SHARP®

QUICK START COOKING GUIDE

SWA3099MS | SHARP Celerity™ High-Speed Oven













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COOKING ACCESSORIES

The Instructions will display which accessories to use for each menu item.
*All accessories are dishwasher safe.



CAROUSEL

The Carousel should be used with all cooking modes. When baking, you can place baking dishes directly onto the carousel. Do not remove when using the appliance.



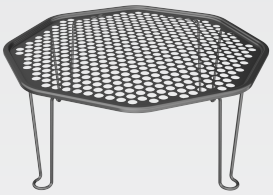
DISH

The Dish is best for cooking large cuts of meat, such as Beef Tenderloin and Pork Tenderloin. The dish can also be used as a drip tray for ease of cleaning.



BASKET

The Basket is made to crisp or air fry foods and can be used to roast poultry.



RACK

The Rack is best for grilling foods.



WIRE RACKS

The High-Speed Oven comes with 2 traditional wire racks for manual cooking.

Use this Cooking Guide as a quick reference to the many cooking options of your new Sharp Celerity™ High-Speed Oven. Refer to the Operation Manual for more information and details.

SMART COOK

Sharp's Smart Cook is preset to cook over 100 popular food items!

- Use ***Microwave*** or ***Convection Smart Cook*** to select from a diverse menu. Select the desired menu item and follow the instructions on the screen.
- All menu items are individually preset with the necessary cooking time and temperature, making the cooking process quick and simple.
- Some menu items will pause during cooking and prompt you to flip, season, or stir food before resuming cooking.

SENSOR COOK

See "Smart Cook Features" in the Operation Manual for a list of sensor cook menu items.

- The ***Microwave Smart Cook*** feature utilizes sensor cooking, detecting the vapor emitted from food as it heats to adjust cooking time and power level. Once the vapor is detected, the remaining cooking time will display.
- If cooking is paused or interrupted during a sensor program, the microwave will be unable to complete the automatic cooking process, and you will be required to start over.
- The Sensor operates best with foods at normal storage temperature. For example, dinner leftovers should be at refrigerator temperature and popcorn should be at room temperature.
- Foods weighing less than 3 ounces should be reheated manually by time and variable power. (See Microwave Power Level below)

MANUAL COOK

There are 9 manual cook modes.

- **Microwave:** Use as you would a traditional microwave.
- **Convection Bake:** Use as you would a traditional convection oven.
- **Convection Roast:** This mode utilizes all heating elements and works well to roast meats. Use as you would a traditional convection oven.
- **Grill:** This mode utilizes only the top heating element to grill and broil.
- **Air Fry:** With the included Basket accessory, this mode functions like a traditional countertop air fryer.
- **Proof/Warm:** Use to proof baked goods, warm refrigerated dinner plates, or keep cooked dishes warm.
- **Speed Bake:** Utilizing 10% microwave power and 90% convection, this mode is best used for baked goods requiring more than 20 minutes baking time, such as bundt cakes or quick breads and muffins.
- **Speed Roast:** Utilizing 30% microwave power and 70% convection, this mode is best used for larger, dense cuts or meat and whole poultry.
- **High-Speed Pro:** This is the most versatile cook mode, allowing the user control of all heating elements (Top, Bottom, Convection, and Microwave) for up to 3x faster cooking speed.

NOTE: When using the ***High-Speed Pro*** cook mode, it is recommended to use similar ***Smart Cook*** menu items as a guide for setting cook time and heating elements. For example, to cook a chicken casserole with a rice base, see Baked Ziti or Lasagna in ***Convection Smart Cook***.

MICROWAVE POWER LEVEL

POWER LEVEL	RECOMMENDED USE
100%	***brown foods, boil liquids, cook fish, ground meats, bacon, and vegetables***
90%	
80%	
70%	***cook meats and poultry gently, bake casseroles and convenience foods, sauté or reheat foods***
60%	
50%	***slow-cook or braise foods***
40%	
30%	***defrost foods, simmer liquids, or cook delicate sauces***
20%	
10%	***heat breads or soften butter, cheese, and chocolate***
0%	

MANUAL DEFROST

- If you want to defrost a food that is not listed on the ***Smart Cook*** Defrost menu or is above/below the weight range, defrost manually using the ***Microwave*** cook mode.
- Set microwave power level to 30%. Set time according to weight (typically 5 minutes per pound).
- Stop the oven periodically to remove or separate defrosted portions.
- If food is not fully defrosted at the end of estimated defrosting time, program the oven in 1 minute increments on 30% power level until fully defrosted.

TO PAUSE, CANCEL, OR GO BACK

Convection Cooking (Manual and Smart Cook)

- To pause a timed program, open and close the oven door slightly. "PAUSE" will display. Touch **START** to resume. For non-timed programs (temperature only), cooking will automatically resume once the oven door is closed.
- To cancel, touch the ⊗ icon.
- To erase a mistake or go back to the previous screen, touch the ⪡ icon.

Microwave Cooking (Manual and Smart Cook)

- To pause, touch the ⊗ icon once.
- To cancel, touch the ⊗ icon twice.
- To erase a mistake or go back to the previous screen, touch the ⪡ icon.

COOKWARE SUGGESTIONS

See "Utensils and Coverings" in the Operation Manual for a list of acceptable cookware.

Cook Modes and Cookware	Carousel	Basket, Dish, Rack	Wire Racks	Foil*	Glass**	Plastic	Metal
Microwave	✓	✓	✓	✓*	✓	✓	x
Convection Bake	✓	✓	✓	✓	✓**	x	✓
Grill	✓	✓	✓	✓	✓	x	✓
Speed Cook	✓	✓	✓	✓*	✓	x	x
Convection Roast	✓	✓	✓	✓	✓**	x	✓
Air Fry	✓	✓	✓	✓	✓	x	✓
Proof/Warm	✓	✓	✓	✓	✓	x	✓
High-Speed Pro	✓	✓	✓	✓*	✓	x	x
Microwave Smart Cook	✓	✓	✓	✓*	✓	✓	x
Convection Smart Cook	Refer to preset instructions		✓	✓*	✓**	x	✓***

NOTE: All included accessories are dishwasher safe and may be used with all cooking modes. However, for best results when using a Smart Cook preset, it is recommended to follow the instructions precisely and only use the suggested accessories.

* If using Foil, ensure that no foil touches the oven walls. Failure to do so may result in arcing.

** If using Glass with ***Convection*** cooking, reduce temperature by 25°F, as glass baking dishes absorb heat.

*** Some recipes require metal pans. Follow the ***Smart Cook*** menu instructions.

CONNECTING TO WI-FI

See the Wi-Fi Connect Guide for more information.

The Sharp Celerity™ High-Speed Oven is Wi-Fi enabled, allowing remote access and control through the SHARP HOME™ App! With this feature, you can perform essential oven operations such as selecting a cook mode, setting cook time and temperature, and pausing or canceling an active cooking program. This oven can also be paired with the Amazon Alexa app for hands-free cooking.

Wi-Fi Connect and Bluetooth Pairing

- From the oven's Home Screen, touch **SETTINGS**, **WI-FI**, then **ENABLE WI-FI**.
- Download and log into the SHARP HOME™ App.
- In the app, touch the **+** icon, then **High-Speed Oven**.
- Follow the in-app instructions to connect and pair.

NOTE: To pair with Alexa, you must first pair the oven with the SHARP HOME™ App.
For a full Alexa Command List, visit the Sharp website.

*If you are unable to connect and pair, scan the QR code for a troubleshooting list and customer support resources.

SHARP

For additional information, scan the QR code or visit:
https://support.sharpusa.com/s/global-search/SWA3099MS

FOOD PLACEMENT

For a more even cook, use the food placement examples below.



Single Layer
snacks



Circular Pattern
biscuits, rolls, cookies, cinnamon rolls



Side by Side
beef, pork, poultry



Spoke
baked potatoes, sweet potatoes

Note: Each preset menu item has been tested with specific baking dishes (e.g. glass/metal dish) and food types (e.g. frozen, chilled) for optimal results. Please follow the instructions carefully on the oven when using a preset.

MICROWAVE SMART COOK

Category	Food Menu Item	Amounts / Weights	Accessory	Cook Time	Pause
				Cook time will vary depending on amount/weight selected.	During the cooking cycle, some menu items will have a pause with additional instructions.
BEVERAGE / HOT CEREAL	Beverage Reheat	0.5 - 2.0 cups	Carousel	1:00 - 2:45	No
	Hot Cereal	1 - 6 servings	Carousel	2:20 - 11:55	Pause - Stir
	Hot Water	1 - 6 cups	Carousel	2:15 - 11:00	No
DEFROST	Bone-In Poultry	0.5 - 3.0 lbs	Carousel	2:17 - 11:15	Pause - Remove thawed pieces and flip
	Boneless Poultry	0.5 - 2.0 lbs	Carousel	2:25 - 7:10	Pause - Remove thawed pieces and flip
	Casserole / Soup	1 - 6 cups	Carousel	3:10 - 13:35	Pause - Remove thawed pieces and stir
	Ground Meat	0.5 - 2.0 lbs	Carousel	3:30 - 14:00	Pause - Remove thawed pieces and flip
	Roast	2.0 - 4.0 lbs	Carousel	6:25 -12:45	Pause - Remove thawed pieces and flip
	Steaks / Chops	0.5 - 3.0 lbs	Carousel	1:35 - 7:50	Pause - Remove thawed pieces and flip
FISH / SEAFOOD	Fish / Seafood	0.25 - 2.0 lbs	Carousel	Sensor	No
FROZEN ENTRÉE	Frozen Entrée	6 - 17 oz	Carousel	Sensor	No
GROUND MEAT	Ground Meat	0.25 - 2.0 lbs	Carousel	Sensor	Pause - Flip or Stir
MELT	Melt Butter	2 tbsp / 0.5 cup	Carousel	0:30 / 0:55	No
	Melt Chocolate	1 cup chips / 1 square	Carousel	2:00 / 1:30	No
POPCORN	Mini Popcorn	1.2 - 1.75 oz	Carousel	Sensor	No
	Regular Popcorn	2.85 - 3.5 oz	Carousel		No
POTATOES	Baked Potatoes	1 - 6 medium potatoes	Carousel	Sensor	No
	Sweet Potatoes	1 - 6 medium potatoes	Carousel		No
REHEAT	Reheat	4 - 36 oz	Carousel	Sensor	No
RICE	Brown Rice	0.5 - 2.0 cups	Carousel	Sensor	No
	White Rice	0.5 - 2.0 cups	Carousel		No
SOFTEN	Soften Cream Cheese	3 oz / 8 oz	Carousel	1:10 / 2:10	No
	Soften Ice Cream	1 pint / 1.5 quarts	Carousel	1:00 / 1:30	No
VEGETABLES	Frozen Vegetables	0.25 - 1.25 lbs	Carousel	Sensor	No
	Longer Fresh Vegetables	0.25 - 1.5 lbs	Carousel		No
	Quick Fresh Vegetables	0.25 - 2.0 lbs	Carousel		No
	Steamer Bags	6 - 17 oz	Carousel		No
WARM	Warm Dessert Toppings	0.25 cup / 0.5 cup	Carousel	0:20 / 0:30	No
	Warm Syrup	0.25 cup / 0.5 cup	Carousel	0:20 / 0:30	No

Note: Each preset menu item has been tested with specific baking dishes (e.g. glass/metal dish) and food types (e.g. frozen, chilled) for optimal results. Please follow the instructions carefully on the oven when using a preset.

CONVECTION SMART COOK

Category	Food Menu Item	Amounts / Weights	Accessories	Preheat	Cook Time	Pause
			Some menu items will require accessories not included with the oven such as a sheet pan or glass dish. Please be aware of this when selecting the menu item.	For non-preheat menu items. "Speed Boost" displays when cooking begins.	Cook Time does not include preheating time.	During the cooking cycle, some menu items will have a pause with additional instructions.
BEEF	Beef Tenderloin	1.5 - 2.0 lbs	Dish, Carousel	No	18:00 - 20:00	No
	Filet Mignon	2 - 4 steaks (1.5 in / 2.0 in)	Rack, Dish, Carousel	No	13:00 - 17:00	Pause - Flip
	Kebabs	2 - 6 skewers	Rack, Dish, Carousel	No	13:00 - 15:20	Pause - Flip
	Meatloaf	1 pan (9x5 glass loaf pan)	Carousel	No	30:00	No
	New York Strip	2 - 4 steaks (10 - 12 oz ea) (Rare / Medium / Well Done)	Rack, Dish, Carousel	No	15:00 - 18:20	Pause - Flip
	Small Roasted Meatballs	6 - 24 meatballs (1.5 oz ea)	Rack, Dish, Carousel	No	10:00 - 16:00	No
BREADS	Biscuits (Canned)	8 - 16 biscuits	Carousel	Yes	10:00 - 12:00	No
	Biscuits (Frozen)	6 - 12 biscuits	Carousel	Yes	10:00 - 13:00	No
	Cornbread (Pre-Packaged)	1 dish (8x8 glass dish)	Carousel	Yes	8:00	No
	Crescent Rolls (Canned)	8 - 16 rolls	Carousel	Yes	8:00	No
	Dinner Rolls (Fresh Dough)	6 - 16 rolls	Carousel	Yes	8:00	No
	Dinner Rolls (Frozen Pre-Baked)	6 - 12 rolls	Carousel	Yes	6:00	No
	Garlic Bread Split Loaf	1 loaf	Rack, Carousel	No	6:00	No
	Texas Toast (Frozen)	2 - 8 slices	Rack, Carousel	No	5:00 - 7:00	No
BURGERS	Beef Burger	2 - 6 patties (~6 oz ea)	Rack, Dish, Carousel	No	11:20 - 15:00	Pause - Flip
	Plant-Based Burger (Frozen)	2 - 6 patties	Rack, Dish, Carousel	No	6:00 - 10:00	No
	Portobello Mushroom Burger	1 - 4 patties (~4 oz ea)	Rack, Dish, Carousel	No	8:00 - 11:00	Pause - Flip
	Salmon Burger (Pre-Packaged or From Scratch)	2 - 4 patties (~5 oz ea)	Rack, Dish, Carousel	No	11:00 - 14:00	No
	Turkey Burger	2 - 6 patties (~6 oz ea)	Rack, Dish, Carousel	No	12:00 - 16:20	Pause - Flip
	Veggie Burger (Frozen)	2 - 6 patties (~2-3 oz ea)	Rack, Dish, Carousel	No	6:00 - 8:00	No
CASSEROLES	Baked Ziti	1 dish (9x13 glass dish)	Carousel	No	20:00	No
	Breakfast Hashbrown Casserole (Frozen Shredded Potatoes - Thawed)	1 dish (9x13 glass dish)	Carousel	No	27:00	Pause - Remove foil
	Green Bean Casserole	1 dish (9x13 glass dish)	Carousel	No	15:30	No
	Lasagna	1 dish (9x13 glass dish)	Carousel	No	26:00	Pause - Remove foil
	Mac-N-Cheese	1 dish (8x8 glass dish)	Carousel	No	10:00	No
	Sweet Potato Casserole	1 dish (9x13 glass dish)	Carousel	No	15:30	No

CONVECTION SMART COOK

Category	Food Menu Item	Amounts / Weights	Accessories	Preheat	Cook Time	Pause
DESSERTS	Brownies	1 dish (8x8 glass dish)	Carousel	Yes	18:30	No
	Bundt Cake	1 bundt cake pan	Carousel	Yes	24:00	No
	Cake 9''X13''	1 cake pan	Carousel	Yes	18:00	No
	Large Cinnamon Rolls (Canned)	6 - 10 cinnamon rolls	Carousel	Yes	10:00	No
	Cookies (Chilled)	6 - 10 cookies (~1 oz ea)	Carousel	Yes	9:00	No
	Cupcakes	12 cupcakes	Carousel	Yes	12:00	No
FISH / SEAFOOD	Breaded Fish Fillets (Frozen)	1 - 4 servings	Basket, Carousel	No	5:00 - 11:00	No
	Breaded Shrimp (Frozen)	1 - 4 servings	Basket, Carousel	No	5:00 - 8:00	No
	Crab Cakes (Frozen)	2 - 6 crab cakes	Basket, Carousel	No	6:00 - 14:00	No
	Fish Fillets (Thin)	2 - 4 fillets	Rack, Dish, Carousel	No	12:00 - 12:50	No
	Fish Steaks (Thick)	2 - 4 fillets	Rack, Dish, Carousel	No	8:00 - 9:30	No
	Lobster Tails	2 - 4 tails	Rack, Dish, Carousel	No	6:00 - 8:00	No
PIES	Apple Pie (Double Crust)	1 pie (9” glass pie dish)	Basket, Carousel	Yes	38:00	Pause - Remove foil
	Chocolate Chess Pie	1 pie (9” glass pie dish)	Basket, Carousel	Yes	23:00	No
	Par-Baked Pie Shell	1 pie (9” glass pie dish)	Basket, Carousel	Yes	25:00	No
	Pecan Pie	1 pie (9” glass pie dish)	Basket, Carousel	Yes	35:00	Pause - Remove foil
	Quiche	1 quiche	Basket, Carousel	Yes	24:00	No
	Tart Shell	1 tart shell (9” metal pan)	Basket, Carousel	Yes	33:00	Pause - Remove pie weights
PIZZA	Classic Crust Pizza (Frozen)	1 pizza	Rack, Carousel	No	9:00	No
	French Bread Pizza (Frozen)	1 - 4 pieces	Rack, Carousel	No	4:00 - 5:30	No
	Fresh Crust Pizza	1 pizza	Rack, Carousel	No	8:00	No
	Pizza Rolls (Frozen)	1 - 4 servings (1 serving = 6 pizza rolls)	Basket, Carousel	No	5:00 - 6:00	No
	Rising Crust Pizza (Frozen)	1 pizza	Rack, Carousel	No	10:00	No
	Single Pizza (Frozen)	1 pizza (Thick Crust)	Rack, Carousel	No	6:00	No
PORK	Bacon (Thick Cut)	2 - 6 strips	Basket, Dish, Carousel	No	6:00 - 8:00	No
	Boneless Pork Chops	2 - 4 chops	Basket, Dish, Carousel	No	8:30 - 10:20	Pause - Flip
	Brats	2 - 8 brats	Basket, Dish, Carousel	No	8:00 - 12:00	No
	Hot Dogs	2 - 8 hot dogs	Rack, Dish, Carousel	No	6:00 - 9:00	No
	Pork Loin	2 - 4 lbs	Dish, Carousel	No	25:00 - 46:00	No
	Sausage Patties	2 - 8 patties (Refrigerated Temperature)	Rack, Dish, Carousel	No	7:00 - 10:00	No

CONVECTION SMART COOK

Category	Food Menu Item	Amounts / Weights	Accessories	Preheat	Cook Time	Pause
POTATOES	Baked Potatoes	1 - 4 potatoes (5-8 oz / 9-12 oz / 13-16 oz)	Carousel	No	4:00 - 17:00	No
	Baked Sweet Potatoes	1 - 4 potatoes (5-8 oz / 9-12 oz / 13-16 oz)	Carousel	No	3:00 - 12:00	No
	Crispy Smashed Potatoes	15 - 24 oz	Carousel	No	20:00	Pause - Smash and season
	Hasselback Potatoes	1 - 4 potatoes (~10 oz ea)	Basket, Dish, Carousel	No	15:00 - 25:00	No
	Potato Wedges	1 - 2 potatoes (~10 oz ea)	Basket, Carousel	No	7:50 - 11:00	No
	Scalloped Potatoes	1 dish (8x8 glass dish) (Raw Potatoes)	Carousel	No	20:00	No
POULTRY	Chicken Breast (Boneless)	2 - 4 breasts	Rack, Dish, Carousel	No	11:10 - 16:30	Pause - Flip
	Chicken Pieces (Bone-In, Drumsticks)	2 - 6 pieces (~5 oz ea)	Rack, Dish, Carousel	No	7:10 - 11:10	No
	Chicken Pieces (Bone-In, Thighs)	2 - 4 pieces (~8 oz ea)	Rack, Dish, Carousel	No	10:20 - 13:00	Pause - Flip
	Chicken Wings	8 - 12 wings	Rack, Dish, Carousel	No	10:00 - 13:00	No
	Turkey Breast Tenderloins	1 package (2 pieces)	Basket, Dish, Carousel	No	13:50	No
	Turkey Legs	2 - 4 legs	Basket, Dish, Carousel	No	15:00 - 20:00	No
	Whole Chicken	4.5 - 7.0 lbs (Will need water bath. Refer to instructions.)	Basket, Dish, Carousel	No	28:05 - 60:20	Pause - Flip
SNACKS (FROZEN)	Chicken Nuggets	1 - 4 servings (1 serving = 5 nuggets)	Basket, Carousel	No	5:10 - 8:30	No
	Chicken Tenders	3 - 7 tenders (8 - 16 oz ea)	Basket, Carousel	No	8:00	No
	French Fries	10 - 12 oz	Basket, Carousel	No	8:00	No
	Mozzarella Sticks	1 - 4 servings (1 serving = 3 sticks)	Basket, Carousel	No	4:30 - 6:00	No
	Tater Tots	10 - 15 oz	Basket, Carousel	No	8:00	No
	Waffle Fries	10 - 12 oz	Basket, Carousel	No	8:00	No
VEGETABLES	Brussels Sprouts (Roasted)	8 - 24 oz	Basket, Dish, Carousel	No	11:00	No
	Butternut Squash (Roasted)	1 squash	Dish, Carousel	No	20:00	No
	Carrots (Roasted)	8 - 16 oz	Basket, Carousel	No	10:00	No
	Corn on the Cob (Roasted)	2 - 6 cobs	Rack, Dish, Carousel	No	10:00	No
	Grilled Zucchini (Medium)	1 - 2 zucchini	Rack, Carousel	No	7:00	No
	Grilled Zucchini (Large)	1 - 2 zucchini	Rack, Carousel	No	11:00	No
	Mixed Vegetables (Roasted)	8 - 24 oz	Basket, Carousel	No	7:50 - 14:30	No











CONTACT US

If at any time you have questions or comments concerning your SHARP product, please contact the SHARP Customer Assistance Center. We are available to assist you through multiple contact methods for your convenience:

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Available 24/7
US: sharpusa.com
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