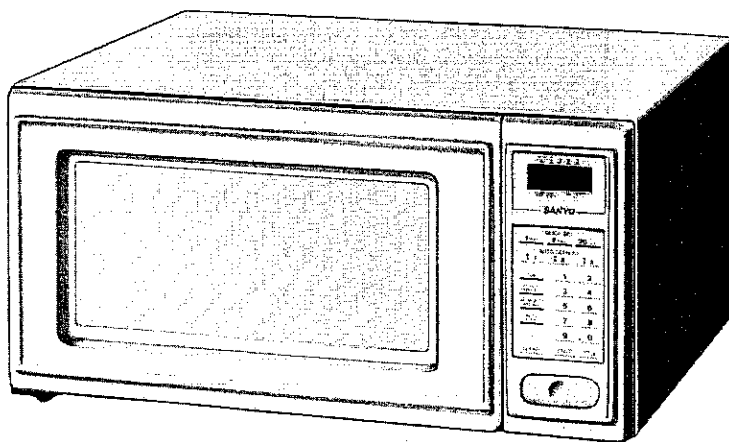


EM-370/EM-570

Microwave Oven



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 marked 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 recipe. 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 4. 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. Multi power control.

By selecting cooking power level the appropriate power between 80W to 650W (EM-370), 700W (EM-570) 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. Boomerang turntable.

This turntable is specially designed to return to its original starting position when cooking is finished.

6. High-visible viewing window.

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

7. Practical dimensions.

- 1) Overall: 52.5(W) x 40.1(D) x 26.8(H)cm (EM-370)
55.0(W) x 43.0(D) x 30.5(H)cm (EM-570)
- 2) Oven: 35.5(W) x 36.6(D) x 18.1(H)cm (EM-370)
37.5(W) x 37.5(D) x 20.0(H)cm (EM-570)

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 Bottom plate 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 socket which is marked with the letter N.

The wire which is coloured brown must be connected to the socket which is connected to the wire which is coloured brown.

Installation

1. Install the oven on a flat, level surface.

- Strong enough to safely bear the weight of the oven, which is 20kg (EM-570), 16kg (EM-370). 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.
- Following a power failure, the display window will revert back to "0:00" then will show in minutes or hours the elapsed time from the time power was restored. Re-set the clock to correct time of day.

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.

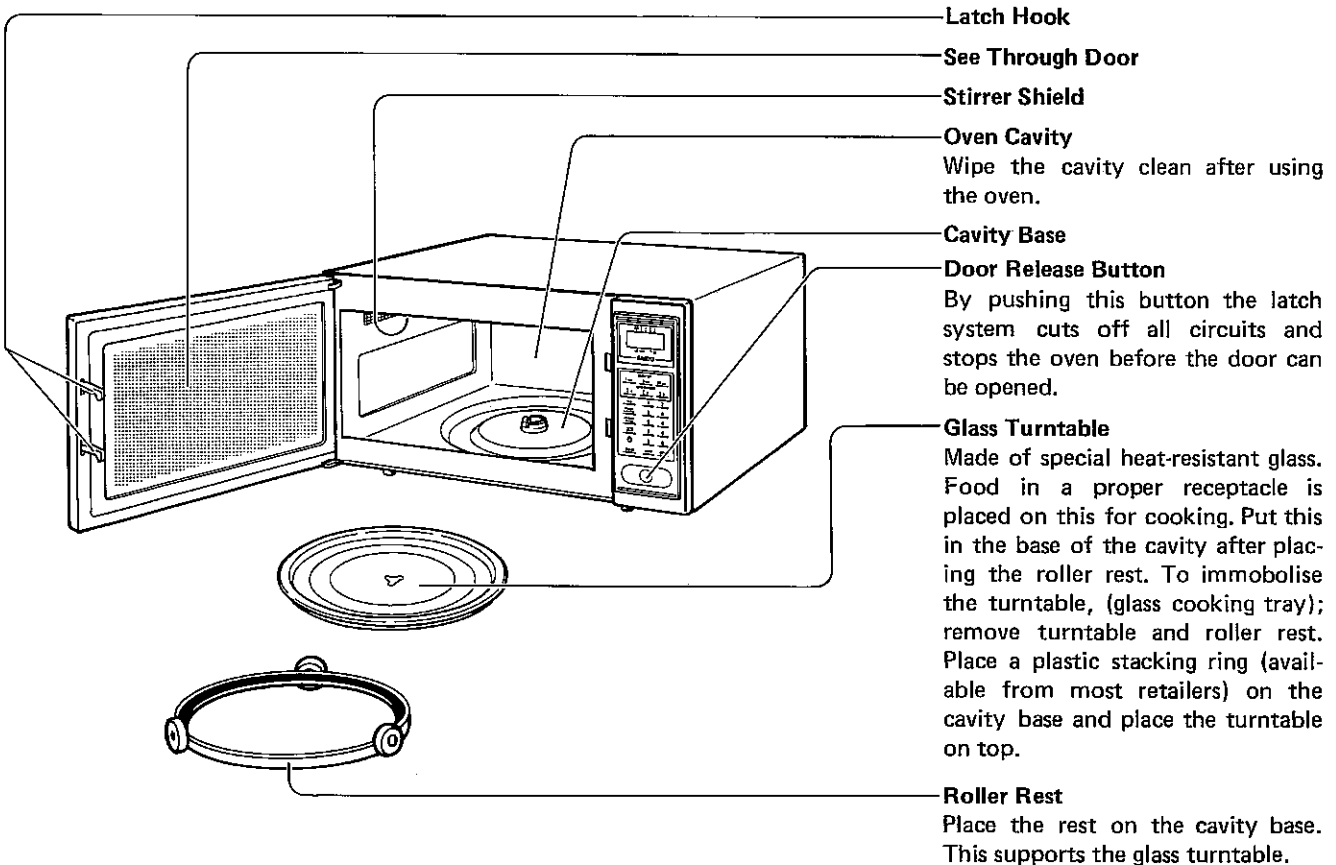
4. Place the oven as far away from radios and T.V.'s as possible.

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

Indicator Lights – Time, Power, "⌚" and Auto Start lights indicate which cooking operation is being used.

Quick Set – Used in setting Quick Set cooking at HI Power.

Auto Defrost Selection – Used in setting Auto Defrost.

TIME – Used in setting cooking time.

POWER CONTROL – Used to select cooking power levels.

MEMORY/RECALL – For Multi-stage Cooking, MEMORY/RECALL is used in setting:

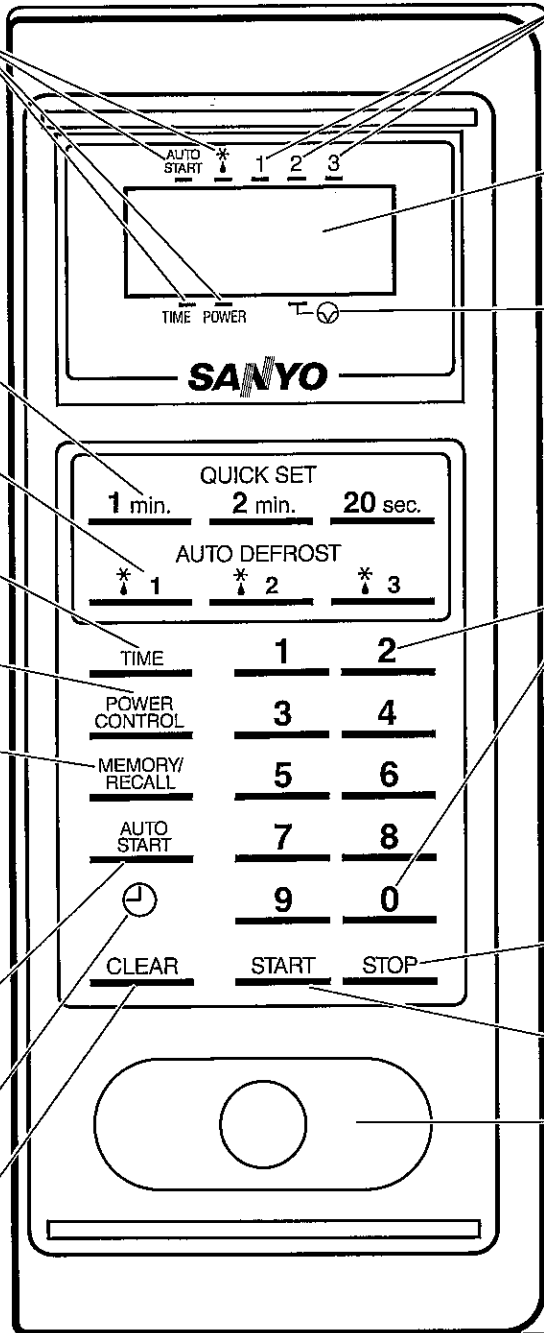
- Cooking Time
- Power Level

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

Auto Start – Used to set Auto Start cooking. Cooking can be started at the preset start time.

⌚ (Time of Day) – Used in setting time of day.

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



Stage Lights – When cooking stages are set, lights will indicate the stage in which your oven is cooking.

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

⏸ (Pause) – When lit means you have to push start to continue cooking.

Numbers – Used to enter the:

- Time of Day
- Cooking Times
- Cooking Power Levels

STOP – Stops the oven.

START – Starts the oven.

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

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

Easy Use Chart

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

TIME OF DAY	QUICK SET COOKING	TIMER
<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch "⌚". 3. Touch numbers for correct time of day. 4. Touch "⌚". <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 desired "Quick Set" pad. (1 min., 2 min. or 20 sec.) 3. Touch START. <p>(See Pages 10 and 11 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME. 3. Touch correct numbers for time. 4. Touch POWER CONTROL. 5. Touch "0" (power level 0). 6. Touch START. <p>(See Page 7 for more instructions.)</p>
<p>"HI-POWER"/"MULTI-POWER" COOKING</p>	<p>MULTI-STAGE COOKING</p>	<p>AUTOMATIC DEFROST</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 POWER CONTROL. 5. Touch numbers for desired cooking power level. 6. Touch START. <p>NOTE: It is not necessary to touch POWER CONTROL when cooking with the highest power ("P100"). To set "HI-POWER" Cooking, skip steps 4 and 5 above.</p> <p>(See Pages 8 and 9 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME. 3. Touch numbers for cooking time. 4. Touch POWER CONTROL. 5. Touch numbers for cooking power level. 6. Touch MEMORY/RECALL and repeat steps 2-5 to set 2nd cooking stage. 7. Touch MEMORY/RECALL and repeat steps 2-5 to set 3rd cooking stage. 8. Touch START. <p>(See Pages 12 and 13 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch "1", "2" or "3" to select the appropriate Auto Defrosting Sequence. 3. Enter the weight of your food in decimal increments from 0.1 to 2.9 kilograms. 4. Touch START. 5. At pause, follow the cookbook instructions for rearranging, turning food over, etc. 6. To resume defrosting, touch START. <p>(See Pages 14 and 15 for more detailed instructions.)</p>
<p>AUTO START COOKING</p>		
<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch AUTO START. 3. Touch Numbers for Time of Day to start cooking. *4. Touch TIME. 5. Touch numbers for desired cooking time. 6. Touch POWER CONTROL. 7. Touch numbers for desired cooking power level. 8. Touch START. <p>*Multi-Stage cooking can be used with Auto Start.</p> <p>After step 3 above, follow instructions numbered 2-8 for Multi-Stage Cooking.</p> <p>(See Page 26 for more detailed instructions.)</p>		

Easy Use Chart (Cont'd)

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 or more times until the correct cooking stage light and indicator light turns on. The set TIME for that stage will show in the display window.
- To check the cooking power level, touch POWER 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 while the oven is running, touch "⌚". It will show momentarily in the display window.
- To check the cooking power level during cooking, touch POWER CONTROL. Power level 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 POWER CONTROL Set cooking power level. To reset to "H1," set "99," maximum power.

Regular Timer

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 time is simply counting down in the display window with no cooking or heating in the oven. A tone will sound and the "0" will show in the display window when the time is over. For settings of this timer, See "Easy Use Chart" Timer section.

“HI-power”/“Multi-power” Cooking

“HI” gives the highest cooking power 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. Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to “HI” there are ninety-nine multi-power settings. The cookbook tells you which power setting is recommended for the food being cooked.

To Cook

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 1 will go on. (“0” will appear in the display window.)
3. Touch the correct numbers on the 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, you would touch “3” and then “0”.
 - To set 3 minutes, touch “3”, “0” and “0”.
 - To set 3-1/2 minutes, touch “3”, “3” and “0”.

Remember, the timer is a digital clock that is divided into 60 seconds. Therefore, 1/2 minute is equal to 30 seconds. Touch 30 and not 50 (as with a calculator) to indicate 1/2.

4. Touch POWER CONTROL.
The light above POWER will go on. Also, the word “P100” will appear in the display window until a lower setting is entered. This is to tell you that the oven will be operating on “HI” 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 “80 (REHEAT)” setting, you would touch “8” and “0”. The display window will show “P80”. This means that in the REHEAT setting, the oven is cooking at power level 80.

NOTE: It is not necessary to touch POWER CONTROL when cooking with the highest power (“P100”). To set “HI-POWER” Cooking, skip steps 4 and 5 above. However, if POWER CONTROL is touched, the light above POWER will go on and the word “P100” will appear in the display window. This is to let you know that the oven will be operating on “HI” power unless a different power setting is chosen.

6. Touch START.
The oven begins to cook and the display window will show the time counting down in minutes and seconds. A tone will sound and the “0” will appear in the display window for two seconds when the cooking time is completed. The oven will automatically shut off.

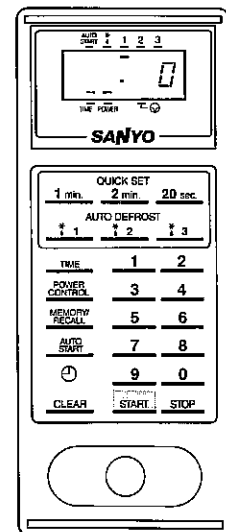
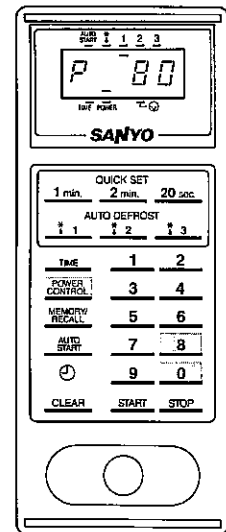
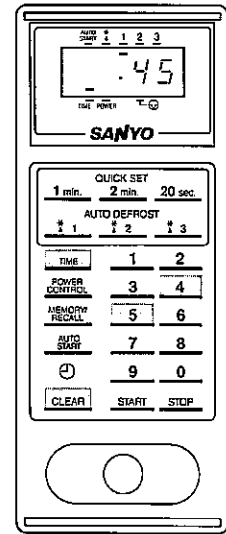
EXAMPLE: To warm 6 doughnuts, you would use power level “80 (REHEAT)” for 45 seconds. To do this, follow these six steps:

1. Touch CLEAR.
2. Touch TIME.
3. Set 45 seconds by touching “4” and then “5”. “45” will appear in the display window.

4. Touch POWER 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 begins to cook and the time will begin to count down in the display window. A tone will sound and “0” will appear in the display window for 2 seconds when the 45 seconds are over. The oven will automatically shut off.



“Quick Set” Reheating Guide

This guide shows the food items and some special notes for reheating with “Quick Set” (1 min., 2 min. or 20 sec.) feature.

Use of 20 sec. Pad			
No	Food	Amount	Special Notes
1	Muffins	1 – 2	Place on paper plate or towels.
2	Doughnuts	1 – 2	Place on paper plate or towels.
3	Sweet Rolls	1 – 2	Place on paper plate or towels.
4	Small Loaf Cakes	1 – 2	Place on paper plate or towels.
5	Pie	1 piece	Place on paper plate or towels.
6	Quick Bread Slices	2 – 4 slices	Place on paper plate or towels.
7	Breakfast Biscuit with Sausage	1 – 2	Place on paper plate or towels.
8	Cheese Dip	60 – 125 g	Place in microproof dish.
Use of 1 min. Pad			
No	Food	Amount	Special Notes
1	Cooked Pizza (large slices)	2 wedge	Place on paper plate or towels.
2	English Muffins, Waffles (frozen)	2 – 3	Wrap in paper towels.
3	Sandwich	1 – 2	Place on paper plate or towels.
4	Chicken Pieces	1	Place on microproof dish. Cover with greaseproof paper or paper towels.
5	Egg Rolls	185 g	Place on paper plate or towels.
6	Nachos	8 – 12	Place on microproof plate.
7	Canapes	24 makes	Place on microproof plate.
8	Mini-Pizza Snack	2	Place on paper plate or towels.
9	Hash Browns	1 – 2 serv.	Place on paper plate or towels.
10	Chicken Nuggets	5 pieces	Place on microproof plate.
11	Cocktail Sausages	6 – 8 pieces	Pierce skin. Place on microproof dish.
Use of 2 min. Pad			
No	Food	Amount	Special Notes
1	Chicken Pieces	2 – 3	Place on microproof dish. Cover with greaseproof paper or paper towels.
2	Cooked Pizza (large slice)	4 wedge	Place on paper plate or towels.
3	Frozen Prepared Sandwiches	1	Place on paper plate or towels.
4	Frozen Fried Fish Fillets	2	Place on microproof dish. Cover with greaseproof paper or paper towels.
5	Cheese Ball	1	Place on microproof dish.

Multi-Stage Cooking

Multi-Stage cooking allows you to set the oven to cook in one stage at a certain power level for a chosen time and then a second and third stage at a different power level for a chosen time. The cooking process can be set for four memory stages when Auto Defrost is included as the first stage. The stages are set before cooking and will follow automatically when oven is started.

1. Touch CLEAR.
2. Touch TIME.
The lights above TIME and below 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 POWER CONTROL.
The light above POWER 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 "HI").
6. Touch MEMORY/RECALL.
The light below 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 POWER CONTROL.
The display window will show "P100".
10. Touch the correct numbers for the cooking power level of the second cooking stage (if other than "HI").
- 11A. Touch START for two-stage cooking.
- 11B. If three-stage cooking is desired, touch MEMORY/RECALL. The light below 3 will go on. The display window will show "0."
Repeat steps 7-10 above to set the third cooking stage at the same or a different power level for a chosen time.
12. Touch START.

MULTI-STAGE COOKING WITH AUTO DEFROST

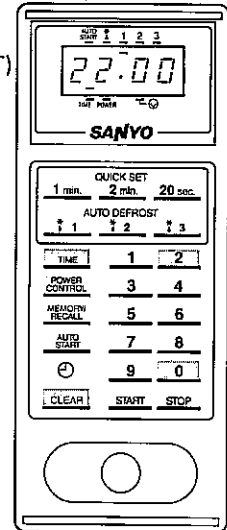
If you want to cook after using the Auto Defrost cycle, first set the Auto Defrost and touch MEMORY/RECALL, then follow the above instructions numbered 2-12. The cooking process can be set up to four stages when Auto Defrost is one of the stages.

EXAMPLE: (Three-stage cooking)

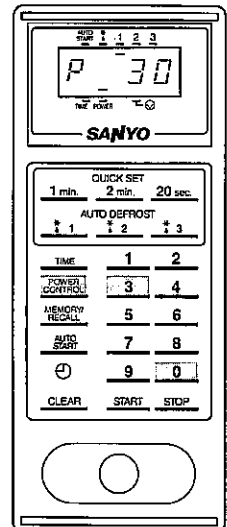
To defrost, cook and simmer a frozen beef stew, here is how to set the oven:

First Stage (22 minutes; Power level 30 DEFROST)

1. Touch CLEAR.
2. Touch TIME.
3. Set 22 minutes by touching "2", "2" then "0" and then "0". "2200" will appear in the display window.



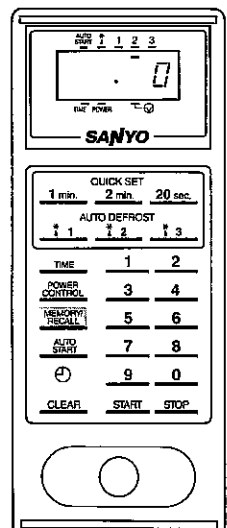
4. Touch POWER CONTROL.
"P100" will appear in the display window to remind you that the oven will operate at highest power unless you enter a lower power setting.
5. Touch numbers "3" and "0".
"P30" will appear in the display window (indicating that you have set the oven to operate at power level 30.)



The first stage has been set.

Second Stage (15 minutes; Power level "HI")

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



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 cookbook.

POWER LEVEL	POWER SETTING	EXAMPLES	MICROWAVE OUTPUT POWER*	EM-370	EM-570
10	LOW	<ul style="list-style-type: none"> ● Softening cream cheese. ● Keeping casseroles and main dishes warm. 		150	160
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. 		200	220
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 food. 		260	280
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. 		320	340
50	SIMMER	<ul style="list-style-type: none"> ● Cooking stews and soups after bringing to a boil. ● Cooking baked custards and pasta. 		370	400
60	BAKE	<ul style="list-style-type: none"> ● Cooking scrambled eggs. ● Cooking cakes. 		430	460
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. 		480	520
80	REHEAT	<ul style="list-style-type: none"> ● Reheating precooked or prepared food quickly. ● Heating sandwiches. 		540	580
90	SAUTÉ	<ul style="list-style-type: none"> ● Cooking onions, celery and green peppers quickly. ● Reheating meat slices quickly. 		600	640
100 (P100)	HIGH	<ul style="list-style-type: none"> ● Cooking tender cuts of meat. ● Cooking poultry, fish, vegetables and most casseroles. ● Preheating the browning dish. ● Boiling water. ● Thickening some sauces. 		650	700

*Approximate watts as measured by 1-litre method.

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 POWER 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.

FAST DEFROST

Your oven is equipped with an Auto Defrost system which is the best defrost method for this oven. FAST DEFROST is explained in order to show other defrosting possibilities. To speed up the defrosting of dense food items over 500g, start on “P100”, then reduce to the 30 (DEFROST) setting.

1. Microwave on “HI” for 1-2 minutes per 500g of dense food items.
2. Then Microwave on 30 (DEFROST) for 3 minutes per 500g or until food is thawed. Defrosting time will be greatly reduced.

AUTO DEFROSTING CHART

This chart shows which defrost program is recommended for your foods and some special directions for use with the "Auto Defrost" feature.

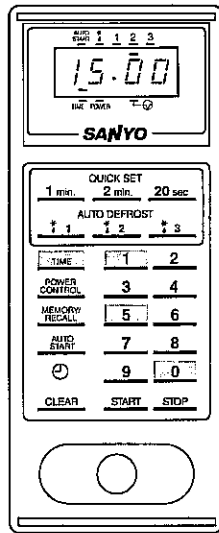
PROGRAM	FOOD	DIRECTIONS
DEFROST 1 (* 1) MEAT	BEEF Ground beef Round steak Flank steak Tenderloin steak Chuck roast Rib roast, rolled Rump roast Sirloin tip roast Stew beef (cubed)	Remove thawed portions with fork at pause. Turn over. Return remainder to oven. Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil. Remove thawed portions with fork at pause. Separate remainder. Return remainder to oven.
	LAMB Cubed for stew Ground lamb Chops 2.5cm thick Leg	Remove thawed portions with fork at pause. Separate remainder. Return remainder to oven. Remove thawed portions with fork at pause. Turn over. Return remainder to oven. Use a microproof rack. Separate and rearrange at pause. Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.
	PORK Chops, 1.25cm thick Spareribs Country-style ribs Roast Sausage, bulk Sausage, links	Use a microproof roasting rack. Separate and rearrange at pause. Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil. Remove thawed portions with fork at pause. Turn over. Return remainder to oven. Separate and rearrange at pause.
	VEAL Chops, 1.25cm thick Roast	Use a microproof roasting rack. Separate and rearrange at pause. Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.
	VARIETY MEAT Liver, slice Tongue whole	Separate pieces and rearrange at pause. Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.

Multi-Stage Cooking (Cont'd)

7. Touch TIME.

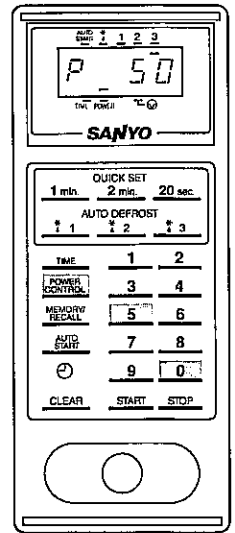
8. Set 15 minutes by touching "1" then "5" then "0" twice. "15:00" will appear in the display window. (Power is on "HI.")

The second stage has been set.



12. Touch POWER CONTROL and numbers "5" and "0", "P50" will appear in the display window.

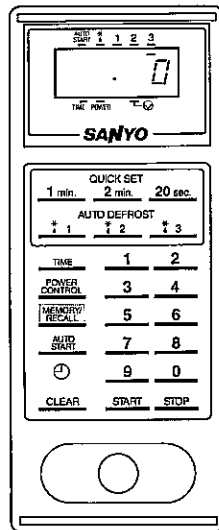
The third stage has been set.



Third Stage

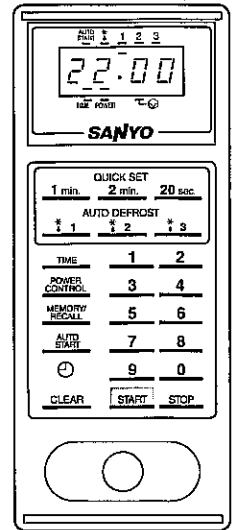
(10 minutes; Power level 50 simmer)

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



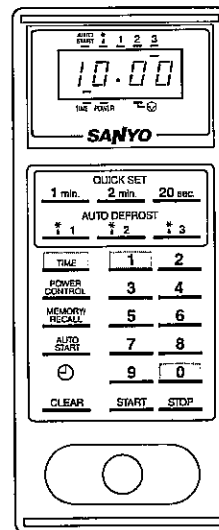
13. Touch START.

The first stage will begin "22:00" will appear in the display window. The oven will begin to defrost (power level 30) and the time can be seen counting down in the display window. When the 22 minutes are over, a tone will sound and the oven will automatically change into the second stage. The oven will begin cooking at "HI" power and the time will be counting in the display window. When the 15 minutes are up, a tone will sound and the oven will automatically change into the third stage. When the Simmer Time of 10 minutes is over, a tone will sound and "0" will appear in the display window and the oven will automatically shut off. The oven will have finished all stages.



10. Touch TIME.

11. Set 10 minutes by touching "1" then "0" three times. "10:00" will appear in the display window.






Automatic Defrost





Three defrost sequences are preset in the oven. The "Auto Defrost" feature provides you with the best defrosting method for frozen foods. The cookbook will show you which defrost sequence is recommended for the food you are defrosting.

AUTO DEFROST SEQUENCE LIST

For example: (EM-570)

Sequence No.	Food	Q'ty	Cooking time	Pause directions
DEFROST 1 () MEAT	<ul style="list-style-type: none"> ● BEEF Ground beef, steak, Rib roast (rolled), Rump roast, Chuck roast, Stew beef ● LAMB Cubed for stew, Ground lamb, Chops, Leg, ● PORK Chops, Spareribs, Country-style ribs, Sausage, Roast ● VEAL Chops, Roast ● VARIETY Liver slices, MEAT Tongue (whole) 	500g	1st 2'15" Pause 2nd 7'00"	Turn over.
		1000g	1st 4'30" Pause 2nd 14'00"	Turn over.
DEFROST 2 () Poultry	<ul style="list-style-type: none"> ● CHICKEN Whole or Cut up ● CORNISH ● HENS Whole ● DUCKLING Whole ● TURKEY Whole, Breast, Drumsticks, Roast (boneless) 	500g	1st 2'30" Pause 2nd 13'30"	Turn over.
		1000g	1st 5'00" Pause 2nd 27'00"	Turn over.
DEFROST 3 () FISH	<ul style="list-style-type: none"> ● FISH Fish fillets, Fish steak, Whole fish ● SEAFOOD Lobster tails, Crabmeat, Prawns 	500g	1st 4'00" Pause 2nd 9'30"	Turn over.
		1000g	1st 18'00" Pause 2nd 19'00"	Turn over.

1. Touch CLEAR.

2. Touch ""1", ""2", or ""3" to select the appropriate defrosting sequence. The light below "" will go on and the sequence selected (dEF1, dEF2, or dEF3) will be displayed.

3. Enter the weight of your food in decimal increments from 0.1kg to 2.9kg. Remember to convert ounces to tenths of kg. For example to defrost 2.5kg, touch number keys "2" and "5" for 2.5kg. The display window will show "2.5".

NOTE: It is not necessary to enter the food weight when defrosting 500g of food. Unless changed, the Auto Defrost feature is automatically set for 500g.

4. Touch START.

The oven will begin the defrosting sequence you selected and display window will show the time of the first segment as it "counts down." The oven will stop automatically at the end of the first time segment and "PAUS" will appear in the display window.

5. At the pause, follow the instructions for separating, rearranging, covering and turning over.

6. After turning over, separating, 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 and "0" will appear in the display window for 2 seconds. The oven shuts off automatically.

NOTE: Standing time is calculated as a part of the Auto Defrost sequence in the oven.

AUTO DEFROSTING CHART (Cont'd)

PROGRAM	FOOD	DIRECTIONS
DEFROST 2 (* 2) POULTRY	CHICKEN Whole Cut up	Place chicken breast side up in microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil. Giblets may still be frozen but chicken will be thawed. Immerse in cold water. Use a microproof roasting rack. Separate pieces and rearrange at pause. Turn over. Cover warm areas with aluminium foil.
	CORNISH HENS/ DUCKLING Whole	Place hens breast side up in microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.
	TURKEY Breast Drumsticks Roast, boneless	Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil. Use a microproof roasting rack. Turn over at pause. Separate pieces and rearrange. Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.
DEFROST 3 (* 3) FISH	FISH Fish fillets Fish steak Whole fish	Use a microproof roasting rack. Turn over at pause. Separate fillets when partially thawed. Carefully separate fillets under cold water. Use a microproof roasting rack. Separate and rearrange at pause. Use a microproof roasting rack. Cover warm areas with aluminium foil. Turn over at pause.
	SEAFOOD Lobster tails Crabmeat Prawns	Use a microproof baking dish. Turn over and rearrange at pause. Use a microproof baking dish. Break apart and turn over at pause. Use a microproof baking dish. Break up and stir to rearrange at pause.

Auto Start Cooking

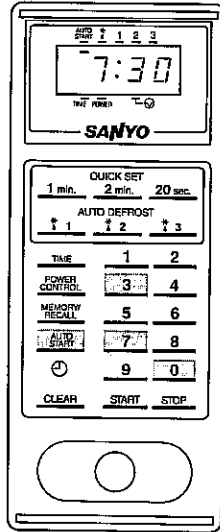
Auto Start allows for automatic cooking at any time of the day by simply choosing the desired start cooking time.

1. Touch CLEAR.

2. Touch AUTO START.

The light below AUTO START goes on. The display window will read "0:00".

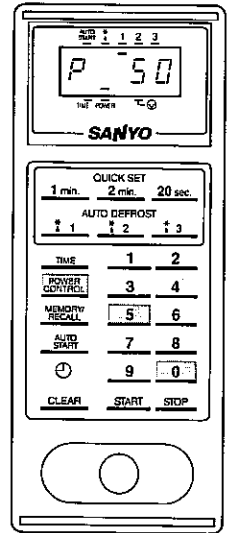
3. Touch numbers for the time of day to start cooking. For example, touch numbers "7", "3" then "0" for the cooking to be started at "7:30", and "7:30" will appear in the display window.



6. Touch POWER CONTROL.

7. Touch numbers for cooking power level.

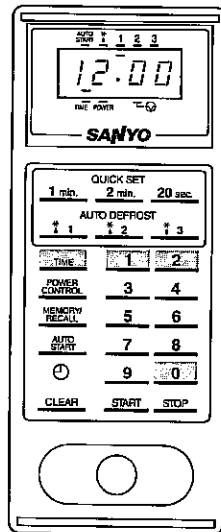
For example, touch numbers "5" then "0", "P50" will appear in the display window.



4. Touch TIME.

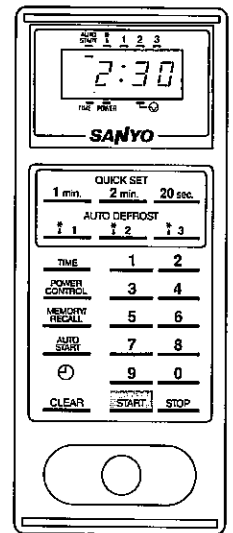
5. Touch numbers for cooking time.

For example, set 12 minutes by touching "1" and "2" then "0" twice. "1200" will appear in the display window.



8. Touch START.

The Time of Day will appear in the display window and the light below AUTO START goes on. As soon as the clock shows the Cook Start Time, the oven will start cooking and the cooking time counts down in the display window. When the cooking time is over, the oven will automatically shut off.



The display shows the time of day. For example: half past two.

NOTE: A preset start time must be no more than 12 hours.

*Multi-Stage Cooking can be used with Auto Start.

After Step 3 above, follow instructions numbered 2-12 for Multi-Stage Cooking.

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

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.
- f) If the supply cord is damaged, it must be replaced by SANYO SERVICE CENTRE, as a special prepared cord is required.

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.
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 aluminium 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 aluminium foil used should never be closer than 2.5cm (1 inch) from side walls of oven.

Do not cover food completely with aluminium 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.
- If the lamp inside lights but the food is not heated:
 1. 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

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OSAKA, JAPAN

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