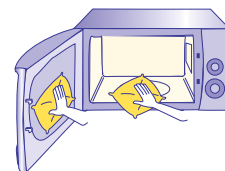
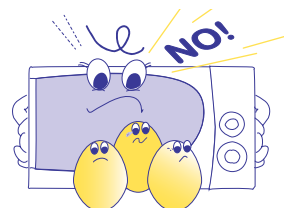


CB IMPORTANT SAFEGUARDS

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 (C) clean, using a damp cloth and non-abrasive detergents. Do not allow dirt or remains of food to accumulate between the front panel of the oven on the door.
- 7) Do not operate the oven if the supply cable or the plug is damaged, as this may result in electric shocks.
If the supply cable has been damaged, it must be replaced by the manufacturer or the technical service centre or by a qualified person so as to avoid all risks.
- 8) If smoke is observed, switch off or unplug the appliance and **KEEP THE DOOR CLOSED** in order to stifle any flames.
- 9) Only use utensils that are suitable for use in microwave ovens. In order to avoid overheating and the consequent risk of fire, it is advisable to supervise the oven when cooking food in disposable containers made of plastic, cardboard or other inflammable materials, and when heating small quantities of food.
- 10) Never place the turntable in water after it has been heated for a long time. The high thermal shock resulting would break the turntable.
- 11) When cooking "Only MICROWAVE" , you absolutely must not pre-heat the oven (without foodstuffs in it) and you must not operate it when it is empty, because you might cause sparking.
- 12) Before using this oven, check to be certain that the utensil and containers chosen are suitable for microwave oven use (see the section on "Glassware and Similar Items").
- 13) 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.



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.



GLASSWARE AND SIMILAR ITEMS

You can make use of all types of containers made of glass (preferably Pyrex), ceramics, porcelain and glazed pottery as long as they do not have decorations or metal parts (gilded borders, handles, feet). Heat resistant plastic containers can also be used, but only for "Microwave Only" cooking. If you are still doubtful about using a particular container, you can perform a simple test. Place the empty container in the oven for 30 seconds at maximum power ("Microwave Only" function). If the container is still cold or only slightly warm, it is suitable for microwave cooking. If it is very hot or gives out sparks, it is not suitable. For short heating periods, you may use paper napkins, cardboard trays and plastic "throwaway" plates as a base. As far as shape and size are concerned, it is absolutely essential that containers be such as to

allow the turntable to rotate.

In order to use large-size rectangular containers (which may not be able to rotate inside the cooking cavity), you can remove the spindle (B) from its housing to prevent the turntable (D) moving. Bear in mind that to be assured of good results when carrying this out you must stir the food and turn the container around several times during the cooking process.

Containers made of metal, wood, recycled kitchen paper, cane and plate glass are not suitable for use in microwave ovens.

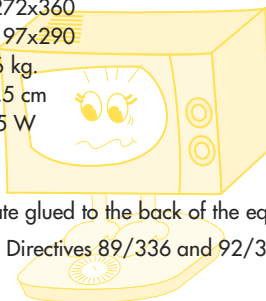
You should remember, too, that since microwaves heat the food and not the glassware, earthenware or similar containers for that food, it is possible to cook such foods in the serving dish and thereby avoid the problem of having to clean pans later.

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

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

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

Outer measurements (LxDxH)	480x272x360
Inner measurements (LxDxH)	285x197x290
Approximate weight	16 kg.
Turntable diameter	27,5 cm
Oven light	25 W



For additional data, consult the serial plate glued to the back of the equipment.

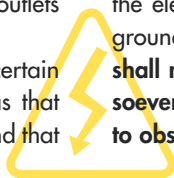
This equipment is in compliance with EEC Directives 89/336 and 92/31 related to Electromagnetic Compatibility.

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

Connect this equipment only to electrical outlets having a capacity of at least 10A.

Before using this oven, check to make certain that the electrical network is the same as that indicated on the equipment's data plate and that

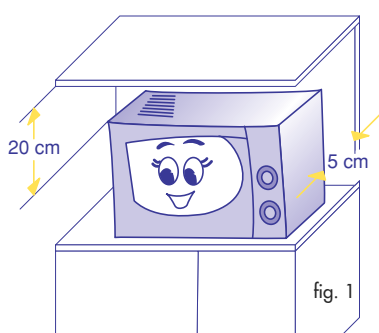
the electrical outlet is connected to an efficient grounding (earth) terminal. **The manufacturer shall not be responsible in any manner whatsoever for harm or damage caused by failure to observe this norm.**



- **Electrical Connection for UK only** see page 26

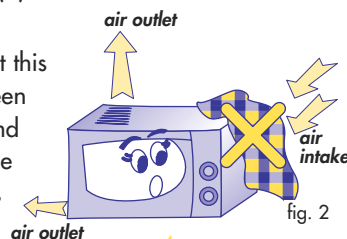
I N S T A L L A T I O N

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

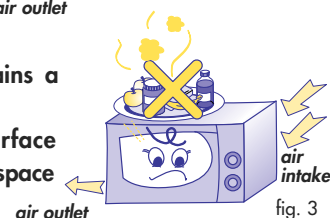


portions and the walls to the side and the back, and a free space of at least 20 cm. above the oven (see Fig. 1).

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

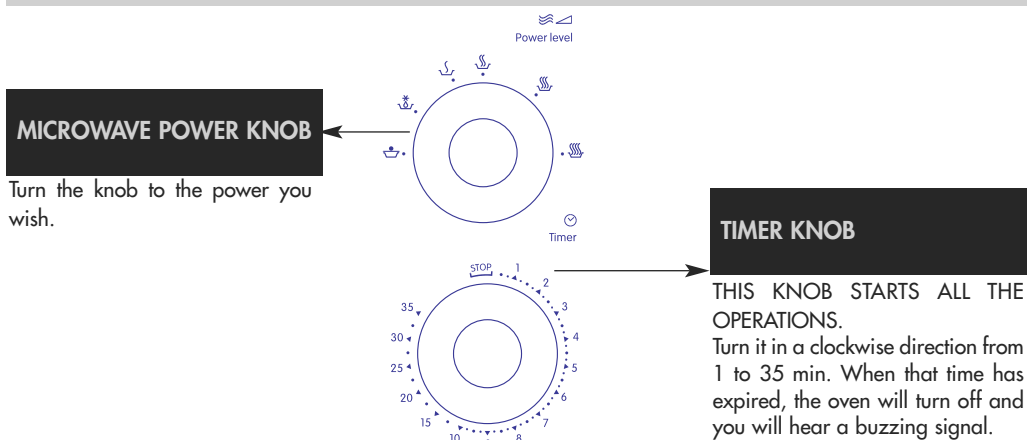


- 3) Place this oven on a surface so that there remains a space of about 5 cm. between the oven's surface



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

DESCRIPTION OF CONTROLS



OUTPUT POWER

In this oven the maximum power yielded by the microwaves is 800W. This value is shown on the data plate placed on the back of the appliance, under the heading **MICRO OUTPUT**.









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

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

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

HOW TO GET THE BEST RESULTS FROM YOUR OVEN

What do I want to do?	What power should I choose?	Page
• Keep food warm	Power level 	23
	(80 w)	24
• Defrost	Power level 	23
	(120 w)	24
• Melt butter and soften cheese • Heat pastry goods	Power level 	23
	(280 w)	26
	or 	30
• Cook meat	Power level 	23
	(560 w)	28
• Cook fruit • Cook vegetables • Cook fish • Cook rice, pasta • Heat up all type of ready cooked or frozen food	Power level 	23
	(800 w)	30
		29
		28
		30
		26

ADVICE ON USING YOUR OVEN CORRECTLY

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

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

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

Therefore the cooking in a microwave oven is considered to be healthy and good for one's diet.

And in contrast to traditional methods, cooking in a microwave foodstuffs are less dehydrated, lose less of their nutritional value, and retain more of their original flavour.

Basic rules for correct cooking with a microwave oven

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

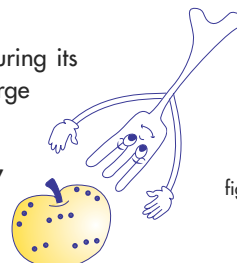


fig. 4

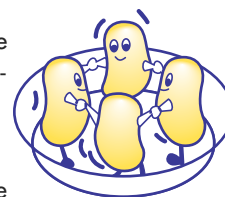


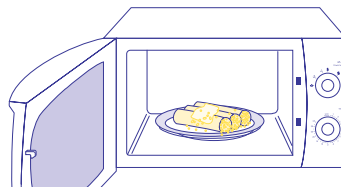
fig. 5

O P E R A T I N G T H E O V E N

1

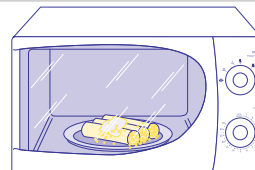
Place the food in a container suitable for microwave cooking and place it in the centre of the turntable

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



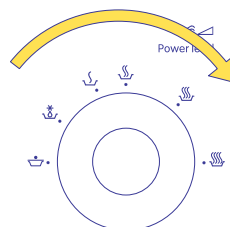
2

Close the door



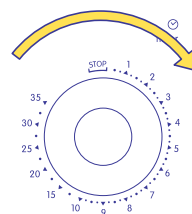
3

Choose the power level you want by turning the power selector knob.



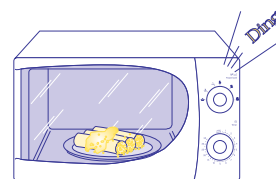
4

Set the cooking time desired by turning the timer knob in a clockwise direction.



5

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




It is possible to interrupt the oven's operations at any time simply by turning the timer knob to its **STOP** setting. You may also change the cooking time (while the cooking itself is in progress) by turning that same knob back or forth.

You can check on the situation while the cooking is in progress by opening the door and examining the food. That move will interrupt the oven's operations, but they will begin again once the door has been closed.

KEEPING FOOD WARM

This function enables you to keep food hot, whether that food be just cooked or re-heated, without it drying out or sticking to its container and is suitable for most foods.

By turning the to the power selector knob  setting and covering the food with a plate or plastic film, you will find that foods will remain warm up to serving time.

You can leave foods in their cooking container if they are covered.

DEFROSTING

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

Defrosting times

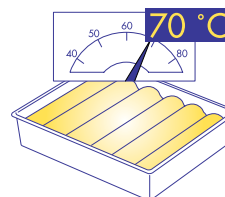
Type	Quantity	Power Selector	Timer (minutes)	Notes	Standing time (minutes)
MEAT					
• Roasts (pork, beef, veal, etc.)	1 kg		27 - 32	(*)	20
• Steaks, cutlets, meat slices	200 gr	"	8 - 12		5
• Stew, goulash	500 gr	"	16 - 20		10
• Ground meat	500 gr	"	14 - 16		15
• "	250 gr	"	9 - 13		10
• Hamburger	200 gr	"	9 - 13		10
• Sausages	300 gr	"	11 - 15		10
POULTRY					
• Duck, turkey	1,5 kg	"	34 - 37	At the end of the rest period, wash under hot water to remove possible ice	20
• Whole chickens	1,5 kg	"	34 - 37		20
• Cut-up chicken	500 gr	"	16 - 21		10
• Chicken breasts	300 gr	"	15 - 20		10
VEGETABLES					
• Cubed eggplant	500 gr	"	19 - 24	To make defrosting easier, stir the vegetables from time to time	5
• Cut-up peppers	500 gr	"	18 - 23		5
• Shelled peas	500 gr	"	15 - 20		5
• Artichoke hearts	300 gr	"	11 - 16		5
• Pieces of asparagus	500 gr	"	16 - 21		5
• Cut-up green beans	500 gr	"	18 - 23		5
• Whole broccoli	500 gr	"	17 - 22		5
• Brussels sprouts	500 gr	"	17 - 22		5
• Cut-up carrots	500 gr	"	16 - 21		5
• Cauliflower tops	450 gr	"	15 - 20		5
• Mixed vegetables	300 gr	"	10 - 15		5
• Cut-up spinach	300 gr	"	11 - 16		5
FISH					
• Filleted fish	300 gr	"	11 - 16	Fish is better cook from frozen if it does not require further reparation	7
• Cut-up fish	400 gr	"	12 - 17		7
• Whole fish	500 gr	"	15 - 20		7
• Prawn, Shrimps	400 gr	"	12 - 17		7
DAIRY PRODUCTS					
• Butter	250 gr	"	8 - 12	Remove the aluminium paper and metal pieces. Partially defrosted. Needs the standing time. Cream is to be removed from its container and put on a plate.	10
• Cheese	250 gr	"	9 - 13		15
• Cream	200 ml	"	11 - 15		5
BREAD PRODUCTS					
• 2 average-size rolls	150 gr	"	3 - 4	Put the bread directly on the turntable	3
• 4 average-size rolls	300 gr	"	6 - 8		3
• Sliced home-style bread	250 gr	"	6 - 8		3
• Whole-wheat bread	250 gr	"	6 - 8		3
FRUIT					
• Strawberries, prunes, cherries, currants, apricots	500 gr	"	13 - 15	Mix 2 or 3 times	10
• Raspberries	300 gr	"	9 - 11	Mix 2 or 3 times	10
• Blackberries	250 gr	"	7 - 9	Mix 2 or 3 times	6

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

HEATING

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

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



ELECTRICAL CONNECTION (U.K. ONLY)

- A) If your appliance comes fitted with a plug, it will incorporate a 13 Amp fuse. If it does not fit your socket, the plug should be cut off from the mains lead, and an appropriate plug fitted, as below.

WARNING: Very carefully dispose of the cut off plug after removing the fuse: do not insert in a 13 Amp socket elsewhere in the house as this could cause a shock hazard.

With alternative plugs not incorporating a fuse, the circuit must be protected by a 15 Amp fuse.

WARNING - THIS APPLIANCE MUST BE EARTHED **IMPORTANT**

The wires in the mains lead are coloured in accordance with the following code:

Green and yellow:
Blue:
Brown:


Earth
Neutral
Live



If the plug is a moulded-on type, the fuse cover must be refitted when changing the fuse using a 13 Amp Asta approved fuse to BS 1362. In the event of losing the fuse cover, the plug must NOT be used until a replacement fuse cover can be obtained from your nearest electrical dealer. The colour of the correct replacement fuse cover is that as marked on the base of the plug.

- B) If your appliance is not fitted with a plug, please follow the instructions provided below:


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

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

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

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

Heating times

Type	Quantity	power level	times (minuts)	Notes
SOFTENING FOOD				
<ul style="list-style-type: none"> Chocolate/icing Butter 	100 gr 50 -70 gr		5 - 6 0.7-0.12	Put on a plate. Mix the icing once.
CHILLED FOOD (INITIAL TEMP. 5/8°C) UP TO 20/30°C				
<ul style="list-style-type: none"> Yoghurt Baby's bottle 	125 gr 240 gr	" "	0.12-0.17 0.35-0.40	Remove metal foil. Heat the baby's bottle without the teat and mix it immediately after heating to make the temperature uniform. Check the temperature of the contents before use. With milk at room temperature the heating time is lower. To avoid risk of fire when using dried milk please stir evenly. Please use already sterilized milk.
CHILLED PRECOOKED FOOD (INITIAL TEMP. 5/8°C) UP TO APPROX. 70°C				
<ul style="list-style-type: none"> Packet of lasagne or of pasta with filling Packet of meat with and/or vegetables Packet of fish and/or vegetables Plate of meat and/or vegetables plate of pasta, cannelloni or lasagne Plate of fish and/or rice 	400 gr 400 gr 300 gr 400 gr 400 gr 300 gr	" " " " " "	6 - 8 6 - 8 5 - 7 7 - 9 7 - 9 6 - 8	Packets of any kind of commercially available pre-cooked food, to be heated to a temp. of 70° C. Remove the food from any rice metal packets and put it directly onto the plate from which it is to be eaten. For best results, always cover the food. Portions of any kind of already cooked food, to heat to a temp. of 70°C. The food is placed directly onto the plate from which it is to be eaten and is always covered either with a transparent film or with an upturned plate.
FROZEN FOOD TO REHEAT/COOK (INITIAL TEMP. -18°/-20°C) UP TO APPROX. 70°C				
<ul style="list-style-type: none"> Packet of lasagne or of pasta with filling Packet of meat with rice and/or vegetables Packet of fish and/or pre-cooked vegetables Packet of fish and/or raw vegetables Portion of meat and/or vegetables Portion of pasta, cannelloni or lasagne Portion of fish and/or rice 	400 gr 400 gr 300 gr 300 gr 400 gr 400 gr 300 gr	" " " " " " "	8 - 10 7 - 9 5 - 7 10 - 12 8 - 10 9 - 11 6 - 8	Packets of any kind of commercially available pre-cooked frozen food, to be heated to a temp. of 70° C directly in its packet. Remove the food from any metal containers and put it directly onto the plate from which it is to be eaten, increasing cooking time by a few minutes. Remove the raw food from the packets and place it in a container suitable for microwaves and cover. Portions of any kind of already cooked frozen food, to be heated to a temperature of 70°C. Place the frozen food in the plate from which it is to be eaten and cover it with another upturned plate or pyrex dish. Check that it is hot in the centre; where possible, mix the food.
CHILLED DRINKS (INITIAL TEMP. 5°/8° C) UP TO APPROX. 70°C				
<ul style="list-style-type: none"> 1 cup of water 1 cup of milk 1 cup of coffee 1 plate of broth 	180 cc 150 cc 100 cc 300 cc	" " " "	2.30-3 2-2.30 2-2.30 5 - 6	All the drinks should be mixed after being heated to make the temperature uniform. For the broth we recommend covering it with an upturned plate.
DRINKS AT ROOM TEMPERATURE (INITIAL TEMP. 20°/30°C) UP TO APPROX. 70° C				
<ul style="list-style-type: none"> 1 cup of water 1 cup of milk 1 cup of coffee 1 plate of broth 	180 cc 150 cc 100 cc 300 cc	" " " "	2-2.30 1.30-2 1.30-2 4 - 5	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.

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)
BEEF					
Meat loaf	900 gr		22 - 24	(*)	5
Meat loaf	800 gr	"	20 - 25	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
VEAL					
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
PORK					
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
LAMB					
Leg	1 kg	"	32 - 37	Turn at the halfway point	10
Fresh hamburgers	100 gr	"	10 - 13		3
Goulash	1,5 kg		40 - 45	Stir 2 or 3 times	3
Sausages	300 gr		14 - 19		3
POULTRY: CHICKEN					
Whole	1,5 kg	"	45 - 50	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
TURKEY					
Pieces	1,5 kg	"	45 - 50	Turn at the halfway point	8
Breast	500 gr	"	20 - 25	Turning not necessary	8
DUCK					
Whole	1,5 kg	"	45 - 50	Turn at the halfway point	10
FISH					
Filleted	300 gr		7 - 10	Cover while cooking	2
Slices	300 gr	"	9 - 12	Cover while cooking	2
Whole	500 gr	"	10 - 13	Cover while cooking	2
Whole	250 gr	"	7 - 10	Cover while cooking	2
Crayfish	500 gr	"	9 - 12	Cover while cooking	2
Cut-up fish	400 gr	"	9 - 12	Cover while cooking	2

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

GREENS AND VEGETABLES

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


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

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

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

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

Cooking times for greens and vegetables

Type	Quantity	Power Selector	Timer (minutes)	Notes	Standing time (minutes)
• Asparagus	500 gr		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

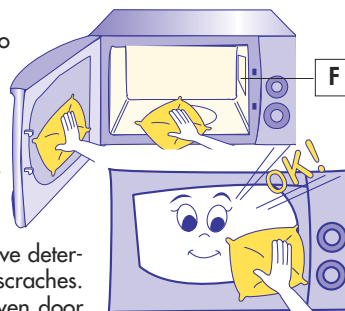
Type/quantity	Power Selector	Timer (minutes)	Standing time (minutes)	Observations and advice
Nut cake (700 gr)		18 - 23	5	May be used in combination with any cream whatsoever
Viennese torte (850 gr)	"	22 - 27	5	To be filled with jam or jelly.
Pineapple cake (800 gr)	"	20 - 25	5	The pineapple slices can 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		4 - 6	3	Mix with a whisk every 30 seconds
Cooked pears (300 gr)		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)	"	18 - 20	5	These indications are suitable for carrying out the cooking test in accordance with IEC regulation 705, par. 17.3, test A and test B respectively. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2
Test A				
Sponge cake (475 gr)	"	8 - 9	5	
Test B				

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

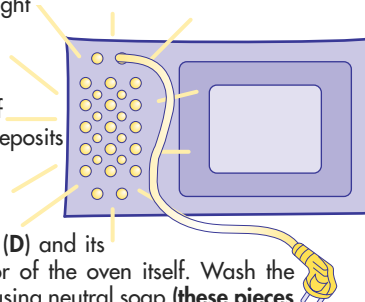
Disconnect the plug from its the socket before beginning any cleaning or maintenance operations.

Cleaning

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



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



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

If something seems not to be working right...

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

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

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