



MICROWAVE

MODEL R-34DM(BK/W)

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Thank you for buying a Sharp Microwave Oven.

Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.

The manual is divided into two sections:

1. OPERATION

This section describes your oven and teaches you how to use all the features.

2. MANUAL CHART GUIDES

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.

Please take some time to read your operation manual carefully, paying particular attention to the warnings and special notes, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed.

When selecting another home appliance, please again consider our full range of Sharp products.

SHARP

WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in material and manufacture for the period as stated in the table below.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

This warranty does not extend to defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, lack of maintenance, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim. This warranty is in addition to and in no way limits, varies or excludes any implied rights and remedies under any relevant legislation in the country of sale.

This warranty does not cover transportation to and from the Sharp Approved Service Centre. Goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods. The repair of your goods may result in the loss of user generated data, please ensure that you have saved this data elsewhere prior to repair.

Australian customers: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. The criteria of a major failure is defined in the Australian Consumer Law. Should you require any assistance with a major failure please contact Sharp Customer Care.

WARRANTY PERIODS

Home Theatre Projector	12 months (excluding lamps and air filters)
Audio/Home Theatre	12 months
Microwave / Steam Oven	12 months
Slow Juicer	12 months
Refrigerator	24 months
DVD/Blu-ray	12 months
Washing Machine	24 months
Portable Air Conditioner	12 months
LCD Television	12 months
Air Purifier	12 months
Coffee Machine	12 months

SHARP
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AUSTRALIA PTY LIMITED
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Huntingwood NSW 2148
SHARP CORPORATION OF
NEW ZEALAND LIMITED
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SPform 040 (JULY 2015)

IMPORTANT NOTICE: This warranty applies only to products sold in Australia & New Zealand

SHARP

FOR LOCATION ENQUIRIES WITHIN

AUSTRALIA

REGARDING YOUR LOCAL

SHARP APPROVED SERVICE CENTRE

VISIT OUR WEBSITE AT

www.sharp.net.au

OR CALL SHARP CUSTOMER CARE

1300 135 022

(LOCAL CALL COST APPLY WITHIN AUSTRALIA)

SHARP CORPORATION OF AUSTRALIA PTY LTD

SHARP

FOR LOCATION ENQUIRIES WITHIN

NEW ZEALAND

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SHARP APPROVED SERVICE CENTRE

VISIT OUR WEBSITE AT

www.sharp.net.nz

CONTACT YOUR SELLING DEALER/RETAILER

OR CALL

SHARP CUSTOMER SERVICES

TELEPHONE: 09 573 0111

FACSIMILE: 09 573 0113

SHARP CORPORATION OF NEW ZEALAND LIMITED

IMPORTANT SAFETY INSTRUCTIONS. Read carefully and keep for future reference

1. This oven is designed to be used on a countertop or on a shelf. It should not be built in under any other appliances. The appliance must not be placed in a cabinet. The appliance must not be installed behind a decorative door in order to avoid overheating. See page 3 for the installation. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them from burning themselves.
2. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environmentsIt is not suitable for commercial, laboratory use.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, therapeutic devices (eg. wheat bags), slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
5. Children should be supervised to ensure that they do not play with the appliance.
6. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
7. **WARNING:** When the appliance is operated in the combination mode (Mix Cooking), Convection Cooking, Grilling or Automatic Operations (except Weight Defrost), children should only use the oven under adult supervision due to the temperature generated.
8. **WARNING:** Accessible parts may become hot during use. To avoid burns young children should be kept away.
9. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by an authorised SHARP service agent or microwave technician.
10. **WARNING:** Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than an authorised SHARP service agent or microwave technician to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.
11. If the power supply cord of this appliance is damaged, it must be replaced by a service centre approved by SHARP in order to avoid a hazard.
12. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
13. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
14. Eggs in their shell and whole hard-boiled eggs should not be heated on microwave modes since they may explode, even after microwave heating has ended. To cook or reheat eggs which have not been scrambled or mixed on microwave modes, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them on microwave modes.
15. Use only microwave safe containers and utensils on microwave modes.
16. Metallic containers for food and beverages are not allowed during microwave modes.
17. The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
18. The door, outer cabinet, oven cavity, dishes and accessories will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.
19. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
20. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
21. The oven should be cleaned regularly and any food deposits removed.
22. Cleaning and user maintenance shall not be performed by children without supervision.
23. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
24. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
25. The appliance must not be cleaned with a steam cleaner.
26. Handle with care when removing items from the oven so that the turntable does not displace.

Other warnings

1. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.

SPECIAL NOTES & WARNING

2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the container. Your oven is capable of heating food and beverages very quickly with microwave, therefore it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

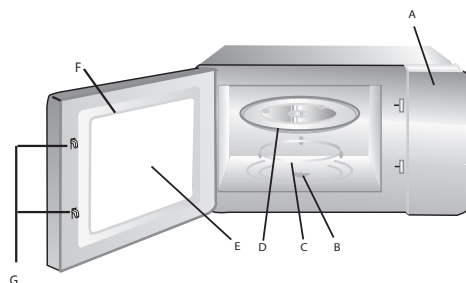
Additionally:

- a. Do not place sealed containers in the microwave. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. Do not use excessive amount of cooking time.
 - c. When boiling liquids in the oven, use a wide-mouthed container.
 - d. Do not heat for longer than recommended time. See REHEATING-FOOD CHART at the back of this book.
 - e. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
 - f. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.
3. Never operate the oven whilst any object is caught or jammed between the door and the oven.
 4. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the latches.
 5. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
 6. Never tamper with or deactivate the latches.
 7. Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
 8. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
 9. Avoid steam burns by directing steam away from the face and hands. Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
 10. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
 11. Do not place anything on the outer cabinet.
 12. Do not store food or any other items inside the oven.
 13. Make sure the utensil does not touch the interior walls during cooking.
 14. Do not operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity except when conditioning or cleaning the heater elements as described in the operation manual.

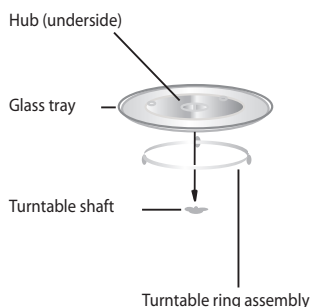
SPECIAL NOTES FOR MICROWAVES

	DO	DON'T
Popcorn	<ul style="list-style-type: none"> • Used specially bagged popcorn for • Listen while popping corn for the popping to slow to 1-2 seconds 	<ul style="list-style-type: none"> • Pop popcorn in regular brown bags or glass bowls • Exceed maximum time on popcorn package
Baby food	<ul style="list-style-type: none"> • Transfer baby food to a small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. • Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly & check for suitable temperature. 	<ul style="list-style-type: none"> • Heat disposable bottles • Overheat baby bottles • Heat bottles with nipples on • Heat baby food in original jars
General	<ul style="list-style-type: none"> • Food with filling should be cut after heating to release steam and avoid burns • Use a deep bowl when cooking liquids or cereals to prevent boiling over 	<ul style="list-style-type: none"> • Heat or cook in closed glass jars or air tight containers • Overcook oysters • Dry nuts or seeds in shells • Heat or dry wood, wet papers, clothes or flowers
Sausage rolls, pies, Christmas pudding	<ul style="list-style-type: none"> • Cook for the recommended time. These foods have a high sugar and/or fat content 	<ul style="list-style-type: none"> • Overcook as they may catch fire
Meals	<ul style="list-style-type: none"> • Use a microwave proof roasting rack collect drained juices 	<ul style="list-style-type: none"> • Place meat directly on the turntable for cooking

OVEN AND ACCESSORIES



- A. Control panel
- B. Turntable shaft
- C. Turntable ring assembly
- D. Glass tray
- E. Observation window
- F. Door assembly
- G. Safety interlock system



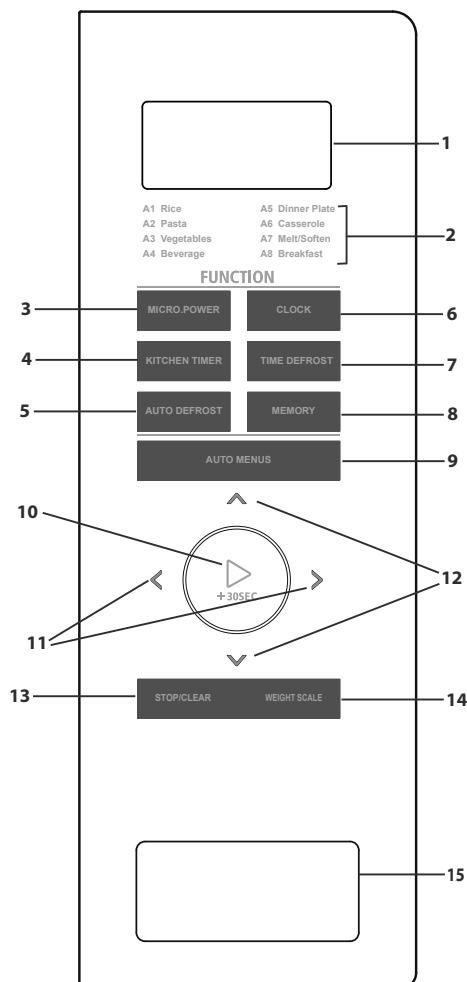
Turntable Instructions:

1. Never place the glass tray upside down. The glass tray should never be restricted.
2. Both the glass tray and ring assembly must always be used during cooking.
3. Place all food and food containers on the glass tray when cooking or defrosting.
4. If the glass tray or turntable ring assembly cracks or breaks, contact your nearest authorised service centre.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity (**do not remove the waveguide cover**), and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided include the operation manual only.
3. This oven is designed for countertop use. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. Allow a space of at least 30cm on the top and 10cm on each side of the oven for adequate air circulation. This oven is not designed for built-in installation. **WARNING:** The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
4. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
The A.C. voltage must be single phase 230 – 240V, 50Hz.
5. This appliance must be earthed.
6. Operate the oven from a general purpose domestic outlet.
If a generator is used, do not operate the oven with non-sinusoidal outputs.

CONTROL PANEL



1. **Digital Display**
2. **List of Auto Menus**
3. **MICROWAVE POWER key** (page 5)
4. **KITCHEN TIMER key** (page 11)
5. **AUTO DEFROST key** (page 7)
6. **CLOCK key** (page 5)
7. **TIME DEFROST key** (page 6)
8. **MEMORY key** (page 10)
9. **AUTO MENU key** (page 8)
10. **Start/+30 SEC key**
11. **Increase/decrease time**
12. **Adjust power level or Auto Menu**
13. **STOP/CLEAR key**
14. **WEIGHT SCALE key** (page 7)
15. **Open door button**




GETTING STARTED




Plug the oven into an electrical outlet. A beep will sound and the display will read "0000" then "0:00".

SETTING THE CLOCK

This is a 24 hour clock. To set the clock

1. Press  once. The hour figure will flash.

2. Press  or  to adjust the hour figure until the correct hour is displayed and then press  to confirm the hour figure. The minute figure will now flash.

3. Press  or  to adjust the minute figure until the correct minute is displayed and then press  to confirm the setting.

Notes:

- If the STOP/CLEAR key is pressed while setting the clock, the oven will go back to the previous setting.
- If the electrical power supply to your microwave oven is interrupted, the display will show "0:00" after the power is reinstated. The time of day will also be erased.
- After cooking, END will show in the display window. Once the microwave door has been opened or the STOP/CLEAR key has been pressed, the time of day will show in the display window, providing the clock has been set.



TO COOK/DEFROST MANUALLY

Select the Power Level

Press  continuously or the arrows  or  until the required power level is displayed.

There are 5 power levels to choose from - 100%, 80%, 50%, 30%, 10%. Refer to the following page for a guide on how to select the right power level.


Enter the Cook Time

Press the arrows  or  until the required time is displayed.

The cook time can be programmed for up to 95 minutes (95:00) and can be entered in the following increments



Cooking Time	Increasing Unit
0 – 1 minute	5 seconds
1 – 5 minutes	10 seconds
5 – 10 minutes	30 seconds
10 – 30 minutes	1 minute
30 – 95 minutes	5 minutes

Start Cooking

Press  to start cooking.

The clock will start counting down to 0 and a beep will sound 5 times once cooking is finished.

Notes:

- To stop the microwave before the end of the cook time, press the STOP/CLEAR key.
- If the door is opened during cooking/defrosting to stir or turn the food, the cook time on the display stops automatically. The time will start to count down again once the door is closed and the  key is pressed.
- Refer to the next page for a guide on cook times and power levels for different foods 

REHEATING / DEFROSTING TIPS

Microwave power level guide

DISPLAY	POWER LEVEL	EXAMPLE
PL10	100%	Cook or reheat rice, pasta, vegetables, beverages
PL8	80%	Cook or reheat delicate food such as eggs or seafood
PL5	50%	
PL3	30%	Defrosting, soften butter
PL1	10%	Keep food warm

- Reheat/defrost times will be affected by the shape, thickness, size, quantity and initial temperature of food, as well as the size, shape and material of the container.

Plating Place thicker food towards the outside of the dish and thinner food towards the centre.

Packaging Remove food from packaging before reheating /defrosting.
Do not use foil or metal containers.

Rearrange Food placed towards the outside of the dish will defrost quicker than food placed in the middle. It is recommended that the food is rearranged multiple times during defrosting to ensure more even defrosting.

Separate Separate any food that may be stuck together as soon as possible

Shield Some areas of food may become warm during defrosting. To prevent these areas from cooking, shield with small pieces of foil, e.g. chicken legs and wings. This foil will reflect the microwaves.

Stand Standing time is critical when defrosting to ensure food is thoroughly defrosted all the way to its core. Always stand food in foil to quicken the defrost time.

Turn over Turn food over at least once during defrosting to ensure more even defrosting.

Find more helpful tips on page A-6

⚠ WARNING:
Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.


⚠ WARNING:
The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

TIME DEFROST

The Time Defrost menu quickly defrosts food while enabling you to choose a suitable defrost time.

Press  once

To set the defrost time, press  or  until the defrost time has been displayed


To start defrosting, press 
+ 30SEC

- Turn the meat over at least once during defrosting and remove or shield any areas that have defrosted or that are getting warm. After cooking, cover meat in foil and let stand until defrosted.

AUTO DEFROST

Auto Defrost has been pre-programmed with a microwave power level and cook time to make it easier when defrosting meat.

Select the Defrost Menu

Press **AUTO DEFROST** and continue to press until the required menu is displayed. Press  to confirm the menu.

Alternatively, to scroll through the menus, press  or  until the required menu is displayed.

There are 4 defrost menus to select from

dEF1 - Mince / sausages


dEF2 - Steak / chops

dEF3 - Poultry

dEF4 - Roast meat


Select the Weight

Place defrosting dish or plate on to the turntable and close the microwave door. Tare the scale by pressing

 then open the microwave door and place your meat on top of your dish/plate. Close the microwave door.

The microwave will now weigh the meat.

Start Cook Time

Once the numbers on the display have stopped changing, press  for defrosting time to start.

- An alarm will sound during cooking to advise you to turn the meat over, remove any defrosted meat if appropriate or shield any areas that have defrosted or are getting warm. After cooking, cover meat in foil and let stand until defrosted.

WEIGHT SCALE

This microwave has a built in weight scale which can be used similarly to a kitchen scale, measuring weights ranging from 100g - 6000g.

To use this feature

Press **WEIGHT SCALE**

Open the microwave door and place dish, without food, on to the turntable. Close the door. Press **WEIGHT SCALE** to tare the scale. Please note, the microwave will store this weight in its memory.

Open the door and place the food onto the dish then close the door. The food weight will appear in the display window.

You can also weigh food by placing the items on top of the microwave by following the same steps as above.

- Please note, the weight scale is sensitive and the weight shown on the display screen will not be accurate if the microwave door is open, if an item is placed on top of the microwave or if you lean on the microwave.

AUTO MENUS





Auto Menus have been pre-programmed with a cook time and power level to make cooking and reheating more convenient.

Auto Menus include:



- Rice
- Pasta
- Fresh Vegetables
- Beverage
- Dinner Plate
- Casserole
- Melt / Soften - Melt Butter, Melt Chocolate, Soften Cream Cheese
- Breakfast - Scrambled Egg, Bacon, Porridge

For a detailed guide on how to use each menu, refer to the next page.

Selecting an Auto Menu


Press  and continue to press until the required menu is displayed. Alternatively, press  or  to move through the menus. To confirm the menu, press  +30SEC

Selecting the Weight / Portion

To select the weight or portion, press  or  until the desired amount is displayed.

Please note, the Melt/Soften and Breakfast menus will have another submenu before the weight/portion is displayed. For these 2 menus, follow the steps above, 'Selecting an Auto Menu' to select the submenu before selecting the weight/portion.

Start Cooking

Press  +30SEC to start cooking

During cooking, if an alarm sounds, stir or turn over the food.

AUTO MENU GUIDE

Auto Menu			Weight	Procedure								
A1	Rice		<table><tr><th>Rice</th><th>Water</th></tr><tr><td>1 cup</td><td>2½ cups</td></tr><tr><td>2 cups</td><td>4½ cups</td></tr><tr><td>4 cups</td><td>6½ cups</td></tr></table>	Rice	Water	1 cup	2½ cups	2 cups	4½ cups	4 cups	6½ cups	<ul style="list-style-type: none">• Wash the rice under cold running tap water until the water runs clear• Place in a microwave safe bowl and add hot tap water. Do not cover• Stir when alarm sounds• Stand for 2 minutes before serving
Rice	Water											
1 cup	2½ cups											
2 cups	4½ cups											
4 cups	6½ cups											
A2	Pasta		<table><tr><th>Pasta</th><th>Water</th></tr><tr><td>1 cup</td><td>2 cups</td></tr><tr><td>2 cups</td><td>4 cups</td></tr><tr><td>4 cups</td><td>8 cups</td></tr></table>	Pasta	Water	1 cup	2 cups	2 cups	4 cups	4 cups	8 cups	<ul style="list-style-type: none">• Place in a microwave safe bowl and add hot tap water. Do not cover• Stir when alarm sounds• Stand for 2 minutes before serving
Pasta	Water											
1 cup	2 cups											
2 cups	4 cups											
4 cups	8 cups											
A3	Vegetables (Fresh)		200g, 400g, 600g, 800g, 1000g	<ul style="list-style-type: none">• Cut vegetables into uniform pieces• Place in a microwave safe bowl and add 1 tbsp. water per 100g. Cover• Stir when alarm sounds• Stand for 2 minutes before serving								
A4	Beverage		1 and 2 cups	<ul style="list-style-type: none">• Place mug/s in the centre of the turntable• Stir after heating								
A5	Dinner Plate		400g	<ul style="list-style-type: none">• Cover dinner plate with plastic wrap and pierce the wrap 5 times with a fork								
A6	Casserole		500g	<ul style="list-style-type: none">• Place into a microwave safe bowl and cover with plastic wrap• Stir when alarm sounds								
A7	Melt / Soften	Melt Butter	50g, 100g, 200g	<ul style="list-style-type: none">• Cut butter into small pieces and place in a microwave safe bowl• Stir when alarm sounds								
		Melt Chocolate	50g, 100g, 200g	<ul style="list-style-type: none">• Break chocolate into small pieces and place in a microwave safe bowl• Stir when alarm sounds and after cooking								
		Soften Cream Cheese	125g, 250g	<ul style="list-style-type: none">• Cut into small pieces and place in a microwave safe bowl• Stir when alarm sounds• Stand for 2 minutes before serving								

AUTO MENU GUIDE

Auto Menu			Weight				Procedure												
A8	Breakfast	Scrambled Egg	<table><tr><th>Serves</th><th>Eggs</th><th>Butter</th><th>Milk</th></tr><tr><td>1</td><td>2</td><td>5g</td><td>1tbsp.</td></tr><tr><td>2</td><td>4</td><td>10g</td><td>¼ cup</td></tr></table>				Serves	Eggs	Butter	Milk	1	2	5g	1tbsp.	2	4	10g	¼ cup	<ul style="list-style-type: none">Place eggs, butter and milk into microwave safe dish and whisk to combineStir when alarm sounds
			Serves	Eggs	Butter	Milk													
			1	2	5g	1tbsp.													
		2	4	10g	¼ cup														
Bacon	1 and 2 rashers	<ul style="list-style-type: none">Place a piece of paper towel onto a microwave safe plateCut bacon rasher/s in half and place onto paper towelCover bacon with another piece of paper towel																	
Porridge	<table><tr><th>Serves</th><th>Oats</th><th>Milk/Water</th></tr><tr><td>1</td><td>½ cup</td><td>¾ cup</td></tr><tr><td>2</td><td>1 cup</td><td>1½ cups</td></tr><tr><td>4</td><td>2 cups</td><td>3 cups</td></tr></table>		Serves	Oats	Milk/Water	1	½ cup	¾ cup	2	1 cup	1½ cups	4	2 cups	3 cups	<ul style="list-style-type: none">Place oats and milk/water in a microwave safe dish. Do not coverStir when alarm soundsStand, covered for 5 minutes before serving				
Serves	Oats	Milk/Water																	
1	½ cup	¾ cup																	
2	1 cup	1½ cups																	
4	2 cups	3 cups																	

- When using the auto menus, the final result may vary depending on the size, shape and initial temperature of the food.
- Auto menus have been designed to cater for the most popular taste preferences.



MEMORY FUNCTION

The memory function allows you to store 3 frequently used microwave power levels and cook times to make cooking/reheating more convenient.

To set this function:

Press **MEMORY**. The display will show "1". If setting the second or third memory, press this key 2 or 3 times.


The display will show "2" or "3".

Select the microwave power level by pressing **MICRO_POWER** continuously or press  or  until the required power level is displayed.

To set the cook time, press  or  until the required time is displayed

To confirm the setting, press **MEMORY**

To use this function:

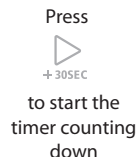
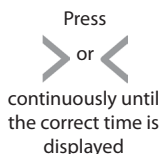
Press **MEMORY** until the required memory setting is displayed and then press  **+30SEC**

OTHER USEFUL FUNCTIONS

Kitchen Timer

The kitchen timer can be used for timing, such as food stand time.

To set the timer:



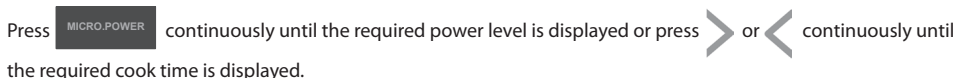
An alarm will sound 4 times once the timer has finished counting down.


Please note, the timer can be programmed for up to 95:00 and cannot be used during microwave cooking.

Multiple Sequence Cooking

This feature allows you to cook using up to 2 different cooking sequences which can be programmed all at once. Your oven will move on to each stage automatically without you having to do a thing. An alarm will sound once at the end of each stage.

To set your first cooking sequence




To set your second cooking sequence, follow the steps above to set the power level and cook time. Once all cooking sequences have been programmed into the microwave, press 

+ 30SEC


Child Lock

This safety feature prevents unsupervised use of the microwave by disabling the microwave keys.

To turn **on** the Child Lock



Press and hold  for 3 seconds. An alarm will sound once the keys have been locked and a key icon will show in the display

To turn **off** the Child Lock

Press and hold  for 3 seconds. An alarm will sound once the keys have been locked and a key icon will show in the display

Quick Start Function

This feature provides 2 benefits

1. Directly starts cooking on 100% microwave power for 30 seconds. To use, simply press 
+ 30SEC
2. Allows you to extend the cook time while the microwave is already operating. Simply press  until the desired time has been added.
+ 30SEC

CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean and remove any food deposits, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners. Keep the ventilation openings free of dust.

Door:

Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.

Touch Control Panel:

Wipe the panel with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover.

DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.

Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

SERVICE CALL CHECK

Please check the following before calling for service:

1. At the power point, switch off the power for 10 seconds and switch back on.

Does "0:00" appear in the display?

YES _____ NO _____

2. Place one cup of water (approx. 250 ml) in a glass measuring jug in the oven and close the door securely.

Cook on 100% microwave power for 2 minutes.

- A. Does the oven lamp come on?

YES _____ NO _____

- B. Does the cooling fan work?

YES _____ NO _____

(Put your hand over the rear ventilation openings.)

- C. Does the turntable rotate?

YES _____ NO _____

- D. After 2 minutes, did an alarm sound and cook indicator go off?

YES _____ NO _____

- E. Is the water inside the oven hot?

YES _____ NO _____

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE

APPROVED BY SHARP.

NOTE: If you cook the food over 20 minutes on 100 % power, the microwave power will be automatically reduced to avoid overcooking.

SPECIFICATIONS

Model	R-34DM(BK/W)
AC Line Voltage	230-240V, 50Hz single phase
Microwave Input Power	1500W
Microwave Output Power	1000W*
Microwave Frequency	2450MHz**
Turntable Diameter	315mm
External Dimensions (WxHxD)mm	513 x 306 x 398mm
Weight	Approx. 15.5kg

* When tested in accordance with AS/NZS 2895.1:2007

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11

DEFROST MEAT & POULTRY

1. Remove any packaging and place the frozen item on a shallow microwave safe defrost rack or plate. If necessary, shield thin areas with aluminium foil to prevent the item from cooking while defrosting.
2. Select 30% microwave power first before selecting the cook time.
3. When turning over, re-shield any warm area so it continues to defrost without cooking and remove any defrosted areas if appropriate.
4. Stand item in foil until defrosted

CUT	MICROWAVE TIME
BEEF (Roast)	6 – 7 mins / 500g
Steaks	6 – 8 mins / 500g
Minced Beef	6 – 8 mins / 500g
PORK (Roast)	6 – 7 mins / 500g
Chops	6 – 8 mins / 500g
Ribs	6 – 8 mins / 500g
Minced Pork	6 – 8 mins / 500g
LAMB (Roast)	10 – 12 mins / 500g
Chops	6 – 8 mins / 500g
Mince	7 – 9 mins / 500g
POULTRY	
Chicken (Whole)	7 – 8 mins / 500g
Drumsticks	7 – 8 mins / 500g
Breast	6 – 8 mins / 500g

MANUAL CHART GUIDES

FRESH VEGETABLE CHART

1. Place vegetables in a microwave safe dish with 1 tablespoon of water
2. Cover with plastic wrap or a lid
3. Stand for 2 minutes

Note: Weights are based on a serving size for approx. 2 people

Vegetable	Amount	Microwave Time at 100%	Cooking Procedure
Asparagus	1 bunch (approx.130g)	1 – 3 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Beans (top and tailed)	250g	5 - 6 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Broccoli (uniform florets)	250g	2 - 4 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Cabbage (shredded)	250g	5 – 7 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Carrots (sliced) (approx. 1 large)	200g	3 – 5 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Cauliflower (uniform florets)	250g	3 – 5 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Corn on the Cob	2 pieces (cut In half)	6 – 8 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Mushrooms (button)	200g	2 – 4 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Potatoes	2 medium	5 – 7 minutes	Place in a shallow microwave safe dish with ½ cup of water. Cover. Stand for 2 minutes.
Pumpkin (2cm cubes)	350g	3 – 4 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Spinach (shredded)	250g	5 – 7 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Snow Peas (top and tailed)	200g	2 – 4 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Squash (whole)	200g	3 – 4 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Sweet Potato (2cm cubes)	350g	5 – 6 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.
Zucchini (sliced)	200g	2 – 3 minutes	Place in a shallow microwave safe dish with 1 tablespoon of water. Cover. Stand for 2 minutes.

MANUAL CHART GUIDES

RICE & PASTA COOKING CHART

Wash and strain rice before measuring amounts

Place rice/pasta in a medium/large microwave safe bowl with water. Cook uncovered, stirring halfway through cooking.

Allow to stand for 2 minutes before serving

Food		Water	Cooking Time
Pasta	1 Cup	2 cups hot water	14 minutes
	2 Cups	4 cups hot water	17 minutes
	4 Cups	6 cups hot water	23 minutes
White Rice	1 Cup	2 cups hot water	18 minutes 30 seconds
	2 Cups	4 cups hot water	20 minutes 30 seconds
	4 Cups	6 cups hot water	24 minutes 30 seconds

PORRIDGE

Place the oats and milk/water in a small/medium sized microwave safe dish. Cook uncovered, stirring halfway through cooking then allow to stand, covered, for 5 minutes before serving.

Serves	Oats	Milk/Water	Cook on 100% Power
1	½ cup	¾ cup	3 minutes
2	1 cup	1½ cups	6 minutes
4	2 cups	3 cups	12 minutes

SCRAMBLED EGG GUIDE

Place the butter, eggs and milk in a small/medium sized microwave safe dish. Beat with a fork until well combined and the egg yolks are completely stirred in. Cook uncovered, stirring halfway through cooking.

Serves	Eggs	Butter	Milk	Cook on 80% Power
1	2	5g	1 tbsp	2 minutes 35 seconds
2	4	10g	¼ cup	5 minutes 25 seconds

REHEATING/DEFROSTING CONVENIENCE - FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS	STANDING TIME
Beverage	1 cup	1 minute 30 seconds on 100%		
250mL per cup	2 cups	2 minute 50 seconds on 100%	Stir after heating.	-
Canned Food (room temp.)	1 cup	2 minutes 30 seconds on 100%	Place food in a bowl. Stir halfway through cooking.	5 minutes
(e.g. Spaghetti, Baked Beans)	2 cups	4 minutes on 100%		
Canned Soup (room temp)	1 cup	1 minute 30 seconds on 100%	Place food in a bowl. Stir halfway through cooking.	-
250mL per cup (thin soup)	2 cups	2 minutes 50 seconds on 100%		
Meat Pie (refrigerated)	1 pie	3 minutes on 80%	Place onto a microwave safe plate, face side up and cover with a piece of paper towel.	5 minutes
Individual 180g each	2 pies	6 minutes on 80%		
Dinner Plate (refrigerated)	1 serve	4 minutes on 100%	Cover plate with plastic wrap and pierce 5 times with a fork.	5 minutes
400g per serve				
Fruit Pie individual (frozen)	1	4 minutes on 30%	Remove from foil container and place on a plate.	5 minutes
135g each	2	8 minutes on 30%		
Mini Sausage Rolls	12 (approx. 400g)	5 minutes on 100%	Place onto a microwave safe plate, face side up and cover with a piece of paper towel.	2 minutes
Mini Meat Pies	12 (approx. 550g)	6 minutes on 100%	Place onto a microwave safe plate, face side up and cover with a piece of paper towel.	2 minutes
Danish pastry	400g	5 minutes on 80% then 3 minutes on 30%	Remove foil container and place onto a microwave safe plate	2 minutes
Pizza (refrigerated)	1 slice 2 slices	1 minute on 100% 1½ minutes on 100%	Place onto a microwave safe plate	2 minutes
Mini Quiche	18 (approx. 300g)	2½ minutes on 100%	Place onto a microwave safe plate	2 minutes

NOTE: Room Temperature +20°C
Refrigerator Temperature +3°C
Frozen Temperature -18°C

COOKING & UTENSIL GUIDE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware. Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Grill	Convection	Mix Cook	Comments
Aluminium foil / Foil containers	✓ / ✗	✓	✓	✓ / ✗	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil®, follow instructions carefully.
Browning dishes	✓	✗	✗	✗	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	✗	✓	✓ Mix Conv. only	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex ®	✓	✓	✓	✓	Care should be taken if using fi as it can break or crack if heated suddenly.
Metal	✗	✓	✓	✗	It is not recommended to use metal cookware as it will arc, which can lead to fi
Plastic/Polystyrene e.g. fast food containers	✓	✗	✓	✓ / ✗	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	✗	✗	✗	It should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✓	✗	✓ / ✗	✗	Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal 'arcing'.
Paper - Plates, cups and kitchen paper	✓	✗	✗	✗	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✓	✗	✗	✗	Always attend the oven when using these materials as overheating may cause fi
Recycled paper and newspaper	✗	✗	✗	✗	May contain extracts of metal which will cause 'arcing' and may lead to fi
	✓	✓	✓	✓	The metal rack supplied have been specially designed for all cooking modes and will not damage the oven.



WARNING:

When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.

HELPFUL HINTS

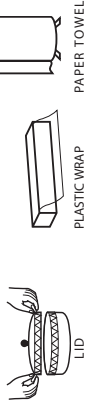
1. THE ARRANGEMENT

Arrange foods carefully. Place thickest areas towards the outside of the dish.

3. COVERING

Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when reheating.

Use to cover foods:



5. SHIELDING

Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.



7. STIRRING

Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.

Eg. Casseroles and Sauces.



9. DENSITY

The depth to which microwaves penetrate food varies depending on the food density. Porous foods like minced beef or mashed potatoes, microwave faster than dense foods like steak or whole potatoes.

11. STARTING TEMPERATURE

Frozen or refrigerated food takes longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check cooking result at the minimum time.



13. CONDENSATION

Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

2. TURNING

Foods such as poultry and joints of meat should be turned over after half the cooking time.

4. PIERCING

Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.



6. STANDING TIME

Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

8. SIZE

Small pieces cook faster than large ones. To speed up cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

10. FAT AND BONE

Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

12. QUANTITY

Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

14. GENERAL

Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

SHARP