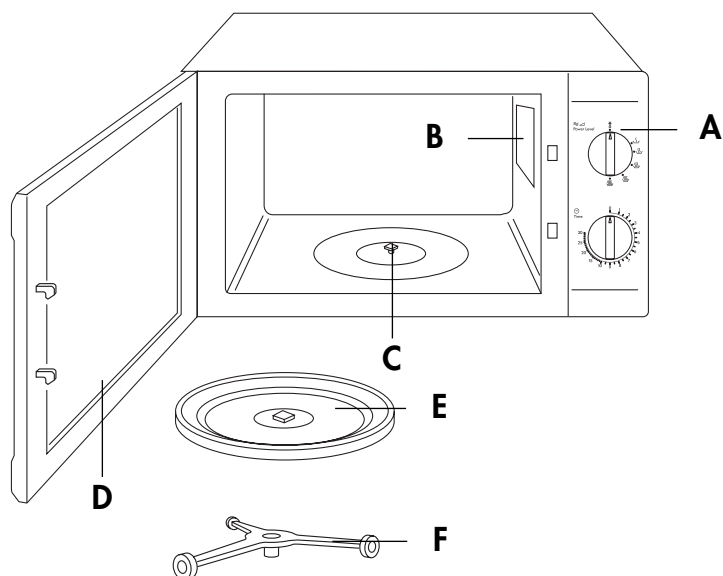


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DESCRIPTION

- A** Control panel
- B** Microwave outlet cover
- C** Turntable spindle
- D** Interior, door side
- E** Turntable
- F** Turntable support



HOW TO GET THE BEST RESULTS FROM YOUR OVEN

What do I want to do?	What function should I choose?	Use Instr. page	Amt. & time chart page
• Defrost	<i>Microwave</i> 	24 25	26
• Melt butter and soften cheese	<i>Microwave</i>  	24 27	28
• Heat pastry goods	<i>Microwave</i>  	30	30
• Making boiled vegetables	<i>Microwave</i> 	24	
• Cooking fish		29	29
• Cooking rice, making soup		29	29
• Heating foods already cooked		30	
• Cooking fruit		27	28
		30	30

TECHNICAL DATA

Outer measurements (LxDxH) 450x260x380
Inner measurements (LxDxH) 290x180x315

Approximate weight

13 kg.

For additional information, refer to the rating plate on the appliance. This appliance conforms to EC directive 2004/108/EC on Electromagnetic Compatibility and EC regulation no. 1935/2004 of 27/10/2004 on materials intended for contact with food. The product is classified as Group 2, Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.

OUTPUT POWER

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.



In some models the maximum power yielded in WATTS, is also indicated in the symbol on the side, shown on the door.

The levels of intermediate power available are shown on page 22. This information will be useful for you to consult the prescription pads for microwaves currently on sale.

IMPORTANT SAFEGUARDS

Read carefully these instructions and keep for future reference.

N.B. This oven has been designed to defrost, heat and cook food in the home. It must never be used for other purposes, modified or tampered with in any way.

This microwave oven is not designed for use in a kitchen unit or flush mounted.

- 1) WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person (trained by the manufacturer or by its Customer Service).
- 2) WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.
- 3) WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.
- 4) WARNING: Accessible parts may become hot during use. Young children should be kept away. Do not allow the appliance to be used by persons (including children) with psychological, physical or sensory impairments, or with inadequate experience or knowledge, unless closely supervised and instructed by someone responsible for their safety who can ensure they are aware of the dangers associated with inappropriate use. Children must be supervised to ensure they do not play with the appliance.
- 5) Do not attempt to operate the oven with the door open by tampering with the safety devices.
- 6) Do not operate the oven if objects for any kind get stuck between the front panel of the oven and the door. Always keep the inside of the door (D) clean, using a damp cloth and non-abrasive detergents. Do not allow dirt or remains of food to accumulate between the front panel of the oven on the door.
- 7) Do not operate the oven if the supply cable or the plug is damaged, as this may result in electric shocks. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- 8) If smoke is observed, switch off or unplug the appliance and KEEP THE DOOR CLOSED in order to stifle any flames.
- 9) Only use utensils that are suitable for use in microwave ovens. In order to avoid overheating and the consequent risk of fire, it is advisable to supervise the oven when cooking food in disposable containers made of plastic, cardboard or other inflammable materials, and when heating small quantities of food.
- 10) Never place the turntable in water after it has been heated for a long time. The high thermal shock resulting would break the turntable.
- 11) When cooking "Only MICROWAVE", you absolutely must not pre-heat the oven (without foodstuffs in it) and you must not operate it when it is empty, because you might cause sparking.
- 12) Before using this oven, check to be certain that the utensil and containers chosen are suitable for microwave oven use (see the section on "Glassware and Similar Items").
- 13) The temperature of the door or the outer surface may be high when the appliance is operating. Do not place anything on top of the oven while in use. Do not touch the heating elements inside the oven.
- 14) When heating liquids (water, coffee, milk, etc.) it is possible that the contents may suddenly start to boil and spill violently as a result of delayed boiling, causing scalding. To avoid this happening, you should place a heat-resistant plastic spoon or a glass rod in the container before starting to heat liquids. Anyway, care shall be taken when handling the container.
- 15) Do not heat spirit with a high alcohol content, nor large quantities of oil, as these could catch fire!
- 16) The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature shall be checked before consumption in order to avoid burns. It is also advisable to stir or shake the food in order to ensure that it has an even temperature.
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.
- 17) Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- 18) Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since

they can scratch the surface, which may result in shattering of the glass.

- 19) All microwaves are tested and approved in accordance with current electromagnetic safety and compatibility regulations and standards. As a precautionary measure, pacemaker manufacturers recommend wearers to keep a minimum distance of 20-30 cm between an operating microwave oven and the pacemaker in order to avoid possible interference with the pacemaker. If you suspect that such an interference is occurring, turn the oven off immediately and contact the pacemaker manufacturer.
- 20) If the oven overheats (prolonged use, use empty, etc), the safety thermostat could turn the oven off. After cooling down, the oven will operate as normal.
- 21) The door or the outer surface may get hot when the appliance is operating.

ELECTRICAL CONNECTIONS

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 only** see page 25

INSTALLATION

- 1) After having removed the oven from its box, check to make certain that the turntable spindle (C) is correctly fitted into its housing. Place the turntable support (F) in the middle of the cooking chamber and set the turntable (E) on top of it. The spindle (C) 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.
- 3) Set the oven on a flat, steady surface **at least 85 cm.** above the floor and out of the reach of small children, because when the oven is operating its door can get very hot.

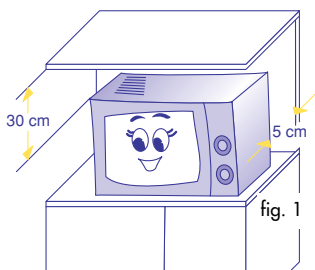


fig. 1

- 4) After having placed the oven on its work level, make sure that there is still a free space of at least 5 cm. between the oven's surfaces and the side as well as back walls, and a free space of at least 30 cm. above the oven (see Fig. 1). Also check to make sure the feed cord is not touching the appliance's rear wall, because the wall itself can get very hot while the grill is being used.

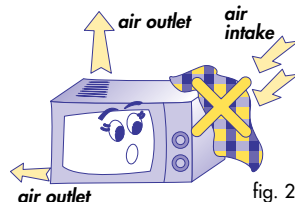


fig. 2

- 5) Do not block the air intake. In particular, do not set anything atop the oven and check to be certain that the air outlet slots (located above, under and in the back of the oven) are ALWAYS FREE from obstruction (see Figs. 2 and 3).

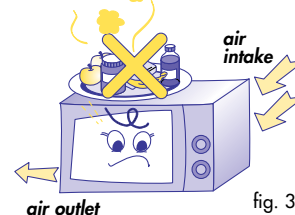


fig. 3

- 6) DO NOT remove the transparent film on the inner surface of the door (see Fig. 4).

- 7) The majority of modern electronic appliances (TV, radio, stereo systems etc) are shielded from radio frequency (RF) signals. Certain electronic appliances may not, however, be shielded from radio frequency signals deriving from a microwave oven. You should therefore keep a distance of at least 1-2 metres between these appliances and the operating oven.

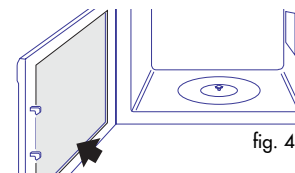


fig. 4

GLASSWARE AND SIMILAR ITEMS

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). Heat resistant plastic containers can also be used, but only for "Microwave Only" cooking. If you are still doubtful about using a particular container, you can perform a simple test. Place the empty container in the oven for 30 seconds at maximum power ("Microwave Only" function). If the container is still cold or only slightly warm, it is suitable for microwave cooking. If it is very hot or gives out sparks, it is not suitable. 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 (C) from its housing to prevent the turntable (E) 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.

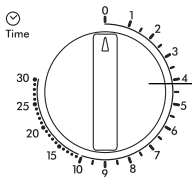
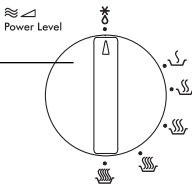
	Glass	Ceramics	Porcelain	Clay plates	Plastic for micro-waves	Paper cups*	Paper plates*	Parchment paper*	Card-board	Metal containers	Glassware with metal parts	Special roasting paper
Defrosting	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO	YES
Heating	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO	YES
Cooking	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

FUNCTION KNOB: turn the knob to the desired function

- 80W
- 160W
- 240W
- 400W
- 560W
- 800W



TIME KNOB: THIS KNOB STARTS ALL THE COOKING OPERATIONS Turn clockwise from 1 to 30 minutes. Once the set time expires, the oven will turn off and a buzzer will sound

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 temperature 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 several times while it is being cooked. This helps make the temperature distribution more uniform and thus shortens the cooking time.
- 3) It is also advisable to **turn** the foodstuff **over** 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 having a skin, shell or peel (e.g., apples, potatoes, tomatoes, frankfurters, fish) must be pierced with a fork in several points so as to permit steam to escape and to prevent those items from exploding (see Fig. 5).**
- 5) If you are preparing a large number of portions of the same food item (e.g., boiled potatoes), **place** those portions in a Pyrex dish in order to have them cook in a uniform manner (see Fig. 6):
- 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 do your cooking 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-sheet, wax paper, a glass lid or simply an overturned plate.** Then, too, 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. Use clear-sheet made expressly for microwave ovens.

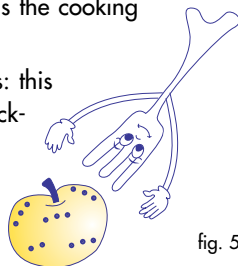


fig. 5

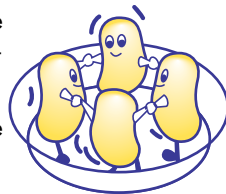


fig. 6

MICROWAVE FUNCTION

This function is suitable for:

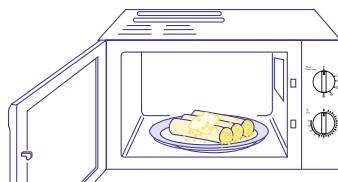
- Defrostingpage 25
- Heatingpage 27
- Cooking stew, white meats, fruit, vegetables, rice, soup and fishpage 29

Turning the oven on using only the microwave function

1

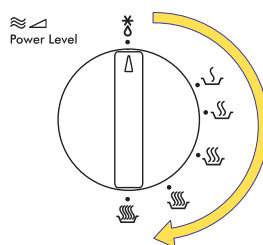
Place the food in a container suitable for microwave cooking and position in the middle of the turntable.

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



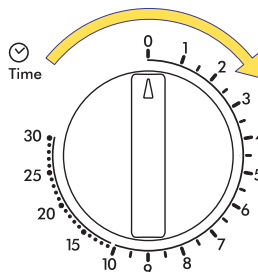
2

Select the desired power level by turning the function knob to one of the 6 symbols denoting the microwave output power.



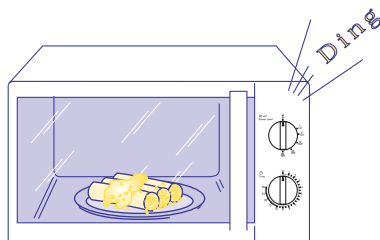
3

Set the cooking time you want by turning the **Time** knob in a clockwise direction.




4

Once the set cooking time has expired, a **buzzer** will sound to signal that your food is ready



You can interrupt operations any time you wish simply by turning the **Time** knob to the "0" position. You can also change the cooking time (while the foodstuff is being cooked) simply by turning this same knob forward or backward. You can check on the situation while the cooking is in progress by opening the door and examining the food. That move will interrupt the oven's operations, but they will begin again once the door has been closed.

USING THE MICROWAVE-ONLY FUNCTION FOR DEFROSTING

- Turn the function knob to the  position and set the desired time on the timer knob.
- 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 generally require defrosting 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 broken up.
- 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 timings printed on frozen products, because they are guideline and may not always be 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.

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.

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 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.

Defrosting times

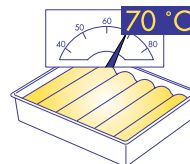
Type	Quantity	Function knob	Cooking time	Notes	Standing time (minutes)
MEAT					
• Roasts (pork, beef, veal, etc.)	1 kg	* 8	29 - 32		20
• Steaks, cutlets, meat slices	200 gr	"	10 - 12		5
• Stew, goulash	500 gr	"	18 - 20		10
• Ground meat	500 gr	"	14 - 16	(*)	15
• "	250 gr	"	11 - 13		10
• Hamburger	200 gr	"	11 - 13		10
• Sausages	300 gr	"	13 - 15		10
POULTRY					
• Duck, turkey	1,5 kg	"	34 - 37	At the end of the rest period, wash under hot water to remove possible ice	20
• Whole chickens	1,5 kg	"	34 - 37		20
• Cut-up chicken	500 gr	"	19 - 21		10
• Chicken breasts	300 gr	"	18 - 20		10
VEGETABLES					
				Frozen vegetables do not need to be defrosted before cooking.	
FISH					
• Filleted fish	300 gr	"	14 - 16		7
• Cut-up fish	400 gr	"	15 - 17		7
• Whole fish	500 gr	"	18 - 20		7
• Prawn, shrimps	400 gr	"	15 - 17		7
DAIRY PRODUCTS					
• Butter	250 gr	"	10 - 12	Remove the aluminium paper and metal pieces.	10
• Cheese	250 gr	"	11 - 13	Partially defrosted. Needs the standing time.	15
• Cream	200 ml	"	13 - 15	Cream is to be removed from its container and put on a plate.	5
BREAD PRODUCTS					
• 2 average-size rolls	150 gr	"	2 - 3	Put the bread directly on the turntable	3
• 4 average-size rolls	300 gr	"	6 - 7		3
• Sliced home-style bread	250 gr	"	6 - 7		3
• Whole-wheat bread	250 gr	"	6 - 7		3
FRUIT					
• Strawberries, prunes, cherries, currants, apricots	500 gr	"	13 - 14	Mix 2 or 3 times	10
• Raspberries	300 gr	"	9 - 10	Mix 2 or 3 times	10
• Blackberries	250 gr	"	7 - 8	Mix 2 or 3 times	6

(*) These indications are suitable for performing the minced meat defrosting test according to Regulation 60705, Par. 13.3 (see page 2). Turn over halfway through the set time. Place directly on the turntable. Further information, including on other performance tests according to Regulation 60705, is given in the table on page 2.


USING THE MICROWAVE-ONLY FUNCTION FOR RE-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

Type	Quantity	Function knob	Cooking time	Notes
SOFTENING FOOD • Chocolate/icing • Butter	100 gr 50 -70 gr		2 - 3 0'.5"-0'.7"	Put on a plate. Mix the icing once.
CHILLED FOOD (INITIAL TEMP. 5/8°C) UP TO 20/30°C • Yoghurt • Baby's bottle	125 gr 240 gr	" "	0'.7"-0'.10" 0'.10"-0'.15"	Remove metal foil. 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 • Packet of meat with and/or vegetables • Packet of fish and/or vegetables • Plate of meat and/or vegetables • plate of pasta, cannelloni or lasagne • Plate of fish and/or rice	400 gr 400 gr 300 gr 400 gr 400 gr 300 gr	" " " " " "	3 - 5 3 - 5 2 - 4 4 - 6 4 - 6 3 - 5	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. 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.
FROZEN FOOD TO REHEAT/COOK (INITIAL TEMP. -18°/-20°C) UP TO APPROX. 70° C • Packet of lasagne or of pasta with filling • Packet of meat with rice and/or vegetables • Packet of fish and/or pre-cooked vegetables • Packet of fish and/or raw vegetables • Portion of meat and/or vegetables • Portion of pasta, cannelloni or lasagne • Portion of fish and/or rice	400 gr 400 gr 300 gr 300 gr 400 gr 400 gr 300 gr	" " " " " " "	5 - 7 5 - 7 3 - 5 5 - 7 6 - 8 6 - 8 5 - 7	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. Remove the raw food from the packets and place it in a container suitable for microwaves and cover. 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.
CHILLED DRINKS (INITIAL TEMP. 5°/8° C) UP TO APPROX. 70°C • 1 cup of water • 1 cup of milk • 1 cup of coffee • 1 plate of broth	180 cc 150 cc 100 cc 300 cc	" " " "	1-1'.30" 0'.30"-1 0'.30"-1 2 - 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.
DRINKS AT ROOM TEMPERATURE (INITIAL TEMP. 20°/30°C) UP TO APPROX. 70° C • 1 cup of water • 1 cup of milk • 1 cup of coffee • 1 plate of broth	180 cc 150 cc 100 cc 300 cc	" " " "	0'.30"-1 0'.20"-0'.30" 0'.20"-0'.30" 1 - 2	All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.

USING THE MICROWAVE-ONLY FUNCTION FOR COOKING

MEATS

When using the microwave-only function to cook meat, you should cover the meat with plastic wrap made for microwave oven use; in this way, the heat is distributed better and you will prevent the loss of juices that often leads to dried-up and stringy meat. This oven function is suitable for making stews, goulash, chicken breasts, etc. To prepare roasts and skewered meat dishes (among others), you must use the combined function.




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.

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. Before cooking greens and vegetables, wash and clean them. Larger-sized varieties of this category are to be cut up into uniform pieces. Per every 500 gr. of greens or vegetables add about 5 teaspoons of water (fibre-type vegetables need more water). Greens and vegetables must **always** be covered with plastic wrap. Stir greens and vegetables at least once at the halfway point. Add a little salt only at the end.

Cooking times

Type	Quantity	Function knob	Cooking time	Notes	Standing time (minutes)
FISH					
• Filleted	300 gr		7 - 9	Cover with plastic wrap	2
• Slices	300 gr	"	9 - 11	Cover with plastic wrap	2
• Whole	500 gr	"	10 - 12	Cover with plastic wrap	2
• Whole	250 gr	"	7 - 9	Cover with plastic wrap	2
• Cut-up fish	400 gr	"	9 - 11	Cover with plastic wrap	2
• Crayfish	500 gr	"	9 - 11	Cover with plastic wrap	2
GREENS AND VEGETABLES					
• Asparagus	500 gr		9 - 10	Cut into 2-cm. pieces	4
• Artichokes	300 gr	"	10 - 12	It would be better to use artichoke bottoms.	4
• Green beans	500 gr	"	11 - 13	Cut into pieces	4
• Broccoli	500 gr	"	7 - 8	Separate into individual "florets"	4
• Brussels sprouts	500 gr	"	7 - 9	Leave whole	4
• White cabbage	500 gr	"	7 - 9	Cut into strips	4
• Red cabbage	500 gr	"	7 - 9	Cut into strips	4
• Carrots	500 gr	"	9 - 11	Cut into same-size pieces	4
• Cauliflower	500 gr	"	11 - 13	Separate into stalks	4
• Celery	500 gr	"	7 - 9	Separate into pieces	4
• Eggplant	500 gr	"	6 - 8	Cut into cubes	4
• Leek	500 gr	"	6 - 8	Cut into strips	4
• Mushrooms	500 gr	"	6 - 8	Leave whole. No water is needed.	4
• Onions	250 gr	"	5 - 7	Whole, but of the same size. No water is needed.	4
• Spinach	300 gr	"	6 - 8	Cover after having washed and drained the leaves.	4
• Peas	500 gr	"	10 - 12		4
• Fennel	500 gr	"	12 - 14	Cut into quarters	4
• Peppers	500 gr	"	9 - 11	Cut into pieces	4
• Potatoes	500 gr	"	8 - 10	Cut into same-size pieces	4
• Zucchini	500 gr	"	7 - 9	Cut into slices	4
MEATS					
• Stew	1,5 kg		40 - 42	Cook covered and stir 2 or 3 times.	10
• Chicken breasts	500 gr		18 - 20	Turn over at the halfway point	3
• Meat loaf	900 gr	"	20 - 22	(*)	5

(*) These indications are suitable for performing the minced meat cooking test according to Regulation 60705, Para. 12.3.3. Cover the container with clear film for microwave use. Further information, including on other performance tests according to Regulation 60705, is given in the table on page 2.

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 plastic wrap (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.

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

Type/quantity	Function knob	Cooking time	Standing time (minutes)	Notes
Nut cake (700 gr)		11 - 13	5	May be used in combination with any cream whatsoever
Viennese torte (850 gr)	"	15 - 17	5	To be filled with jam or jelly.
Pineapple cake (800 gr)	"	13 - 15	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)	"	15 - 17	5	The apples are spread on top as a decorative effect.
Coffee cake (750 gr)	"	11 - 13	5	Excellent when filled with cream.
Zabaione		1 - 1',30"	3	Mix with a whisk every 30 seconds
Cooked pears (300 gr)	"	2 - 3	3	The pears are to be cut into quarters.
Cooked apples (300 gr)	"	3 - 4	3	The apples are to be cut into pieces.
Egg custard (750 gr)	"	16 - 18	5	These indications are suitable for performing the cooking tests according to Regulation 60705, Para. 12.3.1.
Sponge cake (475 gr)	"	6 - 8	5	These indications are suitable for performing the cooking tests according to Regulation 60705, Para. 12.3.2. Further information, including on other performance tests according to Regulation 60705, is given in the table on page 2.

CLEANING AND MAINTENANCE

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

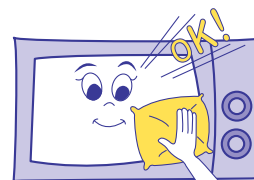
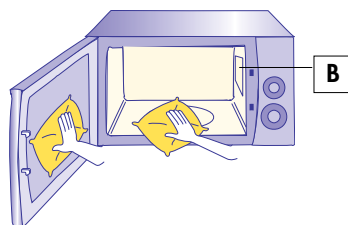
Cleaning

To maintain your appliance in the best condition, the door and the inside and outside of the oven should be cleaned regularly, using a soft cloth and neutral soap or liquid detergent. Always keep the microwave outlet cover (B) free of fat or splashed grease.

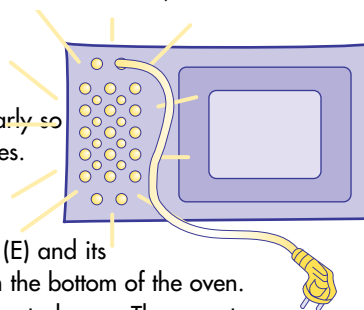
Never use abrasive detergents, steel wool or sharp metal utensils. In addition, when cleaning the outside of the oven, be careful **not to let water or liquid detergent seep into the air outlet and steam slots located atop the appliance.**

We likewise recommend that you do not use alcohol, abrasive detergents or ammonia-based detergents to clean the inside and outside door surfaces.

To ensure perfect closing, always keep the inside of the door clean, and do not let dirt and food residue get caught between the door and the oven's façade. Do not steam clean the inside of the oven.



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



From time to time, it will be necessary to remove the turntable (E) and its support (F) and clean them, just as it will be necessary to clean the bottom of the oven.

Wash the turntable and its support in warm soapy water with neutral soap. These parts may also be cleaned in a dishwasher.

Do not place the turntable in cold water after the oven has been hot for a long time. The strong thermal shock could cause the turntable to break.

The turntable's motor is sealed tight. When you are cleaning the bottom of the oven, however, be careful not to let water seep under the turntable spindle (C).

If something seems not to be working just 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	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 is not properly inserted in the electric outlet.• The outlet is not supplying power (check the building's fuse box).• The Time knob has not been set correctly
<ul style="list-style-type: none">• Condensation on the cooking rack and inside the oven.	<ul style="list-style-type: none">• When foods containing water are being cooked, it is completely normal for the steam generated within the oven to escape and to condense either inside the oven or on the cooking rack.
<ul style="list-style-type: none">• Sparks inside the oven.	<ul style="list-style-type: none">• Do not use metal implements during microwave cooking. Avoid metal bags or packs with metal staples, except the steam accessory containing water.
<ul style="list-style-type: none">• The food is not heating sufficiently	<ul style="list-style-type: none">• Select the correct power level or increase the cooking time.• The food was not completely defrosted before being cooked.
<ul style="list-style-type: none">• The food is burning	<ul style="list-style-type: none">• Use the correct cooking method or lower the cooking time.
<ul style="list-style-type: none">• The food is not cooking evenly	<ul style="list-style-type: none">• Stir the food while it is being cooked. Remember that foodstuffs cook better when cut into uniform pieces.• The turntable is blocked (check that the spindle D is correctly positioned).

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

Important information for correct disposal of the product in accordance with EC Directive 2002/96/EC.

At the end of its working life, the product must not be disposed of as urban waste.

It must be taken to a special local authority differentiated waste collection centre or to a dealer providing this service.

Disposing of a household appliance separately avoids possible negative consequences for the environment and health deriving from inappropriate disposal and enables the constituent materials to be recovered to obtain significant savings in energy and resources. As a reminder of the need to dispose of household appliances separately, the product is marked with a crossed-out wheeled dustbin.

