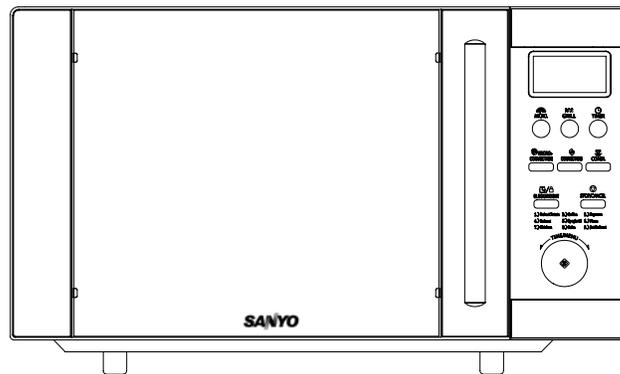




INSTRUCTION MANUAL

EM-C5779V

Microwave Oven



1. READ these instructions carefully before installing and operating the oven. Keep them for further reference.
2. Record in the space below the SERIAL NO. found on the nameplate on your oven and retain this information for future reference.

SERIAL NO.:

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<h3 style="margin: 0;">PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY</h3>
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| <p>(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.</p> <p>(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.</p> <p>(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the :</p> <ul style="list-style-type: none"> ① Door (bent), ② Hinges and latches (broken or loosened), ③ Door seals and sealing surfaces. <p>(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.</p> |
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SPECIFICATIONS

Model	EM-C5779V
Rated Voltage	230-240V 50Hz
Rated Power Input	1400W (microwave)
	1200W (Grill)
	2050W (Convection)
Output Microwave	900W 2450MHz
Output Grill	1150W
Output Convection	2000W
Outside Dimensions (WxDxH)	483 X 500 X 281mm
Oven Capacity	25L
Turntable Diameter	27cm
Net Weight	18.6kg

BEFORE YOU CALL FOR SERVICE

If the oven fails to operate:

A) Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds and plug it in again securely.

B) Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another

appliance.

C) Check to ensure that the control panel is programmed correctly and the timer is set.

D) Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

INSTALLATION

1. Make sure that all the packing materials are removed from the inside of the door.
2. **WARNING:** Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact a qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.
10. Please be advised that these Sanyo Microwave Ovens are not to be installed or used within an enclosed cabinet.

RADIO INTERFERENCE

1. Operation of the microwave oven can cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surface of the oven.
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuit

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliance basic safety precautions should be followed, including the following:

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Plug into a wall receptacle that is properly installed and grounded.
2. Read all instructions before using the appliance.
3. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
4. Operating the microwave oven without food in it, can result in overheating and damage to the microwave oven unit. Please do not to operate the unit without any food or beverage in it.
5. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
6. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard
6. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Children should be supervised to ensure that they do not play with the appliance.
7. To reduce the risk of fire in the oven cavity:
 - a. When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. **If smoke is observed, switch off or**

unplug the appliance and keep the door closed in order to stifle any flames.

- d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
8. **WARNING:** Liquid or other food must not be heated in sealed containers since they are liable to explode.
9. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handle the container.
10. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
11. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.
12. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
13. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
14. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
15. Utensils should be checked to ensure that they are suitable for use in microwave oven.
16. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
17. This product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.
18. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
19. Children should be supervised to ensure that they do not play with this appliance.

MICROWAVE COOKING PRINCIPLES

1. Arrange food carefully. Place thickest areas towards outside of dish.
2. Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
3. Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
4. Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
5. Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.

UTENSILS GUIDE

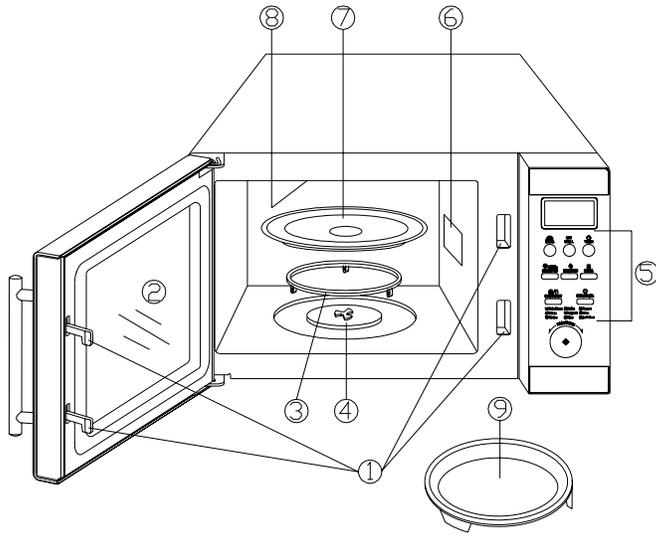
6. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
7. Microwave can not penetrate metal, so metal utensils or dishes with metallic trim should not be used.
8. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
9. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.

The list below is a general guide to help you select the correct utensils.

Cookware	Microwave	Grill	Convection	Combination*
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil Container	No	Yes	Yes	No

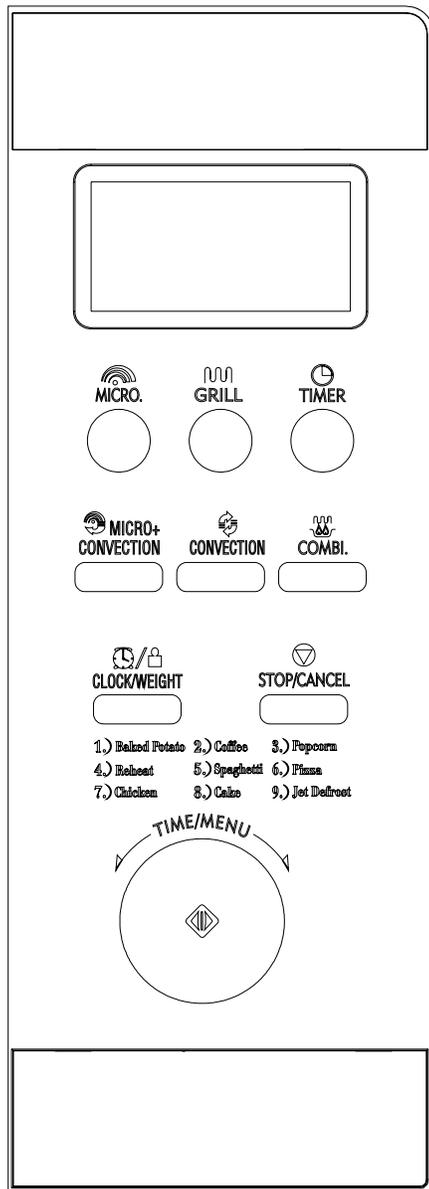
* Combination: applicable for both "microwave+ grill", and "microwave+ convection" cooking.

PART NAMES



1. Door Safety Lock System
2. Oven Window
3. Roller Ring
4. Shaft
5. Control Panel
6. Wave Guide
7. Glass Tray
8. Heater
9. Baking Plate

CONTROL PANEL



DISPLAY SCREEN

Cooking time, power, indicators and present time are displayed.

MICRO.

Press to select microwave power level.

GRILL

Press to set a grill cooking program.

CONVECTION

Press to program convection temperature.

COMBI.

Press to select one of two combination cooking settings.

MICRO.+CONVECTION

Press to select one of four combination cooking settings.

TIMER

Used to set the oven timer.

CLOCK/WEIGHT

Press to set clock time or select the amount of food.

STOP/CANCEL

Touch to stop cooking program or clear all previous settings before cooking starts.

Touch and hold for 3 seconds to set CHILD LOCK function.

TIME/MENU (START/QUICK START)

Rotate to set cooking time or select Auto Cook menu including Auto Defrost.

Press to start cooking program or set quick start cooking program.

(Please also see the following pages for more detail)

OPERATION INSTRUCTIONS

SIGNALS DURING OVEN SETTINGS

ONE SIGNAL: Oven accepts the entry.

TWO SIGNALS: Oven does not accept the entry, check and try again.

Setting the clock

The clock works in 24-hour cycle, press CLOCK/WEIGHT to select.

1. Press CLOCK/WEIGHT.
2. Rotate TIME/MENU until the correct hour is displayed.
3. Press CLOCK/WEIGHT once.
4. Rotate TIME/MENU until the correct minute is displayed.
5. Press CLOCK/WEIGHT once to confirm.

NOTE: You can check the clock time when cooking is in progress by pressing CLOCK/WEIGHT (except for AUTO COOK).

Microwave cooking

Microwave cooking allows you to customize cooking power and time. The longest cooking time is 95 minutes (95:00). You can select cooking power level by pressing MICRO. button once or repeatedly:

Press MICRO.	Power	Description
once	100%(P100)	High
twice	90%(P-90)	
3 times	80%(P-80)	
4 times	70%(P-70)	Medium High
5 times	60%(P-60)	
6 times	50%(P-50)	Medium
7 times	40%(P-40)	
8 times	30%(P-30)	Medium Low
9 times	20%(P-20)	
10 times	10%(P-10)	Low
11 times	0%(P-00)	

Suppose you want to cook for 5 minutes at 60% power level.

1. Press MICRO. button repeatedly to select P-60.
2. Rotate TIME/MENU until the correct cooking time (5:00) is displayed.
3. Press START/QUICK START to start.

NOTE:

If you want to temporarily stop a cooking session, press the STOP/CANCEL once and then you can restart the cooking by pressing TIME/MENU, or press STOP/CANCEL twice to cancel the cooking program altogether.

Grill cooking

Grill cooking is particularly useful for thin slices of meat, steaks, chops, kebabs, sausages and pieces of chicken. It is also suitable for hot sandwiches and au gratin dishes. The longest cooking time is 95 minutes (95:00).

Suppose you want to program grill cooking for 12 minutes.

1. Press GRILL once.
2. Turn TIME/MENU to display 12:00.
3. Press START/QUICK START to start.

Convection cooking

During convection cooking, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly. This oven can be programmed for ten different cooking temperatures (110 ~200). The longest cooking time is 95 minutes (95:00).

To Cook with Convection

Suppose you want to cook food at 180 for 40 minutes (H:40).

1. Press CONVECTION repeatedly to select 180 .
2. Rotate TIME/MENU until the correct cooking time is displayed.
3. Press START/QUICK START to start.

During	Time increments
Start-first ½ hour	2 mins
½ hour-1st hour	5 mins
1st hour-3hours	15 mins
After 3 hours	30 mins

NOTE: You can check the convection temperature

during cooking by pressing CONVECTION.

To Preheat and Cook with Convection

Your oven can be programmed to combine preheating and convection cooking operations.

Suppose you want to preheat to 170 and then cook for 35 minutes.

1. Press CONVECTION repeatedly to select 170 .
2. Press START/QUICK START to start. When the oven reaches the programmed temperature, the buzzer will signal.
3. Open the door and place container of food at the center of the glass tray.
4. Rotate TIME/MENU until the correct cooking time is displayed.
5. Press START/QUICK START to start.

Microwave + Grill

This feature allows you to combine grill and microwave cooking on two different settings. The longest cooking time is 95 minutes (95:00).

COMBINATION 1

30% time for microwave cooking, 70% for grill cooking. Use for fish or au gratin.

Suppose you want to set combination 1 cooking for 25 minutes.

1. Press COMBI. once.
2. Turn TIME/MENU to 25:00.
4. Press START/QUICK START to start.

COMBINATION 2

55% time for microwave cooking, 45% for grill cooking. Use for pudding, omelets, baked potatoes and poultry.

Suppose you want to set combination 2 cooking for 12 minutes.

1. Press COMBI. twice.
2. Turn TIME/MENU to 12:00.
3. Press START/QUICK START to start.

Microwave + Convection

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically. The longest cooking time is 95 minutes (95:00).

Press MICRO.+CONVECTION repeatedly to select convection temperature:

	Oven temperature()
COMB1	200
COMB2	170
COMB3	140
COMB4	110

Suppose you want to bake food for 24 minutes (H:24) with COMB3.

1. Press MICRO. +CONVECTION repeatedly to select 140 .
2. Rotate TIME/MENU until the correct cooking time is displayed.
3. Press START/QUICK START to start.

NOTE: You can check the programmed temperature during cooking by pressing MICRO.+CONVECTION.

Jet defrost

The oven could be used to defrost food based on the time you entered. The longest defrosting time can be set 95 minutes.

Suppose you want to defrost frozen food for 5 minutes.

1. Rotate TIME/MENU anti-clockwise until “A-9” is displayed.
2. Press CLOCK/WEIGHT once.
3. Rotate TIME/MENU to set defrosting time.
4. Press START/QUICK START to start.

NOTE: During defrosting program, the system will pause and sound beeps to remind user to turn over the food, after that, press START/QUICK START to resume defrosting.

Quick start

Quick Start function allows the oven to begin cooking immediately on full power 900W.

The Quick Start key has been pre-programmed to increase in increments of 30 seconds to a maximum time of 10 minutes.

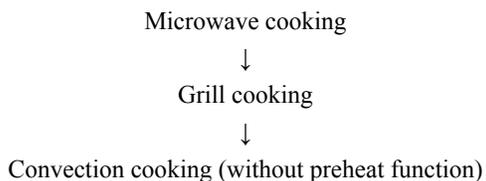
Suppose you want to start cooking on Full Power 900W for 2 minutes:

1. Press START/QUICK START 4 times to start.

Multi-stage cooking

Your oven can be programmed for up to 3 automatic cooking sequences.

Suppose you want to set the following cooking program.



1. Set a microwave cooking program without start.
2. Set a grill cooking program without start.
3. Set a convection cooking program without preheating.

4. Press START/QUICK START to start.

NOTE: Jet Defrost, Quick Start and Auto Cook can not be set in the multistage cooking program.

Setting Child Lock

This oven has a safety feature which prevents the accidental running of the oven by a child.

To set, press and hold STOP/CANCEL key for 3 seconds. A beep sounds and indicator LOCK is indicated.

To cancel, press and hold STOP/CANCEL, a beep sounds and LOCK indicator disappears.

AUTO MENU SETTINGS

For food or the following cooking mode, it is not necessary to program the duration and the cooking power. It is sufficient to indicate the type of food that you wish to cook as well as the weight of this food.

For some kind of menu, during cooking process you may need to turn food over for uniform cooking.

To set Auto Cook program, please follow steps bellow:

1. Press STOP/CANCEL.
2. Rotate TIME/MENU to select menu code.
3. Press CLOCK/WEIGHT to select food weight or number of servings.
4. Press START/QUICK START to start.
5. The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place the food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly by dial the TIME/MENU knob.

Auto Cook Code/Menu

Menu.	Weight(g)	Press Times	Time
A-1 Baked Potato	230	Once	04:00
	460	Twice	08:00
	690	Thrice	12:00
A-2 Coffee	200(ml)	Once	01:30
	400(ml)	Twice	02:40
	600(ml)	Thrice	03:50
A-3 Popcorn	99	Once	02:10
A-4	200	Once	01:30

Reheat	300	Twice	02:00
	400	Thrice	02:30
	500	4 times	03:00
	600	5 times	03:30
	700	6 times	04:00
	800	7 times	04:30
A-5 Spaghetti	100	Once	22:00
	200	Twice	27:00
	300	Thrice	32:00
A-6 Pizza	150	Once	06:00
	300	Twice	07:00
	450	Thrice	08:00
A-7 Chicken	800	Once	33:00
	1000	Twice	36:00
	1200	Thrice	39:00
	1400	4 times	42:00
A-8 Cake	475	Once	45:00

Note:

1. Please note you can set cooking programs while the door is open, however, you can only push START button only after closing the door.
2. The Cooling fan keeps rotating for cooling the oven from inside. It will operate when the product is hot after using the grill or convection functions, and stops automatically after around 3 minutes.

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous.
12. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.

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SANYO Electric Co., Ltd.