













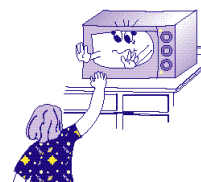
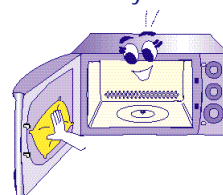
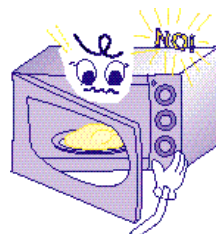
GB HOW TO GET THE BEST RESULTS FROM YOUR OVEN

What do I want to do?	What function should I choose?	Use Instr. page	Amt. & time chart page	
• Keep food warm	Microwave only  Power 85 W	37 40		
• Defrost	Microwave only  Power 125 W	37 40	41	
• Soften chocolate & icing	Microwave only  Power 300 W or  Power 425 W	37 40	41	 MICROWAVE
• Melt butter and soften cheese		42	43	
• Cook stew, chicken breasts	Microwave only  Power 600 W	37 44	45	
• Cook fruit, vegetables, rice, soup, fish	Microwave only  Power 850 W	37 44	45	
• Heat up all types of ready cooked or frozen food		42	43	
• Defrost, reheat, cook on two levels at the same time	Microwave only with SPACER WIRE RACK at medium height	38	39	 MICROWAVE
• Quickly make all kinds of roasts, poultry, skewered meats, potatoes	Combined microwave + ventilated oven	46 47	47	 MICROWAVE + VENTILATION
• Make only self-rising baked goods				
• Au gratin dishes (e.g., lasagne, vegetables au gratin, macaroni)	Combined microwave + grill	48 49	49	 MICROWAVE + GRILL
• Cook roasts and bake everything in a "traditional" way	Ventilated oven only	50	51	 VENTILATED OVEN
• Make pizza		51		
• Cook dishes having a puff pastry base				
• Grill hamburgers, chops, frankfurters, sausages, toast, etc. in a "traditional" way	Grill only	52 53	53	 GRILL

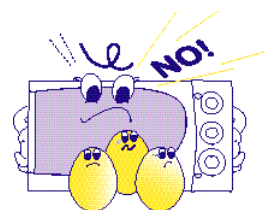
I M P O R T A N T S A F E G U A R D S

Before beginning to use this oven, read this important information to obtain the best possible result.

- 1) This oven has been designed to thaw, heat up and cook foods at home. It must not be used for other purposes and must not be altered or tampered with in any way.
- 2) Before connecting this oven to your electrical system, check to be certain that the door closes tightly. Also check to see that the metal frame is not warped and that the hinges and hooks have not loosened. In the event that these parts have been damaged, the microwave oven cannot be used until a qualified technician (trained by the manufacturer or by its Customer Service) has made the necessary repairs.
- 3) Do not try to make the oven operate while the door is open by tampering with the safety devices.
- 4) Do not operate this oven if objects of any type whatsoever get caught between the front of the oven and the oven door. Also keep the **inside of the door (E)** completely clean by using a damp cloth and non-abrasive detergent. Do not let dirt or food residue build up between the front of the oven and the oven door.
- 5) Do not operate the oven if its electrical power cable or plug are damaged (because there is the danger of electric shocks).
- 6) **Adjustments, repairs and replacement of the power cable must be carried out only by technicians trained by the manufacturer or by one of the latter's Technical Service Centres.** Repair work performed by non-professional or unqualified individuals can be inherently dangerous.
- 7) If you should see smoke coming out of the oven, **DO NOT OPEN THE OVEN DOOR.** Instead, immediately turn the oven off or pull the plug from its electric socket.
- 8) This oven must be used only by adults. **Never allow small children to approach the oven when it is operating (because they may burn themselves).**
- 9) 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.** When, on the other hand, you are making self-rising baked goods as part of the combined-with-microwave function, the oven can be pre-heated by using the ventilated-oven-only function and by following the instructions on p. 46.
- 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) Before using this oven, check to be certain that the utensils and containers chosen are suitable for microwave oven use (see the section on "Glassware and Similar Items").
- 12) Look at the oven from time to time when food is heated or cooked in disposable containers of plastic, paper or other combustible material. Also, small portion of food may become combustible if over heated.
- 13) **Do not use recycled kitchen paper as it may contain metal particles that could cause it to ignite.**



14) **Do not cook eggs still in their shell** . The pressure which might form inside the shell would make the egg itself explode (even after it has already been cooked). Never heat up eggs that have already been cooked (unless such eggs are scrambled).



15) Always pierce sealed container or loosen the lid before heating or cooking food. Otherwise the pressure inside those containers might build up and cause an explosion, even after the food itself has been cooked.

16) ALWAYS check the temperature of heated infant food before serving it so as to prevent burning. Always mix or shake the food to distribute the heat.



17) When heating liquids (water, coffee, milk, etc.), you may find that, because of delayed boiling, the liquid in question may suddenly boil up and spill out when removing the container scalding to your hand in the process. To prevent such a situation, you must place a heat-resistant plastic spoon or a glass stirrer in the container before starting to heat that liquid.



18) Do not heat up liquor having a high alcohol content or large amounts of oil (because overheating could cause such substances to burst into flame).

19) Refer to the charts in this instruction manual for the correct heating and cooking times.

TECHNICAL DATA

Outer measurements (LxDxH) 520x305x480

Inner measurements (LxDxH) 322x193x322

Oven's net volume 23 lt.

Approximate weight 21,6 kg.

Turntable diameter 31 cm

Oven light 25 W

ENERGY CONSUMPTION

(CENELEC HD 376 Standards)

To reach 200° C 0,3 kWh

To keep a 200° C temperature

for 1 hour 1,1 kWh

Total consumption 1,4 kWh

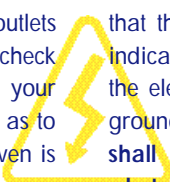
For additional data, consult the serial plate glued to the back of the equipment.

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

ELECTRICAL CONNECTIONS

Connect this equipment only to electrical outlets having a capacity of at least 13A. Also check to be certain that the circuit breaker in your home has a minimum capacity of 13A so as to prevent it from switching off while your oven is working.

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 35

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

- 1) After having taken the oven out of its packing case, remove the protective section containing the turntable (H) and its support (I). Make sure that the turntable spindle (D) is properly inserted in its housing in the oven, lined up with the middle of the turntable.
- 2) Wipe the inside clean with a soft, damp cloth.
- 3) 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.
- 4) Set the oven on a flat, steady surface **at least 85 cm.** above the floor and out of the reach of small children, because when the oven is operating its door can get very hot.

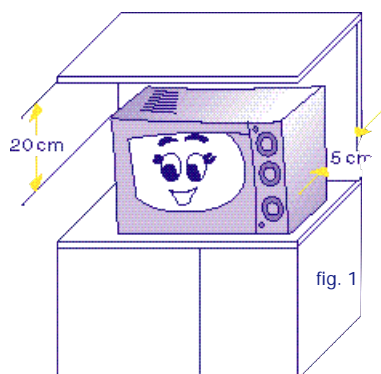


fig. 1

- 5) After having placed the oven on its work level, make sure that there is still a free space of at least 5 cm. between the oven's surfaces and the side as well as back walls, and a free space of at least 20 cm. above the oven (see Fig. 1).

- 6) Do not block the air intake. In particular, do not put anything atop the oven; it must be

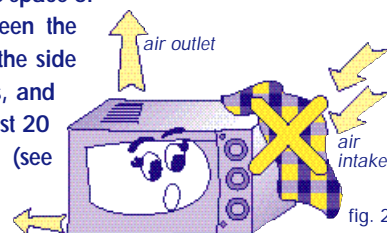


fig. 2

certain that the air outlet slots (located above, under and in the door of the oven) are ALWAYS FREE from obstruction (see Figs. 2 and 3).

- 7) Place the support unit (I) in the middle of the circular housing and set the turntable (H) atop the support. The spindle (D) must mesh perfectly with its housing in the middle of the turntable.

- 8) When you turn the oven on for the first time, there may be an odour of "newness" and a bit of smoke for about ten minutes. This is completely normal, and it is caused by substances used to protect the heating elements.

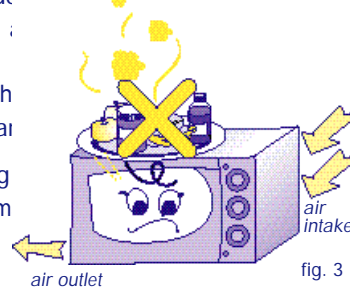


fig. 3

O U T P U T P O W E R

In this oven the maximum power yielded by the microwaves is 850W. 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 page 30. This information will be useful for you to consult the prescription pads for microwaves currently on sale.

DESCRIPTION AND USE OF THE CONTROLS

WARNING LIGHT: GRILL + VENTILATED OVEN

Grill only or combined microwave + grill:

Stays always lighted

Ventilated oven only or ventilated-oven-combined:

Turns off when the temperature set on the thermostat knob is reached.

THERMOSTAT/GRILL KNOB

Ventilated oven only or combined microwave + ventilated oven:

Set the knob between 60 and 210, depending on the cooking temperature desired.

Grill only or grill-combined:

Set the knob at ▼▼▼.

Microwave only:

Make certain that the knob is on "I" (upper side).

MICROWAVE POWER KNOB

Microwave only or microwave-combined:

Turn the knob to the desired power

TIMER KNOB

THIS KNOB STARTS ALL THE COOKING OPERATIONS

Microwave only or microwave-combined:

Turn clockwise from 1 to 60 minutes. Once the set time expires, the oven will turn off and a buzzer will sound.

Ventilated fan only or grill only

Turn anti-clockwise to the STOP setting. The oven will remain on PERMANENTLY until you change the setting to STOP.

MICROWAVE WARNING LIGHT

Microwave only or microwave-combined:

Indicates when the microwaves are operating

ACCESSORIES PROVIDED

LOWER WIRE RACK



Ventilated oven only:
For all types of regular cooking, especially for baked goods.
Combined microwave + ventilated oven:
For quick cooking of meats, potatoes, and some self-rising baked goods.

UPPER WIRE RACK



Grill only:
For all types of grilling.

TURNTABLE



The turntable is used for **all the functions**.

MEDIUM WIRE RACK



Microwave-only function

For all types of cooking on two levels AT THE SAME TIME (e.g., large amounts of food or different foods).

See the instructions on page 38

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). You can also use containers made of heat-resistant plastic. For short heating periods, you may use paper napkins, cardboard trays and plastic "throwaway" plates as a base. As far as shape and size are concerned, it is absolutely essential that containers be such as to allow the turntable to rotate.

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

several times during the cooking process. **Containers made of metal, wood, recycled kitchen paper, cane and plate glass are not suitable for use in microwave ovens.** The metal rack supplied with your microwave have been fully tested for safe use. You should remember, too, that since microwaves heat the food and not the glassware, earthenware or similar containers for that food, it is possible to cook such foods in the serving dish and thereby avoid the problem of having to clean pans later

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

	Glass	Pyrex	Ceramic-glass	Earthenware	Aluminium foil	Plastic	Paper or cardboard*	Metal containers
<i>Microwave only</i>	YES	YES	YES	YES	NO	YES	YES	NO
<i>Combined</i>	NO	YES	YES	YES	NO	NO	NO	NO
<i>Ventilated-oven only/grill only</i>	NO	YES	YES	YES	YES	NO	NO	YES

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

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 re-fitted 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.

ADVICE ON THE USE OF MICROWAVE OVENS

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

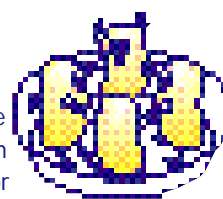
substance or, in some cases, no fat at all during the cooking process.

Therefore 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 microwave cooking

- 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 over turned 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.





M I C R O W A V E - O N L Y F U N C T I O N

This function is suitable for:

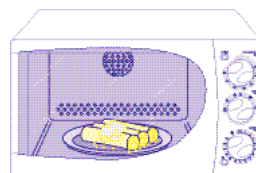
- Keeping food hotpag. 40
- Defrostingpag. 40
- Heatingpag. 42
- Cooking stew, white meats, fruit, vegetables, rice, soup and fishpag. 44

TURNING THE OVEN ON USING ONLY THE MICROWAVE FUNCTION

1

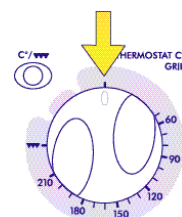
Place the food in a container suitable for microwave cooking and place it in the centre of the turntable

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



2

Check to be certain that the thermostat/grill knob is at the "I" setting.



3

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



4

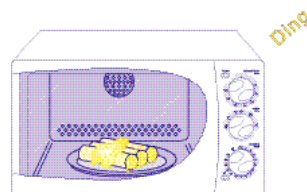
Set the cooking time desired by turning the timer knob in a clockwise direction.

The warning light will come on to indicate that the microwaves are working.



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.



USE THE MICROWAVE-ONLY FUNCTION WHEN COOKING ON TWO LEVELS AT THE SAME TIME

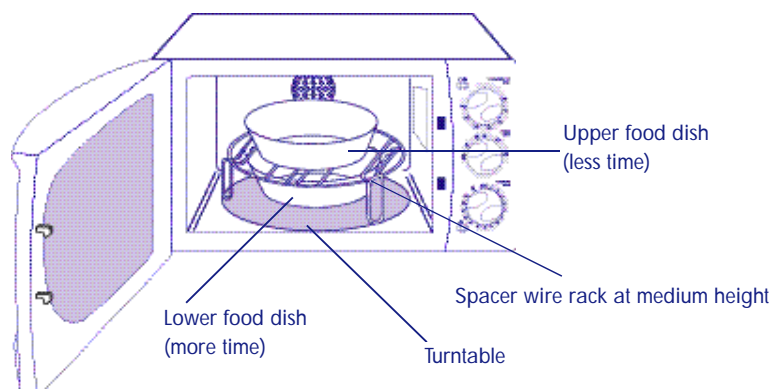
By using the spacer wire rack at medium height with the microwave-only function, you can defrost, reheat and cook foods at the same time, even different dishes on two levels. The special double-microwave-emission system makes possible, in fact, a perfect distribution of energy.

When you wish to cook two food dishes at the same time, all you have to do is keep these basic rules in mind:

- 1) The cooking times for food dishes cooked at the same time are different from those for the cooking of single dishes. So always consult the reference table on page 39.

<i>Times for simultaneous cooking</i>	
Potatoes (above)	24 min
Goulash (below)	48 min
<i>Cooking times for single dishes</i>	
Potatoes	10 - 14 min
Goulash	35 - 40 min

- 2) Be careful to ALWAYS place on the SPACER WIRE RACK at medium height that food which requires less cookig time: it will thus be easier to remove the upper pan. Take the grill out and finish cooking the food underneath.



- 3) Pay strict attention to the indications and recommendations in the tables. In particular, always check to be sure that the food being reheated is very hot before removing it from the oven.



REFERENCE TABLES FOR COOKING ON TWO LEVELS

Defrosting times

Type	Pan position	Quantity (grams)	Knob power	Minutes	Notes
• Ground meat	above	500		24	Turn the meat over after 15 min. When the cooking is finished, let the meat sit for 15 min.
• Ground meat	below	500		24	
• Chicken in pieces	above	500		28	During the defrosting, pull the pieces apart. When the cooking is finished, let the meat sit for 15 min.
• Stew	below	500		28	
• Cauliflower	above	450		26	At the end, let sit for 5 to 10 min.
• Whole fish	below	500		26	At the end, let sit for 5 to 10 min.

Reheating times


Type	Pan position	Quantity (grams)	Knob power	Minutes	Notes
• Meat, single serving	above	150		8	Cover the food with plastic wrap
• Vegetables, single serving	below	250		8	Cover the food with plastic wrap
• Plate of lasagne	above	500		11	Cover the food with plastic wrap
• Plate of lasagne	below	500		11	Cover the food with plastic wrap
• Meat, single serving	above	150		8	Cover the food with plastic wrap
• Plate of lasagne	below	500		10	Cover the food with plastic wrap

Cooking times

Type	Pan position	Quantity (grams)	Knob power	Minutes	Notes
• Potatoes	above	500		24	Cut in equal-size pieces and cover with plastic wrap.
• Potatoes	below	500		24	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	above	500		20	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	below	500		20	Cut in equal-size pieces and cover with plastic wrap.
• Sliced fish	above	400		15	Cover with plastic wrap. After 15 min., take out the grill.
• Zucchini	below	475		18	Leave whole and cover with plastic wrap.
• Whole fish	above	200		13	Cover with plastic wrap. After 13 min., take out the grill.
• Zucchini	below	475		17	Leave whole and cover with plastic wrap
• Whole fish	above	200		13	Cover with plastic wrap.
• Whole fish	below	200		13	Cover with plastic wrap.
• Potatoes	above	500		24	Cut in equal-size pieces and cover with plastic wrap.
• Goulash	below	1500		48	After 24 min., take out the grill. Stir 2 or 3 times.
• Rice	above	300		24	Cover with plastic wrap and stir 2 times
• Cabbage	below	500		24	Leave whole and cover with plastic wrap
• Peas	above	500		22	Cover with plastic wrap.
• Brussels sprouts	below	500		22	Cover with plastic wrap.



USING THE MICROWAVE-ONLY FUNCTION TO KEEP FOOD HOT


- This function enables you to keep food hot, whether that food be just cooked or re-heated, without having it get dry or stick to its container.
- Selecting the  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.

USING THE MICROWAVE-ONLY FUNCTION FOR 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 knob	Timer knob (minutes)	Notes	Standing time (minutes)
MEAT					
• Roasts (pork, beef, veal, etc.)	1 kg		25 - 28		20
• Steaks, cutlets, meat slices	200 gr	"	6 - 8		5
• Stew, goulash	500 gr	"	14 - 16	(*)	10
• Ground meat	500 gr	"	11 - 13		15
• "	250 gr	"	5 - 7		10
• Hamburger	200 gr	"	7 - 9		10
• Sausages	300 gr	"	9 - 11		10
POULTRY					
• Duck, turkey	1,5 kg	"	35 - 40	At the end of the rest period, wash under hot water to remove possible ice	20
• Whole chickens	1,5 kg	"	35 - 40		20
• Cut-up chicken	500 gr	"	14 - 16		10
• Chicken breasts	300 gr	"	13 - 15		10
VEGETABLES					
• Cubed eggplant	500 gr	"	16 - 19		5
• Cut-up peppers	500 gr	"	15 - 18		5
• Shelled peas	500 gr	"	12 - 15		5
• Artichoke hearts	300 gr	"	9 - 11		5
• Pieces of asparagus	500 gr	"	14 - 16		5
• Cut-up green beans	500 gr	"	15 - 18	To make defrosting easier, stir the vegetables from time to time	5
• Whole broccoli	500 gr	"	15 - 17		5
• Brussels sprouts	500 gr	"	15 - 17		5
• Cut-up carrots	500 gr	"	14 - 16		5
• Cauliflower tops	450 gr	"	13 - 15		5
• Mixed vegetables	300 gr	"	8 - 10		5
• Cut-up spinach	300 gr	"	9 - 11	5	
FISH					
• Filleted fish	300 gr	"	9 - 11	Fish is better cook from frozen if it does not require further preparation.	7
• Cut-up fish	400 gr	"	10 - 12		7
• Whole fish	500 gr	"	13 - 15		7
• Prawn, shrimps	400 gr	"	10 - 12		7
DAIRY PRODUCTS					
• Butter	250 gr	"	5 - 7	Remove the aluminium paper and metal pieces.	10
• Cheese	250 gr	"	6 - 8	Partially defrosted. Needs the standing time.	15
• Cream	200 ml	"	8 - 10	Cream is to be removed from its container and put on a plate.	5
BREAD PRODUCTS					
• 2 average-size rolls	150 gr	"	1 - 2	Put the bread directly on the turntable	3
• 4 average-size rolls	300 gr	"	4 - 6		3
• Sliced home-style bread	250 gr	"	4 - 6		3
• Whole-wheat bread	250 gr	"	4 - 6		3
FRUIT					
• Strawberries, prunes, cherries, currants, apricots	500 gr	"	12 - 14	Mix 2 or 3 times	10
• Raspberries	300 gr	"	8 - 10	Mix 2 or 3 times	10
• Blackberries	250 gr	"	6 - 8	Mix 2 or 3 times	6

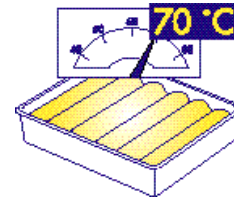
(*) These indications are suitable for carrying out the minced meat defrosting test in accordance with IEC regulation 705, par. 18.3. Turn the load upside-down halfway through the time set. The load should rest directly on the turntable. Further indications, also regarding other performance tests in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



USING THE MICROWAVE-ONLY FUNCTION FOR RE-HEATING

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

- We recommend that you heat foodstuffs (especially if they are frozen) to a temperature of at least 70° C. (it must be piping hot!). Leave to stand for a few 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 its 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 upside-down plate;
 - if possible, stir or turn the food over frequently so as to speed up the heating process and keep the heat uniform at the same time;
 - follow the cooking times listed with great 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.





Heating times

Type	Quantity	therm./grill knob	Power knob	Timer knob (minutes)	Notes
SOFTENING FOOD					
• Chocolate/icing	100 gr	I		4 - 5	Put on a plate. Mix the icing once.
• Butter	50 - 70 gr	"		0'.5"-0'.10"	
CHILLED FOOD (INITIAL TEMP. 5/8°C) UP TO 20/30°					
• Yoghurt	125 gr	"	"	0'.15"-0'.20"	Remove metal foil
• Baby's bottle	240 gr	"	"	0'.30"-0'.35"	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					
• Packet of lasagne or of pasta with filling	400 gr	"	"	4 - 6	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.
• Packet of meat with and/or vegetables	400 gr	"	"	4 - 6	
• Packet of fish and/or vegetables	300 gr	"	"	3 - 5	
• Plate of meat and/or vegetables	400 gr	"	"	5 - 7	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.
• Plate of pasta, cannelloni or lasagne	400 gr	"	"	5 - 7	
• Plate of fish and/or rice	300 gr	"	"	4 - 6	
FROZEN FOOD TO REHEAT/COOK (INITIAL TEMP. -18°/-20°C) UP TO APPROX. 70° C					
• Packet of lasagne or of pasta with filling	400 gr	"	"	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.
• Packet of meat with rice and/or vegetables	400 gr	"	"	5 - 7	
• Packet of fish and/or pre-cooked vegetables	300 gr	"	"	3 - 5	
• Packet of fish and/or raw vegetables	300 gr	"	"	8 - 10	Remove the raw food from the packets and place it in a container suitable for microwaves and cover.
• Portion of meat and/or vegetables	400 gr	"	"	6 - 8	Portions of any kind of already cooked frozen food, to be heated to a temperature of 70°C. Place the frozen food in the plate from which it is to be eaten and cover it with another upturned plate or pyrex dish. Check that it is hot in the centre; where possible, mix the food.
• Portion of pasta, cannelloni or lasagne	400 gr	"	"	7 - 9	
• Portion of fish and/or rice	300 gr	"	"	4 - 6	
CHILLED DRINKS (INITIAL TEMP. 5°/8° C) UP TO APPROX. 70°C					
• 1 cup of water	180 cc	"	"	2 - 2'.30"	All the drinks should be mixed after being heated to make the temperature uniform.
• 1 cup of milk	150 cc	"	"	1'.30" - 2	For the broth we recommend covering it with an upturned plate.
• 1 cup of coffee	100 cc	"	"	1'.30" - 2	
• 1 plate of broth	300 cc	"	"	4 - 5	
DRINKS AT ROOM TEMPERATURE (INITIAL TEMP. 20°/30°C) UP TO APPROX. 70° C					
• 1 cup of water	180 cc	"	"	1'.30" - 2	All the drinks should be mixed after being heated to make the temperature uniform.
• 1 cup of milk	150 cc	"	"	1 - 1'.30"	For the broth we recommend covering it with an upturned plate.
• 1 cup of coffee	100 cc	"	"	1 - 1'.30"	
• 1 plate of broth	300 cc	"	"	3 - 4	



USING THE MICROWAVE-ONLY FUNCTION FOR COOKING

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 plastic wrap (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.

MEATS

When using the microwave-only function to cook meat, you should cover the meat with plastic wrap made for microwave oven use; in this way, the heat is distributed better and you will prevent the loss of juices that often leads to dried-up and stringy meat. This oven function is suitable for making stews, goulash, chicken breasts, etc. To prepare roasts and skewered meat dishes (among others), you must use the combined function.

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.

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. Before cooking greens and vegetables, wash and clean them. Larger-sized varieties of this category are to be cut up into uniform pieces.

Per every 500 gr. of greens or vegetables add about 5 teaspoons of water (fibre-type vegetables need more water).

Greens and vegetables must **always** be covered with plastic wrap.

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



Cooking times

Type	Quantity	Power knob	Timer knob (minutes)	Notes	Standing time (minutes)
FISH					
• Filleted	300 gr		5 - 7	Cover with plastic wrap	2
• Slices	300 gr	"	7 - 9	Cover with plastic wrap	2
• Whole	500 gr	"	8 - 10	Cover with plastic wrap	2
• Whole	250 gr	"	5 - 7	Cover with plastic wrap	2
• Cut-up fish	400 gr	"	7 - 9	Cover with plastic wrap	2
• Crayfish	500 gr	"	7 - 9	Cover with plastic wrap	2
GREENS AND VEGETABLES					
• Asparagus	500 gr	"	9 - 10	Cut into 2-cm. pieces.	4
• Artichokes	300 gr	"	11 - 12	It would be better to use artichoke bottoms.	4
• Green beans	500 gr	"	11 - 12	Cut into pieces.	4
• Broccoli	500 gr	"	7 - 8	Separate into individual "florets".	4
• Brussels sprouts	500 gr	"	7 - 8	Leave whole.	4
• White cabbage	500 gr	"	7 - 8	Leave whole.	4
• Red cabbage	500 gr	"	7 - 8	Leave whole..	4
• Carrots	500 gr	"	9 - 10	Cut into same-size pieces .	4
• Cauliflower	500 gr	"	11 - 12	Separate into stalks .	4
• Celery	500 gr	"	7 - 8	Separate into pieces .	4
• Eggplant	500 gr	"	6 - 7	Cut into cubes.	4
• Leek	500 gr	"	6 - 7	Leave whole.	4
• Mushrooms	500 gr	"	6 - 7	Leave whole. No water is needed	4
• Onions	250 gr	"	5 - 6	Whole, but of the same size. No water is needed.	4
• Spinach	300 gr	"	6 - 7	Cover after having washed and drained the leaves.	4
• Peas	500 gr	"	10 - 11		4
• Fennel	500 gr	"	12 - 13	Cut into quarters.	4
• Peppers	500 gr	"	9 - 10	Cut into pieces .	4
• Potatoes	500 gr	"	8 - 9	Cut into same-size pieces .	4
• Zucchini	500 gr	"	7 - 8	Leave whole .	4
MEATS					
• Stew	1,5 kg	"	35 - 40	Cook covered and stir 2 or 3 times.	10
• Chicken breasts	500 gr		13 - 15	Turn over at the halfway point	3
• Meat loaf	900 gr	"	19 - 21	(*)	5
CAKE					
• Egg custard	750 gr		15 - 17	(**)	5
• Sponge cake	475 gr	"	7 - 9	(**)	5

N.B: These cooking times are but approximate and are better determined by the weight as well as the starting temperature of the foodstuffs and — for greens and vegetables — by the foodstuffs' consistency and general make-up.

(*) 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

(**) 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



COMBINED MICROWAVE + VENTILATED OVEN FUNCTION

This function is suitable for:

- Quick preparation of roasts, poultry, skewered meat and potatoes. . . .pag. 47
- Making of some self-rising baked goodspag. 47

TURNING ON THE OVEN WITH THE MICROWAVE + VENTILATED OVEN FUNCTION

1

Put the foodstuff in a container made for microwave oven use and place it **on the lower rack** on the turntable.



2

Turn the thermostat knob to the desired cooking temperature.



3

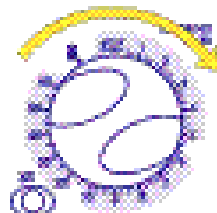
Turn the power selector knob to the max. position



4

Turn the timer knob to the desired cooking time. Both warning lights will turn on.

N.B: The **ventilated-oven/grill warning light** will turn off when the temperature set on the thermostat is reached. The **microwave warning light** will turn off when the




5

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



When **baking pastry** that rises, you must pre-heat the oven as follows

1. Set the thermostat knob at the temperature desired;
2. Turn the timer knob to the  setting, so that during the empty pre-heating stage (without foodstuffs) the microwaves will not come into play.
3. When the warning light turns off, the oven is hot. Now proceed as indicated in points 1, 3 and 4 above.



USING THE COMBINED MICROWAVE + VENTILATED OVEN FUNCTION TO COOK

- Cooking is closely connected to the **size and uniform nature** of the food being prepared: skewered meat cooks faster than a roast because it consists of smaller and more uniform pieces of meat.
- For all cooking done with the combined microwave + ventilated oven function, remember that you must always use the **lower wire rack**.
- To check on how the food is cooking, open the oven door. This will automatically interrupt the work of the microwaves. The oven light, the heating element and the fan stay on when the door is opened.
- In order to keep the meat tender, you are advised to add 1/2 cup of water at the start of the cooking.

Cooking times

Type	Quantity	Power knob	Thermostat knob	Timer knob (minutes)	Notes	Standing time (minutes)
• Roasts (pork, beef)	1 kg		190 °	35 - 40	Leave a little fat around the meat to keep it moist. Do not use too much seasoning.	15
• Meat loaf <small>These instructions do not refer to test C of IEC regulation 705 which is represented in the table on page 2</small>	800 gr	"	180°	22 - 25	Mix together 500 grams of ground beef, eggs, ham, bread crumbs, etc. Add a dash of oil and a little white wine.	10
• Whole chicken	1200 gr		190°	38 - 42	(*)	15
• Cut-up chicken	500 gr	"	190°	15 - 18	Stir once during the cooking.	10
• Stewered meat	600 gr		180°	17 - 20	Turn at the halfway point.	8
• Roast potatoes	500 gr	"	190°	25 - 30	Stir two or three times.	8
• Potatoes au gratin	1100 gr		190°	25 - 30	(**)	5
• Nut cake	1100 gr		170°	25 - 30	Pre-heat the oven. Bake in a Pyrex dish.	10
• Sponge cake	710 gr	"	170°	29 - 31	(***)	5
• Quark cake	1500 gr		170°	35 - 40	Pre-heat the oven. Bake in a Pyrex dish.	10

(*) Puncture the skin with a fork to let the fat seep out. These indications are suitable for carrying out the cooking test in accordance with IEC regulation 705, par. 17.3, test F. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2

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

(***) These indications are suitable for carrying out the combined cooking test E in accordance with IEC regulation 705 (3rd edition) circulated with document IEC 59H/69/CD. Remember to pre-heat the oven using the function only fan and with the lower rack placed on the turntable. Further instructions, also with regard to other performance tests in accordance with IEC regulation 705, are shown in the table on page 2



COMBINED MICROWAVE + GRILL FUNCTION

This function is suitable for:

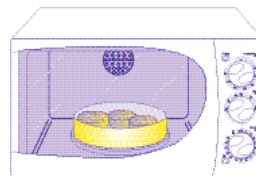
- Au gratin dishes (e.g., lasagne, vegetables au gratin, macaroni) . . . pag. 49

TURNING ON THE OVEN WITH THE MICROWAVE + GRILL FUNCTION

1

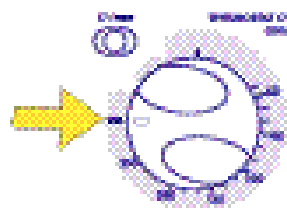
Put the food in a receptacle made for microwave cooking and place it on the turntable.

N.B: You must not pre-heat the oven



2

Turn the thermostat knob to the ▼▼▼ setting.



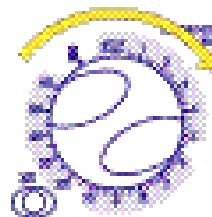
3

Turn the power selector knob to the max. position



4

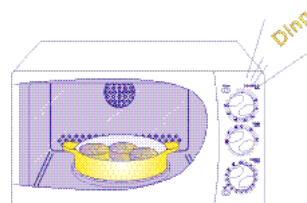
Turn the timer knob to the temperature you want. Both warning lights will come on.



5

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

N.B.: The warning lights will turn off.





USING THE COMBINED MICROWAVE + GRILL FUNCTION TO COOK

- If the top layer of the food being cooked is sufficiently browned before the set time has expired, turn the thermostat knob to the "I" position and thus let the inner portion of the food be cooked from that point on only by microwaves.

To check on how the food is cooking, open the oven door. This will interrupt the microwave operations, **but the grill will continue to operate**. We recommend, therefore, that you use a pot holder. The door must always be closed again after you have checked the food being cooked.

- In cooking with the combined grill function, do not pre-heat the oven and do not operate the oven if there are no foodstuffs in it.

Cooking times

Type	Quantity	Power knob	Thermostat knob	Timer knob (minutes)	Notes	Standing time (minutes)
• Lasagne	1100 gr		▼▼▼	8+ 12 only microwave	Times listed are for uncooked pasta. If pasta is pre-cooked, use the combined function until the desired color is obtained.	10
• Gnocchi alla romana	600 gr	"	"	12	Avoid excessive melting.	5
• Well-seasoned macaroni	1500 gr	"	"	8	The pasta should first be partly boiled.	5
• Cauliflower in bechamel sauce	1000 gr	"	"	10 + 8 only microwave	Times listed are for raw cauliflower. If raw cauliflower is pre-boiled, use the combined function until the desired color is obtained.	5
• Tomatoes au gratin	800 gr		"	10	The tomatoes should all be of the same size.	5
• Stuffed peppers	1400 gr		"	13 + 10 only microwave	Short wide peppers are best.	5
• Aubergine (eggplant) alla parmigiana	1300 gr	"	"	8	The aubergine may first be fried or grilled.	5



VENTILATED - OVEN - ONLY FUNCTION

This function is suitable for:

- Making roasts and baked goods in the "traditional" waypag. 51
- Making pizzapag. 51
- Making dishes with a puff pastry basepag. 51

TURNING THE OVEN ON WITH ONLY THE VENTILATED FUNCTION

1

Pre-heat the oven as follows:

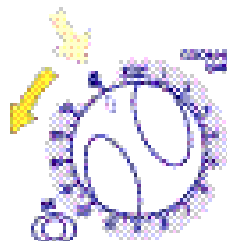
Turn the thermostat knob to the desired cooking temperature.



2

Turn the timer knob in an anti-clockwise direction to the setting.

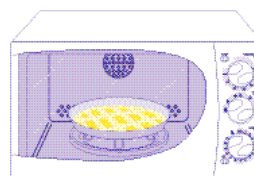
The ventilated-oven & grill operating light will come on. **The oven door must be closed.**



3

The pre-heating finishes when the ventilated-oven & grill operating light turns off. Next proceed as follows:

Put the food in a container suitable for ventilated-oven cooking and place it **above the lower rack** and on the turntable.



4

N.B:

The oven **will not turn off automatically** when the timer knob is at the setting.

When the food is cooked, you can turn the oven off by setting the timer knob at **STOP**.



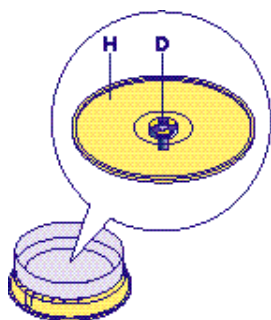
USING THE VENTILATED-OVEN-ONLY FUNCTION TO COOK

By using this setting, you can make all the dishes you would ordinarily make with a regular oven. To allow the air to circulate correctly and thus have excellent heat distribution, all the cooking must be carried out **by using baking dishes with low sides**. These dishes are to be placed on the lower rack (F). Since the microwaves are not utilised in this function, the plate does not have to be constantly rotated in order to obtain perfect heat distribution. It is thus possible to utilize large rectangular pans (thereby exploiting the oven capacity in full) by simply stopping the rotation: this is done by removing the pin from the turntable (D), as described on page 35 and as illustrated in the figure below. In this case, we recommend that you manually rotate the dish 180° (half turn) at least twice during the cooking. Another important piece of advice is to always pre-heat the oven and wait for the warning light to turn off before placing the food inside.

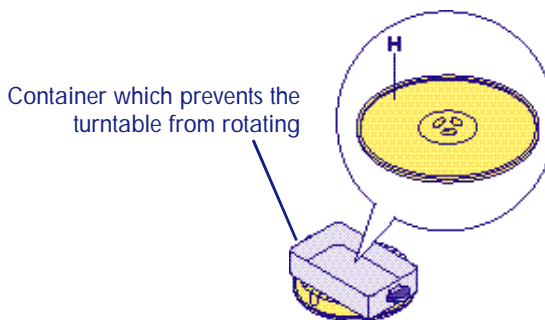
When you open the door, the oven (i.e., the heating element) will continue to operate : you are therefore advised to use a pot holder. You must always close the door again after checking how the food is cooking.

Cooking times

Type	Quantity	Thermostat knob	Timer knob (minutes)	Notes
• Lasagne	1100 gr	180°	40	Times listed are for uncooked pasta. If the pasta has been pre-cooked, 20' will be enough.
• Pizza	600 gr	200°	30	Make the pizza by using oven paper directly on the grill.
• Roasts	1 kg	180°	90	Leave a little fat around the roast.
• Chicken	1,5 kg	180°	110	Use a fork to puncture the skin.
• Roast potatoes	500 gr	180°	60	Stir 2 or 3 times.
• Tarts	700 gr	160°	55	Use a baking-tin.
• Pound cake	950 gr	160°	90	Use the proper deep, rectangular pan.
• Quiche Lorraine	800 gr	160°	40	Use a baking-tin with a lever.
• Nut cake	650 gr	160°	40	Use a baking-tin with a lever.



Functioning with the turntable pin (D)
Turntable operating



Functioning without the turntable pin (D)
Turntable not operating



GRILL - ONLY FUNCTION

This function is suitable for:

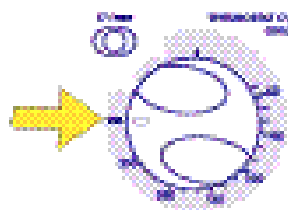
- All types of traditional grilling (e.g., chops, hamburgers, frankfurters, toast, etc.)pag. 53

TURNING THE OVEN ON WITH THE GRILL-ONLY FUNCTION

1

Pre-heat the grill as follows:

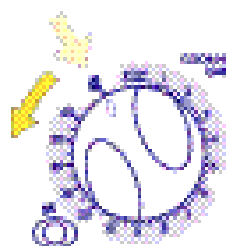
Turn the thermostat knob to the ▼▼▼ setting.



2

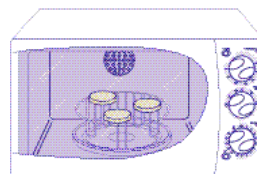
Turn the timer knob in an anti-clockwise direction to the 🕒 setting.

The ventilated-oven & grill warning light will come on. **The door must be kept closed.**



3

After about 5 to 8 minutes, put the food on the upper grill and place everything on the turntable. While the grilling is in progress, the turntable will collect all the escaping fat.



4

The oven **does not turn off automatically** when the timer knob is at the 🕒 setting. So you must check the food from time to time and turn the oven off manually when the cooking is finished by **rotating the timer knob to STOP**.



USING THE OVEN-GRILL-ONLY FUNCTION FOR GRILLING

By using this setting, you can make all kinds of delicious grilled dishes.

Remember to **always** pre-heat the grill for 5 to 8 minutes before starting the cooking process.

All dishes being prepared must be turned over at the halfway point, because the grill's heating element browns the food only on the upper side.

When you open the door to check the grilling process, the heating element continues to operate: always be careful to wear padded gloves made for oven use. You must always close the door again after checking the food.

Cooking times

Type	Quantity	Thermostat knob	minutes	Notes
• Veal or pork chops	3	▼▼▼	17 - 19	Turn over after 10 minutes.
• Sausages	3	"	10 - 12	Must always be pierced. If particularly fatty, the sausages should be cut in half. Turn over after 7 minutes.
• Hamburgers	3	"	10 - 12	Turn over after 7 minutes.
• Peppers	1	"	9 - 11	Cut in quarters. Turn over after 6 minutes
• Aubergine (eggplant)	4 slices	"	9 - 11	Slices one cm. thick. Turn over after 6 minutes.
• Zucchini	6 strips	"	8 - 10	Slices one cm. thick. Turn over after 6 minutes.
• Toasted bread	4 slices	"	3	Trim the crusts carefully. Turn over after 1 ¹ / ₂ minutes.

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

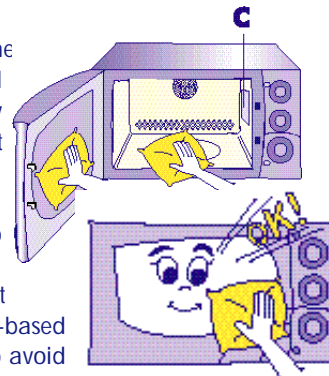
Before beginning any cleaning or maintenance, always pull this oven's plug from the electrical outlet and wait for the oven itself to cool down completely

Cleaning

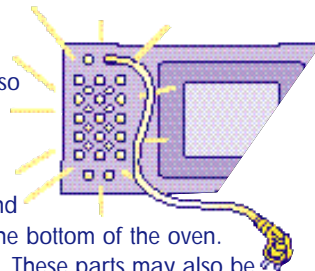
Thanks to the special enamel coating on your oven's inner compartment, enamel which does not retain the fatty splashes and food particles which normally build up inside an oven, it is extremely easy to clean this appliance. Always keep the microwave outlet cover (C) free of fat or splashed grease.

Never use abrasive detergents, steel wool or sharp metal utensils when cleaning the outside of the oven. In addition, be careful **not to let water or liquid detergent seep into the air outlet and steam slots located atop the appliance**. We likewise recommend that you do not use alcohol, steel wool or abrasive detergents or ammonia-based detergents to clean the inside and outside door surfaces in order to avoid scratches.

To assure perfect closing, always keep the inside of the door clean, and do not let dirt and food residue get caught between the door and the oven's façade.



Clean the air inlet holes located on the back of the oven regularly so that no dust or dirt will build up over time to obstruct those holes.



From time to time, it will be necessary to remove the turntable (H) and its support (I) and clean them, just as it will be necessary to clean the bottom of the oven. Wash the turntable and its support in sudsy water with neutral soap. These parts may also be cleaned in a dishwasher.

Do not place the turntable in cold water after the oven has been hot for a long time. The strong thermal shock could cause the turntable to break.

The turntable's motor is sealed tight. When you are cleaning the bottom of the oven, however, be careful not to let water seep under the turntable spindle.

If something seems not to be working just 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 is not properly inserted in the electric outlet.• The outlet is not supplying power (check the building's fuse box).• The knobs are not set correctly.
<ul style="list-style-type: none">• Condensation on the cooking rack and inside the oven.	<ul style="list-style-type: none">• When foods containing water are being cooked, it is completely normal for the steam generated within the oven to escape and to condense either inside the oven or on the cooking rack.
<ul style="list-style-type: none">• Sparks inside the oven.	<ul style="list-style-type: none">• When using the microwave-only and combined functions, do not turn the oven on unless there is already food inside it.• When cooking by microwaves, do not use metal containers, bags, or packages with metal clips.
<ul style="list-style-type: none">• The food is not heating sufficiently	<ul style="list-style-type: none">• Select the correct cooking method or increase the cooking time.• The food was not completely defrosted before being cooked.
<ul style="list-style-type: none">• The food is burning	<ul style="list-style-type: none">• Use the correct cooking method or lower the cooking time.
<ul style="list-style-type: none">• The food is not cooking evenly	<ul style="list-style-type: none">• Stir the food while it is being cooked. Remember that foodstuffs cook better when cut into uniform pieces.• The turntable is not spinning.

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

