

INSTRUCTION  
MANUAL

**SANYO**

**EM-704T/713F/714F/814F**

---

**Microwave Oven**

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

# Table of Contents

## General Instructions

• How a Microwave Oven Makes Cooking Faster, Easier and Much More Enjoyable.....	2
• The Extra Features of Your Sanyo Microwave Oven .....	2
• Specifications .....	2
• Installation.....	3
• Names of Oven Parts.....	3
• Oven Control Panel .....	4

## User Instructions

• Easy Use Chart.....	5
• Recall and Change of Setting .....	6
• Turntable.....	6
• Regular timer .....	6
• Child Safety Lock-Out.....	6
• Hold Warm .....	7

## Detailed Directions

• Quick-Set Cooking.....	7-8
• Cooking Guide for “Multi-Power” Settings.....	9
• “Hi-Power”/“Multi-Power” Cooking.....	10
• Multi-Stage Cooking.....	11-12
• Delay Start Cooking.....	12
• Popcorn.....	13
• Automatic Defrosting.....	14-17
• Automatic Reheating.....	18-19
• Automatic Cooking .....	20-21
• Automatic Frozen Food.....	22-23
How to Use Your Microwave Oven Safely (Important).....	24
Taking Care of Your Microwave Oven .....	24
Usable Cooking Utensils and Materials .....	25
Utensils and Materials to Avoid.....	25
A Few Other Precautions (Important) .....	25
What to Do If Repairs Are Needed.....	26

## 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 required.

# How a Microwave Oven Makes Cooking Faster, Easier and Much More Enjoyable

## 1. A feast in minutes.

High energy microwaves penetrate the food and cook it quickly, evenly and efficiently.

## 2. Natural flavour.

Microwave cooking preserves the natural taste and nutritive value of the food to a much higher degree than conventional cooking methods.

## 3. Utensils.

Glassware, earthenware, ceramic, plastic containers marked microwave safe, ovenable board and practically all utensils EXCEPT METAL ONES are perfectly suitable for microwave cooking.

## 4. Clean, cool operation.

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

## 5. 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 minutes. It defrosts all kinds of frozen foods and it re-heats fast.

## 6. Economical.

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

## 7. Always undercook.

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

# The Extra Features of Your Sanyo Microwave Oven

## 1. Five 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) Thermal limiter: when the temperature of the magnetron rises above the limit, this switch automatically turns off the oven.
- 5) Monitor switch: should the latch switch fail to function properly, this switch is activated to prevent the oven from operating.

## 2. High-Visible viewing window.

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

# Specifications

MODEL NO.	EM-704T/713F/714F	EM-814F
Max. Output Power IEC 705 method 2-litre methode	800W 730W	900W 830W
Overall (W×D×H)	525×417×281 mm	550×453×309 mm
Net Weight	18.0 Kg	20.0 Kg

# Installation

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

- Strong enough to safely bear the weight of the oven. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
- When oven is first plugged into power outlet, "0:00" will appear in the display window, if not, switch off at power outlet, unplug the unit and reinsert the plug into the wall outlet.
- Following a power failure, the display window will revert back to "0:00" then will show in minutes or hours the elapsed time from the time power was restored. Re-set the clock to correct time of day.

## 2. Keep the oven away from heat and water.

Exposure to heat and water can lower oven efficiency and lead to malfunctioning, so be sure to install the oven away from heat and water sources.

## 3. Do not block air vents of the oven, so keep it at least 5cm away from the rear wall and the side wall.

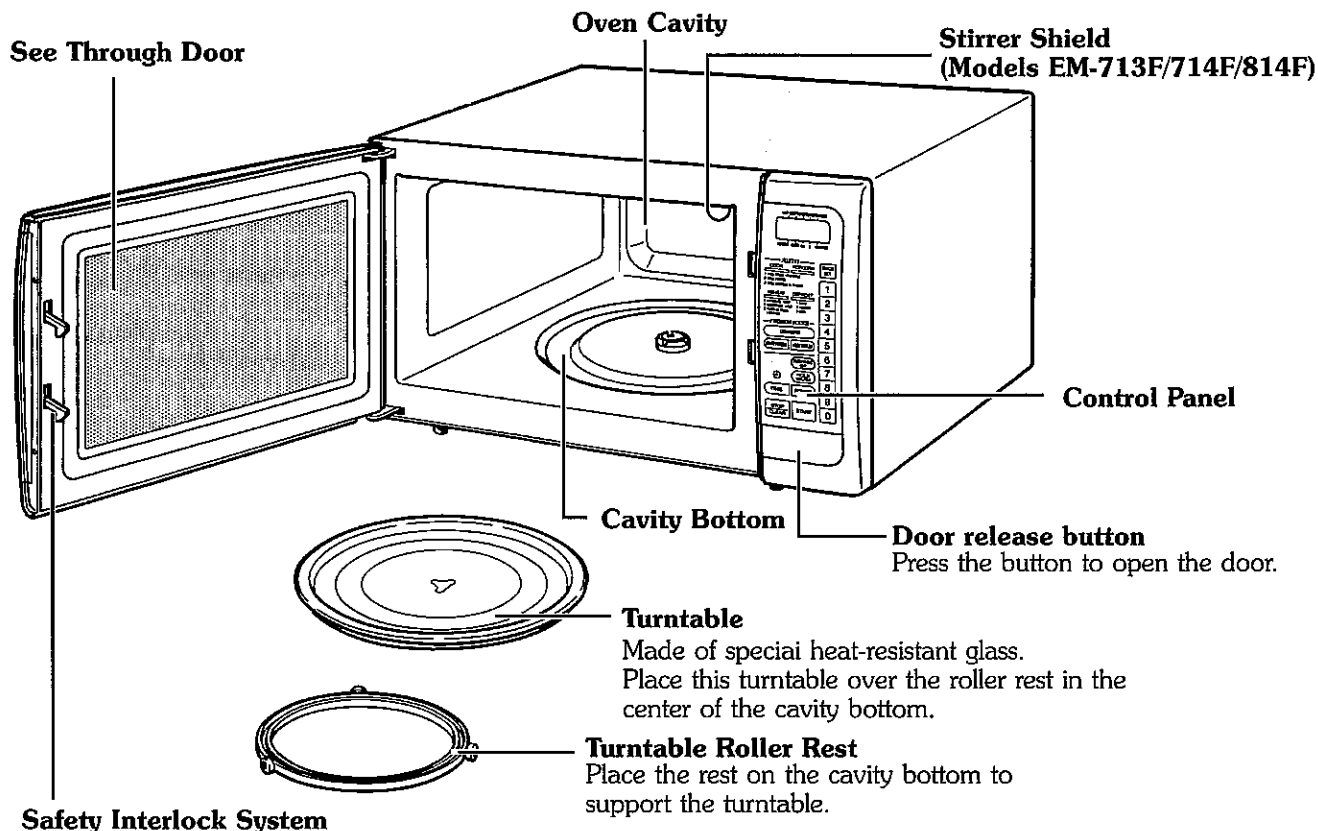
Covering the exhaust vent may lead to malfunctioning. Hot air escapes from this vent, so be sure not to obstruct it or let curtains come between the oven and the rear wall.

And also do not place any articles on the top of the oven.

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

Interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.

# Names of Oven Parts



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

Glass Turntable .....	1
Roller Rest.....	1
Instruction Manual .....	1

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

# Oven Control Panel

**STEP 1, STEP 2 and STEP 3:**

Cooking stage indicators

**DEF, REHEAT and COOK:**

Cooking mode indicators

**PAUSE:** Indicates that the oven is in pause mode.

**Display Window:** Shows program selections and displays cooking modes.

**AUTO POPCORN Key**

**AUTO COOK Key**

**kg, g and SERVING:** Prompts you to enter food weight or number of setting.

**AUTO DEFROST Key**

**AUTO REHEAT Key**

**QUICK SET Key**

**FROZEN FOODS Key**

**HOLD WARM Key:** Keeps food warm after cooking.

⌚ (Clock symbol)

**TIME Key:** Use to set manual timer cooking.

**POWER Key:** Use to set cooking power level.

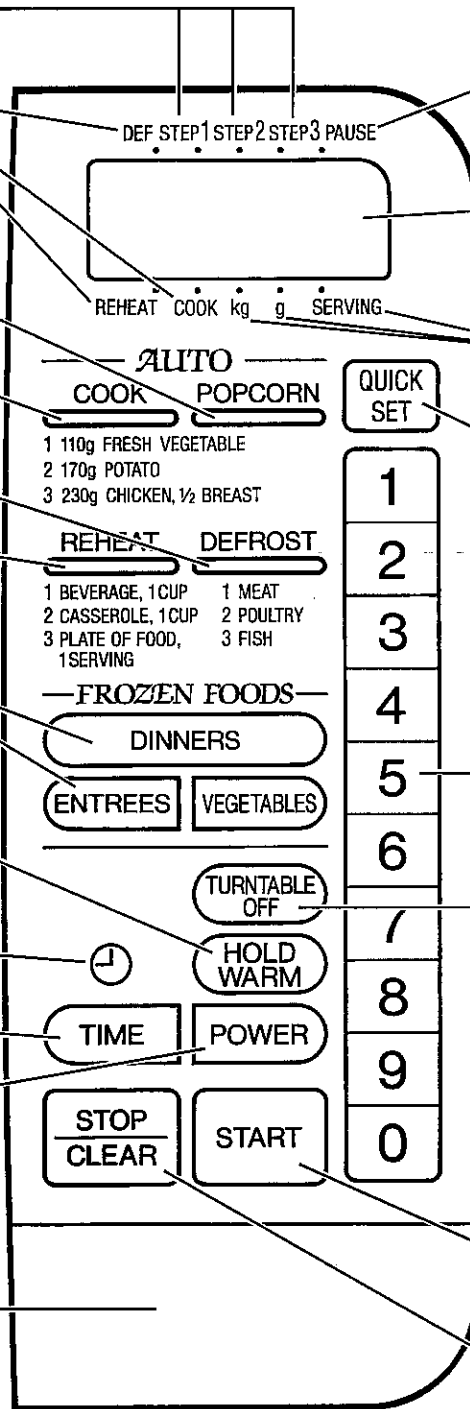
**Number Keys**

**TURNTABLE OFF:** Press to stop turntable rotation. (Models EM-713F/714F/814F)

**Door Release Button:** Press to open the door.

**START Key**

**STOP/CLEAR Key:** Clears all previous settings, if pressed before cooking starts. During cooking: touch once to stop oven; twice to stop and clear all entries.



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

# Easy Use Chart

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

TIME OF DAY	TIMER	"QUICK-SET" COOKING (Hi-power only)
<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch the symbol "⊖" (Time of Day).</li> <li>3. Touch numbers for correct time of day.</li> <li>4. Touch the symbol "⊖" (Time of Day).</li> </ol> <p>This "locks" in the time and starts the clock running.</p>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch correct numbers for time.</li> <li>4. Touch POWER.</li> <li>5. Touch "0" (power level 0).</li> <li>6. Touch START</li> </ol>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch QUICK-SET.</li> <li>3. Touch number (single digit, 1 - 9) for cooking time in minutes.</li> </ol>
"HI-POWER"/"MULTI-POWER" COOKING	MULTI-STAGE COOKING	DELAY-START COOKING
<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for desired cooking time.</li> <li>4. Touch POWER.</li> <li>5. Touch number (1 - 9) for desired cooking power level.</li> <li>6. Touch START.</li> </ol> <p><b>NOTE:</b> It is not necessary to touch POWER when cooking with the highest power ("Hi"). To set "Hi-Power" Cooking, skip steps 4 and 5 above.</p>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for cooking time.</li> <li>4. Touch POWER.</li> <li>5. Touch number (1 - 9) for desired cooking power level.</li> <li>6. Repeat steps 2 - 5 to set 2nd cooking stage.</li> <li>7. Repeat steps 2 - 5 to set 3rd cooking stage.</li> <li>8. Touch START.</li> </ol>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for delay time.</li> <li>4. Touch POWER.</li> <li>5. Touch "0" (power level 0).</li> <li>6. Touch TIME.</li> <li>7. Touch numbers for cooking time.</li> <li>8. Touch POWER.</li> <li>9. Touch number (1 - 9) for cooking power level.</li> <li>10. Touch START.</li> </ol> <p><b>NOTE:</b> A preset delay time must be no more than 99 minutes and 99 seconds.</p>
POPCORN	AUTOMATIC DEFROST	AUTOMATIC REHEAT
<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch POPCORN.</li> <li>3. Touch START.</li> </ol> <p><b>NOTE:</b> Use only one prepackaged microwave popcorn (100g).</p>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch AUTO DEFROST.</li> <li>3. Touch number (1 - 3) to select the Auto Defrost Course.</li> <li>4. Enter the weight (kilogram) of your food in decimal increments from 0.1 to 2.9 kg.</li> <li>5. Touch START.</li> <li>6. At pause, follow the instructions in the Auto Defrost chart for rearranging, turning food over, etc.</li> <li>7. To resume defrosting, touch START.</li> </ol>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch Auto Reheat.</li> <li>3. Touch number (1 - 3) to select the Auto Reheat Course.</li> <li>4. Touch number (1 - 4) to enter the number of servings.</li> <li>5. Touch START.</li> </ol>
HOLD WARM	AUTOMATIC COOKING	AUTOMATIC FROZEN FOOD
<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch HOLD WARM.</li> <li>3. Set the desired cooking cycle following suitable operating instructions.</li> <li>4. Touch START.</li> </ol>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch AUTO COOK.</li> <li>3. Touch number (1 - 3) to select the Auto Cooking Course.</li> <li>4. Touch number (1 - 4) to enter the number of servings.</li> <li>5. Touch START.</li> </ol>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch DINNERS, ENTREES or VEGETABLES to select the frozen food category.</li> <li>3. Enter the weight (gram) of your food in decimal increments.</li> <li>4. Touch START.</li> </ol>
CHILD SAFETY LOCK-OUT		
<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch the symbol "⊖" (Time of day).</li> <li>3. Touch numbers 9999.</li> <li>4. Touch START.</li> </ol> <p>To cancel:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch the symbol "⊖" (Time of day).</li> <li>3. Touch numbers 7777.</li> <li>4. Touch START.</li> </ol>		

# Recall and Change of Settings

## To Recall a Setting

- To recall Time of Day while the oven is running, touch “⊖” (Time of Day Pad). Current time will appear momentarily in the display window.
- To check the Cooking Power Level during cooking, touch POWER. The power level will appear in the display window. Automatic features cannot be checked.

## To Change a Setting

- To change a setting before you start the oven, touch STOP/CLEAR once and reset your desired sequence. To clear after you have started the oven, touch STOP/CLEAR twice and reset desired sequence.

# Turntable

The turntable automatically rotates during any cooking cycle for more even cooking, unless the “Turntable Off” feature is used (Models EM-713F/714F/814F).

## BOOMERANG TURNTABLE

The turntable of your oven is specially designed to return to its original starting position when cooking is finished. All handles on casserole dishes and cups return to their starting position for easy removal.

## TURNTABLE OFF (for EM-713F/714F/814F)

The EM-713F/714F/814F have the Dual-Turn – Turntable + Stirrer Fan – System. The turntable of the EM-713F/714F/814F can be switched off if you do not want it to rotate - for example, when cooking a roast in a large dish which cannot rotate without touching the cavity walls. The stirrer fan will then distribute the microwaves efficiently.

### To use the TURNTABLE OFF feature:

1. Touch STOP/CLEAR.
2. Set the desired cooking cycle following suitable instructions in this manual.
3. Touch TURNTABLE OFF.
4. Touch START. Cooking starts without turntable rotating.

**NOTE:** If you want to cancel the TURNTABLE OFF feature during cooking, stop the oven and clear entries by touching STOP/CLEAR twice and reset the desired cooking cycle.

Automatic feature such as Auto Defrost cannot use the TURNTABLE OFF feature.

# Timer

Your oven also has a timer that can be used for non-cooking functions. When used as a regular timer, the oven is not running. The time is simply counting down in the display window with no cooking or heating in the oven. A tone will sound and the word “End” will show in the display window when the time is over. For settings of this timer, see “Easy Use Chart” Timer section.

# Child Safety Lock-out

Your new Sanyo oven incorporates this additional Safety feature. By setting a series of numbers as described on page 5. All normal functions will appear to work as normal, but no power (heating) from the magnetron. This will prevent the possibility of the oven being accidentally operated without adult supervision.

# Hold Warm

Your oven has a "Hold Warm" feature that will keep food warm after the cooking is completed.

## To use the "Hold Warm" feature:

1. Touch STOP/CLEAR.
2. Touch HOLD WARM.
3. Set the desired cooking cycle following suitable operating instructions on page 7 through 23 in this manual.
4. Touch START. When the cooking cycle is over, the oven will switch into "Hold Warm" to keep the food warm. "Hold" will appear in the display window. The cook control setting automatically changes to a low power level. The "Hold Warm" operation will continue for up to 100 minutes or until the door has been opened or STOP/CLEAR has been touched.

If you want to keep your cooked food warm, the "Hold Warm" feature can be used independently without setting the cooking cycle.

## To use the "Hold Warm" feature independently:

1. Touch STOP/CLEAR.
2. Touch HOLD WARM.
3. Touch START.

The oven will begin to keep the food warm using a low power level for up to 100 minutes or until the door has been opened or STOP/CLEAR has been touched.

# Quick Set Cooking (Hi-power only)

This feature was designed for simple setting of the oven with convenience cooking and / or reheating in mind. To set, simply touch the "QUICK-SET" pad, and touch a number pad from 1 to 9. The oven starts instantly.

1. Touch STOP/CLEAR, and a beep tone will be heard. The STOP/CLEAR erases all previous settings.
2. Touch QUICK-SET. The light below STEP 1 will go on. "0" will appear in the display window.
3. Touch a number (single digit, 1-9) for desired cooking time in minutes. For example, 1 for one minute, 2 for two minutes, etc.

The oven will begin to cook on HI-power and the display window will show the time counting down in minutes and seconds.

4. A tone will sound and the word "End" will appear in the display window for two seconds when the cooking time is completed. The oven will automatically shut off.

**NOTE:** To stir or rearrange food during cooking, simply open the door; stir or rearrange and close the door. Touch START.

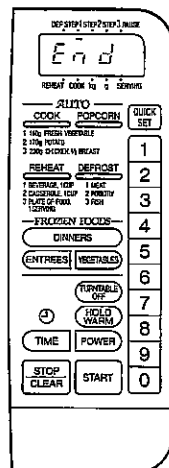
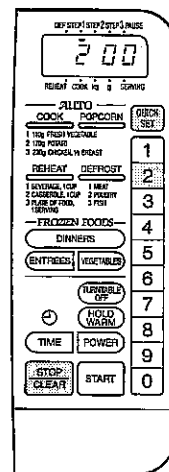
The oven will automatically continue to count down the remaining time which will appear in the display window.

**EXAMPLE:** To heat 1 cup of milk, you would use HI-power for 2 minutes. To do this, follow these steps:

1. Touch STOP/CLEAR.
2. Touch QUICK-SET.
3. Touch "2". The oven begins to heat and the time will begin to count down in the display window.

4. A tone will sound and the word "End" will appear in the display window for two seconds when the 2 minutes is over. The oven shuts off automatically.

**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use the "Hold Warm" feature. For detailed instructions on using the "Hold Warm" feature, see instructions above.





## “Quick Set” Heating Guide

This guide shows the food items and some special notes for reheating with “Quick-Set” feature. Touch STOP/CLEAR, touch QUICK-SET, touch numbers from 1 to 9 for minutes of heating.

Food	Amount	Time	Special Notes
<b><u>BEVERAGES</u></b>			
Water Based	1 cup 2 cups	1-2 min. 2-3 min.	Heat uncovered. Use 200-250ml cup.
Milk Based	1 cup 2 cups	1-2 min. 2-3 min.	
Broth-based soups	2 cups	2-3 min.	Use 1½ litre casserole. Cover.
Cream-based soups	2 cups	3-4 min.	Use 1½ litre casserole. Cover.
Sandwich	1-2	1 min.	Place on paper plate or towels.
Cooked pizza, 25cm, cut in 8 portions	2 wedges 4 wedges whole	1-2 min. 2-3 min. 3-4 min.	Place on paper towels or paper plate or leave in uncovered cardboard box, points toward centre.
Casseroles	4 cups	4-6 min.	Cover. Stir once.
<b><u>MEAT</u></b>			
Sliced thin	85-140 g	1 min.	Heat on microproof plate, covered with plastic wrap.
Sliced thick	1.25-2.5cm thick	1-2 min.	
Barbecued beef, chili, stews, hash, etc.	2 cups	3-4 min.	Place in microproof dish. Cover. Stir halfway through cooking time.
Hamburgers, Meat loaf slices, Sausage patties	1 serving 2 servings 4 servings	1 min. 1-2 min. 3-4 min.	Place on microproof plate. Cover with paper towel. Turn over once.
<b><u>POULTRY</u></b>			
Chicken pieces (precooked)	1 2 4 6	1 min. 1-2 min. 2-3 min. 3-5 min.	Heat on microproof plate. Cover with plastic wrap. If fried, cover with paper towel.
Creamed chicken	2 cups	3-4 min.	Cover. Stir once during heating.
Chicken, turkey, sliced	85-140g	1-2 min.	Heat on microproof plate. Cover with plastic wrap.
<b><u>SEAFOOD</u></b>			
Prawns, crab, or scallops in sauce, frozen	185g	3-5 min.	Slit pouch and place on microproof plate. Flex pouch to mix halfway through cooking time.
Seafood or fish casseroles, frozen	500g	4-6 min.	Remove from package to 1 litre microproof casserole. Cover. Stir once during cooking.
<b><u>SIDE DISHES</u></b>			
Rice, Pasta	3/4 cup 1-2 cups	1 min. 2 min.	Heat in microproof casserole, covered firmly with plastic wrap.
Vegetables, frozen in packet	300g	3-5 min.	Slit pouch. Place on microproof plate. Flex halfway through cooking time to mix.
Mashed potatoes, instant	4 servings (100g packet)	3-5 min.	Follow package directions. Reduce liquid by 1 table- spoon.
Canned vegetables	220g 440g 500g	1-2 min. 2-3 min. 2-4 min.	Use 4-cup microproof casserole, covered. Stir once during heating.
Pudding and Pie filling mix	90g	4-6 min.	Follow package directions. Stir once. Use 4-cup glass measure.

**NOTE:** your oven is equipped with an Auto Reheat feature. See pages 18 and 19 for Auto Reheat information.

# Cooking Guide for “Multi-power” Settings

The “Multi-Power” feature lets you cook at the best power level for the food being cooked.

POWER LEVEL	POWER SETTINGS	EXAMPLES	OUTPUT POWER	
			EM-704T 713F/714F	EM-814F
10	LOW	<ul style="list-style-type: none"> <li>Softening cream cheese.</li> <li>Keeping casseroles and main dishes warm.</li> </ul>	175 (160)	200 (185)
20	WARM	<ul style="list-style-type: none"> <li>Softening chocolate.</li> <li>Heating breads, rolls, pancakes, tacos, tortillas and french toast.</li> <li>Clarifying butter.</li> <li>Taking the chill out of fruit.</li> <li>Heating small amounts of food.</li> </ul>	245 (225)	280 (260)
30	DEFROST MED LOW	<ul style="list-style-type: none"> <li>Thawing meat, poultry and seafood.</li> <li>Completing the cooking cycle of casseroles, stews and some sauces.</li> <li>Cooking small quantities of food.</li> </ul>	315 (290)	355 (320)
40	BRAISE	<ul style="list-style-type: none"> <li>Cooking less tender cuts of meat in liquid or slow cooking dishes.</li> <li>Completing the cooking cycle of less tender roasts.</li> </ul>	385 (350)	435 (400)
50	SIMMER	<ul style="list-style-type: none"> <li>Cooking stews and soups after bringing to a boil.</li> <li>Cooking baked custards and pasta.</li> </ul>	455 (415)	510 (470)
60	BAKE	<ul style="list-style-type: none"> <li>Cooking scrambled eggs.</li> <li>Cooking cakes.</li> </ul>	525 (480)	590 (545)
70	ROAST MED HIGH	<ul style="list-style-type: none"> <li>Cooking rump roast, ham, veal and lamb.</li> <li>Cooking cheese dishes.</li> <li>Cooking quick breads and cereal products.</li> </ul>	595 (545)	665 (615)
80	REHEAT	<ul style="list-style-type: none"> <li>Reheating precooked or prepared food quickly.</li> <li>Heating sandwiches.</li> </ul>	660 (600)	745 (685)
90	SAUTÉ	<ul style="list-style-type: none"> <li>Cooking onions, celery and green peppers quickly.</li> <li>Reheating meat slices quickly.</li> </ul>	730 (665)	820 (755)
100 (HI)	MAX POWER HIGH	<ul style="list-style-type: none"> <li>Cooking tender cuts of meat.</li> <li>Cooking poultry, fish, vegetables and starting most casseroles.</li> <li>Preheating the browning dish.</li> <li>Boiling water.</li> <li>Thickening some sauces.</li> </ul>	800 (730)	900 (830)

NOTE: Approximate watts as measured by IEC-705 Test Procedure.  
( ) means approximate watts as measured by 2-litre method.

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

To set “Multi-Power”, touch POWER then touch number (single digit, 1-9). For example, to set power level 30, touch POWER and “3”. The display window will show “30”.

If you want to change to the highest power level instead of power level 30, touch STOP/CLEAR once and reset.

If you want to change to power level 50 instead of power level 30, touch “5” and the display window will show “50”.

## FAST DEFROST

Your oven is equipped with an Auto Defrost feature which is the best defrost method for this oven.

FAST DEFROST is explained in order to show other defrosting possibilities.

To speed up the defrosting of dense food items over 450g, start on “HI”, then reduce to the 30 (DEFROST) setting.

1. Microwave on “HI” for 1-2 minutes per 450g of dense food items.
2. Then Microwave on 30 (DEFROST) for 3 minutes per 450g or until food is thawed.  
Defrosting time will be greatly reduced.

# “HI-Power”/“Multi-Power” Cooking

“HI” 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. Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to “HI” there are ten multi-power settings. The power setting is recommended for the food being cooked in the Cooking Guide for “Multi-power” Setting.

## To Cook

1. Touch STOP/CLEAR, and a beep tone will be heard.  
The STOP/CLEAR erases all previous settings.
2. Touch TIME. The light below STEP 1 will go on. “0” will appear in the display window.
3. Touch the correct numbers on the control panel to set the cooking time. The time set will appear in the display window at the top of the control panel. For example:

- To set 30 seconds, you would touch “3” and then “0”.
- To set 3 minutes, touch “3”, “0” and “0”.
- To set 3-1/2 minutes, touch “3”, “3” and “0”.

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

4. Touch POWER. The word “HI” will appear in the display window until a lower setting is entered. This is to tell you that the oven will be operating on “HI” unless a different power setting is chosen.
5. Touch the number (single digit, 1-9) for desired cooking power level. For example, if the recipe calls for cooking at the “80” (REHEAT) setting, you would touch “8”. The display window will show “80”. This means the oven is cooking at power level 80 (REHEAT) setting.

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

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

**NOTE:** To stir or rearrange food during cooking, simply open the door; stir or rearrange and close the door. Touch “START”. The oven will automatically continue to count down the remaining amount of time left in the display window.

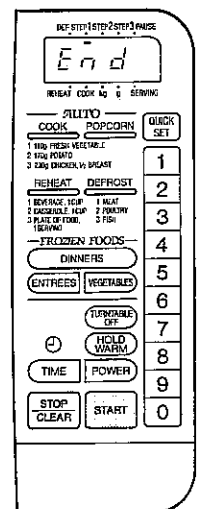
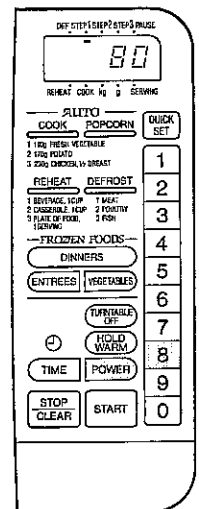
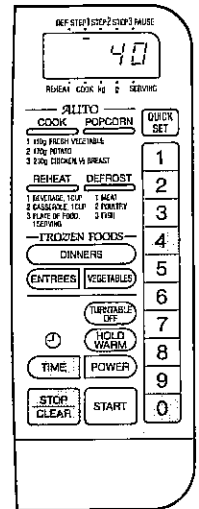
**EXAMPLE:** To warm 6 doughnuts, you would use power level “80 (REHEAT)” for 40 seconds. To do this, follow these six steps:

1. Touch STOP/CLEAR.
2. Touch TIME.
3. Set 40 seconds by touching “4” and then “0”. “40” will appear in the display window.

4. Touch POWER. The display window will show “HI”.
5. Choose the “80 (REHEAT)” setting by touching the number “8.” The display window will show “80”. This means the oven is cooking at power level 80.

6. Touch START. The oven begins to cook and the time will begin to count down in the display window. A tone will sound and the word “End” will appear in the display window for 2 seconds when the 40 seconds are over. The oven shuts off automatically.

**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use the “Hold Warm” feature. For detailed instructions on using the “Hold Warm” feature, see page 7.



# Multi-Stage Cooking

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

1. Touch STOP/CLEAR.
2. Touch TIME. The light below STEP 1 will go on. The display window will show "0".
3. Touch the correct numbers for the time of the first cooking stage.
4. Touch POWER. The display window will show "HI".
5. Touch the correct number (single digit, 1-9) for the cooking power level of the first cooking stage (if other than "HI").
6. Touch TIME. The light below STEP 2 will go on. The display window will show "0".
7. Touch the correct numbers for the time of the second cooking stage.
8. Touch POWER. The display window will show "HI".
9. Touch the correct number (single digit, 1-9) for the cooking power level of the second cooking stage (if other than "HI").
- 10A. Touch START for two-stage cooking.
- 10B. If three-stage cooking is desired, touch TIME. The light below STEP 3 will go on. The display window will show "0". Repeat steps 6-9 above to set the third cooking stage at the same or a different power level for a chosen time.
11. Touch START.

## MULTI-STAGE COOKING WITH AUTO DEFROST

If you want to cook after using the Auto Defrost cycle, first set the Auto Defrost and touch TIME, then follow the above instructions numbered 2-11. See page 15 for detailed Auto Defrost instructions. The cooking process can be set for up to four stages when Auto Defrost is the first stage.

Automatic features such as Auto Reheat, Auto Cook, and Auto Frozen Food, cannot be combined with Multi-Stage Cooking. All automatic features, except Auto Defrost, are designed to cook or reheat the food completely and therefore cannot be combined with other cooking or reheating features. If it is set, the word "Err" will appear in the display window and the oven will not work.

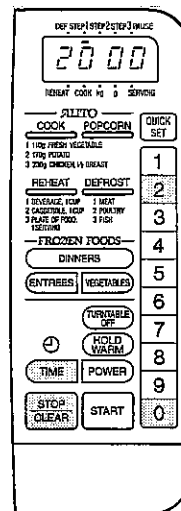
### EXAMPLE: (Three-stage cooking)

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

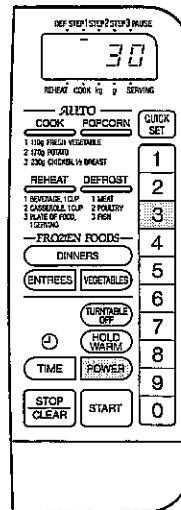
#### First Stage

(20 minutes; Power level 30 DEFROST)

1. Touch STOP/CLEAR.
2. Touch TIME.
3. Set 20 minutes by touching "2" then "0" three times. "2000" will appear in the display window.



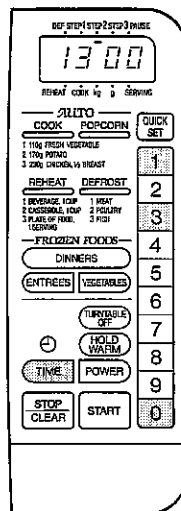
4. Touch POWER. "HI" will appear in the display window to remind you that the oven will operate at highest power unless you enter a lower power setting.
5. Touch number "3". "30" will appear in the display window (indicating that you have set the oven to operate at power level 30). The first stage has been set.



#### Second Stage

(13 minutes; Power level "HI")

6. Touch TIME. The light below STEP 2 will go on. The display window will show "0".
7. Set 13 minutes by touching "1" then "3", and then "0" twice. "1300" will appear in the display window. (Power is on "HI".) The second stage has been set.

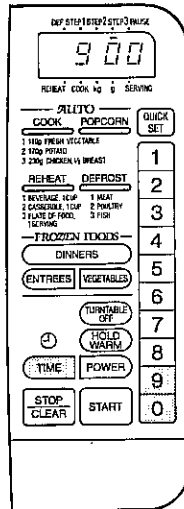


# Multi-Stage Cooking (Cont'd)

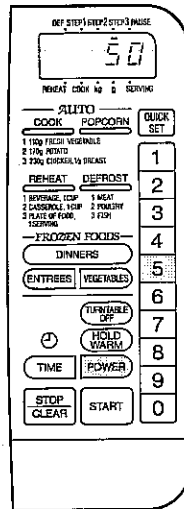
## Third Stage

(9 minutes; Power level 50 SIMMER)

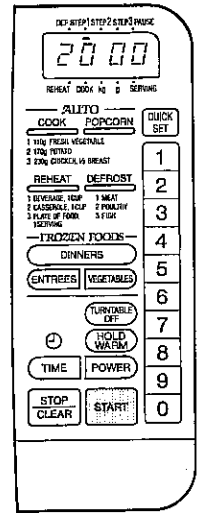
8. Touch TIME. The light below STEP 3 will go on. The display window will show "0".
9. Set 9 minutes by touching "9", then "0" two times. "900" will appear in the display window.



10. Touch POWER and number "5". "50" will appear in the display window. The third stage has been set.



11. Touch START. The first stage will begin. "2000" will appear in the display window. The oven will begin to defrost (power level 30) and the time can be seen counting down in the display window. When the 20 minutes are up, a tone will sound and the oven will proceed into the second stage. The oven will begin cooking at "HI" power and the time will be counting down in the display window. When the 13 minutes are up, a tone will sound and the oven will proceed into the third stage. When the third stage is over, a tone will sound and the word "End" will appear in the display window and the oven shuts off automatically. The oven will have finished all stages.



**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use the "Hold Warm" feature. For detailed instructions on using the "Hold Warm" feature, see page 7.

You may wish to rearrange the defrosted food after the defrosting time, either Manual or Auto Defrost, has ended. Simply touch STOP/CLEAR once, open the door and rearrange food. To restart the oven, close the door and touch START. The oven will automatically continue with the Multi-Stage cooking.

# Delay Start Cooking

Delayed cooking can be done by using the MULTI-STAGE COOKING feature. After counting down the preset delay time, the oven will cook for the chosen cooking time.

1. Touch STOP/CLEAR.
2. Touch TIME.
3. Touch the correct numbers for the desired delay time.
4. Touch POWER.
5. Touch "0" (power level 0).
6. Touch TIME.
7. Touch the correct numbers for the desired cooking time.
8. Touch POWER.
9. Touch the correct number (single digit, 1-9) for the desired cooking power level.
- 10A. Touch START for one-stage cooking.
- 10B. If two-stage cooking is desired, touch TIME. Repeat steps 6-9 above.
11. Touch START.

**NOTE:** A preset delay time must be no more than 99 minutes and 99 seconds.

# Popcorn

This feature is designed for quick and easy popping of a prepackaged room temperature microwave popcorn (100g). To set, simply touch the "POPCORN" pad, and touch "START". (CAUTION - USE ONLY 100g BAG SIZE.)

1. Touch STOP/CLEAR, and a beep tone will be heard. The STOP/CLEAR erases all previous setting.
2. Touch POPCORN. The light above COOK will go on. The "Popping" time will appear in the display window.
3. Touch START. The popcorn will pop on "HI" power. The display window will show remaining time in minutes and seconds.
4. A tone will sound and the word "End" will appear in the display window for two seconds when the popping time is completed. The oven shuts off automatically.

**EXAMPLE:** To pop one bag (100g) of microwave popcorn, follow these steps:

1. Touch STOP/CLEAR.
2. Touch POPCORN. "Popping" time will appear in the display window. Place only one bag on center of turntable.

**POPCORN**

3. Touch START. The time will begin to count down in the display window. The popcorn begins to pop after about one minute.

**START**

4. A tone will sound and the word "End" will appear in the display window for two seconds when the "Popping" time is over. The oven shuts off automatically.

## POPCORN TIPS

- Use only popcorn packaged especially for microwave oven.
- Place only one bag (100g) in the oven according to manufacturer's directions.
- Pop only one bag (100g) at a time. DO NOT DOUBLE QUANTITY.
- After popping, open bag carefully! Popcorn and steam are extremely HOT.
- Do not reheat unpopped kernels or reuse bag.
- Popcorn popping devices are not recommended for this feature.

**NOTE:** This "Popcorn" feature cannot be combined with another feature or automatic features such as Auto Defrost, Auto Reheat, Auto Cook and Auto Frozen Food.

# Automatic Defrosting

Three automatic defrosting courses are preset in your oven. The "Auto Defrost" feature provides you with the best defrosting method for your frozen foods.

## AUTO DEFROST COURSE CHART

COURSE #	FOOD	FOOD Q'TY
<b>AUTO DEFROST 1 (DEF 1) MEAT</b>	BEEF..... Ground beef, Round steak, Rib roast (rolled), Rump roast, Chuck roast, Stew beef LAMB ..... Cubed for stew, Ground lamb, Chops, Leg PORK..... Chops, Spareribs, Country-style ribs, Sausage, Roast VEAL ..... Chops, Roast VARIETY MEAT..... Liver slices, Tongue (whole)	0.1 to 2.9kg
<b>AUTO DEFROST 2 (DEF 2) POULTRY</b>	CHICKEN ..... Whole or Cut up CORNISH HENS .... Whole DUCKLING ..... Whole TURKEY ..... Breast, Drumsticks, Roast (boneless)	0.1 to 2.9kg
<b>AUTO DEFROST 3 (DEF 3) FISH</b>	FISH..... Fish fillets, Fish steak, Whole fish SEAFOOD ..... Lobster tails, Crabmeat, Prawns	0.1 to 2.9kg

## AUTO DEFROST TIPS

- The benefit of the Auto Defrost feature is the automatic setting and control of defrosting, but just like conventional defrosting, you must check the food during the defrosting time.
- To check the food "Pause" is preset in this Auto Defrost cycle.  
Turn over, separate or rearrange food items per instructions in the Auto Defrost Chart when the word "PAUS" appears in the display window.
- For best results, remove fish/seafood/meat/poultry from its original paper or plastic packaging (wrapper). Otherwise, the wrap will hold steam and juices close to the foods to cook.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Remove the food from the oven and then remove the wrap from the food. Return the food to the oven and touch START.
- Place foods in a shallow microproof baking dish or on a microwave roasting rack to prevent steam and juices cooking outside areas of the food.
- Food should still be somewhat icy in the centre when removed from the oven.
- Standing time is included in the Auto Defrost courses.

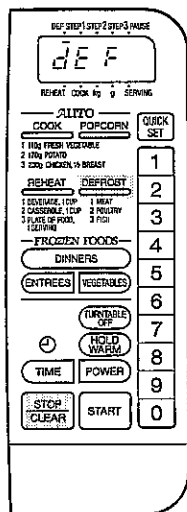
**IMPORTANT NOTE:** The defrosting power setting (power level 30 DEFROST) should not be confused with this "Auto Defrost" feature. The defrost cooking level is a low-energy setting used to cook foods that need slow, gentle cooking. Also, use the defrost cooking level to defrost small ground beef patties, bacon and bread items.

# Automatic Defrosting (Cont'd)

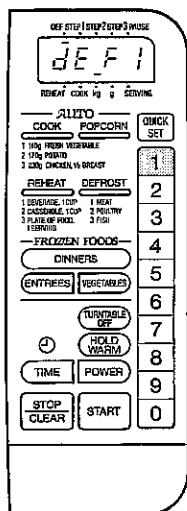
**EXAMPLE:** To defrost 1.2kg of Ground Beef you would use Auto Defrost course number DEF 1 (Meat).

To do this follow these steps:

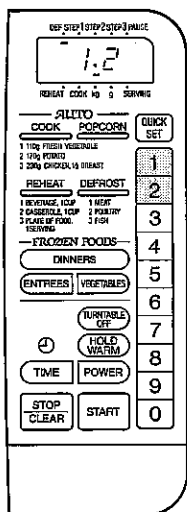
1. Touch STOP/CLEAR.
2. Touch AUTO DEFROST to select the appropriate automatic defrosting course. The word "dEF" will appear in the display window and the light below DEF will flash.



3. Touch a number (single digit, 1-3) to select the course desired. Touch number "1" to select the meat course (DEF 1). The course number "DEF 1" will appear in the display window. The light below DEF will stop flashing and remain on. The light above WEIGHT will flash. This is to tell you that you need to enter the weight.



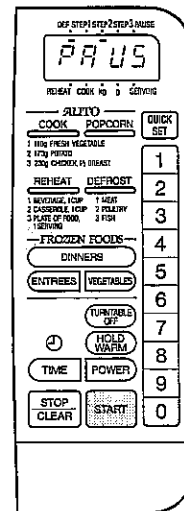
4. Touch numbers to enter the food weight in decimal increments from 0.1kg to 2.9kg. Enter the weight of the ground beef by touching "1" and then "2". The number "1.2" will appear in the display window. The light above WEIGHT will stop flashing and will remain on.



## NOTE:

- It is not necessary to enter weight when defrosting 1kg of food. The menu automatically selects 1kg if is not entered.
- To enter a weight of less than 1kg always press "0" first. For example, to enter 0.2kg, press "0" and then "2".
- As only one digit can be entered after decimal point, round figures off to the lower number to avoid over defrosting. For example, for 1.28kg, use 1.2.

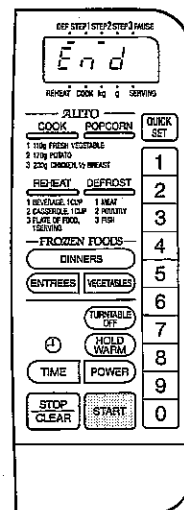
5. Touch START. The oven will begin the defrosting course you have selected. You will see the time "counting down" in the display window. The oven will stop automatically at the end of the first time segment and the word "PAUS" will appear in the display window.



6. At pause, follow the instructions in the Auto Defrost Chart for separating, rearranging, and turning food over.

**NOTE:** If the oven door is not opened during the pause time segment, the oven will restart automatically after 5 minutes. Because turning, separating, etc. are usually necessary for proper defrosting and cooking, follow steps 1 thru 7 for best results.

7. After turning food over or rearranging, etc. touch START. The oven will resume defrosting. The display window will show the time remaining. At the end of the defrosting time, a tone will sound and the word "End" will appear in the display window for 2 seconds. The oven shuts off automatically.





# AUTO DEFROST CHART

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

COURSE #	FOOD	DIRECTIONS
<b>DEFROST 1</b> (DEF 1)  MEAT	<b>BEEF</b> Ground beef  Round steak Flank steak Tenderloin steak Chuck roast Rib roast, rolled Rump roast Sirloin tip roast  Stew beef	Remove thawed portions with fork at pause. Turn over. Return remainder to oven.  Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.  Remove thawed portions with fork at pause. Separate remainder. Return remainder to oven.
	<b>LAMB</b> Cubed for stew  Ground lamb  Chops 2.5cm (1 inch) thick Leg	Remove thawed portions with fork at pause. Separate remainder. Return remainder to oven.  Remove thawed portions with fork at pause. Turn over. Return remainder to oven.  Use a microproof rack. Separate and rearrange at pause.  Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.
	<b>PORK</b> Chops, 1.25cm (1/2 inch) thick Spareribs Country-style ribs Roast Sausage, bulk  Sausage, links	Use a microproof roasting rack. Separate and rearrange at pause.  Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.  Remove thawed portions with fork at pause. Turn over. Return remainder to oven. Separate and rearrange at pause.
	<b>VEAL</b> Chops, 1.25cm (1/2 inch) thick Roast	Use a microproof roasting rack. Separate and rearrange at pause.  Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.
	<b>VARIETY MEAT</b> Liver, slice  Tongue whole	Separate pieces and rearrange at pause.  Use a microproof roasting rack. Turn over at pause. Cover warm areas with aluminium foil.

## AUTO DEFROST CHART (Cont'd)

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

# Automatic Reheating

Three automatic reheat courses are preset in your oven. The "Auto Reheat" feature provides you with best reheating method for foods commonly reheated.

## AUTO REHEAT COURSES CHART

COURSE #	FOOD	BASE Q'TY	DIRECTIONS
<b>AUTO REHEAT 1 (A1) BEVERAGE</b>	Coffee/Tea	1 cup (170-230ml)	No cover. Use uncovered microproof cup(s) or mug(s). Stir after reheating.
	Soup	1 cup (170-230ml)	Use uncovered microproof mug(s) or microproof casserole, covered. Stir after reheating.
	Sauce	1 cup (170-230ml)	Use microproof casserole, covered. Stir after reheating.
<b>AUTO REHEAT 2 (A2) CASSEROLE</b>	Casserole	1 cup (170g)	Use appropriate size microproof casserole, covered. Let stand 5 minutes.
<b>AUTO REHEAT 3 (A3) PLATE OF FOOD</b>	Plate of Food	1 serving (230g)	Use microproof plate. Cover lightly with wax paper. Use one plate for 2 - 4 servings. Example of one serving for Plate of Food course; 1 chicken leg, ½ cup vegetables, ½ cup rice or 2 slices roast beef, ½ cup mashed potatoes, ½ cup vegetables.

## AUTO REHEAT TIPS

- Starting temperatures of foods listed above are refrigerator or room temperature.
- Follow instructions given under "Directions" for best result.
- When reheating a plate of food, how the food is arranged on the plate affects how well it will reheat. Therefore, the denser, thicker areas should be near the outer edges of the plate.
- Stirring helps to distribute heat more evenly so when appropriate, stir foods after reheating.
- Number of servings can be entered up to four servings.
- For best results when reheating delicate sauces, use a manual method.

# Automatic Reheating (Cont'd)

**EXAMPLE:** To reheat 1 cup of soup (one serving), you would use Auto Reheat course number "A1" (Beverage)" for one serving.

To do this, follow these steps;

1. Touch STOP/CLEAR.

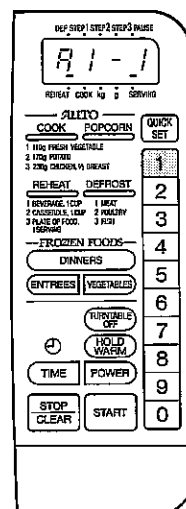
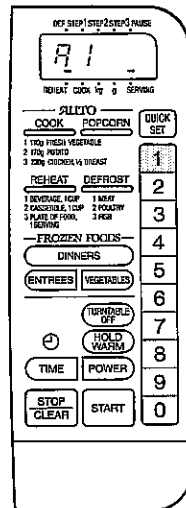
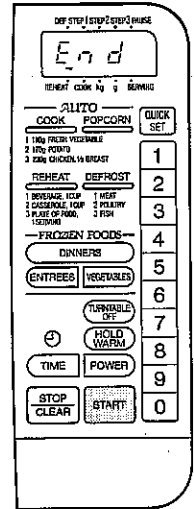
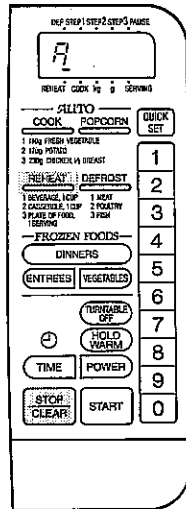
2. Touch AUTO REHEAT to select the appropriate automatic reheating course. The letter "A" will appear in the display window and the light above REHEAT will flash.

3. Touch a number (single digit, 1-3) to select the course desired. Touch number "1" to select the beverage course (A1). The course number "A1" will appear in the display window. The light above REHEAT will stop flashing and remain on. The light above SERVING will flash. This is to tell you that you need to enter the number of servings.

4. Touch a number (single digit, 1-4) to enter the number of servings to be reheated. Enter one serving of soup by touching "1". "A1-1" will appear in the display window. The light above SERVING will stop flashing and remain on.

5. Touch START. The oven will begin the reheating course you have selected. You will see the time "counting down" in the display window.

6. At the end of the reheating time, a tone will sound and the word "End" will appear in the display window for 2 seconds. The oven shuts off automatically.



**NOTE:** If you want to keep the food warm after finishing the reheating cycle, you can use the "Hold Warm" feature. For detailed instructions on using the "Hold Warm" feature, see page 7.

# Automatic Cooking

Three automatic cooking courses are preset in your oven. The "Auto Cook" feature provides you with the best cooking method for common foods.

## AUTO COOK COURSE CHART

COURSE #	FOOD	SERVING	AMOUNT	DIRECTIONS
<b>AUTO COOK 1 (C1) FRESH VEGETABLE</b>	Fresh Vegetable Asparagus Green Beans Broccoli Cabbage Carrots Cauliflower Celery Onion Spinach Zucchini	1	110g vegetables and 1 tbsps water	Use small bowl. Cover.
		2	220g vegetables and 2 tbsps water	Use 1-litre casserole. Cover.
		3	330g vegetables and 3 tbsps water	Use 1½-litre casserole. Cover.
		4	440g vegetables and 4 tbsps water	Use 1½- litre casserole. Cover.
		Prepare vegetable. (wash, cut, slice, chop, etc.) Place in microproof bowl or casserole. Add water. Cover. Most vegetables profit from 2 to 3 minutes standing time after cooking. Note: Fresh vegetable weight is given before peeling, trimming, slicing, etc..		
<b>AUTO COOK 2 (C2) POTATO</b>	Potatoes	1	1 potato, 170g	Wash and scrub well. Pierce with fork. Place on rack or paper; towel in circle, 2.5cm apart. Let stand 3 to 5 minutes after cooking.
		2	2 potatoes, 170g each	
		3	3 potatoes, 170g each	
		4	4 potatoes, 170g each	
<b>AUTO COOK 3 (C3) CHICKEN</b>	Chicken	1	1 breast, 230g	Remove skin, bone and split. If desired, brush chicken with lemon juice, or barbecue sauce, or honeysoy glaze, etc. Cover lightly with wax paper. Let stand 3 to 5 minutes after cooking.
		2	2 breasts, 230g each	
		3	3 breasts, 230g each	
		4	4 breasts, 230g each	
		Note: Chicken breast weight includes skin and bones.		

## AUTO COOK TIPS

- Fresh vegetable weight is given before peeling, timing, slicing, etc..
- Chicken breast weight is given before skinning and boning.

# Automatic Cooking (Cont'd)

**EXAMPLE:** To cook 3 chicken breasts (3 servings), you would use Auto Cook course C3 (Chicken).

To do this follow these steps:

1. Touch STOP/CLEAR.

2. Touch AUTO COOK to select the appropriate automatic cooking course. The letter "C" will appear in the display window and the light above COOK will flash.

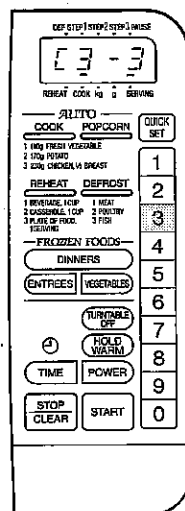
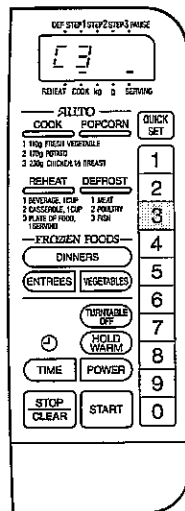
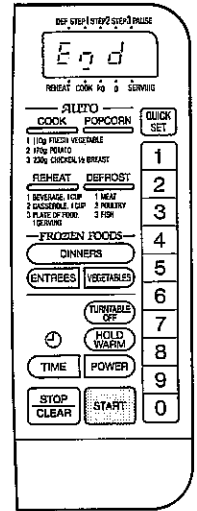
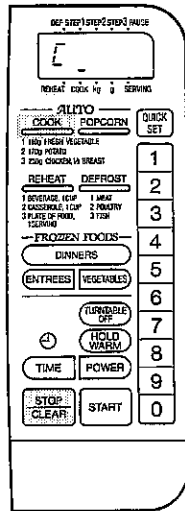
3. Touch a number (single digit, 1-3) to select the course desired. Touch number "3" to select the chicken course (C3). The course number "C3" will appear in the display window. The light above COOK will stop flashing and remain on. The light above SERVING will flash. This is to tell you that you need to enter the number of servings.

4. Touch a number (single digit, 1-4) to enter the number of servings to be cooked. Enter the servings of chicken by touching "3". "C3-3" will appear in the display window. The light above SERVING will stop flashing and remain on.

5. Touch START. The oven will begin the Auto Cook course you have selected. You will see the time "counting down" in the display window.

6. At the end of the cooking time, a tone will sound and the word "End" will appear in the display window for 2 seconds. The oven shuts off automatically.

**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use the "Hold Warm" feature. For detailed instructions on using the "Hold Warm" feature, see page 7.



# Automatic Frozen Food

Three automatic frozen food keys provide you with the best cooking/reheating method for the frozen foods categories listed below. The oven automatically selects cooking time and power levels.

## FROZEN FOOD CHART

FROZEN FOOD CATEGORY	FOOD/TIPS	SERVING WEIGHT (g) Min, Max.	APPROX. COOKING TIME PER 280g
<b>DINNERS (F1)</b>	Frozen precooked dinners with and without desserts. If package directions recommend removing dessert, remove dessert and heat separately.	150 to 600g	
<b>ENTREES (F2)</b>	Frozen precooked entrees with and without a side dish such as mashed potatoes, rice or pasta.	100 to 800 g	6-¼ min.  to  7-¾ min.
<b>VEGETABLES (F3)</b>	Frozen vegetables. Follow package directions for adding water, piercing pouch, cooking in dish, venting package, etc.	50 to 500 g	

## AUTO FROZEN FOOD TIPS

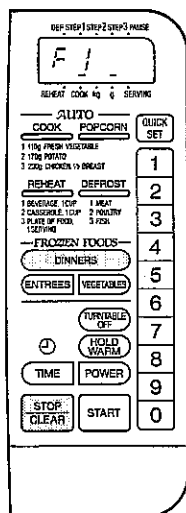
- Follow package directions for removing or venting cover, piercing pouch, replacing foil cover with plastic wrap, etc.
- Frozen foods in pouches:  
For best results, use this feature with foods that are packaged in single pouches rather than in two or more pouches, especially if the pouches require significantly different cooking times.  
The intended use of this feature is for frozen entrees and dinners that are in one tray, container or pouch.
- Frozen foods in aluminum trays:  
For best results, do not use frozen foods that are packaged in aluminum or foil containers.
- Frozen foods with special packaging to “crisp” foods, such as pizza, french fries and pocket-type sandwiches:  
For best results, cook these foods according to manufacturer’s directions. Place on heatproof/microproof dish.
- It is advisable to cover “deep dish” item such as lasagna with plastic wrap for a better cooking result.
- For solid mass frozen foods stir before serving.

# Automatic Frozen Food (Cont'd)

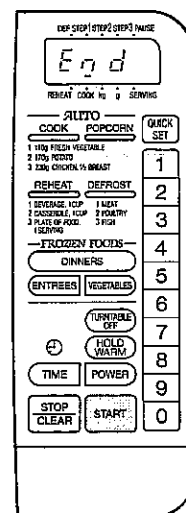
**EXAMPLE:** To cook a 170g. Boneless Chicken Nugget Dinner you would use the Auto frozen food pad DINNERS (F1).

To do this follow these steps:

1. Touch STOP/CLEAR.
2. Touch DINNERS. The letter "F1" will appear in the display window and the light above COOK will go on. The light above g(gram) will flash. This is to tell you that you need to enter the weight in grams.

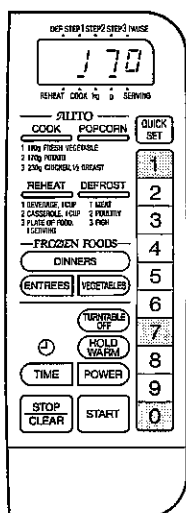


4. Touch START. The oven will begin the auto frozen food cooking course you have selected. You will see the time "counting down" in the display window.



5. At the end of the cooking time, a tone will sound and the word "End" will appear in the display window for 2 seconds. The oven shuts off automatically.

3. Touch number to enter the food weight (gram) in decimal increments. Enter the weight of the chicken nugget dinner by touching "1", "7" and then "0". The number "170" will appear in the display window. The light above g (gram) will stop flashing and remain on.



**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use the "Hold Warm" feature. For detailed instructions on using the "Hold Warm" feature, see page 7.



# How to Use Your Microwave Oven Safely (IMPORTANT)

Although your oven is provided with safety features, it is important to observe the following:

- a) It is important not to interfere or tamper with safety interlocks.
- b) Do not place any object between the oven front face and the door or allow residue to accumulate on door sealing surfaces. Wipe the door sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- c) When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward, weight could also damage the door.  
Do not operate the oven if it is damaged, until it has been repaired by a service engineer trained by SANYO. It is particularly important that the oven closes properly and that it is inspected to ensure that there is no damage to the:
  - i) Door (bent)
  - ii) Hinges and Latches (broken or loosened)
  - iii) Door seals and Sealing surfaces

## NOTE

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

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

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

## WARNING

1. Do not heat food or liquids in bottles or jars with lids on.  
Air must be allowed to escape from the container. Do not warm babies bottles in the microwave oven with screw top lids or teats in place.
2. Milk or food for babies should be heated on SIMMER. It should then be stirred thoroughly and the milk or food should be tested to ensure that it is at the correct temperature before giving it to the baby.
3. When boiling water or other liquids, be sure to use a wide necked container. This will allow air bubbles to escape freely. Should a narrow necked container be used, air bubbles may combine to form a large bubble which may in turn cause the liquid to boil over. This may happen even after the cooking time has stopped.
4. Do not attempt to operate the oven while empty as this will cause damage.
5. Do not deep fry in the microwave oven as the temperature of oil cannot be controlled and it may overheat.
6. Always remove contents from cans to microproof container for reheating.
7. It is important to keep the oven interior clean. Food particles or spatters left on the oven walls reduce the efficiency of the microwaves.
8. Never completely seal containers in the microwave oven. Coverings are necessary but containers must not be airtight.

## Taking Care of Your Microwave Oven

Wipe the oven inside and out with a mild detergent solution, rinse, and wipe dry. Any food left in oven could possibly cause arcing due to carbonisation. This should be done on a weekly basis – more often if needed.

Never use abrasive powders or pads.

## REMOVABLE PARTS

- The glass turntable can be removed for cleaning at the sink. Wipe up excess spillage with paper towel or cloth prior to removal of turntable.
- Roller rest can be removed for easy cleaning.

# 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. Also the film should be pierced to allow steam to escape. 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 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.

## ALUMINIUM FOIL

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

Do not cover food completely with aluminium foil.

## WOOD

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

## OTHER

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

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

# A Few Other Precautions (IMPORTANT)

1. Arcing in the oven during operation usually occurs from use of metallic utensils or overuse of aluminium foil. Arcing is denoted by a "snapping" or "cracking" noise and may be accompanied by bright flashes. Continuous arcing can damage the unit. If continuous arcing occurs during operation, do not use the unit and call a service engineer.
2. Always make sure that closed containers, such as jars of baby food, are opened and plastic pouches of vegetable are pierced before cooking. Tightly closed containers could explode.
3. Do not cook eggs in their shells because they will explode. Puncture the membrane around the yolk before frying eggs. This is because the yolk swells faster than the membrane and the egg explodes when heated quickly.
4. Do not be alarmed or surprised if you notice the turntable moving clockwise sometimes, and anti-clockwise at othertimes. There is nothing wrong with your oven it is merely the type of turntable motor we use.
5. Small quantities of food or foods with low moisture content or high fat or sugar content can burn, dry out or catch on fire if cooked or re-heated too long. Please note that the heating/cooking period required is extremely short: for example it only takes approximately 15 seconds to heat one mince pie or similar. In the unlikely event of a fire occurring, turn off the oven and its electrical supply, pull out the plug, but **KEEP THE OVEN DOOR CLOSED.**

# What to Do If Repairs Are Needed

- a) Get in contact with your nearest Sanyo Service Centre. It is dangerous for anyone other than a properly qualified service engineer trained by SANYO to carry out adjustments or repairs.
- b) If the supply cord is damaged, it must be replaced by SANYO SERVICE CENTRE, as a special prepared cord is required.
- c) 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 oven starts pad is touched.
    1. Make sure that the mains lead is securely plugged in.
    2. Make sure that the door is properly closed.
  - If the lamp inside lights but the food is not heated:
    1. Make sure that the food is not completely covered with a metal container or aluminium foil.
    2. Check child safety lock out has been cancelled. (if any)
  - 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 (oven roof).



SANYO Electric Co., Ltd  
OSAKA, JAPAN