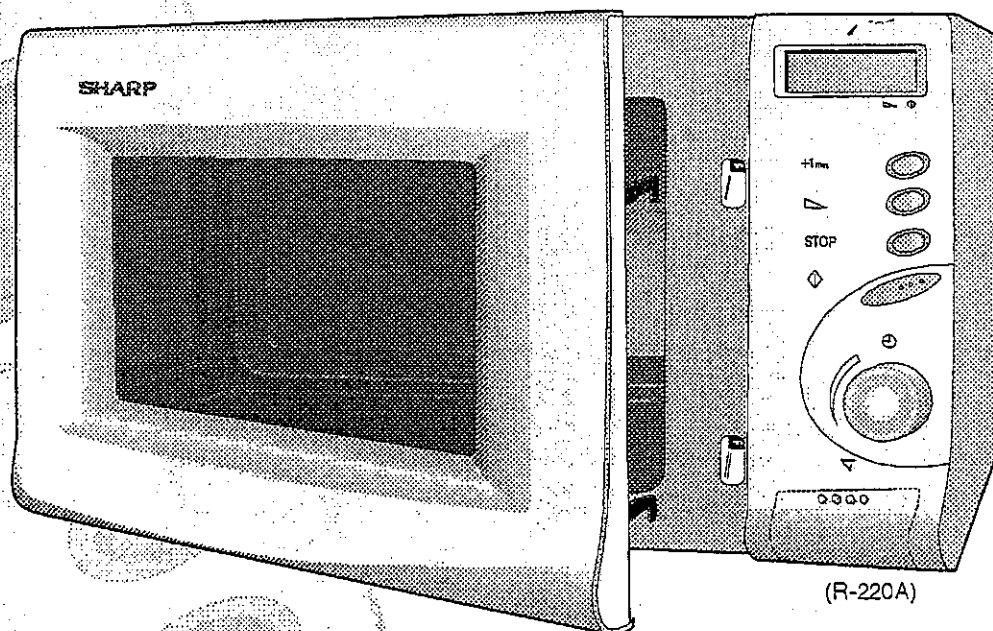


SHARP

ARROW

Important



(R-220A)

R-220A/R-230A MICROWAVE OVEN OPERATION MANUAL WITH COOKBOOK

800W (IEC 705)

ENGLISH

Dear Customer,

Congratulations on acquiring your new microwave oven, which from now on will make your kitchen chores considerably easier.

You will be pleasantly surprised by the kinds of things you can do with a microwave. Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals.

In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.

Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven.

There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully.

You will then easily understand how to use your oven.

Enjoy using your microwave oven and trying out the delicious recipes.

OPERATION MANUAL

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

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

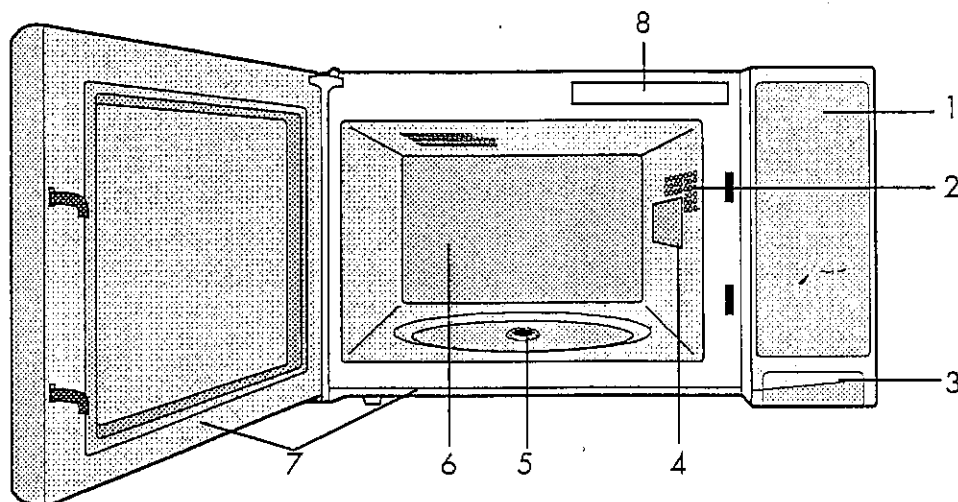


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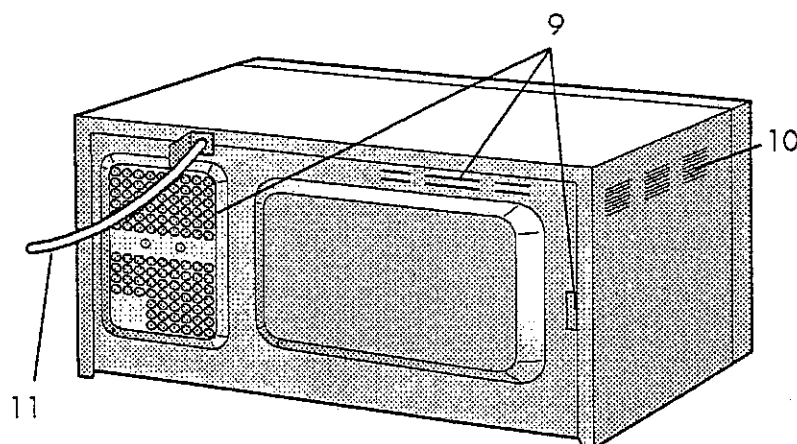




OVEN AND ACCESSORIES



- 1 Control panel
- 2 Oven lamp
- 3 Door opening button
- 4 Waveguide cover
- 5 Seal packing
- 6 Oven cavity
- 7 Door seals and sealing surfaces
- 8 Menu label (R-230A only)
- 9 Ventilation openings
- 10 Outer cabinet
- 11 Power cord



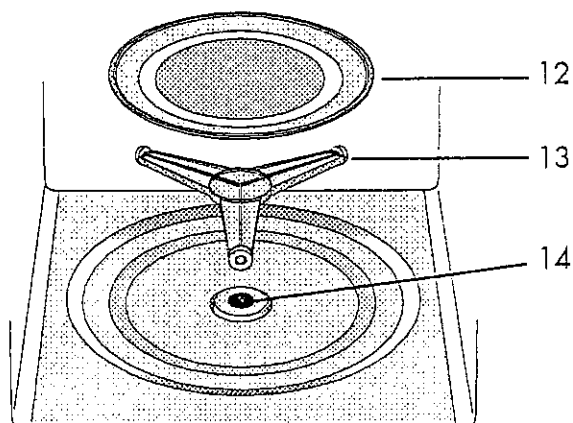
ACCESSORIES:

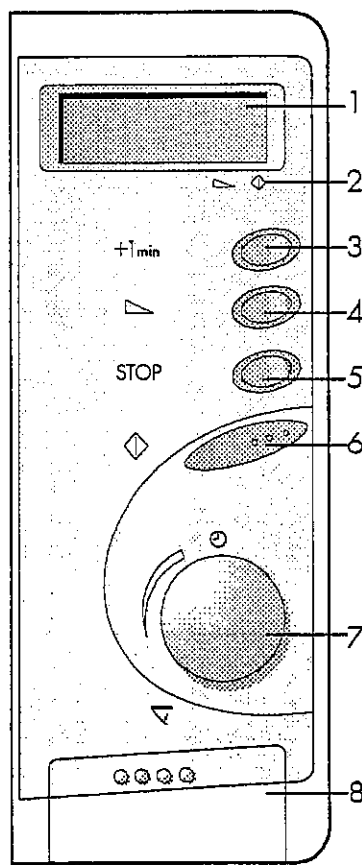
Check to make sure the following accessories are provided:

(12) Turntable (13) Roller stay (14) Seal packing

- Place the roller stay in the seal packing on the floor of the cavity.
- Then place the turntable on the roller stay.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.

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





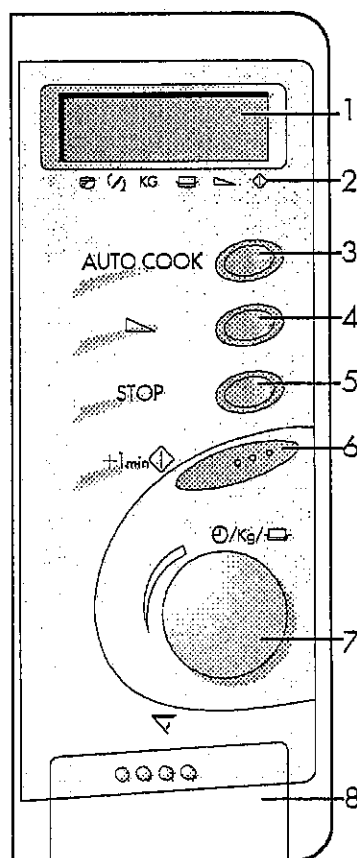
R-220A

R-220A CONTROL PANEL

- 1 Digital display
- 2 Indicators
The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the suitable button (having the same symbol) or do the necessary operation.
- 3 MINUTE PLUS button
- 4 MICROWAVE POWER LEVEL button
- 5 STOP button
- 6 START button
- 7 TIMER knob
- 8 Door opening button

▢ microwave power

◊ cook - shows cooking in progress



R-230A

R-230A CONTROL PANEL

- 1 Digital display
- 2 Indicators
The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the suitable button (having the same symbol) or do the necessary operation.
- 3 AUTO COOK button
- 4 MICROWAVE POWER LEVEL button
- 5 STOP button
- 6 MINUTE PLUS/START button
- 7 TIMER/Kg/PORTION knob
- 8 Door opening button

☐ stir

↺ turn over

KG weight

☐ quantity

▢ microwave power

◊ cook - shows cooking in progress



IMPORTANT SAFETY INSTRUCTIONS

To avoid the danger of fire

The microwave oven should not be left unattended during operation. Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.

This oven is not designed to be built into a kitchen unit.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230V, 50Hz, with a minimum 10A distribution line fuse, or a minimum 10A distribution circuit breaker.

It is recommended that a separate circuit serving only this appliance be provided.

Do not place the oven in areas where heat is generated. For example, close to a conventional oven.

Do not install the oven in an area of high humidity or where moisture may collect.

Do not store or use the oven outdoors.

If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.

Use only microwave-safe containers and utensils. See Page 17 to 19.

Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.

Clean the waveguide cover, the oven cavity, the turntable and roller stay after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings.

Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven for heating oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

See the corresponding hints in the cookery book section.

To avoid the possibility of injury

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

- The door; make sure the door closes properly and ensure it is not misaligned or warped.
- The hinges and safety door latches; check to make sure they are not broken or loose.
- The door seals and sealing surfaces; ensure that they have not been damaged.
- Inside the oven cavity or on the door; make sure there are no dents.
- The power supply cord and plug; ensure that they are not damaged.

Do not try to adjust or repair the oven yourself. The oven must be adjusted or repaired only by an authorised SHARP service agent.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and sealing surfaces. Follow instructions for "Care and Cleaning", Page 15.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.

Do not immerse the power supply cord or plug in water or any other liquid.

Do not let the power supply cord hang over the edge of a table or work surface.

Keep the power supply cord away from heated surfaces.

Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised

IMPORTANT SAFETY INSTRUCTIONS



by SHARP to do so. If the oven fails, please consult your dealer or an authorised SHARP service agent. If the power supply cord of this appliance is damaged, it must be replaced with a special cord (QACCVA062WRE0). The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

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

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells. They may explode. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

To avoid misuse by children

Children should use ovens only under the supervision of adults.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of potholders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

Do not move the oven while it is in operation.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

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

Never operate the oven when it is empty. Doing so may damage the oven.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and roller stay due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Use only the turntable and the roller stay designed for this oven.

To prevent the turntable from breaking:

- (a) Before cleaning the turntable with water, leave the turntable to cool.
- (b) Do not put hot foods or hot utensils on a cold turntable.
- (c) Do not put cold foods or cold utensils on a hot turntable.



IMPORTANT SAFETY INSTRUCTIONS

Do not place anything on the outer cabinet during operation.

NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.



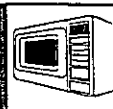
INSTALLATION

1. Remove all packing materials from the inside of the oven cavity. Discard the loose polythene sheet from between the door and cavity. Remove the feature sticker, if attached, from the outside of the door.

Do not remove the protective film attached to the **inside** of the door.

2. Check the oven carefully for any signs of damage.
3. Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked.
4. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

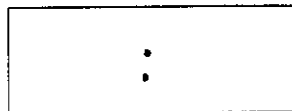
BEFORE OPERATION



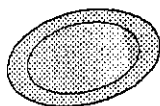
1.



2.



STOP



Plug in the oven.

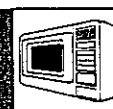
1. The oven display will flash:
2. Touch the **STOP** button the display will show:

To set the clock, see below.

Using the Stop key Use the **STOP** button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, touch twice.

SETTING THE CLOCK

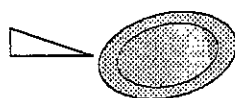


There are two setting modes: 12 hour clock and 24 hour-clock

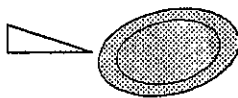
1. To set the 12 hour-clock: hold the **POWER LEVEL** button down for 3 seconds at Step 1 in the example below. **12H** will appear in the display.
2. To set the 24 hour-clock: touch the **POWER LEVEL** button once more after Step 1, in the example below. **24H** will appear in the display.

Example:

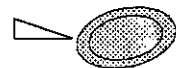
To set the 24 hour clock to 23:35



for 3 secs.



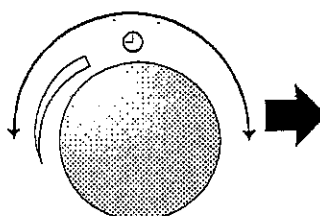
x1



for 3 secs.



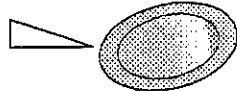
x2



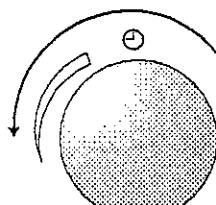
Choose the clock function.
(12 hour clock)

Choose the 24 hour clock

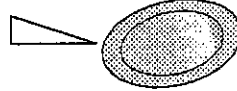
Set the hours. Rotate the **TIMER** knob clockwise until the correct hour is displayed.



x1

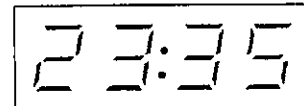


Set the minutes



x1

Start the clock



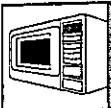
Check the display.

NOTE:

1. You can rotate the **TIMER** knob clockwise or counter-clockwise.
2. Press the **STOP** button if you make a mistake during programming.
3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently

show **88:88** after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.

4. When you want to reset the time of day, follow the above example again.



MICROWAVE POWER LEVEL

Your oven has 5 power levels. To choose the power level, follow the advice given in the recipe section. Generally the following recommendations apply:

HIGH - (100P output=800W) used for fast cooking or reheating e.g. for plated meals, hot beverages, vegetables, fish, etc.

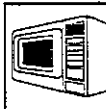
MEDIUM HIGH - (70P output=560W) For longer cooking of dense foods such as roast joints. For sensitive dishes, eg. cheese sauce, reduce the power setting. At a reduced setting, the dishes will not boil over and meat will cook evenly without over cooking at the sides.

MEDIUM - (50P output=400W) For dense foods which require a long cooking time when prepared conventionally, eg. beef dishes, it is advisable to reduce the power setting and increase the cooking time. In this way, the meat will be more tender.

MEDIUM LOW - (30P output=240W Defrost setting) To defrost, select a low power setting. This ensures that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta and dumplings.

LOW - (10P output=80W) For gentle defrosting, eg. cream gateaux, you should select the lowest power setting.

To set the power, touch the **POWER LEVEL** button until the desired level is displayed. If **POWER LEVEL** button is touched once, **100P** will be displayed. If you miss your desired level, continue touching the **POWER LEVEL** button until you reach the level again. **If the level is not selected, the level 100P is automatically set.**



MANUAL OPERATION

Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown on the table.

Cooking time

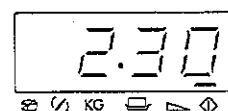
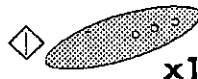
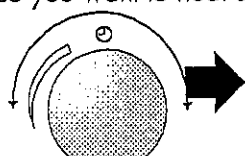
0-5 minutes.
5-10 minutes
10-30 minutes
30-90 minutes.

Increasing unit

10 seconds.
30 seconds
1 minute
5 minutes

Example:

Suppose you want to heat soup for 2 minutes and 30 seconds on 70P microwave power.



Enter the desired cooking time by rotating the **TIMER** knob clockwise. (2 min. & 30 sec.)

Choose desired power 70P will appear on the display.

Start to cook.

Check the display.

NOTE:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START** button is pressed.
2. If you wish to know the power level during cooking, press the **POWER LEVEL** button. As long as your finger is touching the **POWER LEVEL** button, the power level will be displayed.
3. You can rotate the **TIMER** knob clockwise or counterclockwise. If you rotate the knob counterclockwise, the cooking time will decrease from 90 minutes by degrees.

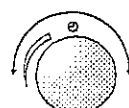
R-220A



START button



POWER LEVEL button

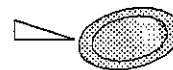


TIMER knob

R-230A



START button

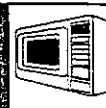


POWER LEVEL button



TIMER knob

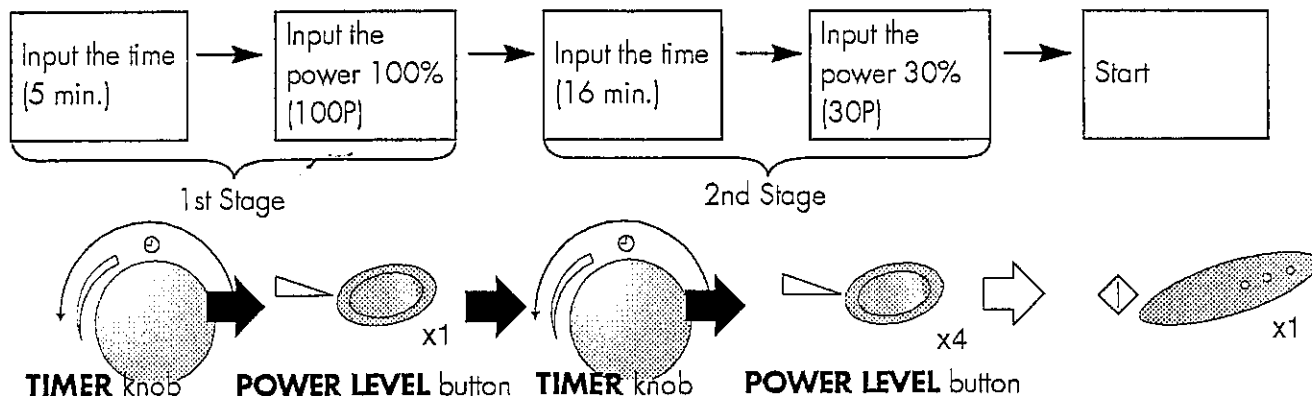
MULTIPLE SEQUENCE COOKING



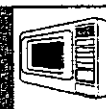
A sequence of maximum 3 stages, consisting of manual cooking time and mode, can be set.

Example:

Suppose you want to cook rice for 5 minutes on 100P power and then for 16 minutes on 30P power.

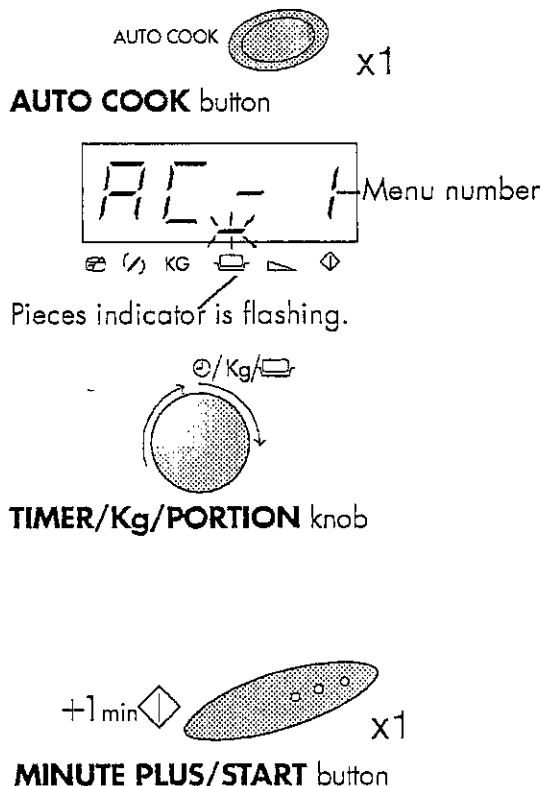


AUTO COOK OPERATION R-230A

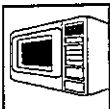


AUTO COOK automatically works out the correct cooking mode and cooking time. You can choose from 10 **AUTO COOK** menus. What you need to know when using this automatic function:

1. Press the **AUTO COOK** button once, the display will appear as shown.
2. The menu can be chosen by pressing the **AUTO COOK** button until the desired menu number is displayed. See pages 10-13 "AUTO COOK chart"
3. The weight or quantity of the food can be input by rotating the **TIMER/kg/PORTION** knob until the desired weight/quantity is displayed.
 - Enter the weight of the food only. Do not include the weight of the container.
 - For food weighing more or less than weights/quantities given in the cooking chart, use manual programmes. For best results, follow the cooking charts. See page 21 - 23.
4. To start cooking press **START** button
5. When action is required (e.g. to turn food over), the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the **START** button.



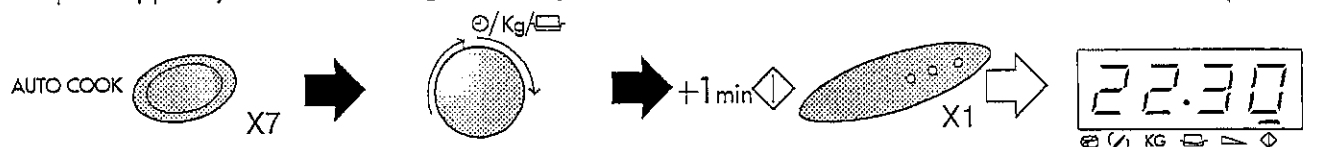
The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.



AUTO COOK BUTTON R-230A

AUTO COOK function button automatically works out the correct microwave power level and cooking time.

Example: Suppose you want to cook gratin, weighing 1.0kg.

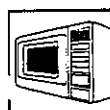


Choose the **AUTO COOK** gratin menu. AC-7 will appear and weight indicator will flash on the display.

Enter the amount, 1.0kg will appear and cook indicator will flash on the display.

Start to cook.

Check the display.



AUTO COOK CHARTS R-230A

Menu number 1

Beverage

Quantity: 1 - 5 cups, 150ml/cup
 Utensils: Cup
 Increasing unit: 1 cup
 Initial food temp: 20°C (Room temperature)
 Recommended
 Menus: Coffee

Procedure

- Place the beverage off-centre on the turntable.
- After heating, stir and let stand for approx. 1-2 minutes.

NOTE:

If initial food temperature is 5°C ($\pm 2^\circ\text{C}$), refrigerator temperature, reheat manually.

Menu number 2

Soups, Casseroles

Quantity: 1 - 4 cups, 200ml/cup
 Utensils: 1 cup : Cup + Microwave plastic wrap (200ml)
 2 - 4 cups : Casserole + Microwave plastic wrap or lid (more than 200ml)
 Increasing unit: 1 cup (200ml)
 Initial food temp: 20°C (Room temperature)

Procedure for 1 cup:

- Place the cup off centre on the turntable.

Procedure for 2 - 4 cups:

- Cover with microwave plastic wrap or lid.
- Place the casserole dish in the centre on the turntable.
- After cooking, stir and let stand for approx. 1 - 2 minutes.

NOTE:

If initial food temperature is 5°C ($\pm 2^\circ\text{C}$), refrigerator temperature, reheat manually.

Menu number 3

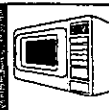
Boiled potatoes, Jacket Potatoes

Quantity: 0.1 - 0.8kg
 Utensils: bowl + lid
 Increasing unit: 100
 Initial food temp: 20°C (Room temperature)

Procedure for Boiled Potatoes: Peel the potatoes and cut them into similar sized pieces.

Procedure for Jacket Potatoes: Choose potatoes of similar size and wash them

- Put the boiled or jacket potatoes into a bowl.
- Add the required amount of water (per 100g, approx 2tbsp) and a little salt.
- Cover with a lid.
- When the oven stops and the audible signals sound, stir and recover.
- After cooking, let the potatoes stand for 1 - 2 minutes.



Menu number 4

Frozen vegetables

Quantity: 0.1 - 0.6kg
 Utensils: Bowl + lid
 Increasing unit: 100 g
 Initial food temp: -18°C
 Recommended
 Menus: Brussel sprouts, green beans, peas, mixed vegetables, broccoli

Procedure

- Put vegetables into a bowl.
- Add 1 - 4 tbsps water. (For mushrooms no additional water is necessary).
- Cover with a lid.
- When the oven stops and the audible signals sound, stir and recover.
- After cooking, let stand for approx. 1 - 2 minutes.

NOTE: If frozen vegetables are compacted together, cook manually.

Menu number 5

Fresh vegetables

Quantity: 0.1 - 0.6kg
 Utensils: Bowl + lid
 Increasing Unit: 100 g
 Initial food Temp: 20°C
 Recommended
 Menus: Cauliflower, broccoli, fennel, leek, pepper, brussels sprouts, courgettes, spinach

Procedure

- Cut into small pieces, e.g. strips, cubes or slices.
- Put vegetables into a bowl.
- Add the desired amount of water (1tbsp per 100g) and salt
- Cover with lid.
- When the oven stops and the audible signals sound, stir and recover.
- After cooking, let the food stand for approx. 2 minutes.

Menu number 6

Fish fillets with sauce

Quantity: 0.4 - 1.2kg*
 (fish: 0.2 - 0.6kg,
 sauce: 0.2 - 0.6kg)
 Utensils: Flan dish + microwave plastic wrap
 Increasing unit: 100g
 Initial food temp: Fish 5°C, Sauce 20°C
 Recommended
 Menus: Fish: Cod fish, Rose fish, Coal fish,
 Sauce: Provençal sauce, Piquant sauce, Leek and cheese sauce, Curry sauce

Procedure

- Put the fish fillet in a flan dish with the thin ends towards the centre.
- Spread the prepared sauce on the fish fillet.
- Cover with microwave plastic wrap.
- After cooking let the food stand for approx. 2 minutes.

* Total weight of fish and sauce.

See recipes for sauces on Page 14.



AUTO COOK CHART R-230A

Menu number 7

Gratin

Quantity: 0.5 - 1.5kg
Utensils: Shallow, oval gratin dish
Increasing unit: 100g
Initial food Temp: 20°C
Recommended
menus: Spinach gratin

Procedure

- Prepare the gratin referring to the attached cookbook section page 24.
- After cooking, let the food stand covered for approx. 5-10 minutes.

Menu number 8

Easy defrost 1, steak/chops

Quantity: 0.2 - 0.8kg
Utensils: (see note on page 13)

Increasing unit: 100g

Initial food temp: -18°C

Procedure

- Place the food on a plate, in the centre of the turntable.
- When the oven stops and the audible signals sound, turn the food over, rearrange and separate.
- When the oven stops and the audible signals sound, turn the food over, rearrange and separate again.
- After defrosting, wrap in aluminium foil for 10-30 minutes, until thoroughly defrosted.

Menu number 8

Easy defrost 1, chicken legs

Quantity: 0.2 - 0.8kg
Utensils: (see note on page 13)
Increasing unit: 100g
Initial food Temp: -18°C

Procedure

- Place the food on a plate, in the centre of the turntable.
- When the oven stops and the audible signals sound, turn the food over, rearrange and separate.
- When the oven stops and the audible signals sound, turn the food over, rearrange and separate again.
- After defrosting, wrap in aluminium foil for 10-30 minutes, until thoroughly defrosted.

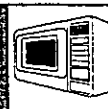
Menu number 8

Easy defrost 1, fish fillet

Quantity: 0.2 - 0.8kg,
(approx. 1.5 - 2cm thick)
Utensils: (see note on page 13)
Increasing unit: 100g
Initial food Temp: -18°C

Procedure

- Place the food on a plate, in the centre of the turntable.
- When the oven stops and the audible signals sound, turn the food over, rearrange and separate.
- When the oven stops and the audible signals sound, turn the food over, rearrange and separate again.
- After defrosting, wrap in aluminium foil for 10-30 minutes, until thoroughly defrosted.



Menu number 8

Easy defrost 1, poultry

Quantity: 0.9 - 1.5kg,
Utensils: (see note below)
Increasing unit: 100g
Initial food Temp: -18°C

Procedure

- Place a plate upside down on the turntable and put the poultry breast side down on the plate.
- When the oven stops and the audible signal sounds, turnover. Repeat every time the oven stops and the audible signal sounds.
- After defrosting, cover with aluminium foil and stand for 30-90 minutes until thoroughly defrosted.

Menu number 9

Easy defrost 2, meat joint

Quantity: 0.5 - 1.5kg
Utensils: (See note below)
Increasing unit: 100g
Initial food Temp: -18°C

Procedure

- Put a plate upside down on the turntable and place the meat on it.
- When the oven stops and the audible signal sounds, turn over and re-arrange.
- When the oven stops and the audible signal sounds, turn over again.
- After defrosting, let the food stand wrapped in aluminium foil for 30 - 90 minutes, until thoroughly defrosted.

Menu number 0

Easy defrost 3, bread

Quantity: 0.1 - 1.0kg
Utensils: None (place directly on turntable)
Increasing unit: 100g
Initial food Temp: -18°C

Procedure

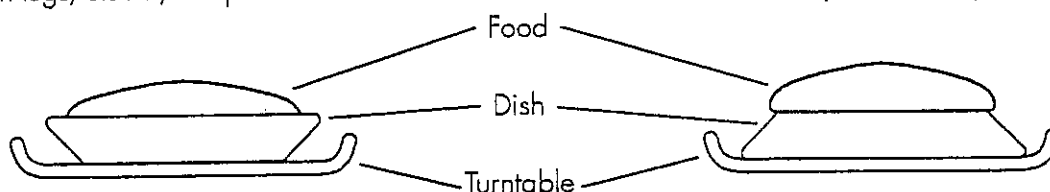
- Arrange on the turntable.
- When the oven stops and the audible signal sounds, turn over, re-arrange and remove and defrosted slices.
- After defrosting cover in aluminum foil and stand for up to 10 minutes, until thoroughly defrosted.

NOTE: Easy Defrost 1 & 2

- 1 Steaks, Chops, Chicken legs and Fish fillets should be frozen in one layer.
- 2 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
- 3 The poultry should be processed immediately after defrosting.
- 4 Arrange the food in the oven as shown:

Chicken legs, Steaks, Chops and Fish fillets

Poultry and Meat joint





RECIPES FOR AUTO COOK AC-6 R-230A

Fish fillet with sauce - Cod fish fillet Provençal

Ingredients

15-20g	butter
75g	mushrooms cut in slices
1 clove	garlic (crushed)
40-50g	spring onion
600g	tinned tomatoes without juice, drain well
1 tsp	lemon juice
1½tbsp	tomato ketchup
½-1 tsp	dried basil, salt and pepper
600g	cod fish fillet

Preparation

1. Cook butter, mushrooms, onions and garlic together in a flan dish for 3-4 mins. on 100P.
2. Mix tomatoes, lemon juice, ketchup, basil, salt and pepper.
3. Place fish fillet on the vegetables and cover with sauce and some vegetables.
4. Cook on AUTOMATIC 6 "Fish fillets with sauce".

Fishfillet with Leek and Cheese-sauce

Ingredients

40g	butter
125g	spring onion
½ tsp	dried Marjoram
30g	flour
375ml	milk
75g	grated Gruyere, salt, pepper
1 tbsp	chopped parsley
600g	fish fillet (e.g. coal fish)

Preparation

1. Put butter, onions and Marjoram in a casserole and heat for 3-4 mins on 100P.
2. Stir in the flour and add the milk. Stir to a smooth sauce.
3. Cook for 3-4 mins on 100P uncovered.
4. Stir in the cheese, season to taste.
5. Place the fish fillet in a quiche dish and pour the sauce over it.
6. Cook on AUTOMATIC 6 "Fish fillets with sauce".
7. After cooking take out the fish and stir the sauce well.

Fish fillet with Piquant sauce.

Ingredients

450g	canned tomatoes, drain
150g	corn
2tsp	chilli sauce
30g	onion, finely chopped
2tsp	red wine vinegar
¼ tsp	mustard
1 spice	thyme
1 spice	cayenne pepper
600g	fish fillet (e.g. rosefish)

Preparation

1. Mix ingredients for the sauce.
2. Place fish fillet (e.g. Rosefish fillet) in a quiche dish and spread the sauce on fish fillet.
3. Cook on AUTOMATIC 6 "Fish fillets with sauce".

Fishfillet with Curry sauce

Ingredients

30g	butter
20g	chopped almonds
1-1½ tbsp	curry
25g	flour (wholemeal)
30g	raisins
150g	pineapples (small pieces)
100ml	broth
100ml	pineapple juice
100g	sour cream
75g	peas (frozen), salt, pepper
600g	fish fillet (coal fish)

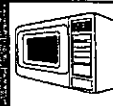
Preparation

1. Heat butter, almonds and curry covered for 1-2 mins on 100P.
2. Add the flour and stir very well.
3. Add raisins, pineapple, pineapple juice, broth and cream, stirring continuously.
4. Cook covered for 2-3 mins. on 100P and stir after cooking.
5. Add the peas and stir.
6. Season with salt and pepper.
7. Place the fish in a quiche dish and pour over the sauce.
8. Cook covered on AUTOMATIC 6 "Fish fillets with sauce".

NOTE:

1. These indications are for 1.2kg (total weight). If you want to cook less than 1.2kg you have to adjust (reduce) the ingredients for the sauce (reducing cooking time for the preparation of the sauce) and reduce quantity of fish.
2. If you want to make the sauce thicker for cod fillet provençal or fish fillet with piquant sauce, remove the fish after cooking and stir in some sauce thickening powder (please follow manufacturer's instructions).

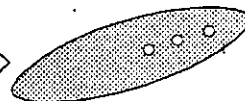
MINUTE PLUS/START FUNCTION R-230A



The **MINUTE PLUS/START** button allows you to operate the following functions:

1. **Direct Start.** You can start to cook directly on 100% microwave power and in 1 minute steps by pressing the **MINUTE PLUS/START** button.

+ 1 min



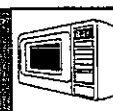
MINUTE PLUS/START button

NOTE:

To avoid children's misuse, the **MINUTE PLUS/START** button can be used only within 1 minute after a preceding operation, i.e. closing the door or by pressing the **STOP** key.

2. **Extending the cooking time.** You can extend the cooking time in multiples of 1 minute, by pressing the **MINUTE PLUS/START** button, at any time during the cooking process.

CARE AND CLEANING



CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, ABRASIVE, HARSH CLEANERS OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

Oven exterior

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

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

1. For cleaning, wipe any splatters or spills with a soft

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

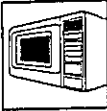
2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.

Turntable and Roller stay

Remove the turntable and roller stay from the oven. Wash the turntable and roller stay in mild soapy water. Dry with a soft cloth. Both the turntable and the roller stay are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and sealing surfaces with a soft, damp cloth.



SERVICE CALL CHECK

Please check the following before calling for service.

1. Power Supply

Check the power plug is properly connected to a suitable wall outlet.

Check the line fuse/circuit breaker is functioning properly.

2. Place a cup of water (approx. 150 ml) in the oven and close the door securely.

Programme the oven for one minute on HIGH (100P) power and start the oven.

Does the oven lamp come on?

YES _____ NO _____

Does the turntable rotate?

YES _____ NO _____

NOTE: The turntable turns in either direction.

Does the ventilation work?

YES _____ NO _____

(Place your hand over the ventilation openings and check for air flow.)

After 1 minute does the signal sound?

YES _____ NO _____

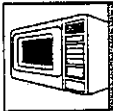
Does cooking in progress indicator go off?

YES _____ NO _____

Is the cup with water warm after the above operation?

YES _____ NO _____

If you answer "No" to any of the above questions, call a Service Technician appointed by SHARP and report the results of your check. See inside back cover for details of address.



SERVICE PROCEDURE

SERVICE

This service procedure is only for Germany

Dear SHARP customer,

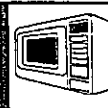
SHARP products are manufactured with precision and care using modern production methods. With correct handling, and paying attention to the instruction book, this machine will serve you well for many years. Of course, a defect cannot be ruled out.

In the case of a defect, please contact the dealer you purchased the goods from, they will try to assist and inform you of what to do next. If they have a service contact, you will be asked to return the machine directly to the shop for repair. If they do not have a service contact, you can return your product to a SHARP authorised TPM for repair. A list of all SHARP service addresses for Germany are on page 29-30.

If your purchase is still under guarantee, any defects other than those caused by incorrect handling, will be repaired without any cost to you. Your invoice or receipt will be needed for proof of date of purchase.

SHARP ELECTRONICS (EUROPE) GMBH
Parts & Technical Services.

WHAT ARE MICROWAVES?



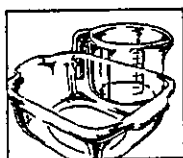
Microwaves are generated in the microwave oven by a magnetron and cause the water molecules in the food to oscillate.

Heat is generated by the friction which is caused, with the result that the food is thawed, heated or cooked.

SUITABLE OVENWARE



GLASS AND CERAMIC GLASS



Heat-resistant glass utensils are very suitable. The cooking process can be observed from all sides. They must not, however, contain any metal (e.g. lead crystal), nor have a metallic overlay (e.g. gold edge, cobalt blue finish).

CERAMICS

Generally very suitable. Ceramics must be glazed, since with unglazed ceramics moisture can get into the ceramic. Moisture causes the material to heat up and may make it shatter. If you are not certain whether your utensil is suitable for the microwave, carry out the utensil suitability test.

PORCELAIN

Very suitable. Ensure that the porcelain does not have a gold or silver overlay and that it does not contain any metal.

PLASTIC AND PAPER UTENSILS

Heat resistant plastic utensils which are suitable for use in the microwave can be used to thaw, heat and cook food. Follow the manufacturer's recommendations.

Heat-resistant paper made for use in a microwave oven is also suitable. Follow the manufacturer's recommendations.

MICROWAVE FOIL

This, or heat-resistant foil, is very suitable for covering or wrapping. Please follow the manufacturer's recommendations.

ROASTING BAGS

Can be used in a microwave oven. Metal clips are not suitable for fastening them since the roasting bag foil might melt. Fasten the roasting bag with string and pierce it several times with a fork. Non heat-resistant food wraps are not recommended for use in a microwave oven.

BROWNING DISH

A special microwave dish made from ceramic glass with

a metal alloy base, which allows food to be browned.

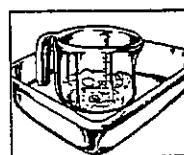
When using the browning dish a suitable insulator, e.g. a porcelain plate, must be placed between the turntable and the browning dish. Be careful to adhere exactly to the pre-heating time given in the manufacturer's instructions. Excessive pre-heating can damage the turntable and the turntable stand or can trigger the safety-device which will switch off the oven.

METAL

Generally speaking, metal should not be used, since microwaves do not pass through metal and therefore cannot reach the food. There are, however, exceptions: small strips of aluminium foil may be used to cover certain parts of the food, so that these do not thaw too quickly or begin to cook (e.g. chicken wings). Small metal skewers and aluminium containers (e.g. of ready-cooked meals) can be used. They must, however, be small in relation to the food, e.g. aluminium containers must be at least $\frac{2}{3}$ to $\frac{3}{4}$ filled with food. It is recommended that you transfer the food into a dish suitable for use in the microwave. When using aluminium containers or other metal utensils there must be a gap of approx. 2 cms between them and the walls of the cooking area, otherwise the walls could be damaged by possible arcing.

NO UTENSIL SHOULD HAVE A METAL OVERLAY - parts such as screws, bands or handles.

UTENSIL SUITABILITY TEST



If you are not sure whether your utensil is suitable for use in your microwave oven, carry out the following test: Place the utensil into the oven. Place a glass container filled with 150 ml of water on or next to the utensil. Switch on the oven at 100P power for 1 to 2 minutes. If the utensil stays cool or just warm to the touch, it is suitable. Do not use this test on a plastic utensil. It could melt.



TIPS AND ADVICE

TIME SETTINGS

In general the thawing, heating and cooking times are significantly shorter than when using a conventional cooker or oven. For this reason you should adhere to the recommended times given in this cookery book. It is better to set the times too short, rather than too long. Test the food after it has been cooked. It is better to have to cook something for a little longer than to overcook it.

INITIAL TEMPERATURES

Thawing, heating and cooking times are dependent upon the initial temperature of the food. Deep-frozen food and food stored in a refrigerator, for example, requires longer than food which has been stored at room temperature.

For heating and cooking, normal storage temperatures are assumed (refrigerator temperature approx. 5°C, room temperature approx. 20°C). For thawing the temperature of the deep freeze is assumed to be -18°C.

COOKING TIMES

All the times given in this cookery book are guidelines, which can be varied according to the initial temperature, weight and condition of the food (water or fat content etc.).

SALT, SPICES AND HERBS

Food cooked in your microwave retains its individual flavour better than it does when conventional preparation methods are used. For this reason you should use salt very sparingly and normally add it only after cooking. Salt absorbs liquid and dries out the outer layer of the food. Herbs and spices can be used as normal.

ADDITION OF WATER

Vegetables and other foods with a high water content can be cooked in their own juice or with the addition of a little water. This ensures that many vitamins and minerals are preserved.

FOOD IN SKINS OR SHELLS

Food such as sausages, chickens, chicken legs, baked potatoes, tomatoes, apples, egg yolks or such like should be pricked or pierced with a fork or small wooden skewer. This will enable the steam which forms to dissipate without splitting the skin or shell.

LARGE AND SMALL QUANTITIES

Microwave times are directly dependent upon the amount of food which you would like to thaw, heat or cook. This means that small portions cook more quickly than larger ones.

As a rule of thumb:

TWICE THE AMOUNT = ALMOST TWICE THE TIME

HALF THE AMOUNT = HALF THE TIME

DEEP AND SHALLOW CONTAINERS

Both containers have the same capacity, but the cooking time is longer for the deeper one. You should therefore choose as flat a container as possible with a large surface area. Only use deep containers for dishes where there is a danger of overcooking, e.g. for noodles, rice, milk etc..

ROUND AND OVAL CONTAINERS

Food cooks more evenly in round or oval containers than in containers with corners, since the microwave energy concentrates in the corners and the food in these areas could become overcooked.

COVERING

Covering the food retains the moisture within it and shortens the cooking time. Use a lid, microwave foil or a cover. Foods which are to be crispy, e.g. roasts or chickens, should not be covered.

As a general rule, whatever would be covered in a conventional oven should also be covered in a microwave oven. Whatever would be uncovered in an ordinary oven can also be left uncovered in a microwave oven.

TURNING

Medium-sized items, such as hamburgers and steaks, should be turned over once during cooking, in order to shorten the cooking process. Large items, such as roasts and chickens, must be turned, since the upper side receives more microwave energy and could dry out if not turned.

STANDING TIME

Keeping to the standing time is one of the most important rules with microwaves. Almost all foods, which are thawed, heated or cooked in the microwave, require a certain amount of time to stand, during which temperature equalisation takes place and the moisture in the food is evenly distributed.



BROWNING AGENTS

After more than 15 minutes cooking time food acquires a brownness, although this is not comparable to the deep brownness and crispness obtained through conventional cooking. In order to obtain an appetising brown colour you can use browning agents. For the most part they simultaneously act as seasoning agents.

In the following table you will find some suggestions for substances you might use for browning and some of the uses to which you might put them.

BROWNING AGENT	DISH	METHOD
Melted butter and dried paprika	Poultry	Coat the poultry with the butter/paprika mixture
Dried paprika	Oven baked dishes "Cheese toasties"	Dust with paprika
Soya sauce	Meat and poultry	Coat with the sauce
Barbecue and Worcestershire sauce, Gravy	Roasts, Rissoles, Small roasted items	Coat with the sauce
Rendered down bacon fat or dried onions	Oven baked dishes, toasted items, soups, stews	Sprinkle pieces of bacon or dried onions on top
Cocoa, chocolate flakes, brown icing, honey and marmalade	Cakes and desserts	Sprinkle pieces on top of cakes and desserts or use to glaze

HEATING

- Ready-prepared meals in aluminium containers should be removed from the aluminium container and heated on a plate or in a dish.
- Remove the lids from firmly closed containers.
- Food should be covered with microwave foil, a plate or cover (obtainable from stores), so that the surface does not dry out. Drinks need not be covered.
- When boiling liquids such as water, coffee, tea or milk, place a glass stirrer in the container.
- If possible, stir large quantities from time to time, to ensure that the temperature is evenly distributed.
- The times are for food at a room temperature of 20°C. The heating time for food stored in a refrigerator should be increased slightly.
- After heating allow the food to stand for 1-2 minutes, so that the temperature inside the food can be evenly distributed (standing time).
- The times given are guidelines, which can be varied according to the initial temperature, weight, water content, fat content or the result which you wish to achieve.

THAWING

Your microwave is ideal for thawing. Thawing times are usually considerably shorter than in traditional

methods of thawing.

Here are a few tips. Take the frozen item out of its packaging and place on a plate for thawing.

BOXES AND CONTAINERS

Boxes and containers suitable for microwaves are particularly good for thawing and heating food, since they can withstand temperatures in a deep freeze (down to approx. -40°C) as well as being heat-resistant (up to approx. 220°C). You can therefore use the same container to thaw, heat and even cook the food, without having to transfer it.

COVERING

Cover thin parts with small strips of aluminium foil before thawing. Thawed or warm parts should likewise be covered with aluminium strips during thawing. This stops the thin parts becoming too hot while thicker parts are still frozen.

CORRECT SETTING

It is better to choose a setting which is too low rather than one which is too high. By so doing you will ensure that the food thaws evenly.

If the microwave setting is too high, the surface of the food will already have begun to cook while the inside is still frozen.



TIPS AND ADVICE

TURNING/STIRRING

Almost all foods have to be turned or stirred from time to time. As early as possible, separate parts which are stuck together and rearrange them.

SMALL AMOUNTS

Thaw more quickly and evenly than larger ones. We recommend that you freeze portions which are as small as possible. By so doing you will be able to prepare whole menus quickly and easily.

FOODS REQUIRING CAREFUL HANDLING

Foods such as gateaux, cream, cheese and bread should only be partially thawed and then left to thaw completely at room temperature. By so doing you will avoid the outer areas becoming too hot while the inside is still frozen.

STANDING TIME

This is particularly important after thawing food, as the thawing process continues during this period. In the thawing table you will find the standing times for various foods. Thick, dense foods require a longer standing time than thinner foods or food of a porous nature. If the food has not thawed sufficiently, you may continue thawing it in the microwave oven or lengthen the standing time accordingly. At the end of the standing time you should process the food as soon as possible and not re-freeze it.

COOKING FRESH VEGETABLES

- When buying vegetables try to ensure that, as far as possible, they are of similar size. This is particularly important when you want to cook the vegetables whole (e.g. boiled potatoes).
- Wash the vegetables before preparing them, clean them and only then weigh the required quantity for the recipe and chop them up.
- Season them as you would normally, but as a rule only add salt after cooking.
- Add about 5 tbsps of water for 500g of vegetables. Vegetables which are high in fibre require a little more water. You will find information about this in the table.
- Vegetables are usually cooked in a dish with a lid. Those with a high moisture content, e.g. onions or boiled potatoes, can be cooked in microwave foil without adding water.
- After half the cooking time has elapsed vegetables

should be stirred or turned over.

- After cooking allow the vegetables to stand for approx. 2 minutes, so that the temperature disperses evenly (standing time).
- The cooking times given are guidelines and depend upon the weight, initial temperature and condition of the type of vegetable in question. The fresher the vegetables, the shorter the cooking times.

COOKING MEAT, FISH AND POULTRY

- When buying food items, try to ensure that, as far as possible, they are of similar size. This will ensure that they are cooked properly.
- Before preparation wash meat, fish and poultry thoroughly under cold running water and pat them dry with kitchen paper. Then continue as normal.
- Beef should be well hung and have little gristle.
- Even though the pieces may be of a similar size, cooking results may vary. This is due, amongst other things, to the kind of food, variations in the fat and moisture content as well as the temperature before cooking.
- After the food has been cooking for 15 minutes it acquires a natural brownness, which may be enhanced by the use of a browning agent. If, in addition, you would like the surface to be crisp you should either use the browning dish or sear the food on your cooker and finish cooking it in your microwave. By doing this you will simultaneously obtain a brown base for making a sauce.
- Turn large pieces of meat, fish or poultry half way through the cooking time, so that they are cooked evenly from all sides.
- After cooking cover roasts with aluminium foil and allow them to stand for approx. 10 minutes (standing time). During this period the roast carries on cooking and the liquid is evenly distributed, so that when it is carved a minimum amount of juice is lost.

THAWING AND COOKING

Deep-frozen dishes can be thawed and cooked at the same time in one process in your microwave. You will find some examples in the table. Do take note, however, of the general advice given on "heating" and "thawing" food. Please refer to the manufacturer's instructions on the packaging when preparing deep-frozen dishes. These usually contain precise cooking times and offer advice on preparation.



ABBREVIATIONS USED

lbsp = tablespoon
tsp = teaspoon
l.p. = large pinch
s.p. = small pinch
Cup = cupful
Sach. = sachet

kg = kilogram
g = gram
l = litre
ml = millilitre
cm = centimetre
DFC = dry fat content

DF = deep frozen
MW = microwave
MWO = microwave oven
min = minutes
sec = seconds
dm = diameter

TABLE: HEATING FOOD AND DRINK

Food / Drink	Quantity -g/ml-	Power -Setting-	Time -Min-	Hints
Coffee, 1 cup	150	100P	approx. 1	do not cover
Milk, 1 cup	150	100P	approx. 1	do not cover
Water, 1 cup	150	100P	1 1/2-2	do not cover, bring to the boil
6 cups	900	100P	8-11	do not cover, bring to the boil
1 bowl	1000	100P	11 1/2-13	do not cover, bring to the boil
Platters (Vegetables, meat and trimmings)	400	100P	3-6	sprinkle some water onto the sauce, cover stir half way through the heating time
Stew	200	100P	2-3	cover, stir after heating
Clear soup	200	100P	2-2 1/2	cover, stir after heating
Cream soup	200	100P	2-3	cover, stir after heating
Vegetables	200	100P	2-3	if necessary add some water, cover
	500	100P	4-5	stir half way through the heating time
Garnishes	200	100P	1-2	sprinkle with water, cover and stir from time to
	500	100P	4-5	time.
Meat, 1 slice*	200	100P	2-3	thinly spread sauce over the top, cover
Fish fillet*	200	100P	2-3	cover
Sausages 2	180	70P	approx. 2	pierce the skin several times
Cake, 1 piece	150	50P	1/2-1	place on a cake stand
Baby food, 1 glass	190	50P	approx. 1	remove the lid, after heating stir well and test the temperature
Melting butter or margarine*	50	100P	1/2-1	
Melting chocolate	100	50P	2-3	stir from time to time
Dissolving six sheets of gelatine	10	50P	1/2-1	dip into water, squeeze thoroughly and place in a soup bowl, stir from time to time
Glazing for a tart for 1/4 l. of liquid	10	50P	5-6	mix the sugar in 250 ml of liquid, cover, stir well during and after heating.

* Refrigerator temperature

TABLE: COOKING MEAT, FISH AND POULTRY

Fish and Poultry	Quantity -g-	Power -Setting-	Time -Min-	Hints	Standing time -Min-
Roasts (pork, veal, lamb)	500	100P	8-10*	season to taste, place in a shallow flan dish	10
		50P	8-10	turn over after *	
	1000	100P	18-22*		10
		50P	8-12		
	1500	100P	28-32*		10
		50P	13-17		
Roast beef (medium)	1000	100P	9-11*	season to taste, place in a quiche dish,	10
		50P	5-7	turn over after *	
	1500	100P	12-14*		10
		50P	8-10		
Minced meat	1000	100P	16-18	prepare the minced meat mixture (half pork/half beef) place in a shallow casserole dish	10
Fish fillet	200	100P	3-4	season to taste, place on a plate, cover	3
Chicken	1200	100P	27-30	season to taste, place in a casserole dish, turn half way through cooking time	3
Chicken legs	200	100P	3-5	season to taste, place on a plate, cover	3



TABLES

TABLE: THAWING

Food	Quantity -g-	Power -Setting-	Thawing time -Min-	Hints	Standing time -Min-
Roast meat (e.g. pork, beef, lamb, veal)	1500	10P	58-64	place on an upturned plate, turn half way through thawing time	30-90
	1000	10P	42-48		30-90
	500	10P	10-14		30-90
Steaks, escalopes, cutlets, liver	200	30P	4-5	turn half way through thawing time	10-15
Goulash	500	30P	8-12	separate and stir half way through thawing time	10-15
Sausages, 8	600	30P	6-9	place next to each other,	5-10
4	300	30P	4-5	turn half way through thawing time	5-10
Duck, turkey	1500	10P	48-52	place upon an upturned plate, turn half way through thawing time	30-90
Chicken	1200	10P	39-43	place upon an upturned plate, turn half way through thawing time	30-90
	1000	10P	33-37	place upon an upturned plate, turn half way through thawing time	30-90
Chicken legs	200	30P	4-5	turn half way through thawing time	10-15
Whole fish	800	30P	9-12	turn half way through thawing time	10-15
Fish fillet	400	30P	7-10	turn half way through thawing time	5-10
Crabs	300	30P	6-8	turn half way through thawing time	30
Rolls, 2	80	30P	app. 1	only partially thaw	-
Sliced bread for toasting	250	30P	2-4	remove outer slices after each minute has passed	5
White loaf, whole	750	30P	7-10	turn half way through thawing time (centre still frozen)	30
Cakes, per piece	100-150	10P	2-5	place on a cake stand	5
Cream cake, per piece	150	10P	2-3	place on a cake stand	10
Whole gateau, Ø 28cm		10P	20-24	place on a cake stand	30-60
Butter	250	30P	2-4	only partially thaw	15
Fruit such as strawberries, raspberries, cherries, plums	250	30P	4-5	spread them out evenly, turn half way through thawing time	5

TABLE: THAWING AND COOKING

Food	Quantity -g-	Power -Setting-	Cooking time -Min-	Added water -lbsps/ml-	Hints	Standing time -Min-
Fish fillet	300	100P	10-11	-	cover	1-2
Trout, 1 fish	250	100P	5-7	-	cover	-
Platter	400	100P	8-10	-	cover, stir half way through cooking time	-
Leaf spinach	300	100P	7-9	-	cover, stir once or twice during cooking	2
Broccoli	300	100P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Peas	300	100P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Kohlrabi	300	100P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Mixed vegetables	500	100P	12-14	3-5lbsps	cover, stir half way through cooking time	2
Brussels sprouts	300	100P	7-9	3-5lbsps	cover, stir half way through cooking time	2
Red cabbage	450	100P	11-13	3-5lbsps	cover, stir half way through cooking time	2

TABLE: COOKING FRESH VEGETABLES

Vegetable	Quantity -g-	Power -Setting	Time -Min-	Hints	Added Water -tbsps/ml-
Leaf Spinach	300	100P	5-7	wash dry well, cover, stir once or twice during cooking	-
Cauliflower	800	100P	15-17	1 whole head, cover, divide into florets, stir	5-6tbsps
	500	100P	10-12	during cooking	4-5tbsps
Broccoli	500	100P	10-12	divide into florets, cover, stir occasionally during cooking	4-5tbsps
Mushrooms	500	100P	8-10	whole heads, cover, stir occasionally during cooking	-
Chinese leaves	300	100P	9-11	cut into strips, cover, stir occasionally during cooking	4-5tbsps
Peas	500	100P	9-11	cover, stir occasionally during cooking	4-5tbsps
Fennel	500	100P	9-11	cut into quarters, cover, stir occasionally during cooking	4-5tbsps
Onions	250	100P	5-7	whole, cook in microwave foil	-
Kohlrabi	500	100P	10-12	dice, cover, stir occasionally during cooking	50ml
Carrots	500	100P	10-12	cut into rings, cover, stir occasionally during cooking	4-5tbsps
	300	100P	9-12		
Green peppers	500	100P	7-9	cut into strips, stir once or twice during cooking	4-5tbsps
Boiled potatoes (skins on)	500	100P	9-11	cover, stir occasionally during cooking	4-5tbsps
Leeks	500	100P	9-11	cut into rings, cover, stir occasionally during cooking	4-5tbsps
Red cabbage	500	100P	10-12	cut into strips, stir once or twice	50ml
				during cooking	
Brussels sprouts	500	100P	9-11	whole sprouts, cover, stir occasionally during cooking	50ml
Boiled Potatoes (salted)	500	100P	9-11	cut into large pieces of a similar size, add a little salt,	150ml
				cover, stir occasionally during cooking	
Celery	500	100P	9-11	dice finely, cover, stir occasionally during cooking	50ml
White cabbage	500	100P	10-12	cut into strips, cover, stir occasionally during cooking	50ml
Courgettes	500	100P	9-11	slice, cover, stir occasionally during cooking	4-5tbsps

ADAPTING RECIPES FOR THE MICROWAVE OVEN

If you would like to adapt your favourite recipes for the microwave, you should take note of the following:

Shorten cooking times by a third to a half. Follow the example of the recipes in this cookery book. Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty. Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

HOW TO USE RECIPES

- All the recipes in this cookery book are calculated on the basis of 4 servings - unless otherwise stated.
- Recommendations relating to suitable utensils and the total cooking times are given at the beginning of every recipe.
- As a rule the quantities shown are assumed to be wholly consumable, unless specifically indicated otherwise.
- When eggs are given in the recipes they are assumed to have weight of approx. 55 g (grade M).



RECIPES

Spain

AVOCADO CREAM SOUP

Total cooking time: approx. 10-12 minutes

Utensil: dish with lid (2 l capacity)

Ingredients

- 3 avocados (600 g of flesh)
- lemon juice
- 700ml meat stock
- 70ml cream
- salt & pepper

1. Peel the soft, ripe avocados, remove the stones, cut the flesh into pieces and purée. Save two thin slices to decorate each portion and sprinkle with lemon juice.

2. Put the meat stock, avocados and cream into a dish, season with salt and pepper and cook with the lid on. Stir occasionally.

10-12 Mins. 100P

3. Stir the soup until it is creamy and decorate with the saved avocado slices. After cooking allow the soup to stand for approx. 5 minutes.

Germany

CAMEMBERT TOAST

Total cooking time: approx. 1-2 minutes

Utensil:

Ingredients

- 4 slices of bread for toasting
- 2tbsp butter or margarine (20g)
- 150g Camembert
- 4 tsp Cranberry jelly
- Cayenne pepper

1. Toast the bread and spread with butter.

2. Cut the Camembert into slices and arrange on top of the toast. Put the cranberry jelly in the middle of the cheese and sprinkle with cayenne pepper.

3. Place the toast on a plate and heat for **1-2 Mins.**

Tip: You can vary this recipe according to your taste. For example, you can use fresh mushrooms and grated cheese or cooked ham, asparagus and Emmental cheese.

Austria

SPINACH GRATIN

Total cooking time: 51-58 minutes

Utensils: Dish with lid (2 l capacity)

Shallow, oval oven dish

(approx. 26 cms long)

Ingredients

- 2tbsps butter or margarine (20 g)
- 1 onion (50 g), finely chopped
- 600g leaf spinach, deep-frozen
- salt & pepper
- nutmeg
- garlic powder
- 1tsp butter or margarine for greasing the dish
- 500g cooked potatoes, sliced
- 200g cooked ham, diced
- 4 eggs
- salt & pepper
- 125ml crème fraîche
- 100g grated Emmental cheese
- paprika for garnishing

1. Spread the butter over the base of the dish, add the diced onion, cover and braise.

2-3 Mins. 100P

2. Add the spinach, cover and cook, stirring once or twice.

16-18 Mins. 100P

Drain off the liquid and season the spinach.

3. Grease the oven dish. Place the potato slices, diced ham and spinach in the dish in alternate layers. The final layer should be spinach.

4. Beat the eggs with the cream, season and pour over the vegetables. Sprinkle the cheese on top followed by the paprika.

5. Cook on AUTOCOOK 7: (R-230A)

1. **15-17 Mins.** } 100P R-220A

2. **18-20 Mins.** } 70P

After cooking allow the soufflé to stand for approx. 10 minutes.

Tip: You can vary the gratin ingredients to your own taste, using e.g. broccoli, salami or noodles.



Switzerland

ZÜRICH VEAL IN CREAM

Total cooking time: approx. 12-16 minutes

Utensil: dish with lid (2 l capacity)

Ingredients

- 600g veal fillet
- 1tbsp butter or margarine
- 1 onion (50g), finely chopped
- 100ml white wine
- Seasoned gravy browning, for approx. 1/2 l gravy
- 300ml cream
- 1tbsp parsley, chopped

1. Cut the fillet into finger-width strips.
2. Grease the dish all over with the butter. Put the onion and the meat into the dish, cover and cook. Stir once during cooking.

7-10 Mins. 100P

3. Add the white wine, gravy browning and cream, stir, cover and continue cooking. Stir occasionally.
- 5-6 Mins.** 100P
4. Test the veal, stir the mixture once more and allow to stand for approx. 5 minutes. Serve garnished with parsley.

France

SOLE FILLETS

Total cooking time: approx. 11-14 minutes

Utensil: shallow, oval oven dish with lid (approx. 26 cm long)

Ingredients

- 400g sole fillets
- 1 lemon, whole
- 2 tomatoes (150g)
- 1tsp butter or margarine for greasing
- 1tbsp vegetable oil
- 1tbsp parsley, chopped
- salt & pepper
- 4tbsps white wine (30ml)
- 2tbsps butter or margarine (20g)

1. Wash the sole fillets and pat them dry. Remove any bones.
2. Cut the lemon and the tomatoes into thin slices.
3. Grease the oven dish with butter. Place the fish fillets inside and drizzle the vegetable oil over them.
4. Sprinkle parsley over the fish, place the tomato slices on top and season. Place the lemon slices on top of the tomatoes and pour the white wine over them.
5. Place small pats of butter on top of the lemon, cover and cook.

11-14 Mins. 100P

After cooking allow the fish fillets to stand for approx. 2 minutes.

Tip: This recipe can also be used for Haddock, Halibut, Mullet, Plaice or Cod.

Greece

BRAISED LAMB WITH GREEN BEANS

Total cooking time: approx. 20-24 minutes

Utensil: shallow oval soufflé mould with lid (about 26cm long)

Ingredients

- 1-2 tomatoes (100g)
- 400g lamb, boned
- 1tsp butter or margarine for greasing the bowl
- 1 onion (50g), finely chopped
- 1 clove garlic, crushed
- salt, pepper
- sugar
- 250g tinned green beans

1. Skin and remove the stalks of the tomatoes, then purée in a blender or food processor.
2. Cut the lamb into large chunks. Grease the bowl with butter. Add meat, onions and garlic, season, cover and cook.

9-11 Mins. 100P

3. Add beans and puréed tomatoes to the meat, cover and continue cooking.

11-13 Mins. 70P

After cooking, leave the lamb to stand for approximately 5 minutes.

Tip: If you prefer to use fresh beans, these should be pre-cooked.



RECIPES

Italy

LASAGNE

Total cooking time 22-27 minutes

Utensils: Bowl with lid (2 l capacity)
shallow square soufflé mould with lid
(approx 20 x 20 x 6 cm)

Ingredients

300g tinned tomatoes
50g ham, finely cubed
1 onion (50g), finely chopped
1 clove of garlic, crushed
250g minced meat (beef)
2 tbsp mashed tomato (30g)
salt, pepper
oregano, thyme, basil, nutmeg
150ml cream (crème fraîche)
100ml milk
50g grated Parmesan cheese
1 tsp mixed chopped herbs
1 tsp olive oil
1 tsp vegetable oil to grease the mould
125g lasagne verde
1 tbsp grated Parmesan cheese
1 tbsp butter or margarine

1. Cut the tomatoes into slices, mix with the ham and onion cubes, garlic, minced meat and mashed tomato. Season and cook with the lid on.

7-9 Mins. 7OP

2. Mix the cream with the milk, Parmesan cheese, herbs, oil, and spices.
3. Grease the soufflé mould and cover the bottom of the mould with about $\frac{1}{3}$ of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional $\frac{1}{3}$ of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with lots of sauce and sprinkle with Parmesan cheese. Place butter flakes on top and cook with the lid on.

15-18 Mins. 7OP

After cooking, let the lasagne stand for approximately 5-10 minutes.

France

RATATOUILLE

Total cooking time 19-21 minutes

Utensils: Bowl with lid (2 l capacity)

Ingredients

5tbsp olive oil (50ml)
1 clove garlic, crushed
1 onion (50g), sliced
1 small aubergine (250g), cut into cubes
1 courgette (200g), into cubes
1 pepper (200g), cut into large cubes
1 Small fennel (75g) cut into large cubes
1 bouquet garni
200g tinned artichoke hearts, cut into quarters
salt, pepper

1. Place the olive oil and garlic clove in the bowl. Add the prepared vegetables, except the artichoke hearts, and season with pepper. Add the bouquet garni, cover and cook, stirring once.

19-21 Mins. 10OP

For the last 5 minutes, add the artichoke hearts and heat.

2. Season the ratatouille to taste with salt and pepper. Remove the bouquet garni before serving. After cooking, leave the ratatouille to stand for around 2 minutes.

Tip: Ratatouille can be served hot with meat dishes. Served cold, it also makes an excellent starter.

A bouquet garni consists of: one stalk of parsley, a bunch of herbs suitable for seasoning soup, one stalk of lovage, one stalk of thyme, several bay leaves.



Spain

BAKED POTATOES

Total cooking time 12-16 minutes

Utensils: Bowl with lid (2 l capacity)

China plate

Ingredients

4	medium sized potatoes (400g)
100ml	water
60g	ham, cut into fine cubes
1/2	onion (25g) finely cubed
75-100ml	milk
2tbsp	grated Parmesan cheese (20g)
	salt, pepper
2tbsp	grated Emmental cheese

1. Place the potatoes in a dish, add the water, cover and cook. Rearrange halfway through cooking.

8-10 Mins 100P.

Leave to cool.

2. Cut the potatoes lengthwise and carefully remove the potato from the skin. Mix the potato with the ham, onion, milk and Parmesan cheese to an even consistency. Season with salt and pepper.
3. Fill the potato skins with potato mixture and sprinkle with Emmental cheese. Place potatoes on a plate and cook.

4-6 Mins. 100P

After cooking, leave to stand for approximately 2 minutes.

Denmark

FRUIT JELLY WITH VANILLA SAUCE

Total cooking time 10-13 minutes

Utensils: Dish with lid (2 l capacity)

(1 l capacity)

Ingredients

150g	redcurrants, washed and stalks removed
150g	strawberries, washed and haulms removed
150g	raspberries, washed and haulms removed
250ml	white wine
100g	sugar
50ml	lemon juice
8	gelatin leaves
300ml	milk
	inside of 1/2 vanilla pod
30g	sugar
15g	food thickener

1. Put some of the fruit to one side for decoration. Purée the rest of the fruit with the white wine, put it into a dish, cover and heat.

7-9 Min.

Fold in the sugar and the lemon juice.

2. Soak the gelatin in cold water for approx. 10 minutes, then take it out and squeeze dry. Stir the gelatin in with the hot purée until it has dissolved. Place the jelly in the refrigerator and leave to set.
3. To make the vanilla sauce; put the milk into the other dish. Slit the vanilla pod and remove the inside. Stir this in with the milk, together with the sugar and the food thickener, cover and cook, stirring during cooking and again at the end.

3-4 Min. 100P

4. Turn out the jelly onto a plate and decorate with the whole fruit. Add the vanilla sauce.

Tip: Serve the fruit jelly with chilled cream or yogurt.