

聲寶牌 **SHARP**® 夏普

香港電器安全規格
(國際電工委員會規格適合)

水波爐
WATER OVEN

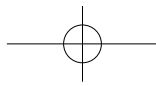
®

AX-1600R

使用說明書
OPERATION MANUAL



HEALSIO

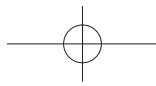


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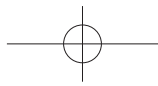
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重要安全須知

重要安全須知：請細心閱讀，並保存作將來參考之用。

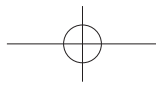
1. 按照設計，本水波爐只能在工作檯面上使用。本水波爐的設計不適宜嵌入牆壁或櫥櫃內。不要將水波爐設置在櫥櫃內。關於安裝詳情請參見第 C-3 頁。
烹調過程中，爐門會變熱。將水波爐放在爐底高出地面 85cm 或以上的高度。切勿讓兒童靠近爐門，以免燙傷。
2. 確保爐頂以上之空間應有最少 10cm。
3. 本水波爐適用於家庭及以下類似場所：
 - 商店、辦公室和其他辦公場所的員工備餐區；
 - 農場屋舍；
 - 置於酒店、汽車旅館和其他居住環境中供顧客使用；
 - 食宿型旅館環境。
4. 本水波爐適用於加熱食物和飲料。若用於烘乾食物或衣服，以及加熱取暖墊、治療工具（如：小麥袋等），拖鞋、海綿、抹布等，可能會導致損壞、起火或火災。
5. 除非得到監護人或負責其安全人士的適當監督或指導，否則，此機器不適合身體官能或心智能力退化者，或缺乏操作經驗和知識的人士（包括兒童）使用。
6. 兒童應受到適當監管，確保不會以此機器作玩具。
7. **警告：**在無人監護的情況下，兒童只有在充分理解操作說明、能安全使用水波爐且知道不當使用會造成危害的情況下才能使用水波爐。
8. **警告：**當水波爐在 Super Steam(水波)、Convection(熱風對流)或 Pure Steam(純蒸)模式下運作時會發熱，兒童請在家長指引下使用。
9. **警告：**可觸及的部件在使用期間可能會變熱。兒童應小心並遠離水波爐。
10. **警告：**如果爐門或爐門密封條受損，先請 SHARP 技術人員加以檢查修理後才繼續使用。
11. **警告：**切勿自行調整、維修或改裝水波爐。除了 SHARP 培訓的技術人員以外，如果由非技術人員進行任何服務或維修，則會存在危險。由於維修可能會涉及拆卸外殼，而外殼對電氣部件具有保護作用，以免接觸到微波，所以由專人維修是很重要的。
12. 如果水波爐電源線損壞，必須由 SHARP 培訓的技術人員更換，以避免危險。
13. **警告：**液體和其他食物不得在密封容器內加熱，否則可能引起爆炸。
14. 飲料經微波加熱後會出現沸騰爆濺，因此在烹調時及移動容器時必須格外小心。
15. 請勿使用微波烹調或加熱帶殼蛋類，而且不可使用微波加熱已煮熟的整個雞蛋，因為即使在微波烹調過程結束後，也有可能發生爆裂。對未經打散或混合的雞蛋進行在微波模式烹調或加熱時，應刺破蛋黃和蛋白，否則雞蛋可能會發生爆裂。在使用微波對煮熟的雞蛋進行在微波模式加熱之前，應對其去殼並切片。
16. 烹調時，應當檢查烹調器具，確保其適用於水波爐。請參見第 C-31 頁。在微波模式下只可使用微波爐適用容器及烹調器具。
17. 當水波爐在微波模式下運行時，請勿用金屬容器裝置食物和飲料。
18. 奶瓶和盛載嬰兒食品瓶罐內的食物必須先攪拌或搖一搖，然後檢查一下溫度才餵給嬰兒，以防燙傷嬰兒。
19. 設備在使用過程中會變熱。應特別小心，避免觸碰發熱元件和烤箱。為防止燙傷，通常要戴上較厚的烤箱手套。清洗前應確保這些區域已冷卻。
20. 將食物放在塑膠或紙質容器中加熱時，鑑於起火的可能性，應當密切關注爐內情況。
21. 如果發現煙霧，請立即關掉或拔下水波爐電源插頭並保持爐門關閉，以控制火焰蔓延。
22. 應定時清潔水波爐，並清除殘留食物。
23. 在無人監護的情況下，請勿讓兒童進行清潔和用戶維修的操作。
24. 如果未能保持水波爐處於潔淨狀態，則會導致水波爐表面變質，更大大減低水波爐的壽命，甚致會造成危險。
25. 請勿使用粗糙的洗滌劑或銳利的金屬刮刀來清潔爐門玻璃，因為其會刮花表面，而可能使玻璃碎裂。
26. 切勿使用蒸氣清洗裝置。
27. 清洗爐門密封條、爐腔及相鄰部件時，請參見第 C-24 頁的指南。
28. 使用附件的詳細內容，請參見第 C-4 頁的指南。



重要安全須知

其他警告

- 為防止意外發生，請注意並遵守下列事項：
 - 除可飲用的室溫水(被過濾)之外，切勿將其他任何液體注入水箱。
 - 在水波爐操作過程中，請不要離開。水波爐溫度過高或烹調時間過長可能會使食物加熱過度，而導致起火。
 - 切勿讓食物烹調過度。
 - 烹調食物前，先拆去綁紮包裝袋的金屬線。
 - 切勿用微波來加熱食用油或油炸食物，因為油溫會變得很高而難以控制。
 - 切勿使用合成材料製成的容器用於烹調。否則，它們會在高溫下溶化。
 - 如果水波爐仍然很熱，切勿使用塑料容器，否則它們可能會溶化。除非生產廠商聲明塑料容器適用於高溫水波爐，否則切勿使用塑料容器。
 - 切勿在水波爐內儲存食物或任何其它物品。
 - 如果在烘烤或製作蛋糕和甜食時添加了酒精飲品，當酒精釋放出的蒸氣接觸到電熱元件時，可能會導致起火。請務必在烹調時密切注意爐內情況。
- 在使用微波烹調時應當小心，盡量避免食物爆裂或沸騰爆濺。使用微波能夠快速加熱食物和飲品，因此您在烹調食物時一定要根據食物的種類和重量選擇合適的烹調時間和微波功率。如果您無法確定烹調所需時間和微波功率，您可以先選擇低微波功率以及短時間烹調，再根據實際需要增加時間或功率加熱食物。請遵守下列事項：
 - 切勿用密封容器進行烹調。如帶有瓶蓋或奶嘴的奶瓶均屬密封容器。
 - 烹調時間切勿過長。
 - 加熱液體時，一定要用寬口容器。
 - 烹調後等待最少 20 秒才取出食物，以免煮滾的液體爆濺。
 - 烹調前及烹調中將液體攪拌，處理盛載食物的器皿，或放湯匙或其他器具於器皿內時，應特別小心處理。
- 水波爐的門夾有雜物或沒有關閉好時，切勿操作。
- 從爐內取出食物時，請小心不要讓器皿、衣服或飾物接觸到烤箱門門。
- 水波爐正在操作時切勿以物件，特別是金屬製品刺向爐門的網狀表面或爐門與水波爐之間的位置。
- 切勿改動或拆除門門。
- 烹調結束後欲取出爐內食物時，務請戴上市售烤箱手套，以免燙傷；並應小心揭蓋，以免蒸氣灼傷皮膚。
- 如果爐內庫內燈發生故障，請與經銷商或SHARP客戶服務中心聯絡。
- 避免熱蒸氣直接接觸臉部和雙手，對臉部或雙手造成灼傷。遠離面部，從碟子最邊緣的位置慢慢揭起覆蓋碟面的微波爐專用保鮮紙，小心開啟爆米花的袋子和其微波烹飪袋。
- 切勿將電源線壓於水波爐之下，放置於熱源物件表面或掛於銳利的物品上，以免受損壞。
- 打開爐門時務必小心。為了避免冒出的熱氣和氣流造成灼傷，請在取出或重新放入食物之前使熱氣或氣流排出。
- 切勿將任何物件放在爐頂上，因為在運行過程中水波爐會變得很熱。
- 為了避免灼傷，食用之前務必測試食物和容器的溫度，並加以攪拌，尤其是在讓嬰兒、兒童或老人食用之前，務必特別注意容器、食物和飲品的溫度。在沒有檢查容器溫度之前，請不要飲用飲品或湯類。拿取容器時應當小心，因為容器已經變得很燙。
- 請確保烹調器皿於烹調時不會與爐箱內壁碰觸。
- 在烹調過程中，切勿接觸爐門、外殼、後殼、爐腔、通風口、附件和盤碟以及從通風蓋冒出的氣流，因為它們會變熱。
- 切勿直接觸摸庫內燈及其周圍。當庫內燈亮起時，此部分將會變熱。
- 使用水波爐時，請在裝設水波爐的房間進行通風，例如打開窗戶或打開廚房抽氣風扇裝置。通風口的蒸氣可能弄濕附近的牆壁或家具。
- 如果水箱破裂和漏水，切勿使用水波爐。請聯繫SHARP客戶服務中心。
- 切勿將手指或其他物件插入水波爐上的孔中（蒸氣口或通風口），否則可能會損壞水波爐以及導致觸電或其他危險。
- 潮濕雙手請勿觸摸電源插頭。牢固地插入牆上的電源插座。從插座中拔出插頭時，務必抓住插頭，切勿拉扯電源線，否則可能會損壞電源線和插頭內部的連接。
- 切勿在操作時移動水波爐。如果需要移動水波爐，務必採用DRAIN WATER(排水)排出水波爐內的所有水。排水後，請清空集水盤的積水。
- 切勿故意將水灑到爐門或控制面板上。
- 如果水波爐翻倒或掉落到地板上，切勿繼續使用。請拔掉插頭並請聯繫SHARP客戶服務中心。
- 不要把重量超過5公斤的任何東西置於爐門上，以防止水波爐可能傾倒，或可能損害爐門和鉸鏈。不要攀附於把手上，也不要把手上懸掛重物。
- 結露可能腐蝕設備，水波爐內不要長時間遺留熟食。



安裝事宜

1. 將水波爐內的包裝物件全部拆去，並從爐門外撕下宣傳標貼（若附有）。檢查水波爐是否有損壞，例如爐門的安裝是否有偏差，爐門周圍的密封襯墊是否有損壞或水波爐內及爐門上是否有凹痕等。若發現有任何損壞之處，請立即與 SHARP 客戶服務中心聯絡，受維修人員的檢查與修理之後，才可使用本水波爐。
2. 檢查本水波爐是否帶有下列附件
1) 烤架 2) 烤盤 3) 防濺罩 4) 除垢指南 5) 使用說明書 6) 食譜 7) 觸鍵指南 8) 測試條
3. 由於爐門在烹調期間會變熱，為了避免意外接觸，應將水波爐放在地面上至少 85 厘米。而且，應使兒童遠離爐門，以免燙傷。
4. 按照設計，本水波爐只能在工作檯面上使用。請勿將水波爐安裝在過熱與過濕的地方，例如焗爐附近。請勿在易燃物品附近安裝，例如窗簾。應將水波爐放在不阻攔通風口。如果本電器被蓋著或接觸到易燃材料，包括窗簾、蓋布、牆壁等，則可能會起火。從爐頂以上之空間應有最少 10 厘米，以便空氣流通。水波爐的設計不適合嵌入牆壁或櫥櫃內。
警告：蒸氣從水波爐後頂部排除。蒸氣從烤箱腔頂部後面排出。請確保冒出的蒸氣不會噴濕電源插座 / 其它電器。
5. 如果水波爐裝設在窗戶附近，請確保水波爐通風蓋與窗戶之間的距離超過 20 厘米。否則，從通風蓋冒出的熱氣可能會使玻璃碎裂。
小心：從水波爐排出的蒸氣可能會噴濕或弄髒附近的傢具或牆壁。請確保水波爐與牆壁或傢具之間留有足夠的空間。
烹調過程中或烹調完成之後，蒸氣會從通風蓋或水波爐門冒出。蒸氣可能會在水波爐周圍的牆壁或傢具上冷凝。請將水波爐安裝在良好通風處。
我們建議採用鋁箔紙遮蓋住牆壁或傢具，以防蒸氣噴濕。
6. 切勿使用轉接器插頭將其它電器與烤箱連接到同一個插座上。
7. 由於用戶自行更換電源插頭而引致水波爐損壞或其他不良後果時，廠方及經銷商概不負責。所使用的交流電壓和頻率必須與標籤所示的標準一致。
8. 本水波爐的地線必須接地：

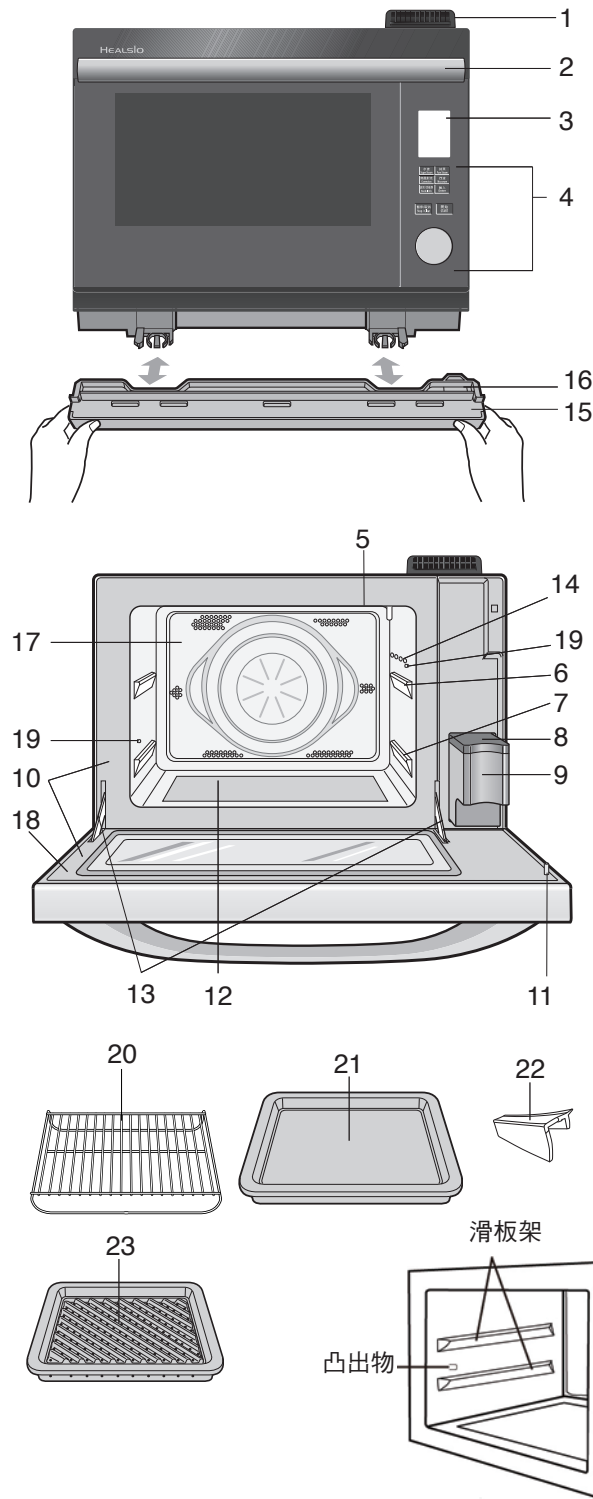
電源線中導線按照以下方式標色：

重點

綠黃色：	地線
藍色：	中線
褐色：	火線

本水波爐電源線中導線的色標可能與閣下所用的插頭（或插座）上的色標不相同，屆時請按以下規則操作：
綠黃色的導線必須與以下幾種插頭（插座）之一相接：標有 E 字母、帶有 (≡) 符號、色標為綠色或黃綠色。
藍色的導線必須與標有 N 字母或藍色的插頭（或插座）相接。
褐色的導線必須與標有 L 字母或褐色的插頭（或插座）相接。

各部位名稱



- 1 通風口
- 2 把手
- 3 LCD 顯示屏
- 4 控制板
- 5 照明燈
- 6 滑板架 (上層)
- 7 滑板架 (下層)
- 8 水箱蓋 (請參考第 C-6 頁)
- 9 水箱 (請參考第 C-6 頁)
- 10 爐門密封襯墊和襯墊表層
- 11 門門
- 12 陶瓷門
- 13 門鉸
- 14 蒸氣口
- 15 滴水托盤蓋 (請參考第 C-6 頁)
- 16 滴水托盤 (請參考第 C-6 頁)
- 17 爐箱
- 18 爐門
- 19 凸出物

附件

- 20 烤架
用於 SuperSteam (水波), Convection (熱風對流) 和 Pure Steam (純蒸) 功能。請勿用於微波烹調。
僅可使用烤盤或防濺罩。
- 21 烤盤 x2
用於 SuperSteam (水波), Convection (熱風對流), Pure Steam (純蒸) 和 Descale (除垢) 功能。烤盤滑入滑板架及凸出物之間。參見圖 1。請勿用於微波烹調。
- 22 除垢指南 (請參考第 C-8 頁)
- 23 防濺罩
用於 SuperSteam (水波) 和 Convection (熱風對流) 功能。烹飪肉類時應同時使用防濺罩和烤架，這樣能減少油膩的肉汁濺到水波爐壁上。將防濺罩放到烤盤上後按照圖 2 所示放置烤架。切勿將食物直接放到防濺罩上。

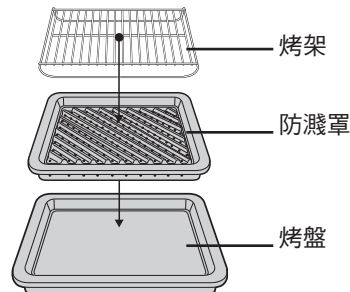


圖 1

圖 2

警告：

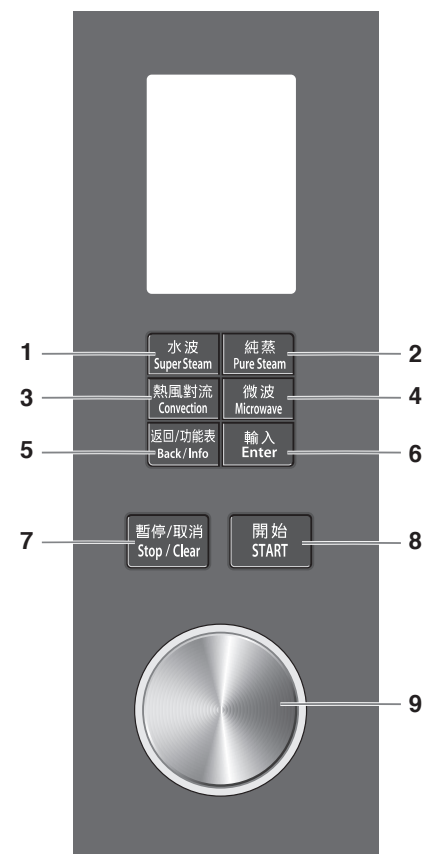
由於烹調結束後爐內、爐門、外殼、附件和盤碟將會變得非常熱，所以務必戴上烤箱專用乾及厚手套，將食物或附件從爐中取出，以免灼傷。

控制板操作

通過觸按控制板表面上適當的軟鍵控制水波爐的運行。

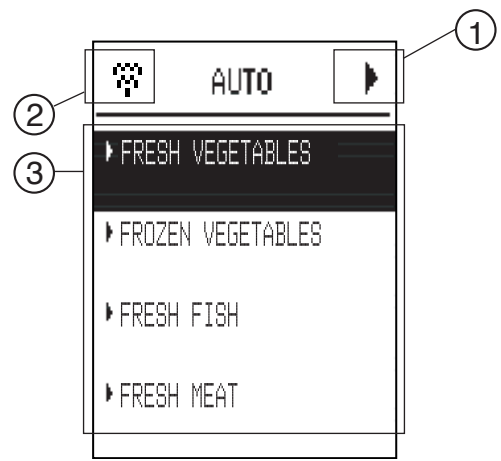
除了軟鍵選入的鳴響聲外，在烹調程式完成時，水波爐還會發出一聲約 2 秒的鳴響聲；而按烹調操作之需要，需要輸入烹調程式時亦會發出四聲鳴響聲。

觸按式軟鍵控制板



1. SuperSteam (水波) 鍵
觸按此鍵選擇 SuperSteam (水波) 烹調。
SuperSteam (水波) 有兩個選項：“自動烹調”和“自選烹調”。
2. Pure Steam (純蒸) 鍵
觸按此鍵選擇 Pure Steam (純蒸) 烹調。
Pure Steam (純蒸) 有兩個選項：“自動烹調”和“自選烹調”。
3. Convection (熱風對流) 鍵
觸按此鍵選擇自選烹調。
Convection (熱風對流) 沒有自動烹調模式。
4. Microwave (微波) 鍵
觸按此鍵選擇 Microwave (微波) 烹調。
Microwave (微波) 有 3 項選擇：自動解凍，智能加熱及手動烹調
5. Back/Info (返回 / 功能表) 鍵
編好烹調程序之後，按 START (開始) 鍵之前，觸按此鍵返回前一頁。
觸按此鍵開始為您的水波爐進行保養工作，或者進行個性化設置。
6. Enter (確認) 鍵
觸按此鍵確定選擇。
7. Stop/Clear (暫停 / 取消) 鍵
觸按此鍵便能取消編訂烹調時之程式。或在烹調進行時，觸按一次為暫停烹調，觸按兩次為取消烹調程式。
8. START (開始) 鍵
在烹調程式編入後觸按此鍵開始操作。
9. 旋鈕
旋轉並選擇所需選項。

屏幕信息



- ① 箭頭表示顯示不止一頁；當箭頭出現時，您可以左右轉動旋鈕以選擇合適的頁面。當無箭頭出現時，您可以觸按 Back/Info(返回 / 功能查閱) 鍵。
- ② 屏幕頂部的圖示表示當前所選擇的烹調模式。
 - 當前選擇為 SuperSteam (水波)
 - 當前選擇為 Pure Steam (純蒸)
 - 當前選擇為 Microwave (微波)
 - 當前選擇為 Convection (熱風對流)
- ③ 屏幕出現的文字將對具體操作內容和烹調指引進行說明。

重要須知

請在使用水波和純蒸烹調前仔細閱讀

水箱

對於水波模式和純蒸模式的自動和自選烹調操作，都必須以可飲用的室溫水（被過濾）注入水箱。請務必遵循如下指引。

1. 將水箱向自己的方向拉出。（圖 1）
2. 首次使用時請清洗水箱和水箱蓋。
3. 每次進行烹調前，請通過水箱蓋向水箱里面注入可飲用的室溫水（被過濾），直至刻度線 2(MAX 線) 的位置。
（圖 2）請勿將水注入超過刻度線 2(MAX 線) 的位置。
4. 請確保水箱蓋已緊緊閉合。
5. 用力將水箱推回水波爐內並安裝好。（圖 3）
6. 烹調後，**清空**水箱並清洗水箱和水箱蓋。

注意：

1. 切勿使用任何其他液體，例如蒸餾水、去離子水、礦泉水等。
2. 如果水箱內的水量不足，則可能導致無法預料的後果。
3. 我們建議您每次烹調後都**清空**水箱積水。請勿讓水箱裝水放在水波爐內超過一天。
4. 在烹調過程中如出現任何提示消息，例如“Fill water tank with water（請為水箱注水）”，請參看 C-26 頁的“故障查閱指南表”。
5. 切勿摔落或損壞水箱。水波爐產生的熱量可能會使水箱變型。切勿使用損壞的水箱。請聯繫 SHARP 客戶服務中心。
6. 在移除水箱的時候可能有水滴落。請用柔軟抹布拭乾水波爐。
7. 請勿將水箱蓋上的氣孔阻塞。否則將會在烹調過程中引起故障。
8. 當水箱移除後將會有少量水流入滴水托盤。請在烹調後清空滴水托盤。

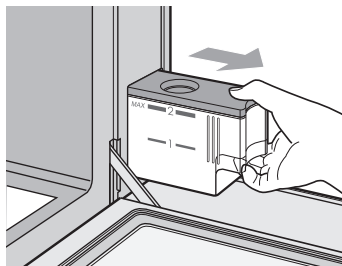


圖 1

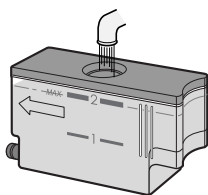


圖 2

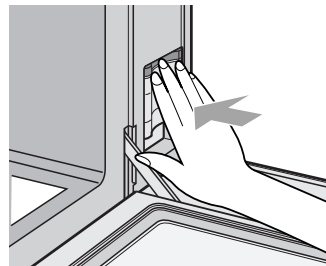


圖 3

滴水托盤

請確保滴水托盤放置到位並遵循以下指引。

滴水托盤與托盤蓋及水波爐包裝在一起。如圖 4 所示，將滴水托盤和托盤蓋放置於水波爐門下。滴水托盤的作用是收集從水波爐門上滴落的冷凝水滴。

移除滴水托盤：將滴水托盤用手向自己的方向拉出。

* 請不要讓滴水托盤里的水在移除滴水托盤時溢出。

將滴水托盤放回水波爐：把滴水托盤放置於水波爐下方左右兩邊的掛鉤上，如圖 4 所示。水平放入滴水托盤並扣緊。不正確的放置方式可能會導致掛鉤損壞。

如果屏幕上出現“Replace drip tray(請放回滴水托盤)”或者“Empty drip tray and replace(請清空積水並放回滴水托盤)”時，請正確移除滴水托盤。

每次烹調後請清空滴水托盤。先清空積水，然後用水徹底沖洗，晾乾或用抹布拭乾後放回原位。沒有清空滴水托盤的話則可能導致溢流。在沒有清空滴水托盤的情況下反覆烹調則可能導致溢流。

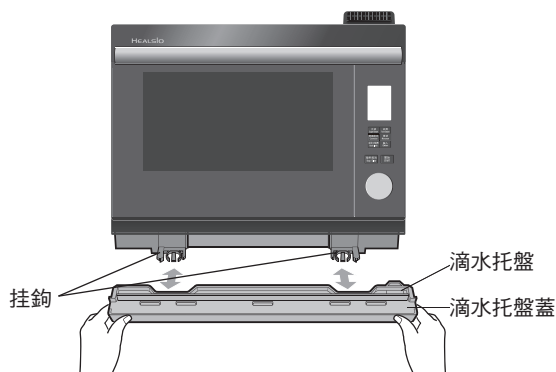
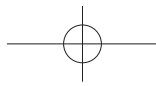


圖 4

警告：

1. 水波爐在烹調和進行排水之後將會變得非常熱。
2. 打開水波爐時請勿將臉貼近水波爐。水波爐冒出的蒸氣可能會引致灼傷。
3. 請確保在清空水箱和滴水托盤時，水波爐已經冷卻。然後請擦乾爐內壁。
4. 請勿用手直接接觸滴水托盤內的水，因為這些水可能會很熱。



重要須知

自動烹調和自選烹調模式中的水波 & 純蒸

烹調前

1. 確保水箱已注滿可飲用的室溫水（被過濾），並且正確安裝。（請參考第 C-6 頁）
2. 請確保水波爐底裝上已經清空積水的滴水托盤。（請參考第 C-6 頁）
3. 不需要預熱時請將食物置於水波爐內。（請參看各個圖表檢查自動烹調操作是否需要預熱。）

烹調後

1. 當水波爐冷卻後，移除並清空水箱，擦拭爐內壁。稍等幾分鐘，然後清空滴水托盤。
2. 使用 SuperSteam（水波）和 Pure Steam（純蒸）烹調後請啟動 Drain Water（排水）功能，當天內至少一次。
3. 在移除滴水托盤前，請檢查是否有水溢出托盤。

打開水波爐門

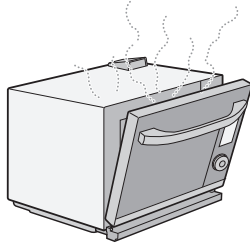


圖 1

在烹調後，您可以打開水波爐門的上半部並固定以暫時排出蒸氣、冷卻或乾燥水波爐腔。（請參考圖 1）

警告：請勿將臉貼近水波爐。蒸烹調所產生的蒸氣可能會引致灼傷。

注意：請避免在烹調過程中開關爐門，以防止爐內溫度驟然下降，影響烹調效果。



重要須知

Drain Water (排水) 功能

使用 SuperSteam (水波) 和 Pure Steam (純蒸) 烹調後請啟動 Drain Water (排水) 功能，當天內至少一次。排水操作需要 8 分鐘。

Drain Water (排水) 操作有利於防止水垢積聚和循環使用不新鮮的水。此操作利用內部蒸氣系統進行水份的蒸發。

操作

- 1 觸按 Back/Info (返回 / 功能表) 鍵，轉動旋鈕，選擇 DRAIN WATER (排水) 功能，觸按 Enter (輸入) 鍵。

- 2 請確保水箱已經移除並觸按 START (開始) 鍵。

- 3 當水波爐冷卻後，請擦拭爐內壁。稍等幾分鐘，然後清空滴水托盤。

注意：


請避免在烹調過程中開關爐門，以防止爐內溫度驟然下降，影響烹調效果。

Descal (除垢) 功能


白色或灰色的微粒，也稱為水垢，可能會在水波爐製造蒸氣的過程中因為水循環作用而在爐內形成。


當屏幕顯示“DESCALING IS NECESSARY. (需除垢)”時，請確保 Descal (除垢) 操作立即進行。操作過程大約需要 1 小時。

操作

- 1 觸按 Back/Info (返回 / 功能表) 鍵，轉動旋鈕，選擇 DESCAL (除垢) 功能，觸按 Enter (輸入) 鍵。

- 2 一些藥店有售的純檸檬酸，或不含果肉的瓶裝 100% 檸檬汁被用於除垢。選擇上述其中一種用於進行除垢操作。
如使用純檸檬酸，請將 1 湯匙純檸檬酸結晶溶解在無孔容器內的 500 毫升水。攪拌均勻，倒入水箱。
如使用瓶裝 100% 檸檬汁，請確保里面不含任何果肉成分。如果有黏漿狀物質或您不是肯定的，通過更好的過濾器過濾。測量過濾的 70 毫升檸檬汁並增加 500 毫升水。攪拌均勻，倒入水箱。
將水箱正確放回爐內並將其穩固地推入就位。

- 3 將烤盤放置於頂層。
將除垢條放置於烤盤右邊邊緣處，參見圖 1。
將除垢條的右邊邊緣向下插入烤盤和水波爐壁之間的凸出物，參見圖 2。檢查並確保除垢條位於所有蒸氣口 / 螺絲頭的下方，參見圖 3。

- 4 請勿在水波爐內放置任何食物。
觸按 START (開始) 鍵開始除垢。


- 5 當水波爐停止運行並冷卻後，請移除水箱，清空積水，沖洗乾淨並重新注入可飲用的室溫水 (被過濾)。將水箱放回原位。如圖 4 所示，移除除垢條。移除烤盤並清空，沖洗乾淨並晾乾。依照步驟 3，將烤盤和除垢條放回原位。觸按 START (開始) 鍵。沖洗程序便會開始。


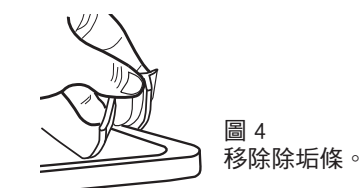
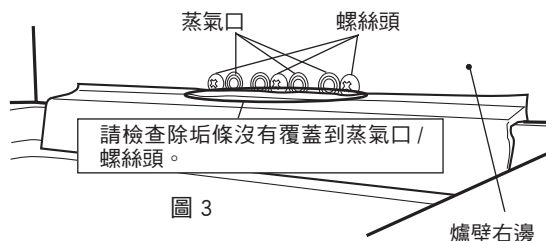
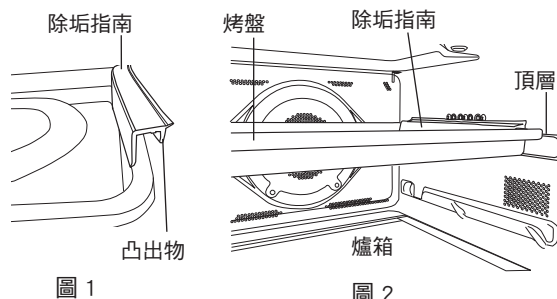
- 6 當沖洗結束並且水波爐冷卻後，移除水箱並清空積水。然後如圖 4 所示移除除垢條。移除烤盤並清空。擦拭水波爐內壁使其乾燥。稍等幾分鐘，然後清空滴水托盤。

警告：

蒸氣口附近的區域會變熱。請特別注意需要放入或移除除垢條的操作。

注意：

在步驟 1 中，觸按 Enter (輸入) 鍵後，水波爐燈熄滅。



操作之前

- 在使用您的水波爐前，請確保您已經閱讀並完全讀懂使用說明書。
- 在使用水波爐前，請按如下步驟操作：
 1. 正確防止滴水托盤。請參考第 C-6 頁。
 2. 在開始烹調時參看如下細則。
 3. 在首次使用之前請參看右邊的指示來清潔您的水波爐。

烹調開始前之須知

本水波爐附有節能模式。若該爐沒有操作時，本裝置可節省電力。

操作

- 1 把水波爐插頭插入電源插座。顯示器上沒有任何顯示。
- 2 打開爐門。顯示器將顯示“ENERGY SAVE MODE (電源節能模式)”。
- 3 關閉爐門。此時您可以使用水波爐。

註：

在電源節能模式中，如果您在 3 分鐘以內未對水波爐進行操作（如關閉爐門，觸按 Stop/Clear (暫停 / 取消) 鍵或者烹調結束後），您將不能使用水波爐，除非重新打開並關閉爐門。

注意：

當您設定了“Child Lock (兒童安全鎖)”及“Demonstration Mode (示範功能)”，電源節能模式將會暫時取消。

Stop/Clear (暫停 / 取消)

1. 如果在編定程序時輸入錯誤，請按 Stop/Clear (暫停 / 取消) 鍵。
2. 暫停烹調中水波爐的操作。
3. 顯示內容返回主頁（顯示“ENERGY SAVE MODE (電源節能模式)”）。
4. 在烹調過程中取消一組編程，請按鍵兩次。

Back (返回)

1. 如果你想在編程時在觸按 START (開始) 鍵之前返回上一頁，觸按 Back/Info (返回 / 功能表) 鍵。
2. 在觸按 START (開始) 鍵之後，不能返回上一頁。

首次使用之前請清潔水波爐

烹調時蒸氣產生器會加熱水箱內的水以產生蒸氣。首次使用之前應該清潔水波爐來避免爐內有任何氣味殘留。用自選烹調模式選擇 SuperSteam Grill (水波燒烤) 運行 20 分鐘，不選擇預熱功能和不要放入食物。您可以在此過程中看見有煙產生和聞到異味。這是正常現象。水波爐並非出現故障。

準備工作

1. 打開水波爐通風。
2. 請確保水箱已經注入可飲用的室溫水（被過濾）並正確安裝。
3. 請確保已清空的滴水的滴水托盤已經被正確安裝。

操作

- 1 觸按 SuperSteam (水波) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。
- 2 轉動旋鈕選擇 SUPER STEAM GRILL (水波燒烤) 並觸按 Enter (輸入) 鍵。
- 3 轉動旋鈕選擇 WITHOUT PREHEAT (不預熱) 並觸按 Enter (輸入) 鍵。
- 4 轉動旋鈕輸入烹調時間 (20 分鐘)。並觸按 START (開始) 鍵。

警告：

1. 水波爐門，水波爐外殼和爐內腔會變得很熱。
2. 打開水波爐時請勿將臉貼近水波爐。水波爐冒出的蒸氣可能會引致灼傷。

自動烹調

自動烹調操作在 SuperSteam (水波)、Pure Steam (純蒸) 和 Microwave (微波) 下可用。請參閱各個功能的詳細說明。

SuperSteam (水波)

SuperSteam (水波) 有 4 種選項：
Complete Meals (全餐), Grill (燒烤), Roast (烘烤),
Bake (烘焙)
水波的詳細說明請參看 C-36-42 頁。

COMPLETE MEALS (全餐)

* 假設您需要用標準時間烹煮營養全餐例如烤牛肉配馬鈴薯。

操作

- 1 觸按 SuperSteam (水波) 鍵，轉動旋鈕，選擇 AUTO (自動烹調) 功能，觸按 Enter (輸入) 鍵。

- 2 轉動旋鈕選擇 COMPLETE MEALS (全餐) 並觸按 Enter (輸入) 鍵。

- 3 轉動旋鈕選擇 ROAST BEEF WITH POTATOES (烤牛肉配馬鈴薯) 並觸按 Enter (輸入) 鍵。

- 4 請確保已經選擇 STANDARD (標準) 鍵並觸按 Enter (輸入) 鍵。

- 5 請按照烹調指南表內所示將食物放置於爐內。關閉爐門。觸按 START (開始) 鍵。

- 6 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。


GRILL (燒烤) · ROAST (烘烤) · BAKE (烘焙)

* 假設您需要用標準時間烹調四片烤薯仔。

操作

- 1 觸按 SuperSteam (水波) 鍵，轉動旋鈕，選擇 AUTO (自動烹調) 功能，觸按 Enter (輸入) 鍵。

- 2 轉動旋鈕選擇 BAKE (烘焙) 並觸按 Enter (輸入) 鍵。

- 3 轉動旋鈕選擇 BAKED POTATOES (烤馬鈴薯) 並觸按 Enter (輸入) 鍵。

- 4 轉動旋鈕輸入食物分量 (4 片) 並觸按 Enter (輸入) 鍵。

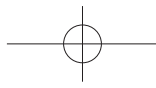
- 5 請確保已經選擇 STANDARD (標準) 鍵並觸按 Enter (輸入) 鍵。

- 6 觸按 START (開始) 鍵進行預熱。爐內沒有食物。

- 7 當預熱結束，請按屏幕中的指示以及烹調指南表中的指示放入食物。關閉爐門。

- 8 觸按 START (開始) 鍵。

- 9 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。

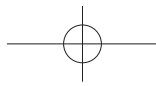
自動烹調

注意：

1. 烹飪肉類時應同時使用防濺罩和烤架。將防濺罩放到烤盤上後，參看 C-4 頁上圖 1 所示放置烤架。
2. 請輸入食物的淨重或數量（除了在 BAKE（烘焙）模式下全餐的菜式，蛋糕和麵包外）。請勿算入容器重量。
3. 當食物比烹調指南表所示要重或輕，請選擇自選烹調。
4. 如果在預熱後沒有打開水波爐門，水波爐將會保持預熱溫度 30 分鐘，然後屏幕顯示“ENERGY SAVE MODE(電源節能模式)”。
5. 請總是遵循屏幕所示的指示操作。
6. 程序設定的烹調時間是烹調所需的平均時間。要延長自動烹調功能設定的時間，請參看 C-21 頁的“烹調結束後延長烹調時間”的章節。
7. 所有選擇均可以選擇加長或縮短烹調時間選項。請參看 C-21 頁。
8. 請保持水波爐門關閉。如果水波爐門在烹調過程中打開，蒸氣將會溢出，這樣在 SuperSteam（水波）和 Pure Steam（純蒸）的烹調時間將會加長。
9. 水箱內的水足夠進行一次烹調操作。烹調過程中毋需加水。
10. 在烹調過程中，蒸氣會冷凝在水波爐門、水波爐壁及爐底。請用柔軟抹布將液體擦乾。
11. 烹調後，屏幕顯示“Now cooling(正在冷卻)”。烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據水波爐及零件溫度運行長達 13 分鐘。

警告：

1. 水波爐門，水波爐外殼和爐內腔會變得很熱。在放入或取出食物時，應使用厚的水波爐手套，以防止燙傷。
2. 打開水波爐時請勿將臉貼近水波爐。水波爐冒出的蒸氣可能會引致灼傷。



自動烹調

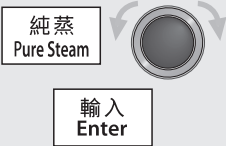
Pure Steam (純蒸)

Pure Steam (純蒸) 烹調有 6 種選項：Fresh Vegetable 1 (新鮮蔬菜 1)，Fresh Vegetable 2 (新鮮蔬菜 2)，Frozen Vegetable (冷凍蔬菜)，Fresh Fish/Fresh Prawns (新鮮魚/蝦)，Frozen Convenience (冷凍餃子) 和 Rice (白飯)。詳情請參看 C-41 頁的“純蒸模式功能表指南”。

* 假設您需要用標準時間烹調 0.3 公斤的新鮮蔬菜 1。

操作

1 觸按 Pure Steam (純蒸) 鍵，轉動旋鈕，選擇 AUTO (自動烹調) 功能，觸按 Enter (輸入) 鍵。



2 轉動旋鈕選擇 FRESH VEG1 (新鮮蔬菜 1) 並觸按 Enter (輸入) 鍵。



3 轉動旋鈕輸入食物分量 (0.3 公斤) 並觸按 Enter (輸入) 鍵。



4 請確保已經選擇 STANDARD (標準) 鍵並觸按 Enter (輸入) 鍵。



5 將食物放入水波爐。關閉爐門。觸按 START (開始) 鍵。



6 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停/取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。



注意：

1. 請輸入食物的淨重或數量。請勿算入容器重量。
2. 當食物比烹調指南表所示要重或輕，請選擇自選烹調。
3. 程序設定的烹調時間是烹調所需的平均時間。要延長自動烹調功能設定的時間，請參看 C-21 頁的“烹調結束後延長烹調時間”的章節。
4. 任何 Pure Steam (純蒸) 烹調的選擇可以用延長或縮短烹調時間選項來設定烹調時間。請參看 C-21 頁。
5. 請保持水波爐門關閉。如果水波爐門在烹調過程中打開，蒸氣將會溢出，這樣在烹調時間將會加長。
6. 水箱內的水足夠進行一次烹調操作。烹調過程中毋需加水。
7. 在烹調過程中，蒸氣會冷凝在水波爐門、水波爐壁及烤爐底。請用柔軟抹布將液體擦乾。
8. 烹調後，屏幕顯示“Now cooling (正在冷卻)”。烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據水波爐及零件溫度運行長達 13 分鐘。

警告：

1. 水波爐門，水波爐外殼和爐內腔會變得很熱。在放入或取出食物時，應使用厚的水波爐手套，以防止燙傷。
2. 打開水波爐時請勿將臉貼近水波爐。水波爐冒出的蒸氣可能會引致灼傷。

自動烹調

Microwave (微波)

AUTO DEFROST (自動解凍)

Auto Defrost (自動解凍) 功能會自動將所有列舉在 C-42 頁的自動解凍指南表中的食物解凍。

* 假設您需要用標準時間將 0.5 公斤的肉扒解凍。

操作

- 1 觸按 Microwave (微波) 鍵，轉動旋鈕，選擇 AUTO DEFROST (自動解凍) 功能，觸按 Enter (輸入) 鍵。
- 2 轉動旋鈕選擇 STEAKS, CHOPS (肉扒, 肉塊) 並觸按 Enter (輸入) 鍵。
- 3 轉動旋鈕輸入食物分量 (0.5 公斤) 並觸按 Enter (輸入) 鍵。
- 4 請確保已經選擇 STANDARD (標準) 鍵並觸按 Enter (輸入) 鍵。
- 5 觸按 START (開始) 鍵。
- 6 水波爐將會暫停且屏幕會出現指示。請遵循指示消息操作。關閉爐門。觸按 START (開始) 鍵。
- 7 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。

注意：

1. 請輸入食物的淨重或數量。請勿算入容器重量。
2. 任何 Auto Defrost (自動解凍) 烹調的選擇可以用延長或縮短烹調時間選項來設定烹調時間。請參看 C-21 頁。
3. 要將其他食物或者要解凍的食物重量比自動解凍功能指南表列舉的重量要重或輕，請延長或縮短烹調時間、增加或減少 30% 微波功率。請參看 C-20 頁的“微波烹調指南”。
4. 程序設定的烹調時間是烹調所需的平均時間。要延長自動烹調功能設定的時間，請參看 C-21 頁的“烹調結束後延長烹調時間”的章節。
5. 請勿使用烤盤，防濺罩和金屬架。

SENSOR REHEAT (智能加熱)


Sensor Reheat (智能加熱) 自行加熱 C-42 頁智能加熱圖表所列食物。

Sensor Reheat (智能加熱) 特別說明：

1. 翻熱前，用乾布或廚房紙巾將擦乾烹調容器外緣的水份及水波爐內部。
2. 插入水波爐電源後，待 2 分鐘後再使用。
3. 顯示屏將顯示傳感器出錯：
(a) 傳感器未檢測到蒸氣。
(b) 爐門打開或顯示烹調時間前觸按了 Stop/Clear (暫停 / 取消) 鍵。
可觸按 Stop/Clear (暫停 / 取消) 鍵取消程序，使用手動翻熱。

* 如需用標準時間加熱 4 杯湯。

操作

- 1 觸按 Microwave (微波) 鍵，轉動旋鈕，選擇 SENSOR REHEAT (智能加熱) 功能，觸按 Enter (輸入) 鍵。
 - 2 轉動旋鈕選擇 SOUP (湯) 並觸按 Enter (輸入) 鍵。
 - 3 確保已選擇標準時間再觸按 Enter (輸入) 鍵。
 - 4 觸按 START (開始) 鍵。
- * 如傳感器檢測到食物發出的蒸氣，顯示器將顯示剩餘的加熱時間。
- 5 烹調結束後，參照所示信息。

注意：

1. 無需輸入食物的重量。
2. 預設智能加熱時間可增加或減少，請參看 C-21 頁。
3. 也可使用智能加熱菜單加熱其他食物、重量大於或小於列表的食物。
4. 使用智能加熱加熱少量食物時，加熱過程中將不顯示剩餘加熱時間。
5. 請勿使用烤盤，防濺罩和金屬架。

自選烹調

自選烹調是 SuperSteam (水波)、Convection (熱風對流)、Pure Steam (純蒸) 烹調和 Microwave (微波) 烹調下的一個選項。請參看 "自選烹調指南表"。此指南表提供對於每種設定的指示信息。

自選烹調指南表

		預熱 *	溫度範圍	在烹調過程中調整溫度	時間範圍	雙層食品製作
SuperSteam (水波)	Bake/Roast (烘焙/烘烤)	是 或 否	100 - 250°C	是	0 - 2小時30分鐘	是
	Grill (燒烤)	是 或 否	-	-	0 - 2小時30分鐘	否
	Cake (蛋糕)	是 或 否	100 - 250°C	是	0 - 2小時30分鐘	是
	Bread (麵包)	是 或 否	100 - 250°C	是	0 - 2小時30分鐘	是
Convection (熱風對流)	Oven (烤爐)	是 或 否	100 - 250°C	是	0 - 2小時30分鐘	是
	Grill (燒烤)	是 或 否	-	-	0 - 2小時30分鐘	否
Pure Steam (純蒸)	High (高溫蒸氣)	否	-	-	0 - 35分鐘	否
	Low (低溫蒸氣)	否	-	-	0 - 45分鐘	否
	Reheat (蒸氣翻熱)	否	-	-	0 - 35分鐘	否
	Proof (發酵)	否	40°C	-	0 - 2小時30分鐘	否
Microwave (微波)	Manual (自選烹調)	-	0 - 100%功率	-	0 - 1小時30分鐘	否

* 預熱溫度將會持續 30 秒。

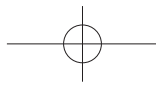
烹調時間輸入

您的水波爐將會根據烹調模式預設長達 2 小時 30 分鐘的烹調時間。請參看自選烹調指南表。輸入的時間根據以下圖表所示的時間長度和烹調模式在 5 秒 - 5 分鐘之間變動。

輸入烹調時間

您的水波爐的溫度能夠設定在 100°C 到 250°C 之間，最初溫度為 180°C，以 10°C 為單位對溫度進行升高或降低。

事項	輸入步驟
溫度	每次調整 10°C (最初溫度為 180°C)
除了微波烹調以外的烹調時間：	0 - 15分鐘 : 調整單位為 30 秒
	15分鐘 - 1小時 : 調整單位為 1 分鐘
	1小時 - 無限長 : 調整單位為 5 分鐘
微波烹調時間	0 - 2分鐘 : 調整單位為 5 秒
	2 - 5分鐘 : 調整單位為 10 秒
	5 - 10分鐘 : 調整單位為 30 秒
	10 - 30分鐘 : 調整單位為 1 分鐘
	30 - 90分鐘 : 調整單位為 5 分鐘



自選烹調

SuperSteam (水波)

SuperSteam (水波) 有 4 種自選烹調選項：
SuperSteam Bake/Roast (水波烘焙 / 烘烤)，SuperSteam Grill (水波燒烤)，SuperSteam Cake (水波蛋糕)，
SuperSteam Bread (水波麵包)；

每種功能有兩個選擇：With Preheat (預熱) 或 Without Preheat (不預熱)。用水波製作需要保持水份但要有金黃鬆脆外層的食物。請參考獨立的食譜以確保適用菜單，並且要遵循聲寶的操作說明。

**SUPER STEAM BAKE/ROAST (水波烘焙 / 烘烤) ·
SUPER STEAM CAKE (水波蛋糕) ·
SUPER STEAM BREAD (水波麵包)**

在這些模式下，用水波蒸氣烘烤肉 / 家禽肉和烘焙蛋糕 / 麵包。通過自動控制超高溫蒸氣，食物將會在保留其水份的同時外面呈現鬆脆金黃色。這些模式能被設定為長達 2 小時 30 分鐘的烹調時間 (2H30)。烤箱溫度可以設定在 100°C 至 250°C 之間，增加單位為 10°C。

* 假設您需要用水波烘烤 (預熱) 模式在 160°C 烹調 1 小時 10 分鐘。

操作

- 1 觸按 SuperSteam (水波) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。



- 2 轉動旋鈕選擇 SUPER STEAM Bake/Roast (水波烘焙 / 烘烤) 並觸按 Enter (輸入) 鍵。



- 3 轉動旋鈕選擇 WITH PREHEAT (預熱)。觸按 Enter (輸入) 鍵。



- 4 轉動旋鈕輸入所需溫度 --160°C，並觸按 Enter (輸入) 鍵。



- 5 轉動旋鈕輸入烹調時間 1 小時 10 分鐘。



- 6 觸按 START (開始) 鍵進行預熱。爐內沒有食物。



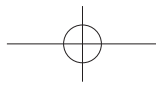
- 7 當預熱結束，放入食物。關閉爐門。

- 8 觸按 START (開始) 鍵。



- 9 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需，請觸按 Stop/Clear (暫停 / 取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。





自選烹調

SUPER STEAM GRILL(水波燒烤)

在這個模式下，用水波燒烤肉/家禽肉和烘焙蛋糕/麵包。通過自動控制水波，食物將會在保留其水份的同時外面呈現鬆脆金黃色。這個模式能被設定為長達 2 小時 30 分鐘的烹調時間 (2H30)。

* 假設您需要用水波燒烤(預熱)模式烹調 15 分鐘。

操作	
1 觸按 SuperSteam (水波) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。	
2 轉動旋鈕選擇 SUPER STEAM GRILL (水波燒烤) 並觸按 Enter (輸入) 鍵。	
3 轉動旋鈕選擇 WITH PREHEAT (預熱)。觸按 Enter (輸入) 鍵。	
4 轉動旋鈕輸入烹調時間 15 分鐘。	
5 觸按 START (開始) 鍵進行預熱。爐內沒有食物。	
6 當預熱結束，放入食物。關閉爐門。	
7 觸按 START (開始) 鍵。	
8 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停/取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。	

注意：

- 烹飪肉類時應同時使用防濺罩和烤架。將防濺罩放到烤盤上後，參看 C-4 頁上圖 1 所示放置烤架。
- 如果在預熱後沒有打開水波爐門，水波爐將會保持預熱溫度 30 分鐘，然後屏幕顯示“ENERGY SAVE MODE (電源節能模式)”。
- 如只需要設定預熱，在輸入所需預熱溫度後請觸按 START (開始) 鍵。對於 SuperSteam Grill (水波燒烤)，在選擇 WITH PREHEAT (預熱) 後請觸按 START (開始) 鍵。預熱就會開始。當水波爐溫度達到設定值，請遵循屏幕指示操作。
- 要延長烹調時間，請參看 C-21 頁的“烹調結束後延長烹調時間”的章節。
- 請保持水波爐門關閉。如果水波爐門在烹調過程中打開，蒸氣將會溢出，這樣在烹調時間將會加長。
- 水箱內的水足夠進行一次烹調操作。烹調過程中需加水。
- 在烹調過程中，蒸氣會冷凝在水波爐門、水波爐壁及水波爐底。請用柔軟抹布將液體擦乾。
- 烹調後，屏幕顯示“Now cooling (正在冷卻)”。烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據水波爐及零件溫度運行長達 13 分鐘。

警告：

- 水波爐門，水波爐外殼和爐內腔會變得很熱。在放入或取出食物時，應使用厚的水波爐手套，以防止燙傷。
- 打開水波爐時請勿將臉貼近水波爐。水波爐冒出的蒸氣可能會引致灼傷。

自選烹調

Convection (熱風對流)

自選 Convection (熱風對流) 有兩個功能，Oven (烤爐) 和 Grill (燒烤)；每種功能有兩個選擇：With Preheat (預熱) 或 Without Preheat (不預熱)。

使用 Convection (熱風對流) 為您要使用的常規烤箱。此模式不需要改變傳統的烹調時間。此模式不使用蒸氣。這個模式能被設定為長達 2 小時 30 分鐘的烹調時間 (2H30)。烤箱溫度可以設定在 100°C 至 250°C 之間，增加單位為 10°C。Grill (燒烤) 功能已經有一個預設的溫度，所以水波爐溫度無法改變。

OVEN (烤爐)

* 假設您需要用烤爐 (預熱) 在 250°C 烹調 10 分鐘。

操作

- 1 觸按 Convection (熱風對流) 鍵，轉動旋鈕，選擇 OVEN (烤爐) 功能，觸按 Enter (輸入) 鍵。
- 2 轉動旋鈕選擇 WITH PREHEAT (預熱)。觸按 Enter (輸入) 鍵。
- 3 轉動旋鈕輸入所需溫度 --250°C，並觸按 Enter (輸入) 鍵。
- 4 轉動旋鈕輸入烹調時間 10 分鐘。
- 5 觸按 START (開始) 鍵進行預熱。爐內沒有食物。
- 6 當預熱結束，放入食物。關閉爐門。
- 7 觸按 START (開始) 鍵。
- 8 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。

GRILL (燒烤)

* 假設您需要用燒烤 (預熱) 烹調 20 分鐘。

操作

- 1 觸按 Convection (熱風對流) 鍵，轉動旋鈕，選擇 GRILL (燒烤) 功能，觸按 Enter (輸入) 鍵。
- 2 轉動旋鈕選擇 WITH PREHEAT (預熱)。觸按 Enter (輸入) 鍵。
- 3 轉動旋鈕輸入烹調時間 20 分鐘。
- 4 觸按 START (開始) 鍵進行預熱。爐內沒有食物。
- 5 當預熱結束，放入食物。關閉爐門。
- 6 觸按 START (開始) 鍵。
- 7 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。

警告：

水波爐門，水波爐外殼和爐內腔會變得很熱。在放入或取出食物時，應使用厚的水波爐手套，以防止燙傷。

注意：

1. 烹飪肉類時應同時使用防濺罩和烤架。將防濺罩放到烤盤上後，參看 C-4 頁上圖 1 所示放置烤架。
2. 如果在預熱後沒有打開水波爐門，水波爐將會保持預熱溫度 30 分鐘，然後屏幕顯示“ENERGY SAVE MODE (電源節能模式)”。
3. 如只需要設定預熱，在輸入所需預熱溫度後請觸按 START (開始) 鍵。對於 Grill (燒烤)，在選擇 WITH PREHEAT (預熱) 後請觸按 START (開始) 鍵。預熱就會開始。當水波爐溫度達到設定值，請遵循屏幕指示操作。
4. 要延長烹調時間，請參看 C-21 頁的“烹調結束後延長烹調時間”的章節。
5. 請保持水波爐門關閉。如果水波爐門在烹調過程中打開，蒸氣將會溢出，這樣在烹調時間將會加長。
6. 烹調後，屏幕顯示“Now cooling (正在冷卻)”。烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據水波爐及零件溫度運行長達 13 分鐘。

自選烹調

Pure Steam (純蒸)

Pure Steam (純蒸) 烹調有 4 個功能：Steam High (高溫蒸氣)，Steam Low (低溫蒸氣)，Steam Reheat (蒸氣翻熱) 和 Proof (發酵)。

STEAM HIGH (高溫蒸氣) · STEAM LOW (低溫蒸氣)
用 Steam High (高溫蒸氣) 烹調食物例如雞肉和蔬菜等。用 Steam Low (低溫蒸氣) 慢火烹調魚或雞蛋沙司。在 Steam Low (低溫蒸氣) 下，烹調時間稍微比用 Steam High (高溫蒸氣) 的時間要長。蒸氣的柔和烹調能力能將食物煮熟但不破壞食物的形狀、顏色和香味。Steam High (高溫蒸氣) 的烹調時間能設定為長達 35 分鐘 (35.00)。Steam Low (低溫蒸氣) 的烹調時間能設定為長達 45 分鐘 (45.00)。

* 假設您需要用高溫蒸氣的模式烹調 20 分鐘。

操作





- 1 觸按 Pure Steam (純蒸) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。
- 2 轉動旋鈕選擇 STEAM HIGH (高溫蒸氣) 並觸按 Enter (輸入) 鍵。
- 3 轉動旋鈕輸入烹調時間 20 分鐘。
- 4 將食物放入水波爐。觸按 START (開始) 鍵。
- 5 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。

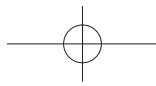
STEAM REHEAT (蒸氣翻熱)

用 Steam Reheat (蒸氣翻熱) 柔和翻熱食物而不會令食物乾燥。用 Steam Reheat (蒸氣翻熱) 來翻熱金屬容器內的食物。烹調時間比水波爐長。Steam Reheat (蒸氣翻熱) 的烹調時間能被設定為長達 35 分鐘 (35.00)。

* 假設您需要用翻熱功能烹調 20 分鐘。

操作

- 1 觸按 Pure Steam (純蒸) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。
- 2 轉動旋鈕選擇 STEAM HIGH (大火蒸) 並觸按 Enter (輸入) 鍵。
- 3 轉動旋鈕輸入烹調時間 20 分鐘。
- 4 觸按 START (開始) 鍵。
- 5 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。



自選烹調


PROOF (發酵)

用 Proof (發酵) 功能在製作均勻發酵的或者甜的發酵麵包時幫助麵團發起。Proof (發酵) 的烹調時間能被設定為長達 2 小時 30 分鐘 (2H30)。

* 假設您需要進行發酵 20 分鐘。

操作

- 1 觸按 Pure Steam (純蒸) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。

- 2 轉動旋鈕選擇 PROOF (發酵) 並觸按 Enter (輸入) 鍵。

- 3 轉動旋鈕輸入烹調時間 20 分鐘。

- 4 觸按 START (開始) 鍵。

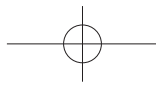
- 5 在烹調結束後，EXTEND (延長烹調時間) 會出現在屏幕上。如果您希望延長烹調時間，請轉動旋鈕加長時間並觸按 START (開始) 鍵。如果不需要，請觸按 Stop/Clear (暫停 / 取消) 鍵。當水波爐冷卻後，移除並清空水箱，清潔爐內腔。稍等幾分鐘，然後清空滴水托盤。


注意：

1. 要延長烹調時間，請參看 C-21 頁的“烹調結束後延長烹調時間”的章節。
2. 請保持水波爐門關閉。如果水波爐門在烹調過程中打開，蒸氣將會溢出，這樣在烹調時間將會加長。
3. 水箱內的水足夠進行一次烹調操作。烹調過程中毋需加水。
4. 在烹調過程中，蒸氣會冷凝在水波爐門、水波爐壁及水波爐底。請用柔軟抹布將液體擦乾。
5. 烹調後，屏幕顯示“Now cooling (正在冷卻)”。烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據水波爐及零件溫度運行長達 13 分鐘。

警告：

1. 水波爐門，水波爐外殼和爐內腔會變得很熱。在放入或取出食物時，應使用厚的水波爐手套，以防止燙傷。
2. 打開水波爐時請勿將臉貼近水波爐。水波爐冒出的蒸氣可能會引致灼傷。



自選烹調

Microwave (微波)

Microwave (微波)烹調能方便快捷地煮熟、預熱和解凍食物。

本水波爐設有 6 段微波輸出強度以供烹調選擇。

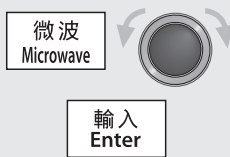
微波強度	舉例
100%	生的肉類，蔬菜，飯及意粉。
70%	需要小心烹調之食品，如蛋類，海鮮等。
50%	
30%	一般解凍，軟化牛油等。
10%	食品保溫。
0%	

閣下可隨不同的食物而選擇不同的微波強度。若不作任何選擇時，水波爐將自動選其為 100%之微波強度來烹調。

* 假設您需要用 100% 的功率等級烹調 5 分鐘。

操作

- 1 觸按 Microwave (微波) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。



- 2 轉動旋鈕輸入烹調時間 5 分鐘並觸按 START (開始) 鍵。



要改變功率等級，請轉動旋鈕。要選擇低火檔，請將旋鈕向左轉動。

* 假設您需要用 30% 的功率等級解凍 5 分鐘。

操作

- 1 觸按 Microwave (微波) 鍵，轉動旋鈕，選擇 MANUAL (自選烹調) 功能，觸按 Enter (輸入) 鍵。



- 2 轉動旋鈕來輸入解凍時間 5 分鐘並觸按 Enter (輸入) 鍵。



- 3 轉動旋鈕來選擇用 30% 功率等級來烹調。



- 4 觸按 START (開始) 鍵。



注意：

1. 烹調後，屏幕顯示“NOW COOLING (正在冷卻)”。水波爐將會自動冷卻，此時您將聽到冷卻風扇的音。冷卻風扇將會根據水波爐及零件溫度運行長達 13 分鐘。

2. 請勿使用烤盤、防濺罩和金屬架。

提示：

要製作蛋糕或烘肉捲，請將容器放在開口向上的抗熱的淺盤上。

其它簡便功能指南

自動烹調時間調整選項 (延長或縮短時間調整)

您可以選擇您喜歡的烹調時間。

如果您覺得自己喜歡稍微延長自動烹調的時間，請在觸按 START (開始) 鍵之前，在烹調時間選擇頁面中選擇 MORE (延長烹調時間)。

屏幕將會顯示 MORE。

如果您覺得自己喜歡稍微縮短自動烹調的時間，請在觸按 START (開始) 鍵之前，在烹調時間選擇頁面中選擇 LESS (縮短烹調時間)。

屏幕將會顯示 LESS。

烹調結束後延長烹調時間

烹調效果會根據室內溫度、最初食物溫度和其他因素而有所不同。

您可以在烹調結束後選擇延長烹調時間來改變烹調效果。當烹調結束後，屏幕會顯示“EXTEND (延長烹調時間)”。您只能在屏幕出現“EXTEND (延長烹調時間)”這 5 分鐘之內增加烹調時間。根據烹調模式不同，烹調時間能延長 10 分鐘～30 分鐘。轉動旋鈕選擇所需烹調時間，然後觸按 START (開始) 鍵。您可以延長相同烹調模式的時間，除了 SuperSteam (水波) 烹調後可以用 Convection (熱風對流) 模式來延續烹調之外。請仔細檢查烹調過程以確保無誤。

注意：

1. 在觸按 START (開始) 鍵後，如果屏幕出現“Fill watertank with water (請為水箱注水)”時，請為水箱注水至刻度線 2 (MAX 線)。正確放置並將其穩固地推入就位。
2. 在觸按 Stop/Clear (暫停/取消) 鍵後，延長烹調時間模式被取消。
3. EXTEND (延長烹調時間) 是否可用將由烹調模式來決定。請參看如下說明。延長烹調時間功能可重複使用，直至食物被烹調至您想要的狀態。

		在烹調結束時延長時間
SuperSteam (水波)	Auto (自動烹調)	0 - 30分鐘
	Manual (自選烹調)	0 - 30分鐘
Convection (熱風對流)	Manual (自選烹調)	0 - 30分鐘
Pure Steam (純蒸)	Auto (自動烹調)	0 - 10分鐘
	Manual (自選烹調)	0 - 10分鐘
Microwave (微波)	Auto Defrost (自動解凍)	0 - 10分鐘
	Sensor Reheat (智能加熱)	否
	Manual (自選烹調)	否

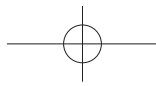
溫度調校

當使用 SuperSteam Bake/Roast (水波烘焙/烘烤)，SuperSteam Cake (水波蛋糕)，SuperSteam Bread (水波麵包) 和 Convection Oven (熱風對流烤爐) 模式的 Manual Operations (自選操作) 進行烹調時，如欲改變水波爐溫度，僅需轉動旋鈕，以 10°C 為單位對溫度進行升高或降低，然後觸按 Enter (輸入) 鍵。

如果在 5 秒鐘內未觸按 Enter (輸入) 鍵，溫度將恢復至您最初選定的溫度。

烹調結束提醒

在烹調結束時，水波爐將會發出信號，如果水波爐門未被打開，或是未觸按 Stop/Clear (暫停/取消) 鍵，則會在 2 分鐘、4 分鐘後重複提醒。



其它簡便功能指南

多順序烹調

SUPER STEAM (水波)和 CONVECTION (熱風對流)
在 Super Steam (水波)和 Convection (熱風對流) 模式下，可以按照 2 種方式進行設定，實現多順序烹調。

- ① 預熱 + 熱風對流 (烤爐) + 熱風對流 (烤爐)
 - ② 預熱 + 超級蒸氣熱風 (水波烘焙 / 烘烤) + 熱風對流 (烤爐)
- 可以忽略預熱過程。

* 假設您需要按照方式 2 進行有預熱的順序烹調。
第 1 階段是在 160°C 下進行 SuperSteam Bake/Roast (水波烘焙 / 烘烤) 烹調 1 小時 10 分鐘。
第 2 階段是在 230°C 下進行 Convection Oven (熱風對流水波爐) 模式烹調 10 分鐘。

操作

1 對於第 1 階段，請遵循 SuperSteam Bake/Roast (水波烘焙 / 烘烤) 模式的操作步驟 1-5。請參考第 C-15 頁。

2 觸按 Convection (熱風對流) 鍵對第 2 階段進行程序的設定。

熱風對流
Convection

3 轉動旋鈕輸入所需溫度 --230°C，並觸按 Enter (輸入) 鍵。



輸入
Enter

4 轉動旋鈕輸入烹調時間 10 分鐘。



5 觸按 START (開始) 鍵。

開始
START

MICROWAVE (微波)

您可以對水波爐設定多達 4 種的自動烹調順序，自動從某一功率等級設置切換至其他設置。因為有時烹調指南會要求您在烹調過程開始時使用某一功率等級，之後需要改為不同的功率等級。

- 假設您想要在 30% 功率等級條件下烹調 5 分鐘，然後在 50% 功率等級條件下繼續烹調 30 分鐘。

操作

1 對於第 1 階段，請遵循自選微波烹調的操作步驟 1-3。請參考第 C-20 頁。

2 觸按 Microwave (微波) 鍵對第 2 階段進行程序的設定。

微波
Microwave

3 轉動旋鈕輸入烹調時間 30 分鐘並觸按 Enter (輸入) 鍵。



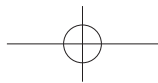
輸入
Enter

4 轉動旋鈕來選擇用 50% 功率等級來烹調。



5 觸按 START (開始) 鍵。

開始
START



其它簡便功能指南

Info (功能表)

Back/Info(返回/功能表)鍵提供 7 種特性功能，以及步驟詳盡的特殊功能操作說明。

設置	保養
DRAIN WATER (排水) DESCALE (除垢) STEAM CLEAN (蒸氣清潔)	CONTRAST (對比度) CHILD LOCK (兒童鎖) DEMO MODE (示範模式) WATER HARDNESS (水硬度)

可以通過觸按主頁上的 Back/Info(返回/功能表)鍵對此類特性進行選擇(顯示為“ENERGY SAVE MODE(電源節能模式)”)，然後旋轉旋鈕，並觸按 Enter(輸入)鍵。

DRAIN WATER (排水)

可以通過使用 DRAIN WATER (排水)功能，使蒸氣發生器內剩餘的水蒸發。請參考第 C-8 頁。

DESCALE (除垢)

請參考第 C-8 頁。

STEAM CLEAN (蒸氣清潔)

請參考第 C-24 頁。

CONTRAST (對比度)

Contrast (對比度)可以調節屏幕的黑度或亮度。

操作

- 1 觸按 Back/Info (返回/功能表)鍵，轉動旋鈕，選擇 CONTRAST (對比度)功能，觸按 Enter (輸入)鍵。
- 2 轉動旋鈕調節對比度，並觸按 Enter (輸入)鍵保存設置。
即使水波爐電源關閉，對比度設置也會被保存於記憶體中。

Child Lock (兒童鎖)

Child Lock (兒童鎖)功能可避免水波爐進行不必要的操作，例如幼兒的誤操作等。可以對水波爐進行設置，使控制面板無效並被鎖定。

操作

- 1 觸按 Back/Info (返回/功能表)鍵，轉動旋鈕，選擇 CHILD LOCK (兒童鎖)功能，觸按 Enter (輸入)鍵。
- 2 觸按 Enter(輸入)鍵。

注意：

1. 如欲取消 Child Lock (兒童鎖)，觸按 Enter (輸入)鍵並保持 3 秒鐘。
2. 如果您設置了 Child Lock (兒童鎖)，則電源節能模式將會被取消。
3. 當水波爐電源關閉時，該設置恢復為 OFF (關閉)。

DEMONSTRATION MODE (示範模式)

烹調操作和特殊功能可以在水波爐不通電的狀態下進行演示。

操作

- 1 觸按 Back/Info (返回/功能表)鍵，轉動旋鈕，選擇 DEMO MODE (示範模式)功能，觸按 Enter (輸入)鍵。
- 2 轉動旋鈕選擇 DEMO ON (示範開啟)並觸按 Enter (輸入)鍵。

注意：

1. 如欲取消 Demonstration Mode (示範模式)，則在步驟 2 中選擇 DEMO OFF (示範關閉)，或是將水波爐的插頭從電源插座中拔出，之後再重新插入。屏幕顯示“ENERGY SAVE MODE (電源節能模式)”。
2. 如果您設置了 Demo Mode (示範模式)，則電源節能模式將會被取消。

WATER HARDNESS (水硬度)

您的水波爐在出廠時水硬度設置被設置為 3(高硬度)。您可以自行對水波爐的水硬度等級進行設置。

您可以使用附帶的試驗片對水硬度等級進行檢測。

如何使用附帶的試驗片：

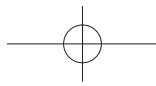
1. 將試驗片放入準備使用的水中並保持 1 秒，然後將其取出。
2. 抖落多餘的水。
3. 等待 15 秒鐘，將試驗片的顏色變化與比色圖及下列表格進行對照。

當您使用其他試驗片時，請遵循其相關的操作指示。

硬度範圍	硬度等級	設置
1	<120 ppm <120 mg/l <6.7 °dH	軟
2	120 - 250 ppm 120 - 250 mg/l 6.7 - 14.0 °dH	硬
3	>250 ppm >250 mg/l >14.0 °dH	高硬度

操作

- 1 觸按 Back/Info (返回/功能表)鍵，轉動旋鈕，選擇 WATER HARDNESS (水硬度)功能，觸按 Enter (輸入)鍵。
- 2 轉動旋鈕選擇您所需的硬度等級，並觸按 Enter (輸入)鍵。
即使水波爐電源關閉，水硬度設置也會被保存於記憶體中。



清洗及注意事項

清洗要點 - 及時清洗！

每次使用水波爐後如不及時清洗，殘留在水波爐內壁的食物殘渣和油膩肉汁會堵塞水波爐且難以清除。Pure Steam（純蒸）功能可在清洗過程中起到輔助作用。

定時清洗水波爐 - 常保持水波爐清潔，清除殘留食物，否則會導致水波爐表面變質，更大大減低水波爐的壽命，甚致會造成危險。

非常重要的注意事項：

- 清洗之前先拔除電源線或把烤箱門打開，以防烤箱在清洗過程中啟動。
- 在清洗之前確保烤箱完全冷卻。
- 切勿使用烤箱洗滌劑、腐蝕性洗滌劑（酸性或鹼性）、研磨劑、粗粒狀洗滌劑或百潔布清洗烤箱的任何部分。
- 切勿使用蒸氣清洗裝置。

烤箱清洗 - 外殼

爐箱外殼請用中性肥皂水來清洗。洗淨後用柔軟的濕布將其清洗並抹乾。清潔時，請勿使用粗粒狀洗滌劑。保持通風口清潔。

爐門

經常用濕布抹拭爐門，透明窗兩面，爐門襯墊，襯墊表層及其四周，以清除油膩和渣滓等。請勿使用粗糙的洗滌劑或銳利的金屬刮刀來清潔爐門玻璃，因為其會刮花表面，從而可能使玻璃碎裂。

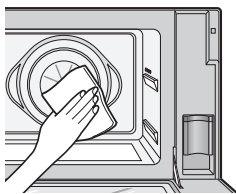
控制板

在清洗之前請確保水波爐已經完全冷卻。清洗控制面板時應非常小心。用一微濕軟布抹拭軟鍵控制面板。用柔軟抹布拭乾。切勿刮擦或使用任何類型的化學清洗劑。關閉水波爐門並觸按 Stop/Clear（暫停 / 取消）鍵。

烤箱清洗 - 內壁

非常重要的資訊：

- 每次使用之後：在水波爐尚有餘溫時，用軟布和溫水（或中性肥皂水）擦拭水波爐壁。不清洗水波爐就直接使用可能會導致濺出的污漬堵塞水波爐。
- 清洗時切勿使用腐蝕性洗滌劑（酸性或鹼性）、噴射式洗滌劑、研磨劑、粗粒狀洗滌劑或百潔布等，以免損壞水波爐表面噴漆。



清除水波爐壁上的油污和濺出的食物殘渣：

1. 通過水箱蓋向水箱里面充注可飲用的室溫水（被過濾）至刻度線 2（MAX 線）。
2. 水波爐中不放食物，調至 Steam High（高溫蒸氣）功能蒸 10 分鐘。請參考使用說明書中的 C-18 頁。
3. 蒸完後，在水波爐尚有餘溫時用一塊乾燥的軟布擦拭烤爐內的污垢。

清除水波爐裡的氣味（蒸氣清潔）：

開啟位於下方的 Steam Clean（蒸氣清潔）功能。這並非一項自動自潔功能。清洗週期會花費大約 20 分鐘的時間。

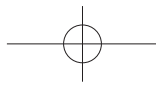
準備

1. 開啟 Steam Clean（蒸氣清潔）功能前請務必使用軟布和溫水（或中性肥皂水）清潔水波爐壁。
2. 請確保水箱充注了可飲用的室溫水（被過濾），並被正確安裝。（請參考第 C-6 頁）
3. 請確保安裝了已經清空的滴水托盤。（請參考第 C-6 頁）

操作

<p>1 觸按 Back/Info（返回 / 功能表）鍵，轉動旋鈕，選擇 STEAM CLEAN（蒸氣清潔）功能，觸按 Enter（輸入）鍵。</p>	<p>返回/功能表 Back/Info</p> <p>輸入 Enter</p>
<p>2 觸按 START（開始）鍵。</p>	<p>開始 START</p>

應使水波爐冷卻以免燙傷。後打開水波爐門，用一塊柔軟的濕布抹去所有殘留的污漬。最後，移除並清空水箱。稍等幾分鐘，然後清空滴水托盤。



清洗及注意事項

密封條

務必保持門密封條清潔，以防出現損害。如果有水凝聚於門密封條內，應用柔軟的布拭乾。用另一塊柔軟抹布將其擦亮。切勿在這些表面上使用化學清潔劑或粗粒狀擦洗劑。應嚴格注意避免擦破、損傷或移動密封條。進行烹飪之前，務必檢查爐門的密封條，確保其處於光潔、平整的狀態。否則，水波爐門會發生蒸氣洩漏。如果門密封條發生損壞，切勿使用水波爐。請向 SHARP 客戶服務中心進行諮詢。

烤盤 / 烤架 / 防濺罩

烹調結束後，用中性肥皂水或清潔劑溶液清洗烤盤、烤架和防濺罩，沖洗乾淨並擦乾。切勿使用粗粒狀擦洗劑、銳利的金屬刮刀或硬毛刷，以免對容易清洗的表面造成損傷。所有附件均可在洗碗機內進行清洗。

水箱 / 水箱蓋

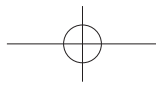
烹調結束後，用一塊軟濕布或海綿以中性肥皂水或清潔劑溶液進行清洗，沖洗乾淨並擦乾。切勿在洗碗機內進行清洗。注意水箱後側底部的過濾器。使用非常柔軟的刷子清除過濾器內的積聚物。過濾器無法移除或是進行更換，因此在對其進行清潔時，應特別注意避免撕破過濾器網孔。清洗水箱、水箱蓋和過濾器時，切勿使用粗粒狀擦洗劑、銳利的金屬刮刀或硬毛刷。切勿使用破損的過濾器。應訂購替換件。請向 SHARP 客戶服務中心進行諮詢。

滴水托盤 / 滴水托盤蓋

烹調結束後清空滴水托盤，用一塊軟濕布或海綿以中性肥皂水或清潔劑溶液進行清洗，沖洗乾淨，擦乾，並重新放置於水波爐前端之下。切勿在洗碗機內進行清洗。

蒸氣發生器之除垢

在產生蒸氣的過程中，蒸氣發生器上會形成水垢。如欲清除水垢，可當屏幕上出現“DESCALING IS NECESSARY. (需要進行除垢)”時執行除垢功能。完整的操作說明請參看 C-8 頁。



故障查閱指南表

如果顯示屏上顯示“EE”，或者您認為水波爐不能正常工作，請聯繫 SHARP 客戶服務中心之前檢查下表中所列的項目。這樣便能幫助您避免不必要的維修。

警告：

切勿自行調整、維修或更改水波爐。除了 SHARP 培訓的技師以外，如果由非技術人員進行任何服務或維修，則會存在危險。由於維修可能會涉及拆卸外殼，而外殼對電氣部件起著保護作用，所以由專人維修是很重要的。

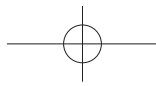
- 維修和更改：如果水波爐不能正常工作，切勿試圖操作烤箱。
- 外殼和照明燈維修：切勿自行拆卸外殼，以免出現電擊或灼傷。

故障查閱指南表

錯誤訊息 / 提示訊息

顯示屏上的訊息		採取的行動
錯誤訊息	EE	發生技術故障時，請聯繫 SHARP 客戶服務中心。
提示訊息	Wait. (稍等) Oven is too warm to use. (水波爐太熱不能使用。)	因水波爐過熱而無法使用 Microwave (微波) 模式進行解凍，以及 Pure Steam Manual Proof (純蒸 - 自選烹調 - 發酵) 功能。移除水波爐內的食物，使其冷卻直至顯示的消息消失。
	Water is frozen (水凍結) Please refer to instructions in operation manual. (請參照使用說明書中的相關說明。)	水波爐可能無法正常操作。在無食物、不預熱的條件下，使水波爐運行於 Convection Grill (熱風對流燒烤) 模式 5 分鐘。請參考第 C-17 頁。
	Now cooling. (正在冷卻)	烹調結束後，水波爐及其部件溫度很高。屏幕會出現“Now cooling (正在冷卻)”，直至水波爐爐腔冷卻下來。冷卻風扇可能會運行長達 13 分鐘。 水波爐冷卻後，“Now cooling (正在冷卻)” 消息將會消失。如果您需要使用溫暖的水波爐，只需觸按 Stop/Clear (暫停 / 取消) 鍵。
	Replace drip tray. (更換滴水托盤)	移除並將滴水托盤正確放回原位。 請參考第 C-6 頁。 在滴水托盤未被正確安裝的情況下，屏幕會出現“Replace drip tray (更換滴水托盤)”。
	Empty drip tray and replace. (清空滴水托盤並放回原位)	當滴水托盤中有殘留的水時，屏幕會出現“Empty drip tray and replace (清空滴水托盤並重新放置)”。 在 SuperSteam (水波) 或 Pure Steam (純蒸) 模式開始之前，必須將滴水托盤 清空 並重新放置。 請參考第 C-6 頁。
	Descaling is necessary. (需除垢)	請遵循除垢的詳細操作說明。 請參考第 C-8 頁。
	Fill water tank with water. (請為水箱注水)	移除水箱並注水至刻度線 2(MAX 線) 的位置。重新放置並將其穩固地推入就位。 注意：請確保沒有使用例如蒸餾水、去離子水、礦泉水等的其他液體。
	Remove water tank (移除水箱)	如果水箱內有水，則不會開始執行 Drain Water (排水) 功能。在開始執行 Drain Water (排水) 之前應移除水箱。
	Hot (高溫)	水波爐的爐箱和爐腔內溫度很高。 應特別注意避免燙傷自己。

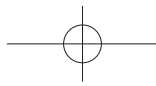
C-26



故障查閱指南表

以下現象是正常的，不屬於水波爐故障跡象。

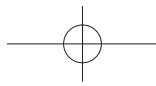
問題 / 情況		回答
控制板 / 電源	顯示黑屏 / 空白。	<ul style="list-style-type: none">* 打開爐門。關閉爐門。* 檢查確保插頭正確連接到合適的牆壁插座上。* 檢查壁上插座和保險絲是否正常工作。* 斷開電源線連接，等待片刻後重新連接。
	屏幕功能正常，但是觸按 START (開始) 鍵不起作用。	<ul style="list-style-type: none">* 打開水波爐門，之後再關上。水波爐指示燈是否熄滅？再次觸按 START (開始) 鍵。* 如果顯示消息 “Wait. Oven too Warm to Use (稍等。烤爐太熱不能使用)”，應稍等直至消息消失為止。
	烹調過程中電源中斷	設定的烹調時間和模式將會取消。 請採用自選模式繼續烹調。
	水波爐照明燈在 PROOF (發酵) 模式下熄滅。	為了防止製作麵包的麵團表面變乾而採取的正常操作。
	水波爐照明燈在除垢過程中熄滅。	此屬正常操作。請參考第 C-8 頁。
	水波爐照明燈在水波爐門打開時熄滅。	如果水波爐門打開超過 5 分鐘，照明燈將會熄滅。



故障查閱指南表



以下現象是正常的，不屬於水波爐故障跡象。

問題 / 情況	回答	
蒸氣	打開水波爐門時，發現水波爐內有水。	蒸氣冷凝於水波爐內部。冷卻後，用柔軟抹布或海綿拭乾。
	蒸氣從水波爐頂部的通風口內冒出。	使用後的蒸氣從水波爐頂部的通風口內冒出屬於正常現象。
	水波爐腔內可見有冷凝水。	此屬正常操作。 蒸氣冷凝於水波爐底板上。冷卻後，用柔軟抹布或海綿拭乾。
	在烹調過程中，蒸氣從水波爐門冒出。	檢查水波爐門密封條，確保其處於光潔、平整的狀態。
運作聲音 / 聲音	在微波烹調過程中發出噪音。	當使用微波功能時，根據功率級別不同，可能會聽到磁控管週期性開、閉的聲音。
	烹調後發出聲音。	冷卻風扇將繼續運轉，直至水波爐冷卻。冷卻風扇將會根據水波爐及零件溫度運行長達 13 分鐘。
	高溫下烹調時發出聲音。	高溫可能會導致水波爐元件發生膨脹。此屬正常現象。
冒煙 / 氣味	第一次使用水波爐時，可能會冒煙或發出氣味。	請參看 C-9 頁“首次使用之前請清潔水波爐”部分的詳細操作說明。
	烹調後，水波爐腔發出異味。	請參看 C-24 頁“清除水波爐裡的氣味：”部分的詳細操作說明，以便清除異味。
	在燒烤食物中發出許多煙霧的時候	在烹調之前，倒 1 個杯子 (200 毫升) 水進到烤盤里 (防濺罩下面)，並減少從食物發出的煙霧。 如果倒水，烹調時間延長了 10 ~ 20%。 由於烹調中的濺罩非常熱，切勿在烹調中倒水，以免灼傷。 警告： 1. 爐門、外殼和爐箱會變得熱。務必戴上烤箱專用乾及厚手套添加或取出食物，以免灼傷。 2. 在你的臉靠近水波爐時，切勿打開水波爐的爐門。從水波爐的蒸氣可能導致灼傷。
其它	屏幕出現時間，並快速倒數計時	請參看 C-23 頁“示範模式”部分，並將其取消。
濺出的食物殘渣	粘在水波爐壁上濺出的食物殘渣難以清除。	請參看 C - 2 4 頁“清除水波爐壁上的油污和濺出的食物殘渣：”。 每次使用後清潔水波爐是很重要的。



維修前檢查

在維修之前請先自行作以下檢查：

1. 當水波爐門被打開，之後再關上時，屏幕是否亮起？ 是 _____ 否 _____
2. 爐門打開時，照明燈是否亮著？ 是 _____ 否 _____
3. 將一杯水 (250 毫升) 放置於轉盤上，並將爐門關妥。
在爐門關好的情況下，照明燈應熄滅。
將水波爐設定為微波烹調模式 100% 功率等級下運行 1 分鐘。此時：
 - A. 照明燈是否點亮？ 是 _____ 否 _____
 - B. 通風扇是否轉動？(將手放在後部的通風口上。) 是 _____ 否 _____
 - C. 屏幕上是否出現 Microwave (微波) 烹調圖示 “ ”？ 是 _____ 否 _____
 - D. 1 分鐘後，水波爐有無發出一聲鳴響信號？ 是 _____ 否 _____
 - E. 水是否已沸騰？ 是 _____ 否 _____
4. 移除水波爐內的水，並將水波爐設定為在 Convection (熱風對流)，Oven (烤爐) 和 250°C 條件下運行 5 分鐘。
 - A. 屏幕是否出現 Convection (熱風對流) 的圖示 “ ”？ 是 _____ 否 _____
 - B. 水波爐停止運行後，其內部溫度是否很高？ 是 _____ 否 _____
5. 將水注入水箱並重新放置。
使水波爐在 Manual Steam High (自選烹調 - 高溫蒸氣) 條件下運行 3 分鐘。
 - A. 水波爐停止運行後，其內部是否充滿蒸氣？ 是 _____ 否 _____

如以上問題答案都是“否”，檢查電源插座及電錶箱的保險線。
如電源插座及保險線均無問題，請立刻與 SHARP 客戶服務中心聯絡。

重要事項：如果在電源線正確連接之後，顯示器無顯示，“Energy Save Mode (電源節能模式)”可能正在運行。打開和關閉烤箱門使烤箱運行。請參看 C-9 頁“首次使用之前請清潔水波爐”。

注意：

1. 如顯示的時間倒數快速，檢查 Demonstration Mode (示範模式)。(請參看 C-23 頁上的細節。)
2. 如果設置水波爐在 Microwave (微波) 模式 100% 功率等級條件下運行超過 8 分鐘，輸出功率將會降低，以免發生過熱現象。約 9 分鐘後，最終的輸出功率將會是 70%。

規格

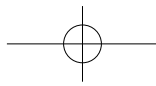
交流電壓	:	請參看水波爐的標牌所示
電力消耗	:	
Microwave (微波)	:	1.38kW
Convection (熱風對流)	:	1.55kW
輸出功率	:	
Microwave (微波)	:	800W* (IEC 測試程序)
Convection (熱風對流)	:	1.45kW
微波頻率	:	2450MHz (乙類 / 第二組)**
外型尺寸	:	553 (闊) x 438 (高) x 483 (深) mm***
水波爐內尺寸	:	359 (闊) x 256 (高) x 339 (深) mm
水波爐容量	:	31L****
重量	:	約 24kg

* 此規格是以國際電工委員會 (IEC) 測量輸出功率的方法為標準。

** 此是以國際標準 (International Standard) CISPR11 中對工業，科學及醫學 (ISM) 儀器的分類。

*** 深度不包括爐門打開手柄。

**** 水波爐內部容量是根據最大闊度，深度和高度而計算的。實際存放食品的容量稍少於此值。



烹調指南

關於您的水波爐

本使用說明書非常重要：請認真閱讀並永久保存備查。水波爐僅用於製備食物，不得用來烘乾衣物和報紙等。

請注意，不同於單一微波功能水波爐，水波爐在 SuperSteam（水波）、Convection（熱風對流）或 Pure Steam（純蒸）模式進行烹調的過程中會有溫度升高的趨勢。

關於烹調選項

您的水波爐擁有一系列不同的烹調選項，可分為自動烹調和自選烹調兩類。SuperSteam（水波）、Pure Steam（純蒸）和 Microwave（微波）模式均具有自動烹調和自選烹調選擇。Convection（熱風對流）模式僅有自選烹調操。

SuperSteam（水波）

SuperSteam（水波）模式與熱風對流相結合，可對食物進行烘烤或烘焗，並可去除多餘的油脂。食物中的水份得以保留。烹調出的肉類和家禽色澤金黃、多汁、味道鮮美。

Pure Steam（純蒸）

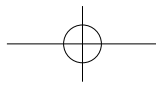
Pure Steam（純蒸）模式能對食物進行柔和烹調，幫助保留食物的水份、自然的風味和營養成份。您可以使用 Steam Reheat（蒸氣翻熱）功能，對金屬容器中的食物進行翻熱。

Convection（熱風對流）

Convection（熱風對流）模式能夠烘焙、燒烤出一系列色澤金黃、鬆脆可口的食物。在此模式下，可對曲奇餅、蛋糕、麵包、松餅、餅乾和麵包捲進行單層或雙層的烘烤。熱風對流無自動設置。

Microwave（微波）

Microwave（微波）烹調能方便快捷地煮熟、預熱和解凍食物。



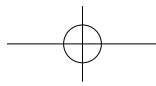
烹調指南

關於器具和遮蓋物

下表可以幫助您確定在每一種模式下應該使用何種器具和遮蓋物。

器具 - 遮蓋物	烹調模式	SuperSteam (水波) / Convection (熱風對流)	Pure Steam (純蒸)	Microwave (微波)
鋁箔紙/箔容器		是	是	是
				在食物上平穩地放置扁平的小片鋁箔，可用於遮蔽部分區域，避免烹調或解凍速度過快。鋁箔與烤爐內壁應保持至少2厘米的距離。
金屬		是	是	否
陶器/瓷器		是	是	是
		耐熱瓷器、陶器、瓷器、釉面陶器和骨瓷通常適用。如果容器上出現裂縫，切勿使用。否則，容器可能會破裂。		請參看製造商推薦使用意見，確保產品可安全用於微波環境。切勿使用有缺陷的容器。
耐熱玻璃器具 例如:Pyrex®		是	是	是
		使用精製玻璃器具時應當小心，否則突然受熱會導致器具破裂。切勿使用非耐熱玻璃器具。		
塑料/聚苯乙烯耐熱 溫度高於140°C		否	是	是
			由於一些容器在高溫下會扭翹、溶化或褪色，所以使用時應特別小心。	使用可安全用於微波環境的塑膠容器進行翻熱或解凍。某些可安全用於微波環境的塑膠並不適合於烹調高含糖量的食物。請遵循製造商的用法說明。
微波保鮮紙耐熱溫度 高於140°C		否	是	是
紙巾/紙盤		否	否	是
				紙巾：在翻熱和烹調過程中用於遮蓋。切勿使用可能含有金屬碎屑的再生紙紙巾。 紙盤：用於翻熱。
合成材料製成的容器		否	否	否
		其在高溫條件下可能會溶化。		
烤紙		是	是	否
		不可使烤紙接觸到烤箱壁，否則可能會燒焦。保持耐熱溫度。		
烘烤袋		是	否	是
		烘烤袋僅適用於Convection Oven (熱風對流烤爐)模式。		請遵循製造商的用法說明。
銀質器皿和在烤爐內 可能會生的器具或 容器。		否	否	否
烤架/烤盤		是	是	否
防濺罩		是	否	否

烹調時，應當檢查烹調器具，確保適合用於採用的烹調模式。當在塑料容器中加熱食物時，應特別注意容器的溶化溫度。切勿加熱塑料容器高出它們的溶化溫度。鑒於溶化和起火的可能性，應當密切關注烤箱情況。



烹調指南

附件 有許多微波專用附件或耐熱附件可供選購。在購買之前應認真評估，以確定其能夠滿足您的需求。在使用單一微波功能進行烹調時，可安全用於微波環境的溫度計能夠幫助您確定恰當的煮熟程度，確保食物已經被烹調至安全的溫度。當使用配件時，對於可能由此造成的水波爐損害，SHARP 不承擔任何責任。對於自動烹調操作，應使用本使用說明書或附帶的食譜中相關烹調指南表列舉的推薦容器。

水波模式和純蒸模式烹調建議

蒸烹調需要有一定的技巧。為了確保獲得滿意的效果，必需按照這些技巧操作。許多技巧與常規烹調使用的相似，因此，您可能已經習慣使用這類烹調技巧。然而，對於採用 SuperSteam（水波）和 Pure Steam（純蒸）模式的烹調，請遵循以下的建議。

注意：

- 使用時，務必密切關注水波爐。
- 請確保烹調器具適用於每個烹調模式。（有關適用的烹調器具，請參考第 C-31 頁）
- 加強室內通風，使蒸氣消散。
- 在烹調結束、水波爐冷卻後，移除並清空水箱，用柔軟的布或海綿拭乾水波爐爐腔。稍等幾分鐘，然後清空滴水托盤。

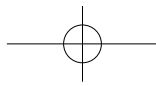
警告：

請務必經常遵循 SHARP 使用說明書上的操作說明。如果超出建議的烹調時間或者使用的烤箱溫度太高，食品可能會過度受熱、燒焦，嚴重情況下還會起火和損壞烤箱。

- Pure Steam（純蒸）烹調模式的特別建議 -

烹調技巧	
容器	建議將食物 / 盤碟放在烤架上。這樣便能夠使蒸氣從各個方面接觸到食物，從而使食物均勻地烹調。請確保食物均勻地放置。如果食物之間的空隙較小或沒有空隙，需要的烹調時間將會加長，請確保放置的食物之間留有足夠的空隙，以便使蒸氣能夠在食物周圍得以循環。有關容器方面，最好使用較淺的盤碟。建議您不要使用較厚的盤碟，因為這類盤碟將會延長建議的烹調時間。 為了有效地減少鹽份和油脂 請將食物直接放在烤架上。如果將食物放在盤碟中，請在烹調完成後丟棄盤碟上殘留的滴汁。
覆蓋	多數情況下不需要覆蓋食物。如果需要覆蓋，建議使用鋁箔紙來防止烤箱腔內的冷凝水弄濕食物。覆蓋著的食物需要的烹調時間將會加長。
烤箱門	為了確保精確的烹調時間，請保持烤箱門關閉。
攪拌	有時，在沒有蓋的蒸鍋中翻熱湯或菜類時，烹調後會顯得非常稀。充分攪拌後，效果將會更好。
擱置	烹調後，建議把食物擱置一段時間，這樣便能夠使熱量在食物中均勻分散。切勿擱置太長時間，否則殘餘的蒸氣會過度烹調或弄濕食物。

烹調提示	
灼熟	Pure Steam（純蒸）模式可以用於在蔬菜冷凍前把它灼熟。灼熟時，可將準備好的蔬菜放到碟子中，然後採用 Pure Steam, MANUAL, STEAM HIGH（純蒸，自選烹調，高溫蒸氣）模式烹調 4 至 5 分鐘。之後，迅速將蔬菜放入冷水中冷卻。待蔬菜變乾後冷凍。
鹽醃食品	對於鹹魚或鹹肉之類的鹹食物，烹調前可採用蒸氣來淡化鹹味。可將食物直接放在烤架上，採用 Pure Steam, MANUAL, STEAM HIGH（純蒸，自選烹調，高溫蒸氣）模式烹調 4 至 5 分鐘。



烹調指南

- SuperSteam (水波) 和 Pure Steam (純蒸) 烹調模式的特別建議

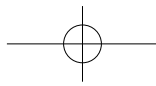
食物特徵	
密度	食物的密度將會影響所需的烹調時間長短。如果可以的話，請將食物切成薄片，並以單層放置。
數量	隨著烤箱內烹調食物數量的增多，烹調時間也定會加長。
大小	小塊食物的烹調速度要比大塊食物快，因為熱量能夠很快地從各個方向穿透到小塊食物的中央。為了達到均勻烹調，請將食物分成大小相等的小塊。
形狀	對於形狀不規則的食物，例如雞胸或雞腿，較厚的部分所需的烹調時間將會較長。食用之前，請檢查確保這些部分徹底烹調。
食物溫度	食物開始時的溫度會影響所需的烹調時間。冷藏食物所需的烹調時間要比室溫下儲存的食物長。容器的溫度不是食物或飲品的實際溫度。
佐料和調味品	佐料或調味品最好在烹調後才添加。如果在醃泡或調拌時添加，採用蒸氣烹調後的味道可能會變淡。請在烹調後根據需要重新添加佐料或調味品。

注意：

- 食用之前，請確保食物已徹底煮熟 / 翻熱。
- 烹調時間將會受到食物形狀、厚度、數量和溫度以及容器大小、形狀和材料影響。
- 切勿加熱食油或油炸食物，否則可能會導致過度加熱和起火。烹調多油或多糖的食物（例如，聖誕布丁）時應特別小心，否則過度加熱可能會導致起火。

臉和手：請務必戴上烤箱專用厚手套，將食物或烹調器具從水波爐中取出。在打開水波爐門使蒸氣消散時應特別小心。切勿徒手將食物從水波爐中取出。

食用前應檢查食物和飲料的溫度，並加以攪拌。尤其是在讓嬰兒、兒童或老人食用之前，務必特別注意進行上述操作。

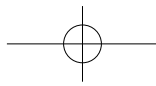


烹調指南

微波模式烹調建議

- Microwave (微波) 模式特別注意事項和警告資訊 -

	可	不可
蛋類，水果，果仁，種子，蔬菜，香腸和牡蠣(蠔)	<ul style="list-style-type: none"> * 烹調蛋類，蠔等食品時，需於蛋黃，蛋白或蠔表面刺數孔，以免烹調加熱時爆裂。 * 烹調馬鈴薯，蘋果，美國南瓜，熱狗，香腸及蠔等時，戳其皮數孔，讓烹調加熱時，部水蒸氣能溢出。 	<ul style="list-style-type: none"> * 烹調或加熱帶殼蛋類。(若「爆裂」，可能損壞水波爐。) * 為帶殼熟蛋類加熱。 * 過度加熱牡蠣(蠔)。 * 為帶殼果仁或種子類加熱。
爆玉米花	<ul style="list-style-type: none"> * 用水波爐爆玉米花時，必須使用水波爐爆玉米花專用袋。 * 聽到爆玉米花聲已減慢到 1-2 秒時，應停止繼續烹調，以免過火。 	<ul style="list-style-type: none"> * 用普通的爆玉米花袋或玻璃器皿來爆玉米花。 * 用水波爐爆玉米花專用袋爆玉米花時，設定的烹調時間過於所需時間。
嬰兒食品	<ul style="list-style-type: none"> * 轉盛嬰兒食品於水波爐烹調容器中，小心加熱之。必要時，均勻攪拌數次，直至加熱至適當的溫度為免燙傷。 * 加溫嬰兒奶瓶之前請移除螺旋蓋和奶嘴。加熱後，套上奶嘴，充份搖勻，達至適當溫度後，才餵嬰兒食用。 	<ul style="list-style-type: none"> * 加熱即棄式瓶罐。 * 對奶瓶加熱過度，或只加熱至微溫的程度。 * 把帶有奶嘴的奶瓶加熱。 * 直接把盛載嬰兒食品的瓶罐加熱。
一般食品	<ul style="list-style-type: none"> * 烹調有餡料的食品後，請分斷切開，讓蒸氣溢出，避免灼傷。 * 加熱湯類飲料時，須用深底容器，以防湯類飲料濺出。 	<ul style="list-style-type: none"> * 盛載食品於玻璃瓶或密封容器來加熱烹調。 * 以水波爐來煎炸食品。 * 用水波爐烘乾木頭，草類或沾濕紙的張，衣服或花類。 * 在水波爐內部空無一物時運作水波爐(即無吸收材料，例如食品或水)。
液體(飲料)	<ul style="list-style-type: none"> * 如要煮沸或烹調液體，請參照 C-1-2 頁之警告，以免引起爆炸或爆濺。 	<ul style="list-style-type: none"> * 超過建議的烹調時間。
罐頭食品	<ul style="list-style-type: none"> * 把罐頭食品取出及放於容器內。 	<ul style="list-style-type: none"> * 加熱或烹調罐裝食物。
香腸卷，餡餅，聖誕布丁	<ul style="list-style-type: none"> * 因此必須按“烹調指南”中的設定時間加以烹調。(屬高糖份或高脂肪含量的食品。) 	<ul style="list-style-type: none"> * 烹調過份，以致冒煙起火。
肉類	<ul style="list-style-type: none"> * 燒烤時使用金屬烤架及碟子以盛載。 	<ul style="list-style-type: none"> * 將肉類直接放置在水波爐的陶瓷底板上進行烹調。
容器	<ul style="list-style-type: none"> * 請檢查在 MICROWAVE(微波)烹調適用之容器。 	<ul style="list-style-type: none"> * 請在 Microwave (微波)烹調中使用適用之金屬容器。金屬反射微波能引起火花現象。
鋁箔紙(錫紙)	<ul style="list-style-type: none"> * 用鋁箔紙來包裹食品薄細部份，以免烹調過度。 * 注意火花產生。所以盡可能減少使用鋁箔紙，及應與爐之內壁保持距離。 	<ul style="list-style-type: none"> * 使用鋁箔紙過多。 * 用鋁箔紙包裹的食品過於靠近爐箱內壁。產生的火花會對水波爐造成損害。



烹調指南

- Microwave (微波) 模式操作建議 -

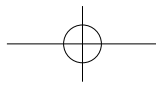
烹調技巧	
食品的放置	較厚向外，較薄向內（中央）。
決定烹調時間	開始時先用較短之烹調時間，然後再根據烹調後的情況而追加時間。 若烹調時間過長，會引起食物燒焦，起火。
食品的覆蓋	參考食譜的指南用耐微波保鮮紙，蓋或紙巾把食品覆蓋好。這樣可以防止汁液飛濺，以及幫助食物均勻烹調。
食品的局部遮蓋	以防止肉塊細薄部份烹調過度，解凍時應用鋁箔紙（錫紙）把這些部份包好。
食品的攪拌	必要時於烹調過程中由外至內攪拌食物一至兩次。
食品的翻轉	烹調雞腿，漢堡或扒類時，時間過半翻轉之，以達均勻的烹調效果。
食品的重新放置	在烹調中途置換食品的位置，如外圍及中部食品的交換，以及上層和下層的交換，以達均勻的烹調效果。
食品的擱置	烹調之後，應擱置一段適當時間。若有可能，應將食物由爐中取出並攪拌。擱置時加蓋，可讓食物完全地完成烹調。
熟度檢查	烹調後食品之顏色及軟硬，可作為測試其生熟程度，方法如下； - 整個食品是否都有蒸氣溢出，而非只是局部或邊沿； - 家禽關節部是否容易撕開； - 肉塊或家禽已無血可見； - 魚肉已煮熟（非透明），且可用刀叉輕易切開。
濕氣的凝聚	濕氣凝聚是微波烹調的正常現象。烹調中，食物內部的水份和濕氣受熱蒸發，使爐箱內的含水量增加。一般來說，加蓋的食物比不加蓋的食物所凝聚的濕氣較少。故應經常保持水波爐通風口暢通無阻。
微波適用保鮮紙	烹調多油的食物時，由於保鮮紙有溶化之可能，故不可讓保鮮紙和食物表面接觸。
微波適用塑膠廚具	有些水波爐用的塑膠廚具不宜用來烹調多油或多糖的食物。
蛋糕 / 焗肉捲	要製作蛋糕或焗肉捲，請將容器放在開口向上的抗熱的淺盤上。

- 解凍模式操作建議 -

解凍技巧	
放置	在較淺的盤碟上將食物排列成均勻的單層。這樣將會確保食物的所有部分都能均勻解凍。
分開	食物從冷凍箱中取出時可能會黏在一起。解凍過程中，應儘快將食物分開，這一點非常重要。 例如，肉、肉塊等。
擱置	食物解凍後，需要擱置一段時間，以便確保徹底解凍。擱置食物時必須將其覆蓋住，這樣才能確保食物中央完全解凍。

注意：

- 解凍之前，請去除所有包裝和包皮。



自動烹調食譜

水波模式功能表指南

Complete Meals (全餐)

烤三文魚扒配菠菜馬鈴薯

[器具]

大的淺砂鍋

2 個烤盤

烤架

[三文魚魚扒材料]

4 塊 三文魚魚扒 (每塊約 200 克)

1 個 檸檬的汁

適量黑胡椒

[烤菠菜材料]

橄欖油, 用於擦拭砂鍋

400 克 已解凍的菠菜, 瀝乾水份

適量食鹽及胡椒粉

適量荳蔻粉

500 克 煮熟的馬鈴薯, 去皮切塊

150 克 忌廉

100 毫升牛奶

4 人份

[烹調方法]

1. 魚扒洗淨瀝乾。根據個人口味撒上檸檬汁、食鹽, 再加黑胡椒調味。
2. 將魚扒放在烤盤的烤架上。將烤盤放在烤爐上層。
3. 砂鍋抹油。加菠菜葉、食鹽、胡椒粉混合攪勻。
4. 將一半菠菜鋪在砂鍋上, 再加入一半的馬鈴薯片, 接著按先後順序加入餘下的菠菜、馬鈴薯片。
5. 將忌廉與牛奶混合, 加食鹽及胡椒調味, 再倒在蔬菜上, 加荳蔻粉調味。
6. 將砂鍋放在另一個烤盤中, 將烤盤放在烤爐下層。
7. 使用“SuperSteam (水波) - AUTO (自動烹調) - COMPLETE MEALS (全餐) - SALMON STEAKS WITH POTATO BAKE (烤三文魚扒配菠菜馬鈴薯)”烹調。
8. 烹調結束後, 用錫紙蓋好放置 5 分鐘。

烤雞胸配蔬菜

[器具]

1 個烤盤

烤架

[雞肉材料]

3 湯匙 醬油

3 湯匙 白酒

2 瓣 大蒜, 搗碎

適量黑胡椒

4 塊 雞胸肉
(每塊約 200 克)

4 湯匙 粟米粉

[地中海蔬菜材料]

75 克 蘆筍

1 湯匙 橄欖油

適量食鹽及胡椒粉

1 茶匙 新鮮迷迭香

200 克 馬鈴薯, 切成 2 厘米方塊

1 個 洋蔥, 切片

100 克 番茄, 且四半

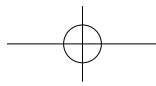
100 克 茄子, 切片

1 個 黃柿子椒, 切片

4 人份

[烹調方法]

1. 用大碗將醬油、白酒、大蒜及黑胡椒混合。
2. 加入雞肉醃製 1 小時。
3. 加入粟米粉攪拌直到雞肉均勻塗抹。
4. 削去蘆筍硬的一端, 切成長度 4 厘米的 3 份。
5. 用大碗將橄欖油、食鹽、胡椒粉及迷迭香混合。加入蔬菜混合攪拌均勻。
6. 將蔬菜直接放在烤盤中。朝右側放好。
7. 將雞肉放開烤架上, 朝左側, 將烤架放在烤盤上。再將烤盤放在上層烹調。
8. 使用“SuperSteam (水波) - AUTO (自動烹調) - COMPLETE MEALS (全餐) - CHICKEN BREAST WITH ROASTED VEG (烤雞胸配蔬菜)”烹調。
9. 烹調結束後, 用錫紙蓋好放置 5 分鐘。



自動烹調食譜

中式牛肉麵

[器具]

大的淺砂鍋
小的淺砂鍋
2 個烤盤

[材料]

400 克 牛臀肉
1 湯匙 淡醬油
1 湯匙 白酒
半茶匙 糖
1 茶匙 芝麻油
2 茶匙 粟米粉
1 湯匙 薑粉
1 湯匙 魚露
1.5 湯匙 大蒜，搗碎
1 個 新鮮紅辣椒
去籽，切塊
100 毫升 熱牛肉湯
3 湯匙 罐裝黑豆，切塊
(或罐裝四季豆)
半個 青椒，切片
1 個 洋蔥，切塊
5 根 青蔥，切片
400 克 新鮮雞蛋面
1 杯半 冷水

4 人份

[烹調方法]

1. 牛肉切條狀。
2. 用大碗將醬油、白酒、糖、芝麻油、粟米粉、薑粉及辣椒混合。
3. 在混合醬汁中加入熱牛肉湯。
4. 加入黑豆、柿子椒、洋蔥、青蔥及肉排混合攪勻。
5. 將混合食材倒入大的淺砂鍋中，將砂鍋放在烤盤中，再放入上層烹調。
6. 將麵條放在小砂鍋中，加入冷水。將砂鍋放在烤盤上。再將烤盤放在下層烹調。
7. 使用“SuperSteam (水波) - AUTO (自動烹調) - COMPLETE MEALS (全餐) - CHINESE BEEF WITH NOODLES (中式牛肉麵)”烹調。
8. 烹調結束後，麵條瀝乾水份與牛肉攪拌均勻，再放置 5 分鐘。

烤羊腿配蘿蔔馬鈴薯

[器具]

小的淺砂鍋
2 個烤盤

[材料]

1 千克 帶骨羊腿
1 湯匙 橄欖油
適量食鹽及胡椒粉
1 湯匙 新鮮迷迭香
500 克 小馬鈴薯，切半
200 克 胡蘿蔔，切片
200 克 大頭菜，切片
8 湯匙 冷水

4 人份

[烹調方法]

1. 將羊腿直接放在烤盤上刷。上橄欖油、加食鹽、胡椒粉及迷迭香調味。將烤盤放在上層烹調。
2. 在馬鈴薯上刷一層橄欖油，放在另一個烤盤的左側。
3. 將胡蘿蔔，大頭菜放入小砂鍋中，加入冷水，再用錫紙蓋好，將砂鍋放在烤盤上。
4. 使用“SuperSteam (水波) - AUTO (自動烹調) - COMPLETE MEALS (全餐) - ROAST LEG OF LAMB WITH ROASTED VEG (烤羊腿配蘿蔔馬鈴薯)”烹調。
5. 烹調結束後放置 5 分鐘。

烤牛肉配馬鈴薯

[器具]

1 個烤盤
烤架
防濺罩

[材料]

四分之一杯 切塊的西芹
1 湯匙 切塊的芫荽
1 湯匙 切塊的細香蔥
四分之一茶匙 黑胡椒粉
適量食鹽及胡椒粉
油，用於刷牛肉
1 千克 烤牛肉
800 克 小馬鈴薯

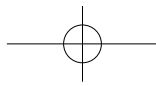
4-6 人份

[烹調方法]

1. 選擇菜單，所需生熟程度，再觸按開始鍵開始預熱程序。
2. 用小碗將西芹、芫荽、細香蔥混合攪拌均勻。在乾淨的砧板上將混合香料攤開。
3. 在牛肉上均勻地刷一層油。將牛肉放在香料中翻動，均勻塗抹。加食鹽及胡椒粉調味，先放一邊。
4. 小馬鈴薯洗淨切半。
5. 將牛肉放在烤盤的烤架上。馬鈴薯均勻放在牛肉周圍。
6. 預熱結束後，將烤盤放在下層烹調。
7. 使用“SuperSteam (水波) - AUTO (自動烹調) - COMPLETE MEALS (全餐) - ROAST BEEF WITH POTATOES (烤牛肉配馬鈴薯)”烹調。
8. 烹調結束後，用錫紙蓋好放置 10-15 分鐘。

注意：

- 應同時使用防濺罩和烤架。將防濺罩放到烤盤上後，參看 C-4 頁上圖 1 所示放置烤架。



自動烹調食譜

芝士菠菜通心粉

[器具]

大的淺砂鍋
1 個烤盤

[材料]

250 克 已解凍的袋裝冷凍菠菜
500 克 低脂芝士
少量 荳蔻粉
12 通心粉
500 克 番茄意大利麵醬
2 湯匙 芝士碎

4 人份

[烹調方法]

1. 菠菜烘乾水份。
2. 在大碗中加入菠菜、芝士、荳蔻粉、食鹽及胡椒粉。混合攪拌均勻。
3. 將混合食材放入裱花袋中，輕輕擠壓裱花袋將餡料加入通心粉中。再將通心粉單層放在砂鍋中。
4. 將意大利面醬汁倒在通心粉上，用湯匙背部將醬汁均勻攤開。再撒上芝士碎。
5. 將砂鍋放在烤盤上，放上層烤盤烹調。
6. 使用“SuperSteam（水波）- AUTO（自動烹調）- COMPLETE MEALS（全餐）- SPINACH AND RICOTTA CANNELLONI（芝士菠菜通心粉）”烹調。
7. 烹調結束後放置 5 分鐘。

大蝦菜飯

[器具]

1 個烤盤

[材料]

1 個 胡蘿蔔，切碎
100 克 青豆，切片
半根 韭蔥，切成 4 份
125 克 罐裝粟米粒
2 杯半 水
1 茶匙 蔬菜粉
2 杯 茉莉香米，洗淨
150 克 煮熟去殼鮮蝦，切小塊
適量食鹽及胡椒粉

4 人份

[烹調方法]

1. 用大碗將胡蘿蔔、青豆、韭蔥及粟米粒混合。加入水及蔬菜湯混合攪勻。
2. 接著加入大米、蝦、食鹽及胡椒粉，混合攪拌均勻。
3. 將混合食材慢慢倒入烤盤中，均勻攤開，將烤盤放在上層烹調。
4. 使用“SuperSteam（水波）- AUTO（自動烹調）- COMPLETE MEALS（全餐）- VEGETABLE RICE WITH PRAWNS（大蝦菜飯）”烹調。
5. 烹調結束後放置 5 分鐘。

烤雞配馬鈴薯

[器具]

1 個烤盤
烤架
防濺罩

[材料]

1 湯匙 油
半茶匙 雞湯
半茶匙 香草
適量食鹽及胡椒粉
1 千克 雞肉
500 克 小馬鈴薯
300 克 蘿蔔

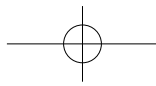
4 人份

[烹調方法]

1. 先設置預熱程序，選擇菜單，所需生熟程度，再按開始鍵運行預熱。
2. 用小碗將油，雞湯，香草，食鹽及胡椒粉混合攪拌均勻。
3. 將混合醬汁均勻刷在雞肉上。將雞腿綁在一起，先放一邊。
4. 將小馬鈴薯及蘿蔔洗淨。馬鈴薯切半，再將蘿蔔切成四半。
5. 雞胸一側朝下放在烤盤中，將馬鈴薯及蘿蔔均勻放在雞肉周圍。
6. 預熱結束後，將烤盤放在上層烹調。
7. 使用“SuperSteam（水波）- AUTO（自動烹調）- COMPLETE MEALS（全餐）- ROAST CHICKEN WITH POTATOES（烤雞配馬鈴薯）”烹調。
8. 烹調結束後，用錫紙蓋好放置 10 分鐘。

注意：

- 應同時使用防濺罩和烤架。將防濺罩放到烤盤上後，參看 C-4 頁上圖 1 所示放置烤架。



自動烹調食譜

SUPERSTEAM GRILL (水波燒烤)

菜單名稱	重量範圍 (增加單位)	操作程序	烤盤位置
烤雞腿 (烹調前溫度 3°C)	0.2-1.0 千克 (100 克)	* 加食鹽、胡椒粉、辣椒粉調味。 * 在雞腿皮上扎孔。 * 將雞腿放在烤架上，帶皮一側朝下，放入烤盤中。 * 烹調結束後，盛入盤子方可食用。	上層 (附帶防濺罩)
烤雞肉片 (烹調前溫度 3°C)	0.25-1.0 千克 (50 克)	* 加食鹽、胡椒粉及辣椒粉調味。 * 將雞肉肉片放入烤盤的烤架上。 * 烹調結束後放置 5 分鐘。	上層 (附帶防濺罩)
烤魚 (烹調前溫度 3°C)	0.2-1.0 千克 (100 克) 全魚 / 肉片	* 在魚皮上劃幾道開口。刷一層油， * 將魚放在烤盤的烤架上，再放入微波爐烹調。 * 烹調結束後，盛入盤子方可食用。	上層
烤肉串 (烹調前溫度 3°C)	0.20-0.80 千克 (50 克)	* 根據下列食譜準備肉串。 * 將肉串放在烤盤的烤架上。 * 烹調結束後，取出肉串放入盤子方可食用。	上層 (附帶防濺罩)

烹飪烤雞腿，烤雞肉片和烤肉串時的注意：

- 烹飪肉類時應同時使用防濺罩和烤架。將防濺罩放到烤盤上後，參看 C-4 頁上圖 1 所示放置烤架。

烤肉串食譜

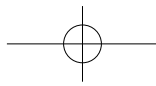
烤肉串

[材料]

- 400 克 肉片
- 100 克 煙熏肉皮
- 2 個 洋蔥 (100 克)，切四半
- 4 個 番茄 (250 克)，切四半
- 半個 青椒 (100 克)，切八份
- 4 湯匙 油
- 2 茶匙 甜辣醬
- 食鹽
- 半茶匙 辣椒粉
- 1 茶匙 辣醬油

[烹調方法]

1. 肉片切開，帶皮的肉塊切成 2-3 厘米的方塊。
2. 用 4 根木籤將肉片及蔬菜輪流串入。(約 25 厘米長)
3. 將油與香料混合後刷在肉串上。將肉串放在烤盤的烤架上。
4. 使用“SuperSteam (水波) - AUTO (自動烹調) - GRILL (燒烤) - GRILLED SKEWERS (烤肉串)”烹調。



自動烹調食譜

SUPERSTEAM ROAST (水波烘烤)

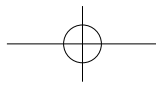
菜單名稱	重量範圍 (增加單位)	操作程序	烤盤位置
烤雞 (烹調前溫度 3°C)	0.9-2.0 千克 (100 克)	* 加食鹽、胡椒粉、辣椒粉調味。 * 放在烤盤的烤架上，無需蓋上蓋子烹調。 * 烹調結束後，用錫紙包住放置 10 分鐘。	下層 (附帶防濺罩)
烤豬肉 (烹調前溫度 3°C)	0.9-1.5 千克 (50 克)	* 將肉片串好 (僅腰肉)。 * 加食鹽、胡椒粉及辣椒粉調味。 * 放在烤盤的烤架上，無需蓋上蓋子烹調。 * 烹調結束後，用錫紙包住放置 10 分鐘。	下層 (附帶防濺罩)
烤牛扒 (五成熟) (烹調前溫度 3°C)	1.0-2.0 千克 (100 克)	* 加食鹽、胡椒粉及辣椒粉調味。 * 放在烤盤的烤架上，無需蓋上蓋子烹調。 * 烹調結束後，用錫紙包住放置 5-10 分鐘。	下層 (附帶防濺罩)
烤羊腿 (烹調前溫度 3°C)	1.0-2.0 千克 (100 克)	* 加食鹽，胡椒粉及迷迭香調味。 * 放在烤盤的烤架上，無需蓋上蓋子烹調。 * 烹調結束後，用錫紙包住放置 10 分鐘。	下層 (附帶防濺罩)

注意：

- 應同時使用防濺罩和烤架。將防濺罩放到烤盤上後，參看 C-4 頁上圖 1 所示放置烤架。

SUPERSTEAM BAKE (水波烘焙)

菜單名稱	重量範圍 (增加單位)	操作程序	烤盤位置
冷凍薄餅 (薄、厚類) (烹調前溫度 -18°C)	單層烹調： 0.2-1.0 千克 (100 克) 雙層烹調： 0.2-1.0 千克 (100 克)	* 預先設置預熱程序，選擇菜單、層數、數量及生熟程度，再按開始鍵開始預熱。 * 去掉包裝，將薄餅放在烤盤中。 * 烹調結束即可食用。	單層烹調： 上層 雙層烹調： 上層 / 下層
蛋糕 (烹調前溫度 -18°C) 如胡蘿蔔檔案、 黃油蛋糕、 巧克力蛋糕	單層 (蛋糕烤盤：約 20 厘米)	* 使用自製食譜或混合包裝。 * 預先設置預熱程序，選擇菜單、烹調時間，按開始鍵開始預熱。 * 預熱後將蛋糕放在烤盤中。 * 將烤盤放入微波爐烘焙，烘焙結束後，蛋糕放置 5 分鐘。	下層
麵包 (烹調前溫度 20°C) 如白麵包、 雜糧麵包	單層 (麵包烤盤： 約 13×20 厘米)	* 使用自製食譜或混合包裝。 * 預先設置預熱程序，選擇菜單、烹調時間，按開始鍵開始預熱。 * 預熱後將麵包房如烤盤中。 * 將烤盤放入微波爐烘焙，烘焙結束後，麵包放一邊冷卻 5 分鐘。	下層
烤馬鈴薯 (烹調前溫度 20°C)	1-4 個 (1 個：250 克)	* 使用自製食譜或混合包裝。 * 預先設置預熱程序，選擇菜單、烹調時間，按開始鍵開始預熱。在馬鈴薯多處刺破後將麵包房如烤盤中。 * 將烤盤放入微波爐烘焙，烘焙結束後，麵包放一邊冷卻 2-3 分鐘。	下層



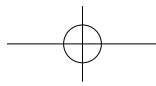
自動烹調食譜

純蒸模式功能表指南

菜單名稱	重量範圍 (增加單位)	操作程序	烤盤位置															
新鮮蔬菜 1 (烹調前溫度 3°C) 較軟的蔬菜：翠玉瓜、青椒、西蘭花、菇類、蘆筍	0.2-1.0 千克 (100 克)	<ul style="list-style-type: none"> 青菜洗淨，去掉多餘水份。 將蔬菜放在烤盤的烤架上，無需蓋蓋子。 烹調結束後放置 1-5 分鐘。 	上層															
新鮮蔬菜 2 (烹調前溫度 3°C) 較硬的蔬菜： 胡蘿蔔、椰菜花、豆類、小椰菜	0.2-1.0 千克 (100 克)																	
冷凍蔬菜 (烹調前溫度 -18°C) 綜合蔬菜、西蘭花、豆類、胡蘿蔔、椰菜花	0.2-1.0 千克 (100 克)	<ul style="list-style-type: none"> 將冷凍蔬菜放在烤盤的烤架上，無需蓋蓋子。 烹調結束後放置 1-5 分鐘。 	上層															
新鮮魚 / 蝦 (烹調前溫度 3°C) 紅鯛魚、尖吻鱸魚片、大蝦	0.1-1.0 千克 (100 克)	<ul style="list-style-type: none"> 將魚洗淨，去魚鱗。 在魚皮上劃幾道開口，在魚眼上扎孔。 將魚 / 蝦放在蒸盤上。 將蒸盤放在烤盤的烤架上，無需蓋蓋子。 烹調結束後，放置 1-3 分鐘。 	上層															
冷凍餃子 (烹調前溫度 -18°C) 蔬菜、豬肉、雞肉	0.1 - 0.5 kg (100g)	<ul style="list-style-type: none"> 將食物放在烤盤的烤架上，無需蓋蓋子。 烹調結束後放置 1-3 分鐘。 	上層															
白飯 (烹調前溫度 20°C 冷自來水) 白飯	1-4 人份 (1 份)	<ul style="list-style-type: none"> 大米洗淨直到水透明為止。 裝入 2 升容量的砂鍋中，加入自來水。 將砂鍋放在烤盤中，無需蓋蓋子。 烹調結束後放置 1-5 分鐘。 <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>份量</th> <th>1 人份</th> <th>2 人份</th> <th>3 人份</th> <th>4 人份</th> </tr> </thead> <tbody> <tr> <td>大米</td> <td>半杯</td> <td>1 杯</td> <td>1.5 杯</td> <td>2 杯</td> </tr> <tr> <td>冷自來水</td> <td>半杯</td> <td>1.5 杯</td> <td>2 杯</td> <td>2.5 杯</td> </tr> </tbody> </table>	份量	1 人份	2 人份	3 人份	4 人份	大米	半杯	1 杯	1.5 杯	2 杯	冷自來水	半杯	1.5 杯	2 杯	2.5 杯	上層
份量	1 人份	2 人份	3 人份	4 人份														
大米	半杯	1 杯	1.5 杯	2 杯														
冷自來水	半杯	1.5 杯	2 杯	2.5 杯														

注意：

- 烹調小型蔬菜請使用在市場上買到的金屬筐，再放在烤架上。



自動烹調食譜

微波模式功能表指南

AUTO DEFROST (自動解凍)

菜單名稱	重量範圍 (增加單位)	操作程序
肉扒 / 肉塊 (烹調前溫度 -18°C)	0.1-1.0 千克 (100 克)	<ul style="list-style-type: none"> 用錫紙將肉塊或肉排薄的部分包住。 將薄的部分單層放在微波專用解凍架上。將解凍架放在水波爐底座。如肉塊粘在一起，盡快分開。 水波爐停止運行時，取出已解凍部分再將剩餘的肉塊翻面。 解凍結束後，用錫紙蓋好放置 5-15 分鐘。 見以下說明。
家禽肉 (烹調前溫度 -18°C)	0.9-2.0 千克 (100 克)	<ul style="list-style-type: none"> 拆除原包裝。用錫紙包住翅膀及腿部。 胸部一側朝下放在微波專用解凍架上。 將解凍架直接放在水波爐底座。 水波爐停止運行時，將肉塊翻面。 解凍結束後，用錫紙蓋好放置 15-30 分鐘。 [N.B.]如有需要，放置後用冷水沖洗，去除雜屑。
烤肉 (牛肉 / 豬肉 / 羊肉) (烹調前溫度 -18°C)	1.0-2.0 千克 (100 克)	<ul style="list-style-type: none"> 用錫紙包住帶骨及邊緣的部分寬約 2.5 厘米。 將帶骨及脂肪較少的一側朝下 (如有可能) 放在微波專用解凍架上。 將解凍架直接放在水波爐底座。 水波爐停止運行時，將肉塊翻面並用錫紙包住已解凍部分。 解凍結束後，用錫紙蓋好放置 15-30 分鐘。
碎肉 / 香腸 (烹調前溫度 -18°C)	0.1-1.0 千克 (100 克)	<ul style="list-style-type: none"> 將冷凍碎肉放在微波專用解凍架上，用錫紙包住邊緣。 將解凍架直接放在水波爐底座。 水波爐停止運行時，取出已解凍的部分，翻面並用錫紙包住邊緣部分。 解凍結束後，用錫紙蓋好放置 5-20 分鐘。見以下說明。

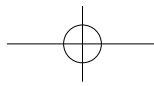
未列入以上指南的食物類別，用戶可自行使用 MICROWAVE 30% (微波 30%) 之微波強度來解凍。

注意：

冷凍肉扒 / 肉塊時，分成平坦的單片，分層冷凍。如有需要，可使用冷凍保鮮紙將其分層隔開。冷凍碎肉時，它塑造成扁平狀和甚至大小。如此可確保解凍均勻。不妨在每一包裝上註明正確的重量。

SENSOR DEFROST (智能加熱)

菜單名稱	重量範圍 (增加單位)	操作程序									
餐碟食物 (烹調前溫度 3°C)	1 人份 (約 400 克)	<ul style="list-style-type: none"> 用保鮮紙蓋好，再用竹籤扎 5 次孔。 將餐盤直接放在水波爐底座。 烹調結束後，蓋好放置 2 分鐘。 <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>肉類</th> <th>土豆</th> <th>蔬菜</th> </tr> </thead> <tbody> <tr> <td>175-180 克</td> <td>125 克</td> <td>100 克</td> </tr> <tr> <td>牛肉、羊肉、雞肉 (切片), T 骨</td> <td>切片</td> <td>土豆、西葫蘆、西蘭花</td> </tr> </tbody> </table>	肉類	土豆	蔬菜	175-180 克	125 克	100 克	牛肉、羊肉、雞肉 (切片), T 骨	切片	土豆、西葫蘆、西蘭花
肉類	土豆	蔬菜									
175-180 克	125 克	100 克									
牛肉、羊肉、雞肉 (切片), T 骨	切片	土豆、西葫蘆、西蘭花									
鍋物 (烹調前溫度 3°C) 牛肉湯、嫩羊肉、 杏仁雞肉 (烹調前溫度 20°C) 罐裝焗豆、義大利麵	1-4 杯 (1 杯 250 毫升)	<ul style="list-style-type: none"> 將食物放在砂鍋中。 用保鮮紙蓋好，並用竹籤扎 5 次孔。 將砂鍋直接放在水波爐底座。 烹調結束後，攪拌一次，用保鮮紙蓋好放置 1-5 分鐘。 									
湯 (烹調前溫度 20°C) 南瓜、薯仔、雞	1-4 杯 (1 杯 250 毫升)	<ul style="list-style-type: none"> 將湯倒入水波專用玻璃碗中。 無需覆蓋。 將碗直接放在水波爐底座。 烹調結束後進行攪拌。 									
薄餅 (烹調前溫度 3°C) 辣腸薄餅、至尊薄餅	1-4 塊 (1 塊：約 90 克)	<ul style="list-style-type: none"> 薄餅放在廚房用紙上，再放在水波爐底座。 									



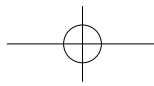
IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

1. This oven is designed to be used on a countertop only. It is not designed to be built-in to a wall or cabinet. Do not place the oven in a cabinet. See page E-3 for the installation.
The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them from burning themselves.
2. Ensure there is a minimum of free space above the oven of 10 cm.
3. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environments
4. The microwave oven is intended for heating food and beverages.
Drying of food or clothing and heating of warming pads, therapeutic devices (eg. wheat bags), slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Children should be supervised to ensure that they do not play with the appliance.
7. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
8. **WARNING:** When the appliance is operated in SuperSteam, Convection or Pure Steam, children should only use the oven under adult supervision due to the temperature generated.
9. **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
10. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician trained by SHARP.
11. **WARNING:** Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
12. If the power supply cord of this appliance is damaged, it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard.
13. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
14. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
15. Eggs in their shell and whole hard-boiled eggs should not be heated on microwave modes since they may explode, even after microwave heating has ended. To cook or reheat eggs which have not been scrambled or mixed on microwave modes, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them on microwave modes.
16. Utensils should be checked to ensure that they are suitable for use in the oven. See Page E-31. Use only microwave safe containers and utensils on microwave modes.
17. Metallic containers for food and beverages are not allowed during microwave modes.
18. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
19. During use the appliance becomes hot. Care should be taken to avoid touching the heating elements and oven cavity. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.
20. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
21. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
22. The oven should be cleaned regularly and any food deposits removed.
23. Cleaning and user maintenance shall not be performed by children without supervision.
24. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
25. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
26. Steam cleaner is not to be used.
27. See instructions for cleaning door seals, cavities and adjacent parts on page E-24.
28. See instructions for using accessories on page E-4.

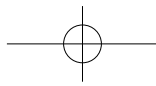
Other warnings

1. To reduce the risk of fire in the oven cavity:
 - a. No other liquid than room temperature water suitable for drinking (filtered) can be poured into the water tank.
 - b. The oven should not be left unattended during operation. High oven temperature or long cooking time may overheat foods resulting in a fire.
 - c. Do not overcook food.
 - d. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - e. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
 - f. Do not use containers made of synthetic material for cooking. They could melt at high temperature.



IMPORTANT SAFETY INSTRUCTIONS

- g. Do not use plastic containers if the oven is still hot because they may melt. Plastic containers must not be used unless the container manufacturer claims it is suitable.
- h. Do not store food or any other items inside the oven.
- i. When alcoholic beverages are added when roasting or cooking cakes and sweets, there is a risk that vapours released by the alcohol may catch fire upon coming into contact with the electrical heating element. Attend the oven closely during cooking.
2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the container. Your oven is capable of heating food and beverages very quickly with microwave, therefore it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
Additionally:
 - a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. Do not use excessive amount of time.
 - c. When boiling liquids in the oven, use a wide-mouthed container.
 - d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
 - e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.
3. Never operate the oven whilst any object is caught or jammed between the door and the oven.
4. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the latches.
5. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
6. Never tamper with or deactivate the latches.
7. Always use thick oven gloves 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.
8. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
9. Avoid steam burns by directing steam away from the face and hands. Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
10. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
11. Use care when opening door. To avoid burns from escaping heat and steam, let hot air or steam escape before removing or replacing food.
12. Do not place anything on the outer cabinet because the oven will become very hot during operation.
13. To avoid burns, always test the food and container temperature and stir before serving. Pay special attention to the temperature of food and drink given to babies, children and the elderly. Do not drink beverages or soup without checking the container's temperature. Take extra caution when handling the container because it becomes very hot.
14. Make sure the utensil does not touch the interior walls during cooking.
15. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, air-vent openings, accessories and dishes because the escaping steam from the ventilation cover during operation becomes hot.
16. Do not touch around the oven lamps directly. This part will become hot when the oven lamp is on.
17. When the oven is in use, ventilate a room where the oven is installed. e.g. open a window or switch a kitchen ventilation fan on. Steam from the ventilation cover may wet nearby wall or furniture.
18. Do not operate the oven if the water tank cracks and water leaks. Please contact a SERVICE CENTRE APPROVED BY SHARP.
19. Do not insert fingers or objects in the holes (the steam outlets or air-vent openings) as this may damage the oven and cause an electric shock or a hazard.
20. Do not touch the electric plug with wet hand. Plug into the electric wall socket securely. When removing the plug from the socket always grip the plug, never pull the power supply cord as this may damage the power supply cord and the connections inside the plug.
21. Never move the oven when it is operating. If the oven needs to be moved, always drain all water inside the oven using DRAIN WATER. After draining, empty the drip tray.
22. Do not put any water on the door or control panel intentionally.
23. If the oven falls down or drops on the floor, do not use the oven. Unplug the unit and contact a SERVICE CENTRE APPROVED BY SHARP.
24. Do not place any things weighing more than 5 kg on the door to prevent that the oven may fall down or could damage the door and hinges. Do not cling onto the handle and do not hang heavy objects from it.
25. To prevent condensation which could corrode the appliance, do not leave cooked food in the oven for an extended period.



INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
 - 1) Rack
 - 2) 2 Baking trays
 - 3) Splash guard
 - 4) Descaling guide
 - 5) Operation manual
 - 6) Cookbook
 - 7) Touch guide
 - 8) Test strip
3. Since the door may become hot during cooking, and in order to avoid its accidental touch, the oven should be placed at least 85 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. This oven is designed to be used on a countertop only. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. It should not be installed near combustible materials, for example, curtains. The oven should be installed so as not to block ventilation openings. A fire may occur if this appliance is covered or touching flammable material, including curtains, drapes, walls, etc. Allow space of at least 10cm from top of the oven for air ventilation. This oven is not designed to be built-in to a wall or cabinet.

WARNING: Steam is ventilated from the top rear of the oven. Make sure the escaping steam does not wet electrical outlets/other electrical appliances.

5. If the window is close to the oven, keep more than 20 cm distance between the ventilation and the window. Window may be broken by the heat from the ventilation.

CAUTION: Steam ventilated from the oven may wet or dirty nearby furniture or wall. Keep sufficient space between the oven and the wall or furniture. Steam comes from the ventilation cover or door during cooking or after cooking. Steam may be condensed on the wall or furniture around the oven. Install the oven where it can be well ventilated.

To prevent from wet, we recommend to cover the wall or furniture with aluminium foil.

6. Do not connect other appliances to the same socket using an adaptor plug.
7. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure. The A.C. voltage and frequency must correspond to the one indicated on the rating label.
8. This appliance must be earthed:

IMPORTANT

The wires in power supply cord are coloured in accordance with the following code:

Green-and-yellow	:	Earth
Blue	:	Neutral
Brown	:	Live

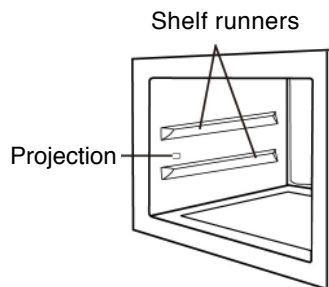
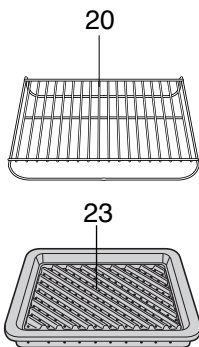
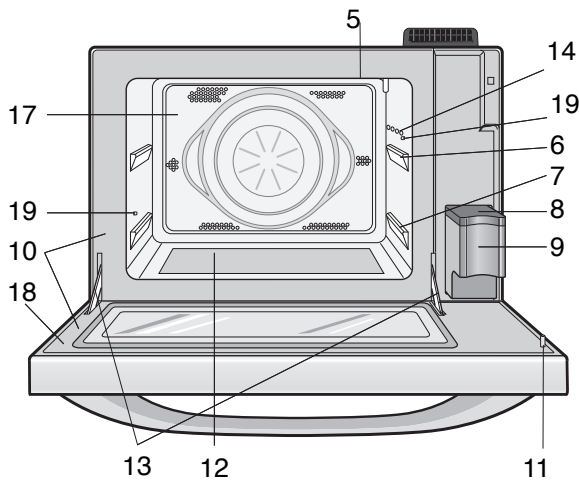
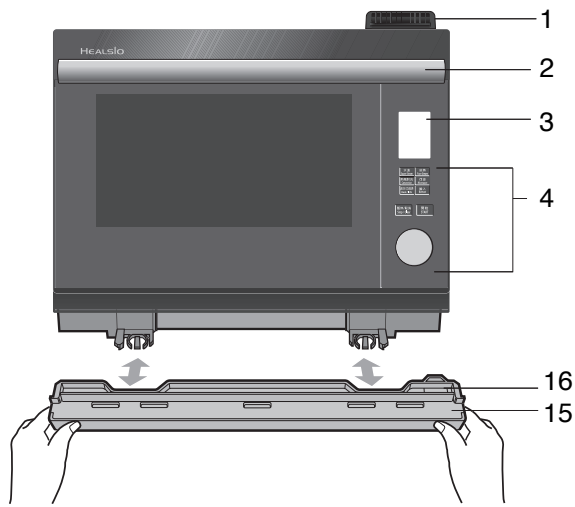
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \perp or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.

OVEN DIAGRAM



- 1 Ventilation openings
- 2 Door open handle
- 3 LCD display
- 4 Control panel
- 5 Oven lamp
- 6 Shelf runner (upper position)
- 7 Shelf runner (lower position)
- 8 Water tank lid (See page E-6.)
- 9 Water tank (See page E-6.)
- 10 Door seals and sealing surfaces
- 11 Latches
- 12 Ceramic oven floor
- 13 Door hinges
- 14 Steam outlets
- 15 Drip tray lid (See page E-6.)
- 16 Drip tray (See page E-6.)
- 17 Oven cavity
- 18 See through door
- 19 Projection

ACCESSORIES

- 20 Rack
For SuperSteam, Convection and Pure Steam. Do not use when microwave cooking. Always place on baking tray or splash guard.
- 21 Baking tray x2
For SuperSteam, Convection, Pure Steam and Descale function. Slide the baking tray into between the shelf runner and projection. See figure 1. Do not use when microwave cooking.
- 22 Descaling guide (See page E-8.)
- 23 Splash guard
For SuperSteam and Convection. Use splash guard and rack together when cooking meat. It diminishes the splash of oily meat juice onto the oven walls. Place the splash guard on the baking tray, and then place the rack as shown in Figure 2. Do not place food directly on the splash guard.

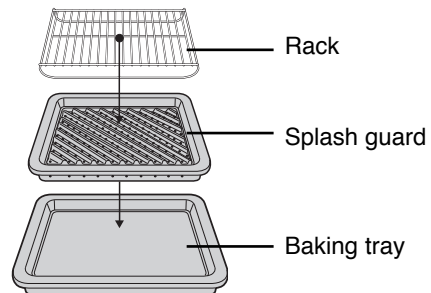


Figure 1

Figure 2

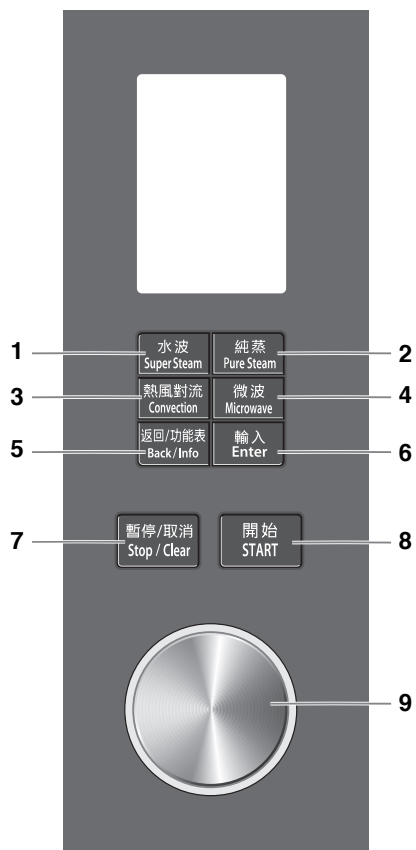
WARNING:

The oven cavity, door, outer cabinet, accessories and dishes will become very hot, use thick dry oven gloves when removing the food or accessories from the oven to prevent burns.

OPERATION OF CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel. An entry signal tone should be heard each time you press the control panel to make a correct entry. In addition the oven will beep for approximately 2 seconds at the end of the cooking cycle, or 4 times when a cooking procedure is required.

Touch Control Panel Layout



1. SuperSteam pad

Press to select SuperSteam cooking. SuperSteam has 2 options; "automatic cooking" and "manual cooking".

2. Pure Steam pad

Press to select Pure Steam cooking. Pure Steam has 2 options; "automatic cooking" and "manual cooking".

3. Convection pad

Press to select Manual Convection cooking. No automatic cooking mode for Convection.

4. Microwave pad

Press to select Microwave cooking. Microwave has 3 options; "auto defrost", "sensor reheat" and "manual cooking"

5. Back/Info pad

Press to go back to the previous page during programming before pressing **START**. Press to do maintenance to your oven, or customise it.

6. Enter pad

Press to confirm your choice.

7. Stop/Clear pad

Press to clear during programming. Press once to stop operation of oven during cooking; Press twice to cancel cooking programme.

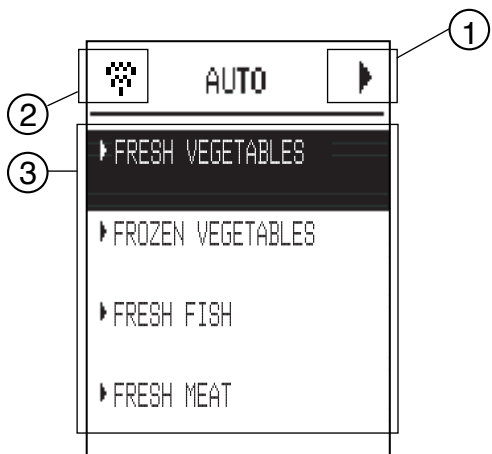
8. START pad

Press to start oven after setting programmes.

9. Knob

Turn to select desired option.

Display Information

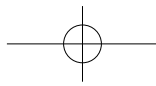


① Arrows indicate more than one page; when you see an arrow, you can turn the knob to move back and forth between pages. When there are no arrows, you can go back to the previous page by touching **Back/Info**.

② The illustration at the top of display indicates the selected cooking mode.

- SuperSteam was selected.
- Pure Steam was selected.
- Microwave was selected.
- Convection was selected.

③ Words will light in the display to indicate features and cooking instructions.



IMPORTANT INSTRUCTIONS

Read Carefully Before Cooking in SuperSteam & Pure Steam

WATER TANK

To fill the water tank with room temperature water suitable for drinking (filtered) is a must for SuperSteam and Pure Steam in both Automatic and Manual Cooking. Be sure to follow the directions below.

1. Pull the water tank toward you to remove. (Figure 1)
2. Wash the water tank and lid for the first time.
3. Fill the water tank with **room temperature water suitable for drinking (filtered) through the lid to the 2 mark (MAX mark) each time you begin to cook.** (Figure 2) Do not fill the water tank over the 2 mark (MAX mark).
4. Make sure the lid is closed firmly.
5. Install the water tank by pushing firmly. (Figure 3)
6. After cooking, empty the water tank and wash the water tank and the lid.

NOTES:

1. Do not use any other liquids like distilled water, R.O water, mineral water and etc.
2. An insufficient amount of water in the water tank may cause an undesired result.
3. We recommend that you empty the water tank every time after cooking. Do not leave the water tank filled with water in the oven over a day.
4. If any messages, such as "Fill water tank with water", are as shown in the display during cooking, refer to Troubleshooting Chart on page E-26.
5. Do not drop or damage the water tank. Heat may cause the water tank to change shape. Do not use a damaged water tank. Contact a SERVICE CENTRE APPROVED BY SHARP.
6. There may be a few water drops when removing the water tank. Wipe the oven dry with a soft cloth.
7. Do not block the air holes on the lid of the water tank. It will cause trouble during cooking.
8. A small amount of water will drain into the drip tray when the water tank is removed. Empty after cooking.

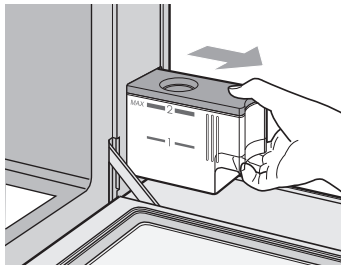


Figure 1

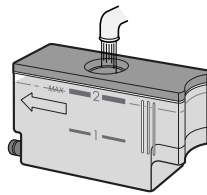


Figure 2

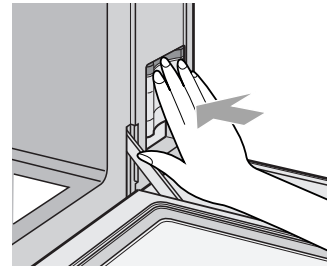


Figure 3

DRIP TRAY

Be sure to cook with drip tray in position and follow the directions below.

The drip tray and the lid are packed with the oven. Place the drip tray and lid under the oven door as shown in Figure 4. This drip tray collects the condensation from the oven door.

To remove the drip tray: Pull the drip tray toward you with both hands.

* Make sure water is not dripping down before removing the drip tray.

To replace the drip tray: Place the drip tray onto the right and left hooks under the oven and push firmly as shown in Figure 4. Insert the drip tray horizontally when you attach it. Improper use may cause the damage to the hooks.

If "Replace drip tray" or "Empty drip tray and replace" is as shown in the display, remove and then replace the drip tray correctly.

Empty the drip tray after each time you cook. Empty, rinse thoroughly, dry and replace. Failure to empty may cause the drip tray to overflow. Cooking repeatedly without emptying the drip tray may cause it to overflow.

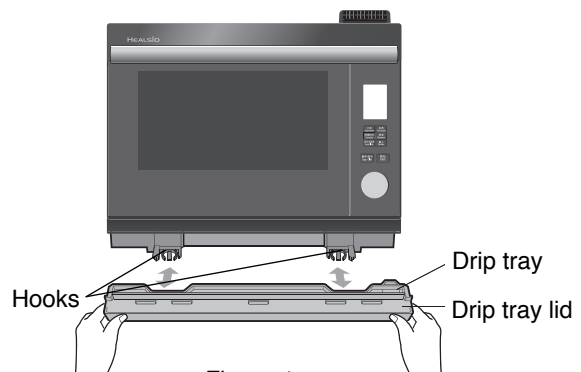
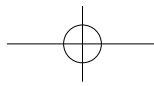


Figure 4

WARNINGS:

1. The oven will become very hot after cooking and draining water function.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
3. Make sure that the oven has cooled before emptying the water tank and the drip tray and then wipe the oven cavity.
4. Do not touch the water directly as water in the drip tray may be hot.



IMPORTANT INSTRUCTIONS

SuperSteam & Pure Steam in Automatic and Manual Cooking

Before cooking

1. Make sure the water tank is filled with room temperature water suitable for drinking (filtered) and is installed. (See page E-6.)
2. Make sure the empty drip tray is installed. (See page E-6.)
3. Place food in the oven unless preheating is needed. (Refer to each chart to check if preheating is required in automatic operations.)

After Cooking

1. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.
2. Perform the Drain Water function at least once a day after using SuperSteam or Pure Steam mode.
3. Check that water is not dripping down before removing the drip tray, as a small amount of water drains into the drip tray when the water tank is removed.

Oven Door Opening

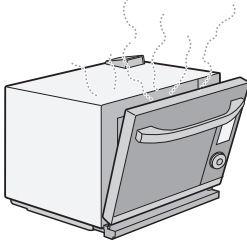


Figure 1

You can stop the door with the upper part of the oven open to exhaust steam, to cool or dry the oven cavity temporarily after cooking. (See Figure 1)

WARNING: Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

NOTE: Avoid opening and closing the door during cooking as the oven cavity temperature drops suddenly, which may affect the result.



IMPORTANT INSTRUCTIONS

Drain Water Function

Perform the Drain Water function at least once a day after using SuperSteam or Pure Steam mode. It takes up to 8 minutes.

Drain Water function is very useful to prevent scale build up and the use of stale water. It causes evaporation of the internal steam system.

PROCEDURE

- 1 Press **Back/Info**, turn the **Knob** to select **DRAIN WATER** and press **Enter**.
 
- 2 Make sure the water tank is removed and press **START**.
 
- 3 After the oven has cooled, wipe oven cavity. Wait a few minutes, then empty the drip tray.

NOTE:


The water tank must be removed before starting this procedure.

Descal Function

White or gray grains, also called scale, may form in the water circuit inside the oven during steam generation, which could cause the oven to malfunction.

When **DESCALING IS NECESSARY** is shown in the display, be sure to carry out Descal function immediately. It takes about 1 hour.



PROCEDURE

- 1 Press **Back/Info**, turn the **Knob** to select **DESCALE** and press **Enter**.
 
- 2 Pure citric acid, available at some drugstores, or bottled 100% lemon juice with no pulp are used for descaling. Choose one and prepare the descaling solution.

To use pure citric acid, dissolve 1 tablespoon of pure citric acid crystals in 500ml of water in a non-porous container. Stir well and pour into the water tank.

To use 100% bottled lemon juice, check that there is absolutely no pulp in it. If there is pulp or you are not sure, strain through a fine strainer. Measure 70ml of the strained lemon juice and add it to 500ml of water. Stir well and pour into the water tank.

Place the water tank in the oven correctly and push firmly into place.

- 3 Place baking tray on upper level. Place descaling guide on the right side edge of baking tray as shown in Figure 1. Push down the right side edge of descaling guide to insert the projection between the wall and the baking tray as shown in Figure 2. Check that the edge of the descaling guide is below all steam outlets/screw heads as shown in Figure 3.
- 4 Do not place any food in the oven. Press **START** to begin descaling.
 
- 5 When the oven has stopped and is cool, remove water tank, empty, rinse and refill with room temperature water suitable for drinking (filtered). Replace water tank. Remove the descaling guide as shown in Figure 4. Remove baking tray, empty, rinse and dry. Follow step 3 to replace baking tray and descaling guide. Press **START**. Rinsing will start.
 
- 6 When rinsing has ended and the oven is cool, remove water tank and empty. Then remove descaling guide as shown in Figure 4. Remove baking tray and empty. Wipe oven cavity to dry. Wait a few minutes and then empty the drip tray.

WARNING:

The area around the steam outlets becomes hot. Pay extra attention to attach or remove descaling guide.

NOTE:

Oven light goes off after Enter is pressed at Step 1.

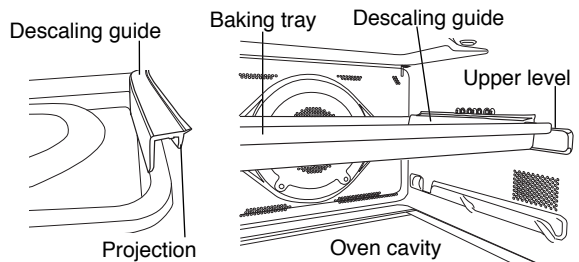


Figure 1

Figure 2

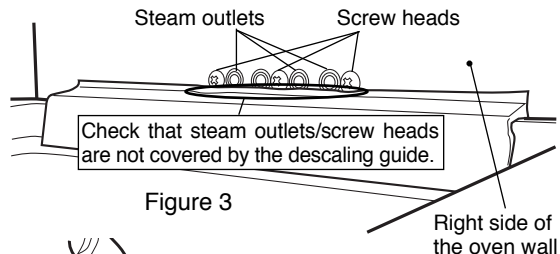


Figure 3

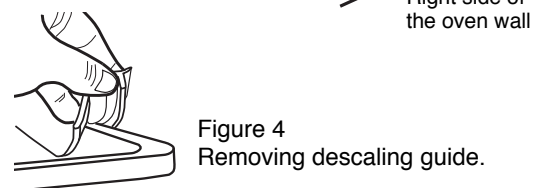
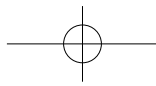


Figure 4

Removing descaling guide.



BEFORE OPERATING

- Before operating your Water Oven, make sure you read and understand this operation manual completely.
- Before the oven can be used, follow these procedures:
 1. Place the drip tray correctly. See page E-6.
 2. See below for getting started.
 3. Follow directions on the right side for clean the oven before first use.

Getting Started

Your oven has an Energy Save Mode. This facility saves electricity when the oven is not in use.

PROCEDURE

- 1 Plug the oven into a power point. Nothing will appear on the display at this time.
- 2 Open the door. The display will show ENERGY SAVE MODE.
- 3 Close the door. Now you can ready to use the oven.

CAUTION:

In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. after closing the door, or pressing the **Stop/Clear** pad, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door.

NOTE:

When you set Child Lock or Demonstration Mode, Energy Save Mode will be cancelled temporary.

Stop/Clear

1. Press **Stop/Clear** if you make a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Return the home page (displayed ENERGY SAVE MODE) to the display.
4. Cancel a program during cooking, press twice.

Back

1. Press **Back/Info** if you want to go back to the previous page during programming before pressing **START**.
2. After pressing **START**, it is not possible to return to a previous page.





CLEAN THE OVEN BEFORE FIRST USE

The steam generator heats the water which is used for cooking. It should be cleaned before the first use to get rid of any odor in the oven cavity. Clean the oven with SuperSteam Grill in manual operation for 20 minutes without preheat and food. You may notice some smoke and odor during this process. This is normal. The oven is not out of order.

PREPARATION

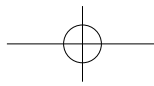
1. Ventilate the room.
2. Make sure the water tank is filled with room temperature water suitable for drinking (filtered) and is installed.
3. Make sure that the empty drip tray is installed.

PROCEDURE

- 1 Press **SuperSteam**, turn the **Knob** to select **MANUAL** and press **Enter**.
 
- 2 Turn the **Knob** to select **SUPER STEAM GRILL** and press **Enter**.
 
- 3 Turn the **Knob** to select **WITHOUT PREHEAT** and press **Enter**.
 
- 4 Turn the **Knob** to enter cooking time (20 min.) and press **START**.
 

WARNINGS:

1. The oven door, outer cabinet and oven cavity will become hot.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.



AUTOMATIC COOKING

Automatic Operation is available with SuperSteam, Pure Steam and Microwave. Refer to each function for the details.












SuperSteam

SuperSteam has 4 options: Complete Meals, Grill, Roast and Bake.
Refer to the SuperSteam Menu Guide for details on page E-36-40.

COMPLETE MEALS

* Suppose you want to cook Complete Meals Roast beef with potatoes with Standard time.















PROCEDURE

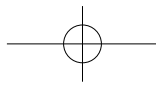
- 1 Press **SuperSteam**, turn the **Knob** to select **AUTO** and press **Enter**.


- 2 Turn the **Knob** to select **COMPLETE MEALS** and press **Enter**.


- 3 Turn the **Knob** to select **ROAST BEEF WITH POTATOES** and press **Enter**.


- 4 Make sure **STANDARD** is selected and then press **Enter**.

- 5 Place food in the oven by following the directions in the display and the cooking chart. Close the door. Press **START**.

- 6 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**.
If not, press **Stop/Clear**.
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.




GRILL • ROAST • BAKE

* Suppose you want to cook 4 pieces of Baked Potatoes with Standard time.

PROCEDURE

- 1 Press **SuperSteam**, turn the **Knob** to select **AUTO** and press **Enter**.


- 2 Turn the **Knob** to select **BAKE** and press **Enter**.


- 3 Turn the **Knob** to select **BAKED POTATOES** and press **Enter**.


- 4 Turn the **Knob** to enter amount (4 pieces) and press **Enter**.


- 5 Make sure **STANDARD** is selected and then press **Enter**.

- 6 Press **START** to preheat. No food in oven.

- 7 When preheat is over, place food in the oven by following the directions in the display and the cooking chart. Close the door.
- 8 Press **START**.

- 9 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**.
If not, press **Stop/Clear**.
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.






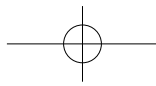
AUTOMATIC COOKING

NOTES:

1. Use splash guard and rack together when cooking meat. Place the splash guard on the baking tray, and then place the rack as shown in Figure 1 on page E-4.
2. Enter the weight or amount of the food only (except Complete Meals, Cake and Bread in BAKE). Do not include the weight of the container.
3. For foods weighing more or less than weights given in the cooking charts, cook manually.
4. If the oven door is not opened after preheating, the oven will hold the preheat temperature for 30 minutes and then "ENERGY SAVE MODE" will be displayed.
5. Always follow the instructions in the display.
6. The programmed cooking times are average times. To extend cooking times preprogrammed in the automatic cooking, see EXTENDING COOKING TIME AT THE END OF COOKING on page E-21.
7. All selections can be programmed with More or Less Time Adjustment. See page E-21.
8. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required in SuperSteam and Pure Steam.
9. The amount of water in the water tank is sufficient for one cooking operation. Water does not need to be added during cooking.
10. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth.
11. After cooking, the display may show "Now cooling". The oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 13 minutes depending on the oven and parts temperature.

WARNINGS:

1. The oven door, outer cabinet and oven cavity will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.









AUTOMATIC COOKING

Pure Steam

Pure Steam has 6 options: Fresh Vegetable 1, Fresh Vegetable 2, Frozen Vegetable, Fresh Fish/Fresh Prawns, Frozen Convenience (Dumplings) and Rice. Refer to the Pure Steam Menu Guide for details on page E-41.

* Suppose you want to cook 0.3 kg of Fresh Vegetable 1 with Standard time.

PROCEDURE

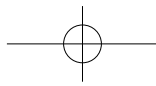
- Press **Pure Steam**, turn the **Knob** to select **AUTO** and press **Enter**.

- Turn the **Knob** to select **FRESH VEG1** and press **Enter**.

- Turn the **Knob** to enter amount (0.3 kg) and press **Enter**.

- Make sure **STANDARD** is selected and press **Enter**.

- Place food in oven. Close the door. Press **START**.

- After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**. If not, press **Stop/Clear**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.


NOTES:

- Enter the weight or amount of the food only. Do not include the weight of the container.
- For foods weighing more or less than weights given in the cooking charts, cook manually.
- The programmed cooking times are average times. To extend cooking times preprogrammed in the automatic cooking, see **EXTENDING COOKING TIME AT THE END OF COOKING** on page E-21.
- Any Pure Steam selection can be programmed with More or Less Time Adjustment. See page E-21.
- Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
- The amount of water in the water tank is sufficient for one cooking operation. Water does not need to be added during cooking.
- During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth.
- After cooking, the display may show "Now cooling". The oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 13 minutes depending on the oven and parts temperature.

WARNINGS:

- The oven door, outer cabinet and oven cavity will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
- Do not open the oven with your face close to the oven. Steam from the oven may cause burns.



AUTOMATIC COOKING

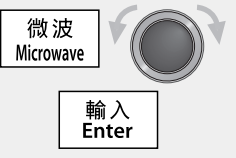






Microwave

AUTO DEFROST

Auto Defrost automatically defrosts all the foods shown in the Auto Defrost Menu Guide on page E-42.

* Suppose you want to defrost a 0.5 kg steak with Standard time.

PROCEDURE

- 1 Press **Microwave**, turn the **Knob** to select **AUTO DEFROST** and press **Enter**.

- 2 Turn the **Knob** to select the desired food **STEAKS, CHOPS** and press **Enter**.

- 3 Turn the **Knob** to select the desired amount (0.5 kg) and press **Enter**.

- 4 Make sure **STANDARD** is selected and press **Enter**.

- 5 Press **START**.

- 6 The oven will stop and directions will be displayed. Follow the indicated message. Close the door. Press **START**.

- 7 After cooking, **EXTEND** will appear. If you wish to extend defrosting time, turn the **Knob** to add time and press **START**. If not, press **Stop/Clear**.


NOTES:

1. Enter the weight of the food only. Do not include the weight of the container.
2. Any Auto Defrost selection can be programmed with More or Less Time Adjustment. See page E-21.
3. To defrost other foods or foods above or below the weights allowed on Auto Defrost Menu Guide, use time and 30% microwave power. See Microwave on page E-20.
4. The programmed defrosting times are average times. To extend defrosting times preprogrammed in the automatic operation, see **EXTENDING COOKING TIME AT THE END OF COOKING** on page E-21.
5. Do not use the baking tray, splash guard and metal rack.

SENSOR REHEAT

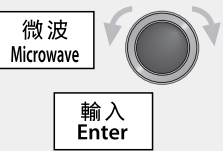



Sensor Reheat automatically reheats all the food shown in the Sensor Reheat Menu Guide on page E-42.

SPECIAL NOTE for SENSOR REHEAT:

1. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to reheating.
2. After oven is plugged in, wait 2 minutes before using.
3. **SENSOR ERROR** will be displayed if:
 - (a) the sensor does not detect the vapour.
 - (b) the door is opened or the **Stop/Clear** pad is pressed before the cooking time is displayed.
 To clear, press the **Stop/Clear** pad and reheat manually.

* Suppose you want to reheat 4 cups of soup with Standard time.

PROCEDURE

- 1 Press **Microwave**, turn the **Knob** to select **SENSOR REHEAT** and press **Enter**.

 - 2 Turn the **Knob** to select the desired food **SOUP** and press **Enter**.

 - 3 Make sure **STANDARD** is selected and press **Enter**.

 - 4 Press **START**.

- * When the sensor detects the vapour from the food, the remaining reheating time will appear.
- 5 After cooking, follow the indicated message.

NOTES:

1. It is not necessary to enter the weight of the food.
2. Any Sensor Reheat selection can be programmed with More or Less Time Adjustment. See page E-21.
3. To reheat other foods or foods above or below the weights allowed on Sensor Reheat Chart, reheat manually. See Microwave on page E-20.
4. When reheating small quantities of food on Sensor Reheat, the food may be reheated without displaying any remaining reheating time during the reheating.
5. Do not use the baking tray, splash guard and metal rack.

MANUAL COOKING

Manual Cooking is an option in SuperSteam, Convection, Pure Steam and Microwave. Refer to the Manual Cooking Chart. The chart gives information on each setting.

Manual Cooking Chart

		Preheat *	Temp range	Adjustment temp during cooking	Time range	2 layer cooking
SuperSteam	Bake/Roast	YES or NO	100 - 250°C	YES	0 - 2h30m	YES
	Grill	YES or NO	-	-	0 - 2h30m	NO
	Cake	YES or NO	100 - 250°C	YES	0 - 2h30m	YES
	Bread	YES or NO	100 - 250°C	YES	0 - 2h30m	YES
Convection	Oven	YES or NO	100 - 250°C	YES	0 - 2h30m	YES
	Grill	YES or NO	-	-	0 - 2h30m	NO
Pure Steam	High	NO	-	-	0 - 35m	NO
	Low	NO	-	-	0 - 45m	NO
	Reheat	NO	-	-	0 - 35m	NO
	Proof	NO	40°C	-	0 - 2h30m	NO
Microwave	Manual	-	0 - 100% power	-	0 - 1h30m	NO

* Preheat temperature is held for 30 minutes.

COOKING TIME INPUT

Your oven can be programmed for up to 2 hours 30 minutes depending on the cooking mode. Refer to the MANUAL COOKING CHART. The input unit increment varies from 5 seconds to 5 minutes, depending on the total length of time and cooking mode as shown in the table below.

TEMPERATURE INPUT

Your oven can be programmed for temperatures from 100°C to 250°C, which can be adjusted every 10°C with an initial setting is 180°C.

ITEM	INPUT STEP
Temperature	10°C per step (180°C is initial temperature)
Cooking Time except Microwave	0 - 15 min. : 30 sec. per step
	15 min. - 1 hour : 1 min. per step
	1 hour - Max : 5 min. per step
Cooking Time Microwave	0 - 2 min. : 5 sec. per step
	2 - 5 min. : 10 sec. per step
	5 - 10 min. : 30 sec. per step
	10 - 30 min. : 1 min. per step
	30 - 90 min. : 5 min. per step

MANUAL COOKING

SuperSteam

Manual SuperSteam has 4 functions: SuperSteam Bake/Roast, SuperSteam Grill, SuperSteam Cake and SuperSteam Bread, and each function has 2 options, With Preheat or Without Preheat. Use SuperSteam for cooking foods that need to retain moisture and have a crisp brown exterior. Refer to the separated cookbook, ensure the suitable menus and follow to SHARP instructions.







SUPER STEAM BAKE/ROAST • SUPER STEAM CAKE • SUPER STEAM BREAD

Use these modes for roasting meat / poultry and baking cake/bread with superheated steam. By automatically controlling the superheated steam, food will retain its moisture but have a crisp brown outside.

These modes can be programmed for up to 2 hours 30 minutes (2H30). Oven temperature can be set between 100°C and 250°C in 10°C step.

* Suppose you want to cook for 1 hour and 10 minutes on SuperSteam Bake/Roast (with preheat) at 160°C.

PROCEDURE

- 1 Press **SuperSteam**, turn the **Knob** to select **MANUAL** and press **Enter**.

- 2 Turn the **Knob** to select **SUPER STEAM BAKE/ROAST** and press **Enter**.

- 3 Turn the **Knob** to select **WITH PREHEAT**. Press **Enter**.

- 4 Turn the **Knob** to enter the desired temperature **160°C** and press **Enter**.

- 5 Turn the **Knob** to enter the desired cooking time **1 hour and 10 minutes**.

- 6 Press **START** to preheat. No food in oven.

- 7 When preheat is over, place food in the oven. Close the door.

- 8 Press **START**.

開始
START

- 9 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**.



開始
START

If not, press **Stop/Clear**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.

暫停/取消
Stop / Clear

MANUAL COOKING

SUPER STEAM GRILL

Use this mode for grilling meat / poultry / ready-made snacks with superheated steam. By automatically controlling the superheated steam food will retain its moisture but have a crisp brown outside.

This mode can be programmed for up to 2 hours 30 minutes (2H30).

* Suppose you want to cook for 15 minutes on Super-Steam Grill (with preheat).

PROCEDURE

1 Press **SuperSteam**, turn the **Knob** to select **MANUAL** and press **Enter**.



2 Turn the **Knob** to select **SUPER STEAM GRILL** and press **Enter**.



3 Turn the **Knob** to select **WITH PREHEAT**. Press **Enter**.



4 Turn the **Knob** to enter the desired cooking time 15 minutes.



5 Press **START** to preheat. No food in oven.



6 When preheat is over, place food in the oven. Close the door.

7 Press **START**.



8 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**.



If not, press **Stop/Clear**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.

NOTES:

1. Use splash guard and rack together when cooking meat. Place the splash guard on the baking tray, and then place the rack as shown in Figure 1 on page E-4.
2. If the oven door is not opened after preheating, the oven will hold the preheat temperature for 30 minutes and then "ENERGY SAVE MODE" will be displayed.
3. To program only preheat, press **START** after entering the desired preheat temperature. For Super-Steam Grill, press **START** after selecting **WITH PREHEAT**. Preheat will start. When the oven reaches the programmed temperature, follow the message in the display.
4. To extend cooking time, see **EXTENDING COOKING TIME AT THE END OF COOKING** on page E-21.
5. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
6. The amount of water in the water tank is sufficient for one cooking operation. Water does not need to be added during cooking.
7. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth.
8. After cooking, the display may show "Now cooling". The oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 13 minutes depending on the oven and parts temperature.

WARNINGS:

1. The oven door, outer cabinet and oven cavity will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

MANUAL COOKING

Convection

Manual Convection has 2 functions, Oven and Grill, and each function has 2 options, With Preheat or Without Preheat. Use Convection as you would use as a conventional oven. There is no need to change traditional cooking times. This mode does not use steam. This mode can be programmed for up to 2 hours 30 minutes (2H30). Oven temperature can be set between 100°C and 250°C by 10°C step. Grill is a pre-set temperature, so oven temperature cannot be changed.

OVEN

* Suppose you want to cook for 10 minutes on Oven (with preheat) at 250°C.

PROCEDURE

- 1 Press **Convection**, turn the **Knob** to select **OVEN** and press **Enter**.


- 2 Turn the **Knob** to select **WITH PREHEAT**. Press **Enter**.

- 3 Turn the **Knob** to enter the desired temperature 250°C and press **Enter**.

- 4 Turn the **Knob** to enter the desired cooking time 10 minutes.

- 5 Press **START** to preheat. No food in oven.

- 6 When preheat is over, place food in the oven. Close the door.
- 7 Press **START**.

- 8 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**. If not, press **Stop/Clear**.


GRILL

* Suppose you want to cook for 20 minutes on Grill (with preheat).

PROCEDURE

- 1 Press **Convection**, turn the **Knob** to select **GRILL** and press **Enter**.

- 2 Turn the **Knob** to select **WITH PREHEAT**. Press **Enter**.

- 3 Turn the **Knob** to enter the desired cooking time 20 minutes.

- 4 Press **START** to preheat. No food in oven.

- 5 When preheat is over, place food in the oven. Close the door.
- 6 Press **START**.

- 7 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**. If not, press **Stop/Clear**.


WARNING:

The oven door, outer cabinet and oven cavity will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

NOTES:

1. Use splash guard and rack together when cooking meat. Place the splash guard on the baking tray, and then place the rack as shown in Figure 1 on page E-4.
2. If the oven door is not opened after preheating, the oven will hold the preheat temperature for 30 minutes and then "ENERGY SAVE MODE" will be displayed.
3. To program only preheat, press **START** after entering the desired preheat temperature. For Grill, press **START** after selecting WITH PREHEAT. Preheat will start. When the oven reaches the programmed temperature, follow the message in the display.
4. To extend cooking times, see **EXTENDING COOKING TIME AT THE END OF COOKING** on page E-21.
5. Keep the door closed. If opened during cooking, heat will escape and a longer cooking time will be required.
6. After cooking, the display may show "Now cooling". The oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 13 minutes depending on the oven and parts temperature.

MANUAL COOKING

Pure Steam







Pure Steam has 4 functions: Steam High, Steam Low, Steam Reheat and Proof.

STEAM HIGH • STEAM LOW

Use Steam High to steam foods such as chicken or vegetables. Use Steam Low to steam fish or egg custard gently. With Steam Low mode, cooking time is a little longer than Steam High mode. Steam cooks food gently without destroying shape, colour or aroma. The Steam High can be programmed for up to 35 minutes (35.00). The Steam Low can be programmed for up to 45 minutes (45.00).

* Suppose you want to cook for 20 minutes on Steam High.

PROCEDURE

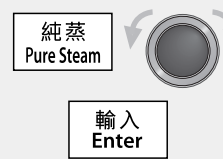





- 1 Press **Pure Steam**, turn the **Knob** to select **MANUAL** and press **Enter**.

- 2 Turn the **Knob** to select **STEAM HIGH** and press **Enter**.

- 3 Turn the **Knob** to enter the desired cooking time 20 minutes.

- 4 Put food in the oven. Press **START**.

- 5 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**.
If not, press **Stop/Clear**.
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.



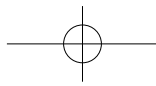
STEAM REHEAT

Use Steam Reheat to reheat gently without drying. Use Steam Reheat to reheat foods in metal container. Cooking time is longer than microwave oven. Steam Reheat can be programmed for up to 35 minutes (35.00).

* Suppose you want to reheat for 20 minutes on Steam Reheat.

PROCEDURE

- 1 Press **Pure Steam**, turn the **Knob** to select **MANUAL** and press **Enter**.

- 2 Turn the **Knob** to select **STEAM REHEAT** and press **Enter**.

- 3 Turn the **Knob** to enter the desired cooking time 20 minutes.

- 4 Press **START**.

- 5 After cooking, **EXTEND** will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START**.
If not, press **Stop/Clear**.
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.





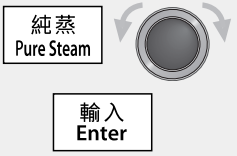




MANUAL COOKING

PROOF

Use Proof to aid dough rising when making regular or sweet yeast breads. Proof can be programmed for up to 2 hours 30 minutes (2H30).

* Suppose you want to proof for 20 minutes.

PROCEDURE

- 1 Press **Pure Steam**, turn the **Knob** to select **MANUAL** and press **Enter**.

- 2 Turn the **Knob** to select **PROOF** and press **Enter**.

- 3 Turn the **Knob** to enter the desired proofing time 20 minutes.

- 4 Press **START**.

- 5 After proofing, **EXTEND** will appear. If you wish to extend proofing time, turn the **Knob** to add time and press **START**.
 If not, press **Stop/Clear**.
 After the oven has cooled, remove and empty the water tank, wipe oven cavity. Wait a few minutes, then empty the drip tray.


NOTES:

1. To extend steaming times, see **EXTENDING COOKING TIME AT THE END OF COOKING** on page E-21.
2. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
3. The amount of water in the water tank is sufficient for one cooking operation. Water does not need to be added during cooking.
4. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth.
5. After cooking, the display may show "Now cooling". The oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 13 minutes depending on the oven and parts temperature.

WARNINGS:

1. The oven door, outer cabinet and oven cavity will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

MANUAL COOKING

Microwave

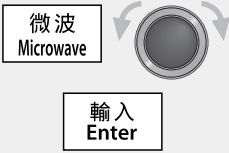

Microwave is fast and convenient for cooking, reheating and defrosting. There are 6 different power levels.

Power level	Examples
100%	Raw meat, Vegetables, Rice or Pasta
70%	Delicate Foods such as Eggs or Seafood.
50%	
30%	Defrost, Softening butter
10%	Keep food warm
0%	

This variable cooking control allows you to select the rate of microwave cooking. If a power level is not selected, then 100% is automatically used.

* Suppose you want to cook for 5 minutes on 100%.

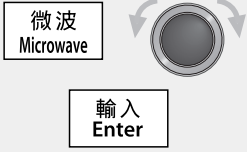



PROCEDURE

- Press **Microwave**, turn the **Knob** to select MANUAL and press **Enter**.

- Turn the **Knob** to enter the desired cooking time 5 minutes and press **START**.


To change the power, turn the Knob. To lower power level, turn the Knob to the left.

* Suppose you want to defrost for 5 minutes on 30%.

PROCEDURE

- Press **Microwave**, turn the **Knob** to select MANUAL and press **Enter**.

- Turn the **Knob** to enter defrosting time 5 minutes and press **Enter**.

- Turn the **Knob** to select power level 30%.

- Press **START**.


NOTES:

- After cooking, the display may show "Now cooling". The oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 13 minutes depending on the oven and parts temperature.
- Do not use the baking tray, splash guard and metal rack.

HINT:

For cooking cake or meatloaf, place the container on upturned heat-resistant shallow dish.

OTHER CONVENIENT FEATURES

Automatic Cooking Time Adjustment (More or Less Time Adjustment)

You can adjust cooking results as you like.

Should you discover that you like any automatic settings slightly **more** done, select **MORE** in the cooking time page before **START**.

The display will show **MORE**.

Should you discover that you like any automatic settings slightly **less** done, select **LESS** in the cooking time page before **START**.

The display will show **LESS**.

Extending Cooking Time at the End of Cooking

Cooking results may vary depending on room temperature, initial food temperature and other factors. You can adjust cooking results by adding more cooking time at the end. When cooking is finished, the display will show "EXTEND". It is only possible to add extra time during the 5 minutes when "EXTEND" is in the display. The time can be extended up to 10-30 minutes depending on cooking mode. Turn the **Knob** for the desired time and then press **START**. The same cooking mode will be continued except for SuperSteam. Convection mode will be continued for SuperSteam. Carefully check the cooking process.

NOTES:

1. If "Fill water tank with water" is displayed when **START** is pressed, fill the water tank to the 2 mark (MAX mark). Position and push firmly into place.
2. Extend mode is canceled when **Stop/Clear** is pressed.
3. EXTEND is available depending cooking mode. See below. The Extending Cooking Time function can be repeated until the food is cooked as you desire.

		Extend time at end
SuperSteam	Auto	0 - 30 min
	Manual	0 - 30 min
Convection	Manual	0 - 30 min
Pure Steam	Auto	0 - 10 min
	Manual	0 - 10 min
Microwave	Auto Defrost	0 - 10 min
	Sensor Reheat	No
	Manual	No

Temperature Adjustment

To change the oven temperature during cooking in Manual Operations with SuperSteam Bake/Roast, SuperSteam Cake, SuperSteam Bread and Convection Oven, simply turn the **Knob** to increase or decrease in 10°C increments and then press **Enter**.

If **Enter** is not pressed within 5 seconds, the temperature will revert to the initial temperature that you selected.

End of Cooking Reminder

At end of cooking, the oven will signal and repeat after 2 and 4 minutes unless door is opened or **Stop/Clear** is pressed.

OTHER CONVENIENT FEATURES

Multiple Sequence Cooking

SUPER STEAM AND CONVECTION

There are 2 patterns in Super Steam and Convection which can be programmed into Multiple Sequence Cooking.

- ① Preheat + Convection (Oven) + Convection (Oven)
- ② Preheat + SuperSteam (SuperSteam Bake/Roast) + Convection (Oven)
- Preheat can be omitted.

* Suppose you want to cook in Sequence Cooking with Preheating in pattern ② .

1st stage is SuperSteam Bake/Roast, at 160°C for 1 hour and 10 minutes.

2nd stage is Convection Oven, at 230°C for 10 minutes.

PROCEDURE

- 1 For 1st stage, follow the steps 1 to 5 in Super-Steam Bake/Roast. See page E-15.

- 2 Press **Convection** to program the second stage.

熱風對流
Convection

- 3 Turn the **Knob** to enter the desired temperature 230°C and press **Enter**.



- 4 Turn the **Knob** to enter the desired cooking time 10 minutes.



- 5 Press **START**.

開始
START

MICROWAVE

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.

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

PROCEDURE

- 1 For 1st stage, follow the steps 1 to 3 in manual microwave cooking. See page E-20.

- 2 Press **Microwave** to program the second stage.

微波
Microwave

- 3 Turn the **Knob** to enter cooking time 30 minutes and press **Enter** to proceed.

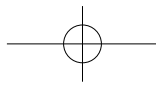


- 4 Turn the **Knob** to select power level 50%.



- 5 Press **START**.

開始
START



OTHER CONVENIENT FEATURES

Info

Back/Info provides 7 features and step-by-step instructions for special functions.

MAINTENANCE	SETTINGS
DRAIN WATER DESCALE STEAM CLEAN	CONTRAST CHILD LOCK DEMO MODE WATER HARDNESS

These features can be selected by pressing **Back/Info** in home page (displayed ENERGY SAVE MODE) and then turning the **Knob** and pressing **Enter**.

DRAIN WATER

The remaining water inside the steam generator can be evaporated by using the DRAIN WATER function. See page E-8.

DESCALE

See page E-8.

STEAM CLEAN

See page E-24.

CONTRAST

Contrast can adjust display darkness or brightness.

PROCEDURE

- 1 Press **Back/Info**, turn the **Knob** to select CONTRAST and press **Enter**.
- 2 Turn the **Knob** to adjust contrast and press **Enter** to keep the adjustment. The contrast setting will be held in the memory even if the oven power is off.

CHILD LOCK

Child Lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated and locked.

PROCEDURE

- 1 Press **Back/Info**, turn the **Knob** to select CHILD LOCK and press **Enter**.
- 2 Press **Enter**.

NOTES:

1. To cancel Child Lock, press **Enter** and hold for 3 seconds.
2. If you set Child Lock, energy save mode will be cancelled.
3. When the oven power is off, the setting returns to OFF.

DEMONSTRATION MODE

Cooking operations and special features can be demonstrated with no power in the oven.

PROCEDURE

- 1 Press **Back/Info**, turn the **Knob** to select DEMO MODE and press **Enter**.
- 2 Turn the **Knob** to select DEMO ON and press **Enter**.

NOTE:

1. To cancel Demonstration Mode, select DEMO OFF at step 2 or unplug the oven from the electrical outlet and re-plug. "ENERGY SAVE MODE" will be displayed.
2. If you set Demo Mode, energy save mode will be cancelled.

WATER HARDNESS

Your oven is set at the factory to water hardness setting 3 (Very hard). You can set the oven for the water hardness level.

You can use the test strip supplied to check the water hardness level.

HOW TO USE THE TEST STRIP SUPPLIED:

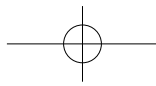
1. Put the test strip into the water you want to use for 1 second, then remove it.
2. Shake off excess water.
3. Wait 15 seconds, and compare colour change on the test strip to colour chart and the table below.

When you use other test strips, follow the instructions of them.

Hardness level	Hardness range	Setting
1	<120 ppm <120 mg/l <6.7 °dH	Soft
2	120 - 250 ppm 120 - 250 mg/l 6.7 - 14.0 °dH	Hard
3	>250 ppm >250 mg/l >14.0 °dH	Very hard

PROCEDURE

- 1 Press **Back/Info**, turn the **Knob** to select WATER HARDNESS and press **Enter**.
- 2 Turn the **Knob** to select desired hardness level and press **Enter**. The water hardness setting will be held in the memory even if the oven power is off.



CLEANING AND CARE

Key Point for Cleaning - Immediately and frequently!

The food splashes and oily meat juice, remaining on the oven interior walls will get stuck and hard to remove if it is not cleaned immediately and after each use. The usage of the Pure Steam function will assist in this cleaning process.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean and remove any food deposits, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

IMPORTANT CAUTIONS:

- DISCONNECT THE POWER CORD BEFORE CLEANING OR LEAVE THE DOOR OPEN TO INACTIVATE THE OVEN DURING CLEANING.
- BEFORE CLEANING, MAKE SURE THE OVEN IS COMPLETE COOL.
- DO NOT USE OVEN CLEANERS, CAUSTIC CLEANERS (ACIDIC/ALKALINE), ABRASIVE, HARSH CLEANERS OR SCOURING PADS ON ANY PART OF YOUR OVEN.
- DO NOT USE A STEAM CLEANER.

Oven Cleaning - Exterior

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners. Keep the ventilation openings free of dust.

Door

Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

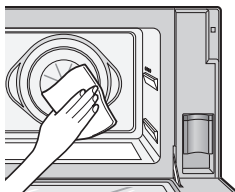
Control Panel

Care should be taken in cleaning the 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 the door and press **Stop/Clear**.

Oven Cleaning - Interior

IMPORTANT INFORMATION:

- **After every use:** Wipe the oven walls with a soft cloth and warm water (or mild soapy water) while the oven is still warm. Using the oven without cleaning may lead splatters to get stuck.
- Do not use caustic cleaners (acidic/alkaline), spray type cleaners, abrasive or harsh cleaners or scouring pads as it may damage the surface of paint coating.



For removal of OIL AND FOOD SPLASHES on oven walls:

1. Fill the water tank with room temperature water suitable for drinking (filtered) through the lid to the 2 mark (MAX mark).
2. Operate the oven with Steam High for 10 minutes without food. See page E-18 in the operation manual.
3. After the steaming, wipe the dirt in the oven interior with a dry soft cloth while the oven is still warm.

For removal of the ODOUR (STEAM CLEAN):

Carry out Steam Clean function below. It is not a self-cleaning function. It will take approximately 20 minutes for the cleaning cycle.

PREPARATION

1. Make sure to wipe the oven walls with a soft cloth and warm water (or mild soapy water) before carrying out Steam Clean.
2. Make sure that the water tank is filled with room temperature water suitable for drinking (filtered) and is installed. (See page E-6.)
3. Make sure that the empty drip tray is installed. (See page E-6.)

PROCEDURE

- 1 Press **Back/Info**, turn the **Knob** to select **STEAM CLEAN** and press **Enter**.

返回/功能表
Back/Info

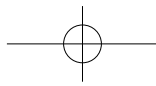


輸入
Enter

- 2 Press **START**.

開始
START

Allow the oven to cool to prevent burns. Then open the door and remove any residue carefully with a soft damp cloth. Finally, remove and empty the water tank. Wait a few minutes, then empty the drip tray.



CLEANING AND CARE

Door Seals

Always keep the door seals clean to prevent any damage. If water condenses inside the door seals, wipe dry with a soft cloth. Polish with another soft cloth. Do not use a chemical or abrasive cleaner on these surfaces. Care should be taken not to rub, damage, pull or move the seals. Before cooking, always check that door seals is lying smooth and flat. If not, steam will leak from the door. Do not use the oven if it has a damaged door seals. Consult a SERVICE CENTRE APPROVED BY SHARP.

Baking Tray / Rack / Splash Guard

Wash baking tray, rack and splash guard after cooking with a mild soap or detergent solution, rinsing and polishing dry. Do not use harsh cleaners, sharp metal scrapers or stiff brushes to prevent damage to the easy clean surface. All the accessories can be washed in the dishwasher.

Water Tank and Water Tank Lid

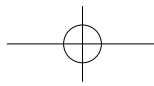
After cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse and polish dry. Do not wash in the dishwasher. Note the filter in the rear bottom of the water tank. Use a very soft brush to remove any build-up in the filter. The filter cannot be removed nor replaced so special care should be taken not to tear the mesh of the filter when cleaning it. Do not use harsh cleaners, sharp metal scrapers or stiff brushes on the water tank, water tank lid and the filter. Do not use a torn filter. Order replacement. Contact a SERVICE CENTRE APPROVED BY SHARP.

Drip Tray and Drip Tray Lid

Empty drip tray after cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse, polish dry and replace below the oven front. Do not wash in the dishwasher.

Descaling within the Oven's Steam Parts

During steam production, scale may form in the steam generator. To remove scale, carry out descale function when DESCALING IS NECESSARY. is shown in the display. See page E-8 for complete instructions.



TROUBLESHOOTING CHART

If EE is displayed or you think the oven is not working properly, check the chart below before consulting a SERVICE CENTRE APPROVED BY SHARP. This will help to prevent unnecessary service calls.

WARNING:

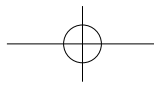
Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. This is important as it may involve the removal of covers that provide protection against electrical parts.

- 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 to avoid the possibility of electric shock or burns.

Troubleshooting Chart

ERROR MESSAGE / INFORMATION MESSAGE

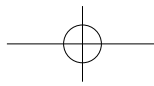
MESSAGE ON DISPLAY		ACTION
ERROR MESSAGE	EE	Due to technical error, contact a SERVICE CENTRE APPROVED BY SHARP.
INFORMATION MESSAGE	Wait. Oven is too warm to use.	The oven is too hot to use Microwave for defrosting or Pure Steam Manual Proof. Remove food from oven and allow to cool until the message clears.
	Water is frozen. Please refer to instructions in operation manual.	The oven may not operate properly. Operate the oven with Convection Grill without food and preheat for 5 minutes. See page E-17.
	Now cooling.	After cooking, the oven and the parts will be hot. Now cooling is shown in the display until the oven cavity has cooled. The cooling fan may continue to operate up to 13 minutes. Now cooling will disappear when the oven has cooled. If you wish to use the warm oven, simply press Stop/Clear .
	Replace drip tray.	Remove and replace the drip tray correctly. See page E-6. In case the drip tray is not installed correctly, Replace drip tray will be shown in the display.
	Empty drip tray and replace.	Empty drip tray and replace will be shown in the display when water remains in the drip tray. You must empty the drip tray and replace it before SuperSteam or Pure Steam Cooking will start. See page E-6.
	Descaling is necessary.	Follow step-by-step instructions for descaling. See page E-8.
	Fill water tank with water.	Remove water tank and fill with water to the 2 mark (MAX mark). Replace and push firmly into place. NOTE: Ensure you do not use any other liquids like distilled water, R.O water, mineral water and etc.
	Remove water tank	If water is in the water tank, Drain Water function will not start. Remove the water tank before starting Drain Water.
	Hot	The oven cabinet and oven cavity are very hot. Pay extra attention not to burn yourself.



TROUBLESHOOTING CHART

The following situations are normal and are not signs that the oven is malfunctioning.

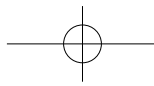
QUESTION / SITUATION		ANSWER
Control panel / power supply	The display is black / blank.	<ul style="list-style-type: none">* Open the door and close.* Check the power plug is properly connected to a suitable wall outlet.* Check the wall socket and fuse are functioning properly.* Disconnect the power cord, wait for a minute, then reconnect.
	The display is fine but START will not function when pressed.	<ul style="list-style-type: none">* Open the door and close. Is the oven light off? Press START again.* If the message "Wait. Oven is too warm to use." is displayed, wait until the message has disappeared.
	Electrical power supply is interrupted during cooking.	The programmed cooking time and mode will be cancelled. Continue to cook with manual mode.
	Oven light is off during PROOF mode.	Normal operation to prevent bread dough from drying on the surface.
	Oven light is off during descaling.	This is normal operation. See page E-8.
	Oven light is off when door is opened.	Oven light will turn OFF if the door is open for more than 5 minutes.



TROUBLESHOOTING CHART



The following situations are normal and are not signs that the oven is malfunctioning.

QUESTION / SITUATION		ANSWER
Steam	Water is found inside the oven when the door is opened.	Steam has condensed inside the oven. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes out of the air ventilation openings at the top of the oven.	It is normal for used steam to come from the air ventilation opening on the top of the oven.
	Condensed water can be seen in the oven cavity.	This operation is normal. Steam has condensed on the oven floor. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes from the door during cooking.	Check the door sealings to make sure it is lying smoothly and flat.
Noise / Sound	Noise during microwave cooking.	When microwaving, you may hear the magnetron cycling on and off depending on the power level.
	Noise after cooking.	The cooling fan will operate until the oven is cool. The fan may continue to operate up to 13 minutes depending on the oven and parts temperatures.
	Noise when cooking with high temperature.	High temperatures may cause expansion of the oven's components. This is normal.
Smoke / Aroma	When using the oven for the first time, it may smoke or smell.	See page E-9 for step-by-step instructions for cleaning the oven before the first use.
	The oven cavity smells after cooking.	See "For removal of the ODOUR:" on page E-24 for step-by-step instructions for removing the aroma.
	When a lot of smoke is emitted from the food during grilling.	Before cooking, pour 1 cup (200ml) of water into the baking tray (under the splash guard) to reduce the smoking emitted from the food. If you pour the water, extend the cooking time by 10~20%. Never pour water during the cooking to prevent the burn caused by very hot splashes. WARNINGS: 1. The oven door, outer cabinet and oven cavity will become hot. Use thick oven gloves when adding or removing foods to prevent burns. 2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
Others	Time appearing in the display is counting down very rapidly.	Check Demonstration Mode on page E-23 and cancel.
Food spatters	It is difficult to remove food spatters stuck on the oven walls.	See "For removal of OIL AND FOOD SPLASHES on oven walls:" on page E-24. It is important to clean the oven interior after every use.



SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light when the door is opened and closed? Yes _____ No _____
2. When the door is opened, is the oven lamp switched on? Yes _____ No _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.
Oven lamp should go off if door is closed properly.
Programme the oven for one minute on Microwave 100%. At this moment:
 - A. Does the oven lamp light? Yes _____ No _____
 - B. Does the cooling fan work? Yes _____ No _____
(Put your hand over the ventilation openings.)
 - C. Does the Microwave icon  appear in the display? Yes _____ No _____
 - D. After one minute, did an audible signal sound? Yes _____ No _____
 - E. Is the water inside the oven hot? Yes _____ No _____
4. Remove water from the oven and programme the oven for 5 minutes on Convection, Oven 250°C.
 - A. Does the Convection icon  appear in the display? Yes _____ No _____
 - B. After the oven stops, is inside of the oven hot? Yes _____ No _____
5. Fill the water tank with water and replace.
Operate the oven for 3 minutes on Manual Steam High.
 - A. After the oven stops, is the inside of the oven filled with steam? Yes _____ No _____

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

IMPORTANT: If the display shows nothing even if the power supply plug is properly connected, the Energy Save Mode may be in operation. Open and close the oven door to operate the oven. See "Getting Started" on page E-9.

NOTES:

1. If time in the display is counting down very rapidly, check Demonstration Mode. (Please see page E-23 for detail.)
2. If the oven is set for more than about 8 minutes on Microwave 100% power level, output power will be reduced to avoid overheating. Finally the output power will be 70% after around 9 minutes.

SPECIFICATIONS

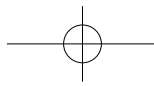
AC Line Voltage	:	Refer to the rating label.
AC Power Required	:	
Microwave	:	1.38 kW
Convection	:	1.55 kW
Output Power	:	
Microwave	:	800 W* (IEC test procedure)
Convection	:	1.45 kW
Microwave Frequency	:	2450 MHz (Class B/Group 2)**
Outside Dimensions	:	553 mm(W) x 438 mm(H) x 483 mm(D)***
Cavity Dimensions	:	359 mm(W) x 256 mm(H) x 339 mm(D)
Oven Capacity	:	31 litre****
Weight	:	Approx. 24 kg

* This measurement is based on the International Electrotechnical Commission's standardised method for measuring output power.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

*** The depth does not include the door opening handle.

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



COOKING GUIDES

About Your Oven

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

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

Be aware that, unlike microwave-only ovens, Water Ovens have a tendency to become hot during cooking with **SuperSteam, Convection or Pure Steam**.

About Cooking Options

Your oven has a variety of cooking options that are divided into automatic and manual. SuperSteam, Pure Steam and Microwave have both automatic and manual choices. Convection has only manual.

SuperSteam

SuperSteam is combined with convection heating, which can roast or bake foods and allow excess fats to be removed. These foods retain moisture. Meats and poultry are brown, juicy and flavourful.

Pure Steam

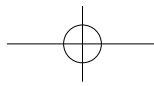
Pure Steam cooks foods gently while retaining moisture, natural flavours and nutrients. You can use Steam Reheat to reheat foods in metal container.

Convection

Convection browns, bakes, broils and crisps a wide variety of foods. Cookies, cakes, breads, muffins, biscuits and rolls can be baked on one or two levels. There are no automatic settings for convection.

Microwave

Microwave is fast and convenient for cooking and defrosting.



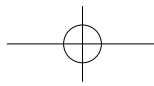
COOKING GUIDES

About Utensils and Coverings

The chart below will help you decide what utensils and coverings should be used in each mode.

Cooking Mode Utensils - Coverings	SuperSteam / Convection	Pure Steam	Microwave
Aluminium Foil, Foil Containers	YES	YES	YES Small flat pieces of aluminum foil placed smoothly on food can be used to shield areas from cooking or defrosting too quickly. Keep foil at least 2 cm from walls of oven.
Metal	YES	YES	NO
China, Ceramics,	YES Oven-proof porcelain, pottery, glazed earthenware and bone china are usually suitable. Do not use the container if it has a flaw.	YES	YES Check manufacturer's recommendation for being microwave safe. Do not use the container if it has a flaw.
Heat-resistant Glassware e.g. Pyrex®	YES Care should be taken if using fine glassware as it can break or crack if heated suddenly.	YES	YES
Plastic/Polystyrene heat-resistant temp. over 140°C	NO	YES Care must be taken as some containers warp, melt or discolour at high temperatures.	YES Use microwave-safe plastic containers for reheating and defrosting. Some microwave-safe plastics are not suitable for cooking foods with high and sugar content. Follow manufacturer's directions.
Plastic Wrap heat-resistant temp. over 140°C	NO	YES	YES
Paper Towels, Paper Plates	NO	NO	YES Paper towels: To cover for reheating and cooking. Do not use recycled paper towels which may contain metal fillings. Paper plates: For reheating.
Containers made of synthetic material	NO They could melt at high temperature.	NO	NO
Baking paper	YES Do not touch the oven wall as it may be burnt. Keep the heat-resistant temp.	YES	NO
Roasting Bags	YES Roasting bags should only be used with Convection Oven.	NO	YES Follow manufacturer's directions.
Silver Dishes and Cooking Utensils or Containers that might rust inside the oven.	NO	NO	NO
Rack, Baking Tray	YES	YES	NO
Splash Guard	YES	NO	NO

Utensils should be checked to ensure that they are suitable for use in each cooking mode. When heating food in plastic containers, pay special attention to the melting temperature of the containers. Never heat the plastic containers at over their melting temperature. Keep an eye on the oven due to the possibility of melting and ignition.



COOKING GUIDES

ACCESSORIES There are many microwave or heat-resistant 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 when using microwave-only cooking. Sharp is not responsible for any damage to the oven when accessories are used.

For automatic cooking, use the recommended container in the cooking chart in this operation manual or the cookbook supplied.

SuperSteam and Pure Steam Cooking Advice

There are certain techniques for cooking with steam. It is essential that these techniques are followed to ensure good results. Many of them are similar to those used in conventional cooking so you may be used to doing them already. Please follow the advice given below for all cooking options which use SUPERSTEAM and PURE STEAM.

NOTE:

- **Always attend the oven when in use.**
- **Ensure that the utensils are suitable for each cooking mode. (See About Utensils and Coverings page E-31)**
- **Ventilate the room to allow the steam to dissipate.**
- **After cooking and the oven has cooled, remove and empty the water tank, wipe oven cavity with a soft cloth or sponge. Wait a few minutes, then empty the drip tray.**

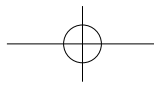
WARNING:

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

- Special advice for PURE STEAM -

Cooking Techniques	
Container	Ensure food is arranged evenly. Food which has little or no space between will take longer to cook, please ensure food is positioned with enough space between items to allow the steam to circulate around it. For the container, a shallow dish is suitable. It is not recommended to use dense dishes, because of the thickness of such dishes, recommended cooking times will have to be extended. For efficiently reducing salt and fat, please put the food directly on rack. If the food is put on the plate, please discard the drips left on the plate.
Covering	Covering is not necessary in most cases. If a cover is required, aluminium foil is recommended to keep food becoming wet from the condensed water in the oven cavity. Covered food will take longer to cook.
Door	For accurate cooking times, keep the door closed.
Stir	Sometimes soup or casserole reheated in a casserole without covering looks watery after cooking. Appearance will be better by stirring well.
Stand	Standing time is recommended after cooking so it enables the heat to disperse equally throughout the food. Do not allow to stand for a long time; food may be overcooked or wet by the residual steam.

Cooking Hints	
Blanching	PURE STEAM can be used to blanch vegetables to prepare them for freezing. Place the prepared vegetables on a plate and cook with PURE STEAM, MANUAL, STEAM HIGH for 4 to 5 minutes. After that, put in the cold water to cool quickly. Dry them and then freeze.
Salty Food	For certain salty food like salty fish, bacon etc., salty taste can be reduced by steaming before cooking. Place salty food on rack directly and PURE STEAM, MANUAL, STEAM HIGH for 4 to 5 minutes.



COOKING GUIDES

- Advice for SUPERSTEAM and PURE STEAM -

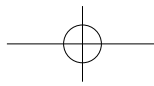
Food characteristics	
Density	Food density will affect the amount of cooking time needed. Cut the food into thinner parts if possible, and arrange in single layer.
Quantity	The cooking time must be increased as the amount of food cooked in the oven increases.
Size	Small foods and small pieces cook faster than large ones, as heat can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, may take longer to cook in the thicker parts. Check these parts are cooked thoroughly before serving.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than foods at room temperature. The temperature of the container is not the actual temperature of the food or drink.
Seasoning & flavouring	Seasoning or flavouring are best added after cooking. If added as marinades or rubs, their taste may become light when cooking with steam. Add seasoning or flavouring again after cooking if necessary.

NOTE:

- Ensure the food is thoroughly cooked / reheated before serving.
- Cooking time will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- Never heat oil or fat for deep frying as this may lead to overheating and fire. Care should be taken for foods high in fat or sugar (e.g. Christmas pudding) as overheating can lead to fire.

Face & Hands: Always use thick oven gloves to remove food or cookware from the oven. Be careful when opening the oven door to allow steam to dissipate. Do not remove the food from the oven with your bare hand.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly.

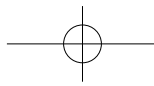


COOKING GUIDES

Microwave Cooking Advice

- Special Notes and Warning for MICROWAVE -

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard/soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or microwave safe glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and nipple before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	<ul style="list-style-type: none"> * For boiling or cooking liquids see WARNING on page E-1-2 to prevent explosion and delayed eruptive boiling. 	<ul style="list-style-type: none"> * Heat for longer than recommended time.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * Cook for the recommended time. (These foods have high sugar and/or fat contents.) 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof roasting rack or plate to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the ceramic oven floor for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the oven.



COOKING GUIDES

- Advice for MICROWAVE -

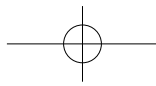
Cooking Techniques	
Arrange food carefully	Place the thickest areas toward outside of dish.
Watch cooking time	Cook for the shortest amount of time indicated and add more time as needed. Food severely overcooked can smoke or ignite.
Cover foods before cooking	Check recipe for suggestions: paper towels, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly. (Helps keep oven clean)
Shield foods	Use small pieces of aluminium foil to cover thin areas of meat or poultry in order to avoid overcooking.
Stir foods	From outside to centre of dish once or twice during cooking, if possible.
Turn foods	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
Rearrange foods	Like meatballs halfway through cooking both from top to bottom and from the centre of the dish to the outside.
Allow standing time	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover during standing time can allow the food to finish cooking completely.
Check for doneness	Look for signs indicating that cooking temperature has been reached. Doneness signs include: <ul style="list-style-type: none"> - Steam emits throughout the food, not just at edge; - Joints of poultry can be torn apart easily; - Pork and poultry show no pinkness; - Fish is opaque and flakes easily with a fork.
Condensation	A normal part of microwave cooking. The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.
Microwave safe plastic wrap	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
Microwave safe plastic cookware	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.
Cake/Meatloaf	For cooking cake or meatloaf, place the container on up-turned heat-resistant shallow dish.

- Advice for defrosting -

Defrosting Techniques	
Arrange	Arrange food in a single even layer on the shallow dish. 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 possible during defrosting. e.g. steaks, chops
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.

NOTE:

- Remove all packing and wrapping before defrosting.



AUTOMATIC COOKING CHART

SuperSteam Menu Guide

RECIPES FOR COMPLETE MEALS

Roasted Salmon Steaks with Spinach and Potatoes

[Utensils]

Large Shallow Casserole dish
2 Baking trays
Rack

[Ingredients for the Salmon Steak]

4 Salmon Steaks
(Approx. 200 g each)
Juice of 1 Lemon
Black Pepper to taste

[Ingredients for the Spinach Bake]

Olive Oil to grease the dish
400g Defrosted Spinach, well drained
Salt and Pepper to taste
Nutmeg to season
500g Cooked Potatoes, peeled and sliced
150g Crème Fraî che
100ml Milk

Serves 4

[Method]

1. Wash and dry the salmon steaks. Sprinkle with lemon juice and salt, if desired. Season with black pepper.
2. Place the salmon steaks on rack in baking tray. Place the baking tray on upper position.
3. Lightly grease the large shallow casserole dish. Season the spinach leaves with salt and pepper and mix well.
4. Spread ½ of the spinach covering the base of the large shallow casserole dish, followed by layering 1/2 of the potato slices. Continue the next layer by spreading the remaining spinach, followed by layering the remaining potato slices.
5. Mix the Crème fraî che with the milk, season with salt and pepper and pour over the vegetables. Season with nutmeg.
6. Place the large shallow casserole dish on another baking tray. Place the baking tray on lower position.
7. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, SALMON STEAKS WITH POTATO BAKE'.
8. After cooking, stand covered with aluminium foil for 5 minutes.

Roasted Chicken Breasts with Vegetable

[Utensils]

1 Baking tray
Rack

[Ingredients for Chicken]

3 tbsp Soy Sauce
3 tbsp White Wine
2 cloves Garlic, crushed
Black Pepper to taste
4 Chicken Breasts
(Approx. 200g each)
4 tbsp Corn flour

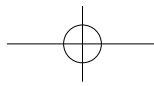
[Ingredients for the Mediterranean roasted vegetables]

75g Asparagus
1 tbsp Olive Oil
Salt and Pepper to taste
1 tsp Fresh Rosemary
200g Potatoes, cubed 2cm
1 Onion, sliced
100g Tomatoes, quartered
100g Eggplant, sliced
1 Yellow Capsicum, sliced

Serves 4

[Method]

1. In a large bowl, mix together the soy sauce, wine, garlic and black pepper.
2. Add the chicken and marinate for 1 hour.
3. Add the corn flour and mix together until the chicken pieces are completely coated.
4. Trim the hard bottom of the asparagus and cut into 3 equal amounts of approx. 4 cm length.
5. In a large bowl, combine the olive oil, salt, pepper and rosemary. Add all vegetables and mix well
6. Place the vegetables directly into a baking tray, towards the right.
7. Place the chicken on the rack, towards the left, place rack into the baking tray. Place the baking tray on upper position.
8. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, CHICKEN BREAST WITH ROASTED VEG'.
9. After cooking, stand covered with aluminium foil for 5 minutes.



AUTOMATIC COOKING CHART

Chinese Style Beef with Noodles

[Utensils]

Large Shallow Casserole dish
Small shallow Casserole Dish
2 Baking trays

[Ingredients]

400g Beef Rump Steak
1 tbsp Light Soy Sauce
1 tbsp White Wine
½ tsp Sugar
1 tsp Sesame Oil
2 tsp Corn flour
1 tbsp Ginger, grated
1 tbsp Oyster Sauce
1.5 tbsp Garlic, crushed
1 Fresh Bird's Eye Chilli,
seeds removed, finely chopped
100 ml Hot Beef stock
3 tbsp Canned Black Beans, chopped
(or canned kidney beans)
½ Green Capsicum, sliced
1 Onion, chopped
5 Shallots, sliced
400g Fresh Egg Noodles
1½ cups Cold Water

Serves 4

[Method]

1. Cut beef into strips.
2. In a large bowl, mix together the soy sauce, wine, sugar, sesame oil, corn flour, ginger, oyster sauce, garlic and chilli.
3. Add the hot beet stock to the mixture.
4. Add the black beans, capsicum, onion, shallots and steak. Mix well.
5. Pour the mixture into the large shallow casserole dish. Place the dish into the baking tray. Place the baking tray on upper position.
6. Put the noodles into the small casserole dish and cover with the cold water. Place the dish on another baking tray. Place the baking tray on lower position.
7. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, CHINESE BEEF WITH NOODLES'.
8. Drain the noodles. Stir the noodles and the beef immediately after cooking then stand for 5 minutes.

Roast Leg of Lamb with Potatoes and Carrots

[Utensils]

Small shallow casserole dish
2 Baking trays

[Ingredients]

1kg Leg of Lamb with bone
1 tbsp Olive Oil
Salt and Pepper to taste
1 tbsp Fresh Rosemary
500g Baby Potatoes, cut in half
200g Carrot, diced
200g Turnips, diced
8 tbsp Cold Water

Serves 4

[Method]

1. Place the lamb directly in baking tray. Brush with olive oil and season with salt, pepper and rosemary. Place the baking tray on upper position.
2. Brush the potatoes with olive oil. Place in the left hand side of another baking tray.
3. Put the carrot and turnips into the small shallow casserole dish, add the cold water and cover with aluminium foil. Place the dish into the baking tray. Place the baking tray on lower position.
4. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, ROAST LEG OF LAMB WITH ROASTED VEG'.
5. Stand for 5 minutes after cooking.

Roast Beef with Potatoes

[Utensils]

1 Baking tray
Rack
Splash guard

[Ingredients]

¼ cup chopped fresh parsley
1 tbsp chopped fresh coriander
1 tbsp chopped fresh chives
¼ tsp cracked black pepper
salt and pepper to taste
oil to brush
1kg roast beef
800g baby potatoes

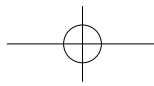
Serves 4-6

[Method]

1. Preheat is pre-programmed. Select the menu, desired cooking result and press **START** to preheat.
2. In a small bowl, combine the parsley, coriander and chives. Mix until well combined. Spread the herb mixture over a clean chopping board.
3. Evenly brush the beef with oil. Roll the beef over the herb mixture, coating evenly. Season with salt and pepper. Set aside.
4. Wash and cut the baby potatoes in half.
5. Place meat on the rack in baking tray. Evenly place the potatoes around the beef on the rack.
6. After preheating, place the baking tray on lower position.
7. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, ROAST BEEF WITH POTATOES'.
8. After cooking, stand covered with aluminium foil for 10-15 minutes.

NOTE:

- Use splash guard and rack together. Place the splash guard on the baking tray, and then place the rack as shown in Figure 1 on page E-4.



AUTOMATIC COOKING CHART

Spinach and Ricotta Cannelloni

[Utensils]

Large shallow casserole dish
1 Baking tray

[Ingredients]

250g packet frozen spinach, thawed
500g reduced fat ricotta cheese
pinch of ground nutmeg
salt and pepper to taste
12 instant cannelloni tubes
500g jar tomato basil pasta sauce
2 tbsp shredded cheddar cheese

Serves 4

[Method]

1. Drain spinach and squeeze to remove any excess liquid.
2. In a large bowl, add the spinach, ricotta cheese, nutmeg, salt and pepper. Mix until well combined.
3. Place mixture into a piping bag. Fill the cannelloni tubes by gently squeezing the piping bag until each tube is filled. Place the tubes in a single layer in a large shallow casserole dish.
4. Pour the pasta sauce over the cannelloni. Smooth the sauce over the pasta using the back of a spoon to ensure even coverage.
5. Sprinkle the cheddar cheese over the pasta.
6. Place casserole dish on a baking tray. Place the baking tray on upper position.
7. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, SPINACH AND RICOTTA CANNELLONI'.
8. After cooking, stand for 5 minutes.

Vegetable Rice with Prawns

[Utensils]

1 Baking tray

[Ingredients]

1 carrot, grated
100g green beans, sliced
½ leek sliced, cut into quarters
125g can corn kernels
2½ cups water
1 tsp vegetable powder
2 cups jasmine rice, rinsed
150g cooked peeled prawns, cut into small pieces
salt and pepper to taste

Serves 4

[Method]

1. In a large bowl, combine carrot, beans, leek and corn. Add water and vegetable stock. Mix until well combined.
2. Continue to add the rice, prawns, salt and pepper. Mix until well combined.
3. Carefully pour this mixture into a baking tray and evenly spread. Place the baking tray on upper position.
4. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, VEGETABLE RICE WITH PRAWNS'.
5. After cooking, stand for 5 minutes.

Roast Chicken with Potatoes

[Utensils]

1 Baking tray
Rack
Splash guard

[Ingredients]

1tbsp oil
½ tsp chicken stock
½ tsp dried oregano
salt and pepper to taste
1 kg chicken
500g baby potatoes
300g parsnips

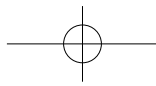
Serves 4

[Method]

1. Preheat is pre-programmed. Select the menu, desired cooking result and press START to preheat.
2. In a small bowl, combine the oil, chicken stock, oregano, salt and pepper. Mix until well combined.
3. Evenly brush chicken with oil mixture. Tie the chicken legs together. Set aside.
4. Wash baby potatoes and parsnips. Cut potatoes in half, and cut parsnips into quarters.
5. Place chicken breast side up on the rack in baking tray. Evenly place the potatoes and parsnips around the chicken on the rack.
6. After preheating, place the baking tray on upper position.
7. Cook using 'SuperSteam, AUTO, COMPLETE MEALS, ROAST CHICKEN WITH POTATOES'.
8. After cooking, stand covered with aluminium foil for 10 minutes.

NOTE:

- Use splash guard and rack together. Place the splash guard on the baking tray, and then place the rack as shown in Figure 1 on page E-4.



AUTOMATIC COOKING CHART

SUPERSTEAM GRILL

Menu name	Weight range (Increasing unit)	Procedure	Baking Tray Position
Grilled Chicken Legs (initial temp 3°C)	0.2 - 1.0 kg (100g)	<ul style="list-style-type: none"> Season with salt, pepper and paprika. Pierce the skin of the chicken legs. Put the chicken legs on the rack, skin side down, in baking tray. After cooking, place on a dish and serve. 	Upper (with splash guard)
Grilled Chicken Fillet (initial temp 3°C)	0.25 - 1.00 kg (50g)	<ul style="list-style-type: none"> Season with salt, pepper and paprika. Put the chicken fillet on the rack in baking tray. After cooking, stand for 5 minutes. 	Upper (with splash guard)
Grilled Fish (initial temp 3°C)	0.2 - 1.0 kg (100g) whole fish/ fish fillets	<ul style="list-style-type: none"> Make a few slits on the skin of fish. Brush with oil. Place fish on rack in baking tray and put in the oven. After cooking, place on a dish and serve. 	Upper
Grilled Skewers (initial temp 3°C)	0.20 - 0.80 kg (50g)	<ul style="list-style-type: none"> Prepare the grill skewers referring to the recipe below. Place on the rack in baking tray. After cooking, remove and put on a plate for serving. 	Upper (with splash guard)

NOTE for Grilled Chicken Legs, Grilled Chicken Fillet and Grilled Skewers:

- Use splash guard and rack together when cooking meat. Place the splash guard on the baking tray, and then place the rack as shown in Figure 1 on page E-4.

RECIPES FOR GRILLED SKEWERS

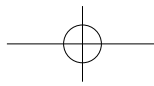
Meat Kebabs

[Ingredients]

- 400g escalope of meat
- 100g smoked belly of meat
- 2 onions (100 g), in quarters
- 4 tomatoes (250 g), in quarters
- ½ green pepper (100 g), in eight pieces
- 4 tbsp oil
- 2 tsp sweet paprika
- salt
- ½ tsp cayenne pepper
- 1 tsp worcester sauce

[Method]

1. Cut the escalope of meat and the meat belly into 2-3 cm cubes.
2. Thread meat and vegetables alternately on four wooden skewers (approx. 25cm long).
3. Combine the oil with the spices and brush over the kebabs. Place the kebabs on the rack in baking tray.
4. Cook using 'SuperSteam, AUTO, GRILL, GRILLED SKEWERS'.



AUTOMATIC COOKING CHART

SUPERSTEAM ROAST

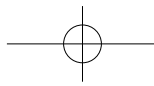
Menu name	Weight range (Increasing unit)	Procedure	Baking Tray Position
Roast Chicken (initial temp 3°C)	0.9 - 2.0 kg (100g)	<ul style="list-style-type: none"> Season with salt, pepper and paprika. Place on rack in baking tray, uncovered and cook. After cooking, stand covered with aluminium foil for 10 minutes. 	Lower (with splash guard)
Roast Meat (Pork) (initial temp 3°C)	0.9 - 1.5 kg (100g)	<ul style="list-style-type: none"> Tie meat with string (loins only). Season with salt, pepper and paprika. Place on rack in baking tray, uncovered and cook. After cooking, stand covered with aluminium foil for 10 minutes. 	Lower (with splash guard)
Roast Beef (Medium) (initial temp 3°C)	1.0 - 2.0 kg (100g)	<ul style="list-style-type: none"> Season with salt and pepper. Place meat on rack in baking tray, uncovered and cook. After cooking, stand covered with aluminium foil for 5 - 10 minutes. 	Lower (with splash guard)
Roast Leg of Lamb (initial temp 3°C)	1.0 - 2.0 kg (100g)	<ul style="list-style-type: none"> Season with salt, pepper and rosemary. Place on rack in baking tray, uncovered and cook. After cooking, stand covered with aluminium foil for 10 minutes. 	Lower (with splash guard)

NOTE:

- Use splash guard and rack together. Place the splash guard on the baking tray, and then place the rack as shown in Figure 1 on page E-4.

SUPERSTEAM BAKE

Menu name	Weight range (Increasing unit)	Procedure	Baking Tray Position
Frozen Pizza (Thin, Thick Type) (initial temp -18°C)	1 layer cooking: 0.2 - 1.0 kg (100 g) 2 layers cooking: 0.2 - 1.0 kg (100 g)	<ul style="list-style-type: none"> Preheat is pre-programmed. Select the menu, desired layer, quantity and cooking result, then press START to preheat. Remove from packaging and place on the baking tray. After preheating, put the baking tray in the oven. After cooking, serve. 	1 layer cooking: Upper 2 layers cooking: Upper/Lower
Cake (initial temp 20°C) eg: Carrot Cake, Butter Cake, Chocolate Cake	1 layer (Cake tin: approx. 20cm)	<ul style="list-style-type: none"> Use desired homemade recipe or packet mix. Preheat is pre-programmed. Select the menu, desired cooking time and press START to preheat. After preheating, place the cake tin on the baking tray. Put the baking tray in the oven. After baking, allow to cool in the cake tin for 5 minutes. 	Lower
Bread (initial temp 20°C) eg: White Loaf, Multigrain Loaf	1 layer (Loaf tin: approx. 13 x 20cm)	<ul style="list-style-type: none"> Use desired homemade recipe or packet mix. Preheat is pre-programmed. Select the menu, desired cooking time and press START to preheat. After preheating, place the loaf tin on the baking tray. Put the baking tray in the oven. After baking, allow to cool in the loaf tin for 5 minutes. 	Lower
Baked Potatoes (initial temp 20°C)	1 - 4 piece (1 piece: 250g)	<ul style="list-style-type: none"> Preheat is pre-programmed. Select the menu, quantity, desired cooking time and press START to preheat. Pierce each potato in several places and place on rack in baking tray. After preheating, put the baking tray in the oven. After cooking, leave to stand wrapped in aluminium foil for 2 - 3 minutes. 	Lower



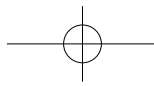
AUTOMATIC COOKING CHART

Pure Steam Menu Guide

Menu name	Weight range (Increasing unit)	Procedure	Baking Tray Position															
Fresh Vegetable 1 (initial temp 3°C) Soft Vegetables: Zucchini, Capsicum, Broccoli, Mushrooms, Asparagus	0.2 - 1.0 kg (100g)	<ul style="list-style-type: none"> Wash vegetables, then remove excess water. Put vegetables on rack in baking tray, uncovered. After cooking, stand for 1 - 5 minutes. 	Upper															
Fresh Vegetable 2 (initial temp 3°C) Hard Vegetables: Carrots, Cauliflower, Beans, Brussels Sprouts	0.2 - 1.0 kg (100g)																	
Frozen Vegetable (initial temp -18°C) Mixed Vegetables, Broccoli, Peas, Carrots, Cauliflower	0.2 - 1.0 kg (100g)	<ul style="list-style-type: none"> Put frozen vegetables on rack in baking tray, uncovered. After cooking, stand for 1 - 5 minutes. 	Upper															
Fresh Fish/ Fresh Prawns (initial temp 3°C) Whole Snapper, Barramundi Fillet, Large Green Prawns	0.1 - 1.0 kg (100g)	<ul style="list-style-type: none"> Wash fish thoroughly and remove scales. Make a few slits on the skin of fish, pierce the eyes of fish. Put fish/prawns on rack in baking tray, uncovered. After cooking, stand for 1 - 3 minutes. 	Upper															
Frozen Convenience (Dumplings) (initial temp -18°C) Vegetable, Pork, Chicken	0.1 - 0.5 kg (100g)	<ul style="list-style-type: none"> Put food on rack in baking tray, uncovered. After cooking, stand for 1 - 3 minutes. 	Upper															
Rice (initial temp 20°C cold tap water) White Rice	1 - 4 serves (1 serve)	<ul style="list-style-type: none"> Wash rice thoroughly until water runs clear. Place into 2 litre shallow casserole dish and cover with tap water. Place the dish on baking tray, uncovered. After cooking, stand for 1 - 5 minutes. <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Serve</th> <th>1 serve</th> <th>2 serves</th> <th>3 serves</th> <th>4 serves</th> </tr> </thead> <tbody> <tr> <td>Rice</td> <td>½ cup</td> <td>1 cup</td> <td>1½ cups</td> <td>2 cups</td> </tr> <tr> <td>Cold tap water</td> <td>½ cup</td> <td>1½ cups</td> <td>2 cups</td> <td>2½ cups</td> </tr> </tbody> </table>	Serve	1 serve	2 serves	3 serves	4 serves	Rice	½ cup	1 cup	1½ cups	2 cups	Cold tap water	½ cup	1½ cups	2 cups	2½ cups	Upper
Serve	1 serve	2 serves	3 serves	4 serves														
Rice	½ cup	1 cup	1½ cups	2 cups														
Cold tap water	½ cup	1½ cups	2 cups	2½ cups														

NOTE:

When cooking small vegetables, it is recommended to use the metal basket available in the market and put on the rack.



AUTOMATIC COOKING CHART

Microwave Menu Guide

AUTO DEFROST

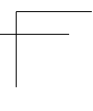
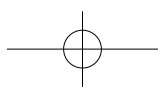
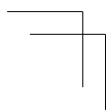
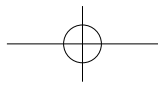
Menu name	Weight range (Increasing unit)	Procedure
Steak/Chops (initial temp -18°C)	0.1 - 1.0 kg (100g)	<ul style="list-style-type: none"> Shield thin end of chops or steaks with foil. Position the food with thinner parts in the centre in a single layer on a microwave safe defrosting rack. Place the defrosting rack directly on the oven base. If pieces are stuck together, try to separate as soon as possible. When the oven has stopped, remove defrosted pieces, turn over and shield the warm portions of remaining pieces. After defrost time, stand covered with aluminium foil for 5 - 15 minutes. See NOTE below.
Poultry (initial temp -18°C)	0.9 - 2.0 kg (100g)	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on a microwave safe defrosting rack. Place the defrosting rack directly on the oven base. When the oven has stopped, turn over and shield the warm portions. After defrost time, stand covered with aluminium foil for 15 - 30 minutes. [N.B.] After standing run under cold water to remove giblets if necessary.
Roast Meat (Beef/Pork/Lamb) (initial temp -18°C)	1.0 - 2.0 kg (100g)	<ul style="list-style-type: none"> Shield the bone and the edge with foil strips about 2.5cm wide. Place joint with lean side face upwards (if possible) on a microwave safe defrosting rack. Place the defrosting rack directly on the oven base. When the oven has stopped, turn over and shield the warm portions. After defrost time, stand covered with aluminium foil 15 - 30 minutes.
Mince/Sausages (initial temp -18°C)	0.1 - 1.0 kg (100g)	<ul style="list-style-type: none"> Place frozen minced meat on a microwave safe defrosting rack. Shield edges. Place the defrosting rack directly on the oven base. When the oven has stopped, remove defrosted portions of mince, turn over and shield edges with foil strips. After defrost time, stand covered with aluminium foil 5 - 20. See NOTE below.

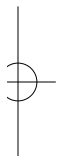
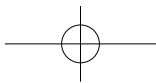
Foods not listed in the Guide can be defrosted manually using 30% power level setting.

NOTE: For steaks and chops, freeze separately in single flat layers and if necessary separate into layers with freezer plastic. This will ensure even defrosting. When freezing minced meat, shape it into flat even sizes. It is also a good idea to label the packs with the correct weights.

SENSOR REHEAT

Menu name	Weight range (Increasing unit)	Procedure									
Dinner Plate (initial temp 3°C)	1 serve (approx. 400g)	<ul style="list-style-type: none"> Cover with plastic wrap and pierce 5 times with skewer. Place the plate directly on the oven base. After cooking, stand covered for 2 minutes. <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>MEAT</th> <th>POTATO</th> <th>VEGETABLES</th> </tr> </thead> <tbody> <tr> <td>175 - 180g</td> <td>125g</td> <td>100g</td> </tr> <tr> <td>Beef, Lamb, Chicken (sliced), T-Bone</td> <td>sliced</td> <td>Carrot, Zucchini, Broccoli</td> </tr> </tbody> </table>	MEAT	POTATO	VEGETABLES	175 - 180g	125g	100g	Beef, Lamb, Chicken (sliced), T-Bone	sliced	Carrot, Zucchini, Broccoli
MEAT	POTATO	VEGETABLES									
175 - 180g	125g	100g									
Beef, Lamb, Chicken (sliced), T-Bone	sliced	Carrot, Zucchini, Broccoli									
Casserole Casserole (initial Temp 3°C) : Beef Stroganoff, Springtime Lamb, Apricot Chicken Canned (initial Temp 20°C) : Canned Baked Beans, Spaghetti	1 - 4 cups (1 cup : 250 ml)	<ul style="list-style-type: none"> Place into a casserole dish. Cover with plastic wrap and pierce 5 times with skewer. Place the dish directly on the oven floor. After cooking, stir and stand covered with plastic wrap for 1 - 5 minutes. 									
Soup (initial temp 20°C) Pumpkin, Tomato, Chicken	1 - 4 cups (1 cup : 250 ml)	<ul style="list-style-type: none"> Place in a microwave safe glass bowl. Do not cover. Place the dish directly on the oven base. After cooking, stir. 									
Pizza (initial temp 3°C) Pepperoni, Supreme	1 - 4 pieces (1 piece : approx. 90g)	<ul style="list-style-type: none"> Place pizza on one sheet of paper towel directly on the oven base. 									





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