

SHARP

Important



R-21FBST / R-22FBST BUILT-IN MICROWAVE OVEN

OPERATION MANUAL WITH COOKBOOK

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

800 W (IEC 60705)

ENGLISH



Dear Customer,

Congratulations on acquiring your new microwave oven, which from now on will make your kitchen chores considerably easier.

You will be pleasantly surprised by the kinds of things you can do with a microwave. Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals.

In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.

Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven.

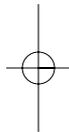
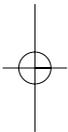
There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully.

You will then easily understand how to use your oven.

Enjoy using your microwave oven and trying out the delicious recipes.



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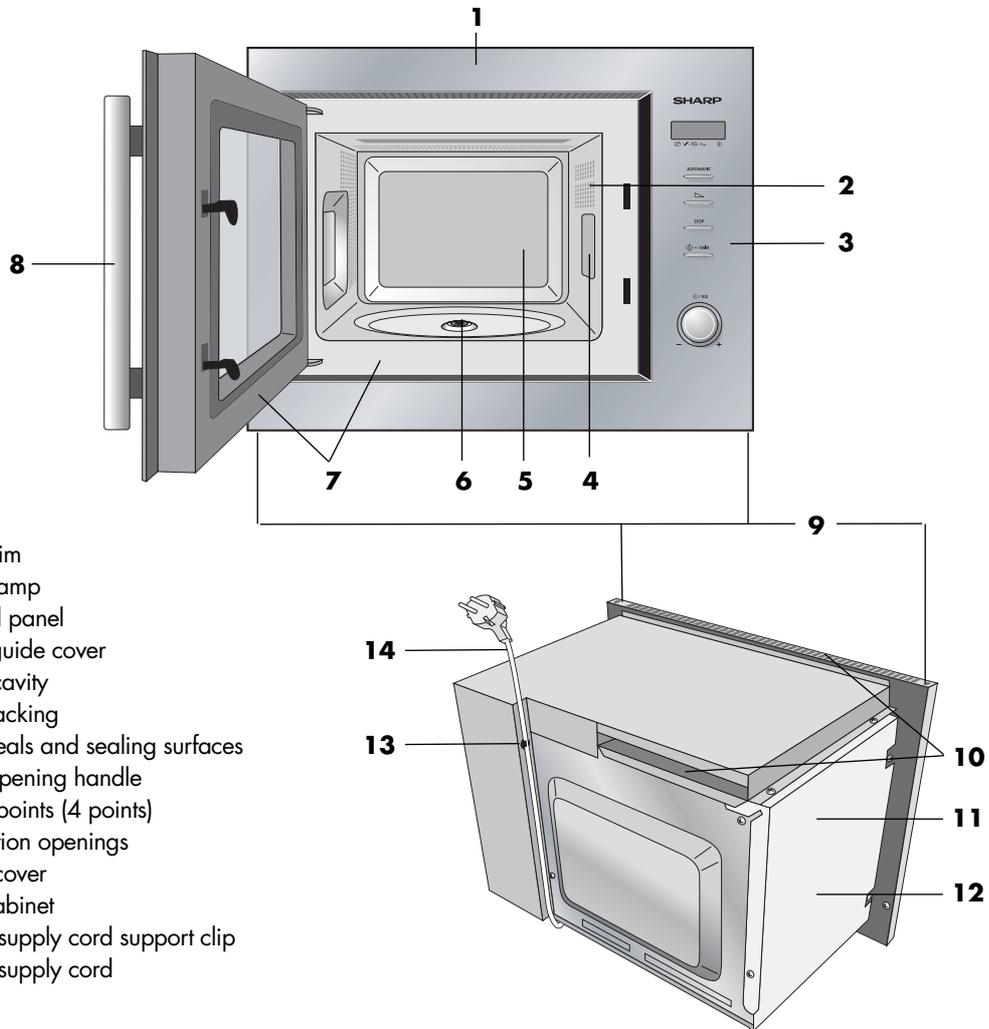


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ENGLISH

OVEN AND ACCESSORIES

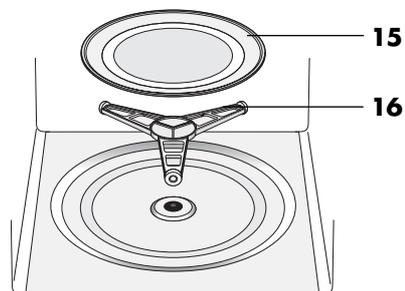


- 1 Front trim
- 2 Oven lamp
- 3 Control panel
- 4 Waveguide cover
- 5 Oven cavity
- 6 Seal packing
- 7 Door seals and sealing surfaces
- 8 Door opening handle
- 9 Fixing points (4 points)
- 10 Ventilation openings
- 11 Outer cover
- 12 Rear cabinet
- 13 Power supply cord support clip
- 14 Power supply cord

ACCESSORIES:

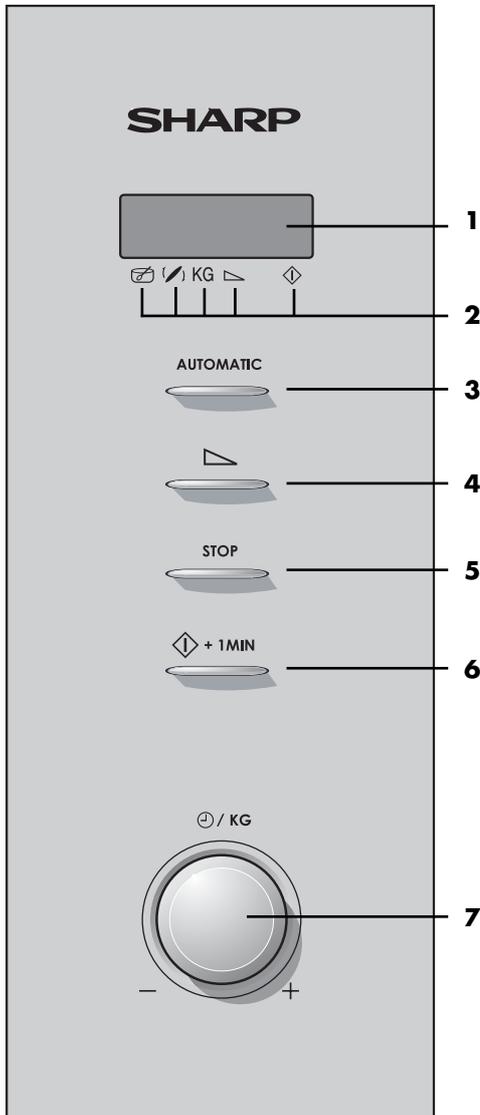
Check to make sure the following accessories are provided:

- (15) Turntable (16) Roller stay
- (17) 4 fixing screws (not shown).
- Place the roller stay in the seal packing on the floor of the cavity.
- Then place the turntable on the roller stay.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.



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

CONTROL PANEL



CONTROL PANEL

1 Digital Display

2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the suitable button (having the same symbol) or do the necessary operation.

 Stir

 Turn over

KG Weight

 Microwave power level

 Cooking in progress

3 AUTOMATIC button

Press to select one of the 12 automatic programmes.

4 MICROWAVE POWER LEVEL button

5 STOP button

6 START/+ 1 MIN button

7 TIMER/WEIGHT knob



IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire.

The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency. The AC power supply must be 230V, 50Hz, with a minimum 10A distribution line fuse, or a minimum 10A distribution circuit breaker.

It is recommended that a separate circuit serving only this appliance be provided.

Do not store or use the oven outdoors.

If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.

Use only microwave-safe containers and utensils. See Page 18.

Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.

Clean the waveguide cover, the oven cavity, the turntable and roller stay after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

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

Check the settings after you start the oven to ensure the oven is operating as desired.

See the corresponding hints in operation manual and the cookery book section.

To avoid the possibility of injury

WARNING:

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

- a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
- b) The hinges and safety door latches; check to make sure they are not broken or loose.
- c) The door seals and sealing surfaces; ensure that they have not been damaged.
- d) Inside the oven cavity or on the door; make sure there are no dents.
- e) The power supply cord and plug; ensure that they are not damaged.

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow instructions for "Care and Cleaning", Page 17.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.

Do not immerse the power supply cord or plug in water or any other liquid.

Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

IMPORTANT SAFETY INSTRUCTIONS



To avoid the possibility of explosion and sudden boiling:

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off. Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

Keep children away from the door to prevent them burning themselves.

To avoid misuse by children

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

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and roller stay due to heat stress. The preheating time specified in the dishes instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Use only the turntable and the roller stay designed for this oven. Do not operate the oven without the turntable.

To prevent the turntable from breaking:

- (a) Before cleaning the turntable with water, leave the turntable to cool.
- (b) Do not put hot foods or hot utensils on a cold turntable.
- (c) Do not put cold foods or cold utensils on a hot turntable.

Do not place anything on the outer cabinet during operation.

NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.



INSTALLATION

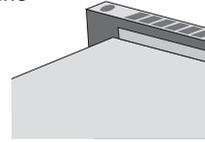
INSTALLING THE APPLIANCE

1. Remove all packaging and check carefully for any signs of damage.
2. Fit the appliance into the kitchen cupboard slowly, and without force, until the front frame of the oven seals against the front opening of the cupboard.
3. Ensure the appliance is stable and not leaning. Ensure that a 5mm gap is kept between the cupboard door above and the top of the frame (see diagram).



4. Fix the oven in position with the screws provided.

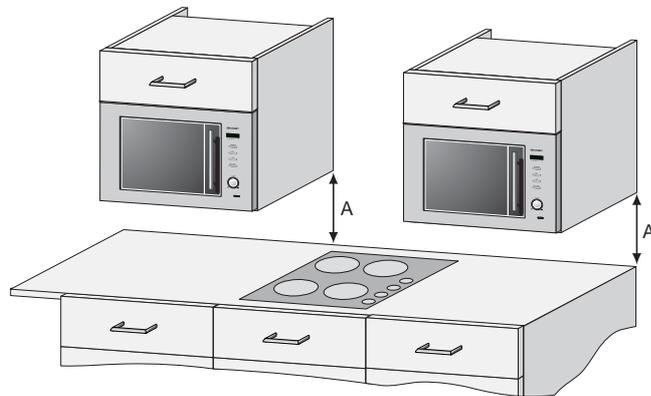
The fixing points are located on the top and bottom corners of the oven (see diagram, item 9, on page 2).



5. It is important to ensure that the installation of this product conforms to the instructions in this operation manual and the hob manufacturer's installation instructions.

SAFE USE OF THE APPLIANCE

- This appliance has been tested and approved for use near domestic gas, electric and induction hobs only.
- Sufficient space between hob and microwave should be allowed to prevent overheating of microwave oven, surrounding cupboard and accessories.
- Do not operate the hob without pans when the microwave oven is operating.
- The cupboard must be a minimum of 500 mm (A) above the worktop and must **not** be installed **directly** above a hob or other kitchen appliance e.g. conventional oven or refrigerator.
- Care should be taken when attending to the microwave oven while the hob is on.
- The front of the oven can be cleaned with mild soap and water. Do not use commercial oven cleaners, abrasive harsh cleaners, or those that contain Sodium Hydroxide.

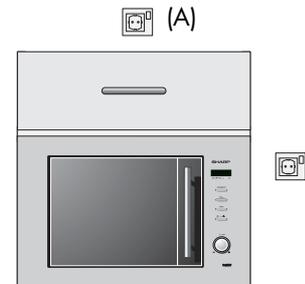


INSTALLATION



CONNECTING THE APPLIANCE TO THE POWER SUPPLY

- **The electrical outlet should be readily accessible so that the unit can be unplugged easily in an emergency.**
- **The socket should not be positioned behind the cupboard.**
- The best position is above the cupboard, see (A).
When not connecting the power supply cord to position (A) it should be removed from the support clip (see diagram, item 13, on page 2) and routed under the oven.
- Connect the appliance a single phase 230V/50Hz alternating current via a correctly installed earth socket.
The socket must be fused with a $\geq 10A$ fuse.
- **The power supply cord may only be replaced by an electrician.**
- Before installing, tie a piece of string to the power supply cord to facilitate connection to point (A) when the appliance is being installed.
- When inserting the appliance into the high-sided cupboard, DO NOT crush the power supply cord.
- Do not immerse the power supply cord or plug in water or any other liquid.



TO REPLACE THE MAINS PLUG

The wires in the power supply cord are colour coded as shown:

Green and yellow stripes	=	EARTH
Blue	=	NEUTRAL
Brown	=	LIVE

As the colours in the power supply cord of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as described:

- The green and yellow wire to the plug terminal marked E or \equiv or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.

Make sure the terminal screws are tight and the cord is held securely by the cable grip where it enters the plug.

Like most appliances in your home, your oven must be connected to a single phase 230V, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.



WARNING: THIS APPLIANCE MUST BE EARTHED

If you have any doubts about your electrical supply ask a qualified electrician.



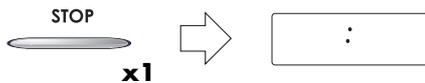
BEFORE OPERATION

Plug in the oven.

- The oven display will flash:



- Touch the **STOP** button the display will show:



To set the clock, see below.

Using the STOP button

Use the **STOP** button to:

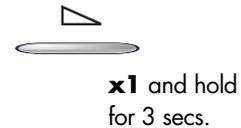
- Erase a mistake during programming.
- Stop the oven temporarily during cooking.
- Cancel a programme during cooking, touch twice.



SETTING THE CLOCK

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

- To set the 12 hour clock, hold the **MICROWAVE POWER LEVEL** button down for 3 seconds. will appear in the display.
- To set the 24 hour clock, press the **MICROWAVE POWER LEVEL** button **once more** after Step 1, in the example below will appear in the display.



To set the clock, follow the example below.

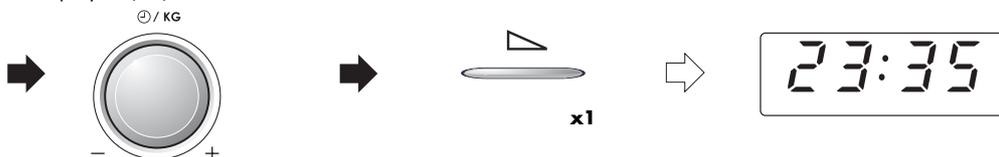
Example:

To set the 24 hour clock to 23:35.

- Choose the clock function. Choose the 24 hour clock. (12 hour clock)
- Set the hours. Rotate the **TIMER/WEIGHT** knob until the correct hour is displayed (23).
- Press the **MICROWAVE POWER LEVEL** button to change from hours to minutes.



- Set the minutes. Rotate the **TIMER/WEIGHT** knob until the correct minute is displayed (35).
- Press the **MICROWAVE POWER LEVEL** button to start the clock. **Check the display.**



NOTE:

- You can rotate the **TIMER/WEIGHT** knob clockwise or counter-clockwise.
- Press the **STOP** button if you make a mistake during programming.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the above example again.

MICROWAVE POWER LEVEL



Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100 P (800 W) used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.

70 P (560 W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.

50 P (400 W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30 P (240 W) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

10 P (80 W) For gentle defrosting, eg. cream gateaux or pastry.

P = Percentage.

To set the power, touch the **MICROWAVE POWER LEVEL** button until the desired level is displayed. If **MICROWAVE POWER LEVEL** button is touched once, **100 P** will be displayed. If you miss your desired level, continue touching the **MICROWAVE POWER LEVEL** button until you reach the level again. **If the level is not selected, the level 100 P is automatically set.**

MANUAL OPERATION



Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown on the table.

Cooking time	Increasing unit
0-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

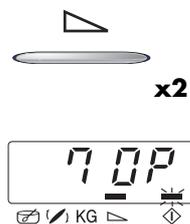
Example:

Suppose you want to heat soup for 2 minutes and 30 seconds on 70 P microwave power.

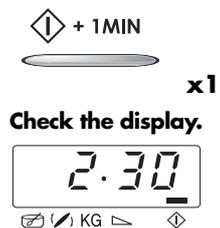
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT** knob clockwise. (2 min. & 30 sec.)



2. Choose desired power by pressing the **MICROWAVE POWER LEVEL** button twice.



3. Press the **START/+ 1 MIN** button to begin cooking.



NOTE:

- When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START/+ 1 MIN** button is pressed.
- If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** button. As long as your finger is touching the **MICROWAVE POWER LEVEL** button, the power level will be displayed.
- You can rotate the **TIMER/WEIGHT** knob clockwise or counterclockwise. If you rotate the knob counterclockwise, the cooking time will decrease from 90 minutes by degrees.



OTHER CONVENIENT FUNCTIONS

1. MULTIPLE SEQUENCE COOKING

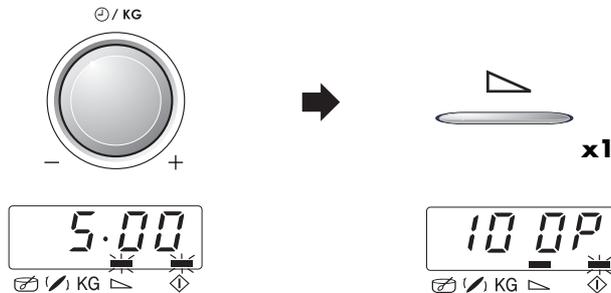
A maximum of 3 sequences can be input, consisting of manual cooking time and mode.

Example:

To cook: 5 minutes on 100 P power (Stage 1)
 16 minutes on 30 P power (Stage 2)

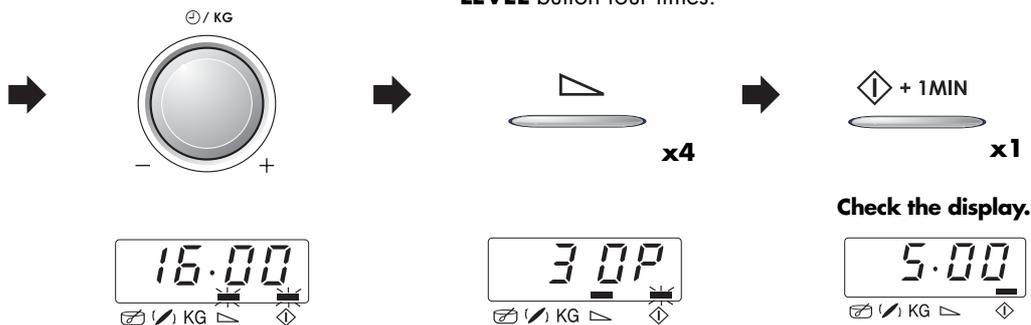
STAGE 1

1. Enter the desired cooking time by rotating **TIMER/WEIGHT** knob.
2. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button once.



STAGE 2

3. Enter desired time by rotating **TIMER/WEIGHT** knob.
4. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button four times.
5. Press the **START/+1 MIN** button once to begin cooking.



(The oven will begin to cook for 5 minutes on 100 P, and then for 16 minutes on 30 P).

OTHER CONVENIENT FUNCTIONS



2. MINUTE PLUS FUNCTION

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

a. Direct start

You can directly start cooking on 100 P microwave power level for 1 minute by pressing the **START/+ 1 MIN** button.



NOTE:

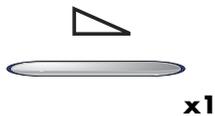
To avoid the misuse by children the **START/+ 1 MIN** button can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **STOP** button or cooking completion.

b. Extend the cooking time

You can extend the cooking time during manual cooking for multiples of 1 minute if the button is pressed while the oven is in operation.

3. TO CHECK THE POWER LEVEL

To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** button.



As long as your finger is touching the **MICROWAVE POWER LEVEL** button the power level will be displayed.

The oven continues to count down although the display shows the power level.



AUTOMATIC OPERATION

The **AUTOMATIC** function automatically works out the correct cooking mode and cooking time. You can choose from 7 **AUTOCOOK** menus and 5 **AUTO DEFROST** menus. What you need to know when using this automatic function:

1. Press the **AUTOMATIC** button once, the display will appear as shown.

The menu can be chosen by pressing the **AUTOMATIC** button until the desired menu number is displayed. See pages 13-15 "AUTOMATIC charts".

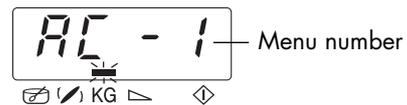
To select a defrost menu, press the **AUTOMATIC** button at least 8 times. If you press the button 8 times, **Ad - 1** will appear in the display. The menu will be changed automatically by holding down the **AUTOMATIC** button.

2. The weight or quantity of the food can be input by rotating the **TIMER/WEIGHT** knob until the desired weight is displayed.

- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights given in the cooking chart, use manual programmes. For best results, follow the cooking charts in the cookbook.

3. To start cooking press **START/+ 1 MIN** button. When action is required (e.g. to turn food over), the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the **START/+ 1 MIN** button.

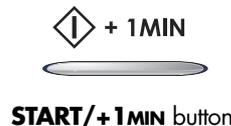
1.



2.



3.

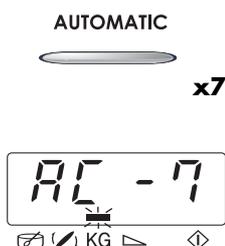


The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.

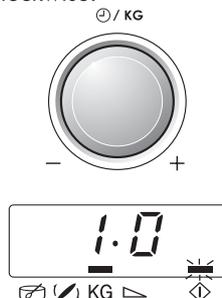
Example:

To cook gratin weighing 1,0 kg using AUTOCOOK AC-7.

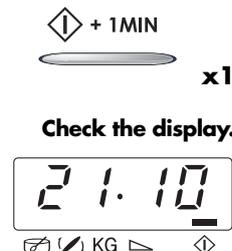
1. Select the menu required by pressing the **AUTOMATIC** button seven times.



2. Enter the weight by rotating the **TIMER/WEIGHT** knob clockwise.



3. Press the **START/+ 1 MIN** button.



Check the display.

AUTOMATIC CHARTS



BUTTON	AUTOCOOK NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
AUTOMATIC  x1	AC-1 Cook Frozen Vegetables e.g. Brussel sprouts, green beans, peas, mixed vegetables, broccoli 	0,1 - 0,6 kg (100 g) (initial temp -18° C) Bowl and lid	<ul style="list-style-type: none"> • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, let stand for approx. 2 minutes. <p>NOTE: If frozen vegetables are compacted together, cook manually.</p>
AUTOMATIC  x2	AC-2 Cook Fresh Vegetables 	0,1 - 0,6 kg (100 g) (initial temp 20° C) Bowl and lid	<ul style="list-style-type: none"> • Cut into small pieces, eg. strips, cubes or slices. • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, let the food stand for approx 2 minutes.
AUTOMATIC  x3	AC-3 Cook Frozen Ready Meals Stirrable type e.g. Noodles, Bolognese, Chinese Menus. 	0,3 - 1,0 kg* (100 g) (initial temp -18° C) Bowl and lid * If the manufacturer instructs to add water, calculate the total amount for the program with additional liquid.	<ul style="list-style-type: none"> • Transfer meal to suitable microwave-proof dish. • Add some liquid if recommended by the manufacturer. • Cover with a lid. • Cook without cover if the manufacturer instructs. • When audible signal sounds, stir and re-cover. • After cooking, stir and let stand for approx. 2 minutes.
AUTOMATIC  x4	AC-4 Cook Frozen Gratin e.g. macaroni gratin, lasagne, etc. 	0,2 - 0,6 kg (100 g) (initial temp -18° C) Shallow, oval gratin dish and microwave foil or original container and microwave foil	<ul style="list-style-type: none"> • Remove the frozen gratin from the package. If the container is not suitable for microwave ovens, transfer gratin to a suitable microwave proof dish. • Cover with microwave foil. • If the container is suitable for microwave ovens, remove original paper cover and cover with microwave foil. • After cooking, let stand for approx. 5 minutes.
AUTOMATIC  x5	AC-5 Cook Boiled Potatoes Jacket Potatoes 	0,1 - 0,8 kg (100 g) (initial temp 20° C) Bowl & lid	<p>Boiled Potatoes: Peel the potatoes and cut them into similar sized pieces.</p> <p>Jacket Potatoes: Choose potatoes of similar size and wash them.</p> <ul style="list-style-type: none"> • Put the boiled or jacket potatoes into a bowl. • Add the required amount of water (per 100 g), approx 2 tbsp and a little salt. • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, let the potatoes stand for approx. 2 minutes.



AUTOMATIC CHARTS

BUTTON	AUTOCOOK NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
AUTOMATIC  x6	AC-6 Cook Fish fillet with sauce 	0,4 - 1,2 kg* (100 g) (initial temp fish 5° C, Sauce 20° C) Gratin dish & microwave foil	<ul style="list-style-type: none"> See recipes for Fish Fillet with Sauce on page 15. * Total weight of all ingredients.
AUTOMATIC  x7	AC-7 Cook Gratin 	0,5 - 1,5 kg* (100 g) (initial temp 20° C) Gratin dish	<ul style="list-style-type: none"> See recipes for Gratin on page 16. * Total weight of all ingredients.

BUTTON	AUTO DEFROST NO.	WEIGHT(Increasing Unit) / UTENSILS	PROCEDURE
AUTOMATIC  x8	Ad-1 Defrost Steak and Chops 	0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note on page 15)	<ul style="list-style-type: none"> Place the food in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over, rearrange and separate. Shield thin parts and warm spots with small pieces of aluminium foil. After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.
AUTOMATIC  x9	Ad-2 Defrost Minced Meat 	0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note on page 15)	<ul style="list-style-type: none"> Place the block of minced meat in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over. Remove the defrosted parts if possible. After defrosting cover with aluminium foil, stand for 5 - 10 minutes, until thoroughly defrosted.
AUTOMATIC  x10	Ad-3 Defrost Poultry 	0,9 - 1,5 kg (100 g) (initial temp -18° C) (See note on page 15)	<ul style="list-style-type: none"> Place the poultry in a flan dish in the centre of the turntable. When the audible signal sounds, turn over and shield thin parts and warm spots with small pieces of aluminium foil. After defrosting, rinse with cold water, cover with aluminium foil and stand for 15 - 30 minutes until thoroughly defrosted. Finally clean the poultry under running water.
AUTOMATIC  x11	Ad-4 Defrost Cake 	0,1 - 1,4 kg (100 g) (initial temp -18° C) Plate	<ul style="list-style-type: none"> Remove all packaging from the cake. Place directly on the turntable, or on a plate in the middle of the turntable. After defrosting, cut the cake into similar sized pieces keeping space between each piece and let stand for 10 - 30 minutes until evenly defrosted.
AUTOMATIC  x12	Ad-5 Defrost Bread 	0,1 - 1,0 kg (100 g) (initial temp -18° C) Flan dish (Only sliced bread is recommended for this programme.)	<ul style="list-style-type: none"> Distribute in a flan dish in the centre of the turntable. For 1,0 kg distribute directly on the turntable. When the audible signal sounds, turn over, rearrange and remove defrosted slices. After defrosting cover in aluminum foil and stand for 5 - 15 minutes, until thoroughly defrosted.

AUTOMATIC CHARTS



NOTES: Auto Defrost

- 1 Steaks and Chops should be frozen in one layer.
- 2 Minced meat should be frozen in a thin shape.
- 3 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
- 4 The poultry should be processed immediately after defrosting.

RECIPES FOR AUTOMATIC AC-6 & AC-7



FISH FILLET WITH SAUCE (AC-6)

Fish fillet with piquant sauce

Ingredients

0,4 kg	0,8 kg	1,2 kg	
140 g	280 g	420 g	canned tomatoes (drained)
40 g	80 g	120 g	corn
4 g	8 g	12 g	chilli sauce
12 g	24 g	36 g	onion (finely chopped)
1 tsp	1-2 tsp	2 tsp	red wine vinegar
			mustard, thyme, cayenne pepper
200 g	400 g	600 g	fish fillet
			salt

Preparation

1. Mix ingredients for the sauce.
2. Place the fish fillet (e.g. Rosefish fillet) in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
3. Spread the sauce on the fish fillet.
4. Cover with microwave foil and cook on **AUTOCOOK AC-6**, "Fish Fillet with Sauce".
5. After cooking, let stand for approx. 2 minutes.

FISH FILLET WITH SAUCE (AC-6)

Fish fillet with curry sauce

Ingredients

0,4 kg	0,8 kg	1,2 kg	
200 g	400 g	600 g	fish fillet
			salt
40 g	80 g	120 g	banana (sliced)
160 g	320 g	480 g	ready-made curry sauce

Preparation

1. Place the fish fillet in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
2. Spread the banana and the ready-made curry sauce on the fish fillet.
3. Cover with microwave foil and cook on **AUTOCOOK AC-6**, "Fish Fillet with Sauce".
4. After cooking, let stand for approx. 2 minutes.



RECIPES FOR AUTOMATIC AC-6 & AC-7

GRATIN (AC-7)

Spinach gratin

Ingredients

0,5 kg	1,0 kg	1,5 kg	
5 g	10 g	15 g	butter or margarine (to grease the dish)
150 g	300 g	450 g	leaf spinach (defrosted, drained)
15 g	30 g	45 g	onion (finely chopped)
			salt, pepper, nutmeg
150 g	300 g	450 g	boiled potatoes (sliced)
35 g	75 g	110 g	cooked ham (diced)
50 g	100 g	150 g	crème fraîche
1	2	3	eggs
40 g	75 g	115 g	grated cheese
			paprika powder

Preparation

1. Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
3. Mix the eggs with crème fraîche, add salt and pepper and pour over the vegetables.
4. Cover the gratin with the grated cheese, sprinkle with paprika powder and cook on **AUTOCOOK AC-7**, "Gratin".
5. After cooking, let stand for 5-10 minutes.

GRATIN (AC-7)

Potato-courgette-gratin

Ingredients

0,5 kg	1,0 kg	1,5 kg	
200 g	400 g	600 g	boiled potatoes (sliced)
115 g	230 g	345 g	courgette (finely sliced)
75 g	150 g	225 g	crème fraîche
1	2	3	eggs
1/2	1	2	clove of garlic (crushed)
			salt, pepper
40 g	80 g	120 g	feta cheese (diced)
10 g	20 g	30 g	sunflower kernel
			paprika powder

Preparation

1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables.
3. Crumble the feta cheese and sprinkle over the gratin.
4. Finally sprinkle the gratin with sunflower kernel and paprika powder and cook on **AUTOCOOK AC-7**, "Gratin".
5. After cooking, let stand for 5-10 minutes.

CARE AND CLEANING



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

Oven exterior

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

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

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

Turntable and Roller stay

Remove the turntable and roller stay from the oven. Wash the turntable and roller stay in mild soapy water. Dry with a soft cloth. Both the turntable and the roller stay are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and sealing surfaces with a soft, damp cloth.

SERVICE CALL CHECK



Please check the following before calling for service.

1. Power Supply

Check the power plug is properly connected to a suitable wall outlet.

Check the line fuse/circuit breaker is functioning properly.

2. Place a cup of water (approx. 150 ml) in the oven and close the door securely.

Programme the oven for one minute on 100 P power and start the oven.

Does the oven lamp come on?

YES _____ NO _____

Does the turntable rotate?

YES _____ NO _____

NOTE: The turntable turns in either direction.

Does the ventilation work? (You will hear the fan sound.)

YES _____ NO _____

After 1 minute does the signal sound?

YES _____ NO _____

Does cooking in progress indicator go off?

YES _____ NO _____

Is the cup with water warm after the above operation?

YES _____ NO _____

If you answer "No" to any of the above questions, call a Service Technician appointed by SHARP and report the results of your check. See inside back cover for details of address.

NOTE: If you cook the food over the standard time with only 100 P (800 W), the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced).

Cooking Mode	Standard time
Microwave 100 P	20 minutes



WHAT ARE MICROWAVES?

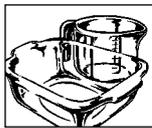
Microwaves are generated in the microwave oven by a magnetron and cause the water molecules in the food to oscillate.

Heat is generated by the friction which is caused, with the result that the food is thawed, heated or cooked.



SUITABLE OVENWARE

GLASS AND CERAMIC GLASS



Heat-resistant glass utensils are very suitable. The cooking process can be observed from all sides. They must not, however, contain any metal (e.g. lead crystal), nor have a metallic overlay (e.g. gold edge, cobalt blue finish).

CERAMICS

Generally very suitable. Ceramics must be glazed, since with unglazed ceramics moisture can get into the ceramic. Moisture causes the material to heat up and may make it shatter. If you are not certain whether your utensil is suitable for the microwave, carry out the utensil suitability test.

PORCELAIN

Very suitable. Ensure that the porcelain does not have a gold or silver overlay and that it does not contain any metal.

PLASTIC AND PAPER UTENSILS

Heat resistant plastic utensils which are suitable for use in the microwave can be used to thaw, heat and cook food. Follow the manufacturer's recommendations.

Heat-resistant paper made for use in a microwave oven is also suitable. Follow the manufacturer's recommendations.

MICROWAVE FOIL

This, or heat-resistant foil, is very suitable for covering or wrapping. Please follow the manufacturer's recommendations.

ROASTING BAGS

Can be used in a microwave oven. Metal clips are not suitable for fastening them since the roasting bag foil might melt. Fasten the roasting bag with string and pierce it several times with a fork. Non heat-resistant food wraps are not recommended for use in a microwave oven.

BROWNING DISH

A special microwave dish made from ceramic glass with

a metal alloy base, which allows food to be browned.

When using the browning dish a suitable insulator, e.g. a porcelain plate, must be placed between the turntable and the browning dish. Be careful to adhere exactly to the pre-heating time given in the manufacturer's instructions. Excessive pre-heating can damage the turntable and the turntable stand or can trigger the safety-device which will switch off the oven.

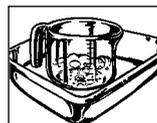
METAL

Generally speaking, metal should not be used, since microwaves do not pass through metal and therefore cannot reach the food. There are, however, exceptions: small strips of aluminium foil may be used to cover certain parts of the food, so that these do not thaw too quickly or begin to cook (e.g. chicken wings). Small metal skewers and aluminium containers (e.g. of ready-cooked meals) can be used. They must, however, be small in relation to the food, e.g. aluminium containers must be at least $\frac{2}{3}$ to $\frac{3}{4}$ filled with food. It is recommended that you transfer the food into a dish suitable for use in the microwave. When using aluminium containers or other metal utensils there must be a gap of approx. 2 cms between them and the walls of the cooking area, otherwise the walls could be damaged by possible arcing.

NO UTENSIL SHOULD HAVE A METAL OVERLAY – parts such as screws, bands or handles.

UTENSIL SUITABILITY TEST

If you are not sure whether your utensil is suitable for use in your microwave oven, carry out the following test: Place the utensil into the oven. Place a glass container filled with 150 ml of water on or next to the utensil. Switch on the oven at 100 P power for 1 to 2 minutes. If the utensil stays cool or just warm to the touch, it is suitable. Do not use this test on a plastic utensil. It could melt.



TIPS AND ADVICE



TIME SETTINGS

In general the thawing, heating and cooking times are significantly shorter than when using a conventional cooker or oven. For this reason you should adhere to the recommended times given in this cookery book. It is better to set the times too short, rather than too long. Test the food after it has been cooked. It is better to have to cook something for a little longer than to overcook it.

INITIAL TEMPERATURES

Thawing, heating and cooking times are dependent upon the initial temperature of the food. Deep-frozen food and food stored in a refrigerator, for example, requires longer than food which has been stored at room temperature. For heating and cooking, normal storage temperatures are assumed (refrigerator temperature approx. 5° C, room temperature approx. 20° C). For thawing the temperature of the deep freeze is assumed to be - 18° C.

COOKING TIMES

All the times given in this cookery book are guidelines, which can be varied according to the initial temperature, weight and condition of the food (water or fat content etc.).

SALT, SPICES AND HERBS

Food cooked in your microwave retains its individual flavour better than it does when conventional preparation methods are used. For this reason you should use salt very sparingly and normally add it only after cooking. Salt absorbs liquid and dries out the outer layer of the food. Herbs and spices can be used as normal.

ADDITION OF WATER

Vegetables and other foods with a high water content can be cooked in their own juice or with the addition of a little water. This ensures that many vitamins and minerals are preserved.

FOOD IN SKINS OR SHELLS

Food such as sausages, chickens, chicken legs, baked potatoes, tomatoes, apples, egg yolks or such like should be pricked or pierced with a fork or small wooden skewer. This will enable the steam which forms to dissipate without splitting the skin or shell.

LARGE AND SMALL QUANTITIES

Microwave times are directly dependent upon the amount of food which you would like to thaw, heat or cook. This means that small portions cook more quickly than larger ones.

As a rule of thumb:

TWICE THE AMOUNT = ALMOST TWICE THE TIME
HALF THE AMOUNT = HALF THE TIME

DEEP AND SHALLOW CONTAINERS

Both containers have the same capacity, but the cooking time is longer for the deeper one. You should therefore choose as flat a container as possible with a large surface area. Only use deep containers for dishes where there is a danger of overcooking, e.g. for noodles, rice, milk etc..

ROUND AND OVAL CONTAINERS

Food cooks more evenly in round or oval containers than in containers with corners, since the microwave energy concentrates in the corners and the food in these areas could become overcooked.

COVERING

Covering the food retains the moisture within it and shortens the cooking time. Use a lid, microwave foil or a cover. Foods which are to be crispy, e.g. roasts or chickens, should not be covered.

As a general rule, whatever would be covered in a conventional oven should also be covered in a microwave oven. Whatever would be uncovered in an ordinary oven can also be left uncovered in a microwave oven.

TURNING

Medium-sized items, such as hamburgers and steaks, should be turned over once during cooking, in order to shorten the cooking process. Large items, such as roasts and chickens, must be turned, since the upper side receives more microwave energy and could dry out if not turned.

STANDING TIME

Keeping to the standing time is one of the most important rules with microwaves. Almost all foods, which are thawed, heated or cooked in the microwave, require a certain amount of time to stand, during which temperature equalisation takes place and the moisture in the food is evenly distributed.



TIPS AND ADVICE

BROWNING AGENTS

After more than 15 minutes cooking time food acquires a brownness, although this is not comparable to the deep brownness and crispness obtained through conventional cooking. In order to obtain an appetising brown colour you can use browning agents. For the most part they simultaneously act as seasoning agents.

In the following table you will find some suggestions for substances you might use for browning and some of the uses to which you might put them.

BROWNING AGENT	DISH	METHOD
Melted butter and dried paprika	Poultry	Coat the poultry with the butter/paprika mixture
Dried paprika	Oven baked dishes "Cheese toasties"	Dust with paprika
Soya sauce	Meat and poultry	Coat with the sauce
Barbecue and Worcestershire sauce, Gravy	Roasts, Rissoles, Small roasted items	Coat with the sauce
Rendered down bacon fat or dried onions	Oven baked dishes, toasted items, soups, stews	Sprinkle pieces of bacon or dried onions on top
Cocoa, chocolate flakes, brown icing, honey and marmalade	Cakes and desserts	Sprinkle pieces on top of cakes and desserts or use to glaze

HEATING

- Ready-prepared meals in aluminium containers should be removed from the aluminium container and heated on a plate or in a dish.
- Remove the lids from firmly closed containers.
- Food should be covered with microwave foil, a plate or cover (obtainable from stores), so that the surface does not dry out. Drinks need not be covered.
- When boiling liquids such as water, coffee, tea or milk, place a glass stirrer in the container.
- If possible, stir large quantities from time to time, to ensure that the temperature is evenly distributed.
- The times are for food at a room temperature of 20° C. The heating time for food stored in a refrigerator should be increased slightly.
- After heating allow the food to stand for 1-2 minutes, so that the temperature inside the food can be evenly distributed (standing time).
- The times given are guidelines, which can be varied according to the initial temperature, weight, water content, fat content or the result which you wish to achieve.

THAWING

Your microwave is ideal for thawing. Thawing times are usually considerably shorter than in traditional methods of thawing.

Here are a few tips. Take the frozen item out of its packaging and place on a plate for thawing.

BOXES AND CONTAINERS

Boxes and containers suitable for microwaves are particularly good for thawing and heating food, since they can withstand temperatures in a deep freeze (down to approx. -40° C) as well as being heat-resistant (up to approx. 220° C). You can therefore use the same container to thaw, heat and even cook the food, without having to transfer it.

COVERING

Cover thin parts with small strips of aluminium foil before thawing. Thawed or warm parts should likewise be covered with aluminium strips during thawing. This stops the thin parts becoming too hot while thicker parts are still frozen.

CORRECT SETTING

It is better to choose a setting which is too low rather than one which is too high. By so doing you will ensure that the food thaws evenly.

If the microwave setting is too high, the surface of the food will already have begun to cook while the inside is still frozen.

TIPS AND ADVICE



TURNING/STIRRING

Almost all foods have to be turned or stirred from time to time. As early as possible, separate parts which are stuck together and rearrange them.

SMALL AMOUNTS

Thaw more quickly and evenly than larger ones. We recommend that you freeze portions which are as small as possible. By so doing you will be able to prepare whole menus quickly and easily.

FOODS REQUIRING CAREFUL HANDLING

Foods such as gateaux, cream, cheese and bread should only be partially thawed and then left to thaw completely at room temperature. By so doing you will avoid the outer areas becoming too hot while the inside is still frozen.

STANDING TIME

This is particularly important after thawing food, as the thawing process continues during this period. In the thawing table you will find the standing times for various foods. Thick, dense foods require a longer standing time than thinner foods or food of a porous nature. If the food has not thawed sufficiently, you may continue thawing it in the microwave oven or lengthen the standing time accordingly. At the end of the standing time you should process the food as soon as possible and not re-freeze it.

COOKING FRESH VEGETABLES

- When buying vegetables try to ensure that, as far as possible, they are of similar size. This is particularly important when you want to cook the vegetables whole (e.g. boiled potatoes).
- Wash the vegetables before preparing them, clean them and only then weigh the required quantity for the recipe and chop them up.
- Season them as you would normally, but as a rule only add salt after cooking.
- Add about 5 tbsps of water for 500 g of vegetables. Vegetables which are high in fibre require a little more water. You will find information about this in the table.
- Vegetables are usually cooked in a dish with a lid. Those with a high moisture content, e.g. onions or boiled potatoes, can be cooked in microwave foil without adding water.
- After half the cooking time has elapsed vegetables

should be stirred or turned over.

- After cooking allow the vegetables to stand for approx. 2 minutes, so that the temperature disperses evenly (standing time).
- The cooking times given are guidelines and depend upon the weight, initial temperature and condition of the type of vegetable in question. The fresher the vegetables, the shorter the cooking times.

COOKING MEAT, FISH AND POULTRY

- When buying food items, try to ensure that, as far as possible, they are of similar size. This will ensure that they are cooked properly.
- Before preparation wash meat, fish and poultry thoroughly under cold running water and pat them dry with kitchen paper. Then continue as normal.
- Beef should be well hung and have little gristle.
- Even though the pieces may be of a similar size, cooking results may vary. This is due, amongst other things, to the kind of food, variations in the fat and moisture content as well as the temperature before cooking.
- After the food has been cooking for 15 minutes it acquires a natural brownness, which may be enhanced by the use of a browning agent. If, in addition, you would like the surface to be crisp you should either use the browning dish or sear the food on your cooker and finish cooking it in your microwave. By doing this you will simultaneously obtain a brown base for making a sauce.
- Turn large pieces of meat, fish or poultry half way through the cooking time, so that they are cooked evenly from all sides.
- After cooking cover roasts with aluminium foil and allow them to stand for approx. 10 minutes (standing time). During this period the roast carries on cooking and the liquid is evenly distributed, so that when it is carved a minimum amount of juice is lost.

THAWING AND COOKING

Deep-frozen dishes can be thawed and cooked at the same time in one process in your microwave. You will find some examples in the table. Do take note, however, of the general advice given on "heating" and "thawing" food. Please refer to the manufacturer's instructions on the packaging when preparing deep-frozen dishes. These usually contain precise cooking times and offer advice on preparation.



TABLES

ABBREVIATIONS USED

tbsp = tablespoon	KG = kilogram	DF = deep frozen
tsp = teaspoon	g = gram	MW = microwave
l.p. = large pinch	l = litre	MWO = microwave oven
s.p. = small pinch	ml = millilitre	min = minutes
Cup = cupful	cm = centimetre	sec = seconds
Sach. = sachet	DFC = dry fat content	dm = diameter

TABLE: HEATING FOOD AND DRINK

Food / Drink	Quantity -g/ml-	Power -Setting-	Time -Min-	Hints
Coffee, 1 cup	150	100 P	approx.1	do not cover
Milk, 1 cup	150	100 P	approx.1	do not cover
Water, 1 cup	150	100 P	1 ¹ / ₂ -2	do not cover, bring to the boil
6 cups	900	100 P	10-12	do not cover, bring to the boil
1 bowl	1000	100 P	11 ¹ / ₂ -13	cover, bring to the boil
Platters (Vegetables, meat and trimmings)	400	100 P	3-6	sprinkle some water onto the sauce, cover stir half way through the heating time
Stew	200	100 P	1 ¹ / ₂ -2 ¹ / ₂	cover, stir after heating
Clear soup	200	100 P	1 ¹ / ₂ -2	cover, stir after heating
Cream soup	200	100 P	1 ¹ / ₂ -2 ¹ / ₂	cover, stir after heating
Vegetables	200	100 P	2-2 ¹ / ₂	if necessary add some water, cover
	500	100 P	4-5	stir half way through the heating time
Garnishes	200	100 P	2-2 ¹ / ₂	sprinkle with water, cover and stir from time to time.
	500	100 P	4-4 ¹ / ₂	
Meat, 1 slice*	200	100 P	3-4	thinly spread sauce over the top, cover
Fish fillet*	200	100 P	2-3	cover
Sausages 2	180	70 P	approx.2	pierce the skin several times
Cake, 1 piece	100	50 P	1 ¹ / ₂	place on a cake stand
Baby food, 1 glass	190	50 P	approx.1	remove the lid, after heating stir well and test the temperature
Melting butter or margarine*	50	100 P	1 ¹ / ₂ -1	
Melting chocolate	100	50 P	2-3	stir from time to time
Dissolving six sheets of gelatine	10	50 P	1 ¹ / ₂	dip into water, squeeze thoroughly and place in a soup bowl, stir from time to time
Glazing for a tart for 1/4 l of liquid	10	50 P	5-6	mix the sugar in 250 ml of liquid, cover, stir well during and after heating

* Refrigerator temperature

TABLE: COOKING MEAT, FISH AND POULTRY

Fish and Poultry	Quantity -g-	Power -Setting-	Time -Min-	Hints	Standing time -Min-
Roasts (pork, veal, lamb)	500	100 P	8-10*	season to taste, place in a shallow flan dish	10
		50 P	10-12	turn over after *	
	1000	100 P	19-21*		10
		50 P	11-14		
	1500	100 P	33-36*		10
		50 P	13-17		
Roast beef (medium)	1000	100 P	9-11*	season to taste, place in a quiche dish,	10
		50 P	5-7	turn over after *	
Minced meat	1000	100 P	16-18	prepare the minced meat mixture (half pork/half beef) place in a shallow casserole dish	10
Fish fillet	200	100 P	3-4	season to taste, place on a plate, cover	3
Chicken	1200	100 P	21-24	season to taste, place in a casserole dish, turn half way through cooking time	3
Chicken legs	200	100 P	3-4	season to taste, place on a plate, cover	3

TABLES



TABLE: THAWING

Food	Quantity -g-	Power -Setting-	Thawing time -Min-	Hints	Standing time -Min-
Roast meat (e.g. pork, beef, lamb, veal)	1500 1000 500	10 P 10 P 10 P	58-64 42-48 19-23	place on an upturned plate, turn half way through thawing time	30-90 30-90 30-90
Steaks, escalopes, cutlets, liver	200	10 P	4-5	turn half way through thawing time	30
Goulash	500	30 P	8-12	separate and stir half way through thawing time	10-15
Sausages, 8	600	30 P	6-9	place next to each other,	5-10
4	300	30 P	4-5	turn half way through thawing time	5-10
Duck, turkey	1500	10 P	48-52	place upon an upturned plate, turn half way through thawing time	30-90
Chicken	1200 1000	10 P 10 P	39-43 33-37	place upon an upturned plate, turn half way through thawing time place upon an upturned plate, turn half way through thawing time	30-90 30-90
Chicken legs	200	30 P	4-5	turn half way through thawing time	10-15
Whole fish	800	30 P	9-12	turn half way through thawing time	10-15
Fish fillet	400	30 P	7-10	turn half way through thawing time	5-10
Crabs	300	30 P	6-8	turn half way through thawing time	30
Rolls, 2	80	30 P	app.1	only partially thaw	-
Sliced bread for toasting	250	30 P	2-4	remove outer slices after each minute has passed	5
White loaf, whole	750	30 P	6-8	turn half way through thawing time (centre still frozen)	30
Cakes, per piece	100-150	10 P	2-5	place on a cake stand	5
Cream cake, per piece	150	10 P	3-4	place on a cake stand	10
Whole gateau, Ø 25cm		10 P	18-20	place on a cake stand	30-60
Butter	250	30 P	2-4	only partially thaw	15
Fruit such as strawberries raspberries, cherries, plums	250	30 P	4-5	spread them out evenly turn half way through thawing time	5

TABLE: THAWING AND COOKING

Food	Quantity -g-	Power -Setting-	Cooking time -Min-	Added water -lbsps/ml-	Hints	Standing time -Min-
Fish fillet	300	100 P	10-12	-	cover	1-2
Trout, 1 fish	250	100 P	5-7	-	cover	1-2
One-plate meal	400	100 P	9-11	-	cover, stir after 6 minutes	2
Leaf spinach	300	100 P	6-8	-	cover, stir once or twice during cooking	2
Broccoli	300	100 P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Peas	300	100 P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Kohlrabi	300	100 P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Mixed vegetables	500	100 P	11-13	3-5lbsps	cover, stir half way through cooking time	2
Brussels sprouts	300	100 P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Red cabbage	450	100 P	10-12	3-5lbsps	cover, stir half way through cooking time	2



TABLES

TABLE: COOKING FRESH VEGETABLES

Vegetable	Quantity -g-	Power -Setting	Time -Min-	Hints	Added Water -tbsps/ml-
Leaf Spinach	300	100 P	5-7	wash dry well, cover, stir once or twice during cooking	-
Cauliflower	800	100 P	15-17	1 whole head, cover, divide into florets, stir	5-6tbsps
	500	100 P	10-12	during cooking	4-5tbsps
Broccoli	500	100 P	9-11	divide into florets, cover, stir occasionally during cooking	4-5tbsps
Mushrooms	500	100 P	8-10	whole heads, cover, stir occasionally during cooking	-
Chinese leaves	300	100 P	9-11	cut into strips, cover, stir occasionally during cooking	4-5tbsps
Peas	500	100 P	9-11	cover, stir occasionally during cooking	4-5tbsps
Fennel	500	100 P	9-11	cut into quarters, cover, stir occasionally during cooking	4-5tbsps
Onions	250	100 P	5-7	whole, cook in microwave foil	-
Kohlrabi	500	100 P	10-12	dice, cover, stir occasionally during cooking	50ml
Carrots	500	100 P	10-12	cut into rings, cover, stir occasionally during cooking	4-5tbsps
	300	100 P	7-9		
Green peppers	500	100 P	7-9	cut into strips, stir once or twice during cooking	4-5tbsps
Boiled potatoes (skins on)	500	100 P	9-11	cover, stir occasionally during cooking	4-5tbsps
Leeks	500	100 P	9-11	cut into rings, cover, stir occasionally during cooking	4-5tbsps
Red cabbage	500	100 P	15-17	cut into strips, stir once or twice during cooking	50ml
Brussels sprouts	500	100 P	9-11	whole sprouts, cover, stir occasionally during cooking	50ml
Boiled Potatoes (salted)	500	100 P	9-11	cut into large pieces of a similar size, add a little salt, cover, stir occasionally during cooking	150ml
Celery	500	100 P	9-11	dice finely, cover, stir occasionally during cooking	50ml
White cabbage	500	100 P	15-17	cut into strips, cover, stir occasionally during cooking	50ml
Courgettes	500	100 P	9-11	slice, cover, stir occasionally during cooking	4-5tbsps



RECIPES

ADAPTING RECIPES FOR THE MICROWAVE OVEN

If you would like to adapt your favourite recipes for the microwave, you should take note of the following:

Shorten cooking times by a third to a half. Follow the example of the recipes in this cookery book.

Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty. Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

HOW TO USE RECIPES

- All the recipes in this cookery book are calculated on the basis of 4 servings - unless otherwise stated.
- Recommendations relating to suitable utensils and the total cooking times are given at the beginning of every recipe.
- As a rule the quantities shown are assumed to be wholly consumable, unless specifically indicated otherwise.
- When eggs are given in the recipes they are assumed to have weight of approx. 55 g (grade M).

RECIPES



Germany

CAMEMBERT TOAST

Total cooking time: approx. 1 1/2-2 1/2 minutes

Utensil:

Ingredients

- 4 slices of bread for toasting
- 2 tbsp butter or margarine (20 g)
- 150 g Camembert
- 4 tsp Cranberry jelly
- Cayenne pepper

1. Toast the bread and spread with butter.
2. Cut the Camembert into slices and arrange on top of the toast. Put the cranberry jelly in the middle of the cheese and sprinkle with cayenne pepper.
3. Place the toast on a plate and heat for **1 1/2-2 1/2 Mins**. 100 P

Tip: You can vary this recipe according to your taste. For example, you can use fresh mushrooms and grated cheese or cooked ham, asparagus and Emmental cheese.

Netherlands

MUSHROOM SOUP

Champignonsoep

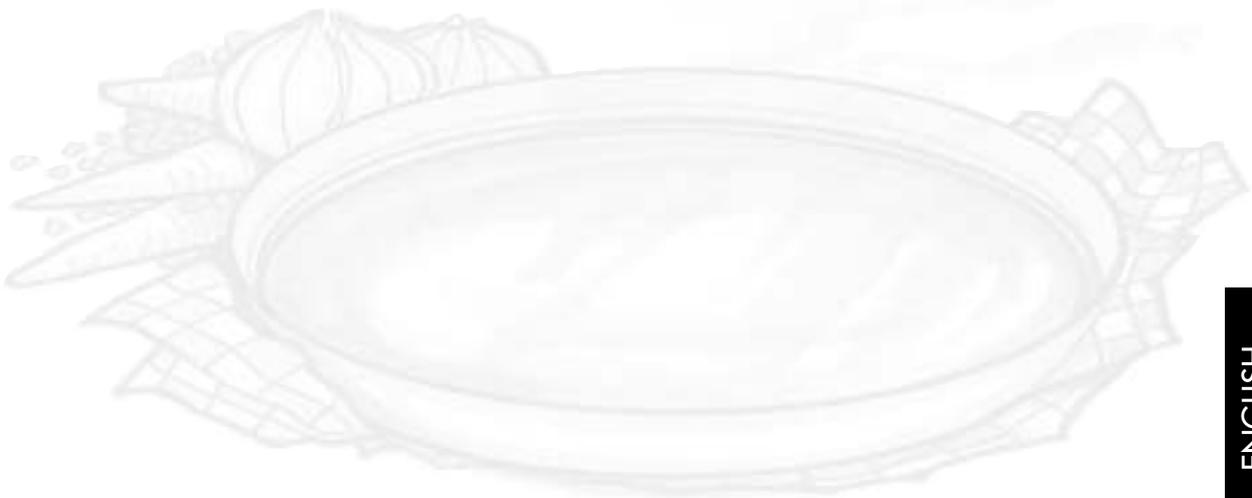
Total cooking time: approx. 13-17 Minutes

Utensil: Bowl with Lid (2 l Capacity)

Ingredients

- 200 g mushrooms, sliced
- 1 onion (50 g), finely chopped
- 300 ml meat stock
- 300 ml Cream
- 2 1/2 tbsps Flour (25 g)
- 2 1/2 tbsps Butter or Margarine (25 g)
- Salt & Pepper
- 1 Egg
- 150 g Crème fraîche

1. Place the vegetables and the stock in the bowl, cover and cook. **8-9 Mins**. 100 P
 2. Blend all the ingredients in the mixer.
 3. Mix the flour and butter to a dough and smooth into the soup. Season with salt and pepper, cover and cook. Stir after cooking. **4-6 Mins**. 100 P
 4. Mix the egg yolk with the cream, gradually stir into the soup. Heat for a short time, but do not let it boil! **1-2 Mins**. 100 P
- Allow the soup to stand for about 5 minutes after cooking.



ENGLISH



RECIPES

Switzerland

ZÜRICH VEAL IN CREAM

Total cooking time: approx. 11-15 minutes

Utensil: dish with lid (2 l capacity)

Ingredients

600 g veal fillet
 1 tbsp butter or margarine
 1 onion (50 g), finely chopped
 100 ml white wine
 Seasoned gravy browning, for approx. 1/2 l gravy
 300 ml cream
 1 tbsp parsley, chopped

1. Cut the fillet into finger-width strips.
2. Grease the dish all over with the butter. Put the onion and the meat into the dish, cover and cook. Stir once during cooking.
7-10 Mins. 100 P
3. Add the white wine, gravy browning and cream, stir, cover and continue cooking. Stir occasionally.
4-5 Mins. 100 P
4. Test the veal, stir the mixture once more and allow to stand for approx. 5 minutes. Serve garnished with parsley.

France

SOLE FILLETS

Total cooking time: approx. 13-16 minutes

Utensil: shallow, oval oven dish with microwave foil (approx. 26 cm long)

Ingredients

400 g sole fillets
 1 lemon, whole
 2 tomatoes (150 g)
 1 tsp butter or margarine for greasing
 1 tbsp vegetable oil
 1 tbsp parsley, chopped
 salt & pepper
 4 tbsps white wine (30 ml)
 2 tbsps butter or margarine (20 g)

1. Wash the sole fillets and pat them dry. Remove any bones.
2. Cut the lemon and the tomatoes into thin slices.
3. Grease the oven dish with butter. Place the fish fillets inside and drizzle the vegetable oil over them.
4. Sprinkle parsley over the fish, place the tomato slices on top and season. Place the lemon slices on top of the tomatoes and pour the white wine over them.
5. Place small pats of butter on top of the lemon, cover and cook.
13-16 Mins. 100 P
 After cooking allow the fish fillets to stand for approx. 2 minutes.

Tip: This recipe can also be used for Haddock, Halibut, Mullet, Plaice or Cod.

Greece

BRAISED LAMB WITH GREEN BEANS

Total cooking time: approx. 20-24 minutes

Utensil: shallow oval soufflé mould with lid (about 26 cm long)

Ingredients

1-2 tomatoes (100 g)
 400 g lamb, boned
 1 tsp butter or margarine for greasing the bowl
 1 onion (50 g), finely chopped
 1 clove garlic, crushed
 salt, pepper
 sugar
 250 g tinned green beans

1. Skin and remove the stalks of the tomatoes, then purée in a blender or food processor.
 2. Cut the lamb into large chunks. Grease the bowl with butter. Add meat, onions and garlic, season, cover and cook.
9-11 Mins. 100 P
 3. Add beans and puréed tomatoes to the meat, cover and continue cooking.
11-13 Mins. 70 P
 After cooking, leave the lamb to stand for approximately 5 minutes.
- Tip: If you prefer to use fresh beans, these should be pre-cooked.

RECIPES



Italy

LASAGNE

Total cooking time 22-26 minutes

Utensils: Bowl with lid (2 l capacity)
shallow square soufflé mould with lid
(approx 20 x 20 x 6 cm)

Ingredients

300 g tinned tomatoes
50 g ham, finely cubed
1 onion (50 g), finely chopped
1 clove of garlic, crushed
250 g minced meat (beef)
2 tbsp mashed tomato (30 g)
salt, pepper
oregano, thyme, basil, nutmeg
150 ml cream (crème fraîche)
100 ml milk
50 g grated Parmesan cheese
1 tsp mixed chopped herbs
1 tsp olive oil
1 tsp vegetable oil to grease the mould
125 g lasagne verde
1 tbsp grated Parmesan cheese
1 tbsp butter or margarine

1. Cut the tomatoes into slices, mix with the ham and onion, garlic, minced meat and mashed tomato. Season and cook with the lid on.

7-9 Mins. 100 P

2. Mix the cream with the milk, Parmesan cheese, herbs, oil, and spices.
3. Grease the soufflé mould and cover the bottom of the mould with about $\frac{1}{3}$ of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional $\frac{1}{3}$ of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with lots of sauce and sprinkle with Parmesan cheese. Place butter flakes on top and cook with the lid on.

15-17 Mins. 70 P

After cooking, let the lasagne stand for approximately 5-10 minutes.

France

RATATOUILLE

Total cooking time 19-21 minutes

Utensils: Bowl with lid (2 l capacity)

Ingredients

5 tbsp olive oil (50 ml)
1 clove garlic, crushed
1 onion (50 g), sliced
1 small aubergine (250 g), cut into cubes
1 courgette (200 g), into cubes
1 pepper (200 g), cut into large cubes
1 Small fennel (75 g) cut into large cubes
1 bouquet garni
200 g tinned artichoke hearts, cut into quarters
salt, pepper

1. Place the olive oil and garlic clove in the bowl. Add the prepared vegetables, except the artichoke hearts, and season with pepper. Add the bouquet garni, cover and cook, stirring once.

19-21 Mins. 100 P

For the last 5 minutes, add the artichoke hearts and heat.

2. Season the ratatouille to taste with salt and pepper. Remove the bouquet garni before serving. After cooking, leave the ratatouille to stand for around 2 minutes.

Tip: Ratatouille can be served hot with meat dishes. Served cold, it also makes an excellent starter.

A bouquet garni consists of: one stalk of parsley, a bunch of herbs suitable for seasoning soup, one stalk of lovage, one stalk of thyme, several bay leaves.



RECIPES

Spain

BAKED POTATOES

Total cooking time 12-16 minutes

Utensils: Bowl with lid (2 l capacity)
China plate

Ingredients

4 medium sized potatoes (400 g)
100 ml water
60 g ham, cut into fine cubes
 $\frac{1}{2}$ onion (25 g) finely cubed
75-100 ml milk
2 tbsp grated Parmesan cheese (20 g)
salt, pepper
2 tbsp grated Emmental cheese

1. Place the potatoes in a dish, add the water, cover and cook. Rearrange halfway through cooking.

8-10 Mins. 100 P

Leave to cool.

2. Cut the potatoes lengthwise and carefully remove the potato from the skin. Mix the potato with the ham, onion, milk and Parmesan cheese to an even consistency. Season with salt and pepper.

3. Fill the potato skins with potato mixture and sprinkle with Emmental cheese. Place potatoes on a plate and cook.

4-6 Mins. 100 P

After cooking, leave to stand for approximately 2 minutes.

Denmark

FRUIT JELLY WITH VANILLA SAUCE

Total cooking time 10-13 minutes

Utensils: Dish with lid (2 l capacity)
(1 l capacity)

Ingredients

150 g redcurrants, washed and stalks removed
150 g strawberries, washed and haulms removed
150 g raspberries, washed and haulms removed
250ml white wine
100 g sugar
50 ml lemon juice
8 gelatin leaves
300 ml milk
inside of $\frac{1}{2}$ vanilla pod
30 g sugar
15 g food thickener

1. Put some of the fruit to one side for decoration. Purée the rest of the fruit with the white wine, put it into a dish, cover and heat.

7-9 Min. 100 P

Fold in the sugar and the lemon juice.

2. Soak the gelatin in cold water for approx. 10 minutes, then take it out and squeeze dry. Stir the gelatin in with the hot purée until it has dissolved. Place the jelly in the refrigerator and leave to set.

3. To make the vanilla sauce; put the milk into the other dish. Slit the vanilla pod and remove the inside. Stir this in with the milk, together with the sugar and the food thickener, cover and cook, stirring during cooking and again at the end.

3-4 Min. 100 P

4. Turn out the jelly onto a plate and decorate with the whole fruit. Add the vanilla sauce.

Tip: You can also use defrosted frozen fruits.

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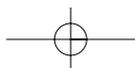
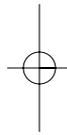
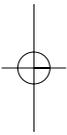
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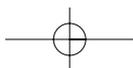
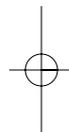
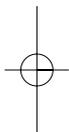
AC Line Voltage	: 230 V, 50 Hz, single phase
Distribution line fuse/circuit breaker	: Minimum 10 A
AC Power required:	Microwave : 1.2 kW
Output power:	Microwave : 800 W (IEC 60705)
Microwave Frequency:	: 2450 MHz
Outside Dimensions:	R-21FBST : 496 mm (W) x 378 mm (H) x 316 mm (D) R-22FBST : 596 mm (W) x 378 mm (H) x 316 mm (D)
Cavity Dimensions	: 285 mm (W) x 202 mm (H) x 298 mm (D) *
Oven Capacity	: 17 litres *
Turntable	: \varnothing 272 mm, glass
Weight	: approx. 15.5 kg
Oven lamp	: 25 W/240 - 250 V

* Internal capacity is calculated by measuring maximum width, depth and height.
Actual capacity for holding food is less.

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE AS PART OF
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