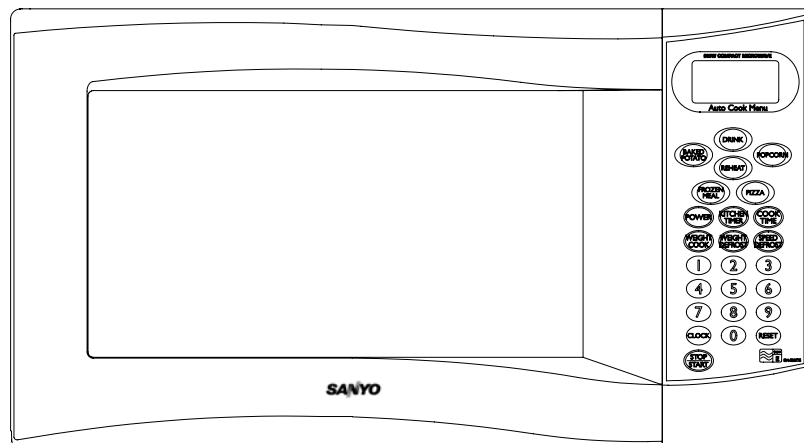




INSTRUCTION MANUAL

EM-S357BW/S

Microwave Oven



1. READ these instructions carefully before installing and operating the oven. Keep them for further reference.
 2. Record in the space below the SERIAL NO. found on the nameplate on your oven and retain this information for future reference.
- SERIAL NO.:

CONTENTS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.....1	UTENSILS GUIDE.....5
SPECIFICATIONS.....1	PART NAMES.....6
BEFORE YOU CALL FOR SERVICE.....2	CONTROL PANEL.....7
INSTALLATION.....2	OPERATION INSTRUCTIONS.....8
RADIO INTERERERENCE.....3	AUTO MENU SETTINGS.....10
IMPORTANT SAFETY INSTRUCTIONS.....3	CLEANING AND CARE.....11
MICROWAVE COOKING PRINCIPLES.....5	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the :
 - ① Door (bent),
 - ② Hinges and latches (broken or loosened),
 - ③ Door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

SPECIFICATIONS

Model:	EM-S357BW/S
Power Source:	230-240V 50Hz
Power Consumption:	1400W
Output Microwave:	900W 2450MHz
Outside Dimensions:	(W) 483× (D) 387× (H) 281 mm
Oven Capacity:	25Litres
Turntable Diameter:	27.0cm
Net Weight:	Approx.13.9kg

The data may be further confirmed or updated.

BEFORE YOU CAL FOR SERVICE

If the oven fails to operate:

A) Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds and plug it in again securely.

B) Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another

appliance.

C) Check to ensure that the control panel is programmed correctly and the timer is set.

D) Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

INSTALLATION

1. Make sure that all the packing materials are removed from the inside of the door.
2. **WARNING:** Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact a qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.
10. Please be advised that these Sanyo Microwave Ovens are not to be installed or used within an enclosed cabinet.

RADIO INTERFERENCE

1. Operation of the microwave oven can cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surface of the oven.
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuit

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliance basic safety precautions should be followed, including the following:

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. **Plug into a wall receptacle that is properly installed and grounded.**
2. Read all instructions before using the appliance.
3. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
4. **Operating the microwave oven without food in it, can result in overheating and damage to the microwave oven unit. Please do not to operate the unit without any food or beverage in it.**
5. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
6. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Children should be supervised to ensure that they do not play with the appliance.
7. To reduce the risk of fire in the oven cavity:
 - a. When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. **If smoke is observed, switch off or**

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard

unplug the appliance and keep the door closed in order to stifle any flames.

- d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
- 8. **WARNING:** Liquid or other food must not be heated in sealed containers since they are liable to explode.
- 9. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handle the container.
- 10. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
- 11. 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.
- 12. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
- 13. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
- 14. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
- 15. Utensils should be checked to ensure that they are suitable for use in microwave oven.
- 16. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
- 17. This product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.
- 18. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 19. **Children should be supervised to ensure that they do not play with this appliance.**

MICROWAVE COOKING PRINCIPLES

1. Arrange food carefully. Place thickest areas towards outside of dish.
2. Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
3. Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
4. Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
5. Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.

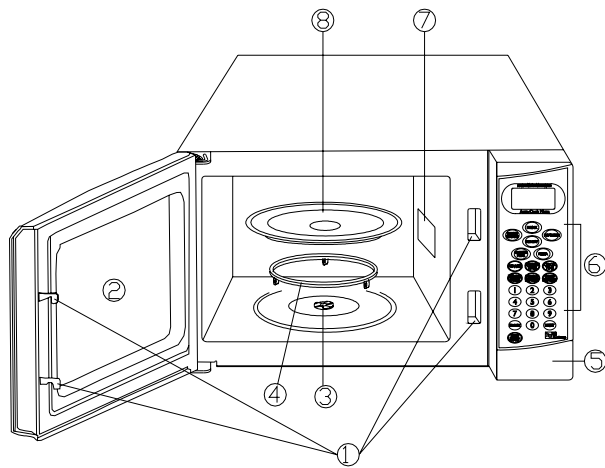
UTENSILS GUIDE

1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave can not penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.

The list below is a general guide to help you select the correct utensils.

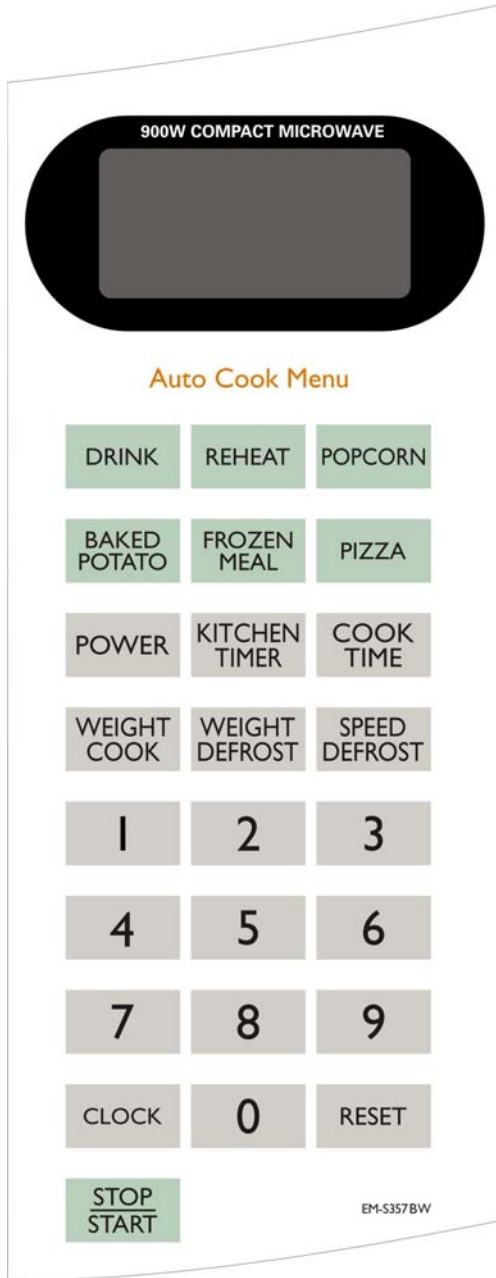
COOKWARE	MICROWAVE COOKING
Heat-Resistant Glass	Yes
Non Heat-Resistant Glass	No
Heat-Resistant Ceramics	Yes
Microwave-Safe Plastic Dish	Yes
Kitchen Paper	Yes
Metal Tray	No
Metal Rack	No
Aluminum Foil & Foil Containers	No

PART NAMES



1. Door Safety Lock System
2. Oven Window
3. Shaft
4. Roller Ring
5. Door Release Button
6. Control Panel
7. Wave Guide
8. Glass Tray

CONTROL PANEL



● MENU ACTION SCREEN

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

● QUICK COOK BUTTONS

Instant settings to cook popular foods

● POWER

Use to set power levels other than high.

● KITCHEN TIMER

Timer functions independently, even while a cooking program is in process.

● COOK TIME

Use for multi-stage cooking. Enables cooking at multiple power and time settings automatically.

● WEIGHT COOK

Programmed cooking based on weight of foods cooked.

● WEIGHT DEFROST

Programmed defrosting based on the weight of the foods to be defrosted.

● SPEED DEFROST

Quick defrost function that alternates defrost and stand times to quickly and effectively defrost foods.

● NUMBER PADS(0-9)

Touch to set time or amount.

● CLOCK

Sets current time.

● RESET

Clears all previous settings.

● START/STOP

Touch to start or stop cooking.

OPERATION 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

1. Touch CLOCK pad.
2. Use the number pads to enter the correct time.
3. Touch CLOCK pad again.

NOTE:

·This is a 12 hour clock. When the oven is first plugged in or when power resumes after a power interruption, the display will show ENTER CLOCK TIME. If you prefer to not have the clock displayed, touch RESET.

Setting the kitchen timer

1. Touch KITCHEN TIMER.
2. Enter the amount of time by touching the number pads.
3. Touch STOP/START.

NOTE:

·Maximum time you can enter is 99 minutes and 99 seconds. Time countdown can be seen in display by touching KITCHEN TIMER pad during timing process.

·Touch KITCHEN TIMER and then 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, touch POWER, then use the number pads to enter the power level.
3. Touch STOP/START to start cooking.

Use digits to set a cooking power level:

Number pad	Cooking power
1、0	100%
9	90%
8	80%
7	70%
6	60%

5	50%
4	40%
3	30%
2	20%
1	10%
0	0%

B. Two-stage Cooking

Some recipes require different stages of cooking at different temperatures.

1. SET STAGE 1:

Follow steps 1 and 2 in “One-stage Cooking”. DO NOT TOUCH STOP/START

2. SET STAGE 2:

Touch COOK TIME then enter proper cooking time and (lower) power level. (Most 2-stage recipes use lower power for second stage.)

3. Touch STOP/START.

NOTE:

·After stage 1 time has elapsed, one signal sounds, signaling the beginning of stage 2.

·After total time has elapsed, signals sound and END appears in display. Touch any pad or open oven door to clear END before starting another cooking function.

Speed defrost

The longest defrosting time is 99 minutes and 99 seconds.

1. Touch SPEED DEFROST.

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

3. Touch STOP/START.

NOTE:

·After time has elapsed signals sound and END appears in display. Touch any pad or open the door to clear END before starting another cooking function.

·You may need to turn food over when the oven signals after ½ cooking time.

·After setting SPEED DEFROST, oven can be programmed to automatically switch to one or two-stage cooking.

·For Speed Defrost and one stage cooking, follow steps above. Before touching STOP/START, touch COOK TIME, enter time and power level and then touch STOP/START.

·For Speed Defrost and Two Stage cooking, follow steps above. Before touching STOP/START, enter Two-Stage cooking programs.

Weight cook

1. Touch WEIGHT COOK button.
2. Enter the one digit code by touching the correct number pad.
3. Enter weight.
4. Touch STOP/START.

Cook By Weight Code Description

CODE	TYPE	MAX WEIGHT
1	Beef	2700g
2	Mutton	2700g
3	Pork	2700g

Note:

·Meat must be defrosted and at refrigerated

temperature.

·Weight must be in G.

Weight defrost

1. Touch WEIGHT DEFROST pad.
2. Enter weight.
3. Touch STOP/START pad.

NOTE:

·You may need to turn food over at the middle of cooking time to obtain uniform cooking.

·After total defrosting time, signals sound and END appears in display. Touch any pad or open oven door to clear END before starting another cooking function.

Setting child lock

The safety lock prevents unsupervised operation by children.

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

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

AUTO MENU 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 STOP/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 TIME appears in the display. Enter the amount of servings and start.

DRINK

For beverage (140 to 196g/cup):

1. Touch DRINK once.
2. Enter number of cups by touching number pads from 1 to 4.
3. Touch STOP/START.

For the beverage (252 to 308g/cup):

1. Touch DRINK twice.
2. Enter number of mugs by touching number pads from 1 to 4.
3. Touch STOP/START.

REHEAT

1. Touch REHEAT pad.
2. Touch STOP/START.

POPCORN

POPCORN automatically sets the cooking time for a 99g bag of microwave popcorn.

1. Touch POPCORN.
2. Touch STOP/START.

To change the preset POPCORN time:

1. Touch POPCORN twice. ENTER TIME appears in display.
2. Touch number pads “2”, “5”, “0” to enter minutes and seconds.
3. Touch STOP/START.

The longest cooking time you can enter is 99 minutes and 99 seconds. The new cooking time will remain whenever you use the POPCORN setting.

BAKED POTATO

For potatoes (112 to 168g/entries):

1. Touch BAKED POTATO once.
2. Enter number of potatoes by touching number pads from 1 to 4.
3. Touch STOP/START.

For the large potatoes (224 to 280g/entries):

1. Touch POTATO twice.
2. Enter number of potatoes by touching number pads from 1 to 4.
3. Touch STOP/START.

FROZEN MEAL

For one or two small frozen dinners (196 to 252g/share):

1. Touch FROZEN MEAL once.
2. For 1 entree, touch number pad “1”. For 2 entrees, touch the number pad “2”.
3. Touch STOP/START pad.

Microwaving one large frozen dinner (280 to 336g/share):

1. Touch FROZEN MEAL twice.
2. For 1 entree, touch number pad “1”. For 2 entrees, touch the number pad “2”.
3. Touch STOP/START.

PIZZA

Reheating a slice of pizza:

1. Touch PIZZA once.
2. Touch STOP/START.

Heating a whole frozen pizza:

1. Touch PIZZA twice.
2. Touch STOP/START.

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous.
12. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.

SANYO

SANYO Electric Co., Ltd.