

# SHARP®

## CAROUSEL® II CONVECTION MICROWAVE OVEN

R-9H93  
R-9H83  
MODELS R-9H73

### OPERATION MANUAL

#### FOR CUSTOMER ASSISTANCE

To aid in reporting this microwave oven in case of loss or theft, please record below the model number and serial number located on the unit. We also suggest you record all the information listed and retain for future reference.

MODEL NUMBER _____	SERIAL NUMBER _____
DATE OF PURCHASE _____	
Dealer _____	Telephone _____
Service Center _____	Telephone _____

#### TO PHONE:

SERVICE .....800-447-4700  
(for your nearest Sharp Authorized Service Center)  
PARTS .....800-447-4700  
(for your authorized parts distributor)  
ACCESSORIES .....800-642-2122  
ADDITIONAL  
CUSTOMER INFORMATION .....201-512-0055  
COOKING ASSISTANCE .....201-529-8703

#### TO WRITE:

##### For cooking and operation questions:

Susan Edwards/Test Kitchen  
Sharp Electronics Corporation  
Sharp Plaza, Box 650  
Mahwah, NJ 07430-2135

##### For service problems, warranty information, missing items and other assistance:

Sharp Electronics Corporation  
Customer Information Center  
Sharp Plaza, Box 650  
Mahwah, NJ 07430-2135

Please provide the following information when you write or call: model number, serial number, date of purchase, your complete mailing address (including zip code), your daytime telephone number (including area code) and description of the problem.

# CONTENTS

<b>Contents</b> .....	1	<b>Special Features</b> .....	14
<b>Precautions to Avoid Possible Exposure to Excessive Microwave Energy</b> .....	1	Beverage Reheat .....	14
<b>Limited Warranty</b> .....	2	More/Less Time Adjustment .....	14
<b>Product Information Card</b> .....	2	Sensor Cooking .....	14
<b>Important Safety Instructions</b> .....	3	Pizza Sensor .....	15
<b>Installation Instructions</b> .....	4	Popcorn Sensor .....	15
<b>Grounding Instructions</b> .....	4	Reheat Sensor .....	15
<b>Information You Need to Know</b> .....	5	To Cook with Sensor .....	15
About Your Oven .....	5	Instant Sensor Chart .....	16
About Food .....	5	Sensor Cook Chart .....	16
About Utensils and Coverings .....	6	Sensor Cook Recipes .....	17
About Microwave Cooking .....	7	CompuCook .....	19
About Safety .....	7	CompuCook Chart .....	19
About Children and the Microwave .....	7	Temperature Probe Cooking .....	20
<b>Part Names</b> .....	8	To Use the Temperature Probe .....	20
<b>Before Operating</b> .....	10	Use and Care of Temperature Probe .....	20
To Set the Clock .....	10	To Cook with Temperature Probe .....	20
Stop/Clear .....	10	Sensor Temp .....	21
<b>Manual Operation</b> .....	10	Sensor Temp Chart .....	21
Microwave Cooking .....	10	CompuDefrost .....	22
Time Cooking .....	10	CompuDefrost Chart .....	22
Multiple Sequence Cooking .....	11	<b>Other Convenient Features</b> .....	23
Convection and Automatic Mix Cooking .....	11	Minute Plus .....	23
Convection Cooking .....	11	Safety Lock, Audible Signal Elimination, Demonstration Mode .....	23
Automatic Mix Cooking .....	11	Memory Plus .....	23
To Preheat with Convection .....	12	Pause .....	24
To Preheat with Automatic Mix .....	12	Minute Timer .....	24
Broil Cooking .....	13	Auto Start .....	24
Slow Cook .....	13	<b>Service Call Check</b> .....	24
		<b>Cleaning and Care</b> .....	25
		<b>Specifications</b> .....	25
		<b>Touch Guide</b> .....	26

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- (e) Do not operate oven with temperature probe caught between the oven front face and the door.

## LIMITED WARRANTY

SHARP ELECTRONICS CORPORATION warrants to the first consumer purchaser that this Sharp brand product (the "Product"), when shipped in its original container, will be free from defective workmanship and materials, and agrees that it will, at its option, either repair the defect or replace the defective Product or part thereof at no charge to the purchaser for parts or labor for the time period(s) set forth below.

This warranty does not apply to any appearance items of the Product nor to any Product the exterior of which has been damaged or defaced, which has been subjected to misuse, abnormal service or handling, or which has been altered or modified in design or construction. (See below for possible additional exclusions.)

In order to enforce the rights under this limited warranty, the purchaser should ship or carry the Product to a Sharp Service Dealer or Center in the United States (except where in-home service is provided as indicated below) and provide proof of purchase. To find the location of the nearest Sharp Service Dealer or Center call Sharp toll-free at 800-447-4700.

The limited warranty described above is in addition to whatever implied warranties may be granted to purchasers by law. ALL IMPLIED WARRANTIES INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR USE ARE LIMITED TO THE PERIOD(S) FROM THE DATE OF PURCHASE SET FORTH BELOW. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Neither the sales personnel of the seller nor any other person is authorized to make any warranties other than those described above, or to extend the duration of any warranties beyond the time period described above on behalf of Sharp.

The warranties described above shall be the sole and exclusive warranties granted by Sharp and shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and period of time described herein, shall constitute complete fulfillment of all liabilities and responsibilities of Sharp to the purchaser with respect to the Product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Sharp be liable, or in any way responsible, for any damages or defects in the Product which were caused by repairs or attempted repairs performed by anyone other than a Sharp Service Dealer or Center. Nor shall Sharp be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusion may not apply to you.

The limited warranty does not apply to accessories, rubber or plastic parts, the turntable, light bulbs, glass parts or any printed materials.

R-9H93, 9H83, 9H73 Home Microwave Oven have a One (1) year parts and labor, Five (5) year magnetron, carry-in warranty.

Carry-in service: The purchaser must carry, ship or mail the unit to be repaired to an authorized repair Center.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

## PRODUCT INFORMATION CARD

The product information card which is on the inside of the microwave oven carton should be completed within ten days of purchase and returned. We will keep it on file and help you access the information in case of loss, damage or theft. This will also enable us to contact you in the unlikely event that any adjustments or modifications are ever required for your oven.

# IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

**WARNING** - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific **“PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”** on page 1.
3. This appliance must be grounded. Connect only to properly grounded outlet. See **“GROUNDING INSTRUCTIONS”** on page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers — for example, closed glass jars — may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest Sharp Authorized Service Center for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors. Do not use this product near water—for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. See door surface cleaning instructions on page 25.
16. To reduce the risk of fire in the oven cavity:
  - a. Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.**
  - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Do not operate any heating or cooking appliance beneath this appliance.
18. Do not mount unit over or near any portion of a heating or cooking appliance.
19. Do not mount over a sink.
20. Do not store anything directly on top of the appliance surface when the appliance is in operation.

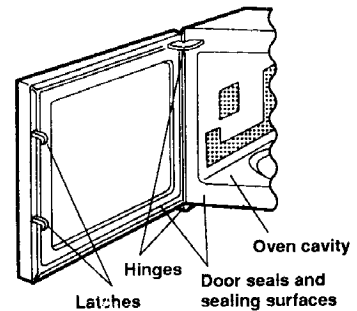
SAVE THESE INSTRUCTIONS

# INSTALLATION INSTRUCTIONS

## Unpacking and Examining Your Oven

Remove:

1. all packing materials from inside the oven cavity. Read enclosures and **SAVE** the Operation Manual.
2. the feature sticker from the door, if there is one.  
Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact your dealer or SHARP AUTHORIZED SERVICE CENTER.



## Choosing a Location for Your Oven

You will use your oven frequently so plan its location for ease of use. The oven must be placed on a countertop which is a minimum of 36 inches from the floor. Allow at least 2 inches on the sides, top and at the rear of the oven for air circulation. Be sure to position oven so that the rear cannot be touched inadvertently.

Do not place or install the oven in any area where heat and steam are generated; for example, next to or above a conventional gas or electric range or above a conventional wall oven. Heat and steam may damage the electronics or the mechanical parts of the oven.

## Built-in Kit

Your oven can be built-in by using Sharp's built-in kit, Model RK-66A and RK-66W. Model RK-66A is for wood grain or charcoal pinstripe ovens, and model RK-66W is for white ovens. Ask your dealer for details and availability of the built-in kit. If your dealer does not stock the kit, it can be ordered directly from your Sharp Accessories and Supplies Center. Call toll-free: 1-800-642-2122.

# GROUNDING INSTRUCTIONS

The oven is equipped with a 3 prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

**WARNING** — Improper use of the grounding plug can result in a risk of electric shock.

## Electrical Requirements

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more. fused electrical supply. It is recommended that a separate circuit serving only this appliance be provided. When installing this appliance, observe all applicable codes and ordinances. A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.

## Extension Cord

If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the microwave oven. The marked rating of the extension cord should be AC 115-120 volt, 15 amp or more.

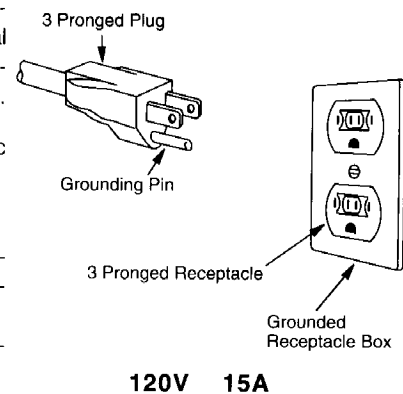
Be careful not to drape the cord over the countertop or table where it can be pulled on by children or tripped over accidentally.

Notes:

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or serviceman.
2. Neither Sharp nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedures.

## Radio or TV Interference

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different electrical circuit, relocate the radio or TV as far away from the oven as feasible or check position and signal of receiving antenna.



# INFORMATION YOU NEED TO KNOW

## About Your Oven

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

The Sharp Carousel II Convection Microwave Cookbook is a valuable asset. Check it frequently for cooking principles, techniques, hints and recipes.

**NEVER** use the oven without the turntable and support nor turn it over so that a large dish could be placed in the oven. The turntable will turn both clockwise and counterclockwise.

**ALWAYS** have food in the oven when microwave mode is on to absorb the microwave energy.

When using the oven at power levels below 100%, you may hear the magnetron cycling on and off.

Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the oven. Generally, covered foods will not cause as much condensation as uncovered ones. Vents on the oven back must not be blocked.

After using convection, automatic mix or broil, you will hear the sound of the cooling fan. The fan may operate as long as 5 minutes, depending on the oven temperature.

Be aware that, unlike microwave-only ovens, convection microwave ovens have a tendency to become hot on during convection, automatic mix and broil cooking.

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

Your oven is rated 900 watts using the IEC 705-1988 method. In using recipes or package directions, check food at the minimum time and add time accordingly.

## About Food

	DO	DON'T
Eggs, fruits & vegetables	<ul style="list-style-type: none"> <li>* Puncture egg yolks before cooking to prevent "explosion".</li> <li>* Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>* Cook eggs in shells.</li> <li>* Reheat whole eggs.</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 or 2 seconds or use Sensor Popcorn for "no-guess" popping.</li> <li>* Use an overturned 9 or 10 inch oven glass pie plate on top of the turntable when popping bagged microwave popcorn.</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 temperature before serving.</li> <li>* Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat disposable 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>* Cut baked goods with filling after heating to release steam and avoid burns.</li> <li>* Stir liquid briskly before and after heating to avoid "eruption".</li> <li>* Use deep bowl, when cooking liquid or cereal to prevent boilovers.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook in closed glass jars or air tight containers.</li> <li>* Can in the microwave as harmful bacteria may not be destroyed.</li> <li>* Deep fat fry.</li> <li>* Dry wood, gourds, herbs or wet papers.</li> </ul>

# INFORMATION YOU NEED TO KNOW

## About Utensils and Coverings

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave oven.

Utensils	Remarks
Glass ceramic (Pyroceram®)	Glass ceramic (Pyroceram®) utensils are microwave-safe, as well as on range tops or in conventional ovens.
Metal	Limit use of metal to those specific examples given in the utensil section of your Cookbook. Generally, metal should not be used during operation in the microwave mode. Metal utensils can be used for convection and automatic mix cooking.
★ Heat-resistant glass	Utensils with metallic trim or metal parts, such as screws, bands, handles, etc. must be avoided. Cracked or crazed glazes or chips are also indications that a dish should not be used.
★ Microwave safe plastics	Follow manufacturers' recommendations for use with specific foods.
★ Paper plates	Paper plates may be used for reheating.
★ Microwave safe pottery, stoneware, and porcelain	Pottery, stoneware and porcelain serving bowls, platters, casseroles, plates and cups make attractive microwave cook-and-serve ware. Use only those labeled, "microwave safe".
★ Straw, wicker & wood	Straw, wicker and wood may be used in the oven for short periods of time. However, they should not be used for high fat or high sugar content foods since the heat of food could possibly char them.
★ Paper towels	Paper towels are good for covering foods for reheating and absorbing fat while cooking bacon.
★ Wax paper	Wax paper can be used for cooking and reheating.
★ Plastic wrap	Plastic wrap that is specially marked for microwave use can be used for cooking and reheating. DO NOT allow the plastic wrap to touch food. Vent so steam can escape.
★ Lids	Lids that are microwave safe are a good choice because heat is kept near the food to hasten cooking.
Oven cooking bags	Oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist ties. Remember to slit bag so steam can escape.
Aluminum foil	Small flat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly. Foil should not come closer than one inch to any surface of the oven.
★ Browning dish	DO NOT EXCEED RECOMMENDED PREHEATING TIME. Follow manufacturer's direction.

★ NOT TO USE WITH CONVECTION, HIGH MIX, LOW MIX, BROIL OR SLOW COOK.

### Do not use:

Do not use non heat resistant glass, non microwave safe plastic (margarine tubs), recycled paper products, brown paper bags or food storage bags.

Do not use metal pans and bakeware, dishes with metallic trim or metal twist ties for microwave-only cooking.

When using convection, automatic mix or broil, do not use paper, plastic or any material that will not withstand heat.

Should you have questions about utensils or coverings, check a good microwave cookbook or follow recipe suggestions.

**ACCESSORIES** There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs.

A microwave safe thermometer will assist you in determining doneness and assure you that foods have been cooked to a safe temperature.

The racks which came with your oven are for convection, automatic mix or broil cooking only. Do not use the racks for microwave only.

# INFORMATION YOU NEED TO KNOW

## About Microwave Cooking

- \* Arrange food carefully. Place thickest areas toward outside of dish.
- \* Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Foods severely over-cooked can smoke or ignite.
- \* Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly.
- \* Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking or overdefrosting.
- \* Stir foods from outside to center of dish once or twice during cooking, if possible.
- \* Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers.
- \* Rearrange foods like meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
- \* Add standing time. Remove food from oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
- \* Check for doneness. Look for signs indicating that cooking temperatures have been reached.  
Doneness signs include:
  - Food steams throughout, not just at edge.
  - Center bottom of dish is very hot to the touch.
  - Poultry thigh joints move easily.
  - Meat and poultry show no pinkness.
  - Fish is opaque and flakes easily with a fork.

## About Safety

- \* Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures:

- 160°F. for fresh pork, fish, seafood, egg dishes and frozen prepared food.
- 165°F. for leftover, ready-to-heat refrigerated, and deli and carry-out "fresh" food.
- 170°F. white meat of poultry.
- 180°F. dark meat of poultry.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in food during cooking, unless it is approved for microwave oven use.

- \* Always use potholders 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.
- \* Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- \* Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- \* NEVER use the cavity for storing cookbooks or other items.
- \* Select, store, and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- \* Keep wave guide cover clean. Food residue can cause arcing and/or fires.

## About Children and the Microwave

Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room.

The child must be able to reach the oven comfortably; if not, he/she should stand on a sturdy stool.

At no time should anyone be allowed to lean or swing on the oven door.

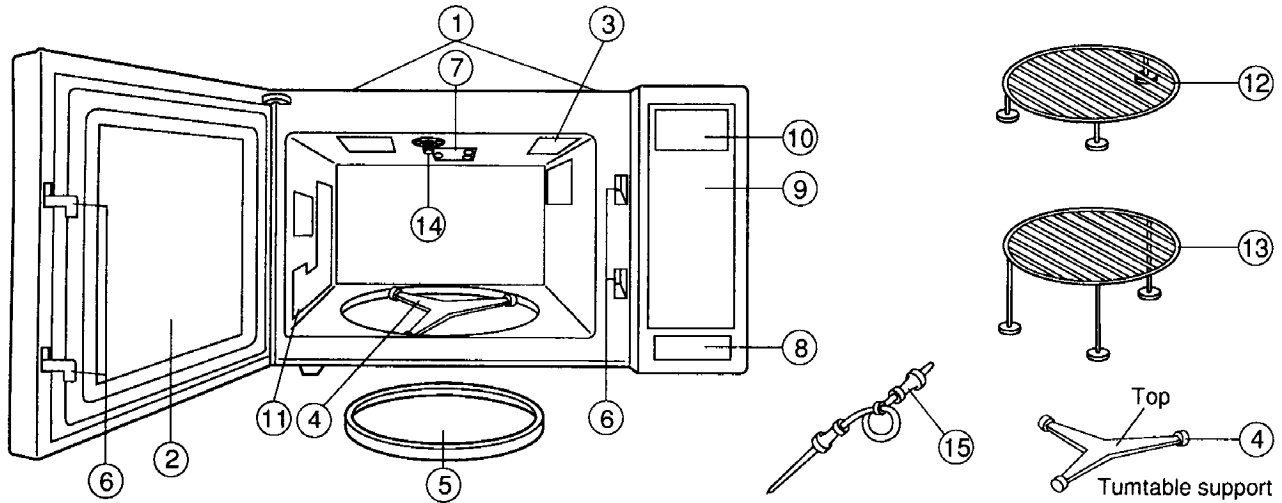
Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot.

Don't assume that because a child has mastered one cooking skill he/she can cook everything.

Children need to learn that the microwave oven is not a toy.

# PART NAMES

## OVEN DIAGRAM



- 1. Ventilation openings. (Rear side)
- 2. Oven door with see-through window.
- 3. Oven lamp.
- 4. Turntable support.

- 5. Removable turntable.
- 6. Safety Door latches.
- 7. Waveguide cover.
- 8. Door open button.
- 9. Auto-Touch Control Panel.

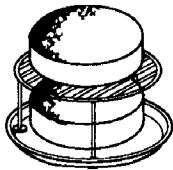
- 10. Lighted digital display.
- 11. Convection air openings.
- 12. Broiling trivet.
- 13. Baking rack.
- 14. Temperature probe receptacle.
- 15. Removable temperature probe.

## ACCESSORIES

The following accessories are designed especially for use in this oven. Do not substitute similar types of racks for these specially designed ones.

### Baking Rack

- This rack is placed on the turntable for two-level cooking, such as layer cakes, muffins, etc.

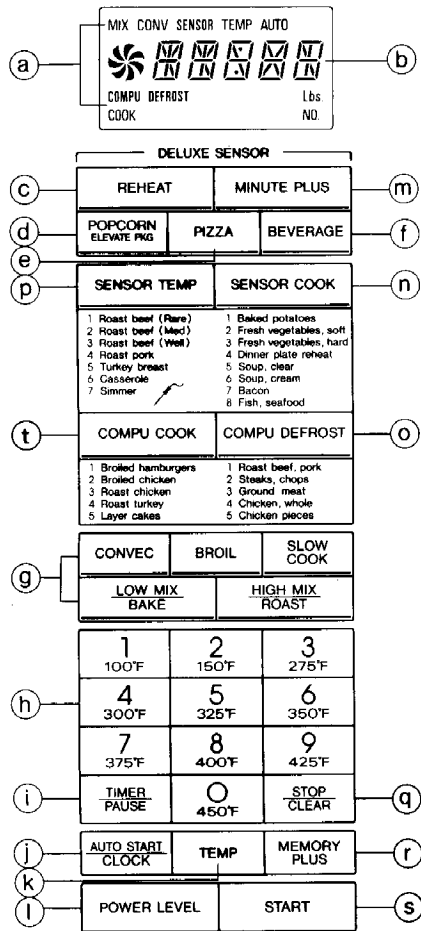


### Broiling Trivet

- Place on the turntable and use for roasting or broiling to allow juices to drain away from food.

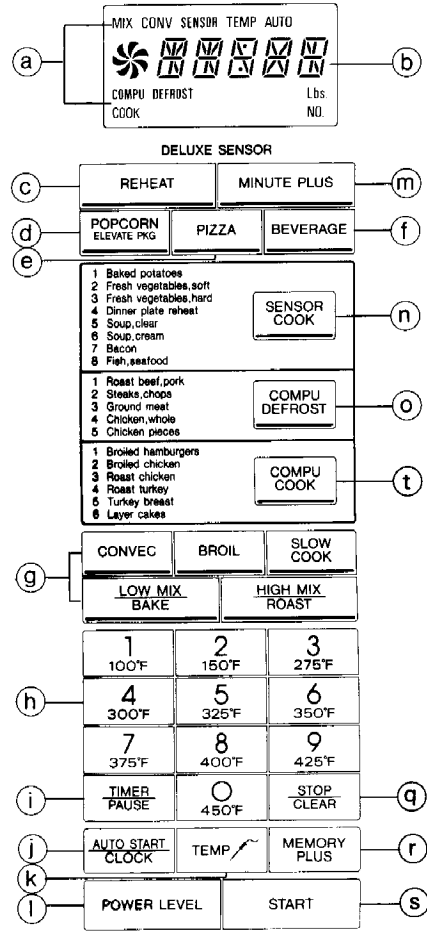


# PART NAMES



**R-9H93, R-9H83**

- a. Lighted digital display
- b. Indicators
- c. REHEAT pad.  
Touch to reheat popular foods.
- d. POPCORN pad.  
Touch to cook.
- e. PIZZA pad.
- f. BEVERAGE pad.
- g. Cooking function pad.  
Touch to select Convection, Mix, Broil or Slow Cook settings.
- h. Number and temperature selection pads.
- i. TIMER/PAUSE pad.  
Touch to set minute timer or program pause.
- j. AUTO START/CLOCK pad.  
Touch to set clock or auto start time.
- k. TEMP pad.  
Touch to select temperature cooking. Insert temperature probe.
- l. POWER LEVEL pad.  
Touch to select microwave power setting.



**R-9H73**

- m. MINUTE PLUS pad.  
Touch to cook for 1 minute at HIGH or increase cooking time.
- n. SENSOR COOK pad.  
Touch to select Sensor Cook setting.
- o. COMPU DEFROST pad.  
Touch to defrost popular meats.
- p. SENSOR TEMP pad.  
Foods cooked with Sensor Temp.
- q. STOP/CLEAR pad.  
Touch to erase during programming. Touch once to stop operation of oven during cooking; touch twice to cancel cooking program.
- r. MEMORY PLUS pad.  
Touch for memory entry and memory recall.
- s. START pad.  
Touch to start oven.
- t. COMPU COOK pad.  
Touch to select CompuCook setting.

## BEFORE OPERATING

- \* Before operating your new microwave oven make sure you read and understand this operation manual completely.
- \* Before the oven can be used follow these procedures.

- 1) Plug in the oven. Close the door.  
The oven display will then begin flashing **88:88**.
- 2) Touch the STOP/CLEAR pad.  
**: :** will appear.
- 3) Set clock.

### To Set the Clock

- \* Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.)

Procedure	Display
<b>1</b> Touch <b>AUTO START/CLOCK</b> pad.	0
<b>2</b> Enter the correct time of day by touching the numbers in sequence.	12 30
<b>3</b> Touch <b>AUTO START/CLOCK</b> pad again.	12:30

**ERROR** This is a 12 hour clock. If you attempt to enter an incorrect clock time, **ERROR** will appear in the display. Touch the STOP/CLEAR pad and re-enter the time.

\* If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show **88:88** after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will be also erased. Simply reset the clock for the correct time of day.

NOTE: Your oven can be programmed with the door open except for START, MINUTE PLUS, POPCORN, BEVERAGE, PIZZA, REHEAT.

If you wish to know the actual time in programmed cooking, simply touch AUTO START/CLOCK pad.

As long as your finger is touching the clock pad, the actual time will be displayed.

### Stop/Clear

Use the STOP/CLEAR pad to:

1. Erase if you make a mistake during programming.
2. Cancel minute timer.
3. Stop the oven temporarily during cooking.
4. Cancel a program during cooking, touch twice.

## MANUAL OPERATION

### Microwave Cooking

#### Time Cooking

There are eleven preset power levels.

Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

Touch Power Level Pad, Then	Approximate Percentage of Power	Approximate Power Level for commonly used words
POWER LEVEL	100%	High
9	90%	
8	80%	
7	70%	Medium High
6	60%	
5	50%	Medium
4	40%	
3	30%	Med. Low/Defrost
2	20%	
1	10%	Low
0	0%	

NOTE: It is not necessary to touch POWER LEVEL pad for 100% if only using one sequence or if programming last sequence.

Your oven can be programmed for up to 4 cooking sequences.

- \* Suppose you want to heat soup for 2 minutes 30 seconds at 50%.

Procedure	Display
<b>1</b> Enter cooking time.	2 30
<b>2</b> Touch POWER LEVEL pad.	P-
<b>3</b> Select power level.	P- 50
<b>4</b> Touch START pad.	2.30 COOK
<b>5</b> After cooking <b>End</b> will be displayed. Open door or touch "STOP/CLEAR" pad. Time of day will appear.	

NOTE: If you wish to know power level, simply touch the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.

If POWER LEVEL pad is touched twice, **P-HI** will be displayed.

# MANUAL OPERATION

## Multiple Sequence Cooking

The oven can be programmed for up to 4 automatic cooking sequences, switching from one power level setting to another automatically.

\* Suppose you want to cook roast beef for 5 minutes at 100% and then continue to cook for 30 minutes at 50%.

Procedure									
1	<table border="1"> <tr> <td>5</td><td>0</td><td>0</td></tr> <tr> <td>POWER LEVEL</td><td>x 2</td><td></td></tr> </table> Enter first cooking program. (Enter cooking time. Touch POWER LEVEL pad twice.)	5	0	0	POWER LEVEL	x 2			
5	0	0							
POWER LEVEL	x 2								
2	<table border="1"> <tr> <td>3</td><td>0</td><td>0</td><td>0</td></tr> <tr> <td>POWER LEVEL</td><td>5</td><td></td><td></td></tr> </table> Enter second cooking program.	3	0	0	0	POWER LEVEL	5		
3	0	0	0						
POWER LEVEL	5								
3	<table border="1"> <tr> <td>START</td> </tr> </table> Touch START pad.	START							
START									
4	After cooking, <table border="1"><tr><td>End</td></tr></table> will be displayed.	End							
End									

NOTE: If 100% is selected as the final sequence, it is not necessary to touch the POWER LEVEL pad.

## Convection and Automatic Mix Cooking

### Convection Cooking

There are ten preset temperature settings.

\* Suppose you want to cook at 350°F for 20 minutes.

Procedure	Display					
1	<table border="1"> <tr> <td>2</td><td>0</td><td>0</td><td>0</td></tr> </table> Enter cooking time. <table border="1"> <tr><td>20 00</td></tr> </table>	2	0	0	0	20 00
2	0	0	0			
20 00						
2	<table border="1"> <tr><td>CONVEC</td></tr> </table> Touch CONVEC pad. <table border="1"> <tr><td>CONV F</td></tr> </table>	CONVEC	CONV F			
CONVEC						
CONV F						
3	<table border="1"> <tr> <td>6</td><td>350°F</td></tr> </table> Enter temperature. <table border="1"> <tr><td>CONV 350F</td></tr> </table>	6	350°F	CONV 350F		
6	350°F					
CONV 350F						
4	<table border="1"> <tr><td>START</td></tr> </table> Touch START pad. <table border="1"> <tr><td>CONV 20.00</td></tr> <tr><td>COOK</td></tr> </table>	START	CONV 20.00	COOK		
START						
CONV 20.00						
COOK						
5	After cooking, <table border="1"><tr><td>End</td></tr></table> will be displayed.	End				
End						

NOTE: If you wish to know programmed oven temperature, simply touch the CONVEC pad. As long as your finger is touching the CONVEC pad, programmed oven temperature will be displayed.

## Automatic Mix Cooking

There are two preprogrammed settings.

	Oven temperature	Microwave power
HIGH MIX/ROAST	325°F	30%
LOW MIX/BAKE	350°F	10%

\* Suppose you want to bake a cake for 25 minutes on LOW MIX/BAKE.

Procedure	Display					
1	<table border="1"> <tr> <td>2</td><td>5</td><td>0</td><td>0</td></tr> </table> Enter cooking time. <table border="1"> <tr><td>25 00</td></tr> </table>	2	5	0	0	25 00
2	5	0	0			
25 00						
2	<table border="1"> <tr><td>LOW MIX BAKE</td></tr> </table> Touch LOW MIX/BAKE pad. <table border="1"> <tr><td>MIX 350F</td></tr> </table>	LOW MIX BAKE	MIX 350F			
LOW MIX BAKE						
MIX 350F						
3	<table border="1"> <tr><td>START</td></tr> </table> Touch START pad. <table border="1"> <tr><td>MIX 25.00</td></tr> <tr><td>COOK</td></tr> </table>	START	MIX 25.00	COOK		
START						
MIX 25.00						
COOK						
4	After cooking, <table border="1"><tr><td>End</td></tr></table> will be displayed.	End				
End						

To program a second sequence, for example 15 minutes on LOW MIX, 300°F, touch:

Procedure	Display					
3	<table border="1"> <tr> <td>6</td><td>350°F</td></tr> </table> After Step 2, enter temperature for first stage. <table border="1"> <tr><td>MIX 350F</td></tr> </table>	6	350°F	MIX 350F		
6	350°F					
MIX 350F						
4	<table border="1"> <tr> <td>1</td><td>5</td><td>0</td><td>0</td></tr> </table> Enter time for second stage. <table border="1"> <tr><td>15 00</td></tr> </table>	1	5	0	0	15 00
1	5	0	0			
15 00						
5	<table border="1"> <tr><td>LOW MIX BAKE</td></tr> </table> Touch LOW MIX/BAKE pad. <table border="1"> <tr><td>CONV 350F</td></tr> </table>	LOW MIX BAKE	CONV 350F			
LOW MIX BAKE						
CONV 350F						
6	<table border="1"> <tr> <td>4</td><td>300°F</td></tr> </table> Enter temperature. <table border="1"> <tr><td>CONV 300F</td></tr> </table>	4	300°F	CONV 300F		
4	300°F					
CONV 300F						
7	<table border="1"> <tr><td>START</td></tr> </table> Touch START pad. <table border="1"> <tr><td>MIX 25.00</td></tr> <tr><td>COOK</td></tr> </table>	START	MIX 25.00	COOK		
START						
MIX 25.00						
COOK						



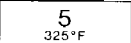
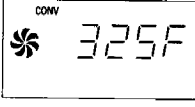
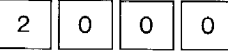
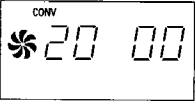

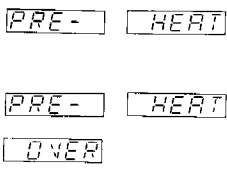
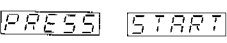
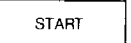
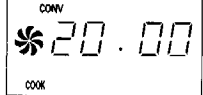
NOTE: The preprogrammed temperature on either HIGH or LOW MIX can be changed to any temperature listed on the number selection pads. Simply touch the desired temperature after touching either HIGH or LOW MIX.

# MANUAL OPERATION

## To Preheat with Convection

Your oven can be programmed to combine preheating and convection cooking or preheating and automatic mix cooking.

\* Suppose you want to preheat the oven to 325°F then cook for 20 minutes at 325°F.

Procedure	Display
<b>1</b>  Touch CONVEC pad.	
<b>2</b>  Touch preheat temperature pad.	
<b>3</b>  Enter cooking time.	
<b>4</b>  Touch START pad. When the oven reaches the programmed temperature, signal will sound 4 times.*	
<b>5</b> Open door. Place food in oven. Close door.	
<b>6</b>  Touch START pad.	

\* If the oven door is not opened, the oven will automatically hold at the preheat temperature for 15 minutes. After this time has elapsed and audible signal will sound, and the oven will turn off.

NOTE: If you wish to preheat and cook at a different convection temperature, follow Steps 1 through 3 above, then touch the CONVEC pad and the desired cooking temperature pad.

The cooking temperature will appear on the display. Continue with Step 4.

## To Preheat with Automatic Mix

\* Suppose you want to preheat the oven to 325°F and bake a pie for 20 minutes on HIGH MIX.

See "To preheat with Convection" above. Touch HIGH MIX/ROAST pad after step 3. Continue with step 4.

NOTE: If you wish to preheat and cook at a different automatic mix cooking temperature, follow "To preheat with Automatic Mix", after touching HIGH MIX/ROAST pad, touch the desired cooking temperature pad. The cooking temperature will appear on the display. Continue with Step 4.

## Helpful Hints for Convection and Automatic Mix Cooking

Your Sharp Convection Microwave Oven can cook any food perfectly because of the number of ways it can cook: microwave only, automatic mix, convection only or broil. The cookbook that comes with your oven has excellent instructions, guidelines, hints, charts and recipes to help you get the best use of your oven. Consult it often until you are familiar with it. This Operation Manual tells you how to program the oven.

The oven cannot be used without the turntable in place. Never restrict the movement of the turntable.

### Convection Cooking:

- When preheating, the turntable can be left in or removed. When using the baking rack for 2 shelf cooking in a preheated oven, it is easier to remove the turntable for preheat. Place baking rack on turntable along with foods, and when preheat is over, open oven door and quickly place turntable, baking rack and foods to be baked inside.
- Do not cover turntable, broiling trivet or baking rack with aluminum foil. It interferes with air flow that cooks food.
- Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
- Using a preheated broiling rack can give a grilled appearance to steaks, hot dogs etc.

### Automatic Mix Cooking:

- Meats are best when roasted directly on the broiling trivet. A dish can be placed below the meat if gravy is to be made from the drippings.
- Less tender cuts of meat can be roasted and tenderized using oven cooking bags.
- When baking, check for doneness after time has elapsed. If not completely done, let stand in oven a few minutes to complete cooking.

### NOTE:

During mix baking some metal baking utensils may cause arcing when they come in contact with the turntable, oven walls or accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.

If arcing occurs, place a heat resistant dish (Pyrex® pie plate, glass pizza dish or dinner plate) between the pan and the turntable or trivet. If arcing occurs with other metal baking utensils, discontinue their use for mix cooking.

# MANUAL OPERATION

## Broil Cooking

Preheating is automatic when the BROIL setting is used. Only actual cooking time is entered; the oven signals when it is preheated to 450°F. Use Broil setting for steaks, chops, chicken pieces and many other foods. See Broiling Chart in cook book.

\* Suppose you want to broil a steak for 15 minutes.

Procedure	Display
<b>1</b> <input type="text" value="1"/> <input type="text" value="5"/> <input type="text" value="0"/> <input type="text" value="0"/> Enter cooking time.	
<b>2</b> <input type="text" value="BROIL"/> Touch BROIL pad. No food in oven.	
<b>3</b> <input type="text" value="START"/> Touch START pad. No food in oven.	
When the oven reaches the programmed temperature, signal will sound 4 times.	
<b>4</b> Open door. Place food in oven. Close door.	
<b>5</b> <input type="text" value="START"/> Touch START pad.	
<b>6</b> After cooking, <input type="text" value="End"/> will be displayed.	

\* Oven will maintain 450°F for 15 minutes after signal sounds and Convection Fan Symbol begins to rotate. If the oven door is not opened (to place food in the oven) within 15 minutes, the oven will automatically turn off.

NOTE: Although timer is set for the maximum grilling time as directed in Step 1, check food at minimum time recommended in the chart of Cook Book. This will eliminate the need to completely reprogram the oven if additional cooking time is needed. Simply close the oven door and touch START to continue.

## Slow Cook

Slow Cook is preset for 300°F for 4 hours. The temperature can be changed to below 300°F. This feature be used for foods such as baked beans or marinated chuck steak.

\* Suppose you want to change oven temperature from 300°F to 275°F.

Procedure	Display
<b>1</b> <input type="text" value="SLOW COOK"/> Touch SLOW COOK pad.	
<b>2</b> <input type="text" value="3"/> <input type="text" value="275°F"/> Enter oven temperature if you want to change from 300°F.	
<b>3</b> <input type="text" value="START"/> Touch START pad.	
<b>4</b> After cooking, <input type="text" value="End"/> will be displayed.	

NOTE: If the oven door is opened or STOP/CLEAR pad is touched during the SLOW COOK cycle, the program will be cancelled and the oven will turn off. If you need to continue, touch the SLOW COOK pad and note time as oven is set again for 4 hours. When changing SLOW COOK temperature, temperatures above 300°F cannot be entered.

# SPECIAL FEATURES

## Beverage

Touch to restore beverage to a more suitable drinking temperature.

\* Suppose you want to reheat  $\frac{1}{2}$  mug of coffee.

Procedure	Display
<b>1</b> Touch <b>BEVERAGE</b> once for $\frac{1}{2}$ mug.	RE-    HEAT
<b>2</b> After cooking, <b>STIR</b> will be displayed repeatedly.	

Beverage can only be entered within 1 minute after cooking, opening and closing the door or touching the STOP/CLEAR pad.

Touch 2 times to increase quantity from  $\frac{1}{2}$  mug to either 1 full mug or 2 half mugs.

## More or Less Time Adjustment

### More

Should you discover that you like any of the Instant Start, CompuCook, CompuDefrost, Sensor Cook or Sensor Temp settings slightly **more** done, touch the **POWER LEVEL** pad **once** after touching your choice of pads.

### Less

Should you discover that you like any of the Instant Start, CompuCook, CompuDefrost, Sensor Cook or Sensor Temp settings slightly **less** done, touch the **POWER LEVEL** pad **twice** after touching your choice of pads.

The **POWER LEVEL** pad must be touched as the last programming step just before touching the START pad. It must be touched within 1 second of touching your choice of pads.

## Sensor Cooking

Sharp's Sensor is a semi-conductor device that detects the vapor (moisture and humidity) emitted from food as it heats. The Sensor adjusts the cooking times and power level for various foods and quantities. It takes the guess work out of microwave cooking.

### Using Sensor Settings:

- Room temperature should not exceed 95°F.
- Exhaust vents are provided on the back of the unit for proper cooling and air flow in the cavity. To permit adequate ventilation, be sure to install the unit so as not to block these vents. There should be some space for air circulation.
- Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
- During the first part of Sensor cooking, **POP**, **CORN**, or **RE-**, **HEAT** or **SENSOR** and the Sensor setting number will appear on display. Do not open the oven door or touch STOP/CLEAR during this part of the cooking cycle. The measurement of vapor will be interrupted. If this occurs, **ERROR** will appear and sensor cooking will be interrupted. To continue cooking, touch the STOP/CLEAR pad and select cooking time and variable power. Door may be opened when remaining cooking time appears on display. At this time, you may stir or season food, as desired.
- Check food for doneness after cooking with sensor settings. If additional time is needed, continue to cook with variable power and time.
- If the sensor does not detect vapor properly with popcorn, the oven will turn off, and the correct time of day will appear in the display. End will flash at the end of properly popped corn. With the other sensor settings if the sensor has not detected the vapor of the food, **ERROR** will appear, and the oven will shut off.

### Selecting Foods:

- The Sensor works with foods at normal storage temperature. For example, bacon would be at refrigerator temperature and canned soup at room temperature.
- Foods weighing less than 3 ounces should be cooked by time and variable power.

### Covering Foods:

Some foods work best when covered. Use the cover recommended in the chart or recipe for these foods.

- Casserole lid
- Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
- Paper towel: Use paper towels to absorb excess fat when cooking bacon. Line paper plate with paper towels and cover bacon with additional paper towels.
- Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.



1. Casserole lid



2. Plastic wrap



3. Paper towel



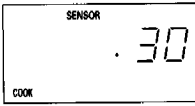
4. Wax paper

# SPECIAL FEATURES

## Pizza Sensor

Only pizza packaged specifically for microwave cooking can be used. Be sure to check package directions for how to place in oven.

\* Suppose you want to cook microwave pizza.

Procedure	Display
<p>PIZZA</p> <p>Touch PIZZA pad.</p>	<p>SENSOR</p> 
<p><b>1</b> When sensor detects the vapor emitted from the food, remainder of cooking time will appear (ex. remainder of cooking time is 30 sec.)</p> <p>After cooking, <b>End</b>.</p>	

## Popcorn Sensor

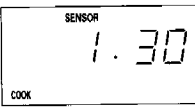
\* Suppose you want to pop one package of microwave popcorn.

Procedure	Display
<p>POPCORN ELEVATE PKG</p> <p>Touch POPCORN pad.</p> <p>After cooking, <b>End</b>.</p>	<p>POP CORN</p>
<p><b>1</b> Place bag on over turned 9" glass pie plate.</p>	

## Reheat Sensor

You can reheat many foods by touching just one pad. You don't need to calculate cooking time or power level.

\* Suppose you want to reheat canned chili.

Procedure	Display
<p>REHEAT</p> <p>Touch REHEAT pad.</p> <p>When sensor detects the vapor emitted from the food, remainder of cooking time will appear (ex. remainder of cooking time is 1 min. 30 sec.).</p>	<p>RE- and HEAT will be displayed repeatedly.</p>  <p>After cooking, <b>COVER</b> and <b>STAND</b> will be displayed repeatedly.</p>
<p><b>1</b></p>	

Open oven door or touch STOP/CLEAR pad. The time of day will reappear on the display.

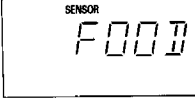
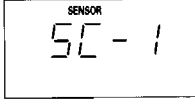
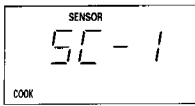
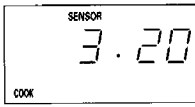
Reheat Sensor can be programmed with More or Less time Adjustment.

NOTE: Pizza, Popcorn and Reheat Sensor can only be programmed within 1 minute after cooking, closing the door or touching the STOP/CLEAR pad.

## To Cook with Sensor

There are 8 different Sensor settings to cook your favorite foods.

\* Suppose you want to cook baked potatoes.

Procedure	Display
<p>SENSOR COOK</p> <p>Touch SENSOR COOK pad.</p>	<p>SENSOR</p> 
<p><b>1</b></p>	
<p><b>2</b> Select desired Sensor setting. Touch 1 to cook baked potatoes.</p>	<p>1</p> 
<p>START</p> <p>Touch START pad.</p> <p>When sensor detects the vapor emitted from the food, remainder of cooking time will appear (ex. remainder of cooking time is 3 mins. 20 sec.).</p>	<p>SENSOR</p>  <p>COOK</p>  <p>COOK</p>
<p><b>3</b></p>	
<p>After cooking, <b>COVER</b> and <b>STAND</b> will be displayed repeatedly.</p>	

Open oven door or touch STOP/CLEAR pad. The time of day will reappear on the display.

Sensor Cook can be programmed with More or Less Time Adjustment.

NOTE: If you touch the wrong Sensor setting at Step. 2, retouch the correct setting before touching start pad. Selected setting will appear on the display.

# SPECIAL FEATURES

## INSTANT SENSOR CHART

<u>Food</u>	<u>Amount</u>	<u>Procedure</u>
<b>REHEAT</b> Leftovers	4 or more oz.	Casserole with lid or plastic wrap. Stand, covered 5 min.
Canned entrees and vegetables	4 or 16 oz.	Casserole with lid or plastic wrap. Stir before standing time. Stand, covered 5 min.
<b>POPCORN</b>	Only 1 package at a time	Use only popcorn packaged for microwave oven use. Do not try to pop unpopped kernels. Place an overturned 9" oven glass pie plate in center of turntable. Place unfolded popcorn bag in center of overturned pie plate. Touch Popcorn pad once. (Regular)
	3.5 oz. bag	This setting works well with most 3.5 oz. or regular size bags of microwave popcorn. Try several brands to decide which is most acceptable for your taste.
	1.75 oz. bag	Touch Popcorn pad two times within 2 seconds. (Small)
	7 oz. bag	Touch Popcorn pad three times within 3 seconds. (Big)
<b>PIZZA</b> microwave only	Only 1 pizza at a time	More or Less Time Adjustment described on page 14 can be used to provide adjustment needed for old popcorn or individual tastes. Follow package directions on how to place in oven. Pizza is usually placed on part of package so bottom crust is crisp.

## Sensor Cook Chart

<u>Setting</u>	<u>Food</u>	<u>Amount</u>	<u>Procedure</u>
1	<b>Baked potatoes</b>		
	White potatoes	1—6 med.	<ul style="list-style-type: none"> <li>• Prick; place on turntable.</li> <li>• Stand, covered in foil, 5-10 min.</li> </ul>
	Sweet potatoes	1—6 med.	<ul style="list-style-type: none"> <li>• Prick, place on turntable.</li> <li>• Stand, covered in foil, 3 min.</li> </ul>
2	<b>Fresh vegetables, soft</b>		
	Broccoli	1/2—2 lbs.	<ul style="list-style-type: none"> <li>• Wash and place in casserole. If freshly washed, no water is needed. If not freshly washed, add 2 tablespoons of water. Cover with lid for tender vegetables. Use plastic wrap for tender crisp vegetables.</li> <li>• Stir before standing if possible. Stand, covered 3-5 min.</li> </ul>
	Brussel sprouts	1/2—2 lbs.	
	Cabbage	1/2—3 lbs.	
	Cauliflower (flowerets)	1/2—2 cups	
	Cauliflower (whole)	1 med.	
	Spinach	1/4—1 lb.	
Zucchini	1/2—2 cups		
<b>Baked apples</b>	2—4 med.	<ul style="list-style-type: none"> <li>• Peel around top and hollow out the core. Place sugar or cinnamon candies in core. Place in glass pie plate. Cover with vented plastic wrap or wax paper.</li> </ul>	
3	<b>Fresh vegetables, hard</b>		
	Carrots, sliced	1/2—2 cups	<ul style="list-style-type: none"> <li>• Place in casserole. Add 1/4 to 1/2 cup of water. Cover with lid for tender vegetables. Use plastic wrap cover for tender crisp vegetables.</li> <li>• Stir before standing, if possible. Stand, covered, 5 min.</li> </ul>
	Corn on cob	2—4 ears	
	Green beans	1/2—2 cups	
Winter squash, diced halves	1/2—2 cups 2		
4	<b>Dinner plate, reheat</b>	1 plate (4 oz ~)	<ul style="list-style-type: none"> <li>• Place meaty portions and bulky vegetables to outside of plate. Cut large items like baked potatoes into smaller pieces. Flatten foods such as mashed potatoes and other dense foods. Cover with wax paper or plastic wrap.</li> <li>• After cooking, check that food is very hot throughout and that the bottom center of the plate is very hot. If not, continue heating using time and power level.</li> </ul>
5	<b>Soup, clear</b>	8—20 oz.	<ul style="list-style-type: none"> <li>• Stand, covered, 2—3 min.</li> <li>• Use mug, bowl or casserole. Cover with wax paper or plastic wrap.</li> </ul>
6	<b>Soup, cream</b>	8—20 oz.	<ul style="list-style-type: none"> <li>• Stir before standing. Stand, covered, 3-5 min.</li> <li>• Use mug, bowl or casserole. Cover with wax paper or plastic wrap.</li> </ul>
7	<b>Bacon</b>	2—6 slices	<ul style="list-style-type: none"> <li>• Stir before standing. Stand, covered, 3-5 min.</li> <li>• Place bacon on paper plate, lined with paper towel. Bacon should not extend over rim of plate. Cover with paper towel. Put another paper plate upside down on turntable. Place plate of bacon on top over-turned plate.</li> </ul>
8	<b>Fish, Seafood</b>	1/4—1 lb.	<ul style="list-style-type: none"> <li>• Arrange in ring around shallow glass dish (Roll fillet with edges underneath). Cover with plastic wrap.</li> <li>• Stand, covered, 3 min.</li> <li>• Place in plastic bag. Secure end. Slit bag with knife.</li> <li>• Stand, covered, 3 min.</li> </ul>
	Fillet, Steak, Shrimp, Scallop, fresh or frozen, thawed Clams, fresh	1/4—1 lb.	

# SPECIAL FEATURES

## SENSOR COOK RECIPES

### *Cranberry Fluff*

- |  |  |
|--|--|
| 2 cups fresh cranberries                     | ½ pint whipping cream, whipped or              |
| 1 cup water                                  | 1 package (8 ounces) non-dairy whipped topping |
| ¾ cup sugar                                  | Makes 6 to 8 servings                          |
| 1 package (3 ounces) orange-flavored gelatin |  |

1. Combine cranberries, water and sugar in a 2-quart casserole. Cover with wax paper. Microwave using Sensor Cook for Soup, Clear. Drain cranberries and reserve liquid.
2. Add enough hot water to reserved liquid to make 2 cups. Stir the gelatin into hot liquid until it dissolves. Cover with wax paper. Microwave using Sensor Cook for Soup, Clear.
3. Add berries and cool. Refrigerate until thickened. Fold whipped cream into cooled cranberry mixture. Spoon into serving dishes and garnish with extra whipped cream. Refrigerate until ready to serve.

### *Curry Vegetable Chowder*

- |  |                                     |
|--|-------------------------------------|
| 6 slices bacon                                 | ¾ teaspoon salt                     |
| 1 can (10¾ ounces) chicken broth               | ½ teaspoon curry powder             |
| 3 medium potatoes, finely diced (about 2 cups) | ⅛ teaspoon pepper                   |
| 2 carrots, shredded (about 1 cup)              | 1 can (12 ounces) evaporated milk   |
| 1 small onion, chopped (about ½ cup)           | 2 tablespoons chopped fresh parsley |
- Makes 4 servings

1. Layer 2 paper towels on a microwave safe plate. Arrange bacon on the towels. Cover with another paper towel. Microwave using Sensor Cook for Bacon. Crumble and reserve bacon.
2. Combine chicken broth, vegetables and seasonings in 4-quart casserole. Cover with vented plastic wrap. Microwave using Sensor Cook for Baked Potatoes. Vegetables should be tender.
3. Stir in evaporated milk. Recover with vented plastic wrap. Microwave using Sensor Cook for Soup, Cream. Stir in parsley. Let stand covered, 5 minutes.
4. Top each serving with crumbled bacon.

### *Flounder Fillet with Vegetables*

- |                                   |  |
|-----------------------------------|--|
| ½ green pepper, diced             | 1 pound flounder fillet, fresh or frozen, thawed |
| 1 small onion                     | ⅛ teaspoon pepper                                |
| 1 medium potato, peeled and diced | ⅛ teaspoon paprika                               |
| 1 clove garlic, minced            | ¼ teaspoon salt                                  |
| 2 tablespoons margarine or butter | ¼ teaspoon thyme leaves                          |
| 1 medium tomato, chopped          | parsley flakes                                   |
- Makes 4 servings

1. Combine green pepper, onion, potato, garlic and margarine in 2-cup measuring cup. Cover with vented plastic wrap. Microwave using Sensor Cook for Fresh Vegetables, Soft. Stir in tomato.
2. Arrange fish in a ring around the outside of a 12-inch round glass utility dish. Pour vegetables over fish. Sprinkle with pepper, paprika, salt and thyme. Cover well with vented plastic wrap. Microwave using Sensor Cook for Fish and Seafood. Let stand 2 minutes. Top with parsley and serve.

### *Glazed Apple Slices*

- |                                   |   |
|-----------------------------------|---|
| ¼ cup packed brown sugar          | ¾ cup orange juice  |
| 3 tablespoons margarine or butter | 1 tablespoon cornstarch   |
| 2 tablespoons apricot preserves   | 4 baking apples (about 1½ pounds), peeled and sliced into 8 pieces each |
| ½ teaspoon ground nutmeg          | 3 tablespoons chopped green pistachios                                  |
| ¼ teaspoon salt                   | Makes 6 to 8 servings   |
| ½ cup sugar                       |   |

1. Combine brown sugar, margarine and apricot preserves in a small bowl. Microwave at HIGH (100%) until margarine melts and preserves soften, 45 seconds to 1 minute. Stir in nutmeg, salt, sugar, orange juice and cornstarch. Microwave at HIGH (100%) until thickened, 4 to 6 minutes, stirring several times.
2. Arrange apple slices in a large microwave serving dish. Spread hot sauce over apples. Cover well with vented plastic wrap. Microwave using Sensor Cook for Fresh Vegetables, Soft. Allow to cool 5 minutes before serving.
3. Sprinkle with pistachios. Serve alone or over vanilla ice cream or sponge cake.

## SPECIAL FEATURES

### *Mexican Seasoned Potatoes*

- 4 medium baking potatoes (8 ounces each)
- 1/4 cup olive oil
- 1 tablespoon instant minced onion
- 1/2 teaspoon chili powder
- 1/2 teaspoon oregano leaves
- 1/4 teaspoon ground cumin
- 1/2 teaspoon salt

Makes 6 to 8 servings

1. Cut each potato lengthwise into 4 equal wedges. Place potato wedges into 10-inch square casserole. Toss potatoes with oil to coat well.
2. In small bowl, combine remaining ingredients. Sprinkle over potatoes.
3. Cover potatoes with wax paper. Microwave using Sensor Cook for Baked potatoes. Rearrange potatoes when time appears on display. Let stand covered 5 minutes.

### *Microwaved Fresh Pumpkin*

- 1 Pie Pumpkin or Sugar Pumpkin

1. Wash and cut pumpkin into quarters. Remove seeds and strings. Place in a glass pie plate. Cover well with vented plastic wrap.
2. Microwave using Sensor Cook for Fresh Vegetables, Hard. Allow to stand covered 5 minutes.
3. Scrape the pulp from the shell. Strain off excess liquid from cooked pumpkin. Place pumpkin into food processor or blender and process until smooth. Use in your favorite recipes.

### *Shrimp Scampi*

- 1/2 cup margarine or butter
- 1 tablespoon snipped fresh parsley
- 2 tablespoons lemon juice
- 1 large clove garlic, minced
- 1/2 teaspoon salt
- 1 pound large raw shrimp, shelled and deveined paprika

Makes 4 servings

1. Place margarine in 2-cup measuring cup. Microwave at HIGH (100%) until melted, 1 to 1 1/2 minutes. Stir in parsley, lemon juice, garlic and salt.
2. Arrange shrimp in a large glass pie plate. Pour seasoned butter over shrimp. Cover well with vented plastic wrap. Microwave using Sensor Cook for Fish and Seafood. Shrimp should be pink and opaque.
3. Sprinkle with paprika and serve over hot cooked rice.

### *Spiced Carrots*

- 3 cups sliced carrots, 1/4 inch thick
- 1/2 cup chopped green pepper, 1 inch cubes
- 1/4 cup finely chopped onion
- 3 tablespoons water
- 1 can (7 3/4 ounces) semi-condensed tomato soup
- 1/2 cup sugar
- 2 teaspoons vinegar
- 1 teaspoon soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon prepared mustard
- 1/8 teaspoon pepper

Makes 6 to 8 servings

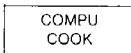


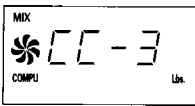


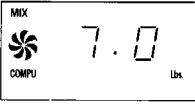

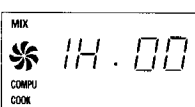
1. In a 1 1/2-quart casserole, combine carrots, green pepper, onion and water. Cover with lid. Microwave using Sensor Cook for Fresh Vegetables, Hard. Carrots should be tender crisp. Drain.
2. Stir in remaining ingredients. Cover and microwave using Reheat Sensor.

# SPECIAL FEATURES

## CompuCook

CompuCook will automatically compute the oven temperature, microwave power and cooking time for foods shown in chart.

\* Suppose you want to use CompuCook to roast a 7.0 pound chicken.

Procedure	Display
<b>1</b>  Touch COMPU COOK pad.	
<b>2</b>  Select CompuCook setting. Touch 3 to roast chicken.	 Lbs. indicator will flash.
<b>3</b>   Touch number pads to enter weight.	
<b>4</b>  Touch START pad.	

After cooking, **COVER** and **STAND** will be displayed repeatedly.

If you attempt to enter unacceptable data, **ERROR** will appear in the display.

CompuCook can be programmed with More or Less Time Adjustment.

### NOTE

1. CompuCook works with foods at normal storage temperature. For example, chicken would be at refrigerator temperature and cakes would be at room temperature.
2. The weight or quantity of food can be entered for each CompuCook Setting. The unit, pounds (LBS.) or quantity (NO.), will appear on display. For example, turkey would be calculated in pounds and hamburger patties would be quantity.
3. Pounds must be rounded off to the nearest tenth of a pound (Example: 5.45 lbs should be rounded off to 5.5 lbs.)
4. Preheat is automatic with CC-1 (Hamburgers, broiled) and CC-2 (Chicken, broiled). When the oven reaches the desired temperature, an audible signal will sound four times; place the food in the oven and touch START.
5. All foods can be seasoned, as desired, before cooking begins.
6. If door is opened during CompuCook, shut door and touch the START pad to resume cooking.

## COMPU COOK CHART

Setting	Food	Amount	Procedure	Comments
R-9H73 R-9H83, R-9H93				
1	Hamburgers broiled*	1—8 pieces	Season, as desired. Place on broiling trivet.	Patties should be 1/4 lb. each, 1/2-inch thick. Patties will be medium doneness.
2	Chicken broiled*	0.5—3.5 lbs	Season, as desired. Place on broiling trivet.	Chicken next to bone should no longer be pink.
3	Chicken roast	2.5—7.5 lbs	Season, as desired. Place on broiling trivet.	Let stand, covered with foil, 10 to 15 minutes.
4	Turkey roast	6.5—15.9 lbs	Season, as desired. Place on broiling trivet.	Let stand, covered with foil, 10 to 15 minutes.
5	Turkey breast	3.0—6.0 lbs	Season, as desired. Place on broiling trivet.	Let stand, covered with foil, 10 to 15 minutes.
6	Cake layers	1—2 layers	One or two 9-inch round metal cake pans, greased.	Cool 10 minutes in pan on wire rack; remove from pan. Complete cooling on wire rack.

\* Program oven without food inside. When audible signal sounds 4 times after preheating, open door, put food in oven on broiling trivet and press START pad.

# SPECIAL FEATURES

## Temperature Probe Cooking

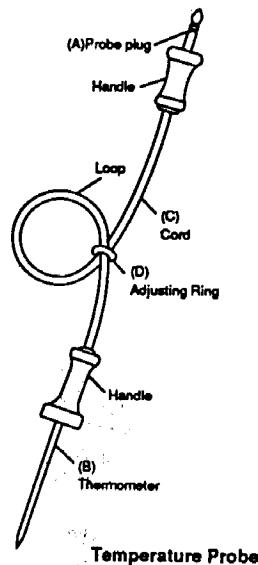
Your oven is equipped with a removable temperature probe. Suggested cooking and serving temperatures are given throughout the cookbook. Please refer to the beginning of each chapter and to individual recipes for temperature guidelines.

### To Use the Temperature Probe:

1. Insert the pointed metal portion (B) into the food. At least  $\frac{2}{3}$ 's of the probe must be in the food. It is easier to position the probe while the food is outside the oven.
2. Place meat on the broiling trivet on the turntable inside the oven.
3. Insert the probe plug (A) securely into the receptacle in the ceiling of the oven cavity (ceiling of oven). This portion rotates as the food turns on the turntable.
4. Shorten or lengthen the cord loop by moving the adjusting ring (D). Avoid touching the rubber cord (C) directly on the food.
5. Program oven for Cooking by Temperature or Sensor Temp.
6. After cooking, remove the probe plug from the receptacle before removing the food from the oven.

### Use and Care of Temperature Probe:

1. Temperature readings are given for some recipes which should be cooked covered. If you wish to use the probe, cover the food with clear plastic wrap and insert the probe through the plastic wrap.
2. Do not try to force the temperature probe into solidly frozen food.
3. Do not use the temperature probe when using a browning dish.
4. The temperature probe should never be allowed to touch the interior walls or door of the oven.
5. You will often notice a change in the temperature readout after stirring. This is normal and occurs in conventional cooking also.
6. Pot holders may be needed when removing the temperature probe.
7. Do not remove the probe from the receptacle or from the food by pulling on the cord. Use the insulated handles.
8. **DO NOT OPERATE THE OVEN EMPTY WITH THE TEMPERATURE PROBE INSIDE. TO AVOID THIS POSSIBILITY, DO NOT LEAVE THE PROBE IN THE OVEN WHEN NOT IN USE.**
9. The temperature probe should be unplugged and removed from the oven when not in use. Store the probe in a safe, convenient place outside the oven.
10. This temperature probe is designed specifically for use in this oven. Do not substitute any other probe for this one. The probe cannot be used in other microwave ovens.
11. Recommended cooking or serving temperatures are given for those recipes in your cookbook where cooking by temperature is appropriate. You may choose to cook by either time or temperature.



Temperature Probe

### To Cook with Temperature Probe:

\* Suppose you want to roast a chicken to 180°F at 70%.

Procedure	
1	<div style="display: flex; align-items: center; gap: 10px;"> <div style="border: 1px solid black; padding: 2px 5px;">1</div> <div style="border: 1px solid black; padding: 2px 5px;">8</div> <div style="border: 1px solid black; padding: 2px 5px;">0</div> </div> Position probe in chicken. Insert probe plug into the receptacle in the top center of the oven cavity. Enter desired temperature.
2	<div style="border: 1px solid black; padding: 2px 5px; display: inline-block;">TEMP</div> Touch TEMP Pad.
3	<div style="display: flex; align-items: center; gap: 10px;"> <div style="border: 1px solid black; padding: 2px 5px;">POWER LEVEL</div> <div style="border: 1px solid black; padding: 2px 5px;">7</div> </div> Touch POWER LEVEL pad and then 7 for 70%.
4	<div style="border: 1px solid black; padding: 2px 5px; display: inline-block;">START</div> Touch START pad. <p>When food temperature is lower than 90°F, <span style="border: 1px solid black; padding: 2px 5px;">LO F</span> will be displayed.</p> <p>When the internal temperature reaches 90°F, the readout will display the actual temperature of the food as it increases to 180°F. When it reaches 180°F as detected by the temperature probe, the oven will automatically shut off. After cooking <span style="border: 1px solid black; padding: 2px 5px;">End</span> will be displayed.</p>

Temperatures are displayed in the range of 90°F to 230°F. The maximum temperature which can be entered is 200°F. If a temperature more than 200°F or less than 90°F is set, ERROR and the incorrect temperature will appear on the display. The STOP/CLEAR pad must be touched in order to reprogram the oven.

# SPECIAL FEATURES

Your oven can be programmed to maintain any temperature from 90°F to 200°F for up to 99 minutes 99 seconds. This feature can be used to keep food warm at the desired serving temperature until you are ready to eat, or food can be simmered at a specific temperature for up to 99 minutes 99 seconds.

\* If you want to maintain exactly 180°F for 20 minutes in the above example.

Procedure	
<b>4</b>	<div style="display: flex; align-items: center; gap: 5px;"> <div style="border: 1px solid black; padding: 2px 5px;">2</div> <div style="border: 1px solid black; padding: 2px 5px;">0</div> <div style="border: 1px solid black; padding: 2px 5px;">0</div> <div style="border: 1px solid black; padding: 2px 5px;">0</div> </div> After Step 3, enter desired cooking or "holding" time. To maintain 180°F for 20 minutes.
<b>5</b>	<div style="border: 1px solid black; padding: 2px 5px; display: inline-block;">START</div> Touch START pad.

In the above example, if the actual temperature drops below 180°F during the 20 minute "holding" time, microwave energy will come on long enough to boost the temperature back up to 180°F.

- NOTE: 1. If the temperature probe is not plugged in properly or is defective, TEMP indicator will flash on and off. When you touch START, TEMP will remain. **PROBE** will flash on the display, and the oven will not turn on.
2. If you are in the process of cooking using the temperature probe and wish to check the temperature you have programmed, simply touch the TEMP pad. As long as your finger is touching the TEMP pad, the programmed temperature will be displayed.

## Sensor Temp

(R-9H83, R-9H93)

SENSOR TEMP 1-6 automatically roasts meat and poultry and cooks casseroles to an exact internal doneness. The finished temperatures have been determined.

SENSOR TEMP 7 is used for slow cooking. It will bring the food quickly up to temperature and maintain it for up to 4 hours.

## SENSOR TEMP CHART

(R-9H83, R-9H93)

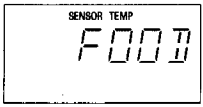
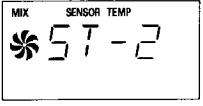
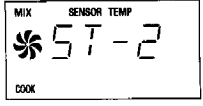
Setting	Food	Insert Temperature	Comments	Cooking Mode
1	Roast beef (rare) *1	120°F	Stand, covered, 10 min.	HIGH MIX 325°F
2	Roast beef (medium) *1	130°F	Stand, covered, 10 min.	HIGH MIX 325°F
3	Roast beef (well) *1	150°F	Stand, covered, 15 min.	HIGH MIX 325°F
4	Roast pork *1	175°F	Stand, covered, 10 min.	HIGH MIX 325°F
5	Turkey breast *1	170°F	Stand, covered, 10 min.	HIGH MIX 325°F
6	Casserole with cooked ingredients *2	165°F	Cover with plastic wrap.	MICROWAVE
7	Simmer (sauces, stews) *3	180°F	Hold for a maximum of 4 hours*	MICROWAVE

\*1 Roast beef, Turkey breast: Place roast on broiling trivet. Place shallow glass baking dish on turntable if you wish to save drippings for gravy. Shield edges of roasts with small pieces of aluminium foil from beginning to assure perfect results. The probe should be inserted in the center of the meatiest portion away from bone or fat. For poultry, insert probe between the inner thigh and body. Be sure 2/3's of probe is embedded in meat or poultry.

\*2 Casserole: Place the thermometer in the center of the food. You may use plastic wrap to support the probe.

\*3 If you want to simmer food for less than 4 hours, stop oven after desired simmer time.

\* Suppose you want to cook a roast beef (medium).

Procedure	Display
<div style="border: 1px solid black; padding: 2px 5px; display: inline-block;">SENSOR TEMP</div> Position probe in meat. <b>1</b> Insert probe plug into the receptacle in the top center of the oven cavity. Close the door. Touch SENSOR TEMP pad.	
<div style="border: 1px solid black; padding: 2px 5px; display: inline-block;">2</div> <b>2</b> Select desired Sensor Temp setting. Touch 2 to cook roast to medium.	
<div style="border: 1px solid black; padding: 2px 5px; display: inline-block;">START</div> <b>3</b> When the internal temperature reaches 100°F, the readout will display the actual temperature of the food as it increases to 130°F. The oven will automatically shut off the <b>COVER</b> and <b>STAND</b> will be displayed repeatedly.	

Sensor Temp can be programmed with More or Less Time Adjustment.

NOTE: If you touch the wrong Sensor Temp setting, retouch the correct setting.

To ensure perfect results after the oven signals that the food is done, reposition the probe, reprogram the oven with the same program. If the temperature is low, cooking will continue until the correct temperature is reached. If the temperature is correct, the oven will shut off immediately.

# SPECIAL FEATURES

## CompuDefrost

CompuDefrost automatically defrosts roast beef, pork, steaks, chops, ground meat, whole chicken and chicken pieces.

\* Suppose you want to defrost a 2.0 lb. steak with CompuDefrost.

Procedure	Display
<b>1</b> Touch <b>COMPU DEFROST</b> pad.	
<b>2</b> Select CompuDefrost setting. Touch 2 to defrost steak.	
<b>3</b> Touch number pads to enter weight.	
<b>4</b> Touch <b>START</b> pad.	

The oven will stop and directions will be displayed. Follow the indicated message.

<b>5</b> After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door.	
<b>6</b> Touch <b>START</b> pad.	
<b>7</b> After the 2nd stage, open the door. Shield any warm portions. Close the door.	
<b>8</b> Touch <b>START</b> pad.	
<b>9</b> After defrosting.	

If you attempt to enter unacceptable data, **ERROR** will appear in the display.

CompuDefrost can be programmed with More or Less Time Adjustment.

## COMPU DEFROST CHART

Setting	Food	Amount	Procedure
1.	Roast Beef Pork	2.5—6.0 lbs.	After the 1st stage, turn over and shield the warm portions with aluminum foil. After the 2nd stage, turn over and if there are warm portions, shield with aluminum foil. Stand, covered 30—60 min.
2.	Steaks Chops Fish	0.5—4.0 lbs.	After the 1st stage, turn over and shield the warm portions with aluminum foil. After the 2nd stage, if there are warm portions, shield with aluminum foil. Stand, 10—15 min.
3.	Ground meat	0.5—3.0 lbs.	Remove any thawed pieces after each stage. Stand, 5—10 min.
4.	Chicken, whole	2.5—6.0 lbs.	Remove giblets before freezing poultry. After the 1st stage, turn over and shield the warm portions with aluminum foil. After the 2nd stage, if there are warm portions, shield with aluminum foil. Stand, covered 30—55 min.
5.	Chicken pieces	0.5—3.0 lbs.	After the 1st stage, pull apart and rearrange. After the 2nd stage, if there are warm or thawed portions, rearrange or shield with aluminum foil. Stand, 10—15 min.

NOTE: Check foods when oven signals. After final stage, small sections may still be icy, let stand to continue thawing. Do not cook until all ice crystals are thawed.

Shielding roasts and steaks prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

Foods not listed on the CompuDefrost Chart can be defrosted using 30% power and times suggested in the cookbook.

# OTHER CONVENIENT FEATURES

## Minute Plus

Minute Plus allows you to cook for a minute at 100% by simply touching the MINUTE PLUS pad. You can also extend cooking time in multiples of 1 minute by repeatedly touching the MINUTE PLUS pad during manual cooking.

\* Suppose you want to heat a cup of soup for one minute.

Procedure	
<b>1</b>	<div style="display: flex; align-items: center; gap: 10px;"> <div style="border: 1px solid black; padding: 2px 5px;">MINUTE PLUS</div> <div style="text-align: left;">Touch MINUTE PLUS pad.</div> </div>

NOTE:

- Minute Plus can only be entered within 1 minute after cooking, closing the door, touching the STOP/CLEAR pad or during cooking. Minute Plus cannot be used to start the oven if any program is on display.
- Minute Plus cannot be used with SPECIAL FEATURES.

## Safety Lock

The Safety Lock prevents unwanted oven operation such as by small children.

The oven can be set so that the control panel is deactivated or locked. To set, touch AUTO START/CLOCK, the number 1 and START. Should a pad be touched, LOCK will appear in the display.

To cancel, touch AUTO START/CLOCK, the number 1 and STOP/CLEAR.

## Audible Signal Elimination

If you wish to have the oven operate with no audible signals, touch AUTO START/CLOCK, the number 5 and START.

To cancel and restore the audible signal, touch AUTO START/CLOCK, the number 5 and STOP/CLEAR.

## Demonstration Mode

To demonstrate, touch AUTO START/CLOCK, 0 and START. DEMO will appear in the display. Cooking operations and specific special features can now be demonstrated with no power in the oven. For example, touch POPCORN and the display will show time for popcorn and count down quickly to 0 and the "End".

To cancel, touch AUTO START/CLOCK, then 0, and STOP/CLEAR.

## Memory Plus

MEMORY PLUS allows you to recall one cooking instruction previously placed in memory and begin cooking quickly.

\* Suppose you like to heat a frozen breakfast roll morning for 20 seconds at 50% power.

### Memory Entry

\* Suppose you want to enter instructions (20 sec. at 50%) into the memory bank.

Procedure	Display
<b>1</b> <div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">MEMORY PLUS</div> Touch MEMORY PLUS pad.	
<b>2</b> <div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">MEMORY PLUS</div> Touch MEMORY PLUS pad.	
<b>3</b> <div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">2</div> <div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">0</div> Enter cooking time.	
<b>4</b> <div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">POWER LEVEL</div> <div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">5</div> Touch POWER LEVEL pad and then 5 for 50% power.	
<b>5</b> <div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">MEMORY PLUS</div> Touch MEMORY PLUS pad. Memory plus is now programmed.	The time of day will reappear.

\* If cooking program is memorized, the cooking program will appear.

NOTE:

- This information will remain in memory indefinitely unless power to the unit is interrupted or you change the program. You can erase this information simply by programming over it using the procedure outlined above.

### Cook by Memory

\* Suppose you want to use the memorized cooking program. (20 sec. at 50% power)

Procedure	
<b>1</b>	<div style="display: flex; align-items: center; gap: 10px;"> <div style="border: 1px solid black; padding: 2px 5px;">MEMORY PLUS</div> <div style="text-align: left;">Touch MEMORY PLUS pad.</div> </div>
<b>2</b>	<div style="display: flex; align-items: center; gap: 10px;"> <div style="border: 1px solid black; padding: 2px 5px;">START</div> <div style="text-align: left;">Touch START pad.</div> </div> <p>After cooking <div style="border: 1px solid black; padding: 2px 5px;">End</div></p>

NOTE: To check the memorized information, touch the MEMORY PLUS pad. The memorized cooking program will appear on display. To return the time of day, touch the STOP/CLEAR pad.

# OTHER CONVENIENT FEATURES

## Pause

Pause allows you to stop the oven between cooking stages, to stir, turn food over or add ingredients during the cooking process.

\* Suppose you want to cook soup for 5 minutes at 100%, stir and continue to cook for 3 minutes at 50%.

Procedure						
1	<table border="1"> <tr> <td>5</td> <td>0</td> <td>0</td> </tr> </table> Enter cooking time for first stage. Touch POWER LEVEL pad twice for 100% power.	5	0	0		
5	0	0				
2	<table border="1"> <tr> <td>TIMER PAUSE</td> </tr> </table> Touch TIMER/PAUSE pad.	TIMER PAUSE				
TIMER PAUSE						
3	<table border="1"> <tr> <td>3</td> <td>0</td> <td>0</td> </tr> </table> Enter cooking program for second stage. <table border="1"> <tr> <td>POWER LEVEL</td> <td>5</td> </tr> </table> Touch POWER LEVEL pad and then 5 for 50% power.	3	0	0	POWER LEVEL	5
3	0	0				
POWER LEVEL	5					
4	<table border="1"> <tr> <td>START</td> </tr> </table> Touch START pad.	START				
START						
5	After the 1st stage, open door and stir soup. Close door.					
6	<table border="1"> <tr> <td>START</td> </tr> </table> Touch START pad.	START				
START						

## Minute Timer

\* Suppose you want to time a 3 minute long distance phone call.

Procedure				
1	<table border="1"> <tr> <td>3</td> <td>0</td> <td>0</td> </tr> </table> Enter time.	3	0	0
3	0	0		
2	<table border="1"> <tr> <td>TIMER PAUSE</td> </tr> </table> Touch TIMER/PAUSE pad.	TIMER PAUSE		
TIMER PAUSE				

This is just a timer and oven has no cooking sequence.

## Auto Start

If you wish to program your oven to begin cooking automatically at a designated time of day, follow this procedure:

\* Suppose you want to start cooking a stew for 20 minutes on 50% at 4:30. Before setting, check to make sure the clock is showing the correct time of day.

Procedure							
1	<table border="1"> <tr> <td>4</td> <td>3</td> <td>0</td> </tr> </table> Enter the start time.	4	3	0			
4	3	0					
2	<table border="1"> <tr> <td>AUTO START CLOCK</td> </tr> </table> Touch AUTO START/CLOCK pad.	AUTO START CLOCK					
AUTO START CLOCK							
3	<table border="1"> <tr> <td>2</td> <td>0</td> <td>0</td> <td>0</td> </tr> </table> Enter cooking program. <table border="1"> <tr> <td>POWER LEVEL</td> <td>5</td> </tr> </table>	2	0	0	0	POWER LEVEL	5
2	0	0	0				
POWER LEVEL	5						
4	<table border="1"> <tr> <td>START</td> </tr> </table> Touch START pad.	START					
START							

### NOTE:

- Auto Start can be used for manual cooking, CompuCook, Sensor Temp and Memory if clock is set.
- If the oven door is opened after programming Auto Start, it is necessary to touch the START pad for the time of day to appear in the readout so that the oven will automatically begin programmed cooking at the chosen Auto Start time.
- Be sure to choose foods that can be left in the oven safely until the Auto Start time. Baked potatoes are often a good choice.

# SERVICE CALL CHECK

Please check the following before calling service:

- Does the display light? Yes \_\_\_\_\_ No \_\_\_\_\_
- When the door is opened, does the oven lamp light? Yes \_\_\_\_\_ No \_\_\_\_\_

If "No" is the answer for both, please check the wall socket and breaker. If both the wall socket and breaker are functioning properly, CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICE CENTER.

Please check the following if "Yes" is the answer to either of the above questions.

- Place one cup of water in a glass measuring cup in the oven and close the door securely. Oven light should go off if door is closed properly.

Program the oven for two minutes on 100%. Touch these pads:

2	0	0	START
---	---	---	-------

- Does the oven lamp light? Yes \_\_\_\_\_ No \_\_\_\_\_
- Does the cooling fan work? (Put your hand over the rear ventilation openings.) Yes \_\_\_\_\_ No \_\_\_\_\_
- Does the turntable rotate? Yes \_\_\_\_\_ No \_\_\_\_\_
- Does COOK indicator light? Yes \_\_\_\_\_ No \_\_\_\_\_
- At the end of 2 minutes, is the water hot? Yes \_\_\_\_\_ No \_\_\_\_\_

- Remove water from the oven and program:

5	0	0	CONVEC	0	450°F	START
---	---	---	--------	---	-------	-------

- Do CONV and COOK indicators light? Yes \_\_\_\_\_ No \_\_\_\_\_
- After the oven shuts off, is inside of the oven hot? Yes \_\_\_\_\_ No \_\_\_\_\_

If "NO" is the answer to any of the above questions, PLEASE CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICE CENTER.

A microwave oven should NEVER be serviced by a "do-it-yourself" repair person.

# CLEANING AND CARE

## Exterior:

The outside surface is precoated metal and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

## Interior:

The oven walls, ceiling and floor are stainless steel. For easy cleaning, wipe up any spatters or spills with a soft, damp cloth or sponge after each use or clean with mild detergent and water. **DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS.**

For heavier soil, use a mild cleanser such as Soft Scrub® or Bon Ami® following manufacturer's instructions. Commercial oven cleaner, preferably the brush-on or sponge type can also be used following manufacturer's instructions. Apply to stainless steel walls, floor, ceiling or turntable only. Do not use spray-on oven cleaner; it may damage internal parts.

Plastic or nylon scouring sponges or pads recommended for use on Teflon® and Silverstone® can be used on the oven walls, ceiling or turntable. Be sure to rinse cavity with a damp cloth or sponge after cleaning to completely remove all cleanser residue. Occasionally, a cooking odor may remain in the oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon, and several whole cloves in a 2 cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in oven until cool. Wipe interior with a soft cloth.

## Turntable/Turntable Support:

The turntable and turntable support can be removed for easy cleaning. Wash the turntable and turntable support in mild, sudsy water; for stubborn stains use a mild cleanser and scouring sponge as described above. The turntable and turntable support are dishwasher-proof. Foods with high acidity, such as tomatoes or lemons, will cause the porcelain enamel turntable to discolor. Do not cook highly acidic foods directly on the turntable; if spills occur, wipe up immediately.

The turntable motor shaft is not sealed, so excess water or spills should not be allowed to stand in this area.

## Temperature probe:

Carefully wash the temperature probe in warm sudsy water and wipe dry. It is immersible, but should not be soaked. Do not wash in dishwasher.

Avoid harsh treatment of the probe. Do not drop the probe. It is a thermometer, handle it carefully.

## Door:

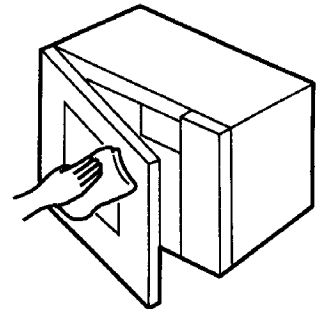
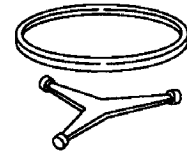
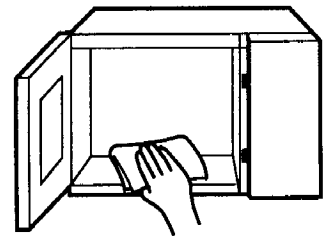
Wipe the window on both sides with a damp cloth to remove any spills or spatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of harsh abrasives.

## Touch Control Panel:

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners.

## Wave Guide Cover:

Carefully wash any food particles from the wave guide cover located on the ceiling in the oven cavity.



# SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1.55 kW (Microwave) 1.55 kW (Convection)
Output Power:	
Microwave	900W* (IEC-705—1988 Test Procedure)
Convection Heater	1450W
Frequency:	2450 MHz
Outside Dimensions:	24 <sup>5</sup> / <sub>8</sub> "(W) x 14 <sup>3</sup> / <sub>4</sub> "(H) x 18 <sup>3</sup> / <sub>8</sub> "(D)
Cavity Dimensions:	16 <sup>1</sup> / <sub>8</sub> "(W) x 9 <sup>5</sup> / <sub>8</sub> "(H) x 16 <sup>1</sup> / <sub>8</sub> "(D)
Oven Capacity:	1.5 cft
Cooking Uniformity:	Turntable system
Weight:	Approx. 60 lbs.

\* The International Electrotechnical Commission's standardized method for measuring output wattage. This test method is widely recognized.

In compliance with standards set by:

FCC — Federal Communications Commission Authorized.

DHHS — Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.



— This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.

# AUTO-TOUCH® GUIDE

For more complete information, refer to your Operation Manual.

<p><b>TO SET CLOCK</b></p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch AUTO START/CLOCK.</li> <li>3. Enter time of day by touching numbers. (Ex. 4:30)</li> <li>4. Touch AUTO START/CLOCK.</li> </ol>	<p>STOP CLEAR</p> <p>AUTO START CLOCK</p> <p>4 3 0</p> <p>AUTO START CLOCK</p>	<p><b>PREHEAT AND COOK WITH CONVECTION</b></p> <ol style="list-style-type: none"> <li>1. Touch CONVEC pad.</li> <li>2. Enter desired preheat temperature. (Ex. 325°F)</li> <li>3. Enter cooking time by touching number pads. (Ex. 20 min.)</li> <li>4. Touch START.</li> </ol>	<p>CONVEC</p> <p>325°F</p> <p>2 0 0 0</p> <p>START</p>																		
<p><b>TO USE MINUTE PLUS</b></p> <ol style="list-style-type: none"> <li>1. Touch MINUTE PLUS.</li> </ol>	<p>MINUTE PLUS</p>	<p><b>COOK WITH AUTOMATIC MIX</b></p> <ol style="list-style-type: none"> <li>1. Enter cooking time by touching number pads. (Ex. 25 min.)</li> <li>2. Touch LOW MIX/BAKE or HIGH MIX/ROAST.</li> <li>3. Touch START.</li> </ol> <p>NOTE: If you want to change temperature, enter desired temperature after step 2.</p>																			
<p><b>COOK WITH MICROWAVE</b></p> <ol style="list-style-type: none"> <li>1. Enter cooking time by touching number pads. (Ex. 1 min. 30 sec.)</li> <li>2. Touch POWER LEVEL pad.</li> <li>3. Select power level. (Ex. 50%)</li> <li>4. Touch START.</li> </ol>	<p>1 3 0</p> <p>POWER LEVEL</p> <p>5</p> <p>START</p>	<p><b>BROILING</b></p> <ol style="list-style-type: none"> <li>1. Enter desired time by touching number pads. (Ex. 14 min.)</li> <li>2. Touch BROIL. No food in oven.</li> <li>3. Touch START. When oven signals, put food in oven.</li> </ol>																			
<p><b>COOK WITH TEMPERATURE</b></p> <ol style="list-style-type: none"> <li>1. Place probe in food and in probe receptacle in the top center of the oven. Enter desired temperature. (Ex. 180°F)</li> <li>2. Touch TEMP.</li> <li>3. Touch POWER LEVEL pad.</li> <li>4. Select power level. (Ex. 70%)</li> <li>5. Touch START.</li> </ol>	<p>1 8 0</p> <p>TEMP</p> <p>POWER LEVEL</p> <p>7</p> <p>START</p>	<p><b>USE COMPU DEFROST</b></p> <ol style="list-style-type: none"> <li>1. Touch COMPU DEFROST.</li> <li>2. Enter desired COMPU DEFROST setting. (Ex. Roast Beef-1)</li> <li>3. Touch number pads to enter desired weight. (Ex. 2.95 lbs. round to 3.0 lbs.)</li> <li>4. Touch START.</li> </ol> <p>During defrosting, oven will stop twice; check food. Touch START to continue defrosting.</p>																			
<p><b>COOK WITH SENSOR TEMP (R-9H83, R-9H93)</b></p> <ol style="list-style-type: none"> <li>1. Place probe in food and in probe receptacle in the top center of the oven. Touch SENSOR TEMP.</li> <li>2. Enter desired Sensor Temp. setting. (Ex. Touch 2 to cook roast to medium doneness.)</li> <li>3. Touch START.</li> </ol>	<p>SENSOR TEMP</p> <p>2</p> <p>START</p>	<p><b>COMPU DEFROST CHART</b></p> <table border="1"> <thead> <tr> <th>Food</th> <th>Amount</th> <th>Setting</th> </tr> </thead> <tbody> <tr> <td>Roast beef, Pork</td> <td>2.5–6.0 lbs.</td> <td>1</td> </tr> <tr> <td>Steaks, chops</td> <td>0.5–4.0 lbs.</td> <td>2</td> </tr> <tr> <td>Ground meat</td> <td>0.5–3.0 lbs.</td> <td>3</td> </tr> <tr> <td>Chicken, whole</td> <td>2.5–6.0 lbs.</td> <td>4</td> </tr> <tr> <td>Chicken pieces</td> <td>0.5–3.0 lbs.</td> <td>5</td> </tr> </tbody> </table>		Food	Amount	Setting	Roast beef, Pork	2.5–6.0 lbs.	1	Steaks, chops	0.5–4.0 lbs.	2	Ground meat	0.5–3.0 lbs.	3	Chicken, whole	2.5–6.0 lbs.	4	Chicken pieces	0.5–3.0 lbs.	5
Food	Amount	Setting																			
Roast beef, Pork	2.5–6.0 lbs.	1																			
Steaks, chops	0.5–4.0 lbs.	2																			
Ground meat	0.5–3.0 lbs.	3																			
Chicken, whole	2.5–6.0 lbs.	4																			
Chicken pieces	0.5–3.0 lbs.	5																			
<p><b>COOK WITH CONVECTION</b></p> <ol style="list-style-type: none"> <li>1. Enter cooking time by touching number pads. (Ex. 15 min.)</li> <li>2. Touch CONVEC pad.</li> <li>3. Enter desired cooking temperature. (Ex. 425°F)</li> <li>4. Touch START.</li> </ol>	<p>1 5 0 0</p> <p>CONVEC</p> <p>425°F</p> <p>START</p>																				

## COOK WITH COMPUCOOK

1. Touch COMPUCOOK.
2. Select desired COMPUCOOK setting. (Ex. Touch 1 to broil hamburgers.)
3. Touch number pads to enter desired quantity or weight. (Ex. 4 patties)
4. Touch START.  
Oven will preheat to 450°F, then signal 4 times. Put food in the oven and touch START again.

COMPU COOK

1

4

START

## REHEAT or PIZZA SENSOR

1. Touch REHEAT or PIZZA.

REHEAT

## POPCORN SENSOR

1. Touch POPCORN.

POPCORN  
ELEVATE PKG

## COOK WITH SENSOR

1. Touch SENSOR COOK.
2. Enter desired Sensor setting. (Ex. Touch 1 to cook baked potatoes.)
3. Touch START.

SENSOR COOK

1

START

## COMPU COOK CHART

Food	Amount	Setting		Food	Amount	Setting	
		R9H73	R-9H83 R-9H93			R-9H73	R-9H83 R-9H93
Broiled hamburgers	1-8 pieces	1	1	Roast turkey	6.5-15.9 lbs	4	4
Broiled chicken	0.5-3.5 lbs.	2	2	Turkey breast	3.0-6.0 lbs.	5	-
Roast chicken	2.5-7.5 lbs.	3	3	Layer cakes	1-2 layers	6	5

## SENSOR COOK CHART

Food	Procedure	Comments	Setting
Reheat Leftovers Canned foods	- Casserole with lid or plastic wrap.	Stand, covered, 5 min.	REHEAT
Popcorn, package	Always elevate on center of inverted glass pie plate.	Use only popcorn packaged for microwave ovens.	POPCORN ELEVATE PKG
Pizza	Microwave only type. See package for placing directions.	Remove carefully.	PIZZA
Baked potatoes	Prick with fork. Place directly on turntable.	Stand, covered with foil, 5-10 min.	1
Fresh vegetables, soft	Casserole with lid or plastic wrap. Add water, if required.	Stand, covered, 3-5 min.	2
Fresh vegetables, hard	Casserole with lid or plastic wrap. Add water.	Stand, covered, 5 min.	3
Dinner plate reheat	Cover with wax paper or plastic wrap.	Stand, covered, 2-5 min.	4
Soup, clear	Mug, bowl or casserole with wax paper or plastic wrap.	Stand, covered, 3-5 min.	5
Soup, cream	Mug, bowl or casserole with wax paper or plastic wrap.	Stand, covered, 3-5 min.	6
Bacon	Place on paper plate, lined with paper towel. Cover with paper towel. Elevate paper plate on inverted paper plate.		7
Fish, Seafood Fillet, Steak, Shrimp Scallops Clams	Arrange in ring around shallow glass dish. Cover with plastic wrap. Place in plastic bag. Secure end. Slit bag with knife.	Stand, covered, 3 min. Stand, covered, 3 min.	8