

**SHARP**  
Be Original.

**HEALSIO**

THE BETTER, HEALTHIER WAY TO COOK



HEALTHY COOKING, CONVENIENT LIVING.  
MICROWAVE OVEN PRODUCT CATALOGUE

**SHARP**

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# MODELS & SPECIFICATIONS

## Superheated Steam Oven

HEALSLO



Model	AX1600VMR	
Category	Superheated Steam Oven	
Power Output	Microwave (IEC)*	800W
	Grill	1450W
	Convection	1450W
	Steam	1250W
	Inverter	Yes
Specifications	Capacity (L)	31
	Water Tank Capacity	430cc
	Power Source	230-240V, 50Hz
	Flatbed Non Turntable	Yes
	Door Opening	Drop Door
Function	Microwave Power Level	5
	Maximun Cooking Time	2 1/2 hours
	Auto Menu	34
	Easy/Time Defrost	-
	Weight/Auto Defrost	Yes
	Clock	Yes
	Kitchen Timer	Yes
	Cooking Sequences	2 steps
	Combination Cooking	Yes
	Child Lock	Yes
	Energy Save Mode	Yes (less than 1w)
	Memory Mode	-
	Weight Scale	-
Appearance	Color	Red
	Interior	Black
	Control Panel Type	Dial
	Glass Door Type	Red
	Display	LED
Accessories	Turntable	-
	Rack/Tray	Baking Tray x2, Wire Rack, Steam Tray
Dimensions (W x H x D)	Outside (W x H x D)	553 x 438 x 483 mm
	Interior (W x H x D)	359 x 256 x 339 mm
Weight	Approx 24kg	

## Convection

## Grill

## Basic



Model	R957ER (NEW)	R951CST	R954AST	R854AST	R774AST	R757EK (NEW)	R607EK (NEW)	R613CST	R367EK (NEW)	R357EK (NEW)	R347EK (NEW)	R207EK (NEW)	R213CST	
Category	Steamwave	Microwave Oven with Convection (Drop Door)	Microwave Oven with Convection	Microwave Oven with Convection	Microwave Oven with Grill	Microwave Oven with Grill	Microwave Oven with Grill	Microwave Oven with Grill (Mechanical)	Basic Touch Control	Basic Touch Control	Basic Touch Control	Basic Touch Control	Basic Mechanical	
Power Output	Microwave (IEC)*	900W	900W	1000W	1000W	1000W	900W	900W	800W	1000W	900W	900W	800W	800W
	Top Grill	-	-	-	-	1100W (Infrared)	1150W (Quartz)	1000W (Quartz)	1000W (Quartz)	-	-	-	-	-
	Grill	1300W	1300W	1400W (Infrared)	1100W (Infrared)	-	-	-	-	-	-	-	-	-
	Convection	1900W	1900W	2800W	2100W	-	-	-	-	-	-	-	-	-
	Steam	1600W	-	-	-	-	-	-	-	-	-	-	-	-
Specifications	Capacity (L)	34	36	42	32	34	28	25	20	28	25	25	20	20
	Power Source	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz	230-240V, 50Hz
	Turntable Size (diameter)	Flatbed	360mm	345 mm	315 mm	315 mm	315 mm	315 mm	255 mm	315 mm	315 mm	315 mm	255 mm	255 mm
	Door Opening	Drop Door	Drop Door	Pull Door	Pull Door	Pull Door	Push Door	Pull Door	Pull Door	Push Door	Pull Door	Pull Door	Pull Door	Pull Door
	Water Tank	1 Liter	-	-	-	-	-	-	-	-	-	-	-	-
	Power Levels	5	5	5	5	5	5	11	5	5	11	11	11	5
	Cooking Time	90 mins/5 hours	90 mins	95 mins	95 mins	95 mins	95 mins	99 mins 50 secs	35 mins	95 mins	99 mins 50 secs	99 mins 50 secs	99 mins 50 secs	35 mins
Function	Auto Menu	23	10	10	10	8	8	6	-	8	6	6	6	-
	Easy/Time Defrost	-	-	Yes	Yes	Yes	Yes	Yes	-	Yes	Yes	Yes	Yes	-
	Weight/Auto Defrost	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Clock	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	Yes	Yes	Yes	Yes	-
	Kitchen Timer	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	Yes	Yes	Yes	Yes	-
	Cooking Sequences	-	-	2 steps	2 steps	2 steps	2 steps	2 steps	-	2 steps	2 steps	2 steps	2 steps	-
	Combination Cooking	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	-	-	-	-
	Child Lock	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	Yes	Yes	Yes	Yes	-
	Energy Save Mode	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)	Yes (less than 1w)
	Memory Mode	-	-	-	-	-	Yes	-	-	Yes	-	-	-	-
Weight Scale	-	-	-	-	-	Yes	-	-	Yes	-	-	-	-	
Appearance	Color	Red	Black	Stainless	Stainless	Stainless	Black	Black	Silver + SUS	Black	Black	Black	Black	Silver + SUS
	Interior	Stainless Steel	Stainless Steel	Stainless Steel	Stainless Steel	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
	Control Panel Type	Touch	Touch	Tact & Dial	Tact & Dial	Tact & Dial	Touch	Touch	Dial	Touch	Touch	Touch	Touch	Dial
	Glass Door Type	Red	Black	Silver	Silver	Silver	Mirror	Mirror	Mirror	Mirror	Mirror	Normal	Normal	Mirror
	Display	LED	LED	LED	LED	LED	LED	LED	LED	LED	LED	LED	LED	LED
Accessories	Turntable	-	Glass	Glass	Glass	Glass	Glass	Glass	Glass	Glass	Glass	Glass	Glass	Glass
	Rack/Tray	Square Rack + Tray	Low + High Rack, Square Rack + Tray	High Rack	High Rack	High Rack	High Rack	High Rack	High Rack	-	-	-	-	-
Dimensions (W x H x D)	Outside (W x H x D)	501 x 418 x 526 mm	501 x 408 x 526 mm	553 x 326 x 550 mm	519 x 315 x 510 mm	519 x 315 x 442 mm	513 x 307 x 398 mm	513 x 307 x 430 mm	440 x 259 x 360 mm	513 x 307 x 398 mm	513 x 307 x 430 mm	513 x 307 x 430 mm	440 x 259 x 359 mm	440 x 259 x 360 mm
	Interior (W x H x D)	405 x 210 x 385 mm	405 x 230 x 383 mm	395 x 272 x 394 mm	351 x 249 x 361 mm	351 x 249 x 386 mm	330 x 228 x 370 mm	328 x 206 x 368 mm	307 x 205 x 307 mm	330 x 228 x 370 mm	328 x 206 x 368 mm	328 x 206 x 368 mm	306 x 206 x 304 mm	307 x 205 x 307 mm
Weight	Approx 34kg		Approx 27kg	Approx 21kg	Approx 19kg	Approx 17kg	Approx 16kg	Approx 16kg	Approx 12kg	Approx 15kg	Approx 20kg	Approx 20kg	Approx 11kg	Approx 11kg



FOR  
**WHOLESOME GOODNESS**  
IN EVERY MEAL



**SUPERHEATED STEAM TECHNOLOGY**

The powerful heating and circulation control system diffuses high-density steam to quicken the cooking process. Excellent thermal convection keeps food crisp on the outside and moist on the inside. It also helps to remove excess fat and salt for a truly guilt-free enjoyment of your food.



**MINIMIZES FOOD OXIDATION & RETAINS VITAL NUTRIENTS**

A large amount of antioxidants like vitamin C is lost due to oxidation in the heating process. Superheated steam cooking in an air-tight compartment greatly minimizes food oxidation. Ensuring that each meal provides the essential nutrients your family needs.



**LOCKS IN TASTE & FLAVORS**

Superheated steam cooking is definitely the healthier way to cook without oil. It retains the natural juices and flavours of food, so that every bite is as delicious as it is wholesomely nutritious.

COOKING WITH

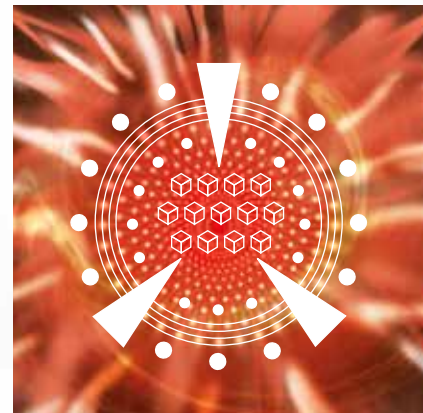
**SUPERHEATED STEAM TECHNOLOGY**



**Roasting, Baking and Grilling with Water**

Conventional ovens use steam, convection heater and microwave to cook which result in a high oxygen concentration inside the oven. This causes foods to oxidize and lose their flavours. However with Sharp Superheated Steam technology, water is heated above 100°C to form a stream of clear, colourless steam. This continuous flood of superheated steam has excellent heat transfer and a high cooking capacity that seals in the natural moisture, nutrients and juices of your food. Natural is always better... to ensure your food is healthy, wholesome and tasty.

**HEALSIO**



**LATENT HEAT**

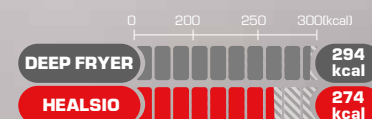
Steady stream of superheated steam releases 539 cal/g of heat energy to effectively cook food and remove fats and excess salt in the process.

SUPERHEATED STEAM COOKING + LARGE CONCENTRATION OF STEAM + DOOR SHIELD MECHANISM = LOW CALORIES, LOW SALT, LOW OXIDATION

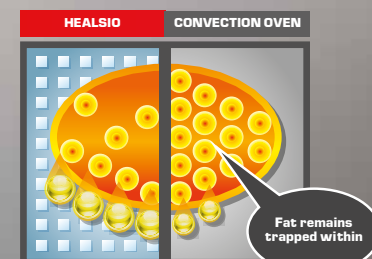


**Reduces Fat**

Latent heat (539 cal/g) generated inside the oven is transferred to the food, right to the core. Fats inside the food diffuse outwards and dissolve in the condensed water on the surface to gradually drip away. As a result, fried and roasted food is deliciously cooked with reduced calories.



Calories: fried chicken, single portion (125g) reduced by approximately 20 kcal

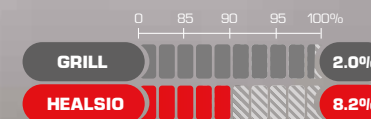


Superheated steam brings fat to its melting point. The fat liquefies, diffuses outward and drips away.

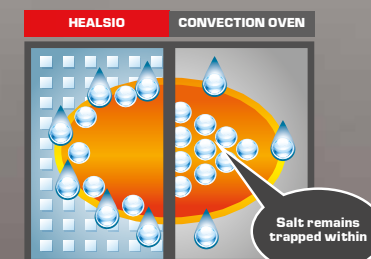


**Reduces Salt**

High concentration of superheated steam in HEALSIO oven also works to reduce the salt content in food. Due to high heat and moisture, salt in food is absorbed by the moisture on the food surface, thus reducing the salt levels both inside and on the surface to just the right amount.



Salt reduction rate: salted salmon reduced by approximately 4 times

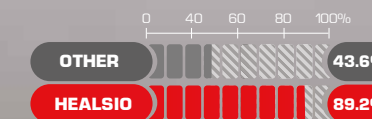


with superheated steam oven, salt inside foodstuff diffuse outwards and dissolve in the condensed water on the surface, and gradually drips away.



**Retains Vitamins & Nutrients**

The cooking process is enhanced by the continuous flood of superheated steam and a new door shield mechanism which increases the 'air-tightness' of the heating compartment. This creates a super-low oxygen environment that prevents the oxidation of vitamin C and essential nutrients.



Residual Vitamin C (%) - Broccoli Retains approximately double the amount of Vitamin C

34 DELICIOUS MENUS FOR

**EVERYDAY ENJOYMENT**

**STEAM**



The healthy way of cooking fish, meat and dumplings using only pure steam without microwave heating for a most wholesome meal.

**GRILL**



Use of high heat to brown and crisp food surface, while effectively melt away excess fats and salt, as well as preserving the juiciness of meat.

**ROAST**



Combination of water and convection cooking generates superheated steam to roast meat till tender and juicy.

**BAKE**



Superheated Steam Technology is ideal for baking cheesecake, custard flan and cream puff.

- REHEAT** Steam/Manual/Reheat Moistens food during heating to keep it tender and juicy.
- MICROWAVE REHEAT** Speedy microwave heating.
- ODOUR-REMOVING CLEAN COATING & STEAM CLEAN FUNCTION** The odour-removing clean coating prevents build-up of odour and oil from sticking onto the oven interior. Coupled with steam clean function that breaks down stubborn grime, cleaning is now simply a breeze.
- FLUORINE-TREATED COOKING RACK & ANTI-BACTERIAL WATER TANK** The cooking rack is treated with fluorine to prevent food from sticking onto the rack surface. The water tank can be easily removed from the front of the oven for easy cleaning.



Preparing sumptuously nutritious meals is simply a breeze when you have a savvy kitchen helper from Sharp. Whichever cooking styles you prefer, the new advanced Sharp Steamwave™ 5-in-1 Microwave Oven gets it done with ease and a touch of fine flair.

STEAMWAVE™



**R957ER**  
**1900W** CONVECTION | **34** LITRES | **BUILT-IN STEAM**

FEATURES



- 900W Microwave
- 34-Litre Capacity
- Flatbed
- 1 Litre Water Tank
- 5 Combination Cooking
- 8 Pure Steam Settings (50°C - 100°C)
- 5 Steam + Convection Settings (180°C - 220°C)
- 23 Auto Menus
- Stainless Steel Cavity
- Fast Pre-Heating (7 minutes)

Pure Steam Function

Retain the natural juices and moisture of any food you cook- whether meat, fish, vegetable, rice or bread with this convenient feature. Food steamed to perfection- just like the way your mom used to cook it. Wholesome and tasty... with all the food's goodness and nutrients sealed into your food.

5 Combination Cooking

Combination cooking combines microwave energy, a grill, convection heating and built-in steamer to bake, steam, roast, crisp and brown for dishes that require various stages of cooking or baking. Dishes turn out just the way you like with the perfect finish, taste and texture. Only quicker and a lot easier.

“PERFECTION IN ANY STYLE.  
 SATISFACTION IN EVERY BITE.”



FEATURES



- 900W Microwave
- 36-Litre Capacity
- Touch Control
- Auto Cook Menus
- Rapid Preheating
- Convection & Combination Cooking
- 7 Function Selection
- Auto Defrost
- Child Lock

FEATURES



- 1000W Microwave
- 42-Litre Capacity
- Tact & Dial for Easy Operating
- Auto Cook Menus
- Convection & Combination Cooking
- Weight & Time Defrost
- Oven Temp from 140°C up to 230°C
- Child Lock

FEATURES



- 1000W Microwave
- 32-Litre Capacity
- Tact & Dial for Easy Operating
- Auto Cook Menus
- Convection & Combination Cooking
- Weight & Time Defrost
- Oven Temp from 150°C up to 240° C
- Child Lock

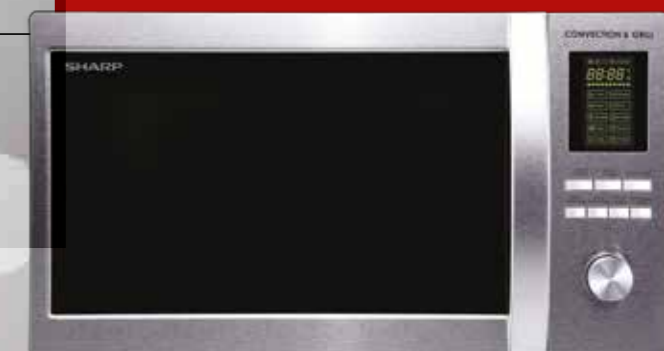
**R951CST**

**1900W** 3D HOT AIR | **36** LITRES | **360mm** TURNTABLE



**R954AST**

**2800W** CONVECTION | **42** LITRES | **345mm** TURNTABLE



**R854AST**

**2100W** CONVECTION | **32** LITRES | **315mm** TURNTABLE





## GRILL MODEL

This contemporary mid-sized microwave is a stylish addition to any kitchen. It has the convenience of a grill and Sensor Technology, which offers controlled power levels for even cooking and worry-free reheating and cooking of popular menus for your own peace of mind.



R757EK

1150W QUARTZ GRILL | 28 LITRES | 315mm TURNTABLE

### FEATURES



- 900W Microwave
- 28-Litre Capacity
- 315mm Turntable Size
- 8 Auto Menus
- 4 Auto Weight Sensor
- Memory Cook Function
- Grill & Combination Cooking
- Energy Saving Mode
- Mirror Glass Door

### Auto Weight Sensor

Time to eliminate all the guesswork. An intelligent auto sensor technology weighs automatically, and adjusts the optimum temperature, time and power levels to produce perfect results every time without any worry that you will undercook or overcook your meals.

### Memory Programming

Take full advantage of the impressive programmable memory settings perfect for cooking your favourite dishes. Consider it as a one-touch access to your most frequently used menu items.

“THE PERFECT GRILL –  
CRISP OUTSIDE, SUCCULENT INSIDE.”



\*Combi 3 available only on selected model.

\*Grill + Microwave percentage varies depending on model type.

### FEATURES



- 1000W Microwave
- 34-Litre Capacity
- Tact & Dial for Easy Operating
- 8 Auto Cook Menus
- Grill & Combination Cooking
- Weight & Time Defrost
- Energy Saving Mode

R774AST

1100W INFRARED GRILL | 34 LITRES | 315mm TURNTABLE



### FEATURES



- 900W Microwave
- 25-Litre Capacity
- 315mm Turntable Size
- 3 Auto Steam Menus
- 2 Auto Reheat Menus
- Pizza Mode
- Grill & Combination Cooking
- Energy Saving Mode
- Mirror Glass Door

R607EK

1000W QUARTZ GRILL | 25 LITRES | 315mm TURNTABLE



### FEATURES



- 800W Microwave
- 20-Litre Capacity
- Mechanical
- Grill Mode
- 3 Combination Mode
- Defrost by Weight Guide
- Mirror Glass Door

R613ST

1000W QUARTZ GRILL | 20 LITRES | 255mm TURNTABLE





Unlike conventional ovens which heat food from the outside, microwave ovens cause the food to heat itself for more efficient cooking and deliciously nutritious meals.



**R367EK**  
**1000W** MICROWAVE | **28** LITRES | **315mm** TURNTABLE

FEATURES



- 1000W Microwave
- 28-Litre Capacity
- 315mm Turntable Size
- 8 Auto Menus
- 4 Auto Weight Sensor
- Memory Cook Function
- Energy Saving Mode
- Mirror Glass Door

Forget about spending hours in the kitchen. Just leave the cooking and steaming to your Sharp kitchen helper. Specially designed to help you prepare meals that will always score a perfect ten for taste and presentation.

“DELICIOUS HOMELY DELIGHTS  
 FOR YOUR FAMILY”



**R357EK**  
**900W** MICROWAVE | **25** LITRES | **315mm** TURNTABLE

FEATURES



- 900W Microwave
- 25-Litre Capacity
- 315mm Turntable Size
- 4 Auto Steam Menus
- 2 Auto Reheat Menus
- Energy Saving Mode
- Mirror Glass Door



**R347EK**  
**900W** MICROWAVE | **25** LITRES | **315mm** TURNTABLE

FEATURES



- 900W Microwave
- 25-Litre Capacity
- 315mm Turntable Size
- 4 Auto Steam Menus
- 2 Auto Reheat Menus
- Energy Saving Mode
- New Hairline Design



**R207EK**  
**800W** MICROWAVE | **20** LITRES | **255mm** TURNTABLE

FEATURES



- 800W Microwave
- 20-Litre Capacity
- 255mm Turntable Size
- 4 Auto Steam Menus
- 2 Auto Reheat Menus
- Energy Saving Mode
- New Hairline Design



**R213CST**  
**800W** MICROWAVE | **20** LITRES | **255mm** TURNTABLE

FEATURES



- 800W Microwave
- 20-Litre Capacity
- Mechanical
- 5 Power Level
- 35 Mins Cooking Time
- Defrost by Weight Guide
- Mirror Glass Door