

MICROWAVE OVEN
COMBINED WITH GRILL AND FAN

Directions for use and cook-book

SPECIFICATIONS

Voltage	240	V
Frequency	50	Hz
Fan heater rated input	1500	W
Grill rated input	1500	W
Microwave rated input	1500	W
Maximum input power	3000	W
Microwave output power	800	W
Microwave frequency	2450	Hz
Dimensions:	width	56 cm (22 in)
	height	34.5 cm (13.5 in)
	depth	49.5 cm (19.5 in)
Oven capacity	26	lt (0.93 cu.ft.)
Weight	25	kg
Oven lamp	25	W

ENERGY CONSUMPTION:

(CENELEC HD 376 norms)	
To reach 200°C	0.3 kWh
To maintain a temperature of 200°C for 1 hour	1 kWh
Total consumption	1.3 kWh

This appliance conforms to E.E.C. directive no. 87/308 regarding the suppression of radio interference.

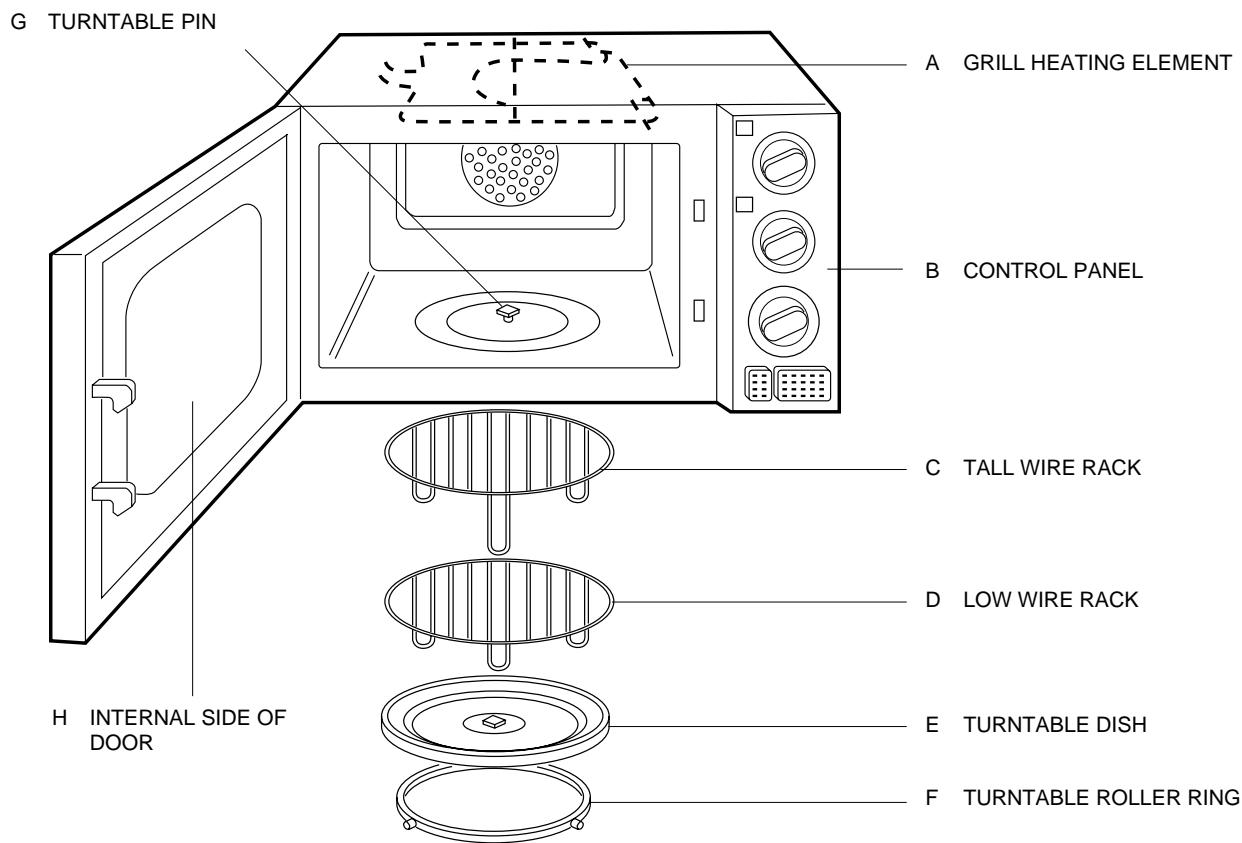
Data for test heating performance in accordance with IEC 705

The International Electrotechnical Commission, SC 59H, has developed a standard for comparative testing of the heating performance of different microwave ovens. We recommend the following for this oven:

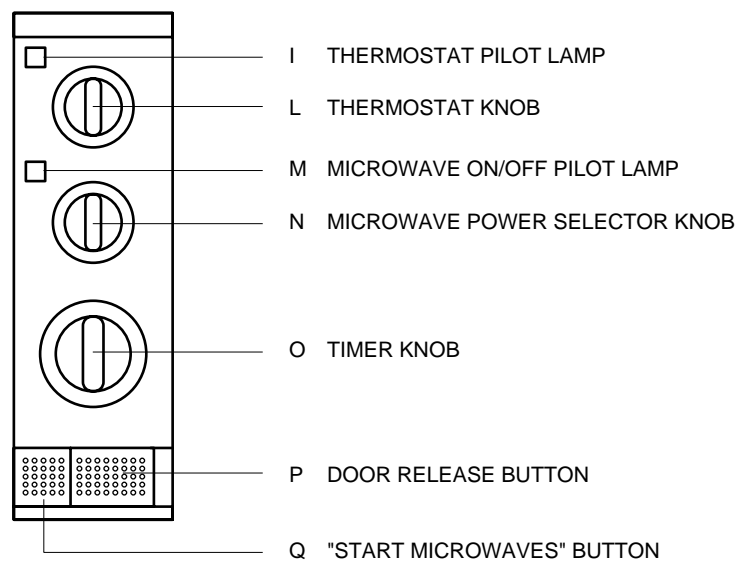
Test	Approx. time	Power level	Weight	Standing time
A	12 min	FULL	750 g	5 min
B	11 min	MEDIUM	475 g	5 min
C	17 min	HIGH	900 g	5 min
Defrosting minced meat	15 min	* LOW DEFROST	500 g	10 min

All tests must be performed with the containers placed in the centre of the turntable

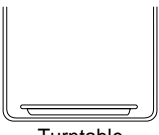

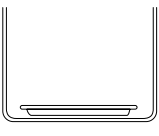
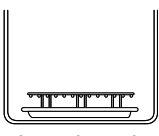
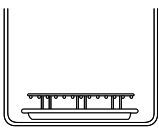
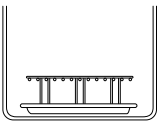
DESCRIPTION OF THE OVEN



DESCRIPTION OF THE CONTROLS



SUMMARY OF OPERATION

COOKING METHOD	POSITION OF WIRE RACK	POSITION OF CONTROL KNOBS			SUGGESTED FOR:	NOTES
		THERMOSTAT KNOB	TIMER KNOB	MICROWAVE POWER KNOB		
MICROWAVES ONLY	 Turntable	●	Up to 60 minutes	Up to HIGH DEFROST	All types of defrosting. Keeping food warm.	See page 9 for more details and information
				Up to MEDIUM	Preparation of sauces and egg-based recipes, melting butter and chocolate.	
				Up to HIGH	Cooking some types of meat (veal, stew, chicken breasts, etc.).	
				Up to FULL	Cooking fruit, vegetables, fish, rice, soup. Reheating of all types of foods.	
COMBINED MICROWAVES + FAN OVEN	 Turntable	60 - 210°C	Up to 60 minutes	Up to FULL	Rapid cooking of meat, potatoes, mushrooms and shish kebabs.	See page 14 for more details and information
COMBINED MICROWAVES + GRILL	 Turntable	▼▼▼	Up to 60 minutes	Up to FULL	Rapid cooking of lasagne, macaroni and grilled vegetables.	See page 15 for more details and information
	 Low wire rack on turntable				Rapid grilling of hamburgers, sausages and vegetables.	
FAN OVEN ONLY	 Low wire rack on turntable	60 - 210°C	Up to 60 minutes (or manual position for longer cooking times)		All types of conventional cooking. Ideal for cakes, rolled veal, fish, pizza, jam tarts.	See page 16 for more details and information
GRILL ONLY	 Tall wire rack on turntable	▼▼▼	Up to 60 minutes (or manual position for longer cooking times)		All types of conventional grilling: hamburgers, chops, sausages etc. Toasting bread	

Note: Remember to press the "MICROWAVE START" button to operate the microwaves when cooking in "MICROWAVE ONLY", "MICROWAVE + FAN OVEN" or "MICROWAVE + GRILL" modes.

IMPORTANT SAFETY INSTRUCTIONS

**Read these instructions carefully before using the oven.
This will enable you to avoid mistakes and to obtain the best results.**

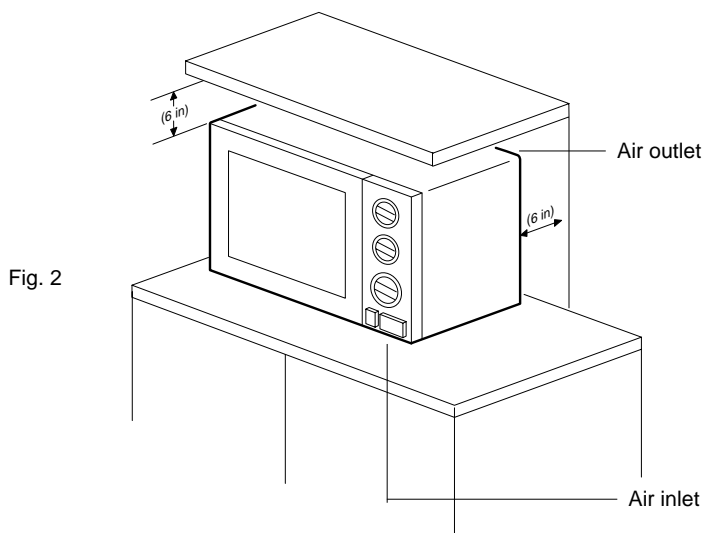
- 1) This oven has been designed for defrosting and cooking food, and must not be used for any other purpose.
- 2) It is dangerous to alter or modify the characteristics of this oven in any way.
- 3) Do not operate the oven if it is damaged in any way. The door must close properly, therefore make sure that the metal frame is not bent and that the hinges and latches are not broken or loosened.
- 4) Do not attempt to operate the oven with the door open by tampering with the safety devices.
- 5) Do not operate the oven if objects of any kind get stuck between the front panel of the oven and the door. Always keep the internal side of the door clean.
- 6) **Adjustments and repairs must be carried out only by personnel trained by the manufacturer.** Repairs carried out by unskilled personnel may be dangerous.
- 7) This oven should be operated by adults only. Do not allow children near the oven when it is in operation, as this may result in severe burns.
- 8) When using MICROWAVES only or MICROWAVES + GRILL, **never preheat the oven and never switch on the oven without food inside, as this may cause sparks.**
- 9) **Do not immerse the turntable in water after prolonged heating; the sudden difference in temperature may cause the turntable to crack.**
- 10) Never place metal cookware or containers in the oven when using MICROWAVES only or MICROWAVES + GRILL. Metal reflects microwave energy and this may cause sparks (see "Cookware").
- 11) **Do not cook eggs in their shells.** The internal pressure may cause them to shatter even after the cooking process has ended. Do not re-heat already-cooked eggs (except scrambled eggs).
- 12) Before heating or cooking foodstuffs packaged in sealed containers, do not forget to open them. The pressure inside the container may cause it to burst even after the cooking process has ended.
- 13) Stir baby food after cooking in order to ensure that the temperature is uniform.
- 14) When heating liquids (water, coffee, milk etc.), it is possible that boiling may occur as the recipient is removed from the oven. This may cause severe burns. To avoid unexpected boiling, before placing the liquid in the oven, place a heat-resistant plastic spoon or a glass stick in the recipient.
- 15) Do not heat spirits with a high alcohol content, nor large quantities of oil. These may catch fire when heated.
- 16) When heating small quantities of food, the cooking process should be carefully controlled in order to avoid overheating and thus the danger of fire.
- 17) Pay close attention when setting the cooking times. If in doubt, consult the cooking recipes.

INSTALLATION

Important:

- Connect the appliance to a properly - earthed 13A power socket. Also make sure that the most switch installed in you home has a minimum power capacity of 13A to avoid it from tripping.
- Before using the appliance check that the power supply voltage is as shown on the rating label and that the power outlet is properly earthed: **the manufacturer declines any liability if this safety norm is not observed.**

- 1) After removing the oven from the box, remove the protective packaging containing the wire racks (C and D), the turntable (E) and the turntable roller ring (F) from inside the oven. Check that the turntable pin (G) is correctly inserted in the hole in the centre of the oven.
- 2) Check that the appliance has not suffered any damage due to transportation. Also, make sure the door opens and closes properly.
- 3) Place the appliance on a flat, stable surface at least at 85 cm from the floor, out of the reach of children (the glass door can become very hot while the oven is in operation).
- 4) **When positioning the appliance on the worktop, make sure that there is a 15 cm (6 in) gap at the rear and a 2 cm (1 in) gap at the sides of the oven in order to provide adequate ventilation. The oven must not be built in. Do not obstruct the air inlet and outlet** (see fig. 2).
- 5) Position the turntable roller ring (F) in the centre of the circular groove. Place the turntable (E) on the roller ring. The turntable pin (G) should be fitted into the slot in the turntable.
- 6) If necessary, the power cable should be replaced only by personnel trained by the manufacturer or by an authorized Service Centre.
- 7) Initial start-up operation may result in minimal smell and smoke (about 15 min.). This is normal. It is due to the protective substance on heating elements which protects them from salt effects during shipping from the factory.



ELECTRICAL CONNECTION (UK ONLY)

- A) If your appliance comes fitted with a plug, it will incorporate a 13 Amp fuse. If it does not fit your socket, the plug should be cut off from the mains lead and an appropriate plug fitted, as below.

WARNING: Very carefully dispose of the cut off plug after removing the fuse; do not insert in a 13 Amp socket elsewhere in the house as this could cause a shock hazard.

With alternative plugs not incorporating a fuse, the circuit must be protected by a 15 Amp fuse.

If the plug is a moulded-on type, the fuse cover must be re-fitted when changing the fuse using a 13 Amp Asta approved fuse to BS 1362. In the event of losing the fuse cover, the plug must NOT be used until a replacement fuse cover can be obtained from your nearest electrical dealer. The colour of the correct replacement fuse cover is that as marked on the base of the plug.


- B) If your appliance is not fitted with a plug, please follow the instructions provided below.

WARNING
THIS APPLIANCE MUST BE EARTHED

IMPORTANT

The wires in the mains lead are coloured in accordance with the following code:

Green and yellow:	Earth
Blue:	Neutral
Brown:	Live

As the colours of the wires in the mains lead of this appliance 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 which is 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 which is marked with the letter N or coloured black.
The brown wire must be connected to the terminal which is marked with the letter L or coloured red.

DESCRIPTION OF THE CONTROLS

Thermostat pilot lamp (I)

This pilot lamp lights to indicate that a cooking process with fan or combined function has been selected. When the oven reaches the programmed temperature, the pilot lamp turns off. **Bear in mind that the pilot lamp (I) does not light when the GRILL ONLY or COMBINED MICROWAVE + GRILL functions are selected.**

Thermostat knob (L)

This knob is used to select the cooking temperature for fan oven only or combined functions. It also sets the GRILL function (▼▼▼). When the thermostat knob is in position "●", the oven operates with microwaves only. **Always remember to turn the knob to position "●" when a fan cooking or grilling operation has ended.**

Microwave ON/OFF pilot lamp (M)


This pilot lamp lights only when a microwave or combined microwave function has been selected, and indicates that microwave operation has been set.

Microwave power selector knob (N)

Use this knob to select the microwave power level when cooking with microwaves or in a combined microwave function. The following power levels can be selected:

LOW	10%	Power output: 80 W
* (LOW DEFROST)	15%	Power output: 120 W
** (HIGH DEFROST)	25%	Power output: 200 W
SIMMER	35%	Power output: 280 W
MEDIUM	50%	Power output: 400 W
HIGH	70%	Power output: 560 W
FULL	100%	Power output: 800 W

Timer knob (O)

Use this knob to set the duration of the cooking processes. By turning the timer knob clockwise to position , it is possible to carry out cooking processes with "FAN OVEN ONLY" and "GRILL ONLY" without setting a fixed time (i.e. the oven will not turn off automatically).

When a time has been set, the fan and the oven lamp will switch on (as long as the door is closed) and the timer knob will begin rotating until it reaches zero.

Door release button (P)

Press this button to open the oven door. When the door is opened, the fan switches on.

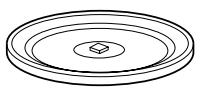
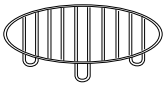
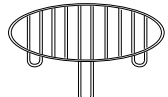
The oven light and the fan remain in operation even when the door is opened during cooking. This is normal. In order to resume microwave operation, close the door and press the MICROWAVE START button.

"Microwave Start" button (Q)

Close the door and press this button to start a microwave or combined microwave cooking process.

This button also restarts microwave operation after an interruption (e.g. if the door is opened to check the food).

USING THE ACCESSORIES

ACCESSORY	TYPE OF COOKING	SUGGESTIONS
TURNTABLE (E) 	MICROWAVE ONLY COMBINED MICROWAVE+GRILL FAN OVEN ONLY GRILL ONLY	The turntable should be used for ALL types of cooking, since it also serves as a support for the other accessories. Always use the turntable only for all types of defrosting and for heating with microwaves only.
LOW RACK (D) 	COMBINED MICROWAVE+GRILL FAN OVEN ONLY	For rapid cooking of grilled vegetables, hamburgers, sausages etc. The food can be placed directly on the rack, and the rack positioned on the turntable. For all types of traditional cooking, especially cakes.
TALL RACK (C) 	GRILL ONLY	The tall wire rack should be used for all types of grilling, and positioned on the turntable. The food to be grilled can be placed directly on the wire rack. Any drops of fat will be collected by the turntable.

OVENWARE

Most types of containers are suitable for use in the microwave oven: glass (preferably Pyrex), ceramic glass, china or terra-cotta. However, the containers must be undecorated and free of metal parts (i.e. gilt trimmings, handles, feet etc.). Heat-resistant plastic can also be used when cooking with microwaves only. If in doubt about using a container, use the following simple test: place the empty container in the oven for 30 seconds at the maximum power level (in MICROWAVES ONLY mode). If the container remains cool or is only slightly warm, this means that it is suitable for microwave cooking. If the container becomes very hot or causes sparks, then it is not suitable. Paper napkins, cardboard trays and disposable plastic plates can also be used for short cooking times. The shape and size of the containers must be such as to allow them to rotate freely inside the oven.

Metal, wood, cane and crystal containers are not suitable for microwave cooking.

Do not forget that microwaves heat the food, not the dish. This means that most food can be cooked directly in the serving dish - so no dirty pans, which saves on washing-up. However, remember that heat may be transferred from the food itself to the plate, making it necessary to use an oven glove.

	Glass	Pyrex	Ceramic glass	Terra-cotta	Tin foil	Plastic	Paper or cardboard*	Metal
Microwave only	YES	YES	YES	YES	NO	YES	YES	NO
Combined cooking	NO	YES	YES	NO	NO	NO	NO	NO
Grill or conventional oven only	NO	YES	YES	NO	YES	NO	NO	YES

* **Danger of fire with prolonged cooking**

BASIC RULES FOR BEST COOKING RESULTS

- 1) Microwave cooking depends on the size and uniformity of the food to be cooked: stew cooks more rapidly than a roast joint, because smaller, evenly-sized meat pieces are penetrated faster by microwaves. To set cooking times correctly, remember that the cooking time increases in proportion to the quantity of food and vice versa. It is important to observe the "standing" time at the end of the cooking cycle, as this allows the heat to continue spreading within the food.
- 2) **Stirring** is fundamental. By stirring, the temperature of the food is evenly maintained throughout the cooking period, thus reducing the overall cooking time. Stir from the outside towards the centre; delicate foods should be stirred more than once.
- 3) It is also advisable to **turn over** the food while cooking, especially large pieces of meat (roasts and whole chickens) and smaller pieces (steaks, chicken breasts etc.).
- 4) Food with skin, shell or peel (e.g. apples, potatoes, tomatoes, egg yolks, frankfurters and fish) should be pierced in several places with a fork to allow steam to escape and prevent the skin or peel from bursting (fig. 2).
- 5) When cooking several pieces of the same food, e.g. boiled potatoes, arrange them in a ring around the dish to obtain uniform cooking (fig. 3).
- 6) The lower the temperature of food when it is placed in the oven, the longer the operating time required. Food at room temperature cooks faster than food removed directly from the refrigerator.
- 7) The dish containing the food should always be positioned exactly in the centre of the turntable during all cooking processes.

Fig. 2

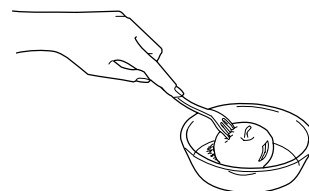
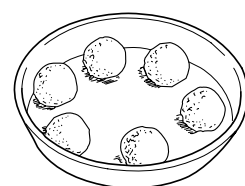


Fig. 3



OPERATING YOUR OVEN

This new multifunction oven offers a wide range of cooking methods:

COOKING WITH MICROWAVES ONLY	(see page 9)
COMBINED COOKING: MICROWAVE + FAN OVEN	(see page 14)
COMBINED COOKING: MICROWAVE + GRILL	(see page 15)
COOKING WITH THE FAN OVEN ONLY	(see page 16)
COOKING WITH THE GRILL ONLY	(see page 16)

MICROWAVES ONLY

Suggested for:

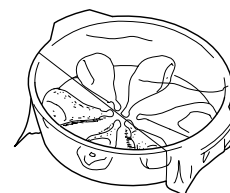
Up to power level HIGH DEFROST	(200W)	Use this programme to defrost meat and poultry, and to keep food warm.	
Up to power level MEDIUM	(400W)	Use this programme to prepare egg-based recipes and sauces and for the initial defrosting of large pieces of meat. Also: to melt butter and soften cheese;	
Up to power level HIGH	(560W)	Use this programme to cook certain types of meat (veal, stew, chicken breasts etc.)	
Up to power level FULL	(800W)	Use this programme to cook fruit, vegetables, rice, soup and, especially, fish, and to re-heat all pre-cooked or cook-chill foods.	Turntable only

During these cooking programmes, place the container in the centre of the turntable as shown in the figure.

How to operate:

- 1) Place the food in a suitable container and position the container in the centre of the turntable (E). Close the door.
- 2) Turn the thermostat knob (L) to position "●".
- 3) Programme the desired power level by turning the power selector knob (N) to the appropriate position.
- 4) Set the desired operating time by turning the timer knob (O) clockwise.
- 5) Press the MICROWAVE START button (Q) to start the cooking process. The pilot lamp (M) lights.
- 6) The oven will switch off automatically when the programmed time has elapsed. The end of the cooking process is indicated by an acoustic signal, and the pilot lamp (M) and oven lamp switch off.

- Note:
- You can interrupt microwave oven operation at any time simply by turning the timer knob back to position ■ (STOP).
 - During cooking, it is possible to check the food by opening the door. This will interrupt oven operation. To restart the oven, close the door and press the MICROWAVE START button.
 - The formation of moisture inside the oven and around the air outlet is perfectly normal. In order to reduce the amount of condensation, cover the food being cooked with cling film, wax paper, glass lids, or simply a plate turned upside-down. Foods with a high water content, such as vegetables, cook better if covered. Covering the food also helps to keep the oven clean and reduces the formation of condensation. Use plastic film.



WARNING! Never use aluminium foil to cover the food. Do not cover food when using the combined MICROWAVE+GRILL function or GRILL only.

Warning: When cooking with microwaves, never pre-heat the oven, and never switch the oven on without food inside.

DEFROSTING

Refer to the table on the following page and remember the following points:

- 1) Frozen food in plastic bags, plastic film or cardboard packages can be placed directly in the oven for defrosting as long as the package has no metal parts (e.g. metal twist ties).
- 2) The manufacturer's instructions printed on the packet should be followed with caution (they are not always correct!).
- 3) Certain foods, such as vegetables and fish, do not require complete defrosting before being cooked.
- 4) Boiled foods, stews and meat sauces defrost better and more quickly if stirred from time to time.
- 5) Meat and fish lose a certain quantity of liquid when defrosting. It is advisable to defrost these foods in a dish.
- 6) When large pieces of meat are defrosted, protect the thinner parts in order to slow down heating, otherwise the outer edges will dry out or even begin to cook. Meat should be turned halfway through the defrosting process.
- 7) Always underestimate defrosting times. The length of the defrosting time will vary according to how solidly the food is frozen. Turn frozen foods over or separate the pieces, if possible, during defrosting and standing times.
- 8) "Standing time" is the term used to indicate the time that food should be left to stand after the recommended cooking time. This allows the heat to continue spreading evenly within the food. The temperature of meat, for example, will increase by about 5 - 8 °C during standing times. Dishes need not to be left in the oven for standing times. If the food is left to stand in the oven, the oven should be switched off.
- 9) Certain foods require defrosting in two stages. For example, to defrost 500 g of beef stew requires a first stage of 6 minutes at power level ** (HIGH DEFROST), followed by a second stage of 6 minutes at power level * (LOW DEFROST).

Defrosting meat							
Type of meat		Quantity	First phase		Second phase		Standing time (minutes)
			Power knob	Timer knob (min)	Power knob	Timer knob (min)	
BEEF	Minced	500 g	*	12	-	-	10
	Kidneys	300 g	*	10	-	-	5
	Liver	300 g	*	8	-	-	5
	Roast shoulder	1 kg	*	30	-	-	20
	Roast, rolled	1 kg	*	30	-	-	20
	Roast sirloin	1 kg	*	30	-	-	20
	Stew	500 g	**	5	*	6	10
	Steak	200 g	*	5	-	-	4
VEAL	Chop	200 g	*	5	-	-	4
	Minced	200 g	*	6	-	-	6
	Steak	200 g	*	5	-	-	4
PORK	Chop	200 g	*	5	-	-	4
	Stew	500 g	**	5	*	6	10
	Minced	200 g	*	6	-	-	6
	Roast loin	1 kg	*	30	-	-	20
	Lean ribs	500 g	*	11	-	-	12
	Shoulder	400 g	*	10	-	-	10
	Fillet	200 g	*	6	-	-	6
LAMB	Leg or shoulder	1.5 kg	**	9 - 11	*	16 - 18	20
CHICKEN	Whole	1.5 kg	**	9 - 11	*	16	20
	Pieces	1 kg	**	8 - 10	*	11	15
	Breast	500 g	*	12 - 14	-	-	8
	Legs	500 g	**	9	*	6	10
TURKEY	Pieces	1 kg	**	8 - 10	*	11	15
	Breast	500 g	*	12 - 14	-	-	10
DUCK	Whole	1.5 kg	**	9 - 11	*	16 - 18	19

N.B. Meat should be turned over halfway through defrosting. Meat for roast should be turned over after 15 minutes.

Defrosting fish				
Type	Quantity (g)	Power knob	Timer knob (min)	Standing time (min)
FISH	Fillets	300	*	6
	Slices	400	*	8
	Whole	400	*	8
	Mussels - Clams	400	*	5
	Shrimps	250	*	5
	Oysters	200	*	5

Defrosting vegetables					
Type		Quantity	Power level	Defrosting time (min)	Standing time (min)
Aubergines	whole	500 g	* ○	14	5
Peppers	whole	350 g	* ○	8	4
Peas	shelled	400 g	* ○	10	4
Artichokes	hearts	300 g	* ○	9	4
Asparagus	whole	300 g	* ○	9	3
Green beans	sliced	300 g	* ○	11	5
Broccoli	whole	300 g	* ○	10	5
Brussels sprouts	whole	300 g	* ○	10	4
Carrots	sliced	300 g	* ○	9	4
Cauliflower	heart	300 g	* ○	8	3
Mixed vegetables		300 g	* ○	8	3
Spinach	shredded	300 g	* ○	9	4

Defrosting butter, cheese and cream (dairy products)				
Type / quantity	Power knob	Timer knob (min)	Suggestions	Standing time (min)
Butter (250 g)	* ○	5	Remove the aluminium foil and any metal parts.	10
Cheese (250 g)	* ○	6	The cheese is partially defrosted. Observe the standing time.	15
Cream (200 ml)	* ○	8	Cream may be defrosted in its cardboard container after removing any metal parts.	5

Defrosting bread				
Type / quantity	Power knob	Timer knob (min)	Suggestions	Standing time (min)
4 rolls	* ○	5	Turn once.	5
Mixed bread (300 g)	* ○	5	Turn once.	10
Sliced wholemeal bread (70 g)	* ○	4	Turn once.	3

Defrosting fruit				
Type / quantity	Power knob	Timer knob (min)	Suggestions	Standing time (min)
Strawberries-plums-cherries-redcurrants-apricots (500 g)	* ○	12	Stir once after 6 minutes.	10
Raspberries (300 g)	* ○	10	Stir once after 5 minutes.	10
Blackberries (250 g)	* ○	8	Stir once after 4 minutes.	6

Defrosting cold cuts				
Type / quantity	Power knob	Timer knob (min)	Suggestions	Standing time (min)
Sliced cooked ham (200 g)	* ○	5	After 3 minutes, turn the ham and remove any defrosted slices.	10
Pork sausages (3) (300 g)	* ○	8	Turn after 4 minutes.	6

Defrosting pre-cooked foods				
Type / quantity	Power knob	Timer knob (min)	Suggestions	
1 portion of meat with sauce (150 g)	** ○	4 - 6	Turn once.	
1 portion of meat with vegetables (350-400 g)	** ○	8 - 10	Stir once halfway through heating time.	
4/6 portions of vegetables	** ○	14 - 16	After 10 minutes, stir and cover with cling film.	

REHEATING

Reheating is one of the most useful functions of a microwave oven. Reheating food in a microwave oven offers many advantages. The food is heated very quickly, and therefore maintains much more of its original flavour and quality.

Suggestions for reheating:

- As in all cooking methods, food reheated in a microwave oven must always be heated to at least 70°C (especially frozen and cook-chill food). This means that the food will not be ready to eat immediately (it's hot!), but it will be completely sterilized.
- Frozen and cook-chill foods should always be:
 - removed from their container if this is made of metal or has any metal parts
 - covered with cling film or wax paper (this will preserve all the food's natural moisture and flavour and help to keep the oven clean)
 - if possible, stirred or turned over frequently in order to speed up the reheating process
 - reheated following the instructions on the packet as closely as possible. However, remember that under certain conditions, the reheating times shown on the packet must be increased
- Always remember to defrost frozen foods before reheating. Bear in mind that the lower the initial temperature of the food, the longer the reheating time will have to be.
- Food and drinks can be reheated in paper and plastic cups and plates for short time settings; however, these articles are likely to become mis-shapen if the heating process is prolonged.

Reheating pre-cooked dishes (already defrosted)			
Type (quantity)	Power knob	Timer knob (min)	Remarks and suggestions
Lasagne (400 g)	FULL	8 - 10	Take out of the container and place in a soup plate. Keep covered. Leave to stand for two minutes after reheating. Foods such as Bhuna Gosht or mini spare ribs should be stirred at least twice during the reheating process.
Stuffed pasta (400 g)	FULL	7 - 9	
Mini spare ribs	FULL	6 - 9	
Bhuna Gosht	FULL	6 - 8	

Heating up from refrigerator temperature to about 20°C			
Type (quantity)	Power knob	Timer knob (min)	Remarks and suggestions
Milk/cocoa (1/4 litre)	* ○	1	Heat in a bowl.
Liquids (1/4 litre)	* ○	1	Heat in a bowl.
Butter (250 g)	* ○	3	Remove any metal parts from the packet.
Yoghurt (125 g)	* ○	2	Remove any metal parts from the packet

Heating cold food			
Type (quantity)	Power knob	Timer knob (min)	Remarks and suggestions
1 feeding bottle (240 ml)	MEDIUM	2	Heat feeding bottle without teat. Stir after heating.
1 dish of meat (350-400 g)	HIGH	6 - 9	Heat covered with plastic film. Turn over after 4 minutes.
1 portion of meat (150 g)	HIGH	2 - 4	Heat covered with plastic film (except meat coated with batter). Turn over after 2 minutes.
1 portion of fish (150 - 200 g)	HIGH	2 - 4	Heat covered with plastic film (except fish coated with batter). Turn over after 2 minutes
1 portion of potatoes or rice (200 g)	HIGH	3 - 4	Heat covered with plastic film.
2 portions of vegetable soup (1/2 litre)	HIGH	7	Heat covered with plastic film.
1 bowl of soup (300 cc)	HIGH	3	Do not cover clear soup.
			Soup with pasta should be covered with plastic film.

Heating drinks			
Type (quantity)	Power knob	Timer knob (min)	Remarks and suggestions
Milk (200 ml)	HIGH	3	Stir after heating.
Bowl of water (180 cc)	HIGH	4	Water for instant coffee and tea. heated to a temperature just right for drinking.
Cup of milk (150 cc)	HIGH	1.5	Stir after heating.
Cup of coffee (to be re-heated)	HIGH	1	

Softening and melting			
Type (quantity)	Power knob	Timer knob (min)	Remarks and suggestions
Chocolate/icing (100 g)	MEDIUM	3.5	No need to stir for chocolate cubes.
			Stir icing once during heating.
Butter (50 - 70 g)	MEDIUM	2 - 3	Add one minute if you wish to heat the butter.

COOKING

Practical suggestions:

- **Vegetables** cooked in a microwave oven maintain their colour and retain a higher nutritive value than vegetables cooked in the conventional way. It is not necessary to add water: water remaining on vegetables after washing creates sufficient steam for cooking; generally, while cooking, it is advisable to cover vegetables with transparent film perforated in several places to allow steam to escape. Vegetables with a high fibre or cellulose content (e.g. carrots) should be cut into even-sized pieces. Stir at least once halfway through the programmed cooking time, and add a little salt when the vegetables are completely cooked. Bear in mind that food at room temperature cooks faster than food taken straight from the refrigerator.
- **Fish** cooks very quickly and with excellent results. Fish can be coated with a little butter or oil (or left natural). Cover with plastic film, leaving a small perforation for steam to escape. Naturally, the skin should first be pierced; fillets should be arranged evenly in the dish. It is inadvisable to cook fish coated with batter. As with most other foods, fish can be cooked on individual serving plates.

Cooking times for vegetables					
Type of food	Preparation	Quantity	Power knob	Timer knob (min)	Standing time (min)
Fresh artichokes	Halves	6 (12 halves)	FULL	11	3
Defrosted artichokes	Hearts	300 gr	FULL	9	3
Fresh asparagus	2 cm pieces	500 gr	FULL	8	3
Defrosted asparagus	Whole	300 gr	FULL	8	4
Fresh green beans	2 cm pieces	500 gr	FULL	11	3
Defrosted green beans	Cut	300 gr	FULL	10	3
Fresh turnips	Sliced	500 gr	FULL	11	5
Fresh broccoli	Leaves	500 gr	FULL	10	3
Defrosted broccoli	Whole or cut	300 gr	FULL	10	2
Fresh Brussels sprouts	Whole	500 gr	FULL	11	3
Defrosted Brussels sprouts	Whole	300 gr	FULL	10	3
Fresh cabbage	Shredded	500 gr	FULL	12	5
Fresh cabbage	Heart	500 gr	FULL	11	5
Fresh carrots	1 cm slices	500 gr	FULL	10	3
Defrosted carrots	1 cm slices	300 gr	FULL	9	3
Fresh cauliflower	Heart	500 gr	FULL	12	5
Fresh cauliflower	Whole	800-900 gr	FULL	18	6
Defrosted cauliflower	Heart	300 gr	FULL	9	3
Fresh celery	1 cm slices	500 gr	FULL	10	2
Fresh aubergines	Cubes	500 gr	FULL	10	2
Fresh aubergines	Whole, pierced	500 gr	FULL	12	3
Fresh leeks	Whole, tops	400 gr	FULL	12	3
Defrosted mixed vegetables		300 gr	FULL	8	2
Fresh mushrooms	Sliced	500 gr	FULL	11	3
Fresh onions	Whole, peeled	8 - 10 (small)	FULL	13	4
Fresh peas	Shelled	500 gr	FULL	11	3
Defrosted peas	Shelled	300 gr	FULL	9	3
Fresh spinach	Whole leaves	500 gr	FULL	9	2
Defrosted spinach	Shredded	300 gr	FULL	9	2
Fresh peppers	Pieces	500 gr	FULL	13	3
Fresh courgettes	Slices	500 gr	FULL	8	3

Cooking times for fish					
Type	Quantity	Power knob	Timer knob (min)	Suggestions	Standing time (min)
Fillets	300 gr	FULL	6	Turn halfway through cooking.	2
Slices	300 gr	FULL	9	Turn halfway through cooking.	2
Whole	500 gr	FULL	10	Turn halfway through cooking.	3
Clams	500 gr	FULL	6	Stir halfway through cooking.	-
Mussels	500 gr	FULL	6	Stir halfway through cooking.	-
Shrimps	500 gr	FULL	8	Stir halfway through cooking.	2

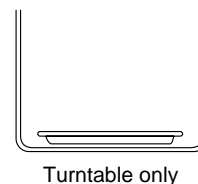
Note "Standing time" is the term used to indicate the time that food should be left to stand after the recommended cooking time. This allows the heat to continue spreading evenly within the food.

MICROWAVE + FAN OVEN COMBINED OPERATION

Suggested for:

- Rapid cooking of all types of roasts, poultry, kebabs, potatoes, mushrooms.
- Rapid cooking of meatloaf.

During these cooking programmes, place the container in the centre of the turntable as shown in the figure.



How to operate:

- 1) Place the food in a suitable container and position the container in the centre of the turntable as suggested in the recipes. Close the door.
- 2) Turn the thermostat knob (L) to the desired cooking temperature.
- 3) Programme the desired power level by turning the power selector knob (N) to the appropriate position.
- 4) Set the desired operating time by turning the timer knob (O) clockwise. The pilot lamp (I) switches on.
- 5) Press the MICROWAVE START button (Q) to start the cooking process. The pilot lamp (M) switches on.
- 6) The oven will switch off automatically when the programmed time has elapsed. The end of the cooking process is indicated by an acoustic signal, and both pilot lamps will switch off.

Note:

- You can interrupt microwave oven operation at any time simply by turning the timer knob (O) back to position **■** (STOP) and the thermostat knob (L) to position **●**.
- During cooking, it is possible to check the food by opening the door. This will interrupt microwave operation. The oven light and the fan remain on even when the door is opened. This is normal. To restart the oven, close the door and press the MICROWAVE START button (Q).

Warning: When cooking with microwaves, never pre-heat the oven, and never switch the oven on without food inside.

Some practical suggestions for combined cooking:

Microwave cooking depends on the size and uniformity of the food to be cooked: stew cooks more rapidly than a roast joint, because smaller, evenly-sized meat pieces are penetrated faster by microwaves. To set cooking times correctly, remember that the cooking time increases in proportion to the quantity of food and vice versa. It is important to observe the "standing" time at the end of the cooking cycle, as this allows the heat to continue spreading within the food.

Stirring is fundamental. By stirring, the food temperature is evenly maintained throughout the cooking period, thus reducing overall cooking time.

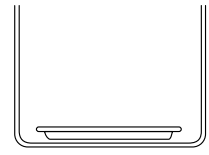
Type	Quantity	Power knob	Thermostat knob (°C)	Timer knob (min)	Remarks	Standing time (min)
BEEF						
Meatloaf	500 g	MEDIUM	180°C	26	Turn over twice	3
Sirloin	600 g	FULL	200°C	32	Turn over twice	3
Roast shin	1 kg	SIMMER	180°C	52	Turn over twice	2
VEAL						
Roast (rolled)	1 kg	FULL	200°C	40	Turn over twice	2
PORK						
Leg	500 g	FULL	200°C	25	Turn over once	2
Roast	1 kg	FULL	200°C	40	Turn over twice	2
Roast loin	700 g	SIMMER	180°C	50	Turn over twice	5
LAMB						
Leg or shoulder	1 - 1.5 kg	FULL	200°C	44	Turn over twice	5
CHICKEN						
Whole	1 kg	SIMMER	200°C	60	Turn over twice	3
Half	500 g	SIMMER	200°C	25	Turn over twice	3
Pieces	500 g	SIMMER	200°C	23	Turn over twice	3
Breasts	300 g	SIMMER	200°C	17	Turn over once	2
TURKEY						
Pieces	1 kg	FULL	200°C	42	Turn over twice	5
Breast	500 g	FULL	200°C	19	Turn over twice	2
DUCK						
Whole	1 kg	FULL	200°C	42	Turn over twice	5

MICROWAVE + GRILL COMBINED OPERATION

Suggested for:

- All types of "au gratin" cooking: macaroni, lasagne, vegetables etc.
- Certain types of fish (e.g. prawn kebabs etc.).

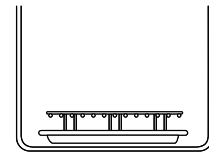
During these cooking programmes, place the container in the centre of the turntable as shown in the figure opposite.



Turntable only

- Grilled vegetables.
- Hamburgers, sausages, etc..

During these cooking programmes, place the food on the low grill and position the grill on the turntable, which will catch any drops of fat.



Low wire rack

How to operate:

- 1) Place the food in a suitable container and position the container as suggested in the recipes. Close the door.
- 2) Turn the microwave power selector knob (N) to the desired setting.
- 3) Turn the thermostat knob (L) to position ▼▼▼ (GRILL). The pilot lamp does NOT switch on.
- 4) Set the desired operating time by turning the timer knob (O) clockwise. The pilot lamp (I) switches on.
- 5) Press the MICROWAVE START button (Q) to start the cooking process.
- 6) The oven will switch off automatically when the programmed time has elapsed. The end of the cooking process is indicated by an acoustic signal, and the pilot lamp (F) will switch off.

- Note:
- You can interrupt microwave oven operation at any time simply by turning the timer knob (O) back to position — (STOP).
 - During cooking, it is possible to check the food by opening the door. This will interrupt microwave operation. To restart the oven, close the door and press the MICROWAVE START button (Q).

Warning: When cooking with microwaves + grill, never pre-heat the oven, and never switch the oven on without food inside.

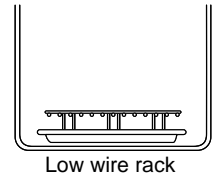
Type of food	Quantity	Power knob	Thermostat knob (°C)	Timer knob (min)	Standing time (min)
Lasagne	4 servings	SIMMER	▼▼▼	18	2
Macaroni "au gratin"	4 servings	SIMMER	▼▼▼	20	3
Prawn kebabs	4 servings	MEDIUM	▼▼▼	17	-
Cauliflower with Béchamel sauce	4 servings	MEDIUM	▼▼▼	13	2
Fellels "au gratin"	4 servings	MEDIUM	▼▼▼	13	2
Aubergines "alla parmigiana"	4 servings	SIMMER	▼▼▼	20	2
Tomatoes "au gratin"	4 servings	SIMMER	▼▼▼	28	-
Grilled chicory	2 servings	MEDIUM	▼▼▼	8	-
Grilled peppers	2 servings	MEDIUM	▼▼▼	11	-
Grilled aubergines	2 servings	MEDIUM	▼▼▼	10	-
Fresh hamburgers	200 g	FULL	▼▼▼	9	2
Defrosted hamburgers	200 g	FULL	▼▼▼	10	2
Sausages	300 g	FULL	▼▼▼	6	1

FAN OVEN ONLY

Suggested for:

- All types of traditional cooking, especially cakes, rolled veal, fried fish, pizza, biscuits, jam tarts.

During these cooking programmes, place the container on the low rack and position the rack in the centre of the turntable as shown in the figure opposite.



How to operate:

- 1) Place the food in a suitable container and position the container in the centre of the low wire rack. Close the door.
- 2) Set the thermostat knob (L) to the desired cooking temperature.
- 3) For cooking times lasting less than 60 min., set the desired duration by turning the timer knob (O) clockwise. The pilot lamp (I) switches on. The end of the cooking process is indicated by an acoustic signal.

Do not forget to turn the thermostat knob back to "●" when the cooking process has ended.

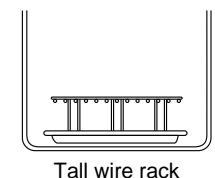
For longer cooking times (i.e. over 60 minutes), turn the timer knob (O) counter-clockwise until it reaches position . Bear in mind that, when the timer knob is in this position, the oven will NOT turn off automatically. Therefore you should check the food occasionally and turn the oven off manually when it is cooked. To do this, turn the timer knob back to and the thermostat knob to "●".

Type of food	Quantity	Thermostat knob (°C)	Cooking time (min)
Lasagne	4 servings	190	45
Roast pork	1 kg	200	100
Trout with olives	500 g	200	30
Roast potatoes	500 g	200	50
Pizza	500 g	180	33
Jam tart	800 g	180	50
Chocolate pie	700 g	180	40
Pineapple pie	500 g	180	50
Lemon pie	500 g	180	45
Apple pie	500 g	180	45
Walnut pie	700 g	180	40

GRILL ONLY

Suggested for:

- All types of traditional grilling: hamburgers, chops, frankfurters, sausages, toast, etc..



How to operate:

- 1) Place the tall wire rack with the food to be grilled on the turntable. The turntable will catch any drops of fat.
- 2) Set the thermostat knob (L) to (GRILL). The pilot lamp does NOT switch on.
- 3) For cooking times lasting less than 60 min., set the desired duration by turning the timer knob (O) clockwise. The end of the cooking process is indicated by an acoustic signal.

Do not forget to turn the thermostat knob back to "●" when the cooking process has ended.

For longer cooking times (i.e. over 60 minutes), turn the timer knob (O) counter-clockwise until it reaches position . Bear in mind that, when the timer knob is in this position, the oven will NOT turn off automatically. Therefore you should check the food occasionally and turn the oven off manually when it is cooked. To do this, turn the timer knob back to and the thermostat knob to "I".

Note: The oven should be pre-heated for 5 - 8 minutes before grilling.

Type of food	Grilling time
Beef or pork chop (1 cm thick)	5 - 7 minutes each side
Beef or pork chop (2 cm thick)	7 - 9 minutes each side
Lamb chop	7 - 9 minutes each side
Sausages	4 - 6 minutes each side
Fresh hamburgers	5 - 7 minutes each side
Defrosted hamburgers	6 - 8 minutes each side
Toast	2 - 3 minutes each side

CLEANING AND MAINTENANCE

WARNING: Always unplug the appliance before cleaning or carrying out maintenance.

CLEANING

To maintain the microwave oven in perfect condition, the appliance should be cleaned inside and outside with a damp cloth and neutral soap or liquid detergent. **Never use abrasive detergents, abrasive sponges, steel wool or sharp metal utensils.**

Be sure to keep the internal side of the door clean in order to ensure complete and tight closure.

Remove and clean the turntable and its support occasionally, and clean the bottom of the oven as well.

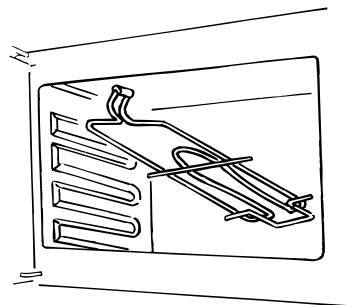
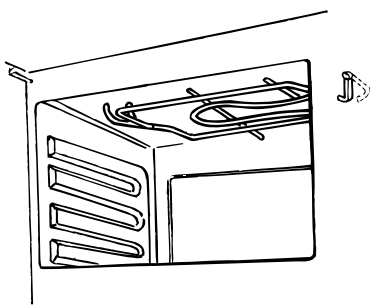
Wash the turntable and its support with soapy water (use neutral soap), then dry carefully with a cloth. The turntable and its support can also be washed in a dishwasher. **However, never immerse the glass turntable in water after prolonged heating: the sudden change in temperature may cause the glass to crack.**

Although the turntable motor is sealed, special care must be taken when cleaning the bottom of the oven to ensure that no water seeps into the hole of the turntable pin.

In order to facilitate cleaning of the oven cavity, the upper heating element can be lowered by turning the ceramic catch that fastens it in position.

The upper panel of the oven cavity should be cleaned taking care not to disturb or bend the tab (be careful not to cut yourself, too).

IMPORTANT: After cleaning, raise the heating element and fasten it in position. The oven must never be operated with the heating element lowered.



IF SOMETHING JUST ISN'T RIGHT

In case of malfunction, call the Service Centre. However, **before** doing so, perform the following simple checks:

Problem	Cause
The appliance does not work	<ul style="list-style-type: none">• The door is not properly closed.• The plug is not correctly inserted.• No power at the socket (check the fuse).• START button has not been pressed (for microwave cooking processes)• The thermostat knob has not been positioned correctly.• The timer has not been set correctly.
Steam or moisture from the air outlet	<ul style="list-style-type: none">• When cooking foods with a high water content, it is quite normal that steam forming inside the oven is vented from the air outlet.
Sparkling inside the oven	<ul style="list-style-type: none">• Do not operate the oven without food inside when using microwaves or combined microwave mode.• Do not use metal containers when cooking with microwaves.• Keep the internal side of the oven door clean.
Grill does not work	<ul style="list-style-type: none">• Turn the thermostat knob to the GRILL position (▼▼▼).
Food does not heat enough	<ul style="list-style-type: none">• Select the appropriate cooking method or increase the cooking time.• The food may not have been completely defrosted before cooking.• Use the correct wire rack.
Food is burned	<ul style="list-style-type: none">• Select the appropriate cooking method or reduce the cooking time.
Food is not evenly cooked	<ul style="list-style-type: none">• Stir the food during the cooking process. Remember that evenly-sized food cooks better.

Note: The oven may be used safely even if the light bulb is not working. Contact your nearest Service Centre for bulb replacement.