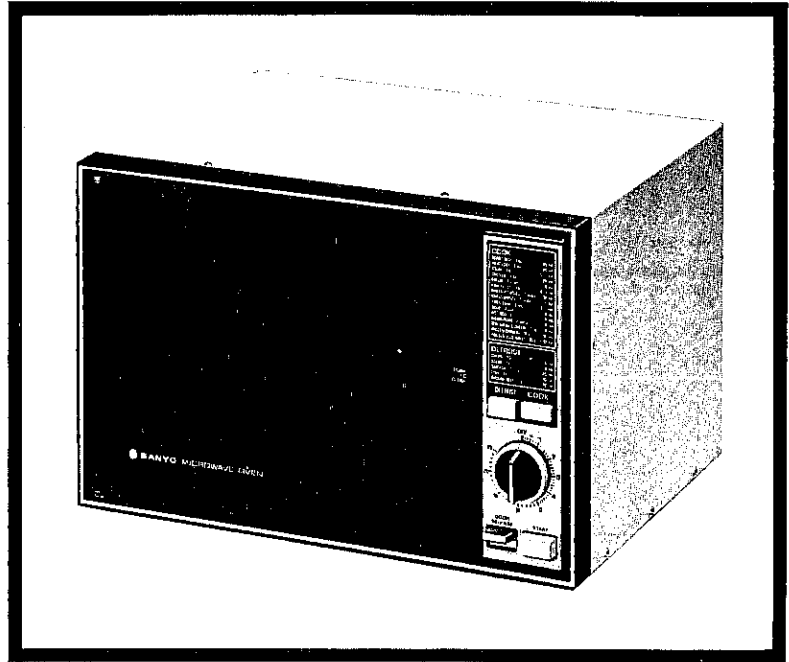




SANYO

EM 8206

**SANYO
MICROWAVE
OVEN
OPERATING
INSTRUCTIONS**



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

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.

5. Clean, cool operation.

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

2. Natural flavor.

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

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.

3. Utensils.

Glassware, earthenware, wooden bowls, paper containers and practically all utensils except metal ones are perfectly suitable for microwave cooking.

7. Economical.

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

4. Simplified operation.

You are cooking by time, and not by heat. Simply set the timer and push the START button.

The extra features of your Sanyo Microwave Oven.

1. Compact, light weight, easy to move.

Fits easily on a kitchen counter. Can be installed practically anywhere. Light enough to be moved to a summer house or seaside cottage.

2. Five separate safety features.

- 1) Latch system: when the door release lever is pushed, down a builtin switch turns off the oven before the door is opened.
- 2) Door switch: when the door is opened this switch automatically turns off the oven.
- 3) Choke seal: a special seal around the door prevents all radiation leakage from the oven.
- 4) Radiation absorbent: this absorbent is made of durable ferrite rubber.
- 5) Thermal limiter: when the temperature of the magnetron rises above the limit, this switch automatically turns off all radiation.

3. A new 2-speed timer further facilitates setting the cooking time.

4. Cook and Defrost buttons

The proper cook cycle can be selected by pressing either the Cook or Defrost button.

Push the Defrost button, the oven will operate in 30-second cycles (30 seconds on, 30 seconds off).

Output Power : Cook (600W), Defrost (300W)

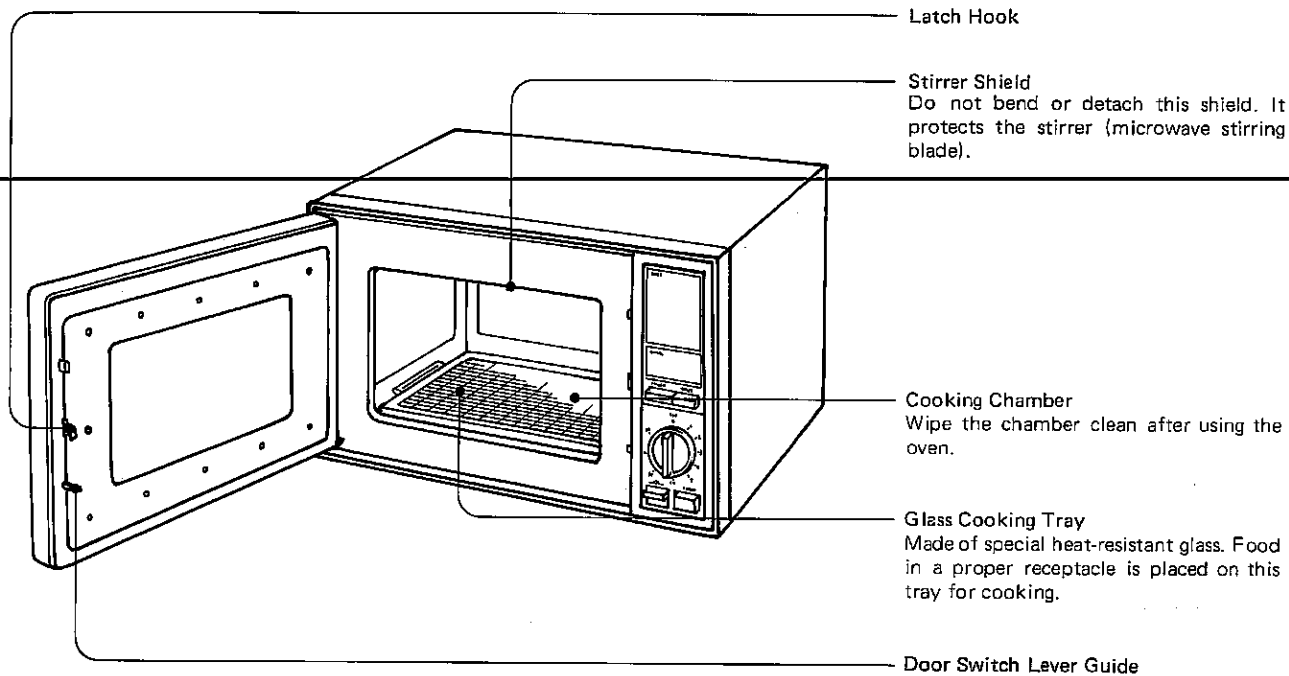
5. Simplified cooking.

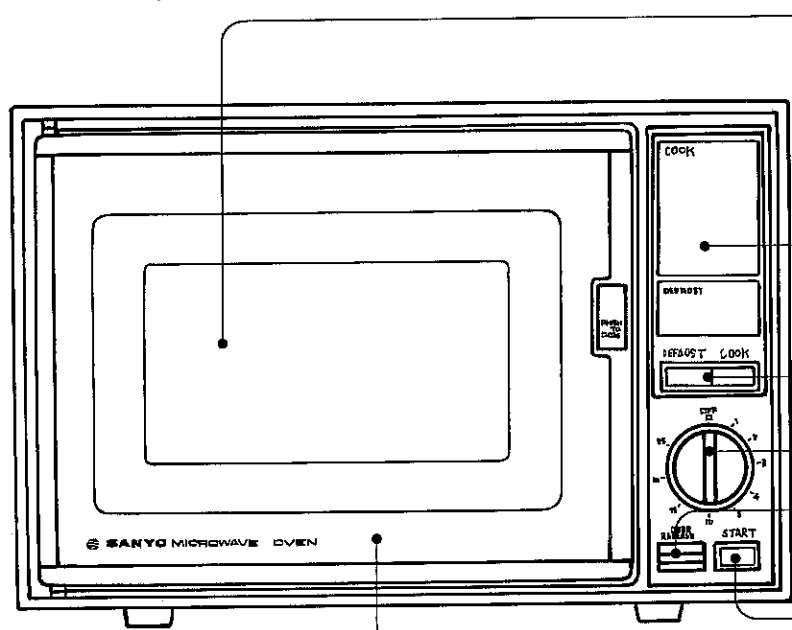
Simply set the timer and push the START button. Your oven does the rest, and a chime sounds when the food is ready.

6. Practical dimensions.

- 1) Overall: 20-1/2"(W) x 17-3/4"(D) x 13-3/4"(H).
- 2) Oven: 13"(W) x 13-3/4"(D) x 9-7/8"(H).

If you know all about it, you'll enjoy it more.





Viewing Window
 Food can be checked while the microwave oven is in operation.

Recipe
 Typical examples of food, with quantity and cooking times are shown on the recipe guide on the front panel.

Output selector buttons
 One touch selection for Cook and Defrost.

Timer Dial
 Cooking time is selected with this dial.

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

START Button
 To activate all circuits and start cooking, push this button.

Oven Door

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or ~~tamper with the safety interlocks.~~
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the oven close properly and that there is no damage to the:
 - 1) Door (bent)
 - 2) Hinges and Latches (broken or loosened)
 - 3) Door seals and Sealing surfaces
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

A few other precautions.

Arcing in the oven during operation usually occurs from use of metallic utensils or overuse of aluminum 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 your nearest Sanyo Servicenter.

Improper operation can result in costly damage to the Oven. No one should use the Oven until completely familiar with its operation and the new cooking techniques.

This Microwave Oven has been factory tested and complies with prevailing standards for domestic use at the time of its manufacture. Make no adjustments or repairs yourself.

THIS MICROWAVE OVEN IS DESIGNED FOR HOUSEHOLD USE ONLY AND MUST NOT BE USED FOR COMMERCIAL PURPOSES.

Be careful for cooking!

A) Eggs

Do not cook eggs in shell because they will explode.

For frying eggs, puncture the membrane around the yolk. Because the yolk swells faster than the membrane and the egg blows up when heated quickly.

B) Popcorn

Cooking popcorn in a microwave oven is not recommended. Especially never attempt to pop corn in a paper bag, since the extended cooking can cause smoking and eventually fire.

Microwave oven is not dryer!

Do not use the oven for such purpose as drying cloths or pets since it is only for cooking food.

Something to remember.

An exhaust outlet is located in the rear of the oven. Blocking the outlet can damage the oven.

No special electrical wiring is necessary. Simply connect the power cord to a nearby electrical outlet.

Taking care of your Microwave Oven.

Wipe the oven inside and out with a mild detergent solution, rinse, and wipe dry. This should be done on a weekly basis — more often if needed. Never use abrasive powders or pads.

REMOVABLE PARTS

- The glass tray can be removed for cleaning at the sink. Wipe up excess of spillovers with paper towel or cloth prior to removal of tray.
- The stirrer shield (inside oven top) can be gently wiped in place or removed for washing at the sink. The shield is a flexible plastic, supported at front, side and rear. Carefully remove the front part caught in the metal front tabs and pull forward.

Wash only in warm (not hot) detergent water, rinse and wipe dry. Avoid hitting or bending the metal stirrer blades, as this could change the heating pattern in the oven.

To replace the shield, position it on the rails on sides and rear of the cooking chamber and secure it between the front metal tabs.

SPECIAL CARE

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

Usable cooking utensils and materials

OVENPROOF GLASS

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

CHINA

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

POTTERY

Dishes, cups, mugs, and bowls.

PLASTIC

Plastic wrap may be used as a cover. Lay the plastic wrap loosely over the dish and press it to the sides. The dish should be deep enough so that plastic wrap will not touch the food. As the food heats, it may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, semirigid 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.

7. When the cooking time is up, the time pointer reads off, the chime rings and heating stops. Push the door release lever down, open the door and take out the food.
8. To turn off the oven during cooking, simply open the oven door or turn the timer to off. Cooking time can be reset at any time during the cooking operation by turning the timer knob.
9. After use, be sure to return the timer to off.

What to do if repairs are needed.

Get in contact with your nearest Sanyo Servicenter. On no account remove the outer cabinetry. Danger !
Make the following simple check-up before contacting the Sanyo Servicenter:

- If the interior lamp does not light when the START button is pressed:
 1. Make sure that the power cord is securely plugged in.
 2. Make sure that the door is properly closed.
 3. Make sure that the timer is not set at off.
 4. 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.

PAPER

Paper towels, waxed paper, paper napkins, and paper plates are usable. Waxed paper cups and plates are usable if cooking times are no longer than 3 to 4 minutes. Wax on utensil may melt from heat of food with longer cooking times.

UTENSIL TEST: A simple way to determine the desirability of a utensil for microwave cooking is to place it, empty, on the Cooking Tray; close the door and turn Timer to 30 seconds (½ minute). Push START Button. If the utensil is warm to the touch at the end of this time, it is best to avoid using it for microwave cooking.

CAUTION: Always make sure that closed containers, such as jars of baby food, are opened and plastic pouches of vegetables are pierced before cooking.

Tightly closed containers could explode.

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.

CENTURA® TABLEWARE

Corning Glass does not recommend the use of its Centura tableware for microwave cooking.

ALUMINUM FOIL

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

WOOD

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

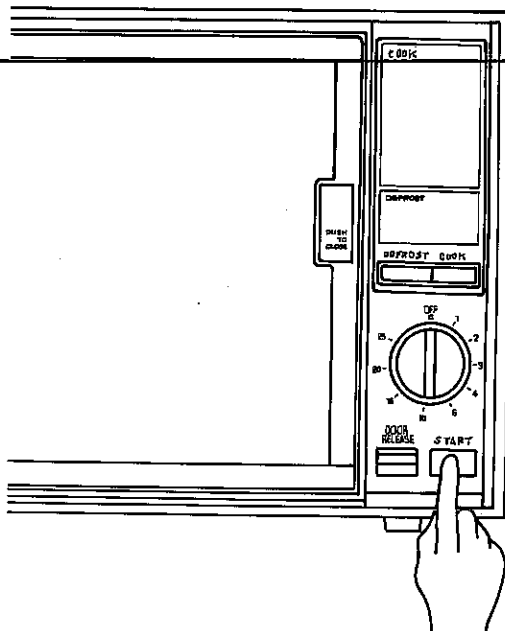
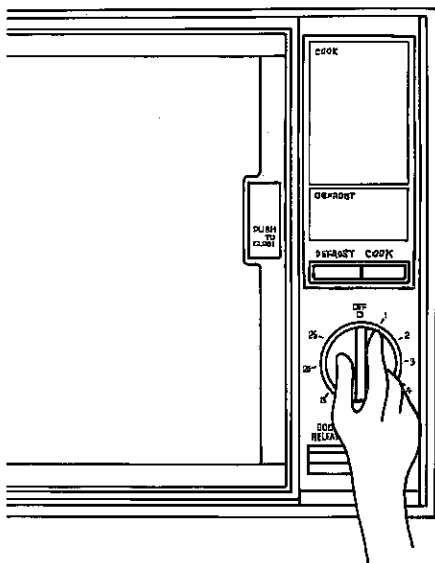
OTHER

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.

How to operate your Microwave Oven.

1. Connect the power cord to an electrical outlet.
2. After placing the food in a suitable receptacle, open the oven door and put it on the cooking tray.
3. Shut the oven door. Make sure that it is firmly closed.
4. Push the selector button and select Cook or Defrost for the food.
5. Set the timer dial by turning the timer knob. When setting the timer to less than 30 seconds, first set the dial for a longer period, then return it to the desired reading.



6. Press the START button. This will light up the interior lamp and start the cooking process.