

Microwave usage

Sharp R-249 Compact Solo 800W Touch Control Microwave Oven



For “microwave heating” quick use;

- Use A to pop food in / out (sounds silly to state but it has been known...)
- Click buttons in section C to set the time required
- Click buttons in section B to start / stop

For pre set cooking with *Express Cook* and *Express Defrost*

- Use A to pop food in / out (sounds silly to state but it has been known...)
- keep pressing button E or F until you get to appropriate setting
- Press button D which allows you to set the power / weight / unit
- Click buttons in section B to start / stop

Example : Heat baked potato

- Put potato in microwave
- Using button F, select No. 6 – Baked Potato
- Using button D, select the quantity
- Press button B - Start

