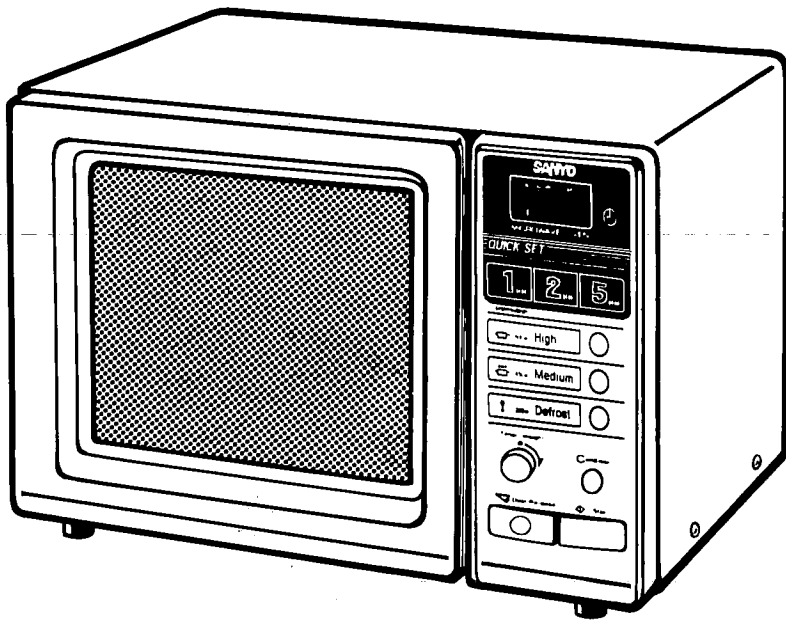


EM-1612

MICROWAVE OVEN



Read these instructions carefully before use.
If you follow the instructions, your Microwave Oven will serve you long and well.

Table of Contents

General Instructions

• How a Microwave Oven Makes Cooking Faster, Easier and Much More Enjoyable	3
• The Extra Features of Your Sanyo Microwave Oven	3
• WARNING – This appliance must be earthed	3
• Installation	4
• Names of Oven Parts	4
• Oven Control Panel	5

User Instructions

• User Instructions – Cooking Guide	6
• Easy Use Chart	6

Detailed Directions

• “Quick Set” Cooking	7
• “Two Power” Cooking	8
• “Two Stage” Cooking	9
• “Defrost” Cooking	10
• Defrost Conversion Guide	11
• Tips for Defrosting	12 ~ 13

How to Use Your Microwave Oven Safely	14
Taking Care of Your Microwave Oven	14
Usable Cooking Utensils and Materials	14
Utensils and Material to Avoid	15
A Few Other Precautions	15
What to Do If Repairs Are Needed	15

WARRANTY

It is important to keep your receipt of purchase for your microwave oven.
This will show the date of purchase along with the model number if service is required.

How a Microwave Oven Makes Cooking Faster, Easier and Much More Enjoyable

1. A feast in minutes.

High energy microwaves penetrate the food and cook it quickly, evenly and efficiently.

2. Natural flavour.

Microwave cooking preserves the natural taste and nutritive value of the food to a much higher degree than conventional cooking methods.

3. Utensils.

Glassware, earthenware, ceramic, ovenable board and practically all utensils EXCEPT METAL ONES are perfectly suitable for microwave cooking.

4. Simplified operation.

You are cooking by time, and not by heat. Simply set the timer for Cooking Time and push "START" button.

5. Clean, cool operation.

No smoke, no grease, no heat. Your kitchen stays cool and clean at all times.

6. Perfect for defrosting and reheating.

When there is no time for natural thawing of frozen foods, your microwave oven can reduce the process to a matter of seconds. It defrosts all kinds of frozen foods and it reheats fast.

7. Economical.

Since the required cooking time is extremely short, microwave cooking is more economical than conventional ovens.

8. Always undercook.

Cooking times may vary according to the temperature of the food, the density of the food, and the ingredients of the food. So always under-cook in the first instance — you can always pop the food back for a few seconds if it is not quite done, but if you over-cooked it there is no turning back.

The Extra Features of Your Sanyo Microwave Oven

1. Compact, light weight, easy to move.

Fits easily on a kitchen work surface. Can be installed practically anywhere. Light enough to be moved to a summer house or seaside cottage.

2. Six separate safety features.

- 1) Latch system: when the door release button is pushed, a built-in switch turns off the oven before the door is opened.
- 2) Door switch: when the door is opened this switch automatically turns off the oven.
- 3) Choke seal: a special seal around the door prevents all radiation leakage from the oven.
- 4) Radiation absorbent: this absorbent is made of durable ferrite rubber.
- 5) Thermal limiter: when the temperature of the magnetron rises above the limit, this switch automatically turns off all radiation.
- 6) Monitor switch: should the latch switch fail to function properly, this switch is activated to prevent microwave radiation.

3. Power selector.

By pushing power select buttons, one of the power level either High or Medium can be selected.

4. Simplified cooking.

Simply set Timer for cooking time and push the "START" button. Your oven does the rest, and a beep sounds when the food is ready. (using this method means your oven will work on HIGH power.)

5. High-visible viewing window.

The progress of cooking can be observed while oven is operating.

6. Practical dimensions.

- 1) Overall: 49.0(W) x 37.3(D) x 32.5(H)cm
- 2) Oven: 29.4(W) x 29.6(D) x 19.3(H)cm

WARNING-This appliance must be earthed.

IMPORTANT

The wires in this mains lead are coloured in accordance with the following code:

Green-and-yellow: Earth.
Blue: Neutral.
Brown: Live or Active.

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings 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 black. The wire which is coloured brown must be connected to the terminal which is marked with the letter L or A or coloured red.

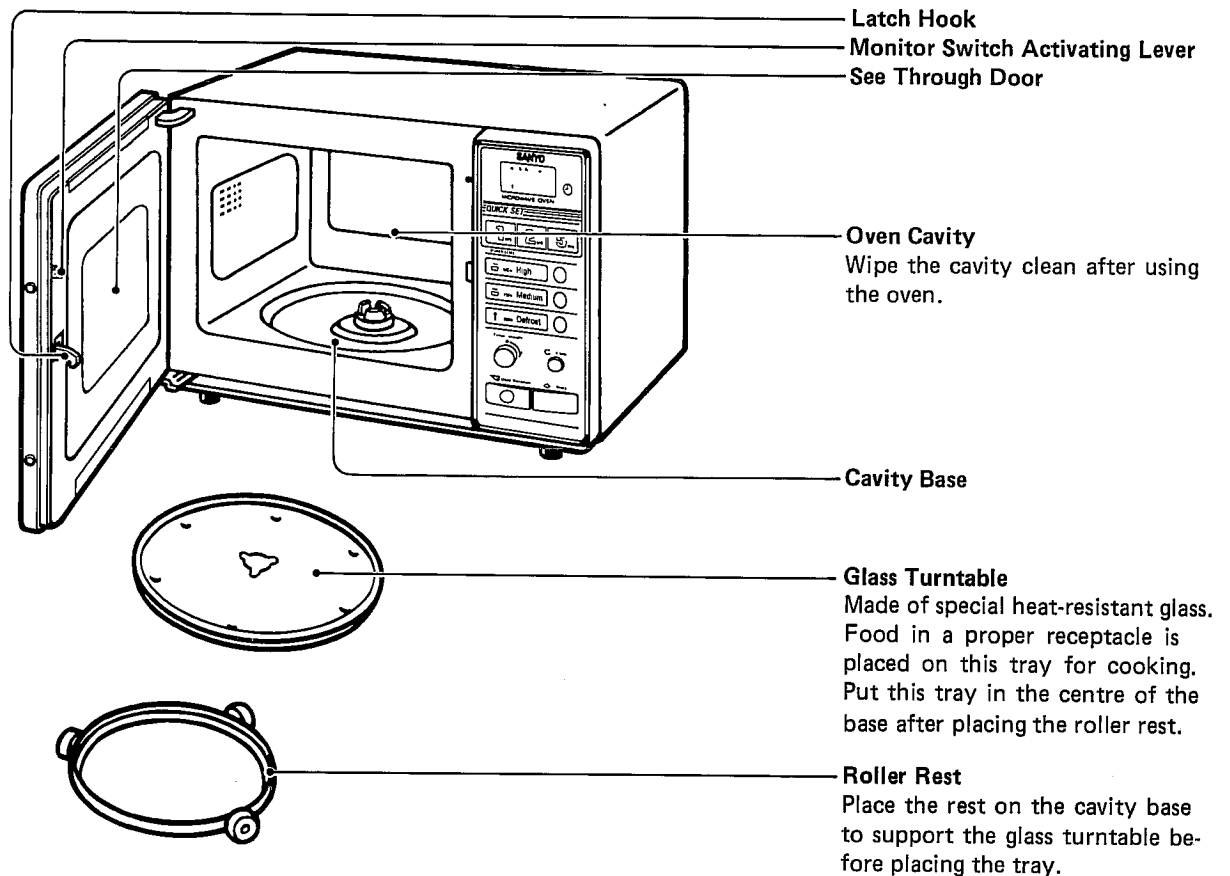
Installation

1. **Install the oven on a flat, level surface,**
 - Strong enough to safely bear the weight of the oven, which is 17.0kg. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
 - When oven is first plugged into power outlet, "0:00" will appear in the display window, if not, switch off at power outlet, unplug the unit and reinsert the plug into the wall outlet.
 - To set time of day, touch "CLEAR"; then touch "⌚", set timer for correct hour, touch "⌚" set timer for correct minutes. Finally touch "⌚" and your clock is set.
2. **Keep the oven away from heat and water**
 Exposure to heat and water can lower oven efficiency and lead to malfunctioning, so be sure to install the oven away from heat and water sources.
3. **The exhaust vent of the oven is at the back on the left side, so keep it at least 5cm away from the rear wall and the side wall.**
 Covering the exhaust vent may lead to malfunctioning. Hot air escapes from this vent, so be sure not to obstruct it or let curtains come between the oven and the rear wall.
4. **Place the oven as far away from radios and T.V.'s as possible**
 This oven does conform to EEC requirements of radio interference suppression, but some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.

NOTE

It is quite normal for steam to be emitted around the door, or for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle. This is merely condensation from the heat of the food and does not affect the safety of your oven. The door is not intended to seal the oven cavity completely but its special SANYO design contributes to the complete safety of the appliance.

Names of Oven Parts



Remove your Oven and all material from the shipping carton. Your oven comes with the following material:

Glass Turntable	1 each
Roller Rest	1 each
Microwave Miracles (Cook Book)	1 each
Operating Instructions	1 each
Defrost Conversion Sheet	1 each

Do not use this Microwave Oven for commercial purposes. This Microwave Oven is made for household use only.

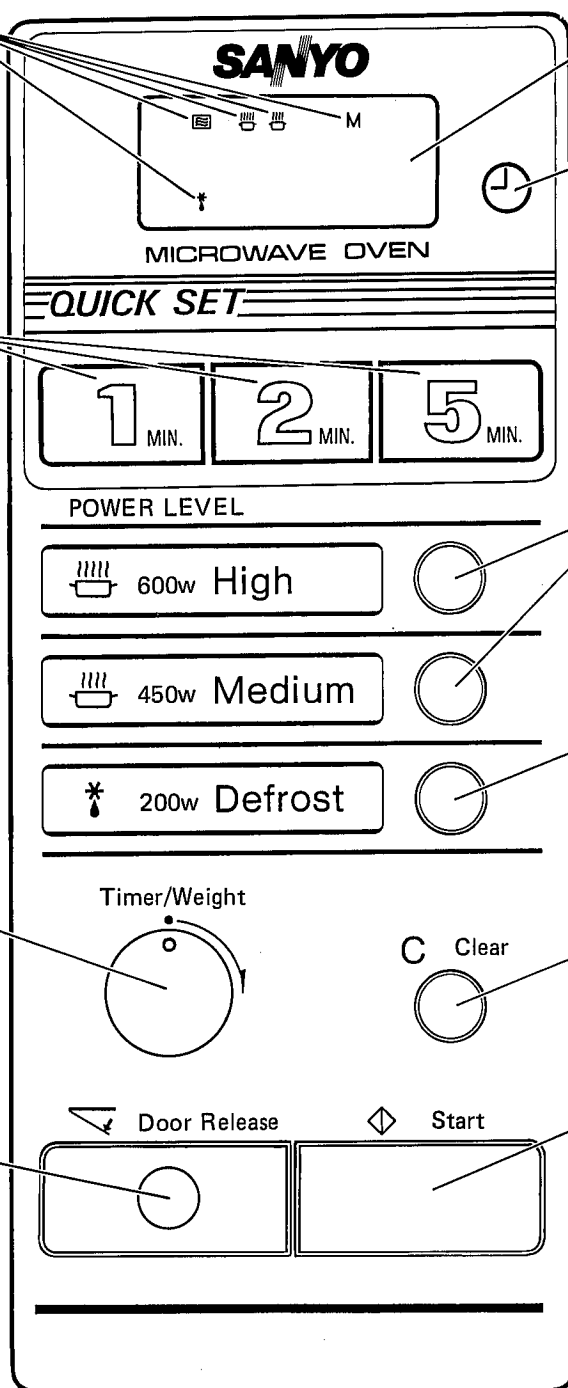
Oven Control Panel

Indicator Lights – 2 power level symbols and Defrost symbols and Memory symbols indicates which cooking operation is being used.

Quick Set – Used to set 1 min., 2 min. or 5 min. on high power -Instant start (no need to push start button).

Timer – Used to set the Time of Day, Cooking Time, and Weight of Defrost.

Stop/Door Release – By pushing this button the latch system cuts off all circuits and stops the oven before the door can be opened.



Display Window – Used to show the Time of Day, Cooking Time, Weight of Defrost, Defrost Time.

Clock – Used to set the Time of Day. (12 hours)

Power Level – Used to select the Cooking Power Levels.

Defrost – Used to set the Defrost.

Clear – Clears all entries.

Start – By pushing this button the oven starts.


Note: A "beep tone" sounds when a "pad" on the control panel is touched, to indicate a setting has been entered.


User Instructions — Cooking Guide

“Quick Set” Cooking

For one touch cooking: This is for convenience cooking and/or reheating. Just press either 1 min, 2 min, or 5 min and the oven instantly starts, always on high power. For further detailed directions on “Quick Set Cooking” see Page 7.

“Two Power” Cooking (High and Medium)

“” High is maximum output. This is ideal for reheating and prime cooking of most foods. The “Microwave Miracles” recipe book will give further instructions.

“” Medium. This setting is recommended for roasting meats and is ideal for foods that require a slower cook.

“Two Stage” Cooking










Some recipes need more than one cooking stage. Many foods will cook better when cooked for a period of time at one power setting and then cooked for another period of time at a different power setting. Detailed directions for “Two Stage” Cooking see Page 9.

Defrosting

Simply set the weight of the food to be defrosted: the oven automatically works out the required time. The Defrost Conversion Guide on Page 11 gives you corresponding times for both lbs and grams to cover any eventuality.



Easy Use Chart

Your new “Quick Set” control panel allows you to use your microwave oven many ways.


Clock	“Quick Set” Cooking	“Two Power” Cooking
<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch “CLEAR”. 2. Touch “” (CLOCK). 3. Set Timer for correct hour. (0 ~ 12) 4. Touch “” (CLOCK). 5. Set Timer for correct minutes. (0 ~ 59) 6. Touch “” (CLOCK).* <p>*This “locks” in the time and starts the clock running.</p>	<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch “CLEAR”. 2. Touch “Quick Set”. (1 min., 2 min. or 5 min.) (See Page 7 for more detailed instructions.) 	<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch “CLEAR”. 2. Touch the “POWER LEVEL”. (“” or “”) 3. Set Timer for desired cooking time. 4. Push “START”. <p>(See Page 8 for more detailed instructions.)</p>
<p>“Two Stage” Cooking</p>	<p>“Defrost” Cooking</p>	
<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch “CLEAR”. 2. Touch “POWER LEVEL”. (“” or “”) 3. Set Timer for desired cooking time. 4. Touch “POWER LEVEL”. (“” or “”) 5. Set Timer for desired cooking time. 6. Push “START”. <p>(See Page 9 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch “CLEAR”. 2. Touch “DEFROST”. 3. Set Timer for desired weight of food. 4. Push “START”. <p>(See Pages 10 thru 13 for more detailed instructions.)</p>	

“Quick Set” Cooking

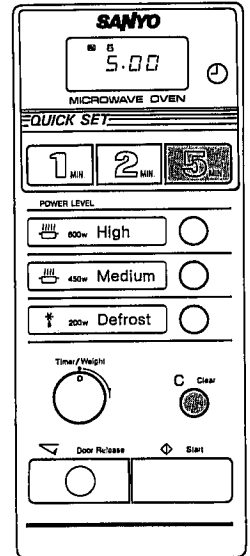
1. Touch “CLEAR”, and a beep tone will be heard. (This erases all previous settings, but is not necessary if panel is already cleared.)
2. Touch “Quick Set”. (“1 min.”, “2 min.” or “5 min.”)

The oven will begin cooking, and the display window will show the time counting down in minutes and seconds. Also “” and “” will flash on and off. A tone will sound for two seconds when the cooking time is completed. Then the oven shuts itself off.

Note: To stir food during cooking: open the oven door; stir or re-arrange the food; close the oven door; and push “START”. The oven will automatically continue to count down the remaining amount of time.

Example: 450g/1 lb Fresh fish can be cooked quickly on “” (high-power) for 5 minutes. To do this follow these 2 simple steps.

1. Touch “CLEAR”.
2. Touch “5 min.”.
The oven will begin to cook and the time will begin to count down in the display window. A tone will sound for 2 seconds when the 5 minutes are over, and the oven will shut itself off.




“Two Power” Cooking (High or Medium)


This oven is automatically set on high power so if high power is required simply:


1. Touch “CLEAR” and a beep tone will be heard. (This erases all previous settings, but is not necessary if panel is already cleared.)
2. Set TIMER for desired cooking time.
3. Push “START”. The oven will begin cooking and the display window will show the time counting down in minutes and seconds. A tone will sound for two seconds when the cooking time is completed. Then the oven shuts itself off. The time of day will reappear in the display window.

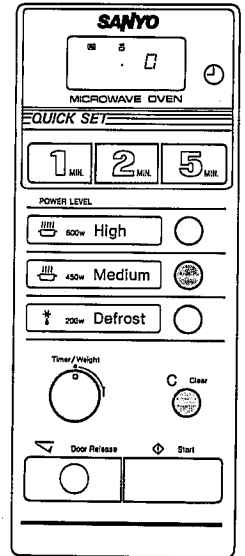
If medium power is required one extra button has to be touched:

1. Touch “CLEAR” and a beep tone will be heard.
2. Touch “” Medium.
3. Set TIMER for desired cooking time.
4. Push “START”. The oven will begin cooking and the display window will show the time counting down in minutes and seconds. A tone will sound for two seconds when the cooking time is completed. Then the oven shuts itself off. The time of day will reappear in the display window.

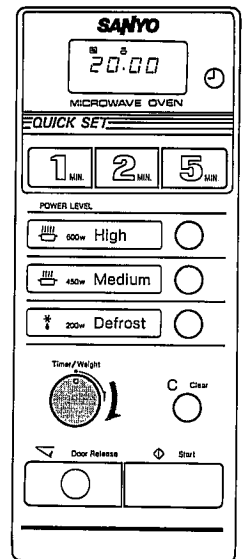
Note: If you wish to stir or re-arrange food during cooking: simply open the oven door; stir or re-arrange; close the door; touch START; and the oven will automatically continue to count down the amount of time left on the timer.

Example: 900g/2 lb of Lamb can be cooked on “” MEDIUM for 20 minutes. To do this follow these 4 simple steps.

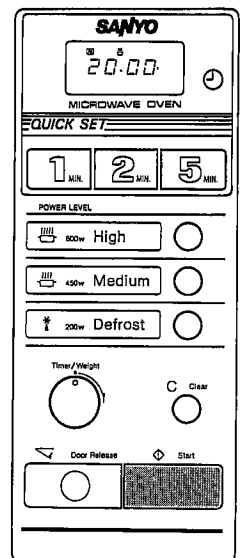
1. Touch “CLEAR”.
2. Touch “” MEDIUM.



3. Set 20 minutes by turning the timer till 20.00 shows in the display window.



4. Push “START”.



“Two Stage” Cooking

Two stage cooking means you can programme your oven to function on 2 different power levels consecutively; ie; you can set the oven to:

DEFROST then cook on HIGH or DEFROST then cook on MEDIUM or cook on MEDIUM then on HIGH or cook on HIGH then on MEDIUM.

A) 2 stage (excluding Defrost)

1. Touch “CLEAR”.
2. Touch “POWER LEVEL” of the first cooking stage. The display window will show “.0”, “SYMBOL OF POWER LEVEL” and “☒”.
3. Set Timer for the time of the first cooking stage.
4. Touch “POWER LEVEL” of the second cooking stage. The display window will show “.0”, “SYMBOL OF POWER LEVEL” and “☒”, “M”.
5. Set Timer for the time of the second cooking stage.
6. Push “START”. The first stage will begin. The display window will show the time counting down in minutes and seconds. When the first stage has finished, a tone will sound and the oven will change automatically into the second stage. The oven will begin cooking at second power level and the time will be counting down in the display window. When the second stage has finished, a tone will sound for two seconds, the oven will have switched off and Time of Day will be displayed in display window.

B) 2 stage (with Defrost 1st)

1. Touch “CLEAR”.
2. Touch “*” (DEFROST) for the first stage. The display window will show “0g”, “*” and “☒”.
3. Set the number in the display window to the weight of frozen food with Timer.
4. Touch “POWER LEVEL” for the second stage. (“☒” or “☒”) stage. The display window will show “.0”, “SYMBOL OF POWER LEVEL” and “☒”, “M”.
5. Set the time with the required time for second stage.
6. Push “START”.

Example: To defrost, and cook a frozen lamb stew, here is how to set the oven:

First Stage (450g/1 lb : Defrost)

1. Touch “CLEAR”.
2. Touch “*”.
The display window will show “0g”, “*” and “☒”.
3. Set the number in the display window to 450g with Timer.

The first stage has been set.

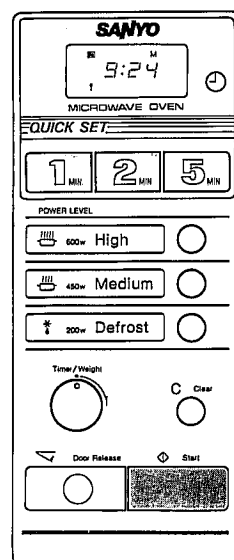
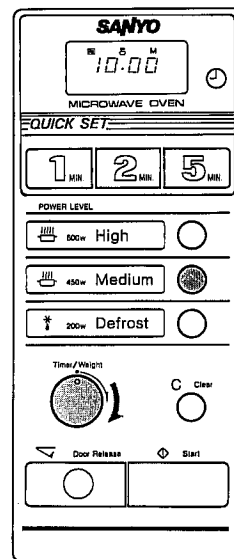
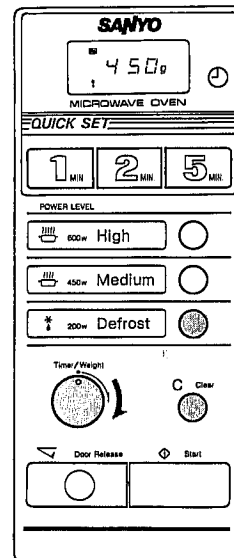
Second Stage (10 minutes; ☒ Medium)

4. Touch “☒”.
The display window will show “.0”, “☒”, and “☒”, “M”.
5. Set the number in the display window to 10.00 with Timer.

The second stage has been set.

6. Push “START”.
The first stage will begin “9.24” will show in the display window. The oven will begin to defrost “*” and the time can be seen counting down in the display window. When the 9 min. 24 sec. are up, a tone will sound and the oven will change automatically to the second stage. The oven will begin cooking at “☒” (MEDIUM) power and the time will be counting down in the display window. When the 10 minutes are over, the oven will shut itself off.

The oven will have finished both stages, and Time of Day will reappear in the display window.

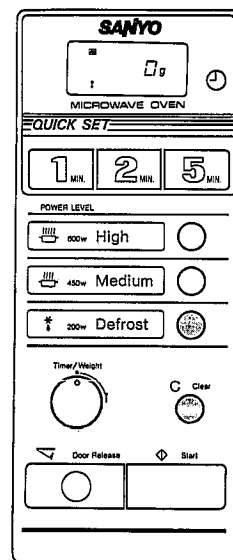


“Defrost” Cooking

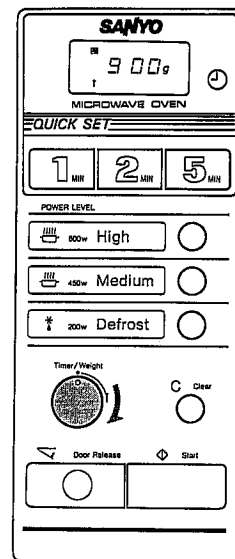
1. Touch “CLEAR”, and a beep tone will be heard. (The “CLEAR” erases all previous settings, but is not necessary if panel is already cleared.)
2. Touch Power level “*” (Defrost). “0g” and “☒”, and symbol of defrost “*” will show in the display window.
3. Set the weight of frozen food with Timer.
4. Push “START”.

Example: To defrost 900/2 lb joint of beef.

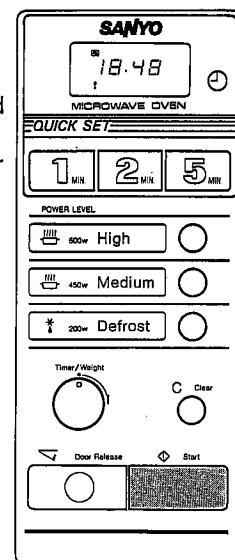
1. Touch “CLEAR”.
2. Touch Power level “*” (Defrost). “0g” and “☒”, and “*” will show in the display window.



3. Set the number in the display window to “900g” with Timer.



4. Push “START”. The oven will begin to operate. Time 18.48 will show and begin to count down in the display window. Also “☒” and “*” will be flashing. A tone will sound when time is over and the oven will shut itself off.



Defrost Conversion Guide

For your reference, here is a comparison chart converting metric (grams) into imperial (lb. oz) measures and decimalized lbs. (some supermarkets use this measure). Alternatively one can use this weight conversion by time. If a recipe suggests cooking on DEFROST for 2 minutes, set timer to 100g. OR if you wish to defrost for 21 minutes, set Timer to 1000g.

The timings suggested for defrosting by weight have primarily been worked out for the thawing of meat and poultry. Some delicate foods such as fish and fruit will need a shorter defrost time. It is advisable to decrease the amount of grams; for example, if you want to thaw 500g of plaice fillets, set Timer to 250g. This ensures that the fish does not over defrost and start cooking in parts.

GRAMS	lb. oz	DECIMALIZED lb	TIME
50	2 oz	0.1	1.00
100	4 oz	0.2	2.00
150	5 oz	0.3	3.06
200	7 oz	0.4	4.12
250	9 oz	0.6	5.12
300	10 oz	0.6	6.12
350	12 oz	0.7	7.18
400	14 oz	0.9	8.24
450	1 lb	1.0	9.24
500	1 lb 2 oz	1.1	10.24
550	1 lb 4 oz	1.2	11.30
600	1 lb 5 oz	1.3	12.36
650	1 lb 7 oz	1.4	13.36
700	1 lb 9 oz	1.6	14.36
750	1 lb 11 oz	1.7	15.42
800	1 lb 12 oz	1.7	16.48
850	1 lb 14 oz	1.9	17.48
900	2 lb	2.0	18.48
950	2 lb 2 oz	2.1	19.54
1000	2 lb 4 oz	2.2	21.00
1050	2 lb 5 oz	2.3	22.00
1100	2 lb 7 oz	2.4	23.00
1150	2 lb 9 oz	2.6	24.06
1200	2 lb 11 oz	2.7	25.12
1250	2 lb 12 oz	2.7	26.12
1300	2 lb 14 oz	2.9	27.12
1350	3 lb	3.0	28.18
1400	3 lb 2 oz	3.1	29.24
1450	3 lb 4 oz	3.2	30.27
1500	3 lb 5 oz	3.3	31.30
1550	3 lb 7 oz	3.4	32.33
1600	3 lb 9 oz	3.6	33.36
1650	3 lb 11 oz	3.7	34.38
1700	3 lb 12 oz	3.7	35.40
1750	3 lb 14 oz	3.9	36.44
1800	4 lb	4.0	37.48

Tips For Defrosting

Place meat and poultry on an upturned saucer onto a plate or on a microwave rack.

Metal ties and clips on poultry should be removed.

Poultry pieces and meat chops should be arranged like the spokes of a wheel with the thinner ends towards the centre.

Fish, seafood, meat or poultry can be thawed in their original package.

Food should be arranged in a single shallow layer where possible.

When stirring food; move food from the outside to centre and vice versa.

Food should be icy when defrosting time has finished.

Standing time is necessary to complete the thawing process.

Cook defrosted food as soon as possible.

BREAD

Whole large loaf: Place on microwave rack or kitchen paper. Set timer to 350g. Turn over half-way through defrosting time. Stand for 10 minutes.

Whole small loaf: Place on microwave rack or kitchen paper. Set timer to 200g. Turn over half-way through defrosting time. Stand for 10 minutes.

Sliced large loaf: Place on microwave rack or kitchen paper. Set timer to 300g. Remove outer slices as bread is thawing and turn over half-way through defrosting. Stand for 10 minutes.

Sliced small loaf: Place on microwave rack or kitchen paper. Set timer for 200g. Turn over half-way through defrosting time. Stand for 10 minutes.

Two bread rolls: Place on kitchen paper. Set timer to 50g. Stand for 2-3 minutes.

BUTTER

250g/9 oz butter: If foil wrapped remove from wrapper and stand on plate. Set timer to 100g. Turn over half-way through defrosting time.

FISH AND SEAFOOD

225g/8 oz fillets: Arrange in a single layer on a plate with the tail ends overlapped. If frozen in a block, separate as soon as possible. Set timer to 150g. Shield tail ends with foil.

450g/1 lb fillets: Arrange in a single layer on a plate with the tail ends overlapped. If frozen in a block, separate as soon as possible. Shield tail ends with foil. Set timer to 225g.

225g/8 oz whole: Shield head and tail with smooth pieces of foil. Set timer to 150g. Stand for 5-10 minutes.

450g/1 lb whole: Shield head and tail with smooth pieces of foil. Set timer to 250g. Turn over half-way through defrosting. Stand for 5-10 minutes.

225g/8 oz scallops: Place in a single layer into a shallow dish. Set timer to 150g. Stir half-way through defrosting. Stand for 5-10 minutes.

450g/1 lb scallops: Follow above instructions. Set timer to 250g. Stir half-way through defrosting and stand for 5-10 minutes.

225g/8 oz prawns: Place in an even layer into a shallow dish. Set timer to 150g. Stir half-way through defrosting. Stand for 5-10 minutes.

450g/1 lb prawns: Follow above instructions. Set timer to 250g. Stir half-way and stand for 5-10 minutes.

Tips For Defrosting (Cont'd)

FRUIT

225g/8 oz soft berry fruits: Place in an even layer into a dish. Set timer to 150g. Stir half-way through defrosting and stand for 5-10 minutes.

450g/1 lb soft berry fruits: Follow instructions as for 250g quantity. Set timer to 250g. Stir half-way through and stand for 5-10 minutes.

250ml/½ pint fruit puree: Place in dish. Set timer to 250g. Turn over several times during defrosting and break down the block as it is thawing, pushing the still frozen parts towards the outer edge of dish. Stand for 5 minutes.

500ml/1 pint fruit puree: Follow instructions for 250ml quantity but set timer to 450g.

225g/8 oz plums in syrup: Place block into a dish. Set timer to 250g. Separate the fruit as it begins to thaw, moving the frozen parts towards the outer edge of dish. Stand for 10 minutes.

450g/1 lb plums in syrup: Follow instructions as for 225g quantity but set timer to 500g.

225g/8 oz rhubarb pieces: Place in a dish. Set timer to 250g. Stir several times during defrosting. Stand for 5 minutes.

450g/1 lb rhubarb pieces: Follow instructions for 225g quantity but set timer to 350g.

MEAT

Place joint onto a microwave rack. Shield thin areas with smooth pieces of foil. Set timer to appropriate weight. Turn over half-way through defrosting and shield with smooth pieces of foil. Stand for 20-30 minutes or until thawed.

225g/8 oz bacon slices: Set timer to 100g. Turn over half-way through defrosting. Stand for 5-10 minutes.

450g/1 lb bacon slices: Set timer to 200g. Turn over half-way through defrosting. Stand for 5-10 minutes.

Chops: Place chops on rack and arrange with thinner ends towards the centre. If frozen in a block, separate as soon as possible. Shield thin ends with smooth pieces of foil. Set timer to appropriate weight. Turn over half-way through defrosting and stand for 15 minutes.

Cubed meat: Arrange in a single layer in a shallow dish. Set timer to appropriate weight. Re-arrange several times during defrosting and remove any thawed cubes.

Minced beef: If frozen in a block, remove thawed portions whilst defrosting. Set timer to appropriate weight.

Offal: If frozen in a block, separate as block softens. Arrange in an even layer into a dish. Set timer to appropriate weight. Turn over and re-arrange during defrosting.

225g/8 oz sausages: If frozen in a block, separate as soon as possible. Arrange evenly on a microwave rack. Set timer to 150g. Re-arrange several times during defrosting. Stand for 5-10 minutes.

450g/1 lb sausages: Follow instructions above. Set timer to 250g. Stand for 5-10 minutes.

450g/1 lb sausage meat: Remove from bag and place on a plate. Set timer to 200g. Turn over half-way through defrosting. Stand for 20 minutes.

PLATED MEAL

400g/14 oz plated meal: Cover with a plate or plastic wrap. Set timer to 250g. Stand for 2 minutes. To reheat, microwave on high for 2-3 minutes.

POULTRY

Whole: Place breast side down onto a microwave rack. Shield legs and wings with smooth pieces of aluminium foil. Set timer to appropriate weight. Turn over half-way through defrosting and protect breast with a smooth piece of foil. Remove giblets as soon as possible. Stand for 20-30 minutes.

Pieces: Arrange the thicker parts towards the outside and shield the thinner parts with foil. Set timer to appropriate weight. Turn over half-way through defrosting. Stand for 10-15 minutes.

VEGETABLES

It is not necessary to defrost vegetables first. All vegetables can be thawed and cooked on high.

How to Use Your Microwave Oven Safely

Although your oven is provided with safety features, it is important to observe the following:

- a) It is important not to interfere or tamper with safety interlocks.
- b) Do not place any object between the oven front face and the door or allow residue to accumulate on door sealing surfaces. Wipe the door sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- c) When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damaged to the door.
Do not operate the oven if it is damaged, until it has been repaired by a service engineer trained by SANYO. It is particularly important that the oven closes properly and that there is no damage to the:
 - i) Door (bent)
 - ii) Hinges and Latches (broken or loosened)
 - iii) Door seals and Sealing surfaces
- d) It is dangerous for anyone other than a properly qualified service engineer trained by SANYO to carry out adjustments or repairs.

NOTE

It is quite normal for steam to be emitted around the door, or for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle. This is merely condensation from the heat of the food and does not affect the safety of your oven. The door is not intended to seal the oven cavity completely but its special SANYO design contributes to the complete safety of the appliance.

WARNING

1. Do not heat food or liquids in bottles or jars with lids on. Air must be allowed to escape from the container. Do not warm babies bottles in the microwave oven with screw top lids or teats in place.
2. Milk or food for babies should be heated on approximately 50 percent power (SIMMER). It should then be stirred thoroughly and the milk or food should be tested to ensure that it is at the correct temperature before giving it to the baby.
3. When boiling water or other liquids, be sure to use a wide necked container. This will allow air bubbles to escape freely. Should a narrow necked container be used, air bubbles may combine to form a large bubble which may in turn cause the liquid to boil over. This may happen even after the cooking time has stopped.
4. Do not attempt to operate the oven while empty as this will cause damage.
5. As an exhaust is located in the rear of the oven, install the oven so as not to block the outlet.

Taking Care of Your Microwave Oven

Wipe the oven inside and out with a mild detergent solution, rinse, and wipe dry. Any food left in oven could possibly cause arcing due to carbonization. This should be done on a weekly basis — more often if needed. Never use abrasive powders or pads.

REMOVABLE PARTS

- The glass turntable can be removed for cleaning at the sink. Wipe up excess of spillovers with paper towel or cloth prior to removal of turntable.

- Roller rest can be removed for easy cleaning.
- The interior lamp can be replaced by unscrewing the small door on the left side of the oven. The lamp is a screw fitting, 240 volts 15 watts and can be purchased from your supplier, your nearest Sanyo Service Centre or from Sanyo direct.

Usable Cooking Utensils and Materials

OVENPROOF GLASS

Ovenware (treated for high-intensity heat), such as mixing bowls, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles, and bowls without metallic decoration.

CHINA

Bowls, cups, serving pieces, plates, and platters without metallic decoration.

POTTERY

Dishes, cups, mugs, and bowls.

PLASTIC

Plastic wrap may be used as a cover. Lay the plastic wrap loosely over the dish and press it to the sides. The dish should be deep enough so that the plastic wrap will not touch the food, also the wrap should be pierced to allow steam to escape. As the food heats, it may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, semi rigid freezer containers and plastic bags are usable for short cooking operations. Use with care as some softening of the plastic can occur with heat from the food.

Utensils and Materials to Avoid

METAL UTENSILS

Metal utensils are not recommended because the metal shields the food from microwave energy on the bottom and sides, causing uneven cooking results. Metal utensils could also cause arcing and damage to the appliance.

METAL DECORATION

Metal-trimmed or banded dinnerware, casseroles, etc., should not be used. The metal trim interferes with normal cooking and may damage the dish.

ALUMINIUM FOIL

Large sheets or pieces of aluminium foil should be avoided because they will disrupt cooking and may cause harmful arcing. However, smaller pieces may be used to shield areas such as poultry legs and wings. Any aluminium foil used should never be closer than 2.5cm (1 inch) from side walls of oven.

Aluminium foil containers may also be used to reheat food provided the containers do not touch the oven walls.

The depth of the containers should be no more than 5cm.

WOOD

Wooden bowls and boards will become dried out when used in the microwave oven and may split or crack.

OTHER

Avoid using cracked, flawed, or defective utensils, including ovenproof glassware.

CAUTION: DO NOT USE METAL TIES ON ANY PAPER OR PLASTIC BAGS; THE TIES BECOME HOT AND COULD CAUSE A FIRE.

A Few Other Precautions

1. Arcing in the oven during operation usually occurs from use of metallic utensils or overuse of aluminium foil. Arcing is denoted by a "snapping" or "cracking" noise and may be accompanied by bright flashes.
Continuous arcing can damage the unit. If continuous arcing occurs during operation, do not use the unit and call a service engineer.
2. Always make sure that closed containers, such as jars of baby food, are opened and plastic pouches of vegetable are pierced before cooking.
Tightly closed containers could explode.
3. Do not cook eggs in their shells because they will explode. Puncture the membrane around the yolk before frying eggs. This is because the yolk swells faster than the membrane and the egg explodes when heated quickly.
4. Do not be alarmed or surprised if you notice the turntable moving clockwise sometimes, and anticlockwise at other times. There is nothing wrong with your oven it is merely the type of turntable motor we use.

What to Do If Repairs Are Needed

Get in contact with your nearest Sanyo Service Centre. On no account remove or interfere with any parts or screws, with the exception of the interior lamp door. "THIS COULD PROVE VERY DANGEROUS"

Make the following simple check-up before contacting the Sanyo Service Centre:

- If the interior lamp does not light when the "START" pad touched.
 1. Make sure that the mains lead is securely plugged in.
 2. Make sure that the door is properly closed.
 3. Check the fuse in the plug top and ensure the plug top is wired correctly.
- If the lamp inside lights but the food is not heated:
Make sure that the food is not completely covered with a metal container.
- Noisy operation:
 1. Make sure that sparks are not being produced due to the use of metal utensils.
 2. Make absolutely sure that the contents of the oven are not touching the stirrer shield.



SANYO Electric Co., Ltd.
OSAKA, JAPAN