



AUTOMATIC MICROWAVE OVEN

OPERATING INSTRUCTIONS

Model EM3960

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

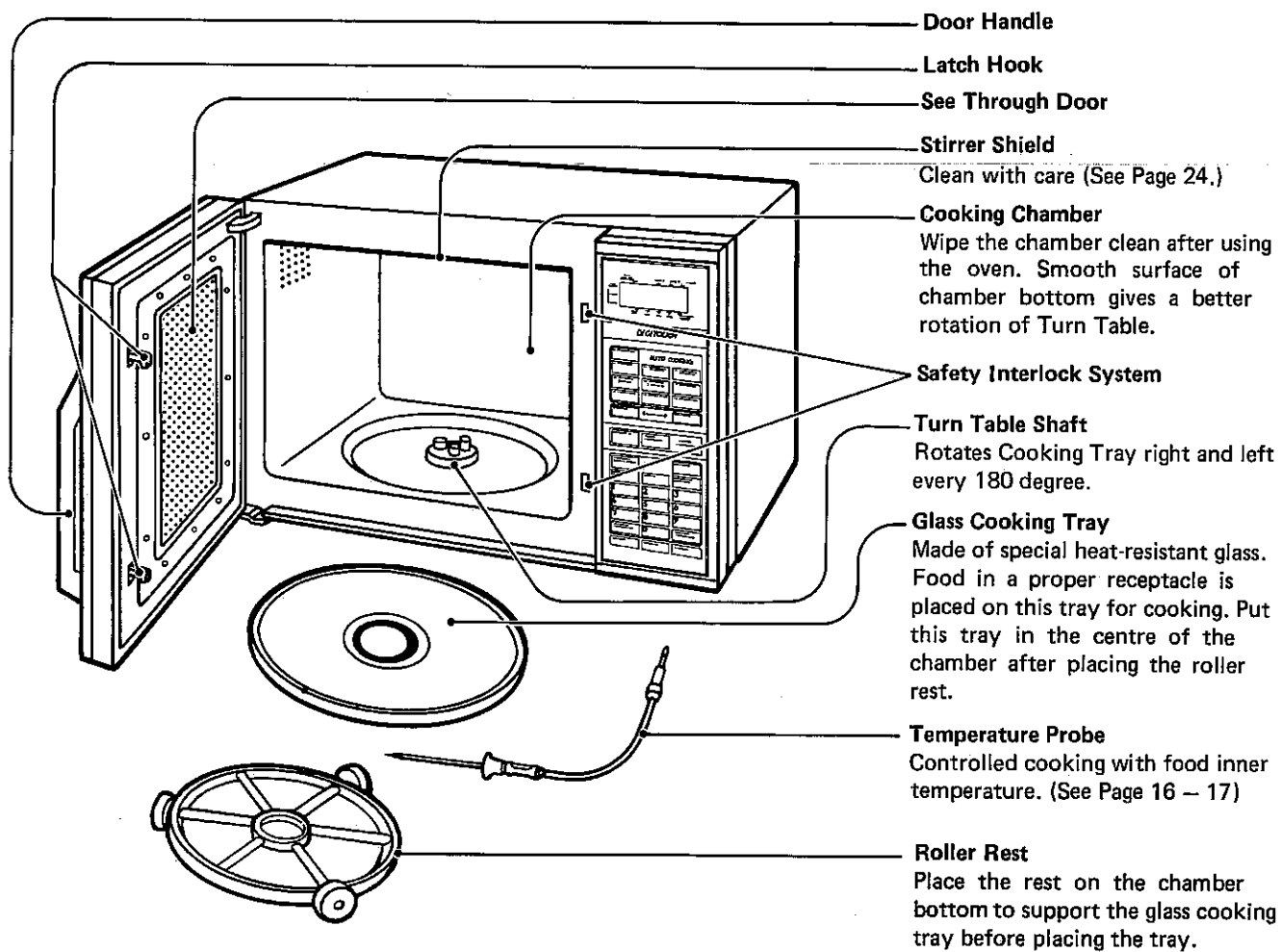
1. Install the oven on a flat, level surface,
 - Strong enough to safely bear the weight of the oven, which is 33kg. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
 - When oven is first plugged into power outlet, "0:00" will appear flashing in the display 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
Recipes for your Sanyo Automatic Microwave Oven (Automatic 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

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

Auto Cooking Sensor & Probe Lights — When Automatic Cooking Category keys are set, lights will go on indicating whether your Automatic Cooking is by Surface temperature sensor or by Internal temperature sensor.

Automatic Cooking Category Keys — These 10 keys are used to select the food type for Automatic Cooking.

Lower & Higher keys — Used to set desired doneness for Automatic Cooking. Only used with Automatic Cooking by surface temperature sensor.

Preset Stop Time — Used in setting a Preset Stop Time cooking. Cooking can be finished at the preset stop time.

Time — Used in setting Cooking Time.

Time of Day — Used in setting Time of Day.

Numbers — Used to enter the Time of Day. Preset Stop Time. Cooking Times, Cooking Power levels, Cooking Temperatures, New Recipe number and Automatic Cooking Recipe number.

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.

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

Display Window — Used to show the Time of day, Cooking time, Cooking power level, Cooking temperature, Recipe number, Hold, Pause (PAUS) and Automatic Cooking Course number. It also functions as countdown timer or temperature indicator when cooking.

Check Probe Light — Flashes to warn that Temperature Probe is not plugged into the socket inside the oven for Temperature Control Cooking and Automatic Cooking by Temperature Probe.

Pause Light — Shows Oven has been set to pause between three Cooking Stages.

Recipe # — Used in Programmed Recipe Cooking.

New Recipe — Used in programming new recipes.

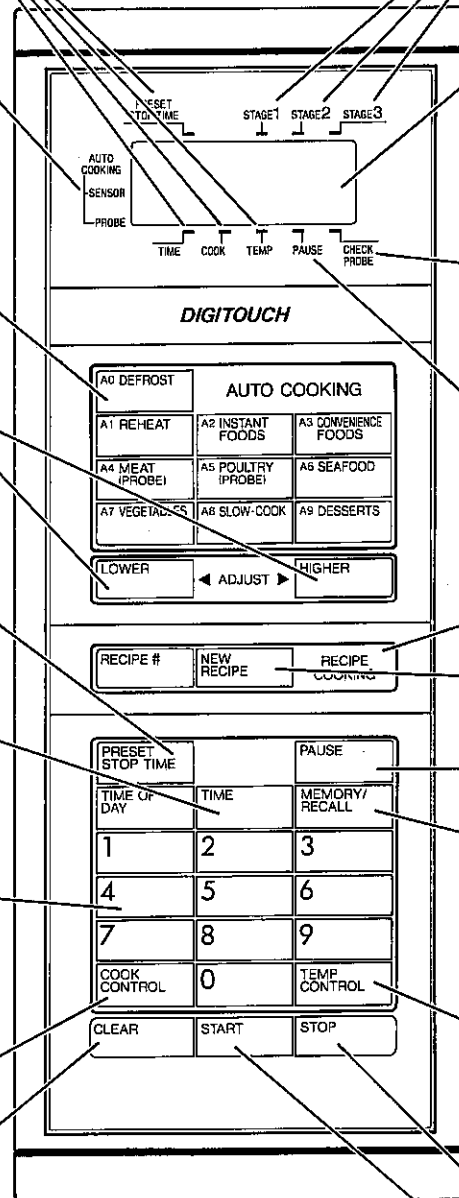
Pause — Used to stop Oven between Cooking Stages.

Memory/Recall — Used in setting Cooking Time, Power Level and Temperature for Three-stage Cooking. Also used to recall each memory stage in a three stage cooking program.

Temp Control — Used in setting the desired Cooking Temperature. Temperature Control 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.



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

■ Automatic Cooking

This oven is equipped with an automatic cooking feature. When cooking automatically, no power levels or cooking time must be set — all settings are automatic. Two sensing devices are included — a surface temperature sensor and an internal temperature sensor (temperature probe).

10 Food Categories and 59 Recipes can be cooked automatically using this feature. See page 10 for automatic cooking by surface temperature sensor and page 11 for automatic cooking by internal temperature sensor.

■ Manual Cooking

“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 13.

“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 14 and 15.

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 19 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 20 for detailed directions.

Automatic “Hold Warm”

After reaching the set temperature, the Oven switches into “Hold Warm” to keep the food warm. “Hold” will show in the Display Window and will continue to show for up to 60 minutes or until the Door is opened or STOP is touched. See Pages 19 and 20.

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.

“Two- or Three-Stage Cooking” with both TIME and TEMP CONTROL can also be set.

For detailed directions on “Two- or Three-Stage Cooking” see Pages 21 and 22.

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 22 for detailed directions.

Preprogrammed New Recipe Cooking

Up to 7 new recipes may be programmed by you into this oven. This permits you to repeatedly use the recipe without resetting the power level and cooking time each use. The 7 recipes are numbered 0-1-2-3-4-5-6. See page 25 for detailed directions on “Programmed New Recipe Cooking”.

Easy Use Chart

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

TIME OF DAY	AUTOMATIC COOKING	HI 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 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 CATEGORY NUMBER for Automatic Cooking (A0-A9) 3. Touch Number for Automatic Cooking Recipe # 4. Touch START <p>* Automatic Cooking Category # A4 and A5 need Temperature Probe. * If you need to adjust the cooking condition (e.g., for less or more cooking), touch LOWER or HIGHER after step 3.</p> <p>(See pages 9 – 11 for more 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 START <p>(See page 13 for more instructions.)</p>
MULTI-POWER COOKING	TEMPERATURE CONTROLLED HI POWER COOKING	TEMPERATURE CONTROLLED MULTI-POWER COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch TIME 3. Touch Numbers for Cooking Time 4. Touch COOK CONTROL 5. Touch Numbers for Cooking Power level 6. Touch START <p>(See page 15 for more instructions.)</p>	<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 5. Touch START <p>(See page 19 for more instructions.)</p>	<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 5. Touch COOK CONTROL 6. Touch Numbers for Cooking Power level 7. Touch START <p>(See page 20 for more instructions.)</p>
TWO-STAGE OR THREE-STAGE COOKING	PRESET STOP TIME COOKING	PROGRAMMING NEW RECIPES
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch TIME or TEMP CONTROL 3. Touch Numbers for Cooking Time or Temperature 4. Touch COOK CONTROL 5. Touch Numbers for Cooking Power level 6. Touch MEMORY/RECALL or PAUSE 7. Touch TIME or TEMP CONTROL 8. Touch Numbers for Cooking Time or Temperature 9. Touch COOK CONTROL 10. Touch Numbers for Cooking Power level 11. Touch MEMORY/RECALL or PAUSE 12. Touch TIME or TEMP CONTROL 13. Touch Numbers for Cooking Time or Temperature 14. Touch COOK CONTROL 15. Touch Numbers for Cooking Power level 16. Touch START <p>(See page 21 for more instructions.)</p>	<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 4. Touch TIME 5. Touch Numbers for Cooking Time 6. Touch COOK CONTROL 7. Touch Numbers for Cooking Power level 8. Touch START <p>* Three-Stage Cooking can be used with Preset stop time. After step 3 above, follow instructions for Three-Stage cooking beginning with step 2. * PRESET STOP TIME Cooking may only be used on manual cooking programs. Do not use on automatic cooking programs.</p> <p>(See page 22 for more instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch NEW RECIPE 3. Touch RECIPE # 4. Touch Numbers for New Recipe # (1 – 3) 5. Program Recipe following suitable operating instructions 6. Touch NEW RECIPE <p>Note: Up to 3 cooking stages may be programmed.</p> <p>(See page 25 for more instructions.)</p>
		PROGRAMMED NEW RECIPES COOKING
		<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch RECIPE # 3. Touch Numbers for Preprogrammed New Recipe # 4. Touch START <p>(See page 25 for more instructions.)</p>

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 "HI", 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.

“Automatic” Cooking

To cook one of Automatic Cooking Recipes, simply follow the step below.

1. Touch CLEAR.

2. Select suitable cooking category corresponding to your foods from Automatic Cooking Recipe List found on pages 14 through 25 of “Recipes for your Sanyo Automatic Microwave Oven”.

Touch the selected category number key (A0: DEFROST, A1: REHEAT . . . A9: DESSERTS).

Either the SENSOR light or PROBE light below AUTO COOKING will go on.

The light indicates which sensor, surface temperature sensor or temperature probe is being used for your cooking. See table below. Category # and Recipe # “0” will show in the display window.

Example: When “A1: REHEAT” is touched, “A1: 0” will show in the display window.

3. Select and touch a recipe # corresponding to your foods from the lists for cooking category selected in the step 2 found on pages 14 through 25 of “Recipes for your Sanyo Automatic Microwave Oven”.

Example: To reheat sandwiches, touch “A1: REHEAT”, then touch “4”, “A1: 4” will show in the display window.

4. Touch START.

The oven begins to cook. When the cooking is completed, a tone will sound and the word “End” will show in the display window for 2 seconds. The oven then shuts itself off.

Note: ● When cooking with Automatic Recipes of A4: MEAT or A5: POULTRY, the cooking is done using Temperature Probe.

If temperature probe is not plugged into the socket inside the oven for the automatic cooking recipes of category # A4: MEAT and A5: POULTRY or plugged into the socket inside the oven for another automatic cooking recipes by surface temperature sensor, light above CHECK PROBE in the display window flashes and oven does not start.

● When Automatic Cooking Recipe is operating while using temperature probe, display window shows the cooking temperature rising as the food is cooking.

When Automatic Cooking Recipe is operating while using time control, display window shows the time counting down.

When Automatic Cooking Recipe is operating while using surface temperature sensor, display window shows Automatic Cooking Recipe Code.

● When you want your food to be cooked a little more or less than the preset program of this Automatic Cooking Recipe, cooking doneness can be adjusted by touching “Higher” or “Lower” Key.

The adjustment key “Higher” or “Lower” should be touched before touching “START” key of Step 4, except when using automatic cooking recipes of category #'s A4: MEAT and A5: POULTRY. If set after “START”, this adjustment feature can not operate.

Touch Category # Key	AUTO COOKING LIGHT		Automatic Cooking System
	SENSOR	PROBE	
A0: DEFROST, A1: REHEAT, A2: INSTANT FOODS, A3: CONVENIENCE FOODS, A6: SEAFOOD, A7: VEGETABLES, A8: SLOW-COOK, A9: DESSERTS	●		Cooking by Surface Temperature Sensor
A4: MEAT, A5: POULTRY		●	Cooking by Temperature Probe (Use Temperature Probe)

● : light will go on.

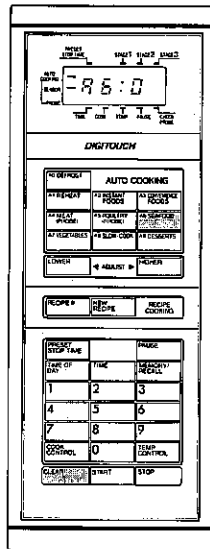
EXAMPLE-A: To automatically cook Fish Fillets using Surface Temperature Sensor.

Fish Fillets can be cooked using Category # "A6: SEAFOOD" and Recipe # "1" of Automatic Cooking feature.

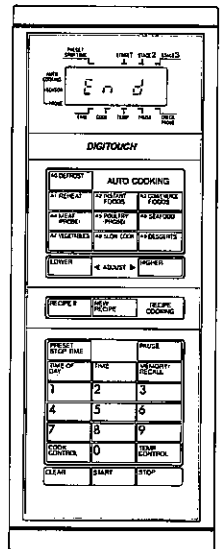
1. Touch CLEAR.

2. Touch Category # "A6: SEAFOOD".

The lights beside SENSOR and AUTO COOKING will go on. The word "A6: 0" will show in the display window.



5. When the 2nd setting cooking is completed, a tone will sound and the word "End" will show in the display window for 2 seconds. The oven then shuts itself off.

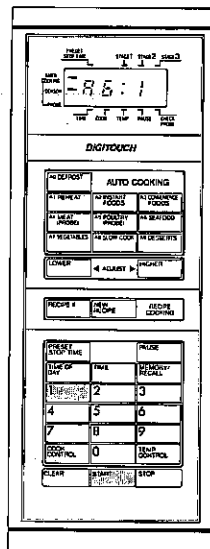


3. Touch "1" for Recipe #.

The word "A6: 1" will show in the display window.

4. Touch START.

The oven light will go on and the oven will begin cooking.



Note: Preferences for cooking food doneness vary with each individual. If you prefer your food cooked to a different doneness, touch "LOWER" or "HIGHER" between the operation of Step 3 and Step 4. For detailed cooking instruction, see Automatic Cooking Recipe List found on pages 14 through 25 of "Recipes for your Sanyo Automatic Microwave Oven".

In the recipe course "A6: 1", Surface Temperature Sensor cooking program is preset in the 1st setting and time cooking program is preset in the 2nd setting. The word "A6: 1" will show in the display window during the 1st setting. After completing the 1st setting, the cooking program proceeds to the 2nd setting.

The oven automatically calculates the necessary cooking time for the 2nd setting based on the cooking time of 1st setting, and the oven will begin cooking. The cooking time will show and begin counting down in the display window.

EXAMPLE-B: To automatically cook Meatloaf using Internal Temperature Sensor (Temperature Probe).

Meatloaf can be cooked using Category # "A4: MEAT" and Recipe # "0" of Automatic Cooking feature.

Temperature Probe is necessary for this recipe since the recipe is one of Automatic Cooking Recipes which is cooked using Temperature Probe.

Note: For all recipes stored in Category numbers "A4: MEAT" and "A5: POULTRY", it is necessary to use Temperature Probe.

1. Place the temperature probe into the food with the first 2.5 cm (1") of the sensor in the centre of the food.
See step 1 of "Temperature Controlled Manual HI-Power Cooking and Automatic Hold Warm" on page 19.

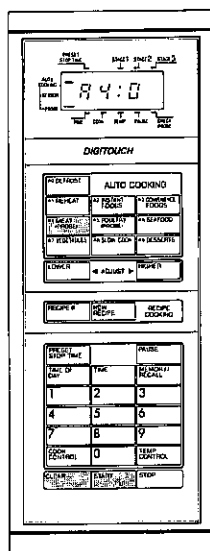
2. Plug the temperature probe into the socket on side of the oven. See step 2 on page 19.

Caution: Do not plug the pointed end of the temperature probe into the socket.

3. Touch CLEAR.

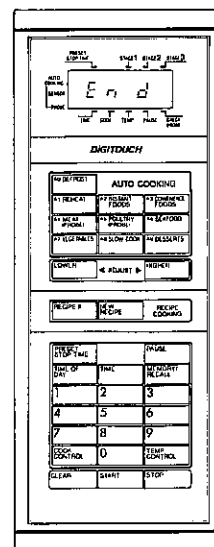
4. Touch Category # "A4: MEAT". The lights beside PROBE and AUTO COOKING will go on and the word "A4: 0" will show in the display window.

5. Touch START. The oven light will go on and the oven will begin cooking.



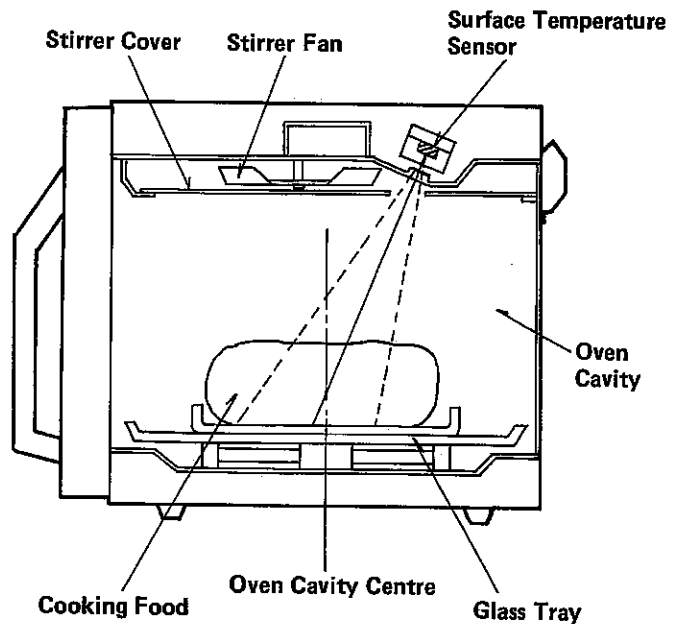
In the recipe course "A4: 0", Temperature Probe Controlled Cooking is preset in the 1st setting and Time Controlled Cooking is preset in the 2nd setting. During the 1st setting operated with Temperature Probe Controlled Cooking, you will be able to see the temperature of the food rising in the display window. When the cooking program proceeds to the 2nd setting, the display window will show the time counting down.

6. When the cooking time of the 2nd setting is over, a tone will sound and the word "End" will show in the display window for 2 seconds, then the oven will shut itself off.



Note: It is necessary to set Recipe # when cooking with recipes other than Recipe # "0". For detailed cooking instructions, see Automatic Cooking Recipe List found on pages 14 through 25 of "Recipes for your Sanyo Automatic Microwave Oven".

Automatic Cooking General Rules and Reference Guide



- Food must be placed over the centre circle mark on the glass tray for the Surface Temperature Sensor when cooking with Automatic Cooking feature.

- Surface Temperature Sensor detects only the surface temperature of the area within the circle below on the glass tray. When food is not placed in the centre, your food cannot be cooked properly.

- When cooking two or more small food items, place one of them in the centre of the glass tray and place another one as close as possible to the centre portion of the glass tray.

- When using a bundt pan or a ring-shaped container having a dead space in the centre, arrange the container over the centre circle mark, making certain the food is in the centre of the glass tray.

- When heating two or more glasses, place them in the centre of the glass tray, side by side.

- After completion of cooking cycle, the fan equipped inside the oven continues to run to cool the surface-temperature sensor for about 3 minutes. The sound of the cooling fan can be heard. This is standard in the oven and is not an abnormal condition. You need not wait until the cooling fan stops to start cooking again.

- Do not insert anything in the hole in top of the oven cavity. This is the viewer for the surface temperature sensor and doing so could cause damage to the sensor.

- Grease spatters around the viewer for the surface temperature sensor could cause mis-measurement of the food temperature. Cover food with paper towels or grease proof paper to avoid possible spattering. Carefully read the direction of a recipe in your Automatic cookbook.

- Use the "HIGHER" or "LOWER" touch pad when cooking large or small quantity foods, when specified in the recipe of your Automatic cookbook, and when you prefer your food cooked to a different doneness – except when using the automatic cooking recipes of category # A4: Meat and A5: Poultry, since these recipes use the internal sensor probe.

- When the oven is used continuously and the glass tray becomes hot, it is best to allow the tray to cool down if using the Surface Temperature Sensor to avoid an inaccurate reading. The rising heat from the tray will interfere with the ability of the sensor to read the surface temperature of the food accurately.

When defrosting frozen food in a small container, there is a possibility that the Surface Temperature Sensor will measure the temperature of the glass tray, because there is not enough food in view of the sensor. To avoid over "defrosting", small amounts should be checked as it defrosts. Simply open the door and "feel" the food for warm areas in the food. You may wish to remove the food and allow it to defrost completely at room temperature. Once it has begun to defrost, standing time will complete the defrosting in minutes.

- Any aluminium foil used should be at least 2.5 cm (1") from the side wall of oven.

- Always use containers that have no metal trim.

- You should be careful in removing food after cooking as the utensil may get hot during cooking from the heat of the food.

- Don't use tall or narrow drinking glasses as the liquid may be expelled during heating.

“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 “HI” 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 and the word “End” will show in the display window for two seconds when the cooking time is completed. Then the oven shuts itself off.

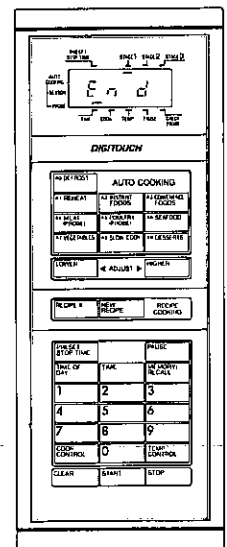
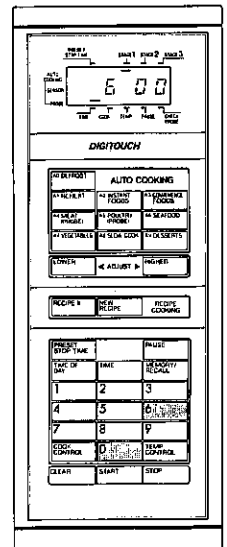
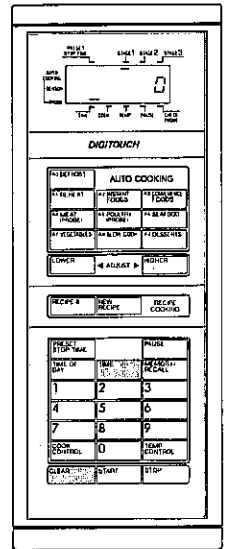
Note: To stir food during cooking: open the oven door; stir or turn the food upside down; close the oven door; and touch START. The oven will automatically continue to count down the amount of time left on the timer.

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 and the word “End” will show in the display window 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.
HI	High (Max. Power)	<ul style="list-style-type: none"> ● Cooking tender cuts of meat. ● Cooking poultry, fish, vegetables and bringing to boil 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 "75", indicating that your oven is set to run at power level 75—halfway between Roast and Reheat.

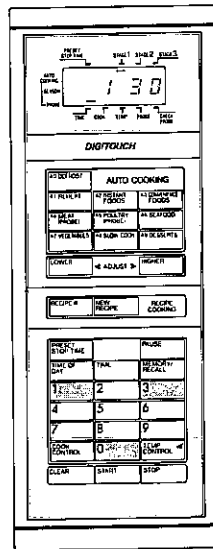
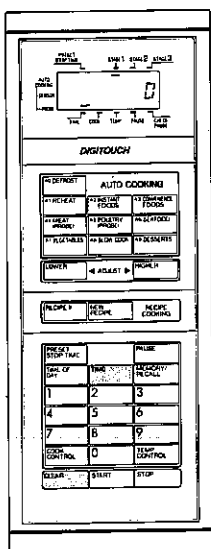
"Multi-Power" Cooking

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

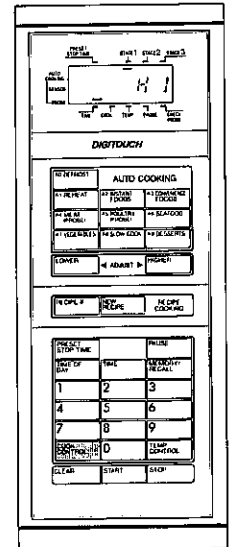
1. Touch CLEAR
2. Touch TIME. The lights above TIME and below STAGE 1 will go on. ("0" will show in the display window.)
3. Touch numbers for the desired cooking time. The time set will show in the display window.
4. Touch COOK CONTROL. The light above COOK will go on. Also, the word "HI" will show in 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 "20". 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 and the word "End" will show in the display window 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:

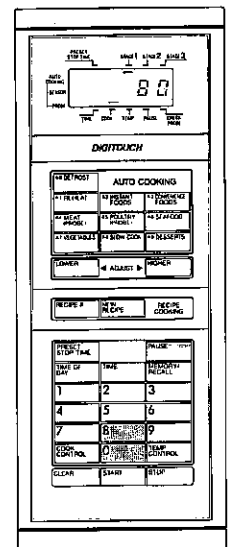
1. Touch CLEAR.
2. Touch TIME.
3. Set 1-1/2 minutes by touching "1", "3", and "0". "130" will show in the display window.



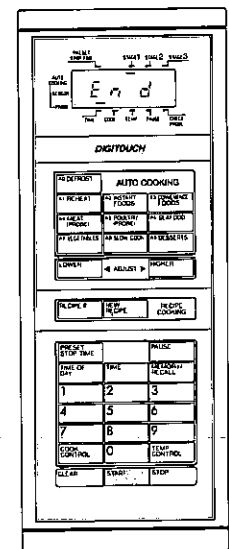
4. Touch COOK CONTROL. The display window will show "HI".



5. Choose the "80 (Reheat)" setting by touching the numbers "8" and "0". The display window will show "80". 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 and the word "End" will show in the display window for 2 second 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 17 and 18 will show you which multi-power setting and doneness temperature are recommended for the food you are cooking.

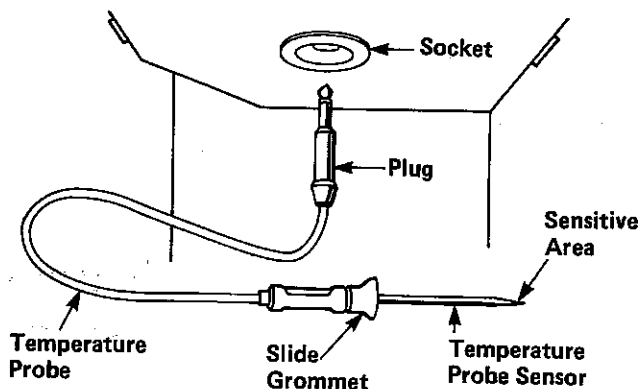
The temperature probe is designed to help make your microwave cooking more accurate while requiring less attention for appropriate foods. Until now, microwave cooking has been done by TIME. Now you can cook or reheat many foods to a preset TEMPERATURE, and be assured that they are as hot as you want 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 one-degree increments. The display window will show the rise in food temperature in one-degree increments.

The display window will not accurately show food temperature below 30°C.



Definitions

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

SENSITIVE AREA OF SENSOR: First 2.5 cm (1"), 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 centre 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 (1") of Sensor in centre 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 17; set the temperature with the TEMP CONTROL.
 6. Set COOK CONTROL to the POWER SETTING as indicated on the chart on Page 17. If the chart calls for HI (Max. Power), 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 shows "Hold".
- 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 19 and 20.

“Temperature Control” Points to Remember

DO

- Place the temperature probe sensor into the thickest part of the meat or in the centre of the food to be reheated. Avoid touching bone or fat.
- Check that the first 2.5 cm (1”) 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 16.

MEAT	WEIGHT	TEMPERATURE PROBE SETTING	COOK CONTROL SETTING	STANDING TIME	COOKING UTENSILS AND SPECIAL NOTES
Beef Meat Loaf	1 kg	70°C	HI (Max. Power)	10 min.	Glass loaf or glass ring mould.
Beef Rib. Roast Boneless		Rare 55°C Medium 60°C Well Done 70°C	70 (Roast) 70 (Roast) 70 (Roast)	10 min. 10 min. 10 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)	10 min. 10 min. 10 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)	10 min. 10 min.	Turn over once. Cover end of leg bone with foil. 30 x 18 cm, (12” x 7”) dish with microproof roasting rack.
Lamb Roast Boneless		65°C	70 (Roast)	10 min.	30 x 18 cm, (12” x 7”) dish with microproof roasting rack. Turn over once.
Veal Shoulder or Rump Roast Boneless	1-2.5 kg	65°C	70 (Roast)	10 min.	Turn over once. 30 x 18 cm, (12” x 7”) dish with microproof roasting rack.
Pork Loin Roast Boneless	1.5-2.5 kg	85°C	70 (Roast)	10 min.	Turn over once. 30 x 18 cm, (12” x 7”) dish with microproof roasting rack.
Pork Loin Centre Cut	2-2.5 kg	85°C	70 (Roast)	10 min.	Turn over once. 30 x 18 cm, (12” x 7”) dish with microproof roasting rack.
Ham, Boneless Precooked		50°C	70 (Roast)	10 min.	Turn over once. 30 x 18 cm, (12” x 7”) dish with microproof roasting rack.
Canned Ham	1.5 kg	50°C	70 (Roast)	10 min.	Turn over once. 30 x 18 cm, (12” x 7”) dish with microproof roasting rack.
	2.5 kg	50°C	70 (Roast)	10 min.	Turn over once. 30 x 18 cm, (12” x 7”) dish with microproof roasting rack.

Reheating Foods

- Place the temperature probe sensor into the food to be reheated with the first 2.5 cm (1") of the sensor in the centre 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

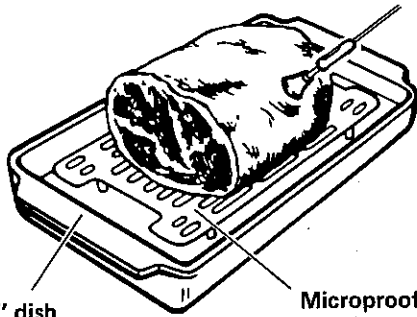
FOOD	SETTING	DONENESS	INSTRUCTIONS
Beverages	HI (Max. Power)	70°C	Place the temperature probe sensor in the centre of the beverage glass or MUC.
Soups	80 (Reheat)	70°C	Place the temperature probe sensor into the centre of the soup. Cover with casserole lid, grease proof paper, or plastic wrap.
Precooked Casseroles	80 (Reheat)	70°C	Place the temperature probe sensor into the centre of the food. Cover with a casserole lid, grease proof paper, or plastic wrap.
Canned Vegetables	80 (Reheat)	70°C	Place the temperature probe sensor into the centre of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Leftovers	80 (Reheat)	70°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 centre of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Syrup	70 (Roast)	70°C	Place the temperature probe sensor into the centre 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 2.5 cm (1") of the sensor in the centre 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 should be placed in the centre 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.*

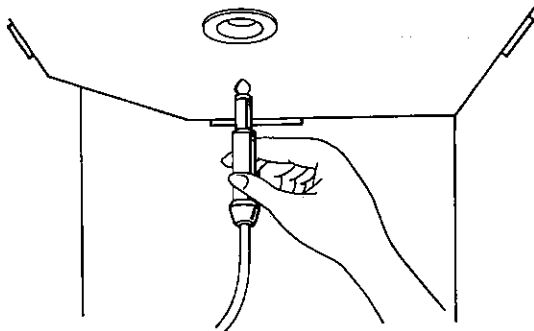


12" x 7" dish

Microproof roasting rack

- 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.

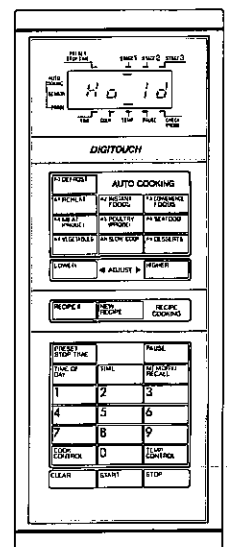
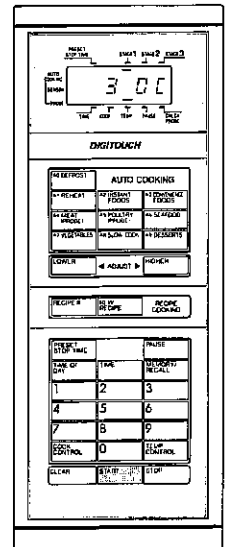
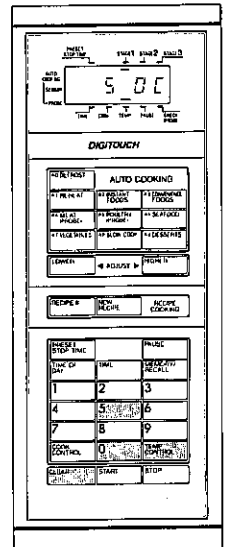


- Touch CLEAR.
- Touch TEMP CONTROL. The lights above TEMP and below STAGE 1 will come on, and "C" will show in the display window.
- Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 50°C, you would touch the numbers "5" and "0". When you touch "50" the display window will show "50C". If the temperature probe is not plugged into the socket, the check 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. 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. "Hold" will show in the display window. The cooking control setting changes to Power Level 1. To check the temperature being held, touch TEMP CONTROL. The "holding" temperature will show in the display window. 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.



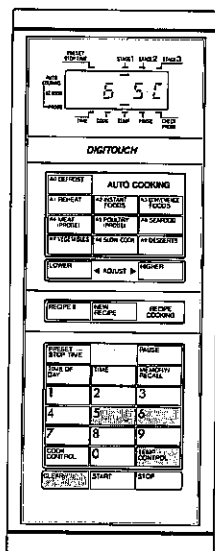
Temperature Controlled "Multi-Power" Cooking and Automatic "Hold Warm"

- Place the temperature probe into the food with the first 2.5 cm (1") of the sensor in the centre of the food. See step 1 on Page 19 for detailed directions.
- Plug the temperature probe into the socket on the ceiling of the cavity. See step 2 on Page 19.
Caution: Do not plug the pointed end of the temperature probe into the socket.

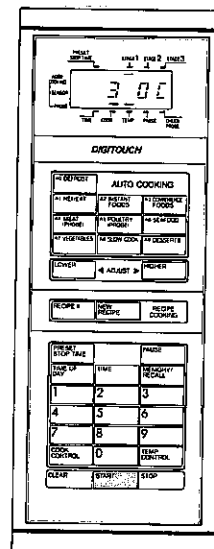
3. Touch CLEAR.

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

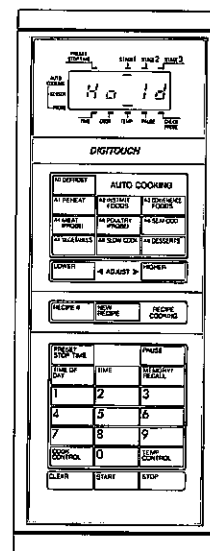
5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 65°C, you would touch numbers "6" and "5". When you touch "65", the display window will show "65C". If the temperature probe is not plugged into the socket, the check probe light will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



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.



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. The cook control setting automatically changes to Power Level 1. The display window will show "Hold".

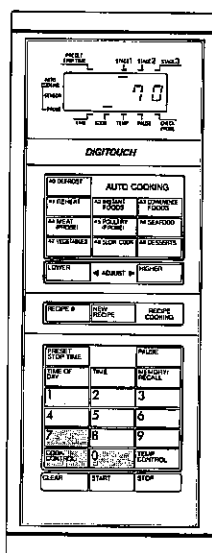


10. The "Hold Warm" will continue for 60 minutes after the food reaches the chosen temperature or until the door has been opened or until STOP has been touched. If the door has been opened, the "Hold Warm" will stop.

Note: The highest temperature that can be set is 90°C. The temperature is displayed in 1°C increment.

6. Touch COOK CONTROL. The light above COOK will go on. Also, the word "HI" 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 "70". This means that in the "70 (ROAST)" setting, the oven is at power level 70.



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 "HI".
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 "HI".
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; Power level "30")

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.

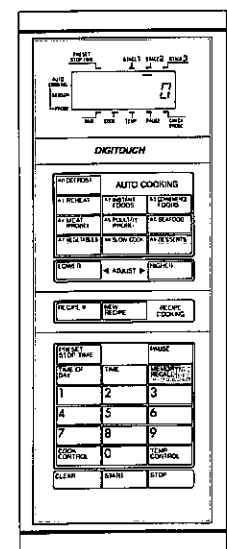
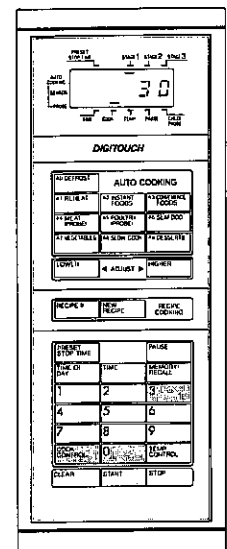
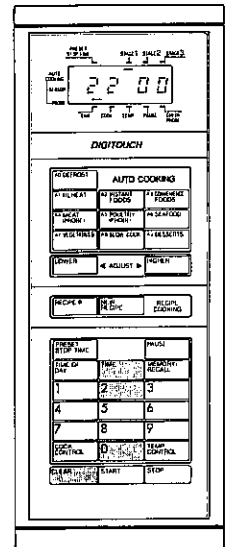
4. Touch COOK CONTROL. "HI" will show in the display window to remind you that the oven will work at highest power unless you enter a lower power setting.

5. Touch numbers "3" then "0" (the number that is Defrost on "Cooking Guide" on page 14). "30" will show in the display window (telling that you have set the oven to run at power level 30). The first stage has been set.

Second Stage

(15 minutes; Power level "HI")

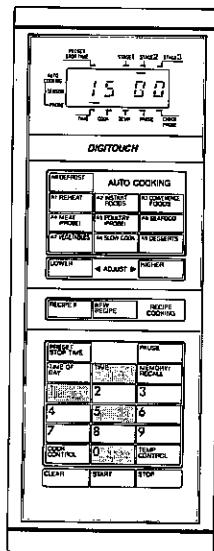
6. Touch MEMORY/RECALL. The light below STAGE 2 will go on. The display window will show "0".



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 "HI".)

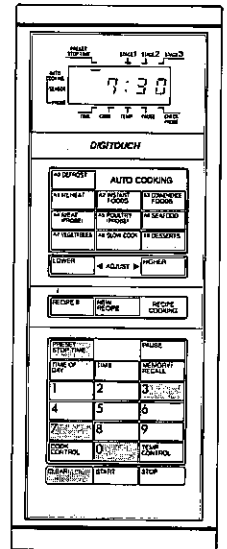


Preset stop time cooking can be done by starting the cooking automatically and finishing at a preset time.

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.

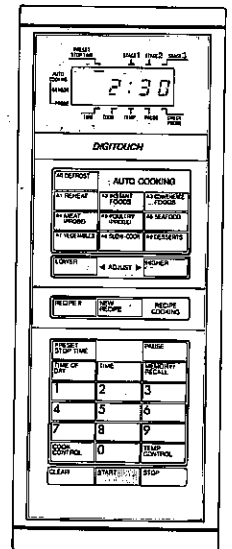
7. Touch numbers for cooking power level.

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 Preset Stop Time. After step 3 above, follow instructions for Three-Stage cooking beginning with step 2.

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

Third Stage

(10 minutes; Power level "50")

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

10. Touch TIME.

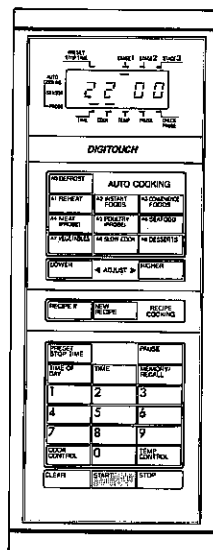
11. Set 10 minutes by touching "1", then "0" three times. "1000" will show in the display window.

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

13. Touch numbers "5" then "0" (the number that is Simmer on "Cooking Guide" on page 10). "50" 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 (power level 30) 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.

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 damage 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.
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 firmly over the dish but not skin tight. You should be able to depress with a finger in the centre of the wrap without the wrap stretching. Air must be able to build up under the wrap. 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.

(Never heat food in gealed containers in the microwave oven.)

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.

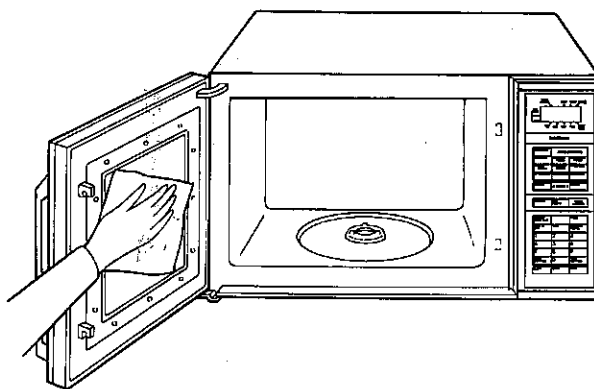
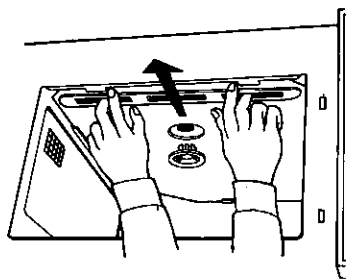
SPECIAL CARE

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.

Note: Do not attempt to scrub off centre mark on glass tray.



Programmed New Recipe Cooking

Programming New Recipes

In addition to the 59 Automatic Cooking Recipes, you can program 3 of your own favourite recipes. To store the desired recipes in the oven, follow these steps:

1. Touch CLEAR.
2. Touch NEW RECIPE.
"0" will show in the display window.
3. Touch RECIPE #.
4. Touch an open number (unprogrammed recipe) from 0 to 2 to identify the new recipe to be programmed.
5. Program your new recipe following the examples on page 13 and page 22.
Note: Up to 3 cooking stages may be programmed (see page 21).
6. Touch NEW RECIPE to lock in the new recipe in the memory bank. New recipe is now preset and the Time of Day will reappear.

Note: Programmed New Recipe Cooking does not utilize the automatic surface temperature sensor. It uses time and power settings and temperature probe setting.

A recipe which has been stored in this manner, can be changed to a new recipe. The previously stored recipe is automatically erased when a new recipe is entered over the old recipe.

If a temporary power failure arises, the 3 Programmed Recipes may be erased. For ease of re-programming these recipes should they be erased, keep a record of the recipe information.

Recall Preprogrammed New Recipes

To recall and cook one of your preprogrammed new recipes, simply follow the steps below.

1. Touch CLEAR.
2. Touch RECIPE #.
"0" will show in the display window.
3. Touch the number for the desired Preprogrammed New Recipe.
4. Touch START.
Time of the first cooking stage (or temperature, if temperature probe is being used) will appear in the display window and you can see the time counting down (or temperature reading). As soon as the first cooking stage is over, the second stage, if programmed, begins. When the second cooking stage is over, a tone will sound and the word "End" will show in the display window. Then the oven will shut off automatically.

If you have not stored a recipe in Recipe # 0 and Recipe # 2, the Display Window will flash and tells you that no pre-programmed recipe has been stored in the oven for that recipe number.

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.

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 without a load, I.E. food or liquid. The turntable may be removed to accommodate a large dish that would not normally turn. Upturn a casserole dish over the motor and stand large dish on top. Never place dishes on floor of oven.

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. Do not overcook eggs as they will become tough. Remove from oven, cover and allow to stand for 1 minute to firm.

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.

Q. Can food be heated in glass or plastic bottles and jars?

A. Yes, provided the lids are removed; Never cover any food in a microwave oven with tight fitting lids as pressure will build up and cause the covers to blow off.



SANYO ELECTRIC CO., LTD.
OSAKA, JAPAN