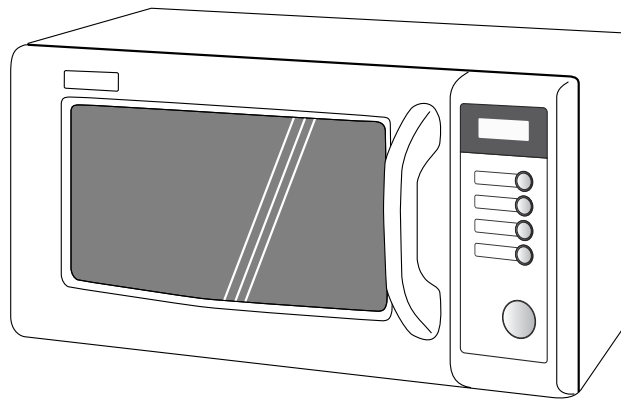




# SHARP

PROFESSIONELLES MIKROWELLENGERÄT  
FOUR A MICRO-ONDES COMMERCIAL  
KOMMERCIELE MAGNETRONOVEN  
FORNO A MICROONDE COMMERCIALE  
HORNO MICROONDAS INDUSTRIAL



<b>D</b>	<p><b>BEDIENUNGSANLEITUNG</b> - Diese Bedienungsanleitung enthält wichtige Informationen, welche Sie vor Inbetriebnahme des Gerätes unbedingt sorgfältig durchlesen sollten.</p> <p><b>Achtung:</b> Die Nichtbeachtung der Gebrauchs- und Serviceanweisungen sowie jeglicher Eingriff, der das Betreiben des Gerätes in geöffnetem Zustand (z.B. geöffnetes Gehäuse) erlaubt, führt zu erheblichen Gesundheitsschäden. <i>Dieses Gerät entspricht den Anforderungen der EG-Richtlinien 89/336/EWG und 73/23/EWG mit Änderung 93/68/EWG. SERVICEABWICKLUNG FÜR DEUTSCHLAND, siehe Seite XX.</i></p>
<b>F</b>	<p><b>MODE D'EMPLOI</b> - Ce mode d'emploi du four contient des informations importantes, que vous devez lire avant d'utiliser votre four à micro-ondes.</p> <p><b>Avertissement:</b> Des risques sérieux pour la santé peuvent être encourus si ces instructions d'utilisation et d'entretien en sont pas respectées ou si le four est modifié de sorte qu'il soit possible de le faire fonctionner lorsque la porte est ouverte. <i>Ce matériel répond aux exigences contenues dans les directives 89/336/CEE et 73/23/CEE modifiées par la directive 93/68/CEE.</i></p>
<b>NL</b>	<p><b>GEbruIKSAANWIJZING</b> - Deze gebruiksaanwijzing bevat belangrijke informatie die u dient te lezen alvorens u de oven in gebruik neemt.</p> <p><b>Waarschuwing:</b> Het niet naleven van de gebruiks- en onder- houdsvoorschriften evenals elke ingreep die het mogelijk maakt dat het toestel in niet-gesloten toestand in werking kan gesteld worden, kan leiden tot ernstige gezondheidsletsels. <i>Dit apparaat voldoet aan de eisen van de richtlijnen 89/336/EEG en 73/23/EEG, gewijzigd door 93/68/EEG.</i></p>
<b>I</b>	<p><b>MANUALE D'ISTRUZIONI</b> - Questo manuale contiene informazioni importanti, che dovete leggere prima di usare il forno.</p> <p><b>Avvertenza:</b> La mancata osservanza di queste istruzioni sull'uso e sulla manutenzione del forno, o l'alterazione del forno che ne permetta l'uso a sportello aperto, possono costituire un grave pericolo per la vostra salute. <i>Quest' apparecchio è conforme ai requisiti delle direttive 89/336/EEC e 73/23/EEC, come emendata dalla direttiva 93/68/EEC.</i></p>
<b>E</b>	<p><b>MANUAL DE INSTRUCCIONES</b> - Este manual contiene información muy importante que debe leerse antes de utilizar el horno.</p> <p><b>Advertencia:</b> Pueden presentarse serios riesgos para su salud si no respeta estas instrucciones de uso y mantenimiento, o si el horno se modifica de forma que pueda ponerse en funcionamiento con la puerta abierta. <i>Este aparato satisface las exigencias de las Directivas 89/336/CEE y 73/23/CEE, modificadas por medio de la 93/68/CEE.</i></p>

DEUTSCH  
Seite 1/D-1

FRANÇAIS  
Page 1/F-1

NEDERLANDS  
Bladzijde 1/NL-1

ITALIANO  
Pagina 1/I-1

ESPAÑOL  
Página 1/E-1

**R-15AM 1000W(IEC 60705)**



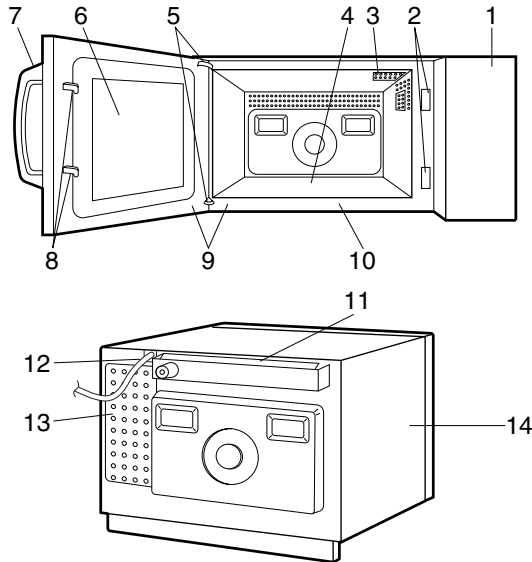
**Eng CONTENTS**

PART NAMES .....	2, 3	HOW TO OPERATE THE OVEN .....	4
IMPORTANT SAFETY INSTRUCTIONS .....	1	OTHER CONVENIENT FUNCTIONS .....	5
INSTALLATION INSTRUCTIONS .....	3	CARE AND CLEANING .....	7
ACCESSORIES .....	3	SERVICE CALL CHECK .....	7
BEFORE OPERATION .....	3	GUIDE .....	8
MICROWAVE POWER LEVEL .....	4	SPECIFICATIONS .....	11
		(SERVICE PROCEDURE FOR GERMANY)	
		..... only German part	



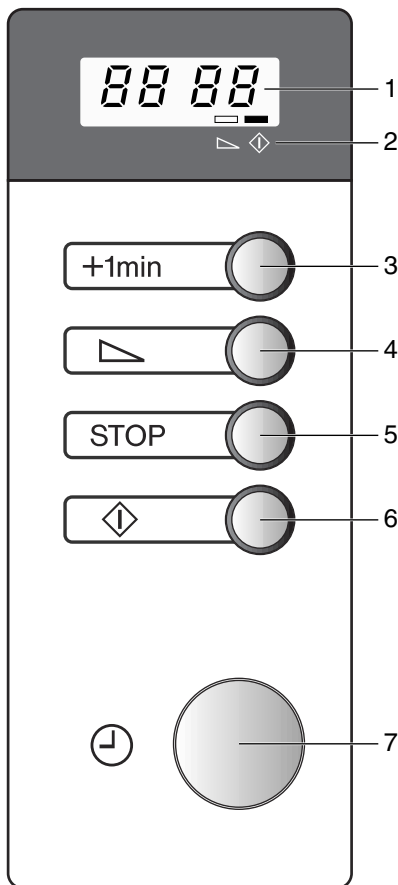
# PART NAMES

## OVEN



- 1 Control panel
- 2 Door lock openings
- 3 Oven lamp
- 4 Ceramic floor (Not removal)
- 5 Door hinges
- 6 Door
- 7 Door open handle
- 8 Safety door latches
- 9 Door seals and sealing surfaces
- 10 Cavity face plate
- 11 Air ventilation cover and openings
- 12 Power supply cord
- 13 Air intake openings
- 14 Outer cabinet

## 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.
  - ▴ Microwave power level
  - ◊ Cooking in progress
- 3 **+1min** button
- 4 **MICROWAVE POWER LEVEL** button
- 5 **STOP** button
- 6 **START** button
- 7 **TIMER** knob



# IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

## To avoid the danger of fire

1. **The microwave ovens 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.**
2. This oven is not designed to be built-in to a wall or cabinet.
3. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
4. The AC power supply must be 230V, 50Hz, with a minimum 16A distribution line fuse, or a minimum 16A distribution circuit breaker.
5. A separate circuit serving only this appliance should be provided.
6. Do not place the oven in areas where heat is generated. For example, close to a conventional oven.
7. Do not install the oven in an area of high humidity or where moisture may collect.
8. Do not store or use the oven outdoors.
9. **If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.**
10. **Use only microwave-safe containers and utensils. See "GUIDE" on page 8. Utensils should be checked to ensure that they are suitable for use in microwave ovens.**
11. **When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.**
12. **Clean the ceramic floor and the oven cavity after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.**
13. Do not place flammable materials near the oven or ventilation openings.
14. Do not block the ventilation openings.
15. Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.
16. Do not use the microwave oven to fry with oil or heat oil for deep frying. The temperature can not be controlled and the oil catch fire.
17. To make popcorn use only special microwave makers.
18. Do not store food or any other items inside the oven.
19. Check the settings after you start the oven to ensure the oven is operating as desired.
20. To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or Christmas pudding.
21. See the corresponding hints in this operation manual and in the attached cookery book section.

## To avoid the possibility of injury

### WARNING:

1. 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.
2. If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
3. **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.**
4. Do not operate the oven with the door open or alter the safety door latches in any way.
5. Do not operate the oven if there is an object between the door seals and sealing surfaces.
6. Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow instructions for "Care and Cleaning", Page 7.
7. 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

1. Under no circumstances should you remove the outer cabinet.
2. 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 a SHARP service agent.
3. Do not immerse the power supply cord or plug in water or any other liquid.
4. Do not let the power supply cord hang over the edge of a table or work surfaces.
5. Keep the power supply cord away from heated surfaces, particularly the back of the oven.
6. Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorized by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorized SHARP service agent.
7. 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 authorized SHARP service agent.



### **To avoid the possibility of explosion and sudden boiling**

#### **WARNING:**

1. **Liquids and other foods must not be heated in sealed containers since they are liable to explode.**
2. **Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.**
3. 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.
4. Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

**Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.**

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time (See page 9).
  2. Stir liquid prior to heating/reheating.
  3. It is advisable to insert a glass rod or similar utensil (not metal) into the liquid whilst reheating.
  4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.
5. **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.**
  6. Pierce the skin on such foods as potatoes, sausages and fruit before cooking, or they may explode.

### **To avoid the possibility of burns**

#### **WARNING:**

1. **The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.**
2. Use pot holders or oven gloves when removing food from the oven to prevent burns.
3. Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling.
4. **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.

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

heat.

6. Slice stuffed baked foods after heating to release steam and avoid burns.
7. Keep children away from the door to prevent them burning themselves.
8. Do not touch the back of the oven because it will become hot.

### **To avoid misuse by children**

#### **WARNING:**

1. **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.**
2. Do not lean or swing on the oven door. Do not play with the oven or use it as a toy. Young children should be supervised to ensure that they do not play with the oven.
3. 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**

1. Never modify the oven in any way.
2. Do not move the oven while it is in operation.
3. This oven is for food preparation only and may only be used for cooking food. It is not suitable for laboratory use.

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

1. Never operate the oven when it is empty. Doing so may damage the oven.
2. 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 ceramic floor due to heat stress. The preheating time specified in the dishes instructions must not be exceeded.
3. Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.
4. Do not place anything on the outer cabinet during operation.

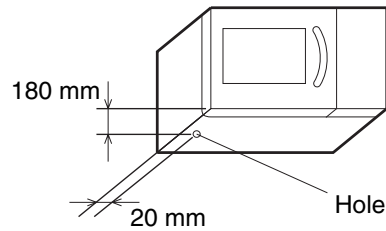
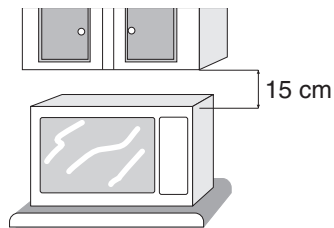
### **NOTE**

1. If you are unsure how to connect your oven, please consult an authorized qualified electrician.
2. Neither the manufacture 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.
3. 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 INSTRUCTIONS

- 1) Remove all packing materials from the inside of the oven cavity. Remove all the blue protective film from the outside of the oven.
- 2) Check the oven carefully for any signs of damage.
- 3) Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked.
- 4) Ensure there is a minimum free space above the oven of 15 cm.
- 6) The unit may be secured to a countertop or stand. There is a screw hole in the bottom of the unit. After the oven is permanently placed, drill a hole through the counter top for a 5 mm self-tapping screw. The hole should be 20 mm from the left side of the outer case cabinet and 180 mm back from the front edge of the cavity face plate.



- 5) Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

## ACCESSORIES

Check to make sure the following accessories are provided:

- Operation manual
- Caution Sheet (SPECIAL INSTRUCTIONS AND WARNINGS : part code TCAUHA 276 WRRZ)

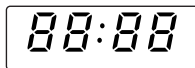
### NOTE:

- When you order accessories, please mention the two items: part name and model name to your dealer or SHARP authorized service agent.
- The model name is printed on the cover of this operation manual.

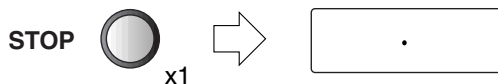
## BEFORE OPERATION

Plug in the oven.

1. The oven display will flash:



2. Touch the **STOP** button the display will show:



### Using the STOP button

Use the **STOP** button to:

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



## 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** (1000 W) used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.

**70 P** (700 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** (500 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** (300 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** (100 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.**

## HOW TO OPERATE THE OVEN

Your oven can be programmed for up to 30 minutes. (30.00) The input unit of cooking (defrosting) time varies from 10 seconds to 1 minute. It depends on the total length of the cooking (defrosting) time as shown on the table.

### Cooking time

0-5 minutes  
5-10 minutes  
10-30 minutes

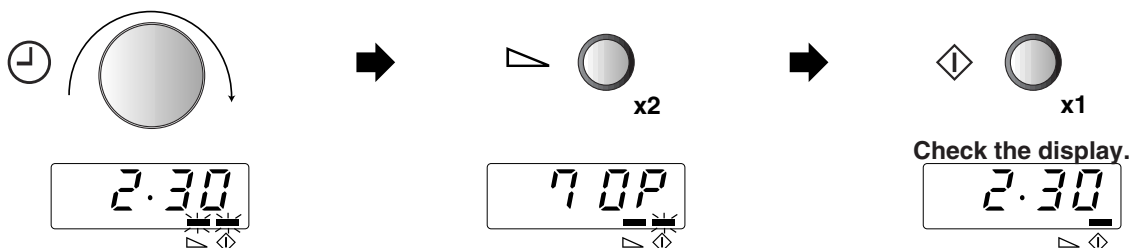
### Increasing unit

10 seconds  
30 seconds  
1 minute

### 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** knob clockwise. (2 min. & 30 sec.)
2. Choose desired power by pressing the **MICROWAVE POWER LEVEL** button twice.
3. Press the **START** button to begin cooking.



### NOTE:

1. 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** button is pressed.
2. 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.
3. You can rotate the **TIMER** knob clockwise or counterclockwise. If you rotate the knob counterclockwise, the cooking time will decrease from 30 minutes by degrees.



# OTHER CONVENIENT FUNCTIONS

## 1. MULTIPLE SEQUENCE COOKING

A maximum of 3 sequences can be input.

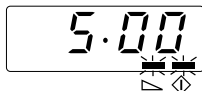
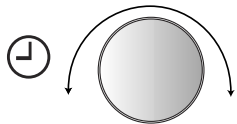
You can enter cooking time up to 30 minutes for each stage. The total cooking time is 30 minutes maximum.

### Example:

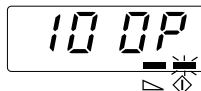
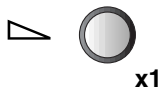
To cook: 5 minutes on 100 P power (Stage 1)  
16 minutes on 30 P power (Stage 2)

### STAGE 1

1. Enter the desired cooking time by rotating **TIMER** knob.

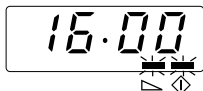
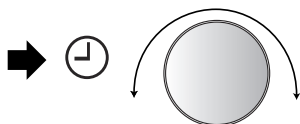


2. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button once.

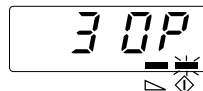
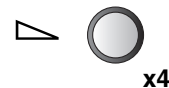


### STAGE 2

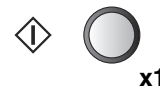
3. Enter the desired cooking time by rotating **TIMER** knob.



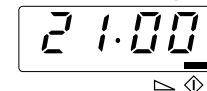
4. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button four times.



5. Press the **START** button once to begin cooking.



Check the display.



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

**NOTE:** If the total cooking time is over 30 minutes, the display will show **EE**. Press the **STOP** button and reprogramme.





## OTHER CONVENIENT FUNCTIONS

### 2. MINUTE PLUS FUNCTION

The **+1min** button allows you to operate the two following functions:



a. Direct start

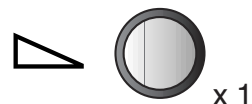
You can directly start cooking on 100 P microwave power level for 1 minute by pressing the **+1min** button.

b. Extend the cooking time

You can extend the cooking time for multiples of 1 minute if the button is pressed while the oven is in operation. The maximum time is 30 minutes.

### 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.



## CARE AND CLEANING

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

### CAUTION:

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

DO NOT SPRINKLE WATER ONTO THE OVEN DIRECTLY. IT MAY CAUSE ELECTRIC SHOCK, LEAKAGE OF ELECTRICITY OR DAMAGE OF THE OVEN.

THE OVEN SHOULD NOT BE CLEANED WITH A WATER JET.

### Oven Exterior

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

### CAUTION:

DO NOT OPERATE THE OVEN WITHOUT THE AIR VENTILATION COVER.

### Control Panel

Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid the use of excess water. Do not use any sort of chemical or abrasive cleaner. To do so may cause severe damage to the panel and make button entry impossible.

### Oven Interior

- 1) For easy cleaning, wipe any spatters or spills with a soft damp cloth or sponge at the end of each day for hygienic reasons. For heavier spills, use mild soap and wipe several times with a damp cloth until all residues are removed.

Built-up splashes may overheat and begin to smoke or catch fire, and cause arcing.

- 2) Keep the ceramic floor clean at all times. If you leave grease or fat in the cavity, it may overheat, smoke or even catch fire when next using the oven.

### CAUTION:

DO NOT REMOVE THE CERAMIC FLOOR FROM THE OVEN.

- 3) Make sure that mild soap or water dose not penetrate through the small vents in the walls which may cause damage to the oven.
- 4) Do not use spray type cleaners on the oven interior.

### Door

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

### ATTENTION ONLY IN GERMANY:

This appliance has to be checked at least once a year by an expert (SHARP Service). The result of this check has to be recorded. The customer is responsible to call an authorized SHARP Service Agent for that annual check.

## 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. When the door is opened:
  - Does the oven lamp light? YES \_\_\_ NO \_\_\_
3. Place one cup of 150 ml water in the oven and close the door securely. Programme the oven for 1 minute on 100 P and start the oven.
  - A. Does the oven lamp come on? YES \_\_\_ NO \_\_\_
  - B. Does the ventilation work? YES \_\_\_ NO \_\_\_  
(Place your hand over the ventilation openings and check for air flow.)
  - C. After 1 minute does the signal sound? YES \_\_\_ NO \_\_\_
  - D. Does the cooking in progress indicator go off? YES \_\_\_ NO \_\_\_
  - E. At the end of this time, is the water warm? YES \_\_\_ NO \_\_\_

If "NO" is the answer to any of the above questions, call your dealer or an authorized SHARP Service Agent and report the results of your check.



## GUIDE

### USEFUL THINGS TO KNOW ABOUT MICROWAVES

Microwaves set the water molecules contained in the food vibrating. The resulting friction generates heat that can be used to defrost or cook the food.

#### Food



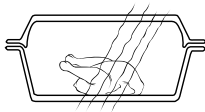
The microwaves are absorbed by the food

### SUITABLE UTENSILS

#### Glass, Glass-ceramics and Porcelain

Heat-resistant utensils made of glass, glass-ceramic or porcelain are suitable. However, the utensils must not contain metals (e.g., lead crystal) or be metal-plated (e.g., gold rim, cobalt blue).

#### Glass, Porcelain, Ceramics Plastics, paper etc.



Microwaves pass through

#### Ceramics

are usually suitable but they must be enamelled. When using utensils that are not enamelled, moisture can be absorbed by the material and heat it up. This can cause the material to crack.

#### Plastics and Paper Dishes

Heat-resistant and microwave-proof plastic utensils or paper dishes are suitable for defrosting, heating and cooking. Please follow the manufacturer's instructions.

#### Microwave Plastic Wrap

or heat-resistant wrap is suitable for covering and wrapping food. Please follow the manufacturer's instructions.

#### Roasting Bags

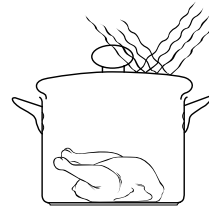
can be used in microwave ovens. Do not close the bags with a metal clip because the clip may cause the bag film to melt. Close the bag with string and pierce it several times with a fork. Films that are not heat-resistant, e.g., films to retain product freshness are not recommended for use in microwave ovens.

#### Metals

should not, as a rule, be used in microwave ovens because microwaves cannot penetrate metals and reach the food inside.

There are, however, some exceptions: Small strips of aluminum foil can be used to cover parts to prevent them from defrosting or cooking too fast (e.g., chicken wings).

#### Metal



Microwaves are reflected

Small metal skewers and aluminum trays (of prepackaged food) may be used. However, they must be small in proportion to the food. Aluminum containers, for example, must be filled to at least 2/3 to 3/4 with food. It is recommendable to transfer the food into microwave-safe containers.

When using aluminum trays or other metal utensils, they must be placed at least 2.0 cm away from the cavity walls. Otherwise the cavity walls may be damaged by sparking.

Do not use any utensils with metal-plating, metal parts or metal projections like screws, ribbons, or handles.

### TESTING UTENSILS

Perform the following test if you are unsure whether a certain utensil is microwave-safe: Place the utensil into the oven, put a glass containing about 150 ml of water on or beside the utensil, and operate the microwave oven at 100% power for 1 to 2 minutes. If it is cool or luke-warm to the touch, the utensil is suitable for microwave use. Do not perform this test on plastic dishes because the plastic might melt.



## INFORMATION ABOUT POWER LEVEL

### 100 P -70 P power:

The high power is perfect for warming up or regenerating food. You can also use it to make food boil e.g. water and then cook further with lower power.(e.g. for rice or noodles)

### 60 P -40 P power:

For longer cooking times and compact types of food.

### 30 P -20 P power:

For considerate cooking and sensitive menus. Also after cooking to simmer or for noodles and rice.

### 10 P power:

The low power level is mainly for defrosting. You can also use it for cooking of very sensitive menus like cheese sauce.

P=Percentage

Basically it is recommendable to cover the food for cooking or reheating. Additionally you can sprinkle some water over the food (you can also use salted water or even bouillon).

The water steam keeps the food moist and it also helps to make the cooking faster.

## COOKING CHART AND RECIPES

	Menu	Init. Temp.	Microwave Power Levels	200g	400g	600g	Comment
DEFROST	Meat	-18°C	10P	approx. 5'30"	approx. 10'	approx. 15'	Turn over at 1/2 of total defrosting time. Standing time about 15 mins.
	Poultry	-18°C	10P	approx. 7'	approx. 10'30"	approx. 15'	
	Fish	-18°C	10P	approx. 5'30"	approx. 10'	approx. 15'	
	Fruit	-18°C	10P	approx. 5'20"	approx. 9'	—	
	*Cake (no fruit or cheese)	-18°C	10P	approx. 2'	approx. 3'	approx. 4'	
	*Cream cake	-18°C	10P	approx. 1'50"	approx. 2'50"	—	
	Shrimps	-18°C	10P	approx. 5'30"	approx. 9'	approx. 14'	
	**Cold meat	-18°C	10P	approx. 5'20"	approx. 7'	approx. 9'30"	
REHEAT	Soup, clear	5±2°C	100P	approx. 1'20"	approx. 2'40"	approx. 3'50"	Cover with microwave foil or lid. Stir well after reheating.
	Soup, cream	5±2°C	100P	approx. 1'30"	approx. 3'	approx. 4'	
	Casseroles	5±2°C	100P	approx. 1'30"	approx. 3'	approx. 4'20"	
	Supplements, Noodles	5±2°C	100P	approx. 1'30"	approx. 2'30"	approx. 3'30"	
	Supplements, Rice	5±2°C	100P	approx. 1'30"	approx. 2'30"	approx. 3'30"	
	Supplements, Potatoes	5±2°C	100P	approx. 1'30"	approx. 2'30"	approx. 3'40"	
	Supplements, Vegetables	5±2°C	100P	approx. 1'30"	approx. 2'30"	approx. 3'30"	
	Baked Beans	5±2°C	100P	approx. 1'30"	approx. 2'30"	approx. 3'40"	
	Goulash, Ragout	5±2°C	100P	approx. 1'45"	approx. 2'45"	approx. 3'20"	
	*Meat	5±2°C	100P	approx. 1'10"	approx. 2'	—	
*Sausages	5±2°C	100P	approx. 25-30 sec.	40 sec.	50 sec.		
COOK	Supplements, Potatoes	20±2°C	100P	approx. 3'30"	approx. 6'30"	approx. 8'	Use casserole lid. Stir at 1/2 of total cooking time.
	Supplements, Vegetables	20±2°C	100P	approx. 3'30"-4'	approx. 7'	approx. 8'	

\*indications per pcs. (1,2,3 pcs.) not in gramm.

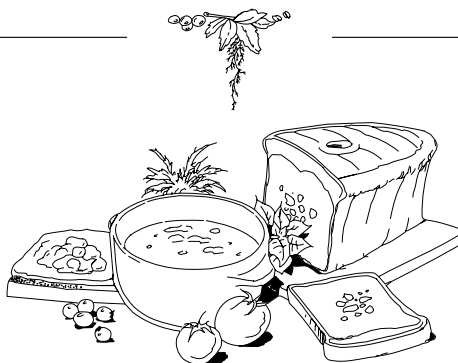
\*\*Remove defrosted portions. Standing time about 15 mins.



	Menu	Int. Temp.	Microwave Power Levels	1 Pc	2 Pcs
SPECIALS	Danish Pastrys	20±2°C	100P	approx. 10 sec.	–
	*Doughnuts/Berliner	20±2°C	100P	approx. 9 sec.	approx. 14 sec.
	*Boucheés à la reine	20±2°C	100P	approx. 20 sec.	approx. 27 sec.
	*Burger	5±2°C	100P	approx. 1'	approx. 1'50"
	*Cheeseburger	5±2°C	50P	approx. 1'50"	approx. 3'
	Toast and Bacon(40g)	20±2°C	100P	15 sec.	–
	Scrambled Eggs and Bacon(140g)	5±2°C	100P	50 sec.	–

\*indications per pcs. (1,2 pcs.) not in gramm.

## Recipes



### Scrambled Eggs

Mix two eggs with salt, pepper and some milk. Cook for approx. 1 min. 30 sec., three times stirring within total cooking time.

### Toast Hawaii

Prepare toasts and spread with butter. Place one slice of ham, pineapple and cheeses on a plate and cook for approx. 40 sec. After cooking place on the prepared toast.

### Bacon

Place 2 thin slices of bacon between paper towels and cook approx. 45 sec.

### Hot chocolate with cream

Pour 150 ml milk in a big cup. Add 30 g black chocolate (sliced). Stir and cook for 1 min. 20 sec. Stir again once in between. Add some stirred cream and serve with some chocolate power on top.

All recipes are cooked with 100 P microwave power.





# SPECIFICATIONS

AC Line Voltage	230V, 50Hz, single phase
Distribution line fuse/circuit breaker	16A (time lag)
AC Power Required	1.55kW
Output Power	1000W(IEC 60705)
Microwave Frequency	2450MHz
Outside Dimensions	520 mm(W) x 309 mm(H) x 424 mm(D)
Cavity Dimensions	351 mm(W) x 211 mm(H) x 372 mm(D)
Oven Capacity	28litres
Cooking Uniformity	Rotary antenna system
Weight	Approx. 18kg