

SHARP®

SUPERHEATED STEAM OVEN



Now you're cooking with steam...





SUPERHEATED STEAM, SUPER VERSATILE APPLIANCE

Healthful steam cooking. It dates back to our earliest ancestors, who likely cooked over geothermal vents. With the advent of fire came roasting, grilling and baking. And we have cooked this way, with various advances, for centuries. *Until today.*

Introducing the Sharp AX-700S Superheated Steam Oven. It's the countertop kitchen appliance that will revolutionize the way you cook. Sharp's forward-thinking technology combines steam superheated to 550°F with conventional electric heating—for roasting, grilling and baking *with steam*. Now meals for every day and special occasions can feature crisp, moist and succulent dishes that are both nutritious and delicious.

The Superheated Steam Oven provides more than a new and healthful way of cooking. It offers the super versatility and convenience that modern life demands. From Sharp, the leader in microwave ovens and the creator of the Insight™ Range with the world's first Microwave Drawer™, the AX-700S Superheated Steam Oven features intelligent technology that makes cooking simple. There are 20 preprogrammed settings for preparing favorite foods in four automatic cooking categories: Roast, Grill, Steam and Convenience Foods, as well as 10 manual settings for everything from proofing to baking.

Healthy, tasty, easy-to-prepare dishes with the Sharp Superheated Steam Oven. Now *that's* cooking with steam.

... ROASTING, GRILLING, BAKING WITH ALL THE BENEFITS OF STEAM COOKING

Today, more and more people aspire to a healthy lifestyle, a lifestyle that includes healthy eating—and healthy food preparation. Sharp's response is the AX-700S Superheated Steam Oven.

This new way to cook offers the health benefits of steam cooking to foods that are roasted, grilled and even baked. It helps reduce the fat in many kinds of meat and poultry—without compromising on flavor, crispness or appearance. A unique combination of conventional heat with superheated steam makes this healthy way of cooking possible. It surrounds the food, transferring heat as the steam condenses and melts fat away.

With the Superheated Steam Oven, roast chicken is a delight of crisp, golden skin encasing the juiciest, most flavorful meat. And grilled salmon is done to perfection, even without the grill. This sleek addition to the kitchen can enhance the flavors and textures of food without increasing fat and calories from added oils or sauces. And by sealing in natural juices, the superheated steam also locks in flavor and nutrients, which can be lost with other cooking methods.

Twenty preprogrammed food settings in four different categories virtually guarantee cooking success. It's as simple as one, two, three, four. *One*, add plain tap water to the water reservoir. *Two*, follow the simple visual prompts on the large LCD display. *Three*, press START. *Four*, savor moist, scrumptious and beautifully browned roasts, chops and burgers; vibrant, crisp or tender vegetables...even light and crispy frozen pizza. Ten manual settings for countless temperature and steam options add versatility and healthy variety to any cook's repertoire.

With the Superheated Steam Oven, the challenge is no longer how to balance the desire for tasty foods with the need for good-for-you foods. The challenge now is which deliciously healthy food to choose.

A unique combination of conventional heat with superheated steam makes this healthy way of cooking possible.



What's Cooking? Auto Roast: Whole Chicken • Boneless Pork Loin • Meat Loaf • Beef Eye of Round • Baked Potatoes
Auto Grill: Hamburgers • Chicken Pieces • Boneless Poultry • Boneless Pork Loin Chops • Fish Steaks

THE BEAUTY IS
IN THE DETAILS



Cooking with sSSSteam

Steam is at the heart of the Superheated Steam Oven. The oven generates steam from tap water in an easy-to-fill, three-cup Water Reservoir. Once the water reaches its boiling point, generating steam, a state-of-the-art process superheats the water to 550°F, while the exterior of the oven stays cool to the touch. The Water Reservoir and Water Gauge add convenience and confidence to the cooking process.

Limitless Cooking Options

The AX-700S Superheated Steam Oven is simplicity itself. The oven features convenient Start and Stop buttons, as well as large, easy-to-program Auto Cook and Manual Cook dials.

Automatic cooking categories include Roast, Grill, Steam and Convenience Foods with five food options for each. Manual Cook modes include Steam, Super Grill, Super Roast, Super Bake/General, Super Bake/Convenience Foods, Thermal, Thermal Broil, Proof, Defrost and Reheat. The oven can thermal cook between 200°F and 450°F, just like a regular oven.



The Brain of the Oven

Building on its expertise in both electronics and cooking technologies, Sharp has created an intelligent appliance. Visual prompts in the large Liquid Crystal Display enable easy, push-button operation. For each of 20 food choices, preprogrammed settings provide the correct time, temperature and optimal combination of heat, steam and superheated steam for reliably delicious results. The display also supports Manual Cook modes.

Recipes for Eating Well

A beautiful cookbook with four sections—Starters, The Main Course, Along the Side, and The End for desserts—can help any cook capitalize on all the oven's features. It includes 50 healthy, tasty and easy-to-prepare recipes, each fewer than 300 calories per serving, plus programming steps and Cooking Conversion Charts for optimum results.



Auto Steam: Fresh Vegetables/Crisp • Fresh Vegetables/Tender • New Potatoes • Fish Fillets • Shellfish

Auto Convenience Foods: Frozen Potatoes • Frozen Fish • Frozen Poultry • Refrigerated Poultry • Frozen Pizza

COOKING FOR THE WAY YOU EAT

If you are looking for a way to combine the foods you like with a healthy lifestyle, the Superheated Steam Oven is for you. Because superheated steam cooking melts away fat and requires no added oils for moisture and crispness, it's short on unnecessary calories, but long on flavor and nutrition. Using this method of healthy cooking, you can take a giant step toward living well.

If you love to cook, this oven is a perfect match for your culinary skills. When you choose a preprogrammed setting, the result will be a dish you can be proud to serve. And you can showcase all your cooking expertise with the full range of manual options.

Whatever your good intentions about healthy eating, convenience foods are here to stay. Sometimes they're all that will fit into a hectic day. Sometimes they're what finicky eaters demand. And sometimes, a little indulgence just hits the spot. For these situations, the Superheated Steam Oven has you covered. The automatic convenience food settings will enable you to cook crispy French fries, frozen prepared fish and poultry, even crunchy-crust pizza. With the manual options, you can prepare *any* convenience food. And if sometimes there are not enough hours in the day, you'll appreciate quick cleanup, thanks to the EZ Clean Base Tray, Baking Tray and Perforated Tray.

The AX-700S Superheated Steam Oven delivers cooking that's healthy, delicious and easy. Now that's *really* cooking with steam.

For more information about the AX-700S Superheated Steam Oven, call 1-800-BE SHARP or visit Sharp online at www.sharpusa.com/steamoven



SHARP AX-700S SUPERHEATED STEAM OVEN

4 Automatic Cooking Categories	RoastWhole Chicken, Boneless Pork Loin, Meat Loaf, Beef Eye of Round, Baked Potatoes GrillHamburgers, Chicken Pieces, Boneless Poultry, Boneless Pork Loin Chops, Fish Steaks SteamFresh Vegetables/Crisp, Fresh Vegetables/Tender, New Potatoes, Fish Fillets, Shellfish Convenience.....Frozen Prepared Potatoes, Frozen Prepared Fish, Foods Frozen Prepared Poultry, Refrigerated Prepared Poultry, Frozen Pizza
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10 Manual Cooking Options	Steam, Super Grill, Super Roast, Super Bake/General, Super Bake/Convenience Foods, Thermal, Thermal Broil, Proof, Defrost, Reheat
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Features	Liquid Crystal Display with visual prompts Easy-to-program dials with START key prompts Fingerprint-resistant stainless steel front finish Stainless steel interior Pull-down door with viewing window 3-cup Water Reservoir Water Gauge for Steam Function
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Interior Light	25W
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AC Line Voltage	Single-phase 120V, 60Hz, AC only
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AC Power Required	1.4 kW, 11.7A
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Accessories	1 Cooking Rack 1 EZ Clean Base Tray 1 EZ Clean Baking Tray 1 EZ Clean Perforated Tray 50-page Illustrated Cookbook with 4 Cooking Conversion Charts and Best Cooking Methods Section
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Outside Dimensions	20-1/2" (w) × 13-9/16" (h) × 18-5/16" (d)
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Cavity Dimensions	13-3/8" (w) × 9-1/4" (h) × 12-3/16" (d)
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Oven Capacity	0.9 cu. ft.
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Weight	44 lbs.
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Limited Warranty	1 (one) year parts and labor with carry-in service. See Operation Manual or your dealer for complete details.
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Product specifications and design are subject to change without notice.



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