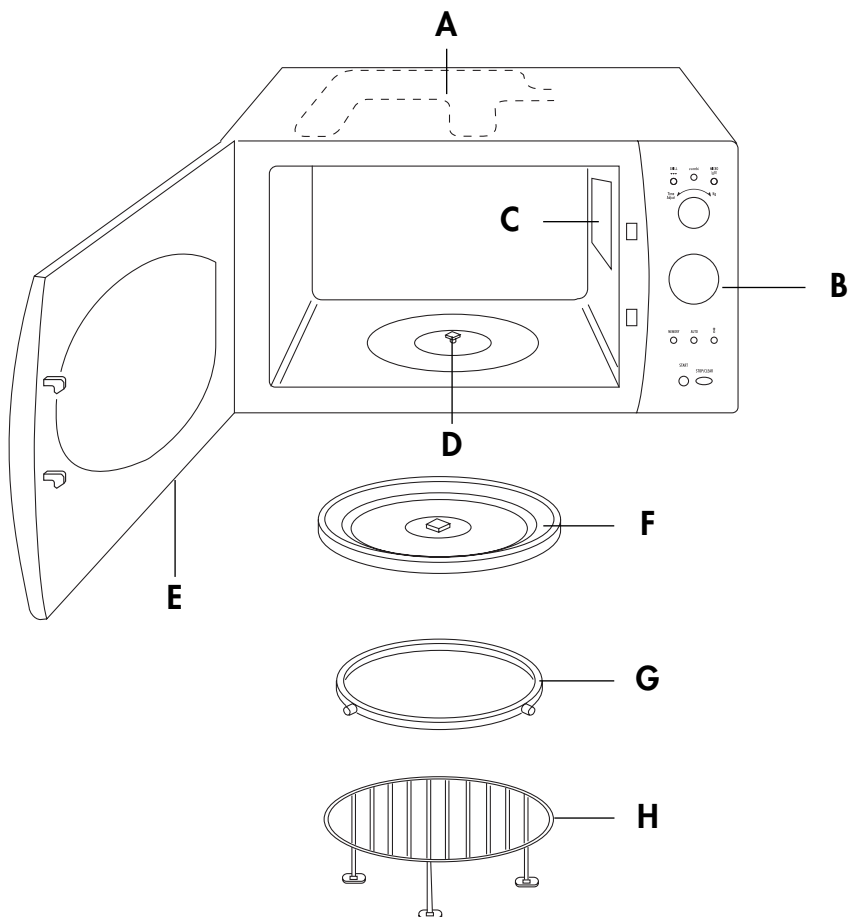


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## DESCRIPTION

- A Grill element
- B Control panel
- C Microwave outlet cover
- D Turntable spindle
- E Inside of door
- F Turntable
- G Turntable support
- H Wire rack


## ELECTRICAL CONNECTIONS

The appliance must be connected to a socket with a minimum current rating of 10A.

Before using the appliance, make sure the mains supply voltage corresponds to the voltage

indicated on the rating plate and that the **socket is efficiently earthed. The manufacturer declines all liability for failure to follow this instruction.**

## HOW TO OBTAIN THE BEST RESULTS FROM YOUR OVEN

What do I want to do?	Which function should I choose?		Instructions page	Quantity/ time table page
• Defrost	 <b>Auto-defrost</b>	<i>d-1</i> <i>d-2</i>	40	
• Keep food warm	<b>MICRO</b>	<i>P10</i>	31	
• Melt butter and soften cheese	<b>MICRO</b>	<i>P30</i>	30	32
• Cook cakes		<i>P50</i>		35
• Cook vegetables				34
• Cook fish	<b>MICRO</b>	<i>P70</i>	30	33
• Cook rice, soup		<i>P100</i>		35
• Reheat pre-cooked or frozen foods				32
• Cook fruit				35
• Traditionally grill hamburgers, chops, frankfurters, sausages, toast etc.	<b>GRILL</b>		36	37
• Cook au gratin vegetables				
• Cook lasagne	<b>COMBI</b>	<i>[-1</i>	38	39
• Cook all types of roast meat, poultry, kebabs and potatoes rapidly	<b>(microwave + grill)</b>	<i>[-2</i>		

## TECHNICAL SPECIFICATION

External dimensions (LxHxD)	520x290x430	Turntable diameter	31 cm
Internal dimensions (LxHxD)	340x215x340	Bulb	20 W
Weight	15 kg.		

For further data, consult the rating plate on the back of 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.

## MICROWAVE 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 output in WATTS is also indicated in the symbol alongside reproduced on the control panel.

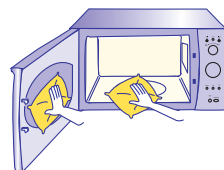
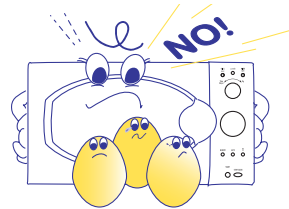
The intermediate power levels available are given on this page. You will find this information useful when consulting microwave recipes.

## IMPORTANT SAFEGUARDS

**Read these instructions carefully and keep for future reference.**

**NB: 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.**

- 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. 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 operating in combi mode, the oven becomes extremely hot. Do not allow children to use it without adult supervision.
- 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) 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.
- 9) If smoke is observed, switch off or unplug the appliance and **KEEP THE DOOR CLOSED** in order to stifle any flames.
- 10) 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.
- 11) Never place the turntable in water after it has been heated for a long time. The high thermal shock resulting would break the turntable.
- 12) 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.
- 13) 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").
- 14) 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.
- 15) 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.
- 16) Do not heat spirit with a high alcohol content, nor large quantities of oil, as these could catch fire!



- 17) 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.



**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.**

- 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 interference is occurring, turn the oven off immediately and contact the pacemaker manufacturer.



- 20) Failure to clean the oven properly could result in damage to the surfaces. This could reduce the working life of the oven and make it hazardous to use.

## INSTALLATION

- After unpacking the oven, check that the turntable spindle (D) is correctly in place. Place the turntable support (G) on the bottom of the oven at the centre and rest the turntable (F) on top. The spindle (D) should fit in the housing on the turntable.
- Make sure the oven has not been damaged during transport and above all that the door opens and closes perfectly.
- Place the appliance on a stable surface **at least 85 cm** from the ground and out of the reach of children as the glass door may become extremely hot during cooking.
- When positioning the oven on the worktop, always leave a gap of about 10 cm between the oven and the walls at the back and sides and at least 30 cm above the oven (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.**

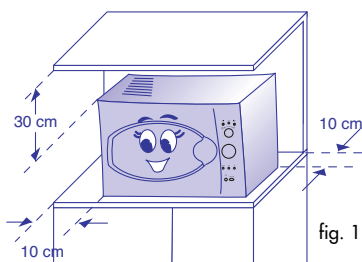


fig. 1

- 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** (figs. 2 and 3).

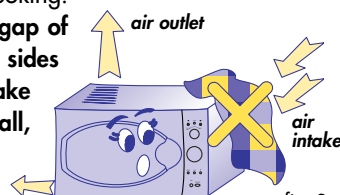


fig. 2

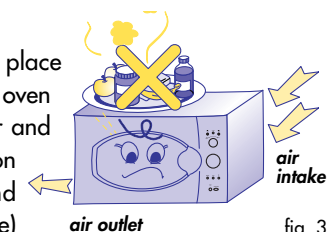
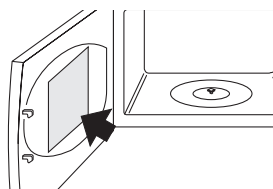


fig. 3

- DO NOT remove the transparent film on the inner surface of the door!**

- 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.



# OVENWARE

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 (D) from its housing to prevent the turntable (F) 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

If the oven is used in its **grill only** functions, any type of oven container may be used (see chart).

	Glass	Ceramics	Porcelain	Clay plates	Plastic for micro-waves	Paper cups*	Paper plates*	Pyrex	Card-board *	Metal containers	Glassware with metal parts	Special roasting paper
Microwave only	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO	YES
Grill only	NO	YES	YES	YES	NO	NO	NO	YES	NO	YES	YES	YES
microwave + grill	NO	YES	YES	YES	NO	NO	NO	YES	NO	NO	NO	YES

\* If the heating time is too long, it may catch fire.

# DESCRIPTION AND USE OF THE CONTROLS

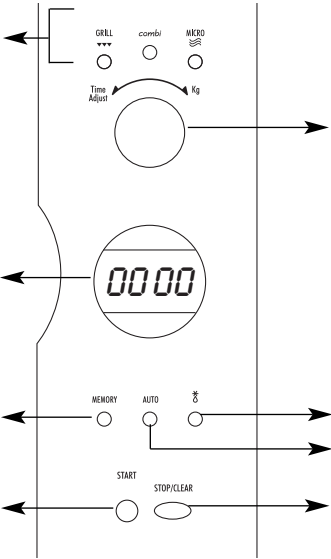
**GRILL/COMBI/MICRO BUTTONS**  
Selects the type of cooking required

**DISPLAY**

- Displays cooking time
- Displays weight for auto-defrost

**MEMORY BUTTON**  
Memorises cooking programmes

**START BUTTON**  
Starts cooking



**TIME/ADJUST KNOB KG**

- Selects cooking time
- Select weight for auto-defrost

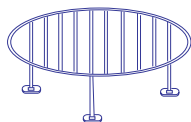
**BUTTON**   
Automatic defrosting

**AUTO BUTTON**  
Automatic cooking programmes

**STOP/CLEAR BUTTON**  
Stops cooking

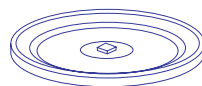
## STANDARD ACCESSORIES

### WIRE RACK



**Grill only function** for all types of grilled food.

### TURNTABLE



Use the turntable at all times for **all functions**.

## TIPS FOR USING MICROWAVES

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) When you refer to the cooking tables later in this manual, remember that you must increase or reduce cooking time to match the volume of food you are cooking. 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) Food should also be **turned over** during cooking.
- 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. 4).**
- 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 ovenproof dish to ensure they cook evenly (see fig. 5).
- 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 rack.
- 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

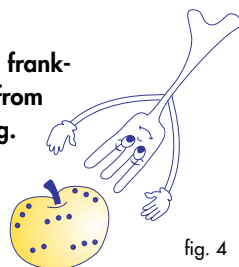


fig. 4

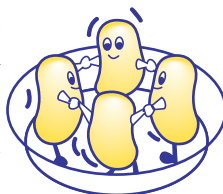


fig. 5

## MICRO FUNCTION

This function can be used to:

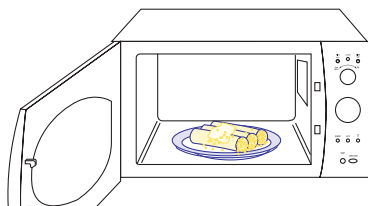
- Keep food warm .....pag. 31
- Heat up .....pag. 31
- Cook stew, white meat, fruit, vegetables, rice, soup, fish .....pag. 33-34

### Start the oven up in MICRO function

1

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

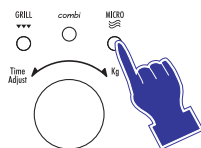
**NB:** The oven should not be preheated.



2

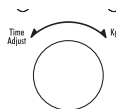
Select the required temperature by repeatedly pressing the **MICRO** button.

**N.B:** If you want to use the microwave function at maximum power, just set the cooking time and press the **START** button.



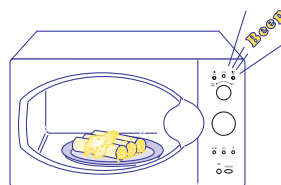
3

Set the required cooking time by turning the **TIME/ADJUST KG** knob and pressing the **START** button.



4

At the end of the set time, a "beep" indicates the end of cooking.



- You can check on the situation while the cooking is in progress by opening the door and examining the food. This interrupts operation which recommences when the door is closed and the **START** button is pressed.
- Should it be necessary for any reason to suspend the cooking without opening the door, you only need press the **STOP/CLEAR** button.
- In order to complete the cooking, proceed as follows:
  - if the door is open, press the **STOP/CLEAR** button once;
  - if the oven is operating, press the **STOP/CLEAR** button twice;



## KEEP FOOD WARM

---

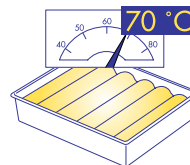
- This mode is recommended for all types of food.
- It enables cooked or heated food to be kept warm without becoming dry or sticking to the cooking container.
- Set the programme selector knob to the **P10** position and cover the food with a plate or clear film to keep it warm until served.
- If you prefer, you can keep the food warm directly on the serving plate (covered).

## WARM 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 the food with clear film (use microwave resistant film) or greaseproof paper. This keeps the flavour in and the oven clean. You can even use an overturned plate to cover food.
  - 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.



## Heating times

Food	Quantity	Power Selector	Timer (minutes)	Notes
<b>SOFTENING</b>				
<ul style="list-style-type: none"> <li>Chocolate/icing</li> <li>Butter</li> </ul>	100 gr 50 -70 gr	<b>P50</b> <b>P100</b>	5 - 6 0'.7"-0'.12"	Put on a plate. Mix the icing once
<b>FOOD AT REFRIGERATOR TEMPERATURE (5/8°C) TO 20/30°C</b>				
<ul style="list-style-type: none"> <li>Yoghurt</li> <li>Baby's bottle</li> </ul>	125 gr 240 gr	" "	0'.12"-0'.17" 0'.35"-0'.40"	<p>Remove the metal foil</p> <p><b>Heat the bottle without test and mix immediately after heating to ensure an even temperature. Check the temperature of the contents before consuming.</b></p> <p>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.</p>
<b>PRECOOKED FOOD AT REFRIGERATOR TEMPERATURE (INITIAL TEMP. 5/8°C) TO ABOUT 70°C C</b>				
<ul style="list-style-type: none"> <li>Convenience packs of lasagne or filled pasta</li> <li>Convenience packs of meat with rice and/or vegetables</li> <li>Convenience packs of fish and/or vegetables</li> <li>Plate of meat and/or vegetables</li> <li>Plate of pasta, cannelloni or lasagne</li> <li>Plate of fish and/or rice</li> </ul>	400 gr 400 gr 300 gr 400 gr 400 gr 300 gr	" " " " " "	6 - 8 6 - 8 5 - 7 7 - 9 7 - 9 6 - 8	<p>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.</p> <p>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.</p>
<b>FROZEN FOOD TO BE HEATED/COOKED (INITIAL TEMP. -18°/-20°C) TO ABOUT 70°C C</b>				
<ul style="list-style-type: none"> <li>Convenience packs of lasagne or filled pasta</li> <li>Convenience packs of meat with rice and/or vegetables</li> <li>Convenience packs of pre-cooked fish and/or vegetables</li> <li>Convenience packs of uncooked fish and/or vegetables</li> <li>Plate of meat and/or vegetables</li> <li>Plate of pasta, cannelloni or lasagne</li> <li>Plate of fish and/or rice</li> </ul>	400 gr 400 gr 300 gr 300 gr 400 gr 400 gr 300 gr	" " " " " " "	8 - 10 7 - 9 5 - 7 10 - 12 8 - 10 9 - 11 6 - 8	<p>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.</p> <p>Remove uncooked food from its packaging and place it in a microwave resistant dish.</p> <p>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.</p>
<b>BEVERAGES AT REFRIGERATOR TEMPERATURE (5/8°C) TO ABOUT 70°C</b>				
<ul style="list-style-type: none"> <li>1 cup of water</li> <li>1 cup of milk</li> <li>1 cup of coffee</li> <li>1 bowl of broth</li> </ul>	180 cc 150 cc 100 cc 300 cc	" " " "	2'.30"-3 2-2'.30" 2-2'.30" 5 - 6	<p>All drinks must be stirred at the end of heating to distribute the temperature evenly.</p> <p>When cooking broth, you should cover it with an upturned plate.</p>
<b>BEVERAGES AT ROOM TEMPERATURE (20°/30°C) TO ABOUT 70°C</b>				
<ul style="list-style-type: none"> <li>1 cup of water</li> <li>1 cup of milk</li> <li>1 cup of coffee</li> <li>1 bowl of broth</li> </ul>	180 cc 150 cc 100 cc 300 cc	" " " "	2-2'.30" 1'.30"-2 1'.30"-2 4 - 5	<p>All drinks must be stirred at the end of heating to distribute the temperature evenly.</p> <p>When cooking broth, you should cover it with an upturned plate.</p>

## COOKING

### MEATS

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

### POULTRY

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

### FISH

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

## Cooking times for meat, poultry and fish

If you wish to make meat more tender, we recommend that you add 1/2 of a cup of water at the start of the cooking process.

Food	Quantity	Power Selector	Timer (minutes)	Notes	Standing time (minutes)
<b>BEEF</b>					
Meat loaf	900 gr	<b>P70</b>	22 - 24	(*)	5
Meat loaf	800 gr	"	25 - 30	Mix together 500 grams of ground beef, eggs, ham, bread crumbs, etc.	5
Loin	600 gr	"	22 - 27		5
Roast, leg	1 kg	"	32 - 37	Turn at the halfway point	10
<b>VEAL</b>					
Stew	700 gr	"	22 - 27	Stir 2 or 3 times	8
Roast (rolled loaf)	1 kg	"	32 - 37	Turn at the halfway point	10
Sliced rump steak	200 gr	"	15 - 20	Turning not necessary	2
<b>PORK</b>					
Leg	500 gr	"	20 - 25	Turn at the halfway point	5
Roast	1 kg	"	32 - 37	Turn at the halfway point	10
Saddle of pork	700 gr	"	22 - 27	Turn at the halfway point	8
<b>LAMB</b>					
Leg	1 kg	"	32 - 37	Turn at the halfway point	10
Fresh hamburgers	100 gr	"	10 - 13		3
Goulash	1,5 kg	<b>P100</b>	45 - 50	Stir 2 or 3 times	3
Sausages	300 gr	<b>P70</b>	14 - 19		3
<b>POULTRY: CHICKEN</b>					
Whole	1,5 kg	"	50 - 55	Turn at the halfway point	10
Half	500 gr	"	20 - 25	Turning not necessary	5
Pieces	500 gr	"	20 - 25	Turning not necessary	5
Breast	300 gr	"	14 - 19	Turning not necessary	3
<b>TURKEY</b>					
Pieces	1,5 kg	"	50 - 55	Turn at the halfway point	8
Breast	500 gr	"	20 - 25	Turning not necessary	8
<b>DUCK</b>					
Whole	1,5 kg	"	50 - 55	Turn at the halfway point	10
<b>FISH</b>					
Filleted	300 gr	<b>P70</b>	7 - 9	Cover while cooking	2
Slices	300 gr	"	9 - 11	Cover while cooking	2
Whole	500 gr	"	10 - 12	Cover while cooking	2
Whole	250 gr	"	7 - 9	Cover while cooking	2
Crayfish	500 gr	"	9 - 11	Cover while cooking	2
Cut-up fish	400 gr	"	9 - 11	Cover while cooking	2

(\*) 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.

## GREENS AND VEGETABLES

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

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

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

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

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

### Cooking times for greens and vegetables

Food	Quantity	Power Selector	Timer (minutes)	Notes	Standing time (minutes)
• Asparagus	500 gr	<b>P100</b>	11 - 12	Cut into 2-cm. pieces	4
• Artichokes	300 gr	"	12 - 13	It would be better to use artichoke bottoms.	4
• Green beans	500 gr	"	13 - 14	Cut into pieces	4
• Broccoli	500 gr	"	9 - 10	Separate into individual "florets"	4
• Brussels sprouts	500 gr	"	9 - 10	Leave whole	4
• White cabbage	500 gr	"	9 - 10	Cut into strips	4
• Red cabbage	500 gr	"	9 - 10	Cut into strips	4
• Carrots	500 gr	"	11 - 12	Cut into same-size pieces	4
• Cauliflower	450 gr	"	13 - 14	Separate into stalks	4
• Celery	500 gr	"	9 - 10	Separate into pieces	4
• Eggplant	500 gr	"	8 - 9	Cut into cubes	4
• Leek	500 gr	"	8 - 9	Cut into strips	4
• Mushrooms	500 gr	"	8 - 9	Leave whole No water is needed	4
• Onions	250 gr	"	7 - 8	Whole, but of the same size. No water is needed.	4
• Spinach	300 gr	"	8 - 9	Cover after having washed and drained the leaves.	4
• Peas	500 gr	"	12 - 13		4
• Fennel	500 gr	"	14 - 15	Cut into quarters	4
• Peppers	500 gr	"	11 - 12	Cut into pieces	4
• Potatoes	500 gr	"	10 - 11	Cut into same-size pieces	4
• Zucchini	500 gr	"	9 - 10	Cut into slices	4

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

## SOUPS AND RICE

- Soups or broth usually require a smaller amount of liquid because the evaporation in microwave ovens is rather limited. Because it is a dehydrating agent, salt must be added only when the cooking is finished or during the standing time.
- It is correct to say that the temperature required for cooking rice in a microwave oven (as is true also for pasta) is more or less the same as that needed to cook this foodstuff over a burner on a regular stove. The advantage of preparing a risotto dish in a microwave oven lies in the fact that you do not have to stir the rice constantly (two or three times is enough).

The ingredients are placed in a container suitable for microwave ovens and covered with clear-sheet (for about 300 gr. of rice, you need 750 gr. of broth with the oven programmed at top power for about 12 to 15 minutes). In addition, the rice will not stick to the bottom of its container and, since it can be cooked in a tureen or some other such receptacle to be brought to the table, you will not have to transfer that rice to a serving plate.

## BROWNING

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

## FRUIT AND BAKED GOODS

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

### Cooking times for baked goods and fruit

Food/Quantity	Power Selector	Timer (minutes)	Standing time (minutes)	Notes
Nut cake (700 gr)	<b>P5 0</b>	18 - 23	5	May be used in combination with any cream whatsoever
Viennese torte (850 gr)	"	22 - 27	5	To be filled with jam or jelly.
Pineapple cake (800 gr)	"	20 - 25	5	The pineapple slices can be laid on the bottom of the pin plate or cut into pieces and mixed into the dough.
Apple cake (1000 gr)	"	22 - 27	5	The apples are spread on top as a decorative effect.
Coffee cake (750 gr)	"	18 - 23	5	Excellent when filled with cream.
Zabaione	<b>P1 0</b>	4 - 6	3	Mix with a whisk every 30 seconds
Cooked pears (300 gr)	<b>P100</b>	6 - 8	3	The pears are to be cut into quarters.
Cooked apples (300 gr)	"	7 - 10	3	The apples are to be cut into pieces.
Egg custard (750 gr)	"	14 - 16	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.

## GRILL FUNCTION

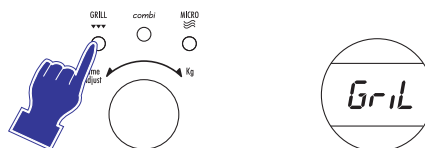
This function can be used for:

- All types of traditional grilling, for example: hamburgers, chops, frankfurters, toast, etc. pag. 37

### Start the oven up in GRILL function

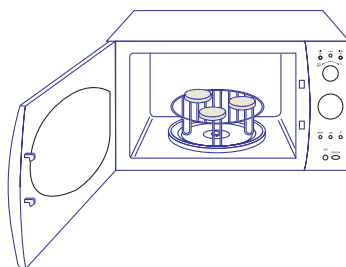
1

Press the **GRILL** button;  
**GRIL** flashes on the display



2

Place the food in the oven  
on the high wire rack and  
rest it on the turntable  
which will collect the fat  
during grilling.



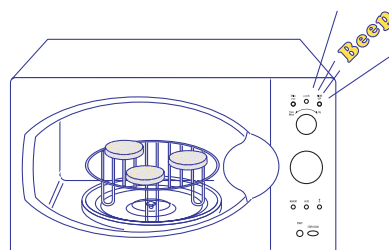
3

Set the time desired by  
turning the **TIME/ADJUST**  
**KG** knob and press the  
**START** button.



4

When cooking finishes, a  
sound signal is emitted.  
N.B. halfway through  
cooking, the oven goes  
off and a beep warns that  
the food needs turning. To  
restart cooking, press the  
**START** button or wait a  
minute.  
If this is not done within a  
minute, the oven will start  
up again automatically.



It is possible to interrupt the oven's operations at any time simply by pressing the **STOP/CLEAR** button. You can check on the situation while the cooking is in progress by opening the door and examining the food. This interrupts operation which recommences when the door is closed and the **START** button is pressed.

### Using the grill function to grill

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

**Do not preheat the oven.**

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

**The top part of the oven becomes extremely hot.** Take care when opening the door to check cooking and always use oven gloves. Always close the door again when you have finished checking cooking.

### Cooking times

Type	Quantity	Timer (minutes)	Notes
• Veal or pork chops	3	35 - 40	Turn over halfway through the cooking time.
• Sausages	3	35 - 40	Always prick. If thick, they are best cut in half Turn over halfway through the cooking time.
• Hamburgers	3	35 - 40	Turn over halfway through the cooking time.
• Toast	4 slices	8 - 9	Trim the edges well. Turn over after 4-5 min

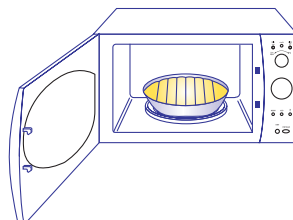
## COMBI FUNCTION (MICROWAVE + GRILL)

This function can be used to:

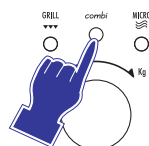
- Cook lasagne, baked pasta or au gratin vegetables;
- cook roast meat, poultry, kebabs, etc. page 39

### Start the oven up in COMBI mode (microwave + grill)

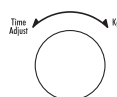
**1** Place the food in a container suitable for microwave cooking and position in the middle of the turntable.



**2** Select one of the two "combi" positions available (C1 and C2) by pressing the **COMBI** button repeatedly.

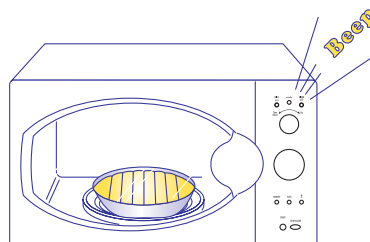


**3** Set the cooking time by turning the **TIME/ADJUST KG** knob, then press the **START** button



Halfway through the set cooking time, the oven will go off and emit two "beeps" indicating that the foods needs turning. If you do not do this within one minute, the oven starts up again automatically.

**4** At the end of the time set, a "beep" indicates the end of cooking.



**IMPORTANT:** it is quite normal for the food not to be "browned" during the first half of cooking. In the combi function, the first half of cooking is with microwaves only and the other half with the grill. The food should, in fact, be turned three quarters of the way through cooking, in other words, halfway through cooking with the grill function, in order to roast the food on both sides.

You can stop operation at any moment by pressing the **STOP/CLEAR** button.

During cooking, you can check progress by opening the door and inspecting the food. This interrupts operation which recommences when the door is closed and the **START** button is pressed.



## Using the COMBI function (microwave + grill)

This function can be used to microwave cook and brown or cook au gratin dishes.

You should, however, bear the following in mind:

- never preheat the oven;
- do not add condiments in general (add just half a glass of water to keep meat moist);
- turn roasts and large pieces of meat over three quarters through cooking when the oven emits two beeps goes off automatically;
- to check cooking of the food, open the oven door. Opening the door interrupts operation of the microwave and grill. You should use oven gloves as the top of the oven becomes extremely hot. To resume cooking, just close the door and press the **START** button.

## Cooking times

Type	Quantity	Power Selector	Timer (minutes)	Notes	Standing time (minutes)
• Gnocchi (potato dumplings)	600 gr	<b>C - 2</b>	25-30	Avoid piling up excessively.	5
• Lasagne	1100 gr	<b>C - 1</b>	35-40	Times with raw pasta.	5
• Macaroni cheese	1500 gr	<b>C - 2</b>	25-30	Cook the pasta separately beforehand.	5
• Cauliflower cheese	1000 gr	<b>C - 2</b>	30-35	Times with raw cauliflower.	5
• Gratin tomatoes	800 gr	<b>C - 2</b>	25-30	Ideally of equal size.	5
• Stuffed peppers	1400 gr	<b>C - 2</b>	30-35	Preferably the short broad kind.	5
• Aubergines with parmesan cheese	1300 gr	<b>C - 2</b>	25-30	The aubergines can be fried or grilled first.	5
• Gratin potatoes	1100 gr	<b>C - 2</b>	25-30	Times with raw potatoes (*).	5
• Roast meat (pork, beef)	1000 gr	<b>C - 2</b>	50-55	Leave a little fat to avoid excessive drying. Turn over halfway through cooking.	10
• Meat loaf <small>these instructions do not refer to test 12.3.3, of standard no. 60705 for which you should see page 35 and the table on page 2.</small>	800 gr	<b>C - 2</b>	35-40	Turn over halfway through cooking.	10
• Whole chicken	1200 gr	<b>C - 2</b>	55-60	Pierce with a fork. Turn halfway through cooking (**).	10
• Kebabs	600 gr	<b>C - 2</b>	30-35	Turn halfway through cooking.	10
• Lamb	1000 gr	<b>C - 2</b>	55-60	Turn halfway through cooking.	10
• Turkey in pieces	1000 gr	<b>C - 2</b>	50-55	Turn halfway through cooking.	10
• Duck	1000 gr	<b>C - 2</b>	55-60	Turn halfway through cooking.	10


(\*) These indications are suitable for performing the cooking tests according to standard no. 60705, paragraph 12.3.4. Further information, including on other performance tests according to standard no. 60705, is given in the table on page 2.

(\*\*) These indications are suitable for performing the cooking tests according to standard no. 60705, paragraph 12.3.6. Further information, including on other performance tests according to standard no. 60705, is given in the table on page 2.

## QUICK HEAT

- This function is very useful for heating small quantities of food and drink.
- Place the food in the oven and close the door.
- Press the **START** button. The oven will start up at maximum power **P100** for 1 minute.
- Press the **START** button again to increase the cooking time up to 30 minutes.
- To stop operation, open the door or press the **STOP/CLEAR** button.

## AUTOMATIC DEFROST FUNCTION

To use this function correctly, press the  button and select the appropriate category for the food to be defrosted.

-1 to defrost meat

-2 to defrost fish

Set the weight of the food to be defrosted by turning the **TIME/ADJUST KG** knob (maximum quantity to defrost of meat 2 kg and of fish 1 kg).

After selecting the food and weight to be defrosted, press the **START** button.

At the end of the time set, you will hear five beeps and “00:0” is displayed.

- If you open the door to check the progress of defrosting, microwave emission is interrupted and the remaining time is displayed.

To continue defrosting, close the door again and press the **START** button.

The oven continues the countdown from where it was interrupted.

If the **STOP/CLEAR** button is pressed before opening the door, the countdown stops and the oven goes off. Press the **START** button again to restart defrosting.

- To reset the time, proceed as follows:
  - If the oven door is open, press the **STOP/CLEAR** button once.
  - if the oven is operating, press the **STOP/CLEAR** button twice.

### Tips for defrosting

- 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 types of food such as green vegetables and fish do not require defrosting completely 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.

## AUTO FUNCTION

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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:

**A-1** 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** button.

When the liquid has been heated, you should make sure heat is distributed evenly by stirring with a spoon.

**A-2** this category is ideal for boiling vegetables in general. Place the vegetables in a Pyrex dish, add  $\frac{1}{2}$  a glass of water and cover with clear film. Place in the oven and press the **START** button.

**A-3** this category is ideal for heating frozen food. Place the food on the turntable and cover with an upturned deep plate (never place metal containers in the oven). Select the weight (1 for 100/200 g containers, 2 for containers of more than 200 g), then press the **START** button.

**A-4** this category is 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** button.

**A-5** 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** button.

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

**A-6** 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** button.

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

If you open the door during cooking, the microwave unit switches off. To restart cooking, close the door and press the **START** button.

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

## MEMORY FUNCTION

---

Use to memorise a cooking programme you will be using often in the future.

1. Press the **MEMORY** button, **I** appears on the display.
2. Set the required function (eg. combi - **C1**) and the cooking time (eg. **45** minutes).
3. Press the **START** button. The oven begins cooking and in the meantime the programme has been memorised.
4. You can also memorise the function without starting cooking at once. Just press the **MEMORY** button after performing points 1 and 2.

In future when you want to use this programme again (combi **C1** for 45 minutes), just press the **MEMORY** button (**I** will always be displayed) and the **START** button.

To set a new programme, just repeat operations 1, 2 and 3.

## CHILD SAFETY

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

- Press the **STOP/CANCEL** button three times
- [ ] is displayed and all buttons are deactivated.
- To deactivate the safety device, press the **STOP/CANCEL** button three times.

## CLEANING AND MAINTENANCE

*Before cleaning or maintenance, always unplug the appliance from the mains socket.*

### Cleaning

To keep your appliance in optimum conditions, clean the door and the inside and outside of the oven regularly with a damp cloth and neutral soap or liquid detergent.

Always keep the microwave outlet cover (C) free from grease or splashes of fat.

**Do not use abrasives, steel wool or sharp metal utensils.**

When cleaning 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, abrasive or ammonia-based cleaning products to clean the surfaces of the doors.

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.

Never steam clean the inside of the oven.

Clean the air intakes on the back of the oven regularly to ensure they are not obstructed with dust and dirt.

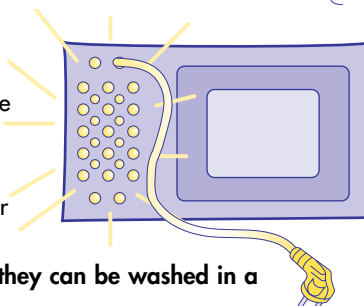
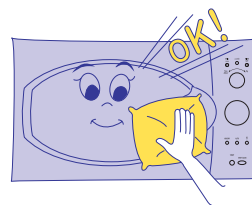
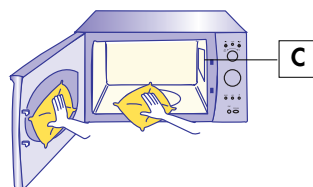
From time to time, remove the turntable (F) and support (G) for cleaning. Also clean the bottom of the oven.

Wash the turntable and support with water and neutral soap **(they 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).



## Troubleshooting...

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.

p r o b l e m	c a u s e / r e m e d y
<ul style="list-style-type: none"><li>• The oven does not work.</li></ul>	<ul style="list-style-type: none"><li>• The door is not closed properly</li><li>• The plug is not correctly inserted in the socket</li><li>• No current to socket (check the household fuse).</li><li>• The <b>TIME/ADJUST KG</b> knob is not set correctly</li></ul>
<ul style="list-style-type: none"><li>• Condensation on the work surface, inside the oven or around the door.</li></ul>	<ul style="list-style-type: none"><li>• When foods containing water are cooked, it is quite normal for the steam generated to condense into water inside the oven and on the work surface beneath.</li></ul>
<ul style="list-style-type: none"><li>• Sparks inside the oven.</li></ul>	<ul style="list-style-type: none"><li>• When using microwave functions, do not use metal containers or bags or packs with metal staples.</li></ul>
<ul style="list-style-type: none"><li>• The food does not heat up sufficiently</li></ul>	<ul style="list-style-type: none"><li>• Select the correct cooking function or increase cooking time.</li><li>• The food was not completely defrosted before cooking.</li></ul>
<ul style="list-style-type: none"><li>• The food burns</li></ul>	<ul style="list-style-type: none"><li>• Select a lower power level or reduce the cooking time</li></ul>
<ul style="list-style-type: none"><li>• The food does not cook evenly</li></ul>	<ul style="list-style-type: none"><li>• Stir food during cooking. Bear in mind that food cooks better when cut into even-sized pieces.</li><li>• Turntable rotation is blocked (check that the turntable spindle D is correctly in place).</li></ul>

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

## Important information for the correct disposal of the product in accordance with European 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 a dealer providing this service. Disposing of household appliances separately avoids all possible negative consequences for the environment and health deriving from inappropriate disposal and enables constituent materials to be salvaged, resulting in considerable savings of energy and resources. As a reminder of the obligation to dispose of household appliances separately, the product is marked with the symbol of a barred refuse bin.





**De' Longhi S.p.A**

via Seitz, 47

31100 - Treviso - Italia