

INSTRUCTION MANUAL

EM-G450

Microwave Oven With Grill

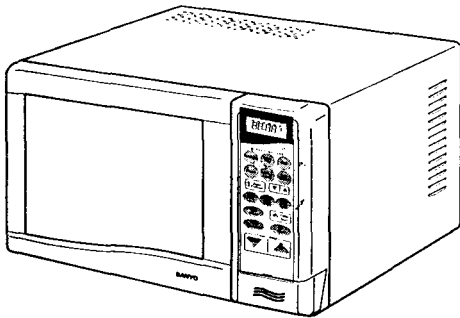


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Read these instructions carefully before use.

If you follow these instructions, your Microwave Oven will serve you long and well.

OVEN SPECIFICATION

Model	EM-G450
Power Source	240 V
Maximum Output Power	800 W (IEC)
Quartz Grill	1000 W
Oven Capacity	0.8 cu.. ft. (23L)
Outside Dimensions (W x H x D)	490 x 322 x 351 mm
Net Weight (Approx)	18.5 kg

CORRECT AND SAFE USE OF YOUR OVEN

1. The oven must be level.
2. The turntable and turntable roller rest must be in the oven during cooking.
3. Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
4. The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
5. Do not attempt to operate the oven while empty.
6. Do not overcook food. A small quantity of food with low moisture content or high fat or sugar content can burn.
7. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
8. Do not heat narrow-necked containers, such as syrup bottles.
9. Avoid heating baby bottles or baby food jars. Transfer the food into a suitable container for the microwave oven. The food temperature should be tested before giving it to the baby.
10. Do not attempt to deep-fry in your microwave oven as the temperature of the oil cannot be controlled.
11. Do not heat cans or any type of sealed container. Transfer the contents into a microwave-safe dish before heating. Never place saucepans or other metal objects in the oven.
12. Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.

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.

ALTHOUGH YOUR OVEN IS PROVIDED WITH SAFETY FEATURES, IT IS IMPORTANT TO OBSERVE THE FOLLOWING:

- a. Do not tamper with safety interlocks.
- b. Do not place any object between the oven and the door or allow any food residue to accumulate on sealing surfaces. Wipe the door sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads. Do not poke objects into any vents or openings in the oven.
- c. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door may cause the oven to fall forward resulting in injury.
- d. If any damage is apparent, do not operate the oven. Contact your nearest SANYO SERVICE CENTRE.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, 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 first use.
2. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.

If a fire should start:

- * Keep the oven door closed.
- * Turn the oven off, and
- * Disconnect the power cord or shut off the power at the mains.

Other important safety points to remember are:

1. Do not overcook food. Overcooked food can cause fires in the oven. Carefully attend to the oven's activities, especially if paper, plastic, or other combustibles are inside.
2. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. They may catch fire if turned on accidentally.
3. Do not use wire ties in the oven. Be sure to inspect purchased items for wire ties and remove before placing food in the oven.
4. Some products such as eggs in the shell, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.

5. Do not store or use this appliance outdoors.
6. As with any appliance, children should use the oven under adult supervision.
7. Use this oven only for its intended uses as described in the manual. It is not designed for industrial or laboratory use. Never use corrosive chemicals or vapours in this oven.
8. Keep the oven away from heat and water sources. Exposure to heat and water can lower efficiency and lead to malfunctioning.
9. When heating water or other liquids, use a wide necked container to allow air bubbles to escape freely. Using narrow-necked containers may cause the liquid to boil over. This may happen even after the cooking has stopped.
10. It is important to keep the oven interior clean. Food particles left on the oven wall reduces the efficiency of the microwave
11. Take care not to spill water on the glass viewing window during or immediately after cooking as it may crack.

WHEN COOKING BY GRILL:

12. Be sure to use an oven glove when loading and unloading the oven.
13. Be careful not to touch the viewing window when loading and unloading the oven.
14. The top of the cabinet gets very hot, therefore do not place items on the oven.

WARNING

- (a) Do not adjust or repair the microwave oven yourself. Do not operate the oven if it is damaged, until it has been repaired by a service engineer trained by the manufacturer.
- (b) It is dangerous for anyone other than a properly qualified engineer trained by the manufacturer to carry out adjustments or repairs.
- (c) If the power supply cord is damaged, it must be replaced by the manufacturer, as a specially prepared cord is required. (M-Type, Service Part 617-180-6519).
- (d) On no account remove or interfere with any parts or screws.

THIS COULD PROVE VERY DANGEROUS

SAVE THESE INSTRUCTIONS

INSPECTION FOR DAMAGE

This appliance must only be used if the following conditions are confirmed:

- a) The door front grille is not damaged or broken.
- b) The door opens and closes smoothly.
- c) The door hinges are in good condition.
- d) The door metal inside is not buckled or deformed.
- e) The door seals are neither covered with food nor have large burn marks.

INSTALLATION

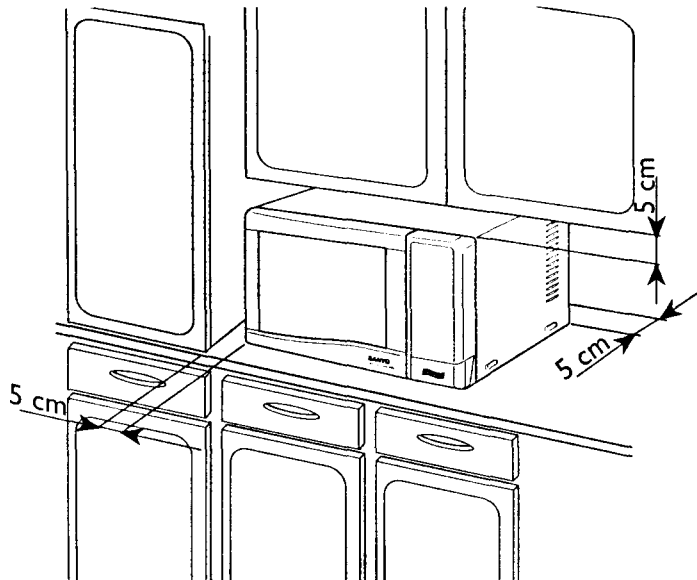
This appliance must be earthed. If there is an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord that has an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

The electrical power cord must be kept dry and must not be pinched or crushed in anyway.

WARNING - Improper use of the earthing plug can result in electric shock.

OVEN POSITIONING

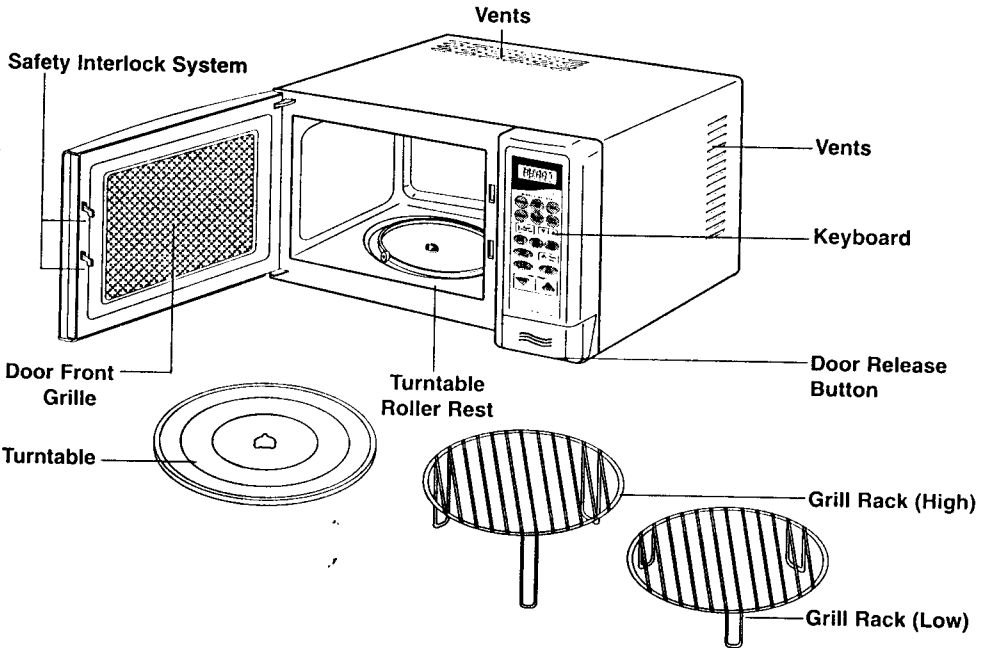
1. Install the oven on a flat, level surface strong enough to safely bear the weight of the oven.
2. Do not locate the oven near areas where heat and moisture are generated as this may lower oven efficiency.
3. Covering the air vents may lead to malfunctioning, therefore a minimum clearance of 5 cm is required above, to each side, and to the rear of the oven.
4. Some interference may occur if the oven is placed too close to a radio or TV, so keep them as far apart as possible.



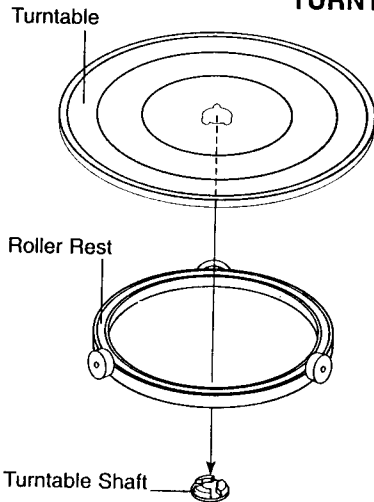
OVEN PARTS AND ACCESSORIES

Your oven is supplied with the following accessories:

Turntable	1	Warranty Card	2
Turntable roller rest	1	Cook Book	2
Grill Rack	2		
Instruction manual	1		

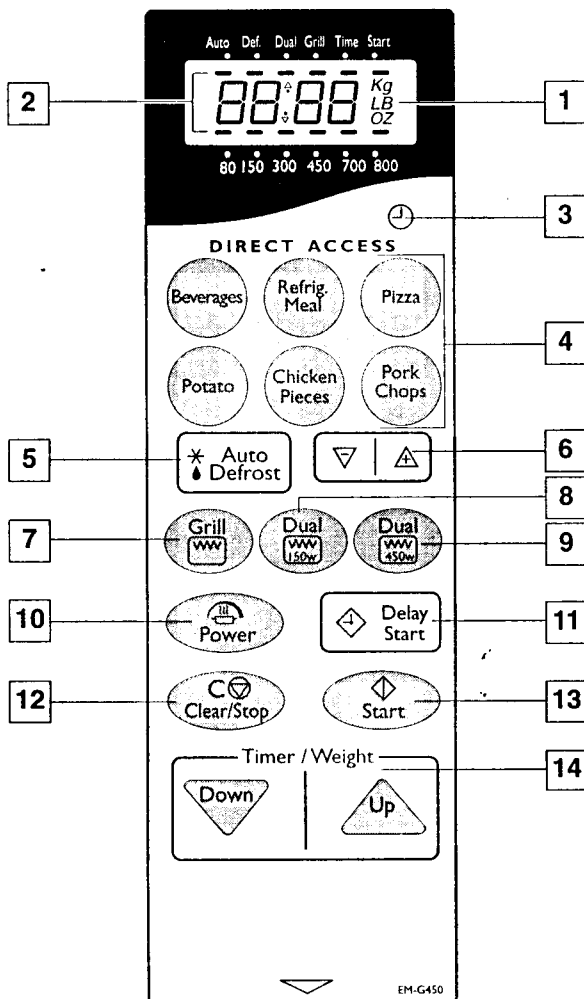


TURNTABLE INSTALLATION



1. Place the roller rest on the cavity bottom.
 2. Place the turntable on top of the roller rest as shown in the diagram. Make sure the turntable hub is securely locked in the turntable shaft. **Never place the turntable upside down.**
- Both turntable and roller rest must always be used during cooking.
 - All food and containers of food are always placed on this turntable for cooking.
 - This turntable rotates clockwise and anticlockwise; this is normal.
 - This turntable returns to its original starting position when cooking is finished.

OVEN CONTROL PANEL



1. DISPLAY WINDOW.

2. INDICATORS:

Auto / Def. / Dual / Grill -
Cooking mode indicators.

Time / Start / Kg, LB, OZ -

A flashing indicator that prompts you to enter the desired cooking time, start the oven, or enter food weight.

80, 150, 300, 450, 700, 800 -
Power level indicators.

KEYS:

3. Clock Set.

4. Direct Access menu keypad.

5. Auto Defrost.

6. Time adjust for Auto Defrost and Direct Access.

7. Grill only.

8. Dual (150W).

9. Dual (450W).

10. Power.

11. Delay Start.

12. Clear / Stop.

13. Start.

14. Time and Weight set.

SELECTING WEIGHT UNITS

This oven can be set to either Kg or Lb weight units. This applies to all weight related functions. The selection should be made after the unit is plugged in for the first time or when power resumes after a power interruption. This operation is only necessary if Lb setting is required, as the oven default is Kg.

1.

Plug the oven in and switch on. The display will read **0:00** and be flashing on and off.

2.



Touch "+" key. The **Kg** indicator will light up. **Kg** are set.

3.



Touch "+" key again. The **Lb** indicator will light up. **Lb** are set.

4.



If the "+" key is pressed once more the oven returns to **Kg** setting.

5.



When the required weight unit has been selected, press "**Clear/Stop**" the selection is now stored.

SETTING THE CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to **0:00**. To set the clock follow adjacent procedure.

Example: To set 4:30:

1.



Touch "**Clear / Stop**".

2.



Touch "**Clock**" Key.

3.



Touch "**Down / Up**" keys until **4:** is indicated in the display window.

4.



Touch "**Clock**" Key.

5.



Touch "**Down / Up**" keys until **4:30** is indicated in the display window.

6.



Touch "**Clock**" Key to lock in the time and start the clock running.

CHILD LOCK-OUT







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

Note :

After the child lock has been set, the oven will appear to operate normally if the keys are pressed. However the oven will produce NO actual microwave power.

To cancel Child Lock simply repeat setting procedure. Indicator **L** disappears and clock display reappears.

To set:

1.  Touch "**Clear / Stop**".
2.  Touch "**Clock**" Key.
3.  Touch "**Down / Up**" keys until **11:** is indicated in the display window.
4.  Touch "**Clock**" Key.
5.  Touch "**Down / Up**" keys until **11:11** is indicated in the display window.
6.  Touch "**Start**" Key. Indicator **L** lights up and clock display reappears.

OVEN UTENSILS

MATERIAL	UTENSILS	MICROWAVE	GRILL	DUAL
Ceramic & Glass	Corning Ware	YES	YES	YES
	Heat resistant Glass Ware	YES	YES	YES
	Glass Ware with metal decoration	NO	NO	NO
	Lead Glass	NO	NO	NO
China	Without metal decoration	YES	YES	YES
Pottery		YES	YES	YES
Plastic	Regular Oven Heat-proof Ware	YES	NO	NO
	Plastic Wrap	YES	NO	NO
Metal	Metal Baking Pan	NO	YES	NO
	Aluminium Foil	YES	YES	YES
Paper	Cups, Plates, Towels	YES	NO	NO
Waxed Paper		YES	NO	NO
Wood		NO	NO	NO

A variety of utensils and materials may be used for cooking in your microwave oven. For your safety and to prevent damaging utensils and your oven, choose appropriate utensils and materials for each cooking method. This list is a general guide to help you to select utensils and materials.

NOTES:

- *Aluminium foil should be used for shielding purposes only. Over use may cause arcing.
- *Arcing is denoted by a "snapping" or "cracking" noise and may be accompanied by bright flashes.
- *Do not use metal ties on any paper or plastic bags; the ties become hot and could cause a fire.

*When using cling film:

1. Make sure the film is not fitted skin tight.
2. Pierce film to allow steam to escape.
3. Never allow film to touch food as it may melt when food becomes hot.

HIGH AND VARIABLE POWER COOKING

This basic microwave cooking method allows you to cook food for a desired time. In addition to the maximum power level, you can select different microwave power from 5 levels, **80W** to **700W** for the foods that require slower cooking.

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

Manual Defrosting

For manual defrosting (without using Auto Defrost features), use **150W**. To speed up the defrosting of dense foods over 450g (1lb), the oven may start on full power for **1- 3 minutes**, then be reduced to **150W** until defrosting is complete.

NOTE:

The time increments for the "Down / Up" keys are as follows:

TIME	INCREMENT
0-5 min.	15 secs.
5-10 min.	30 secs.
10-30 min.	1 min.
30-90 min.	5 min.

Example: To cook at 450W for 1 min 30 secs

1.



Touch "Clear / Stop".

2.



Touch "Power" Key 3 times. The indicator above 450 lights up and the time prompt flashes.

3.



Touch "Down / Up" key until **1.30** is indicated in the display window.

4.



Touch "Start".

To set the variable cooking levels the Power key should be touched as follows:

800W	ONCE
700W	2 TIMES
450W	3 TIMES
300W	4 TIMES
150W	5 TIMES
80W	6 TIMES

POWER SETTING	SUGGESTED USE
80 W	Softening cream cheese.
150 W	Keeping foods warm, defrosting.
300W	Completing the cooking cycle of pot roasts. Completing the cooking cycle of some casseroles and stews. Baked custards and cheese cakes.
450W	Roasting meats.
700 W	Baking cakes. Reheating precooked foods.
800W	Boiling liquids. Baking fish, vegetables.

AUTOMATIC WEIGHT DEFROST

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry, or fish. A + and - adjust key is used to increase or decrease the defrosting time if necessary.

Pause This feature has a built-in pause mechanism to allow for checking and rearranging the food. The oven stops at the end of the first defrost period (about 1/4 of the total defrost time). If you do not open the door at the pause, the oven restarts after 2 minutes and commences the second defrost period.




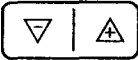

Auto Defrosting chart appears on page 18-19.

NOTE:

The weight increments for the "Down / Up" keys are as follows:

WEIGHT	INCREMENT
0.1 - 2.0 Kg	0.1 Kg
0.2 - 4.4 Lb	0.1 Lb

Example: To Defrost a 1.0 Kg food using adjust "+"

1.  Touch "Clear / Stop".
2.  Touch "Auto Defrost". The word "DEF" appears in the display window and the weight prompt flashes.
3.  Touch "Down / Up" keys until 1.0 Kg is indicated in the display window.
4.  Touch "+" key to increase defrosting time as desired. A Δ is indicated in the display window and the Start prompt flashes.
5.  Touch "Start".

Defrosting Tips





1. It is better to underestimate defrosting times if you are unsure. Food will continue to defrost during the standing time.
2. Separate food as soon as possible.
3. Turn large items, e.g joints, halfway through the defrosting time, or at pause.
4. Remove any thawed food as soon as possible.
5. Remove or open any packaging before defrosting.
6. Place food in a larger container than that which it was frozen in, this will allow for easy stirring.
7. Begin thawing poultry, breast side down and turn over halfway through defrosting time or at pause. Delicate areas such as wing tips can be shielded with small pieces of smooth foil.
8. Standing time is very important, particularly for large, dense foods which cannot be stirred to ensure that the centre is completely defrosted before cooking.

GRILL COOKING

This method is ideal for toasting bread or muffins. Remember the oven will be hot. Place all food on high grilling rack. Grill cooking time can be set to a maximum of 30 minutes.

Grill Cooking chart appears on page 20.

Example: Set oven to Grill for 15 minutes.

-  Touch "Clear / Stop".
-  Touch "Grill" key. The Grill indicator lights up and the time prompt flashes.
-  Touch "Down / Up" keys until 15.00 is indicated in the display window.
-  Touch "Start".

DUAL (MICROWAVE WITH GRILL) COOKING

This oven offers a choice of two Dual settings:


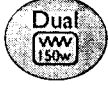


Grill with micro 150W.

Grill with micro 450W.

This function allows you to combine the advantages of the speed and convenience of a Microwave with the browning and crisping benefits of a Grill.

Dual cooking chart appears on page 20.

Example: Set Dual Cooking using Grill with Micro 150W for 10 minutes.

-  Touch "Clear / Stop".
-  Touch "Dual 150W" key. The Dual indicator and 150W lights up and the time prompt flashes.
-  Touch "Down / Up" key until 10.00 is indicated in the display window.
-  Touch "Start".






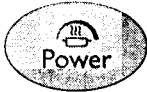


DELAY START COOKING

The Delay Start function allows the oven to be programmed to begin cooking at a pre-defined time.

NOTES:

- * A preset delay time must be less than 12 hours. Two Stage Cooking can be used with Delay Start.
- * Auto Weight Defrost cannot be used with Delay Start.
- * Fresh food should not stand at room temperature for over 4 hours prior to cooking.

Example: Set oven to start cooking on High Power at 7:30 for 5 minutes.

-  Touch "Clear /Stop".
-  Touch "Delay Start".
-  Touch "Down / Up" keys until 7: is indicated in the display window.
-  Touch "Delay Start".
-  Touch "Down / Up" keys until 7:30 is indicated in the display window.
-  Touch "Power" once. The 800W indicator lights up and the time prompt flashes.
-  Touch "Down / Up" keys until 5.00 is indicated in the display window. The start prompt starts to flash.
-  Touch "Start". The oven is now programmed to begin cooking at 7.30.

MULTI-STAGE COOKING

Multi-stage cooking is ideal for sequential cooking. It allows you to cook at different power levels and different cooking modes for a chosen time. All the stages should be set before starting the oven.


The following table shows the combinations possible when cooking with multi-stages:


1st	2nd	3rd
Micro	Micro	Micro
Micro	Micro	—
Micro	Micro	Grill
Micro	Micro	Dual
Micro	Grill	—
Micro	Dual	—


NOTE:


After Grill or Dual cooking, a Microwave setting is not possible.


Example: To set the oven to microwave on 450W for 10 minutes, and then Grill for 5 minutes.


1.  Touch "Clear / Stop".

2.  Touch "Power" key 3 times. The indicator above the 450 lights up and the Time prompt starts to flash.

3.  Touch "Down / Up" keys until 10.00 appears in the display window. The Start prompt flashes.

4.  Touch "Grill" key. The Grill indicator lights up and the Time prompt starts to flash.

5.  Touch "Down / Up" keys until 5.00 appears in the display window. The Start prompt flashes.

6.  Touch "Start".

DIRECT ACCESS

The Direct Access feature allows you to simply and automatically cook a range of popular foods. Your oven offers the following Direct Access programs: Beverages, Refrig. Meals, Pizza, Potatoes, Chicken Pieces, and Pork Chops.




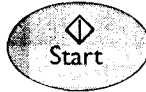
Operation is very easy. Simply touch the appropriate key the correct amount of times (see directions included in the chart), and touch start.

The +/- key can be used to adjust the end cooked results to personal taste. With time and practice it is possible to adjust the cooking time to produce food to personal preference. Always ensure food is piping hot before eating.

VERY IMPORTANT

For best results, please follow the guidelines in the Direct Access food chart on page 21.

Example: To cook by Direct Access a Frozen 400g Pizza, well done.

1.  Touch "Clear/Stop".
2.  Touch "Pizza" Direct Access 3 times. 400g is indicated in the Display Window. The indicator below Auto lights up and the Start prompt
3.  Touch "+" key to required degree. The Δ symbol in the display window lights
4.  Touch "Start".

Enter the required amount by touching the required key

BEVERAGES

Touch Key	To cook
Once	1 cup
Twice	2 cups
3 Times	3 cups
4 Times	4 cups

REFRIG. MEALS

Touch Key	To cook
Once	200g
Twice	300g
3 Times	400g

PIZZA

Touch Key	To cook
Once	100g
Twice	300g
3 Times	400g
4 Times	500g

POTATOES

Touch Key	To cook
Once	1 potato
Twice	2 potatoes
3 Times	3 potatoes
4 Times	4 potatoes

CHICKEN PIECES

Touch Key	To cook
Once	1 piece
Twice	2 pieces

PORK CHOPS

Touch Key	To cook
Once	1 chop
Twice	2 chops

QUESTIONS AND ANSWERS

OPERATION

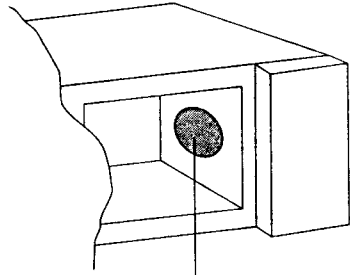
- Q.** What is wrong when the oven light does not function?
- A.** Either:
- The door is not firmly closed.
 - or:
 - The light bulb has burned out.
- Q.** Why does steam come out of the air exhaust vent?
- A.** Steam is normally produced during cooking. The microwave oven has been designed to allow this steam to escape.
- Q.** Can the microwave oven be damaged if it is operated empty?
- A.** Yes. Never operate the oven while empty or without the turntable positioned correctly on the roller rest.
- Q.** Why does noise sometimes come from the turntable when the oven is turned on?
- A.** This noise occurs when the turntable roller rest and cavity bottom are dirty. Frequent cleaning of these parts should eliminate or reduce the noise.
- Q.** Instructions for aluminium foil use are confusing. When should foil be used?
- A.** It should be used to shield portions of food from becoming overcooked or overdefrosted. Use small flat pieces of foil for shielding.
- Q.** Why is standing time recommended after the cooking operation has been completed?
- A.** Standing time is very important. With microwave cooking, the heat is in the food, not in the oven. Many foods build-up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.
- Q.** Why do sparks and crackling (arcing) occur in the oven?
- A.** There may be several reasons why sparks and crackling within cavity (arcing) occur.
- A dish with metal parts or trim is being used. (silver or gold).
 - A metal utensil has been left in the oven.
 - Too much metal foil is being used.
 - A metal twist-tie is present in the oven.
- Q.** Why does condensation appear in the oven ?
- A.** This is normal and occurs because the food is cooking faster than the moisture can be removed from the oven.

FOODS

- Q.** Why do eggs sometimes pop?
- A.** The egg yolk may pop because of a build-up of steam inside the membrane. To prevent this, pierce the membrane before cooking it.
CAUTION: Never microwave eggs in the shell since they may explode.
- Q.** Why are scrambled eggs sometimes a little dry after cooking?
- A.** Eggs dry out if they are overcooked. You may need to vary the cooking time for one of the following reasons:
- Eggs vary in size.
 - The initial temperature of the egg may vary depending on where it is stored.
 - The shape of cooking utensils vary, which makes it necessary to vary cooking time.
 - Eggs continue cooking during standing time.
- Q.** Why do baked apples sometimes burst during cooking?
- A.** The peel has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in regular cooking methods, the interior of the apple expands during the cooking process.
- Q.** How are liquids prevented from boiling over?
- A.** Use a larger utensil than usual for cooking. If you open the oven door or press Stop/Clear, the food will stop boiling.
- Q.** Why does the dish become hot when I microwave food in it?
- A.** As the food becomes hot it will conduct the heat into the dish. Use oven gloves to remove food after cooking.
- Q.** Does the density of a food affect its cooking time in the microwave ?
- A.** Yes. A dense food such as meat will take longer to cook, reheat or porous, light and airy food such as bread, puddings and cakes. This is because microwaves cannot penetrate as deeply into denser, heavier foods.

CARE AND CLEANING

Wipe any spills and splashes inside and outside the oven with a mild detergent solution, rinse, and wipe dry. Any food particles left on the inside of the oven, especially on the microwave outlet cover (see illustration opposite) may cause arcing or sparking due to carbonisation. Never use abrasive powders or pads.



Microwave Outlet Cover

REMOVABLE PARTS

- * The glass turntable can be removed for cleaning. Wipe up any spillage with a paper towel or cloth prior to removal of turntable.
- * Roller rest can be removed for easy cleaning.
- * After cleaning the control panel, touch "Stop / Clear" to clear any entries that may have been entered accidentally while cleaning the panel.

BEFORE CALLING SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the chart below and try the solutions marked for each problem.

If the microwave oven still does not work properly, contact the nearest SANYO SERVICE CENTRE.

PROBLEMS

Oven will not start	X	X	X						
Arcing or sparking				X				X	
Unevenly cooked foods				X	X		X		X
Overcooked foods							X		
Undercooked foods				X	X	X	X		
Improper defrosting				X			X		

POSSIBLE CAUSES

Is power cord plugged in ?

Is door closed ?

Cooking time not set.

Use microwave-safe cookware only.

Completely defrost food.

Turn or stir food.

Do not operate when empty.

Use correct time / cooking power level.

Check to see that ventilation ports are not restricted.

DEFROSTING INSTRUCTIONS USING 150W

Some foods such as bread and fruit, will not defrost successfully using the weight defrost. However these foods can successfully be thawed manually by using the "150W" power setting .

FOOD	PREPARATION	(150W)	STANDING TIME
BREAD			
Small loaf	Place on microwaveproof rack or kitchen paper. Turn over halfway through defrosting time.	8-10 min.	10-15 min.
Sliced large loaf	Place on microwaveproof rack or kitchen paper. Turn over halfway through defrosting time.	10-13 min.	10 min.
2 Slices	Place on kitchen paper	45-60 sec.	5 min.
1 bread roll	Place on kitchen paper.	45-60 sec.	5 min.
2 bread rolls	Place on kitchen paper.	1 -1½ min.	5 min.
CAKES AND PASTRY			
Gateau 450g/1 lb	Remove from packaging, place on plate.	9-11 min.	15-30 min.
Cheesecake 450g/1 lb	Remove from packaging, place on plate.	9-11 min.	15-30 min.
Pie (cooked) 450g/1 lb	Remove from packaging, place on plate.	7-9 min.	15-30 min.
Pastry 450g/1 lb	Remove from packaging, place on plate.	7-9 min.	15-30 min.
BUTTER			
250g/8.8oz (1 packet)	If foil wrapped, remove from wrapper and place on a plate.	3-4 min.	5-10 min.
FRUIT			
225g/8 oz Soft berry fruits	Place in a single layer in a shallow dish.	5-6 min.	5-10min.
450g/1 lb Soft berry fruits	Place in a single layer in a shallow dish.	7-8 min.	5-10 min.
PLATED MEAL			
400g/14 oz Plated meal	Cover with a plate or non P.V.C. cling film. To reheat, microwave on High for 3-4 minutes.	7-8 min.	5-10 min.
VEGETABLES			
	It is not necessary to defrost vegetables before cooking. All vegetables can be thawed and cooked on High .		

AUTOMATIC WEIGHT DEFROST CHART

FOOD	ADJUST KEY	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
BEEF				
Cubed	NO		Remove any thawed cubes and stir, ensuring that the frozen cubes are around the edge of the dish.	10-15 min
Minced	- (MINUS)		Remove any thawed portions and turn over.	5-10 min.
Beef Joint	+ (PLUS)	Place on an upturned saucer on a plate or on a microwaveproof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil from outer edges but leave on thin areas. Turn over.	30-40 min.
Steak	NO	If frozen in a block, separate as soon as possible. Shield outer edges with smooth pieces of foil.	Remove foil and turn over.	10-15 min.
LAMB				
Cubed	NO	Place in an even layer in a shallow dish.	Remove any thawed cubes and stir, ensure that the frozen cubes are around the edge of the dish.	10-15 min.
Chops/ Cutlets	NO	If frozen in a block separate as soon as possible. Arrange chops so the thinner ends are towards the centre of the turntable. Shield outer edges with smooth pieces of foil.	Remove foil and turn over.	10-15 min.
Lamb joint	+ (PLUS)	Place on an upturned saucer on a plate or on a microwaveproof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil and turn over.	30-40 min.
PORK				
Chops	NO	If frozen in a block, separate as soon as possible. Arrange chops so the thinner ends are towards the centre of the turntable. Shield thin areas and outer edges with smooth pieces of foil.	Turn over, shield outer edges and thin ends with foil.	10-15 min.
Sausages	- (MINUS)	If frozen in a block, separate as soon as possible. Shield both ends of the sausages with smooth pieces of foil.	Rearrange and remove any sausages that have thawed.	10-15 min.

AUTOMATIC WEIGHT DEFROST CHART (CONT.)

FOOD	ADJUST KEY	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
Bacon	- (MINUS)	Separate as soon as possible. Shield both ends of bacon with smooth pieces of foil.	Separate. Remove any thawed slices, arrange remaining slices in a single layer and shield both ends with smooth pieces of foil.	5-10 min.
Spareribs	NO	If frozen in a block, separate as soon as possible. Shield both ends with smooth pieces of foil.	Remove foil. Turn over, rearrange and remove any thawed pieces.	10-15 min.
Pork Joint	+ (PLUS)	Place on an upturned saucer on a plate or on a microwaveproof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil and turn over.	30-40 min.
CHICKEN				
Whole	+ (PLUS)	Use an upturned saucer on a plate or a microwave rack. Place chicken breast side down. Shield wings, legs and neck with smooth pieces of foil.	Remove foil. Turn over and shield warm areas with foil.	30-40 min.
Pieces	NO	Shield thin parts such as tips with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over, arrange so thicker parts are towards the outside of the dish.	10-15 min.
TURKEY				
Pieces	NO	Use a microwave rack or shallow dish. Shield thin parts with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over and shield any warm areas.	10-15 min.
FISH				
Fish fillets	NO	Use a shallow dish or microwaveproof rack. Arrange fillets in an even layer. If frozen in a block, separate as soon as possible. Shield tail and thin ends with smooth pieces of foil.	Remove foil, turn over, rearrange and arrange tail ends under thicker parts of fish.	5-10min.
Fish steaks	NO	Use a shallow dish or microwaveproof rack. Arrange steaks in an even layer. If frozen in a block, separate as soon as possible. Shield outer edges of steaks with smooth pieces of foil.	Remove foil, turn over and rearrange.	5-10 min.
Whole fish	NO	Use a shallow dish or microwaveproof rack. If more than one fish, arrange head to tail. Shield ends with smooth pieces of foil.	Remove foil, turn over and rearrange.	5-10 min.

GRILL COOKING CHART

Place all food on the high rack unless otherwise stated.

FOOD	QTY (WEIGHT)	COOKING TIME	SPECIAL NOTES
Toast	2 Slices	7-8 min.	
Cheese with Toast	4 Slices	10-12 min. 7-8 min. to toast. 3-4 min. with top.	
Bacon	4 (120 g)	11-13 min.	

NOTE: Turn all foods, halfway through cooking time.

When cooking meat place a dish on turntable under the grilling rack to catch any liquid.

DUAL COOKING CHART

Place all food on the high rack unless otherwise stated.

FOOD	QTY	POWER	COOKING TIME	SPECIAL NOTES
Bacon	4 (120g)	150W	8-10 min.	
Roast Beef (Boned)	1000g	450W	30-35 min.	Brush with oil. Season with salt and pepper. Allow 15-20 mins standing time after cooking.
Roast Pork (Loin)	1000g	450W	30-35 min.	Brush with oil. Season with salt and pepper. Allow 15-20 mins standing time after cooking.
Pork Chops	2 (300g)	150W	15 min. turn over 12 min-Grill only.	Brush with oil. Season.
Chicken Halves	1000g	150W	30-35 min.	Brush with oil. Season.
Chicken Legs	4 (500g)	150W	23-26 min.	
Roast Whole Chicken	1 (1350g)	450W	35-40 min.	Wash and dry chicken. Tie legs together with string. Brush with oil and seasoning. Place a heatproof dish on turntable to catch liquid. Place breast side down on Low Rack. Dual cook (450W) for 15-20 mins. Turnover and brush with oil and seasoning. Dual cook for 15-20 mins.
Hamburger frozen	4 (200g)	150W	14-16 min.	Turn over after 7-8 mins.
Sausages	12 (650g)	150W	14-16 min.	
Beef Steaks	2 (400g)	150W	16-19 min.	Brush with oil. Season.

NOTE: * When roasting beef or pork, place on low rack, over a heat proof dish to allow juices to drain.

* Shield thin parts and edges with foil as necessary after turning. Turn all foods halfway through cooking time.

* The above chart is a guide only, therefore please ensure food is piping hot before eating.

DIRECT ACCESS CHART

FOOD QUANTITY	START TEMP.	UTENSILS	PREPARATION BEFORE COOKING	AT PAUSE	AFTER COOKING	ADJUST +/-
Beverage						
e. g.milk, coffee, soup 1 cup =200mls 1,2,3 or 4 cups.	5-10°C 17-30°C	Cups	Do not cover. Arrange cups evenly around edge of turntable. When heating one cup place on edge of turntable.	No pause	Stir well	Adjust + Soup. Adjust - Milk
Refrig Meals (one item only) 200g,300g or 400g meal.						
	5°C (Chilled)	Plate	Remove outer packaging. Place container on plate. Follow the instructions on food regarding covering of foods. Place on turntable.	No pause	Stand 2 minutes.	Adjust + For compact foods which cannot be stirred e.g lasagne, Adjust - Puddings etc.
Pizza Frozen (Frozen) 100g, 300g, 400g, 500g.						
	-18°C	Low Rack	Remove from packaging. Place on low cook net. For best result ensure that topping is evenly spread on pizza.	No pause	No stand.	Adjust + Adjust - For cheese topped large pizzas or those with very little topping.
Potatoes Each potato approx. 225g each 1,2,3,or 4 potatoes.						
	20°C (room temp.)	Place directly on turntable.	Prick with fork in several places. Arrange evenly around edge of turntable. When cooking one potato place on edge of turntable.	No pause. Turnover halfway through cooking time.	Stand 2 minutes.	Adjust + For potatoes at a lower start temperature.
Chicken Pieces 1 piece = approx. 225g 1,2 pieces For chicken quarters, legs etc.						
	5°C (Chilled)	High Rack.	Wash and dry chicken. Brush with oil and seasoning. Place on high rack. Begin cooking skin down for best results. Place a heatproof plate on turntable to catch liquid.	Turnover.	Stand 2 minutes.	Adjust + For a well cooked finish. For very chilled pieces of chicken.
Pork Chops 1 chop = approx. 200g 1,2 chops						
	5°C (Chilled)	High Rack	Wash and dry chops. Brush with oil and seasoning. Place on high rack. Place a heatproof plate on turntable to catch liquid.	Turnover.	Stand 2 minutes.	Adjust + For a well cooked finish or for very chilled chops.

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