

SHARP®

CAROUSEL II MICROWAVE OVEN

OPERATION MANUAL

MODELS

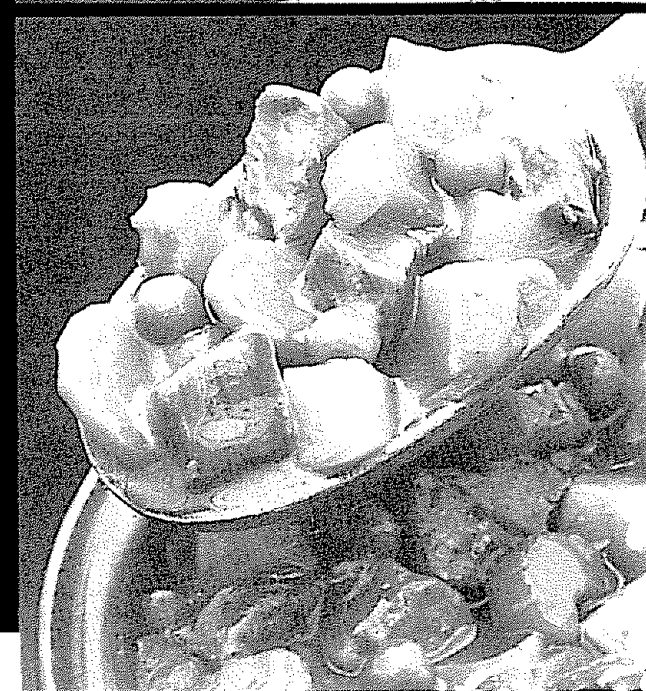
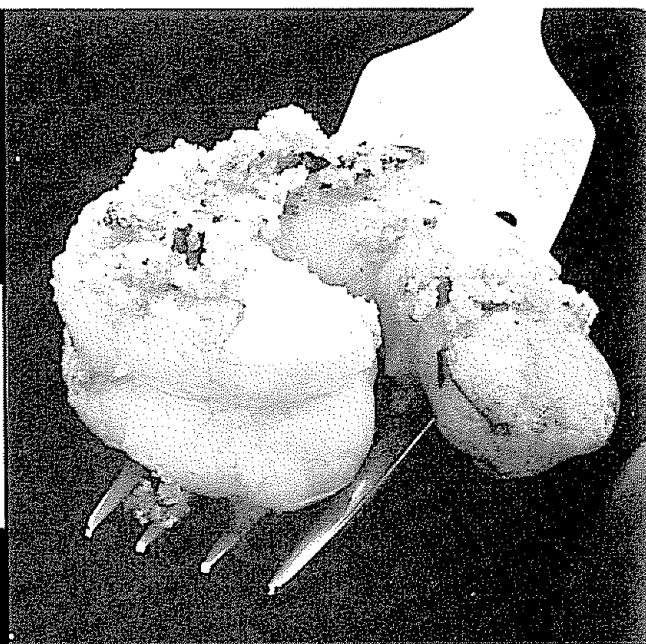
R-3A94

R-3A84

R-3A74

R-3A54

Read all instructions carefully before using this oven.



FOR CUSTOMER ASSISTANCE

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

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

TO PHONE:

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

TO WRITE:

For cooking and operation questions:

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

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

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

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

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.

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LIMITED WARRANTY

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

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

In order to enforce the right under this limited warranty, the purchaser should follow the steps set forth below and provide proof of purchase to the servicer.

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

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

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

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

Your Product model number: R-3A94, R-3A84, R-3A74, R-3A54 Home Use Carousel Microwave Oven

(Be sure to have this information available when you need service for your Product.)

Warranty period for this Product: one (1) year parts and labor. The warranty period continues for an additional four (4) years, for a total of five (5) years, with respect to the magnetron tube in the Product for parts only. Labor is not provided free of charge for this additional period.

Additional items excluded from warranty coverage: accessories, rubber or plastic parts, the turntable, light bulbs, glass parts or any printed materials.

Where to obtain service: at a Sharp Authorized Service Station or Sharp Authorized Service Dealer located in the United States. To find out the location of the nearest Sharp Authorized Station or Dealer, call Sharp toll free at 800-447-4700.

What to do to obtain service: ship (prepaid) or carry in your Product to a Sharp Authorized Service Station or Dealer. Be sure to have proof of purchase available. If you ship or mail the Product, be sure it is packaged carefully.

PRODUCT INFORMATION CARD

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

IMPORTANT SAFETY INSTRUCTIONS

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

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

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

SAVE THESE INSTRUCTIONS

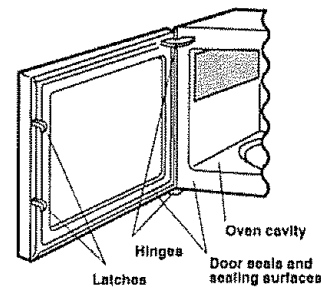
UNPACKING AND INSTALLATION INSTRUCTIONS

Unpacking and Examining Your Oven

Remove:

1. all packing materials from inside the oven cavity. Read enclosures and **SAVE** the Operation Manual
2. the feature sticker from the outside of the door, if there is one

Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact your dealer or SHARP AUTHORIZED SERVICE STATION.



Choosing a Location for Your Oven

You will use the oven frequently so plan its location for ease of use. It's wise, if possible, to have counter space on at least one side of the oven. Allow at least 2 inches on the sides, top and at the rear of the oven for air circulation.

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

GROUNDING INSTRUCTIONS

It is important that all instructions for the electrical connection and grounding be followed to eliminate any hazard or chance of an electrical short circuit. Grounding reduces the risk of electric shock by providing an escape wire for the electric current.

All electrical work must be in accordance with the National Electrical Code and all local codes and ordinances.

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

Electrical Requirements

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more fused electrical supply. It is recommended that a separate circuit serving only the oven be provided.

The oven is equipped with a 3 prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. Should you only have a 2 prong outlet, have a qualified electrician install a correct wall receptacle.

A 3 prong adapter may be purchased and used temporarily if local codes allow. Follow package directions.

A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.

Extension Cord

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

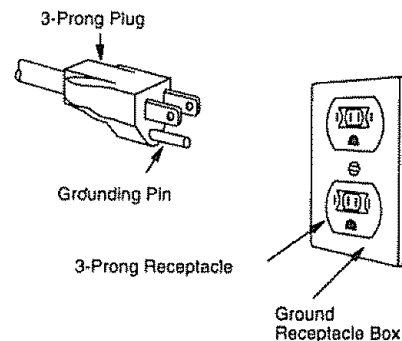
Be careful not to drape the cord over the countertop or table where it can be pulled on by children or tripped over accidentally.

Note:

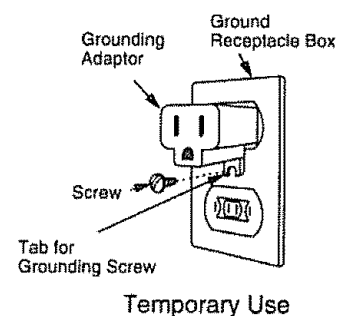
1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or serviceman.
2. Neither Sharp nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedures.

Radio or TV Interference

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



Permanent and Correct Installation



INFORMATION YOU NEED TO KNOW

About Your Oven

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

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes. See the order form on page 23 for ordering the Ultimate Accessory, the SHARP CAROUSEL II MICROWAVE COOKBOOK.

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

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

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

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

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

Your oven is rated 800 watts using the IEC 705-1988 method. In using recipes or package directions, check food at the minimum time and add time accordingly.

About Food

	DO	DON'T
Eggs, fruits & vegetables	<ul style="list-style-type: none"> * Puncture egg yolks before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. * Reheat whole eggs.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1 or 2 seconds or use special POPCORN pad. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving. * Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Cut baked goods with filling after heating to release steam and avoid burns. * Stir liquid briskly before and after heating to avoid "eruption". * Use deep bowl, when cooking liquid or cereal to prevent boilovers. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Can in the microwave as harmful bacteria may not be destroyed. * Deep fat fry. * Dry wood, gourds, herbs or wet papers.

INFORMATION YOU NEED TO KNOW

About Utensils and Coverings

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

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

Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should NOT be used.

Do not use metal pans and bakeware, dishes with metallic trim, non heat resistant glass, non microwave safe plastic (margarine tubs), recycled paper products, food storage bags, brown paper bags or metal twist ties.

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

ACCESSORIES There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures.

INFORMATION YOU NEED TO KNOW

About Microwave Cooking

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

About Safety

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

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

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

- * Always use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
- * Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- * Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- * NEVER use the cavity for storing cookbooks or other items.
- * Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- * Keep wave guide cover clean. Food residue can cause arcing and/or fires.
- * Keep aluminum foil used for shielding at least 1 inch away from walls, ceiling and door.

About Children and the Microwave

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

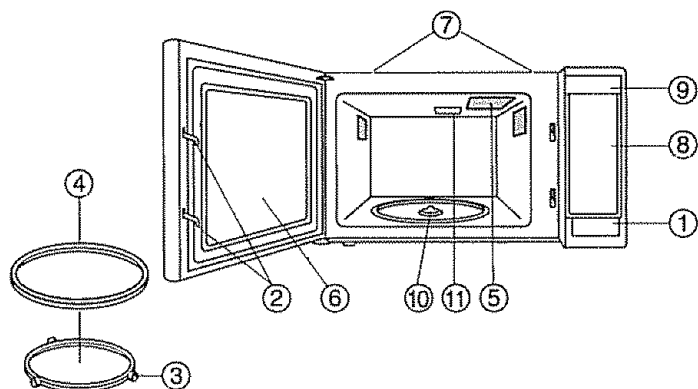
The child must be able to reach the oven comfortably; if not, he/she should stand on a sturdy stool.

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

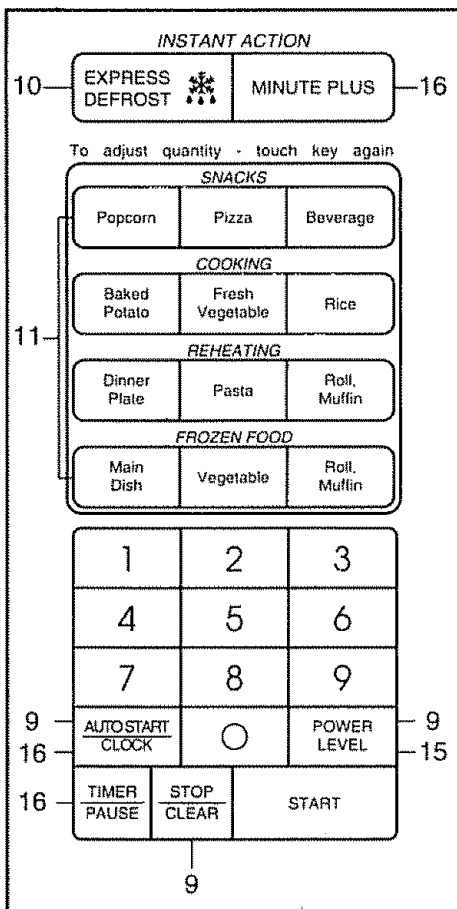
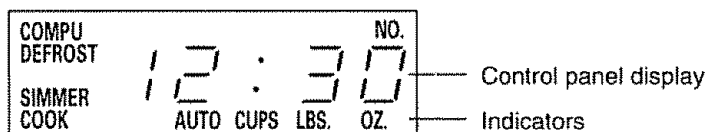
Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot.

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

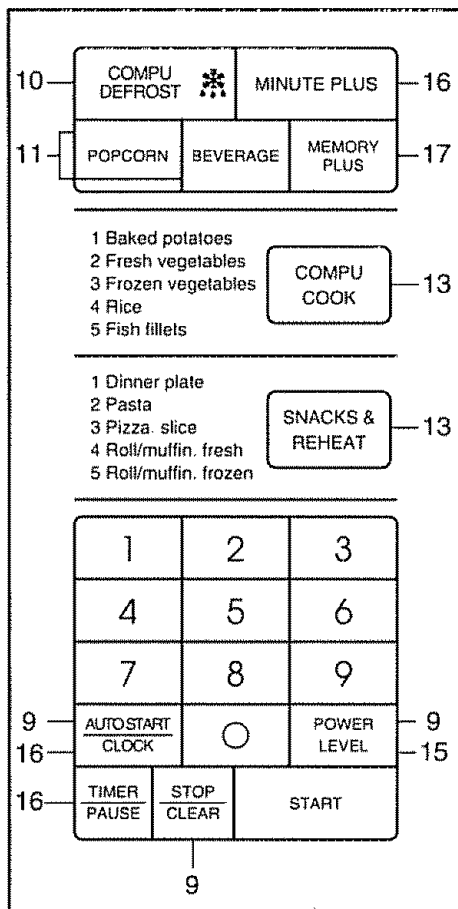
PART NAMES



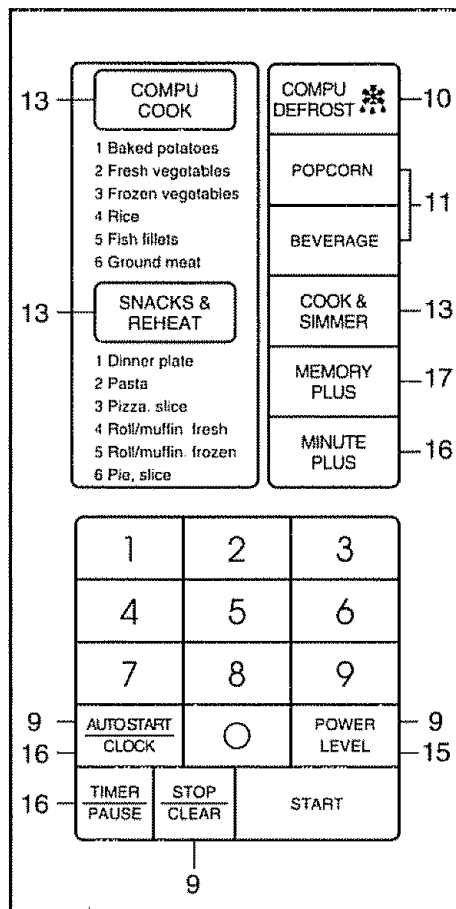
- ① One touch door open button.
Push to open door.
- ② Safety door latches.
The oven will not operate unless the door is securely closed.
- ③ Removable turntable support.
- ④ Removable turntable.
The turntable will rotate clockwise or counterclockwise.
Only remove for cleaning.
- ⑤ Oven lamp
It will light when oven is in operation and opening the door.
- ⑥ Oven door with see-through window.
- ⑦ Ventilation openings. (Rear)
- ⑧ Auto-Touch control panel.
- ⑨ Time display: Digital display, 99 minutes 99 seconds
- ⑩ Turntable motor shaft.
- ⑪ Wave guide cover.



R-3A54



R-3A74



R-3A84, R-3A94

Numbers indicate pages on which there are a feature description and usage information.

BEFORE OPERATING

- Before operating your new microwave oven make sure you read and understand this operation manual completely
 - Before the oven can be used follow these procedures
- 1) Plug in the oven. Close the door.
The oven display will then begin flashing **88:88**
 - 2) Touch the STOP/CLEAR pad
: will appear
 - 3) Set clock

To Set the Clock

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

Procedure	Display
1 Touch AUTO START/CLOCK pad.	
2 Enter the correct time of day by touching the numbers in sequence.	
3 Touch AUTO START/CLOCK pad again.	

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

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

NOTE: Your oven can be programmed with the door open except for START, EXPRESS DEFROST, COMPUDEFROST, MINUTE PLUS, Instant Action and Instant Start.

Stop/Clear

Touch the STOP/CLEAR pad to:

1. Erase if you make a mistake during programming
2. Cancel minute timer.
3. Stop the oven temporarily during cooking.
4. Return the time of day to the display.
5. Cancel a program during cooking, touch twice.

MANUAL OPERATION

Time Cooking

Your oven can be programmed for 99 minutes 99 seconds (99:99). Always enter the seconds after the minutes, even if they are both zeros

- Suppose you want to cook for 5 minutes at 100%.

Procedure	Display
1 Enter cooking time	
2 Touch START pad.	

There are eleven preset power levels.

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

Touch POWER LEVEL Pad, Once then Touch	Approximate Percentage of Power	Common Words for Power Levels
POWER LEVEL	100%	High
9	90%	
8	80%	
7	70%	Medium High
6	60%	
5	50%	Medium
4	40%	
3	30%	Med Low/Defrost
2	20%	
1	10%	
0	0%	Low

- Suppose you want to defrost for 5 minutes at 30%.

Procedure	Display
1 Enter cooking time	
2 Enter power level.	
3 Touch START pad.	

SPECIAL FEATURES

CompuDefrost (R-3A94, R-3A84, R-3A74)

Express Defrost (R-3A54)

CompuDefrost and Express Defrost automatically defrost ground meat, chicken pieces, steaks, chops, whole chicken and roasts.

* Suppose you want to defrost a 2.0 lb. steak.

Procedure	Display
Round the weight to the nearest half pound. (Ex. If the steak's actual weight is 2.2 lbs. round to 2.0 lbs. If the steak's weight is 2.4 lbs. round to 2.5 lbs.) To enter weight, touch the COMPU DEFROST or EXPRESS DEFROST pad for a .5 lb. increase per touch. (Ex. touch four times for 2.0 lbs.)	
1 COMPU DEFROST x 4 OR EXPRESS DEFROST x 4	DEFROST 2.0 LBS
Quickly touch COMPU DEFROST or EXPRESS DEFROST 4 times for 2.0 lbs. because the oven starts automatically.	
The oven will stop and directions will be displayed. Follow the indicated message.	

After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door.	CHEK TURN OVER PRESS START
2 Touch START pad.	START
After the 2nd stage, open the door. Shield any warm portions. Close the door.	CHEK PRESS START
3 Touch START pad.	START
4 After cooking.	COVER STAND

If you attempt to enter more or less than the allowed amount (0.5–6.0 lbs.) **ERROR** will appear in the display. CompuDefrost and Express Defrost can be programmed with More or Less Time Adjustment. See page 15.

NOTE:

- You may choose to enter the weight in tenths of pounds. This procedure may be easier with larger weights such as 4 pounds because it requires fewer touches. To program, touch COMPU DEFROST or EXPRESS DEFROST and enter weight by touching the number pads. Example: touch COMPU DEFROST then 4 and 0 for a weight of four pounds.
- When weight is less than 0.7 pounds, the oven will stop only once for checking.
- To defrost other foods or foods above or below the weights allowed on Defrost Chart, use time and 30% power. See Manual Defrost on page 11.

DEFROST CHART

Food	Amount	Procedure
Roast	2.5–6.0 lbs.	Start with fat side down. After each stage of defrost cycle, turn over and shield the warm portions with aluminum foil. Stand, covered 30–60 min.
Steaks Chops Fish	0.5–4.0 lbs.	After each stage of defrost cycle, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any that are nearly defrosted. Stand, covered 10–20 minutes.
Ground meat	0.5–3.0 lbs.	Remove any thawed pieces after each stage. Stand, 5–10 min.
Chicken, whole	2.5–6.0 lbs.	Remove giblets before freezing poultry. Start with breast side down. After the 1st stage, turn over and shield the warm portions with aluminum foil. After the 2nd stage, if there are warm portions, shield with aluminum foil. Stand, covered 30–60 min.
Chicken pieces	0.5–3.0 lbs.	After each stage of defrost cycle, if there are warm or thawed portions, rearrange or remove. Stand, 10–20 min.

NOTE: Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed.
Shielding roasts and steaks prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

SPECIAL FEATURES

Manual Defrost

If the food that you wish to defrost is not listed on the DEFROST CHART or is above or below the limits in the "Amount" column on the DEFROST CHART, you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using Power Level 3. Follow the exact 3-step procedure found under Time Cooking on page 9. Estimate defrosting time and press 3 for 30% when you select the power level.

For either raw or previously cooked frozen food the rule of thumb is approximately 5 minutes per pound. For example, defrost 5 minutes for 2-3 cups of casserole or 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on Power Level 3 until totally defrosted.

When using plastic containers from the freezer defrost only long enough to remove from the plastic in order to place in a microwave safe dish.

Instant Action

(R-3A54)

Instant Action allows you to cook or reheat many of your favorite foods by touching just one pad.

- * Suppose you want to cook a baked potato.

Procedure	
1	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Baked Potato</div> Select desired Instant Action setting. Touch Baked potato pad.

To use any Instant Action pad, touch within 1 minute after cooking, opening and closing the door or touching the STOP/CLEAR pad.

To increase quantity, touch chosen pad until number in display is same as desired quantity to cook. Ex: touch Baked Potato three times for three baked potatoes.

NOTE: Instant Action can be programmed with More or Less Time Adjustment. See page 15.

TIPS: Foods can be covered with wax paper or vented plastic wrap. Temperatures of foods covered with plastic wrap tend to be slightly higher than those covered with wax paper.

Instant Start

(R-3A94, R-3A84, R-3A74)

The Instant Start pads allow you to pop popcorn or restore a half mug of beverage to a more suitable drinking temperature.

- * Touch BEVERAGE pad once to reheat a half mug of beverage.

Procedure	
1	<div style="border: 1px solid black; padding: 2px; display: inline-block;">BEVERAGE</div> Touch BEVERAGE pad.
2	After cooking 5:18 will be appear.

- * Touch POPCORN pad once for 3.5 oz. bag microwave popcorn.

Procedure	
1	<div style="border: 1px solid black; padding: 2px; display: inline-block;">POPCORN</div> Touch POPCORN pad.

NOTE: Instant Start can be programmed with More or Less Time Adjustment. See page 15.

INSTANT ACTION/ INSTANT START CHART

Popcorn 3.5 oz. bag	This setting works well with most brands of microwave popcorn. You may wish to try several and choose your favorite. Pop only one bag at a time. Open bag and place in oven according to directions. Touch POPCORN once for regular REG will appear in the display.
3.5 oz. bag (Light)	Touch POPCORN twice within 2 seconds for regular light L-REG will appear in the display.
1.75 oz.	Touch POPCORN three times within 3 seconds for single. SNG will appear in the display.
1.75 oz. (Light)	Touch POPCORN pad four times within 4 seconds for single light. L-SNG will appear in the display.
Beverage 1/2-2 mugs	This setting is good for restoring cooled beverage to a better drinking temperature. Stir after cooking.

SPECIAL FEATURES

INSTANT ACTION CHART

Pizza 1-4 slices	Use this pad to reheat refrigerated leftover pizza. 1 slice is approximately 1/8th of a 12 inch pizza or 1/12th of a 16 inch pizza. If possible, place on paper towel on a microwave safe rack.
Baked Potato 1-4 medium	Prick; place on paper towel on turntable. Remove from oven, wrap in foil and let stand 10 minutes.
Fresh Vegetable 1-4 cups	For beans, carrots, corn and peas, add 1 tablespoon of water per cup. For broccoli, brussel sprouts, cabbage and cauliflower, cook immediately after washing with no additional water. If you like tender crisp vegetables, double or triple measured quantity per setting. For example, use 2 cups or 3 cups of zucchini but touch Fresh vegetables only once. After cooking, remove from oven, stir, cover and let stand 3 to 5 minutes before serving.
Rice 1/2-2 cups	Place rice into the deep casserole and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.
Dinner Plate 1 plate	Use this pad to reheat precooked foods from the refrigerator. Place meaty portions and bulky vegetables to outside of plate. Cut large items like baked potatoes in smaller pieces. Flatten foods such as mashed potatoes and other dense foods. Cover with wax paper or plastic wrap. ONE PLATE ONLY. After cooking, check that food is very hot throughout and that the bottom center of the plate is very hot. If not, continue heating using time and power level. Allow to stand, covered, 1 to 2 minutes.
1 Regular	Touch Dinner Plate once for a regular amount of food: approximately 4 oz. sliced meat or poultry, 1/2 cup potato or rice and 1/2 cup of vegetables or equivalent. REG will appear in the display.
1 Small	Touch Dinner Plate twice within 2 seconds for a smaller amount of food on a dinner plate. SMALL will appear in the display.
1 Big	Touch Dinner Plate three times within 3 seconds for a larger amount of food on a dinner plate. BIG will appear in the display.
Pasta 1-4 cups	Use this pad to reheat refrigerated canned or homemade pasta with sauce. Use MORE or LESS Time Adjustment to reheat room temperature pasta. For pasta without sauce double the quantity per setting. For example, measure 2 cups of cooked noodles and program the oven for 1 cup. Cover with lid or plastic wrap. After cooking, stand, covered, 2 to 3 minutes.
Roll, muffin 1-6 pcs. (Fresh, Frozen)	Use this pad to warm rolls, muffins, biscuits, bagels etc. Large items should be considered as 2 or 3 regular size. Arrange on plate with paper towel; cover with another towel.
Main Dish	Use this pad for frozen, convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand covered for 1 to 3 minutes.
6-8 oz.	Touch Main Dish once for packages weighing 6-8 oz.
9-11 oz.	Touch Main Dish twice for packages weighing 9-11 oz.
12-14 oz.	Touch Main Dish three times for packages weighing 12-14 oz.
15-16 oz.	Touch Main Dish four times for packages weighing 15-16 oz.
Frozen Vegetable 1-4 cups	Cover with lid or plastic wrap. Let stand 3 minutes covered.

SPECIAL FEATURES

Snacks & Reheat (R-3A94, R-3A84, R-3A74)

Snacks & Reheat will automatically compute the microwave power and reheating time for foods shown in the chart.

- * Suppose you want to use Snacks & Reheat to reheat 2 slices of pizza.

Procedure	Display
1 SNACKS & REHEAT Touch SNACKS & REHEAT pad.	FOOD
2 3 Select Snacks & Reheat setting. Touch 3 to reheat pizza.	SR-3 ^{NO}
2 If you want to heat 2 slices of pizza, touch 2.	2 ^{NO}
3 START Touch START pad.	
4 After cooking.	End

NOTE: 1. For Dinner Plate touch **1** once for a regular amount of food; twice for small and three times for large amounts.

- 2. Snacks & Reheat can be programmed with More or Less time Adjustment. See page 15. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.

CompuCook (R-3A94, R-3A84, R-3A74)

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

- * Suppose you want to use CompuCook to cook 2 baked potatoes.

Procedure	Display
1 COMPU COOK Touch COMPU COOK pad.	COMPU FOOD
2 1 Select CompuCook setting. Touch 1 to cook baked potatoes.	COMPU CC-1 ^{NO}
2 If you want to cook 2 baked potatoes, touch 2.	COMPU 2 ^{NO}

3

START

Touch START pad.

4

After cooking.

COVER STAND

NOTE: CompuCook can be programmed with More or Less time Adjustment. See page 15.

More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.

Cook & Simmer (R-3A94, R-3A84)

Cook & Simmer automatically brings your favorite recipes for foods that have liquids to a boil and reduces the power level to allow the food to simmer for the exact amount of time you enter. Cook & Simmer can be set 1 to 4 cups. There is no need to return to the oven.

- * Suppose you want to cook soup from a recipe that has a total liquid quantity of 4 cups and simmer it for 30 minutes.

Procedure	Display
1 COOK & SIMMER Touch COOK & SIMMER pad 4 times.	4 ^{CUPS}
: will appear after 2 seconds.	
2 3 0 0 0 Enter simmer time.	
3 START Touch START pad.	SIMMER COOK 30 11
4 At audible signal, STIR will appear. Open door and stir soup. Press START.	SIMMER COOK 30.00
5 After cooking, STIR and COVER STAND will be appeared repeatedly.	

- * Liquid refers to water, vegetable juice, broth or bouillon, not milk or cream.

* Should ingredients be very cold or if there are many ingredients in the recipe, you may increase the quantity of liquid by 1 cup to compensate. Ex. recipe calls for 2 cups of liquid but six cups of vegetables, you may wish to enter 3 in step 1.

- * COOK & SIMMER can be programmed with More or Less time Adjustment. See page 15.

SPECIAL FEATURES

SNACKS & REHEAT CHART

1. Dinner plate 1 plate	Use this pad to reheat precooked foods from the refrigerator. Place meaty portions and bulky vegetables to outside of plate. Cut large items like baked potatoes in smaller pieces. Flatten foods such as mashed potatoes and other dense foods. Cover with wax paper or plastic wrap. ONE PLATE ONLY. After cooking, check that food is very hot throughout and that the bottom center of the plate is very hot. If not, continue heating using time and power level. Allow to stand, covered, 1 to 2 minutes.
1 Regular	Touch [1] once for a regular amount of food: approximately 4 oz. sliced meat or poultry, 1/2 cup potato or rice and 1/2 cup of vegetables or equivalent. REG will appear in the display.
1 Small	Touch [1] twice within 2 seconds for a smaller amount of food on a dinner plate. SMALL will appear in the display.
1 Big	Touch [1] three times within 3 seconds for a larger amount of food on a dinner plate. BIG will appear in the display.
2 Pasta 1-4 cups	Use this pad to reheat refrigerated canned or homemade pasta with sauce. For pasta without sauce double the quantity per setting. For example, measure 2 cups of cooked noodles and program the oven for 1 cup. Cover with lid or plastic wrap. After cooking, stand, covered, 2 to 3 minutes.
3 Pizza, slice 1-4 slices	Use this pad to reheat refrigerated leftover pizza. 1 slice is approximately 1/8th of a 12 inch pizza or 1/12th of a 16 inch pizza. If possible, place on paper towel on a microwave safe rack.
4,5. Roll/muffin 1-6 pcs. (Fresh, Frozen)	Use this pad to warm rolls, muffins, biscuits, bagels etc. Large items should be considered as 2 or 3 regular size. Arrange on plate with paper towel; cover with another towel.
6. Pie, slice 1-4 pcs. (R-3A84, R-3A94 only)	Place the pie slice on a microwave safe plate.

COMPU COOK CHART

1. Baked potatoes 1-4 medium	Prick; place on paper towel on turntable. Remove from oven, wrap in foil and let stand 10 minutes.															
2. Fresh vegetables 1-4 cups	For beans, carrots, corn and peas, add 1 tablespoon of water per cup. For broccoli, brussel sprouts, cabbage and cauliflower, cook immediately after washing with no additional water. If you like tender crisp vegetables, double or triple measured quantity per setting. For example, use 2 cups or 3 cups of zucchini but touch [1] for one cup. After cooking, remove from oven, stir, cover and let stand 3 to 5 minutes before serving.															
3. Frozen vegetables 1-4 cups	Cover with lid or plastic wrap. Let stand 3 minutes covered.															
4. Rice 1/2-2 cups	Place rice into a deep casserole and add double quantity of water. Cover with lid or plastic wrap. Touch [5] for 1/2 cup, [1][0] for 1 cup, [1][5] for 1 1/2 cups and [2][0] for 2 cups of rice. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed. <table><tr><th><u>Rice</u></th><th><u>Water</u></th><th><u>Size of casserole</u></th></tr><tr><td>1/2 cup</td><td>1 cup</td><td>1.5 quart</td></tr><tr><td>1 cup</td><td>2 cups</td><td>2 quart</td></tr><tr><td>1 1/2 cups</td><td>3 cups</td><td>2.5 quart</td></tr><tr><td>2 cups</td><td>4 cups</td><td>2.5 or 3 quart</td></tr></table>	<u>Rice</u>	<u>Water</u>	<u>Size of casserole</u>	1/2 cup	1 cup	1.5 quart	1 cup	2 cups	2 quart	1 1/2 cups	3 cups	2.5 quart	2 cups	4 cups	2.5 or 3 quart
<u>Rice</u>	<u>Water</u>	<u>Size of casserole</u>														
1/2 cup	1 cup	1.5 quart														
1 cup	2 cups	2 quart														
1 1/2 cups	3 cups	2.5 quart														
2 cups	4 cups	2.5 or 3 quart														
5. Fish fillets .5-2.0 lbs	Use this pad for fresh or defrosted fish fillets. Arrange in a pie plate or shallow casserole in a single layer. Tuck thin ends under to prevent overcooking. Cover with vented plastic wrap. After cooking, let stand, covered for 1 to 3 minutes															
6. Ground meat .3-2.0 lbs. (R-3A84, R-3A94 only)	Use this pad to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When oven stops and TURN is displayed, turn patties over or stir meat in casserole to break up large pieces. Recover and touch START. After cooking, let stand, covered for 2 to 3 minutes.															

OTHER CONVENIENT FEATURES

Multiple Sequence Cooking

The oven can be programmed for up to 4 (R-3A94, R-3A84, R-3A74) or 3 (R-3A54) automatic cooking sequences, switching from one power level setting to another automatically.

Sometimes cooking directions tell you to start on one power level and then change to a different power level. Your oven can do this automatically.

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

Procedure		
1	<div>5 0 0</div> <div>POWER LEVEL X 2</div>	First enter cooking time. Then touch POWER LEVEL pad twice for 100% power.
2	<div>3 0 0 0</div> <div>POWER LEVEL</div> <div>5</div>	Then enter second cooking time and touch POWER LEVEL pad. Touch number pad 5 for 50% power.
3	<div>START</div>	Touch START pad.

- NOTE: 1. If POWER LEVEL pad is touched twice, **P-H I** will be displayed.
2. If 100% is selected as the final sequence, it is not necessary to touch the POWER LEVEL pad.
3. If you wish to know power level, simply touch the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.

More or Less Time Adjustment

More

Should you discover that you like any of the Instant Action, Instant Start, CompuCook, CompuDefrost, Express Defrost, Snacks & Reheat or Cook & Simmer settings slightly **more** done, touch the **POWER LEVEL** pad **once** after touching your choice of pads.

Less





Should you discover that you like any of the Instant Action, Instant Start, CompuCook, CompuDefrost, Express Defrost, Snacks & Reheat or Cook & Simmer settings slightly **less** done, touch the **POWER LEVEL** pad **twice** after touching your choice of pads.

The POWER LEVEL pad must be touched within 1 second of touching your choice of pads.

OTHER CONVENIENT FEATURES

Minute Timer




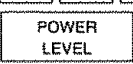






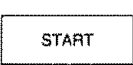

- * Suppose you want to time a 3 minute long distance phone call.

Procedure	
1	   Enter time.
2	 Touch TIMER/PAUSE pad.

Pause

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

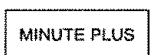
- * Suppose you want to cook for 5 minutes at 100%, stir and continue to cook for 3 minutes at 50%.

Procedure	
1	   Enter cooking time for first stage.  x 2 Touch POWER LEVEL pad twice for 100% power.
2	 Touch TIMER/PAUSE pad.
3	   Enter cooking program for second stage.  Touch POWER LEVEL pad.  Touch number pad 5 for 50% power.
4	 Touch START pad.
5	After the 1st stage, open door and stir. Close door.
6	 Touch START pad.

Minute Plus

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

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

Procedure	
1	 Touch MINUTE PLUS pad.




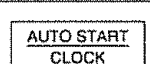




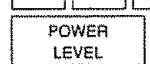


NOTE: 1. To use MINUTE PLUS, touch pad within 1 minute after cooking, closing the door, touching the STOP/CLEAR pad or during cooking. Minute Plus cannot be used to start the oven if any program is on display.

- Minute Plus cannot be used with SPECIAL FEATURES

Auto Start

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

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

Procedure	
1	   Enter the start time.
2	 Touch AUTO START/CLOCK pad
3	    Enter cooking program.  Touch POWER LEVEL pad.  Touch number pad 5 for 50% power.
4	 Touch START pad.

- NOTE: 1. Auto Start can be used for manual cooking, CompuCook, Snacks & Reheat and Cook & Simmer, if clock is set
- If the oven door is opened after programming Auto Start, it is necessary to touch the START pad for the time of day to appear in the readout so that the oven will automatically begin programmed cooking at the chosen Auto Start time.
 - Be sure to choose foods that can be left in the oven safely until the Auto Start time. Baked potatoes are often a good choice.

OTHER CONVENIENT FEATURES





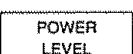
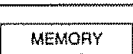
Memory Plus

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

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

Memory Entry

- * Suppose you want to enter instructions (20 seconds at 50% power) into memory.



Procedure		
1		Touch MEMORY PLUS pad.
2		Touch MEMORY PLUS pad.
3	 	Enter cooking time.
4	 5	Touch POWER LEVEL pad and then 5 for 50% power.
5		Touch MEMORY PLUS pad. Memory plus is now programmed. After that, time of day will reappear.

NOTE: 1. This information will remain in memory indefinitely unless power to the unit is interrupted or you change the program. You can erase this information simply by programming over it using the procedure outlined above.

Cook by Memory

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



Procedure

- | | | |
|---|---|------------------------|
| 1 |  | Touch MEMORY PLUS pad. |
| 2 |  | Touch START pad. |

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



Safety Lock

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


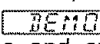
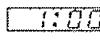
The oven can be set so that the control panel is deactivated or locked. To set, touch AUTO START/CLOCK, the number  and START. Should a pad be touched,  will appear in the display.


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

Audible Signal Elimination

If you wish to have the oven operate with no audible signals, touch AUTO START/CLOCK, the number  and START. To cancel and restore the audible signal, touch AUTO START/CLOCK, the number  and STOP/CLEAR.

Demonstration Mode

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

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

SERVICE CALL CHECK

Please check the following before calling for service:

- Place one cup of water in a glass measuring cup in the oven and close the door securely. Operate the oven for two minutes at HIGH 100%.
 - Does the oven lamp light?
 - Does the cooling fan work?
(Put your hand over the rear ventilating openings)
 - Does the turntable rotate?
It is normal for the turntable to turn in either direction.
 - Is the water in the oven hot?

YES _____	NO _____
YES _____	NO _____
YES _____	NO _____
YES _____	NO _____

If "NO" is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker.

If both are functioning properly, CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICE STATION. A microwave oven should never be serviced by a "do-it-yourself" repair person.

CLEANING AND CARE

Exterior

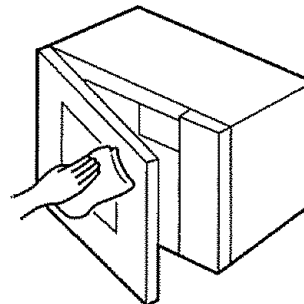
The outside surface is precoated metal and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

Door

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

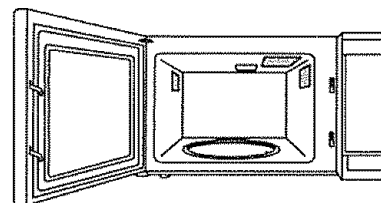
Touch Control Panel

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



Interior

Cleaning is easy because no heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or spattering. To clean the interior surfaces, wipe with a soft cloth and warm water. **DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS**. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water.

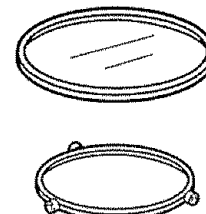


Wave Guide Cover

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

Odor Removal

Occasionally, a cooking odor may remain in the oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2 cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in oven until cool. Wipe interior with a soft cloth.



Turntable/Turntable support

The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and scouring sponge as described above. They are also dishwasher-proof. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1350 watts 12.0 amps
Output Power:	
Microwave	800 watts*(IEC-705-1988 Test Procedure)
Frequency:	2450 MHz
Outside Dimensions:	20 1/2"(W) x 11 5/8"(H) x 15 1/4"(D)
Cavity Dimensions:	13 3/4"(W) x 7 3/4"(H) x 14 1/2"(D)
Oven Capacity:	0.9 cft
Cooking Uniformity:	Turntable system
Weight:	Approx. 33 lbs

★ the International Electrotechnical Commission's standardized method for measuring output wattage. This test method is widely recognized

In compliance with standards set by:

FCC – Federal Communications Commission Authorized.

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



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

Reheating Chart

Item	Starting Temperature	Microwave Time	Procedure
Plate of Food 1 serving of meat, 2 servings of vegetables	Room temp. Refrigerated	MED.-HIGH (70%) 1 1/2-3 min. 3-4 min.	Meaty portions and bulky vegetables to outside. Cover with wax paper.
Meat (Chicken pieces, chops, hamburgers, meat loaf slices) 1 serving 2 servings	Refrigerated Refrigerated	MED.-HIGH (70%) 1-2 min. 2 1/2-4 1/2 min.	Cover loosely.
Meat Slices (Beef, ham, pork, turkey) 1 or more servings	Room temp. Refrigerated	MEDIUM (50%) 45 sec-1 min. per serving 1-3 min. per serving	Cover with gravy or wax paper. Check after 30 sec. per serving.
Stirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings	Refrigerated Refrigerated Refrigerated	HIGH (100%) 2-4 min. 4-6 min. 6-8 min.	Cover. Stir after half the time.
Nonstirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings	Refrigerated Refrigerated Refrigerated	MEDIUM (50%) 5-8 min. 9-12 min. 13-16 min.	Cover with wax paper.
Soup, Cream 1 cup 1 can (10 3/4 oz.)	Refrigerated Room temp.	MEDIUM (50%) 3-4 1/2 min. 5-7 min.	Cover. Stir after half the time.
Soup, Clear 1 cup 1 can (10 3/4 oz.)	Refrigerated Room temp.	HIGH (100%) 2 1/2-3 1/2 min. 4-5 1/2 min.	Cover. Stir after half the time.
Pizza 1 slice 1 slice 2 slices 2 slices	Room temp. Refrigerated Room temp. Refrigerated	HIGH (100%) 15-25 sec. 30-40 sec. 30-40 sec. 45-55 sec.	Place on paper towel on microwave-safe rack.
Vegetables 1 serving 2 servings	Refrigerated Refrigerated	HIGH (100%) 3/4-1 1/2 min. 1 1/2-2 1/2 min.	Cover. Stir after half the time.
Baked Potato 1 2	Refrigerated Refrigerated	HIGH (100%) 1-2 min. 2-3 min.	Cut potato lengthwise and then several times crosswise. Cover with wax paper.
Breads (Dinner or breakfast roll) 1 roll 2 rolls 4 rolls	Room temp. Room temp. Room temp.	HIGH (100%) 8-12 sec. 11-15 sec. 18-22 sec.	Wrap single roll, bagel or muffin in paper towel. To reheat several, line plate with paper towel; cover with another paper towel.
Pie Whole 1 slice	Refrigerated Refrigerated	MED-HIGH (70%) 5-7 min. HIGH (100%) 30 sec.	Place on microwave-safe dish.
After reheating, food should be very hot-165°F, if possible, stir food, cover and allow to stand two to three minutes before serving.			

Vegetable Cooking Chart

Vegetable	Amount	Cooking Procedure	Microwave Time at HIGH (100%)	Standing Time, Covered
Artichokes				
Fresh	2 medium	Trim and rinse. Wrap in plastic wrap. Arrange in oven with space between.	5 1/2-8 1/2 min.	3 min.
Asparagus				
Fresh Spears	1 lb.	12x8-in. dish. 1/4 cup water. Cover. Rearrange after 4 min.	7-10 min.	3 min.
Frozen Spears	10-oz. pkg.	1-qt. casserole. 2 tbsp. water. Cover. Separate after 3 min.	7-9 min.	3 min.
Beans				
Fresh, Green and Wax	1 lb	1 1/2-in. pieces, 2-qt. casserole. 1/4 cup water. Cover. Stir after 4 min.	12 1/2-17 1/2 min.	5 min.
Frozen, Green	9-oz. pkg.	1-qt. casserole. 2 tbsp. water. Cover. Stir after 3 min.	4-7 min.	3 min.
Frozen, Lima	10-oz. pkg.	1-qt. casserole. 2 tbsp. water. Cover. Stir after 2 min.	5-8 min.	3 min.
Beets				
Fresh, Whole	5 medium	Wash; cut off tops. 2-qt. casserole. 1/2 cup water, 1/2 tsp. salt. Cover. Rearrange every 7 min.	15-20 min.	3-5 min.
Broccoli				
Fresh, Spears	1 1/2 lbs	12x8-in. dish, 2 tbsp. water. Cover. Rearrange after 5 min.	6-8 min.	2-3 min.
Fresh, Pieces	1 lb	1-in. pieces. 2-qt. casserole. 2 tbsp. water. Cover. Stir after 4 min.	6-8 min.	3-5 min.
Frozen, Spears, Cuts, Chopped	10-oz. pkg.	1-qt. casserole. 2 tbsp. water. Cover. Stir after 2 min.	5-7 min.	3 min.
Brussels Sprouts				
Fresh	4 cups	2-qt. casserole. 1/4 cup water. Cover. Stir after 3 min.	4-8 min.	3 min.
Frozen	10-oz. pkg.	1-qt. casserole. 2 tbsp. water. Stir after 3 min.	6-8 min.	3 min.
Cabbage				
Shredded	1 lb.	2-qt. casserole. 2 tbsp. water. Cover. Stir, after 5 min.	7 1/2-13 1/2 min.	3 min.
Wedges	1 lb.	12x8-in. dish. 1/4 cup water. Cover. Rearrange after 6 min.	12 1/2-15 1/2 min.	2-3 min.
Carrots				
Fresh, Slices	2 cups	1-qt. casserole, 2 tbsp. water. Cover. Stir after 3 min.	4-8 min.	3 min.
Frozen, Slices	2 cups	1-qt. casserole. 2 tbsp. water. Stir after 3 min.	6-8 min.	3 min.
Cauliflower				
Fresh, Flowerets	2 cups	1-qt. casserole. 2 tbsp. water. Cover. Stir after 3 min.	5-7 min.	3 min.
Fresh, Whole	1 lb.	Wrap in plastic wrap. Turn over after 3 min.	5 1/2-7 1/2 min.	3 min.
Frozen, Flowerets	10-oz. pkg.	1-qt. casserole. 2 tbsp. water. Cover. Stir after 3 min.	5-8 min.	3 min.

Vegetable Cooking Chart

Vegetable	Amount	Cooking Procedure	Microwave Time at HIGH (100%)	Standing Time, Covered
Corn				
Fresh, on Cob	2 ears	12x8-in. dish. 1/4 cup water.	7-10 min.	5 min.
	4 ears	Cover. Turn over, rearrange after 3 and 6 min.	12-16 min.	5 min.
Frozen, on Cob	2 ears	12x8-in. dish. 2 tbsp. water.	5 1/2-7 1/2 min.	3 min.
	4 ears	Cover. Turn over, rearrange after 3 and 6 min.	10 1/2-12 1/2 min.	3 min.
Frozen, Whole Kernel	10-oz. pkg.	1-qt. casserole, 2 tbsp. water Cover. Stir after 2 min.	4-6 min.	3 min.
Okra				
Fresh, Whole	3/4 lb.	1-qt. casserole, 1/4 cup water, 1/4 tsp. salt. Cover. Stir after 3 min.	6 1/2-10 min.	3-5 min.
Frozen, Whole or Slices	10-oz. pkg.	1-qt. casserole, 2 tbsp. water. Cover. Stir after 2 and 4 min.	5-7 min.	3 min.
Peas, Black-eyed				
Frozen	10-oz. pkg.	1-qt. casserole, 1/4 cup water. Cover. Stir at 2 min. intervals.	8-9 min.	2 min.
Peas, Green				
Fresh	2 cups	1-qt. casserole, 1/4 cup water Cover. Stir after 3 min.	4-6 min.	3 min.
Frozen	10-oz. pkg.	1-qt. casserole, 2 tbsp. water. Cover. Stir after 2 min.	6-8 min.	3 min.
Potatoes				
Baked	2 medium	Prick; place on paper towels. Turn over, rearrange after 4 or 5 min. Let stand, wrapped in foil.	6 1/2-8 min.	5-10 min.
	4 medium		10-14 min.	5-10 min.
Boiled	4 medium	Peel and quarter potatoes. 2-qt. casserole, 1/4 cup water, 1/2 tsp. salt. Cover. Rearrange after 5 min.	9-12 min.	3 min.
Spinach				
Fresh	1 lb.	3-qt. casserole, 2 tbsp. water. Cover. Stir after 3 min.	6-9 min.	3 min.
Frozen, Leaf or Chopped	10-oz. pkg.	1-qt. casserole, 2 tbsp. water. Cover. Stir after 4 min.	7-9 min.	2-5 min.
Squash				
Fresh, Acorn	1 whole	Halve; remove seeds. Wrap each half with plastic wrap. Rotate, rearrange after 5 or 6 min.	8 1/2-11 min.	5-10 min.
	2 whole		13-16 min.	5-10 min.
Fresh, Zucchini, Slices	2 cups	2-qt. casserole, 2 tbsp. margarine. Cover. Stir after 2 min.	3 1/2-5 1/2 min.	3 min.
Frozen, Mashed	10-oz. pkg.	1-qt. casserole. Cover. Break apart after 2 min., then stir at 2 min. intervals.	6-8 min.	2 min.
Sweet Potatoes				
Baked	2 small	Prick; place on paper towels. Turn over, rearrange after 4 min.	5-9 min.	5-10 min.
	4 small		8-13 min.	5-10 min.
Tomatoes				
Fresh	2 medium	Halve tomatoes. Round dish. Cover. Rearrange once.	3-5 min.	2 min.
	4 medium		5-10 min.	2 min.
Canned Vegetables	15 to 16 oz.	1-qt. casserole. Drain all but 2 tbsp. liquid. Stir once.	2-4 min.	2 min.

Meat Roasting Chart

Cut	Microwave Time; Start	Microwave Time; Finish	Internal Temp. at Removal	Standing Time	Internal Temp. after Standing
BEEF	HIGH (100%)	MED. (50%)			
Standing or Rolled Rib (4-5 lbs.)	5 min.	Rare: 10-14 min. per lb. Med: 12-15 min. per lb. Well Done: 13-16 min. per lb.	120°F 135°F 150°F	10 min.	140°F 150°F 160°F
Chuck or Pot Roast (2-3 lbs.) Cook, covered, in 1/2 cup liquid with 3-4 cups cut-up vegetables		MED. (50%) 28-32 min. per lb.		15 min.	
Eye of Round (2-3 lbs.)		MED. (50%) Rare: 8 min. per lb. Med: 8 min. per lb. Well Done: 10 min. per lb.	120°F 135°F 150°F	10 min.	140°F 150°F 160°F
Hamburger (to brown for casserole) (1 lb.)		HIGH (100%) 4-6 minutes			
Hamburgers (1/4 lb. each) 2 patties 4 patties	1st Side HIGH (100%) 2 minutes 3 minutes	2nd Side HIGH (100%) 1-3 minutes 3-4 minutes			
PORK					
Loin Roast, Boneless	HIGH (100%) 5 min.	MED-HIGH (70%) 9 1/2-12 1/2 min. per lb.	165°F	10 min.	170°F
Bacon 2 slices 4 slices 6 slices	HIGH (100%) 1 1/2-2 1/2 min. 3-6 min. 3-7 min.				
Ham, Canned		MED. (50%) 6-9 min. per lb.	130°F	10 min.	135°F-140°F

Poultry Roasting Chart

CHICKEN					
Whole	HIGH (100%) 5 minutes	MED-HIGH (70%) 7-10 min. per lb.	175°F	10 min.	185°F
Pieces		HIGH (100%) 4-8 min. per lb.	175°F	5 min.	185°F
TURKEY					
Whole (up to 12 lbs.)	HIGH (100%) 10 minutes	MED. (50%) 12-15 min. per lb.	175°F	15 min.	185°F
Breast, Bone-in, Boneless	HIGH (100%) 5 minutes	MED. (50%) 12 1/2-18 min. per lb.	175°F	15 min.	185°F

Fish and Seafood Cooking Chart

Cut	Microwave Time	Standing Time
FILLETS	HIGH (100%) 3 1/2-6 min. per lb.	3 min.
STEAKS	MED.-HIGH (70%) 7-9 min. per lb.	3 min.
SHRIMP & SCALLOPS	MED.-HIGH (70%) 5-8 min. per lb.	1-2 min.

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SNACKS & REHEAT (R-3A94, R-3A84, R-3A74) 1 Touch SNACKS & REHEAT pad 2 Select desired SNACKS & REHEAT setting (Ex: Touch 3 to reheat pizza) 3 Touch number pad 2 for 2 slices. 4 Touch START.	<div>SNACKS & REHEAT</div> <div>3</div> <div>2</div> <div>START</div>	MEMORY PLUS (R-3A94, R-3A84, R-3A74) Memory Entry 1. Touch MEMORY PLUS pad twice 2. Enter desired cooking time and power (Ex: 1 min. 30 sec. at 50% power level) 3. Touch MEMORY PLUS PAD. Cook by Memory 1 Touch MEMORY PLUS pad 2. Touch START	<div>MEMORY PLUS x 2</div> <div>1 3 0</div> <div>POWER LEVEL</div> <div>5</div> <div>MEMORY PLUS</div> <div>MEMORY PLUS</div> <div>START</div>																					
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COOK & SIMMER (R-3A94, R-3A84) 1. Touch COOK & SIMMER pad twice (Ex: For soup with 2 cups of liquid) 2. Wait 2 seconds. Enter simmer time. (Ex: Simmer soup for 10 minutes after it has reached boiling) 3. Touch Start.	<div>COOK & SIMMER x 2</div> <div>1 0 0 0</div> <div>START</div>																							

AUTO-TOUCH® GUIDE

For more complete information and safety precautions, refer to your Operation Manual.

<div>SET CLOCK</div> <div>If 88:88 is in display, first touch STOP/CLEAR</div> <div>1. Touch CLOCK pad.</div> <div>2. Enter correct time of day by touching numbers in sequence. (Ex: 12:30)</div> <div>3. Touch CLOCK pad again</div>	<div>AUTO START CLOCK</div> <div>1230</div> <div>AUTO START CLOCK</div>	<div>MANUAL OPERATION</div> <div>High Power Cooking</div> <div>1 Enter cooking time by touching number pads. (Ex: 1 min 30 sec)</div> <div>2 Touch START.</div> <div>Variable Power Cooking</div> <div>1 After Step 1 above, touch POWER LEVEL pad</div> <div>2 Select power level. (Ex: 50%) and START.</div>	<div>130</div> <div>START</div> <div>POWER LEVEL</div> <div>5</div>																																	
<div>INSTANT START/ACTION</div> <div>1. Touch POPCORN pad</div>	<div>POPCORN</div>	<div>MINUTE PLUS</div> <div>1 Touch Minute Plus</div>	<div>MINUTE PLUS</div>																																	
<div>COMPU DEFROST/ EXPRESS DEFROST</div> <div>1. Touch COMPU DEFROST or EXPRESS DEFROST pad for a 5lb increase (Ex: 2.5 lbs. Steak) per touch</div> <div>2. Touch START. During defrosting, oven will stop, check food Touch START to continue defrosting</div>	<div>COMPU DEFROST x 5 or EXPRESS DEFROST x 5</div> <div>START</div>	<div>COMPU COOK (R-3A94, R-3A84, R-3A74)</div> <div>1 Touch COMPU COOK</div> <div>2 Select desired CompuCook setting (Ex: touch 1 to cook baked potatoes)</div> <div>3 Touch number pad 2 for quantity (Ex: two baked potatoes)</div> <div>4 Touch START</div>	<div>COMPU COOK</div> <div>1</div> <div>2</div> <div>START</div>																																	
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