



RMO-M207MX / RMO-M207MW

20 升 旋鈕式微波爐

20L Knob Control Microwave Oven



僅適用於家庭使用
For household use only

使用說明書

OPERATION MANUAL

- 在使用本產品前，請仔細閱讀本說明書，閱讀後小心收藏，以備日後查閱。
- Please read the operation manual carefully before using. Keep it in a safe place for future reference.
- 本說明書中的圖示可能有與實物不同的地方，僅供參考。
- Some figures in this manual may not match with the real object, just for reference only.

非常感謝您選購樂信牌微波爐，在使用前請先詳細閱讀本說明書，並保存以備日後參考。

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使用本產品時，必須遵守下列安全注意事項：

警告！不當使用會導傷亡及機件損毀

1. 安全注意事項

在使用本產品之前閱讀本說明書。不遵守本說明書中的說明和安全預防措施可能會導致嚴重傷害或死亡。保留本說明書以備將來參考。保存本說明手冊，
為了防止火災、灼傷和觸電

1.1 使用前

1. 本產品屬於高耗電量電器，請使用獨立電源插座，不應與其他電器共用一個電源插座。確保當地的電壓與本產品上所標明的額定電壓相符。
2. 為防止觸電，必須確保微波爐接地良好。
3. 本產品的淨重約為10.2公斤，用戶應將本產品放置於有足夠承托力的水平面上使用。
4. 使用時需有足夠的通風。本產品乃屬座檯式型號，切勿安裝於櫃內，避免堵塞微波爐的通風排氣孔，以免造成過熱。切勿在微波爐頂部放置任何物件。
5. 微波爐頂部必須與牆壁保持至少30厘米的距離；爐的兩旁應與牆壁保持至少20厘米的距離；爐背與牆壁保持至少10厘米的距離；產品與地面亦須保持至少85厘米的距離。用戶亦可利用爐背的距阻限定有關距離。請勿擅自拆去爐腳。
6. 切勿將本產品放置於不受熱的物料上使用，如塑膠檯布、棉檯布等。
7. 應將本產品放在通風及乾爽的地方，並須遠離腐蝕性氣體、火源、高溫、蒸氣、潮濕、油煙或接觸到易燃物的環境中使用。
8. 如室內溫度過高，建議不要使用本產品。
9. 安裝位置應遠離電視、收音機或天線以免造成的干擾，否則可能會引起噪音。

1.2 首次使用

1. 將微波爐內的包裝物料全部取出。如微波爐的外殼上附有保護膜，請將保護膜撕掉後再使用。（**注意：**切勿拆除爐內右壁上的導波管蓋。）
2. 徹底檢查微波爐及配件有否損壞及裂痕，如門鎖、爐門及玻璃轉盤等位置。如有損壞，請不要安裝或使用本產品。
3. 於生產過程可能有保護油殘留機體內腔，並可能有異味或輕煙釋出，這仍屬正常現象，使用數次後問題將會有所改善。使用時保持窗門通風良好。

1.3 預防微波爐內腔起火

1. 切勿過度加熱食物。
2. 移除食物及其包裝上的所有金屬封口、扎線圈等，因金屬表面形成的電弧可能會起火。
3. 加熱塑膠或紙品盛載的食物時，請確保它們是適用於微波爐烹調，由於它們屬易燃性質，請時刻留意加熱情況。
4. 切勿用微波加熱食用油或油炸食物，因為油溫會變得很高而難以控制。
5. 如欲烹調爆谷，必須使用微波爐適用的爆谷專用袋子。
6. 經常清潔產品內腔，特別是爐門、爐門與內腔間的縫隙、右壁上的導波管蓋（導波管蓋只可用乾布拭擦），以免油脂積聚。因積存的油污，有可能引致微波爐表面變質而造成黑煙，甚至起火，影響產品的使用壽命及其他危險。
7. 如烹調過程中冒煙或起火，請保持爐門緊閉以壓制任何火焰，否則遇上空氣會加大火勢。在安全情況下，用戶應立即停止操作，並拔掉電源插頭或關掉屋內電源總開關。
8. 切勿將食物或飲料放在金屬容器內，只使用微波爐適用容器。

1.4 預防微波外洩

為防止微波外洩的危險，請注意以下預防事項：

1. **警告！**切勿損壞爐門的安全鎖系統。如發現爐門不能緊閉、爐門變形或爐門的組件損壞（如門栓），應立即停止使用，並聯絡信興電器服務中心有限公司進行維修後，才可再使用。
2. 操作時，請勿置入任何物品，特別是金屬物體（如速食食品之鋁箔包裝等）。
3. 使用前，必須放入轉盤旋轉架及玻璃轉盤。
4. 切勿空機使用微波功能。使用時，爐內應放有可吸收能量的物質（如食物或水）。避免微波能量在爐內不停反射，影響微波爐的性能。若微波爐在沒有放置食物的情況下錯誤被啟動，應立即停止操作。
5. 切勿使用微波爐加熱化學劑或其他非食物製品，亦不可用含有腐蝕性化學劑的製品清洗本產品。
6. **警告！**必須由指定製造商所訓練的維修人員做調整或修理服務，讓他人修理會有危險。如需檢查或維修，請聯絡信興電器服務中心有限公司。

1.5 食物注意事項

1. 在使用奶樽或其他容器餵食嬰兒前，要對這些食品進行攪拌或搖晃並測試溫度，以防止燙傷嬰兒。
2. 切勿加熱生雞蛋、烹調原隻水煮蛋或連蛋殼蛋，因壓力會使雞蛋爆裂，即使在微波爐加熱結束後，雞蛋也有機會爆裂。蛋黃、蛋白也須用牙簽刺穿。另外，切勿馬上取出已煮好的湯圓或荷包蛋，會造成食物內的液體沸濺而造成燙傷。用戶應先打開爐門，擱置一會後再取出食用。
3. 先將表面沒有細孔的食物（如蛋、栗子、馬鈴薯、香腸等帶皮食物）去皮，或在表皮上開一些裂縫或用叉子穿幾個細孔；否則，食物有可能受熱膨脹後發生爆濺。嚴格遵照食物包裝上的標籤指示，使用適當的方法烹調。
4. 烹飪少量食物時，小心觀察食物情況，防止過熱起火。
5. 如需使用保鮮紙遮蓋食物，請使用微波爐專用的保鮮紙，並請將保鮮紙一角摺起使之通氣。烹調後，小心將保鮮紙拆開，以免被蒸氣灼傷。

6. 加熱飲品後，熱力有可能被鎖於液體內而出現延遲沸騰爆濺。因此，在烹調時及移動容器時必須格外小心。
7. 烹調的效果或會因喜好的生熟程度、開始時溫度、使用地區海拔高度、份量、大小、食物形狀和盛載器皿有所影響。用戶可因應經驗調節烹調時間。
8. **警告！**液體食品或其他食品一定不可放在密封的容器裏加熱，因為這樣有可能會發生爆炸，同時應防止沸騰液體延遲噴濺，以防燙傷。

1.6 操作注意事項

1. 切勿於爐腔內儲存任何物品（如紙品、廚房器具及食物等。）
2. 必須使用原廠的玻璃轉盤及轉盤旋轉架，切勿自行更換其他非生產商授權的零件或配件，以免造成危險及令維修保養告無效。
3. 切勿加熱再生紙製品，因其含有容易引起火花和易燃雜質。
4. 切勿敲打控制面板，以免破壞控制器。
5. 如非說明書所指定，不可直接在玻璃轉盤上烹煮食物。（食物必須放入適合的烹調器皿中。）
6. 確保容器與產品爐壁保持一定距離，並置於玻璃轉盤範圍內，以免影響轉盤轉動及加熱效果。
7. 切勿將易燃物放在爐內或爐頂，以免導致起火。
8. 切勿在開啟的爐門上放置物件。
9. 應使用微波爐專用測肉溫度計檢查牛肉及雞肉烹調結果。切勿把水銀溫度計放入微波爐中加熱或測量，以免引起火災或造成損壞。
10. 切勿使用外置計時器或遙控系統來操作本產品。
11. 應使用微波及燒烤爐專用的隔熱手套放入、翻轉或取出食物，以免被高溫燙傷。
12. 運作時或使用後，外殼、爐內及可觸及部件溫度或會變得灼熱，切勿觸摸以免受傷。小孩必須與產品保持距離，或於成人監督或指導下方可使用。
13. 使用時，少量蒸氣會於微波爐內外聚積，形成水滴。此屬正常現象，用戶可用軟布擦淨。此情況於濕度高且正常使用下亦會出現，微波爐仍可安全使用，待產品冷卻後蒸氣便會自動消散。
14. 開啟微波爐門時，請注意力度並留意機內的食物會否濺出或弄翻，以免造成危險。特別於烹煮熱湯或飲品等流質食物時，請格外小心。
15. 切勿將本產品用於烹飪以外的其他用途。（如果本產品用於烹飪以外，則可能會發生故障。）
16. 微波爐只適用於加熱食物和飲料。若用於烘乾食物或衣服，以及加熱取暖墊、治療工具（如：小麥袋等）、拖鞋、海綿、抹布或報紙等，可能會導致產品固障、起火或火災。

17. 為防止玻璃轉盤受損壞，請遵守下列事項：
 - a. 用水清洗轉盤時，應先待其冷卻。
 - b. 切勿放置滾熱的食品或灼熱的容器於冰冷的玻璃轉盤上。
 - c. 切勿放置冰冷的食品或冰冷的容器於灼熱的玻璃轉盤上。
 - d. 玻璃轉盤的最大的負載重量不能超過4.5公斤。
18. 切勿將機身、電源線或插頭浸入水中或用水淋洗，以免影響電器的安全性能及防止造成觸電的危險。
19. 小心使用電源線，不可在電源線上放重物或夾住電源線；不可改裝電源線；切勿用力拉扯或扭曲電線，在拔出或插入插頭時，要用手握穩插頭本身。切勿將電源線懸掛在桌子、櫥櫃的邊緣或令其接觸發熱的表面。
20. 使用後或長期不使用時，應將插頭從插座拔出，以免因絕緣老化而發生漏電及觸電危險。切勿使用濕手接觸、插入或拔出插頭，以免觸電。
21. 移動、檢查或清潔微波爐前，應先拔掉電源線插頭，待微波爐冷卻後再進行。
22. 本產品只可作家庭使用，切勿在室外使用或用作說明書建議以外的其他用途。如不當使用此微波爐，或作為（半）商業用途，維修保養將告無效，本公司將不會承擔任何損壞的維修責任及賠償。
23. 切勿讓嬰兒靠近。若有孩童在旁，須加倍小心使用及看管小孩，以確保他們不會玩耍器具。切勿讓小孩單獨使用或進行保養，亦切勿將本產品及其電源線放於小孩能觸及的地方。
24. 本產品可供年齡在8歲或以上的兒童及體質、感覺或智力有障礙人士或缺乏經驗和相關知識的人士使用，但他們必須接受負責安全人士的監督或指導如何安全地使用產品和理解所涉及的危險。
25. 如果門或門邊線縫有損壞，請勿使用微波爐，並交由指定製造商所訓練維修人員修理。
26. 本產品是家用或在類似環境使用，如：商店內部、辦事處以及其他工作環境的員工廚房區域或類型的環境。切勿於戶外使用。
27. 經常檢查電源線、插頭、爐門及門鎖是否有破損，或曾經有跌落情況，為避免危險應停止使用，並聯絡信興電器服務中心有限公司作檢查及維修。
28. 遵從安全守則及避免釀成意外，如需維修電器，請聯絡信興電器服務中心有限公司（地址印於本使用說明書的背頁或致電2406 5666查詢），並確保在檢查或維修時出示產品保修記錄卡及收據。

1.7 清潔及保存注意事項

1. 定期清潔本產品以去除食物殘渣。保養不善可導致其表面損壞，並影響產品的使用壽命或導致其他危險及傷亡。
2. 清潔前，必先關掉微波爐及拔掉電源插頭，待其冷卻後才進行。
3. 切勿用水或濕布直接清洗內腔之導波管蓋（置於微波爐內腔右方）。
4. 切勿使用蒸氣清洗裝置清洗本產品。
5. 切勿將電源線纏繞在微波爐四周或壓住電源線，避免造成電源線磨損和破裂。
6. 切勿在爐面與爐門之間放置任何物品，或讓灰塵、殘餘的清潔劑積存於門縫表面。
7. 未能保持微波爐清潔可能導致微波爐表面損壞，這將影響微波爐的使用壽命或導致其有所損壞。

2. 清潔及保存方法

1. 保持微波爐內外表面及爐門玻璃窗及門縫的清潔。可用沾有中性清潔劑的軟綿布或海綿擦拭，然後用沾有清水的布抹淨。避免使用硬刷子或粗糙的潔具洗刷，以免損壞微波爐內外表面及玻璃窗的保護層。（注意：切勿讓水滲入爐縫內或通風口。）
2. 切勿使用銳利的金屬刮刀來清潔爐門玻璃，因為刮刀會刮花表面，或使玻璃碎裂。
3. 經常清潔玻璃轉盤及轉盤旋轉架。用戶可先用加有中性清潔劑的溫水洗擦，再用清水沖洗及完全擦乾後，再請放回原處備用。
4. 如控制面板被弄濕，請即用乾布抹擦，切勿使用粗糙及磨損性的清潔劑及潔具來抹擦控制面板。抹擦控制面板時，將爐門打開，以免錯誤啟動本產品。
5. 切勿使用有毒或腐蝕性的清潔劑進行清潔。
6. 待微波爐完全冷卻及清洗後才能儲存，先將產品放入紙箱，然後置於乾爽的環境中。

3. 器皿注意事項

1. 檢查所使用的器皿是否適合微波爐使用。
2. 所有金屬物件、帶有金屬或銀邊的器皿亦不適用，以免產生火花或高溫而損壞本產品，造成火災或傷害。
3. 切勿把窄頸瓶器皿或密封的食物直接放入微波爐加熱，以免引起爆炸。
4. 當食物放於塑膠物料、紙或其他可燃材料製成的容器中加熱或烹調時，應時常注意，防止起火。
5. 加熱液體時，應盡量使用寬口的容器。若要加入咖啡粉、奶粉、麥片或其他沖劑，必須先將其攪拌才放入微波爐，並於加熱後待其冷卻後才食用，以免燙傷。
6. 切勿加熱密封容器之類的東西（如密封玻璃瓶或嬰兒用奶瓶等），因為加熱過程會令其爆裂。
7. 以微波爐烹調/解凍食物，必須讓微波能量穿過容器滲透到食物中，挑選適當的器皿變得非常重要。建議使用圓形/橢圓形的碟盤，因為方形/長形的碟盤令置於角落的食物會較易過熟。

以下為不同器皿的參考資料（“✓”號為適用，“✗”為不適用）：

容器 / 用具	適用/不適用
微波爐專用保鮮紙 *	✓
微波爐專用玻璃	✓
微波爐專用陶瓷容器	✓
微波爐專用塑膠 *	✓
一般玻璃	✗
一般塑膠	✗
金屬網架 / 容器	✗
錫紙或錫紙容器	✗
紙質用具	✗
竹製容器	✗
普通冷凍保鮮紙	✗

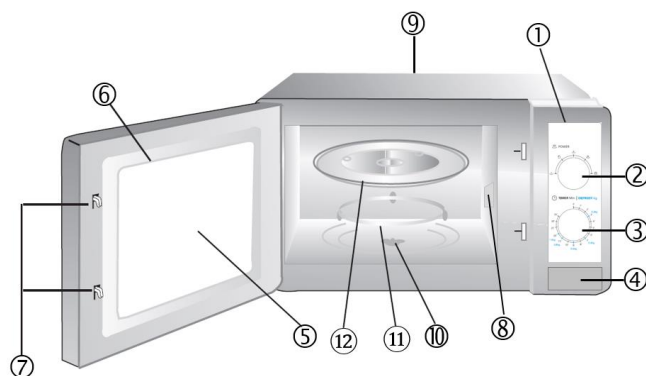
* 建議不應在高火力情況下使用超過5分鐘

4. 產品規格

型號	RMO-M207MX / RMO-M207MW
額定電壓	230伏特~ 50赫茲
額定微波頻率	2450兆赫茲
額定輸入功率	1050 瓦
額定輸出功率	700 瓦
容量	20 升
淨重 (約)	10.2 公斤
產品尺寸 (闊 x 深 x 高) (約)	440 x 340 x 259 毫米
內腔尺寸 (闊 x 深 x 高) (約)	306 x 304 x 206 毫米

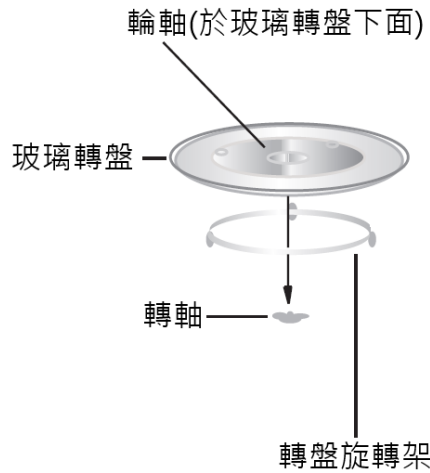
*微波爐的內腔容量是根據內腔尺寸之最大闊度、深度和高度而計算。實際存放食品的容量稍少於以上數值。

5. 產品說明



1	控制面板	詳見章節5.2 控制面板指南。
2	火力旋鈕	
3	時間/解凍旋鈕	
4	開門按鈕	按一下開啟爐門。
5	爐門玻璃窗	可觀察食物烹調情況。
6	爐門	注意！ 使用期間，爐門可能會熱燙。
7	爐門安全鎖系統	爐門必須關閉，微波爐才能工作。如產品操作時打開爐門，烹調程式將會自動終止。
8	導波管蓋 (不可拆除)	位於爐內腔右方，為了擋住微波孔，防止加熱時因食物內水分噴散，導致微波孔堵塞。
9	距阻	確保產品與後牆有足夠的通風。
10	轉軸	玻璃轉盤就座於軸線；轉軸下面的電機驅動轉盤旋轉。
11	轉盤旋轉架	置於內腔中央。然後，將轉盤放在旋轉架上，讓它穩定在轉軸上。
12	玻璃轉盤	用於放置盛載食物的器皿。烹調時，必須正確安裝於轉盤旋轉架上方能轉動，使食物可均勻地受熱，達至理想的烹調效果。

5.1 轉盤安裝指南



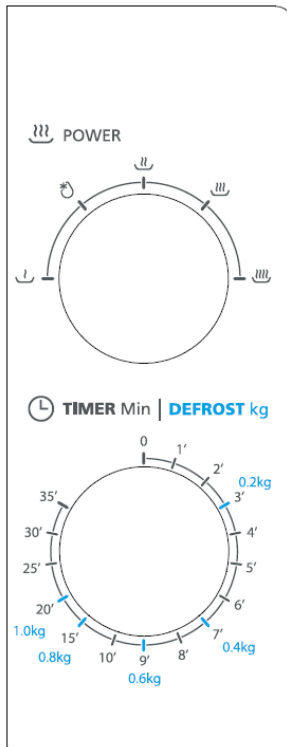
注意! 切勿把玻璃轉盤倒置安裝。玻璃轉盤安裝後須能輕鬆轉動。

注意! 烹調過程中，玻璃轉盤和轉盤旋轉架必須同時使用。

注意! 烹調時所有食物和盛載食物的容器都應放置於玻璃轉盤上面。

注意! 若玻璃轉盤或轉盤旋轉架破裂或損壞，須立即停止使用本產品及聯絡信興電器服務中心有限公司。

5.2 控制面板指南



功能選項的應用

轉動【火力】旋鈕設定烹調功能，共有5種設定可供選擇。

微波功能

順時針方向轉動【火力】旋鈕以選擇火力。


火力段數如下：

段數	功能/火力	微波強度	建議應用烹調 #
1		17%	軟化雪糕
2		33%	軟化牛油、翻熱湯水或解凍食物
3		55%	翻熱食物
4		77%	米飯、魚、雞肉或其他肉類
5		100%	快速翻熱食物 (如:牛奶、水或蔬菜)

計時器的應用

1. 轉動【時間/解凍】旋鈕以設定加熱或解凍時間；
2. 設定時間範圍由1分鐘至35分鐘。

解凍功能

1. 先把【火力】旋鈕調到第2段 () 以選擇解凍功能；
2. 再順時針方向轉動【時間/解凍】旋鈕以選擇解凍時間。

以下為不同重量所需解凍時間參考表：

重量 (公斤)	解凍所需時間 (分鐘 : 秒鐘) #
0.2	3:00
0.4	7:00
0.6	9:00
0.8	15:00
1	20:00

此建議應用烹調及時間只作參考，用戶可因應需要及個人喜好自行調整。

警告：從微波爐中取出食物時，請確保【時間/解凍】旋鈕轉到“0”（關）位置；否則，在沒有食物的情況下操作微波爐，會導致磁控管過熱和損壞。

警告：當烹調食物時，機身會變得灼熱，兒童必須接受負責安全人士的監督或指導才可使用。

6. 使用方法

1. 確保【時間/解凍】旋鈕轉處於“0”（關）位置，並已接駁電源及確保通風良好。
2. 將食物放在合適的容器中（詳見**章節3. 器皿注意事項**），然後直接放到轉盤的中間位置，關上爐門。
3. 轉動【火力】旋鈕選擇所需的功能選項。
4. 轉動【時間/解凍】旋鈕選擇所需的加熱或解凍時間，微波爐燈會亮起，轉盤開始轉動，產品開始運作。
5. 加熱完成後，【時間/解凍】旋鈕會回到“0”（關）位置並有一下響聲作提示。微波爐燈將自動關閉，轉盤亦將停止轉動。
6. 打開爐門，小心取出食物/容器。如有需要，可先把食物閒置一會後再取出。

安全備註

1. 若用戶需於加熱期間停止產品運作，可將【時間/解凍】旋鈕轉動至“0”（關）位置。
2. 如烹調過程中需要更改烹調時間，直接將【時間/解凍】旋鈕轉動至新時間設定即可；如烹調過程中改變火力強度或轉換功能，直接將【火力】旋鈕轉動至所需的功能選項。
3. 當烹調時間少於3分鐘，用戶可將【時間/解凍】旋鈕轉動至大於10分鐘位置，然後再轉回所需要的時間設定，令時間設定更準確。

注意！確認烹調結束後【時間/解凍】旋鈕已返回到“0”（關）位置，否則當爐門關上時，微波爐將會再次啟動。

7. 故障排除

使用時，如發現產品操作上有問題，在維修前請先對照下表進行檢查及處理。

下列情況均屬正常	
微波爐干擾電視接收	使用微波爐時，收音機及電視機可能會受到干擾。此等干擾類似一些小型電器，如攪拌機、吸塵機、電吹風等所引起之干擾，屬正常現象，不表示微波爐發生故障。
蒸氣積聚於爐門及有熱風從排氣口排出	烹調時，食物會有蒸氣散發，而大部分會從排氣口排出，但蒸氣會於較涼的地方如爐門上少量凝聚，這是正常現象。
未有擺放食物而不慎啟動微波爐。	警告： 禁止在沒有食物的情況下運作產品。這是非常危險。

故障現象	原因	處理方法
微波爐無法啟動	沒有緊接電源	拔除插頭，待10秒鐘后再重新插上電源。
	保險絲燒掉或電路斷路器發生問題	小心檢查原因。若有需要，請聯絡信興電器服務中心有限公司進行檢查及維修。
	插座有問題	用其他電器測試插座是否有問題。
微波爐不能加熱	爐門未關妥	小心關好爐門。
	未選擇烹調時間設定	轉動【時間/解凍】旋鈕選擇所需的加熱或解凍時間

如按照以上處理方法/操作仍未能修復問題，請即時關閉電源，聯絡信興電器服務中心有限公司（電話：2406 5666）進行檢查及維修，並將故障代碼告知信興電器服務中心有限公司。切勿自行拆卸及修理產品，避免產生觸電危險及對產品造成損害。

8. 特別聲明

1. 本資料上所有內容經過核對，如有任何印刷及內容上的誤解，本公司將保留解釋權。
2. 本產品若有技術改進，會編進新版說明書中，恕不另行通知；產品外觀、顏色如有改動，皆以實物為準。
3. 如本資料之中英文版本有差異時，應以中文版為準。
4. 使用說明書的電子副本可以經電子郵件發送至用戶，如有需要，可致電信興電工工程有限公司：2861 2767。

9. 售後服務

1. 由購買收據日期起之一年保修期內，經信興電器服務中心有限公司之服務人員證實產品故障屬於正常使用之情況下發生者，本公司將提供免費維修或更換零件服務。經更換之任何損壞零件，將歸屬本公司所有。保修範圍不包括修理或更換產品之損耗性零件等。
2. 用戶必須於維修時出示購買收據/換購收據及蓋有銷售點/換購中心印章的產品保修記錄卡。如有任何疑問，請致電信興電器服務中心有限公司熱線：2406 5666查詢。

Thank you for choosing Rasonic Microwave Oven. Read the operation manual carefully before using and keep this operation manual for your future reference.

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1. Safety Precautions
2. Cleaning and Storage Method
3. Utensil Precautions
4. Product Specifications
5. Product Identification
6. Operation Instructions
7. Troubleshooting
8. Special Avowal
9. After Sales Service

When using the appliance, make sure to follow the safety precautions below:

Warning! Potential injury and product damage by misuse.

1. Safety Precautions

Read this manual before using this product. Failure to follow the instructions and safety precautions in this manual can result in serious injury or death. Keep this manual for future reference. Save this instruction manual.

To prevent fire, burn or electric shock

1.1 Before in use

1. The appliance is a high power consumption electric appliance. Use an independent power source to supply. Do not connect with other high wattage appliance under the same socket, and make sure the input voltage match the rated voltage marked on the appliance.
2. The appliance must be earthed to avoid electric shock.
3. Net weight of the appliance is approximately 10.2kg. Place the appliance on a horizontal rigid surface.
4. Place the appliance in a space with good ventilation. This microwave oven is free stand type, use it on table top and must not be placed in a cabinet. Do not cover or block the air vents to avoid overheating, and do not place anything on the top of the appliance.
5. Allow at least 30cm clearance in between the top cover and the ceiling, at least 20cm on both sides to the wall and at least 10cm between back cover and the wall. The appliance and the ground should be at least 85cm apart. Make use of the distance spacer at the back of the appliance to limit the distance. Do not remove oven feet.
6. Do not place the appliance near poor heat-resistant materials such as plastic table cloth and cotton cloth, etc.
7. Place the appliance in a well-ventilated and dry place and keep it away from environment of corrosive gas, fire source, high temperature, steam, humid, oily or place where close to flammable materials.
8. Do not operate the appliance if the room temperature is too high.
9. The appliance shall be placed far away from TV, radio or antenna to prevent disturbance. Otherwise, noise may occur.

1.2 First time use

1. Remove all packing materials from the appliance. If there is protective film wrapping the appliance, remove it before using. (**CAUTION:** Do not remove the waveguide cover on the right hand side of oven cavity.)
2. Examine thoroughly if there is crack or damage on the appliance and accessories such as door safety lock, oven door and glass tray. Do not assembly or use it if any part is damaged.

3. As there is protective oil remain inside the oven cavity, it usually would smell the odor, even a slight smoke, it is normal case and would not occur after using several times, keep the window open to ensure good ventilation.

1.3 To prevent the risk of fire in the oven cavity

1. Do not overcook the ingredients.
2. Remove all metallic seals or wire twists from the ingredients and packing. Electric arc generated on metallic surfaces may cause fire.
3. When heating food placed on plastic or paper containers, keep an eye on the oven due to possibility of ignition or burning as the materials are flammable.
4. Do not use the appliance to heat up oil or deep-fry as oil temperature may become uncontrollable.
5. To make popcorn, use special popcorn bags for microwave only.
6. Keep the oven cavity clean after each operation, especially the oven door, the contact surface between the cavity and door and the waveguide cover (Clean the waveguide cover by dry cloth only). Food residue and grease accumulated may deteriorate the material surface or cause dark smoke or fire. This could adversely affect the life cycle of the appliance and other hazard.
7. If there is smoke or fire during operation, keep the oven door closed in order to stifle any flames; otherwise, air will trigger the fire burning more intensely. Under safe situation, user should stop the operation and disconnect the main power supply immediately.
8. Metallic containers for food and beverages are not allowed, only use utensils that are suitable for use in microwave ovens.

1.4 To prevent microwave leakage

To prevent harmful effects caused by microwave leakage, pay attention to the precautions below:

1. **WARNING!** Never tamper with the door safety lock system. If oven door cannot be closed firmly; or any deformation or damage found on the oven door or parts (e.g. hinge), stop operating the appliance immediately to avoid hazards. Contact **Shun Hing Electric Service Centre Limited** for repair before use.
2. Never place any foreign objects into the cavity during operation, especially metallic objects (e.g. fast food foil containers, etc).
3. Make sure to put the roller ring and glass tray to the oven cavity before operation.
4. Never use the microwave function without absorbing materials (such as food or water). These materials should be placed inside the cavity because reflection of microwave energy will affect the performance of the appliance. In case if the operation starts accidentally without load, switch off the appliance immediately.

5. Do not heat chemicals or non-edible products. Do not clean the appliance by corrosive chemicals as heating up corrosive chemicals in the appliance may cause leakage of microwave radiation.
6. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. Contact **Shun Hing Electric Service Centre Limited** if necessary.

1.5 Foods precautions

1. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns
2. Never use the appliance to heat or hard-boiled eggs, or eggs in their shell because pressure built up will lead to explosion, even after microwave heating has ended. Stab the egg yolk and egg white by toothpick before heating. Besides, do not take out cooked dumpling and fried eggs right after heating. It may lead to explosion or liquid splashing from the food. Open the oven door and leave it for a moment before taking out.
3. Peel those foods with sealed surface (e.g. eggs, chestnuts, potatoes, sausages which is skinned foods), or cut a few slides on the food skins by knife or pierce it by folk; otherwise, foods may expand and as a result of explosion.
4. Observe the food often when cooking small amount of food to avoid causing fire.
5. If wrapper is needed to cover the food, make sure it is compatible for microwave oven. Fold up a corner of the wrapper for proper ventilation. After cooking, remove the wrapper carefully to avoid scalding by steam.
6. Heating beverages can result in delayed eruptive boiling; great care must be taken when handling the container.
7. Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensil used. User can adjust the cooking time based on cooking experience.
8. **WARNING:** Liquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time, it should avoid the boiling liquids splash.

1.6 Usage precautions

1. Do not use the cavity for storage. Do not leave paper products, cooking utensils or food in the cavity when the appliance is not in use.
2. Make use of the supplied glass tray and roller ring. To avoid accident, never replace them by any parts was produced without authorities, otherwise warranty becomes invalid.
3. Do not use recycled paper products, as they may contain impurities which may cause spark and fires when used.
4. Do not hit or strike control panel to avoid damage.
5. Do not cook food directly on glass tray unless indicated in the manual (Food should be placed in a suitable cooking utensil beforehand).
6. Make sure the utensils do not touch the interior walls during cooking, it must be placed at the center of the glass tray; otherwise it may affect the rotation and cooking result.
7. Do not store flammable materials on top or in the cavity as it may cause fire.
8. Never rest objects on the door while it is open.
9. Check roasts and poultry temperature during cooking by temperature probe recommended for the oven. Do not use the conventional mercury thermometer in the appliance as it could cause fire or damage.
10. The appliance is not intended to be operated by means of an external timer or separate remote-control system.
11. Always use insulation oven gloves when moving, removing or flipping food to avoid burns.
12. During operation or after use, the outer surface, oven cavity and accessible parts may be extremely hot. Do not touch to avoid burns. Children should be kept away from the appliance use it under adult supervision.
13. During operation, a small quantity of steam may accumulate inside the cavity or on the oven door, condense water drops. This may occur when the microwave oven is operated under high humidity condition. This is a normal phenomenon; user can wipe with a soft dry cloth. The appliance is still in good working condition; steam will be evaporated when the appliance is cooled down.
14. When open the oven door, aware of the force and check whether the food inside is splashed out or upset to avoid danger, especially when cooking soup or beverages.
15. Do not use the appliance for purposes other than cooking. (The appliance may cause malfunction if user uses it other than cooking.)
16. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, therapeutic devices (e.g. wheat bags), slippers, sponges, damp cloth or newspaper may lead to risk of injury, ignition or fire.

17. To prevent damaging the glass tray, follow the safeguards as below:
 - a. Before cleaning the glass tray with water, let it cool down completely.
 - b. Do not put hot food or hot utensils on a cold glass tray.
 - c. Do not put cold food or cold utensils on a hot glass tray.
 - d. Do not exceed the maximum loading weight 4.5 kg of the glass tray.
18. Never immerse the appliance body, power cord and plug in water or let them wet, as to avoid functional damage and electric shock.
19. Great care is necessary when using the power cord. Do not place heavy objects on the power cord and clip the power cord. Any modification of the power cord is prohibited. Do not stretch or twist the power cord. Always hold the plug tightly with hands when unplugging or plugging in the socket.
20. After use or when not in use, unplug the appliance from the socket to prevent electric leakage and electric shock due to insulation degeneration. Do not touch, plug or unplug the appliance by wet hands which can result in electric shock.
21. Be sure to unplug the appliance and must wait it to cool down before moving, checking or cleaning.
22. The appliance is for household use only. Do not use it outdoors and in any other purpose or method which is not following the instructions in the user manual. If the appliance is used improperly, for commercial or semi-commercial use, the warranty becomes invalid and our company will refuse any liability and repairing cost for the damage caused.
23. Keep it out of reach for infants. Great care is necessary in using the appliance, especially near children. Make sure that they do not play with the appliance. Also, children without adult supervision should not operate the appliance do maintenance and keep them away from the appliance and its cord.
24. The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, if they have given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
25. **WARNING:** If the door seals are damaged, the oven must not be operated until it has been repaired by a trained person
26. The appliance is intended to be used in household or similar environment such as staff kitchen areas in shops, offices and other working environments. Do not use it outdoors.

27. Always check the power cord, plug, oven door and door safety lock to ensure they are in good condition. In order to avoid hazards, stop operating the appliance immediately if any damaged or the appliance is dropped. In such case, please contact **Shun Hing Electric Service Centre Limited** for repair.
28. In order to comply with safety regulations and avoid hazards, repair of electrical appliances must be carried by authorized technicians. If the appliance needs to be repaired, please present the official invoice, product warranty card with the appliance for repair service and contact **Shun Hing Electric Service Centre Limited**, hotline at 2406 5666. The address can be found in the back page of this manual.

1.7 Cleaning and storage precautions

1. Clean the food residues in the microwave oven regularly. The life cycle of the appliance may be adversely affected and possibly result in a hazardous situation if user cannot keep the appliance clean, leading waveguide to surface or other damages.
2. Always unplug the appliance and let it cool down completely before cleaning.
3. Do not clean the waveguide cover in the appliance cavity (located on the top right hand side) directly with water or damp cloth.
4. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since scrapers can scratch the surface resulting in shattering of the glass.
5. Do not use poisonous or corrosive detergent to clean the appliance.
6. Allow the microwave oven to cool down completely and clean it before storage. Put it into the box and store in a dry place.
7. 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.

2. Cleaning and Storage Method

1. Always keep the inner, outer surface and oven window clean. Make use of mild detergent and a damp cloth or sponge to wipe during cleaning. Never scrape its surface with a hard brush to avoid damaging to the surface. (**ATTENTION:** Do not allow water penetrating through gaps and air vents during cleaning).
2. The appliance shall not be cleaned with a steam cleaner.
3. The glass tray and the roller ring should be cleaned regularly. Clean them by mild sudsy water, rinse with clean water and dry them afterward. Then put them back to the proper position.
4. If the control panel gets wet, clean with a soft and dry cloth. Do not use coarse and abrasive detergent and tool to clean the control panel. When cleaning the control panel, leave the door open to prevent the appliance from accidentally turning on.

5. Never wrap the power cord tightly around the appliance or put any pressure on the power cord when storage as it could cause damage to the power cord.
6. Do not place any objects or allow dust or detergent residue accumulated in between the cover and the oven door.

3. Utensil Precautions

1. Utensil should be checked before use to ensure that it is suitable for microwave heating.
2. All metallic objects, utensils with metallic or silver rim should not be used for heating because it will cause sparking or over-heating. Damage the appliance may lead to fire or injury.
3. Avoid using containers which is straight-sided with narrow neck or sealed for cooking, as it may cause the container to explode.
4. To prevent fire, extreme care should be paid if foods are placed on disposable containers made by plastic, paper and other flammable materials.
5. Use wide-mouthed containers when heating liquids. If coffee powder, milk powder, cereal or other drink powder is added to the liquid, stir them thoroughly before heating. Let it cool down for few minutes after heating to prevent burns.
6. Do not place sealed containers in the appliance (such as sealed glass or baby bottles etc.), it may lead to food explosion during heating.
7. It is important to choose suitable cookware because the microwave energy must be able to penetrate the container to the food during cooking or defrosting. Round/oval dishes are preferable to square/ oblong ones, as the food in the corners tends to overcook.

A variety of cookwares can be used as listed below. (“√” Suitable, “X” Unsuitable)

Utensil / Cookware	Suitable / Unsuitable
Microwave-safe cling wrap *	√
Microwave-safe Glassware	√
Microwave-safe Ceramic Cookware	√
Microwave-safe Plastic Utensil *	√
Normal Glassware	X
Normal Plastic Utensils	X
Metal Utensil/Cookware	X
Aluminum Foil/Utensils	X
Paper	X
Bamboo wood	X
Normal cling wrap	X

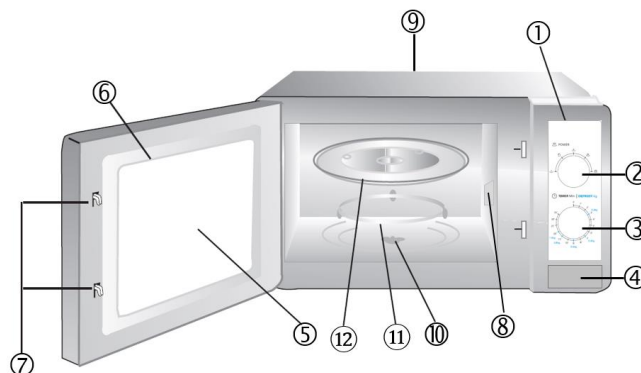
* It is recommended not to use it for more than 5 minutes under high power

4. Product Specifications

Model	RMO-M207MX / RMO-M207MW
Rated Voltage	230V~ 50Hz
Rated Microwave Frequency	2450MHz
Rated Input Power	1050W
Rated Output Power	700W
Capacity	20L
Net Weight (Approx.)	10.2kg
Product Dimension (W x D x H) (Approx.)	440 x 340 x 259 mm
Cavity Dimension (W x D x H) (Approx.)	306 x 304 x 206 mm

* Internal capacity is calculated by measuring the maximum width, depth and height of the cavity. Actual capacity for cooking food is less than the above value.

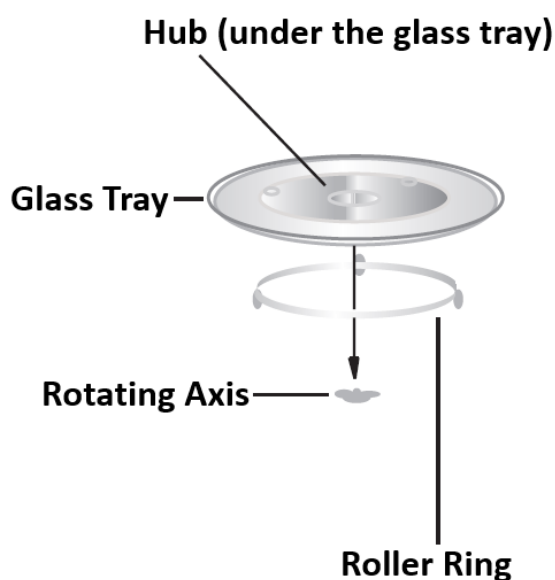
5. Product Identification



1	Control Panel	Refer to Chapter 5.2 Control Panel Guide .
2	Power knob	
3	Time / Defrost knob	
4	Door Release Button	Press once to open the oven door.
10	Rotating Axis	The place where the glass tray sits on; the motor underneath drives the glass tray to rotate.
11	Roller Ring	Place it in the middle of the cavity then place the glass tray on to the ring so that it locates firmly into the axis.
12	Glass Tray	Containers with food loaded will be placed on it. During operation, the food will rotate such that it can be evenly cooked.
5	Oven Window	Check the food condition through the window.

6	Oven Door	CAUTION ! The oven door may become hot during cooking.
7	Door Safety Lock System	The appliance can operate only when the door is closed. Opening the door during cooking will stop the cooking process without cancelling the program.
8	Waveguide cover (DO NOT REMOVE)	Situated at the right of the cavity, protecting the microwave hole and preventing obstruction caused by spraying due to the moisture in the food.
9	Distance Spacer	Ensure sufficient space between the appliance and back of the wall for ventilation.

5.1 Glass Tray Installation Guide



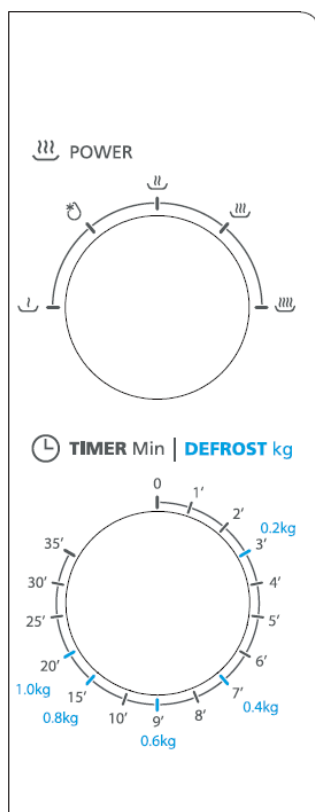
CAUTION! Never place the glass tray upside down. The glass tray should rotate smoothly.

CAUTION! Both glass tray and Roller Ring assembly must always be used during cooking.

CAUTION! All food and containers of food are always placed on the glass tray for cooking.

CAUTION! If glass tray or turntable ring assembly cracks or breaks, stop using this appliance immediately, and please contact **Shun Hing Electric Service Centre Limited**.

5.2 Control Panel Guide



Control Panel

Turn the **【Power】** knob to select cooking function. There are 5 modes for selection.

Microwave Function

5 power levels of microwave are available. Power level increases by turning the **【Power】** knob clockwise.

The power levels can be set as follow:

Level	Function	Microwave Power Level	Suggested Application#
1		17%	Softened ice cream
2		33%	Soften butter, reheat soup, or defrost food
3		55%	Reheat food
4		77%	Rice, fish, chicken or meat
5		100%	Express reheat food (e.g. milk, water or vegetables)

Heating time setting

1. Turn the **【Time / Defrost】** knob to adjust the heating or defrost time.
2. Available heating time is from 1 minute to 35 minutes.

Defrost function

1. Turn the **【Power】** knob to level 2 () to select the defrosting function.
2. Turn the **【Time / Defrost】** knob clockwise to select the defrost time.

The following reference table provides defrosting time for various food weight :

Food Weight (kg)	Defrost Time Required (min: sec.) #
0.2	3:00
0.4	7:00
0.6	9:00
0.8	15:00
1	20:00

The suggested application and time are for reference only; user may adjust the desired setting depending on their personal preference.

WARNING: When removing food from the oven, please ensure that the **【Time / Defrost】** knob is turning to 0 (zero). Failure to do so, and operating the microwave oven without food in it, can result in overheating and damage to the magnetron.

WARNING: When the appliance is operated in grill or combination mode, children should only use the oven under adult supervision due to the temperature generated.

6. Operation Instructions

1. Before connecting the power cord, make sure the 【Time / Defrost】 knob is set to “0” (OFF) position. Do not block the ventilation when using.
2. Prepare and place food in a suitable container (refer to **Chapter 3 “Utensil precautions”**), put them directly onto the middle of the glass tray then close the door.
3. Turn the 【Power】 knob to the desired cooking function.
4. Turn the 【Time / Defrost】 knob to the desired cooking time. The oven lamp will light up and the oven will start accordingly.
5. When the operation complete, the 【Time / Defrost】 knob will return to “0” (OFF) and the signal will sound. The oven lamp will turn off automatically and the glass tray stops rotating.
6. Open the oven door, take out the food/container carefully. Leave it for a while as required.

Safety Hints

1. If you want to stop the operation during cooking, turn the 【Time / Defrost】 knob back to “0” (OFF) position.
2. If you want to change the cooking time during cooking, simply turn the 【Time / Defrost】 knob to the desired setting. If you want to adjust the heating power or change the function, turn the [Power] knob to desired setting directly.
3. When cooking is less than 3 minutes, turn the 【Time / Defrost】 knob to 10 minutes mark first, turn back to the desired setting as a result of more accurate setting.

CAUTION! Ensure the 【Time / Defrost】 knob is returned to “0” (OFF) position at the end of the operation; otherwise, the oven will start automatically when the oven door is closed again.

7. Troubleshooting and Treatment

During operations, if any errors occurred, please check the following table before calling for service. Below are common errors and the check points to perform.

The following conditions are normal	
The oven causes interference with TV	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
Inadvertently starting the microwave oven without food placed.	WARNING: It is forbidden to operate the product without food. This is very dangerous.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven cannot turn on	The oven is not plugged in securely	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown	Carefully check. Please contact Shun Hing Electric Service Centre Ltd. for inspection and repairing.
	There is a problem with the socket outlet	Plug another appliance into the outlet to check if the socket outlet is working.
Oven cannot start heating	The door is not closed completely	Close the oven door securely.
	No cooking time setting selected yet	Turn the 【Time / Defrost】 knob to desired heating or defrost time.

If the above remedies/solutions cannot fix the problem, switch off the appliance immediately, contact **Shun Hing Electric Service Centre Ltd.** (Tel: 2406 5666) for inspection and repairing. To avoid any danger and damage to the appliance, do not disassemble or repair it by yourself.

8. Special Avowal

1. This information above has been checked; our company reserves the hermeneutic power to any print errors or misunderstanding on the content.
2. Please note that any technology improvement will be added to the new versions of operation manual without any prior notices. The product appearance and color are subject to the actual appliance.
3. In case there is any inconsistency or conflict between the English versions and Chinese versions of the terms, the Chinese versions shall prevail.
4. E-copy of operation manual can be sent by e-mail on request, please call **Shun Hing Electric Works and Engineering Co., Ltd** at 2861 2767.

9. After Sales Service

1. For any defect, in the judgement of technician from Shun Hing Electric Service Centre Limited, caused under normal use, our company is responsible for repairing or replacing parts of the said electrical appliance free of charge within one year guarantee period commencing from the date of purchase. Any defect part which has been replaced shall become our property. Guarantee service does not cover the repair or replacement of consumable parts etc.
2. User must present the official invoice/redemption voucher and the product warranty card with the chop from sales point/redemption center for maintenance. For enquiries, please call **Shun Hing Electric Service Centre Limited** hotline at 2406 5666.



SHUN HING GROUP
信興集團
SINCE 1953

Rasonic 樂信牌

信興電工工程有限公司

SHUN HING ELECTRIC WORKS AND ENGINEERING CO., LTD.

辦公室：香港九龍尖沙咀東部麼地道 67 號半島中心 9 樓

電話：2861 2767

圖文傳真：2865 6706

網址：<http://www.rasonic.com>

電郵：shew@shunhinggroup.com

Office: 9/F, Peninsula Centre, 67 Mody Road, Tsimshatsui East, Kowloon, Hong Kong

Tel: 2861 2767

Fax: 2865 6706

Website: <http://www.rasonic.com>

E-mail: shew@shunhinggroup.com

保養及維修 Maintenance and Repair Service:

信興電器服務中心有限公司

SHUN HING ELECTRIC SERVICE CENTRE LTD.

香港新界葵涌勝耀街 2 號信興中心 11 樓

電話：2406 5666

圖文傳真：2408 0316

網址：<http://www.shesc.com/zh>

11/F, Shun Hing Centre, 2 Shing Yiu Street, Kwai Chung, N.T. HK

Tel: 2406 5666

Fax: 2408 0316

Website: <http://www.shesc.com/zh>

客戶服務中心：

香港新界葵涌勝耀街2號信興中心1樓

九龍尖沙咀東部麼地道67號半島中心B座9樓

香港天后琉璃街7號柏景中心22樓

澳門慕拉士大馬路193-199號南嶺工業大廈5樓1座

Customer Service Centre

1/F, Shun Hing Centre, 2 Shing Yiu Street, Kwai Chung, N.T.

9/F., Block B, Peninsula Centre, 67 Mody Road, Tsim Sha Tsui East, Kowloon

22/F, Parkview Centre, 7 Lau Li Street, Tin Hau, Hong Kong

Avenida de Venceslau de Morais, No. 193-199, 5 andar - I, Edf. Industrial Nam Leng, Macau

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For the latest information of Hong Kong and Macau service center, please visit: <http://www.shesc.com/en>

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