



INSTRUCTION MANUAL

EM-S3579V

Microwave Oven



1. READ these instructions carefully before installing and operating the oven. Keep them for further reference.
2. Record in the space below the SERIAL NO. found on the nameplate on your oven and retain this information for future reference.

SERIAL NO.:

CONTENTS

Precautions to Avoid Possible Exposure to Excessive Microwave Energy.....1	Microwave Cooking Principles.....5
Specifications.....1	Utensils Guide.....6
Before You Call for Service.....2	Part Names.....6
Installation.....2	Control Panel.....7
Radio Interference.....3	Operation Instructions.....8
Important Safety Instructions4	Auto Cook Menu.....9
	Cleaning and Care.....10

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.

SPECIFICATIONS

Model:	EM-S3579V
Power Source:	230-240V 50Hz
Power Consumption:	1400W
Output Microwave:	900W 2450MHz
Outside Dimensions:	(W) 483 × (D) 375 × (H) 281mm
Oven Capacity:	23Litres
Turntable Diameter:	27cm
Net Weight:	Approx. 13.6kg

The data above may be further confirmed or updated.

BEFORE YOU CALL FOR SERVICE

If the oven fails to operate:

- | | |
|--|--|
| A) Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds and plug it in again securely. | appliance. |
| B) Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another | C) Check to ensure that the control panel is programmed correctly and the timer is set. |
| | D) Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven. |

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

INSTALLATION

1. Make sure that all the packing materials are removed from the inside of the door.
2. **WARNING:** Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, 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 a qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.
10. Please be advised that these Sanyo Microwave Ovens are not to be installed or used within an enclosed cabinet.

RADIO INTERFERENCE

1. Operation of the microwave oven can cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surface of the oven.
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliance 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. **Plug into a wall receptacle that is properly installed and grounded.**
2. Read all instructions before using the appliance.
3. 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.
4. Operating the microwave oven without food in it, can result in overheating and damage to the microwave oven unit. Please do not to operate the unit without any food or beverage in it.
5. 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. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard
6. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Children should be supervised to ensure that they do not play with the appliance.
7. To reduce the risk of fire in the oven cavity:
 - a. When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.**
 - 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.
8. **WARNING:** Liquid or other food must not be

- heated in sealed containers since they are liable to explode.
9. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handle the container.
 10. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
 11. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.
 12. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
 13. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
 14. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
 15. Utensils should be checked to ensure that they are suitable for use in microwave oven.
 16. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
 17. This product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.
 18. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

MICROWAVE COOKING PRINCIPLES

1. Arrange food carefully. Place thickest areas towards outside of dish.
2. Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
3. Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
4. Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
5. Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.

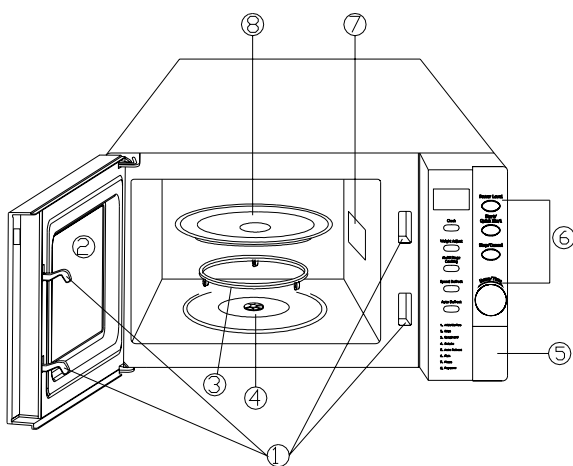
UTENSILS GUIDE

1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave can not penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.

The list below is a general guide to help you select the correct utensils.

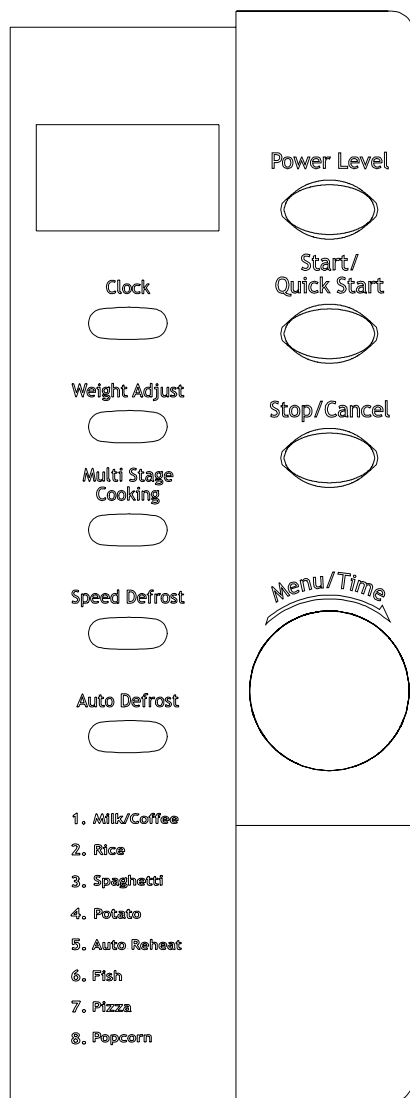
COOKWARE	MICROWAVE COOKING
Heat-Resistant Glass	Yes
Non Heat-Resistant Glass	No
Heat-Resistant Ceramics	Yes
Microwave-Safe Plastic Dish	Yes
Kitchen Paper	Yes
Metal Tray	No
Metal Rack	No
Aluminum Foil & Foil Containers	No

PART NAMES



- ① Door Safety Lock System
- ② Oven Window
- ③ Roller Ring
- ④ Shaft
- ⑤ Door Release Button
- ⑥ Control Panel
- ⑦ Wave Guide
- ⑧ Glass Tray

CONTROL PANEL



MENU ACTION SCREEN

Cooking time, power, action indicators, and clock time are displayed.

POWER LEVEL

Touch this button a number of times to set microwave cooking power level.

MENU/TIME

Turn the dial to set the oven clock time and input cooking time.

Turn the MENU/TIME dial to select an auto-cooking menu.

CLOCK

Touch this button to start setting the oven clock and ending by touching it again.

WEIGHT ADJUST

After choosing an auto-cooking menu, use it to specify food weights or number of servings.

MULTI STAGE COOKING

Used to set a multi stage cooking program.

SPEED DEFROST

Touch to defrost by entering time.

AUTO DEFROST

Used to defrost food by weight.

START/QUICK START

Touch to start a cooking program.

Simply touch it a number of times to set cooking time and cook immediately at full power level.

STOP/CANCEL

Press to cancel setting or reset the oven before setting a cooking program and to set the child lock.

OPERATION INSTRUCTIONS

Each time a button is touched, a beep will sound to acknowledge the touch.

Setting clock time

This is a 24-hour clock. To check the time while the oven is operating, press the CLOCK button, then the time will be displayed for a while in the display.

Suppose you want to set the oven clock time to 8:30.

1. Press CLOCK once.
2. Turn MENU/TIME to set 8 o'clock.
3. Press CLOCK button.
4. Turn MENU/TIME to set 30 min.
5. Press CLOCK to confirm the setting.

Microwave Cooking

The longest cooking time is 60 minutes.

You can select microwave power by pressing the POWER LEVEL button.

Press POWER LEVEL	Cooking Power
once	100%
twice	80%
3 times	60%
4 times	40%
5 times	20%
6 times	0

For example, suppose you want to cook for 10 minutes at 60% of microwave power.

1. Press POWER LEVEL repeatedly to select cooking power.
2. Turn MENU/TIME to 10:00.
3. Press START/QUICK START button.

Auto Defrost

The oven can be used to defrost food based on the weight you entered. The defrosting time and power level are automatically set once the food

category and the weight are programmed. The frozen food weight ranges from 100g to 1800g.

Suppose you want to defrost 600g of meat.

1. Press AUTO DEFROST button once.
2. Turn MENU/TIME to enter food weight.
3. Shut the door.
4. Press START/QUICK START button.

Note: In the middle of cooking time the system will pause and sound beeps to remind you to turn over the food until you press START/QUICK START to resume defrosting.

Speed Defrost

The oven can quickly defrost food in the time you entered. The longest defrosting time is 60 minutes.

Suppose you want to defrost shrimp.

1. Place the shrimp to be defrosted into the oven.
2. Press SPEED DEFROST button once.
3. Turn MENU/TIME to enter defrosting time.
4. Shut the door.
5. Press START/QUICK START button.

Express Cooking

The oven will operate at HIGH power (100% power output) for EXPRESS cooking program. The maximum cooking time is 12 minutes.

Just press the START/QUICK START button a number of times to set cooking time, the oven starts working immediately at full power.

Multi-stage Cooking

Your oven can be programmed for up to 3 automatic cooking sequences. Suppose you want to set the following cooking program:

1. Speed defrost;
2. Microwave cooking;
3. Microwave cooking with lower power level.

Steps:

1. Input a speed defrost program
2. Press MULTI STAGE COOKING pad
3. Select power level.
4. Press MULTI STAGE COOKING pad.
5. Select power level with lower power level than the previous.

Press START/QUICK START pad.

NOTE: Auto cook, Auto Defrost and Express

cooking can't be set in multi-stage cooking.

Child Lock

Use to prevent unsupervised operation of the oven by little children. The child lock indicator will show up on display screen, and the oven can not be operated while the Child Lock is set.

To set the Child Lock: Press and hold the STOP/CANCEL button for 3 seconds, a beep sounds and lock indicator lights.

To cancel the Child Lock: Press and hold the STOP/CANCEL button for 3 seconds until lock indicator on display goes off.

AUTO COOK MENU

For the following foods or cooking operation, you do not need to input cooking power and time. Try to focus on telling the oven what you want to cook and how much the food weighs.

For example: To cook 400g of potato.

1. In waiting mode, turn MENU/TIME dial to select code 4.
2. Press WEIGHT ADJUST button a number of times to select the desired weight.
3. Shut the door.
4. Press START/QUICK START button.

AUTO MENU		Press WEIGHT ADJUST to indicate weights or number of servings
1	Milk/Coffee (each 200ml)	<ol style="list-style-type: none"> 1. For Milk/Coffee, the number of servings (200ml) is for cubage. 2. There is only once choice for popcorn (100g). 3. The result of auto cook depends on different factors such as the shape and size of food. If you found the result not quite satisfactory, please adjust the cooking time a little bit accordingly.
2	Rice (g)	
3	Spaghetti (g)	
4	Potato (g)	
5	Auto Reheat (g)	
6	Fish (g)	
7	Pizza (g)	
8	Popcorn (100g)	

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
12. Please do not dispose this appliance into the domestic rubbish bin, it should be disposed to the particular disposal center provided by the municipalities.



SANYO Electric Co., Ltd.

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