To aid in reporting this microwave oven in case of loss or theft, please record below the model number and serial number located on the unit. We also suggest you record all the information listed and retain for future reference.

MODEL NUMBER ________________________ SERIAL NUMBER ______________
DATE OF PURCHASE ______________________
dealer ____________________________ TELEPHONE ______________
SERVICER ___________________________ TELEPHONE ______________

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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Precautions to Avoid Possible Exposure to Excessive Microwave Energy ......... Inside Front Cover

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INTERACTIVE COOKING SYSTEM

The Interactive Cooking System offers step-by-step instructions in the display 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 27.
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 improper voltage or other 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 herein 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-530ES 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. The warranty period continues for an additional four (4) years, for a total of five (5) years, with respect to the magnetron tube in the Product for parts only; labor and service 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 bulb. |
| Where to Obtain Service: | From a Sharp Authorized Servicer located In the United States. To find the location of the nearest Sharp Authorized Servicer, call Sharp toll free at 1-800-BE-SHARP (1-800-237-4277). |
| What to do to Obtain Service: | Ship prepaid or carry in your Product to a Sharp Authorized Servicer. Be sure to have Proof of Purchase available. If you ship the Product, be sure it is insured and packaged securely. |

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.

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.
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 5.
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. Stir liquids briskly before and after heating to avoid eruption.
7. 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.
8. As with any appliance, close supervision is necessary when used by children.
9. 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.
10. This appliance should be serviced only by qualified service personnel. Contact nearest Sharp Authorized Servicer for examination, repair or adjustment.
11. Do not cover or block any openings on the appliance.
12. 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.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. See door surface cleaning instructions on page 29.
17. 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.
18. If the oven is installed as a built-in, observe the following instructions:
   a. Do not mount over a sink.
   b. Do not store anything directly on top of the appliance surface when the appliance is in operation.
19. If the oven light fails, consult a SHARP AUTHORIZED SERVICER.
Unpacking and Examining Your Oven

Remove:

1. all packing materials from inside the oven cavity; however, DO NOT REMOVE THE WAVEGUIDE COVER, which is located on the right cavity wall. Read enclosures and SAVE the Operation Manual.
2. the feature sticker, if there is one, from the outside of the door.

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.

Choosing a Location for Your Oven on the counter

You will use the oven frequently so plan its location for ease of use. It’s wise, if possible, to have counter space on at least one side of the oven. Allow at least 2 inches on the sides, top and at the rear of the oven for air circulation.

Choosing a Location for Your Oven if built-in

Your oven can be built into a cabinet or wall by itself or above the wall oven listed in next column. The RK-51S27 is for the 27” wall oven.

The applicable wall oven is:
General Electric (27”) ZET837SYSS

Do not build-in above any other gas or electric wall oven.

See Sketch 1 for proper location when building in above the specified wall oven. Carefully follow both the wall oven installation instructions and Sharp’s Built-in Kit instructions. Be sure that the clearance of the floor between the wall oven and the microwave oven is minimum of 2 inches.

The opening in the wall or cabinet must be within the following dimensions:

|
|---|
| **A** HEIGHT | 16 3/4” to 17” |
| **B** WIDTH | 24 3/8” to 24 11/16” |
| **C** DEPTH | minimum 20” |

Outlet should NOT be in the shaded area as indicated on Sketch 2. If the dimension of DEPTH (C) is more than 21”, the outlet location may be any area on the rear wall.
This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current.

**WARNING** – Improper use of the grounding plug can result in a risk of electric shock.

**Electrical Requirements**

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more protected electrical supply. It is recommended that a separate circuit serving only this appliance be provided.

The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. Should you only have a 2-prong outlet, have a qualified electrician install a correct wall receptacle.

A 3-prong adapter may be purchased and used temporarily if local codes allow. Follow package directions.

A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.

**Extension Cord**

If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the microwave oven. The marked rating of the extension cord should be AC 115-120 volt, 15 amp. or more.

Be careful not to drape the cord over the countertop or table where it can be pulled on by children or tripped over accidentally.

Notes:

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither Sharp nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedures.

**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 30 and 31 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.

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. Vents on the oven back 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 1200 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, nuts, seeds, 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

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.

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.

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.

Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot.

Don’t assume that because a child has mastered one cooking skill he/she can cook everything.

Children need to learn that the microwave oven is not a toy. See page 27 for Child Lock feature.
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.

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 “fresh” 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.

• 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.

• 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.
PART NAMES

MICROWAVE OVEN PARTS

1. One touch door open button
   Push to open door.
2. Oven door with see-through window
3. Safety door latches
   The oven will not operate unless the door is securely closed.
4. Door hinges
5. Door seals and sealing surfaces
6. Turntable motor shaft
7. Removable turntable support
   Carefully place the turntable support in the center of the oven floor.
8. Removable turntable
   Place the turntable on the turntable support securely. The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.
9. Ventilation openings (Rear)
10. Oven light
    It will light when oven is operating or door is open.
11. Waveguide cover: DO NOT REMOVE.
12. Auto-Touch control panel
13. Interactive display: 99 minutes, 99 seconds
14. Let's Cook menu label

VISUAL DISPLAY

The two-line, 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.
Number next to the control panel illustration indicates pages on which there are feature descriptions and usage information.
B E F O R E  O P E R A T I N G

• 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.
  2. Touch the Stop/Clear pad. \[ \text{ERROR} \] will appear.
  3. Set clock.

T O  S E T  T H E  C L O C K

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

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Touch Timer/Clock pad and number 1 pad.</td>
<td>[ \text{ENTER} ] [ \text{TIME OF DAY} ]</td>
</tr>
<tr>
<td>2. Enter the correct time of day by touching the numbers in sequence.</td>
<td>[ \text{12:30} ]</td>
</tr>
<tr>
<td>3. Touch Timer/Clock pad again.</td>
<td>[ \text{12:30} ]</td>
</tr>
</tbody>
</table>

This is a 12 hour clock. If you attempt to enter an incorrect clock time, \[ \text{ERROR} \] will appear in the display. Touch the Stop/Clear pad and re-enter the time.

• If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will also be erased. Simply touch Stop/Clear pad and reset the clock for the correct time of day.

S T O P / C L E A R

Touch the Stop/Clear pad to:
1. Erase if you make a mistake during programming.
2. Cancel timer.
3. Stop the oven temporarily during cooking.
4. Return the time of day to the display.
5. Cancel a program during cooking, touch twice.
MANUAL OPERATION

TIME COOKING
Your oven can be programmed for 99 minutes and 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%.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 0 0</td>
</tr>
<tr>
<td>Enter cooking time.</td>
<td>5.00</td>
</tr>
</tbody>
</table>

 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 Charts (page 23 and 24), you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using Power Level 3. Follow the exact 4-step procedure found under To Set Power Level. Estimate defrosting time and press Power Level eight times for 30% power.

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 at 30% 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.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 0 0</td>
</tr>
<tr>
<td>Enter defrosting time.</td>
<td>5.00</td>
</tr>
</tbody>
</table>

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>POWER LEVEL PAD NUMBER OF TIMES FOR DESIRED POWER</th>
<th>APPROXIMATE PERCENTAGE OF POWER</th>
<th>COMMON WORDS FOR POWER LEVELS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Level x 1</td>
<td>100%</td>
<td>High</td>
</tr>
<tr>
<td>Power Level x 2</td>
<td>90%</td>
<td>Medium High</td>
</tr>
<tr>
<td>Power Level x 3</td>
<td>80%</td>
<td>Medium</td>
</tr>
<tr>
<td>Power Level x 4</td>
<td>70%</td>
<td>Medium High</td>
</tr>
<tr>
<td>Power Level x 5</td>
<td>60%</td>
<td>Medium</td>
</tr>
<tr>
<td>Power Level x 6</td>
<td>50%</td>
<td>Medium</td>
</tr>
<tr>
<td>Power Level x 7</td>
<td>40%</td>
<td>Medium</td>
</tr>
<tr>
<td>Power Level x 8</td>
<td>30%</td>
<td>Med Low/Defrost</td>
</tr>
<tr>
<td>Power Level x 9</td>
<td>20%</td>
<td>Med Low/Defrost</td>
</tr>
<tr>
<td>Power Level x 10</td>
<td>10%</td>
<td>Low</td>
</tr>
<tr>
<td>Power Level x 11</td>
<td>0%</td>
<td>Low</td>
</tr>
</tbody>
</table>

- Suppose you want to defrost for 5 minutes at 30%.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 0 0</td>
</tr>
<tr>
<td>Enter defrosting time.</td>
<td>5.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Power Level x 8</td>
</tr>
<tr>
<td>Touch Power Level pad eight times or hold down until the desired power appears.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Start/Touch On</td>
</tr>
<tr>
<td>Touch Start/Touch On pad.</td>
<td></td>
</tr>
</tbody>
</table>

4. When the defrost time is complete, a long tone will sound and END will appear in the display.
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 26.
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, the food name will appear on the display. Do not open the oven door or touch the Stop/Clear pad 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.

   When the sensor detects the vapor emitted from the food, remainder of cooking time will appear. The door may be opened when remaining cooking time appears on the display. At this time, you may stir or season food, as desired.

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.

**EXAMPLE:**

You can cook many foods by simply selecting the food and touching **Start/Touch On**. You don’t need to calculate cooking time or power level.

- Suppose you want to reheat canned chili.

**PROCEDURE**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Touch <strong>Sensor reheat</strong> pad.</td>
</tr>
<tr>
<td>2</td>
<td>Touch <strong>Start/Touch On</strong> pad.</td>
</tr>
</tbody>
</table>

When the sensor detects the vapor emitted from the food, the remainder of cooking time will appear.

**NOTE:** The Fresh vegetables and Poultry settings have 2 choices. Follow directions in the Interactive Display to choose desired option.
## Sensor Cooking Chart

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Popcorn</strong></td>
<td>1 package</td>
<td>Use only popcorn packaged for microwave oven use. Try several brands to decide which you like the best. Do not try to pop unpopped kernels.</td>
</tr>
<tr>
<td></td>
<td>1.5 - 3.5 oz bag</td>
<td>Touch Popcorn pad and then Start/Touch On.</td>
</tr>
<tr>
<td><strong>Sensor reheat</strong></td>
<td>4 - 36 oz</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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>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><strong>Fresh vegetables: Soft</strong></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>.25 - 2.0 lb</td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>.25 - 2.0 lb</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>.25 - 2.0 lb</td>
<td></td>
</tr>
<tr>
<td>Cauliflower (flowerets)</td>
<td>.25 - 2.0 lb</td>
<td></td>
</tr>
<tr>
<td>Cauliflower (whole)</td>
<td>1 med.</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>.25 - 1.0 lb</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td>.25 - 2.0 lb</td>
<td></td>
</tr>
<tr>
<td>Baked apples</td>
<td>2 - 4 med.</td>
<td></td>
</tr>
<tr>
<td><strong>Fresh vegetables: Hard</strong></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>Carrots, sliced</td>
<td>.25 - 1.5 lb</td>
<td></td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>2 - 4</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>.25 - 1.5 lb</td>
<td></td>
</tr>
<tr>
<td>Winter squash:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>diced</td>
<td>.25 - 1.5 lb</td>
<td></td>
</tr>
<tr>
<td>halves</td>
<td>1 - 2</td>
<td></td>
</tr>
<tr>
<td><strong>Rice</strong></td>
<td>.5 - 2.0 cups</td>
<td>Place rice into a deep casserole dish 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><strong>Baked potatoes</strong></td>
<td>1 - 8 med.</td>
<td>Pierce. Place on paper-towel-lined turntable. After cooking, remove from oven, wrap in aluminum foil and let stand 5 to 10 minutes.</td>
</tr>
<tr>
<td><strong>Ground meat</strong></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>
</tbody>
</table>
### SENSOR COOKING CHART

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<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 <strong>Poultry</strong>, number 1 and <strong>Start/Touch On</strong> pads. When oven stops, rearrange. Re-cover and touch <strong>Start/Touch On</strong> pad. After cooking, let stand, covered, 3 to 5 minutes. Poultry should be 160°F.</td>
</tr>
<tr>
<td>Bone-in</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 <strong>Poultry</strong>, number 2 and <strong>Start/Touch On</strong> pads. After cooking, let stand, covered, 3 to 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>
<tr>
<td>Frozen entrees</td>
<td>6 - 17 oz</td>
<td>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 to 3 minutes.</td>
</tr>
<tr>
<td>Frozen snacks</td>
<td>3 - 8 oz</td>
<td>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.</td>
</tr>
<tr>
<td>Frozen vegetables</td>
<td>.25 - 1.5 lb</td>
<td>Add no water. Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.</td>
</tr>
</tbody>
</table>

### SENSOR COOKING RECIPES

**Cranberry Fluff**

<table>
<thead>
<tr>
<th></th>
<th>Makes 6 to 8 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups fresh cranberries</td>
<td>1/2 pint whipping cream, whipped or</td>
</tr>
<tr>
<td>1 cup water</td>
<td>1 carton (8 ounces) non-dairy whipped topping</td>
</tr>
<tr>
<td>3/4 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1 carton (3 ounces) orange flavored gelatin</td>
<td></td>
</tr>
</tbody>
</table>

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.
Shrimp Pasta Sauce

<table>
<thead>
<tr>
<th>Makes 4 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound of shrimp, peeled and deveined</td>
</tr>
<tr>
<td>2 cups canned tomato puree</td>
</tr>
<tr>
<td>1 tablespoon tomato paste</td>
</tr>
<tr>
<td>1/2 cup thinly sliced fresh basil leaves</td>
</tr>
<tr>
<td>1/2 teaspoon oregano</td>
</tr>
</tbody>
</table>

1. Place shrimp in 2-quart, covered casserole.
3. Combine tomato puree, tomato paste, basil, oregano, scallions, garlic, salt and pepper in 2-quart casserole.
5. Combine sauce with cooked shrimp.

Glazed Apple Slices

<table>
<thead>
<tr>
<th>Makes 6 to 8 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup brown sugar</td>
</tr>
<tr>
<td>3 tablespoons margarine or butter</td>
</tr>
<tr>
<td>2 tablespoons apricot preserves</td>
</tr>
<tr>
<td>1/2 teaspoon ground nutmeg</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
</tr>
<tr>
<td>1/2 cup sugar</td>
</tr>
</tbody>
</table>

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.

Herb-and-Cheese Chicken Breasts

<table>
<thead>
<tr>
<th>Makes 8 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 8-ounce package cream cheese, softened</td>
</tr>
<tr>
<td>2 tablespoons milk</td>
</tr>
<tr>
<td>2 green onions, minced</td>
</tr>
<tr>
<td>1 tablespoon minced parsley</td>
</tr>
<tr>
<td>1/2 teaspoon thyme leaves</td>
</tr>
</tbody>
</table>

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 (bone-in).
5. Serve chicken with rice.
Mexican Seasoned Potatoes
Makes 6 to 8 servings

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

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. At end, 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.


**LET'S COOK**

Your oven has 6 convenience pads to assist with meal preparation. There are some foods in the Breakfast, Lunch, 15 Minute Recipes and From the Pantry that use the sensor. See the sensor cooking information on page 13. For foods not using the sensor, follow the directions in the Interactive Display to enter quantity.

**BREAKFAST AND LUNCH**

Breakfast and Lunch are for cooking and heating popular foods that take a short amount of time.

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

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>Breakfast pad.</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>Select desired Breakfast setting by touching desired number pad. (Ex: Touch number 3 pad to select hot cereal.)</td>
</tr>
<tr>
<td><strong>3</strong></td>
<td>Touch Start/Touch On pad.</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>After cooking, follow the directions in the 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 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 26.

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.

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

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

**BREAKFAST CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. SCRAMBLED EGGS</td>
<td>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 onto 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</td>
<td>2 - 6 slices</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>
</tbody>
</table>

*IT IS NOT NECESSARY TO ENTER AMOUNT.*
## BREAKFAST CHART (CONTINUED)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. HOT CEREAL</td>
<td>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 boil overs, it is very important to choose a large container because microwave cooking of cereal causes high boiling. If the oven stops, stir and touch Start/Touch On. After cooking, stir and let stand, covered, for 2 minutes.</td>
</tr>
</tbody>
</table>
| 4. HEAT ROLLS/MUFFINS:      |              | **FRESH** 1 - 10 pieces To warm fresh rolls and muffins, touch Breakfast, number [4] pad, 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.  
|                             |              | **FROZEN** 1 - 10 pieces For frozen rolls and muffins, touch Breakfast pad and touch number [4] pad, then number [2] pad. Then enter desired quantity and touch Start/Touch On pad. |
| 5. FROZEN BREAKFAST FOODS*  | 1 (3 - 6 oz) | This setting works well for frozen breakfast entrees, pancakes, waffles, burritos etc. Follow manufacturer’s directions for how to prepare for microwaving. Allow to stand 1 or 2 minutes after cooking. |

## LUNCH CHART

*IT IS NOT NECESSARY TO ENTER AMOUNT.

<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 pieces</td>
<td>Place hot dog in bun. Wrap each with paper towel or napkin.</td>
</tr>
<tr>
<td>3. SOUP*</td>
<td>1 - 8 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>
<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>
15 MINUTE RECIPES AND FROM THE PANTRY

15 Minute Recipes and From the Pantry each offer five simple-to-prepare but great tasting meals. Follow the specific directions on the Recipe Card and in the Interactive Display.

- Suppose you want to use 15 Minute Recipes to cook Saucy Chicken.

### 15 MINUTE RECIPES AND FROM THE PANTRY

**1. SAUCY CHICKEN**

1. Place in a 3 quart casserole:
   - 1 tablespoon oil
   - 1/2 pound mushrooms, sliced
   - 1 onion, chopped
   - 1 tablespoon minced garlic

Stir well and cover. Touch 15 Minute Recipes, number 1 to select SAUCY CHICKEN and then touch Start/Touch On.

2. Blend together:
   - 8 ounces reduced fat cream cheese, softened
   - 1/4 cup milk

Stir into the cream cheese mixture:
   - 10-ounce package of frozen peas
   - 2 cups cooked thinly sliced chicken breast
   - Salt and pepper to taste

At pause, drain liquid from mushrooms, etc. Add cream cheese/peas/chicken mixture and stir together. Re-cover. Touch Start/Touch On.

3. At end, stir in 1 cup shredded Monterey Jack cheese. Serve on top of baked potatoes or cooked pasta.

**2. HAWAIIAN PORK**

1. Place in a 3 quart casserole:
   - 1 tablespoon oil
   - 1 pound boneless pork loin, cut into 1-inch strips, seasoned with salt and pepper

Stir well and cover. Touch 15 Minute Recipes, number 2 to select HAWAIIAN PORK and then touch Start/Touch On.

2. Combine well in a large bowl:
   - 1 cup peach or apricot preserves
   - 1/4 cup barbecue sauce
   - 2 tablespoons soy sauce
   - 2 tablespoons cornstarch
   - 1 cup coarsely chopped onions

At pause, add preserves/barbecue mixture and stir together well. Re-cover. Touch Start/Touch On.

3. At pause, add:
   - 1 8-ounce can sliced water chestnuts, drained
   - 1 green pepper, seeded and cut into 2-inch thin strips
   - 1 red pepper, seeded and cut into 2-inch thin strips
   - 1 20-ounce can pineapple chunks, drained

Stir to combine. Re-cover. Touch Start/Touch On.

4. At end, stir again. Serve on cooked rice.
3. FIESTA CHILI

1. Place in a 3 quart casserole:
   - 1 1/4 pounds ground turkey
   - 1/2 cup diced onions
   - 1/2 cup diced red pepper

   Break up turkey and stir in onions and red pepper. Cover. Touch 15 Minute Recipes, number 3 to select FIESTA CHILI and then touch Start/Touch On.

2. At pause, drain and add to the casserole:
   - 8 ounces chunky salsa
   - 1 11-ounce can of Mexican corn, drained
   - 1 15-ounce can chili with beans
   - 1 to 3 teaspoons chili powder

   Stir together well. Re-cover. Touch Start/Touch On.

3. At end, stir well.

   Serve over cooked rice or nacho chips. Top with 2 cups shredded Monterey Jack or Cheddar cheese.

4. GLAZED SALMON

1. Combine:
   - 1/4 cup orange juice concentrate
   - 2 tablespoons honey mustard
   - 1 tablespoon grated fresh ginger or 2 teaspoons ground ginger

   Place in 7” x 11” glass casserole:
   - 1 1/2 pounds salmon fillet

   Drizzle 1/2 of the orange mixture over top of salmon. Cover with plastic wrap. Touch 15 Minute Recipes, number 4 to select GLAZED SALMON and then touch Start/Touch On.

2. At pause, place around edge of salmon:
   - 3 cups broccoli florets
   - 1 red pepper, cut into thin strips

   Drizzle remaining orange mixture over vegetables. Top all with 2 tablespoons toasted sesame seeds. Touch Start/Touch On.

3. At end, allow to stand, covered, for 3 to 5 minutes.

   Serve with buttered rice, pasta or potatoes garnished with parsley.

5. HEALTHY FRITTATA

1. Grease 9” pie plate. Place in it:
   - 1/2 pound mushrooms, sliced
   - 3/4 cup chopped onion
   - 1 tablespoon minced garlic

   Cover with plastic wrap. Touch 15 Minute Recipes, number 5 to select HEALTHY FRITTATA and then touch Start/Touch On.

2. At pause, drain and set aside.

   In a medium bowl, combine and stir together well:
   - 3 large eggs
   - 1/2 cup nonfat sour cream
   - 1 tablespoon Dijon mustard
   - 1/2 teaspoon salt
   - 1/8 teaspoon pepper

   Add and stir together:
   - 1/2 10-ounce package frozen chopped spinach, thawed and squeezed dry
   - 1 cup shredded Swiss cheese

   Pour mixture in bowl over top of mushroom/onion/sausage mixture. Mix together carefully. Do not cover. Touch Start/Touch On.

3. At end, remove from oven and allow to stand for 3 to 5 minutes.

   Serve with tossed salad and sliced tomatoes for brunch.
1. BEEF WRAPS

1. Place in a 2-quart casserole:
   - 1 pound ground beef
   Break apart and cover. Touch From the Pantry, number [1] to select BEEF WRAPS and then touch Start/Touch On.

2. At pause, drain fat and break ground beef into small pieces. Add to casserole:
   - 1 10-ounce package frozen chopped spinach, thawed and drained
   - 1 1/2 cups salsa
   - 1-3 teaspoons chili powder
   Stir together well. Re-cover. Touch Start/Touch On.

3. At end, stir well and place in 8 warmed corn tortillas. Top with 1 cup shredded Cheddar cheese.

2. MEXICAN CHICKEN

1. Place in layers in a 3-quart casserole:
   - 2 cups instant rice
   - 1 cup prepared fajita sauce mixed with 1/2 cup chicken broth or bouillon
   - 2 10-ounce packages frozen seasoning mix (onion, peppers, parsley and celery)
   - 1 pound boneless chicken breast, cut into 1-inch thin strips
   Cover. Touch From the Pantry, number [2] to select MEXICAN CHICKEN and then touch Start/Touch On.

2. At pause, stir together being sure that chicken strips are separated and mixed into the rice/sauce. Re-cover. Touch Start/Touch On.

3. At end, stir.
   Serve with buttered green beans and toasted tortillas.

3. ITALIAN SALAD

1. To cook pasta:
   Place in 3-quart casserole:
   - 6 cups very hot tap water
   Cover. Touch From the Pantry, number [3] to select ITALIAN SALAD and then touch Start/Touch On.

2. At pause, add:
   - 8 ounces tricolored rotini or fusilli pasta
   - 1 teaspoon salad oil
   Do not cover. Touch Start/Touch On.

3. At end, drain pasta and set aside.
   To cook chicken:
   Place in greased 9” pie plate:
   - 1 pound boneless chicken breast, cut into 1-inch thin strips
   Cover. Touch Start/Touch On.

4. At pause, rearrange, moving less done pieces to the outside of the pie plate. Re-cover. Touch Start/Touch On.

5. Drain and set aside.
   To make salad:
   Place in large salad bowl:
   - Cooked rotini or fusilli
   - Cooked chicken breast
   - 2 tomatoes, cut into eighths
   - 1/2 cup sliced black olives
   - 1 cup mozzarella cheese, shredded
   - 1/4 cup red onion, chopped
   - 3/4-1 cup oil-vinegar type dressing with pesto
   Toss together to coat all pieces.
   Serve immediately or chill to serve later. Ideal when served with warm crusty rolls.

4. TUNA MACARONI

1. To cook macaroni:
   Place in 3-quart casserole:
   - 6 cups very hot tap water
   Cover. Touch From the Pantry, number [4] to select TUNA MACARONI and then touch Start/Touch On.

2. At pause, add:
   - 2 cups elbow macaroni
   - 1 teaspoon salad oil
   Do not cover. Touch Start/Touch On.

3. At end, drain macaroni and set aside in the casserole.
   Combine in bowl:
   - 1 can cream of celery soup
   - 1/2 cup milk
   - 1/2 cup nonfat sour cream
   Cover. Touch Start/Touch On.

Add to macaroni in casserole:
   - Soup/milk/sour cream mixture
   - 1 6 1/2-ounce can solid white water packed tuna fish, drained and flaked
   - 1 cup frozen peas
   - 1 cup shredded Cheddar cheese
   Salt and pepper to taste
   Stir together until well mixed. Cover. Touch Start/Touch On.

4. At end, stir again.
   Serve with fresh carrot sticks, tossed salad and dinner rolls.
DEFROST CENTER
Defrost Center automatically defrosts all the foods found in the SUPER DEFROST and COMPU DEFROST CHARTS. Numbers 1-3 are for SuperDefrost that defrosts specific foods and weights very rapidly. For these choices, it is not necessary to enter weight.

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

- Suppose you want to defrost 1.0 pound boneless poultry.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 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>
<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 for SUPER DEFROST: SuperDefrost provides just enough defrosting that the foods can be used in recipes or for cooking. There will be some ice crystals remaining.

NOTE:
1. To defrost other foods above or below the weights allowed on the SUPER DEFROST and COMPU DEFROST CHARTS, use time and 30% power. See Manual Defrost on page 12.
2. Any setting in the Defrost Center 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 COMPU DEFROST chart, an error message will appear in the display.
DEFROST CENTER (CONTINUED)

COMPU DEFROST

- Suppose you want to defrost a 2.0 pound steak, using CompuDefrost.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. GROUND MEAT</td>
<td>.5 - 3.0 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>5. STEAKS CHOPS OR FISH</td>
<td>.5 - 4.0 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>
<tr>
<td>6. CHICKEN PIECES</td>
<td>.5 - 3.0 lb</td>
<td>After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.</td>
</tr>
<tr>
<td>7. ROAST</td>
<td>2.0 - 4.0 lb</td>
<td>After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30 to 60 minutes.</td>
</tr>
<tr>
<td>8. CASSEROLE/SOUP</td>
<td>1 - 8 cups</td>
<td>After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30 to 60 minutes.</td>
</tr>
</tbody>
</table>

NOTE for COMPU DEFROST: 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.
**BEVERAGE CENTER**

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

- Suppose you want to reheat 2 cups of coffee.

**PROCEDURE** | **DISPLAY**
--- | ---
1 | Touch Beverage Center pad.
2 | Select desired Beverage Center setting by touching desired number pad. (Ex: Touch number 2 pad to reheat coffee.)

**NOTE:**

1. Beverage Center can be programmed with More or Less Time Adjustment. Touch the Power Level pad once or twice after selecting the amount. See page 26.

2. Touch CUSTOM HELP pad when the HELP indicator is lighted in the display, for a helpful hint.

3. More or less than the quantity listed in the chart should be made following the guidelines in any microwave book.

**BEVERAGE CENTER CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. TO MAKE COFFEE OR TEA</td>
<td>1 - 4 cups</td>
<td>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”.</td>
</tr>
<tr>
<td>2. TO REHEAT BEVERAGE</td>
<td>.5 - 2.0 cups</td>
<td>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.</td>
</tr>
</tbody>
</table>
KEEP WARM PLUS

Keep Warm Plus allows you to keep food warm up to 30 minutes.

To use, simply touch the Keep Warm Plus pad and enter the appropriate time (up to 30 minutes). You can also program Keep Warm Plus with manual cooking to keep food warm continuously after cooking.

DIRECT USE

• Suppose you want to keep a cup of soup warm for 15 minutes.

PROCEDURE

1. Touch Keep Warm Plus pad.
2. Enter desired time.
3. Touch Start/Touch On pad.

The oven will start automatically. The display will show 15.00 and count down. KEEP WARM will appear in the display every 10 seconds.

NOTE:

1. To use Keep Warm Plus after previous cooking has ended, touch Keep Warm Plus pad within 3 minutes after cooking, closing the door or touching the Stop/Clear pad.
2. Keep Warm Plus cannot be programmed with SPECIAL FEATURES.

WITH MANUAL COOKING

• Suppose you want to cook a cup of soup for 2 minutes at 70% and keep the soup warm for 15 minutes.

PROCEDURE

1. Enter cooking time.
2. Touch Power Level pad 4 times for 70% power.
3. Touch Keep Warm Plus pad.
4. Enter desired time.
5. Touch Start/Touch On pad.

The operation will start. When the cooking time is complete, a long tone will sound and Keep Warm Plus will start. KEEP WARM will appear in the display every 10 seconds and count down for 15 minutes.

MORE OR LESS TIME ADJUSTMENT

Should you discover that you like any of the Sensor Cooking or Let's Cook (except for 15 Minute Recipes and From the Pantry) settings slightly more done, touch the Power Level pad once before touching the Start/Touch On pad.

The display will show MORE.

Should you discover that you like any of the Sensor Cooking or Let's Cook (except for 15 Minute Recipes and From the Pantry) settings slightly less done, touch the Power Level pad twice before touching the Start/Touch On pad.

The display will show LESS.

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%.

PROCEDURE

1. First enter cooking time. Then touch Power Level pad for 100% power.
2. Then enter second cooking time. Touch Power Level pad 6 times for 50% power.
3. Touch Start/Touch On pad.

NOTE:

1. If 100% is selected as the final sequence, it is not necessary to touch the Power Level pad.
2. 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.
3. Keep Warm Plus can be programmed continuously even if 4 cooking sequences have been set.
CUSTOM HELP

Custom Help provides 4 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 pads. Should a pad be touched, CHILD LOCK will appear in the display.

To cancel, touch CUSTOM HELP and Stop/Clear pads.

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 pads.

To cancel and restore the audible signal, touch CUSTOM HELP, the number [2] and Start/Touch On pads.

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 showing the correct time of day.

**PROCEDURE**

1. Touch CUSTOM HELP pad.

2. Touch number [3].

3. Enter the start time.

4. Touch Timer/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. LANGUAGE / WEIGHT SELECTION


<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>

**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 3 minutes 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.
OTHER CONVENIENT FEATURES

TIMER/CLOCK

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

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Touch Timer/Clock pad.</td>
</tr>
<tr>
<td>2</td>
<td>Touch number 1 pad.</td>
</tr>
<tr>
<td>3</td>
<td>Enter time.</td>
</tr>
<tr>
<td>4</td>
<td>Touch Timer/Clock pad. The Timer will count down.</td>
</tr>
<tr>
<td>5</td>
<td>After the Timer cycle ends, the display will indicate the following message.</td>
</tr>
</tbody>
</table>

NOTE:
To cancel the Timer during programming, touch the Stop/Clear pad.

HELP
Each setting of Sensor Cooking provides a cooking hint. If you wish to check, touch CUSTOM HELP pad whenever HELP is lighted in the Interactive Display for these hints.

DEMONSTRATION MODE
To demonstrate, touch Timer/Clock, the number 0 and then touch Start/Touch On pad 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 Minute Plus pad and the display will show 000 and count down quickly to END.

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

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.

<table>
<thead>
<tr>
<th>PROCEDURE</th>
<th>DISPLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Touch Minute Plus pad.</td>
</tr>
</tbody>
</table>

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 Sensor Cooking, Let’s Cook or Keep Warm Plus.
Exterior
The outside surface is painted. 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. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch Stop/Clear pad.

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. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF THE OVEN.

Waveguide Cover
The waveguide cover 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 spatters 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.
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 31. 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 INGLÉS!)
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 over the rear ventilating openings.)

C Does the turntable rotate? YES ____ NO ____
   (It is normal for the turntable to turn in either direction.)

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 28 and cancel.

Cut along this line.

---

**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  Price is subject to change without notice.
2130 Townline Road
Peoria, Illinois 61615–1560

---
<table>
<thead>
<tr>
<th>ITEM</th>
<th>STARTING TEMPERATURE</th>
<th>MICROWAVE TIME</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Plate of Food</strong>&lt;br&gt;1 serving of meat,&lt;br&gt;2 servings of vegetables</td>
<td>Room temp. Refrigerated</td>
<td>MED.-HIGH (70%)&lt;br&gt;1 - 2 min.&lt;br&gt;2 - 3 min.</td>
<td>Meaty portions and bulky vegetables to outside. Cover with wax paper.</td>
</tr>
<tr>
<td><strong>Meat</strong>&lt;br&gt;(Chicken pieces, chops, hamburgers, meat loaf slices)&lt;br&gt;1 serving&lt;br&gt;2 servings</td>
<td>Refrigerated</td>
<td>MED.-HIGH (70%)&lt;br&gt;1 - 2 min.&lt;br&gt;2 - 3 min.</td>
<td>Cover loosely with wax paper.</td>
</tr>
<tr>
<td><strong>Meat Slices</strong>&lt;br&gt;(Beef, ham, pork, turkey)&lt;br&gt;1 or more servings</td>
<td>Room temp. Refrigerated</td>
<td>MEDIUM (50%)&lt;br&gt;1 - 1 1/2 min. per serving&lt;br&gt;1 - 2 min. per serving</td>
<td>Cover with gravy or wax paper. Check after 30 sec. per serving.</td>
</tr>
<tr>
<td><strong>Stirrable Casseroles and Main Dishes</strong>&lt;br&gt;1 serving&lt;br&gt;2 servings&lt;br&gt;4-6 servings</td>
<td>Refrigerated</td>
<td>HIGH (100%)&lt;br&gt;1 1/2 - 2 1/2 min.&lt;br&gt;3 - 4 min.&lt;br&gt;8 -10 min.</td>
<td>Cover with plastic wrap. Stir after half the time.</td>
</tr>
<tr>
<td><strong>Nonstirrable Casseroles and Main Dishes</strong>&lt;br&gt;1 serving&lt;br&gt;2 servings&lt;br&gt;4-6 servings</td>
<td>Refrigerated</td>
<td>MEDIUM (50%)&lt;br&gt;4 - 6 min.&lt;br&gt;7 - 10 min.&lt;br&gt;11 -14 min.</td>
<td>Cover with wax paper.</td>
</tr>
<tr>
<td><strong>Soup, Cream</strong>&lt;br&gt;1 cup&lt;br&gt;1 can (10 3/4 oz)</td>
<td>Refrigerated Room temp.</td>
<td>MEDIUM (50%)&lt;br&gt;2 - 4 min.&lt;br&gt;5 - 7 min.</td>
<td>Cover. Stir after half the time.</td>
</tr>
<tr>
<td><strong>Soup, Clear</strong>&lt;br&gt;1 cup&lt;br&gt;1 can (10 3/4 oz)</td>
<td>Refrigerated Room temp.</td>
<td>HIGH (100%)&lt;br&gt;1 1/2 - 2 1/2 min.&lt;br&gt;3 - 6 min.</td>
<td>Cover. Stir after half the time.</td>
</tr>
<tr>
<td><strong>Pizza</strong>&lt;br&gt;1 slice&lt;br&gt;1 slice&lt;br&gt;2 slices&lt;br&gt;2 slices</td>
<td>Room temp. Refrigerated Room temp. Refrigerated</td>
<td>HIGH (100%)&lt;br&gt;10 - 20 sec.&lt;br&gt;25 - 35 sec.&lt;br&gt;20 - 30 sec.&lt;br&gt;50 - 60 sec.</td>
<td>Place on paper towel on microwave-safe rack.</td>
</tr>
<tr>
<td><strong>Vegetables</strong>&lt;br&gt;1 serving&lt;br&gt;2 servings</td>
<td>Refrigerated</td>
<td>HIGH (100%)&lt;br&gt;3/4 - 1 1/4 min.&lt;br&gt;1 1/2 - 2 min.</td>
<td>Cover. Stir after half the time.</td>
</tr>
<tr>
<td><strong>Baked Potato</strong>&lt;br&gt;1&lt;br&gt;2</td>
<td>Refrigerated</td>
<td>HIGH (100%)&lt;br&gt;1 - 2 min.&lt;br&gt;2 - 3 min.</td>
<td>Cut potato lengthwise and then several times crosswise. Cover with wax paper.</td>
</tr>
<tr>
<td><strong>Breads</strong>&lt;br&gt;(Dinner or breakfast roll)&lt;br&gt;1 roll&lt;br&gt;2 rolls&lt;br&gt;4 rolls</td>
<td>Room temp. Room temp. Room temp.</td>
<td>HIGH (100%)&lt;br&gt;8 - 10 sec.&lt;br&gt;12 - 15 sec.&lt;br&gt;20 - 25 sec.</td>
<td>Wrap single roll, bagel or muffin in paper towel. To reheat several, line plate with paper towel; cover with another paper towel.</td>
</tr>
<tr>
<td><strong>Pie</strong>&lt;br&gt;1 slice&lt;br&gt;2 slices</td>
<td>Refrigerated</td>
<td>HIGH (100%)&lt;br&gt;25 - 30 sec.&lt;br&gt;50 - 60 sec.</td>
<td>Place on microwave-safe dish. Do not cover.</td>
</tr>
</tbody>
</table>

After reheating, food should be very hot-165°F, if possible, stir food, cover and allow to stand two to three minutes before serving.
<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>AMOUNT</th>
<th>COOKING PROCEDURE</th>
<th>MICROWAVE TIME AT HIGH (100%)</th>
<th>STANDING TIME, COVERED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>2 medium</td>
<td>Trim and rinse. 2-qt casserole. 2 tbsp water. Cover with plastic wrap.</td>
<td>4 - 6 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Fresh</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>1 lb</td>
<td>2-qt casserole. 2 tbsp water. Cover. Rearrange after 3 min.</td>
<td>3 - 6 min.</td>
<td>2 min.</td>
</tr>
<tr>
<td>Fresh Spears</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td>1 lb</td>
<td>1 1/2-in pieces, 2-qt casserole. 1/4 cup water. Cover. Stir twice.</td>
<td>8 - 10 min.</td>
<td>2 min.</td>
</tr>
<tr>
<td>Fresh, Green</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans, Wax</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>5 medium</td>
<td>Wash. Leave 1 inch of tops. 2-qt casserole. 1/4 cup water. Cover. Stir every 5 min.</td>
<td>10 - 16 min.</td>
<td>3 min.</td>
</tr>
<tr>
<td>Fresh, Whole</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 lb</td>
<td>Wash. 2-qt casserole. Add no water. Cover. Rearrange after 3 min. Uncover during stand.</td>
<td>5 - 7 min.</td>
<td>3 min. uncovered</td>
</tr>
<tr>
<td>Fresh, Spears</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh, Pieces</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>4 cups</td>
<td>2-qt casserole. 1/4 cup water. Cover. Stir after 2 min.</td>
<td>6 - 8 min.</td>
<td>3 min.</td>
</tr>
<tr>
<td>Fresh</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 lb</td>
<td>2-qt casserole. 2 tbsp water. Cover. Stir, after 4 min.</td>
<td>6 - 10 min.</td>
<td>2 min.</td>
</tr>
<tr>
<td>Shredded</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wedges</td>
<td>1 lb</td>
<td>2-qt casserole. 2 tbsp water. Cover. Rearrange after 5 min.</td>
<td>10 - 12 min.</td>
<td>3 min.</td>
</tr>
<tr>
<td>Carrots</td>
<td>2 cups</td>
<td>1-qt casserole. 2 tbsp water. Cover. Stir after 3 min.</td>
<td>3 - 6 min.</td>
<td>3 min.</td>
</tr>
<tr>
<td>Fresh, Slices</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>2 cups</td>
<td>1-qt casserole. 1 tbsp water. Cover. Stir after 2 min.</td>
<td>2 - 4 min.</td>
<td>2 min.</td>
</tr>
<tr>
<td>Fresh, Flowerets</td>
<td>2 cups</td>
<td>Remove leaves and core center. 2-qt casserole. 2 tbsp water. Cover.</td>
<td>5 - 8 min.</td>
<td>3 min.</td>
</tr>
<tr>
<td>Fresh, Whole</td>
<td>1 1/2 lb</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>2 ears</td>
<td>9-in pie plate. 2 tbsp water. Cover. Rearrange after 4 min.</td>
<td>4 - 7 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Fresh, on Cob</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen, on Cob</td>
<td>2 ears</td>
<td>2-qt oval or rectangular casserole. 1/4 cup water. Cover.</td>
<td>4 - 6 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Fresh, Cob</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen, Cob</td>
<td>4 ears</td>
<td>2-qt oval or rectangular casserole. 1/4 cup water. Cover.</td>
<td>8 - 10 min.</td>
<td>5 min.</td>
</tr>
</tbody>
</table>
### VEGETABLE COOKING CHART (continued)

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>AMOUNT</th>
<th>COOKING PROCEDURE</th>
<th>MICROWAVE TIME AT HIGH (100%)</th>
<th>STANDING TIME, COVERED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas, Green Fresh</td>
<td>2 cups</td>
<td>1-qt casserole. 1/4 cup water. Cover. Stir after 3 min.</td>
<td>3 - 5 min.</td>
<td>3 min.</td>
</tr>
<tr>
<td>Potatoes Boiled</td>
<td>4 medium</td>
<td>Peel and quarter potatoes. 2-qt casserole. Cover. Stir after 5 min.</td>
<td>8 - 10 min.</td>
<td>3 min.</td>
</tr>
<tr>
<td>Spinach Fresh</td>
<td>1 lb</td>
<td>Wash and trim. Add no water. 3-qt casserole. Cover. Stir after 3 min.</td>
<td>4 - 6 min.</td>
<td>2 min.</td>
</tr>
<tr>
<td>Squash Fresh, Acorn</td>
<td>1 whole</td>
<td>Prick; place on paper towel. Turn over after 4 min. 1-qt casserole. Add no water. Cover. Stir after 3 min.</td>
<td>4 - 6 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Squash, Sliced Zucchini</td>
<td>2 cups</td>
<td>Prick; place on paper towel. Turn over after 4 min. 1-qt casserole. Add no water. Cover. Stir after 3 min.</td>
<td>2 - 3 min.</td>
<td>1 min.</td>
</tr>
<tr>
<td>Sweet Potatoes Baked</td>
<td>2 medium</td>
<td>Prick; place on paper towels. Turn over, rearrange after 5 min.</td>
<td>5 - 7 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Tomatoes Fresh</td>
<td>2 medium</td>
<td>Halve tomatoes. Round dish. Cover. Rearrange once.</td>
<td>2 - 3 min.</td>
<td>2 min.</td>
</tr>
<tr>
<td>Canned Vegetables</td>
<td>15 to 16 oz</td>
<td>1-qt casserole. Drain all but 2 tbsp liquid. Stir once.</td>
<td>2 - 3 min.</td>
<td>2 min.</td>
</tr>
</tbody>
</table>

### POULTRY ROASTING CHART

<table>
<thead>
<tr>
<th>CUT</th>
<th>COOKING PREPARATION</th>
<th>MICROWAVE PROCEDURE</th>
<th>INTERNAL TEMP. AT REMOVAL</th>
<th>INTERNAL TEMP. AFTER STANDING</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN Whole</td>
<td>Breast side down on rack. Cover with plastic wrap. Turn over halfway through cooking time.</td>
<td>MED.-HIGH (70%) 5 - 8 min. per lb</td>
<td>170°F</td>
<td>180°F</td>
</tr>
<tr>
<td>Pieces Bone-in Boneless</td>
<td>Rack. Cover with plastic wrap. Turn over halfway through cooking time.</td>
<td>HIGH (100%) 4 - 6 min. per lb</td>
<td>170°F</td>
<td>180°F</td>
</tr>
<tr>
<td>TURKEY Whole (up to 10 lb)</td>
<td>Breast side down on rack. Cover with plastic wrap. Turn over halfway through cooking time.</td>
<td>MED. (50%) 9 - 14 min. per lb</td>
<td>170°F</td>
<td>180°F</td>
</tr>
<tr>
<td>Breast Bone-in Boneless</td>
<td>Rack. Cover with plastic wrap. Turn over halfway through cooking time.</td>
<td>MED. (50%) 8 - 14 min. per lb</td>
<td>160°F</td>
<td>170°F</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PARA FIJAR LA HORA
Si el indicador dice SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK, toque primero el botón Stop/Clear.

**1.** Toque el botón Timer/Clock y botón 1.

**2.** Marque la hora correcta en el reloj tocando los botones numéricos en el orden respectivo. (Ej: 12:30)

**3.** Toque nuevamente el botón Timer/Clock.

COCCIÓN CON SENSOR
Toque el botón Baked potatoes; luego oprima el que dice Start/Touch On.

ALIMENTO           CANTIDAD
---                ---
Palomitas de maíz   1,5-3,5 oz
Sensor de recalentar 4-36 oz
Verdura: Suave      .25-2,0 libras
                      Firme    .25-1,5 libras
Arroz              .5-2,0 tazas
Papa asada         1-8 med.
Carne molida       .25-2,0 libras
Aves: Sin hueso    .5-2,0 libras
                      Con hueso .5-3,0 libras
Pescado/mariscos   .25-2,0 libras
Plato fuerte congelado 6-17 oz
Bocadillo congelado 3-8 oz
Vedura congelado   .25-1,5 libras

TOUCH ON
Toque sin interrupción el botón que dice Start/Touch On para cocinar con un 100% de potencia. En cuanto quite el dedo el horno se detendrá instantáneamente.

MINUTO EXTRA
Toque el botón Minute Plus para un minuto al 100% de energla, o para añadir un minuto cuando en el modo manual. Continúe tocándolo para añadir más minutos.

OPERACIÓN MANUAL

**Cocción de Alta Potencia**

**1.** Oprima los botones numéricos para asignar el tiempo de cocción. (Ej: 1 min. 30 seg.)

**2.** Toque el botón Start/Touch On.

**Cocción de Potencia Variable**

**1.** Después del paso 1 anterior, toque el botón Power Level 6 veces. (Ej: 50%)

**2.** Toque el botón Start/Touch On.

DESCONGERACION RAPIDA

**1.** Toque el botón Defrost Center

**2.** Seleccione la comida deseada. (Ej: toque el botón número 5 para descongelar un filete de carne.)

**3.** Toque los botones número 2 y 0 para 2.0 libras. (Ej: filete de 2.0 libras.)

**4.** 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.

ALIMENTO           CANTIDAD
---                ---
CARNE MOLIDA       1,0 lb
POLLO SIN HUESO    1,0 lb
POLLO CON HUESO    2,0 lb
COMPU DEFROST

**4.** CARNE MOLIDA   .5 - 3,0 lb
**5.** BISTEC, CHULETA O PESCADO .5 - 4,0 lb
**6.** PIEZAS DE POLLO .5 - 3,0 lb
**7.** ASADO         2,0 - 4,0 lb
**8.** CASEROLA/SOPA 1 - 8 tazas

Continuado en la pagina 36.
### GUÍA AUTO-TOUCH

#### BREAKFAST (DESAYUNO)

1. Toque el botón **Breakfast**.
4. Toque el botón **Start/Touch On**.

<table>
<thead>
<tr>
<th>Alimento</th>
<th>Cantidad</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Huevos revueltos</td>
<td>1-9 huevos</td>
</tr>
<tr>
<td>2. Toino</td>
<td>2-6 rebanadas</td>
</tr>
<tr>
<td>3. Cereal caliente</td>
<td>1-6 porciones</td>
</tr>
<tr>
<td>4. Calentar pan fresco</td>
<td>1-10 piezas</td>
</tr>
<tr>
<td>5. Alimentos congelados de desayuno</td>
<td>1 (3-6 oz)</td>
</tr>
</tbody>
</table>

#### LUNCH (COMIDA RAPIDA)

1. Toque el botón **Lunch**.
3. Toque el botón **Start/Touch On**.

<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>1-8 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>

#### BEVERAGE CENTER (CENTRO DE BEBIDAS)

1. Toque el botón **Beverage Center**.
2. Seleccione el ajuste Beverage Center deseado. (Ej: toque el botón número [2] para calentar café.)
4. Toque el botón **Start/Touch On**.

<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>0,5-2,0 tazas</td>
</tr>
</tbody>
</table>

#### 15 MINUTE RECIPES (RECETAS RÁPIDAS EN 15 MINUTOS)

1. Toque el botón **15 Minute Recipes**.
3. Toque el botón **Start/Touch On**.

<table>
<thead>
<tr>
<th>Receta</th>
<th>Cantidad</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Pollo a la crema</td>
<td></td>
</tr>
<tr>
<td>2. Cerdo a la hawaiana</td>
<td></td>
</tr>
<tr>
<td>3. Pavo en salsa</td>
<td></td>
</tr>
<tr>
<td>4. Salmon glaseado</td>
<td></td>
</tr>
<tr>
<td>5. Ensalada dietética</td>
<td></td>
</tr>
</tbody>
</table>

CONSULTE LA TARJETA DE RECETAS PARA CONOCER DETALLES.

#### FROM THE PANTRY (RECETAS ADICIONALES)

1. Toque el botón **From the Pantry**.
3. Toque el botón **Start/Touch On**.

<table>
<thead>
<tr>
<th>Receta</th>
<th>Cantidad</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Rollo de carne</td>
<td></td>
</tr>
<tr>
<td>2. Pollo a la mexicana</td>
<td></td>
</tr>
<tr>
<td>3. Ensalada italiana</td>
<td></td>
</tr>
<tr>
<td>4. Pastas con atún</td>
<td></td>
</tr>
<tr>
<td>5. Ensalada de verduras</td>
<td></td>
</tr>
</tbody>
</table>

CONSULTE LA TARJETA DE RECETAS PARA CONOCER DETALLES.

#### KEEP WARM PLUS (MANTENER ALIMENTO CALIENTE MEJORADO)

1. Toque el botón **Keep Warm Plus**.
2. Determine el tiempo deseado hasta 30 minutos. (Ej.: 15 min.)
3. Toque el botón **Start/Touch On**.

<table>
<thead>
<tr>
<th>Temperatura</th>
<th>Cantidad</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. MANTENER WARM PLUS</td>
<td>000</td>
</tr>
</tbody>
</table>
### AUTO-TOUCH GUIDE

#### BREAKFAST

1. Touch **Breakfast** pad.
2. Select desired food. (Ex: touch the number **3** pad for hot cereal.)
3. Touch number **2** pad for 2 servings.
4. Touch **Start/Touch On** pad.

<table>
<thead>
<tr>
<th>FOOD AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. SCRAMBLED EGGS</td>
</tr>
<tr>
<td>2 - 9 eggs</td>
</tr>
<tr>
<td>2. BACON</td>
</tr>
<tr>
<td>2 - 6 slices</td>
</tr>
<tr>
<td>3. HOT CEREAL</td>
</tr>
<tr>
<td>1 - 6 servings</td>
</tr>
<tr>
<td>4. HEAT ROLLS/MUFFINS</td>
</tr>
<tr>
<td>1 - 10 pieces</td>
</tr>
<tr>
<td>5. FROZEN BREAKFAST FOODS</td>
</tr>
<tr>
<td>1 (3 - 6 oz)</td>
</tr>
</tbody>
</table>

#### LUNCH

1. Touch **Lunch** pad.
2. Select desired food. (Ex: touch the number **3** pad for soup.)
3. Touch **Start/Touch On** pad.

<table>
<thead>
<tr>
<th>FOOD AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. MEAL IN A CUP</td>
</tr>
<tr>
<td>1 cup (6 - 8 oz)</td>
</tr>
<tr>
<td>2. HOT DOGS IN BUNS</td>
</tr>
<tr>
<td>1 - 4</td>
</tr>
<tr>
<td>3. SOUP</td>
</tr>
<tr>
<td>1 - 8 cups</td>
</tr>
<tr>
<td>4. MICROWAVE PIZZA</td>
</tr>
<tr>
<td>1 (6 - 8 oz)</td>
</tr>
<tr>
<td>5. FROZEN SANDWICH</td>
</tr>
<tr>
<td>1 (3 - 6 oz)</td>
</tr>
</tbody>
</table>

#### BEVERAGE CENTER

1. Touch **Beverage Center** pad.
2. Select desired Beverage Center setting. (Ex: touch the number **2** pad to reheat coffee.)
3. Touch number **2** pad 4 times for 2 cups.
4. Touch **Start/Touch On** pad.

<table>
<thead>
<tr>
<th>FOOD AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. TO MAKE COFFEE OR TEA</td>
</tr>
<tr>
<td>1 - 4 cups</td>
</tr>
<tr>
<td>2. TO REHEAT BEVERAGE</td>
</tr>
<tr>
<td>.5 - 2.0 cups</td>
</tr>
</tbody>
</table>

#### 15 MINUTE RECIPES

1. Touch **15 Minute Recipes** pad.
2. Select desired food. (Ex: touch number pad **2** for Hawaiian Pork.)
3. Touch **Start/Touch On** pad.

<table>
<thead>
<tr>
<th>RECIPES (All are for 6 servings)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. SAUCY CHICKEN</td>
</tr>
<tr>
<td>2. HAWAIIAN PORK</td>
</tr>
<tr>
<td>3. FIESTA CHILI</td>
</tr>
<tr>
<td>4. GLAZED SALMON</td>
</tr>
<tr>
<td>5. HEALTHY FRITTATA</td>
</tr>
</tbody>
</table>

SEE RECIPE CARD FOR DETAILS.

#### FROM THE PANTRY

1. Touch **From the Pantry** pad.
2. Select desired recipe. (Ex: touch number **3** pad for Italian Salad.)
3. Touch **Start/Touch On** pad.

<table>
<thead>
<tr>
<th>RECIPES (All are for 6 servings)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. BEEF WRAPS</td>
</tr>
<tr>
<td>2. MEXICAN CHICKEN</td>
</tr>
<tr>
<td>3. ITALIAN SALAD</td>
</tr>
<tr>
<td>4. TUNA MACARONI</td>
</tr>
<tr>
<td>5. GARDEN MEDLEY</td>
</tr>
</tbody>
</table>

SEE RECIPE CARD FOR DETAILS.

#### KEEP WARM PLUS

1. Touch **Keep Warm Plus** pad.
2. Enter the desired time up to 30 minutes. (Ex: 15 minutes)
3. Touch **Start/Touch On** pad.

<table>
<thead>
<tr>
<th>KEEP WARM PLUS (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
</tr>
</tbody>
</table>

SEE RECIPE CARD FOR DETAILS.
### SET CLOCK

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

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

### 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 six times for 50%.
2. Touch **Start/Touch On** pad.

### DEFROST CENTER

1. Touch **Defrost Center** pad.
2. Select desired food. (Ex: touch the number 5 pad 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.

### TOUCH ON

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

### FOOD AMOUNT

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn</td>
<td>1 package 1.5 - 3.5 oz</td>
</tr>
<tr>
<td>Sensor reheat</td>
<td>4 - 36 oz</td>
</tr>
<tr>
<td>Fresh vegetables:</td>
<td></td>
</tr>
<tr>
<td>Soft</td>
<td>.25 - 2.0 lb</td>
</tr>
<tr>
<td>Hard</td>
<td>.25 - 1.5 lb</td>
</tr>
<tr>
<td>Rice</td>
<td>.5 - 2.0 cups</td>
</tr>
<tr>
<td>Baked potatoes</td>
<td>1 - 8 med.</td>
</tr>
<tr>
<td>Ground meat</td>
<td>.25 - 2.0 lb</td>
</tr>
<tr>
<td>Poultry: Boneless</td>
<td>.5 - 2.0 lb</td>
</tr>
<tr>
<td>Bone-in</td>
<td>.5 - 3.0 lb</td>
</tr>
<tr>
<td>Fish/seafood</td>
<td>.25 - 2.0 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 - 1.5 lb</td>
</tr>
</tbody>
</table>

### SUPER DEFROST

1. GROUND MEAT 1.0 lb
2. BONELESS POULTRY 1.0 lb
3. BONE-IN POULTRY PIECES 2.0 lb

### COMPU DEFROST

4. GROUND MEAT .5 - 3.0 lb
5. STEAKS CHOPS OR FISH .5 - 4.0 lb
6. CHICKEN PIECES .5 - 3.0 lb
7. ROAST 2.0 - 4.0 lb
8. CASSEROLE/SOUP 1 - 8 cups

### 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.

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