

# SHARP

# HEALSIO

## AX-1700R(R)



水波爐  
SUPERHEATED STEAM  
MICROWAVE OVEN  
使用說明書  
OPERATION MANUAL

登入以下連接以獲取食譜。  
Recipes available from here.

[https://www.sharp-home.com.hk/en/download/1083-AX-1700R\(R\)?view=other](https://www.sharp-home.com.hk/en/download/1083-AX-1700R(R)?view=other)

直接用智能手機掃描。  
Direct with your smart phone.



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# 重要安全須知

重要安全須知：請細心閱讀，並保存作將來參考之用。

1. 按照設計，本水波爐只能在工作枱面上使用。本產品的設計不適宜嵌入牆壁或櫥櫃內。不要將水波爐設置在櫥櫃內。為了避免過熱，請勿將本產品安置於裝飾門後方。關於安裝詳情，請參閱C-3。  
烹調過程中，爐門會變熱。將水波爐放在枱面85厘米或以上的高度。切勿讓兒童靠近爐門，以免燙傷。
2. 確保爐頂以上之空間應有最少13厘米。
3. 本水波爐適用於家庭及以下類似場所：
  - 商店、辦公室和其他辦公場所的員工備餐區；
  - 農場屋舍；
  - 置於酒店、汽車旅館和其他居住環境中供顧客使用；
  - 食宿型旅館環境。
4. 本水波爐適用於加熱食物和飲料。若用於烘乾食物或衣服，以及加熱取暖墊、拖鞋、海綿、抹布等，可能會導致損壞、起火或火災。
5. 除非得到監護人或負責其安全人士的適當監督或指導，否則，此機器不適合身體官能或心智能力退化者，或缺乏操作經驗和知識的人士(包括兒童)使用。
6. 兒童應受到適當監管，確保不會以此機器作玩具。
7. 警告：在無人監護的情況下，兒童只有在充分理解操作說明、能安全使用水波爐且知道不當使用會造成危害的情況下才能使用水波爐。
8. 警告：當水波爐在熱風對流、燒烤或蒸煮模式下運作時會產生高溫，兒童應該只在家長監督下使用。
9. 警告：可觸及的部件在使用期間可能會變熱。兒童應小心並遠離水波爐。
10. 警告：如果爐門或爐門密封條受損，先請SHARP技術人員加以檢查修理後才繼續使用。
11. 警告：切勿自行調整、維修或改裝水波爐。除了SHARP培訓的技術人員以外，如果由非技術人員進行任何服務或維修，則會存在危險。由於維修可能會涉及拆卸外殼，而外殼對電氣部件具有保護作用，以免接觸到微波，所以由專人維修是很重要的。
12. 如果水波爐電源線損壞，必須由SHARP培訓的技術人員更換，以避免危險。
13. 警告：液體和其他食物不得在密封容器內加熱，否則可能引起爆炸。
14. 飲料經微波加熱後會出現沸騰爆濺，因此在烹調時及移動容器時必須格外小心。
15. 請勿使用微波烹調或加熱帶殼蛋類，而且不可使用微波加熱已煮熟的整個雞蛋，因為即使在微波烹調過程結束後，也有可能發生爆裂。對未經打散或混合的雞蛋進行在微波模式烹調或加熱時，應刺破蛋黃和蛋白，否則雞蛋可能會發生爆裂。在使用微波對煮熟的雞蛋進行在微波模式加熱之前，應先去殼並切片。
16. 烹調時，應當檢查烹調器具，確保其適用於水波爐。請參閱C-29。在微波模式下，只可使用微波爐適用容器及烹調器具。
17. 當水波爐在微波模式下運行時，請勿使用金屬容器放置食物和飲料。
18. 奶瓶和盛載嬰兒食品瓶罐內的食物必須先攪拌或搖一搖，然後檢查一下溫度才餵給嬰兒，以防燙傷嬰兒。
19. 本產品在使用過程中會變熱。應特別小心，避免觸碰發熱元件和烤箱。為防止燙傷，請戴上較厚的烤箱手套。清洗前，應確保烤箱已冷卻。
20. 將食物放在塑膠或紙質容器中加熱時，鑑於起火的可能性，應當密切注意爐內情況。
21. 如果發現煙霧，請立即關掉或拔下水波爐電源插頭並保持爐門關閉，以控制火焰蔓延。
22. 應定時清潔水波爐，並清除殘留食物。
23. 在無人監護的情況下，請勿讓兒童進行清潔和維修。
24. 如果未能保持水波爐處於潔淨狀態，則會導致表面變質，減低本產品的壽命，甚致會造成危險。
25. 請勿使用粗糙的洗滌劑或銳利的金屬刮刀來清潔爐門玻璃，因為會刮花表面，可能導致玻璃碎裂。
26. 切勿使用蒸氣清洗裝置。
27. 清洗爐門密封條、爐腔及部件時，請參閱C-22的指南。
28. 使用附件的詳細內容，請參閱C-4的指南。

# 重要安全須知

## 其他警告

1. 為防止意外發生，請注意並遵守下列事項：
  - a. 除可飲用的室溫水(被過濾)之外，切勿將其他任何液體注入水箱。
  - b. 在水波爐操作過程中，請不要離開。水波爐溫度過高或烹調時間過長可能會使食物加熱過度，而導致起火。
  - c. 切勿讓食物烹調過度。
  - d. 烹調食物前，先拆去綁紮包裝袋的金屬線。
  - e. 切勿用微波來加熱食用油或油炸食物，因為油溫會變得很高而難以控制。
  - f. 切勿使用合成物料製成的容器用於烹調。否則，它們會在高溫下熔化。
  - g. 如果水波爐仍然很熱，切勿使用塑料容器，否則它們可能會熔化。除非生產廠商聲明塑料容器適用於高溫烤爐，否則切勿使用塑料容器。
  - h. 切勿在水波爐內儲存食物或任何其它物品。
  - i. 如果在烘烤或製作蛋糕和甜食時添加了酒精飲品，當酒精釋放出的蒸氣接觸到電熱元件時，可能會導致起火。請務必在烹調時密切注意爐內情況。
2. 在使用微波烹調時應當小心，盡量避免食物爆裂或沸騰爆濺。使用微波能夠快速加熱食物和飲品，因此您在烹調食物時，需根據食物的種類和重量選擇合適的烹調時間和微波功率。如果您無法確定烹調所需時間和微波功率，您可以先選擇低微波功率以及短時間烹調，再根據實際需要增加時間或功率加熱食物。  
請遵守下列事項：
  - a. 切勿用密封容器進行烹調。如帶有瓶蓋或奶嘴的奶瓶均屬密封容器。
  - b. 烹調時間切勿過長。
  - c. 加熱液體時，必須使用寬口容器。
  - d. 烹調後等待最少20秒才取出食物，以免煮滾的液體爆濺。
  - e. 烹調前及烹調時將液體攪拌，處理盛載食物的器皿，放入湯匙或其他器具於器皿內時，應特別小心處理。
3. 本水波爐僅可作為家庭烹調使用，並僅應用於食物和飲料之加熱，烹調和解凍。  
本水波爐不適合作為商業或實驗室之用或用來加熱治療工具如：熱敷袋等。
4. 水波爐的門夾有雜物或沒有關閉時，切勿操作。
5. 從爐內取出食物時，請小心不要讓器皿、衣服或飾物接觸到烤箱門門。
6. 水波爐正在操作時，切勿以物件，特別是金屬製品刺向爐門的網狀表面或爐門與水波爐之間的位置。
7. 切勿改動或拆除門門。
8. 烹調結束後欲取出爐內食物時，務請戴上烤箱手套，以免燙傷；並應小心揭蓋，以免蒸氣灼傷皮膚。
9. 如果爐內燈發生故障，請與經銷商或SHARP客戶服務中心聯絡。
10. 避免熱蒸氣直接接觸臉部和雙手，以免造成灼傷。遠離面部，從碟子最邊緣的位置慢慢揭起覆蓋碟面的微波爐專用保鮮膜，小心開啟爆谷的袋子和其他微波烹飪袋。
11. 切勿將電源線壓於水波爐之下，放置於熱源物件表面或掛於銳利的物品上，以免受損壞。
12. 打開爐門時務必小心。為了避免冒出的熱氣和氣流造成灼傷，請在取出或重新放入食物之前使熱氣或氣流排出。
13. 切勿將任何物件放在烤爐頂上，因為在運行過程中水波爐會變得很熱。
14. 為了避免灼傷，食用之前務必測試食物和容器的溫度，並加以攪拌，尤其是讓嬰兒、兒童或老人食用之前，務必特別注意容器、食物和飲品的溫度。在沒有檢查容器溫度之前，請不要飲用飲品或湯類。拿取容器時應當小心，因為容器已經變得很燙。
15. 請確保烹調器皿於烹調時不會與爐箱內壁碰觸。
16. 在烹調過程中，切勿接觸爐門、外殼、後殼、爐腔、排氣口、附件和盤碟以及從通風蓋冒出的氣流，因為它們會變熱。
17. 切勿直接觸摸爐內燈及其周圍。當爐內燈亮起時，此部分將會變熱。
18. 使用水波爐時，請在裝設水波爐的房間進行通風，例如打開窗戶或打開廚房抽氣風扇裝置。排氣口的蒸氣可能弄濕附近的牆壁或家具。
19. 如果水箱破裂和漏水，切勿使用烤箱。請聯繫SHARP客戶服務中心。
20. 切勿將手指或其他物件插入水波爐上的孔中(蒸氣排出口或排氣口)，否則可能會損壞水波爐以及導致觸電或其他危險。
21. 潮濕雙手請勿觸摸電源插頭。牢固地插入牆上的電源插座。從插座中拔出插頭時，務必抓住插頭，切勿拉扯電源線，否則可能會損壞電源線和插頭內部的連接。
22. 切勿在操作時移動水波爐。如果需要移動水波爐，務必採用排水功能排出水波爐內的所有水。排水後，請清空接水盤的積水。
23. 切勿故意將水灑到爐門或控制面板上。
24. 如果水波爐翻倒或掉落到地板上，切勿繼續使用。請拔掉插頭並請聯繫SHARP客戶服務中心。
25. 不要把重量超過4公斤的任何東西置於爐門上，以防止水波爐可能傾倒，或可能損害爐門和鉸鏈。不要攀附於把手上，也不要把手上懸掛重物。
26. 冷凝可能腐蝕設備，水波爐內不要長時間遺留已烹調的食物。

# 安裝事宜

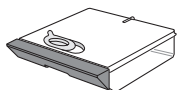
1. 將水波厘米爐內的包裝物件全部拆去，並從爐門外撕下宣傳標貼(若附有)。檢查水波爐是否有損壞，例如爐門的安裝是否有偏差，爐門周圍的密封條是否有損壞或水波爐內及爐門上是否有凹痕等。若發現有任何損壞之處，請立即與SHARP客戶服務中心聯絡，讓維修人員檢查與修理後，才可使用本水波爐。
2. 檢查本產品是否帶有下列附件  
1) 烤架 2) 烤盤 3) 使用說明書
3. 由於爐門在烹調期間會變熱，為了避免意外接觸，應將水波爐放置在距離地面至少85厘米或以上高度。而且，應使兒童遠離爐門，以免燙傷。
4. 按照設計，本水波爐只能在工作檯面上使用。請勿將水波爐安裝在過熱與過濕的地方，例如焗爐附近。請勿在易燃物品附近安裝，例如窗簾。應將水波爐放在不阻攔排氣口。如果本電器被蓋著或接觸到易燃物料，包括窗簾、蓋布、牆壁等，則可能會起火。從爐頂以上之空間應有最少13厘米，以便空氣流通。水波爐的設計不適宜嵌入牆壁或櫥櫃內。  
警告：蒸氣從水波爐頂部後方排出，請確保冒出的蒸氣不會噴濕電源插座/ 其它電器。  
5. 如果水波爐裝設在窗戶附近，請確保水波爐通風蓋與窗戶之間的距離超過20厘米。否則，從通風蓋冒出的熱氣可能會使玻璃碎裂。  
小心：從水波爐排出的蒸氣可能會噴濕或弄髒附近的傢具或牆壁。請確保水波爐與牆壁或傢具之間留有足夠的空間。  
烹調過程中或烹調完成之後，蒸氣會從通風蓋或水波爐門冒出。蒸氣可能會在水波爐周圍的牆壁或傢具上冷凝。請將水波爐安裝在良好通風處。我們建議採用鋁箔紙遮蓋住牆壁或傢具，以防蒸氣噴濕。
6. 切勿使用轉接器插頭將其它電器與烤箱連接到同一個插座上。
7. 由於用戶自行更換電源插頭而引致水波爐損壞或其他不良後果時，廠方及經銷商概不負責。所使用的交流電壓和頻率必須與標籤所示的標準一致。
8. 本水波爐的地線必須接地：

## 重點

電源線中導線按照以下方式標色：

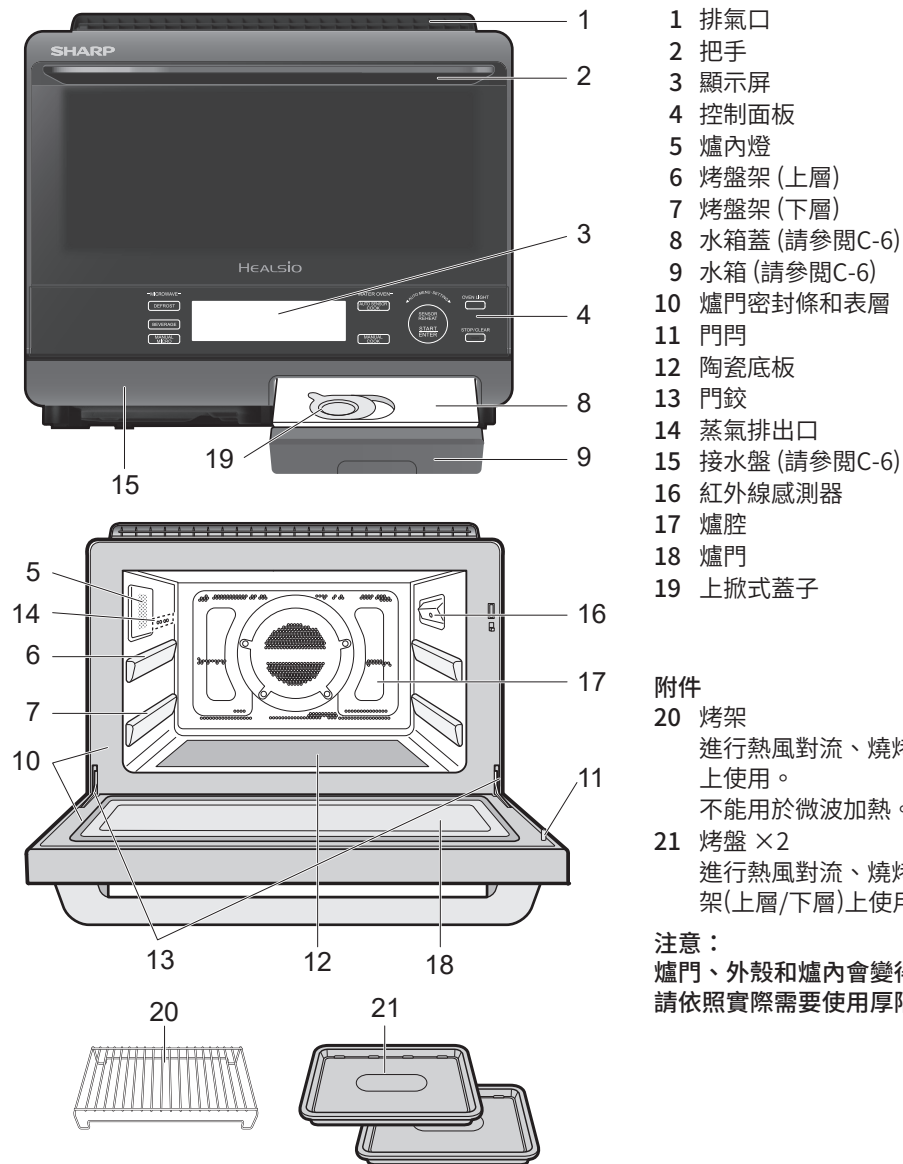
綠黃色	：	地線
藍色	：	中線
啡色	：	火線

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



為達到顧客所要求的優良品質，在工廠均已使用水進行全面性的品質檢驗。  
這時可能會有少量水分殘留在爐內或是水箱內，對於衛生方面不會有任何不良的影響，請安心使用。

# 各部位名稱



## 附件

- 20 烤架  
進行熱風對流、燒烤或蒸煮加熱時，可放在烤盤上使用。  
不能用於微波加熱。
- 21 烤盤 × 2  
進行熱風對流、燒烤或蒸煮加熱時，應置於烤盤架(上層/下層)上使用。不能用於微波加熱。

## 注意：

爐門、外殼和爐內會變得很熱。取出附件或食物時，請依照實際需要使用厚隔熱手套以免燙傷。

**選項標示** 編號[1] - [25]，表示用旋鈕選擇的選項編號。

### 自動烹調

- 1 酥脆加熱
- 2 蒸煮加熱
- 3 麵包加熱
- 4 冷凍加熱
- 5 自訂加熱
- 6 烤雞
- 7 炸雞
- 8 烤魚
- 9 蒸煮蔬菜

- 10 烤蕃薯
- 11 多士
- 12 早餐套餐
- 13 海綿蛋糕
- 14 泡芙
- 15 食物烘乾

### 自選烹調

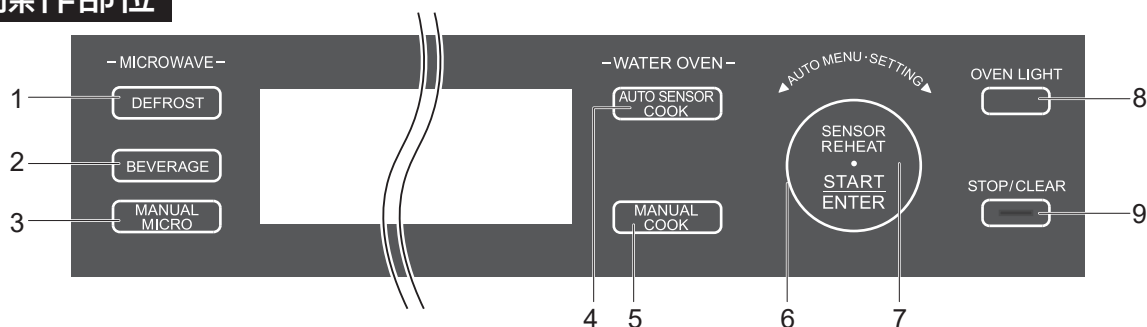
- 16 燒烤
- 17 高溫蒸煮
- 18 低溫蒸煮
- 19 蒸氣發酵
- 20 發酵

### 清潔保養

- 21 消毒餐具
- 22 排水
- 23 蒸氣清潔
- 24 除垢
- 25 空燒  
(首次使用時)

# 控制面板

## 操作部位



### 1. DEFROST 鍵

觸按此鍵以解凍食物。DEFROST 有兩項選擇：  
“全解凍”與“半解凍”

### 2. BEVERAGE 鍵

觸按此鍵以加熱飲料。

### 3. MANUAL MICRO 鍵

觸按此鍵以選擇手動微波烹調。

### 4. AUTO SENSOR COOK 鍵

觸按此鍵以選擇自動感測烹調 (ALL IN ONE)

### 5. MANUAL COOK 鍵

觸按此鍵以選擇手動熱風對流加熱烹調。

### 6. 旋鈕

旋轉並選擇所需選項。

### 7. SENSOR REHEAT / START / ENTER 鍵

按下可自動翻熱食物 (智能加熱)。

在烹調程式編入後，按下此鍵開始操作。

按下此鍵確定選擇。

\*指示燈將閃爍，以提醒您按下鍵或轉動旋鈕。

### 8. OVEN LIGHT 鍵

於加熱期間按下時，將亮燈10秒。

### 9. STOP / CLEAR 鍵

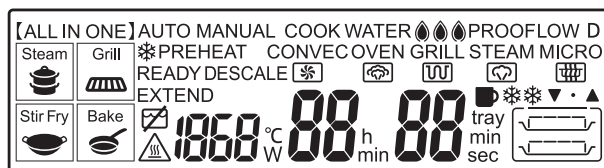
觸按此鍵便能取消編訂中之程式。

按下此鍵為取消烹調程式。

(加熱過程中如需暫時停止，請打開爐門。再次開始時，請關閉爐門，按下 **START** 鍵)

## 顯示屏信息

顯示加熱種類、選項編號、加熱時間、溫度、加熱進行情況、使用的附件等。



### 烤爐情況指示燈：

△：烤爐很熱

☑：檢查水箱

READY：預熱完成

DESCALE：需要清除污垢

D：演示模式在進行中

COOK：烤爐正在運行

EXTEND：您可以延長烹調時間

☼☼☼：過熱水蒸氣量的指示燈

▼・▲：自動烹調功能的增加(▲)減少(▼)指示燈

### 時間 / 份量指示燈： 附件情況指示燈：

h：小時

min：分鐘

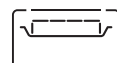
sec：秒

tray：層

☐：杯

☐：烤架

☐：烤盤



：上層



：下層

### 烹調模式指示燈：

AUTO：已選擇自動烹調功能

MANUAL：已選擇手動烹調功能

WATER OVEN ☐☐：水波烤焗

CONVEC OVEN ☐☐：烤焗

WATER GRILL ☐☐：水波燒烤

GRILL ☐☐：燒烤

PREHEAT：預熱

STEAM ☐☐：高溫蒸煮

STEAM LOW ☐☐：低溫蒸煮

STEAM PROOF ☐☐：蒸氣發酵

PROOF：發酵

MICRO：微波

☼☼：全解凍

☼：半解凍

【ALL IN ONE】：已選擇自動感測烹調

Grill ☐☐：自動感測烹調 (燒烤)

\*“☼”表示包括冷凍食材

Bake ☐☐：自動感測烹調 (烘焙)

\*“☼”表示包括冷凍食材

Stir Fry ☐☐：自動感測烹調 (熱炒)

\*“☼”表示包括冷凍食材

Steam ☐☐：自動感測烹調 (蒸煮)

\*“☼”表示包括冷凍食材

# 重要須知

## 請在使用水波和蒸煮烹調前仔細閱讀

### 水箱

對於水波模式和蒸煮模式的自動和手動烹調時，都必須以可飲用的室溫水（被過濾）注入水箱。請務必遵循如下指引。

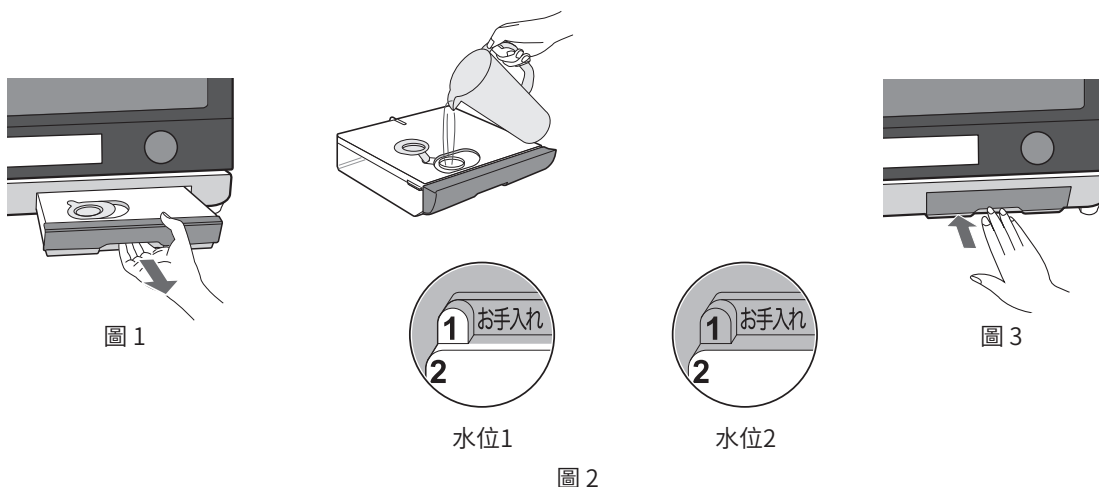
1. 將水箱向自己的方向拉出。(圖1)
2. 首次使用時，請清洗水箱和水箱蓋。
3. 注入可飲用的室溫水（被過濾）。水位有2種。水位超過2(MAX)時，水容易溢出。(圖2)
4. 請確保水箱蓋已緊緊閉合。
5. 用力將水箱推回水波爐內並安裝好。(圖3)
6. 烹調後，清空水箱並清洗水箱和水箱蓋。

### 注意：

1. 切勿使用任何其他液體，例如蒸餾水、去離子水、礦泉水等。
2. 如果水箱內的水量不足，則可能導致無法預料的後果。
3. 我們建議您每次烹調後都清空水箱積水。請勿讓水箱裝水放在水波爐內超過一天。
4. 如果在烹調時，顯示屏幕上顯示 [☒]，請檢查是否正確放置水箱。
5. 切勿摔落或損壞水箱。水波爐產生的熱氣可能會使水箱變型。切勿使用損壞的水箱。請聯繫SHARP客戶服務中心。

### 表示的說明

MAX: 最高水位（水不可超過“水位2 (MAX)”）



### 接水盤

請確保接水盤安裝正確並遵循如下指引。

接水盤及水波爐包裝在一起。如圖4所示，將接水盤安裝於爐門下。接水盤的作用是收集從爐門上滴落的冷凝水滴。

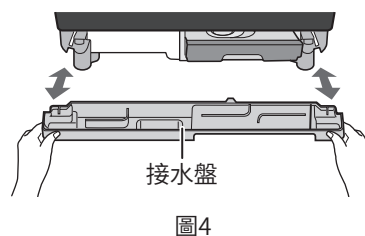
移除接水盤：將接水盤用雙手向自己的方向拉出。

\* 請不要讓接水盤裡的水在移除時溢出。

將接水盤放回水波爐：

水平放入接水盤並扣緊，如圖4所示。

每次烹調後請倒空接水盤。先倒空積水，然後用水徹底沖洗，晾乾或用抹布拭乾後裝回原位。沒有倒空接水盤可能導致溢流。在沒有倒空接水盤的情況下反覆烹調也可能導致溢流。



### 警告：

1. 打開水波爐時，請勿將臉貼近水波爐。水波爐冒出的蒸氣可能會引致灼傷。
2. 請勿用手直接接觸接水盤內的水，因為這些水可能會很熱。

# 重要須知

## 自動烹調和手動烹調模式中的水波/蒸煮

### 烹調前

- 欲用水加熱時，請開啟水箱蓋，倒入可飲用的室溫水(被過濾)。(請參閱C-6)
- 請確保水波爐底裝上已經清空積水的接水盤。(請參閱C-6)
- 不需要預熱時，請將食物置於水波爐內。(請參閱各個圖表檢查自動烹調操作是否需要預熱)

### 烹調後

- 當水波爐冷卻後，移除並清空水箱，擦拭爐內壁。然後清空接水盤。
- 使用後，請啟動[22]排水功能，當天內至少一次。

### 打開爐門

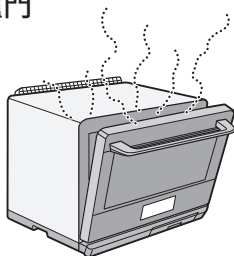


圖1





在烹調後，您可以打開水波爐門的上半部並固定以暫時排出蒸氣或冷卻水波爐內。(請參閱圖1)

**警告：**請勿將臉貼近水波爐。蒸煮烹調所產生的蒸氣可能會引致灼傷。

**注意：**請避免在烹調過程中開關爐門，以防止爐內溫度驟然下降，影響烹調效果。

## 調整過熱水蒸氣量(適用於手動烹調)

在手動水波烤焗與水波燒烤烹調時，您可選擇過熱水蒸氣量。此功能也可在烹調時使用。

過熱水蒸氣量		例子
	顯示	
水波烤焗 3 水波燒烤 3		<ul style="list-style-type: none"><li>快速提高烤箱溫度，適用於如冷凍食品和肉片等食材。</li><li>在開始烘焙法國麵包時，請使用充沛的水蒸氣以呈現外表酥脆的效果。</li></ul>
水波烤焗 2 水波燒烤 2		<ul style="list-style-type: none"><li>均勻烹調食品內外。</li><li>大多數食譜都建議使用過熱水蒸氣量 2。</li><li>若是烘焙麵包與泡芙，請在開始烹調時，使用水蒸氣以呈現外表鬆軟的效果。</li></ul>
水波烤焗 1 水波燒烤 1		<ul style="list-style-type: none"><li>避免烘烤時，表面過乾。</li></ul>
水波烤焗 0 水波燒烤 0		<ul style="list-style-type: none"><li>無過熱水蒸氣 (此設定沒有添加水，與烤焗及燒烤相同)</li></ul>
此設定僅可在烹調時使用		
烤焗 燒烤	無過熱水蒸氣量 指示燈亮起。	<ul style="list-style-type: none"><li>這些模式都不需要添加水。</li></ul> <p>注意：這些模式無法在烹調時，變更成水波烤焗與水波燒烤。</p>

## 重要須知

### 排水

使用水箱後，請啟動排水功能，當天內至少一次。  
排水操作需要最多8分鐘。

排水操作有利於防止水垢積聚和循環使用爐內餘下水分。此操作利用內部蒸氣系統進行水份的蒸發。

#### 操 作

- 1 爐內不放入任何東西。  
旋轉旋鈕，選擇[22]排水。



- 2 確保水箱已取出，  
按下 **START** 鍵。



- 3 當水波爐冷卻後，請擦拭爐內壁。

注意：

啟動排水功能之前，必須移除水箱。

- 5 當水波爐停止運行、打開爐門，用毛巾擦拭爐內的水分後，將毛巾擰乾後，再次將毛巾放入爐內(圖2)，關閉爐門。

將水箱內的水倒掉，重新裝入可飲用的室溫水(被過濾)至水位1以上的高度。將接水盤中的水排出，裝回機體上。

按下 **START** 鍵。沖洗程序便會開始。



- 6 當沖洗結束後，移除水箱並倒空積水。  
移除毛巾。擦拭爐內使其乾燥。然後倒空接水盤。

### 除垢功能

白色或灰色的微粒，也稱為水垢，可能會在製造蒸氣的過程於供水路道內形成。

當顯示 [DESCALE] 時，請立即進行除垢操作。  
操作過程大約需要1小時。

#### 操 作

- 1 藥店賣售的純檸檬酸可用於除垢。  
打開水箱蓋，將可飲用的室溫水(被過濾)倒入至水位1以上的高度。倒入2大匙檸檬酸，將其溶解於其中(圖1) 蓋上水箱蓋，裝回機體上。

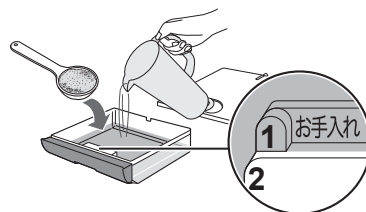


圖1

- 2 在蒸氣排出口的正下方，貼著爐內壁面放置毛巾(圖2)

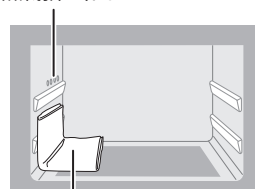
- 3 旋轉旋鈕，選擇[24]除垢。



- 4 按下 **START** 鍵。



蒸氣排出口



毛巾

圖2

# 操作前

- 在使用前，請確保您已經閱讀並完全明白使用說明書的內容。
- 在使用水波爐前，請按如下步驟操作：
  1. 正確放置接水盤，請參閱C-6。
  2. 請閱讀下列“烹調開始前之須知”。
  3. 在首次使用之前，請參閱右邊的指示來清潔您的水波爐。

## 烹調開始前之須知

本水波爐附有關閉顯示功能。

### 操 作

- 1 插入電源插頭後，電源將自動開啟。  
並顯示 [0] (初始畫面)

注意：

1. 在顯示初始畫面 [0] 的狀態下，而沒有操作水波爐，顯示內容將在1分鐘後自動關閉。
2. 烹調結束和取出食品後，完全符合以下3個條件時，顯示內容將自動關閉。顯示內容關閉的時間，會因為爐內溫度，而有1~30分鐘左右的差異。
  - 爐門關閉
  - 顯示初始畫面 [0]
  - (按下 **STOP/CLEAR** 鍵時，則顯示初始畫面)
  - [△] 標記消失

## 取消

1. 如果在選擇模式時輸入錯誤，請按下 **CLEAR** 鍵。
2. 在烹調過程中取消操作。
3. 返回初始畫面 [0]。

注意：

加熱過程中如需暫時停止，請打開爐門。  
再次啟動時，請關閉爐門，按下 **START** 鍵。

# 首次使用前請清潔水波爐

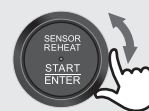
烹調時，蒸氣加熱器會加熱水箱內的水以產生蒸氣。首次使用之前，應該用 [25] 空燒水波爐來避免爐內有任何氣味殘留。空燒功能需要20分鐘左右。您可能在此過程中看見有煙產生和聞到異味。這是正常現象。水波爐並非出現故障。

準備：

1. 打開水波爐通風。
2. 安裝清空的接水盤。
3. 將可飲用的室溫水(被過濾)倒入水箱內至超過“水位1”之後，將其安裝至機身上。

### 操 作

- 1 爐內不放入任何物品。  
旋轉旋鈕，選擇[25]空燒。



- 2 按下 **START** 鍵。



- 3 爐內冷卻後，使用抹布擦除水滴等。  
取下水箱蓋，倒掉剩下的水。  
倒掉接水盤中的水，並重新安裝接水盤。

警告：

1. 爐門，水波爐外殼和爐內會變得很熱。
2. 開爐門時請勿將臉靠近，否則會因水蒸氣而燙傷。

# 自動烹調

## 自動烹調須知

1. 用自動烹調功能來烹調時，應按各類烹調指南中的步驟而進行烹調，否則會影響烹調效果。
2. 當食物重量或份量少於或多於指南所建議之範圍時，請用手動加熱方法進行烹調。  
程序設定的烹調時間是烹調所需的平均時間。  
若閣下想調整烹調效果，在按下 **START** 鍵後，將旋轉鈕右旋轉(▲)或左旋轉(▼)。  
請參閱C-20。
3. 請勿用保鮮膜緊緊包裹容器或器皿，或者將帶蓋容器(密閉容器等)的蓋子蓋上進行加熱。
4. 請不要在經高溫使用後的陶瓷底板上放置塑膠等不耐熱的容器，不要鋪上保鮮膜。
5. 加熱結束後、可能會顯示 [△]。水波爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據水波爐及零件溫度運行長達10分鐘。
6. 烹調效果會因食物的不同情況，如烹調前的溫度、形狀、質素而有差異，故烹調後應檢查食物。

## 智能加熱 (微波加熱)

智能加熱功能會自動將所有列舉在C-31的智能加熱指南表中的食物加熱。

請注意：

1. 加熱前，用乾布或廚房紙巾擦乾烹調容器外及水波爐內部的水分。
2. 置食物於爐中央。
3. 切勿用於飲料加熱，以免發生沸騰。  
(使用 BEVERAGE 加熱。請參閱C-11。)

\* 假設您想要加熱白飯(常溫、冷藏)

### 操作

- 1 按下 **SENSOR REHEAT** 鍵。



\* 烹調燈閃爍表示進行狀態。  
(亮4個燈表示接近加熱完成階段)  
加熱途中可能會顯示剩餘時間。

- 2 在加熱結束後，[EXTEND] 會顯示。  
如想延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。

注意：

1. 無需輸入食物的重量。
2. 要將其他食物或者要加熱的食物重量比智能加熱指南表列舉的重量要重或輕，手動加熱。請參閱C-15。
3. 不可使用烤盤、烤架。

## 自動烹調

### 解凍 (微波加熱與蒸氣進行之加熱)

解凍功能會自動將所有列舉在C-32的解凍指南表中的食物解凍。

解凍有 2 種選擇：

選擇	鍵	顯示	狀態
1. 全解凍	 × 1		解凍至易於立即烹調的狀態
2. 半解凍	 × 2		解凍成可用菜刀切開的狀態

水位：1或以上

\* 假設您想要解凍200克的薄切肉片(全解凍)

#### 操 作

1 按下 **DEFROST** 鍵一次。



2 按下 **START** 鍵。



\* 烹調燈閃爍表示進行狀態。  
(亮4個燈表示接近加熱完成階段)

3 在加熱結束後，[EXTEND]會顯示。  
如想延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。  
取下並清空水箱和接水盤。

### 飲料 (微波加熱)

飲料功能會自動將所有列舉在C-32的飲料指南表中的食物加熱。

\* 加熱4杯牛乳

#### 操 作

1 按下 **BEVERAGE** 鍵。



2 旋轉旋鈕，選擇杯數 [4 ▢]。



3 按下 **START** 鍵。



\* 約30秒後，顯示剩餘時間。

4 在加熱結束後，[EXTEND] 會顯示。  
如想延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。

注意：  
不可使用烤盤、烤架。

注意：





1. 無需輸入食物的重量。
2. 要將其他食物或者要解凍的食物重量比解凍指南表列舉的重量要重或輕，手動加熱。請參閱C-15。
3. 不須加水亦可解凍，但食物會較硬。
4. 不可使用烤盤、烤架。
5. 爐內高溫時，不能使用。顯示 [U 04]。  
用燒烤或烤爐模式加熱後，陶瓷底板會變熱，請充分冷卻後再使用。

# 自動烹調

## 自動感測烹調 (ALL IN ONE) (水波烤焗加熱、蒸煮加熱)

自動感測烹調可以同時烹調肉類、魚、蔬菜。傳感器根據食物的溫度及份量，控制爐內溫度及烹調時間。

自動感測烹調有4個選項：

選項	顯示	份量	水位	附件	食物擺放位置	加熱時間 (分鐘)	
						無冷凍	有冷凍
1. 燒烤	Grill 	~1千克	1或以上	烤盤 烤架	上層	20 - 25	25 - 30
2. 烘焙	Bake 			烤盤		20 - 30	25 - 30
3. 熱炒	Stir Fry 			烤盤		15 - 20	20 - 25
4. 蒸煮	Steam 	~800克	2 (MAX)	烤盤 烤架		15 - 20	20 - 25

- 按下 **AUTO SENSOR COOK** 鍵次數取決於您正在烹飪的食物的狀況。  
含無冷凍食材時，請按下 **AUTO SENSOR COOK** 鍵1次。  
含有冷凍食材時，請按下 **AUTO SENSOR COOK** 鍵2次。
- 請參閱C-33的自動感測烹調食譜菜單指南與線上食譜，以確保適合的菜單，並遵照SHARP的使用說明。

\* 假設要用熱炒烹調0.5千克無冷凍食材的食物。

### 操作

- 1** 按下 **AUTO SENSOR COOK** 鍵1次。



- 2** 轉動旋鈕，選擇 [Stir Fry] (熱炒)。



- 3** 按下 **START** 鍵。



\* 烹調燈閃爍表示進行狀態。  
(如傳感器檢測到食物發出的蒸氣，將顯示剩餘時間)

- 4** 在加熱結束後，[EXTEND] 會顯示。  
如想延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。  
爐內冷卻後，移除並清空水箱，  
清潔爐內壁。清空接水盤。

#### 注意：

1. 爐門、外殼和爐內會變得很熱。取出附件或食物時，請依照實際需要使用厚隔熱手套以免燙傷。  
烤盤上可能有水滴落，要小心不要燙傷。
2. 開爐門時請勿將臉靠近，否則會因水蒸氣而燙傷。

#### 說明：

無需輸入食物的重量。

# 自動烹調

## 自動菜單 (水波烤焗加熱、水波燒烤加熱、蒸煮加熱、微波加熱)

自動菜單有15種選擇：

1. 酥脆加熱\*
2. 蒸煮加熱\*
3. 麵包加熱\*
4. 冷凍加熱\*
5. 自訂加熱\*
6. 烤雞
7. 炸雞
8. 烤魚
9. 蒸煮蔬菜\*
10. 烤蕃薯\*
11. 多士
12. 早餐套餐
13. 海綿蛋糕
14. 泡芙
15. 食物烘乾

\*：無需輸入食物的重量。

詳情請參閱C-34-38的“自動菜單指南”和線上食譜。

### 對於選項編號5以外的菜單

\* 假設您想烹調4人份量的烤魚。

操 作	
<b>1</b> 旋轉旋鈕，選擇選項編號 [8-4]。	
<b>2</b> 按下 <b>START</b> 鍵。	
<b>3</b> 在加熱結束後，[EXTEND] 會顯示。 如想延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 <b>START</b> 鍵。  如果不需要，按下 <b>CLEAR</b> 鍵。 爐內冷卻後，移除並倒空水箱，清潔爐內壁，倒空接水盤。	

### 關於選項編號1-3：

加熱冷凍食品時，將旋轉鈕稍微向右旋轉至顯示 [※]。

### 對於選項編號5

\* 假設您想加熱牛油至20°C。

操 作	
<b>1</b> 旋轉旋鈕，選擇選項編號 [5]。	
<b>2</b> 按下 <b>ENTER</b> 鍵。	
<b>3</b> 旋轉旋鈕，設定溫度 [20°C]。	
<b>4</b> 按下 <b>START</b> 鍵。	
<b>5</b> 在加熱結束後，[EXTEND] 會顯示。 如想延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 <b>START</b> 鍵。  如果不需要，按下 <b>CLEAR</b> 鍵。	

### 注意：

1. 爐門、外殼和爐內會變得很熱。取出附件或食物時，請使用厚隔熱手套以免燙傷。  
烤盤上可能有水分滴落，要小心不要燙傷。
2. 開爐門時，請勿將臉靠近，否則會因水蒸氣而燙傷。

### 說明：

1. 選項編號5無法調整加熱時間。
2. 有\*的菜單，不需要輸入食物重量。

# 手動烹調

手動烹調可在熱風對流、燒烤、蒸煮、發酵和微波烹調下的一個選項。  
請參閱“手動烹調指南表”。此指南表提供每種設定的指示信息。

## 手動烹調指南表

選項		預熱*	過熱 水蒸氣量	溫度/微波 範圍	烹調中調整		時間範圍	水箱
					過熱 水蒸氣量	溫度/微波		
熱風 對流	水波烤焗	是/否	0 - 3	100 - 250°C	是	是	0 - 1小時35分鐘	是
	烤焗	是/否	-	100 - 250°C	-	是	0 - 1小時35分鐘	否
燒烤	[16] 水波燒烤	是/否	0 - 3	-	是	-	0 - 45分鐘	是
	[16] 燒烤	是/否	-	-	-	-	0 - 45分鐘	否
蒸煮	[17] 高溫蒸煮	否	-	100°C	-	-	0 - 30分鐘	是
	[18] 低溫蒸煮	否	-	70 - 95°C	-	否	0 - 45分鐘	是
發酵	[19] 蒸氣發酵	否	-	35 - 45°C	-	否	0 - 2小時	是
	[20] 發酵	否	-	30 - 45°C	-	否	30°C: 0 - 8小時 35 - 45°C: 0 - 2小時	否
微波		-	-	800/600/ 500/200W	-	否	0 - 1小時**	否

\* 如果在預熱後不打開爐門，將維持約20分鐘保溫狀態。

\*\* 800W的時間範圍是0至10分鐘，而600W是0至30分鐘。

## 過熱水蒸氣量

您的水波爐可以編程為 0 - 3 的過熱水蒸氣量。請參閱C-7。

## 烹調時間輸入

您的水波爐將會根據烹調模式設定長達8小時的烹調時間。請參閱“手動烹調指南表”。輸入的時間根據以下圖表所示的時間長度和烹調模式在10秒-30分鐘之間變動。

## 烹調溫度輸入

根據烹調模式，您的水波爐溫度能夠設定在30°C - 250°C的溫度。請參閱“手動烹調指南表”。溫度可以調整如下表所示。

項目	輸入步驟
溫度 熱風對流 蒸煮 發酵	每次調整10°C (最初溫度為170°C) 每次調整5°C (最初溫度為70°C) 每次調整5°C (最初溫度為40°C)
烹調時間 熱風對流	0 - 30分鐘 : 調整單位為1分鐘 (最初設定時間: 15分鐘) 30分鐘 - 最大 : 調整單位為5分鐘
烹調時間 燒烤 蒸煮	0 - 15分鐘 : 調整單位為30秒 (最初設定時間: 15分鐘) 15分鐘 - 最大 : 調整單位為1分鐘
烹調時間 發酵	0 - 1小時 : 調整單位為5分鐘 (最初設定時間: 30分鐘) 1小時 - 最大 : 調整單位為30分鐘
烹調時間 微波	0 - 5分鐘 : 調整單位為10秒 5 - 10分鐘 : 調整單位為30秒 10 - 30分鐘 : 調整單位為1分鐘 30分鐘 - 最大 : 調整單位為5分鐘  * 0 - 10分鐘: 調整單位為30秒 (200W時) 0 - 1分鐘: 調整單位為5秒 (800W時) 1 - 10分鐘: 調整單位為10秒 (800W時)

# 手動烹調

## 微波

微波烹調能方便快捷地加熱和解凍食物。本水波爐設有4段微波輸出強度以供烹調選擇。

\* 假設您需要用500W的微波強度烹調5分鐘。

### 操 作

**1** 按下 **MANUAL MICRO** 鍵。



**2** 旋轉旋鈕，設定輸出功率(W) [500W]，並按下 **ENTER** 鍵。



**3** 旋轉旋鈕，設定時間 (5分鐘)。



**4** 按下 **START** 鍵。



**5** 在加熱結束後，[EXTEND] 會顯示。  
請在結束加熱後的1分鐘內調整時間  
後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。

**注意：**  
不可使用烤盤、烤架。

# 手動烹調

## 熱風對流

熱風對流有2個功能：烤焗和水波烤焗  
每種功能有2個選擇：需預熱或不需預熱  
可以用1層或2層烹調。請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

水位：1 或以上 (水波烤焗時)  
食物擺放位置：下層

### 在預熱下烹調

\* 假設您想在水波烤焗2、1層模式下使用160°C烹調45分鐘。

#### 操 作

- 1 爐內不放入任何食物  
\* 根據不同的選項，有時會放入附件。  
按下 **MANUAL COOK** 鍵。
- 2 旋轉旋鈕，選擇過熱水蒸氣量 (2:    )，並按下 **ENTER** 鍵。
- 3 旋轉旋鈕，選擇 [PREHEAT] 和所需的烤盤層數 (1層)，並按下 **ENTER** 鍵。
- 4 旋轉旋鈕，設定溫度 [160°C]，並按下 **START** 鍵預熱。
- 5 當預熱結束後，放入食物，關閉爐門。
- 6 旋轉旋鈕，設定烹調時間 (45分鐘)。
- 7 按下 **START** 鍵。
- 8 在加熱結束後，[EXTEND] 會顯示。  
如需延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。  
  
如果不需要，按下 **CLEAR** 鍵。  
烤爐冷卻後，移除並倒空水箱，清潔爐內壁，倒空接水盤。

### 無預熱下烹調

\* 假設您想在烤焗、2層模式下使用160°C烹調45分鐘。

#### 操 作

- 1 按下 **MANUAL COOK** 鍵。
- 2 確認 [CONVEC OVEN] 和  顯示閃爍，並按下 **ENTER** 鍵。
- 3 旋轉旋鈕，選擇無需預熱 ([PREHEAT] 顯示燈不會亮起) 和所需的烤盤層數 (2層)，並按下 **ENTER** 鍵。
- 4 旋轉旋鈕，設定溫度 [160°C]，並按下 **ENTER** 鍵。
- 5 旋轉旋鈕，設定烹調時間 (45分鐘)。
- 6 按下 **START** 鍵。
- 7 在加熱結束後，[EXTEND] 會顯示。  
如需延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。  
  
如果不需要，按下 **CLEAR** 鍵。  
烤爐冷卻後，清潔爐內壁。

#### 注意：

爐門、外殼和爐內會變得很熱。取出附件或食物時，請使用厚隔熱手套以免燙傷。烤盤上可能有水分滴落，要小心不要燙傷。

#### 說明：

1. 如果在預熱後不打開爐門，將維持約20分鐘保溫狀態。約20分鐘過後，將顯示初始畫面，需要從操作1開始重新進行操作。
2. 您可以在加熱時更改溫度。請參閱C-20。
3. 烹調時，您可以在加熱時更改過熱水蒸氣量。請參閱C-20。

# 手動烹調

## 燒烤

燒烤有2個功能：燒烤和水波燒烤  
每種功能有2個選擇：需預熱或不需預熱  
請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

水位：1 或以上（水波燒烤時）

食物擺放位置：上層

### 在預熱下烹調

\* 假設您想在水波燒烤2模式下烹調20分鐘。

#### 操 作

- 1** 爐內不放入任何食物  
\* 根據不同的選項，有時會放入附件。  
旋轉旋鈕，選擇燒烤 [16] 和 [PREHEAT]，並按下 **ENTER** 鍵。



- 2** 旋轉旋鈕，選擇過熱水蒸氣量 (2: ●●○)。



- 3** 按下 **START** 鍵預熱。



- 4** 當預熱結束後，放入食物，關閉爐門。

- 5** 旋轉旋鈕，設定烹調時間 (20分鐘)。



- 6** 按下 **START** 鍵。



- 7** 在加熱結束後，[EXTEND] 會顯示。  
如需延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。  
烤爐冷卻後，移除並倒空水箱，  
清潔爐內壁，倒空接水盤。

### 無預熱下烹調

\* 假設您想在燒烤模式下烹調20分鐘。

#### 操 作

- 1** 旋轉旋鈕，選擇燒烤 [16] ([PREHEAT] 顯示燈不會亮起)，並按下 **ENTER** 鍵。



- 2** 確認 [GRILL] 和 [ ] 顯示閃爍，  
按下 **ENTER** 鍵。



- 3** 旋轉旋鈕，設定烹調時間 (20分鐘)。



- 4** 按下 **START** 鍵。



- 5** 在加熱結束後，[EXTEND] 會顯示。  
如需延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。  
烤爐冷卻後，清潔爐內壁。

#### 注意：

爐門、外殼和爐內會變得很熱。取出附件或食物時，請使用厚隔熱手套以免燙傷。烤盤上可能有水分滴落，要小心不要燙傷。

#### 說明：

- 如果在預熱後不打開爐門，將維持約20分鐘保溫狀態。約20分鐘過後，將顯示初始畫面，需要從操作1開始重新進行操作。
- 烹調時，您可以在加熱時更改過熱水蒸氣量。請參閱C-20。

# 手動烹調

## 蒸煮

蒸煮有2個功能：高溫蒸煮和低溫蒸煮。  
蒸氣的柔和烹調能力能將食物煮熟但不會破壞食物的形狀、顏色和香味。  
請參閱線上食譜集，確認適用的菜單，並遵照SHARP的使用說明。

### 高溫蒸煮

水蒸氣(至100°C)的加熱。

水位：2 (MAX)

食物擺放位置：上層

\* 假設您想在高溫蒸煮模式下蒸煮20分鐘。

### 操作

- 1 旋轉旋鈕，選擇高溫蒸煮 [17]，並按下 **ENTER** 鍵。



- 2 旋轉旋鈕，設定烹調時間 (20分鐘)。



- 3 按下 **START** 鍵。



- 4 在加熱結束後，[EXTEND] 會顯示。如需延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。  
烤爐冷卻後，移除並倒空水箱，  
清潔爐內壁，倒空接水盤。

### 注意：

爐門、外殼和爐內會變得很熱。取出附件或食物時，請使用厚隔熱手套以免燙傷。烤盤上可能有水分滴落，要小心不要燙傷。

### 低溫蒸煮

水蒸氣可以設定為70 - 95°C。

水位：2 (MAX)

食物擺放位置：上層

\* 假設您想在低溫蒸煮模式(90°C)下蒸煮20分鐘。

### 操作

- 1 旋轉旋鈕，選擇低溫蒸煮 [18]，並按下 **ENTER** 鍵。



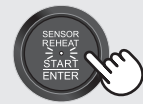
- 2 旋轉旋鈕，設定溫度 [90°C]，並按下 **ENTER** 鍵。



- 3 旋轉旋鈕，設定烹調時間 (20分鐘)。



- 4 按下 **START** 鍵。



- 5 在加熱結束後，[EXTEND] 會顯示。如需延長加熱時間，請在結束加熱後的1分鐘內調整時間後，按下 **START** 鍵。

如果不需要，按下 **CLEAR** 鍵。  
烤爐冷卻後，移除並倒空水箱，  
清潔爐內壁，倒空接水盤。

### 注意：

爐門、外殼和爐內會變得很熱。取出附件或食物時，請使用厚隔熱手套以免燙傷。烤盤上可能有水分滴落，要小心不要燙傷。

### 說明：

爐內溫度很高時，不能使用低溫蒸煮，顯示 [U 04]。

# 手動烹調

## 發酵

發酵有2個功能：蒸氣發酵和發酵。  
使用發酵功能製作均勻發酵的或者甜的發酵麵包時，  
幫助麵團發起。

### 蒸氣發酵

此功能在添加蒸氣的同時發酵麵團。

水位：1 或以上

食物擺放位置：下層

\* 假設您想在蒸氣發酵模式(40°C)下發酵50分鐘。

### 操 作

- 1 旋轉旋鈕，選擇蒸氣發酵 [19]，並按下 **ENTER** 鍵。



- 2 旋轉旋鈕，設定溫度 [40°C]，並按下 **ENTER** 鍵。



- 3 旋轉旋鈕，設定烹調時間 (50分鐘)。



- 4 按下 **START** 鍵。



- 5 在加熱結束後，[EXTEND] 會顯示。  
如需延長加熱時間，請在結束加熱  
後的1分鐘內調整時間後，按下  
**START** 鍵。

如果不需要，按下 **CLEAR** 鍵。  
移除並倒空水箱，清潔爐內壁，  
倒空接水盤。

### 說明：

1. 爐內溫度很高時，不能使用“蒸氣發酵”選項。  
顯示 [U 04]。
2. 請使用乾布蓋住食物容器。

## 發酵

此功能沒有添加蒸氣發酵麵團，不需要使用水箱。

食物擺放位置：下層

\* 假設您想在發酵模式(30°C)下發酵2小時30分鐘。

### 操 作

- 1 旋轉旋鈕，選擇發酵 [20]，並按下 **ENTER** 鍵。



- 2 旋轉旋鈕，設定溫度 [30°C]，並按 **ENTER** 鍵。



- 3 旋轉旋鈕，設定烹調時間  
(2小時30分鐘)。



- 4 按下 **START** 鍵。



- 5 在加熱結束後，[EXTEND] 會顯示。  
如需延長加熱時間，請在結束加熱  
後的1分鐘內調整時間後，按下  
**START** 鍵。

如果不需要，按下 **CLEAR** 鍵。

### 說明：

1. 爐內溫度很高時，不能使用“發酵”選項。  
顯示 [U 04]。
2. 請使用保鮮膜蓋住食物容器。

# 其它簡便功能

## 自動烹調時間調整選項

您可以選擇您喜歡的烹調時間。

如果您喜歡稍微延長自動烹調的時間，請在按下 **START** 鍵後，30秒內將旋轉鈕稍微向右旋轉，顯示 [▲]。

如果您喜歡稍微縮短自動烹調的時間，請在按下 **START** 鍵後，30秒內將旋轉鈕稍微向左旋轉，顯示 [▼]。

標記 [●] 閃爍時，您可以變更設定。  
(標記在30秒後熄滅並確認調整)

## 溫度調校

手動烹調熱風對流過程中變更溫度時，請旋轉鈕選擇 [溫度]，並按下 **ENTER** 鍵。

## 過熱水蒸氣量調校

手動烹調水波烤焗和水波燒烤過程中變更過熱水蒸氣量時，按下 **MANUAL COOK** 鍵，旋轉鈕選擇過熱水蒸氣量，並按下 **ENTER** 鍵。

注意：  
預熱時與延長時、不能使用此功能。

## 烹調結束提醒

在烹調結束時，水波爐將會發出信號，如果爐門未被打開，或是未按下 **CLEAR** 鍵，則會在1分鐘、2分鐘、3分鐘後重複提醒。

## 烤爐靜音

將烤爐靜音，長按 **MANUAL MICRO** 鍵4秒，直至聽到兩聲短嗶聲，接著按下 **CLEAR** 鍵。

注意：

1. 即使電力中斷，烤爐會保持原有設定。
2. 即使烤爐處於靜音設定，以下兩種信號會發出響聲。
  - 錯誤響聲
  - 烤爐操作時取消的響聲。
3. 恢復響聲，長按 **MANUAL MICRO** 鍵4秒，直至聽到短嗶聲，接著按下 **CLEAR** 鍵。

## 其它簡便功能

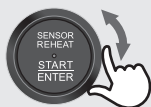
### 消毒餐具

消毒餐具設有2種類別[21-1]和[21-2]，視乎耐熱溫度而定，請參見右側。

\* 假設使用[21-1] 消毒餐具。

#### 操 作

1 旋轉旋鈕，選擇 [21-1]。



2 按下 **START** 鍵。



\* 加熱後，爐內冷卻將自動開始。  
烹調燈閃爍表示進行冷卻狀態。  
(4個烹調燈亮起表示接近冷卻完成階段)

3 完成後，緩慢地取出烤盤。

請將水箱和接水盤剩餘的水分倒掉。

注意：

1. 爐內溫度很高時，不能使用“消毒餐具”選項，顯示 [U 04]。
2. 請務必事前確認容器等的耐熱溫度，不清楚耐熱溫度時，請勿進行消毒。即使耐熱溫度達到要求，厚度較薄的樹脂產品也可能會發生變形。
3. 消毒過程中，請勿打開爐門或放入餐具。
4. 請等待消毒程序完成後，才取出餐具，否則可能會燙傷。
5. 取出烤盤時，注意不要讓玻璃和金屬物品滑落。

#### 不可消毒的物品

- 耐熱度少於90°C 的物品
- 漆器、竹製品、木、紙製品
- 鐵製品
- 髒污的餐具
- 聚碳酸酯產品
- 餐具及廚房用品以外的物品

#### [21-1] 耐熱度120°C 以上的物品

所需時間：最多46分鐘 (消毒時間：約26分鐘)

可消毒的物品：

- 塑膠餐具(聚碳酸酯(PC)材料除外)
- 陶瓷器具：碗碟等
- 玻璃餐具  
(強化玻璃、水晶玻璃、雕花玻璃等，可能會產生破裂現象)
- 金屬刀叉餐具  
(把手等局部部位為塑膠製的物品可能會融化，因此無法使用消毒功能)
- 純鋼菜刀
- 廚房用剪刀
- 玻璃奶瓶

有蓋子容器的說明：

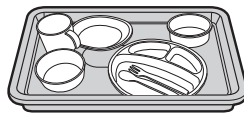
查看各個部件的耐熱度，應注意有些蓋子的耐熱度低於其容器。

水位：2 (MAX)

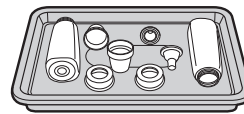
烤盤設置位置：下層

放置方法：直接放置用具在烤盤。

- 容器須向上。
- 可將烤盤紙放在烤盤上。



餐具疊在一起時，不能超過2個。



奶瓶應橫放，奶嘴和瓶帽也一起排放。

#### [21-2] 耐熱度90°C 以上的物品

所需時間：最多33分鐘 (消毒時間：約30分鐘)

可消毒的物品：

- 樹脂切菜板 (29厘米×39厘米以下規格 1個)
- 手巾、熱毛巾  
(40厘米×40厘米以下規格的手巾：6條以內  
36厘米×90厘米以下規格的毛巾：3條以內)

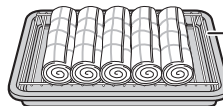
水位：2 (MAX)

烤盤設置位置：上層

放置方法：放置用具在烤盤的烤架上。

毛巾的說明：

1. 將毛巾濕透後充分擰乾。
2. 手巾可鋪開後疊在一起或對折後卷起，排成一列。毛巾則3摺後疊放在一起。(疊放條數不超過10條)



置放用具在烤架上。

\* 檢測機構名稱：(一社)京都微生物研究所

檢測方法：活菌數檢測法

消毒方法：採用水蒸氣加熱去除的方法

檢測結果：消毒率達99.0%以上

檢測對象：21-1：碗

21-2：手巾

並不能去除所有細菌。

# 保養

## 清洗要點- 及時清洗！

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

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

### 重要的注意事項:

- 清洗前，先拔除電源線。
- 在清洗前，確保烤箱完全冷卻。
- 切勿使用烤箱洗滌劑、腐蝕性洗滌劑(酸性或鹼性)、研磨劑、粗粒狀洗滌劑或百潔布清洗烤箱的任何部分。
- 切勿使用蒸氣清洗裝置。

## 烤箱清洗 - 外殼

請使用中性肥皂水來清洗爐箱外殼，洗淨後用柔軟的濕布將其抹乾。清潔時，請勿使用粗粒狀清潔劑，保持氣口清潔。

## 爐門

經常用濕布抹拭爐門、玻璃兩面、爐門表層及其四周，以清除油膩和污漬等。請勿使用粗糙的洗滌劑或銳利的金屬刮刀來清潔爐門玻璃，因為其會刮花表面，從而可能使玻璃破裂。

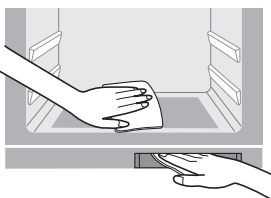
## 控制面板

在清洗前，請確保水波爐已經完全冷卻，務必小心清洗操作面板。用微濕軟布抹拭控制面板，然後用柔軟抹布拭乾。切勿刮擦或使用任何類型的化學清洗劑。

## 烤箱清洗 - 內壁

### 重要的資訊：

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



## 清除水波爐內壁的油污和濺出的食物殘渣：

1. 將可飲用的室溫水(被過濾)注入水箱中，達到2(MAX)水位。
2. 爐內不可以放入任何食物，請在 [17] 高溫蒸煮模式下，加熱10分鐘，請參閱C-18。
3. 加熱結束後，請用乾布等進行擦拭，請注意避免燙傷。

## 清除水波爐內的氣味(蒸氣清潔)：

進行以下的蒸氣清潔功能，這並非一項自動自潔功能，蒸氣清潔功能需時20分鐘左右。

### 準備：

1. 開啟蒸氣清潔功能前，請務必使用軟布和溫水(或中性肥皂水)清潔水波爐內壁。
2. 確保水箱注入可飲用的室溫水(被過濾)直至水位1，並妥善安裝(請參閱C-6)。
3. 請確保安裝了已經清空的接水盤(請參閱C-6)。

## 操作

- 1 旋轉旋鈕，選擇 [23] 蒸氣清潔。



- 2 按下 START 鍵。



應使烤爐冷卻以免燙傷，然後打開爐門，用柔軟的濕布抹去所有殘留的污漬，最後，移除並清空水箱和接水盤。

## 保養

### 密封條

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

### 烤盤 / 烤架

烹調結束後，請用中性肥皂水或清潔劑溶液清洗烤盤和烤架，沖洗乾淨並擦乾。切勿使用粗粒狀擦洗劑、銳利的金屬刮刀或硬毛刷，以免對容易清洗的表面造成損傷。

### 水箱和水箱蓋

烹調後，請使用軟濕布或海綿以中性肥皂水或清潔劑溶液進行清洗，沖洗乾淨並擦乾。切勿在洗碗機內進行清洗。切勿使用刺激性擦洗劑、銳利的金屬刮刀或硬毛刷清洗水箱與水箱蓋。

### 接水盤

烹調結束後，清空接水盤，使用軟濕布或海綿以中性肥皂水或清潔劑溶液進行清洗，沖洗乾淨並擦乾，然後重新放置於烤爐前端之下，切勿在洗碗機內進行清洗。

### 蒸氣發生器之除垢

在產生蒸氣的過程中，蒸氣發生器上會形成水垢。如果出現 [DESCALE] 時執行除垢功能，請參閱 C-8。

# 故障查閱指南表

如果顯示屏上顯示“C 編號”信息，或者您認為水波爐不能正常操作，請在聯繫SHARP客戶服務中心之前，先檢查下表中所列的項目。這樣便能避免不必要的維修。


- 維修和更改：如果水波爐不能正常運作，切勿試圖操作水波爐。
- 外殼和爐內燈維修：切勿自行拆卸外殼，以免觸電或灼傷。

## 錯誤顯示指南表

錯誤顯示	處理方法
U 03	烹調的食物份量太少。 請按下 <b>CLEAR</b> 鍵後增加份量，或者將加熱時間調為5分鐘以內。 ※ 烤爐加熱後，爐內處於高溫狀態時，如果進行微波加熱，即會顯示，請冷卻爐內。
U 04	烤爐溫度很高，而無法使用解凍、自動菜單 (菜單編號5)，[18] 低溫蒸煮，[19] 蒸氣發酵，[20] 發酵或 [21] 消毒餐具。 取出爐內食物，冷卻後，直至信息消失。
U 11	請將水箱取出。 若水箱在烤爐內，[22] 排水功能將不會啟動。取出水箱後，再啟動排水功能。
U 15	產品內部的水流循環已凍結。 烤爐可能無法正常操作。在沒有食物與不需預熱，以烤焗模式 (一層200°C) 加熱5分鐘，請參閱C-16。
C 編號 不停閃爍	表示產品故障時。 請聯繫SHARP客戶服務中心。
⇨ DESCALE ⇩	必須除垢。 請遵循除垢的詳細操作說明，請參閱C-8。
D (顯示屏出現時間，並快速倒數計時)	烤爐正處於演示模式。 此功能用於零售店。 如需取消，按下 <b>CLEAR</b> 鍵直至嗶聲響起，接著再按4 次。
⇨ ☒ ⇩	請查看水箱是否妥善放置。

## 故障查閱指南表

以下現象是正常的，不屬於水波爐故障跡象。

問題 / 情況		處理方法
控制面板 / 電源	顯示黑屏/空白。	* 打開爐門，關閉爐門。 * 檢查確保插頭正確連接到合適的牆壁插座上。 * 檢查牆壁上插座和保險絲是否正常運作。 * 斷開電源線連接，等待片刻後重新連接。
	烹調過程中電源中斷	設定的烹調時間和模式將會取消。 請使用手動模式繼續烹調。
	爐內燈在發酵模式下熄滅。	為了防止製作麵包的麵團表面變乾而採取的正常操作。
	爐內燈在選項編號 [22] 至 [25] 操作時熄滅。	此屬正常操作。
	顯示內容不熄滅。	當顯示屏出現 [  ] 信息時，顯示屏的內容將不熄滅。




# 故障查閱指南表

以下現象是正常的，不屬於水波爐故障跡象。

問題 / 情況		處理方法
蒸氣	打開爐門時，發現爐內有水。	蒸氣冷凝於爐內部。冷卻後，用柔軟抹布或海綿拭乾。
	蒸氣從水波爐頂部的排氣口冒出。	使用後的蒸氣從水波爐頂部的排氣口冒出屬於正常現象。
	爐內可見有冷凝水。	此屬正常操作。 蒸氣冷凝於水波爐腔內。冷卻後，用柔軟抹布或海綿拭乾。
	在烹調過程中，蒸氣從爐門冒出。	檢查爐門密封條，確保其處於光潔、平整的狀態。
運作聲音 / 聲音	按下 <b>START</b> 鍵後，沒有發出響聲。	風扇會根據烤爐內部溫度等狀況而操作。 開始烹調時可能沒有響聲，然而，此屬正常操作。
	烹調後發出聲音。	散熱風扇將繼續運轉，直至烤爐冷卻。 此風扇會持續操作長達10分鐘，根據烤爐與部件的溫度而定。
	高溫下烹調時發出聲音。	高溫可能會導致水波爐元件發生膨脹，此屬正常現象。
冒煙 / 氣味	第一次使用水波爐時，可能會冒煙或發出氣味。	請參閱C-9 “首次使用前請清潔水波爐”的詳細操作說明。
	烹調後，水波爐腔發出異味。	請參閱C-22 “清除水波爐內的氣味”部分的詳細操作說明，以便清除異味。
	在燒烤食物過程中散發出許多煙霧的時候。	在烹調之前，倒入1杯(200毫升)水到烤盤內，以減少從食物散發出的煙霧。如果加入水，烹調時間延長了10 - 20%。 <b>由於烹調中的澱罩非常熱，切勿在烹調中倒水，以免灼傷。</b> <b>警告：</b> 1. 爐門、外殼和爐箱會變得熱，務必戴上烤箱專用的厚手套添加或取出食物，以免灼傷。 2. 在你的臉靠近水波爐時，切勿打開水波爐的爐門，水波爐的蒸氣可能導致灼傷。
其它	屏幕出現時間，並快速倒數計時。	請參閱C-24 錯誤顯示 “D” 部分，並將其取消。
濺出的食物殘渣	粘在水波爐壁上濺出的食物殘渣難以清除。	請參閱C-22 “清除水波爐內壁的油污和濺出的食物殘渣”。 每次使用後清潔爐內是很重要的。

# 維修前檢查

在維修之前，請先自行作以下檢查：

1. 將一杯水(250毫升) 放置於烤爐內，並將爐門關妥。  
將烤爐設定為微波烹調模式 800W下運行1分鐘。此時：
  - A. 爐內燈是否點亮？ 是 \_\_\_\_\_ 否 \_\_\_\_\_
  - B. 通風扇是否轉動？ 是 \_\_\_\_\_ 否 \_\_\_\_\_  
(將手放在排氣口)
  - C. 屏幕上是否出現  微波烹調圖示？ 是 \_\_\_\_\_ 否 \_\_\_\_\_
  - D. 1分鐘後，烤爐是否有聲音信號響起？ 是 \_\_\_\_\_ 否 \_\_\_\_\_
  - E. 烤爐內的水熱嗎？ 是 \_\_\_\_\_ 否 \_\_\_\_\_
2. 取出烤爐內的水，並將烤爐設定為烤焗模式（1層，250° C）達5分鐘。
  - A. 屏幕是否出現  烤焗烹調圖示？ 是 \_\_\_\_\_ 否 \_\_\_\_\_
  - B. 烤爐停止運行後，其內部溫度是否很高？ 是 \_\_\_\_\_ 否 \_\_\_\_\_
3. 將水注入水箱並重新放置。  
使烤爐在高溫蒸煮模式下運行3分鐘。
  - A. 屏幕是否出現  蒸煮烹調圖示？ 是 \_\_\_\_\_ 否 \_\_\_\_\_
  - B. 烤爐停止運行後，其內部是否充滿蒸氣？ 是 \_\_\_\_\_ 否 \_\_\_\_\_

如以上問題答案都是“否”，檢查電源插座及電錶箱的保險線。

如電源插座及保險線均沒有問題，請立刻與SHARP客戶服務中心聯絡。

**重要事項：**如果在電源線正確連接之後，顯示器無顯示，“自動顯示屏關閉模式”可能正在運行。打開和關閉爐門使烤爐運行。請參閱C-9 “烹調開始前之須知”。

**注意：**

1. 如顯示的時間快速倒數，請檢查是否使用演示模式。（請參閱C-24的“錯誤顯示指南表”）
2. 如果烤爐在微波模式800W功率等級下運行超過3分鐘，輸出功率將會降低，以免發生過熱現象。

## 規格

交流電壓	: 請參閱烤爐的標牌所示
電力消耗	:
微波	1.32 kW
熱風對流	1.41 kW
微波輸出功率	: 800 W* (IEC 測試程序)
微波頻率	: 2450 MHz (乙類/第二組)**
外型尺寸	: 500 mm(W) × 420 mm(H) × 475 mm(D)***
爐腔尺寸	: 400 mm(W) × 244 mm(H) × 316 mm(D)
烤爐容量	: 31 L****
重量	: 約23千克

\* 此規格是以國際電工委員會(IEC)測量輸出功率的方法為標準。

\*\* 此是以國際標準(International Standard)CISPR11 根據工業，科學及醫學(ISM) 儀器的分類。根據本標準，本產品屬於第二組乙類設備。第二組是指設備有意以電磁輻射的形式產生射頻能量，用於加熱食品。乙類設備是指適合在家庭場所使用的設備。

\*\*\* 深度不包括爐門把手。

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

作為持續改進政策的一部分，我們保留更改設計和規格的權利，恕不另行通知。

# 烹調指南

## 關於您的水波爐

本使用說明書非常重要：請認真閱讀並永久保存備查。

此烤爐僅供備製食物或消毒餐具的用途。不可用作烘乾衣物和報紙等。

請注意，不同於單一微波功能烤爐，水波爐在熱風對流，燒烤，蒸煮模式進行烹調的過程中會有溫度升高的趨勢。

## 關於烹調選項

您的水波爐擁有一系列不同的烹調選項，可分為自動烹調和手動烹調兩類。熱風對流、燒烤、蒸煮與微波模式均有自動與手動烹調選擇。

### 水波烤焗/水波燒烤

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

### 烤焗/燒烤

烤焗/燒烤模式能夠烘焙、燒烤出一系列色澤金黃、鬆脆可口的食物。在此模式下，可對曲奇餅、蛋糕、麵包、鬆餅、餅乾和麵包捲進行單層或雙層的烘烤。

### 蒸煮/發酵

蒸煮模式能對食物進行柔和烹調，幫助保留食物的水分、原有味道和保留營養素。製作普通或甜味酵母麵包時，發酵模式可協助麵團發起。

### 微波 (解凍)

微波模式能方便快捷地煮熟和解凍食物。

# 烹調指南

## 關於器具和遮蓋物

下表可以幫助您確定在每一種模式下，應該使用那種器具和遮蓋物。

器具、遮蓋物 \ 烹調模式	熱風對流/燒烤	蒸煮/發酵	微波(解凍)
鋁箔紙/金屬/箔容器	是	是	否 只在此手冊所描述的情況下使用鋁箔紙。
陶器/瓷器	是 耐熱瓷器和陶器通常適用。如果容器上出現裂縫，切勿使用。否則，容器可能會破裂。	是	是 請參閱製造商推薦使用意見，確保產品可安全用於微波環境。切勿使用有缺陷的容器。
耐熱玻璃器具	是 使用精製玻璃器具時應當小心，否則突然受熱會導致器具破裂。切勿使用非耐熱玻璃器具。	是	是
塑料/聚苯乙烯容器，耐熱溫度高於140°C的保鮮膜	否	是 由於一些容器在高溫下會彎曲變形、熔化或褪色，所以使用時應特別小心。	是 使用可安全用於微波環境的塑膠容器進行翻熱或解凍。某些可安全用於微波環境的塑膠並不適合於烹調高含糖量的食物。請遵循製造商的使用說明。
矽膠容器	是 (不可以在水波燒烤、燒烤中使用) 請使用耐熱溫度比所設置溫度高30°C以上的矽膠容器。蒸氣排出口附近的溫度會高於設定溫度，因此根據容器不同的形狀，可能會導致容器發生變形。	是 耐熱140°C及以上的矽膠容器。	是
紙巾，紙碟	否	否	是 紙巾：在翻熱和烹調過程中用於遮蓋。切勿使用可能含有金屬碎屑的再生紙巾。 紙碟：用於加熱。
合成物料製成的容器	否 在高溫條件下可能會溶化。	否	否
烘焙用紙	是 不可使烘焙用紙接觸到烤箱壁，否則可能會燒焦。保持耐熱溫度。	是	否
烘烤袋	是 烘烤袋僅適用於熱風對流-烤焗模式。	否	是 請遵循製造商的使用說明。
銀製餐具	否	否	否
烤架，烤盤	是	是	否

# 烹調指南

## 烹調時應注意事項

- 由於烹調過程會散發熱量與蒸汽，烹調時要加強室內通風。
- 烹調過程中，盡量避免開關爐門。若讓熱量與蒸汽流失，會影響烹調效果。
  - 烹調完成後，應立刻查看烹調情況。
  - 在自動烹調時打開爐門，參閱手動烹調功能篇章的線上食譜並用手動方式烹調。
- 若從煤氣烤爐或其他電烤爐的烹飪書籍準備食譜，烹調時要監督進度。參閱線上烹飪書籍的食譜，請在烹調過程監督進度。即使使用商業烹飪書或其他食譜來源的烹調說明，因著爐腔大小、結構與其他功能有所差異，可能會導致烹調效果不令人滿意。

### 用水烹調

使用可飲用的室溫水(被過濾)

慢慢地移動烤盤並保持水平位置:

以免烤盤內的肉汁、油脂、熱水或其他液體濺出。

### 熱風對流/燒烤

烹調完成後，立即從爐內取出

- 以免食物在餘熱下烹調過度。
- 使用水進行加熱時，如果溫度下降，水蒸氣可能會化為水滴，導致食物變濕。

### 自動烹調

需要重複持續製作時，請使用出爐溫控功能，一邊觀察情況，一邊進行加熱。

炙熱的爐腔或烹調配件可能導致過度烹調且效果不令人滿意。

使用指示的烹調配方食材與份量，以與此烤爐兼容。

## 使用微波模式的特別注意事項和警告資訊

	可	不可
蛋類，水果，果仁，種子，蔬菜，香腸和蠔	<ul style="list-style-type: none"><li>* 烹調蛋類，蠔等食品時，需於蛋黃，蛋白或蠔表面刺數孔，以免烹調加熱時爆裂。</li><li>* 烹調馬鈴薯，蘋果，南瓜，熱狗，香腸及蠔等時，刺穿外皮，讓烹調加熱時，使水蒸氣能溢出。</li></ul>	<ul style="list-style-type: none"><li>* 烹調或加熱帶殼蛋類。(若“爆裂”，可能損壞水波爐或造成危險。)</li><li>* 為帶殼熟蛋類加熱。</li><li>* 過度加熱蠔。</li><li>* 為帶殼果仁或種子類加熱。</li></ul>
爆谷	<ul style="list-style-type: none"><li>* 用水波爐烹調爆谷時，必須使用水波爐爆谷專用袋。</li><li>* 聽到爆谷聲已減慢至1-2秒時，應停止繼續烹調，以免過熱。</li></ul>	<ul style="list-style-type: none"><li>* 用普通袋或玻璃器皿烹調爆谷。</li><li>* 超過爆谷包裝上註明的最長時間。</li></ul>
嬰兒食品	<ul style="list-style-type: none"><li>* 轉盛嬰兒食品於水波爐烹調容器中，小心加熱。必要時，均勻攪拌數次，直至加熱至適當的溫度為免燙傷。</li><li>* 加溫嬰兒奶瓶之前請移除螺旋蓋和奶嘴。加熱後，套上奶嘴，充份搖勻，達至適當溫度後，才餵嬰兒食用。</li></ul>	<ul style="list-style-type: none"><li>* 加熱即棄式瓶罐。</li><li>* 對奶瓶加熱過度，只可加熱至微溫的程度。</li><li>* 將帶有奶嘴的奶瓶加熱。</li><li>* 直接將盛載嬰兒食品的瓶罐加熱。</li></ul>
一般食品	<ul style="list-style-type: none"><li>* 烹調有餡料的食品後，請分斷切開，讓蒸氣溢出，避免灼傷。</li><li>* 加熱湯類飲料時，須用深底容器，以防湯類飲料濺出。</li><li>* 進行切小切細、少量根菜類食物加熱時，必須加入約可浸泡食材的水。加熱少量食物(100克以下)可能會產生火花或使食物燒焦，也可能導致機體故障。</li></ul>	<ul style="list-style-type: none"><li>* 盛載食品於蓋上的玻璃瓶或密封容器來加熱烹調。</li><li>* 以水波爐來煎炸食品。</li><li>* 用水波爐烘乾木頭，香草類或沾濕的紙張，衣服或花類。</li><li>* 在水波爐內部空無一物時運作。</li></ul>
液體(飲料)	<ul style="list-style-type: none"><li>* 如要煮沸或烹調液體，請參閱C-1-2之重要安全須知，以免引起爆炸或爆濺。</li></ul>	<ul style="list-style-type: none"><li>* 超過建議的烹調時間。</li></ul>
罐頭食品 袋裝食物	<ul style="list-style-type: none"><li>* 烹調前將袋裝與罐頭食品放在容器內。用鋁製與其他金屬容器烹調食物會因火花而導致損壞。袋裝與罐頭食品可用[17]高溫蒸煮來烹調。</li></ul>	<ul style="list-style-type: none"><li>* 加熱或烹調罐頭或袋裝食物。</li></ul>
香腸卷，餡餅，聖誕布丁	<ul style="list-style-type: none"><li>* 按建議的烹調時間。(屬高糖份和/或高脂肪含量的食品)</li></ul>	<ul style="list-style-type: none"><li>* 烹調過度，以致冒煙起火。</li></ul>

# 自動烹調指南

## 智能加熱指南

烹調模式: 微波

將食物放在陶瓷底板中央。

菜單名稱	重量範圍	訣竅
白飯 (烹調前溫度 8 - 20° C)	1 - 4 人份 (1 人份: 150 克)	<ul style="list-style-type: none"> <li>在加熱一人份時，按下<b>START</b> 鍵後，選擇LESS (▼)。</li> <li>在加熱質地較硬的白飯時，灑點水。</li> </ul>
冷凍白飯 (烹調前溫度 -18° C)	1 - 2 人份 (1 人份: 100 - 150 克)	<ul style="list-style-type: none"> <li>用平冷凍白飯為2-3 厘米厚，用保鮮膜覆蓋。</li> <li>將食物放在碟子上。</li> <li>按下<b>START</b> 鍵後，選擇LESS (▼)。</li> </ul> 
蒸餃子 (烹調前溫度 8 - 20° C)	5 - 12 隻 (不超過 160 克)	<ul style="list-style-type: none"> <li>在食物上灑點水。</li> <li>用保鮮膜蓋好。</li> <li>按下<b>START</b> 鍵後，選擇LESS (▼)。</li> </ul>
漢堡扒 (烹調前溫度 8 - 20° C)	1 - 4 片 (1 片: 90 克)	<ul style="list-style-type: none"> <li>無需蓋上蓋子。</li> <li>按下<b>START</b> 鍵後，選擇MORE (▲)。</li> </ul>
天羅婦 (烹調前溫度 8 - 20° C)	0.1 - 0.4 千克	<ul style="list-style-type: none"> <li>置放廚房紙巾在碟子上，再單層擺放食物在上面。</li> <li>無需蓋上蓋子。</li> </ul>
烤雞肉串 (烹調前溫度 8 - 20° C)	2 - 6 串 (不超過 150 克)	<ul style="list-style-type: none"> <li>無需蓋上蓋子。</li> </ul>
抓飯 (烹調前溫度 8 - 20° C)	0.1 - 0.4 千克	<ul style="list-style-type: none"> <li>無需蓋上蓋子。</li> <li>烹調結束後進行攪拌。</li> </ul>
炒麵 (烹調前溫度 8 - 20° C)	0.1 - 0.2 千克	<ul style="list-style-type: none"> <li>如果食物太乾，烹調前可添加少量牛油或食油。</li> <li>無需蓋上蓋子。</li> <li>烹調結束後進行攪拌。</li> </ul>
咖喱 (烹調前溫度 8-20°C)	0.2 - 0.4 千克	<ul style="list-style-type: none"> <li>用保鮮膜蓋好。</li> <li>按下<b>START</b> 鍵後，選擇LESS (▼)。</li> </ul>
(烹調前溫度 -18°C)	0.2 - 0.4 千克	<ul style="list-style-type: none"> <li>用淺盤。</li> <li>用保鮮膜蓋好。</li> </ul>
文火燉食物 (烹調前溫度 8 - 20° C)	0.1 - 0.4 千克	<ul style="list-style-type: none"> <li>不要加蓋，文火燉魚除外。</li> </ul>
味噌湯 (烹調前溫度 8 - 20° C)	1 - 2 杯 (1 杯: 150 毫升)	<ul style="list-style-type: none"> <li>無需蓋上蓋子。</li> <li>按下<b>START</b> 鍵後，選擇MORE (▲)。</li> </ul>

# 自動烹調指南

## 解凍指南

烹調模式: 微波和蒸氣

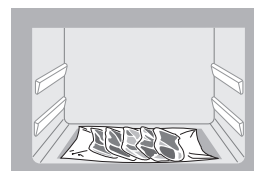
食物	重量範圍	水位	訣竅
整塊肉排 (烹調前溫度-18°C)	100 - 500克	1或以上	<ul style="list-style-type: none"> <li>• 拆除原包裝。</li> <li>• 將保鮮膜放在陶瓷底板的中央，然後將食物放在上面。</li> <li>• 無需蓋上蓋子。</li> <li>• 按下START 鍵後，選擇MORE (▲)。</li> </ul>
薄切肉片 雞肉 碎肉 (烹調前溫度-18°C)	100 - 500克	1或以上	<ul style="list-style-type: none"> <li>• 拆除原包裝。</li> <li>• 將保鮮膜放在陶瓷底板的中央，然後將食物放在上面。</li> <li>• 無需蓋上蓋子。</li> <li>• 100克的食物，按下START 鍵後，選擇LESS (▼)。</li> </ul>
魚片 魷魚 蝦子 (烹調前溫度-18°C)	100 - 500克	1或以上	<ul style="list-style-type: none"> <li>• 拆除原包裝，用箔紙將細薄的尾端部分包裹。</li> <li>• 將保鮮膜放在陶瓷底板的中央，然後將食物放在上面。</li> <li>• 無需蓋上蓋子。</li> <li>• 全解凍時，按下START 鍵後，選擇LESS (▼)。</li> <li>• 半解凍400克或以上時，按下START 鍵後，選擇MORE (▲)。</li> </ul>

未列在指南的食物，可用微波200W功率水平設定。

注意：





用熱風對流或燒烤功能烹調後，陶瓷底板會很熱。

在烤爐完全冷卻後解凍食物，因為保鮮膜可能在炙熱的陶瓷底板熔化。



## 飲料指南





烹調模式: 微波

食物	份量	訣竅
牛奶 (烹調前溫度8°C)	1 - 4 杯 (1 杯: 200毫升)	<ul style="list-style-type: none"> <li>• 使用闊口容器。</li> <li>• 無需蓋上蓋子。</li> <li>• 烹調前，進行攪拌。</li> <li>• 將杯子放在烤爐底板中央。</li> <li>• 烹調結束後進行攪拌。</li> </ul>
咖啡 (烹調前溫度20°C)	1 - 4 杯 (1 杯: 150毫升)	<div> <div>(1 杯時)</div>  </div> <div> <div>(2 杯時)</div>  </div> <div> <div>(3 杯時)</div>  </div> <div> <div>(4 杯時)</div>  </div>

# 自動烹調指南

## 自動感測烹調 (ALL IN ONE) 菜單指南

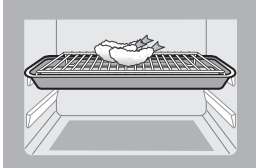
請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

菜單名稱	重量範圍	操作程序	烹調模式	水位
1. 燒烤 	不超過 1 千克	<b>將食物放在烤盤的烤架上，然後進行烹調。</b> <ul style="list-style-type: none"> <li>• 用鹽燒烤或醬汁烤肉和魚。</li> <li>• 可用無油烹調來酥炸。</li> <li>• 添加您喜愛的蔬菜與肉/魚，全部同時一起烹調，即可迅速做出一頓佳餚。</li> <li>• 請參閱線上食譜。</li> </ul>	水波烤焗	1或以上
2. 烘焙 	不超過 1 千克	<b>將食品放在烤盤上，然後進行烹調。</b> <ul style="list-style-type: none"> <li>• 烤魚，焗烤和其他家常菜。</li> <li>• 添加您喜愛的蔬菜，同時一起烹調，即可做出一頓營養均衡的佳餚。</li> <li>• 請參閱線上食譜。</li> </ul>	水波烤焗	1或以上
3. 熱炒 	不超過 1 千克	<b>平均擺放在烤盤並烹調。</b> <ul style="list-style-type: none"> <li>• 可把烤盤當作平底鍋來熱炒。</li> <li>• 請參閱線上食譜。</li> </ul>	水波烤焗	1或以上
4. 蒸煮 	不超過 0.8 千克	<b>蒸煮蔬菜、肉類、魚肉、雞蛋與預製食物。</b> <ul style="list-style-type: none"> <li>• 將食物放在烤盤的烤架上，然後進行烹調。</li> <li>• 蒸煮雞肉、蔬菜等食材。</li> <li>• 加上調味與醬料，添加風味。</li> <li>• 請參閱線上食譜集。</li> </ul>	蒸煮	2 (MAX)

# 自動烹調指南

## 自動菜單指南

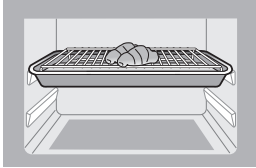
請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

菜單名稱	重量範圍	操作程序	烹調模式
1. 酥脆加熱		<b>水位: 1或以上</b> <b>食物擺放位置: 上層</b> 	水波烤焗
天羅婦 (烹調前溫度8 - 20°C)	100 - 600 克	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>在加熱400克或以上的食物時，按下<b>START</b> 鍵後，選擇<b>MORE (▲)</b>。</li> </ul>	
肉排 (烹調前溫度8 - 20°C)	100 - 600 克	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>按下<b>START</b> 鍵後，選擇<b>LESS (▼)</b>。</li> </ul>	
炸薯條 (烹調前溫度8 - 20°C)	100 - 200 克		
帶骨炸雞 (烹調前溫度8 - 20°C)	100 - 400 克		
烤魚 日式燒雞(烤雞肉串) (烹調前溫度8 - 20°C)	100 - 300 克		
漢堡扒 (烹調前溫度-18°C, 8 - 20°C)	1 - 4 片 (1 片: 約 90 克)	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>溫度介於8 - 20°C 的食物，按下<b>START</b> 鍵後，選擇<b>LESS (▼)</b>。</li> </ul>	
2. 蒸煮加熱		<b>水位: 2 (MAX)</b> <b>食物擺放位置: 上層</b> 	蒸煮
蒸包子 (烹調前溫度-18°C, 8 - 20°C)	1 - 4 片 (1 片: 70 - 120 克)	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>在加熱較大的包子(120克)時，按下<b>START</b> 鍵後，選擇<b>MORE (▲)</b>。</li> </ul>	
蒸餃子 (烹調前溫度-18°C, 8 - 20°C)	5 - 12 隻 (不超過 160 克)	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>按下<b>START</b> 鍵後，選擇<b>LESS (▼)</b>。</li> </ul>	
蒸飯 (烹調前溫度20°C)	100 - 600 克	<ul style="list-style-type: none"> <li>把食物放入飯碗內。</li> <li>將飯碗放在烤盤，無需蓋上蓋子。</li> <li>在加熱150克或更少的食物時，按下<b>START</b> 鍵後，選擇<b>LESS (▼)</b>。</li> </ul>	
罐頭食品 (烹調前溫度20°C)	1 - 2 罐 (1 罐: 80 - 100 克)	<ul style="list-style-type: none"> <li>打開罐頭的蓋子。*</li> <li>將罐頭放在烤盤的烤架上。</li> <li>按下<b>START</b> 鍵後，選擇<b>LESS (▼)</b>。</li> </ul> <p>* 儘管不須開蓋也可加熱，但加熱後開啟蓋子時，可能會造成灼傷等意外，故請開蓋後再加熱。</p>	

# 自動烹調指南

## 自動菜單指南

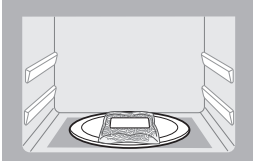
請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

菜單名稱	重量範圍	操作程序	烹調模式
3. 麵包加熱		<p><b>水位:</b> 1或以上 <b>食物擺放位置:</b> 上層</p> 	水波烤焗
3-1. 晚餐小麵包 (烹調前溫度-18°C, 8 - 20°C)	30 - 240 克 (1 - 8 片)	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>在加熱90克或更少的食物時，按下<b>START</b> 鍵後，選擇LESS (▼)。</li> <li>在加熱2片 鹹味麵包(200克)時，按下<b>START</b> 鍵後，選擇MORE (▲)。</li> </ul>	
3-1. 薄餅 (烹調前溫度-18°C, 8 - 20°C)	100 - 400 克 (1 - 4 片)	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>300 克或以上，按下<b>START</b> 鍵後，選擇MORE (▲)。</li> </ul>	
3-2. 法包 (烹調前溫度-18°C, 8 - 20°C)	30 - 240 克 (1 - 8 片)	<ul style="list-style-type: none"> <li>法國麵包切片，每片厚度少於4厘米</li> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>在加熱90克或更少的食物時，按下<b>START</b> 鍵後，選擇LESS (▼)。</li> <li>在加熱2片 鹹味小圓麵包(200克)時，按下<b>START</b> 鍵後，選擇MORE (▲)。</li> </ul>	
3-3. 牛角包/ 餡餅 (烹調前溫度-18°C, 8 - 20°C)	40 - 240 克 (1 - 6 片)	<ul style="list-style-type: none"> <li>將食物放在烤盤的烤架上，無需蓋上蓋子。</li> <li>在加熱80 克或更少的食物時，按下<b>START</b> 鍵後，選擇LESS (▼)。</li> <li>在加熱2片 鹹味小麵包(200克)時，按下<b>START</b> 鍵後，選擇MORE (▲)。</li> </ul>	

# 自動烹調指南

## 自動菜單指南

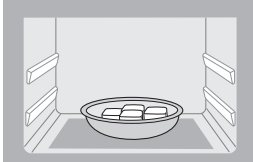

請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

菜單名稱	重量範圍	操作程序	烹調模式
4. 冷凍加熱		<p>主要用來加熱冷凍餐點 (可微波加熱) 供一人份。</p> 	微波
意粉 (烹調前溫度-18°C)	1 人份 (180 - 360 克)	<ul style="list-style-type: none"> <li>按包裝所示備製食物。</li> <li>將食物放在陶瓷底板中央。</li> <li>烹調結束後進行攪拌。</li> </ul>	
炒麵 (烹調前溫度-18°C)	1 人份 (200 - 300 克)	<ul style="list-style-type: none"> <li>按包裝所示備製食物。</li> <li>將食物放在陶瓷底板中央。</li> <li>烹調結束後進行攪拌。</li> </ul>	
炒飯 (烹調前溫度-18°C)	200 - 450 克	<ul style="list-style-type: none"> <li>按包裝所示備製食物。</li> <li>烹調前，先拆碎食物。</li> <li>用保鮮膜蓋好。</li> <li>將食物放在陶瓷底板中央。</li> <li>烹調結束後進行攪拌。</li> </ul>	
蒸餃子 (烹調前溫度-18°C)	5 - 12 隻 (不超過 160 克)	<ul style="list-style-type: none"> <li>按包裝所示備製食物。</li> <li>在食物上灑點水。</li> <li>用保鮮膜蓋好。</li> <li>將食物放在陶瓷底板中央。</li> </ul> <p>提示: 可用編號 2 菜單 (蒸煮加熱) 以濕潤質地。</p>	
蔬菜; 芋頭/南瓜 (烹調前溫度-18°C)	100 - 400 克	<ul style="list-style-type: none"> <li>按包裝所示備製食物。</li> <li>用保鮮膜蓋好。</li> <li>將食物放在陶瓷底板中央。</li> </ul>	

# 自動烹調指南

## 自動菜單指南

請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

菜單名稱	重量範圍	操作程序	烹調模式
5. 自訂加熱	1 - 2 人份 (不超過 200 克)	<ul style="list-style-type: none"> <li>設定自訂的溫度，用來軟化牛油或加熱湯類。</li> </ul>  <ul style="list-style-type: none"> <li><b>溫度範圍:</b> <ul style="list-style-type: none"> <li>-10°C，20 - 90°C (調整單位 5°C)</li> </ul> </li> <li>無需蓋上蓋子。</li> <li>使用容器時，將食物放在一個容器內。</li> <li>建議的容器尺寸: <ul style="list-style-type: none"> <li>寬:12厘米或更大</li> <li>高:少於5厘米</li> </ul> </li> <li>將食物放在陶瓷底板中央。</li> </ul>  <p><b>注意:</b></p> <ul style="list-style-type: none"> <li>切勿使用此功能加熱任何飲料。</li> <li>使用 BEVERAGE 功能加熱。參閱C-11。</li> <li>切勿加熱含有朱古力或奶油的包點。</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>建議溫度</b></p> <p>湯類: 80 - 90°C</p> <p>白飯: 60 - 70°C</p> <p>鹹味小圓麵包: 50 - 60°C</p> <p>飯糰: 40 - 50°C</p> <p>牛油: 20°C</p> <p>雪糕: -10°C</p> </div>	微波
6. 烤雞	2 或 4 人份	<ul style="list-style-type: none"> <li>請參閱線上食譜。</li> </ul>	水波燒烤
7. 炸雞	2 或 4 人份	<ul style="list-style-type: none"> <li>請參閱線上食譜。</li> </ul>	水波烤焗
8. 烤魚	2 或 4 人份	<ul style="list-style-type: none"> <li>請參閱線上食譜。</li> </ul>	水波燒烤

# 自動烹調指南

## 自動菜單指南

請參閱線上食譜，確認適用的菜單，並遵照SHARP的使用說明。

菜單名稱	重量範圍	操作程序	烹調模式
9. 蒸煮蔬菜 菠菜 蘆筍 西蘭花 白蘿蔔 南瓜 紅蘿蔔	0.1 - 0.4 千克	<b>水位: 2 (MAX)</b> <b>食物擺放位置: 上層</b>  <ul style="list-style-type: none"> <li>• 清洗蔬菜，接著瀝乾水分。</li> <li>• 將蔬菜切成細小、碎片或條狀。</li> <li>• 置放蔬菜在烤盤上的烤架，無需蓋上蓋子。</li> <li>• 將烤盤放在烤爐的上層位置。</li> </ul> <p>菠菜，蘆筍: 按下<b>START</b> 鍵後，選擇LESS (▼)。</p> <p>白蘿蔔，南瓜，紅蘿蔔: 按下<b>START</b> 鍵後，選擇MORE (▲)。</p>	蒸煮
10. 烤蕃薯	1 - 4 個 (1 個: 250 克)	• 請參閱線上食譜。	水波烤焗
11. 多士	2 或 4 片	• 請參閱線上食譜。	水波烤焗
12. 早餐套餐	2 或 4 人份	• 請參閱線上食譜。	水波烤焗
13. 海綿蛋糕	1 - 2 層	• 請參閱線上食譜。	水波烤焗
14. 泡芙	1 - 2 層 (1 層: 12 片)	• 請參閱線上食譜。	水波烤焗
15. 食物烘乾 15-1. 果乾 (軟身) 15-2. 脆片 15-3. 小食	2 層	• 請參閱線上食譜。	水波烤焗

# IMPORTANT SAFETY INSTRUCTIONS

## IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

1. This oven is designed to be used on a countertop only. It is not designed to be built-in to a wall or cabinet. Do not place the oven in a cabinet. The appliance must not be installed behind a decorative door in order to avoid overheating. See page E-3 for the installation. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them from burning themselves.
2. Ensure there is a minimum of free space above the oven of 13 cm.
3. This appliance is intended to be used in household and similar applications such as:
  - staff kitchen areas in shops, offices and other working environments;
  - farm houses;
  - by clients in hotels, motels and other residential environments;
  - bed and breakfast type environments
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, therapeutic devices (eg. wheat bags), slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Children should be supervised to ensure that they do not play with the appliance.
7. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
8. **WARNING:** When the appliance is operated in Convection, Grill or Steam functions, children should only use the oven under adult supervision due to the temperature generated.
9. **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
10. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician trained by SHARP.
11. **WARNING:** Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
12. If the power supply cord of this appliance is damaged, it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard.
13. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
14. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
15. Eggs in their shell and whole hard-boiled eggs should not be heated on microwave modes since they may explode, even after microwave heating has ended. To cook or reheat eggs which have not been scrambled or mixed on microwave modes, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them on microwave modes.
16. Utensils should be checked to ensure that they are suitable for use in the oven. See Page E-29. Use only microwave safe containers and utensils on microwave modes.
17. Metallic containers for food and beverages are not allowed during microwave modes.
18. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
19. During use the appliance becomes hot. Care should be taken to avoid touching the heating elements and oven cavity. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.
20. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
21. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
22. The oven should be cleaned regularly and any food deposits removed.
23. Cleaning and user maintenance shall not be performed by children without supervision.
24. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
25. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
26. Steam cleaner is not to be used.
27. See instructions for cleaning door seals, cavities and adjacent parts on page E-22.
28. See instructions for using accessories on page E-4.

### Other warnings

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

# IMPORTANT SAFETY INSTRUCTIONS

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

# INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided  
1) Rack 2) 2 Baking trays 3) Operation manual
3. Since the door may become hot during cooking, and in order to avoid its accidental touch, the oven should be placed at least 85 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. This oven is designed to be used on a countertop only. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. It should not be installed near combustible materials, for example, curtains. The oven should be installed so as not to block ventilation openings. A fire may occur if this appliance is covered or touching flammable material, including curtains, drapes, walls, etc. Allow space of at least 13cm from top of the oven for air ventilation. This oven is not designed to be built-in to a wall or cabinet.  
**WARNING: Steam is ventilated from the top rear of the oven. Make sure the escaping steam does not wet electrical outlets/other electrical appliances.**
5. If the window is close to the oven, keep more than 20 cm distance between the ventilation and the window. Window may be broken by the heat from the ventilation.  
**CAUTION: Steam ventilated from the oven may wet or dirty nearby furniture or wall. Keep sufficient space between the oven and the wall or furniture. Steam comes from the ventilation cover or door during cooking or after cooking. Steam may be condensed on the wall or furniture around the oven. Install the oven where it can be well ventilated.**  
**To prevent from wet, we recommend to cover the wall or furniture with aluminium foil.**
6. Do not connect other appliances to the same socket using an adaptor plug.
7. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure. The A.C. voltage and frequency must correspond to the one indicated on the rating label.
8. This appliance must be earthed:

## IMPORTANT

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

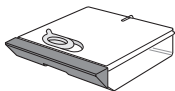
Green-and-yellow	: Earth
Blue	: Neutral
Brown	: Live

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

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

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

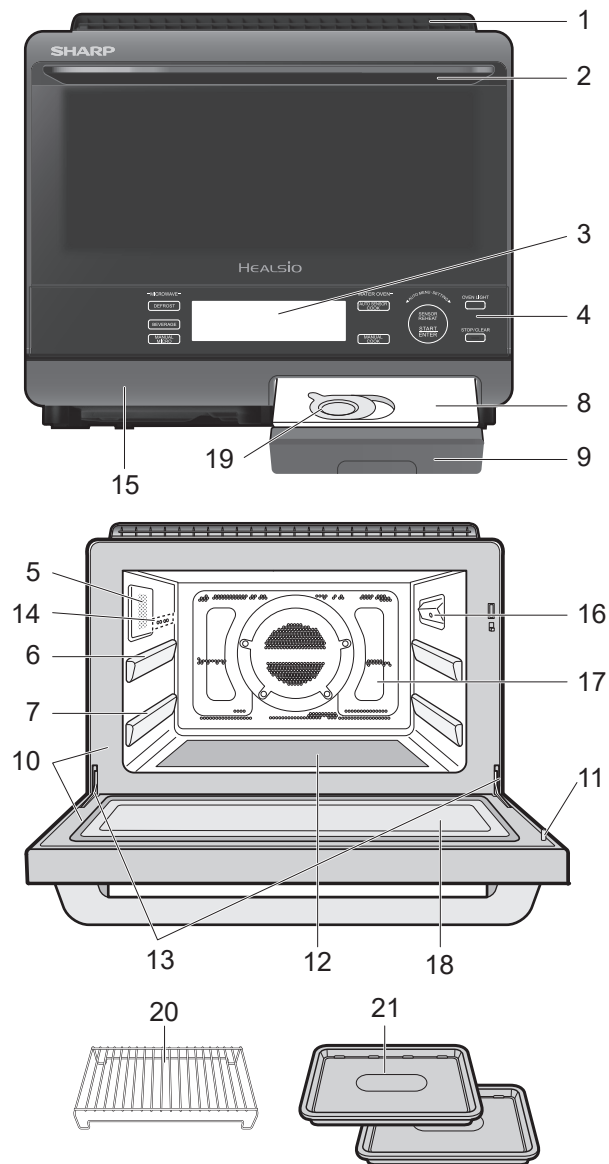
The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.



When unpacking your Water Oven, you may notice a small amount of water inside the oven and water tank.

This is a normal phenomenon of testing.

# OVEN DIAGRAM



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

## ACCESSORIES

- 20 Rack  
For Convection, Grill or Steam function.  
Do not use when microwave cooking.  
Always place on baking tray.
- 21 Baking tray x2  
For Convection, Grill or Steam function.  
Place on the shelf runner (upper/lower)  
Do not use when microwave cooking.

## WARNING:

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

## OPTION NUMBER

The following options are selected by turning the Knob. Each option number will be shown in the display.

### AUTO MENU

- 1 Crispy Reheat
- 2 Steam Reheat
- 3 Reheat Bread
- 4 Reheat Frozen Food
- 5 Reheat as Temperature
- 6 Grilled Chicken
- 7 Deep Fried Chicken
- 8 Grilled Fish
- 9 Steamed Vegetables
- 10 Baked Sweet Potato
- 11 Toast
- 12 Breakfast Set
- 13 Sponge Cake
- 14 Cream Puff
- 15 Dried Food

### MANUAL COOKING

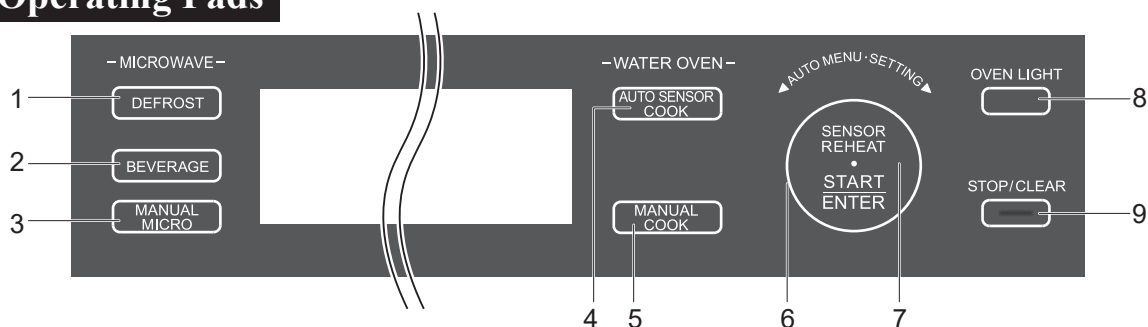
- 16 Grill
- 17 Steam High
- 18 Steam Low
- 19 Steam Proof
- 20 Proof

### MAINTENANCE

- 21 Sterilization
- 22 Drain Water
- 23 Steam Clean
- 24 Descale
- 25 Clean Oven  
(First Use)

# CONTROL PANEL

## Operating Pads



### 1. DEFROST pad

Press to defrost food. DEFROST has 2 options; "Defrost" and "Defrost Low"

### 2. BEVERAGE pad

Press to reheat beverage.

### 3. MANUAL MICRO pad

Press to select Manual Microwave cooking.

### 4. AUTO SENSOR COOK pad

Press to select Auto Sensor Cook (ALL IN ONE)

### 5. MANUAL COOK pad

Press to select Manual Convection cooking.

### 6. Knob

Turn to select desired option.

### 7. SENSOR REHEAT / START / ENTER pad

Press to reheat food automatically.

Press to start oven after setting programmes.

Press to confirm your choice.

\* The indicator light will flash to remind you to press the pad or turn the knob.

### 8. OVEN LIGHT pad

Press to light the oven lamp during the cooking for 10 seconds.

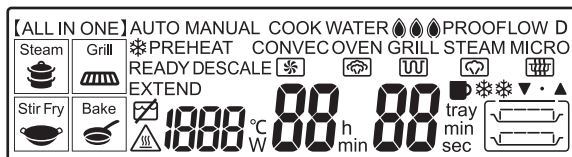
### 9. STOP / CLEAR pad

Press to clear during programming.

Press to cancel cooking programme.

## Display Information

The display shows useful information including cooking time and cooking mode.



### OVEN CONDITION INDICATORS:

: The oven is very hot.

: Check the water tank.

READY : Preheat is complete.

DESCALE : Descaling is necessary.

D : Demo mode is in progress.

COOK : The oven is in operation.

EXTEND : You can extend cooking time.

: Superheated steam level indicators

: MORE() / LESS() indicators for automatic cooking

### TIME / AMOUNT INDICATORS:

h : Hour  
min : Minute  
sec : Second  
tray : Layer  
 : Cup

### ACCESSORY INFORMATION INDICATORS:

: Rack  
 : Baking tray  
 : Upper position  
 : Lower position

### COOKING MODE INDICATORS:

AUTO : Automatic cooking is selected.

MANUAL : Manual cooking is selected.

WATER OVEN : Water Oven

CONVEC OVEN : Oven

WATER GRILL : Water Grill

GRILL : Grill

PREHEAT : Preheat

STEAM : Steam High

STEAM LOW : Steam Low

STEAM PROOF : Steam Proof

PROOF : Proof

MICRO : Microwave

: Defrost

: Defrost Low

**[ALL IN ONE] :** Auto Sensor Cook is selected.

: Auto Sensor Cook (Grill)

\* With "", frozen ingredients are included.

: Auto Sensor Cook (Bake)

\* With "", frozen ingredients are included.

: Auto Sensor Cook (Stir Fry)

\* With "", frozen ingredients are included.

: Auto Sensor Cook (Steam)

\* With "", frozen ingredients are included.

# IMPORTANT INSTRUCTIONS

## Read Carefully Before Cooking with Water

### WATER TANK

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

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

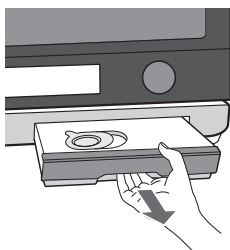
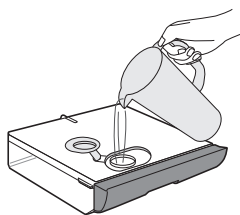


Figure 1



Water Level 1



Water Level 2

Figure 2

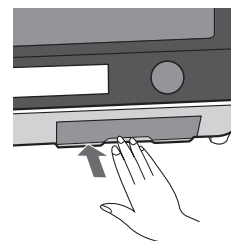


Figure 3

### NOTES:

1. Do not use any other liquids like distilled water, R.O water, mineral water and etc.
2. An insufficient amount of water in the water tank may cause an undesired result.
3. We recommend that you empty the water tank every time after cooking. Do not leave the water tank filled with water in the oven over a day.
4. If "☒" is shown in the display during cooking, check the water tank is put correctly.
5. Do not drop or damage the water tank. Heat may cause the water tank to change shape. Do not use a damaged water tank. Contact a SERVICE CENTRE APPROVED BY SHARP.

### DRIP TRAY

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

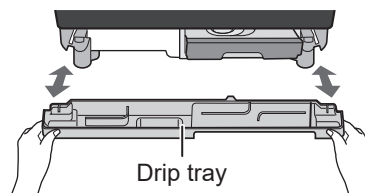
The drip tray is packed with the oven. Place the drip tray under the oven door as shown in Figure 4. This drip tray collects the condensation from the oven door.

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

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

**To replace the drip tray:** Insert the drip tray horizontally as shown in Figure 4.

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



Drip tray

Figure 4

### WARNINGS:

1. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
2. Do not touch the water directly as water in the drip tray may be hot.

# IMPORTANT INSTRUCTIONS

## Read Carefully Before Cooking with Water

### Before Cooking

1. Make sure the water tank is put with room temperature water suitable for drinking (filtered) and is installed. (See page E-6.)
2. Make sure the empty drip tray is installed. (See page E-6.)
3. Place food in the oven unless preheating is needed.

### After Cooking

1. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Then empty the drip tray.
2. Perform the Drain Water function at least once a day.

### Oven Door Opening

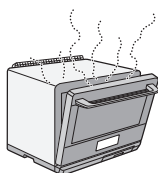


Figure 1

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

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

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

## Superheated Steam Level for Manual Cooking

On MANUAL Water Oven and Water Grill, you can select the quantity of Superheated Steam. This function is also available during the cooking.

Superheated Steam Level		Examples
	Display	
- Water Oven 3 - Water Grill 3	●●●	<ul style="list-style-type: none"> <li>• To quickly raise oven temperature for such items as frozen foods and pieces of meat.</li> <li>• Applies ample steam when starting to cook baguette for a crispy finish.</li> </ul>
- Water Oven 2 - Water Grill 2	●●○	<ul style="list-style-type: none"> <li>• Evenly cooks the inside and outside of food.</li> <li>• Most online cookbook recipes recommend Superheated Steam Level 2.</li> <li>• For breads and cream puffs, applies steam when starting to cook for a fluffy finish.</li> </ul>
- Water Oven 1 - Water Grill 1	●○○	<ul style="list-style-type: none"> <li>• Concentrates baking on the outside to prevent dryness.</li> </ul>
- Water Oven 0 - Water Grill 0	○○○	<ul style="list-style-type: none"> <li>- No Superheated Steam (This level is same as Oven and Grill without water)</li> </ul>
<b>THIS LEVEL IS AVAILABLE DURING THE COOKING ONLY.</b>		
- Oven - Grill	No Superheated steam level indicator lights.	<ul style="list-style-type: none"> <li>- No water needs for these mode.</li> </ul> <p><b>NOTE:</b> These modes cannot be changed to Water oven and Water Grill during the cooking.</p>

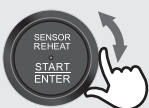

# IMPORTANT INSTRUCTIONS

## Drain Water Function

Perform the Drain Water function at least once a day after using water tank. It takes up to 8 minutes.

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

### PROCEDURE

- 1** Ensure nothing is in the oven.  
Turn the **Knob** to select [22]  
Drain Water. 
- 2** Make sure the water tank is removed and press **START**. 
- 3** After the oven has cooled, wipe oven cavity.

#### NOTE:



The water tank must be removed before starting this procedure.

## Descale Function

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

When “DESCALE” is shown in the display, be sure to carry out Descale function immediately. It takes about 1 hour.

### PROCEDURE

- 1** Pure citric acid, available at some drugstores, is used for descaling. Open the lid of the water tank. Fill the water tank with water over the 1 mark. Then dissolve 2 tablespoons of pure citric acid as shown in Figure 1.
- 2** Place a folded towel under the steam outlets as shown in Figure 2.
- 3** Turn the **Knob** to select [24]  
Descale. 
- 4** Press **START**. 

- 5** When the oven has stopped, wipe oven cavity, then wring the towel and put it again as shown in Figure 2. Remove water tank, empty, rinse and refill with water over the 1 mark. Replace the water tank.  
Remove and empty the drip tray, then replace it to the oven.  
Press **START**. Rinsing will start.



- 6** When rinsing has ended, remove water tank and empty.  
Remove the towel.  
Wipe oven cavity to dry. Then empty the drip tray.

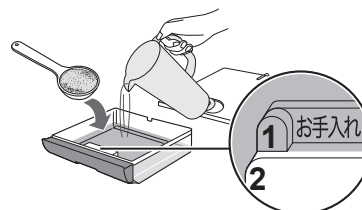


Figure 1

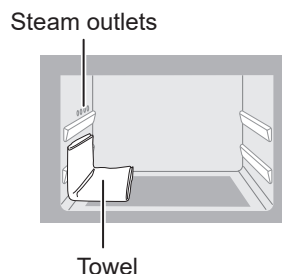


Figure 2

## BEFORE OPERATING

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


### Getting Started

Your oven has an Auto Display Off Mode.

#### PROCEDURE

- 1** Plug the oven into a power socket.  
“0” (initial display) will appear on the display.

#### CAUTION:

1. With the initial display “0”, if you do not operate the oven for 1 minute or more (i.e. after closing the door, or pressing **CLEAR**), the display will be blank until you open and close the oven door.
2. After cooking, it will take 1 - 30 minutes to be blank depending the following condition.
  - The oven door is close.
  - The initial display (displayed only 0) is shown.
  - “” is not shown in the display.

### Clear

1. Press **CLEAR** if you make a mistake during programming.
2. Cancel a programme during cooking.
3. Return the initial display (displayed only 0).

#### NOTE:

To stop the oven during cooking, open the door.  
To restart cooking, close the door and press **START**.

## CLEAN THE OVEN BEFORE FIRST USE

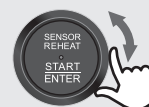
The steam generator heats the water which is used for cooking. It should be cleaned before the first use to get rid of any odor in the oven cavity. Clean the oven with mode **[25]** Clean Oven (First Use). It takes around 20 minutes. You may notice some smoke and odor during this process. This is normal. The oven is not out of order.

#### PREPARATION

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

#### PROCEDURE

- 1** Ensure nothing is in the oven.  
Turn the **Knob** to select **[25]** Clean Oven (First Use).



- 2** Press **START**.




- 3** When the oven is cool, remove water tank and empty. Wipe oven cavity. Remove and empty the drip tray, then replace it to the oven.

#### WARNINGS:

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

# AUTOMATIC COOKING

## Notes for Automatic Cooking

1. When using the automatic features, carefully follow the instructions provided in each Menu Guide to achieve the best result. If the instructions are not followed carefully, the food may be overcooked or undercooked.
2. Food weighing more or less than the quantity or weight listed in each Menu Guide, cook manually.
3. To change the final cooking or defrosting result from the standard setting, turn the **Knob** clockwise (▲) for more cooking time or counterclockwise (▼) for less cooking time after pressing **START**. Refer to page E-20.
4. When covering with plastic wrap, cover loosely. Do not reheat with a sealed container. Remove the lid.
5. Do not place any non heat-resistant containers while the oven cavity is hot. They may melt.
6. After cooking, the display may show “”. The oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
7. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking.

## Sensor Reheat (Microwave cooking)

Sensor Reheat automatically reheats all the food shown in the Sensor Reheat Menu Guide on page E-31.

### SPECIAL NOTE for SENSOR REHEAT:

1. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to reheating.
2. Place food in the center of the oven floor.
3. Never use Sensor Reheat to heat any beverages to prevent the eruptive boiling. BEVERAGE is suitable for heating the beverages. See page E-11.

\* Suppose you want to reheat 1 serve of rice.

## PROCEDURE

- 1 Press **SENSOR REHEAT**.



\* The progress is shown with the flashing bar. (4 bars will light before finishing the cooking)  
The remaining cooking time may be appeared.

- 2 After cooking, “EXTEND” will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.

### NOTES:





1. It is not necessary to enter the weight of the food.
2. To reheat other foods or foods above or below the weights allowed on Sensor Reheat Menu Guide, reheat manually. See Microwave on page E-15.
3. Do not use the baking tray and metal rack.

# AUTOMATIC COOKING

## Defrost (Microwave with Steam cooking)

Defrost automatically defrosts all the foods shown in the Defrost Menu Guide on page E-32.

Defrost has two options:

Option	Pad	Display	Doneness
1. Defrost	 ×1		For immediate cooking
2. Defrost Low	 ×2		Harder texture

**Water Level:** 1 or more

\* Suppose you want to defrost 200 g sliced meat with Defrost.

### PROCEDURE

**1** Press **DEFROST** once.



**2** Press **START**.



\* The progress is shown with the flashing bar.  
(4 bars will light before finishing the cooking)

**3** After cooking, "EXTEND" will appear. If you wish to extend defrosting time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
After defrosting, remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

### NOTES:

1. It is not necessary to enter the weight of the food.
2. To defrost other foods or foods above or below the weights allowed on Defrost Menu Guide, use time and 200W microwave power. See Microwave on page E-15.
3. Defrost can be done without water, but the doneness will be slightly different.
4. Do not use the baking tray and metal rack.
5. While the oven cavity temperature is too high, you cannot use Defrost. The display will show "U 04".

## Beverage (Microwave cooking)


Beverage automatically reheats beverages shown in the Beverage Menu Guide on page E-32.

\* Suppose you want to reheat 4 cups of milk.

### PROCEDURE

**1** Press **BEVERAGE**.



**2** Turn the **Knob** to select the desired amount (4 ).



**3** Press **START**.



\* Remaining cooking time will be appear after about 30 sec.

**4** After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.

### NOTE:





Do not use the baking tray and metal rack.

# AUTOMATIC COOKING

## Auto Sensor Cook (ALL IN ONE) (Water Oven/Steam cooking)

Auto Sensor Cook automatically cooks meat, fish and vegetables at the same time. The sensor controls the heat and cooking time depending on the type of ingredients, initial temperature and quantity.

Auto Sensor Cook has four options:

Option	Display	Weight range	Water level	Accessory	Food position	Cooking time (min.)	
						No Frozen	With Frozen
1. Grill	Grill 	Up to 1 kg	1 or more	Baking tray Rack	Upper	20 - 25	25 - 30
2. Bake	Bake 			Baking tray		20 - 30	25 - 30
3. Stir Fry	Stir Fry 			Baking tray		15 - 20	20 - 25
4. Steam	Steam 	Up to 800 g	2 (MAX)	Baking tray Rack		15 - 20	20 - 25

- Two choices are available for all cooking modes:  
For no frozen ingredient, press **AUTO SENSOR COOK** once.  
For having any frozen ingredients, press **AUTO SENSOR COOK** twice.
- Refer to Auto Sensor Cook Menu Guide on page E-33 and online cookbook.

\* Suppose you want to cook a 0.5 kg food with no frozen ingredient by Stir Fry.

### PROCEDURE

- Press **AUTO SENSOR COOK** once.



- Turn the **Knob** until desired option (Stir Fry) appears.



- Press **START**.



\* The progress is shown with the flashing bar.  
(When the sensor detects the vapour from the food, the remaining cooking time will appear)

- After cooking, "EXTEND" will appear.  
If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute.  
If not, press **CLEAR**.

After the oven has cooled, remove and empty the water tank, wipe oven cavity.  
Then empty the drip tray.

### WARNINGS:

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

### NOTE:

It is not necessary to enter the weight of the food.

# AUTOMATIC COOKING

## Auto Menu (Water Oven/Water Grill/Steam/Microwave cooking)

Auto Menu has 15 menus:

1. Crispy Reheat\*
2. Steam Reheat\*
3. Reheat Bread\*
4. Reheat Frozen Food\*
5. Reheat as Temperature\*
6. Grilled Chicken
7. Deep Fried Chicken
8. Grilled Fish
9. Steamed Vegetables\*
10. Baked Sweet Potato\*
11. Toast
12. Breakfast Set
13. Sponge Cake
14. Cream Puff
15. Dried Food

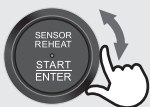
Refer to Auto Menu Guide on page E-34-38, and online cookbook, ensure the suitable menus and follow to SHARP instructions.

### For Menus except for Menu No. 5

\* Suppose you want to grill fish for 4 servings.

#### PROCEDURE

- 1 Turn the **Knob** until desired menu number (8-4) appears.



- 2 Press **START**.



- 3 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.

If necessary, after the oven has cooled, remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

#### Tips for menu No.1 - 3:

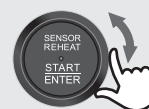
For reheating frozen item, turn the **Knob** slightly right until "❄" is shown with the menu number.

### For menu No. 5

\* Suppose you want to heat butter to 20°C.

#### PROCEDURE

- 1 Turn the **Knob** until desired menu number (5) appears.



- 2 Press **ENTER** to confirm.



- 3 Turn the **Knob** until desired temperature (20°C) appears.



- 4 Press **START**.



- 5 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.

#### WARNINGS:

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

#### NOTES:

1. Menu No. 5 cannot be programmed with More or Less Time Adjustment.
2. For the menus with \*, it is not necessary to enter the weight of food.

# MANUAL COOKING

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

## Manual Cooking Chart

Option		Preheat*	Superheated Steam level	Temp/ Microwave range	Adjustment during cooking		Time range	Water Tank
Convection	Water Oven	YES or NO	0 - 3	100 - 250°C	YES	YES	0 - 1h35min.	YES
	Oven	YES or NO	-	100 - 250°C	-	YES	0 - 1h35min.	NO
Grill	[16] Water Grill	YES or NO	0 - 3	-	YES	-	0 - 45min.	YES
	[16] Grill	YES or NO	-	-	-	-	0 - 45min.	NO
Steam	[17] Steam High	NO	-	100°C	-	-	0 - 30min.	YES
	[18] Steam Low	NO	-	70 - 95°C	-	NO	0 - 45min.	YES
Proof	[19] Steam Proof	NO	-	35 - 45°C	-	NO	0 - 2 hours	YES
	[20] Proof	NO	-	30 - 45°C	-	NO	30°C : 0 - 8 hours 35 - 45°C: 0 - 2 hours	NO
Microwave		-	-	800/600/500/ 200 W	-	NO	0 - 1hour**	NO

\* Preheat temperature is held for 20 minutes.

\*\* Time range for 800W is 0-10 minutes, and for 600 W is 0- 30 minutes.

## SUPERHEATED STEAM LEVEL

Your oven can be programmed for the quantity of Superheated Steam from level 0 to level 3. See page E-7.

## COOKING TIME INPUT

Your oven can be programmed for up to 8 hours depending on the cooking mode. Refer to the Manual Cooking Chart. The input unit increment varies from 10 seconds to 30 minutes, depending on the total length of time and cooking mode as shown in the table below.

## TEMPERATURE INPUT

Your oven can be programmed for temperatures from 30°C to 250°C depending on the cooking mode.  
Refer to the Manual Cooking Chart. The temperature can be adjusted as shown in the table below.

ITEM	INPUT STEP
Temperature Convection Steam Proof	10°C per step (170°C is initial temperature) 5°C per step (70°C is initial temperature) 5°C per step (40°C is initial temperature)
Cooking Time Convection	0 - 30 min. : 1 min. per step (Initial setting time: 15 min.) 30 min. - Max. : 5 min. per step
Cooking Time Grill Steam	0 - 15 min. : 30 sec. per step (Initial setting time: 15 min.) 15 min. - Max. : 1 min. per step
Cooking Time Proof	0 - 1 hour : 5 min. per step (Initial setting time: 30 min.) 1 hour - Max. : 30 min. per step
Cooking Time Microwave	0 - 5 min. : 10 sec. per step 5 - 10 min. : 30 sec. per step 10 - 30 min. : 1 min. per step 30 min. - Max. : 5 min. per step  * 0 - 10 min. : 30 sec. per step (for 200 W) 0 - 1 min.: 5 sec. per step (for 800 W) 1 - 10 min.: 10 sec. per step (for 800 W)

# MANUAL COOKING

## Microwave

Microwave is fast and convenient for cooking, reheating and defrosting.

There are 4 different power levels.

\* Suppose you want to cook for 5 minutes on 500W.

### PROCEDURE

- 1** Press **MANUAL MICRO**.



- 2** Turn the **Knob** to select power level (500 W), and press **ENTER** to confirm.



- 3** Turn the **Knob** to enter desired cooking time (5 min.)



- 4** Press **START**.



- 5** After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.

#### NOTE:

Do not use the baking tray and metal rack.

# MANUAL COOKING

## Convection

Convection has 2 functions, Oven and Water Oven, and each function has 2 options, With Preheat or Without Preheat.

You can cook with one or two layers. Refer to online cookbook, ensure the suitable menus and follow to SHARP instructions.

**Water Level:** 1 or more (for Water Oven only)

**Food Position:** Lower

## Cooking with Preheat

\* Suppose you want to cook 1 layer for 45 minutes on Water Oven 2 at 160°C.

### PROCEDURE

- 1** No food in the oven.  
\* Depending on the menu, only accessories should be put.  
Press **MANUAL COOK**. 
- 2** Turn the **Knob** to select desired superheated steam level (2: ) , then press **ENTER** to confirm.  
- 3** Turn the **Knob** to select "PREHEAT" and desired layer (1 tray), then press **ENTER** to confirm.  
- 4** Turn the **Knob** to enter desired temperature (160°C), then press **START** to preheat.  
- 5** When preheat is over, place food in the oven. Close the door.
- 6** Turn the **Knob** to enter desired cooking time (45 min.). 
- 7** Press **START**. 
- 8** After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

## Cooking without Preheat

\* Suppose you want to cook 2 layers for 45 minutes on Oven at 160°C.

### PROCEDURE

- 1** Press **MANUAL COOK**. 
- 2** Confirm flashing "CONVEC OVEN" and "", then press **ENTER**. 
- 3** Turn the **Knob** to select desired layer (2 tray) without flashing "PREHEAT", then press **ENTER** to confirm.  
- 4** Turn the **Knob** to enter desired temperature (160°C) and press **ENTER** to confirm.  
- 5** Turn the **Knob** to enter desired cooking time (45 min.). 
- 6** Press **START**. 
- 7** After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
After the oven has cooled, wipe oven cavity.

### WARNING:

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

### NOTES:

1. If the oven door is not opened after preheating, the oven will hold the preheat temperature for 20 minutes. After that, the display will return to the initial one and you have to reprogram from the step 1.
2. You can change the oven temperature during cooking. See page E-20.
3. You can change the Superheated Steam Level during cooking. See page E-20.

# MANUAL COOKING

## Grill

Grill has 2 functions, Grill and Water Grill, and each function has 2 options, With Preheat or Without Preheat.

Refer to the online cookbook, ensure the suitable menus and follow to SHARP instructions.

**Water Level:** 1 or more (for Water Grill only)

**Food Position:** Upper

### Cooking with Preheat

\* Suppose you want to cook for 20 minutes on Water Grill 2.

#### PROCEDURE

- 1 No food in the oven.  
\* Depending on the menu, only accessories should be put.  
Turn the **Knob** to select Grill (16) and "PREHEAT", then press **ENTER** to confirm.



- 2 Turn the **Knob** to select Water Grill and desired superheated steam level (2: 2:00).



- 3 Press **START** to preheat.



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

- 5 Turn the **Knob** to enter desired cooking time (20 min.).



- 6 Press **START**.



- 7 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

### Cooking without Preheat

\* Suppose you want to cook for 20 minutes on Grill.

#### PROCEDURE

- 1 Turn the **Knob** to select Grill (16 without flashing "PREHEAT"), then press **ENTER** to confirm.



- 2 Confirm flashing "GRILL" and "W", then press **ENTER**.



- 3 Turn the **Knob** to enter desired cooking time (20 min.).



- 4 Press **START**.



- 5 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
After the oven has cooled, wipe oven cavity.

#### WARNING:

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

#### NOTES:

1. If the oven door is not opened after preheating, the oven will hold the preheat temperature for 20 minutes. After that, the display will return to the initial one and you have to reprogram from the step 1.
2. You can change the Superheated Steam Level during cooking. See page E-20.

# MANUAL COOKING

## Steam

Steam has 2 functions: Steam High and Steam Low. Steam cooks food gently without destroying shape, colour or aroma.

Refer to the online cookbook, ensure the suitable menus and follow to SHARP instructions.

### Steam High

Steam High cooks food at 100°C.

**Water Level:** 2 (MAX)

**Food Position:** Upper

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

#### PROCEDURE

- 1 Turn the **Knob** to select Steam High (17), then press **ENTER** to confirm.



- 2 Turn the **Knob** to enter desired cooking time (20 min.)



- 3 Press **START**.



- 4 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

#### WARNING:

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

### Steam Low

Steam Low cooks food at 70 - 95°C.

**Water Level:** 2 (MAX)

**Food Position:** Upper

\* Suppose you want to cook for 20 minutes on Steam Low (90°C).

#### PROCEDURE

- 1 Turn the **Knob** to select Steam Low (18), then press **ENTER** to confirm.



- 2 Turn the **Knob** to enter desired temperature (90°C) and press **ENTER** to confirm.



- 3 Turn the **Knob** to enter desired cooking time (20 min.).



- 4 Press **START**.



- 5 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

#### WARNING:

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

#### NOTE:

While the oven cavity temperature is too high, you cannot use Steam Low. The display will show "U 04".

# MANUAL COOKING

## Proof

Proof has 2 functions, Steam Proof and Proof.  
Use Proof to aid dough rising when making regular or sweet yeast breads.

### Steam Proof

This function proofs dough while adding steam.

**Water Level:** 1 or more

**Food Position:** Lower

\* Suppose you want to proof for 50 minutes on Steam Proof (40°C).

### PROCEDURE

- 1 Turn the **Knob** to select Steam Proof (19), then press **ENTER** to confirm.



- 2 Turn the **Knob** to enter desired temperature (40°C) and press **ENTER** to confirm.



- 3 Turn the **Knob** to enter desired cooking time (50 min.).



- 4 Press **START**.



- 5 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.  
Remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

### NOTES:

1. While the oven cavity temperature is too high, you cannot use Steam Proof. The display will show "U 04".
2. Cover the food container with a dry kitchen cloth.

## Proof

This function proofs dough without steam.  
The water tank is not necessary.

**Food Position:** Lower

\* Suppose you want to proof for 2 hours 30 minutes on Proof (30°C).

### PROCEDURE

- 1 Turn the **Knob** to select Proof (20), then press **ENTER** to confirm.



- 2 Turn the **Knob** to enter desired temperature (30°C) and press **ENTER** to confirm.



- 3 Turn the **Knob** to enter desired cooking time (2 h 30 min.).



- 4 Press **START**.



- 5 After cooking, "EXTEND" will appear. If you wish to extend cooking time, turn the **Knob** to add time and press **START** within 1 minute. If not, press **CLEAR**.

### NOTES:

1. While the oven cavity temperature is too high, you cannot use Proof. The display will show "U 04".
2. Cover the food container with a dry plastic wrap.

## OTHER CONVENIENT FEATURES

### Automatic Cooking Time Adjustment (More or Less Time Adjustment)

You can adjust cooking results as you like.

Should you discover that you like any automatic settings slightly more done, turn the **Knob** clockwise within 30 sec. after pressing **START**.

The display will show “▲”.

Should you discover that you like any automatic settings slightly less done, turn the **Knob** counterclockwise within 30 sec. after pressing **START**.

The display will show “▼”.

During “●” is flashing, you can change the setting.  
(It will disappear in about 30 sec.)

### Temperature Adjustment

To change the oven temperature during cooking in Manual Operation with Convection, simply turn the **Knob** to increase or decrease in 10°C increments and then press **ENTER**.

### Superheated Steam Level Adjustment

The Superheated Steam Level can be changed during cooking in Manual Operations with Water Oven and Water Grill. To change, press **MANUAL COOK**. Then turn the **Knob** to select desired Superheated Steam Level and then press **ENTER**.

#### NOTE:

This function is invalid during preheating and the extension cooking.

### End of Cooking Reminder

At end of cooking, the oven will signal and repeat after 1, 2 and 3 minutes unless door is opened or **CLEAR** is pressed.

### Mute the Oven

To mute the oven, press **MANUAL MICRO** for 4 sec. until the 2 short beeps sound. Then press **CLEAR**.

#### NOTES:

1. The oven will hold the setting even if the power is interrupted.
2. The following 2 signals will sound even if the oven is in the mute setting.
  - Error sound
  - Cancellation sound during oven operation
3. To restore the sound, press **MANUAL MICRO** for 4 sec. until a short beep sounds. Then press **CLEAR**.

# OTHER CONVENIENT FEATURES

## Sterilization for Kitchen Items

Sterilization has 2 options [21-1] and [21-2] depending on the heat-resistant temperature. See the right side.

\* Suppose you want to sterilize dishes with [21-1].

### PROCEDURE

- 1 Turn the **Knob** to select desired option number (21-1) appears.



- 2 Press **START**.



\* After heating, the oven will automatically go on to the cooling programme. The progress is shown with flashing bar.  
(4 bars will light before finishing the programme)

- 3 After sterilization, remove the baking tray slowly and horizontally.  
Remove and empty the water tank, wipe oven cavity. Then empty the drip tray.

### NOTES:

1. While the oven cavity temperature is too high, you cannot use Sterilization. The display will show "U 04".
2. Check the heat-resistant temperature of each container before sterilization. Never sterilize items the heat-resistant temperature is not clarified. Even if the heat-resistant temperature reaches the required one, thin resin products may deform.
3. Do not open the door or add any items during sterilization.
4. Do not remove items until the sterilization finishes to prevent burns.
5. Care should be taken not to let glass and metal items slip out when removing the baking tray.

### Unavailable Items:

- Items with heat-resistant temperature less than 90 °C.
- Lacquer, Bamboo, Wooden or Paper Ware
- Iron Cookware
- Dirty tableware
- Polycarbonate products
- Any other items than tableware and cookware

**[21-1]** Items that heat-resistant temperature is over 120 °C.  
**Time required:** Maximum 46 min. (sterilization time: about 26 min.)

### Examples:

- Plastic container (except for Polycarbonate resin)
- China, Ceramics: plate and bowl etc.
- Glassware (The items made of tempered glass, cut-glass and crystal glass may be broken)
- Metal cutlery (The items having plastic handles are not available)
- Stainless kitchen knife
- Kitchen scissors
- Glass baby bottle

### NOTE for Container with lid:

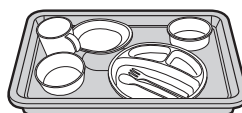
Check the heat-resistant temperature for each part. Some lids have lower heat-resistant temperature than their containers.

**Water Level:** 2 (MAX)

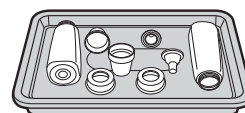
**Position:** Lower

**How to set:** Put item directly on the baking tray.

- Containers should be put face upward.
- You can put baking paper on the baking tray.



Up to 2 dishes can be stacked.



Place the baby bottle on its side and set the nipple and cap next to it.

**[21-2]** Items that heat-resistant temperature is over 90 °C.  
**Time required:** Maximum 33 min. (sterilization time: about 30 min.)

### Examples:

- Plastic cutting board (smaller than 29cm×39cm: 1 sheet)
- Towel (smaller than 40cm×40cm : up to 6 pieces, smaller than 36cm×90cm: up to 3 pieces)

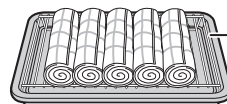
**Water Level:** 2 (MAX)

**Position:** Upper

**How to set:** Put item on the metal rack in baking tray.

### NOTE for towel:

1. Wring water out of towels.
2. Fold the towels and stack them on the metal rack. Or roll up and put them side by side on the rack. (with less than 10 layers)



Put item on the metal rack.

\* Test organization: General Incorporated Association Kyoto Biseibutsu Kenkyusho  
Test method: Live bacteria measurement  
Sterilization method: Removal by heat using water vapor  
Test results: More than 99.0% of bacteria eliminated  
Test subject: 21-1: Ceramic rice bowl

21-2: Towel

In no case does sterilization completely eliminate bacteria.

# CLEANING AND CARE

## Key Point for Cleaning - Immediately and frequently!

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

## CLEAN THE OVEN AT REGULAR INTERVALS -

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

### IMPORTANT CAUTIONS:

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

## Oven Cleaning - Exterior

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

## Door

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

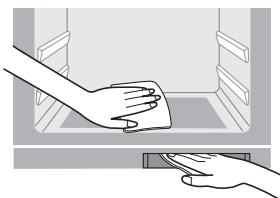
## Control Panel

Care should be taken in cleaning the control panel. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners.

## Oven Cleaning - Interior

### IMPORTANT INFORMATION:

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



## For removal of OIL AND FOOD SPLASHES on oven walls:

1. Fill the water tank with room temperature water suitable for drinking (filtered) through the lid to the 2 mark (MAX).
2. Operate the oven with [17] Steam High for 10 minutes without food. See page E-18 in the operation manual.
3. After the steaming, wipe the dirt in the oven interior with a dry soft cloth while the oven is still warm.

## For removal of the Odor (STEAM CLEAN):

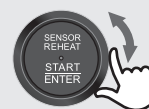
Carry out Steam Clean function below. It is not a self-cleaning function. It will take approximately 20 minutes for the cleaning cycle.

### PREPARATION

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

## PROCEDURE

- 1 Turn the **Knob** to select [23] Steam Clean.



- 2 Press **START**.



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

# CLEANING AND CARE

## Door Seals

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

## Baking Tray / Rack

Wash baking tray and rack after cooking with a mild soap or detergent solution, rinsing and polishing dry. Do not use harsh cleaners, sharp metal scrapers or stiff brushes to prevent damage to the surface.

## Water Tank and Water Tank Lid

After cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse and polish dry. Do not wash in the dishwasher. Do not use harsh cleaners, sharp metal scrapers or stiff brushes on the water tank and water tank lid.

## Drip Tray

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

## Descaling within the Oven's Steam Parts

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

# TROUBLESHOOTING CHART

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


- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer cabinet & Lamp Access: Never remove the outer cabinet to avoid the possibility of electric shock or burns.

## Error Message/Information Message

DISPLAY	ACTION
U 03	The amount of food to be cooked is too small. Press <b>CLEAR</b> and increase the amount or set the cooking time to less than 5 minutes. After oven cooking and then heating with the microwave while the inside is still hot, this may appear. If this occurs, allow the inside of the oven to cool.
U 04	The oven is too hot to use Defrost, Auto Menu (menu No. 5), [18] Steam Low, [19] Seam Proof, [20] Proof or [21] Sterilization. Remove food from oven and allow to cool until the message clears.
U 11	Remove water tank. If the water tank is in the oven, [22] Drain Water function will not start. Remove the water tank before starting Drain Water.
U 15	The water in the water circuit inside the oven is frozen. The oven may not operate properly. Operate the oven with Oven (1 layer at 200°C) without food and preheat for 5 minutes. See page E-16.
C number ↔ 888 Flash alternately.	Due to technical error, contact a SERVICE CENTRE APPROVED BY SHARP.
≧DESCALE≦	Descaling is necessary. Follow step-by-step instructions for descaling. See page E-8.
D (Time appearing in the display is counting down very rapidly.)	The oven is in the Demonstration mode. This feature is mainly for use by retail outlets. To cancel, press <b>CLEAR</b> until it beeps, and then press it 4 more times.
≧☒≦	Check the water tank is put correctly.

# TROUBLESHOOTING CHART

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

QUESTION / SITUATION		ANSWER
Control panel / power supply	The display is black / blank.	<ul style="list-style-type: none"> <li>* Open the door and close.</li> <li>* Check the power plug is properly connected to a suitable wall outlet.</li> <li>* Check the wall socket and fuse are functioning properly.</li> <li>* Disconnect the power cord, wait for a minute, then reconnect.</li> </ul>
	Electrical power supply is interrupted during cooking.	The programmed cooking time and mode will be cancelled. Continue to cook with manual mode.
	Oven light is off during PROOF mode.	Normal operation to prevent bread dough from drying on the surface.
	Oven light is off during operating in option No. [22] - [25].	This is normal operation.
	The display does not go off.	When the display shows "  ", the display will not go off.




# TROUBLESHOOTING CHART

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

QUESTION / SITUATION		ANSWER
Steam	Water is found inside the oven when the door is opened.	Steam has condensed inside the oven. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes out of the air ventilation openings at the top of the oven.	It is normal for used steam to come from the air ventilation opening on the top of the oven.
	Condensed water can be seen in the oven cavity.	This operation is normal. Steam has condensed on the oven floor. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes from the door during cooking.	Check the door sealings to make sure it is lying smoothly and flat.
Noise / Sound	No sound just after pressing <b>START</b> .	The fan will operate depending on the oven internal temperature etc. No sound may cause at the beginning of the cooking, however, it is normal.
	Noise after cooking.	The cooling fan will operate until the oven is cool. The fan may continue to operate up to 10 minutes depending on the oven and parts temperatures.
	Noise when cooking with high temperature.	High temperatures may cause expansion of the oven's components. This is normal.
Smoke / Aroma	When using the oven for the first time, it may smoke or smell.	See page E-9 for step-by-step instructions for cleaning the oven before the first use.
	The oven cavity smells after cooking.	See "For removal of the Odor:" on page E-22 for step-by-step instructions for removing the aroma.
	When a lot of smoke is emitted from the food during grilling.	Before cooking, pour 1 cup (200ml) of water into the baking tray to reduce the smoking emitted from the food. If you add the water, extend the cooking time by 10-20%. <b>Never pour water during the cooking to prevent the burn caused by very hot splashes.</b> <b>WARNINGS:</b> 1. The oven door, outer cabinet and oven cavity will become hot. Use thick oven gloves when adding or removing foods to prevent burns. 2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
Others	Time appearing in the display is counting down very rapidly.	Check the column of "D" on page E-24 and cancel.
Food spatters	It is difficult to remove food spatters stuck on the oven walls.	See "For removal of OIL AND FOOD SPLASHES on oven walls:" on page E-22. It is important to clean the oven interior after every use.

# SERVICE CALL CHECK

Check the following before calling service:

1. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Programme the oven for one minute on Microwave 800 W. At this moment:
  - A. Does the oven lamp light? Yes \_\_\_\_\_ No \_\_\_\_\_
  - B. Does the cooling fan work? Yes \_\_\_\_\_ No \_\_\_\_\_  
(Put your hand over the ventilation openings.)
  - C. Does the Microwave icon  appear in the display? Yes \_\_\_\_\_ No \_\_\_\_\_
  - D. After one minute, did audible signals sound? Yes \_\_\_\_\_ No \_\_\_\_\_
  - E. Is the water inside the oven hot? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Remove water from the oven and programme the oven for 5 minutes on Oven (1 layer, 250°C).
  - A. Does the Oven icon  appear in the display? Yes \_\_\_\_\_ No \_\_\_\_\_
  - B. After the oven stops, is inside of the oven hot? Yes \_\_\_\_\_ No \_\_\_\_\_
3. Fill the water tank with water and replace. Operate the oven for 3 minutes on Steam High.
  - A. Does the Steam icon  appear in the display? Yes \_\_\_\_\_ No \_\_\_\_\_
  - B. After the oven stops, is the inside of the oven filled with steam? Yes \_\_\_\_\_ No \_\_\_\_\_

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

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

## NOTES:

1. If time in the display is counting down very rapidly, check Demonstration Mode. (Please see page E-24 for detail.)
2. If you cook the food over 3 minutes on Microwave 800 W power level, output power will be reduced to avoid overheating.

# SPECIFICATIONS

AC Line Voltage	: Refer to the rating label.
AC Power Required	:
Microwave	1.32 kW
Convection	1.41 kW
Microwave Output Power	: 800 W* (IEC test procedure)
Microwave Frequency	: 2450 MHz (Class B/Group 2)**
Outside Dimensions	: 500 mm(W) × 420 mm(H) × 475 mm(D)***
Cavity Dimensions	: 400 mm(W) × 244 mm(H) × 316 mm(D)
Oven Capacity	: 31 L****
Weight	: Approx. 23 kg

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

\*\* This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11. In conformity with this standard, this product is classified as group 2 class B equipment. Group 2 means that the equipment intentionally generates radiofrequency energy in the form of electromagnetic radiation for heating treatment of food. Class B equipment means that the equipment suitable to be used in domestic establishments.

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

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

As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

# COOKING GUIDES

## About Your Oven

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

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

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

## About Cooking Options

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

### Water Oven/Water Grill

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

### Oven/Grill

Oven/Grill browns, bakes, broils and crisps a wide variety of foods. Cookies, cakes, breads, muffins, biscuits and rolls can be baked on one or two levels.

### Steam/Proof

Steam cooks foods gently while retaining moisture, natural flavours and nutrients. Proof aids dough rising when making regular or sweet yeast breads.

### Microwave (Defrost)

Microwave is fast and convenient for cooking and defrosting.

# COOKING GUIDES

## About Utensils and Coverings

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

Cooking Mode Utensils - Coverings	Convection/Grill	Steam/Proof	Microwave (Defrost)
Aluminium Foil, Metal, Foil Containers	YES	YES	NO Only use aluminum foil under the conditions described in this manual.
China, Ceramics	YES Oven-proof porcelain and pottery are usually suitable. Do not use the container if it has a flaw.	YES	YES Check manufacturer's recommendation for being microwave safe. Do not use the container if it has a flaw.
Heat-resistant Glassware	YES Care should be taken if using fine glassware as it can break or crack if heated suddenly.	YES	YES
Plastic/Polystyrene Containers, Plastic Wrap heat-resistant temp. over 140°C	NO	YES Care must be taken as some containers warp, melt or discolour at high temperatures.	YES Use microwave-safe plastic containers for reheating and defrosting. Some microwave- safe plastics are not suitable for cooking foods with high and sugar content. Follow manufacturer's directions.
Silicone containers	YES (Cannot use the grill function with the water grill) Use a silicon container capable of withstanding temperatures more than 30°C higher than the set oven temperature. The temperature near the steam and hot air outlet is higher than the set temperature, and this can deform the container depending on its shape.	YES	YES Silicone containers heat-resistant temp. over 140°C
Paper Towels, Paper Plates	NO	NO	YES Paper towels: To cover for reheating and cooking. Do not use recycled paper towels which may contain metal filings. Paper plates: For reheating.
Containers made of synthetic material	NO They could melt at high temperature.	NO	NO
Baking paper	YES Do not touch the oven wall as it may be burnt. Keep the heat-resistant temp.	YES	NO
Roasting Bags	YES Roasting bags should only be used with Convection- Oven.	NO	YES Follow manufacturer's directions.
Silver Dishes and Cooking Utensils or Containers that might rust inside the oven.	NO	NO	NO
Rack, Baking Tray	YES	YES	NO

# COOKING GUIDES

## Cooking Advices

1. Use ventilation when cooking, as cooking produces a lot of heat and steam.
2. Avoid as much as possible opening and closing the door when cooking. Allowing heat and steam to escape reduces cooking performance.
  - Check cooking conditions immediately after cooking is completed.
  - When opening the door during automatic cooking, refer to the Manual Cooking section of the online cookbook and cook manually.
3. When preparing a recipe from a common cookbook with a gas oven or another electric oven, cook while monitoring its progress. Refer to a similar recipe in the online cookbook and cook while monitoring its progress. Differences in oven cavity size, structure, and other features, however, may result in unsatisfactory cooking results despite using the cooking instructions given in commercial cookbooks or other recipe sources.

### For Cooking with Water

#### Use room temperature water suitable for drinking (filtered)

Slowly carry the baking tray while keeping it level: to avoid spilling meat juices, oils, hot water, or other liquids it may contain.

### For Convection/Grill

Once the dish is ready remove it from the oven.

- This prevents overcooking due to exposure to residual heat.
- When cooking with water, the dish may get wet due to a drop in temperature that cause vapor to condensate.

### For Automatic Cooking

When repeating cooking, use the results control while monitoring cooking.

Cavity or cooking accessories that are hot may result in overcooking and unsatisfactory results.

Use the indicated recipe ingredients and quantities, as they are compatible with this oven.

### Special Notes and Warning for Microwave


	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	<ul style="list-style-type: none"> <li>* Puncture egg yolks and whites and oysters before cooking to prevent "explosion".</li> <li>* Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself.</li> <li>* Cook hard / soft boiled eggs.</li> <li>* Overcook oysters.</li> <li>* Dry nuts or seeds in shells.</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>* Use specially bagged popcorn for the microwave oven.</li> <li>* Listen while popping corn for the popping to slow to 1-2 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>* Pop popcorn in regular brown bags or glass bowls.</li> <li>* Exceed maximum time on popcorn package.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns.</li> <li>* Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat disposable bottles.</li> <li>* Overheat baby bottles.</li> <li>* Heat bottles with nipples on.</li> <li>* Heat baby food in original jars.</li> </ul>
General	<ul style="list-style-type: none"> <li>* Food with filling should be cut after heating, to release steam and avoid burns.</li> <li>* Use a deep bowl when cooking liquids or cereals to prevent boiling over.</li> <li>* When cooking small amounts of finely cut roots and the like, always soak them in an adequate amount of water. Cooking small amounts of less than 100g can cause accidents due to sparks, burnt food, and combustion.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook in closed glass jars or airtight containers.</li> <li>* Deep fat fry.</li> <li>* Heat or dry wood, herbs, wet papers, clothes or flowers.</li> <li>* Operate the oven without a load in the oven cavity.</li> </ul>
Liquids (Beverages)	<ul style="list-style-type: none"> <li>* For boiling or cooking liquids see IMPORTANT SAFETY INSTRUCTIONS on page E-1-2 to prevent explosion and delayed eruptive boiling.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat for longer than recommended time.</li> </ul>
Canned foods "Boil-in-the-bag" food	<ul style="list-style-type: none"> <li>* Put bagged and canned food in a container before cooking. Cooking food in aluminum and other metal containers can cause damage due to sparks. Bagged and canned food can be cooked by [17] Steam High.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook food while in cans or bags.</li> </ul>
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> <li>* Cook for the recommended time. (These foods have high sugar and / or fat contents)</li> </ul>	<ul style="list-style-type: none"> <li>* Overcook as they may catch fire.</li> </ul>

# AUTOMATIC COOKING CHART

## Sensor Reheat Menu Guide

**Cooking Mode:** Microwave

Place the food in the centre of the oven floor.

Menu Name	Weight Range	Tips
Rice (initial temp 8-20°C)	1- 4 serves (1 serve: 150 g)	<ul style="list-style-type: none"> <li>When reheating 1 serve, select LESS (▼) after pressing <b>START</b>.</li> <li>When reheating the hard texture rice, sprinkle water.</li> </ul>
Frozen Rice (initial temp -18°C)	1- 2 serves (1 serve: 100 - 150 g)	<ul style="list-style-type: none"> <li>Use the flat frozen rice of 2-3 cm thick covered with plastic wrap.</li> <li>Place food on a plate.</li> <li>Select LESS (▼) after pressing <b>START</b>.</li> </ul> 
Chinese Steamed Dumplings (initial temp 8-20°C)	5 - 12 pieces (up to 160 g)	<ul style="list-style-type: none"> <li>Sprinkle water to the food.</li> <li>Cover with plastic wrap.</li> <li>Select LESS (▼) after pressing <b>START</b>.</li> </ul>
Hamburg (initial temp 8-20°C)	1 - 4 pieces (1 piece: 90 g)	<ul style="list-style-type: none"> <li>Do not cover.</li> <li>Select MORE (▲) after pressing <b>START</b>.</li> </ul>
Tempura (initial temp 8-20°C)	0.1 - 0.4 kg	<ul style="list-style-type: none"> <li>Put kitchen paper on the plate, then put food in the single layer on it.</li> <li>Do not cover.</li> </ul>
Grilled Chicken Skewers (initial temp 8-20°C)	2 - 6 skewers (up to 150 g)	<ul style="list-style-type: none"> <li>Do not cover.</li> </ul>
Pilaf (initial temp 8-20°C)	0.1 - 0.4 kg	<ul style="list-style-type: none"> <li>Do not cover.</li> <li>After cooking, stir.</li> </ul>
Fried Noodles (initial temp 8-20°C)	0.1 - 0.2 kg	<ul style="list-style-type: none"> <li>Add a little butter or oil if the food is dry before cooking.</li> <li>Do not cover.</li> <li>After cooking, stir.</li> </ul>
Curry (initial temp 8-20°C)	0.2 - 0.4 kg	<ul style="list-style-type: none"> <li>Cover with plastic wrap.</li> <li>Select LESS (▼) after pressing <b>START</b>.</li> </ul>
(initial temp -18°C)	0.2 - 0.4 kg	<ul style="list-style-type: none"> <li>Use shallow dish.</li> <li>Cover with plastic wrap.</li> </ul>
Simmered food (initial temp 8-20°C)	0.1 - 0.4 kg	<ul style="list-style-type: none"> <li>Do not cover except for simmered fish.</li> </ul>
Miso Soup (initial temp 8-20°C)	1- 2 cups (1 cup: 150 mL)	<ul style="list-style-type: none"> <li>Do not cover.</li> <li>Select MORE (▲) after pressing <b>START</b>.</li> </ul>

# AUTOMATIC COOKING CHART

## Defrost Menu Guide

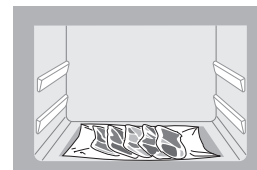
**Cooking Mode:** Microwave with Steam

Menu Name	Weight Range	Water Level	Tips
Chunk of Meat (initial temp -18°C)	0.1 - 0.5 kg	1 or more	<ul style="list-style-type: none"> <li>Remove from original wrapper.</li> <li>Put the plastic wrap in the centre of the oven floor, then place the food on it.</li> <li>Do not cover.</li> <li>Select MORE (▲) after pressing <b>START</b>.</li> </ul>
Sliced Meat Boneless Chicken (thigh/breast) Minced meat (initial temp -18°C)	0.1 - 0.5 kg	1 or more	<ul style="list-style-type: none"> <li>Remove from original wrapper.</li> <li>Put the plastic wrap in the centre of the oven floor, then place the food on it.</li> <li>Do not cover.</li> <li>For 100 g, select LESS (▼) after pressing <b>START</b>.</li> </ul>
Fish Fillet Squids, Prawns (initial temp -18°C)	0.1 - 0.5 kg	1 or more	<ul style="list-style-type: none"> <li>Remove from original wrapper. Shield thin end with foil.</li> <li>Put the plastic wrap in the centre of the oven floor, then place the food on it.</li> <li>Do not cover.</li> <li>For Defrost, select LESS (▼) after pressing <b>START</b>.</li> <li>For Defrost Low with 400 g or more, select MORE (▲) after pressing <b>START</b>.</li> </ul>

Foods not listed in the Guide can be defrosted manually using 200W power level setting.

### NOTE:

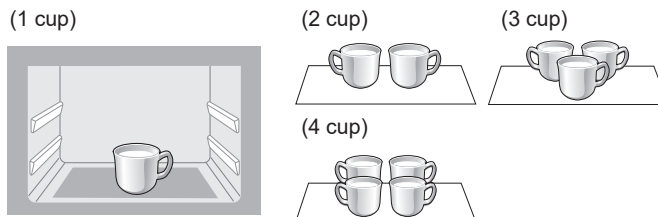
After the cooking with Convection or Oven function, the oven floor will be too hot. Defrost food after the oven has completely cool, because the plastic wrap may melt on the hot oven floor.



## Beverage Menu Guide

**Cooking Mode:** Microwave





Menu Name	Quantity	Tips
Milk (initial temp 8°C)	1 - 4 cups (1 cup: 200 mL)	<ul style="list-style-type: none"> <li>Use wide-mouthed container.</li> <li>Do not cover.</li> <li>Stir the liquid before cooking.</li> <li>Place the cup in the centre of the oven floor.</li> <li>After cooking, stir.</li> </ul>
Coffee (initial temp 20°C)	1 - 4 cups (1 cup: 150 mL)	<div> <div>(1 cup)</div> <div>(2 cup)</div> <div>(3 cup)</div> <div>(4 cup)</div> </div>



# AUTOMATIC COOKING CHART

## Auto Sensor Cook (ALL IN ONE) Menu Guide

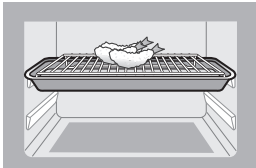
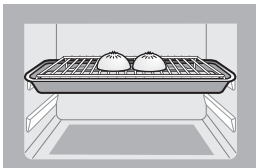
• Refer to the online cookbook, ensure the suitable menus and follow to SHARP instructions.

Menu Name	Weight Range	Procedure	Cooking Mode	Water Level
1. Grill 	Up to 1 kg	<b>Place food on rack in baking tray and then cook.</b> <ul style="list-style-type: none"> <li>• Use to salt grill or sauce broil meat and fish.</li> <li>• Oil-free cooking for deep fried is available.</li> <li>• Prepare a quick meal by adding your favorite vegetables with meat/fish and cooking them at the same time.</li> <li>• See the online cookbook.</li> </ul>	Water Oven	1 or more
2. Bake 	Up to 1 kg	<b>Place food on baking tray and then cook.</b> <ul style="list-style-type: none"> <li>• Grill fish, gratin, and other familiar dishes.</li> <li>• Prepare a more balanced meal by adding your favorite vegetables and cooking them at the same time.</li> <li>• See the online cookbook.</li> </ul>	Water Oven	1 or more
3. Stir Fry 	Up to 1 kg	<b>Spread out on baking tray and cook.</b> <ul style="list-style-type: none"> <li>• You can cook stir-fried using the baking tray as a frying pan.</li> <li>• See the online cookbook.</li> </ul>	Water Oven	1 or more
4. Steam 	Up to 0.8 kg	<b>Steam vegetables, meat, fish, eggs, and store-bought foods.</b> <ul style="list-style-type: none"> <li>• Place food on rack in baking tray and then cook.</li> <li>• Steam chicken, vegetables, and the like.</li> <li>• Add variety with dressings and sauces.</li> <li>• See the online cookbook.</li> </ul>	Steam	2 (MAX)

# AUTOMATIC COOKING CHART

## Auto Menu Guide

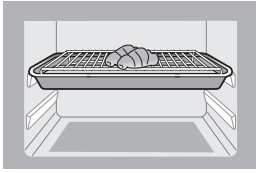
- Refer to the online cookbook, ensure the suitable menus and follow to SHARP instructions.

Menu Name	Weight Range	Procedure	Cooking Mode
1. Crispy Reheat		<b>Water Level: 1 or more</b> <b>Food Position: Upper</b> 	Water Oven
Tempura (initial temp 8 -20°C)	100 - 600 g	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• When reheating 400 g or more, select MORE (▲) after pressing <b>START</b>.</li> </ul>	
Meat Cutlet (initial temp 8 -20°C)	100 - 600 g	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• Select LESS (▼) after pressing <b>START</b>.</li> </ul>	
French Fries (initial temp 8 -20°C)	100 - 200 g		
Fried Chicken on the Bone (initial temp 8 -20°C)	100 - 400 g		
Grilled Fish Yakitori (Grilled Chicken Skewers) (initial temp 8 -20°C)	100 - 300 g		
Hamburg (initial temp -18°C, 8 - 20°C)	1 - 4 pieces (1 piece : approx. 90 g)	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• For food at 8 -20°C, select LESS (▼) after pressing <b>START</b>.</li> </ul>	
2. Steam Reheat		<b>Water Level: 2 (MAX)</b> <b>Food Position: Upper</b> 	Steam
Steamed Buns (initial temp -18°C, 8 - 20°C)	1 - 4 pieces (1 piece : 70 - 120 g)	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• When reheating bigger bun (120 g), select MORE (▲) after pressing <b>START</b>.</li> </ul>	
Chinese Steamed Dumplings (initial temp -18°C, 8 - 20°C)	5 - 12 pieces (up to 160 g)	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• Select LESS (▼) after pressing <b>START</b>.</li> </ul>	
Steamed Rice (initial temp 20°C)	100 - 600 g	<ul style="list-style-type: none"> <li>• Put food in rice bowl.</li> <li>• Place the bowl on baking tray, uncovered.</li> <li>• When reheating 150 g or less, select LESS (▼) after pressing <b>START</b>.</li> </ul>	
Canned foods (initial temp 20°C)	1 - 2 cans (1 can : 80 - 100 g)	<ul style="list-style-type: none"> <li>• Open the lid of the can.*</li> <li>• Place on the rack in baking tray</li> <li>• Select LESS (▼) after pressing <b>START</b>.</li> </ul> <p>* Although you can cook canned foods without opening the lid, you should open it before cooking to prevent burns.</p>	

# AUTOMATIC COOKING CHART

## Auto Menu Guide

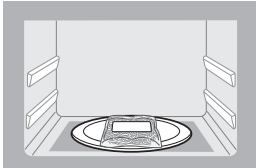
- Refer to the online cookbook, ensure the suitable menus and follow to SHARP instructions.

Menu Name	Weight Range	Procedure	Cooking Mode
3. Reheat Bread		<b>Water Level: 1 or more</b> <b>Food Position: Upper</b> 	Water Oven
3-1. Dinner Roll (initial temp -18°C, 8 - 20°C)	30 - 240 g (1 - 8 pieces)	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• When reheating 90 g or less, select LESS (▼) after pressing <b>START</b>.</li> <li>• When reheating 2 pieces of Savoury Buns (200 g), select MORE (▲) after pressing <b>START</b>.</li> </ul>	
3-1. Pizza (initial temp -18°C, 8 - 20°C)	100 - 400 g (1 - 4 slices)	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• For 300 g or more, select MORE (▲) after pressing <b>START</b>.</li> </ul>	
3-2. Baguette (initial temp -18°C, 8 - 20°C)	30 - 240 g (1 - 8 slices)	<ul style="list-style-type: none"> <li>• Use baguettes sliced less than 4 cm in thick.</li> <li>• Put food on rack in baking tray, uncovered.</li> <li>• When reheating 90 g or less, select LESS (▼) after pressing <b>START</b>.</li> <li>• When reheating 2 pieces of Savoury Buns (200 g), select MORE (▲) after pressing <b>START</b>.</li> </ul>	
3-3. Croissant/Pie (initial temp -18°C, 8 - 20°C)	40 - 240 g (1 - 6 pieces)	<ul style="list-style-type: none"> <li>• Put food on rack in baking tray, uncovered.</li> <li>• When reheating 80 g or less, select LESS (▼) after pressing <b>START</b>.</li> <li>• When reheating 2 pieces of Savoury Buns (200 g), select MORE (▲) after pressing <b>START</b>.</li> </ul>	

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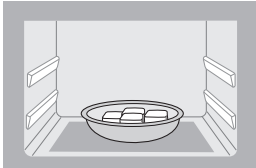
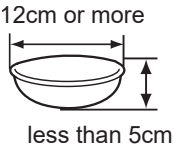
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Menu Name	Weight Range	Procedure	Cooking Mode
4. Reheat Frozen Food		Use mainly for reheating commercial Frozen Meal (microwave-safe) for one person. 	Microwave
Spaghetti (initial temp -18°C)	1 serve (180 - 360 g)	<ul style="list-style-type: none"> <li>• Prepare food as mentioned on the package.</li> <li>• Place the food in the centre of the oven floor.</li> <li>• After cooking, stir.</li> </ul>	
Fried Noodles (initial temp -18°C)	1 serve (200 - 300 g)	<ul style="list-style-type: none"> <li>• Prepare food as mentioned on the package.</li> <li>• Place the food in the centre of the oven floor.</li> <li>• After cooking, stir.</li> </ul>	
Fried Rice (initial temp -18°C)	200 - 450 g	<ul style="list-style-type: none"> <li>• Prepare food as mentioned on the package.</li> <li>• Break up the food before cooking.</li> <li>• Cover with plastic wrap.</li> <li>• Place the food in the centre of the oven floor.</li> <li>• After cooking, stir.</li> </ul>	
Chinese Steamed Dumplins (initial temp -18°C)	5 - 12 pieces (up to 160 g)	<ul style="list-style-type: none"> <li>• Prepare food as mentioned on the package.</li> <li>• Sprinkle water to the food.</li> <li>• Cover with plastic wrap.</li> <li>• Place the food in the centre of the oven floor.</li> </ul> <p>Tip: You can also reheat on menu No. 2 (Steam Reheat) for moist texture.</p>	
Vegetable; Taro/Pumpkin (initial temp -18°C)	100 - 400 g	<ul style="list-style-type: none"> <li>• Prepare food as mentioned on the package.</li> <li>• Cover with plastic wrap.</li> <li>• Place the food in the centre of the oven floor.</li> </ul>	

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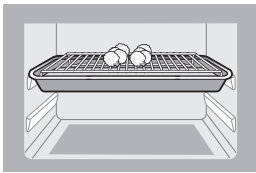
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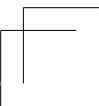
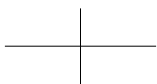
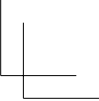
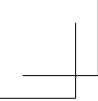
Menu Name	Weight Range	Procedure	Cooking Mode
5. Reheat as Temperature	1 - 2 serves (up to 200 g)	<p>Use to soften butter or reheat soup by setting desired temperature.</p>  <p><b>Temperature Range:</b> -10°C, 20 - 90°C (5°C per step)</p> <ul style="list-style-type: none"> <li>• Do not cover.</li> <li>• When using containers, put the food in one container.</li> <li>• The recommended container size: Width: 12cm or more Height: less than 5cm</li> <li>• Place the food in the centre of the oven cavity.</li> </ul>  <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>• Do not reheat any beverages with this function. Reheat with <b>BEVERAGE</b>. See page E-11.</li> <li>• Do not reheat buns contained chocolate or cream.</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Recommended Temperature</b>            Soup: 80 - 90°C            Rice: 60 - 70°C            Savoury Buns: 50 - 60°C            Rice Ball: 40 - 50°C            Butter: 20°C            Ice Cream: -10°C</p> </div>	Microwave
6. Grilled Chicken	2 or 4 serves	• See the online cookbook.	Water Grill
7. Deep Fried Chicken	2 or 4 serves	• See the online cookbook.	Water Oven
8. Grilled Fish	2 or 4 serves	• See the online cookbook.	Water Grill

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## Auto Menu Guide

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Menu Name	Weight Range	Procedure	Cooking Mode
9. Steamed Vegetables Spinach Asparagus Broccoli Daikon Radish Pumpkin Carrot	0.1 - 0.4 kg	<b>Water Level: 2 (MAX)</b> <b>Food Position: Upper</b>  <ul style="list-style-type: none"> <li>• Wash vegetables, then remove excess water.</li> <li>• Cut and trim the vegetables into florets, shreds or strips.</li> <li>• Put vegetables on rack in baking tray, uncovered.</li> <li>• Put the baking rack on the upper position in the oven.</li> </ul> <p>For Spinach, Asparagus: Select LESS (▼) after pressing <b>START</b>.</p> <p>For Daikon Radish, Pumpkin, Carrot: Select MORE (▲) after pressing <b>START</b>.</p>	Steam
10. Baked Sweet Potato	1 - 4 pieces (1 piece: 250 g)	• See the online cookbook.	Water Oven
11. Toast	2 or 4 slices	• See the online cookbook.	Water Oven
12. Breakfast Set	2 or 4 serves	• See the online cookbook.	Water Oven
13. Sponge Cake	1 - 2 layers	• See the online cookbook.	Water Oven
14. Cream Puff	1 - 2 layers (1 layer: 12 pieces)	• See the online cookbook.	Water Oven
15. Dried Food 15-1. Dried Fruit (soft) 15-2. Dried Chips 15-3. Snacks	2 layers	• See the online cookbook.	Water Oven



## 選項編號

轉動旋鈕選擇以下選項。每個選項編號將顯示在顯示屏中。

自動烹調		自選烹調	保養
1 酥脆加熱	9 蒸煮蔬菜	16 燒烤	21 消毒餐具
2 蒸煮加熱	10 烤蕃薯	(燒烤、水波燒烤)	22 排水
3 麵包加熱	11 多士	17 高溫蒸煮	23 蒸氣清潔
-1 晚餐小麵包/薄餅	12 早餐套餐	18 低溫蒸煮	24 除垢
-2 法包 -3 牛角包/餡餅	13 海綿蛋糕	19 蒸氣發酵	25 空燒
4 冷凍加熱	14 泡芙	20 發酵	(首次使用時)
5 自訂加熱	15 食物烘乾		
6 烤雞	-1 果乾 (軟身)		
7 炸雞	-2 脆片		
8 烤魚	-3 小食		

## OPTION NUMBER

The following options are selected by turning the Knob. Each option number will be shown in the display.

AUTO MENU		MANUAL COOKING	MAINTENANCE
1 Crispy Reheat	9 Steamed Vegetables	16 Grill	21 Sterilization
2 Steam Reheat	10 Baked Sweet Potato	(Grill, Water Grill)	22 Drain Water
3 Reheat Bread	11 Toast	17 Steam High	23 Steam Clean
-1 Roll/Pizza -2 Baguette	12 Breakfast Set	18 Steam Low	24 Descale
-3 Croissant/Pie	13 Sponge Cake	19 Steam Proof	25 Clean Oven
4 Reheat Frozen Food	14 Cream Puff	20 Proof	(First Use)
5 Reheat as Temperature	15 Dried Food		
6 Grilled Chicken	-1 Dried Fruit (Soft)		
7 Deep Fried Chicken	-2 Dried Chips		
8 Grilled Fish	-3 Snacks		

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