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INDEX

1 GENERAL	page 36
1.1 Safety warnings	page 37
1.2 Technical specifications	page 37
1.3 Installation and electrical connections	page 37
1.4 Accessories	page 38
1.5 Cookware	page 39
1.6 General rules and tips for using the oven	page 39
2 USING FOR THE FIRST TIME AND OPERATION	page 41
2.1 Selecting the language	page 41
2.2 Adjusting the clock	page 41
2.3 Operation	page 42
3 AUTOMATIC MODE	page 44
3.1 How to set automatic mode	page 44
3.2 List of recipes/foods	page 46
<i>R</i> - Reheat chilled (5 to 8 °C) or frozen (-18 to -20 °C) home cooked foods or ready meals	page 46
<i>C</i> - Pasta, rice, pizza (chilled or frozen)	page 47
<i>E</i> - Meat (defrost or cook)	page 48
<i>F</i> - Poultry (defrost or cook)	page 49
<i>H</i> - Fish (defrost, cook from fresh or cook from frozen)	page 51
<i>L</i> - Vegetables (cook from fresh or cook from frozen)	page 52
<i>P</i> - Cakes/desserts (cook)	page 53
<i>U</i> - Heat liquids and baby food, defrost bread	page 54
4 MANUAL MODE	page 54
4.1 How to programme manual functions	page 54
4.2 Pre-heating	page 56
4.3 Quick reheat	page 57
4.4 Memotime function (timer)	page 57
4.5 Child safety device	page 57
4.6 Defrost: advice, tips and table	page 57
4.7 Reheat: advice, tips and table	page 59
4.8 Cooking hors d'oeuvres, pasta and rice dishes: advice, tips and table	page 60
4.9 Cooking meat: advice, tips and table	page 61
4.10 Cooking fish: advice, tips and table	page 61
4.11 Cooking vegetables: advice, tips and table	page 61
4.12 Cooking cakes and desserts: advice, tips and table	page 62
5 CLEANING AND MAINTENANCE	page 63
5.1 Cleaning	page 63
5.2 Maintenance	page 64

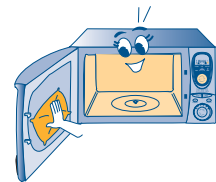
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CHAPTER 1: GENERAL

1.1 IMPORTANT SAFETY WARNINGS

Read carefully these instructions and keep for future reference

- 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:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Do not allow children near the oven when it is in operation, as this may result in severe burns.
- 5) Do not attempt to operate the oven with the door open by tampering with the safety devices.
- 6) Do not operate the oven if objects for any kind get stuck between the front panel of the oven and the door. Always keep the inside of the door (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.
- 7) Do not operate the oven if the supply cable or the plug is damaged, as this may result in electric shocks.
- 8) If smoke is observed, switch off or unplug the appliance and **KEEP THE DOOR CLOSED** in order to stifle any flames.
- 9) Only use utensils that are suitable for use in microwave ovens. In order to avoid overheating and the consequent risk of fire, it is advisable to supervise the oven when cooking food in disposable containers made of plastic, cardboard or other inflammable materials, and when heating small quantities of food.
- 10) Never place the turntable in water after it has been heated for a long time. The high thermal shock resulting would break the turntable.
- 11) When cooking "Only MICROWAVE" 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.
- 12) Before using this oven, check to be certain that the utensil and containers chosen are suitable for microwave oven use (see the section on "Glassware and Similar Items").
- 13) During the use the appliance becomes hot. Do not touch the heating elements inside the oven.
- 14) When heating liquids (water, coffee, milk, etc.) it is possible that the contents may suddenly start to boil and spill violently as a result of delayed boiling, causing scalding. To avoid this happening, you should place a heat-resistant plastic spoon or a glass rod in the container before starting to heat liquids. Anyway, care shall be taken when handling the container.

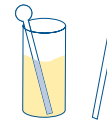


CHAPTER 1: GENERAL

- 15) Do not heat spirit with a high alcohol content, nor large quantities of oil, as these could catch fire !
- 16) The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature shall be checked before consumption in order to avoid burns. It is also advisable to stir or shake the food in order to ensure that it has an even temperature.

When using commercially available bottle sterilisers, before turning the oven on, ALWAYS make sure the container is filled with the quantity of water indicated by the manufacturer.

IMPORTANT: When turning on the appliance for the first time, there may be a “new” smell and slight smoking for the first ten minutes or so. This is caused by the protective substances applied to the elements.



1.2 TECHNICAL SPECIFICATIONS

ENERGY CONSUMPTION (CENELEC HD 376)

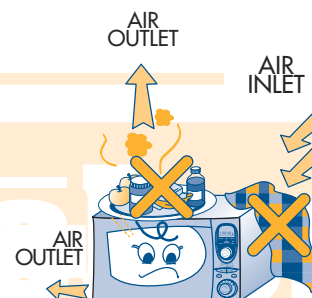
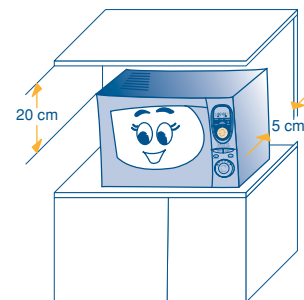
To reach 200 °C	0.3 kWh
To maintain 200 °C for one hour	1.1 kWh
Total consumption	1.4 kWh

For further information, consult the characteristic rating plate on the rear of the appliance.

This oven complies with EEC Directives 89/336 and 92/31 on Electromagnetic Compatibility and EEC Directive 89/109 on materials for contact with foodstuffs.

1.3 INSTALLATION AND ELECTRICAL CONNECTIONS

- Unpack the oven, remove the turntable (H), turntable support (I) and all accessories from the protective packaging. Check that the turntable spindle (D) is inserted correctly into the housing at the centre of the turntable.
- Clean the inside of the oven with a soft damp cloth.
- Check the oven has not been damaged during transport and that the door opens and closes perfectly.
- Stand the oven on a stable surface at least 85 cm from the floor out of reach of children as during cooking the door may get extremely hot.
- After standing the oven on the work surface, make sure there is at least 5 cm of space around the sides and back of the appliance and 20 cm at the top.**
- Do not obstruct air intake vents. In particular, never rest anything on top of the oven and make sure that air and vapour outlet slots (above, below and/or behind the appliance) are **ALWAYS KEPT FREE**.

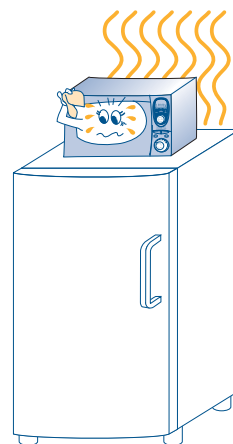


CHAPTER 1: GENERAL

- 7) Place the turntable support (I) in the centre of the circular housing. Rest the turntable on the support, making sure that the spindle (D) fits into the housing in the centre of the turntable.

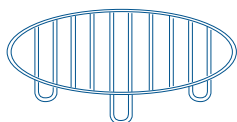
IMPORTANT: Do not locate the oven on or near heat sources (for example, on top of a refrigerator).

- 8) The appliance should always be plugged into sockets with a rating of at least 16 A. Also check that the circuit breaker in your home has a minimum capacity of 16A to avoid it being triggered during operation of the oven.
- 9) **Position the appliance so that the plug and the outlet can be easily reached even after installation.**
- 10) Before use, check that the mains voltage is as indicated on the appliance rating plate and that the socket is **efficiently earthed. Failure to do so absolves the Manufacturer from all liability.**



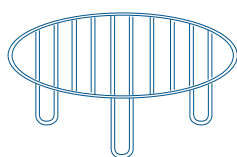
ENGLISH

1.4 ACCESSORIES



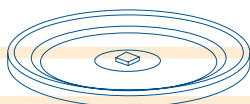
LOW WIRE RACK

Use for certain types of cooking as indicated in the recipes and tables given in this manual.



HIGH WIRE RACK

Use for all types of grilling in MANUAL "GRILL" function



TURNTABLE

Use for all functions.



OVENPROOF DISH

Use for certain types of cooking as indicated in the recipes and tables given in this manual.

1

CHAPTER 1: GENERAL

1.5 COOKWARE

• AUTOMATIC MODE

When cooking in AUTOMATIC mode, always use the containers and cookware specified in the recipes in paragraph 3.2 - LIST OF RECIPES/FOODS

• MANUAL MODE

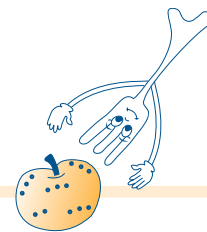
In "MICRO", "MICROGRILL" and "MICROFAN" manual functions, all glass (ideally Pyrex), ceramic, porcelain or earthenware containers can be used as long as they have **no decorations or metal parts** (gilded borders, handles, feet). Heat resistant plastic containers can also be used, but only for "Microwave 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. Metal, wood, wickerwork or plate glass containers are not suitable for microwave cooking. Microwaves heat the food and not the container. The food can therefore be cooked directly on the serving plate, so avoiding having to wash saucepans afterwards.

Always follow the table below:

	Glass	Pyrex	Pyro- ceram	Earth- enware	Alumin- ium foil	Plastic	Paper or card- board	Metal container
"MICRO" function	YES	YES	YES	YES	NO	YES	YES	NO
"MICROFAN" "MICROGRILL" function	NO	YES	YES	YES	NO	NO	NO	NO
"FAN" "GRILL" function	NO	YES	YES	YES	YES	NO	NO	YES

1.6 GENERAL RULES AND TIPS FOR USING THE OVEN

- 1) It is extremely important to **stir** the food several times during cooking. This improves temperature distribution and reduces cooking time.
- 2) You are also recommended to **turn** the food over halfway through cooking.
- 3) Food with a skin, shell or peel (for example: apples, potatoes, tomatoes, frankfurters, fish) should be **pierced in several points** with a fork to let the steam escape and prevent the skin or peel from exploding.



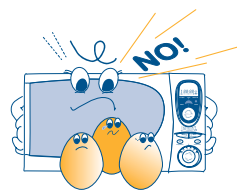
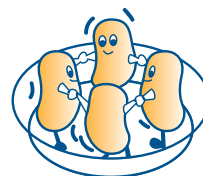
DeLong

CHAPTER 1: GENERAL

- 4) If a number of portions of the same food are being cooked, for example, boiled potatoes, **arrange in a ring** in an ovenproof dish to ensure even cooking.
- 5) During cooking in MANUAL "MICRO" mode, the **formation of condensation** inside the oven and on the surface where the oven is standing is perfectly normal. **To reduce it, cover the food with transparent film, waxed paper, a glass cover or an upturned plate.**

Food with a high water content (for example, green vegetables) cook better covered. Covering food also helps keep the inside of the oven clean. Use transparent film suitable for microwave use.

- 6) In AUTOMATIC mode and with "MICRO", "MICROFAN" and "MICRO-GRILL" functions, **never pre-heat the oven or operate it empty (without food). This may cause sparks and damage the appliance.**
- 7) **Do not cook eggs in their shells.** The pressure forming inside the shell will cause the eggs to explode, even after fully cooked. Do not heat up pre-cooked eggs unless scrambled.
- 8) Before heating or cooking food in airtight or sealed containers, remember to open them. The pressure rise inside the container would cause them to explode, even after the food is fully cooked.



Longhi

CHAPTER 2: USING FOR THE FIRST TIME AND OPERATION

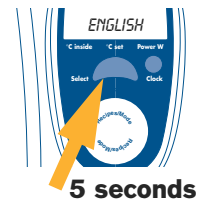
2.1 SELECTING THE LANGUAGE

- 1) Plug in the appliance. You will hear a short "beep" and the following words will appear: ENGLISH, ITALIANO, DEUTSCH, FRANCAIS, ESPANOL.
- 2) When using for the first time, select the language for future messages displayed on the screen.

Bear in mind that the oven cannot be programmed until the language has been selected.

- 3) Wait until the required language is displayed then press the **SELECT** button (you will hear three beeps). Hold it down for at least five seconds.

After five seconds you will hear a further "beep" confirming that the language has been memorised. The display will flash --|--. All appliance functions can now be used or the clock set (see next paragraph).



ENGLISH

- 4) The selected language is permanently memorised, even if the oven is temporarily without power.
- 5) If you want to change the language, press the **STOP/CLEAR** button (5) then hold the **SELECT** button (3) down for five seconds. After a short beep the choice of five languages will be displayed again. Repeat from point three to select the new language.

2.2 ADJUSTING THE CLOCK

After selecting the required language, proceed as follows to adjust the clock:

- 1) Press the **CLOCK** button (2): the hours flash.
 - 2) Rotate the **TIME ADJUST** knob (9) clockwise and anticlockwise until the required hour is displayed.
 - 3) Press the **CLOCK** button (2) again: the hour will be recorded and the minutes will begin flashing.
 - 4) Rotate the **TIME ADJUST** knob (9) clockwise and anticlockwise until the required minutes are displayed.
 - 5) Press the **CLOCK** button (2) again: the required time will be displayed and the clock will begin working.
- If you want to change the time set, press the **CLOCK** (2) button then reset as described above.
- 6) The hour set will not remain in memory if the oven is temporarily without power.

DeLong

CHAPTER 2: USING FOR THE FIRST TIME AND OPERATION

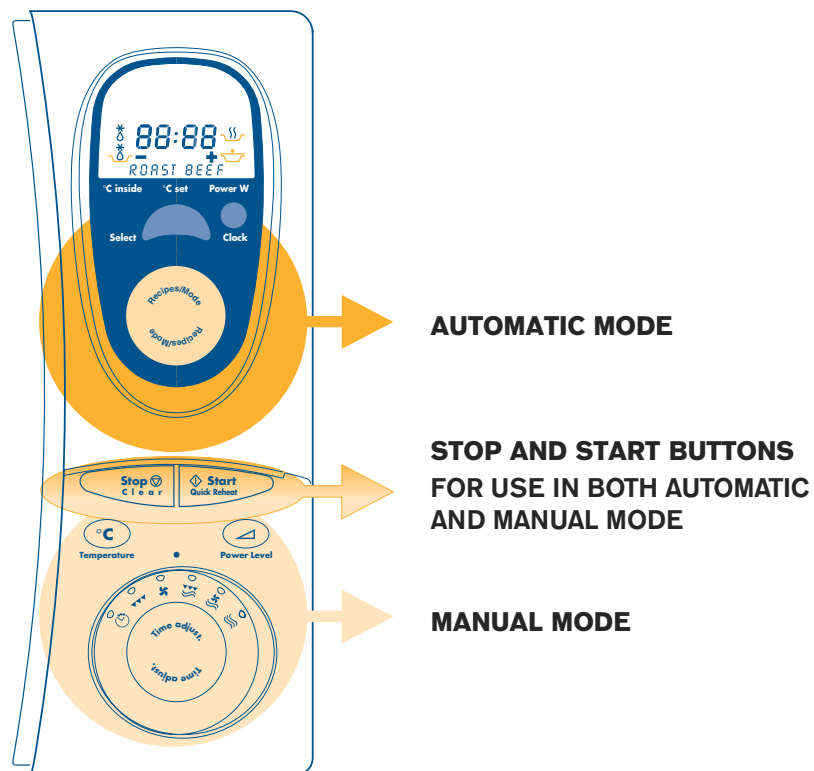
2.3 OPERATION

This oven has two independent operating modes:

AUTOMATIC MODE (see chapter 3, page 34)

Select the required recipe and the oven microcomputer will automatically select the most suitable temperature, time and type of cooking. All the recipes available are listed in paragraph 3.2 LIST OF RECIPES/FOODS and the QUICK REFERENCE GUIDE provided.

ENGLISH



MANUAL (see chapter 4, page 44)

The commands on the lower part of the panel can be used to manually select the most suitable function (MICRO, MICROFAN, GRILL, etc), cooking time, temperature and power level.

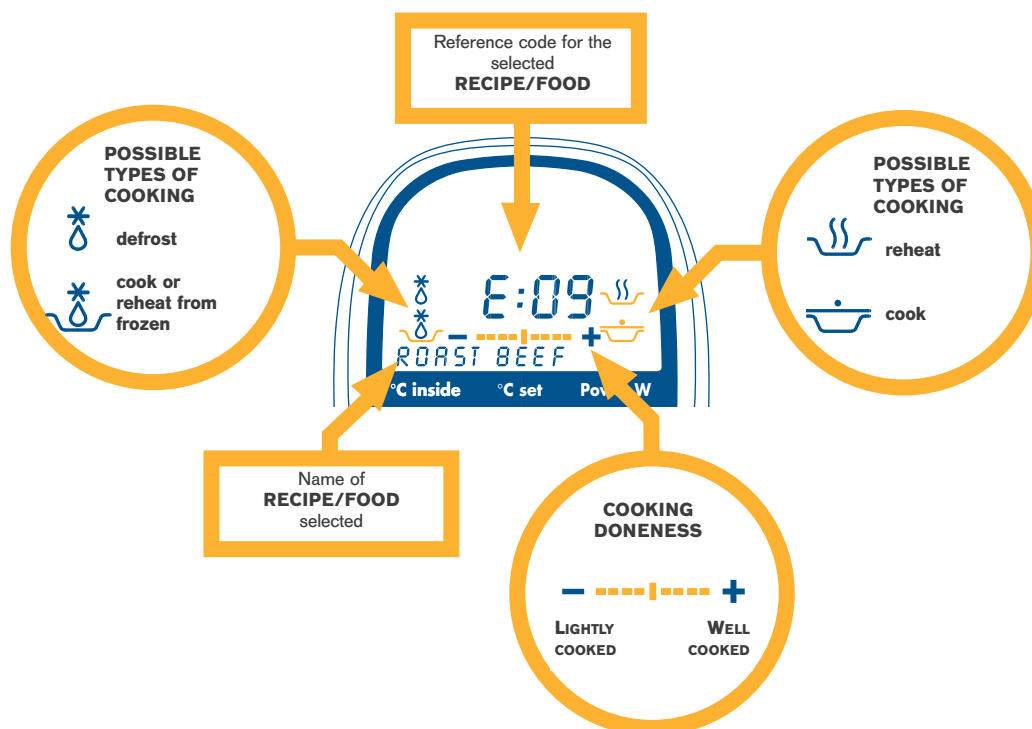
NOTE: in the event of doubt or errors while selecting recipes or functions, push the STOP/CLEAR button (5) and begin the setting process again.

CHAPTER 2: USING FOR THE FIRST TIME AND OPERATION

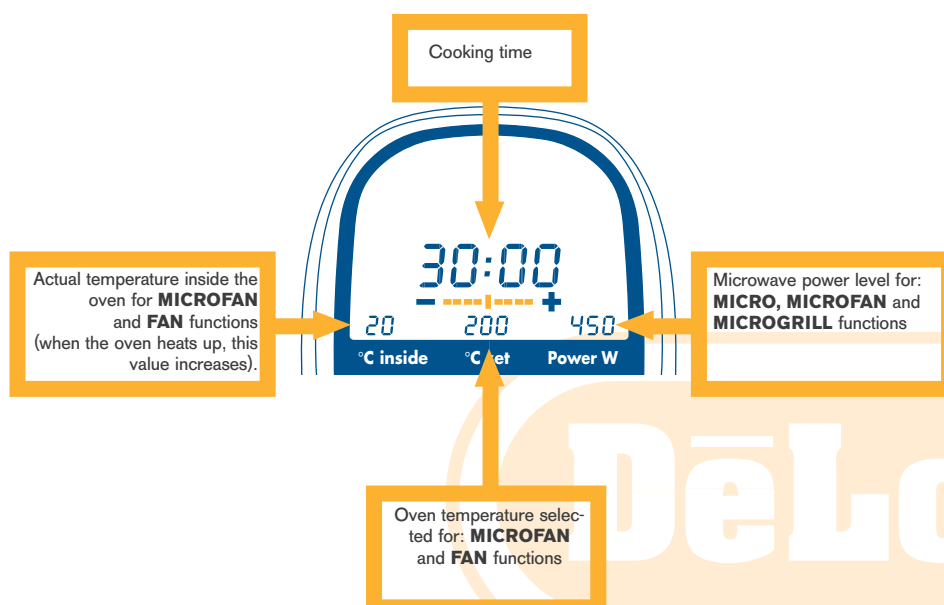
Description of display:

The display gives all information on the operating mode selected:

AUTOMATIC MODE: (see chapter 3, page 44)



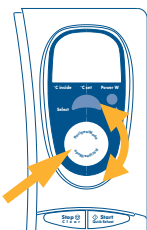
MANUAL MODE: (see chapter 4, page 54)



ENGLISH

CHAPTER 3: AUTOMATIC MODE

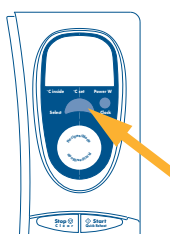
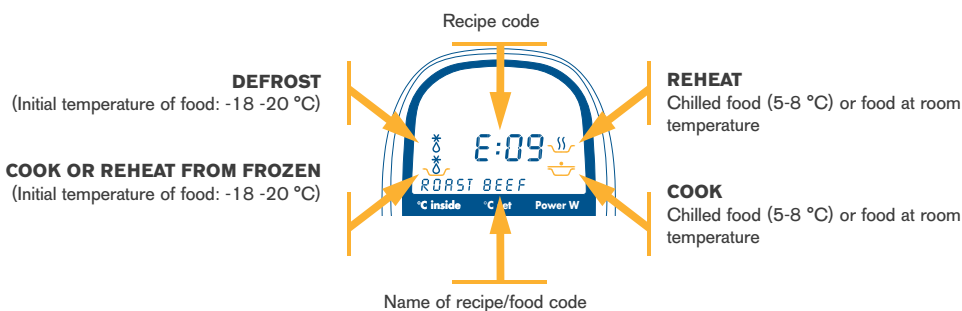
3.1 HOW TO SET AUTOMATIC MODE



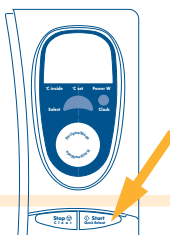
- 1 Turn the RECIPE/MODE knob (4) until the name of the required recipe appears in the bottom half of the display.

Each recipe has a reference code to make it easier to find. The complete list of available recipes is given in the following pages or in the QUICK REFERENCE GUIDE provided.

SYMBOLS are also displayed indicating which TYPES OF COOKING can be carried out in automatic. The symbols are as follows:



- 2 The oven is ready to operate with the TYPE OF COOKING indicated by the flashing symbol. To change the type of cooking, press the **SELECT** button (3) repeatedly until the symbol for the type of cooking required flashes.



- 3 Press the **START** button (6). The word AUTO is displayed together with the symbol for the TYPE OF COOKING selected. The DEGREE OF COOKING indicator also appears.

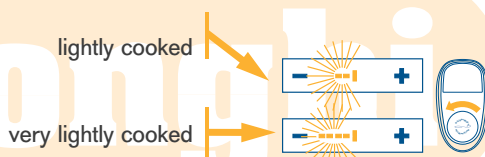
- 4 The "DEGREE OF COOKING" can be adjusted by using the knob (4):

- rotate **CLOCKWISE** for better cooked food
- rotate **ANTICLOCKWISE** for lighter cooked food

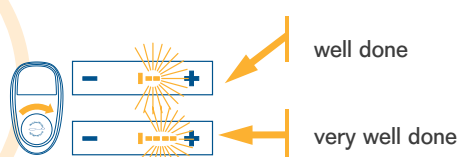


Indicatore del grado di cottura

ANTICLOCKWISE



CLOCKWISE



CHAPTER 3: AUTOMATIC MODE



After a number of minutes, the cooking time remaining is displayed in place of the word AUTO.

IMPORTANT: from this moment, the “DEGREE OF COOKING” can no longer be adjusted.

IMPORTANT: While the message AUTO is displayed, the door must not be opened or the STOP/CLEAR button (5) pushed to avoid influencing the calculations of the MICROCOMPUTER. The door may be opened (for example, to check cooking or turn the food) only when the cooking time remaining is displayed. In some recipes, an audio signal and displayed message indicate the best time to carry out these operations.



5 When cooking is complete, you will hear an audio signal and the word END appears on the display together with the message: “IF YOU WISH TO CONTINUE PRESS START”

(NOTE: The turntable and fan remain in operation)

Open the door and check the food:



ENGLISH

IF IT IS PERFECTLY COOKED

- Remove the dish, close the door and press the STOP/CLEAR button (5). (When you close the door the message “ENJOY YOUR MEAL” will be displayed).

IF IT REQUIRES A COUPLE MINUTES MORE COOKING

- Close the door and press START (6). The oven will operate in automatic for a further couple of minutes.
- At the end of this period, you will hear an audio signal and the word “END” will be displayed again together with the message “OVEN IS COOLING” (see notes below).
- Open the door and take out the food.

NOTE: This model has an automatic cooling cycle. This is activated if the oven is still hot after the food has been taken out and after the STOP/CLEAR (5) button has been pressed (for example, after a long cooking period). During this cycle, the message OVEN IS COOLING is displayed.

The fans, oven light and turntable are in operation and will be turned off automatically. The heating elements and microwave components are turned off. Before cooking in automatic again, wait for the oven to cool down completely (this takes a maximum of 10 minutes). The clock will reappear on the display.

CHAPTER 3: AUTOMATIC MODE

3.2 LIST OF RECIPES/FOODS

All recipes/foods which may be displayed are divided into eight families. Rotate the knob (4) to see the families in the following order:

A - Reheat chilled (5 to 8°C) or frozen (-18 to -20°C) home cooked foods or ready meals

L - Pasta, rice, pizza (chilled or frozen)

E - Meat (defrost or cook)

F - Poultry (defrost or cook)

H - Fish (defrost, cook from fresh or cook from frozen)

L - Vegetables (cook from fresh or cook from frozen)

P - Cakes/desserts (cook)

U - Heat liquids and baby food, defrost bread

ENGLISH

FUNDAMENTAL RULES TO OBTAIN THE BEST RESULTS IN AUTOMATIC MODE

- Follow precisely the indications given in the following tables for weights (maximum and minimum) and use of the low wire rack (F) and ovenproof dish provided (L). If the weight is outside the values indicated, use the manual function (see chapter 4) to obtain optimum results.
- Always refer to the photographs in the Quick Reference Guide showing the correct use of containers and accessories.
- If you need to use another ovenproof dish, make sure it resembles the one provided as closely as possible both in size and type to ensure consistently optimum results.
- Once the recipe has been selected, **ALWAYS** make sure the symbol flashing on the display corresponds to the type of cooking you require.

A - REHEAT CHILLED OR FROZEN HOME COOKED FOODS OR READY MEALS

Types of cooking possible

REHEAT FROZEN FOOD (-18 -20°C)

- Place the container on the low wire rack (F)
- Always cover the container with film resistant to high temperatures. Many commercially available ready meals are already covered with this type of film.



REHEAT CHILLED FOOD (5-8°C)

- Position the plate, container or ovenproof dish (L) on the low wire rack (F) as shown in photographs 1, 2 and 3 in the Quick Reference Guide.

For recipes with small quantities (less than 450 g), the message **AUTO** will not appear at the beginning of reheating.

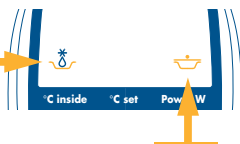
RECIPE CODE	NAME / RECIPE	Notes / Tips
A01	HOME COOKED 100-200 gr. chilled dish	Intended for all types of chilled home cooked meals or leftovers (meat and vegetables, pasta and poultry, fish and rice, etc.) Always place portions on the serving plate (the same one as you will be eating off) as shown in the photograph in the Quick Reference Guide. If the food is accompanied by sauce or fat, it must be covered with an upturned plate.
A02	HOME COOKED 200-300 gr. chilled dish	
A03	HOME COOKED 300-450 gr. chilled dish	
A04	HOME COOKED 450-1000 gr. chilled dish	Ideal for larger quantities of chilled home cooked meals or leftovers. The food must always be reheated in the ovenproof dish (L) provided as shown in photograph 3 of the Quick Reference Guide. Never cover the ovenproof dish.
A05	CHILLED READY MEAL chilled dish (min. 300 gr. - max 600 gr.)	Ideal for a large range of chilled ready meals such as "sweet and sour pork", "vegetable pasta bake", "fishermen's pie", "tuna risotto", "chicken vegetable pie", etc. Heat as indicated in photograph 2 of the Quick Reference Guide. Remove food from any metal packaging. In this case, the food must be heated by selecting one of the previous recipes depending on weight.
A06	FROZEN READY MEAL frozen (min. 200 gr. - max 500 gr.)	Ideal for a large range of frozen ready meals such as "chicken tikka masala", "salmon and broccoli", "prawn curry and rice", etc. Heat as indicated in photograph 4 of the Quick Reference Guide. Remove food from any metal packaging. Also check that plastic packaging and transparent film is suitable for oven cooking (resistant to high temperatures). Refer to the instructions on the pack itself.

CHAPTER 3: AUTOMATIC MODE

L - PASTA, RICE, PIZZA (CHILLED OR FROZEN)

Types of cooking possible:

COOK FROM FROZEN
(quantities: min. 200, max. 700 g)
• All dishes must be placed
on the low grill (F)



REHEAT

• To reheat these dishes,
select one of the recipes from
R01 to R04 (according to
weight).

COOKING FROM REFRIGERATOR OR ROOM

TEMPERATURE
(quantity: min. 300 g)
• Containers must be placed
on the wire rack (F)

RECIPE CODE	NAME / RECIPE	Notes / Tips
R01	FROZEN PIZZA	Remove the plastic packaging and position the pizza directly on the low wire rack (F) as shown in photograph 5 of the Quick Reference Guide.
R02	FRESH PIZZA	Prepare the pizza on a well greased metal baking tray and place on the low wire rack (F) as shown in photograph 6 of the Quick Reference Guide.
R03	RICE/RISOTTO	Maximum quantities 300 g of rice and 750 g of broth or water. Place together in the ovenproof dish (L) and cover with a Pyrex cover or transparent film as shown in photograph 7 of the Quick Reference Guide. It is quite normal for the film to swell and liquid to leak out.
R04	QUICHE	Suitable for fresh open savoury tarts such as quiche lorraine or spinach quiche. Cook in a metal quiche tin (including from frozen) and not in the ovenproof dish (L) provided as shown in photographs 8 and 9 of the Quick Reference Guide.
R05	FRESH PASTA GRATIN	All pasta to be prepared au gratin (lasagne, cannelloni, macaroni, etc) must be pre-cooked separately then covered with bechamel, meat sauce and grana cheese. Place in the ovenproof dish (L) as shown in photograph 10 of the Quick Reference Guide. As shown in photograph 11 of the Quick Reference Guide, never cover as this would inhibit the au gratin effect.
R06	FROZEN PASTA GRATIN	Ideal for pre-packed frozen pasta (such as for example "frozen pasta bake", "vegetable lasagna" etc) which has to be au gratin. Always remember to remove the cover film and place the container as shown in photograph 12 of the Quick Reference Guide.

CHAPTER 3: AUTOMATIC MODE

E - MEAT

Types of cooking possible

DEFROSTING

- To defrost slices of meat (for example, steak, stew hamburgers etc.) select recipes *E02*, *E04* or *E05* only (quantities: min. 200, max. 800). To defrost large pieces of meat (for example, roasts, etc.) select other recipes (quantities 500 min., 1500 max.).

- Place the meat directly on the turntable (H), without using the low wire rack (F) and without a container as shown in figures 13 and 14 i the Quick Reference Guide.
- Halfway through defrosting, you will hear a beep and the message "REMEMBER TO TURN OR STIR THE FOOD" will appear on the display.



COOK

- All cooking for this family should be done using the ovenproof dish (L) provided. Add 1/2 glass of water and season as required. To avoid spitting, keep quantities of oil and wine to a minimum.
- Never cover (see photograph 16 of the Quick Reference Guide).
- Always place the ovenproof dish or container on the low wire rack (F) as shown in photograph 15 of the Quick Reference Guide.
- Halfway through defrosting, you will hear a beep and the message "REMEMBER TO TURN OR STIR THE FOOD" will appear on the display.
 - When half cooked, add 100 gr. water.

REHEAT

- To reheat preécooked portions of meat, select one of the recipes from *R01* to *R04* (according to weight).

ENGLISH

RECIPE CODE	NAME/RECIPE	Notes / Tips
<i>E01</i>	LAMB	To defrost, respect these quantities: min. 600 g, max. 1600 g To cook, respect these quantities: min. 600 g, max. 1600 g
<i>E02</i>	FROZEN MINCED BEEF	Respect these quantities: min. 200 g, max. 800 g
<i>E03</i>	RABBIT	To defrost, respect these quantities: min. 600 g, max. 1600 g To cook, respect these quantities: min. 600 g, max. 1600 g
<i>E04</i>	FROZEN STEAK/CHOPS	Respect these quantities: min. 200 g, max. 800 g
<i>E05</i>	GOULASH/CASSEROLE	To defrost, respect these quantities: min. 400 g, max. 1000 g To cook, respect these quantities: min. 400 g, max. 1000 g Position the container and accessories as indicated in photograph 17 in the Quick Reference Guide
<i>E06</i>	LOIN CHOP	To defrost, respect these quantities: min. 600 g, max. 1600 g To cook, respect these quantities: min. 600 g, max. 1600 g
<i>E07</i>	ROAST PORK	To defrost, respect these quantities: min. 600 g, max. 1600 g To cook, respect these quantities: min. 600 g, max. 1600 g
<i>E08</i>	MEAT LOAF	To defrost, respect these quantities: min. 500 g, max. 1500 g
<i>E09</i>	ROAST BEEF	To defrost, respect these quantities: min. 800 g, max. 1500 g To cook, respect these quantities: min. 800 g, max. 1500 g To obtain a take cooking, we suggest you to turn knob 4 anticlockwise
<i>E10</i>	ROAST VEAL	To defrost, respect these quantities: min. 200 g, max. 800 g To cook, respect these quantities: min. 400 g, max. 1000 g
<i>E11</i>	OTHER MEAT	To cook (min. 500, max. 1500 g) other tupes of meat notect these quantities: min. 500, max. 1500 g.

CHAPTER 3: AUTOMATIC MODE

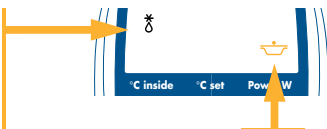
F - POULTRY

Types of cooking possible:

DEFROST

For all recipes, quantities:
min. 500, max. 1600 g.

- Place the meat directly on the turntable (H) using the low wire rack (F) and without any container as shown in figures 13 and 14 of the Quick Reference Guide.
- Halfway through defrosting, you will hear a beep and the message "REMEMBER TO TURN OR STIR THE FOOD" will appear on the display.



COOK

- All cooking for this family should be done using the ovenproof dish (L) provided. Add 1/2 glass of water and season as required. To avoid spitting, keep quantities of oil and wine to a minimum.
- For optimum results when cooking chicken in pieces after pressing START, you are recommended to rotate the knob (4) anticlockwise to select a lower degree of cooking.
- Never cover (see photograph 16 of the Quick Reference Guide).
- Always place the ovenproof dish or container on the low wire rack (F)
- Halfway through defrosting, you will hear a beep and the message "REMEMBER TO TURN OR STIR THE FOOD" will appear on the display.
- When half cooked, add 100 gr. water.

REHEAT

- To reheat pre-cooked portions of poultry select one of the recipes from *R01* to *R04* (according to weight).

ENGLISH

RECIPE CODE	NAME / RECIPE	Notes / Tips
F01	DUCK	To cook, respect these quantities: min. 700 g, max. 2000 g
F02	GUINEA FOWL	To cook, respect these quantities: min. 600 g, max. 2000 g
F03	CHICKEN	To cook, respect these quantities: min. 700 g, max. 2000 g
F04	TURKEY	To cook, respect these quantities: min. 700 g, max. 2000 g
F05	OTHER POULTRY	To cook, respect these quantities: min. 700 g, max. 2000 g

DeLong

CHAPTER 3: AUTOMATIC MODE

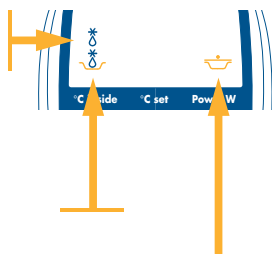
H - FISH

Types of cooking possible:

DEFROST

(Quantities: min. 400, max. 1000 g.)

- Place the fish directly on the turntable (H) without using the low wire rack (F) and without any container as shown for example for meat in photographs 13 and 14 of the Quick Reference Guide.
- Halfway through defrosting, you will hear a beep and the message "REMEMBER TO TURN OR STIR THE FOOD" will appear on the display.



REHEAT

- To reheat pre-cooked fish, select one of the recipes from *RD1* to *RD4* (according to weight).

- COOK FROM FROZEN (-18/-20 °C)**
(Quantities: min. 400, max. 1000 g)
- Once defrosting is complete, the oven will automatically proceed to the cooking phase.
 - Always use the ovenproof dish (L) provided, placed on the low wire rack (F) and covered with a Pyrex cover or with transparent film as shown for example in photograph 18 of the Quick Reference Guide.

COOK FROM CHILLED (5/8 °C) OR ROOM TEMPERATURE (Quantities: min. 400, max. 1000 g)

- Always cook fish in the ovenproof dish (L) provided.
- With the exception of recipes *H09* "BAKED FISH" and *H10* "FISH GRATIN", fish should always be covered with transparent film or a Pyrex cover as shown for example in photograph 18 of the Quick Reference Guide.
- Place all dishes on the low wire rack (F).

ENGLISH

RECIPE CODE	NAME / RECIPE	Notes / Tips
<i>H01</i>	BASS	Ideal for boiled or salted bass. To bake, select recipe <i>H09</i> respecting the indicated quantities.
<i>H02</i>	COD/HADDOCK	Should usually be cooked from frozen.
<i>H03</i>	HAKE	Should usually be cooked from frozen.
<i>H04</i>	SALMON	To bake, select recipe <i>H09</i> respecting the indicated quantities.
<i>H05</i>	SOLE/PLAICE	For either whole or filleted sole or plaice.
<i>H06</i>	MONK FISH	Can also be baked. Select recipe <i>H09</i> respecting the indicated quantities.
<i>H07</i>	TROUT	Ideal for boiled or salted trout. To bake, select recipe <i>H09</i> respecting the indicated quantities.
<i>H08</i>	OTHER FISH (BOILED)	Ideal for other fish not listed to be boiled or salted.
<i>H09</i>	BAKED FISH	Recommended quantities: min. 600 max. 1500 g. Fish should be cooked whole (ideal for gilthead, grouper or carp) or in slices (eg. salmon, tuna, etc). Never cover fish with either film or a Pyrex cover as shown in photographs 19 and 20 of the Quick Reference Guide. For optimum results, after pressing START, you are recommended to rotate the Knob (4) anti-clockwise to select a lower degree of cooking.
<i>H10</i>	FISH GRATIN	Ideal for cooking fish au gratin with bechamel, bread crumbs or milk. Do not cover as this will prevent the au gratin effect from forming. See photographs 20 and 21 in the Quick Reference Guide.

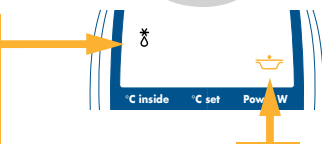
CHAPTER 3: AUTOMATIC MODE

L - VEGETABLES

Types of cooking possible:

COOK FROM FROZEN (Quantities: min. 200, max. 1000 g.)

- Once defrosting is complete, the oven will automatically proceed to the cooking phase.
- Always use the ovenproof dish (L) covered with a Pyrex cover or transparent film.
- All cooking must be carried out with the container/ovenproof dish on the low wire rack (F). An example of how to position the container to cook vegetables from frozen (with the exception of roast and au gratin vegetables) is shown in photograph 18 of the Quick Reference Guide.



COOK

- To prepare boiled vegetables, always add 5 spoonfuls of water for every 500 g of vegetables and cover the ovenproof dish with transparent film or a Pyrex cover.
- Always use the ovenproof dish (L)
- All cooking must be carried out with the container on the low wire rack (F). An example of how the container should be positioned to cook fresh vegetables (with the exception of roast or au gratin vegetables) is shown in photograph 18 of the Quick Reference Guide.

REHEAT

- To reheat pre-cooked vegetables, select one of the recipes from R01 to R04 (according to weight).

RECIPE CODE	NAME / RECIPE	Notes / Tips
L01	BROCCOLI	To cook, respect these quantities: min. 200 g, max. 800 g
L02	MANGE TOUS	To cook, respect these quantities: min. 400 g, max. 1000 g. For optimum results, the artichokes should be the same size
L03	CARROT	To cook, respect these quantities: min. 200 g, max. 800 g. Cook either whole or sliced
L04	CAULIFLOWER	To cook, respect these quantities: min. 300 g, max. 900 g. Whole or in florets
L05	FENNEL	To cook, respect these quantities: min. 300 g, max. 900 g
L06	MUSHROOMS	To cook, respect these quantities: min. 200 g, max. 800 g. No additional water required
L07	200 G JACKET POTATO	Cook whole potatoes of the same size. Place directly on the turntable as shown in photograph 22 of the Quick Reference Guide. Wash the skin well and prick with a fork. At the end of cooking, cut the potato lengthwise and fill with butter, yoghurt or ketchup.
L08	400 G JACKET POTATO	
L09	600 G JACKET POTATO	
L10	AUBERGINE	To cook, respect these quantities: min. 300 g, max. 900 g. Diced. No additional water required
L11	ROAST POTATOES	To cook, respect these quantities: min. 800 g, max. 1500 g. For optimum results, use FRESH potatoes. After pressing START, you are recommended to rotate the knob (4) anticlockwise to select a lower degree of cooking. Never cover the container (see photographs 23 and 24 of the Quick Reference Guide)
L12	BOILED POTATOES	To cook, respect these quantities: min. 300 g, max. 900 g. Cut into pieces or peel and cook whole.

CHAPTER 3: AUTOMATIC MODE

ENGLISH

RECIPE CODE	NAME / RECIPE	Notes / Tips
L13	PEAS	To cook, respect these quantities: min. 200 g, max. 800 g. Either dried or fresh. Excellent if cooked with diced ham or smoked bacon.
L14	COURGETTE	To cook, respect these quantities: min. 200 g, max. 900 g. Either whole or sliced.
L15	OTHER BOILED VEGETABLES	To boil all vegetables not listed. To cook, respect these quantities: min. 200 g, max. 800 g.
L16	VEGETABLES GRATIN	The vegetables to be cooked au gratin (covered with bechamel and grana cheese) must first be boiled separately (apart from tomatoes). Never cover food for au gratin cooking. (See photographs 25 and 26 of the Quick Reference Guide)

P - CAKES AND DESSERTS

Types of cooking possible:

COOK



- Quantities are for at least 6 - 8 persons.
- All cakes and desserts must be prepared using standard medium sized metal tins and trays (see photograph 27 of the Quick Reference Guide). Never use cookware in Pyrex or other materials (see photograph 28 of the Quick Reference Guide).
- Remember to always grease and flour the tin or tray.
- All cooking must be carried out on the low wire rack (F) as shown in photograph 29 of the Quick Reference Guide.
- Even when cooking cakes and desserts, the oven must never be pre-heated.

RECIPE CODE	NAME / RECIPE	Notes / Tips
P01	APPLE PIE	Recipe suitable for the classic "covered apple pie"
P02	MARBLE CAKE	Use a round tin with a hole in the centre. Do not use rectangular containers
P03	PASTRY (600 - 1000 g)	Recipe suitable for desserts such as "jam tart". Not suitable for small quantities of pastries or biscuits.
P04	TART	Ideal for puff pastry cakes and desserts
P05	SPONGE CAKE	Ideal for cakes such as "chocolate cake" or "Victoria sponge". For optimum results use a circular tin with hinge.
P06	FRUIT PIE	Ideal for cakes such as "fruit loaf". Use a rectangular tin.
P07	CHEESE CAKE	Recipe suitable for cakes and desserts requiring lengthy cooking (80-90 mins) at a temperature of about 160 °C
P08	APPLE STRUDEL	Rest the strudel on a metal tin without edges.
P09	LEMON PIE	As well as the classic lemon pie, this recipe is also suitable for a wide range of cake mixes readily available commercially. Use circular metal tins only.

CHAPTER 3: AUTOMATIC MODE

U - LIQUIDS, SOUPS, BABY FOOD, DEFROST BREAD

Types of cooking possible:

DEFROST

- Place the bread directly on the turntable (H) using the low wire rack (F) and without using a container as shown in photograph 33 of the Quick Reference Guide.
- Read the tips alongside each recipe carefully. Bear in mind that when you start defrosting the bread, the message AUTO will not be displayed.









REHEAT

- Ideal for reheating liquids, soups, baby food and baby bottles to either hot (eg. soup) or warm (eg baby bottle) as required
- Place the container directly on the turntable (H) without using the low wire rack (F) as shown photographs 30 and 31. Baby bottles or food should be positioned as shown in photograph 32.
- Read the tips alongside each recipe carefully. Bear in mind that when you start defrosting the bread, the message AUTO will not be displayed.

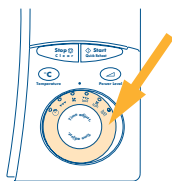
RECIPE CODE	NAME / RECIPE	Notes / Tips
U01	100 ML CHILLED LIQUID	For heating beverages (coffee, tea, broth, etc) from an initial temperature of 5-8 °C up to a temperature of 70-80 °C. From 100 to 300 cc, use a cup, from 500 to 1000 cc, use a large Pyrex container
U02	200 ML CHILLED LIQUID	
U03	300 ML CHILLED LIQUID	
U04	500 ML CHILLED LIQUID	
U05	750 ML CHILLED LIQUID	
U06	1000 ML CHILLED LIQUID	
U07	100 ML ROOM TEMPERATURE LIQUID	For heating beverages (coffee, tea, broth) from an initial temperature of 15 °C up to a temperature of 80 °C. From 100 to 300 cc, use a cup, from 500 to 1000 cc, use a large Pyrex container
U08	200 ML ROOM TEMPERATURE LIQUID	
U09	300 ML ROOM TEMPERATURE LIQUID	
U10	500 ML ROOM TEMPERATURE LIQUID	
U11	750 ML ROOM TEMPERATURE LIQUID	
U12	1000 ML ROOM TEMPERATURE LIQUID	
U13	250 ML SOUP/PORRIDGE	Recipe for reheating soup or porridge from room temperature. To heat broth on its own (without pasta and/or vegetables), select one of the recipes from U01 to U12 according to the quantities and initial temperature. For optimum results, use Pyrex containers.
U14	500 ML SOUP/PORRIDGE	
U15	750 ML SOUP/PORRIDGE	
U16	1000 ML SOUP/PORRIDGE	
U17	100 ML BABY BOTTLE	These times are for chilled milk (5-8 °C). If the initial temperature is above 8 °C, remove the bottle from the oven a couple of seconds earlier. Always check the milk is not too hot (mix well to ensure uniform temperature distribution)
U18	150 ML BABY BOTTLE	
U19	200 ML BABY BOTTLE	
U20	250 ML BABY BOTTLE	
U21	80 G BABY FOOD	Valid for baby food at room temperature. Heat directly in jar but remove top. Always check the food is not too hot (mix well to ensure uniform temperature distribution)
U22	120 G BABY FOOD	
U23	160 G BABY FOOD	
U24	200 G BABY FOOD	
U25	100 G DEFROST BREAD	For optimum results, defrost rolls of the same size.
U26	200 G DEFROST BREAD	
U27	300 G DEFROST BREAD	

CHAPTER 4: MANUAL MODE

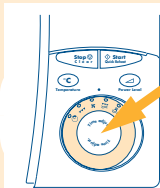
The following **MANUAL** function can be selected:

FUNCTION	RECOMMENDED FOR
MICRO  Microwave only	<ul style="list-style-type: none"> - Defrosting food - Softening chocolate/icing - Melting butter, softening cheese - Cooking vegetables, rice, soup, fish - Reheating all types of pre-cooked food
MICROFAN  Combined microwave and fan oven	<ul style="list-style-type: none"> - Rapid cooking of all types of roast, poultry, kebabe, baked potatoes - For baking self-rising cakes and desserts only
MICROGRILL  Combined microwave and grill	<ul style="list-style-type: none"> - Au gratin dishes (eg. lasagne, vegetables au gratin, macaroni)
FAN  Fan oven only	<ul style="list-style-type: none"> - For "traditional" cooking of roasts and all cakes and desserts - Cooking pizza
GRILL  Grill only	<ul style="list-style-type: none"> - Traditional grilling of hamburgers, chops, frankfurters, sausages etc
MEMOTIME  Timer	<ul style="list-style-type: none"> - To use the timer with the oven OFF

4.1 HOW TO PROGRAMME MANUAL FUNCTIONS

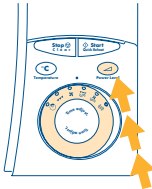


- 1** Rotate the **FUNCTIONS SELECTOR** (10) onto the symbol for the required function.



- 2** Set cooking time by rotating the **TIME ADJUST** knob (5). To select the cooking time, see the following tables.

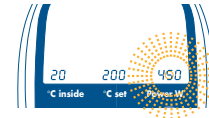
CHAPTER 4: MANUAL MODE



3 In the functions:

MICRO
MICROFAN
MICROGRILL

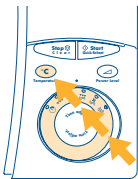
select the **MICROWAVE POWER LEVEL** by repeatedly pressing the **POWER LEVEL** button (8) until the required power level appears on the display. To select the power, see following tables.



NOTE: In **MICRO** function, the lowest power level (appearing on the display with the word **DEFROST**) should be used to defrost all types of food.

In **MICROFAN** function, the maximum microwave power possible is 650 W.

The selected power level can be changed (even during cooking) simply by pressing the **POWER LEVEL** button (8).



4 In the functions:

MICROFAN
FAN

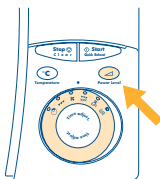
select the cooking temperature by repeatedly pressing the **TEMPERATURE** button (7) until the required temperature appears in the bottom centre of the display.

To select the temperature, see following tables.



NOTE: The temperature indicated in the bottom left of the display increases during cooking. Once the set temperature is reached, three short beeps will be heard and only the set temperature will be displayed.

The set temperature can be modified (even during cooking) by pressing the **TEMPERATURE** button (7).



5 Start the cooking process by pressing the **START** button (6). The cooking time remaining will be displayed.

NOTE: If for any reason you do not start the cooking process, all settings will be automatically cancelled after two minutes.

ENGLISH

CHAPTER 4: MANUAL MODE



- 6 At the end of the cooking time, you will hear a beep and the word "END" will be displayed. Open the door and take out the food (the message "ENJOY YOUR MEAL" will appear).

NOTE: The progress of cooking can be checked at any moment by opening the door and examining the food.

This interrupts microwave radiation and oven operation. These can be started again by closing the door and pressing the **START** button (6).

If you need to stop cooking without opening the door, just press the **STOP/CLEAR** button (5).

To terminate cooking, proceed as follows:

- if the oven door is open, press the **STOP/CLEAR** button (5) once
- if the door is closed and cooking is in progress, press the **STOP/CLEAR** button (5) twice. The clock will reappear on the display.

In the **MICROFAN** and **FAN** functions, just cooked food can be kept hot. When cooking is complete, **DO NOT** open the door. Press the **START** button (6). The message "KEEPING WARM" will appear on the display. This process can be interrupted at any time by opening the door or pressing the **STOP/CLEAR** button (5).

This model has an automatic cooling cycle activated when the oven is extremely hot (for example, at the end of long cooking periods). During this cycle, the message "OVEN IS COOLING" appears on the display. The fans, oven light and turntable operate (they turn off automatically).

4.2 PRE-HEATING

The oven can be pre-heated (for example, when cooking cakes and desserts) in the **FAN** function only.

- Set the required temperature as indicated in point 4 of paragraph 4.1.
- Press the **START** button (6). Once the set temperature is reached, you will hear three short beeps.
- Put the food in the oven and press **START** again. The oven starts cooking.
- Set the cooking time by rotating the knob (9).

NOTE: If the cooking time is not set, the oven will continue to function for two hours and then shut down automatically. (The option of keeping the food warm will not be displayed).

CHAPTER 4: MANUAL MODE

4.3 QUICK REHEAT

This function is very useful for reheating small quantities of food and drink, or for quickly adding a few minutes on when cooking has been completed.

- Press the **START** key: the oven will come on at full power for 30". If you continue to press the key in rapid sequence, the time will increase by 30" each time up to a maximum of 3 minutes.
- This sequence only works if it is performed within 1 minute of the food being placed in the oven.

4.4 MEMOTIME FUNCTION

This function allows the timer to be used with the oven **OFF** for up to 99 minutes, for example, as a useful egg timer.

- Place the **FUNCTIONS SELECTOR** (10) in the **MEMOTIME** position. Set the time required and begin timing with the **START** button (6).
- At five minutes and one minute from the end of the set time, you will hear a beep.
- At the end you will hear three beeps and the word **END** will be displayed.

4.5 CHILD SAFETY DEVICE

The oven is fitted with a safety device which prevents the set cooking times from being tampered with while cooking is underway. This avoids the time from being accidentally and dangerously prolonged (the food might burn!).

To turn the safety device on:

- Keep the **STOP/CLEAR** (5) button pressed for five seconds.
- You will hear a short beep. The times can no longer be corrected during cooking.
- To turn the safety device off, keep the **STOP/CLEAR** button pressed until you hear a beep.

4.6 DEFROSTING: ADVICE, TIPS AND TABLE

- Frozen food in bags, plastic film or packs can be placed directly into the oven providing there are no metal parts (for example, band or staples).
- Certain foods such as vegetables and fish do not require defrosting completely before starting cooking.
- Foods with a high water content such as meat sauces or stews defrost better and faster if stirred several times, turned over and/or separated.
- During defrosting, meat, fish and fruit lose liquid. Defrost in a tray.
- Before freezing, you are recommended to divide pieces of meat and place them in individual plastic bags. This will save valuable preparation time.
- Immediately after defrosting, standing times must be respected before cooking. The standing time is the time (in minutes) the food must be left to stand to improve heat distribution within the food itself.

CHAPTER 4: MANUAL MODE

ENGLISH

DEFROSTING TABLE							
TYPE	QUANTITY	FUNCTION	POWER LEVEL	TIME minutes	NOTES/TIPS	GRILL TO USE	STANDING TIME
MEAT							
• Roasts (pork, beef, veal, etc)	1 kg	MICRO	DEFROST	25 - 28	Turn ove halfway through defrosting (★)	None	20
• Steak, chops, slices	200 gr	MICRO	DEFROST	6 - 8		None	5
• Casserole, goulash	500 gr	MICRO	DEFROST	14 - 16		None	10
• Mince	500 gr	MICRO	DEFROST	11 - 13		None	15
	250 gr	MICRO	DEFROST	5 - 7		None	10
• Hamburger	200 gr	MICRO	DEFROST	7 - 9		None	10
• Sausage	300 gr	MICRO	DEFROST	9 - 11		None	10
POULTRY							
• Duck, turkey	1,5 kg	MICRO	DEFROST	35 - 40	Turn over halfway through defrosting. When the standing time is over, wash under warm water to remove any ice.	None	20
• Whole chicken	1,5 kg	MICRO	DEFROST	35 - 40		None	20
• Pieces of chicken	800 gr	MICRO	DEFROST	24 - 26		None	10
• Chicken breast	300 gr	MICRO	DEFROST	13 - 15		None	10
VEGETABLES							
• Diced aubergine	500 gr	MICRO	DEFROST	16 - 19	Stir the vegetables occasionally to speed up the defrosting process	None	5
• Sliced pepper	500 gr	MICRO	DEFROST	15 - 18		None	5
• Shelled peas	500 gr	MICRO	DEFROST	12 - 15		None	5
• Artichoke hearts	300 gr	MICRO	DEFROST	9 - 11		None	5
• Asparagus pieces	500 gr	MICRO	DEFROST	14 - 16		None	5
• Sliced green beans	500 gr	MICRO	DEFROST	15 - 18		None	5
• Whole broccoli	500 gr	MICRO	DEFROST	15 - 17		None	5
• Brussel sprouts	500 gr	MICRO	DEFROST	15 - 17		None	5
• Sliced carrots	500 gr	MICRO	DEFROST	14 - 16		None	5
• Cauliflower florets	450 gr	MICRO	DEFROST	13 - 15		None	5
• Mixed vegetables	300 gr	MICRO	DEFROST	8 - 10		None	5
• Chopped spinach	300 gr	MICRO	DEFROST	9 - 11		None	5
FISH							
• Fillets	300 gr	MICRO	DEFROST	9 - 11	Turn the fish over halfway through defrosting	None	7
• Slices	400 gr	MICRO	DEFROST	10 - 12		None	7
• Whole	500 gr	MICRO	DEFROST	13 - 15		None	7
• Crayfish	400 gr	MICRO	DEFROST	10 - 12		None	7
DAIRY PRODUCTS							
• Butter	250 gr	MICRO	DEFROST	5 - 7	Remove the silver foil or the metal parts Should not be completely defrosted. Observe the standing time. The cream should be removed from its container and placed in a dish	None	10
• Cheese	250 gr	MICRO	DEFROST	6 - 8		None	15
• Cream	200 ml	MICRO	DEFROST	8 - 10		None	5
BREAD							
• 2 two medium rolls	150 gr	MICRO	DEFROST	1 - 2	Put the bread directly onto the turntable	None	3
• 4 medium rolls	300 gr	MICRO	DEFROST	4 - 6		None	3
• Sliced bread	250 gr	MICRO	DEFROST	4 - 6		None	3
• Wholemeal sliced bread	250 gr	MICRO	DEFROST	4 - 6		None	3
FRUIT							
• Strawberries, plums, cherries, blackcurrants, apricots	500 gr	MICRO	DEFROST	12 - 14	Stir 2-3 times	None	10
• Raspberries	300 gr	MICRO	DEFROST	8 - 10	Stir 2-3 times	None	10
• Blackberries	250 gr	MICRO	DEFROST	6 - 8	Stir 2-3 times	None	6

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

CHAPTER 4: MANUAL MODE

4.7 REHEAT - ADVICE, TIPS AND TABLE

Your microwave is at its most useful and efficient when reheating food. Compared with traditional methods, using the microwave saves time and therefore also electricity.

- Especially if frozen, food should be heated to a temperature of at least 70°C (piping hot). You will have to leave the food to cool down before eating, but complete sterilisation will be guaranteed.

To reheat pre-cooked or frozen food, follow these rules:

- remove food from metal container
- cover with transparent film (suitable for microwave use), or greaseproof paper. This will retain the natural flavour to the full and the oven will stay clean. You can also cover with an upturned plate;
- if possible, mix or turn frequently to accelerate and uniform the reheating process;
- follow the times given on the pack carefully. Bear in mind that these times will sometimes need to be increased.
- frozen foods must be defrosted before reheating. The lower the initial temperature of the food the longer it will take to reheat;

ENGLISH

TABLE OF HEATING TIMES					
TYPE	QUANTITY	FUNCTION	POWER LEVEL	TIME (minutes)	NOTES/TIPS
FOOD SOFTENERS • Chocolate/icing • Butter	100 gr 50-70 gr	MICRO MICRO	450 850	4 - 5 0.5 - 0.10	Put on a plate. Mix the icing once.
CHILLED FOOD (initial temp. 5°/8°C) up to 20°/30°C • Yoghurt • Baby's bottle	125 gr 240 gr	MICRO MICRO	850 850	0.15 - 0.20 0.30-0.35	Remove metal foil. Heat the baby's bottle without the teat and mix it immediately after heating to make the temperature uniform. Check the temperature of the contents before use. With milk at room temperature the heating time is lower. To avoid risk of fire when using dried milk please stir evenly. Please use already sterilized milk.
CHILLED PRECOOKED FOOD (initial temp. 5 / 8°C) up to 70°C • Packet of lasagne or of pasta with filling • Packet of meat with rice and/or vegetables • Packet of fish and/or vegetables	400 gr 400 gr 300 gr	MICRO MICRO MICRO	850 850 850	4 - 6 4 - 6 3 - 5	Packets of any kind of commercially available pre-cooked food, to be heated to a temp. of 70° C. Remove the food from any metal packets and put it directly onto the plate from which it is to be eaten. For best results, always cover the food.
• Plate of meat and/or vegetables • Plate of pasta, cannelloni or lasagne • Plate of fish and/or rice	400 gr 400 gr 300 gr	MICRO MICRO MICRO	850 850 850	5 - 7 5 - 7 4 - 6	Portions of any kind of already cooked food, to heat to a temp. of 70°C. The food is placed directly onto the plate from which it is to be eaten and is always covered either with a transparent film or with an upturned plate.

CHAPTER 4: MANUAL MODE

ENGLISH

REHEATING TABLE					
TYPE	QUANTITY	FUNCTION	POWER LEVEL	TIME (minutes)	NOTES/TIPS
FROZEN FOOD TO REHEAT/COOK (initial temp. 18°/20°C)					Packets of any kind of commercially available pre-cooked frozen food, to be heated to a . of 70° C directly in its packet. Remove the food from any metal containers and put it directly onto the plate from which it is to be eaten, increasing cooking time by a few minutes.
• Packet of lasagne or of pasta with filling	400 gr	MICRO	850	6 - 8	
• Packet of meat with rice and/or vegetables	400 gr	MICRO	850	5 - 7	
• Packet of fish and/or pre-cooked vegetables	300 gr	MICRO	850	3 - 5	
• Packet of fish and/or raw vegetables	300 gr	MICRO	850	8 - 10	Remove the raw food from the packets and place it in a container suitable for microwaves and cover.
• Portion of meat and/or vegetables	400 gr	MICRO	850	6 - 8	Portions of any kind of already cooked frozen food, to be heated to a temperature of 70°C. Place the frozen food in the plate from which it is to be eaten and cover it with another upturned plate or pyrex dish. Check that it is hot in the centre; where possible, mix the food.
• Portion of pasta, cannelloni or lasagne	400 gr	MICRO	850	7 - 9	
• Portion of fish and/or rice	300 gr	MICRO	850	4 - 6	
CHILLED BEVERAGES (5/8°C) up to approx. 70°C					
• 1 cup of water	180 cc	MICRO	850	2 - 2,30	All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.
• 1 cup of milk	150 cc	MICRO	850	1,30 - 2	
• 1 cup of coffee	100 cc	MICRO	850	1,30 - 2	
• 1 plate of broth	300 cc	MICRO	850	4 - 5	
DRINKS AT ROOM TEMPERATURE (20 / 30°C) up to approx. 70°C					All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.
• 1 cup of water	180 cc	MICRO	850	1,30 - 2	
• 1 cup of milk	150 cc	MICRO	850	1 - 1,30	
• 1 cup of coffee	100 cc	MICRO	850	1 - 1,30	
• 1 plate of broth	300 cc	MICRO	850	3 - 4	

4.8 COOKING HORS D'OEUVRES, PASTA AND RICE DISHES: ADVICE, TIPS AND TABLE

Pasta and rice dishes or soup generally require less liquid than usual as there is little evaporation when cooking in a microwave oven. Salt should be added at the end of cooking or during the standing time only as it has a dehydrating effect. The time taken to cook rice and pasta in a microwave oven is more or less the same as with traditional techniques. However, the advantage of preparing a risotto in a microwave oven is that it need not be constantly stirred (2 or 3 times is sufficient).

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME (minutes)	NOTES/TIPS	GRILL TO USE
• Lasagne	1100 gr	MICROGRILL + GRILL	850 850	- -	8 +12	Times for raw pasta. If the pasta is pre-cooked, cook for just 8 min with combined MICROGRILL	None
• Semolina gnocchi	600 gr	MICROGRILL	850	-	12	Avoid excessive rising.	None
• Baked macaroni with meat sauce	1500 gr	MICROGRILL	850	-	8	Pre-cook the pasta separately.	None
• Risotto	300 gr. di riso	MICRO	850	-	12-15	Place ingredients together in a container suitable for microwave use and cover with transparent film (for 300 g of rice, use 750 g of broth with maximum microwave power level for about 12 - 15 minutes).	None
• Pizza	600 gr	FAN	-	200°C	30	Make the pizza with the greaseproof paper directly on the grill (the oven must be pre-heated)	Low
• Fresh Quiche Lorraine	800 gr	FAN	-	160°C	40	Use quiche tin with turn-out device	Low
• Frozen Quiche Lorraine	550 gr	FAN	-	190°C		Place on a metal cookware. Preheat the oven.	Low

CHAPTER 4: MANUAL MODE

4.9 COOKING MEAT: ADVICE, TIPS AND TABLE

- Cooking is strictly linked to the size and evenness of the food to be cooked. Kebabs take less time to cook than a roast as they are made up of small, even-sized pieces of meat.
- To keep roasts, chicken and kebabs moist, add 1/2 a glass of water at the beginning of cooking

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPER- ATURE	TIME minutes	NOTES/TIPS	GRILL TO USE
• Roast (pork, beef)	1 Kg.	MICROFAN	450	190 °C	35-40	Leave a certain amount of fat to prevent meat from drying out. Do not over season.	Low
• Meat loaf	800	MICROFAN	450	180°C	22-25	Mix 500g of minced beef with egg, ham, bread crumbs, etc. Add a little oil and some white wine.	Low
• Meat loaf	900	MICRO	650	--	19-21	(*)	Low
• Whole chicken	1,2 kg	MICROFAN	650	190 °C	38-42	(**).	Low
• Chicken pieces	850	MICROFAN	650	190 °C	25-30	Mix once during cooking.	Low
• Kebabs	600	MICROFAN	450	180 °C	17-20	Turn over halfway through cooking.	Low
• Goulash	1,5 kg	MICRO	850	-	35-40	Cook uncovered and mix 2/3 times.	None
• Chicken breasts	500	MICRO	650	-	13-15	Turn over halfway through cooking.	None
• Veal or pork cutlets	3 pieces	GRILL	-	-	17-19	Turn halfway through cooking as the grill element heats the top of the oven only.	High
• Sausage	3 pieces	GRILL	-	-	10-12	Turn halfway through cooking as the grill element heats the top of the oven only.	High
• Hamburger	3 pieces	GRILL	-	-	10-12	Turn halfway through cooking as the grill element heats the top of the oven only.	High

* These indications are suitable for carrying out the mincemeat cooking test in accordance with IEC regulation 705, par. 17.3, test C. Cover the container with a transparent film. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2

** These indications are suitable for carrying out the mincemeat cooking test in accordance with IEC regulation 705, par. 17.3, test C. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2.

4.10 COOKING FISH: ADVICE, TIPS AND TABLE

Fish cooks extremely quickly and with excellent results. It can be seasoned with a little butter or oil or left unseasoned. Cover with transparent film. If there is skin, this must be cut. Fillets should be arranged evenly. Cooking battered fish is not recommended.

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPER- ATURE	TIME minutes	NOTES/TIPS	GRILL TO USE
• Fillets	300 gr	MICRO	850	-	5 - 7	Cover with film.	None
• Thin slices	300 gr	MICRO	850	-	7 - 9	Cover with film.	None
• Whole	500 gr	MICRO	850	-	8 - 10	Cover with film.	None
• Whole	250 gr	MICRO	850	-	5 - 7	Cover with film.	None
• Slices	400 gr	MICRO	850	-	7 - 9	Cover with film.	None
• Crayfish	500 gr	MICRO	850	-	7 - 9	Cover with film.	None
• Baked fish	600 gr	MICRO FAN	250	190°	30	Add oil, garlic and a drop of white wine. Do not cover.	Low

4.11 COOKING VEGETABLES: ADVICE, TIPS AND TABLE

Microwave cooking preserves the colour and food value of vegetables better than traditional methods. Before cooking, wash and clean. Large vegetables should be cut into pieces. For every 500 g of vegetables add 5 spoonfuls of water (fibrous vegetables require more water).

Always cover vegetables with transparent film.

Stir at least once halfway through cooking and lightly salt at the end of cooking only.

CHAPTER 4: MANUAL MODE

ENGLISH

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/TIPS	GRILL TO USE
• Asparagus	500 gr.	MICRO	850	-	9-10	Cut into 2 cm pieces and cover	None
• Artichokes	300 gr.	MICRO	850	-	11-12	Remove stalk and cover	None
• Green beans	500 gr.	MICRO	850	-	11-12	Cut into pieces and over	None
• Broccoli	500 gr.	MICRO	850	-	7-8	Divide into individual florets and cover	None
• Brussel sprouts	500 gr.	MICRO	850	-	7-8	Leave whole and cover	None
• White cabbage	500 gr.	MICRO	850	-	7-8	Leave whole and cover	None
• Red cabbage	500 gr.	MICRO	850	-	7-8	Leave whole and cover	None
• Carrots	500 gr.	MICRO	850	-	9-10	Cut into equal pieces and cover	None
• Cauliflower	500 gr.	MICRO	850	-	11-12	Divide into florets and cover	None
• Cauliflower in bechamel sauce	1000 gr.	MICROGRILL + MICRO	850	-	10 + 8	Times for raw cauliflower. If pre-cooked, 10 mins of MICROGRILL are sufficient.	None
• Celery	500 gr.	MICRO	850	-	7-8	Divide into pieces and cover	None
• Aubergine		MICRO	850	-	6-7	Cut into cubes and cover	None
• Grilled aubergine	4 fette	GRILL	-	-	9-11	Turn halfway through cooking	High
• Baked aubergine "alla parmigiana"	1300 gr.	MICROGRILL	850	-	8	The aubergines can be prepared beforehand, fried or grilled	None
• Leaks	500 gr.	MICRO	850	-	6-7	Leave whole and cover	None
• Mushrooms	500 gr.	MICRO	850	-	6-7	Leave whole and cover. No additional water required	None
• Onions	250 gr.	MICRO	850	-	5-6	Whole of equal size. No additional water necessary.	None
• Spinach	300 gr.	MICRO	850	-	6-7	Cover after washing and draining	None
• Peas	500 gr.	MICRO	850	-	10-11	Cover	None
• Fennel	500 gr.	MICRO	850	-	12-13	Cut into quarters and cover	None
• Tomatoes au gratin	800 gr.	MICROGRILL	450	-	10 9-10	Ideally of the same size	None
• Peppers	500 gr.	MICRO	850	-	9-11	Cut into pieces and cover	None
• Grilled peppers	4 quarti	GRILL	-	-	13	Turn halfway through cooking	High
• Stuffed peppers	1400 gr.	MICROGRILL + MICRO	850	-	+10 8-9	Preferably squat-shaped peppers	None
• Potatoes	500 gr.	MICRO	850	-	25-30	Cut into equal pieces and cover	None
• Roast potatoes (fresh)	500 gr.	MICROFAN	450	190°C	40	Mix 2/3 times	Low
• Roast potatoes (frozen)	900 gr.	MICROFAN	850	200°C	40	Mix 2/3 times	Low
• Potatoes au gratin	1,1kg tot.	MICROFAN	450	190°C	25	(*)	Low
• Courgettes	500 gr.	MICRO	850	-	7-8	Leave whole and cover	None

* These indications are suitable for carrying out the combined cooking test in accordance with the regulation (3rd edition of IEC 705) included in the document IEC 53H/69/CD. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2.

Note: the cooking times in the table are purely intended as guidelines and are on the basis of the food's weight and initial temperature as well as its consistency and structure.

4.12 COOKING CAKES AND DESSERTS: ADVICE, TIPS AND TABLE

The OVEN MUST BE PREHEATED for all cakes and desserts (see paragraph 4.2).

TYPE	QUANTITY	FUNCTION	LIVELLO DI POTENZA	TEMPERATURE	TIME minutes	NOTES/TIPS	GRILL TO USE
• Hazelnut cake	1100 gr	MICROFAN	DEFROST	170 °C	25-30	Use the ovenproof dish provided	Low
• Quark cake	1500 gr	MICROFAN	450	170 °C	35-40	Use the ovenproof dish provided	Low
• Jam tart	700 gr	FAN	-	160 °C	55	Use a metal tin	Low
• Plum cake	950 gr	FAN	-	160 °C	90	Use a rectangular cake tin	Low
• Sponge cake	700 gr.	FAN	-	160 °C	40	Use a metal tin	Low
• Walnut cake	650 gr.	FAN	-	160 °C	40	Use a metal tin	Low
• Egg custard	750 gr/	MICRO	850	-	16	(*)	None
• Sponge cake	475gr.	MICRO	850	-	6	(*)	Low
• Sponge cake	710 gr.	MICROFAN	150	160 °C	30	(**)	Low

* These indications are suitable for carrying out the cooking test in accordance with IEC regulation 705, par. 17.3, test A and test B respectively. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2.

** These indications are suitable for carrying out the combined cooking test E in accordance with the regulation (3rd edition of IEC 705) included in the document IEC 53H/69/CD. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2.

CHAPTER 5: MAINTENANCE AND CLEANING

5.1 CLEANING

Before carrying out any maintenance or cleaning operation, always unplug the appliance from the mains and wait for it to cool.

The special enamel coating inside the oven does not retain splashes or particles of food, making cleaning extremely easy. Always keep the microwave output cover (C) free of grease or fat.

Do not use abrasive detergents, steel wool or sharp metal implements when cleaning the outside of the oven. Make sure water or liquid detergent does not enter the air and steam outlet slots on the top of the appliance.

The use of alcohol, abrasive or ammonia based detergents to clean the inner and outer surfaces of the door is not recommended.

To ensure perfect closure, always keep the inside of the door clean. Make sure there are no dirt or food residues trapped between the door and the front of the oven.

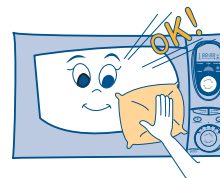
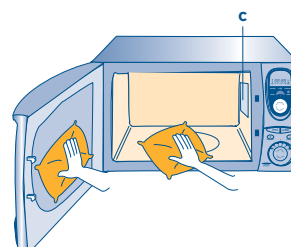
Clean the air intake holes at the back of the oven regularly to ensure they are free from dust and dirt.

At regular intervals, remove the turntable (H) and turntable support (I) to clean both them and the bottom of the oven.

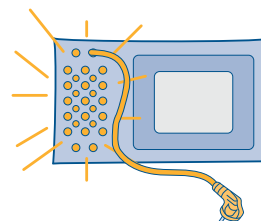
Wash the turntable and support in soapy water using neutral soap. They can also be washed in a dishwasher.

Do not immerse the turntable in cold water after prolonged heating. The high thermal shock could break it.

The turntable motor is sealed. However, when cleaning the bottom of the oven, be careful not to allow water to penetrate under the turntable spindle (D).



ENGLISH



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CHAPTER 5: MAINTENANCE AND CLEANING

5.2 MAINTENANCE

In the event of a malfunction or defects, contact the authorised service centre. However, before contacting our technicians, it is worth carrying out the following simple checks:

PROBLEM	CAUSE/REMEDY
The appliance does not work	<ul style="list-style-type: none"> The door is not closed properly The appliance is not properly plugged into the mains The socket is without current (check the mains fuse box)
Condensation forms on the work surface and inside the oven	<ul style="list-style-type: none"> When cooking food with a high water content, it is normal for vapour generated inside the oven to be given off and condense inside the oven and on the work surface
Sparks inside the oven	<ul style="list-style-type: none"> Do not turn the oven on without food present in automatic microwave or combined cooking using the "MICRO", "MICROFAN" and "MICROGRILL" functions Do not use metal containers or bags/packs with metal staples when using these functions.
The food does not heat up or cook sufficiently	<ul style="list-style-type: none"> AUTOMATIC mode: check that the flashing symbol on the display corresponds to the type of cooking desired. Respect quantities and use the accessories and containers described in the recipe. MANUAL mode: 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"> AUTOMATIC mode: check that the flashing symbol on the display corresponds to the type of cooking desired. Respect quantities and use the accessories and containers described in the recipe. MANUAL mode: select the correct function or decrease cooking time
The food does not cook evenly	<ul style="list-style-type: none"> Mix or stir the food during cooking. Bear in mind that the food cooks better if cut into evenly-sized pieces. The turntable is blocked
The word "FAIL" appears on the display	<ul style="list-style-type: none"> Contact an authorised service centre.

NOTE: In the event of oven light failure, the appliance can still be used without problem. Contact an authorised service centre to replace the bulb.