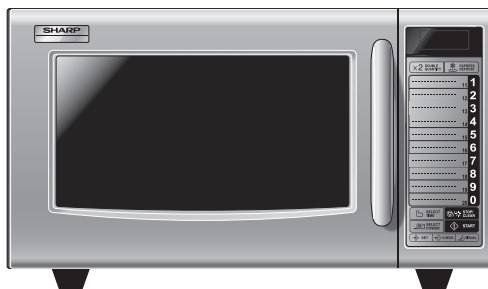


SHARP

ENGLISH

COMMERCIAL MICROWAVE OVEN



EN

Original Instruction

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

IMPORTANT:

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

YB-S1282AE 1000 W (IEC 60705)



Information on the Disposal of this Equipment

IF YOU WISH TO DISPOSE OF THIS EQUIPMENT, DO NOT USE THE ORDINARY WASTE BIN, AND DO NOT PUT THEM INTO A FIREPLACE!

Used electrical and electronic equipment should always be collected and treated **SEPARATELY** in accordance with local law.

Separate collection promotes an environment-friendly treatment, recycling of materials, and minimizing final disposal of waste. **IMPROPER DISPOSAL** can be harmful to human health and the environment due to certain substances! Take **USED EQUIPMENT** to a local, usually municipal, collection facility, where available.

If in doubt about disposal, contact your local authorities or dealer and ask for the correct method of disposal.

ONLY FOR USERS IN THE EUROPEAN UNION, AND SOME OTHER COUNTRIES; FOR INSTANCE NORWAY AND SWITZERLAND: Your participation in separate collection is requested by law.

The symbol shown above appears on electrical and electronic equipment (or the packaging) to remind the users of this.

Users from **PRIVATE HOUSEHOLDS** are requested to use existing return facilities for used equipment. Return is free of charge.

If the equipment has been used for **BUSINESS PURPOSES**, please contact your **SHARP** dealer who will inform you about take-back. You might be charged for the costs arising from take-back. Small equipment (and small quantities) might be taken back by your local collection facility. For Spain: Please contact the established collection system or your local authority for take-back of your used products.



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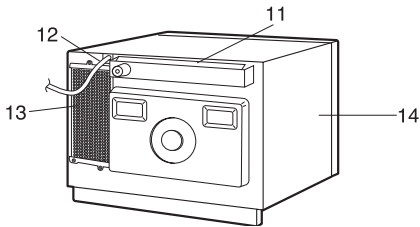
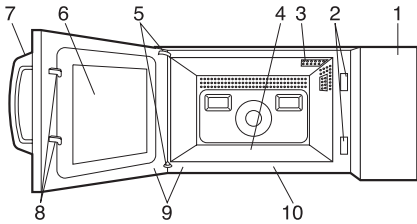
Declarations of conformity are available from
www.sharpconsumer.com/documents-of-conformity/

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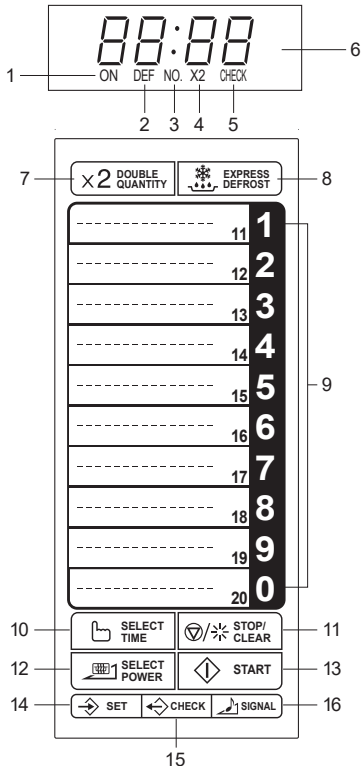
PART NAMES

OVEN



- 1 Control panel
- 2 Door lock openings
- 3 Oven lamp
- 4 Oven 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 filter (Air intake openings)
- 14 Outer cabinet

AUTO-TOUCH CONTROL PANEL



DISPLAY AND INDICATORS

Check indicators after the oven starts to confirm the oven is operating as desired.

- 1 Cook indicator
This indicator shows cooking in progress.
- 2 Express Defrost indicator
- 3 Memory number indicator
- 4 Double quantity indicator
- 5 Check mode indicator
- 6 Digital display

OPERATING KEYS

- 7 DOUBLE QUANTITY key
- 8 EXPRESS DEFROST key
- 9 NUMBER keys
- 10 SELECT TIME key
- 11 STOP/CLEAR key
- 12 SELECT POWER key
- 13 START key
- 14 SET key
- 15 CHECK key
- 16 SIGNAL key

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

1. This appliance is intended to be used by expert or trained user in shops, in light industry and on farms, or for commercial use by lay persons.
2. This oven is designed to be used on a countertop only. It is not designed to be built into a kitchen unit.
Do not place the oven in a cabinet.
3. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
If smoke or burn is observed: Keep the oven door closed and switch off the power by disconnecting the plug from the socket in order to stifle any flames. Failure to follow this procedure may result in fire and oven damage.
4. Ensure there is a minimum of free space above the oven of 15 cm.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Children should be supervised to ensure that they do not play with the appliance.
7. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
8. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
9. **WARNING:** 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.
10. If the power supply cord of this appliance is damaged, it must be replaced by an authorised SHARP service agent in order to avoid a hazard.
11. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
12. **WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
13. 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.

14. Utensils should be checked to ensure that they are suitable for use in the oven. See "GUIDE" on page EN-18. Use only microwave safe containers and utensils.
15. **WARNING:** 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.
16. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
17. Clean the oven at regular intervals and remove any food deposits.
18. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
19. See instructions for cleaning door seals, cavities and adjacent parts on page EN-17.
20. The oven should not be cleaned with a water jet.

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. The AC power supply must be 230V, 50Hz, with a minimum 16A distribution line fuse, or a minimum 16A distribution circuit breaker. In using two ovens, each oven must be secured with a 16A distribution line fuse or a distribution circuit breaker.
3. A separate circuit serving only this appliance should be provided.
4. Do not place the oven in areas where heat is generated. For example, close to a conventional oven.
5. Do not install the oven in an area of high humidity or where moisture may collect.
6. Do not store or use the oven outdoors.
7. **Clean the oven 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.**
8. Do not place flammable materials near the oven or ventilation openings.
9. Do not block the ventilation openings.
10. Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.
11. 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.
12. To make popcorn, use only special microwave makers.
13. Do not store food or any other items inside the oven.

14. Check the settings after you start the oven to ensure the oven is operating as desired.
15. 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.
16. 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. Do not operate the oven with the door open or alter the safety door latches in any way.
3. Do not operate the oven if there is an object between the door seals and sealing surfaces.
4. Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow instructions for "Care and Cleaning", Page EN-17.
5. 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 authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling

1. 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.
2. Take care when microwaving liquids. Use a widemouthed 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 EN-19, EN-20).
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.
3. Pierce the skin on such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

1. Use pot holders or oven gloves when removing food from the oven to prevent burns.
2. Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling.
3. 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.

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

To avoid misuse by children

1. Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.
2. 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 oven 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
5. Do not use the oven near a steamer or a fryer.

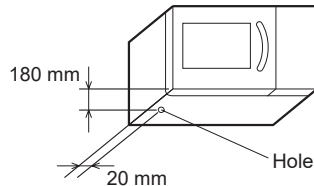
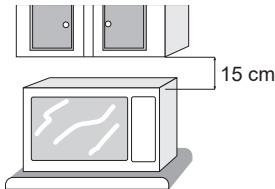
NOTE

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

WARNING: Always keep the caution sheet (SPECIAL INSTRUCTIONS AND WARNINGS) close to the oven for your reference.

- 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.
Do not place this oven in a position which is not easily accessible. To position the oven too high can be dangerous because food can not be removed safely.
- 4) Ensure there is a minimum free space above the oven of 15 cm.
- 5) Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.
- 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.



- 7) This oven is not intended to stack one on top of another.

ACCESSORIES

Check to make sure the following accessories are provided:

Manuals and others

- Operation manual
- Menu sticker
Enter cooking times or dish names in this sticker and attach to the control panel.
- Caution sheet (SPECIAL INSTRUCTIONS AND WARNINGS)

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.

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.
Touch these keys.




- A. Does the oven lamp come on? YES _____ NO _____
- B. Does the ventilation work?
(Place your hand over the ventilation openings and check for air flow.) YES _____ NO _____
- C. After 1 minute does the signal sound? YES _____ NO _____
- D. Does the cook 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.

BEFORE OPERATION





The operation of the oven is controlled by pressing the appropriate pads on the control panel. A signal should be heard each time you press the control panel.

- When you first connect the microwave oven to an electrical socket, the digital display will show .
- Key pad entries can only be made when the door is closed.
- The programme or check mode is cancelled when any keys are not pressed for more than 3 minutes.
- will appear on the display after the time reaches zero. It will disappear when the oven door is opened or the **STOP/CLEAR** key  is pressed.

SOUND SETTING

- There is a choice of 2 different sounds or no sound on your oven.
- To set a signal, touch the **SET** key  twice within 2 seconds and then touch the **SIGNAL** key  continuously until you hear the tone required.

STOPPING THE OVEN

- If you want to stop the oven during cooking, press the **STOP/CLEAR** key  once or open the door (except memory cooking).
To start the oven again, close the door and press the **START** key  within 1 minute.
- If you open the door during memory cooking, the programme is cancelled.
- If you want to cancel a programme during cooking, press the **STOP/CLEAR** key  twice.
- If you want to clear a mistake during programming, press the **STOP/CLEAR** key  once.

HOW TO OPERATE THE OVEN

Introduction: Water, sugar and fat in food absorbs microwaves and causes their molecules to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together. The outer areas of food are heated by microwave energy and the remaining portions by conduction. It is important to **turn, rearrange or stir** food to ensure even heating. Where recommended, allow food to stand, this is not optional and is **necessary** to ensure thorough cooking. It is particularly important for dense food, such as joints of meat.

NOTES:

- Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes.
- Microwaves are reflected by metal.
- The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage.
- Metallic dishes are not suitable for microwaving.

MEMORY COOKING

NOTE FOR MEMORY COOKING

- This oven has 20 memory banks (1-20) which can store cooking programmes.
- The memory banks 1-0 have been programmed previously as shown in the table. These preprogrammed memory banks can be changed individually if required.
- In addition for all memory banks a time constant 1.7 for the double quantity is stored. The stored time constant can also be changed individually if required.
- Information in these memory banks is not lost due to power interruptions. If the power goes off, the oven does not need to be reprogrammed. No batteries are necessary for this type of memory.
- If you want to memorise or check the programme or cook using memory 11-20, press the desired **NUMBER** key twice within 1 second.

Memory No.	Cook Time	Output Power
1	10 sec.	100%
2	20 sec.	100%
3	30 sec.	100%
4	45 sec.	100%
5	1 min.	100%
6	1 min. 15 sec.	100%
7	1 min. 30 sec.	100%
8	2 min.	100%
9	2 min. 30 sec.	100%
0	3 min.	100%

To check the stored programmes please refer to "Memory check" on page EN-12.

To change the stored programmes please refer to "Memory programme entry" on page EN-9.


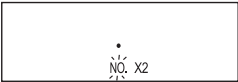
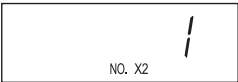
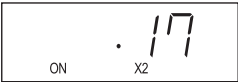
COOKING WITH MEMORY


Example: If you want to cook by using memory 1, which was programmed for 10 seconds at 100%.

Step	Procedure	Key Order	Display
1	Press the NUMBER key 1 .	1	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> NO. 1 </div> <p style="text-align: center;">After about 1 sec.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> ON . 10 </div>

COOKING DOUBLE QUANTITY WITH MEMORY

Example: If you want to cook a double quantity using memory 1.

Step	Procedure	Key Order	Display
1	Press the DOUBLE QUANTITY key.		 NO. will flash on and off.
2	Press the NUMBER key 1 .	1	 After about 1 sec. 

- Note:
1. If the memorized time exceeds a maximum time for double quantity cooking, the display will show "EE9" and stop. You can use the memory for 1 serving cooking only. See below about the maximum time.
 2. Double quantity means best time for cooking double quantity; it is not double the time.
 3. The "MEMORY" cooking system does not require the use of the **START** key . **MEMORY** cannot be used to start the oven if any programme is displayed.

MEMORY PROGRAMME ENTRY

You can change the memory programmes for all memory banks.

The cooking stages you can input are:

Memory NO. 1-10 Max. 3 stages

Memory NO.11-20 Max. 2 stages

Microwave power level 0~100%

Cooking time Max. 30 minutes for each stage.
And total cooking time is max. 30 minutes.

Cooking guide and power level

Use the correct **NUMBER** key after pressing the **SELECT POWER** key .


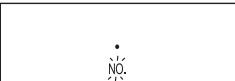
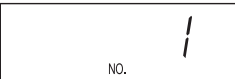

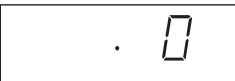
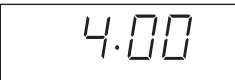

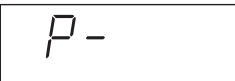
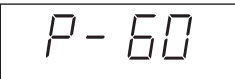

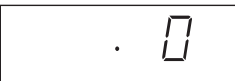


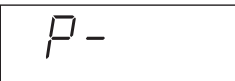
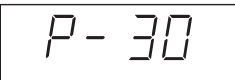

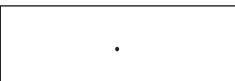
The following chart gives examples of foods typically cooked on microwave power levels.

Number Keys	Microwave Power Levels	Display	Examples of Foods
SELECT POWER	100%	P-HI	Beverage, Fruit, Vegetables, Rice/Pasta, Soup
9	90%	P-90	
8	80%	P-80	
7	70%	P-70	
6	60%	P-60	Seafood, Cakes, Muffins, Slices, Casseroles, Lasagne
5	50%	P-50	
4	40%	P-40	
3	30%	P-30	Defrosting, Softening butter
2	20%	P-20	
1	10%	P-10	Keeping food warm
0	0%	P- 0	No microwave power



P = Power

To programme time and power level into a memory

Example: If you want to set 4 minutes on 60% for the 1st sequence and 2 minutes on 30% for the 2nd sequence for 1 serving in memory 1.

Step	Procedure	Key Order	Display
1	Press the SET key twice within 2 seconds.	 SET X 2	 NO. will flash on and off.
2	Press the NUMBER key 1 .	1	
3	Press the SELECT TIME key.		
4	Enter desired cooking time for the 1st sequence. (4 minutes)	4 0 0	
5	Press the SELECT POWER key.		
6	Enter desired power level for the 1st sequence. (60%)	6	
7	Press the SELECT TIME key.		
8	Enter desired cooking time for the 2nd sequence. (2 minutes)	2 0 0	
9	Press the SELECT POWER key.		
10	Enter desired power level for the 2nd sequence. (30%)	3	
11	Press the SET key twice to complete the setting.	 SET X 2	




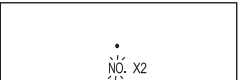
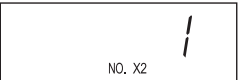


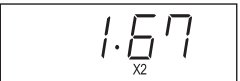

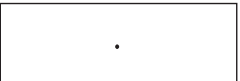
P = Power


- Note:
1. If the cooking time is over the max. time, the display will show "EE9". See page EN-17.
 2. If your programmed time is over max. time at Double Quantity, you cannot use Double Quantity for the memory. You can cook only 1 serving.
 3. It is not necessary to press the **SELECT POWER** key  for 100%.
 4. At step 1 the audible signal will only sound on the second press of the **SET** key .

To change the time constant for double quantity

The time constant for double quantity is preset 1.7 times the single quantity cooking time, but you can alter this constant to suit your needs.

Example: If you want to change the time constant to 1.67 in memory 1.

Step	Procedure	Key Order	Display
1	Press the SET key twice within 2 seconds.	 X 2	 NO. will flash on and off.
2	Press the DOUBLE QUANTITY key.		
3	Press the NUMBER key 1 .	1	
4	Press the SELECT TIME key.		
5	Set the time constant (1.67).	1 6 7	
6	Press the SET key twice to complete the setting.	 X 2	


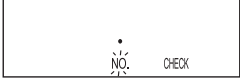
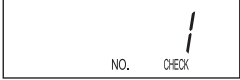
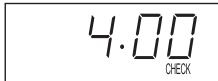
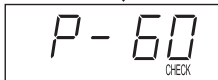
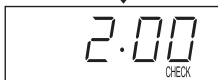
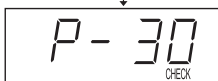
- Note:
1. In case you want to change the time constant it must be set for each key separately.
 2. The time constant can be set from 0.00 to 9.99.
 3. At step 1 the audible signal will only sound on the second press of the **SET** key .

MEMORY CHECK




You can check the information programmed into the memory.

Checking time and power level

Example: If you want to know the information programmed into the memory 1, memory 1 has been programmed for 4 minutes on 60% for the 1st sequence and 2 minutes on 30% for the 2nd sequence.

Step	Procedure	Key Order	Display
1	Press the CHECK key.		 NO. will flash on and off.
2	Press the NUMBER key 1 .	1	 After about 1 sec.  ↓  ↓  ↓  REPEAT →





P = Power

- Note:
1. To cancel MEMORY CHECK, press the **CHECK** key .
 2. When  is displayed after pressing the **NUMBER** key, the memory is not set.
 3. To check the time constant for double quantity, press the **DOUBLE QUANTITY** key  and the desired **NUMBER** key in step 2.

MANUAL COOKING


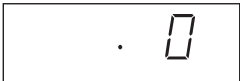
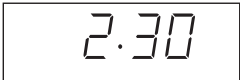

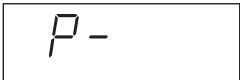
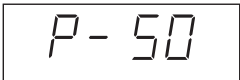

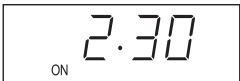
Your oven can be programmed for up to 3 cooking sequences and has 11 preset microwave power levels. See page EN-9. You can enter cooking time up to 30 minutes for each stage. The total cooking time is 30 minutes maximum.

NOTE FOR MEMORY COOKING

1. It is not necessary to press **SELECT POWER** key  for 100%.
2. If the time you set exceeds a maximum time, the display will show "EE 9". Touch **STOP/CLEAR** key  and enter appropriate time.
3. During the cooking, the oven will stop when the door is opened. To restart the cooking, close the door and press the **START** key . If the **START** key  is not touched within 1 minute after closing the door, the programme will be cancelled.

MANUAL COOKING

Example: Suppose you want to cook for 2 minutes and 30 seconds at 50%.


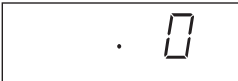
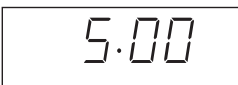

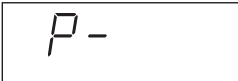
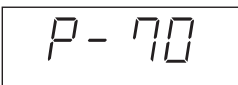

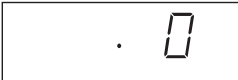


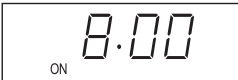
Step	Procedure	Key Order	Display
1	Press the SELECT TIME key.		
2	Enter desired cooking time. (2 minutes 30 seconds)	2 3 0	
3	Press the SELECT POWER key.		
4	Enter desired power level. (50%)	5	
5	Press the START key.		

P = Power

SEQUENCE PROGRAMMING

This facility enables continued and uninterrupted operation of up to three different sequences.

Example: If you want to cook for 5 minutes on 70% followed by 3 minutes on 100%

Step	Procedure	Key Order	Display
1	Press the SELECT TIME key.		
2	Enter desired cooking time for the 1st sequence. (5 minutes)	5 0 0	
3	Press the SELECT POWER key.		
4	Enter desired power level for the 1st sequence. (70%)	7	
5	Press the SELECT TIME key.		
6	Enter desired cooking time for the 2nd sequence. (3 minutes)	3 0 0	
7	Press the START key.		

P = Power


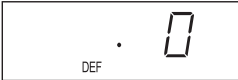






Note: If you want to programme 3 cooking sequences, repeat step 1-4 after step 6.

OTHER CONVENIENT FEATURES

EXPRESS DEFROST


Express Defrost is used to defrost meat and poultry. Enter desired defrost time, referring to the defrost chart.

Example: If you want to defrost for 7 minutes and 30 seconds.

Step	Procedure	Key Order	Display
1	Press the EXPRESS DEFROST key.		
2	Enter desired defrost time.	7 3 0	
3	Press the START key.		
4	Halfway through defrost time CHECK will flash and the oven will "beep" 4 times. Open the door. Turn food over and shield any warm portions. Close the door.		
5	Press the START key within 1 minute after closing the door.		

Note: 1. If you do not open the door when an audible signal sounds, the defrosting cycle will continue and the defrosting time will count down to 0.

2. If the time you set exceeds a maximum time (30 min.), the display will show "EE 9".

Touch **STOP/CLEAR** key  and enter appropriate time.

EXPRESS DEFROST CHART

This is specially designed for smaller cuts of food. The following foods should be used on the express defrost programme.

1. Beef Steak
2. Lamb Chops
3. Pork Chops
4. Chicken Portions
5. Fish Steaks

The oven is pre-programmed with a time and power level cycle so that the food listed above is defrosted easily.

BASIC IDEAS FOR EXPRESS DEFROST


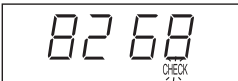
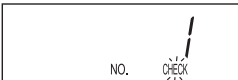
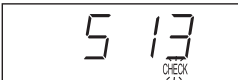
- Always allow food to stand for approx. 10-30 minutes after defrosting to equalise the temperature and to produce better defrosting results.
- Check food after standing. If the item is not thoroughly defrosted, continue to defrost on 20% power for additional time.
- Choose foods that are the same thickness throughout. This will produce better defrosting results. Foods which vary in thickness may require shielding with small flat pieces of tin foil to prevent over-defrosting.
- For foods not listed in the chart refer to the manual defrosting chart.
- When freezing chicken pieces, steak, chops and fish, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.

FOOD	200 g	400 g	600 g	METHOD
Steak Pork, lamb chops Chicken Portions Fish Steaks	2' - 3'	5' - 5'30"	7' - 8'	<ol style="list-style-type: none"> 1. Position the food with thinner parts in centre in a single layer, if pieces are stuck together separate as soon as possible. 2. Shield any thinner parts with foil if necessary. 3. Turn over, rearrange after the audible sound. After turning over, shield the defrosted portions with small, flat pieces of aluminium foil. After defrosting stand for 10-30 minutes.

COUNTER CHECK


Set the counters to "0" before using your new oven (see COUNTER CLEAR below) to keep a record of the oven use.


Example: If you want to know the total amount of times the oven has been used, and the number of times each programme has been used. In the following example, the total time was 8268 and memory 1 was 513.

Step	Procedure	Key Order	Display
1	Press the CHECK key twice.	 X2	 CHECK will flash on and off. (Total times used)
2	To check memory 1 usage, press the NUMBER key 1 .	1	 After about 1 sec.  (Times memory 1 was used)

Note: 1. To cancel Counter Check mode, press the **CHECK** key .

Each counter can count the times up to 9999, and it will return to 0 if it is over 9999.



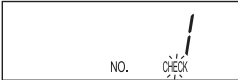
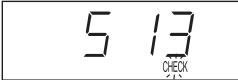


To check the times of manual cooking, press the **SELECT TIME** key  at Step 2 instead of the **NUMBER** key.


To check the times of EXPRESS DEFROST cooking, press the **EXPRESS DEFROST** key  at Step 2 instead of the **NUMBER** key.



COUNTER CLEAR

Each number of times can be cleared.

Example: Suppose you want to clear the times of memory 1.

Step	Procedure	Key Order	Display
1	Press the CHECK key twice.	 X2	 CHECK will flash on and off. (Total times used)
2	Press the NUMBER key 1 .	1	 After about 1 sec.  (Times memory 1 was used)
3	Press the SET key.		


Note: 1. To cancel Counter clear mode, press the **CHECK** key .

2. To clear the times of manual cooking, press the **SELECT TIME** key  at Step 2 instead of the **NUMBER** key.
 To clear the times of EXPRESS DEFROST cooking, press the **EXPRESS DEFROST** key  at Step 2 instead of the **NUMBER** key.

3. To clear total using times, skip Step 2.

INFORMATION WITH ERROR MESSAGE

If ERROR message is displayed, follow the instructions below.

ERROR MESSAGE	
EE9	The time you set exceeds a maximum time. Touch STOP/CLEAR key  and enter appropriate time.

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 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 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

Open the door before cleaning to inactivate the control panel keys. Care should be taken in cleaning the control panel. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid 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 key 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 oven 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 OVEN FLOOR FROM THE OVEN.

- 3) Make sure that mild soap or water does 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.

Air Intake Filter

Keep the air intake filter clean. Clean the air intake filter once every two weeks.

Wash the air intake filter in mild soapy water, rinse and dry with a soft cloth.

You can remove the air intake filter easily using a coin (less than 2mm thick.)

Do not operate the oven without the air intake filter in place.

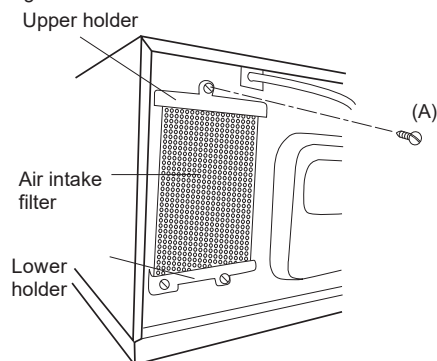
Removal:

1. Remove one special screw (A) as shown in Fig. 1.
2. Remove the upper holder from the air intake filter.
3. Remove the air intake filter from the lower holder.

Reinstall:

1. Insert the air intake filter into the slot of the lower holder.
2. Place the upper holder on the air intake filter.
3. Secure upper holder and the air intake filter to the oven with one special screw (A) as shown in Fig. 1.

Fig. 1



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



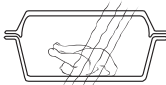
The microwaves are absorbed by the food

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

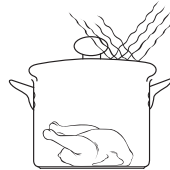
can be used in microwave ovens. Do not close the bags with a metal clip because the clip may cause the bag film to melt. Close the bag with string and pierce it several times with a fork. Films that are not heat-resistant, e.g., films to retain product freshness are not recommended for use in microwave 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 microwavesafe 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%-70% 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%-40% power:

For longer cooking times and compact types of food.

30%-20% power:

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

10% power:

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

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	200 g	400 g	600 g	Comment
DEFROST	Meat	-18°C	10%	ca. 5'30"	ca. 10'	ca. 15'	Turn over at 1/2 of total defrosting time. Standing time about 15 mins.
	Poultry	-18°C	10%	ca. 7'	ca. 10'30"	ca. 15'	
	Fish	-18°C	10%	ca. 5'30"	ca. 10'	ca. 15'	
	Fruit	-18°C	10%	ca. 5'20"	ca. 9'	—	
	*Cake (no fruit or cheese)	-18°C	10%	ca. 2'	ca. 3'	ca. 4'	
	*Cream cake	-18°C	10%	ca. 1'50"	ca. 2'50"	—	
	Shrimps	-18°C	10%	ca. 5'30"	ca. 9'	ca. 14'	
	**Cold meat	-18°C	10%	ca. 5'20"	ca. 7'	ca. 9'30"	
REHEAT	Soup, clear	5±2°C	100%	ca. 1'20"	ca. 2'40"	ca. 3'50"	Cover with microwave foil or lid. Stir well after reheating.
	Soup, cream	5±2°C	100%	ca. 1'30"	ca. 3'	ca. 4'	
	Casseroles	5±2°C	100%	ca. 1'30"	ca. 3'	ca. 4'20"	
	Supplements, Noodles	5±2°C	100%	ca. 1'30"	ca. 2'30"	ca. 3'30"	
	Supplements, Rice	5±2°C	100%	ca. 1'30"	ca. 2'30"	ca. 3'30"	
	Supplements, Potatoes	5±2°C	100%	ca. 1'30"	ca. 2'30"	ca. 3'40"	
	Supplements, Vegetables	5±2°C	100%	ca. 1'30"	ca. 2'30"	ca. 3'30"	
	Baked Beans	5±2°C	100%	ca. 1'30"	ca. 2'30"	ca. 3'40"	
	Goulash, Ragout	5±2°C	100%	ca. 1'45"	ca. 2'45"	ca. 3'20"	
	*Meat	5±2°C	100%	ca. 1'10"	ca. 2'	—	
	*Sausages	5±2°C	100%	ca. 25-30 sec.	40 sec.	50 sec.	
COOK	Supplements, Potatoes	20±2°C	100%	ca. 3'30"	ca. 6'30"	ca. 8'	Use casserole lid. Stir at 1/2 of total cooking time.
	Supplements, Vegetables	20±2°C	100%	ca. 3'30"-4'	ca. 7'	ca. 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 Stck	2 Stck
SPECIALS	Danish Pastrys	20±2°C	100%	ca. 10 sec.	–
	*Douhgnuts/Berliner	20±2°C	100%	ca. 9 sec.	ca. 14 sec.
	*Boucheés à la reine	20±2°C	100%	ca. 20 sec.	ca. 27 sec.
	*Burger	5±2°C	100%	ca. 1'	ca. 1'50"
	*Cheeseburger	5±2°C	50%	ca. 1'50"	ca. 3'
	Toast and Bacon (40g)	20±2°C	100%	15 sec.	–
	Scrambled Eggs and Bacon (140g)	5±2°C	100%	50 sec.	–

*indications per pcs. (1,2,3 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.



Bacon

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



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.



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 powder on top.



All recipes are cooked with 100 % 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 *(Group 2/Class B)
Sound level	less than 70dB(A)
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

This product contains a light source of energy efficiency class G.

* This Product fulfils the requirement of the European standard EN55011. In conformity with this standard, this product is classified as group 2 class B equipment. Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for heating treatment of food. Class B equipment means that the equipment suitable to be used in domestic establishments. (This product is designed for commercial application only and as such it falls outside the scope of Regulation (EC) 1275/2008 implementing EU Directive 2005/32/EC on eco-design requirements for standby and off mode electric power consumption. Sharp do not recommend the product for domestic application and will not accept any liability for such use.)



External equipotential bonding terminal

This appliance has an external equipotential bonding terminal, and this symbol is on the back of the microwave oven.

As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

EN	Manufacturer:	SHARP Corporation 1 Takumi-cho, Sakai-ku, Sakai-shi, Osaka 590-8522, Japan
	Authorised Representative:	SHARP Electronics GmbH, Nagelsweg 33 - 35, 20097 Hamburg, Germany



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