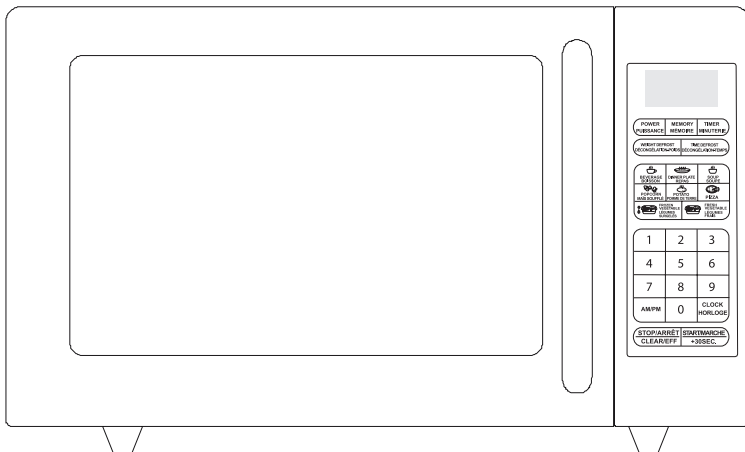




## INSTRUCTION MANUAL

## EM-S8600S

### Stainless Steel 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.:

Help Line: 1-800-263-2244  
Monday to Friday 9am-5pm (eastern)  
[www.sanyo.ca](http://www.sanyo.ca)

# 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

<b>Model:</b>	<b>EM-S8600S</b>
<b>Power Source:</b>	AC 120V, 60Hz
<b>Power Consumption:</b>	1500 W
<b>Maximum Output:</b>	1000 W
<b>Oven Capacity:</b>	1.0 Cu. Ft.
<b>Turntable Diameter:</b>	31.4 cm (12 3/8")
<b>Outside Dimensions: (w x h x d)</b>	51.7 x 14.1 x 30 cm (20 3/16 x 17 3/8 x 12")
<b>Weight:</b>	Approx. 20 kg (44.1 lb.)

**Specifications subject to change without notice.**

Thank you for choosing SANYO. Please read all instructions carefully to obtain maximum benefit of your product. Questions? Our toll free number is 1-800-263-2244, 9am - 5pm, Monday to Friday (Eastern time).

## TABLE OF CONTENTS

---

### SAFETY

Proper and Safe Use of Your Oven.....	4
Important Safety Instructions .....	5
Grounding Instructions .....	6
Utensils .....	6

### SETTING UP YOUR OVEN

Names of Oven Parts and Accessories.....	8
Turntable Installation .....	8
Installation .....	9

### OPERATION

Control Panel and Features .....	10
Setting Clock .....	11
Child Lock-Out .....	11
Kitchen Timer .....	12
Time Cooking .....	12
+30 Sec .....	12
Memory Cooking .....	13
Power Level Setting Guide .....	13
Direct Access Cooking .....	14-16
Weight Defrost .....	16
Time Defrost .....	16
Defrosting Chart .....	17

### COOKING GUIDE

Cooking Principles and Techniques .....	18
---	----

### MAINTENANCE

Troubleshooting .....	19
Questions and Answers .....	20
Cleaning .....	20

WARRANTY .....	21
----------------	----

QUICK REFERENCE .....	22
-----------------------	----

# SAFETY

## PROPER AND SAFE USE OF YOUR OVEN

---

- The oven must be on a leveled surface.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- Incorrect use of browning dish may cause the turntable to break.
- Use carefully when cooking food in the microwave oven to avoid burning due to excessive cooking.
- Use only the specified bag size when using Direct Access Popcorn.
- Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
- Do not operate the microwave oven empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
- Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
- Do not remove feet from the bottom of the oven.
- Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.
- Do not heat narrow-necked containers, such as syrup bottles.
- Do not attempt to deep-fry in your microwave oven.
- Do not do home canning in this microwave oven as it is impossible to be sure all contents of the jar have reached boiling temperature.
- Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- To prevent eruptive boiling of hot liquids and beverages or scalding yourself, stir liquid before placing the container in the oven and again halfway through cooking time. Let stand in the oven for a short time and stir again before removing the container.

# IMPORTANT SAFETY INSTRUCTIONS

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

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

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
7. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

## If materials inside the oven ignite:

- Keep the oven door closed
- Turn the oven off, and
- Disconnect the power cord or shut off power at the fuse or circuit breaker panel.

## Keep in mind the following rules at all times:

- a. Do not overcook food. Carefully attend the appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
- b. Do not use the oven cavity for storage purposes. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. If lightning strikes the power line, the oven may turn on by itself.
- c. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
4. This oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
5. Install or locate this oven only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.
8. As with any appliance, close supervision is necessary when used by children.
9. Do not operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
10. This appliance should be serviced only by qualified service technicians. Contact the nearest authorized service facility for examination, repair or adjustment.
11. Do not cover or block any vents on the oven.
12. Do not store or use this appliance outdoors.
13. Do not use this oven near water, near a kitchen sink, in a wet basement or near a swimming pool, or similar locations.
14. Do not immerse cord or plug in water.
15. Keep cord away from heated surfaces.
16. Do not let cord hang over edge of table or counter.
17. When cleaning door and oven surfaces that meet when door is closed, use only mild, non abrasive soaps or detergents applied with a sponge or soft cloth. (See "Cleaning" instructions on page 20.)
18. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. This could result in very hot liquids suddenly boiling over when the container is disturbed or a spoon or other utensil is inserted into the liquid.

**SAVE THESE INSTRUCTIONS**

## GROUNDING INSTRUCTIONS

---

To reduce the risk of injury to persons:



### **DANGER**

#### **Electric Shock Hazard**

- Touching some of the internal component can cause serious personal injury or death. Do not disassemble this appliance.

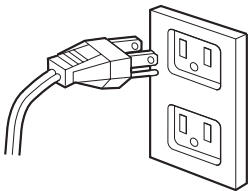


### **WARNING**

#### **Electric Shock Hazard**

- Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

#### **Three-pronged (grounding) plug**



#### **Properly polarized and grounded outlet**

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. Consult a qualified electrician or service person if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

- A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- Longer cord sets or extension cords maybe used if care is exercised in their use.
- If a long cord or extension cord is used:
  - 1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
  - 2) The extension cord must be a grounding-type 3-wire cord, and
  - 3) The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

## UTENSILS

---



### **CAUTION**

#### **Personal Injury Hazard**

- Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches pierced before cooking.

See following page for further instructions "Materials you can use in microwave oven or to be avoided in microwave oven."

#### **Utensil Test:**

1. Fill a microwave-safe container with 1 cup of cold water (250 ml) along with the utensil in question.
2. Cook on maximum power (PL 10) for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking. Do not exceed 1 minute testing time.

#### **CAUTION:**

1. Do not use plastic containers for testing.
2. Some containers and dishware may be warm (or hot) in only one area. Do not use a container that becomes warm anywhere.

## Materials you can use in microwave oven

Utensils	Remarks
Aluminum foil	Shielding only. Small smooth pieces can be used to cover thin parts of meat or poultry to prevent over cooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch (2.5 cm) away from oven walls.
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least 3/16 inch (5 mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for short-term cooking only. Do not use recycled paper towels, they may contain metal and could ignite.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Follow the manufacturer's instructions. Only use items labeled "Microwave Safe". Some plastic containers soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and to retain moisture.

## Materials to be avoided in microwave oven

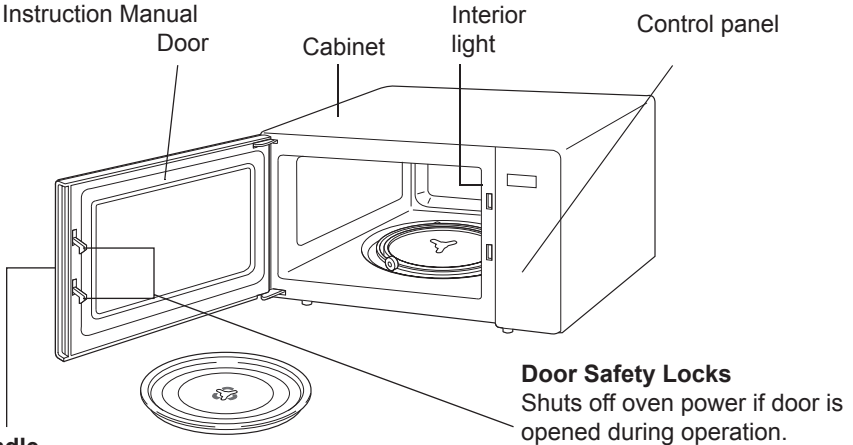
Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam cups	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

# SET UP

## NAMES OF OVEN PARTS AND ACCESSORIES

Remove the oven and all materials from the carton and oven cavity. Your oven comes with the following accessories:

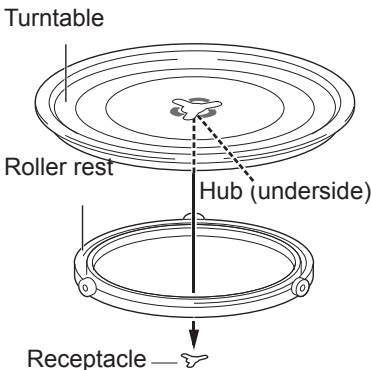
- 1 Turntable
- 1 Turntable roller rest
- 1 Instruction Manual



### Door Handle

- Pull handle gently to open door.
- When you open the door during cooking process, the cooking stops but the program will not be canceled. Touch START to resume cooking.

## TURNTABLE INSTALLATION



- **Never place the turntable upside down.** The turntable should never be restricted.
- Both turntable and roller rest must always be used during cooking.
- All food and containers of food are always placed on the turntable for cooking.
- If turntable or roller rest cracks or breaks, contact your nearest authorized service center for more information regarding replacement.

1. Remove any tape covering receptacle.
2. Place the roller rest on the cavity bottom.
3. Place the turntable on top of the roller rest as shown in the diagram. Make sure the turntable hub is securely locked in the receptacle.



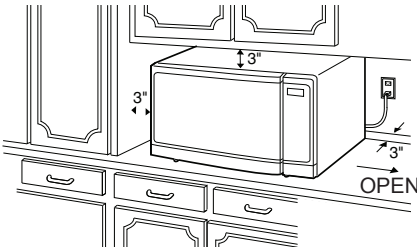
## INSTALLATION

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged. Do not remove the light brown Mica cover that is attached inside the oven cavity to protect the magnetron.

**NOTE:** This unit is not designed for 50 Hz or any circuit other than a 120-volt/ 60-Hz AC circuit. This oven is designed for counter top installation.

### Counter top Installation

1. Select a level surface that provides enough open space for the in take and/or outlet vents.



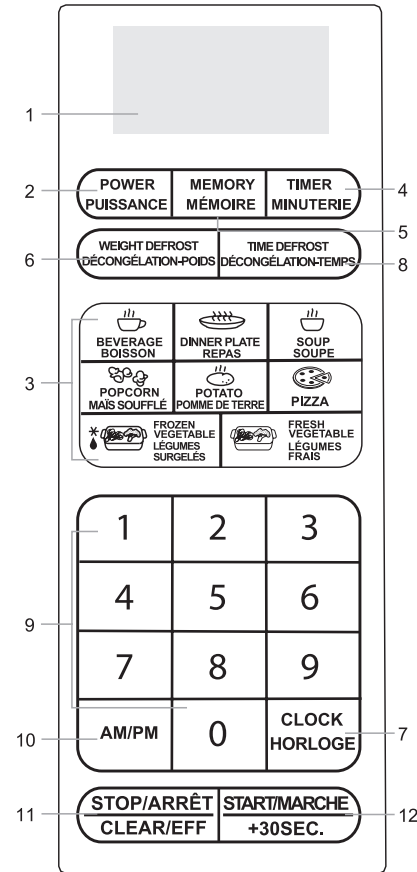
A minimum clearance of 3 inches is required between the oven and any adjacent wall. One side must be open.

- Leave a minimum clearance of 3 inches above the oven.
  - Do not remove the legs from the bottom of the oven.
  - Blocking the intake and/or outlet openings can damage the oven.
  - Place the oven as far away from radios and TV's as possible. Operation of microwave oven may cause interference to your radio or TV.
  - If the cabinet is covered with a protective film, remove the film.
2. Plug your oven into a standard 120-volt / 60-Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.

**WARNING:** Do not install oven over a range cook top or other heat-producing appliance. If installed near or over a heat source, the oven could be damaged and the warranty would be void.

# OPERATION

## CONTROL PANEL AND FEATURES



### (1) DISPLAY WINDOW

Shows cooking time in minutes and seconds during cooking. Shows clock time when oven is not in use.

### (2) POWER

Use to set power levels other than 100% (PL 10).

### (3) DIRECT ACCESS KEYPADS

Pre programmed to cook or reheat popular foods with minimal number of steps.

### (4) KITCHEN TIMER

Use as a timer.

### (5) MEMORY

Use to save favorite cooking programs.

### (6) WEIGHT DEFROST

Pre programmed to defrost by weight.

### (7) CLOCK

Use to set the clock.

### (8) TIME DEFROST

Use to defrost by time.

### (9) NUMBER KEYPADS

Use to enter time or weight and express cook.

### (10) AM/PM

Use to choose AM or PM when set clock.

### (11) STOP/CLEAR

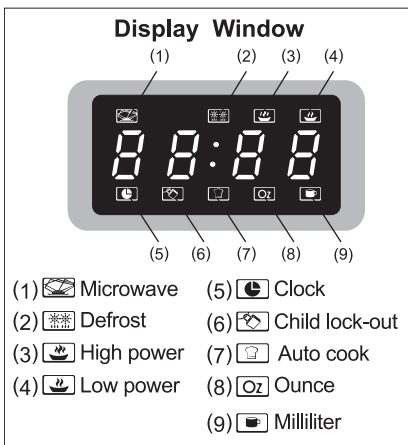
Press once: Stops oven

Press twice: Stops oven and clears all prior settings.

### (12) START/+30 SEC.

Press **START/+30SEC.** after entry to start oven.

Use to add 30 seconds to **TIME COOKING, DIRECT ACCESS and TIME DEFROST** programs.





The oven will beep 5 times to indicate the completion of a program.

## SETTING CLOCK

---

To set the correct time of day, follow the steps below. Example: To set 3:15:

Step	Procedure	Keypad
1	Press <b>CLOCK</b> .  lights and a tone will sound. The display will show "00:00" with the first "0" flashing.	<b>CLOCK</b>
2	Press <b>0</b> , <b>3</b> , <b>1</b> and <b>5</b> to enter time of day. You must press 4 numbers to set the clock (2 for the hour and 2 for minutes). When entering hours 1-9, a zero must be entered first.	<b>03:15</b>
3	Press AM/PM to choose AM or PM.	<b>AM/PM</b>
4	Press <b>CLOCK</b> .  turns off and the display will show the present time. The colon will remain flashing	<b>CLOCK</b>


- Note :**
- If the clock (or display) shows any abnormality, unplug the oven from the AC outlet. Plug it in again and then reset the clock.
  - When power resumes after a power interruption, reset the clock following the instructions above.
  - The display will show "0:00" if the clock is not set.
  - If the clock is not set within 1 minute of pressing "CLOCK" or **STOP/CLEAR** is pressed, the display will return to "0:00".

## CHILD LOCK-OUT


---

The oven has a safety feature which prevents use by children. The feature locks the operation of the oven until canceled.

To set:

Step	Procedure	Keypad
1	Press and hold <b>STOP/CLEAR</b> for 3 seconds. A tone will sound and the  lights. The display will show $\text{E} \text{ : } \text{ : } \text{ :}$ .	<b>STOP/ CLEAR</b>

To cancel:

Step	Procedure	Keypad
1	Press and hold <b>STOP/CLEAR</b> for 3 seconds. A tone will sound and the  turns off.	<b>STOP/ CLEAR</b>



## STOPPING THE OVEN WHILE IN OPERATION

---

1. You can stop the oven by pressing **STOP/CLEAR** once or by opening the door.
2. You can resume cooking by closing the door and pressing **START**.
3. Press **STOP/CLEAR** twice to stop the oven and clear all settings.

## KITCHEN TIMER

To set kitchen timer for 2 minutes:







Step	Procedure	Keypad
1	Press <b>KITCHEN TIMER</b> .  lights and a tone will sound. The display will show "00:00" with the first "0" flashing.	<b>KITCHEN TIMER</b>
2	Enter desired time. You must press 4 numbers to set the timer (2 for the minutes and 2 for the seconds). When entering 1-9 minutes, a zero must be entered first.	<b>02:00</b>
3	Press <b>START/+30SEC</b> .  lights and flashes. The display will show the time remaining.	<b>START/+30SEC.</b>

- Note:**
- Five beeps indicate the **KITCHEN TIMER** is finished.
  - Press **STOP/CLEAR** to cancel **KITCHEN TIMER**.
  - The maximum time that can be set is 99 minutes 99 seconds.

## TIME COOKING

This basic microwave cooking method allows you to cook food for a desired time. In addition to 100% (PL 10) power level, you can select different microwave power from 9 levels, 1-9 (10-90% of total power level).

**Example:** To cook at 80% power level for 20 minutes:

Step	Procedure	Keypad																																	
1	Enter a cooking time in minutes and seconds. Enter 2, 0, 0, and 0.	<b>20:00</b>																																	
2	<p>Press <b>POWER</b> 1-10 times.   indicator lights.            High power symbol  lights when 8-10 power levels are entered.            Low power symbol  lights when 1-7 power levels are entered.</p> <table border="1" data-bbox="577 869 842 1130"> <thead> <tr> <th>Press</th> <th>Power Level</th> <th>%</th> </tr> </thead> <tbody> <tr> <td>once</td> <td>PL10</td> <td>100 %</td> </tr> <tr> <td>twice</td> <td>PL9</td> <td>90 %</td> </tr> <tr> <td>3 times</td> <td>PL8</td> <td>80 %</td> </tr> <tr> <td>4 times</td> <td>PL7</td> <td>70 %</td> </tr> <tr> <td>5 times</td> <td>PL6</td> <td>60 %</td> </tr> <tr> <td>6 times</td> <td>PL5</td> <td>50 %</td> </tr> <tr> <td>7 times</td> <td>PL4</td> <td>40 %</td> </tr> <tr> <td>8 times</td> <td>PL3</td> <td>30 %</td> </tr> <tr> <td>9 times</td> <td>PL2</td> <td>20 %</td> </tr> <tr> <td>10 times</td> <td>PL1</td> <td>10 %</td> </tr> </tbody> </table>	Press	Power Level	%	once	PL10	100 %	twice	PL9	90 %	3 times	PL8	80 %	4 times	PL7	70 %	5 times	PL6	60 %	6 times	PL5	50 %	7 times	PL4	40 %	8 times	PL3	30 %	9 times	PL2	20 %	10 times	PL1	10 %	<p><b>POWER</b></p> <p>(Press <b>POWER</b> three times)</p> <p>(PL 8 appears in the display)</p>
Press	Power Level	%																																	
once	PL10	100 %																																	
twice	PL9	90 %																																	
3 times	PL8	80 %																																	
4 times	PL7	70 %																																	
5 times	PL6	60 %																																	
6 times	PL5	50 %																																	
7 times	PL4	40 %																																	
8 times	PL3	30 %																																	
9 times	PL2	20 %																																	
10 times	PL1	10 %																																	
3	Press <b>START/+30SEC</b> .  +  or  will flash while cooking.	<b>START/+30SEC.</b>																																	

- Nota**
- The maximum time that can be set is 99 minutes 99 seconds.
  - If no power is entered, the power level will always be 100% (PL10).

## +30 SEC.

This feature provides 2 functions :

- You may quickly start **TIME COOKING** by pressing **START/+30 SEC**. The maximum time that can be set is 99 minutes 59 seconds.
- You can add extra time while using **TIME COOKING**, **DIRECT ACCESS** and **TIME DEFROST** programs. Press **START/+30 SEC**. while cooking is in progress to add time in 30 second increments. This feature may not be used with the **WEIGHT DEFROST** program.

## MEMORY COOKING

You can enter five cooking programs to be saved in **MEMORY**. Each program can have up to 2 cooking stages, as some recipes require different stages of cooking at various power levels to get better results. Each stage can be programmed with a different time and power level.

To set a **MEMORY** cooking program:

Step	Procedure	Keypad
1	Press <b>MEMORY</b> 1-5 times to input a cooking program.	<b>MEMORY</b>
2	Follow steps 1 & 2 for <b>TIME COOKING</b> for the first stage (do not press start). Example: To cook for 10 minutes at 90% power level for first stage. +  or  indicators light.	<b>POWER</b> (Press <b>POWER</b> two times) <b>PL 9</b> appears in the display <b>10:00</b>
3	Enter cooking time and power level for the second stage. Example: To cook for 3 minutes at 20% power level for second stage. +  or  indicators light.	<b>POWER</b> (Press <b>POWER</b> nine times) <b>PL 2</b> appears in the display <b>3:00</b>
4	Press <b>MEMORY</b> to save the program.	<b>MEMORY</b>

To start a **MEMORY** cooking program:

Step	Procedure	Keypad
1	Press <b>MEMORY</b> 1-5 times to access saved programs.	<b>MEMORY</b>
2	Press <b>START/+30SEC.</b> +  or  will flash while cooking.	<b>START/+30SEC.</b>

- Note :**
- When **START/+30SEC.** is pressed, the display will count down remaining cooking time in Stage 1. The oven will beep and start Stage 2.
  - Five beeps indicate the **MEMORY** program is finished.

## POWER LEVEL SETTING GUIDE

<b>100 % (PL10)</b>	<ul style="list-style-type: none"> <li>• Cooking poultry, vegetables, and most casseroles.</li> <li>• Boiling water.</li> <li>• Preheating a browning dish.</li> </ul>	<b>50 % (PL5)</b>	<ul style="list-style-type: none"> <li>• Cooking custards and pasta.</li> <li>• Cooking rump roast, ham, veal, lamb.</li> </ul>
<b>90 % (PL9)</b>	<ul style="list-style-type: none"> <li>• Reheating rice and pasta.</li> </ul>	<b>40 % (PL4)</b>	<ul style="list-style-type: none"> <li>• Cooking less tender cuts of meat in liquid or slow-cooking dishes.</li> <li>• Completing the cooking cycle of less tender roasts.</li> </ul>
<b>80 % (PL8)</b>	<ul style="list-style-type: none"> <li>• Reheating precooked or prepared food quickly.</li> <li>• Cooking fish.</li> </ul>	<b>30 % (PL3)</b>	<ul style="list-style-type: none"> <li>• Completing the cooking cycle of casseroles, stews, sauces.</li> <li>• Manual defrosting.</li> </ul>
<b>70 % (PL7)</b>	<ul style="list-style-type: none"> <li>• Cooking cheese dishes.</li> </ul>	<b>20 % (PL2)</b>	<ul style="list-style-type: none"> <li>• Softening chocolate.</li> <li>• Clarifying butter.</li> <li>• Heating breads, rolls, pancakes, tacos, tortillas, French toast.</li> </ul>
<b>60 % (PL6)</b>	<ul style="list-style-type: none"> <li>• Cooking scrambled eggs.</li> <li>• Baking cakes.</li> </ul>	<b>10 % (PL1)</b>	<ul style="list-style-type: none"> <li>• Softening cream cheese, butter.</li> <li>• Keeping casseroles warm.</li> </ul>

## DIRECT ACCESS COOKING

The eight DIRECT ACCESS keys are preprogrammed to cook or reheat a variety of popular foods with a minimum number of steps.

### POPCORN

Place prepackaged popcorn bag into oven. (49, 85 or 99 g) (1,75, 3 or 3,5 oz)

Step	Procedure	Keypad
1	Press <b>POPCORN</b> once for 49 g (1.75 oz). Press <b>POPCORN</b> twice for 89 g (3 oz). Press <b>POPCORN</b> three times for 99 g (3.5 oz). indicators lights	<b>POPCORN</b>
2	Press <b>START/+30SEC.</b> indicator turns off.   will flash while cooking.	<b>START/+30SEC.</b>

You may reset the **POPCORN** cooking time when using other bag sizes.

**Example:** to set cooking time of 3 minutes 30 seconds:

Step	Procedure	Keypad
1	Press <b>POPCORN</b> once to reset 49 g (1.75 oz). Press <b>POPCORN</b> twice to reset 89 g (3 oz). Press <b>POPCORN</b> three times for 99 g (3.5 oz). indicators light.	<b>POPCORN</b>
2	Press <b>MEMORY</b> . Enter new cooking time. You must enter 3 numbers. (1 for minutes and 2 for seconds) indicator turns off.	<b>MEMORY</b> <b>3:30</b>
3	Press <b>MEMORY</b> again to save new cooking time.	<b>MEMORY</b>

**Note:** • You may return to the preprogrammed **POPCORN** cooking time by pressing **POPCORN** for more than 3 seconds. A tone will sound and “POP” will appear in display.

### POTATO

Place 1 - 3 medium size potatoes in oven.

Step	Procedure	Keypad
1	Press <b>POTATO</b> once for 1 potato, approx. 225 g (8 oz). Press <b>POTATO</b> twice for 2 potatoes, approx. 453 g (16 oz). Press <b>POTATO</b> three times for 3 potatoes, approx. 680 g (24 oz). indicators light.	<b>POTATO</b>
2	Press <b>START/+30SEC.</b> will flash while cooking.	<b>START/+30SEC.</b>

### PIZZA

Place 1-3 slices of refrigerated pizza in oven.

Step	Procedure	Keypad
1	Press <b>PIZZA</b> once for 1 slice (6 oz). Press <b>PIZZA</b> twice for 2 slices (9 oz). Press <b>PIZZA</b> three times for 3 slices (12 oz). indicators light.	<b>PIZZA</b>
2	Press <b>START/+30SEC.</b> indicator turns off.   will flash while cooking.	<b>START/+30SEC.</b>

## BEVERAGE

Place 1-3 cups in oven.

Step	Procedure	Keypad
1	Press <b>BEVERAGE</b> once for 1 cup. Press <b>BEVERAGE</b> twice for 2 cups. Press <b>BEVERAGE</b> three times for 3 cups. indicators light.	<b>BEVERAGE</b>
2	Press <b>START/+30SEC.</b> will flash while cooking.  indicator turns off.	<b>START/+30SEC.</b>

## SOUP

This feature can be used to reheat soup.

Step	Procedure	Keypad
1	Press <b>SOUP</b> once for 1 serving, approx. 118 ml (4 oz). Press <b>SOUP</b> twice for 2 servings, approx. 354 ml (12 oz). Press <b>SOUP</b> three times for 3 servings, approx. 236 ml (8 oz). Press <b>SOUP</b> four times for 4 servings, approx. 473 ml (16 oz). indicators light.	<b>SOUP</b>
2	Press <b>START/+30SEC.</b> indicator turns off.   will flash while cooking.	<b>START/+30SEC.</b>

## DINNER PLATE

This feature can be used to reheat precooked foods placed on a dinner plate.

Step	Procedure	Keypad
1	Press <b>DINNER PLATE</b> once for 1 serving, approx. 255 g (9 oz). Press <b>DINNER PLATE</b> twice for 2 servings, approx. 340 g (12 oz). Press <b>DINNER PLATE</b> three times for 3 servings, approx. 510 g (18 oz). indicators light.	<b>DINNER PLATE</b>
2	Press <b>START/+30SEC.</b> indicator turns off.   will flash while cooking.	<b>START/+30SEC.</b>

## FRESH VEGETABLE

This feature can be used to cook fresh vegetables.

Step	Procedure	Keypad
1	Press <b>FRESH VEGETABLE</b> once for 113 g (4 oz). Press <b>FRESH VEGETABLE</b> twice for 226 g (8 oz). Press <b>FRESH VEGETABLE</b> three times for 453 g (16 oz). indicators light.	<b>FRESH VEGETABLE</b>
2	Press <b>START/+30SEC.</b> indicator turns off.   will flash while cooking.	<b>START/+30SEC.</b>

## FROZEN VEGETABLE

This feature can be used to cook frozen vegetables.

Step	Procedure	Keypad
1	Press <b>FROZEN VEGETABLE</b> once for 113 g (4 oz). Press <b>FROZEN VEGETABLE</b> twice for 226 g (8 oz). Press <b>FROZEN VEGETABLE</b> three times for 453 g (16 oz). indicators light.	<b>FROZEN VEGETABLE</b>
2	Press <b>START/+30SEC.</b> indicator turns off.   will flash while cooking.	<b>START/+30SEC.</b>

## DIRECT ACCESS COOKING/REHEATING GUIDE

Item	Special Notes	Starting Temp.
Popcorn	Unfold the bag and place in oven according to package directions. Do not leave the oven unattended when popping popcorn.	Room
Potato	Pierce skin with a fork. Place on a paper towel. Arrange in a circular pattern with heavier ends pointing toward the outer edge of turntable. Let stand approximately 10 minutes after cooking.	Room
Pizza	Place cooked slices of pizza on paper towel or paper plates. Follow package instructions for cooking frozen pizza.	Refrigerated
Beverage	Place cups or mugs with liquids in oven uncovered. Stir after reheating. Be careful when handling or drinking liquids immediately out of oven as contents will be hot.	Room/Refrigerated
Soup	Cover food with plastic wrap. Allow to stand, covered, for a few minutes after reheating.	Refrigerated
Dinner Plate	Place food on microwave-safe plate and cover.	Refrigerated
Fresh Vegetable	Wash and cut into slices, cubes, etc. Place in bowl or dish adding 1 tablespoon of water per serving. Cover. Let stand, covered, for approx. 2 minutes after cooking.	Refrigerated
Frozen Vegetable	Follow package directions for adding water. Place in bowl or dish and cover. Let stand, covered, for approx. 2 minutes after cooking.	Frozen

## WEIGHT DEFROST

WEIGHT DEFROST allows you to easily defrost foods by eliminating guesswork in determining defrosting time. Follow the steps below for easy defrosting.

Step	Procedure	Keypad
1	Press <b>WEIGHT DEFROST</b> . The display will show dEF 1.   indicators light.	<b>WEIGHT DEFROST</b>
2	Enter food weight. Weight must be entered in ounces. Use chart to convert pounds into ounces. The weight range is between 4-100oz. Example: To defrost 3 1/2 pounds, enter 56 ounces.  indicator lights.	<b>56</b>
3	Press <b>START/+30SEC</b> .  indicator turns off.   will flash while defrosting.	<b>START/+30SEC.</b>

Converting pounds into ounces:

LBS	.25	.50	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0
OZ	4	8	16	24	32	40	48	56	64	72	80	88	96

## TIME DEFROST

TIME DEFROST allows you to defrost foods based on time.

Step	Procedure	Keypad
1	Press <b>TIME DEFROST</b> . The display will show dEF 2.   indicators light.	<b>TIME DEFROST</b>
2	Enter desired defrosting time. Enter 1-2 numbers for minutes and 2 numbers for seconds. Example: To defrost for 4 minutes 25 seconds.	<b>4:25</b>
3	Press <b>START/+30SEC</b> .   will flash while defrosting.	<b>START/+30SEC.</b>

**Note:** • The maximum time that can be set is 99 minutes 99 seconds.



## DEFROSTING CHART

Item	During Defrosting	Standing Time
<b>Beef</b>		
Ground beef	Turn over. Remove defrosted portion.	5-10 minutes
Liver	Drain Liquid. Separate pieces.	10-15 minutes
Roasts	Turn over. Cover ends with foil.	20-40 minutes
Sirloin steak	Turn over.	5-10 minutes
Rib or T-bone	Turn over.	10-20 minutes
Flank Steak	Turn over.	5-10 minutes
Stewing meat	Break apart.	5-10 minutes
<b>Pork</b>		
Ground pork	Turn over. Remove defrosted portion.	5-10 minutes
Bacon	Defrost in original wrapper. Turn over.	3-5 minutes
Chops	Separate and turn over.	5-10 minutes
Ribs	Turn over.	10-20 minutes
Roasts	Turn over. Cover end with foil.	20-40 minutes
<b>Lamb</b>		
Ground lamb	Turn over. Remove defrosted portion.	5-10 minutes
Chops	Separate. Turn over.	5-10 minutes
Ribs	Turn over.	10-20 minutes
Roasts	Turn over. Cover end with foil.	20-40 minutes
<b>Poultry</b>		
Chicken, whole	Turn over. Cover ends with foil. Rinse under cold water after defrosting.	15-30 minutes
Pieces	Separate. Turn over.	10 -15 minutes
Cornish hens	Turn over. Cover ends with foil. Rinse under cold water after defrosting.	15-30 minutes
<b>Fish and Seafood</b>		
Crabmeat, Shrimp	Break apart.	5-10 minutes
Fish fillets	Turn over. Rearrange. Rinse under cold water to separate after defrosting.	5-10 minutes
Steaks	Turn over.	5 -10 minutes
Scallops	Break apart. Remove defrosted seafood.	5 -10 minutes

## FAST STARTING

In waiting state, instant cooking at 100% power level can be started by selecting a cooking time from 1 to 6 minutes by pressing number pads 1 to 6. Press **“START/+30SEC”** to increase the cooking time.

# COOKING GUIDE

## COOKING PRINCIPLES AND TECHNIQUES

Advantages of microwave cooking are speed and efficiency. For warming, heating, and defrosting, nothing compares. Here are a few tips that will make microwaving easier and more enjoyable.

### Microwave Cooking Principles

Because microwave cooking requires only one-quarter to one-third the time of conventional cooking, cooking principles become even more important.

### Quantity

In microwave cooking, the cooking time is dependent on the amount of food in the oven. If you double the recipe, plan on doubling the cooking time.

### Density

Dense foods, such as potatoes, need more cooking time as they take longer for microwave energy to penetrate and for the heat to be conducted through them.

### Shape and Size

Cut food into uniform shapes and sizes for even cooking in the microwave. When cooking irregular shapes (such as chicken pieces), place the thicker parts to the outer edge of the dish. Moisture, Sugar and Fat Food high in moisture, sugar or fat cook faster. Add a minimum of liquid to moisten foods.

An excess amount of water slows cooking.

### Starting Temperature

Frozen or refrigerated foods take longer to microwave than food at room temperature.

### Delicate Ingredients

Delicate foods such as eggs, cheese, mayonnaise, etc., cook very quickly, and should be watched carefully.

### Microwave Cooking Techniques

#### Arranging:

Arrange food in a circular pattern, with denser, thicker items at the edge of the dish.

#### Piercing:

Pierce the membrane of foods such as eggs, oysters, snails, sausages, livers, clams and whole vegetables, so they do not burst.

#### Reheating:

Cooked food reheats extremely well by using a low level of microwave energy. Place denser

foods near the outer edge of the dish when reheating.

#### Covering:

Most foods will cook and reheat better when covered. Pierce plastic wrap to vent steam.

#### Stirring:

Stirring foods help them cook more quickly and evenly.

#### Turning Over:

To promote more even cooking, turn large, solid items such as roasts or baked potatoes over halfway through the cooking time.

#### Shielding:

Use small, smooth strips of aluminum foil to prevent corners, thin or bony areas from overcooking.

#### Standing Time:

Foods continue cooking even after removal from the oven. Standing time is necessary to allow foods to complete cooking/defrosting.

#### Converting Recipes:

Microwave recipes will likely call for less liquid and cooking time.

#### Microwave Thermometers:

A microwave-safe thermometer can be used to achieve the best results. Insert the thermometer carefully and properly into the food. The guide below gives suggested thermometer readings for meat and poultry. Keep in mind that standing time is essential for most food to reach its proper serving temperature.

### Guide to Internal Temperatures

140°F (60°C)	Rare beef
150°F (66°C)	Vegetables, hot drinks, soups, casseroles
160°F (71°C)	Medium beef, lamb, veal
165°F (74°C)	Well-done beef, lamb
170°F (77°C)	Whole fish
185°F (85°C)	Well-done pork, poultry pieces or roasted bird

# MAINTENANCE

## TROUBLESHOOTING

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start.	<ul style="list-style-type: none"> <li>• Electrical cord for oven is not plugged in.</li> <li>• Door is open.</li> <li>• Wrong operation is set.</li> </ul>	<ul style="list-style-type: none"> <li>• Plug into the outlet.</li> <li>• Close the door and try again.</li> <li>• Check instructions.</li> </ul>
Arcing or sparking.	<ul style="list-style-type: none"> <li>• Materials to be avoided in microwave oven were used.</li> <li>• The oven is operated when empty.</li> <li>• Spilled food remains in the cavity.</li> </ul>	<ul style="list-style-type: none"> <li>• Use microwave-safe cookware only.</li> <li>• Do not operate with oven empty.</li> <li>• Clean cavity with wet towel.</li> </ul>
Unevenly cooked foods.	<ul style="list-style-type: none"> <li>• Materials to be avoided in microwave oven were used.</li> <li>• Food is not defrosted completely.</li> <li>• Cooking time, power level is not suitable.</li> <li>• Food is not turned or stirred.</li> </ul>	<ul style="list-style-type: none"> <li>• Use microwave-safe cookware only.</li> <li>• Completely defrost food.</li> <li>• Use correct cooking time, power level.</li> <li>• Turn or stir food.</li> </ul>
Overcooked foods.	<ul style="list-style-type: none"> <li>• Cooking time, power level is not suitable.</li> </ul>	<ul style="list-style-type: none"> <li>• Use correct cooking time, power level.</li> </ul>
Under cooked foods.	<ul style="list-style-type: none"> <li>• Materials to be avoided in microwave oven were used.</li> <li>• Food is not defrosted completely.</li> <li>• Oven ventilation ports are restricted.</li> <li>• Cooking time, power level is not suitable.</li> </ul>	<ul style="list-style-type: none"> <li>• Use microwave-safe cookware only.</li> <li>• Completely defrost food.</li> <li>• Check to see that oven ventilation ports are not restricted.</li> <li>• Use correct cooking time, power level.</li> </ul>
Improper defrosting.	<ul style="list-style-type: none"> <li>• Materials to be avoided in microwave oven were used.</li> <li>• Cooking time, power level is not suitable.</li> <li>• Food is not turned or stirred.</li> </ul>	<ul style="list-style-type: none"> <li>• Use microwave-safe cookware only.</li> <li>• Use correct cooking time, power level.</li> <li>• Turn or stir food.</li> </ul>

## QUESTIONS AND ANSWERS

---

- Q. When the oven is plugged into a wall outlet for the first time, it does not work properly. What is wrong?
- A. The microcomputer used in the oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the wall outlet and then plug it back in. The microcomputer will then reset for proper functioning.
- Q. Why is there noise coming from the turntable when the oven is turned on?
- A. This noise occurs when the turntable roller rest and cavity bottom are dirty. Clean the turntable roller rest cavity bottom. Frequent cleaning of these parts should eliminate or reduce the noise.
- Q. Why is there noise coming from the oven when reducing power?
- A. When cooking with a power other than maximum (PL 10), the oven cycles to obtain the lower power level. The clicking noise can be heard when the oven cycles on and off. This is normal.
- Q. Why is there steam coming out of the air exhaust vent?
- A. Steam is produced during cooking. The microwave oven has been made to vent this steam.
- Q. What is wrong when the oven light will not glow?
- A. There may be several reasons why the oven light will not glow. The light bulb has burned out or **START/+30SEC.** has not been pressed.
- Q. Why do eggs sometimes pop?
- A. The egg yolk may pop because of steam build-up inside the membrane. Pierce the membrane with a toothpick before cooking it. **Never microwave eggs in the shell since they may explode.**
- Q. How are boil-overs avoided?
- A. Use a larger utensil than usual for cooking. If you open the oven door or touch **STOP/CLEAR**, the food will stop boiling.

## CLEANING

---

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. For best drying results, use a cloth specially designed for stainless steel surfaces. The cloth can be found at most kitchen accessory and hardware stores. This should be done on a weekly basis, more often if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

### REMOVABLE PARTS

The following parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. Never use cleaning powders, steel wool or rough pads.

- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The turntable roller rest should be cleaned regularly.

### SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe them often with a mild detergent. Then rinse and wipe dry. Never use cleaning powders or rough pads. After cleaning the control panel, press **STOP/CLEAR** to clear any entries that might have been entered accidentally while cleaning the panel.

# WARRANTY

## WARRANTY APPLICATION

New, unused SANYO Microwave Oven purchased in Canada through a SANYO authorized dealer are warranted against manufacturing defects in materials and workmanship for ONE YEAR for parts and labor from the date of purchase by the original retail purchaser. This Warranty only applies in favor of the original retail purchaser of the warranted product.

## SANYO CANADA INC.'S RESPONSIBILITY

During the warranty period, SANYO Canada Inc. will repair, or at our option, replace a Microwave Oven which shows evidence of a manufacturing defect in materials or workmanship.

Replacement PARTS are warranted for the remaining portion of the warranty period.

## WHAT IS NOT COVERED

- (a) Microwave Ovens purchased outside Canada.
- (b) Microwave Ovens purchased in a used condition.
- (c) Problems due to product set-up and installation.
- (d) Adjustments that are outlined in the Operating manual.
- (e) Consumable or removable items such as light bulbs, glass trays, turntable rollers and metal grill rack.
- (f) Damage in or due to transportation.
- (g) Damage due to improper maintenance, accident, abuse, misuse or negligence.
- (h) Damage caused by lightning and power surge.

## ORIGINAL RETAIL PURCHASER'S RESPONSIBILITY

You, the original retail purchaser, must present your original, dated bill-of-sale together with this warranty to SANYO Canada Inc. or to an authorized SANYO Canada Inc. or to an authorized SANYO Service Depot when you make a claim under this Warranty.

You, the original retail purchaser, are responsible for any costs of TRANSPORTING the product to and from SANYO Canada Inc. or an authorized SANYO Service Depot.

You also are responsible for the cost of any MAINTENANCE necessary in respect of the product.

## WARRANTY BECOMES VOID

This Warranty becomes void if the product's serial numbers are altered or removed or if any repair to the product is made by other than SANYO Canada Inc. or an authorized SANYO Service Depot.

## LIMITATIONS

- (a) SANYO Canada Inc. reserves the right to change or improve the design of the model of the product warranted hereunder without incurring any obligation to make any modifications to or to install any improvements in or on the product.
- (b) In the event shall SANYO Canada Inc. or any of its Authorized Dealers be liable for special or consequential damage arising for the use of this product.

## STATUTORY WARRANTIES

The above provisions do not preclude the operation of any applicable provincial statute which in certain circumstances may not allow some of the limitations and exclusions described in this Warranty. Where any terms of this Warranty are prohibited by such a statute, they shall be deemed null and void but the remainder of this warranty shall remain in effect.

## HOW TO OBTAIN WARRANTY SERVICE

Please contact the SANYO Authorized Dealer from whom the product was purchased or contact us directly at:

**SANYO Canada Inc.**  
1-300 Applewood Cres.  
Concord, ON L4K 5C7  
1-800-263-2244  
(905) 760-9944  
[www.sanyo.ca](http://www.sanyo.ca)

## QUICK REFERENCE

---

### CLOCK

1. Press **CLOCK**.
  2. Press numbers to set time. When entering hours 1-9, a zero must be entered first.
  3. Press **CLOCK**.
- 

### CHILD LOCK-OUT

To set:

1. Press and hold **STOP/CLEAR** for 3 seconds.

To cancel:

1. Press and hold **STOP/CLEAR** for 3 seconds.
- 

### KITCHEN TIMER

1. Press **(KITCHEN) TIMER**.
  2. Enter desired time.  
When entering 1-9 minutes, a zero must be entered first.
  3. Press **START/+30SEC**.
- 

### TIME COOKING

1. Enter a cooking time in minutes and seconds.
  2. Press **POWER** 1-10 times until desired power level appears in display (PL 1- PL 10). PL 10 is the maximum power level and the default setting.
  3. Press **START/+30SEC**.
- 

### +30 SEC.

1. To quickly start **TIME COOKING**, press **START/+30SEC**. until desired cooking time is reached.
  2. You can add time to **TIME COOKING**, **DIRECT ACCESS** and **TIME DEFROST** programs by pressing **START/+30SEC**. while cooking is in progress.
- 

### MEMORY

To set:

1. Press **MEMORY**.
2. Follow steps 1 & 2 for **TIME COOKING** for the first stage.
3. Enter cooking time and power level for second stage.
4. Press **MEMORY**.

To start:

1. Press **MEMORY** 1-5 times
  2. Press **START/+30SEC**.
- 

### DIRECT ACCESS

1. Press **POPCORN, POTATO, PIZZA, BEVERAGE, REHEAT, DINNER PLATE, FRESH or FROZEN VEGETABLE** 1-4 times until desired quantity or weight appears.
  2. Press **START/+30SEC**.
  3. You may add time by pressing **START/+30SEC**. while cooking is in progress.
- 

### WEIGHT DEFROST

1. Press **WEIGHT DEFROST**.
  2. Enter food weight in ounces.
  3. Press **START/+30SEC**.
- 

### TIME DEFROST

1. Press **TIME DEFROST**.
  2. Enter desired defrosting time.
  3. Press **START/+30SEC**.
- 



SANYO Canada Inc.  
Concord, Ontario L4K 5C7  
[www.sanyo.ca](http://www.sanyo.ca)

## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>