







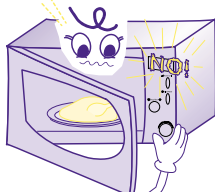
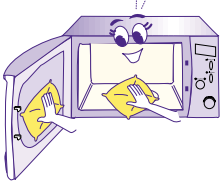

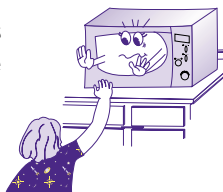
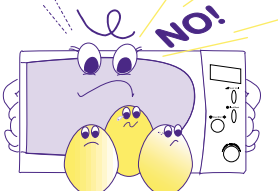
GB

HOW TO GET THE BEST RESULTS FROM YOUR OVEN

What do I want to do?	What power should I choose?	23 lt	17 lt	Use Instr. page	Amt. & time chart page
<ul style="list-style-type: none">Keep food warm	Power level 1 	300w	235w	35 36	
<ul style="list-style-type: none">Defrost	Power level 1 			33	34
<ul style="list-style-type: none">Melt butter and soften cheeseCook meatHeat pastry goods	Power level 2  3 	480w 600w	375w 470w	35 36 38 40	37 38 40
<ul style="list-style-type: none">Cook fish	Power level 4 	780w	610w	35 38	38
<ul style="list-style-type: none">Cook vegetablesCook rice, pastaHeat up all types of ready cooked or frozen foodCook fruit	Power level 5 	900w	700w	35 39 40 36	39 40 37
<ul style="list-style-type: none">Defrost, reheat, cook on two levels at the same time	Microwave only with (SPACER LEVEL) (Not with all models)			31	32

I M P O R T A N T S A F E G U A R D S

Before beginning to use this oven, read this important information to obtain the best possible result.

- 1) This oven has been designed to thaw, heat up and cook foods at home. It must not be used for other purposes and must not be altered or tampered with in any way.
- 2) Before connecting this oven to your electrical system, check to be certain that the door closes tightly. Also check to see that the metal frame is not warped and that the hinges and hooks have not loosened. In the event that these parts have been damaged, the microwave oven cannot be used until a qualified technician (trained by the manufacturer or by its Customer Service) has made the necessary repairs. 
- 3) Do not try to make the oven operate while the door is open by tampering with the safety devices.
- 4) Do not operate this oven if objects of any type whatsoever get caught between the front of the oven and the oven door. Also keep the **inside of the door (C)** completely clean by using a damp cloth and non-abrasive detergent. Do not let dirt or food residue build up between the front of the oven and the oven door. 
- 5) Do not operate the oven if its electrical feed cable or plug are damaged (because there is the danger of electric shocks).
- 6) **Adjustments, repairs and replacement of the electrical feed cable must be performed only by qualified technicians trained by the manufacturer.** Repairs made by personnel who are not qualified may become a source of danger.
- 7) If you should see smoke coming out of the oven, **DO NOT OPEN THE OVEN DOOR.** Instead, immediately turn the oven off or pull the plug from its electric socket.
- 8) This oven must be used only by adults. **Never let small children come near the oven when it is operating (because they might get burned).** 
- 9) **You must absolutely not pre-heat the oven (i.e., in the absence of foodstuffs) and you must not let it run in idle (in the absence of foodstuffs), because by doing so you might cause hazardous sparks.**
- 10) Before using this oven, check to be certain that the utensils and containers chosen are suitable for microwave oven use (see the section on "Glassware and Similar Items").
- 11) Before using this oven, check to be certain that the utensils and containers chosen are suitable for microwave oven use (see the section on "Glassware and Similar Items"). 
- 12) Look at the oven from time to time when food is heated or cooked in disposable containers of plastic, paper or other combustible material. Also, small portion of food may become combustible if over heated.
- 13) **Do not use recycled kitchen paper as it way contain metal particles that could cause it to ignite.**
- 14) **Do not cook eggs still in their shell.** The pressure which might form inside the shell would make the egg itself explode (even after it has already been cooked). Never heat up eggs that have already been cooked (unless such eggs are scrambled). 
- 15) Always pierce sealed container or loosen the lid before heating or cooking food. Otherwise the pressure inside those containers might build up and cause an explosion, even after the food itself has been cooked.

- 16) When heating liquids (water, coffee, milk, etc.), you may find that, because of delayed boiling, the liquid in question may suddenly boil up and spill out when removing the container scalding to your hand in the process. To prevent such a situation, you must place a heat-resistant plastic spoon or a glass stirrer in the container before starting to heat that liquid.
- 17) Do not heat up liquor having a high alcohol content or large amounts of oil (because overheating could cause such substances to burst into flame).
- 18) Refer to the charts in this instruction manual for the correct heating and cooking times.
- 19) ALWAYS check the temperature of heated infant food before serving it so as to prevent burning. Always mix or shake the food to distribute the heat. When using commercially available bottle sterilisers, before turning the oven on, ALWAYS make sure the container is filled with the quantity of water indicated by the manufacturer.



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

- 1) After having removed the oven from its box, check to make certain that the turntable spindle (B) is correctly fitted into its housing. Place the turntable support (E) in the middle of the cooking chamber and set the turntable (D) on top of it. The spindle (B) must be inserted in the related turntable housing.

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

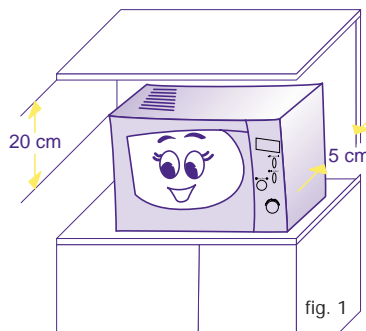


fig. 1

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

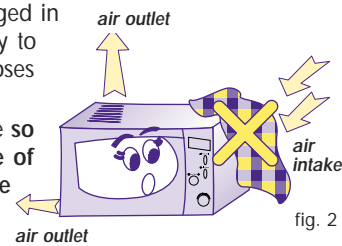


fig. 2

- 4) Never block up or otherwise obstruct the air outlet holes. In particular, never place anything on the oven and check to be certain that the air and steam outlet slots (located atop the oven) are ALWAYS FREE (see Figs. 2 and 3).

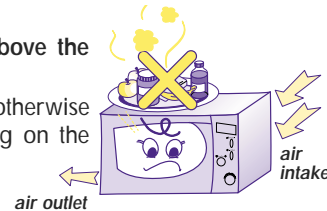


fig. 3

O U T P U T P O W E R

The microwave output power is written on the rating plate placed on the rear side of the appliance (see "MICRO OUTPUT"). When you consult the tables, always look up your oven's output power. It will be useful also when you are consulting cookbooks intended for use with microwave ovens.



ONLY FOR SOME MODELS: The microwave output power is also indicated inside this symbol, placed on the oven door.

(ONLY FOR U.K.) The letter indicates the heating category to which your oven belongs: some pre-cooked food packages (frozen or chilled) give heating instructions corresponding to the various categories. Follow those instructions related to the category indicated for your oven.

The levels of intermediate power available are shown on page 23. This information will be useful for you to consult the prescription pads for microwaves currently on sale.

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

MODEL WITH A 23-LITRE CAVITY

Outer measurements (LxDxH) 508x305x414
Inner measurements (LxDxH) 350x215x330
Approximate weight 16 kg.
Turntable diameter 31,5 cm
Oven light 20 W

MODEL WITH A 17-LITRE CAVITY

Outer measurements (LxDxH) 458x295x380
Inner measurements (LxDxH) 300x206x284
Approximate weight 14 kg.
Turntable diameter 27 cm
Oven light 25 W

B O T H M O D E L S

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

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

Connect this equipment only to electrical outlets having a capacity of at least 10A. Before using this oven, check to make certain that the electrical network is the same as that indicated on the equipment's data plate and that the electrical outlet is connected to an efficient grounding (earth) terminal. **The manufacturer shall not be responsible in any manner whatsoever for harm or damage caused by failure to observe this norm.**

- Electrical Connection for UK onlysee page 35

G L A S S W A R E A N D S I M I L A R I T E M S

You can make use of all types of containers made of glass (preferably Pyrex), ceramics, porcelain and glazed pottery as long as they do not have decorations or metal parts (gilded borders, handles, feet). You can also use containers made of heat-resistant plastic. For short heating periods, you may use paper napkins, cardboard trays and plastic "throwaway" plates as a base.

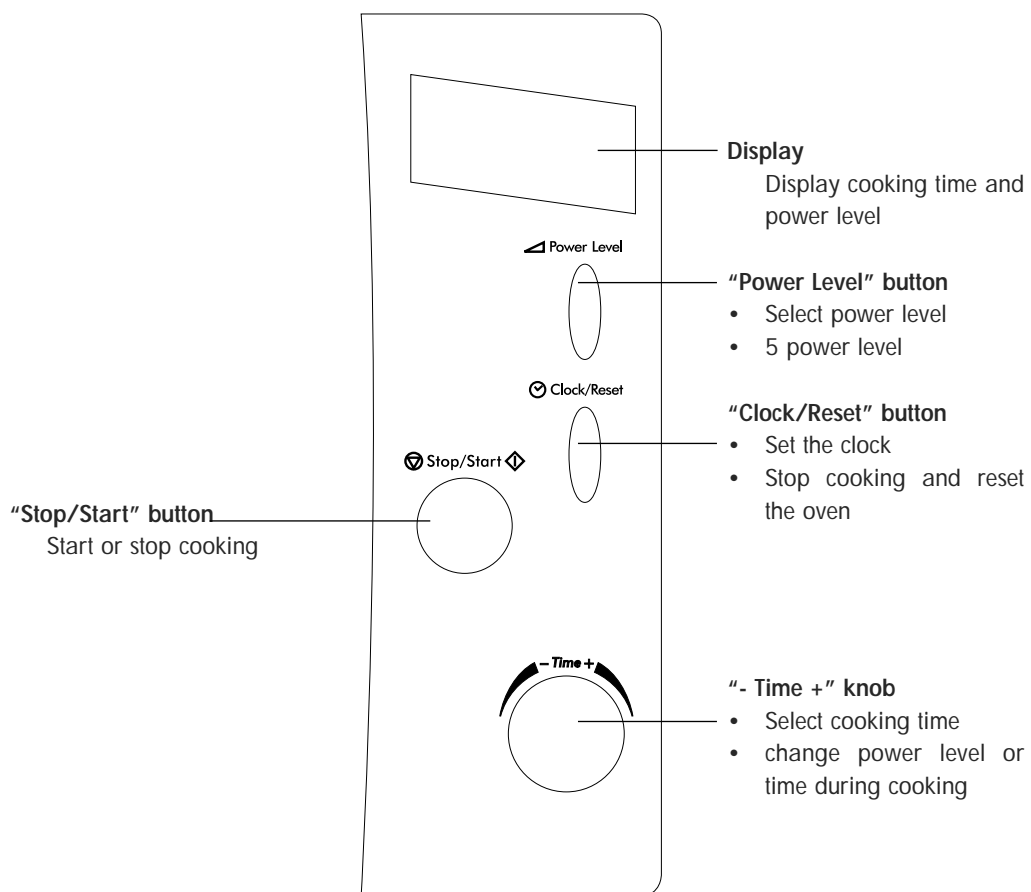
As far as shape and size are concerned, it is absolutely essential that containers be such as to allow the turntable to rotate.

In order to use large-size rectangular containers (which may not be able to rotate inside the cooking cavity), you can remove the spindle (B) from its housing to prevent the turntable (D) moving. Bear in mind that to be assured of good results when carrying this out you must stir the food and turn the container around several times during the cooking process. **Containers made of metal, wood, recycled kitchen paper, cane and plate glass are not suitable for use in microwave ovens.** The metal rack supplied with your microwave have been fully tested for safe use. You should remember, too, that since microwaves heat the food and not the glassware, earthenware or similar containers for that food, it is possible to cook such foods in the serving dish and thereby avoid the problem of having to clean pans later.

	Glass	Cera- mics	Porce- lain	Clay plates	Plastic for micro- waves	Paper cups*	Paper plates*	Parch- ment paper*	Card- board	Metal contain- ers	Glass- ware with metal parts	Special roasting paper
Defrosting	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO	YES
Heating	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO	YES
Cooking	YES	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES

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

DESCRIPTION OF CONTROLS



HOW TO USE THE CONTROL PANEL

Plug the AC cord of the oven on a wall socket of 230V~50HZ 10/16A.

CLOCK:

Before the first use and after disconnection power, it is better to update the clock

- Push on the button **"Clock/Reset"** for more than 3 seconds, the clock is on **"00:00"** e emits a long sound signal.
- The 2 dots of the display flick, which indicates that you are on the clock.
- Turn the **"- Time +"** knob to update minutes.
- Push again the **"Clock/Reset"** button to confirm.

Flickering of the 2 dots indicates that you are on a clock operation mode and not on cooking mode.

10 seconds after the end of cooking time, the display automatically back to clock mode.

SELECTION OF COOKING TIME:

Use **"- Time +"** knob to select the cooking time.

A rotation from right to left increase selected time and the opposite reduces it.

From **"00:00"** to **"05:00"** minutes, the increment is 10 seconds.

After **"05:00"**, the increment is 1 minute.

Timer is up to 30 minutes.

SELECTION OF POWER:

The standard power level is the maximum level. For a fast operation it is better to select only time with the **"- Time +"** knob and launch cooking with the **"Stop/Start "** button. You can also adjust the power level by pushing the **"Power Level"** button. Each push reduces cooking power level, until the lowest level (indicated by the left icon on the display). If you continue to push, you progressively go back to the highest levels. At the end of cooking, the oven automatically resets the highest levels. At the end of cooking, the oven automatically resets the highest power level.

START:

Push the **"Stop/Start"** button to launch cooking. The internal lamp lights on, the glass plate starts to turn and cooking starts. At the same time, the display starts to count down until the end of operating or the user stops the unit.

SUSPEND:

You can open the door during cooking. This suspend the cooking process and count down. It is not necessary to push the **"Stop/Start"** button or to reprogram time.

If food is cooked enough or if you want to take it out from the oven, you should push the **"Stop/Start"** button or the reset key marked **"00:00"** before closing the door, because the oven should not be used without anything inside.

STOP COOKING:

By pushing the **"Stop/Start"** button, you can stop cooking. Timer is stopped but time is still on display. If you push again on **"Stop/Start"** button, cooking restart for the remaining time indicated on the display.

RESET:

5 minutes after pushing the **"Stop/Start"** button, if your oven is not used, power level is automatically reset to maximum and time is reset to zero.

You can push the **"Clock/Reset"** button to definitively stop cooking and reset the oven.

CHANGE POWER LEVEL OR TIME DURING COOKING:

To change the cooking time during cooking, turn the **"- Time +"** knob from right to left to increase cooking time and in the opposite direction to decrease.

By bringing the timer to **"00:00"** you stop cooking.

To change the cooking power level, push on **"Power Level"** button. The display indicates the new power level but the last program will first finish before changing power level.

10 seconds after the end of cooking or after stopping the unit, the display returns to the Clock mode as indicated by the 2 points flicking.

ADVICE ON USING YOUR OVEN CORRECTLY

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

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

stance or, in some cases, no fat at all during the cooking process.

Therefore cooking in a microwave oven is considered to be healthy and good for one's diet. And in contrast to traditional methods, cooking in a microwave foodstuffs are less dehydrated, lose less of their nutritional value, and retain more of their original flavour.

Basic rules for correct cooking with a microwave oven

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

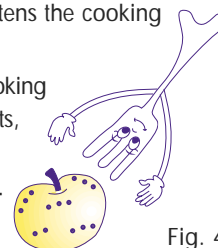


Fig. 4



Fig. 5

Only for models provided with a spacer wire rack
**USE THE MICROWAVE-ONLY FUNCTION WHEN
COOKING ON TWO LEVELS AT THE SAME TIME**

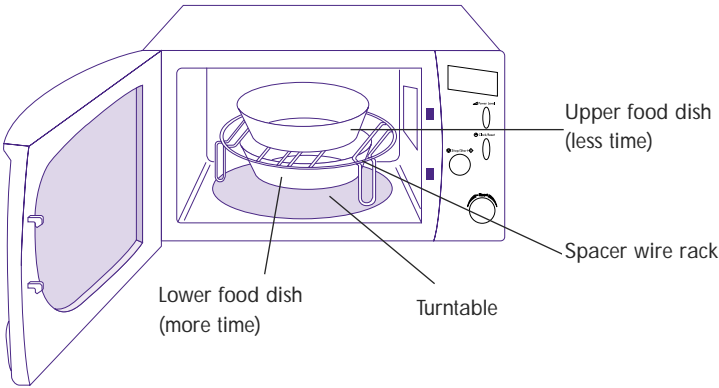
By using the spacer grill with the microwave-only function, you can defrost, reheat and cook foods at the same time, even different dishes on two levels. The special double-microwave-emission system makes possible, in fact, a perfect distribution of energy.

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

- 1) The cooking times for food dishes cooked at the same time are different from those for the cooking of single dishes. So always consult the reference table on page 32.

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

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



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

REFERENCE TABLES FOR COOKING ON TWO LEVELS

Defrosting times

Type	Pan position	Quantity (grams)	Power level	Minutes	Notes
• Ground meat	above	500		20	Turn the meat over after 8 min. When the cooking is finished, let the meat sit for 15 min.
• Ground meat	below	500		20	
• Chicken in pieces	above	500		24	During the defrosting, pull the pieces apart. When the cooking is finished, let the meat sit for 15 min.
• Stew	below	500		24	
• Cauliflower	above	450		22	At the end, let sit for 5 to 10 min.
• Whole fish	below	500		22	At the end, let sit for 5 to 10 min.

Reheating times

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

Cooking times

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

HOW TO PROGRAMME THE DEFROST FUNCTION


To correctly use this function, both the microwave power level and the defrost time must be set.

1. Press the **"Power Level"** button until the "☺" symbol appears.
 2. Set the required time by turning the **"- Time +"** knob.
 3. Press the **"Stop/Start"** button to start defrosting.
 4. At the end of the set time a single "beep" will be emitted and the display will show "00:00".
- If the door is opened to check the progress of the defrost, the microwave will stop and the display will show the remaining time. Close the door to continue defrosting. The oven will start counting the time from it was stopped at. Pressing the **"Stop/Start"** button before opening the door stops the count and switches off the oven; open the door to check the progress of the defrost. Close the door and press the **"Stop/Start"** button to restart the defrost cycle.
 - To reset the timer, proceed as follows:
 - with the oven door open: press the **"Clock/Reset"** button once
 - with the oven in operation: press the **"Clock/Reset"** button once
 - with the oven off and the door closed: press the **"Clock/Reset"** button once

USING THE MICROWAVE-ONLY FUNCTION FOR DEFROSTING

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




Defrosting times

The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power figure is printed on the oven door, inside the  symbol (see page 25).

Type	Quantity	900W output power	700W output power	Notes	Standing time (minutes)
		Time to be set (minutes)	Time to be set (minutes)		
MEAT					
• Roasts (pork, beef, veal, etc.)	1 kg	15 - 17	18 - 20		20
• Steaks, cutlets, meat slices	200 gr	2 - 4	5 - 7		5
• Stew, goulash	500 gr	6 - 8	9 - 11		10
• Ground meat	500 gr	6 - 8	9 - 11	(*)	15
• " "	250 gr	3 - 5	6 - 8		10
• Hamburger	200 gr	3 - 5	6 - 8		10
• Sausages	300 gr	5 - 7	8 - 10		10
POULTRY					
• Duck, turkey	1,5 kg	25 - 28	29 - 33	At the end of the rest period, wash under hot water to remove possible ice	20
• Whole chickens	1,5 kg	25 - 28	29 - 33		20
• Cut-up chicken	500 gr	6 - 8	9 - 11		10
• Chicken breasts	300 gr	6 - 8	9 - 11		10
VEGETABLES					
• Cubed eggplant	500 gr	9 - 11	12 - 14		5
• Cut-up peppers	500 gr	8 - 10	11 - 13		5
• Shelled peas	500 gr	7 - 9	10 - 12		5
• Artichoke hearts	300 gr	5 - 7	8 - 10		5
• Pieces of asparagus	500 gr	6 - 8	9 - 11		5
• Cut-up green beans	500 gr	8 - 10	11 - 13	To make defrosting easier, stir the vegetables from time to time	5
• Whole broccoli	500 gr	7 - 9	10 - 12		5
• Brussels sprouts	500 gr	7 - 9	10 - 12		5
• Cut-up carrots	500 gr	6 - 8	9 - 11		5
• Cauliflower tops	450 gr	7 - 9	10 - 12		5
• Mixed vegetables	300 gr	4 - 6	7 - 9		5
• Cut-up spinach	300 gr	5 - 7	8 - 10		5
FISH					
• Filleted fish	300 gr	5 - 7	8 - 10	Fish is better cook from frozen if it does not require further preparation.	7
• Cut-up fish	400 gr	6 - 8	9 - 11		7
• Whole fish	500 gr	6 - 8	9 - 11		7
• Prawn, shrimps	400 gr	6 - 8	9 - 11		7
DAIRY PRODUCTS					
• Butter	250 gr	2 - 4	5 - 7	Remove the aluminium paper and metal pieces.	10
• Cheese	250 gr	3 - 5	6 - 8	Partially defrosted. Needs the standing time.	15
• Cream	200 ml	5 - 7	8 - 10	Cream is to be removed from its container and put on a plate.	5
BREAD PRODUCTS					
• 2 average-size rolls	150 gr	1 - 2	3 - 5	Put the bread directly on the turntable	3
• 4 average-size rolls	300 gr	2 - 3	4 - 6		3
• Sliced home-style bread	250 gr	2 - 3	4 - 6		3
• Whole-wheat bread	250 gr	2 - 3	4 - 6		3
FRUIT					
• Strawberries, prunes, cherries, currants, apricots	500 gr	6 - 8	9 - 10	Mix 2 or 3 times	10
• Raspberries	300 gr	4 - 6	7 - 9	Mix 2 or 3 times	10
• Blackberries	250 gr	2 - 4	5 - 7	Mix 2 or 3 times	6

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

HOW TO PROGRAMME THE OVEN SO AS TO KEEP FOOD HOT, TO REHEAT AND TO COOK

1. Press the **"Power Level"** button until the required power is selected ( = maximum;  = minimum).
If the **"Power Level"** button is not pressed, the oven will operate at maximum power  .
The indication at the bottom of the display shows the power level selected.
 2. Set the required time by turning the **"- Time +"** knob.
 3. Press the **"Stop/Start"** button to start the function. The display shows the set time and the power level.
 4. At the end of the set time a single **"beep"** will be emitted and the display will show **"00:00"**.
- You can check on the progress whenever you please by opening the oven door and taking a close look at the foodstuff. By doing so, you interrupt the microwaves, but their emission will resume when you close the door again.
 - If for any reason whatsoever it becomes necessary to interrupt the cooking without opening the door, simply push the **"Stop/Start"** button.
 - To stop the cooking, do as follows:
 - if the oven door is open, push the **"Clock/Reset"** button once;
 - if the oven is operating, push the **"Clock/Reset"** button once;
 - if the oven is turned off and its door closed, push the **"Clock/Reset"** button once.
 - The cooking time and the microwave power may be changed even after you have pushed the **"Stop/Start"** button.

ELECTRICAL CONNECTION (U.K. 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.

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



- 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:


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

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

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

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

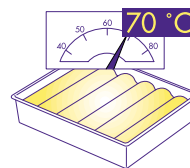
KEEPING FOOD WARM

- This function enables you to keep food hot, whether that food be just cooked or re-heated, without having it get dry or stick to its container.
- Selecting the power level "  " and covering the food with a plate or plastic film, you will find that foods will remain warm up to serving time
- You can leave foods in their cooking container if they are covered.


HEATING


Heating food in a microwave oven is much quicker and energy efficient than traditional methods.

- We recommend that you heat foodstuffs (especially if they are frozen) to a temperature of at least 70° C. (it must be piping hot!). Leave to stand for a few minutes as you will not be able to eat that food immediately because it will be too hot.
- This will ensure that any possible bacteria present in food will have been killed.
- To heat pre-cooked or frozen foods, follow these rules:
 - remove the food from its metal containers;
 - cover it with plastic wrap (the clear-film type suitable for microwave ovens) or wax paper; in this way, all the food's natural flavour will be preserved and the oven will stay cleaner; you may also cover the food with an upside-down plate;
 - if possible, stir or turn the food over frequently so as to speed up the heating process and keep the heat uniform at the same time;
 - follow the cooking times listed with great caution; remember that under certain conditions the timings given must be lengthened
- Frozen foods must be defrosted before the heating process begins. The lower the food's initial temperature, the longer the time needed for heating.
- Foodstuffs and drinks may be heated briefly in paper or plastic containers. In any event, however, such containers may become misshapen if the heating time is too long.



Heating times

The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power figure is printed on the oven door, inside the  symbol (see page 25).

Type	Quantity	power level	900W	700W	Notes
			output power time (min.)	output power time (min.)	
SOFTENING FOOD • Chocolate/icing • Butter	100 gr 50 -70 gr		4 - 5 0'.5"-0'.10"	5 - 6 0'.7"-0'.12"	Put on a plate. Mix the icing once.
CHILLED FOOD (INITIAL TEMP. 5/8°C) UP TO 20/30°C					
• Yoghurt	125 gr	"	0'.10"-0'.15"	0'.12"-0'.17"	Remove metal foil
• Baby's bottle	240 gr	"	0'.25"-0'.30"	0'.35"-0'.40"	Heat the baby's bottle without the teat and mix it immediately after heating to make the temperature uniform. Check the temperature of the contents before use. With milk at room temperature the heating time is lower. To avoid risk of fire when using dried milk please stir evenly. Please use already sterilized milk.
CHILLED PRECOOKED FOOD (INITIAL TEMP. 5/8°C) UP TO APPROX. 70°C					
• Packet of lasagne or of pasta with filling	400 gr	"	4 - 6	6 - 8	Packets of any kind of commercially available pre-cooked food, to be heated to a temp. of 70° C. Remove the food from any rice metal packets and put it directly onto the plate from which it is to be eaten. For best results, always cover the food.
• Packet of meat with and/or vegetables	400 gr	"	4 - 6	6 - 8	
• Packet of fish and/or vegetables	300 gr	"	3 - 5	5 - 7	Portions of any kind of already cooked food, to heat to a temp. of 70°C. The food is placed directly onto the plate from which it is to be eaten and is always covered either with a transparent film or with an upturned plate.
• Plate of meat and/or vegetables	400 gr	"	5 - 7	7 - 9	
• Plate of pasta, cannelloni or lasagne	400 gr	"	5 - 7	7 - 9	
• Plate of fish and/or rice	300 gr	"	4 - 6	6 - 8	
FROZEN FOOD TO REHEAT/COOK (INITIAL TEMP. -18°/-20°C) UP TO APPROX. 70°C					
• Packet of lasagne or of pasta with filling	400 gr	"	6 - 8	8 - 10	Packets of any kind of commercially available pre-cooked frozen food, to be heated to a temp. of 70° C directly in its packet. Remove the food from any metal containers and put it directly onto the plate from which it is to be eaten, increasing cooking time by a few minutes.
• Packet of meat with rice and/or vegetables	400 gr	"	5 - 7	7 - 9	
• Packet of fish and/or pre-cooked vegetables	300 gr	"	3 - 5	5 - 7	
• Packet of fish and/or raw vegetables	300 gr	"	8 - 10	10 - 12	Remove the raw food from the packets and place it in a container suitable for microwaves and cover.
• Portion of meat and/or vegetables	400 gr	"	6 - 8	8 - 10	Portions of any kind of already cooked frozen food, to be heated to a temperature of 70°C. Place the frozen food in the plate from which it is to be eaten and cover it with another upturned plate or pyrex dish. Check that it is hot in the centre; where possible, mix the food.
• Portion of pasta, cannelloni or lasagne	400 gr	"	7 - 9	9 - 11	
• Portion of fish and/or rice	300 gr	"	4 - 6	6 - 8	
CHILLED DRINKS (INITIAL TEMP. 5°/8° C) UP TO APPROX. 70°C					
• 1 cup of water	180 cc	"	2 - 2'.30"	2'.30"-3	All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.
• 1 cup of milk	150 cc	"	1'.30" - 2	2-2'.30"	
• 1 cup of coffee	100 cc	"	1'.30" - 2	2-2'.30"	
• 1 plate of broth	300 cc	"	4 - 5	5 - 6	
DRINKS AT ROOM TEMPERATURE (INITIAL TEMP. 20°/30°C) UP TO APPROX. 70° C					
• 1 cup of water	180 cc	"	1'.30" - 2	2-2'.30"	All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.
• 1 cup of milk	150 cc	"	1 - 1'.30"	1'.30"-2	
• 1 cup of coffee	100 cc	"	1 - 1'.30"	1'.30"-2	
• 1 plate of broth	300 cc	"	3 - 4	4 - 5	

C O O K I N G

MEATS

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


POULTRY






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

FISH

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

Cooking times for meat, poultry and fish

If you wish to make meat more tender, we recommend that you add 1/2 of a cup of water at the start of the cooking process. The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power figure is printed on the oven door, inside the  symbol (see page 25).

Food	Quantity	Power Level	900W	700W	Notes	Standing time (minutes)
			output power Time to be set (minutes)	output power Time to be set (minutes)		
BEEF						
Meat loaf	900 gr		18 - 20	22 - 24	(*)	5
Meat loaf	800 gr	"	15 - 20	20 - 25	Mix together 500 grams of ground beef, eggs, ham, bread crumbs, etc.	5
Loin	600 gr	"	17 - 22	22 - 27		5
Roast, leg	1 kg	"	25 - 30	32 - 37	Turn at the halfway point	10
VEAL						
Stew	700 gr	"	17 - 22	22 - 27	Stir 2 or 3 times	8
Roast (rolled loaf)	1 kg	"	25 - 30	32 - 37	Turn at the halfway point	10
Sliced rump steak	200 gr	"	10 - 15	15 - 20	Turning not necessary	2
PORK						
Leg	500 gr	"	15 - 20	20 - 25	Turn at the halfway point	5
Roast	1 kg	"	25 - 30	32 - 37	Turn at the halfway point	10
Saddle of pork	700 gr	"	17 - 22	22 - 27	Turn at the halfway point	8
LAMB						
Leg	1 kg	"	25 - 30	32 - 37	Turn at the halfway point	10
Fresh hamburgers	100 gr		7 - 10	10 - 13		3
Goulash	1,5 kg		35 - 40	45 - 50	Stir 2 or 3 times	3
Sausages	300 gr		10 - 14	14 - 19		3
POULTRY: CHICKEN						
Whole	1,5 kg	"	40 - 45	50 - 55	Turn at the halfway point	10
Half	500 gr	"	15 - 20	20 - 25	Turning not necessary	5
Pieces	500 gr	"	15 - 20	20 - 25	Turning not necessary	5
Breast	300 gr	"	10 - 14	14 - 19	Turning not necessary	3
TURKEY						
Pieces	1,5 kg	"	40 - 45	50 - 55	Turn at the halfway point	8
Breast	500 gr	"	15 - 20	20 - 25	Turning not necessary	8
DUCK						
Whole	1,5 kg	"	40 - 45	50 - 55	Turn at the halfway point	10
FISH						
Filleted	300 gr		4 - 6	7 - 9	Cover while cooking	2
Slices	300 gr	"	6 - 8	9 - 11	Cover while cooking	2
Whole	500 gr	"	7 - 9	10 - 12	Cover while cooking	2
Whole	250 gr	"	4 - 6	7 - 9	Cover while cooking	2
Crayfish	500 gr	"	6 - 8	9 - 11	Cover while cooking	2
Cut-up fish	400 gr	"	6 - 8	9 - 11	Cover while cooking	2

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

GREENS AND VEGETABLES

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


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


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

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

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

Cooking times for greens and vegetables

The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power figure is printed on the oven door, inside the  symbol (see page 25).

Type	Quantity	Power Selector	900W output power	700W output power	Notes	Standing time (minutes)
			Time to be set (minutes)	Time to be set (minutes)		
• Asparagus	500 gr		9 - 10	11 - 12	Cut into 2-cm. pieces.	4
• Artichokes	300 gr	"	11 - 12	12 - 13	It would be better to use artichoke bottoms.	4
• Green beans	500 gr	"	11 - 12	13 - 14	Cut into pieces.	4
• Broccoli	500 gr	"	7 - 8	9 - 10	Separate into individual "florets".	4
• Brussels sprouts	500 gr	"	7 - 8	9 - 10	Leave whole.	4
• White cabbage	500 gr	"	7 - 8	9 - 10	Cut into strips.	4
• Red cabbage	500 gr	"	7 - 8	9 - 10	Cut into strips.	4
• Carrots	500 gr	"	9 - 10	11 - 12	Cut into same-size pieces.	4
• Cauliflower	450 gr	"	11 - 12	13 - 14	Separate into stalks.	4
• Celery	500 gr	"	7 - 8	9 - 10	Separate into pieces.	4
• Eggplant	500 gr	"	6 - 7	8 - 9	Cut into cubes..	4
• Leek	500 gr	"	6 - 7	8 - 9	Cut into strips.	4
• Mushrooms	500 gr	"	6 - 7	8 - 9	Leave whole. No water is needed.	4
• Onions	250 gr	"	5 - 6	7 - 8	Whole, but of the same size. No water is needed.	4
• Spinach	300 gr	"	6 - 7	8 - 9	Cover after having washed and drained the leaves.	4
• Peas	500 gr	"	10 - 11	12 - 13		4
• Fennel	500 gr	"	12 - 13	14 - 15	Cut into quarters.	4
• Peppers	500 gr	"	9 - 10	11 - 12	Cut into pieces.	4
• Potatoes	500 gr	"	8 - 9	10 - 11	Cut into same-size pieces.	4
• Zucchini	500 gr	"	7 - 8	9 - 10	Cut into slices.	4

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

SOUPS AND RICE

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


BROWNING





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

FRUIT AND BAKED GOODS

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

Cooking times for baked goods and fruit

The times indicated on the chart (timer knob) vary in relation to your oven's output power. The output power figure is printed on the oven door, inside the  symbol (see page 25).

Type/quantity	Power Selector	900W output power	700W output power	Standing time (minutes)	Observations and advice
		Time to be set (minutes)	Time to be set (minutes)		
Nut cake (700 gr)		13 - 17	18 - 23	5	May be used in combination with any cream whatsoever
Viennese torte (850 gr)	"	17 - 21	22 - 27	5	To be filled with jam or jelly.
Pineapple cake (800 gr)	"	15 - 19	20 - 25	5	The pineapple slices can be laid on the bottom of the pin plate or cut into pieces and mixed into the dough.
Apple cake (1000 gr)	"	17 - 21	22 - 27	5	The apples are spread on top as a decorative effect.
Coffee cake (750 gr)		13 - 17	18 - 23	5	Excellent when filled with cream.
Zabaione		1,30 - 3	4 - 6	3	Mix with a whisk every 30 seconds
Cooked pears (300 gr)		3 - 5	6 - 8	3	The pears are to be cut into quarters.
Cooked apples (300 gr)	"	4 - 6	7 - 10	3	The apples are to be cut into pieces.
Egg custard (750 gr)	"	14 - 16	18 - 20	5	These indications are suitable for carrying out the cooking test in accordance with IEC regulation 705, par. 17.3, test A and test B respectively. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2
Test A	"				
Sponge cake (475 gr)	"	6 - 7	8 - 9	5	
Test B	"				

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

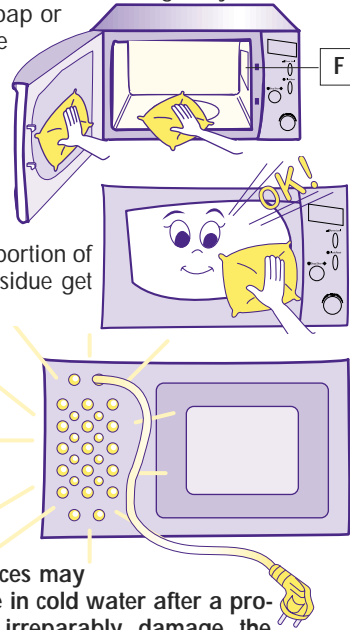
Disconnect the plug from the socket before beginning any cleaning or maintenance operations.

Cleaning

To keep your microwave oven in the best condition, you are advised to clean regularly the door as well as the interior and exterior with a damp cloth and neutral soap or liquid detergent. Always keep the microwave outlet cover (F) free of fat or splashed grease. **Never use abrasive detergents, scouring pads or tools with metal rivets** when you clean the oven's exterior. In addition, be careful not to let water or liquid detergent seep into the air and steam outlet slots located atop the oven. Do not use ammonia-based detergents. We likewise recommend that you do not use alcohol, steel wool or abrasive detergents to clean the inside and outside door surfaces in order to avoid scratches. To be assured of perfect closing, always keep the inner portion of the oven door clean, being careful not to let any dirt or food residue get caught between the door and the front of the oven.

Give a regular cleaning to the air intake holes found on the back of the oven so that they will not become blocked up with dust or dirt deposits as time goes by.

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



If something seems not to be working right...

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

p r o b l e m a	c a u s e / r e m e d y
<ul style="list-style-type: none"> The oven is not working. 	<ul style="list-style-type: none"> The door is not properly closed. The plug has not been placed properly in the electrical outlet. The outlet is not providing electricity (check the building's fuse box). The time has not been set correctly.
<ul style="list-style-type: none"> Condensation on the cooking level and inside the oven 	<ul style="list-style-type: none"> When foods containing water are cooked, it is completely normal for the steam formed inside the oven to issue forth and to condense inside the oven itself or on the cooking level.
<ul style="list-style-type: none"> Sparks inside the oven 	<ul style="list-style-type: none"> When cooking with a microwave oven, do not make use of metal containers or bags or packages having metal clips.
<ul style="list-style-type: none"> The food is not heating sufficiently. 	<ul style="list-style-type: none"> Select the correct cooking method or increase the cooking time. The food was not completely defrosted before being placed in the oven.
<ul style="list-style-type: none"> The food is getting burned 	<ul style="list-style-type: none"> Select a lower power level or shorten the cooking time.
<ul style="list-style-type: none"> The food is not cooking in a uniform manner 	<ul style="list-style-type: none"> Stir the food while it is cooking: Bear in mind that food cooks better if cut into pieces of equal size. The turntable is stuck.

In case oven-light is burned, you may continue to use the oven anyway. To replace the light, contact authorised Assistance.