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You can read the recommendations in the user guide, the technical guide or the installation guide for SHARP R-24ST/2B34. You'll find the answers to all your questions on the SHARP R-24ST/2B34 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

**User manual SHARP R-24ST/2B34**  
**User guide SHARP R-24ST/2B34**  
**Operating instructions SHARP R-24ST/2B34**  
**Instructions for use SHARP R-24ST/2B34**  
**Instruction manual SHARP R-24ST/2B34**



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**Manual abstract:**

There are so many advantages to having a microwave oven which we are sure you will find exciting: q Food can be prepared directly in the serving dishes, leaving less to wash up. q Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved. We advise you to read the cookery book guide and operating instructions carefully. You will then easily understand how to use your oven. Enjoy using your microwave oven and trying out the delicious recipes. OPERATION MANUAL This operation manual contains important information which you should read carefully before using your microwave oven. IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open. R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 1 CONTENTS OVEN AND ACCESSORIES . . .

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.36 1 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 2 OVEN AND ACCESSORIES 1 2 3 7 6 5 4 9 1 2 3 4 5 6 7 8 9 10 Control panel Oven lamp

Door opening handle Waveguide cover Seal packing Oven cavity Door seals and sealing surfaces Ventilation openings Outer cabinet Power cord 8 10  
ACCESSORIES: Check to make sure the following accessories are provided: (11) Turntable (12) Roller stay (13) Seal packing · Place the roller stay in the  
seal packing on the floor of the cavity. · Then place the turntable on the roller stay. · To avoid turntable damage, ensure dishes or containers are lifted clear of  
the turntable rim when removing them from the oven. NOTE: When you order accessories, please mention two items: part name and model name to your  
dealer or SHARP authorised service agent. 11 12 13 2 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 3 CONTROL PANELS CONTROL PANEL 1 Digital

Display 2 Indicators The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press  
the suitable button (having the same symbol) or do the necessary operation. Stir Turn over 3 Weight Portion Microwave power level Cooking in progress 4 3  
EXPRESS DEFROST button Press to select one of the 5 automatic programmes. 4 EXPRESS COOK (Express Menu & Express 5 6 7 5 6 7 8 Cook) buttons  
Press to select one of the 7 automatic programmes. STOP button +1min/START button MICROWAVE POWER LEVEL button TIMER/WEIGHT/PORTION

knob 1 2 8 3 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 4 IMPORTANT SAFETY INSTRUCTIONS IMPORTANT SAFETY INSTRUCTIONS:

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE To avoid the danger of fire.

The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods  
resulting in a fire. The R-24ST is not designed to be built into a kitchen unit. For the R-2B34, please refer to the Building-in Kit instructions. The electrical  
outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230V, 50Hz, with a minimum 10A distribution line fuse, or a minimum 10A distribution circuit breaker. It is recommended that  
a separate circuit serving only this appliance be provided. Do not place the oven in areas where heat is generated. For example, close to a conventional oven.

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

Do not store or use the oven outdoors. If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the  
food has stopped smoking. Opening the door while food is smoking may cause a fire Use only microwave-safe containers and utensils. See Page 19. Do not  
leave the oven unattended when using disposable plastic, paper or other combustible food containers. Clean the waveguide cover, the oven cavity, the  
turntable and roller stay after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire. Do not place  
flammable materials near the oven or ventilation openings.

Do not block the ventilation openings. Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire. To make popcorn, use only  
special microwave popcorn makers. Do not store food or any other items inside the oven. Check the settings after you start the oven to ensure the oven is  
operating as desired. See the corresponding hints in operation manual and the cookery book section.

To avoid the possibility of injury WARNING: Do not operate the oven if it is damaged or malfunctioning. Check the following before use: a)The door; make  
sure the door closes properly and ensure it is not misaligned or warped. b)The hinges and safety door latches; check to make sure they are not broken or  
loose. c) The door seals and sealing surfaces; ensure that they have not been damaged. d)Inside the oven cavity or on the door; make sure there are no dents.  
e) The power supply cord and plug; ensure that they are not damaged. Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than  
a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave  
energy. Do not operate the oven with the door open or alter the door safety latches in any way. Do not operate the oven if there is an object between the door  
seals and sealing surfaces.



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*Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow instructions for "Care and Cleaning", Page 18. Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens. To avoid the possibility of electric shock Under no circumstances should you remove the outer cabinet. Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent. Do not immerse the power supply cord or plug in water or any other liquid. 4 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 5 IMPORTANT SAFETY INSTRUCTIONS Do not let the power supply cord hang over the edge of a table or work surface. Keep the power supply cord away from heated surfaces, including the rear of the oven. Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so.*

*If the oven lamp fails, please consult your dealer or an authorised SHARP service agent. If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent. To avoid the possibility of explosion and sudden boiling: WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode. Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off. Take care when microwaving liquids. Use a widemouthed container to allow bubbles to escape. Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.*

*To prevent sudden eruption of boiling liquid and possible scalding: 1. Stir liquid prior to heating/reheating. 2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating. 3.*

*Let liquid stand in the oven at the end of cooking time to prevent delayed eruptive boiling. Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven. Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.*

*To avoid the possibility of burns Use pot holders or oven gloves when removing food from the oven to prevent burns. Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns. To avoid burns, always check the temperature of food and drink given to babies, children or the elderly. Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature. Always stand back from the oven door when opening it to avoid burns from escaping steam and heat. Slice stuffed baked foods after heating to release steam and avoid burns. Keep children away from the door to prevent them burning themselves. To avoid misuse by children WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Do not lean or swing on the oven door.*

*Do not play with the oven or use it as a toy. Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot. Other warnings Never modify the oven in any way. Do not move the oven while it is in operation. This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use. To promote trouble-free use of your oven and a time of day, follow the above example again. 7 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 8 MICROWAVE POWER LEVEL Your oven has 5 power levels.*

*To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply: 100 P (800 W) used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc. 70 P (560 W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes.*

*At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides. 50 P (400 W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender. 30 P (240 W) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.*

*10 P (80 W) For gentle defrosting, eg. cream gateaux or pastry. P = Percentage. To set the power, touch the MICROWAVE POWER LEVEL button until the desired level is displayed. If MICROWAVE POWER LEVEL button is touched once, will be displayed. If you miss your desired level, continue touching the MICROWAVE POWER LEVEL button until you reach the level again. If the level is not selected, the level 100 P is automatically set. MANUAL OPERATION Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes.*

*It depends on the total length of the cooking (defrosting) time as shown on the table. Cooking time 0-5 minutes 5-10 minutes 10-30 minutes 30-90 minutes Increasing unit 10 seconds 30 seconds 1 minute 5 minutes Example: Suppose you want to heat soup for 2 minutes and 30 seconds on 70 P microwave power. 1. Enter the desired cooking time by rotating the TIMER/WEIGHT/ PORTION knob clockwise. (2 min. & 30 sec.) 2. Choose desired power by pressing the MICROWAVE POWER LEVEL button twice. 3. Press the +1min/ START button to begin cooking.*

*x2 x1 Check the display. NOTE: 1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the +1min/START button is pressed. 2.*

*If you wish to know the power level during cooking, press the MICROWAVE POWER LEVEL button. As long as your finger is touching the MICROWAVE POWER LEVEL button, the power level will be displayed. 3. You can rotate the TIMER/WEIGHT/PORTION knob clockwise or counterclockwise. If you rotate the knob counterclockwise, the cooking time will decrease from 90 minutes by degrees.*



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8 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 9 OTHER CONVENIENT FUNCTIONS 1. MULTIPLE SEQUENCE COOKING A maximum of 3 sequences can be input, consisting of manual cooking time and mode. Example: To cook: 5 minutes on 100 P power 16 minutes on 30 P power STAGE 1 1. Enter the desired cooking time by rotating TIMER/WEIGHT/ PORTION knob. (Stage 1) (Stage 2) 2. Choose the desired power level by pressing the MICROWAVE POWER LEVEL button once. x1 STAGE 2 3. Enter desired time by rotating TIMER/WEIGHT/ PORTION knob. 4. Choose the desired power level by pressing the MICROWAVE POWER LEVEL button four times.

5. Press the +1min/ START button once to begin cooking. x4 x1 Check the display. (The oven will begin to cook for 5 minutes on 100 P, and then for 16 minutes on 30 P). 9 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 10 OTHER CONVENIENT FUNCTIONS 2. MINUTE PLUS FUNCTION The +1min/START button allows you to operate the two following functions: a. Direct start You can directly start cooking on 100 P microwave power level for 1 minute by pressing the +1min/START button. NOTE: To avoid the misuse by children the +1min/START button can be used only within 3 minute after preceding operation, i.e., closing the door, pressing the STOP button or cooking completion.

b. Extend the cooking time You can extend the cooking time for multiples of 1 minute if the button is pressed while the oven is in operation. 3. TO CHECK THE POWER LEVEL To check the microwave power level during cooking press the MICROWAVE POWER LEVEL button. x1 As long as your finger is touching the MICROWAVE POWER LEVEL button the power level will be displayed.

The oven continues to count down although the display shows the power level. 10 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 11 EXPRESS MENU, EXPRESS COOK & EXPRESS DEFROST OPERATION EXPRESS MENU, EXPRESS COOK and EXPRESS DEFROST automatically work out the correct cooking mode and cooking time. You can choose from 4 EXPRESS MENU, 3 EXPRESS COOK and 5 EXPRESS DEFROST menus. What you need to know when using this automatic function: For example: 1a. EXPRESS MENU: Each EXPRESS MENU button has two menus.

A If you press the FISH FILLET WITH SAUCE/GRATIN button once, the display will appear as shown: 1b. 1b. EXPRESS COOK: Press the EXPRESS COOK button once, the display will appear as shown. 1c. 1c. EXPRESS DEFROST: Press the EXPRESS DEFROST button once, the display will appear as shown. B 1a. A. CHICKEN PAN WITH VEGETABLES/MINCE AND ONION button B. FISH FILLET WITH SAUCE/GRATIN button Menu number x1 Menu number x1 Menu number x1 The menu can be chosen by pressing the EXPRESS MENU, EXPRESS COOK or EXPRESS DEFROST button until the desired menu number is displayed.

See pages 13-15 "EXPRESS MENU, EXPRESS COOK and EXPRESS DEFROST charts". The menu number will be changed automatically by holding down the EXPRESS MENU, EXPRESS COOK or EXPRESS DEFROST button. 2. The weight or quantity of the food can be input by rotating the TIMER/WEIGHT/PORTION knob until the desired weight/quantity is displayed. · Enter the weight of the food only. Do not include the weight of the container. · For food weighing more or less than weights/ quantities given in the EXPRESS MENU, EXPRESS COOK and EXPRESS DEFROST charts, use manual operation. For best results, follow the cooking charts in the cookbook. 3. To start cooking press +1min/START button.

When action is required (e.g. to turn food over) the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the +1min/START button. 2.

TIMER/WEIGHT/ PORTION knob 3. +1min/START button x1 The final temperature will vary according to the initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually. NOTE: If you use the MINUTE PLUS function during the cooking/defrosting, the food may be overcooked.

11 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 12 EXPRESS MENU, EXPRESS COOK & EXPRESS DEFROST OPERATION Example 1 for EXPRESS MENU: To cook Chicken Pan with Vegetables 1,5 kg using Express Menu C1-1. 1. Select the menu required by pressing the CHICKEN PAN WITH VEGETABLES/MINCE AND ONION button once. 2. Enter the weight by rotating the TIMER/WEIGHT/ PORTION knob. 3. Press the +1min/START button once. x1 x1 Check the display. Example 2 for EXPRESS COOK: To cook Frozen Gratin 0,6 kg using Express Cook EC-3. 1.

Select the menu required by pressing the EXPRESS COOK button 3 times. 2. Enter the weight by rotating the TIMER/WEIGHT/ PORTION knob. 3. Press the +1min/START button once. x3 x1 Check the display. EXPRESS DEFROST is the same operation as for EXPRESS COOK. 12 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 13 EXPRESS MENU & EXPRESS COOK CHARTS BUTTON EXPRESS MENU NO. WEIGHT (Increasing Unit) / UTENSILS PROCEDURE x1 C1-1 Express Menu 0,5 - 1,5 kg\* (500 g) · See recipe for Chicken Pan Chicken Pan with (initial temp Chicken 5° C) with Vegetables on page 16.

Vegetables Gratin dish with microwave foil \* Total weight of all ingredients C1-2 Express Menu 0,5 - 1,5 kg\* (500 g) Mince and Onion (initial temp Mince 5° C) Casserole dish with lid · See recipe for Mince & Onion on page 16.

· When the oven stops, the audible signals sound and in the display appears 'STIR', stir the food and re-cover. \* Total weight of all ingredients C2-1 Express Menu 0,5 - 1,5 kg\* (500 g) Fish Fillet with Sauce (initial temp fish 5° C, sauce 20° C) Gratin dish & microwave foil C2-2 Express Menu 0,5 - 1,5 kg\* (500 g) (initial temp 20° C) Gratin Gratin dish · See recipe for Fish Fillet with Sauce on page 16. \* Total weight of all ingredients · See recipe for Gratin on page 17.

\* Total weight of all ingredients x2 x1 x2 BUTTON EXPRESS COOK NO. EC-1 Cook Frozen Vegetables e.

g. Brussel sprouts, green beans, peas, mixed vegetables, broccoli WEIGHT (Increasing Unit) / UTENSILS 0,1 - 0,6 kg (100 g) (initial temp -18° C) Bowl & lid Casserole dish & microwave foil or lid PROCEDURE x1 · Add 1tbsp water per 100 g. (For mushrooms no additional water is necessary). · Cover with microwave plastic wrap or a lid. · When the oven stops, the audible signals sound and in the display appears 'STIR', stir the food and re-cover.

· After cooking, let stand for approx. 1-2 minutes. NOTE: If frozen vegetables are compacted together, cook manually. 13 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 14 EXPRESS COOK & EXPRESS DEFROST CHARTS BUTTON EXPRESS COOK WEIGHT (Increasing NO. Unit) / UTENSILS EC-2 Cook Frozen Ready Meals Stirrable type e.g. Noodles, Bolognese, Chinese Menus. 0,3 - 1,0 kg\* (100 g) (initial temp -18° C) Casserole dish & microwave foil or lid \* If the manufacturer instructs to add water, calculate the total amount for the program with additional liquid.



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**PROCEDURE** · Transfer meal to suitable microwaveproof dish. · Add some liquid if recommended by the manufacturer.

· Cover with microwave plastic wrap or lid. · Cook without cover if the manufacturer instructs. · When the oven stops, the audible signals sound and in the display appears **STIR**, stir the food and re-cover. · After cooking, stir and let stand for approx. 1 - 2 minutes. · Remove the frozen gratin from the package. If the container is not suitable for microwave ovens, place in a gratin dish and cover with microwave foil. · If the container is suitable for microwave ovens, remove original paper cover and cover with microwave foil. · After cooking, let stand for approx. 5 minutes.

**PROCEDURE** · Place the food on a plate in the centre of the turntable. · When the oven stops, the audible signals sound and in the display appears **TURN OVER**, turn the food over, rearrange and separate. Shield thin parts and warm spots with aluminium foil. · After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted. · Cover the turntable with cling film · Place the block of minced meat onto the turntable.

· When the oven stops, the audible signals sound and in the display appears **TURN OVER**, turn the food over. Remove the defrosted parts if possible. · After defrosting, stand for 5 - 10 minutes, until thoroughly defrosted. x2 x3 EC-3 Cook Frozen Gratin e.g.

macaroni gratin, lasagne, etc. 0,2 - 0,6 kg (100 g) (initial temp -18° C) Shallow, oval gratin dish and microwave foil or original container and microwave foil  
**BUTTON EXPRESS DEFROST NO. Ed-1 Defrost Steak and Chops WEIGHT (Increasing Unit) / UTENSILS** 0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note on page 15 for utensils) x1 Ed-2 Defrost Minced Meat x2 0,2 - 0,8 kg (100 g) (initial temp -18° C) Cling film (See note on page 15 for utensils) 14  
R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 15 EXPRESS DEFROST CHARTS **BUTTON EXPRESS DEFROST NO. Ed-3 Defrost Poultry WEIGHT (Increasing Unit) / UTENSILS** 0,9 - 1,5 kg (100 g) (initial temp -18° C) (See note below for utensils) **PROCEDURE** · Place a plate upside down on the turntable and put the poultry breast side down on the plate. · When the oven stops, the audible signal sounds and in the display appears **TURN OVER**, turn the food over and shield thin parts and warm spots with aluminium foil. · After defrosting, cover with aluminium foil and stand for 15 - 30 minutes until thoroughly defrosted. · Finally clean the poultry under running water. · Remove all packaging from the cake. · Place on a flat dish in the middle of the turntable. · After defrosting, cut the cake into similar sized pieces keeping space between each piece and let stand for 15 - 60 minutes until evenly defrosted.

· Distribute on a flat dish in the centre of the turntable. For large amounts, distribute directly on the turntable. · When the oven stops, the audible signal sounds and in the display appears **TURN OVER**, rearrange, and remove defrosted slices. · After defrosting separate all slices and distribute on a large plate. Cover the bread with aluminium foil and let stand for 5 - 10 minutes until thoroughly defrosted. x3 Ed-4 Defrost Cake x4 0,1 - 1,4 kg (100 g) (initial temp -18° C) Flat dish Ed-5 Defrost Bread x5 0,1 - 1,0 kg (100 g) (initial temp -18° C) Flat dish (Only sliced bread is recommended for this programme.) **NOTE:**

Express Defrost 1 Steaks and Chops should be frozen in one layer. 2 Minced meat should be frozen in a thin shape. 3 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil. 4 For Ed-1 and Ed-3 arrange the food in the oven as shown: Steaks and Chops Poultry Plate Turntable 15  
ENGLISH Food R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 16 RECIPES FOR EXPRESS MENUS **CHICKEN PAN WITH VEGETABLES (C1-1) Spicy chicken fricassee Ingredients** 0,5 kg 60 g 1 25 g 50 g 50 g 150 g 10 g 150 ml 1,0 kg 120 g 1 50 g 100 g 100 g 300 g 20 g 300 ml 1,5 kg 180 g 1 75 g 150 g 150 g 450 g 30 g 450 ml meat stock Preparation 1.

Mix the rice and saffron and place in the greased dish. long grain rice (parboiled) 2. Mix the onions, red pepper, leek and chicken. sachet saffron Season and place on the rice. onion (sliced) 3.

Put butter on the top. red pepper (in strips) 4. Pour the stock over and cover with microwave leek (in strips) fillet of chicken breast (cubed) foil and cook on **EXPRESS MENU C1-1** pepper, paprika powder "Chicken Pan with Vegetables". butter 5. After cooking, let stand for 5-10 minutes.

**MINCE AND ONION (C1-2) Ingredients** 0,5 kg 150 g 50 g 1/2 1,0 kg 300 g 100 g 1 30 g 1,5 kg 450 g 150 g 11/2 45 g 15 g 115 ml 230 ml 345 ml 20 g 40 g 60 g 65 g 125 g 190 g 65 g 125 g 190 g 1/2 tbsp 1 tbsp 11/2 tbsp Preparation 1. Mix together the minced meat, onion, egg and the breadcrumbs. Season with salt and pepper. 1/2 beef, 1/2 pork) minced meat ( Place the meat dough into a casserole dish. onion (finely chopped) 2. Mix the meat stock with the tomato purée. egg 3. Add the liquid, potatoes, carrots and parsley to white breadcrumbs the meat, mix it up well. salt and pepper meat stock 4. Cover and cook on **EXPRESS MENU C1-2** tomato purée "Mince and Onion".

potatoes (finely chopped) 5. When the oven stops and the audible signals carrots (finely chopped) sound, stir and re-cover. chopped parsley 6. After cooking, stir and stand for approx. 5 minutes. Sprinkle with parsley and serve. **FISH FILLET WITH SAUCE (C2-1) Fish fillet with piquant sauce Ingredients** 0,5 kg 175 g 50 g 5g 15 g 1 tsp 250 g 1,0 kg 350 g 100 g 10 g 30 g 1-2 tsp 500 g 1,5 kg 525 g 150 g 15 g 45 g 2-3 tsp 750 g Preparation 1. Mix ingredients for the sauce. 2. Place the fish fillet (e.

g. Rosefish fillet) in a canned tomatoes (drained) gratin dish with the thin ends toward the centre corn and sprinkle with salt. chilli sauce 3. Spread the sauce on the fish fillet. onion (finely chopped) red wine vinegar 4.

Cover with microwave foil and cook on mustard, thyme, cayenne pepper **EXPRESS MENU C2-1**, "Fish Fillet with fish fillet Sauce". salt 5. After cooking, let stand for approx. 2 minutes. **FISH FILLET WITH SAUCE (C2-1) Fish fillet with curry sauce Ingredients** 0,5 kg 250 g 50 g 200 g 1,0 kg 500 g 100 g 400 g 1,5 kg 750 g 150 g 600 g fish fillet salt banana (sliced) ready-made curry sauce Preparation 1.

Place the fish fillet in a gratin dish with the thin ends toward the centre and sprinkle with salt. 2. Spread the banana and the ready-made curry sauce on the fish fillet. 3. Cover with microwave foil and cook on **EXPRESS MENU C2-1**, "Fish Fillet with Sauce". 4. After cooking, let stand for approx. 2 minutes. 16  
R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 17 RECIPES FOR EXPRESS MENUS **GRATIN (C2-2) Spinach gratin Ingredients** 0,5 kg 150 g 15 g 150 g 35 g 50 g 1 40 g 1,0 kg 300 g 30 g 300 g 75 g 100 g 2 75 g 1,5 kg 450 g 45 g 450 110 150 3 115 g g g leaf spinach (defrosted, drained) onion (finely chopped) salt, pepper, nutmeg boiled potatoes (sliced) cooked ham (diced) crème fraîche eggs grated cheese paprika powder Preparation 1.



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Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.

2. Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach. 3. Mix the eggs with crème fraîche, add salt and pepper and pour over the vegetables. 4. Cover the gratin with the grated cheese, sprinkle with paprika powder and cook on EXPRESS MENU C2-2, "Gratin". 5. After cooking, let stand for 5-10 minutes.

GRATIN (C2-2) Potato-courgette-gratin Ingredients 0,5 kg 200 g 115 g 75 g 1 1/2 1,0 kg 400 g 230 g 150 g 2 1 80 g 20 g 1,5 kg 600 g 345 g 225 g 3 2 120 g 30 g boiled potatoes (sliced) courgette (finely sliced) crème fraîche eggs clove of garlic (crushed) salt, pepper feta cheese (diced) sunflower kernel paprika powder 40 g 10 g Preparation 1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish. 2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables. 3.

Crumble the feta cheese and sprinkle over the gratin. 4. Finally sprinkle the gratin with sunflower kernel and paprika powder and cook on EXPRESS MENU C2-2, "Gratin". 5. After cooking, let stand for 5-10 minutes.

17 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 18 CARE AND CLEANING CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, ABRASIVE, HARSH CLEANERS OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. Oven exterior The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel. Oven controls Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner. Oven Interior 1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm.

For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Do not remove the waveguide cover. 2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven. 3. Do not use spray type cleaners on the oven interior. Turntable and Roller stay Remove the turntable and roller stay from the oven. Wash the turntable and roller stay in mild soapy water. Dry with a soft cloth. Both the turntable and the roller stay are dishwasher safe.

Door To remove all trace of dirt, regularly clean both sides of the door, the door seals and sealing surfaces with a soft, damp cloth. SERVICE CALL CHECK Please check the following before calling for service. 1. Power Supply Check the power plug is properly connected to a suitable wall outlet. Check the line fuse/circuit breaker is functioning properly.

2. Place a cup of water (approx. 150 ml) in the oven and close the door securely. Programme the oven for one minute on 100 P power and start the oven. Does the oven lamp come on? YES Does the turntable rotate? YES NOTE: The turntable turns in either direction.

Does the ventilation work? YES (Place your hand over the ventilation openings and check for air flow.) After 1 minute does the signal sound? YES Does cooking in progress indicator go off? YES Is the cup with water warm after the above operation? YES NO NO NO NO NO NO If you answer "No" to any of the above questions, call a Service Technician appointed by SHARP and report the results of your check. See inside back cover for details of address.

@@(The microwave power level will be reduced). @@@@The cooking process can be observed from all sides. They must not, however, contain any metal (e.g. lead crystal), nor have a metallic overlay (e.g. gold edge, cobalt blue finish).

a metal alloy base, which allows food to be browned. When using the browning dish a suitable insulator, e.g. @@@@Moisture causes the material to heat up and may make it shatter. @@@@chicken wings). Small metal skewers and aluminium containers (e.g. of readycooked meals) can be used. They must, however, be small in relation to the food, e.g.

aluminium containers must be at least 2/3 to 3/4 filled with food. @@@@Follow the manufacturer's recommendations.

@@@@@Switch on the oven at 100 P power for 1 to 2 minutes. If the utensil stays cool or just warm to the touch, it is suitable. Do not use this test on a plastic utensil.

It could melt. ROASTING BAGS Can be used in a microwave oven. @@@@It is better to set the times too short, rather than too long. Test the food after it has been cooked. It is better to have to cook something for a little longer than to overcook it.

LARGE AND SMALL QUANTITIES Microwave times are directly dependent upon the amount of food which you would like to thaw, heat or cook. This means that small portions cook more quickly than larger ones. As a rule of thumb: TWICE THE AMOUNT = ALMOST TWICE THE TIME HALF THE AMOUNT = HALF THE TIME DEEP AND SHALLOW CONTAINERS Both containers have the same capacity, but the cooking time is longer for the deeper one. You should therefore choose as flat a container as possible with a large surface area. Only use deep containers for dishes where there is a danger of overcooking, e.g. for noodles, rice, milk etc.. INITIAL TEMPERATURES Thawing, heating and cooking times are dependent upon the initial temperature of the food. Deep-frozen food and food stored in a refrigerator, for example, requires longer than food which has been stored at room temperature.

For heating and cooking, nor mal storage temperatures are assumed (refrigerator temperature approx. 5° C, room temperature approx. 20° C). For thawing the temperature of the deep freeze is assumed to be - 18° C. ROUND AND OVAL CONTAINERS Food cooks more evenly in round or oval containers than in containers with corners, since the microwave energy concentrates in the corners and the food in these areas could become overcooked. COOKING TIMES All the times given in this cooker y book are guidelines, which can be varied according to the initial temperature, weight and condition of the food (water or fat content etc.). COVERING Covering the food retains the moisture within it and shortens the cooking time. Use a lid, microwave foil or a cover. Foods which are to be crispy, e.

g. roasts or chickens, should not be covered. As a general rule, whatever would be covered in a conventional oven should also be covered in a microwave oven. Whatever would be uncovered in an ordinary oven can also be left uncovered in a microwave oven. SALT, SPICES AND HERBS Food cooked in your microwave retains its individual flavour better than it does when conventional preparation methods are used.

For this reason you should use salt very sparingly and normally add it only after cooking. Salt absorbs liquid and dries out the outer layer of the food.



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

**ADDITION OF WATER** Vegetables and other foods with a high water content can be cooked in their own juice or with the addition of a little water. This ensures that many vitamins and minerals are preserved. **FOOD IN SKINS OR SHELLS** Food such as sausages, chickens, chicken legs, baked potatoes, tomatoes, apples, egg yolks or such like should be pricked or pierced with a fork or small wooden skewer. This will enable the steam which forms to dissipate without splitting the skin or shell. **STANDING TIME** Keeping to the standing time is one of the most important rules with microwaves. Almost all foods, which are thawed, heated or cooked in the microwave, require a certain amount of time to stand, during which temperature equalisation takes place and the moisture in the food is evenly distributed. 20 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 21 **TIPS AND ADVICE BROWNING AGENTS** After more than 15 minutes cooking time food acquires a brownness, although this is not comparable to the deep brownness and crispness obtained through conventional cooking. In order to obtain an appetising brown colour you can use browning agents. For the most part they simultaneously act as seasoning agents. In the following table you will find some suggestions for substances you might use for browning and some of the uses to which you might put them.

**BROWNING AGENT** Melted butter and dried paprika Dried paprika Poultry **DISH METHOD** Coat the poultry with the butter/paprika mixture Dust with paprika Coat with the sauce Coat with the sauce Sprinkle pieces of bacon or dried onions on top Sprinkle pieces on top of cakes and desserts or use to glaze Oven baked dishes "Cheese toasties" Meat and poultry Soya sauce Barbecue and Worcestershire sauce, Gravy Roasts, Rissoles, Small roasted items Rendered down bacon fat or dried onions Oven baked dishes, toasted items, soups, stews Cakes and desserts Cocoa, chocolate flakes, brown icing, honey and marmalade **HEATING** q Ready-prepared meals in aluminium containers q q q q q q **THAWING** Your microwave is ideal for thawing. Thawing times are usually considerably shorter than in traditional 21 ENGLISH should be removed from the aluminium container and heated on a plate or in a dish. Remove the lids from firmly closed containers. Food should be covered with microwave foil, a plate or cover (obtainable from stores), so that the surface does not dry out. Drinks need not be covered. When boiling liquids such as water, coffee, tea or milk, place a glass stirrer in the container. If possible, stir large quantities from time to time, to ensure that the temperature is evenly distributed. The times are for food at a room temperature of 20° C. The heating time for food stored in a refrigerator should be increased slightly. After heating allow the food to stand for 1-2 minutes, so that the temperature inside the food can be evenly distributed (standing time).

The times given are guidelines, which can be varied according to the initial temperature, weight, water content, fat content or the result which you wish to achieve. methods of thawing. Here are a few tips. Take the frozen item out of its packaging and place on a plate for thawing. **BOXES AND CONTAINERS** Boxes and containers suitable for microwaves are particularly good for thawing and heating food, since they can withstand temperatures in a deep freeze

(down to approx. 40° C) as well as being heatresistant (up to approx. 220° C). You can therefore use the same container to thaw, heat and even cook the food, without having to transfer it. **COVERING** Cover thin parts with small strips of aluminium foil before thawing. Thawed or warm parts should likewise be covered with aluminium strips during thawing.

This stops the thin parts becoming too hot while thicker parts are still frozen. **CORRECT SETTING** It is better to choose a setting which is too low rather than one which is too high. By so doing you will ensure that the food thaws evenly. If the microwave setting is too high, the surface of the food will already have begun to cook while the inside is still frozen. R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 22 **TIPS AND ADVICE TURNING/STIRRING** Almost all foods have to be turned or stirred from time to time. As early as possible, separate parts which are stuck together and rearrange them. should be stirred or turned over. q After cooking allow the vegetables to stand for **SMALL AMOUNTS** Thaw more quickly and evenly than larger ones. We recommend that you freeze portions which are as small as possible. By so doing you will be able to prepare whole menus quickly and easily.

approx. 2 minutes, so that the temperature disperses evenly (standing time). q The cooking times given are guidelines and depend upon the weight, initial temperature and condition of the type of vegetable in question. The fresher the vegetables, the shorter the cooking times. **COOKING MEAT, FISH AND POULTRY** q When buying food items, try to ensure that, as far **FOODS REQUIRING CAREFUL HANDLING** Foods such as gateaux, cream, cheese and bread should only be partially thawed and then left to thaw completely at room temperature. By so doing you will avoid the outer areas becoming too hot while the inside is still frozen. q **STANDING TIME** This is particularly important after thawing food, as the thawing process continues during this period. In the thawing table you will find the standing times for various foods. Thick, dense foods require a longer standing time than thinner foods or food of a porous nature. If the food has not thawed sufficiently, you may continue thawing it in the microwave oven or lengthen the standing time accordingly.

At the end of the standing time you should process the food as soon as possible and not refreeze it. q q q **COOKING FRESH VEGETABLES** q When buying vegetables try to ensure that, as far q q q q as possible, they are of similar size. This is particularly important when you want to cook the vegetables whole (e.g. boiled potatoes).

Wash the vegetables before preparing them, clean them and only then weigh the required quantity for the recipe and chop them up. Season them as you would normally, but as a rule only add salt after cooking. Add about 5 tbsps of water for 500 g of vegetables. Vegetables which are high in fibre require a little more water. You will find information about this in the table.

Vegetables are usually cooked in a dish with a lid. Those with a high moisture content, e.g. onions or boiled potatoes, can be cooked in microwave foil without adding water. After half the cooking time has elapsed vegetables q q as possible, they are of similar size.



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This will ensure that they are cooked properly. Before preparation wash meat, fish and poultry thoroughly under cold running water and pat them dry with kitchen paper. Then continue as normal. Beef should be well hung and have little gristle. Even though the pieces may be of a similar size, cooking results may vary.

This is due, amongst other things, to the kind of food, variations in the fat and moisture content as well as the temperature before cooking. After the food has been cooking for 15 minutes it acquires a natural brownness, which may be enhanced by the use of a browning agent. If, in addition, you would like the surface to be crisp you should either use the browning dish or sear the food on your cooker and finish cooking it in your microwave. By doing this you will simultaneously obtain a brown base for making a sauce. Turn large pieces of meat, fish or poultry half way through the cooking time, so that they are cooked evenly from all sides. After cooking cover roasts with aluminium foil and allow them to stand for approx. 10 minutes (standing time). During this period the roast carries on cooking and the liquid is evenly distributed, so that when it is carved a minimum amount of juice is lost. THAWING AND COOKING Deep-frozen dishes can be thawed and cooked at the same time in one process in your microwave. You will find some examples in the table.

Do take note, however, of the general advice given on "heating" and "thawing" food. Please refer to the manufacturer's instructions on the packaging when preparing deepfrozen dishes. These usually contain precise cooking times and offer advice on preparation. 22 R-24ST/2B34 ENGLISH 28/3/01 10:00 am  
Page 23 TABLES ABBREVIATIONS USED tbsps = tablespoon tsp = teaspoon l.p.

= large pinch s.p. = small pinch Cup = cupful Sach. = sachet Food / Drink Coffee, Milk, Water, 1 1 1 6 1 cup cup cup cups bowl KG = kilogram g = gram l = litre ml = millilitre cm = centimetre DFC = dry fat content DF = deep frozen MW = microwave MWO = microwave oven min = minutes sec = seconds dm = diameter Hints do not cover do not cover do not cover, bring to the boil do not cover, bring to the boil do not cover, bring to the boil sprinkle some water onto the sauce, cover stir half way through the heating time cover, stir after heating cover, stir after heating cover, stir after heating if necessary add some water, cover stir half way through the heating time sprinkle with water, cover and stir from time to time. thinly spread sauce over the top, cover cover pierce the skin several times place on a cake stand remove the lid, after heating stir well and test the temperature stir from time to time dip into water, squeeze thoroughly and place in a soup bowl, stir from time to time mix the sugar in 250 ml of liquid, cover, stir well during and after heating TABLE: HEATING FOOD AND DRINK Quantity Power -g/ml- -Setting 150 150 150 900 1000 400 200 200 200 200 500 200 500 200 200 180 100 190 50 100 10 10 100P 70P 50P 50P 100P 50P 50P 50P Time -Min approx.

1 approx. 1 1 1/2 -2 10-12 10-12 3-6 2-3 2-2 1/2 2-3 2-3 4-5 1-2 4-5 3-4 2-3 approx. 2 1/2 approx. 1/2 -1 2-3 1/2 1 Platters (Vegetables, meat and trimmings) Stew Clear soup Cream soup Vegetables Garnishes Meat, 1 slice\* Fish fillet\* Sausages 2 Cake, 1 piece Baby food, 1 glass Melting butter or margarine\* Melting chocolate Dissolving six sheets of gelatine Glazing for a tart for 1/4 l of liquid \* Refrigerator temperature 5-6 TABLE: COOKING MEAT, FISH AND POULTRY Fish and Poultry Roasts (pork, veal, lamb) Quantity Power -g-Setting- Time -Min- Hints season to taste, place in a shallow flan dish turn over after \* Standing time -Min- 500 1000 1500 Roast beef (medium) Minced meat Fish fillet Chicken Chicken legs 1000 1000 200 1200 200 100P 50P 100P 50P 100P 50P 100P 100P 8-10\* 10-12 20-22\* 10-12 28-32\* 13-17 9-11\* 5-7 16-18 3-4 20-22 3-4 10 10 10 3 3 3 23 ENGLISH season to taste, place in a quiche dish, turn over after \* prepare the minced meat mixture (half pork/half beef) place in a shallow casserole dish season to taste, place on a plate, cover season to taste, place in a casserole dish, turn half way through cooking time season to taste, place on a plate, cover 10 10 R-24ST/2B34

ENGLISH 28/3/01 10:00 am Page 24 TABLES TABLE: THAWING Food Roast meat (e.g. pork, beef, lamb, veal) Steaks, escalopes, cutlets, liver Goulash Sausages, 8 4 Duck, turkey Chicken Quantity Power Thawing time -g- -Setting-Min 1500 1000 500 200 500 600 300 1500 1200 1000 Chicken legs Whole fish Fish fillet Crabs Rolls, 2 Sliced bread for toasting White loaf, whole Cakes, per piece Cream cake, per piece Whole gateau, Ø 25cm Butter Fruit such as strawberries raspberries, cherries, plums 200 800 400 300 80 250 750 100-150 150 250 250 10P 10P 10P 10P 30P 30P 30P 10P 58-64 42-48 18-20 7-8 8-12 6-9 4-5 48-52 Hints Standing time -Min 30-90 30-90 30-90 turn half way through thawing time 30 separate and stir half way through thawing time 10-15 place next to each other, 5-10 turn half way through thawing time 5-10 place upon an upturned plate, 30-90 turn half way through thawing time place upon an upturned plate, 30-90 turn half way through thawing time place upon an upturned plate, 30-90 turn half way through thawing time turn half way through thawing time 10-15 turn half way through thawing time 10-15 turn half way through thawing time 5-10 turn half way through thawing time 30 only partially thaw remove outer slices after each minute has passed 5 turn half way through thawing time (centre still frozen) 30 place on a cake stand 5 place on a cake stand 10 place on a cake stand 30-60 only partially thaw 15 spread them out evenly 5 turn half way through thawing time place on an upturned plate, turn half way through thawing time 10P 39-43 10P 33-37 30P 4-5 30P 9-12 30P 7-10 30P 6-8 30P app. 1 30P 2-4 30P 7-10 10P 2-5 10P 3-4 10P 20-24 30P 2-4 30P 4-5 TABLE: THAWING AND COOKING Food Quantity Power Cooking time Added water -g-Setting-Min-tbsps/ml Hints Standing time -Min- Fish fillet Trout, 1 fish Platter Leaf spinach Broccoli Peas Kohlrabi Mixed vegetables Brussels sprouts Red cabbage 300 250 400 300 300 300 300 500 300 450 100P 100P 100P 100P 100P 100P 100P 100P 10-11 7-9 8-9 7-9 7-9 7-9 12-14 7-9 11-13 3-5tbsps 3-5tbsps 3-5tbsps 3-5tbsps 3-5tbsps 3-5tbsps cover cover cover, cover, cover, cover, cover, cover, cover, 1-2 stir stir stir stir stir stir stir half way through cooking time once or twice during cooking half way through cooking time 2 2 2 2 2 2 2 2 2 4 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 25 TABLES TABLE: COOKING FRESH VEGETABLES Vegetable Leaf Spinach Cauliflower Quantity Power Time -g-Setting -Min- Hints Added Water -tbsps/ml- 300 800 500 Broccoli 500 Mushrooms 500 Chinese leaves 300 Peas 500 Fennel 500 Onions 250 Kohlrabi 500 Carrots 500 300 Green peppers 500 Boiled potatoes (skins on) 500 Leeks 500 Red cabbage 500 Brussels sprouts 500 Boiled Potatoes (salted) 500 Celery White cabbage Courgettes 500 500 500 100P 5-7 15-17 10-12 10-12 8-10 9-11 9-11 9-11 5-7 10-12 10-12 9-12 7-9 9-11 9-11 10-12 9-11 9-11 10-12 9-11 wash dry well, cover, stir once or twice during cooking 1 whole head, cover, divide into florets, stir during cooking divide into florets, cover, stir occasionally during cooking whole heads, cover, stir occasionally during cooking cut into strips, cover, stir occasionally during cooking cover, stir occasionally during cooking cut into quarters, cover, stir occasionally during cooking whole, cook in microwave foil dice, cover, stir occasionally during cooking cut into rings, cover, stir occasionally during cooking cut into strips, stir once or twice during cooking cover, stir occasionally during cooking cut into rings, cover, stir occasionally during cooking cut into strips, stir once or twice during cooking whole sprouts, cover, stir occasionally during cooking cut into large pieces of a similar size, add a little salt, cover, stir occasionally during cooking dice finely, cover, stir occasionally during cooking cut into strips, cover, stir occasionally during cooking slice, cover, stir occasionally during cooking 5-6tbsps 4-5tbsps 4-5tbsps 4-5tbsps 4-5tbsps 4-5tbsps 50ml 4-5tbsps 4-5tbsps 4-5tbsps 50ml 50ml 150ml 50ml 50ml 4-5tbsps RECIPES ADAPTING RECIPES FOR THE MICROWAVE OVEN If you would like to adapt your favourite recipes for the microwave, you should take note of the following: Shorten cooking times by a third to a half.



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

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking. The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet. HOW TO USE RECIPES q All the recipes in this cookery book are calculated on the basis of 4 servings - unless otherwise stated. q Recommendations relating to suitable utensils and the total cooking times are given at the beginning of every recipe. q As a rule the quantities shown are assumed to be wholly consumable, unless specifically indicated otherwise. q When eggs are given in the recipes they are assumed to have weight of approx. 55 g (grade M).

25 ENGLISH R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 26 RECIPES Germany 1. Toast the bread and spread with butter. 2. Cut the Camembert into slices and arrange on top of the toast. Put the cranberry jelly in the middle of the cheese and sprinkle with cayenne pepper. 3. Place the toast on a plate and heat for 1-2 Mins. 100 P Tip: You can vary this recipe according to your taste. For example, you can use fresh mushrooms and grated cheese or cooked ham, asparagus and Emmental cheese. CAMEMBERT TOAST Total cooking time: approx. 1-2 minutes Utensil: Ingredients 4 slices of bread for toasting 2 tbsp butter or margarine (20 g) 150 g Camembert 4 tsp Cranberry jelly Cayenne pepper Netherlands MUSHROOM SOUP Champignonsoep Total cooking time: approx. 13-17 Minutes Utensil: Bowl with Lid (2 l Capacity) Ingredients 200 g mushrooms, sliced 1 onion (50 g), finely chopped 300 ml meat stock 300 ml Cream 2 1/2 tbsps Flour (25 g) 2 1/2 tbsps Butter or Margarine (25 g) Salt & Pepper 1 Egg 150 g Crème fraîche 1. Place the vegetables and the stock in the bowl, cover and cook. 8-9 Mins. 100 P 2. Blend all the ingredients in the mixer. 3. Mix the flour and butter to a dough and smooth into the soup. Season with salt and pepper, cover and cook. Stir after cooking.

4-6 Mins. 100 P 4. Mix the egg yolk with the cream, gradually stir into the soup. Heat for a short time, but do not let it boil! 1-2 Mins. 100 P Allow the soup to stand for about 5 minutes after cooking. 26 R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 27 RECIPES Switzerland 1. Cut the fillet into finger-width strips. 2. Grease the dish all over with the butter. Put the onion and the meat into the dish, cover and cook.

Stir once during cooking. 7-10 Mins. 100 P 3. Add the white wine, gravy browning and cream, stir, cover and continue cooking. Stir occasionally.

5-6 Mins. 100 P 4. Test the veal, stir the mixture once more and allow to stand for approx. 5 minutes. Serve garnished with parsley.

ZÜRICH VEAL IN CREAM Total cooking time: approx. 12-16 minutes Utensil: dish with lid (2 l capacity) Ingredients 600 g veal fillet 1 tbsp butter or margarine 1 onion (50 g), finely chopped 100 ml white wine Seasoned gravy browning, for approx. 1/2 l gravy 300 ml cream 1 tbsp parsley, chopped France SOLE FILLETS Total cooking time: approx. 11-14 minutes Utensil: shallow, oval oven dish with microwave foil (approx. 26 cm long) Ingredients 400 g sole fillets 1 lemon, whole 2 tomatoes (150 g) 1 tsp butter or margarine for greasing 1 tbsp vegetable oil 1 tbsp parsley, chopped salt & pepper 4 tbsps white wine (30 ml) 2 tbsps butter or margarine (20 g) 1. Wash the sole fillets and pat them dry. Remove any bones. 2. Cut the lemon and the tomatoes into thin slices. 3.

Grease the oven dish with butter. Place the fish fillets inside and drizzle the vegetable oil over them. 4. Sprinkle parsley over the fish, place the tomato slices on top and season. Place the lemon slices on top of the tomatoes and pour the white wine over them. 5. Place small pats of butter on top of the lemon, cover and cook. 11-14 Mins. 100 P After cooking allow the fish fillets to stand for approx. 2 minutes.

Tip: This recipe can also be used for Haddock, Halibut, Mullet, Plaice or Cod. Greece BRAISED LAMB WITH GREEN BEANS Total cooking time: approx. 20-24 minutes Utensil: shallow oval soufflé mould with lid (about 26 cm long) Ingredients 1-2 tomatoes (100 g) 400 g lamb, boned 1 tsp butter or margarine for greasing the bowl 1 onion (50 g), finely chopped 1 clove garlic, crushed salt, pepper sugar 250 g tinned green beans 27 ENGLISH 1. Skin and remove the stalks of the tomatoes, then purée in a blender or food processor. 2.

Cut the lamb into large chunks. Grease the bowl with butter. Add meat, onions and garlic, season, cover and cook. 9-11 Mins. 100 P 3.

Add beans and puréed tomatoes to the meat, cover and continue cooking. 11-13 Mins. 70 P After cooking, leave the lamb to stand for approximately 5 minutes. Tip: If you prefer to use fresh beans, these should be pre-cooked. R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 28 RECIPES Italy 1. Cut the tomatoes into slices, mix with the ham and onion, garlic, minced meat and mashed tomato. Season and cook with the lid on. 7-9 Mins. 100 P 2. Mix the cream with the milk, Parmesan cheese, herbs, oil, and spices.

3. Grease the soufflé mould and cover the bottom of the mould with about 1/3 of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional 1/3 of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with lots of sauce and sprinkle with Parmesan cheese. Place butter flakes on top and cook with the lid on. 15-18 Mins. 70 P After cooking, let the lasagne stand for approximately 5-10 minutes. LASAGNE Total cooking time 22-27 minutes Utensils: Bowl with lid (2 l capacity) shallow square soufflé mould with lid (approx 20 x 20 x 6 cm) Ingredients 300 g tinned tomatoes 50 g ham, finely cubed 1 onion (50 g), finely chopped 1 clove of garlic, crushed 250 g minced meat (beef) 2 tbsp mashed tomato (30 g) salt, pepper oregano, thyme, basil, nutmeg 150 ml cream (crème fraîche) 100 ml milk 50 g grated Parmesan cheese 1 tsp mixed chopped herbs 1 tsp olive oil 1 tsp vegetable oil to grease the mould 125 g lasagne verde 1 tbsp grated Parmesan cheese 1 tbsp butter or margarine France RATATOUILLE Total cooking time 19-21 minutes Utensils: Bowl with lid (2 l capacity) Ingredients 5 tbsps olive oil (50 ml) 1 clove garlic, crushed 1 onion (50 g), sliced 1 small aubergine (250 g), cut into cubes 1 courgette (200 g), into cubes 1 pepper (200 g), cut into large cubes 1 Small fennel (75 g) cut into large cubes 1 bouquet garni 200 g tinned artichoke hearts, cut into quarters salt, pepper 1.



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Place the olive oil and garlic clove in the bowl.

Add the prepared vegetables, except the artichoke hearts, and season with pepper. Add the bouquet garni, cover and cook, stirring once. 19-21 Mins. 100 P  
For the last 5 minutes, add the artichoke hearts and heat. 2.

Season the ratatouille to taste with salt and pepper. Remove the bouquet garni before serving. After cooking, leave the ratatouille to stand for around 2 minutes. Tip:Ratatouille can be served hot with meat dishes. Served cold, it also makes an excellent starter.

A bouquet garni consists of: one stalk of parsley, a bunch of herbs suitable for seasoning soup, one stalk of lovage, one stalk of thyme, several bay leaves. 28  
R-24ST/2B34 ENGLISH 28/3/01 10:00 am Page 29 RECIPES Spain 1. Place the potatoes in a dish, add the water, cover and cook. Rearrange halfway through cooking. 8-10 Mins. 100 P Leave to cool. 2. Cut the potatoes lengthwise and carefully remove the potato from the skin. Mix the potato with the ham, onion, milk and Parmesan cheese to an even consistency. Season with salt and pepper.

3. Fill the potato skins with potato mixture and sprinkle with Emmental cheese. Place potatoes on a plate and cook. 4-6 Mins. 100 P After cooking, leave to stand for approximately 2 minutes. BAKED POTATOES Total cooking time 12-16 minutes Utensils: Bowl with lid (2 l capacity) China plate Ingredients 4 medium sized potatoes (400 g) 100 ml water 60 g ham, cut into fine cubes 1/ onion (25 g) finely cubed 2 75-100 ml milk 2 tbsp grated Parmesan cheese (20 g) salt, pepper 2 tbsp grated Emmental cheese Denmark FRUIT JELLY WITH VANILLA SAUCE Total cooking time 10-13 minutes Utensils: Dish with lid (2 l capacity) (1 l capacity) Ingredients 150 g redcurrants, washed and stalks removed 150 g strawberries, washed and haulms removed 150 g raspberries, washed and haulms removed 250ml white wine 100 g sugar 50 ml lemon juice 8 gelatin leaves 300 ml milk inside of 1/2 vanilla pod 30 g sugar 15 g food thickener 1. Put some of the fruit to one side for decoration. Purée the rest of the fruit with the white wine, put it into a dish, cover and heat. 7-9 Min. 100 P  
Fold in the sugar and the lemon juice.

2. Soak the gelatin in cold water for approx. 10 minutes, then take it out and squeeze dry. Stir the gelatin in with the hot purée until it has dissolved. Place the jelly in the refrigerator and leave to set.

3. To make the vanilla sauce; put the milk into the other dish. Slit the vanilla pod and remove the inside. Stir this in with the milk, together with the sugar and the food thickener, cover and cook, stirring during cooking and again at the end. 3-4 Min.

100 P 4. Turn out the jelly onto a plate and decorate with the whole fruit. Add the vanilla sauce. Tip:You can also use defrosted frozen fruits. 29 ENGLISH  
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