

# SHARP

Important



**R-830B(ST)**  
**850W**

## **MICROWAVE OVEN WITH GRILL AND CONVECTION OPERATION MANUAL**

ENGLISH

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

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



# CONTENTS

## Operation manual

CONTENTS.....	2
SPECIFICATIONS.....	2
OVEN AND ACCESSORIES .....	3
CONTROL PANEL.....	4
IMPORTANT SAFETY INSTRUCTIONS.....	5 - 8
INSTALLATION.....	9
BEFORE OPERATION .....	10
SETTING THE CLOCK.....	10
TIMER FUNCTION .....	10
MICROWAVE POWER LEVELS.....	11
MANUAL OPERATION.....	11
MICROWAVE COOKING.....	12
GRILL COOKING / COMBI COOKING.....	12-14
CONVECTION COOKING.....	14-15
OTHER CONVENIENT FUNCTIONS .....	15-16
WEIGHT DEFROST AND TIME DEFROST FUNCTION .....	16-17
AUTO MENU FUNCTION.....	17
AUTO MENU CHART .....	18-19
SUITABLE OVENWARE .....	20
CARE AND CLEANING .....	21

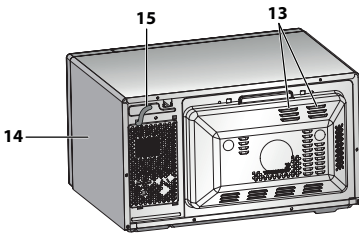
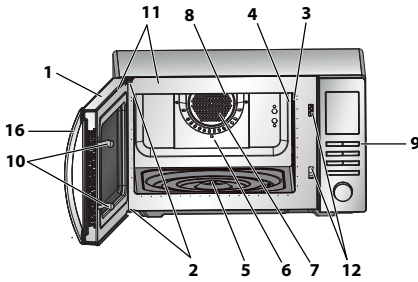


# SPECIFICATIONS

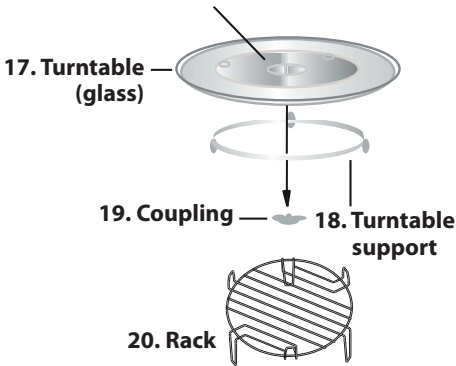
<b>Model name:</b>	<b>R-830B(ST)</b>
AC Line Voltage	: 220V~, 50Hz single phase
Distribution line fuse/circuit breaker	: 20A
AC Power required: Microwave	: 1450W
Output power: Microwave	: 850W
Top Grill (Infrared)	: 1300W
Convection	: 2200W
Off Mode (Energy Save Mode)	: less than 1.0W
Microwave Frequency	: 2450MHz
Outside Dimensions (W) x (H) x (D) mm	: 513 x 306 x 466
Cavity Dimensions (W) x (H) x (D) mm	: 330 x 232 x 352
Oven Capacity	: 25 litres *
Turntable (glass)	: ø 315mm
Weight	: approx. 17 kg

DESIGN AND SPECIFICATION ARE SUBJECTED TO CHANGE WITHOUT PRIOR NOTICE

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



## Hub (inside)



## OVEN

1. Door
2. Door hinges
3. Oven lamp
4. Waveguide cover (DO NOT REMOVE)
5. Turntable motor shaft
6. Oven cavity
7. Convection fan (covered)
8. Grill heating element (under the ceiling)
9. Control panel
10. Door latches
11. Door seals and sealing surfaces
12. Door safety latches
13. Ventilation openings
14. Outer cabinet
15. Power supply cord
16. Door handle

## ACCESSORIES:

Check to make sure the following accessories are provided:

(17) Turntable (18) Turntable support (19) Coupling (20) Rack

- Place the coupling into the turntable motor shaft and then place the turntable support in the centre of the oven floor so that it can freely rotate around the coupling. Place the turntable onto the turntable support so that it locates firmly into the coupling.
- To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.
- For use of the rack, refer to the grilling sections on page E-12,13,14.

## Never touch the rack when it is hot.

**NOTE:** When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.

## NOTES:

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

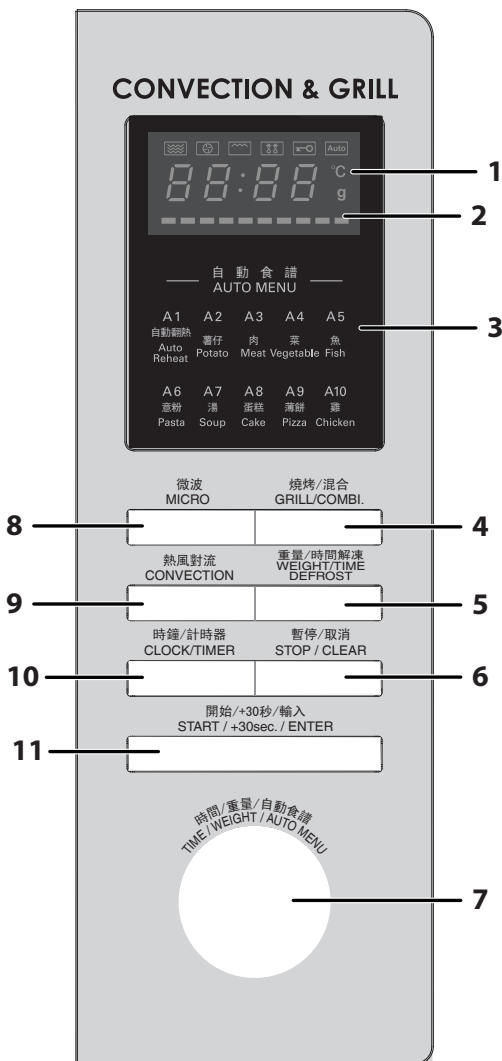


## WARNING:

**The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.**



# CONTROL PANEL



## 1. DIGITAL DISPLAY and INDICATORS

MICROWAVE indicator

CONVECTION indicator

GRILL indicator

DEFROST indicator

CHILD LOCK indicator

AUTO MENU indicator

°C TEMPERATURE indicator

g WEIGHT indicator

## 2. TEMPERATURE PROGRESS indicator

The segments gradually light up to show the temperature reached in CONVECTION mode. Each segment represents 10°C of the set temperature level (For example, the first one indicates 150°C and the last one 240°C). When you set the temperature the corresponding segment light up.

## 3. Auto Menu options:

A1: Auto Reheat

A2: Potato

A3: Meat

A4: Vegetable

A5: Fish

A6: Pasta

A7: Soup

A8: Cake

A9: Pizza

A10: Chicken

## 4. GRILL/COMBI. button

## 5. WEIGHT/TIME DEFROST button

## 6. STOP/CLEAR button

## 7. ENTRY dial

Rotate to enter the cooking time, time, power level, temperature, weight and select auto menu



## 8. MICRO button:

Press to select microwave power level.

## 9. CONVECTION button

## 10. CLOCK/TIMER button

## 11. START/+30sec./ENTER button



## 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 into a kitchen unit. Do not place the oven in a cabinet.
2. 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 burning themselves.
3. Ensure there is a minimum of free space above the oven of 30 cm.
4. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning shall not be made by children unless they are older than 8 and supervised.
5. Keep the appliance and its cord out of reach of children less than 8 years.
6. **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.
7. **WARNING:** When the appliance is operated in the GRILL/COMBI modes, children should only use the oven under adult supervision due to the temperature generated.
8. **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
9. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
10. **WARNING:** Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.
11. If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service centre.
12. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
13. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
14. Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.
15. Utensils should be checked to ensure that they are suitable for use in the oven. See Page E-20. Use only microwave safe containers and utensils on microwave modes.
16. The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
17. The door, outer cabinet, oven cavity, dishes, accessories and especially the grill heating elements will become very hot during operation.
18. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
19. If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.



## IMPORTANT SAFETY INSTRUCTIONS

20. Clean the oven at regular intervals and remove any food deposits.
  21. 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.
  22. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the glass on the oven door since they can scratch the surface, which may result in shattering of the glass.
  23. Steam cleaner is not to be used.
  24. See instructions for cleaning door seals, cavities and adjacent parts on page E-21.
  25. This appliance is intended to be used in household and similar applications such as:
    - staff kitchen areas in shops, offices and other working environments;
    - by clients in hotels, motels and other residential type environments;
    - farm houses;
    - bed and breakfast type environments.
  26. **WARNING:** The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.
  27. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
  28. Accessible parts may become hot during use. Young children should be kept away.
- To avoid the danger of fire.**
1. **The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.**
  2. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
  3. The AC power supply must be 220 V~, 50Hz, with a 20A distribution line fuse, or a 10A distribution circuit breaker.
  4. A separate circuit serving only this appliance should be provided.
  5. Do not place the oven in areas where heat is generated. For example, close to a conventional oven.
  6. Do not install the oven in an area of high humidity or where moisture may collect.
  7. Do not store or use the oven outdoors.
  8. Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
  9. Do not place flammable materials near the oven or ventilation openings.
  10. Do not block the ventilation openings.
  11. Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.
  12. Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.
  13. To make popcorn, use only special microwave popcorn makers.
  14. Do not store food or any other items inside the oven.
  15. Check the settings after you start the oven to ensure the oven is operating as desired.
  16. To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, sausage rolls, pies or Christmas pudding.
  17. See the corresponding hints in the operation manual.
- To avoid the possibility of injury**
1. **WARNING:**

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

    - a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
    - b) The hinges and safety door latches; check to make sure they are not broken or loose.
    - c) The door seals and sealing surfaces; ensure that they have not been damaged.



- d) Inside the oven cavity or on the door; make sure there are no dents.
- e) The power supply cord and plug; ensure that they are not damaged.
- 2. Do not operate the oven with the door open or alter the door safety latches in any way.
- 3. Do not operate the oven if there is an object between the door seals and sealing surfaces.
- 4. Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits. Follow the instructions for "Care and Cleaning" on page E-21.
- 5. Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

### To avoid the possibility of electric shock

1. Under no circumstances should you remove the outer cabinet.
2. Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service centre.
3. Do not immerse the power supply cord or plug in water or any other liquid.
4. Do not let the power supply cord hang over the edge of a table or work surface.
5. Keep the power supply cord away from heated surfaces, including the rear of the oven.
6. Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service centre.

### To avoid the possibility of explosion and sudden boiling:

1. Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.
2. Take care when microwaving liquids. Use a wide mouthed container to allow bubbles to escape.

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

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time.
2. Stir liquid prior to heating/reheating.
3. It is advisable to insert a glass rod or similar utensil (not metal) into the liquid whilst reheating.
4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.
3. Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

### To avoid the possibility of burns

1. Use pot holders or oven gloves when removing food from the oven to prevent burns.
2. Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling.
3. **To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly. Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.**
4. Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.
5. Slice stuffed baked foods after heating to release steam and avoid burns.

### To avoid misuse by children

1. Do not lean or swing on the oven door.
2. Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.



## IMPORTANT SAFETY INSTRUCTIONS

### Other warnings

1. Never modify the oven in any way.
2. Do not move the oven while it is in operation.
3. This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

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

1. Never operate the oven when it is empty except where recommended in the operation manual. Doing so may damage the oven.
2. When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and turntable support due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.
3. Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Use only the turntable and the turntable support designed for this oven. Do not operate the oven without the turntable.
4. Do not place anything on the outer cabinet during operation.

### NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure. Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

### BUILT-IN KIT

No built-in kit is available for this oven. This oven is designed to be used on a countertop only.



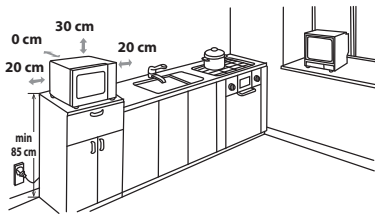


1. Remove all packing materials from the inside of the oven cavity and remove any protective film found on the microwave oven cabinet surface. Check the oven carefully for any signs of damage.
2. Place the oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item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

**WARNING:** Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.

## ELECTRICAL CONNECTION

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the power supply cord is damaged, it must be replaced by a Sharp approved service centre or a similarly qualified person to avoid a hazard.
- When removing the plug from the socket always grip the plug, never the cord as this may damage the power supply cord and the connections inside the plug.



4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor. Keep children away from the door to prevent them burning themselves.

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



## BEFORE OPERATION

Plug in the oven. The oven display will display "0:00", an audible signal will sound once. This model has a clock function and the oven uses less than 1.0 W in stand by mode. To set the clock, see below.



## SETTING THE CLOCK

Your oven has a 24 hour clock feature.

1. Press the **CLOCK/TIMER** button once. The hour figure will flash and the clock indicator will illuminate.
2. Rotate the **ENTRY** dial until the correct hour is displayed, the input time should be within 0-23.
3. Press the **CLOCK/TIMER** button, the minute figure will flash.
4. Set the minutes. Rotate the **ENTRY** dial until the correct minutes are displayed, the input time should be within 0-59.
5. Press the **CLOCK/TIMER** button to start the clock. The icon ":" of the digital time will flash on the display and the clock indicator will disappear.

### NOTES:

- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will show "0:00".
- To check the time of day during a cooking process, press **CLOCK/TIMER** button and the LED will display the time of day for 2-3 seconds. This does not affect the cooking process.
- If in the process of setting the clock, the **STOP/CLEAR** button is pressed, the oven will revert back to the former setting.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show "0:00" after the power is reinstated. If this occurs during cooking, the programme will be erased. As will the time of day.



## TIMER FUNCTION

You can use the kitchen timer function in instances where microwave cooking is not involved for example to time boiled eggs cooked on conventional hob or to monitor the standing time for cooked/defrosted food.

### Example:

To set the timer for 5 minutes.

1. Press **CLOCK/TIMER** button twice.
2. Rotate **ENTRY** dial to select time .
3. Press the **START/ +30sec./ENTER** key to start the timer.
4. Check the display. (The display will count down through the programmed time.)

When the timer arrives at 0:00, an audible signal will sound 5 times and the LED will then display the time of day.

You can enter any time up to 95 minutes. To cancel the **TIMER** whilst counting down, simply press the **STOP/CLEAR** button.

**NOTE:** The **TIMER** function cannot be used whilst cooking.

## MICROWAVE POWER LEVELS



Power Level	Press the <b>MICRO</b> button	Display (Percentage)
HIGH	x1	P100 (100%)
MEDIUM HIGH	x2	P80 (80%)
MEDIUM	x3	P50 (50%)
MEDIUM LOW (DEFROST)	x4	P30 (30%)
LOW	x5	P10 (10%)

- Your oven has 5 power levels, as shown.
- To change the power level for cooking, press the **MICRO** button or rotate the **ENTRY** dial key until the display indicates the desired level. Press the **START/+30sec./ENTER** button to confirm, enter the cooking time and then press the **START/+30sec./ENTER** button to start the oven.
- To check the power level during cooking, press the **MICRO** button, the current power level will be displayed for 2-3 seconds. The oven continues to count down although the display will show the power level.

Generally the following recommendations apply:

**P100** - (HIGH output = 900W) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

**P80** - (MEDIUM HIGH output = 720W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as sponge cakes. At this reduced setting, the food will cook evenly without over cooking at the sides.

**P50** - (MEDIUM output = 450W) for dense foods which require a long cooking time when cooked conventionally, e.g. beef casserole, it is advisable to use this power setting to ensure the meat will be tender.

**P30** - (MEDIUM LOW output = 270W) Defrost setting to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

**P10** - (LOW output = 90W) For gentle defrosting, e.g. cream gateaux or pastry.

## MANUAL OPERATION



### Opening the door:

To open the oven door, pull the door handle.

### Starting the oven:

Depending on the food type and the required end results, either place food into a suitable container, then place the container onto the turntable, alternatively place foods directly onto the turntable. Close the door and press the **START/+30sec./ENTER** button after selecting the desired cooking mode.

Once the cooking programme has been set and the **START/+30sec./ENTER** button is not pressed in 5 minutes, the setting will be cancelled.

The **START/+30sec./ENTER** button must be pressed to continue cooking if the door is opened during cooking. An audible signal will sound once when pressing the button, if the button is inefficiently pressed there will be no sound detected.

Use the **STOP/CLEAR** key to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press the **STOP/CLEAR** key twice.
4. To set and to cancel the child lock (refer to page E-16).



## MICROWAVE COOKING

Your oven can be programmed for up to 95 minutes (95:00).

The input unit of cooking (defrosting) time varies from 5 seconds to 95 minutes. It depends on the total length of the cooking (defrosting) time as shown on the table.

Cooking Time	Increasing Unit
0-1 minute	5 seconds
1-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-95 minutes	5 minutes

### MANUAL COOKING/MANUAL DEFROSTING

- Enter the cooking time and use the microwave power levels P100 to P10 to cook or defrost (see example below).
- Stir or turn the food, where possible, 2 - 3 times during cooking.
- After cooking, cover the food and leave to stand, where recommended.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.

#### Example:

To cook for 2 minutes and 30 seconds on 80% microwave power.

1. Input the power level by pressing the **MICRO** button twice for P80 or turn the **ENTRY** dial to select the microwave power to P80.

**MICRO** x2 or



2. Press the **START/+30sec./ENTER** button to confirm the selected power level.



**At the same time the microwave indicator will illuminate on the display.**

3. Enter desired cooking time by rotating the **ENTRY** dial.



4. Press the **START/+30sec./ENTER** button to start the timer. (The display will count down through the programmed cooking time.)



#### NOTE:

- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anticlockwise. If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display stops automatically. The cooking/ defrosting time starts to count down again when the door is closed and the **START/+30sec./ENTER** button is pressed.
- When cooking/defrosting is complete, the time of day will reappear on the display, if the clock has been set.
- If you wish to know the power level during cooking, press the **MICRO** button. The current power level will be displayed for 2-3 seconds.

#### IMPORTANT:

- Close the door after cooking/defrosting. Please note that the light will remain on for 10 minutes when the door is open, this is for safety reason to remind you to close the door.



## GRILL COOKING/COMBI COOKING

### 1. GRILL ONLY COOKING

The grill at the top of the oven cavity has one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning. Use the rack for grilling small items of food such as bacon, gammon and teacakes. Food can be placed either directly onto the rack, or into a flan dish/ heat-resistant plate on the rack.

# GRILL COOKING/COMBI COOKING



## Example:

To grill for 20 minutes, using **GRILL/COMBI**. button.

1. Press **GRILL/COMBI**. button once. G-1 and the grill indicator will illuminate on the display.
2. Press the **START/+30sec./ENTER** button to confirm the cooking mode.
3. Use the **ENTRY** dial to input the grilling time (20 minutes).
4. Press the **START/+30sec./ENTER** button once more to start the grilling. (The display will count down through the programmed grilling time.)

**GRILL/COMBI. x1**



## Note:

Halfway through the grilling time an audible signal will sound twice this will remind you to turn the food over to ensure even browning. Please be aware that the oven will not stop automatically during grilling.

Turnover the food halfway through, close the door and then press the **START/+30sec./ENTER** button to continue grilling.

## 2. GRILL/COMBI. COOKING

The **GRILL/COMBI. COOKING** feature enables a combination microwave power with grill or/and convection as well as the combination of grill and convection. **GRILL/COMBI.** means to cook by microwave power, grill power and/or convection power alternately. The combination cooking reduces cooking time and provides a crisp, brown finish giving you the convenience of fast cooking with a traditional appetising appearance.

There are 4 choices for the combination as shown in the chart below:

Press <b>GRILL/COMBI.</b> button	Display	Microwave	Grill	Convection
twice	C-1	•		•
3 times	C-2	•	•	
4 times	C-3		•	•
5 times	C-4	•	•	•

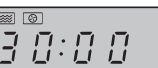
• = available

## Example for Microwave and Convection:

To cook for 30 minutes using the combination of microwave and convection (C-1).

1. Press **GRILL/COMBI.** button once. G-1 will illuminate on the display.
2. Select C-1 by pressing the **GRILL/COMBI** button once or turn the **ENTRY** dial until the display shows C-1. At the same time microwave and convection indicator will illuminate.
3. Press the **START/+30sec./ENTER** button to confirm the cooking mode.
4. Use the **ENTRY** dial to input the cooking time (30 minutes).
5. Press the **START/+30sec./ENTER** button to start the cooking. (The display will count down through the programmed cooking time.)

**GRILL/COMBI. x1**



## NOTES for GRILL and COMBI COOKING:

- It is not necessary to preheat the grill.
- When browning food place it either on the low or high rack or in a deep container on the truntable.
- You may detect smoke or a burning smell when using the grill for the first time. This is normal and not a sign that the oven has malfunctioned. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill and then convection at 240°C.



## GRILL COOKING/COMBI COOKING

**IMPORTANT:** During operation, to allow smoke or smells to disperse open a window.



### WARNING:

**The door, outer cabinet, oven cavity and accessories will become very hot during operation. To prevent burns, always use thick oven gloves.**



## CONVECTION COOKING

Your oven can be used as a conventional oven using the convection facility, there are 10 pre-set oven temperatures. Preheating is recommended for better results. The temperature can be chosen from 150°C to 240°C in 10°C increments.

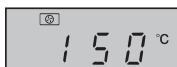
Press CONVECTION button	1	2	3	4	5	6	7	8	9	10
Oven Temp (°C)	150	160	170	180	190	200	210	220	230	240

### Example 1: To cook with preheating

To preheat to 200°C and cook for 25 minutes at 200°C.

1. Press the **CONVECTION** button once and the temperature indicator will flash on the display and the convection indicator will illuminate.
2. Enter the desired preheat temperature by pressing the **CONVECTION** button (5 more times) or turn the **ENTRY** dial until the display shows 200.
3. Press the **START/+30sec./ENTER** button to confirm the temperature.

CONVECTION x1



4. Press the **START/+30sec./ENTER** button once more to start preheating. When the preheated temperature has been reached an audible signal will sound twice to remind you to put the food into the oven. The current temperature will flash in the display.
5. Open the door, place the food inside the oven and close the door. Use the **ENTRY** dial to input the cooking time (25 minutes).
6. Press the **START/+30sec./ENTER** button to start cooking. The display will count down through the programmed cooking time. The convection indicator will flash.

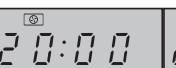
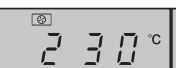
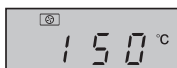


### Example 2: To cook without preheating

To cook at 230°C for 20 minutes.

1. Open the door, place the food inside the oven and close the door. Press the **CONVECTION** button once and the temperature indicator will flash on the display and the convection indicator will illuminate.
2. Enter the desired temperature by pressing the **CONVECTION** button (eight more times) or turn the **ENTRY** dial until the display shows 230.
3. Press the **START/+30sec./ENTER** button to confirm the temperature.
4. Use the **ENTRY** dial to input the cooking time (20 minutes).
5. Press the **START/+30sec./ENTER** button to start cooking.

CONVECTION x1



## CONVECTION COOKING



### Notes :

1. The cooking time cannot be input until the preheating temperature arrives. When the oven arrives at desired temperature, the door must be opened to input the cooking time.
2. The convection heater will stop automatically; if there is no input of the cooking time within 5 minutes. An audible signal will sound five times to remind you and the LED will display the time of day, if the clock has been set. If the clock has not been set, the display will only show "0:00".
3. When the oven is preheating, the turntable should remain in the oven. During preheating and convection cooking, you will hear the cooling fan cycling on and off. This is completely normal and does not affect the cooking.
4. Food manufacturers instructions are only a guideline, so cooking times may need to be adjusted
5. After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts.
6. You may detect smoke or a burning smell when using convection for the first time. This is normal and is not a sign that the oven has malfunctioned. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill and then convection at 240°C.

**IMPORTANT:** During operation, to allow smoke or smells to disperse open a window.



### WARNING:

**The door, outer cabinet, oven cavity and accessories will become very hot during operation. To prevent burns, always use thick oven gloves.**

## OTHER CONVENIENT FUNCTIONS



### 1. SEQUENCE COOKING

This function quickly defrosts food while enabling you to choose a suitable defrost period, depending on the food type. Follow the example below for details on how to operate this function. The time range is 0:05-95:00. This function allows you to cook using up to 2 different stages which can include manual cooking time or time defrost as well as weight defrost function. Once programmed there is no need to interfere with the cooking operation as the oven will automatically move onto the next stage. An audible signal will sound once after the first stage. If one chosen stage is defrosting, this should be the first stage of sequence cooking.

**Note:** **AUTO MENU** cannot be set as one of the multiple sequences.

**Example:** If you want to defrost the food for 5 minutes, then to cook with P80 microwave power for 7 minutes. The steps are as follows:

- 1. Press the **WEIGHT/TIME DEFROST** button twice, in the LED display d-2 will appear.
- 2. Enter the defrosting time by rotating the **ENTRY** dial until the display shows "5:00" minutes.
- 3. Press the **MICRO** button once.
- 4. Input the power level by pressing the **MICRO** button once more for P80 or turn the **ENTRY** dial to select the microwave power to P80.
- 5. Press the **START/+30sec./ENTER** button to confirm the setting.
- 6. Enter the cooking time by rotating the **ENTRY** dial until the display shows "7:00" minutes.
- 7. Press the **START/+30sec./ENTER** button to start cooking.

### 2. +30sec FUNCTION (Direct start)

The **START/+30sec./ENTER** button allows you to operate the following function:



## OTHER CONVENIENT FUNCTIONS

### a. Direct start

You can directly start cooking on P100 microwave power level for 30 seconds by pressing the **START/+30sec./ENTER** button. The cooking process will start immediately and each time the button is pressed this will increase the cooking time by 30 seconds.

### b. Extend the cooking time


You can extend the cooking time during manual, grill, convection, combi cooking and time defrost in multiples of 30 seconds if the **START/+30sec./ENTER** button is pressed while the oven is in operation. During weight defrost and auto menu function and sequence cooking, the cooking time cannot be increased by pressing **START/+30sec./ENTER** button.

**NOTE:** The cooking time may be extended to a maximum of 95 minutes.

### 3. CHILD LOCK:

Use to prevent unsupervised operation of the oven by children.

#### a. To set the CHILD LOCK:

In the stand-by mode, press **STOP/CLEAR** button for 3 seconds. There will be a long beep denoting entering the children-lock state and the  indicator will illuminate together with the current clock time. If the clock has not been the display will show "0:00".

#### b. To cancel the CHILD LOCK:

In the stand-by mode, press **STOP/CLEAR** button for 3 seconds. There will be a long "beep" denoting that the lock is released.



## WEIGHT DEFROST AND TIME DEFROST FUNCTION

### 1. WEIGHT DEFROST

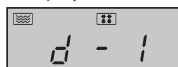
The microwave oven is pre-programmed with a timer and power levels so that foods such as pork, beef and chicken can be easily defrosted. The weight range for this is from 100g – 2000g in 100g steps. Follow the example below for guidance on how to operate these functions.

**Example:** To defrost a meat joint weighing 1.2kg using **WEIGHT DEFROST**.

Place the meat in a flan dish or alternatively on a microwave oven defrost rack on the turntable.

1. Select the menu required by pressing the **WEIGHT/TIME DEFROST** button once.
2. Enter the desired weight by rotating the **ENTRY** dial until the display shows:
3. Press the **START/+30sec./ENTER** button to start defrosting. The microwave and defrost indicators will illuminate and "g" indicator will disappear. (The display will count down through defrosting time).

The display shows:



Frozen foods are defrosted from -18°C.

### Notes for WEIGHT DEFROST:

- Before freezing foods, ensure food is fresh and of good quality.
- Place food with a weight less than 200g at the edge of the turntable try to avoid placing it in the centre of the turntable.
- Food weight should be rounded up to the nearest 100g, for example, 650g to 700g.
- If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.



## WEIGHT DEFROST AND TIME DEFROST FUNCTION



### 2. TIME DEFROST

This function quickly defrosts food while enabling you to choose a suitable defrost period, depending on the food type. Follow the example below for details on how to operate this function. The time range is 0:05 – 95:00.

**Example:** To defrost food for 10 minutes.

1. Select the menu required by pressing the **WEIGHT/TIME DEFROST** button twice.  
The display shows:
2. Enter the desired cooking time by rotating the **ENTRY** dial until the display shows:
3. Press the **START/+30sec./ENTER** button to start defrosting. The microwave and defrost indicators will illuminate.



Frozen foods are defrosted from -18°C.

#### Notes for TIME DEFROST:

- After defrosting an audible signal will sound five times and the LED will then display the time of day, if the clock has been set. If the clock has not been set, the display will only show "0:00" when defrosting is complete.
- The preset microwave power level is P30 and cannot be changed.

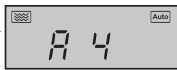
## AUTO MENU FUNCTION



The **AUTO MENU** programmes automatically work out the correct cooking mode and cooking of the foods (details on page E-18 & 19). Follow the example below for guidance on how to operate this function.

**Example:** To cook 350g carrots by using the **AUTO MENU** function for fresh vegetables (A4).

1. Rotate the **ENTRY** dial clockwise and select the desired auto menu.
2. Press the **START/+30sec./ENTER** button to confirm the setting.
3. Enter the desired weight by rotating the **ENTRY** dial until the display shows:
4. Press the **START/+30sec./ENTER** button to start cooking. (The display will count down through defrosting time)



#### NOTES:

- The weight or quantity of the food can be input by rotating the **ENTRY** dial until the desired weight/quantity is displayed.  
Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than the weights/quantities given in the **AUTO MENU** chart on page E-18 & 19 cook by manual operation.



## AUTO MENU CHART

Auto Menu	Display	Cooking method	Weight/portion/ utensils	Procedure
Auto Reheat dinner plate (pre-cooked food e.g. meat, vegetable and garnishes)	A1	100% Micro	150g, 250g, 350g, 450g, 600g (initial temp. 5°C) Plate and vented microwave cling film or suitable lid	Put the pre-cooked food on a plate. Use vented microwave cling film or a suitable lid to cover the plate. Place the plate in the centre of the turntable. Stir after cooking.
Jacket Potato	A2	100% Micro	1, 2, 3 potatoes (pieces) 1 potato = approx. 230g (initial temp. 20°C)	Please use potatoes with a similar size of approx. 230g. Pierce each potato in several places and place towards the edge of the turntable. Turn over and re-arrange halfway through cooking. Stand for 3 - 5 minutes before serving.
Meat (boneless meat e.g. beef, lamb, pork or poultry)	A3	100% Micro	150g, 300g, 450g, 600g (initial temp 20°C) Flan dish and vented microwave cling film or suitable lid	Cut the meat into small strips and place it in a flan dish. Use vented microwave cling film or a suitable lid to cover the flan dish. Place the flan dish in the centre of the turntable.
Fresh vegetables e.g. cauliflower, carrots, broccoli, fennel, leek, pepper, courgettes etc.	A4	100% Micro	150g, 350g, 500g (initial temp 20°C) Bowl and lid	Cut, chop or slice fresh vegetables into evenly sized pieces. Place the fresh vegetables in a suitable container. Place on the turntable. Add the required amount of water (1 tbsp per 100g). Cover with a lid. Stir after cooking and let the food stand for approx. 2 minutes.
Fish (Only fish fillet is recommended for this programme)	A5	80% Micro	150g, 250g, 350g, 450g, 650g (initial temp. temp 20°C) Flan dish and vented microwave cling film or suitable lid	Place in a single layer in a flan dish. Use vented microwave cling film or a suitable lid to cover.
Pasta (dried pasta e.g. Fussili, Farfalle, Rigatoni)	A6	80% Micro	Pasta    Water 50g    450 ml 100g   800 ml 150g   1200 ml (initial temp. for the water: 20°C) large, wide bowl	Place pasta in an appropriate sized bowl and add the water. Do not cover. Place the bowl in the centre of the turntable. After cooking, stir well and stand for 2 minutes before draining.

# AUTO MENU CHART



Auto Menu	Display	Cooking method	Weight/portion/ utensils	Procedure
Soup	A7	100% Micro	200ml, 400ml, 600ml (initial temp. 5°C) Cups (200 ml per cup)	Place the cups on the turntable and stir after cooking.
Sponge cake* Ingredients: 4 eggs 100g flour 110g sugar, 10g corn starch 60g milk 60g vegeta- ble oil	A8	Preheat at 160°C	475g (initial temp. 20°C) Spring form tin (about 26 cm diameter) Low rack	The oven will preheat to 160°C. When the temperature is reached, open the door and place the cake on the low rack inside. Press the <b>START/+30sec./ENTER</b> button to start the baking.
Frozen pizza (oven ready pizza → preb- aked)	A9	C-4	200g, 300g, 400g (initial temp. -18° C) Low Rack	Remove packaging and place di- rectly on the low rack. No stand- ing time is required.
Roast chicken	A10	C-4	500g, 750g, 1000g, 1200g (initial temp. 20°C) Low Rack	If desired, season with salt, pep- per and paprika. Pierce the skin of the chicken a few times. Place the chicken, breast side up, onto the low rack.

## \* Preparation of the sponge cake (A8):

1. Separate the eggs.
2. Cream the egg yolks, milk and vegetable oil with a hand blender (low speed) until light and fluffy.
3. Add the flour and mix well.
4. In a separate dish, beat the egg whites, sugar and corn starch with a hand blender (high speed) until stiff. Carefully fold into the cake mixture..
5. Spoon the mixture into a greased spring form tin and smooth the surface.
6. After preheating place the spring form tin on the rack.

## Notes:

- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.
- The results when using auto cook depend on variances such as the shape and size of the food and your personal preference as regards cooking results. If you are not satisfied with the programmed result, please adjust the cooking time to match your requirement.



## SUITABLE OVENWARE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Comments
Aluminium foil Foil containers	✓ / ✗	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil <sup>®</sup> , follow instructions carefully.
Browning dishes	✓	Always follow the manufacturers instructions. Do not exceed the heating time given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex <sup>®</sup>	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✗	It is not recommended to use metal cookware as it will arc, which can lead to fire.
Plastic/Polystyrene e.g fast food containers	✓	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	It should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✓	Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal 'arcing'.
Paper - plates, cups and kitchen paper	✓	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✓	Always monitor the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✗	May contain extracts of metal which will cause 'arcing' and may lead to fire.



### WARNING:

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



**CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.**

**CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.**

### Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

### Control panel

Open the door before cleaning to deactivate the control panel. Care should be taken in cleaning the control panel. Use a cloth damp with water only, gently wipe the panel until it becomes clean.

Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

### Oven Interior

1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Do not remove the waveguide cover.

2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.

3. Do not use spray cleaners on the oven interior.

Keep the waveguide cover clean at all times.

The waveguide cover is constructed from a fragile material and should be cleaned with care (follow the cleaning instructions above).

**NOTE:** Excessive soaking may cause disintegration of the waveguide cover.

The waveguide cover is a consumable part and without regular cleaning, will need to be replaced.

### Turntable and Turntable support

Remove the turntable and turntable support from the oven.

Wash the turntable and turntable support in mild soapy water. Dry with a soft cloth. Both the turntable and the turntable support are dishwasher safe.

### Door

To remove all traces of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the glass oven door since they can scratch the surface, which may result in shattering of the glass.

**NOTE:** A steam cleaner should not be used.

### Cleaning tip - For easier cleaning of your oven:

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100% for 10 -12 minutes. Wipe the oven clean using a soft, dry cloth.

### IMPORTANT:

- If you cook food for more than the standard time (see chart below) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced or the grill heating element will turn on and off.

Cooking Mode	Standard time
Microwave 100 P	30 minutes
Grill/ Convection/ Combi cooking mode	Intermittent operation, temperature and time controlled

**SHARP**

# SHARP

重要



## R-830B(ST) 850W

### 燒烤及熱風對流微波爐 使用說明書

中文

本說明書包含重要資訊，請在使用微波爐前仔細閱讀。

**重要事項：**如未有按此說明書使用微波爐，或微波爐經改裝而在爐門開啓下運作，可能對健康構成嚴重威脅。



## 目錄

### 使用說明書

目錄 .....	2
規格 .....	2
微波爐及配件 .....	3
控制板 .....	4
重要安全須知 .....	5 - 8
安裝 .....	9
操作之前 .....	10
設定時鐘 .....	10
計時器功能 .....	10
微波爐火力強度 .....	11
自選烹調操作 .....	11
微波爐烹調 .....	12
燒烤烹調/混合烹調 .....	12-14
熱風對流烹調 .....	14-15
其他簡便功能 .....	15-16
計時解凍及重量解凍操作 .....	16-17
自動食譜功能 .....	17
自動食譜功能列表 .....	18-19
微波爐適用的器具 .....	20
保養及清潔 .....	21



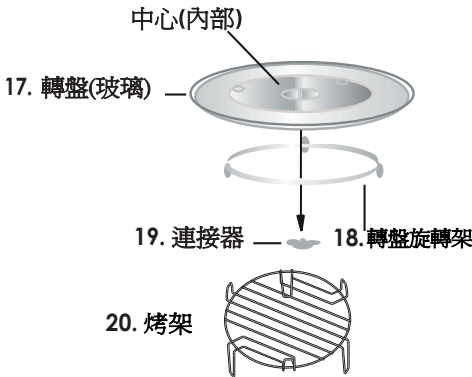
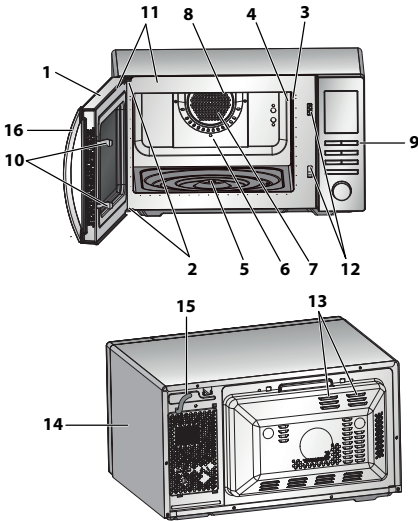
## 規格

型號名稱:	R-830B(ST)
交流電壓	: 220V, 50 Hz
配電線路熔斷器/斷路器	: 20A
電力消耗:	微波烹調 : 1450 瓦
輸出功率:	微波烹調 : 850 瓦
	頂部烤烹調 (紅外線) : 1300 瓦
	熱風對流烹調 : 2200 瓦
	Off 模式 (省電模式) : 少於 1.0 瓦
微波頻率	: 2450MHz
外部尺寸(寬) x (高) x (深)毫米	: 513 x 306 x 466
爐箱內尺寸(寬) x (高) x (深)毫米	: 330 x 232 x 352
容量	: 25 公升
轉盤直徑(玻璃)	: $\phi$ 315 毫米
重量	: 約 17 公斤

\* 微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較少。

備註：規格設計如有變更，恕不另行通知。





## 微波爐

1. 爐門
2. 門鉸
3. 爐內照明燈
4. 波導管罩 (請不要拆出)
5. 連接器
6. 爐內部
7. 熱風對流吹風機 (被覆蓋)
8. 燒烤發熱件 (頂部下方)
9. 控制板
10. 門鎖
11. 爐門密封襯墊和襯墊表層
12. 爐門安全鎖
13. 通風口
14. 外箱
15. 電源線
16. 門柄

## 配件:

請檢查確定以下配件已齊備:

(17) 轉盤(18) 轉盤旋轉架 (19) 連接器 (20) 烤架

- 將連接器放在數字盤電動軸上，然後將轉盤旋轉架於在爐底中央，並可在連接器上任意旋轉。然後，將轉盤放在旋轉架上，讓它穩定在連接器上。
- 為避免轉盤受損，在把食物和容器從爐內取出時，請確定不會觸及轉盤邊緣。
- 關於烤架的使用方式，請參閱 C-12,13,14 頁上的燒烤章節的內容。

**不要觸摸已加熱的烤架。**

**注意:**當您訂購配件時，請向分銷商或聲寶授權服務代理提供兩項資料: 配件名稱及型號名稱。

## 注意:

- 波導管罩容易損壞，當清潔微波爐內部時，請小心不要令它受損。
- 在每次烹調沒有加蓋的肥膩食物後，請徹底清潔爐內部，尤其是燒烤部件，它們都必須乾燥和沒有油脂的。如油脂積聚，可能會過熱、出煙或起火。
- 每次使用微波爐，必須把轉盤及旋轉架妥為放好。這樣烹調時可更均勻。未放好的轉盤可能會發出聲響、旋轉不良，並可能損壞微波爐。
- 每次烹調時，所有食物和容器必須放在轉盤上。
- 轉盤可順時針或逆時針旋轉。您每次使用微波爐時，旋轉方向都可能不同。這不會影響烹調效果。

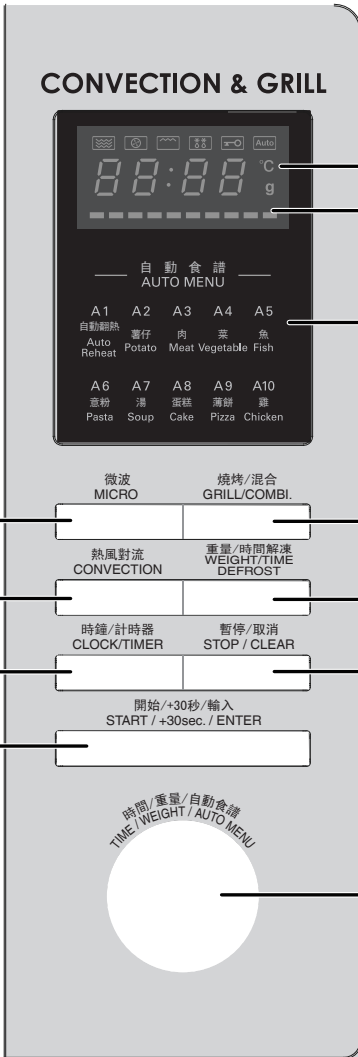


## 警告:

在操作期間，爐門、外箱、爐內部、配件及盛碟，都會十分熱。為免燙傷，請習慣使用厚身微波爐手套。



# 控制板



## 1. 數碼顯示器

- 微波顯示器
- 熱風對流顯示器
- 燒烤顯示器
- 解凍顯示器
- 兒童安全鎖顯示器
- 自動功能顯示器
- °C 溫度顯示器
- g 重量顯示器

## 2. 溫度遞進顯示器

當使用熱風對流烹調時，這些顯示段會相繼亮起以顯示溫度。在已設定的溫度範圍內，每個顯示段代表 10°C (例如第一個顯示段為 150°C，最後一個顯示段為 240°C)。當你設定溫度時，相應的顯示段會亮起。

## 3. 自動功能選項:

- A1: 自動翻熱
- A2: 薯仔
- A3: 肉
- A4: 菜
- A5: 魚
- A6: 意粉
- A7: 湯
- A8: 蛋糕
- A9: 薄餅
- A10: 雞

## 4. 燒烤/混合鍵

## 5. 重量/計時解凍鍵

## 6. 暫停/取消鍵

## 7. 輸入刻度盤

旋轉輸入烹調時間、時間、火力強度、溫度、重量和選擇自動食譜。



## 8. 微波火力鍵:

按這個鍵可選擇微波火力強度。

## 9. 熱風對流鍵

## 10. 時鐘/計時器鍵

## 11. 開始/+30 秒/輸入鍵



請細心閱讀，並保留作將來參考之用。

1. 本微波爐的設計僅限於在桌面上使用，而不適合內置於廚具之中。請勿把微波爐放在廚櫃內。
2. 在使用期間，爐門可能會熱燙。放置或安裝微波爐的時候，爐底應距離地面 85 厘米或以上。不要讓兒童接近爐門，以免他們燙傷自己。
3. 在微波爐上方留下最少 30 厘米的空間。
4. 本電器適合 8 歲或以上的兒童使用。任何有身體、感官或心理缺陷，或缺乏相關經驗或知識的人士，必須在別人監督下使用，又或在已接受其操作指示，能夠安全使用本微波爐，並明白不當使用的危險後方可讓他們使用。不應讓兒童玩弄本電器。請勿讓兒童自行清潔或維修本電器，除非在監督的情況下，才能讓 8 歲以上的兒童進行。
5. 請勿讓 8 歲以下的兒童接觸本電器和它的電線。
6. **警告:**請先為兒童提供充分指導，讓他們能夠安全使用本微波爐，並明白不當使用的危險後，方可讓兒童在沒有監督下使用。
7. **警告:**當本電器是以燒烤、混合及自動分鐘模式操作時，由於產生的溫度甚高，僅可讓兒童在成人監督下使用。
8. **警告:**可接觸的爐身部分在使用時可能會變得熱燙，請勿讓兒童接近。
9. **警告:**如爐門或封襯墊受損，在由合格人員修理妥當之前，請勿使用。
10. **警告:**請勿自行調校、修理或修改微波爐。除了合資格人士外，任何人試圖拆除防止微波能量暴露的外殼，以進行任何修理或維修，都十分危險。
11. 如本電器的電源線受損，必須以專用電線更換。有關更換工作必須由聲寶授權維修代理進行。
12. **警告:**液體及其他食物絕不可在密封容器內加熱，因為它們有可能爆炸。
13. 如加熱飲品，有可能導致延後爆沸，因此在處理有關容器時必須特別小心。
14. 請勿以微波爐烹調連殼生雞蛋，連殼熟雞蛋亦不應以微波爐加熱，因為即使在烹調完成後，它們都有可能爆炸。如需烹調或翻熱未經炒煮或混合的雞蛋，請刺穿蛋黃及蛋白，否則雞蛋可能會爆炸。在以微波爐翻熱熟雞蛋前，請去殼並切片。
15. 用具應經過檢查，以確定它們適用於微波爐。請參閱 C-21 頁。僅可使用適用於微波爐的容器及用具。
16. 嬰兒奶樽及瓶裝嬰兒食物必須攪拌或搖勻，並在食用前檢查溫度以防燙傷。
17. 在操作期間，爐門、外箱、爐內部、盛碟、配件，以及特別是燒烤發熱件都會十分熱。
18. 請小心注意避免觸及這些地方。為免燙傷，請習慣使用厚身微波爐手套。清潔前，請確保它們不熱燙。在烹調以塑膠或紙盛載的食物時，由於它們易燃，請留意微波爐的情況。
19. 見到有煙冒出，請關掉微波爐、拔除電源，並保持爐門關閉，以遏止任何可能出現的火焰。



## 重要安全須知

20. 請定時清潔本微波爐，並清除任何殘留食物。
  21. 如未有保持微波爐清潔，可能會損害其表面，導致電器壽命縮短，並可能引起危險。
  22. 請勿用過強的磨砂清潔劑或尖銳的金屬刮削用具清潔爐門的玻璃，這樣會劃傷表面，導致玻璃破碎。
  23. 請勿使用蒸汽清潔機。
  24. 請參閱 C-21 頁有關清潔爐門封邊、爐內部及附近部分的說明。
  25. 本電器是設計用來使用於家居或下列環境：
    - 商店的職員廚房、辦公室和其他工作環境；
    - 酒店、汽車旅館或其他類別的住宿環境；
    - 農舍；
    - 提供住宿和早餐的小旅館環境。
  26. **警告：**本電器和它可接觸的部分在使用時可能會變得熱燙，必須小心避免觸及發熱元件。請勿讓兒童接近本電器。除非在持續監督的情況下，才可讓 8 歲以下的兒童接近。
  27. 本電器在使用時可能會變得熱燙，必須小心避免觸及爐內的發熱元件。
  28. 本電器可接觸的部分在使用時可能會變得熱燙。請勿讓年幼的兒童接近。
- 為防火危險。**
1. 在微波爐操作期間，應小心看管。如所選火力太猛，或烹調時間過長，均有可能過熱而起火。
  2. 電源插口必須隨時可以觸及，以備緊急時易於拔除插頭。
  3. 交流電源必須為 220 伏特，50Hz，並備有至少 20A 配電線路熔斷器，或最少 10A 配電斷路器。
4. 請為此設備提供專用獨立電源。
  5. 請勿將微波爐放於熱源位置，如傳統焗爐附近。
  6. 請勿將微波爐安裝於濕度高或濕氣積聚的位置。
  7. 請勿在戶外存放或使用本微波爐。
  8. 使用後，請清潔波導管罩、爐內壁、轉盤及轉盤旋轉架。它們必須乾爽及沒有油脂，如油脂積累，可能會過熱，並冒煙或起火。
  9. 請勿在微波爐附近或通風口放置易燃物品。
  10. 請勿遮擋通風口。
  11. 請移除食物及其包裝上的所有金屬封口及線圈等。在金屬表面形成的電弧可能會起火。
  12. 請勿使用微波爐加熱食油以作油炸烹調。食油的溫度會不受控制並可能燃燒。
  13. 如欲烹調爆谷，必須使用供微波爐專用的爆谷材料。
  14. 請勿在微波爐內儲存食物或任何其他物品。
  15. 在啟動微波爐後，請檢查有關設定以確保其操作符合要求。
  16. 為避免過熱及起火，在烹調或加熱高糖份或肥膩食物，如香腸卷、餡餅或聖誕布甸時，請特別小心注意。
  17. 請參閱使用說明書的有關提示。
- 避免可能導致受傷的情況**
1. **警告：**  
如微波爐已損毀或操作異常，請勿使用。在使用前，請檢查以下事項：
    - a) 爐門；請確定爐門已關妥，並沒有對位不齊或變形。
    - b) 門鉸及安全門鎖；檢查以確定它們沒有損壞或鬆脫。
    - c) 爐門密封襯墊和襯墊表層；確定它們沒有受損。



- d) 爐內壁或爐門上；確定沒有損毀。
- e) 電源線及插頭；確定沒有損毀。
- 2. 請勿在爐門開啓的情況下使用微波爐，或以任何方式修改門鎖。
- 3. 如在爐門密封襯墊和襯墊表層之間附有物件，請勿使用微波爐。
- 4. 請勿讓油脂或塵埃在爐門密封襯墊及其相連部份積聚。請定時清潔本微波爐，並清除任何殘留食物。請參閱 C-21 頁的「保養及清潔」說明。
- 5. 配有心臟起搏器的人士，請諮詢他們的醫生或該器材的製造商，以了解有關使用微波爐的注意事項。

### 避免可能導致觸電的情況

- 1. 在任何情況之下，亦不應拆除外箱。
- 2. 請勿跌入或插入任何物件於門鎖口或通風口。如有不慎跌入物件，請立即拔除電源，並聯絡聲寶授權維修代理跟進。
- 3. 請勿把電源線或插頭浸在水或任何其他液體中。
- 4. 請勿讓電源線掛在桌子或檯面邊緣。
- 5. 保持電源線遠離熱燙表面，包括微波爐背面。
- 6. 請勿試圖自行更換爐燈，或讓任何不屬聲寶授權電工人士進行有關工作。如爐燈失效，請諮詢您的經銷商或聲寶授權維修代理。

### 為避免導致爆炸及爆沸的情況：

- 1. 切勿使用密封容器。在使用前，必須先移除封條及蓋子。即使在微波爐關掉後，密封容器仍有可能因為壓力的累積而爆炸。
- 2. 在微波加熱液體時，必須特別小心。請使用闊口容器，讓氣泡可排走。

切勿使用窄口容器加熱液體，如嬰兒奶瓶，因為在加熱時，容器內的液體可能會噴出導致燙傷。

為免滾熱液體爆沸及可能導致燙傷：

- 1. 請勿烹調過長時間。
- 2. 攪拌液體以加熱/翻熱。
- 3. 在翻熱時，建議加入玻璃棒或類似工具 (非金屬)。
- 4. 在烹調完成後，讓液體靜止最少 20 秒，以防延後爆沸。
- 3. 在烹調薯仔、香腸及水果時，請刺穿其表皮，否則它們可能會爆炸。

### 為避免導致燙傷的情況

- 1. 從微波爐拿取食物時，請使用鍋墊或焗爐手套，以避免燙傷。
- 2. 使用容器、爆谷食材、焗爐袋時，請必須打開，並遠離面孔及手部，以免被蒸汽及爆沸燙傷。
- 3. 為免燙傷，在食用前請時常測試食物溫度，並加以攪拌；如為嬰兒、兒童及老人提供食物及飲料，更要特別小心。容器的溫度未必能真正代表食物或飲品的溫度，因此每次都必須檢查食物溫度。
- 4. 每次打開爐門時，都要盡量遠離，以免受溢出的蒸氣和熱力燙傷。
- 5. 在加熱填充烤焗食物後，請切片以釋放蒸氣並避免燙傷。

### 避免兒童誤用

- 1. 請勿靠倚在爐門上或將爐門來回搖晃。
- 2. 請教導兒童認識所有重要安全說明：使用鍋墊、小心移除食物蓋子，特別注意令食物鬆脆的包裝(如：發熱物料)，它們可能特別熱燙。



## 重要安全須知

### 其他警告

1. 切勿以任何方式改動微波爐。
2. 當微波爐正在操作，請勿移動。
3. 此微波爐僅適用於家居環境，並僅可作烹調食物。不適合作商業或實驗室用途。

### 為安心使用本產品並避免損壞。

1. 除了使用說明書內的建議，切勿在微波爐內空無一物時進行操作，這樣可能會導致微波爐受損。
2. 當使用烤盤或發熱材料時，請經常在它們下面放置耐熱隔層，如陶瓷碟，以免因熱壓而損壞轉盤及旋轉架。預熱時間切勿超過可超過菜式的指示。
3. 請勿使用金屬用具，它們會反射微波，可能會造成電弧現象。請勿把罐頭放進微波爐。請使用專為本微波爐而設計的轉盤和旋轉架。請勿在沒有轉盤的情況下使用本微波爐。
4. 在微波爐操作時，請勿放置任何物件在外箱上。

### 注意：

如您不肯定如何連接您的微波爐，請諮詢合格電工。如因未能瞭解正確的電力連接程序，而造成微波爐損壞或個人損傷，製造商及經銷商概不負責。爐壁或爐門密封襯墊和襯墊表層上，間中可能有水氣或水點凝結。這些都屬正常現象，並不表示有微波洩漏或操作異常。

### 嵌入式套件

本微波爐沒有提供嵌入式套件。  
本微波爐設計僅限於在桌面上使用。

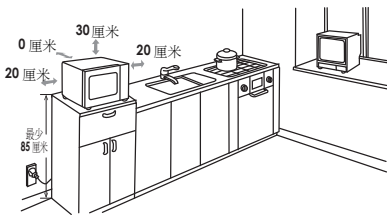


1. 從微波爐內部移除所有包裝物料，並在微波爐外箱表面清除所有保護膠紙。仔細檢查微波爐是否有任何損壞跡象。
2. 將微波爐放在穩固的平面上，讓位置應可負荷爐身加上烹調最重食物時的總重量。請勿將微波爐放在廚櫃中。
  - 微波爐和鄰近牆壁之間的空間，最少有 20 厘米。
  - 在微波爐上方留下最少 30 厘米的空間。
  - 請勿除去微波爐底部的爐腳。
  - 如阻擋出及/或入的通風口，可能會損壞微波爐。
  - 請把微波爐放在遠離收音機和電視的位置，微波爐操作期間可能會影響電台或電視的接收。

**警告：**請勿把微波爐放置在會產生熱力、潮濕或高濕度的地方(例如傳統焗爐附近或上面)或接近易燃物料(如窗簾)。  
請勿阻擋或阻塞散氣口。  
請勿在爐頂放置物品。

### 連接電源

- 請勿讓電源線及插頭沾水。
- 將插頭穩妥地插入電源插座。
- 請勿在同一個電源插座上使用萬用插頭連接至其他電器。
- 如電源線受損，必須由聲寶核准的服務機構或合資格人士更換，以免引起危險。
- 從電源插座移除插頭時必須握緊插頭，切勿握緊電源線，因為可能會損壞電源電線和插頭內的連接器。



4. 在使用期間，爐門可能會熱燙。放置或安裝微波爐的時候，爐底應距離地面 85 厘米或以上。不要讓兒童接近爐門，以免他們燙傷自己。

5. 穩妥地連接微波爐的插頭到標準接地(有地線)家居電源插座。



## 操作之前

將微波爐的插頭連接電源後，會顯示“0:00”，並會響一次聲音訊號。  
本型號設有時鐘功能，在備用時候耗用少於1.0瓦。  
時鐘設定方式請參閱下面。



## 設定時鐘

您的微波爐設有 24 小時模式。

1. 按一次**時鐘/計時器**鍵。設定小時的數字會閃動，時鐘顯示器會亮起。
2. 轉動數字盤**輸入**時間直至顯示正確的小時，輸入的時間必須界乎 0-23。
3. 按一次**時鐘/計時器**鍵，設定分鐘的數字會閃動。
4. 設定分鐘。轉動數字盤**輸入**時間直至顯示正確的分鐘，輸入的時間必須界乎 0-59
5. 按一次**時鐘/計時器**鍵啟動時鐘。數字顯示的時間上出現的“:”符號會在顯示屏閃動，時鐘指示燈會消失。

### 注意：

- 如時鐘已設定，當烹調完成，顯示屏會顯示當日正確時間。如果未設定時鐘，則僅會顯示“0:00”。
- 如欲在烹調期間檢查時間，請按**時鐘/計時器**鍵，LED 會顯示當日時間 2-3 秒。這不會影響烹調程序。
- 如在設定時鐘期間按**暫停/取消**鍵，微波爐會回到之前的設定。
- 如微波爐的電源供應中斷，顯示屏會在電源恢復後間歇顯示“0:00”。如果在烹調期間遇到此情況，有關程序將會被清除。當日時間亦會被刪除。



## 計時器功能

您可使用其廚房計時器作計時用途，例如在煮食爐焗雞蛋時計時，或提醒您已烹調或解凍食物可放置的時間。

### 舉例：

要設定計時器為 5 分鐘。

1. 按**時鐘/計時器**鍵兩次。
2. 轉動**輸入**數字盤輸入所需時間。
3. 按**開始/+30 秒/輸入**鍵鍵啟動計時器。
4. 檢查顯示屏。(顯示屏會倒數已設定的時間。)

當計時器到達0:00，聲音會響起 5 次，LED則會顯示當日時間。

您可輸入任何時間，最長為95分鐘。要在倒數期間取消**計時器**，只需按一次。

**注意:**計時器功能在烹調期間不能使用。



## 微波爐火力強度



微波火力	按微波鍵	顯示(百分比)
高	X1	P100 (100%)
中高	X2	P80 (80%)
中	X3	P50 (50%)
中低(解凍)	X4	P30 (30%)
低	X5	P10 (10%)

- 您的微波爐有 5 個微波火力，見表列。
- 如欲更改烹調火力，請按**微波鍵**或轉動**輸入數字盤**直至顯示所需的強度。再按**開始/+30 秒/輸入鍵**即可啟動微波爐。
- 如欲在烹調期間檢查微波火力，可按**微波鍵**，就會顯示現時火力強度 2-3 秒。雖然顯示屏正顯示微波火力，微波爐仍會繼續倒數。

一般來說，可參考以下建議：

**P100** - (高 = 900 瓦) 用於快速烹調，或翻熱食物，如砂鍋食物、熱飲及蔬菜等。

**P80** - (中高 = 720 瓦) 可用於較長時間的烹調，如烤肉、肉卷及碟盤食物等密度較高的食物，亦可用於對熱度較敏感的食物如海綿蛋糕。在此較低強度的設定下，食物的烹調會較均勻，不會令邊緣位置過熟。

**P50** - (中 = 450 瓦) 可用於密度較高的食物，它們在傳統烹調時需要較長時間，如牛肉砂鍋。如欲確保肉質較嫩，建議使用此設定。

**P30** - (中低 = 270 瓦) 可用於解凍，選擇此設定可確保食物解凍效果均勻。此設定亦適用於煮飯、意粉、餃子及蛋撻。

**P10** - (低 = 90 瓦) 用於慢速解凍，如忌廉蛋糕或糕餅。

## 自選烹調操作



### 打開爐門：

拉開爐門的手柄，即可打開爐門。

### 啟動微波爐：

視乎食物種類和所需的烹調效果，可將食物放在合適的容器內，再放在轉盤上，或直接放在轉盤上。關閉爐門，選擇所需烹調模式，然後按**開始/+30秒/輸入鍵**。

當烹調程序已選定，但未有在五分鐘內按**開始/+30秒/輸入鍵**，該設定會被取消。

如在烹調中途會打開爐門，必須再按**開始/+30 秒/輸入鍵**才可繼續烹調。如按鍵有效，聲音訊號會響一次，如按鍵無效則不會有聲響。

### 使用**暫停/取消**鍵：

1. 在設定程序時清除錯誤。
2. 在烹調期間暫停微波爐。
3. 在烹調期間取消程序，按**暫停/取消**鍵兩次。
4. 設定或取消兒童鎖(參閱 C-16頁)。



## 微波爐烹調

您的微波爐最多可設定95分鐘 (95:00)。

輸入的烹調(解凍)時間單位可以界乎5秒至95分鐘。輸入的單位視乎烹調(解凍)時間的長短，可參閱附表。

烹調時間	增加單位
0-1 分鐘	5 秒
1-5 分鐘	10 秒
5-10 分鐘	30 秒
10-30 分鐘	1 分鐘
30-95 分鐘	5 分鐘

### 自選烹調/自選解凍

- 輸入烹調時間並使用由P 100 到P 10 的微波火力來進行烹調或解凍 (請參閱下列例子)。
- 如有可能，請在烹調期間攪拌或翻轉食物兩至三次。
- 在烹調後，請按建議蓋好食物並放置一會。
- 在解凍後，以錫紙蓋好食物，並讓它放置直至完全解凍。

#### 舉例:

如需烹調 2 分鐘 30 秒，微波火力為 80%。

1. 按**微波**鍵兩次，設定強度為 P80，或轉動**輸入**盤選擇微波火力強度 P80。
2. 按**開始/+30 秒/輸入**鍵確定所選的火力強度。
3. 轉動**輸入**數字盤輸入所需的烹調時間。
4. 按**開始/+30 秒/輸入**鍵開始計時。(顯示屏會倒數已設定的烹調時間。)

微波火力鍵 x2 或



與此同時，微波爐顯示器會在顯示屏亮起。



#### 注意:

- 當微波爐啓動時，爐燈會亮起，轉盤亦會以順時針或逆時針方向轉動。
- 如在烹調/解凍期間打開爐門，以攪拌或翻轉食物，顯示屏上的烹調時間會自動暫停。在關上爐門和按**開始/+30 秒/輸入**鍵後，烹調/解凍時間就會繼續倒數。
- 當烹調/解凍已完成，如已設定時鐘，顯示屏就會再顯示當前時間。如您想在烹調期間查看微波火力，請按**微波**鍵，就會顯示現時的微波火力 2-3 秒。

#### 重要:

- 請在烹調/解凍後關上爐門。注意當爐門開啓時，爐燈會維持亮起 10 分鐘，這是提醒您關上爐門的安全措施。



## 燒烤烹調/混合烹調

### 1. 燒烤烹調

位於爐內頂部的燒烤管僅限一種火力設定。轉盤會同時轉動幫助食物平均地烤至金黃。請使用烤架烹調較細小的食物，例如煙肉、火腿或小蛋糕。您可直接把食物放在烤架上，或盛於烤盤/耐熱碟中再置於烤架上。



## 舉例:

要燒烤 20 分鐘，使用**燒烤/混合**鍵。

1. 按**燒烤/混合**鍵一次。G-1 和燒烤顯示器會在顯示屏亮起。
2. 按**開始/+30 秒/輸入**鍵確定烹調模式。
3. 轉動**輸入**數字盤輸入燒烤時間 (20 分鐘)。
4. 再按**開始/+30 秒/輸入**鍵一次開始燒烤。(顯示屏會倒數已設定的烤時間。)

**燒烤/混合**鍵 x1



## 注意:

當設定的燒烤時間已完成一半時，聲音訊號會響兩次，提示您要將食物翻轉，使食物平均地烤至金黃。請注意微波爐不會在燒烤烹調進行時自動停止。

把食物翻動後，請關上爐門，然後按**開始/+30 秒/輸入**鍵繼續燒烤。

## 2. 燒烤/混合烹調

**燒烤/混合烹調**結合微波火力和燒烤/熱風對流功能，以及結合燒烤/熱風對流功能。**混合**是指利用微波火力和燒烤火力/熱風對流火力交替進行烹調。這種火力結合功能可縮短烹調時間，並做出金黃的脆皮效果。

共有四種組合可供選擇，請參閱下表:

按 <b>燒烤/混合</b> 鍵	顯示	微波	燒烤	熱風對流
兩次	C-1	•		•
3 次	C-2	•	•	
4 次	C-3	•	•	•
5 次	C-4	•	•	•

• = 可使用

## 微波和熱風對流烹調例子:

要烹調 30 分鐘，使用微波和熱風對流烹調組合(C-1)。

1. 按**燒烤/混合**鍵一次。G-1 和燒烤顯示器會在顯示屏亮起。
2. 按**燒烤/混合**鍵一次選擇 C-1，或轉動輸入盤直至顯示屏顯示 C-1。與此同時，微波和熱風對流顯示器會亮起。
3. 按**開始/+30 秒/輸入**鍵確定烹調模式。
4. 使用**輸入**數字盤輸入烹調時間(30 分鐘)。
5. 按**開始/+30 秒/輸入**鍵開始燒烤。(顯示屏會倒數已設定的烤時間。)

**燒烤/混合**鍵

x1



## 使用燒烤及混合烹調的注意事項:

- 燒烤功能毋須預熱。
- 如需把食物焗至金黃色，可把食物放在高腳/低腳烤架或較深的容器，然後置於轉盤上。
- 首次使用燒烤功能可能會出現冒煙或輕微燒焦，此為正常情況，並不表示微波爐損壞。如欲避免，首次使用焗爐時，請以燒烤模式空爐烹調 20 分鐘，然後再用熱風對流模式，以 240°C 空爐烹調。



## 燒烤烹調/混合烹調

**重要:**過程中，請打開窗戶或啓動廚房抽風系統，以消散煙霧或氣味。



### 警告:

過程中，爐門、爐身、爐內部以及配件均會非常炙熱。為避免燙傷，務必戴上厚身焗爐手套。



## 熱風對流烹調

本微波爐可使用熱風對流烹調功能，並設有十段不同的熱風流溫度。選用此烹調功能時建議預熱微波爐，以達致最佳的烹調效果。熱風流溫度由 150°C 至 240°C，每 10°C 為一個遞增單位。

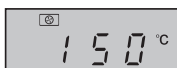
按熱風對流鍵	1	2	3	4	5	6	7	8	9	10
微波爐溫度(°C)	150	160	170	180	190	200	210	220	230	240

### 舉例 1: 預熱烹調

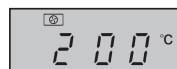
假設您想把微波爐預熱到 200°C，隨後在 200°C 烹調 25 分鐘。

- 按**熱風對流**鍵一次，溫度顯示器會在顯示屏上閃動，熱風對流顯示器亦會亮起。
- 按**熱風對流**鍵(5次)輸入所需的預熱溫度，或轉動**輸入數字**字盤直至顯示屏顯示 200。
- 按**開始/+30 秒/輸入**鍵確定溫度。

熱風對流 x1



- 再按**開始/+30 秒/輸入**鍵一次開始預熱。當微波爐達到預熱溫度時，聲音需要把微波爐溫度會於顯示屏上閃動。
- 打開爐門，把食物放進爐內，然後關上爐門。使用**輸入數字**字盤輸入烹調時間(25 分鐘)。
- 按**開始/+30 秒/輸入**鍵開始烹調。顯示屏會倒數已設定的烹調時間。熱風對流顯示器會閃動。

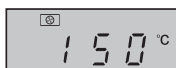


### 舉例 2: 不預熱烹調

假設您想在 230°C 下烹調 20 分鐘。

- 開啓爐門，把食物放進微波爐，然後關上爐門。按**熱風對流**鍵一次，溫度顯示器會在顯示屏上閃動，熱風對流顯示器亦會亮起。
- 按**熱風對流**鍵(8次)輸入所需的溫度，或轉動**輸入數字**字盤直至顯示屏顯示 230。
- 按**開始/+30 秒/輸入**鍵確定溫度。
- 使用**輸入數字**字盤輸入烹調時間(20 分鐘)。
- 按**開始/+30 秒/輸入**鍵開始烹調。

熱風對流 x1





### 注意:

1. 微波爐達到預熱溫度時方可輸入烹調時間。當微波爐達到所需溫度時，爐門必須維持開啓狀態，才能輸入烹調時間。
2. 若未有在五分鐘內輸入烹調時間，熱風對流發熱器會自動停止，聲音訊號會響起15次作為提示。若已設定時鐘，顯示屏會顯示當日時間。如果未設定時鐘，則僅會顯示“0:00”。
3. 微波爐正在預熱時，轉盤必須置於爐內。在預熱和熱風對流烹調期間，您會聽到散熱器時而轉動，時而停止，此為正常情況，這不會影響烹調效果。
4. 食品製造商的烹調說明只是一般指引，您或許需要自行調整烹調時間。
5. 烹調完畢後，散熱器會持續操作一段短時間以降低電子和機械部件的溫度。
6. 首次使用燒烤功能可能會出現冒煙或輕微燒焦，此為正常情況，並不表示微波爐損壞。如欲避免，首次使用焗爐時，請以燒烤模式空爐烹調 20 分鐘，然後再用熱風對流模式，以 240°C 空爐烹調。

**重要:** 過程中，請打開窗戶或啓動廚房抽風系統，以消散煙霧或氣味。



### 警告:

過程中，爐門、爐身、爐內部以及配件均會非常炙熱。為避免燙傷，務必戴上厚身焗爐手套。



### 1. 分段式烹調

這項功能讓您能按食物的種類選擇合適的解凍時間，快速地解凍食物。按照下列例子詳細了解如何操作這項功能。烹調時間單位界乎0:05秒至95:00分鐘。這項功能讓您能以最多兩個不同步驟烹調，包括自選烹調時間或計時解凍以及重量解凍功能。一經設定即毋須干預烹調程序，微波爐會自動進行下一步驟。在第一個步驟結束後會聽到響聲一次。如果其中一個步驟為解凍，請設定為第一個步驟。

**注意:**自動功能不能設定為分段式烹調的一部份。

**舉例:**如果您想把食物解凍 5 分鐘，然後以 P 80 微波火力烹調 7 分鐘，可按以下步驟設定:

- 1. 按**重量/計時解凍**鍵兩次，LED 顯示屏會出現d-2。
- 2. 轉動**輸入**數字盤直至顯示屏顯示“5:00”分鐘。
- 3. 按**微波**鍵 1 次。
- 4. 再按**微波火力**鍵 1 次，輸入P80火力強度，或轉動**輸入**數字盤選擇P80微波火力烹調。
- 5. 按**開始/+30秒/輸入**鍵一次確認設定。
- 6. 轉動**輸入**數字盤輸入烹調時間，直至顯示屏顯示“7:00”分鐘。
- 7. 按**開始/+30秒/輸入**鍵開始烹調。

### 2. +30 秒功能(直接開始烹調)

**開始/+30秒/輸入**鍵讓您操作以下兩項功能:



## 其他簡便功能

### a. 直接開始烹調

按**開始/430秒輸入**鍵，即可以 P 100 微波火力直接開始烹調 30 秒。每按一下即增加 30 秒烹調時間。

### b. 延長烹調時間

您可於進行自選烹調、燒烤烹調、熱風對流烹調、混合烹調和計時解凍期間，延長烹調時間。只需於烹調期間按**開始/430秒輸入**鍵，每按一下即延長 30 秒。於進行重量解凍、自動食譜功能和分段式烹調期間，不能以按**開始/430秒輸入**鍵延長烹調時間。


**注意:**烹調時間可延長至最高 95 分鐘。

### 3. 兒童鎖:

用於防止兒童在沒有看管下操作微波爐。

#### a. 設定兒童鎖:

在備用模式時按**暫停/取消**鍵 3 秒，直至聽到一聲長響

的嗶聲，代表進入兒童鎖狀態。顯示屏會顯示  顯示屏亦會顯示當時的時間。

如果未設定時鐘，則僅會顯示“0:00”。

#### b. 取消兒童鎖:

在備用模式長按**暫停/取消**鍵 3 秒，直至聽到一聲長響的嗶聲，代表已解鎖。



## 重量解凍和計時解凍功能

### 1. 重量解凍

微波爐預設的時間及火力可令以下食物易於解凍，包括豬肉、牛肉和雞肉。可調校的重量從 100 克至 2000 克，每按一次為 100 克。按照以下例子詳細了解如何操作這項功能。

**舉例:**要使用**重量解凍**功能來解凍重 1.2 公斤關節附近的肉類。

把肉塊置於焗盤或微波爐解凍架並置於轉盤上。

#### 1. 按**重量/時間解凍**鍵一次

選擇所需食譜。

顯示屏會顯示:



#### 2. 轉動**輸入**數字盤以輸

入所需的解凍重量，

直至顯示屏顯示:



#### 3. 按**開始/430秒輸入**鍵開

始解凍。顯示屏會亮起微波爐和解凍功能，“g”會顯示屏上消失。(顯示屏會倒數已設定的解凍時間。)

冷藏食物會由 -18°C 開始解凍。

### **重量解凍的注意事項:**

- 冷藏食物前，就確保食物新鮮及質素。
- 將重量少於 200 克的食物放置在轉盤邊緣，避免放置在轉盤中央。
- 食物重量須取數最近的 100 克，例如 650 克應取至 700 克。
- 如有需要，請以平坦的錫紙遮蓋肉類或家禽的細小部分，以防止這些部分在解凍過程中變暖。請確保錫紙不會觸碰爐壁。

## 重量解凍和計時解凍功能



### 2. 計時解凍

這項功能讓您能按食物的種類選擇合適的解凍時間，快速地解凍食物。按照下列例子詳細了解如何操作這項功能。烹調時間單位界乎 0:05 秒至 95:00 分鐘。

**舉例:**如果您想把食物解凍 10 分鐘。

1. 按**重量/時間解凍**鍵一次 選擇所需食譜。顯示屏會顯示:
2. 轉動**輸入**數字盤以輸入所需的解凍重量，直至顯示屏顯示:
3. 按**開始/430 秒**輸入鍵開始解凍。顯示屏會亮起微波爐和解凍功能。



冷藏食物會由 -18°C 開始解凍。

### 計時解凍的注意事項:

- 烹調完成後會聽到 5 次響聲，如果時鐘設定正確 LED 會顯示當日時間;如果未設定時鐘，則在烹調完成後僅會顯示“0:00”。
- 預設微波火力為 P 30，不可調校。

## 自動食譜功能



**自動食譜**程式會自動計算正確的烹調模式及烹調食物的時間(詳情請參閱C-18 &19)。依照以下例子詳細了解如何操作這項功能。

**舉例:**使用烹調新鮮蔬菜(A4)的**自動食譜**功能烹調重量有 350 克的紅蘿蔔。

1. 以順時針方向轉動**輸入**數字盤選擇所需的自動食譜。
2. 按**開始/430 秒**輸入鍵確認設定。
3. 轉動**輸入**數字盤以輸入所需的解凍重量，直至顯示屏顯示:
4. 按**開始/430 秒**輸入鍵開始解凍。顯示屏會亮起微波爐和解凍功能。



### 注意:

- 輸入食物重量或數量，可轉動**輸入**數字盤直至所需的重量/數量(克或毫升)於顯示屏亮起。
- 僅輸入食物重量，不包括容器重量。
- 如食物重量輕於或重於 C-18&19 頁內的**自動食譜**功能重量/數量列表，請以自選操作烹調。



## 自動食譜功能列表

自動食譜	顯示屏	烹調方法	重量/份量/ 容器	程序
翻熱碟盤晚餐 (已烹調的食物，例如肉類、蔬菜和白飯)	A1	100% 微波烹調	150 克、250 克、 350 克、450 克、 600 克 (原本溫度:5°C) 碟及透氣微波爐 保鮮紙或適當的 蓋	把已烹調的食物放在碟上，並使用透氣微波爐保鮮紙或適合的蓋蓋好。把碟置於轉盤中央。烹調後需攪拌。
焗薯	A2	100% 微波烹調	1、2、3 (隻) 焗薯 1 隻焗薯 = 約 230 克 (原本溫度: 20°C)	請採用大小約 230 克的焗薯，並在每個焗薯上刺出多個小洞，再置於轉盤近邊緣位置。烹調途中需翻轉及調換位置。食用前需先冷卻 3 至 5 分鐘。
肉 (已去骨的肉，例如牛肉、羊肉、豬肉或家禽)	A3	100% 微波烹調	150 克、300 克、 450 克、600 克 (原本溫度:20°C) 批盤及透氣微波 爐保鮮紙或適當 的蓋	把肉切細條，置於焗盤。使用透氣微波爐保鮮紙或適合的蓋蓋好。把焗盤置於轉盤中央。
新鮮蔬菜，例如花椰菜、紅蘿蔔、西蘭花、茴香、韭蔥、胡椒、西葫蘆等	A4	100% 微波烹調	150 克、350 克、500 克 (原本溫度:20°C) 碗連蓋	把新鮮蔬菜均勻地切開、切碎或切片。把新鮮蔬菜放於適當的容器，並置於轉盤。每 100 克蔬菜加 1 湯匙清水，覆蓋容器。烹調後需攪拌及冷卻約兩分鐘。
魚 (這個程序只適合烹調魚柳)	A5	80% 微波烹調	150 克、250 克、 350 克、450 克、 650 克 (原本溫度:20°C) 批盤及透氣微波 爐保鮮紙或適當 的蓋	把魚柳置於焗盤，不要重疊。使用透氣微波爐保鮮紙或適合的蓋蓋好。
意粉 (乾意粉，例如螺絲粉、蝴蝶粉及通心粉)	A6	80% 微波烹調	意粉 清水 50 克 450 毫升 100 克 800 毫升 150 克 1200 毫升 (清水的原本 溫度:20°C) 寬大的碗	將意粉放在大小適中的碗內，加水。不要覆蓋。把碗置於轉盤中央。烹調後需攪拌和冷卻兩分鐘才瀝乾水分。





自動食譜	顯示屏	烹調方法	重量/份量/ 容器	程序
湯	A7	100% 微波烹調	200毫升、400毫升、600毫升 (原本溫度:5°C) 杯 (每杯 200 毫升)	把杯放在轉盤，烹調後需攪拌。
海綿蛋糕* 材料: 4 隻雞蛋、100 克麵粉、110 克糖、10 克粟粉、60 克牛奶、60 克植物油	A8	預熱至 160°C	475 克 (原本溫度: 20°C) 脫底烤盤 (直徑約 26 厘米) 低腳烤架	微波爐要預熱至 160°C。當達到預熱溫度時，把已置於低腳烤架上的蛋糕放進爐內。按 <b>開始/+30 秒/輸入</b> 鍵開始烘焗。
冷藏薄餅(適用於微波爐烹調的薄餅 → 已預先烤焗)	A9	C-4	200 克、300 克、400 克 (原本溫度: -18°C) 低腳烤架	拆除包裝，把薄餅直接放在低腳烤架上烤焗。烹調後不需等候即可進食。
烤雞	A10	C-4	500 克、750 克、1000 克、1200 克 (原本溫度: 20°C) 低腳烤架	如有需要，可加入鹽，胡椒和辣椒粉調味。請在雞皮上刺出幾個小孔。把雞胸朝上放置在低腳烤架上烤焗。

### \*預備海綿蛋糕餡料(A8):

1. 把蛋白和蛋黃分開。
2. 用攪拌器(低速)把蛋黃、牛奶和植物油攪拌直至輕身及鬆軟。
3. 加入麵粉並充分混合。
4. 取另一個盤，用攪拌器(高速)把蛋白、糖和粟粉打至發稠。小心倒入蛋糕餡料中。
5. 用匙把餡料倒入已塗油的脫底烤盤中，鋪平表面。
6. 預熱後，把脫底烤盤放在烤架上烘焗即可。

### 注意:

- 最終溫度會視乎原本溫度而有所不同。烹調後請檢查食物是否滾熱。如有需要您可手動延長烹調時間。
- 利用自動烹調的效果會受不同因素影響，例如食物的形狀和大小，以及就烹調效果的個人口味。如果您認為預設的效果不理想，請調整烹調時間以配合您的要求。



## 微波爐適用的器具

以微波爐烹調/解凍食物，必須讓微波能量穿過容器滲透到食物中，所以挑選適當的器皿非常重要。

圓形/橢圓形的碟盤比方形/長形較為合適，因為置於角落的食物會較易過熱。以下一系列均為適用的器皿。

器皿	微波安全	備註
錫紙 錫紙盤	✓ / ✗	小塊的錫紙可用以遮蓋食物防止過熱。保持錫紙離爐身最少 2 厘米，因錫紙可能產生電弧。並不建議使用錫紙盤，除非製造商註明用法，例如 Microfoil <sup>®</sup> ，並請小心遵照指示使用。
燒烤盤	✓	必須遵照製造商指示。請勿超過註明的加熱時間，並請非常小心。此類容器可變得非常燙熱。
瓷器和陶瓷	✓ / ✗	瓷器、陶器、釉面陶器及骨瓷器通常適用，如帶有金屬花紋除外。
玻璃器皿例如 Pyrex <sup>®</sup>	✓	使用精巧的玻璃器皿須特別小心，如突然加熱
金屬	✗	不建議使用金屬器具，因可能產生電弧，並導致起火。
塑膠/聚苯乙烯如快餐盒	✓	必須小心使用，因部分此類容器會在高溫下變形、溶化或變色。
保鮮紙	✓	不可接觸食物，並必須刺孔讓蒸汽消散。
冰櫃/燒烤袋	✓	必須刺孔讓蒸汽消散，並請確保它們適合微波使用。請勿使用塑膠或金屬綁帶，因它們可能在金屬產生電弧時溶化或著火。
紙碟、紙杯、廚房紙	✓	只可於加暖時使用或用以吸收水份。必須小心使用，以防過熱著火。
吸管及木製容器	✓	使用這些物料時必須時刻留意微波爐，以防過熱著火。
再造紙及報紙	✗	可能含有金屬物質產生電弧並著火。



**警告:**

當以塑膠或紙類容器加熱食物，請密切注意微波爐以防著火。



**小心:**請勿使用現成潔爐劑、蒸汽清潔機、磨砂清潔劑、過強的清潔劑，或任何含有氫氧化鈉或磨擦表層的潔具清潔微波爐的任何部分。

清潔前，請確保爐內部、爐門、爐身及配件均完全冷卻。定期清潔微波爐，並清除任何殘餘食物。確保微波爐清潔，否則微波爐表面可能損壞，並或會縮短此電器的壽命，甚至導致危險情況。

**微波爐外部**

微波爐的外部可輕易以溫和的視液和清水清潔。請確保視液以濕布抹淨，並以柔軟的毛巾抹乾微波爐外部。

**控制板**

清潔前先打開爐門，以暫停控制板操作。清潔控制板必須格外小心。使用只有清水的濕布輕輕拭抹控制板直至潔淨。避免使用過量清水。切勿使用任何化學物或磨砂清潔劑。

**微波爐內部**

1. 一般清潔，只需在每次用完當微波爐仍微暖時，以柔軟的濕布或海綿抹淨濺出的食物。如濺出的食物較多，使用溫和的視液以濕布拭抹至清除所有食物殘渣。累積過量食物殘渣或導致過熱而開始冒煙或著火，並可能產生電弧。切勿拆出波導管罩。

2. 請確保視液或清水沒有滲進爐壁的小孔，以免導致微波爐損壞。

3. 切勿使用噴霧式清潔劑清潔微波爐內部。

經常保持波導管罩清潔。

波導管罩是以容易損壞的物料製造，必須小心清潔（請遵照以上清潔指引）。

**注意:**過份浸透或導致波導管罩分解。

波導管罩屬消耗部件，如缺乏定期清潔或需更換。

**轉盤及轉盤旋轉架**

從微波爐取出轉盤及轉盤旋轉架。

以溫和的視液清潔轉盤及轉盤旋轉架，並以柔軟的毛巾抹乾。轉盤和轉盤旋轉架都適用於洗碗機。

**爐門**

要清除所有污垢，請定期以柔軟的濕布清潔爐門兩面、爐門封邊及附近部分。切勿使用磨砂清潔劑或尖銳的金屬刮削用具清潔爐門的玻璃，這樣會劃傷表面，導致玻璃破碎。

**注意:**請勿使用蒸汽清潔機。

**清潔小秘訣 - 想更輕易清潔微波爐:**

把半個檸檬放進碗內，加入 300 毫升 (1/2 品脫) 清水，並以 100% 加熱 10 至 12 分鐘。

使用柔軟的乾布抹乾淨微波爐。

**重要:**

• 如您以相同的烹調模式，烹調食物超出標準時間（請參閱下表），微波爐的安全機制就會自行啟動。微波火力會被調低，或燒烤發熱件會交替開關。

烹調模式	標準時間
微波 100P	30 分鐘
燒烤/熱風對流/混合烹調	間歇操作，溫度和時間控制

**SHARP**