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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 "OVENWARE TO BE USED").
- 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.

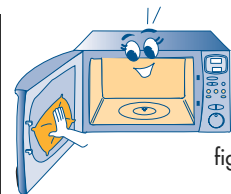


fig. 1



fig. 2

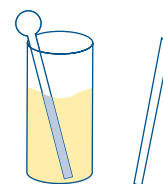


fig. 3



fig. 4

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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.

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

1.2 TECHNICAL DATA

ENERGY CONSUMPTION (CENELEC HD 376 norms)

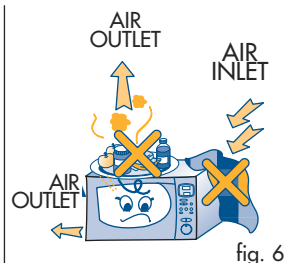
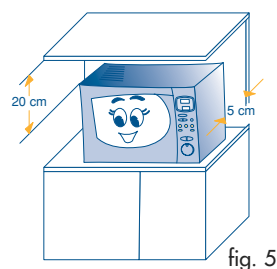
To reach 200°C	0,3 kWh
To maintain a temperature of 200°C for an hour	1,1 kWh
Total consumption	1,4 kWh

For further data, consult the data plate placed on the rear of the appliance.

This appliance conforms to E.E.C. directive no. 89/336 and 92/31 regarding Electromagnetic Compatibility, and to directive 89/109/E.E.C. regarding materials which come into contact with food.

1.3 INSTALLATION AND ELECTRICAL CONNECTION

- 1) After removing the oven from the box, remove the protective packaging containing the turntable (I) and its support (L) and all the accessories. Check that the turntable spindle (D) is inserted correctly in the special slot in the centre of the turntable.
- 2) Clean the inside with a soft, damp cloth.
- 3) Check that there is no damage as a result of transportation, and in particular that the door opens and closes properly.
- 4) Place the appliance on a flat, stable surface at a height of at least 85 cm, out of the reach of children, since the door can become very hot during cooking.
- 5) **When positioning the appliance on the worktop, make sure that there a gap of approx. 5 cm between the surfaces of the appliance and the rear and side walls, and a gap of at least 20 cm above the oven (fig. 5).**
- 6) Do not block the air intake vents. In particular, do not place any objects on top of the oven and check that the air and steam outlets (placed on the top, on the bottom and or on the back of the appliance) are ALWAYS FREE OF OBSTRUCTIONS (fig. 6).
- 7) Place the support (L) in the centre of the circular groove and attach the turntable (I) to it. The spindle (D) should be inserted in the corresponding groove in the centre of the turntable.



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N.B. The appliance must not be placed on or near sources of heat (for example on the refrigerator) (fig. 7).

- 8) Only connect the appliance to a power socket with a power capacity of at least 16A. Also make sure that the main switch installed in your home has a minimum power capacity of 16A in order to avoid it suddenly tripping while the oven is on.
- 9) Position the appliance so that the plug and the outlet can be easily reached even after installation.
- 10) Before use, check that the power supply voltage is the same as the one shown on the rating label and that the power outlet is **properly earthed**: **the manufacturer declines any liability if this safety norm is not observed.**

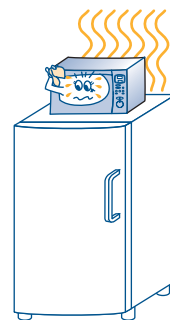
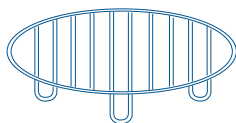


fig. 7

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1.4 ACCESSORIES SUPPLIED



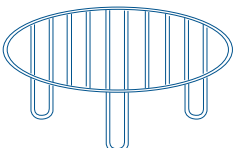
LOW WIRE RACK

Fan Oven Only mode:

for all types of traditional cooking, especially cakes

Combined microwave and fan oven mode:

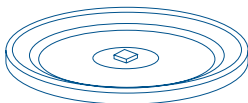
for rapid cooking of meat, potatoes and some cakes which rise.



HIGH WIRE RACK

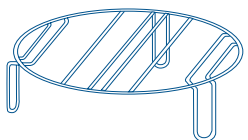
Grill Only mode:

for all types of grilled food.



TURNTABLE

The turntable is used for all the modes.



MEDIUM SPACER WIRE RACK

For all types of cooking on two levels **SIMULTANEOUSLY** (for example: large quantity of food or several different types of food). See instructions on page 44.

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1.5 OVENWARE TO BE USED

In the "Microwave Only" and "Microwave Combined" modes, all types of containers in glass (preferably Pyrex), ceramics, china and terra-cotta may be used provided that they are undecorated and free of metal parts (i.e. gilt trimmings, handles, feet etc.). 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. Paper napkins, cardboard trays and disposable plastic plates can also be used for short cooking times. The size and shape of the containers must be such as to allow them to rotate properly inside the oven.

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

It is worth remembering that - since microwaves heat the food, not the dish - it is possible to cook the food directly on the plate on which it is to be served. This means that you do not need to use, and wash up, saucepans. However, remember that heat may be transferred from the food itself to the plate, making it necessary to use an oven glove.

If the oven has the "Fan Oven Only" or "Grill only" settings, all types of oven containers may be used.

In any case, observe the guidelines shown in the following table:

	Glass	Pyrex	Glass-ceramics	Terracotta	Silver foil	Plastic	Paper or cardboard	Metal containers
Mode: "Microwave Only"	YES	YES	YES	YES	NO	YES	YES	NO
Mode: "Combined"	NO	YES	YES	YES	NO	NO	NO	NO
Mode: "Fan Only" "Grill Only"	NO	YES	YES	YES	YES	NO	NO	YES

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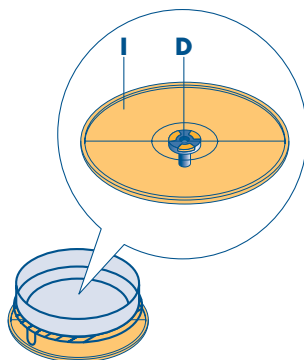
Blocking the Turntable for Large Containers

In order to use large rectangular containers (which are not able to rotate in the oven), you only need block the rotation of the turntable (I) by removing the turntable spindle (D) from its slot, as shown in the figures below.

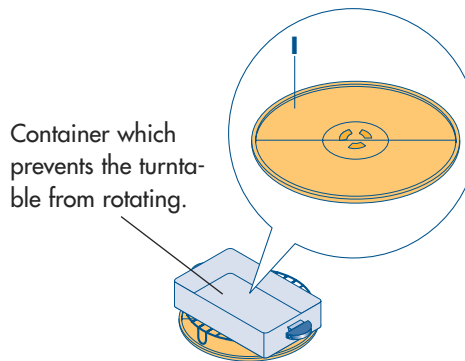
Warning: this operation is possible ONLY for the "Fan Oven Only" mode.

Bear in mind that in order to guarantee satisfactory results in these circumstances you need to stir the food and rotate the container several times during cooking.

Operating with turntable spindle (D). (Turntable in motion).



Operating without turntable spindle (D). (Turntable not moving).



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1.6 FUNDAMENTAL RULES FOR MICROWAVE COOKING

- 1) One of the main procedures to be performed is to stir the food several times during cooking: this serves to make the temperature more evenly spread and thus to reduce the cooking time.
- 2) It is also advisable to **turn food** during cooking.
- 3) Food with skin, shell or peel (e.g. apples, potatoes, tomatoes, frankfurters and fish) should be **pierced in several places** with a fork in order to let out the steam without the skin or peel bursting (fig. 8).
- 4) If many portions of the same food are cooked, for example boiled potatoes, **arrange them in a ring** around the dish to obtain even cooking (fig. 9).
- 5) **Cover the food with transparent film, grease proof paper, a glass lid or simply** with an upturned plate in order to reduce the amount of condensation that forms inside the oven, on the shelf on which the food rests or around the door. Also food with a high water content (e.g. vegetables) cooks better if covered. Covering food also helps keep the inside of the oven clean. Use transparent film which is suitable for microwave ovens.
- 6) In **"Microwave Only"** mode and in the **"Combined"** modes, the oven must **under no circumstances be preheated or made to work when empty (without food), as sparks may be produced which would result in damage to the appliance.**
- 7) **Do not cook eggs in their shells** (fig. 10): the pressure which builds up on the inside would cause the egg to explode, even after cooking has finished. Do not heat up eggs which have already been cooked, unless they are scrambled.
- 8) Do not forget to open containers which are air-tight or sealed before heating or cooking food in the oven. The pressure on the inside of the container would rise, causing them to explode even after cooking has finished.

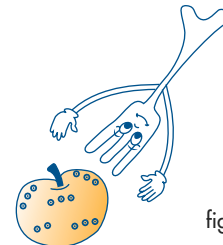


fig. 8

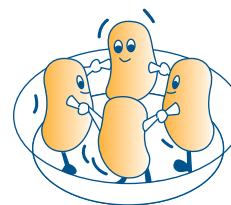


fig. 9

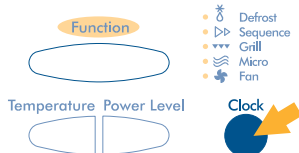


fig. 10

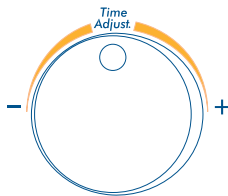
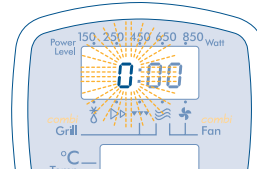
CHAPTER 2 – USING THE CONTROLS AND MODES

2.1 SETTING THE CLOCK

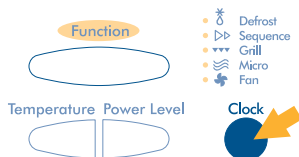
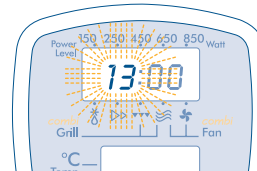
- When the appliance is connected to the domestic power supply for the first time, or after a power cut, four dashes will appear on the display (----).
In order to set the time of day, proceed as described below:



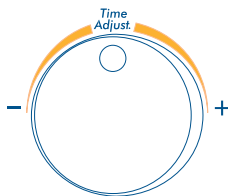
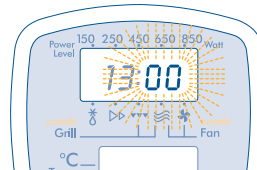
- 1 Press the **"Clock"** key (6).
(The hours flash on display 1)



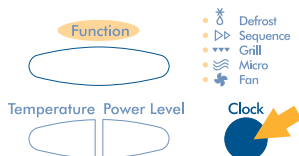
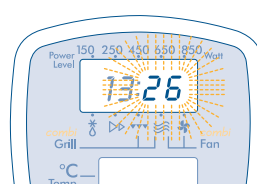
- 2 Set the desired time by turning the **Time Adjust** knob (14).
(The hours flash on display 1)



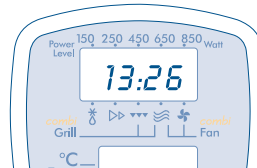
- 3 Press the **"Clock"** key (6) again.
(The minutes flash on display 1)



- 4 Set the desired minutes by turning the **Time Adjust** knob (14).
(The minutes flash on display 1)



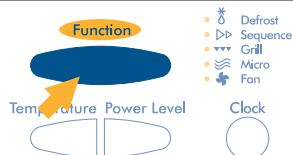
- 5 Press the **"Clock"** key (6) again.
(The display shows the time set)



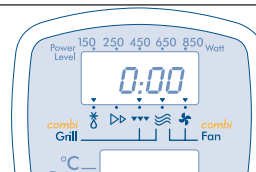
- If you wish to change the hour on the dial once it has been set, press the **"Clock"** key (6) before proceeding to set the new time as described above.
- It is possible to display the current time even after starting the mode set, by pressing the **"Clock"** key (6) (the time is displayed for 3 seconds).

CHAPTER 2 – USING THE CONTROLS AND MODES

2.2 PROGRAMMING THE COOKING

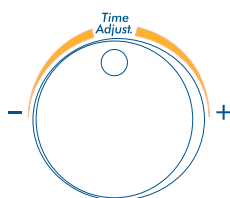


1 Press the **Function** key (3) (mode selection) and select the desired mode, which will be shown by the corresponding indicators coming on, on display 1. The available modes are:

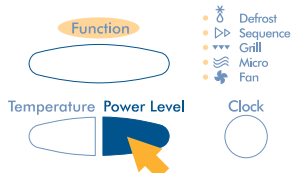
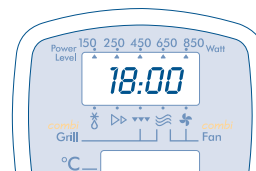


INDICATOR	MODE SELECTED
	Microwave Only
	Automatic Defrosting
	Combined Microwave and Fan Oven

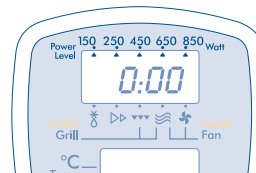
INDICATOR	MODE SELECTED
+	Combined Microwave and Grill
	Fan Oven Only
	Grill Only



2 Set the length of cooking time, in minutes, by turning the **Time Adjust** knob (14). In order to choose the length of cooking time, always consult the tables shown in Chapter 3.



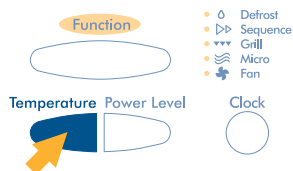
3 In the modes:
Microwave Only
Combined Microwave + Fan Oven
Combined Microwave + Grill



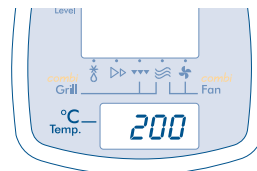
select the microwave power level by repeatedly pressing the Power Level key (5) until the indicator of the desired level of power appears on display 1. In order to select the power, always consult the tables shown in Chapter 3.

- Note**
- it is not necessary to select any level of power for the **Automatic Defrosting mode**.
 - in the **Combined Microwave + Fan Oven** mode the maximum microwave power which can be selected is 650 Watts.
 - it is possible to modify the power set even during cooking, simply by pressing the **Power Level** key (5).

CHAPTER 2 – USING THE CONTROLS AND MODES



- 4** In the modes:
Combined microwave + fan oven
Fan oven only



select the cooking temperature by repeatedly pressing the **Temperature** key (4) until display 2 (below) shows the desired temperature. In order to select the temperature, always consult the tables shown in Chapter 3.

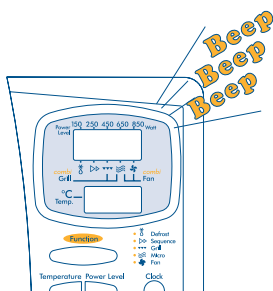
Note • once the cooking has been started, display 2 will show the increase in real temperature inside the oven.

- once the temperature set has been reached, a sound signal will be emitted (5 beeps). The temperature set will then remain shown on display 2.
- it is possible to modify the power set even during cooking, simply by pressing the **Temperature** key (5).



- 5** Start the cooking process by pressing the Start key (13). The count-down of the remaining cooking time will appear on the display, and if included in the mode, the oven temperature.

Note: • should the cooking process for any reason fail to start, all the settings will be automatically cancelled after 2 minutes.



- 6** When cooking finishes, a sound signal is emitted (3 beeps) and the word "END" will appear on the display. Open the door and take out the food (the time of day will appear, or if the oven is hot, the word "COOL" – see note below).

Note: • it is possible to check the progress of the cooking set at any time, by opening the door and inspecting the food. This interrupts the emission of microwaves and oven stops working until the door is closed again and the **Start** key (13) is pressed.

- Should it be necessary for any reason to suspend the cooking without opening the door, you only need press the **Stop/Clear** key (12).
- In order to complete the cooking, proceed as follows:
 - if the oven door is open, press the **Stop/Clear** key (12) once;
 - if the door is closed and cooking is underway, press the **Stop/Clear** key (12) twice; the display will go back to showing the clock.
- this model is equipped with an automatic cooling cycle which comes into action whenever the oven is very hot (for example after something has been cooked for a long time). During this cycle the word "COOL" will appear on display 1. The fans, the oven light and the turntable will come on (they will go off automatically).

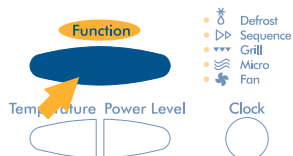
At the end of each cooking cycle, the oven light and the cooling fan will remain in operation until the oven door is opened.

CHAPTER 2 – USING THE CONTROLS AND MODES

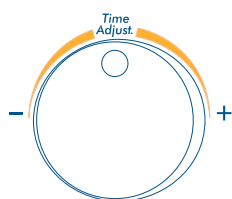
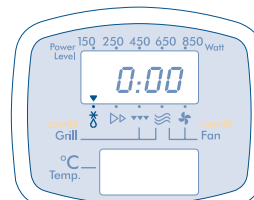
2.3 AUTOMATIC DEFROSTING AND COOKING SEQUENCE

In order to programme an automatic defrosting and cooking sequence proceed as follows:

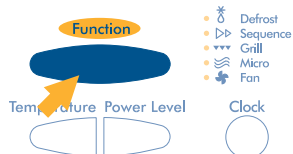
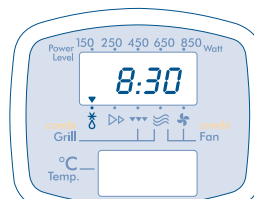
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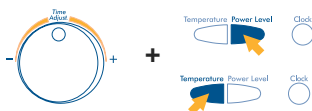
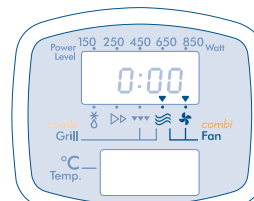
- 1** Set the automatic defrosting mode by pressing the **Function** key (3) twice (mode selection). The indicator corresponding to the automatic defrosting will appear on the display.



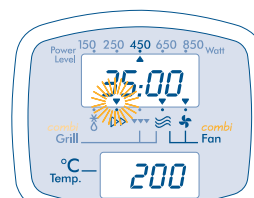
- 2** Set the length of time required for the defrosting (in minutes) by turning the **Time Adjust** knob (14).



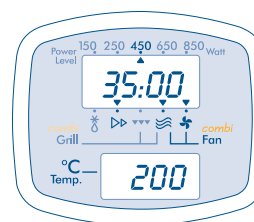
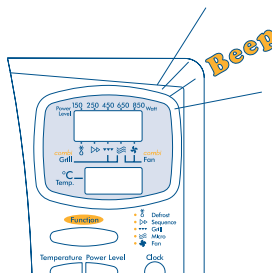
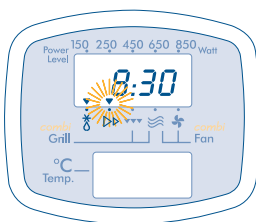
- 3** Set the cooking by selecting the desired mode with the **Function** key (3) (mode selection) until the corresponding indicators appear.
(ex. Combined microwave + fan function)



- 4** Adjust the length of cooking time and, if included in the mode, the microwave power level and the oven temperature as shown in the preceding paragraph (par. 2.2). The **Sequence** indicator >> will begin to flash.

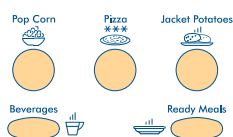


- 5** Press the **Start** key (13). The **Sequence** indicator will flash on display 1 during all the time the defrosting takes place. The passage from defrosting to cooking will be signalled by a sound signal.

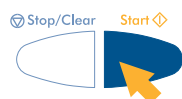


CHAPTER 2 – USING THE CONTROLS AND MODES

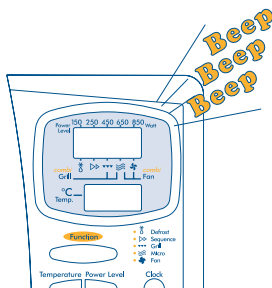
2.4 RECALLING THE PRE-MEMORISED RECIPES ("QUICK MENU" KEYS)



- 1 Press the desired "**Quick Menu**" key.
(The indicators of the length and temperature set will flash on the display and the pre-memorised mode and power level indicators will come on.)
Consult paragraph 3.8 in order to choose the most suitable menu.



- 2 Press the **Start** key (13) in order to start cooking.



- 3 At the end of the time set 3 long beeps will be heard and the word "**END**" will appear on the display.

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2.5 QUICK REHEAT

This mode is very useful for heating small quantities of food and drink.

- Press the **Start** key (13); the oven will come on for 30 seconds at maximum power. By pressing the key again the time will increase by 30 seconds each time up to 3 minutes.
- This mode is activated only if it is carried out within 1 minute after the food has been placed in the oven. The Quick Reheat is also useful to complete unfinished cooking.

2.6 CHILD SAFETY

The oven is equipped with a safety device which prevents pre-set cooking times from being tampered with while the cooking is underway, in order to avoid accidental and dangerous extensions to the cooking time which might cause the food to burn.

To activate the safety device:

- Keep the **Stop/Clear** key (12) pressed down for 5 seconds.
- A short beep is emitted: from this point it will no longer be possible to alter the times during all cooking.
- In order to deactivate the safety device once it has been previously activated, keep the Stop/Clear key (12) pressed until the beep is heard.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.1 DEFOSTING

- Frozen food in plastic bags, plastic film or cardboard packets can be placed directly in the oven for defrosting as long as the packet has no metal parts (e.g. metal ties or staples).
- Certain foods, such as vegetables and fish, do not require complete defrosting before being cooked.
- Boiled foods, stews and meat sauces defrost better and more quickly if they are stirred from time to time, turned over and/or separated.
- Meat, fish and fruit lose a certain amount of liquid during defrosting. Defrost these foods in a bowl.
- It is advisable to separate each individual piece of meat into its own bag before putting it into the freezer. This will enable you to save precious preparation time.
- It is important to observe the standing times immediately after defrosting, before cooking; the standing time (in minutes) is the length of time for which the food must be left to stand to allow the heat to continue spreading evenly in the food.

TABLE OF DEFOSTING TIMES IN "AUTOMATIC DEFOSTING" MODE

TYPE	QUANTITY	TIME (minutes)	NOTES/SUGGESTIONS	WIRE RACK TO BE USED	STANDING TIME
MEAT					
• Roasts (pork, beef, veal etc.)	1 kg	21 - 23	Turn over halfway through defrosting	None	20
• Steaks, chops, rashers	200 gr	5 - 7		None	5
• Stew, goulash	500 gr	12 - 14	See note *	None	10
• Minced	250 gr	6 - 8		None	15
	500 gr	10 - 12		None	15
• Hamburgers	200 gr	6 - 8		None	10
• Sausages	300 gr	8 - 10		None	10
POULTRY					
• Duck, turkey	1,5 kg	27 - 29	Turn the poultry over halfway through . When the standing time is over, wash under warm water to remove any ice.	None	20
• Whole chicken	1,5 kg	27 - 29		None	20
• Pieces of chicken	850 gr	16 - 18		None	10
• Chicken breast	300 gr	10 - 12		None	10
VEGETABLES					
• Aubergines in cubes	500 gr	15 - 17	Stir the vegetables occasionally to speed up the defrosting process.	None	5
• Sliced peppers	500 gr	14 - 16		None	5
• Shelled peas	500 gr	11 - 13		None	5
• Artichoke hearts	300 gr	8 - 10		None	5
• Chopped asparagus	500 gr	12 - 14		None	5
• Sliced green beans	500 gr	14 - 16		None	5
• Whole broccoli	500 gr	13 - 15		None	5
• Brussels sprouts	500 gr	13 - 15		None	5
• Sliced carrots	500 gr	12 - 14		None	5
• Cauliflower tops	450 gr	11 - 13		None	5
• Mixed vegetables	300 gr	7 - 9		None	5
• Sliced spinach	300 gr	8 - 10		None	5
FISH					
• Fillets	300 gr	8 - 10	Turn the fish over halfway through defrosting	None	7
• Slices	400 gr	9 - 11		None	7
• Whole	500 gr	11 - 13		None	7
• Prawns	400 gr	9 - 11		None	7
MILK/DAIRY PRODUCTS					
• Butter	250 gr	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	6 - 8		None	15
• Cream	200 ml	8 - 10		None	5
BREAD					
• 2 medium-sized rolls	150 gr	1 - 3	Put the bread directly onto the turntable.	None	3
• 4 medium-sized rolls	300 gr	3 - 5		None	3
• Sliced bread	250 gr	3 - 5		None	3
• Sliced wholemeal bread	250 gr	3 - 5		None	3
FRUIT					
• Strawberries, plums, cherries, redcurrants, apricots	500 gr	9 - 11	Stir 2-3 times	None	10
• Raspberries	300 gr	6 - 8	Stir 2-3 times	None	10
• Blackberries	250 gr	4 - 6	Stir 2-3 times	None	6

* These guidelines are suitable for carrying out the Defrosting Test for mince according to IEC Regulation 705, Par. 18.3, (see par. 2). Turn the block upside down halfway through the time set. The block which is to be defrosted should be placed directly on the turntable. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS


3.2 REHEATING

Reheating food is one of the modes in which your microwave oven displays all its usefulness and efficiency. Compared to traditional methods, using a microwave obviously saves time and therefore electricity.

- It is advisable to reheat food (especially if it is frozen) to a temperature of at least 70°C (it must be piping hot). This means the food will not be ready to eat immediately because it is too hot!) but it will be completely sterilised.
- In order to reheat pre-cooked or frozen food, always observe the following rules:
 - always remove the food from metal containers
 - cover it with transparent film (of the kind suitable for microwave ovens) or grease proof paper so that all the natural flavour is preserved and the oven will stay cleaner; the food may also be covered with a an upturned plate;
 - if possible, stir or turn the food frequently in order to speed up the reheating process and to make it cook more evenly;
 - follow the cooking times shown on the packet with considerable caution; remember that, under certain conditions, the times shown must be increased.
- Frozen food must be defrosted before being reheated. The lower the initial temperature of the food, the longer the reheating time will have to be.

Note: some dishes can also easily be reheated by using the "Quick Menu" pre-memorised recipes (see table on page 21).

TABLE OF REHEATING TIMES

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TIME minutes	NOTES/SUGGESTIONS
SOFTENING AND MELTING FOOD					
• Chocolate/icing • Butter	100 gr 50-70 gr	 "	450 850	4 - 5 0'.5"-0'.10"	Put in a dish. It is not necessary to stir chocolate cubes. Mix the icing once.
CHILLED FOODS (5/8°C) up to 20/30°C					
• Yoghurt • Feeding bottle	125 gr 240 gr	" "	850 850	0'.15"-0'.20" 0'.30"-0'.35"	Remove the metal top. 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.
PRE-COOKED CHILLED FOODS (initial temp. 5/8°C) up to approx. 70°C					
• Packet of lasagne or stuffed pasta	400 gr	"	850	4 - 6	Packets of any type of pre-cooked food available in the shops, to be reheated to 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 the food should always be covered.
• Packet of meat with rice and/or vegetables	400 gr	"	850	4 - 6	
• Packet of fish and/or vegetables	300 gr	"	850	3 - 5	
• Plate of meat and/or vegetables	400 gr	"	850	5 - 7	
• Plate of pasta, cannelloni or lasagne	400 gr	"	850	5 - 7	Plate of meat and/or vegetables Portions of any type of cooked food to be reheated to 70°C. The food should be placed directly onto the plate from which it is to be eaten and should always be covered either with transparent film or with an upturned plate.
• Plate of fish and/or rice	300 gr	"	850	4 - 6	
FROZEN FOOD TO BE REHEATED/COOKED (initial temp. -18/-20°C) up to approx. 70°C					
• Packet of lasagne or stuffed pasta	400 gr	"	850	6 - 8	All kinds of pre-cooked frozen food to be reheated to 70°C directly in the packet. For metal containers, place the food directly onto the dish from which it is to be eaten and increase the cooking time by a few minutes.
• Packet of meat with rice and/or vegetables	400 gr	"	850	5 - 7	
• Packet of pre-cooked fish and/or vegetables	300 gr	"	850	3 - 5	
• Packet of fish and/or raw vegetables	300 gr	"	850	8 - 10	
• Portion of meat and/or vegetables	400 gr	"	850	6 - 8	Remove raw food from the packets, place it in a container suitable for microwaves and cover. Portions of cooked frozen food to be heated to 70°C. Place the frozen food onto the dish from which it is to be eaten and cover it with an upturned plate or Pyrex lid. Make sure that it is thoroughly heated in the centre; if possible, stir the food.
• Portion of pasta, cannelloni or lasagne	400 gr	"	850	7 - 9	
• Portion of fish and/or rice	300 gr	"	850	4 - 6	
CHILLED DRINKS (5/8°C) up to approx. 70°C					
• 1 cup of water	180 cc	"	850	2 - 2'.30"	All drinks should be shaken after reheating to spread the temperature evenly. We recommend covering clear soup with an upturned plate.
• 1 cup of milk	150 cc	"	850	1'.30" - 2	
• 1 cup of coffee	100 cc	"	850	1'.30" - 2	
• 1 bowl of clear soup	300 cc	"	850	4 - 5	
DRINKS AT ROOM TEMPERATURE From 20/30°C up to approx. 70°C					
• 1 cup of water	180 cc	"	850	1'.30" - 2	All drinks should be shaken after reheating to spread the temperature evenly. We recommend covering clear soup with an upturned plate.
• 1 cup of milk	150 cc	"	850	1 - 1'.30"	
• 1 cup of coffee	100 cc	"	850	1 - 1'.30"	
• 1 bowl of clear soup	300 cc	"	850	3 - 4	

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.3 - COOKING ANTIPASTI AND FIRST COURSES

Vegetable soups and other soups in general require less liquid because in a microwave oven evaporation is rather minimal. Salt must be added only at the end of cooking or during standing time as it dehydrates the food.

It is fair to say that the time needed to cook rice in the microwave oven (as indeed for pasta) is more or less equal to that needed to cook it on a stove in the traditional manner. The advantage of preparing a risotto in a microwave oven is that it does not need stirring continually (this only needs to be done 2 or 3 times).

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO USE
• Lasagne	1100 gr		850 850	- -	8 +12	Suitable times for raw pasta. If the pasta is pre-cooked, 8 minutes of Combined MICROGRILL cooking is enough.	None
• Gnocchi alla romana	600 gr		850	-	12	Avoid piling them up too heavily	None
• Macaroni	1500 gr		850	-	8	The pasta should have previously been boiled separately.	None
• Risotto	300 gr. of rice		850	-	12-15	The ingredients should all be placed together in a container suitable for microwaves and covered with transparent film (750 g of clear soup is needed for 300 g of rice with the microwaves on full power for approx. 10-12 minutes).	None
• Pizza	800 gr		-	200°C	30	Spread the pizza on oven paper resting on a shelf for cakes or on the detachable base of metal baking tin for cakes. Preheat the oven to 200°C.	Low
• Fresh Quiche Lorraine	800 gr		-	160°C	40	Use a cake tin with a handle (the oven should be pre-heated).	Low
• Frozen Quiche Lorraine	550 gr		-	190°	45	Place on the bottom of a metal baking tin (the oven should be pre-heated).	Low

3.4 - COOKING MEAT

Cooking is closely linked to the size and uniformity of the food which is to be cooked: kebabs cook before a roast because they consist of smaller, more evenly-sized pieces of meat. To keep roasts, chicken and kebabs moist, it is advisable to add 1 or 2 cups of water at the start of cooking.

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minuti	NOTES/SUGGESTIONS	WIRE RACK TO USE
• Roasts (pork, beef)	1000 gr		450	190°C	35-40	Leave on a little fat to avoid it drying out. Do not add much sauce.	Low
• Meatloaf	800 gr		450	180°C	22-25	Mix 500 g of minced beef with egg, ham, grated Bread, etc. Add a touch of oil and a little white wine.	Low
• Meatloaf	900 gr		650	-	20	See note *	None
• Whole chicken	1200 gr		650	190°C	38-42	Prick the skin to allow the fat to run off. See note **	Low
• Pieces of chicken	850 gr		650	190°C	25-30	Stir once during cooking	Low
• Kebabs	600 gr		450	180°C	17-20	Turn halfway through cooking	Low
• Goulash	1500 gr		850	-	35-40	Cook uncovered and stir 2-3 times	None
• Chicken breast	500 gr		650	-	13-15	Turn halfway through cooking	None
• Veal or pork chop	3 pieces		-	-	17-19	Preheat the oven for 3 minutes. Turn through cooking, as the heating element only irradiates heat from the upper part of the oven.	High
• Sausages	3 pieces		-	-	10-12	Preheat the oven for 3 minutes. Turn through cooking, as the heating element only irradiates heat from the upper part of the oven.	High
• Hamburgers	3 pieces		-	-	10-12	Preheat the oven for 3 minutes. Turn through cooking, as the heating element only irradiates heat from the upper part of the oven.	High

* These guidelines are suitable for carrying out the Cooking Tests for mince according to IEC Regulation 705, Par. 17.3, Test C. Cover the container with transparent film. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

** These guidelines are suitable for carrying out the Cooking Tests according to IEC Regulation 705, Par. 17.3, Test F. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.5 - COOKING SIDE DISHES AND VEGETABLES

Vegetables cooked in a microwave oven preserve their colour and nutritional value better than in traditional cooking.

Wash and peel the vegetables before starting to cook.






























The larger vegetables should be cut into evenly-sized pieces.

Add approx. 5 spoonfuls of water for every 500g of vegetables (vegetables which have a high fibre content require more water).

The vegetables should always be covered with transparent film.

Stir at least once halfway through cooking and add a little salt only at the end.

Warning: 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.

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO USE
• Asparagus	500 gr		850	-	9-10	Cut into 2 cm pieces	None
• Artichokes	300 gr		850	-	11-12	It would be better to use artichoke bottoms	None
• Green beans	500 gr		850	-	11-12	Cut in pieces	None
• Broccoli	500 gr		850	-	7-8	Separate into single "flowers"	None
• Brussels sprouts	500 gr		850	-	7-8	Leave whole	None
• White cabbage	500 gr		850	-	7-8	Leave whole	None
• Red cabbage	500 gr		850	-	7-8	Leave whole	None
• Carrots	500 gr		850	-	9-10	Cut into evenly-sized pieces	None
• Cauliflower	500 gr		850	-	11-12	Separate into tops	None
• Cauliflower in béchamel sauce	1000 gr		850	-	10 + 8	Times with raw cauliflower. If pre-cooked, needs only 10 minutes with grill in Combined mode	None
• Celery	500 gr		850	-	7-8	Separate into pieces	None
• Aubergines	800 gr		850	-	6-7	Cut into cubes	None
• Grilled aubergines	4 slices		-	-	9-11	Preheat for 3 minutes. Turn halfway through cooking	High
• Aubergines "alla parmigiana"	1300 gr		850	-	8	The aubergines may be first grilled or fried	None
• Leeks	500 gr		850	-	6-7	Leave whole	None
• Button mushrooms	500 gr		850	-	6-7	Leave whole and cover. No need for water	None
• Onions	250 gr		850	-	5-6	Whole in equal sizes. No need for water	None
• Spinach	300 gr		850	-	6-7	Cover after washing and draining	None
• Peas	500 gr		850	-	10-11		None
• Fennel	500 gr		850	-	12-13	Cut into quarters	None
• Grated tomatoes	800 gr		450	-	10	It is preferable for them to be of equal sizes	None
• Peppers	500 gr		850	-	9-10	Cut into pieces	None
• Grilled peppers	4 quarters		-	-	9-11	Preheat for 3 minutes. Turn halfway through cooking	High
• Stuffed peppers	1400 gr		850 850	- -	13 + 10	Preferably the short, broad kind	None
• Potatoes	500 gr		850	-	8-9	Cut into evenly-sized pieces	None
• Roast potatoes (fresh)	500 gr		450	190°C	25-30	Stir 2-3 times	Low
• Roast potatoes (frozen)	900 gr		450	200°C	40	Stir 2-3 times	Low
• Potato gratin	1100 gr (total)		850	190°C	25	See note *	Low
• Courgettes	500 gr		850	-	7-8	Leave whole	None

* These guidelines are suitable for carrying out Combined Cooking Test D according to the Regulation Project (3rd edition of IEC 705) contained in the document IEC 53H/69/CD. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.6 - COOKING FISH

Fish cooks very quickly and with excellent results. It can be dressed with a little butter or oil (or even left without). Cover it with transparent film. Naturally if it has its skin, this must be cut; the fillets should be arranged evenly. It is not advisable to cook fish breaded with egg.

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO BE USED
• Fillets	300 gr		850	-	5-7	Cover with film	None
• Pieces	300 gr		850	-	7-9	Cover with film	None
• Whole	500 gr		850	-	8-10	Cover with film	None
• Whole	250 gr		850	-	5-7	Cover with film	None
• Slices	400 gr		850	-	7-9	Cover with film	None
• Prawns	500 gr		850	-	7-9	Cover with film	None
• Oven cooked	600 gr		250	190°	30	Add oil, a clove of garlic and drop of white wine. Do not cover.	Low

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3.7 - COOKING DESSERTS AND CAKES

For cooking all cakes the oven must be preheated to the temperature shown in the table. Only after reaching the temperature set (signalled by 5 beeps) may the cake be placed in the oven






TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO BE USED
• Hazelnut cake	1100 gr		250	170°C	25-30	Use a heat-resistant container	Low
• Quark cake	1500 gr		450	170°C	35-40	Use a heat-resistant container	Low
• Jam tart	700 gr		-	160°C	55	Use a metal cake tin	Low
• Plum cake	950 gr		-	160°C	90	Use a rectangular mould	Low
• Light sponge cake	700 gr		-	160°C	40	Use a metal cake tin	Low
• Walnut cake	650 gr		-	160°C	40	Use a metal cake tin	Low
• Egg custard	750 gr		850	-	16	See note *	None
• Sponge cake	475 gr		850	-	8	See note *	Low
• Sponge cake	710 gr		150	170°C	30	See note **	Low

- * These guidelines are suitable for carrying out the Cooking Tests according to IEC Regulation 705, Par. 17.3, Tests A and B respectively. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.
- ** These guidelines are suitable for carrying out Combined Cooking Test E according to the Regulation Project (3rd edition of IEC 705) contained in the document IEC 59H/69/CD. Remember to preheat the oven only in Fan mode with the low wire rack in place. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.8 - REHEATING/COOKING USING THE “QUICK MENU” KEYS

The “Quick Menu” keys are 5 different programmes with “pre-memorised” length of cooking time, power level and oven temperature; they afford excellent results for the dishes described in the following table.

KEY	WHAT TO DO	SUGGESTIONS
(10)  Beverages		
<ul style="list-style-type: none">• Press once• Press twice• Press 3 times• Press 4 times	<ul style="list-style-type: none">• Reheat 1 small coffee cup (60 cc) at room temperature.• Reheat 2 small coffee cups or a normal cup (120 cc) starting from room temperature• Reheat one large cup (200 cc) starting from chilled• Reheat 1 soup dish (300 cc) starting from chilled	After reheating the liquid, stir well to spread the temperature evenly.
(8)  Jacket potatoes		
<ul style="list-style-type: none">• Press once• Press twice• Press 3 times	<ul style="list-style-type: none">• Cook 200 g of potatoes• Cook 400 g of potatoes• Cook 600 g of potatoes	Wash the potatoes thoroughly in their jackets, pierce them and put them on the turntable. They should be served stuffed with butter or cheese.
(11)  Ready meals - chilled ready meals (5-8°C)		
<i>Warning: at the end of the reheating the food and the containersi may be very hot. Use tweezers or oven gloves.</i>		
<ul style="list-style-type: none">• Press once• Press twice	<ul style="list-style-type: none">• Reheat 100 g of chilled dishes• Reheat 250 g of chilled meat or chilled meat + vegetables	Suitable for cooked portions of food, preserved in the refrigerator on the plate (the one from which the food is to be eaten). The food must never be covered. For pre-cooked dishes in packets, remove the food from the tubs/packets and place it on a plate.
(9)  Pizza and frozen ready meals		
<i>Warning: at the end of the reheating the food and the containersi may be very hot. Use tweezers or oven gloves.</i>		
<ul style="list-style-type: none">• Press once• Press twice• Press 3 times	<ul style="list-style-type: none">• Reheat 1 frozen pizza of 300 g• Reheat a packet (max. 300 g) of frozen ready meals, or max. 300 g of pre-cooked frozen dishes (e.g. meat or side dishes)• Reheat a packet (max. 550 g) of frozen ready meals, or max. 550 g of pre-cooked frozen dishes (e.g. meat or side dishes)	Place the pizza directly on the low wire rack. Place the packet on the turntable, being careful to remove any covers (film bags). If the packet is not suitable for microwaves, however, (e.g. metal tubs), remove the food from the packet pre-cooked frozen dishes (e.g. meat or side dishes) placing it uncovered on the turntable.
(7)  Pop corn		
<ul style="list-style-type: none">• Press once	<ul style="list-style-type: none">• Cook 1 100 g packet of popcorn for microwaves	Follow the instructions written on the box closely and place it on the turntable.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.9 COOKING SIMULTANEOUSLY ON TWO LEVELS

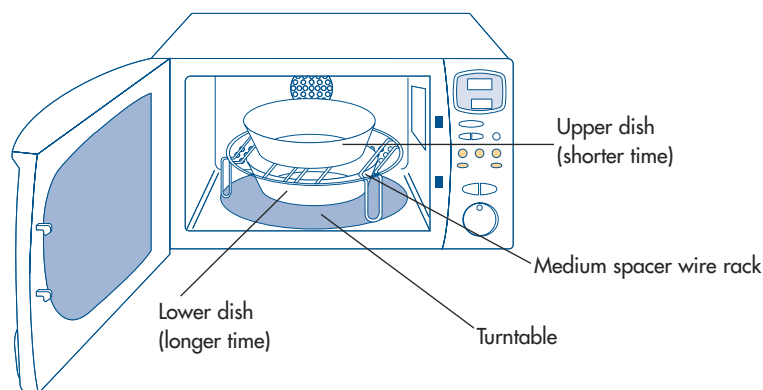
Using the medium spacer wire rack (H) in "Microwave Only" or "Automatic Defrosting" modes, it is possible to defrost, reheat and cook even different types of food simultaneously by placing it on two levels. The special double microwave emission system enables the energy distribution to be maximised.

When you wish to cook two dishes at the same time, you only need to bear in mind a few simple general rules.

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1. The cooking times for dishes cooked simultaneously are different from the times for the cooking of single dishes. Always therefore check the following table of reference.
2. Always be careful to place the food which requires the shortest cooking time **on top of the medium spacer wire rack (H)**: this will make it easier to extract the upper container, remove the wire rack and complete the cooking of the food on the lower level.
3. Observe the guidelines and suggestions shown in the tables; in particular, always check that the food which is to be reheated is very hot before removing it.

<i>Simultaneous Cooking Times</i>	
Potatoes (above)	24 min
Goulash (below)	48 min
<i>Cooking Times for Single Recipes</i>	
Potatoes	10 - 14 min
Goulash	35 - 40 min



DEFROSTING TIMES					
TYPE	POS. OF DISH	QUANTITY grams	FUNCTION	TIME minutes	NOTES/SUGGESTIONS
• Minced	above	500	⌘	22	Turn the meat over after 15 minutes. When finished, leave for 15 minutes.
• Minced	below	500		22	
• Chicken pieces	above	500	⌘	26	Detach the pieces of meat during defrosting. When finished leave for 15 minutes.
• Stew	below	500		26	
• Cauliflower	above	450	⌘	24	When finished leave for 5-10 minutes.
• Whole fish	below	500		24	When finished leave for 5-10 minutes.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

REHEATING TIMES

TYPE	POS. OF DISH	QUANTITY grams	POWER LEVEL	TIME minutes	NOTES/SUGGESTIONS
• Portion of meat	above	150	850	8	Cover the food with the transparent film.
• Portion of vegetables	below	250	850	8	Cover the food with the transparent film.
• Plate of lasagne	above	500	850	11	Cover the food with the transparent film.
• Plate of lasagne	below	500	850	11	Cover the food with the transparent film.
• Portion of meat	above	150	850	8	Cover the food with the transparent film.
• Plate of lasagne	below	50	850	10	Cover the food with the transparent film.

COOKING TIMES

TYPE	POS. OF DISH	QUANTITY grams	POTENZA	TIME minutes	NOTES/SUGGESTIONS
• Potatoes	above	500	850	24	Cut into equal pieces and cover with film.
• Potatoes	below	500	850	24	Cut into equal pieces and cover with film.
• Carrots	above	500	850	20	Cut into equal pieces and cover with film.
• Carrots	below	500	850	20	Cut into equal pieces and cover with film.
• Slices of fish	above	400	850	15	Cover with film. Remove the wire rack after 15 min.
• Courgettes	below	475	850	18	Leave them whole and cover with film.
• Whole fish	above	200	850	13	Cover with film. Remove the wire rack after 13 min.
• Courgettes	below	475	850	17	Leave them whole and cover with film.
• Whole fish	above	200	850	13	Cover with film.
• Whole fish	below	200	850	13	Cover with film.
• Potatoes	above	500	850	24	Cut into equal pieces and cover with film.
• Goulash	below	1500	850	48	Remove the wire rack after 24 min. Stir 2-3 times.
• Rice	above	300	850	24	Cover with film and stir twice.
• White cabbage	below	500	850	24	Leave whole and cover with film.
• Peas	above	500	850	22	Cover with film.
• Brussels sprouts	below	500	850	22	Cover with film.
• Meatloaf	above	500	850	34	Turn halfway through cooking if necessary.
• Potatoes	below	500	850	34	Cover with film.
• Sausages	above	300	850	24	Turn once or twice.
• Sausages	below	300	850	24	Turn once or twice.
• Stew	above	700	850	40	Stir 2-3 times.
• Chine of pork	below	700	850	40	Turn halfway through cooking.

CHAPTER 4 – CLEANING AND MAINTENANCE

4.1 CLEANING

Before any cleaning and maintenance are carried out, always disconnect the plug from the power socket and wait for the appliance to cool down.

The internal cavity of your oven is covered with a special enamel to which splashes and food particles do not stick, thus making cleaning particularly simple. Always keep the microwave outlet cover (C) clean and free from grease and splashes of fat.

Do not use abrasive detergents, wire sponges and sharp metal utensils when cleaning the external surface of the oven. Also be careful to ensure that water or liquid detergent does not penetrate the air and steam vent grilles on the top of the appliance.

It is also advisable not to use alcohol, abrasive detergents or ammonia-based detergents to clean the internal and external surfaces of the door.

Always keep the inside of the door clean to ensure that it closes properly, so that dirt and food residues do not become trapped between the door and the front panel of the oven.

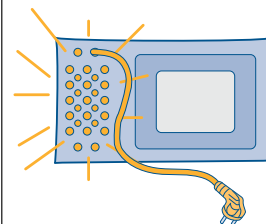
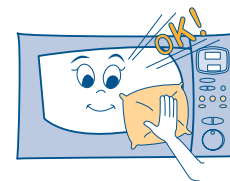
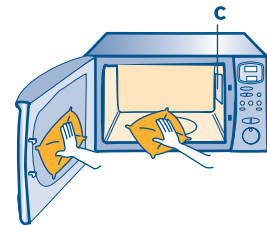
Clean the air inlet holes placed on the back of the oven regularly, to avoid them becoming blocked over the course of time by dust and dirt deposits.

It is necessary to remove the turntable (I) and its corresponding support (L) periodically in order to clean them; the bottom of the oven should also be cleaned.

Wash the turntable and its 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 sudden change in temperature would cause it to crack.

The turntable motor is sealed. Nevertheless, be careful to avoid the water penetrating under the turntable spindle (D) when the bottom of the oven is being cleaned.



CHAPTER 4 – CLEANING AND MAINTENANCE

4

4.2 MAINTENANCE

If something does not quite work or if a defect materialises, contact the Service Centre authorised by the manufacturer. It is always worth carrying out the following simple checks before calling our technicians:

PROBLEM	CAUSE/SOLUTION
The appliance does not work	<ul style="list-style-type: none"> The door is not closed properly. The plug is not correctly inserted. No power at the socket No power at the socket (check the fuse box)
Condensation on the work surface, inside the oven or around the door.	<ul style="list-style-type: none"> When food is cooked which contains water it is quite normal for the steam which is generated inside the oven to escape and condense inside the oven, on the cooking surface or around the doorframe.
Sparks inside the oven	<ul style="list-style-type: none"> Do not turn the oven on without food for Microwave and Combined cooking modes. Do not use metal containers for the above cooking modes or bags or packets with metal parts.
The food does not heat or cook properly	<ul style="list-style-type: none"> Select the correct cooking mode or reduce the cooking time. The food has not been completely defrosted before being cooked.
The food burns	<ul style="list-style-type: none"> Select the correct cooking mode or reduce the cooking time.
The food does not cook evenly	<ul style="list-style-type: none"> Stir the food during cooking. Remember that food cooks better when cut in evenly-sized pieces. The turntable is blocked.

NOTE: The oven may be used safely even if the light bulb is not working. Contact an authorised Service Centre for bulb replacement.

ENGLISH