



Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for SHARP R-970/97ST. You'll find the answers to all your questions on the SHARP R-970/97ST 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-970/97ST
User guide SHARP R-970/97ST
Operating instructions SHARP R-970/97ST
Instructions for use SHARP R-970/97ST
Instruction manual SHARP R-970/97ST

Dear Customer
Congratulations on acquiring your new microwave oven, which from now on will make your kitchen chores considerably easier.
You will be pleasantly surprised by the kinds of things you can do with your combined microwave oven. Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals. The combination of microwave, hot air convection and grill means that food can cook and brown at the same time, and much faster, than by using the conventional method.
In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.
Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven. There are so many advantages to having a microwave oven which we are sure you will find exciting:
● Food can be prepared directly in the serving dishes, leaving less to wash up.
● 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 combined microwave oven and trying out the delicious recipes.
Your Microwave Team.

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Manual abstract:

Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven. There are so many advantages to having a microwave oven which we are sure you will find exciting: □ Food can be prepared directly in the serving dishes, leaving less to wash up. □ Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved. @@ You will then easily understand how to use your oven. @@@@ Following the implementation by member states, private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*. In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one. *) Please contact your local authority for further details. If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements. By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling. 2.

In other Countries outside the EU If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal. For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www. It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

ESPAÑOL OVEN R-96ST-AA 1 2 3 4 11 5 6 10 9 8 7 12 14 GB 13 1 Grill heating element 2 Convection heating element 3 Oven lamp 4 Control panel 5 Shelf rail (rail 1) 6 Shelf rail (rail 2) 7 Waveguide cover 8 Oven cavity 9 Coupling 10 Door seals and sealing surfaces 11 Door opening handle 12 Air-vent openings 13 Outer cabinet 14 Power cord GB-3 ACCESSORIES 15 GB ACCESSORIES Check to make sure the following accessories are supplied: 15 Turntable 16 Turntable support 17 Low Rack (height: 4 cm) 18 High Rack (height: 15,5 cm) 16 19 Square shelf 20 Square Tin 21 Shelf locator. □ Place the turntable support into the coupling in 9 the centre of the oven floor, ensuring you place it TOP side up, (TOP is engraved on one side). It should be able to freely rotate around the coupling. □ Place the turntable on to the turntable support. □ Place the high/low racks onto the turntable if 17 <Low Rack> 18 <High Rack> necessary.

These racks are used for cooking in Convection, Dual or Grill mode. <Rack + Turntable> • Use the square shelf and square tin for convection only. see page GB-15. When using either the square shelf or the square tin, we recommend you place it at rail 2 as shown in the diagram A. When using both of them, place the square tin at rail 2 and the square shelf at rail 1 as shown in the 19 <Square Shelf> 20 <Square Tin> diagram B. When using the square shelf, ensure the shelf locator is on the right side. NOTES: • Always operate the oven with the turntable and support fitted correctly. this promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven. • The turntable rotates clockwise or counter clockwise.

The rotary direction may change each time you start the oven. This does not affect cooking performance. □ When you order accessories, please mention two details: part name and model name to your dealer or SHARP authorised service facility. 21 A 19 B 19 20 GB-4 ENGLISH ESPAÑOL CONTROL PANEL GB

CONTROL PANEL Digital display and indicators: 3 2 4 6 5 1 7 8 9 1 2 3 4 5 6 COOKING IN PROGRESS indicator GRILL indicator CONVECTION indicator MICROWAVE indicator INFO indicator LESS/MORE indicator 24 Operating keys: 7 EXPRESS DEFROST key 8 SENSOR COOK key 9 POTATO keys 10 INSTANT ACTION keys 11 LESS/MORE keys 12 WEIGHT/PORTION keys 13 TIME keys 14 GRILL key 15 CONVECTION key By pressing this key you can adjust the convection temperature. 16 DUAL CONV. Key (Microwave and Convection) 17 DUAL GRILL key (Microwave and Grill) 18 LANGUAGE key 19 (START)/+1min key 20 STOP key 21 TIMER key 22 INFO key 23 MICROWAVE POWER LEVEL key By pressing this key you can adjust the Microwave power level. 24 EXPRESS COOK key 10 11 12 13 23 17 22 21 20 14 15 16 18 19 GB-5 IMPORTANT SAFETY INSTRUCTIONS IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE 1. This oven is designed to be used on a countertop only. It is not designed to be built into a kitchen unit. Do not place the oven in a cabinet.

2. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them burning themselves. 3.

Ensure there is a minimum of free space above the oven of 13 cm. 4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. 5. Children should be supervised to ensure that they do not play with the appliance.

6. WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. 7. WARNING: When the appliance is operated in the GRILL, CONVECTION, DUAL, EXPRESS COOK, POTATO and INSTANT ACTION modes, children should only use the oven under adult supervision due to the temperature generated. 8. WARNING: Accessible parts may become hot during use. Young children should be kept away. 9. WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person. 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.

11. 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. 12. WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode. 13. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container. 14. 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.



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Shell and slice hard boiled eggs before reheating them in the microwave oven. 15. Utensils should be checked to ensure that they are suitable for use in the oven. see Page GB-37. Use only microwave safe containers and utensils on microwave modes.

16. The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns. 17. The door, outer cabinet, oven cavity, dishes, accessories and especially the grill heating elements will become very hot during operation. Care should be taken to avoid touching these areas.

to prevent burns , always use thick oven gloves. Before cleaning make sure they are not hot. 18. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. 19. If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames. 20. Clean the oven at regular intervals and remove any food deposits. 21. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

22. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass. See instructions for cleaning door seals, cavities and adjacent parts on page GB-34. 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. 2. Do not operate the oven with the door open or alter the door safety latches in any way. 3. Do not operate the oven if there is an object between the door seals and sealing surfaces. 4. Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits. Follow the instructions for "Care and Cleaning" on page GB-34. 5. 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 1. Under no circumstances should you remove the outer cabinet. 2. 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. 3. Do not immerse the power supply cord or plug in water or any other liquid. 4. Do not let the power supply cord hang over the edge of a table or work surface. 5. Keep the power supply cord away from heated surfaces, including the rear of the oven. 6. 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. To avoid the possibility of explosion and sudden boiling: 1.

Sealed containers can explode due to a build up of pressure even after the oven has been turned off. 2. 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. Do not use excessive amount of time (See page GB-45). Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling. 3. Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

2. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency. 3. The AC power supply must be 230V, 50Hz, with a minimum 16A distribution line fuse, or a minimum 16A distribution circuit breaker. 4. A separate circuit serving only this appliance should be provided. 5. Do not place the oven in areas where heat is generated. For example, close to a conventional oven. 6.

Do not install the oven in an area of high humidity or where moisture may collect. 7. Do not store or use the oven outdoors. 8. Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire. 9. Do not place flammable materials near the oven or ventilation openings. 10.

Do not block the ventilation openings. , from food and food packages. Do not use the microwave oven to heat oil for deep frying. The temperature cannot be conen is designed for countertop use only. Do not place the oven in a cabinet. 4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them burning themselves. 5. Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven. 6. Ensure there is a minimum of free space above the oven of 13 cm. 7. Securely connelly.

The cooking time starts to count down (START)/ again when the door is closed and the +1min key is pressed. 2. If you wish to know the power level during cooking, press the MICROWAVE POWER LEVEL key. As long as your finger is pressing the MICROWAVE POWER LEVEL key, the power level which you have input will be displayed. 3.

When the operation of the oven has finished, “. Never use the square shelf and square tin for microwave cooking and dual cooking as this may cause arcing. 2. After cooking and opening the door, the display may show “NOW COOLING”. GB-12 ENGLISH ESPAÑOL GRILL COOKING The grill heating element at the top of the oven cavity has one power setting only. Example: Suppose you want to cook cheese on toast for 5 minutes (Place toast on the high rack.) 1. Enter the cooking time by pressing the 1 MIN key five times. 2. Select the grill mode by pressing the GRILL key once.

3. Press the (START)/+1min key to start cooking. The high or low racks are recommended when grilling. It is not recommended to use the square shelf and square tin for grilling. 2. You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. (Please see heating without food below.) 3. After cooking and opening the door, the display may show “NOW COOLING”. WARNING: The oven cavity, door, outer cabinet, accessories and dishes will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

HEATING WITHOUT FOOD You may detect smoke or a burning smell when using the grill and convection for the first time. This is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill and then at convection 250°C. IMPORTANT: During operation, to allow smoke or smells to disperse open a window or switch the kitchen ventilation on.



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Make sure there is no food in the oven.

) by pressing the 10 MIN key twice. The oven will count down. When the oven has finished cooking, open the door to cool the oven cavity. x2 x1 x1 x1
WARNING: The oven door, outer cabinet, oven cavity and accessories will become hot. Take care to avoid burns when cooling the oven down after operation.

GB-13 CONVECTION COOKING Your oven can be used as a conventional oven using the convection facility and 10 pre-set oven temperatures. Preheating is recommended for better results (especially when using the square shelf or the square tin). press CONVECTION key Oven Temp (°C) 1 250 2 230 3 220 4 200 5 190 6 180 7 160 8 130 9 100 10 40 1. Enter the desired preheat temperature by pressing the CONVECTION key four times. Press the (START)/+1min key to start pre-heating. x4 3. Enter the cooking time by pressing the 10 MIN key twice (20 mins). When the oven is preheated the turntable should be in the oven. 2. After preheating, if you want to cook at a different temperature press the CONVECTION key until the desired setting appears on the display.

In the example above, to change the temperature you would press the CONVECTION key after entering the cooking time. 3. When the oven reaches the programmed preheating temperature, it will automatically hold at the pre-heated temperature for 30 minutes. After 30 minutes the display will change to “. After cooking and opening the door, the display may show “NOW COOLING”. 5. To get the best results when following pack instructions for convection, please follow the instructions for “conventional oven”. 6. When using the square shelf or the square tin, rotate the square tin or the container on the square shelf 180° halfway to achieve better results. **GB-14 ENGLISH** When the pre-heated temperature has been reached the audible signal sounds, the display will show 200°C, open the door and place the food inside the oven.

close the door. **ESPAÑOL Example 1:** To cook with preheating Suppose you want to pre-heat to 200°C and cook for 20 minutes at 200°C. CONVECTION COOKING **Example 2:** To cook without preheating Suppose you want to cook at 250°C for 20 minutes. 1. Enter the cooking time by pressing the 10 MIN key twice (20 mins).

After cooking and opening the door, the display may show “NOW COOLING”. 2. To change the convection temperature, press the CONVECTION key until the desired temperature appears on the display. 3. You may detect smoke or a burning smell when using convection for the first time.

This is normal and is not a sign that the oven is out of order. (Please see Heating Without Food on page GB-13). WARNING: The oven cavity, door, outer cabinet, accessories and dishes will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

SPECIAL NOTES FOR SQUARE SHELF & SQUARE TIN: 1. When using either the square shelf or the square tin, we recommend you place it at rail 2. When using both of them, place the square tin at rail 2 and the square shelf at rail 1 as shown in the diagram. When using the square shelf and/or the square tin, leave the turntable in the oven. 3. When using the square shelf or the square tin, rotate the square tin or the container on the square shelf 180° halfway to achieve better results. rail 1 4.

When using the square shelf follow the notes below to prevent them slipping out: • Do not place container with food weighing more than 5 kg on the rail 2 square shelf. □ Ensure that the square shelf is in the correct position and does not rattle. □ When removing the food, pull the square shelf until it is slightly locked, and then remove the food. 5. Some recipes for using the square shelf or the square tin are included in this operation manual. To get the best results when following pack instructions for convection, please follow the instructions for “conventional oven”. Shelf rails **GB-15 DUAL COOKING** Your oven has 2 DUAL cooking modes combining the heat of the convection or grill with the power of the microwave. To select the DUAL cooking mode, choose the cooking time, then press the DUAL MODE key to select the desired setting. Generally, dual cooking time shortens the total cooking time. press DUAL MODE key DUAL CONV.

Cooking method MICRO 30 P CONV 250°C DUAL GRILL MICRO 30 P GRILL NOTES: • To adjust the microwave power, press the MICROWAVE POWER LEVEL key. □ To adjust the convection temperature, press the CONVECTION key until the desired temperature appears on the display. • For DUAL CONV.

The oven temperature can be changed from 40°C to 250°C in ten levels. **Example 1:** Suppose you want to cook for 20 minutes on DUAL CONV. Using 10 P microwave power and 200°C convection. 1. Enter the desired cooking time by pressing the 10 MIN key twice (20 minutes). 2. Select the cooking mode by pressing the DUAL CONV.

X3 x1 **GB-16 ENGLISH ESPAÑOL 10 P - 60 P DUAL COOKING** **Example 2:** Suppose you want to cook for 20 minutes on DUAL GRILL using 10 P microwave power and GRILL. 1. Enter the desired cooking time by pressing the 10 MIN key twice (20 minutes). 2. Select the cooking mode by pressing the DUAL GRILL key once. X1 x2 x1 **NOTE:** After cooking and opening the door, the display may show “NOW COOLING”. **WARNINGS:** 1. The oven cavity, door, outer cabinet, accessories and dishes will become very hot, use thick oven gloves when removing the food or turntable from the oven to prevent burns. 2. Never use the square shelf and square tin for microwave cooking and dual cooking as this may cause arcing.

gB-17 OTHER CONVENIENT FUNCTIONS 1. MULTIPLE SEQUENCE COOKING A maximum of 4 stages 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 pressing the 1 MIN key 5 times. 2. Choose the desired power level by pressing the MICROWAVE POWER LEVEL key once. (Stage 1) (Stage 2) x5 **STAGE 2** 3. Enter the desired cooking time by pressing the 10 MIN key once and the 1 MIN key 6 times. x1 4. Choose the desired power level by pressing the MICROWAVE POWER LEVEL key eight times.

5. Press the (START)/+1min key once to begin cooking. X1 x6 x8 x1 Check the display (The oven will begin to cook for 5 minutes on 100 P, and then for 16 minutes on 30 P). **gB-18 ENGLISH ESPAÑOL OTHER CONVENIENT FUNCTIONS 2. LESS (□) / MORE (□) key** The LESS (□) and MORE (□) keys allow you to easily decrease or increase programmed setting times, (for a less well or more well cooked result), used in automatic operations or cooking time while in operation.

A) Changing the pre-programmed time setting: **Example:** Suppose you want to cook 0,2 kg Thin French Fried Potatoes using the POTATO and LESS (□) key. 1. Choose the desired result (less cooked for thin type) by pressing the LESS (□) key once. 2. Choose the POTATO menu and quantity by pressing the FRENCH FRIED POTATO key once.



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X1 NOTES: To cancel LESS or MORE press the same key again. To change MORE to LESS simply press the LESS () key. To change LESS to MORE simply press the MORE () key. X1 b) Changing the heating time while the oven is operating: During the manual cooking process, the cooking time can be decreased or increased in 1 minute steps each time the LESS () and MORE () keys are pressed. NOTE: You can use this function for manual cooking only. 3. +1min function The +1min key allows you to operate the two following functions: a) Direct start You can directly start cooking on 100 P microwave power for 1 minute by pressing the +1min key. NOTE: To avoid the misuse by children the +1min key can be used only within 3 minutes after preceding operation, e. g. , closing the door, pressing the STOP key or cooking completion.

B) Extend the cooking time You can extend the cooking time for multiples of 1 minute if the +1min key is pressed while the oven is in operation. NOTE: You can use this function for manual cooking only. 4. TO CHECK SETTINGS WHILE THE OVEN IS OPERATING You can check the power level and the actual oven temperatures while the oven is in operation ie: when preheating. You can use this function for manual cooking only. TO CHECK THE POWER LEVEL: To check the microwave power level during cooking press the MICROWAVE POWER LEVEL key. The oven continues to count down, although the display shows the power level which you have input. TO CHECK THE CONVECTION TEMPERATURE: To check the convection temperature which you have input during cooking press the CONVECTION key. When the oven is preheating, you can check the actual oven temperature. As long as your finger is pressing the key, the power level will be displayed.

As long as your finger is pressing the key, the convection temperature in °C will be displayed. If you wish to get the information, press the INFO key before pressing the desired key. Example: Suppose you want to get information about INSTANT ACTION, Roast chicken: x1 x1 1. Choose the INFO key function. 6.

TIMER FUNCTION You can use the timer for timing where microwave cooking is not involved for example, to time boiled eggs cooked on a conventional hob. Example: To set the timer for 5 minutes. 2. Press the TIMER key once. Press the (START)/+1min key to start the Check the display. x5 3. Press the 1 MIN key five times. The information message will be repeated twice, and then the display will show “. If you want to cancel the information press the STOP key. eSPANOL 2. Press the INSTANT ACTION key for Roast Chicken. EXPRESS COOK & EXPRESS DEFROST The EXPRESS COOK and EXPRESS DEFROST functions automatically work out the correct cooking mode and cooking time. You can choose from 3 EXPRESS COOK menus and 7 EXPRESS DEFROST menus. Use thick oven gloves when removing food or the turntable from the oven to prevent burns. What you need to know when using EXPRESS COOK and EXPRESS DEFROST: 1.

The menu you wish to use can be selected by pressing the EXPRESS COOK or EXPRESS DEFROST key until the desired menu number appears in the display. (See pages GB-22-23) 2. The weight or quantity of the food can be input by pressing the WEIGHT/PORTRION keys 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 cooking charts, cook manually. 3. The programmed cooking times are average times. If you want to alter cooking times pre-programmed in the automatic operations, use the LESS () or MORE () keys. See page GB-19 for details.

For best results, follow cooking chart instructions. To turn food over) the oven stops and the audible signals sound, the display shows the necessary action. to continue (START)/+1min key. Cooking, press the The final temperature will vary according to the initial temperature. Check food is piping hot after cooking.

If necessary, you can extend the cooking time and change the power level. NOTE: Please refer to the menu label for list of EXPRESS COOK and EXPRESS DEFROST menus and weight ranges. (START)/+1min key GB-21 EXPRESS COOK & EXPRESS DEFROST Example: Suppose you want to cook 0,2 kg of Frozen Gratin using EXPRESS COOK. 1. Press the EXPRESS COOK key 3 times to select Frozen Gratin.

2. Enter the weight by pressing the WEIGHT/PORTRION keys until the desired weight is displayed. 3. Press the (START)/+1min key to start cooking. Casserole dish & lid • Add some liquid or oil if recommended by Frozen Ready Meals * If the manufacturer the manufacturer. Or oil, please calculate • When the audible signals sound, stir and Noodles Bolognese, the total amount for re-cover. When the oven stops and the audible signals sound, stir and re-cover. NOTE: If frozen vegetables are compacted together, cook manually. Remove the gratin from original container and place in a suitable gratin dish. After cooking, let stand, covered in aluminium foil for approximately 5 minutes.

D-1 Steaks, Chops x1 (initial temp -18°C) WEIGHT (Increasing Unit) / UTENSILS 0,2 - 1,0 kg (100 g) Plate (see note on page GB-24) PROCEDURE • Place the food on a plate in the centre of the turntable. When the oven stops and the audible signals sound, turn the food over, rearrange and separate. Shield the thin parts and warm spots with aluminium foil. After defrosting, wrap in aluminium foil for 10-20 minutes, until thoroughly defrosted. Place a plate upside down on the turntable and put the meat on it. When the oven stops and the audible signals sound, turn the food over. Shield the defrosted parts with aluminium foil. If audible signals sound, turn the food over and shield again. After defrosting, cover with aluminium foil and stand for 15-30 minutes until thoroughly defrosted. Cover the turntable with cling film.

Place the block of minced meat onto the turntable. When the oven stops and the audible signals sound, turn the food over. Remove the defrosted parts if possible. After defrosting, cover in aluminium foil for 5-10 minutes, until thoroughly defrosted. Place the food on a plate in the centre of the turntable.

When the oven stops and the audible signals sound, turn the food over, rearrange and separate. Shield the thin parts and warm spots with aluminium foil. After defrosting, wrap in aluminium foil for 10-20 minutes, until thoroughly defrosted. Place a plate upside down on the turntable and put the poultry breast side down on the plate. When the oven stops and the audible signals sound, turn over and shield the 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 plate in the centre of the turntable. After defrosting, cut the cake into similar sized pieces. Keep space between each piece and let stand for 15-30 minutes until thoroughly defrosted.



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□ Distribute on a plate in the centre of the turntable. Only sliced bread is recommended for this programme. □ When the audible signals sound 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 5-15 minutes until thoroughly defrosted. X2 D-2 Meat Joint (initial temp -18°C) 0,6 - 2,0 kg (100 g) Plate (see note on page GB-24) x3 D-3 0,2 - 1,0 kg (100 g) Cling film Minced Meat, mix of beef and (see note on page GB-24) pork (initial temp -18°C) x4 D-4 Chicken Legs (initial temp -18°C) 0,2 - 1,0 kg (50 g) Plate (see note on page GB-24) x5 D-5 Poultry (initial temp -18°C) Only poultry without giblets is recommended for this programme. d-6 Cake (initial temp -18°C) 0,9 - 2,0 kg (100 g) Plate (see note on page GB-24) 0,1 - 1,4 kg (100 g) Plate x6 x7 D-7 Bread (initial temp -18°C) 0,1 - 1,0 kg (100 g) Plate GB-23 EXPRESS DEFROST NOTES NOTES: 1 Steaks, Chops and Chicken legs should be frozen in one layer. 2 Minced meat should be frozen in the thin shape. 3 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil. 4 The poultry and the minced meat should be processed immediately after defrosting. 5 For D-1, D-2, D-4 and D-5 arrange the food in the oven as shown: Chicken legs, Steaks and Chops. food Dish Turntable Poultry and Meat Joint SENSOR COOK Your oven has a humidity sensor. The humidity sensor detects the vapour from the food and calculates the correct microwave power level and cooking time. The SENSOR COOK key offers the possibility to easily cook 6 menus without entering the food quantity.

To select the sensor cook menu, touch the SENSOR COOK key until the desired menu is displayed. The SENSOR COOK can only be input within 3 minutes after cooking completion, closing the door or pressing the STOP key. Always refer to the SENSOR COOK chart on page GB-25 before operating this function.

NOTES: 1. Once a SENSOR COOK programme has started, do not open the door or press the STOP key until the remaining cooking time appears on the display, unless following instructions to stir or turn over.

During this time, Sensor technology senses humidity emitted from food as it heats and determines the cooking time. Opening the door or stopping the oven disturbs the humidity content and affects the cooking result. 2. Ensure food is thoroughly heated before serving. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking on SENSOR COOK.

4. If you want to alter the cooking results, press the LESS (□) or MORE (□) keys before pressing any menu key (See page GB-19 for details). For best results use the cooking chart instructions. Turn over or stir then open the door, follow the instruction, close the door and (START)/+1min key. press the 6. To cook the food weighing more or less than the weights/quantities given in the cooking charts, cook using manual programmes. EXAMPLE: Suppose you want to cook 300 g of fresh vegetables. 1. Press the SENSOR COOK key twice to select Fresh Vegetables. NOTE: After 2 seconds the oven starts automatically.

When the sensor detects the vapour from the food, the remaining cooking time will appear. X2 Please refer to the menu label for list of SENSOR COOK menus and weight ranges. Cup or bowl (for more • Place the bowl in the border of the turntable. Than 200 ml) & • After cooking, stir and let stand covered for microwave plastic wrap approx. 2 mins. NOTE: If you do not use plastic wrap with holes, pierce the wrap 5 times (for bowl) or twice (for cup) with a fork. 0,1 - 0,8 kg Bowl & lid • Cut into small pieces, e. □ After cooking, stir and let the food stand for approx. Place the bowl in the center of the turntable. When the oven stops and the audible signals sound, stir.

□ When the oven stops and the audible signals sound, stir again. Place the bowl in the center of the turntable. When the oven stops and the audible signals sound, stir. □ When the oven stops and the audible signals sound, stir again. □ Put the fish fillets in a quiche dish with the thin ends towards the centre.

□ Spread prepared sauce on fish fillet. For sauce recipes, see page GB-26. When the oven stops and the audible signals sound, stir. □ When the oven stops and the audible signals sound again, mash or just stir. □ After cooking, fill into well cleaned glasses and cover with a twist-off-lid or with preserving film.

NOTE: Use a big casserole dish to prevent the food from spilling over. 5 Fish fillets with sauce (initial temp Fish 5°C Sauce 20°C) Boiling Water 250 ml 550 ml 800 ml 0,4-1,6 kg* fish: 0,2 - 0,8 kg sauce: 0,2 - 0,8 kg Deep casserole dish and microwave plastic wrap * Total weight of fish and sauce 0,5 - 1,5 kg* 3,5 l casserole dish * Total weight of fruit and jelly sugar x5 x6 No. 6 Jam (initial temp 20°C) GB-25 RECIPES FOR SENSOR COOK No. 5 "FISH FILLETS WITH SAUCE" Fish fillet with sauce - Cod fish fillet Provençal Ingredients 20 g butter 100 g mushrooms cut in slices 1 clove garlic (crushed) 50 g spring onion 1 tin (825 g) tinned tomatoes without juice, drain well 1 tsp lemon juice 2 tbsp tomato ketchup ½-1 tsp dried basil, salt and pepper 800 g cod fish fillet

Preparation 1. Cook butter, mushrooms, onions and garlic together in a deep casserole dish for 3-4 mins. Place fish fillet on the vegetables and cover with sauce and some vegetables. Fish fillet with Piquant sauce Ingredients 1 tin (825 g) canned tomatoes, drain 1 tin (280 g) corn 2-3 tsp chilli sauce 40 g onion, finely chopped 3 tsp red wine vinegar ¼ tsp mustard 1 spice thyme 1 spice cayenne pepper 800 g fish fillet (e. Rosefish fillet) in a deep casserole dish and spread the sauce on fish fillet. Fish fillet with Curry sauce Ingredients 40 g butter 30 g chopped almonds 1-2 tbsp curry powder 30 g flour (wholemeal) 40 g raisins 200 g pineapple (small pieces) 125 ml broth 125 ml pineapple juice 150 g sour cream 100 g peas (frozen), salt, pepper 800 g fish fillet (coal fish) Preparation 1. Heat butter, almonds and curry covered for 1-2 mins on 100 P.

2. Add the flour and stir very well. Cook covered for 2-3 mins. Place the fish in a deep casserole dish and pour over the sauce. Fish fillet with Leek and Cheese-sauce Ingredients 50 g butter 175 g spring onion ½ tsp dried Marjoram 40 g flour 500 ml milk 100 g grated Gruyere, salt, pepper 1 tbsp chopped parsley 800 g fish fillet (e. Put butter, onions and Marjoram in a casserole and heat for 3-4 mins on 100 P. 2. Stir in the flour and add the milk. Stir in the cheese, season to taste. 5.

Place the fish fillet in a deep casserole dish and pour the sauce over it. After cooking take out the fish and stir the sauce well. NOTES: 1. These indications are for 1,6 kg. If you want to cook less than 1,6 kg you have to adjust (reduce) the ingredients for the sauce and also the cooking time for the preparation of the sauce.



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2. If you want to make the sauce thicker for cod fillet provençal or fish fillet with piquant sauce, remove the fish after cooking and stir in some sauce thickening powder (please follow manufacturer's instructions). gB-26 ENGLISH ESPAÑOL RECIPES FOR SENSOR COOK No. 6 "JAM" Kiwi - Banana Jam Ingredients 525 g Kiwi 225 g Banana 250 g Jelly sugar (preserving sugar with pectin, 1 sugar : 3 fruits) Preparation 1. Mix the fruits with preserving sugar with pectin and fill into an oval 3,5 l-glass form (pyrex).

After cooking fill into well cleaned glasses and cover with twist-off-lid or with preserving film. nectarine Jam Ingredients 667 g Nectarines 3 tbsp. Lemon juice 333 g Jelly sugar (preserving sugar with pectin, 1 sugar : 2 fruits) 4 tbsp. Cut nectarines into small pieces. Mix them with lemon juice and preserving sugar with pectin. After cooking add orange liqueur, fill into well cleaned glasses and cover with twist-off-lid or with preserving film. Raspberry Jam Ingredients 750 g Raspberries 250 g Jelly sugar (preserving sugar with pectin, 1 sugar : 3 fruits) Preparation 1. Mix raspberries with preserving sugar with pectin and fill into an 3,5 l-glassform (pyrex). After cooking fill into well cleaned glasses and cover with twist-off-lid or with preserving film. Mixed Berries Jam Ingredients 667 g Mixed berries (blackberry, blueberry, raspberry, currant, strawberry) 333 g Jelly sugar (preserving sugar with pectin, 1 sugar : 2 fruits) Preparation 1.

Fill mixed berries and preserving sugar with pectin into an oval 3,5 l-glassform (pyrex) and mix them. After cooking fill into well cleaned glasses and cover with twist-off-lid or with preserving film. NOTE: 1. Please follow the instructions in the SENSOR COOK chart on page GB-25. 2. These instructions are for 1,0 kg. If you want to cook other weights, adjust the ingredients. GB-27 POTATO/INSTANT ACTION The POTATO/INSTANT ACTION functions automatically work out the correct cooking mode and cooking time of the foods illustrated below. POTATO keys 1 2 POTATO keys 1 Boiled Potatoes/Jacket Potatoes 2 French Fried Potatoes INSTANT ACTION keys 3 4 6 5 7 8 What you need to know when using POTATO/INSTANT ACTION : 1. Input the menu by pressing the desired key.

The POTATO/INSTANT ACTION can only be input within 3 minutes after cooking completion, closing the door or pressing the STOP key. 2. To increase the weight press the selected key until the desired weight is displayed. Enter the weight of the food only. Do not include the weight of the container. For food weighing more or less than the weights/quantities given in the cooking charts, cook using manual operation. 3. The programmed cooking times are average times. If you want to alter the cooking times of POTATO/ INSTANT ACTION, use the LESS () or MORE () keys before pressing any key (see page GB-19 for details). For best results use the cooking chart instructions.

4. The oven will start to cook instantly after the weight has been input. WARNING: The oven cavity, door, outer cabinet, accessories and dishes will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns. NOTES: When manipulation is required (eg: to turn food over) the oven will stop and the audible signal will sound, the display will show the necessary action. to continue cooking , press the (START)/+1min key. The final temperature of the food will vary according to its initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time. Always refer to the cooking charts given in the cookery book section. Example: Suppose you want to cook 200 g of French Fried Potatoes (Thick type).

1. Choose the menu and quantity by pressing the FRENCH FRIED POTATO key once. the oven will instantly begin to cook. XI NOTE: Please refer to the menu label for list of POTATO/INSTANT ACTION menus and weight ranges. GB-28 ENGLISH INSTANT ACTION keys 3 Roast Chicken 4 Roast Pork 5 Chicken Legs 6 Pastry Dishes 7 Cake 8 Gratin ESPAÑOL POTATO CHART KEY MENU Boiled/Jacket Potatoes (initial temp 20°C) WEIGHT (Increasing Unit) / UTENSILS 0,1 - 0,8 kg (100 g) Bowl & lid PROCEDURE • Peel the potatoes and cut them into similar sized pieces, if necessary. When the audible signals sound, stir and recover. • After cooking , let stand for 1-2 minutes. French Fried Potatoes (recommended for conventional ovens) (initial temp -18°C) 0,2 - 0,4 kg (50 g) • Place the french fried potatoes in a flan dish Flat round gratin dish or on the high rack. Flan dish & high rack • When the audible signals sound, turn over. NOTE: Use the LESS () key for cooking thin french fried potatoes.

INSTANT ACTION CHART KEY MENU Roast Chicken (initial temp 5°C) WEIGHT (Increasing Unit) / UTENSILS 0,9 - 2,0 kg (100 g) Low rack PROCEDURE • Mix the ingredients and spread on chicken. Pierce the skin of the chicken. Put the chicken breast side down on the low rack. When the audible signals sound, turn the chicken over. Mix all ingredients and spread them on the pork.

Place the pork on the low rack. When the audible signals sound, turn the food over. Mix the ingredients and spread on chicken legs. Pierce the skin of the chicken legs. Put the chicken legs on the high rack with the thin ends towards the centre.

When the audible signals sound, turn the food over. Ingredients for 1,2 kg roast chicken: ½ tsp salt and pepper, 1 tsp sweet paprika, 2 tbsp oil. Roast Pork (initial temp 5°C) 0,6 - 2,0 kg (100 g) Low rack Ingredients for 1 kg rolled lean pork: 1 crushed garlic clove, 2 tbsp oil, 1 tsp sweet paprika, a little cumin powder, 1 tsp salt. Chicken legs (initial temp 5°C) 0,2 - 1,0 kg (0,2 - 0,3 kg: 50 g 0,3 - 1,0 kg: 100 g) High rack Ingredients for 1 kg (5 pieces) chicken legs: 2 tbsp oil, ½ tsp salt, 1 tsp sweet paprika, 1 tsp rosemary GB-29 INSTANT ACTION CHART KEY MENU Pastry Dishes (initial temp 20°C) WEIGHT (Increasing Unit) / UTENSILS PROCEDURE 1,0 - 1,7 kg (100 g) • Prepare the pastry dishes referring to pages Square tin GB-30-31. Preheating is programmed for this menu, Fresh Pizza 1,0 - 1,2 kg leave turntable in the oven during preheating Leek Tart 1,3 kg and cooking. Onion Gateau 1,7 kg • After preheating, place prepared square tin in the shelf rail (rail 2) in the oven. When the audible signals sound, remove NOTE: The tin gets very hot during cooking. The square tin and rotate it 180° and place To avoid burning yourself, use oven in the shelf rail (rail 2) again. Gloves when removing it from the oven. Put a saucer upside down on the low rack and place the baking tin on it.

Remove the cake from the container. • Prepare the gratin referring to page GB-61 or 63. Place the gratin dish on the low rack. After cooking, let stand, covered with aluminium foil for approx. Carrot cake, Gugelhupf, Apple cake with Calvados Gratin (initial temp 20°C) e.



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g. Courgette-pasta gratin, Broccolipotato-gratin with mushrooms 0,5 - 2,0 kg (100 g) Shallow, oval or round gratin dish Low rack RECIPES FOR INSTANT ACTION "PASTRY DISHES" ONION GATEAU Utensils: Bowl with lid (3 l capacity) Square tin greaseproof paper Flour Yeast Egg Milk Salt Butter Onions Streaky bacon Butter Cheyenne pepper Eggs Soured cream Salt Preparation This recipe makes approx. Prepare from the mentioned ingredients a yeast dough. Cover the dough with heat-resistant film or a damp tea-cloth and allow to rise. Peel and dice the onions and the streaky bacon.

Place the butter, the onions and bacon in a bowl, cover and braise for 8-12 minutes on 100 P. pour away the liquid. After cooking cool the mixture and blend the eggs, soured cream and salt into the mixture. Spread the mixture evenly over the pastry case. Let the dough rise again before baking.

5. After preheating, place the square tin on the shelf rail (rail 2) and press start. 6. When the audible signals sound and the oven stops, rotate the square tin by 180°. Ingredients - for the topping GB-30 ENGLISH ESPAÑOL RECIPES FOR INSTANT ACTION "PASTRY DISHES" LEEK TART Utensils: Bowl with lid (3 l capacity) Square tin greaseproof paper Preparation This recipe makes approx.

Cover and cook for 5-8 minutes on 100 P. Mix the flour and the baking powder. Add the egg, the yoghurt, oil and the salt. Blend together using the kneading hook on a hand-held blender. 3. Line the square tin with greaseproof paper. Roll out the dough and place inside the tin. Raise the rim by about 1 cm. 4. Stir the soured cream, eggs and flour together.

Blend the mixture into the leek and spread it evenly over the pastry case. 6. After preheating, place the square tin on the shelf rail (rail 2) and press start. 7. When the oven stops and the audible signal sounds, rotate the square tin by 180°. Ingredients - for the dough 150 g 120 g Wholemeal flour Rye flour (type 1150) (you can use normal flour type 405 instead) 4 tsp. Leek, cut into rings Water Salt Curry powder Soured cream Eggs Wholemeal flour Herb salt Pepper Nutmeg Parsley, chopped finely Chives, chopped into small rings Dill, chopped finely Grated Emmenthal cheese 1 pinch 1 tsp. 135 ml 250 g 250 g 100 g Ingredients - for the topping Preparation This recipe makes approx. Place the flour in a bowl and make a well in the centre. Add the yeast mixture to the flour and stir in gradually.

Cover the dough with heat-resistant film or a damp tea-cloth and allow it to rise. Line the square tin with greaseproof paper. Roll out the dough and place inside the tin. 5. Cover the dough with the tomatoes.

Season to taste and cover with the desired topping. Finally spread over the grated cheese. 6. After preheating, place the square tin on the shelf rail (rail 2) and press start. 7.

When the oven stops and the audible signal sounds, rotate the square tin by 180°. GB-31 RECIPES FOR USING SQUARE TIN/SHELF TURKEY BREAST IN ONION-CREAM SAUCE Total Cooking time: 26-28 minutes Utensils: Square tin Ingredients 1000 g Turkey breast (9 pieces) 1 bag Onion soup mixture (dried, 1 bag for 750 ml) 500 ml Cream 200 g Mushrooms, sliced 9 slices Processed cheese Preparation 1. Cut the turkey breast into similar sized pieces (9) and place on the square tin. 3. Mix together the dried onion soup with the cream (don't add water). add the sliced mushrooms. Pour over the meat and finally cover with the cheese slices. 4. Place the square tin on the shelf rail (rail 2) in the oven and cook for 26-28 minutes on CONVECTION 200°C. 5.

After half of cooking time rotate the square tin by 180°. LASAGNE AL FORNO Total Cooking time: 44-49 minutes Utensils: Bowl with lid (3l capacity) Rectangular gratin dish (35x29 cm) Square shelf Ingredients 600 g Tinned tomatoes 100 g Onion, finely chopped 100 g Ham, finely cubed 1 Clove of garlic, crushed 500 g Minced meat (beef) 4 tps. Cut the tomatoes into slices, mix with the ham and onion cubes, garlic, minced meat and mashed tomato. Season and cook with the lid on for 12-14 minutes on MICROWAVE 100 P. Mix the cream with the milk, Parmesan cheese, herbs, oil and spices. Grease the gratin dish and cover the bottom of the dish with about of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional 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 butterflakes on top and cook on the square shelf on the shelf rail (rail 2) for 32-35 minutes on CONVECTION 230°C.

After cooking, let the lasagne stand for approx. Toast the bread and spread with butter. place one slice of ham on each slice of bread. Slice the pears and place them partly overlapping on the ham. Put 1 tsp cranberry jam on each toast.

5. Cut the Roquefort in pieces and spread on the toasts. 6. Place on the square tin and cook on the shelf rail (rail 1) for 18-20 minutes on CONVECTION 220°C. After half of cooking time rotate the square tin by 180°.

GB-32 ENGLISH ESPAÑOL RECIPES FOR USING SQUARE TIN/SHELF GYPSY'S ARM ROLL Total Cooking time: 22-24 minutes Utensils: Square tin greaseproof paper Ingredients - for the dough 4 125 g 125 g 1 tsp. Eggs Sugar Flour Baking powder (3 g) Milk Stick of cinnamon The peel of a lemon Sugar Starch-flour (20 g) Egg yolks Icing sugar (20 g) Preparation 1. Cream the eggs and sugar using the hand-held blender, until it is frothy with air bubbles. Mix the flour and baking powder and sift over the egg and sugar mixture, then fold in carefully. Line the square tin with greaseproof paper, fill with the cake mixture and bake on the shelf rail (rail 2) for 18-20 minutes on CONVECTION 180°C. After half of cooking time rotate the square tin by 180°, and press again start key. 3. Turn out the cake onto a damp tea-cloth onto which you have sprinkled sugar. Carefully remove the greaseproof paper and immediately roll the cake up using the tea-cloth to assist you. 4.

Place 200 ml of the milk with the cinnamon stick, lemon peel and sugar into the bowl, cover and heat for about 2 minutes on MICROWAVE 100 P. 5. Mix the rest of the milk with the starch-flour and the egg yolk. Take the lemon and cinnamon out of the milk, and stir in the starch-flour mixture. cover and cook. Stir half-way through and at the end of cooking. Unroll the cake, brush on the cream mixture and then carefully roll it up again. dust with icing sugar. Ingredients - for the topping LINZER BISCUITS Total Cooking time: 10-11 minutes Utensils: Square tin Square shelf Bottom of a round baking tin (28 cm) greaseproof paper Preparation 1. Line the square tin and the bottom of the baking tin with greaseproof paper.

Place 20 biscuits on the square tin and 12 pieces on the round baking tin. Place the square tin on the shelf rail (rail 2) and the square shelf with the round baking tin on the shelf rail (rail 1) and bake for 10-11 minutes on CONVECTION 200°C.



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TIPS AND TECHNIQUES BEFORE YOU BEGIN... To make the use of your microwave as easy as possible, please read the following notes and tips: Only turn your microwave on when food is placed inside the cooking chamber. 5°C, room temperature about 20°C). we assume a temperature of -18°C for thawing frozen foods. Popcorn must only be made in special popcorn containers suitable for use in microwave. Adhere exactly to the manufacturer's instructions. Do not use regular paper containers or glass cookware. Do not cook Eggs in their shell. Pressure will build inside the shell, which could lead to an explosion of the egg. Pierce the egg yellow with a fork prior to cooking. Do not heat oil or grease used for frying in the microwave. The oil temperature cannot be controlled. The oil could splatter. Do not heat closed vessels, like jars or cans. The pressure could cause such vessels to explode. (Exception: Canning/ Preserves).

ENTER THE TIME Times for thawing, heating and cooking are usually much shorter than in a conventional stove or oven. Please adhere to the times recommended in this cookbook. You should enter a shorter time rather than a longer one. After cooking, test for doneness. It is better to add some time after testing for doneness than to overcook the food. (of the foods. Use salt sparingly and salt your foods only after cooking. Salt will retain fluid and dry out the surface. Herbs and spices can be used as usual. heat drinks (Coffee, Water, Tea, etc. This temperature can be measured with a food thermometer. Fork: Fish can be tested with a fork. if it is overdone, it is dry and tough. Insert the wood stick and pull it out. If it remains clean and dry, the food is done. Many vitamins and minerals will remain in the food. You can measure this interior temperature with a food thermometer. The most important temperatures are listed in the temperature table. Steam can release without shattering the skin or shell. Cover such parts with aluminum foil or place them with the fatty side down.

gB-39 TIPS AND TECHNIQUES BLANCH VEGETABLES Vegetables should be blanched prior to freezing. This retains the quality and aroma of the food. process: Wash and cut the vegetable. Put 250 g vegetables and 275 ml water into a bowl, cover and heat for 3-5 minutes. Put blanched foods immediately into ice water to stop the foods from cooking and allow to drip dry. seal the blanched vegetables in an airtight container and freeze. **IRREGULAR SHAPED FOODS** should be placed with the thicker or more compact side to the outside. Broccoli) should be placed with the stems toward the outside. Thicker parts will require a longer cooking time and will receive more microwave energy when placed on the outside. The food will be cooked more evenly.

PRESERVING FRUIT AND VEGETABLES Preserving fruits and vegetables using your microwave is quick and easy. Special jars, sealing rings and clamps suitable for microwave use are available. the manufacturers will supply detailed user instructions. **STIRRING** Foods must be stirred, because microwaves reach the outer areas first. Stirring will even the temperature and the food will be more evenly heated. **SMALL AND LARGE AMOUNTS** The microwave times are dependent on the amount of food you thaw, heat or cook. This means that small portions will be done faster than large ones. Pudding molds, cups or potatoes, should be placed in a ring-shape on the turntable. Leave some space between portions, so that the microwave energy will penetrate the food from all sides. **HIGH AND FLAT CONTAINERS** Both containers will have the same capacity, but cooking will take longer in the high container than in the flat one.

We recommend that you use flat containers with a large surface whenever possible. Use high containers only for foods that might boil over, e. **TURNING** Medium size parts, like mincemeat and steaks, should be turned over once during the cooking process to shorten the cooking time. Large pieces, like roast and chicken, should be turned over because the topside will receive more microwave energy than the bottom side, it could dry out if it is not turned. **STANDING TIME** Allowing standing time is one of the most important rules of microwave cooking.

Almost all foods thawed, heated or cooked in the microwave require a short or longer standing time, which allows the equalization of temperature. Fluids then can evenly flow through the food. **ROUND AND OVAL CONTAINERS** Foods in round or oval containers cook more evenly than foods in square containers, because the microwave energy concentrates in corners. The food located in the corner will overcook. **COVERS** Covering your food will help retain moisture and shorten the cooking time.

Use a lid, microwave foil or a cover cap. Roast or chicken, should not be covered. Follow this rule: If it should be covered when using a conventional stove, it should be covered in the microwave. If it is cooked uncovered on a conventional stove, it should also be cooked uncovered in the microwave. **GB-40 ENGLISH ESPAÑOL HEATING** • Ready-to-eat meals in aluminum containers should be removed from the container and heated on a plate or a bowl. Foods should be covered with microwave foil, plates or cover caps (sold in stores) to prevent the surface from drying out. Drinks should not be covered. Remove the lid of tightly closed containers. When cooking fluids like water, coffee, tea or milk, insert a glass stick into the container. • If possible, stir larger amounts occasionally to even the temperature.

All times are listed for foods at a room temperature of 20°C. The heating time will increase slightly for foods at refrigerator temperatures. Allow foods to stand for 1-2 minutes after heating to allow the temperature to even out throughout the food (standing time). All times are guidelines and can vary depending on initial temperature, weight, water content, fat content and the desired final state of the food. **thAWING** The microwave is ideal for thawing foods. Time required for thawing is usually much shorter than when thawing foods with conventional methods. some tips. Remove the frozen food from its wrapping and put it on a plate. **TURNING/STIRRING** Almost all foods must be turned or stirred once. Parts sticking to each other should be separated as soon as possible and rearranged.

WRAPPING AND CONTAINERS Wrappings and containers suitable for use in microwave and also freezing (up to about -40°C) and heat resistant (up to about 220°C) are very appropriate for thawing and heating foods. You can use such material for thawing, heating and cooking without having to transfer the food to other containers. **SMALLER AMOUNTS...** twill thaw more evenly and quicker than large amounts. We recommend that you freeze your food in small portions. You can quickly and easily create a whole menu.

DELICATE FOODS, like tortes, cream, cheese and bread should not be completely thawed. Only the outer surface should be thawed, the rest of the food should thaw at room temperature.



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