



# CONVECTION MICROWAVE OVEN

## MODEL R-810ES

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.

The manual is divided into two sections:

### 1. OPERATION (P5~P15)

This section describes your oven and teaches you how to use all the features.

### 2. MANUAL CHART GUIDES

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.

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.

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# SHARP

## WARRANTY

### *Consumer Electronic Products*

#### **Congratulations on Your Purchase!**

This Sharp product is warranted against faults in material and manufacture for the period as stated in the table below.

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 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.

Australian customers: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. The criteria of a major failure is defined in the Australian Consumer Law. Should you require any assistance with a major failure please contact Sharp Customer Care.

#### **WARRANTY PERIODS**

Home Theatre Projector	12 months (excluding lamps and air filters)
Audio/Home Theatre	12 months
Microwave / Steam Oven	12 months
Slow Juicer	12 months
Refrigerator	24 months
DVD/Blu-ray	12 months
Washing Machine	24 months
Portable Air Conditioner	12 months
LCD Television	36 months
Air Purifier	12 months
Vacuum Cleaner	24 months

**SHARP**

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SPform 040 (SEPT 2013)

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

**SHARP**

FOR LOCATION ENQUIRIES WITHIN

**AUSTRALIA**

REGARDING YOUR LOCAL

**SHARP APPROVED SERVICE CENTRE**

VISIT OUR WEBSITE AT

**[www.sharp.net.au](http://www.sharp.net.au)**

OR CALL SHARP CUSTOMER CARE

**1300 135 022**

(LOCAL CALL COST APPLY WITHIN AUSTRALIA)

SHARP CORPORATION OF AUSTRALIA PTY LTD

**SHARP**

FOR LOCATION ENQUIRIES WITHIN

**NEW ZEALAND**

REGARDING YOUR LOCAL

**SHARP APPROVED SERVICE CENTRE**

VISIT OUR WEBSITE AT

**[www.sharp.net.nz](http://www.sharp.net.nz)**

CONTACT YOUR SELLING DEALER/RETAILER

OR CALL

**SHARP CUSTOMER SERVICES**

TELEPHONE: 09 573 0111

FACSIMILE: 09 573 0113

SHARP CORPORATION OF NEW ZEALAND LIMITED

# IMPORTANT SAFETY INSTRUCTIONS

## IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

1. This oven is designed to be used on a countertop, on a shelf or installed using the manufacturer's built-in kit. It should not be built in under countertop or any other appliances. The appliance must not be placed in a cabinet. The appliance must not be installed behind a decorative door in order to avoid overheating. See page 4 for full installation instructions.
2. Ensure there is a minimum of free space above the oven of 30 cm. See page 4 for the other necessary spaces.
3. This appliance is intended to be used in household and similar applications such as:
  - staff kitchen areas in shops, offices and other working environments;
  - farm houses;
  - by clients in hotels, motels and other residential environment;
  - bed and breakfast type environmentsIt is not suitable for commercial, laboratory use.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, therapeutic devices (e.g. wheat bags), slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. 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.
6. Children should be supervised to ensure that they do not play with the appliance.
7. **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.
8. When the appliance is operated in the Grill/Combi and Convection modes. Children should only use the oven under adult supervision due to the temperature generated.
9. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repairs by an authorised SHARP service agent or microwave technician.
10. **WARNING:** Never adjust, repair or modify the oven yourself. It is a hazardous for anyone other than an authorised SHARP service agent or microwave technician to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.
11. If the power supply cord of this appliance is damaged, it must be replaced by a service centre approved by SHARP in order to avoid a hazard.
12. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
13. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
14. Eggs in their shell and whole hard-boiled eggs should not be heated on microwave modes since they may explode, even after microwave heating has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the white, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.
15. Utensils should be checked to ensure that they are suitable for use in the oven. Refer to pages 3 and A-6. Use only microwave safe containers and utensils on microwave cooking modes.
16. Metallic containers for food and beverages are not allowed during microwave modes.
17. The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
18. The door, outer cabinet, oven cavity, dishes and accessories will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.
19. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
20. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
21. The oven should be cleaned regularly and any food deposits removed.
22. Cleaning and user maintenance shall not be performed by children without supervision.
23. 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 situation.
24. The appliance must not be cleaned with a steam cleaner.
25. See instructions for cleaning door seals, cavities and adjacent parts on page 15.
26. Handle with care when removing items from the oven so that the turntable does not displace

## IMPORTANT SAFETY INSTRUCTIONS

### Other Warnings

1. To reduce the risk of fire in the oven cavity
  - 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.
2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the container. Your oven is capable of heating food and beverages very quickly with microwave, 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 and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

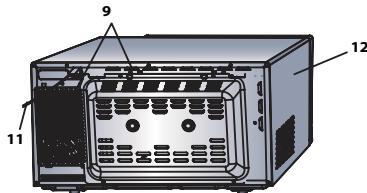
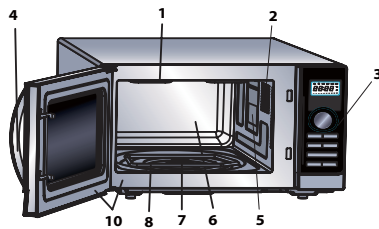
Additionally

  - 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.
3. Never operate the oven whilst any object is caught or jammed between the door and the oven.
4. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the latches.
5. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
6. Never tamper with or deactivate the door safety latches.
7. 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.
8. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
9. 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, and carefully open popcorn and oven cooking bags away from the face.
10. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
11. 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.
12. Do not place anything on the outer cabinet
13. Do not store food or any other items inside the oven.
14. Make sure the utensil does not touch the interior walls during cooking.
15. Ensure handles of utensils do not touch walls when turntables rotate. Take care as handles may become extremely hot if utensil stops rotating.

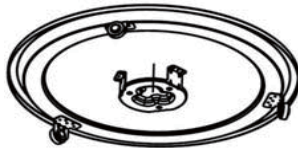
## SPECIAL NOTES & WARNING

	DO	DON'T
Eggs, fruits, vegetables, nuts, seeds, sausages and oysters	<ul style="list-style-type: none"> <li>* Puncture egg yolks and whites and oysters before cooking to prevent "explosion".</li> <li>* Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself.</li> <li>* Cook hard/soft boiled eggs.</li> <li>* Overcook oysters.</li> <li>* Dry nuts or seeds in shells.</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>* Use specially bagged popcorn for the microwave oven.</li> <li>* Listen while popping corn for the popping to slow to 1-2 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>* Pop popcorn in regular brown bags or glass bowls.</li> <li>* Exceed maximum time on popcorn package.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns.</li> <li>* Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat disposable bottles.</li> <li>* Overheat baby bottles. Only heat until warm.</li> <li>* Heat bottles with nipples on.</li> <li>* Heat baby food in original jars.</li> </ul>
General	<ul style="list-style-type: none"> <li>* Food with filling should be cut after heating, to release steam and avoid burns.</li> <li>* Use a deep bowl when cooking liquids or cereals to prevent boiling over.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook in closed glass jars or airtight containers.</li> <li>* Deep fat fry.</li> <li>* Heat or dry wood, herbs, wet papers, clothes or flowers.</li> <li>* Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.</li> </ul>
Liquids (Beverages)	<ul style="list-style-type: none"> <li>* For boiling or cooking liquids see WARNING on page 1 to prevent explosion and delayed eruptive boiling.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat for longer than recommended time. Refer to Reheating/Defrosting chart on page A-5.</li> </ul>
Canned foods	<ul style="list-style-type: none"> <li>* Remove food from can.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook food while in cans.</li> </ul>
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> <li>* Cook for the recommended time. (These foods have high sugar and/or fat contents.)</li> </ul>	<ul style="list-style-type: none"> <li>* Overcook as they may catch fire.</li> </ul>
Meats	<ul style="list-style-type: none"> <li>* Use a microwave proof roasting rack to collect drained juices.</li> </ul>	<ul style="list-style-type: none"> <li>* Place meat directly on the turntable for cooking.</li> </ul>
Utensils	<ul style="list-style-type: none"> <li>* Check the utensils are suitable for MICROWAVE cooking before you use them.</li> </ul>	<ul style="list-style-type: none"> <li>* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.</li> </ul>
Aluminium foil	<ul style="list-style-type: none"> <li>* Use to shield food to prevent over cooking.</li> <li>* Watch for sparking/arcing. Reduce foil or keep clear of cavity walls.</li> </ul>	<ul style="list-style-type: none"> <li>* Use too much.</li> <li>* Shield food close to cavity walls. Sparking/arcing can damage the cavity.</li> </ul>
Browning dish	<ul style="list-style-type: none"> <li>* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.</li> </ul>	<ul style="list-style-type: none"> <li>* 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.</li> </ul>

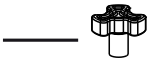
## OVEN AND ACCESSORIES



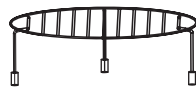
**13. Turntable (metal)**



**14. Coupling**



**15. Rack**



### OVEN

1. Grill heating element (top grill)
2. Oven lamp
3. Control panel
4. Door handle
5. Waveguide cover (DO NOT REMOVE)
6. Oven cavity
7. Turntable motor shaft
8. Grill heating element (bottom grill)
9. Ventilation openings
10. Door seals and sealing surfaces
11. Power cord
12. Outer cabinet

### ACCESSORIES:

Check to make sure the following accessories are provided:

(13) Turntable (14) Coupling-Already fitted to motor shaft (15) Rack

- Ensure the coupling has been fitted to the motor shaft, Then place the turntable onto the coupling, ensuring it is located firmly.
- To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.
- For use of the rack, refer to the grilling sections on page A-4 and pages 8-11.

**Never touch the grill when it is hot.**

**NOTE:** When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.

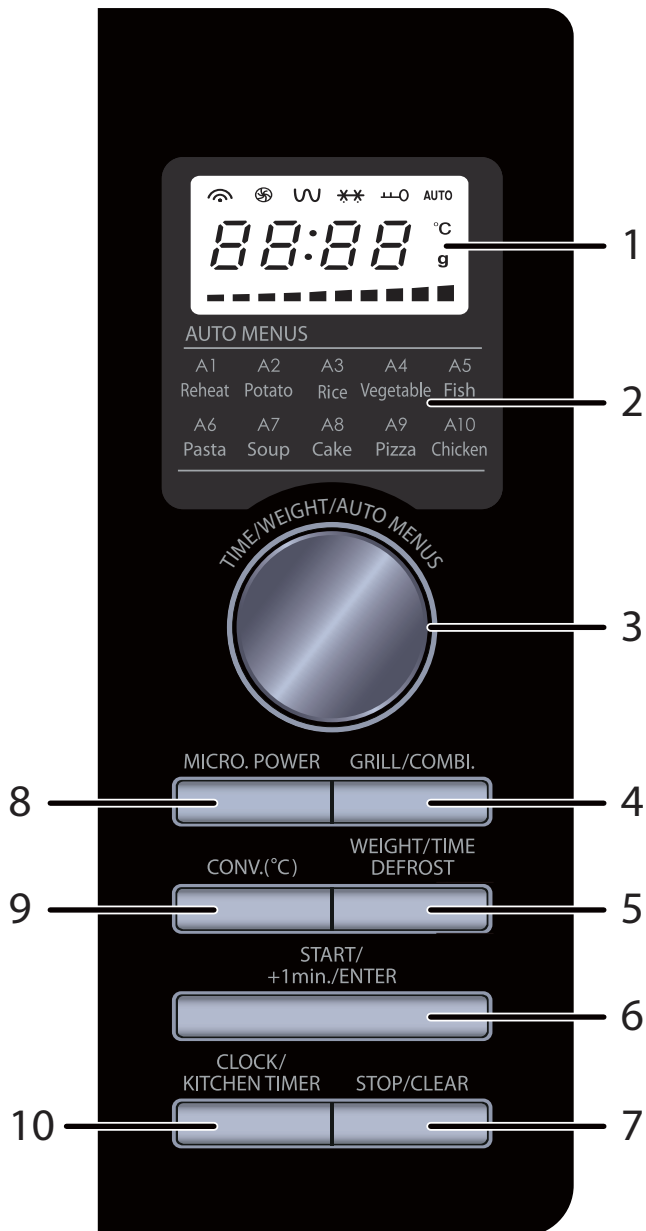
- The waveguide cover is fragile, care should be taken.
- Always clean the cavity, especially the grill element.
- Always operate the oven with the turntable and turntable support fitted correctly.
- All food are always placed on the turntable for cooking.
- Please do not remove the plastic feet on the rack, they are required for safety and to prevent arcing when using the oven.

## INSTALLATION INSTRUCTIONS







1. Remove all packing materials from the oven cavity, **(do not remove the waveguide cover)**, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a **SERVICE CENTRE APPROVED BY SHARP** and repaired, if necessary.
2. Accessories provided
  - 1) Turntable 2) Coupling-Already fitted to motor shaft
  - 3) Operation manual and Grill Rack
3. Ensure the coupling has been fitted to the motor shaft, then place the turntable onto the coupling, ensuring it is located firmly. **NEVER** operate the oven without the coupling and turntable.
4. This oven is designed for countertop or cabinet use as well. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. Allow a space of at least 30 cm on the top, 5 cm on both sides and at the rear of the oven for adequate air circulation. When installing in a cabinet, the minimum inside dimension of the cabinet should be 613 mm (W) x 606 mm (H) x 547 mm (D). This oven is not designed for built-in installation.  
**WARNING:** The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
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 230V, 50Hz.
6. This appliance must be earthed.
7. Operate the oven from a general purpose domestic outlet.  
 If a generator is used, do not operate the oven with non-sinusoidal outputs.



# CONTROL PANEL



## 1. DIGITAL DISPLAY and INDICATORS

-  MICROWAVE indicator
-  CONVECTION indicator
-  GRILL indicator
-  DEFROST indicator
-  CHILD LOCK indicator
- AUTO** AUTO MENU indicator
- °C** TEMPERATURE indicator
- g** WEIGHT indicator
-  Index for the temperature

## 2. Auto Menu options:

- A1: Reheat
- A2: Potato
- A3: Rice
- A4: Vegetables
- A5: Fish
- A6: Pasta
- A7: Soup
- A8: Cake
- A9: Pizza
- A10: Chicken

## 3. ENTRY dial

Rotate to enter the cooking time, time, power level, temperature, weight, portion and select auto menu.

## 4. GRILL/COMBI. button

- 1 x PRESS (G-1) = TOP GRILL
- 2 x PRESS (G-2) = TOP GRILL & BOTTOM GRILL TOGETHER
- 3 x PRESS (G-3) = BOTTOM GRILL
- 4 x PRESS (C-1) = MICROWAVE(24%) & TOP GRILL(76%)
- 5 x PRESS (C-2) = MICROWAVE (52%) & TOP GRILL (48%)
- 6 x PRESS (C-3) = MICROWAVE (24%) & TOP GRILL(76%) & BOTTOM GRILL (76%)
- 7 x PRESS (C-4) = MICROWAVE (52%) & TOP GRILL(48%) & BOTTOM GRILL (48%)
- 8 x PRESS (C-5) = MICROWAVE (24%) & TOP GRILL(76%) & CONVECTION (76%)
- 9 x PRESS (C-6) = MICROWAVE (24%) & BOTTOM GRILL(76%) & CONVECTION (76%)

## 5. WEIGHT/TIME DEFROST button

## 6. START/+1min/ENTER button

## 7. STOP/CLEAR button

## 8. MICRO. POWER button:

Press to select microwave power level.

## 9. CONV.(°C) button

## 10. CLOCK/KITCHEN TIMER button



## BEFORE OPERATION

Plug in the oven. The oven display will display: "0:00", an audible signal will sound once. This model has a clock function and the oven uses less than 1.0 W in stand by mode. **To set the clock, see below.** You may detect smoke or a burning smell when using the grill for the first time. This is normal and not a sign that the oven is not operating correctly. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill mode.

## SETTING THE CLOCK

There are two setting modes: 12 hour clock and a 24 hour clock.

1. To set the 24 hour clock, press the **CLOCK/KITCHEN TIMER** button once and "24H" will appear in the display. To set the 12 hour clock, press the **CLOCK/KITCHEN TIMER** button once more and "12H" will appear in the display.
2. Rotate the **ENTRY** dial until the correct hour is displayed, the input time should be within 0-23 (24-hour clock) or 1-12 (12-hour clock).
3. Press the **CLOCK/KITCHEN TIMER** button, the minute figure will flash.
4. Set the minutes. Rotate the **ENTRY** dial until the correct minutes are displayed, the input time should be within 0-59.
5. Press the **CLOCK/KITCHEN TIMER** button once to start the clock. The icon ":" of the digital time will be flashing on the display.

### NOTES:

- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will show "0:00".
- To check the time of day during a cooking process, press **CLOCK/KITCHEN TIMER** button and the LED will display the time of day for 2-3 seconds. This does not affect the cooking process.
- In the process of clock setting, if the **STOP/CLEAR** button is pressed, the oven will go back to the former setting.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show "0:00" after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.

## MICROWAVE POWER LEVEL

Power Level	Press the <b>MICRO.POWER</b> button	Display (Percentage)
HIGH	x1	P100
	x2	P 90
MEDIUM HIGH	x3	P 80
	x4	P 70
MEDIUM	x5	P 60
	x6	P 50
MEDIUM LOW (DEFROST)	x7	P 40
	x8	P 30
LOW	x9	P 20
	x10	P 10
	x11	P 0

- Your oven has 11 power levels, as shown.
- To change the power level for cooking, press the **MICRO. POWER** button or rotate the **ENTRY** dial until the display indicates the desired level. Press the **START/+1min/ENTER** button to confirm, enter the cooking time and then press the **START/+1min/ENTER** button to start the oven.
- To check the power level during cooking, press the **MICRO. POWER** button, the current power level will be displayed for 2-3 seconds. The oven will continue to count down although the display will show the power level.

Generally the following recommendations apply:

**P100/ P 90** -(HIGH) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

**P 80/ P 70** -(MEDIUM HIGH) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as sponge cakes. At this reduced setting, the food will cook evenly without over cooking at the sides.

**P 60/ P 50** -(MEDIUM) for dense foods which require a long cooking time when cooked conventionally, e.g. beef casserole, it is advisable to use this power setting to ensure the meat will be tender.

**P 40/ P 30** -(MEDIUM LOW) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

**P 20/ P 10** -(LOW) For gentle defrosting, e.g. cream gateaux or pastry.

## MANUAL OPERATION

### Opening the door:

To open the oven door, pull the door handle.

### Starting the oven:

Prepare and place food in a suitable container onto the turntable or place directly onto the turntable.

Close the door and press the **START/+1min/ENTER** button after selecting the desired cooking mode.

Once the cooking programme has been set and the **START/+1min/ENTER** button is not pressed in 5 minutes, the setting will be cancelled.

The **START/+1min/ENTER** button must be pressed to continue cooking if the door is opened during cooking.

Use the **STOP/CLEAR** button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press the **STOP/CLEAR** button twice.
4. To set and to cancel the child lock (refer to page 12).

## MICROWAVE COOKING

Your oven can be programmed for up to 95 minutes (95:00).

The input unit of cooking (defrosting) time varies from 5 seconds to 95 minutes. It depends on the total length of the cooking (defrosting) time as shown on the table.

Cooking Time	Increasing Unit
0-1 minute	5 seconds
1-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-95 minutes	5 minutes

### MANUAL COOKING/ MANUAL DEFROSTING

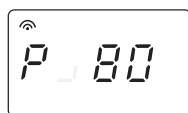
- Enter the cooking time and use microwave power levels to cook or defrost (see example below).
- Stir or turn the food, where possible, 2 - 3 times during cooking.
- After cooking, cover the food and leave to stand, where recommended.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.

### Example:

To cook 2 minutes and 30 seconds on P80 (80%) microwave power.

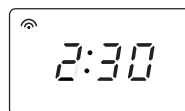
1. Input the power level by pressing the **MICRO. POWER** button 3 times for P80 or turn the **ENTRY** dial to select the microwave power to P 80.

2. Press the **START/+1min/ENTER** button to confirm the selected power level.

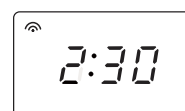


At the same time the microwave indicator will light up on the display.

3. Enter desired cooking time by rotating the **ENTRY** dial.



4. Press the **START/+1min/ENTER** button to start the timer.



(The display will count down through the set cooking time.)

**MICRO. POWER x3** or 

### NOTE:

- When the oven starts, the oven lamp will light up and the turntable will rotate clockwise or anticlockwise. If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display will stop automatically. The cooking/ defrosting time starts to count down again when the door is closed and the **START/+1min/ENTER** button is pressed.
- When cooking / defrosting is complete, open the door or press the **STOP/CLEAR** button and the time of day will reappear on the display, if the clock has been set.
- If you wish to know the power level during cooking, press the **MICRO. POWER** button. The current power level will be displayed for 2-3 seconds.

### IMPORTANT:

- Close the door after cooking / defrosting. Please note that the light will remain on for 10 minutes when the door is open, this is for safety reasons and to remind you to close the door.

## AUTO MENU OPERATION

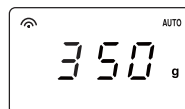
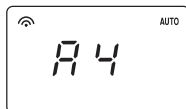
The **AUTO MENU** programmes automatically work out the correct cooking mode and cooking of the foods (details on this page). Follow the example below for details on how to operate this function.

**Example:** To cook 350 g carrots by using the **AUTO MENU** function for fresh vegetables.

1. Rotate the **ENTRY** dial to right and select the desired auto menu.
2. Press the **START/+1min/ENTER** button to confirm the setting.
3. Enter the desired weight by rotating the **ENTRY** dial until the display shows:
4. Press the **START/+1min/ENTER** button to start cooking. (The display will count down through cooking time.)



The display will show:



### NOTES:

- The weight or quantity of the food can be input by rotating the **ENTRY** dial until the desired weight/ quantity is displayed. Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than the weights/quantities given in the **AUTO MENU** chart below, then cook by manual operation.

## AUTO MENU CHART

Auto Menu	Display	Cooking method	WEIGHT/ PORTION / UTENSILS	Procedure										
Reheat Dinner Plate (pre-cooked food e.g. meat, vegetable and garnishes)	A1	100% Micro	150g, 250g, 350g, 450g, 600g (initial temp. 5°C) Plate and vent microwave cling film or suitable lid	Put the pre-cooked food on a plate. Use a suitable lid to cover the plate. Place the plate in the centre of the turntable. Stir after cooking.										
Jacket Potato	A2	100% Micro	1, 2, 3 potatoes (pieces) 1 potato = approx. 200g (initial temp. 20°C)	Please use potatoes which are similar in size of approx. 230g. Pierce each potato in several places and place towards the edge of the turntable. Turn over and rearrange halfway through cooking. Stand for 3 - 5 minutes before serving.										
Rice (White Rice e.g. Jasmine, Long Grain)	A3	100% Micro	<table border="1"> <tr> <td>Rice (Cups)</td><td>0.5</td><td>1</td><td>2</td><td>4</td></tr> <tr> <td>Water (Cups)</td><td>2</td><td>2.5</td><td>4</td><td>6</td></tr> </table> (initial temp. of water 60°C) Microwave safe large glass bowl	Rice (Cups)	0.5	1	2	4	Water (Cups)	2	2.5	4	6	Pre-wash the rice until the water runs clear. Add the water. Do not cover. Place the bowl in the centre of the turntable. Stir halfway through cooking. After cooking, stir and stand for 2 minutes before serving
Rice (Cups)	0.5	1	2	4										
Water (Cups)	2	2.5	4	6										
Fresh vegetables e.g. Cauliflower, carrots, broccoli, squash etc.	A4	100% Micro	150g, 350g, 500g (initial temp 20°C) Bowl and lid	Cut, chop or slice fresh vegetables into evenly sized pieces. Place the fresh vegetables into a suitable dish. Place onto the turntable. Add the required amount of water (1tbsp per 100 g). Cover with a lid. Stir after cooking and let the food stand for approx. 2 minutes.										
Fish (Only fish fillet is recommended for this programme)	A5	80% Micro	150g, 250g, 350g, 450g, 650g (initial temp. temp 20°C) Flan dish and vented microwave cling film or suitable lid	Place in a single layer in a flan dish. Use vented microwave cling film or a suitable lid to cover.										
Pasta (dried pasta e.g. Penne, Trivelle, Spiral)	A6	100% Micro	<table border="1"> <tr> <td>Pasta (Cups)</td><td>0.5</td><td>1</td><td>2</td><td>4</td></tr> <tr> <td>Water (Cups)</td><td>1.5</td><td>2</td><td>4</td><td>6</td></tr> </table> (initial temp. of water 60°C) Microwave safe large glass bowl	Pasta (Cups)	0.5	1	2	4	Water (Cups)	1.5	2	4	6	Place pasta in an appropriate sized bowl and add the water. Do not cover. Place the bowl in the centre of the turntable. Stir halfway through cooking. After cooking, stir well and stand for 2 minutes before draining.
Pasta (Cups)	0.5	1	2	4										
Water (Cups)	1.5	2	4	6										
Soup	A7	100% Micro	200g, 400g, 600g (initial temp. 5°C) Cups (200 g per cup)	Place the cups on the turntable and stir after cooking.										
Sponge Cake* Based on standard packet cake mix	A8	Preheat at 160°C	475g (initial temp. 20°C) Spring form tin (about 20 cm diameter)	Preheat the oven to 160°C. When the temperature is reached, open the door and place the cake on the turntable. Press the <b>START/+1min/ENTER</b> button to start the baking. Depending on the density and variety of cake mix, you may need to extend the cooking time to achieve the desired results.										
Frozen Pizza (Oven Ready Pizza prebaked) →	A9	C-5/C-6	200g, 300g, 400g (initial temp. -18°C) Rack	Remove packaging and place directly on the rack or turntable. No standing time required.										
Roast Chicken (Whole / Pieces)	A10	C-5	500g, 750g, 1000g, 1200g (initial temp. 3°C) Rack	If desired, season with salt and pepper. Pierce the skin of the chicken a few times. Place the chicken, breast side up, onto the rack. Turn chicken over when oven beeps.										

- When using the auto cook function, the results depend on variances such as the shape and size of the food and your personal preference in regards to cooking results. If you are not satisfied with the programmed result, please adjust the cooking time to match your requirement.

## GRILL COOKING/COMBI COOKING

### 1. GRILL ONLY COOKING

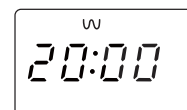
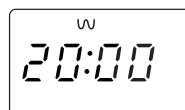
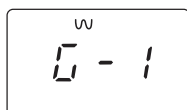
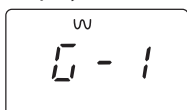
The oven has a top and bottom grill which can be used separately or combined. These have one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning. Input the desired grill mode by pressing the **GRILL/COMBI.** button as indicated below.

Press <b>GRILL/COMBI.</b> button	Display	Grill heating element in use
once	G-1	Top grill only
twice	G-2	Top and bottom grill together
3 times	G-3	Bottom grill only

#### Example:

Suppose you want to cook for 20 minutes using the TOP GRILL only.

1. Choose TOP GRILL function by pressing **GRILL/COMBI.** button once. G-1 and the grill indicator will light up on the display.
2. Press the **START/+1min/ENTER** button to confirm the cooking mode.
3. Use the **ENTRY** dial to input the grilling time
4. Press the **START/+1min/ENTER** button to start the grilling.  
(The display will count down through the set grilling time.)



#### NOTE:

Halfway through the grilling time the audible signal sounds twice. This will remind you to turn the food over to ensure even browning. Please be aware that the oven will not stop automatically during grilling. After the food has been turned over, close the door and then press the **START/+1min/ENTER** button to continue grilling.

### 2. COMBI COOKING

The **COMBI COOKING** feature enables a combination of microwave power with grill or convection. COMBI means to cook by microwave power and grill power or convection power alternately. The combination cooking reduces cooking time and provides a crisp, brown finish giving you the convenience of fast cooking with a traditional appetising appearance.

There are 6 choices for the combination as shown in the chart below:

Press <b>GRILL/COMBI.</b> button	Display	Microwave / duty cycle	Top grill / duty cycle	Bottom grill / duty cycle	Convection
4 times	C-1	• / 24%	• / 76%	-	-
5 times	C-2	• / 52%	• / 48%	-	-
6 times	C-3	• / 24%	• / 76%	• / 76%	-
7 times	C-4	• / 52%	• / 48%	• / 48%	-
8 times	C-5	• / 24%	• / 76%	-	• / 76%
9 times	C-6	• / 24%	-	• / 76%	• / 76%

Follow the example on the next page for details on how to operate the combi cooking function.



#### WARNING:

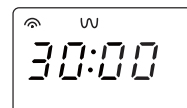
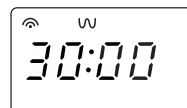
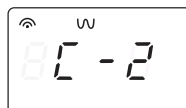
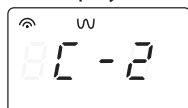
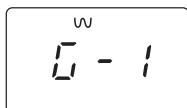
The door, outer cabinet, oven cavity and accessories will become very hot during operation. To prevent burns, always use thick oven gloves.

## GRILL COOKING / COMBI COOKING CONT.

### Example for Microwave and Grill:

Suppose you want to cook for 30 minutes using the combination of microwave and grill (C-2).

1. Press **GRILL/COMBI.** button once. G-1 will light up on the display
2. Select C-2 by pressing the button repeatedly (4 times) or turn the **ENTRY** dial until the display will shows C-2. At the same time the microwave and grill indicator lights up on the display.
3. Press the **START/+1min/ENTER** button to confirm the cooking mode
4. Use the **ENTRY** dial to input the cooking time
5. Press the **START/+1min/ENTER** button to start the cooking. (The display will count down through the set cooking time.)



### NOTES for GRILL and COMBI COOKING:

- It is not necessary to preheat the grill.
- When browning food place it either on a rack or in a deep container on the turntable. Use the rack for grilling small items of food such as bacon, gammon and teacakes.
- You may detect smoke or a burning smell when using the grill for the first time. This is normal and not a sign that the oven is not operating correctly. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill mode.

**IMPORTANT:** During operation, to allow smoke or smells to disperse open a window.

## CONVECTION COOKING

Your oven can be used as a conventional oven using the convection facility and 10 pre-set oven temperatures. Preheating is recommended for better results. The temperature can be chosen from 140°C to 230°C in 10°C increments.

In the common environment, the average temperature of the oven cavity is within  $\pm 15\%$  of its rated value. This is only as a reference.

Press <b>CONV.(°C)</b> button	1	2	3	4	5	6	7	8	9	10
Oven Temp (°C)	140	150	160	170	180	190	200	210	220	230

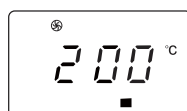
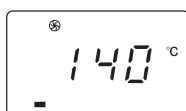
For each settable temperature there is an index for the temperature in the display e.g. 170°C = fourth bar. During the preheat this display will flash and the increasing bars on the display will indicate the preheat process.

### Example 1: To cook with preheating

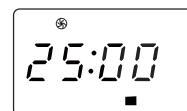
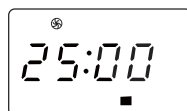
Suppose you want to preheat to 200°C and cook for 25 minutes at 200°C.

1. Press the **CONV.(°C)** button once and the temperature indicator will flash on the display. Additionally the convection indicator will light up.
2. Enter the desired preheat temperature by pressing the **CONV.(°C)** button (6 times) or turn the **ENTRY** dial until the display shows 200.
3. Press the **START/+1min/ENTER** button to confirm the temperature.

**CONV.(°C) x1**



4. Press the **START/+1min/ENTER** button once more to start preheating. When the preheated temperature has been reached an audible signal will sound twice to remind you to put the food into the oven. The current temperature will flash in the display.
5. Open the door, place the food inside the oven and close the door. Use the **ENTRY** dial to input the cooking time (25 minutes).
6. Press the **START/+1min/ENTER** button to start cooking. The display will count down through the set cooking time. The convection indicator will flash.



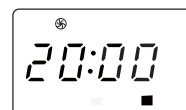
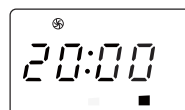
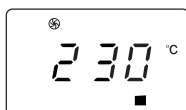
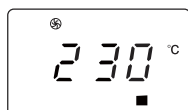
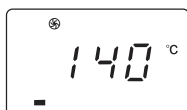
## CONVECTION COOKING CONT.

### Example 2: To cook without preheating

Suppose you want to cook at 230°C for 20 minutes.

1. Open the door, place the food inside the oven and close the door. Press the **CONV.(°C)** button once and the temperature indicator will flash on the display. Additionally the convection indicator will light up.
2. Enter the desired temperature by pressing the **CONV.(°C)** button (9 times) or turn the **ENTRY** dial until the display shows 230.
3. Press the **START/+1min/ENTER** button to confirm the temperature.
4. Use the **ENTRY** dial to input the cooking time (20 minutes).
5. Press the **START/+1min/ENTER** button to start cooking.

**CONV.(°C) x1**



#### NOTES:

1. If you are using the pre-heat function, the cooking time cannot be input until the preheating temperature arrives. When the temperature arrives, door must be opened to input the cooking time.
2. The convection heater will stop automatically; if there is no input for the cooking time within 5 minutes. An audible signal will sound five times to remind you and the LED will display the time of day, if the clock has been set. If the clock has not been set, the display will only show "0:00".
3. When the oven is preheating, the turntable should be in the oven. During preheating and convection cooking, you will hear the cooling fan cycling on and off. This is completely normal and will not affect the cooking.
4. Food manufacturers instructions are only a guideline, so cooking times may need to be adjusted accordingly.
5. After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts.
6. You may detect smoke or a burning smell when using convection for the first time. This is normal and is not a sign that the oven is not working correctly. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill and then at convection 230°C.

**IMPORTANT:** During operation, to allow smoke or smells to disperse open a window.



#### **WARNING:**

**The door, outer cabinet, oven cavity and accessories will become very hot during operation. To prevent burns, always use thick oven gloves.**

Use Automatic program for better cooking result for Bake or Cake.



## OTHER CONVENIENT FUNCTIONS

### 1. SEQUENCE COOKING

This function allows you to cook using up to 3 different stages which can include the manual cooking mode and/or time defrost as well as weight defrost function. Once programmed there is no need to interfere with the cooking operation as the oven will automatically move onto the next stage. An audible signal will sound once after the first stage. If one selected stage is defrost, this should be programmed as the first stage of sequence cooking.

**NOTE:** Auto menu cannot be programmed as one of the multiple sequences.

**Example :** If you want to defrost the food for 5 minutes, then cook with P80 microwave power for 7 minutes. The steps are as follows:

- 1. Press the **WEIGHT/TIME DEFROST** button twice, DEF2 will appear in the LED display.
- 2. Enter the defrosting time by rotating **ENTRY** dial until the display shows "5:00" minutes.
- 3. Press the **MICRO. POWER** button once.
- 4. Input the power level by pressing the **MICRO. POWER** button once more for P80 or turn the **ENTRY** dial to select the microwave power to P80.
- 5. Press the **START/+1min/ENTER** button to confirm the setting.
- 6. Enter the cooking time by rotating the **ENTRY** dial until the display shows "7:00" minutes.
- 7. Press the **START/+1min/ENTER** button to start cooking.

### 2. +1min FUNCTION (Auto minute)

The **START/+1min/ENTER** button allows you to operate the two following functions:

#### a. Direct start

You can directly start cooking on P100 microwave power level for 1 minute by pressing the **START/+1min/ENTER** button. The cooking process will start immediately and each time the button is pressed this will increase the cooking time by 1 minute.

#### b. Extend the cooking time

You can extend the cooking time during manual, grill, convection and combi cooking in multiples of 1 minutes if the **START/+1min/ENTER** button is pressed while the oven is in operation. During the weight defrost, auto menu function and sequence cooking, the cooking time cannot be increased by pressing **START/+1min/ENTER** button.

**NOTE:** The cooking time may be extended to a maximum of 95 minutes.

### 3. KITCHEN TIMER FUNCTION

You can use the kitchen timer for timing where microwave cooking is not involved for example to time boiled eggs cooked on conventional hob or to monitor the standing time for cooked/defrosted food.

#### Example:

To set the timer for 5 minutes.

- |   |   |   |   |
|---|---|---|---|
| <b>1.</b> Press the <b>CLOCK/ KITCHEN TIMER</b> button twice.<br><b>CLOCK/KITCHEN TIMER x 2</b> | <b>2.</b> Enter the desired time by rotating the <b>ENTRY</b> dial until the correct minutes are displayed. | <b>3.</b> Press the <b>START/+1min/ENTER</b> button to start the timer. | <b>4.</b> Check the display.<br>(The display will count down through the set time.) |
|---|---|---|---|

When the timer time arrives, the audible signal will sound 5 times and the LED will then display the time of day.

You can enter any time up to 95 minutes. To cancel the **KITCHEN TIMER** whilst counting down, simply press the **STOP/CLEAR** button.

**NOTE:** The **KITCHEN TIMER** function cannot be used whilst cooking.

### 4. CHILD LOCK:

Use to prevent unsupervised operation of the oven by children.

#### a. To set the **CHILD LOCK**:

Press and hold the **STOP/CLEAR** button for 3 seconds until a long a beep sounds. The display will light up the lock indicator:



#### b. To cancel the **CHILD LOCK**:

Press and hold the **STOP/CLEAR** button for 3 seconds until a long beep sounds. The lock indicator will disappear.



## WEIGHT / TIME DEFROST OPERATION

### 1. WEIGHT DEFROST

The microwave oven is pre-programmed with a time and power level so that the following food can be defrosted easily: Pork, beef and chicken. The weight range increases in 10g steps from 100g to 1000g, then increase to 100g from 1000g to 2000g. Frozen foods are defrosted from -18°C. Follow the example below for details on how to operate these functions.

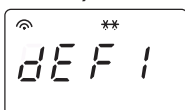
**Example:** To defrost a meat joint weighing 1.2kg using **WEIGHT DEFROST**.

Place the meat in a flan dish or on a microwave oven rack on the turntable.

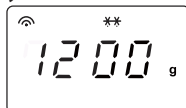
1. Select the menu required by pressing the **WEIGHT/TIME DEFROST** button once.

**WEIGHT/TIME DEFROST x1,**

the display will show:



2. Enter the desired weight by rotating the **ENTRY** dial until the display shows:



At the same time "g" indicator will light up on the display.

3. Press the **START/+1min/ENTER** button to start defrosting. The time and defrost indicators will light up and "g" indicator will disappear. (The display will count down through defrosting time).

#### NOTES for WEIGHT DEFROST:

- Before freezing foods, ensure food is fresh and of good quality.
- Place food with a weight less than 200 g at the edge of the turntable and do not place it to the centre of the turntable.
- Food weight should be rounded up to the nearest 100 g, for example, 650 g to 700 g.
- If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.

### 2. TIME DEFROST

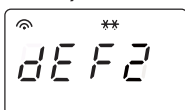
This function quickly defrosts food while enabling you to choose a suitable defrost period, depending on the food type. Follow the example below for details on how to operate this function. The time range is 0:05 – 95:00.

**Example:** To defrost the food for 10 minutes.

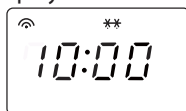
1. Select the menu required by pressing the **WEIGHT/TIME DEFROST** button twice.

**WEIGHT/TIME DEFROST x2,**

the display will show:



2. Enter the desired cooking time by rotating the **ENTRY** dial until the display shows: 10:00



3. Press the **START/+1min/ENTER** button to start defrosting. The time and defrost indicators will light up.

#### NOTES for TIME DEFROST:

- After cooking an audible signal will sound five times and the LED will then display the time of day, if the clock has been set. If the clock has not been set, the display will only show "0:00" when cooking is complete.
- The preset microwave power level is P30 and can not be changed.

## DEFROSTING ADVICE

Defrosting food using your microwave oven is the quickest method of all.





It is a simple process but the following instructions are essential to ensure the food is thoroughly defrosted.

<b>Rearrange</b>	Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting. Move closely packed pieces from the outside to the centre and rearrange over-lapping areas. This will ensure that all parts of the food defrosts evenly.
<b>Separate</b>	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting, e.g. bacon rashers, chicken fillets
<b>Shield</b>	Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.
<b>Stand</b>	Standing time is necessary to ensure food is thoroughly defrosted. Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.
<b>Turn over</b>	It is essential that all foods are turned over at least 3 - 4 times during defrosting. This is important to ensure thorough defrosting.

- Remove all packaging and wrapping before defrosting.
- To defrost food use microwave power levels 30% - 10%

## REHEATING ADVICE

For the reheating of foods, follow the advice and guidelines below to ensure food is thoroughly reheated before serving.

<b>Plated meals</b>	<p><b>Remove any poultry or meat portions, reheat these separately, see below.</b></p> <p>Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating.</p> <p><b>NOTE:</b> Ensure the food is thoroughly reheated before serving.</p>	
<b>Sliced meat</b>	<p>Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating.</p> <p><b>NOTE:</b> Ensure the meat is thoroughly reheated before serving.</p>	
<b>Poultry portions</b>	<p>Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through reheating.</p> <p><b>NOTE:</b> Ensure the poultry is thoroughly reheated before serving.</p>	
<b>Casseroles</b>	<p>Cover with vented microwave cling film or a suitable lid and reheat on 50%. Stir frequently to ensure even reheating.</p> <p><b>NOTE:</b> Ensure the food is thoroughly reheated before serving.</p>	

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using 100%, while a lasagne which contains ingredients that cannot be stirred, should be reheated using 50%.

### NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.



### **WARNING:**

**Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.**

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.



### **WARNING:**

**The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.**



## CARE AND CLEANING

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.



## SERVICE CALL CHECK

Please check the following before calling for service:

1. At the power point, switch off the power for 10 seconds and switch back on.  
Does 0:00 appear in the display? YES \_\_\_\_\_ NO \_\_\_\_\_
2. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.  
Press the INSTANT COOK/START pad twice.  
A. Does the oven lamp come on? YES \_\_\_\_\_ NO \_\_\_\_\_  
B. Does the cooling fan work? YES \_\_\_\_\_ NO \_\_\_\_\_  
(Put your hand over the rear ventilation openings.)  
C. Does the turntable rotate? YES \_\_\_\_\_ NO \_\_\_\_\_  
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)  
D. After two minutes, did an audible signal sound and COOK indicator go off? YES \_\_\_\_\_ NO \_\_\_\_\_  
E. Is the water inside the oven hot? YES \_\_\_\_\_ NO \_\_\_\_\_

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, **CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.**

**NOTE:** If you cook the food over 20 minutes on 100% power, the microwave power will be automatically reduced to avoid overcooking



## SPECIFICATIONS

Model Name		R-810E(S)
AC Line Voltage		230V, 50Hz single phase
AC Rated Power		10A,2300W
AC Power Required	Microwave	1500W
	Grill	Top 1100W
		Bottom 500W
		Combined 1600W
	Convection	2300W
Output Power	Microwave	900W*
	Top Grill	1100W
	Bottom Grill	500W
	Convection	2300W
	Off Mode (Energy Save Mode)	less than 1.0W
Microwave Frequency		2450 MHz (Class B / Group 2)**
Outside Dimensions (W) x (H) x (D) mm		513 x 307 x 497
Cavity Dimensions (W) x (H) x (D)** mm		346 x 226 x 328
Turntable (Metal)		315mm
Weight		approx. 17.5 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

## DEFROST TIMES FOR MEAT, POULTRY AND BREAD

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
5. Refer to defrosting advice on page 13.

CUT	MICROWAVE TIME	STANDING TIME
BEEF (Roast)	9 – 11 minutes / 500g	15 minutes
Steaks	9 – 11 minutes / 500g	10 minutes
Minced Beef	11 – 12 minutes / 500g	10 minutes
PORK (Roast)	9 – 11 minutes / 500g	15 minutes
Chops	10 – 12 minutes / 500g	10 minutes
Ribs	7 – 9 minutes / 500g	10 minutes
Minced Pork	11 – 13 minutes / 500g	10 minutes
LAMB (Roast)	7 – 9 minutes / 500g	15 minutes
Shoulder	8 – 10 minutes / 500g	15 minutes
Chops	9 – 11 minutes / 500g	10 minutes
POULTRY		
Chicken (Whole)	8 - 10 minutes / 500g	15 minutes
Pieces	11 – 13 minutes / 500g	10 minutes

BREAD / PIES	MICROWAVE TIME	PROCEDURE
2 Slices of Bread	1 min 10 secs	Place between paper towel and place directly on the turntable.
4 Slices of Bread	1 min 50 secs	
1 Bread Roll	1 min 30 secs	
2 Bread Rolls	2 min 30 secs	

These times are a guide only. Results will depend on variances such as the shape and size of the food. If you are not happy with the results please adjust defrosting time to match your requirement.

## MANUAL CHART GUIDES

### 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	6 - 8 mins	Place in a shallow microwave safe dish. Cook covered. Stand for 3 minutes
Beans (top and tailed)	500g	6 - 8 mins	Place in a shallow casserole dish with 1 tablespoon of water. Cook covered. Stand for 3 minutes
Broccoli (uniform florets)	500g	6 – 8 mins	Place in a shallow casserole dish. Cook covered. Stand for 3 minutes
Brussels Sprouts	500g	5 – 7 mins	Place in a shallow casserole dish. Cook covered. Stand for 3 minutes
Cabbage (shredded)	500g	6 – 8 mins	Place in a shallow casserole dish with 2 tablespoons of water. Cook covered. Stand for 3 minutes
Carrots (sliced)	500g	7 – 9 mins	Place in a shallow microwave safe dish. Cook covered. Stand for 3 minutes (cook for longer for less crunch)
Cauliflower (uniform florets)	500g	8 – 10 mins	Place in a shallow casserole dish with 1 tablespoon of water. Cook covered. Stand for 3 minutes
Corn on the Cob	2 pieces	7 – 9 mins	Rinse corn under cold water. Cut into quarters and place in casserole dish. Cook covered. Turn over during cooking. Stand for 3 minutes.
Mushrooms (quartered)	500g	7 – 9 mins	Place in a shallow casserole dish with 2 tablespoons of butter. Cook covered. Stand for 3 minutes
Peas (green; top and tailed)	500g	4 – 6 mins	Place in a shallow casserole dish with 1 tablespoon of water and 1 teaspoon of sugar. Cook covered. Stand for 3 minutes
Potatoes – Jacket	3 Large (230g each)	8 – 9 mins	Pierce with a fork. Turn over during cooking. Stand for 3 minutes
Potatoes – Baked	4 small	7 – 9 mins	Peel and quarter potatoes. Cook in a dish with ⅓ cup water. Cook covered. Stand for 3 minutes.
Pumpkin (2cm cubes)	500g	7 – 9 mins	Place in a shallow casserole dish. Cook covered. Stand for 3 minutes
Spinach (shredded)	500g	6 – 8 mins	Place in a shallow casserole dish with 2 tablespoons of water. Cook covered. Stand for 3 minutes
Snow Peas (top and tailed)	500g	1 – 3 mins	Place in a shallow casserole dish with 1 tablespoon of water. Cook covered. Stand for 3 minutes (cook for longer for less crunch)
Squash (whole)	500g	5 – 7 mins	Cut into quarters and pierce with a fork. Place in a shallow casserole dish. Cook covered. Stand for 3 minutes
Sweet Potato (2cm cubes)	500g	9 – 11 mins	Place in a shallow casserole dish. Cook covered. Stand for 5 minutes
Zucchini (sliced or quartered)	500g	5 – 7 mins	Place in a shallow casserole dish with 1 tablespoon of water and 1 tablespoon of butter. Cook covered. Stand for 3 minutes

Results will depend on variances such as the shape and size of the food and your personal preference in regards to cooking results. If you are not happy with the results please adjust cooking time to match your requirement.

## 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	7 – 10 mins	
Broccoli	500g	7 mins 30 secs – 9 mins 30 secs	Break apart as soon as possible. Arrange with flower towards the centre.
Carrots (whole)	500g	9 – 11 mins	Stir halfway through.
Cauliflower	500g	8 – 10 mins	Break apart as soon as possible. Arrange with flower towards the centre.
Corn on the Cob	4 pieces	8 – 10 mins	
Peas (green)	500g	8 – 10 mins	
Spinach	250g	5 – 7 mins	Break apart as soon as possible.
Mixed Vegetables (i.e. carrots, beans and corn kernels)	500g	7 – 9 mins	Break apart as soon as possible.

## RICE & PASTA COOKING CHART

1. Wash and strain rice before measuring amounts.
2. Place rice/pasta in a medium/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	15 – 17 minutes
	2 Cups	4 cups Hot Water	17 – 19 minutes
	4 Cups	6 cups Hot Water	21 – 23 minutes
White Rice	1 Cup	2 cups Hot Water	19 – 21 minutes
	2 Cups	4 cups Hot Water	24 – 26 minutes
	4 Cups	6 cups Hot Water	20 – 31 minutes
Quick Oats	1 Cup	2 ¼ cups Milk	7 – 9 minutes

## 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	1 minutes 20 seconds
2	2 tsp	1 tbsp	1 minutes 40 seconds
3	1 tbsp	2 tbsp	3 minutes
4	1 tbsp	¼ cup	4 minutes 30 seconds



## GRILL / COMBI COOKING AND CONVECTION CHART

1. These menus are for use with Grill Cooking / Combi Cooking and Convection Cooking features.
2. Please follow the instructions carefully. If required, place the grill rack onto the turntable.
3. Refer to pages 8-11 for Grill Cooking / Combi Cooking and Convection Cooking instructions.

Menu	Weight /Portion	Cooking Function	Cooking Time	Special Procedure
Muffins	12 muffins	Convection 200°C	15 mins	Spoon mixture into greased 1/3 cup capacity muffin tin and place onto the turntable. Fill muffin tins ¾ full with mixture.
Thin Chips	100g	Convection 230°C	8 mins	Preheat oven. Use a ceramic flan dish. Place chips in a single layer onto dish, leaving a space between each chip. Turnover halfway through cooking.
Thick Chips	100g	Convection 230°C	11-15 mins	Preheat oven. Use a ceramic flan dish. Place chips in a single layer onto dish, leaving a space between each chip. Turnover halfway through cooking.
Chicken Chips	250g	Convection 230°C	13-15 mins	Preheat oven. Use a ceramic flan dish. Place chips in a single layer onto dish, leaving a space between each chip. Turnover halfway through cooking.
Chicken Nuggets	12 nuggets	Convection 200°C	20 mins	Place nuggets in a single layer on a ceramic flan dish. Turnover halfway through cooking.
Potato Wedges	250g	Convection 230°C	30-35 mins	Place wedges in a single layer on a flan dish or microwave safe dish. Turnover half way through cooking.
Roast Vegetables e.g. Potato, Sweet Potato, Pumpkin.	500g	Convection 180°C	60 mins	Place vegetables in a single layer on a medium ceramic microwave safe dish. Spray lightly with cooking oil and season to taste. Turnover halfway through cooking.
Mini Pies	200g	Convection 170°C	12 mins	Place pies in a single layer on a ceramic flan dish. Turnover halfway through cooking.
Mini Sausage Rolls	200g	Convection 170°C	12 mins	Place pies in a single layer on a ceramic flan dish. Turnover halfway through cooking.
Frozen Lasagna	500g	Micro+Grill (C-1)	25 mins	Remove from packaging and place Lasagna in a microwave safe glass dish. Do not cover.

NB: please note times may need to be adjusted according to food type / variety and personal preference.



## REHEATING/DEFROSTING CONVENIENCE - FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS	STANDING TIME
Beverage (room temp.) 250mL per cup	1 cup 2 cups	1 minutes 10 seconds 100% 2 minutes 100%	Stir after heating.	
Canned Food (room temp.) (e.g. Spaghetti, Baked Beans)	1 cup 2 cups	3 minutes 50% 8 minutes 50%	Place food in bowl. Cover with plastic wrap and pierce 5 times with a skewer. Stir halfway.	
Canned Soup (room temp) 250mL per cup (thin soup)	1 cup 2 cups	2 minutes 100% 4 minutes 20 seconds 100%	Place food in bowl. Cover with plastic wrap or lid. Stir halfway.	
Meat Pie (refrigerated) Individual 180g each	1 pie 4 pies	9 minutes 50% 18 minutes 50%	Place directly on turntable, face side down. Cover with paper towel. Turn over halfway.	3 minutes 3 minutes
Frozen Rice/Pasta Dinners (e.g. Lasange, Risotto)	300-500g	7 – 9 minutes 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	3½ - 4½ minutes 100%	Slice potato. Place plate directly on turntable. Allow to stand.	
Casserole (refrigerated) 250g per serve	1 serve 2 serves	3 minutes 100% 5 minutes 100%	Place in a bowl, cover with plastic wrap. Place directly on turntable. Stir halfway. Allow to stand, then stir.	2 minutes 2 minutes
Croissants (frozen)	1 2	1 minute 30 seconds 30 % 2 minutes 30%	Place between paper towels. Place directly on the turntable.	
Fruit Pie individual (frozen) 135g each	1 2	4 minutes 30 seconds 30% 9 minutes 30%	Remove from foil container. Place on a plate and then onto the turntable. Allow to stand.	2 minutes 2 minutes
Danish Pastry whole (frozen)	400g	5 – 6 minutes 70%, 5 minutes – 30 seconds – 6 minutes 30 seconds 30%	Remove from foil container. Place on dinner plate. Allow to stand.	2 minutes

NOTE: Room Temperature +20°C  
Refrigerator Temperature +3°C  
Frozen Temperature -18°C

## COOKING AND UTENSIL GUIDE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Grill	Convection	Mix Cook	Comments
Aluminium foil / Foil containers	✓ / ✗	✓	✓	✓ / ✗	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil®, follow instructions carefully.
Browning dishes	✓	✗	✗	✗	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	✗	✓	✓ Mix Conv. only	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex®	✓	✓	✓	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✗	✓	✓	✗	It is not recommended to use metal cookware as it will arc, which can lead to fire.
Plastic/Polystyrene e.g. fast food containers	✓	✗	✓	✓ / ✗	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	✗	✗	✗	It should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✓	✗	✓ / ✗	✗	Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal 'arcing'.
Paper - Plates, cups and kitchen paper	✓	✗	✗	✗	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✓	✗	✗	✗	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✗	✗	✗	✗	May contain extracts of metal which will cause 'arcing' and may lead to fire.
Rack	✓	✓	✓	✓	The metal rack supplied have been specially designed for all cooking modes and will not damage the oven.



### WARNING:

When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.

# HELPFUL HINTS

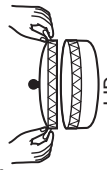
## 1. THE ARRANGEMENT

Arrange foods carefully. Place thickest areas toward outside of dish.



## 3. COVERING

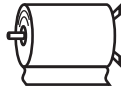
Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating. Use to cover foods:



LID



PLASTIC WRAP



PAPER TOWEL

## 5. SHIELDING

Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.



FISH



CHICKEN

## 7. STIRRING

Stir foods from the outside to the centre of the dish, once or twice during cooking if possible. Eg. Casseroles and Sauces.



## 9. DENSITY

The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.

## 11. STARTING TEMPERATURE

Frozen or refrigerated foods take longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check cooking result at the minimum time.



## 13. CONDENSATION

Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

## 2. TURNING

Foods such as poultry and joints of meat should be turned over after half the cooking time.

## 4. PIERCING

Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.



TOMATO



EGG

## 6. STANDING TIME

Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

## 8. SIZE

Small pieces cook faster than large ones. To speed up cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

## 10. FAT AND BONE

Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.














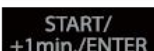










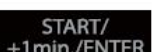













## 12. QUANTITY

Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

## 14. GENERAL

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 and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

## QUICK REFERENCE GUIDE

FEATURE	QUICK OPERATION GUIDE
Manual Microwave Cooking	To cook 2 minutes on 80% microwave power.   Select P 80   Select 2 mins 
Direct Start	To start cooking on 100% microwave power for one minute.  x 1
Auto Menu	To cook 350g Fresh Vegetables.  Select A4 (Vegetable)   Select 350g 
Grill Cooking	To Grill with Top and Bottom grills together for 12 minutes  x 2 Select G-2   Select 12 mins 
Combi Cooking	To use Combi Cook function C-3 for 8 minutes.  x 6 Select C-3   Select 8 mins 
Convection Cooking	To preheat on 180°C and cook for 30 minutes at 180°C.  x 5 Select 180°C.  x 2 After Preheating oven will beep  Select 30 mins 
Weight / Time Defrost	To defrost 1.0kg meat using Weight Defrost  x 1 (dEF1)  Select 1000g 
Sequence Cooking	If you want to Defrost food for 10 minutes, then cook at 100% power for 15 minutes.  x 2 (dEF2)  Select 10 mins  x 1   Select 15 mins 
Clock	To set the Clock for 2:35 (12 hour Clock).  x 2  Select 2:00  x 1  Select 0:35  x 1
Child Lock	To set the Child Lock.  Hold down this button until you hear a long beep  To remove the Child Lock.  Hold down this button until you hear a long beep



**SHARP**