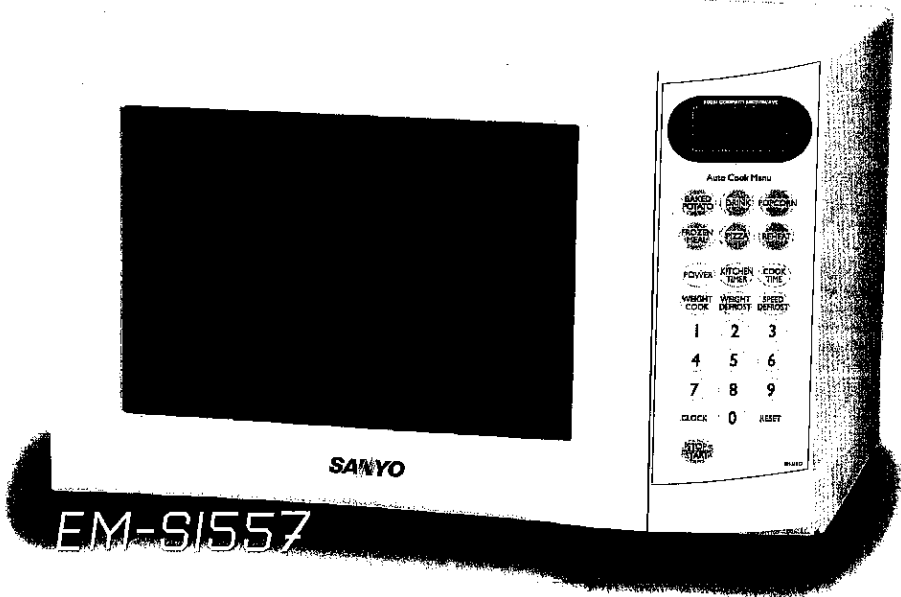


SANYO

Living Technology

Microwave Oven User Guide



Read these instructions carefully before use.

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

ATTENTION!

THE OVEN CAVITY SHOULD BE CLEANED AND WIPED DRY AFTER EACH USE. THE OVEN SHOULD NOT BE USED IF ANY WATER OR MOISTURE REMAINS IN THE CAVITY.

ROLLER REST AND GLASS TRAY SHOULD NOT STAND IN WATER.

DUE TO HIGH MOISTURE CONTENT OF CERTAIN FOODS SUCH AS POTATOES, IT IS IMPORTANT THAT THE OVEN IS WIPED CLEAN AFTER EACH USE.

- 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 oven and retain this information for future reference.

SERIAL NO.

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SPECIFICATIONS

Power Source	230-240V, 50Hz
Maximum Output Power	800 W*
Oven Capacity	0.6 cu. ft. (17L)
External Dimensions (W x D x H)	458 x 355 x 295 mm
Net Weight	13.7 Kg

*According to IEC 705 test procedures.

HOW TO USE YOUR OVEN SAFELY

1. 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 bubbling. This could result in a sudden boil over of the hot liquid.
2. Do not attempt to operate the oven while empty as this will cause damage.
3. Do not deep fry in the microwave oven as the temperature of the oil cannot be controlled and it may overheat.
4. Never completely seal containers in the microwave oven. Coverings are necessary but containers must not be airtight.
5. 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.
6. 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.
7. 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.

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.

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.
- 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.
- e. Children may use the appliance only without supervision as long as instructions had been given which enables the child for safe operation and makes the child aware of the dangers of false operation.

OTHER IMPORTANT SAFETY INSTRUCTIONS

The following safety precautions should be followed when using this appliance:

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.
- Disconnect the power cord or shut off the power at the mains.

Other important safety points to remember are:

1. 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.
2. It is important to keep the oven interior clean. Food particles left on the oven walls reduce the efficiency of the microwaves.
3. Do not heat foods or liquids in bottles or jars with lids on. Air must be allowed to escape from the container.
4. Milk or food for babies should be heated on **"MEDIUM"**. It should then be stirred thoroughly and tested to ensure that it is at the correct temperature before giving it to the baby.
5. Care must be taken when removing cups of hot liquid from the turntable. Cups should be lifted not slid to the edge of the turntable to prevent tipping. Cups should be placed in the centre of glass tray.

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 or its service agent or a similarly qualified person in order to avoid a hazard.
- (d) On no account remove or interfere with any parts or screws.
THIS COULD PROVE VERY DANGEROUS.
- (e) The appliance is not intended for use by young children or infirm persons without supervision.
- (f) Young children should be supervised to ensure that they do not play with the appliance.

PLEASE SAVE THESE INSTRUCTIONS

INSTALLATION

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 20cm is required above the oven, 10cm at the back and 5cm to each side of the oven.
4. Some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.

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.

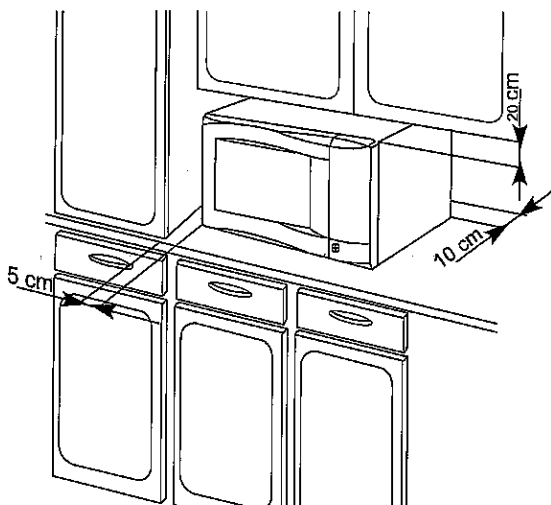
Blue: Neutral.

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.

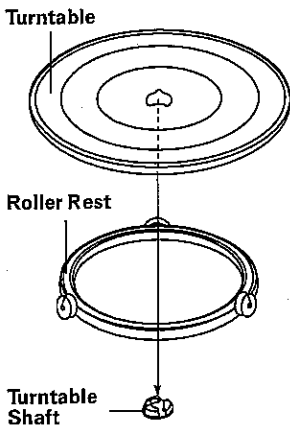
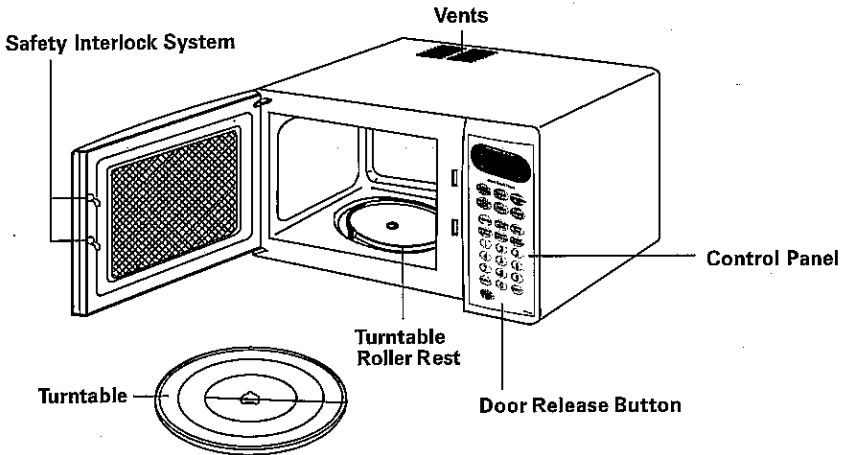
The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red.



OVEN PARTS AND ACCESSORIES

Your oven is supplied with the following accessories:

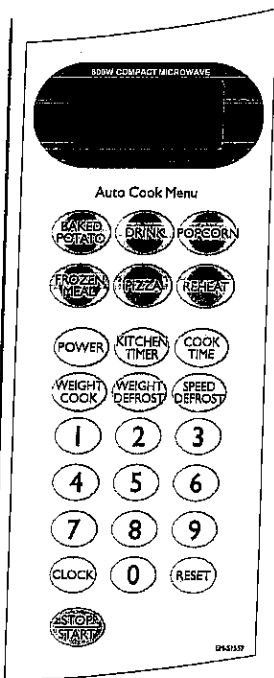
- Turntable 1
- Turntable roller rest 1
- Instruction manual 1



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 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.

OVEN CONTROL PANEL



DISPLAY

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

NUMBER BUTTONS

Press to set times or weights.

WEIGHT DEFROST

Use to defrost frozen meat, poultry and seafood by weight. The defrosting time and power level are automatically set once the food category and the weight are programmed.

SPEED DEFROST

Use to defrost foods by time. This cycle starts at medium-high power then automatically reduces to med-low power and then to low power as the food thaws.

POWER

Use to set power level. To check power level during timed cooking, press the POWER button.

CLOCK

Use to set the time of day or recall the time of day. The time of day will be displayed at all times except when the oven is operating. In the event of a power failure or if the oven is unplugged, the clock will need resetting.

RESET

Press to cancel the selected power level, cook or defrost times that have previously been programmed. The time of day clock cannot be cancelled.

KITCHEN TIMER

Use to set cooking time, allowing you to set up to 99 minutes and 99 seconds.

START/STOP

Press to start cooking or defrosting programmes. Under the start mode the cooking indicator light and the oven light will turn on and the cooling fan will operate.

OVEN UTENSILS

MATERIAL	UTENSILS	USE
Ceramic & Glass	Heat Resistant Glassware	YES
	Glassware with Metal Decoration	NO
	Lead Glass	NO
China	Without Metal Decoration	YES
Pottery		YES
Plastic	Regular Oven Heat-Proof Ware	YES
Plastic Wrap		YES
Metal	Baking Pan	NO
	Aluminium Foil	YES
Paper	Cups, Plates, Towels	YES
Waxed Paper		YES
Wood		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 appropriate 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.

OPERATING INSTRUCTIONS

SIGNALS DURING OVEN SETTINGS

ONE SIGNAL: Oven accepts the entry.

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

SETTING THE CLOCK

Step: 1. Press **CLOCK** button.

2. Use the number pads to enter the correct time. You must press at least three numbers to set the clock (one for the hour and two for the minutes).

3. Press **CLOCK** button again to confirm.

NOTE:

- This is a 12-hour clock. When the oven is plugged in or when power resumes after a power interruption, the display will show **ENTER CLOCK TIME**. If you prefer not to have the clock displayed, press **RESET**.
- You can check the clock time while cooking is in progress by touching the **CLOCK** pad.

SETTING THE KITCHEN TIMER

Step: 1. Press **KITCHEN TIMER** button.

2. Enter the amount of time by pressing the number pads. Digit time is in minutes and seconds and set from left to right. Set one digit (a 5 for 5 seconds) or up to four digits (2405 for 24 minutes, 5 seconds).

3. Press **START** button.

NOTE:

- Time countdown can be seen in display for 3 seconds before clock or cooking time is returned to display.
- Press **KITCHEN TIMER** and then press **RESET** to cancel **TIMER** during timing process.

SETTING A COOKING PROGRAM

A. One-stage Cooking.

1. Use the number pads to set a cooking time. You can set a cooking time from one second to 99 minutes and 99 seconds.
2. If you want to set a power level other than 100% power, press **POWER**, then use the **number** pads to enter the power level. You can set the power level from 1 to 9.
3. Press **START** to start cooking.

USE SINGLE DIGITS TO SET A COOKING POWER LEVEL

Number button	% of Power
9	90%
8	80%
7	70%
6	60%
5	50%
4	40%
3	30%
2	20%
1	10%

B. Two-stage Cooking.

Some recipes require two stages of cooking at different temperatures.

1. SET STAGE 1:

Follow steps 1 & 2 in "One-stage Cooking".

DO NOT TOUCH START BUTTON.

2. SET STAGE 2:

Press **COOK TIME** button then enter the proper cooking time and (lower) power level. (Most 2-stage recipes require a lower power for the second stage).

3. Press **START** button.

NOTE:

- After stage 1 time has elapsed, one signal sounds, signaling the beginning of stage 2. After total time has elapsed, 4 signals sound and **END** appears in display. Press **RESET** or open oven door to clear **END** before starting another cooking function.

OPERATING INSTRUCTIONS

SETTING SPEED DEFROST

Step: 1. Press **SPEED DEFROST** button.

2. Enter desired defrosting time by pressing correct number pads.

Digital timer sets minutes and seconds from left to right so a single digit can be set (5 for 5 seconds) or up to 4 digits (2405 for 24 minutes 5 seconds).

3. Press **START** button.

NOTE:

- After time has elapsed four signals sound and **END** appears in the display. Press **RESET** button or open door to clear **END** before starting another function.
- After setting **SPEED DEFROST**, the oven can be programmed to automatically switch to one or two-stage cooking.
- For speed defrost and one stage cooking, follow steps above. Before pressing **START**, press **COOK**, enter time and power level. Then press **START** button.
- For speed defrost and two stage cooking, follow steps above. Before pressing **START**, enter two stage cooking programs.

SETTING WEIGHT COOK

Step: 1. Press **WEIGHT COOK** button.

2. Enter the one digit code by pressing the correct **NUMBER** button.

3. Enter weight.

4. Press **START**

CODE	TYPE	MAX. WEIGHT
1	Beef	2.7kg
2	Lamb	2.7kg
3	Pork	2.4kg

NOTE:

- Meat must be defrosted and at refrigerated temperature.

- Turn meat over when oven signals twice. Press **START** to resume cooking.

- After total cooking time, 4 signals sound and **END** appears in the display. Press **RESET** or open oven door to clear **END** before starting another function.

- Let meat stand for a few minutes before carving.

SETTING WEIGHT DEFROST

Step: 1. Press **WEIGHT DEFROST** button.

2. Enter weight.

3. Press **START** button.

NOTE:

- Turn meat over when oven signals twice. Press **START** to resume defrosting.
- After total defrosting time, 4 signals sound and **END** appears in the display. Press **RESET** or open oven door to clear **END** before starting another function.

NOTE

For more information

please refer to the

user manual.

Thank you for

choosing this

product.

Best regards,

Customer Service

Team

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OPERATING INSTRUCTIONS

QUICK COOK SETTINGS

The QUICK COOK settings allow you to cook or reheat food automatically without entering power level or time.

For smaller portions, simply touch the applicable pad and start. For larger portions, push the pad twice.

FROZEN MEAL, BAKED POTATO and DRINK allow you to cook multiple amounts of the same food. Simply touch pad once, and ENTER AMT appears in the display. Enter the amount of servings and start.

POPCORN

- Step: 1. Press **POPCORN**.
2. **CODE** and 2:10 (2 min. 10 sec.) appears in the display. **POPCORN** automatically sets the cooking time for a 85 to 100g. bag of microwave popcorn.
3. Press **START**.

NOTE:

- To change the preset **POPCORN** time: Press **POPCORN** twice. **ENTER TIME** appears in display. Press **NUMBER PADS** to enter minutes and seconds. Press **START**. This new cooking time will remain whenever you use the **POPCORN** setting.

BAKED POTATO

For 110 to 170g. potatoes:

- Step: 1. Press **POTATO** once.
2. Enter number of potatoes by pressing **NUMBER PADS** from 1 to 4.

Cooking times for small-medium potatoes are as follows:

1 potato	3 min. 10 sec.
2 potatoes	7 min. 10 sec.
3 potatoes	11 min. 00 sec.
4 potatoes	14 min. 00 sec.

Step: 3. Press **START**.

For large 230 to 285g. potatoes:

- Step: 1. Press **POTATO** twice.
2. Enter number of potatoes by pressing **NUMBER PADS** from 1 to 4.

Cooking times for large potatoes are as follows:

1 potato	4 min. 10 sec.
2 potatoes	10 min. 00 sec.
3 potatoes	15 min. 00 sec.
4 potatoes	19 min. 00 sec.

Step: 3. Press **START**.

PIZZA

Reheating a slice of pizza:

- Step: 1. Press **PIZZA** once.
2. **CODE** and 1:10 (1 min. 10 sec.) appears.
3. Press **START**.

Heating a whole frozen pizza:

- Step: 1. Press **PIZZA** twice.
2. **CODE** and 5:30 (5 min. 30 sec) appears.
3. Press **START**.

DRINK

For 170 to 230g. cups:

- Step: 1. Press **DRINK** once.
2. Enter the number of cups by pressing **NUMBER PADS** from 1 to 4.

Cooking times are as follows:

1 cup	1 min. 20 sec.
2 cups	2 min. 30 sec.
3 cups	3 min. 40 sec.
4 cups	4 min. 50 sec.

Step: 3. Press **START**.

OPERATING INSTRUCTIONS

For larger 285 to 340g. cups:

- Step: 1. Press **DRINK** twice.
2. Enter the number of cups by pressing **NUMBER PADS** from 1 to 4.

Cooking times are as follows:

1 mug	2 min. 20 sec.
2 mugs	4 min. 00 sec.
3 mugs	5 min. 40 sec.
4 mugs	7 min. 20 sec.

- Stop: 3. Press **START**.

FROZEN MEAL

For one or two small (200 to 255g) frozen meals:

- Step: 1. Press **FROZEN MEAL** once.
2. For 1 dinner, just press **START**. For 2 dinners, press the **NUMBER PAD 2**.

Cooking times for small sized meals are as follows:

1 meal	5 min. 10 sec.
2 meal	9 min. 20 sec.

- Stop: 3. Press **START**.

Microwaving large (285 to 340g) frozen meals:

- Step: 1. Press **FROZEN MEALS** twice.
2. For 1 meal, just press **START**. For 2 meals, press the **NUMBER PAD 2**.

Cooking times for large meals are as follows:

1 meals	10 min. 00 sec.
2 meals	17 min. 00 sec.

- Stop: 3. Press **START**.

REHEAT

- Step: 1. Press **REHEAT** once.
2. **CODE** and 3:40 (3 min. 40 sec) appears.
3. Press **START**.

SETTING THE CHILD LOCK

The safety lock prevents unsupervised operation by little children.

To set, **press and hold RESET** button for **3 seconds**, **LOCK** is indicated on the display.

To cancel, **press and hold RESET** button for **3 seconds**, **LOCK** indication disappears.

TO STOP THE OVEN WHILE THE OVEN IS OPERATING

Open the door.

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

NOTE: The oven stops automatically as soon as the door is opened.

Please note: These timings are an approximate indication of how long the foods should be cooked for and may differ from the ovens preset timings.

REHEATING TIPS

1. Foods with plenty of liquid such as casserole or soups can safely be reheated on FULL power. More delicate foods such as vegetables, puddings, and pies are best reheated more gently on MEDIUM power.
2. Take care when reheating pies or pasties with meat or fruit filling as the filling can become very hot very quickly.
3. Stir foods wherever possible to ensure even reheating.
4. To retain moisture always cover food where possible.
5. The food manufacturers cooking time should be used as a guide only. If when the stated cooking time has expired, the food isn't piping hot return it to the oven and cook it until it is, in much the same manner as you would when cooking with a conventional oven.
6. Standing time is very important, it is part of the cooking process and ensures an even temperature throughout the food.
7. Plated meals should be reheated with the dense food, e.g meat and potatoes, around the outside edge of the plate. Less dense foods such as green vegetables should be arranged towards the centre of the plate. For plated meals with gravy or sauce, heat the gravy separately and pour over the reheated meal. This will give a fresher appearance.

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, over halfway through the defrosting time.
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. 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.

MEAT / POULTRY COOKING TIPS

General Guidelines

IMPORTANT: Raise the meat / poultry by placing it on a grill rack over a plate to catch any juices or on a upturned saucer on a plate. Always remove any juices halfway through cooking time.

• Roasting joints / whole poultry:

Place joint / poultry on the rack on a large micro and heatproof plate, or on a upturned saucer on a plate. (This allows the juices to drain away). Brush with a little oil or melted butter. Cook as detailed below. Turnover during cooking time and

remove juices. After cooking allow joints / poultry to stand for at least 15 minutes.

• Grilling smaller cuts of meat;

Prime, tender cuts are recommended for best results. Less tender cuts should be marinated or tenderised first. Chops or steaks can be cooked on the grill rack. Place a micro and heatproof dish on the turntable to catch any liquid. Cook using grill/microwave operation as detailed below. Brush with a little oil and seasoning before cooking. Turnover halfway through cooking and remove juices.

FISH COOKING TIPS

General Guidelines

- Fish which would usually be poached, baked or steamed is particularly good when cooked by microwave. The full flavour is retained and cooking smells are reduced.
- Fish may be poached in wine, stock or milk which can then be used to make a sauce.
- All types of fresh fish (except battered or breadcrumbed fish) can be microwaved whether whole, fillets or steaks.
- Always cook fish covered to retain moisture.
- Fish cooks quickly by microwave, so take care not to overcook.
- Add a little lemon juice, white wine or butter to fish to enhance flavour.
- Fish should stand for 2-3 minutes after cooking. Fish is cooked when it becomes opaque and flakes easily.

VEGETABLE COOKING TIPS

General Guidelines

- Place the prepared vegetables in a microwave proof dish with 5-6 tblsps of water. Frozen vegetables may be cooked without any added water if preferred.
- Always cover the dish.
- For best results cut vegetables into similar sized pieces.
- All fresh or frozen vegetables should be cooked on FULL power.
- Halfway through cooking stir or rearrange the vegetables.
- After cooking allow vegetables to stand, covered for 2-3 minutes before serving.

PASTA & RICE COOKING TIPS

General Guidelines

- Use a large microwave proof bowl e.g. a large pyrex mixing bowl.
- Add 3-4 tps of vegetable oil to the pasta to prevent sticking.
- Using boiling water to minimise cooking times.
- Always ensure that the pasta or rice is covered by the water.
- Stir pasta twice during cooking to prevent sticking. It is not necessary to stir rice.
- Stand 3-5 minutes after cooking. Drain and serve. Rice may be rinsed with boiling water if preferred.
- Remember that brown rice requires a longer cooking time than white rice.

USEFUL MICROWAVE TIPS

1. Soften Honey.

If you have a jar of honey which has crystallised, remove lid, and place the jar in the oven, microwave on LOW power for 2 minutes.

2. Soften or Melt Butter.

Melting takes a few seconds on FULL power. Softening is better done more gently on LOW power.

3. Freshen or Warm Bread.

Use LOW power for a few seconds.

4. Easy Peeling Garlic.

Heat 3 or 4 cloves of garlic on FULL power for 15-20 seconds. Squeeze at one end until the clove pops out.

5. More Juice From Oranges or Lemons.

Citrus fruits will yield more juice if they are heated on FULL power for 15-20 seconds before squeezing.

6. Cook Porridge.

Porridge is easily cooked in the serving dish leaving no sticky pan to wash.

7 To recrisp biscuits or crackers (without filling).

Place them in a dish lined with absorbent kitchen paper, microwave on FULL for 15-30 seconds.

8. To remove Oven Odours.

Add the juice of half a lemon to a pint of water in large bowl. Heat on FULL for 4-5 minutes then wipe out the oven.

QUESTIONS & 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 the 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:** 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.
- 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, 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.

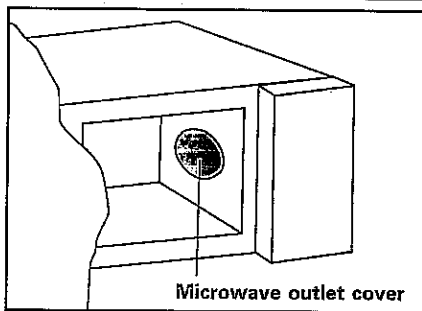
CARE AND CLEANING

It is important that no liquid food or grease particles are left in the oven as this ensures the correct performance of your oven and reduces the risk of corrosion. After use always wipe out your oven and dry thoroughly.

INTERIOR OF THE OVEN

It is essential to keep your oven clean at all times. The oven cavity should be cleaned and wiped dry after each use. Wipe out with a mild detergent solution, paying particular attention to the microwave outlet cover (see illustration opposite) and the door seal area. Take particular care not to allow water to seep through the small holes in the oven walls. Wipe dry with a soft cloth. Never use abrasive cleaning materials as these can damage the oven cavity.

Do not use any type of oven cleaner on your microwave oven as this can cause severe damage.



REMOVABLE PARTS

The glass turntable and roller rest can be removed for easy cleaning. Wash in warm soapy water and dry.

EXTERIOR OF OVEN

Wipe with a damp cloth. Do not allow water to seep into vents. Never use abrasive cleaning materials as these can damage your oven.

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 your nearest SANYO SERVICE CENTRE.

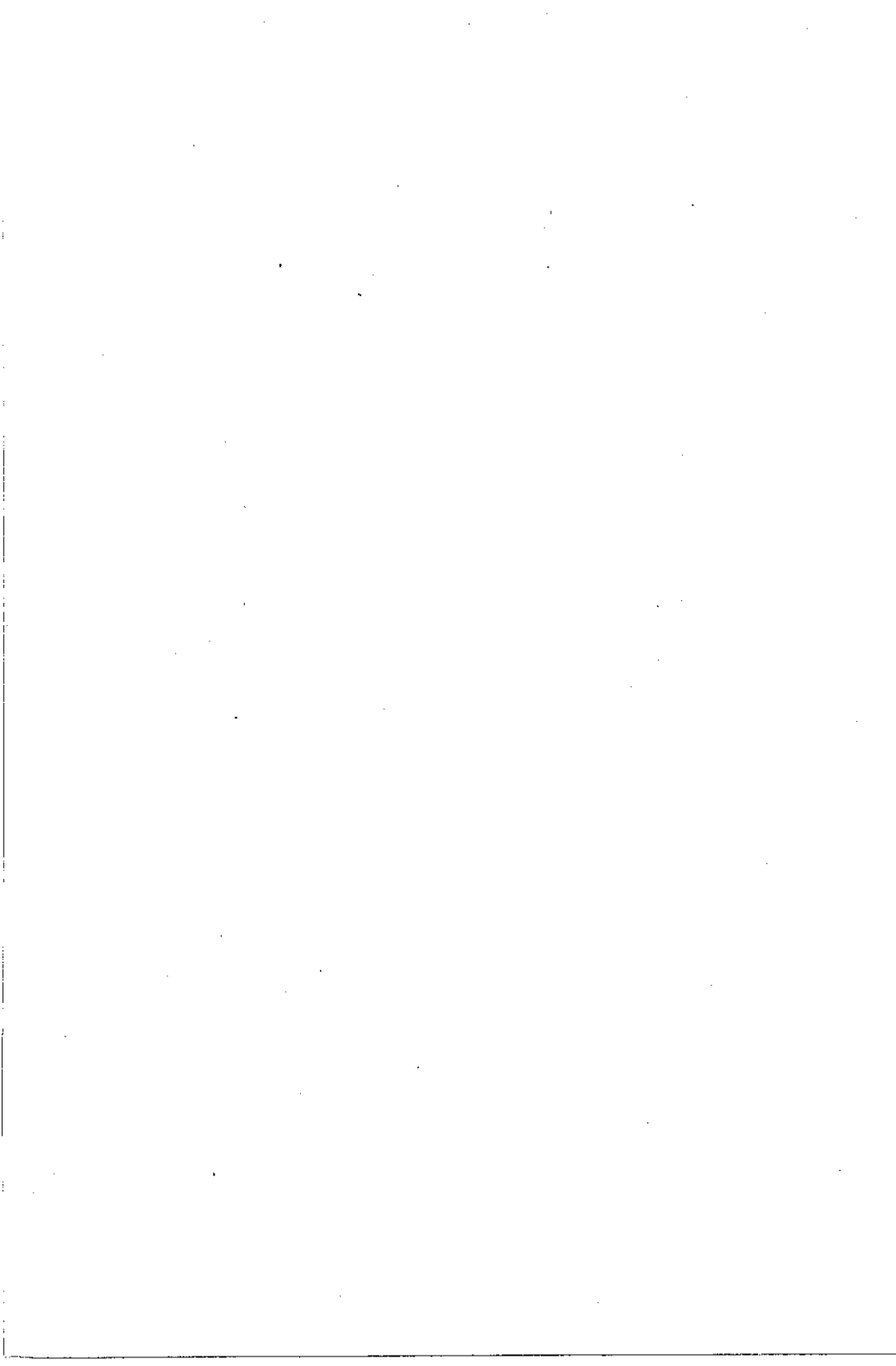
PROBLEMS

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

X	X	X							
			X					X	
			X	X		X			X
						X			
			X	X	X	X			
			X				X		

POSSIBLE CAUSES

- Is power cord plugged in?
- Is door closed?
- Has cooking time been set?
- Use microwave-safe cookware only.
- Completely defrost food.
- Turn or stir food.
- Do not operate with oven empty.
- Use correct time/cooking power level.
- Check to see that oven ventilation ports are not restricted.



SANYO

SANYO Electric Co., Ltd.