

SHARP®

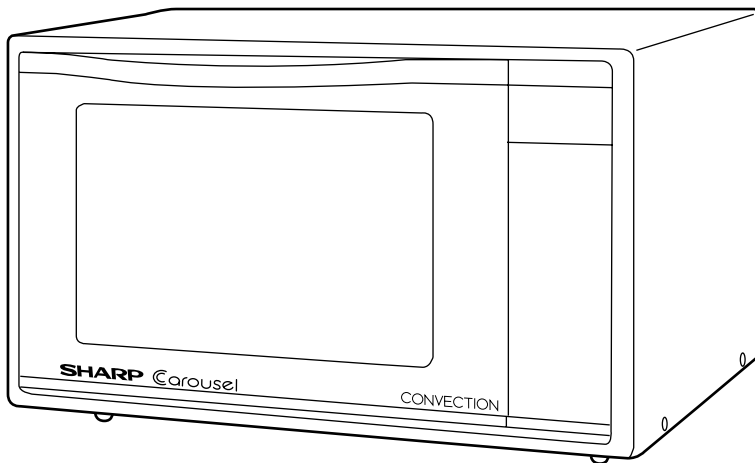
Carousel™

CONVECTION MICROWAVE OVEN



MODEL R-995E

OPERATION MANUAL



Info Display

CONTENTS Page

Warranty	1
Introduction	2
Warning	3
Special Notes	4
Installation Instruction	5
Oven Diagram	5
Operation of Touch Control Panel	6
Control Panel Display	6
Touch Control Panel Layout	6
Before Operating	7
Getting Started	7
Clock Setting	7
Stop/Clear	7
To Cancel Program	7
Microwave Cooking	8
Microwave Time Cooking	8
Sequence Cooking	9
Instant Cook	9
Heating without Food	10
Convection Cooking	10
To Cook by Convection	10
To Preheat and Cook by Convection	11
Mix Cooking	12
To Use Automatic Mix Setting	12
To Preheat and Cook with Automatic Mix Setting	13
Convection and Microwave Cooking	14
Grilling	15
Preheating	16
Automatic Operations	17
Notes for Automatic Operations	17
Weight Adjust	17
Sensor Instant Action	18
Reheat Sensor	19
Intelligent Sensor	20
Defrost Sensor	21
Other Convenient Features	22
Help	22
Less/More Setting	25
Increasing/Decreasing Time	25
Memory	26
Alarm	26
Care and Cleaning	27
Service Call Check	27
Specifications	27
Cooking Guides	① - ⑱

SHARP

WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in materials and manufacture for a period of twelve (12) months from the date of original purchase.

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.

The owner is responsible for any transportation and insurance costs if the product has to be returned for repair.

This warranty does not extend to accessories or 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, 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 express and implied rights and remedies under any relevant legislation in the country of sale.

IMPORTANT

DO NOT RETURN THIS PAGE TO SHARP

For your reference, please enter the particulars of your purchase below and retain, with your purchase documentation.

Model No. _____

Serial No. _____

Date of Purchase _____

Retailer _____

FOR LOCATION ENQUIRIES WITHIN

AUSTRALIA

REGARDING YOUR
LOCAL

SHARP APPROVED SERVICE CENTRE
CALL THE
SHARP SERVICE REFERRAL CENTRE
TOLL FREE 1 300 135 022

DURING NORMAL BUSINESS HOURS
(Eastern Standard Time)

or contact our web site
www.sharp.net.au

SHARP CORPORATION OF AUSTRALIA PTY. LIMITED
ABN 40 003 039 405
1 Huntingwood Drive Blacktown NSW 2148

FOR PRODUCTS PURCHASED IN

NEW ZEALAND

CONTACT YOUR SELLING DEALER/RETAILER
OR CALL

SHARP CUSTOMER SERVICES
telephone: **09 573 0111**

FACSIMILE: 09 573 0113

or contact our web site
www.sharpnz.co.nz

SHARP CORPORATION OF NEW ZEALAND LIMITED
59 Hugo Johnson Drive
Penrose, Auckland

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

INTRODUCTION

SHARP[®]

INFO DISPLAY COOKING SYSTEM

Thank you for buying a Sharp Microwave Oven.

Your new oven has an "Information Display System" which offers you step-by-step instructions to easily guide you through each feature.

Your oven also has a HELP key for instructions on using Auto Start, Information Guide On / Off, Demonstration Mode, Child Lock, Info on pads and Help.

After gaining experience and confidence using your oven, the information display can be turned off.

We strongly recommend however that you read this operation manual thoroughly before operating your oven, paying particular attention to the safety warnings and special notes.

The manual is divided into two sections:

1. **OPERATION (P3~P27)**

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

2. **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, standing time.

It also contains recipes for automatic cooking.

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.

WARNING

Read all instructions before using the appliance.

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.
- d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
- e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of explosion and sudden boiling:

- 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. When boiling liquids in the oven, use a wide-mouthed container and stand about 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.

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

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

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

Do not try to adjust or repair the oven yourself because of hazard. The oven must be adjusted or repaired by a qualified service technician trained by SHARP.

Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:

(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed), (4) Burn marks on the door seal faces.

Do not bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.

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

Never tamper with or deactivate the door safety latches.

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

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.

Avoid steam burns by directing steam away from the face and hands.

Slowly lift the furthest edge of a dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

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.

When using the CONVECTION, GRILL, MIX COOKING, SENSOR INSTANT ACTION or INTELLIGENT SENSOR mode, the turntable, racks, oven door, outer cabinet and oven cavity will become hot. Use oven mittens to prevent burns.

Before cleaning, make sure the oven door, outer cabinet, oven cavity, air vent openings, turntable, roller stay and racks are not hot.

Do not place anything on the outer cabinet.

This appliance must be earthed.

Do not store food or any other items inside the oven.

Make sure the utensil does not touch the interior walls during cooking.

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

This appliance is not intended for use by young children or infirm persons without supervision.

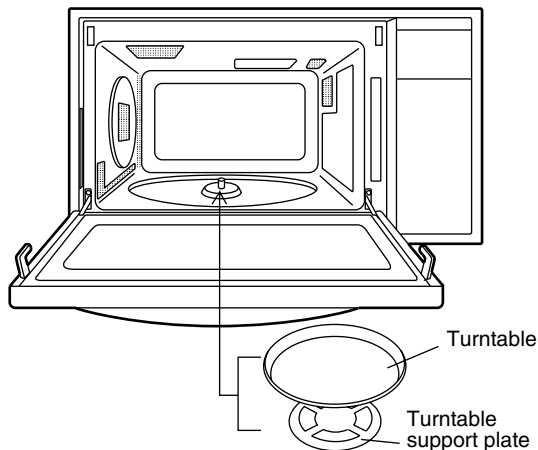
Young children should be supervised to ensure that they do not play with the appliance.

SPECIAL NOTES

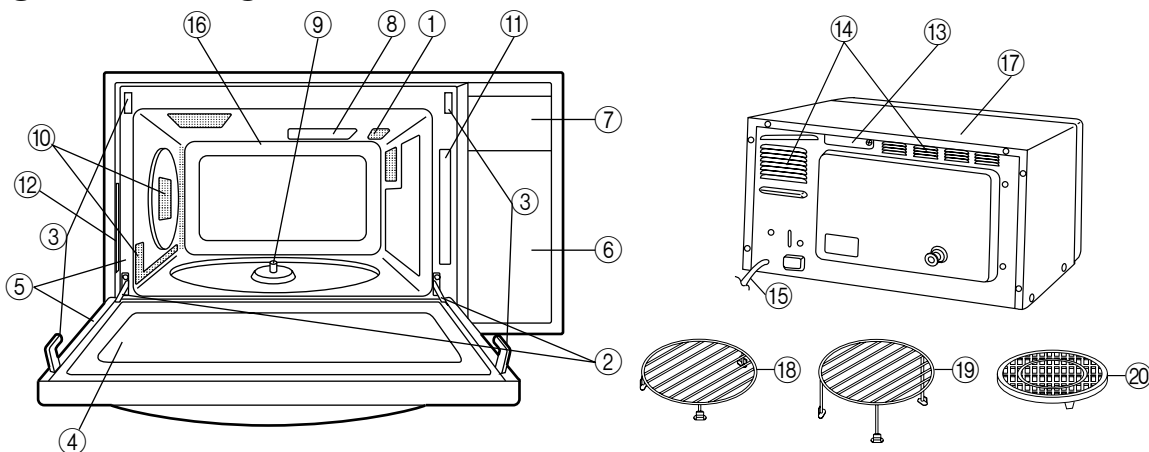
	DO	DON'T
Eggs, fruits, nuts, seeds vegetables, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Reheat whole eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and test before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Stir liquids briskly before and after cooking for even heating. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. * For boiling or cooking liquids see WARNING on page 3. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity except the directed case in the operation manual.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * These foods have high sugar and/or fat contents. * Cook for the recommended time. 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof roasting rack to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	<ul style="list-style-type: none"> * Place a suitable insulator such as microwave and heat proof dinner plate between the turntable and the browning dish. 	<ul style="list-style-type: none"> * Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity. Check the unit for any damage, such as a misaligned door, damaged gaskets 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 tray
 - 2) Turntable support plate
 - 3) Low rack
 - 4) High rack
 - 5) Defrost rack
 - 6) Operation manual
 - 7) Cook book
3. Since the door may become hot during cooking, you should place or mount the oven so that the bottom of the oven is 80 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. Place the turntable support plate over the turntable motor shaft on the floor of the cavity. Then place the turntable on the turntable support plate.
 Make sure the turntable and support plate are centrally located and locked together. NEVER operate the oven without the turntable support plate and turntable.
5. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. When the oven is mounted on a kitchen benchtop, allow at least 40 cm on the top, 5 cm on both sides and at the rear of the oven for free air space. The ventilation openings should not be blocked.
6. Please consult your Sharp retailer for availability of built in kit. Before preparing kitchen cabinets for wall mounting, please refer to the Sharp built in kit installation instructions for clearances and ventilation requirements.
7. 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.
8. 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-240V, 50Hz
9. Operate the oven from a general purpose domestic outlet.
 If a generator is used, do not operate the oven with non-sinusoidal outputs.
10. Before using CONVECTION HEATER ELEMENTS for the first time, operate the oven without food for 20 minutes at 250°C. This will allow the oil that is used for rust protection to be burned off.



OVEN DIAGRAM

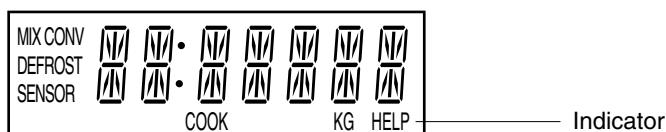


- | | | |
|------------------------------------|--|-----------------------|
| 1. Oven lamp | 8. Waveguide cover | 15. Power supply cord |
| 2. Door hinges | 9. Turntable motor shaft | 16. Oven cavity |
| 3. Door safety latches | 10. Convection air openings | 17. Outer cabinet |
| 4. See through door | 11. Menu Label for Intelligent Sensor | 18. Low rack |
| 5. Door seals and sealing surfaces | 12. Rating label | 19. High rack |
| 6. Touch Control Panel | 13. Access cover for oven lamp replacement | 20. Defrost rack |
| 7. Digital readout | 14. Ventilation openings | |

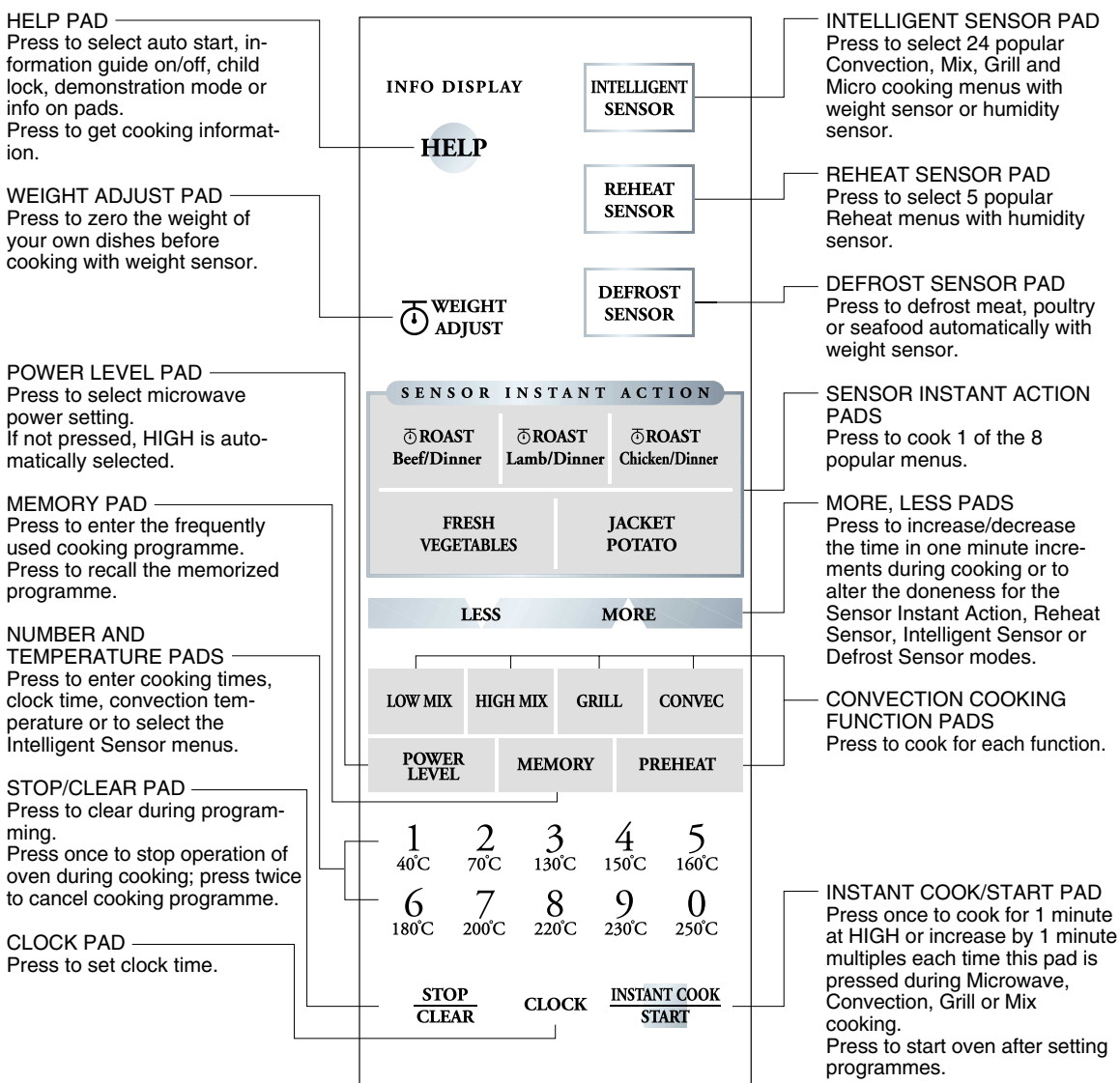
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel. An entry signal tone should be heard each time you press the control panel to make a correct entry. In addition an audible signal will sound for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

Control Panel Display





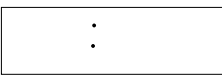
Touch Control Panel Layout



BEFORE OPERATING




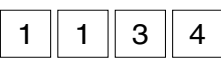
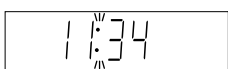

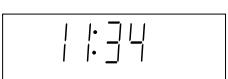
- * This oven is preset with the INFORMATION GUIDE ON.
To assist you in programming your oven, the information guide will appear in the display.
In this manual, the display of information guide is abbreviated.
- * When you become familiar with your oven, the information guide can be turned off. Check page 23.

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point and switch on the power. Ensure the oven door is closed.		
2	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

Clock Setting

* To enter the present time of day 11:34 (AM or PM).

Step	Procedure	Pad Order	Display
1	Press the CLOCK pad.		 (operation guide off: )
2	Enter the correct time of day by pressing the numbers in sequence.		 The dots (:) will flash on and off.
3	Press the CLOCK pad again.		

This is a 12 hour clock. If you attempt to enter an incorrect clock time (eg. 13:45) ERROR will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (eg. 1:45).

If you wish to know the time of day during the cooking, auto start or timer mode, press the CLOCK pad. As long as your finger is pressing the CLOCK pad, the time of day will be displayed.

Stop/Clear

Use the STOP/CLEAR pad to:

1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MANUAL OPERATIONS

Microwave Time Cooking

This is a manual cooking feature. First enter the cooking time then the power level. You can programme up to 99 minutes, 99 seconds. There are five different power levels.

Power level	<table border="1" style="width: 100%; text-align: center;"> <tr> <td>LOW</td> <td>M•LOW</td> <td>MEDIUM</td> <td>M•HIGH</td> <td>HIGH</td> </tr> </table>					LOW	M•LOW	MEDIUM	M•HIGH	HIGH
LOW	M•LOW	MEDIUM	M•HIGH	HIGH						
Approximate percentage of microwave power	<table border="1" style="width: 100%; text-align: center;"> <tr> <td>10%</td> <td>30%</td> <td>50%</td> <td>70%</td> <td>100%</td> </tr> </table>					10%	30%	50%	70%	100%
10%	30%	50%	70%	100%						
Examples of foods typically cooked on microwave oven power level	Keeping food warm	Defrost Softening butter	Casseroles Seafood	Cakes Muffins Slices	Fruit Vegetables Rice/Pasta					

This variable cooking control allows you to select the rate of microwave cooking.

If a power level is not selected, then HIGH power is automatically used.

* Suppose you want to time cook for 10 minutes on HIGH power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10.00
2	Press the INSTANT COOK/START pad.	INSTANT COOK START	10.00 COOK The timer begins to count down.

To lower the power press the POWER LEVEL pad once. Note the display will indicate "HIGH". To lower to "M•HIGH" press the POWER LEVEL pad again. Repeat as necessary to select "MEDIUM", "M•LOW" or "LOW" power levels.

* Suppose you want to cook Fish Fillets for 10 minutes on MEDIUM power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10.00
2	Select microwave cooking and power level by pressing the POWER LEVEL pad as required (for MEDIUM press three times).	POWER LEVEL x 3	MEDIUM
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	10.00 COOK The timer begins to count down.

If the door is opened during cooking process, the cooking time in the display automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.

If you want to check the power level during the cooking, press the POWER LEVEL pad.



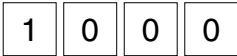
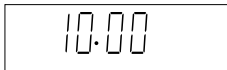

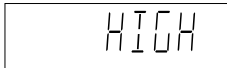
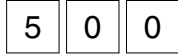




As long as your finger is pressing the POWER LEVEL pad, the power level will be displayed.

Sequence Cooking

Your oven can be programmed up to 4 automatic cooking sequences, switching from one variable power setting to another automatically.



Note that POWER LEVEL must be entered first when programming sequence cooking.

* Suppose you want to cook for 10 minutes on MEDIUM followed by 5 minutes on HIGH.

Step	Procedure	Pad Order	Display
1	Select microwave cooking and desired power level by pressing the POWER LEVEL pad (for MEDIUM press three times).	 x 3	
2	Enter desired cooking time.		
3	For second sequence, select microwave cooking and power level (for HIGH press the POWER LEVEL pad once)		
4	Enter desired cooking time for the second sequence.		
5	Press the INSTANT COOK/START pad.		 The timer begins to count down to zero. When it reaches zero,  the second sequence will appear and the timer will begin counting down to zero again.

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on HIGH power.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within one minute of closing the door.		 The timer begins to count down.

Press the INSTANT COOK/ START pad until desired time is displayed. Each time the pad is pressed, the cooking time is increased by 1 minute.

HEATING WITHOUT FOOD

Before the first use and after cleaning the convection heater must be conditioned. The procedure involves heating for a period of 20 minutes. You may notice some smoke and odour during this process, the oven is not out of order. Follow the procedure below.

Step	Procedure	Pad Order	Display
1	Ensure that no food is in the oven. Press the CONVEC pad.	CONVEC	CONV SELECT CONV TEMP (Operation guide off : <input type="checkbox"/> E)
2	Enter the temperature (250°C).	0 250°C	CONV 250C
3	Enter the heating time (20 min.).	2 0 0 0	CONV 20.00
4	Press the INSTANT COOK/START pad. IMPORTANT: During this operation, some smoke and odour will occur. Therefore open the windows or run the ventilation fan in the room.	INSTANT COOK START	CONV 20.00 COOK The timer begins to count down to zero. When timer reaches zero, all indicators will go out and the oven will "beep". <input type="checkbox"/> END will appear on the display.
5	Open the door to cool the oven cavity. The cooling fan will remain on until the oven cavity has cooled. WARNING: The oven door, outer cabinet, turntable and oven cavity will be hot. Pay attention to avoid burns when cooling the oven.		

CONVECTION COOKING

Please consult your Convection Microwave Cookbook for more specific cooking instructions and procedures.

To Cook by Convection

Your Convection Microwave Oven can be programmed for ten different convection cooking temperatures up to 99 minutes, 99 seconds.

* Suppose you want to cook for 20 minutes at 180°C.


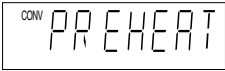
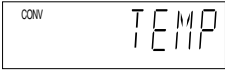

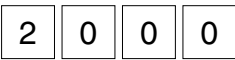
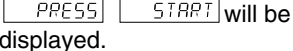
Step	Procedure	Pad Order	Display
1	Place turntable in the oven. Press the CONVEC pad.	CONVEC	CONV SELECT CONV TEMP (Operation guide off : <input type="checkbox"/> E)
2	Enter desired temperature.	6 180°C	CONV 180C
3	Enter desired cooking time.	2 0 0 0	CONV 20.00
4	Press the INSTANT COOK/START pad.	INSTANT COOK START	CONV 20.00 COOK The timer begins to count down to zero. When timer reaches zero, all indicators will go out and the oven will "beep". <input type="checkbox"/> END will appear on the display. The cooling fan will remain on until the oven cavity has cooled.

Helpful Hints:

If you are cooking and wish to check the temperature you have programmed, simply press the CONVEC pad. The programmed temperature will be displayed as long as CONVEC pad is pressed.

To Preheat and Cook by Convection

* Suppose you want to preheat the oven to 200°C then cook for 20 minutes at 200°C.

Step	Procedure	Pad Order	Display
1	Press the PREHEAT pad.	PREHEAT	   (Operation guide off : )
			2
3	Press the CONVEC pad.	CONVEC	
			4
5	Enter desired cooking time.		
			6
7	Open the door. Place food in oven. Close the door.	 will be displayed.	
			8

PREHEAT

COOKING





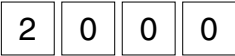



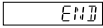
MIX COOKING

Your Convection Microwave Oven has two preprogrammed settings that make it easy to cook with both convection heat and microwaves automatically.

The LOW MIX pad is preprogrammed for 180°C with 10% microwave power, while the HIGH MIX pad is preprogrammed for 200°C with 30% microwave power.

To Use Automatic Mix Settings

* Suppose you want to bake a cake for 20 minutes on LOW MIX.

Step	Procedure	Pad Order	Display
1	Press the LOW MIX pad.		  
2	Enter desired cooking time.		
3	Press the INSTANT COOK/START pad.		 <p>The timer begins to count down to zero. When timer reaches zero, all indicators will go out and the oven will "beep".  will appear on the display. The cooling fan will remain on until the oven cavity has cooled.</p>

NOTE

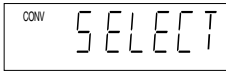
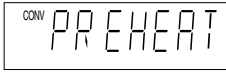
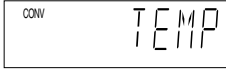



- To cook on HIGH MIX setting, use the above procedure, pressing the HIGH MIX pad in Step 1.
- If you want to change convection temperature of Automatic Mix Settings, using the above procedure, press the desired Mix setting pad again after step 1 and then press the desired temperature pad. And continue Step 2.

Helpful Hints:

If you are cooking and wish to check the temperature you have programmed, simply press the CONVEC pad. The programmed temperature will be displayed as long as CONVEC pad is pressed.

To Preheat and Cook with Automatic Mix Settings

* Suppose you want to preheat the oven to 200°C and roast a chicken for 20 minutes on HIGH MIX.




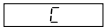


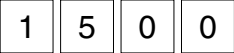








Step	Procedure	Pad Order	Display
1	Press the PREHEAT pad.	PREHEAT	   (Operation guide off : )
			2
3	Press the HIGH MIX pad.	HIGH MIX	
			4
5	Press the INSTANT COOK/START pad. When "ADD FOOD" is displayed, the oven is preheated. If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes.		
			6
7	Press the INSTANT COOK/START pad.		

If you wish to change convection temperature of Automatic Mix settings, using the above procedure, press the desired Mix setting pad again after Step 3 and then press the desired temperature pad. And continue Step 4.

Convection and Microwave Cooking

Your Convection Microwave Oven can be programmed to combine convection and microwave cooking operations.

* Suppose you want to roast chicken pieces for 15 minutes at 180°C and then cook at 8 minutes on MEDIUM.

Step	Procedure	Pad Order	Display
1	Press the CONVEC pad.		  (Operation guide off: )
2	Enter desired convection temperature.		
3	Enter desired convection cooking time.		
4	Select microwave cooking and power level by pressing the POWER LEVEL pad as required (for MEDIUM press three times.)	 x 3	
5	Enter desired microwave cooking time.		
6	Press the INSTANT COOK/START pad.		 The timer begins to count down to zero. When it reaches zero,  The timer begins to count down to zero.

Do not use plastic (non-heat proof) cookware if combining Convection and Microwave mode.








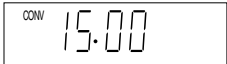


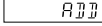
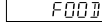

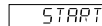


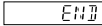
GRILLING

The grill effect is achieved using fan forced heat at a temperature of 250°C.

Preheating is automatic when the GRILL setting is used. Only actual cooking time is entered; the oven signals when it is preheated to 250°C. Use Grill setting for steaks, chops, chicken pieces and many other foods.

The turntable should remain in oven when preheating.

* Suppose you want to grill a steak for 15 minutes.

Step	Procedure	Pad Order	Display
1	Place turntable in the oven. Press the GRILL pad.		 
2	Enter desired grilling time.	   	
3	Press the INSTANT COOK/START pad.		 will be displayed repeatedly. When preheat is over, the oven will "beep" 4 times and   will be displayed.
4	Open the door and place food in oven. Close the door.		  will be displayed.
5	Press the INSTANT COOK/START pad.		 The timer begins to count down to zero. When it reaches zero, all indicators will go off and the oven will "beep".  will appear on the display. The cooling fan will remain on until the oven cavity has cooled.

* Oven will maintain 250°C for 30 minutes after preheat is completed. If the oven door is not opened (food placed in the oven) within 30 minutes, the oven will automatically turn off.

Helpful Hints:

If you want to change grilling temperature (perhaps for different foods) using the above procedure, press the GRILL pad again after Step 1 and then press the desired temperature pad. And continue Step 2.

PREHEATING

For best results, preheat to the required temperature with the turntable in the oven. Add food after preheating.

* To preheat the oven to 200°C

Step	Procedure	Pad Order	Display
1	Press the PREHEAT pad.	PREHEAT	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">CONV SELECT</div> <div style="border: 1px solid black; padding: 2px;">CONV PREHEAT</div> </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">CONV TEMP</div> <p>(Operation guide off: E)</p>
2	Select preheating temperature.	7 200°C	<div style="border: 1px solid black; padding: 2px; text-align: center;">CONV 200C</div>
3	Press the INSTANT COOK/ START pad.	INSTANT COOK START	<div style="border: 1px solid black; padding: 2px; text-align: center;">CONV PREHEAT COOK</div>
4	Preheat is over. If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes.		<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">CONV PREHEAT COOK</div> <div style="border: 1px solid black; padding: 2px;">CONV OVER COOK</div> </div>

After preheating, Suppose you want to cook profiteroles for 20 minutes on convection 200°C.

5	Open the door and place food. Close the door.		<div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;"> PRESS CONVEC OP MI </div>
6	Press the CONVEC pad.	CONVEC	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">CONV SELECT</div> <div style="border: 1px solid black; padding: 2px;">CONV TEMP</div> </div> <p>(Operation guide off: E)</p>
7	Enter desired temperature.	7 200°C	<div style="border: 1px solid black; padding: 2px; text-align: center;">CONV 200C</div>
8	Enter desired cooking time.	2 0 0 0	<div style="border: 1px solid black; padding: 2px; text-align: center;">CONV 20.00</div>
9	Press the INSTANT COOK/ START pad.	INSTANT COOK START	<div style="border: 1px solid black; padding: 2px; text-align: center;">CONV 20.00 COOK</div> <p>The timer begins to count down.</p>

After preheating, suppose you want to cook with automatic Mix settings. Press the HIGH MIX or LOW MIX pad instead of the CONVEC pad in Step 6, then continue with Step 8.

If you are in the process of preheating and wish to check the actual oven temperature, simply press the CONVEC pad. The actual oven temperature will be displayed as long as the CONVEC pad is pressed. If the oven temperature is below 40°C at this time, LO E will be displayed.

AUTOMATIC OPERATIONS

Notes for Automatic Operations

- Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking on SENSOR INSTANT ACTION, REHEAT SENSOR, or INTELLIGENT SENSOR.
- After oven is plugged in, wait 2 minutes before using SENSOR INSTANT ACTION, REHEAT SENSOR or INTELLIGENT SENSOR.
- ERROR** will be displayed if:
 - you try to cook too large or too small a weight of food marked with or DEFROST SENSOR menu when you press each automatic operation pad or the INSTANT COOK/START pad.
To continue the cooking by automatic operation, check the correct weight range in each MENU GUIDE and press the INSTANT COOK/START pad again.
To continue the cooking manually, see cookbook.
 - the door is opened or the STOP/CLEAR pad is pressed until the cooking time is displayed.
To clear, press the STOP/CLEAR pad.
To continue the cooking, cook manually. See cookbook.
- When using the automatic features (SENSOR INSTANT ACTION, REHEAT SENSOR, INTELLIGENT SENSOR, DEFROST SENSOR), carefully follow the details provided in each MENU GUIDE to achieve the best result.
If the details are not followed carefully, the food may be overcooked or undercooked or **ERROR** may be displayed.
- When cooking small quantities of food on SENSOR INSTANT ACTION, REHEAT SENSOR or INTELLIGENT SENSOR, the food may be cooked without displaying any remaining cooking time.
- Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually. See cookbook.
- During preheat, if **REMOVE** **TURN** **TABLE** appears in the display, remove turntable and press the INSTANT COOK/START pad again, the oven will start preheating. If **ADD** **TURN** **TABLE** appears in the display, place the turntable onto the support plate. Press the INSTANT COOK/START pad, and the oven will start preheating.
- To change the final cooking or defrosting result from the standard setting, press the MORE(▲) or LESS(▼) pad prior to pressing the each automatic operation pad.

Weight Adjust



The weight adjust allows you to use a container of your choice, but the oven needs to check the weight of your dish. This function measures the weight of the container prior to cooking or defrosting automatic operation menus marked with or DEFROST SENSOR menus.

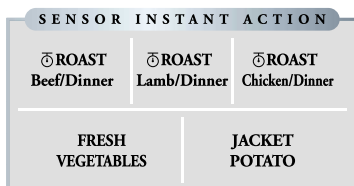
* To weigh a baking dish before cooking Roast Beef on Sensor Instant Action.


Step	Procedure	Pad Order	Display
1	Place your empty dish on the turntable and close the door. Press the WEIGHT ADJUST pad. NOTE: When the menu guide procedures advise to use a rack, place the rack with your dish on the turntable.		 Turntable rotates, the dish is being weighed.
2	Open the door. * Place prepared food on the dish. Close the door.		
3	Press the SENSOR INSTANT ACTION pad for Roast Beef once.	 x 1	 After 3 sec, the oven starts cooking.

NOTE: 1. When you use the utensils in the menu guide procedures ONLY, weight adjust is not required.




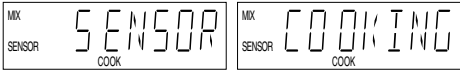

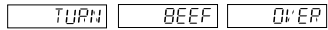




- If **ERROR** appears in the display, check that the turntable is correctly seated. Press the WEIGHT ADJUST pad again.
- * When you select the menus with automatic preheat, remove your empty dish, then place food and dish into the oven after preheating.

Sensor Instant Action

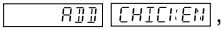


Press to cook 1 of the 8 popular menus. Follow the details provided in SENSOR INSTANT ACTION MENU GUIDE on pages ⑤ ~ ⑥ in cooking guides. For the menus marked with , use the recommended utensil in the menu guide. If you don't use it, use the Weight Adjust function before step 1 (see page 17).

* Suppose you want to cook 1.5kg Roast Beef (Medium).

Step	Procedure	Pad Order	Display
1	Place food on the low rack on the turntable. Press the SENSOR INSTANT ACTION pad for Roast Beef once (Within 1 minute of closing the door). (To cook Roast Beef Dinner, press the pad <u>twice</u> within 3 seconds.)	 x 1	 After about 3 sec.   The oven starts.
2	* When the sensor measures the weight of the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 56 min. 30 sec.)		 The timer begins to count down. The oven will "beep" 4 times and will stop. COOK indicator will go off. Then  will be displayed repeatedly.
3	Open the door. Turn over the meat. Close the door.		 will be displayed.
4	Press the INSTANT COOK/START pad.		 When the cooking time reaches zero,  will be displayed repeatedly.

NOTE:

1. You can get a cooking hint by pressing the HELP pad before pressing the desired SENSOR INSTANT ACTION pad. See page 24.
2. For Roast Chicken/Dinner : After pressing the Roast Chicken/Dinner pad, preheat will start automatically. When the display shows , open the door and place the food on the low rack. Then press the INSTANT COOK/START pad.


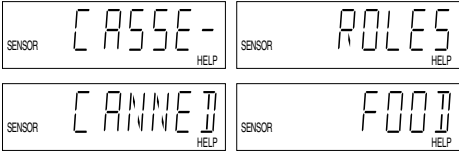

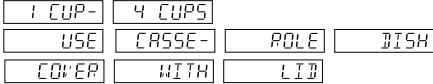

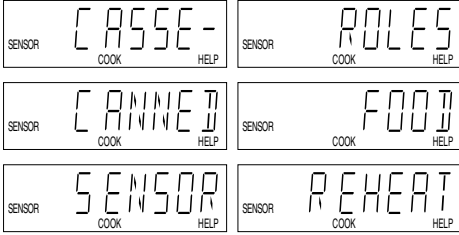


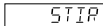
Reheat Sensor

REHEAT SENSOR

1. Beverage/Soup
2. Dinner plate
3. Pie
4. Pizza
5. Casseroles/
Canned food

Press to select 5 popular reheat menus.
 Follow the details provided in REHEAT SENSOR MENU GUIDE on page 7 in the cooking guides.
 For the menus marked with , use the recommended utensil in the menu guide. If you don't use it, use the Weight Adjust function before step 1 (see page 17).

* Suppose you want to reheat 2 cups of casseroles.

Step	Procedure	Pad Order	Display
1	Press the REHEAT SENSOR pad until the desired menu will appear in the display (for casseroles, press 5 times).	 x 5	
	If you require a cooking hint, press the HELP pad. (See NOTE below)		
2	Press the INSTANT COOK/START pad. * When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 37 sec.)		 The oven starts.  The timer begins to count down. When the cooking time reaches zero,  will be displayed . For small quantity The oven will not stop during cooking. For large quantity The oven will stop during cooking and display  once. Therefore stir the casserole. Cover with lid and press START pad to continue cooking.

NOTE: You can get a cooking hint whenever HELP is lit in the display. See page 24.

Intelligent Sensor

INTELLIGENT SENSOR

- | | | | |
|-------------------------|---------------------------|---------------------|-----------------------|
| 1. Seasoned Roast | 7. Grilled Fish | 13. Corned Meat | 19. Frozen Pasta |
| 2. Roast Turkey | 8. Cake | 14. Casseroles | 20. Porridge |
| 3. Roast Pork | 9. Biscuits | 15. White Rice | 21. Frozen Vegetables |
| 4. Roast Vegetables | 10. Fresh Vegetables Hard | 16. Fresh Pasta | 22. Stewed Fruit |
| 5. Grilled Steak/Chops | 11. Soup | 17. Dry Pasta | 23. Preserves |
| 6. Grilled Kebabs | 12. Fish Fillets | 18. Instant Noodles | 24. Desserts |

Press to select 24 popular Convection, Mix, Grill and Microwave cooking menus with weight sensor or humidity sensor.

Follow the details provided in INTELLIGENT SENSOR MENU GUIDE on pages ⑧ - ⑫ and INTELLIGENT SENSOR RECIPES on pages ⑬ - ⑰ in cooking guides.

For the menus marked with , use the recommended utensil in the menu guide. If you don't use it, use the Weight Adjust function before step 1 (see page 17).

* Suppose you want to cook 2 cups of White Rice.

Step	Procedure	Pad Order	Display
1	Press the INTELLIGENT SENSOR pad.		
2	Select food category for Intelligent Sensor. Press 15 to cook white rice.		
3	Press the INSTANT COOK/START pad. * When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 8 min. 50 sec.)		<p>The oven starts.</p> <p>The timer begins to count down. The oven will "beep" 4 times and will stop. COOK indicator will go off, and will be displayed.</p>
4	Open the door. Stir the rice. Close the door.		
5	Press the INSTANT COOK/START pad.		<p>When the cooking time reaches zero, will be displayed repeatedly.</p>

NOTE:

- You can get a cooking hint whenever HELP is lit in the display. See page 24.
- For menus 3-9: After Step 2, press the INSTANT COOK/START pad and preheat will start automatically. When the display shows the message (eg.), open the door and place the food. Then continue with step 3.

Defrost Sensor

DEFROST SENSOR

1. Meat
2. Poultry
3. Seafood








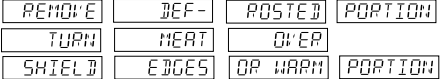
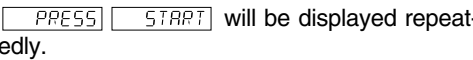


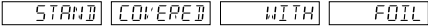
Press to defrost meat, poultry or seafood automatically with weight sensor.

Follow the details provided in DEFROST SENSOR MENU GUIDE on page 18 in cooking guides.

Use the attached defrost rack when using this automatic defrost feature.

If you do not use the attached defrost rack, use the Weight Adjust function before step 1 (see page 17).

* Suppose you want to defrost 1.0 kg meat.

Step	Procedure	Pad Order	Display
1	Press the DEFROST SENSOR pad until the desired menu will appear in the display (for meat, press once).	 x 1	
2	Press the INSTANT COOK/START pad. * When the sensor measures the weight of the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 18 min. 40 sec.)		   The oven starts.  The timer begins to count down. The oven will "beep" 4 times and will stop. COOK indicator will go off. Then  will be displayed repeatedly.
3	Open the door. Turn over and shield any warm portions. Close the door.		 will be displayed repeatedly.
4	Press the INSTANT COOK/START pad.		 The timer begin counting down, when it reaches zero, the oven will "beep".  will be displayed repeatedly.

NOTE: You can get a cooking hint whenever HELP is lit in the display. See page 24.

OTHER CONVENIENT FEATURES

Help

HELP The HELP feature has 6 different programmes.

Auto Start

The Auto Start feature allows you to set your oven to start automatically.

* Suppose you want to start cooking a casserole for 20 minutes on MEDIUM at 4:30 in the afternoon.
(Check that the correct time of day is displayed.)

Step	Procedure	Pad Order	Display
1	Press the HELP pad.	HELP	
2	Press the number 1 pad.	1	
3	Enter the desired start time.	4 3 0	<p>The dots (:) will flash on and off.</p>
4	Press the CLOCK pad.	CLOCK	
5	Set the desired cooking mode. (for microwave cooking on MEDIUM, press the POWER LEVEL pad 3 times)	POWER LEVEL x 3	
6	Enter the desired cooking time.	2 0 0 0	
7	Press the INSTANT COOK/ START pad.	INSTANT COOK START	<p>The oven will start cooking at 4:30 P.M.</p> <p>The timer begins to count down. When the timer reaches zero, all indicators will go off and the oven will "beep". will appear in the display.</p>

To check the current time, simply press the CLOCK pad, the time will be displayed.

If the door is opened after step 7, close the door and press the START pad to continue with Auto Start.

Press the STOP/CLEAR pad to cancel Auto Start.




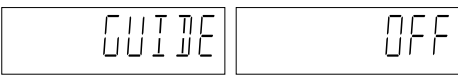
The correct time of day must be set before using Auto Start, see clock setting on page 7.

Information Guide On/Off


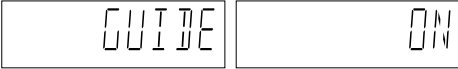
This oven is preset with the Information Guide On.

As you get more familiar with your oven, the Information Guide can be turned off.

* **To turn off the Information Guide.** After step 1 for Auto Start.

Step	Procedure	Pad Order	Display
2	Press the number 2 pad.		
3	Press the STOP/CLEAR pad.		 The time of day will appear in the display.

* **To restore the Information Guide.** After step 2 above.


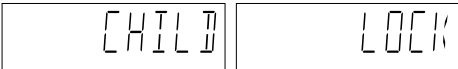


Step	Procedure	Pad Order	Display
3	Press the INSTANT COOK/START pad.		 The time of day will appear in the display.

Child Lock

If the oven is accidentally started with no food or liquid in the cavity, the life of the oven can be reduced.



To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

* **To set the Child Lock.** After step 1 for Auto Start.

Step	Procedure	Pad Order	Display
2	Press the number 3 pad.		
3	Press the INSTANT COOK/START pad.		 The time of day will appear in the display.

The control panel is now locked, each time a pad is pressed, the display will show "LOCK".

* **To unlock the control panel.** After step 2 above.

Step	Procedure	Pad Order	Display
3	Press the STOP/CLEAR pad.		 The time of day will appear in the display. The oven is ready to use.

Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice key operations.

* **To demonstrate.** After step 1 for Auto Start.

Step	Procedure	Pad Order	Display
2	Press the number 4 pad.	4	DEMO MODE
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	DEMO Then SHARP MICRO- WAVE OPEN will appear repeatedly.

Cooking operations can now be demonstrated with no power in the oven.

* **Suppose you demonstrate Instant Cook.**

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. (Within one minute of closing the door.)	INSTANT COOK START	1:00 COOK The timer begins to count down to zero at ten times the speed. When the timer reaches zero, END will appear in the display.

* **To cancel the Demonstration Mode.** After step 2 above.

Step	Procedure	Pad Order	Display
3	Press the STOP/CLEAR pad.	STOP CLEAR	DEMO OFF The time of day will appear in the display.

Info on Pads

Each pad displays a useful operation guide.

* **To get the guide for INTELLIGENT SENSOR pad.** After step 1 for Auto Start.

Step	Procedure	Pad Order	Display
2	Press the INTELLIGENT SENSOR pad.	INTELLIGENT SENSOR	PRESS TO SELECT PRESET 1-24 MENU

The guide message will be repeated twice, and then the display will show the time of day. If you want to cancel the guide, press the STOP/CLEAR pad.

Help

Each setting of Automatic Operations has a cooking hint.

If you wish to check, press the HELP pad whenever HELP is lit in the display.

NOTE: For SENSOR INSTANT ACTION, HELP is not lit in the display, so press the HELP pad before pressing the desired SENSOR INSTANT ACTION pad.

Less/More Setting

LESS

MORE


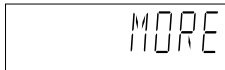


The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference –use the “more” or “less” feature to either add (more) or reduce (less) cooking time.

The LESS/MORE pads can be used to adjust the cooking time of the following features

- SENSOR INSTANT ACTION
- REHEAT SENSOR
- INTELLIGENT SENSOR
- SENSOR DEFROST

To adjust cooking time, press the LESS or MORE pad at the beginning of the procedure.









* Suppose you want to cook 1.0 kg Roast Lamb (Well Done) with SENSOR INSTANT ACTION.

Step	Procedure	Pad Order	Display
1	Press the MORE pad.		
2	Press the SENSOR INSTANT ACTION pad for Roast Lamb once.	 x 1	

Increasing or Decreasing Time During A Cooking Programme

Microwave, Convection, Mix or Grilling time can be added or decreased during a cooking programme using the “MORE” or “LESS” pads.

* Suppose you want to increase cooking time by 2 minutes during 5 minutes on MEDIUM cooking.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select microwave cooking and power level by pressing the POWER LEVEL pad as required. (for MEDIUM press three times)	 x 3	
3	Press the INSTANT COOK/ START pad.		 The timer begins to count down.
4	Press the MORE pad twice to increase time by two minutes.	 x 2	

Memory

Your oven has a memory to allow you to preset a frequently used cooking programme. The oven "memorises" the instruction and can recall this information when the time of day is displayed. This feature can be used for frequently prepared foods such as scrambled eggs, or special recipes you like to cook.

Memory Entry/Reprogramme

(Up to four stages can be memorized.)

*Suppose you want to enter 2 minutes 20 seconds on M•HIGH into the memory.

Step	Procedure	Pad Order	Display
1	Press the MEMORY pad twice.	MEMORY x 2	SELECT COOKING MODE (Operation guide off: MODE)
2	Select microwave cooking and power level by pressing the POWER LEVEL pad (for M•HIGH press twice).	POWER LEVEL x 2	M•HIGH
3	Enter desired cooking time.	2 2 0	2.20
4	Press the MEMORY pad.	MEMORY	MEMORY ON

NOTE : If you wish to enter more than two stages cooking, repeat step 2 and 3 after step 3.

Cooking By Memory

*Suppose you want to use the memorized cooking programme with memory.

Step	Procedure	Pad Order	Display
1	Press the MEMORY pad.	MEMORY	The memorized cooking programme will appear. STAGE 1 M•HIGH 2.20
2	Press the INSTANT COOK / START pad.	INSTANT COOK START	2.20 <small>COOK</small>

To Check Memory

You may forget exactly what information is stored in the memory or simply want to check if the oven has been programmed correctly:

*Suppose you want to check the cooking programme of memory.

Step	Procedure	Pad Order	Display
1	Press the MEMORY pad.	MEMORY	The memorized cooking programme will appear.
2	Press the STOP/CLEAR pad.	STOP CLEAR	Time of day will appear.

Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times and **REM•E** **FOOD** will be appeared in the display after 2 minutes.

If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

CARE AND CLEANING

CLEAN THE OVEN AT REGULAR INTERVALS.

Disconnect the power supply cord before cleaning. And if possible leave the door open to inactivate the oven.

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.

Door:

Wipe the door and window on both sides and the door seals frequently with a damp cloth to remove any spills or splatters. Do not use abrasive cleaner.

Touch Control Panel:

Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Do not use abrasive cleaner. Avoid the use of excess water.

Interior walls:

- The walls of the oven are coated with ceramic for easy cleaning. Please wipe any splatters or spills with a soft damp cloth or sponge after each use. For heavier soil, add a little detergent to the damp cloth or sponge whilst the oven is still warm. Any small spots that remain will in no way effect the performance, reliability or life of the oven. REMOVE ANY DETERGENT RESIDUE WITH CLEAN DAMP CLOTH. DO NOT SCRUB WITH SCOURING PAD SUCH AS STEEL WOOL. DO NOT USE COMMERCIAL OVEN CLEANERS, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. DO NOT USE A STEAM CLEANER.
- The waveguide cover, which is situated on the roof of the oven, should be cleaned at regular intervals. Use mild soap and water to remove excess grease build-up before it bakes on. The cover must be kept clean to avoid uneven microwave distribution.
- Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.
- At regular intervals, heat the oven referring to "Heating without Food" on page 10. Splashed food, on the oven walls may cause smoke and odour.

Turntable/Support Plate/Racks:

Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling service:

- Does the display light? Yes _____ No _____
- When the door is opened, does the oven lamp light? Yes _____ No _____
- Place one cup of water (approx. 250 ml) in a glass measuring cup in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.
 - Does the oven lamp light? Yes _____ No _____
 - Does the cooling fan work? Yes _____ No _____
(Put your hand over the rear ventilation openings.)
 - Does the turntable rotate? (The turntable can rotate clockwise or counter clockwise. This is quite normal.) Yes _____ No _____
 - Do COOK indicator light? Yes _____ No _____
 - After 1 minute, is the water hot? Yes _____ No _____
- Remove water from the oven and programme the oven for 5 minutes at convection 180°C.
 - Do CONV and COOK indicators light? Yes _____ No _____
 - After 5 minutes, is the inside of 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 time in the display is counting down rapidly, check Demonstration Mode. (Please see P. 24 for detail.)

SPECIFICATIONS



AC Line Voltage:	Single phase 230-240V, 50Hz	Microwave Frequency:	2450 MHz**(ClassB/Group2)
AC Power Required:	1.6 kW (Microwave) 1.6 kW (Convection)	Outside Dimensions:	627mm(W) x 381mm(H) x 528mm(D)
Output Power:		Cavity Dimensions:	410mm(W) x 246mm(H) x 410mm(D)
Microwave	900 W* (IEC test procedure)	Oven Capacity:	41 litre (1.5cu.ft)
Convection Heater	1500 W	Cooking Uniformity:	Turntable (390mm tray) system
		Weight:	Approx. 31 kg

* When tested in accordance with AS/NZS 2895.1.1995

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

MEMO
















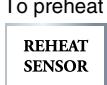













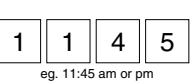

SHARP

COOKING GUIDES


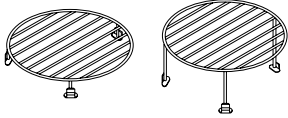


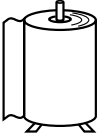

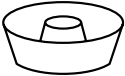
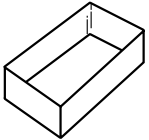
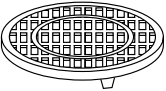


CONTENTS COOKING GUIDE

QUICK REFERENCE GUIDE ①	COOKWARE & UTENSIL GUIDE ②	HELPFUL HINTS ③	SENSOR INSTANT ACTION MENU GUIDE ⑤	REHEAT SENSOR MENU GUIDE ⑦	INTELLIGENT SENSOR MENU GUIDE ⑧	INTELLIGENT SENSOR RECIPES ⑬	DEFROST SENSOR MENU GUIDE ⑱
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FEATURE	QUICK REFERENCE GUIDE	
SENSOR INSTANT ACTION		PRESS once for ROAST LAMB twice for ROAST LAMB DINNER
REHEAT SENSOR	SELECT MENU  → 	PRESS REHEAT SENSOR PAD once for BEVERAGE/SOUP twice for DINNER PLATE three times for  PIE four times for  PIZZA five times for CASSEROLES/ CANNED FOOD
INTELLIGENT SENSOR	 →  →  <small>eg. No.1</small>	
DEFROST SENSOR	SELECT MENU  → 	PRESS DEFROST SENSOR PAD once for MEAT twice for POULTRY three times for SEAFOOD
VARIABLE COOKING CONTROL	To soften Cream Cheese or Butter for 40 seconds on M•LOW.  →  →  <small>x 4</small>	
PREHEAT	To preheat the oven to 160°C.  →  → 	
MANUAL CONVECTION COOKING	To cook for 15 minutes at 180°C.  →  →  → 	
MIX COOKING	To cook for 15 minutes on HIGH MIX.  →  → 	
GRILL COOKING	To grill for 15 minutes.  →  → 	
CLOCK	 →  →  <small>eg. 11:45 am or pm</small>	

COOKWARE & UTENSIL GUIDE

		MICROWAVE	CONVECTION	MIX COOKING	GRILL	
		METAL RACKS GLASSWARE/CERAMIC (HEAT RESISTANT) METAL COOKWARE OVEN BAGS ALUMINIUM FOIL NON-STICK PAPER GREASE-PROOF PAPER WAXED PAPER PLASTIC WRAP PAPER TOWEL PLASTIC COOKWARE MICROWAVE SAFE BROWNING DISH DEFROST RACK THERMOMETERS MICROWAVE SAFE CONVENTIONAL	YES (LOW RACK ONLY)	YES	YES	YES
OVENPROOF GLASS	METAL RACKS		YES	YES	YES	YES
			NO	YES	YES	YES
CAKE TIN	PIZZA TRAY		YES	YES	YES	NO
			For Shielding	YES	For Shielding	YES
PAPER TOWEL	FOIL		YES	YES	YES	NO
			YES	YES	YES	NO
RING CENTRE DISH	SQUARE DISH		YES	NO	NO	NO
			YES NO	NO YES	NO NO	NO NO
DEFROST RACK						

HELPFUL HINTS

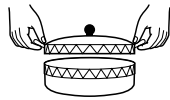
MICROWAVE COOKING

1. ARRANGEMENT

Arrange foods carefully. Place thickest areas toward outside of dish.
Eg. Arrange vegetables in a shallow dish in the following way:
Hard Vegetables around the outside, Soft Vegetables in the centre, Medium Vegetables in-between.

2. COVERING

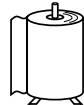
Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating. Use to cover foods:



LID



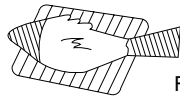
PLASTIC WRAP



PAPER TOWEL

3. 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

4. STIRRING

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



STIR

5. PIERCING

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



TOMATO



EGG

6. STANDING TIME

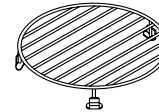
Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

7. CONDENSATION

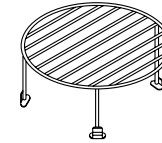
Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

CONVECTION COOKING

1. Can be used the same as a conventional oven.
2. When cooking your own recipes; cook for a slightly shorter cooking time, at the temperature the recipe suggests. Then add additional time if necessary.
3. For best results, preheat to required temperature with the turntable in the oven. Add food after preheating.
4. Foods may be cooked either directly on turntable, or using the high or low racks.
5. Do not cover turntable, high rack, or low rack with aluminium foil.

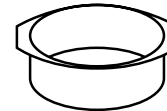


LOW RACK

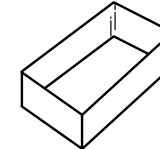


HIGH RACK

6. Metal cookware can be used. Round pizza trays are excellent cooking utensils for cooking.



CAKE TIN



SQUARE DISH



PIZZA TRAY

7. If you are cooking and wish to check the temperature you have programmed, simply press the CONVEC pad. The programmed temperature will be displayed as long as CONVEC pad is pressed.
8. Use convection cooking for baking delicate foods or those which have short cooking times. ie. biscuits, scones, choux pastry or pavlova.

HELPFUL HINTS

MIX COOKING

1. There are two automatic, pre-programmed mix settings.
 - a) Low Mix - Convection 180°C with 10% microwave power. Use for baking cakes, slices, bread, quiches, pastries.
 - b) High Mix - Convection 200°C with 30% microwave power. Use for roasting meats, lasagne and meat loaf.
2. The convection temperature can be changed to accommodate all your favourite recipes.

3. Metal cookware can be used. During mix cooking some metal utensils may cause arcing when they come in contact with oven walls or accessory racks. To prevent arcing when using a metal tin, place a heat resistant dish (Pyrex® pie plate, dinner plate) between the tin and the rack.



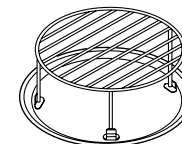
CAKETIN

PIZZA TRAY

4. If you are cooking and wish to check the temperature you have programmed simply press the CONVEC pad. The programmed temperature will be displayed as long as CONVEC pad is pressed.
5. When converting conventional recipes the following principles should be followed:
 - * When using High Mix cut the time by two-thirds: use half the normal cooking time when using Low Mix.
 - * Cut the temperature by 10% from conventional recipe temperatures.
 - * Use the low rack whenever possible.
 - * When baking, preheat the oven as you would normally.

GRILLING

1. Preheat is automatic for this menu. Add food after pre-heating.
2. Place food on the high rack in the oven after preheating. (Round pizza trays may be used if necessary).



HIGH RACK & TURNTABLE

When grilling food that cause excessive fat splatter and smoke (eg. steak, chops) the following principles should be followed:

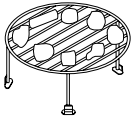
- * Remove turntable from the oven before preheating.
- * Fit the high rack on the turntable, place the food on the rack and pour 1/2 cup of tap water on the turntable. (Otherwise the dripping fat drops onto the hot turntable causing the smoke).
- * The turntable should be fitted in the oven after preheating.

3. The oven is preset at 250°C, this can be reduced to accommodate a variety of foods.
4. If you are cooking and wish to check the temperature you have programmed, simply press the CONVEC pad. The programmed temperature will be displayed as long as CONVEC pad is pressed.

SENSOR INSTANT ACTION MENU GUIDE

The final temperature will vary according to initial temperature. Check foods for doneness after cooking. If necessary you can continue cooking with extra time and the recommended cooking method in the guide below.

Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)
🕒 Roast Beef * You can select desired doneness. MORE - Well done STD - Medium LESS - Rare	0.8-3.0 kg	+ 3 °C Refrigerated	HIGH MIX	* Tie meat with string. * Place fat side down on the low rack. * When oven stops and TURN BEEF OVER is displayed, turn beef over. * After cooking, stand covered with aluminium foil.	10-15
🕒 Roast Beef Dinner MORE - Well done STD - Medium LESS - Rare Variety of vegetables - potato/pumpkin	0.8-2.5 kg (weight of meat)	+ 3 °C Refrigerated	HIGH MIX CONV.	* For best results we recommend to par-boil potatoes prior to cooking. See note on page ⑥. * Place meat directly on the greased turntable. * While meat is cooking, prepare vegetables, brush with oil and place on a flat pizza tray. * When oven stops and TURN BEEF OVER ADD VEGE- TABLES is displayed, if necessary drain off the fat, turn beef over and add vegetables over the beef using high rack. * After cooking, stand meat covered with aluminium foil. If you prefer the vegetables a little crisper, while the meat is standing, place the vegetables back into the oven and cook for 12-15 min. on convection 250 °C.	10-15
🕒 Roast Lamb MORE - Well done STD - Medium	0.8-3.0 kg	+ 3 °C Refrigerated	HIGH MIX	* Place fat side down on the low rack and season. * When the oven stops and TURN LAMB OVER is displayed, turn lamb over. * After cooking, stand covered with aluminium foil.	10-15
🕒 Roast Lamb Dinner MORE - Well done STD - Medium Variety of vegetables - potato/pumpkin	0.8-2.5 kg (weight of meat)	+ 3 °C Refrigerated	HIGH MIX CONV.	* For best results we recommend to par-boil potatoes prior to cooking. See note on page ⑥. * Place meat directly on the greased turntable. * While meat is cooking, prepare vegetables, brush with oil and place on a flat pizza tray. * When oven stops and TURN LAMB OVER ADD VEGE- TABLES is displayed, if necessary drain off the fat, turn lamb over and add vegetables over the lamb using high rack. * After cooking, stand meat covered with aluminium foil. If you prefer the vegetables a little crisper, while the meat is standing, place the vegetables back into the oven and cook for 12-15 min. on convection 250 °C	10-15
🕒 Roast Chicken <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Preparation before cooking * Remove neck and excess fat from chicken. * Wash and dry chicken. * Tie legs together. </div>	1.0-2.5 kg	+ 3 °C Refrigerated	Preheat HIGH MIX	* Preheat is automatic for this menu. * ADD CHICKEN AFTER PREHEATING. * Place breast side down on the low rack. * When oven stops and TURN CHICKEN OVER is displayed, turn chicken over. * After cooking, stand covered with aluminium foil.	10-15



Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)												
🕒 Roast Chicken Dinner Variety of vegetables - potato/pumpkin <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Preparation before cooking * Remove neck and excess fat from chicken. * Wash and dry chicken well. * Tie legs together. </div> <table border="1" style="margin-top: 10px; width: 100%;"> <thead> <tr> <th>Chicken Weight</th> <th>Vegetable Weight</th> <th>Serves</th> </tr> </thead> <tbody> <tr> <td>2.0kg</td> <td>1.25kg</td> <td>4-5</td> </tr> <tr> <td>1.5kg</td> <td>1.0kg</td> <td>4</td> </tr> <tr> <td>1.0kg</td> <td>0.75kg</td> <td>2-3</td> </tr> </tbody> </table>	Chicken Weight	Vegetable Weight	Serves	2.0kg	1.25kg	4-5	1.5kg	1.0kg	4	1.0kg	0.75kg	2-3	1.0-2.0 kg (weight of chicken)	+ 3 °C Refrigerated	Preheat HIGH MIX CONV.  HIGH RACK & VEGETABLES	*For best results we recommend to par-boil potatoes prior to cooking. See note below. *Preheat is automatic for this menu. *ADD CHICKEN AFTER PREHEATING. *Place chicken directly on the greased turntable. *While chicken is cooking, prepare vegetables, brush lightly with oil. *Arrange vegetables around edge of high rack, leaving centre of rack uncovered (See diagram left). * When oven stops and TURN CHICKEN OVER ADD VEGE- TABLES is displayed, if necessary drain off the fat, turn chicken over and add vegetables over the chicken using high rack. * After cooking, stand chicken covered with aluminium foil. If you prefer the chicken or vegetables a little crisper, place back into the oven and cook for 12-15 min. on convection 250 °C	10-15
Chicken Weight	Vegetable Weight	Serves															
2.0kg	1.25kg	4-5															
1.5kg	1.0kg	4															
1.0kg	0.75kg	2-3															
Fresh Vegetables Soft Brussels Sprouts Zucchini Spinach Cabbage Squash	0.1-1.0 kg	+ 20 °C Room temperature	MICRO	* Wash the vegetables. * Pierce skin of squash with fork. * Arrange the vegetables in a shallow dish. * Cover with a glass lid or plastic wrap. * After cooking, stand covered and stir.	1-5												
Jacket Potato Potato (whole)	1-10 pieces (1 piece, approx, 150g)	+ 20 °C Room temperature	MICRO	*Use washed new potatoes. *Pierce twice with fork on each side. *Place on outside of turntable. *When oven stops and TURN POTATO OVER is displayed, turn over potatoes and continue cooking. *After cooking, stand covered with aluminium foil.	3-10												

NOTE: To par-boil potatoes prior to roasting








1. Place potatoes into a Pyrex® bowl.
2. Cover with 2-3 cups hot tap water.
3. Cover with a lid or plastic wrap.
4. Cook for 8-12 minutes on HIGH, until tender but firm.
Drain well.

REHEAT SENSOR MENU GUIDE

REHEAT
SENSOR

1. Beverage/Soup
2. Dinner plate
3.  Pie
4.  Pizza
5. Casseroles/Canned food

When you reheat the following menus with REHEAT SENSOR, press the REHEAT SENSOR pad until the desired menu appears in the display. The final temperature will vary according to initial temperature. Check for doneness after cooking. If necessary you can continue cooking with time and variable power. This feature is designed to give best results for the foods listed in the chart below. To reheat other foods, see Cook Book.

No.	Menu	 Weight Range	 Initial Temperature (approx.)	Cooking Method	Procedure	 Standing Time (minutes)									
1	Beverage Tea, Coffee, Water	1-4 cups (1 cup, 250 ml)	+ 20 °C Room temperature	MICRO	* No cover. * Place on outside of turntable. * After reheating, stir.										
	Soup	1-4 cups (1 cup, 250 ml)	+ 20 °C Room temperature	MICRO	* Place in a Pyrex® bowl. * Cover with plastic wrap. * After reheating, stir.										
2	Dinner Plate	1 serve (approx. 400g)	+ 3 °C Refrigerated	MICRO	* Cover with plastic wrap. * Place on the low rack. * After cooking, allow to stand covered.	2									
		<table border="1"> <thead> <tr> <th>MEAT</th> <th>POTATO</th> <th>VEGETABLES</th> </tr> </thead> <tbody> <tr> <td>175-180g</td> <td>125g</td> <td>100g</td> </tr> <tr> <td>Beef, Lamb Chicken, T-Bone</td> <td>sliced</td> <td>2 varieties eg. sliced Carrot, Zucchini Broccoli</td> </tr> </tbody> </table>	MEAT	POTATO	VEGETABLES		175-180g	125g	100g	Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli			
	MEAT	POTATO	VEGETABLES												
175-180g	125g	100g													
Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli													
3	 Pie (Meat)	1-6 pieces (1 piece, approx. 180g)	+ 3 °C Refrigerated	HIGH MIX	* Place pie on the low rack on the turntable. * After cooking, stand.	1-3									
4	 Pizza	1-6 pieces (1 piece, approx. 90g)	+ 3 °C Refrigerated	HIGH MIX	* Place pizza on the low rack on the turntable.										
5	Casseroles Beef Stroganoff Springtime Lamb Apricot Chicken	1-4 cups (1 cup, 250 ml)	+ 3 °C Refrigerated	MICRO	* Place into a casserole dish, and cover with lid. * When the oven stops and  is displayed, stir and continue cooking. * After cooking, stir and stand.	1-5									
	Canned Food Baked Beans Spaghetti		+ 20 °C Room temperature		 For small quantities, the food may not require a stir or may require one stir only during the cooking.										

INTELLIGENT SENSOR MENU GUIDE

INTELLIGENT
SENSOR

- | | | | |
|--------------------------|---------------------------|---------------------|-----------------------|
| 1. 🍖 Seasoned Roast | 7. 🐟 Grilled Fish | 13. Corned Meat | 19. Frozen Pasta |
| 2. 🍗 Roast Turkey | 8. 🍰 Cake | 14. Casseroles | 20. Porridge |
| 3. 🍖 Roast Pork | 9. 🍪 Biscuits | 15. White Rice | 21. Frozen Vegetables |
| 4. 🍅 Roast Vegetables | 10. Fresh Vegetables Hard | 16. Fresh Pasta | 22. Stewed Fruit |
| 5. 🍖 Grilled Steak/Chops | 11. Soup | 17. Dry Pasta | 23. Preserves |
| 6. 🍖 Grilled Kebabs | 12. Fish Fillets | 18. Instant Noodles | 24. Desserts |

When you cook the following menus with INTELLIGENT SENSOR, press the INTELLIGENT SENSOR pad and the number pad of the menu.




The final temperature will vary according to initial temperature. Check foods for doneness after cooking. If necessary you can continue cooking with extra time and the recommended cooking method in the guide below.

No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)															
1 🍖	Seasoned Roast	0.6-3.0 kg	+ 3 °C Refrigerated	HIGH MIX	*See recipes on page 13.																
2 🍗	Roast Turkey	3.0-7.0 kg	+ 3 °C Refrigerated	HIGH MIX	<ul style="list-style-type: none"> * Place breast side down on the low rack. * When oven stops and TURN TURKEY DONE is displayed, turn turkey over. * Shield legs and wings with aluminium foil to protect from over cooking if necessary. * After cooking, stand covered with aluminium foil. 	15-25															
<div style="border: 1px solid black; padding: 5px;"> Preparation before cooking * Remove neck and excess fat from turkey. * Wash and dry turkey. * Tie legs together. </div>																					
3 🍖	Roast Pork	0.8-7.0 kg	+ 3 °C Refrigerated	Preheat HIGH MIX	<ul style="list-style-type: none"> * Preheat is automatic for this menu. *ADD PORK AFTER PREHEATING. * Tie meat with string (loins only). * Brush rind lightly with oil and season with salt. * Place rind side down on the low rack. *When oven stops and TURN PORK DONE is displayed, turn pork over. * After cooking, stand covered with aluminium foil. 	10-25															
4 🍅	Roast Vegetables Pumpkin Potato	0.7-2.0 kg	+ 20 °C Room temperature	Preheat LOW MIX	<ul style="list-style-type: none"> * For best results we recommend to par-boil potatoes prior to cooking. See note on page 6. *Preheat is automatic for this menu. * ADD VEGETABLES AFTER PREHEATING. * Place prepared vegetables on a large pizza tray (approx. 330g) on the high rack. * Brush with melted butter or oil. * When oven stops and TURN VEG-TABLES DONE is displayed, turn over and baste. * After cooking, stand covered with aluminium foil. 	3-5															
5 🍖	Grilled Steak/Chops	0.1-1.5 kg	+ 3 °C Refrigerated	Preheat CONV.	<ul style="list-style-type: none"> * See recipes on page 13. * Remove turntable before preheating. * Preheat is automatic for this menu. * ADD STEAK CHOPS AFTER PREHEATING. * Season meat as desired. * Place on the high rack. * Place 1/2 cup of cold water on the turntable to prevent excessive smoke when grilling (otherwise the dripping fat drops on the hot turntable causing the smoke). Place turntable with meat on the high rack in oven after preheating. * After cooking, stand covered with aluminium foil. 	2-3															
		<table border="1"> <thead> <tr> <th>Type of Meat</th> <th>Approx. Weight</th> <th>Approx. thickness</th> </tr> </thead> <tbody> <tr> <td>T-bone steak</td> <td>240-380 g</td> <td>1.5 cm</td> </tr> <tr> <td>Rump steak</td> <td>250 g</td> <td>2-2.5 cm</td> </tr> <tr> <td>Pork chops (MORE setting only)</td> <td>245 g</td> <td>1.5 cm</td> </tr> <tr> <td>Lamb loin chops</td> <td>110-140 g</td> <td>1.5 cm</td> </tr> </tbody> </table>	Type of Meat	Approx. Weight	Approx. thickness	T-bone steak	240-380 g	1.5 cm	Rump steak	250 g	2-2.5 cm	Pork chops (MORE setting only)	245 g	1.5 cm	Lamb loin chops	110-140 g	1.5 cm				
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No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)									
6	Grilled Kebabs	2-8 skewers (1 skewer, approx. 125g)	+ 3 °C Refrigerated	Preheat CONV.	* Preheat is automatic for this menu. * ADD KEBABS AFTER PREHEATING. * See recipes on page 14.										
7	Grilled Fish	whole: 0.2~1.5 kg cutlets: 0.2~1.0 kg (1 piece, approx. 200g)	+ 3 °C Refrigerated	Preheat CONV.	* Preheat is automatic for this menu. * ADD FISH AFTER PREHEATING. <u>Whole Fish</u> * Spray the high rack with non-stick spray. * Place fish on the high rack. * After cooking, allow to stand covered. <u>Cutlets</u> * Use LESS pad. * Spray pizza tray with non-stick spray. * Place cutlets on a pizza tray (approx. 185g) on the high rack. * After cooking, allow to stand covered.	2-3									
		<table border="1"> <thead> <tr> <th></th> <th>Types</th> <th>Preparation</th> </tr> </thead> <tbody> <tr> <td>Whole Fish</td> <td>Schnapper Silver Bream Trout</td> <td>* Wash and dry fish. * Score fish 2-3 times with a knife on both sides. * Brush with lemon juice.</td> </tr> <tr> <td>Cutlets</td> <td>Blue-Eye cod Jew Fish</td> <td>* Brush with lemon juice.</td> </tr> </tbody> </table>		Types	Preparation	Whole Fish	Schnapper Silver Bream Trout	* Wash and dry fish. * Score fish 2-3 times with a knife on both sides. * Brush with lemon juice.	Cutlets	Blue-Eye cod Jew Fish	* Brush with lemon juice.				
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8	Cake	1 layer	+ 20 °C Room temperature	Preheat LOW MIX	* Preheat is automatic for this menu. * ADD CAKE AFTER PREHEATING. * Place prepared cake on the low rack. * After cooking, remove the cake from the oven and stand before turning out to cool.	5									
		Recommended cakes; carrot, apple and sultana, zucchini and hazelnut See recipes on page 14.													
9	Biscuits	1-2 layers (1 layer, approx. 200-250g)	+ 20 °C Room temperature	Preheat CONV.	* Preheat is automatic for this menu. * ADD BISCUITS AFTER PREHEATING. * Place biscuits on a small pizza tray (approx. 185g). * Bake on the low rack. If cooking more than one layer, place one tray on the turntable and second tray on the high rack. * After cooking, remove from oven, allow to cool slightly, remove from trays and place on the wire rack.										
		Recommended biscuits; anzac, chocolate chip and apricot wheatgerm crunchies See recipes on page 15.													
10	Fresh Vegetables Hard	0.1-1.0 kg	+ 20 °C Room temperature	MICRO	* Wash the vegetables. * Arrange the vegetables in a shallow dish. * Cover with a glass lid or plastic wrap. * After cooking, stand covered and stir.	1-5									
		Carrots Potato Beans Broccoli Cauliflower Pumpkin													
11	Soup	2-12 serves	+ 20 °C Room temperature	MICRO	* See recipes on page 15.										

No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)														
12	Fish Fillets eg. Sea perch 1 tsp butter/fillet 1/2 tsp lemon juice/fillet	0.1-0.6 kg	+ 3 °C Refrigerated	MICRO	<ul style="list-style-type: none"> * Arrange in a flan dish or a casserole dish in a single layer. (Fold under the thin edges of the fish.) * Top with lemon juice and butter. * Cover with plastic wrap or glass lid. * After cooking, stand covered. 	1-3														
13	Corned Meat <table border="1" style="margin-top: 10px;"> <tr><td>1-2 tbsp. brown sugar</td></tr> <tr><td>1-2 tbsp. malt vinegar</td></tr> <tr><td>2-4 cups hot tap water</td></tr> </table>	1-2 tbsp. brown sugar	1-2 tbsp. malt vinegar	2-4 cups hot tap water	0.5-2.0 kg	+3 °C Refrigerated	MICRO	<ul style="list-style-type: none"> * Rinse meat well in cold water. * Place meat in a casserole dish large enough to contain the meat and liquid. * Add sugar, vinegar and water, cover with a casserole lid and cook. * When oven stops and TURN CORNER HEAT OVER is displayed, turn meat over, and continue cooking. * After cooking, stand covered with aluminium foil. * Serve hot or cold as required. 	5-10											
1-2 tbsp. brown sugar																				
1-2 tbsp. malt vinegar																				
2-4 cups hot tap water																				
14	Casseroles	1-4 serves		MICRO	* See recipes on page 16.															
15	White Rice <table border="1" style="margin-top: 10px;"> <tr><th>Rice</th><th>1/2 cup</th><th>1 cup</th><th>1 1/2 cups</th><th>2 cups</th><th>3 cups</th><th>4 cups</th></tr> <tr><td>Hot tap water or soup stock (1 cup=250ml)</td><td>1 cup</td><td>1 1/2 cups</td><td>2 cups</td><td>4 cups</td><td>4 1/2 cups</td><td>6 cups</td></tr> </table>	Rice	1/2 cup	1 cup	1 1/2 cups	2 cups	3 cups	4 cups	Hot tap water or soup stock (1 cup=250ml)	1 cup	1 1/2 cups	2 cups	4 cups	4 1/2 cups	6 cups	1/2 - 4 cups	+60°C hot tap water or soup stock	MICRO	<ul style="list-style-type: none"> * Wash rice until water runs clear. * Place into a Pyrex® bowl and cover with hot tap water or soup stock. * Cook uncovered. * When oven stops and STIR is displayed, stir and continue cooking. * After cooking stand and stir. 	1-5
Rice	1/2 cup	1 cup	1 1/2 cups	2 cups	3 cups	4 cups														
Hot tap water or soup stock (1 cup=250ml)	1 cup	1 1/2 cups	2 cups	4 cups	4 1/2 cups	6 cups														
16	Fresh Pasta Tortellini Ravioli Fettuccine <table border="1" style="margin-top: 10px;"> <tr><th>Pasta</th><th>1/2 cup</th><th>1 cup</th><th>1 1/2 cups</th><th>2 cups</th><th>3 cups</th><th>4 cups</th></tr> <tr><td>Hot tap water (1 cup=250ml)</td><td>2 cups</td><td>2 cups</td><td>3 cups</td><td>4 cups</td><td>5 cups</td><td>6 cups</td></tr> </table>	Pasta	1/2 cup	1 cup	1 1/2 cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	2 cups	2 cups	3 cups	4 cups	5 cups	6 cups	1/2 - 4 cups	+60°C hot tap water	MICRO	<ul style="list-style-type: none"> * Place into a Pyrex® bowl and cover with hot tap water. * Cook uncovered. * When oven stops and STIR is displayed, stir and continue cooking. * After cooking, stand and stir. 	1-5
Pasta	1/2 cup	1 cup	1 1/2 cups	2 cups	3 cups	4 cups														
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17	Dry Pasta <table border="1" style="margin-top: 10px;"> <tr><th>Pasta</th><th>1/2 cup</th><th>1 cup</th><th>1 1/2 cups</th><th>2 cups</th><th>3 cups</th><th>4 cups</th></tr> <tr><td>Hot tap water (1 cup=250ml)</td><td>2 cups</td><td>2 cups</td><td>3 cups</td><td>4 cups</td><td>5 cups</td><td>6 cups</td></tr> </table>	Pasta	1/2 cup	1 cup	1 1/2 cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	2 cups	2 cups	3 cups	4 cups	5 cups	6 cups	1/2 - 4 cups	+60°C hot tap water	MICRO	<ul style="list-style-type: none"> * Place into a Pyrex® bowl and cover with hot tap water. * Cook uncovered. * When oven stops and STIR is displayed, stir and continue cooking. * After cooking, stand and stir. 	1-5
Pasta	1/2 cup	1 cup	1 1/2 cups	2 cups	3 cups	4 cups														
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No.	Menu	Weight Range	Initial Temperature (approx.)	Cooking Method	Procedure	Standing Time (minutes)															
18	Instant Noodles	1 - 2 pkts (1 pkt = approx. 85g)	+60°C hot tap water	MICRO	<ul style="list-style-type: none"> * Place into a Pyrex® bowl and cover with hot tap water. * Cook uncovered. * When oven stops and STIR is displayed, stir and continue cooking. * After cooking, stand and stir. <p>N.B. For small quantities, the food may not require a stir or may require one stir only during the cooking.</p>	1-2															
	<table border="1"> <tr> <td>Noodles</td> <td>1 pkt</td> <td>2 pkts</td> </tr> <tr> <td>Hot tap water (1 cup=250ml)</td> <td>2 cups</td> <td>4 cups</td> </tr> </table>	Noodles	1 pkt	2 pkts	Hot tap water (1 cup=250ml)	2 cups	4 cups														
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19	Frozen Pasta Tortellini Ravioli	1/2 - 4 cups	+60°C hot tap water	MICRO	<ul style="list-style-type: none"> * Place into a Pyrex® bowl and cover with hot tap water. * Cook uncovered. * When oven stops and STIR is displayed, stir and continue cooking. * After cooking, stand and stir. 	1-5															
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Hot tap water (1 cup=250ml)	2 cups	2 cups	3 cups	4 cups	5 cups	6 cups															
20	Porridge	1 - 4 serves	+20°C Room temperature	MICRO	<ul style="list-style-type: none"> * Place into a deep Pyrex® bowl and add water. * Cook uncovered. * When oven stops and STIR is displayed, stir and continue cooking. * Stir after cooking. <p>N.B. For small quantities, the food may not require a stir or may require one stir only during the cooking.</p>																
	<table border="1"> <thead> <tr> <th></th> <th>Porridge</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1serve</td> <td>1/3 cup</td> <td>3/4 cup</td> </tr> <tr> <td>2serves</td> <td>2/3 cup</td> <td>1 1/2 cups</td> </tr> <tr> <td>3serves</td> <td>1 cup</td> <td>2 1/4 cups</td> </tr> <tr> <td>4serves</td> <td>1 1/3 cups</td> <td>3 cups</td> </tr> </tbody> </table>		Porridge	Water	1serve	1/3 cup	3/4 cup	2serves	2/3 cup	1 1/2 cups	3serves	1 cup	2 1/4 cups	4serves	1 1/3 cups	3 cups					
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4serves	1 1/3 cups	3 cups																			
21	Frozen Vegetables	0.1-1.0 kg	- 18 °C Frozen	MICRO	<ul style="list-style-type: none"> * Before cooking, separate vegetables eg. broccoli as much as possible. * Arrange the vegetables in a shallow dish in the following way: hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. * Cover with a glass lid or plastic wrap. * After cooking, stand covered and then stir. 	1-5															
	<table style="border-collapse: collapse;"> <tr> <td style="padding-right: 10px;">Carrots</td> <td style="border-left: 1px solid black; padding-left: 10px;">hard vegetables</td> </tr> <tr> <td style="padding-right: 10px;">Beans</td> <td rowspan="2" style="border-left: 1px solid black; padding-left: 10px;">medium vegetables</td> </tr> <tr> <td style="padding-right: 10px;">Brussels Sprouts</td> </tr> <tr> <td style="padding-right: 10px;">Broccoli</td> <td rowspan="3" style="border-left: 1px solid black; padding-left: 10px;">soft vegetables</td> </tr> <tr> <td style="padding-right: 10px;">Cauliflower</td> </tr> <tr> <td style="padding-right: 10px;">Corn</td> </tr> <tr> <td style="padding-right: 10px;">Green Peas</td> <td></td> </tr> <tr> <td style="padding-right: 10px;">Mixed Vegetables</td> <td></td> </tr> </table>	Carrots	hard vegetables	Beans	medium vegetables	Brussels Sprouts	Broccoli	soft vegetables	Cauliflower	Corn	Green Peas		Mixed Vegetables								
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No.	Menu	 Weight Range	 Initial Temperature (approx.)	Cooking Method	Procedure	 Standing Time (minutes)
22	Stewed Fruit Fruit (apples, pears etc.)	0.1-1.0 kg	+3°C Refrigerated	MICRO	*Wash, peel and core fruit. Remove stone if necessary and slice thinly. *Place in a Pyrex® bowl. *Cover with a glass lid or plastic wrap. *After cooking, stand and stir.	1-5
23	Preserves			MICRO	Follow quantity in recipes. * See recipes on page 17.	
24	Desserts	2-8 serves		MICRO LOW MIX	* See recipes on page 17.	

INTELLIGENT SENSOR RECIPES

SEASONED ROAST

Apple and Sage Pork

boned loin pork (with rind on)

Seasoning

- 1-2 cups sage and onion stuffing mix
- 1/2 cup dried apples, chopped
- 8-10 prunes, pitted and chopped
- 125g toasted silvered almonds

1. Following instructions on the packet prepare stuffing.
2. Add apples, prunes and almonds. Mix well.
3. Pack loosely down the centre of meat. Roll up tightly and secure with string.
4. Sprinkle rind with salt.
5. Place on the low rack and cook on Intelligent Sensor 1 (Seasoned Roast). When oven stops and TURN MEAT OVER is displayed, turn meat over.
6. After cooking, stand covered with aluminium foil 10-15 mins. before carving.

Fruity Beef

topside beef

Sauce

- 125ml fruit chutney
- 1 tablespoon oil
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon curry powder
- 2 teaspoons mustard powder
- 1 tablespoon sweet sherry

Seasoning

1 1/2 cups stuffing mix
water to mix

1. Prepare beef to be seasoned by cutting a pocket in the centre.
 2. Mix sauce ingredients together and put to one side.
 3. Prepare enough seasoning by following instructions on the packet. Place loosely into prepared packet. Tie meat with string.
 4. Brush sauce over meat. Place meat on the low rack and cook on Intelligent Sensor 1 (Seasoned Roast). When oven stops and TURN MEAT OVER is displayed, turn meat over.
 5. After cooking, stand covered with aluminium foil 10-15 mins. before carving.
- NOTE: Baste meat 2-3 times during cooking with prepared sauce.

Apricot Lamb

loin of forequarter lamb (deboned)

- 1 packet dried apricots
- 250ml apricot nectar
- 1 tablespoon cornflour

1. Unroll meat. Place dried apricots down the centre 2 rows deep.
2. Roll up tightly and secure with string.
3. Mix apricot nectar with cornflour and heat for 3-4 mins. on HIGH or until boil. Allow to cool slightly.
4. Pour apricot juice over the meat and marinade 1-2 hours.
5. Remove meat from the marinade, place on the low rack and cook on Intelligent Sensor 1 (Seasoned Roast). When oven stops and TURN MEAT OVER is displayed, turn meat over.
6. After cooking, stand covered with aluminium foil 10-15 mins. before carving.

GRILLED STEAK/CHOPS

MARINADE FOR LAMB CHOPS/PORK CHOPS

Spicy Plum Marinade

(for 8 chops)

- 2 tablespoons tomato sauce
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 2 tablespoons plum sauce
- 1 tablespoon mustard powder
- 2 teaspoons Worcestershire sauce

Mix all ingredients together. Pour over meat and marinade 1 hour.

Indian Marinade

- 125ml dry white wine
- 1 tablespoon lemon juice
- 3 tablespoons fruit chutney
- garlic to taste
- 2 teaspoons mixed herbs
- freshly ground black pepper

Mix all ingredients together. Pour over meat and marinade 1 hour.

GRILLED KEBABS

Chicken Satay

- 1kg chicken thigh fillets, skin removed
- 1/2 cup natural yoghurt
- 1 tablespoon lemon juice
- 1 tablespoon coriander
- 1 tablespoon cumin
- 1 teaspoon turmeric
- 1/2 teaspoon chilli powder
- 1 teaspoon ground-onion powder
- 1 tablespoon sugar
- 1 tablespoon salt

1. Cut chicken into cubes.
2. Combine all ingredients together. Marinade chicken for 1 hour. Thread onto skewers.
3. Cook on Intelligent Sensor 6 (Grilled Kebabs).
4. After preheating place chicken on the high rack and continue to cook.
5. After cooking, stand covered with aluminium foil 2-3 mins.

Devilled Beef Kebabs

- 1kg rump steak, cubed
- 6 tablespoons fruit chutney
- 2 teaspoons oil
- 2 teaspoons Worcestershire Sauce
- 2 teaspoons curry powder
- 2 teaspoons dry mustard
- 2 teaspoons paprika

1. Combine all ingredients in a bowl. Marinade for 1 hour. Thread beef onto skewers.
2. Cook on Intelligent Sensor 6 (Grilled Kebabs).
3. After preheating place skewers onto the high rack and continue to cook.
4. After cooking, stand covered with aluminium foil 2-3 mins.

Plum Spiced Pork

- 1kg pork fillet
- 2 tablespoons tomato sauce
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 2 tablespoons plum sauce
- 1 tablespoon mustard powder
- 2 teaspoons Worcestershire Sauce
- 1 tablespoon sesame seeds

1. Cut pork into cubes.
2. Mix all ingredients except sesame seeds together in a bowl. Marinade for 1 hour. Thread pork onto skewers.
3. Cook on Intelligent Sensor 6 (Grilled Kebabs).
4. After preheating place pork on the high rack and sprinkle with sesame seeds and continue to cook.
5. After cooking, stand covered with aluminium foil 2-3 mins.

CAKE

Apple and Sultana Cake

- 1 cup oil
- 1 cup brown sugar
- 3 eggs
- 1 1/2 cups self-raising flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoons cinnamon
- 2 large apples, peeled, cored and grated
- 1/2 cup sultana's

1. Beat oil, sugar and eggs until well combined.
2. Add sifted flour, bicarbonate of soda and cinnamon.
3. Fold in apple and sultana's.
4. Pour into a greased 20 cm round cake tin, and cook on Intelligent Sensor 8 (Cake).
5. After preheating place on the low rack, and continue to cook.
6. After cooking, stand 5 minutes before turning out.
7. Cool. Serve dusted with icing sugar and whipped cream.

Moist Carrot Cake

- 1 cup oil
- 1 cup brown sugar
- 3 eggs
- 1 1/2 cups self-raising flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoons cinnamon
- 2 large carrots, grated
- 3/4 cup chopped walnuts
- Cream Cheese Icing
- 250 g cream cheese
- 2 cups icing sugar
- 2 teaspoons lemon juice
- salt

1. Beat oil, sugar and eggs until well combined.
2. Add sifted flour, bicarbonate of soda, cinnamon and salt.
3. Fold in carrots and walnuts.
4. Pour into greased 20 cm round cake tin, and cook on Intelligent Sensor 8 (Cake).
5. After preheating place on the low rack, and continue to cook.
6. After cooking, stand 5 mins. before turning out.
7. Cool. Serve dusted with icing.

Icing

1. Beat cream cheese until smooth.
2. Add icing sugar and lemon juice and beat until smooth.

Zucchini Hazelnut Cake

- 1 cup oil
- 1 cup brown sugar
- 3 eggs
- 1 1/2 cups self-raising flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoons cinnamon
- 250g zucchinis, grated
- 100g roasted hazelnuts, chopped

1. Beat oil, brown sugar and eggs until well combined.
2. Add flour, bicarbonate of soda and cinnamon.
3. Fold in zucchini and hazelnuts.
4. Pour into 20 cm round cake tin, and cook on Intelligent Sensor 8 (Cake).
5. After preheating place on the low rack, and continue to cook.
6. After cooking, stand 5 mins. before turning out.
7. Dust with icing sugar before serving.

BISCUITS

Chocolate Chip Cookies

125g butter	1 3/4 cups self-raising flour, sifted
1/2 cup caster sugar	1/2 teaspoon salt
1/2 cup brown sugar, lightly packed	125g choc bits
1/2 teaspoon vanilla	60g walnut pieces
1 egg	

1. Cream butter, sugar and vanilla until light and fluffy. Beat in egg.
2. Mix in flour, salt, choc bits and walnut pieces.
3. Shape tablespoonfuls of mixture into balls. Place on a lightly greased pizza tray; press down slightly, allowing room for spreading.
4. Cook on Intelligent Sensor 9 (Biscuits). See page 9.
5. After cooking, remove biscuits from the oven immediately and cool.

Anzac Biscuits

125g butter	1 cup rolled oats
2 tablespoons golden syrup	1 cup plain flour
1/2 teaspoon bicarbonate of soda	1 cup sugar
2 tablespoons boiling water	3/4 cup coconut

1. Combine butter and golden syrup in a small bowl. Cook for 2 minutes on HIGH.
2. Mix soda with boiling water; add to melted butter mixture.
3. Combine all dry ingredients; mix into butter.
4. Place teaspoonfuls of mixture on a lightly greased pizza tray.
5. Cook on Intelligent Sensor 9 (Biscuits). See page 9.
6. After cooking, remove biscuits from the oven immediately and cool.

Apricot Wheatgerm Crunchies

125g butter	3/4 cup wheatgerm
3/4 cup brown sugar, lightly packed	1/3 cup coconut
1/2 teaspoon vanilla essence	1/3 cup rolled oats
1 egg	125g dried apricots, chopped
1/2 cup self-raising flour, sifted	1 1/2 cups cornflakes

1. Cream butter and sugar together until light and fluffy. Add vanilla and egg. Beat well.
2. Mix in flour, wheatgerm, coconut, rolled oats, apricots and cornflakes.
3. Shape tablespoonfuls of mixture into balls.
4. Place on a greased pizza tray; flatten slightly with a fork.
5. Cook on Intelligent Sensor 9 (Biscuits). See page 9.
6. After cooking, remove biscuits from the oven immediately and cool.

SOUP

Pumpkin Soup

Serves	2-4 serves	4-6 serves	6-8 serves	8-12 serves	
Ingredients;	pumpkin	500 g	1000 g	1500 g	2000 g
	small onion	1	2	3	4
	chicken stock	1/2 cup	1 cup	1 1/2 cups	2 cups
	cream	1/2 cup	1 cup	1 1/2 cups	2 cups
	nutmeg, salt, pepper	to taste	to taste	to taste	to taste

1. Combine all ingredients in a casserole dish except cream and nutmeg and cover with plastic wrap or glass lid.
2. Cook on Intelligent Sensor 11 (Soup).
When oven stops and **STIP** is displayed, stir mixture. Continue cooking covered.
3. The oven will stop again and display **STIP**. Stir mixture and continue cooking covered.
4. After cooking, stir and place in a blender or processor and blend until smooth.
5. Transfer to a serving bowl and stir in cream and nutmeg. Season to taste.

Potato and Leek Soup

Serves	2-4 serves	4-6 serves	6-8 serves	8-12 serves	
Ingredients;	butter	50 g	75 g	100 g	125 g
	leeks (sliced and washed)	1	2	3	4
	potatoes, peeled and cubed	2	3	4	5
	chicken stock	1 cup	2 cups	3 cups	4 cups
	worcestershire sauce	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
	cream	1/2 cup	1 cup	1 1/2 cups	2 cups
	salt and pepper	to taste	to taste	to taste	to taste

1. Combine butter, leeks, potatoes and stock in a casserole dish. Cover with plastic wrap or a lid.
2. Cook on Intelligent Sensor 11 (Soup).
When oven stops and **STIP** is displayed, stir mixture. Continue cooking covered.
3. The oven will stop again and display **STIP**. Stir mixture and continue cooking covered.
4. After cooking, stir and place in a blender or processor and blend until smooth.
5. Transfer to a serving bowl and stir in worcestershire sauce and cream.
Season to taste.

CASSEROLES

Apricot Chicken

Serves		1 serve	2 serves	3 serves	4 serves
Ingredients;	chicken breast fillets, cubed	250 g	500 g	750 g	1000 g
	flour	1 tbs	1½ tbs	2 tbs	2 tbs
	French onion soup mix	2 tbs	3 tbs	1 pkt	2 pkts
	apricot nectar	125 ml	250 ml	375 ml	500 ml
	dried apricot, halved	100 g	200 g	300 g	400 g


1. Toss chicken in combined French onion soup mix and plain flour.
2. Place into a casserole dish and cover with a glass lid.
3. Cook on Intelligent Sensor 14 (Casseroles).



4. For small quantity

The oven will stop and display   at this stage stir the casserole and add apricot nectar and apricots.

Cover with lid. Press START pad to continue cooking.

For large quantity

The oven will stop and display , at this stage stir the casserole. Cover with lid. Press START pad to continue cooking.

The oven will stop again and display  , at this stage add apricot nectar and apricots. Cover with lid. Press START pad to continue cooking.



5. After cooking, stir and stand, covered 2–5 minutes before serving.

Beef Stroganoff


Serves		1 serve	2 serves	3 serves	4 serves
Ingredients;	rump steak, cubed	250 g	500 g	750 g	1 kg
	plain flour	2 tbs	¼ cup	½ cup	½ cup
	salt and pepper	to taste	to taste	to taste	to taste
	onion, chopped	½ (small)	1 (small)	1	1
	tomato puree	2 ts	1 tbs	1½ tbs	2 tbs
	beef stock	125 ml	200 ml	250 ml	375 ml
	red wine	60 ml	60 ml	60 ml	60 ml
	mushroom, thinly sliced	25 g	50 g	75 g	100 g
	sour cream	75 ml	150 ml	200 ml	300 ml



1. Toss steak with flour, salt and pepper in a freezer bag until evenly coated.
2. Place steak, left over flour, onion, tomato puree, beef stock and wine into a casserole dish.
3. Cover with a glass lid and Cook on Intelligent Sensor 14 (Casseroles).

4. For small quantity

The oven will stop and display   at this stage stir the casserole and add mushrooms. Cover with lid. Press START pad to continue cooking.

For large quantity

The oven will stop and display . At this stage stir the casserole. Cover with lid and press START pad to continue cooking.

The oven will stop again and display  , at this stage stir the casserole and add mushrooms. Cover with lid. Press START pad to continue cooking.

5. After cooking stir in sour cream and stand, covered 2–5 minutes. Serve hot with boiled rice or pasta.

Springtime Lamb Casserole



Serves		1 serve	2 serves	3 serves	4 serves
Ingredients;	lamb, cubed	250 g	500 g	750 g	1 kg
	French onion soup mix	2 tbs	4 tbs	1 pkt	1 pkt
	plain flour	2 tbs	4 tbs	¼ cup	¼ cup
	spring onion, chopped	1	2	3	4
	small carrot, sliced	1	2	2	2
	chicken stock	½ cup	½ cup	¾ cup	1 cup
	corn kernels	60 g	125 g	310 g	310 g
	celery	1 stick	1 stick	2 sticks	2 sticks
	sour cream	75 ml	150 ml	200 ml	300 ml

1. Toss lamb in combined French onion soup mix and flour in a freezer bag until evenly coated.


2. Place lamb left over flour, onion, carrot and chicken stock in a casserole dish.



3. Cover with a glass lid and cook on Intelligent Sensor 14 (Casseroles).

4. For small quantity

The oven will stop and display   at this stage stir the casserole, add the corn and celery. Cover with lid. Press START pad to continue cooking.

For large quantity

The oven will stop and display , At this stage stir the casserole. Cover with lid and press START pad to continue cooking.

The oven will stop again and display  , at this stage stir the casserole, add the corn and celery. Cover with lid. Press START pad to continue cooking.

5. After cooking, stir in sour cream and stand, covered 2–5 minutes before serving.

PRESERVES

Mango and Apple Chutney

- | | |
|--|----------------------------------|
| 2 x 425g cans of mango slices,
drained and chopped | 2 cups firmly packed brown sugar |
| 2 large apples, peeled,
cored and chopped
(approx. 185g per apple) | 100ml malt vinegar |
| 4 shallots, finely chopped (approx. 50g) | 1 teaspoon ground ginger |
| | 1 teaspoon chilli powder |

- Place mango, apples and shallots in a Pyrex® bowl.
- Cover with plastic wrap and cook on Intelligent Sensor 23(Preserves.)
- When oven stops and **REMOVE** **WRAP** **ADD** **STIR** is displayed, remove wrap, stir in sugar and remaining ingredients. Continue cooking, uncovered.
- When oven stops again and **STIR** is displayed. Stir mixture. Continue cooking.
- When oven stops again and **STIR** is displayed. Stir mixture. Continue cooking.
- After cooking, stir again. Test that chutney sets. Pour into sterilised jars, seal and label.

Strawberry Jam

- 2 punnets strawberries (approx. 250g per punnet)
- 1/4 cup lemon juice
- 2 cups sugar

- Wash, hull, and cut strawberries in half.
- Place strawberries and lemon juice in a Pyrex® bowl.
- Cover with plastic wrap and cook on Intelligent Sensor 23 (Preserves).
- When oven stops and **REMOVE** **WRAP** **ADD** **STIR** is displayed, remove wrap, stir in sugar. Continue cooking, uncovered.
- When oven stops again and **STIR** is displayed. Stir mixture. Continue cooking.
- When oven stops again and **STIR** is displayed. Stir mixture. Continue cooking.
- After cooking, stir again. Test that jam sets. Pour into sterilised jars, seal and label.

Raspberry and Apple Jam

- 600g frozen raspberries
- 2 large apples, peeled and grated
- 1/2 cup apple juice
- 2 cups sugar

- Place raspberries, apple and juice in a Pyrex® bowl.
- Cover with plastic wrap and cook on Intelligent Sensor 23 (Preserves).
- When oven stops and **REMOVE** **WRAP** **ADD** **STIR** is displayed, remove wrap, stir in sugar. Continue cooking, uncovered.
- When oven stops again and **STIR** is displayed. Stir mixture. Continue cooking.
- When oven stops again and **STIR** is displayed. Stir mixture. Continue cooking.
- After cooking, stir again. Test that jam sets. Pour into sterilised jars, seal and label.

DESSERTS

Apple Crunch

Serve	2-4 serves	4-6 serves	6-8 serves	
Ingredients;	can pie apples	400 g	600 g	800 g
	White Wings butter cake mix	1/2 cup	3/4 cup	1 1/2 cups
	butter, cut into thin slices	50 g	75 g	150 g
	brown sugar	1 tbs	2 tbs	3 tbs
	coconut	1 tbs	2 tbs	3 tbs
	crushed nuts	1 tbs	2 tbs	3 tbs
	cinnamon	1/2 ts	1 ts	1 ts

- Place pie apple in a shallow dish.
- Sprinkle evenly with dry cake mix.
- Layer sliced butter over cake mix.
- Combine brown sugar, coconut, nuts and cinnamon.
- Cook on Intelligent Sensor 24 (Desserts).
- After cooking, stand 3-5 mins.

Chocolate Self-Saucing Pudding

Serve	2-4 serves	4-6 serves	6-8 serves	
Ingredients;	Self-Raising Flour	1/2 cup	3/4 cup	1 1/4 cups
	cocoa powder	1 tbs	2 tbs	3 tbs
	caster sugar	1/4 cup	1/3 cup	1/2 cup
	milk	1/4 cup	1/2 cup	3/4 cup
	dark cooking chocolate, melted	50 g	100 g	150 g
	butter, melted	30 g	60 g	90 g
	brown sugar	1/2 cup	3/4 cup	1 1/4 cups
	cocoa, extra	1 tbs	2 tbs	3 tbs
	boiling water	1 cup	1 1/2 cups	2 1/2 cups

- Combine flour, cocoa, caster sugar in a pudding bowl. Stir in milk, chocolate and butter. Mix until smooth.
- Mix brown sugar and extra cocoa powder together. Sprinkle over pudding mixture. Pour over boiling water.
- Cook on Intelligent Sensor 24 (Desserts).
- After cooking, stand 3-5 mins.

Muesli Custard Delight


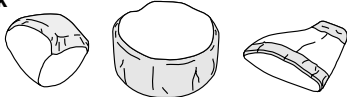




Serve	2-4 serves	4-6 serves	6-8 serves	
Ingredients;	sour cream	3/4 x 300 g carton	300 g carton	300 g carton
	can sliced peaches, drained	425 g can	825 g can	3 x 425 g can
	White Wings butter cake mix	1/2 cup	1 cup	1 cup
	toasted muesli	3/4 cup	1 1/2 cups	2 cups
	coconut	2 tbs	1/4 cup	1/2 cup
	butter, melted	75 g	125 g	175 g

- Spread sour cream evenly over base of pie plate. Sprinkle with drained peaches.
- Combine butter cake mix, muesli, coconut and butter. Mix well.
- Spread muesli over peaches.
- Cook on Intelligent Sensor 24 (Desserts).
- After cooking, stand 3-5 mins.

DEFROST SENSOR MENU GUIDE

DEFROST
SENSOR

When you defrost the following menus with DEFROST SENSOR, press the DEFROST SENSOR pad until the desired menu appears in the display.

	Menu	Quantity min-max (kg's)	Procedure	Standing time (minutes)
1. Meat	Steak Chops 	0.5 -3.0 0.5 -3.0	<ul style="list-style-type: none"> * Shield thin end of chops or steaks with foil. * Position the food with thinner parts in the centre in a single layer on the defrost rack. If pieces are stuck together, try to separate as soon as possible. * When the oven has stopped, remove defrosted pieces, turn over and shield the warm portions of remaining pieces. * After defrost time, stand covered with aluminium foil. * See NOTE below. 	10-15
	Roast Beef/Lamb Pork 	0.5-3.0 0.5-7.0	<ul style="list-style-type: none"> * Shield the bone and the edge with foil strips about 2.5cm wide. * Place joint with lean side face upwards (if possible) on the defrost rack. * When the oven has stopped, turn over and shield the warm portions. * After defrost time, stand covered with aluminium foil. 	10-50
	Minced Beef 	0.3-3.0	<ul style="list-style-type: none"> * Place frozen minced beef on the defrost rack. * When the oven has stopped, remove defrosted portions of mince, turn over and shield edges with foil strips. * After defrost time, stand covered with aluminium foil. * See NOTE below. 	10-15
2. Poultry	Poultry 	1.0-7.0	<ul style="list-style-type: none"> * Remove from original wrapper. Shield wing and leg tips with foil. * Place breast side down on the defrost rack. * When the oven has stopped, turn over and shield the warm portions. * After defrost time, stand covered with aluminium foil. N.B. After standing run under cold water to remove giblets if necessary. 	15-50
	Chicken Pieces 	0.1-3.0	<ul style="list-style-type: none"> * Shield the exposed bone with foil. * Place chicken pieces on the defrost rack. * When the oven has stopped, remove any defrosted pieces, turn over and shield the warm portions of remaining pieces. * After defrost time, stand covered with aluminium foil. * See NOTE below. 	5-15
3. Seafood	Fish Fillets Raw Prawns Whole Fish Bream Flat Head Trout Mullet 	0.2-1.0	<ul style="list-style-type: none"> * Place frozen seafood on the defrost rack. If defrosting Whole Fish, press the LESS pad before pressing the DEFROST SENSOR pad. * When the oven has stopped, remove defrosted portions of seafood, turn over and shield head and tail of whole fish with foil. * After defrost time, stand covered with aluminium foil. 	2-10

Foods not listed in the Guide can be defrosted using M•LOW setting.

NOTE: When freezing minced beef, shape it into flat even sizes.

For chicken pieces, steaks, chops, fish fillets and whole fish freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.