

## QUICK REFERENCE

### CLOCK

1. Press **CLOCK**.
2. Press numbers to set time.
3. Press **CLOCK**.

### CHILD LOCK-OUT

To set:

1. Press and hold **STOP/RESET** for 3 seconds. Indicator Lock lights.

To cancel:

1. Press and hold **STOP/RESET** for 3 seconds. Indicator Lock disappears.

### KITCHEN TIMER

1. Press **KITCHEN TIMER**.
2. Press numbers for desired time.
3. Press **START**.

### TIME COOKING

1. Press numbers for cooking time (in minutes and seconds).
2. Press **POWER LEVEL** until desired power level (10 - 90) appears in the display.
3. Press **START**.

### MULTISTAGE COOKING

1. Follow steps 1 and 2 for **TIME COOKING** for first stage.
2. Press **MULTISTAGE COOKING**.
3. Enter cooking time and power level for second stage.
4. Press **START**.

### DEFROST BY WEIGHT

1. Press **DEFROST BY WEIGHT**.
2. Enter the weight of food in pounds and ounces.
3. Press **START**.

### TIMED DEFROST

1. Press **TIMED DEFROST**.
2. Enter defrosting time.
3. Press **START**.

### COOK MEAT BY WEIGHT

1. Press **COOK MEAT BY WEIGHT**.
2. Press type of meat: 1-3.
3. Enter weight in pounds and ounces.
4. Press **START**.
5. At pause, rearrange meat.
6. Press **START** to continue.

# SANYO

## INSTRUCTION MANUAL AND COOKING GUIDE

# EM-Z2001S

# SANYO

**SANYO Fisher Company**  
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Chatsworth, CA 91311  
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## Microwave Oven

Read these instructions carefully before using your microwave oven. If you follow the instructions, your oven will provide you with many years of good service.

**SAVE THESE INSTRUCTIONS**

# PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do not** attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **Do not** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **Do not** operate the oven if it is damaged. It is particularly important that the oven door close 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
- (d) **The oven** should not be adjusted or repaired by anyone except properly qualified service personnel.

## SPECIFICATIONS

Model:	<b>EM-Z2001S</b>
Power Source:	AC 120 V, 60 Hz
Power Consumption:	1450W
Maximum Output:	1000W
Oven Capacity:	0.9 cu. ft.
Turntable Diameter:	12 <sup>3</sup> / <sub>8</sub> "
Outside Dimensions: (w x h x d)	20" x 12" x 16 <sup>11</sup> / <sub>16</sub> "
Weight: Approx.	38.5 lb.

Specifications subject to change without notice.

**WARNING:** Handling the cord on this product or cords associated with accessories sold with this product, will expose you to lead, a chemical known to the State of California to cause cancer, and birth defects or other reproductive harm.  
**Wash hands after handling.**

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**PROPER AND SAFE USE OF YOUR OVEN**

- The oven must be level.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- Incorrect use of browning dish may cause the turntable to break.
- Use only the specified bag size when using Direct Access Popcorn.
- The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
- Do not operate the microwave oven empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
- Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
- Do not remove feet from the bottom of the oven.
- Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.
- Do not heat narrow-necked containers, such as syrup bottles.
- Do not attempt to deep-fry in your microwave oven.
- Do not do home canning in this microwave oven as it is impossible to be sure all contents of the jar have reached boiling temperature.
- Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- Liquids, such as beverages, that are heated in a microwave oven, can overheat beyond their boiling point without any evidence of bubbling. This could result in hot liquids suddenly boiling over or erupting. To prevent this occurrence, the following steps should be taken:
  - (a) Avoid using straight-sided containers with narrow necks.
  - (b) Do not overheat.
  - (c) Stir the liquid before placing the container in the oven and again halfway through the heating time.
  - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

**IMPORTANT SAFETY INSTRUCTIONS**

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

**WARNING** - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
4. Keep the oven door closed
5. Turn the oven off, and
6. Disconnect the power cord or shut off power at the fuse or circuit breaker panel.
7. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
8. As with any appliance, close supervision is necessary when used by children.
9. Do not operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.

**Keep in mind the following rules at all times:**

- a. Do not overcook food. Carefully attend the appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Do not use the oven cavity for storage purposes. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. If lightning strikes the power line, the oven may turn on by itself.
  - c. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
  4. This oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
  5. Install or locate this oven only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.
  7. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
  8. As with any appliance, close supervision is necessary when used by children.
  9. Do not operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
  10. This appliance should be serviced only by qualified service technicians. Contact the nearest authorized service facility for examination, repair or adjustment.
  11. Do not cover or block any vents on the oven.
  12. Do not store or use this appliance outdoors.
  13. Do not use this oven near water, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
  14. Do not immerse cord or plug in water.
  15. Keep cord away from heated surfaces.
  16. Do not let cord hang over edge of table or counter.
  17. When cleaning door and oven surfaces that meet when door is closed, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth. (See "Cleaning" instructions on page 22.)

**SAVE THESE INSTRUCTIONS**

## GROUNDING INSTRUCTIONS



### DANGER

#### Electric Shock Hazard

- Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

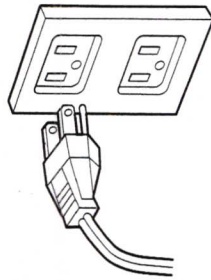


### WARNING

#### Electric Shock Hazard

- Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

#### Three-pronged (grounding) plug



Properly polarized and grounded outlet

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or serviceperson if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

- A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- Longer cord sets or extension cords may be used if care is exercised in their use.
- If a long cord or extension cord is used:
  - 1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance. 2) The extension cord must be a grounding-type 3-wire cord, and 3) The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

## UTENSILS



### CAUTION

#### Personal Injury Hazard

- Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches pierced before cooking.

See following page for further instructions "Materials you can use in microwave oven or to be avoided in microwave oven."

#### Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250 mL) along with the utensil in question.
2. Cook on maximum power (100%) for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking. **Do not exceed 1 minute testing time.**

#### CAUTION:

1. Do not use plastic containers for testing.
2. Some containers and dishware may be warm (or hot) in only one area. Do not use a container that becomes warm anywhere.

## Materials you can use in microwave oven

### Utensils Remarks

Aluminum foil	Shielding only. Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch (2.5 cm) away from oven walls.
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least 3/16 inch (5 mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven cups unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for short-term cooking only. Do not use recycled paper towels, they may contain metal and could ignite.
Parchment paper	Use as a cover to prevent spattering or a wrap for steaming.
Plastic	Follow the manufacturer's instructions. Only use items labeled "Microwave Safe". Some plastic containers soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and to retain moisture.

## Materials to be avoided in microwave oven

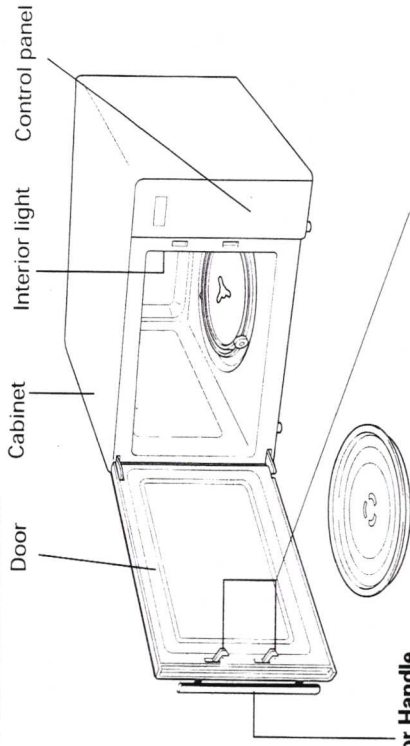
### Utensils Remarks

Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam cups	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

**NAMES OF OVEN PARTS AND ACCESSORIES**

Remove the oven and all materials from the carton. Your oven comes with the following accessories:

- 1 Turntable
- 1 Turntable roller rest
- 1 Instruction Manual



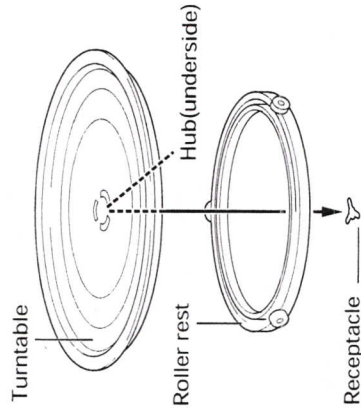
**Door Handle**

- Pull handle gently to open door.
- When you open the door during cooking process, the cooking stops but the program will not be canceled. Touch **START** to resume cooking.

**Door Safety Locks**

Shuts off oven power if door is opened during operation.

**TURNTABLE INSTALLATION**



1. Place the roller rest on the cavity bottom.
2. Place the turntable on top of the roller rest as shown in the diagram. Make sure the turntable hub is securely locked in the receptacle.

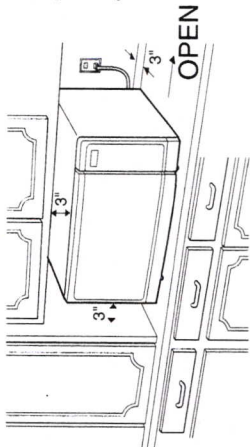
**INSTALLATION**

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

**NOTE:** This unit is not designed for 50 Hz or any circuit other than a 120-volt/60-Hz AC circuit. This oven is designed for countertop installation.

**Countertop Installation**

1. Select a level surface that provides enough open space for the intake and/or outlet vents.



- Leave a minimum clearance of 3 inches above the oven.
- Do not remove the legs from the bottom of the oven.
- Blocking the intake and/or outlet openings can damage the oven.
- Place the oven as far away from radios and TV's as possible. Operation of microwave oven may cause interference to your radio or TV.

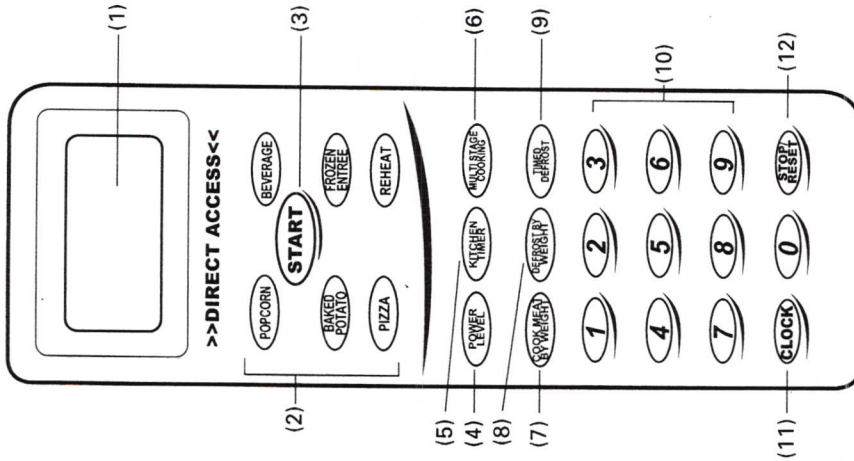
A minimum clearance of 3 inches is required between the oven and any adjacent wall. One side must be open.

- If the cabinet is covered with a protective film, remove the film.
- 2. Plug your oven into a standard 120-volt / 60-Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.

**WARNING:** Do not install oven over a range cooktop or other heat-producing appliance. If installed near or over a heat source, the oven could be damaged and the warranty would be void.

**CONTROL PANEL AND FEATURES**

- (1) **DISPLAY WINDOW**  
Shows cooking time in minutes and seconds during cooking. Shows clock time when oven is not in use.
- (2) **DIRECT ACCESS KEYPADS**  
Preprogrammed to cook or reheat popular foods with minimal number of steps.
- (3) **START/MINUTE PLUS**  
Press **START** after entry to start oven. Press **START** to add a minute while cooking.
- (4) **POWER LEVEL**  
Use to set power levels other than 100%.
- (5) **KITCHEN TIMER**  
Use as a timer even while a cooking program is in progress.
- (6) **MULTISTAGE COOKING**  
Use when programming multiple stage cooking.
- (7) **COOK MEAT BY WEIGHT**  
Use to cook beef, lamb, or pork. The time and power level are programmed accordingly when you enter the type and weight of food.
- (8) **DEFROST BY WEIGHT**  
Use to defrost large, dense food. The time and power level are programmed accordingly when you enter the weight of the food.
- (9) **TIMED DEFROST**  
Use to defrost by time. The power level is programmed accordingly when you enter the defrosting time.
- (10) **NUMBER keypads**  
Use to enter time, weight or amount.
- (11) **CLOCK**  
Use to set the clock.
- (12) **STOP/RESET**  
Press Once: Stops oven.  
Press Twice: Stops oven and clears all settings.



**OVEN SETTINGS**

- One Beep: Oven accepts the entry.
- Two Beeps: Oven does not accept the entry. Check and re-enter.

**SETTING CLOCK**

To set the correct time of day, follow the steps below.

**Example:** To set 3:15:

Step	Procedure	Keypad
<b>1</b>	Press <b>CLOCK</b> .	<b>CLOCK</b>
<b>2</b>	Press <b>3</b> , <b>1</b> and <b>5</b> to enter time of day. You must press at least 3 numbers to set the clock (one for hour and two for minutes).	<b>3 1 5</b>
<b>3</b>	Press <b>CLOCK</b> . The clock starts counting.	<b>CLOCK</b>

- Note:** If the clock (or display) shows any abnormality, unplug the oven from the AC outlet. Plug it in again and then reset the clock.
- When the oven is first plugged in, or when power resumes after a power interruption, the display will show **ENTER CLOCK TIME**. To set the clock, follow the instructions above.
  - If you would not like the clock displayed, press **STOP/RESET**. You can use the oven without setting the clock.

**CHILD LOCK-OUT**

The oven has a safety feature which prevents use by children. The feature locks the operation of the oven until canceled.

**To set:**

Step	Procedure	Keypad
<b>1</b>	Press and hold <b>STOP/RESET</b> for 3 seconds. <b>LOCK</b> indicator lights.	<b>STOP/RESET</b>

**To cancel:**

Step	Procedure	Keypad
<b>1</b>	Press and hold <b>STOP/RESET</b> for 3 seconds. The <b>LOCK</b> indicator turns off.	<b>STOP/RESET</b>

**STOPPING THE OVEN WHILE IN OPERATION**

1. You can stop the oven by pressing **STOP/RESET** or by opening the door.
2. You can resume cooking by closing the door and pressing **START**.

**KITCHEN TIMER**

You can use the Kitchen Timer function independently, even while a cooking program is in progress.

**Example:** To set timer for 3 minutes:

Step	Procedure	Keypad
<b>1</b>	Press <b>KITCHEN TIMER</b> .	<b>KITCHEN TIMER</b>
<b>2</b>	Press <b>3 0 0</b> for 3 minutes. Enter the amount of time that you want to count down using the number keys. Enter time in minutes and seconds using up to 4 digits.	<b>3 0 0</b>
<b>3</b>	Press <b>START</b> . You must press <b>START</b> within 5 seconds after time is entered.	<b>START</b>

**Note:** • The countdown time can be seen in the display window for 3 seconds before clock or cooking time can be viewed.

- To cancel kitchen timer, press **KITCHEN TIMER** and then **STOP/RESET**.

**TIME COOKING**

This basic microwave cooking method allows you to cook food for a desired time. The oven can be programmed for 99 minutes 99 seconds. In addition to 100% (maximum) power level, you can select different microwave power from 9 levels, 1-9 (10-90% of total power level).

**Example:** To cook at 80% power level for 20 minutes:

Step	Procedure	Keypad																		
<b>1</b>	Enter a cooking time in minutes and seconds. Enter 20 minutes by pressing 2, 0, 0, and 0.	<b>2 0 0 0</b>																		
<b>2</b>	Press <b>POWER LEVEL</b> then use the number keys to enter the power level. Use a single digit to enter a power level:	<table border="1" style="margin-left: 20px;"> <tr><td>9</td><td>90%</td></tr> <tr><td>8</td><td>80%</td></tr> <tr><td>7</td><td>70%</td></tr> <tr><td>6</td><td>60%</td></tr> <tr><td>5</td><td>50%</td></tr> <tr><td>4</td><td>40%</td></tr> <tr><td>3</td><td>30%</td></tr> <tr><td>2</td><td>20%</td></tr> <tr><td>1</td><td>10%</td></tr> </table> <p style="text-align: center;"><b>POWER LEVEL</b> <b>8</b> <b>(80 appears in the display)</b></p>	9	90%	8	80%	7	70%	6	60%	5	50%	4	40%	3	30%	2	20%	1	10%
9	90%																			
8	80%																			
7	70%																			
6	60%																			
5	50%																			
4	40%																			
3	30%																			
2	20%																			
1	10%																			
<b>3</b>	Press <b>START</b> .	<b>START</b>																		

**Note:** • If no power level is entered, the power level will always be 100%.

- You can add extra minutes while using **TIME COOKING**. Press **START** while cooking is in progress to add time in 1 minute increments (maximum 99 minutes). This feature cannot be used with the **DIRECT ACCESS** programs.
- To check the power level during cooking, press **POWER LEVEL**.

**MULTISTAGE COOKING**

Some recipes require different stages of cooking at different power levels to get better results. You can program oven for 2 cooking stages. Each stage can be programmed with a different power level and time.

Step	Procedure	Keypad
<b>1</b>	Follow steps 1 and 2 for <b>TIME COOKING</b> for the first stage. (do not press start) Example: To cook at 90% power level for 10 minutes for first stage.	<b>1 0 0 0</b>  <b>POWER LEVEL</b>  <b>9</b> <b>(90 appears in the display)</b>
<b>2</b>	Press <b>MULTISTAGE COOKING</b> .	<b>MULTISTAGE COOKING</b>  <b>3 0 0</b>
<b>3</b>	Enter cooking time and power level for the second stage. Example: To cook at 20% power level for 3 minutes for second stage.	<b>POWER LEVEL</b>  <b>2</b> <b>(20 appears in the display)</b>
<b>4</b>	Press <b>START</b>	<b>START</b>

**Note:** • After total time has elapsed, 4 beeps sound and **END** appears in display. Press **STOP/RESET** or open oven door to clear before starting another cooking function.

**POWER LEVEL SETTING GUIDE**

**100%** • Cooking poultry, vegetables, and most casseroles. Boiling water.  
• Preheating a browning dish.

**50%** • Cooking custards and pasta.  
• Cooking rump roast, ham, veal, lamb.

**40%** • Cooking less tender cuts of meat in liquid or slow-cooking dishes.  
• Completing the cooking cycle of less tender roasts.

**30%** • Reheating precooked or prepared food quickly.  
• Cooking fish.  
• Completing the cooking cycle of casseroles, stews, sauces.  
• Manual defrosting.

**20%** • Cooking cheese dishes.  
• Softening chocolate.  
• Clarifying butter.  
• Heating breads, rolls, pancakes, tacos, tortillas, French toast.

**10%** • Softening cream cheese, butter.  
• Baking cakes.  
• Keeping casseroles warm.

## DIRECT ACCESS COOKING

The six Direct Access keys are preprogrammed to cook or reheat a variety of popular foods with a minimum number of steps.

### BAKED POTATO, FROZEN ENTRÉE, and BEVERAGE

allow you to cook several quantities of the same food. After you touch these keys, **ENTER AMT** appears in the display.

Note: When you use the **DIRECT ACCESS** keys, the preprogrammed cooking time with "CODE" will appear in the display.

CODE  
2:10

Please see Direct Access Cooking/Reheating Guide for suggestions for food preparation on the following items.

### BAKED POTATO

- 4 to 6 ounce potatoes.
- 1. Press **BAKED POTATO** keypad once.
- 2. Enter number of potatoes (1 to 4) by pressing a number key. The preprogrammed cooking time appears:
  - 1 potato: 2 min. 10 sec.
  - 2 potatoes: 4 min. 10 sec.
  - 3 potatoes: 6 min. 10 sec.
  - 4 potatoes: 8 min. 10 sec.
- 3. Press **START**.

8 to 10 ounce potatoes.

- 1. Press **BAKED POTATO** keypad twice.
- 2. Enter number of potatoes (1 to 4) by pressing a number key. The preprogrammed cooking time appears:
  - 1 potato: 4 min. 15 sec.
  - 2 potatoes: 7 min. 40 sec.
  - 3 potatoes: 11 min. 05 sec.
  - 4 potatoes: 14 min. 30 sec.
- 3. Press **START**.

### POPCORN

3.0 and 3.5 ounce popcorn bag size.

- 1. Press **POPCORN** keypad once. The preprogrammed cooking time appears:
  - 1 bag: 1 min 45 sec.
- 2. Press **START**.

Note: You may reset the **POPCORN** cooking time if necessary.

Press **POPCORN** twice. **ENTER TIME** appears in display. Press number keys to enter minutes and seconds. Press **START**. This new cooking time will remain when you press **POPCORN**, until you reset it.

### PIZZA

Reheating a slice (or two thin slices) of cooked, refrigerated pizza.

- 1. Press **PIZZA** keypad once. The preprogrammed cooking time appears:
  - 0:45 (45 seconds)
- 2. Press **START**.

Heating a whole frozen pizza (less than 5 ounces). Follow package instructions.

- 1. Press **PIZZA** keypad twice. The preprogrammed cooking time appears:
  - 2 min. 40 sec.
- 2. Press **START**.

### FROZEN ENTRÉE

One or two small (7-9 ounce) frozen entrees.

- 1. Press **FROZEN ENTRÉE** keypad once.
- 2. For one entrée, press the number key 1. For two entrees, press the number key 2. The preprogrammed cooking time appears:
  - 1 entrée: 4 min. 15 sec.
  - 2 entrees: 7 min. 30 sec.
- 3. Press **START**.

One large or two (10-12 ounce) frozen entrees.

- 1. Press **FROZEN ENTRÉE** keypad twice.
- 2. For one entrée, press the number key 1. For two entrees, press the number key 2. The preprogrammed cooking time appears:
  - 1 entrée: 06 min. 00 sec.
  - 2 entrees: 11 min. 00 sec.
- 3. Press **START**.

### REHEAT

Reheat a plate of refrigerated food. (approx. 4-8 ounces)

- 1. Press **REHEAT** keypad. The preprogrammed cooking time appears:
  - 3 min. 00 sec.
- 2. Press **START**.

### BEVERAGE

5 to 7 ounce cups.

- 1. Press **BEVERAGE** keypad once.
- 2. Enter number of cups by pressing number keys 1 to 4. The preprogrammed cooking time appears:
  - 1 cup: 1 min. 00 sec.
  - 2 cups: 1 min. 50 sec.
  - 3 cups: 2 min. 40 sec.
  - 4 cups: 3 min. 30 sec.
- 3. Press **START**.

10 to 12 ounce mugs.

- 1. Press **BEVERAGE** keypad twice.
- 2. Enter number of mugs by pressing number keys from 1 to 4. The preprogrammed cooking time appears:
  - 1 mug: 1 min. 35 sec.
  - 2 mugs: 3 min. 05 sec.
  - 3 mugs: 5 min. 00 sec.
  - 4 mugs: 6 min. 30 sec.
- 3. Press **START**.

## DIRECT ACCESS COOKING/REHEATING GUIDE

Item	Special Notes	Starting Temp.
Baked Potato	Pierce skin with a fork. Place on a paper towel. Arrange in a circular pattern with heavier ends pointing toward the outer edge of turntable. Let stand approximately 10 minutes after cooking.	Room
Popcorn	Unfold the bag and place in oven according to package directions. Do not leave the oven unattended when popping popcorn.	Room
Pizza	Place cooked slices of pizza on paper towel or paper plates. Follow package instructions for cooking frozen pizza.	Refrigerated /Frozen
Frozen Entrée	Follow package instructions for removing or venting cover, replacing foil, covering with plastic wrap, etc. Allow to stand for a few minutes after reheating.	Frozen
Reheat	Arrange food on plate and cover with plastic wrap. Allow to stand, covered, for a few minutes after reheating.	Refrigerated
Beverage	Place cups or mugs with liquids in oven uncovered. Stir after reheating. Be careful when handling or drinking liquids immediately out of oven as contents will be hot.	Room/ Refrigerated

**DEFROST BY WEIGHT**

**DEFROST BY WEIGHT** allows you to easily defrost food. Use for more thorough defrosting of larger, dense frozen foods. You enter the weight and the oven selects the time and power levels.

**Example:** To defrost 2.5 lbs. of ground beef:

Step	Procedure	Keypad																																				
<b>1</b>	Press <b>DEFROST BY WEIGHT</b>	<b>DEFROST BY WEIGHT</b>																																				
<b>2</b>	Enter weight (maximum 5 lbs. 15 oz.). Weight must be entered in pounds and ounces. When total weight is less than 10 ounces, precede digits with an extra 0. If you know the weight in decimal pounds only, change it to ounces using the chart below. <b>Example:</b> 2.5 lbs. = 2 lbs. 8 oz. <b>Converting Decimal Pounds to Ounces:</b>	<b>2 0 8</b>																																				
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<b>3</b>	Press <b>START</b> . Total defrost time appears in the display.	<b>START</b>																																				

**Note:**

- Turn food over when the oven beeps twice. Press **START** to resume defrosting.
- After total defrosting time has ended, 4 beeps sound and **END** will appear in the display. Press **STOP/RESET** or open the oven door to clear before starting another cooking function.

**TIMED DEFROST**

**TIMED DEFROST** allows you to quickly defrost food. Use for quickly defrosting smaller frozen foods. You enter the time and the oven selects the power level automatically.

**Example:** To defrost for 6 minutes 30 seconds:

Step	Procedure	Keypad
<b>1</b>	Press <b>TIMED DEFROST</b> .	<b>TIMED DEFROST</b>
<b>2</b>	Enter desired defrosting time by pressing number keys.	<b>6 3 0</b>
<b>3</b>	Press <b>START</b> .	<b>START</b>

**Note:**

- Start with shorter times and increase as necessary. Some experimentation may be necessary to determine the best amount of time to defrost certain types and amount of food. One pound of meat typically requires approximately 3 minutes of defrosting.
- After total defrosting time has ended, 4 beeps sound and **END** will appear in the display. Press **STOP/RESET** or open the oven door to clear before starting another cooking function.

**Defrosting Techniques:**

- Remove freezer paper, plastic wrap or foil wrap. Place food in microwave-safe dish.
- To prevent thin parts and edges from becoming too warm and cooking before center of food is defrosted, shield with small pieces of aluminum foil.
- Some foods may still be icy in the center. Follow standing times in **DEFROSTING CHART** to complete defrosting.

**COOK MEAT BY WEIGHT**

Use this feature to cook meat items. You enter the type and weight of meat and the oven automatically sets the cooking time and power level.

**Example:** To cook a 3.5 lbs. beef roast:

Step	Procedure	Keypad																																				
<b>1</b>	Press <b>COOK MEAT BY WEIGHT</b> .	<b>COOK MEAT BY WEIGHT</b>																																				
<b>2</b>	Enter the one digit code for the type of meat using the number keys. <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Meat Code</th> <th>Type</th> <th>Max. Weight</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Beef</td> <td>5 lbs. 15 oz.</td> </tr> <tr> <td>2</td> <td>Lamb</td> <td>5 lbs. 15 oz.</td> </tr> <tr> <td>3</td> <td>Pork</td> <td>5 lbs. 15 oz.</td> </tr> </tbody> </table>	Meat Code	Type	Max. Weight	1	Beef	5 lbs. 15 oz.	2	Lamb	5 lbs. 15 oz.	3	Pork	5 lbs. 15 oz.	<b>1</b>																								
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**Note:**

- Meat must be defrosted and at refrigerated temperature.
- Place meat in microwave-safe dish.
- Turn meat over when the oven beeps twice. Press **START** to resume cooking.
- After total cooking time has ended, 4 beeps sound and **END** will appear in the display. Press **STOP/RESET** or open the oven door to clear **END** before starting another cooking function. Let meat stand a few minutes before serving.
- If the meat is not thoroughly cooked, place in oven and continue cooking for a few minutes until the meat is the proper temperature.

**DEFROSTING CHART**

Item	During Defrosting	Standing Time
<b>Beef</b>		
Ground beef	Turn over. Remove defrosted portion.	5-10 minutes
Liver	Drain Liquid. Separate pieces.	10-15 minutes
Roasts	Turn over. Cover ends with foil.	20-40 minutes
Sirloin steak	Turn over.	5-10 minutes
Rib or T-bone	Turn over.	10-20 minutes
Flank Steak	Turn over.	5-10 minutes
Stewing meat	Break apart.	5-10 minutes
<b>Pork</b>		
Ground pork	Turn over. Remove defrosted portion.	5-10 minutes
Bacon	Defrost in original wrapper. Turn over.	3-5 minutes
Chops	Separate and turn over.	5-10 minutes
Ribs	Turn over.	10-20 minutes
Roasts	Turn over. Cover end with foil.	20-40 minutes
<b>Lamb</b>		
Ground lamb	Turn over. Remove defrosted portion.	5-10 minutes
Chops	Separate. Turn over.	5-10 minutes
Ribs	Turn over.	10-20 minutes
Roasts	Turn over. Cover end with foil.	20-40 minutes
<b>Poultry</b>		
Chicken, whole	Turn over. Cover ends with foil. Rinse under cold water after defrosting.	15-30 minutes
Pieces	Separate. Turn over.	10-15 minutes
Cornish hens	Turn over. Cover ends with foil. Rinse under cold water after defrosting.	15-30 minutes
<b>Fish and Seafood</b>		
Crabmeat, Shrimp	Break apart.	5-10 minutes
Fish fillets	Turn over. Rearrange. Rinse under cold water to separate after defrosting.	5-10 minutes
Steaks	Turn over.	5-10 minutes
Scallops	Break apart. Remove defrosted seafood.	5-10 minutes

**COOKING PRINCIPLES AND TECHNIQUES**

**Advantages of microwave cooking** are speed and efficiency. For warming, heating, and defrosting, nothing compares. Here are a few tips that will make microwaving easier and more enjoyable.

**Microwave Cooking Principles**

Because microwave cooking requires only one-quarter to one-third the time of conventional cooking, cooking principles become even more important.

**Quantity**

In microwave cooking, the cooking time is dependent on the amount of food in the oven. If you double the recipe, plan on doubling the cooking time.

**Density**

Dense foods, such as potatoes, need more cooking time as they take longer for microwave energy to penetrate and for the heat to be conducted through them.

**Shape and Size**

Cut food into uniform shapes and sizes for even cooking in the microwave. When cooking irregular shapes (such as chicken pieces), place the thicker parts to the outer edge of the dish.

**Moisture, Sugar and Fat**

Food high in moisture, sugar or fat cook faster. Add a minimum of liquid to moisten foods.

An excess amount of water slows cooking.

**Starting Temperature**

Frozen or refrigerated foods take longer to microwave than food at room temperature.

**Delicate Ingredients**

Delicate foods such as eggs, cheese, mayonnaise, etc., cook very quickly, and should be watched carefully.

**Microwave Cooking Techniques**

**Arranging:**

Arrange food in a circular pattern, with denser, thicker items at the edge of the dish.

**Piercing:**

Pierce the membrane of foods such as eggs, oysters, snails, sausages, livers, clams and whole vegetables, so they do not burst.

**Reheating:**  
Cooked food reheats extremely well by using a low level of microwave energy. Place denser foods near the outer edge of the dish when reheating.

**Covering:**  
Most foods will cook and reheat better when covered. Pierce plastic wrap to vent steam.

**Stirring:**  
Stirring foods help them cook more quickly and evenly.

**Turning Over:**  
To promote more even cooking, turn large, solid items such as roasts or baked potatoes over halfway through the cooking time.

**Shielding:**  
Use small, smooth strips of aluminum foil to prevent corners, thin or bony areas from overcooking.

**Standing Time:**  
Foods continue cooking even after removal from the oven. Standing time is necessary to allow foods to complete cooking/defrosting.

**Converting Recipes**

Microwave recipes will likely call for less liquid and cooking time.

**Microwave Thermometers**

A microwave-safe thermometer can be used to achieve the best results. Insert the thermometer carefully and properly into the food. The guide below gives suggested thermometer readings for meat and poultry. Keep in mind that standing time is essential for most food to reach its proper serving temperature.

<b>Guide to Internal Temperatures</b>	
140°F (60°C)	Rare beef
150°F (66°C)	Vegetables, hot drinks, soups, casseroles
160°F (71°C)	Medium beef, lamb, veal
165°F (74°C)	Well-done beef, lamb
170°F (77°C)	Whole fish
185°F (85°C)	Well-done pork, poultry pieces or roasted bird

**TROUBLESHOOTING**

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

<b>TROUBLE</b>	<b>POSSIBLE CAUSE</b>	<b>POSSIBLE REMEDY</b>
Oven will not start.	<ul style="list-style-type: none"> <li>Electrical cord for oven is not plugged in.</li> <li>Door is open.</li> <li>Wrong operation is set.</li> </ul>	<ul style="list-style-type: none"> <li>Plug into the outlet.</li> <li>Close the door and try again.</li> <li>Check instructions,</li> </ul>
Arcing or sparking.	<ul style="list-style-type: none"> <li>Materials to be avoided in microwave oven were used.</li> <li>The oven is operated when empty.</li> <li>Spilled food remains in the cavity.</li> </ul>	<ul style="list-style-type: none"> <li>Use microwave-safe cookware only.</li> <li>Do not operate with oven empty.</li> <li>Clean cavity with wet towel.</li> </ul>
Unevenly cooked foods.	<ul style="list-style-type: none"> <li>Materials to be avoided in microwave oven were used.</li> <li>Food is not defrosted completely.</li> <li>Cooking time, power level is not suitable.</li> <li>Food is not turned or stirred.</li> </ul>	<ul style="list-style-type: none"> <li>Use microwave-safe cookware only.</li> <li>Completely defrost food.</li> <li>Use correct cooking time, power level.</li> <li>Turn or stir food.</li> </ul>
Overcooked foods.	<ul style="list-style-type: none"> <li>Cooking time, power level is not suitable.</li> </ul>	<ul style="list-style-type: none"> <li>Use correct cooking time, power level.</li> </ul>
Undercooked foods.	<ul style="list-style-type: none"> <li>Materials to be avoided in microwave oven were used.</li> <li>Food is not defrosted completely.</li> <li>Oven ventilation ports are restricted.</li> <li>Cooking time, power level is not suitable.</li> </ul>	<ul style="list-style-type: none"> <li>Use microwave-safe cookware only.</li> <li>Completely defrost food.</li> <li>Check to see that oven ventilation ports are not restricted.</li> <li>Use correct cooking time, power level.</li> </ul>
Improper defrosting.	<ul style="list-style-type: none"> <li>Materials to be avoided in microwave oven were used.</li> <li>Cooking time, power level is not suitable.</li> <li>Food is not turned or stirred.</li> </ul>	<ul style="list-style-type: none"> <li>Use microwave-safe cookware only.</li> <li>Use correct cooking time, power level.</li> <li>Turn or stir food.</li> </ul>

## QUESTIONS AND ANSWERS

- Q.** When the oven is plugged into a wall outlet for the first time, it does not work properly. What is wrong?
- A.** The microcomputer used in the oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the wall outlet and then plug it back in. The microcomputer will then reset for proper functioning.
- Q.** Why is there noise coming from the turntable when the oven is turned on?
- A.** This noise occurs when the turntable roller rest and cavity bottom are dirty. Clean the turntable roller rest cavity bottom. Frequent cleaning of these parts should eliminate or reduce the noise.
- Q.** Why is there noise coming from the oven when reducing power?
- A.** When cooking with a power other than HI, the oven cycles to obtain the lower power level. The clicking noise can be heard when the oven cycles on and off. This is normal.
- Q.** Why is there steam coming out of the air exhaust vent?
- A.** Steam is produced during cooking. The microwave oven has been made to vent this steam.
- Q.** What is wrong when the oven light will not glow?
- A.** There may be several reasons why the oven light will not glow. The light bulb has burned out or **START** has not been pressed.
- Q.** Why do eggs sometimes pop?
- A.** The egg yolk may pop because of steam build-up inside the membrane. Pierce the membrane with a toothpick before cooking it. **Never microwave eggs in the shell since they may explode.**
- Q.** How are boil-overs avoided?
- A.** Use a larger utensil than usual for cooking. If you open the oven door or touch **STOP/RESET**, the food will stop boiling.

## CLEANING

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis, more often if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

## REMOVABLE PARTS

The following parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. Never use cleaning powders, steel wool or rough pads.

- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The turntable roller rest should be cleaned regularly.

## SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe them often with a mild detergent. Then rinse and wipe dry. Never use cleaning powders or rough pads. After cleaning the control panel, press **STOP/RESET** to clear any entries that might have been entered accidentally while cleaning the panel.

## SANYO MICROWAVE OVEN LIMITED WARRANTY OBLIGATIONS

MODEL  
EM-Z2001S

In order to obtain warranty service, the product must be delivered to and picked up from an Authorized Sanyo Factory Service Center at the user's expense, unless specifically stated otherwise in this warranty. The names and addresses of Authorized Sanyo Service Centers may be obtained by calling the toll-free number listed below.

For product operation, authorized service center referral, service assistance or problem resolution, call

**CUSTOMER INFORMATION 1 - 800 - 421 - 5013**

**Weekdays 8:00 AM - 5:00 PM Pacific Time**

For accessories and/or parts not available from an authorized dealer, call

**PARTS ORDER INFORMATION 1 - 800 - 726 - 9662**

**Weekdays 8:00 AM - 5:00 PM Pacific Time**

**THIS WARRANTY IS VALID ONLY ON SANYO PRODUCTS PURCHASED OR RENTED AND USED IN THE UNITED STATES OF AMERICA, EXCLUDING ALL U.S. TERRITORIES AND PROTECTORATES.**

**THIS WARRANTY APPLIES ONLY TO THE ORIGINAL RETAIL USER, AND DOES NOT APPLY TO PRODUCTS USED FOR ANY INDUSTRIAL, PROFESSIONAL OR COMMERCIAL PURPOSE. THE ORIGINAL DATED BILL OF SALE, SALES SLIP OR RENTAL AGREEMENT MUST BE SUBMITTED TO THE AUTHORIZED SANYO SERVICE CENTER AT THE TIME WARRANTY SERVICE IS REQUESTED.**

Subject to the OBLIGATIONS above and EXCLUSIONS on next page, SANYO FISHER COMPANY (SFC) warrants this Sanyo product against defects in materials and workmanship for the periods of LABOR and PARTS specified below. SFC will repair or replace (at its option) the product and any of its parts which fail to conform to this warranty. The warranty period commences on the date the product was first purchased or rented at retail.

LABOR	PARTS
1 YEAR	1 YEAR

RECORD OF SALE, AWARD OR LEASE OF MICROWAVE OVEN  
AS REQUIRED BY FEDERAL REGULATION TITLE 21 CFR SUBCHAPTER J

WHOLESALER  
Please Print

SOLD, AWARDED, LEASED BY  
(NAME OF WHOLESALER)

(MAILING ADDRESS)

(CITY) (STATE) (ZIP CODE)

SOLD, AWARDED, LEASED TO  
(NAME OF DEALER)

(ADDRESS)

(CITY) (STATE) (ZIP CODE)

WHOLESALER

MICROWAVE OVEN SOLD, AWARDED OR LEASED  
BRAND NAME

**SANYO**

MODEL NUMBER

EM-Z2001S

SERIAL OR OTHER NUMBER

23SFCP0607609

**IMPORTANT**

U.S. Government regulations require that this MICROWAVE OVEN be registered and that you provide the necessary information. Please fill this card out completely and mail to SANYO Fisher Company Home Appliance Division, 21605 Plummer Street, Chatsworth CA 91311

RECORD OF SALE, AWARD OR LEASE OF MICROWAVE OVEN  
AS REQUIRED BY FEDERAL REGULATION TITLE 21 CFR SUBCHAPTER J

DEALER  
Please Print

SOLD, AWARDED, LEASED BY  
(NAME OF DEALER)

(MAILING ADDRESS)

(CITY) (STATE) (ZIP CODE)

SOLD, AWARDED, LEASED TO  
(NAME OF PURCHASER)

(ADDRESS)

(CITY) (STATE) (ZIP CODE)

DEALER

MICROWAVE OVEN SOLD, AWARDED OR LEASED  
BRAND NAME

**SANYO**

MODEL NUMBER

EM-Z2001S

SERIAL OR OTHER NUMBER

23SFCP0607609

(DATE OF SALE)  
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