



GRILL MICROWAVE OVEN OPERATION MANUAL AND COOKING GUIDES MODEL R-750D

Thank you for buying a Sharp Microwave Oven.
Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.

The manual is divided into two sections:

1. OPERATION (P.1 - P.14)

This section describes your oven and teaches you how to use all the features.

2. COOKING GUIDES

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.

It also contains recipes for automatic cooking.

Please take some time to read your operation manual carefully, paying particular attention to the warnings, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed.

When selecting another home appliance, please again consider our full range of Sharp products.

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IMPORTANT SAFETY INSTRUCTIONS

Warning

To avoid the danger of fire

1. The microwave oven should not be left unattended during operation. Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.
2. This oven is not designed to be built-in to a wall or cabinet.
3. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
4. The AC power supply must be 230-240V, 50Hz.
5. It is recommended that a separate circuit serving only this appliance be provided.
6. Do not place the oven in areas where heat is generated. For example, close to a conventional oven.
7. Do not install the oven in an area of high humidity or where moisture may collect.
8. Do not store or use the oven outdoors.
9. If food being heated in the oven begins to smoke, **DO NOT OPEN THE DOOR**. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.
10. Use only microwave-safe containers and utensils.
11. Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.
12. Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
13. Do not place flammable materials near the oven or ventilation openings.
14. Do not block the ventilation openings.
15. Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.
16. Do not use the microwave oven to fry with oil or heat oil for deep frying. The temperature can not be controlled and the oil may catch fire.
17. To make popcorn, use only special microwave makers.
18. Do not store food or any other items inside the oven.
19. Check the settings after you start the oven to ensure the oven is operating as desired.
20. Do not put things on top or cover the outer cabinet.
21. To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or christmas pudding.

To avoid the possibility of injury

1. Do not operate the oven if it is damaged or malfunctioning. Check the following before use.
 - (1) The door (not warped)
 - (2) The hinges and safety door latches (not broken or loose)
 - (3) The door seals and sealing surfaces
 - (4) The oven cavity (not dented)
 - (5) The power supply cord or plug
2. Do not try to adjust or repair the oven by yourself because of hazard. The oven must be adjusted or repaired by a qualified service technician trained by SHARP.
3. Do not operate the oven with the door open or alter the safety door latches in any way.
4. Do not operate the oven if there is an object between the door seals and sealing surfaces.
5. Do not allow grease or dirt to build up on the door seals and sealing surfaces.
6. Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

1. Under no circumstances should you remove the outer cabinet.
2. Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call a SHARP service agent.
3. Do not immerse the power supply cord or plug in water or any other liquid.
4. Do not let the power supply cord hang over the edge of a table or counter.
5. Keep the power supply cord away from heated surfaces.
6. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
7. Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

To avoid the possibility of explosion and sudden boiling

1. Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.
2. When boiling water or other liquids, use a wide-mouthed container to allow bubbles to escape. It is advisable to insert a glass rod or other similar utensil to prevent sudden boiling (resulting in splashing or burning).
3. Do not cook eggs in their shells. They may explode. The explosion may damage the oven or injure yourself. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and whites or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.
4. Pierce the skin on such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

1. When using the GRILL, GRILL MIX or AUTO GRILL mode, the turntable, turntable support, racks, oven door, outer cabinet, oven cavity and especially bottom heater will become very hot. To prevent yourself from getting burnt use thick oven mittens.
2. Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.
3. Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.
4. Slice stuffed baked foods after heating to release steam and avoid burns.
5. Stir the food and the contents of cooking containers, and test their actual temperature before giving them to infants, young children or elderly people to avoid internal burns.
6. Do not catch the utensil, your clothes or accessories on the door safety latches, when you take out the food from the oven.

To avoid misuse by children

1. 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 or improper use.
2. Children should use ovens only under the supervision of adults.
3. Do not lean or swing on the oven door. Do not play with the oven or use it as a toy. Young children should be supervised to ensure that they do not play with the oven.
4. Children should be taught all important safety instructions : use of potholders, careful removal of food coverings; pay special attention to packaging (e.g. self-heating materials) designed to make food crisp because they may be extra hot.

Other warnings

1. Never modify the oven in any way.
2. Do not move the oven while it is in operation.
3. This oven is for home food preparation only. It is not suitable for commercial or laboratory use.
4. This appliance is not intended for use by young children or infirm persons without supervision.

Caution -To prevent trouble with the oven or damage.

1. Never operate the oven when it is empty. Doing so may damage the oven.
2. Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.
3. Use only the turntable and the turntable support designed for this oven.
4. Do not place anything on the outer cabinet during operation.
5. Do not use plastic containers for microwaving if the oven is still hot from using the GRILL, GRILL MIX or AUTO GRILL mode. Because they may melt. Plastic containers must not be used during above mode unless the container manufacture says they are suitable.
6. 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 and turntable support due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Note

1. If you are not sure how to connect your oven, please consult a qualified electrician.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.
3. Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of leaking of microwaves or a malfunction.
4. The clock of the oven works based on the frequency of power source. So it may gain or lose in some area where the frequency varies. It is recommended that you should adjust the time occasionally.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, (do not remove the waveguide cover, item 10 on page 4), and the feature sticker from the outside of the door, if there is one. Check the unit for any damage such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Provided accessories include: --
 - 1) Turntable
 - 2) Turntable support
 - 3) High rack
 - 4) Low rack
 - 5) Operation manual and cookbook
3. Since the door may become hot during cooking, and in order to avoid its accidental touch, the oven should be placed at least 80 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. Fit the turntable support to the turntable motor shaft on the floor of the oven cavity. And place the turntable on the turntable support. Make sure the turntable and turntable support are centrally located and locked together. NEVER operate the oven without the turntable support and turntable.
5. The oven should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit.
The oven should be installed so as not to block ventilation openings.
Allow at least 40 cm on top of the oven for free air space.
6. The A.C. voltage and frequency must be single phase 230-240V, 50Hz.
7. **WARNING-THIS APPLIANCE MUST BE EARTHED.**

If the socket outlet in your house is not compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring cord below.

If you are unsure how to do this get help from an electrician.

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:

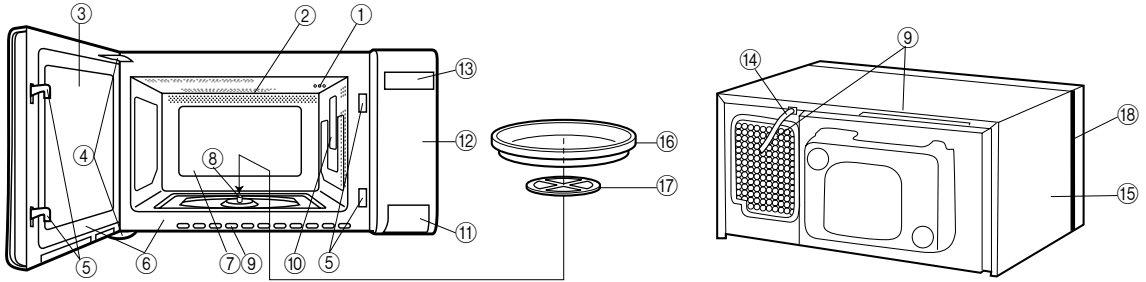
The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \perp or coloured green or green-and-yellow.

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.

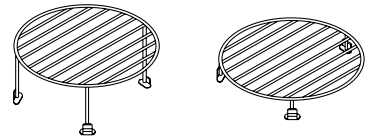
NOTE: Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

OVEN DIAGRAM



- | | |
|------------------------------------|-----------------------|
| 1. Oven lamp | 10. Waveguide cover |
| 2. Grill heater | 11. Door open button |
| 3. See through door | 12. Control panel |
| 4. Door hinges | 13. Digital readout |
| 5. Door safety latches | 14. Power supply cord |
| 6. Door seals and sealing surfaces | 15. Outer cabinet |
| 7. Oven cavity | 16. Turntable |
| 8. Turntable motor shaft | 17. Turntable support |
| 9. Ventilation openings | 18. Ventilation slit |

Metal racks—High and low
The racks are for Grill, Grill Mix and Auto Grill.



Warning:

The accessories will become very hot during Grill, Grill Mix, Auto Grill modes, and use thick oven gloves when putting/removing the food or turntable into/from the oven to PREVENT BURNS.

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 the oven will beep for approximately 2 seconds at the end of the cooking cycle, or 4 times when a cooking procedure is required.

Control Panel Display



- 1. GRILL HEATER SYMBOL**
The symbol will light when the grill heater is in use.
- 2. MICROWAVE SYMBOL**
The symbol will light during microwave cooking.

Touch Control Panel Layout

AUTO COOK PAD
Press to select 4 popular menus.

RICE MENU PAD
Press to cook rice, congee or porridge.

MORE(▲), LESS(▼) PADS
Press to adjust the doneness of food in one minute increments during cooking or to increase/decrease the time whilst programming the automatic operations.

SLOW COOK PAD
Press to cook slowly and longer time.

GRILL PAD
Press to select GRILL mode.

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

STOP/CLEAR PAD
Press to clear during programming. Press once to stop operation of oven during cooking; Press twice to cancel cooking programme.

CLOCK PAD
Press to set clock time.



AUTO GRILL PAD
Press to select 4 popular grill menus.

REHEAT PAD
Press to reheat dish, soup, beverage or bread.

STEAM MENU PAD
Press to steam fish, meat or dumpling.

INFO PAD
Press to select auto start, child lock, language or demonstration modes. Press to get cooking information.

EASY DEFROST PAD
Press to defrost meat by entering weight.

POWER LEVEL PAD
Press to select microwave power setting. If not pressed, HIGH power is automatically selected.

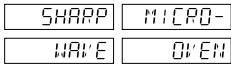
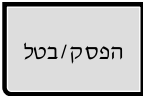
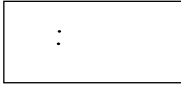
GRILL MIX PAD
Press to select grill and microwave mix cooking mode.

INSTANT COOK/START PAD
Press once to cook for 1 minute at 100% (HIGH power) or increase by 1 minute multiples each time this pad is pressed during cooking. Press to start oven after setting programs.

Before Operating

- * This oven is preset with the OPERATION GUIDE in English.
To assist you in programming your oven, the operation guide will appear in the display.
In this manual, the display of operation guide is abbreviated.
- * You can get operation guide in English, Malay or Russian.
To change the language, see page E-30.

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point.		
2	Close the oven door.		as above
3	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

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.



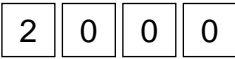



To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

Heating without Food


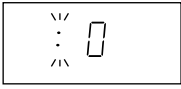
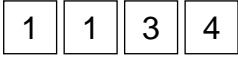
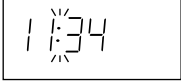

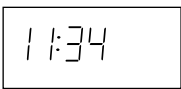
Some smoke and odor may occur for a while at the beginning of GRILL, GRILL MIX or AUTO GRILL mode, but the oven is not out of order.

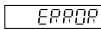
To remove the cause of the smoke and odor, operate the oven without food for 20 min. on Grill before the first use and after cleaning.

Step	Procedure	Pad Order	Display
1	Ensure that no food is in the oven. Press the GRILL pad.		
2	Enter the heating time (20 min.).		 COOK is flashing.
3	Press the INSTANT COOK/START pad. IMPORTANT: During this operation, some smoke and odor will occur. Therefore open the windows or run the ventilation fan in the room.		 The timer will begin to count down. When it reaches zero, all indicators will go out and audible signal will sound.
4	Open the door to cool the oven cavity. WARNING: The oven door, outer cabinet and oven cavity will become hot and pay attention to avoid burn when cooling the oven.		

Clock Setting

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

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

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

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

The clock of the oven works based on the frequency of power source.

So it may gain or lose in some area where the frequency varies.

It is recommended that you should adjust the time occasionally.

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

MANUAL OPERATIONS

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 overcooked 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 meat 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 during standing time can allow the food to finish cooking completely.
<u>Check for doneness</u>	Look for signs indicating that cooking temperature has been reached. Doneness signs include: <ul style="list-style-type: none">- Steam emits throughout the food, not just at edge;- Joints of poultry can be torn apart easily;- 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.

Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level. You can programme up to 99 minutes, 99 seconds. There are five different power levels.

Power level	LOW	MED•LOW	MEDIUM	MED•HIGH	HIGH
Approximate percentage of microwave power	10%	30%	50%	70%	100%
Examples	Keeping food warm	Defrost Softening butter	Casseroles	Cakes Muffins Slices	Vegetables Rice/Pasta Fruit

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

* Suppose you want to cook for 10 minutes on 100% (HIGH power).

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

To lower the power press the POWER LEVEL pad once. Note the display will indicate "100%". To lower to "70%" press the POWER LEVEL pad again. Repeat as necessary to select "50%", "30%" or "10%" power levels.

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

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

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

If you want to check the power level during the cooking, press POWER LEVEL pad.

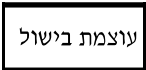

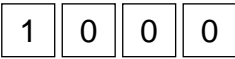

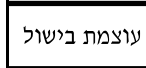



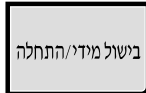


As long as your finger is pressing the POWER LEVEL pad, the power level will be displayed.

Sequence Cooking

Your oven can be programmed for up to 4 automatic cooking sequences, switching from one variable power setting to another automatically.



Note that POWER LEVEL must be entered first when programming sequence cooking.

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

Step	Procedure	Pad Order	Display
1	Select desired power level by pressing the POWER LEVEL pad (for 50% press three times).	 x 3	
2	Enter desired cooking time.		 COOK will flash on and off.
3	For second sequence, select microwave cooking and power level (for 100% press the POWER LEVEL pad once).	 x 1	
4	Enter desired cooking time.		 COOK will flash on and off.
5	Press the INSTANT COOK/START pad.		 The timer begins to count down to zero. When it reaches zero,  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% (HIGH power).

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

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





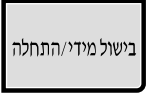
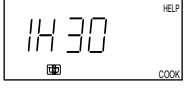
Slow Cook

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

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

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

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

Step	Procedure	Pad Order	Display
1	Press the SLOW COOK pad once.		
2	Enter desired cooking time.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will count down to zero. After cooking an audible signal will sound. All indicators will go out. The time of day will reappear on display.

- NOTE**
1. If you need to check the food doneness during cooking, you can open the oven door or pressing the STOP/CLEAR pad once, then check and stir. After that close the door and press INSTANT COOK/START pad to resume cooking.
 2. Combination between HIGH and LOW is free until 2 stages. But combination between SLOW COOK and other features is not possible.
 3. You can get cooking hints whenever HELP is lit in the display. See page 30.
 4. This function can be used with Auto Start. See page E-28.

SPECIAL NOTES ON SLOW COOKING

For better cooking result, always try to:

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



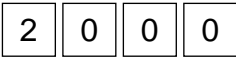




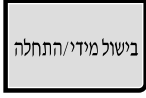

Grill Cooking

The grill heater has one power setting and cannot be adjusted. Use appropriate time for steaks, chops, chicken pieces or other grilled food to achieve optimum results of cooking.

Recommended Utensils:

High rack Low rack Aluminium foil container Heat resistant cookware

* Suppose you want to cook 1.0 kg of steak for 20 minutes on Grill.

Step	Procedure	Pad Order	Display
1	Press the GRILL pad.		
2	Enter desired cooking time.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The timer begins to count down.
4	When the timer reaches about 2/3 of the way through the cooking time, open the door and turn over the steak. And then close the door.		
5	Press the INSTANT COOK/START pad.		 The timer begins to count down again. When it reaches zero, all indicators will go off and the oven will "beep". The cooling fan will remain on until the oven cavity has cooled.

Warning:

The oven cavity, door, turntable, turntable support, racks and dishes will become very hot, use thick oven gloves when putting/removing the food or turntable into/from the oven to PREVENT BURNS.

- NOTE**
1. Place food on the high or low rack. Set the rack on the turntable.
 2. Check the recommended cooking time given in the recipes.
 3. After two-third of the cooking time turn the food over and grill the other side.

Grill Mix Cooking

Your Grill Microwave Oven has two programmed settings that make it easy to cook with grill heater and microwave automatically.

The GRILL MIX-HIGH is programmed with 50% microwave power, while the GRILL MIX-LOW is programmed with 10% microwave power.




To select GRILL MIX-HIGH, press the GRILL MIX pad once.

To select GRILL MIX-LOW, press the GRILL MIX pad twice.

Recommended Utensils:

High rack Low rack Aluminium foil container Heat resistant cookware

* Suppose you want to reheat 4 pieces of pizza (approx. 360g) for 6 minutes on GRILL MIX-HIGH.

Step	Procedure	Pad Order	Display
1	Press the GRILL MIX pad once.	<div style="border: 1px solid black; padding: 5px; display: inline-block;">גריל מעורב</div> x 1	
2	Enter desired cooking time.	<div style="display: flex; gap: 10px;"> <div style="border: 1px solid black; padding: 5px; display: inline-block;">6</div> <div style="border: 1px solid black; padding: 5px; display: inline-block;">0</div> <div style="border: 1px solid black; padding: 5px; display: inline-block;">0</div> </div>	 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.	<div style="border: 1px solid black; padding: 5px; display: inline-block;">בישול מיידי/התחלה</div>	 The timer begins to count down. When it reaches zero, all indicators will go off and the oven will "beep". The cooling fan will remain on until the oven cavity has cooled.

Warning:

The oven cavity, door, turntable, turntable support, racks and dishes will become very hot, use thick oven gloves when putting/removing the food or turntable into/from the oven to PREVENT BURNS.

GRILL RECIPES

Beef Steak with Vegetable Sauce

[Ingredients]

510g beef, about 1 cm thick
1/2 onion, sliced
1 tomato, sliced
2 cloves garlic, chopped
1 tbsp. oil

[Seasonings]

1 tbsp. light soy sauce
1 tbsp. dark soy sauce
1 tbsp. chopped ginger
1 tsp. sugar
1 tsp. wine
1/2 tsp. salt
2 tbsp. oil
1/2 tsp. garlic powder
1 tsp. pepper

[Gravy]

2 tbsp. tomato sauce
2 tsp. sugar
1/2 tsp. salt
1 tsp. vinegar
5 tbsp. water
2 tsp. cornflour blended with 1 tbsp. water

[Method]

(Beef Steak)

1. Wash beef and pat dry.
2. Marinate beef with seasonings for 20 minutes.
3. Place on the low rack. Brush with oil. Let it roast.

Mode	Cooking time	Procedure
1st Grill Mix (HIGH)	12'-14'	Turn over
2nd Grill Mix (HIGH)	5'-6'	

4. Wrap the roasted beef with aluminum foil; let it stand for 10 minutes.

(Vegetable Sauce)

1. Place onion, garlic and oil in a casserole and cover; microwave on 100% (HIGH) for 2'20" to 3'20".
2. Add gravy, (except blended cornflour); cover; microwave on 100% (HIGH) for 50 seconds.; remove, stir and continue to cook for 50 seconds.
3. Add tomato; cover and microwave on 100% (HIGH) for 30 seconds.
4. Add blended cornflour into boiled seasonings, stir until cornflour is thick.
5. Top sliced beef with prepared gravy and garnish with shiso leaves.

Crispy Stuffed Mushrooms

[Ingredients]

12 Black mushrooms
75g butter
2 cloves garlic, crushed
75g fresh breadcrumbs
50g cheese, grated

[Method]

1. Soak the mushrooms until soften, then remove and chop mushroom stalks.
2. Heat butter with garlic on 100% (HIGH) for 50 seconds, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
3. Place the mushrooms on a dish and place on the high rack. Press GRILL MIX pad once (HIGH) and cook for 4'40"-5'40".

Baked Avocados with Ham

[Ingredients]

50g butter
50g fresh brown breadcrumbs
100g cooked ham, finely chopped
90ml double cream
salt and pepper to taste
1 tsp. fresh parsley, chopped
2 large ripe avocados
1 tbsp. lemon juice
50g cheese, grated

[Method]

1. Place the butter in a bowl and heat on 100% (HIGH) for 50 seconds. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on 100% (HIGH) for 1'40"-2'40".
2. Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
3. Place the avocados in a large flan dish and sprinkle with the grated cheese.
4. Place the dish on the high rack, cook on 100% (HIGH) for 50 seconds, then on GRILL for 6-7 minutes until brown and crispy.

AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. **ERROR** will be displayed if:
More or less than the quantity or weight of foods suggested in each MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed.
To clear, press the STOP/CLEAR pad and reprogramme.
2. When using the automatic features, carefully follow the details provided in each MENU GUIDE to achieve the best result.
If the details are not followed carefully, the food may be overcooked or undercooked or **ERROR** may be displayed.
3. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually.
4. When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 1.65kg would become 1.7kg.
5. 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. See page 31.
6. 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.
7. You can get cooking hints whenever HELP is lit in the display. See page 30.



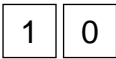



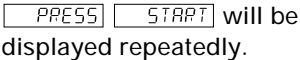


Auto Grill



1. Grilled Chicken
2. Shipudim
3. Grill Fish
4. Grilled Steak/Chops

AUTO GRILL will automatically compute the cooking mode and cooking time for the 4 listed menus. (Follow the details provided in Auto Grill Menu Guide on next page.)

* Suppose you want to cook 1.0 kg of Grill Chicken (Round off to nearest 0.1 kg): —

Step	Procedure	Pad Order	Display
1	Press the AUTO GRILL pad until the desired menu number is displayed (for Grill Chicken press once).	 x 1	 KG flashes on and off.
2	Press number pads to enter weight.		 KG stops flashing and remains on display. COOK flashes on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. When the audible signals sound, the oven will stop and TURN OVER will flash on and off.
4	Open the door. Turn over the meat. Close the door.		 will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down to zero, when it reaches zero, an audible signal will sound and STAND will be displayed.

Warning:

The oven cavity, door, turntable, turntable support, racks and dishes will become very hot, use thick oven gloves when putting/removing the food or turntable into/from the oven to PREVENT BURNS.

Auto Grill Menu Guide

Menu No.	Menu	Initial Temperature	Weight (KG)	Procedure
AG-1	Grill Chicken	8 - 12°C	1.0 - 1.6kg	<ul style="list-style-type: none"> Wash chicken, trim away fat and pat dry. Season as desired for at least 30 mins. Place on the low rack, uncovered. When oven stops, cover thinner part or end of legs with foil. (Discard excess oil on the turntable where necessary.) Turn it over and continue to cook. (Note: Make sure the foil does not touch each other and the oven wall.) After cooking, stand for 5-10 mins.
AG-2	Shipudim	10 - 14°C	0.1 - 0.6kg Chicken breast	<ul style="list-style-type: none"> Remove chicken fat and tendons. Cut the chicken into 2 cm. Cubes add salt, pepper, and red paprika. Put the meat cubes on wooden barbecue skewers. You may add onions between the chicken cubes. Place the barbecue skewers on the plate. Do not cover the food.
AG-3	Grill Fish eg: Pomfret Golden Thread Capelin Snapper etc.	4 - 8°C	0.1 - 0.4kg	<ul style="list-style-type: none"> Wash fish thoroughly and remove scales. Make a few slits on the skin of fish, pierce the eyes of fish. Pat dry, then brush oil on fish body. Place on the high rack (brushed lightly with oil), uncovered. When oven stops, turn it over. Continue to cook. When oven stops, turn it over again.
AG-4	Steak (Beef Steak)	8 - 12°C	0.2 - 0.6kg	<ul style="list-style-type: none"> Steak is recommended to have a thickness of about 1.5 cm to get good result. Season as desired. Place on the high rack. When oven stops, turn steak over. After cooking, stand. Serve with hot sauce where necessary.

Auto Cook



1. Fresh Vegetable
2. Frozen Vegetable
3. Jacket Potato
4. Noodles

AUTO COOK will automatically compute the power level and cooking time. AUTO COOK has 4 menus. To select a menu, press the AUTO COOK pad until the menu of your choice is displayed. (Follow the details provided in Auto Cook Menu Guide on next page.)

* Suppose you want to cook 2 pieces of Jacket Potato.

Step	Procedure	Pad Order	Display
1	Press AUTO COOK pad 3 times to cook Jacket Potato.	x 3	PCS flashes on and off.
2	Press number pad to enter quantity.		PCS stops flashing and remains on display. COOK will flash on and off.
3	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 flash on and off.
4	Open the door. Turn over potatoes. Close the door.		PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.		The cooking time will begin counting to zero, when it reaches zero, the oven will "beep". START COOK will be displayed repeatedly. WITH FOIL will be displayed repeatedly.

Auto Cook Menu Guide

Menu No.	Menu	Initial Temperature	Quantity (KG or PCS)	Procedure
AC-1	Fresh Vegetables	20-25°C Room temperature	0.1 - 1.0 kg	<ul style="list-style-type: none"> Wash vegetables, then remove excess water. Cut & trim the vegetables into florets, shreds or strips. Put on a flat ceramic plate (28-31cm in diameter), sprinkle sparingly with salt & oil. Cover loosely with microwave wrap and cook. After cooking, stir.
	Broccoli (florets) Lettuce (shreds) Asparagus (strips) Chinese Pak Choi (whole or halves) Chinese Celery Cabbage (Shreds) Spinach (halves) Onions (shreds) Mange-tout (whole) Corn-on-the-cob (whole or halves) Green Pepper (strips)			
	NOTE	1. For hard type of vegetables, use MORE setting for better result (see page 31), and let stand for a while after cooking. 2. Stir halfway for even cooking results. 3. For other vegetables that are not suggested here, please cook manually.		
AC-2	Frozen Vegetables	-18°C Frozen temperature	0.1 - 1.0 kg	<ul style="list-style-type: none"> Before cooking, separate vegetables eg. broccoli as much as possible. Put on a flat ceramic plate (28-31cm in diameter), add water (2-3 tbsp) if necessary. Cover loosely with microwave wrap and cook. After cooking, stir.
	Broccoli (florets) Califlower (florets) Asparagus (strips) Green Beans Spinach (halves) Mange-tout (whole) Corn-on-the-cob (whole or halves)			
AC-3	Jacket Potato (whole)	20-25°C Room temperature	1 - 6 pieces (1 piece, approx. 220 g)	<ul style="list-style-type: none"> Use washed new potatoes. Pierce with fork on each side. Place on outside of turntable. If one piece only, place on the centre. The oven will "beep" and stop, TURN OVER will flash on and off. Turn over potatoes and press start to continue cooking. After cooking, stand and covered with aluminium foil for 3-10 minutes.
AC-4	Noodles	20-25°C	1-2 serves	<ul style="list-style-type: none"> Put the noodles in a bowl. 1 piece 1-litre bowl 2 pieces 2-litre bowl Add in cooled boiled water (20-25°C) 1 piece 500ml 2 pieces 800ml Cover with microwave wrap or glass lid. After cooking, stir and stand covered for 1 minute.
	1. <u>Fresh, soft type</u> eg: Vermicelli Rice Spaghetti Shanghai Noodles Udon Rice Noodles	Room temperature	(1 piece, approx. 200g)	
	NOTE	For better result, use MORE setting to cook Udon. (See page 31.)		
	2. <u>Dry, compressed type</u>	20-25°C Room temperature	1-2 serves (1 piece, approx. 50g or 100g for Nissan Noodles)	<ul style="list-style-type: none"> Put the noodles in a bowl. 1 piece 750ml bowl 2 pieces 1.5-2 litre bowl Add in cooled boiled water (20-25°C) 1 piece 500ml 2 pieces 800ml Cover with microwave wrap or glass lid. After cooking, stir and stand for 5 minutes.
	eg: Shrimp Noodles Egg Noodles Vermicelli Nissan Noodle			
	NOTE	1. Make sure all noodles are covered by water. 2. When using the INFO key, quantity of noodles will be reminded in SRV(S) instead of PCS.		


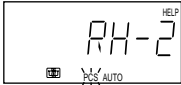

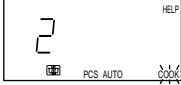


Reheat

חימום מחדש

1. Dish
2. Soup
3. Beverage
4. Bread

REHEAT will automatically compute the power level and cooking time. Press to select 4 popular reheat menus. (Follow the details provided in Reheat Menu Guide as below.)

* Suppose you want to reheat 2 cups of Soup: —

Step	Procedure	Pad Order	Display
1	Press the REHEAT pad until the desired menu number is displayed (for soup press twice).	 x 2	 PCS will flash on and off.
2	Press the number pad to enter quantity.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will appear and count down to zero. After cooking an audible signal will sound. STIR will be displayed.

Reheat Menu Guide

Menu No.	Menu	Initial Temperature	Quantity	Procedure
RH-1	Dish Lunch/Dinner plate Meat Dish Fried Noodles Plate of Rice	4-12°C Refrigerated temperature	1 serve (approx. 400g)	<ul style="list-style-type: none"> • Take out the dish from the refrigerator. • Cover with microwave wrap or glass lid. • After reheating, stir and stand covered for 1 minute.
RH-2	Soup	4-12°C Refrigerated temperature	1-4 cups (1 cup, approx. 250ml)	<ul style="list-style-type: none"> • Place in a Pyrex bowl or Chinese ceramic bowl. • No cover. • Place on centre of turntable (1 cup). (For 2-4 cups, place along the rim of turntable.) • After reheating, stir.
RH-3	Beverage	20-25°C Room temperature	1-4 cups (1 cup, approx. 250ml)	<ul style="list-style-type: none"> • No cover. • Place on centre of turntable (1 cup). (For 2-4 cups, place along the rim of turntable.) • After reheating, stir.
RH-4	Bread	20-25°C Room temperature	1-4 pieces (1 piece, approx. 50g)	<ul style="list-style-type: none"> • For 1-2 pcs, put onto a paper towel and cover with another paper towel. • For 3-4 pcs, put onto a plate lined with paper towel and cover with another paper towel. (When you reheat only one piece of bread, place it off center.)

NOTE Each of the above unit of Quantity (for example: serve, cup or piece) should be entered in terms of PCS as shown on the display.

Rice Menu



1. Rice
2. Congee
3. Porridge

RICE MENU will automatically compute the power level and cooking time. Press to select 3 popular rice menus. (Follow the details provided in Rice Menu Menu Guide on next page.)

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

Step	Procedure	Pad Order	Display
1	Press the RICE MENU pad until the desired menu number is displayed (for rice press once).	 x 1	 PCS and COVER will flash on and off.
2	Press number pad to enter serves.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. When it reaches zero, the oven will "beep". STAND, COVER, STIR will be displayed.

- NOTE**
1. For this function, plain congee or porridge without any ingredients is instructed. If you want to include ingredients, follow the Rice Menu menu guide in page 22 for ingredients, quantity and procedure.
 2. If you select CONGEE, you can have comparatively thick and soupish one. If you select PORRIDGE, you can have more watery and thin one.
 3. This function can be used with Auto Start. See page 28.

Rice Menu Menu Guide

Menu No.	Menu	Quantity	Procedure							
R-1	Rice	1-2 serves	<ul style="list-style-type: none"> Wash rice until water runs clear. Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking). Stir and cook with cover. After cooking, stir lightly and stand for 5 mins with a cover. 							
	<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 serve (1-2 persons)</td> <td>150g</td> <td>250ml</td> </tr> <tr> <td>2 serves (3-5 persons)</td> <td>300g</td> <td>480ml</td> </tr> </tbody> </table>	Serving (s)		Rice	Water	1 serve (1-2 persons)	150g	250ml	2 serves (3-5 persons)	300g
Serving (s)	Rice	Water								
1 serve (1-2 persons)	150g	250ml								
2 serves (3-5 persons)	300g	480ml								
R-2	Congee	1-2 serves	<ul style="list-style-type: none"> Wash rice until water runs clear. Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking). Stir and cook uncovered. After cooking, stir and stand. 							
	<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 serve (1-2 persons)</td> <td>50g</td> <td>750ml</td> </tr> <tr> <td>2 serves (3-5 persons)</td> <td>80g</td> <td>1350ml</td> </tr> </tbody> </table> <p>Menu Variation</p> <p>eg * Congee with Pallock Fish and Peanuts Ingredients: 100g Pallock fish (fried; chopped) (3-5 persons) 50g Peanuts 1 slice Salted Turnip (chopped) 3 Spring onions (chopped)</p> <p>NOTE The ingredients can be added just <u>after finish</u>, with Salted Turnip and Spring onions as garnish and sprinkles on top.</p> <p>* Congee with salted pork and preserved duck eggs Ingredients: approx. 230g (1/2 lb) lean pork (chopped) (3-5 persons) 2 preserved duck eggs (diced)</p> <p>NOTE The ingredients can be added 10 min. <u>before finish</u>.</p>	Serving (s)		Rice	Water	1 serve (1-2 persons)	50g	750ml	2 serves (3-5 persons)	80g
Serving (s)	Rice	Water								
1 serve (1-2 persons)	50g	750ml								
2 serves (3-5 persons)	80g	1350ml								
R-3	Porridge	1-2 serves	<ul style="list-style-type: none"> Wash rice until water runs clear. Place rice and water into a deep casserole (2ℓ for 1 serve, 3ℓ for 2 serves) and soak for 15 mins (stir rice a few times during soaking). Stir and cook uncovered. After cooking, stir and stand. 							
	<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 serve (1-2 persons)</td> <td>70g</td> <td>700ml</td> </tr> <tr> <td>2 serves (3-5 persons)</td> <td>140g</td> <td>1400ml</td> </tr> </tbody> </table> <p>Menu Variation</p> <p>You can enjoy the variation by putting some ingredients into Porridge just after finish or 10 mins before finish.</p> <p>eg * Chicken porridge: 200g Chicken (cut small pieces, precooked) (3-5 persons) spring onion, cut 3cm long</p> <p>* Fish porridge : 250g fish (precooked) (3-5 persons) 2 slices ginger (cut into stripes)</p>	Serving (s)		Rice	Water	1 serve (1-2 persons)	70g	700ml	2 serves (3-5 persons)	140g
Serving (s)	Rice	Water								
1 serve (1-2 persons)	70g	700ml								
2 serves (3-5 persons)	140g	1400ml								

- NOTE**
1. Water temperature should be about 20°C at initial cooking.
 2. The above serving should be entered in terms of PCS as shown on the display.

Steam Menu



1. Fish
2. Meat
3. Dumpling

STEAM MENU will automatically compute the power level and cooking time.
 Press to select 3 popular steam menus.
 (Follow the details provided in Steam Menu Guide on next page.)

* Suppose you want to cook 350g (3 serves) of Fish: —

Step	Procedure	Pad Order	Display
1	Press the STEAM MENU pad until the desired menu number is displayed (for fish press once).	 x 1	 PCS and COVER will flash on and off.
2	Press the number pad to enter quantity.		 COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. When it reaches zero, the oven will "beep". STAND, COVER will be displayed.

Steam Menu Menu Guide

Menu No.	Menu	Initial Temperature	Quantity	Procedure								
S-1	Fish eg: Sea Bream Red Snapper Carp Pomfret Golden Thread Black Mullet Flatfish Garoupa etc.	8-12°C	1 - 3 serves (Whole fish or Fish fillet)	<ul style="list-style-type: none"> Wash fish thoroughly and remove scales. Make a few cuts on the skin of fish, pierce the eyes of fish. Put on a shallow dish, 22-28 cm in diameter. Sprinkle lightly with water, salt and oil. Put green onion and ginger slices on top. Cover with microwave wrap. After cooking, stand covered for 3-5 minutes. 								
			<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1 serve</td> <td>130 - 199g</td> </tr> <tr> <td>2 serves</td> <td>200 - 300g</td> </tr> <tr> <td>3 serves</td> <td>301 - 420g</td> </tr> </tbody> </table>		Serving (s)	Weight	1 serve	130 - 199g	2 serves	200 - 300g	3 serves	301 - 420g
	Serving (s)	Weight										
	1 serve	130 - 199g										
2 serves	200 - 300g											
3 serves	301 - 420g											
S-2	Meat eg: Beef patty Spare rib cubes Chicken pieces etc.	8-12°C	1 - 3 serves	<ul style="list-style-type: none"> Marinate the meat. For meat patty, try to make it a thin layer. Put on a shallow dish, 22-28 cm in diameter. Cover with microwave wrap. After cooking, stand covered for 3-5 minutes. 								
			<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1 serve</td> <td>180 - 249g</td> </tr> <tr> <td>2 serves</td> <td>250 - 400g</td> </tr> <tr> <td>3 serves</td> <td>401 - 520g</td> </tr> </tbody> </table>		Serving (s)	Weight	1 serve	180 - 249g	2 serves	250 - 400g	3 serves	401 - 520g
	Serving (s)	Weight										
	1 serve	180 - 249g										
2 serves	250 - 400g											
3 serves	401 - 520g											
*See recipes on page 25.												
S-3	Dumpling 1. Ready-made (cooked)	8-12°C	1 - 2 serves	<ul style="list-style-type: none"> Arrange the dumplings from outside to inside of dish. Cover with microwave wrap. Place on the low rack. After cooking, stand covered for 1 minute. 								
			<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1 serve</td> <td>100 - 199g</td> </tr> <tr> <td>2 serves</td> <td>200 - 370g</td> </tr> </tbody> </table>		Serving (s)	Weight	1 serve	100 - 199g	2 serves	200 - 370g		
	Serving (s)	Weight										
	1 serve	100 - 199g										
2 serves	200 - 370g											
	2. Frozen (cooked)	below -10°C	1 - 2 serves	<ul style="list-style-type: none"> Cut both ends of package. Sprinkle with water. Place the package on the low rack. After cooking, stand covered for 3 minutes. 								
			<table border="1"> <thead> <tr> <th>Serving (s)</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>1 serve</td> <td>100 - 199g</td> </tr> <tr> <td>2 serves</td> <td>200 - 370g</td> </tr> </tbody> </table>		Serving (s)	Weight	1 serve	100 - 199g	2 serves	200 - 370g		
Serving (s)	Weight											
1 serve	100 - 199g											
2 serves	200 - 370g											
<p>Notes: 1. Steam 1 package at one time only. 2. Only the package that is microwave-recommended is allowed, otherwise, remove the package and transfer to a ceramic plate and cover. 3. For the Shanghai Dumplings, more time may be required for steaming to soften the dough.</p>												

NOTE The above serving should be entered in terms of PCS as shown on the display.

STEAM MENU RECIPES (Meat)

Beef Patty

[Ingredients]

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

[Seasonings]

1 tsp. Salt
1 tsp. Sugar
2 tsp. Cornstarch
2 tsp. Oil
1 1/2 tsp. Soya sauce

[Method]

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

Chicken Pieces with Mushrooms

[Ingredients]

280 g Chicken pieces
40 g Dried mushrooms (soaked)
Ginger slices
Green onion slices

[Seasonings]

1/2 tsp. Salt
1/2 tsp. Sugar
1 1/2 tsp Soya sauce
1/2 tsp Cornstarch
1 1/2 tsp Sesame oil

[Method]

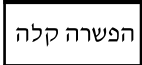






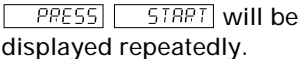

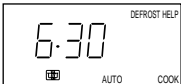
1. Marinate the chicken pieces and soaked mushrooms with seasonings. Then mix together with ginger and green onion slices.
2. Cover with microwave wrap and press STEAM MENU pad twice to Meat.

Easy Defrost


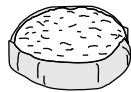
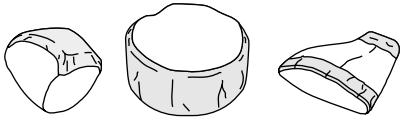

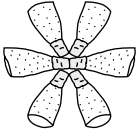
הפשרה קלה

The Easy Defrost feature allows you to defrost meats by entering weight.

* Suppose you want to defrost 1.0 kg of Chicken Pieces. (Round off to nearest 0.1 kg)

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad .		 KG flashes on and off.
2	Press number pads to enter weight.	 	 KG stops flashing and remains on display. COOK will flash on and off.
3	Press the INSTANT COOK/START pad.		 The oven will "beep" about 2/3 of the way through the defrost time and will stop. TURN OVER will flash on and off.
4	Open the door. Turn over the chicken pieces. Close the door.		 PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.		 When the cooking time reaches zero, audible signal will sound and START COVERAGE WITH FOIL will be displayed repeatedly.

Easy Defrost Menu Guide

MENU	WEIGHT (KG)	PROCEDURE
Steaks Chops 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Shield thin end of chops or steaks with foil. Position the food with thinner parts in the centre in a single layer on the defrost rack. If pieces are stuck together, try to separate as soon as possible. When oven has stopped, remove defrosted pieces, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.
Minced Meat 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Place frozen minced meat on a defrost rack. Shield edges. When oven has stopped, remove defrosted portions, turn over and shield edges with foil strips. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.
Roast Meat Beef/Lamb 	0.5 - 2.0 kg	<ul style="list-style-type: none"> Shield the edge with foil strips about 2.5cm wide. Place joint with lean side face upwards (if possible) on the defrost rack. When oven has stopped, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 10-30 minutes.
Poultry 	1.0 - 2.0 kg	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on the defrost rack. When oven has stopped, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 15-60 minutes. <p>N.B. After standing run under cold water to remove giblets if necessary.</p>
Chicken Pieces 	0.1 - 2.0 kg	<ul style="list-style-type: none"> Shield the exposed bone with foil. Place chicken pieces on the defrost rack. When oven has stopped, remove defrosted pieces, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-30 minutes.

Food not listed in the Guide can be defrosted manually using 30% (MED•LOW) power level.

NOTE

- When freezing minced meat, shape it into flat even sizes.
- For chicken pieces, steaks and chop, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
- It is also a good idea to label the packs with the correct weights.
- A ceramic plate can be used for defrosting meat instead of the defrost rack (buy separately).

OTHER CONVENIENT FEATURES

Help Feature (INFO)



1. Auto start
2. Child Lock
3. Demonstration Mode
4. Language
5. Help

The HELP feature has 5 different programs.

(1) Auto Start

The Auto Start feature allows you to set your oven to start automatically. Auto Start can be used for manual cooking, Slow Cook or Rice Menu.

* Suppose you want to start cooking a casserole for 20 minutes on 50% (MEDIUM power) at 4:30 in the afternoon.

(Check that the correct time of day is displayed.)

Step	Procedure	Pad Order	Display
1	Press the INFO pad.		
2	Press the number 1 pad.		
3	Enter the desired start time.		<p>The dots (:) will flash on and off.</p>
4	Press the CLOCK pad.		
5	Set the desired cooking mode. (for microwave cooking on 50%, press the POWER LEVEL pad 3 times)	 x 3	
6	Enter the desired cooking time.		
7	Press the INSTANT COOK/START pad.		<p>The oven will start cooking at 4:30 P.M.</p> <p>The timer begins to count down. When the timer reaches zero, all indicators will go off and the oven will "beep".</p>

NOTE

1. To check the current time, simply press the CLOCK pad, the time will be displayed.
2. If the door is opened after step 7, close the door and press the START pad to continue with Auto Start.
3. Press the STOP/CLEAR pad once to cancel Auto Start.
4. The correct time of day must be set before using Auto Start, see clock setting on page 7.

(2) 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 from Auto Start.

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 unlock the control panel.
After step 2 above.

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

(3) Demonstration Mode

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

* To demonstrate.

After step 1 from Auto Start.

Step	Procedure	Pad Order	Display
2	Press the number 3 pad.		
3	Press the INSTANT COOK/START pad.		 Then     will appear repeatedly.

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

* Suppose you demonstrate Instant Cook.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down to zero at ten times the speed. When the timer reaches zero, an audible signal will sound.

* To cancel the Demonstration Mode.

After step 2 above.

Step	Procedure	Pad Order	Display
3	Press the STOP/CLEAR pad.		 The time of day will appear in the display.

(4) Language

The oven comes set for English. You can change the language to Malay and Russian by pressing the number 4 pad.

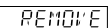
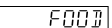
To change, press the INFO pad and the number 4 pad. Continue to press the number 4 pad until your choice is selected. Then, press INSTANT COOK/START pad.

(5) Help

Each setting of Automatic Operations and Slow Cook has a cooking hint.

If you wish to check, press the INFO pad whenever HELP is lighted 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   will be appeared in the display after 2 minutes.

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

Less/More Setting



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:-

- Auto Grill
- Reheat
- Rice Menu
- Steam Menu
- Auto Cook
- Easy Defrost

To adjust cooking time, press the LESS (▼) or MORE (▲) pad at the beginning of the procedure.

* Suppose you want to defrost 1.0 kg Roast Lamb for a longer time.

Step	Procedure	Pad Order	Display
1	Press the MORE pad.		
2	Press the EASY DEFROST pad.		 KG flashes on and off.
3	Press number pads to enter weight.		 KG stops flashing and COOK will flash on and off.
4	Press the INSTANT COOK/ START pad.		 COOK will flash on and off.

Adjust Time During Cooking

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

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

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

CARE AND CLEANING

CLEAN THE OVEN AT REGULAR INTERVALS

IMPORTANT:

Disconnect the power supply cord before cleaning. And if possible leave the door open to inactivate the oven during cleaning.

Before cleaning, make sure the oven door, outer cabinet, oven cavity, air vent openings, turntable, turntable support and racks are not hot.

Exterior:

The outside may be cleaned with mild soap and warm water; wipe with a soft cloth.

Avoid the use of harsh abrasive cleaners.

Door:

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

Touch Control Panel:

Care should be taken in cleaning the 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:

Wipe splatters and spills with a little dishwashing liquid on a soft damp cloth. For heavier stains inside the oven cavity only, use a mild stainless steel cleaner applied with a soft damp cloth. Do not apply to the inside of the door. Wipe clean ensuring all cleaner is removed. 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 CAUSTIC CLEANERS, ABRASIVE OR HARSH CLEANSERS OR SCOURING PADS ON YOUR OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN. DO NOT USE A STEAM CLEANER.

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

Note: At regular intervals, heat the oven referring to "Heating without Food" on page 6. Because, the splashed dirt or food oil remained around grill heater and oven walls may cause the smoke and odour.

Turntable/Turntable Support/Racks:

Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light? Yes_____ No_____
2. When the door is opened, is the oven lamp switched on? Yes_____ No_____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Programme the oven for one minute on 100% (HIGH). At this moment:
 - A. Does the oven lamp light? Yes_____ No_____
 - B. Does the cooling fan work? Yes_____ No_____

(Put your hand over the rear ventilation openings.)
 - C. Does the turntable rotate? Yes_____ No_____

(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
 - D. Do the microwave symbol and COOK indicator light? Yes_____ No_____
 - E. After one minute, did an audible signal sound? Yes_____ No_____
 - F. Is the water inside the oven hot? Yes_____ No_____
4. Remove water from the oven and programme the oven for 3 minutes on GRILL mode.
 - A. Does the grill heater symbol and COOK indicator light? Yes_____ No_____
 - B. After 3 minutes, does the heater become red? 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 THE SHARP SERVICE CENTRE.

NOTE: 1. If time in the display is counting down very rapidly, check Demonstration Mode.

(Please see 30 for detail.)

2. The following thing is not trouble;

Each cooking mode has a maximum cooking time. If you operate the oven longer than the maximum time, the power will automatically be reduced. The table below shows the maximum time for each cooking mode.

Cooking mode	Maximum cooking time
100% cooking	20 min.
Grill cooking	30 min.

SPECIFICATIONS

AC Line Voltage : Single phase 230-240V, 50Hz
 AC Power Required :
 Microwave — 1.6 kW
 Grill — 1.35kW
 Output Power :
 Microwave — 900W* (IEC test procedure)
 Grill Heater — 1300W
 Microwave Frequency : 2450 MHz (Class B/Group2)**
 Outside Dimensions : 520mm(W) x 309mm(H) x 467mm(D)
 Cavity Dimensions : 352mm(W) x 207mm(H) x 368mm(D)
 Cooking Uniformity : Turntable (325mm in diameter) system
 Weight : Approx. 19kg

* 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.