



Simply Better Living

Cooking Guide
SSC2489DS

We encourage you to cook meats to the safe internal temperatures indicated by the FDA, and your vegetables to your desired level of doneness. Here are some cooking suggestions to get you started. We hope you enjoy using the Sharp SuperSteam+™ Built-In Wall Oven. Please share your creations with our social channels by tagging @SharpHomeUSA and #SharpHome and visit <http://sbl.sharpsusa.com>.

Food	Mode + Tray Position		QTY/Weight	Time	Temp	Accessory
Asparagus	Steam	Upper	1 lbs.	8 min	212° F	Tray
Bacon (Thick-Cut, Fresh)	Super Steam Grill	Upper	6 Pieces	10 min Flip at 5 min	485° F	Tray + Rack
Biscuit (Frozen)	Convection Bake	Upper	6 to 12	22 min	350° F	Tray
Brownies (From Mix)	Convection Bake	Upper	1 Pan (8" x 8")	40 min	350° F	Tray
Cauliflower/Broccoli (Fresh)	Steam	Upper	3 Servings	8 min	212° F	Tray
Chicken - Boneless Breast (Fresh)	Super Steam Grill	Upper	1 lbs. (2 each)	20 min Flip at 10 min	485° F	Tray + Rack
Chicken - Drumsticks (Fresh)	Super Steam Grill	Upper	1 lbs.	25 min	485° F	Tray + Rack
Chicken - Tenders (Fresh)	Super Steam Grill	Upper	1 lbs.	10 min Flip at 6 min	485° F	Tray + Rack
Chicken - Breaded Tenders (Frozen)	Super Steam Grill	Upper	6	16 min	425° F	Tray + Rack
Clam in Shell (Little or Middle Neck, Fresh)	Steam	Upper	10	12 min	212° F	Tray
Cookies (From Mix)	Convection Bake	Upper	10 to 12	12 min	350° F	Tray
Crescent Roll (Canned)	Convection Bake	Upper	8	14 min	350° F	Tray
Dinner Roll (Large, Frozen)	Convection Bake	Upper	6 to 8	20 min	325° F	Tray
Eggs - Hard Boiled (Large, Fresh)	Steam	Upper	12	15 min	212° F	Tray
Eggs - Poached (Large, Fresh)	Steam	Upper	4	8 min	212° F	Tray
Flank Steak (Fresh)	Super Steam Grill	Upper	2 lbs.	12 min	485° F	Tray + Rack
Fried Breaded Shrimp (Frozen)	Super Steam Roast	Lower	16	10 min	425° F	Tray + Rack
Green Beans (Fresh)	Steam	Upper	1/2 lbs.	8 min	212° F	Tray
Hamburger (Fresh)	Super Steam Grill	Upper	1/4 lbs. Patty (4 each)	14 min Flip at 7 min	485° F	Tray + Rack
Jalapeno Poppers (Frozen)	Super Steam Roast	Lower	16	12 min	450° F	Tray + Rack
Lobster Tail (Fresh)	Steam	Upper	3 Tails (4-5 oz. each)	8 min	212° F	Tray

Food	Mode + Tray Position		QTY/Weight	Time	Temp	Accessory
Pizza - Classic Crust (Frozen)	Convection Bake	Upper	1-10"	18 min	425° F	Tray
Pizza - Rising Crust (Frozen)	Convection Bake	Upper	1-10"	20 min	425° F	Tray
Pizza - Thin Crust (Frozen)	Convection Bake	Upper	1-10"	15 min	425° F	Tray
Potato - Baked (Whole, Medium Size)	Super Steam Roast	Upper	2	50 min	400° F	Tray
Potatoes - New (2 - 3 Inch, Cut in Quarters)	Super Steam Roast	Upper	10	25 min	350° F	Tray
Potatoes - Sweet (Whole, Small/Medium)	Super Steam Roast	Upper	4	40 min	400° F	Tray
Pork - Boneless Chop (Fresh)	Super Steam Grill	Upper	1 lbs. (2 each)	20 min Flip at 10 min	485° F	Tray + Rack
Pork - Tenderloin (Fresh)	Super Steam Roast	Upper	1 to 1 1/4 lbs.	25 min	375° F	Tray + Rack
Red Snapper (Fresh)	Super Steam Grill	Upper	1 lbs.	10 min	485° F	Tray + Rack
Salmon (Fresh)	Steam	Upper	6 oz. Filets (2 each)	14 min	212° F	Tray + Rack
Sea Scallops (Fresh)	Steam	Upper	8	8 min	212° F	Tray
Sheet Cake (From Mix)	Convection Bake	Upper	1 Pan (9" x 13")	26 min	350° F	Tray
Shrimp (Fresh)	Steam	Upper	20 (Medium 26/30 ct.)	5 min	212° F	Tray
Tater Tots (Frozen)	Super Steam Roast	Upper	1/2 Bag	20 min	425° F	Tray + Rack
Tenderloin (Fresh)	Super Steam Roast	Lower	2 lbs.	25 min	425° F	Tray + Rack
Tilapia (Fresh)	Super Steam Grill	Upper	2	7 min	485° F	Tray + Rack
White Fish (Cod or Halibut, Fresh)	Steam	Upper	6 oz. Filets (2 each)	12 min	212° F	Tray + Rack
Yams (Whole, Medium)	Super Steam Roast	Upper	2	40 min	400° F	Tray
Zucchini / Squash (Fresh)	Steam	Upper	3 Servings	10 min	212° F	Tray

QUESTIONS?

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SIMPLY BETTER LIVING

At Sharp Home Electronics Company of America, we are committed to Simply Better Living. Our innovative home appliance products are SIMPLE to use, BETTER than the competition, and encourage a HEALTHY LIFESTYLE.