



SUPERSTEAM

O V E N

NO OTHER OVEN COOKS IN SO MANY HEALTHY WAYS



SHARP®

INSIGHT·PRO®

If You Want to Eat Healthy, You've Got to Cook Healthy

Today, more and more people aspire to a healthy lifestyle, a lifestyle that includes healthy eating—and healthy food preparation. That's the consumer trend driving Sharp's development of the AX-1200 SuperSteam™ Oven. This new multi-purpose oven offers a unique combination of the healthiest ways to cook, all in one versatile appliance: SuperSteam Convection, Steam, Convection and Microwave. As a leader in microwave ovens, consumers have come to expect such innovative new products from Sharp, the creator of the Insight® Range and the world's first Microwave Drawer® appliance.

One of the best ways to eat healthy is to take control of what you eat by cooking more meals at home. If you want to eat healthy, you've got to cook healthy! That means starting with wholesome, fresh, flavorful ingredients and using cooking methods that don't require the addition of large amounts of extra fat or sauces – and that results in fewer calories. With the SuperSteam Oven you won't have to compromise on taste or appearance. It can help you change the way you eat by changing the way you cook.

A New Way to Cook

SuperSteam Convection is a combination of two types of cooking: superheated steam and convection heat. Sharp uses state-of-the-art technology to superheat steam. Unlike conventional steam, superheated steam helps brown and crisp foods on the outside, while adding moisture to the inside. When combined with convection cooking, the results are exceptional. Foods that are good for you look and taste better than you ever expected.

The AX-1200 can also be used for traditional steaming, for microwave cooking or as a convection oven for baking or roasting.

The SuperSteam Oven provides more than a new and healthful way of cooking. It offers the super versatility and convenience that modern life demands. Now meals for every day and special occasions can feature brown, moist and succulent dishes that are both nutritious and delicious. And by sealing in natural juices, the SuperSteam Oven also locks in flavor. Now that's cooking with steam.



*AX-1200S SuperSteam Oven
can be used on the countertop or as a built-in.*

A Unique Combination of Technologies Makes It Easy to Cook Healthy

The SuperSteam Oven is really four ovens in one. And more ovens mean more options for cooking healthy meals. Steam is at the heart of the SuperSteam Oven. The oven generates steam from tap water, placed in an easy-to-fill reservoir. Once the water reaches its boiling point, generating steam, a state-of-the-art process superheats it to 540°F, producing high-temperature superheated steam.

This superheated steam is then combined with fan-forced hot air. The result is a completely new type of cooking, **SuperSteam Convection**, that browns and crisps foods for exceptionally moist and flavorful results without extra fat, sauces and calories. SuperSteam Convection truly excels at roasting poultry, beef and pork. Fish steaks and fillets are as moist and as perfectly-cooked as from any 4-star restaurant. The automatic settings for SuperSteam Convection insure that grilled vegetables and baked potatoes will taste fresh and flavorful – and they'll never dry out or overcook. You can even crisp and brown frozen pizza and convenience foods while keeping toppings and fillings moist and tender.

Steam cooking is gentle and easy to use, and foods cooked by traditional steam retain moisture, natural flavors and nutrients. The Steam setting is ideal for vegetables, fish and seafood, as well as for dumplings, tamales and other ethnic specialties. There's even a special setting that uses low-temperature steam to proof bread dough prior to baking.

For conventional baking, many cooks prefer **Convection** cooking. The convection setting browns, bakes, broils and crisps a wide variety of foods. You can bake two levels of cookies or muffins at once, allowing you to cook large quantities, even in this space-efficient oven.

The SuperSteam Oven also provides the convenience of **Microwave** cooking, defrosting and popping popcorn.

If you love to cook, this oven is a perfect match for your culinary skills. Even if you're a novice, you can rest assured that 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.



SuperSteam Convection



Steam



Convection



Microwave

Eat More Balanced Meals

If you are looking for a way to combine the foods you like with a healthy lifestyle, the SuperSteam Oven is for you. The new Balanced Meals settings automatically cook six complete meals for two, each in 25 minutes or less. Just imagine the convenience of cooking a complete meal – all at once and all so quickly. With SuperSteam Convection, it's not only possible, it's delicious. There's even a Brunch Medley for a spectacular, hearty breakfast of real eggs and sausage. Each meal is fewer than 500 calories per serving. Now you can really follow Mom's advice and eat more well-balanced meals.

BALANCED MEALS – IN 25 MINUTES OR LESS

- | | |
|------------------|---|
| Brunch Medley | • Eggs with Sausage and Baked Grapefruit |
| Complete Dinners | • Chicken Breasts, Sweet Potatoes, Asparagus |
| | • Salmon, Brown Rice, Peas |
| | • Fajitas, Refried Beans, Whole Wheat Tortillas |
| | • Pork Chops, New Potatoes, Zucchini |
| | • Beef Kabobs, Vegetables, Corn on the Cob |

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, almost all with fewer than 300 calories per serving, plus programming steps and Cooking Conversion Charts for optimum results. Each recipe has nutritional analysis per serving for calories, cholesterol, fat, sodium, carbohydrate and protein.

The Perfect Second Oven

When you want to bake, nothing beats a convection oven. The AX-1200 uses convection heat to bake evenly, even two levels at once. It's the perfect second oven to expand your culinary options.



Fajita Balanced Meal



Beef Kabob Balanced Meal



For convection cooking, cakes, cookies, muffins, biscuits and rolls can be cooked on one or two levels.

The Brain of the Oven

Building on our expertise in both electronics and cooking technologies, Sharp has created an intelligent appliance. Visual prompts in the large Liquid Crystal Display enable easy operation based on food categories. All you have to do is select which of the four healthy ways you want to cook: SuperSteam Convection, Steam, Convection or Microwave. Then you choose between automatic or manual operation.

Automatic settings are food-driven. Once you've told the oven what food you want to cook, the display tells you exactly what to do, step-by-step. There are 43 automatic settings for SuperSteam Convection, Steam and Microwave cooking, providing the correct time, temperature or power level for reliably delicious results. For SuperSteam Convection cooking, the oven determines the optimal amount of superheated steam and convection heat so foods look as good as they taste. You can also program the oven manually, setting your own cooking times and temperatures or power levels.

For microwaving, Sensor Cook® technology automatically makes decisions for you. Plus, sensor technology is used for reheating and popcorn to virtually eliminate guesswork. Automatic defrost settings are convenient and fast.

With the SuperSteam 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 foods to choose.



Look What You Can Cook, Automatically

Just take a look at the variety of fresh and frozen foods with automatic settings for cooking with SuperSteam Convection or Steam. Simply follow the directions in the easy-to-use LCD display. You'll be on your way to making better choices about what you eat and how you cook it.



SUPERSTEAM CONVECTION	
Poultry	Whole Chicken; Chicken Pieces, bone-in; Chicken Breasts, boneless; Turkey Breast, bone-in
Meats	Beef: Hamburgers; Eye of Round; Meat Loaf Pork: Boneless Loin; Chops, boneless; Chops, bone-in; Tenderloin
Fish	Fish Steaks; Fish Fillets
Grilled Vegetables	
Potatoes	Baked White Potatoes; Baked Sweet Potatoes
Frozen Pizza	Regular Crust; Thin Crust; Rising Crust
Convenience Foods	Frozen Prepared Poultry; Refrigerated Chicken Nuggets; Frozen Prepared Fish; Frozen French Fries
STEAM	
Vegetables	Quick Cooking (Asparagus, Broccoli, Cauliflower, Zucchini) Medium Cooking (Carrots, Green Beans) Long Cooking (Corn on the Cob, Winter Squash) New Potatoes
Fish, Seafood	Shell Fish; Fish Fillets
Poached Eggs	

5

DESIGNED TO GO WHERE YOU WANT IT

Whether on the countertop or built-in, the SuperSteam Oven is designed to go where you want it. Build it into a 30-inch wall oven cabinet using Sharp's optional* RK-12S30 built-in kit or place it on a countertop or cart. Its design coordinates with other Sharp Insight® and Insight Pro® appliances. To create a specialty cooking center, install the SuperSteam Oven above a Sharp Microwave Drawer® oven or Sharp Warming Drawer.



When one microwave just isn't enough, build in the SuperSteam oven above a Sharp 30-inch Microwave Drawer oven.



AX-1200K (black) with RK-12S30 Built-in Kit (stainless) installed in 30" wall oven cabinet with storage cabinets above and below.



If built-ins aren't an option, place the AX-1200S (stainless shown here) or AX-1200K within easy reach on the countertop.



This cooking and entertainment center features an AX-1200K built-in above a Sharp 30-inch Microwave Drawer oven and KB-6100NS 30-inch Warming Drawer.

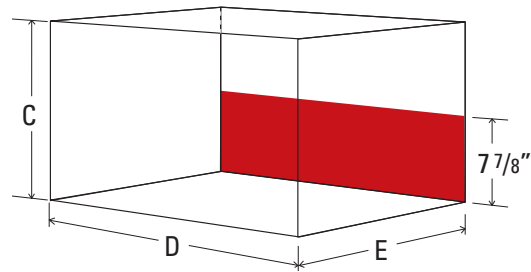
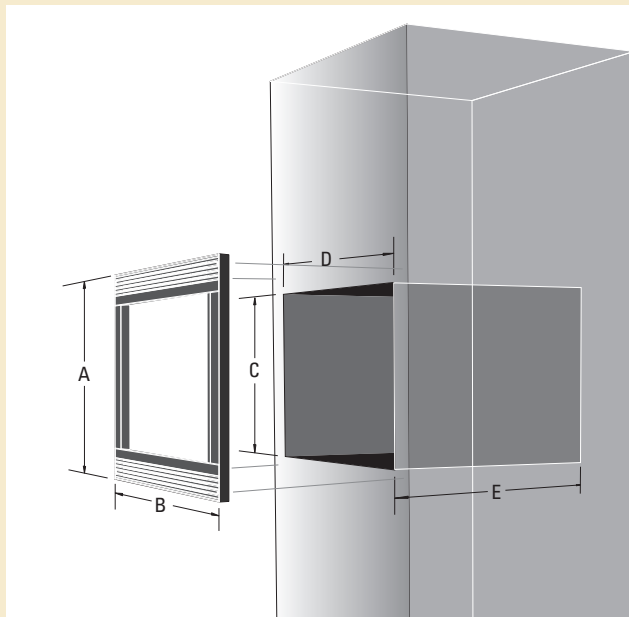
** Optional built-in kit available at extra cost.*

SPECIFICATIONS	AX-1200K, AX-1200S
Display	Dot Matrix LCD display with visual prompts
Controls	Control panel on right side; Easy to use dial for food selection
Cooking System	SuperSteam Convection, Convection, Steam, Microwave
Convection Mode	100°-450°F temperature range; two level baking
Oven Capacity	1.1 cu. ft.
Microwave Output Wattage	700W
Microwave Distribution System	Antenna system, bottom feed
Automatic Cooking Categories:	
SuperSteam/Convection	Balanced Meals , Poultry, Meats, Fish, Vegetables, Pizza, Convenience Foods
Steam	Vegetables, Fish/Seafood, Poached Eggs
Microwave	6 Sensor Cook® Settings, Reheat, Popcorn
Reheating Options	Microwave Sensor or Manual Steam
Defrosting Options	Automatic Microwave Defrost
Manual Cooking	SuperSteam Convection, Convection, Steam, Microwave, Reheat, Defrost, Proof
Other Convenience Features	Clock (24 hour), 11 Microwave Variable Power Levels, Sound On/Off, Demonstration Mode, Child Lock, Sleep Mode
Cleaning	Steam Clean Cycle
Door Opening	Pull down door for flexible placement
Interior Oven Light	Yes
Color	AX-1200K: Black AX-1200S: Stainless and black
Handle	Curved open handle
Accessories (included)	2 porcelain enamel baking trays 2 racks with non-stick finish: high and low 1 steam basket SuperSteam Cookbook, Touch Guide
Built-in Kit	RK-12S30 (Optional at extra cost)
Cavity Dimensions	14 1/8" W x 10 1/8" H x 13 3/8" D
Outside Dimensions	21 3/4" W x 17 1/4" H x 18 3/8" D (20 1/4" D including handle)
Outside Dimensions with Built-in Kit	30" W x 19 1/2" H
Approximate Weight	Net: 51 lbs. Shipping: 64 lbs.
AC Line Voltage	120V, 60Hz, AC only
AC Power Required	Microwave: 1.04 kW, 9.0 A Convection: 1.50 kW, 12.5 A
Microwave Power System	Inverter
Safety Compliance	FCC, DHHS, UL listed This SuperSteam Oven can be installed above any electric wall oven, warming drawer or Sharp Microwave Drawer models KB-6002, 6015 or 6025. See operation manual for details.
UPC Codes	AX-1200K: 074000617650 AX-1200S: 074000617667 RK-12S30 Built-in Kit: 074000617674

Warranty: 1 year parts and 1 year labor with carry-in service. The warranty continues for an additional 4 years, for a total of 5 years, on the magnetron tube for parts only. If AX-1200K or AX-1200S is built-in using Sharp RK-12S30 Built-in Kit, in-home service is proved for the initial one-year warranty period.

Product specifications, design and installation recommendations are subject to change without notice. Sharp, SuperSteam, Insight Pro, Insight, Microwave Drawer, Sensor Cook, and all other related trademarks are trademarks or registered trademarks of Sharp Corporation and/or its related entities. All other trademarks are property of their respective owners.

Dimensions and Installation



DIMENSIONS OF CABINET OR WALL OPENING FOR RK-12S30

A	B	C	D	E
19 1/2"	30"	19 1/8"	28" - 28 1/4"	23 1/4"

Prepare cabinet or wall opening to provide access to a separate 3-pronged, 120V AC outlet of 15 amps or larger. Please refer to operation manual for installation instructions.

The floor of the opening should be constructed of plywood strong enough to support the weight of the oven (about 150 pounds). The floor should be level for proper operation of the oven. Be sure to check the local building code as it may require that the opening be enclosed with sides, ceiling and rear partition. The proper functioning of the oven does not require the enclosure.

The outlet should NOT be located in the red shaded area indicated in the illustration above.

For installation of the AX-1200 SuperSteam Oven above a Sharp Microwave Drawer, allow a minimum of 2 inches between the cutout of the oven and the Microwave Drawer. See AX-1200 operation manual for complete details.

Assistance

Dial 1.800.BE.SHARP (1.800.237.4277)

- Service (for nearest Sharp Authorized Servicer)
- Parts (for authorized parts distributor)
- Additional Customer Information
- Accessories and Cookbook Information

Website

www.sharpsua.com/supersteam

Dimension Express

To receive the most current specifications, visit www.dexpress.com/sharp or call Dimensions Express at 925-284-3558 from a fax machine. Enter code 9026 for instructions and a directory of Sharp products.

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