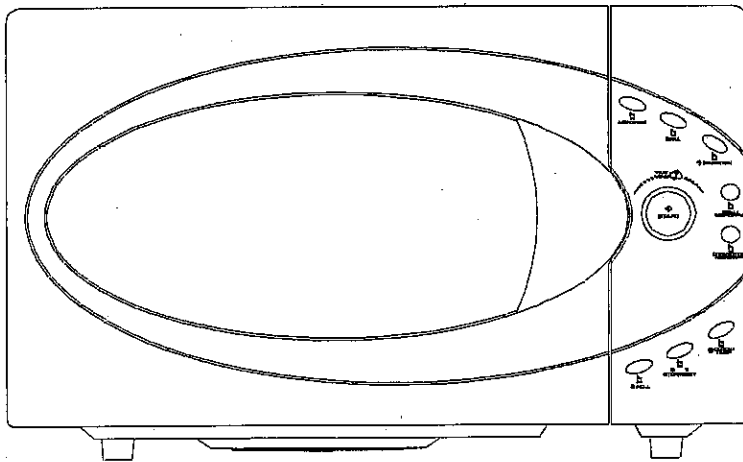


SANYO

Microwave Oven

This owner's guide book is for the following 900 watts microwave oven model:

EM-D975



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.:

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Important Safety Instructions. Read Carefully And Keep For Future Reference.
2. 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.
3. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
4. 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
 - a. Door (bent),
 - b. Hinges and latches (broken or loosened),
 - c. Door seals and sealing surfaces.
5. The oven should not be adjusted or repaired by anyone except properly SANYO service personnel.
6. The appliance is not intended for use by young children or infirm persons without supervision; young children should be supervised to ensure they do not play with the appliance.

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SPECIFICATIONS

Power Consumption:	230-240V~50Hz, 1400W (Microwave) 230-240V~1400W (Convection) 230-240V, 1200W (Heater)
Rated Microwave Power Output:	900W
Operation Frequency:	2450MHz
Outside Dimensions:	305mm(H)×525mm(W)×455mm(D)
Oven Cavity Dimensions:	219mm(H)×350mm(W)×384mm(D)
Oven Capacity:	30Litres
Cooking Uniformity:	Turntable System{ Φ 314mm}
Net Weight:	Approx. 22kg

BEFORE YOU CALL FOR SERVICE

If the oven fails to operate:

1. 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.
2. 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.
3. Check to ensure that the control panel is programmed correctly and the timer is set.
4. 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 RECTIFY THE SITUATION, THEN CONTACT A SANYO 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 SANYO 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.

GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided. Using a high voltage is dangerous and may result in a fire or other accident causing oven damage.

WARNING Improper use of the grounding plug can result in a risk of electric shock.

Note

1. If you have any questions about the grounding or electrical instructions, consult

a qualified electrician or service person.

2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The wires in this cable main are colored in accordance with the following code:

Green and Yellow = EARTH

Blue = NEUTRAL

Brown = LIVE

RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment.

When there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

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. Read all instructions before using the appliance.
2. 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.
3. Do not operate the oven when empty.
4. 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. 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.
5. **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.
6. 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.
7. **WARNING:** Liquid or other food must not be heated in sealed containers since they are liable to explode.
8. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
9. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
10. 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.
11. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
12. 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.
13. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
14. Utensils should be checked to ensure that they are suitable for use in microwave oven.
15. **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.

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.

- Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
- 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.

- 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

- The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
- Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
- Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or

fires.

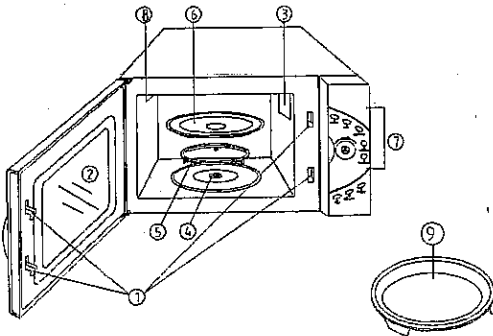
- Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
- Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

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

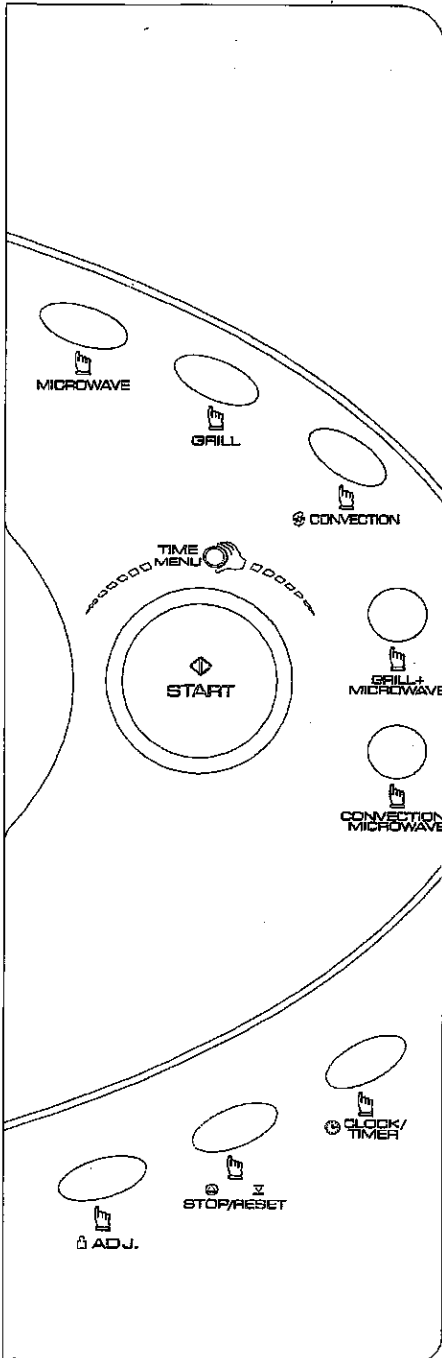
* Combination: "microwave+grill", and "microwave+convection".

PART NAMES



- Door Safety Lock System
- Oven Window
- Oven Air Vent
- Shaft
- Roller Ring
- Glass Tray
- Control Panel
- Grill Heater
- Baking plate

CONTROL PANEL



DISPLAY SCREEN

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

MICROWAVE

Press a number of times to select microwave power level.

GRILL

Press to set a grill-cooking program.

CONVECTION

Press to program convection temperature.

GRILL+MICROWAVE

Press to select different combination cooking settings.

CONVECTION+MICROWAVE

Press to select different combination cooking settings.

TIME MENU (DIAL)

Rotate to set cooking time or select auto-menu.

START

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

ADJ.

Press to select the amount of food or enter cooking time setting state.

STOP/RESET

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

CLOCK / TIMER

Press to set the clock or timer.

(Please also see the following pages for more detail)

HOW TO SET THE OVEN CONTROLS

BEEPS DURING OVEN SETTINGS

- ◆ ONE BEEP: Oven accepts the entry.
- ◆ TWO BEEPS: Oven does not accept the entry. Please check and try again.

SETTING THE CLOCK

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

NOTE:

1. This is a 12-hour clock (1:00~12:59), which automatically starts working at default setting of 1:00 when the oven is plugged in.
2. You can check the clock time while cooking is in progress by pressing the CLOCK/TIMER button.
3. To use the timer feature, holding down the CLOCK/TIMER button for at least 3 seconds and then turn the TIME/MENU dial to set a count down time of up to 95 minutes.

MICROWAVE

Microwave cooking allows you to customize cooking power and time. First, you select a power level by pressing the MICROWAVE button a number of times (see the table below). Then you set the cooking time (maximum 95 minutes here) by rotating the TIME/MENU dial, before pushing the START button.

Press MICROWAVE button to select different cooking power		
Press	Power	Description
once	100%(P-HI)	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)	Med. Low/Defrost
9 times	20%(P-20)	
10 times	10%(P-10)	Low
11 times	0%(P-0)	

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

1. Press MICROWAVE button 5 times.
2. Rotate the TIME/MENU dial until the correct cooking time (5:00) is displayed.
3. Press START button.

NOTE:

1. If you want to temporarily stop a cooking session, press the STOP/RESET once and then you can start the cooking again by press START; or press the STOP/RESET twice to cancel the cooking program altogether.
2. After the cooking time ends, the system will beep four times and END is displayed. Before starting another cooking session, you need to clear the display and reset the system by pressing the STOP/RESET button.

GRILL

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.

Suppose you want to program grill cooking for 12 minutes.

1. Make sure the system is reset, which means no current cooking program is running, and the system is waiting for instructions.
2. Press GRILL button.
3. Turn the TIMER to 12:00.
4. Press START button.

NOTE:



Grill cooking power is set at full power level by the system. Maximum cooking time for grill is 95 minutes.

CONVECTION

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.

To Cook with Convection

Press CONVECTION button to set convection temperature.

Press	Temperature(°C)
once	230*
twice	215
3 times	200
4 times	185
5 times	170
6 times	155
7 times	140
8 times	125
9 times	110
...	...

* The temperature figures quoted here may be updated according to different specifications. Please take what actually shown on the oven's screen as the correct.

Suppose you want to cook at 185°C for 40 minutes.

1. Press CONVECTION button 4 times.
2. Rotate the TIME/MENU dial until the correct cooking time (40:00) is displayed.
3. Press START button.

NOTE:

1. The maximum convection cooking time is 9 hours, 30 minutes. After time has elapsed four beeps sound and END appears in display. Press STOP/RESET button or open door to clear END before starting another cooking function.
2. You can check the convection temperature while cooking is in progress by pressing the CONVECTION button.

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°C and then cook 35 minutes.

1. Press CONVECTION button 5 times.
2. Press START button. When the oven reaches the programmed temperature, one beep will sound and "PREH" will flicker in the display.
3. Open the door and place container of food at the center of the turntable.
4. Rotate the TIME/MENU dial to program cooking time (35:00).
5. Press START button.

GRILL+MICROWAVE

This feature allows you to combine grill and microwave cooking on two different settings. First, press this button once or twice to choose an appropriate combination setting, then, at the screen prompt, enter the desired cooking time by turning the TIME/MENU dial. After you have pushed the start button, the system begins to count down.

NOTE:

1. The maximum cooking time here is 95 minutes.
2. During cooking, you can see the programmed setting by pressing this button.

COMBINATION 1

The longest cooking time is 95 minutes.

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

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

1. Press STOP/RESET button.
2. Press GRILL+MICROWAVE button once.
3. Turn TIMER to 25:00.
4. Press START button.

COMBINATION 2

The longest cooking time is 95 minutes.

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 STOP/RESET button.
2. Press GRILL+MICROWAVE button twice.
3. Turn TIMER to 12:00.
4. Press START button.

CONVECTION+MICROWAVE

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically.

Press CONVECTION+MICROWAVE button to select convection temperature:

	Press	Oven temperature(°C)
COMB1	once	230
COMB2	twice	200
COMB3	3 times	180
COMB4	4 times	150

Suppose you want to bake a cake for 26 minutes with COMB3.

1. Press CONVECTION+MICROWAVE button 3 times.
2. Rotate the TIME MENU dial to program cooking time (26:00).
3. Press START button to start.

NOTE:

The maximum cooking time is 9 hours, 30 minutes. After time has elapsed four beeps sound and END appears in display. Press RESET button or open door to clear END before starting another cooking function. You can check the convection temperature while cooking is in progress by pressing the CONVECTION+MICROWAVE button.

SPEED DEFROST (ADJ.)

Suppose you want to defrost frozen food for five minutes.

1. Rotate the TIME MENU dial until "08" and "CODE" are displayed.
2. Press ADJ. button.
3. Rotate the TIME MENU dial to program defrosting time.

NOTE:

1. For either raw or previously cooked frozen

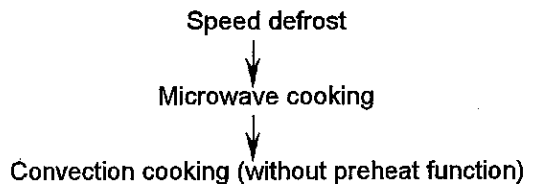
food the rule of thumb is approximately 5 minutes per 500 grams. For example, defrost 5 minutes for 500 grams of frozen spaghetti sauce.

2. Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1-minute increments until totally defrosted.
3. When using plastic containers from the freezer, defrost only long enough to remove from plastic in order to place in a microwave-safe dish.
4. The maximum defrosting time is 45 minutes. After time has elapsed four beeps sound and END appears in display. Press RESET button or open door to clear END before starting another cooking function.

MULTI-STAGE COOKING

Your oven can be programmed for up to 3 automatic cooking sequences. SPEED DEFROST can only be selected before the cooking stage in a program.

Suppose you want to set the following cooking program.



1. Rotate the TIME/MENU dial until "08" and "CODE" are displayed.
2. Press ADJ. button.
3. Rotate the TIME/MENU dial to program defrosting time.
4. Press MICROWAVE button to set power level.
5. Rotate the TIME/MENU dial to program cooking time.
6. Press CONVECTION button to set convection temperature.
7. Rotate the TIME/MENU dial to program cooking time.
8. Press START button.

SETTINGS FOR AUTO-MENUS

PRE-PROGRAM AUTO MENU

Amount	01	02	03	04	05	06	07	08
Auto-menu	Baked potato	Beverage	Popcorn	Reheat	Pizza	Meat skewers	Cake	Speed defrost

“AUTO MENU” allow you to cook or reheat food automatically without entering power level or time.

* The following quoted cooking timings may be updated according to different specifications. Please always take the timings actually shown on the screen of your oven as the correct.

BAKED POTATO

Amount	Press ADJ.	Cooking time
1	once	5 min 40 sec
2	twice	9 min. 40 sec.
3	3 times	13 min
4	4 times	17 min

Each amount is about 140 to 200 g.

1. Rotate the TIME/MENU dial until “01” and “CODE” are displayed.
2. Press ADJ to select needed amount.
3. Press START button.

NOTE:

After the cooking program have finished, let food stand in the oven for 5~10 minutes.

BEVERAGE

Amount	Press ADJ.	Cooking time
1	once	2 min 20 sec
2	twice	4 min
3	3 times	5 min 40 sec
4	4 times	7 min 20 sec

Each amount is about 9 255 to 310 g.

1. Rotate the TIME/MENU dial until “02” and “CODE” are displayed.
2. Press ADJ to select needed amount.
3. Press START button.

POPCORN

1. Rotate the TIME/MENU dial until “03” and “CODE” are displayed.
2. Press ADJ button once, the cooking time (2 min 30 sec) will be displayed.
3. Press START button.

NOTE:

To reset POPCORN time: Rotate the MENU FUNCTION ADJUSTING dial until “03” and “CODE” are displayed, press ADJ button twice, rotate the MENU FUNCTION ADJUSTING dial to program the new popcorn time, and then press START button to verify. The new popcorn time will remain whenever you use the POPCORN function until you reset it.

REHEAT

1. Rotate the TIME/MENU dial until “4” and “CODE” are displayed.
2. Press ADJ button, reheating time (3 min 40 sec) will be displayed.
3. Press START button.

PIZZA

Roast a pizza of 110 ~ 140 g.

1. Rotate the TIME/MENU dial until “05” and “CODE” are displayed.
2. Press ADJ button once, the roasting time (1 min 10 sec) will displayed.
3. Press START button.

Roast a bigger pizza.

1. Rotate the TIME/MENU dial until “05” and “CODE” are displayed.
2. Press ADJ button twice, the roasting time (3 min 30 sec) will be displayed.
3. Press START button.

MEAT SKEWERS

Press ADJ	Weight	Cooking time
once	170 g	12 min
twice	310 g	15 min
3 times	540 g	23 min
4 times	795 g	30 min

1. Rotate the TIME/MENU dial until "06" and "CODE" are displayed.
2. Press ADJ to select needed amount.
3. Press START button.

NOTE:

At the middle time of cooking process, a beep will sound to remind you to rearrange the food.

CAKE

1. Rotate the TIME/MENU dial until "07" and "CODE" are displayed.
2. Press ADJ button once, the cooking time (40 min.) will be displayed.
3. Press START button.

NOTE:

To reset cooking time: Rotate the TIME/MENU dial until "07" and "CODE" are displayed, press ADJ button twice, rotate the TIME/MENU dial to program the new cooking time, and then press START button to verify. The new cooking time will remain whenever you use the CAKE function until you reset it.

OTHER CONVENIENT FEATURES

MINUTE TIMER

1. Holding down the CLOCK/TIMER button for 3 seconds.
2. Rotate the TIME/MENU dial until the desired time is displayed.
3. Press START button to start.

NOTE:

The maximum time is 95 minutes. Time countdown can be seen in display for 3 seconds before clock or cooking time is returned to display. When the count down ends, a long beep will sound.

Touch TIMER and then touch RESET to cancel TIMER during timing process.

CHILD PROOF LOCK

The child proof lock prevents unsupervised operation by little children.

To set the child proof lock: Press RESET button for 3 seconds, then a beep will sound and the indicator light will come on. In the lock state, all buttons are disabled.

To cancel the child proof lock: Press RESET button for three seconds, then a beep will sound and the indicator light will come off.

QUICK START

Use this feature to program the oven to microwave food at 100% power conveniently.

Press START button in quick succession to set the cooking time. The maximum cooking time is 10 minutes. The oven will auto-start two seconds later. After time has elapsed four beeps sound and END appears in display. Press RESET button or open door to clear END before starting another cooking function.

TO STOP THE OVEN WHILE THE OVEN IS OPERATING

1. Press STOP button.

You can restart the oven by pressing START pad.

Touch RESET to erase all instructions.

2. Open the door.

You can restart the oven by closing the door and pressing START pad.

NOTE:

Oven stops operating when door is opened.

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 splatters. 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 odours 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.

