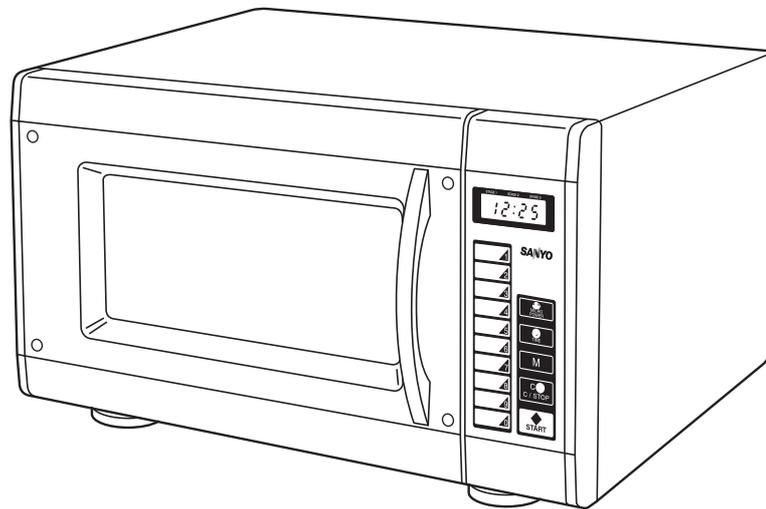


Commercial Microwave Oven



Power Source	230V AC, 50Hz
Max. Output Power	1000 Watts
Cavity Size	0.8 cu-ft
Overall Dimensions (WxDxH)	520mm x 412mm x 296mm
Net Weight	Approx. 17 kgs

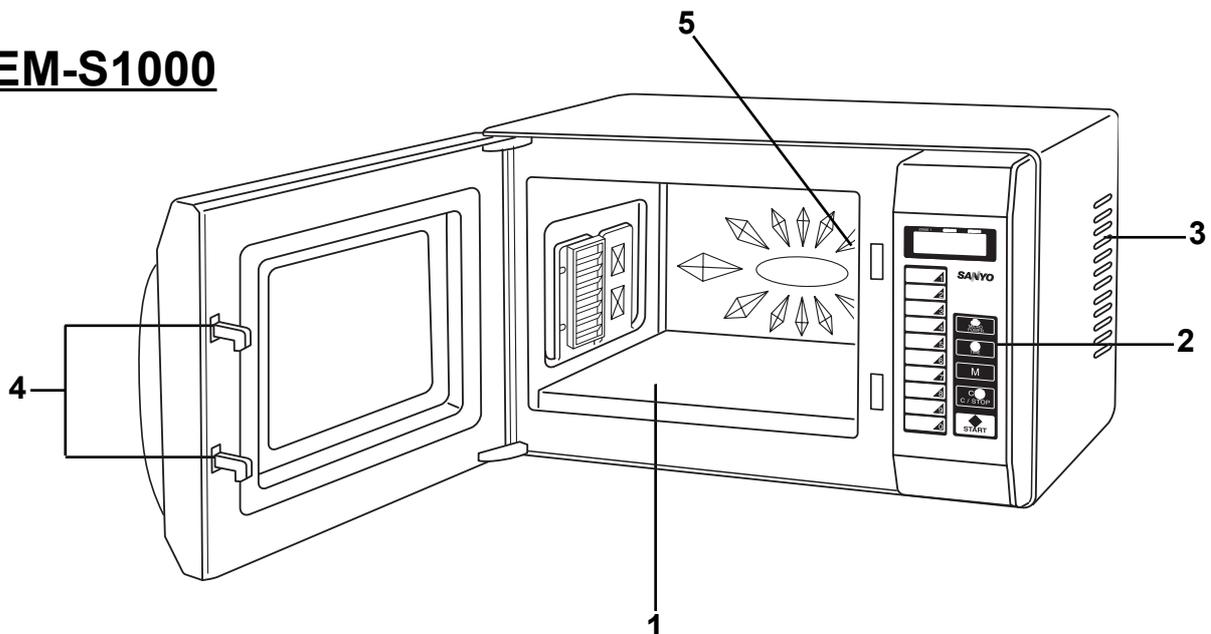
Read these instructions carefully before use.
If you follow these instructions, your Microwave Oven will serve you long and well.

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DESCRIPTION OF OVEN PARTS

EM-S1000



1. CERAMIC TRAY
2. CONTROL PANEL
3. VENTS
4. SAFETY INTERLOCK SYSTEM
5. CAVITY COVER

INSTALLATION

CONNECTING TO THE MAINS

Before you use your oven, check that the voltage shown on the data label located on the face of the oven confirms with your mains supply. The mains lead is fitted with a non-removable moulded-on 13 amp plug containing a 13 amp fuse. If the fuse requires replacing at any time, the fuse cover should be removed using a small screwdriver to lever it out. The old fuse should be replaced by a 13 amp ASTA approved BS1362 fuse and the fuse cover must be refitted before the plug is used again.

If the plug supplied on the mains lead is not suitable for the socket in your home, it should be cut off and disposed of safely, or destroyed, to avoid any possible shock hazard resulting from the plug being inserted into a 13 amp socket elsewhere in the house. A suitable replacement plug should then be fitted as given below. (If a 13 amp plug and socket are not used, the circuit supplying the oven should contain a 13 amp fuse.)

If the fuse cover is lost or damaged, the plug must not be used until a replacement is obtained. Replacement fuse covers are available from Sanyo Service Centres. It is important that the colour of the replacement fuse cover corresponds with the coloured insert or as embossed in words on the base of the plug.

WARNING - THIS APPLIANCE MUST BE EARTHED

IMPORTANT The wires in this mains lead are coloured in accordance with the following code:

Green-and-yellow: Earth. Blue: Neutral. Brown: Live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol  or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red.

FUSE The appliance must be protected by a 13-amp fuse, fitted to the 13-amp mains plug (BS1363).

POSITIONING THE OVEN

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 the malfunctioning, therefore a minimum of 5 cm is required above, to each side and to the rear of the oven.
4. This oven conforms to EEC Radio interference Directive 87/308/EEC, however some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.
5. A minimum free space of 17 cm above the oven should be present.

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

HOW TO USE YOUR MICROWAVE OVEN SAFELY (Important)

Although your oven is provided with safety features, it is important to observe the following:

1. Do not tamper with safety interlocks.
2. 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.
3. 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.
4. If any damage is apparent, do not operate the oven. Contact your nearest SANYO SERVICE CENTER.
5. Utensils should be checked to ensure that they are suitable for use in microwave oven.
6. If smoked is observed, switch off or unplug the appliance and keep door closed in order to stifle any flames.

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 and does not affect the safety of your oven. The door is not intended to seal the oven cavity completely but its special SANYO design contributes to the complete safety of the appliance.

WARNING

1. Do not heat foods or liquids in bottles or jars with lids on. Air must be allowed to escape from the container.
2. Milk or food for babies should be heated on POWER LEVEL 4. It should then be stirred thoroughly and tested to ensure that it is at the correct temperature before giving it to the baby.
3. When boiling water or other liquids, be sure to use a wide mouthed container, this will allow air bubbles to escape freely and prevent boiling over. Overheating the liquid beyond boiling point can occur without the evidence of boiling. This could result in a sudden boil over of the hot liquid.
4. Do not attempt to operate the oven while empty as this will cause damage.
5. Do not deep fry in the microwave oven as the temperature of the oil cannot be controlled and it may over heat.

6. It is important to keep the oven interior clean. Food particles left on the oven walls reduce the efficiency of the microwaves.
7. Never completely seal containers in the microwave oven. Coverings are necessary but containers must not be airtight.
8. Do not cook eggs in their shells or reheat hard boiled eggs in their shells because they will explode. Puncture the membrane around the yolk before cooking eggs. This prevents the yolk swelling faster than the membrane and the egg exploding when heated quickly.
9. Small quantities of food with low moisture content or high fat or sugar content can burn, dry out or catch fire if cooked or re-heated too long. Please note that the heating/cooking period required is extremely short: for example it only takes approximately 15 seconds to heat one mince pie or similar. In the unlikely event of a fire occurring, turn off the oven and its electrical supply, pull out the plug, but **KEEP THE OVEN DOOR CLOSED.**
10. Always pierce food which has a skin or membrane, for example, potatoes, tomatoes, apples, sausages etc. If you don't pierce them steam will build up inside and they may explode.
11. When disposable containers of plastic, paper or other combustible materials are used to reheat food, it is advisable to check from time to time during the cooking cycle.
12. If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
13. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.
14. Microwave heating of beverages can result in delayed eruptive boiling therefore care has to be taken when handling the container.
15. Feeding bottles and baby food jars shall be open when heated and the contents are to be stirred or shaken, and the temperature is to be checked before consumption, in order to avoid burns.
16. Liquid and other foods must not be heated in sealed containers since they are liable to explode.

HOW TO USE YOUR MICROWAVE OVEN SAFELY (cont.)

Although your oven is provided with safety features, it is important to observe the following:

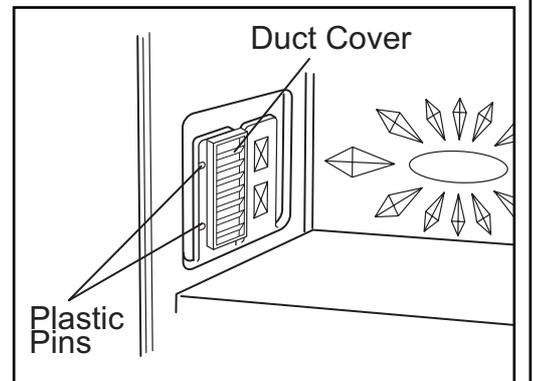
- a) It is important not to defeat or tamper with safety interlocks.
- b) Do not place any object between the oven face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- c) When opened, the door must not be subjected to strain, for example, a child hanging on an open door or any load which could cause the oven to fall forward and cause injury and damage the door. Do not operate the oven if it is damaged, until it has been repaired by a qualified person. It is particularly important that the oven door close properly and that there is no damage to the:
 - i) Door (bent), ii) Hinges and Latches (broken or loosened), iii) Door seals and sealing surfaces.
- d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

CARE OF YOUR MICROWAVE OVEN

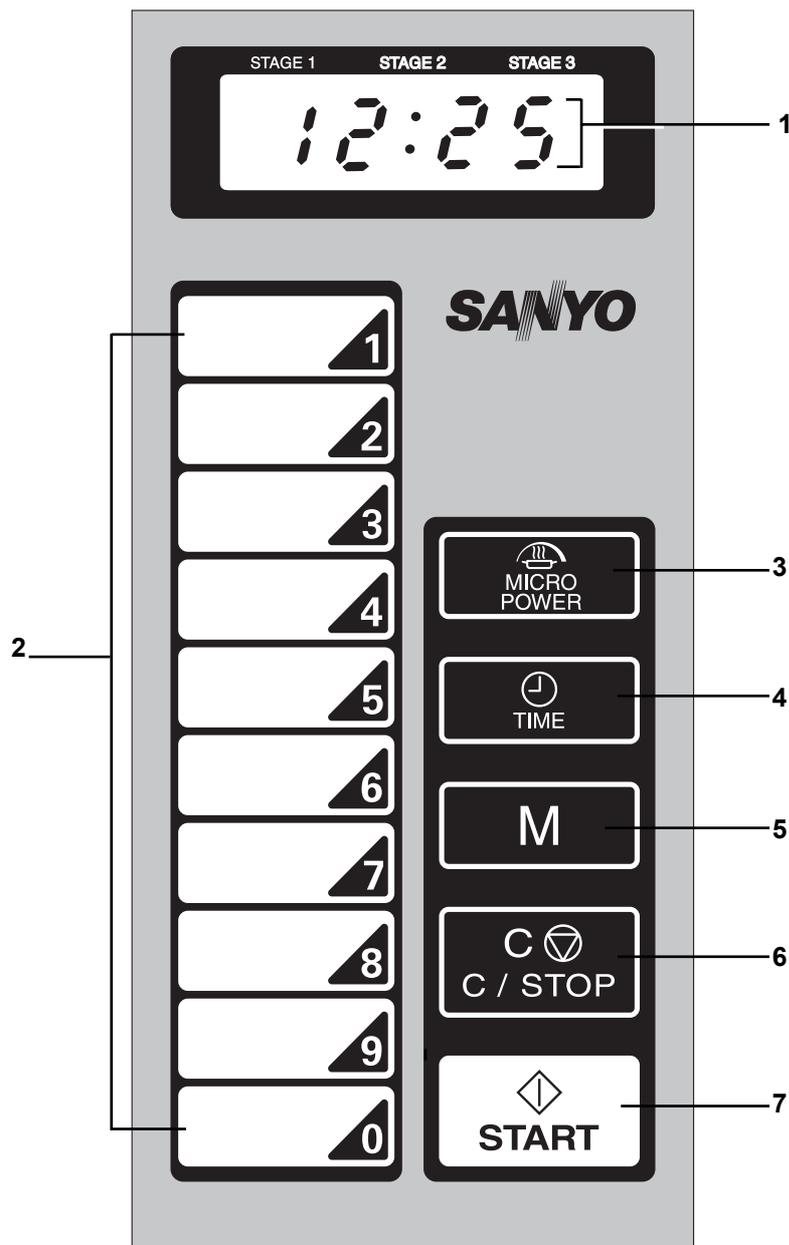
1. Disconnect the AC plug from the outlet before cleaning.
2. Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
3. The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation slots.
4. If the Control Panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.
5. If steam accumulates on both sides of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and this is not an indication of a malfunction in the unit.

How to clean the exhaust opening

1. Remove the two plastic pins and take off the duct cover.
2. Wipe any spills and splashes on the surface of the exhaust opening with a mild detergent solution, rinse and wipe dry. Wash the duct cover in mild sudsy water, rinse and wipe dry.
3. To reassemble, place the duct cover in position and push in the pins firmly.



OVEN CONTROL PANEL



DISPLAY:

1. **LED Display** - Cooking time, power level, function indicators are displayed.

KEYS:

2. **Program Selection Keys** - The unit is ready to begin operation as soon as the heating time has been programmed, using these ten keys (numbered 1 to 0). The time selected will be displayed, and "counts down" after the process has begun. For determining power output and cooking time during programming.

3. **Power Key** - For entering the desired power output into the unit memory.
4. **Timer Key** - For entering the desired cooking time into the units memory.
5. **Memory Key** - For entering the desired power output and cooking time.
6. **Clear Key** - For cancelling setting, interrupting the setting process when a mistake has been made, or stopping cooking before completion of the cooking process.
7. **Start key** - For timer cooking. For start of programmed cooking.

MICROWAVE OVEN COOKING KNOW-HOW

1. Cooking times with quantity

Input the cooking time that is appropriate to the quantity of foods being prepared. When heating double or triple quantity, use the appropriate multiple-quantity key.

Note: Before use, the user should check that utensils are suitable for use in microwave oven. (Please refer to pg.14)

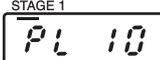
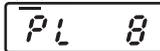
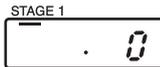
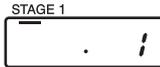
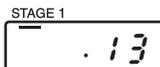
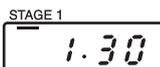
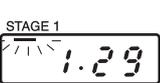
2. Hints for even cooking

Turn bulky foods over (180 degrees) halfway through the cooking. When cooking two or more items, rotate them halfway through the cooking. When cooking foods with parts of different thicknesses, protect the thinner, faster-cooking part with aluminum foil halfway through the cooking to protect them from overcooking. When cooking soups or sauces, stir them (once or twice) halfway through the cooking.

OPERATING INSTRUCTIONS (1)

TIMER (MANUAL) COOKING

- 1) Connect AC cord to power outlet.
- 2) Open the door. The oven lamp will turn on.

	Operational flow	Display Window
1.	Put food in suitable containers on the ceramic or glass tray in the oven cavity and close the door. The oven lamp will go out.	 "0" will appear on the display
2.	 Touch "Power" Key	 "PL 10" and a bar under Stage 1 will appear on the display.
3.	 Input POWER level 8 with the PROGRAM keys Touch: number "8".	 "PL 8" will be displayed.
4.	 Touch "Time" key	 ". 0" will appear on the display.
5.	 Input the desired time with the PROGRAM keys. Touch number "1" of the desired 1 minute 30 seconds.	 "1" will appear on the display.
6.	 Touch number "3"	 "3" will appear on the right of "1", "13" shows in the display window.
7.	 Touch number "0"	 "1.30" then shows in the display window.
8.	 Touch Start Key	 Cooking starts and the bar under Stage 1 blinks.
9.	Cooking time ends. Remove the food from oven.	 The "beep" tone sounds, "0" will show. The oven lamp will go out.

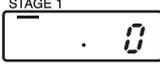
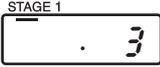
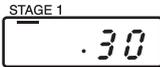
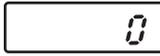
Note: When you operate Max Power, it is not necessary to touch "Power" key. Max power operation will automatically be selected so you can omit operations 2 and 3. Max input time is ten minutes.

OPERATING INSTRUCTIONS (2)

USING THE PROGRAM KEY FOR MEMORY STORAGE

1. Programmed (1-Stage) Cooking at maximum power.

(Example) To program the following on program No. 3: (Power Level ...max power for 30 seconds.)

	Operational flow	Display Window
1.	 Touch "Memory" Key (1st time)	 "0" will appear on the display
2.	 Touch "Memory" key (2nd time)	 No change
3.	 Touch PROGRAM key number "3"	 No change
4.	 Touch "Time" key	 The bar under Stage 1 and lower colon will appear on the display.
5.	 Input the operating time with PROGRAM keys First, touch number "3"	 The "3" will appear on the display
6.	 Then touch number "0"	 The "0" will appear behind the "3"
7.	 Then, touch "Memory" key.	 "0" will appear on the display

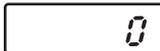
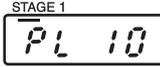
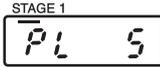
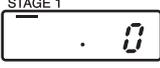
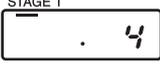
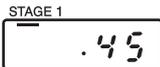
Note: The oven will automatically select max. power first. To select a lower power for memory stage, see next page.

OPERATING INSTRUCTIONS (3)

USING THE PROGRAM KEY FOR MEMORY STORAGE

1. Programmed (1-Stage) Cooking at lower power level.

(Example) To program the following on program No. 4: (Power Level 5 for 45 seconds.)

	Operational flow	Display Window
1.	 Touch "Memory" Key (1st time)	 "0" will appear on the display
2.	 Touch "Memory" key (2nd time)	 No change
3.	 Touch PROGRAM key number "4"	 No change
4.	 Touch "Power" Key	 The bar under Stage 1 and " PL 10" will appear on the display.
5.	 Input "power level 5" with PROGRAM key Touch number "5"	 "PL 5" will appear on the display.
6.	 Touch "Time" key	 Lower colon and "0" will appear on the display.
7.	 Input the operating time with the PROGRAM keys. Touch number "4"	 The "4" will appear on the display
8.	 Then, touch number "5"	 The "5" will appear behind the "4". "45" then shows in the display window
9.	 Then, touch "Memory" key	 '0" will appear on the display.

OPERATING INSTRUCTIONS (4)

HEATING METHOD

1. Ordinary Use

(Example) When program No. 3 is programmed as:

First stage (Max power for 30 seconds.) and Second stage (Power Level 2 for 1 min.)

	Operational flow	Display Window
1.	Place food in oven	 "0" will appear on the display
2.	 Touch PROGRAM key number "3" (Heating Starts).	 Stage 1 bar blinks. Stage 2 bar & lower colon lights. Heating time "30" will show and count down.
		 After 1st stage is completed, Stage 2 bar binks. Heating time "1.00" will show and count down.
3.	Cooking time ends Remove the food from oven.	 The "beep" tone sounds, "0" will show.

POWER LEVEL LIST

POWER LEVEL (Input figure)	POWER (W)	Max. Input time	
	EM-S1000	Manual Set	One Touch Course
max power (no input)	1000	10 min. 00 sec.	6 min. 00 sec.
9	900	“	“
8	800	“	“
7	700	“	“
6	600	“	“
5	500	30 min. 00 sec.	30 min. 00 sec
4	400	“	“
3	300	“	“
2	200	“	“
1	100	“	“
0	0	“	“

NOTE:

1. A “beep” tone sounds whenever any key is touched.
2. If the desired numeral is not displayed, touch “Clear” and restart (procedures) from the beginning.
3. If an operating time over the Max, input time is selected, subsequent key operation is impossible.
4. To enter 1 minute (60 seconds) input “100”.
5. The storing process is completed by touching “Memory” key.
If “Memory” key is not touched, the new settings will not be stored and the previous memory information will be retained.

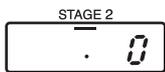
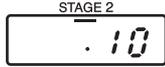
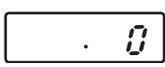
PROGRAM (2-STAGE) COOKING

1. Programmed (2 Stage) Cooking

(Example) To program the following on program No. 3:

First stage (Max power for 30 seconds.) Second stage (Power Level 2 for 10 minutes.)

Operating flow 1-6 of 1-stage cooking, then: (see page 8)

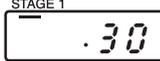
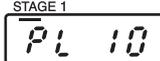
	Operational flow	Display Window
7.	 Touch "Power" Key	 Stage 2 bar lights and "PL10" will appear in the display.
8.	 Input POWER level 2 with the PROGRAM keys Touch : number "2"	 "PL 2" will appear in the display.
9.	 Touch "Time" key	 Lower colon lights and "0" will appear in the display.
10.	 Input the desired time with the PROGRAM keys Touch number "1" of the desired 10 minutes	 "1" will appear on the display
11.	 Touch number "0"	 "0" will appear on the right of "1", "10" shows in the display window
12.	 Touch another "0"	 "100" then shows in the display window
13.	 Touch another "0"	 "1000" then shows in the display window
14.	 Touch "Memory" key (ending input)	 "0" will appear on the display.

PROGRAM (2-STAGE) COOKING (cont.)

2. Confirmation of Memory

(Example) When program No.3 is programmed as:

First stage (Max power for 30 seconds.) Second stage (Power Level 2 for 10 minutes.)

	Operational flow	Display Window
1.	Open door	 "0" will appear on the display
2.	 Touch number "3"	 Stage 1 bar lights. Programmed No. 3 Input Time 30 sec. (" .30") will appear on the display. After 2 sec., Input Power Level "PL 10" will appear for 2 sec. and then return to input time. 
3.	 Touch another "3"	 Stage 2 bar lights. Programmed No. 3 Input Time 10 min. ("10.00") will appear on the display. After 2 sec., Input Power Level "PL 2" will appear for in 2 sec. and then return to input time. 
4.	 Touch "Clear" key	 The "0" will appear on the display.

NOTE:

1. Touch "Clear" key after confirming the contents of the units memory.
2. If you wish to change a program memory, touch the "Memory" key twice and then input again as shown in pages 10 - 14.

PRECAUTIONS WHILE HEATING

1. Checking foods during cooking

When it is necessary to open the door while food is cooking, the cooking program is automatically suspended, the display remains lit and remaining time is displayed.

2. Resuming cooking after checking

To resume cooking after opening the door to check food, close the door and touch "Start" key.

3. Stopping cooking time

The cooking time may be stopped at any time by touching the "Clear" key.

4. Cooking time for double quantity

The cooking time for double quantity is 1.7 times the cooking time for one quantity.

5. Cooking time for triple quantity

The cooking time for triple quantity is 2.3 times the cooking time for one quantity.

6. Limitations on multiple-quantity cooking

When more than "Power Level 6" is being used, the maximum heating time is 12 minutes. When less than "Power Level 5" is being used, the maximum heating time is 60 minutes.

Max. input time				
Power Level	Double quantity		Triple quantity	
	Max input time	Heating time	Max input time	Heating time
6- 10	6 min. 00 sec.	10 min. 12 sec.	5 min. 13 sec.	12 min. 00 sec.
1 -5	30 min. 00 sec.	51 min. 00 sec.	26 min. 05 sec.	60 min. 00 sec.

USABLE COOKING UTENSILS AND MATERIALS

OVENPROOF GLASS

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

CHINA

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

POTTERY

Dishes, cups, mugs and bowls.

PLASTIC

Plastic wrap (cling film) may be used as a cover. Lay the plastic wrap loosely over the dish and press it to the sides. The dish should be deep enough so that plastic wrap will not touch the food, also the film should be pierced to allow steam to escape. As the food heats, it may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, semi-rigid freezer containers, and plastic bags are usable for short cooking operations. Use with care as some softening of the plastic can occur due to heat from the food.

Not suitable for microwave cooking

METAL UTENSILS

Metal utensils are not recommended because the metal shields the food from microwave energy on the bottom and sides, causing uneven cooking result. Metal utensils will also cause arcing and damage to the appliance.

METAL DECORATION

Metal-trimmed or banded dinnerware, casseroles, etc., should not be used, the metal trim may cause arcing.

ALUMINIUM FOIL

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

WOOD

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

OTHER

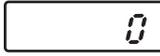
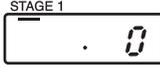
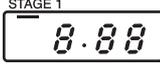
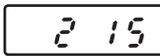
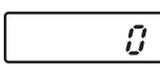
Avoid using cracked, flawed, or defective utensils, including ovenproof glassware.

CAUTION:

DO NOT USE METAL TIES ON ANY PAPER OR PLASTIC BAGS; THE TIES BECOME HOT AND COULD CAUSE A FIRE.

CHECKING ACCUMULATIVE COOKING TIME, NUMBER OF DOOR OPERATIONS AND CONTROL OF THE BUZZER SOUND (DOOR MUST BE CLOSED)

Display shows accumulative cooking time or the number of door operations by key operation. Also, you can change any remaining cooking time, buzzer sound or buzzer volume.

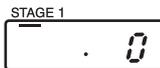
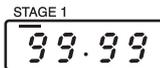
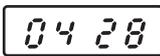
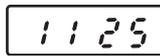
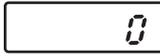
	Operational flow	Display Window
1.	 Touch "Clear" key	 "0" will appear on the display
2.	 Touch "Time" key	 Stage 1 bar & lower colon lights.
3.	 Touch number "8" three times	 The "8.88" will appear on the display.
*	Stages 1 to 3 are the same for all options. Input the 4th digit as follows to check or change the modes.	
4.	 Input one of the following options (1.0) using the course key.	 EG Input "1" (accumulative cooking time)
5.	 Touch "Start" key	 All 4 digits will be flashing.
6.	 Touch "Start" key again	 The number "2:15" shows total cooking hours OR
		 In case where options other than 1 or 2 were selected in stage 4, "0" appears on display confirming that the new setting has been accepted.
7.	 Touch "Clear" key	 In case of option 1 or 2, the "C" key must be pressed to clear the display. (Not necessary for options 3 to 0)

The following modes can be selected by inputting one of the numbers below at the operation stage "4"

INPUT OPTIONS

- | | |
|------------------------------------------------------------------------------------------|-----------------------------------------|
| 1... Accumulative cooking time | 6... The tone of the buzzer. (Peep) |
| 2... The number of door operations. (100 times) | 7... The volume of the buzzer. (None) |
| 3... Indication of remaining cooking time (when cooking is interrupted by door opening). | 8... The volume of the buzzer. (medium) |
| 4... To cancel remaining cooking time. | 9... The volume of the buzzer. (None) |
| 5... Tone of the buzzer on cooking completion (Pip, Pip, Pip) | 0... The volume of the buzzer. (None) |

HOW TO CONFIRM THE FREQUENCY OF EACH COURSE USED

	Operational flow	Display Window
1.	 Touch "Clear" Key	 "0" will appear on the display.
2.	 Touch "Time" key	 Stage 1 bar & lower colon lights.
3.	 Touch number "9" four times	 The "99.99" will appear on the display.
4.	 Touch "Start" key	 The "99.99" will start flashing.
5.	 Touch "Start" key again	 Display shows number of times course 1 has been used, ie 428 times used.
6.	 Touch "Start" key again	 Display shows number of times course 2 has been used, ie 1125 times used.
*	By touching Start key it is possible to check all 10 course memory functions.	
7.	 Touch "Clear" key	 The "0" will appear on the display.

NOTE:

The cancellation for the used No. can be done by inputting "0" when the display shows the number of times used. When display shows "0000" flashing touch "Memory" key to finish the cancellation procedure.

CARE AND CLEANING

Wipe any spills and splashes inside and outside the oven with a mild detergent solution, rinse, and wipe dry. Do not use the alkaline detergent. Any food left in the oven could possibly cause arcing due to carbonisation. Never use abrasive powders or pads.

WHAT TO DO IF REPAIRS ARE NEEDED

1. Get in contact with your nearest SANYO SERVICE CENTER. It is dangerous for anyone other than a properly qualified service engineer trained by SANYO to carry out adjustments or repairs.
2. If the supply cord is damaged, it must be replaced by a SANYO SERVICE CENTER, as a special prepared cord is required.
3. On no account remove or interfere with any parts or screws. "THIS COULD PROVE VERY DANGEROUS". Make the following simple check before contacting a SANYO SERVICE CENTER.
 - If the interior lamp does not light when the oven timer is set:
 - a. Make sure that the mains lead is securely plugged in.
 - b. Make sure that the door is properly closed.
 - If the lamp inside lights but the food is not heated:
 - a. Make sure that the food is not completely covered with a metal container or aluminium foil.
 - Noisy operation:
 - a. Make sure that sparks are not being produced due to the use of metal utensils.
 - b. Make absolutely sure that the contents of the oven are not touching the oven roof.

