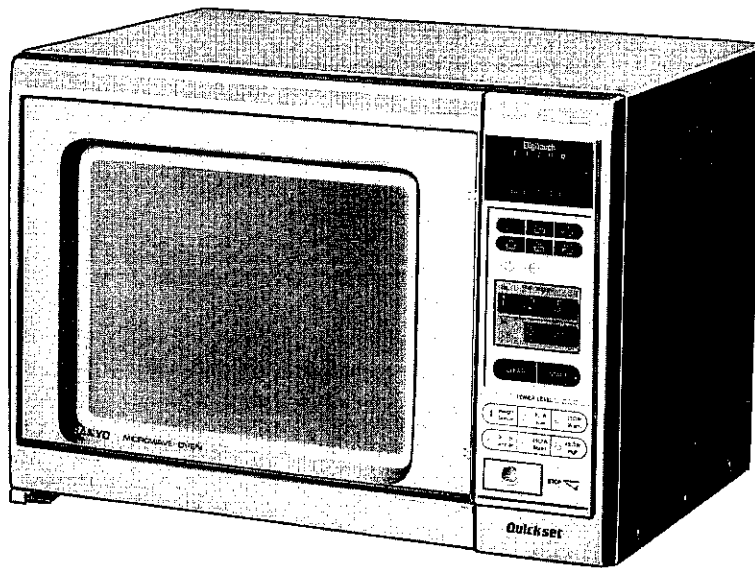


## EM-2613W

### Microwave Oven

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



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## 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, plastic containers made microwave safe, 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 touch power levels and numbers for Cooking Time and touch "START" pad.
- 5. Clean, cool operation.**  
No smoke, no grease, no heat. Your kitchen stays cool and clean at all times.
- 6. Perfect for defrosting and re-heating.**  
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 re-heats 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-cook, 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. See installation on Page 5. 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 the oven.
  - 6) Monitor switch: should the latch switch fail to function properly, this switch is activated to prevent the oven from operating.
- 3. Variable power control pads.**  
The power level can be selected by touching any of the 5 power levels.
- 4. Simplified cooking.**

|             |              |   |   |   |   |   |
|-------------|--------------|---|---|---|---|---|
| SYMBOL      | *            |  |  |  |  |  |
| POWER LEVEL | 650W<br>150W | 80W   | 150W  | 300W  | 450W  | 650W  |
- 5. High-visible viewing window.**  
The progress of cooking can be observed while oven is operating.
- 6. Practical dimensions.**
  - 1) Overall: 53.0(W) x 41.1(D) x 39.6(H)cm
  - 2) Oven: 34.4(W) x 33.9(D) x 26.4(H)cm

## WARNING-This appliance must be earthed.

### IMPORTANT

The wires in the 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 19.8kg. 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 "H  $\odot$ "; keep on touching for correct hours, and touch "M  $\ominus$ "; keep on touching for correct minutes; then touch "START". (This is also explained in "Easy Use Chart" Clock Section on Page 7.)
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.

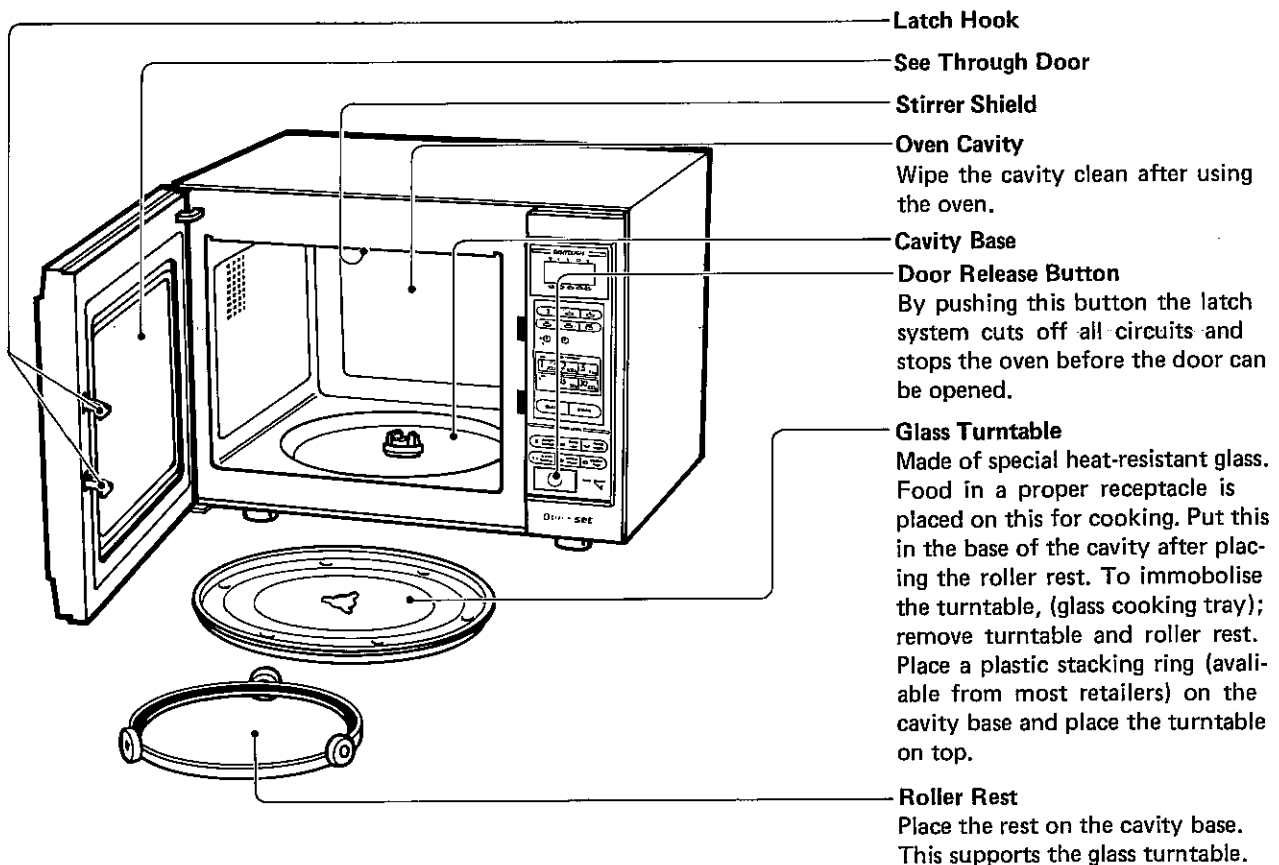
3. The exhaust vent of the oven is at the back on the left side, so keep it at least 5cm away from the rear wall and the side wall.
 

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

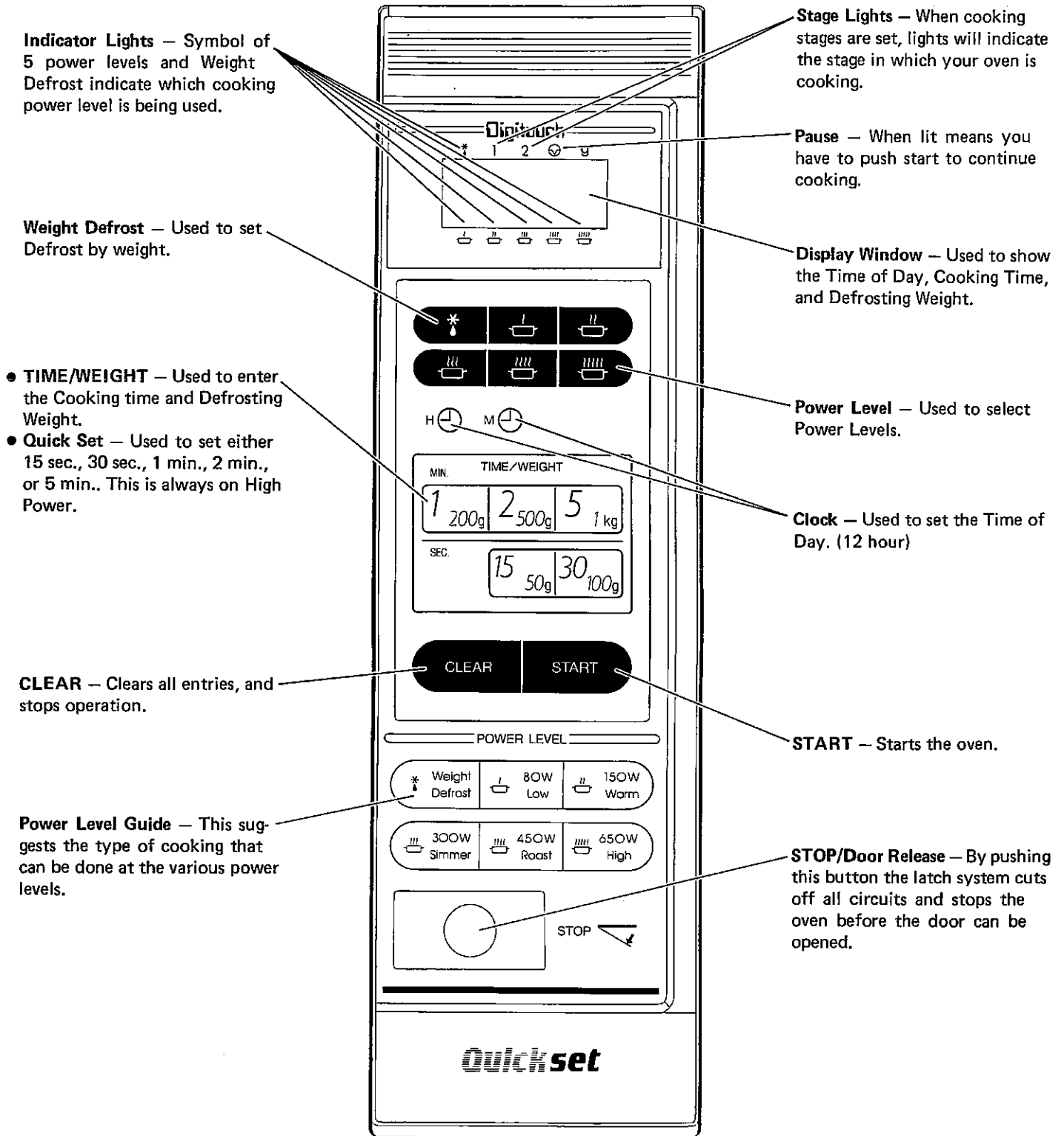


Remove your Oven and all material from the shipping carton. Your oven comes with the following material:

|                              |        |
|------------------------------|--------|
| Glass Turntable .....        | 1 each |
| Roller Rest .....            | 1 each |
| Cook Book .....              | 1 each |
| Operating Instructions ..... | 1 each |

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

# Oven Control Panel




**Notes:** Always check that you have entered the correct cooking time. Each “beep” means an entry and as your digitouch panel is sensitive you may inadvertently enter too many digits, e.g. 3 . . . 0 . . . 0 = 3 Minutes, 3 . . . 0 . . . 0 . . . 0 = 30 Minutes.


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

# User Instructions — Cooking Guide

## “High Power” Cooking

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

## “Variable Power” Cooking

Many foods require a slower cooking to give the best results. In addition to “” there are 5 other power levels. Further information on how these power levels can be used can be found on page 9.

## “Weight Defrost”

Simply set the weight of food to be defrosted; the oven automatically calculates the required time.

## “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.

With a cake, for example, the cookbook may recommend cooking at the “Roast” setting, followed by a period of cooking time at the “High” setting. “Roast” allows the cake to rise gently, and then “High” finishes the cooking cycle. You can preset both stages at the beginning, start the oven, and then the oven will change automatically into the second stage at the preset time.

For detailed directions on “Two Stage” Cooking refer Page 10.

## “Quick Set” Cooking

This special feature cuts down even further the number of controls you have to touch. For the ultimate in convenience cooking, any one of the time pads (1, 2, 5, 15, 30) turn into “instant start pads”.



















For instance; touch “CLEAR”, 1; oven automatically starts cooking for 1 minute.

touch “CLEAR”, 15; oven automatically starts cooking for 15 seconds, etc.

See page 11 for detailed directions.

# Easy Use Chart

Your new DIGITOUCH control panel allows you to use your microwave oven many ways.

| Clock  | “High Power” and<br>“Variable Power” Cooking  | “Two Stage” Cooking  |
|--|---|--|
| <p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch “CLEAR”.</li> <li>2. Touch “H.</li> <li>3. Keep on touching for correct hours. (1 ~ 12)</li> <li>4. Touch “M.</li> <li>5. Keep on touching for correct minutes. (00 ~ 59)</li> <li>6. Touch “START”.*</li> </ol> <p>*This “locks” in the time and starts the clock running.</p> | <p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch “CLEAR”.</li> <li>2. Touch “” or “” or “” or “” or “.</li> <li>3. Touch time for desired cooking time.</li> <li>4. Touch “START”.</li> </ol> <p>(See Pages 8 and 9 for more detailed instructions.)</p> | <p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch “CLEAR”.</li> <li>2. Touch “” or “” or “” or “” or “.</li> <li>3. Touch time for desired cooking time.</li> <li>4. Touch “” or “” or “” or “” or “.</li> <li>5. Touch time for desired cooking time.</li> <li>6. Touch “START”.</li> </ol> <p>(See Page 10 for more detailed instructions.)</p> |
| <p>“Quick Set” Cooking</p>   | <p>“Weight Defrost”</p>   |  |
| <p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch “CLEAR”.</li> <li>2. Touch time for desired cooking time.</li> </ol> <p>(See Page 11 for more detailed instructions.)</p>   | <p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch “CLEAR”.</li> <li>2. Touch “” (Weight Defrost).</li> <li>3. Touch weight for desired defrost weight.</li> <li>4. Touch “START”.</li> </ol> <p>(See Pages 12 thru 16 for more detailed instructions.)</p>  |  |

# “High Power” and “Variable Power” Cooking

1. Touch “CLEAR” and a beep tone will be heard. (This erases all previous settings and is not necessary if panel is already cleared.)
2. Touch “1” or “2” or “3” or “4” or “5”; Lights above symbol of appropriate power level will go on. (“0” will appear in the display window.)
3. Touch the time on control panel to set the cooking time. The time set will appear in the display window at the top of the control panel.

For Example:

- To set 30 seconds, touch “30” SEC. or “15” SEC. twice.
- To set 3 minutes, touch “1” MIN. and “2” MIN.
- To set 3½ minutes, touch “1” MIN., “2” MIN. and “30” SEC..

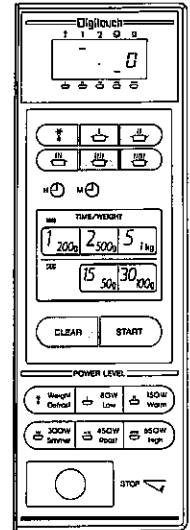
**REMEMBER**, the timer is a digital clock that is divided into 60 seconds. Therefore, ½ minute is equal to 30 seconds. Touch 30 (and NOT 50 as with a calculator) to indicate ½.

4. Touch “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 2 seconds when the cooking time has completed. The oven switches itself off. The time of day will reappear in the display window.

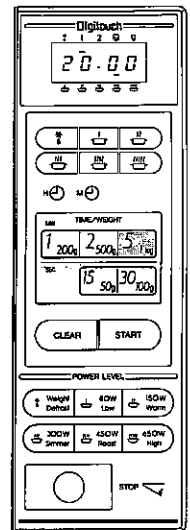
**NOTE:** If you wish to stir or re-arrange food during cooking: simply open the oven door; stir or re-arrange; close door; touch “START”; and the oven will automatically continue to count down the remaining amount of time left on display.

**Example:** 900g/2 lb Fresh lamb can be cooked quickly on “5” for 20 minutes. To do this follow these 4 simple steps.

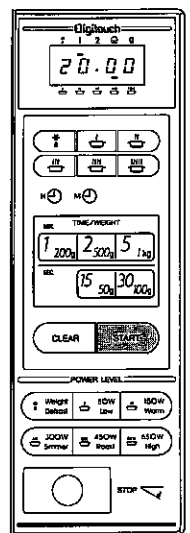
1. Touch “CLEAR”.
2. Touch “5”.  
Lights below “1” and lights above “5” will go on.  
“0” will appear in the display window.



3. Set 20 minutes by touching “5” four times. “20.00” will appear in the display window.



4. Touch “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 2 seconds when the cooking time has completed. The oven switches itself off. The time of day will reappear in the display window.





# “Variable Power” Setting Guide

Variable power lets you cook foods at the most suitable power level. Further information can be found in “Microwave Miracles”.

| POWER LEVEL    | SUGGESTED USE  |
|----------------|--|
| 80W<br>LOW     | Softening cream cheese.<br>Melting small quantities of chocolate.<br>Defrosting frozen pastry.                                 |
| 150W<br>WARM   | Keeping food warm.<br>Thawing meat, poultry and seafood.<br>Completing the cooking cycle of some casseroles and stews.         |
| 300W<br>SIMMER | Completing the cooking cycle of pot roasts.<br>Baked custards and cheesecakes.   |
| 450W<br>ROAST  | Roasting meats.<br>Reheating foods.  |
| 650W<br>HIGH   | Boiling liquids.<br>Cooking poultry, fish, vegetables.<br>Sauteing vegetables.<br>Baking cakes.<br>Preheating a browning dish. |

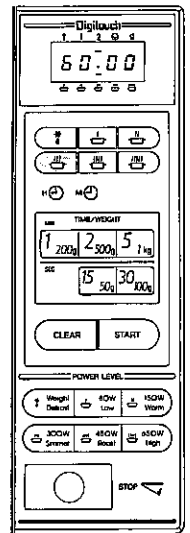
# “Two Stage” Cooking

Two stage cooking is ideal for sequential cooking, it lets you cook at a different power level for a chosen time. Set all stages before cooking and starting the oven.

1. Touch “CLEAR”.
2. Touch “1” or “2” or “3” or “4” or “5”; Light below “1” and lights above symbol of appropriate power level will appear in the display window.
3. Touch time on control panel to set the cooking time.  
The first stage of cooking has been set.
4. Touch “1” or “2” or “3” or “4” or “5”; Light below “2” and lights above symbol of appropriate power level will appear in the display window.
5. Touch time on control panel to set the cooking time.  
The second stage of cooking has been set.
6. Touch “START”.

## SECOND STAGE (60 minutes, “5”)

4. Touch “2”. Lights below “2” and lights above “5” will go on.
5. Set 60 minutes by touching “5” twelve times; “60.00” will appear in the display window.  
The second stage has been set.



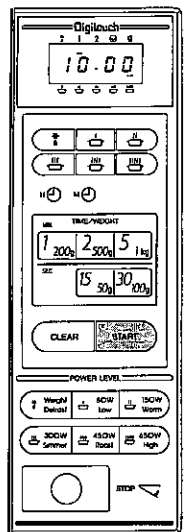
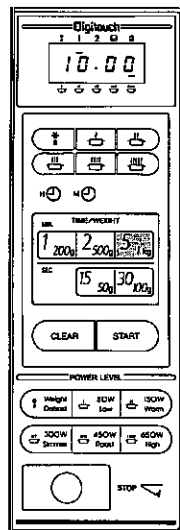
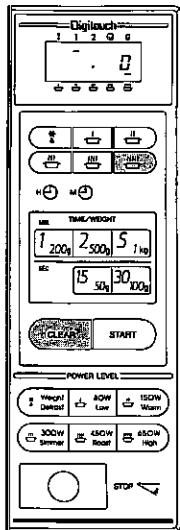
## Example: (Two-Stage Cooking)

To cook a beef casserole and keep warm; here is how to set the oven:

### FIRST STAGE (10 minutes; “5”)

1. Touch “CLEAR”.
2. Touch “5”. Lights below “1” and lights above “5” will go on.
3. Set 10 minutes by touching “5” twice, “10.00” will go on.  
The first stage has been set.

6. Touch “START”. The first stage will begin.




# “Quick Set” Cooking

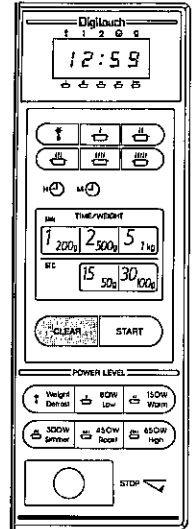
You can cook for 15 seconds, 30 seconds, 1 minute, 2 minutes and 5 minutes using “Quick Set” function for high power cooking.

1. Touch “CLEAR”, and a beep tone will be heard. (This erases all previous settings and is not necessary if panel is already cleared.)
2. Touch the appropriate time on the control panel to set the cooking time. The time set will show in the display window, and the oven will automatically start.

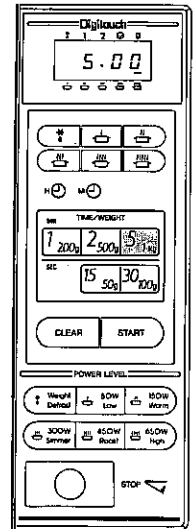
The oven will begin cooking and the display window will show the time counting down in minutes and seconds. A tone will sound for two seconds when the cooking time is completed. Then the oven shuts itself off.

**Example:** Bacon (6 slices) can be cooked quickly on “” (high power) for 5 minutes. To do this follow these 2 simple steps.

1. Touch “CLEAR”.



2. Touch “5”. 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.



# “Weight Defrost”

This feature has been designed so that you can get the best results when defrosting. It has primarily been designed for the thawing of meat but it can be adapted to defrost other foods by weight. See the charts on pages 13 thru 18.

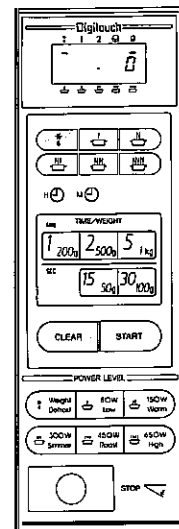
The defrosting programme has a built in pause. This enables you to separate, turn or rearrange the food which is necessary to ensure even defrosting.

1. Touch “CLEAR” and a beep tone will be heard (This erases all previous settings and is not necessary if panel is already cleared.)
2. Touch “\*”. Lights below “\*” and “g” will go on. (“0” will appear in the display window.)
3. Touch weight for defrosting.
4. Touch “START”. The oven will begin the first cooking and the display window will show the first defrosting time counting down in minutes and seconds. A tone will sound for 1 second when the defrosting time has finished. The oven switches itself off and the display window will show the second defrost time. After turning over the food, etc., touch “START”. The oven will resume defrosting. A tone will sound for 2 seconds when the second defrosting time has completed. The oven switches itself off. The time of day will reappear in the display window.

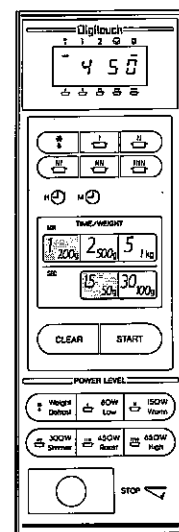
**NOTE:** If you wish to stir or rearrange food during cooking, simply open the door; stir or rearrange; close the door; and touch “START”. The oven will automatically continue to count down the amount of time left on the timer.

**Example:** To defrost 450g/1 lb minced beef use the weight defrost.

1. Touch “CLEAR”.
2. Touch “\*”.



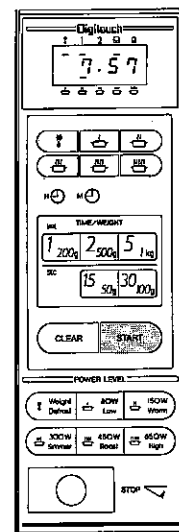
3. Set 450g by touching “200g” twice and “50g”. “450g” will appear in the display window.



4. Touch “START”. Lights below “\*”, “1”, “⊖” and “⊞” will go on. The oven will begin cooking and the display window will show the time counting down in minutes and seconds. The oven will stop automatically at the end of the first time segment and lights below “⊖” and “1” will go out. Lights below “2” will go on.

At the pause, separate and remove any thawed portions of meat and turn over. Follow the defrosting charts located in the microwave cooking section.

After turning over, rotating the food, etc., touch “START”. The oven will resume defrosting and the display window will show the time remaining. At the end of the required time, a tone will sound for two seconds when the cooking time has completed. The oven switches itself off. The time of day will reappear in the display window.



# Weight Defrosting List

The weight defrosting programme has been set into this oven and you cannot erase or substitute this. It has been designed to work in two stages. The pause enables you to turn, rearrange or separate the food to achieve the best results. In some foods such as sausages, only one stage of defrosting is necessary and the second stage of defrosting should be ignored.

## “Weight Defrost” Chart

The oven will stop automatically at the end of the first defrosting stage. At pause, foods should be separated, rearranged or turned over etc. by following the pause directions.

### Weight defrosting tips:

For best results, remove meat/poultry/fish seafood from its original paper or plastic closed package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods which can cause the outer surface of the foods to cook.

When it is difficult to remove the wrap from the food, defrost the wrapped food for a few minutes and then the wrapper should be easier to remove. Remove all metal rings, wire ties and all foil wrapping before defrosting.

The thinner parts of food and smaller cuts can be protected with smooth pieces of aluminium foil.

Food could still be somewhat icy in the centre when removed from the oven, this is normal.

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

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

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

Standing time is necessary to complete the thawing process.

Cook defrosted food as soon as possible.

### WEIGHT DEFROST CHART:

| FOOD                            | PREPARATION   | PAUSE DIRECTIONS   | STANDING TIME |
|---------------------------------|---|--|---------------|
| <b><u>BEEF</u></b>              |   |  |               |
| Cubed beef                      | Place in an even layer in a shallow dish.   | Remove any thawed cubes and stir, ensuring that the frozen cubes are around the edge of the dish.    | 10 – 15 min.  |
| Minced beef                     | Place in an even layer in a shallow dish.   | Remove any thawed portions and turn over.  | 5 – 10 min.   |
| Rib of beef                     | Place on an upturned saucer on a plate or on a microwave rack. Shield outer edges and thin end with smooth pieces of foil. Position beef so the thinner end is towards the centre of the turntable. | Remove foil. Turn over and position joint so the thinner end is towards the centre of the turntable. | 20 – 40 min.  |
| Rolled rib, silverside, topside | Place on an upturned saucer on a plate or on a microwave rack. Shield outer edges with smooth pieces of foil.   | Remove foil. Turn over.  | 20 – 40 min.  |
| Steak                           | Place on a microwave rack. If frozen in a block, separate as soon as possible. Shield outer edges with smooth pieces of foil.   | Remove foil. Turn over.  | 10 – 15 min.  |

# “Weight Defrost” Chart (Cont’d)

| FOOD                       | PREPARATION  | PAUSE DIRECTIONS  | STANDING TIME |
|----------------------------|--|---|---------------|
| <b>LAMB</b>                |  |   |               |
| Cubed lamb/<br>mutton      | Place in an even layer in a shallow dish.  | Remove any thawed cubes and stir, ensuring that the frozen cubes are around the edge of the dish. | 10 – 15 min.  |
| Cutlets                    | Place on a microwave rack. If frozen in a block, separate as soon as possible. Arrange cutlets so the thinner ends are towards the centre of the turntable. Shield outer edges with smooth pieces of foil.   | Remove foil, turn over.<br>If thin ends of cutlets feel warm shield with foil.                    | 10 min.       |
| Chops                      | Place on a microwave rack. If frozen, in a block separate as soon as possible. Arrange chops so the thinner ends are towards the centre of the turntable. Shield outer edges with smooth pieces of foil.     | Remove foil.<br>Turn over.  | 10 – 15 min.  |
| Minced lamb                | Place in an even layer in shallow dish.  | Remove any thawed portions and turn over.   | 5 – 10 min.   |
| Shoulder, leg              | Place on an upturned saucer on a plate or on a microwave rack. Shield outer edges and thin end with smooth pieces of foil.   | Remove foil and turn over.  | 20 – 40 min.  |
| <b>PORK</b>                |  |   |               |
| Chops                      | Place on a microwave rack. If frozen in a block, separate as soon as possible. Arrange chops, so the thinner ends are towards the centre of the turntable.<br>Shield outer edges with smooth pieces of foil. | Remove foil and turn over.  | 10 – 15 min.  |
| Sausages and<br>Chipolatas | Place on a microwave rack. If frozen in a block, separate as soon as possible. Shield both ends of the sausage.  | Remove foil.<br>Sausages will not need any further microwaving, so cancel programme at pause.     | 5 – 10 min.   |
| Sausagemeat                | Place in a shallow dish. Shield both ends with smooth pieces of foil.  | Remove foil.<br>Sausagemeat will not need any further microwaving, so cancel programme at pause.  | 5 – 10 min.   |
| Bacon                      | Place in a single layer on a microwave rack. Separate as soon as possible. Shield both ends of bacon with smooth pieces of foil.   | Remove foil.<br>Bacon will not need any further microwaving, so cancel programme at pause.        | 5 – 10 min.   |
| Spareribs                  | Place in a single layer on a microwave rack. If frozen together, separate as soon as possible. Shield both ends with smooth pieces of foil.  | Remove foil.<br>Turn over and remove any thawed pieces.   | 5 – 10 min.   |
| Leg, Shoulder              | Place on a upturned saucer on a plate or on a microwave rack. Shield outer edges with smooth pieces of foil.   | Remove foil and turn over.  | 20 – 40 min.  |

# “Weight Defrost” Chart (Cont’d)


| FOOD            | PREPARATION  | PAUSE DIRECTIONS   | STANDING TIME |
|-----------------|--|--|---------------|
| <u>OFFAL</u>    |  |  |               |
| Kidney          | Place in a single layer in a shallow dish or on a microwave rack. Shield both ends with smooth pieces of foil.   | Remove foil and turn over.<br>Remove any thawed portions.                                  | 10 – 15 min.  |
| Liver           | Place in a single layer in a shallow dish or on a microwave rack. Shield both ends with smooth pieces of foil.   | Remove foil and turn over.<br>Remove any thawed portions.                                  | 10 – 15 min.  |
| <u>CHICKEN</u>  |  |  |               |
| Whole           | Use an upturned saucer on a plate or a microwave rack. Place chicken breast side down. Shield wings, bone end of legs and neck with smooth pieces of foil.     | Remove foil.<br>Turn over and shield neck with foil.                                       | 20 – 40 min.  |
| Pieces          | Use a microwave rack or shallow dish. Shield thin parts such as tips with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish. | Remove foil.<br>Turn over, rearrange so thicker parts are towards the outside of the dish. | 10 – 20 min.  |
| <u>DUCKLING</u> |  |  |               |
| Whole           | Use an upturned saucer on a plate or a microwave rack. Place duckling breast side down. Shield wings, legs and neck with smooth pieces of foil.                | Remove foil.<br>Turn over and shield any warm areas with foil.                             | 20 – 40 min.  |
| <u>TURKEY</u>   |  |  |               |
| Pieces          | Use a microwave rack or shallow dish. Shield thin parts with smooth pieces of foil.<br>Arrange so thicker parts are towards the outside of the dish.           | Remove foil.<br>Turn over and shield any warm areas.                                       | 10 – 15 min.  |




# “Weight Defrost” Chart (Cont’d)

| FOOD                  | PREPARATION   | PAUSE DIRECTIONS   | STANDING TIME |
|-----------------------|---|--|---------------|
| <b><u>FISH</u></b>    |   |  |               |
| Fish fillets          | Use a shallow dish or microwave rack. Arrange fillets in an even layer. If frozen in a block, separate as soon as possible. Shield tail and thin ends with smooth pieces of foil.         | Remove foil, turn over rearrange and arrange tail ends under thicker parts of fish.                  | 5 – 10 min.   |
| Fish steaks           | Use a shallow dish or microwave rack. Arrange steaks in an even layer. If frozen in a block separate as soon as possible. Shield outer edges of steaks with smooth pieces of foil.        | Remove foil, turn over and rearrange.  | 5 – 10 min.   |
| Whole fish            | Use a shallow dish or microwave rack if more than 1 fish. Arrange fish head to tail. Shield head and tail ends with smooth pieces of foil. Do not allow foil to touch side walls of oven. | Remove foil, turn over and rearrange.  | 5 – 15 min.   |
| <b><u>SEAFOOD</u></b> |   |  |               |
| Crab meat             | Use a plate or shallow dish. Shield edges with smooth pieces of foil.   | Remove foil. Turn over and remove any thawed portions.   | 5 – 10 min.   |
| Crab sticks           | Place in an even layer in a shallow dish. Shield ends with smooth pieces of foil.   | Remove foil. Crabsticks will not need any further microwaving, so cancel programme at pause.         | 5 min.        |
| Prawns                | Place in an even layer in a shallow dish.   | Remove any thawed prawns and stir, ensuring that the frozen prawns are around the edges of the dish. | 5 – 10 min.   |
| Scallops              | Place in an even layer in a shallow dish.   | Remove any thawed scallops. Stir, ensuring that the frozen scallops are around the edge of the dish. | 5 – 10 min.   |
| Scampi                | Place in an even layer in a shallow dish. Arrange larger scampi around the outside of dish.   | Remove any thawed scampi. Stir, ensuring that the frozen scampi are around the edge of the dish.     | 5 – 10 min.   |



# Defrosting Instructions Using “” (WARM)

Some foods such as bread and fruit, will not defrost successfully if defrosted by the weight defrost. These foods can be successfully thawed using the “” (WARM) power setting.

| FOOD                         | PREPARATION   | DEFROST TIME ON  (WARM) | STANDING TIME |
|------------------------------|---|---|---------------|
| <b><u>BREAD</u></b>          |   |   |               |
| Whole large loaf             | Place on microwave rack or kitchen paper. Turn over halfway through defrosting time.  | 10 – 12 min.  | 10 min.       |
| Whole small loaf             | Place on microwave rack or kitchen paper. Turn over halfway through defrosting time.  | 7 – 9 min.  | 10 min.       |
| Sliced large loaf            | Place on microwave rack or kitchen paper. Turn over halfway through defrosting time. Remove outer slices if thawed.   | 9 – 11 min.   | 10 min.       |
| Sliced small loaf            | Place on microwave rack or kitchen paper. Turn over halfway through defrosting time.  | 5 – 6 min.  | 10 min.       |
| 1 bread roll                 | Place on kitchen paper.   | 45 – 60 sec.  | 5 min.        |
| 2 bread rolls                | Place on kitchen paper.   | 1-1/4 – 1-1/2 min.  | 5 min.        |
| <b><u>BUTTER</u></b>         |   |   |               |
| 250g/8.8 oz. (1 packet)      | If foil wrapped, remove from wrapper and place on a plate.  | 2-1/4 – 3 min.  | 5 min.        |
| <b><u>FRUIT</u></b>          |   |   |               |
| 225g/8 oz. soft berry fruits | Place in a single layer in a shallow dish.  | 4 – 5 min.  | 5 – 10 min.   |
| 450g/1 lb soft berry fruits  | Place in a single layer in a shallow dish.  | 6 – 7 min.  | 5 – 10 min.   |
| <b><u>PLATED MEAL</u></b>    |   |   |               |
| 400g/14 oz. plated meal      | Cover with a plate or non P.V.C. cling film. After thawing: To reheat, microwave on  (HIGH) for 2 – 3 minutes. | 7 – 8 min.  | 5 – 10 min.   |
| <b><u>VEGETABLES</u></b>     |   |   |               |
|                              | It is not necessary to defrost vegetables before cooking. All vegetables can be thawed and cooked on  (HIGH).  |   |               |

# 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).

Always choose the weight below the actual weight of the food if not exact. For example; 240g fish programme weight to 200g.

| GRAMS | lb. oz     | DECIMALIZED lb | TOTAL TIME |
|-------|------------|----------------|------------|
| 50    | 2 oz       | 0.1            | 2.30       |
| 100   | 4 oz       | 0.2            | 3.42       |
| 150   | 5 oz       | 0.3            | 4.53       |
| 200   | 7 oz       | 0.4            | 6.05       |
| 250   | 9 oz       | 0.6            | 7.16       |
| 300   | 10 oz      | 0.6            | 8.28       |
| 350   | 12 oz      | 0.7            | 9.40       |
| 400   | 14 oz      | 0.9            | 10.51      |
| 450   | 1 lb       | 1.0            | 12.02      |
| 500   | 1 lb 2 oz  | 1.1            | 13.15      |
| 550   | 1 lb 4 oz  | 1.2            | 14.34      |
| 600   | 1 lb 5 oz  | 1.3            | 15.54      |
| 650   | 1 lb 7 oz  | 1.4            | 17.13      |
| 700   | 1 lb 9 oz  | 1.6            | 18.33      |
| 750   | 1 lb 11 oz | 1.7            | 19.52      |
| 800   | 1 lb 12 oz | 1.7            | 21.12      |
| 850   | 1 lb 14 oz | 1.9            | 22.31      |
| 900   | 2 lb       | 2.0            | 23.51      |
| 950   | 2 lb 2 oz  | 2.1            | 25.10      |
| 1000  | 2 lb 4 oz  | 2.2            | 26.30      |
| 1050  | 2 lb 5 oz  | 2.3            | 27.49      |
| 1100  | 2 lb 7 oz  | 2.4            | 29.09      |
| 1150  | 2 lb 9 oz  | 2.6            | 30.28      |
| 1200  | 2 lb 11 oz | 2.7            | 31.48      |
| 1250  | 2 lb 12 oz | 2.7            | 33.07      |
| 1300  | 2 lb 14 oz | 2.9            | 34.27      |
| 1350  | 3 lb       | 3.0            | 35.46      |
| 1400  | 3 lb 2 oz  | 3.1            | 37.06      |
| 1450  | 3 lb 4 oz  | 3.2            | 38.25      |
| 1500  | 3 lb 5 oz  | 3.3            | 39.45      |
| 1550  | 3 lb 7 oz  | 3.4            | 41.04      |

| GRAMS | lb. oz     | DECIMALIZED lb | TOTAL TIME |
|-------|------------|----------------|------------|
| 1600  | 3 lb 9 oz  | 3.6            | 42.24      |
| 1650  | 3 lb 11 oz | 3.7            | 43.43      |
| 1700  | 3 lb 12 oz | 3.7            | 45.03      |
| 1750  | 3 lb 14 oz | 3.9            | 46.22      |
| 1800  | 4 lb       | 4.0            | 47.42      |
| 1850  | 4 lb 1 oz  | 4.1            | 49.01      |
| 1900  | 4 lb 3 oz  | 4.2            | 50.21      |
| 1950  | 4 lb 5 oz  | 4.3            | 51.40      |
| 2000  | 4 lb 7 oz  | 4.4            | 53.00      |
| 2050  | 4 lb 8 oz  | 4.5            | 54.19      |
| 2100  | 4 lb 10 oz | 4.6            | 55.39      |
| 2150  | 4 lb 12 oz | 4.7            | 56.58      |
| 2200  | 4 lb 14 oz | 4.9            | 58.18      |
| 2250  | 5 lb       | 5.0            | 59.37      |
| 2300  | 5 lb 1 oz  | 5.1            | 60.57      |
| 2350  | 5 lb 3 oz  | 5.2            | 62.16      |
| 2400  | 5 lb 5 oz  | 5.3            | 63.36      |
| 2450  | 5 lb 6 oz  | 5.4            | 64.55      |
| 2500  | 5 lb 8 oz  | 5.5            | 66.15      |
| 2550  | 5 lb 10 oz | 5.6            | 67.34      |
| 2600  | 5 lb 12 oz | 5.7            | 68.54      |
| 2650  | 5 lb 13 oz | 5.8            | 70.13      |
| 2700  | 6 lb       | 6.0            | 71.33      |
| 2750  | 6 lb 1 oz  | 6.1            | 72.52      |
| 2800  | 6 lb 3 oz  | 6.2            | 74.12      |
| 2850  | 6 lb 5 oz  | 6.2            | 75.31      |
| 2900  | 6 lb 6 oz  | 6.4            | 76.51      |
| 2950  | 6 lb 8 oz  | 6.5            | 78.10      |
| 3000  | 6 lb 10 oz | 6.6            | 79.30      |

# How to Use Your Microwave Oven Safely (IMPORTANT)

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, weight could also damage 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 it is inspected to ensure 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.
  - e) Small quantities of food or foods with low moisture content or high fat or sugar content can burn, dry out or catch on fire if cooked or re-heated too long.

Please note that the heating/cooking period required is extremely short: for example it only takes approximately 15 seconds to heat one mince pie or similar.

In the unlikely event of a fire occurring, turn off the oven and its electrical supply, pull out the plug, but keep the oven door closed.

## NOTE

It is quite normal for steam to be emitted around the door, 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 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 to the appliance.
5. As an exhaust is located in the rear of the oven, install the oven so as not to block the outlet.
6. Do not deep fry in the microwave oven as the temperature of oil cannot be controlled and it may overheat.
7. Always remove contents from cans to microproof container for reheating.
8. It is important to keep the oven interior clean. Food particles or spatters left on the oven walls reduce the efficiency of the microwaves.
9. **Never** completely seal containers in the microwave oven. Coverings are necessary but containers must not be airtight.

## 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 carbonisation. 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 spillage with paper towel or cloth prior to removal of turntable.
- The stirrer shield (inside oven top) can be gently wiped in place or removed for washing at the sink. The shield is a flexible plastic, supported at front, side and rear. Carefully remove the shield secured at the front tabs, pull forward to remove.

Wash only in warm (not hot) detergent water, rinse and wipe dry. Avoid hitting or bending the metal stirrer blades, as this could change the heating pattern in the oven.

To replace the shield, position it on the rails on sides and rear of the cooking chamber and secure it between the front metal tabs, ensuring the smoother side is facing downwards.

- While shield is out of the oven make sure to clean along the front ridge where it sits. Any food left in oven could possibly cause arcing due to carbonization.
- 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 25 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

Non P.V.C. cling film may be used as a cover. Place cling film firmly over container, make sure there is sufficient air space by pressing finger in the centre. Never have the cling film skin tight. The dish should be deep enough so that the cling film will not touch the food. As the food heats, it may cause the cling film 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.

Specially designed plastic microwave cookware is suitable for general use provided it is clearly marked "Microwave Oven" safe.

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

Do not cover food completely with aluminum foil.

### 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 (IMPORTANT)

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.
5. Small quantities of food or foods with low moisture content or high fat or sugar content can burn, dry out or catch on fire if cooked or re-heated too long.  
Please note that the heating/cooking period required is extremely short: for example it only takes approximately 15 seconds to heat one mince pie or similar.  
In the unlikely event of a fire occurring, turn off the oven and its electrical supply, pull out the plug, but **KEEP THE OVEN DOOR CLOSED.**

# 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 is 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 or aluminium foil.
- 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.

# NOTE:

A series of horizontal dotted lines for writing notes.



**SANYO**

**SANYO Electric Co., Ltd.**  
OSAKA, JAPAN