The page features a large, abstract graphic on the right side, composed of organic, flowing orange shapes with white cutouts. On the left side, there is a vertical strip of three orange triangles pointing to the right. The entire page is framed by a thin black border with registration marks (crosshairs) at the corners and midpoints of the sides. The title is centered in the upper half of the page.

MICROWAVE OVEN WITH ELECTRONIC CONTROLS

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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. The draft of the new Edition of this standard has been circulated with Document 59H/69/CD, which also describes the tests marked with (*) in this table.

We recommend the following for this oven:

Test Nr. on standard	Item	Duration	Function	Power level	Weight	Standing time	Note
A	Egg custard	14' - 16'	only MW	5	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	7' - 9'	only MW	5	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	22' - 24'	only MW	4	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/B8 (01)10460-1
Defrosting	Defrosting minced meat	12' - 14'	only MW	DEFROST ↓	500 gr	15 min.	Place the frozen load directly on the turnable. Turn upsidedown the load after half of the defrosting time.
D (*)	Potato gratin	25' - 30'	comby Mw + grill (simult.)	5	1100 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. Put the container directly on the turnable. Do not preheat the oven.
F (*)	Poultry	35' - 40'	comby Mw + grill (simult.)	4	1200 gr	5 min.	The following instructions shall be strictly observed for this type of load: put the chicken in Pyrex® glass container dia. 210 mm, height 50 mm and wall thickness of 6 mm. Pour 1/2 glass of water in the container, put the container directly on the turnable. Do not use any wire rack or drip tray. Turn upsidedown the load after half of the cooking 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

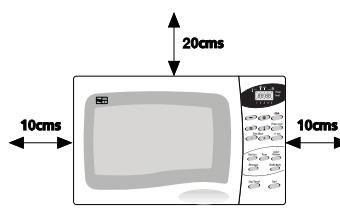
This oven is designed for home use. It should not be used for commercial catering.

- 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, **at least 85 cm above the floor**, 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.



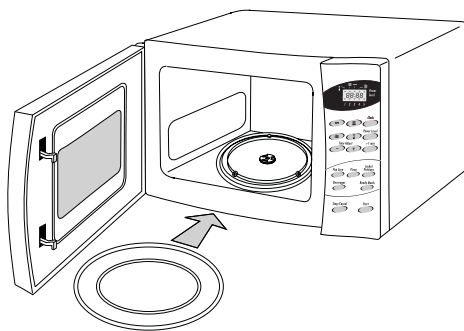
- 3 Plug your oven into a standard household electrical socket (230 volt, 10 amp rated). Check that the socket is properly earthed: the manufacturers shall not be responsible in any manner if this safety norm is not observed.

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.

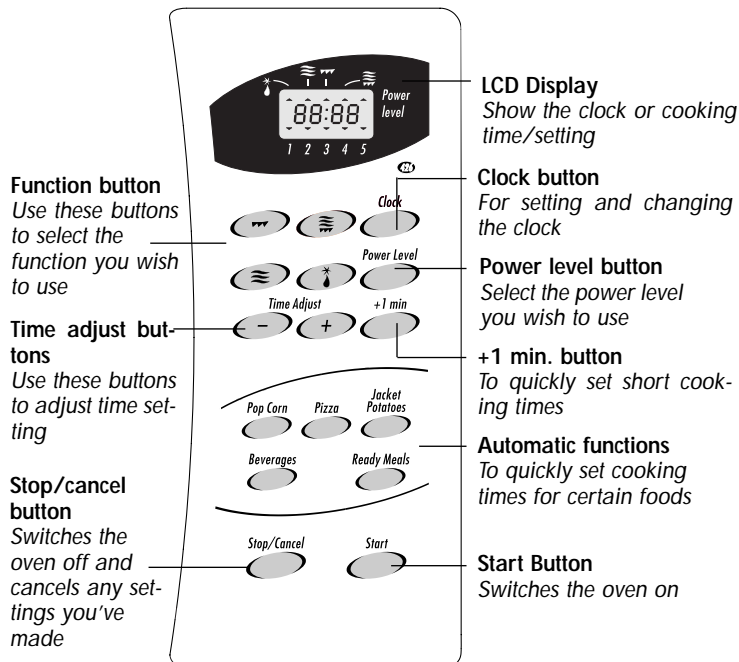
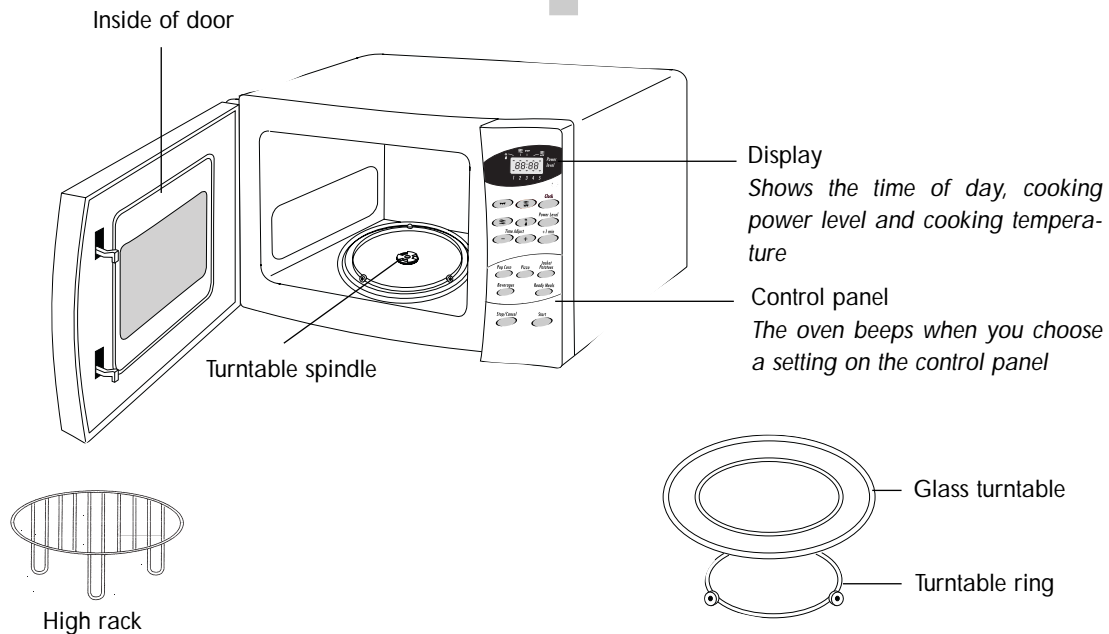
You must always use the turntable and ring whenever you use the microwave.

The first time you use your oven, there may be an odour of 'newness' and a bit of smoke for a few minutes. This is completely normal, and is caused by substances used to protect



1

UNPACKING AND GETTING READY



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 10 amp fused mains plug. Always use a 10 Ampere (BS 1362) approved fuse. Never use this plug without the fuse cover.

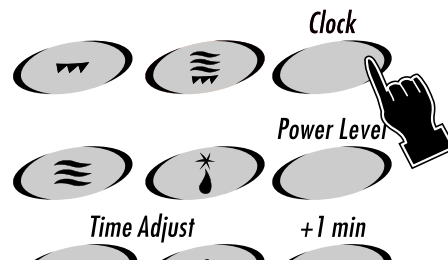
1

UNPACKING AND GETTING READY

1.1 - SETTING THE CLOCK

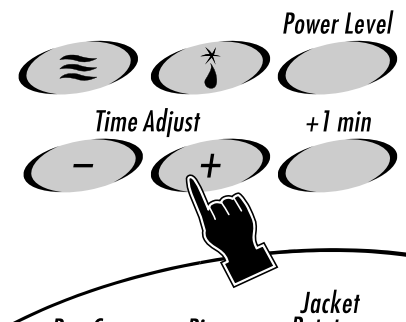
1

Press the **clock** button once. 12 will flash in the hour display.



2

Set the desired hour by pressing the **time adjust** buttons; (-), backwards in time, and (+), forwards in time. When the display shows the correct hour, press clock.



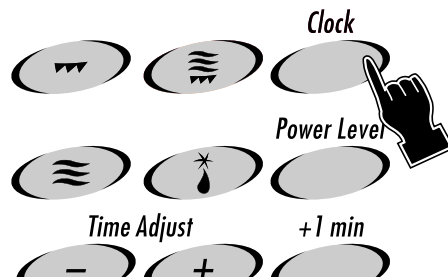
3

When the **clock** button is pressed for a second time, 0 will flash in the minutes display.

Set the desired minutes by pressing the **time adjust** buttons; (-), backwards in time, and (+), forwards in time.

When the display shows the correct hour, press **clock**.

Your oven shows the time whenever it's not being used.



Hint

The time format of the oven is 24 hour; i.e. 3.35 p.m. will show in the display as 15:35

Hint

It is possible to display the current time whilst cooking. Press the **clock** button, the current time will flash for 3 seconds, after which time it will return to the cooking cycle time.

Hint

Whenever you unplug the microwave or there has been a power failure, the clock will flash 12:00

1

UNPACKING AND GETTING READY

1.2 - CHILD LOCK

To prevent unwanted or accidental use of the oven, the electronic control unit is fitted with two safety devices – start button block and cooking time modification block.

- 1 Start button block** – press the **stop/cancel** button to clear any microwave settings.
- Press the **start** button for 5 seconds, you will hear a beep.
- The **start** button is now disabled and it is not possible to cook with the oven.
- Press **stop/clear** (to clear any settings) then the **start** button again for 5 seconds (until you hear a beep) to cancel the start button block function.



- 2 Cooking time modification block** – press the **stop/cancel** button to clear any microwave settings.
- Press the **stop/cancel** button for 5 seconds, you will hear a beep. The amount of cooking time set cannot now be altered/tampered with once the **start** button has been pressed and the oven is operating.



Note:

If your oven is operated and maintained in accordance with the instructions in this booklet, it should give you many years of trouble free service.

You can arrange for your microwave to be checked in future years to ensure that it is continuing to work safely. **You should always have your microwave checked if it is dropped or damaged.**

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.

INTRODUCING MICROWAVE COOKING

2

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. In order to use large-size rectangular containers (which may not be able to rotate inside the cooking cavity), you can remove the spindle from its housing to prevent the turntable moving. Bear in mind that to be assured of good results when carrying this out you must stir the food and turn the container around several times during the cooking process. **Containers made of metal, wood, recycled kitchen paper, cane and plate glass are not suitable for use in microwave ovens.** The metal grill rack 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. If the oven is used in its **grill only** functions, any type of oven container may be used (see chart).

2.3 - CHECKING YOUR COOKING UTENSILS, OVENWARE

Most heat-resistant, non-metallic cooking utensils are safe to use in your microwave. If you're not sure you can use a utensil in your microwave, follow this simple test:

- 1 Put the utensil into the oven next to a cup of water – use a cup that you know is microwave-safe.
- 2 Press the **functions** button. Set the **time adjust** knob to 30 seconds and press the **start** button.
This will microwave the water for 30 seconds.
- 3 At the end of the time, carefully check to see if the water has warmed up.
If the water hasn't warmed up but the utensil has, the utensil is not microwave-safe and should not be used in the oven.

Safety

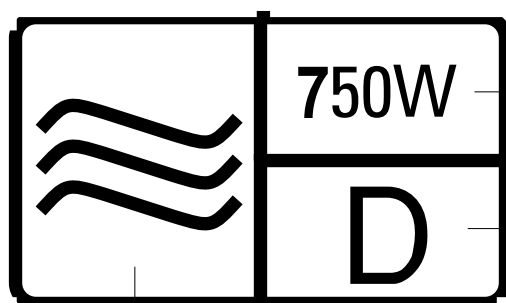
Never use scratched, cracked or damaged glass in a microwave. Damaged glass can explode.

INTRODUCING MICROWAVE COOKING

MORE ABOUT GETTING THE MOST FROM MICROWAVE COOKING

2.4 - MICROWAVE HEATING CATEGORIES

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



750W is the power of the oven.

D is the cooking band for your oven.


Check the cooking times for band D on the food's packaging to see how long it should be cooked for.

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


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

2.5 - STEAM

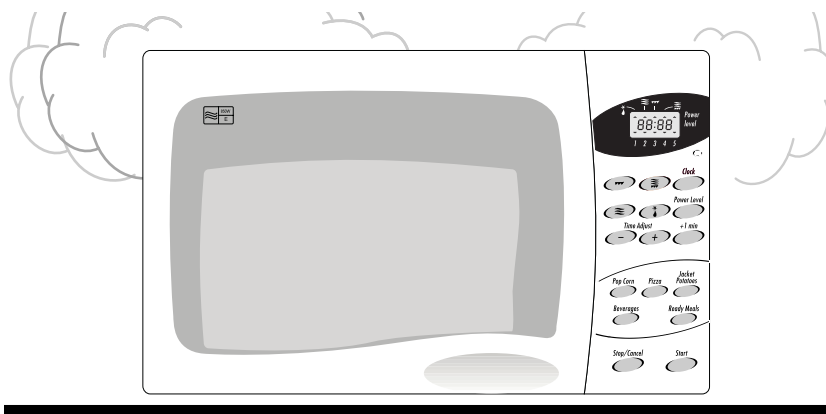
When you microwave food, steam is created as water in the food heats up and evaporates.

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.

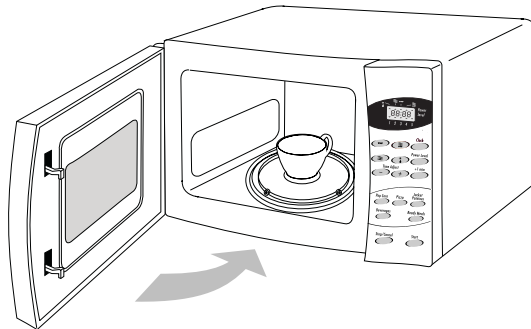
There is no danger of microwave energy escaping with the steam.

INTRODUCING MICROWAVE COOKING

2.6 - CHECKING YOUR MICROWAVE

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

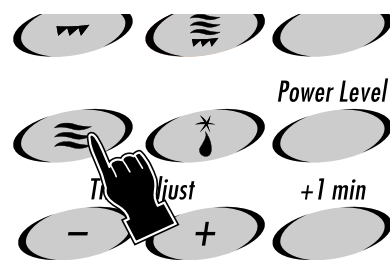
- 1 Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle. You must always use the turntable and ring whenever you use the microwave. Place a cup of water on the turntable. Make sure the cup is microwave-safe – it shouldn't have any decorative metal trim. Close the oven door.



- 2 Press the **stop/cancel** button to clear any settings that have already been made.



- 3 Press the microwave button once.

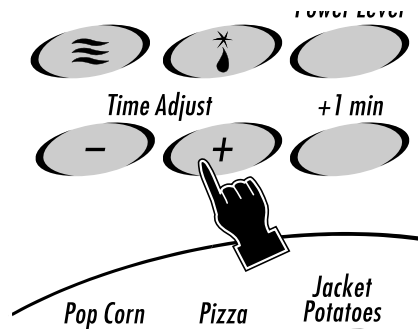


Safety

For your safety, the microwave stops if the oven door is opened during cooking. Press the start button to continue the cooking cycle.

INTRODUCING MICROWAVE COOKING

- 4 Use the **time adjust** button until one minute is displayed.



- 5 Press the **start** button. 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. When cooking finishes, 3 beeps can be heard and the word **"END"** will appear on the display.



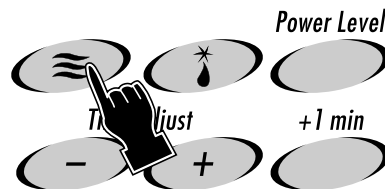
3 - USING THE MICROWAVE

3.1 - BASIC MICROWAVE COOKING AND REHEATING

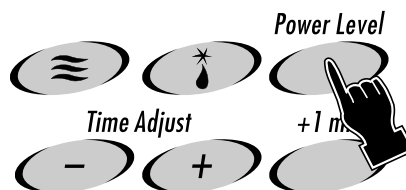
- 1** Make sure the glass turntable and turntable ring are inside the oven.
After putting your food in the oven, press **stop/cancel** to clear any settings that have already been made.



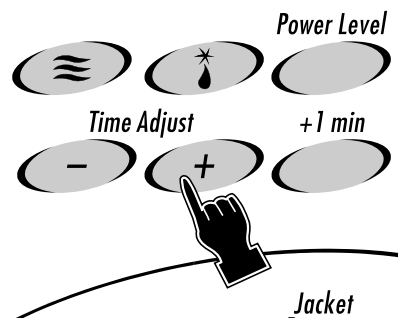
- 2** Press the **function** button once to choose microwave heating.
The oven automatically selects 5 – the maximum power level. An indicator in the display will show the currently selected power level.



- 3** Choose the power level you want to cook on by pressing the **power level** button. Each press of the button reduces the power level as shown in the table on following page.
There are five different power levels.



- 4** Set the cooking time.
The **time adjust** buttons allows you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



Hint

You can use the **time adjust** buttons to alter the length of cooking time at any stage during cooking.

3

USING THE MICROWAVE

5

Press **start**.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly. You can open the door to check on your food at any time during cooking. If your food is done, press the **stop/cancel** button. If the food is not done close the door, and press the **start** button to begin cooking again.

When cooking finishes, 3 beeps can be heard and the word “**END**” will appear on the display. Open the door and take out the food: the clock will appear.



3.2 - CHOOSING A SUITABLE POWER SETTING

Your microwave has five power settings. Always choose the setting that's best suited to the food you want to cook. This table shows the power settings.

Power	Output
5	750 W
4	560 W
3	375 W
2	225 W
1	110 W

Safety

Automatic cooling cycle

Your microwave is equipped with an automatic cooling cycle which comes into action whenever the oven is very hot (for example after something has been cooked for a long time or with grill). The fan, oven light and turntable remain in operation (for a further few minutes) while the grill element and microwave are off. In addition, when the door is open, to remove the food, the word “**COOL**” is displayed until the cycle is completed.

Hint

If you do not open the door or press **stop/cancel** when “**END**” is displayed, your microwave power will stop automatically. Press **stop/cancel** to return the display to the time.

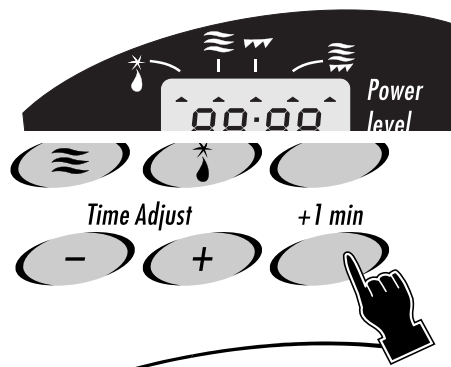
3 USING THE MICROWAVE

3.3 - QUICK START COOKING

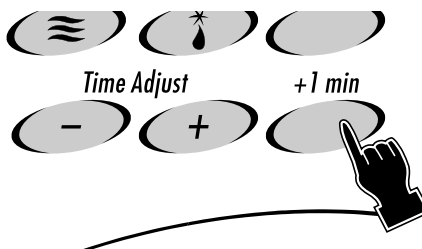
This function is useful when heating small amounts of food or drink, or for adding an extra minute when cooking time has already elapsed.

- 1 Press the **stop/cancel** button to clear any settings that have already been made.

- 2 Press the **+1 min** button. The display will flash **1:00** and the microwave indicator will highlight.



- 3 Press the **+1 min** button repeatedly to add further 30 seconds to your cooking time, up to a maximum of 6 minutes.



- 4 Press **start**.
The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

When cooking finishes, 3 beeps can be heard and the word **"END"** will appear in the display. Open the door and take out the food (the clock will appear).



Starting and stopping cooking

It is possible to check the progress of the cooking at any time, by opening the door and inspecting the food. This interrupts the emission of microwave energy and the oven stops working until the door is closed again. Should it be necessary for any reason to suspend the cooking without opening the door; press the **stop/cancel** button once (a second press will cancel the set time). To restart cooking press the **start** button.

Hint

If you do not open the door or press **stop/cancel** when **end** is displayed, your microwave power will stop automatically. Press **stop/cancel** to return the display to the clock.

4 - USING THE GRILL

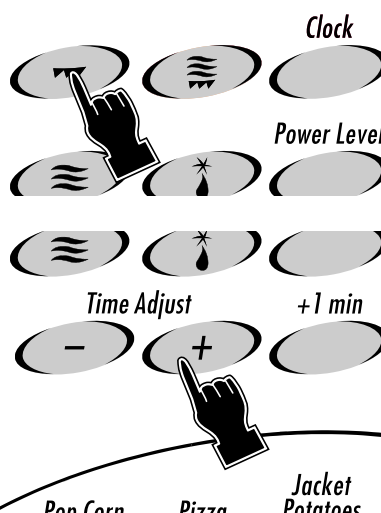
Always use the high wire rack with the grill.



- 1 Press the **stop/cancel** button to clear any settings that have already been made.



- 2 Press the **function** button to select grill.



- 3 Set the grilling time
The **time adjust** buttons allows you to precisely set the grilling time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



- 4 Press the **start** button.
The oven light comes on during grilling and the turntable rotates to help the food cook evenly. When cooking finishes, 3 beeps can be heard and the word end will appear on the display. Open the door and take out the food: the time will appear, or if the oven is hot, the word "COOL" will be displayed (see automatic cooling cycle on page 15).



Hint

Always pre-heat the grill for 5 to 8 minutes before starting the cooking process, this will ensure that the food is cooked properly when following cooking times/recipe instructions.

Hint

When opening the oven door after (or to check) grilling, the burners will be red-hot; pay particular attention to not get burned and always use oven gloves.

5 - USING THE MICROWAVE WITH THE GRILL

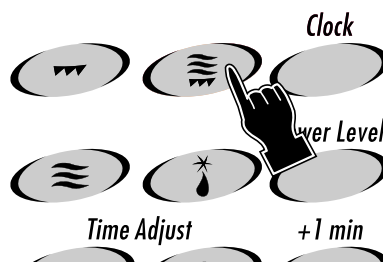
Using the microwave at the same time as the grill gives you crisp food in a shorter time.

- 1 Press the **stop/cancel** button to clear any settings that have already been made.

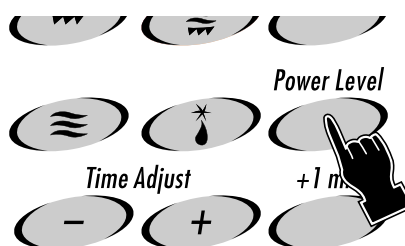
Make sure that any containers you use are ovenproof and will not melt under the grill. Use the high wire rack.



- 2 Press the **function** button to select combination microwave and grill cooking. The display will flash "0:00" and the micro & grill indicator will light.



- 3 Choose the power level you want to microwave on by pressing the **power level** button. Each press of the button reduces the power level from 5 to 1.

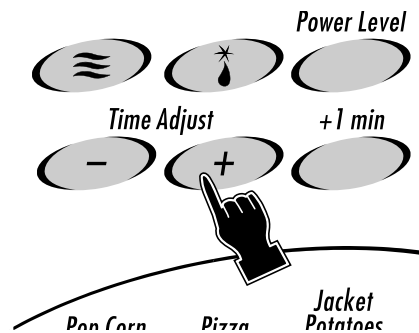


MICROWAVE + GRILL

4

Set the cooking time.

The **time adjust** button allows you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



5

Press the **start** button.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly. When cooking finishes, 3 beeps can be heard and the word **"END"** will appear on the display. Open the door and take out the food: the time will appear, or if the oven is hot, the word **cool** will be displayed (see automatic cooling cycle on page 15).



Hint

If you do not open the door or press **stop/cancel** when end is displayed, your microwave power will stop automatically. However, the light will stay on, the turntable will continue to rotate and the fan will continue to work, this will help to clear cooking smells. Every 30 seconds a beep will remind you to remove the food in the cavity.

6 - PROGRAMME COOKING

With programme cooking you don't need to set the power or time – your oven sets them for you.

- 1 Press **stop/cancel** to clear any settings that have already been made.
Make sure that any containers you use are oven-proof and will not melt in the oven.



- 2 Press the **automatic functions** button for the type of food you want to cook. There are five types of instant cook: beverages, pop corn, pizza, jacket potatoes and ready meals
The table gives advice for cooking the different types of food.

- 3 Press your chosen **automatic functions** button again to choose the number of servings/length of time you want.
Each time you press the button the time is adjusted accordingly.

- 4 Press **start**.
The oven light comes on during cooking and the turntable rotates to help the food cook evenly. When cooking finishes, 3 beeps can be heard and the word "END" will appear on the display. Open the door and take out the food (the clock will show in the display).



Hint

Each of the programme cook buttons has a maximum time setting which corresponds with the maximum number of servings that can be cooked at one time, they are:

Beverages	4 presses/servings
Pop Corn	1 press/serving
Pizza	3 presses/servings
Jacket potatoes	3 presses/servings
Ready meals	2 presses/servings

PROGRAMME COOKING

Programme cook type	Presses	What it does	Suggestions
Beverages	1	Reheat 1 small coffee cup (60cc)	After reheating the liquid, stir well to spread the temperature evenly.
	2	Reheat 2 small coffee cups (120cc)	
	3	Reheat 1 large cup (200cc) from chilled	
	4	Reheat 1 soup dish (300cc) from chilled	
Jacket Potatoes	1	Cook 200g of potatoes	Wash potatoes thoroughly in their jackets, pierce them and put them on the turntable.
	2	Cook 400g of potatoes	
	3	Cook 600g of potatoes	
Ready meals (chilled)	1	Reheat 100g of chilled dishes	Suitable for cooked portions of food, preserved in the refrigerator on the plate (the one from which the food is to be eaten). cover with cling film or an upturned plate. For pre cooked dishes in packets, remove the food from the tubs/packets and place on a plate
	2	Reheat 250g of chilled meat (or meat + vegetables)	
Pizza and frozen ready meals	1	Reheat 1 frozen pizza of 300g	Place the pizza directly on the turntable.
	2	Reheat a packet of frozen ready meals of 300g	Place the ready meal/s directly on the turntable (if pack is suitable for microwave cooking) or empty onto a serving plate and cover with cling-film or an upturned plate.
	3	Reheat two packets (550g) of frozen ready meals of 550g	
Pop Corn	1	Cook 100g packet of popcorn for microwaves	Follow instructions written on the box closely. Place it on the turntable.

Hint

If you do not open the door or press **stop/cancel** when "**END**" is displayed, your microwave power will stop automatically.

7 - AUTOMATIC DEFROSTING

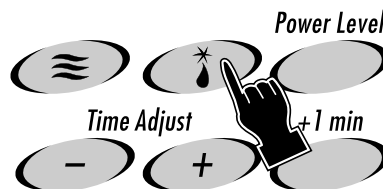
7.1 - DEFROSTING WITH THE DEFROST FEATURE

If you know the weight of the food you need to defrost, you can select the defrosting time using the chart opposite.

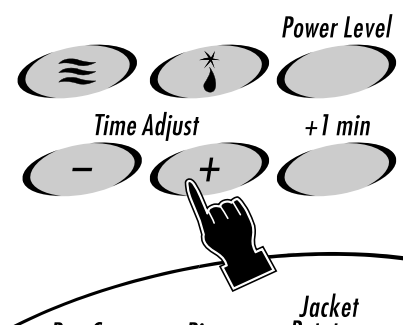
- 1 Press the **stop/cancel** button to clear any settings that have already been made.



- 2 Press the **function** button to select auto defrosting. The display will flash "00:00" and the defrost indicator will light.



- 3 Set the defrosting time. The **time adjust** buttons allow you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



- 4 Press the **start** button.
- The oven light comes on during cooking and the turntable rotates to help the food cook evenly.
- When defrosting finishes, 3 beeps can be heard and the word *end* will appear in the display. Open the door and take out the food (the time will appear).



Hint

You can use the **time adjust button** to alter the defrosting time at any time during defrosting .

7 AUTOMATIC DEFROSTING

7.2 - AUTOMATIC DEFROSTING CHART

Type of food	Quantity	Defrost time	Instructions	Standing time
Meat				
Roasts (pork etc.)	1kg	25-28	Turn over halfway through defrosting (*)	20
Steaks, chops	200g	7-10		5
Stew, goulash	500g	14-17		10
Minced meat	250g	8-11		10
"	500g	12-14		15
Hamburgers	200g	8-11		10
Sausages	300g	10-13		10
Poultry				
Duck, turkey	1.5kg	29-32	Turn the poultry over halfway through. When the standing time is over, wash under warm water to remover any ice	20
Whole chicken	1.5kg	29-32		20
Pieces of chicken	500g	14-18		10
Chicken breast	300g	13-17		10
Vegetables			Frozen vegetables are better cooked from frozen and therefore do not require defrosting first.	
Fish				
Fillets	300g	10-14	Turn the fish over halfway through defrosting	7
Cut up fish	400g	11-15	Fish is better cooked from frozen if it does not require further preparation	7
Whole	500g	13-17		7
Prawns, shrimps	400g	11-15		7
Dairy products				
Butter	250g	7-10	Remove the silver foil or metal parts	10
Cheese	250g	8-12	Do not completely defrost. Needs the standing time	15
Cream	200ml	10-14	Remove from container and place in a dish	5
Bread				
2 medium-sized rolls	150g	2-3	Put the bread directly onto the turntable	3
4 medium-sized rolls	300g	5-7		3
Sliced bread	250g	5-7		3
Wholemeal bread	250g	5-7		3
Fruit				
Strawberries, plums, cherries				
redcurrants, apricots	500g	11-13	Stir 2-3 times during defrosting	10
Raspberries	300g	7-9		10
Blackberries	250g	6-8		6

★ These guidelines are suitable for carrying out the Defrosting Test for minced meat according to IEC Regulation 705, Par. 18.3. Turn the block upside down halfway through the time set. The block which is to be defrosted should be placed directly on the turntable. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

Hint

Defrosting can be used in two stage cooking. As food should always be fully defrosted before it's cooked, we recommend that you always check the food before the second stage of cooking starts – especially for meat and poultry.

Starting and stopping defrosting

It is possible to check the progress of the defrosting at any time, by opening the door and inspecting the food. This interrupts the emission of microwave energy and the oven stops working. To restart cooking, close the door and press the **start** button.

7 AUTOMATIC DEFROSTING

7.3 - AUTOMATIC DEFROSTING AND COOKING SEQUENCE

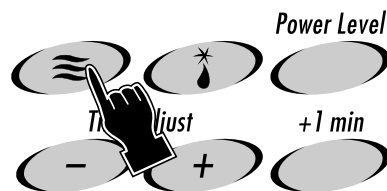
Food can be defrosted and cooked without needing to reset your microwave

You may: defrost + cook; cook 1 + cook 2; defrost + cook 1 + cook 2.

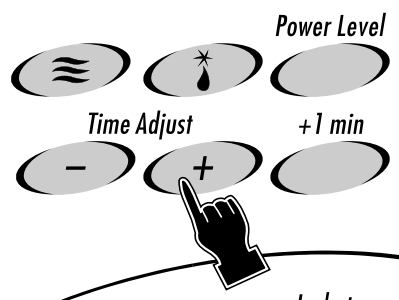
- 1 Press the **stop/clear** button to clear any settings that have already been made.



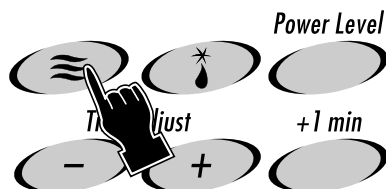
- 2 Press the **function** button repeatedly to select auto defrosting. The display will flash 00:00, and the defrost indicator will highlight in the display.



- 3 Set the defrosting time. The **time** + and – buttons allow you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



- 4 Press the **microwave** button to select microwave cooking.



Hint

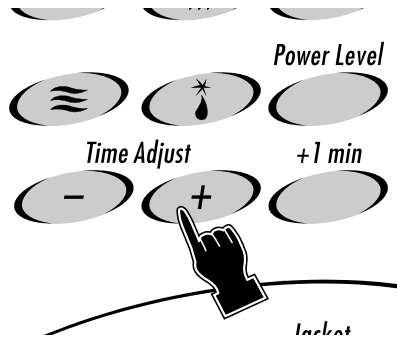
You can alter the heating time with the **time** + and – buttons.

AUTOMATIC DEFROSTING

5

Set the cooking time (cook 1).

The **time +** and **-** buttons allow you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.

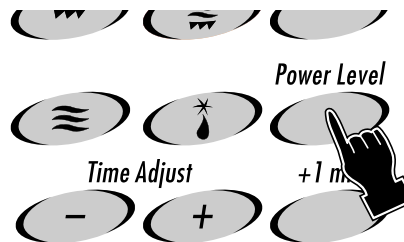


6

Choose the power level you want to cook on by pressing the **power level** button. Each press of the button reduces the power level according to the table given on page 15.

There are five different power levels.

If you require a second cooking time (cook 2) repeat steps 4, 5 and 6.



6

Press the **start** button.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

When cooking finishes, the oven will beep 3 times, and the word *end* will appear in the display. Open the door and take out the food (the clock will appear in the display).



Hint

If you do not specify which power level you require the oven will automatically operate at full power.

8 - CLEANING YOUR MICROWAVE

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

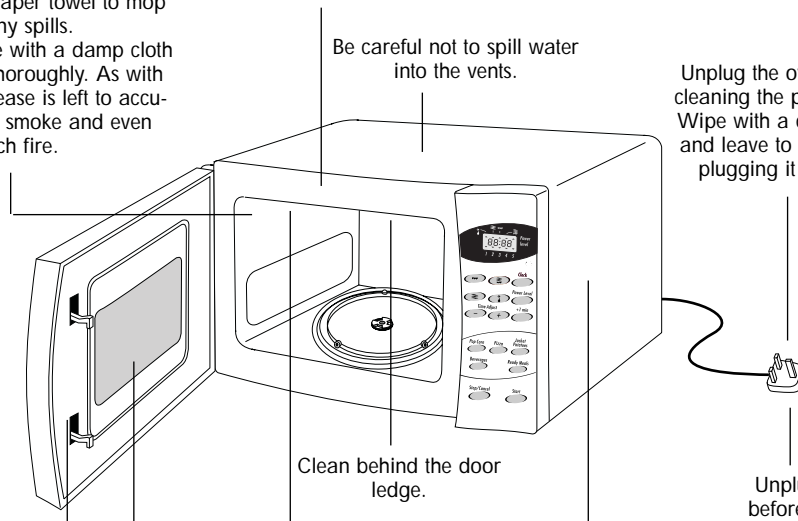
The oven walls are specially coated. Use a soft cloth to wipe off any splashes or a paper towel to mop up any spills.

Wipe off grease with a damp cloth and then dry thoroughly. As with any oven, if grease is left to accumulate, it can smoke and even catch fire.

Keep the front of the oven clean so that the door can close properly.

Be careful not to spill water into the vents.

Unplug the oven before cleaning the power lead. Wipe with a damp cloth and leave to dry before plugging it back in.



Check that the door catches are clean.

Make sure you keep the grids clean.

Clean behind the door ledge.

Unplug your oven before you clean it.

Use warm soapy water to clean the outside of the oven. Don't use abrasive pads or powders that could scratch the surface.

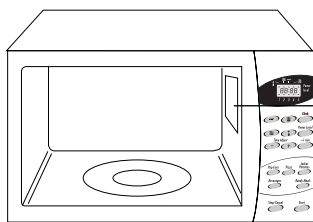
Keep the inside of the door clean with a damp cloth. Use warm soapy water for stubborn marks and dry thoroughly.

The inside of the door has a special coating and must not be cleaned with abrasive pads or cleaning powders.

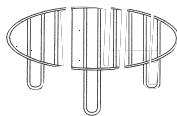
Do not use alcohol, ammonia-based detergents, abrasive pads or powders to clean the outside of the door.

Treat the turntable as you would any glass plate. After you've used it for more than 15 minutes, allow it to cool down before you use it again. Don't wash the turntable in very hot water that could crack it.

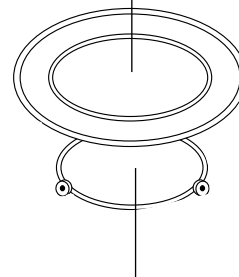
Make sure the turntable is dry before you put it back in the oven.



Always keep clean the waveguide cover from dirt or deposition of fat.



Use warm soapy water to wash the rack and dry thoroughly.



Wash the rotating ring in warm water. Don't use very hot water which could make it warp.

9 - 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.

Hint

You can use aluminium foil with the grill oven just as you would with any other grill or oven. Make sure you remove the metal tray and grill rack before you use the combination oven.

Foil container bureau

If you have any queries about using foil containers in microwave ovens, you can call the Foil Container Bureau free on 0800 413 295.

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.

10 - 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.

10 QUESTIONS AND ANSWERS

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.

11 - COOKING GUIDELINES

11.1 - 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.
- Check that the oven is cool before using plastic containers – especially if you've just been using the grill or convection oven.
- If you use cling film to cover your food, turn back a corner or pierce the film before you begin to cook.
Microwave cooking does not brown or crisp food so you may prefer to use the grill to cook meat or baked food.

MEAT

- 1 Place the meat on the wire rack or on a microwave-proof plate.
- 2 Put the rack 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.

11

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 rack 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.

11

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.

MICROWAVE COOKING CHART

Type/quantity	Power levels	Times to be set (minutes)	Standing time (minutes)	Observations and advice
Nut cake (700 gr)	3	18 - 23	5	May be used in combination with any cream whatsoever
Viennese torte (850 gr)	"	22 - 27	5	To be filled with jam or jelly.
Pineapple cake (800 gr)	"	20 - 25	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)	"	22 - 27	5	The apples are spread on top as a decorative effect.
Coffee cake (750 gr)	"	18 - 23	5	Excellent when filled with cream.
Zabaione	4	4 - 6	3	Mix with a whisk every 30 seconds
Cooked pears (300 gr)	5	6 - 8	3	The pears are to be cut into quarters.
Cooked apples (300 gr)	"	7 - 10	3	The apples are to be cut into pieces.
Egg custard (750 gr) Test A	"	14 - 16	5	These indications are suitable for carrying out the cooking test in accordance with IEC regulation 705, par. 17.3, test A and test B respectively. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2
Sponge cake (475 gr) Test B	"	7 - 9	5	

11

COOKING GUIDELINES *MICROWAVE COOKING*

MICROWAVE COOKING CHART

Type	Quantity	Power levels	Times to be set (minutes)	Notes	Standing time (minutes)
FISH					
• Filleted	300 gr	5	9 - 11	Cover with plastic wrap	2
• Slices	300 gr	"	11 - 13	Cover with plastic wrap	2
• Whole	500 gr	"	12 - 14	Cover with plastic wrap	2
• Whole	250 gr	"	9 - 11	Cover with plastic wrap	2
• Cut-up fish	400 gr	"	11 - 13	Cover with plastic wrap	2
• Crayfish	500 gr	"	11 - 13	Cover with plastic wrap	2
GREENS AND VEGETABLES					
• Asparagus	500 gr	5	11 - 12	Cut into 2-cm. pieces	4
• Artichokes	300 gr	"	12 - 13	It would be better to use artichoke bottoms	4
• Green beans	500 gr	"	13 - 14	Cut into pieces	4
• Broccoli	500 gr	"	9 - 10	Separate into individual "florets"	4
• Brussels sprouts	500 gr	"	9 - 10	Leave whole	4
• White cabbage	500 gr	"	9 - 10	Leave whole	4
• Red cabbage	500 gr	"	9 - 10	Leave whole	4
• Carrots	500 gr	"	11 - 12	Cut into same-size pieces	4
• Cauliflower	500 gr	"	13 - 14	Separate into stalks	4
• Celery	500 gr	"	9 - 10	Separate into pieces	4
• Eggplant	500 gr	"	8 - 9	Cut into cubes	4
• Leek	500 gr	"	8 - 9	Leave whole	4
• Mushrooms	500 gr	"	8 - 9	Leave whole. No water is needed	4
• Onions	250 gr	"	7 - 8	Whole, but of the same size. No water is needed.	4
• Spinach	300 gr	"	8 - 9	Cover after having washed and drained the leaves.	4
• Peas	500 gr	"	12 - 13		4
• Fennel	500 gr	"	14 - 15	Cut into quarters	4
• Peppers	500 gr	"	11 - 12	Cut into pieces	4
• Potatoes	500 gr	"	10 - 11	Cut into same-size pieces	4
• Zucchini	500 gr	"	9 - 10	Leave whole	4
MEATS					
• Stew	1,5 kg	"	42 - 47	Cook covered and stir 2 or 3 times.	10
• Chicken breasts	500 gr	4	15 - 20	Turn over at the halfway point	3
• Meat loaf	900 gr	"	22 - 24	(*)	5

(*) 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

N.B: These cooking times are but approximate and are better determined by the weight as well as the starting temperature of the foodstuffs and — for greens and vegetables — by the foodstuffs' consistency and general make-up

11

COOKING GUIDELINES MICROWAVE REHEATING

11.2 - MICROWAVE REHEATING CHART

N.B.: Some foodstuffs can easily be reheated by using the pre-memorised **automatic functions**.

Type	Quantity	power level	times (minutes)	Notes
SOFTENING FOOD				
• Chocolate/icing	100 gr	3	5 - 6	Put on a plate. Mix the icing once.
• Butter	50 -70 gr	5	0.7-0.12"	
CHILLED FOOD (INITIAL TEMP. 5/8°C) UP TO 20/30°C				
• Yoghurt	125 gr	5	0.12"-0.17"	Remove metal foil
• Baby's bottle	240 gr	5	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) UP TO APPROX. 70°C				
• Packet of lasagne or of pasta with filling	400 gr	5	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	5	6 - 8	
• Packet of fish and/or vegetables	300 gr	5	5 - 7	
• Plate of meat and/or vegetables	400 gr	5	7 - 9	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 pasta, cannelloni or lasagne	400 gr	5	7 - 9	
• Plate of fish and/or rice	300 gr	5	6 - 8	
FROZEN FOOD TO REHEAT/COOK (INITIAL TEMP. -18°/-20°C) UP TO APPROX. 70°C				
• Packet of lasagne or of pasta with filling	400 gr	5	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 - 9	
• Packet of fish and/or pre-cooked vegetables	300 gr	5	5 - 7	
• Packet of fish and/or raw vegetables	300 gr	5	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	5	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	5	9 - 11	
• Portion of fish and/or rice	300 gr	5	6 - 8	
CHILLED DRINKS (INITIAL TEMP. 5°/8° C) UP TO APPROX. 70°C				
• 1 cup of water	180 cc	5	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	5	2 - 2.30"	
• 1 cup of coffee	100 cc	5	2 - 2.30"	
• 1 plate of broth	300 cc	5	5 - 6	
DRINKS AT ROOM TEMPERATURE (INITIAL TEMP. 20°/30°C) UP TO APPROX. 70° C				
• 1 cup of water	180 cc	5	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	5	1.30" - 2	
• 1 cup of coffee	100 cc	5	1.30" - 2	
• 1 plate of broth	300 cc	5	4 - 5	

11

COOKING GUIDELINES COMBINATION COOKING

11.3 - COMBINATION COOKING CHART

This setting is ideal for all those dishes which have to be "au gratin" or must be given a certain colour. You must keep the following in mind.

- Do not spunkle with seasonings in general (use only 1/2 cup of water to keep meat tender).
- Turn roasts and large cuts of meat over when they are half-cooked.
- If, while the cooking is in progress, the top surface of the foodstuff is sufficiently browned before the set time has elapsed, push the **Start/Cancel** button to re-set the time remaining for microwaves only. To check on the progress of the cooking itself, open the oven door. Always be careful to wear padded gloves made for oven use because the heating element is hot. The act of opening the door will interrupt the operations of both the microwaves and the grill. When you open the door to check the grilling process, always be careful to the oven gloves to remove food from oven because the heating element is hot. To resume the cooking, all you have to do is close the oven door and push the **Start** button.
- In cooking with the combined grill function, do not pre-heat the oven and do not operate the oven if there are no foodstuffs in it.

Type	Quantity	Power levels	Times to be set (minutes)	Notes	Standing time (minutes)
• Lasagne	1100 gr	5	13+ 11 microwave only	Times required with uncooked pasta. If pasta is pre-cooked, cook in combined grill function until desired au gratin grade is obtained	5
• Gnocchi alla romana	600 gr	"	18	Avoid excessive melting.	5
• Well-seasoned macaroni	1500 gr	"	13	The pasta should first be partly boiled.	5
• Cauliflower in bechamel sauce	1000 gr	"	20	Times required with 500 gr. of raw cauliflower. If pre-boiled, cook in combined grill function until desired au gratin grade is obtained.	5
• Tomatoes au gratin	800 gr	3	25	The tomatoes should all be of the same size.	5
• Stuffed peppers	1400 gr	5	25	Short wide peppers are best.	5
• Aubergine alla parmigiana	1300 gr	"	18	The aubergine may first be fried or grilled.	5
• Roast potatoes	750 gr	4	35	Stir 2 or 3 times.	5
• Potatoes au gratin	1100 gr	5	25 - 30	(*)	5
• Roasts (pork, beef)	1000 gr	2	60	Turn at the halfway point. Turn after 35'-40'.	10
• Meat loaf These instructions do not refer to test C of IEC regulation 705 which is represented in the table on page 2	800 gr	3	25	Mix together 500 grams of ground beef, eggs, ham, bread crumbs, etc.	10
• Whole chicken	1200 gr	4	40	(**)	10
• Skewered meat	600 gr	3	25	Turn at the halfway point.	10
• Lamb	1000 gr	"	45	Turn at the halfway point.	10
• Turkey (pieces)	1000 gr	"	50	Turn at the halfway point.	10
• Duck	1000 gr	"	45	Turn at the halfway point	10

(*) These indications are suitable for carrying out the mincemeat defrosting test in accordance with IEC regulation 705, par. 17.3 Test D. Further indications, also regarding other performance tests in accordance with IEC regulation 705, are shown in the table on page 2

(**) Puncture the skin with a fork to let the fat seep out. These indications are suitable for carrying out cooking tests in accordance with IEC regulation 705, par. 17.3 Test F. Further indications, also regarding other performance tests in accordance with IEC regulation 705, are shown in the table on page 2

11

COOKING GUIDELINES GRILL COOKING

11.4 - COOKING WITH YOUR GRILL

- Use the grill for grilling crisp foods such as bacon, fish fingers, toast or cheese on toast.
- You can use the **high wire rack** when you want to crisp the surface of foods in casserole dishes but be careful not to burn the surface – you may need to place the dish directly onto the turntable plate and leave to grill for a little longer.
- Use the cooking times given on food packaging and in recipes as a guide.
- Cook on the **high wire rack** or ovenproof plate.
- Check that the oven is cool before using plastic containers – especially if you’ve just been using the grill or fan oven.

Type	Quantity	Times to be set (minutes)	Notes
• Veal or pork chops	3	20 - 24	Turn over after 12 minutes.
• Sausages	3	14 - 16	Must always be pierced. If particularly fatty, the sausages should be cut in half. Turn over after 8 minutes.
• Hamburger	3	14 - 17	Turn over after 8 minutes.
• Peppers	1	12 - 14	Cut in quarters. Turn over after 7 minutes
• Aubergine (eggplant)	4 slices	12 - 14	Slices one cm. thick. Turn over after 7 minutes.
• Zucchini	6 strips	12 - 15	Slices one cm. thick. Turn over after 7 minutes.
• Toasted bread	4 slices	4	Trim the crusts carefully. Turn over after 2 minutes.

12 - SPECIFICATION

Input	230 V AC, 50Hz
Output	750 Watts (IEC 705 rating standard – 1988, measured at 240V)
Microwave frequency	2450MHz
Outside dimensions	480mm wide x 272mm high x 360mm deep
Oven cavity dimensions	285mm wide x 180mm high x 290mm deep
Power consumption	
Microwave + oven	1450 Watts
Grill	1400 Watts
Combination	2850 Watts
Input current	11,8A (approx. in combination)
Net weight	16 kg approx

Complies with EEC directive 89/336/EEC and 92/31/EEC.
Dimensions shown are approximate.
Because we continually strive to improve our products, we may change specifications without prior notice.

ELECTRICAL CONNECTION

WARNING: *This appliance must be earthed.*

Fuses

Your appliance comes fitted with a plug and a 13A fuse. If you need to replace the fuse, only those rated at 10A and ASTA approved to BS1362 should be used.

Changing the Plug

Cut off and dispose of the supplied plug if it does not fit your socket.

WARNING: *To avoid a shock hazard do not insert the discarded plug into a socket anywhere else.*

IMPORTANT: *WIRES IN THE MAINS LEAD ARE COLOURED IN ACCORDANCE WITH THE FOLLOWING CODE:*

Green/Yellow	Earth
Blue	Neutral
Brown	Live

Green and yellow (Earth)

Brown (Live)

13 amp fuse


Blue (Neutral)

Coru grip

If you change the plug, the colour of wires in the mains lead may not correspond with the colour of the markings identifying terminals in the plug. You should therefore wire it as shown.

Note: In case of your appliance is not fitted with a plug, please follow the instruction provided below:

As the colours of the wires in the mains lead may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

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

The blue wire must be connected to the terminal marked with the letter N or coloured black.

The brown wire must be connected to the terminal marked with the letter L or coloured red.