

# SHARP



## R-28A0(B)

Microwave Oven

OPERATION MANUAL WITH COOKING GUIDE

Read all instructions carefully before using the oven

# SHARP WARRANTY

## Congratulations on Your Purchase!

This Sharp Microwave Oven is warranted against faults in material and manufacture for 12 months 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 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.

### SHARP

FOR LOCATION ENQUIRIES WITHIN

#### AUSTRALIA

REGARDING YOUR LOCAL  
SHARP APPROVED SERVICE CENTRE  
Customer service helplines

**1300 742 770**

(calling within Australia)

Monday - Saturday, 9am - 6pm

Open Monday to Saturday except on public holidays.

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For an electronic copy of this manual, please contact  
our after sales support centre.

SHARP CORPORATION OF AUSTRALIA PTY LTD

### SHARP

FOR PRODUCTS PURCHASED

#### NEW ZEALAND

CONTACT YOUR SELLING DEALER/RETAILER

OR CALL

SHARP CUSTOMER SERVICES

TELEPHONE: **09 573 0111**

FACSIMILE: 09 573 0113

WEB:

**www.sharp.net.nz**

SHARP CORPORATION OF NEW ZEALAND LIMITED

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

# INTRODUCTION

# SHARP

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 a variety of foods.

The manual is divided into two sections:

1. OPERATION (P2~P16)  
This section describes your oven and teaches you how to use all the features.
2. SMART COOKING GUIDE  
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 and standing times.

Please take some time to read your operation manual carefully, 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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# 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 in a cabinet. We do not recommend installing the oven under the countertop or any other appliances. See page 5 for the installation. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor.
2. Ensure there is a minimum of free space above the oven of 10 cm. See page 5 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 environments;
  - bed and breakfast type environmentsIt is not suitable for commercial or 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. **WARNING:** Accessible parts may become hot during use. To avoid burns young children should be kept away.
9. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by an authorised SHARP service agent or microwave technician.
10. **WARNING:** Never adjust, repair or modify the oven yourself. It is 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 whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them on microwave modes.
15. Utensils should be checked to ensure that they are suitable for use in the oven. See page A-7. Use only microwave safe containers and utensils.
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. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
19. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
20. The oven should be cleaned regularly and any food deposits removed.
21. Cleaning and user maintenance shall not be performed by children without supervision.
22. Failure to maintain the oven in a clean condition, particularly the inside of the door, cavity and wave-guide cover could cause damage and adversely affect the life of the appliance and possibly result in a hazardous situation. This type of damage can void the warranty of the oven.
23. The appliance must not be cleaned with a steam cleaner.
24. See instructions for cleaning door seals, cavities and adjacent parts on page 15.
25. Handle with care when removing items from the oven so that the turntable does not displace.

## 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 food and container. Your oven is capable of heating food and beverages very quickly with microwaves, 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 microwave. Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
  - b. Do not use excessive amounts of cooking time.
  - c. When boiling liquids in the oven, use a wide-mouthed container.
  - d. Do not heat for longer than the recommended time. See page A-1-A-6 at the back of this operation manual.
  - e. Stand for at least 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
  - f. 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 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 plastic wrap etc., and carefully open popcorn and oven cooking bags directed 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. Ensure handles of utensils do not touch walls when turntables rotate. Take care as handles may become extremely hot if utensil stops rotating.
15. Do not operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.

## Information on Disposal

This product should not be disposed of in a general waste bin as it contains materials that should be recycled, which is good for the environment.

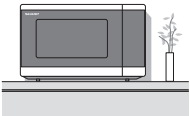

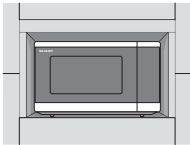
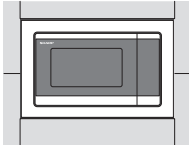
If you are in doubt about the correct disposal method, contact your local council.

## SPECIAL NOTES AND WARNINGS

|   | DO  | DON'T   |
|---|---|---|
| Eggs, fruits, nuts, seeds, vegetables, 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 can cause the egg to "explode", which may damage the oven or cause injury to 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 microwave safe 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 teats 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 microwave safe glass 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 air tight containers.</li> <li>* Deep fry fat.</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 IMPORTANT SAFETY INSTRUCTIONS on page 2 to prevent explosion and delayed eruptive boiling.</li> </ul>   | <ul style="list-style-type: none"> <li>* Heat for longer than recommended time. See REHEATING/DEFROSTING CONVENIENCE FOOD COOKING CHART on page A-6.</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. 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 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>   |

# 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) Roller stay 3) Operation manual and Cooking Guide
3. This oven can be installed in the locations indicated by the following “checkmarks”.

| Installation location             | Countertop  | On a Shelf  | In a Cabinet  | Built-In  |
|-----------------------------------|---|---|---|---|
| Installation image                |  |  |  |  |
| Presence or absence of check mark | ✓   | ✓   | ✓   | –   |
| Standard conformity number        | (AS/NZS60335)   |   |   | –   |

This oven is designed to be used on a counter top, on a shelf or in a cabinet.

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. When the oven is mounted on a kitchen countertop, on a shelf or in a cabinet, allow a space of at least 10 cm on the top, 5 cm on both sides and at the rear of the oven for adequate air circulation. Additionally, when installing in a cabinet or on a shelf, the minimum inside dimension of the cabinet or a shelf should be 713mm (W)× 606mm (H)× 448mm (D). This oven must be operated with cabinet door open.

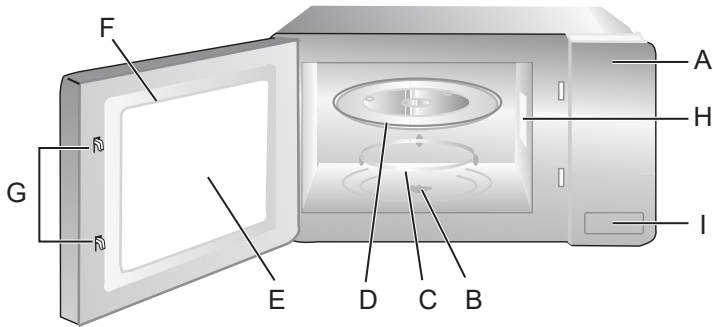
Do not built-in the appliance under the countertop or any other appliances.

**WARNING:** The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

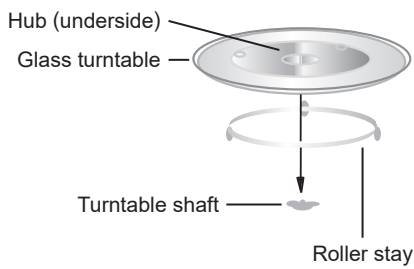
4. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.  
The A.C. voltage must be single phase 230 – 240V, 50Hz.
5. This appliance must be earthed.
6. Operate the oven from a general purpose domestic outlet. If a generator is used, do not operate the oven with non-sinusoidal outputs.



# OVEN AND ACCESSORIES



- A. Control panel
- B. Turntable shaft
- C. Roller stay
- D. Glass turntable
- E. Observation window
- F. Door assembly
- G. Safety interlock system
- H. Waveguide cover
- I. Door open button

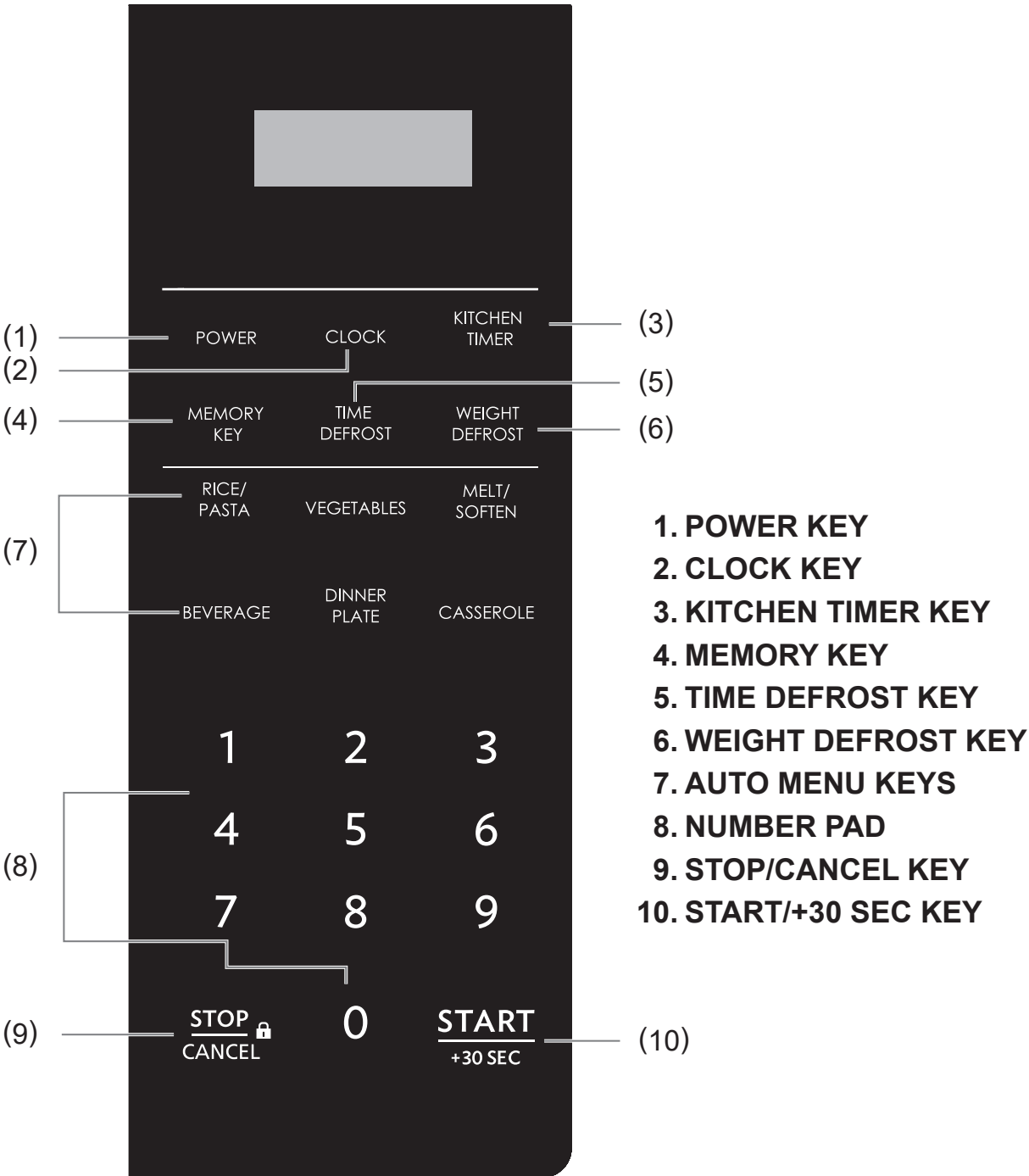


## Turntable Instructions:

1. Never place the glass tray upside down. The glass turntable should never be restricted.
2. Both the glass turntable and roller stay must always be used during cooking.
3. Place all food and food containers on the glass turntable when cooking or defrosting.
4. If the glass turntable or roller stay cracks or breaks, contact your nearest authorised service centre.



# CONTROL PANEL



- 1. POWER KEY
- 2. CLOCK KEY
- 3. KITCHEN TIMER KEY
- 4. MEMORY KEY
- 5. TIME DEFROST KEY
- 6. WEIGHT DEFROST KEY
- 7. AUTO MENU KEYS
- 8. NUMBER PAD
- 9. STOP/CANCEL KEY
- 10. START/+30 SEC KEY

## SETTING THE CLOCK

This is a 12 hour clock. To set the clock

1. Press **CLOCK** once. "00:00" will display and the hour figure will flash.
2. Press **NUMBER PAD** to input the time, (Time range should be 1:00-12:59).
3. Press **CLOCK** to confirm the setting.

Note:

- During the setting of the clock, if **STOP/CANCEL** is pressed or there is no operation for 1 minute, the setting will be unsuccessful.

## MICROWAVE COOKING

### Enter the Cook Time

Press the **NUMBER PAD** to input cooking time.

The cook time can be programmed for up to 99 minutes 99 seconds (99:99).

### Select the Power Level

Press **POWER** once, "PL10" will display, indicating 100% Power Level.

Press **POWER** continuously until the required power level is displayed.

There are 11 power levels to choose from - 100%, 90%, 80%, 70%, 60%, 50%, 40%, 30%, 20%, 10%, 0%. Refer to the table below on how to select the right power level.

### Microwave Power Level Guide

|         |      |     |     |     |     |     |     |     |     |     |     |
|---------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Level   | 10   | 9   | 8   | 7   | 6   | 5   | 4   | 3   | 2   | 1   | 0   |
| Power   | 100% | 90% | 80% | 70% | 60% | 50% | 40% | 30% | 20% | 10% | 0%  |
| Display | PL10 | PL9 | PL8 | PL7 | PL6 | PL5 | PL4 | PL3 | PL2 | PL1 | PL0 |

### Start Cooking

Press **START/+30 SEC** to start cooking.

Example: 10 minute cooking time at 50% power.

1. Press the **NUMBER PAD** of **1, 0, 0, 0** in order; "10:00" will display.
2. Press **POWER** once, "PL10" will display. Press **POWER** continuously until "PL5" displayed.
3. Press **START/+30 SEC** to start cooking, the time will count.

Notes:

- To stop the microwave before the end of the cook time, press **STOP/CANCEL**.
- If the door is opened during cooking/defrosting to stir or turn the food, the cook time on the display stops automatically. The time will start to count down again once the door is closed and **START/+30 SEC** is pressed.

## REHEATING / DEFROSTING TIPS

Reheat/defrost times will be affected by the shape, thickness, size, quantity and initial temperature of food, as well as the size, shape and material of the container.

### Considerations when Reheating or Defrosting:

- Plating** Place thicker food towards the outside of the dish and thinner food towards the centre.
- Packaging** Remove food from packaging before reheating or defrosting.  
Do not use foil or metal containers.
- Rearrange** Food placed towards the outside of the dish will defrost quicker than food placed towards the center. It is recommended that the food is rearranged multiple times during defrosting to ensure more even defrosting.
- Separate** Separate any food that may be stuck together as soon as possible.
- Shield** Some areas of food may become warm during defrosting. To prevent these areas from cooking, shield with small pieces of foil, e.g. chicken legs and wings. This foil will reflect the microwaves.
- Stand** Standing time is critical when defrosting to ensure food is thoroughly defrosted all the way to its core. Always stand food in foil to quicken the defrost time.
- Turn over** Turn food over at least once during defrosting to ensure more even defrosting.

**⚠ WARNING:**

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

**⚠ WARNING:**

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

## TIME DEFROST

The Time Defrost menu quickly defrosts food while enabling you to choose a suitable defrost time.

1. Press **TIME DEFROST** once, "00:00" will display.
2. To set defrost time, press **NUMBER PAD** to input the defrost time, ranging from 0:01~ 99:99.  
The default power is "PL3".
3. To start defrosting, press **START/+30 SEC**.

## WEIGHT DEFROST

The Weight Defrost menu quickly defrosts food while enabling you to choose a suitable defrost time.

There are four defrost functions, as seen in the table below.

| Key            | Display | Weight Defrost Menu | Weight Range  |
|----------------|---------|---------------------|---------------|
| WEIGHT DEFROST | dEF 1   | Mince               | 500g - 1000g  |
|                | dEF 2   | Steak / Chops       | 500g - 1000g  |
|                | dEF 3   | Poultry             | 1000g - 2000g |
|                | dEF 4   | Roast Meat          | 1000g - 2000g |

Press **WEIGHT DEFROST** once, "dEF1" is displayed.

Continue pressing **WEIGHT DEFROST** to see the other defrost options: "dEF2", "dEF3", "dEF4".

To set the defrost weight, press **NUMBER PAD** to input the defrost weight, ranging from 100g-2000g.

To start defrosting, press **START/+30 SEC**.

## QUICK START

This feature provides 2 benefits:

1. Directly starts cooking on 100% microwave power for 30 seconds. To use, simply press **START/+30 SEC**
2. Allows you to extend the cook time while the microwave is already operating. Simply press **START/+30 SEC** until the desired time has been added. Each press adds 30 seconds, and the maximum time can be set is 99 minutes 99 seconds.

Notes:

1. During microwave cooking, press **START/+30 SEC** to add cooking time.
2. Quick Start can add cooking time during the Time Defrost.

## KITCHEN TIMER

The kitchen timer can be used for timing, when microwave is not in use, for example, it can be used for standing times.

To set the timer:

1. Press **KITCHEN TIMER** once.
2. Press **NUMBER PAD** to input the time desired.
3. Press **START/+30 SEC** to start the timer counting down.

An alarm will sound 5 times once the timer has finished counting down.

Note: the timer can be programmed for up to 99:99 and cannot be used during microwave cooking.

## AUTO COOKING

Auto Menus have been pre-programmed with a cook time and power level to make cooking and reheating more convenient.

Auto Menus include:

- Rice/Pasta
- Vegetables
- Melt/Soften: Butter, Chocolate, Cream Cheese
- Beverage
- Dinner Plate
- Casserole

For a detailed guide on how to use each menu, refer to the next page.

| Key             | Menu            | Display        | Key             | Menu         | Display |
|-----------------|-----------------|----------------|-----------------|--------------|---------|
| RICE/<br>PASTA  | Rice            | A1             | BEVARAGE        | Beverage     | 1, 2    |
|                 | Pasta           | A2             | DINNER<br>PLATE | Dinner Plate | 400     |
| VEGETABLES      | Vegetables      | 500, 750, 1000 | CASSEROLE       | Casserole    | 500     |
| MELT/<br>SOFTEN | Butter          | A4             |                 |              |         |
|                 | Chocolate       | A5             |                 |              |         |
|                 | Cream<br>Cheese | A6             |                 |              |         |

### Selecting an Auto Menu

Example: Suppose you want to cook 500g of vegetables.

1. Press **VEGETABLES**, "500" will display representing 500g.
2. Press **START/+30 SEC** to start cooking,
3. After cooking, the buzzer will ring 5 times, and then return to stand-by mode.

Procedure for **RICE/PASTA** and **MELT/SOFTEN** Menus:

1. Press **RICE/PASTA** once for the Rice menu and twice for the Pasta menu. The screen will display "A1" for the Rice menu and "A2" for the Pasta menu.  
Press **START/+30 SEC** to select the menu, and then press **RICE/PASTA** again to select the desired weight.
2. Press **MELT/SOFTEN** once for the Butter menu, twice for the Chocolate menu, and three times for the Cream Cheese menu.  
The screen will display "A4", "A5", and "A6" respectively.  
Press **START/+30 SEC** to select the menu, and then press **MELT/SOFTEN** again to select the desired weight.

## AUTO COOK MENU GUIDES

| Key             | Auto Menu  | Weight   | Procedure  |       |        |         |        |         |        |   |  |
|-----------------|--|--|--|-------|--------|---------|--------|---------|--------|---|--|
| RICE/<br>PASTA  | 1. Rice  | <table border="1"> <thead> <tr> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 cup</td> <td>2½ cups</td> </tr> <tr> <td>2 cups</td> <td>4½ cups</td> </tr> <tr> <td>4 cups</td> <td>6½ cups</td> </tr> </tbody> </table> | Rice   | Water | 1 cup  | 2½ cups | 2 cups | 4½ cups | 4 cups | 6½ cups   | <ul style="list-style-type: none"> <li>Wash the rice in sieve under cold running water until the water runs clear.</li> <li>Place in a microwave safe bowl and add hot tap water. Do not cover.</li> <li>Stir when alarm sounds.</li> <li>Stand for 2 minutes before serving.</li> </ul> |
|                 | Rice   | Water  |  |       |        |         |        |         |        |   |  |
| 1 cup           | 2½ cups  |  |  |       |        |         |        |         |        |   |  |
| 2 cups          | 4½ cups  |  |  |       |        |         |        |         |        |   |  |
| 4 cups          | 6½ cups  |  |  |       |        |         |        |         |        |   |  |
| 2. Pasta        | <table border="1"> <thead> <tr> <th>Pasta</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 cup</td> <td>2 cups</td> </tr> <tr> <td>2 cups</td> <td>4 cups</td> </tr> <tr> <td>4 cups</td> <td>8 cups</td> </tr> </tbody> </table> | Pasta  | Water  | 1 cup | 2 cups | 2 cups  | 4 cups | 4 cups  | 8 cups | <ul style="list-style-type: none"> <li>Place pasta in a microwave safe bowl and add hot tap water. Do not cover.</li> <li>Stir when alarm sounds.</li> <li>Drain excess water, stand for 2 minutes before serving.</li> </ul> |  |
| Pasta           | Water  |  |  |       |        |         |        |         |        |   |  |
| 1 cup           | 2 cups   |  |  |       |        |         |        |         |        |   |  |
| 2 cups          | 4 cups   |  |  |       |        |         |        |         |        |   |  |
| 4 cups          | 8 cups   |  |  |       |        |         |        |         |        |   |  |
| Vegetables      | 3. Vegetables  | 500g, 750g, 1000g  | <ul style="list-style-type: none"> <li>Wash and cut vegetables into uniform pieces.</li> <li>Place in a microwave safe bowl and add 1 Tbs water. Cover with plastic wrap and pierce five times with fork.</li> <li>Stir when alarm sounds.</li> <li>Drain excess water, stand for 2 minutes before serving.</li> </ul> |       |        |         |        |         |        |   |  |
| MELT/<br>SOFTEN | 4. Melt Butter   | 50g, 100g, 200g  | <ul style="list-style-type: none"> <li>Cut butter into small pieces and place in a microwave safe bowl. Do not cover.</li> <li>Stir when alarm sounds.</li> </ul>  |       |        |         |        |         |        |   |  |
|                 | 5. Melt Chocolate  | 50g, 100g, 200g  | <ul style="list-style-type: none"> <li>Break chocolate into small pieces and place in a microwave safe bowl. Do not cover.</li> <li>Stir when alarm sounds and after cooking.</li> </ul>   |       |        |         |        |         |        |   |  |
|                 | 6. Soften Cream Cheese   | 125g, 250g   | <ul style="list-style-type: none"> <li>Cut cream cheese into small pieces and place in a microwave safe bowl. Do not cover.</li> <li>Stir when alarm sounds.</li> </ul>  |       |        |         |        |         |        |   |  |
| BEVARAGE        | 7. Reheat Beverage   | 1 Cup(120ml)<br>2 Cups(240ml)  | <ul style="list-style-type: none"> <li>Place mug/s in the centre of the turntable. Do not cover.</li> <li>Stir well after heating.</li> </ul>  |       |        |         |        |         |        |   |  |

## AUTO COOK MENU GUIDES

| Key          | Auto Menu              | Weight | Procedure   |
|--------------|------------------------|--------|---|
| DINNER PLATE | 8. Reheat Dinner Plate | 400g   | <ul style="list-style-type: none"> <li>Place ingredients on a microwave safe dinner plate.</li> <li>Cover dinner plate with one sheet of paper towel.</li> </ul>  |
| CASSEROLE    | 9. Reheat Casserole    | 500g   | <ul style="list-style-type: none"> <li>Place casserole into a microwave safe bowl. Cover with plastic wrap and pierce five times with fork.</li> <li>Stir when alarm sounds.</li> <li>Stand uncovered for 2 minutes.</li> </ul> |

### Notes:

- When using the auto menus, the final result may vary depending on the size, shape and initial temperature of the food.
- Auto menus have been designed to cater for the most popular taste preferences.

## MEMORY FUNCTION

The memory function allows you to store 3 frequently used microwave power levels and cook times to make cooking/reheating more convenient.

- Press **MEMORY KEY** to choose memory 1-3 procedure. The screen will display 1, 2, 3.
- If the procedure has been set, press **START/+30 SEC** to use it. If not, continue to set the procedure. Only one or two stages can be set.
- After finishing the setting, press **START/+30 SEC** once to save the procedure. When **START/+30 SEC** is pressed again, the microwave will begin the operation.

Example: Set the following procedure as Memory 2.  
Cook food for 3:20 at 80% microwave power.

The steps are as follows:

- In the waiting state, press **MEMORY KEY** twice to display "2".
- Then press **3, 2, 0** in order to set cooking time.
- Press **POWER** once, "PL10" displays, then press another two times to display "PL8".
- Press **START/+30 SEC** to save the setting.  
If you press **START/+30 SEC** again, the procedure will be saved as the memory 2 and operated.
- If you want to run the saved procedure from the waiting state, press **MEMORY KEY** twice and then **START/+30 SEC**.



## MULTI-STAGE COOKING

2 stages can be set for cooking. Auto Cook Menus cannot be used in multi-stage cooking.

Example: Suppose you want to cook for 4 minutes at 60% power followed by 2 minutes on 100% power.


1. Press **4, 0, 0** to set the desired cooking time.
2. Select the power level by pressing **POWER** five times until "PL6" displays.
3. For the second sequence, press **2, 0, 0** to set the desired cooking time.  
If the power key is not selected, the oven will operate automatically at 100% power level.
4. Press **START/+30 SEC**. This display will show the time of the first sequence and begin to count down.  
When zero is reached, the second sequence will appear and the timer will begin counting down to zero again.

## OTHER USEFUL FUNCTIONS


### Child Lock

This safety feature prevents unsupervised use of the microwave by disabling the microwave keys.

To turn the Child Lock **ON**:

Press and hold **STOP/CANCEL** for 3 seconds. An alarm will sound once the keys have been locked and the  icon will show in the display.

To turn the Child Lock **OFF**:

Press and hold **STOP/CANCEL** for 3 seconds. An alarm will sound once the keys have been released and the  icon will disappear in the display.

### Inquiring Functions

1. While the microwave is operating, press **CLOCK**, the screen will display the time for three seconds.
2. While the microwave is operating, press **POWER** and the current microwave power will be displayed for three seconds. This inquiry function can be used in multi-stage cooking also.

## 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, as 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 both sides of the door, window, 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 damp cloth only.

Do not scrub or use any sort of soap or 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. A build-up of splashes may overheat the oven and it may 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.

## 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 measuring jug in the oven and close the door securely.  
Cook on 100% microwave power for 2 minutes.
  - 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 \_\_\_\_\_
  - D. After 2 minutes, did an alarm sound? 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

|                                |                              |
|--------------------------------|------------------------------|
| AC Line Voltage                | Single phase 230–240V, 50Hz  |
| AC Power Required              | 1750 W                       |
| Output Power                   | 1100 W* (IEC test procedure) |
| Microwave Frequency            | 2450 MHz (Class B/Group 2)** |
| Outside Dimensions (W × H × D) | 513 × 306 × 398mm            |
| Cavity Dimensions (W × H × D)  | 330 × 228 × 370mm            |
| Overall Cavity Volume          | 28L                          |
| Weight                         | Approx. 15.0kg               |

\* 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.

In conformity with this standard, this product is classified as group 2 class B equipment. Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for heating treatment of food. Class B equipment means that the equipment suitable to be used in domestic establishments.

# MANUAL COOKING CHARTS

## DEFROSTING MEAT, POULTRY, BREAD AND PIES CHART

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

### MEAT & POULTRY

| CUT            | MICROWAVE TIME (minutes/500g)<br>Turn over half way through cooking | STANDING TIME<br>Wrapped in<br>aluminum foil |
|----------------|---|--|
| BEEF (Roast)   | 7 – 9 minutes   | 10 – 15 minutes                              |
| Steaks         | 8 – 10 minutes  | 5 – 10 minutes                               |
| Minced Beef    | 8 – 10 minutes  | 5 – 10 minutes                               |
| PORK (Roast)   | 7 – 8 minutes   | 10 – 15 minutes                              |
| Chops          | 7 – 9 minutes   | 5 – 10 minutes                               |
| Ribs           | 6 – 8 minutes   | 5 – 10 minutes                               |
| Minced Pork    | 8 – 10 minutes  | 5 – 10 minutes                               |
| LAMB (Roast)   | 6 – 8 minutes   | 10 – 15 minutes                              |
| Shoulder       | 7 – 9 minutes   | 10 – 15 minutes                              |
| Chops          | 7 – 9 minutes   | 5 – 10 minutes                               |
| POULTRY        |   |  |
| Chicken: Whole | 6 – 8 minutes   | 10 – 15 minutes                              |
| Pieces         | 6 – 8 minutes   | 5 – 10 minutes                               |

### BREAD & PIES

| BREAD / PIE         | MICROWAVE TIME      | DEFROST PROCEDURE  |
|---------------------|---------------------|--|
| BREAD               |                     | Place bread between two paper towels in a single layer.  |
| 2 Slices            | 35 – 40 seconds     |  |
| 4 Slices            | 1 minute            |  |
| 6 Slices            | 2 minutes           |  |
| BREAD ROLLS         |                     | Remove pie from packaging and foil case. On a plate, place the pie between two paper towels. Turn over pie halfway through the cook time. Allow to stand for 3 – 5 minutes before reheating. |
| 1 Roll              | 35 – 45 seconds     |  |
| 2 Rolls             | 1 minute 25 seconds |  |
| Individual Meat Pie | 3 – 3 ½ minutes     |  |
| Whole Meat Pie      | 6 ½ - 7 ½ minutes   |  |

# MANUAL COOKING CHARTS

## FROZEN VEGETABLES CHART

1. Place vegetables in a medium/large Microwave safe glass bowl or ceramic dish. Cover with plastic wrap and pierce with a fork or cover with lid.
2. Halfway through cooking, stir the vegetables to allow for even cooking.
3. Allow vegetables to stand for 2 minutes before draining any water and then serve.

| VEGETABLE  | WEIGHT   | COOK TIME<br>(100% Microwave Power) | SPECIAL PROCEDURES  |
|--|----------|-------------------------------------|---|
| Green Beans<br>(Whole)   | 500g     | 6 – 7 minutes                       |   |
| Broccoli   | 500g     | 6 ½ - 7 minutes                     | When stirring halfway through the cook time, arrange the florets with flowers facing towards the centre to avoid burning. |
| Carrots (sliced)   | 500g     | 7 – 7 ½ minutes                     |   |
| Cauliflower  | 500g     | 7 ½ - 8 ½ minutes                   | When stirring halfway through the cook time, arrange the florets with flowers facing towards the centre to avoid burning. |
| Corn on the Cob  | 4 pieces | 6 – 6 ½ minutes                     |   |
| Peas (green)   | 500g     | 6 – 6 ½ minutes                     |   |
| Spinach  | 250g     | 4 – 4 ½ minutes                     | When stirring halfway through the cook time, break apart the spinach as much as possible.                                 |
| Mixed Vegetables<br>(e.g. Peas, corn<br>kernels and<br>carrot) | 500g     | 6 – 6 ½ minutes                     |   |

## MANUAL COOKING CHARTS

### RICE, PASTA & OATS COOKING CHART

1. After measuring the amount of rice, place in a sieve and wash under warm water until water runs clean.
2. Place rice/pasta in a medium/large microwave safe glass bowl or ceramic dish with water. Cook uncovered on HIGH (100% Power), stirring halfway through cooking. Allow to stand for 2 minutes before straining remaining water and serving.
3. Stir oats halfway through cooking. Allow oats to stand for 3 minutes before serving.

| FOOD AND AMOUNT | OTHER INGREDIENTS  | COOKING TIME<br>HIGH - 100% Power |
|-----------------|--------------------|-----------------------------------|
| PASTA           |                    |                                   |
| 1 Cup           | 2 Cups Hot Water   | 14 – 15 minutes                   |
| 2 Cups          | 4 Cups Hot Water   | 18 minutes                        |
| 4 Cups          | 8 Cups Hot Water   | 24 minutes                        |
| WHITE RICE      |                    |                                   |
| 1 Cup           | 2 ½ Cups Hot Water | 16 minutes                        |
| 2 Cups          | 4 ½ Cups Hot Water | 20 – 21 minutes                   |
| 4 Cups          | 6 ½ Cups Hot Water | 28 minutes                        |
| QUICK OATS      |                    |                                   |
| 1 Cup           | 1 ½ Cups Milk      | 3 minutes                         |

### SCRAMBLED EGGS COOKING CHART

1. Place eggs and milk in a small/medium microwave safe glass bowl or ceramic dish. With a fork, beat until egg yolks are broken down and well combined. Add butter and stir until combined.
  2. Cooked uncovered with MEDIUM-HIGH Power (70%), stirring halfway through cooking.
- NOTE: After cooking, the scrambled eggs will be hot. Use care when handling the dish and stand for one minute before serving.

| EGGS | BUTTER | MILK  | COOKING TIME<br>MEDIUM-HIGH 70% Power |
|------|--------|-------|---------------------------------------|
| 1    | 1 tsp  | 1 Tbs | 1 – 1 ½ minutes                       |
| 2    | 2 tsp  | 1 Tbs | 1 ½ - 2 minutes                       |
| 3    | 1 Tbs  | 2 Tbs | 3 – 3 ½ minutes                       |
| 4    | 1 Tbs  | ¼ Cup | 4 – 4 ½ minutes                       |

# MANUAL COOKING CHARTS

## FRESH VEGETABLES COOKING CHART

1. Place prepared vegetables in a medium/large microwave safe glass bowl or ceramic dish. Cover with plastic wrap and pierce five times with fork or cover with lid.
2. Cook on HIGH (100% Power). Stand covered for 3 minutes and drain any remaining water before serving.

| VEGETABLE                     | AMOUNT   | WATER | COOKING TIME      | COOKING PROCEDURE   |
|-------------------------------|----------|-------|-------------------|---|
| Asparagus (halved)            | 500g     | 1 Tbs | 3 ½ - 4 ½ minutes | Place in microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes.  |
| Green Beans (top and tailed)  | 500g     | 1 Tbs | 4 ½ - 5 minutes   | Place in microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes.  |
| Broccoli (uniform florets)    | 500g     | 1 Tbs | 5 ½ - 6 minutes   | Place in microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes.  |
| Brussels Sprouts              | 500g     | 1 Tbs | 4 – 5 minutes     | Place in microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes.  |
| Cabbage (shredded)            | 500g     | 2 Tbs | 4 – 5 minutes     | Place in microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes.  |
| Carrots (sliced)              | 500g     | 1 Tbs | 4 ½ - 5 minutes   | Place in microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes. (Cook for a longer time if less crunch is desired)   |
| Cauliflower (uniform florets) | 500g     | 1 Tbs | 6 – 6 ½ minutes   | Place in microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes.  |
| Corn on the Cob               | 2 pieces | 1 Tbs | 5 ½ - 6 ½ minutes | Rinse under cold water. Place in microwave safe dish. Cover and cook. Turn over halfway through cooking and then allow to stand for 3 minutes once cooking is complete.                         |
| Mushrooms (quartered)         | 500g     | -     | 5 ½ - 6 ½ minutes | Place in microwave safe dish with 2 Tbs butter. Cover and cook. Allow to stand for 3 minutes.   |
| Potatoes – Jacket             | 500g     | -     | 5 – 5 ½ minutes   | Pierce each potato with a fork several times. Place into microwave safe dish. Cover and cook. Turn over halfway through cooking and then allow to stand for 3 minutes once cooking is complete. |



## MANUAL COOKING CHARTS

| VEGETABLE                       | AMOUNT | WATER   | COOKING TIME      | COOKING PROCEDURE   |
|---------------------------------|--------|---------|-------------------|---|
| Potatoes (peeled and quartered) | 500g   | 1/3 Cup | 5 – 5 ½ minutes   | Peel and quarter potatoes. Place in a microwave safe dish with 1/3 Cup water. Cover and cook. Allow to stand for 3 minutes.                 |
| Pumpkin (2cm cubes)             | 500g   | 1 Tbs   | 5 – 5 ½ minutes   | Place in a microwave safe dish with water. Cover and cook. Stand for 3 minutes.   |
| Spinach (shredded)              | 500g   | 2 Tbs   | 6 ½ - 7 ½ minutes | Place in a microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes.  |
| Snow Peas (top and tailed)      | 500g   | 1 Tbs   | 3 ½ - 4 minutes   | Place in a microwave safe dish with water. Cover and cook. Allow to stand for 3 minutes. (Cook for a longer time if less crunch is desired) |
| Sweet Potato (2cm cubes)        | 500g   | 1 Tbs   | 5 ½ - 6 minutes   | Place in a microwave safe dish with water. Cover and cook. Allow to stand for 3 – 5 minutes.  |
|                                 | 1kg    | 1 Tbs   | 11 – 11 ½ minutes |   |
| Zucchini (sliced or quartered)  | 500g   | 1 Tbs   | 4 ½ - 5 minutes   | Place in a microwave safe dish with water and 1 Tbs butter. Cover and cook. Allow to stand for 3 minutes.                                   |


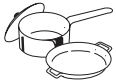
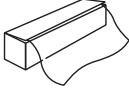
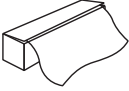
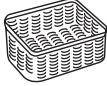
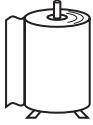

# MANUAL COOKING CHARTS

## REHEATING/DEFROSTING CONVENIENCE FOOD COOKING CHART

| FOOD  | WEIGHT / AMOUNT | COOKING TIME & POWER LEVEL   | INSTRUCTIONS  | STANDING TIME |
|---|-----------------|--|---|---------------|
| Beverage<br>250ml per cup<br>(Room Temp)                    | 1 Cup           | 1 ½ minutes on HIGH (100%)   | Place beverage into microwave safe cup. Stir after heating.   | -             |
|   | 2 Cups          | 2 ½ minutes on HIGH (100%)   |   |               |
| Canned Food<br>(Room Temp)<br>(e.g.) Baked Beans, Spaghetti | 1 Cup           | 2 minutes on HIGH (100%)   | Place food in microwave safe bowl. Cover with plastic wrap and pierce 5 times with fork. Stir halfway through cooking.                                | 2 – 3 minutes |
|   | 2 Cups          | 4 minutes on HIGH (100%)   |   |               |
| Canned Soup<br>(Thin Soup)<br>250ml per cup<br>(Room Temp)  | 1 Cup           | 1 minute 30 seconds on HIGH (100%)   | Place food in microwave safe bowl. Cover with plastic wrap and pierce 5 times with fork. Stir halfway through cooking.                                | -             |
|   | 2 Cups          | 3 minutes 20 seconds on HIGH (100%)  |   |               |
| Meat Pie<br>180g each<br>(Refrigerated)                     | 1 Pie           | 3 ½ minutes on MEDIUM (50%)  | Place on plate face down between 2 sheets of paper towel. Turn over halfway through cooking.  | 3 minutes     |
|   | 4 Pies          | 11 ½ - 12 minutes on MEDIUM (50%)  |   |               |
| Frozen Rice/<br>Pasta Dinner<br>(e.g.) Lasagne, Risotto     | 300 – 500g      | 3 ½ minutes on HIGH (100%)<br>Followed by<br>4 minutes on MEDIUM (50%)           | Remove Dinner meal from box, keep in plastic container. Pierce plastic film 5 times with fork. Allow to stand before serving.                         | 2 minutes     |
| Dinner Plate<br>350 – 400g<br>per serve<br>(Refrigerated)   | 1 serve         | 7 – 8 minutes on MEDIUM (50%)  | Place all ingredients onto plate and cover with plastic wrap. Pierce plastic wrap 5 times with fork. Allow to stand after cooking.                    | 5 minutes     |
| Casserole<br>250g per serve<br>(Refrigerated)               | 1 serve         | 4 – 4 ½ minutes on MEDIUM (50%)  | Place into microwave safe bowl and cover with plastic wrap. Pierce 5 times with fork. Stir halfway through cooking and allow to stand before serving. | 5 minutes.    |
|   | 2 serves        | 7 ½ - 8 minutes on MEDIUM (50%)  |   |               |
| Croissant<br>(Frozen)                                       | 1               | 45 seconds on MEDIUM-LOW (30%)   | Place croissants between 2 paper towels and place directly onto turntable for defrosting.   | -             |
|   | 2               | 1 ½ minutes on MEDIUM-LOW (30%)  |   |               |
| Fruit Pie<br>135g each<br>(Frozen)                          | 1               | 3 ½ - 4 minutes on MEDIUM-LOW (30%)  | Remove from foil container and place onto microwave safe dinner plate. Allow to stand before serving.   | 2 minutes     |
|   | 2               | 6 – 6 ½ minutes on MEDIUM-LOW (30%)  |   |               |
| Danish Pastry<br>Whole<br>(Frozen)                          | 400g            | 4 minutes on MEDIUM-HIGH (70%)<br>Followed by<br>3 ½ minutes on MEDIUM-LOW (30%) | Remove from foil container and place onto microwave safe dinner plate. Allow to stand before serving.   | 2 minutes     |

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

## COOKING & UTENSIL GUIDE

| UTENSIL  | USE              | ADVICE   |
|--|------------------|--|
| GLASSWARE/CERAMIC<br>(HEAT RESISTANT)<br><br>                   | YES              | <b>GLASSWARE</b><br>• Ordinary glass is not suitable for cooking but may be used for short periods for heating foods.<br><b>CERAMIC</b><br>• Most ovenproof china, and ceramics, are suited.<br>• Avoid dishes that are decorated with gold or silver leaf.<br>• Avoid using antique pottery.<br>• If unsure, check with the manufacturer.                                     |
| METAL COOKWARE<br><br>  | NO               | • Metal cookware should be avoided when cooking in the microwave oven.<br>• Microwave energy is reflected by metal.  |
| PLASTIC WRAP/<br>OVEN BAGS<br><br><br>(MICROWAVE<br>SAFE ONLY ) | YES              | • Plastic wrap can be used to cover food.<br>• Some shrinkage of the wrap may occur, over an extended cooking time.<br>• When removing wrap, lift it in such a way to avoid steam burns.<br>• Do not tie oven bags with metal twist ties, substitute with string.<br>• For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.. |
| ALUMINIUM FOIL<br><br>  | FOR<br>SHIELDING | • Small amounts may be used to shield certain parts of meat and fish when cooking or defrosting.<br>• Remove food in foil trays, if possible, and place in a microwave safe dish.<br>• If not possible, place the foil tray onto a heat proof plate allowing 2.5 cm between the walls of the oven.   |
| STRAW AND WOOD<br><br>  | NO               | • Excessive over heating of these materials may cause a fire in the microwave oven.  |
| PAPER<br><br>   | YES              | • Paper towels and waxed paper are suitable to use to prevent splatters.<br>• These are suitable for use when reheating foods or for short cooking times.  |
| PLASTIC COOKWARE<br>MICROWAVE SAFE<br><br>                    | YES              | • Ideal for cooking, reheating and defrosting.<br>• Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.   |
| BROWNING DISH  | YES              | • Ensure that the preheating time of the dish is not exceeded.<br>• Ensure that a microwave heat proof dinner plate or suitable insulator be placed between the turntable and the browning dish.   |
| THERMOMETERS<br>• MICROWAVE SAFE<br>• CONVENTIONAL   | YES<br>NO        | —  |

## HELPFUL MICROWAVE COOKING TIPS

### 1. THE ARRANGEMENT

Arrange foods carefully. Place thickest areas towards the outside of the dish.

### 2. TURNING

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

### 3. COVERING

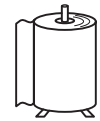
Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as vegetables and casseroles when reheating. Use the following to cover foods:



LID



PLASTIC WRAP



PAPER TOWEL

### 4. PIERCING

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



TOMATO



EGG

### 5. SHIELDING

This process redirects the heat to other areas of the product, reducing the risk of cooking when defrosting. Small pieces of foil are placed on parts of the meat that are thin and likely to cook. It is important to ensure that the foil pieces are only big enough for that particular section of meat.

The foil must be a flat, single layer whose edges do not touch as this can cause arcing while the Microwave oven is operating.



FISH



CHICKEN

### 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.

### 7. STIRRING

Stir foods starting from the outside working inwards once or twice during cooking if possible to distribute the heat evenly. E.g. Casseroles and sauces.



### 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.

### 9. DENSITY

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

### 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 the dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bones on the side of meat conducts heat to the areas next to it.

### 11. STARTING TEMPERATURE

Frozen or refrigerated foods take longer to heat than food at room temperature. Cooking times in this book are based on standard storage temperature. Since room, refrigerator and freezer temperature differ, check the cooking results at the minimum time.

### 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.

### 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.



### 14. GENERAL

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



**SHARP**