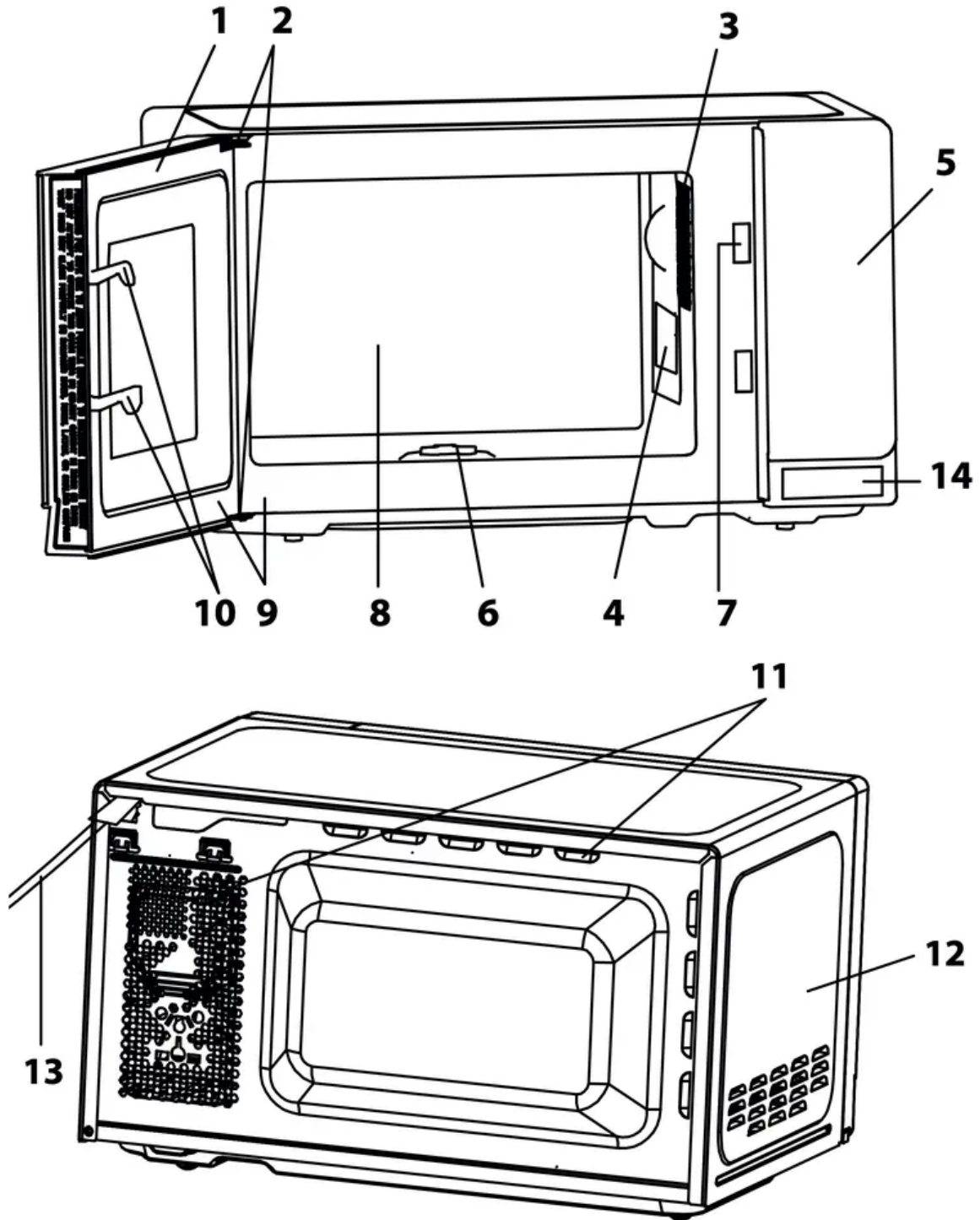


OVEN AND ACCESSORIES

OVEN



- 1. Door
- 2. Door hinges



3. Oven lamp
4. Waveguide cover (DO NOT REMOVE)
5. Control panel
6. Coupling
7. Door latches
8. Oven cavity
9. Door seals and sealing surfaces
10. Door safety latches
11. Ventilation openings
12. Outer cabinet
13. Power supply cord
14. Door opening button

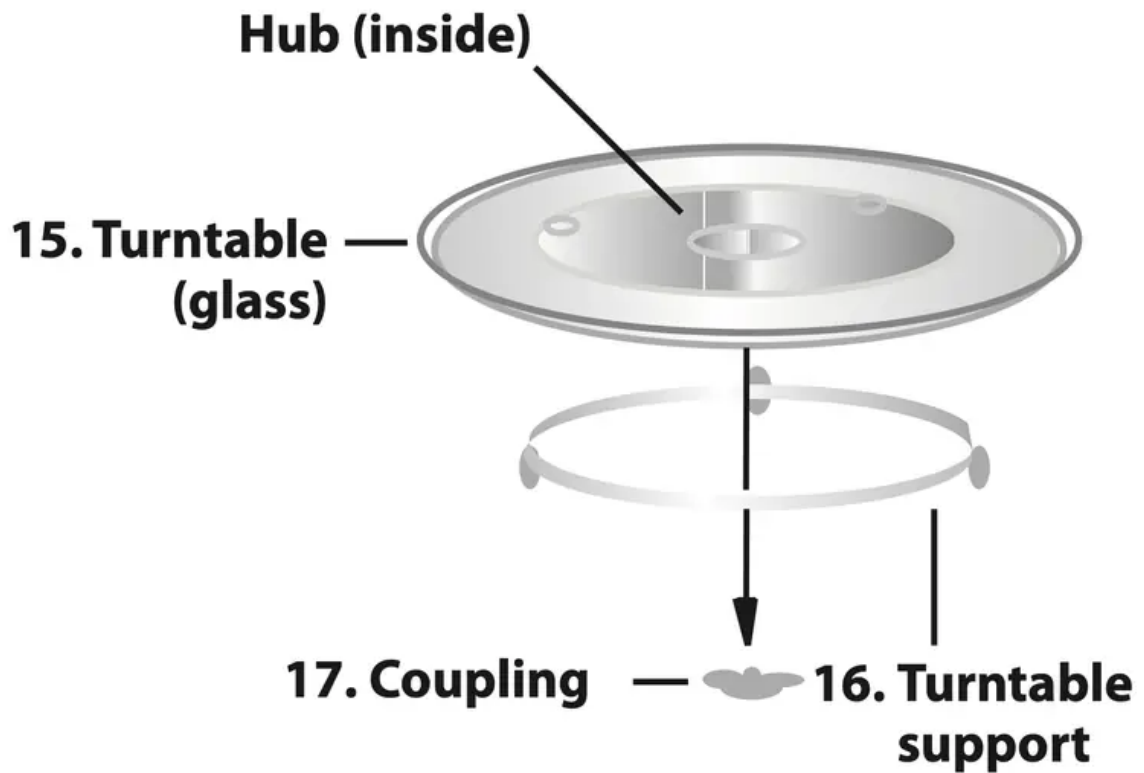
ACCESSORIES:

Check to make sure the following accessories are provided:

(15) Turntable (16) Turntable support (17) Coupling Place the turntable support in the centre of the oven floor so that it can freely rotate around the coupling. Then place the turntable on to the turntable support so that it locates firmly into the coupling.

To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.

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

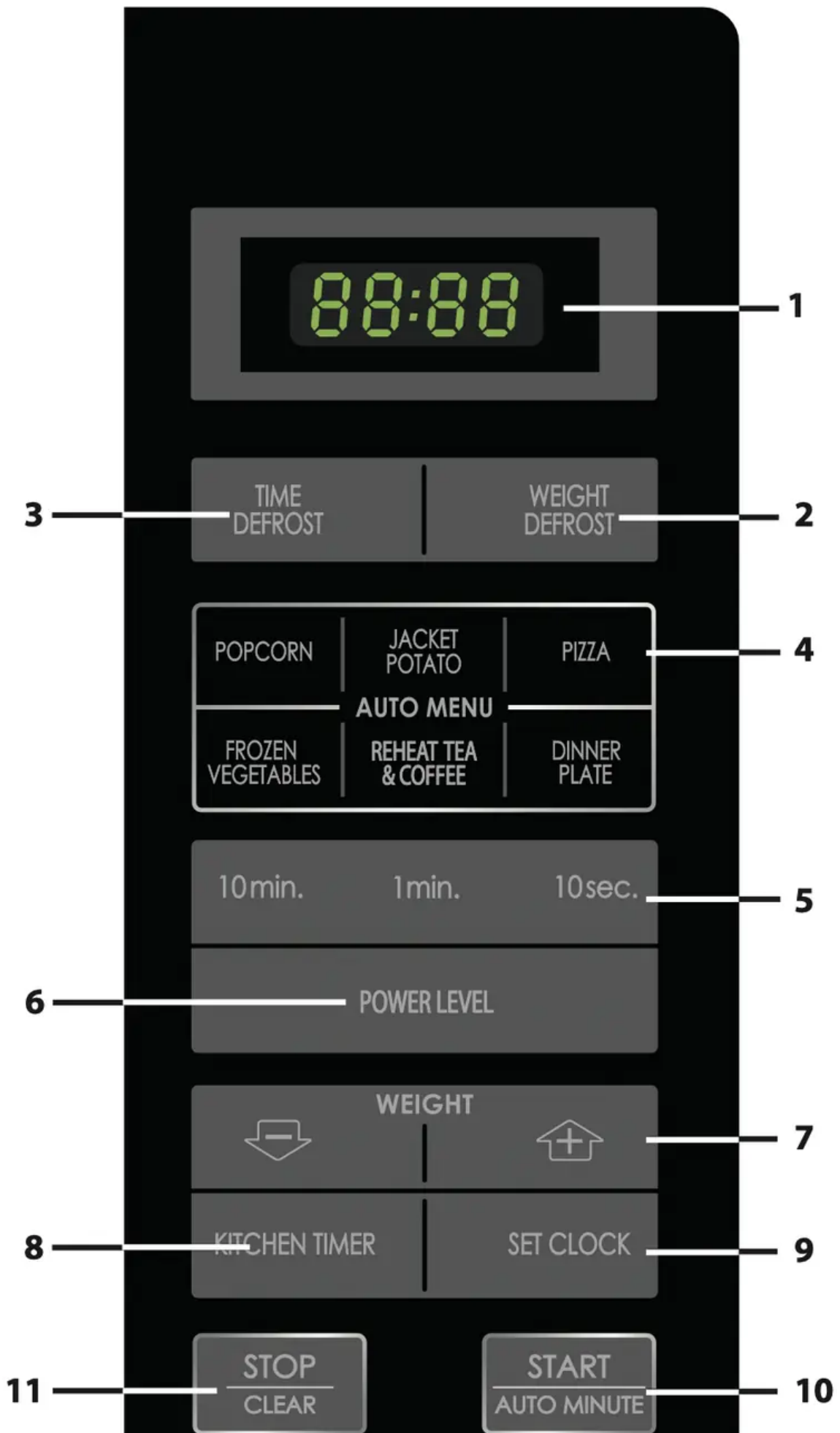


NOTES:

- The waveguide cover is fragile. Care should be taken when cleaning inside the oven to ensure that it is not damaged.
- Always operate the oven with the turntable and turntable support fitted correctly. This promotes thorough, even cooking. A badly fitted turntable may rattle, may not rotate properly and could cause damage to the oven.
- All food and containers of food are always placed on the turntable for cooking.
- The turntable rotates clockwise or anti-clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.

CONTROL PANEL





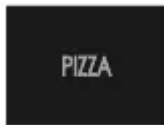
1. **DIGITAL DISPLAY**
2. **WEIGHT DEFROST key**
3. **TIME DEFROST key**
4. **AUTO MENU keys**



Popcorn



Jacket Potato



Pizza



Frozen Vegetables



Beverage



Dinner Plate

5. **TIME keys**
Press to enter time, and keep pressing to continuously increase time.
6. **POWER LEVEL key**
Press to select microwave power level.
7. **WEIGHT keys (up and down)**
Press to increase/decrease weight, and keep pressing to continuously increase/decrease weight.
8. **KITCHEN TIMER key**
Press to use as a minute timer, or to programme standing time.
9. **SET CLOCK key**
10. **START/AUTO MINUTE key**
11. **STOP/CLEAR key**

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.

SETTING THE CLOCK

Your oven has a 24 hour clock mode.

1.

Press the SET CLOCK key  once and "00:00" will flash.

2. Press the time keys and enter the current time. Enter the hours by pressing the 10 min. key and enter the minutes by pressing the 1 min. and 10 sec. keys.


3.

Press the SET CLOCK key  to finish clock setting.

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 only show "0:00" when cooking is complete.
- To check the time of day during a cooking process, press SET CLOCK key 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 key is pressed or if there is no operation within 1 minute, 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 POWER LEVEL key 	Display (Percentage)
HIGH	x1	100P
	x2	90P
MEDIUM HIGH	x3	80P
	x4	70P
MEDIUM	x5	60P
	x6	50P
MEDIUM LOW (DEFROST)	x7	40P
	x8	30P
LOW	x9	20P
	x10	10P
	x11	0P

- Your oven has 11 power levels, as shown.
- To change the power level for cooking, press the POWER LEVEL key until the display indicates the desired level. Press the START key to start the oven.
- To check the power level during cooking, press the POWER LEVEL key. As long as your finger is pressing the POWER LEVEL key the power level will be displayed. The oven continues to count down although the display will show the power level.
- If “0P” is selected, the oven will work with the fan but no power. You can use this level to remove the odour.

MANUAL OPERATION

Opening the door:

To open the oven door, push the door opening button.

Starting the oven:

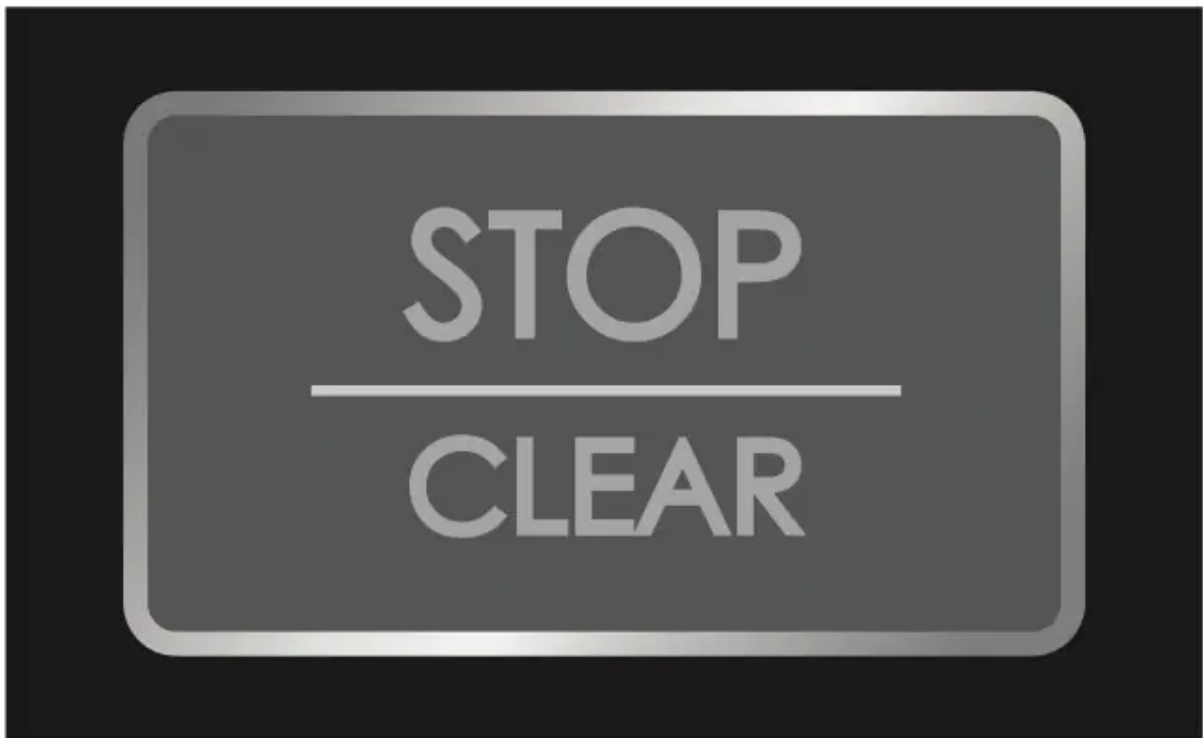


Prepare and place food in a suitable container onto the turntable or place directly onto the turntable. Close the door and press the **START/AUTO MINUTE** key after selecting the desired cooking mode.

Once the cooking programme has been set and the **START/AUTO MINUTE** key is not pressed in 1 minute, the setting will be cancelled.

The **START/AUTO MINUTE** key must be pressed to continue cooking if the door is opened during cooking. The audible signal sounds once by efficient press, inefficient press will be no response.

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



1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press the STOP/CLEAR key twice.
4. To set and to cancel the child lock (refer to page GB-21).

MICROWAVE COOKING

Your oven can be programmed for up 99 minutes 50 seconds (99.50).

MANUAL COOKING/ MANUAL DEFROSTING

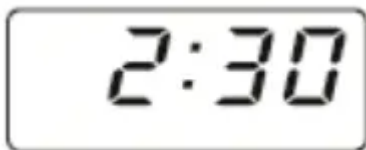
- Enter the cooking time and use microwave power levels 100P to 10P to cook or defrost (refer to page GB-19).
- Stir or turn the food, where possible, 2 - 3 times during cooking.
- After cooking, cover the food and leave to stand, where recommended.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.

Example: To cook 2 minutes and 30 seconds on 70% microwave power.

1. Input the power level by pressing the POWER LEVEL key 4 times for 70 P.

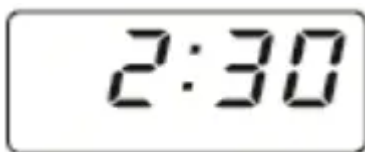


2. Enter the cooking time by pressing the 1 min. key twice and then the 10 sec. key 3 times.



3. Press the START/AUTO MINUTE key to start the timer.

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



NOTE:

- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anticlockwise.
- If the door is opened during cooking/defrosting to stir or to turn over food, the cooking time on the display stops automatically. The cooking/ defrosting time starts to count down again when the door is closed and the START/AUTO MINUTE key is pressed.
- When cooking/defrosting is complete, open the door or press STOP/CLEAR key 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 POWER LEVEL key. As long as your finger is touching the POWER LEVEL key, the power level will be displayed.

IMPORTANT:

- Close the door after cooking / defrosting. Please note that the light will remain on when the door is open, this is for safety reasons to remind you to close the door.
- If you cook the food over the standard time with only 100P, the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced).

Cooking Mode	Standard time
Microwave 100P	30 minutes

OTHER CONVENIENT FUNCTIONS

SEQUENCE COOKING

This function allows you to cook using up to 2 different stages which can include manual cooking time and 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. The audible signal will sound once after the first stage. If one stage is defrosting, it should be in the first stage.

Note: Auto menu cannot be set as one of the multiple sequences.

Example: If you want to defrost the food for 5 minutes, then to cook with 80P microwave power for 7 minutes. The steps are as follows:

1. Press the TIME DEFROST key once, in the LED display will appear dEF2.
2. Enter the cooking time by pressing the 1 min. key 5 times.
3. Input the power level (80P) by pressing the POWER LEVEL key 3 times.
4. Enter the cooking time by pressing the 1 min. key 7 times.
5. Press the START/AUTO MINUTE key once to start cooking.

AUTO MINUTE FUNCTION

The START/AUTO MINUTE key allows you to operate the two following functions:

- **Direct start**

You can directly start cooking on 100P microwave power level for 1 minute by pressing

the AUTO MINUTE key.



- **Extend the cooking time**

You can extend the cooking time during manual cooking, time defrost and auto menu operation in multiples of 1 minute if the START/AUTO MINUTE key is pressed while the oven is in operation. During the weight defrost, the cooking time cannot be increased by pressing START/AUTO MINUTE key.

NOTE: The cooking time may be extended to a maximum of 99 minutes 50 seconds.

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.

1. Press the KITCHEN TIMER key once.



2. Enter the desired time by pressing the 1 min. key 5 times.
3. Press the START/ AUTO MINUTE key to start the timer.
Check the display. (The display will count down through the set cooking/ defrosting time.)

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

You can enter any time up to 99 minutes 50 seconds. To cancel the KITCHEN TIMER whilst counting down, simply press the STOP/CLEAR key.

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

CHILD LOCK

Use to prevent unsupervised operation of the oven by children.

- To set the **CHILD LOCK:**
Press and hold the STOP/CLEAR key for 3 seconds until a long a beep sounds. The display will show:



- To cancel the CHILD LOCK:
Press and hold the STOP/CLEAR key for 3 seconds until a long beep sounds.

REHEATING ADVICE

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

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

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.

Rearrange	<p>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.</p> <p>Move closely packed pieces from the outside to the centre and rearrange overlapping areas.</p> <p>This will ensure that all parts of the food defrosts evenly.</p>
Separate	<p>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.</p>
Shield	<p>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.</p>
Stand	<p>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.</p>
Turn over	<p>It is essential that all foods are turned over at least 3 - 4 times during defrosting. This is important to ensure thorough defrosting.</p>

NOTES:

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

TIME DEFROST AND WEIGHT DEFROST OPERATION

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 0:10 – 99:50.

Example: To defrost the food for 10 minutes.

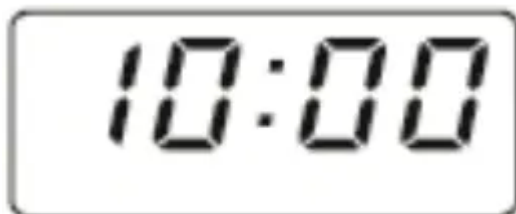
1. Select the menu required by pressing the TIME DEFROST key once.



x1, the display will show:



2. Enter the cooking time by pressing the 10 min. key once.



3. Press the START/AUTO MINUTE key to start cooking.

Notes for Time Defrost:

- After cooking the audible signal will sound five times 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" when cooking is complete.
- The preset microwave power level is 30P and can not be changed.

WEIGHT DEFROST

The microwave oven is pre-programmed with a time and power level so that the following food is defrosted easily: Pork, beef and chicken. The weight range for this food is from 0.1kg – 2kg in 0.1kg steps.

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 microwave oven defrost rack on the turntable.

1. Select the menu required by pressing the WEIGHT DEFROST key once.



x1, the display will show:



2. Enter the weight by pressing the WEIGHT keys until the desired weight is displayed.



, display:



3. Press the START/ AUTO MINUTE key to start cooking. (The display will count down through defrosting time).

Frozen foods are defrosted from -18°C.

NOTES FOR WEIGHT DEFROST:

- Before freezing foods, ensure food is fresh and of good quality.
- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.

AUTO MENU OPERATION

The AUTO MENU keys automatically work out the correct cooking mode and cooking of the foods (details on page GB-5 and GB-25). Follow the example below for details on how to operate this function.

Example: To cook two jacket potatoes (0.46kg) by using the AUTO MENU function.

1. Select the required menu by pressing the Jacket Potato key once.



x1, the display will show:



2. Press WEIGHT UP/DOWN keys or continue to press the Jacket Potato key to choose the required number of, potatoes (up to 3).



x1, display:



3. Press the START/AUTO MINUTE key to start cooking. (The display will count down through defrosting time)

NOTES:

- The weight or quantity of the food can be input by pressing the WEIGHT UP/DOWN keys 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 on page GB-25 cook by manual operation.

AUTO MENU CHART

Auto Menu	WEIGHT/ PORTION / UTENSILS	Procedure
Popcorn	0.05kg, 0.1kg	Place the popcorn bag directly on the turntable (Please see the note below: 'Important Information About Microwave Popcorn Feature')
Jacket Potato	1, 2, 3 potatoes (pieces) 1 potato = approx. 0.23kg (initial temp. 20° C)	Please use potatoes with a similar size of approx. 230g. Pierce each potato in several places and place towards the edge of the turntable. Turn over and re-arrange halfway through cooking. Stand for 3 - 5 minutes before serving.
Chilled Pizza	0.1kg, 0.2kg, 0.4kg (initial temp 5°C) Plate	Place the pizza on a plate in the centre of the turntable. Do not cover.
Frozen vegetable e.g. Brussel sprouts, green beans, peas, mixed vegetables, broccoli	0.15kg, 0.35kg, 0.5kg (initial temp -18°C) Bowl and lid	Place vegetables in a suitable container. Add 1tbsp of water per 100g of vegetables, cover the dish and place on the turntable. Stir halfway through cooking and after cooking.
Beverage (120ml/ cup)	1, 2, 3 (initial temp. 5° C) Cup	Place the cup(s) on the turntable and stir after heating.
Dinner Plate	0.25kg, 0.35kg, 0.5kg (initial temp. 5° C) Plate	Place your dinner plate of food (such as meat, vegetable and rice/potatoes) in the centre of the turntable and follow the instructions on page GB-24. It is always good to stir at the end to get an even temperature.

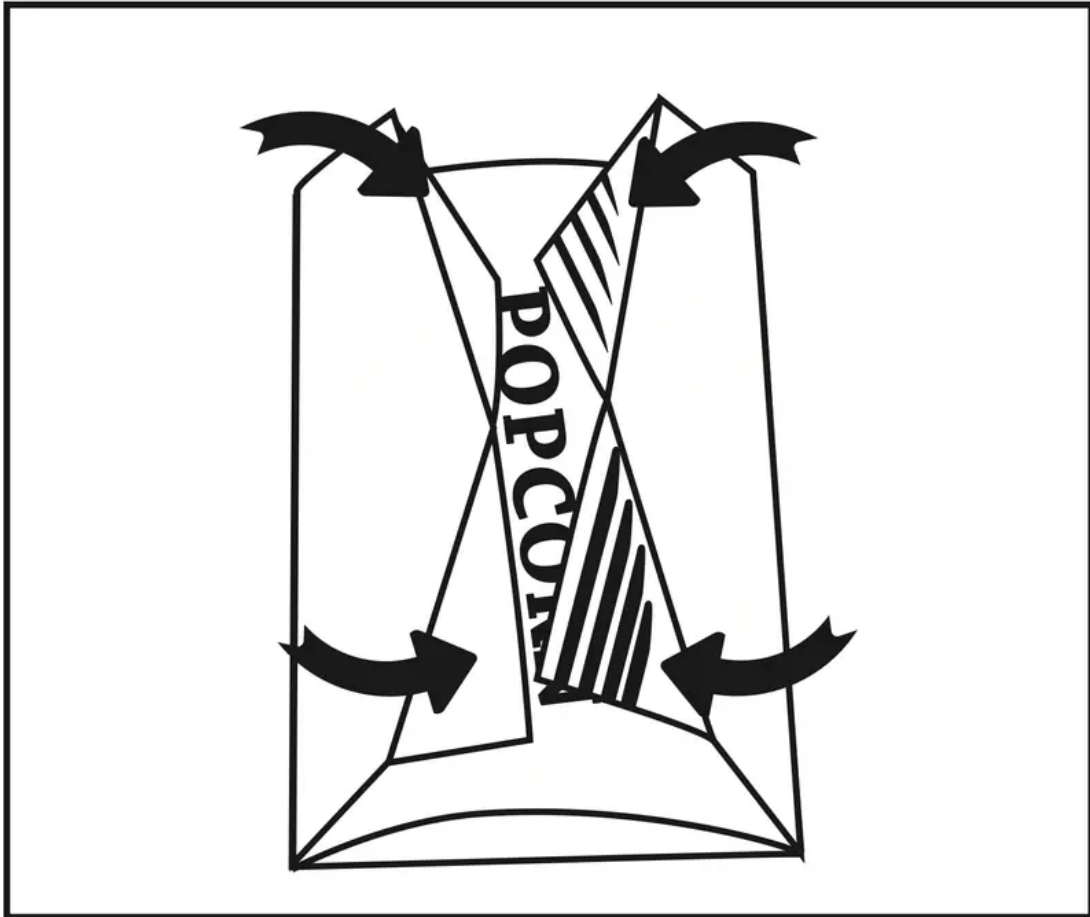
Notes:

- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking.
If necessary, you can extend the cooking manually.
- The results when using auto cook depend on variances such as the shape and size of the food and your personal preference as regards cooking results. If you are not satisfied with the programmed result, please adjust the cooking time to match your requirement.

Important Information about Microwave Popcorn Feature

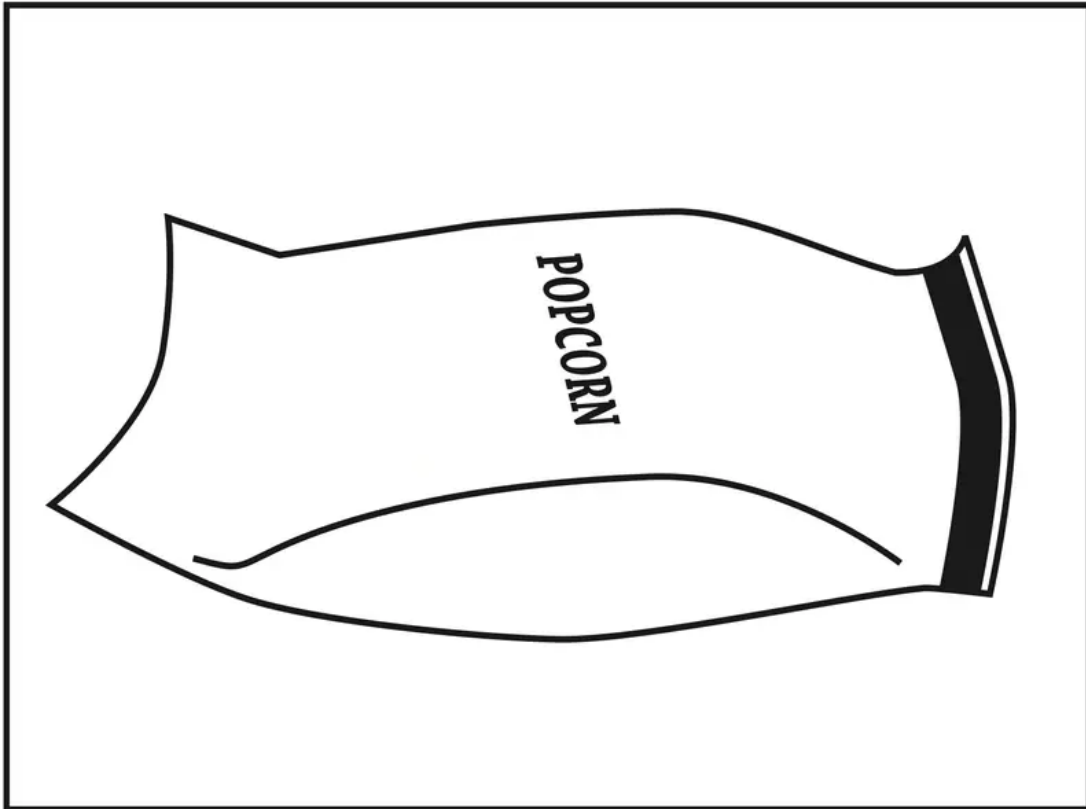
1. When selecting 0.1kg grams of popcorn, it is suggested that you fold down a triangle on each corner of the bag before cooking.

Refer to the picture on the right.



2. If/When the popcorn bag expands and no longer rotates properly, please press STOP/
CLEAR key once and open the oven door and adjust the bag position to ensure even

cooking.



SUITABLE OVENWARE

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	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	✓ / ✗	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.
Paper - Plates, cups and kitchen paper	✓	Do not use plastic or metal ties, as they may melt or catch fire due to the metal 'arcing'.
Straw and wooden Containers	✓	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Recycled paper and newspaper	✗	Always attend the oven when using these materials as overheating may cause fire. May contain extracts of metal which will cause 'arcing' and may lead to fire.

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

CARE AND CLEANING

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Control panel

Open the door before cleaning to de-activate the control panel. Care should be taken in cleaning

the control panel. Using a cloth dampened with water only, gently wipe the panel until it becomes clean.

Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Do not remove the waveguide cover.
2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior. Keep the waveguide cover clean at all times.

The waveguide cover is constructed from a fragile material and should be cleaned with care (follow the cleaning instructions above).

NOTE: Excessive soaking may cause disintegration of the waveguide cover.

The waveguide cover is a consumable part and without regular cleaning, will need to be replaced.

Turntable and Turntable support

Remove the turntable and turntable support from the oven.

Wash the turntable and turntable support in mild soapy water. Dry with a soft cloth. Both the turntable and the turntable support are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use abrasive cleaner.

NOTE: A steam cleaner should not be used.

Cleaning tip - For easier cleaning of your oven:

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100% for 10 -12 minutes.

Wipe the oven clean using a soft, dry cloth.

TROUBLESHOOTING

Keep the power supply cord away from heated surface. If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Follow this simple check below: Place half a cup of water on the turntable and close the door.

Programme the oven to cook for 1 minute using 100% microwave power.

1. Does the oven lamp come on when it is cooking?
2. Does the turntable rotate?

3. Does the cooling fan work? (Check by placing your hand above the air vent openings.)
4. After 1 minute does the audible signal sound?
5. Is the water in the cup hot?
6. After 3 minutes, does the grill heating element become red?

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart below.

WARNING: Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs. This is important as it may involve the removal of covers that provide protection against microwave energy.

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

TROUBLESHOOTING CHART

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

Warning



This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

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