



Microwave Oven

OPERATING INSTRUCTIONS

Model EM3660N

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

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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, paper containers and practically all utensils EXCEPT METAL ONES are perfectly suitable for microwave cooking.

4. Simplified operation.

You are cooking by time or temperature, and not by heat. Simply touch numbers for Cooking Time or Temperature, 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.

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) Primary safety interlock system: when the door handle is pulled, a built-in switch (under) turns off the oven before the door is opened.
- 2) Secondary safety interlock system: when the door handle is pulled a built-in switch (upper) turns off the oven.
- 3) Choke seal: a special seal around the door prevents all radiation leakage from the oven before the door is opened.
- 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. Multi power control.

By selecting cooking power level the appropriate power between 100W to 680W may be selected.

4. Simplified cooking.

Simply touch numbers for cooking time and touch the "START" pad. Your oven does the rest, and a beep sounds when the food is ready.

5. Temperature controlled cooking.

Simply touch numbers for cooking temperature after setting Temperature Probe, and touch "START" pad. Your oven does the rest, and a beep sounds when the food is ready.

6. Double Action cooking.

Even cooking can be obtained by Double Action cooking with a stirrer fan and a turn table.

7. High-visible viewing window

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

8. Practical dimensions.

- 1) Overall: 61.0(W) x 51.9(D) x 41.0(H)cm
- 2) Oven: 37.4(W) x 41.4(D) x 23.2(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:

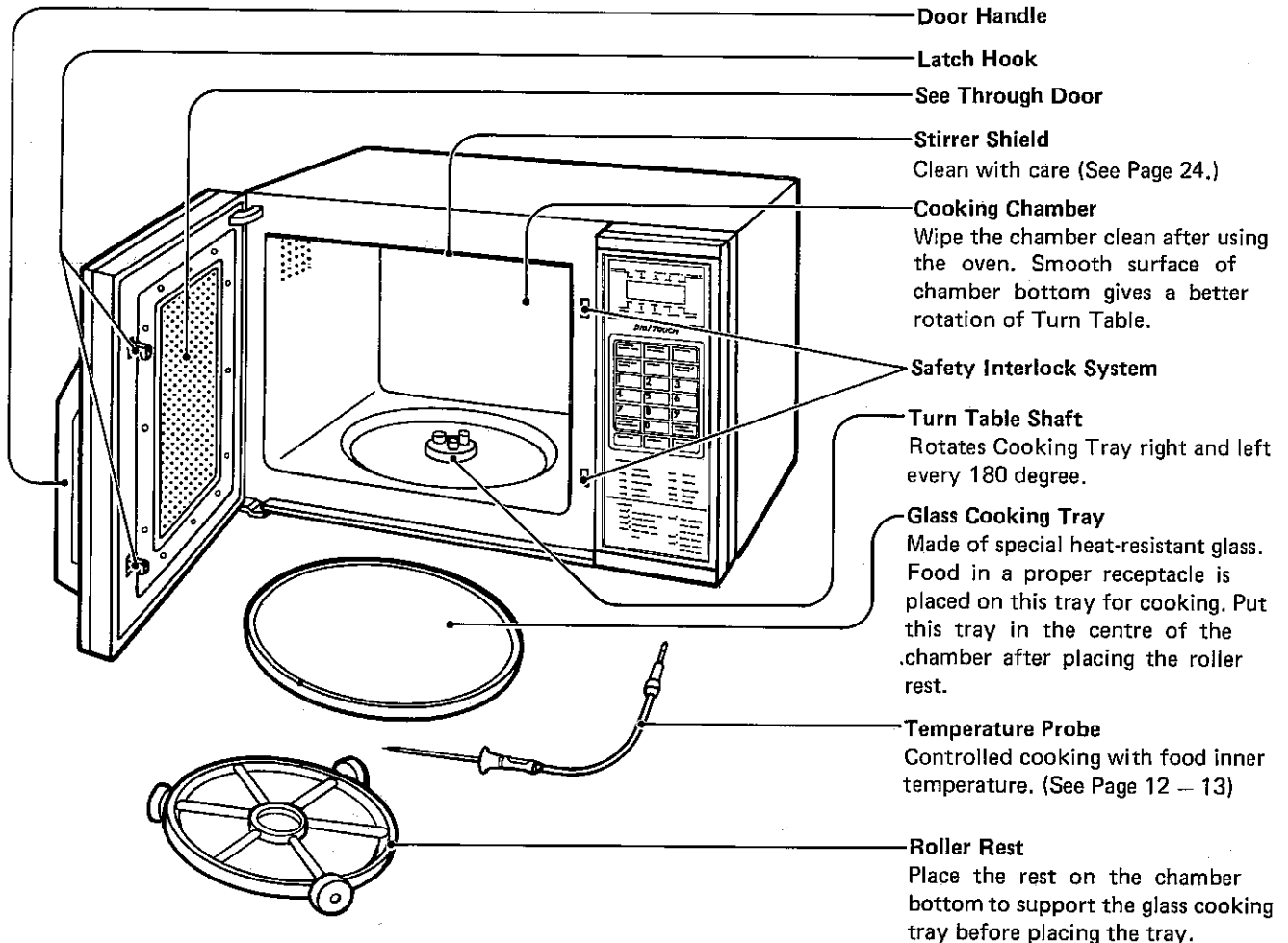
The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \perp or coloured green or green-and-yellow.

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 29kg. 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 flashing 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 TIME OF DAY; touch numbers for correct time (1:00 ~ 12:59); then touch TIME OF DAY. (This is also explained in the "Easy Use Chart" Time of Day 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**
To prevent static and "snow" in T.V.'s and radios, place the oven as far away from radios and T.V.'s as possible.

Names of Oven Parts



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

Glass Cooking Tray	1 each
Temperature Probe	1 each
Roller Rest	1 each
Microwave Miracles (cookbook)	1 each
Operating Instructions	1 each

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

Oven Control Panel

Stage Lights — When cooking stages are set, lights will go on indicating the stage in which your oven is cooking.

Indicator Lights — Time, Cook, Temp, Preset Stop Time and Programmed Defrost lights indicate which cooking operation is being used.

Programmed Defrost — Used in setting Programmed Defrost.

Preset Stop Time — Used in setting a Delay Start cooking. Cooking can be finished at the preset stop time (1:00 ~ 12:59).

Time of Day — Used in setting Time of Day.

Time — Used in setting Cooking Time.

Numbers — Used to enter the Time of Day, Cooking Time, Cooking Powers, Cooking Temperature, Programmed Defrost Time, Stop Time.

Cook Control — Used to select Cooking Power Levels.

Clear — Clears all entries except Time of Day. Once cooking has begun, however, CLEAR will function only after STOP has been touched.

Cook Guide — Cooking guide which lists the types of cooking that most often occur at these Cooking Power Levels.

Display Window — Used to show the Time of Day, Cooking Time, Cooking Power Level, Programmed Defrost Time. It also functions as countdown timer when cooking.

Pause Light — Shows oven has been set to pause between cooking stages.

Probe Light — Flashes to warn that Temperature Probe is not plugged into the socket inside the oven for Temperature Controlled cooking.

Pause — Used to stop oven between cooking stages.

Memory/Recall — For two- or three-stage cooking, MEMORY/RECALL is used in setting:

- Cooking Time
- Power Level
- Temperature

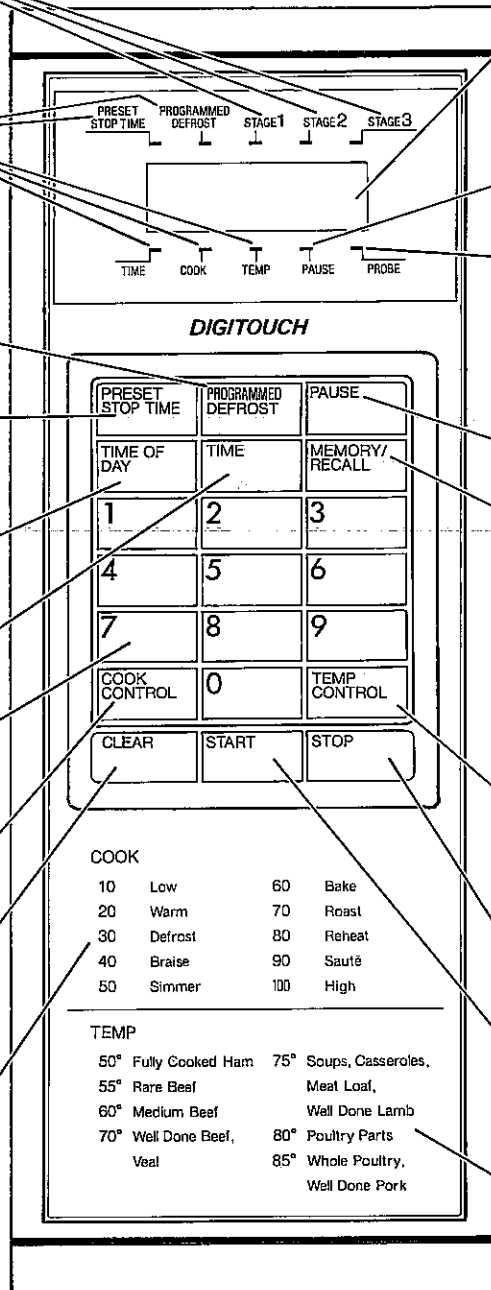
Also, it is used to recall each memory stage in a multiple-stage program.

Temp Control — Used in setting the desired Cooking Temperature (30°C ~ 90°C). Temperature Controlled cooking can be done only when the Temperature Probe is plugged into the socket inside the Oven.

Stop — Stops the oven.

Start — Starts the oven.

Temp Guide — Temperature guide which lists the examples of food that are best cooked at these temperatures.



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

“Minute Minder”

Your oven also has a timer that can be used for non cooking functions. When used as a regular timer, the oven is not running. The timer is simply counting down in seconds. For detailed instructions on using this timer, see Page 8.

“High-Power” Cooking

“High” gives the highest power cooking possible with your microwave oven. It is the recommended setting for cooking foods with high moisture content or for cooking foods that need fast cooking to maintain their natural flavour and texture. Your Microwave Miracles will tell you which foods are cooked best using highest microwave power (“High”). For detailed directions on “High” (high power) cooking, see Page 9.

“Multi-Power” Cooking

Many foods need slower cooking (at less than full power) in order to give the best results. In addition to “High”, there are ninety-nine “Multi-Power” settings. Detailed directions for “Multi-Power” cooking are on Page 10 and 11.

Temperature Controlled “High-Power” Cooking

“High-Power” with Temperature Control allows you to cook food to a preset temperature using maximum speed. Follow the directions on Page 15 and you will be able to preset the temperature you desire with the aid of the Temperature Control Cooking Guide.

Temperature Controlled “Multi-Power” Cooking

“Multi-Power” with Temperature Control allows you to cook more sensitive foods to a preset temperature by using slower microwave cooking speeds. See Page 16 for detailed directions.

Automatic “Hold Warm”

After reaching the set temperature, the Oven automatically switches to Hold Warm to keep the food warm, and the set temperature is flashing in the Display Window to show the “Hold Warm” condition and continue for up to 60 minutes or until the Door is opened or STOP is touched. See Pages 15 and 16.

Two- or Three-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 “60 (Bake)” setting, followed by a period of cooking time at the “High” setting. “Bake” 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- or Three-Stage Cooking” see Pages 17 and 18.

Preset Stop Time Cooking (Delay Start Cooking)

For those times when you must be away from the kitchen, but want dinner ready when you return, cooking can be started and finished at the time of day selected. See Page 18 for detailed directions.

Programmed Defrost

The power level will automatically change to allow for proper thawing of dense food items. See Pages 19 thru 22 for detailed directions.

Easy Use Chart

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

Time of Day	"High-Power" Cooking	"Multi-Power" Cooking
<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME OF DAY. 3. Touch numbers for correct time of day. (1:00 ~ 12:59) 4. Touch TIME OF DAY.* <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 TIME. 3. Touch numbers for desired cooking time. 4. Touch START. (See Page 9 for more detailed instructions.) 	<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME. 3. Touch numbers for desired cooking time. 4. Touch COOK CONTROL. 5. Touch numbers for desired cooking power level. 6. Touch START. (See Page 11 for more detailed instructions.)
Temperature Controlled "High-Power" Cooking	Temperature Controlled "Multi-Power" Cooking	"Three-Stage" Cooking
<p>To Set:</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe. 2. Touch CLEAR. 3. Touch TEMP CONTROL. 4. Touch Numbers for Cooking Temperature (30°C ~ 90°C). 5. Touch START. (See Page 15 for more detailed instructions.) 	<p>To Set:</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe. 2. Touch CLEAR. 3. Touch TEMP CONTROL. 4. Touch Numbers for Cooking Temperature (30°C ~ 90°C). 5. Touch COOK CONTROL. 6. Touch Numbers for Cooking Power level. 7. Touch START. (See Page 16 for more detailed instructions.) 	<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME. 3. Touch numbers for desired cooking time. 4. Touch COOK CONTROL. 5. Touch numbers for desired cooking power level. 6. Touch MEMORY/RECALL or PAUSE. 7. Touch TIME. 8. Touch numbers for desired cooking time. 9. Touch COOK CONTROL. 10. Touch numbers for desired cooking power level. 11. Repeat steps 6 – 10 to set 3rd Cooking Stage. 12. Touch START (See Pages 17 and 18 for more detailed instructions.)
Preset Stop Time Cooking (Delay Start Cooking)	Programmed Defrost	
<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch PRESET STOP TIME. 3. Touch numbers for Time of Day to finish cooking (1:00 ~ 12:59). *4. Touch TIME. 5. Touch numbers for desired cooking time. 6. Touch COOK CONTROL. 7. Touch numbers for desired cooking power level. 8. Touch START. <p>*Three-Stage Cooking can be used with PRESET STOP TIME. Follow Instructions for Three-Stage Cooking after step 3. (See Page 18 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch PROGRAMMED DEFROST. 3. Touch numbers for desired defrost time. 4. Touch START. (See Pages 19 thru 22 for more detailed instructions.) 	

Recall and Change of Settings

To Recall a Setting

To recall (check) a setting **before you start the oven**, follow the directions below.

- To check the setting for a given stage, touch MEMORY/RECALL one time until the correct stage light and indicator light turns on. The set TIME or TEMP CONTROL for that stage will show in the display window.
- To check the cooking power level, touch COOK CONTROL.

To recall (check) a setting **while the oven is operating**, follow the directions below.

- To check settings while the oven is operating, touch the desired pad to recall the setting for the operating stage.
- To recall a future stage, touch STOP, follow the directions above for recalling (checking) a setting before starting the oven, and then touch START to continue cooking.
- To recall TIME OF DAY during cooking, touch TIME OF DAY. It will show momentarily in the display window.

To Change a Setting

Recall the setting to be changed by following the directions above and make the change as follows:

- Touch STOP.The oven will stop cooking.
- Touch TIME.Then touch "0" until only one "0" shows in the display window. Set the cooking time.
- Touch TEMPERATURE CONTROL.Set cooking temperature.
- Touch COOK CONTROL.Set cooking power level. To reset to "P100", set "P99", maximum power.

Pause between Stages

Some recipes require stirring, turning and adding or removing of foods between stages. To set the oven to stop between stages, touch PAUSE rather than MEMORY/RECALL when setting the oven. After the pause, to restart the oven, touch START.

"Minute Minder"

Your oven also has a timer that can be for non cooking functions. When used as a minute minder, the oven is not running. The timer is simply counting down in seconds.

To use the minute minder feature:

1. Touch CLEAR.
2. Touch TIME.
3. Touch correct numbers for the time.
4. Touch COOK CONTROL.
5. TOUCH "0" (power level 0).
6. Touch START. The time will begin counting down in the display window with no cooking or heating in the oven. A tone will sound when the time is over.

"High-Power" Cooking

1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous settings.
2. Touch TIME. The lights above TIME and below STAGE 1 will go on. ("0" will show in the display window.)
3. Touch the correct numbers on the control panel to set the cooking time. The time set will show in the display window at the top of the control panel. For example:
 - To set 30 seconds, you would touch "3" and then "0".
 - To set 3 minutes, touch "3", "0" and "0".
 - To set 3½ minutes, touch "3", "3" and "0".

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.

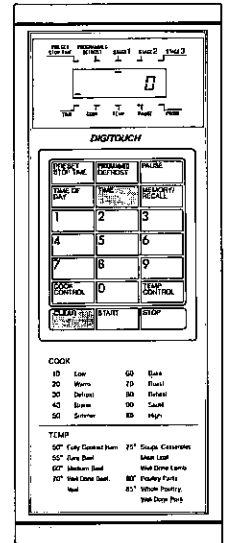
Note: It is not necessary to touch COOK CONTROL when cooking with the highest power ("High"). However, if COOK CONTROL is touched, the light above COOK will go on and the word "P100" will show in the display window. This is to let you know that the oven will be operating on "High" power unless a different power setting is chosen.

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

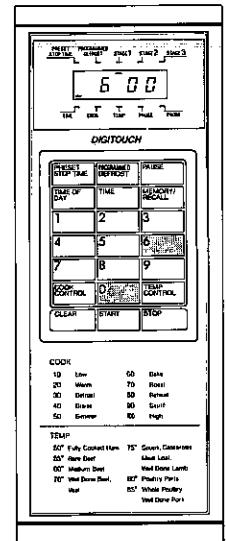
Note: To stir food during cooking: open the oven door; stir or turn the food upside down; close the oven door; and touch START. The oven will automatically continue to count down the amount of time left on the timer.

Example: Fresh fish can be cooked quickly on "High" (maximum power) for 6 minutes. To do this, follow these 4 simple steps:

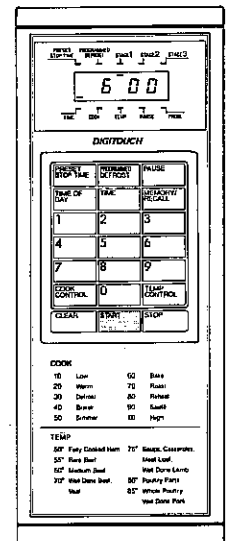
1. Touch CLEAR.
2. Touch TIME.



3. Set 6 minutes by touching "6", "0" and "0". "600" will show in the display window.



4. Touch START. 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 6 minutes are over, and the oven will shut itself off.



Cooking Guide for "Multi-Power" Settings

The "Multi-Power" feature lets you cook at the best power level for the food being cooked. Cooking directions can be found in the Microwave Miracles.

POWER LEVEL	POWER SETTINGS	EXAMPLES
10	Low	<ul style="list-style-type: none"> ● Softening cream cheese. ● Keeping casseroles and main dishes warm.
20	Warm	<ul style="list-style-type: none"> ● Softening chocolate. ● Heating breads, rolls, pancakes, tacos, tortillas and French toast. ● Clarifying butter. ● Taking the chill out of fruit. ● Heating small amounts of food.
30	Defrost	<ul style="list-style-type: none"> ● Thawing meat, poultry and seafood. ● Completing the cooking cycle of casseroles, stews and some sauces. ● Cooking small quantities of most food.
40	Braise	<ul style="list-style-type: none"> ● Cooking less tender cuts of meat in liquid or slow cooking dishes. ● Completing the cooking cycle of less tender roasts.
50	Simmer	<ul style="list-style-type: none"> ● Cooking stews and soups after bringing to a boil. ● Cooking baked custards and pasta.
60	Bake	<ul style="list-style-type: none"> ● Cooking scrambled eggs. ● Cooking cakes.
70	Roast	<ul style="list-style-type: none"> ● Cooking rump roast, ham, veal, and lamb. ● Cooking cheese dishes. ● Cooking eggs and milk. ● Cooking quick breads and cereal products.
80	Reheat	<ul style="list-style-type: none"> ● Reheating precooked or prepared food quickly. ● Heating sandwiches.
90	Sauté	<ul style="list-style-type: none"> ● Cooking onions, celery and green peppers quickly. ● Reheating meat slices quickly.
100	High	<ul style="list-style-type: none"> ● Cooking tender cuts of meat. ● Cooking poultry, fish, vegetables and most casseroles. ● Preheating a browning dish. ● Boiling water. ● Thickening some sauces.

As you get to know your microwave oven, you may find that a particular setting is too low or too high for the results you desire.

Multiple-power control gives you the means to obtain greater precision in setting power levels. For instance, if you want a

power level between Roast and Reheat, you would set the time as usual: touch COOK CONTROL, and then touch "7" and "5". The display window will show "P75", indicating that your oven is set to run at power level 75—halfway between Roast and Reheat.

"Multi-Power" Cooking

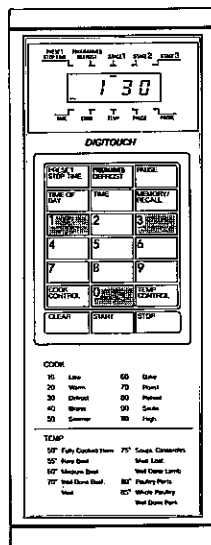
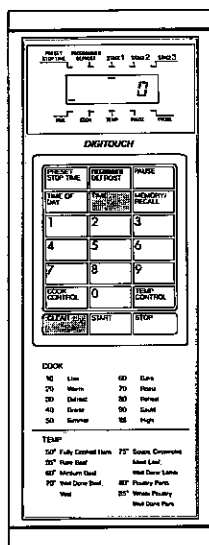
The Microwave Miracles indicates which power setting is recommended for the food being cooked.

1. Touch CLEAR.
2. Touch TIME. The lights above TIME and below STAGE 1 will go on. ("0" will show in the display window.)
3. Touch numbers for the desired cooking time. The time set will show in the display window.
4. Touch COOK CONTROL. The light above COOK will go on. Also, the word "P100" will show in the display window until a lower setting is entered. This is to tell you that the oven will be operating on "High" power unless a different power setting is chosen.
5. Touch numbers for desired cooking power level. For example, if the recipe calls for cooking at the "20 (Warm)" setting, you would touch "2" and "0". The display window will show "P20". This means that in the Warm setting, the oven is cooking at power level 20.
6. Touch START. The oven begins to cook and the display window will show the time counting down. A tone will sound for 2 seconds when the cooking time is over. Then the oven shuts itself off.

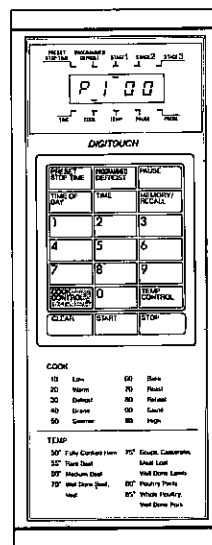
Example: To warm whole coffee cake you would cook at power level 80 (Reheat) for 1-1/2 minutes.

To do this, follow these 6 simple steps:

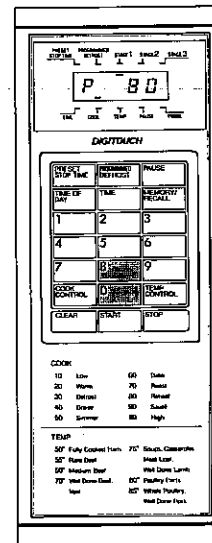
1. Touch CLEAR.
2. Touch TIME.
3. Set 1-1/2 minutes by touching "1", "3", and "0". "130" will show in the display window.



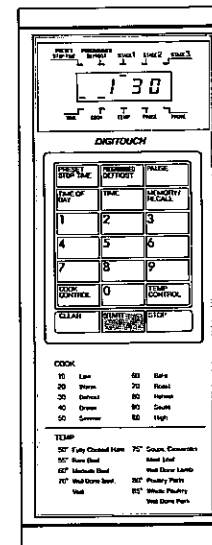
4. Touch COOK CONTROL. The display window will show "P100".



5. Choose the "80 (Reheat)" setting by touching the numbers "8" and "0". The display window will show "P80". This means the oven is cooking at power level 80.



6. Touch START. 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 1-1/2 minutes are over and the oven will shut itself off.



Temperature Controlled Cooking

The "Temperature Controlled Meat Cooking Guide" and "Reheating Guide" on Pages 13 and 14 will show you which multi-power setting and doneness temperature are recommended for the food you are cooking.

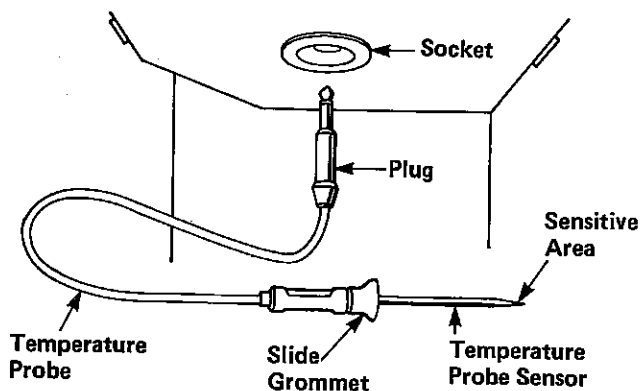
The temperature probe is designed to help make your microwave cooking more accurate while requiring less attention for appropriate foods. Until now, microwave cooking has been done by TIME. Now you can cook or reheat many foods to a preset TEMPERATURE, and be assured that they are as hot as you want them to be for serving, or proper doneness.

Set the desired food temperature with the TEMP CONTROL and power level with COOK CONTROL. When the food reaches that temperature, the Oven will hold at that temperature for up to one hour. When cooking by TEMPERATURE, the timer is not used.

Temperature Setting and Display Temperature

Temperatures from 30°C to 90°C can be chosen and set in the oven. The temperature should be set in five-degree increments. The display window will show the rise in food temperature in five-degree increments.

For example, when a temperature of 40°C is set, the display window will show the temperature as it rises from 30°C to 35°C and then to 40°C. The lowest temperature number that can be displayed is 30°C. Therefore, even though the food may be less than 30°C, the display will remain at 30°C until the food is heated to above 30°C.



Definitions

TEMPERATURE PROBE SENSOR: The pointed metal portion of the probe which is placed into food.

SENSITIVE AREA OF SENSOR: First inch, or tip, of Temperature Probe Sensor.

PLUG: End of Temperature Probe that is plugged into oven socket.

SOCKET: Outlet on oven side wall.

CAUTION: Do not plug the Pointed End of the Temperature Probe into the socket.

SLIDE GROMMET: Adjust the length of Temperature Probe by sliding the Grommet, so that the Sensitive Area of the Probe can always be placed in the center of meat.

DISPLAY WINDOW: Shows the Cooking Temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching TEMP CONTROL. When chosen temperature is reached the Display will show Hold Condition by flashing the chosen temperature for 60 minutes or until Door is opened or STOP is touched.

Meat Cooking Guide

1. Use only completely thawed meat.
2. Place meat, fat side down, on microwave roasting rack in glass baking dish.
3. Place Temperature Probe Sensor in meat with the first inch (2.5 cm) of Sensor in center of meat. Sensor should not touch bone or fat pocket. Sensor should be put in from side or front with an angle about 45 degree: Sensor should not be put in from top of meat.
4. Plug Temperature Probe into socket on the ceiling of the cavity.
5. Choose temperature for Meat Probe Setting from chart on Page 13; set the temperature with the TEMP CONTROL.
6. Set COOK CONTROL to the POWER SETTING as indicated on the chart on Page 13. If the chart calls for 100 (High), no setting is needed for COOK CONTROL.
7. Touch START.
The microwave oven will turn itself off when preset temperature is reached. Take the food out of the oven as soon as Display Window flashes the set temperature.

Note: Turn the meat once during the cooking process, if instructed in the Special Notes.

8. Remove Temperature Probe Sensor. Let meat stand, covered with foil, before serving. Inner temperature of meat will rise about 10°C during standing time.

Note: It is normal for meats to become slightly overcooked in a small circular area in the immediate vicinity of the hole made by the meat probe.

Note: See more detailed explanation of Temperature Controlled Cooking on Pages 15 and 16.

"Temperature Control" Points to Remember

DO

- Place the temperature probe sensor into the thickest part of the meat or in the center of the food to be reheated. Avoid touching bone or fat.
- Check that the first inch (2.5 cm) of the sensor is in the densest part of the food to be cooked.
- Remove the temperature probe from the oven after use.

DO NOT

- Do not leave the Temperature Probe unplugged in the oven when operating the oven.
- Do not let the Temperature Probe touch the side walls, glass tray or door of the oven when in use.
- Do not plug the Pointed End of the Temperature Probe into the socket on the ceiling of the cavity.
- Do not use the Temperature Probe in a regular oven. This probe is designed for microwave oven only.

"Temperature Controlled" Meat Cooking Guide

Refer in "Meats" section on Page 12.

MEAT	WEIGHT	TEMPERATURE PROBE SETTING	COOK CONTROL SETTING	STANDING TIME	COOKING UTENSILS AND SPECIAL NOTES
Beef Meat Loaf	1 kg	75°C	100 (High)	5-10 min.	Glass loaf or glass ring mold.
Beef Rib, Roast Boneless		Rare 55°C Medium 60°C Well Done 70°C	70 (Roast) 70 (Roast) 70 (Roast)	15 min. 15 min. 15 min.	Turn over once. Glass baking dish with microproof roasting rack.
Rib Roast Bone In		Rare 55°C Medium 60°C Well Done 70°C	70 (Roast) 70 (Roast) 70 (Roast)	15 min. 15 min. 15 min.	Turn over once. Glass baking dish with microproof roasting rack.
Lamb Leg or Shoulder Roast Bone In		Medium 65°C Well Done 75°C	70 (Roast)	15 min. 15 min.	Turn over once. Cover end of leg bone with foil. 12" x 7" dish with microproof roasting rack.
Lamb Roast Boneless		65°C	70 (Roast)	15 min.	12" x 7" dish with microproof roasting rack. Turn over once.
Veal Shoulder or Rump Roast Boneless	1-2.5 kg	70°C	70 (Roast)	15 min.	Turn over once. 12" x 7" dish with microproof roasting rack.
Pork Loin Roast Boneless	1.5-2.5 kg	85°C	70 (Roast)	15 min.	Turn over once. 12" x 7" dish with microproof roasting rack.
Pork Loin Center Cut	2-2.5 kg	85°C	70 (Roast)	15 min.	Turn over once. 12" x 7" dish with microproof roasting rack.
Ham, Boneless Precooked		50°C	70 (Roast)	10 min.	Turn over once. 12" x 7" dish with microproof roasting rack.
Canned Ham	1.5 kg	50°C	70 (Roast)	10 min.	Turn over once. 12" x 7" dish with microproof roasting rack.
	2.5 kg	50°C	70 (Roast)	10 min.	Turn over once. 12" x 7" dish with microproof roasting rack.

Reheating Foods

- Place the temperature probe sensor into the food to be reheated with the first inch (2.5 cm) of the sensor in the center of the food.
- Plug the temperature probe into the socket on the ceiling of the cavity.
- Cover the food if desired.
- Set the temperature of the desired doneness. (See chart below.)
- Select "Multi-Power" setting as shown below.
- The microwave oven will stop cooking when the set temperature is reached and then it will "Hold Warm".
- Remove the temperature probe from the oven after use.

"Temperature Controlled" Reheating Guide

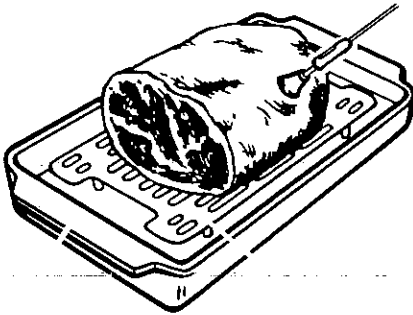
FOOD	SETTING	DONENESS	INSTRUCTIONS
Beverages	100 (High)	75°C	Place the temperature probe sensor in the center of the beverage glass.
Soups	80 (Reheat)	75°C	Place the temperature probe sensor into the center of the soup. Cover with casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	80 (Reheat)	75°C	Place the temperature probe sensor into the center of the food. Cover with a casserole lid, waxed paper, or plastic wrap.
Canned Vegetables	80 (Reheat)	70°C	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Leftovers	80 (Reheat)	65°C	Place the temperature probe sensor in the densest or largest amount of food.
Meat Sandwiches (Thick)	80 (Reheat)	50°C	Place the temperature probe sensor into the thickest part of the sandwich to be warmed. The sensitive area of the sensor should be located in the sandwich filling.
Baked Foods	80 (Reheat)	50°C	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Syrup	70 (Roast)	65°C	Place the temperature probe sensor into the center of the container.

Caution: From time to time, the same kind of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the temperature control settings for thin food

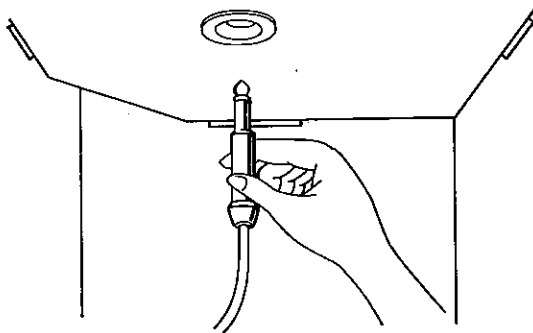
items or for foods that require tenderizing by simmering. Also, in some cases the microwave oven may shut off prematurely. This means that either the temperature probe is not placed properly or that it should not be used with this type of food.

Temperature Controlled "High-Power" Cooking and Automatic "Hold Warm"

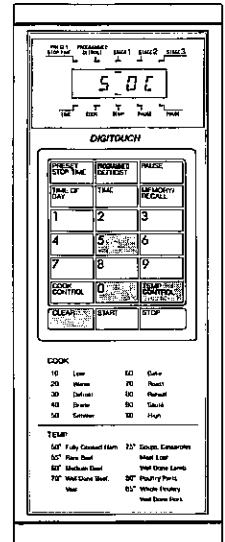
- Place the temperature probe into the food with the first inch (2.5 cm) of the sensor in the center of the food. Adjust the length of the temperature probe by sliding the grommet before inserting it into food so that the sensitive area of the probe can always be placed in the center of the meat. The probe should be in a direction with an angle about 45 degree as shown. *It should not be put in from the top.*



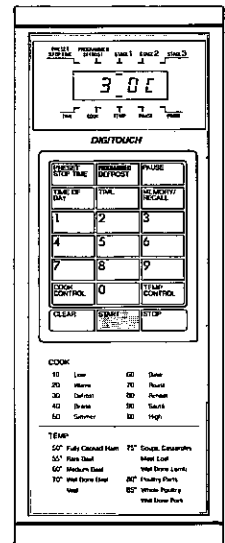
- Plug the temperature probe into the socket on the ceiling of the cavity. **Caution:** Do not plug the pointed end of the temperature probe into the socket.



- Touch CLEAR.
- Touch TEMP CONTROL. The lights above TEMP and below STAGE 1 will come on, and "C" will show in the display window.
- Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 50°C, you would touch the numbers "5" and "0". When you touch "50" the display window will show "50C". If the temperature probe is not plugged into the socket, the probe light will flash and the oven will not work.

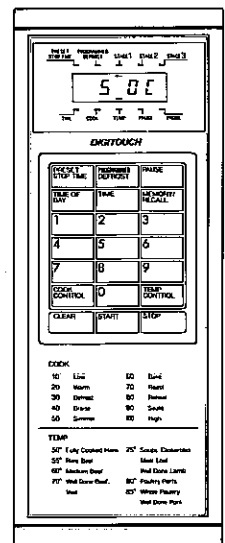


- Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window once it exceeds 30°C. A tone will sound for one second when the desired temperature is reached.



- The oven will switch into "Hold Warm" to keep the food warm. Holding temperature will flash in the display window. The cook control setting changes to "10 (WARM)". The "Hold Warm" will continue for 60 minutes after the food reaches the chosen temperature or until the door has been opened or until STOP has been touched. If the door is opened, the "Hold Warm" will stop.

Note: The highest temperature to which the food may be set is 90°C.



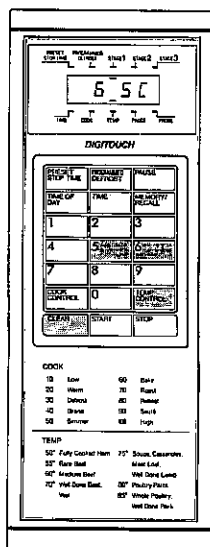
Temperature Controlled "Multi-Power" Cooking and Automatic "Hold Warm"

- Place the temperature probe into the food with the first inch (2.5 cm) of the sensor in the center of the food. See step 1 on Page 15 for detailed directions.
- Plug the temperature probe into the socket on the ceiling of the cavity. See step 2 on Page 15.
Caution: Do not plug the pointed end of the temperature probe into the socket.

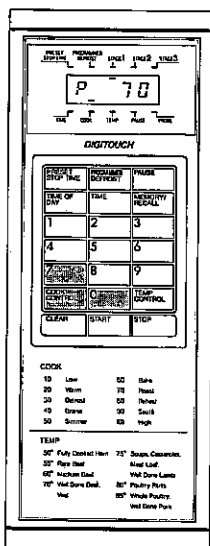
3. Touch CLEAR.

4. Touch TEMP CONTROL. The lights above TEMP and below STAGE 1 will come on, and "C" will show in the display window.

5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 65°C, you would touch numbers "6" and "5". When you touch "65", the display window will show "65C". If the temperature probe is not plugged into the socket, the probe light will flash and the oven will not work.

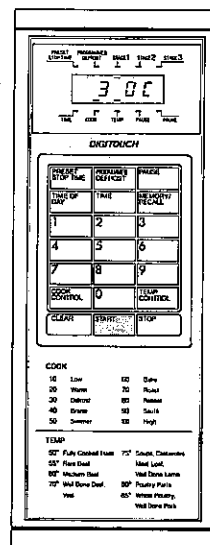


6. Touch COOK CONTROL. The light above COOK will go on. Also, "P100" will show in the display window until you enter a lower power setting. This is to remind you that the oven will always operate at full power unless you set a lower power.

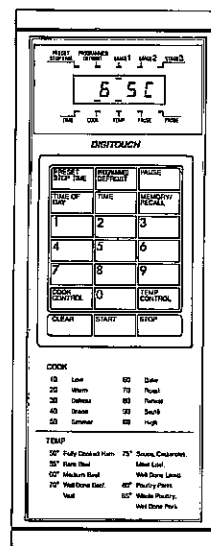


7. Choose the cook control setting you desire and touch the corresponding numbers. For example, if the recipe should call for cooking at the "70 (ROAST)" setting, you would touch numbers "7" and "0". When you touch "7" and "0", the display window will show "P70". This means that in the "70 (ROAST)" setting, the oven is at power level 70.

8. Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window once it exceeds 30°C.



9. A tone will sound for one second when the temperature is reached. The oven will switch into "Hold Warm" to keep the food warm flashing chosen temperature. The cook control setting automatically changes to "10 (WARM)".



10. The "Hold Warm" will continue for 60 minutes after the food reaches the chosen temperature or until the door has been opened or until STOP has been touched. If the door has been opened, the "Hold Warm" will stop.

Note: The highest temperature that can be set is 90°C.

Two-Stage or Three-Stage Cooking

Three-stage cooking lets you cook in three cooking stages each at a different power setting for a chosen time. Set all stages before cooking and start the oven. Simply follow these steps:

1. Touch CLEAR.
2. Touch TIME. The lights above TIME and below STAGE 1 will go on. The display window will show "0".
3. Touch the correct numbers for the time of the first cooking stage.
4. Touch COOK CONTROL. The light above COOK will go on. The display window will show "P100".
5. Touch the correct numbers for the cooking power level of the first cooking stage (if other than "High").
6. Touch MEMORY/RECALL or PAUSE. The light below STAGE 2 will go on. The display window will show "0".
7. Touch TIME.
8. Touch the correct numbers for the time of the second cooking stage.
9. Touch COOK CONTROL. The display window will show "P100".
10. Touch the correct numbers for the cooking power level in the second cooking stage (if other than "High").
11. Touch START.

Note: If three-stage cooking is desired, touch MEMORY/RECALL or PAUSE before touching START at step 11 above. The light below STAGE 3 will go on. The display window will show "0". Repeat steps 7 – 11 above to set the third cooking stage at the same or a different power level for a chosen time.

Example: (Three-stage cooking) To defrost, cook and simmer a frozen beef stew, here is how to set the oven:

First Stage

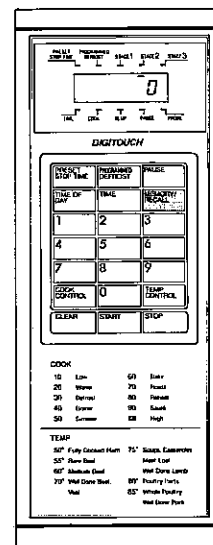
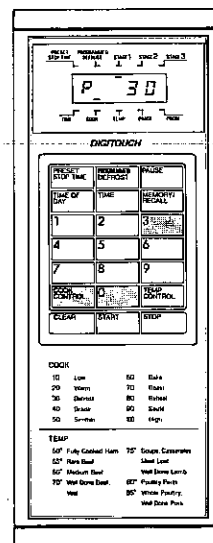
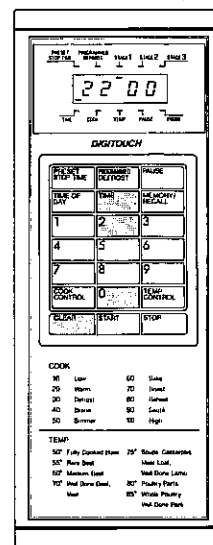
(22 minutes; 30% Defrost)

1. Touch CLEAR.
2. Touch TIME.
3. Set 22 minutes by touching "2", "2" then "0", and then "0". "2200" will show in the display window.
4. Touch COOK CONTROL. "P100" will show in the display window to remind you that the oven will work at highest power unless you enter a lower power setting.
5. Touch numbers "3" then "0" (the number that is Defrost on "Cooking Guide" on page 10). "P30" will show in the display window (telling that you have set the oven to run at a 30% power level). The first stage has been set.

Second Stage

(15 minutes; 100% High)

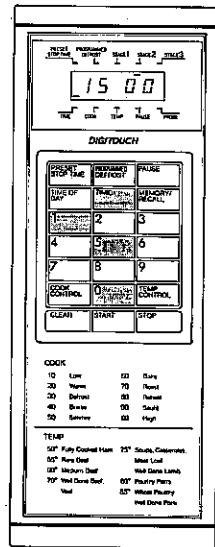
6. Touch MEMORY/RECALL. The light below STAGE 2 will go on. The display window will show "0".



Preset Stop Time Cooking

7. Touch TIME.

8. Set 15 minutes by touching "1" then "5" then "0" twice. "1500" will show in the display window. (Power is on "P100".)



Third Stage

(10 minutes; 50% Simmer)

9. Touch MEMORY/RECALL. The light below STAGE 3 will go on. The display window will show "0".

10. Touch TIME.

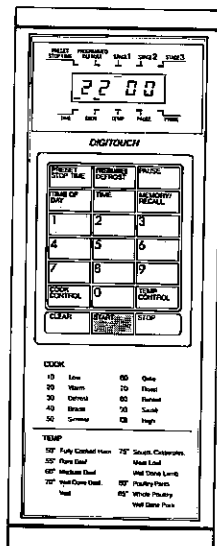
11. Set 10 minutes by touching "1" then "0" three times. "1000" will show in the display window.

12. Touch COOK CONTROL. The display window will show "P100".

13. Touch numbers "5" then "0" (the number that is Simmer on "Cooking Guide" on page 10). "P50" will show in the display window.

14. Touch START.

The first stage will begin. "2200" will show in the display window. The oven will begin to defrost (30% power level) and the time can be seen counting down in the display window. When the 22 minutes are up, a tone will sound and the oven will change itself into the second stage. The oven will begin cooking at "High" power and the time will be counting down in the display window. When the 15 minutes are up, a tone will sound and the oven will change into the third stage. When the Simmer Time of 10 minutes is over, the oven will shut itself off. The oven would have finished all stages.



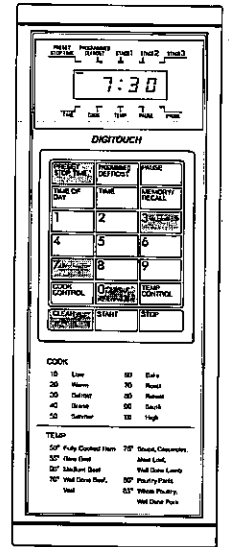
Note: When Temperature Control Cooking is set in the final stage, the oven will switch into "Hold Warm" after cooking, and continue for 60 minutes.

Delay Start cooking can be done by starting the cooking automatically and finishing at a preset time.

1. Touch CLEAR.

2. Touch PRESET STOP TIME. The light below PRESET STOP TIME goes on. A display window will show "0:00".

3. Touch numbers for the time of day to finish cooking. For example, touch numbers "7", "3" then "0" for the cooking to be finished at "7:30", and "7:30" will show in the display window.



4. Touch TIME.

5. Touch numbers for cooking time. For example, set 12 minutes by touching "1" then "2" then "0" twice. "1200" will show in the display window.

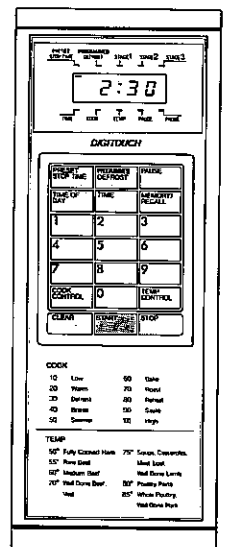
6. Touch COOK CONTROL.

7. Touch numbers for cooking power level. For example, touch numbers "5" then "0". "50" will show in the display window.

8. Touch START.

The time of day will show in the display window and the light below PRESET STOP TIME goes on.

As soon as the clock shows the Cook-Start time which has been subtracted from the Cook-Finish time, the oven will start cooking and the cooking time counts down in the display window. When the Cook-Finish time (or "7:30") comes, the oven will shut itself off.



The display shows the Time of Day. For example: a half past two.

Note: A preset stop time (1:00 ~ 12:59) must be less than 12 hours.

* Three-Stage cooking can be used with Delay Start. After step 3 above, follow instructions for Three-Stage cooking beginning with step 2.

* Fresh food should not stand at room temperature over four hour prior to cooking.

Programmed Defrost

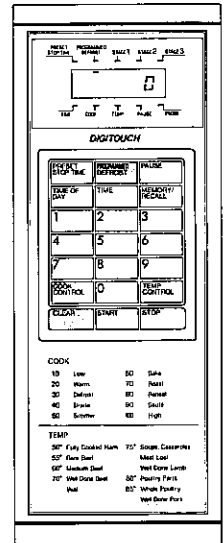
The power levels for defrosting are predetermined and programmed into this oven. The oven will defrost at "High" power for the beginning of the chosen time and at power level 30 for the remaining period of time.

1. Touch CLEAR.
2. Touch PROGRAMMED DEFROST.
The light below PROGRAMMED DEFROST will go on and "0" will show in the display window.
3. Set the defrosting time by following the "Programmed Defrost Chart" on Pages 20 through 22.
4. Touch START. The oven will begin and the time will begin counting down in the display window. A tone will sound when the time is over and the oven will shut itself off.

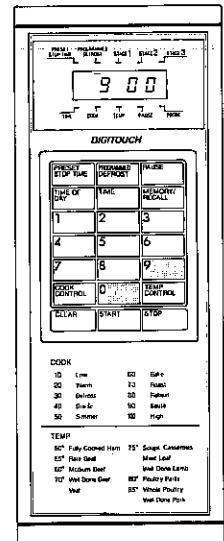
Note: If you want to cook after using the Programmed Defrosting cycle, touch MEMORY/RECALL, then set the time and power level for cooking the thawed food. The cooking process can be set for up to three stages, when Programmed Defrost is one of the stages.

Example: To defrost 1 kg (2 lbs.) of ground beef, use the Programmed Defrost cycle for 9 minutes.

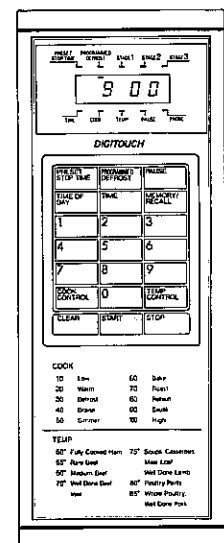
1. Touch CLEAR.
2. Touch PROGRAMMED DEFROST. The light below PROGRAMMED DEFROST will go on. The display window will show "0".



3. Set 9 minutes by touching "9", "0" and "0". "900" will show in the display window.



4. Touch START. The oven will begin to operate and time will begin to count down in the display window. A tone will sound for 2 seconds when time is over, and the oven will shut itself off.



Programmed Defrost Chart

The defrosting times in this chart have been made available specifically for use with the "Programmed Defrost" feature.

Programmed Defrosting Instructions:

- Fish, seafood, meat or poultry can be thawed in their original closed package.
- Metal clip and pop-up timers may be left in poultry. Metal twistlers must be removed from bags. They may be replaced with rubber bands.
- Place food in a flat glass baking dish to catch drippings.
- Use the "Programmed Defrost" setting to thaw fish, seafood, meat and poultry, according to the times in the chart below. Thaw completely before cooking.
- Food should still be somewhat icy in the center when removed from the oven.
- The chart gives you standing times and standing techniques needed to complete the thawing process.

Important Note: The defrosting power setting (power level 30) should not be confused with this "Programmed Defrost." The defrost cooking level is a low-energy setting used to cook foods that need slow, gentle cooking. Use the defrost cooking level to reheat many frozen convenience foods and also to defrost small bread items.

CUT AND WEIGHT	PROGRAMMED DEFROST TIME	STANDING TIME	DIRECTIONS
FISH AND SEAFOOD			
FISH Fish fillets 500 g (1 lb.) 1 kg (2 lbs.) Fish steaks 500 g (1 lb.) Whole fish 250-300 g (8 to 10 oz.) 750 g-1 kg (1½ to 2 lbs.)	4 to 5 min. 5 to 6 min. 4 to 5 min. 3 to 5 min. 4 to 6 min.	5 min. 5 min. 5 min. 5 min.	Defrost in package on dish. Carefully separate fillets under cold water. Turn over once.* Defrost in package on dish. Carefully separate steaks under cold running water. Shallow dish; shape of fish determines size. Should be icy when removed. Finish at room temperature. Cover head with aluminum foil. Turn over once.*
Lobster tails 250 g (8 oz.) pkg. Crab legs 250-300 g (8-10 oz.) Crabmeat 180 g (6 oz.) Shrimp 500 g (1 lb.)	4 to 6 min. 4 to 6 min. 3 to 4 min. 3 to 4 min.	5 min. 5 min. 5 min. 5 min.	Remove from package to baking dish. Glass baking dish. Break apart and turn over once.* Defrost in package on dish. Break apart. Turn over once.* Remove from package to dish. Spread loosely in baking dish and rearrange during thawing as necessary.

Note: *Turning should be done in middle of defrosting.

Programmed Defrost Chart (Cont'd)

CUT AND WEIGHT	PROGRAMMED DEFROST TIME	STANDING TIME	DIRECTIONS
Scallops 500 g (1 lb.)	7 to 9 min.	5 min.	Defrost in package, if in block; spread out on baking dish if in pieces. Turn over and rearrange during thawing as necessary.
Oysters 370 g (12 oz.)	2 to 3 min.	5 min.	Remove from package to dish. Turn over and rearrange during thawing as necessary.
MEAT			
BEEF Ground beef 500 g (1 lb.) 1 kg (2 lbs.)	4½ to 5 min. 9 to 10 min.	5 min. 5 min.	Turn over once.* Remove thawed portions with fork. Return remainder. (Note: Freezing in doughnut shape is recommended)
Pot roast, chuck Under 2 kg (4 lbs.)	3 to 4 min. per 500 g	10 min.	Turn over once.*
Rib roast, rolled 1.5-2 kg (3 to 4 lbs.)	5 to 6 min. per 500 g	30-45 min.	Turn over once.*
Rump roast 1.5-2 kg (3 to 4 lbs.)	4 to 5 min. per 500 g	30 min.	Turn over once.*
Round steak	4 to 5 min. per 500 g	5-10 min.	Turn over once.*
Flank steak	4 to 5 min. per 500 g	5-10 min.	Turn over once.*
Sirloin steak 13 mm (½ inch) thick	3 to 4 min. per 500 g	5-10 min.	Turn over once.
Tenderloin steak	4 to 5 min. per 500 g	10 min.	Turn over once.*
Stew beef 1 kg (2 lbs.)	3 to 4 min. per 500 g	8-10 min.	Turn over once.* Separate.
LAMB Cubed for stew	6 to 7 min. per 500 g	5 min.	Turn over once.* Separate.
Ground lamb Under 2 kg (4 lbs.)	4 to 6 min. per 500 g	30-45 min.	Turn over once.*
Chops 25 mm (1 inch) thick	4 to 6 min. per 500 g	15 min.	Turn over twice.*
Leg 2.5-4 kg (5 to 8 lbs.)	3 to 4 min. per 500 g	15-20 min.	Turn over twice.*
PORK Chops 13 mm (½ inch) thick 25 mm (1 inch) thick	4 to 5 min. per 500 g 5 to 6 min. per 500 g	5-10 min. 10 min.	Separate chops halfway through defrosting time.
Spareribs, Country-style ribs 1-1.5 kg (2 to 3 lbs.)	4 to 6 min. per 500 g	10 min.	Turn over once.*
Roast Under 2 kg (4 lbs.)	4 to 5 min. per 500 g	30-45 min.	Turn over once.*
Bacon 500 g (1 lb.)	2 to 3 min.	3-5 min.	Defrost until strips separate.
Sausage, bulk 500 g (1 lb.)	1½ to 2 min.	3-5 min.	Turn over once.* Remove thawed portions with fork. Return remainder.

Note: *Turning should be done in middle of defrosting.

Programmed Defrost Chart (Cont'd)

CUT AND WEIGHT	PROGRAMMED DEFROST TIME	STANDING TIME	DIRECTIONS
MEAT			
Sausage, links 500 g (1 lb.)	2 to 4 min.	4-6 min.	Turn over once.* Defrost until pieces can be separated.
Hot dogs 500 g (1 lb.)	4 to 5 min.	5 min.	_____
VEAL Roast 1.5-2 kg (3 to 4 lbs.)	4 to 6 min. per 500 g	30 min.	Turn over once.*
Chops 13 mm (½ inch) thick	3 to 5 min. per 500 g	20 min.	Turn over once.* Separate chops and continue defrosting.
VARIETY MEAT Liver 500 g (1 lb.)	4 to 5 min.	10 min.	Turn over once.*
Tongue 500 g (1 lb.)	6 to 7 min.	10 min.	Turn over once.*
POULTRY			
CHICKEN Whole 1-1.5 kg (2 to 3 lbs.)	5 to 6 min. per 500 g	25-30 min.	Turn over once.* Immerse in cold water for standing time.
Cut up 1-1.5 kg (2 to 3 lbs.)	4 to 5 min. per 500 g	10-15 min.	Turn over once.* Separate pieces when partially thawed.
TURKEY Whole Under 4 kg (8 lbs.)	3 to 4 min. per 500 g	60 min.	Turn over once.* Immerse in cold water for standing time.
Breast Under 2 kg (4 lbs.)	3 to 4 min. per 500 g	20 min.	Turn over once.*
Drumsticks 500-750 g (1 to 1½ lbs.)	4 to 5 min. per 500 g	15-20 min.	Turn over once.* Separate pieces when partially thawed.
Roast, boneless 1-2 kg (2 to 4 lbs.)	2½ to 3 min. per 500 g	10 min.	Remove from foil pan. Cover with waxed paper.
CORNISH HENS Whole 1. 500-750 g (1 to 1½ lbs.) 2. 500-750 g (1 to 1½ lbs.) ea.	10 to 11 min. per 500 g 9 to 10 min. per 500 g	20 min. 20 min.	Turn over once.* Turn over once.*

Note: *Turning should be done in middle of defrosting.

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 defeat 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 sealing surfaces. Wipe the 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 qualified service engineer. 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) The oven should not be adjusted or repaired by anyone except properly qualified service engineer.

NOTE

It is quite normal for steam to be emitted around the door during the cooking cycle.

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 nor liquids in bottles or jars with lids on. Pressure builds up during heating and adequate relief must be provided.
2. Do not attempt to operate the oven while empty as this will cause damage.
3. As an exhaust is located in the rear of the oven, install the oven so as not to block the outlet.

Usable Cooking Utensils and Materials

OVENPROOF GLASS

Ovenware (treated for high-intensity heat), such as utility dishes, 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 plastic wrap will not touch the food. 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 will 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.

ALUMINUM FOIL

Foil may be used in any microwave oven provided—

- a) The food must not be completely covered with foil.
 - b) The foil must not touch the side walls of the oven—at least 2.5cm (1") from the side walls of the oven.
- Aluminium foil containers may also be used to reheat food provided the above two (2) points are followed.

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.

Care and Cleaning

Wipe the microwave inside and out with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis — more often if needed. Never use rough powders or pads.

REMOVABLE PARTS

- After each use of the Temperature Probe, it must be removed from the socket. Use pot holder, as the wire, plug and sensor sections may be hot. Wipe food or liquid from sensor with damp cloth.
- The glass tray can be removed for cleaning at the sink. Before removing tray, wipe up spillovers with paper towel or cloth. Be careful not to chip or scratch the edges of the tray as this may cause the tray to break during use.
- The stirrer shield (inside oven top) can be wiped gently in place or removed for washing at the sink. It rests in slots along the sides and in the rear of the oven and is held by two tabs in front. Pull the plastic holder for the probe jack down. Pull the front edge down and 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 cause uneven cooking or damage to the oven. To replace shield, slide it into the side and rear slots with cut-off at left rear corner, and fit the front edge of the shield with two tabs. Place the plastic holder for the probe jack in. After replacing them, make sure that they fit securely in place.

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

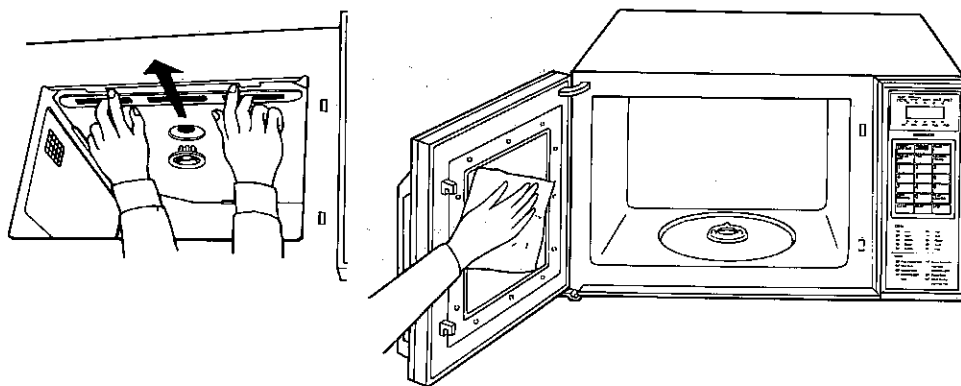
- Roller rest can be removed for easy cleaning.

SPECIAL CARE

For best performance and safety, the inner door panel and oven front frame should be free of food or grease buildup. Wipe both often with a mild detergent, rinse, and wipe dry. Never use rough powders or pads.

After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.

Keep clean and smooth surface of chamber (cavity) bottom for better rotation of Turn Table.



Questions and Answers

OPERATION

Q. What is wrong when the oven light will not glow during cooking or when the oven door is open?

A. There may be several reasons why the oven light will not glow. Perhaps:

- TIME has not been set.
- START has not been touched.
- The light bulb has burned out.

Q. Why does steam come out of the air exhaust vent?

A. Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the rear vent.

Q. Will the microwave oven be damaged if it operates empty?

A. Yes. Never operate the oven empty or without the glass tray.

Q. Does microwave energy pass through the viewing screen in the door?

A. No. The metal screen bounces back the energy to the oven cavity. The holes (or ports) are made to allow light to pass through. They do not let microwave energy pass through.

Q. Why does the "beep tone" sound when a "pad" on the control panel is touched?

A. The "beep tone" sounds to assure that the setting is being properly entered.

Q. Why does the display flash "0:00"?

A. This indicates that there has been a temporary loss of electrical power to the oven, and the TIME OF DAY must be reset.

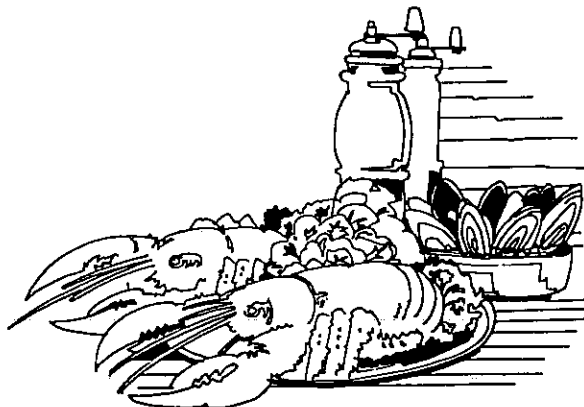
Q. Can my microwave oven be damaged if food is cooked for too long a period of time?

A. Like any other cooking appliance, it is possible to overcook food to the point of destruction which may result in the food creating smoke and even possible fire damage to the inside of the oven. It is always best to attend the oven while it is in the cooking process.

Q. When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?

A. Only when the oven is plugged in for the first time or when power resumes after a power interruption, the microcomputer used in the oven control assembly may temporarily become scrambled and fail to function as programmed.

Unplug the oven from the household outlet and then plug it back in. The microcomputer will be reset for proper function thereafter.



Questions and Answers (Cont'd)

FOODS

Q. What is wrong when baked foods have a hard, dry, brown spot?

A. A hard, dry, brown spot shows overcooking. Shorten the cooking or reheating time.

Q. Why do eggs sometimes pop?

A. When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking it.

CAUTION: Never microwave cook eggs in the shell.

Q. Why are scrambled eggs sometimes a little dry after cooking?

A. Eggs dry out if they are overcooked. Though the same recipe is used each time, one may need to vary the cooking time for one of these reasons:

- Eggs vary in size.
 - Eggs are at room temperature one time and at refrigerator temperature another time.
 - The shapes of utensils vary, thereby making it necessary to vary the cooking time.
 - Eggs continue cooking during standing time.
-

Q. Is it possible to pop corn in a microwave oven?

A. Popping corn in a microwave oven is not recommended. Microwaves pop too few kernels to make the technique successful. Longer cooking does not yield more popped corn. It can cause fire or cause the cooking dish to become too hot to handle or to break.

Microwave-popping devices are available. While safe to use, they usually do not give results equal to regular popping methods. If they are used, carefully follow the instructions which come with the popping device and never leave the oven unattended while popping corn.

CAUTION: Never use a paper bag for popping corn.

Q. What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?

A. The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow space around each potato when baking. Also, for more even cooking, put potatoes in a circle.

Q. Why do baked apples sometimes burst during cooking?

A. The peeling has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in regular cooking methods, the interior of the apple expands during the cooking process.

Q. How are boil-overs avoided?

A. When cooking foods that tend to boil over, use a larger utensil than usual for cooking. If you open the oven door or touch STOP, the food will stop boiling. (Remember to touch START again after closing the door to restart the cooking cycle.)

Q. Why is a standing time recommended after microwave cooking is over?

A. Standing time is recommended after microwave cooking is over. This is to allow foods to continue cooking evenly throughout for a few moments after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the food.

Q. Why is an additional time required for cooking food stored in refrigerator?

A. As in conventional cooking, the initial temperature of food affects total cooking time. More time is needed to cook the food just taken out of a refrigerator than food at a room temperature.

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. **“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 or circuit breaker.
- 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.



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