

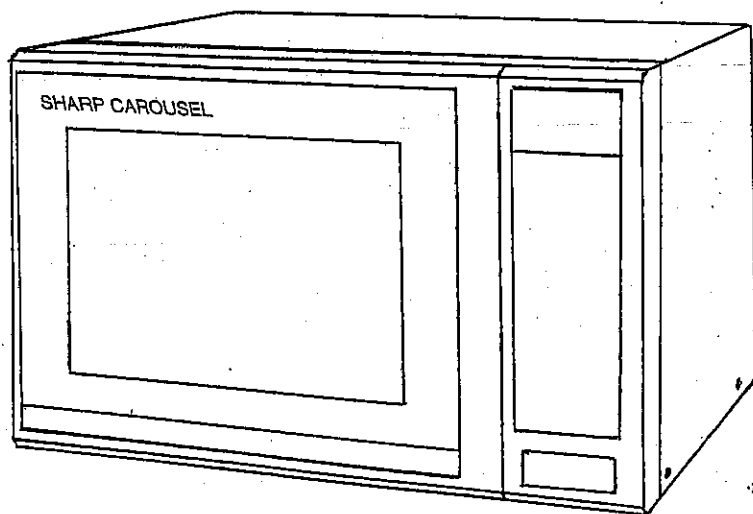
SHARP®

CAROUSEL™ CONVECTION MICROWAVE OVEN

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MODEL R-7A54

OPERATION MANUAL



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CONVECTION PERFECTION

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 oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
- d. If materials inside the oven should ignite, this oven has an automatic extinguishing feature. However, should a fire occur in the oven, keep the oven door closed, turn the oven off at the power point, remove the power plug or, turn off the power at the main fuse or circuit breaker in the meter box.

To reduce the risk of containers breaking in the oven cavity:

- 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, make sure that the neck of the container is as wide as the container itself, this allows the liquid to bubble freely in the container. Never use containers with narrow necks.

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

Do not operate the oven if it is not working correctly or damaged. 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 and Sealing Surfaces.

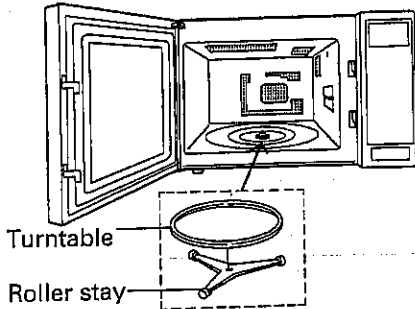
Always use oven mittens to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

SPECIAL NOTES

	DO	DON'T
Eggs, fruits, vegetables and oysters	<ul style="list-style-type: none"> * Puncture egg yolks 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. * Reheat whole eggs. * Overcook oysters.
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. * Remove the screw cap and teat 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 above. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Dry wood, herbs, or wet papers. * Operate the oven empty.
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. 	

INSTALLATION INSTRUCTIONS

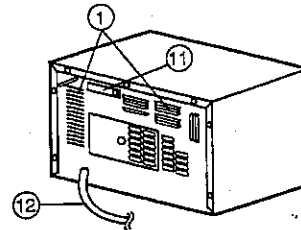
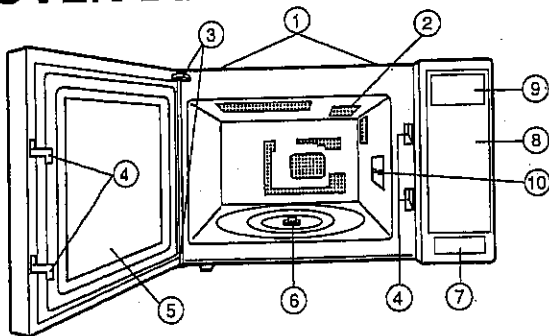
1. Remove all packing materials from the oven cavity. Check the unit for any damage, such as a misaligned door, damaged gaskets around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
 - 1) Turntable
 - 2) Roller stay
 - 3) Low rack
 - 4) High rack
 - 5) Cookbook
 - 6) Operation manual
3. Remove the Roller Stay from within the packing supplied inside the oven cavity, place on the coupling in the floor of the oven and then seat the turntable on the Roller Stay.



* Place the roller stay on the coupling in the oven and seat the turntable on the roller stay.

4. Should you wish to have wall installation of your Sharp microwave oven, the Sharp microwave oven Built-In Kit should be used to ensure proper ventilation of oven exhaust. Please consult your Sharp retailer for availability of this kit. Only Built-In Kits approved by Sharp can be used with Sharp Microwave Ovens. Built-In Kit model name RK-771.
5. The oven should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit. The oven must have a minimum clearance of 50 mm from the rear and side walls and not for use below bench height. 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
 - Australia 240V, 50Hz.
 - New Zealand 230 - 240V, 50Hz.

OVEN DIAGRAM



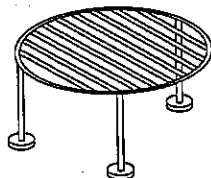
- | | | |
|-------------------------|------------------------|--|
| 1. Ventilation openings | 5. See through door | 9. Digital readout |
| 2. Oven lamp | 6. Coupling | 10. Waveguide cover |
| 3. Hinges | 7. Door open button | 11. Access cover for oven lamp replacement |
| 4. Safety door latches | 8. Touch Control Panel | 12. Power supply cord |

Metal racks—High and low

The racks are for Convection, Mix and Grilling. When cooking on Convection or Mix, do not substitute similar types of racks for these specially designed ones.

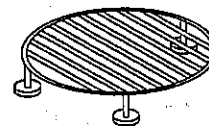
High Rack

-This rack is used for two level cooking in Convection, such as layer cakes, muffins, biscuits, etc., or for Grill cooking.



Low Rack

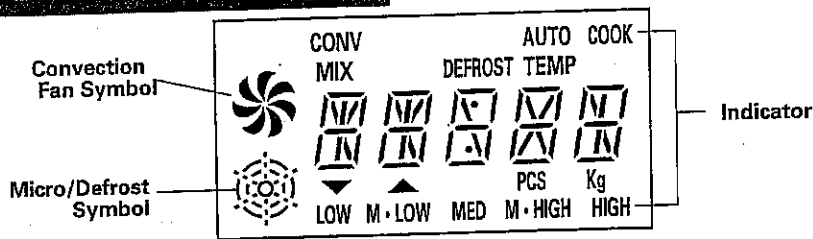
-This rack is recommended for roasting and baking in Convection or Mix mode and can be used for reheating and cooking foods by microwave.



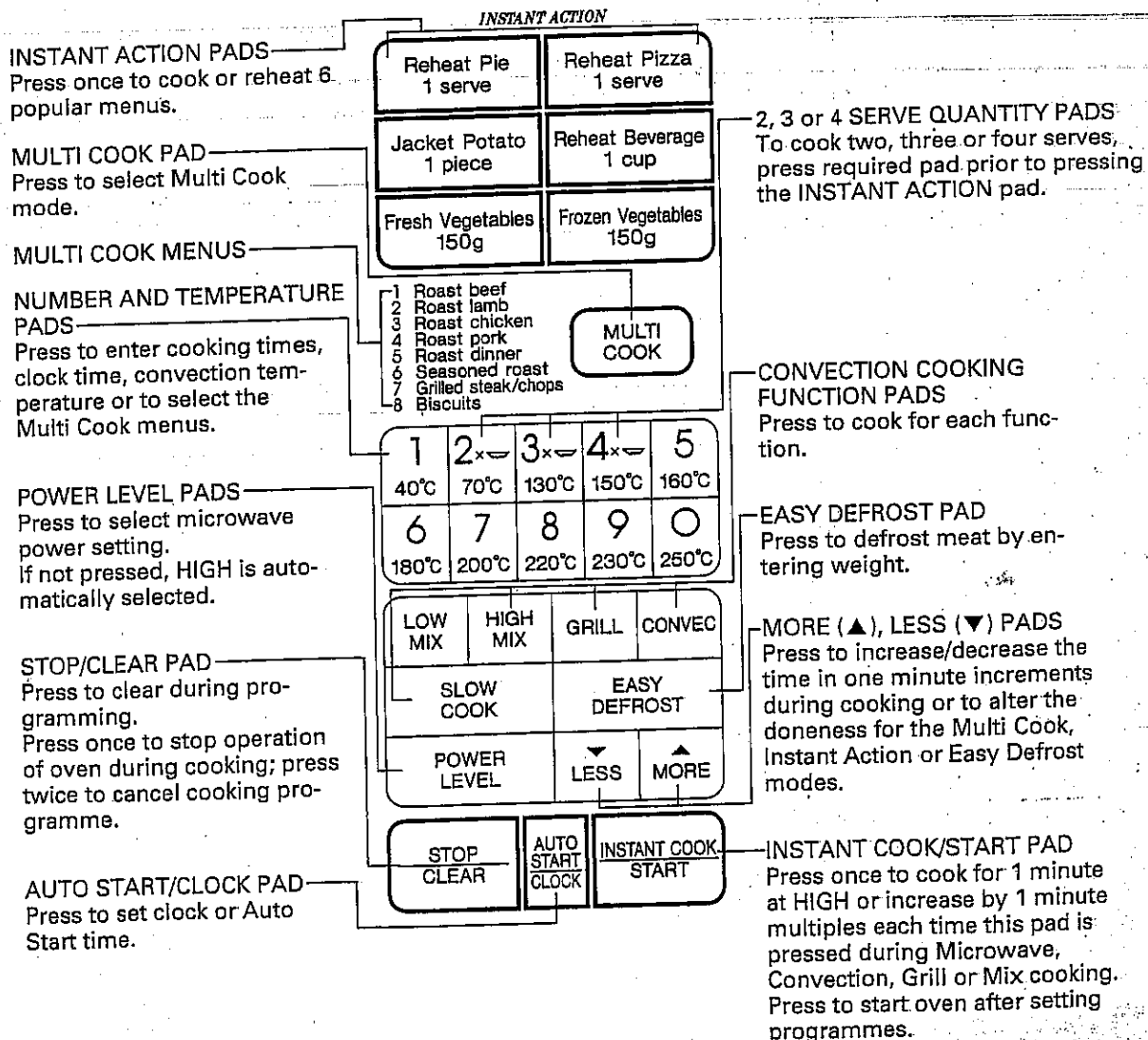
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel. Any 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.

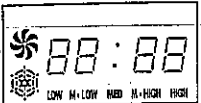


Control Panel Display



Touch Control Panel Layout


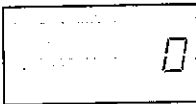

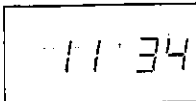

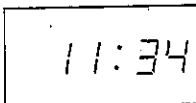


Getting Started

Step	Procedure	Pad/Order	Display
1	Plug the oven into a power point and switch on the power.		 Flashing eights
2	Close the oven door.		as above
3	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

Clock Setting

* To enter the present time of day eg. 11:34 (AM or PM). (ie. this is a twelve hour clock.)

Step	Procedure	Pad/Order	Display
1	Press the AUTO START/CLOCK pad.		
2	Enter the correct time of day by pressing the numbers in sequence.		
3	Press the AUTO START/CLOCK pad again.		

Stop/Clear

Use the STOP/CLEAR pad to:

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

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MICROWAVE COOKING

Please refer to the Sharp Cookbook provided with this oven for more detailed guidance about microwave cooking techniques, utensils and food cooking times.

GENERAL PRINCIPLES FOR MICROWAVE COOKING

<u>Arrange food carefully</u>	Place thickest areas toward outside of dish.
<u>Watch cooking time.</u>	Cook for the shortest amount of time indicated and add more time as needed. Food severely over-cooked can smoke or ignite.
<u>Cover foods while cooking.</u>	Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly. (Helps keep oven clean)
<u>Shield food</u>	With small flat pieces of aluminum foil any thin areas of meats or poultry to prevent over cooking before dense, or thick areas are cooked thoroughly.
<u>Stir foods</u>	From outside to center of dish once or twice during cooking, if possible.
<u>Turn foods</u>	Over once during microwaving to speed cooking of such foods as chicken and hamburgers.
<u>Rearrange foods</u>	Like meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
<u>Allow standing time</u>	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover for standing time which allows the food to finish cooking without overcooking.
<u>Check for doneness</u>	Look for signs indicating that cooking temperatures have been reached. Doneness signs include <ul style="list-style-type: none"> - Food steams throughout, not just at edge. - Poultry thigh joints move easily. - Poultry shows no pinkness. - Fish is opaque and flakes easily with a fork.
<u>Condensation</u>	Is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level. There are five different power levels.

Power level	LOW	MED LOW/DEF	MED	MED HIGH	HIGH
Approximate percentage of microwave power	10%	30%	50%	70%	100%
Examples of foods typically cooked on microwave oven power level	Keeping food warm	Defrost Softening butter	Fish fillets Soups/Stews	Reheating Casseroles	Fruit Vegetables

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.

1	Enter desired cooking time.		
2	Press the INSTANT COOK/START pad.		

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

* Suppose you want to cook some fish fillets on MED HIGH power for 10 minutes.

Step	Procedure	Pad/Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL pad as required (for MED HIGH press twice).	 X 2	
3	Press the INSTANT COOK/START pad.		

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

The turntable can rotate to the left or right. This is quite normal.

Sequence Cooking

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

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

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL pad as required. (eg. for MED HIGH press the POWER LEVEL pad twice.)	x 2	
3	For second sequence, enter desired cooking time. If power is not selected the oven will default to HIGH power.		
4	Press the INSTANT COOK/START pad.		

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook at one minute intervals 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.

CONVECTION COOKING

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

Recommended Utensils:

Metal turntable	Aluminum foil containers
High rack	Heat resistant glass
Low rack	Corning Ware®
Metal baking tins	
Oventable paper board containers	
(Follow manufactures instructions)	

To Cook by Convection

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

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

Step	Procedure	Pad/Order	Display
1	Enter desired cooking time.		
2	Press the CONVEC pad.		 TEMP will flash on and off.
3	Enter desired temperature.		 TEMP stops flashing and remains on display.
4	Press the INSTANT COOK/START pad.		 Convection Fan Symbol will rotate.

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.




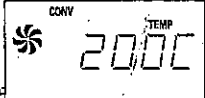








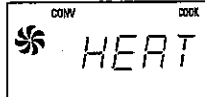
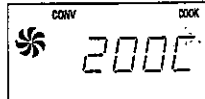

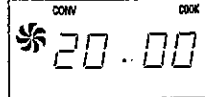
Helpful Hints:

1. Foods may be cooked either directly on turntable, or using the high or low racks.
2. Do not cover turntable, high rack, or low rack with aluminum foil. It interferes with the flow of air that cooks food.
3. Round pizza trays are excellent cooking utensils for many convection-only items. Choose trays that do not have extended handles.
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.

To Preheat and Cook by Convection

For best results when baking on convection, preheat to required temperature.

* Suppose you want to preheat the oven to 200°C then cook for 20 minutes at 160°C.

Step	Procedure	Pad Order	Display
1	Press the CONVEC pad.		
			TEMP will flash on and off.
2	Press desired preheat temperature pad.		
			TEMP stops flashing and remains on display.
3	Enter desired cooking time.		
4	Press the CONVEC pad again.		
			TEMP will flash on and off.
5	Press desired cooking temperature pad.		
6	Press the INSTANT COOK/START pad. When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times. At this point the oven is preheated. If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes.		
			
			will be displayed repeatedly. Convection Fan Symbol will flash on and off.
			
			Convection Fan Symbol will rotate.
7	Open the door. Place food in oven. Close the door. Press the INSTANT COOK/START pad.		
			Convection Fan Symbol will rotate.

Helpful Hint

1 Generally, the turntable should be left in the oven during preheating, except in some cases such as grilling.

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 (BAKE) pad is preprogrammed for 180°C with 10% microwave power, while the HIGH MIX (ROAST) pad is preprogrammed for 200°C with 30% microwave power.

Recommended Utensils:

Metal turntable
High rack
Low rack
Metal baking tins

Heat resistant glass
Corning Ware®
Ovenable paperboard containers
(Follow manufactures instructions)
Aluminium foil containers

To Use Automatic Mix Settings

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

Step	Procedure	Pad/Orb	Display
1	Enter desired cooking time.		
2	Press the LOW MIX pad.		 TEMP will flash on and off.
3	Press the INSTANT COOK/START pad.		 Convection Fan Symbol will rotate and Microwave Symbol will flash, changing its shape.

NOTE


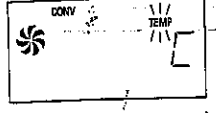

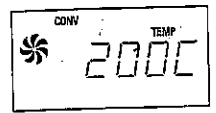

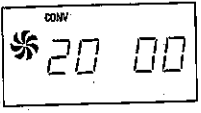

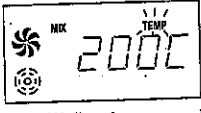

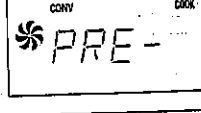
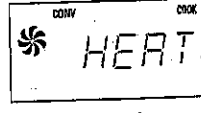


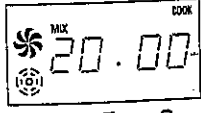
1. To cook on HIGH MIX setting, use the above procedure, pressing HIGH MIX pad in Step 2.
2. If you want to change convection temperature of Automatic Mix Settings, use the above procedure, pressing the desired temperature pad after Step 2.

Helpful Hints:

1. During mix cooking some metal utensils may cause arcing when they come in contact with oven walls or accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.
To prevent arcing when using a metal tin, place a heat resistant dish (Pyrex® pie plate, dinner plate) between the tin and the rack.
2. Less tender cuts of beef can be roasted and tenderized using oven bags.
3. 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 CONVEC pad.		 TEMP will flash on and off.	PREHEAT
2	Press desired preheat temperature pad.		 TEMP stops flashing and remains on display.	
3	Enter desired cooking time.			COOKING
4	Press the HIGH MIX pad.		 TEMP will flash on and off.	
5	Press the INSTANT COOK/START pad.		  will be displayed repeatedly.	
	When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times. At this point the oven is preheated. If the oven door is not opened, the oven will begin temperature holding operation. The oven will automatically hold at the preheat temperature for 30 minutes.		 Convection Fan Symbol will flash on and off. Convection Fan Symbol will rotate.	
6	Open the door. Place food in oven. Close the door. Press the INSTANT COOK/START pad.		 Convection Fan Symbol will rotate.	

If you wish to preheat and cook at a different temperature, use the above procedure, pressing the desired cooking temperature pad after 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	Enter desired convection cooking time.		
2	Press the CONVEC pad.		 TEMP will flash on and off.
3	Enter desired convection temperature.		 TEMP stops flashing and remains on display.
4	Enter desired microwave cooking time.		
5	Select power level by pressing the POWER LEVEL pad as required (for MEDIUM press three times.)	 x 3	
6	Press the INSTANT COOK/START pad.		 The timer begins to count down to zero. Convection Fan Symbol will rotate. When it reaches zero. Microwave Symbol will flash, changing its shape.


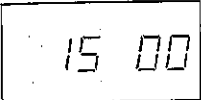

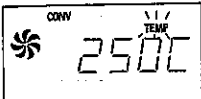

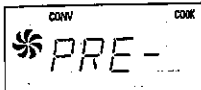
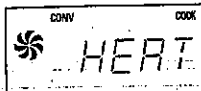
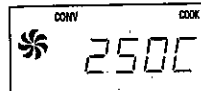

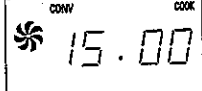
Be careful not to use plastic (non-heat proof) cookware if combining Convection and Microwave mode.

GRILLING

Recommended Utensils:
Metal turntable
High rack

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.

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

Step	Procedure	Pad Order	Display
1	Enter maximum grilling time.		
2	Press the GRILL pad.		 TEMP will flash on and off.
3	Press the INSTANT COOK/START pad.		  will be displayed repeatedly. Convection Fan Symbol will flash on and off.
	When oven temperature reaches 250°C, the Convection Fan Symbol will stop flashing and begin rotating. An audible signal will sound 4 times.* Pour 1/2 cup of cold water onto the turntable to prevent excessive fat splatters and smoke while grilling.		 Convection Fan Symbol will rotate.
4	Open the door and place food in oven. Close the door. Press the INSTANT COOK/START pad.		 Convection Fan Symbol will rotate.


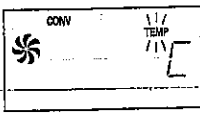

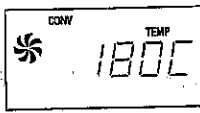

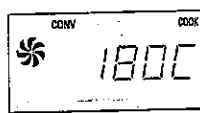
* Oven will maintain 250°C for 30 minutes after signal sounds and Convection Fan Symbol begins to rotate. If the oven door is not opened (food placed in the oven) within 30 minutes, the oven will automatically turn off.

Helpful Hints:

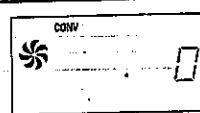

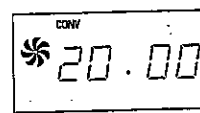

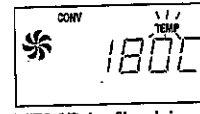

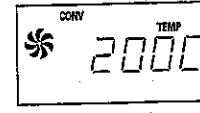

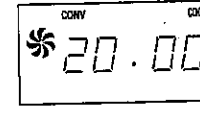
If you want to change grilling temperature (perhaps for different foods) use the above procedure, pressing the desired temperature pad after Step 2.

PREHEATING

* To preheat the oven to 180°C

Step	Procedure	Pad/Order	Display
1	Press the CONVEC pad.		
2	Select preheating temperature.		
3	Press the INSTANT COOK/START pad.		PRE- HEAT is displayed repeatedly.
4	Preheat is over. If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes.		Convection Fan Symbol will flash on and off.  Convection Fan Symbol will rotate.

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

5	Open the door and place in food. Close the door.		
6	Enter desired cooking time.		
7	Press the CONVEC pad.		 TEMP is flashing.
8	Enter desired cooking temperature.		
9	Press the INSTANT COOK/START pad.		


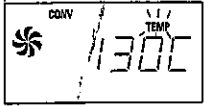

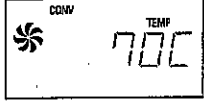

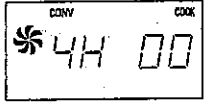
After preheating, suppose you want to cook with automatic Mix settings. Press the HIGH MIX or LOW MIX pad instead of the CONVEC pad in Step 7, then continue with Step 8 (if necessary) and Step 9.

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, 10°C will be displayed.

SLOW COOK

The SLOW COOK setting is preset for 130°C for 4 hours. It is designed for foods which cook longer than 99 minutes, 99 seconds at 130°C or less. Foods such as casseroles are best cooked slowly at low temperatures. The SLOW COOK feature expands the length of cooking time to a maximum of 4 hours at 130°C or lower. It adds to the overall versatility of your new Convection Microwave oven. When using this setting, no cooking time is entered; you will need to time food manually.

* Suppose you want to change oven temperature from 130°C to 70°C.

Step	Procedure	Pad Order	Display
1	Press the SLOW COOK pad.		 TEMP will flash on and off.
2	Enter desired oven temperature if you want to change from 130°C.		 TEMP stops flashing and remains on display.
3	Press the INSTANT COOK/START pad.		 The Convection Fan Symbol will begin to rotate.

The cooking time will count down to zero. After 4 hours an audible signal will sound. All indicators will go out. The time of day will appear on display. If you need to check food, open the oven door and check or stir. After closing the door, press the INSTANT COOK/START pad.

When changing SLOW COOK temperature, temperature above 130°C cannot be entered.


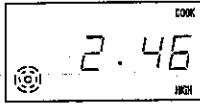
INSTANT ACTION

INSTANT ACTION	
Reheat Pie 1 serve	Reheat Pizza 1 serve
Jacket Potato 1 piece	Reheat Beverage 1 cup
Fresh Vegetables 150g	Frozen Vegetables 150g

The Instant Action allows you to cook or reheat several popular foods.

(1) For a single serve





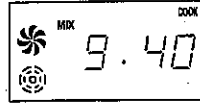
* Suppose you wish to cook 1 Jacket Potato.

Step	Procedure	Pad/Order	Display
1	Simply press the INSTANT ACTION pad —just one touch.		

Foods weighing more or less than the quantity listed in the Instant Action Menu Guide should be cooked by time and variable power. See cookbook.

(2) For more than one serve (eg. Two, Three or Four serves)

* Suppose you wish to reheat three serves of pizza. Place three serves of pizza on the low rack and set them on the turntable.

Step	Procedure	Pad/Order	Display
1	Press the 3 serves quantity (3 x ) pad.		
2	Press the Reheat Pizza pad. After cooking, follow display instructions eg. STAND.		 STAND will be displayed.

You can alter the desired cooking result by pressing the MORE or LESS pads prior to pressing the INSTANT ACTION pad. The STANDARD setting will automatically be selected if you don't press the MORE or LESS pad.

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 time and variable power.

Menu	Initial Temperature	Cooking Method	Quantity and Procedure
Reheat Pie (Meat) * No LESS setting	approx. +3°C Refrigerated	No Preheat HIGH MIX	1-4 pieces (1 piece, approx. 180g) <ul style="list-style-type: none"> Place pie on the low rack on the turntable. After cooking, stand 1-3 mins.
Reheat Pizza	approx. +3°C Refrigerated	No Preheat HIGH MIX	1-4 pieces (1 piece, approx. 130g) <ul style="list-style-type: none"> Place pizza on the low rack on the turntable. After cooking, stand 1-3 mins.
Jacket Potato Potato(whole)	approx. +20°C Room temperature	MICRO	1-4 pieces (1 piece, approx. 150g) <ul style="list-style-type: none"> Use washed new potatoes. Pierce twice with fork on each side. Place on outside of turntable. When oven stops and TURN OVER is displayed, turn over potatoes and continue cooking. After cooking, stand, covered with aluminium foil for 3-10 mins.
Reheat Beverage	approx. +20°C Room temperature	MICRO	1-4 cups (1 cup, 250ml) <ul style="list-style-type: none"> No cover. Stir after reheating.
Fresh Vegetables Carrots } Potato } hard vegetables Beans } Brussels Sprouts } Broccoli } medium vegetables Cauliflower } Zucchini } Spinach } soft vegetables Cabbage }	approx. +20°C Room temperature	MICRO	150-600g <ul style="list-style-type: none"> Wash the vegetables. 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 1-5 mins. then stir.
Frozen Vegetables Carrots } Beans } Brussels Sprouts } Broccoli } medium vegetables Cauliflower } Corn } Green Peas } soft vegetables Mixed Vegetables }	approx. -18°C Frozen	MICRO	150-600g <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. When oven stops and STIR is displayed, stir and continue cooking (more than 300g). After cooking, stand 1-5 mins. then stir.

MULTI COOK

- 1 Roast beef
- 2 Roast lamb
- 3 Roast chicken
- 4 Roast pork
- 5 Roast dinner
- 6 Seasoned roast
- 7 Grilled steak/chops
- 8 Biscuits


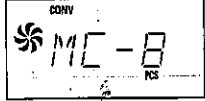

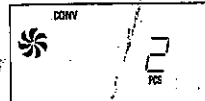


MULTI COOK will automatically compute the cooking method and cooking time. It is based on specific foods and the weight of the food.

(1) menus 1-7 * Suppose you want to use Multi Cook to cook a 1.5 kg roast lamb (Med).

Step	Procedure	Pad/Order	Display
1	Press the MULTI COOK pad.		FOOD will flash on and off.
2	Select food category for Multi Cook. Press 2 to cook Roast lamb.		 Kg will flash on and off.
3	Press number pads to enter weight.		 Kg stops flashing.
4	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. Audible signals will sound and oven will stop. TURN and then OVER will be displayed repeatedly.
5	Open the door. Turn over meat. Close the door.		PRESS and then START will be displayed repeatedly.
6	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down to zero, when it reaches zero, an audible signal will sound. COVER and then STAN will be displayed repeatedly.

(2) menu 8 * Suppose you want to cook 2 layers biscuits.
After step 1.

Step	Procedure	Pad Order	Display
2	Select food category for Multi Cook. Press 8 to cook Biscuits.		 PCS will flash on and off.
3	Press number pads to enter quantity (2 layers). Press the INSTANT COOK/START pad.		

* Kilograms must be rounded off to the nearest tenth of a kilogram (Example: 1.45 kg should be rounded off to 1.5 kg). If a weight over or under the guidelines in the chart is entered, **ERROR** and kg or Pcs indicator will flash on display.

If the cooking time for any Multi Cook food is more than 100 minutes, 1H and the minutes will appear on the display. When the countdown reaches one hour (60 minutes), minutes and seconds will appear on display and continue to countdown.

NOTE

1. Use foods listed in the Multi Cook Section of the control panel.
2. Foods weighing more or less than the quantity listed in the chart should be cooked following guidelines in the cookbook. If you enter an incorrect quantity and INSTANT COOK/START pad is pressed, **ERROR** will appear on display.
3. The weight or quantity of food must be entered for each Multi Cook Setting. The unit, kilogram (kg) or quantity (Pcs), will appear on display. For example, chicken would be calculated in kilograms and biscuits would be quantity.
4. You can alter the desired cooking result by pressing the MORE or LESS pad prior to pressing the INSTANT COOK/START pad. The STANDARD setting will automatically be selected if you don't press the MORE or LESS pad.
5. If door is opened during Multi Cook, close the door and press the INSTANT COOK/START pad to resume cooking.

Multi Cook Menu Guide

The final temperature will vary according to initial temperature. Check foods for doneness after cooking. If necessary you can continue cooking with time and variable power.

No.	Menu	Initial Temperature	Cooking Method	Quantity and Procedure
1	Roast Beef * You can select desired doneness. MORE - Well done STD - Medium LESS - Rare	approx. +3°C Refrigerated	HIGH MIX	0.6-3.0 kg <ul style="list-style-type: none"> Tie meat with string and season. Place fat side down on low rack. When oven stops and TURN OVER is displayed, turn meat over. After cooking, stand, covered with aluminium foil for 10-15 mins.
2	Roast Lamb * You can select desired doneness. MORE - Well done STD - Medium	approx. +3°C Refrigerated	HIGH MIX	0.6-3.0 kg <ul style="list-style-type: none"> Place fat side down on low rack and season. When oven stops and TURN OVER is displayed, turn meat over. After cooking, stand, covered with aluminium foil for 10-15 mins.
3	Roast Chicken <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Preparation before cooking</p> <ul style="list-style-type: none"> Remove neck and excess fat from chicken. Wash and dry chicken. Tie legs together. </div> #No LESS setting	approx. +3°C Refrigerated	Preheat HIGH MIX	1.0-3.0 kg <ul style="list-style-type: none"> PREHEAT IS AUTOMATIC FOR THIS MENU. ADD CHICKEN AFTER PREHEATING. Brush chicken with melted butter and season with season salt. Place breast side down on low rack. When oven stops and TURN OVER is displayed, turn chicken over. Brush with more butter and season. After cooking, stand, covered with aluminium foil for 10-20 mins.
4	Roast Pork #No LESS setting	approx. +3°C Refrigerated	Preheat HIGH MIX	0.6-4.0 kg <ul style="list-style-type: none"> PREHEAT IS AUTOMATIC FOR THIS MENU. ADD MEAT AFTER PREHEATING. Tie meat with string (loins only). Brush rind lightly with oil and season with salt. Place rind side down on low rack. When oven stops and TURN OVER is displayed, turn meat over. After cooking, stand covered with aluminium foil for 10-25 mins.



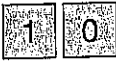
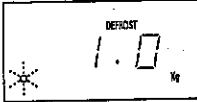

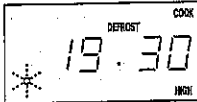

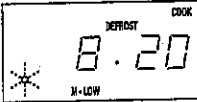
Multi Cook Menu Guide

No.	Menu	Initial Temperature	Cooking Method	Quantity and Procedure																	
5	Roast Dinner MORE - Well done STD - Medium Variety of meat-beef/lamb. Variety of vegetables-potato/pumpkin	approx. +3°C Refrigerated	HIGH MIX CONV.	0.6-2.5 kg (weight of meat) <ul style="list-style-type: none"> Place seasoned 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 OVER, Add VEG is displayed, if necessary drain off the fat, turn meat over and add vegetables over the meat using high rack. After cooking, stand meat, covered with aluminium foil for 5-15 mins. 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 mins. on convection 250°C. 																	
	<table border="1"> <thead> <tr> <th>Meat weight</th> <th>Vegetable weight</th> <th>Serves</th> </tr> </thead> <tbody> <tr> <td>2.5 kg</td> <td>1.5 kg</td> <td>6-8</td> </tr> <tr> <td>2.0 kg</td> <td>1.25 kg</td> <td>4-6</td> </tr> <tr> <td>1.5 kg</td> <td>1.0 kg</td> <td>4</td> </tr> <tr> <td>1.0 kg</td> <td>0.75 kg</td> <td>2-3</td> </tr> <tr> <td>0.6 kg</td> <td>0.5 kg</td> <td>2</td> </tr> </tbody> </table>	Meat weight	Vegetable weight	Serves	2.5 kg	1.5 kg	6-8	2.0 kg	1.25 kg	4-6	1.5 kg	1.0 kg	4	1.0 kg	0.75 kg	2-3	0.6 kg	0.5 kg	2		
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0.6 kg	0.5 kg	2																			
6	Seasoned Roast	approx. +3°C Refrigerated	HIGH MIX	0.6-3.0 kg <ul style="list-style-type: none"> See recipes on page 28. 																	
7	Grilled Steak/Chops See recipes on pages 28-29	approx. +3°C Refrigerated	Preheat CONV.	0.1-1.2 kg <ul style="list-style-type: none"> Remove turntable before preheating. PREHEAT IS AUTOMATIC FOR THIS MENU. ADD MEAT AFTER PREHEATING. Season meat as desired. Place on high rack. Place 1/2 cup of cold water on the turntable to prevent excessive smoke when grilling (otherwise the dripping fat on the hot turntable causes smoke). Place turntable with meat on high rack in oven after preheating. After cooking, stand covered with aluminium foil for 2-3 mins. 																	
	<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>240~380g</td> <td>1.5cm</td> </tr> <tr> <td>Rump steak</td> <td>250g</td> <td>2-2.5cm</td> </tr> <tr> <td>Pork chops</td> <td>245g</td> <td>1.5cm</td> </tr> <tr> <td>Lamb loin chops</td> <td>110~140g</td> <td>1.5cm</td> </tr> </tbody> </table>	Type of Meat	Approx. Weight	Approx. Thickness	T-bone steak	240~380g	1.5cm	Rump steak	250g	2-2.5cm	Pork chops	245g	1.5cm	Lamb loin chops	110~140g	1.5cm					
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8	Biscuits Recommended biscuits; anzac, chocochip and apricot wheatgerm crunchies See recipes on page 29	approx. +20°C Room temperature	Preheat CONV.	1-2 layers (1 layer, approx. 200-250 g) <ul style="list-style-type: none"> PREHEAT IS AUTOMATIC FOR THIS MENU. ADD BISCUITS AFTER PREHEATING. Place biscuits on a small pizza tray. Bake on low rack. If cooking more than one layer, place one tray on turntable and second tray on high rack. After cooking, allow to cool slightly, remove from trays and place on wire rack. 																	

EASY DEFROST





The Easy Defrost feature allows you to defrost meats by entering weight.

* Suppose you want to defrost 1.0 Kg of chicken pieces. (Round off to nearest 0.1 kg)

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad.		 Kg flashes on and off.
2	Press number pads to enter weight.		 Kg stops flashing and remains on display.
3	Press the INSTANT COOK/START pad.		 The oven will "beep" about 2/3 of the way through the defrost time and will stop. TURN OVER and COVER EDGE will be displayed repeatedly.
4	Open the door. Turn over the chicken pieces. Close the door.		PRESS and then START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.		 M-LOW
6	After defrosting follow display indications. (eg. COVER STAND)		COVER and START will be displayed repeatedly.

You can alter the desired defrosting result by pressing the MORE or LESS pads prior to pressing the INSTANT COOK/START pad. The STANDARD setting will automatically be selected if you don't press the MORE or LESS pads.

Easy Defrost Guide

Menu	Quantity min. – max.	Procedure
Steak Chops  See NOTE below.	0.1kg–3kg 0.1kg–3kg	<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 a defrosting rack. If pieces are stuck together, try to separate as soon as possible. When oven has stopped, remove defrosted pieces, turn over and shield the warm portions of remaining pieces. After defrost time, stand covered with aluminium foil for 10–15 mins.
Poultry 	1kg–4kg	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on a defrosting rack. When oven has stopped, turn over and shield the warm portions. After defrost time, stand covered with aluminium foil for 15–50 mins. N.B. After standing run under cold water to remove giblets if necessary.
Minced Beef See NOTE below.	0.1kg–3kg	<ul style="list-style-type: none"> Place frozen minced beef on a defrosting 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 for 10–15 mins.
Chicken Pieces  See NOTE below.	0.1kg–3kg	<ul style="list-style-type: none"> Shield the exposed bone with foil. Place chicken pieces on a defrosting rack. When 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 for 10–15 mins.
Roast/Beef Pork Lamb 	0.6kg–3kg 0.6kg–4kg 0.6kg–3kg	<ul style="list-style-type: none"> Shield the edge with foil strips about 2.5 cm wide. Place joint with lean side face upwards (if possible) on a defrosting rack. When oven has stopped, turn over and shield the warm portions. After defrost time, stand covered with aluminium foil for 15–50 mins.

Foods not listed in the Guide can be defrosted using MED LOW/DEF setting.

NOTE: When freezing minced beef, shape it into flat even sizes.
For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.

LESS/MORE PAD



The cooking times programmed into the automatic menus are tailored to the most popular Australian 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.

eg. Roast lamb well done – select MORE pad.

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

- MULTI COOK
- EASY DEFROST
- INSTANT ACTION

(1) MULTI COOK

* Suppose you wish to cook 1.0 Kg Roast lamb well done with MULTI COOK.

Step	Procedure	Pad/Order	Display
1	Press the MULTI COOK pad.		FOOD will flash on and off.
2	Select food category for Multi Cook. Press 2 to cook Roast lamb.		
3	Press number pads to enter weight.		
4	Press the MORE pad.		
5	Press the INSTANT COOK/START pad.		

For Defrost follow this same procedure using the EASY DEFROST pad instead of MULTI COOK in steps 1 and 2.

(2) INSTANT ACTION

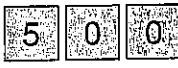
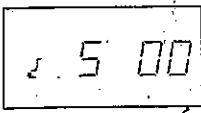

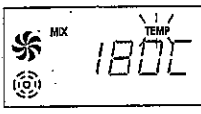

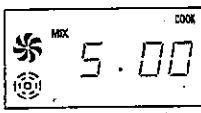
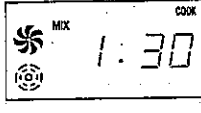

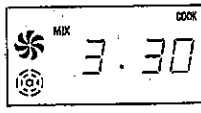
* Suppose you wish to cook Fresh Vegetables for a crispy result.

Step	Procedure	Pad/Order	Display
1	Press the LESS pad.		
2	Press the INSTANT ACTION pad for Fresh Vegetables.		

Increasing or Decreasing Time During a Cooking Programme

Convection, Grilling, Mix or Microwave 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 LOW MIX cooking.

Step	Procedure	Pad/Order	Display
1	Enter desired cooking time.		
2	Press the LOW MIX pad.		
3	Press the INSTANT COOK/START pad.		 The timer starts to count down. 
4	Press the MORE pad twice to increase time by two minutes.	 x 2	

AUTO START SETTING

If you wish to programme your oven to begin cooking automatically at a designated time of day, follow this procedure:

*Suppose you want to start cooking a stew for 20 minutes on MED at 4:30 in the afternoon.
(you have checked the correct time prior to programming and it is 1:00 pm.)

Step	Procedure	Pad/Order	Display
1	Enter the desired start time.		
2	Press the AUTO START/CLOCK pad.		 The colon (:) will flash on and off.
3	Enter the desired cooking time.		
4	Select power level by pressing the POWER LEVEL pad as required. (for MEDIUM press three times)	 x 3	
5	Press the INSTANT COOK/START pad.		 The oven will start cooking at 4:30 P.M.

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.







To check the programmed Auto Start time, press the AUTO START/CLOCK pad. The programmed Auto Start time will appear on display as long as your finger is pressing the pad. Checking the Auto Start time will not interfere with the operation of the oven.

CHILD LOCK FEATURE

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




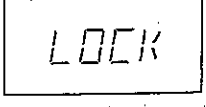

To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

*To set the Child Lock

Step	Procedure	Pad Order	Display
1	Press the AUTO START/CLOCK pad.		
2	Press the number one pad.		
3	Press the INSTANT COOK/START pad.		

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

*To unlock the Control Panel

Step	Procedure	Pad Order	Display
1	Press the AUTO START/CLOCK pad.		
2	Press the number one pad.		
3	Press the STOP/CLEAR pad.		The time of day is displayed and the oven is ready to use.

MULTI COOK 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
- 125 g 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 Multi Cook 6 (Seasoned Roast). When oven stops and **TURN OVER** is displayed, turn meat over.
6. After cooking, stand covered with aluminium foil 5-15 mins. before carving.

Apricot Lamb

- loin of forequarter lamb (deboned)
- 1 packet dried apricots
- 250 ml 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 boiled. Allow to cool slightly.
4. Pour apricot juice over the meat and marinade 1-2 hours.
5. Remove meat from the marinade, place on low rack and cook on Multi Cook 6 (Seasoned Roast). When oven stops and **TURN OVER** is displayed, turn meat over.
6. After cooking, stand covered with aluminium foil 5-15 mins. before carving.

Fruity Beef

topside beef

Sauce

- 125 ml 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 Multi Cook 6 (Seasoned Roast). When oven stops and **TURN OVER** is displayed, turn meat over, and brush with sauce.
5. After cooking, stand covered with aluminium foil 5-15 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 tablespoons Worcestershire sauce

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

GRILLED STEAK/CHOPS continued

MARINADE FOR LAMB CHOPS/PORK CHOPS

Indian Marinade

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

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

BISCUITS

Chocolate Chip Cookies

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

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 Multi Cook 8 (Biscuits).
5. After cooking, remove biscuits from the oven immediately and cool.

Anzac Biscuits

- 125 g butter
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda
- 2 tablespoons boiling water
- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- 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 Multi Cook 8 (Biscuits).
6. After cooking, remove biscuits from the oven immediately and cool.

Apricot Wheatgerm Crunchies

- 125 g butter
- 3/4 cup brown sugar, lightly packed
- 1/2 teaspoon vanilla essence
- 1 egg
- 1/2 cup self-raising flour, sifted
- 3/4 cup wheatgerm
- 1/3 cup coconut
- 1/3 cup rolled oats
- 125 g dried apricots, chopped
- 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 Multi Cook 8 (Biscuits).
6. After cooking, remove biscuits from the oven immediately and cool.

CARE AND CLEANING

Exterior and Door: The outside and door may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Touch Control Panel: Care should be taken in cleaning the touch control panel. Open the oven door before cleaning to inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

1. The walls of the oven are stainless steel; for easy cleaning, wipe any spatters or spills with a soft damp cloth or sponge after each use. For heavier soil, use mild soap, wipe clean with a damp cloth. While the oven is still warm, remove the soil immediately.
2. The waveguide cover, which is situated on the wall 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.

Turntable/Roller Stay:

Wash the turntable and roller stay in mild, soapy water. Dry with a soft cloth. After cleaning the floor of the oven, ensure any water is removed with a soft cloth. Avoid use of excess water.



SERVICE CALL CHECK

Please check the following before calling service:





1. Does the display light? Yes _____ No _____
 2. When the door is opened, does the oven lamp light? Yes _____ No _____
- If "No" is the answer for both, please check your wall socket and the fuse in your meter box. If both the wall socket and fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

Please check the following if "Yes" is the answer to either of the above questions.

3. 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.

Programme the oven for 2 minutes on HIGH. Press these pads:  → 

- A. Does the oven lamp light? Yes _____ No _____
- B. Does the cooling fan work? Yes _____ No _____
(Put your hand over the rear ventilation openings.)
- C. Does the turntable rotate? Yes _____ No _____
- D. Do Microwave Symbol, COOK and HIGH indicators light? Yes _____ No _____
- E. After 2 minutes, is the water hot? Yes _____ No _____

4. Remove water from the oven and programme:  →  →  → 

- A. Do Convection Fan Symbol, CONV and COOK indicators light? Yes _____ No _____
- B. 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.


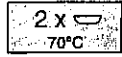



































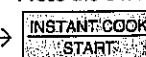












If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

SPECIFICATIONS

AC Line Voltage:	Single phase • Australia 240V, 50Hz • New Zealand 230-240V, 50Hz	Microwave Frequency:	2450 MHz
AC Power Required:	1.5 kW (Microwave) 1.6 kW(Convection)	Outside Dimensions:	520mm(W) x 338mm(H) x 469mm(D)
Output Power:		Cavity Dimensions:	346mm(W) x 222mm(H) x 350mm(D)
Microwave	850 W* (IEC-705-1988), 750W (AS2895-1986)	Oven Capacity:	27 litre (1.0cu.ft)
Convection Heater	1500W	Cooking Uniformity:	Turntable (330mm tray) system
		Weight:	Approx. 24 kg

* This measurement is based on the International Electrotechnical Commission's standardised method for measuring out power.

QUICK REFERENCE GUIDE

Feature	Function	Quick Operation Guide
Instant Action	To cook a single menu portion.	To cook one portion of Reheat Pie Just One Touch - select menu for a single serve 
Two, three, four serves of Instant Action	To adjust cooking time to the number of serves.	To cook two serves - 2 serves of Reheat Pie Press 2 Select Instant Action Menu  → 
Multi Cook	To cook by the Multi Cook programmes.	To cook a 2.5 kg Roast lamb (medium) Press Multi Cook Select Food Category Enter Weight Press Start  →  →   → 
Easy Defrost	To defrost.	To defrost 1.0 kg of Chicken Pieces Press Easy Defrost Enter Weight Press Start  →   → 
Variable cooking control	Ability to adjust microwave oven power.	To soften Cream Cheese or Butter (40 sec. on MED LOW) Enter cooking time Select power Press the START   →  x 4 → 
Preheat by Convection	To preheat.	Preheat before cooking a cake. Press the CONVEC Select Temp. Press the START  →  → 
Convection Time Cook	To cook by Convection.	To cook Anzac Biscuits for 14 minutes. Enter cooking time Select CONV. Select temp. Press the START     →  →  → 
Mix Cooking	To cook manually by Mix cooking.	To cook lasagne for 20 minutes on HIGH MIX Enter cooking time Select HIGH MIX Press the START     →  → 
Grilling	To cook by Grill.	To cook hamburgers for 12 minutes on GRILL Enter cooking time Select GRILL Press the START     →  → 
Child Lock	To lock keypad to prevent operation	Press the AUTO START/CLOCK Press 1 pad Press the START  →  → 
	To cancel the child Lock	Press the AUTO START/CLOCK Press 1 pad Press the STOP/CLEAR  →  → 
Clock	To set clock.	To set for 11:45 am Press the AUTO START/CLOCK Enter Time Press the AUTO START/CLOCK  →     → 

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