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You can read the recommendations in the user guide, the technical guide or the installation guide for SHARP R24STM. You'll find the answers to all your questions on the SHARP R24STM in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual SHARP R24STM
User guide SHARP R24STM
Operating instructions SHARP R24STM
Instructions for use SHARP R24STM
Instruction manual SHARP R24STM



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..... @@@@ Customers without Internet access may telephone 08705 274277 during office hours, or from Ireland (01) 676 0648.

1 R-24STM O/M + CkBk 5/4/01 8:39 am Page 2 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) OVEN AND ACCESSORIES 1 2 3 4 9 1 2 3 4 5 6 7 8 9 10 11 12 Menu label Control panel Oven lamp Door opening handle Waveguide cover (DO NOT REMOVE) Seal packing Oven cavity Door seals and sealing surfaces Door latches Ventilation openings 12 Outer cabinet Power cord 8 7 6 5 10 11 ACCESSORIES: Check to make sure the following accessories are provided: (13) Turntable (14) Roller stay (15) Seal Packing Place the roller stay in the seal packing on the floor of the cavity. Then place the turntable on to the roller stay. To avoid damage to the turntable, when removing dishes/containers from the microwave oven, please ensure that you lift them clear of the turntable rim. 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. 13 14 15 2 R-24STM O/M + CkBk 5/4/01 8:39 am Page 3 Website: <http://www.sharp.co.uk/support>

Help Line: 08705 274277 (office hours) CONTROL PANEL 1. 2. DIGITAL DISPLAY EXPRESS COOK button: Use for programming the EXPRESS COOK menus 1 - 7. EXPRESS DEFROST buttons: Use to defrost foods stated.

START/AUTO MINUTE button: Press to start a programme. Press to cook on 100P for 1 minute or increase time during cooking in multiples of 1 minute. STOP/CLEAR button: Press once to stop a programme, twice to cancel a programme. TIME/WEIGHT knob: Use to enter the cooking time or weight. You can rotate clockwise or anti-clockwise. POWER LEVEL button: Press to select the microwave power level. 3. 4. 1 5. 2 6.

7. 3 7 4 5 6 3 R-24STM O/M + CkBk 5/4/01 1:57 pm Page 4 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) INSTALLATION WARNING: Inspect the Oven: · Check the oven carefully for damage before and regularly after installation. · Make sure the door closes properly, that it is not misaligned or warped. · Check the hinges and door safety latches are not broken or loose. · Ensure the door seal and sealing surfaces are not damaged. · Inspect the oven interior and door for dents. IMPORTANT: If any damage is apparent, do not operate the oven in any way. Contact your dealer or a SHARP authorised service facility. (see p. 33) 1. Remove all packing materials including the feature sticker (if applicable). Do not remove the plastic film from the inside of the oven window as this protects it from dirt.

The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. DO NOT REMOVE. 2. Place oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven. 3. The minimum height of free space necessary above the top surface of the oven is 15cm. 15cm BUILDING-IN-KIT. This oven is not designed to be built into a kitchen unit. IMPORTANT! ELECTRICAL CONNECTION. · Do not allow water to come into contact with the power supply cord or plug. · Insert the plug properly into the socket. · Do not connect other appliances to the same socket using an adaptor plug. · If the plug or socket is loose or the power supply cord is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service facility. · When removing the plug from the socket always grip the plug, never the cord as this may damage the power supply cord and the connections inside the plug.

· If the fitted mains plug to your oven is a rewirable type and in the unlikely event of the socket outlet in your home not being compatible with the plug

supplied, remove the plug and fit an appropriate type, observing the wiring code given in 'To replace the mains plug' on page 32. If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off. · If the plug fitted to your oven is a non-rewirable plug and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring code given in 'To replace the mains plug' on page 32. Danger: The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner. Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.



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The plug must not be used without the fuse cover fitted. If you have any doubt about your microwave oven obtain the help of a qualified electrician. When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician. 4.

Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven. 5. Make sure the power supply cord is undamaged (See "Electrical Connection" opposite) and that it does not run under the oven or over any hot or sharp surfaces.

6. The socket must be readily accessible so that it can be easily unplugged in an emergency. 7. Do not use the oven outdoors. **WARNING: THIS APPLIANCE MUST BE EARTHED** To wire an appropriate plug, follow the wiring code given in 'To replace the mains plug' on page 32.

4 R-24STM O/M + CkBk 5/4/01 8:39 am Page 5 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **IMPORTANT SAFETY INSTALLATION INSTRUCTIONS IMPORTANT SAFETY INSTRUCTION READ CAREFULLY AND KEEP FOR FUTURE REFERENCE** Oven Use: · The oven is for domestic food preparation only. · Never operate when empty. · Do not leave or store anything inside the oven when not in use. · Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches. · Never operate the oven with any object caught in the door. · Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.

· If water or food drops inside the air vent openings switch off the oven immediately, unplug it and call a SHARP approved service facility. (See page 33). · Never move the oven while it is operating. Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

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. Fire: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames. Liquids: Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/reheating, let liquid stand in the oven after cooking. **MAFF HEATING CATEGORY** The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

Microwave output power in Watts (based on international (IEC 60705) standard). Letter representing the oven heating category. 800W E Microwave Symbol. **OVEN OUTPUT POWER OVEN OUTPUT CATEGORY** Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category.

The higher the output power and heating category of the oven the less heating time is required. As shown opposite. Less heating time required 600 700 800 900 1000 Watts More heating time required Less heating time rconds. x1 and hold for 3 seconds. 4.

To enter the minutes rotate the TIME/WEIGHT knob clockwise until 35 is displayed. x1 5. To start the clock press the POWER LEVEL button once. x1 Check the display. x1 NOTES: · If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show when cooking is complete. · If the electrical power supply to your microwave oven is interrupted, the display will intermittently show: after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased. · When you want to reset the time of day, follow the above example again.

7 R-24STM O/M + CkBk 5/4/01 8:39 am Page 8 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **HOW TO OPERATE THE OVEN** Opening and closing the door: To open the oven door, pull the door opening handle. Starting the oven: Prepare and place food in a suitable container onto the turntable or place directly onto the turntable. Close the door and press the START/AUTO MINUTE button. Stopping the oven: If you wish to stop the oven during cooking press the STOP/CLEAR button once or open the oven door. If you wish to cancel the cooking programme, press the STOP/CLEAR button twice. Setting the cooking time: Your oven can be programmed for up to 90 minutes. (90.

00) The input unit of cooking (defrosting) time varies from 10 seconds to 5 minutes. It depends on the total length of the cooking (defrosting) time as shown on the table. Example: To cook for 2 minutes and 30 seconds on 70P microwave power. 1. To enter the cooking time, rotate the TIME/WEIGHT knob until the desired time is displayed.

2. To input the power level press the POWER LEVEL button twice. 3. Press the START/AUTO MINUTE button once to start cooking. Cooking time 0-5 minutes 5-10 minutes 10-30 minutes 30-90 minutes Increasing unit 10 seconds 30 seconds 1 minute 5 minutes x2 x1 The display will count down through the set cooking time.

NOTES: · When the door is opened during cooking, the cooking time on the display stops automatically. The cooking time starts to count down again when the door is closed and the START/AUTO MINUTE button is pressed. · When oven operation has finished, the time of day will reappear on the display, if the clock has been set. · If you wish to know the power level during cooking, press the POWER LEVEL button. As long as your finger is touching the button the power level will be displayed. · You can rotate the TIME/WEIGHT knob clockwise or counter-clockwise. If you rotate the knob counterclockwise, the cooking time will decrease from 90 minutes by units of time. 8 R-24STM O/M + CkBk 5/4/01 8:39 am Page 9 Website: <http://www.sharp.co>.

[uk/support](http://www.sharp.co.uk/support) Help Line: 08705 274277 (office hours) **EXPRESS COOK/EXPRESS DEFROST** EXPRESS COOK/EXPRESS DEFROST enables you to cook 7 EXPRESS COOK or defrost 3 EXPRESS DEFROST menus listed in the charts on pages 10 - 11. Follow the example below for details on how to operate these functions. Example 1: To cook medium Roast Beef weighing 1.5kg from frozen, using EXPRESS COOK. 1. Press the EXPRESS COOK button once. 2. Enter the weight by rotating the TIME/WEIGHT knob until the desired weight is displayed.



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3. Press the START/AUTO MINUTE button once to start cooking.

x1 x1 The display will count down through the cooking time. Selecting the Menu: The menu will be changed automatically by holding down the EXPRESS COOK button as well as by pressing until the desired menu appears. Example 2: To defrost a Meat Joint weighing 1.5kg, using EXPRESS DEFROST. 1. Press the MEAT JOINT button once. 2. Enter the weight by rotating the TIME/WEIGHT knob until the desired weight is displayed. 3. Press the START/AUTO MINUTE button once to start defrosting.

x1 x1 The display will count down through the defrosting time. 9 R-24STM O/M + CkBk 5/4/01 8:39 am Page 10 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) EXPRESS COOK CHART WEIGHT RANGE: · Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg or 0.34kg to 0.3kg.

· You are restricted to enter a weight within the range (see the following charts). · To cook/defrost weights above or below that range or foods not included in the charts below, refer to the charts in the Cookbook section. NOTES: · When action is required (example, to turn food over), the oven stops, the audible signals sound, the remaining cooking time and an indicator will flash on the display. To continue cooking, press the START/AUTO MINUTE button. · The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually. · When freezing foods for EXPRESS COOK, ensure food is fresh and of good quality. · If you use the AUTO MINUTE function during EXPRESS COOK/EXPRESS DEFROST operation, the food may be overcooked. EXPRESS COOK MENU EC-1 Frozen Roast Beef/Lamb WEIGHT RANGE 0.

5kg - 1.5kg COOKING PROCEDURE · Place meat in a flan dish on the turntable. · Turn meat over when the audible signal sounds. · After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. · Place meat in a flan dish on the turntable.

· Turn meat over when the audible signal sounds. · After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. · Place poultry breast side down in a flan dish on the turntable. · Turn poultry over when the audible signal sounds. When cooking frozen poultry with giblets, remove the giblets at first or second turn over.

· After cooking, leave poultry to stand wrapped in foil for 10 minutes. NOTE: This menu is only suitable for cooking whole poultry. · Pierce skin a few times and place poultry breast side down in a flan dish on the turntable. · Turn poultry over when the audible signal sounds. · After cooking, leave poultry to stand wrapped in foil for 10 minutes. NOTE: This menu is only suitable for cooking whole poultry. · Pierce each potato in several places and place towards the edge of the turntable. · Turn food over when the audible signal sounds. · Stand, wrapped in aluminium foil for 5 minutes. x1 EC-2 Chilled Roast Beef/Lamb 0.

5kg - 1.5kg x2 EC-3 Frozen Roast Poultry 1.2kg - 1.6kg x3 EC-4 Chilled Roast Poultry 1.2kg - 1.6kg x4 EC-5 Jacket Potatoes 1 - 4 pieces (1 potato = approx. 250g) x5 10 R-24STM O/M + CkBk 5/4/01 8:39 am Page 11 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) EXPRESS DEFROST CHART EXPRESS COOK MENU EC-6 Rice / Pasta WEIGHT RANGE 0.

1kg - 0.3kg COOKING PROCEDURE · Add 300ml (1/2 pint) boiling water per 100g (4oz) rice/pasta. · Do not cover. · Stir when the audible signal sounds. · Stand for 2 minutes before draining and rinsing in boiling water.

· Prepare the cake referring to the recipes on page 30. · Place the prepared dish on the turntable. · Stand for approx. 10 minutes after cooking. · Remove from the cake dish.

NOTE: This menu has one setting for 0.7kg. It is not necessary to enter the weight. When you select this menu, the display will show 0.7 kg automatically. x6 EC-7 Cake 0.7kg x7 EXPRESS DEFROST MENU Meat joint: Beef/Lamb/Pork WEIGHT RANGE 0.5kg - 1.5kg COOKING PROCEDURE · Place meat in a flan dish on the turntable. · Turn over when audible signal sounds.

· Stand, wrapped in foil, for 60 - 90 minutes until evenly defrosted. · Place minced meat in a flan dish on the turntable. · Turn over and remove defrosted parts when the audible signal sounds. · Stand (if required), covered with foil, for 15 - 30 minutes until evenly defrosted. · Place poultry breast side up in a flan dish on the turntable. · Turn over when the audible signal sounds. · Stand, wrapped in foil, for 60-90 minutes until evenly defrosted. Minced Meat Beef/Lamb/Pork 0.2kg - 0.8kg Whole Poultry 1.

2kg - 1.6kg For converting to Lb/oz see the conversion chart on page 18. Weigh all meat and poultry prior to defrosting and cooking as the labelled weight is only approximate. Defrost: If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting.

Ensure the foil does not touch the oven walls. Do not cook the meat or poultry until thoroughly defrosted. NOTES: To defrost foods not included in the EXPRESS DEFROST chart (above), use Microwave Power levels 30P or 10P. Stir or turn food at least 2 - 3 times during defrosting. After defrosting, cover food or wrap in aluminium foil and leave to stand until thoroughly defrosted.

Refer to the defrosting chart in the cookbook section on Page 19. 11 R-24STM O/M + CkBk 5/4/01 8:39 am Page 12 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) CONVENIENT FUNCTIONS 1. MULTIPLE SEQUENCE COOKING: A sequence of 3 stages (maximum) can be programmed. Example: To cook for: 5 minutes on 100P power 16 minutes on 30P power (Stage 1) (Stage 2) 2. To input the power level press the POWER LEVEL button once. STAGE 2 3. To enter the cooking time, rotate the TIME/WEIGHT knob until the desired time is displayed.

STAGE 1 1. To enter the cooking time, rotate the TIME/WEIGHT knob until the desired time is displayed. x1 4. To input the power level press the POWER LEVEL button 4 times. 5. Press the START/AUTO MINUTE button once to start cooking. x4 x1 The oven will begin to cook for 5 minutes on 100P and then for 16 minutes on 30P. NOTE: If 100P is selected as the final power level, it is not necessary to input the power level. 2. AUTO MINUTE: AUTO MINUTE enables you: · To cook on 100P microwave power in multiples of 1 minute.

· To extend cooking time in multiples of 1 minute. Example: To cook on 100P for 2 minutes, press the START/AUTO MINUTE button twice. x2 NOTES: · The AUTO MINUTE function for direct start, can only be input within 3 minutes after cooking completion, closing the door or pressing the STOP/CLEAR button.



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The cooking time may be extended to a maximum of 99 minutes. 12 R-24STM O/M + CkBk 5/4/01 8:39 am Page 13 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **SUITABLE COOKWARE** When microwaving, use only those utensils suitable for microwave cookery as indicated below: A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in corners tends to overcook. **COOKWARE** Browning dishes & self-heating packages.

SUITABLE FOR MICROWAVING YES Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. Popcorn: Only use microwave popcorn in recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed. **NO Metal cookware.** Aluminium foil & foil containers, made from "Micro Foil®". **YES/NO** Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg.

MicroFoil®, follow instructions carefully. **YES** Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware®). Microwave-safe plastic cookware. **YES** Microwave cling film, microwave roasting bags. **YES** Microwave cling film and bags must be vented for steam to escape, pierce in 4 - 5 places. Do not use plastic or metal ties as they may melt or catch fire due to electrical 'arcing'. Heat-resistant china and ceramics. **YES** Except for dishes with metallic decoration.

13 R-24STM O/M + CkBk 5/4/01 8:39 am Page 14 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **SUITABLE COOKWARE** Disposable containers: Thin plastic, paper, straw and wooden containers. **SUITABLE FOR MICROWAVING YES** Always attend the oven closely.

Look at the oven from time to time when cooking or reheating food in disposable containers of plastic, paper or other combustible material. Only use for warming food. Pay special attention as overheating may cause a fire in your oven. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. **YES** Always attend the oven closely.

Only use to absorb fat and moisture when warming food. Pay special attention as over-heating may cause a fire in your oven. Kitchen paper. **FOOD HANDLING AND PREPARATION** Face & Hands: Always use oven gloves to remove food or cookware from the oven. @@@@ Stir, turn & stand For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting. Initial and final temperature of food The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns. Composition & quality Food high in fat or sugar (Christmas pudding or mince pies) requires less heating time and should be watched, over-heating can lead to fire. Good quality ingredients should be used for microwaving. Economical cuts of meat are recommended for casserole. 14 R-24STM O/M + CkBk 5/4/01 8:39 am Page 15 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **FOOD HANDLING AND PREPARATION** Piercing Food with skin (such as potatoes, apples, fish, chicken), or with membrane (such as the white and yolk of eggs, including boiled eggs), must be pierced in several places before cooking or reheating.

If not, steam will build up and may cause food to explode. Note: Eggs in their shells and whole hard boiled eggs should not be heated in the microwave ovens since they may explode even after microwaving has ended. Arrangement Place thickest parts of food on the outside of the dish, for example, the meaty ends of chicken drumsticks should be placed on the outside of the dish. Covering Fish, vegetables and certain other foods benefit from being covered during microwave cookery, follow recommendations where given and use vented microwave cling film or a suitable lid. Size & shape Food size and shape affect the amount of cooking time needed.

When cooking more than one portion of the same food ensure they are of a similar size and shape. Density & Food density and quantity affect the amount of cooking time quantity needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two. Hygiene Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date. **ADVICE FOR COOKING WARNING** - Always attend the oven when in use.

Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven. The microwave power level will default to 100P unless you press the **POWER LEVEL** button to reach the desired setting. Take care when heating foods with high sugar or fat content, for example, Christmas pudding, mince pies and fruit cakes (see reheating chart in the cookbook section for guidance). Before use, the user should check that utensils are suitable for use in microwave ovens. Lids: Always remove lids from food jars and containers before you use them in the oven. If you do not, steam and pressure will build up inside and the container may explode. Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode. 15 R-24STM O/M + CkBk 5/4/01 8:40 am Page 16 Website: <http://www.sharp.co.uk/support>

[sharp.co.uk/support](http://www.sharp.co.uk/support) Help Line: 08705 274277 (office hours) **ADVICE FOR DEFROSTING** Meat joints Place in a flan dish, turn over at least 4 - 5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 60 - 90 minutes, until thoroughly defrosted. Poultry Place in a flan dish, turn over at least 3 - 4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 60 - 90 minutes, until thoroughly defrosted. **NOTE:** Do not defrost poultry with giblets. Steak, Chops & Chicken Portions Place in a flan dish, separate during defrosting and turn over at least 2 - 3 times.



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Shield if necessary. Cubed & Minced Meat Place in a flan dish, stir or turn over at least 3 - 4 times during defrosting, remove defrosted parts each time. Please refer to chart on page 19, or the 'Express Defrost' chart on page 11. Whole fish & Fillets Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary. Prepacked Frozen Foods Remove packaging, including any foil and place in a suitable dish. NOTES: · To defrost food, use either 30P or 10P microwave power.

· Shield warm areas with small pieces of foil if necessary. · It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting. · Standing time is necessary to ensure thorough defrosting. · Ensure food is thoroughly defrosted before use. 16 R-24STM O/M + CkBk 5/4/01 8:40 am Page 17 Website: <http://www.sharp.co.uk/support>

Help Line: 08705 274277 (office hours) ADVICE FOR REHEATING WARNINGS: Oil & Fat: Never heat oil or fat for deep frying as this may lead to overheating and fire. · Remove food from foil or metal containers before reheating. · Ensure food is thoroughly reheated before serving. · Stir frequently to ensure even reheating. · Turn over halfway through. NOTE: Ensure poultry is thoroughly reheated, before serving. Sliced meat Cover with vented microwave cling film and reheat on 50P. Rearrange at least once to ensure even reheating.

NOTE: Ensure meat is thoroughly reheated before serving. Pies Place pies on a plate or in a flan dish. · Defrosting Charts: Meat, poultry, fish & fruit Cooking Charts Meat, poultry & fish .

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... Fresh & frozen vegetables & fruit Rice, pasta & eggs . .
. Reheating Chart . .

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.. Recipes . . .

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...18..

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...19.....

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..... @@@@ Use either set but not a combination of both measures.

· Cooking times in the charts and recipes are based on standard conditions. Cooking results will vary according to the condition of foods, utensils and the oven. Please check the cooking result and, if necessary, adjust cooking times accordingly. · Serve all dishes immediately unless otherwise stated. · Butter and margarine can be interchanged on recipes, as preferred. · Half-fat, skimmed or full-fat milk may be used in all recipes, as preferred. · Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve. · Chilled foods are to be cooked from 5°C. **DO NOT COOK FROM FROZEN.** · Ambient/fresh/dried/canned foods are to be cooked from 20°C.

DO NOT COOK FROM FROZEN. · Frozen foods are to be cooked from -18°C. **CONVERSION CHARTS WEIGHT MEASURES** 15g 25g 50g 100g 175g 225g 450g 1/2oz **VOLUME MEASURES** 30ml 100ml 150ml 300ml 600ml 1fl oz 3fl oz 5fl oz (1/4pt) 10fl oz (1/2pt) 20fl oz (1pt) **SPOON MEASURES** 1.25ml 2.5ml 5ml 15ml teaspoon 1 teaspoon 1 tablespoon 1/4 2 1oz 2oz 4oz 6oz 8oz 1lb 18 R-24STM O/M + CkBk 5/4/01 8:40 am Page 19 Website:

<http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **DEFROSTING CHART FOOD Meat Joints (Beef,Lamb,Pork) Minced Meat DEFROST MICRO TIME POWER LEVEL** 28 - 30 Minutes/ 450g (1lb) 10 - 12 Minutes/ 450g (1lb) 10P Stage 1: 30P Stage 2: 10P w **METHOD** Place in a flan dish. Turn over 4-5 times during defrosting. Shield.
q **STANDING TIME** 60 - 90 Minutes 15 - 30 Minutes Place on a plate. Use sequence programming. Stage 1: Defrost on 30P for the first quarter of cooking time. Stage 2: Defrost on 10P for the remaining cooking time. Turn over 3-4 times, removing defrosted mince each time. Place in a flan dish. Turn 2-3 times, 25 - 30 Minutes separate during defrosting. Shield. Place in a flan dish. Turn 2-3 times, 25 - 30 Minutes separate during defrosting. Shield. Place in a flan dish. Turn 2-3 times, 15 - 20 Minutes separate during defrosting. Shield. 5 - 10 Minutes Place on a plate. Separate and rearrange twice during defrosting. Shield.

Place on a plate. Turn over and separate twice during defrosting. 15 - 20 Minutes **Steak 2cm (3/4") thick Chops Liver Sausages Bacon Beefburgers** 11 - 12 Minutes/ 450g (1lb) 20 Minutes/ 450g (1lb) 9 - 10 Minutes/ 450g (1lb) 10 - 12 Minutes/ 450g (1lb) 10 - 12 Minutes/ 450g (1lb) 10 - 12 Minutes/ 450g (1lb) 30P 30P 30P 30P 30P 10P 30P 30P 30P 30P 30P 30P **Whole Poultry** 20 - 22 Minutes/ (Chicken,Turkey,Duck) 450g(1lb) **Chicken Portions Chicken/Turkey Breasts & Drumsticks Minced Turkey Whole Fish (Trout, Mackerel) Fish Fillets/Steaks Apples/Blackcurrants Redcurrants/Raspberries Blackberries/Gooseberries Rhubarb/Strawberries Bread (sliced) Pastry (Puff or Shortcrust) Meat & Fruit Pies (cooked) w q** Place in a flan dish. Turn 4-5 times, 60 - 90 Minutes during defrosting. Shield. Place in a flan dish. Turn 2-3 times, 25 - 30 Minutes separate during defrosting. Shield. Place in a flan dish. Turn 2-3 times, 15 - 30 Minutes separate during defrosting. Shield. 15 - 20 Minutes Place in a bowl. Turn 3-4 times, removing defrosted mince each time. Place in a flan dish. Separate and rearrange twice during defrosting. Shield. Place in a flan dish. Separate and rearrange twice during defrosting. Shield. 15 Minutes 15 Minutes 8 - 9 Minutes/ 450g (1lb) 10 - 12 Minutes/ 450g(1lb) 10 - 12 Minutes/ 450g(1lb) 8 - 9 Minutes/ 450g(1lb) 8 - 9 Minutes/ 450g (1lb) 7 - 8 Minutes/ 450g(1lb) Place in a dish. Stir during defrosting. 15 - 20 Minutes Shield. 6 Minutes/ 400g(14oz) 5 Minutes/ 450g(1lb) 7 - 8 Minutes/ large pie 30P 30P 30P Place on the turntable. Separate and 5 - 10 Minutes rearrange during defrosting. Place on a plate. Turn over half way 10 - 15 Minutes through defrosting. 15 - 20 Minutes Remove from foil container. Place in a flan dish. Method: If shielding is necessary, use small pieces of foil. Poultry: Chicken, turkey and duck must be defrosted without giblets.

Standing Time: During recommended standing time, wrap or cover food with foil. 19 R-24STM O/M + CkBk 5/4/01 8:40 am Page 20 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **COOKING CHARTS FOOD Beef (rare) (Topside, Silverside) Beef (medium) (Topside, Silverside) Beef (well done) (Topside, Silverside) Beefburgers Minced Meat Sausages (thick) Sausages (thin) Lamb (Fillet, Shoulder, Leg) Lamb Chops Pork (Loin, Leg) Pork Chops (with bone) Pork chops (boneless) Gammon Joint Bacon COOKING MICRO TIME POWER LEVEL** 10 - 11 Minutes/ 450g (1lb) 13 - 14 Minutes/ 450g (1lb) 16 - 17 Minutes/ 450g (1lb) 10 Minutes/ 450g (1lb) 8 Minutes/ 450g (1lb) 3 - 8 Minutes/ 2 - 8 sausages 2 - 5 Minutes/ 2 - 8 sausages 16 - 17 Minutes/ 450g (1lb) 10 - 11 Minutes/ 450g (1lb) 20 - 21 Minutes/ 450g (1lb) 18 - 19 Minutes/ 450g (1lb) 14 - 15 Minutes/ 450g (1lb) 19 - 20 Minutes/ 450g (1lb) 3 Minutes/ 2 - 4 slices 70P 70P 70P 70P 70P 100P 100P 70P 70P 70P 70P 70P 100P 70P 70P 100P **METHOD** Place in a flan dish.



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Whisk mixture and cook again on 100P for 1 minute. 1 Melt the butter in a bowl on 70P for 30 seconds.

2 Add the eggs, milk and seasoning and mix well. 3 Cook on 70P for 2 minutes, stirring every 30 seconds. 30 Seconds Scrambled 15g (1/2oz) butter 2 eggs (size 3) 30ml (2tbsp) milk salt & pepper 70P Cooking Time: Cooking time is constant for any quantity of rice or pasta, quantity of boiling water has to be adjusted according to quantity of rice or pasta, see Method. q Standing Time (rice & pasta only): After standing, rinse in boiling water prior to serving. 22 R-24STM O/M + CkBk 5/4/01 8:40 am Page 23 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) REHEATING CHART FOOD Canned foods (Soup, Baked beans, Spaghetti, Vegetables) Bread rolls/ Croissants Christmas pudding Sausage rolls (cooked, chilled approx. 50g (2oz) each) Quiche, (cooked, chilled) Meat pie (cooked, chilled) Fruit pie (cooked, chilled) COOKING TIME 6 - 7 Minutes/ 425g (15oz) can 40 - 50 Seconds/ 2 croissants/ 2 rolls MICRO POWER LEVEL 70P METHOD Remove from can. Place in a dish and cover.

Stir halfway through cooking. Place on kitchen roll. Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Place in a flan dish. Do not exceed cooking time advised by food manufacturer. STANDING TIME 2 Minutes 70P 70P Nil 30 Seconds 30 Seconds 40 Seconds/125g (5oz) slice 1 Minute/175g (6oz) pudding 50 Seconds/2 sausage rolls 1 Minute/4 sausage rolls 2 Minutes/6 sausage rolls 5 - 6 Minutes/small quiche 7 - 8 Minutes/large quiche 5 - 6 Minutes/small pie 9 - 10 Minutes/large pie 20 - 30 Seconds/50g - 70g 4 - 5 Minutes/450g (1lb) 6 - 7 Minutes/600g (1lb 5oz) 70P 70P 50P Place directly on the turntable or in a flan dish. 1 - 2 Minutes 2 - 3 Minutes Remove from foil container and place 2 - 3 Minutes 3 - 4 Minutes in flan dish or on plate. 1 Minute Remove from foil container and place 1 - 2 Minutes in flan dish or on plate. 2 - 3 Minutes NOTE: Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies.

DO NOT EXCEED THE REHEATING TIMES GIVEN IN THE CHART ABOVE. RECIPES AVOCADO AU GRATIN Serves 2 or 4 Preparation time - 8 minutes 50g (2oz) butter 50g (2oz) fresh breadcrumbs 50g (2oz) cooked ham, finely chopped 90ml (6 tbsp) double cream salt and pepper to taste 5ml (1 tsp) fresh parsley, chopped 2 large ripe avocados 15ml (1 tbsp) lemon juice 50g (2oz) cheese, grated fresh parsley sprigs to garnish 1 Place the butter in a bowl and heat on 100P for 30 seconds. Stir in the breadcrumbs and ham. Add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley.

Cook on 100P for 3 - 4 minutes. 2 Cut the avocados in half. Remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture. 3 Place the filled avocados in a flan dish and sprinkle with the grated cheese.

4 Cook on 100P for 1 minute, until the cheese has melted. Garnish with sprigs of fresh parsley. 23 R-24STM O/M + CkBk 5/4/01 8:40 am Page 24 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) RECIPES GARLIC MUSHROOMS Serves 6 Preparation time - 4 minutes 50g (2oz) butter 3 cloves garlic, crushed 175g (6oz) mushrooms, quartered 5ml (1 tsp) fresh parsley, chopped Variation: Garlic Prawns: Substitute mushrooms with 250g (9oz) tiger prawns, cooked and peeled. 1 Heat the butter on 100P for 20 - 30 seconds. Stir in the garlic and cook on 100P for a further 30 seconds. 2 Stir in the mushrooms and parsley and cook on 50P for 10 minutes, stirring 2 - 3 times. Serve in ramekin dishes with French bread.

TOMATO & ORANGE SOUP Serves 4 Preparation time - 10 minutes 25g (1oz) butter 125g (5oz) onion, chopped 1 large carrot, finely chopped 1 large potato, finely chopped 800g (13/4lb) canned, chopped tomatoes juice and grated rind of 1 medium orange 900ml (1 1/2 pints) hot vegetable stock salt and pepper to taste 1 Melt the butter in a large bowl on 100P for 30 seconds. 2 Add the onion, carrot and potato and heat on 100P for 6 minutes. Stir halfway through cooking. 3 Add the tomatoes, orange juice, orange rind and stock. Mix thoroughly. Season with salt and pepper to taste. Cover the bowl and cook on 100P for 15 minutes, stir 2 - 3 times during cooking, until the vegetables are tender. 4 Blend in a food processor. Return to the bowl and heat on 100P for 5 minutes. 1 Cook the onion, mushrooms and butter together in a bowl on 100P for 5 minutes.

2 Stir in the flour to form a paste, gradually add the milk and the stock. 3 Stir in the marjoram, basil, salt and pepper to taste. Cook on 100P for 9 minutes, stir after 5 minutes through cooking. 4 Blend the soup and add the cream. Cook on 100P for 7 minutes.

CREAMY MUSHROOM SOUP Serves 4 Preparation time - 6 minutes 125g (5oz) onion, chopped 225g (8oz) mushrooms, sliced 25g (1oz) butter 25g (1oz) plain flour 300ml (1/2 pint) milk 450ml (3/4 pint) hot vegetable stock 2.5ml (1/2 tsp) dried marjoram 2.5ml (1/2 tsp) dried basil salt and pepper to taste 150ml (1/4 pint) double cream FISH PIE Serves 4 Preparation time - 18 minutes 675g (11/2lb) potatoes, peeled and chopped 75ml (5tbsp) water 25g (1oz) butter 30-60ml (2 - 4 tbsp) milk salt and pepper to taste 450g (1lb) fish fillets (e.g. fresh cod) 300ml (1/2 pint) parsley sauce (See Page 29) 25g (1oz) cheese, grated 1 Place potatoes in a bowl, add 75ml (5 tbsp) water.

Cover and cook on 100P for 14 minutes, until soft enough to mash. Mash with butter, milk and seasoning. 2 Place fish in a flan dish in a single layer, cover and cook on 70P for 7 minutes. Flake the fish and mix with the parsley sauce. Pour into a flan or casserole dish. Spread the potatoes on top and sprinkle with the grated cheese. 3 Cook on 70P for 7 minutes, until the cheese has melted. 24 R-24STM O/M + CkBk 5/4/01 8:40 am Page 25 Website: <http://www.sharp.co.uk/support>

Help Line: 08705 274277 (office hours) RECIPES POACHED SALMON WITH MUSTARD SAUCE Serves 4 Preparation time - 5 - 6 minutes 4 salmon steaks (approx. 175g (6oz) each) 45ml (3 tbsp) dry white wine 300ml (1/2 pint) mustard sauce (See Page 29) sprig of fresh rosemary to garnish 1 Place the salmon steaks in a large flan dish, pierce in several places and add the wine. Cover and cook on 70P for 8 minutes. Allow to stand whilst preparing the sauce. 2 Place the salmon steaks in a warm serving dish, reheat on 70P for 2 minutes. Serve the sauce separately. STIR FRIED VEGETABLES Serves 4 Preparation time - 10 - 12 minutes 15ml (1 tbsp) sunflower oil 30ml (2 tbsp) soy sauce 15ml (1 tbsp) sherry 2.5cm (1") root ginger, peeled and finely grated 1 garlic clove, crushed 2 medium carrots, cut into fine strips 100g (4oz) button mushrooms, chopped 50g (2oz) beansprouts 100g (4oz) mange-tout 1 red pepper, seeded and thinly sliced 4 spring onions, chopped 100g (4oz) canned water chestnuts, sliced 1/4 head of chinese leaves, thinly sliced 1 Place the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl, mix thoroughly.



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2 Cover and cook on 100P for 5 minutes, stirring once. 3 Add the button mushrooms, beansprouts, mange-tout, red pepper, spring onions, water chestnuts and chinese leaves.

Mix thoroughly. 4 Cook on 100P for 6 minutes, until the vegetables are tender. Stir 2 - 3 times during cooking. Stir fried vegetables are ideally served with meat or fish. **BEEF STROGANOFF** Serves 4 Preparation time - 10 - 12 minutes 800g (13/4lb) rump steak, cut into strips 50g (2oz) plain flour salt and pepper to taste 125g (5oz) onion, finely chopped 30ml (2 tbsp) tomato purée 450ml (3/4 pint) hot beef stock 150ml (1/4 pint) white wine 30ml (2 tbsp) cornflour blended with water 100g (4oz) mushrooms, thinly sliced 150ml (1/4 pint) soured cream 1 Toss the steak in the flour, salt and pepper, until evenly coated.

2 Place the steak, remaining flour, onion, tomato purée, stock and white wine in a casserole dish. Cover and cook on 50P for 30 minutes. Stir 2 - 3 times during cooking. 3 Stir in cornflour, mushrooms and cream. Cook, uncovered, on 50P for 8 minutes.

Ideal served on a bed of tagliatelle or rice. 25 R-24STM O/M + CkBk 5/4/01 8:40 am Page 26 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **RECIPES MOUSSAKA** Serves 6 Preparation time - 45 minutes 450g (1lb) aubergines, thinly sliced 30ml (2 tbsp) olive oil 225g (8oz) onion, chopped 15ml (1 tbsp) fresh parsley, chopped 2 cloves garlic, crushed 350g (13 oz) minced lamb 150ml (1/4 pint) hot stock 400g (14oz) canned, chopped tomatoes 30ml (2 tbsp) tomato purée salt and pepper to taste 300ml (1/2 pint) white sauce (See Page 29) 200g (7oz) cheese, grated 1 Sprinkle aubergines with salt and leave to drain on kitchen paper for 30 minutes. Heat 15ml (1 tbsp) olive oil, onions, parsley and garlic on 100P for 30 seconds. Stir in meat, mix well and cook on 100P for 4 minutes, stirring twice. 2 Add stock, tomatoes, purée and seasoning. Stir well and cook on 100P for 4 minutes. 3 Rinse salt from aubergines and pat dry with kitchen paper.

Place in a bowl with remaining oil. Cover and cook on 100P for 4 minutes. 4 Use 2/3 of the aubergines to cover bottom and sides of a 1.5 litre casserole dish. Add meat and top with remaining aubergines. 5 Stir half the cheese into the sauce. Pour over aubergines and sprinkle with remaining cheese. 6 Cook on 50P for 25 - 28 minutes. 1 Place onion, garlic and butter in a dish. Cook on 100P for 2 minutes.

2 Add the minced meat and cook on 100P for 8 minutes, stirring twice during cooking. 3 Add mushrooms, tomato purée, tomatoes, beef stock and seasoning. Cook on 100P for 15 minutes, stir every 5 minutes until thick. 4 Fill cannelloni with meat mixture and place in a deep 20.4cm (8") square dish.

Place any remaining mixture around the cannelloni. 5 Pour the cheese sauce over the cannelloni and sprinkle with cheese. Cook on 70P for 20 minutes. **CANNELLONI** Serves 4 Preparation time - 25 minutes 125g (5oz) onion, chopped 2 cloves garlic, crushed 25g (1oz) butter 450g (1lb) minced beef 100g (4oz) mushrooms, chopped 15ml (1 tbsp) tomato purée 400g (14oz) canned, chopped tomatoes 150ml (1/4 pint) hot beef stock salt and pepper to taste 12 pieces of cannelloni 300ml (1/2 pint) cheese sauce (See Page 29) extra grated cheese to sprinkle **STEAK & KIDNEY PUDDING** Serves 4 Preparation time - 20 - 25 minutes 450g (1lb) stewing steak, cubed 100g (4oz) kidney, cubed 125g (5oz) onion, chopped 2.5ml (1/2 tsp) dried mixed herbs 450ml (3/4 pint) hot beef stock 15ml (1 tbsp) cornflour, mixed with a little water 225g (8oz) self raising flour 2.

5ml (1/2 tsp) salt 5ml (1 tsp) baking powder 100g (4oz) suet approximately 150ml (1/4 pint) cold water 15ml (1 tbsp) milk 1 Place steak, kidney, onion, herbs and stock in a large casserole dish. Cover and cook on 70P for 30 minutes. Stir halfway through cooking and add the cornflour to thicken. 2 To make the pastry, place the flour, salt, baking powder and suet in a bowl and mix well. 3 Add enough cold water to form a soft dough. Knead lightly. Roll out 2/3 of the pastry and line a 1 litre (13/4 pint) greased pudding basin with this pastry. Roll out the remaining pastry and cut a circle large enough to cover the surface. 4 Fill the basin with the meat mixture, top with pastry circle and brush with milk. Make a slit in centre to allow steam to escape.

5 Cover with cling film, pierce and cook on 100P for 15 minutes. 26 R-24STM O/M + CkBk 5/4/01 8:40 am Page 27 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) **RECIPES BOLOGNESE SAUCE** Serves 4 Preparation time - 12 minutes 45ml (3 tbsp) vegetable oil 150g (51/2oz) onion, finely chopped 100g (4oz) celery, finely chopped 2 cloves garlic, crushed 75g (3oz) bacon, finely chopped 1 bay leaf 400g (14oz) canned, chopped tomatoes 30ml (2 tbsp) tomato purée 450g (1lb) lean minced beef 15ml (1 tbsp) dried mixed herbs 300ml (1/2 pint) red wine 300ml (1/2 pint) hot beef stock salt and pepper to taste 30ml (2 tbsp) cornflour blended with 30ml water 1 Place oil, onion, celery, garlic and bacon into a bowl and mix well. Cover and cook on 100P for 6 minutes, stir halfway through cooking. 2 Add the bay leaf, tomatoes, tomato purée and minced beef to the vegetable mixture. Cook on 100P for 5 minutes, stir 2 - 3 times during cooking to break up the mince as it cooks. 3 Add the herbs, wine, stock and blended cornflour and mix thoroughly. Cook on 70P for 20 - 22 minutes, stir 2 - 3 times during cooking until the sauce has thickened.

Season to taste and serve hot with spaghetti. **Bolognese Sauce- Variations:** Shepherds pie: Make as the bolognese sauce, omitting the wine. Place in dish, top with 675g (11/2lb) mashed potatoes. Heat on 100P for 5 - 6 minutes. **Chilli Con Carne:** Make as the bolognese sauce.

At stage 3, add 450g (1lb) drained canned red kidney beans and 5 - 15ml (1 - 3 tsp) chilli powder, to taste. **TURKEY FRICASSEE** Serves 4 Preparation time - 10 minutes 50g (2oz) butter 125g (5oz) onion, finely chopped 125g (5oz) leeks, sliced 50g (2oz) plain flour 5ml (1 tsp) mustard powder 300ml (1/2 pint) milk 300ml (1/2 pint) single cream 450g (1lb) cooked turkey, chopped salt and pepper to taste 15ml (1tbsp) fresh parsley, chopped to garnish 1 Place the butter in a large bowl and heat on 100P for 30 seconds. 2 Stir in the onion and leeks. Cook on 100P for 3 minutes. 3 Stir in the flour and mustard powder, gradually add the milk and cream.

Cook on 100P for 5 6 minutes, stirring every minute, until smooth and thickened. 4 Add the turkey and seasoning. Cook on 100P for 13 minutes. Stir 2 - 3 times. Garnish with parsley to serve. **HONEYED CHICKEN** Serves 4 Preparation time - 6 minutes 4 boneless chicken breasts (200g (7oz) each) 45ml (3 tbsp) clear honey 5ml (1 tsp) whole grain mustard 2.5 ml (1/2 tsp) dried tarragon 15ml (1 tbsp) tomato purée 150ml (1/4 pint) chicken stock 15ml (1 tbsp) cornflour blended with water salt and pepper to taste 1 Place the chicken breasts in a casserole dish.



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2 Mix all remaining ingredients together and pour over the chicken. 3 Cover and cook on 70P for 25 minutes. Turnover and coat the chicken with the sauce several times during cooking.

27 R-24STM O/M + CkBk 5/4/01 8:40 am Page 28 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) RECIPES CHICKEN CACCIATORE Serves 4 Preparation time - 10 minutes 225g (8oz) mushrooms, sliced 125g (5oz) onion, chopped 1 clove garlic, crushed 60ml (4 tbsp) tomato purée 300ml (1/2 pint) red wine 5ml (1 tsp) dried oregano 5ml (1 tsp) dried parsley salt and pepper to taste 4 chicken fillets (200g (7oz) each) 1 Place mushrooms, onion and garlic in a large casserole dish. Cook on 100P for 3 minutes. 2 Stir in all remaining ingredients except for the chicken. Mix well. 3 Add chicken fillets and coat with the sauce. 4 Cook on 70P for 25 minutes. Stir and coat the chicken twice during cooking.

Serve with rice or jacket potatoes. BEAN CASSEROLE Serves 4 Preparation time - 25 minutes 15ml (1 tbsp) olive oil 200g (8oz) aubergines, cut in 2.5cm (1") cubes 100g (4oz) leeks, sliced 1 clove garlic, crushed 50g (2oz) celery, sliced 500g (1lb 2oz) canned, chopped tomatoes 300g (12oz) canned, mixed beans, drained 2 vegetable stock cubes 2.5ml (1/2 tsp) basil 50g (2oz) fresh baby sweetcorn, chopped salt and pepper to taste 1 Place the oil, aubergine, leeks, garlic and celery in a 2.5 litre (4 pint) casserole dish, mix well.

Heat on 100P for 4 - 5 minutes, stir after 3 minutes. 2 Add the tomatoes, beans, crumbled stock cubes basil and sweetcorn. Season and mix well. 3 Cover and cook on 70P for 20 minutes, stir twice during cooking. Serve with rice or baked potatoes.

CHEESY JACKETS Serves 2 Preparation time - 20 minutes 2 baking potatoes, (approx. 250g (9oz) each) 50g (2oz) butter 100g (4oz) Double Gloucester cheese, finely chopped 15ml (1 tbsp) fresh chives, chopped 50g (2oz) mushrooms, finely chopped salt and pepper to taste 1 Prick each potato in several places. Cook on 100P for 12 - 13 minutes. Halve each potato and scoop the flesh into a bowl, add the butter, cheese, chives and mushrooms. Mix well and season. 2 Pile mixture back into the potato skins and place in a flan dish, on the turntable. 3 Cook on 50P for 10 - 12 minutes. CHEESE & POTATO LAYER Serves 4 Preparation time - 15 minutes 450g (1lb) par-boiled potatoes, thinly sliced 225g (8oz) Cheddar cheese, thinly sliced 125g (5oz) onion, sliced 225g (8oz) leeks, sliced 100g (4oz) cooked ham, chopped 600ml (1 pint) white sauce (See Page 29) 50g (2oz) cheese, grated 1 Place alternate layers of potato, cheese, onion, leek, ham and white sauce in a casserole dish, until all ingredients are used. Top with grated cheese. 2 Cook on 70P for 25 - 30 minutes.

28 R-24STM O/M + CkBk 5/4/01 8:40 am Page 29 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) RECIPES WHITE SAUCE 300ml (1/2 pint) Preparation time - 5 - 6 minutes 25g (1oz) butter 25g (1oz) plain flour 300ml (1/2 pint) milk salt and pepper to taste Variations: Cheese sauce: Parsley sauce: Onion sauce: Stir in 75g (3oz) grated cheese and 5ml (1 tsp) mustard powder at Stage 2. Serve with vegetables, fish or meat. Stir 15-30ml (1 - 2 tbsp) fresh, chopped parsley into the finished sauce. Serve with fish. Stir 225g (8oz) cooked onion, finely chopped into the finished sauce. Heat on 100P for 2 - 3 minutes before serving. Serve with vegetables.

1 Place the butter in a bowl and heat on 100P for 30 seconds, until melted. 2 Stir in the flour and whisk in the milk. Cook on 100P for 5 minutes, stirring halfway through cooking, until thick and smooth. Season with salt and pepper to taste. Sweet white sauce: Omit salt and pepper from basic recipe. Add 15 - 30ml (1 - 2 tbsp) caster sugar at Stage 2. Serve with puddings as an alternative to custard. MUSTARD SAUCE 300ml (1/2 pint) Preparation time - 4 - 5 minutes 25g (1oz) butter 45ml (3 tbsp) whole grain mustard 200ml (7floz) soured cream salt and pepper to taste 15ml (1 tbsp) fresh parsley, chopped 1 Melt the butter in a bowl on 100P for 30 seconds Add the mustard, soured cream, salt, pepper and parsley. Mix well. 2 Cook on 100P for 3 minutes.

Stir every minute until smooth and thick. This dish is ideal served with meat or fish. STRAWBERRY JAM Makes 675g(11/2lb) Preparation time - 15 minutes 675g (11/2lb) strawberries, hulled 45 ml (3 tbsp) lemon juice 675g (11/2lb) preserving sugar 1 Place strawberries and lemon juice in a large bowl, heat on 100P for 5 minutes, or until the fruit has softened. Add sugar, mix well. 2 Cook on 70P for 45 - 50 mins, until setting point is reached, stir every 4-5 mins. 3 Pour into hot, clean jars. Cover, seal and label. "Setting point": To determine setting point, place 5ml (1 tsp) of jam onto a chilled saucer. Allow to stand for 1 min. Move surface of the jam gently with your finger, if the surface wrinkles the setting point has been reached.

FRUIT CRUMBLE Serves 4 Preparation time - 6 - 8 minutes 450g (1lb) seasonal fresh fruit, lightly cooked 100g (4oz) brown sugar 5ml (1 tsp) cinnamon 100g (4oz) plain wholemeal flour 75g (3oz) rolled oats 75g (3oz) butter 1 Place the fruit, 50g (2oz) of the brown sugar and the cinnamon in a dish, mix well. 2 Place flour and oats in bowl, mix well and rub in butter, until mixture resembles fine breadcrumbs. Add remaining brown sugar, mix well. Sprinkle over the fruit and cook on 50P for 12 - 14 minutes. 29 R-24STM O/M + CkBk 5/4/01 8:40 am Page 30 Website: <http://www.sharp.co.uk/support> Help Line: 08705 274277 (office hours) RECIPES GINGER CAKE Serves 4 - 6 (700g) Preparation time 12 - 14 minutes 175g (6oz) caster sugar 175g (6oz) margarine 3 eggs (size 3) 175g (6oz) self raising flour 2" piece, fresh stem ginger, grated 15ml (1 tbsp) ground ginger 45ml (3 tbsp) orange juice topping: 225g (8oz) cream cheese grated rind of 1 orange 5ml (1 tsp) orange juice 30ml (2 tbsp) icing sugar 1 Cream the sugar and margarine until light and fluffy. 2 Beat in the eggs one at a time. 3 Sift the flour and fold into the mixture.

4 Add the grated fresh ginger, ground ginger and orange juice then mix to a dropping consistency. 5 Spoon the mixture into a greased and lined 7" PYREX cake dish. 6 Cook using Express Cook EC-8 "Cake". 7 Leave to stand for 10 minutes. 8 To prepare the topping, combine the cream cheese, orange juice and icing sugar until smooth.

Spread on top of the cake. Keep refrigerated. COFFEE & ALMOND CAKE Serves 4-6 (700g) Preparation time 12 - 14 minutes 175g (6oz) caster sugar 175g (6oz) margarine 3 eggs (size 3) 175g (6oz) self raising flour 5ml (1 tsp) almond essence 15ml (1 tbsp) instant coffee 30ml (2 tbsp) hot water topping: 100g (4oz) icing sugar 15ml (1 tbsp) water 25g (1oz) almonds 25g (1oz) glace cherries 1 Cream the sugar and margarine until light and fluffy. 2 Beat in the eggs one at a time. 3 Sift the flour and fold into the mixture.

4 Dissolve the coffee in the hot water and fold into the mixture, together with the almond essence.



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