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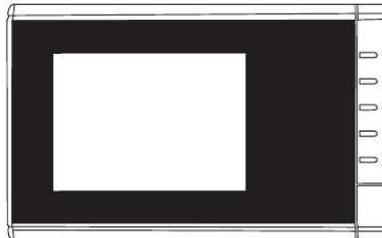
You can read the recommendations in the user guide, the technical guide or the installation guide for SANYO EM-S6786V. You'll find the answers to all your questions on the SANYO EM-S6786V in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

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SANYO

INSTRUCTION MANUAL
Microwave Oven

EM-S6786V



Read these instructions carefully before use.
If you follow these instructions,
your Microwave Oven will serve you long and well.



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Manual abstract:

If you follow these instructions, your Microwave Oven will serve you long and well. TABLE OF CONTENTS PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY Specifications IMPORTANT SAFETY INSTRUCTIONS Safety Warning To reduce the risk of injury to persons Grounding installation Danger Warning Cleaning Caution Utensils Materials you can use in microwave oven Materials to be avoided in microwave oven SETTING UP YOUR OVEN Names of Oven Parts and Accessories Turntable installation Countertop installation Installation OPERATION Control panel and features Operation instructions MAINTENANCE Troubleshooting 14 9 9 3 4 5 5 5 5 6 6 6 7 2 7 8 8 8 1 PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY (a) Do not attempt to operate this oven with the door open since this can result in harmful exposure to microwave energy. It is important not to break 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 closes properly and that there is no damage to the: (1) DOOR (bent) (2) HINGES AND LATCHES (broken or loosened) (3) DOOR SEALS AND SEALING SURFACE (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel. ADDENDUM If the apparatus is not maintained in a good state of cleanliness, its surface could be degraded and affect the lifespan of the apparatus and lead to a dangerous situation. Specifications Model: Power Source: : Power Consumption: Output Microwave: Outside Dimensions (WxHxD): Oven Capacity: Turntable Diameter: Net Weight: EM-S6786V 230-240V 50Hz 1450W 900W 2450MHz 520 X 415 X 335 mm 28L 31.5 cm 16.0 kg 2 SAFETY 1.

The oven must be on a leveled surface. 2. 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. 3. Incorrect use of browning dish may cause the turntable to break. 4. Use only the specified bag size when using Direct Access Popcorn. 5. 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. 6. 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. 7. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break. 8. Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.

9. Do not heat narrow-necked containers, such as syrup bottles. 10. Do not attempt to deep-fry in your microwave oven. 11. Do not attempt home canning in this microwave oven, as it is impossible to be sure all contents of the jar have reached boiling temperature. 12. Do not use this microwave oven for commercial purpose. This microwave oven is made for household use only. 13. 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. 3 IMPORTANT SAFETY INSTRUCTIONS WARNING To reduce the risk of fire, electric shock, injury to persons or exposure to excessive microwave oven energy when using your appliance, follow basic precautions, including the following: 11. Use this appliance only for its intended 1. Read all instructions before using the uses as described in this manual. Do not use appliance. Do not use corrosive chemicals or vapors 2. Read and follow the specific: "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" food. It is not designed for industrial or 3. As with most cooking appliances, close supervision is necessary to reduce the risk 12. Do not operate this oven if it has a fire in the oven cavity. damaged cord or plug, if it is not If materials inside the oven ignite: working properly or if it has been 1. Keep the oven door closed. damaged or dropped. 2. Turn the oven off, and unplug the 13.

This appliance should be serviced only by qualified service technicians. 3. Disconnect the power cord, shut off the power at the fuse or circuit breaker panel. facility for examination, repair or 4. Do not overcook food. Carefully attend adjustment. the appliance when paper, plastic, or 14. Do not cover or block any vents on the other combustible materials are placed oven. inside the oven to facilitate cooking. 15. Do not store or use this appliance 5. Do not use the oven cavity for storage outdoors. purposes. Do not store combustible 16. Do not use this oven near water, for items such as bread, cookies, paper example, near a kitchen sink, in a wet products, etc. inside the oven. basement, near a swimming pool, or 6. Remove wire twist-ties and metal similar locations. handles from paper or plastic 17. Do not immerse cord or plug in water containers/bags before placing them in 18. Keep cord away from heated surfaces. the oven. 19. Do not let cord hang over edge of 7. This oven must be grounded. Connect table or counter only to properly grounded outlet. See 20. When cleaning door and oven "GROUNDING INSTRUCTIONS". surfaces use only mild, nonabrasive 8.

Install or locate this oven only in soaps or detergents applied with a . accordance with the installation sponge or soft cloth. instructions provided. 21. This appliance is not intended for use by 9. Some products such as whole eggs, young children or infirm persons unless water with oil or fat, sealed to explode they have been adequately supervised by a and therefore should not be heated in responsible person to ensure that they can this oven. use the appliance safely. 10. As with any appliance, close Young children should be supervised to supervision is necessary when used ensure that they do not play with the by children. appliance.

4 22. 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. i) Do not overheat the liquid. ii) Stir the liquid both before and halfway through heating it. iii) Do not use straight-sided containers with narrow necks. iv) After heating, allow the container to stand in the microwave oven for a short time before removing the container. v) Use extreme care when inserting a spoon or other utensil into the container. SAVE THESE INSTRUCTIONS To Reduce the Risk of Injury to Persons Grounding Installation wire with a grounding plug. The plug must be DANGER Electric Shock Hazard Touching some of the internal components can cause serious personal injury or death.

21. This appliance is not intended for use by 9. Some products such as whole eggs, young children or infirm persons unless water with oil or fat, sealed to explode they have been adequately supervised by a and therefore should not be heated in responsible person to ensure that they can this oven. use the appliance safely. 10. As with any appliance, close Young children should be supervised to supervision is necessary when used ensure that they do not play with the by children. appliance.

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Do not disassemble this appliance. plugged into an outlet that is properly installed and grounded. Consult a qualified electrician or serviceman 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. 1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. 2. If a long cord sets 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.

3. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally. **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. Insulated plug 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. @@@@@ Utensil Test: 1. @@2. Cook on maximum power for 1 minute. 3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking. 4. @@@@ Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch (2.5cm) away from oven walls. Follow manufacturer's instructions. @@Incorrect usage may cause the turntable to break. Microwave-safe only. Follow manufacturer's instructions.

Do not use cracked or chipped dishes. Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break. Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes. Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.

Use for short-term cooking/warming only. Do not leave oven unattended while cooking. Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only. Use as a cover to prevent splattering or a wrap for steaming. Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. @@Microwave-safe only.

Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food. Microwave-safe only (meat and candy thermometers). @@Transfer food into microwave-safe dish. May cause arcing.

Transfer food into microwave-safe dish. Metal shields the food from microwave energy. Metal trim may cause arcing. May cause arcing and could cause a fire in the oven. May cause a fire in the oven.

@@@@@ Never place the glass tray upside down. The glass tray should never be restricter example, when the cooking time is within 0 and 1 minutes, the cooking time will increase 5 seconds if you turn the coding switch once. @@@@ Each press on the same key can increase 30 seconds. The maximum cooking time is 95 minutes. @@@@ The microwave power is 100%. 4. @@2) Turn " " to select the cooking time. @@@@2) Turn " " to select the weight of food. @@If one stages is defrosting, it should be put in the first stage. @@Note: Auto menu cannot be set as one of the multi-stage.

Example: if you want to defrost the food for 5 minutes, then to cook with 80% microwave power for 7 minutes. The steps are as following. 1) Press "Time/Weight Defrost " once, the screen will display "dEF1". 2) Turn " " to adjust the defrost time of 5 minutes. 3) Press "Microwave " once. 4) Turn " " to choose 80% microwave power till "P80" display. 5) Press " Start/Express cook " to confirm. 6) Turn " " to adjust the cooking time of 7 minutes. 7) Shut the door and press " Start/Express cook " to start cooking. 7.

Pre-set Function 1) Set the clock first. (Consult the instruction of clock setting.) 2) Input the cooking program. Two stages can be set at most. Defrosting should not be set under this function.

Example: to cook the food with 80% microwave power for 15 minutes. a. Press "Microwave" twice to choose 80% microwave power. b. Press " Start/Express cook " to confirm.

c. Turn " " until "15:00" displays. d. Be careful! Do not press "Start/Express cook " to start cooking before procedure 3). 11 3) Press " Clock/Pre-set ". The current clock is displayed. The hour figure flash; 4) Turn " " to adjust the hour figures, the input time should be within 0--23. 5) Press " Clock/Pre-set ", the minute figures will flash. 6) Turn " " to adjust the minute figures, the input time should be within 0--59. 7) Press " Start/Express cook " to finish setting.

:" will light, buzzer will ring twice when the time arrives, then cooking will start automatically. 8) Press " Stop/Clear " twice to cancel the pre-set function.

Note: clock must be set first. Otherwise, pre-set function will not work. 8. Auto Menu 1) In waiting states, press "Auto Menu" for times to choose the menu from "A-1" to "A-8". 2) Turn " " repeatedly to choose the weight. 3) Press " Start/Express cook " to start cooking. 4) After cooking finish, the buzzer sounds five times. Auto menu Chart Menu A-1 AUTO REHEAT Quantity 200 g 400 g 600 g 200 g A-2 VEGETABLE 300 g 400 g 250 g A-3 FISH 350 g 450 g 250 g A-4 MEAT A-5 PASTA 350 g 450 g 50 g (with water 450 g) 100 g (with water 800 g) 200 g A-6 POTATO 400 g 600 g A-7 PIZZA A-8 SOUP 200 g 400 g 200 ml 400 ml Display 200 400 600 200 300 400 250 350 450 250 350 450 50 80% 100 200 400 600 200 400 200 400 100% 100% 100% 80% 100% 100% Power 80% 12 9.

MEMORY FUNCTION 1) Press "MEMORY" key several times to select "memory 1" to "memory 3" program, and the oven will display "1", "2" or "3". 2) If the program has been set, press " Start/Express cook " to start cooking. If not, set one or stage. The steps are as following: For example: to cook the food with 100% microwave power for 10 minutes, and save it as memory 2. a) In waiting states, press "Memory" twice, screen displays "2".

b) Press "Microwave" once to choose 100% microwave power. c) Press " Start/Express cook " to confirm. d) Turn " " to adjust the cooking time of 10 minutes. 3) Press "Memory" key to save the memory program setted, or shu the door and press " Start/Express cook " to start cooking and the program will be saved automatically. 4) Next time when you want to cook with the memory program which has been set, you just only need to press "Memory" twice to choose the program wanted and then press " Start/Express cook " to start cooking.



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10. Lock-out Function for Children Lock: In waiting state, press "Stop/Clear " for 3 seconds, there will be a long "beep" denoting entering the children-lock state and screen will display the locked indicator. Unlock: In locked state, press " Stop/Clear " for 3 seconds, there will be a long "beep" denoting that the lock is released. 11. Inquiring Function 1) In cooking states of microwave , press " Microwave", the current power will be displayed for 2-3 seconds. 2) In pre-set state, press " Clock/Pre-set " to inquire the time for delay start cooking. @@@@It will be displayed for 2-3 seconds. 12. @@@@The current time will be displayed. The setting will be cancelled.

(4) The buzzer sounds once by efficient press, inefficient press will be no response. (5) The buzzer will sound five times to remind you when cooking is finished. 13 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 Oven will not start POSSIBLE CAUSE a. Electrical cord for oven is not plugged in. b. Door is open. c. Wrong operation is set.

a. Materials to be avoided in microwave oven were used. b. The oven is operated when empty. c.

Spilled food remains in the cavity. a. Materials to be avoided in microwave oven were used. b. Food is not defrosted completely.

c. Cooking time, power level is not suitable. d. Food is not turned or stirred. Cooking time, power level is not suitable. a. Materials to be avoided in microwave oven were used. b. Food is not defrosted completely. c.

Oven ventilation ports are restricted. d. Cooking time, power level is not suitable. a. Materials to be avoided in microwave oven were used. b. Cooking time, power level is not suitable. c. Food is not turned or stirred. POSSIBLE REMEDY a.

Plug into the outlet. b. Close the door and try again. c. Check instructions.

a. Use microwave-safe cookware only. b. Do not operate with oven empty. c.

Clean cavity with wet towel. Arcing or sparking Unevenly cooked foods a. Use microwave-safe cookware only. b. Completely defrost food. c. Use correct cooking time, power level. d. Turn or stir food. Use correct cooking time, power level.

a. Use microwave-safe cookware only. b. Completely defrost food. c. Check to see that oven ventilation ports are not restricted. d. Use correct cooking time, power level. Overcooked foods Undercooked foods Improper defrosting a. Use microwave-safe cookware only.

b. Use correct cooking time, power level. c. Turn or stir food. 14 .



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