

MICROWAVE OVEN







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Data and instruction for Performance Tests according to IEC 705 and further Amendment Document 59H/69/CD
The International Electrotechnical Commission SC 59H, has developed a Standard for comparative testing of heating performances of microwave ovens.

We recommend the following for this oven:

Test Nr. on standard	Item	850w/900w output power Duration	750w/800w output power Duration	Power level	Weight	Standing time	Note
A	Egg custard	14' - 16'	18' - 20'		750 gr	5 min.	The upper surface shall be evaluated after the standing time. The inner custard evaluation shall be conducted after two hours.
B	Sponge cake	6' - 7'	8' - 9'		475 gr	5 min.	Use the borosilicate glass container stated in the Standard (max dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick. 6mm.
C	Meat loaf	18' - 20'	22' - 24'		900 gr	5 min.	Cover the container with cling film and pierce the film. Use the rectangular borosilicate glass container stated in the Standard or the Arcopal® Cat. nr Z1/BB (01)10460-1
Defrosting	Defrosting minced meat	10' - 12'	14' - 16'		500 gr	15 min.	Place the frozen load directly on the turnable. Turn upsidedown the load after half of the defrosting time.

SAFETY

READ THESE WARNINGS CAREFULLY BEFORE STARTING TO USE THE OVEN

SMOKE AND FIRE

In the event of smoke or fire, switch off the oven and **leave the door closed to contain any flames**. Remove the plug from the power socket.

Carefully follow cooking instructions for food with a high sugar or fat content, such as Christmas pudding or fruit cake. The sugar or fat can overheat and in some cases catch fire.

DELAYED BOILING

Take extra care when handling drinks heated in the microwave. Always stir liquids before, during and after cooking, and allow them to stand before serving; they can come to the boil even after the microwave has finished heating.

BABY FOOD AND DRINK

Always stir or shake feeding bottles and baby food jars, and check the temperature before feeding to the baby.

DOOR

Do not use the oven if the door or door seals are damaged. Have the oven repaired by a qualified repairer. Do not attempt to operate the oven while the door is open by tampering with the safety devices.

Do not operate the oven if objects of any kind get stuck between the front panel of the oven and the oven door. Do not let dirt or food residue build up between the front of the oven and the oven door. Always keep the inside of the door clean using a damp cloth and non-abrasive detergents.

REPAIRS AND SERVICE

Do not remove any covers or attempt to carry out repairs replacement of the supply card or service. Always contact a repairer trained by the manufacturer, or the manufacturer's Service Centre, for repairs.

COOKING CONTAINERS

Use open containers to heat food and drink. Pressure can build up in sealed containers causing them to explode. Look at the oven from time to time when food is heated or cooked in disposable containers of plastic, paper or other combustible materials.

EGGS

Do not cook eggs in their shells. Pressure can build up in the shell causing the egg to explode.

CHILDREN

This oven must only be used by adults, never allow small children to get close to the oven while it is operating (they may burn themselves).

1 - UNPACKING AND GETTING READY

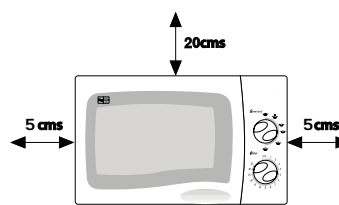
This oven is designed for home use. It should not be used for commercial catering.

- 1 After unpacking your oven, check that it hasn't been damaged whilst in the box. Make sure there are no dents, that the door closes properly, and that the seal is not damaged. A dented or damaged oven could allow microwave energy to escape.

Make sure that you've taken all the packaging from inside the oven.

- 2 Choose a flat work surface for your microwave away from heat sources such as radiators or fires, and away from anywhere that's very cold.

You should allow a 10cm space all around the oven and 20 cm above the oven, so that warm air can escape from the vents during cooking – it is not designed to be built in.

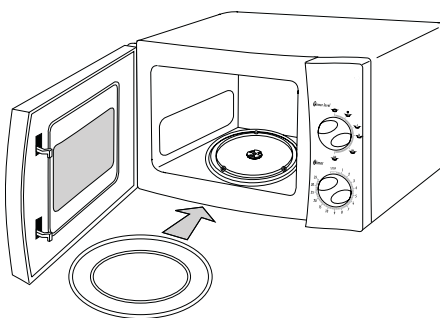


- 3 Plug your oven into a standard household electrical socket (230 volt, minimum 10 amp rated). Check that the socket is properly earthed: the manufacturer shall not be responsible in any manner if this safety norm is not observed.

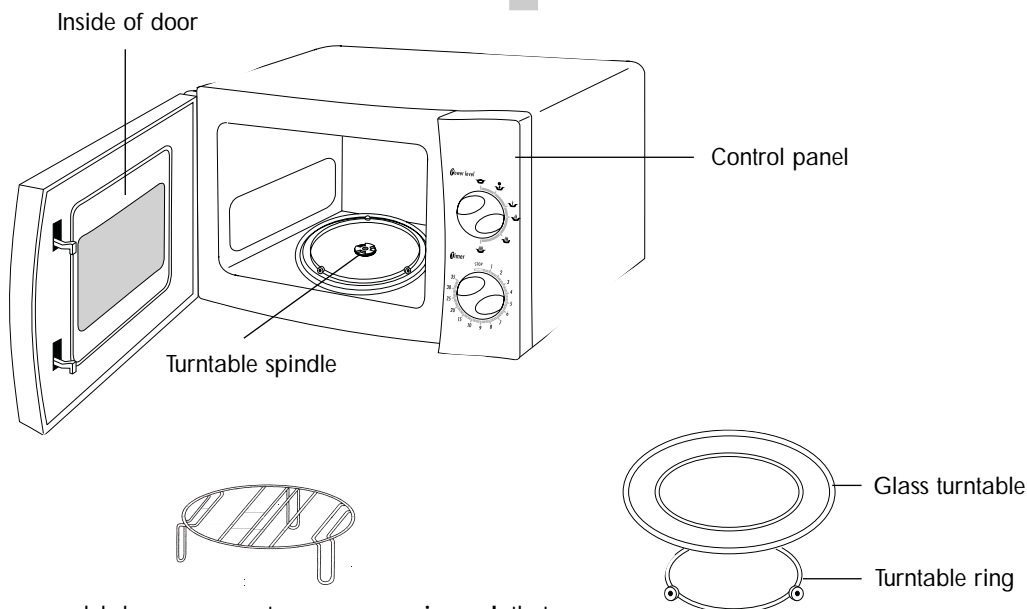
Avoid using a socket that also has an adaptor and other equipment plugged in.

- 4 Slot the turntable spindle into its hole in the bottom/middle of your oven. Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

You must always use the turntable and ring whenever you use the microwave.

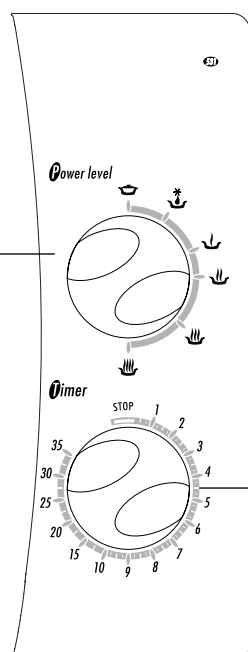


1 UNPACKING



Some models have a separator or spacer **wire rack** that makes it possible to cook two food dishes at the same time (simultaneous insertion of two plates or pans).

MICROWAVE POWER KNOB
Turn the knob to the power you wish.



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.

SAFETY

Moisture

Don't allow your oven to be exposed to rain, moisture or dust.

Care for youngsters

Take extra care to test the temperature of food or drink before giving it to babies or children.

Never allow children to play with the oven.

Service

Leave service and maintenance to qualified repairers. Don't remove any fixed covers as this could expose dangerous voltages.

Power

Your oven is supplied with an approved 13 amp fused mains plug. Always use a 13 Ampere (BS 1362) approved fuse.

Never use this plug without the fuse cover.

2 - INTRODUCING MICROWAVE COOKING

Always remember the basic safeguards you'd follow when using any cooking equipment or handling hot food.

This page gives some of the basic guidelines for microwave cooking.

If you're unfamiliar with using a microwave, there's more information at the back of this guide.

2.1 - COOKING WITH A MICROWAVE

Cooking with a microwave is much faster than conventional cooking and, whilst you should make sure that food is fully cooked, you should be careful not to overcook it.

If you're cooking a number of individual foods at the same time, such as baked potatoes or small cakes, arrange them evenly on the turntable so that they cook evenly. Never stack food in your microwave.

Meat and poultry which is cooked for 15 minutes or more will brown lightly in its own fat. Anything cooked for a shorter time can be brushed with a browning sauce to give an appetising colour.

Microwaves can heat unevenly so stirring to distribute heat is very important. Always stir from the outside towards the centre.

Turn larger foods such as meat roasts and poultry during cooking so that the top and bottom cook evenly. It's also a good idea to turn chops and chicken pieces, especially if they contain the bone.

Strips of aluminium foil can be used to cover the thinner pieces of food to stop them overcooking before the thicker parts of the food have had a chance to cook. Use the foil sparingly and wrap around the food or container carefully to stop it touching the inside of the oven which could cause sparks.

INTRODUCING MICROWAVE COOKING

2.2 - OVENWARE TO BE USED

You can make use of all types of containers made of glass (preferably Pyrex), ceramics, porcelain and glazed pottery 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. For short heating periods, you may use paper napkins, cardboard trays and plastic "throwaway" plates as a base. As far as shape and size are concerned, it is absolutely essential that containers be such as to allow the turntable to rotate.

Containers made of metal, wood, recycled kitchen paper, cane and plate glass are not suitable for use in microwave ovens.

The metal rack (if supplied with your microwave) have been fully tested for safe use. 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 dish and thereby avoid the problem of having to clean pans later.

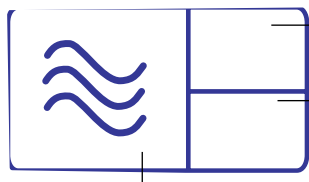
2

INTRODUCING MICROWAVE COOKING

MORE ABOUT GETTING THE MOST FROM MICROWAVE COOKING

2.3 - MICROWAVE HEATING CATEGORIES

Your oven has been tested and labelled to meet the government's voluntary agreement on the reheating of pre-cooked food.



OUTPUT POWER: The microwave output power is indicated inside this symbol, placed on the oven door.


The letter indicates the **heating category** to which your oven belongs: some pre-cooked food packages (frozen or chilled) give heating instructions corresponding to the various categories.

Three wavy lines show that this oven has been tested to meet the agreement.


Check the cooking times, for the heating category indicated on your oven, on the food's packaging to see how long it should be cooked for.

Remember
Always check that the food is evenly cooked and piping hot before you serve it.

To Microwave: Remove outer packaging. Pierce film lid SEVERAL TIMES. Place on a microwaveable plate. Heat on full power. Turn halfway through heating.

	Heating Category		Wattage (IEC 705)	
	B	D	650W	750W
Full Power	2	2	2	2
Turn	Turn		Turn	
Full Power	2	1.5	2	1.5
Standing Time	1	1	1	1
	Minutes		Minutes	

To Microwave from Frozen: Remove outer packaging. Pierce film lid SEVERAL TIMES. Place on a microwaveable plate. Heat on full power. Turn halfway through heating.

	Heating Category		Wattage (IEC 705)	
	B	D	650W	750W
Full Power	3	2.5	3	2.5
Turn	Turn		Turn	
Full Power	4	3.5	4	3.5
Standing Time	1	1	1	1
	Minutes		Minutes	

The heating characteristics and output power levels of microwave ovens are usually calculated using a relatively large portion of food (a 1000 gram load, IEC 705) but many packs of pre-cooked food are sold in smaller packs, often about 350 grams. The government, in partnership with food companies and microwave manufacturers, have set up a system of heating categories to help you choose the reheating time for pre-cooked food.

INTRODUCING MICROWAVE COOKING

2.4 - STEAM

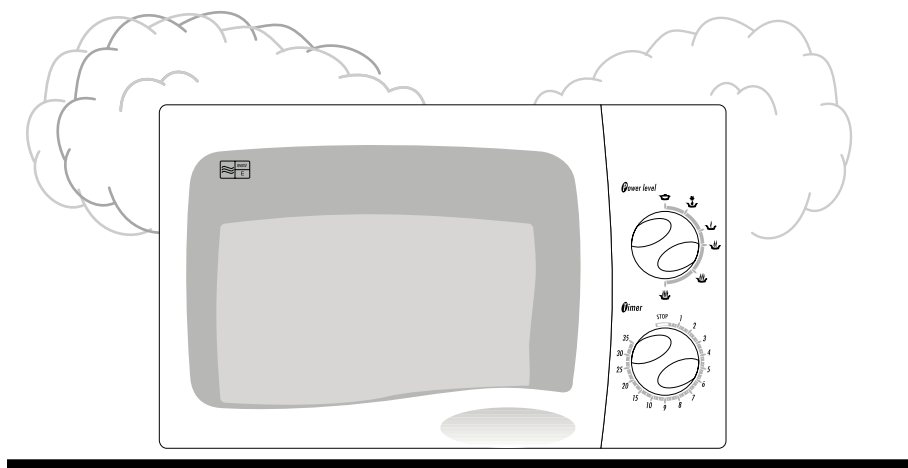
When you microwave food, steam is created as water in the food heats up and evaporates.

The steam formed during microwave cooking is entirely safe. It has to escape from the microwave to prevent pressure from building up inside the oven. It does this through the vents on the back of the oven and from around the door.

CONDENSATION

As the steam cools, you may find the condensation gathers in small pools inside your microwave and on the work surface beneath the door and vents.

Always dry the oven after cooking foods with a high moisture content.



Your microwave is designed to let steam escape from the vents and around the door without microwave energy escaping.

There is no danger of microwave energy escaping with the steam.

INTRODUCING MICROWAVE COOKING

2.5 - CHECKING YOUR MICROWAVE

Check your microwave is working after unpacking and whenever you think it might not be working properly.

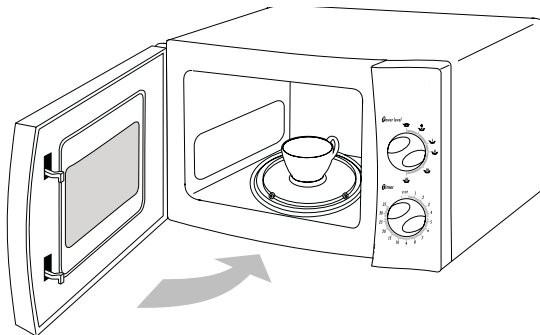
1

Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

You must always use the turntable and ring whenever you use the microwave.

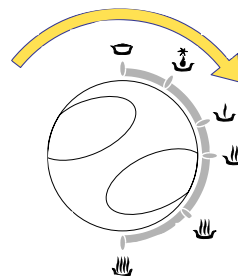
Place a cup of water on the turntable. Make sure the cup is microwave-safe – it shouldn't have any decorative metal trim.

Close the oven door.



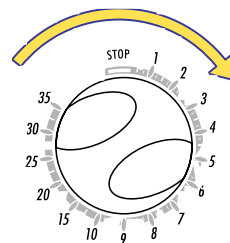
2

Choose the max power level by turning the power selector knob.



3

Select 1 minute cooking time by turning the timer knob in a clockwise direction.



4

The oven light comes on during cooking and the turntable rotates. At the end of the minute the water should be hot – be careful when you take the cup out of the oven.

Once the set cooking time has expired, a “Ding” will sound to signal that your food is ready.

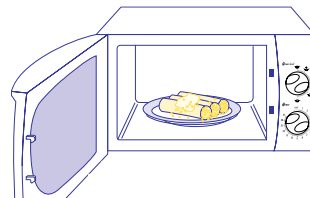
3 - USING THE MICROWAVE

3.1 - OPERATING THE OVEN

1

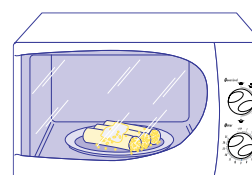
Place the food in a container suitable for microwave cooking and place it in the centre of the turntable

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



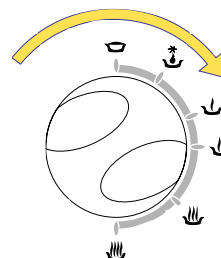
2

Close the door



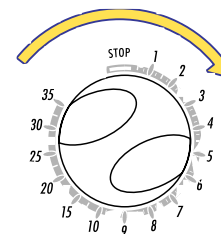
3

Choose the power level you want by turning the power knob. See the table on following page.



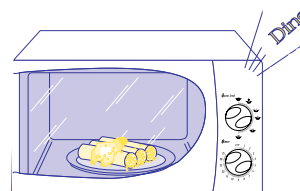
4

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



5

Once the set cooking time has expired, a “Ding” 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 they will begin again once the door has been closed.







USING THE MICROWAVE

3.2 - CHOOSING A SUITABLE POWER SETTING

Your microwave has 6 power setting.

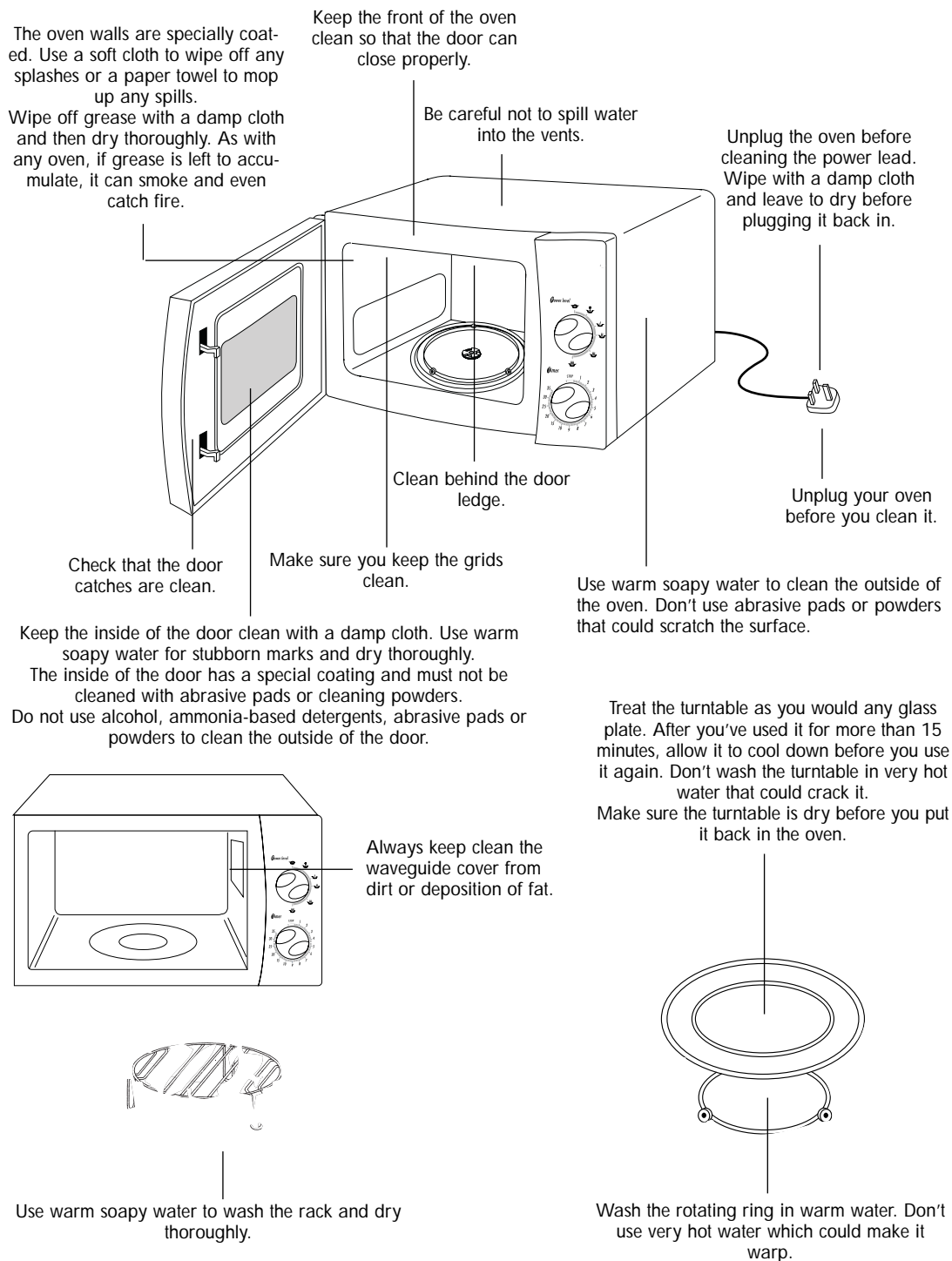
Always choose the setting that's best suited to the food you want to cook.

This table shows the power settings.

What power should I choose?		23 lt	17 lt	What do I want to do?
Power setting		90w	80w	<ul style="list-style-type: none"> Keep food warm
Power setting		135w	120w	<ul style="list-style-type: none"> Defrost
Power setting	 or 	315w 450w	280w 400w	<ul style="list-style-type: none"> Melt butter and soften cheese Bake pastry goods
Power setting		630w	560w	<ul style="list-style-type: none"> Cook meat
Power setting		900w	800w	<ul style="list-style-type: none"> Cook fruit Cook vegetables Cook fish Cook rice, pasta Heat up any type of already cooked or frozen food

4 - CLEANING YOUR MICROWAVE

Cleaning your oven each time you use it will help to prevent stubborn marks that can be difficult to clean.



5 - USING YOUR OVEN SAFELY

As with any cooking appliance, make sure that you use your microwave oven safely.

PREPARING FOOD FOR BABIES

- Always be very careful when preparing food and drink for babies and small children.
- Avoid scalding by allowing a standing time before testing the temperature of food and drink.
- Take extra care when warming milk in baby bottles. Narrow necked bottles can burst if overheated in a microwave oven.
- Remove the teat from the baby bottle before using the bottle in a microwave oven. If the teat is left on the bottle, heat can't escape and the bottle could burst.

SAFE USE OF YOUR MICROWAVE

- Use your microwave for food preparation only.
Never use it for drying cloths, sterilising, or other non-food purposes.
- Use containers that are wider at the top than at the bottom.
In microwaves, liquids can heat to above their boiling point without bubbling. When the liquid is lifted out of the oven, the movement can make it boil and bubble up out of the container with the danger of scalding.
Using containers that are wider at the top than at the bottom can help to prevent this from happening.
- Only heat popcorn which is labelled for microwave use.
- Always stir liquids before, during and after cooking, and allow them to stand before serving.
This gives the liquid an even temperature and helps to prevent it from boiling after it has been taken out of the microwave.
- Carefully follow cooking instructions for food with a high sugar or fat content, such as Christmas pudding or fruit cake.
The sugar or fat can overheat and in some cases catch fire. In the event of a fire, switch off the oven and leave the door closed to contain any flames. Remove the plug from the powers socket.
- Never use the oven when it is empty.
It's a good idea to leave a cup of water inside the oven at all times in case someone should accidentally switch it on.
- Do not heat oil or fat for deep frying. The oil could overheat and catch fire.
- Do not leave a conventional meat thermometer in food during cooking. Remove the food from the oven before testing the temperature and remember to remove the thermometer before you put the food back in the microwave.

5 USING YOUR OVEN SAFELY

- Do not use metal objects in the microwave.

These include:

- metal cooking utensils
- metal plates or trays
- wire twist ties
- crockery with metal trims.

- Never leave the oven unattended during use.

Cooking times given in recipes should be used as a guide only. The weight, shape and starting temperature of the food will all affect the time actually needed for cooking.

Check the food during cooking.

If you're not sure whether the food is cooked, check it with a fork.

Cooking for too long could cause smoking or even fire.

- Do not use capped bottles, vacuum-tight containers or sealed jars in the microwave.

Do not cook eggs or nuts in their shells.

Pierce the skin of fruit and vegetables, such as apples or potatoes, and egg yolks before cooking.

Pressure builds up inside sealed containers, and inside foods with a shell or skin as they heat. This can cause the container or food to explode.

- Be careful when using paper, plastic, wooden or other combustible materials in the oven as they can catch fire.
- Only use paper towels if your cookery book instructs you to.
- Leave repairs and maintenance to repairers, trained by the manufacturer.
Never tamper with or adjust:
the door; the control panel; the power cable; the door catches.
- Be careful not to catch paper towels or other objects between the door and the oven when you close the door.
Microwave energy can escape if the door is not closed properly.
- If you wear a pacemaker, consult your doctor before using a microwave.

First aid

Treat scalding by:

- 1 Quickly placing the scald under cold running water for at least 10 minutes.
- 2 Cover with a clean dry dressing. Do not use creams, oils or lotions.

Fire

In the event of fire:

- 1 Keep the oven door closed.
- 2 Turn off the power.
- 3 Unplug from mains.

6 - QUESTIONS AND ANSWERS

Q Why doesn't food seem to cook?

A Check that:

- the cooking time has been set
- the door is closed
- the power socket is not overloaded causing a fuse to blow.

Q Why does the food seem undercooked or overcooked?

A Check that:

- the correct cooking time has been set
- the correct power setting has been used.

Q How can I stop eggs from popping?

A When you bake or poach eggs in the microwave, the yolk can sometimes pop as steam builds up inside it. You can stop the egg from popping by piercing the yolk with a toothpick before cooking. Never cook eggs that are still in their shells.

Q Why is it so important that I allow standing time after cooking?

A With microwave cooking, many foods build up enough heat inside them to continue cooking even after they've been taken out of the oven. Because microwave cooking works from the outside of food inwards, standing time lets you cook the centre of the food just right without the outside being overcooked.

Q Why does my oven sometimes take longer to cook than it says in the recipe?

A First check that the oven was set just as the recipe said. Cooking times and heat settings are suggestions to help prevent overcooking but differences in the weight, size, shape and starting temperature of food will all affect how long it takes to cook – just as it does with a conventional oven. Use your judgement along with the recipe to check whether food has been cooked properly.

Q Why do I get condensation on the inside of the oven door?

A Condensation is perfectly normal, especially when you're cooking food with a high moisture content such as potatoes.

QUESTIONS AND ANSWERS

6

Q
A

Does the microwave energy get through the window on the door?

No. The door has a special metal screen with holes in that lets you see inside but stops microwave energy from getting out.

Q
A

Steam comes out of the side of the door and vents. Can microwave energy get out too?

No. The door and vents are carefully designed to let steam out during cooking but keep microwave energy in. The gaps are not big enough for microwave energy to escape.

Q
A

What happens if the microwave is switched on while the oven is empty?

The microwave oven will be damaged. Don't switch the microwave on when there's nothing inside the oven. It's a good idea to keep a cup of water in the oven just in case someone accidentally starts the microwave.

Q
A

Why won't the oven light come on?

Open the door. If the light doesn't come on, the bulb has probably blown. Call a qualified repairer – don't try to change the bulb yourself.

Q
A

There are sparks inside the oven when I use the microwave. Will this cause any damage?

Yes. Make sure that you are not using any metal utensils and that your containers don't have a metal trim. You must not use metal in your microwave, except the accessories provided with the oven, when you cook.

Q
A

Light is showing through the vents and door. Does this mean the microwave energy can escape?

No. It's normal for the light to be visible and is nothing to be concerned about.

Q
A

Why do I get interference on my TV and radio when I use the microwave?

Microwave ovens use radio waves similar to those received by TVs and radios. You can lessen the interference by moving your microwave further away from the TV or radio.

7 - COOKING GUIDELINES

7.1 - MICROWAVE COOKING

- Use the cooking times and food quantities as a guide.
The more food you are cooking, the longer you should cook it for.
- Cook in microwave-safe containers.
- If you use cling film to cover your food, turn back a corner or pierce the film before you begin to cook.

MEAT

- 1 Place the meat on a microwave roasting rack or microwave-proof plate.
 - 2 Put the container into the oven on the glass turntable and follow the cooking instructions.
-
- 3 Halfway through cooking, turn the meat over to allow both sides to cook.
-
- 4 At the end of the cooking time, cover the meat and leave it to stand for about 5 to 10 minutes.
Standing time allows the centre of the meat to continue to finish cooking without overcooking the outside.
-

Always make sure that the meat is fully cooked before serving.

Hint

Remember that size and shape affect cooking time. Larger portions take longer than smaller portions and larger cuts take longer than smaller ones.

COOKING GUIDELINES *MICROWAVE COOKING*

VEGETABLES

Microwave cooking is ideal for vegetables – flavours are more distinct, colours are brighter and more nutrients are retained.

- 1 Prepare your vegetables as normal. Try to cut them to roughly equal sizes and spread them out in the dish so that they all cook evenly. Arrange whole or halved vegetables, such as potatoes, in a circle with centre open. Keep as much space as possible between each vegetable. Pierce any vegetables that have a skin.
Place tender vegetables, such as asparagus or broccoli, with the more tender parts towards the centre.
- 2 Add the minimum of water, about 2–4 tbsp is normally enough. Some vegetables will cook in their own moisture.
Add salt according to taste.
- 3 Cover the dish with a lid or microwave cling film (always pierce the film to let steam escape).
Place the dish onto the glass turntable.
- 4 Shake or stir during cooking.
- 5 Leave the vegetables covered for the full standing time.
Standing time allows the centre of the vegetables to continue to cook without overcooking the outside.

POULTRY

Remove the giblets and any metal clamps, and prepare the poultry as you would normally. Always make sure that poultry is fully defrosted before you start to cook.

- 1 Prick the skin and lightly brush with vegetable oil.
You don't need to use any oil if it is a self-basting bird.

Hint

Remember that size and shape affect cooking time. Larger portions take longer than smaller portions and larger vegetables take longer than smaller vegetables.

Safety

Be careful when you uncover cooked vegetables as steam burns.

COOKING GUIDELINES *MICROWAVE COOKING*

- 2 Place the meat on a microwave roasting rack or microwave-proof plate.
- 3 Put the container into the oven on the glass turntable and follow the cooking instructions. Use the weight of the bird when stuffed to calculate the cooking time.
- 4 Turn the meat halfway through the cooking time to allow both sides to cook evenly. If you don't turn it, poultry can cook unevenly because of its irregular shape.
- 5 At the end of the cooking time, cover the meat and leave it to stand for about 5 to 10 minutes. Standing time allows the centre of the meat to finish cooking without overcooking the outside.

SOUPS AND RICE

- 1 Soups or broth usually require a small 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.
- 2 The temperature required for cooking rice (or pasta) in a microwave oven is more or less the same as that needed to cook it on a regular hob. The advantage of preparing a risotto dish in a microwave oven is you do not have to stir the rice constantly (two or three times is enough).
- 3 Make sure 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 5 for about 12 to 15 minutes).

Always make sure that poultry is fully cooked before serving. Pierce the thickest part of the meat with a sharp knife. If the juice runs clear and the meat is firm, the meat is cooked.

Hint

Remember that size and shape affect cooking time. Larger portions take longer than smaller portions and larger cuts take longer than smaller ones.

COOKING GUIDELINES *MICROWAVE COOKING*






BAKED GOODS AND FRUIT

- 1 Baked goods rise more at lower oven power in your microwave than in a conventional oven. Since no crust is formed, it is better to garnish the surface portions with cream or icing after cooking. In addition, you must keep items being baked fully covered, because they tend to dry out.
- 2 Fruit is to be pierced, if cooked with its peel on, and is to be kept covered. It is essential that you stick to the standing time (3 to 5 minutes).
- 3 In order to obtain uniformly risen baked goods and to guarantee excellent results place a bowl (about 4cm high) over your baking dish (ideally a Pyrex pie plate) and place them in the middle of the turntable.

7 COOKING GUIDELINES MICROWAVE COOKING

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 output power. The output power is indicated on the oven door.

MICROWAVE COOKING CHART


Food	Quantity	Power Selector	850/900W output power Timer (minutes)	750/800W output power Timer (minutes)	Notes	Standing time (minutes)
BEEF						
Meat loaf	900 gr		18 - 20	22 - 24	(*)	5
Meat loaf	800 gr	"	15 - 20	20 - 25	Mix together 500 grams of ground beef, eggs, ham, bread crumbs, etc.	5
Loin	600 gr	"	17 - 22	22 - 27		5
Roast, leg	1 kg	"	25 - 30	32 - 37	Turn at the halfway point	10
VEAL						
Stew	700 gr	"	17 - 22	22 - 27	Stir 2 or 3 times	8
Roast (rolled loaf)	1 kg	"	25 - 30	32 - 37	Turn at the halfway point	10
Sliced rump steak	200 gr	"	10 - 15	15 - 20	Turning not necessary	2
PORK						
Leg	500 gr	"	15 - 20	20 - 25	Turn halfway through cooking	5
Roast	1 kg	"	25 - 30	32 - 37	Turn halfway through cooking	10
Saddle of pork	700 gr	"	17 - 22	22 - 27	Turn halfway through cooking	8
LAMB						
Leg	1 kg	"	25 - 30	32 - 37	Turn at the halfway point	10
Fresh hamburgers	100 gr		7 - 10	10 - 13		3
Goulash	1,5 kg		35 - 40	40 - 45	Stir 2 or 3 times	3
Sausages	300 gr		10 - 14	14 - 19		3
POULTRY: CHICKEN						
Whole	1,5 kg	"	40 - 45	45 - 50	Turn at the halfway point	10
Half	500 gr	"	15 - 20	20 - 25	Turning not necessary	5
Pieces	500 gr	"	15 - 20	20 - 25	Turning not necessary	5
Breast	300 gr	"	10 - 14	14 - 19	Turning not necessary	3
TURKEY						
Pieces	1,5 kg	"	40 - 45	45 - 50	Turn at the halfway point	8
Breast	500 gr	"	15 - 20	20 - 25	Turning not necessary	8
DUCK						
Whole	1,5 kg	"	40 - 45	45 - 50	Turn at the halfway point	10
FISH						
Fillets	300 gr		4 - 7	7 - 10	Lay in dish with thickest part outwards, brush with melted butter or lemon juice, cover to cook. Slit skin to prevent bursting. Shield head and tail with foil	2
Slices	300 gr	"	6 - 9	9 - 12		2
Whole	500 gr	"	7 - 10	10 - 13		2
Whole	250 gr	"	4 - 7	7 - 10		2
Crayfish	500 gr	"	6 - 9	9 - 12		2
Cut-up fish	400 gr	"	6 - 9	9 - 12		2

(*) These indications are suitable for carrying out the minced meat cooking test in accordance with IEC regulation 705, test C. Cover the container with a transparent film for microwave oven perforated in several places. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2

COOKING GUIDELINES **7** MICROWAVE COOKING

The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power is indicated on the oven door.

MICROWAVE COOKING CHART

Food	Quantity	Power Selector	850/900W output power	750/800W output power	Notes	Standing time (minutes)
			Timer (minutes)	Timer (minutes)		
• Asparagus	500 gr		9 - 10	11 - 12	Cut into 2-cm. pieces	4
• Artichokes	300 gr	"	11 - 12	12 - 13	It would be better to use artichoke bottoms	4
• Green beans	500 gr	"	11 - 12	13 - 14	Cut into pieces	4
• Broccoli	500 gr	"	7 - 8	9 - 10	Separate into individual "florets"	4
• Brussels sprouts	500 gr	"	7 - 8	9 - 10	Leave whole	4
• White cabbage	500 gr	"	7 - 8	9 - 10	Cut into strips	4
• Red cabbage	500 gr	"	7 - 8	9 - 10	Cut into strips	4
• Carrots	500 gr	"	9 - 10	11 - 12	Cut into same-size pieces	4
• Cauliflower	450 gr	"	11 - 12	13 - 14	Separate into stalks	4
• Celery	500 gr	"	7 - 8	9 - 10	Separate into pieces	4
• Eggplant	500 gr	"	6 - 7	8 - 9	Cut into cubes	4
• Leek	500 gr	"	6 - 7	8 - 9	Cut into strips	4
• Mushrooms	500 gr	"	6 - 7	8 - 9	Leave whole No water is needed	4
• Onions	250 gr	"	5 - 6	7 - 8	Whole, but of the same size. No water is needed.	4
• Spinach	300 gr	"	6 - 7	8 - 9	Cover after having washed and drained the leaves.	4
• Peas	500 gr	"	10 - 11	12 - 13		4
• Fennel	500 gr	"	12 - 13	14 - 15	Cut into quarters	4
• Peppers	500 gr	"	9 - 10	11 - 12	Cut into pieces	4
• Potatoes	500 gr	"	8 - 9	10 - 11	Cut into same-size pieces	4
• Zucchini	500 gr	"	7 - 8	9 - 10	Cut into slices	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.

COOKING GUIDELINES *MICROWAVE DEFROSTING*

7.2 - MICROWAVE 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 will 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.

7

COOKING GUIDELINES MICROWAVE DEFROSTING

The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power is indicated on the oven door.

MICROWAVE DEFROSTING CHART

Type	Quantity	Power Selector	850/900W output power Timer (minutes)	750/800W output power Timer (minutes)	Notes	Standing time (minutes)
MEAT						
• Roasts (pork, beef, veal, etc.)	1 kg		20 - 26	27 - 32	(*)	20
• Steaks, cutlets, meat slices	200 gr	"	3 - 7	8 - 12		5
• Stew, goulash	500 gr	"	11 - 15	16 - 20		10
• Ground meat	500 gr	"	10 - 12	14 - 16		15
"	250 gr	"	4 - 8	9 - 13		10
• Hamburger	200 gr	"	4 - 8	9 - 13		10
• Sausages	300 gr	"	6 - 10	11 - 15		10
POULTRY						
• Duck, turkey	1,5 kg	"	30 - 33	34 - 37	At the end of the rest period, wash under hot water to remove possible ice	20
• Whole chickens	1,5 kg	"	30 - 33	34 - 37		20
• Cut-up chicken	500 gr	"	11 - 15	16 - 21		10
• Chicken breasts	300 gr	"	9 - 14	15 - 20		10
VEGETABLES						
• Cubed eggplant	500 gr	"	14 - 18	19 - 24	To make defrosting easier, stir the vegetables from time to time	5
• Cut-up peppers	500 gr	"	13 - 17	18 - 23		5
• Shelled peas	500 gr	"	10 - 14	15 - 20		5
• Artichoke hearts	300 gr	"	6 - 10	11 - 16		5
• Pieces of asparagus	500 gr	"	11 - 15	16 - 21		5
• Cut-up green beans	500 gr	"	13 - 17	18 - 23		5
• Whole broccoli	500 gr	"	12 - 16	17 - 22		5
• Brussels sprouts	500 gr	"	12 - 16	17 - 22		5
• Cut-up carrots	500 gr	"	11 - 15	16 - 21		5
• Cauliflower tops	450 gr	"	10 - 14	15 - 20		5
• Mixed vegetables	300 gr	"	5 - 9	10 - 15		5
• Cut-up spinach	300 gr	"	6 - 10	11 - 16		5
FISH						
• Filleted fish	300 gr	"	6 - 10	11 - 16		7
• Cut-up fish	400 gr	"	7 - 11	12 - 17		7
• Whole fish	500 gr	"	10 - 14	15 - 20		7
• Crayfish	400 gr	"	7 - 11	12 - 17		7
DAIRY PRODUCTS						
• Butter	250 gr	"	3 - 7	8 - 12	Remove the aluminium paper and metal pieces.	10
• Cheese	250 gr	"	4 - 8	9 - 13	Partially defrosted. Needs the standing time.	15
• Cream	200 ml	"	6 - 10	11 - 15	Cream is to be removed from its container and put on a plate.	5
BREAD PRODUCTS						
• 2 average-size rolls	150 gr	"	0.30" - 2	3 - 4	Put the bread directly on the turntable	3
• 4 average-size rolls	300 gr	"	3 - 5	6 - 8		3
• Sliced home-style bread	250 gr	"	3 - 5	6 - 8		3
• Whole-wheat bread	250 gr	"	3 - 5	6 - 8		3
FRUIT						
• Strawberries, prunes, cherries, currants, apricots	500 gr	"	10 - 12	13 - 15	Mix 2 or 3 times	10
• Raspberries	300 gr	"	6 - 8	9 - 11	Mix 2 or 3 times	10
• Blackberries	250 gr	"	4 - 6	7 - 9	Mix 2 or 3 times	6

(*) These indications are suitable for carrying out the minced meat defrosting test in accordance with IEC regulation 705, par. 18.3. Turn the load upside-down halfway through the time set. The load should rest directly on the rotating plate. Further indications, also regarding other performance tests in accordance with IEC regulation 705, are shown in the table on page 2



COOKING GUIDELINES *MICROWAVE REHEATING*

7.3 - MICROWAVE REHEATING

- We recommend that you heat foodstuffs to a temperature of at least 70° C – the food must be piping hot.
- To heat pre-cooked or frozen foods, follow these guidelines:
 - remove the food from its metal containers;
 - cover it with cling-film (suitable for microwave ovens); this will help to preserve the natural flavour of the food and keep the inside of the oven clean. You could also cover the food with an upside-down plate;
 - stir, or turn over the food frequently, so as to speed up the heating process and keep the heat uniform;
- Frozen foods must be defrosted before the heating process begins.

7 COOKING GUIDELINES MICROWAVE REHEATING

The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power is indicated on the oven door.

Type	Quantity	power level	850/900W times (min.)	750/800W times (min.)	Notes
SOFTENING FOOD					
• Chocolate/icing	100 gr		4 - 5	5 - 6	Put on a plate. Mix the icing once.
• Butter	50 -70 gr		0.5"-0.10"	0.7"-0.12"	
CHILLED FOOD (INITIAL TEMP. 5/8°C) UP TO 20/30°C					
• Yoghurt	125 gr	"	0.10"-0.15"	0.12"-0.17"	Remove metal foil
• Baby's bottle	240 gr	"	0.25"-0.30"	0.35"-0.40"	Heat the baby's bottle without the teat and mix it immediately after heating to make the temperature uniform. Check the temperature of the contents before use. With milk at room temperature the heating time is lower. To avoid risk of fire when using dried milk please stir evenly. Please use already sterilized milk.
CHILLED PRECOOKED FOOD (INITIAL TEMP. 5/8°C) TO APPROX. 70°C					
• Packet of lasagne or of pasta with filling	400 gr	"	4 - 6	6 - 8	Packets of any kind of commercially available pre-cooked food, to be heated to a temp. of 70° C. Remove the food from any rice metal packets and put it directly onto the plate from which it is to be eaten. For best results, always cover the food.
• Packet of meat with and/or vegetables	400 gr	"	4 - 6	6 - 8	
• Packet of fish and/or vegetables	300 gr	"	3 - 5	5 - 7	Portions of any kind of already cooked food, to heat to a temp. of 70°C. The food is placed directly onto the plate from which it is to be eaten and is always covered either with a transparent film or with an upturned plate.
• Plate of meat and/or vegetables	400 gr	"	5 - 7	7 - 9	
• Plate of pasta, cannelloni or lasagne	400 gr	"	5 - 7	7 - 9	
• Plate of fish and/or rice	300 gr	"	4 - 6	6 - 8	
FROZEN FOOD TO REHEAT/COOK (INITIAL TEMP. -18°/-20°C) TO APPROX. 70°C					
• Packet of lasagne or of pasta with filling	400 gr	"	6 - 8	8 - 10	Packets of any kind of commercially available pre-cooked frozen food, to be heated to a temp. of 70° C directly in its packet. Remove the food from any metal containers and put it directly onto the plate from which it is to be eaten, increasing cooking time by a few minutes.
• Packet of meat with rice and/or vegetables	400 gr	"	5 - 7	7 - 9	
• Packet of fish and/or pre-cooked vegetables	300 gr	"	3 - 5	5 - 7	
• Packet of fish and/or raw vegetables	300 gr	"	8 - 10	10 - 12	Remove the raw food from the packets and place it in a container suitable for microwaves and cover.
• Portion of meat and/or vegetables	400 gr	"	6 - 8	8 - 10	Portions of any kind of already cooked frozen food, to be heated to a temperature of 70°C. Place the frozen food in the plate from which it is to be eaten and cover it with another upturned plate or pyrex dish. Check that it is hot in the centre; where possible, mix the food.
• Portion of pasta, cannelloni or lasagne	400 gr	"	7 - 9	9 - 11	
• Portion of fish and/or rice	300 gr	"	4 - 6	6 - 8	
CHILLED DRINKS (INITIAL TEMP. 5°/8° C) UP TO APPROX. 70°C					
• 1 cup of water	180 cc	"	2 - 2.30"	2.30"-3	All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.
• 1 cup of milk	150 cc	"	1.30" - 2	2-2.30"	
• 1 cup of coffee	100 cc	"	1.30" - 2	2-2.30"	
• 1 plate of broth	300 cc	"	4 - 5	5 - 6	
DRINKS AT ROOM TEMPERATURE (INITIAL TEMP. 20°/30°C) UP TO APPROX. 70° C					
• 1 cup of water	180 cc	"	1.30" - 2	2-2.30"	All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.
• 1 cup of milk	150 cc	"	1 - 1.30"	1.30"-2	
• 1 cup of coffee	100 cc	"	1 - 1.30"	1.30"-2	
• 1 plate of broth	300 cc	"	3 - 4	4 - 5	

COOKING GUIDELINES *COOKING ON TWO LEVELS*

7.4 - COOKING ON TWO LEVELS

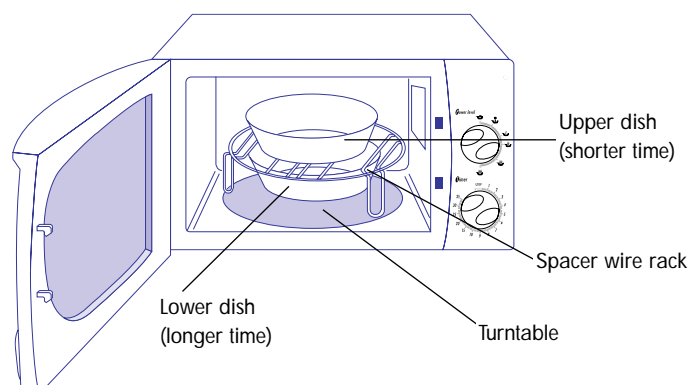
Only for those models provided with a spacer wire rack

Cooking on two levels enables you to cook an entire meal in one go.

By using the **spacer wire rack** you can defrost, reheat and cook two different dishes at the same time. The special double-microwave-emmission system makes this possible.



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

- 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.
- Be careful to always place on the spacer wire rack the food that requires less cooking time: it will be easier to remove the upper pan. Take the grill out and finish cooking the food underneath.
- Pay attention to the indications and recommendation in the table on the following page. In particular, always check to be sure that the food being reheated is very hot before removing it from the oven.



7 COOKING GUIDELINES COOKING ON TWO LEVELS

COOKING ON TWO LEVELS CHART

Precess	Type	Pan position	Quantity	Power	Time (minutes)	Notes
Defrost	Ground meat	above	500g		20	Turn over after 15 minutes. Stand
	Ground meat	below	500g	"	20	for a further 15 minutes.
	Chicken pieces	above	500g	"	24	Pull meat apart during defrosting.
	Stew	below	500g	"	24	Stand for a further 15 minutes
	Cauliflower	above	450g	"	22	Stand for 5 to 10 minutes
	Whole fish	below	500g	"	22	Stand for 5 to 10 minutes
Reheat	Meat, single	above	150g		6	Cover the food with plastic wrap
	Vegetables, single	below	250g	"	6	As above
	Plate of lasagna	above	500g	"	9	As above
	Plate of lasagna	below	500g	"	9	As above
	Meat single	above	150g	"	6	As above
	Plate of lasagna	below	500g	"	8	As above
Cooking	Potatoes	above	500g	"	20	Cut into pieces and cover with wrap
	Potatoes	below	500g	"	20	Cut into pieces and cover with wrap
	Carrots	above	500g	"	16	Cut into pieces and cover with wrap
	Carrots	below	500g	"	16	Cut into pieces and cover with wrap
	Sliced fish	above	400g	"	13	Cover the food with plastic wrap
	Courgette	below	475g	"	15	Leave whole and cover with wrap
	Whole fish	above	200g	"	11	Cover the food with plastic wrap
	Courgettes	below	475g	"	14	Leave whole and cover with wrap
	Whole fish	above	200g	"	11	Cover the food with plastic wrap
	Whole fish	below	200g	"	11	Cover the food with plastic wrap
	Potatoes	above	500g	"	20	Cut into pieces and cover with wrap
	Goulash	below	1.5kg	"	40	After 24 mins remove wire rack
	Rice	above	300g	"	22	Cover with plastic wrap and stir twice
	Cabbage	below	500g	"	22	Leave whole and cover with wrap
	Peas	above	500g	"	20	Cover the food with plastic wrap
	Brussels sprouts	below	500g	"	20	Cover the food with plastic wrap
	Meatloaf	above	500g	"	30	Turn over at 15 minutes
	Potatoes	below	500g	"	30	Cover with plastic wrap
	Sausages	above	300g	"	22	Stir 1 or 2 times
	Sausages	below	300g	"	22	As above
	Stew	above	700g	"	36	As above
	Pork roast	below	700g	"	36	Turn over at 18 minutes

