MICROWAVE COOKING GUIDE
MODELS R-1610, R-1611, R-1612

Sensor reheat
Baked potatoes
Frozen entrees
Frozen snacks
Popcorn ....

SuperDefrost
CompuDefrost
Beverage Center

Breakfast Bar
Lunch on the Run
One Dish Dinners

SHARP Carousel®
TO PHONE:

DIAL 1-800-BE-SHARP (237-4277) for:
SERVICE (for your nearest Sharp Authorized Servicer)
PARTS (for your authorized parts distributor)
ADDITIONAL CUSTOMER INFORMATION

DIAL 1-800-642-2122 for:
ACCESSORIES and COOKBOOK

DIAL (201)529-8703 for:
COOKING ASSISTANCE

TO WRITE:

For cooking and operation questions:
Susan Edwards/Test Kitchen
Sharp Electronics Corporation
Sharp Plaza, Box 650
Mahwah, NJ 07430-2135

For service problems, warranty information, missing items and other assistance:
Sharp Electronics Corporation
Customer Assistance Center
1300 Naperville Drive
Romeoville, IL 60446-1091

Please provide the following information when you write or call: model number, serial number, date of purchase, your complete mailing address (including zip code), your daytime telephone number (including area code) and description of the problem.

TO ACCESS INTERNET: www.sharp-usa.com

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
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INTERACTIVE COOKING SYSTEM

The Interactive Cooking System with 2-line, 16-digit display offers step-by-step instructions for using the oven, from setting the clock to programming each feature. It also includes Custom Help for instructions on using Child Lock, Audible Signal Elimination and Auto Start. There is a choice of English, Spanish or French and a choice of U.S. Customary Unit-pound or Metric-kilograms. Touch CUSTOM HELP and follow the directions displayed or check page 25.
CONSUMER LIMITED WARRANTY

SHARP ELECTRONICS CORPORATION warrants to the first consumer purchaser that this Sharp brand product (the “Product”), when shipped in its original container, will be free from defective workmanship and materials, and agrees that it will, at its option, either repair the defect or replace the defective Product or part thereof with a new or remanufactured equivalent at no charge to the purchaser for parts or labor for the period(s) set forth below.

This warranty does not apply to any appearance items of the Product nor to the additional excluded item(s) set forth below nor to any Product the exterior of which has been damaged or defaced, which has been subjected to misuse, abnormal service or handling, or which has been altered or modified in design or construction.

In order to enforce the rights under this limited warranty, the purchaser should follow the steps set forth below and provide proof of purchase to the servicer.

The limited warranty described herein is in addition to whatever implied warranties may be granted to purchasers by law. ALL IMPLIED WARRANTIES INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR USE ARE LIMITED TO THE PERIOD(S) FROM THE DATE OF PURCHASE SET FORTH BELOW. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Neither the sales personnel of the seller nor any other person is authorized to make any warranties other than those described herein, or to extend the duration of any warranties beyond the time period described above on behalf of Sharp.

The warranties described herein shall be the sole and exclusive warranties granted by Sharp and shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described herein, shall constitute complete fulfillment of all liabilities and responsibilities of Sharp to the purchaser with respect to the Product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Sharp be liable, or in any way responsible, for any damages or defects in the Product which were caused by repairs or attempted repairs performed by anyone other than an authorized servicer. Nor shall Sharp be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusion may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

Your Product Model Number & Description: R-1610, R-1611 and R-1612 Home Use Carousel Microwave Oven. (Be sure to have this information available when you need service for your Product.)

Warranty Period for this Product: One (1) year parts and labor in-home service. The warranty period continues for an additional six (6) years, for a total of seven (7) years, with respect to the magnetron tube in the Product for parts only. Labor and the servicer trip charge are not provided free of charge for this additional period.

Additional Item(s) Excluded from Warranty Coverage (if any): Non-functional accessories, turntable and light bulbs.

Where to Obtain Service: From a Sharp Authorized Servicer located In the United States. Be sure to have Proof of Purchase available. For in-home service, the servicer will come to the unit’s location. If it is necessary to remove the unit for repair, the servicer will reinstall the unit at no extra charge, provided it was installed according to Sharp’s Installation Instructions. To find the location of the nearest Sharp Authorized Servicer, call Sharp toll free at 1-800-BE-SHARP (1-800-237-4277).

PRODUCT INFORMATION CARD

The product information card should be completed within ten days of purchase and returned. We will keep it on file and help you access the information in case of loss, damage or theft. This will also enable us to contact you in the unlikely event that any adjustments or modifications are ever required for your oven.

TO OBTAIN SUPPLY, ACCESSORY OR PRODUCT INFORMATION, CALL 1-800-BE-SHARP OR VISIT www.sharp-usa.com. SAVE THE PROOF OF PURCHASE AS IT IS NEEDED SHOULD YOUR OVEN EVER REQUIRE WARRANTY SERVICE.
IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” on inside front cover.
3. This appliance must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” on page 4 and INSTALLATION INSTRUCTIONS.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers —for example, closed glass jars — may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest Sharp Authorized Servicer for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors. Do not use this product near water—for example, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. See door surface cleaning instructions on page 27.
16. To reduce the risk of fire in the oven cavity:
   a. Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
   b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
   c. If materials inside the oven should ignite, keep oven door closed, turn oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
   d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
17. Clean ventilation openings and grease filters frequently—Grease should not be allowed to accumulate on ventilation openings, hood (louver) or grease filters.
18. Use care when cleaning the louver and the grease filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the louver and the grease filters.
19. When flaming foods under the hood, turn the fan on.
20. This appliance is suitable for use above both gas and electric cooking equipment 36" wide or less.

SAVE THESE INSTRUCTIONS
Unpacking and Examining Your Oven

Carefully remove oven from carton. Be sure to remove the turntable support and place it in the oven. SAVE THE CARTON AS IT MAY MAKE INSTALLATION EASIER.

Remove:

1. all packing materials from inside the oven cavity; however, DO NOT REMOVE THE WAVEGUIDE COVER, which is located on the ceiling in the oven cavity. Check to see that there are Installation Instructions, Wall Template, Top Template and RK-230 Charcoal Filter, which is used when recirculating is chosen. Read enclosures and SAVE the Operation Manual.

2. the feature sticker from the outside of the door, if there is one.

Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact your dealer or SHARP AUTHORIZED SERVICER.

See Installation Instructions for more details.

Radio or TV Interference

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different electrical circuit, relocate the radio or TV as far away from the oven as feasible or check position and signal of receiving antenna.
ABOUT YOUR OVEN

This Operation Manual is valuable: read it carefully and always save it for reference.

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes. See pages 29 and 30 for ordering the Ultimate Accessory, the SHARP CAROUSEL MICROWAVE COOKBOOK.

NEVER use the oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the oven. The turntable will turn both clockwise and counterclockwise. See page 11 for complete instructions.

ALWAYS have food in the oven when it is on to absorb the microwave energy.

When using the oven at power levels below 100%, you may hear the magnetron cycling on and off. It is normal for the exterior of the oven to be warm to the touch when cooking or reheating.

Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the oven. Generally, covered foods will not cause as much condensation as uncovered ones. Ventilation openings must not be blocked.

The oven is for food preparation only. It should not be used to dry clothes or newspapers.

Your oven is rated 1000 watts by using the IEC Test Procedure. In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

ABOUT FOOD

<table>
<thead>
<tr>
<th>FOOD</th>
<th>DO</th>
<th>DON’T</th>
</tr>
</thead>
</table>
| Eggs, sausages, fruits & vegetables | • Puncture egg yolks before cooking to prevent “explosion”.
• Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes. | • Cook eggs in shells.
• Reheat whole eggs.
• Dry nuts or seeds in shells. |
| Popcorn                     | • Use specially bagged popcorn for the microwave oven.
• Listen while popping corn for the popping to slow to 1 or 2 seconds or use special Popcorn pad. | • Pop popcorn in regular brown bags or glass bowls.
• Exceed maximum time on popcorn package. |
| Baby food                   | • Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving.
• Put nipples on bottles after heating and shake thoroughly. “Wrist” test before feeding. | • Heat disposable bottles.
• Heat bottles with nipples on.
• Heat baby food in original jars. |
| General                     | • Cut baked goods with filling after heating to release steam and avoid burns.
• Stir liquids briskly before and after heating to avoid “eruption”.
• Use deep bowl, when cooking liquids or cereals, to prevent boilovers. | • Heat or cook in closed glass jars or air tight containers.
• Can in the microwave as harmful bacteria may not be destroyed.
• Deep fat fry.
• Dry wood, gourds, herbs or wet papers. |
ABOUT UTENSILS AND COVERINGS

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave oven. Make sure the utensil does not touch the interior walls during cooking.

Use these utensils for safe microwave cooking and reheating:

- glass ceramic (Pyroceram®), such as Corningware®
- heat-resistant glass (Pyrex®)
- microwave-safe plastics
- paper plates
- microwave-safe pottery, stoneware and porcelain
- browning dish (Do not exceed recommended preheating time. Follow manufacturer’s directions.)

These items can be used for short time reheating of foods that have little fat or sugar in them:

- wood, straw, wicker

DO NOT USE

- metal pans and bakeware
- dishes with metallic trim
- non-heat-resistant glass
- non-microwave-safe plastics (margarine tubs)
- recycled paper products
- brown paper bags
- food storage bags
- metal twist-ties

Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

The following coverings are ideal:

- Paper towels are good for covering foods for reheating and absorbing fat while cooking bacon.
- Wax paper can be used for cooking and reheating.
- Plastic wrap that is specially marked for microwave use can be used for cooking and reheating. DO NOT allow plastic wrap to touch food. Vent so steam can escape.
- Lids that are microwave-safe are a good choice because heat is kept near the food to hasten cooking.
- Oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist ties. Remember to slit bag so steam can escape.

How to use aluminum foil in your microwave oven:

- Small flat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly.
- Foil should not come closer than one inch to any surface of the oven.

Should you have questions about utensils or coverings, check a good microwave cookbook or follow recipe suggestions.

ACCESSORIES There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures. Sharp is not responsible for any damage to the oven when accessories are used.

About Children and the Microwave

Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room.

The child must be able to reach the oven comfortably; if not, he/she should stand on a sturdy stool.

At no time should anyone be allowed to lean or swing on the oven door.
ABOUT MICROWAVE COOKING

• Arrange food carefully. Place thickest areas towards outside of dish.
• Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
• Cover foods while cooking. 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.
• Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
• Stir foods from outside to center of dish once or twice during cooking, if possible.
• Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
• Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
• Add standing time. Remove food from oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
• Check for doneness. Look for signs indicating that cooking temperatures have been reached.

Doneness signs include:
- Food steams throughout, not just at edge.
- Center bottom of dish is very hot to the touch.
- Poultry thigh joints move easily.
- Meat and poultry show no pinkness.
- Fish is opaque and flakes easily with a fork.

ABOUT SAFETY

• Check foods to see that they are cooked to the United States Department of Agriculture’s recommended temperatures.

<table>
<thead>
<tr>
<th>TEMP</th>
<th>FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>160°F</td>
<td>... for fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.</td>
</tr>
<tr>
<td>165°F</td>
<td>... for leftover, ready-to-reheat refrigerated, and deli and carry-out &quot;fresh&quot; food.</td>
</tr>
<tr>
<td>170°F</td>
<td>... white meat of poultry.</td>
</tr>
<tr>
<td>180°F</td>
<td>... dark meat of poultry.</td>
</tr>
</tbody>
</table>

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

• ALWAYS use potholders 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.
• Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish’s covering and carefully open popcorn and oven cooking bags away from the face.
• Stay near the oven while it’s in use and check cooking progress frequently so that there is no chance of overcooking food.
• NEVER use the cavity for storing cookbooks or other items.
• Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
• Keep waveguide cover clean. Food residue can cause arcing and/or fires.
• Use care when removing items from the oven so that the utensil, your clothes or accessories do not touch the safety door latches.
1. Oven door with see-through window
2. Door hinges
3. Waveguide cover: DO NOT REMOVE.
4. Turntable motor shaft
5. Oven light
   It will light when oven is operating or door is open.
6. Rack holders
7. Safety door latches
   The oven will not operate unless the door is securely closed.
8. Handle
9. WORK LIGHT pad
   Press the WORK LIGHT pad to turn light on or off.
10. NIGHT LIGHT pad
    Press the NIGHT LIGHT pad to turn light on or off.
11. FAN HI/LO pad
    Press the FAN HI/LO pad to turn on the fan. Press again for low speed. Press a third time to turn the fan off.
12. Auto-Touch control panel
13. Time display: Digital display, 99 minutes, 99 seconds
14. Ventilation openings
15. Removable turntable
    The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.
16. Removable turntable support
    First, carefully place the turntable support in the motor shaft in the center of the oven floor. Then, place the turntable on the turntable support securely.
17. Rack for 2-level cooking/reheating
18. Light cover
19. Grease filters
**TOUCH CONTROL PANEL**

**R-1610 / R-1611 / R-1612**

### Sensor Cooking

- **Popcorn**
- **Fresh vegetables**
- **Ground meat**
- **Sensor reheat**
- **Frozen entrees**
- **Rice**
- **Baked potatoes**
- **Frozen snacks**
- **Poultry**
- **Custom Help**
- **Fish/seafood**

### More from your Microwave

**Breakfast Bar**
- DEFROST
- SUPER Defrost
- WORK Light

**Lunch on the Run**
- COMPU Defrost
- NIGHT Light

**One Dish Dinners**
- BAKE
- FAN Hi/Lo

**Beverage Center**
- COOK
- AUTO Fan

### Indicators
- **DEFROST**
- **COOK**
- **HELP**

Number next to the control panel illustration indicates page on which there are a feature description and usage information.

### VISUAL DISPLAY

The 2-line, 16-digit Interactive Display spells out operating steps and shows cooking hints. When HELP is lighted in the display, touch the CUSTOM HELP pad to read a specific hint which may assist you.
BEFORE OPERATING

• Before operating your new microwave oven make sure you read and understand this operation manual completely.

• Before the oven can be used, follow these procedures:
  1. Plug in the oven. Close the door. The oven display will show [SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK].
  3. Set clock.

TO SET THE CLOCK

• Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.).

PROCEDURE  DISPLAY
1 Kitchen Timer/Clock  TO SET CLOCK PRESS 2
  Touch Kitchen Timer/Clock pad.
  Press number 2.

2 1 2 3 0 12:30
  Enter the correct time of day by touching the numbers in sequence.

TO SET POWER LEVEL

There are eleven preset power levels.

Using lower power levels increases the cooking time, which is recommended for foods such as cheese, milk

TO SET THE CLOCK

• Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.).

PROCEDURE  DISPLAY
1 Kitchen Timer/Clock  TO SET CLOCK PRESS 2
  Touch Kitchen Timer/Clock pad.
  Press number 2.

2 1 2 3 0 12:30
  Enter the correct time of day by touching the numbers in sequence.

MANUAL OPERATION

TIME COOKING

Your oven can be programmed for 99 minutes 99 seconds (99.99). Always enter the seconds after the minutes, even if they are both zeros.

• Suppose you want to cook for 5 minutes at 100%.

PROCEDURE  DISPLAY
1 5 0 0 5.00
  Enter cooking time.

2 START Touch On 5.00
  Touch START/Touch On pad.

TO SET POWER LEVEL

There are eleven preset power levels.

Using lower power levels increases the cooking time, which is recommended for foods such as cheese, milk

and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

<table>
<thead>
<tr>
<th>TOUCH POWER LEVEL PAD ONCE</th>
<th>APPROXIMATE PERCENTAGE OF POWER</th>
<th>COMMON WORDS FOR POWER LEVELS</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>90%</td>
<td>High</td>
</tr>
<tr>
<td>8</td>
<td>80%</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>70%</td>
<td>Medium High</td>
</tr>
<tr>
<td>6</td>
<td>60%</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>50%</td>
<td>Medium</td>
</tr>
<tr>
<td>4</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>30%</td>
<td>Med Low/Defrost</td>
</tr>
<tr>
<td>2</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>10%</td>
<td>Low</td>
</tr>
<tr>
<td>0</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>
For most cooking, the turntable should be on; however, the turntable can be turned off so that it does not rotate when extra large dishes, such as the popular 13 x 9 x 2 glass utility casserole, are used. The casserole should be placed on the turntable so that it is level.

Suppose you want to cook lasagna in a 13 x 9 x 2 casserole for 45 minutes on 40% power.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 0 0</td>
</tr>
<tr>
<td>2</td>
<td>Touch Power Level pad. Enter cooking time.</td>
</tr>
<tr>
<td>3</td>
<td>Touch START Touch On pad.</td>
</tr>
</tbody>
</table>

When cooking large quantities of food which cannot be stirred, it is best to use a lower power level such as 40 or 50%. You may speed cooking for large amounts by programming 5 to 10 minutes on 100% power (HIGH) followed by the desired time on lower power. See page 24 for how to program multiple sequences. You may wish to reverse a large casserole once during cooking; simply open door, reposition casserole, close door and touch START Touch On.

**USING THE RACK**

The Rack allows several foods to be cooked or reheated at one time. However, for the best cooking and reheating, use the turntable on and the automatic features.

When using the Rack, set time and power level manually. Allow plenty of space around and between the dishes. Pay close attention to the cooking/reheating progress. Reposition the foods and reverse them from rack to turntable at least once during any cooking or reheating time. Using a lower power level will assist in better cooking/reheating uniformity.

**AVOID:**

- Storing the Rack in the oven when not in use.
- Popping popcorn on the turntable with the Rack in the oven.
- Using any browning dish on the Rack.
- Using special features with the Rack. Special features are designed to be used with foods only on the revolving turntable.
- Cooking directly on the Rack—use microwave-safe cookware.

**MANUAL DEFROST**

If the food that you wish to defrost is not listed on the SuperDefrost or CompuDefrost Chart or is above or below the limits in the “Amount” column on the SuperDefrost or CompuDefrost Chart, you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using Power Level 3. Follow the exact 3-step procedure found under Time Cooking above. Estimate defrosting time and press 3 for 30% when you select the power level.

For either raw or previously cooked frozen food the rule of thumb is approximately 4 minutes per pound. For example, defrost 4 minutes for 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on Power Level 3 until totally defrosted.

When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.
**SENSOR COOKING**
Sharp's Sensor is a semi-conductor device that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities.

**Using Sensor Settings:**
1. After oven is plugged in, wait 2 minutes before using Sensor Cooking.
2. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
3. The oven works with foods at normal storage temperature. For example, popcorn would be at room temperature.
4. Any Sensor Cooking selection can be programmed with More or Less Time Adjustment. See page 24.
5. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
6. During the first part of Sensor Cooking, food name will appear on the display. Do not open the oven door or touch Stop/Clear during this part of the cooking cycle. The measurement of vapor will be interrupted. If this occurs, an error message will appear. To continue cooking, touch the Stop/Clear pad and cook manually.
7. If the sensor does not detect vapor properly when popping popcorn, the oven will turn off, and the correct time of day will be displayed. If the sensor does not detect vapor properly when cooking other foods, **ERROR** will be displayed, and the oven will turn off.
8. Check food for temperature after cooking. If additional time is needed, continue to cook manually.
9. Each food has a cooking hint. Touch Custom Help pad when the HELP indicator is lighted in the display.

**Covering Foods:**
Some foods work best when covered. Use the cover recommended in the Sensor Cooking chart for these foods.
1. Casserole lid.
2. Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

**SENSOR REHEAT**
You can cook many foods by touching just one pad. You don’t need to calculate cooking time or power level.
• Suppose you want to reheat canned chili.

**SENSOR REHEAT CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensor reheat:</td>
<td>4 - 36oz</td>
<td>Place in dish or casserole slightly larger than amount to be reheated. Flatten, if possible. Cover with lid, plastic wrap or wax paper. Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible. Foods should be very hot. If not, continue to heat with variable power and time. After stirring, re-cover and allow to stand 2 to 3 minutes.</td>
</tr>
<tr>
<td>Turntable On</td>
<td>Stirrable</td>
<td>Ideal for reheating stirrable casseroles, such as macaroni and cheese or stew. Cover with vented plastic wrap or wax paper. Touch Turntable On/Off, Sensor reheat and number 1. At signal, stir casserole and rotate dish. Touch START/Touch On. At end, stir and allow to stand, covered, for 5 to 10 minutes.</td>
</tr>
<tr>
<td>Turntable Off</td>
<td>Non-stirrable</td>
<td>Ideal for reheating non-stirrable casseroles, such as lasagna. Cover with vented plastic wrap or wax paper. Touch Turntable On/Off, Sensor reheat and the number 2. At signal, rotate dish. Touch START/Touch On. At end, allow to stand, covered, for 10 to 15 minutes.</td>
</tr>
<tr>
<td>13 x 9 x 2 glass utility casserole</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NOTE: The Turntable On/Off Sensor reheat, Popcorn, Fresh vegetables and Poultry settings have 2 choices. Follow directions in the Interactive Display to choose desired option.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SENSOR COOKING CHART

FOOD | AMOUNT | PROCEDURE
---|---|---
Popcorn | 1 package | Use only popcorn packaged for microwave oven use. Try several brands to decide which you like the best. Press Popcorn pad and the number 1 for regular size bags. Press Popcorn pad and number 2 for snack size bags. Do not try to pop unpopped kernels.
  | 3.0 - 3.5 oz (Regular) |  
  | 1.5 - 1.75 oz (Snack) |  
Baked potatoes | 1 - 6 med. | Pierce. Place on paper-towel-lined turntable. After cooking, remove from oven, wrap in aluminum foil and let stand 5 to 10 minutes.
Fresh vegetables: Soft
  | .25 - 2.0 lb | Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. Touch Fresh vegetables, number 1 and START/Touch On pads. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.
  | .25 - 2.0 lb |  
  | .25 - 2.0 lb |  
  | .25 - 2.0 lb |  
  | 1 med. |  
  | .25 - 1.0 lb |  
  | .25 - 2.0 lb |  
  | 2 - 4 med. |  
Fresh vegetables: Hard
  | .25 - 1.5 lb | Place in casserole. Add 1-4 tbsp water. Cover with lid for tender vegetables. Use plastic wrap cover for tender-crisp vegetables. Touch Fresh vegetables, number 2 and START/Touch On pads. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.
  | 2 - 4 |  
  | .25 - 1.5 lb |  
  | 1 - 2 |  
  | .25 - 1.5 lb |  
Frozen entrees | 6 - 17 oz | Use this pad for frozen convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered, for 1-3 minutes.
Frozen snacks | 3 - 8 oz | Use for frozen French fries, cheese sticks, appetizers etc. Remove from outer package. Follow package directions for how to wrap or cover. Be careful when removing from the oven as snack may be very hot.
Frozen vegetables | .25 - 1.25 lb | Add no water. Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.
SENSOR COOKING CHART (CONTINUED)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground meat</td>
<td>.25 - 2.0 lb</td>
<td>Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave-safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When oven stops, turn patties over or stir meat in casserole to break up large pieces. Re-cover and touch START/Touch On. After cooking, let stand, covered, for 2 to 3 minutes.</td>
</tr>
<tr>
<td>Rice</td>
<td>.5 - 2.0 cups</td>
<td>Place rice into a deep casserole and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.</td>
</tr>
<tr>
<td>Poultry: Boneless</td>
<td>.5 - 2.0 lb</td>
<td>Use boneless breast of chicken or turkey. Cover with vented plastic wrap. Touch Poultry, number 1 and START/Touch On pads. When oven stops, rearrange. Re-cover and touch START/Touch On pad. After cooking, let stand, covered, 3-5 minutes. Poultry should be 160°F.</td>
</tr>
<tr>
<td>With bone</td>
<td>.5 - 3.0 lb</td>
<td>Arrange pieces with meatiest portions toward outside of glass dish or microwave-safe rack. Cover with vented plastic wrap. Touch Poultry, number 2 and START/Touch On pads. After cooking, let stand, covered, 3-5 minutes. Dark meat should be 180°F and white meat should be 170°F.</td>
</tr>
<tr>
<td>Fish/seafood</td>
<td>.25 - 2.0 lb</td>
<td>Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with vented plastic wrap. After cooking, let stand, covered for 3 minutes.</td>
</tr>
</tbody>
</table>

SENSOR COOKING RECIPES

Herb-and-Cheese Chicken Breasts

Makes 8 servings

1. In a small bowl, combine cream cheese, milk, green onions, parsley, thyme, and garlic.
2. Push fingers between skin and meat of each chicken breast to form a pocket. Spread an equal amount of cream cheese mixture in each pocket.
3. On waxed paper, combine bread crumbs and paprika. Dip chicken breasts into melted butter, then roll in seasoned bread crumbs to coat.
4. In 8-inch x 8-inch, baking dish, place chicken and cover with plastic wrap. Microwave using Poultry (with bone).
5. Serve chicken with rice.
 SENSOR COOKING RECIPES  

### Shrimp Pasta Sauce  
**Makes 4 servings**

1 pound of shrimp, peeled and deveined  
2 cups canned tomato puree  
1 tablespoon tomato paste  
1/2 cup thinly sliced fresh basil leaves  
1/2 teaspoon oregano  
1 cup thinly sliced scallions (about 2 bunches)  
1 clove of garlic, minced  
salt and pepper to taste  
Parmesan cheese

1 Place shrimp in 2-quart, covered casserole.  
2 Microwave using Fish/seafood. Drain and set aside.  
3 Combine tomato puree, tomato paste, basil, oregano, scallions, garlic, salt and pepper in 2-quart casserole.  
4 Microwave using Sensor reheat.  
5 Combine sauce with cooked shrimp.  
6 Serve sauce over cooked pasta. Garnish with Parmesan cheese.

### Glazed Apple Slices  
**Makes 6 to 8 servings**

1/4 cup brown sugar  
3 tablespoons margarine or butter  
2 tablespoons apricot preserves  
1/2 teaspoon ground nutmeg  
1/4 teaspoon salt  
1/2 cup sugar  
3/4 cup orange juice  
1 tablespoon cornstarch  
4 baking apples (about 1 1/2 pounds), peeled and sliced into 8 pieces each  
3 tablespoons chopped green pistachios

1 Combine brown sugar, margarine and apricot preserves in a small bowl. Microwave at HIGH (100%) until margarine melts and preserves soften, 45 seconds to 1 minute. Stir in nutmeg, salt, sugar, orange juice and cornstarch. Microwave at HIGH (100%) until thickened, 4 to 6 minutes, stirring several times.  
2 Arrange apple slices in a large microwave serving dish. Spread hot sauce over apples. Cover well with vented plastic wrap. Microwave using Fresh vegetables: Soft. Allow to cool 5 minutes before serving.  
3 Sprinkle with pistachios. Serve alone or over vanilla ice cream or sponge cake.

### Cranberry Fluff  
**Makes 6 to 8 servings**

2 cups fresh cranberries  
1 cup water  
3/4 cup sugar  
1 carton (3 ounces) orange flavored gelatin  
1/2 pint whipping cream, whipped or 1 carton (8 ounces) non-dairy whipped topping

2 Add enough hot water to reserved liquid to make 2 cups. Stir the gelatin into hot liquid until it dissolves. Cover with wax paper. Microwave using Sensor reheat Less.  
3 Add berries and cool. Refrigerate until thickened. Fold whipped cream into cooled cranberry mixture. Spoon into serving dishes and garnish with extra whipped cream. Refrigerate until ready to serve.
**Mexican Seasoned Potatoes**
*Makes 6 to 8 servings*

| 4 medium baking potatoes (8 ounces each) | 1/2 teaspoon oregano leaves |
| 1/4 cup olive oil | 1/4 teaspoon ground cumin |
| 1 tablespoon instant minced onion | 1/2 teaspoon salt |
| 1/2 teaspoon chili powder | |

1. Cut each potato lengthwise into 4 equal wedges. Place potato wedges into 10-inch square casserole. Toss potatoes with oil to coat well.
2. In small bowl, combine remaining ingredients. Sprinkle over potatoes.
3. Cover potatoes with wax paper. Microwave using Baked potatoes setting. Rearrange potatoes when time appears on display. Let stand, covered, 5 minutes.

**Hearty Turkey Chili**
*Makes 6 servings*

| 1 pound ground turkey | 1 medium zucchini, cut into 1 inch cubes |
| 1 large onion, chopped | 1 28 ounce can of tomatoes |
| 2 garlic cloves, minced | 1/3 cup tomato paste |
| 2 tablespoons chili powder | 1 15 1/4 to 19 ounce can red kidney beans, drained |
| 1 tablespoon cumin | 8 ounces frozen corn, thawed |

1. In 3-quart casserole, place ground turkey, onion, garlic, chili powder and cumin. Mix thoroughly.
2. Cover and microwave using Ground meat. Stir and drain.
3. To meat mixture, add zucchini, tomatoes with their liquid, tomato paste, beans and corn. Microwave, covered, using Sensor reheat.

**Creole Corn**
*Makes 6 servings*

| 2 teaspoons oil | 1 teaspoon brown sugar |
| 1/2 cup chopped celery | 1/2 teaspoon onion powder |
| 1/2 cup chopped green pepper | 1/4 teaspoon garlic powder |
| 16 ounce can tomatoes | salt and pepper to taste |
| 4 ounce can mushroom stem and pieces, drained | 1 package (16 ounces) frozen corn |

1. In 2-quart casserole, combine oil, celery, green pepper, tomatoes, mushrooms, sugar, onion powder, garlic powder, salt and pepper.
4. Combine corn and vegetable-seasoning mixture. Stir and serve immediately.

**Savory Flounder Fillets**
*Makes 4 servings*

| 3/4 cup of corn flake crumbs | 1/2 teaspoon paprika |
| 3 tablespoons chopped parsley | 1 pound flounder fillets |
| 2 teaspoons grated lemon peel | 1 egg, slightly beaten |

1. On waxed paper, combine corn flake crumbs, parsley, lemon peel and paprika. Dip fillets in beaten egg, then coat with crumb mixture.
2. Place fish in a covered, microwave-safe, baking dish. Microwave using Fish/seafood.
3. Serve with tartar or cocktail sauce or melted cheese.
MORE FROM YOUR MICROWAVE

1. BREAKFAST BAR

Breakfast Bar is for preparing popular breakfast foods.

- Suppose you want to use Breakfast Bar to cook 2 servings of hot cereal.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Touch Breakfast Bar pad.</td>
</tr>
<tr>
<td>2</td>
<td>Touch Breakfast Bar pad three more times to select hot cereal.</td>
</tr>
<tr>
<td>3</td>
<td>Touch START/T ouch On pad.</td>
</tr>
<tr>
<td>4</td>
<td>After cooking, follow the directions in display.</td>
</tr>
</tbody>
</table>

NOTE:
1. Heat rolls/muffins setting has 2 choices. Follow directions in the Interactive Display to choose desired option.
2. Breakfast Bar can be programmed with More or Less Time Adjustment. Touch the Power Level pad once or twice before touching START/T ouch On pad. See page 24.
3. Each food has a cooking hint. Touch Custom Help pad when the HELP indicator is lighted in the display.
4. Should you attempt to enter more or less than the allowed amount, an error message will appear in the display.
   More or less than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
5. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.

BREAKFAST BAR CHART

<table>
<thead>
<tr>
<th>FOOD AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Scrambled eggs 1 - 9 eggs</td>
<td>For each egg, use 1 teaspoon of butter or margarine and 1 tablespoon of milk. Place butter or margarine in dish, measuring cup or casserole large enough for the egg to expand. Mix egg and milk together. Pour on to butter or margarine in dish. Place in oven and program. When audible signals are heard, stir egg mixture moving the cooked portion to the center of the dish and uncooked portion to the outside. After cooking, stir and let stand, covered, until set. Note that eggs will be slightly undercooked when removed from the oven.</td>
</tr>
<tr>
<td>2. Bacon 2 - 6 strips</td>
<td>Place bacon on paper plate, lined with paper towel. Bacon should not extend over the rim of plate. Cover with another paper towel. Allow bacon to stand a few minutes after removing from the oven to complete the cooking.</td>
</tr>
<tr>
<td>3. Hot cereal 1 - 6 servings</td>
<td>Use individual packets or bulk cereal in your favorite variety: oatmeal, oat bran, cream of wheat, farina or wheatena. Follow package directions for the correct amount of water or milk. To prevent boilovers, it is very important to choose a large container because microwave cooking of cereal causes high boiling. When oven stops, stir and touch START/T ouch On. After cooking, stir and let stand, covered, for 2 minutes.</td>
</tr>
</tbody>
</table>
**SPECIAL FEATURES**

**BREAKFAST BAR CHART**  
(Continued)

<table>
<thead>
<tr>
<th>FOOD AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Heat rolls/muffins:</td>
<td></td>
</tr>
<tr>
<td>Fresh 1-8 pieces</td>
<td>Use this pad to warm rolls, muffins, biscuits, bagels etc. Large items should be considered as 2 or 3 regular size. Arrange on plate: cover with paper towel. To warm fresh rolls and muffins, touch Breakfast Bar pad 5 times and touch number 1 pad. Then enter desired quantity and touch START/Touch On pad. For refrigerated rolls or muffins, it may be necessary to double the entered amount to ensure the proper serving temperature. For example, enter quantity of 2 for 1 refrigerated muffin.</td>
</tr>
<tr>
<td>Frozen 1-8 pieces</td>
<td>For frozen rolls and muffins, touch Breakfast Bar pad 5 times and touch number 2 pad. Then enter desired quantity and touch START/Touch On pad.</td>
</tr>
<tr>
<td>5. Frozen breakfast foods*</td>
<td>1 (3-6 oz)</td>
</tr>
</tbody>
</table>

*IT IS NOT NECESSARY TO ENTER AMOUNT.*

---

**2. LUNCH ON THE RUN**

Lunch on the Run is for cooking/heating foods that take a short amount of time!

• Suppose you want to use Lunch on the Run to heat 2 cups of soup.

**PROCEDURE**

<table>
<thead>
<tr>
<th>1</th>
<th>Lunch on the Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch Lunch on the Run pad.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2</th>
<th>Lunch on the Run x 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch Lunch on the Run pad three more times to select soup.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3</th>
<th>START Touch On</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch START/Touch On pad.</td>
<td></td>
</tr>
</tbody>
</table>

| 4 | After cooking, follow the directions in the display. |

**NOTE:**

1. Lunch on the Run can be programmed with More or Less Time Adjustment. Touch the Power Level pad once or twice before touching Start/Touch On pad. See page 24.

2. Each food has a cooking hint. Touch Custom Help pad when the HELP indicator is lighted in the display.

3. Should you attempt to enter more or less than the allowed amount, an error message will appear in the display.

More or less than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.

4. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.

**LUNCH ON THE RUN CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Meal in a cup</td>
<td>1 cup</td>
<td>This setting is ideal for individual portions of canned food packed in a small microwaveable container, usually 6 to 8 ounces. Remove inner metal lid and replace outer microwaveable lid. After cooking, stir food and allow to stand 1 or 2 minutes.</td>
</tr>
<tr>
<td>2. Hot dogs in buns</td>
<td>1-4</td>
<td>Place hot dog in bun. Wrap each with paper towel or napkin.</td>
</tr>
<tr>
<td>3. Soup</td>
<td>1-6 cups</td>
<td>Place in bowl or casserole. Cover with lid or plastic wrap. At end, stir, re-cover and let stand 1 to 3 minutes.</td>
</tr>
</tbody>
</table>
SPECIAL FEATURES

LUNCH ON THE RUN CHART (CONTINUED)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Microwave pizza</td>
<td>1 (6 - 8 oz)</td>
<td>Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disk.</td>
</tr>
<tr>
<td>5. Frozen sandwich</td>
<td>1 (3 - 6 oz)</td>
<td>Use for frozen microwaveable sandwiches. Remove from package and follow directions for placing in the oven.</td>
</tr>
</tbody>
</table>

3. ONE DISH DINNERS

One Dish Dinners will cook any of the dinners listed in the chart by simply following the directions in the Interactive Display and on the Recipe Card. There are 2 recipes in each section. Choose one and follow Recipe Card for ingredients and instructions.

- Suppose you want to use One Dish Dinners to cook Spicy Couscous Pockets in ground beef dinner.

3 START

ONE DISH DINNERS RECIPES (RECIPES SERVE 6)

1. GROUND BEEF DINNER

Spicy Couscous Pockets
Place in a 3 quart casserole:
1 1/4 pounds lean ground beef (85% lean or better)
1 can (14.5 ounces) diced tomatoes
1 can (8 ounces) tomato sauce
1 cup water
1 large onion, chopped
1/4 cup chopped green pepper
3/4 cup couscous
1 clove garlic, minced
1 1/2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano leaves

Stir well and cover. Touch One Dish Dinners 2 times and touch START/Touch On.

At pause, stir well and add:
1 cup raisins
Recover. Touch START/Touch On.
Serve spooned into pita pockets.

Speedy Shepherd’s Pie
Combine the following and spread evenly in a 11" x 7" rectangular casserole:
1 1/2 pounds lean ground beef (85% lean or better)
1 cup dry bread crumbs
1/2 cup catsup
1 onion, minced
1 egg

Touch One Dish Dinners 2 times and touch START/Touch On.

At pause, top ground beef mixture with:
2 cups frozen peas and carrots
Top peas and carrots with:
4 cups prepared mashed potatoes (either freshly made or reconstituted from dry)

Touch START/Touch On.
Serve with gravy (canned or made from a mix).
2. CHICKEN DINNER

**Yellow Rice with Chicken**
Place in a 3 quart casserole:
1. package (5 - 8 ounces) yellow rice mix with flavor packet
2. cups chicken broth
Stir well and cover. Touch One Dish Dinners 3 times and touch START/Touch On.
At pause, stir well and add:
1. cup frozen peas
1. red pepper, diced
1 1/4 pounds boneless chicken cutlets, sliced into thin strips
Recover. Touch START/Touch On.
At end, garnish with parsley.

**Chicken with Fruited Stuffing**
Place in a 3 quart casserole:
1. package (6 ounces) cornbread or apple and raisin stuffing mix with flavor packet
1. cup apple juice
1 1/2 cups chicken broth
3. tablespoons butter, cut into cubes
2. apples, peeled, cored and cut into cubes
1/3 cup raisins
Stir well and cover. Touch One Dish Dinners 3 times and touch START/Touch On.
At pause, stir well and add:
3. cups string beans, cut into 1" pieces
1 1/4 pounds boneless chicken cutlets, sliced into thin strips
Recover. Touch START/Touch On.
At end, garnish with toasted slivered almonds.

3. BEEF OR PORK DINNER

**Sweet and Sour Pork with Rice**
Place in a 3 quart casserole:
1. cup rice
2. cups pineapple juice
1/4 cup apricot/peach sauce, sweet and sour sauce or duck sauce
2. tablespoons soy sauce
1. tablespoon fresh ginger, minced
Stir well and cover. Touch One Dish Dinners 4 times and touch START/Touch On.
At pause, stir well and add:
1/4 cup honey
1 1/4 pounds boneless, lean, pork loin, cut into thin strips
1. can (20 ounces) pineapple cubes, drained
3. cups fresh or frozen stir-fry vegetables (pea pods, celery, water chestnuts, carrots, peppers, etc.)
Recover. Touch START/Touch On.
At end, garnish with toasted almonds.

**Beef with Broccoli and Rice**
Place in a 3 quart casserole:
1. cup white rice
3. tablespoons Teriyaki sauce
1. tablespoon Hoisin sauce
2 1/2 cups beef broth
Stir well and cover. Touch One Dish Dinners 4 times and touch START/Touch On.
At pause, stir well and add:
1 1/4 pounds beef top round, sliced thin against the grain (1/4” thick)
4. scallions, diced
4. cups broccoli florets
1. large onion, sliced very thinly
Recover. Touch START/Touch On.

4. SEAFOOD DINNER

**Creamy Seafood Pasta**
Place in a 3 quart casserole:
8 - 9 ounces fresh tortellini
2. cups water
Stir well and cover. Touch One Dish Dinners 5 times and touch START/Touch On.
At pause, stir well and add:
1. jar (17 ounces) creamy Alfredo sauce or 13/4 cups of medium, white cheese sauce
1 1/4 pounds combination raw shellfish, fresh or thawed (shrimp, bay scallops, crabmeat)
3. cups mixed, fresh vegetables (sliced mushrooms, thinly juliened carrots, green beans)
Recover. Touch START/Touch On.
At end, garnish with:
1/3 cup grated Parmesan cheese

**Greek Fusilli with Eggplant and Shrimp**
Place in a 3 quart casserole:
2. cloves garlic, minced
1. large onion, thinly sliced
1. jar (28 ounces) marinara sauce
1. cup water or dry white wine
2. cups (6 ounces) tricolor pasta
1. medium eggplant (approximately one pound), peeled and cut into large cubes
Stir well and cover. Touch One Dish Dinners 5 times and touch START/Touch On.
At pause, stir well and add:
1 1/4 pounds raw shrimp (fresh or thawed), peeled and deveined
Recover. Touch START/Touch On.
At end, top with:
3/4 - 1 cup crumbled feta cheese
5. VEGETARIAN DINNER

Garden Au Gratin

Place in a 3 quart casserole:
- 1 1/2 pounds baking potatoes, cut into eighths, thinly sliced
- 1 can (14.5 ounces) diced tomatoes
- 1 tablespoon minced garlic
- 1 teaspoon thyme leaves

Stir well and cover. Touch **One Dish Dinners** 6 times and touch **START/Touch On**.

At pause, stir well and add:
- 1 bag (16 ounces) frozen pepper stir fry mix or 4 cups thinly sliced fresh peppers and onions
- 3 cups thinly sliced summer squash or combination of broccoli, cauliflower and squash

Recover. Touch **START/Touch On**.

At end, stir completely and garnish with:
- 6 ounces shredded Cheddar cheese

Orzo with Sun-Dried Tomatoes and Artichokes

Place in a 3 quart casserole:
- 1 cup orzo or other tiny shaped pasta
- 3 1/2 cups vegetable or chicken broth
- 1/4 cup pesto sauce (fresh or reconstituted from dry)
- 1/2 cup small pieces of sundried tomatoes
- 1 tablespoon minced garlic
- 1 tablespoon Italian seasoning

Stir well and cover. Touch **One Dish Dinners** 6 times and touch **START/Touch On**.

At pause, stir well and add:
- 3 cups chopped green, red, orange or yellow peppers
- 1 onion, thinly sliced
- 1 can (14 ounces) artichoke hearts, drained and quartered
- 1 can (3 ounces) pitted, ripe olives, drained and halved

Recover. Touch **START/Touch On**.

At end, stir and garnish top with:
- 1/2 cup freshly shredded Parmesan cheese
- 1/4 cup pine nuts

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4. SUPERDEFROST

SuperDefrost rapidly defrosts specific foods and weights found in the SuperDefrost Chart below.

- Suppose you want to defrost 1.0 pound boneless poultry.

**PROCEDURE** | **DISPLAY**
--- | ---
1 | **Super Defrost**

Touch **Super Defrost** pad once.

2 | **Super Defrost**

Touch **Super Defrost** pad two more times to select boneless poultry.

3 | **START/Touch On**

Touch **START/Touch On** pad.

The oven will stop so the food can be checked.

The display will show:
- **Turn Over**
- **Separate Into Pieces**

Recover. Touch **START/Touch On**.

At end, stir turn over, removed any thawed pieces and break remainder apart.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground meat</td>
<td>1.0 lb</td>
<td>At pause, turn over, removed any thawed pieces and break remainder apart. At end, let stand, covered, for 3 to 5 minutes.</td>
</tr>
</tbody>
</table>

---

**NOTE:**

1. To defrost foods above or below the weights allowed on the SuperDefrost Chart, use CompuDefrost or Manual Defrost. See CompuDefrost on pages 22 and 23 or Manual Defrost on page 11.

2. SuperDefrost can be programmed with More or Less Time Adjustment. Touch the Power Level pad once or twice before touching **START/Touch On** pad.

3. Touch Custom Help pad when the HELP indicator is lighted in the display for a helpful hint.
**SPECIAL FEATURES**

**SUPER DEFROST CHART** (CONTINUED)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Boneless poultry</td>
<td>1.0 lb</td>
<td>At pause, turn over and separate into pieces. At end, let stand, covered, for 3 to 5 minutes.</td>
</tr>
<tr>
<td>3. Bone-in chicken pieces</td>
<td>2.0 lb</td>
<td>At pause, turn over and separate into pieces. At end, let stand, covered, for 3 to 5 minutes.</td>
</tr>
</tbody>
</table>

**NOTE:** SuperDefrost provides just enough defrosting that the foods can be used in recipes or for cooking. There will be some ice crystals remaining.

---

**5. COMPUDEFROST**

CompuDefrost automatically defrosts all the foods found in the CompuDefrost Chart below.

- Suppose you want to defrost a 2.0 pound steak.

---

**PROCEDURE DISPLAY**

1. Touch **CompuDefrost** pad once.

2. Touch **CompuDefrost** pad two more times to select steak.

3. Enter weight by touching the number pads 2 and 0. (Ex: 2.0 lb steak.)

4. Touch **START/Touch On** pad.

5. After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door.

6. After the 2nd stage, open the door. Shield any warm portions. Close the door.

7. After defrost cycle ends, follow the directions.

**NOTE:**

1. To defrost other food or foods above or below the weights allowed on the CompuDefrost Chart, use time and 30% power. See Manual Defrost on page 11.

2. CompuDefrost can be programmed with More or Less Time Adjustment. Touch the Power Level pad once or twice before touching **START/Touch On** pad.

3. Touch Custom Help pad when the HELP indicator is lighted in the display for a helpful hint.

4. If you attempt to enter more or less than the amount as indicated in the chart below, an error message will appear in the display.

---

**COMPU DEFROST CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ground meat</td>
<td>.5 - 3.0 lb</td>
<td>Remove any thawed pieces after each stage. Let stand, covered, for 5 to 10 minutes.</td>
</tr>
<tr>
<td>2. Steaks, chops or fish</td>
<td>.5 - 4.0 lb</td>
<td>After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is almost defrosted. Let stand, covered, for 10 to 20 minutes.</td>
</tr>
<tr>
<td>3. Chicken pieces</td>
<td>.5 - 3.0 lb</td>
<td>After each stage, rearrange pieces or remove portions should they become warm or thawed. Let stand, covered, for 10 to 20 minutes.</td>
</tr>
</tbody>
</table>
After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

6. Soup
1 - 6 cups
After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

NOTE: Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed. Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

6. BEVERAGE CENTER
Beverage Center enables you to reheat coffee or tea to restore to a more suitable drinking temperature or to make instant coffee or tea.

- Suppose you want to make 2 cups of coffee.

**PROCEDURE**

1. **Touch Beverage Center pad.**

2. **Touch Beverage Center pad once more.**
   - Touch number 1 pad 2 times.

3. **Touch START/Touch On pad.**

**BEVERAGE CENTER CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
</table>
| Make coffee/tea    | 1 - 4 cups| Use this setting for heating COLD TAP WATER to a temperature somewhat below the boiling point to make instant coffee or tea. Touch number 1 pad for 1 cup increase per touch. Stir liquid briskly before and after heating to avoid “eruption”.

| Reheat            | .5 - 2.0 cups| This setting is good for restoring cooled beverage to a better drinking temperature. Touch number 2 pad for a 0.5 cup increase per touch. Stir after heating. |
MULTIPLE SEQUENCE COOKING

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

Sometimes cooking directions tell you to start on one power level and then change to a different power level. Your oven can do this automatically.

- Suppose you want to cook roast beef for 5 minutes at 100% and then continue to cook for 30 minutes at 50%.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 First enter cooking time. Then touch <strong>Power Level</strong> pad twice for 100% power.</td>
<td><strong>5 0 0</strong></td>
</tr>
<tr>
<td>2 Then enter second cooking time. Touch <strong>Power Level</strong> pad. Touch number pad 5 for 50% power.</td>
<td><strong>3 0 0 0</strong></td>
</tr>
<tr>
<td>3 Touch <strong>START/Touch On</strong> pad.</td>
<td><strong>START</strong> <strong>Touch On</strong></td>
</tr>
</tbody>
</table>

**NOTE:**

1. If **Power Level** pad is touched twice, **HIGH POWER** will be displayed.
2. If 100% is selected as the final sequence, it is not necessary to touch the **Power Level** pad.
3. If you wish to know power level, simply touch the **Power Level** pad. As long as your finger is touching the **Power Level** pad, the power level will be displayed.

MORE OR LESS TIME ADJUSTMENT

Should you discover that you like any of the Sensor Cooking or More from your Microwave settings slightly **more** done, touch the **Power Level** pad once after touching your choice of pads. The display will show **MORE**. Touch **START/Touch On** pad.

Should you discover that you like any of the Sensor Cooking or More from your Microwave settings slightly **less** done, touch the **Power Level** pad twice after touching your choice of pad. The display will show **LESS**. Touch **START/Touch On** pad.

MEMORY COOK

TO SET MEMORY COOK

Memory Cook allows you to set 1 set of cooking instructions in memory for quick recall.

- Suppose you want to program into Memory Cook your favorite cooking instructions for Nachos: 1 minute and 45 seconds at 70% power.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Touch <strong>Memory Cook</strong> pad.</td>
<td><strong>TO SET MEMORY COOK</strong></td>
</tr>
<tr>
<td>2 Touch <strong>Memory Cook</strong> pad again.</td>
<td><strong>ENTER COOKING TIME</strong></td>
</tr>
<tr>
<td>3 Enter cooking time.</td>
<td><strong>1 4 5</strong></td>
</tr>
<tr>
<td>4 Touch <strong>Power Level</strong> pad. Enter number 7 for power level.</td>
<td><strong>70 PERCENT</strong></td>
</tr>
<tr>
<td>5 Touch <strong>Memory Cook</strong> pad.</td>
<td><strong>1.45</strong></td>
</tr>
</tbody>
</table>

**Note:** It is necessary to touch Memory Cook twice to enter the new program. Memory Cook cannot be programmed with turntable off.

TO USE MEMORY COOK

- Suppose you want to cook Nachos with Memory Cook.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Touch <strong>Memory Cook</strong> pad.</td>
<td><strong>70 PERCENT 1.45</strong></td>
</tr>
<tr>
<td>2 Touch <strong>START/Touch On</strong> pad.</td>
<td><strong>PRESS START</strong></td>
</tr>
</tbody>
</table>
OTHER CONVENIENT FEATURES

CUSTOM HELP

Custom Help provides 5 features which make using your oven easy because specific instructions are provided in the Interactive Display.

1. CHILD LOCK

The Child Lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated or locked. To set, touch Custom Help, the number 1 and START/Touch On. Should a pad be touched, will appear in the display.

To cancel, touch Custom Help and Stop/Clear.

2. AUDIBLE SIGNAL ELIMINATION

If you wish to have the oven operate with no audible signals, touch Custom Help, the number 2 and Stop/Clear.

To cancel and restore the audible signal, touch Custom Help, the number 2 and START/Touch On.

3. AUTO START

If you wish to program 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 50% at 4:30. Before setting, check to make sure the clock is set correctly.

PROCEDURE

1. Touch Custom Help pad.
2. Touch number 3.
3. Enter the start time.
4. Touch Clock pad.
5. Enter cooking program.
6. Touch START/Touch On pad.

NOTE:

1. Auto Start can be used for manual cooking if clock is set.
2. If the oven door is opened after programming Auto Start, it is necessary to touch the START/Touch On pad for Auto Start time to appear in the readout so that the oven will automatically begin programmed cooking at the chosen Auto Start time.

3. Be sure to choose foods that can be left in the oven safely until the Auto Start time. Acorn or butternut squash are often a good choice.

4. If you wish to know the time of day, simply touch the Clock pad. As long as your finger is touching the Clock pad, the time of day will be displayed.

4. & 5. LANGUAGE / WEIGHT SELECTION

The oven comes set for English and U.S. Customary Unit-pounds. To change, touch Custom Help and the number 4 pads. Continue to touch the number 4 pad until your choice is selected from the table below. Then, touch START/Touch On pad.

Touch number 4 pad for language and standard of weight.

<table>
<thead>
<tr>
<th>NUMBER</th>
<th>LANGUAGE</th>
<th>STANDARD OF WEIGHT</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>English</td>
<td>LBS</td>
<td>ENGLISH</td>
</tr>
<tr>
<td>Twice</td>
<td>English</td>
<td>KG</td>
<td>ENGLISH</td>
</tr>
<tr>
<td>3 times</td>
<td>Spanish</td>
<td>LBS</td>
<td>ESPANOL</td>
</tr>
<tr>
<td>4 times</td>
<td>Spanish</td>
<td>KG</td>
<td>ESPANOL</td>
</tr>
<tr>
<td>5 times</td>
<td>French</td>
<td>LBS</td>
<td>FRANCAIS</td>
</tr>
<tr>
<td>6 times</td>
<td>French</td>
<td>KG</td>
<td>FRANCAIS</td>
</tr>
</tbody>
</table>

KITCHEN TIMER

- Suppose you want to time a 3 minute long distance phone call.

PROCEDURE

2. Enter time.
3. Touch Kitchen Timer/Clock pad. The Kitchen Timer will count down.
4. After the Kitchen Timer cycle ends, the display will indicate the following message.
OTHER CONVENIENT FEATURES

TOUCH ON
Touch On allows you to cook at 100% power by touching the START/Touch On pad continuously. Touch On is ideal for melting cheese, bringing milk to just below boiling etc. The maximum cooking time is 3 minutes.

- Suppose you want to melt cheese on a piece of toast.

PROCEDURE
1. Continuously touch START/Touch On pad. The cooking time will begin counting up.
2. When the cheese is melted to desired degree, remove finger from START/Touch On pad. Oven stops immediately.

NOTE:
1. Note time it takes for frequently used foods and program that time in the future.
2. Touch START/Touch On pad within 1 minute after cooking, opening and closing the door or touching the Stop/Clear pad.
3. Touch On can only be used 3 times in a row. If more times are needed, open and close door or touch Stop/Clear pad.

MINUTE PLUS
Minute Plus allows you to cook for a minute at 100% by simply touching the Minute Plus pad. You can also extend cooking time in multiples of 1 minute by repeatedly touching the Minute Plus pad during manual cooking.

- Suppose you want to heat a cup of soup for one minute.

PROCEDURE
1. Touch Minute Plus pad.

NOTE:
1. To use Minute Plus, touch pad within 1 minute after cooking, closing the door, touching the Stop/Clear pad or during cooking.
2. Minute Plus cannot be used with Special Features.

DEMONSTRATION MODE
To demonstrate, touch Kitchen Timer/Clock, the number 0 and touch START/Touch On and hold for 3 seconds. DEMO ON will appear in the display. Cooking operations and specific special features can now be demonstrated with no power in the oven. For example, touch Stop/Clear and touch Minute Plus, and the display will show 1.00 END and count down quickly to 0.00.

To cancel, touch Kitchen Timer/Clock, then the number 0 and Stop/Clear. If easier, unplug the oven from the electrical outlet, replug and set the clock.

HELP
Whenever HELP is lighted in the Interactive Display, touch Custom Help to read cooking and operating hints.

WORK LIGHT
Press the WORK LIGHT pad one time to turn on and again to turn the light off.

NIGHT LIGHT
Press the NIGHT LIGHT pad one time to turn on and again to turn the light off. This setting assures enough light to move about in a darkened kitchen.

FAN HI/LO
The fan will automatically start when heat rises from range surface units or burners. This protects the microwave oven from excessive temperature rise. The fan will stay on until the temperature decreases. It cannot be turned off manually during this time.

For other uses, press Fan Hi/Lo pad to select fan speed or turn fan off.

AUTO FAN
The fan can be set to turn off automatically. Touch Auto Fan and enter the number of minutes you wish for the fan to operate. It is automatically set for the high fan speed. If you wish to have the low fan speed, touch Auto Fan, enter the number of minutes you wish for the fan to operate and then touch Fan Hi/Lo once. Touch Fan Hi/Lo twice if you wish to stop the fan during operation.
**Exterior**

The outside surface is precoated steel and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

**Door**

Wipe the window on both sides with a damp cloth to remove any spills or spatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

**Touch Control Panel**

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Close door and touch Stop/Clear.

**Interior**

Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or spattering. To clean the interior surfaces, wipe with a soft cloth and warm water. DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. The rack can be cleaned with hot soapy water, rinsed and dried.

**Waveguide Cover**

The waveguide cover is located on the ceiling in the oven cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good oven performance. Carefully wipe with a damp cloth any food splatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. DO NOT REMOVE THE WAVEGUIDE COVER.

**Odor Removal**

Occasionally, a cooking odor may remain in the oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in oven until cool. Wipe interior with a soft cloth.

**Turntable/Turntable Support**

The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and non-abrasive scouring sponge. They are also dishwasher-proof. Use upper rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

**Grease Filters**

Filters should be cleaned at least once a month. Never operate the fan or oven without the filters in place.

1. Pull down slightly on the tab toward the front of the oven and remove the filter. Repeat for the other filter.
2. Soak the filters in a sink or dish pan filled with hot water and detergent. DO NOT use ammonia or other alkali; they will react with the filter material and darken it.
3. Agitate and scrub with a brush to remove embedded dirt.
4. Rinse thoroughly and shake dry.
5. Replace by fitting the filter back into the opening.
**CHARCOAL FILTER**
Charcoal Filter, Sharp Part number RK-230 which was enclosed with your oven, is used for nonvented, recirculated installation. The filter should be changed every 6 to 12 months depending on use. See page 4 for ordering information.

1. Disconnect power to the oven at the circuit breaker panel or by unplugging.
2. Remove the louver mounting screw from the top center of the louver and push down carefully on the tab at each end of the louver to disengage it. (See illustration.)
3. Pull the louver away from the unit.
4. Change the charcoal filter.
5. Carefully push the louver back into place (engaging both the bottom and top tabs) and replace the screw removed in step 2.

**OVEN LIGHT**
Remove the louver per instructions 1-3 above and charcoal filter, if used.
1. To replace light bulb, first disconnect power to the oven at the circuit breaker panel or by unplugging.
2. Open light cover located behind filter mounting by carefully pulling up on the front edge.
3. Remove old light bulb and replace only with equivalent watt bulb available from a Sharp Authorized Servicer or parts distributor. Bulbs are also available at most hardware stores or lighting centers. **DO NOT USE BULB LARGER THAN 30 WATTS.**
4. Replace the oven light cover by carefully pushing into place. Replace the charcoal filter, if used. Push the louver back into place and replace the louver mounting screw.

**WORK LIGHT AND NIGHT LIGHT**
1. To replace light bulbs, first disconnect power to the oven at the circuit breaker panel or by unplugging.
2. To release cover, remove the screw on the light cover. (See illustration.)
3. Replace light bulbs with equivalent watt bulb available from your Sharp Authorized Servicer or parts distributor. Bulbs are also available at most hardware stores or lighting centers. **DO NOT USE A BULB LARGER THAN 30 WATTS.**

**CAUTION:** Light cover may become very hot. Do not touch glass when light is on.
**S P E C I F I C A T I O N S**

<table>
<thead>
<tr>
<th></th>
<th>R-1610 / R-1611 / R-1612</th>
</tr>
</thead>
<tbody>
<tr>
<td>AC Line Voltage:</td>
<td>Single phase 120V, 60Hz, AC only</td>
</tr>
<tr>
<td>AC Power Required:</td>
<td>1640W 14.0 amps.</td>
</tr>
<tr>
<td>Output Power:</td>
<td>1000W* (IEC Test Procedure)</td>
</tr>
<tr>
<td>Frequency:</td>
<td>2450 MHz</td>
</tr>
<tr>
<td>Outside Dimensions (not including handle):</td>
<td>29 15/16&quot;(W) x 16 3/8&quot;(H) x 16 15/16&quot;(D)</td>
</tr>
<tr>
<td>Cavity Dimensions:</td>
<td>21&quot;(W) x 8 7/8&quot;(H) x 14 7/16&quot;(D)</td>
</tr>
<tr>
<td>Oven Capacity:</td>
<td>1.6 Cu.Ft.</td>
</tr>
<tr>
<td>Cooking Uniformity:</td>
<td>Turntable / Stirrer Fan System</td>
</tr>
<tr>
<td>Weight:</td>
<td>Approx. (net) 55 lb, (gross) 60 lb</td>
</tr>
<tr>
<td>Work/Night Light:</td>
<td>2 bulbs 30w max. each (incandescent light bulbs)</td>
</tr>
</tbody>
</table>

★ The International Electrotechnical Commission’s standardized method for measuring output wattage. This test method is widely recognized.

In compliance with standards set by:

- **FCC** – Federal Communications Commission Authorized.
- **DHHS** – Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.
- **UL** – This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.

---

**T H E U L T I M A T E A C C E S S O R Y**

- **Great recipes**
- **Reliable microwave reference guide**
- **Many color photos**
- **Step-by-step instructions**
- **Nutritional information for each recipe**
- **Durable wipe-clean soft cover with 128 8 1/2 x 11 pages**
- **Helpful tips and special techniques**

**SHARP CAROUSEL MICROWAVE COOKBOOK**

**TO ORDER**

Simply call this toll-free number: 1-800-642-2122. Please have your credit card ready.

If you prefer to order by mail, complete and return the order form on page 30. Please include check or money order (payable to Sharp Accessories & Supplies Center) for $6.00 plus $4.25 shipping & handling and tax, if applicable, per book.

**SATISFACTION GUARANTEED**

You must be completely satisfied with the Sharp Carousel Microwave Cookbook. If, within 14 days, you are dissatisfied for any reason, simply return the book and we'll gladly refund your $6.00 plus tax.

(SOLAMENTE ESCRITO EN INGLES!)
SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water in a glass measuring cup in the oven and close the door securely. Operate the oven for one minute at HIGH 100%.

A  Does the oven light come on? YES ______ NO ______

B  Does the cooling fan work? YES ______ NO ______
   (Put your hand on the louver above the Interactive Display.)

C  Does the turntable rotate? YES ______ NO ______
   (It is normal for the turntable to turn in either direction unless the display indicates TURN-TABLE OFF.)

D  Is the water in the oven warm? YES ______ NO ______

If “NO” is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICER. A microwave oven should never be serviced by a “do-it-yourself” repair person.

NOTE: If time appearing in the display is counting down very rapidly, check Demonstration Mode on page 26 and cancel.

---

COOKBOOK ORDER FORM

Please send me _____ cookbooks at $10.25 each $ ______
Illinois sales tax, (if applicable) per book $.44 no. of books ____________ $ ______
Other tax, (if applicable) no. of books ____________ $ ______

TOTAL ORDER AMOUNT $ ______

☐ I have enclosed a check made payable to Sharp Accessories & Supplies Center.
☐ Please bill my ☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS
   Acct. No. ___________________________________________ Expiration date _____ / _____

Signature______________________________________________
(All credit card orders must be signed.)

Name_____________________________________________________________________________
Address____________________________________________________________________________
City________________________ State__________ Zip__________

Daytime Phone No. (_____ ) ________________________________

Mail to: SHARP Accessories & Supplies Center
2130 Townline Road
Peoria, Illinois 61615–1560

Price is subject to change without notice.
BREAKFAST BAR

1. Toque el botón Breakfast Bar.
2. Seleccione la comida deseada. (Ej: toque el botón Breakfast Bar 3 veces más para cereales calientes.)
3. Toque el botón número 2 para dos raciones.
4. Toque el botón START/Touch On.

TABLA BREAKFAST BAR

<table>
<thead>
<tr>
<th>ALIMENTO</th>
<th>CANTIDAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huevos revueltos</td>
<td>1 - 9 huevos</td>
</tr>
<tr>
<td>Toino</td>
<td>2 - 6 rebanadas</td>
</tr>
<tr>
<td>Cereal caliente</td>
<td>1 - 6 porciones</td>
</tr>
<tr>
<td>Calentar pan fresco</td>
<td>1 - 8 piezas</td>
</tr>
<tr>
<td>Alimentos congel.</td>
<td>1 (3 - 6 oz) de desayuno</td>
</tr>
</tbody>
</table>

Continuado en la página 32.
GUÍA AUTO-TOUCH®

Continuación de la página 31.

**LUNCH ON THE RUN**

1. Toque el botón Lunch on the Run.
2. Seleccione la comida deseada. (Ej: toque el botón Lunch on the Run 3 veces más para sopa.)
3. Toque el botón START/Touch On.

**TABLA LUNCH ON THE RUN**

<table>
<thead>
<tr>
<th>ALIMENTO</th>
<th>CANTIDAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Comida en una taza</td>
<td>1 (6 - 8 oz)</td>
</tr>
<tr>
<td>2. Hot dog en su pan</td>
<td>1 - 4</td>
</tr>
<tr>
<td>3. Sopa</td>
<td>1 - 6 tazas</td>
</tr>
<tr>
<td>4. Pizza de microondas</td>
<td>1 (6 - 8 oz)</td>
</tr>
<tr>
<td>5. Emparedado</td>
<td>1 (3 - 6 oz)</td>
</tr>
</tbody>
</table>

**SUPER DEFROST**

1. Toque el botón SuperDefrost.
2. Seleccione la comida deseada. (Ej: toque el botón SuperDefrost 2 veces más para descongelar 1.0 libra de pollo sin huesos.)
3. Toque el botón START/Touch On. Durante la descongelación, el horno se parará; siga las indicaciones. Toque el botón START/Touch On para continuar descongelando.

**TABLA DE SUPER DEFROST**

<table>
<thead>
<tr>
<th>ALIMENTO</th>
<th>CANTIDAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Carne molida</td>
<td>1.0 libras</td>
</tr>
<tr>
<td>2. Pollo sin hueso</td>
<td>1.0 libras</td>
</tr>
<tr>
<td>3. Pollo con hueso</td>
<td>2.0 libras</td>
</tr>
</tbody>
</table>

**BEVERAGE CENTER**

1. Toque el botón Beverage Center.
2. Seleccione el ajuste Beverage Center deseado. (Ej: toque el botón Beverage Center 2 veces más para volver a calentar café.)
3. Toque el botón número 2 4 veces para 2 tazas.
4. Toque el botón Start/Touch On.

**TABLA BEVERAGE CENTER**

<table>
<thead>
<tr>
<th>ALIMENTO</th>
<th>CANTIDAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Hacer café o té</td>
<td>1 - 4 tazas</td>
</tr>
<tr>
<td>2. Recalentar</td>
<td>.5 - 2.0 tazas</td>
</tr>
</tbody>
</table>

**ONE DISH DINNERS**

1. Toque el botón One Dish Dinners.
2. Seleccione la comida deseada. (Ej: toque el botón One Dish Dinners una vez más para carne picada.)
3. Toque el botón START/Touch On.

**GUÍA DE MENÚ PARA ONE DISH DINNERS**

<table>
<thead>
<tr>
<th>ALIMENTO</th>
<th>RECETA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cena de carne</td>
<td>“Cuscus” condimentado con pan</td>
</tr>
<tr>
<td>2. Cena de pollo</td>
<td>Carne picada y verduras cubiertas con puré</td>
</tr>
<tr>
<td>3. Cena de cerdo o res</td>
<td>Puerco agridulce con arroz</td>
</tr>
<tr>
<td>4. Cena de mariscos</td>
<td>Carne de vaca con brécol y arroz</td>
</tr>
<tr>
<td>5. Cena de vegetales</td>
<td>Verduras gratinadas</td>
</tr>
<tr>
<td></td>
<td>Orzo con tomates secados al sol y alcachofas</td>
</tr>
</tbody>
</table>

CONSULTE LA TARJETA DE RECETAS PARA CONOCER DETALLES.

**COMPU DEFROST**

1. Toque el botón CompuDefrost.
2. Seleccione la comida deseada. (Ej: toque el botón Compu Defrost 2 veces más para descongelar un filete de carne.)
3. Toque los botones número 2 y 0 para 2.0 libras. (Ej: filete de 2.0 libras.)

**TABLA DE COMPU DEFROST**

<table>
<thead>
<tr>
<th>ALIMENTO</th>
<th>CANTIDAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Carne molida</td>
<td>.5 - 3.0 libras</td>
</tr>
<tr>
<td>2. Bistec, chuleta o pescado</td>
<td>.5 - 4.0 libras</td>
</tr>
<tr>
<td>3. Piezas de pollo</td>
<td>.5 - 3.0 libras</td>
</tr>
<tr>
<td>4. Asado</td>
<td>2.0 - 4.0 libras</td>
</tr>
<tr>
<td>5. Caserola</td>
<td>2 - 6 tazas</td>
</tr>
<tr>
<td>6. Sopa</td>
<td>1 - 6 tazas</td>
</tr>
</tbody>
</table>

Carousel® y Auto-Touch® son marcas registradas de Sharp Corporation.
### AUTO-TOUCH GUIDE

Continued from Back Cover

#### LUNCH ON THE RUN
1. Touch **Lunch on the Run** pad.
2. Select desired food. (Ex: touch Lunch on the Run pad 3 more times for soup.)
3. Touch **START/Touch On** pad.

#### LUNCH ON THE RUN CHART
<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Meal in a cup</td>
<td>1 cup (6 - 8 oz)</td>
</tr>
<tr>
<td>2. Hot dogs in buns</td>
<td>1 - 4</td>
</tr>
<tr>
<td>3. Soup</td>
<td>1 - 6 cups</td>
</tr>
<tr>
<td>4. Microwave pizza</td>
<td>1 (6 - 8 oz)</td>
</tr>
<tr>
<td>5. Frozen sandwich</td>
<td>1 (3 - 6 oz)</td>
</tr>
</tbody>
</table>

#### SUPER DEFROST
1. Touch **SuperDefrost** pad.
2. Select desired food. (Ex: touch SuperDefrost pad 2 more times to defrost 1.0 lb boneless poultry.)
3. Touch **Start/Touch On** pad. During defrosting, the oven will stop; follow the directions. Touch **Start/Touch On** pad to continue defrosting.

#### SUPER DEFROST CHART
<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ground meat</td>
<td>1.0 lb</td>
</tr>
<tr>
<td>2. Boneless poultry</td>
<td>1.0 lb</td>
</tr>
<tr>
<td>3. Bone-in chicken pieces</td>
<td>2.0 lb</td>
</tr>
</tbody>
</table>

#### BEVERAGE CENTER
1. Touch **Beverage Center** pad.
2. Select desired Beverage Center setting. (Ex: touch Beverage Center pad 2 more times to reheat coffee.)
3. Touch number 2 pad 4 times for 2 cups.
4. Touch **START/Touch On** pad.

#### BEVERAGE CENTER CHART
<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Make coffee/tea</td>
<td>1 - 4 cups</td>
</tr>
<tr>
<td>2. Reheat</td>
<td>.5 - 2.0 cups</td>
</tr>
</tbody>
</table>

#### ONE DISH DINNERS
1. Touch **One Dish Dinners** pad.
2. Select desired food. (Ex: touch One Dish Dinners pad once more for ground beef.)
3. Touch **START/Touch On** pad.

#### ONE DISH DINNERS CHART
<table>
<thead>
<tr>
<th>FOOD</th>
<th>RECIPES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ground beef dinner</td>
<td>• Spicy Couscous Pockets</td>
</tr>
<tr>
<td></td>
<td>• Speedy Shepherd’s Pie</td>
</tr>
<tr>
<td>2. Chicken dinner</td>
<td>• Yellow Rice with Chicken</td>
</tr>
<tr>
<td></td>
<td>• Chicken with Fruited Stuffing</td>
</tr>
<tr>
<td>3. Beef or pork dinner</td>
<td>• Sweet and Sour Pork</td>
</tr>
<tr>
<td></td>
<td>• with Rice</td>
</tr>
<tr>
<td></td>
<td>• Beef with Broccoli</td>
</tr>
<tr>
<td></td>
<td>• and Rice</td>
</tr>
<tr>
<td>4. Seafood dinner</td>
<td>• Creamy Seafood Pasta</td>
</tr>
<tr>
<td></td>
<td>• Greek Fusilli with Eggplant and Shrimp</td>
</tr>
<tr>
<td>5. Vegetarian dinner</td>
<td>• Garden Au Gratin</td>
</tr>
<tr>
<td></td>
<td>• Orzo with Sun-Dried</td>
</tr>
<tr>
<td></td>
<td>• Tomatoes and Artichokes</td>
</tr>
</tbody>
</table>

SEE RECIPE CARD FOR DETAILS.

#### COMPU DEFROST
1. Touch **CompuDefrost** pad.
2. Select desired food. (Ex: touch CompuDefrost pad 2 more times to defrost Steak.)
3. Touch number pads 2 and 0 for 2.0 lb. (Ex: 2.0 lb steak.)
4. Touch **START/Touch On** pad. During defrosting, the oven will stop; follow the directions. Touch **START/Touch On** pad to continue defrosting.

#### COMPU DEFROST CHART
<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ground meat</td>
<td>.5 - 3.0 lb</td>
</tr>
<tr>
<td>2. Steaks, chops or fish</td>
<td>.5 - 4.0 lb</td>
</tr>
<tr>
<td>3. Chicken pieces</td>
<td>.5 - 3.0 lb</td>
</tr>
<tr>
<td>4. Roast</td>
<td>2.0 - 4.0 lb</td>
</tr>
<tr>
<td>5. Casserole</td>
<td>2 - 6 cups</td>
</tr>
<tr>
<td>6. Soup</td>
<td>1 - 6 cups</td>
</tr>
</tbody>
</table>
For more complete information and safety precautions, refer to your Operation Manual.

**SET CLOCK**

If SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK is in the display, first touch Stop/Clear.

1. Touch Kitchen Timer/Clock pad.
2. Enter correct time of the day by touching numbers in sequence. (Ex: 12:30)
3. Touch Kitchen Timer/Clock pad again.

**SENSOR COOKING**

1. Touch Baked potatoes pad.
2. Press START/Touch On.

**SENSOR COOKING CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn</td>
<td>1 package 3.0 - 3.5 oz (Regular) 1.5 - 3.5 oz (Snack)</td>
</tr>
<tr>
<td>Sensor reheat</td>
<td>4 - 36 oz</td>
</tr>
<tr>
<td>Baked potatoes</td>
<td>1 - 6 med.</td>
</tr>
<tr>
<td>Fresh vegetables:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soft .25 - 2.0 lb</td>
</tr>
<tr>
<td></td>
<td>Hard .25 - 1.5 lb</td>
</tr>
<tr>
<td>Frozen entrees</td>
<td>6 - 17 oz</td>
</tr>
<tr>
<td>Frozen snacks</td>
<td>3 - 8 oz</td>
</tr>
<tr>
<td>Frozen vegetables</td>
<td>.25 - 1.25 lb</td>
</tr>
<tr>
<td>Ground meat</td>
<td>.25 - 2.0 lb</td>
</tr>
<tr>
<td>Rice</td>
<td>.5 - 2.0 cups</td>
</tr>
<tr>
<td>Poultry: Boneless</td>
<td>.5 - 2.0 lb</td>
</tr>
<tr>
<td></td>
<td>With bone .5 - 3.0 lb</td>
</tr>
<tr>
<td>Fish/seafood</td>
<td>.25 - 2.0 lb</td>
</tr>
</tbody>
</table>

**TOUCH ON**

Continuously touch START/Touch On pad for 100% power cooking. Remove finger and oven will stop instantly.

**MINUTE PLUS**

Touch Minute Plus for one minute at 100% power or to add a minute during manual cooking. Continue to touch for additional minutes.

**MANUAL OPERATION**

**HIGH POWER COOKING**

1. Enter cooking time by touching number pads. (Ex: 1 min. 30 sec.)
2. Touch START/Touch On pad.

**VARIABLE POWER COOKING**

1. After Step 1 above, touch Power Level pad.
2. Select power level. (Ex: 50%.)
3. Touch START/Touch On pad.

**MEMORY COOK**

**TO SET MEMORY COOK**

1. Touch Memory Cook pad twice and enter cooking time. (Ex: touch number 1, 4 and 5 for 1 minute 45 seconds.)
2. Touch Power Lever and number pad for desired setting. (Ex: touch number 7 for 70%.)
3. Touch Memory Cook pad.

**TO USE MEMORY COOK**

1. Touch Memory Cook pad. The stored settings will show on display.
2. Touch START/Touch On pad.

**BREAKFAST BAR**

1. Touch Breakfast Bar pad.
2. Select desired food. (Ex: touch Breakfast Bar pad 3 more times for hot cereal.)
3. Touch number 2 pad for 2 servings.
4. Touch START/Touch On pad.

**BREAKFAST BAR CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Scrambled eggs</td>
<td>1 - 9 eggs</td>
</tr>
<tr>
<td>2. Bacon</td>
<td>2 - 6 strips</td>
</tr>
<tr>
<td>3. Hot cereal</td>
<td>1 - 6 servings</td>
</tr>
<tr>
<td>4. Heat rolls/muffins</td>
<td>1 - 8 pieces</td>
</tr>
<tr>
<td>5. Frozen breakfast foods</td>
<td>1 (3 - 6 oz)</td>
</tr>
</tbody>
</table>