

SHARP®

Oven range for home use

R.E.S.

Bee

Model name

RE-S7B

COOKBOOK

Cookbook (Instruction/Cooking)



Thank you very much for your purchase. Please read this

cookbook (instruction manual/cooking) carefully and use the product correctly. • Before

use, be sure to read the "Safety Precautions". • Be sure to keep

this cookbook (instruction manual/cooking) together with the warranty card in a place where you can easily access it at any time.

* Do not

use for commercial purposes.

Product Registration

Request

To receive online support services, please register your product with the SHARP i CLUB (registration is free).

<http://iclub.sharp.co.jp/m/>

Smartphones and
mobile phones available here



First, what you need to do

- 1 Please read the safety precautions on page 7 . Page 7
- 2 Please install a ground Page 7
- 3 Please plug in the power cord Page 13
- 4 Please open the door. The power will come on. Page 13
- 5 Please do this after purchasing to burn off any oil that may be adhering to the inside of the oven. Page 13

page The numbers indicate the pages where the main explanations are located.

Frequently asked questions

Please check here first, we may be able to solve your problem quickly.



- Do I need to install an earth? Page 4

• Please install it just in case. I will.

- The earth wire does not reach (it is too short) •

You can purchase it at a home improvement store. •

(Conductor

diameter 1.25mm² or more)

- There is no place to attach the earth wire •

Consult the store where you purchased the product. • It's lame.

- Noise continues to be heard

after heating • This is the sound of the fan that

cools the inside of the product. It will stop automatically after a maximum of 3 minutes.

Heating is possible even when the fan is rotating.

- On the display, • Please

see •

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The • in the Cooking section table of contents indicates the automatic heating menu. The 25 automatic menus listed in catalogs and other sources include the 16 automatic menus marked with •, plus nine more: 1. Quick defrosting, 2. Full defrosting with peeling technique, 3. Milk and sake, 4. Toast, 5. Convenience store bento warming, 6. Fry warming, and 7. Boiled vegetables (root and leafy vegetables).

Safety Precautions (1)

This explains the precautions you should take to prevent injury to people and damage to property.

Contents that arise from incorrect use,
It is divided and explained as follows:

	Danger: Content that "has a high risk of death or serious injury."
	Warning: "There is a risk of death or serious injury."
	Note Content that may result in minor injury or damage to property.

The following symbols explain the types
of precautions you should take.

	Things you should not do.
	Something that must be done.



DANGER To prevent accidents such as electric shock or fire, or serious injury

Do not touch high-voltage parts. Do not



insert metal objects such as pins or wires or foreign objects into the intake and exhaust vents or holes (this may cause electric shock, injury, or malfunction).



Never attempt to disassemble, repair, or modify the product yourself (this may result in electric shock, fire, or injury). If a foreign object gets inside the product or if repairs are required, contact the store where you purchased the product or our customer service center. **Page 43**



WARNING To prevent accidents or injuries due to electric shock, short circuit, fire, etc.

Power plugs, cords, and grounding



Do not handle the power plug or cord roughly. Do not use a loose outlet . Do not use a damaged power plug or cord . Do not scratch or deform it. (Modifying it, bringing it near a high-temperature part (exhaust port), forcibly bending it, pulling it, twisting it, bundling it, placing a heavy object on it, or pinching it may damage the cord, resulting in a fire, electric shock, or short circuit.)



Do not plug or unplug the power plug with wet hands (this may result in electric shock or injury).



Use a dedicated outlet with a rating of 15A or more and AC 100V alone (using a branch outlet [extension cord] in conjunction with other appliances may cause abnormal heat generation, resulting in fire or electric shock).



Make sure to insert the power plug all the way in (this may cause a fire).



Periodically wipe off any dust on the power plug with a dry cloth (accumulated dust can cause a fire).



Before cleaning, be sure to unplug the power cord from the outlet and allow it to cool down (to avoid electric shock, burns, or injury).



Securely attach the earth (to prevent electric shock in the event of a malfunction or electrical leakage)



If you are installing the unit in a damp or humid location or if there is no earth terminal, be sure to consult the store where you purchased the unit and have the earthing work done.

Regarding grounding

Page 7



WARNING: To prevent accidents and injuries due to electric shock, leakage, fire, sudden boiling, etc.
(Bumping: The phenomenon in which food or liquid splashes during or after heating due to sudden boiling.)

Do not microwave eggs



(including boiled eggs and quail eggs) or eggs with membranes or shells (this may cause explosions or burns). • Eggs used in oden and fried eggs **may explode**

and be very dangerous. • When heating eggs in the microwave, be sure to beat them first.

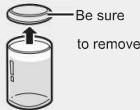
• Eggs with membranes (such as squid) or shells (such as chestnuts) **may break dishes or round**

plates when placed in a cut or cracked area.



Remove the stopper or lid from the bottle or sealed container . It may overheat and explode. (The container may explode,

Causes of burns and injuries)



When warming baby food, milk, or nursing care food, stir it after heating and then check the temperature (to avoid burns)



Do not overheat food or drinks. This may result in sudden boiling, smoke, or fire. Please follow the heating instructions. If food or drinks are overheated, leave them in the refrigerator for 1-2 minutes to cool before removing them.

Foods that may cause sudden boiling

• Heat drinks according to 3. Milk and alcohol (page 17) .

(Using the automatic heating function) Do not use the automatic heating function.



heating function.



• For curry, stew, simmered dishes, soups, etc., follow the instructions in this manual regarding quantities and containers (page 15) •

For foods

with a high fat content (butter, cream, etc.) , heat manually while keeping an eye on the food (page 22) • *Use a low, wide-mouthed container and after heating

*Stir before

Foods that may emit smoke or catch fire :

heating while watching the food for the following: • Small amounts of food • Foods with little moisture (bread, sweet potatoes, etc.) • Foods with oil (bread with butter, fried foods, etc.) • Foods that can easily become hot (bean-jam buns, etc.)



When to use



Keep away from heat-sensitive items. Do not place on rugs such as tatami mats, carpets, or tablecloths, or near flammable items such as curtains (this may cause deformation, discoloration, or warping). Do not place near spray cans (this may cause fire or explosion).



Do not allow children to use the product alone . Keep out of reach of small children (it may cause electric shock, burns, or injury).

In case of abnormality or malfunction



Immediately stop using the product. Immediately unplug the power cord.

Ask your retailer to inspect and repair (risk of smoke, fire, electric shock or injury) Examples of abnormalities and malfunctions : • The power plug or cord becomes abnormally hot. • It sometimes does not shut off automatically. • There is a burning smell, or an abnormal sound or vibration. • The appliance does not heat up even when the start operation is performed. • There is significant rattle in the door. • There is a tingling sensation when touched. • There is significant deformation in the door or inside the cabinet. • There are other abnormalities or malfunctions.

Safety Precautions (2)



CAUTION To prevent burns or injuries caused by fire or smoke

Regarding the power plug: When unplugging the



power plug, do not pull it by the cord (this may cause a break in the wire or sparks, which could lead to a fire).



Unplug

If you will not be using the product for a long period of time, unplug the power cord (this may cause electric shock, short circuit, or fire due to insulation deterioration).

Check before heating



Do not use metal objects or aluminum foil in the microwave. Do not heat retort pouch foods, canned foods, metal skewers, aluminum cases, aluminum tape, etc. * In this manual, the use of aluminum foil is limited.



Aluminum tape



Transfer canned, bottled, bagged, retort pouched, and vacuum-packed foods (this may cause bursting, damage to the product, injury, or burns).



Use a container suitable for heating

Page 12



Do not heat food with the freshness-preserving agent (oxygen absorber) inside (sparks may be produced, damaging the product and causing food to smoke or catch fire).



Do not use for anything other than cooking. Do not microwave when empty (without food). Do not use the inside of the oven as a storage space .
(Overheating and abnormal operation may cause fire)

During and after heating



No contact allowed

Do not touch hot parts . Do not touch round plates or other hot surfaces during or for a while after heating.
Do not touch the door, cabinet, interior, exhaust vent, accessories, containers, etc.
(This may cause burns) * When putting food or accessories in or out, use dry mitts, etc.



When removing the wrap, be careful as steam may come out all at once and cause burns, so remove it slowly.



Do not splash water on the inside of the oven or on the door after cooking . Do not subject the round plate to shocks or sudden cooling, and do not splash water on the door while in use (this may cause it to break).



Do not leave oil, food residue or cooking liquid on the inside of the oven or on the door, or heat it (this may cause fire, smoke or rust). See page 39 maintenance. 



If food inside the oven catches fire, do not open the door.
Opening the door will let oxygen in and cause the food to burn more vigorously. Take the following steps: 1. With the door closed, press the Cancel button. 2. Unplug the power cord. 3. Keep flammable items away from the
Wait for the fire to die down. If the fire does not die down, extinguish it with water or a fire extinguisher . Do not continue to use the product, but be sure to ask your dealer to inspect it.

The door



Do not damage the door or pinch anything in it. Do not hit the inside of the cabinet or the door with anything, or use the cabinet with anything pinched in the door (this may cause radio wave leakage or breakage of the door glass).



Do not apply excessive force to the door or handle, and do not place objects weighing more than 4 kg on the door or handle (this may cause the unit to fall over, resulting in injury or radio wave leakage).

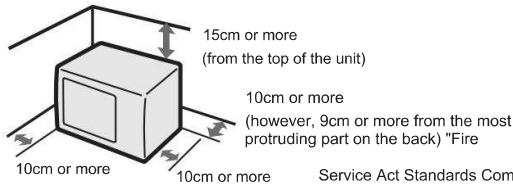
About installation



Place on a sturdy, stable, level surface (this can cause noise, vibration, and rattles) • If the product falls or tips over, do not use it even if there is no external damage, and have it inspected (this can cause electric shock and radio wave leakage) [Sold separately] Anti-drop/ tip prevention bracket "Part number RK-TB1" Suggested retail price 900 yen + tax (installation costs not included) * Leave a space of at least 18 cm between the bracket mounting surface (rear of the product) and the wall.



Leave a space between the top of the unit and the wall that is greater than the distance shown in the diagram below. Even if there is a gap around the product, do not install it in a place that is surrounded by five sides. (This may cause deformation, fire, or malfunction due to overheating.)



This product complies with the test standards based on the Fire Service Act Installation Standards. Even if the distance is kept within the specified dimensions, oil and steam from cooking may mix with the exhaust and stain the wall near the exhaust port. If you are concerned about stains on the wall, we recommend attaching aluminum foil or similar to the wall. Do not attach it to the product.

If there is a window, keep it at least 20cm away from the exhaust vent. (Even so, it may still crack due to temperature differences) • If the exhaust port faces heat-sensitive furniture or a wall with an electrical outlet, keep it away from these objects to prevent thermal deformation.

• Do not pinch the power plug or cord between the product and the wall (this may cause fire, electric shock, or short circuit).

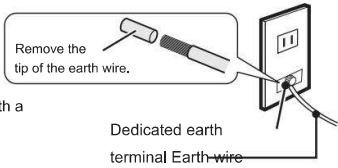


Do not block the air intake or exhaust vents (risk of fire or breakdown due to overheating). Do not use in places where steam or water may come into contact with the product or near open flames (cause of electric shock or leakage). Do not place objects on or near the product as it can become very hot.

(2)

Regarding grounding

If your outlet has a ground terminal, remove the end of the ground wire and securely fasten it to the ground terminal. If the ground wire is not long enough, use a commercially available one with a conductor diameter of 1.25 mm2 or more.



• If you do not have an outlet with a ground terminal, consult the store where you purchased the product and have them perform the grounding work. * Never connect the cable to the earth wire of a gas pipe, water pipe, telephone line, or lightning rod.

If you use the product in the following places, earthing work* is required by law. • Moist places: Places where water is handled, such as the washing area of a greengrocer or fishmonger, places where water droplets splash, basements, and other places where condensation occurs. Places where faults are likely to occur. Installation of a ground fault circuit interrupter is also mandatory. • Humid locations: Restaurant kitchens, dirt floors and concrete floors, breweries and storage areas for sake, soy sauce, etc. *Earthing work: Type D earthing work by a qualified electrician. (Installation costs are not included in the unit price.)

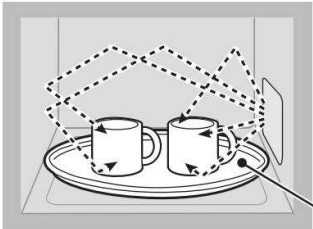
please

• Keep the product at least 4m away from televisions and radios. (This may cause noise or image distortion.) • The communication performance of wireless LAN devices may be reduced near the product. Please read the instruction manual for the wireless LAN device before use.

Heating types and mechanisms

This is the heating

Main Menu



Round plate

•The vibrations of the radio waves cause frictional heat in the moisture in the food, heating it up.

- Heating time varies depending on the type of food and the temperature before heating.
- If the amount of food is doubled, the heating time will be slightly less than doubled.

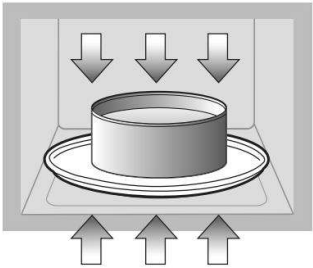
Automatic

warming 1 Quick

defrosting 2 Peeling

technique Full

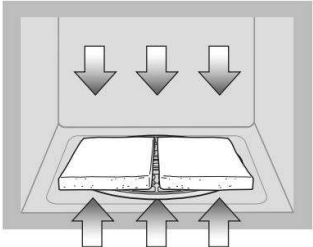
defrosting 3 Milk and sake Automatic menu (5 Convenience store bento warming) (7 Boiled vegetables) (8 3-minute bowl) Healthy menu (14 Sake steaming) Manual microwave



•The upper and lower heaters keep the temperature inside the oven constant, enveloping the food and cooking it until it is fluffy.

Automatic Menu (10 Cake) Healthy Menu (11 Fried Chicken) (12 Fried Shrimp) (13 Chawanmushi)

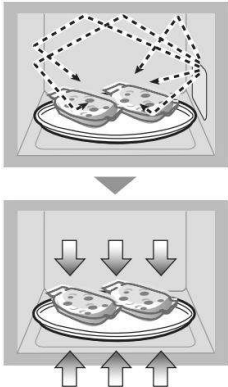
Manual Oven (Ryeing)



•The food is baked using strong heat from the upper and lower heaters.

Automatic 4

Toast Manual Toaster Grill



• Microwave heating and toaster grill heating are performed consecutively, and the heat level is automatically adjusted to suit your needs. (This cannot be set with manual heating.)

Automatic menu (6 Fry warming) (9 Gratin)

Requests when cooking

When automatic heating

If the food is not heated enough, use manual heating and add more heat while watching the food. If you use automatic heating, the food will have to be heated again from the beginning, which may cause the food to burn or catch fire.

When cooking repeatedly, use the doneness key to monitor the progress. If the inside of the oven or accessories are hot, the food may turn out too strong or not turn out well.

√仕上がり・温度△

Please follow the ingredients and amounts listed. The instructions are specific to this product. If you change the ingredients or amounts, heat manually while monitoring the product.

When heating in the microwave (radio wave heating)

Never use metal objects such as skewers as they may produce sparks that may damage the product or accessories. Aluminum foil may be used for special heating methods, but please use it as described in this manual.



When heating small amounts of food such as finely chopped root vegetables, always add enough water to cover them. Heating small amounts (100g or less) can cause sparks or the food to burn or scorch, which can lead to malfunctions.

Always use a round plate



When heating the oven or toaster grill (heater heating)

Do not use plastic wrap or containers as they may melt or catch fire.

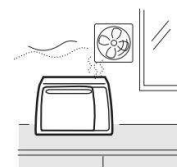


Once done, remove from the oven immediately as the residual heat may cause the food to be overcooked.

In all heating

Ventilate the room while cooking

There may be a lot of smoke and steam.



Use accessories and containers that are appropriate for the heating and amount of food.

For accessories, refer to the explanation page for each menu or the cooking section. For containers, refer to "Usable and Unusable Containers." As a guide, the size **Page 12** of the container should be such that it is about 80% full when filled with food.

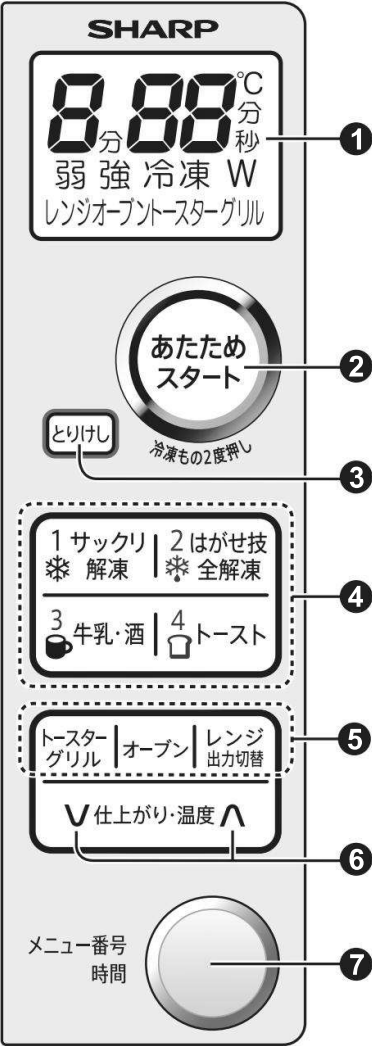
Do not open or close the door during heating as this will allow heat and steam to escape and cause poor cooking. Check the heating status quickly just before the end of heating. We will do so. If you open it during automatic heating, Please refer to "When doing it manually...".

For recipes in commercial books or for gas ovens or other electric ovens, please refer to the temperatures in the cooking instructions for similar dishes and heat while watching the progress. However, since the heating time and temperature vary depending on the size and structure of the oven, you may not get the desired results if you use the same conditions as in the commercial book.

Names of each part

Operation section

Depending on the model you purchased, the design of the keys may differ from that shown in this manual, but they are used in the same way.



- 1 All information is displayed for display purposes. The backlight does not light up. Displays heating time, temperature, type of heating, etc. *If the display exceeds 10 minutes, the seconds will not be displayed.
- 2 When using automatic microwave heating, (Page 14) Also used as the start key for other heating operations.
- 3 To stop heating midway or to restart an operation. (To pause heating, open the door. To restart, close the door and press Start.)
- 4 Press the automatic heating key (menu number 1 to 4) to start.
- Manual heating key When you want to adjust the heating temperature and time yourself. For fermentation use the oven and set the temperature to 40°C using the temperature key.
- 6 Finishing and temperature key Adjust the automatic heating finish (displays "high" or "low") and oven temperature. (Weak/low (High/higher)
- 7 Rotary knob: Use to adjust the menu number display or menu heating time.

accessories

(1 each)

If the product is damaged or lost during use, please contact the store where you purchased it (fees apply).

Rotating net



Always keep it in the cabinet.

Round plate



Always use this when heating in the microwave. Do not drop or hit it.

*This product cannot be heated using a square plate. (Square plate not included) *

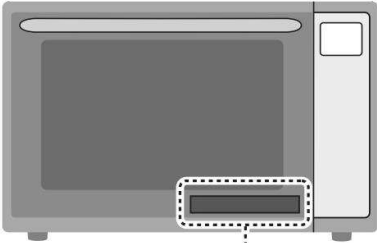
Cookbook (Instruction manual/Cooking)

This product is for the Japanese market and does not include cookbooks in languages other than Japanese. This model is designed exclusively for Japan, with manuals in Japanese only.

• Warranty

*When putting accessories or food in or out, please use commercially available mittens or a thick, dry cloth as needed.

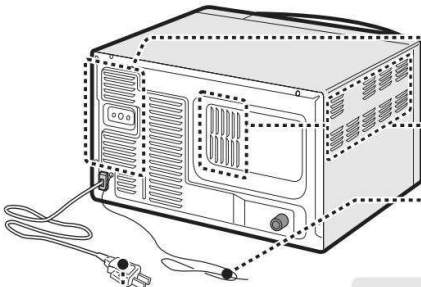
Front



Menu number display (5 to 14)

自動メニュー			ヘルシーメニュー	
5 コンビニ弁当のため	7 ゆで野菜	9 グラタン	11 から揚げ	13 茶わん蒸し
6 フライあたたため	8 3分どんぶり	10 ケーキ	12 えびフライ	14 酒蒸し

Back side



Air intake
Exhaust vents (rear and both sides)
Be sure to attach the earth wire to the earth terminal.

Power plug

[Knob type] [Screw type with cover]

Wrap around the knob
Open the cover and screw in
the earthing instructions on page 39

Inside the warehouse

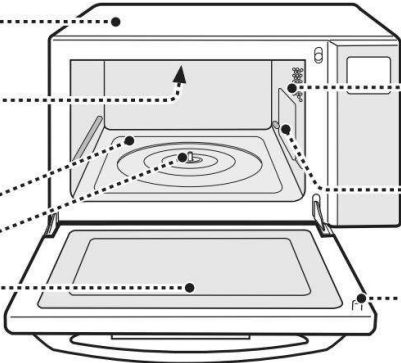
cabinet

Upper heater (glass) Lower heater (inside the bottom) rotating shaft to prevent damage from contact with dishes, etc.

Door (glass)

Do not scratch the product by hitting it with dishes or other objects.

It may crack or break during heating.



The interior light only comes on during cooking.
Radio wave outlet cover
Never remove it
Please be careful of the door protrusions when putting food in or taking it out.

Note

• If food residue (crumbs) remains on the bottom, rotating shaft, or radio wave outlet cover, it may burn or cause sparks. Please clean it frequently. Page 39

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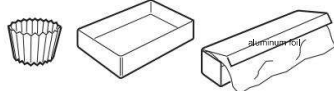
About notification sounds

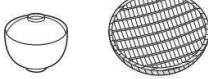
• You can set the unit so that the sound when heating is complete and other sounds do not sound. 1. Turn on the power and close the door. 2. Press Microwave for 4 seconds until you hear a "beep beep." 3. Press Cancel to display " " and the setting is complete.

*Error sounds (beep beep beep beep) will sound if you make an incorrect operation. Page 41

To make it ring, press Microwave for 4 seconds until you hear a beep, then press Cancel.

Usable and unusable containers

Type of heating	Usable containers	
Microwave oven toaster grill * Combination	Heat-resistant glass containers, earthenware, porcelain 	• However, sudden heating or cooling may cause the product to crack. • When heating in the microwave, do not use dishes with colorful paintings, cracks, or gold or silver designs as they may be damaged or produce sparks.
range	Plastic containers, wraps, and silicone containers that can withstand temperatures of 140°C or higher  Remove the heat-sensitive lid before heating	• However, do not use with foods that are high in sugar or oil, as they will become too hot and deform or melt. • Please use products that are labeled for microwave heating. • When using airtight containers, be sure to remove the lid before heating. Overheating may cause smoke, fire, or sudden boiling (in soups).
Toaster oven grill	Aluminum, stainless steel, enamel and other metal containers, aluminum foil 	Silicone container : Use a silicone container that can withstand a temperature at least 30°C higher than the oven temperature you are setting. (When the set temperature is 200°C, containers with a heat resistance temperature of 230°C or higher are used.) The temperature near the top of the oven chamber becomes higher than the set temperature, so some containers may become distorted depending on their shape. (Cannot be used with toaster grill heating.)

Type of heating	Unusable container	
Microwave oven toaster grill combination *	Non-heat-resistant glass containers 	• Tempered glass, cut glass, crystal glass, etc. cannot be used.
	Lacquerware, bamboo, wood, and paper products 	• The coating may peel off, crack, or burn. • Kitchen paper, tempura paper, etc. can be used as long as they are used as described in this manual. • Heat-resistant cooking sheets, etc. You can use it as directed on the package.
range	Plastic containers (foam trays, etc.) that can withstand temperatures of less than 140°C	• Styrofoam, polyethylene, melamine (for children's tableware) phenol, urea, etc. are altered by radio waves.
Range Combination *	Aluminum, stainless steel, enamel and other metal containers, aluminum foil	However, aluminum foil can be used as described in this manual (for storing alcohol, thawing, etc.).
Oven toaster grill * Combination	Plastic containers, plastic wrap Silicone container (cannot be used with toaster grill or combined heating)	• It may melt or catch fire. • It may become deformed or burn.

* Please note that This is a method of heating that involves microwave heating and toaster grill heating in succession. Menu example if you wish to use a container other than those listed above, please contact the distributor or manufacturer of the container.

Page 8

Turn on the power and bake empty.

[Cause of burn]

Note

 Do not touch the inside of the oven or the door during or for a while after heating.

No contact allowed

When baking empty, be sure to open the window fully or turn on the ventilation fan.

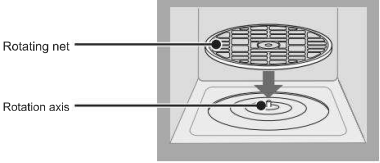
After purchasing, please burn off any oil remaining inside the oven. (This will cause smoke and odor.)

Small birds that are sensitive to smoke or smells should be moved to another room.

*If you make a mistake, press **Cancel** and try again.

1

Set up the rotating net



• Always keep the rotating net set.

2

Close the door and plug in the power cord

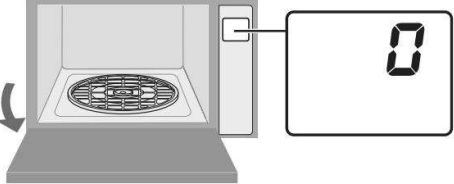


Nothing is displayed on the display.

3

Open the door

" " lights up (power is on)



Auto power off function (energy saving design)

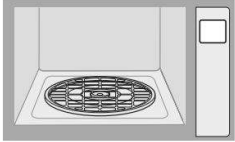
- The power turns on when the door is opened. (" " lights up)
- The power turns off one minute after the door is closed. (" " lights off) However, the power will not turn off in the following cases:
 - The door is open
 - Anything other than " " is displayed
 - The fan is rotating (for up to 3 minutes after heating has finished)
 - The temperature inside the oven is high (for up to 10 minutes after heating has finished)

If you bake it empty

Reduces smoke and odors during cooking.

1

Place the rotating mesh inside the oven



*Round plates cannot be accommodated.

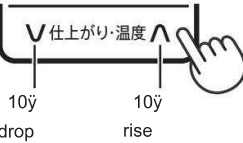
2

Open and close the door and the " " light will turn on (power will be on)

 Initially displays 170y



3

 10y drop 10y rise

Initially displays 200y



Adjust to 200y

4

 The first 20 minutes are displayed



Adjust to 20 minutes

5

 あたためスタート

heating



A sound will sound when heating is complete.

Note

- The main unit will become hot. Please be careful.

- A popping sound may be heard when the interior walls expand due to high temperatures. It may also be heard when cooling.
- The fan rotates to cool the inside of the product during and heating . • after ー ー ー

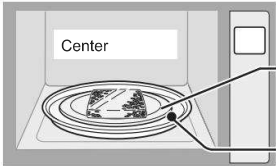
The power will automatically turn off after a maximum of 10 minutes .

Warming rice and side dishes

Microwave heating

Example: Frozen rice (see the right page for other menus)

automatic



Put food in

Use containers that fit the amount of food (see photo) Page 15

Use a round plate

Please be aware

• This heating method uses a sensor to detect the weight of the food and container and determine the heating time. • It may not work well if you use a container that is extremely large, small, heavy or light compared to the amount of food. • If you heat a cup container containing commercially available frozen lunch box side dishes or just the food on a round plate, the food will end up lukewarm.

Use the manual range to adjust the heating time and output (W) .
Page 22

ページ

レンジ
出力切替

Usable containers

Range

12 pages

If the amount is large, divide it into two portions.
Divide it and place it in the center.

Do not heat drinks as they will boil
(they may suddenly
boil and cause burns)



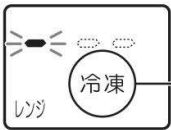
3 Heat with milk and sake.

Page 17

Close the door,



Press twice
(for frozen items)

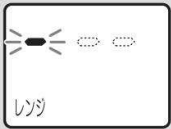


Lighting

For refrigerated or room temperature items

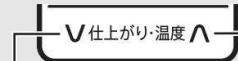


Press once



• The remaining time will be displayed after about 30 seconds . • When mixing during heating, opening the door will pause
To restart,
close the door and press Start.

• The blinking display indicates the progress.
• When adjusting the finish, press the finish key within 30 seconds after starting.



When

you want a weaker /warmer taste
•When you want a smaller amount

When

strengthening /gathering

important

There are some foods that require you to press the Finish key depending on the state of

the food. Page 15

Note

• If the food is wrapped in plastic wrap, remove it immediately after heating, taking care not to burn yourself.
(Causes of deformation of food and containers) • Do not place heat-sensitive containers such as plastic or cover with plastic wrap on a round plate that has been used at high temperatures.
please.
• When using a dirty rotating rack or round plate in the microwave, sparks and smoke may occur. Please clean it frequently. Page 39

ページ



caveat



Do not heat eggs (shell eggs, boiled eggs, oden eggs, quail eggs, etc.) [They may

explode and are extremely dangerous]

Tips for automatically reheating food by type

Room temperature/refrigerated items



1 degree

For wrapping food
that you want to keep moist

Curry and stew

(Strong)

Amount: 200-400g

Note*



After heating, stir.

Soup (Miso soup)

Note*

Servings: 1 to 4 cups (1 cup is 150 mL) • Stir after heating.

(mL=cc)

• If the heating method is written on the package of commercially available pre-cooked frozen foods, please heat them manually by referring to the instructions.

• For heating fried foods (including frozen foods), please use the automatic menu.

(6) Frying can be used to make it even better. Page 20

ページ



caveat



Do not use on small amounts of food such as bean buns, bread, or baked sweet potatoes, or on foods with low moisture content.

[Causes of smoke and fire]



Liquid or thick foods may suddenly boil (bump) and splash during or after heating, so be careful not to get burned when removing them.

Note: ds marked with * before and after heating. Page 5

ページ

If you want to remove
excess moisture without wrapping

Rice

serving size:
1-4 cups (1 cup 150g)



• If the rice is hard, sprinkle water on it.

Yakisoba (weak)

Servings: 100-200g



• If it is dry, mix in a little salad oil or butter.
• After heating, mix.

Note*

Amount of simmered food :

100-400g • Wrap boiled fish or other foods that may burst open in plastic wrap.



Grilled food (hamburger steak)

(Weak)

Servings: 1 to 4 pieces (90g each) • If the surface is dry, coat it with salad oil beforehand.

Deep-fried food

(tempura) Servings:
100-400g Place kitchen paper or tempura paper on a plate and arrange the pieces so they do not overlap. *Since the squid will pop, heat it gently in the microwave at 200W.

Pilaf and fried rice

Serving size: 100-400g • After heating, mix.

Frozen food



2 degrees

I'll definitely rap

Rice

serving size: 1-4 pieces (100-150g each)



• Use frozen, flattened pieces 2-3cm thick. Always place on a plate.

Curry/stew serving

(Strong)

size: 100-200g

Note*



Place in a shallow container. When there is 1 minute left, remove from the heat, stir, and press Start to heat. Stir after heating.

Grilled food (hamburger steak)

Servings: 1-4 pieces (90g each) After heating, leave covered with plastic wrap and steam for 2-3 minutes.

Steamed (shumai) Servings:

5-12 (up to 160g) Sprinkle water on both sides. Pilaf servings :

100-400g

Mix well beforehand.

Amount of taro and
pumpkin : 100-500g

Mixed Vegetables (Weak) Serving
size: 100-300g • If a

Note*

small amount is overheated, it may cause smoke, fire or sparks. Page 21

ページ

Note

• The finished product will vary depending on the weight of the dishes. Please refer to the dishes in the photo.

* Estimated time when heating manually Page 39

Thawing frozen meat and fish

Microwave heating

Example: Frozen meat (200g)

automatic

Cannot be used when the temperature inside the oven is high. " " is displayed

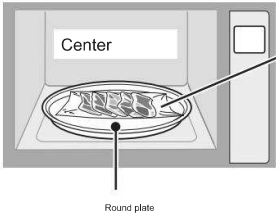
ページ

How to use the keys

- Thaw quickly (until it is soft enough that a knife can just easily be inserted) . Cut into the amount you need and refreeze the rest or use it as sashimi.

Peel-off technique: Full thawing (thaws so that it can be cooked immediately) When making hamburgers, sukiyaki, grilled fish, etc.

Preparation

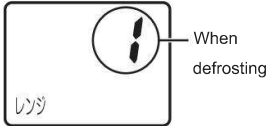


Place the food in a plastic wrap. Wrap the food in a plastic wrap so that it does not cover the food. If you place it too far to the edge, it will not turn out well.

Usable containers range Page 12

- Do not use dishes. This will increase the cooking time and cause the food to overcook. • Use food that has been kept in the freezer until just before defrosting. If the food is starting to melt, defrost it in the microwave at 200W while keeping an eye on it. Page 22

Close the door,



- The remaining time will be displayed after about 30 seconds

- When adjusting the finish, press the finish key within 30 seconds after starting.

Depending on the material, are some items for which you must press the finishing key. See the table

below .

Use the finish key according to the material.

Key		1.	2 Peeling technique Full
Quantity that can be made		(300-500g)	thawing 100-1000g
at one			finished adjustment
	time Ingredients Minced meat/	—	—
	thinly sliced meat	(Strong)	(Strong)
	Chunk	—	*Wrap the thin part of the bone-in leg in aluminum foil.
Meat and fish	of meat Chicken Tuna (lean)/	In the case of sashimi (Strong)	(Weak)
	shrimp Fish	—	(Weak) *Wrap the thin part of the tail in aluminum foil.

Freezing methods for proper thawing : *

Remove any decorations such as balances, mats, and small condiment packets. * Slice fresh produce into a thin, flat shape, making sure to remove all air and seal with plastic wrap. * Divide into single servings (200-300g). (The thickness should be no more than 3cm.) There is no need to divide into small portions to thaw quickly.

*Boil vegetables until firm, drain well, and freeze. To thaw, press the warm button twice.

Note

When using aluminum foil, be careful not to let it come into contact with the interior walls or door. (Sparks may occur or the door glass may break.)

Warm up drinks

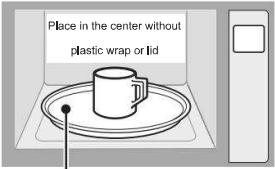
Microwave heating

 **caveat**

Do not overheat, as
sudden boiling may cause splashing.
[Risk of burns]

Example: 1 cup of milk (200 mL)

automatic



Round plate

Use a low, wide-mouthed container.

Put food in

Two or more cups should be placed on the same circle.



• Usable containers for microwave use

(page 12) • Use a container that is about 80% full when filled with the standard amount of ingredients (see table below). (Using an extremely large, small, heavy or light container may not cook properly.) • Always stir before and after heating.

• When adjusting the finish, press the finish key within 30 seconds after starting.

When pouring sake, be sure to press the (weak)  on (this will produce a standard finish). See the

table below.

Approximate time for manual heating

(page 38)

Close the door,



- The remaining time will be displayed after about 30 seconds

If it is overcooked, let it cool in the oven for 1-2 minutes before removing it.

food

Adjusting the finish (mL=cc)

	Standard serving size per cup	Reference temperature before heating	
Almond 	180mL	Store at room temperature...approx. 20°C	• Always press (weak). When heating or warming, microwave at 600W, adjust the time, and heat while checking the condition.
milk 	200mL	Refrigerate: about 8°C	 the temperature is lower than the standard temperature before heating •When heating (strong) •When
coffee 	150mL	Store at room temperature...approx. 20°C *Approximately 10°C warmer than milk .	 •When making it lukewarm (weak) •When the temperature is higher than the standard temperature before heating

Note

• When using aluminum foil for the sake container, be careful not to let it come into contact with the interior walls or door. Sparks may occur or the door glass may break. • If the contents of a bottle are in a container, be sure to transfer them to a container. Blow out the contents. • If the amount is less than the standard amount or the temperature is higher than the standard temperature before heating (for example, if leftover coffee is being heated), see page 22. For this reason, heat in a 600W microwave while checking the condition. Do not heat using the warming function as this may cause boiling and is dangerous.

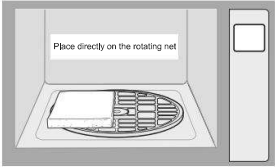
Toast bread

Toaster grill heating

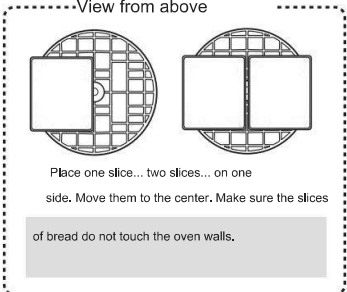
Example: 6 slices, at room temperature

automatic

Put food in



Place directly on the rotating rack



View from above

Place one slice... two slices... on one side. Move them to the center. Make sure the slices of bread do not touch the oven walls.

Note

- Please carefully remove any dirt from the rotating rack and any crumbs bottom  on the  (see page 39). (If heated while dirty, it may cause smoke or sparks.)

- The amount that can be made at one time is 1-2 slices of 4-8 slices of bread (room temperature or frozen). • There is no need to turn it over halfway through.
- The approximate heating time is:
 - 1 slice: approximately 5 minutes 30 seconds
 - 2 slices: approximately 6 minutes The baking time will vary depending on the type, size, thickness, and storage conditions of the bread, so please keep an eye on it while baking.

1

Close the door,



4 トースト



4-1
トースターグリル

When baking two pieces



4 トースト

Press twice

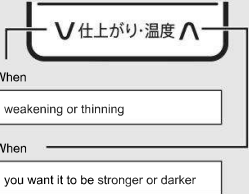


4-2
トースターグリル

Number of slices

The remaining time will be displayed after about 30 seconds

- To adjust the browning, press the doneness key within 30 seconds after starting.



V 仕上がり・温度

When

weakening or thinning

When

you want it to be stronger or darker

Important

When toasting frozen bread, be sure to press the (strong) finish key.



To warm bread, use the toaster grill while watching the progress. *For the estimated time when heating manually, see page 38.



Note

- Plastic containers and plastic wrap cannot be used as they will melt or burn. • Do not bake buttered bread. (The butter will fall to the bottom of the oven and cause smoke or fire.) • The browning of frozen bread will vary depending on the storage conditions.
- Due to the structure of the rotating rack, the top and bottom will brown differently.

Automatic menu Healthy menu

How to operate

automatic

Put food in

• For cooking tips such as which containers can be used, how to place food, and how to adjust the finished product, please see the description page for each menu.

Close the door
and select the desired menu number

1



• 9 When making gratin

Automatic Menu
5. Warming up convenience store bento
6. Warming up fries
7. Boiled vegetables
8. 3-minute rice bowl
9. Gratin
10. Cake

Healthy Menu
11 Fried chicken
12 Fried shrimp
13 Chawanmushi
14 Sake steamed

2



Displays the remaining time during heating

• When adjusting the finish, press the finish key within 30 seconds after starting.



Weak Strong

important Depending on the menu or food, you may need to press the Finished key.



Heating up a convenience store bento

automatic

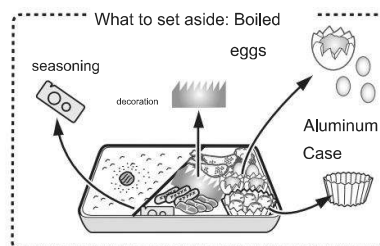
Microwave heating (5. Reheating

convenience store bento boxes) Use this to reheat bento boxes and rice bowls sold in microwave-safe packaging at convenience stores and supermarkets. • You

can heat up to 300-500g of bento or rice bowl food at a time. • Be sure to remove any wrapping or lid from the packaging and place on a round plate.

• If transferring to a plate or container for reheating, heat using the Please. **reheat**

function (page 14). • The final result will vary depending on the so if it is not heated enough (page 22), microwave at 600W and continue heating while checking the results.



Note

• Be sure to remove any wrapping or lids from the packaging, and do not put boiled eggs (including quail eggs), aluminum cases, or seasonings in them.

(There is a risk of sparks or explosions causing burns or other injuries.) Do not use aluminum foil or items in aluminum containers. (The microwave will heat the food, causing sparks and resulting in a malfunction.) If the inside of the oven or the round plate is very hot, allow it to cool before using.

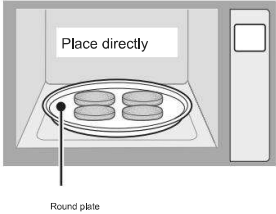
Reheating fried foods

Combination heating (6 fry heating)

For example, when making croquettes

automatic

Preparation



Place directly

Round plate

Put food in

- Arrange them at equal intervals or spread small items out. Laying down a cooking sheet makes cleaning easier.

Usable containers **Combination** 12 pages

• Do not use tableware.



This will increase the heating time and cause overcooking.

6 Tips for reheating fries

- The amount that can be heated at one time is 100 to 300g. (Each piece weighs between 25 and 100g) * The finished product key cannot be used.

please

- If food is burning too much, cover it with aluminum foil after the remaining time is displayed during heating. * Never use aluminum foil until the remaining time is displayed. (Right after heating starts, the microwave will heat the food, which may cause sparks and lead to malfunctions.) • If the bottom of food such as tempura becomes sticky after heating, Remove any oil using kitchen paper or similar.

- The finished product of commercially available foods may vary depending on the manufacturer, ingredients, storage conditions, production date, etc. Also, the heating method and time stated may differ slightly from those stated on the product package.

• When adding more heat, heat in the toaster grill while keeping an eye on the food. Page 22

ページ

1



Close the door and set it to "6"



レンジ トースターグリル

If the food is frozen, turn the dial further to display "Frozen."



レンジ トースターグリル

Lighting

2



あたためスタート

Displays the remaining time during heating

Menu example

Room temperature/refrigerated items	Frozen food
Fries, croquettes, fried chicken, commercially available bone-in fried chicken, french fries (fast food), etc.	Frozen fries, frozen croquettes, frozen fried chicken, frozen takoyaki, etc.

*The contents of the cream croquette may pop, so please keep an eye on it while heating.

Approximate time for manual heating (page 38)

Note

- Plastic containers and plastic wrap cannot be used as they will melt or burn.
- Be sure to remove any packaging.

Boiling vegetables

Microwave heating (7 boiled vegetables)

For example , potatoes (root vegetables)

Put food in

automatic

Preparation

1

2

Be sure to wrap it in plastic wrap and place it in the center

Round plate

When boiling whole potatoes, leave the center of the round plate empty.

Close the door and set it to " "

The remaining time will be displayed after about 30 seconds .

Key points about root vegetables

Potatoes, sweet potatoes, carrots, radishes, burdock, etc. • Amount that can be heated at one time: 100-1000g (up to 400g for carrots and burdock) • When cutting and boiling, cut into uniform sizes. For potatoes : • When boiling whole potatoes, after heating, steam with plastic wrap on, and peel while still hot.

Key points about leafy vegetables

Spinach, cabbage, Chinese cabbage, broccoli, asparagus, pumpkin, etc. • Amount that can be heated at one time: 100-400g (up to 300g for spinach) • Heat with some water remaining to prevent drying and dehydration. • Remove the bitterness before and after heating. For spinach, immediately place in water after heating (this also prevents the color from changing). For leafy vegetables : • Layer the leaves and stems alternately and wrap in plastic wrap so that they do not overflow the edges of the round plate. • For thick roots, make a cross cut before cooking. • If the quantity is large (over 300g), divide it into two equal parts. For flowering fruit vegetables: • Remove the thick core and the tough skin at the base before cooking.

• Usable containers in microwave ovens

Page 42

• Do not use tableware.

The heating time will be longer and the food will become overcooked.

• Make sure the ingredients are all the same size. • Cook them while leaving the moisture. • For vegetables with strong astringency, cook them before and after cooking. Remove the bitterness.

• To adjust the doneness, press the doneness key within 30 seconds after starting.

When boiling leafy vegetables

important

or flowering fruit vegetables, be sure to press the doneness key (weak). (This will result in a standard doneness.)

Note

When boiling a small amount of root vegetables (such as frozen mixed vegetables), use a large container so that the vegetables are submerged .

Add about 100g of water, cover with plastic wrap, and microwave at 600W.

Overheating may cause smoke or fire. *For 50g of carrots (25mL of water), cook for about 2 minutes.

If the food is not heated enough, microwave it at 600W while monitoring the food. If you continue to use the automatic heating function, the food may burn or catch fire.

• During heating, water droplets may form or fall from the bottom of the door, but this is moisture (water vapor) released from the food and is not a malfunction.

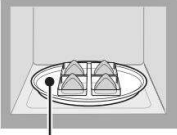
twenty one

Heat in the microwave

example Heating frozen food manual

Output: 600W Heating time: 5 minutes

Put food in



Use a round plate

Usable containers

range

Page 12 For

details on whether to use plastic wrap, the recommended cooking time, and how to place the food, please refer to the package instructions and the manual heating chart, Page 38

1

Close the door,



レンジ出力切替



レンジ

When adjusting to 500W, 200W, or 950W

Press further.



2

Set the time



レンジ



レンジ

Setting range: •

950W: up to 3 minutes • 600W: up to 20 minutes , up to 5 minutes in 10-second increments, up to 10 minutes in 30-second increments, up to 30 minutes in 1-minute increments, up to 95 minutes in 5-minute increments If heating is continued, "Low" may be displayed when heating at 950W. (To protect the product, it will heat at 600W.)

• 500W up to 30 minutes • 200W up to 95 minutes

3



あたためスタート

• You can check the output by pressing Microwave during heating.



Warning:



Eggs (shell eggs, boiled eggs, oden)

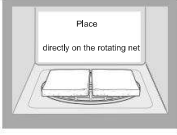
Do not use [It may explode and be very dangerous]

Toaster Grill Heating

example Manual toasting of

Heating time: 5 minutes

Put food in



Place directly on the rotating rack

• Usable container

toaster grill

Page 12

If the food is likely to lose its juices or oil to the bottom, heat it on a round plate.

Note

• Frequently remove any dirt from the rotating rack and food debris from the bottom. (If heated while dirty, it may cause smoke or sparks.) Page 39

1

Close the door



トースターグリル



秒

• Display seconds

2

Set the time



トースターグリル



トースターグリル

Setting range :

Up to 30 minutes , Up to 5 minutes in 10-second increments , Up to 10 minutes in 30-second increments , Up to 30 minutes in 1-minute increments

3



あたためスタート

Heat in the oven (to let rise)

Example: Toasting rolls Heating temperature: 180°C Heating time: 24 minutes **Manual**

Preheat (raise the temperature inside the oven beforehand)

Preheat

Do not put food or round plates inside

1 Close the door, Initially displays 170°C

2 Adjust the temperature

Setting range : 40°C (when fermenting) 110 °C to 250°C in 10°C increments

3 • To change the temperature during preheating, press the temperature key.

Preheating completion sound

Beep beep beep beep

If the door is not opened, the food will stay warm for 20 minutes. During this time, the temperature display will flash.

Bake

Bake

Put the food in and close the door

*Open and close the door quickly as the temperature inside the refrigerator will drop.

Usable containers **oven** Page 12

4 Set the time

• The first 20 minutes are displayed

Setting range :
Up to 95 minutes , up
to 30 minutes in 1 minute increments ,
up to 95 minutes in 5 minute increments

5 • To change the temperature during heating, press the oven button, and when the temperature is displayed, press the temperature key.

How to bake without preheating

Preparation Place food inside the oven and close the door. 1. Press **OVEN** and adjust the temperature using the temperature key. 2. Adjust the time using the rotary knob. 3. Press **START**. (See above for changing the temperature during heating.) *Use this when manually heating fried chicken in the cooking section, or when adding more heat while the oven temperature is still high.

Preparation Place food inside the oven and close the door.

1. Press the oven button and use the temperature key to set the fermentation temperature to 40°C. 2. Use the rotary knob to set the time. 3. Press the start

*Cannot be used when the temperature inside the oven is too high. Will be displayed.

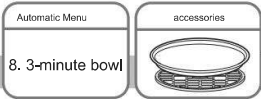
Automatic menu 8 3-minute bowl points •Heating

typeMicrowave heating (estimated time...approx. 3 minutes 20 seconds) •Available menu....Beef bowl, mushroom bowl, or oyako bowl for one person

- Put cold rice into the rice bowl and heat it together with the rice bowl ingredients in a separate container. • Do not use to heat commercially available rice bowl dishes. (To prevent overheating and burns) • If the ingredients are not cooked enough, heat only the ingredients at 600W.

range

Beef bowl

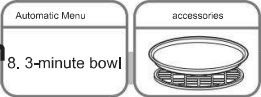


Ingredients (for one person) : 70g thinly sliced beef (cut into bite-sized pieces) 1/4 onion (50g) (thinly sliced) A: 2 teaspoons each of soy sauce and sugar 200g cold rice 1 green onion (thinly sliced diagonally)

Shred the onion and beef into a heat-resistant container, add A, mix, and loosely wrap. Place the cold rice in a rice bowl, loosely

1. Wrap , and place on a round plate along with step 1. Select menu number 8 for the 3-minute rice bowl with and press Start .
2. Microwave manually... Microwave at 600W for approximately 3 minutes and 20 seconds , then ingredients and place on top of the rice and sprinkle with green onions.

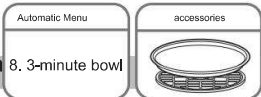
Mushroom Don



Ingredients (for one person) : 1/2 pack (50g) Shimeji mushrooms (divided into small florets) 50g ground beef 2 teaspoons soy sauce A 1 teaspoon sugar
Toubanjan
Chilled rice: 200g Green onion (finely chopped): 1 stalk

1. Put A into a heat-resistant container, mix well, and cover loosely with plastic wrap. Heat in the same manner as steps 2 and 3 for Gyudon (above). 2. *After plating, you can also top with egg yolk.

Parent and Child Don



Ingredients (for one person): 40g chicken thighs (cut into bite-sized pieces), 1/4 onion (thinly sliced) , 50g mentsuyu (double diluted), 1 1/2 tablespoons water, 200g cold rice, 1 medium egg

Place A in a heat-resistant container and cover loosely with plastic wrap.

1. Place the cold rice in a rice bowl, wrap loosely with plastic wrap, and place on a round plate along with item 1. Press Start .
2. Press menu number 8 for the 3-minute rice bowl, then press Start . To use 600W... Microwave for approximately 3 minutes and 20 seconds , then remove the rice.
3. Mix the ingredients, then pour in the beaten egg and place on the round plate without wrapping. Press , change to 600W, use to adjust the microwave rotation knob to approximately 40 seconds , and press Start. After heating , place the ingredients

Healthy Menu **11** Fried Chicken

Heating method : Oven heating (approximate time: 28 minutes)

- Karaage is made without deep frying, so it has the following characteristics:
 - Low in calories and healthy.
 - No need to clean up oil after cooking.
 - Fewer mistakes.
- When marinating meat in seasonings or sprinkling flour, using a plastic bag helps to coat the meat evenly. It's also easy to clean up.
- If you don't use commercially available fried chicken powder, do the same, but add salt and pepper before marinating. Instead of fried chicken flour, sprinkle with 3 tablespoons each of potato starch and cornstarch.

Caution: If the cooking sheet comes into contact with the walls of the oven, it may burn.

Fried chicken

Healthy Menu

Accessories

11 Fried chicken



Ingredients (serves 4)
2 chicken thighs (500g) 2 tablespoons A Soy sauce 1 tablespoon Karaage flour (commercially available) to taste Parchment paper

1 Cut each chicken thigh into 8 equal pieces.

2 Place the chicken and A in a plastic bag, let the flavors blend, and marinate in the refrigerator for about 10 minutes.

3 Place the fried flour in a separate plastic bag.

Wipe off any excess liquid from the chicken in 2 with kitchen paper, add it to 4 3, shake the bag and sprinkle with flour.

point

If you add the fried chicken flour to the plastic bag in step 2, the seasoning will make it sticky and the result will not be good.

Place a baking sheet on a round plate, shake off excess flour from step 4 , then arrange the pastries skin-side up, leaving some space between them.

6 Press the **Manual** So, according to menu number 11 of fried chicken, **Manual** Start Oven 28 minutes (oven preheating is not required)

*After heating, oil from the chicken will collect on the round plate, so it is a good idea to wipe it off with kitchen paper before serving.

Automatic Menu 9 : Gratin Tips

•Type of heating : Microwave heating, then switches to toaster grill heating halfway through heating. (Estimated time: about 15 minutes)

•Menu items: Macaroni gratin,

Doria (page 27) • Serves 1-4 people (4 plates) at a time (you can also bake 4 servings on a

large plate) • If the white sauce and ingredients have cooled before baking, place the gratin dish on a round plate, press and turn on the power to 600W.

range

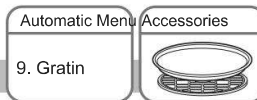
Heat to body temperature and then bake as in step 4. Sprinkle cheese on top before baking.

• For commercially available frozen gratin, heat it manually, referring to the heating instructions on the package.

*The final product may vary depending on the manufacturer, ingredients, storage conditions, date of manufacture, etc., so please keep an eye on it while heating.

*It cannot be heated automatically. The heater heats the product, which may cause the polypropylene container to melt or burn.

Macaroni gratin



Ingredients (serves

4) White sauce:

30g each plain flour and butter, 2 cups milk, a pinch of salt and pepper, 80g macaroni (boiled and tossed with a moderate amount of butter), 200g shrimp, 1/2 onion (100g), a pinch of salt and pepper, 50g canned mushrooms (sliced), 2 tablespoons white wine, A butter, 20g, 80g pizza cheese

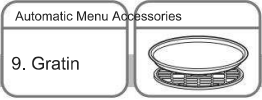
1 Put the flour and butter in a large heat-resistant container and place it on a round plate without wrapping it. Press , **range** **increase the power to 600W**, set the time to **about 1 minute** 30 seconds, and press the rotary **start** heating, stir well with a whisk, gradually add the milk to thin the mixture, and season lightly with salt and pepper. Press again without wrapping it in plastic, increase the power to 600W, set the time to **about 7 minutes** 30 seconds, and press the **microwave**. Remove the food from the **2-3 times** during the process , stir, and press Start to continue heating **until you have a lump-sauce**. *If you want to remove the food during heating, do not press , but open the door to pause the **heating and** remove the

2 Peel and devein the shrimp, thinly slice the onion and place in a heat-resistant container. Add A, cover with plastic wrap and place on a round plate. Press , turn to **600W** **range** adjust to about 5 minutes with , and press . Start **Rotary knob** After heating, mix the resulting liquid into the white sauce.

3 Add the boiled macaroni to step 2, season with salt and pepper, mix with half of the white sauce, divide into 4 equal parts and place into a lightly buttered gratin dish, pour the remaining white sauce over the same amount and sprinkle with pizza cheese.

4 Arrange 3 on a round **Rotary knob** Press the Gratin menu. plate, align with number **9** and **start**. For manual operation... **Microwave** for about 3 minutes and 40 seconds at **600W** **toaster grill** for 11 to 12 minutes in

Doria



Ingredients (serves 4)
White sauce (see Macaroni Gratin) 2 cups
Chicken thighs (cut into bite-sized pieces) 200g
Onion (thinly sliced) 1/2 (100g)
A Mushrooms (sliced, canned) 50g
White wine 1 tablespoon
Heavy cream 1/2 cup
Rice 250g
Tomato ketchup 3 tablespoons

B Salt and pepper: A little of each
Pizza cheese: 80g

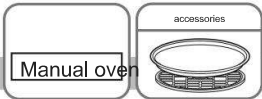
Make the white sauce in **step 1** in the same way as in step 1 of Macaroni Gratin (page 26) . Place A in a heat-

2 resistant container, cover with plastic wrap and place on a round plate. **start** microwave 600 W and press row 4 and heating 5 minutes, then turn the resulting sauce with the heavy cream into step 1. **3** Mix the ingredients in step 2, rice and B, divide into 4

equal parts and place into a lightly buttered gratin dish, pour the sauce in step 1 over it and sprinkle with pizza cheese. **4** Heat in the same way as step 4 of Macaroni Gratin (page

26) .

Salmon and corn baked in foil



Ingredients (serves 4)
4 slices of raw salmon (80g each) , salt and pepper to taste , 1 potato (150g), salad oil to taste
A Sweet corn (canned, chunky) 80g
Tartar sauce 40g
2 Heavy tablespoons steam Aluminum foil (25cm square) 4 sheets

1 Season the salmon with salt and pepper, and cut the potatoes into 3mm slices. Preheat (only the rotating rack is in the oven), press , set the temperature to 190°C, and press Oven . **start** Spread out the aluminum foil with salad oil. Place

potatoes (1) , salmon, and the mixed ingredients (A) in equal portions in that order, and wrap. Once preheating is complete, place the round plate with the

ingredients (3) in the oven. Set **4** to 30-35 minutes, and press. Rotating knob **start**

Healthy Menu : Tips for Fried Shrimp

•Heating method : Oven heating (approximately 15 minutes) •Menu items: Fried shrimp, potato croquettes

*Bread crumbs that are white cannot be heated.

- Oven fries are not deep-fried in oil, but are made using pre-fried golden brown breadcrumbs, which gives them the following advantages: 1. Low in calories and healthy. 2. No need to clean up oil afterwards. 3. Crispy finish, less likely to fail.

How to make crispy breadcrumbs

*Once the color starts to develop, it will suddenly turn black, so keep an eye on it as you finish.

The color at this point will be almost the same color as when it's cooked.

Ingredients (serves 4) Breadcrumbs: 60g Salad oil: 3 tablespoons

*The browned breadcrumbs can be frozen. When you want to use them, you can use them as they are without thawing.

- If you are making it in the microwave

Put the ingredients for the browned breadcrumbs into a heat-resistant container (heat-resistant glass or ceramic, approximately 15cm in diameter), mix well, and place on a round plate without wrapping. Press **change** to 600W, set to approximately 3 minutes, and press **start**. After heating, mix well, without wrapping again, press **change**, set to 600W, set to approximately 20 seconds, and press **start**. When the color is approximately 40 seconds left, remove and press to continue heating, and start by browning the entire food. *If you want to remove the food during heating, do not press, but open the pause heating and remove the food.

Cancelled

- If you are making it in a frying pan

Mix the ingredients for the browned breadcrumbs well and add to a frying pan. Heat while stirring until golden brown.

Fried shrimp

[Photo appears on the cover]

Healthy Menu

12 Fried shrimp

accessories



Ingredients (serves

4) : 8 large shrimp (30g each) Salt, pepper, sake... a little each Cake flour, beaten egg... a little each Browned breadcrumbs (see above)

- 1 Remove the shells and vein from the shrimp, leaving the tails intact, make 3-4 cuts in the abdomen, season with salt and pepper, and sprinkle with sake.

Coat 1 with flour, beaten egg, and browned breadcrumbs in that order, and arrange 2 on a round plate. Select **Rotary knob** 12 for fried shrimp with the menu key and press Start.

Rotary knob

When using manually... Preheat oven to 200°C and bake for about 13 minutes.

potato croquette

Healthy Menu

12 Fried shrimp

A (strong)

accessories



Ingredients (serves

4) 3 potatoes (450g) 1 small onion (chopped) (150g) A. Minced beef (shredded) 100g Butter 10g Salt, pepper, nutmeg... a pinch each 1 tablespoon mayonnaise Cake flour, beaten egg... to taste Crispy breadcrumbs (see above)

- 1 Place the potatoes whole with the skin on a round plate, wrapped in plastic wrap. Press to set the boiled vegetables menu number 7. Rotary knob **start** When starting manually... heating for about 6 minutes at 600W steam for 2-3 minutes

with the plastic wrap on, then peel and mash while still hot. Place A in a heat-resistant container, cover

- 2 with plastic wrap, and place on a round plate. Press, set to 600W, and microwave for about 5 minutes. After heating, season with salt, pepper, and mayonnaise, let cool and chill in the refrigerator. Divide 2 into 8 equal parts, shape into ovals and coat with flour, beaten egg and crispy bread flour in that order, then arrange on a round plate.

- 4 **Rotary knob**

Press the button and then press the (strong) finish key within 30 seconds. **start**

When doing it manually... Preheat oven to 200°C and bake for about 13 minutes

Healthy Menu Chawanmushi Tips

•Heating method : Oven heating (approximately 35 minutes, including 10 minutes of steaming) •Menu: Chawanmushi, Western-style chawanmushi

- If the eggs are not beaten enough, they may not solidify properly.
If you keep the chopsticks close to the bottom of the bowl while mixing, bubbles won't form.

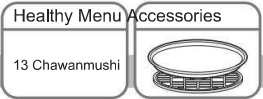
- The ratio of eggs to dashi stock is approximately 1:4. • The temperature of the egg mixture should be 15-25°C. If the temperature is too high, it will become sticky. • Put equal amounts of ingredients and egg mixture into the steaming bowl.

The filling should be less than 1/3 of the steamed bowl (about 50g), and the amount of egg mixture should be about 1.5cm below the opening of the steamed bowl.

- Do not cook multiple servings in one large container. • If the temperature inside the oven is high, allow it to cool before starting heating.



Chawanmushi

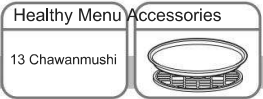


Ingredients (serves

4) 2 dried shiitake mushrooms (soaked in water) 2 tablespoons of soy sauce from dried shiitake mushrooms 1 tablespoon of sugar 100g chicken fillet A little sake and light soy sauce each 4 shrimp

Kamaboko...4 slices Ginkgo nuts (canned) ...8 eggs 2 medium-sized pieces Dashi stock 2 cups Salt 1/3 teaspoon Light soy sauce 1 teaspoon Mirin 2 teaspoons Mitsuba leaves as needed

- 1 Cut the dried shiitake mushrooms in half and place them in a large heat-resistant container with A. Place them on a round plate without wrapping. Press , turn the lid, set to about 1 minute, turn the lid, 10 seconds, and Remove the tendons from the chicken fillet
- 2 it thinly. Sprinkle with sake and light soy sauce. Peel the shrimp, leaving the tails intact, and remove the vein. Beat the eggs well and dilute with dashi stock. Add
- 3 salt, light soy sauce, and mirin, mix, and strain. Place the ingredients in a heat-resistant steaming bowl, pour in the egg mixture
- 4 until it is 80% full, and line with a heat-resistant lid. **Arrange 4 evenly spaced on the same circumference of the round plate. Set 5 to menu number 13 for chawanmushi** and press the lid, press . After heating, remove and sprinkle with mitsuba leaves. Heat for about 15 minutes, then steam in the oven for about 10 minutes . (No preheating)



Western-style chawanmushi



Ingredients

(serves 4): 80g chicken thighs, a pinch of salt and pepper, 30g canned mushrooms (sliced) , 2 slices of bacon (cut into 1cm pieces), and a moderate amount of chervil.

egg2 medium bouillon cubes (dissolve 1 bouillon cube in a little hot water and thin with water) 300mL Milk 100mL White wine 1 tablespoon Salt and pepper to taste Aluminum foil

mL=cc

1. Cut the chicken thighs into 8 pieces and season with salt and pepper.
Beat the eggs well and thin them with the bouillon, then add the milk, white wine, salt, and pepper, mix, and strain. Place the mushrooms and bacon in equal portions into a heat-resistant container (a 10cm diameter soup cup) . Pour the egg mixture evenly into the container and cover with aluminum foil.

How to make the

lid: Place the aluminum foil over the container, press firmly, then remove it and use scissors to cut 1cm out from the fold. If you leave more than 1cm of foil, it will be less likely to harden when heated.



*If you are making it in a steaming bowl, please use the original lid. If you use aluminum foil as a lid, it may be difficult for the mixture to solidify.

- 4 Repeat step 5 for chawanmushi (above).
After heating, garnish with chervil.

Healthy Menu 14: Tips for Sake Steaming

- Type of heating: Microwave heating (approximately 6 minutes)
- Menu items: Steamed clams in sake, steamed cod, marinated seafood
- Use a heat-resistant container with a flat bottom to prevent the ingredients from overlapping.

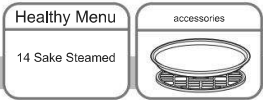
Sake-steamed clams



Ingredients
(serves 4) Clams: 400g Sake: 4 tablespoons (You can also use white wine instead of sake)

Soak the clams in salt water for a while to remove the sand.

- 1 Place the clams in a flat-bottomed heat-resistant container, making sure they do not overlap, and
 - 2 sprinkle with sake. Cover 2 with plastic wrap and
 - 3 microwave for about 6 minutes. So, according to the sake steamed menu number 14, Press Start. *If there are shellfish that have not opened after heating, place them in another small heat-resistant container, cover with plastic wrap, and microwave at 500W while checking the condition .
- When using manually... Microwave for about 6 minutes

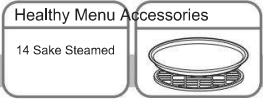


Steamed cod



Ingredients
(serves 4) 4 slices of fresh cod (80g each) 1 pack of kaiwarena (cut into 3cm lengths) 4 thinly sliced lemons Ponzu soy sauce (as needed)

- 1 Arrange the cod in a flat-bottomed heat-resistant container, then top with the konjac and lemon.
- Cover 1 with plastic wrap and place on a round plate. Select menu number 14 for sake steamed food in 2 and press Start . y
- blanch manually... at 500W for about 6 minutes , then pour in ponzu sauce.

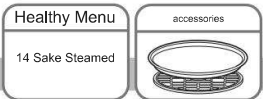


Seafood Marinade



Ingredients
(serves 4) 1 cup squid (250g) , 100g shrimp, 100g boiled wine , octopus , 4 tablespoons, 2 sliced chilies, 1 white clove of garlic, 1 tablespoon vegetable oil, 1 tablespoon soy sauce, 1 tablespoon each , salt and pepper

1. Cut the squid body into 7-8mm slices and the squid wings into 4 pieces Cut the legs into pieces and cut off the tips a little. Peel the shrimp and remove the vein, and cut the boiled octopus into bite-sized pieces. Mix the marinade and 1 in a heat-resistant container with a flat bottom .
- Cover 2 with plastic wrap and place on a round plate. Select menu number 14 for sake steaming with the microwave Start . Press it manually... Microwave at 500W for about 6 minutes , then cooled, marinate in the refrigerator for about 1 hour.



Yellowtail teriyaki



Ingredients

(serves 4) Yellowtail: 4 slices (80g each) Sauce: Soy sauce: 2

tablespoons Mirin: 1 tablespoon Sake : 2 teaspoons Aluminum foil

- 1 Place the sauce and yellowtail in a plastic bag, remove the air, and tie the top of the bag. Marinate in the refrigerator for about 30 minutes, turning the bag over 2-3 times
- 2 during the process. Place wrinkled aluminum foil on a round plate, coat the yellowtail well with the sauce, and place them face down. Press , turn the knob to set for about 12 minutes then press . After starting the to remove the round plate, fish over, press , turn the knob to set for about 9 minutes , then press .
*Fish will brown differently depending on the part of the fish and how fatty cooking while starting the progress.

Please see pages 22-23 for instructions on how to easily create a simple menu and accessories.

Menu name	Amount	Heating type and estimated time	How to make it (mL=cc)
Wild vegetable rice	For 4 people	range Approximately 16 minutes at 600W	Wash 2 cups (340g) of glutinous rice and place in a large heat-resistant container. Add 300mL of water and soak for about an hour. Add 60g (net weight) of drained boiled wild vegetables, 1/2 tablespoon of light soy sauce, and a little salt. Cover with plastic wrap and heat. Remove from heat with 6 minutes remaining, mix thoroughly, then cover with plastic wrap and heat again.
sweet potato	to 200°C for 4 pieces (250g each) and bake for 55-60 minutes.	Preheat oven	Wash the sweet potatoes, pat them dry, poke a few holes in them with a fork, and arrange them on a round plate lined with aluminum foil. Once preheating is complete, place the prepared round plate inside the oven. *The degree of heating will vary depending on the thickness and weight of the sweet potatoes, so please adjust the heating accordingly.
rice cake	4 pieces (50g each)	10-11 minutes on the toaster grill	Place a baking sheet on a round plate and arrange the mochi, avoiding the center. *They will not brown easily, but they are done when they start to puff up. The cooking time will vary depending on the quality of the mochi and how long it has been stored, so adjust the cooking time accordingly. Caution: If the cooking sheet comes into contact with the walls of the oven, it may burn.

Automatic Menu 10 Cake Tips

•Heating method: Oven heating (approximately 40 minutes, 18cm diameter) •Menu items: Sponge cake (page 33), Pound cake (page 34), Tea pound cake (page 34)

- No need to preheat. (Preheat if you use it manually.) • The mold is a round metal mold (for pound cakes, Use the mold size shown on page 34.
- Sponge cakes can be baked in round molds with diameters of 15cm, 18cm, and 21cm.
- To bake a pound cake, press at cake menu number 10, then press the finished product (start) within 30 seconds.



material \ Round diameter	15cm	18cm 21cm	
Cake	60g 2	90g 3	120g
	medium	medium	Medium
flour,	60g	pieces	4 pieces
eggs,	10g 2	90g 15g	120g
sugar,	teaspoons	1 tablespoon	20g 4 teaspoons
butter, milk . If you are using manual baking (preheat oven to 150°C):	Approximately 35 minutes	Approximately 40 minutes	Approximately 45 minutes

Tips and tricks for making sweets

•Prepare properly.

First, measure out all the ingredients properly and have all the tools ready. Measuring powders with a measuring cup can lead to errors and may not work properly. Use a scale to

measure. When beating eggs, if the foam will not form well.

Beating eggs is hard work, so a hand mixer is handy.



After beating the eggs, work quickly as the foam will disappear if left for too long and the cake will not bake properly.

Please note: When whisking whole eggs and sugar together, the mixture is more difficult to whisk than egg whites alone, so please be careful as it is common for the mixture to fail when baked without being sufficiently whisked.

•You can choose salted or unsalted butter as you like.

•Use both soft flour and strong flour appropriately, and be sure to sift to remove any lumps. By incorporating plenty of air into the dough, the finished product will be lighter when baked.



•The dough will expand when heated, so make sure to leave enough space between the pieces.



•Make sure the dough is the same size and amount. If the dough is different in size or amount, such as different sizes of cookies, it may not bake evenly.



The final result will vary depending on the material of the baking mold. This cookbook mainly uses metal molds. Paper and silicone molds can also be used, but please check the heat resistance temperature and bake while monitoring the condition (page 12). Also, heat-resistant glass conducts heat more slowly than metal ones, so the final result will be different.

When making recipes other than those in this cookbook, refer to similar menus in the cooking section and check the results as you cook. However, because ovens vary in size and design, cooking times and temperatures may vary, and the food may not cook properly under the same conditions as in a cookbook.

sponge cake

Automatic Menu

10. Cake

accessories



Ingredients (for one 18cm diameter metal round cake pan)

mL = cc Sponge

cake Flour: 90g Eggs: 3
medium eggs Sugar: 90g
A little vanilla extract

Butter: 15g Milk: 1
tablespoon

Whipped cream:

200mL, Sugar: 2
tablespoons, Vanilla
extract, Brandy : A little
each, Fruit for garnish
(strawberries,
etc.): As needed,
Parchment paper
(or parchment paper)

1 Lightly coat the inside of a round cake pan with butter (not included in the recipe) and line it

2 with a baking sheet. Separate the egg yolks and egg whites, place the egg whites in a large bowl and beat until stiff peaks form, then gradually add half of the sugar and continue

beating

until glossy. Make sure the point bowl and whisk are free of moisture and oil. If there is moisture or oil, the foam will not form easily.



3 Add the remaining sugar to the egg yolks and whisk until white streaks form (like mayonnaise).



Combine 2 and 3, add vanilla extract and mix with a whisk **4** until smooth.

Sift the flour into the mixture (4) and mix lightly (5) without breaking the bubbles, lifting the dough from the bottom until there is no more flour left.

point

If you don't mix it enough, the texture will be coarse, and if you mix it too much, it won't rise well.

6 Put the chopped butter and milk into a heat-resistant container, cover with plastic wrap, and place on a round plate. Press the button, turn the heat **Rotary knob** and set the power to 1 minute **Start** button, then press the button and melt until all lumps are gone. After heating, add the butter and milk to step 5 while it is still warm using a spatula and mix quickly.

Pour 6 into mold 1 and shake the mold to smooth the surface. **7**. Drop the mold slightly to remove any air bubbles and place on a round plate. Use the to select cake menu **Rotary knob** 10 and press . Start **Start** For manual baking... Preheat oven to 150°C and bake for

approximately 40 minutes . *If a **bamboo** skewer is inserted into the center batter sticks to it, it is done. After heating, immediately drop the mold from a height of 20-30cm to prevent

shrinkage, then remove from the mold and allow to cool.

8 Put the chilled cream and sugar into a bowl and whisk while cooling the bowl in ice water. Once thick, add the vanilla extract and brandy and whisk until stiff peaks form.



9 Thinly slice the fruit, leaving some for decoration. Cut the cake in half horizontally, sandwich the whipped cream and fruit between the two, and decorate the surface with the remaining whipped cream and fruit.

pound cake



Ingredients (for one metal pound cake pan measuring 16cm (bottom) x 7cm

Rum-soaked fruit : (height) mL = cc 80g plain flour
 (fruit : 30mL 90g Dried 2/3 teaspoon baking powder 20g
 Rum (walnuts (coarselychopped)
 Juice of 1/2 lemon B Zest of 1/2
 lemon (grated) A little vanilla extract
 Dough : 80g butter 80g sugar (15g sliced almonds parchment
 paper (or parchment paper)
 yyyyyyyyyyyyyyyyyyM2 eggs



1 Roughly chop your favorite dried fruit. Place in a heat-resistant container, add the rum, cover with plastic wrap, and place on a round plate. **range** Press , set to 600W, use the rotary knob to set to minute 30 seconds, and press . After starting heating, let and drain. Lightly spread butter (not included

2 in the recipe) on the inside of a pound cake mold and line it with parchment paper. Separate the egg yolks and egg whites.

Caution: If the cooking sheet comes into contact with the walls of the oven, it may burn.

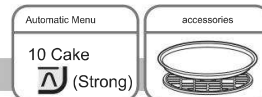
3 Put the softened butter and about 2/3 of the sugar into a bowl and mix until pale, then add the egg yolks and mix. Put the egg whites into a large bowl and

4 beat until stiff peaks form, then gradually add the remaining sugar and continue beating. Add half of 4 to 3, then sift in A, mix well in

5 , then mix in the remaining 4. Add B and the drained rum-soaked fruit from 1 to 5 and mix in **6**. Pour into a mold

and make a depression in the center to create a groove, sprinkle with sliced almonds and place on a round plate.

7 After to select cake menu number 10, seconds pressing the rotary knob , press the start (strong) finish key within 30 After heating, remove from the mold and let cool. When cooking manually... Preheat to 160°C oven for 45 to 50 minutes.



Tea pound cake



Ingredients (for one metal pound cake pan, 16 x 7 x 6 cm bottom)

Dough: 80g plain flour , 2/3 5g black tea leaves (Earl Grey, etc.) A little vanilla extract
 teaspoon baking powder
 A. Skim milk ... 3 tablespoons Egg paper (or parchment Parchment
 2 medium-sized pieces paper)
 Butter 80g Sugar 80g

1 Make the batter in the same way as steps 2 to 5 for the pound cake (above) , except sift the skim milk together with the flour. Add the tea leaves and vanilla extract last and mix lightly. Place 1 in a mold, make a depression in the

2 center to create a groove, and place on a round plate.

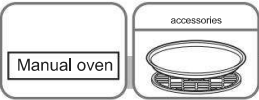
3 Heat in the same way as step 7 for the pound cake.

Cookie cutters



Ingredients (makes about 33 pieces) 45g softened butter, 45g sugar, 1/2 medium beaten egg, a little vanilla extract, 110g plain flour

- 1 Mix the softened butter and sugar until pale. Gradually add the beaten eggs and
- 2 mix well, then add the vanilla extract. Sift in the flour and mix lightly. Once there are no more
- 3 floury bits, combine the mixture.



Wrap 3 in plastic wrap, shape into a square, and leave to rest in the refrigerator for at least 30 minutes .

5 Preheat (only rotating rack inside oven). Press to set **oven**, then press. Lightly butter a round plate (not included in recipe).

6 Place 4 between two sheets of plastic wrap and roll out to a thickness of 5mm 7 with a rolling pin.

Tip: Place

something 5mm thick (such as chopsticks) on either side of the rolling pin to help it roll out nicely.

8 Cut out the dough into your desired shapes and arrange them on a round plate, leaving some space between them. *Once you have cut out the dough, gather it together and repeat the process of rolling it out and cutting it out. Coating the cutter with flour will make it easier to cut out.

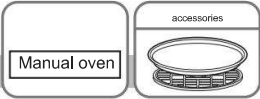
9 Once preheating is complete, place 8 inside the oven. Set the time to 22-25 minutes with the knob and press . After heating with the knob , remove from the round plate while still hot and allow to cool. *You can also use icing (a mixture of 10g powdered sugar and just under 1/2 teaspoon lemon juice) to draw designs on the cooled cookies.

Soy milk pudding (smooth type)



Ingredients (makes 6 cups or cocotte molds with a base diameter of 8cm and a height of 4cm) mL = cc

Soy milk 250mL	A Sugar 50g	A little vanilla extract
Fresh cream 100mL	Egg yolk	Aluminum foil
4 medium eggs		Kitchen paper



1 Place A in a heat-resistant container and place it on a round plate without **wrap**. Press , turn to 600W, use the rotary knob to set to approximately 2 minutes 30 seconds **start** and press . After heating, press stir to dissolve the sugar thoroughly. 2 Add

the remaining ingredients to 1, mix well, and strain. 3 Pour equal amounts of 2

into the moulds and cover each one with aluminium foil. (See "How to make the lids" in Step

3 of How to Make Western-Style Chawanmushi on page 29.) Preheat (only

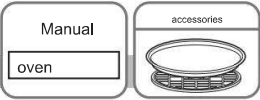
4 rotating rack inside). Press , use the **temperature** key to set to 180°C, and press **oven** . Place two layers of **start** paper on a

5 round plate (cut off any excess paper) and arrange 3 on the same circumference.

6 Once preheating is complete, place the round plate (5) inside the oven and pour 200 mL of boiling water onto the round plate (be careful not to get **Rotary knob** burned). Set the time to about 30 minutes and press

7 After heating, let it steam in the oven for about 10 minutes, then remove from heat and chill in the refrigerator.

Bread roll



Ingredients (makes 9) Dough:

210g strong flour, 2 tablespoons sugar, 1/2 teaspoon salt , 1 teaspoon (3g) dry yeast , 110ml room temperature milk , 1/2 medium beaten egg , 40g butter

Drusel Beaten Egg yyyyyy1/4 of a medium size Salt yyyyyyyyyyya little

mL=cc

- 1
- Sift together the flour, sugar, and salt into a large bowl. Add the dry yeast and mix, then add the milk and beaten eggs in that order and mix lightly, then fold in the softened butter. Bring the dough together and knead it vigorously for
- 2
- about 10 minutes on a floured surface, pounding it down until it is uniformly soft and about the size of an earlobe. If you don't knead it enough, the membrane of gluten points (proteins in flour) that enclose the air won't form it from properly, allowing the air to pass through and preventing rising.
- 3
- Roll out the dough and if you can see your fingers through it, it's ready. Shape it into a
- 4
- nice ball and place it in a lightly buttered bowl, then cover with plastic wrap.
-

Place 4 on a round plate. Press **oven** use the temperature key to set the temperature to 40 ° (fermentation), use **minutes** to adjust the time to 40-50 and press to **start the first** fermentation. Start

Important note:

After the first rise, the dough will have risen to 2-2.5 times its original size. If you put flour on your finger and press into the center, and a hole remains, it has risen properly. If the hole returns to its original shape, it has not risen enough. Keep an eye on the dough and add about 10 minutes of rise time. Lightly press the dough to release the gas, then grab the edges of the dough and fold it in from all sides.

(Released) Divide the dough into 9



- 6
- equal parts using a scraper or knife, roll them into small balls, cover with plastic wrap and leave to rest for about 20 minutes.
- 7
- (Rest time) Lightly butter a round plate.

- 8
- 9
- Roll the round dough into a thin teardrop shape using a rolling pin, then roll it up starting from the thick end. Place the rolls on the round plate with the end of the roll facing downwards, leaving



- 10
- some space between them. Spray the dough from step 9 with mist and place the round plate in the **oven** Press and set the temperature to 40° (fermentation) with the temperature the knob to **start the first** fermentation. If the key and press and turn dry during the process, spray with mist .

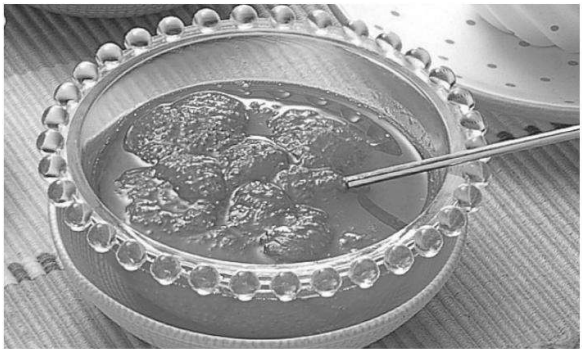
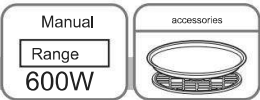


After the second rise, the dough will have risen to 2 to 2.5 times its original size. If it is not rising enough, add about 10 minutes to the rise time while checking

- 11
- the condition. Preheat the oven (only the rotating **rack is in** the oven). Press the oven temperature key to set the oven temperature **start C. y** Press.

- 10
- When preheating is complete, spread **12 crusts** on the surface of pieces of bread and place them in the oven. **Adjust the rotation** knob to 23-25 and press. Start

strawberry jam



Ingredients (makes about 280g of finished product) Strawberries...1 pack (300g) Lemon juice...1/2 lemon Sugar...100g

- 1
- Put the stemmed strawberries, lemon juice, and sugar into a large heat-resistant container and place on a round plate without wrapping. Press the microwave button , set to 600W, set **and press 4** minutes, turn the knob , Remove **you do the** oven once or twice during the cooking process, scoop acrylic and stir, then press the button **start**

*If you want to stir the food during heating, **do open** the door without pressing to pause the heating and remove the food. If you leave the food to cool after heating, it will solidify and turn into a jam-like consistency.

Pizza (salami)



Ingredients (for one 25cm pizza): Pizza
dough, toppings: Strong flour, 80g pizza sauce
(commercially available), 40g plain flour, as needed, 2/3 tsp
15 slices salami sausage (thinly sliced), 1/2 tsp (1.5g) dry yeast,
70mL water, 1/4 (50g) onion (thinly sliced), 1/2 tbsp salad oil,
1 bell pepper (thinly sliced), 40g canned mushrooms (sliced), 100g
pizza cheese.

mL=cc

- Manual oven

accessories
- Cooking
- 1

Use the ingredients in the ingredients list to make the same dough as steps 1 to 6 in the Rolls (page 36) . After degassing, let the dough rest for about 10 minutes without dividing it. (Rest
- 2

time) Lightly coat a round plate with salad oil.
- 3

Roll out the dough into a 25cm diameter circle and place on a round plate.
- 4

Preheat. (Only the rotating grid is used inside
the oven.) Press , set the temperature to 200°C with the temperature key, and press .
Spread pizza sauce on
- 5

top with toppings, and sprinkle with pizza cheese.
- Tip:

Salami burns easily, so it's a good idea to put cheese on top. Once preheating is complete, place 5 inside the oven. Set 6 to 23-25 minutes and press .
- Rotary knob Start

Topping Variations Baking is the same as for "Pizza (Salami)".

Tuna and Tomato

Ingredients (for one 25cm pizza)
Toppings
Pizza sauce (commercially available) - to taste
Tuna (canned) - 80g Tomato - 1 small (100g)
Onion - 1/4 (50g) Pizza cheese - 100g

Shred the tuna, remove the seeds from the tomatoes and cut them into thin slices, and thinly slice the onions.

Store-bought frozen pizza



Ingredients: 1
commercially available frozen pizza (approximately 15cm in diameter)

- Manual Toaster Grill

accessories
- Remove the wrapping and place on a round plate.
- 1 2

Press the timer key until the desired time is reached (5 minutes), and press .
depending on the manufacturer,
ingredients, storage conditions, and manufacturing date. Also, the heating
method and time listed may differ slightly from those stated on the product
package. *For easier cleaning, place a baking sheet on the round plate.

Caution: Cooking sheets may burn if they come into contact with the interior walls of the oven.

- Make sure to remove any packaging. Plastic containers or wrap cannot be used as they may melt or burn.

Adjust the time yourself and when heating

Please be careful when heating the following foods.

Operation instructions page 23

Note

- (Tempura/fries) Squid may pop and cause burns. Page 5 • (Drinks, Overheating can cause it to suddenly boil over and cause burns. • (Appetizers) The filling can easily become very hot and may cause smoke. • (Root vegetables) Sweet potatoes and other vegetables have less moisture and may cause smoke or fire. • (Bread/foods with little moisture/small amounts) Overheating can cause smoke or fire.

Warm up

Heat in a 600W microwave (for chawanmushi, use a 200W microwave). Cover the • with plastic wrap.

(mL=cc)

Menu	Wrap	Room temperature/	Amount	Approximate time	200g	Menu	Room	wrap	Quantity	Approximate cooking
simmered food	refrigerated	-		approx. 1 minute	20 seconds	Chinese steamed bun	temperature/	•		time : 40
Tips Wrap foods that may burst open, such as boiled fish, in plastic wrap.						Tips 1 minute 10 seconds Remove the paper from the bottom, quickly dip in water, then wrap each piece loosely in plastic wrap. After heating, leave covered with plastic wrap and steam for 2-3 minutes.				
Curry and stew	Room temperature/	•	Servings for 1 person (200g)	About 1 minute	30 seconds	Manju	Room	-	1 piece	10-20 seconds 30-40
Frozen soup (miso soup)	refrigerated	•	1 cup (150mL)	minutes	30				(50-100g)	seconds Approximately
Rice	temperature/refrigerated	-		seconds	About	Chawanmushi	temperature/refrigerated	•	1 piece (150g)	Heating time varies depending on the type of filling, so heat in a 200W microwave
	Frozen	•	1 cup (150g)	1 minute	About 50					4 minutes
yakisoba/spaghetti	Room temperature/refrigerated	-	seconds	About 2 minutes	30 seconds 1 plate (200g)	Tips while watching the progress. Convenience store bento Room				
hamburger steak	temperature/refrigerated	-	2 pieces (180g)	About 1 minute	20 seconds	Tips temperature/refrigerated 1 serving (500g) Heating time varies depending on the type of filling, so heat while watching				
	Frozen	•		seconds	About 1 minute	the progress. Mixed				
Tempura/fries	Room temperature/refrigerated	-	minutes	20 seconds	About 4	vegetables, taro,	Frozen	•	100g approximately	3 minutes 20 seconds 500g
Shumai	Room temperature/	-	1 minute	20 seconds	1 serving (200 g) 5 pieces					
	refrigerated	•	(70 g) About 1 minute	12 pieces (160 g) About 3 minutes						
Pilaf and fried rice	Frozen Room temperature/refrigerated	-		30 seconds	About 1 minute					
	frozen	•	Servings for 1 person (250g)	Approximately 4 minutes	30 seconds	pumpkin, milk, sake	Room temperature	-	approximately 50 seconds	

Boil the vegetables in

oven at 600W. Be sure to cover with plastic

Ingredients	Amount	Approximate time
Potato Sweet potato Carrot	150g approximately	3 minutes
	200g:	about 5 minutes
Tips Add enough water (1 cup) to cover the vegetables and heat.		
radish	400g:	about 6 minutes 30
spinach	seconds	200g: about 1
minute 50 seconds	Broccoli	200g: about 2
minutes	Asparagus	100g: about 1 minute 20 seconds
Pumpkin	400g:	about 3 minutes 30 seconds

Other microwave options: Heat at 200W.

Dry foods, foods with little moisture (dried foods, peanuts, etc.), parsley, shiso, etc. may burn and emit smoke if heated for too long. Keep an eye on them while heating.

Bread

Heat in a toaster grill. Do not wrap. Place

directly on the rotating rack. Amount Approximate

kinds	time	5 minutes to 5.5 minutes
Bread (room temperature, 6 slices)	1 sheet	2 slices
		Approximate
(30g each) 3 to 4 minutes		time 6 minutes 2 rolls

After heating fried foods in a

600W microwave, heat them in a toaster grill. Do not wrap them in plastic wrap.

Type: Pre-	Quantity	Approximate
cooked fries (room temperature/refrigerated)	100g	microwave time: 600W, 10-20 seconds Toaster grill: 6-7 minutes
Cooked fries (frozen)	150g	Microwave 600W approx. 1 minute 40 seconds Toaster grill: 6-7 minutes

Take care of it

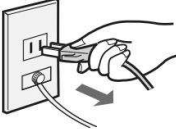
**caveat**



Be sure to unplug the power cord from the outlet
[Causes of electric shock, burns, and injuries]
and wait until the product has cooled down before
Unplug

If it gets dirty, clean it immediately! Clean it frequently! That's the key to good maintenance.

Unplug the power cord



Do not use the following items

(coating may peel, scratch, or discolor, or liquid may penetrate the interior and cause malfunction)

**Paint thinner, benzene, alcohol**

**Oven cleaner Powder cleanser Bleach**

**Synthetic detergents for homes, furniture, and ventilation fans**

**Acidic and alkaline detergents**

**Spray detergent, metal scrubbing brush, hard sponge**

Main body (inside and outside)

Immediately wipe with a tightly wrung cloth and water.
If the stain is difficult to remove, use diluted synthetic kitchen detergent (neutral) and finally wipe with water. If you are concerned about odors inside the oven, wipe off any grease inside the oven and then empty the oven. Page 13



the radio wave outlet cover



Wipe gently with water to avoid damage.

Note

Do not use if food residue is present. (This may cause smoke or fire.)

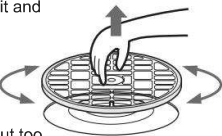
Interior, inside of door, bottom, rotating shaft

Note

Do not spray detergent directly onto the product (the liquid may penetrate and cause a malfunction).

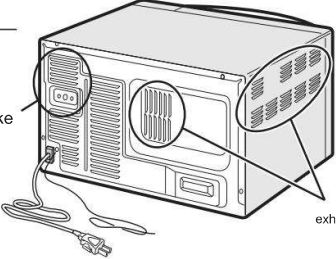
• Do not leave food debris or splashes of juice in holes or gaps. (This may cause smoke, fire, or sparks.)

How to remove the rotating net: Gently shake the rotating net from side to side while pulling it out vertically, then remove it and clean it.



If you pull it out too forcefully, it may hit the upper heater on the top surface and break.

Wipe off dust from the intake and exhaust vents



Air intake exhaust vent

(risk of failure due to lack of ventilation)

Round plate/rotating net

Wash with a soft sponge to avoid scratches and dry thoroughly . Wipe frequently with a damp cloth or use a neutral kitchen detergent. When dirt adheres to the surface of the round plate, apply cream cleanser and rub it off with a rolled up plastic wrap, or Soaking it in bleach will make it easier to remove.

Note

Do not use if there is food residue on it (this may cause smoke or fire). Do not use chipped or scratched round plates. Please contact the store where you purchased the product. (Charges apply.)

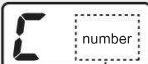
Is it broken?

Please check again before requesting repairs or making inquiries.



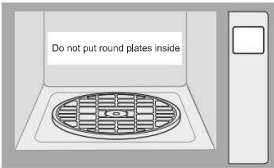
	In this case	It is not a malfunction	Reference
sound	It makes a buzzing noise during or after heating, or stops.	This is because it controls the rotation of the fan that cools the inside of the product. It will continue to rotate for up to 3 minutes after heating has finished, but you can continue to use it for heating. Do not unplug the power cord while the fan is rotating. Insufficient cooling may cause a malfunction.	-
	There is no sound when the key is accepted or when the heating is complete.	Is the notification sound set to off? If you press and hold Microwave for 4 seconds, it will beep once, and you can cancel it by pressing Cancel.	11
	During heating, the light sometimes goes dark and a clicking noise is heard.	This is because the heating is controlled.	-
	There is a popping or creaking noise when heating the oven/toaster grill.	This is the sound that occurs when the interior walls of the refrigerator expand due to high temperatures. You may also hear the sound when the refrigerator cools down.	-
	When heating in the microwave, there is a "snap" sound.	This is the sound of water droplets popping off the contact surface between the door and the main body.	-
Action	Nothing is displayed even though the power plug is inserted into the outlet.	When you open the door, the power will turn on and "Add" will be displayed. The power will automatically turn off one minute after the door is closed (auto power off function).	13
	The upper heater does not glow red. (When baking empty, using the oven, or heating in the toaster grill)	Since it is intermittently controlled, it may not glow red depending on the menu.	-
	During heating, water droplets may form or fall from the bottom of the door.	The moisture released from the food turns into steam and adheres to the door. Wipe it off with a cloth.	-
	Smoke or an unpleasant smell comes out.	Have you pre-heated the oven after purchasing it? • Is there any food residue stuck inside the oven or on the door? Also, have you spilled any oil or liquid such as broth?	13 39
	Sparks occur (when heating in the microwave)	Are you using metal skewers, aluminum foil, or metal containers with gold or silver designs? • Are there any food particles stuck to them?	12 39
	The power goes off immediately during heating. (The breaker trips.)	Have you exceeded the electrical capacity? Consult your retailer. (Use a dedicated outlet with a rating of 15A or more and 100V AC.)	-
	The rotating plate rotates to the right and left.	This is because it uses a motor that rotates in either direction depending on the timing when heating starts.	-
	Food may be overcooked or undercooked.	- Are you using the finishing key according to the ingredients? - When using 1 Quick Thaw and 2 Full Thaw, are you placing the food on a plate or wrapping it in plastic wrap? • When using (7 Boiled vegetables), are you placing the food on a plate?	- 16
The drink gets too hot.		3. Is it heated with milk and alcohol? • Are you following the standard amount per serving in the container? (200mL milk / 180mL alcohol) • Are you using the finish key according to the temperature before heating?	- -
			17

In this case	It is not a malfunction	Reference
The food becomes too hot or is undercooked, or "~" is displayed even though the operation is correct.	check the following and adjust the weight sensor if necessary. Depending on the menu , you can adjust it using the Finish key. After pressing Start, press the Finish key within 30 seconds.	41 -
I am not good at following oven recipes from commercially available cookbooks or other products.	• Please refer to similar recipes in the cooking guide and heat while checking the condition. However, since the heating time and temperature will vary depending on the size and structure of your oven, you may not be able to cook it properly using the same conditions as in a commercially available book.	-
Oven/Toaster Grill Heats up without burning.	• Are you using a standalone outlet? Using an extension cord or similar will lower the voltage and cause problems. It is also dangerous.	4

If you see this message:		An error beep will sound.	
	The round plate is not set.	Place the round plate inside the oven .	Press Cancel and try again. If "~" is still displayed, refer to the weight sensor adjustment procedure below.
	The food portion is too much.	• Please reduce the amount.	
	The food portion is too small.	Please increase the amount of ingredients or reduce the heating time to 5 minutes or less.	
	The inside of the cabinet is too hot to use.	• You can use it when the "" display disappears. While the display is on, 1 Quick Defrost, 2 Peel-off Technique Full Defrost, and Fermentation cannot be used, but if you press Cancel, you can use other heating functions.	
	The product may be faulty.	• Unplug the power plug from the outlet and contact the store where you purchased the product or our customer service center, providing the displayed message (number).	Page 43
(displayed alternately)			It lights up alternately with the display.

Adjusting the weight sensor (When "~" is displayed)

Place only the rotating mesh inside the oven, close the door, and press keys 1 to 6 in order.



Note

- When "~" is displayed, remove the round plate and start again from the beginning.
- When "" is displayed, it indicates a malfunction. Please contact the store where you purchased the product or our customer service center.

- | | | |
|-----------------------|-------|----------------------------------|
| Deleted | ----- | " " is displayed. |
| one Range | ----- | " " is displayed. |
| two three Oven | ----- | " " is displayed. |
| 4 | ----- | sound is heard. " |
| 5 Microwave | ----- | " is displayed. |
| 6 Toaster Grill Start | ----- | " " is displayed. " is flashing. |

The rotating net rotates once and the "" indicator lights up, indicating that the beep operation is complete.

Warranty and After-Sales Service (Please Read Carefully)

When requesting repairs

On-site repair

1 "Is it broken?" Check out pages 40-41 .

2 If the problem persists, stop using the product and be sure to unplug the power cord.

3 Please inform the store where you purchased the product of the following:

- Product name: Microwave oven • Model name: (Model name printed on the cover of this manual) • Date of purchase (year, month, and date)
- Problem (specific) • Address (please also include nearby landmarks) • Name • Telephone number • Date you would like us to visit

This product is designed for use in Japan. It cannot be used in foreign countries where the power supply voltage or frequency is different. After-sales service is also not available.

Useful notes for

customers: It would be helpful if you could write down the date of purchase and the name of the store where you purchased the product.

Purchase date	Store name
Year Month Day	Telephone() -

During the warranty period

- Please present the warranty card when requesting repairs. The dealer will repair the product in accordance with the terms of the warranty.

When the warranty period has expired

If repairs are necessary and the product can be used , We will repair it for a fee.

Repair fee structure

- Repair fees consist of technical fees, parts fees, and on-site fees. It is made up of:

Technical	This is the fee for successfully repairing a broken product.
fee Parts fee	The cost of the parts used in the repair.
Travel expenses	This is the fee for sending a technician to the location of the product.

Warranty card (attached)

- When receiving the warranty card from the retailer, please make sure that the date of purchase, name of the retailer, etc. are filled in. Please read the warranty card carefully and keep it in a safe place.

- Warranty period: One year from the date of purchase.

However, the magnetron is only covered for two years.

Please read the warranty carefully as there may be a charge even during the warranty period. *Charges

apply to malfunctions or damage caused by use other than for general household use (for example, for business purposes, or when installed in a vehicle or boat).

Period for which replacement performance parts are available

- We will keep replacement parts for microwave ovens for eight years after production of the product is discontinued. • Replacement parts are parts that are necessary to maintain the functionality of the product.

Affection Check



If you have been using the product for many years, have it inspected! Have you noticed any of the following symptoms? • The power plug or cord gets abnormally hot. • It sometimes does not turn off automatically. • There is a burning smell or something unusual happens during operation.

There is a regular noise or vibration.

- Food does not heat even when the start operation is performed.
- There is significant rattle in the door. • You can feel a tingling sensation when you touch it. • There is significant deformation in the door or inside the oven.
- There are other abnormalities or malfunctions.

Stop use

To prevent breakdowns or accidents, unplug the power cord from the outlet and ask your retailer to inspect the product. Please consult your retailer about the costs of inspection and repair.

Customer consultation desk information

For inquiries or requests regarding repairs, usage, maintenance, shopping, etc., or in the unlikely event of an accident caused by the product, please contact the store where you purchased it or the following number. If sending by fax, please include the product model name and the details of your inquiry.

*In order to ensure proper customer service, we ask that customers using our toll-free and Navi Dial services notify us of their caller ID. If your caller ID is set to withhold, please add "186" to the beginning of the number before calling.



For inquiries by email, etc. [Sharp Support Page]

<http://www.sharp.co.jp/support/> You can also search for frequently asked questions from your computer.



For inquiries about usage, please contact our Customer Service Center. Please be careful not to dial the wrong number.

Reception hours (excluding New Year's holidays): Monday to Saturday: 9:00-18:00 ; Sundays and public holidays: 9:00-17:00

Toll-free from landlines and PHS

 **0120-078-178**

From a mobile phone, call Navi Dial

 **0570-550-449**

If you cannot use the toll-free number or Navi Dial...

telephone	FAX
06 - 6792 - 1582	06 - 6792 - 5993
3-1-72 Kitakameicho, Yao City, Osaka Prefecture, 581-8585	



For repair inquiries, please contact our Repair Consultation Center. Please be careful not to call the wrong number.

Reception hours (excluding New Year's holidays): Monday to Saturday: 9:00-20:00 ; Sundays and public holidays: 9:00-17:00

Toll-free from landlines and PHS

 **0120-02-4649**

From a mobile phone, call Navi Dial

 **0570-550-447**

If you cannot use the toll-free number or Navi Dial...

	telephone	FAX
Eastern Japan region	043 - 299 - 3863	043 - 299 - 3865
Western Japan area	06 - 6792 - 5511	06 - 6792 - 3221

For inquiries regarding bringing your product to a service center for repairs or purchasing parts, please contact the following regional technical centers.

Reception hours (Excluding public holidays and other company holidays) Monday to Saturday: 9:00 to 17:40 However, in Okinawa, Monday to Friday: 9:00 to 17:40

Sapporo 011-641-4685 7-3-17 Nijushiken 1-jo, Nishi-ku, Sapporo 063-0801	Shizuoka 054-344-5781 1170-1 Torisaka, Shimizu-ku, Shizuoka City, 424-0067	Friday: 9:00 to 17:40 Osaka : 06-6794-5611 3-7-19 Kami Minami, Hirano-ku, Osaka City, 547-8510
Sendai 022-288-9142 3-1-27 Oroshimachi Higashi, Wakabayashi Ward, Sendai City, 984-0002	Nagoya 052-332-2623 454-0011 3-5-5 Sanno, Nakagawa-ku, Nagoya City	2-13-4 Nishihara, Asaminami-ku, Hiroshima City, 731-0113
Utsunomiya 028-637-1179 4-2-41 Fudomae, Utsunomiya City, 320-0833	Kanazawa 076-249-2434 4-103 Mikyozuka, Nonoichi City, 921-8801	Takamatsu 087-823-4901 6-2-8 Asahicho, Takamatsu City, 760-0065
Higashi Tokyo 03-5855-0432 2-2-12 Tabata Shinmachi, Kita-ku, Tokyo 114-0012	Kyoto 075-672-2378 48 Sugatacho, Kamitoba, Minami-ku, Kyoto City, 601-8102	Fukuoka 092-572-4652 2-12-1 Isoda, Hakata-ku, Fukuoka City, 812-0881
Yokohama 045-753-4647 1-2-23 Nakahara, Isogo-ku, Yokohama City, 235-0036	Hanshin 06-6422-0455 5661-0981 3-2-10 Inadera, Amagasaki City	Naha 098-861-0866 Chugoku, Hiroshima 082-874-8149 2-10-1 Akebono, Naha City, 900-0002

Information on the "Pick-up service by courier"

*Service area: Japan, excluding Okinawa Prefecture.

Toll-free number from landlines and PHS. Navi-Dial from mobile phones.

 **0120-02-4649**  **0570-550-447**

If you are unable to request repairs at the retail store where you purchased the product due to a move or the product being a gift, or if you are unable to bring it to one of the above counters, you can request this service by phone. A designated courier will visit your home at a time convenient for you to collect the product, and once repairs are completed, we will deliver it to your home.

Usage Fee: There is a fee for using this "Courier Pickup Service" both during and outside the warranty period. •Round-trip shipping costs + packaging material costs + cash-on-delivery fees will be charged. (Repair fees will be in accordance with the "Warranty Terms" stated on the warranty card during the warranty period. A fee will be charged outside the warranty period.) You can choose from the following

Morning	12:00-14:00	14:00-16:00	16:00-18:00	18:00-21:00
---------	-------------	-------------	-------------	-------------

pickup times. *We may not be able to visit at the time you specify due to traffic conditions or other reasons.

*Please double check the phone number before calling to avoid making a mistake. *The location, phone number, and reception hours may be subject to change. (2014.02)

specification

power supply		AC 100V 50-60Hz shared 1,375W		
range	Rated power consumption	Equivalent		
	High frequency output	to 950W*1, 600W, 500W, 200W 2,450MHz 1,310W		
	Oscillation frequency	1,310W		
Toaster Grill	Rated power consumption	Fermentation		
oven	Rated power consumption	(40ÿ)		
	Temperature adjustment range	110-250ÿ*2 External dimensions*3		
Width 470mm x Depth 395mm x Height 300mm		Effective dimensions inside the oven Width 300mm		
x Depth 320mm x Height 165mm Turntable		diameter round plate 300mm (rotating mesh 225mm)		
Weight Approximately 11kg Approximately 1.4m		Power cord length Category name B		
Annual power consumption of microwave function				
year Annual standby		60.2kWh/		
power consumption 0.0kWh/year Annual power				
consumption of oven function 9.0kWh/year		Annual power consumption	69.2kWh/year *1	The rated high frequency output
of 950W is a short-term high output function		(maximum 3 minutes), and the rated continuous high frequency output is		

It is 600W. It will automatically switch to 600W. *2 This oven range operates at 250°C for approximately 5 minutes. After that, it will automatically switch to 220°C. *3 The dimensions between the legs are 390mm wide and 305mm deep (dimensions on both sides of the legs). * The annual power consumption (kWh/year) is a figure based on the Energy Conservation Law and the new measurement method for microwave ovens, a specific type of equipment. The classification names are also based on the law and are divided according to differences in function, heating method, and internal capacity. * The annual power consumption during actual use will vary depending on the surrounding environment, number of uses, duration of use, amount of food, etc. This may change depending on the situation, so please use this as a guideline.

• When installing, you need to leave at least 10cm of space behind the unit (but at least 9cm from the most protruding part of the back), at least 15cm from the top, and at least 10cm on both sides. • When the power plug is inserted into the outlet and the display is off, the power consumption is "0" W. • If you will not be operating the unit for a long period of time, unplug the power plug from the outlet.

Contact Information

Before contacting us, please check "Is it a malfunction?" (pages 40-41) again.



For inquiries by email, etc. [Sharp Support Page]

Sharp Inquiry

<http://www.sharp.co.jp/support/>



For inquiries about usage, please contact our Customer Service Center.



Toll-free number from landlines and PHS. Navi-Dial from mobile phones.

 0120-078-178

 0570-550-449



Repair consultation etc. [Repair Consultation Center]



Toll-free number from landlines and PHS. Navi-Dial from mobile phones.

 0120-02-4649

 0570-550-447

*For calls with blocked caller ID, please dial "186" first. For details, please refer to page 43 of the instruction manual.