

# SHARP



## User manual

YC-PS201AU

Microwave oven

EN

\*Product images are for illustration purpose only. Actual product may vary.





### Attention:

Your product is marked with this symbol. It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.



[www.sharpconsumer.com/  
contact/](http://www.sharpconsumer.com/contact/)



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## A. Information on Disposal for Users (private households)

### 1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dustbin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by member states, private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge\*.

In some countries\* your local retailer may also take back your old product free of charge if you purchase a similar new one.

\*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements. By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

### 2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of [www.swico.ch](http://www.swico.ch) or [www.sens.ch](http://www.sens.ch).

## B. Information on Disposal for Business Users

### 1. In the European Union

If the product is used for business purposes and you want to discard it: Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

For Spain: Please contact the established collection system or your local authority for take-back of your used products.

### 2. In other Countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

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## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not insert anything between the oven front face and the door or allow debris or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is very important that the oven door closes properly and that there is no damage to the door, hinges, latches or door seals and sealing surfaces.
4. Do not attempt to repair or adjust the oven.

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## IMPORTANT SAFETY INSTRUCTIONS

### READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

**To avoid the danger of fire. The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.**

This oven is designed to be used on a countertop only. It is not designed to be built into a kitchen unit. Do not place the oven in a cabinet.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230-240 V, 50 Hz, with a minimum 10 A distribution line fuse, or a minimum 10A distribution circuit breaker. A separate circuit serving only this appliance should be provided.

Do not place the oven in areas where heat is generated. For example, close to a conventional oven. Do not install the oven in an area of high humidity or where moisture may collect. Do not store or use the oven outdoors.

**If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.**

**Use only microwave-safe containers and utensils. Utensils should be checked to ensure that they are suitable for use in microwave ovens.**

**When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.**

**Clean the waveguide cover and the oven cavity. These must be dry and free from grease. Built up grease may overheat and begin to smoke or catch fire.**

Do not place flammable materials near the oven or ventilation openings.

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Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

Do not leave the oven unattended while it is operating.

To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or Christmas pudding. See the corresponding hints in the operation manual.

**To avoid the possibility of injury. WARNING:**

Do not operate the oven if it is damaged or malfunctioning.

Check the following before use:

- a) Make sure the door closes properly and ensure it is not misaligned or warped.
- b) Check to make sure the hinges and safety door latches are not broken or loose.
- c) Ensure that the door seals and sealing surfaces have not been damaged.
- d) Make sure inside the oven cavity or on the door are no dents.
- e) Ensure that the power supply cord and plug are not damaged.

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

**Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to**

**carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**

Do not operate the oven with the door open or alter the door safety latches in any way. Do not operate the oven if there is an object between the door seals and sealing surfaces.

**Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits.**

**Follow the instructions for “Cleaning and Care”. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

**To avoid the possibility of electric shock.**

- Under no circumstances should you remove the outer cabinet.
- Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.
- Do not immerse the power supply cord or plug in water or any other liquid.
- Do not let the power supply cord hang over the edge of a table or work surface.
- Keep the power supply cord away from heated surfaces, including the rear of the oven.
- Keep the appliance and its cord out of reach of children less than 8 years.

- 
- Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.
  - If the power supply cord of this appliance is damaged, it must be replaced with a special cord.
  - The exchange must be made by an authorised SHARP service agent.

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

**WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode. Microwave heating of beverages can result in delayed eruptive boiling; therefore, care must be taken when handling the container.**

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build-up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide mouthed container to allow bubbles to escape.

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

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time.
2. Stir liquid prior to heating/reheating.
3. It is advisable to insert a glass rod or similar utensil (not metal) into the liquid whilst reheating.
4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

**Do not cook eggs in their shells, and whole hard-boiled**



**eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.**

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

**To avoid the possibility of burns.**

**WARNING: The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns. Use pot holders or oven gloves when removing food from the oven to prevent burns.**

- Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling. To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly. Accessible parts may become hot during use. Young children should be kept away.
- Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.
- Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.
- Slice stuffed baked foods after heating to release steam and avoid burns.
- Keep children away from the door to prevent them burning themselves.

**To avoid misuse by children. WARNING: Only allow children aged from 8 years and above to use the oven**

**without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.**

**When the appliance is operated in the AUTO MENU operation, children should only use the oven under adult supervision due to the temperature generated.**

**This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.**

**Children should be supervised to ensure that they do not play with the appliance. Models with Electronic touch panel are enabled with a child lock mode.**

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings - paying special attention to packaging (e.g., self-heating materials) designed to make food crisp, as they may be extra hot.

### **Other warnings**

Never modify the oven in any way.

Do not move the oven while it is in operation.

This appliance is intended to be used in household.

This oven is for home food preparation only and may only be used for cooking food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire. It is not suitable for commercial or laboratory use.

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

Never operate the oven when it is empty. When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the oven base due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

To prevent the base of the oven breaking:

- a)** Before cleaning the oven base with water, leave the turntable to cool.
- b)** Do not put hot foods or hot utensils on a cold oven base.
- c)** Do not put cold foods or cold utensils on a hot oven base.
- d)** Do not place anything on the outer cabinet during operation.

### **NOTE:**

Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

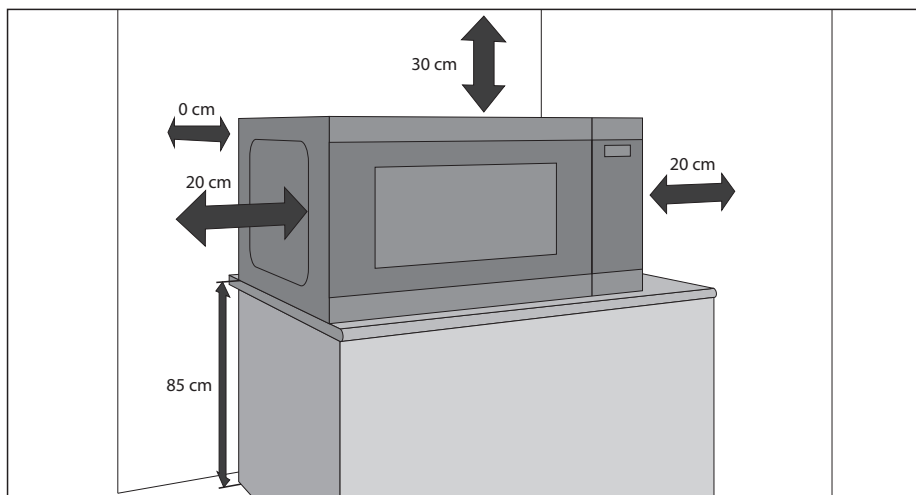
Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.



This symbol means that the surfaces are liable to get hot during use.

# INSTALLATION

1. Remove all packing materials from the inside of the oven cavity and remove any protective film found on the microwave oven cabinet surface.
2. Check the oven carefully for any signs of damage.
3. Place the oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven. Do not place the oven in a cabinet.
4. Select a level surface that provide enough open space for the intake and/or outlet vents. See picture on the first page. The rear surface of appliance can be placed against a wall.
  - The minimum installation height is 85 cm.
  - A minimum space of 20 cm is required between the sides of the microwave oven and any adjacent walls or objects.
  - Leave a minimum space of 30 cm above the oven.
  - Do not remove the feet from the bottom of the oven.
  - Blocking the intake and/or outlet openings can damage the oven.
  - Place the oven as far away from radios and TV as possible. Operation of microwave oven may cause interference to your radio or TV reception.



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

## **WARNING:**

Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains).

Do not block or obstruct air vent openings.

Do not place objects on top of the oven.

Do not touch the exterior of the microwave oven during or shortly after operation as it will be hot.

## RADIO INTERFERENCE

Operation of the microwave oven may cause interference to your radio, TV, or similar equipment. If there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean the door and cavity where they meet.
2. Change the direction of the receiving antenna of the radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Plug the microwave oven into a different outlet so that microwave oven and receiver are not on the same mains feed.

## GROUNDING (EARTHING) INSTRUCTIONS

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 socket that has been properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided.



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

### NOTE:

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

The mains lead used in your microwave oven uses the following colour coded wires:

Green and Yellow = EARTH

Blue = NEUTRAL

Brown = LIVE

## SPECIFICATIONS

Model name	YC-PS201AU
Power Supply	230~240 V/ 50 Hz
Power Consumption	1200 W
Rated Microwave Power Output	700 W
Operation Frequency	2450 MHz
Outside Dimensions (W) x (H) x (D) mm	455 x 274 x 329
Cavity Dimensions (W) x (H) x (D)** mm	315 x 198 x 297
Oven Capacity	20 litres**
Cooking Uniformity	Turntable System
Net Weight	approx. 10.5 kg
LED Bulb	1.5 W

\* - This Product fulfils the requirement of the European standard EN55011. In conformity with this standard, this product is classified as group 2 class B equipment.

Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.

Class B equipment means that the equipment is suitable to be used in domestic establishments.

\*\* - Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

AS PART OF A POLICY OF CONTINUOUS IMPROVEMENT, WE RESERVE THE RIGHT TO ALTER DESIGN AND SPECIFICATIONS WITHOUT NOTICE.

# OVEN AND ACCESSORIES

1. Door Safety Lock System
2. Oven Window
3. Roller Ring
4. Turntable Coupling
5. Power and Time controls
6. Waveguide Cover (Do Not remove)
7. Glass Tray
8. Ventilation openings
9. Outer cabinet
10. Power supply cord

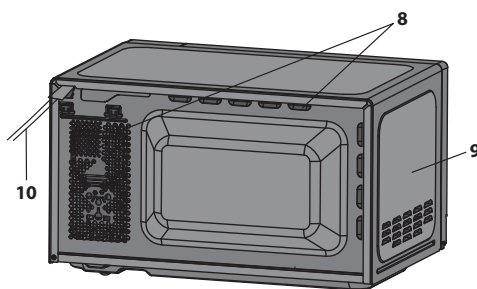
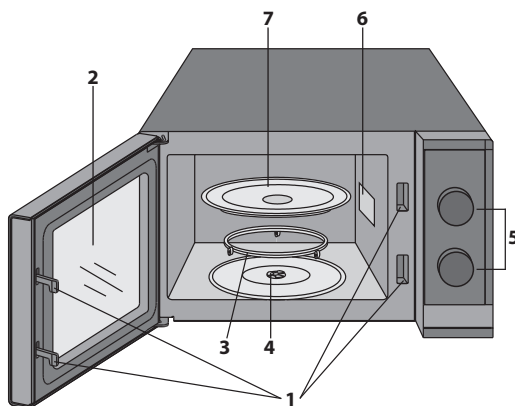
Check to make sure the following accessories are provided: Roller Ring, Turntable Coupling and Glass Tray

- Place the roller ring in the centre of the oven floor so that it can freely rotate around the coupling. Then place the turntable on to the turntable support so that it locates firmly into the coupling.
- To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.

**NOTE:** When you order accessories, please mention two items: part name and model name.

## NOTES:

- The waveguide cover is fragile. Care should be taken when cleaning inside the oven to ensure that it is not damaged.
- After cooking fatty foods without a cover, always clean the cavity thoroughly, these must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
- Always operate the oven with the turntable and turntable support fitted correctly. This promotes thorough, even cooking. A badly fitted turntable may rattle, may not rotate properly and could cause damage to the oven.
- All food and containers of food are always placed on the turntable for cooking.
- The turntable rotates clockwise or anti-clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.



**WARNING:** This symbol means that the surfaces are liable to get hot during use. The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

# CONTROL PANEL

## 1. MICROWAVE POWER CONTROL knob

| – Low - 20% power (140W)

⊗ – Defrost - 42% power (294W)

|| – Medium Low - 52% power (364W)

||| – Medium - 73% power (511W)

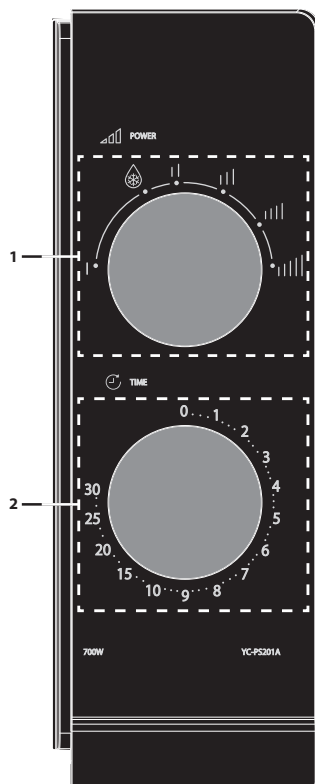
|||| – Medium High - 88% power (616W)

||||| – High - 100% power (700W)

## 2. TIMER knob


Turn TIMER knob to set cooking time. The longest time is 30 minutes. Then the oven starts cooking automatically.

**NOTE:** To increase the cooking/defrosting time, turn the timer knob to the right. To decrease the cooking/defrosting time, turn the timer knob to the left.



## MICROWAVE POWER LEVELS

The microwave power level is varied by the microwave energy switching on and off. When using power levels other than HIGH (100 %) you will be able to hear the microwave energy pulsing on and off as the food cook or defrosts. These levels are selected by rotating the Power control knob to the desired setting. The knob will click in place when moved to the required power position.

Power Setting	Recommend Cooking
I	For gentle defrosting, e.g. cream gateaux or pastry.
	To defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.
II	For dense foods which require a long cooking time when cooked conventionally, e.g. beef casserole, it is advisable to use this power setting to ensure the meat will be tender.
III	
IIII	Used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as sponge cakes. At this reduced setting, the food will cook evenly without over cooking at the sides.
IIIII	Used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

## MICROWAVE COOKING

1. Prepare and place food in a suitable container (refer to "SUITABLE OVENWARE"), position food/container directly onto the middle of the turntable. Close the door.
2. Turn the **MICROWAVE POWER CONTROL** knob to the desired setting; any one of the 6 microwave power levels.
3. Turn the **TIMER** knob to the desired cooking/defrosting time and the oven will start automatically.
4. When cooking/defrosting is complete, the **TIMER** returns to "0" zero and the signal will sound. The oven lamp will turn off automatically and the turntable stops rotating. Open the oven door, remove the food/container carefully. Leave food to stand as required.

### COOKING HINTS:

When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anticlockwise.

If you wish to stop cooking before the cooking time has elapsed, turn the **TIMER** knob back to "0" (off), or open the oven door. The oven door may be opened at any time during cooking. To continue cooking, close the door. If you wish to change the cooking time during cooking, simply turn the **TIMER** knob to the desired new setting.

When cooking/defrosting for less than 3 minutes, turn the **TIMER** knob past the 10 minute mark, and then back to the desired setting. The timer will then run more accurately.

To change the power level during cooking, turn the **MICROWAVE POWER CONTROL** knob to the desired setting.

### WARNING:

Ensure the **TIMER** is returned to "0" zero position at the end of cooking, or the oven will start automatically when the oven door is closed.



## CLEANING AND CARE

1. Turn off the oven and unplug the power cord from the wall when cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.
3. The outside of the oven should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.
5. Do not steam clean.
6. Do not allow the mechanical controls to become wet. Clean with a soft, damp cloth. When cleaning the mechanical controls, leave oven door open to prevent oven from accidentally turning on.
7. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. This is not a fault.
8. The oven floor should be cleaned regularly to avoid contamination and potential arcing/damage. Simply wipe the bottom surface of the oven with mild detergent.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. If the light bulb fails, please contact customer service for advice.
11. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
12. Please do not dispose of this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.

## SUITABLE OVENWARE

1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 2.54 cm between foil and cavity

The list below is a general guide to help you select the correct utensils.

Cookware	Microwave Safe	Comment
Browning dishes	✓ / ✗	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Heat-Resistant Glass	✓	Care should be taken to ensure that any glass cook ware is suitable for use in a microwave oven.
Non Heat-Resistant Glass	✗	
Heat-Resistant Ceramics	✓	Ensure that any ceramic material is not too thick or in high in mineral content.
Microwave-Safe Plastic Dish	✓	Always check that the plastic cook ware is suitable to be used in a microwave oven.
Kitchen Paper	✓ / ✗	Only use kitchen paper which is recommended for use in microwave ovens.
Glassware e.g. Pyrex®	✓ / ✗	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal Tray	✗	It is not recommended to use metal cookware as it will arc, which can lead to fire.
Metal Rack	✗	It is not recommended to use metal cookware as it will arc, which can lead to fire.
Aluminium foil Foil Containers	✓ / ✗	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2.54 cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil®, follow instructions carefully.
Cling film	✓	It should not touch the food and must be pierced to let the steam escape.
Plastic/Polystyrene e.g fast food containers	✓	Care must be taken as some containers warp, melt or discolour at high temperatures.
Freezer/Roasting bags	✓	Must be pierced to let steam escape. Ensure bags are suitable for microwave use.
Paper - Plates, cups and kitchen paper	✓	Do not use plastic or metal ties, as they may melt or catch fire due to the metal 'arcing'.
Straw and wooden Containers	✓	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Recycled paper and newspaper	✗	Always attend the oven when using these materials as overheating may cause fire. May contain extracts of metal which will cause 'arcing' and may lead to fire.



**WARNING: When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.**

**NOTE:** Do not leave your oven unattended while in use.

## MICROWAVE COOKING ADVICE

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results. Many of the following techniques are similar to those used in conventional cooking.



**WARNING: Liquids and foods must not be heated in sealed containers or jars/containers with lids on, as pressure will build up inside and may cause the jar/container to explode.**

### COOKING ADVICE NOTES:

- Always attend the oven when in use.
- Ensure that the utensils are suitable for use in a microwave oven.
- Refer to the charts in the cookbook section for recommended cooking times and power levels.
- Only use microwave popcorn within the recommended packaging (follow the manufacturers instructions). Never use oil unless specified by the manufacturer and never cook for longer than instructed.



**WARNING: Follow instructions in the SHARP operation manual at all times. If you exceed recommended cooking times and use power levels that are too high, food may overheat, burn and, in extreme circumstances, catch fire and damage the oven.**

### Arrange

Place the thickest parts of food towards the outside of the dish. e.g. Chicken drumsticks.

Foods that are placed towards the outside of the dish will receive more energy, so cook quicker, than those in the centre.

### Cover

Certain foods benefit from being covered during microwave cooking.

Use vented microwave cling film or a suitable lid.

### Pierce

Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode. e.g. Potatoes, Fish, Chicken, Sausages.

**NOTE:** Eggs should not be heated using microwave power as they may explode, even after cooking has ended. e.g. poached, fried, hard boiled.

### Stir, turn and rearrange

For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.

### Stand

Standing time is necessary after cooking so it enables the heat to disperse equally throughout the food.

<b>Food Characteristics</b>	
<b>Composition</b>	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. Bones in food conduct heat, making the food cook more quickly. Care must be taken so that the food is cooked evenly.
<b>Density</b>	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
<b>Quantity</b>	The number of microwaves in your oven remains the same regardless of how much food is being cooked. The cooking time must be increased as the amount of food placed in the oven increases. e.g. Four potatoes will take longer to cook than two.
<b>Size</b>	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
<b>Shape</b>	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. For even cooking, place the thickest parts to the outside of the dish where they will receive more energy. Round shapes cook more evenly than square shapes when microwave cooking.
<b>Temperature of food</b>	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.



**WARNING: Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.**



**WARNING: Check the temperature of food and drink, stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.**

## DEFROSTING ADVICE

Using your microwave oven is the quickest defrosting method. It is a simple process but the following instructions are essential to ensure the food is thoroughly defrosted.

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave level |, | | or Defrost
- Please refer to the further information below.

### Rearrange

Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting.

Move closely packed pieces from the outside to the centre and rearrange over-lapping areas.

This will ensure that all parts of the food defrosts evenly.

### Separate

Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting.

e.g. bacon rashers, chicken fillets.

### Shield

Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.

### Stand

Standing time is necessary to ensure food is thoroughly defrosted.

Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.

### Turn over

It is essential that all foods are turned over up to 4 times during defrosting.

This is important to ensure thorough defrosting.

## REHEATING ADVICE

For the reheating of foods, follow the advice and guidelines below to ensure food is thoroughly reheated before serving.

### Plated meals

Remove any poultry or meat portions, reheat these separately, see below.

Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on power level  $||$ , stir/rearrange halfway through reheating.

**NOTE:** Ensure the food is thoroughly reheated before serving.

### Sliced meat

Cover with vented microwave cling film and reheat on power level  $||$ . Rearrange at least once to ensure even reheating.

**NOTE:** Ensure the meat is thoroughly reheated before serving.

### Poultry portions

Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on power level  $|||$ .

Turn over halfway through reheating.

**NOTE:** Ensure the poultry is thoroughly reheated before serving.

### Casseroles

Cover with vented microwave cling film or a suitable lid and reheat on power level  $||$ .

Stir frequently to ensure even reheating.

**NOTE:** Ensure the food is thoroughly reheated before serving.

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using power level  $|||$ , while a lasagne which contains ingredients that cannot be stirred, should be reheated using power level  $||$ .

### NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.



**WARNING: Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.**

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.



**WARNING: The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.**

## TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Follow this simple check below:

Place half a cup of water on the turntable and close the door. Set the timer know to cook for 1 minute using microwave power level **11111**.

1. Does the oven lamp come on when it is cooking?
2. Does the cooling fan work? (Check by placing your hand above the air vent openings).
3. After 1 minute does the audible signal sound?
4. Is the water in the cup hot?

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart below.



**WARNING: Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs. This is important as it may involve the removal of covers that provide protection against microwave energy.**

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal.  
Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

### TROUBLESHOOTING CHART

QUERY	ANSWER
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed from the potatoes and that they have been pierced, place directly onto the turntable or in a heat resistant flan dish or similar.
Oven does not work when the timer control is turned away from 0.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/thawing.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.

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## BEFORE CALLING FOR ASSISTANCE

Before asking for service, please check each item below:

- Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
- Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
- Check to ensure that the power and timer knobs are set correctly.
- Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.





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