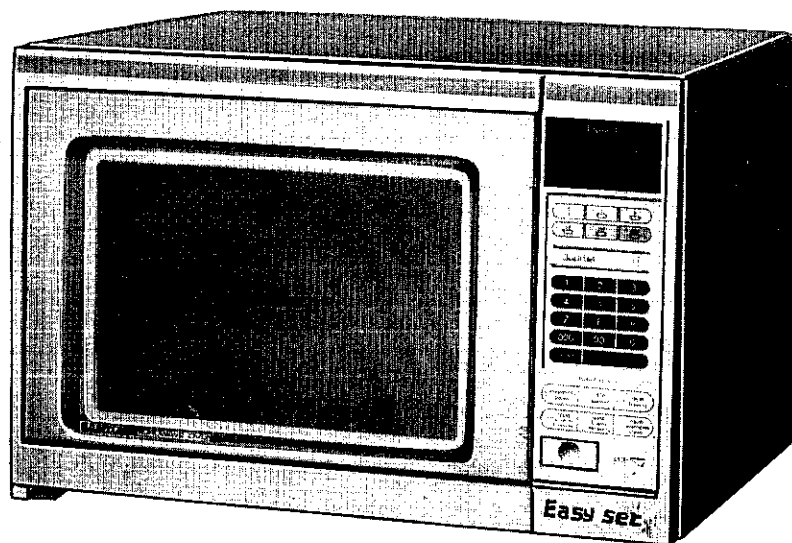


EM-3712W

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 made microwave safe, ovenable board and practically all utensils EXCEPT METAL ONES are perfectly suitable for microwave cooking.

4. Simplified operation.

You are cooking by time, and not by heat. Simply touch power levels and numbers for Cooking Time and touch "START" pad.

5. Clean, cool operation.

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

6. Perfect for defrosting and reheating.

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

7. Economical.

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

8. Always undercook.

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

The Extra Features of Your Sanyo Microwave Oven

1. Compact, light weight, easy to move.

Fits easily on a kitchen work surface. See installation on Page 5. Light enough to be moved to a summer house or seaside cottage.






2. Six separate safety features.

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

3. Variable power control pads.

The power level can be selected by touching any of the 5 power levels.

4. Simplified cooking.

| | | | | | | |
|-------------|--------------|---|---|---|---|---|
| SYMBOL | * |  |  |  |  |  |
| POWER LEVEL | 680W 150W | 80W | 150W | 300W | 450W | 680W |

Simply touch power level, touch cooking time and touch start. A beep sounds when the time has finished.

5. High-visible viewing window.

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

6. Practical dimensions.

- 1) Overall: 58.4(W) x 48.5(D) x 40.4(H)cm
- 2) Oven: 38.4(W) x 41.4(D) x 28.8(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  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 24.4kg. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
 - When oven is first plugged into power outlet, "0:00" will appear in the display window, if not, switch off at power outlet, unplug the unit and reinsert the plug into the wall outlet.
 - To set time of day, touch "CLEAR"; then touch "⌚"; touch numbers for correct time (1:00 ~ 12:59); then touch "⌚". If you set irregular time (39:70), display will flash. Then please touch "CLEAR" to reset. (This is also explained in "Easy Use Chart" Clock Section on Page 8.)
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.

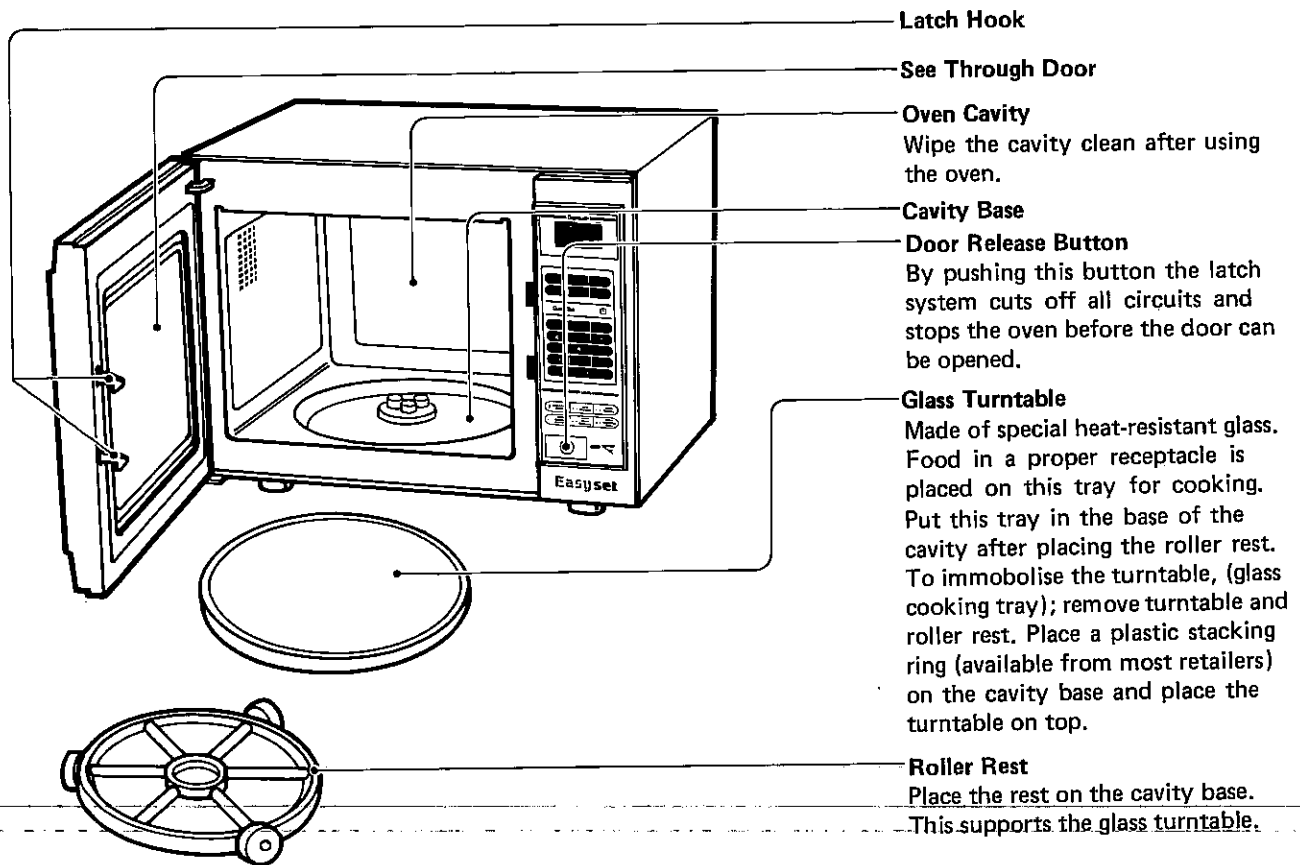
3. The exhaust vent of the oven is at the back on the left side, so keep it at least 5cm away from the rear wall and the side wall.

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



Latch Hook

See Through Door

Oven Cavity
Wipe the cavity clean after using the oven.

Cavity Base

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

Glass Turntable
Made of special heat-resistant glass. Food in a proper receptacle is placed on this tray for cooking. Put this tray in the base of the cavity after placing the roller rest. To immobilise the turntable, (glass cooking tray); remove turntable and roller rest. Place a plastic stacking ring (available from most retailers) on the cavity base and place the turntable on top.

Roller Rest
Place the rest on the cavity base. This supports the glass turntable.

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

- Glass Turntable 1 each
- Roller Rest 1 each
- Microwave Miracles (Cook Book) 1 each
- Operating Instructions 1 each

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

Oven Control Panel

Indicator Lights – Symbol of 5 power levels and Programmed Defrost indicate which cooking power level is being used.

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

Programmed Defrost – Used to set the Programmed Defrost.

Display Window – Used to show the Time of Day, Cooking Time, Programmed Defrost Time, and Power Levels.

Quick Set – Used to set any "Minute Setting" – always on high power (🔥).

Power Level – Used to select Power Levels.

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

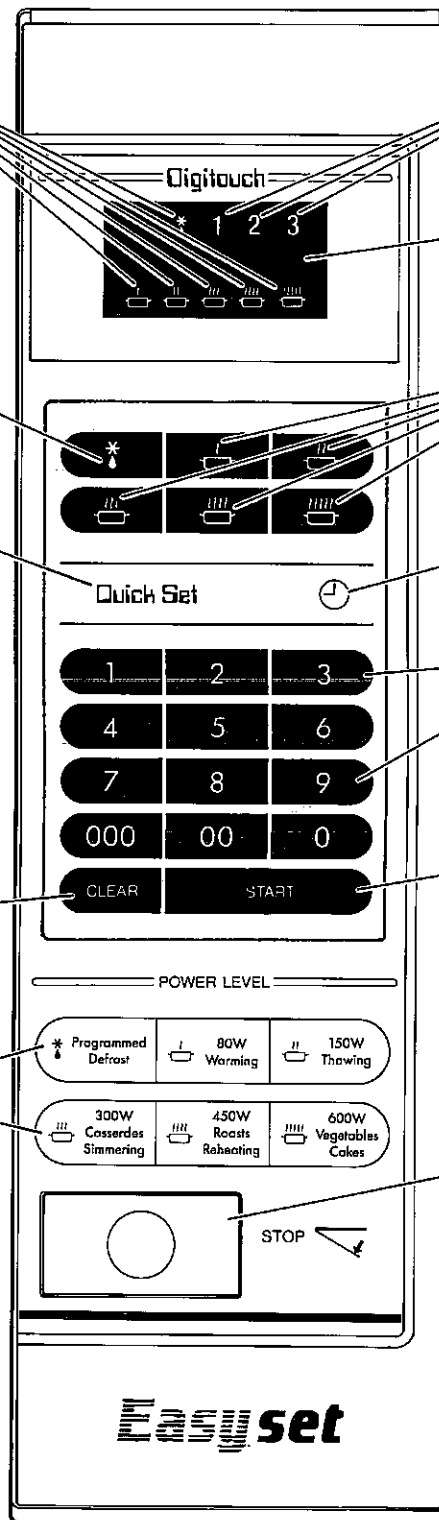
CLEAR – Clears all entries, and stops operation.

Numbers – Used to enter the Time of Day, Cooking and Defrosting Time.

START – Starts the oven.

Power Level Guide – This suggests the type of cooking that can be done at the various power levels.


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.

User Instructions — Cooking Guide



“High Power” Cooking

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

“Variable Power” Cooking

Many foods require a slower cook to give the best results. In addition to “” there are 5 other power levels. Further information on how these power levels can be used can be found on page 10.

“* Programmed Defrost”

This special setting has been designed to cut down defrosting times. It does this by initially defrosting on “” and then automatically switching down to “”. See pages 13 through 16 for detailed directions.

“Three Stage” or “Four Stage” Cooking

Some recipes need more than one cooking stage. Many foods will cook better when cooked for a period of time at one power setting and then cooked for another period of time at a different power setting.

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

For detailed directions on “Three or Four Stage” Cooking refer Page 11.

“Quick Set” Cooking

This special feature cuts down even further the number of controls you have to touch. For the ultimate in convenience cooking, any one of the numbered pads (1 through to 9) turn into “instant start pads” once “Quick Set” has been touched, (no need to even press start).

For instance; touch “Quick Set”, 9; oven automatically starts cooking for 9 minutes.

touch “Quick Set”, 3; oven automatically starts cooking for 3 minutes, etc etc.

See page 12 for detailed directions.

Minutes “00” and minutes “000” keys






“00” key gives “0” and “0” by one touch. “000” key gives “0”, “0” and “0” by one touch. These keys speed up operation.

Easy Use Chart

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

| Clock | "High Power" and "Variable Power" Cooking | "Three Stage" Cooking |
|--|--|---|
| <p>To Set:</p> <ol style="list-style-type: none"> 1. Touch "CLEAR". 2. Touch "⌚" (CLOCK). 3. Touch numbers for correct time of day. (1:00 ~ 12:59) 4. Touch "⌚" (CLOCK).* <p>*This "locks" in the time and starts the clock running.</p> | <p>To Set:</p> <ol style="list-style-type: none"> 1. Touch "CLEAR". 2. Touch "POWER LEVEL" "I" or "II" or "III" or "IV" or "V". 3. Touch numbers for desired cooking time. 4. Touch "START". <p>(See Pages 9 and 10 for more detailed instructions.)</p> | <p>To Set:</p> <ol style="list-style-type: none"> 1. Touch "CLEAR". 2. Touch "I" or "II" or "III" or "IV" or "V". 3. Touch numbers for desired cooking time. 4. Touch "I" or "II" or "III" or "IV" or "V". 5. Touch numbers for desired cooking time. 6. Touch "I" or "II" or "III" or "IV" or "V". 7. Touch numbers for desired cooking time. 8. Touch "START". <p>(See Page 11 for more detailed instructions.)</p> |
| <p>"Quick Set" Cooking</p> | <p>"Programmed Defrost"</p> | |
| <p>To Set:</p> <ol style="list-style-type: none"> 1. Touch "CLEAR". 2. Touch "Quick Set". 3. Touch number for desired cooking time. <p>(See Page 12 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". <p>(See Pages 13 thru 16 for more detailed instructions.)</p> | |

“High Power” and “Variable Power” Cooking

1. Touch “CLEAR” and a beep tone will be heard. (This erases all previous settings and is not necessary if panel is already cleared.)
2. Touch “POWER LEVEL” “” or “” or “” or “” or “”; “1”, “.0” and symbol of appropriate power level will appear in the display window.
3. Touch the numbers on 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, touch “3” and then “0”.
- To set 3 minutes, “3” “00”.
- To set 3½ minutes, touch “3”, “3” “0”.

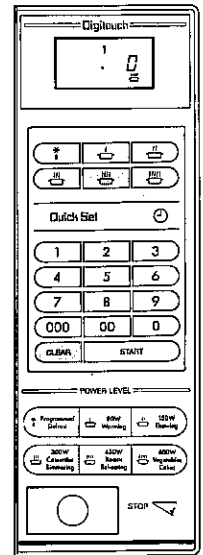
REMEMBER, the timer is a digital clock that is divided into 60 seconds. Therefore, ½ minute is equal to 30 seconds. Touch 30 (and NOT 50 as with a calculator) to indicate ½.


4. Touch “START”. The oven will begin cooking and the display window will show the time counting down in minutes and seconds. A tone will sound for 2 seconds when the cooking time has completed. The oven switches itself off. The time of day will reappear in the display window.

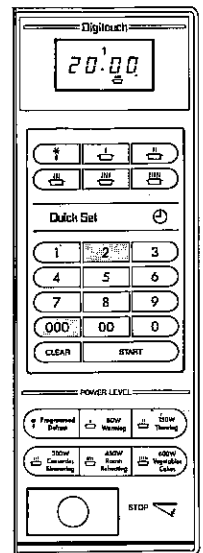
NOTE: If you wish to stir or re-arrange food during cooking: simply open the oven door; stir or re-arrange; close door; touch “START”; and the oven will automatically continue to count down the remaining amount of time left on display.

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

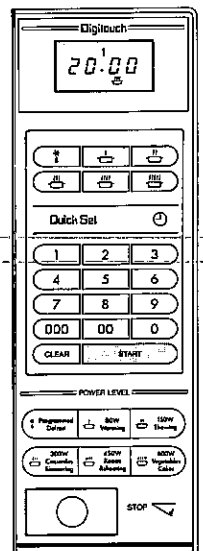
1. Touch “CLEAR”.
 2. Touch “”.
- “1”, “.0” and “” will appear in the display window.



3. Set 20 minutes by touching “2”, “000”. “20.00”, “1” and “” will show in the display window.



4. Touch “START”. The oven will begin cooking and the display window will show the time counting down in minutes and seconds. A tone will sound for 2 seconds when the cooking time has completed. The oven switches itself off. The time of day will reappear in the display window.



“Variable Power” Setting Guide

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

| POWER LEVEL | SUGGESTED USE |
|----------------|--|
| 80W LOW | Softening cream cheese. Melting small quantities of chocolate. Defrosting frozen pastry. |
| 150W WARM | Keeping food warm. Thawing meat, poultry and seafood. Completing the cooking cycle of some casseroles and stews. |
| 300W SIMMER | Completing the cooking cycle of pot roasts. Baked custards and cheesecakes. |
| 450W ROAST | Roasting meats. Reheating foods. |
| 680W HIGH | Boiling liquids. Cooking poultry, fish, vegetables. Sauteing vegetables. Baking cakes. Preheating a browning dish. |

“Three Stage” or “Four Stage” Cooking

Three or four stage cooking is ideal for sequential cooking, it lets you cook at a different power level for a chosen time. Set all stages before cooking and start the oven. For 4 stage cooking, programming must always start with programmed defrost. Simply follow these steps:

1. Touch “CLEAR”.
2. Touch “*”; “0” and “*” will show in the display window.
3. Touch numbers for defrosting time. The defrosting stage has been set.
4. Touch “ $\frac{1}{\square}$ ” or “ $\frac{2}{\square}$ ” or “ $\frac{3}{\square}$ ” or “ $\frac{4}{\square}$ ” or “ $\frac{5}{\square}$ ”; “1”, “0” and symbol of appropriate power level will appear in the display window.
5. Touch numbers on control panel to set the cooking time.

The first stage of cooking has been set.

6. Touch “ $\frac{1}{\square}$ ” or “ $\frac{2}{\square}$ ” or “ $\frac{3}{\square}$ ” or “ $\frac{4}{\square}$ ” or “ $\frac{5}{\square}$ ”; “2”, “0” and symbol of appropriate power level will appear in the display window.
7. Touch numbers on control panel to set the cooking time.

The second stage of cooking has been set.

8. Touch “ $\frac{1}{\square}$ ” or “ $\frac{2}{\square}$ ” or “ $\frac{3}{\square}$ ” or “ $\frac{4}{\square}$ ” or “ $\frac{5}{\square}$ ”; “3”, “0” and symbol of appropriate power level will appear in the display window.
9. Touch numbers on control panel to set the cooking time.

The third stage of cooking has been set.

10. Touch “START”. The defrosting stage will start, and then three stages of cooking.

Example: (Three-Stage Cooking)

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

FIRST STAGE

(10 minutes; “ $\frac{1}{\square}$ ”)

1. Touch “CLEAR”.
2. Touch “ $\frac{1}{\square}$ ”: The display window will show “1”, “0” and “ $\frac{1}{\square}$ ”.
3. Set 10 minutes by touching “1” and “000”; “10.00”, “1” and “ $\frac{1}{\square}$ ” will show in the display window.

The first stage has been set.

SECOND STAGE

(60 minutes, “ $\frac{2}{\square}$ ”)

4. Touch “ $\frac{2}{\square}$ ”: The display window will show “2”, “.0” and “ $\frac{2}{\square}$ ”.

5. Set 60 minutes by touching “6” and “000”; “60.00”, “2” and “ $\frac{2}{\square}$ ” will show in the display window.

The second stage has been set.

THIRD STAGE

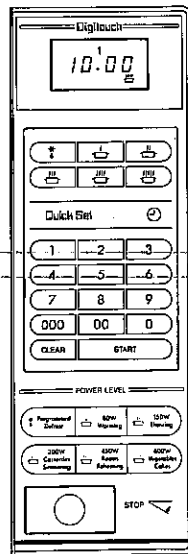
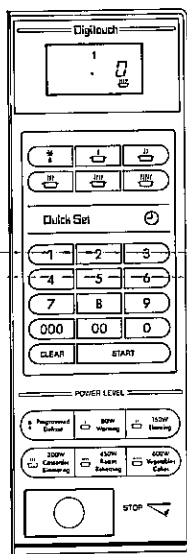
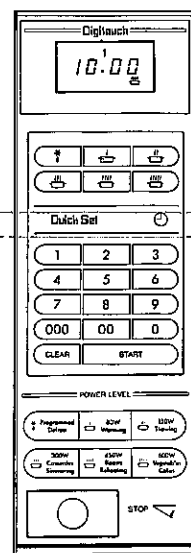
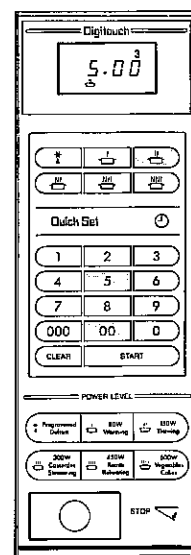
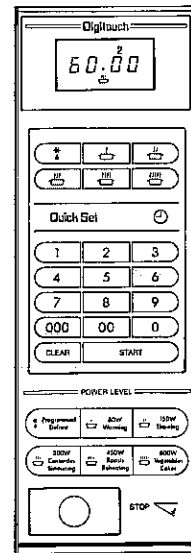
(5 minutes “ $\frac{3}{\square}$ ”)

6. Touch “ $\frac{3}{\square}$ ”: The display window will show “3”, “.0” and “ $\frac{3}{\square}$ ”.

7. Set 5 minutes by touching “5” and “00”; “5.00”, “3” and “ $\frac{3}{\square}$ ” will show in the display window.


The third stage has been set.

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




“Quick Set” Cooking

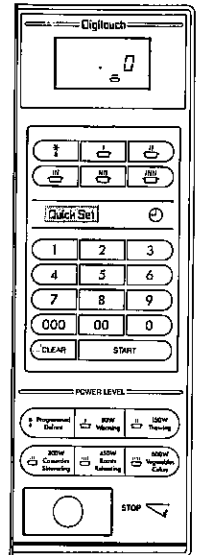
You can cook 1 minute, 2 minutes, 3 minutes, 4 minutes, 5 minutes, 6 minutes, 7 minutes, 8 minutes and 9 minutes by “Quick Set” function for high power cooking.

1. Touch “CLEAR”, and a beep tone will be heard. (This erases all previous settings and is not necessary if panel is already cleared.)
2. Touch “Quick Set”. “.0” “” will show in the display window.
3. Touch the appropriate number on the control panel to set the cooking time. The time set will show in the display window, and the oven will automatically start.

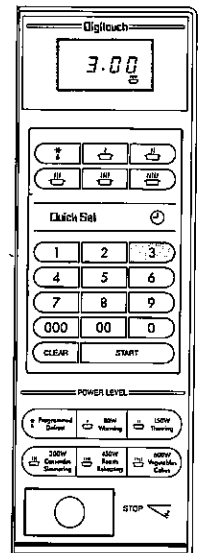
The oven will begin cooking and the display window will show the time counting down in seconds. A tone will sound for two seconds when the cooking time is completed. Then the oven shuts itself off.

Example: Bacon (4 slices) can be cooked quickly on “” (high power) for 3 minutes. To do this follow these 3 simple steps.



1. Touch “CLEAR”.
2. Touch “Quick Set”.





3. Touch “3”. 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 3 minutes are over, and the oven will shut itself off.





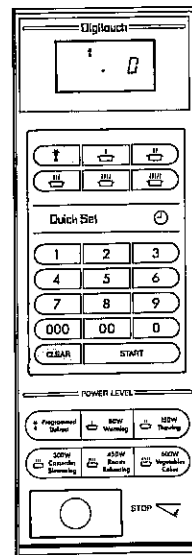
“Programmed Defrost”

This special setting has been designed to cut down defrosting times. The oven operates on “” for the beginning of the chosen time and at “” for the remaining period of time.

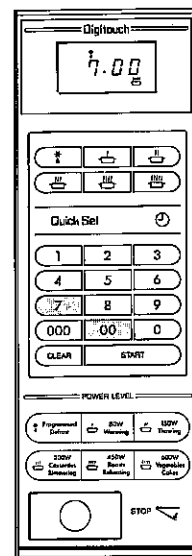
1. Touch “CLEAR” and a beep tone will be heard (This erases all previous settings and is not necessary if panel is already cleared.)
2. Touch “”; “.0” and “” will show in the display window.
3. Touch numbers for defrosting time. (See programmed Defrost Chart for timings).
4. Touch “START”. The oven will begin cooking and the display window will show the time counting down in minutes and seconds. A tone will sound for 2 seconds when the defrosting time has finished. The oven switches itself off. The time of day will reappear in the display window.

Example: To defrost 450g/1 lb minced beef use the programmed defrost cycle for 7 minutes.

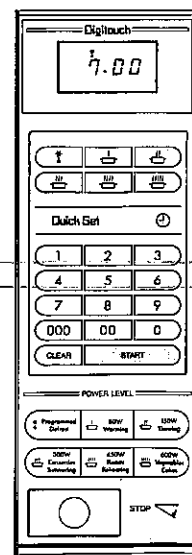
1. Touch “CLEAR”.
2. Touch “”; “.0” and “” will show in the display window.



3. Set 7 minutes by touching “7” and “00”. “7.00” will show in the display window.



4. Touch “START”. The oven will begin cooking and the display window will show the time counting down in minutes and seconds. A tone will sound for 2 seconds when the cooking time has completed. The oven switches itself off. The time of day will reappear in the display window.



“Programmed Defrost” Chart

TIPS FOR DEFROSTING

- Place meat and poultry on an upturned saucer onto a plate or on a microwave rack.
- Metal ties and clips on poultry should be removed.
- Poultry pieces and meat chops should be arranged like the spokes of a wheel with the thinner ends towards the centre.
- Fish, seafood, meat or poultry should be removed from their original package.
- Food should be arranged in a single shallow layer where possible.
- When stirring food; move food from the outside to centre and vice versa.
- Food should be icy when defrosting time has finished.
- Standing time is necessary to complete the thawing process.
- Cook defrosted food as soon as possible.

| CUT AND WEIGHT | PROGRAMMED DEFROST TIME IN MINS | STANDING TIME IN MINS | DIRECTIONS |
|-------------------------|---------------------------------|-----------------------|--------------------------------------|
| FISH AND SEAFOOD | | | |
| Fillets | | | |
| 450g/1 lb | 5 – 6 | 5 | Carefully separate |
| 900g/2 lb | 8 – 9 | 5 | Carefully separate |
| Whole fish | | | |
| 450g/1 lb | 3 – 4 | 5 | Protect head and tail with foil |
| 900g/2 lb | 5 – 7 | 5 | Protect head and tail with foil |
| Scallops | | | |
| 225g/8 oz | 3 | 5 | Stir halfway through defrosting |
| 450g/1 lb | 5 – 6 | 5 | Stir halfway through defrosting |
| Prawns | | | |
| 225g/8 oz | 3 – 4 | 5 | Stir halfway through defrosting |
| 450g/1 lb | 5 – 6 | 5 | Stir halfway through defrosting |
| MEAT | | | |
| Beef | | | |
| Brisket | | | |
| 450g/1 lb | 6 – 7 | 20 – 30 | Turn over halfway through defrosting |
| Topside, silverside | | | |
| 450g/1 lb | 5 – 6 | 20 – 30 | Turn over halfway through defrosting |
| Rib of beef | | | |
| 450g/1 lb | 6 – 7 | 20 – 30 | Turn over halfway through defrosting |
| Steak | | | |
| 450g/1 lb | 6 – 7 | 15 | Separate as soon as possible |

“Programmed Defrost” Chart (Cont’d)

| CUT AND WEIGHT | PROGRAMMED DEFROST TIME IN MINS | STANDING TIME IN MINS | DIRECTIONS |
|-----------------------------------|---------------------------------|-----------------------|--|
| MEAT | | | |
| Minced beef 450g/1 lb | 6 – 7 | 5 – 10 | Separate as it is thawing and remove thawed portions |
| Cubed beef 450g/1 lb | 6 – 7 | 10 – 15 | Stir once |
| Lamb | | | |
| Leg, shoulder saddle 450g/1 lb | 7 – 8 | 20 – 30 | Turn over halfway through defrosting, shield thin ends and bone with foil. |
| Chops 450g/1 lb | 6 – 7 | 10 | Separate as soon as possible |
| Pork | | | |
| Leg, shoulder loin 450g/1 lb | 7 – 8 | 20 – 30 | Turn over halfway through defrosting, shield thin ends and bone with foil. |
| Chops 450g/1 lb | 6 | 10 | Separate as soon as possible |
| Sausages 450g/1 lb | 4 – 5 | 5 | Separate as soon as possible |
| Spareribs 900g/2 lb | 13 – 14 | 5 – 10 | Separate as soon as possible |
| Bacon | | | |
| 225g/8 oz | 2 | 5 | |
| 450g/1 lb | 3 – 4 | 5 | |
| Liver | | | |
| 225g/8 oz | 3 – 4 | 5 – 10 | Separate as soon as possible |
| 450g/1 lb | 5 – 6 | 5 – 10 | Separate as soon as possible |
| Kidney | | | |
| 225g/8 oz | 3 – 4 | 5 – 10 | Separate as soon as possible |
| 450g/1 lb | 5 – 6 | 5 – 10 | Separate as soon as possible |
| POULTRY | | | |
| Chicken 450g/1 lb | 6 – 7 | 30 – 40 | Shield legs and breast with foil to prevent over-defrosting, turn over once. |
| Thighs, wings, legs 450g/1 lb | 7 – 8 | 10 | Separate as soon as possible and cover thin areas with foil |
| Breast, bone-in 450g/1 lb | 7 – 8 | 15 | Separate |
| Duckling 450g/1 lb | 7 – 8 | 45 | Turn over once |

“Programmed Defrost” Chart (Cont’d)

| CUT AND WEIGHT | PROGRAMMED DEFROST TIME IN MINS | STANDING TIME IN MINS | DIRECTIONS |
|---|---------------------------------|-----------------------|--|
| POULTRY | | | |
| Turkey | | | |
| Breast, bone-in 450g/1 lb | 5 – 7 | 10 – 15 | Shield thin parts with foil |
| Leg and thigh 450g/1 lb | 8 – 10 | 20 | Shield thin parts with foil |
| Whole 450g/1 lb | 6 – 7 | 60 | Turn over once |
| FRUIT | | | |
| Strawberries 225g/8 oz | 3 – 4 | 5 | Stir during defrosting |
| 450g/1 lb | 5 – 6 | 5 | Stir during defrosting |
| Raspberries, black berries 225g/8 oz | 3 – 4 | 5 | Stir during defrosting |
| 450g/1 lb | 6 – 7 | 5 | Stir during defrosting |
| Redcurrants and black currants 225g/8 oz | 3 – 4 | 5 | Stir during defrosting |
| 450g/1 lb | 6 – 7 | 5 | Stir during defrosting |
| BREAD | | | |
| Loaf, whole (large) | 7 – 8 | 10 – 15 | Place on a rack or kitchen paper, turn over during defrosting |
| Loaf, whole (small) | 5 – 6 | 10 – 15 | Place on a rack or kitchen paper, turn over during defrosting |
| Loaf, sliced (large) | 6 – 7 | 10 – 15 | Remove from original wrapper, turn over once during defrosting and remove outer slices if thawed |
| Loaf, sliced (small) | 4 – 5 | 10 – 15 | Remove from original wrapper, turn over once during defrosting and remove outer slices if thawed |

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 to cause injury and also damage to the door.

Do not operate the oven if it is damaged, until it has been repaired by a service engineer trained by SANYO. It is particularly important that the oven closes properly and that there is no damage to the:

- i) Door (bent)
 - ii) Hinges and Latches (broken or loosened)
 - iii) Door seals and Sealing surfaces
- d) It is dangerous for anyone other than a properly qualified service engineer trained by SANYO to carry out adjustments or repairs.

NOTE

It is quite normal for steam to be emitted around the door, for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle.

This is merely condensation from the heat of the food and does not affect the safety of your oven.

The door is not intended to seal the oven cavity completely but its special SANYO design contributes to the complete safety of the appliance.

WARNING

1. Do not heat food or liquids in bottles or jars with lids on. Air must be allowed to escape from the container. Do not warm babies bottles in the microwave oven with screw top lids or teats in place.
2. Milk or food for babies should be heated on approximately 50 percent power (SIMMER). It should then be stirred thoroughly and the milk or food should be tested to ensure that it is at the correct temperature before giving it to the baby.
3. When boiling water or other liquids, be sure to use a wide necked container. This will allow air bubbles to escape freely. Should a narrow necked container be used, air bubbles may combine to form a large bubble which may in turn cause the liquid to boil over. This may happen even after the cooking time has stopped.
4. Do not attempt to operate the oven while empty as this will cause damage.
5. As an exhaust is located in the rear of the oven, install the oven so as not to block the outlet.
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 of spillage with paper towel or cloth prior to removal of turntable.
- Roller-rest can be removed for easy cleaning.
- The interior lamp can be replaced by unscrewing the small door on the left side of the oven. The lamp is a screw fitting, 240 volts 25 watts and can be purchased from your supplier, your nearest Sanyo Service Centre or from Sanyo direct.

Usable Cooking Utensils and Materials

OVENPROOF GLASS

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

CHINA

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

POTTERY

Dishes, cups, mugs, and bowls.

PLASTIC

Non P.V.C. cling film may be used as a cover. Place cling film firmly over container, make sure there is sufficient air space by pressing finger in the centre. Never have the cling film skin tight. The dish should be deep enough so that the cling film will not touch the food. As the food heats, it may cause the cling film to melt wherever it touches the food. Plastic dishes, cups, semi rigid freezer containers, and plastic bags are usable for short cooking operations. Use with care as some softening of the plastic can occur with heat from the food.

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

Utensils and Materials to Avoid

METAL UTENSILS

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

METAL DECORATION

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

ALUMINIUM FOIL

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

Do not cover food completely with aluminum foil.

WOOD

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

OTHER

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

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

A Few Other Precautions (IMPORTANT)

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

What to Do If Repairs Are Needed

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

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

- If the interior lamp does not light when the “START” pad is touched.
 1. Make sure that the mains lead is securely plugged in.
 2. Make sure that the door is properly closed.
 3. Check the fuse in the plug top and ensure the plug top is wired correctly.
- If the lamp inside lights but the food is not heated:

Make sure that the food is not completely covered with a metal container or aluminium foil.
- Noisy operation:
 1. Make sure that sparks are not being produced due to the use of metal utensils.

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SANYO

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