



CONVECTION MICROWAVE OVEN

OPERATION MANUAL and COOKING GUIDE

MODEL R-820E(BK/W)

Thank you for buying a Sharp Microwave Oven.
Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook a variety of foods.

The manual is divided into two sections:

1. OPERATION (P5~P15)

This section describes your oven and teaches you how to use all the features.

2. MANUAL CHART GUIDES(A-1~A-8)

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use and standing time.

Please take some time to read your operation manual carefully, paying particular attention to the warnings and special notes. The automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed. When selecting another home appliance, please again consider our full range of Sharp products.

CONTENTS

Pages

Warranty	i-ii
Important Safety Instructions	1
Warning	2
Special Notes and Warning	3
Oven and Accessories	4
Installation Instructions	4
Control Panel	5
Before Operating	6
Setting the Clock	6
Microwave Power Level	6
Manual Operation	7
Microwave Cooking	7
SMART Auto Menu Operation	8
SMART Auto Menu Chart	9-10
Grill Cooking / Combi Cooking	11
Convection Cooking	11
Convection Cooking Cont.	12
Other SMART Convenient Functions	12
SMART Auto Bake Function	13
SMART Memory Function	13
SMART Defrost Operation	14
Defrosting Advice	14
Reheating Advice	15
Care and Cleaning	16
Service Call Check	16
Specifications	16
SMART Manual Cooking Charts	A-1
Defrost Times for Meat, Poultry and Bread	A-1
Fresh Vegetable Chart	A-2
Frozen Vegetable Chart	A-3
Rice and Pasta Cooking Chart	A-3
Scrambled Egg Guide	A-3
Grill/Combi Cooking & Convection Chart	A-4
Reheating / Defrosting Convenience	A-5
Cooking and Utensil Guide	A-6
Helpful Microwave Cooking Tips	A-7
Quick Reference Guide	A-8

SHARP

WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in material and manufacture for the period as stated in the table below.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

This warranty does not extend to defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, lack of maintenance, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim. This warranty is in addition to and in no way limits, varies or excludes any implied rights and remedies under any relevant legislation in the country of sale.

This warranty does not cover transportation to and from the Sharp Approved Service Centre. Goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods. The repair of your goods may result in the loss of user generated data, please ensure that you have saved this data elsewhere prior to repair.

Australian customers: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. The criteria of a major failure is defined in the Australian Consumer Law. Should you require any assistance with a major failure please contact Sharp Customer Care.

WARRANTY PERIODS

Home Theatre Projector	12 months	(excluding lamps and air filters)
Audio/Home Theatre	12 months	
Microwave / Steam Oven	12 months	
Slow Juicer	12 months	
Refrigerator	24 months	
DVD/Blu-ray	12 months	
Washing Machine	24 months	
Portable Air Conditioner	12 months	
LCD Television	36 months	
Air Purifier	12 months	
Vacuum Cleaner	24 months	

SHARP

SHARP CORPORATION OF
AUSTRALIA PTY. LIMITED
ABN 40 003 039 405
2 JULIUS AVENUE, NORTH
RYDE NSW 2113

SHARP CORPORATION OF
NEW ZEALAND LIMITED
59 Hugo Johnston Drive
Petross, Auckland

SPForm 040 (SEPT 2013)

IMPORTANT NOTICE: This warranty applies only to products sold in Australia & New Zealand

SHARP

FOR LOCATION ENQUIRIES WITHIN

AUSTRALIA

REGARDING YOUR LOCAL

SHARP APPROVED SERVICE CENTRE

VISIT OUR WEBSITE AT

www.sharp.net.au

OR CALL SHARP CUSTOMER CARE

1300 135 022

(LOCAL CALL COST APPLY WITHIN AUSTRALIA)

SHARP CORPORATION OF AUSTRALIA PTY LTD

SHARP

FOR LOCATION ENQUIRIES WITHIN

NEW ZEALAND

REGARDING YOUR LOCAL

SHARP APPROVED SERVICE CENTRE

VISIT OUR WEBSITE AT

www.sharp.net.nz

CONTACT YOUR SELLING DEALER/RETAILER

OR CALL

SHARP CUSTOMER SERVICES

TELEPHONE: 09 573 0111

FACSIMILE: 09 573 0113

SHARP CORPORATION OF NEW ZEALAND LIMITED

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

1. This oven is designed to be used on a countertop or on a shelf.
It should not be built in under a countertop or any other appliances. The appliance must not be placed in a cabinet. The appliance must not be installed behind a decorative door in order to avoid overheating. See page 4 for full installation instructions.
2. Ensure there is a minimum of 30cm of free space. See page 4 for the other necessary spaces.
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 environment;
 - bed and breakfast type environmentsIt is not suitable for commercial or laboratory use.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, therapeutic devices (e.g. 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. When the appliance is operated in the Grill/Combi and Convection modes. Children should only use the oven under adult supervision due to the temperature generated.
9. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by an authorised SHARP service agent or microwave technician.
10. **WARNING:** Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than an authorised SHARP service agent or microwave technician 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 by a service centre approved by SHARP in order to avoid a hazard.
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. 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, pierce the yolks and the white, 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. Refer to pages 3 and A-6. Use only microwave safe containers and utensils on microwave cooking modes.
16. Metallic containers for food and beverages are not allowed during microwave modes.
17. 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.
18. The door, outer cabinet, oven cavity, dishes and accessories will become very hot during operation. 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.
19. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
20. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
21. The oven should be cleaned regularly and any food deposits removed.
22. Cleaning and user maintenance shall not be performed by children without supervision.
23. 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.
24. The appliance must not be cleaned with a steam cleaner.
25. See instructions for cleaning door seals, cavities and adjacent parts on page 16.
26. Handle with care when removing items from the oven so that the turntable does not displace.

1. To reduce the risk of fire in the oven cavity.
 - a. Do not overcook food.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the food container. Your oven is capable of heating food and beverages very quickly with microwave energy, 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.

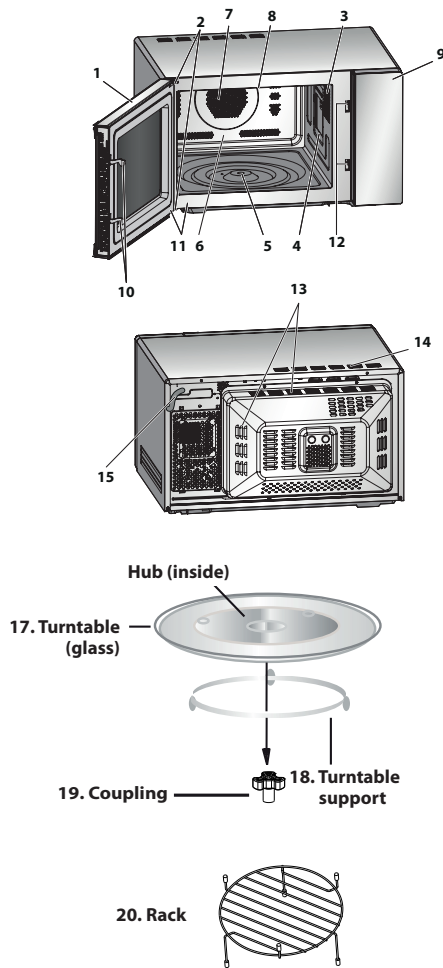
Additionally,

 - a. Do not place sealed containers in the oven. Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. Do not use excessive amounts of time.
 - c. When boiling liquids in the oven, use a wide-mouthed container.
 - d. Stand for at least 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 grill or between the door and the oven while the oven is operating.
6. Never tamper with or deactivate the door safety latches.
7. Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. There is enough heat from the food that can transfer through utensils and 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 dishes cover including 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. To prevent the turntable from breaking:
 - a. Before cleaning the turntable with water, leave the turntable to cool.
 - b. Do not place anything hot on a cold turntable.
 - c. Do not place anything cold on a hot turntable.
12. Do not place anything on the outer cabinet.
13. Do not store food or any other items inside the oven.
14. Make sure that the food and utensil do not touch the interior walls during cooking.
15. Ensure handles of utensils do not touch walls when turntable rotates. Take care as handles may become extremely hot.

SPECIAL NOTES & WARNING

	DO	DON'T
Eggs, fruits, vegetables, nuts, seeds, 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 cause injury. * 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 glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to a small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat 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 screw cap or teat 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 fry fat. * 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 1 to prevent explosion and delayed eruptive boiling. 	<ul style="list-style-type: none"> * Heat for longer than recommended time. Refer to Reheating/Defrosting chart on page A-5.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food while 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 to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable 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/arcing. Keep foil clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking/arcing can damage the cavity.
Browning dish	<ul style="list-style-type: none"> * Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish. 	<ul style="list-style-type: none"> * Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

OVEN AND ACCESSORIES



OVEN

1. Door
2. Door hinges
3. Oven lamp
4. Waveguide cover (DO NOT REMOVE)
5. Coupling
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

ACCESSORIES:

Check to make sure the following accessories are provided:

- (17) Turntable (19) Coupling-Already fitted to motor shaft (20) Rack
- Ensure the coupling has been fitted to the motor shaft, then place the turntable onto the coupling, ensuring it is located firmly.
- 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 A-4 and pages 11-13.

Never touch the grill when it is hot.

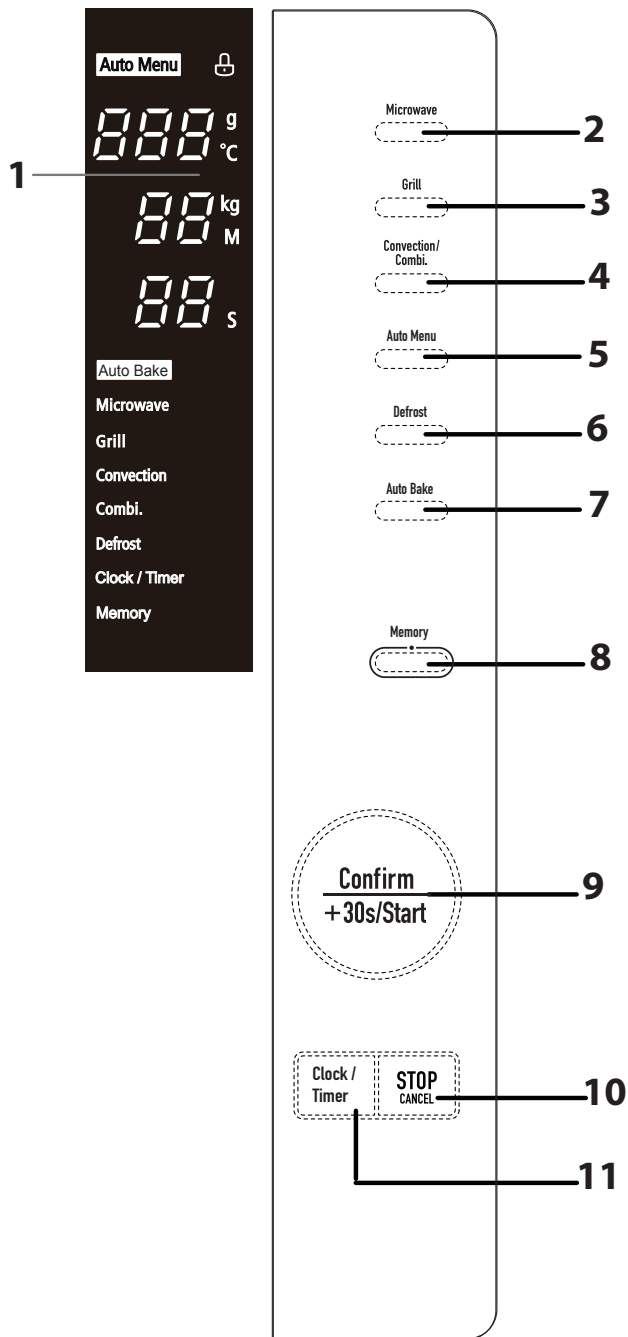
NOTE: When you order accessories, please mention the following: Part name and model name to your dealer or SHARP authorised service agent.

- The waveguide cover is fragile, care should be taken.
- Always clean the cavity, especially the grill element.
- Always operate the oven with the turntable and turntable support fitted correctly.


INSTALLATION INSTRUCTIONS


1. Remove all packing materials from the oven cavity, (**do not remove the waveguide cover**), 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) Turntable 2) Coupling-Already fitted to motor shaft 3) Turntable support
 - 4) Operation manual and Grill Rack
3. Ensure the coupling has been fitted to the motor shaft, then place the turntable onto the coupling, ensuring it is located firmly. **NEVER** operate the oven without the coupling and turntable.
4. This oven is designed for countertop or open cavity use. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. Allow a space of at least 30 cm on the top, 5 cm on both sides and at the rear of the oven for adequate air circulation. When installing in a cabinet, the minimum inside dimension of the cabinet should be 620 mm (W) x 636 mm (H) x 560 mm (D). This oven is not designed for built-in installation.
WARNING: The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
5. Neither the manufacturer nor the distributor 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 must be single phase 230V-240V, 50Hz.
6. This appliance must be earthed.
7. Operate the oven from a general purpose domestic outlet.
 If a generator is used, do not operate the oven with non-sinusoidal outputs.

CONTROL PANEL



1. DIGITAL DISPLAY and INDICATORS

- Microwave **MICROWAVE** indicator
- Grill **GRILL** indicator
- Convection **CONVECTION** indicator
- Combi. **COMBINATION** indicator
- Defrost **DEFROST** indicator
- Clock / Timer **CLOCK/TIMER** indicator
- Memory **MEMORY** indicator
-  **CHILD LOCK** indicator
- Auto Menu **AUTO MENU** indicator
- Auto Bake **AUTO BAKE** indicator
- °C **TEMPERATURE** indicator
- kg/g **WEIGHT** indicator
- M **TIME(Minute)** indicator
- S **TIME(Second)** indicator

2. **MICROWAVE** button
 3. **GRILL** button
 4. **CONVECTION/COMBI.** button
 5. **AUTO MENU** button
 6. **DEFROST** button
 7. **AUTO BAKE** button
 8. **MEMORY** button
 9. **ENTRY dial / CONFIRM/+30S/START** button
Rotate to select the cooking time, power levels, temperature, weight and to select an auto menu
- 
10. **STOP/CANCEL** button
 11. **CLOCK/TIMER** button

BEFORE OPERATION

Plug in the oven. The oven display will display all functions, an audible signal will sound once. This model has a clock function and the oven uses less than 1.0 W in SMART Eco Mode. For more information about SMART Eco Mode, see page 12. **To set the clock, see below.**

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 is not operating correctly. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill mode.

SETTING THE CLOCK

1. To set the 24 hour clock, press the **CLOCK/TIMER** button once and "00" will flash on the display.
2. Rotate the **ENTRY** dial until the correct hour is displayed, the input time should be within 0-23 (24-hour clock).
3. Press the **CONFIRM/+30S/START** button, "00" will flash on the display.
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 **CONFIRM/+30S/START** button once to start the clock. Clock/Timer will be flashing on the display.

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".
- In the process of clock setting, if the **STOP/CANCEL** button is pressed, the oven will go back to the former setting.
- If the electrical power supply to your microwave oven is interrupted. The time of day will also be erased.

MICROWAVE POWER LEVEL

Power Level	Rotate ENTRY dial	Display (Percentage)
HIGH	x1	P10 (100%)
MEDIUM HIGH	x2	P8 (80%)
MEDIUM	x3	P5 (50%)
MEDIUM LOW (DEFROST)	x4	P3 (30%)
LOW	x5	P1 (10%)

- Your oven has 5 power levels, as shown.

Generally the following recommendations apply:

P10 -(HIGH output = 900W) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

P8 -(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 on the sides.

P5 -(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.

P3 -(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.

P1 -(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 opening 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 **CONFIRM/+30S/START** button after selecting the desired cooking mode.

Once the cooking program has been set and the **CONFIRM/+30S/START** button is not pressed within 5 minutes, the setting will be cancelled. The **CONFIRM/+30S/START** 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/CANCEL** key to:

1. Erase a mistake during programing.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press the **STOP/CANCEL** key twice.
4. To set and to cancel the child lock (refer to page 12).

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 P10 to P1 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:

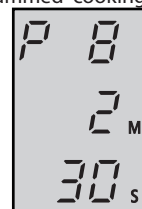
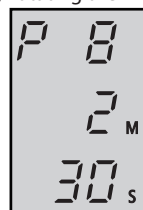
To cook for 2 minutes and 30 seconds on 80% microwave power.

1. Input the power level by pressing the **MICROWAVE** button once for P10 then turn the **ENTRY** dial to select the microwave power to P8.
2. Press the **CONFIRM/+30S/START** button to confirm the selected power level.
3. Enter desired cooking time by rotating the **ENTRY** dial.
4. Press the **CONFIRM/+30S/START** button to start the timer. (The display will count down through the programmed cooking time.)

MICROWAVEx1 then



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



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 **CONFIRM/+30S/START** 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 **MICROWAVE** 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 reasons to remind you to close the door.

KITCHEN TIMER FUNCTION

You can use the kitchen timer function, for timing 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 **CONFIRM/+30S/START** 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 **KITCHEN TIMER** whilst counting down, simply press the **STOP/CANCEL** button.

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

SMART AUTO MENU OPERATION

SMART Auto Menus have been pre-programmed with a cook time and power level to make cooking and reheating more convenient.

SMART Auto Menus include:

- Rice/Pasta
- Fresh Vegetables
- Frozen Vegetables
- Melt/Soften: Butter, Chocolate, Cream Cheese
- Beverage
- Dinner Plate

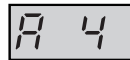
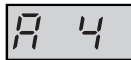
For a detailed guide on how to use each menu, refer to the next page.

Display	Cook	Display	Cook	Display	Cook
A-1	Rice	A-4	Frozen Vegetables	A-7	Cream Cheese
A-2	Pasta	A-5	Butter	A-8	Beverage
A-3	Fresh Vegetables	A-6	Chocolate	A-9	Dinner Plate

Example: To cook 350g of frozen vegetables.

1. Press **AUTO MENU**.
2. Rotate the **ENTRY** dial and select the desired auto menu.
3. Press the **CONFIRM/+30S/START** button to confirm the setting.
4. Enter the desired weight by rotating the **ENTRY** dial until the display shows:

AUTO MENU x1



At the same time "g" indicator will illuminate on the display.

5. Press the **CONFIRM/+30S/START** button to start cooking. (The display will count down through menu 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 9-10 cook by manual operation.

SMART AUTO MENU CHART

SMART Auto Menu		Weight	Procedure								
A1	Rice	<table border="1"> <thead> <tr> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 cup</td> <td>2½ cups</td> </tr> <tr> <td>2 cups</td> <td>4 cups</td> </tr> <tr> <td>4 cups</td> <td>6 cups</td> </tr> </tbody> </table>	Rice	Water	1 cup	2½ cups	2 cups	4 cups	4 cups	6 cups	<ul style="list-style-type: none"> Wash the rice in sieve under cold running water until the water runs clear. Place in a microwave safe bowl and add hot tap water. Do not cover. Stir when alarm sounds. Stand for 2 minutes before serving.
Rice	Water										
1 cup	2½ cups										
2 cups	4 cups										
4 cups	6 cups										
A2	Pasta	<table border="1"> <thead> <tr> <th>Pasta</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 cup</td> <td>2 cups</td> </tr> <tr> <td>2 cups</td> <td>4 cups</td> </tr> <tr> <td>4 cups</td> <td>6 cups</td> </tr> </tbody> </table>	Pasta	Water	1 cup	2 cups	2 cups	4 cups	4 cups	6 cups	<ul style="list-style-type: none"> Place pasta in a microwave safe bowl and add hot tap water. Do not cover. Stir when alarm sounds. Drain excess water, stand for 2 minutes before serving.
Pasta	Water										
1 cup	2 cups										
2 cups	4 cups										
4 cups	6 cups										
A3	Fresh Vegetables	150g, 350g, 500g	<ul style="list-style-type: none"> Wash and cut vegetables into uniform pieces. Place in a microwave safe bowl and add 1 Tbs water. Cover with plastic wrap and pierce five times with fork Stir when alarm sounds. Drain excess water, stand for 2 minutes before serving. 								
A4	Frozen Vegetables	150g, 350g, 500g	<ul style="list-style-type: none"> Place frozen vegetables into a microwave safe bowl. Cover with plastic wrap and pierce five times with fork. Stir when alarm sounds. Stand uncovered for 2 minutes. 								
A5	Melt / Soften	Melt Butter	<ul style="list-style-type: none"> Cut butter into small pieces and place in a microwave safe bowl. Do not cover. Stir when alarm sounds. 								
A6		Melt Chocolate	<ul style="list-style-type: none"> Break chocolate into small pieces and place in a microwave safe bowl. Do not cover. Stir when alarm sounds and after cooking. 								
A7		Soften Cream Cheese	<ul style="list-style-type: none"> Cut cream cheese into small pieces and place in a microwave safe bowl. Do not cover. Stir when alarm sounds. 								

SMART AUTO MENU CHART

	SMART Auto Menu	Weight	Procedure
A8	Beverage	1 Cup(250ml) 2 Cups(500ml)	<ul style="list-style-type: none"> • Place mug/s in the centre of the turntable. Do not cover. • Stir well after heating.
A9	Dinner Plate	400g	<ul style="list-style-type: none"> • Place ingredients on a microwave safe dinner plate. • Cover dinner plate with one sheet of paper towel.

Please Note:

- When using the auto menus, the final result may vary depending on the size, shape and initial temperature of the food.
- Auto menus have been designed to cater for the most popular taste preferences.

GRILL COOKING/COMBI COOKING

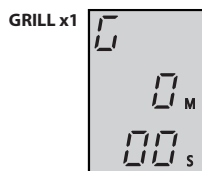
1. GRILL ONLY COOKING

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, chicken nuggets and chips. Food can be placed either directly onto the rack, or into a flan dish/heat-resistant plate on the rack.

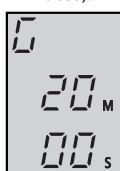
Example:

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

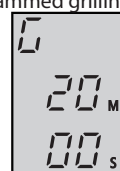
1. Press **GRILL** button once. G and the grill indicator will illuminate on the display.



2. Use the **ENTRY** dial to input the grilling time (20 minutes).



3. Press the **CONFIRM/+30S/START** button once more to start the grilling. (The display will count down through the programmed grilling time.)



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 **CONFIRM/+30S/START** button to continue grilling.

2. CONVECTION/COMBI. COOKING

The **COMBI.** cooking function enables a combination of cooking modes to be used at the same time.

COMBI. cooking can be used to reduce cooking time and provide a crisp finish. There are 4 combination cooking modes:

Mode	Function
C-1	Microwave + Convection
C-2	Microwave + Grill
C-3	Grill + Convection
C-4	Microwave + Grill + Convection

1. Press the **CONVECTION/COMBI.** button twice.

2. Use the turn dial to change the **COMBI.** selection (C-1 to C-4).

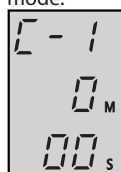
Example for Microwave and Convection:

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

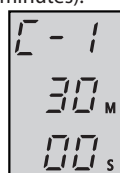
1. Press **CONVECTION/COMBI.** button twice. C-1 will illuminate on the display.



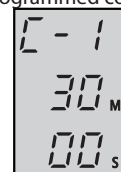
2. Press the **CONFIRM/+30S/START** button to confirm the cooking mode.



3. Use the **ENTRY** dial to input the cooking time (30 minutes).



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



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 turntable.
- 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 on convection at 220°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.

CONVECTION COOKING

Your oven can be used as a conventional oven using the convection function, there are 10 pre-set oven temperatures. Preheating is recommended for better results. The temperature can be chosen from 140°C to 230°C.

Press CONVECTION/COMBI. button	1	2	3	4	5	6	7	8	9	10
Oven Temp (°C)	140	150	160	170	180	190	200	210	220	230

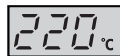
Example 1: To cook with preheating

To preheat to 220°C and cook for 25 minutes at 220°C.

1. Press the **CONVECTION/COMBI.** button once to choose convection function.



2. Turn the **ENTRY** dial until the display shows 220.



3. Press the **CONFIRM/+30S/START** button to confirm the temperature.

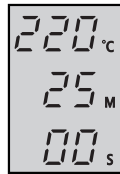


CONVECTION COOKING CONT.

4. Press the **CONFIRM/+30S/START** 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 on 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 **CONFIRM/+30S/START** 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 220°C for 20 minutes.

1. Open the door, place the food inside the oven and close the door. Press the **CONVECTION/COMBI.** button once.

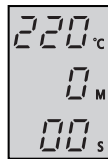
CONVECTION/COMBI. x1



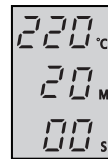
2. Turn the **ENTRY** dial until the display shows 220.



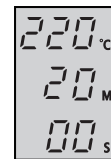
3. Press the **CONFIRM/+30S/START** button to confirm the temperature.



4. Use the **ENTRY** dial to input the cooking time (20 minutes).



5. Press the **CONFIRM/+30S/START** button to start cooking.



Notes :

1. The cooking time cannot be input until the preheating temperature arrives. When the oven arrives at the 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 220°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 SMART CONVENIENT FUNCTIONS

1. +30sec SMART FUNCTION (Direct start)

The **CONFIRM/+30S/START** button allows you to operate the following functions:

a. Direct start

1. You can directly start cooking on P10 microwave power level for 30 seconds by pressing the **CONFIRM/+30S/START** button. The cooking process will start immediately and each time the button is pressed this will increase the cooking time by 30 seconds.
2. Turn the **ENTRY** dial until the cooking time displays, then press **CONFIRM/+30S/START** to start cooking with full power.

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 **CONFIRM +30S/START** 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 **CONFIRM/+30S/START** button.

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

2. CHILD LOCK:

Use to prevent unsupervised operation of the oven by children.

a. To set the CHILD LOCK:

Press and hold the **STOP/CANCEL** key for 3 seconds until a long beep sounds. The display will illuminate the lock indicator: 

b. To cancel the CHILD LOCK:

Press and hold the **STOP/CANCEL** key for 3 seconds until a long beep sounds. The lock indicator will disappear.

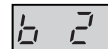
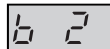
3. SMART ECO MODE:

The SMART eco mode function automatically comes on after 5 minutes of the microwave not being in use. In SMART eco mode the microwave display will turn off to save energy. Once any button is pressed or the dial is turned the microwave will exit SMART eco mode and return to normal function.

SMART AUTO BAKE FUNCTIONS

1. Select the menu required by pressing the **AUTO BAKE** button once.
2. Enter the desired cooking menu by rotating the **ENTRY** dial until the display shows:
3. Press the **CONFIRM/+30S/START** button to confirm the menu.

the display will show:



4. Turn the dial to select weight.
Press the **CONFIRM/+30S/START** button to start cooking.
(The display will count down through menu time)

SMART AUTO BAKE TABLE

SMART Auto Bake Menu	Display	Cooking Method	Weight / Utensils	Procedure
Fresh Pizza Ingredients: (Makes 2 Bases) 1 ½ cups plain flour 7g yeast ½ teaspoon salt ¾ cup lukewarm water Toppings eg. Tomato paste, cheese etc.	b1	Convection	400g Low Rack 25cm Pizza Tray	1) Bake the base. 2) Remove base when signal sounds and add toppings. 3) Place the pizza back onto the rack and press the Confirm/+30s/Start button to continue baking. 4) The microwave oven will sound when the pizza is ready.
Cake Ingredients: 180g butter, softened ¾ cup caster sugar 2 eggs 1 tablespoon vanilla essence 1 ½ cups self raising flour ½ cup milk	b2	Convection	850g Low Rack 26cm Cake Tin	1) Place the cake onto the low rack. 2) Press the Confirm/+30s/Start button to start the baking. 3) Remove the cake from the microwave oven when alarm sounds. 4) Stand in cake tin for 10 minutes before turning onto a wire rack to cool.

Preparation for Fresh Pizza (b1):

1. Combine all of the ingredient together in a large bowl with hands.
2. Roll dough out onto a lightly floured surface and knead until smooth and dough bounces back when pressed.
3. Place dough back into bowl and cover with a damp tea towel. Leave to rest for 1 hour.
4. Divide dough in half. Roll dough into rounds.
5. Place the base onto the low rack and select the b1 auto bake menu.
6. Remove the base from the microwave oven when alarm sounds and add toppings.
7. Return the pizza to the microwave oven and press the **CONFIRM/+30S/START** button to finish off baking.
8. The microwave oven will sound when the pizza is ready.

Preparation for Cake (b2):

1. In a large bowl beat the butter and sugar together until light in colour and fluffy.
2. Add vanilla essence and eggs one at a time, beating well between each addition until combined.
3. Add half of the flour and milk and fold through the mixture until combined, before folding through the remaining flour and milk.
4. Transfer mixture into a greased 21 cm cake tin and place the tin on the low rack.
5. Cook by selecting the b2 auto bake menu.
6. Let stand for 10 minutes before turning the cake out onto a wire rack to cool.

Notes:

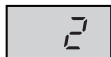
- If necessary, you can extend the cooking manually.
- The results when using auto cook depend on variances such as the shape and size of the food and your personal preference as regards cooking results. If you are not satisfied with the programmed result, please adjust the cooking time to match your requirement.

SMART MEMORY FUNCTION

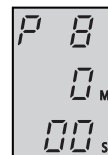
To save the program as memory 2 like this: cook for 2 minutes and 30 seconds on 80% microwave power.

1. Press "**MEMORY**" twice to choose memory 1-3 procedure.
2. Input the power level by pressing the **MICROWAVE** button once for P10 then turn the **ENTRY** dial to select the microwave power to P8.
3. Press the **CONFIRM/+30S/START** button to confirm the selected power level.

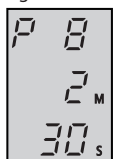
the display will show:



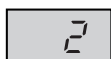
MICROWAVE^{x1} then



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



5. Press the **CONFIRM/+30S/START** button once to save the program as memory 2.



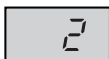
At the same time the microwave indicator will illuminate on the display.

6. Press the **CONFIRM/+30S/START** button once again to start cooking

To run the saved program.

1. Press "**MEMORY**" twice to choose memory 1-3 procedure. 2. Press the **CONFIRM/+30S/START** button once to start cooking.

the display will show:



SMART DEFROST OPERATION

The defrost menu quickly defrosts food with preset times and microwave power levels.

There are four defrost functions, as seen in the table below.

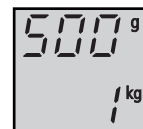
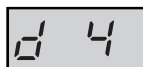
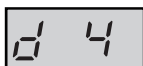
Display:	Weight Defrost Menu:	Weight Range:
d 1	Mince	500g,700g,1000g
d 2	Steak / Chops	500g,700g,1000g
d 3	Poultry	1000g,1500g, 2000g
d 4	Roast Meat	1000g,1500g, 2000g

Example: To defrost a meat joint weighing 1.5kg using **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 **DEFROST** button four times. 2. Press the **CONFIRM/+30S/START** button to confirm the menu. 3. Enter the desired weight by rotating the **ENTRY** dial until the display shows:

the display will show:



At the same time "g", "kg" indicator will illuminate on the display.

4. Press the **CONFIRM/+30S/START** button to start defrosting. (The display will count down through defrosting time).

DEFROSTING ADVICE

Defrosting food in the microwave is one of the quickest defrosting methods.





It is a simple process but the following instructions are essential to ensure the food is thoroughly defrosted.

Rearrange	Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting. Move closely packed pieces from the outside to the centre and rearrange over-lapping areas. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting, e.g. bacon rashers, chicken fillets
Shield	Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.
Turn over	It is essential that all foods are turned over at least 3 - 4 times during defrosting. This is important to ensure thorough defrosting.

- Remove all packaging and wrapping before defrosting.
- To defrost food use microwave power levels 30% - 10%.

REHEATING ADVICE

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

<p>Plated meals</p>	<p>Remove any poultry or meat portions, reheat these separately, see below. Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating. NOTE: Ensure the food is thoroughly reheated before serving.</p>	
<p>Sliced meat</p>	<p>Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating. NOTE: Ensure the meat is thoroughly reheated before serving.</p>	
<p>Poultry portions</p>	<p>Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through reheating. NOTE: Ensure the poultry is thoroughly reheated before serving.</p>	
<p>Casseroles</p>	<p>Cover with vented microwave cling film or a suitable lid and reheat on 50%. Stir frequently to ensure even reheating. NOTE: Ensure the food is thoroughly reheated before serving.</p>	

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using 100%, while a lasagne which contains ingredients that cannot be stirred, should be reheated using 50%.

NOTES:

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

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

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

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

CARE AND CLEANING



Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.

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.

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 abrasive cleaners.

Touch Control Panel:

Wipe the panel with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. **DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.**

Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:

Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK



Please check the following before calling for service:

1. At the power point, switch off the power for 10 seconds and switch back on.
Does 0:00 appear in the display? YES _____ NO _____
2. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.
Press the CONFIRM/START button four times.
A. Does the oven lamp come on? YES _____ NO _____
B. Does the cooling fan work? YES _____ NO _____
(Put your hand over the rear ventilation openings.)
C. Does the turntable rotate? YES _____ NO _____
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
D. After two minutes, did an audible signal sound and COOK indicator go off? YES _____ NO _____
E. Is the water inside the oven hot? 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.

NOTE: If you cook the food over 20 minutes on 100% power, the microwave power will be automatically reduced to avoid overcooking

SPECIFICATIONS



Model Name	R-820E(BK/W)	
AC Line Voltage	230-240V, 50Hz single phase	
AC Rated Power	20A,2300W	
AC Power Required	Microwave	1450W
	Grill	1100W
	Convection	2300W
Output Power	Microwave	900W*
	Grill	1100W
	Convection	2300W
	Off Mode (Energy Save Mode)	less than 1.0W
Microwave Frequency	2450 MHz (Class B / Group 2)**	
Outside Dimensions (W) x (H) x (D) mm	520 x 326 x 480	
Cavity Dimensions (W) x (H) x (D)** mm	332 x 242 x 348	
Turntable (Metal)	315mm	
Weight	approx. 18 kg	

* When tested in accordance with AS/NZS 2895.1:2007

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

SMART MANUAL COOKING CHARTS

DEFROST TIMES FOR MEAT, POULTRY AND BREAD

1. Remove wrapping and place frozen item on a shallow, Microwave safe plastic defrost rack. If necessary, shield thin areas with aluminum foil to prevent the item from cooking while defrosting
2. Defrost by following the steps in the “Microwave Time” column.
3. Set the microwave to 30% power.
4. When turning over, re-shield any warm areas so it continues to defrost without cooking
5. Refer to defrosting advice on page 14.

CUT	MICROWAVE TIME	STANDING TIME
BEEF (Roast)	9 – 11 minutes / 500g	15 minutes
Steaks	6 – 8 minutes / 500g	10 minutes
Minced Beef	7 – 9 minutes / 500g	10 minutes
PORK (Roast)	9 – 11 minutes / 500g	15 minutes
Chops	6 – 8 minutes / 500g	10 minutes
Ribs	7 – 9 minutes / 500g	10 minutes
Minced Pork	8 – 10 minutes / 500g	10 minutes
LAMB (Roast)	9 – 11 minutes / 500g	15 minutes
Chops	6 – 8 minutes / 500g	10 minutes
POULTRY		
Chicken (Whole)	9 – 11 minutes / 500g	15 minutes
Pieces	8 – 10 minutes / 500g	10 minutes

BREAD	MICROWAVE TIME	PROCEDURE
2 Slices of Bread	50 secs	Place between paper towel and place directly on the turntable.
4 Slices of Bread	1 min 30 secs	
1 Bread Roll	1 min 50 secs	
2 Bread Rolls	2 min 50 secs	

These times are a guide only. Results will depend on variances such as the shape and size of the food. If you are not happy with the results please adjust defrosting time to match your requirement.

SMART MANUAL COOKING CHARTS

FRESH VEGETABLE CHART

1. Cover required dishes with plastic wrap or a lid.
2. Drain any remaining water after standing before serving.

Vegetable	Amount	Microwave Time at 100%	Cooking Procedure
Asparagus (halved)	500g	4 - 6 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Beans (top and tailed)	500g	5 - 7 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Broccoli (uniform florets)	500g	4 - 6 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Brussels Sprouts	500g	4 - 6 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Cabbage (shredded)	500g	5 - 7 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Carrots (sliced)	500g	6 - 8 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes (cook for longer for less crunch)
Cauliflower (uniform florets)	500g	5 - 7 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Corn on the Cob	2 pieces	6 - 8 minutes	Rinse corn under cold water. Cut into quarters and place in casserole dish. Cook covered. Turn over during cooking. Stand for 3 minutes.
Mushrooms (quartered)	500g	5 - 7 minutes	Place in a shallow microwave safe dish with 1 tablespoon of butter. Cover. Stand for 3 minutes
Potatoes – Jacket	4 Medium	8 - 10 minutes	Pierce with a fork. Turn over during cooking. Stand for 3 minutes
Potatoes – Steamed	4 Medium	6 - 8 minutes	Peel and quarter potatoes. Cook in a dish with 1/4 cup water. Cook covered. Stand for 3 minutes.
Pumpkin (2cm cubes)	500g	5 - 7 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Spinach (shredded)	300g	3 - 5 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Snow Peas (top and tailed)	500g	2- 4 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes (cook for longer for less crunch)
Squash (whole)	500g	4 - 6 minutes	Pierce with a fork. Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Sweet Potato (2cm cubes)	500g	8 - 10 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 5 minutes
Zucchini (sliced or quartered)	500g	4 - 6 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water and 1 tablespoon of butter. cover. Stand for 3 minutes

Results will depend on variances such as the shape and size of the food and your personal preference in regards to cooking results. If you are not happy with the results please adjust cooking time to match your requirement

SMART MANUAL COOKING CHARTS

FROZEN VEGETABLE CHART

1. Place vegetables in a medium/large microwave safe bowl and cover with plastic wrap.
2. Halfway through cooking, stir the vegetables to ensure even cooking.
3. Allow to stand for 2 minutes before draining any water and serving.

Vegetable	Weight	Microwave Time (100%)	Special Procedures
Beans (green, cut)	500g	6-8 minutes	
Broccoli	500g	7-9 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Carrots (sliced)	500g	8-10 minutes	Stir halfway through.
Cauliflower	500g	8-10 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn on the Cob	4 pieces	7-9 minutes	
Peas (green)	500g	8-10 minutes	
Spinach	500g	8-10 minutes	Break apart as soon as possible.
Mixed Vegetables (i.e. carrots, beans and corn kernels)	500g	8-10 minutes	Break apart as soon as possible.

RICE & PASTA COOKING CHART

1. Wash and strain rice before measuring amounts.
2. Place rice/pasta in a medium/large microwave safe bowl with water. Cook uncovered, stirring halfway through cooking. Allow to stand for 2 minutes before straining any remaining water and serving.

Food		Other Ingredients	Cooking Time
Pasta	1 Cup	2 cups Hot Water	15 – 16 minutes
	2 Cups	4 cups Hot Water	17 – 19 minutes
	4 Cups	6 cups Hot Water	21 – 23 minutes
White Rice	1 Cup	2 cups Hot Water	19 – 21 minutes
	2 Cups	4 cups Hot Water	21 – 23 minutes
	4 Cups	6 cups Hot Water	25 – 26 minutes
Quick Oats	1 Cup	2 cups Milk	4 – 6 minutes

SCRAMBLED EGG CHART

Place butter, eggs and milk in a small/medium microwave safe bowl. Beat with a fork until well combined and yolks of eggs are completely stirred in. Cook uncovered, stirring halfway through cooking.

Egg(s)	Butter	Milk	Cooking Medium High (70%)
1	1 tsp	1 tbsp	1 minute 30 seconds
2	2 tsp	1 tbsp	2 minutes 30 seconds
3	1 tbsp	2 tbsp	3 minutes 30 seconds
4	1 tbsp	¼ cup	5 minutes

SMART MANUAL COOKING CHARTS

GRILL / COMBI COOKING AND CONVECTION CHART

1. These menus are for use with Grill Cooking / Combi Cooking and Convection Cooking features.
2. Please follow the instructions carefully. If required, place the grill rack onto the turntable.
3. Refer to pages 11-12 for Grill Cooking / Combi Cooking and Convection Cooking instructions.

Menu	Weight / Portion	Cooking Function	Cooking Time	Special Procedure
Cake	850g	Convection 160°C	60 minutes (1 hour)	Bake cake in cake tin on the low rack.
Thin Chips	200g	Convection 230°C	15–20 minutes	Preheat microwave oven and tray to 230 °C. Use a baking tray. Place chips in a single layer. Turn over half way through cooking.
Thick Chips	200g	Convection 230°C	20 minutes	Preheat microwave oven and tray to 230 °C. Use a baking tray. Place chips in a single layer. Turn over half way through cooking.
Chicken Chips	250g	Convection 230°C	12 minutes	Preheat to 230 °C. Use a baking tray. Place chips in a single layer. Turn over half way through cooking.
Chicken Nuggets	12 nuggets	Convection 230°C	20 minutes	Preheat to 230 °C. Use a baking tray. Place nuggets in a single layer. Turn over half way through cooking.
Potato Wedges	250g	Convection 230°C	30 minutes	Preheat to 230 °C. Use a baking tray. Place wedges in a single layer. Turn over half way through cooking.
Roast Vegetables e.g. Potato, Sweet Potato, Pumpkin	500g	Convection 180°C	65 minutes (1 hour 5 minutes)	Preheat to 180 °C. Use a baking tray. Place vegetables in a single layer. Spray lightly with cooking oil and season to taste. Turn over half way through cooking.
Mini Pies	9 mini pies	Convection 180°C	25 minutes	Preheat to 180 °C. Use a baking tray. Place pies in a single layer. Turn over half way through cooking.
Mini Sausage Rolls	9 mini sausage rolls	Convection 180°C	25 minutes	Preheat to 180 °C. Use a baking tray. Place sausage rolls in a single layer. Turn over half way through cooking.
Frozen Lasagna	400g	Convection 200°C	40 minutes	Preheat to 200 °C. Use a microwave safe dish. Do not cover.

NB: please note times may need to be adjusted according to food type / variety and personal preference.

SMART MANUAL COOKING CHARTS

REHEATING/DEFROSTING CONVENIENCE - FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS	STANDING TIME
Beverage (room temp.) 250mL per cup	1 cup 2 cups	1 minute 50 seconds 100% 3 minutes 30 seconds 100%	Stir after heating.	
Canned Food (room temp.) (e.g. Spaghetti, Baked Beans)	1 cup 2 cups	4 minutes 50% 9 minutes 50%	Place food in bowl. Cover with plastic wrap and pierce 5 times with a skewer. Stir halfway.	
Canned Soup (room temp.) 250mL per cup (thin soup)	1 cup 2 cups	2 minutes 50% 4 minutes 50%	Place food in bowl. Cover with plastic wrap or lid. Stir halfway.	
Meat Pie (refrigerated) Individual 180g each	1 pie 4 pies	5 minutes 50% 14 minutes 50%	Place directly on turntable, face side down. Cover with paper towel. Turn over halfway.	3 minutes 3 minutes
Frozen Rice/Pasta Dinners (e.g. Lasagne, Risotto)	300-500g	8 minutes 100%	Remove from foil container. Cover with plastic wrap or lid. Allow to stand	2 minutes
Dinner Plate (refrigerated) 350g-400g per serve	1 serve	4 minutes 10 seconds 100%	Slice potato. Cover plate with plastic wrap and pierce 5 times with a skewer. Place directly on turntable. Allow to stand.	
Casserole (refrigerated) 250g per serve	1 serve 2 serves	4 minutes 100% 7 minutes 100%	Place in a bowl, cover with plastic wrap. Place directly on turntable. Stir halfway. Allow to stand, then stir.	2 minutes 2 minutes
Croissants (frozen)	2 4	2 minutes 30% 3 minutes 30%	Place between paper towels. Place directly on the turntable.	
Fruit Pie individual (frozen) 135g each	1 2	2 minutes 30% 4 minutes 30%	Remove from foil container. Place on a plate and then onto the turntable. Allow to stand.	2 minutes 2 minutes
Danish Pastry whole (frozen)	400g	3 minutes 30%	Remove from foil container. Place on dinner plate. Allow to stand.	2 minutes

NOTE: Room Temperature +20°C
Refrigerator Temperature +3°C
Frozen Temperature -18°C

COOKING AND UTENSIL GUIDE

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	Grill	Convection	Mix Cook	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®, follow instructions carefully.
Browning dishes	✓	✗	✗	✗	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	✗	✓	✓ Mix Conv. only	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex®	✓	✓	✓	✓	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 arching.
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 attend 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.
Rack	✓	✓	✓	✓	The metal rack supplied have been specially designed for all cooking modes and will not damage the oven.



WARNING:

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

HELPFUL MICROWAVE COOKING TIPS

1. THE ARRANGEMENT

Arrange foods carefully. Place thickest areas toward outside of dish.

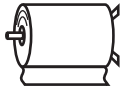


3. COVERING

Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, and casseroles when reheating.



LID



PAPER TOWEL



PLASTIC WRAP



LID

5. SHIELDING

This process redirects the heat to other areas of the product, reducing the risk of over cooking when defrosting. Small pieces of foil are placed on parts of the meat that are thin and likely to cook. It is important to ensure that the foil pieces are only big enough for that particular section of meat. The foil must be a flat, single layer whose edges do not touch as this can cause arcing while the Microwave oven is operating.



FISH



CHICKEN

7. STIRRING

Stir foods starting from the outside and working inwards once or twice during cooking if possible to distribute the heat evenly.



Eg. Casseroles and Sauces.

9. DENSITY

The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potato heat faster than dense foods like steak or whole potatoes.

11. STARTING TEMPERATURE

Frozen or refrigerated foods takes longer to heat than food at room temperature. Cooking times in this book are based on standard storage temperature. Since room, refrigerator and freezer temperature differ, check the cooking results at the minimum time.



13. CONDENSATION

Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

2. TURNING

Foods such as poultry and joints of meat should be turned over after half the cooking time.

4. PIERCING

Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.



TOMATO



EGG

6. STANDING TIME

Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

8. SIZE

Small pieces cook faster than large ones. To speed up cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

10. FAT AND BONE

Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.













12. QUANTITY

Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

14. GENERAL

Your microwave oven is capable of heating food and beverages very quickly 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.

QUICK REFERENCE GUIDE

FEATURE	QUICK OPERATION GUIDE
Manual Microwave Cooking	<p>To cook 2 minutes on 80% microwave power.</p> <p>Microwave  Select P 8 Confirm +30s/Start  Select 2 mins Confirm +30s/Start</p>
Direct Start	<p>To start cooking on 100% microwave power for one minute.</p> <p>Confirm +30s/Start x 1</p>
Auto Menu	<p>To cook 350g Fresh Vegetables.</p> <p>Auto Menu  Select A3 (Vegetable) Confirm +30s/Start  Select 350g Confirm +30s/Start</p>
Grill Cooking	<p>To Grill for 12 minutes</p> <p>Grill x 1  Select 12 mins Confirm +30s/Start</p>
Combi Cooking	<p>To use Combi Cook function C-3 for 8 minutes.</p> <p>Convection/Combi. x 6 Select C-3 Confirm +30s/Start  Select 8 mins Confirm +30s/Start</p>
Convection Cooking	<p>To preheat on 180°C and cook for 30 minutes at 180°C.</p> <p>Convection/Combi. x 2  Select 180°C. Confirm +30s/Start x 2 After Preheating oven will beep  Select 30 mins Confirm +30s/Start</p>
Defrost	<p>To defrost 1.0kg meat using Defrost</p> <p>Defrost x 1  Select d 4 Confirm +30s/Start  Select 1000g Confirm +30s/Start</p>
Clock	<p>To set the Clock for 2:35 (24 hour Clock).</p> <p>Clock / Timer x 1  Select 02 Confirm +30s/Start x 1  Select 35 Confirm +30s/Start x 1</p>
Child Lock	<p>To set the Child Lock.</p> <p>STOP CANCEL Hold down this button until you hear a long beep</p>
	<p>To remove the Child Lock.</p> <p>STOP CANCEL Hold down this button until you hear a long beep</p>

SHARP