



INSTRUCTION MANUAL

EM-M100

Microwave Oven

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Read these instructions
carefully before using these ovens.
If you follow the instructions,
your microwave oven will
provide you with many years
of good service.

SAVE THESE INSTRUCTIONS

SPECIFICATIONS

Model	EM-M100
Power Consumption	1060W
Maximum Output	650W*
Oven Capacity	17.0 L
Turntable Diameter	275 mm
Dimensions (w x h x d)	461 mm x 250 mm x 346 mm
Weight (Approx.)	12.5 kg

*According to IEC-705 test procedures.

Specifications subject to change without notice.

PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- 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.
- Do not operate the microwave oven empty.
- Do not overcook food. A small quantity of food with low moisture content or high fat or sugar content can burn.
- Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
- 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.
- Do not heat narrow-necked containers, such as syrup bottles.
- Do not attempt to deep-fry in your microwave oven as the temperature of oil cannot be controlled.
- Do not heat cans. Transfer the contents into a microwave-safe dish before heating.
- 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.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Never interfere or tamper with 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 door sealing surfaces. Wipe the door sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- (c) When open, the door must not be subjected to strain; for example, a child hanging on the opened door or any load on it could cause the oven to fall forward, and the weight could also damage the door.
- (d) Do not operate the oven if it is damaged. It is particularly important that the oven door closes 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

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 using.
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 power at the fuse or circuit breaker panel.

Keep in mind the following rules at all times:

- a. 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.
- b. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. They may catch fire if turned on accidentally.
- c. Do not use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist-ties and remove before placing food in the oven.

3. 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.
4. 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.
5. As with any appliance, children should use the oven only under adult supervision.
6. Do not store or use this appliance outdoors.
7. Keep the oven away from heat and water sources. Exposure to heat and water can lower efficiency and lead to malfunctioning.
8. 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.
9. It is important to keep the door and the oven interior clean.
(See "Cleaning" instructions on back page.)

WARNING

- (a) Do not adjust or repair 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.
- (d) On no account remove or interfere with any parts or screws.
THIS COULD PROVE VERY DANGEROUS.

SAVE THESE INSTRUCTIONS

EARTHING INSTRUCTIONS

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 a earthing wire with a 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 any way.

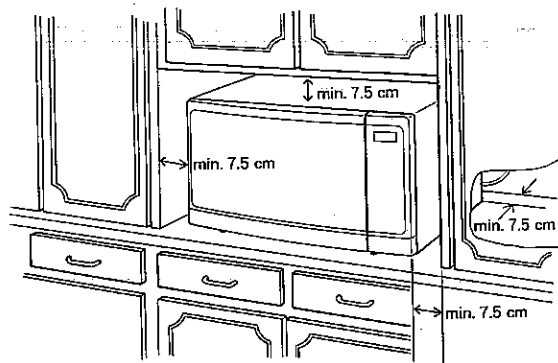
WARNING - Improper use of the earthing plug can result in electric shock.

INSTALLATION

Remove all packing material and accessories. Examine the oven for any damage such as dents or a broken door. Do not install if oven is damaged.

1. Select a level surface that provides enough open space (see illustration at right) for the inlet and/or outlet vents.
 - Leave a minimum clearance of 7.5 cm above the oven.
 - Do not remove the legs from the bottom of the oven.
 - Blocking the inlet and/or outlet openings can damage the oven.
 - Do not install oven over a range, cooktop or other heat-producing appliance.
 - Place the oven as far away from radios and T.V.'s as possible.
 - When the cabinet is covered with a protective film, remove the film to fully show the intended colour and finish.
2. Plug your oven into a standard household outlet. Be sure that your microwave oven is the only appliance on the circuit.

When installing in a "Built-in" situation, you must allow a minimum of 7.5 cm on each side and the top and at the back of the microwave oven for ventilation. Failing to do so might cause damage to the microwave oven.

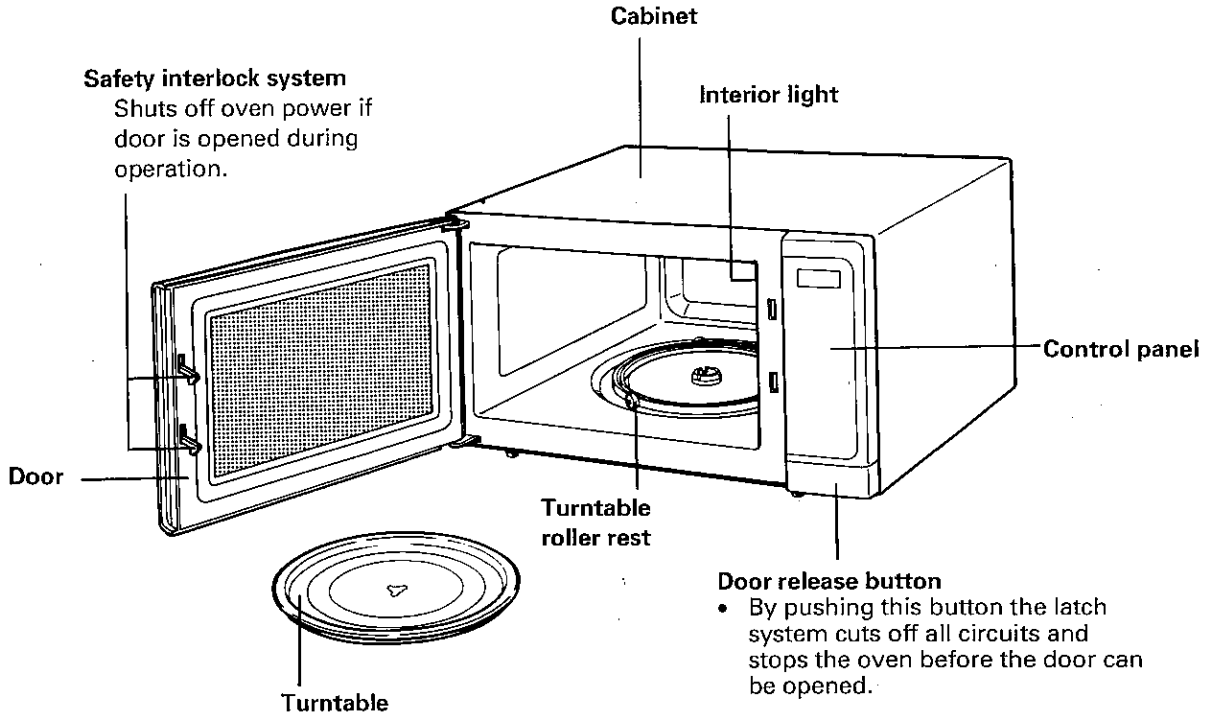


A minimum clearance of 7.5 cm is required between the oven and any adjacent walls including the back wall.

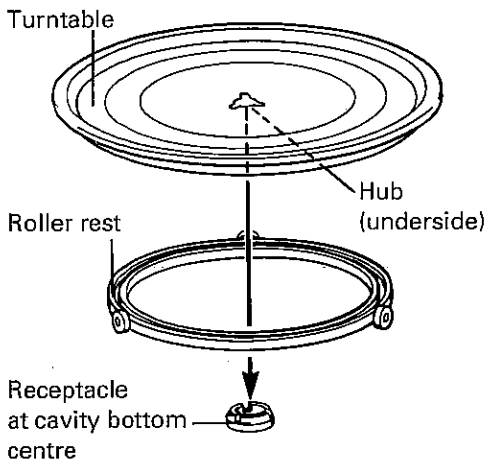
NAMES OF OVEN PARTS AND ACCESSORIES

Remove the oven and all materials from the carton.
Your oven comes with the following accessories:

Turntable	1
Turntable roller rest	1
Instruction Manual	1

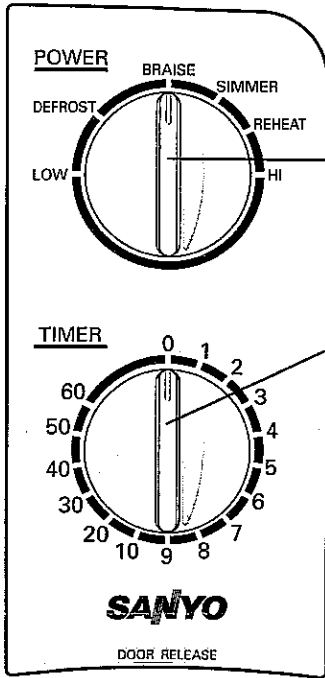


TURNTABLE INSTALLATION



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 receptacle. **Never place the turntable upside down.** The turntable rotation should never be restricted.
- 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 or counterclockwise; this is normal.

OPERATING INSTRUCTIONS



1. Open the door and place the food on the turntable in the oven. Then shut the door.

2. Set the Variable **POWER** selector to the desired power level.

3. Set the **TIMER** to the desired time. The oven begins cooking. A single ring will sound at the end of the set time and the oven will turn off.

REMEMBER:

- When cooking for less than 2 minutes, turn the **TIMER** for a longer period and then return to the desired time.
- To turn off the oven during cooking, simply turn the timer to 0; otherwise the microwave will continue to operate.

CAUTION:

- After use, be sure to return the timer to 0 or the oven will continue to operate.

POWER SETTING GUIDE

Power Level	Cooking Example
LOW	<ul style="list-style-type: none"> • Softening cream cheese. • Keeping foods warm.
DEFROST	<ul style="list-style-type: none"> • Thawing meat, poultry and seafood.
BRAISE	<ul style="list-style-type: none"> • Cooking less tender cuts of meat in liquid or slow cooking dishes. • Completing the cooking cycle of less tender roasts.
SIMMER	<ul style="list-style-type: none"> • Baked custards and cheese cakes. • Roasting meats.
REHEAT	<ul style="list-style-type: none"> • Baking cakes. • Reheating precooked food.
HI	<ul style="list-style-type: none"> • Boiling liquids. • Cooking fish, vegetables. • Preheating a browning dish.

UTENSILS

MATERIALS YOU CAN USE IN MICROWAVE OVEN

Utensils	Use	Remarks
Aluminium foil	Shielding	Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 2.5 cm away from oven walls. Do not cover food completely with aluminium foil.
Browning dish	Searing meats	Follow manufacturer's instructions. The bottom of browning dish must be at least 5 mm above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Reheating and short-term cooking	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Warming	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Cooking	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Cooking	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Short-term warming and cooking	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Reheating and short-term cooking	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Cooking	Use as a cover to prevent spattering or a wrap for steaming.
Plastic	Reheating and short-term cooking	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe." Some plastic containers soften as the food inside gets hot.
Plastic wrap	Cooking	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Cooking	Microwave-safe only (meat and candy thermometers).
Wax paper	Cooking	Use as a cover to prevent spattering and to retain moisture.

MATERIALS TO BE AVOIDED IN MICROWAVE OVEN

Utensils	Remarks
Aluminium tray	Aluminium tray may cause arcing. Transfer the food into a microwave-safe dish before cooking.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	They may cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam cups	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

UTENSIL TEST: Fill a microwave-safe container with 1 cup of cold water (250 mL) and place it in the oven along with the utensil in question. Cook on HI power for 1 minute. Carefully feel the utensil. If the empty utensil is warm, it should not be used for microwave cooking. **Do not exceed 1 minute testing time.** This test cannot be used for plastic containers.

CAUTION:

Make sure that closed containers are opened and plastic pouches pierced before cooking. Tightly-closed utensils could explode.

CLEANING

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis — more often if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

REMOVABLE PARTS

The following parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. Never use cleaning powders, steel wool or rough pads.

- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The turntable roller rest should be cleaned regularly.

SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe them often with a mild detergent. Then rinse and wipe dry. Never use cleaning powders or rough pads.

BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, check your problems before contacting the nearest authorized service centre.

PROBLEM	POSSIBLE SOLUTION
If the interior lamp does not light when the timer knob is set.	1. Make sure that the mains lead is securely plugged in. 2. Make sure that the door is properly closed.
If the lamp inside lights but the food is not heated.	1. Make sure that the food is not completely covered with metal container or aluminium foil.
Noisy operation	1. Make sure that sparks are not being produced due to the use of metal utensils.

For your protection in the event of theft or loss of this product, please fill in the information below :

Model No.

(Located on cavity front)

Serial No.

(Located on cavity front)

Date of Purchase

Purchased Price

Where Purchased

SANYO

SANYO Electric Co. Ltd.

7/96 Printed in Singapore

Code No. 432-6-414S-06100