

INSTRUCTION MANUAL

Microwave Oven With Grill

EM-308EB1

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Read these instructions carefully before use.

If you follow these instructions, your Microwave Oven will serve you long and well.

产品规格 **SPECIFICATIONS**

MODEL	EM-308EB1
Power Source	220V~50Hz
Maximum Output Power	800W * (Microwave) / 1100W * (Grill)
Rated Input Power	1250W * (Microwave) / 1150W * (Grill)
Rated Microwave Frequency	2450MHz
Oven Capacity	About 30L
Outside Dimensions (W×H×D)	510mm×440mm×345mm
Net Weight	20kg

* According to GB/T18800-2002 test procedures.

如何安全使用本微波炉 **HOW TO USE YOUR OVEN SAFELY**

1. When boiling water or other liquids, be sure to use a wide mouthed container, this will allow air bubbles to escape freely and prevent boiling over. Overheating the liquid beyond boiling point can occur without the evidence of bubbling. This could result in a sudden boil over of the hot liquid.
2. Do not attempt to operate the oven while empty as this will cause damage.
3. Do not deep fry in the microwave oven as the temperature of the oil cannot be controlled and it may overheat.
4. Never completely seal containers in the microwave oven. Coverings are necessary but containers must not be airtight.
5. Small quantities of food with low moisture content of high fat or sugar content can burn, dry out or catch fire if cooked or re-heated too long. Please note that the heating / cooking period required is extremely short: for example it only takes approximately 15 seconds to heat one mince pie or similar.
6. Always pierce food which has a skin or membrane, for example, potatoes, tomatoes, apples, sausages etc. If you don't pierce them steam will build up inside and they may explode.
7. When disposable containers of plastic, paper or other combustible materials are used to reheat food, it is advisable to check from time to time during the cooking cycle.

NOTE:

It is quite normal for steam to be emitted around the door, for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle. This is merely condensation from the heat of the food and does not affect the safety of your oven. The door is not intended to seal the oven cavity completely but its special **SANYO** design contributes to the complete safety of the appliance.

ALTHOUGH YOUR OVEN IS PROVIDED WITH SAFETY FEATURES, IT IS IMPORTANT TO OBSERVE THE FOLLOWING:

- a. Do not tamper with safety interlocks.
- b. Do not place any object between the oven and the door or allow any food residue to accumulate on sealing surfaces. Wipe the door sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- c. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door may cause the oven to fall forward resulting in injury.
- d. If any damage is apparent, do not operate the oven. Contact your nearest **SANYO SERVICE CENTRE**.

其他重要的安全事项 **OTHER IMPORTANT SAFETY INSTRUCTIONS**

The following safety precautions should be followed when using this appliance:

1. **Read all instructions before first use.**
2. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.

If a fire should start:

- Keep the oven door closed.
- Turn the oven off.
- Disconnect the power cord or shut off the power at the mains.

Other important safety points to remember are:

1. Do not use wire ties in the oven. Be sure to inspect purchased items for wire ties and remove before placing food in the oven.
2. It is important to keep the oven interior clean. Food particles left on the oven walls reduce the efficiency of the microwaves.
3. Do not heat foods or liquids in bottles or jars with lids on. Air must be allowed to escape from the container.
4. Do not heat foods on the glass plate. The glass plate may be broken.
5. Milk or food for babies should be heated on 450W. It should then be stirred thoroughly and tested to ensure that it is at the correct temperature before giving it to the baby.
6. Care must be taken when removing cups of hot liquid from the glass plate. Cups should be lifted not slid to the edge of the glass plate to prevent tipping. Cups should be placed in the centre of glass tray.
7. Never microwave eggs in the shell since they may explode. The egg yolk may pop because of a built-up of steam inside the membrane. To prevent this, pierce the membrane before cooking it.

WHEN COOKING BY GRILL OR DISINFECT:

1. **Take care not to spill water on the glass plate during or immediately after cooking** as it may crack.
2. Be sure to use an oven glove when loading and unloading the oven.
3. **Be careful not to touch the viewing window when loading or unloading the oven.**
4. **The top of the cabinet gets very hot , therefore do not place items on the oven.**

WARNING

1. Do not adjust or repair microwave oven yourself. Do not operate the oven if it is damaged, until it has been repaired by a service engineer trained by the manufacturer.
2. It is dangerous for anyone other than a properly qualified engineer trained by the manufacturer to carry out adjustments or repairs.
3. If the power supply cord is damaged, it must be replaced by the manufacturer, as a specially prepared cord is required.
4. On no account remove or interfere with any parts or screws.

THIS COULD PROVE VERY DANGEROUS.

SAVE THESE INSTRUCTIONS

安裝 INSTALLATION

OVEN POSITION

1. Install the oven on the a flat, level surface strong enough to safely bear the weight of the oven.
2. Do not locate the oven near areas where heat and moisture are generated as this may lower oven efficiency.
3. Covering the air vents may lead to malfunctioning, therefore a minimum clearance of 4.5cm is required above, to each side, and to the rear of the oven.
4. Some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.
5. Microwave oven must be installed at minimum height of 85cm above floor level.

WARNING- THIS APPLIANCE MUST BE EARTHED

IMPORTANT: The wires in this mains lead are colored in accordance with the following code: Green-and-yellow: Earth. Blue: Neutral. Brown: Live.

As the colors of the wires in the mains lead of this appliance may not correspond with the colored markings identifying the terminals in your plug, proceed as follows:

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

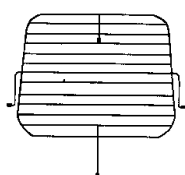
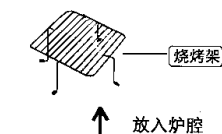
The wire which is colored blue must be connected to the terminal which is marked with the letter N.

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

微波炉部件与附件 **OVEN PARTS AND ACCESSORIES**

Your oven is supplied with the following accessories:

Instruction Manual	1
Grill Rack	1
Menu	1
Guarantee Card	1
Pin	3



本微波炉烧烤架支脚有限位功能，
请确保烧烤架支脚按“+”方向放入炉腔，
不可按“X”方向放入炉腔



微波炉用具 **OVEN UTENSILS**

MATERIAL	UNTENSILS	MICROWAVE	GRILL / DISINFECT
Ceramic & GLASS	Corning Ware	YES	YES
	Heat resistant Glass Ware	YES	YES
	Glass Ware with metal decoration	NO	NO
	Lead Glass	NO	NO
China	Without metal decoration	YES	YES
Pottery		YES	YES
Plastic	Regular Oven Heat-proof Ware	YES	NO
	Plastic Wrap	YES	NO
Metal	Metal Baking Pan	NO	YES
	Aluminium Foil	YES	YES
Paper	Cups, Plates, Towels	YES	NO
Waxed Paper		YES	NO
Wood		NO	NO

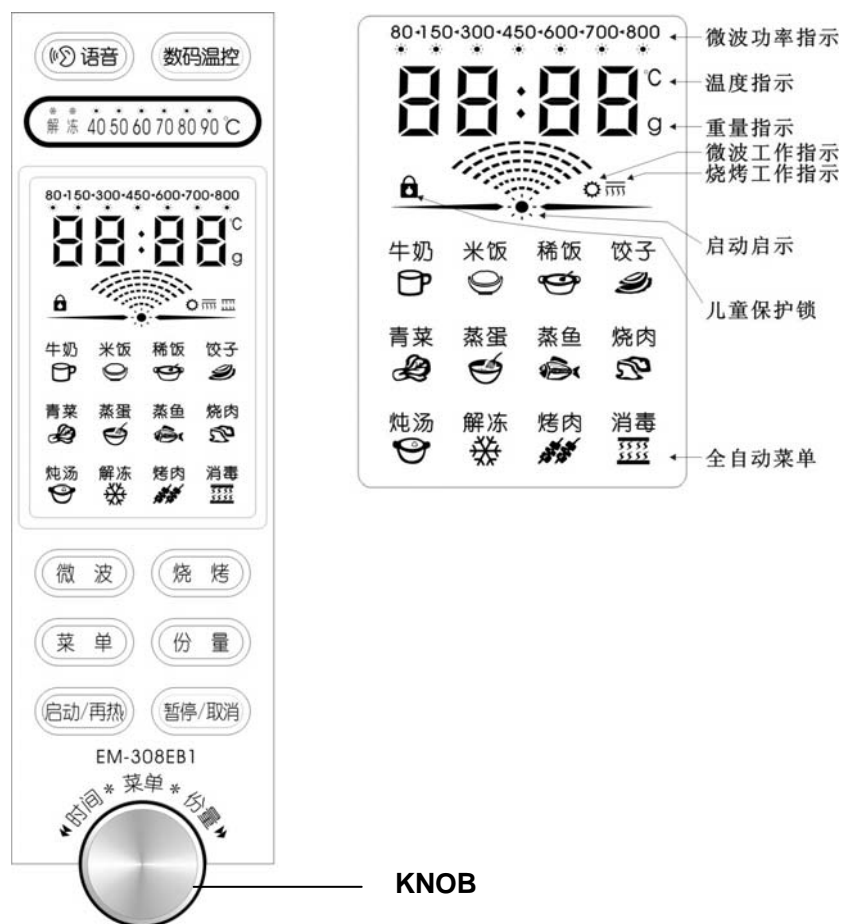
A variety of utensils and materials may be use for cooking in your microwave oven. For your safety and to prevent damaging utensils and your oven, choose appropriate utensils and materials for each cooking method. This list is a general guide to help you to select utensils and materials.

NOTES:

- Aluminium foil should be used for shielding purposes only. Over use may cause arcing.
- Arcing is denoted by a “ sanpping ” or “ cracking “ noise and may be accompanied by bright flashes.
- Do not use metal ties on any paper or plastic bags; the ties become hot and could cause a fire.
- When using cling film:
 1. Make sure the film is not fitted skin tight.
 2. Pierce film to allow steam to escape.

Never allow film to touch food as it may melt when food becomes hot.

微波炉控制面板 OVEN CONTROL PANEL



微波功率指示 **POWER INDICATOR (UNIT: WATT)**

重量指示 **WEIGHT INDICATOR**

烧烤工作指示 **GRILL INICATOR**

儿童保护锁 **CHILD LOCK-OUT INDICATOR**

AUTO MENU

牛奶 **MILK**

稀饭 **CONGEE**

青菜 **VEGETABLES**

蒸鱼 **BRAISE FISH**

炖汤 **MEAT SOUP**

烤肉 **MEAT SKEWER**

语音 **VOICE**

微波 **MICROWAVE**

菜单 **MENU**

启动/再热 **START/REHEAT**

旋钮 **KNOB (时间 菜单 份量)**

温度指示 **TEMPERATURE INDICATOR**

微波工作指示 **MICROWAVE INDICATOR**

启动指示 **START INDICATOR**

全自动菜单 **AUTO MENU**

米饭 **RICE**

饺子 **DUMPLING**

蒸蛋 **BRAISE EGG**

烧肉 **COOK MEAT**

解冻 **DEFROST**

消毒 **DISINFECT**

数码温控 **DIGITAL TEMPERATURE CONTROL**

烧烤 **GRILL**

份量 **WEIGHT**

暂停/取消 **PAUSE/CANCEL**

Press the “微波” key, turn the knob clockwise or counter-clockwise to set the cooking time. Press the “菜单” key, turn the knob to set the auto menu. Press the “份量” key, turn the knob to set the weight.

设定时钟 **SETTING THE CLOCK**

When your oven is plugged in for the first time or when the power resumes after a power interruption, the numbers in the display reset to 12:00. To set the clock follow adjacent procedure.

Example: To set **4:30**.


1. Open the oven door, touch “启动/再热” key .
2. Turn the knob until **4:** is indicated.
3. Touch “启动/再热” key .
4. Turn the knob until **4:30** is indicated.
4. Touch “启动/再热” key to lock in the time and start the clock running.

儿童保护锁 **CHILD LOCK-OUT**

This oven has a safety feature which prevents the accidental running of the oven by a child.

Note:


After the child lock has been set, the oven will appear to operate normally if the keys are pressed. However the oven will produce NO actual microwave power.

To cancel Child Lock simply repeat setting procedure. Indicator “”disappears and clock display reappears.

To set:

1. Press “暂停/取消” key 4 seconds, until “” icon is indicated.

快速启动 **FAST STARTING**


Touch “启动/再热” key when the door is closed and the clock is running. The microwave oven will work on 800W for 1 minutes. Indicator “”disappears. Turn the knob to set the heat time.

高火力和可变火力烹调 **HIGH AND VARIABLE POWER COOKING**

This basic microwave cooking method allows you to cook food for a desired time. In addition to the maximum power level, you can select different microwave power from 6 levels, **80W** to **700W** for the foods that require slower cooking.

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

Example: To cook at 450W for 1 min, 30secs:

1. Touch “微波” key until the indicator displays the microwave power icon“”**at 450W** .
2. Turn the knob to set **1.30**.
3. Touch “启动/再热” key.

NOTE:Turn the knob to set the cooking time. (According to the following table.)

时间 TIME	增加量 TIME INCREMENT
0-5 min	15s
5-10 min	30s
10-30min	1min
30-90min	5min

POWER SETTING	SUGGESTED USE
80W	Softening cream cheese
150 W	Keeping foods warm, defrosting.
300W	Completing the cooking cycle of some casseroles and stews.
450W	Completing the cooking cycle of some casseroles and stews. Baked custards and cheese cakes.
600W	Baked custards and cheese cakes.
700W	Roasting meats. Baking cakes.
800W	Reheating precooked foods. Boiling liquids. Baking fish, vegetables

自动解冻 **AUTOMATIC WEIGHT DERROST**

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry, or fish.

Example: To Defrost a 1.0kg food:

1. Press “菜单” key, and then turn the knob until the “解冻” icon is indicated.
2. Press “份量” key, and then turn the knob until “1000” is indicated.
3. Touch “启动/再热” key.
4. During the course, the oven will be paused automatic to allow for checking and rearranging the food.
5. Touch “启动/再热” key .

Pause This feature has a built-in pause mechanism to allow for checking and rearranging the food. The oven stops at the end of the first defrost period (about 1/3 of the total defrost time). If you do not open the door at the pause, the oven restarts after 2 minutes and commences the second defrost period.

NOTE: Turn the knob to set the weight. (According to the following table.)

重量 WEIGHT	增加量 WEIGHT INCREMENT
0.1-1.6kg	0.1kg

Defrosting Tips

1. It is better to underestimate defrosting times if you are unsure. Food will continue to defrost during the standing time.
2. Separate food as soon as possible.
3. Turn large items, e.g. joints, halfway through the defrosting time, or at pause.
4. Remove any thawed food as soon as possible.
5. Remove or open any packaging before defrosting.
6. Place food in a larger container than that which it was frozen in, this will allow for easy stirring.
7. Begin thawing poultry, breast side down and turn over halfway through defrosting time or at pause.
Delicate areas such as wing tips can be shielded with small pieces of smooth foil.
8. Standing time is very important, particularly for large, dense foods which cannot be stirred to ensure that the centre is completely defrosted before cooking.



多阶段烹调 **MULTI-STAGE COOKING**

Multi-stage cooking is ideal for sequential cooking. It allows you to cook at different power levels and different cooking modes for a chosen time. All the stages should be set before starting the oven.

Multi-Stage Cooking table:

The First Stage	The Second Stage	The Third Stage
Microwave	Microwave	Microwave
Microwave	Microwave	-
Microwave	Microwave	Grill
Microwave	Grill	-

Example: To set the oven to microwave on 450W for 10 minutes, and then Grill for 5 minutes.

1. Touch “微波” key until the indicator displays the microwave power icon”  ”at **450W** .
2. Turn the knob to set **10.00**.
3. Touch “微波” key until the indicator displays the microwave power icon”  ”at **150W** .
4. Turn the knob to set **5.00**.
5. Touch “烧烤”key , turn the knob to set **3.00**.
6. Touch “启动/再热” key.

数码温控 **DIGITAL TEMPERATURE CONTROL**

Touch “数码温控” key, or turn the knob to set the digital temperature control cooking. Touch “数码温控” key to select the desire temperature” 解冻 **40 50 60 70 90** “ , then touch “启动/再热” key.

语音 VOICE ALARM


The oven has a voice alarm function. Touch “语音” key to set this function or cancel.

VOICE ALARM TABLE

序号 NO.	条件 CONDITION	含义 ALARM CONTENT MEANS
1	插上电源	ASSIST FOR YOU.
2	启动	START
3	运行中暂停	PAUSE
4	取消	CANCEL
5	运行结束	SINGLE TONE 1
6	微波键 一次	SET MICROWAVE POWER
7	微波键 两次	SINGLE TONE 6
8	烧烤键	GRILL
9	菜单键	SET MENU
10	份量键	SET WEIGHT
11	语音键 一次	SINGLE TONE 2
12	语音键 二次	VOICE ALARM
13	数码温控键 一次	SET TEMPERATURE
14	数码温控键 两次	SINGLE TONE 5
15	旋钮调节时间	SET TIME
16	时钟调节 进入	SET CLOCK
17	调节分钟	SINGLE TONE4
18	结束调节	SINGLE TONE4
19	快速启动	START
20	设定儿童锁	SET CHILD LOCK
21	取消儿童锁	CANCEL CHILD LOCK
22	炉门打开时启动	PLEASE CLOSE THE DOOR.
23	自动暂停 1	PLEASE REARRANGE THE FOOD.
24	自动暂停 2	PLEASE MIX ROUND THE FOOD.
25	食物位置放偏加热条件不适合	PLEASE REFER TO THE MANUAL.
26	红外线传感器故障电脑板电源故障	PLEASE CONTACT WITH YOUR NEAREST SANYO SERVICE CENTRE.
27	阶段提示音	SINGLE TONE 1
28	设定提示音	SINGLE TONE 2
29	取消提示音	SINGLE TONE 3
30	按键音	SINGLE TONE 4
31	按键音	SINGLE TONE 5
32	按键音	SINGLE TONE 6

烧烤 GRILL COOKING


This method is ideal for toasting bread or muffins. Remember the oven will be hot. Place all foods on high grilling rack.

Touch “烧烤” key, until the grill icon “”. and “.0” icon is indicated. Then turn the knob to set the time.

NOTE: Turn the knob to set the grill time. (According to the following table.)

时间 TIME	增加量 TIME INCREMENT
0-5 min	15s
5-10 min	30s
10-30min	1min
30-90min	5min


Example: Set oven to Grill for 5 minutes:

1. Touch “烧烤” key, the indicator displays the grill icon “”.
2. Turn the knob, until **5.00** is indicated in the display window.
3. Touch “启动/再热” key.

消毒 DISINFECT

This method is ideal for dish disinfection. Remember the oven will be hot. Place the dish on the glass board, press “菜单” key to set oven to **DISINFECT**, the oven will automatic run 30 minutes to disinfect.

NOTE:

1. After set up the function and close the oven door, Indicator “” disappears.
2. If “E1”, “E0”, “ES” displays in the window, please turn off the power immediately and make a service call.
3. If the oven works above 5 minutes, the oven will automatic add 1 minute to cool after the set time finished.

全自动菜单烹调 **AUTOMATIC MENU COOKING**

Use the “菜单” key to run automatic cooking programs. There are 28 automatic cooking programs: “牛奶, 米饭, 稀饭, 饺子, 青菜, 蒸蛋” etc. Press “菜单” key and turn the knob to select the automatic programs. Press “份量” key to select the food weight.

FOOD WEIGHT TABLE

序号 NO	菜单 MENU	初始 BASIC	最大 MAX	步进 STEP
1	牛奶 MILK	100g	250g	10g
2	米饭 RICE	150g	300g	10g
3	稀饭 CONGEE	50g	200g	10g
4	饺子 DUMPLING	100g	250g	10g
5	青菜 VEGETABLES	100g	250g	10g
6	蒸蛋 BRAISE EGGS	50g	200g	10g
7	蒸鱼 BRAISE FISH	200g	350g	10g
8	烧肉 COOK MEAT	300g	450g	10g
9	炖汤 MEAT SOUP	200g	350g	10g
10	解冻 DEFROST	100g	1600g	100g
11	烤肉 MEAT SKEWER	50g	200g	10g
12	消毒 DISINFECT	30min		
A-1	速食面 INSTANT NOODLE	100g	250g	10g
A-2	冷冻馒头	100g	250g	10g
A-3	酱汁茄子 EGGPLANT IN SOY SAUCE	100g	250g	10g
A-4	麻婆豆腐 MAPO DOUFU	100g	250g	10g
A-5	宫保鸡丁 KUNG PAO CHICKEN	100g	250g	10g
A-6	鱼香肉丝 YUXIANG ROUSI	100g	250g	10g
A-7	红烧牛肉 BRAISE BEEF	300g	450g	10g
A-8	红烧鸡 BRAISE CHICKEN	300g	450g	10g
A-9	烩排骨 STEWED CHOP	300g	450g	10g
A-10	炖牛肉 STEWED BEEF	300g	450g	10g
A-11	红烧鱼 BRAISE FISH	200g	350g	10g
A-12	盐水虾 BOILED SHRIMPS WITH SALT	200g	350g	10g
A-13	香菇鸡汤 MUSHROOM CHICKEN SOUP	200g	350g	10g
A-14	炖骨头汤 STEWED CHOP SOUP	200g	350g	10g
A-15	鲫鱼汤 CRUCIAN CARP SOUP	200g	350g	10g
A-16	爆米花 POP CORN	50g	200g	10g

150 瓦特火力解冻 DEFROSTING INSTRUCTIONS USING 150W

Some foods such as bread and fruit, will not defrost successfully using the weight defrost. However these foods can successfully be thawed manually by using the “**150W**” power setting.

FOOD	PREPARATION	150W	STANDING TIME
<u>BREAD</u>			
Small loaf	Place on microwave-safe rack or kitchen paper. Turn over halfway through defrosting time.	4-6min	10-15 min
2 slices	Place on kitchen paper.	1-2 min	5 min
<u>CAKES AND PASTRY</u>			
Coffee cake 340g	Remove from packaging, place on a plate.	4-6 min	15-30min
Cheese cake 450g	Remove from packaging, place on a plate.	4-6 min	15-30min
Pastry 450g	Remove from packaging, place on a plate.	5-7 min	15-30min

自动解冻表 AUTOMATIC WEIGHT DEFROST CHART

FOOD	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
<u>BEEF</u>			
Cubed		Remove any thawed cubes and stir, ensure that the frozen cubes are around the edge of the dish.	10-15min
Minced		Remove any thawed portions and turn over.	5-10min
Beef Joint	Place on an upturned saucer on a plate or on a microwave-safe rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil from outer edges but leave on thin areas. Turn over.	30-40 min
Steak	If frozen in a block, separate as soon as possible. Shield outer edges with smooth pieces of foil.	Remove foil and turn over.	10-15min
<u>PORK</u>			
Chops	If frozen in a block, separate as soon as possible. Shield outer edges with smooth pieces of foil.	Turn over, shield outer edges and thin ends with foil.	10-15min
Sausages	If frozen in a block, separate as soon as possible. Shield both ends of the sausages with smooth pieces of foil.	Remove foil. Rearrange and remove any sausages that have thawed.	10-15min
Bacon	Separate as soon as possible. Shield both ends of bacon with smooth pieces of foil.	Separate. Remove any thawed slices, arrange remaining slices in a single layer and shield both ends with smooth pieces of foil.	5-10min
Spareribs	If frozen in a block, separate as soon as possible. Shield both ends with smooth pieces of foil.	Remove foil. Turn over, rearrange and remove any thawed pieces.	10-15min
Pork Joint	Place on an upturned saucer on a plate or on a microwave-safe rack. Shield thin areas and outer edges with smooth pieces of foil.	Removed foil and turn over.	30-40 min

AUTOMATIC WEIGHT DEFROST CHART (CONT.)

CHICKEN

Whole	use an upturned saucer on a plate or a microwave-safe rack. Place chicken breast side down. Shield wings, legs and neck with smooth pieces foil.	Remove foil. Turn over and shield warm areas with foil.	30-40 min
Pieces	Shield thin parts such as tips with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over, arrange so thicker parts are towards the outside of the dish.	10-15min

FISH

Whole	use an upturned saucer on a plate or a microwave-safe rack. Place fish pieces with smooth pieces foil.	Remove foil. Turn over, arrange again.	5-10min
Pieces	Shield thin parts such as tips with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over, arrange again.	5-10min

烧烤表 GRILL/ROAST COOKING CHART

GRILL			
FOOD	PIECES/WEIGHT	TIME	NOTE
Bread	2pcs	5-8min	
ROAST (Not setting the temperature.)			
Cheese Bread	2pcs	9-13min	
Bacon	4pcs(120g)	10-14min	
Steak	2pcs(400g)	16-22min	Brush with oil and season.

全自动菜单烹调表 AUTOMATIC COOKING CHART

FOOD	WEIGHT	INSTRUCTION	NOTES
COFFEE	100 g one cup	Don't cover. Arrange the cup in the middle of the turntable.	Food must be room or refrigeration temperature.
MILK	200g two cups		
RICE	150g rice 230ml water	Wash rice and drain. Place rice and water into a 1L casserole for 150g or 1.5L casserole for 300g of rice and soak for 30 minutes. Spread rice evenly. Cover with glass lid. After rice is cooked, stir lightly. And let it stand covered for 5 minutes.	Cook rice in cold water. The temperature of the water should be about 20°C at start. If cooked rice is too soft and wet, cook at 800W for 1-2 minutes without cover. If it is not cooked enough, add 1-2 table-spoons of water and stir. Cook at 800W for 1-2 minutes without cover on.
	300g rice 450ml water		
CONGEE	120-150g rice 1200ml water	Wash rice and drain. Place rice and water into a 2 L casserole and soak for 30 minutes. Spread rice evenly. Cover with glass lid. After congee is cooked, stir lightly.	Cook rice in cold water. The temperature of the water should be about 20°C at start. After cooking, add salt, spices and pre-cooked food such as chicken, fish and vegetables, if desired.
INSTANT NOODLE	1 or 2 servings	Follow the manufacturer's instructions on noodle packages for water amount and cooking procedure. Cover the bowl containing noodles and water with a plastic wrap. Stir well after cooking, add flavoring oil or spices as desired. Top with optional relishes.	Cook rice in cold water. The temperature of the water should be about 20°C at start. Do not cook noodles sold in styrene bags or plastic containers. It will result in overcooking and in deformation of the plastic container. Use a larger bowl or casserole dish to prevent water from container.
DUMPLING	100g 150g 200g	Remove the packages. Place the dumplings on the dish. After cooking let it stand for 1-2 minutes.	
BRAISE EGG	100g egg 250ml water	Break up the eggs, place eggs , water and suitable season into a 1.0 L casserole.	The temperature of the water should be about 20°C at start.
BRAISE FISH	250g	Wash and process fish, add suitable salt and oil. And let it stand covered for 20 minutes. At the pause, turn over.	The temperature of the water should be about 20°C at start.
MEAT SKEWER	1 Skewer (25g) 1-4 skewers.	Arrange evenly on high rack. Place a heatproof plate on the glass board to catch liquid. Turn and rearrange at pause.	Food must be room temperature.

疑问解答 QUESTIONS AND ANSWERS

OPERATION

Q. What is wrong when the oven light does not function?

A. Either:

- The door is not firmly closed.

Or:

- The light bulb has burned out.

Q. Why does steam come out of the air exhaust vent?

A. Steam is normally produced during cooking. The microwave oven has been designed to allow this steam to escape.

Q. Can the microwave oven be damaged if it is operated empty?

A. Yes. Never operate the oven while empty.

Q. Why is standing time recommended after the cooking operation has been completed?

A. Standing time is very important. With microwave cooking, the heat is in the food, not in the oven. Many foods build-up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.

Q. Why do sparks and crackling (arcing) occur in the oven?

A. There may be several reasons why sparks and cracking within cavity (arcing) occur..

- A dish with metal parts or trim is being used. (silver or gold).
- A metal utensil has been left in the oven.
- Too much metal foil is being used.
- A metal twist-tie is present in the oven.

Q. Why does condensation appear in the oven?

A. This is normal and occurs because the food is cooking faster than the moisture can be removed from the oven.

FOODS

Q. Why do eggs sometimes pop?

A. The egg yolk may pop because of a built-up of steam inside the membrane. To prevent this, pierce the membrane before cooking it.

CAUTION: *Never microwave eggs in the shell since they may explode.*

Q. Why are scrambled eggs sometimes a little dry after cooking?

A. Eggs dry out if they are overcooked. You may need to vary the cooking time for one of the following reasons:

- Eggs vary in size.
- The initial temperature of the egg may vary depending on where it is stored.
- The shape of cooking utensils vary, which makes it necessary to vary cooking time.
- Eggs continue cooking during standing time.

Q. Why do baked apples sometimes burst during cooking?

A. the peel has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in regular cooking methods, the interior of the apple expands during the cooking process.

Q. How are liquids prevented from boiling over?

A. Use a larger utensil than usual for cooking. If you open the oven door, the food will stop boiling.

Q. Why does the dish become hot when I microwave food in it?

A. As the food becomes hot it will conduct the heat into the dish. Use oven gloves to remove food after cooking.

Q. Does the density of a food affect its cooking time in the microwave?

A. Yes. A dense food such as meat will take longer to cook, reheat or porous, light and airy food such as bread, puddings and cakes. This is because microwaves cannot penetrate as deeply into denser, heavier food.

故障处理 BEFORE CALLING FOR SERVICE

You can often correct operation problems yourself. If your microwave oven fails to work properly, locate the operation problem in the chart below and try the solutions marked for each problem. If the microwave oven still does not work properly, contact the nearest SANYO SERVICE CENTRE.

PROBLEMS

Oven will not start	×	×	×						
Arcing or sparking				×				×	
Unevenly cooked foods				×	×		×		×
Overcooked foods							×		
Undercooked foods				×	×	×	×		
Improper defrosting				×			×		

POSSIBLE CAUSES

Is power cord plugged in?

Is door closed?

Cooking time not set.

Use microwave-safe cookware only.

Completely defrost food.

Turn or stir food.

Do not operate when empty.

Use correct time/cooking power level.

Check to see that ventilation ports are not restricted.

售后服务 SERVICE

1. Get in contact with your nearest Sanyo Service Centre. It is dangerous for anyone other than a properly qualified service engineer trained by SANYO carry out adjustments or repairs.
 2. If the supply cord is damaged, it must be replaced by a Sanyo Service Centre, as special prepared cord is required.
 3. On no account remove or interfere with any parts or screws. "THIS COULD PROVE VERY DANGEROUS." Make the following simple checks before contacting a Sanyo Service Centre.
- If the interior lamp does not light when the oven timer is set:
 - a. Make sure that the mains lead is securely plugged in.
 - b. Make sure that the door is properly closed.
 - If the lamp inside lights but the food is not heated:
 - a. Make sure that the food is not completely covered with a metal container or aluminium foil.
 - Noise operation:
 - a. Make sure that sparks are not being produced due to the use of metal utensils.
 - b. Make absolutely sure that the contents of the oven are not touching the oven roof.

Hot Line: 95105958

TEL: 0551-5314094 5312973 5310415

Web: <http://www.hf-sanyo.cn>

Post Code: 230088