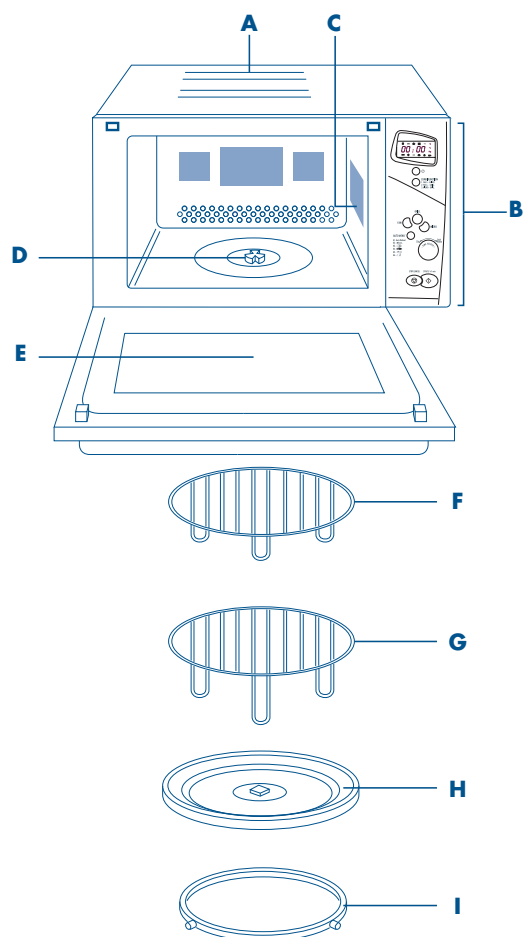


CONTROL PANEL

1. Time and function display
2. ⌚ button: adjusts the clock
3. **COMBI FUNCTION** button: selects functions
4. **GRILL** button
5. **FAN** button
6. **MICRO** button
7. **AUTO MENU** button: rapid cooking programmes
8. **TIME ADJUST** knob: sets automatic defrosting, weight and cooking time.
12. ⏹ **STOP/CLEAR** button: stops cooking and clears settings
13. **START/+1 min** ⏸ button: starts cooking and rapid heating



DESCRIPTION

- A** Grill element
- B** Control panel
- C** Microwave outlet cover
- D** Turntable spindle
- E** Inside of door
- F** Low wire rack
- G** High wire rack
- H** Turntable
- I** Turntable support ring

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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.



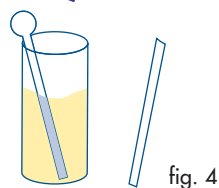
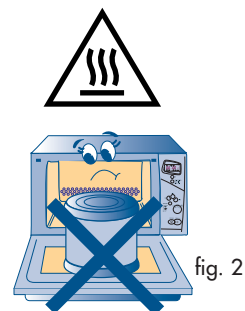
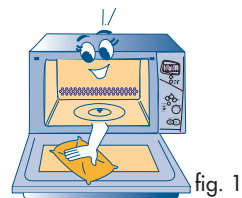
CHAPTER 1 – GENERAL

1.1 IMPORTANT SAFETY WARNINGS

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) **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- 6) Do not attempt to operate the oven with the door open by tampering with the safety devices.
- 7) 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 (E) 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.
- 8) The following warnings must be considered when the door is open: Do not place heavy object on the door or pull the handle downwards any further as the appliance may tip over. Never place hot containers or pans (e.g. just taken off the stove) on the door.
- 9) 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.
- 10) **If smoke is observed, switch off or unplug the appliance and KEEP THE DOOR CLOSED in order to stifle any flames.**
- 11) 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.
- 12) Never place the turntable in water after it has been heated for a long time. The high thermal shock resulting would break the turntable.
- 13) When cooking "Only MICROWAVE" and "COMBINED WITH 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.
- 14) 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").



CHAPTER 1 – GENERAL

- 15) 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.
- 16) 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.
- 17) Do not heat spirit with a high alcohol content, nor large quantities of oil, as these could catch fire !
- 18) 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.
- 19) 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.
- 20) 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.
- 21) 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.
- 22) 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.
- 23) The door or the outer surface may get hot when the appliance is operating.
- 24) Appliance is not intended to be operated by means of an external timer or separate remote-control system.
- 25) The appliance must be placed to work with the rear side approached to the wall.

N.B. When the oven is used for the first time it is possible that, for a period of approx. 10 minutes, it may produce a "new" smell and a small amount of smoke. This is only a result of protective substances applied to the heating element

1.2 TECHNICAL DATA

• ENERGY CONSUMPTION (CENELEC HD 376 standards)

To reach 200°C	0,3 kWh
To maintain a temperature of 200°C for one hour	1,1 kWh
Total consumption	1,4 kWh

• MICROWAVE OUTPUT POWER: 900W (IEC705)

Consult the data plate on the rear of the oven for further details.

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.

MICROWAVE OUTPUT POWER

The power output of your oven in **WATTS** is marked on the back of your appliance under the heading **MICRO OUTPUT**. When you consult tables, always refer to the output of your oven!

It will also be useful when you consult microwave recipes.



On some models, the microwave output power is also given in this symbol, reproduced on the control panel.

1.3 INSTALLATION AND ELECTRICAL CONNECTIONS

- 1) Unpack the oven and remove the protective packaging containing the turntable (H), turntable support (I) and accessories. Check that the turntable spindle (D) is fitted correctly into the recess in the centre of the turntable.
- 2) Clean the inside of the oven with a soft, damp cloth.
- 3) Check that the oven has not been damaged during transport. Check in particular that the door opens and closes properly.
- 4) Place the oven on a flat, stable surface at a height of at least 85 cm and out of reach of children as the door may become very hot during cooking.

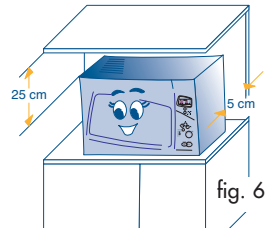


fig. 6

- 5) **When positioning the oven on the worktop, take care to maintain a gap of approx. 5 cm between the oven and the walls to its rear and sides and a gap of at least 25 cm above the oven (fig. 6).**
- 6) Do not block the air intake vents. In particular, never place anything on top of the oven and make sure the air and steam outlet vents (on the top, bottom and rear of the appliance) are ALWAYS FREE (fig. 7).
- 7) Place the turntable support (I) in the centre of the circular housing and rest the turntable (H) on top. The spindle (D) must be inserted into the housing in the centre of the turntable.

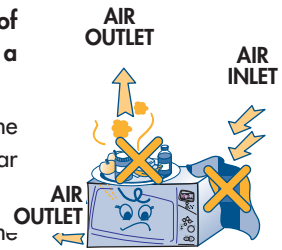


fig. 7

N.B. Do not position the oven on or near sources of heat (for example on top of a refrigerator) (fig. 8).

- 8) The appliance must be connected to a socket with a minimum current rating of 16A. Make sure the household main switch has a minimum rating of 16A to avoid it tripping unexpectedly during operation of the oven.
- 9) Position the oven in such a way that the power plug and socket are easily accessible.
- 10) Before you switch on the oven, check that the mains voltage corresponds to that specified on the oven rating plate and that the power socket is properly earthed. **The manufacturer declines all responsibility for failure to observe this safety precaution.**
- 11) 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.

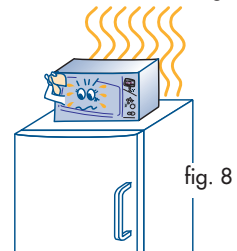
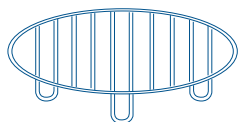


fig. 8

1.4 STANDARD ACCESSORIES



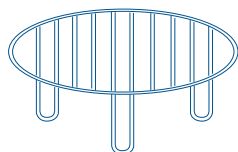
LOW WIRE RACK

FAN function:

use for all types of traditional cooking, especially cakes, pastries and desserts.

COMBI FUNCTION:

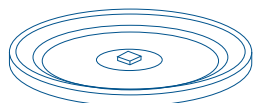
use for rapid cooking of meat, potatoes, certain risen cakes or desserts and dishes which require browning on top (eg. lasagne).



HIGH WIRE RACK

GRILL function:

for all types of grilled food.



TURNTABLE

Use for all operating and cooking functions.

1.5 OVENWARE

In microwave only and combi with microwave functions, any glass (preferably Pyrex), ceramic, china or terracotta ovenware may be used provided it has no metal decorations or parts (eg. gold paint decorations, metal handles, feet etc.). Heat resistant plastic containers may also be used, but only in **microwave only** mode.

If you are in doubt as to the suitability of a particular container, carry out this simple test - place the empty container in the oven for 30 seconds at maximum power (microwave only mode).

If the container remains cold or heats up only slightly, it is suitable for microwave cooking.

If it becomes very hot (or sparks are produced), the container is not suitable.

You can also use heat resistant plastic containers.

When heating food for brief periods, paper napkins, cardboard trays or disposable plastic plates can be used as a base. The size and shape of containers must allow them to rotate easily inside the oven.

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

Since microwaves heat food - and not the dish - you can also heat food on the plate you intend to serve it on.

This can save you a lot of unnecessary washing up.

Remember that heat may be transferred from the food to the plate. You may therefore have to use an oven glove to take it out of the oven. All standard ovenware may be used in "FAN", "GRILL" or "FAN + GRILL" functions.

The following table provides useful guidelines for choosing ovenware:

	Glass	Pyrex	Pyroceram	Terracotta	Aluminium foil	Plastic	Paper or cardboard	Metal containers
MICRO function	YES	YES	YES	YES	NO	YES	YES	NO
FAN+MICRO MICRO+GRILL function	NO	YES	YES	YES	NO	NO	NO	NO
FAN FAN+GRILL function	NO	YES	YES	YES	YES	NO	NO	YES

1.6 RULES AND TIPS FOR USING THE OVEN

Microwaves are a form of electromagnetic radiation. They occur in nature in the form of light waves (eg. sunlight). In the oven, these waves penetrate food from all directions to heat water, fat and sugar molecules.

Heat is generated in the food itself, while the container warms up as a result of heat spreading from the food only.

In microwave cooking, food does not stick to the dish. You can therefore use very little fat and in some cases no fat at all.

As it is low in fat, microwave cooking is considered to be healthy.

Microwave cooking also involves lower temperatures than traditional cooking. It therefore dehydrates foods less, destroys less of their nutritional value and retains more original flavour.

Basic rules for microwave cooking

- 1) Cooking time depends directly on the **size and consistency of the food**. A casserole will cook faster than a roast because it consists of smaller pieces and because all the pieces are the same size. When you refer to the cooking tables later in this manual, remember that you must increase or reduce cooking time to match the quantity of food to be cooked. Always respect standing time, in other words, the length of time you must leave food to "rest" after cooking. Standing time ensures that food is served at an even temperature throughout. The temperature of meat, for example, can rise between 5°C and 8°C (approx. 9°F to 15°F) during standing time. Food can be left to stand inside or outside the oven.
- 2) Always mix or stir food several times during cooking. This not only ensures even temperature distribution but also reduces cooking time.
- 3) **Turn food over** during cooking. This is specially important for meat, whether in large pieces (roasts, whole chickens, etc.) or small pieces (chicken breasts, casseroles, etc.).
- 4) **Pierce foods with skins, shells or peel (eg. apples, potatoes, tomatoes, frankfurters, fish, etc.) with a fork at several points to allow steam to escape from inside. This prevents these foods from exploding inside the oven (see fig. 9).**
- 5) If you are cooking a number of portions of the same type of food (eg. boiled potatoes), arrange the portions **in a ring** around the outside of an oven-proof dish to ensure they cook evenly (see fig. 10).
- 6) The lower the temperature at which food is placed in the oven, the longer the cooking time required. Food placed in the oven at room temperature will cook sooner than food coming directly from the refrigerator.
- 7) Always place dishes and containers in the middle of the turntable.
- 8) It is perfectly normal for **condensation to form** inside the oven and near the air outlet vents. **To reduce condensation, cover food with clear film, wax paper, a Pyrex lid or just a plate.** Foods with a high water content (eg. greens and vegetables) cook better when covered. Covering food also helps keep the inside of the oven clean. Use clear film made specifically for microwave ovens.
- 9) **Do not cook eggs in their shells** (fig. 11). Pressure will build up inside and can cause the egg to explode, even after cooking has finished. Do not reheat eggs cooked in their shells. Reheat scrambled eggs only.
- 10) Always open air-tight or sealed containers before placing them in the oven, otherwise pressure will build up inside and may cause them to swell and explode even after cooking has finished.

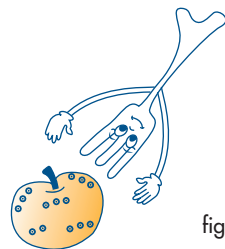


fig. 9

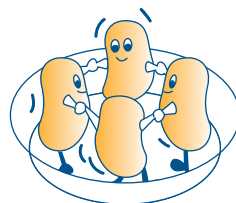


fig. 10

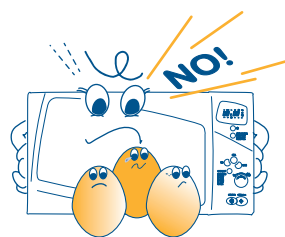


fig. 11

CHAPTER 2 - USING THE CONTROLS AND SETTING THE FUNCTIONS

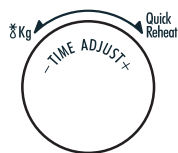
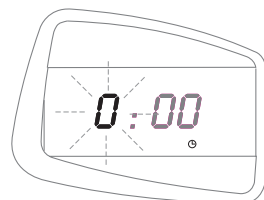
2.1 SETTING THE CLOCK

When the appliance is first connected to the electricity supply or after it has been without power for some time, two dots (:) appear on the display and a beep is emitted. Press the **STOP/CANCEL** button (9) and **0:00** will appear on the display.

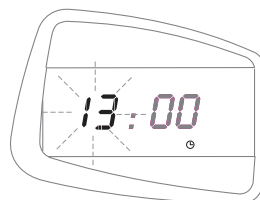
To set the time, proceed as follows:



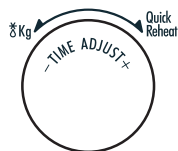
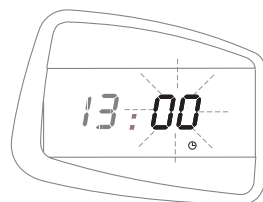
- 1 Press the ☺ button (2).
(The hour flashes).



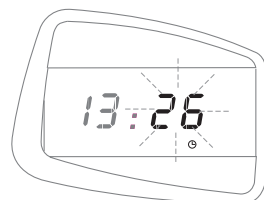
- 2 Set the hour by rotating the **TIME ADJUST** knob (8).
(The hour flashes).



- 3 Press the ☺ button (2) again.
(The minutes flash).



- 4 Set the minutes by rotating the **TIME ADJUST** knob (8).
(The minutes flash on the display 1)



- 5 Press the ☺ button (2) again.
(The set time is displayed).



- If you want to change the time set, press the ☺ button (2) and repeat the setting procedure as instructed above.
- You can press the ☺ button (2) at any moment, even when the oven is operating, to display the time. The time will be displayed for 2 seconds.

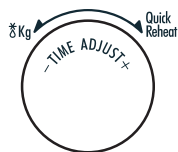
2.2 SETTING THE MICRO FUNCTION

This function can be used to:

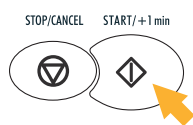
- Defrostpage 37
- Keep food warmpage 39

- Heat uppage 39
- Cook stew, white meat, fruit, vegetables, rice, soup, fishpage 41

AUTOMATIC DEFROSTING



- 1** Turn the **TIME ADJUST** knob (8) to the left. A series of weights appears on the display (from 0.1 kg to 2 kg).



- 2** Select the weight, then press the **START/+1 min** button (10). (The time required to defrost the food appears on the display).



- 3** The end of the set time is indicated by five "beeps" and **0:00** (or the time of day if previously set) will appear on the display.



- If you open the door to check progress of defrosting, microwave emission stops and the remaining time flashes on the display. To continue defrosting, close the door again and press the **START/+1 min** button (10). The oven continues the countdown from where it was interrupted.
- To reset the time, proceed as follows:
 - if the door is open, press the **STOP/CLEAR** button (9) once;
 - if the oven is operating, press the **STOP/CLEAR** button (9) twice;
 - if the oven is off and the door is closed, press the **STOP/CLEAR** button (9) once.

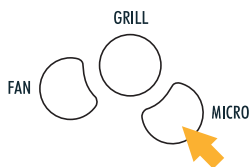
USING THE MICRO FUNCTION TO DEFROST

- Frozen foods in plastic bags, film, or oven ready containers can be placed directly in the oven. Check first that there are no metal objects like staples or ties.
- Certain foods, like vegetables and fish, do not need to be fully defrosted before cooking.
- Foods in meat and other sauces defrost quicker and more evenly if they are stirred, turned and/or separated occasionally.
- During defrosting, meat, fish and fruit lose liquid. Always place these foods in a bowl to defrost.
- You are recommended to divide meat and place individual pieces in separate bags when freezing. This will save you valuable time during preparation.
- Always use caution when following the times given on frozen food packs as they are not always correct. You are recommended to use slightly shorter defrosting times than those given. Defrosting time depends on the degree of freezing.

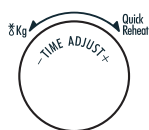
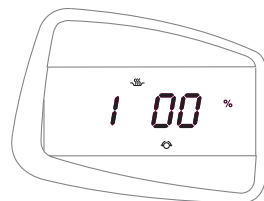
DEFROSTING BREAD

To obtain warm fragrant bread, set maximum microwave power level (30 seconds for every 100 g of bread approximately). When the bread is just soft to the touch, set the **GRILL** only function for 3-4 minutes. Place the bread directly on the turntable.

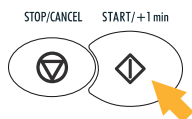
KEEPING FOOD WARM, HEATING, COOKING



- 1 Press the **MICRO** button (6). Maximum power appears on the display (**100%**). Press the **MICRO** button (6) until the required power level is selected (**100** = maximum, **10** = minimum) If the button is not pressed, the oven functions at maximum power (power **100**).



- 2 Select the time required by rotating the **TIME ADJUST** knob (8).



- 3 Press the **START/+1 min** button (10). (The set time is displayed).



- 4 The end of the set time is indicated by five beeps and **0:00** (or the time of day if previously set) will appear on the display.



- You can open the door to check on cooking at any time. If you open the door during cooking, microwave emission stops. To restart cooking, close the door and press the **START/+1 min** button (10).
- If cooking must be stopped for any reason, this can be done without opening the door by pressing the **STOP/CLEAR** button (9).
- To finish cooking, proceed as follows:
 - if the door is open, press the **STOP/CLEAR** button (9) once;
 - if the oven is operating, press the **STOP/CLEAR** button (9) twice;
 - if the oven is off and the door is closed, press the **STOP/CLEAR** button (9) once.
- The cooking time and microwave power level can be modified even after the required function has been started by pressing the **START/+1 min** button (10).

USING THE MICRO FUNCTION TO KEEP FOOD WARM

This function is recommended for all types of food.

It enables cooked or heated food to be kept warm without becoming dry or sticking to the cooking container.

Set the microwave power level at **10** and cover the food with a plate or clear film to keep it warm until served.

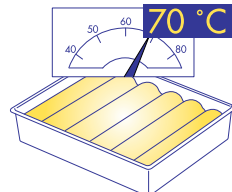
If you prefer, you can keep the food warm directly on the serving plate (covered).

USING THE MICRO FUNCTION TO HEAT FOOD

When used to heat up food, your microwave oven shows off its usefulness and efficiency to the full.

With respect to traditional methods, a microwave saves you time and, therefore, also electricity.

- You are recommended to heat food (particularly if frozen) to a temperature of at least 70°C (it must be piping hot!). You will not be able to eat the food at once as it will be too hot, but complete sterilisation will be guaranteed.
- Always follow these rules for reheating cooked or frozen foods:
 - remove the food from metal containers;
 - cover with clear film (for microwave use) or greaseproof paper. This will retain all the natural flavour and keep the oven clean. You can also cover with an upturned plate;
 - if possible, mix or turn frequently to make the heating process quicker and more even.
 - use extreme caution when following times indicated on packaging. Remember that in certain conditions, these times may have to be increased;
- Frozen food must be defrosted before heating starts. The lower the initial temperature of the food, the longer the time required for heating.
- Food and beverages may be heated for short periods in paper or plastic containers. However, if the cooking time is too long, these containers may distort.



CHAPTER 2 - USING THE CONTROLS AND SETTING THE FUNCTIONS

HEATING TIMES

NB: Certain dishes can also be easily heated using the "AUTO MENU" programmes (see page 49).

Type	Quantity	Power level	Timer (minutes)	Notes
SOFTENING				
• Chocolate/icing • Butter	100 gr 50 -70 gr	50 100	5 - 6 0.7-0.12	Put on a plate. Mix the icing once
FOOD AT REFRIGERATOR TEMPERATURE (5/8°C) TO 20/30°C				
• Yoghurt • Baby's bottle	125 gr 240 gr	" "	0.12-0.17 0.35-0.40	Remove the metal foil Heat the bottle without teat and mix immediately after heating to ensure an even temperature. Check the temperature of the contents before consuming. If the milk is at room temperature, shorten the time indicated slightly. If you use powdered milk, mix well as residual powder could catch fire. Use pre-sterilised milk.
PRECOOKED FOOD AT REFRIGERATOR TEMPERATURE (INITIAL TEMP. 5/8°C) TO ABOUT 70° C				
• Convenience packs of lasagne or filled pasta	400 gr	"	6 - 8	Packs of all types of commercially-available precooked food to be heated to a temperature of 70°C. Remove the food from any metal container and place it directly on the serving dish. Always cover for best results.
• Convenience packs of meat with rice and/or vegetables	400 gr	"	6 - 8	
• Convenience packs of fish and/or vegetables	300 gr	"	5 - 7	
• Plate of meat and/or vegetables	400 gr	"	7 - 9	Portions of all types of precooked food to be heated to a temperature of 70°C. The food should be placed directly on the serving plate. Always cover with an upturned plate or clear film.
• Plate of pasta, cannelloni or lasagne	400 gr	"	7 - 9	
• Plate of fish and/or rice	300 gr	"	6 - 8	
FROZEN FOOD TO BE HEATED/COOKED (INITIAL TEMP. -18°/-20°C) TO ABOUT 70° C				
• Convenience packs of lasagne or filled pasta	400 gr	"	8 - 10	For convenience packs of all types of frozen pre-cooked foods to be reheated to 70°C. Reheat/cook in the package. If the package is metal, remove the food and place it directly on the serving dish. Increase cooking time by a few minutes.
• Convenience packs of meat with rice and/or vegetables	400 gr	"	7 - 9	
• Convenience packs of pre-cooked fish and/or vegetables	300 gr	"	5 - 7	
• Convenience packs of uncooked fish and/or vegetables	300 gr	"	10 - 12	Remove uncooked food from its packaging and place in a microwave resistant dish.
• Portions of meat and/or vegetables	400 gr	"	8 - 10	Portions of all types of frozen precooked food to be heated to a temperature of 70°C. Place the frozen food directly on the serving plate and cover with an upturned plate or Pyrex dish. Make sure the centre is hot. If possible mix the food.
• Portion of pasta, cannelloni or lasagne	400 gr	"	9 - 11	
• Portions of fish and/or rice	300 gr	"	6 - 8	
BEVERAGES AT ROOM TEMPERATURE (20°/30°C) TO ABOUT 70°C				
• 1 cup of water	180 cc	"	1.30 - 2	All drinks must be stirred at the end of heating to distribute the temperature evenly. When cooking broth, you should cover it with an upturned plate.
• 1 cup of milk	150 cc	"	1 - 1.30	
• 1 cup of coffee	100 cc	"	1 - 1.30	
• 1 bowl of broth	300 cc	"	3 - 4	
BEVERAGES AT REFRIGERATOR TEMPERATURE (5/8°C) TO ABOUT 70°C				
• 1 cup of water	180 cc	"	1 - 1.30	All drinks must be stirred at the end of heating to distribute the temperature evenly. When cooking broth, you should cover it with an upturned plate.
• 1 cup of milk	150 cc	"	0.30 - 1	
• 1 cup of coffee	100 cc	"	0.30 - 1	
• 1 bowl of broth	300 cc	"	2 - 3	

USING THE MICRO FUNCTION TO COOK

SOUPS AND RICE

Soups and minestrone in general can be made with less water because very little water is lost through evaporation in microwave ovens.

Add salt at the end of cooking or during standing time because salt has a dehydrating effect.

Note that the time required to cook rice (or pasta) in a microwave oven is more or less the same as required to cook it traditionally on the stove.

The advantage of preparing a risotto in a microwave lies in the fact that it does not require continual stirring (two to three times is enough).

Place all the ingredients in a microwave resistant dish and cover with film. For 300g of rice, you need 750g of broth and maximum microwave power level for 12 - 15 minutes.

The rice does not stick to the bottom of the container and, given that you can use a soup-tureen or other container suitable for bringing to the table, you do not necessarily have to transfer to a serving plate.

MEAT

When cooking meat with the microwave only function, you should cover it with microwave resistant clear film. This helps spread the heat evenly and avoids the food becoming dry and stringy.

This function can be used to cook stews, goulash, chicken breast, etc. To cook roasts, kebabs, etc use the combi function.

FISH

Fish cooks fast and with excellent results.

Flavour to taste with a little butter or oil (or cook without condiment if preferred).

Cover with clear film.

Cut skin before cooking. Arrange fillets evenly.

Cooking fish with egg and breadcrumbs is not recommended.

VEGETABLES

Vegetables conserve more of their natural colour and nutritional goodness when cooked in a microwave oven compared to traditional cooking methods.

Wash and peel vegetables before cooking.

Large vegetables should be cut into even pieces.

For every 500 g of vegetables, add about five dessertspoons of water (fibrous vegetables require more water).

Always cover vegetables with clear film.

Stir at least once halfway through the cooking time. Add salt at the end of cooking only.

CHAPTER 2 - USING THE CONTROLS AND SETTING THE FUNCTIONS

COOKING TIME

Type	Quantity	Power level	Time set (minutes)	Notes	Standing time (minutes)
FISH					
• Fillets	300 gr	70	4 - 6	Cover with film	2
• Slices	300 gr	"	5 - 7	Cover with film	2
• Whole	500 gr	"	8 - 10	Cover with film	2
• Whole	250 gr	"	4 - 6	Cover with film	2
• Slices	400 gr	"	5 - 7	Cover with film	2
• Shrimps/prawns	500 gr	"	5 - 7	Cover with film	2
VEGETABLES					
• Asparagus	500 gr	100	9 - 11	Cut into 2 cm pieces	4
• Artichokes	300 gr	"	10 - 12	Use of artichoke bottoms is preferable.	4
• Green beans	500 gr	"	11 - 13	Cut into pieces	4
• Broccoli	500 gr	"	7 - 9	Divide into individual florets	4
• Brussels sprouts	500 gr	"	7 - 9	Leave whole	4
• White/green 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 equal sized pieces	4
• Cauliflower	500 gr	"	11 - 13	Divide into florets	4
• Celery	500 gr	"	7 - 9	Divide into pieces	4
• Aubergines	500 gr	"	6 - 8	Dice	4
• Leaks	500 gr	"	6 - 8	Cut into strips	4
• Champignon mushrooms	500 gr	"	6 - 8	Lasciarli interi. Non occorre acqua	4
• Onions	250 gr	"	5 - 7	Leave whole. No water required.	4
• Spinach	300 gr	"	6 - 8	Wash and drain, then cover.	4
• Peas	500 gr	"	10 - 12	Cover.	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 equal sized pieces	4
• Courgettes	500 gr	"	7 - 9	Leave whole	4
MEAT					
• Goulash	1,5 kg	"	40 - 44	Cook uncovered and mix 2-3 times.	4
• Chicken breasts	500 gr	70	10 - 12	Add salt at end of cooking.	3
• Meat loaf	900 gr	"	18 - 20	(*)	5

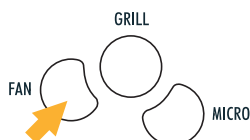
NB: The cooking times given here are purely indicative. Increase or reduce them to suit the weight and starting temperature of the food and, in the case of vegetables, their consistency and fibre content.

(*) These indications are suitable for performing the minced meat defrosting test according to standard no. 60705, paragraph 13.3 (see page 2). Turn the food over halfway through the set cooking time. Rest the food to be defrosted directly on the turntable. Further information, including on other performance tests according to standard no. 60705, is given in the table on page 2.

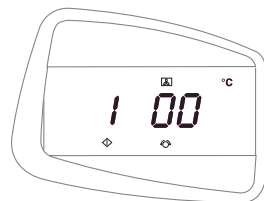
2.3 SETTING THE FAN FUNCTION

This function can be used to:

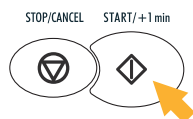
- Cook all types of "traditional" dish such as roasts, chicken, cakes and desserts, puff pastry, baked vegetables, etc.



- 1 Press the **FAN** button. The default temperature appears on the display and increases each time the button is pressed from a minimum of 100° to a maximum of 230°.



- 2 Select the time required by rotating the **TIME ADJUST** knob (8).



- 3 Place the food on the low wire rack, close the door and press the **START/+1 min** button (10). The set time appears on the display.



If you need to preheat the oven...

- Select the required temperature by repeatedly pressing the **FAN** button.
- When the temperature has been selected, press the **START/+1 min** button (10).
- When the oven reaches the set temperature, it goes off automatically and emits 10 "beeps" to indicate that the food can be inserted.
- Proceed with points 1, 2 and 3 above.

This function can be used to prepare all dishes which would normally be cooked in a traditional oven.

To ensure correct air circulation and optimum heat distribution, **food to be cooked must be placed in shallow ovenware** on the low wire rack (F). As microwaves are not used in this function, turntable rotation is not indispensable for perfect heat distribution. You can therefore use large rectangular dishes (up to the maximum capacity of the oven) and block rotation of the turntable by extracting the turntable spindle (D) as shown in the figure on page 44. In this case, you should turn the dish through 180° at least twice during cooking (**not recommended** when cooking cakes).

You should always preheat the oven when cooking cakes, desserts or dishes using puff pastry.

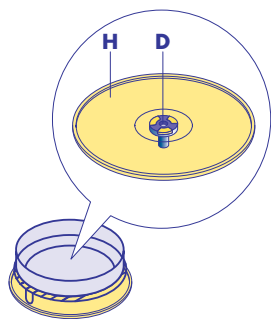
Important: you should use oven gloves as the appliance and accessories become very hot.

Always close the door again when you have finished checking cooking.

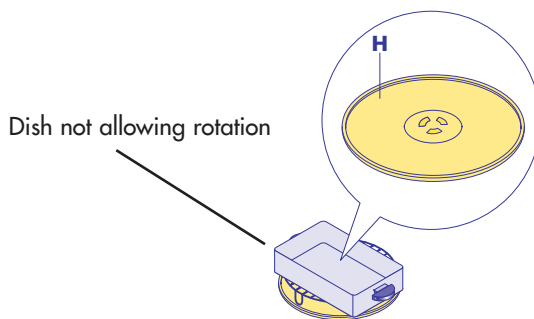
CHAPTER 2 - USING THE CONTROLS AND SETTING THE FUNCTIONS

COOKING TIME

Type	Quantity	Temperature	Timer knob (minutes)	Notes
• Lasagne	1 100 gr	200°	40	Times with raw pasta. If the pasta is precooked, 20 mins are enough.
• Fresh pizza	600 gr	200°	30	Preheat the oven. Lay the pizza on greaseproof paper directly on the wire rack
• Roast	1 kg	200°	100	Leave a little fat
• Chicken	1,5 kg	200°	110	Prick the skin with a fork
• Roast potatoes	500 gr	200°	60	Mix 2-3 times
• Fruit tart	700 gr	190°	40	Preheat the oven. Use a cake tin
• Plum cake	950 gr	190°	90	Preheat the oven. Use a rectangular tin
• Quiche Lorraine	800 gr	190°	40	Preheat the oven. Use a cake tin with hook
• Walnut cake	650 gr	190°	40	Preheat the oven. Use a cake tin with hook



Operation with turntable spindle D
Turntable rotating

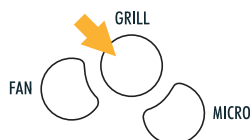


Operation without turntable spindle (D)
Turntable stationary

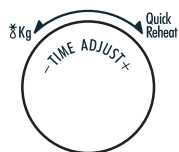
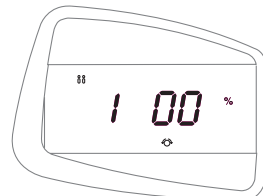
2.4 HOW TO SET THE GRILL FUNCTION

This function can be used for:

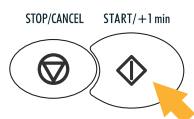
- All types of traditional grilling, for example, hamburgers, chops, frankfurters, toast, etc.
.....page 46



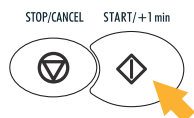
- 1 Press the **GRILL** button (4). Maximum power appears on the display (100%). Press the button again and 50% will be displayed.



- 2 Select the time required by rotating the **TIME ADJUST** knob (8).



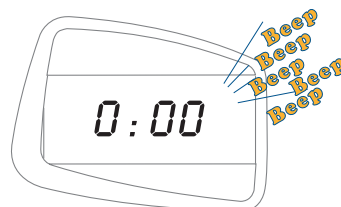
- 3 Place the food on the high wire rack and rest on the turntable. Close the door and press the **START/+1 min** (10) button. (The set time is displayed).



- 4 Halfway through the set time, the oven emits two beeps and the cooking time pauses automatically. Open the door, turn the food, close the door and press the **START/+1 min** (10) button. (If you do not do this within one minute, the oven starts up again automatically).



- 5 The end of the set time is indicated by five beeps and **0:00** (or the time of day if previously set) will appear on the display.



- You can open the door to check on cooking at any time. If you open the door during cooking, grilling pauses. To restart, close the door and press the **START/+1 min** button (10).
- If cooking must be stopped for any reason, this can be done without opening the door by pressing the **STOP/CLEAR** button (9).

CHAPTER 2 - USING THE CONTROLS AND SETTING THE FUNCTIONS

- To reset cooking, proceed as follows:
 - if the door is open, press the **STOP/CLEAR** button (9) once;
 - if the oven is operating, press the **STOP/CLEAR** button (9) twice;
 - if the oven is off and the door is closed, press the **STOP/CLEAR** button (9) once.

When you finish cooking with the GRILL function, the oven performs an automatic cooling cycle.

This function can be used to prepare all types of tasty grilled food.

Turn all dishes over halfway through cooking time as the grill element radiates heat from the top part of the oven only.

The oven becomes extremely hot. Take care when opening the door to check cooking and always use oven gloves.

COOKING TIME

Type	Quantity	Time set (minutes)	Notes
• Veal or pork chops	2	22 - 27	Preferably of the same weight.
• Sausages	3	28 - 32	Always prick. If thick, they are best cut in half
• Hamburgers	3	28 - 32	Preferably of the same weight.
• Courgettes	6 strips	12 - 15	1 cm thick strips
• Toast	4 slices	7 - 8	Trim the edges well.

2.5 HOW TO SET THE "COMBI" FUNCTION

You can use this oven for "combi" cooking using three different types of function.

Just select the most suitable combination and cooking time, then press the **START/+1 min** button (10).

The ideal temperature and microwave power for the cooking operations to be performed are already memorised in the three combinations.

Use the low wire rack for all three functions.

FAN + MICRO (fan at 200°C + microwave at 50%)

This function can be used to cook roasts, poultry and kebabs.

Set the time, then press the **START/+1 min** button (10). The oven begins preheating in **FAN** only. Once the temperature reaches 200°C, combi cooking begins.

FAN + GRILL (fan at 210°C + grill at 50%)

This function can be used to cook potatoes and chicken pieces (stir or turn over the food during cooking).

When the **START/+1 min** button (10) is pressed, the oven begins preheating in **FAN** only. Once the temperature reaches 210°C, combi cooking begins.

MICRO + GRILL (grill at 50% + microwave at 50%)

This function can be used to cook foods to be browned such as lasagne, cannelloni or au gratin vegetables or fish.

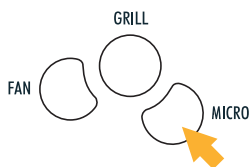
The end of cooking is indicated by five beeps and the time of day (if previously set) appears on the display.

Notes:

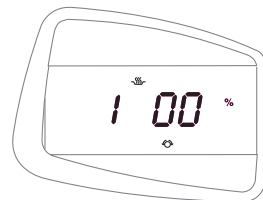
- you can open the door to check on cooking at any time.
If you open the door during cooking, microwave emission pauses. To restart cooking, close the door and press the **START/+1 min** (10) button.
- If cooking must be stopped for any reason, this can be done without opening the door by pressing the **STOP/CLEAR** button (9).
- to finish cooking, proceed as follows:
 - If the oven door is open, simply press the **STOP/CLEAR** button (9) once.
 - if the oven door is closed and cooking is in progress, press **STOP/CLEAR** (9) twice.
The clock is displayed again to show that cooking has stopped.
- this model is fitted with an automatic cooling cycle triggered each time the grill function is used.

2.6 HOW TO SET A SEQUENCE OF TWO COOKING OPERATIONS

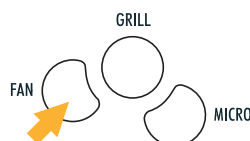
Example: programme microwave only cooking at 100% for 20 minutes, followed by FAN only cooking at 200°C for 10 minutes.



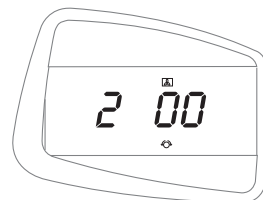
- 1 Press the **MICRO** button (6). Maximum power appears on the display (100%).



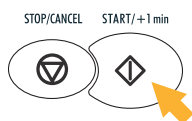
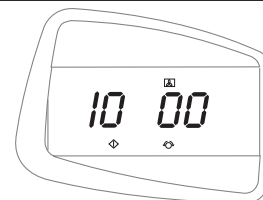
- 2 Select the time required by rotating the **TIME ADJUST** knob (8).



- 3 Set the subsequent cooking operation by pressing the **FAN** button (5) repeatedly until the ideal temperature is reached.



- 4 Select the time required by rotating the **TIME ADJUST** knob (8).



- 5 Press the **START/+1 min** button (10). A beep indicates the transition from one type of cooking to the next.



2.7 HOW TO SET THE "AUTO MENU" PROGRAMMES

This function simplifies certain types of cooking/heating. Just select the appropriate category and the weight of food to be cooked.

The categories are divided as follows:

A1. Auto Reheat: ideal for heating liquids such as tea, milk, coffee, broth, etc.

Place the cup or plate directly on the turntable, select the weight and press the **START/+1 min** button (10). When the liquid has been heated, you should make sure heat is distributed evenly by stirring with a spoon.

A2.  : ideal for cooking classical jacket potatoes.

Wash the potatoes thoroughly, prick with a fork and place directly on the turntable.

Select the weight and press the **START/+1 min** button (10). Serve filled with butter or cheese. The oven preheats to the required temperature. Once this is reached, a countdown to the end of cooking appears on the display.

A.3  : ideal for cooking meat traditionally.

Place the meat in a Pyrex dish (add a little water to keep it moist). Select the weight and press the **START/+1 min** button (10). At the end of cooking, the oven performs an automatic cooling cycle.

A.4  : ideal for cooking all types of frozen pizza.

Place the pizza directly on the low wire rack. Select the weight and press the **START/+1 min** button (10).

The oven preheats to the required temperature. Once this is reached, a countdown to the end of cooking appears on the display.

A.5  : ideal for poaching fish.

Place the fish in a Pyrex dish, add a cup of water, cover with clear film and place directly on the turntable. Select the weight and press the **START/+1 min** button (10).

A.6  : ideal for cooking whole or diced chicken breasts.

As this involves combi cooking, the food must never be covered.

Place the dish directly on the low wire rack. Select the weight and press the **START/+1 min** button (10).

You are recommended to turn/stir the food halfway through cooking.

The oven preheats to the required temperature. Once this is reached, a countdown to the end of cooking appears on the display.

- You can open the door to check on cooking at any time.

If you open the door during cooking, microwave emission stops. To restart cooking, close the door and press the **START/+1 min** button (10).

- If cooking must be stopped for any reason, this can be done without opening the door by pressing the **STOP/CLEAR** button (9).
- to finish cooking, proceed as follows:
- if the door is open, press the **STOP/CLEAR** button (9) once.
- if the oven is operating, press the **STOP/CLEAR** button (9) twice.
- if the oven is off and the door is closed, press the **STOP/CLEAR** button (9) once.

2.8 QUICK HEAT

This function is very useful for heating small quantities of food or drink and to cook at maximum power in microwave only.

- Press the **START/+1 min** button (10). The oven operates for 1 minute at maximum power.

This function is also useful to complete unfinished cooking.

The end of the cooking period is indicated by five beeps and the time of day (if set previously) appears on the display.

2.9 CHILD SAFETY

The oven is fitted with a safety device to prevent it starting up accidentally.

To activate this device:

- Press the **STOP/CLEAR** button (9) three times
- A short beep is emitted. The buttons are deactivated and **OL** appears on the display.
- To deactivate the safety device, press the **STOP/CANCEL** button (9) three times.

2.10 PROGRAMMED START-UP

With your oven, you can set the time you want cooking to start.

You can programme the start and length of cooking/defrosting/heating.

To use this function, you must first set the time of day.

For example: it is 16.00 and you want the oven to start up at 19.30 in **MICRO** function (6) at maximum power for 15 minutes.

1. Place the food in the oven and close the door;
2. Press the ☺ button (2) and set the hour you want cooking to start (in this case, 19).
3. Press the ☺ button (2) and set the minutes you want cooking to start (in this case, 30).
4. Press the **MICRO** button (6) to start the function.
5. Turn the **TIME ADJUST** knob (8) to set the cooking time and press the **START/+1 min** button (10) (the ☺ symbol appears on the display)

When the programmed time is reached, the oven emits two “beeps” and starts up for the set cooking time.

The end of the cooking time is indicated with five “beeps”.

If you forget to set either the power or the cooking time, when the programmed cooking time is reached, the time of day reappears on the display.

CHAPTER 3 - CLEANING AND MAINTENANCE

3.1 CLEANING

Before performing any cleaning or maintenance, always disconnect the plug from the power socket and wait for the oven to cool down.

Always keep the microwave outlet covers (C) free from grease or splashes of fat. Do not use abrasives, steel wool or sharp metal utensils to clean the outside of the oven.

Do not allow water or liquid detergent to penetrate the air and steam outlet vents on the top of the appliance.

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

Never steam clean the inside of the oven.

Always keep the inside of the door clean to ensure that it closes properly. Make sure that dirt and food residues do not build up between the door and the front panel of the oven.

Clean the air vents at the rear of the oven regularly to prevent dust and dirt from blocking them over time.

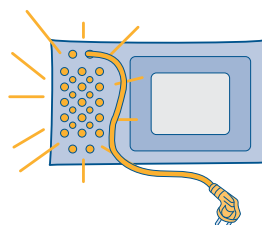
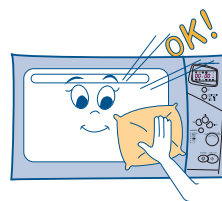
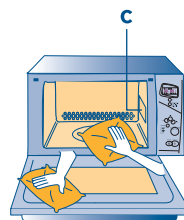
Remove the turntable (H) and its support ring (I) periodically to clean them. Also clean the bottom of the oven under the turntable.

Wash the turntable and its support ring in soapy water using a neutral detergent. Both the turntable and its support ring can be washed in a dishwasher.

Never plunge the hot turntable into cold water. The sudden change in temperature could cause it to crack.

The turntable motor is sealed.

However, when cleaning the bottom of the oven, make sure the water does not penetrate under the turntable spindle (D).



CHAPTER 3 - CLEANING AND MAINTENANCE

3.2 MAINTENANCE

In the case of malfunction or defective operation, contact a technical service centre authorised by the manufacturer. Before contacting us, however, it is worth carrying out the following simple controls.

PROBLEM	CAUSE/SOLUTION
The oven does not work.	<ul style="list-style-type: none">• The door is not closed properly.• The plug is not correctly inserted.• There is no power to the mains socket (check the fuse box).
Condensation on the support surface, inside the oven or around the door	<ul style="list-style-type: none">• When cooking food containing water, it is completely normal for steam generated inside the oven to be given off and condense inside the oven, on the cooking surface or around the door.
Sparks inside the oven.	<ul style="list-style-type: none">• Never turn the oven on without food when using microwave or combined functions.• When using the above functions, do not use metal containers or bags or packs with metal staples.
The food does not heat or cook properly.	<ul style="list-style-type: none">• Select the correct function or increase cooking time.• The food was not completely defrosted before cooking.
The food burns.	<ul style="list-style-type: none">• Select the correct mode or reduce cooking time.
The food does not cook evenly.	<ul style="list-style-type: none">• Stir food during cooking. Bear in mind that food cooks better when cut into even-sized pieces.• Turntable rotation has not been switched on.

NOTE: If the oven light malfunctions, you can continue using the appliance without problems.
To replace the bulb, contact an authorised service centre.

KENWOOD

Divisione Commerciale Kenwood Italia
De'Longhi Appliances - Via L. Seitz, 47 - 31100 - Treviso - Italia

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