Sharp R-369T

Sharp R-369T Microwave Oven User Manual

Model: R-369T

Safety Instructions Product
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1. Important Safety Instructions

When using electrical appliances, basic safety precautions should be followed, including the following:

- Read all instructions before using the appliance.
- Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- Ensure the appliance is properly grounded.
- Do not immerse the cord or plug in water.
- Close supervision is necessary when the appliance is used by or near children.
- Do not use the oven for purposes other than heating food.

2. Product Overview

2.1. Microwave Oven Components

Figure 1: Front view of the Sharp R-369T Microwave Oven, showcasing its 33L capacity, 6 microwave power levels, and various cooking functions.

The Sharp R-369T is a 33-liter solo microwave oven designed for efficient food preparation. It features a sleek silver finish and a black glass door. Key components include the oven cavity, glass turntable, control panel, and door with a push-open mechanism.

Figure 2: Interior view of the microwave oven, showing the spacious 33L cavity and the removable glass turntable for even cooking.

The interior includes a 272mm glass turntable that rotates during operation to ensure food is heated evenly. The oven door opens with a simple push mechanism.

2.2. Control Panel

1100 WATTS
EXPRESS DEFROST
高速解凍
EASY DEFROST
簡便解凍
1
2
3
4
5
6
7
8
9
POWER LEVEL
微波強度
0
TIMER/CLOCK
定時器／時鐘
STOP/CLEAR
暫停／取消
INSTANT COOK/START
即時烹調／開始
REHEAT 翻熱
BEVERAGE
飲品
DISH
餸菜
AUTO COOK 自動烹調
STEAM FISH
蒸魚
RICE
米飯
CONGEE/PORRIDGE
白粥/稀白粥
SLOW COOK
緩速烹調
STEAM MEAT
蒸肉類
BAKED POTATO
焗薯仔

Figure 3: Detailed view of the control panel, featuring numerical keys, function buttons, and the digital display.

The control panel is located on the right side of the oven and features a digital display, numerical keypad (0-9), and various function buttons:

- **EXPRESS DEFROST / EASY DEFROST:** For quick and convenient defrosting.
- **POWER LEVEL:** Adjusts microwave power output.
- **TIMER/CLOCK:** Sets the cooking timer or the current time.
- **STOP/CLEAR:** Stops current operation or clears settings.
- **INSTANT COOK/START:** Starts cooking immediately or confirms settings.
- **REHEAT:** Dedicated buttons for reheating beverages and dishes.
- **AUTO COOK:** Pre-programmed settings for various food types like Steam Fish, Rice, Congee/Porridge, Slow Cook, Steam Meat, and Baked Potato.

3. Setup and Installation

3.1. Unpacking

Carefully remove the microwave oven and all packing materials from the carton. Check the oven for any damage, such as dents or a misaligned door. Do not operate the oven if it is damaged. Contact your dealer or authorized service center.

3.2. Placement

- Place the oven on a flat, stable surface strong enough to hold its weight (approximately 17kg).
- Ensure adequate ventilation. Leave a minimum of 10 cm (4 inches) clearance at the rear, 20 cm (8 inches) at the top, and 5 cm (2 inches) on each side for proper airflow.
- Do not block air vents.
- Keep the oven away from heat sources, steam, or splashing liquids.
- Do not place the oven near a radio or TV, as it may cause interference.

3.3. Electrical Connection

Figure 4: Rear view of the microwave oven, illustrating the power cord connection and important safety warnings regarding microwave energy.

- Plug the oven into a properly grounded 220V, 50Hz AC outlet with a dedicated circuit.
- Do not use extension cords or adapters.
- Ensure the power cord is not damaged or pinched.

4. Operating Instructions

4.1. Setting the Clock

1. Press the **TIMER/CLOCK** button once.
2. Use the numerical keypad to enter the current time (e.g., 12:30 for 12:30 PM).
3. Press the **TIMER/CLOCK** button again to confirm.

4.2. Basic Microwave Cooking

1. Place food in a microwave-safe container on the glass turntable.
2. Close the oven door securely.
3. Press the **POWER LEVEL** button repeatedly to select the desired power level (e.g., P100 for 100% power, P80 for 80% power). The oven offers 6 microwave power levels.
4. Use the numerical keypad to enter the cooking time.
5. Press **INSTANT COOK/START** to begin cooking.

4.3. Defrosting

The oven offers two defrost functions:

- **EXPRESS DEFROST:** For quick defrosting of smaller items. Follow on-screen prompts or manual for specific weight settings.
- **EASY DEFROST:** For more controlled defrosting. Refer to the manual for weight and food type guidelines.

1. Place frozen food on the turntable.
2. Press either **EXPRESS DEFROST** or **EASY DEFROST**.
3. Enter the weight of the food using the numerical keypad.
4. Press **INSTANT COOK/START**.

4.4. Reheat Functions

The oven includes 2 Reheat Menu keys for common items:

- **BEVERAGE:** For reheating drinks.
- **DISH:** For reheating prepared meals.

1. Place the item to be reheated on the turntable.
2. Press the appropriate **REHEAT** button (BEVERAGE or DISH).
3. The oven will automatically set the time. Press **INSTANT COOK/START** to begin.

4.5. Auto Cook Functions

The **AUTO COOK** menu provides pre-programmed settings for various foods:

- **STEAM FISH**
- **RICE**
- **CONGEE/PORRIDGE**
- **SLOW COOK**
- **STEAM MEAT**
- **BAKED POTATO**

1. Place the food in a suitable container on the turntable.
2. Press the desired **AUTO COOK** button.
3. Select the quantity or weight if prompted (refer to the full manual for specific auto cook settings).
4. Press **INSTANT COOK/START**.

5. Maintenance and Cleaning

Regular cleaning of your microwave oven will ensure its longevity and efficient operation.

5.1. Exterior Cleaning

- Wipe the exterior surfaces with a soft, damp cloth.
- Do not use abrasive cleaners or harsh chemicals.

5.2. Interior Cleaning

- Clean the oven cavity after each use with a mild detergent and a soft cloth.
- For stubborn food splatters, place a bowl of water with lemon slices inside and microwave on high for 2-3 minutes. The steam will loosen the residue, making it easier to wipe clean.
- Ensure the door seals and sealing surfaces are clean to maintain proper operation.

5.3. Glass Turntable

- The glass turntable and roller ring can be removed for cleaning.
- Wash them in warm, soapy water or in the dishwasher.

- Ensure they are completely dry before placing them back in the oven.

6. Troubleshooting

Before contacting service, check the following common issues:

Problem	Possible Cause	Solution
Oven does not start	Power cord not plugged in; Door not closed properly; Fuse blown or circuit breaker tripped.	Plug in power cord; Close door securely; Check fuse or reset circuit breaker.
Food not heating	Incorrect cooking time or power level set; Door not closed properly.	Adjust time/power; Ensure door is latched.
Turntable not rotating	Turntable not properly seated; Obstruction under turntable.	Reposition turntable and roller ring; Remove any obstructions.
Sparking inside oven	Metal or foil in oven; Food splatters.	Remove metal objects; Clean oven interior thoroughly.

If the problem persists after checking these points, please contact an authorized service technician.

7. Specifications

Brand	Sharp
Model	R-369T
Capacity	33 Liters
Output Power	800W (Microwave)
Wattage	1100 watts (Input)
Turntable Diameter	272mm
Outside Dimensions (W x H x D)	520 x 310 x 448 mm
Weight	16.96 kg
Voltage	220 Volts
Frequency	50 Hz
Material	Steel
Special Features	Programmable, 6 Microwave Power Levels, 2 Reheat Menu Keys, Easy Defrost, Slow Cook Key, Black Glass Door

Figure 5: Dimensional drawing of the Sharp R-369T Microwave Oven, illustrating its width (520 mm / 52 cm), height (310 mm / 31 cm), and depth (448 mm / 44.8 cm).

8. Warranty and Support

For warranty information and customer support, please refer to the warranty card included with your product or visit the official Sharp website for your region. Keep your purchase receipt as proof of purchase for any warranty claims.
For technical assistance or service inquiries, please contact Sharp customer service.

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