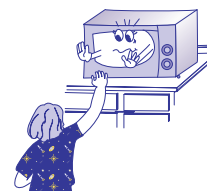
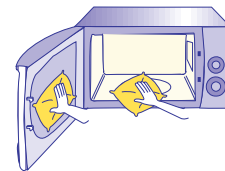
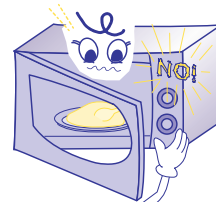


S P E C I A L I N S T R U C T I O N S

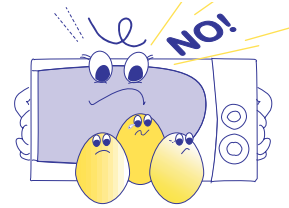
Before operating for the first time, read these special instructions carefully. By doing so, you can avoid making errors and obtain the best possible results.

- 1) This oven has been designed to defrost, heat up and cook foods in a domestic environment only. It must not be used for other purposes and must not be altered or tampered with in any way.
- 2) Before connecting this oven to your electrical supply, examine that three to be certain that the door closes correctly. Also check to see that the metal frame hinges and hooks are not damaged. In the event that these parts have been damaged, the microwave oven cannot be used until a service engineer (trained by the manufacturer or by its Customer Service) has made the necessary repairs.
- 3) Do not try to make the oven operate while the door is open by tampering with the safety devices.
- 4) Do not operate this oven if objects of any type caught between the door and the microwave casing. Also keep the **inside of the door (C)** completely clean by using a damp cloth and non-abrasive detergent. Never allow dirt or food residue build up between the front of the oven and the oven door.
- 5) Do not operate the oven if its electrical feed cable or plug are damaged (because there is the danger of electric shocks).
- 6) **Adjustments, repairs and replacement of the power cable must be performed only by a qualified service engineer** (trained by the manufacturer or by its Customer Service). Repairs made by personnel who are not qualified may become a source of danger.
- 7) If you should see smoke coming out of the oven, **DO NOT OPEN THE OVEN DOOR**. But immediately turn the oven off and remove the plug from the power socket.
- 8) This oven must be used only by adults. **Never let small children near the oven when is in use (because they might get burned).**
- 9) Do not operate with the oven empty.
- 10) Before using this oven, examine that the utensils and containers chosen are suitable for microwave oven use (see the section on "Glassware and Similar Items"). Never put metal containers or utensils in the oven as arcing and sparking in the oven cavity will occur.
- 11) Never leave the oven unattended when in use.
- 12) When cooking foods which are surrounded by membranes or skins such as (egg yolks, potatoes,



tomatoes, chicken, liver) pierce them several times with folk before placing them in the oven.

- 13) Before heating or cooking food in sealed or airtight containers. Otherwise the pressure inside those containers might build up and cause an explosion, even after the food itself has been cooked.



- 14) After heating food for children or the elderly (i.e., food contained in jars or baby bottles), ALWAYS check the temperature of that food before serving it so as to prevent burning. We likewise suggest that you mix or shake that food (to get uniform distribution of the heat).

- 15) While you are heating liquids (water, coffee, milk, etc.), you might find that, because of delayed boiling, the liquid in question may suddenly boil up and spill out while its container is being removed, scalding your hand in the process. To prevent such a situation, you must — before starting to heat that liquid — place a heat-resistant plastic spoon or a glass stirrer in the container.



- 16) Do not heat up liquor having a high alcohol content or large amounts of oil (because otherwise such substances might burst into flame).



- 17) Be careful when you choose cooking times. If you have any doubt the tables.

GLASSWARE AND SIMILAR ITEMS

You can make use of all types of containers made of glass (preferably Pyrex), ceramics, porcelain and clay as long as they do not have decorations or metal parts (gilded borders, handles, feet). You can also use containers made of heat-resistant plastic.

microwave ovens.

You should remember, too, that since microwaves heat the food and not the glassware, earthenware or similar containers for that food, it is possible to cook such foods in the serving plate and thereby avoid the problem of having to clean pans later.

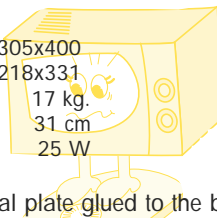
Containers made of metal, wood, cane and plate glass are not suitable for use in

Glass	Ceramics	Porcelain	Clay plates	Plastic for micro-waves	Paper cups*	Paper plates*	Parchment paper*	Card-board	Metal containers	Glassware with metal parts	Special roasting paper
YES	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES

* If the cooking time required is too long, there is a possibility of fire.

T E C H N I C A L D A T A

Outer measurements (LxDxH) 520x305x400
 Inner measurements (LxDxH) 322x218x331
 Approximate weight 17 kg.
 Turntable diameter 31 cm
 Oven light 25 W



For additional data, consult the serial plate glued to the back of the equipment. This equipment is in compliance with EEC Directives 89/336 and 92/31 related to Electromagnetic Compatibility.

E L E C T R I C A L C O N N E C T I O N S

For your safety please read the following information.

WARNING: THIS APPLIANCE MUST BE EARTHED.

The manufacturer shall not be responsible in any manner whatsoever for harm or damage caused by failure to observe this norm.

This appliance operates from a 3 pin 13 amp plug. The voltage rating is 230 volts and should be distribution board.

The appliance is supplied with a marked 13 amp 3 pin mains plug fitted with a 13 amp fuse. Should the fuse require replacement, it must be replaced with a fuse rated at 13amps and approved to BS 1362.

How to wire a 13 amp plug.


Important. The wires in the mains lead on this appliance are coloured in accordance with the following code:

Green and Yellow - Earth

Blue - Neutral

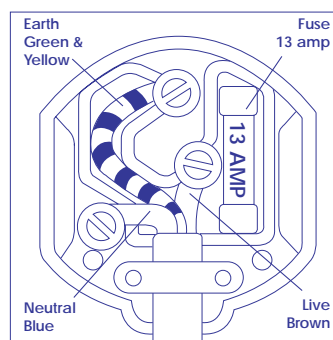
Brown - Live

As the colours may not correspond with the markings identifying the terminals in your plug proceed as follows:

- The green and yellow wire must be connected to the terminal in the plug which is marked with the letter "E" or with the earth symbol  or coloured green and yellow.

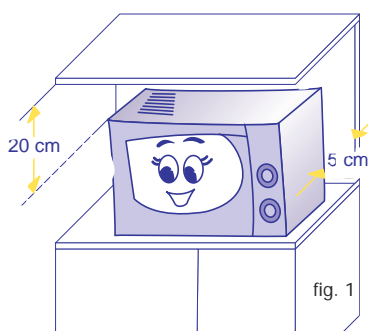
- The blue wire must be connected to the terminal marked "N" or coloured black.

- The brown wire must be connected to the terminal marked "L" or coloured red.



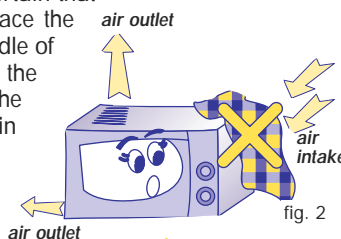
I N S T A L L A T I O N

- 1) After having removed the oven from its box, check to make certain that the turntable spindle (B) is correctly fitted into its housing. Place the

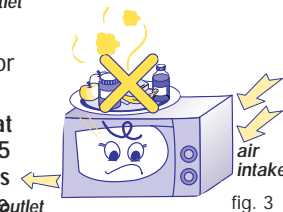


turntable support (E) in the middle of the cooking chamber and set the turntable (D) on top of it. The spindle (B) must be inserted in the related turntable housing.

- 2) Check to make certain that this equipment has not been damaged in transport and check especially to see if the door opens and closes correctly.



- 3) Place this oven on a surface so that there remains a space of about 5 cm. between the oven's surfaces and the walls to the side and the back, and a free space of at least 20 cm. above the oven (see Fig. 1).



- 4) Do not block the air outlet holes. In particular, never place anything on the oven and check that the air and steam outlet slots (located on top of the oven) are ALWAYS FREE (see Figs. 2 and 3).

DESCRIPTION OF CONTROLS

MICROWAVE POWER KNOB

Turn the knob to the power you wish.

The diagram shows two circular knobs. The top knob is the Microwave Power Knob, with a dial showing power levels from 1 to 9, each with a corresponding icon (e.g., 1: defrost, 2: melt butter, 3: melt cheese, 4: cook meat, 5: cook fruit/vegetables, 6: cook fish, 7: cook rice/pasta, 8: heat up food, 9: defrost/reheat). The bottom knob is the Timer Knob, with a dial showing time from 1 to 35 minutes in 5-minute increments, and a 'Stop' button. Arrows point from the text boxes to their respective knobs.

TIMER KNOB

THIS KNOB STARTS ALL THE OPERATIONS.
Turn it in a clockwise direction from 1 to 35 min. When that time has expired, the oven will turn off and you will hear a buzzing signal.

OUTPUT POWER







The door to your oven carries the symbol shown below:

The symbol consists of a square divided into two sections. The left section contains a wavy line representing a microwave. The right section contains a number and a letter.

The **number** shown in the square indicates your oven's **output power in WATTS**. When you consult the tables, always look up your oven's output power. It will prove useful also when you are consulting cookbooks intended for use with microwave ovens.

The **letter** indicates the **heating category** to which your oven belongs: some pre-cooked food packages having a medium-length preservation time give heating instructions corresponding to the various categories. Follow those instructions related to the category indicated for your oven.

HOW TO OBTAIN THE BEST RESULTS FROM YOUR OVEN

What do I want to do?	What power should I choose?	Page
• Keep food warm	Power level 	9
		12
• Defrost	Power level 	9
		12
• Melt butter and soften cheese • Bake pastry goods	Power level 	9
	or	14
		18
• Cook meat	Power level 	9
		16
• Cook fruit • Cook vegetables • Cook fish • Cook rice, pasta • Heat up any type of already cooked or frozen food	Power level 	9
		18
		17
		16
		18
		14
• Defrost, reheat, cook on two levels at the same time	Microwave only with (SPACER LEVEL) (Not with all models)	10
		11

ADVICE ON USING YOUR MICROWAVE OVEN CORRECTLY

Microwaves consist of electromagnetic radiation found in nature under the form of light waves (e.g., sunlight). Inside the oven, these waves penetrate food from all directions and heat up the water, fatty and sugar molecules.

Heat is produced very quickly only the food itself, whereas the container being used warms up but indirectly by means of heat given off by the warmed food. This prevents food from sticking to its container, so you can use very

little fatty substance (and, in some cases, no fat at all) during the cooking process.

Since it is low in fatty content, the cooking effected in a microwave oven is considered to be healthy as well as good for one's diet.

And in contrast to past methods, cooking in a microwave occurs at a lower temperature, so foodstuffs are less dehydrated, lose none of their nutritional value, and better retain their original flavour.

Basic rules for correct cooking with a microwave oven

- 1) In order to set cooking times correctly, remember (in referring to the charts on the following pages) that when you increase the amount of foodstuffs the cooking temperature must likewise be proportionately increased and vice-versa. It is important to respect the "standing" times: **standing time** means that period during which the food must be left to "rest" after being cooked so as to allow an even greater spreading of the temperature within. The temperature of meat, for example, will rise about 5°-8° C. (approx. 9°-15° F.) during the standing time. Standing times may be observed either inside or outside the oven.
- 2) One of the main things you must do is **stir** the food several times while it is being cooked. This helps make the temperature distribution more uniform and thus shortens the cooking time.
- 3) It is also advisable to **turn** the foodstuff **over** during its cooking process: this applies especially for meat, whether it is in large pieces (roasts, whole chickens, etc.) or small (chicken breasts, etc.).
- 4) Foods having a skin, shell or peel (e.g., apples, potatoes, tomatoes, egg yolks, sausages, fish) must be **pierced** with a fork in several points so as to permit steam to escape and to prevent those items from exploding (see Fig. 4).
- 5) If you are preparing a large number of portions of the same food item (e.g., boiled potatoes), **place** those portions in a Pyrex dish in order to have them cook in a uniform manner (see Fig. 5):
- 6) The lower the temperature at which a foodstuff is placed in a microwave oven, the longer the cooking time required. Food at room temperature will cook more quickly than food at refrigerator temperature.
- 7) Always do your cooking by placing the food container in the centre of the turntable.
- 8) It is perfectly normal for **condensation to form** inside the oven and near the air outlet. **To reduce such condensation, cover the foodstuffs with clear-sheet, wax paper, a glass lid or simply an overturned plate.** Foods having a water content (e.g., greens and vegetables) cook better when covered. The covering of food also helps keep the oven clean on the inside. Use clear-sheet made expressly for microwave ovens.

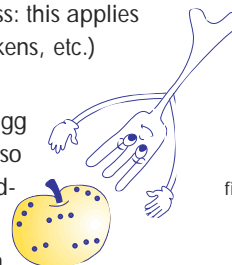


fig. 4

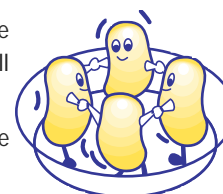


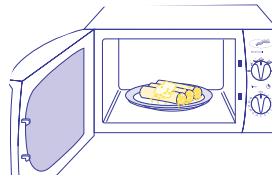
fig. 5

O P E R A T I N G T H E O V E N

1

Place the food in a container suitable for microwave cooking and place it in the centre of the turntable

N.B: You do not have to pre-heat the oven.



2

Close the door



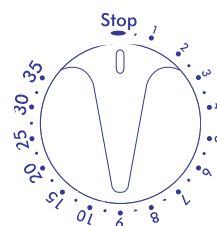
3

Choose the power level you want by turning the power selector knob.



4

Set the cooking time required by turning the timer knob in a clockwise direction.

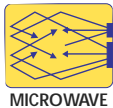


5

Once the set cooking time has expired, a **buzzer** will sound to signal that your food is ready.

It is possible to interrupt the oven's operations at any time simply by turning the timer knob to its **STOP** setting. You may also change the cooking time (while the cooking itself is in progress) by turning that same knob back or forth.

You can check on the situation while the cooking is in progress by opening the door and examining the food. That move will interrupt the oven's operations, but will begin again once the door has been closed.



MICROWAVE
COOKING ON TWO LEVELS AT THE SAME TIME

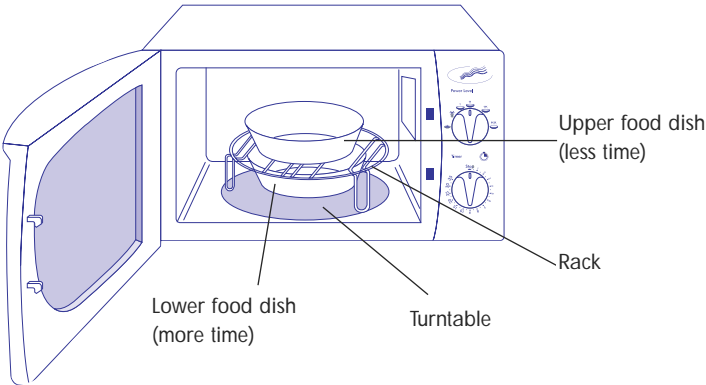
By using the rack, you can defrost, reheat and cook foods at the same time, even different dishes on two levels. The special double-microwave-emission system makes possible, in fact, a perfect distribution of energy.

When you wish to cook two food dishes at the same time, all you have to do is keep these basic rules in mind:

- 1) The cooking times for food dishes cooked at the same time are different from those for the cooking of single dishes. So always consult the reference table on page 11.

Times for simultaneous cooking	
Potatoes (above)	24 min
Goulash (below)	48 min
Cooking times for single dishes	
Potatoes	10 - 14 min
Goulash	35 - 40 min

- 2) Be careful to ALWAYS place on the RACK that food which requires less cooking time: it will be easier to remove the upper pan.
Take the rack out and finish cooking the food underneath.



- 3) Pay strict attention to the indications and recommendations in the tables. In particular, always check to be sure that the food being reheated is very hot before removing it from the oven.



MICROONDE

REFERENCE TABLES FOR COOKING ON TWO LEVELS

Defrosting times

Type	Pan position	Quantity (grams)	Knob power	Minutes	Notes
• Ground meat	above	500		20	Turn the meat over after 15 min. When the cooking is finished, let the meat sit for 15 min.
• Ground meat	below	500		20	
• Chicken in pieces	above	500		24	During the defrosting, pull the pieces apart. When the cooking is finished, let the meat sit for 15 min.
• Stew	below	500		24	
• Cauliflower	above	450		22	At the end, let sit for 5 to 10 min.
• Whole fish	below	500		22	At the end, let sit for 5 to 10 min.

Reheating times

Type	Pan position	Quantity (grams)	Knob power	Minutes	Notes
• Meat, single serving	above	150		6	Cover the food with plastic wrap
• Vegetables, single serving	below	250		6	Cover the food with plastic wrap
• Plate of lasagne	above	500		9	Cover the food with plastic wrap
• Plate of lasagne	below	500		9	Cover the food with plastic wrap
• Meat, single serving	above	150		6	Cover the food with plastic wrap
• Plate of lasagne	below	500		8	Cover the food with plastic wrap


Cooking times

Type	Pan position	Quantity (grams)	Knob power	Minutes	Notes
• Potatoes	above	500		20	Cut in equal-size pieces and cover with plastic wrap.
• Potatoes	below	500		20	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	above	500		16	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	below	500		16	Cut in equal-size pieces and cover with plastic wrap.
• Sliced fish	above	400		13	Cover with plastic wrap. After 13 min., take out the rack.
• Zucchini	below	475		15	Leave whole and cover with plastic wrap.
• Whole fish	above	200		11	Cover with plastic wrap. After 11 min., take out the rack.
• Zucchini	below	475		14	Leave whole and cover with plastic wrap
• Whole fish	above	200		11	Cover with plastic wrap.
• Whole fish	below	200		11	Cover with plastic wrap.
• Potatoes	above	500		20	Cut in equal-size pieces and cover with plastic wrap.
• Goulash	below	1500		40	After 24 min., take out the rack. Stir 2 or 3 times.
• Rice	above	300		22	Cover with plastic wrap and stir 2 times
• Cabbage	below	500		22	Leave whole and cover with plastic wrap
• Peas	above	500		20	Cover with plastic wrap.
• Brussels sprouts	below	500		20	Cover with plastic wrap.
• Meat loaf	above	500		30	If needed, turn over at the halfway point
• Potatoes	below	500		30	Cover with plastic wrap.
• Sausages	above	300		22	Stir 1 or 2 times
• Sausages	below	300		22	Stir 1 or 2 times
• Stew	above	700		36	Stir 1 or 2 times
• Pork roast	below	700		36	Turn over at the halfway point

KEEPING FOOD WARM

This particular function is recommended for all food servings in general.

This function enables you to keep food hot, whether that food be just cooked or re-heated, without having it get dry or stick to its container.


By turning the power selector knob to the  setting and covering the food with a plate or clear-sheet, you will find that foodstuffs remain warm up to the very moment you serve them.


If you prefer, you can leave foodstuffs in their cooking container (on the condition that the container itself is covered).

DEFROSTING

- Foods frozen in bags or plastic sheeting or in their packaging may be placed directly in the oven, as long as they have no metal parts (e.g., bands or closure rivets).
- Certain foods, such as greens, vegetables and fish, do not have to be completely defrosted before you begin cooking them.
- Stewed foods and meats as well as meat sauces defrost better and quicker if they are stirred from time to time, turned over or separated.
- While defrosting, meat and fish lose their liquid content. It is recommended, therefore, that you defrost such items in a tray or basin.
- It is advisable to separate each individual piece of meat from its bag before putting it in the freezer. This will help you save valuable time when preparing foods.
- Be careful about following the cooking times printed on frozen products, because those times are not always correct. It is best to use defrosting times slightly less than those indicated. The time needed for defrosting will vary in terms of the degree to which the food has been frozen.

Defrosting times

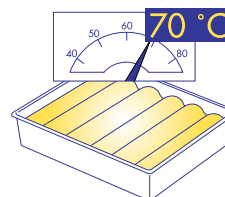
The times indicated on the chart (timer knob) vary in relation to your oven's input power. The output power figure is printed on the oven door, inside the  symbol (see page 7).

Type	Quantity	Power Selector	900 W output power	Notes	Standing time (minutes)
			Timer (minutes)		
MEAT					
• Roasts (pork, beef, veal, etc.)	1 kg		20 - 26		20
• Steaks, cutlets, meat slices	200 gr	"	3 - 7		5
• Stew, goulash	500 gr	"	11 - 15		10
• Ground meat	500 gr	"	9 - 13		15
"	250 gr	"	4 - 8		10
• Hamburger	200 gr	"	4 - 8		10
• Sausages	300 gr	"	6 - 10		10
POULTRY					
• Duck, turkey	1,5 kg	"	30 - 33	At the end of the rest period, wash under hot water to remove possible ice	20
• Whole chickens	1,5 kg	"	30 - 33		20
• Cut-up chicken	500 gr	"	11 - 15		10
• Chicken breasts	300 gr	"	9 - 14		10
VEGETABLES					
• Cubed eggplant	500 gr	"	14 - 18	To make defrosting easier, stir the vegetables from time to time	5
• Cut-up peppers	500 gr	"	13 - 17		5
• Shelled peas	500 gr	"	10 - 14		5
• Artichoke hearts	300 gr	"	6 - 10		5
• Pieces of asparagus	500 gr	"	11 - 15		5
• Cut-up green beans	500 gr	"	13 - 17		5
• Whole broccoli	500 gr	"	12 - 16		5
• Brussels sprouts	500 gr	"	12 - 16		5
• Cut-up carrots	500 gr	"	11 - 15		5
• Cauliflower tops	450 gr	"	10 - 14		5
• Mixed vegetables	300 gr	"	5 - 9		5
• Cut-up spinach	300 gr	"	6 - 10		5
FISH					
• Filleted fish	300 gr	"	6 - 10		7
• Cut-up fish	400 gr	"	7 - 11		7
• Whole fish	500 gr	"	10 - 14		7
• Crayfish	400 gr	"	7 - 11		7
DAIRY PRODUCTS					
• Butter	250 gr	"	3 - 7	Remove the aluminium paper and metal pieces. Partially defrosted. Needs the standing time. Cream is to be removed from its container and put on a plate.	10
• Cheese	250 gr	"	4 - 8		15
• Cream	200 ml	"	6 - 10		5
BREAD PRODUCTS					
• 2 average-size rolls	150 gr	"	0,30 - 2	Put the bread directly on the turntable	3
• 4 average-size rolls	300 gr	"	3 - 5		3
• Sliced home-style bread	250 gr	"	3 - 5		3
• Whole-wheat bread	250 gr	"	3 - 5		3
FRUIT					
• Strawberries, prunes, cherries, currants, apricots	500 gr	"	10 - 12	Mix 2 or 3 times	10
• Raspberries	300 gr	"	6 - 8	Mix 2 or 3 times	10
• Blackberries	250 gr	"	4 - 6	Mix 2 or 3 times	6

H E A T I N G


The heating of foods is one operation in which your oven demonstrates all its practicality and efficiency. In contrast to regular methods, in fact, use of a microwave oven saves you a great deal of time and — as a result — of electric energy costs.







- We recommend that you heat foodstuffs (especially if they are frozen) at a temperature of at least 70° C. (it must be piping hot!). You will not be able to eat that food immediately because it will be too hot, but you will have the guarantee that the food itself is completely sterilised.



- To heat pre-cooked or frozen foods, follow these rules:
 - remove the food from its metal containers;
 - cover it with plastic wrap (the clear-sheet type suitable for microwave ovens) or wax paper; in this way, all the food's natural flavour will be preserved and the oven will stay cleaner; you may also cover the food with an upside-down plate;
 - if possible, stir or turn the food over frequently so as to speed up the heating process and keep the heat uniform at the same time;
 - follow the cooking times listed with great caution; remember that under certain conditions the cooking times given must be lengthened
- Frozen foods must be defrosted before the heating process begins. The lower the food's initial temperature, the longer the time needed for heating.
- Foodstuffs and drinks may be heated briefly in paper or plastic containers. In any event, however, such containers may become misshapen if the heating time is too long.

Heating times

The times indicated on the chart (timer knob) vary in relation to your oven's input power. The output power figure is printed on the oven door, inside the  symbol (see page 7).

Type	Quantity	Power Selector	900 W output power	Notes
			Timer (minutes)	
SOFTENING FOOD				
• Chocolate, icing	100 gr		5 - 7	Put on a plate. It is not necessary to stir cubed chocolate. Stir icing once. To heat, add 1 min.
• Butter	50 -70 gr	"	1 - 2	
ALREADY FROZEN PRE-COOKED FOODS				
• Lasagne	500 gr		4 - 6	Remove from the container and place on a flat plate. Cover the food. After the heating, let food such as ribs and Bhuna Gosht stand for 2 minutes; these foodstuffs must be stirred at least 2 times during the heating process.
• Filled pasta	550 gr	"	4 - 6	
• Ribs	350 gr	"	3 - 5	
• Bhuna Gosht	350 gr	"	3 - 5	
FOODS REFRIGERATED UP TO ABOUT 20° C.				
• Milk, cocoa	1/4 l		1 - 1½	To be heated in a bowl.
• Liquids	1/4 l	"	1 - 1½	To be heated in a bowl.
• Butter	250 gr	"	1 - 2	Remove metallic wrapping.
• Yoghurt	125 gr	"	1 - 1½	Remove metallic wrapping.
REFRIGERATOR-TEMPERATURE FOODS				
• 1 baby bottle	240 ml		1 - 3	Heat bottle without its nipple Stir after heating. Check the temperature of the contents before feeding the baby.
• 1 plate of meat	350-400 gr		3 - 6	Heat with clear-sheet cover
• 1 serving of meat	100 gr	"	1 - 3	Heat with clear-sheet cover except with breaded meat. Turn after 2 min.
• 1 serving of meat and vegetables	450 gr	"	3 - 6	
• 1 serving of fish	150-200 gr	"	2 - 4	Heat with clear-sheet cover except with breaded fish. Turn after 2 min. .
• 1 serving of potatoes and rice	200 gr	"	2 - 4	Heat with clear-sheet cover.
• 1 serving of pasta	250 gr	"	2 - 4	Heat with clear-sheet cover
• 1 cup of broth	300 cc	"	2 - 5	Clear broth to be heated uncovered. Broth with pasta to be heated with a clear-sheet covering.
DRINKS AT ROOM TEMPERATURE (about 70° C.)				
• 1 bowl of water	180 cc		1 - 3	Water for instant tea or coffee Stir when water is not yet at the boiling point.
• 1 cup of milk	150 cc	"	1 - 3	Milk is heated so it may be drunk.
• 1 cup of coffee	100 cc	"	1 - 2	Stir after heating.

C O O K I N G

MEATS

You can make roasts, braised meats and stews. Turn over and rotate those large pieces which cannot be stirred. Be careful not to be deceived by the meat's outward appearance (during and at the end of the cooking) because it may not have the brownish colour common to meats prepared in a regular oven. In return, however, the nutritional values and flavour of meat are retained to an exceptional degree.


POULTRY






You can defrost and then cook all types of poultry in a microwave oven. Poultry skin may not roast to the colour usually associated with other ovens: to obtain a golden brown tone, baste the skin with a brush dipped in melted butter or margarine.

FISH

In a microwave oven, fish can be prepared very quickly and with excellent results. You can season it with a little oil or butter (or not season it at all, if you so prefer). Cover the fish with clear-sheet. The skin is to be slit, of course, and filleted fish must be placed in a uniform fashion. We recommend that **you not use** this oven to cook fish which has been dipped in egg batter.

Cooking times for meat, poultry and fish

If you wish to make meat more tender, we recommend that you add 1/2 of a cup of water at the start of the cooking process. The times indicated on the chart (timer knob) vary in relation to your oven's input power. The output power figure is printed on the oven door, inside the  symbol (see page 7).

Food	Quantity	Power Selector	900 W output power	Notes	Standing time (minutes)
			Timer (minutes)		
BEEF					
Meat loaf	500 gr		15 - 20	Mix together 350 grams of ground beef, eggs, ham, bread crumbs, etc.	5
Loin	600 gr	"	17 - 22		5
Roast, leg	1 kg	"	25 - 30	Turn at the halfway point	10
VEAL					
Stew	700 gr	"	17 - 22	Stir 2 or 3 times	8
Roast (rolled loaf)	1 kg	"	25 - 30	Turn at the halfway point	10
Sliced rump steak	200 gr	"	10 - 15	Turning not necessary	2
PORK					
Leg	500 gr	"	15 - 20	Turn at the halfway point	5
Roast	1 kg	"	25 - 30	Turn at the halfway point	10
Saddle of pork	700 gr	"	17 - 22	Turn at the halfway point	8
LAMB					
Leg	1 kg	"	25 - 30	Turn at the halfway point	10
Fresh hamburgers	100 gr		7 - 10		3
Goulash	1,5 kg		35 - 40	Stir 2 or 3 times	3
Sausages	300 gr		10 - 14		3
POULTRY: CHICKEN					
Whole	1,5 kg	"	40 - 45	Turn at the halfway point	10
Half	500 gr	"	15 - 20	Turning not necessary	5
Pieces	500 gr	"	15 - 20	Turning not necessary	5
Breast	300 gr	"	10 - 14	Turning not necessary	3
TURKEY					
Pieces	1,5 kg	"	40 - 45	Turn at the halfway point	8
Breast	500 gr	"	15 - 20	Turning not necessary	8
DUCK					
Whole	1,5 kg	"	40 - 45	Turn at the halfway point	10
FISH					
Filleted	300 gr		4 - 7	Cover while cooking	2
Slices	300 gr	"	6 - 9	Cover while cooking	2
Whole	500 gr	"	7 - 10	Cover while cooking	2
Whole	250 gr	"	4 - 7	Cover while cooking	2
Crayfish	500 gr	"	6 - 9	Cover while cooking	2
Cut-up fish	400 gr	"	6 - 9	Cover while cooking	2

GREENS AND VEGETABLES

Greens and vegetables cooked in a microwave oven retain more of their colour and nutritional value than when cooked in traditional ovens.


Per every 500 gr. of greens or vegetables add about 5 teaspoons of water


Greens and vegetables must always be covered with clear-sheet.

Sturdier items (e.g., carrots) should be cut into regular-sized pieces..

Stir greens and vegetables at least once at the halfway point. Add a little salt only at the end.

Cooking times for greens and vegetables

The times indicated on the chart (timer knob) vary in relation to your oven's input power. The input power figure is printed on the oven door, inside the  symbol (see page 7).

Type	Quantity	Power Selector	900 W output power	Notes	Standing time (minutes)
			Timer (minutes)		
• Asparagus	500 gr		6 - 8	Cut into 2-cm. pieces and cover.	4
• Artichokes	300 gr	"	7 - 11	Cut off the stalk and cover.	4
• Green beans	500 gr	"	9 - 13	Cut into pieces and cover	4
• Broccoli	500 gr	"	8 - 12	Separate into individual "florets" and cover.	4
• Brussels sprouts	500 gr	"	9 - 13	Leave whole and cover.	4
• White cabbage	500 gr	"	10 - 14	Cut into strips and cover.	4
• Red cabbage	500 gr	"	10 - 14	Cut into strips and cover.	4
• Carrots	500 gr	"	8 - 12	Cut into same-size pieces and cover.	4
• Cauliflower	450 gr	"	7 - 11	Separate into stalks and cover	4
• Celery	500 gr	"	8 - 12	Separate into pieces and cover	4
• Eggplant	500 gr	"	8 - 12	Cut into cubes and cover.	4
• Leek	500 gr	"	11 - 15	Cut into strips and cover	4
• Mushrooms	500 gr	"	10 - 14	Leave whole and cover. No water is needed	4
• Onions	250 gr	"	8 - 12	Whole, but of the same size. No water is needed.	4
• Spinach	300 gr	"	7 - 11	Cover after having washed and drained the leaves.	4
• Peas	500 gr	"	9 - 13	Cover	4
• Fennel	500 gr	"	13 - 17	Cut into quarters and cover.	4
• Peppers	500 gr	"	11 - 15	Cut into pieces and cover.	4
• Potatoes	500 gr	"	10 - 14	Cut into same-size pieces and cover.	4
• Zucchini	500 gr	"	6 - 10	Cut into slices and cover.	4

N.B: The cooking times on this table are approximate and depend on the weight, the temperature before cooking, and the sturdiness as well as the constitution of the greens and vegetables.

SOUPS AND RICE

- Soups or broth usually require a smaller amount of liquid because the evaporation in microwave ovens is rather limited. Because it is a dehydrating agent, salt must be added only when the cooking is finished or during the standing time.
- It is correct to say that the temperature required for cooking rice in a microwave oven (as is true also for pasta) is more or less the same as that needed to cook this foodstuff over a burner on a regular stove. The advantage of preparing a risotto dish in a microwave oven lies in the fact that you do not have to stir the rice constantly (two or three times is enough). The ingredients are placed in a container suitable for microwave ovens and covered with clear-sheet (for about 300 gr. of rice, you need 750 gr. of broth with the oven programmed at top power for about 12 to 15 minutes). In addition, the rice will not stick to the bottom of its container and, since it can be cooked in a tureen or some other such receptacle to be brought to the table, you will not have to transfer that rice to a serving plate.

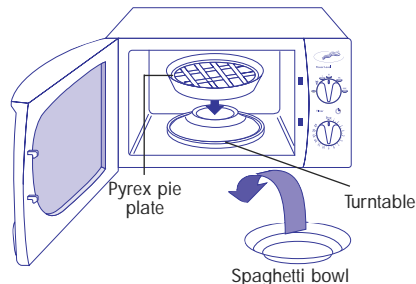
BROWNING

The foodstuffs most difficult to brown while being cooked in a microwave oven are usually cutlets, scaloppine, and chicken breasts. To obtain such a browning effect, however, you are advised to grease the outer portion with butter (preferably combined with paprika). You will find on the market sauces especially researched to give colour to foodstuffs cooked in a microwave oven. In each and every case, you must allow the meats or fish to be browned to absorb some fatty and colouring sub-


FRUIT AND BAKED FOODS




Baked foods will rise (at a lower power level) much more than they do with regular baking. Since no crust is formed, it is better to garnish the surface of the portions with cream or icing (e.g., chocolate); in addition, you must keep the item being baked fully covered, because such foodstuffs tend to dry out more quickly than those baked in a regular oven. Fruit is to be pierced if cooked with its peel on and is to be kept covered: it is essential that you adhere to the standing time (3 to 5 minutes).

Keep in mind that in order to obtain uniformly-risen baked foods and to guarantee excellent results, you must bake the cake or similar foodstuff by placing its container (a Pyrex pie plate would be ideal) on an overturned spaghetti bowl (about 4 cm. high) placed in the middle of the turntable (as shown in the illustration at the side).



Cooking times for baked goods and fruit

The times indicated on the chart (timer knob) vary in relation to your oven's input power. The output power figure is printed on the oven door, inside the  symbol (see page 7).

Type/quantity	Power Selector	900 W output power	Standing time (minutes)	Observations and advice
		Timer (minutes)		
Nut cake (700 gr)		13 - 17	5	May be used in combination with any cream whatsoever
Viennese torte (850 gr)	"	17 - 21	5	To be filled with jam or jelly.
Pineapple cake (800 gr)	"	15 - 19	5	The pineapple slices can be laid on the bottom of the pie plate or cut into pieces and mixed into the dough.
Apple cake (1000 gr)	"	17 - 21	5	The apples are spread on top as a decorative effect.
Coffee cake (750 gr)	"	13 - 17	5	Excellent when filled with cream.
Zabaione		1,30 - 3	3	Mix with a whisk every 30 seconds
Cooked pears (300 gr)		3 - 5	3	The pears are to be cut into quarters.
Cooked apples (300 gr)	"	4 - 6	3	The apples are to be cut into pieces.

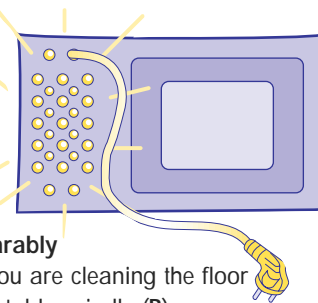
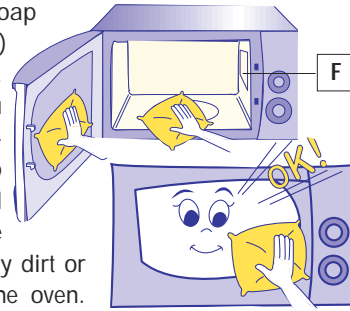
C L E A N I N G A N D M A I N T E N A N C E

Disconnect the plug from power socket before beginning any cleaning or maintenance operations.

Cleaning

To keep your microwave oven in the best condition, you are advised to clean regularly the door as well as the interior and exterior with a damp cloth and neutral soap or liquid detergent. Always keep the microwave outlet cover (F) free of fat or splashed grease. **Never use abrasive detergents, scouring pads or tools with metal rivets.** In addition, when you clean the oven's exterior be careful not to let water or liquid detergent seep into the air and steam outlet slots located on the top of the oven. We likewise recommend that you do not use alcohol or abrasive detergents to clean the door surfaces. Always keep the inner portion of the oven door clean, being careful not to let any dirt or food residue get caught between the door and the front of the oven. Regularly clean the air intake holes found on the back of the oven so that they will not become blocked up with dust or dirt deposits as time goes by.

Every now and then, it will be necessary to remove the turntable (D) and its support device (E) and clean them, just as you must for the floor of the oven itself. Wash the turntable and its support in warm soapy water (these pieces may likewise be cleaned in a dishwasher). **Never place the turntable in cold water after a prolonged heating session; the extreme thermal shock could irreparably damage the turntable.** The turntable motor is sealed tight. When you are cleaning the floor of the oven, however, be careful not to let water seep under the turntable spindle (B).



If something seems not to be working right...

If you should discover a flaw or defect, contact a Service Centre authorised by the manufacturer. In any case, before calling our technicians, you should carry out the following simple checks:

p r o b l e m	c a u s e / r e m e d y
<ul style="list-style-type: none"> The oven is not working. 	<ul style="list-style-type: none"> The door is not properly closed. The plug has not been inserted properly in the power socket. The fuse in the plug has blown. The main circuit breaker has tripped.
<ul style="list-style-type: none"> Condensation on the cooking level and inside the oven 	<ul style="list-style-type: none"> When foods containing water are cooked, it is completely normal for the steam formed inside the oven to issue forth and to condense inside the oven itself or on the cooking level.
<ul style="list-style-type: none"> Sparks inside the oven 	<ul style="list-style-type: none"> When cooking with a microwave oven, do not make use of metal containers or bags or packages having metal clips.
<ul style="list-style-type: none"> The food is not heating sufficiently. 	<ul style="list-style-type: none"> Select the correct cooking method or increase the cooking time. The food was not completely defrosted before being placed in the oven.
<ul style="list-style-type: none"> The food is getting burned 	<ul style="list-style-type: none"> Select a lower power level or shorten the cooking time.
<ul style="list-style-type: none"> The food is not cooking in a uniform manner 	<ul style="list-style-type: none"> Stir the food while it is cooking: Bear in mind that food cooks better if cut into pieces of equal size. The turntable is stuck.
<ul style="list-style-type: none"> Oven light not functioning 	<ul style="list-style-type: none"> Contact an authorized Service Centre to substitute the light. The oven can still be used even if the light bulb is broken.