <td>100克</td> </tr> <tr> <td>牛肉、羊肉、雞肉、丁骨牛排</td> <td>切片</td> <td>2種 例：胡蘿蔔片、小黃瓜片</td> </tr> </tbody> </table>	肉類		馬鈴薯	蔬菜	175-180克	125克	100克	牛肉、羊肉、雞肉、丁骨牛排	切片	2種 例：胡蘿蔔片、小黃瓜片	
		肉類	馬鈴薯		蔬菜								
175-180克	125克	100克											
牛肉、羊肉、雞肉、丁骨牛排	切片	2種 例：胡蘿蔔片、小黃瓜片											
2	煲鍋	1 - 4 杯 (1 杯, 250 毫升)	+3°C 冷藏	<ul style="list-style-type: none"> · 將材料放入煲鍋內，以保鮮膜覆蓋，並用烤肉叉戳五下。 · 烹調完畢後，保持覆蓋，靜置5分鐘。 									
	俄羅斯酸奶牛肉 油燜雞塊												
	罐頭食品		+20°C 室溫										
	烤豆子 義大利麵												
3	稀湯 南瓜, 蕃茄	1 - 4 杯 (1 杯, 250 毫升)	+20°C 冷藏	<ul style="list-style-type: none"> · 將材料放入微波爐適用的玻璃碗。 · 以保鮮膜覆蓋，並用烤肉叉戳五下。 · 烹調後、攪拌。 									
4	濃湯 南瓜, 雞蓉玉米 濃湯	1 - 4 杯 (1 杯, 250 毫升)	+20°C 室溫	<ul style="list-style-type: none"> · 將材料放入微波爐適用的玻璃碗。 · 以保鮮膜覆蓋，並用烤肉叉戳五下。 · 烹調後、攪拌。 									
5	披薩	1 - 4 個 (1 個, 大約 90 克)	+3°C 冷藏	<ul style="list-style-type: none"> · 將披薩放在廚房紙巾上，再置於轉盤上。 									

烹調效果會依食物（例：烹調前溫度、形狀、品質）、食器及微波爐的狀況而異。請檢查烹調效果，並視需要以手動設定來延長烹調時間。

感测烹调器



新鲜蔬菜

1. 硬質蔬菜
2. 軟質蔬菜

冷冻蔬菜

1. 什錦蔬菜碎
2. 什錦蔬菜丁

白饭/面食









1. 白飯
2. 乾燥麵條
3. 新鮮麵條
4. 冷凍麵條

杰克土豆/带皮马铃薯

1. 杰克土豆/带皮马铃薯

「感测烹调器」會自動計算微波強度及烹調時間。「感测烹调器」分4大類。要選擇一種模式，請重複按您要的「感测烹调器」鍵，直到出現您要的模式為止。請依照C-19頁「感测烹调器模式說明」的指示來烹調。

* 假設您想用「感测烹调器」模式烹調2顆帶皮馬鈴薯。

步驟	操作	軟鍵	顯示
1	按一下「杰克土豆/带皮马铃薯」鍵。	 x 1	
2	觸按即時烹調/開始軟鍵。 * 當感應器偵測到食物發出的蒸氣時，會顯示剩餘烹調時間。（例如：剩餘烹調時間約3分30秒。）		   烹調時間開始倒數。 微波爐會嗶4聲，然後停止。顯示板將顯示「TURN」「OVER」（翻面）。
3	打開爐門。將馬鈴薯翻面。 關閉爐門。		顯示板將顯示「PRESS」「START」（按開始鍵）。
4	觸按即時烹調/開始軟鍵。		 烹調時間開始倒數，當倒數至零時，微波爐會嗶一聲。 顯示板將反覆顯示「STAND」「COVERED」「3-10 MIN」「FOIL」（覆蓋鋁箔紙，靜置3-10分鐘）。

感測烹調器模式說明

烹調效果會因食物的不同情況、例如烹調前的溫度、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。

新鮮蔬菜 模式說明

新鮮蔬菜
FRESH VEGETABLES

當您用「感測烹調器」模式烹調下列食物時，請重複按「新鮮蔬菜」鍵，直到出現您要的模式為止。

項目 號碼	項目	重量範圍	烹調前溫度 (大約)	操作
1	硬質蔬菜 甘筍 白花椰菜 豆子 南瓜 椰菜仔	0.1-1.0 公斤	+3°C 冷藏	<ul style="list-style-type: none"> 將蔬菜洗淨。 將蔬菜平鋪在一個淺盤上。 用保鮮膜覆蓋。 烹調完畢後，先攪拌、覆蓋，然後靜置1-5分鐘。
2	軟質蔬菜 櫛瓜 條瓜 辣椒 菇類 茄子 青花菜	0.1-1.0 公斤	+3°C 冷藏	<ul style="list-style-type: none"> 將蔬菜洗淨。 用叉子刺穿條瓜表面。 將蔬菜平鋪在一個淺盤上。 用保鮮膜覆蓋。 烹調完畢後，先攪拌、覆蓋，然後靜置1-5分鐘。

冷凍蔬菜 模式說明

冷凍蔬菜
FROZEN VEGETABLES

當您用「感測烹調器」模式烹調下列食物時，請重複按「冷凍蔬菜」鍵，直到出現您要的模式為止。

1	什錦蔬菜碎 豆莢 玉米 胡蘿蔔丁	0.1-1.0 公斤	-18°C	<ul style="list-style-type: none"> 烹調前盡可能將蔬菜分開。 將蔬菜平鋪在一個淺盤上。 用保鮮膜覆蓋。 烹調完畢後，先攪拌、覆蓋，然後靜置1-5分鐘。
2	什錦蔬菜丁 青花菜 胡蘿蔔片 白花椰菜 豆子	0.1-1.0 公斤	-18°C	<ul style="list-style-type: none"> 烹調前盡可能將蔬菜分開，如青花菜等。 將蔬菜平鋪在一個淺盤上。 用保鮮膜覆蓋。 烹調完畢後，先攪拌、覆蓋，然後靜置1-5分鐘。



白飯/面食 模式說明

白飯/面食
RICE / PASTA

當您用「感測烹調器」模式烹調下列食物時，請重複按「白飯/面食」鍵，直到出現您要的模式為止。

項目 號碼	項目	重量範圍	烹調前溫度 (大約)	操作														
1	白飯	½-4 杯	+60°C 熱開水或高湯	<ul style="list-style-type: none"> 將米淘洗乾淨。 將材料放入微波爐適用的玻璃碗，用熱開水或高湯蓋過。 不加蓋進行烹調。 烹調完畢後，先靜置3-5分鐘，然後攪拌。 														
	<table border="1"> <tr> <td>白米</td> <td>½ 杯</td> <td>1 杯</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> </tr> <tr> <td>熱開水或高湯 (1 杯=250毫升)</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> <td>4½ 杯</td> <td>6 杯</td> </tr> </table>	白米	½ 杯		1 杯	1½ 杯	2 杯	3 杯	4 杯	熱開水或高湯 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	4½ 杯	6 杯		
白米	½ 杯	1 杯	1½ 杯	2 杯	3 杯	4 杯												
熱開水或高湯 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	4½ 杯	6 杯												
2	乾燥麵條	½-4 杯	+60°C 熱開水	<ul style="list-style-type: none"> 將材料放入微波爐適用的玻璃碗，用熱開水蓋過。 不加蓋進行烹調。 烹調完畢後，先靜置3-5分鐘，然後攪拌。 														
	<table border="1"> <tr> <td>麵條</td> <td>½ 杯</td> <td>1 杯</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> </tr> <tr> <td>熱開水 (1 杯=250毫升)</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> <td>5 杯</td> <td>6 杯</td> </tr> </table>	麵條	½ 杯		1 杯	1½ 杯	2 杯	3 杯	4 杯	熱開水 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	5 杯	6 杯		
麵條	½ 杯	1 杯	1½ 杯	2 杯	3 杯	4 杯												
熱開水 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	5 杯	6 杯												
3	新鮮麵條 義大利餛飩 義大利餃子 義大利寬麵	½-4 杯	+60°C 熱開水	<ul style="list-style-type: none"> 將材料放入微波爐適用的玻璃碗，用熱開水蓋過。 不加蓋進行烹調。 當微波爐停止，並顯示「STIR」時，請攪拌，然後繼續烹調。 烹調完畢後，先靜置3-5分鐘，然後攪拌。 														
	<table border="1"> <tr> <td>麵條</td> <td>½ 杯</td> <td>1 杯</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> </tr> <tr> <td>熱開水 (1 杯=250毫升)</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> <td>5 杯</td> <td>6 杯</td> </tr> </table>	麵條	½ 杯		1 杯	1½ 杯	2 杯	3 杯	4 杯	熱開水 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	5 杯	6 杯		
麵條	½ 杯	1 杯	1½ 杯	2 杯	3 杯	4 杯												
熱開水 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	5 杯	6 杯												
4	冷凍麵條 義大利餛飩 義大利餃子	½-4 杯	+60°C 熱開水	<ul style="list-style-type: none"> 將材料放入微波爐適用的玻璃碗，用熱開水蓋過。 不加蓋進行烹調。 當微波爐停止，並顯示「STIR」時，請攪拌，然後繼續烹調。 烹調完畢後，先靜置3-5分鐘，然後攪拌。 														
	<table border="1"> <tr> <td>麵條</td> <td>½ 杯</td> <td>1 杯</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> </tr> <tr> <td>熱開水 (1 杯=250毫升)</td> <td>1½ 杯</td> <td>2 杯</td> <td>3 杯</td> <td>4 杯</td> <td>5 杯</td> <td>6 杯</td> </tr> </table>	麵條	½ 杯		1 杯	1½ 杯	2 杯	3 杯	4 杯	熱開水 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	5 杯	6 杯		
麵條	½ 杯	1 杯	1½ 杯	2 杯	3 杯	4 杯												
熱開水 (1 杯=250毫升)	1½ 杯	2 杯	3 杯	4 杯	5 杯	6 杯												

杰克土豆/帶皮馬鈴薯 模式說明

杰克土豆/帶皮馬鈴薯
JACKET POTATO

當您用「感測烹調器」烹調下列食物時，請按「杰克土豆/帶皮馬鈴薯」鍵。

1	杰克土豆/帶皮馬鈴薯 馬鈴薯 (整顆)	1-8 個 (大約 180-200 克)	+20°C 室溫	<ul style="list-style-type: none"> 使用已洗淨的馬鈴薯。 用叉子在馬鈴薯的兩端刺兩下。 置於轉盤外面。 當微波爐停止並顯示「TURN」「OVER」(翻面)時，請將馬鈴薯翻面，然後繼續烹調。 烹調結束後，以鋁箔紙覆蓋，靜置3-10分鐘。



快速膳食/簡易膳食

快速膳食
QUICK MEALS

簡易膳食
EASY MEALS

快速膳食


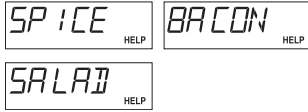




1. 蒜味明蝦
2. 烤肉醬香腸
3. 優格烤雞
4. 海鮮炒飯

簡易膳食

1. 紅燒肋排
2. 醬香烤雞
3. 苦瓜鑊肉湯
4. 辣培根沙拉

「快速膳食」及「簡易膳食」各提供4種受歡迎的菜餚烹調模式。請依照C-22頁「快速膳食食譜」及C-23頁「簡易膳食食譜」的說明進行烹調。

* 假設您想烹調辣培根沙拉。

步驟	操作	軟鍵	顯示
1	重複按「簡易膳食」鍵，直到出現您要的模式為止（按三下選擇辣培根沙拉）。	 簡易膳食 EASY MEALS x 4	
2	觸按即時烹調/開始軟鍵。	 即時烹調 / 開始 INSTANT COOK/START	 烹調時間開始倒數。 微波爐會嗶4聲，然後停止。顯示板將反覆顯示「TURN」「OVER」（翻面）。
3	打開爐門。將魚翻面。關閉爐門。		顯示板將顯示「PRESS」「START」（按開始鍵）。
4	觸按即時烹調/開始軟鍵。	 即時烹調 / 開始 INSTANT COOK/START	 烹調時間開始倒數。 微波爐會嗶1聲，然後停止。顯示板將反覆顯示「ADD」「REMAIN-」「ING」「INGRE-」「DIENTS」「AND」「STIR」（加入剩下材料並攪拌）。



快速膳食食譜

1. 蒜味明蝦

去殼明蝦	300 公克	鹽	¼ 茶匙
大蒜	1 湯匙 (切末)	奶油	30 公克
白胡椒粉	½ 茶匙		

- 將蒜末與奶油放入容器中，攪拌均勻。將容器放進微波爐，不要加蓋。按一下「快速膳食」鍵。選擇「蒜味明蝦」模式，然後按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「ADD PRAWN」（加入明蝦）時，請打開爐門，加入明蝦、鹽及白胡椒。攪拌。將容器放回微波爐，不要加蓋。按「即時烹調/開始」鍵。
- 當您再聽到嗶聲（微波爐停止工作）而顯示板顯示「STIR」（攪拌）時，請打開爐門，徹底攪拌均勻。將容器放進微波爐，不要加蓋。按「即時烹調/開始」鍵。
- 烹調完畢後，從爐內取出容器，盛盤食用。

[3人份]

2. 烤肉醬香腸

煙燻雞尾酒香腸	150 公克	白胡椒粉	¼ 茶匙
烤肉醬	3 湯匙	細砂糖	1 湯匙
鮮味露	½ 茶匙	魚露	2 茶匙

- 將香腸以外的材料放入容器中混合。徹底攪拌至糖化開。加入香腸，拌勻，然後靜置15分鐘。
- 將容器放進微波爐，不要加蓋。按兩下「快速模式」鍵。選擇「烤肉醬香腸」模式，然後按「即時烹調/開始」鍵。
- 烹調完畢後，從爐內取出容器，盛盤食用。

[1-2人份]

3. 優格烤雞

雞胸肉	100 公克	牛至	¼ 茶匙
天然優格	2 湯匙	黑胡椒粉	¼ 茶匙
橄欖油	1 湯匙	鹽	¼ 茶匙
洋蔥	1 湯匙 (切末)		
沙拉醬			
天然優格	2 湯匙	紅蘋果	50 公克 (切成一時小丁)
萊姆汁	½ 茶匙	茴香	30 公克 (吋斜切片)
鹽	¼ 茶匙	烘烤過的白芝麻	½ 茶匙 (稍微壓碎)
加糖煉乳	½ 茶匙		

- 將雞肉洗淨，用叉子在表面刺孔，然後靜置。
- 將所有材料混合成醃料。將醃料塗滿雞肉表面，靜置1小時。
- 將第2步的材料（醃過的雞肉）放入淺盤中。將容器放進微波爐，不要加蓋。按三下「快速膳食」鍵。選擇「優格烤雞」模式，然後按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「TURN OVER」（翻面）時，請打開爐門，將雞肉翻面。將容器放進微波爐，不要加蓋。按「即時烹調/開始」鍵。
- 烹調完畢後，將雞肉從爐內取出，切片、盛盤，並佐以沙拉醬食用。

沙拉醬的作法

混合所有材料，拌勻，然後靜置。

[1-2人份]

4. 海鮮炒飯

白米	2 ½ 杯	大蒜	2 茶匙 (切末)
剝殼明蝦	60 公克	植物油	3 湯匙
烏賊	70 公克	細砂糖	1 茶匙
雞蛋	2 顆	白胡椒粉	1 茶匙
洋蔥	½ 杯 (切絲)	魚露	2 茶匙
胡蘿蔔	50 公克 (切丁)	鮮味露	1 湯匙
蔥	2 湯匙 (切末)		

- 將蝦肉與烏賊放入容器中。將容器放進微波爐，加蓋。按四下「快速膳食」鍵。選擇「海鮮炒飯」模式，然後按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「ADD OIL」（添油）時，請打開爐門，加入植物油及蒜末。攪拌。將容器放回微波爐，不要加蓋。按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「STIR AND ADD ONIONS AND CARROTS」（攪拌並加入洋蔥及胡蘿蔔）時，請打開爐門，加入洋蔥絲及胡蘿蔔丁。攪拌。將容器放回微波爐，不要加蓋。按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「STIR AND ADD EGGS」（攪拌並加蛋）時，請打開爐門，加入雞蛋。輕輕攪拌。將容器放進微波爐，不要加蓋。按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「ADD REMAINING INGREDIENTS EXCEPT SPRING ONIONS」（除蔥花外加入所有剩餘材料）時，請打開爐門，加入白米及除了蔥花以外的所有剩餘材料。攪拌。將容器放回微波爐，不要加蓋。按「即時烹調/開始」鍵。烹調完畢後，將盤子從爐內取出，灑上蔥花、盛盤，並依個人喜好佐以小黃瓜及萊姆片食用。





簡易膳食食譜

1. 紅燒肋排

豬肋排	500 公克 (切成一吋長的條狀)	淡色醬油	3 湯匙
香菇	30 公克 (先泡水軟化, 然後切除菇蒂)	細砂糖	1 湯匙
酸菜	120 公克 (2公分斜切片)	白胡椒粉	1½ 湯匙
大蒜	20 公克 (稍微拍過)	酸菜	¼ 果汁杯
香菜根	3 株 (稍微拍過)	水	4 杯

- 將豬肋排放入容器中。將容器放進微波爐，加蓋。按一下「簡易膳食」鍵。選擇「紅燒肋排」模式，然後按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「STIR AND ADD REMAINING INGREDIENTS」（攪拌並加入剩餘材料）時，請打開爐門，加入所有剩餘材料。攪拌。將容器放回微波爐，加蓋。按「即時烹調/開始」鍵。
- 烹調完畢後，從爐內取出容器，盛碗食用。

2. 醬香烤雞

雞腿	500 公克	蠔油	1 湯匙
醃大蒜	100 公克	鮮味露	1 湯匙
醃大蒜汁	½ 杯	醬油膏	1 湯匙
水	¼ 杯	椰糖	2 湯匙
魚露	2 湯匙	白胡椒粉	1 茶匙

- 混合魚露、蠔油、鮮味露、醬油膏、椰糖及白胡椒粉，作為醃料。攪拌至糖化開。將醃料塗滿雞腿表面，靜置30分鐘。
- 將第1步的材料（醃過的雞肉）、醃大蒜及水加在一起拌勻。將容器放入微波爐，不要加蓋。按兩下「簡易膳食」鍵。選擇「醬香烤雞」模式，然後按「即時烹調/開始」鍵。
- 當聽到嗶聲（微波爐停止工作）而顯示板顯示「TURN OVER」（翻面）時，請打開爐門，將雞肉翻面。將容器放進微波爐，不要加蓋。按「即時烹調/開始」鍵。
- 烹調完畢後，從爐內取出容器，盛盤食用。

3. 苦瓜鑲肉湯

苦瓜	1 條 (400 公克)	雞蛋	1 顆 (全蛋)
豬頸肉	300 公克 (絞碎)	淡色醬油	1 湯匙 (豬肉醃料)
香菜根	3 株 (切末)	淡色醬油	2 湯匙 (烹調用)
大蒜	7 顆 (切末)	醬油膏	½ 茶匙
白胡椒粉	2 茶匙	細砂糖	1 茶匙
香菇	3 朵 (用水浸軟, 切小丁)	水	3 杯

- 將香菜根、大蒜及白胡椒加在一起搗碎成細末狀。
 - 將第1步的材料、豬頸肉和香菇加在一起，用淡色醬油、細砂糖和醬油膏調味。加一顆蛋，拌勻，然後靜置。
 - 將苦瓜切成長2 1/2吋小段，去子及內囊，用水徹底沖淨。
 - 將豬肉餡塞入苦瓜內。置入容器內排好，加蓋，放進微波爐。按三下「簡易膳食」鍵。選擇「苦瓜鑲肉湯」模式，然後按「即時烹調/開始」鍵。
 - 當聽到嗶聲（微波爐停止工作）而顯示板顯示「REMOVE FOOD STAND AND ADD WATER INTO CONTAINER AND COVERED」（取出食物，靜置，將水倒入容器，加蓋）時，請打開爐門，取出容器並靜置。
 - 將水倒入另一個容器，加蓋，放進微波爐，然後按「即時烹調/開始」鍵。
 - 當聽到嗶聲（微波爐停止工作）而顯示板顯示「ADD STUFFED BITTER GOURD AND COVERED」（加入鑲肉之苦瓜並加蓋）時，請打開爐門，加入靜置過的苦瓜材料。將容器放進微波爐，加蓋。按「即時烹調/開始」鍵。烹調完畢後，從爐內取出容器，加入淡色醬油調味，輕輕攪拌，然後盛碗食用。
- (4人份)

4. 辣培根沙拉

培根	200 公克 (逆紋切成一吋長的條狀)	熟米粉	2 湯匙
豬頸肉	100 公克 (絞碎)	辣椒末	1 湯匙
珠蔥	¼ 杯 (切末)	萊姆汁	3 湯匙
蔥	¼ 杯 (切末)	魚露	1 湯匙
薄荷葉	¼ 杯		

- 將培根及豬頸肉混合，攪拌，然後將容器放進微波爐，不要加蓋。按四下「簡易膳食」鍵。選擇「辣培根沙拉」模式，然後按「即時烹調/開始」鍵。
 - 當聽到嗶聲（微波爐停止工作）而顯示板顯示「STIR」（攪拌）時，請打開爐門，取出容器，攪拌。將容器放進微波爐，不要加蓋。按「即時烹調/開始」鍵。
 - 烹調完畢後，從爐內取出，加入熟粉、辣椒末、萊姆汁及魚露拌勻，接著再加進珠蔥、青蔥及薄荷葉。輕輕攪拌，盛盤，佐以您最喜愛的新鮮蔬菜食用。
- (4人份)





其他簡便功能

減少 / 增加功能的設定



自動模式中的烹調時間均依照大眾口味設定。若要根據個人偏好調整烹調時間，請使用「加」或「減」功能來增減烹調時間。

「加」「減」鍵可調整下列模式的烹調時間

- 便利菜單
- 感應烹調
- 快速膳食
- 簡易膳食

* 假設您想用比標準設定更長的時間來解凍1.0公斤的棒棒腿（簡易解凍）。

步驟	操作	軟鍵	顯示
1	按「加」鍵。		
2	按「簡易解凍」鍵三下來解凍棒棒腿。		
3	按數字鍵輸入重量。		
4	觸按即時烹調/開始軟鍵。		

在烹調過程中增加或減少時間

在手動烹調過程中，您可用「加」或「減」鍵來增減微波爐烹調時間。

* 假設您想在使用50%微波強度烹調5分鐘的過程中，追加2分鐘的烹調時間。

步驟	操作	軟鍵	顯示
1	選定所需烹調時間。		
2	視需要重複按下「微波強度」鍵來設定微波強度。（50%微波強度按六下）		
3	觸按即時烹調/開始軟鍵。		 烹調時間開始逐秒遞減。
4	按兩下「加」鍵，即可加2分鐘的烹調時間。		



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。

你可輸入任何時間，最長99分99秒。若想在倒數期間取消計時，只需按「暫停/取消」即可。

* 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	輸入所需的時間。		 顯示板將反覆顯示「PRESS」「START」「OR」「SELECT」「POWER」（按開始鍵或選擇微波強度）。
雞蛋一旦開始在鍋內烹調、即可設定定時器。			
2	按「功能查詢/計時器」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。

資訊

功能查詢 /
計時器
INFO / TIMER

「資訊」功能含六種預設程式。

示範功能

本功能主要是讓零售店使用、同時亦可讓用戶練習各項功能的操作方法。

* 示範時。

步驟	操作	軟鍵	顯示
1	按「資訊/計時器」鍵。	功能查詢 / 計時器 INFO / TIMER	顯示板將反覆顯示「DEMO」「PRESS 1」「LOCK」「PRESS 2」「CLOCK」「PRESS 3」「AUTO START」「PRESS 4」「INFO ON」「PADS」「PRESS DESIRED」「PAD」(示範按1;鎖定按2;時鐘按3;自動啟動按4;按鍵資訊一按下您想查詢的按鍵。)
2	按下1號鍵。	1	顯示板將反覆顯示「DEMO」「MODE」「TO TURN」「ON」「PRESS」「START」(欲啟動示範模式,請按開始鍵)。
3	觸按即時烹調/開始軟鍵。	即時烹調 / 開始 INSTANT COOK/START	顯示板將反覆顯示「DEMO」「MICRO-」「WAVE」「OVEN」(微波爐功能示範)。

現在、即可在無微波輸出的情況之下作烹調操作示範。

* 假設您想看「即時烹調」示範。

在「示範模式」第3步之後。

步驟	操作	軟鍵	顯示
4	觸按即時烹調/開始軟鍵。	即時烹調 / 開始 INSTANT COOK/START	 烹調時間會開始以十倍速度倒數到零。

* 若欲取消「示範模式」。





在「示範模式」第2步之後。

步驟	操作	軟鍵	顯示
3	觸按即時烹調/開始軟鍵。	即時烹調 / 開始 INSTANT COOK/START	 顯示板將顯示當天時間。

兒童安全鎖

若不慎在爐內無食物或液體的狀態下啟動微波爐，將減損微波爐壽命。
為了避免此種意外發生、本爐備有「兒童安全鎖」功能、用戶可在不使用本爐時進行此設定。

* 要設定兒童鎖
在C-26頁的「示範模式」第1步之後。

步驟	操作	軟鍵	顯示
2	按下2號鍵。		
3	觸按即時烹調/開始軟鍵。		 顯示板將顯示當天時間。

控制面板現已鎖定。每次按下按鍵時，顯示板會顯示「LOCK」（鎖定）。

* 若欲取消「兒童安全鎖」。
在「兒童安全鎖」第2步之後。

步驟	操作	軟鍵	顯示
3	觸按即時烹調/開始軟鍵。		 顯示板將顯示當天時間。 微波爐現已可使用。

時鐘時間的設定方法

若欲設定當天時間。請參見C-6 頁。

自動啟動

「自動啟動」功能讓您可將微波爐設定為自動啟動。

* 假設您想從4:30（下午或晚上）開始，以50%微波強度烹調煲鍋20分鐘（請檢查時鐘是否正確）。
在C-26頁的「示範模式」第1步之後。

步驟	操作	軟鍵	顯示
2	按下4號鍵。	4	AUTO HELP START HELP
3	輸入所需的启动時間。	4 3 0	4:30 HELP 冒號 (:) 會閃爍。
4	觸按即時烹調/開始軟鍵。	即時烹調 / 開始 INSTANT COOK/START	4:30 HELP ENTER HELP COOKING HELP TIME HELP
5	選定所需烹調時間。	2 0 0 0	20:00 HELP
6	選擇您要的烹調模式。 (若要用50%微波強度烹調，則按「微波強度」六下)	微波強度 POWER LEVEL x 6	50P HELP
7	觸按即時烹調/開始軟鍵。	即時烹調 / 開始 INSTANT COOK/START	AUTO HELP START HELP 4:30 ON 微波爐將從4:30開始自動烹調。 20:00 COOK 計時器開始倒數。當計時器倒數到零時， 所有指示燈會熄滅，微波爐將發出 「嗶」聲。

注意：

若在第7步之後曾打開爐門，只要在爐門關上後按一下「開始」鍵，即可重回「自動啟動」模式。

按「暫停/取消」鍵可取消「自動啟動」模式。

在設定「自動啟動」之前，必須先正確設定時鐘。關於時鐘設定請見C-6頁。

「自動啟動」僅可設定於手動微波烹調模式中。



按鍵資訊

每個按鍵都包含了有用資訊。

* 若欲查詢「新鮮蔬菜」鍵的說明訊息。在C-26頁的「示範模式」第1步之後。

步驟	操作	軟鍵	顯示
2	按「新鮮蔬菜」鍵。		顯示器將顯示「PRESS」「TO」「SELECT」「1-2」「PRESET」「FRESH」「VEGE-」「TABLE」「MENUS」（按下按鍵來選擇新鮮蔬菜預設模式1或2）兩次。

說明訊息將反覆顯示兩次，之後將顯示時鐘。
若您想取消說明訊息，請按「暫停/取消」鍵。

說明

每個自動烹調設定都提供一個烹調提示。

若欲查閱，請在顯示板顯示「HELP」（說明）時按下「功能查詢/計時器」鍵。

提示響鬧

本微波爐備有警鈴功能。若烹調結束後食物留在爐內，微波爐將響3聲。1分鐘之後，顯示板將顯示「REMOVE FOOD」（取出食物）。

若您此時不將食物取出，則微波爐會在2分鐘及3分鐘後各響3聲。





清洗及注意事項

清洗前先拔去電源插頭或在清洗時把爐門打開、以防止微波爐啟動。

定時清洗微波爐。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、更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洗。洗淨後用柔軟的濕布將其清洗並抹乾。清潔時、請勿使用粗粒狀洗潔劑。保持通風口及插頭的清潔。

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。不要用研磨性洗劑清洗。

輕觸式控制板：

用一微濕軟布抹拭軟鍵控制板。
切勿刮洗或以化學清潔劑或過多之水份來清洗。

爐箱內壁：

請用溫水軟布來清洗內壁。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。請不要拆出波導管罩。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。切勿向爐爐的任何部份、直接噴射焗爐清潔劑。應注意避免用過多的水清洗。而清洗之後、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

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. 爐門開啟時、爐內燈光是否亮起？ 是 _____ 否 _____
3. 將一杯水（250毫升）放置於轉盤上、並把爐門關妥。（在爐門關好的情況下、照明燈應熄滅。）按一下「即時烹調/開始」鍵。
 - A. 照明燈是否點亮？ 是 _____ 否 _____
 - B. 通風扇是否轉動？（將手放在後部的通風口上） 是 _____ 否 _____
 - C. 轉盤是否旋轉？（轉盤可沿順時針或逆時針方向旋轉） 是 _____ 否 _____
 - D. 一分鐘後、微波爐是否發出明顯的信號聲、而COOK（烹調）指示燈也同時熄滅？ 是 _____ 否 _____
 - E. 水是否已經變熱？ 是 _____ 否 _____

如以上問題答案都是「否」、檢查電源插座及電錶箱的保險線。

如電源插座及保險線均無問題、請立刻與就近聲寶所指定的維修中心聯絡。

- 註：
1. 若顯示器時間的倒數速度極快、請檢查是否設定為「示範模式」。（詳情請見C-26頁）。
 2. 以「高/中高」微波強度烹調時、輸出微波強度會逐漸降低、以防過熱。

規格

交流電壓	:	請參見微波爐背面銘牌上的額定數據。
交流電消耗功率	:	1.15 千瓦*（IEC測試程序）
電力消耗	:	1.90 千瓦
輸出功率	:	1200 瓦*（IEC測試程序）
微波頻率	:	2450 MHz（乙類/第二組）**
外型尺寸	:	520 毫米（闊）× 310 毫米（高）× 448 毫米（深）
爐箱內尺寸	:	375 毫米（闊）× 226 毫米（高）× 387 毫米（深）***
微波爐容量	:	33 公升***
烹調均勻度	:	轉盤系統（直徑320毫米）
重量	:	約 12 公斤

* 此規格是以國際電工委員會（IEC）測量輸出功率的方法為標準。

** 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。





SHARP
SHARP CORPORATION

TINSA246WRRZ-V21
Printed in Thailand