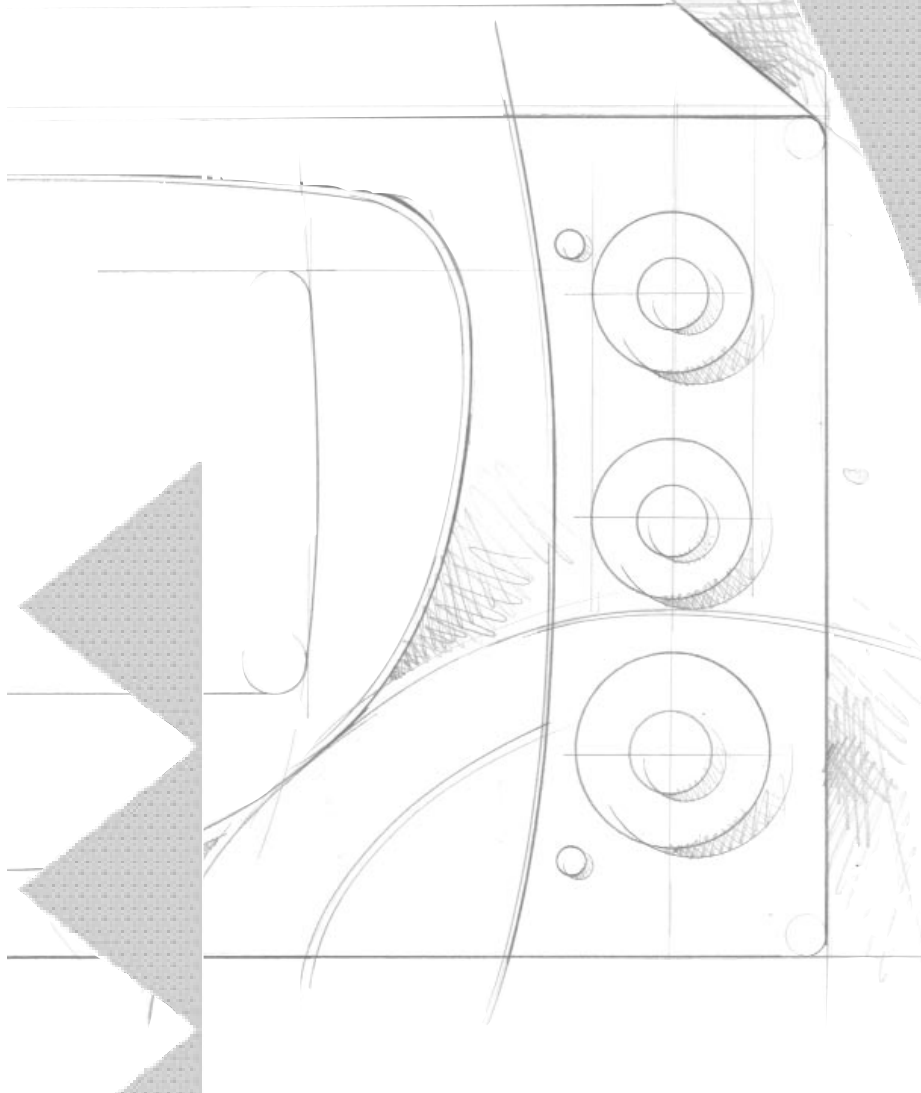
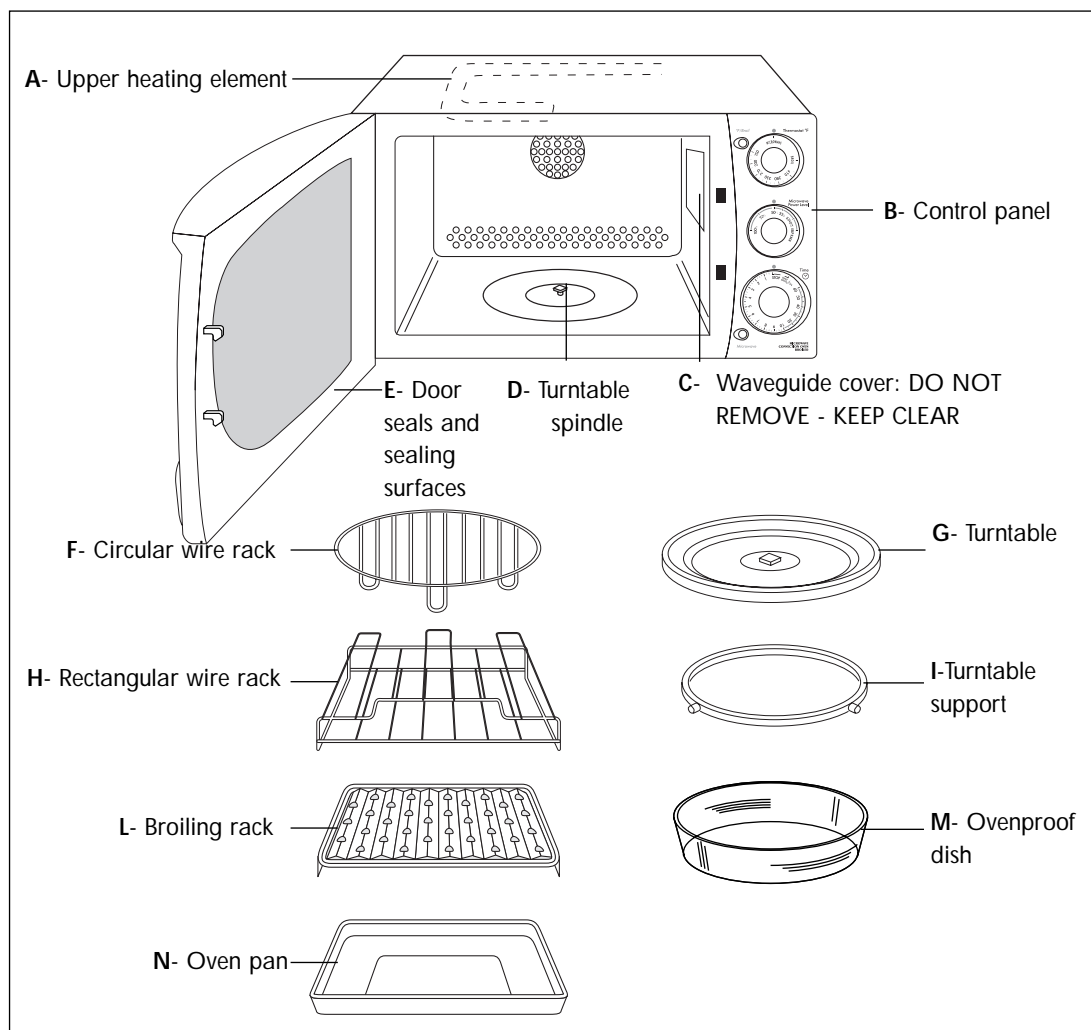


# MICROWAVE OVEN WITH FAN CONVECTION AND BROILER



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## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

# 1 - GENERAL

## 1.1 - IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

**Warning** - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- 1 Read all instructions before using the appliance.
- 2 Read and follow the specific **"PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY"** on page 3.
- 3 This appliance must be grounded. Connect only to properly grounded outlet. See **"GROUNDING INSTRUCTIONS"** on page 6.
- 4 Install or locate this appliance only in accordance with the provided installation instructions.
- 5 Some products such as whole eggs and sealed containers - for example, closed glass jars - may explode and should not be heated in this oven.
- 6 Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use. Do not use this oven to dry clothes or newspapers.
- 7 As with any appliance, close supervision is necessary when used by children. Never allow small children to get close to the oven while it is operating (they may burn themselves).
- 8 Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
- 9 This appliance should be serviced only by qualified service personnel. Contact nearest De'Longhi Authorized Service for examination, repair or adjustment.
- 10 Do not cover or block any openings on the appliance. See SECTION **"UNPACKING AND GETTING READY"**.
- 11 Do not store or use this appliance outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement or near a swimming pool, etc.
- 12 Do not immerse cord or plug in water.
- 13 Keep cord away from heated surfaces.
- 14 Do not let cord hang over edge of table or counter.
- 15 See door surface cleaning instructions on page 12.
- 16 To reduce the risk of fire in the oven cavity:
  - a. Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - c. **If materials inside the oven should ignite, keep oven door closed, turn oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.**
  - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
- 17 Do not operate any heating or cooking appliance beneath this appliance.
- 18 Do not mount unit over or near any portion of a heating or cooking appliance.
- 19 Do not use metal objects with microwave function, including the utensils provided with your oven: the rectangular wire rack and the pan are intended for bake or broil functions only. See sections 1.6 and 4.2.
- 20 When in operation, the top, back and side appliance surfaces may become hot: do not touch surfaces and do not store anything directly on top of the appliance surface.
- 21 Always stir or shake feeding bottles and baby food jars, and check the temperature before feeding to the baby.
- 22 Take extra care when handling drinks heated with microwave function. Always stir liquids before, during and after cooking and allow them to stand before serving: they can come to a boil even after the microwave has finished heating.
- 23 Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- 24 Never use the microwave function when the oven is empty.

## SAVE THESE INSTRUCTIONS

# 1

## GENERAL

### 1.2 - UNPACKING AND GETTING READY

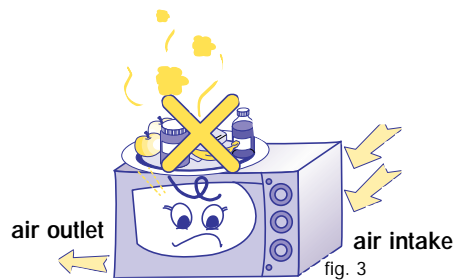
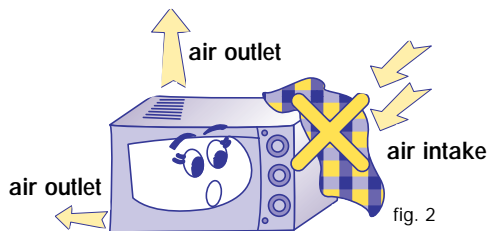
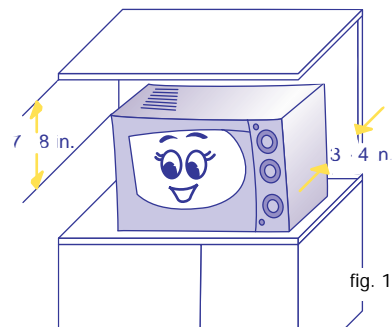
After unpacking your oven, check that it hasn't been damaged while in the box. Make sure there are no dents, that the door closes properly, and that the seals (E) are not damaged.

Remove all packing materials and utensils from inside the oven cavity. Do not remove the waveguide cover, which is located on the right cavity wall. Read and SAVE this manual.

Choose a flat work surface, at least 3 ft. 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 3-4in. space all around the oven and 7-8in. above the oven, so that warm air can escape from the vents during cooking (fig. 1). This oven is not designed to be built in.

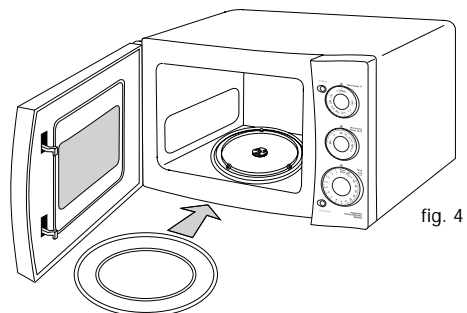
Do not block the air intake, keep free from obstructing the air outlet slots and do not put anything on the top surface of the oven (see figures 2 and 3).



Slot the turntable spindle (D) into its hole in the bottom/middle of your oven. Put the turntable support (I) inside the oven and place the glass turntable (G) on top of the support. The turntable is shaped to sit securely on the spindle.

You must always use the turntable and support whenever you use the microwave (fig. 4).

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



# 1

## GENERAL

### 1.3 - GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current.

**WARNING-** Improper use of the grounding plug can result in a risk of electric shock.

#### Electrical Requirements

The electrical requirements are a 120 volt 60 Hz., AC only, 15 amps. or more protected electrical supply. It is recommended that a separate circuit serving only this appliance be provided.

The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. Should you only have a 2-prong outlet, have a qualified electrician install a correct wall receptacle.

A 3-prong adapter may be purchased and used temporarily if local codes allow. Follow package directions.

A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.

#### Extension Cord

If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the microwave oven. The marked rating of the extension cord should be AC 115-120 volt, 15 amps. or more.

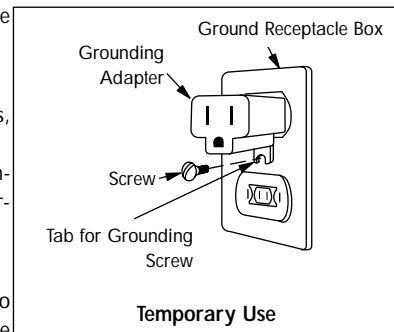
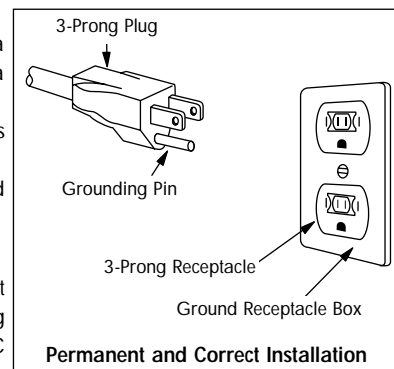
Be careful not to drape the cord over the countertop or table where it can be pulled on by children or tripped over accidentally.

#### Notes:

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedures.

#### Radio or TV interference

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different electrical circuit, relocate the radio or TV as far away from the oven as feasible or check position and signal of receiving antenna.



### 1.4 - SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	see nameplate
Microwave Output Power	750W*
Frequency:	2450 MHz
Outside dimensions:	20 <sup>1</sup> / <sub>2</sub> " (W) x 12" (H) x 19" (D)
Cavity Dimensions:	12 <sup>5</sup> / <sub>8</sub> " (W) x 7 <sup>5</sup> / <sub>8</sub> " (H) x 12 <sup>5</sup> / <sub>8</sub> " (D)
Oven Capacity:	0.8 Cu.Ft.
Cooking Uniformity:	Turntable system

\* The International Electrotechnical Commission's standardized methods for measuring output wattage. This test method is widely recognized. In compliance with standards set by:

**FCC** -Federal Communications Commission Authorized.



-This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.

1  
GENERAL

1.5 - DESCRIPTION OF THE CONTROLS

**UPPER PILOT LIGHT**

**Bake function (convection oven):**  
The light turns off when the temperature set on the thermostat knob is reached.

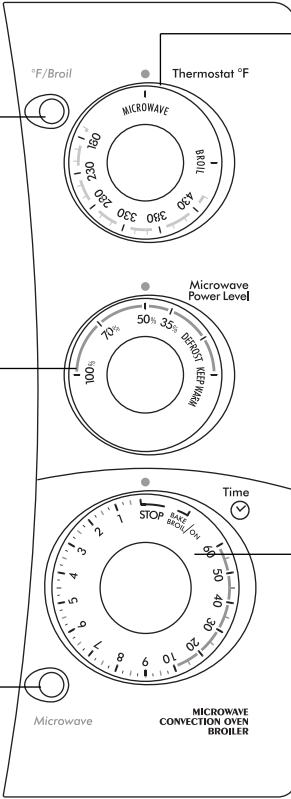
**Broil function:**  
Stays always lighted.

**MICROWAVE POWER LEVEL KNOB**

**Microwave function:**  
turn the knob to the desired power level.

**LOWER PILOT LIGHT**

**Microwave function:**  
indicates when the microwaves are operating



**FUNCTION SELECTOR/THERMOSTAT**

**Microwave function:**  
Make certain that the knob is set on position "MICROWAVE"

**Bake function (convection oven):**  
Set the knob between 180°F and 430°F, depending on the cooking temperature desired.

**Broil function:**  
Turn the knob to "BROIL" position.

**TIMER KNOB**

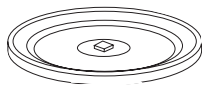
**All functions:**  
Turn clockwise from 1 to 60 minutes. Once the set time expires, the oven will turn off and a bell will ring.

**Bake and broil functions:**  
In order to bake or broil food for a long time or to pre-heat the oven for baking, the timer knob can be positioned on BAKE/BROIL ON: the oven will remain permanently on until you change the setting to stop.

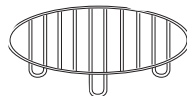
# 1

## GENERAL

### 1.6 - ACCESSORIES PROVIDED



G- Turntable



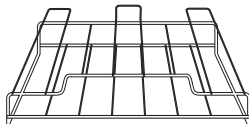
F- Circular wire rack

ALWAYS use this rack on the turntable.  
This rack has been fully tested for safe use  
with microwave function.

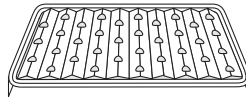


M- Ovenproof dish

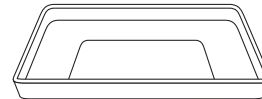
#### NEVER USE THESE ACCESSORIES WITH MICROWAVE FUNCTION



H- Rectangular wire rack

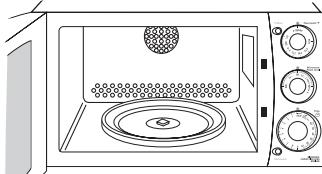
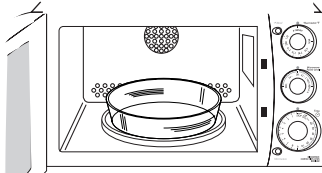
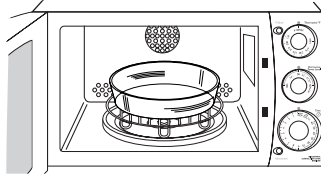
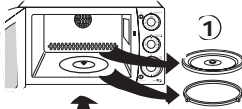
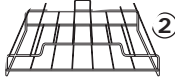
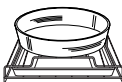
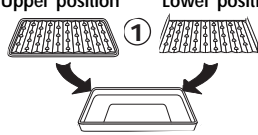
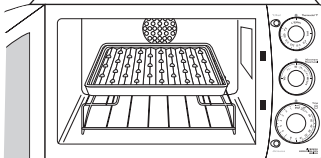
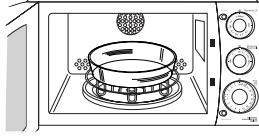


L- Broiling rack



N- Oven pan

Use all accessories as follows:

MICROWAVE FUNCTION	CONVECTION OVEN FUNCTION (BAKE)	BROIL FUNCTION
 <p>Always use the TURNTABLE (G) with microwave function.</p>  <p>The OVENPROOF DISH (M) provided with the oven can be easily used for microwave cooking.</p> <p><b>NEVER</b> use metal containers or utensils with microwave functions, except (if necessary) the CIRCULAR WIRE RACK (F) keeping attention to always put it on the TURNTABLE (G).</p>	 <p>Use the OVENPROOF DISH (M), or other preferred containers, on the CIRCULAR WIRE RACK (F) placed on the TURNTABLE (G): the container will automatically turn and the food doesn't need to be stirred.</p> <p>With the RECTANGULAR WIRE RACK (H) it is possible to cook on the whole surface and on two levels at the same time.</p> <p>Please follow these instructions:</p> <p>1 Take out the TURNTABLE (G) and the TURNTABLE SUPPORT (I).</p>   <p><b>FRONT</b></p> <p>2 Insert the RECTANGULAR WIRE RACK (H) as shown.</p> <p>On the RECTANGULAR WIRE RACK (H) it is possible to position the OVENPROOF DISH (M) on top and the OVEN PAN (N) on the bottom or viceversa. Please follow instructions on pages 19-23 or in the recipes section.</p> 	<p>Upper position      Lower position</p>   <p>(2)</p> <ol style="list-style-type: none"> <li>1 Insert the BROILING RACK (L) inside the OVEN PAN (N). Choose the upper or lower position according to the thickness of food. Make sure to leave at least 1÷1,5ins between upper heating element and food surface. It is suggested to pour a glass of water in the oven pan.</li> <li>2 After taking out the TURNTABLE (G) and the TURNTABLE SUPPORT (I), please insert the RECTANGULAR WIRE RACK (H) and place the OVEN PAN (N) on the upper level.</li> </ol>  <p>Use the OVEN PROOF DISH (M) on the CIRCULAR WIRE RACK (F) placed on the TURNTABLE (G) for browning of food previously cooked with the microwave function.</p>



## 2 - USE OF THE CONTROLS

### 2.1 - HOW TO SET THE MICROWAVE FUNCTION

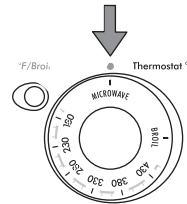
This function is suitable for:

- Keeping food hot
- Defrosting . . . . .see table on page 17
- Reheating . . . . .see table on page 18
- Cooking stew, white meats, fruits, vegetables, rice, soup and fish . . . .see table on page 19/23

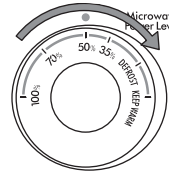
- 1 Place the food in a container suitable for microwave cooking and place it in the center of the TURNTABLE (G)

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

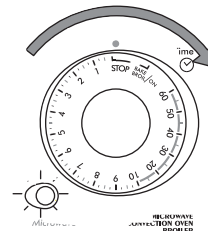
- 2 Check to be certain that the function selector/thermostat knob is at the "MICROWAVE" setting.



- 3 Choose the power level you want by turning the microwave power knob choosing from:
  - KEEP WARM • DEFROST
  - 35% • 50% • 70% • 100%



- 4 Set the cooking time desired by turning the timer knob in a clockwise direction. The lower pilot light will come on to indicate that the microwave is working.



- 5 Once the set cooking time has expired, a bell will ring 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 the cooking while in progress by opening the door and examining the food. This will interrupt the oven's operations, but they will begin again once the door has been closed.

## USE OF THE CONTROLS

### 2.2 - HOW TO SET THE BAKE FUNCTION (CONVECTION OVEN)

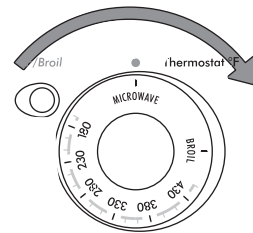
This function is suitable for:

- Making roasts and baked goods in the "traditional" way . . . . . see table on page 21
- Making pizza . . . . . see table on page 19
- Making dishes with a puff pastry base . . . . . see table on page 24

1

**Pre-heat the oven as follows:**

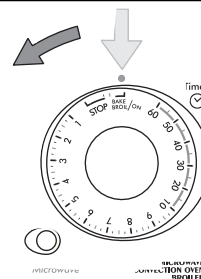
Turn the thermostat knob to the desired cooking temperature (from 180°F to 430°F).



2

Turn the timer knob in an anti-clockwise direction to the **BAKE/BROIL ON** setting.

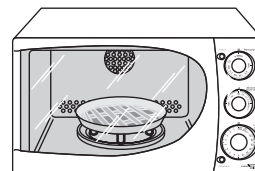
The upper pilot light will come on. **The oven door must be closed.**



3

The pre-heating finishes when the upper pilot light turns off. Next proceed as follows:

Put the food in a container suitable for oven cooking (see section "about cookware and covering") and place it according to the indications given on page 8.



4

If you know the right cooking time, you can just set it by rotating the timer knob clockwise. After the operation the oven will shut off automatically. If you don't know the cooking time, the timer can just be set to the **BAKE/BROIL ON** position.

**Caution:**

The oven **will not turn off automatically** when the timer knob is at the **BAKE/BROIL ON** setting.

You need to turn the oven off by setting the timer knob at **STOP**.

## USE OF THE CONTROLS

### 2.3 - HOW TO SET THE BROIL FUNCTION

This function is suitable for:

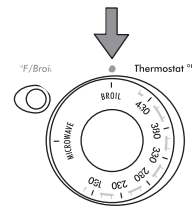
- All types of traditional grilling and broiling (e.g., chops, hamburgers, frankfurters, toast, etc.) see tables on pages 21/23

1

**Pre-heat the broiler as follows:**

Turn the thermostat knob to the **BROIL** setting.

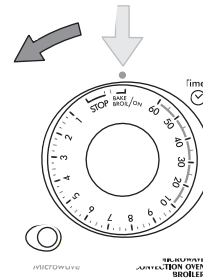
Insert the accessories you need as indicated on page 8; for example take out the **TURNTABLE (G)** and the **TURNTABLE SUPPORT (I)** and insert the **RECTANGULAR WIRE RACK (H)**.



2

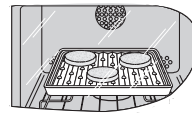
Turn the timer knob in an anti-clockwise direction to the **BAKE/BROIL ON** setting.

The upper pilot light will come on. **The door must be kept closed.**



3

After about 5 to 8 minutes, put the food on **broiling rack inserted in the oven pan** and place everything on the **RECTANGULAR WIRE RACK (H)**. While the grilling is in progress, the oven pan will collect any leakages.



4

The oven **does not turn off automatically** when the timer knob is at the **BAKE/BROIL ON** setting. So you must check the food from time to time and turn the oven off manually when the cooking is finished by **rotating the timer knob to STOP**.

To broil for a long time, it is possible to adjust the broiling time by rotating the timer knob clockwise. At the end of the operation the oven will shut off automatically.

## 3 - CLEANING AND MAINTENANCE

### 3.1 - CLEANING

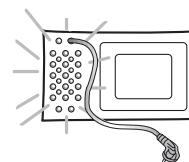
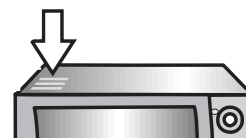
*Before beginning any cleaning or maintenance, always pull this oven's plug from the electrical outlet and wait for the oven itself to cool down completely.*

#### EXTERIOR

Clean the outside with mild soap and water; wipe with a soft cloth. Do not use any type of household or abrasive cleaner.

Be careful not to spill water or liquid soap in the openings on top of the appliance.

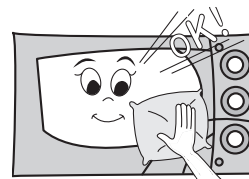
Clean the air inlet holes located on the back of the oven regularly so that no dust or dirt will build up over time to obstruct those holes.



#### DOOR

Wipe the window on both sides with a damp cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of abrasive pads, spray and other harsh cleaners as they may stain, streak or dull the door surface.

Never use alcohol or ammonia-based detergents to clean the inside and outside door surfaces.

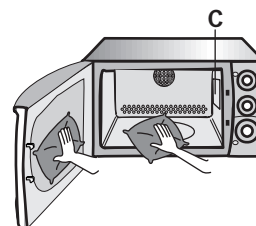


#### INTERIOR

The oven should be washed using hot soapy water or liquid detergents. Never use sharp metal utensils. Rinse thoroughly and polish dry. The turntable's motor is sealed. However, when you are cleaning the bottom of the oven, be careful not to let water seep under the turntable spindle.

#### WAVEGUIDE COVER (C)

The waveguide cover is made from mica so requires special care. Keep the waveguide cover clean to assure good oven performance. Carefully wipe with a damp cloth any food splatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. Do not remove the waveguide cover.



#### ODOR REMOVAL

Occasionally, a cooking odor may remain in the oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to sit in oven until cool. Wipe interior with a soft cloth.

#### TURNTABLE AND ACCESSORIES

Wash the turntable and the accessories in mild, sudsy water; for stubborn stains use a mild cleanser and non-abrasive scouring sponge. They are also dishwasher-proof. **Do not place the turntable in cold water after the oven has been hot; thermal shock could cause the turntable to break.**

## CLEANING AND MAINTENANCE

### 3.2 - IF SOMETHING SEEMS NOT TO BE WORKING JUST RIGHT...

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

PROBLEM	CAUSE/REMEDY
<ul style="list-style-type: none"> <li>The oven is not working</li> </ul>	<ul style="list-style-type: none"> <li>The door is not properly closed.</li> <li>The plug is not properly inserted in the electric outlet.</li> <li>The outlet is not supplying power (check the building's fuse box).</li> <li>The knobs are not set correctly.</li> </ul>
<ul style="list-style-type: none"> <li>Steam and condensation on the work top, around the oven door and inside the oven.</li> </ul>	<ul style="list-style-type: none"> <li>When foods containing water are being cooked, it is completely normal for the steam generated within the oven to escape. 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.</li> </ul>
<ul style="list-style-type: none"> <li>Sparks inside the oven.</li> </ul>	<ul style="list-style-type: none"> <li>When using the microwave function, do not turn the oven on when the cavity is empty.</li> <li>When cooking by microwaves, do not use metal containers, bags, or packages with metal clips.</li> </ul>
<ul style="list-style-type: none"> <li>The food is not heating sufficiently</li> </ul>	<ul style="list-style-type: none"> <li>Select the correct cooking method or increase the cooking time.</li> <li>The food was not completely defrosted before being cooked.</li> </ul>
<ul style="list-style-type: none"> <li>The food is burning</li> </ul>	<ul style="list-style-type: none"> <li>Use the correct cooking method or lower the cooking time.</li> </ul>
<ul style="list-style-type: none"> <li>The food is not cooking evenly</li> </ul>	<ul style="list-style-type: none"> <li>Stir the food while it is being cooked. Remember that foodstuffs cook better when cut into uniform pieces.</li> <li>The turntable is not spinning.</li> </ul>

In case oven light is burned, you may continue to use the oven anyway. To replace the light, contact authorized assistance.

## 4 - COOKING GUIDELINES AND TIME CHARTS

### 4.1 - INTRODUCTION/BASIC RULES

Always remember the important 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, read carefully this information.



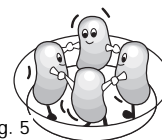
Cooking with a microwave is much faster than conventional cooking and, while you should make sure that food is fully cooked, you should be careful not to overcook it. Food severely overcooked can smoke or ignite.



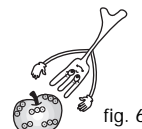
Use the cooking times and food quantities as a guide. *The more food you are cooking, the longer you should cook it. The lower the temperature at which food is placed in a microwave oven, the longer the cooking time required.* Food at room temperature will cook more quickly than food at refrigerator temperature.



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 (see fig. 5) Never stack food in your microwave.



Foods with a skin, shell or peel (e.g., apples, potatoes, tomatoes, frankfurters, fish) must be pierced with a fork or sharp knife in several points so as to allow steam to escape and prevent exploding. (see fig. 6).



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 appetizing color. Microwave cooking does not brown or crisp food so you may prefer to use the broil or bake function to cook meat or bake foods.



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



Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent steam formation, spattering and help foods to cook evenly. Check that the oven is cool before using plastic containers or film - especially if you've just been using the broil or bake functions.

If you use cling film to cover your food, turn back a corner or pierce the film before you begin to cook.

Always follow what is indicated on charts and recipes as far as accessories to use are concerned, as indicated in paragraph 1.6 and 4.2.

Cook in microwave-safe containers when in microwave function.



**ALWAYS** use potholders to prevent burns when handling utensils that are in contact with hot food, especially after baking or broiling. Enough heat from the food can transfer through utensils to cause skin burns, even with microwave function.



Add standing time. remove food from oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking. The suitable standing times are indicated in the tables and recipes.

## 4 COOKING GUIDELINES AND TIME CHARTS

### 4.2 - ABOUT COOKWARE AND COVERINGS

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new convection microwave oven. The chart below will help you decide what utensils and coverings should be used in each mode. Make sure the utensil does not touch the interior walls during cooking.

UTENSILS AND COVERINGS	MICROWAVE FUNCTION	BAKE FUNCTION	BROIL FUNCTION
Aluminum foil	<b>No</b>	<b>Yes</b> - For shielding	<b>Yes</b> - For shielding
Aluminum container	<b>No</b>	<b>Yes</b>	<b>Yes</b> - No cover
Browning dish	<b>Yes</b> - Do not exceed recommended preheating time. Follow manufacturer's directions.	<b>No</b>	<b>No</b>
Glass ceramic (pyro-ceram®)	<b>Yes</b> - Excellent	<b>Yes</b> - Excellent	<b>Yes</b> - Excellent
Glass, heat-resistant	<b>Yes</b> - Excellent. Overturned pie plate necessary for popping popcorn.	<b>Yes</b> - Excellent	<b>Yes</b> - Excellent
Glass, non-heat-resistant	<b>No</b>	<b>No</b>	<b>No</b>
Lids, glass	<b>Yes</b>	<b>Yes</b>	<b>No</b>
Lids, metal	<b>No</b>	<b>Yes</b>	<b>No</b>
Metal cookware	<b>No</b>	<b>Yes</b>	<b>Yes</b>
Metal, misc: dishes with metallic trim, screws, bands, handles. Metal twist ties	<b>No</b>	<b>No</b>	<b>No</b>
Oven cooking bags	<b>Yes</b> - Good for large meats or foods that need tenderizing. DO NOT use metal twist ties.	<b>Yes</b>	<b>No</b>
Paper plates	<b>Yes</b> - For reheating	<b>No</b>	<b>No</b>
Paper towels	<b>Yes</b> - To cover for reheating and cooking. Do not use recycled paper towels which may contain metal filling.	<b>No</b>	<b>No</b>
Paper, ovenable	<b>Yes</b>	<b>Yes</b> - for temperatures up to 400°F.	<b>No</b>
Microwave-safe plastic containers	<b>Yes</b> - Use for reheating and defrosting. Some microwave-safe plastics are not suitable for cooking foods with high fat and sugar content. Follow manufacturer's directions.	<b>No</b>	<b>No</b>
Plastic, Thermoset®	<b>Yes</b>	<b>Yes</b> - are heat resistant up to 425°F	<b>No</b>
Plastic, wrap	<b>Yes</b> - Use brands specially marked for microwave use. DO NOT allow plastic wrap to touch food. Vent so steam can escape	<b>No</b>	<b>No</b>
Pottery, porcelain stoneware	<b>Yes</b> - Check manufacturer's recommendation for being microwave safe.	<b>Yes</b>	<b>Yes</b>
Styrofoam	<b>Yes</b> - For reheating	<b>No</b>	<b>No</b>
Wax paper	<b>Yes</b> - Good covering for cooking and reheating	<b>No</b>	<b>No</b>
Wicker, wood, straw	<b>Yes</b> - May be used for short periods of time. Do not use with high fat or high sugar content foods. Could char.	<b>No</b>	<b>No</b>

**Dish check.** If you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on 100% for 30 seconds. If the dish becomes very hot, do NOT use it for microwaving.

**Accessories.** There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures when using microwave-only cooking. De'Longhi is not responsible for any damage to the oven when accessories are used.

## 4 COOKING GUIDELINES AND TIME CHARTS

### 4.3 - ABOUT SOME FOODS

The following charts give you cooking suggestions for the main and specific food categories.

FOOD	DO	DON'T
Eggs, sausages, nuts, seeds fruits & vegetables	<ul style="list-style-type: none"> <li>Puncture egg yolks before cooking to prevent "explosion".</li> <li>Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>Cook eggs in shells.</li> <li>Reheat whole eggs</li> <li>Dry nuts or seeds in shells.</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>Use specially bagged popcorn for the microwave oven.</li> <li>Listen while popping corn for the popping to slow to 1 or 2 seconds or use special Popcorn pad.</li> </ul>	<ul style="list-style-type: none"> <li>Pop popcorn in regular brown bags or glass bowls.</li> <li>Exceed maximum time on popcorn package.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving.</li> <li>Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding.</li> <li>If you use powdered milk, make sure you stir well in order to prevent it from igniting.</li> </ul>	<ul style="list-style-type: none"> <li>Heat disposable bottles.</li> <li>Heat bottles with nipples on.</li> <li>Heat baby food in original jars.</li> </ul>
General	<ul style="list-style-type: none"> <li>Cut baked goods with filling after heating to release steam and avoid burns.</li> <li>Stir liquids briskly before and after heating to avoid "eruption".</li> <li>Use deep bowl, when cooking liquids or cereals, to prevent boilovers.</li> </ul>	<ul style="list-style-type: none"> <li>Heat or cook in closed glass jars or air-tight containers.</li> <li>Can in the microwave as harmful bacteria may not be destroyed.</li> <li>Dry wood, gourds, herbs or wet papers.</li> </ul>

### 4.4 - KEEPING FOOD WARM

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

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

By turning the microwave power level knob to the "KEEP WARM" setting and covering the food with a plate or plastic wrap, you will find that the food remains warm up to the very moment you serve it.

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

This function is not meant for warm storage.



## COOKING GUIDELINES AND TIME CHARTS

### 4.5 - DEFROSTING WITH MICROWAVE FUNCTION

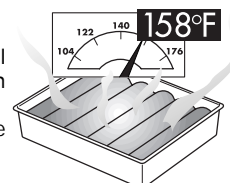
- Foods frozen in bags or plastic sheeting or in their packaging may be placed directly in the oven, as long as they have no metal parts (e.g., bands or closure rivets).
- Certain foods, such as greens, vegetables and fish, do not have to be completely defrosted before you begin cooking them.
- Stewed 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.

Recipe	Quantity	Microwave power	Timer knob (minutes)	Observation and tips	Standing time (minutes)
<b>MEAT</b>					
• Roasts (pork, beef, veal, etc.)	2 1/4 lb	DEFROST	25 - 28		20
• Steaks, cutlets, meat slices	8 oz	"	6 - 8		5
• Stew, goulash	16 oz	"	14 - 16		10
• Ground meat	16 oz	"	11 - 13		15
• "	8 oz	"	5 - 7		10
• Hamburger	8 oz	"	7 - 9		10
• Sausages	8 oz	"	9 - 11		10
<b>POULTRY</b>					
• Duck, turkey	3 1/4 lb	"	35 - 40	At the end of the rest period, wash under hot water to remove possible ice	20
• Whole chickens	3 1/4 lb	"	35 - 40		20
• Cut-up chicken	16 oz	"	14 - 16		10
• Chicken breasts	8 oz	"	13 - 15		10
<b>VEGETABLES</b>					
• Cubed eggplant	16 oz	"	16 - 19		5
• Cut-up peppers	16 oz	"	15 - 18		5
• Shelled peas	16 oz	"	12 - 15		5
• Artichoke hearts	8 oz	"	9 - 11		5
• Pieces of asparagus	16 oz	"	14 - 16	To make defrosting easier, stir the vegetables from time to time	5
• Cut-up green beans	16 oz	"	15 - 18		5
• Whole broccoli	16 oz	"	15 - 17		5
• Brussel sprouts	16 oz	"	15 - 17		5
• Cut-up carrots	16 oz	"	14 - 16		5
• Cauliflower tops	16 oz	"	13 - 15		5
• Mixed vegetables	8 oz	"	8 - 10		5
• Cut-up spinach	8 oz	"	9 - 11		5
<b>FISH</b>					
• Filleted fish	8 oz	"	9 - 11	Fish is better cooked from frozen if it does not require further preparation.	7
• Cut-up fish	16 oz	"	10 - 12		7
• Whole fish	16 oz	"	13 - 15		7
• Prawn, shrimps	16 oz	"	10 - 12		7
<b>DAIRY PRODUCTS</b>					
• Butter	8 oz	"	5 - 7	Remove the aluminum paper and metal pieces. Partially defrosted. Needs the standing time.	10
• Cheese	8 oz	"	6 - 8		15
<b>BREAD PRODUCTS</b>					
• 2 average-size rolls	8 oz	"	2 - 3	Put the bread directly on the turntable	3
• 4 average-size rolls	16 oz	"	4 - 6		3
• Sliced home-style bread	8 oz	"	4 - 6		3
• Whole wheat bread	8 oz	"	4 - 6		3
<b>FRUIT</b>					
• Strawberries, prunes, cherries, currants, apricots	16 oz	"	12 - 14	Mix 2 or 3 times	10
• Raspberries	8 oz	"	8 - 10	Mix 2 or 3 times	10
• Blackberries	8 oz	"	6 - 8	Mix 2 or 3 times	6

## COOKING GUIDELINES AND TIME CHARTS

### 4.6 - REHEAT WITH MICROWAVE FUNCTION

- We recommend that you heat food to a temperature of at least 158°F – the food must be piping hot!
- To heat pre-cooked or frozen food, 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 flavor 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.



Recipe	Quantity	Microwave power	Timer knob (minutes)	Observation and tips
<b>SOFTENING FOOD</b>				
• Chocolate/icing	3,5 oz.	50%	4 - 5	Put on a plate. Mix the icing once.
• Butter	1,8-2,5 oz.	100%	0.5"-0.10"	
<b>CHILLED FOOD (INITIAL TEMP. 41°/46,4°F) UP TO 68/86°F</b>				
• Yogurt	8 oz.	"	0.15"-0.20"	Remove metal foil <b>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.</b> 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.
• Baby's bottle	8 oz.	"	0.30"-0.35"	
<b>CHILLED PRECOOKED FOOD (INITIAL TEMP. 41°/46,4°F) UP TO APPROX. 158°F</b>				
• Packet of lasagne or of pasta with filling	16 oz.	"	4 - 6	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	16 oz.	"	4 - 6	
• Packet of fish and/or vegetables	8 oz	"	3 - 5	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	16 oz	"	5 - 7	
• Plate of pasta, cannelloni or lasagne	16 oz	"	5 - 7	
• Plate of fish and/or rice	8 oz	"	4 - 6	
<b>FROZEN FOOD TO REHEAT/COOK (INITIAL TEMP. -0,4°/-4°F) UP TO APPROX. 158°F</b>				
• Packet of lasagne or of pasta with filling	16 oz	"	6 - 8	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	16 oz	"	5 - 7	
• Packet of fish and/or pre-cooked vegetables	8 oz	"	3 - 5	Remove the raw food from the packets and place it in a container suitable for microwaves and cover.
• Packet of fish and/or raw vegetables	8 oz	"	8 - 10	
• Portion of meat and/or vegetables	16 oz	"	6 - 8	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 center; where possible, mix the food.
• Portion of pasta, cannelloni or lasagne	16 oz	"	7 - 9	
• Portion of fish and/or rice	8 oz	"	4 - 6	
<b>CHILLED DRINKS (INITIAL TEMP. 41°/46,8° F) UP TO APPROX. 158°F</b>				
• 1 cup of water	8 oz	"	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	8 oz	"	1.30" - 2	
• 1 cup of coffee	8 oz	"	1.30" - 2	
• 1 plate of broth	16 oz	"	4 - 5	
<b>DRINKS AT ROOM TEMPERATURE (INITIAL TEMP. 68°/86°F) UP TO APPROX. 158°F</b>				
• 1 cup of water	8 oz	"	1.30" - 2	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	8 oz	"	1 - 1.30"	
• 1 cup of coffee	8 oz	"	1 - 1.30"	
• 1 plate of broth	16 oz	"	3 - 4	

## 4 COOKING GUIDELINES AND TIME CHARTS

### 4.7 - COOKING OF SOUPS, STARTERS AND SAVORY DISHES

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.

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 stove. 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).

Make sure the ingredients are placed in a container suitable for microwave ovens and covered with clear sheet (for about 16 oz of rice, you need 1<sup>3</sup>/<sub>4</sub> lb of broth with the oven programmed at 5 for about 12 to 15 minutes).

For reheating or cooking snacks and savory dishes the microwave is ideal - one of the great attractions is the ease, speed and economy of cooking a light meal or snack for one person. Many lunch or supper dishes can be prepared ahead and just reheated when required.

Foods containing cheese or eggs are high in fat and attract microwaves, therefore care is needed to prevent overcooking.

Cheese topped dishes give a better result if the grated cheese is mixed with bread crumbs before scattering on the surface of the food, this helps to absorb some of the fat and gives a crisper finish. These dishes will be better cooked using MICROWAVE FUNCTION followed by BROIL FUNCTION.

Recipe	Quantity	Function	Microwave power	Thermostat	Timer (minutes)	Observations and tips	Use of racks/ accessories
Lasagne	2 <sup>1</sup> / <sub>2</sub> lb	BAKE	-	380°F	40	Position the pan on the lower level of the rack	rectangular wire rack
Lasagne	2 <sup>1</sup> / <sub>2</sub> lb	MICROWAVE followed by BROIL	50%	-	30 followed by 9	Use the pyrex container	circular wire rack
Risotto	16 oz of rice	MICROWAVE	100%	-	12-15	Put all ingredients together in the container and cover them with transparent wrap (1 <sup>3</sup> / <sub>4</sub> lb of broth is necessary for 16 oz of rice)	-
Pizza	1 <sup>3</sup> / <sub>4</sub> lb	BAKE	-	380°F	30	1°case: prepare the pizza on the oiled pan and cook it on the lower level of the rectangular wire rack. Rotate it halfway through cooking 2°case: prepare the pizza on an oven paper and place it over the wire rack	rectangular wire rack  circular wire rack
Quiche - fresh	1 <sup>3</sup> / <sub>4</sub> lb	BAKE	-	330°F	40	Use a metallic pan with hook for easy use	circular wire rack
Quiche - frozen	1 lb	BAKE	-	380°F	45	Place the quiche still frozen on a buttered metallic pan	circular wire rack
Muffins	6 cups	BAKE	-	355°F	25-30	Butter and flour molds before filling them up. Place them on top of the wire rack away from each other	circular wire rack
Muffins	6 cups	BAKE	-	355°F	25-30	Cook them on the bottom of the rectangular wire rack and turn after 15 minutes.	rectangular wire rack

## COOKING GUIDELINES AND TIME CHARTS

### 4.8 - COOKING OF MEAT AND POULTRY

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Your oven will give the best results when roasts are cooked using the BAKE FUNCTION (convection oven).

However, if you do use MICROWAVE FUNCTION, the time required for cooking meat depends very much on the size and shape. Joints of meat will generally take about a third of the conventional cooking time when cooked by microwave alone. The MICROWAVE FUNCTION is strongly recommended for goulash and casseroles.

Do not salt the meat as it attracts moisture and has a toughening effect. The only exception to this is pork, when you rub salt into the skin to produce crackling. Regular shaped joints cook the best and it is suggested to cook them on the ovenproof dish on the circular wire rack using the BAKE FUNCTION.

Most larger joints, with a cooking time over 15 minutes in MICROWAVE FUNCTION will brown automatically otherwise sprinkle them with microwave seasoning or paprika pepper before cooking. Start cooking joints with the fat side down then turn over half way through cooking. Larger joints may need turning several times, also when cooked with the BAKE FUNCTION.

At the end of the cooking time in MICROWAVE FUNCTION, cover the meat and leave it to stand for about 5 to 10 minutes.

Standing time allows the center of the meat to finish cooking without overcooking the outside.

Cooking poultry by MICROWAVE FUNCTION will not produce the crisp, brown skin that you will achieve using BAKE FUNCTION, it will however give you a superb flavor with a moist and tender flesh.

It is important to defrost poultry properly before cooking.

Boned poultry is particularly good when cooked by microwave as it is a compact shape. Chicken breasts in sauce are better cooked by microwave as they do not dry up through evaporation as in a conventional oven.

Start cooking larger birds breast side down and turn over halfway through cooking or turn several times.

If stuffing is used it is recommended to stuff the neck cavity only; calculate the cooking time with the combined weight of stuffing and bird. **Always make sure that poultry is fully cooked before serving.** To check if it is cooked, pierce the bird between the leg and the body and when the juices are no longer pink and run clear the bird is cooked.

## COOKING GUIDELINES AND TIME CHARTS

Recipe	Quantity	Function	Microwave power	Thermostat	Timer (minutes)	Observations and tips	Use of racks/ accessories
Roast beef	2,5 lb	BAKE	-	380°F	65	Turn at halfway point	circular wire rack
Roast veal	2,5 lb	BAKE	-	380°F	80	Turn at halfway point	circular wire rack
Roast pork	2,5 lb	BAKE	-	380°F	80	Turn at halfway point	circular wire rack
Chicken, whole	3 1/4 lb	BAKE	-	380°F	100	Turn at halfway point	circular wire rack
Chicken, pieces	21,2 oz	BAKE	-	380°F	40	Turn at halfway point	circular wire rack
Turkey breast	21,2 oz	BAKE	-	380°F	40	Turn at halfway point	circular wire rack
Turkey	2,5 lb	BAKE	-	380°F	75	Turn at halfway point	circular wire rack
Goulash	3 1/4 lb	MICROWAVE	100%	-	35-40	Cook in the ovenproof dish without covering. Stir 2-3 times while cooking.	-
Meatloaf	28,2 oz	BAKE	-	330°F	40	Mix together 1,1lb. of ground beef, eggs, ham bread crumbs, etc. Add a dash of oil and a little white wine.	circular wire rack
Hamburger	n°3	BROIL	-	-	12-15	Place food on the broiling rack situated in the oven pan and insert it inside the oven on the rectangular wire rack as shown in the picture on page 8. We suggest to add a small glass of water in the oven pan as to avoid spills of fat and odors. Turn at halfway point.	rectangular wire rack
Fillets	n°3	BROIL	-	-	10-12		rectangular wire rack
Pork chops	n°3	BROIL	-	-	18-20		rectangular wire rack
Roast pork	2,5 lb	MICROWAVE followed by BROIL	50%	-	40 followed by 30	Always add 1/2 glass of water in order to soften meat. Turn at halfway point.	circular wire rack
Chicken, whole	3 1/4 lb	MICROWAVE followed by BROIL	75%	-	50 followed by 30	As above. In addition pierce the chicken with a fork in order to eliminate fat. Turn at halfway point.	circular wire rack

## 4 COOKING GUIDELINES AND TIME CHARTS

### 4.9 - COOKING OF FISH

Fish cooks quickly and with excellent results in the microwave. It can cook frozen fish, boil-in-the-bag fish, fish in sauce in fact most methods of cooking with the exception of frying.

Fish can be cooked thawed or from frozen with just a little lemon juice and melted butter or with a prepared sauce. Fillets should be arranged evenly with tail end folded underneath to give a good result. When cooking whole fish the skin should be slit to prevent bursting. In most instances fish should be covered.

To test if fish is cooked, the center should just be firm enough to flake. Small whole fish can be cooked with microwave function at power level 100% but for the best result cook larger whole fish on power level 50% or 70%.

Whole fish too large to lay out flat can be cooked by arranging it in a curve in the ovenproof dish when using MICROWAVE FUNCTION; otherwise cook a large fish inside the oven pan using BAKE FUNCTION.

Do not cook breaded and battered fish with microwave function.

Recipe	Quantity	Function	Microwave power	Thermostat	Timer	Observations and tips	Use of racks/ accessories
Fillets	16 oz	MICROWAVE	75%	-	6'-7'	Lay in dish with thickest part to the outside	-
Steaks	16 oz	MICROWAVE	100%	-	3'-4'	As above.	-
Whole (small)	16 oz	MICROWAVE	75%	-	4'-5'	When cooking several fish together, lay head to tail, make slits in skin, cover stand 3 minutes.	-
Whole (over 500gr)	1 1/2 lb	MICROWAVE	50%	-	8'-10'	Shield head and tail with piece of foil, lay flat or curved in a dish, cover stand 5-10 minutes.	-
Spicy shrimp	16 oz	BROIL	-	-	20-25	See recipe.	Rectangular wire rack
Grilled salmon with basil sauce	1 1/2 lb	BROIL	-	-	20-25	See recipe	Rectangular wire rack
Baked fish	1 1/2 lb	BAKE	-	360°F	40'	See recipe	Circular wire rack

## COOKING GUIDELINES AND TIME CHARTS

### 4.10 - COOKING OF VEGETABLES

Frozen vegetables may be cooked from their frozen state and most require no extra water. For the best results trim vegetables to a uniform size and remember that the larger the quantity the longer the cooking time required.

Fresh vegetables are superb when cooked by microwave; they require very little water so they maintain more nutrients and have a better flavor, color and texture than if they were conventionally cooked.

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 center 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 center.

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.

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.

Shake or stir during cooking.

Leave the vegetables covered for the full standing time indicated. Standing time allows the center of the vegetables to continue to cook without overcooking the outside.

The following charts give timing for cooking with microwave function and are only guidelines as the time will vary depending on weight, the initial temperature of the vegetables (refrigerated, frozen or room temperature) and the density of the food.

Recipe	Quantity	Function	Microwave power	Thermostat	Timer	Observations and tips	Use of racks/accessories
Broccoli	16 oz	MICROWAVE	100%	-	10-12	Separate into individual "florets" and cover	-
Artichokes	8 oz	MICROWAVE	100%	-	9-11	Cut off the stalk and cover	-
Cauliflower	16 oz	MICROWAVE	100%	-	9-11	Separate into stalks and cover	-
Cauliflower au gratin	2 <sup>1</sup> / <sub>4</sub> lb	MICROWAVE followed by BROIL	100%	-	20 followed by 10	Times listed are for raw cauliflower. If cauliflower is pre-boiled use only broil function until the desired color is obtained	circular wire rack
Grilled peppers	4 quarters	BROIL	-	-	9-11	Turn over after 6 minutes *	rectangular wire rack
Grilled eggplants	6 slices	BROIL	-	-	9-11	Slices 1 cm thick turn over after 6 minutes *	rectangular wire rack
Stuffed peppers	3 lb	MICROWAVE followed by BROIL	100%	-	20 followed by 10	Short wide peppers are best	circular wire rack
Stuffed peppers	3 lb	BAKE	-	380°F	40	Short wide peppers are best	circular or rectangular wire rack
Roast potatoes (fresh)	1 lb	BAKE	-	355°F	60	Stir two or three times	circular wire rack
Roast potatoes (frozen)	2 lb	BAKE	-	380°F	90	Stir two or three times	circular wire rack
Potato gratin	2 <sup>1</sup> / <sub>2</sub> lb	MICROWAVE followed by BROIL	100%	-	25 followed by 10	Times listed are for raw potatoes	circular wire rack
New potatoes	1 lb	MICROWAVE	100%	-	5-6	Cut into same-size pieces and cover	-
Old potatoes	1 lb	MICROWAVE	100%	-	6-7	Cut into same-size pieces and cover	-
Zucchini	1 lb	MICROWAVE	100%	-	8-10	Leave whole and cover	-

\* Refer to pag. 8 for the choice of the accessories.

## COOKING GUIDELINES AND TIME CHARTS

### 4.11 - DESSERTS AND CAKES

Fruit pies, pastry, some sponges and cakes are better cooked by **BAKE FUNCTION** (with the microwave only they would not be browned) but they can be reheated or defrosted quickly by microwave only.

You can get excellent results with rounded cake tins placed on the circular wire rack on the turntable and by using **BAKE FUNCTION**.

Traditional puddings which are so time consuming to cook conventionally can be cooked in only minutes by microwave, such as steamed puddings, milk puddings and egg custard. Fresh and frozen fruits can be cooked and retain a good color and superb flavor.

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).

Dissolving gelatine, melting chocolate, cooking custard and making sponge bases for gateaux are just some of the ways in which your microwave will be more efficient than conventional cooking.

Remember not to use metal tins when cooking desserts with microwave function.

Recipe	Quantity	Function	Microwave power	Thermostat	Timer (minutes)	Observations and tips	Use of racks/ accessories
Apple pie	8 servings	<b>BAKE</b>	-	330°F	90	Butter and flour the metal pan	circular wire rack
Plum cake	8 servings	<b>BAKE</b>	-	330°F	90	Use a rectangular mold that has to be buttered and floured	circular wire rack
Muffins	12 servings	<b>BAKE</b>	-	380°F	15	If the appropriate mold is used (and this one is able to turn in the oven) it should be placed directly on the circular wire rack; if the mold can't turn, then place it on the lower level of the rectangular wire rack	circular wire rack or rectangular wire rack
Donuts	12 servings	<b>BAKE</b>	-	380°F	15	It is preferable to use a pan for cakes (circular or rectangular according to the different rack to be used). If the rectangular wire rack is the one that has to be used, then it has to be placed on the lower level of the rack.	circular wire rack
Jam tart	8 servings	<b>BAKE</b>	-	330°F	50-55	<b>1° case:</b> prepare the tart in the buttered and floured pan and cook it on the lower level of the rectangular wire rack. After halfway through cooking turn the pad <b>2° case:</b> use the metallic pan and place everything on the circular wire rack	<b>1° case:</b> rectangular wire rack  <b>2° case:</b> circular wire rack
Fudge brownie pie	12 servings	<b>BAKE</b>	-	355°F	35-45	See recipe	circular wire rack
Harvest fruit pie	8 servings	<b>BAKE</b>	-	330°F	70-75	See recipe	circular wire rack
Coconut oatmeal pie	8 servings	<b>BAKE</b>	-	380°F	35-45	See recipe	circular wire rack



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# 5

## RECIPES

### *Lasagne*

12 oz. lasagne  
3 lb. cooked spinach, drained  
6 oz. mozzarella cheese, thinly sliced  
4 oz. Parmesan cheese, grated  
16 oz. meat sauce

#### Makes 6 servings

- Preheat oven to 380°F with the rectangular wire rack inserted.
- Line the bottom of a well-greased oven pan with about 1/3 of the lasagne.
- Make alternate layers of cooked spinach, sliced mozzarella cheese, sauce and Parmesan cheese until all the ingredients are used up, finishing with a thick covering of Parmesan cheese.
- Put into the oven and bake for 40 minutes at 380°F.

### *Macaroni and Eggs Lyonnaise*

6 oz. short cut macaroni  
4-6 eggs  
2 oz. butter  
2-3 onions, thinly sliced  
1½ oz. flour  
¾ pint milk

#### Makes 4-6 servings

- Cook the macaroni in boiling salted water.
- Hard boil the eggs, shell and halve. Heat the butter in a pan, and fry the onions until just soft.
- Stir in 1½ oz. flour and the milk.
- Preheat the oven to 355°F with the rectangular wire rack inserted.
- Bring the sauce to a boil, stir until thickened, season well and blend with the well drained macaroni.
- Put half the macaroni mixture into an oven pan, add the halved eggs, cut side downwards, then the rest of the macaroni mixture.
- Top with a good layer of grated cheese and a little butter.
- Bake for about 25 minutes at 355°F.

### *Pizza with Olives and Anchovies*

1 lb basic pizza dough  
5 oz. can tomato paste  
6 tomatoes, skinned and sliced  
12 anchovy fillets  
4 oz. black olives, pitted and chopped  
1/2 teaspoon dried oregano  
4 oz. grated Cheddar cheese  
2 teaspoons olive oil

#### Makes 4 servings

- Roll out the pizza dough, either to one large round or four individual rounds, about 1/4 in thick.
- Spread the tomato paste over the base or bases, then arrange the tomato slices, anchovy fillets and chopped olives.
- Sprinkle over the oregano, then the grated cheese and the olive oil.
- Put the pizza or pizzas into the oven preheated to 380°F and bake for about 30 minutes on the rectangular wire rack.

### *Pizza with Tomatoes and Cheese*

1 lb. basic pizza dough  
3 tablespoons olive oil  
1 onion, chopped  
1 clove garlic, crushed  
1 lb. can tomatoes  
1 teaspoon dried oregano  
salt and pepper  
6 oz. mozzarella cheese, thinly sliced

#### Makes 4 servings

- Heat 2 tablespoons of oil in a saucepan.
- Add the onion and garlic and fry for 5 minutes.
- Stir in the tomatoes, half the oregano, salt and pepper.
- Simmer for 25 minutes or until very thick. Meanwhile, roll out the pizza dough on the greased oven pan.
- Carefully spoon the sauce filling over the base.
- Arrange the mozzarella slices over the sauce, then dribble over the remaining oil and oregano.
- Preheat the oven to 380°F.
- Bake for about 30 minutes on the rectangular wire rack.

# 5

## RECIPES

### *Pot roast with vegetables*

4 to 5-pound round or chuck pot roast  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon garlic powder  
 $\frac{1}{2}$  teaspoon dried thyme leaves  
 $\frac{1}{8}$  teaspoon pepper  
4 potatoes, peeled and quartered  
3 onions, quartered  
2 carrots, sliced  
 $\frac{3}{4}$  cup water  
2 tablespoons kitchen bouquet sauce

Makes 8 servings

- Place meat in 4-quart casserole.
- Pat seasonings into meat.
- Add vegetables.
- Combine water and browning sauce; pour into casserole dish.
- Cook on the circular wire rack approx. 21 to 23 minutes per pound on BAKE (330°F) or until meat is fork-tender.
- Allow to stand 5 minutes.

### *Steak roulade*

$\frac{1}{4}$  cup red wine  
 $\frac{1}{4}$  cup soy sauce  
 $\frac{1}{4}$  cup vegetable oil  
 $1\frac{1}{2}$  pounds flank steak  
1 medium onion, diced  
1 stalk celery, diced  
 $\frac{1}{2}$  green pepper, diced  
 $\frac{1}{2}$  cup sliced mushrooms  
2 tablespoons margarine or butter  
 $\frac{1}{2}$  cup seasoned bread crumbs

Makes 4 servings

- Combine wine, soy sauce and oil in large dish.
- Add steak and marinate several hours.
- Combine remaining ingredients, except bread crumbs, in small bowl.
- Microwave at 100% until vegetables are tender, approx. 4 to 5 minutes.
- Stir in crumbs.
- Remove meat from marinade, spread filling evenly over meat.
- Roll meat up, starting at narrow end.
- Tie securely with string.
- Place in ovenproof dish on circular wire rack.
- Cook 30 minutes on BAKE (380°F) or until internal temperature reaches 130°F.

### *Meat loaf surprise*

$\frac{1}{2}$  pounds ground beef  
1 egg  
1 small onion, chopped  
1 carrot, grated  
1 stalk celery, finely chopped  
 $\frac{1}{2}$  cup seasoned bread crumbs  
 $\frac{1}{4}$  cup catsup  
 $\frac{1}{2}$  teaspoon dried thyme leaves  
 $\frac{1}{8}$  teaspoon pepper  
 $\frac{1}{4}$  pound boiled ham, sliced  
 $\frac{1}{4}$  pound Swiss cheese, sliced

Makes 6 servings

- Thoroughly combine all ingredients except ham and cheese.
- On a sheet of wax paper, press mixture into a 9x12-inch rectangle.
- Layer sliced ham on meat, then cheese.
- Roll up, starting at narrow end. Seal ends to form loaf.
- Place same side down in ovenproof dish.
- Cook approx. 35 to 40 minutes on BAKE (380°F) or until internal temperature reaches 155°F.
- Cover and allow to stand 5 to 10 minutes.

### *Pineapple pork roast*

1 cup pineapple preserves  
 $\frac{1}{4}$  cup prepared mustard  
1 tablespoon prepared horseradish  
1 tablespoon soy sauce  
3 to 5 pound pork roast  
3  $\frac{1}{2}$  pounds boneless pork loin

Makes 6 servings

- Combine all ingredients except pork roast in small bowl.
- Place roast in ovenproof dish on circular wire rack and cook at 380°F. Internal temperature should be at least 160°F.
- Cover roast with sauce during last 10 minutes of cooking.
- Cover and let stand 10 minutes before serving.
- Extra sauce may be heated and served with roast.

5  
RECIPES***Pork Chops***

4 pork chops  
Olive oil, salt

*Makes 4 servings*

- Preheat oven in BROIL position for 5-8 minutes.
- Lightly oil the chops, season them with salt and place on the broiling rack in the oven pan.
- Put it into the oven and broil for 18-20 minutes.
- Turn them over after 10-11 minutes.

***Roast Beef***

2 lb 3 1/2 oz. beef loin  
1 clove garlic  
1 sprig rosemary  
3 tablespoons olive oil  
salt and pepper

*Makes 4 servings*

- Chop rosemary and garlic. Put them into a cup adding oil, salt and pepper; mix with a fork and pour them over the beef.
- Marinate for 30 minutes.
- Preheat the oven to 380°F, with the circular wire rack inserted.
- Bake for 65 minutes, turning the roast beef over after 35 minutes.
- Let stand for 5 minutes and then cut into slices.

***Roast Duck à l'Orange***

3 1/2 lb. duck  
1 glass white wine  
3 oranges  
salt and pepper

*Makes 4 servings*

- Clean and singe the duck. Dry it and put an orange into it.
- Sprinkle the duck with salt and pepper and lay it in the ovenproof dish.
- Add the wine, put it in the preheated oven (380°F) on the circular wire rack.
- Bake for about 10-15 minutes. Turn it over and add two oranges, peeled and sliced, and bake for another 75-80 minutes. Turn the duck over a few times.

# 5

## RECIPES

### *Grilled salmon with basil sauce*

2 tablespoons olive oil  
 1 clove garlic, minced  
 1/4 cup white wine  
 2 tablespoons lemon juice  
 1 cup fresh basil\*  
 1/4 cup grated Parmesan cheese  
 1/2 teaspoon Dijon-style mustard  
 4 salmon steaks (1 1/4 to 1 1/2 pounds) or haddock, halibut, swordfish  
 Cayenne pepper

\* If not available, substitute 1/2 cup fresh parsley and 2 tablespoons dried basil.

#### *Makes 4 servings*

- Combine oil, garlic, white wine and lemon juice in blender. Add basil, Parmesan cheese and mustard and blend until smooth.
- Preheat oven in broil position for 5-8 minutes.
- Put one-fourth of basil sauce in bottom of 9-inch oven-safe dish.
- Arrange steaks on sauce and pour remaining sauce over tops of steaks. Sprinkle with cayenne.
- Place salmon on the broiling rack in the oven pan on the rectangular wire rack as indicated on page 8.
- Cook everything for approx. 20-25 min.
- Fish flakes easily when tested with a fork at end.

### *Crunchy crab boats*

1 can (6 ounces) fancy white crabmeat, drained  
 1 package (3 ounces) cream cheese, softened  
 1/2 cup chopped almonds  
 2 tablespoons green onions, chopped  
 1 tablespoon dry white wine  
 1 teaspoon lemon juice  
 1 teaspoon prepared horseradish  
 1/4 teaspoon garlic powder  
 1/4 teaspoon salt  
 Dash of white pepper  
 Dash of cayenne pepper  
 2 hard rolls, cut in half  
 1/4 cup shredded Swiss cheese

#### *Makes 4 servings*

- Remove any bits of shell or cartilage from crab.
- Combine with next 10 ingredients.
- Mix well. Set aside.
- Toast rolls on BROIL for 5-8 minutes on the broiling rack in the oven pan on the rectangular rack as shown in the figure on pag. 8.
- Spread one-fourth of crab filling on each roll half. Place Swiss cheese on top of each.
- Place on the broiling rack.
- Cook for 10 to 12 minutes on BROIL or until cheese is melted and crab is hot.
- Sprinkle with paprika and serve.

### *Spicy shrimp*

1/4 cup white wine  
 1/4 cup water  
 3 tablespoons soy sauce  
 2 tablespoons sugar  
 1 tablespoon vegetable oil  
 2 teaspoons dried parsley flakes  
 1/8 to 1/4 teaspoon ground ginger  
 Dash of hot pepper sauce  
 1 pound jumbo raw shrimp, shelled and deveined

#### *Makes 4 servings*

- Mix all ingredients except shrimp in medium bowl.
- Stir in shrimp; cover.
- Marinate at room temperature 45 minutes or 3 hours in refrigerator.
- Remove shrimp from marinade; reserve marinade.
- Place shrimp on the broiling rack in the oven pan on the rectangular rack as shown on page 8.
- Cook 20 to 25 minutes on BROIL, brushing with marinade after half the time.
- Microwave remaining marinade at 100% 2 minutes.
- Serve over rice or as a dipping sauce when served as an appetizer, if desired.

# 5

## RECIPES

### *Grilled herbed vegetables*

2 pounds fresh vegetables of your choice (red onion, peppers, zucchini, portobello mushrooms, eggplant, etc.)

$\frac{1}{3}$  cup olive oil

2 tablespoons chopped fresh herbs or 2 teaspoons of dried herbs (thyme, rosemary, oregano, tarragon, etc.).

*Makes 8 servings*

- Coat prepared vegetables with seasoned olive oil.
- Allow to stand for 30 minutes.
- Drain and pat dry.
- Place the vegetables on the broiling rack in the oven pan on the rectangular rack as shown on page 8.
- Preheat the oven in BROIL position for 5-8 minutes.
- Place the rack in the oven and cook for 10 to 20 minutes, turning halfway through cooking until vegetables are tender when pierced with a fork and browned.
- Serve hot or at room temperature.

### *Stuffed Peppers*

4 peppers

$1\frac{1}{2}$  lb. mixed ground meat

2 eggs

1 clove garlic

salt and pepper

1,8 oz. cooked ham

1 oz. Parmesan cheese, grated

*Makes 4 servings*

- Cut the tops off the peppers, remove the seeds and discard.
- Combine the remaining ingredients and mix well.
- Fill the peppers with this mixture, then place them in the ovenproof dish.
- Preheat the oven to 380°F. Put the ovenproof dish into the oven on the circular wire rack and bake for about 40 minutes.

### *Zucchini muffins*

$1\frac{1}{2}$  cups all-purpose flour

$\frac{1}{2}$  cup sugar

1 teaspoon baking powder

$\frac{1}{2}$  teaspoon ground cinnamon

$\frac{1}{2}$  teaspoon salt

1 cup grated zucchini

$\frac{1}{2}$  cup chopped walnuts

$\frac{1}{2}$  cup raisins

1 egg

$\frac{1}{3}$  cup vegetable oil

*Makes 1 dozen*

- Preheat oven to 355°F.
- Combine dry ingredients in medium bowl.
- Mix in remaining ingredients until just moistened.
- Spoon batter into 2 greased 6-cup medium muffin pans.
- Bake each pan 25 to 30 minutes at 355°F on the circular wire rack or until tops spring back when touched lightly with finger.

### *Carousel crackles*

$\frac{1}{2}$  cup semisweet chocolate chips

$\frac{1}{2}$  cup packed brown sugar

3 tablespoons vegetable oil

1 egg

$\frac{1}{2}$  teaspoon vanilla

$\frac{1}{2}$  cup all-purpose flour

$\frac{1}{2}$  teaspoon baking powder

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  cup finely chopped walnuts

$\frac{1}{4}$  cup powdered sugar

*Makes 2 dozen*

- Place chocolate chips in large mixing bowl.
- Microwave at 100% until melted, about 2 minutes.
- Blend in brown sugar and oil.
- Add egg and beat well. Stir in vanilla.
- Combine flour, baking powder and salt; stir into chocolate mixture. Mix in nuts. Chill dough at least 1 hour.
- Preheat oven to 355°F.
- Drop dough by rounded teaspoonfuls into powdered sugar: roll to coat.
- Place 2 inches apart on greased round baking pans.
- Bake 14 to 16 minutes at 355°F on the circular wire

# 5

## RECIPES

### *Chocolate chip “pizza”*

1 cup all-purpose flour  
 1/8 teaspoon baking soda  
 1/2 teaspoon baking powder  
 1/8 teaspoon salt  
 1/4 cup granulated sugar  
 3/4 cup packed brown sugar  
 1/2 cup margarine or butter  
 1/2 teaspoon vanilla  
 1 egg  
 1 package (6 ounces) chocolate chips  
 1/2 cup chopped nuts (optional)

#### Makes 1 11"-12" “pizza”

- Preheat oven to 330°F.
- Combine flour, soda, baking powder and salt; set aside.
- Cream together sugars, margarine and vanilla.
- Beat until creamy. Beat in egg.
- Gradually add flour mixture; mix well.
- Stir in chocolate chips and nuts.
- Spread mixture onto 1 ungreased 11 to 12 inch round pizza pan.
- Bake 22 to 24 minutes at 330°F on the circular wire rack, or until wooden pick inserted in center comes out clean. Let cool in pan.
- Cut into 16 wedges.

### *Fudge brownie pie*

1/4 cup margarine or butter  
 3/4 cup packed brown sugar  
 1 tablespoon instant espresso coffee  
 3 eggs  
 1 bag (12 ounces) semisweet chocolate chips  
 1/4 cup all-purpose flour  
 1 cup chopped pecans  
 1 9-inch unbaked pie shell  
 1 1/2 teaspoons rum extract  
 1 cup whipping cream, whipped stiffly  
 Chocolate sprinkles

#### Makes 12 servings

- Preheat oven to 355°F with the circular wire rack inserted.
- Cream margarine and brown sugar until light and fluffy.
- Stir in espresso.
- Add eggs, one at a time, beating well after each.
- Place chips in 4-cup measure or small bowl.
- Microwave at 50% until melted, 1 to 2 minutes, stirring 2 or 3 times.
- Stir chocolate, flour and pecans into butter, sugar, egg mixture.
- Pour into pie shell.
- Bake 35 to 45 minutes at 355°F on the circular wire rack.
- Cool.
- Fold rum extract into whipped cream.
- Spread on top of pie and decorate with sprinkles.

### *Danish Cookies*

5 oz. butter  
 3 oz sieved icing sugar  
 1 egg  
 6 oz. plain (all purpose) flour  
 2 oz. chopped plain unsweetened chocolate or chocolate polka dots  
 2 oz. chopped mixed nuts  
 glacé (candied) cherries

#### Makes 40

- Put butter, sugar, egg and all purpose flour into a bowl.
- Mix well, then add chocolate and the chopped mixed nuts.
- Put small spoonfuls on the greased baking tray, leaving room for them to spread.
- Top with pieces of candied cherries, bake for 13-15 minutes in the preheated oven (355°F) on the circular wire rack.

# 5

## RECIPES

### *Harvest fruit pie*

2 cups all-purpose flour  
1 teaspoon salt  
1 teaspoon ground cinnamon  
 $\frac{2}{3}$  cup plus 2 tablespoons vegetable shortening  
4 to 5 tablespoons cold water  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground nutmeg  
 $\frac{1}{2}$  cup broken pecans  
6 cups sliced, peeled apples and pears  
2 tablespoons margarine or butter  
1 tablespoon milk  
1 tablespoon sugar

#### Makes 8 servings

- Preheat oven to 330°F with the circular wire rack inserted.
- Combine 2 cups flour, the salt and 1 teaspoon cinnamon in medium bowl.
- Cut in shortening, sprinkle in water, 1 tablespoon at a time, until flour is moistened.
- Gather dough into ball; divide in half. roll each half into 9-inch circle.
- Ease 1 circle into 9-inch pie pan.
- Combine  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup flour,  $\frac{1}{2}$  teaspoon cinnamon and the nutmeg; mix with apples and pears.
- Turn into pastry-lined pan; dot with margarine.
- Cover with top crust.
- Brush crust with milk; sprinkle with 1 tablespoon sugar.
- Trim, seal and flute.
- Cut small slits in top crust.
- Bake 70 to 75 minutes at 330°F, or until juices begin to bubble.

### *Coconut oatmeal pie*

3 eggs, well beaten  
1 cup packed brown sugar  
 $\frac{2}{3}$  cup granulated sugar  
 $\frac{2}{3}$  cup quick-cooking oats  
 $\frac{2}{3}$  cup shredded coconut  
 $\frac{1}{2}$  cup milk  
2 tablespoons margarine or butter, melted  
1 teaspoon vanilla  
 $\frac{1}{2}$  cup broken pecans  
1 8-inch unbaked pie shell

#### Makes 8 servings

- Preheat oven to 380°F with the circular wire rack inserted.
- Combine all ingredients except pecans in large bowl.
- Add pecans; mix well.
- Pour into pie shell.
- Bake 35 to 45 minutes at 380°F or until set.

### *Plum Cake*

$8\frac{7}{8}$  oz. butter  
 $8\frac{7}{8}$  oz. sugar  
3 eggs and 2 yolks  
 $8\frac{7}{8}$  oz. flour  
salt  
 $2\frac{1}{2}$  oz. sultanas  
 $1\frac{7}{8}$  oz. currants  
 $1\frac{7}{8}$  oz. candied cedar and orange  
a little glass of rum

#### Makes 8 servings

- Place the raisins into a bowl with lukewarm water and leave to soak.
- Put the butter into a tureen, stirring it with a wood-spoon: when creamy, add the sugar little by little and mix very well. Add the eggs and the yolks one at the time, then the flour and a pinch of salt.
- Stir, add the rum, then the drained raisins and floured candied fruit.
- Pour the mixture into a rectangular baking dish lined with buttered Aluminum foil.
- Bake for 90 minutes in the oven preheated to 330°F on the circular wire rack.



## 6 - WARRANTY

