

SHARP

OPERATION MANUAL



R-658 **MICROWAVE OVEN** **with GRILL**

800W (IEC 60705)

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT:

There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

If you require any advice or assistance regarding your Sharp product, please visit our website:

www.sharp.co.uk/customersupport

Customers without Internet access may telephone:

**0845 888 8112(9am - 5pm)
(01) 676 0648 (from Ireland)**



Attention: Your product is marked with this symbol. It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

A. Information on Disposal for Users (private households)

1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by member states private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*.

In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one.

*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www.swico.ch or www.sens.ch.

B. Information on Disposal for Business Users.

1. In the European Union

If the product is used for business purposes and you want to discard it:

Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

For Spain: Please contact the established collection system or your local authority for take-back of your used products.

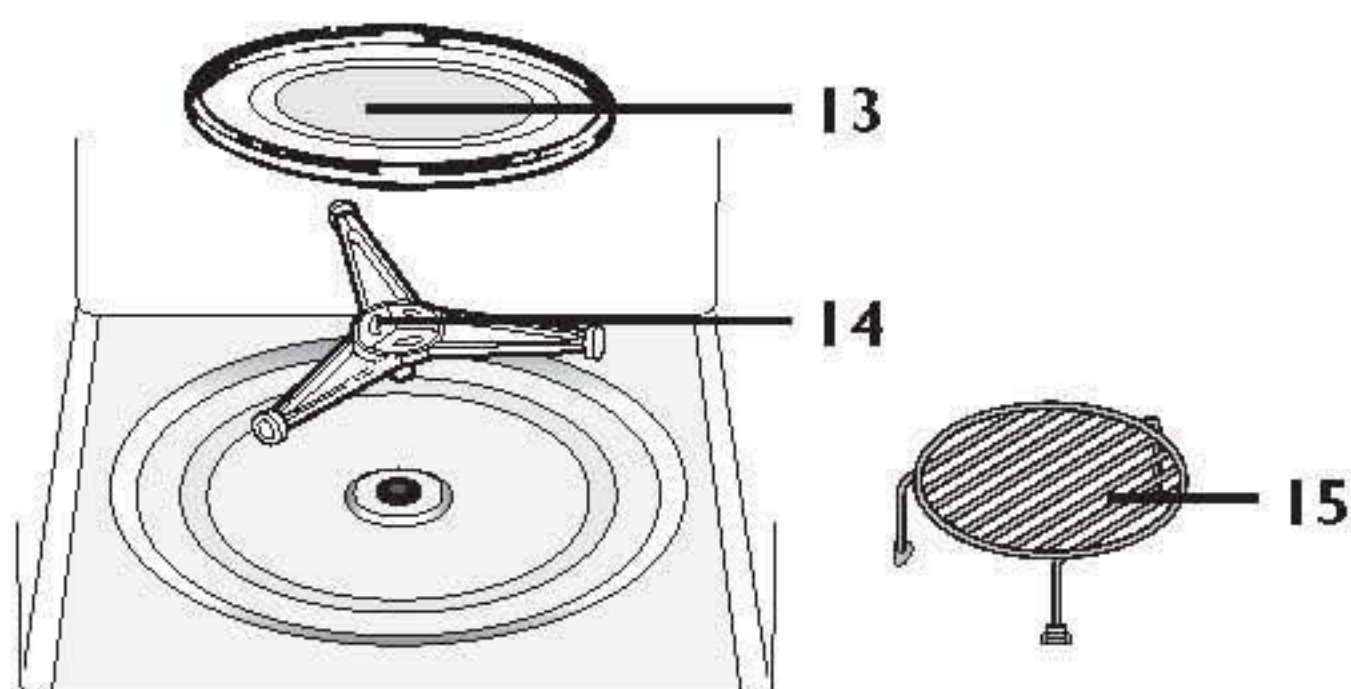
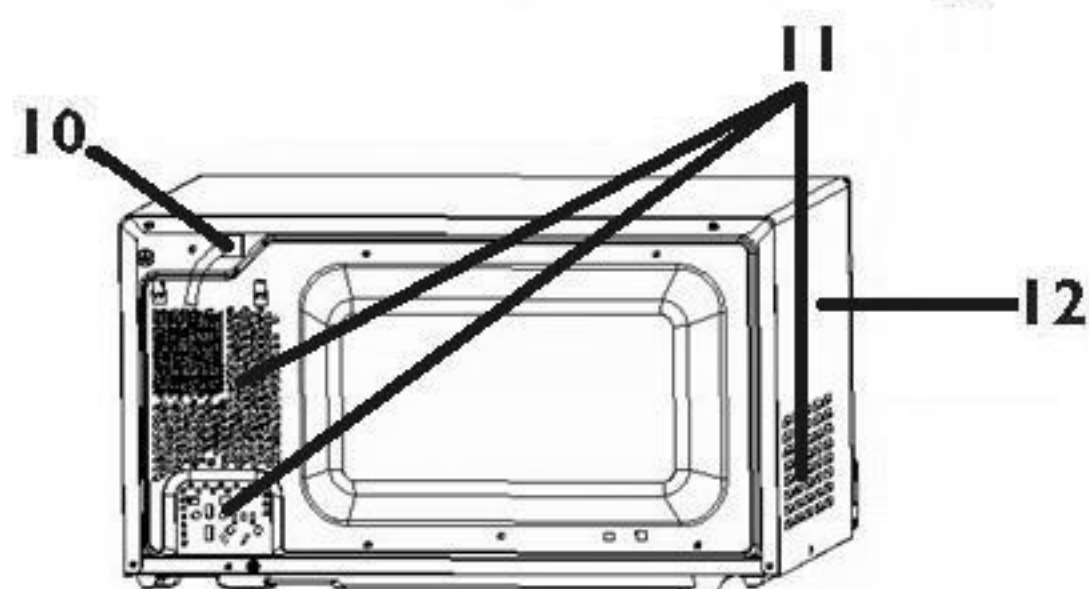
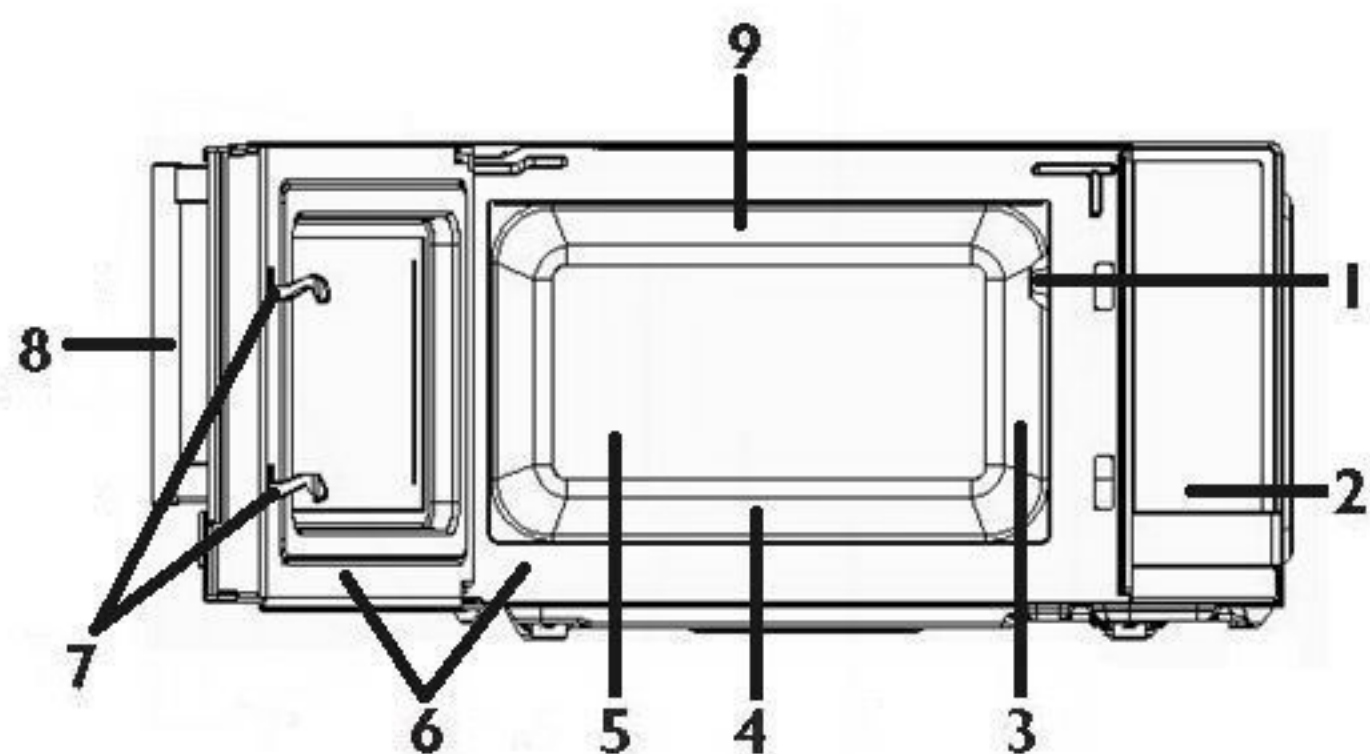
2. In other Countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

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YOUR OVEN AND ACCESSORIES



OVEN:

1. Oven lamp
2. Control panel
3. Waveguide cover (DO NOT REMOVE)
4. Coupling
5. Oven cavity
6. Door seals and sealing surfaces
7. Door latches
8. Door opening handle
9. Grill heating element
10. Power cord
11. Ventilation openings
12. Outer cabinet

ACCESSORIES:


Check to make sure the following accessories are provided:

13. Turntable
 14. Roller stay
 15. Rack
- Place the roller stay in the coupling on the floor of the cavity, then place the turntable on to the roller stay, ensuring it is located firmly.
 - To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.
 - For use of the rack, refer to the grilling sections on pages 12 to 13.

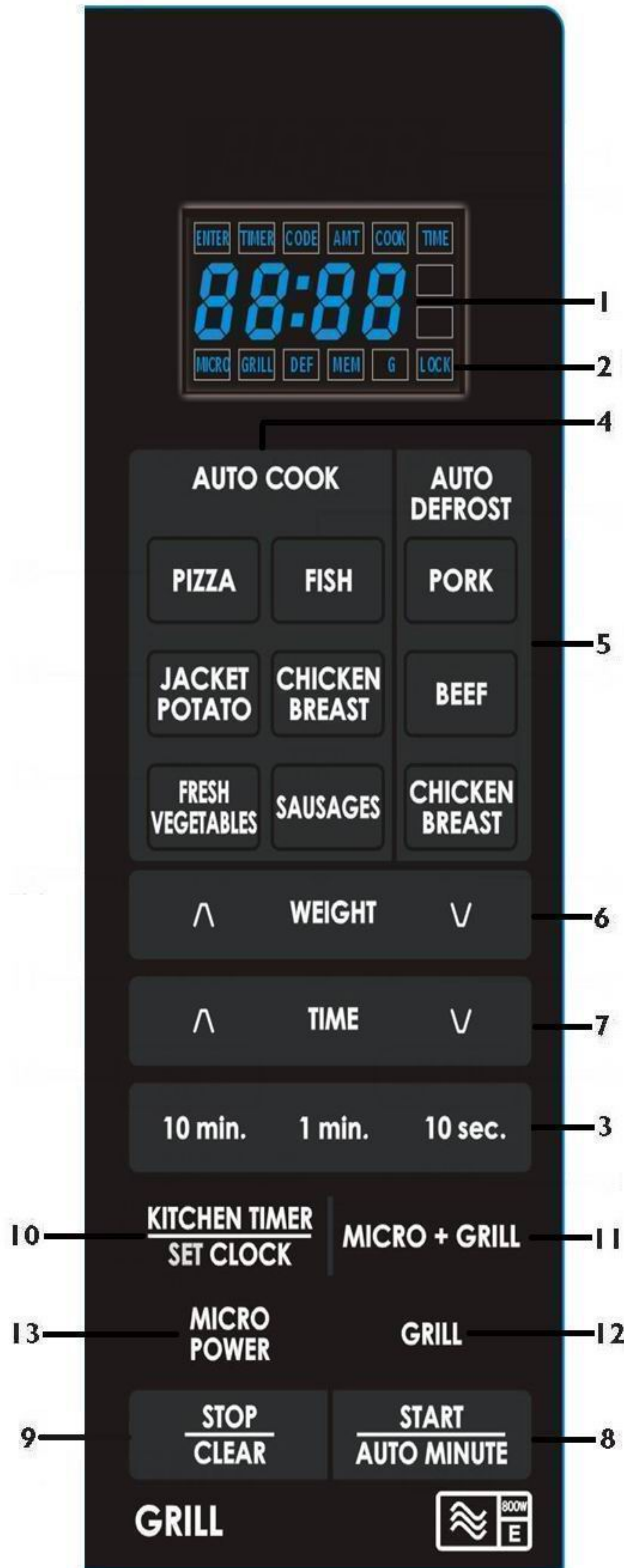
Never touch the grill when it is hot.

NOTES:

- The waveguide cover is fragile. Care should be taken when cleaning inside the oven to ensure that it is not damaged.
- After cooking fatty foods without a cover, always clean the cavity and especially the grill heating element thoroughly, these must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
- Always operate the oven with the turntable and roller stay fitted correctly. This promotes thorough, even cooking. A badly fitted turntable may rattle, may not rotate properly and could cause damage to the oven.
- The turntable rotates clockwise or anti-clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please quote both the **PART NAME** and **MODEL NUMBER** to your dealer or SHARP approved service facility. The model number is located on the rating label, which is found on the right hand side when you open the door.

⚠ WARNING:  This symbol means that the surfaces are liable to get hot during use. The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

CONTROL PANEL



- 1. DIGITAL DISPLAY
- 2. INDICATORS

KEYS:

- 3. TIME
- 4. AUTO COOK
- 5. AUTO DEFROST
- 6. WEIGHT
- 7. LESS/MORE TIME
- 8. START/AUTO MINUTE
- 9. STOP/CLEAR
- 10. KITCHEN TIMER/CLOCK SET
- 11. MICRO + GRILL
- 12. GRILL
- 13. MICRO POWER

IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic food use only.
 - Never operate when empty, except as directed in the 'Heating without food' section on page 11.
 - Do not leave or store anything inside the oven when not in use.
 - Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
 - Never operate the oven with any object caught in the door.
 - Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
 - If water or food drops inside the air vent openings switch the oven off immediately, unplug it and call a SHARP approved service facility. (See page 29).
 - Never move the oven while it is operating.
 - The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.
- Pacemaker:** If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

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. 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: 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 has to be taken when handling the container. Stir the liquid prior to and during heating/ reheating, let liquid stand for at least 20 seconds in the oven after cooking.

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

INSTALLATION

WARNING:

Inspect the Oven:

- Check the oven carefully for damage before and regularly after installation.
- Make sure the door closes properly, that it is not misaligned or warped.
- Check the hinges and door safety latches are not broken or loose.
- Ensure the door seal and sealing surfaces are not damaged. If the door

- or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- Inspect the oven interior and door for dents.

IMPORTANT:

If any damage is apparent, do not operate the oven in any way. Contact SHARP customer support.

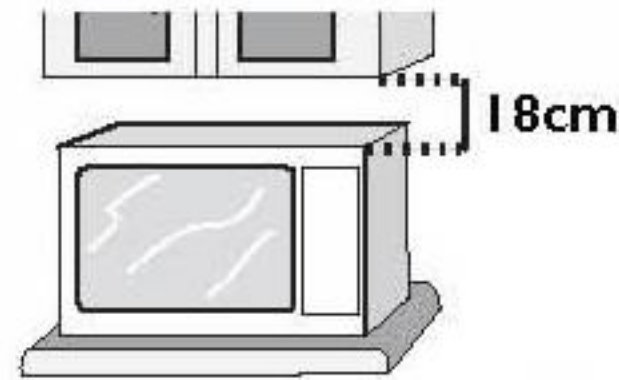
INSTALLATION

1. Remove all packing materials including the feature sticker (if applicable).

The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. **DO NOT REMOVE THE WAVEGUIDE COVER.**

2. The oven door will become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor. Ensure the surface or mounting position on a flat surface that is strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.

3. The minimum height of free space necessary above the top surface of the oven is 18cm.



4. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.

5. Make sure the power supply cord is undamaged (See "ELECTRICAL CONNECTION" below).

Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

6. The socket must be readily accessible so that it can be easily unplugged in an emergency.
7. Do not use the oven outdoors.

BUILDING-IN-KIT.

No built-in kit is available for this oven.

This oven is designed to be used on a countertop only.

ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.

- If the power supply cord is damaged, it must be replaced by a Sharp approved service facility or a similarly qualified person to avoid a hazard.
- When removing the plug from the socket always grip the plug, never the cord as this may damage the power supply cord and the connections inside the plug.
- If the plug fitted to your oven is a rewirable type and in the event of the socket outlet in your home not being compatible with the plug supplied, remove the plug properly (do not cut off).
- If the plug fitted to your oven is a non-rewirable type and in the event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug.
- Refit with a suitable type, observing the wiring code given in 'To replace the mains plug' on page 29.



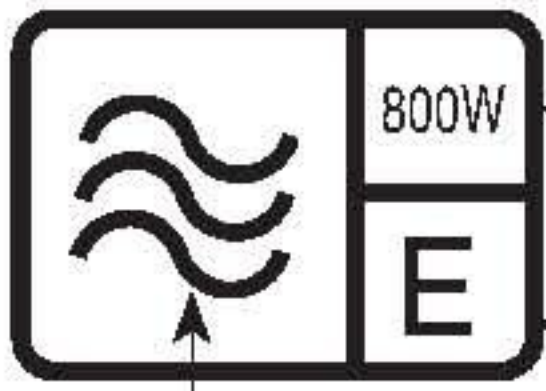
WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in 'To replace the mains plug' on page 29.

IMPORTANT!

- The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.
- Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.
- The plug must not be used without the fuse cover fitted.
- If you have any doubt about your microwave oven obtain the help of a qualified electrician.
- When replacing the plug please ensure that you use a BSI or ASTA approved plug to BSI 363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BSI 362. If you have any doubt about electrical connection seek the help of a qualified electrician.

HEATING CATEGORY



Microwave Symbol.

Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

OVEN OUTPUT POWER	<p>Less heating time required</p> <p>600 700 800 900 1000 Watts</p> <p>More heating time required</p>
OVEN OUTPUT CATEGORY	<p>Less heating time required</p> <p>A B C D E</p> <p>More heating time required</p>

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required as shown opposite.

HOW YOUR OVEN WORKS

Microwaves are energy waves, similar to those used for TV and radio signals.

Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide. To prevent food and grease entering the wave guide it is protected by the waveguide cover.

Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door.

During cooking the microwaves bounce off the sides of the oven cavity at random.

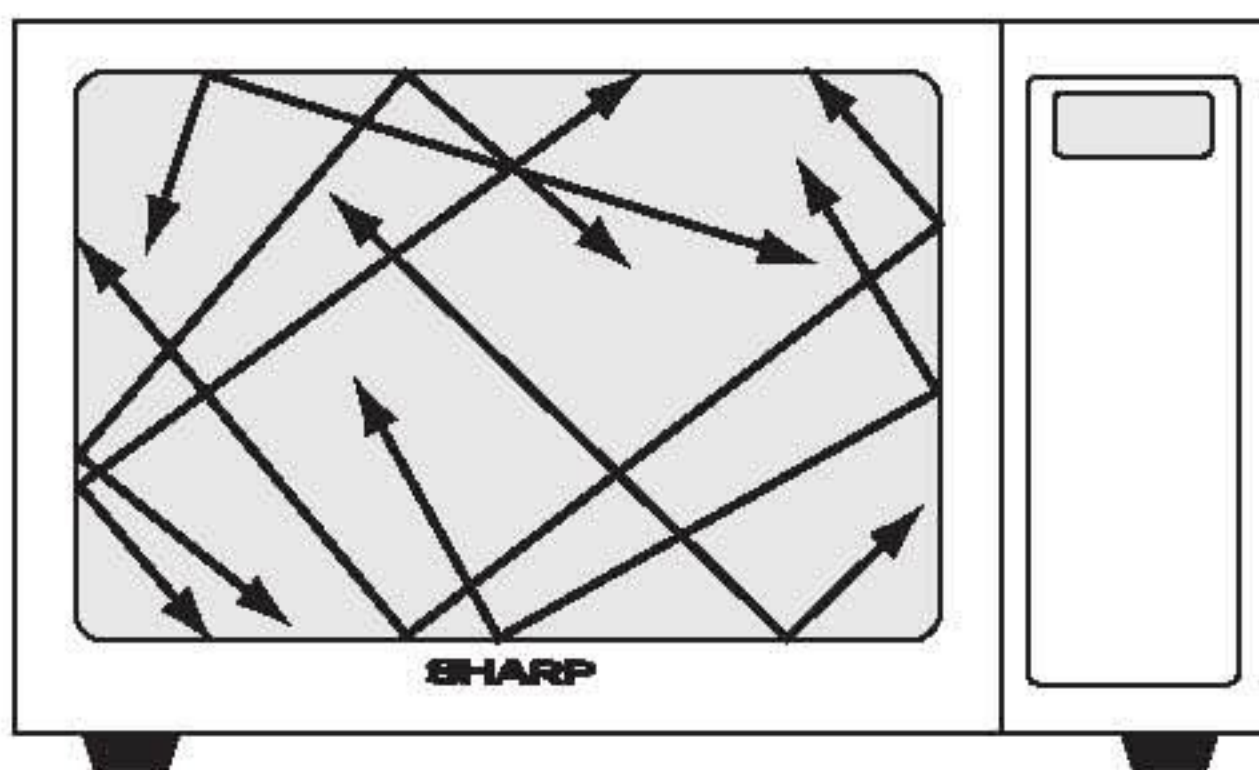
Microwaves will pass through certain materials, such as glass and plastic, to heat the food. (See 'Suitable Cookware' on page 23).

Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.

Once cooking is complete, the oven automatically stops producing microwaves.

Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.



BEFORE OPERATION

Plug in the oven.

1. The oven display will flash:

1.



2. Press the **STOP/CLEAR** key.

2.



3. The display will show:

3.



MICROWAVE POWER LEVELS

Power Level	Press the MICRO POWER key	Percentage
HIGH	x 1	P100
MEDIUM HIGH	x 2	P-70
MEDIUM	x 3	P-50
MEDIUM LOW (Defrost)	x 4	P-30
LOW (Defrost)	x 5	P-10

- Your oven has 5 power levels, as shown opposite.
- To change the power level for cooking, press the **MICRO POWER** key and then enter the cooking time.

Power level:

The microwave power level is varied by the microwave energy switching on and off. When using power levels other than 100% you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

IMPORTANT: The microwave power level will cook at 100% unless you press the **MICRO POWER** key to the desired setting.

Check the power level:

To check the microwave power level during cooking, press the **MICRO POWER** key. As long as your finger is pressing the **MICRO POWER** key the power level will be displayed. The oven continues to count down although the display will show the power level.



**POWER LEVEL
KEY**

SETTING THE CLOCK

Your oven has a 12 hour and a 24 hour clock.

- To select the 12 hour clock, press the **KITCHEN TIMER/CLOCK SET** key once for 3 seconds.

"12H" will appear on the display

**KITCHEN TIMER
SET CLOCK** x1 (3 seconds)

- To select the 24 hour clock, press the **KITCHEN TIMER/CLOCK SET** key twice.

"24H" will appear on the display

**KITCHEN TIMER
SET CLOCK** x1 (3 seconds)
**KITCHEN TIMER
SET CLOCK** x1

To set the time of day follow the instructions opposite.

NOTES:

- Press the **STOP/CLEAR** key if you make a mistake during programming.
- If you press any of the **TIME** keys too many times, continue to press the key until the desired time re-appears.
- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show ":" when cooking is complete.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show "88 : 88" after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the opposite example again.

- Select the clock type required.

**KITCHEN TIMER
SET CLOCK** x1 (3 seconds)

"12H" will appear on the display

or **KITCHEN TIMER
SET CLOCK** x1 (3 seconds)

**KITCHEN TIMER
SET CLOCK** x1

"24H" will appear on the display



- Enter the hours by pressing the **10 MIN** key.

10 min.



- Enter the minutes by pressing the **1 MIN** and **10 SEC** keys.

1 min.

10 sec.



- To start the clock, press the **KITCHEN TIMER /CLOCK SET** key once.

**KITCHEN TIMER
SET CLOCK** x1

NOTES:

Once you have selected either the 12 hour or 24 hour option the clock function will not allow you to set a time which is not appropriate for that setting. For example it is not possible to set 13:00 on 12 hour setting, or 25:00 on 24 hour setting. If an incorrect time is set the display will revert back to 12H or 24H. When the **KITCHEN TIMER /SET CLOCK** has been pressed and you will be able to re-enter the correct time.

HOW TO OPERATE YOUR OVEN

Opening and closing the door:

To open the oven door, pull the door opening handle.

Starting the oven:

Close the door and press the **START/AUTO MINUTE** key.



Stopping the oven:

If you want to stop the oven during cooking, press the **STOP/CLEAR** key once or open the oven door.

If you want to cancel the cooking programme, press the **STOP/CLEAR** key twice.



Your oven enables you to cook and defrost food using the automatic programmes, or to cook and defrost food manually.

Automatic cooking and defrosting allows you to cook and defrost using preset programmes where the timings have been calculated for you, e.g **AUTO COOK** and **AUTO DEFROST**.

Manual cooking and defrosting allows you to cook/defrost foods and weights which are not included in the automatic programmes.

The following are examples of manual cooking and defrosting.

For automatic cooking and defrosting refer to pages 14 - 16.

MANUAL COOKING USING MICROWAVE FUNCTION ONLY

- Enter the power level and then cooking time.
- Stir or turn the food, where possible, 2 - 3 times during cooking, if required.
- After cooking, cover the food and leave to stand, if required.

Example:

To cook for 2 minutes 30 seconds on 70% microwave power.

1. Input the power level by pressing the **MICRO POWER** key twice.



2. Enter the cooking time by pressing the **1 MIN.** key twice, then the **10 SEC.** key three times.



3. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

HOW TO OPERATE YOUR OVEN

MANUAL DEFROSTING

- Enter the defrosting time and use microwave power levels 10% or 30% to defrost (refer to page 7).
- Stir or turn the food, where possible, 2 - 3 times during defrosting.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.

NOTES FOR MANUAL COOKING AND DEFROSTING:

- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anti-clockwise.
- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).

NOTE:

- If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display stops automatically. The cooking/defrosting time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When cooking/defrosting is complete, open the door or press **STOP/CLEAR** key and the time of day will reappear on the display, if the clock has been set.
- If you want to know the power level during cooking, press the **MICRO POWER** key and 3 seconds will show on the display, then after 3 seconds the time will disappear.

Example:

To defrost for 10 minutes on 30% microwave power:

1. Input the power level by pressing the **MICRO POWER** key 4 times.



2. Enter the defrosting time by pressing the **10 MIN.** key once.



3. Press the **START/AUTO MINUTE** key once to start defrosting.



The display will count down through the defrosting time.

GRILL COOKING

You may detect smoke or a burning smell when using the grill for the first time. This is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill.

IMPORTANT: During operation, to allow smoke or smells to disperse open a window or switch the kitchen ventilation on. Make sure there is no food in the oven.

Example:

First time usage of grill, using GRILL key.

1. Press GRILL key once.



2. Enter the required heating time by pressing the **10 MIN.** key twice.



3. Press the **START/AUTO MINUTE** key once to start the operation.



The display will count down. When the oven has finished the operation, open the door to cool the oven cavity.

WARNING:

The door, outer cabinet, oven cavity, and accessories will become very hot during operation. Take care to avoid burns when cooling the oven down after operation.

GRILL COOKING

The grill at the top of the oven cavity has one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning.

Use the rack for grilling small items of food such as bacon, gammon and teacakes, turn over halfway through grilling.

Food can be placed either directly onto the rack, or into a flan dish/heat-resistant plate on the rack.

NOTES:

- It is not necessary to preheat the grill before cooking.
- When browning foods in a deep container, place on the turntable.

Example:

To grill for 20 minutes, using GRILL key.

1. Press **GRILL** key once.



2. Enter the grilling time by pressing the **10 MIN.** key twice.



3. Press the **START/AUTO MINUTE** key once to start grilling.



The display will count down through the grilling time.

⚠ WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

MICRO + GRILL COOKING

MICRO + GRILL

MICRO + GRILL combines microwave power with the grill.

The combination of microwave power with the grill reduces cooking time and provides a crisp, brown finish.

There are **2** choices for the combination:

COMBINATION 1

30% time for microwave power, 70% time for grill cooking. Use for fish or au gratin.

COMBINATION 2

55% time for microwave cooking, 45% time for grill cooking. Use for pudding omelets, and poultry.

NOTES:

- It is not necessary to preheat the grill.
- When browning foods in a deep container, place on the turntable.

Example:

To cook for 15 minutes, using **MICRO + GRILL**, 30% time microwave power.

1. Press the **MICRO + GRILL** key once.
(Press the **MICRO + GRILL** key twice for **COMBINATION 2**.)

MICRO + GRILL x1

Co-1



2. Enter the cooking time by pressing the **10 MIN.** key once and the **1 MIN.** key 5 times.

10 min. x1

1 min. x5

15:00



3. Press the **START/AUTO MINUTE** key once to start cooking.

START
AUTO MINUTE x1

15:00

The display will count down through the cooking time.

⚠ WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

AUTO DEFROST

AUTO COOK/AUTO DEFROST enables you to cook or defrost the foods listed on the control panel and the charts on pages 15 and 17. Follow the example below for details on how to operate these functions.



AUTO DEFROST Example:

To defrost a 1000g beef.

1. Press the **BEEF** key.



2. Enter the weight by pressing the **WEIGHT UP** key 9 times.



3. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

⚠ WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

AUTO DEFROST

AUTO DEFROST CHART

MENU	WEIGHT RANGE	NOTES FOR MANUAL DEFROST
Meat Joint: Pork PORK	100g-2000g	<ul style="list-style-type: none"> • You may need to turn food over during defrosting to ensure even results. • When action is required (example, to turn food over), the oven stops, the audible signals sound and an indicator will flash on the display. To continue cooking, press the START/AUTO MINUTE key. • The final food temperature will vary according to the initial food temperature. Check food is thoroughly defrosted. If necessary, you can extend the defrost time manually. • Before freezing food, ensure food is fresh and of good quality.
Beef BEEF	100g-2000g	
Chicken CHICKEN BREAST	100g-2000g	

Frozen foods are defrosted from -18°C.

NOTES FOR AUTO DEFROST:

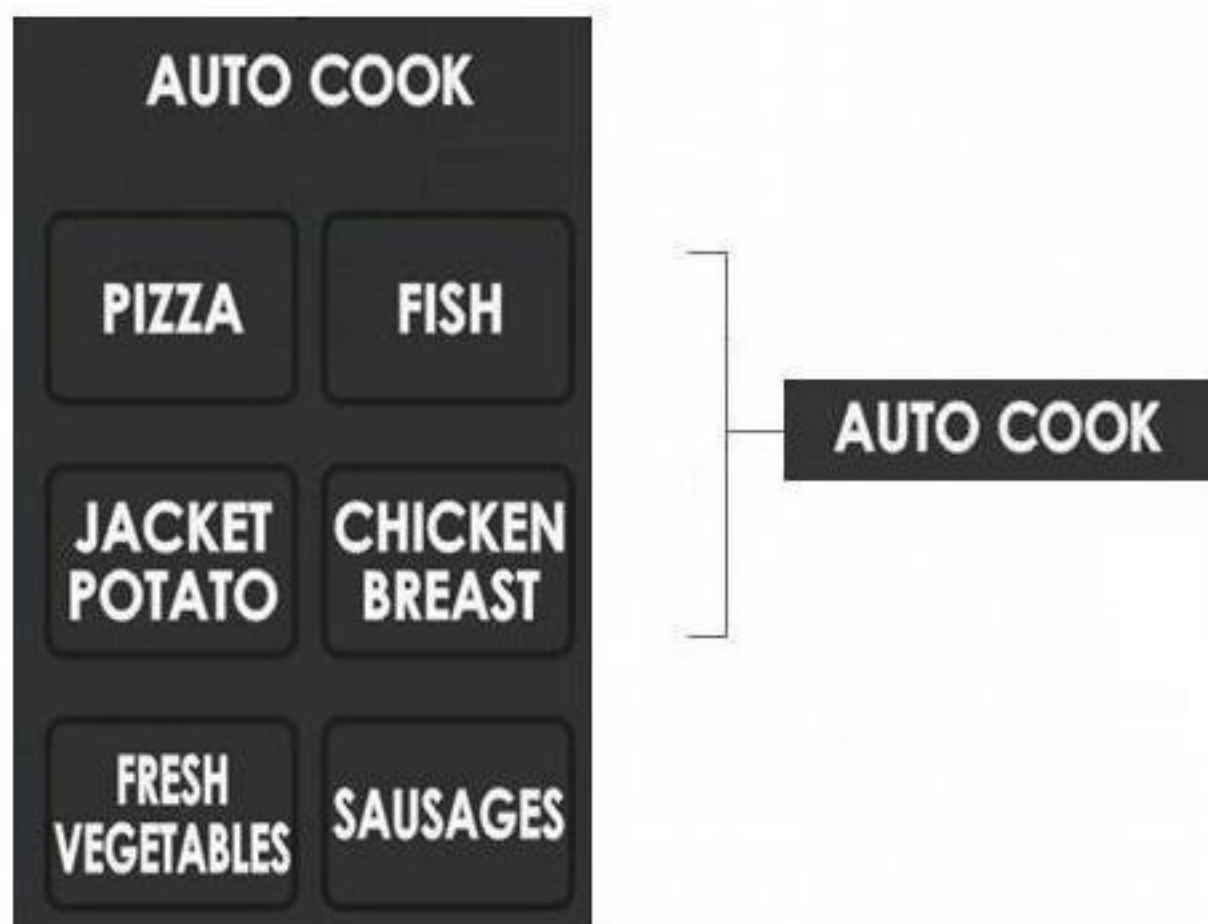
- To manually defrost, press the power level to P-10 or P-30. Select the time required and press the START key.
- If necessary, shield small areas of meat or poultry with small flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- Do not cook the meat or poultry until thoroughly defrosted.

WEIGHT RANGE FOR AUTO DEFROST:

- Weigh all meat and poultry prior to cooking/defrosting as the labelled weight is only approximate.
- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- **You are restricted to defrost a weight within the range given in the charts.**

AUTOCOOK

AUTOCOOK enables you to cook the foods listed on the control panel.



Follow the example opposite for more details on how to operate this function.

WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

Example:

To cook two jacket potatoes (460g).

1. Select the menu required by pressing the **Jacket Potato** key.



2. Press **WEIGHT UP/DOWN** key to choose the required number of potatoes (up to 3).



3. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

AUTOCOOK

AUTO COOK CHART

MENU	WEIGHT RANGE	NOTES
Pizza	150g-450g	<ul style="list-style-type: none">• If there is a requirement to stir the food during the auto cook process the oven will stop and the audio signal will sound, at the same time the remaining cook time will show on the display. To continue cooking once the food has been stirred, press the START/AUTO MINUTE key.• The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.• Results may differ from your personal preference. If you are not satisfied with the programmed result, please adjust the cooking time to match your requirement.
Fish	200g-600g	
Jacket Potato	230g-690g	
Chicken Breast	200g-600g	
Fresh Vegetables	200g-600g	
Sausage	100g-500g	

WEIGHT RANGE:

- Food weight should be rounded up or down to the nearest 100g, for example, 650g to 700g or 340g to 300g.

CONVENIENT FUNCTIONS

1. SEQUENCE COOKING

This function allows you to cook using up to 2 different stages which can include Grill or Micro + Grill cooking.

Once programmed there is no need to interfere with the cooking operation as the oven will automatically move onto the next stage.

Example:

To cook for:

5 minutes on 70% microwave power (Stage 1)

6 minutes on Grill (Stage 2)

STAGE 1

1. Input the power level by pressing the **POWER LEVEL** key twice.



2. Enter the cooking time by pressing the **1 MIN.** key 5 times.



STAGE 2

3. Select Grill by pressing the **GRILL** key once.



4. Enter the cooking time by pressing the **1 MIN.** key 6 times.



5. Press the **START/AUTO MINUTE** key once to start cooking.



IMPORTANT NOTE:

It is very important to pay careful attention that you enter the correct power level, function and time when using sequence cooking. If you enter the wrong power level, function choice or time level press the **STOP/CLEAR** button twice and re-start the process.

2. AUTO MINUTE

AUTO MINUTE enables you:

- To cook on 100% microwave power in multiples of 1 minute.
- To extend cooking time during manual cooking in multiples of 1 minute. You can use this function for manual cooking only.

NOTE:

- The overall time can be extended to a maximum of 99 minutes.

Example:

To cook on P100 for 2 minutes, press the **START/AUTO MINUTE** key twice.



CONVENIENT FUNCTIONS

3. LESS AND MORE TIME key

The **LESS** (V) and **MORE** (^) keys enable you to:

- Decrease or increase cooking/defrosting time whilst the oven is in use (manual cooking only).

TO USE WHEN MANUAL COOKING:

Example:

To cook for 10 minutes on 50% microwave power and then decrease the cooking time by 2 minutes.

1. Input the power level by pressing the **POWER LEVEL** key 3 times.



2. Enter the cooking time by pressing the **10 MIN.** key once.



3. Press the **START/AUTO MINUTE** key once to start cooking.



4. Reduce the cooking time by pressing the **LESS** key twice.



The cooking time is reduced by 2 minutes and continues to count down.

NOTES:

- The cooking/defrosting time will increase/decrease in multiples of 1 minute.
- The overall time can be extended to a maximum of 99 minutes.

CONVENIENT FUNCTIONS

4. KITCHEN TIMER

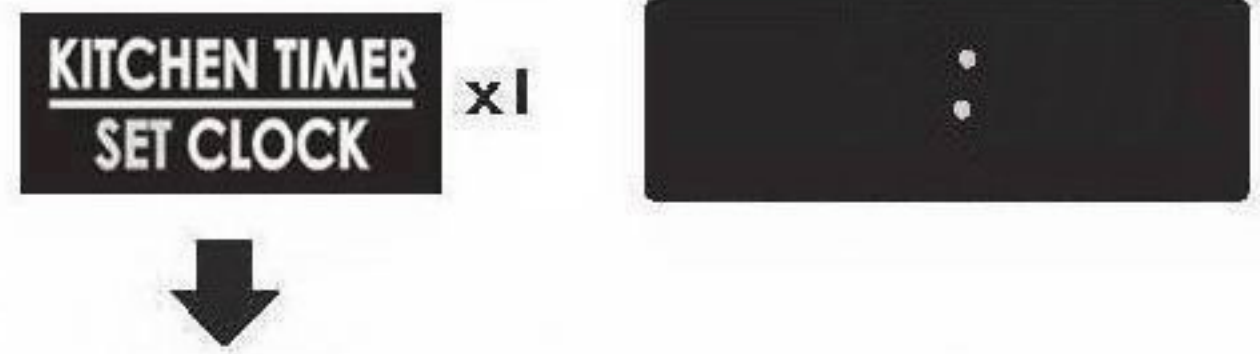
Use the KITCHEN TIMER as a minute timer or to monitor the standing time for cooked/defrosted food.

NOTES:

- You can enter any time up to 99 minutes, 90 seconds.
- If using the KITCHEN TIMER without cooking, the time will count down on the display and revert to your standard display once finished.
- If you choose to use the KITCHEN TIMER at the same time as cooking the actual cook time will count down on the display. To check the KITCHEN TIMER countdown hold down the KITCHEN TIMER key and it will display the remaining time (this will automatically default to cook time count down after a few seconds).
- If the cooking sequence finishes before the KITCHEN TIMER the remainder time of the KITCHEN TIMER will count down on the display.
- To cancel the KITCHEN TIMER simply press **KITCHEN TIMER** key to show the display of KITCHEN TIMER firstly and then press the **STOP/CLEAR** key and the display will return to the time of day, if set.
- The KITCHEN TIMER function can be used whilst the oven is in use.

Example: To set the timer for 5 minutes.

1. Press the **KITCHEN TIMER** key once.



2. Enter the desired time by pressing the **1 MIN.** key 5 times.



3. Press the **START/AUTO MINUTE** key.



The display will count down. When the display reaches zero, the audible signal will sound.

5. CHILD LOCK

IMPORTANT:

To activate the child lock press the **STOP/CANCEL** button for 3 seconds. This will lock the control panel from operation.

To cancel press the **STOP/ CLEAR** button again for three seconds.

MICROWAVE COOKING ADVICE

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results.

Many of the following techniques are similar to those used in conventional cooking.

COOKING ADVICE NOTES:

- Always attend the oven when in use.
- Ensure that the utensils are suitable for use in a microwave oven. (See “Suitable Cookware” on page 23).
- Do not place hot foods/utensils on a cold turntable or cold foods/utensils on a hot turntable.
- Liquids and foods must not be heated in sealed containers or jars/containers with lids on, as pressure will build up inside and may cause the container/jar to explode.
- Only use microwave popcorn within the recommended packaging (follow the manufacturers instructions). Never use oil unless specified by the manufacturer and never cook for longer than instructed.



WARNING:

Follow instructions in the SHARP operation manual at all times.

If you exceed recommended cooking times and use power levels that are too high, food may overheat, burn and in extreme circumstances, catch fire and damage the oven.

Cooking Techniques

Arrange

Place the thickest parts of food towards the outside of the dish. e.g. Chicken drumsticks.

Foods that are placed towards the outside of the dish will receive more energy, so cook quicker, than those in the centre.



Cover

Certain foods benefit from being covered during microwave cooking, follow recommendations where given.

Use vented microwave cling film or a suitable lid.

Pierce

Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode.

e.g. Potatoes, Fish, Chicken, Sausages.



NOTE: Eggs in their shells and hard / soft boiled eggs should not be heated in the microwave oven as they may explode, even after cooking has ended.

Stir, turn and rearrange

For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.

Stand

Standing time is necessary after cooking so it enables the heat to disperse equally throughout the food.

MICROWAVE COOKING ADVICE

Food Characteristics	
Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. Bones in food conduct heat, making the food cook more quickly. Care must be taken so that the food is cooked evenly.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The number of microwaves in your oven remains the same regardless of how much food is being cooked. The cooking time must be increased as the amount of food placed in the oven increases. e.g. Four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. For even cooking, place the thickest parts to the outside of the dish where they will receive more energy. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. e.g. A cake made with chilled ingredients, (i.e. margarine) will take longer to cook than a cake made with ingredients at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.



Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.



Check the temperature of food and drink, stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

SUITABLE COOKWARE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Grill	Comments
Aluminium foil Foil Containers	✓ / ✗	✓	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer; e.g. Microfoil®, follow instructions carefully.
Browning dishes	✓	✗	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	✗	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex®	✓	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✗	✓	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic/Polystyrene e.g. fast food containers	✓	✗	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	✗	Should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✓	✗	Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.
Paper plates/cups and kitchen paper	✓	✗	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✓	✗	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✗	✗	May contain extracts of metal which will cause 'arcing' and may lead to fire.
Rack	✓	✓	The metal rack supplied has been specially designed for all cooking modes and will not damage the oven.



WARNING: When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.

DEFROSTING ADVICE

Defrosting food using your microwave oven is the quickest method of all.

It is a simple process but the following instructions are essential to ensure the food is thoroughly defrosted.





Rearrange	<p>Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting.</p> <p>Move closely packed pieces from the outside to the centre and rearrange over-lapping areas.</p> <p>This will ensure that all parts of the food defrosts evenly.</p>
Separate	<p>Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting.</p> <p>e.g. bacon rashers, chicken fillets.</p>
Shield	<p>Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves. e.g. legs and wings on a chicken.</p>
Stand	<p>Standing time is necessary to ensure food is thoroughly defrosted.</p> <p>Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.</p>
Turn over	<p>It is essential that all foods are turned over at least 3 - 4 times during defrosting. This is important to ensure thorough defrosting.</p>

NOTES:

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave power levels 30% or 10%.

REHEATING ADVICE

For the reheating of foods, follow the advice and guidelines below to ensure food is thoroughly reheated before serving.

<p>Plated meals</p>	<p>Remove any poultry or meat portions, reheat these separately, see below. Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating. NOTE: Ensure the food is thoroughly reheated before serving.</p>	
<p>Sliced meat</p>	<p>Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating. NOTE: Ensure the meat is thoroughly reheated before serving.</p>	
<p>Poultry portions</p>	<p>Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through reheating. NOTE: Ensure the poultry is thoroughly reheated before serving.</p>	
<p>Casseroles</p>	<p>Cover with vented microwave cling film or a suitable lid and reheat on 50%. Stir frequently to ensure even reheating. NOTE: Ensure the food is thoroughly reheated before serving.</p>	

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using 100%, while a lasagne which contains ingredients that cannot be stirred, should be reheated using 50%.

NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.



Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.



The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

CLEANING & MAINTENANCE

OVEN INTERIOR

- It is important to clean the interior of your microwave oven after each use.
- To clean the oven interior, use a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth. Do not use caustic cleaners (including alkali, acid, thinner, benzine, alcohol or oven cleaner).
- Heat up your oven regularly by using the grill, refer to "Heating without food" on page 11. Remaining food or fat splashed can cause smoke or bad smell.
- Food and liquid splashes will build-up on the oven walls and ceiling. If grease, fat and food debris is allowed to build-up in the oven interior it may overheat, smoke or even catch fire when next using the oven.
- Keep the **waveguide cover** clean at all times. The waveguide cover is constructed from a fragile material and should be cleaned with care (follow the cleaning instructions above).
NOTE: Excessive soaking may cause disintegration of the waveguide cover.
The waveguide cover is a consumable part and without regular cleaning, will need to be replaced.
- Food will release steam during cooking and cause condensation inside the oven and door. It is important to wipe the oven dry. A build-up of condensation will eventually lead to rust forming on the oven interior.
- **Do not allow grease or dirt to build-up on the door seals or areas around the door. This may prevent the door from closing correctly and may cause a leakage of microwaves (follow the cleaning instructions).**
- Ensure the accessories are cleaned after every use with a mild washing-up liquid solution and dried. This will prevent the build-up of grease and food debris. The accessories are dishwasher safe.
- Keep the waveguide cover and accessories clean at all times. If you leave grease or fat in the cavity or accessories, it may overheat, cause arcing, smoke or even catch fire when next using the oven.
- **CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

Cleaning tip - For easier cleaning of your oven:

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100% for 10 - 12 minutes. Wipe the oven clean using a soft, dry cloth.

OUTER CABINET

- Wipe the outside of the microwave oven with a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- The control panel must be wiped clean and dried with the door open, therefore inactivating the oven.

NOTES:

- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.
- A steam cleaner should not be used.
- Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor. Excess water spillage through these holes will cause damage to the oven interior.
- Slight tarnishing of the oven cavity, around the area of the grill, is likely to occur. This is normal and will not affect the oven's performance.

Door

- To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

WARNING:

Before cleaning, make sure the oven cavity, door, oven cabinet and accessories are completely cool.

TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Follow this simple check below:

Place half a cup of water on the turntable and close the door. Programme the oven to cook for 1 minute using 100% microwave power.

1. Does the oven lamp come on when it is cooking?
2. Does the turntable rotate?
3. Does the cooling fan work? (Check by placing your hand above the air vent openings.)
4. After 1 minute does the audible signal sound?
5. Is the water in the cup hot?

Take the cup of water out of the oven and close the door. Programme the oven to cook for 3 minutes using the grill.

6. After 3 minutes, does the grill heating element become red?

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart on the following page.

NOTES:

If you cook food for more than the standard time (see chart opposite) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced or the grill heating element will turn on and off.

⚠ WARNING:

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs.

This is important as it may involve the removal of covers that provide protection against microwave energy.

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal.
Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

Cooking Mode	Standard Time
Microwave 100% cooking	20 Minutes
Grill cooking	10 Minutes

TROUBLESHOOTING

TROUBLESHOOTING CHART


QUERY	ANSWER
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed from the potatoes and that they have been pierced, place directly onto the turntable or in a heat resistant flan dish or similar.
The display is lit but the control panel will not work when pressed.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.

TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown:

Green and yellow stripes = **EARTH**
Blue = **NEUTRAL**
Brown = **LIVE**

As the colours in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as described:

- The green and yellow wire to the plug terminal marked E **or**  **or** coloured green **or** coloured green and yellow.
- The blue wire to the plug terminal marked N **or** coloured black **or** coloured blue.
- The brown wire to the plug terminal marked L **or** coloured red **or** coloured brown.

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug.

Like most appliances in your home, your oven must be connected to a single phase 230-240V, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.



**WARNING: THIS APPLIANCE
MUST BE EARTHED**

**If you have any doubts about your
electrical supply ask a qualified
electrician.**

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre.
Telephone: 0845 888 8112 (office hours).
- For general information and assistance with oven queries, please contact our **Customer Information Centre:**
U.K.: 0845 888 8112 (office hours)
Ireland: 01 676 0648 (office hours)
Website: www.sharp.co.uk/customersupport
- Replacement accessories may be obtained from our main parts distributor:
Wizard Distributors
Telephone: 01925 759 627

GUARANTEE

Sharp Electronics (UK) Ltd. ("Sharp") guarantees that for a period of 12 months from the date of purchase the enclosed product will be free from defects in materials and workmanship. Sharp agrees to provide for the repair or, at its option, the replacement of a defective product. Sharp reserves the right to replace defective parts, or the product, with new or refurbished items. Items that are replaced become the property of Sharp.

To benefit from this guarantee, any fault that occurs must be notified to Sharp, or its appointed Service Facility, within one year from the date the product was purchased. Proof of purchase, such as a receipt or invoice, must be provided.

If the product is exchanged, the replacement shall be covered by the unexpired portion of the original guarantee.

In the unlikely event of your microwave requiring repair, please contact your supplier for advice in the first instance. If this is not possible contact the Help line on 0845 888 8112 or go to www.sharp.co.uk/support.

This guarantee shall only apply to faults that are due to inferior workmanship or materials. It does not cover faults or damage caused by accident, misuse, fair wear and tear, neglect, tampering with the product, or repair other than by a Service Facility appointed by Sharp.

The product is intended for private domestic use only. The guarantee will not apply if the product is used in the course of a business, trade or profession.

The guarantee does not cover:

- Glass/ceramic turntables, as they can be damaged by handling/cleaning methods.
- Faults resulting from inadequate cleaning. Regular cleaning is required to prevent a build up of food residue that can also affect the performance of the product.
- Carriage costs to or from the repair centre.

No person has any authority to vary the terms or conditions of this guarantee.

This guarantee is offered as an additional benefit to your statutory rights, and does not affect these rights in any way.

You may not transfer your rights or obligations under this warranty to anyone else.

If you have any difficulty operating the product, or would like information on other Sharp products, please telephone the Sharp Customer Information Centre on the number given below.

Sharp Customer Information Centre

Website: www.sharp.co.uk/customersupport

Telephone: 0845 888 8112 (01 676 0648 in Southern Ireland)

Sharp Electronics (UK) Ltd is a company registered in England under number 965877
whose registered office is at

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SPECIFICATIONS

AC Line Voltage.....	Single phase 230-240V, 50Hz
Power Consumption:	
Microwave.....	1.20kW
Grill.....	1.05kW
Input Current:	
Microwave.....	5.6A
Output Power:	
Microwave.....	800W (IEC 60705)
Grill.....	1000W
MAFF Heating Category.....	E
Microwave Frequency.....	2450MHz * (Group 2/Class B)
Outside Dimensions.....	452(W) x 262(H) x 395 (D)mm
Cavity Dimensions.....	315 (W) x 210(H) x 329(D)mm **
Oven Capacity.....	20 litres **
Cooking uniformity.....	Turntable diameter 245mm
Weight.....	Approx. 12.5kg

* This Product fulfils the requirement of the European standard EN55011.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.
Class B equipment means that the equipment is suitable to be used in domestic establishments.

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

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

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SHARP

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