SHARP

COMPACT MICROWAVE OVEN

MODEL R-240Y[redacted]

OPERATION MANUAL and COOKING GUIDE

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Thank you for buying a Sharp Microwave Oven.
Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.
Please take some time to read your operation manual carefully, paying particular attention to the warnings and special notes, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed.
When selecting another home appliance, please again consider our full range of Sharp products.

SHARP

WARRANTY

Congratulations on Your Purchase!

This Sharp Microwave Oven is warranted against faults in material and manufacture for a 24 month period.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

This warranty applies to normal domestic household use only.

This warranty does not extend to defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, lack of maintenance, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim. This warranty is in addition to and in no way limits, varies or excludes any implied rights and remedies under any relevant legislation in the country of sale.

This warranty does not cover transportation to and from the Sharp Approved Service Centre. Goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods. The repair of your goods may result in the loss of user generated data, please ensure that you have saved this data elsewhere prior to repair.

SHARP

FOR PRODUCTS PURCHASED IN

NEW ZEALAND

CONTACT YOUR SELLING DEALER/RETAILER

OR CALL

SHARP CUSTOMER CARE

0800 501 201

https://www.sharp.net.nz/contact

SHARP CORPORATION OF NEW ZEALAND LIMITED

IMPORTANT NOTICE: This warranty applies only to products sold in New Zealand

WARNINGS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEEP FOR FUTURE REFERENCE.

a. Do not overcook food.

b. Remove wire twist ties from paper or plastic bags before placing bag in the oven.

c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.

d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.

e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power plug, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of an explosion or delayed eruptive boiling when handling the container.

Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time & power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

Additionally :

a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.

b. Do not use excessive amount of time.

c. When boiling liquids in the oven, use a wide-mouthed container.

d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.

e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.

It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.

Never operate the oven whilst any object is caught or jammed between the door and the oven.

Do not try to adjust or repair the oven yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous. Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:

(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed), (4) Burn marks on the door seal faces. Do not bump, or catch utensils, loose clothes & your accessories on the door safety latches when removing food from the oven.

Never poke an object, particularly a metal object, through a grille or between the door & the oven while the oven is operating.

Never tamper with or deactivate the door safety latches.

Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP & it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP. Avoid steam burns by directing steam away from the face and hands. Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., & carefully open popcorn and oven cooking bags away from the face. Make sure that the power supply cord is undamaged, & that it does not run under the oven or over any hot surfaces or sharp edges.

To prevent the turntable from breaking:

a. Before cleaning the turntable with water, leave the turntable to cool.

b. Do not place anything hot on a cold turntable.

c. Do not place anything cold on a hot turntable.

Do not place anything on the outer cabinet. Do not store food or any other items inside the oven. Make sure the utensil does not touch the interior walls during cooking. 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. 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. Children should be supervised to ensure that they do not play with the appliance.

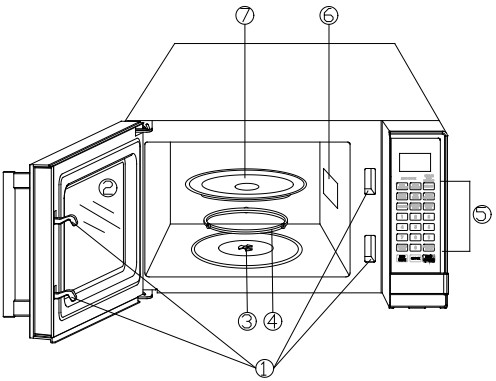
SPECIAL NOTES AND WARNINGS

	DO	DON'T
Eggs, fruits, vegetables, nuts, seeds, sausages and oysters	* Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.	* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard/soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	Use specially bagged popcorn for the microwave oven. Listen while popping corn for the popping to slow to 1-2 seconds.	Pop popcorn in regular brown bags or glass bowls. Exceed maximum time on popcorn package.
Baby food	* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature	* Heat disposable bottles. * Overheat baby bottles. * Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	* Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over.	* Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	* For boiling or cooking liquids see WARNING on page 2 to prevent explosion and delayed eruptive boiling.	* Heat for longer than recommended time.
Canned foods	* Remove food from can.	* Heat or cook food while in cans.
Sausage rolls, Pies, Christmas Pudding	* Cook for the recommended time. (These foods have high sugar and/or fat content.)	* Overcook as they may catch fire.
Meats	* Use a microwave proof roasting rack to Collect drained juices.	* Place meat directly on the turntable for cooking.
Utensils	Check the utensils are suitable for MICROWAVE cooking before you use them.	* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	* Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls	* Use too much. * Shield food close to cavity walls. * Sparking can damage the cavity.
Browning dish	* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish. * Exceed the preheating time recommended by the manufacturer. * Excessive preheating can cause the glass turntable to shatter and/or damage	* Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

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, broken wave guide. Do not remove the wave guide cover. If there is any damage, do not operate the oven and contact SERVICE CENTRE APPROVED BY SHARP.
3. Place the roller stay in the coupling on the oven floor, then place the turntable on the roller stay, ensuring it is located firmly. Refer to OVEN DIAGRAM below. NEVER operate the oven without the roller stay and turntable.
4. 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.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure. The A.C voltage must be single phase 230-240V, 50Hz.
6. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
7. 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.
8. This appliance must be earthed.
9. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
10. The socket must be readily accessible so that it can be easily unplugged in an emergency.
11. Do not use the oven outdoors. Operate the oven from a general purpose domestic outlet. If a generator is used, do not operate the oven with non-sinusoidal outputs.
12. The appliance must not be placed in a cabinet.

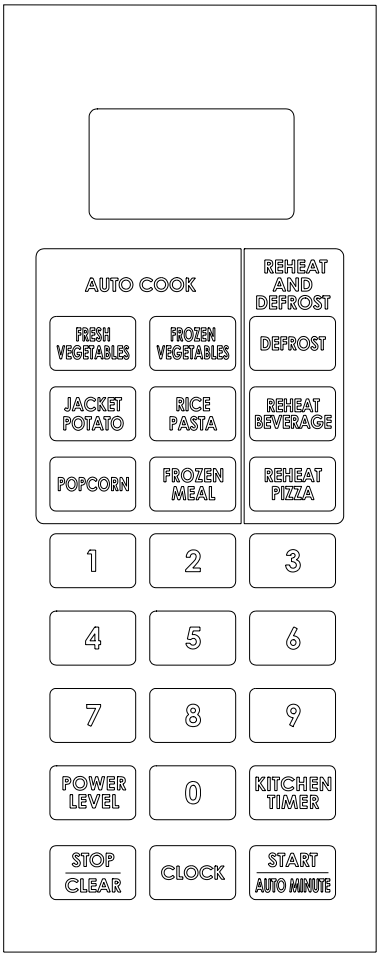
OVEN DIAGRAM



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

Accessories:
Glass Turntable
Turntable Roller
Operation Manual

CONTROL PANEL



- **DISPLAY**
  - Cooking time, power, indicators and present time are displayed.
- **AUTO COOK PADS**
  - Instant settings to cook popular foods.
- **REHEAT & DEFROST**
  - Press key to defrost food and Reheat beverage & pizza.
- **NUMBER PADS**
  - Press keys to set times or weights.
- **POWER LEVEL**
  - Use to set microwave power level.
- **KITCHEN TIMER**
  - Press key to set kitchen timer function.
- **STOP/CLEAR**
  - Press key to stop or cancel a cooking program.
  - It is also used to set or release child lock function.
- **CLOCK**
  - Use to set clock time.
- **START/AUTO MINUTE**
  - Press key to start the cooking or defrosting programs.
  - Or during microwave or QUICK START cooking, touch to add cooking time.
  - In standby mode of the oven, touch to set QUICK START function.

(Also see following pages for more detail.)

HOW TO SET THE OVEN CONTROLS

Each time a button is touched, a beep will sound to acknowledge the touch.

SETTING THE CLOCK

This is a 12-hour cycle clock.

1. Press CLOCK button once.
2. Press number pads to enter time.
3. Press Clock button to confirm.

NOTE:

During the cooking, press the CLOCK button, the clock time and “CLOCK” will display 5 seconds.

MICROWAVE COOKING

For microwave cooking, the longest cooking time is 99 minutes and 99 seconds. You can select power level by pressing the POWER LEVEL button.

Power level	Display
100%	P100
90%	P90
80%	P80
70%	P70
60%	P60
50%	P50
40%	P40
30%	P30
20%	P20
10%	P10
0%	P00

Suppose you want to cook food at 60% microwave power.

1. Place food into oven, and close the door.
2. Touch POWER LEVEL pad repeatedly to select cooking power.
3. Use the number pads to set a cooking time.
4. Touch START/AUTO MINUTE to start.

NOTE:

During the cooking process, touch POWER LEVEL pad to check cooking power level.

HOW TO SET THE OVEN CONTROLS (continued)

QUICK START COOKING

Use this feature to program the oven to microwave food at 100% power conveniently. Place food into oven, and close the door. Press START/AUTO MINUTE in quick succession to set the cooking time, the oven will start automatically. The longest cooking time you can set is 99 minutes and 59 seconds.

AUTO WEIGHT DEFROST

Suppose you want to defrost 100g mince.

1. Place the mince onto a microwave safe defrosting dish and then into oven, and close the door.
2. Touch DEFROST pad once. “ENTER”, “100” and “G” display.
3. Touch DEFROST pad repeatedly to ENTER food weight.
4. Touch START/AUTO MINUTE pad to confirm.
5. After defrosting stand the food covered in aluminum foil.

NOTE:

1. The weight of food to be defrosted should vary between 100g and 2000g.
2. During defrosting process, the system will pause and sounds beeps to remind user to turn food over, after that, press START/AUTO MINUTE pad to resume defrosting.
3. Cooking results will vary according to the condition of the food, utensils and oven. Please check the result and if necessary, extend cooking times manually.

MULTISTAGE COOKING

The oven has the ability to be programmed to do several consecutive functions.
Suppose you want to set the following cooking program:

1. 1st stage MICROWAVE cooking;
2. 2nd stage MICROWAVE cooking;
3. 3rd stage MICROWAVE cooking.

Steps:

1. Place food into oven, and close the door.
2. Enter the first stage program.
3. Touch POWER LEVEL pad.
4. Enter the second stage program.
5. Enter the third stage program.
6. Touch START/AUTO MINUTE pad to confirm.

ADDING TIME

During microwave cooking or quick start cooking process, touch START/AUTO MINUTE pad to add cooking time by one minute. You can add to 99 minutes and 59 seconds.

CHILD LOCK

Use to prevent unsupervised operation of the oven by little children. The CHILD LOCK indicator will show up on display screen, and the oven can not be operated while the CHILD LOCK is set.
To set the CHILD LOCK: In waiting mode, press and hold the STOP/CLEAR button for 3 seconds, a beep sounds and LOCK indicator display.
To cancel the CHILD LOCK: Press and hold the STOP/CLEAR button for 3 seconds until LOCK indicator on display goes off with a beep.

HOW TO SET THE OVEN CONTROLS (continued)

AUTO COOK

To Select press desired Menu button. For example, to cook two units of jacket potato.

1. Place food into oven, and close the door.
2. Press the JACKET POTATO pad once. “ENTER” and “1” display.
3. Press JACKET POTATO a number of times to enter the number of servings.
4. Press START/AUTO MINUTE pad to confirm.

AUTO COOK MENUS:

<table>
<tr><th>Food</th><th>Cooking Procedure</th><th>Note</th></tr>
<tr><td>FRESH VEGETABLES</td><td>Wash vegetables & place in a large microwave safe glass bowl. Cover with a glass lid or plastic wrap. After cooking, stir then stand covered for 1-5 mins.</td><td>The display will show the weight of Vegetables.</td></tr>
<tr><td>FROZEN VEGETABLES</td><td>Place the vegetables in a large microwave safe glass bowl. Cover with a glass lid or plastic wrap. After cooking, stir then stand covered for 1-5 mins.</td><td>The display will show the weight of Vegetables.</td></tr>
<tr><td>JACKET POTATO</td><td>Pierce skin with a fork twice on each side. Place directly on the turntable.</td><td>The display will show the number of servings.</td></tr>
<tr><td>RICE PASTA</td><td>Prewash rice until water runs clear. Place rice/pasta in a large microwave safe glass bowl. Cover with hot tap water (refer to the Note section for instruction chart). Cook uncovered. When signal beeps, stir rice/pasta then press START/AUTO MINUTE to resume cooking. After cooking stir & stand uncovered for 2 mins.</td><td>The display will show the weight of Rice/Pasta.<table><tr><td>Rice/Pasta</td><td>100g</td><td>200g</td><td>300g</td></tr><tr><td>Hot Water</td><td>1 ½ Cups</td><td>2 Cups</td><td>3 Cups</td></tr></table></td></tr>
<tr><td>POPCORN</td><td>Use specifically bagged popcorn for the microwave oven. Place the bag directly onto the turntable. Listen while popping corn for the popping to slow to 1-2 seconds.</td><td>Press the POPCORN pad once to cook 100g of popcorn, then press START/AUTO MINUTE to start. If the default cooking time for 100g popcorn is not suitable, just touch POPCORN pad twice and press number pads to enter a suitable cooking time. Press START/AUTO MINUTE to start. This new cooking time will be set as the default one until you reset it or next power on.</td></tr>
<tr><td>FROZEN MEAL</td><td>Remove from foil container. Place in a same size dish Cover with plastic wrap or a lid. When signal beeps, stir meal then press START/AUTO MINUTE to resume cooking. Allow to stand for 2 mins.</td><td>The display will show the weight of the Frozen Meal.</td></tr>
<tr><td>REHEAT BEVERAGE</td><td>Place beverage in a microwave safe mug and place directly on the turntable. Stir after heating.</td><td>The display will show the number of servings</td></tr>
<tr><td>REHEAT PIZZA</td><td>Place in paper towel. Place directly on the turntable. Allow to stand for 2 mins.</td><td>The display will show the weight of Pizza.</td></tr>
</table>

Note: The result of auto cook will vary according to the condition of the food, utensils & oven. Please check the result & if necessary, extend cooking times manually.

MANUAL COOKING CHARTS

Defrost Times for Meat, Poultry, Bread and Pies

1. Remove wrapping and place frozen item on a shallow, Microwave safe plastic defrost rack. If necessary, shield thin areas with aluminum foil to prevent the item from cooking while defrosting
2. Defrost by following the steps in the “Microwave Time” column.
3. Set the microwave to 30% power.
4. When turning over, re-shield any warm areas so it continues to defrost without cooking

CUT	MICROWAVE TIME	STANDING TIME
BEEF (Roast) Steaks Minced Beef	8-10 minutes/500g 9-11 minutes/500g 11-13 minutes/500g	10 – 15 minutes 5 – 10 minutes 5 – 10 minutes
PORK (Roast) Chops Ribs Minced Pork	8-10 minutes/500g 9-11 minutes/500g 9-11 minutes/500g 11-13 minutes/500g	10 – 15 minutes 5 – 10 minutes 5 – 10 minutes 5 – 10 minutes
LAMB (Roast) Shoulder Chops	8-10 minutes/500g 8-10 minutes/500g 9-11 minutes/500g	10 – 15 minutes 10 – 15 minutes 5 – 10 minutes
POULTRY Chicken (Whole) Pieces	 7-9 minutes/500g 11-13 minutes/500g	 10 – 15 minutes 5 – 10 minutes

BREAD / PIES	MICROWAVE TIME	PROCEDURE
2 Slices of Bread	35-40 seconds	Place between paper towel and place directly on the turntable.
4 Slices of Bread	50-60 seconds	
1 Bread Roll	25-30 seconds	
2 Bread Rolls	1 minute 20 seconds	
Individual Pies	4½-5 minutes	Remove from packaging. Place between paper towel and place directly on the turntable. Turn over halfway. Allow to stand 3-5 minutes before reheating.

Frozen Vegetable Chart

1. Place vegetables in a medium/large microwave safe bowl and cover with plastic wrap.
2. Halfway through cooking, stir the vegetables to ensure even cooking.
3. Allow to stand for 2 minutes before draining any water and serving.

Vegetable	Weight	Microwave Time (100%)	Special Procedures
Beans (green, cut)	500g	10½-11 minutes	
Broccoli	500g	11-11½ minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Carrots (whole)	500g	11-11½ minutes	Stir halfway through.
Carrots (sliced)	500g	10-11 minutes	Stir halfway through.
Cauliflower	500g	11-12 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn on the Cob	4 pieces	10-11 minutes	
Peas (green)	500g	9-10 minutes	
Spinach	250g	7½-8 minutes	Break apart as soon as possible.
Mixed Vegetables (i.e. carrots, beans and corn kernels)	500g	9-10 minutes	Break apart as soon as possible.

Rice and Pasta Cooking Chart

1. Wash and strain rice before measuring amounts.
2. Place rice/pasta in a large microwave safe bowl with water. Cook uncovered, stirring halfway through cooking. Allow to stand for 2 minutes before straining any remaining water and serving.

Food		Other Ingredients	Cooking Time
Pasta	1 Cup	2 cups Hot Water	16 minutes on HIGH 100%
	2 Cups	4 cups Hot Water	18 minutes on HIGH 100%
	4 Cups	6 cups Hot Water	22 minutes on HIGH 100%
White Rice	1 Cup	2 cups Hot Water	20 minutes on HIGH 100%
	2 Cups	4 cups Hot Water	25 minutes on HIGH 100%
	4 Cups	6 cups Hot Water	32 minutes on HIGH 100%
Quick Oats	1 Cup	2 ¼ cups Milk	8 minutes on HIGH 100%

Scrambled Egg Guide

Place butter, eggs and milk in a small/medium microwave safe bowl. Beat with a fork until well combined and yolks of eggs are completely stirred in. Cook uncovered, stirring halfway through cooking.

Egg(s)	Butter	Milk	Cooking Medium High (70%)
1	1 tsp	1 tbsp	2 minutes
2	2 tsp	1 tbsp	3 minutes
3	1 tbsp	2 tbsp	4 minutes
4	1 tbsp	¼ cup	5 minutes 30 seconds

Fresh Vegetable Chart

1. Cover required dishes with plastic wrap or a lid.
2. Drain any remaining water after standing before serving.

Vegetable	Amount	Microwave Time at 100%	Cooking Procedure
Asparagus (halved)	500g	5 minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes
Beans (top and tailed)	500g	7 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Broccoli (uniform florets)	500g	8-8½ minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Brussels Sprouts	500g	6½-7 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Cabbage (shredded)	500g	7 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Carrots (sliced)	500g	8-9 minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes (cook for longer for less crunch)
Cauliflower (uniform florets)	500g	8-9 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Corn on the Cob	2 pieces	8-9 minutes	Rinse corn under cold water. Place corn in husk and place directly on the turntable. Turn over during cooking. Stand for 3 minutes.
Mushrooms (quartered)	500g	6-6½ minutes	Place in a shallow casserole dish with 2 tablespoons of butter. Cover. Stand for 3 minutes
Peas (green; top and tailed)	500g	6 minutes	Place in a shallow casserole dish with 1 tablespoon of water and 1 teaspoon of sugar. Cover. Stand for 3 minutes
Potatoes – Jacket	4 Medium	7-7½ minutes	Pierce with a fork. Turn over during cooking. Stand for 3 minutes
Potatoes – Baked	4 small	8 Minutes	Peel and quarter potatoes. Cook in a dish with ⅓ cup water. Cook covered. Stand for 3 minutes.
Pumpkin (2cm cubes)	500g	9 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Spinach (shredded)	500g	7-8 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Snow Peas (top and tailed)	500g	3½ -4 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes (cook for longer for less crunch)
Squash (whole)	500g	7 minutes	Pierce with a fork. Place in a shallow casserole dish. Cover. Stand for 3 minutes
Sweet Potato (2cm cubes)	500g	9-10 minutes	Place in a shallow casserole dish. Cover. Stand for 5 minutes
Zucchini (sliced or quartered)	500g	7 minutes	Place in a shallow casserole dish with 1 tablespoon of water and 1 tablespoon of butter. Cover. Stand for 3 minutes

Reheating/Defrosting Convenience Food Chart

FOOD	WEIGHT	COOKING TIME AND POWEL LEVEL	SPECIAL INSTRUCTIONS	STANDING TIME
Beverage (room temp.) 250mL per cup	1 cup 2 cups	2 minutes on HIGH (100%) 3 ½ minutes on HIGH (100%)	Stir after heating.	–
Canned Food (room temp.) (e.g. Spaghetti, Baked Beans)	1 cup 2 cups	5 minutes on MEDIUM (50%) 9 minutes on MEDIUM (50%)	Place food in bowl. Cover with plastic wrap and pierce 5 times with a skewer. Stir halfway.	1-3 minutes
Canned Soup (room temp) 250mL per cup (thin soup)	1 cup 2 cups	2 ½ minutes on HIGH (100%) 4 ½ minutes on HIGH (100%)	Place food in bowl. Cover with plastic wrap or lid. Stir halfway.	–
Meat Pie (refrigerated) Individual 180g each	1 pie 4 pies	6 minutes on MEDIUM (50%) 12 minutes on MEDIUM (50%)	Place directly on turntable, face side down. Cover with paper towel. Turn over halfway.	3 minutes
Frozen Rice/Pasta Dinners (e.g. Lasange, Risotto)	300-500g	8-9 minutes on HIGH (100%)	Remove from foil container. Cover with plastic wrap or lid. Allow to stand	2 minutes
Dinner Plate (refrigerated) 350g-400g per serve	1 serve	5 minutes on HIGH (100%)	Slice potato. Cover plate with plastic wrap and pierce 5 times with a skewer. Place directly on turntable. Allow to stand.	5 minutes
Casserole (refrigerated) 250g per serve	1 serve 2 serves	4-5 minutes on HIGH (100%) 7 ½-8 minutes on HIGH (100%)	Place in a bowl, cover with plastic wrap. Place directly on turntable. Stir halfway. Allow to stand, then stir.	1-3 minutes
Croissants (frozen)	1 2	1 minute 30 seconds on MEDIUM LOW (30%) 2 minutes on MEDIUM LOW (30%)	Place between paper towels. Place directly on the turntable.	–
Fruit Pie individual (frozen) 135g each	1 2	3 ½-4 minutes on MEDIUM LOW (30%) 5-5 ½ minutes on MEDIUM LOW (30%)	Remove from foil container. Place on a plate and then onto the turntable. Allow to stand.	2 minutes
Danish Pastry whole (frozen)	400g	5 minutes on MEDIUM HIGH (70%) followed by 5 ½ minutes on MEDIUM LOW (30%)	Remove from foil container. Place on dinner plate. Allow to stand.	2 minutes

NOTE: Room Temperature +20ºC
Refrigerator Temperature +3ºC
Frozen Temperature -18ºC

BEFORE YOU CALL FOR SERVICE

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling for service:

1. 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.
2. 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.
3. 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.

Follow this simple check below:

Place a cup of water on the turntable and close the door. Select Power Level key for 100% and set cooking time for 1 minute.

1. Does the oven lamp come on when it is cooking?
2. Does the turntable rotate?
3. Does the cooling fan work? (Check by placing your hand above the air vent openings).
4. After 1 minute does the audible signal sound?
5. Is the water in the cup hot?

If there is no fault with either, check against the chart below.

QUERY	ANSWER
Draught circulates around the door.	When the oven door is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends and the water content of the food being cooked. Some foods, such as potatoes have high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arching from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes	Ensure all “eyes” are removed and the potatoes have been pierced, place directly onto the turntable or in a heat resistant flan dish or similar.
The display is lit but the control panel will not work when pressed.	Check the door is closed.
Oven cooks too slowly	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch – keep children away.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A SERVICE CENTRE APPROVED BY SHARP. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

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 cannot 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
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*

*Narrow strips of aluminum foil may be used during cooking and defrosting to prevent overcooking of exposed areas. Be careful and don't use too much, keep a distance of 1 inch (2.54cm) between foil and cavity.

CLEANING AND CARE

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean and remove any food deposits or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners. Keep the ventilation openings free of dust.

Door:

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 cleaners.

Touch Control Panel:

Wipe the panel with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.

Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:

Wash with mild soapy water and dry thoroughly.

1. 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, this is normal.
2. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
3. 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.
4. 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.
5. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
6. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.

SPECIFICATIONS

Input Power Consumption:	230V-240V~50Hz, 1200W(Microwave)
Output Power (MWO):	800W* (IEC Test Procedure)
Operation Frequency:	2450MHz (Class B/Group 2)**
Outside Dimensions:	262mm(H)×457mm(W)×388mm(D)
Oven Cavity Dimensions:	173mm(H)×280mm(W)×293mm(D)
Cooking Uniformity:	Turntable System
Net Weight:	Approx.12 kg

* When tested in accordance with AS/NZS 2895.1:2007

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.