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1.1 IMPORTANT SAFETY WARNINGS

Read these warnings carefully before starting to use the oven. This will help to obtain the best results and to avoid mistakes being made.

- 1) This oven has been designed to defrost, reheat and cook food in the home. It must not be used for any other purpose, nor modified 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 attempt to operate the oven with the door open by tampering with the safety devices.
- 4) Do not operate the oven if objects of 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 and the door (fig. 1).
- 5) The following warnings must be considered when the door is open:
 - do not apply excessive pressure by placing heavy objects on the door or by pulling the handle downwards, as the appliance may tip over.
 - never place hot containers or pans (e.g. just taken off the stove) on the turntable.
- 6) Do not operate the oven if the feeder cable or the plug is damaged, as this may result in electric shocks.
- 7) Adjustment, repair and replacement of the feeder cable should only be carried out by personnel trained by the manufacturer or by his Service Centre (fig. 3). Repairs carried out by unqualified personnel may be dangerous.
- 8) If the oven should begin to smoke as a result of food burning inside, DO NOT OPEN THE DOOR. Turn the oven off immediately or remove the plug from the power socket.
- 9) The oven must only be used by adults.
Do not allow children near the oven when it is in operation, as this may result in severe burns.
- 10) In order to avoid overheating and the consequent risk of fire, it is advisable to supervise the oven when cooking food in disposable containers made of plastic, cardboard or other inflammable materials, and when heating small quantities of food.
- 11) Please remember that the walls of the oven and the door heat up when in operation. Never touch the electrical element located inside the oven.
- 12) 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 (fig. 4) before starting to heat liquids.
- 13) Do not heat spirits with a high alcohol content, nor large quantities of oil, as these could catch fire!



fig. 1



fig. 2



fig. 3

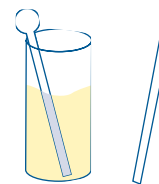


fig. 4



fig. 5

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- 14) After heating baby food (contained in feeding bottles or little jars) **ALWAYS** check the food before it is eaten in order to avoid burns (fig. 5). It is also advisable to stir or shake the food in order to ensure that it is of 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

Outer measurements (LxDxH)	570x359x476
Inner measurements (LxDxH)	370x245x350
Oven's net volume	30 Lt
Approximate weight	26,5 Kg
Turntable diameter	30,5 cm
Oven light	25 W

For additional data, consult the serial plate glued to the appliance.

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

1.3 INSTALLATION AND ELECTRICAL CONNECTION

- 1) Remove the oven from the packaging. When moving the appliance, never use the door handle as a grip. Remove the protective wrapping from the turntable (H), support (I) and the accessories. Check that the turntable spindle (D) is correctly inserted in the corresponding groove 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 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. 6).**
- 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. 7).
- 7) Place the support (I) in the centre of the circular groove and attach the turntable (H) to it. The spindle (D) should be inserted in the corresponding groove in the centre of the turntable.

N.B. The appliance must not be placed on or near sources of heat (for example on the refrigerator) (fig. 8).

- 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) After the installation has been performed, the power supply cable and the power socket must be easy to access.
- 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. 6

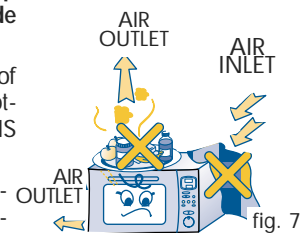
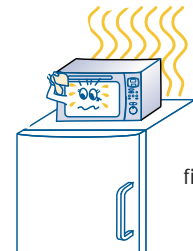
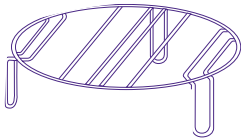


fig. 8



CHAPTER 1 - GENERAL

1.4 ACCESSORIES SUPPLIED



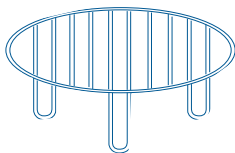
LOW SPACER WIRE RACK

Microwave-only function

For all types of cooking on two levels
AT THE SAME TIME

(e.g., large amounts of food or different foods).

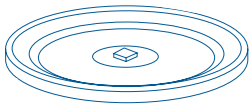
See the instructions on page 43



HIGH WIRE RACK

Grill Only mode:

for all types of grilled food.



TURNTABLE

The turntable is used for all the modes.

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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 "Grill only" setting, 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: "Microwave+Grill"	NO	YES	YES	YES	NO	NO	NO	NO
Mode: "Grill Only"	NO	YES	YES	YES	YES	NO	NO	YES

CHAPTER 1 - GENERAL

1.6 RULES AND GENERAL SUGGESTIONS FOR USING THE OVEN

- 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. 9).
- 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. 10).
- 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" mode, 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. 11): 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.

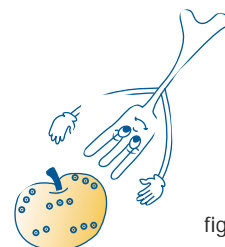


fig. 9

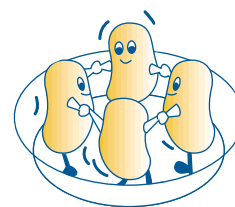


fig. 10

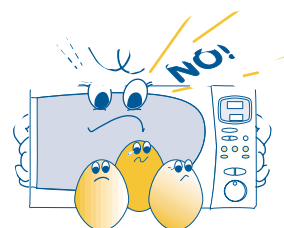


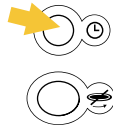
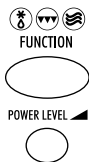
fig. 11

CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

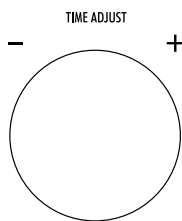
2.1 SETTING THE CLOCK

- 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 (----).

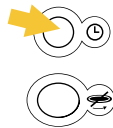
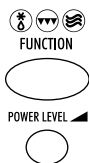
In order to set the time of day, proceed as described below:



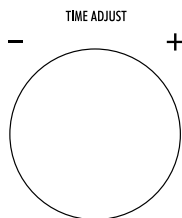
- Press the key (9).
(The hours flash on display)



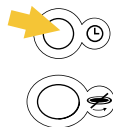
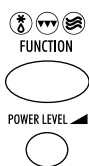
- Set the desired time by turning the **TIME ADJUST** knob (8).
(The hours flash on display)



- Press the key (9) again.
(The minutes flash on display)



- Set the desired minutes by turning the **TIME ADJUST** knob (8).
(The minutes flash on display)



- Press the key (9) again.
(The display shows the time set)

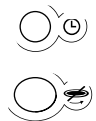
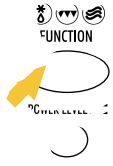


- If you wish to change the hour on the dial once it has been set, press the " " key (9) before proceeding to set the new time as described above.
- It is possible to display the current time even after starting the mode set, by pressing the " " key (9) (the time is displayed for 2 seconds).


2





CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

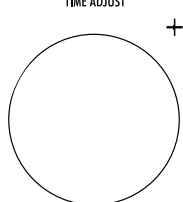
2.2 PROGRAMMING THE COOKING




1 Press the **FUNCTION** key (2) (mode selection) and select the desired mode, which will be shown by the corresponding symbols coming on, above the display. The available modes are:

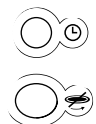
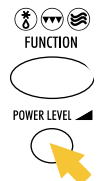


INDICATOR	MODE SELECTED	INDICATOR	MODE SELECTED
	Microwave Only		Combined Microwave and Grill
	Automatic Defrosting		Grill Only





2 Set the length of cooking time, in minutes, by turning the **TIME ADJUST** knob (8). In order to choose the length of cooking time, always consult the tables shown in Chapter 3.






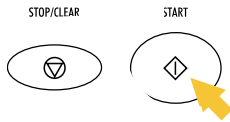
3 In the modes:
Microwave Only
Combined Microwave + Grill




select the microwave power level by repeatedly pressing the **POWER LEVEL**  key (3) until the indicator of the desired level power (expressed in numbers) flashes, under the display. 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**.
 - it is possible to modify the power set even during cooking, simply by pressing the **POWER LEVEL**  key (3).

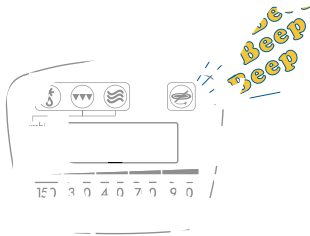
CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES







- 4** Start the cooking process by pressing the **START**  key (13). The countdown of the remaining cooking time will appear on the display.

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

ENGLISH



- 5** 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)

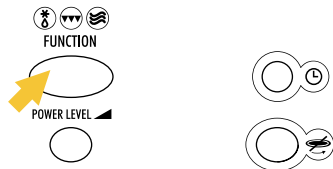
- Note:** • it is possible to check the progress of the cooking set at any time, by opening the door and inspecting the food. This interrupts the emission of microwaves and oven stops working until the door is closed again and the **START**  key (13) is pressed.
- Should it be necessary for any reason to suspend the cooking without opening the door, you only need press the **STOP/CLEAR**  key (7).
 - In order to complete the cooking, proceed as follows:
 - if the oven door is open, press the **STOP/CLEAR**  key (7) once;
 - if the door is closed and cooking is underway, press the **STOP/CLEAR**  key (7) twice; the display will go back to showing the clock.

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

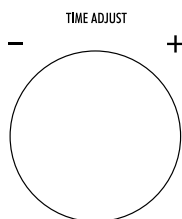
CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

2.3 AUTOMATIC DEFROSTING AND COOKING SEQUENCE

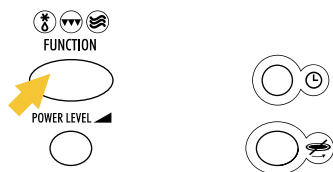
In order to programme an automatic defrosting and cooking sequence proceed as follows:



- 1** Set the automatic defrosting mode by pressing the **FUNCTION** key (2) twice (mode selection). The indicator corresponding to the automatic defrosting will appear on the display.



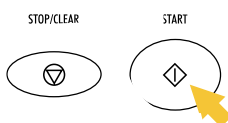
- 2** Set the length of time required for the defrosting (in minutes) by turning the **TIME ADJUST** knob (8).



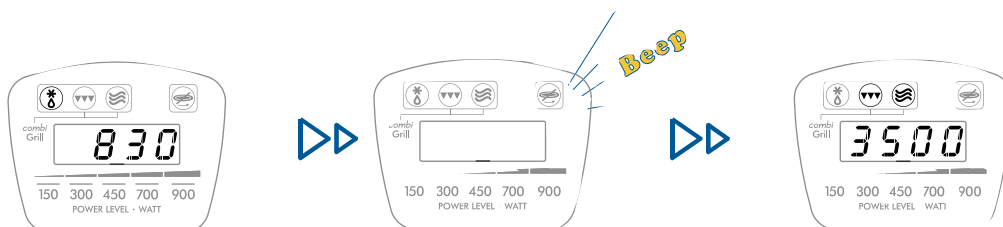
- 3** Set the cooking by selecting the desired mode with the **FUNCTION** key (2) (mode selection) until the corresponding indicators appear. (ex. Combined microwave + Grill)



- 4** Adjust the length of cooking time and the microwave power level

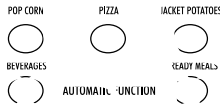


- 5** Press the **START** key (13). The passage from defrosting to cooking will be signalled by a sound signal.

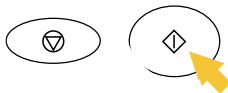


CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

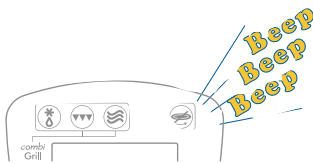
2.4 RECALLING THE PRE-MEMORISED RECIPES (AUTOMATIC FUNCTION KEYS)



- 1 Press the desired **AUTOMATIC FUNCTION** key.
(The indicators of the length 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.

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.

Once the cooking procedure has begun, the programmed time can be modified with the **TIME ADJUST** (8) knob to a maximum time limit of 60 minutes.

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 (7) 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 (7) pressed until the beep is heard.

2.7 TURNTABLE STOPPER KEY

When using large sized containers/containers (or containers with handles) that are not able to rotate, the movement of the turntable can be stopped. Press the **TURNTABLE STOPPER** key (10), after having first set a cooking function: the LED in the top right will start flashing.

After having pressed **START**, the LED will flash a further 5 times, and will then remain on for the entire set time; for best results, the food should be mixed/stirred a number of times during cooking. The **TURNTABLE STOPPER** function will remain on the next time the oven is used, that is until the **TURNTABLE STOPPER** key is pressed again.

For the microwave-only function, the maximum power available is 700W (reduced automatically by the electronic controller when pressing the **TURNTABLE STOPPER** key).

2.8 "MEMOTIME" FUNCTION

This function allows for the use of the timer, with the oven NOT functioning, for up to 60 minutes.

- Press the **FUNCTION** 5 times, then select the time desired by turning the **TIME ADJUST** (8) knob and start the timer by pressing the **START** key (13).
- At the end, 3 beeps will sound and the **"END"** warning will appear on display.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME CHART

3.1 DEFROSTING

- 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 DEFROSTING TIMES IN "AUTOMATIC DEFROSTING" MODE

TYPE	QUANTITY	TIME (minutes)	NOTES/SUGGESTIONS	STANDING TIME
MEAT				
• Roasts (pork, beef, veal etc.)	1 kg	19 - 21	Turn over halfway through defrosting	20
• Steaks, chops, rashers	200 gr	4 - 6		5
• Stew, goulash	500 gr	10 - 12		10
• Minced	250 gr	5 - 7		15
	500 gr	10 - 12		15
• Hamburgers	200 gr	5 - 7	See note ★	10
• Sausages	300 gr	6 - 8		10
POULTRY				
• Duck, turkey	1,5 kg	25 - 27	Turn the poultry over halfway through . When the standing time is over, wash under warm water to remove any ice.	20
• Whole chicken	1,5 kg	25 - 27		20
• Pieces of chicken	850 gr	13 - 15		10
• Chicken breast	300 gr	8 - 10		10
VEGETABLES				
			Frozen vegetables do not need to be defrosted before cooking	
FISH				
• Fillets	300 gr	7 - 9	Turn the fish over halfway through defrosting	7
• Slices	400 gr	8 - 10		7
• Whole	500 gr	10 - 12		7
• Prawns	400 gr	8 - 10		7
MILK/DAIRY PRODUCTS				
• Butter	250 gr	4 - 6	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.	10
• Cheese	250 gr	5 - 7		15
• Cream	200 ml	7 - 9		5
BREAD				
• 2 medium-sized rolls	150 gr	1 - 2	Put the bread directly onto the turntable.	3
• 4 medium-sized rolls	300 gr	2 - 4		3
• Sliced bread	250 gr	2 - 4		3
• Sliced wholemeal bread	250 gr	2 - 4		3
FRUIT				
• Strawberries, plums, cherries, redcurrants, apricots	500 gr	8 - 10	Stir 2-3 times	10
• Raspberries	300 gr	5 - 7	Stir 2-3 times	10
• Blackberries	250 gr	3 - 5	Stir 2-3 times	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 "AUTOMATIC FUNCTION" pre-memorised recipes (see table on page 42).

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	 "	450 900	4 - 5 0'.10"-0'.15"	Put in a dish. It is not necessary to stir chocolate cubes. Mix the icing once. To melt butter, add one minute.
CHILLED FOODS (5/8°C) up to 20/30°C					
• Yoghurt • Feeding bottle	125 gr 240 gr	" "	900 "	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 temperatura 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	"	900	3 - 5	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	"	"	3 - 5	
• Packet of fish and/or vegetables	300 gr	"	"	2 - 4	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 meat and/or vegetables	400 gr	"	"	4 - 6	
• Plate of pasta, cannelloni or lasagne	400 gr	"	"	4 - 6	
• Plate of fish and/or rice	300 gr	"	"	3 - 5	
FROZEN FOOD TO BE REHEATED/COOKED (initial temp. -18/-20°C) up to approx. 70°C					
• Packet of lasagne or stuffed pasta	400 gr	"	900	5 - 7	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	"	"	4 - 6	
• Packet of pre-cooked fish and/or vegetables	300 gr	"	"	2 - 4	
• Packet of fish and/or raw vegetables	300 gr	"	"	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 meat and/or vegetables	400 gr	"	"	5 - 7	
• Portion of pasta, cannelloni or lasagne	400 gr	"	"	6 - 8	
• Portion of fish and/or rice	300 gr	"	"	3 - 5	
CHILLED DRINKS (5/8°C) up to approx. 70°C					
• 1 cup of water	180 cc	"	900	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	"	"	1'.15" - 1'.45"	
• 1 cup of coffee	100 cc	"	"	1'.15" - 1'.45"	
• 1 bowl of clear soup	300 cc	"	"	3 - 4	
DRINKS AT ROOM TEMPERATURE From 20/30°C up to approx. 70°C					
• 1 cup of water	180 cc	"	900	1'.15" - 1'.45"	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	"	"	1 - 1'.30"	
• 1 cup of coffee	100 cc	"	"	0'.45" - 1'.15"	
• 1 bowl of clear soup	300 cc	"	"	2 - 3	

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	TIME minutes	NOTES/SUGGESTIONS
• Lasagne	1100 gr		900 900	6 + 14	Suitable times for raw pasta. If the pasta is pre-cooked, 14 minutes of Combined MICROGRILL cooking is enough.
• Gnocchi alla romana	600 gr		700	20	Avoid piling them up too heavily
• Macaroni	1500 gr		900	14	The pasta should have previously been boiled separately.
• Risotto	300 gr. of rice		900	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).

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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	TIME minuti	NOTES/SUGGESTIONS
• Roasts (pork, beef)	1000 gr		300	40-45	Leave on a little fat to avoid it drying out. Do not add much sauce. Turn halfway after 30-35 minutes
• Meatloaf	800 gr		450	25	Mix 500 g of minced beef with egg, ham, grated Bread, etc. Add a touch of oil and a little white wine. Turn halfway through cooking
• Meatloaf	900 gr		700	20	See note ★
• Whole chicken	1200 gr		700	45	Prick the skin to allow the fat to run off. See note ★★ Turn halfway through cooking
• Pieces of chicken	850 gr		700	30	Stir once during cooking
• Kebabs	600 gr		450	20	Turn halfway through cooking
• Goulash	1500 gr		900	30-35	Cook uncovered and stir 2-3 times
• Chicken breast	500 gr		700	10-15	Turn halfway through cooking
• Veal or pork chop	3 pieces		-	16-18	Preheat the oven for 3 minutes. Turn through cooking, as the heating element only irradiates heat from the upper part of the oven.
• 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.
• 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.

★ 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	TIME minutes	NOTES/SUGGESTIONS
• Asparagus	500 gr		900	8-9	Cut into 2 cm pieces
• Artichokes	300 gr		900	10-11	It would be better to use artichoke bottoms
• Green beans	500 gr		900	10-11	Cut in pieces
• Broccoli	500 gr		900	6-7	Separate into single "flowers"
• Brussels sprouts	500 gr		900	6-7	Leave whole
• White cabbage	500 gr		900	6-7	Leave whole
• Red cabbage	500 gr		900	6-7	Leave whole
• Carrots	500 gr		900	8-9	Cut into evenly-sized pieces
• Cauliflower	500 gr		900	10-11	Separate into tops
• Cauliflower in béchamel sauce	1000 gr		900	15	
• Celery	500 gr		900	6-7	Separate into pieces
• Aubergines	800 gr		900	5-6	Cut into cubes
• Grilled aubergines	4 slices		-	9-11	Preheat for 3 minutes. Turn halfway through cooking
• Aubergines "alla parmigiana"	1300 gr		900	16	The aubergines may be first grilled or fried
• Leeks	500 gr		900	5-6	Leave whole
• Button mushrooms	500 gr		900	5-6	Leave whole and cover. No need for water
• Onions	250 gr		900	4-5	Whole in equal sizes. No need for water
• Spinach	300 gr		900	5-6	Cover after washing and draining
• Peas	500 gr		900	9-10	
• Fennel	500 gr		900	11-12	Cut into quarters
• Grated tomatoes	800 gr		300	20	It is preferable for them to be of equal sizes
• Peppers	500 gr		900	8-9	Cut into pieces
• Grilled peppers	4 quarters		-	9-11	Preheat for 3 minutes. Turn halfway through cooking
• Stuffed peppers	1400 gr		900	20	Preferably the short, broad kind Cut into evenly-sized pieces
• Potatoes	500 gr		900	7-8	
• Roast potatoes (fresh)	500 gr		300	25-30	Stir 1-2 times
• Roast potatoes (frozen)	600 gr		300	30	Stir 1-2 times
• Potato gratin	1100 gr (total)		700	20	See note *
• Courgettes	500 gr		900	6-7	Leave whole







* 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

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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	TIME minutes	NOTES/SUGGESTIONS
• Fillets	300 gr		700	5-7	Cover with film
• Pieces	300 gr		700	7-9	Cover with film
• Whole	500 gr		700	8-10	Cover with film
• Whole	250 gr		700	5-7	Cover with film
• Slices	400 gr		700	7-9	Cover with film
• Prawns	500 gr		700	7-9	Cover with film
• Baked fish	600 gr	 	150	30	Add oil, a clove of garlic and drop of white wine. Do not cover.

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3.7 - COOKING FRUIT AND BAKED GOODS

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

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TIME minutes	NOTES/SUGGESTIONS
• Nut cake	700 gr		450	13-15	May be used in combination with any cream whatsoever
• Viennese torte	850 gr		450	17-19	To be filled with jam or jelly.
• Pineapple cake	800 gr		450	15-17	The pineapple slices can be laid on the bottom of the pin plate or cut into pieces and mixed into the dough.
• Apple cake	1000 gr		450	17-19	The apples are spread on top as a decorative effect.
• Coffee cake	750 gr		450	13-15	Excellent when filled with cream.
• Zabaione	300 gr		700	2-4	Mix with a whisk every 30 seconds.
• Cooked pears	300 gr		900	4-6	The pears are to be cut into quarters.
• Cooked apples	300 gr		900	5-7	The apples are to be cut into pieces.
• Egg custard - Test A	750 gr		900	15-17	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
• Sponge cake - Test B	475 gr		900	5-7	

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.8 - REHEATING/COOKING USING THE “AUTOMATIC FUNCTION” KEYS

The **AUTOMATIC FUNCTION** 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
(6) BEVERAGES		
<ul style="list-style-type: none">Press oncePress twicePress 3 timesPress 4 times	<ul style="list-style-type: none">Reheat 1 small coffee cup (50 cc) at room temperature.Reheat a coffee cup (125 cc) starting from room temperatureReheat one large cup (200 cc) starting from chilledReheat 1 soup dish (300 cc) starting from chilled	After reheating the liquid, stir well to spread the temperature evenly.
(11) JACKET POTATOES		
<ul style="list-style-type: none">Press oncePress twicePress 3 times	<ul style="list-style-type: none">Cook 200 g of potatoesCook 400 g of potatoesCook 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.
(12) READY MEALS		
	<i>chilled ready meals (5-8°C)</i> <i>Warning: at the end of the reheating the food and the containersi may be very hot. Use tweezers or oven gloves.</i>	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 possible aluminium tubs/packets and place it on a plate.
<ul style="list-style-type: none">Press oncePress twice	<ul style="list-style-type: none">Reheat 1 portion (250-350 gr)Reheat 2 portions (450-550 gr)	
(5) PIZZA <i>Pizza and frozen ready meals</i>		
	<i>Warning: at the end of the reheating the food and the containersi may be very hot. Use tweezers or oven gloves.</i>	Place the pizza directly on the turntable. 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.
<ul style="list-style-type: none">Press oncePress twicePress 3 times	<ul style="list-style-type: none">Reheat 1 frozen pizza da 250 - 500 grReheat 1 portion (250-350 gr)Reheat 2 portions (450-550 gr)	
(4) 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.

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CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

3.9 - SIMULTANEOUS COOKING ON 2 LEVELS

By using the spacer low wire rack (F) 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.

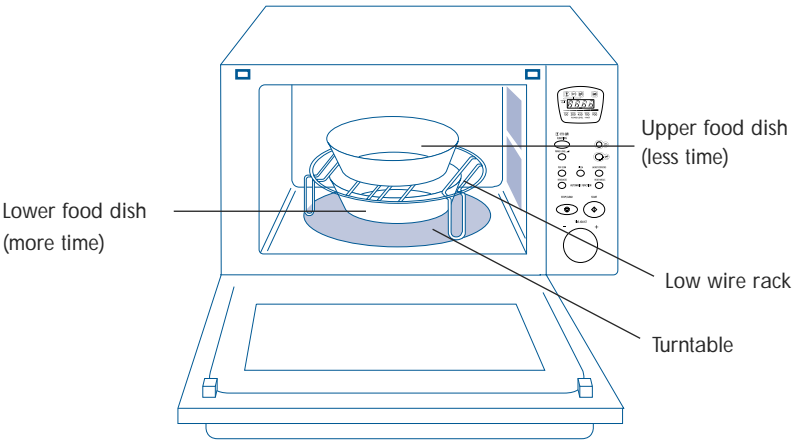
When you wish to cook two food dishes at the same time, all you have to do is keep these basic rules in mind:

- 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 44.

Times for simultaneous cooking	
Potatoes (above)	16 min
Goulash (below)	40 min
Cooking times for single dishes	
Potatoes	7 - 8 min
Goulash	30 - 35 min

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- 2) Be careful to ALWAYS place on the LOW WIRE RACK that food which requires less cooking 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.

CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

REFERENCE TABLES FOR COOKING ON TWO LEVELS

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Defrosting times

Type	Pan position	Quantity (grams)	Power level	Minutes	Notes
• Ground meat	above	500	⊗	20	Turn the meat over after 10 min. When the cooking is finished, let the meat sit for 15 min.
• Ground meat	below	500	⊗	20	
• Chicken in pieces	above	500	⊗	24	During the defrosting, pull the pieces apart. When the cooking is finished, let the meat sit for 15 min.
• Stew	below	500	⊗	24	
• Cauliflower	above	450	⊗	22	At the end, let sit for 5 to 10 min.
• Whole fish	below	500	⊗	22	At the end, let sit for 5 to 10 min.

Reheating times

Type	Pan position	Quantity (grams)	Power level	Minutes	Notes
• Meat, single serving	above	150	900	6	Cover the food with plastic wrap
• Vegetables, single serving	below	250	900	6	Cover the food with plastic wrap
• Plate of lasagne	above	500	900	9	Cover the food with plastic wrap
• Plate of lasagne	below	500	900	9	Cover the food with plastic wrap
• Meat, single serving	above	150	900	6	Cover the food with plastic wrap
• Plate of lasagne	below	500	900	8	Cover the food with plastic wrap

Cooking times

Type	Pan position	Quantity (grams)	Power level	Minutes	Notes
• Potatoes	above	500	900	16	Cut in equal-size pieces and cover with plastic wrap.
• Potatoes	below	500	900	16	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	above	500	900	18	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	below	500	900	18	Cut in equal-size pieces and cover with plastic wrap.
• Zucchini	above	475	900	14	Leave whole and cover with plastic wrap. After 14 min., take out the rack.
• Sliced fish	below	400	900	16	Cover with plastic wrap.
• Zucchini	above	475	900	13	Leave whole and cover with plastic wrap. After 13 min., take out the rack.
• Whole fish	below	200	900	14	Cover with plastic wrap.
• Whole fish	above	200	900	14	Cover with plastic wrap.
• Whole fish	below	200	900	14	Cover with plastic wrap.
• Potatoes	above	500	900	16	Cut in equal-size pieces and cover with plastic wrap.
• Goulash	below	1500	900	40	After 16 min., take out the grill. Stir 2 or 3 times.
• Cabbage	above	500	900	14	Leave whole and cover with plastic wrap. After 14 min., take out the rack.
• Rice	below	300	900	20	Cover with plastic wrap and stir 2 times
• Brussels sprouts	above	500	900	14	Cover with plastic wrap. After 14 min., take out the rack.
• Peas	below	500	900	18	Cover with plastic wrap.

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 (H) and its corresponding support (I) periodically in order to clean them; the bottom of the oven should also be cleaned.

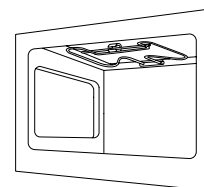
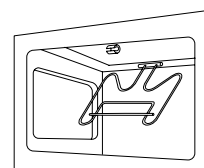
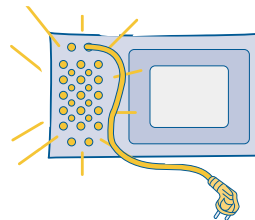
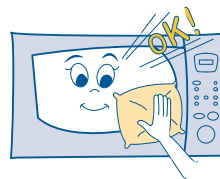
Wash the turntable and its support in soapy water using neutral soap. They can also be washed in a dishwasher.

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.

To make the cleaning of the inside of the oven easier, the upper heating element can be lowered by turning the ceramic hook.

IMPORTANT: After cleaning, reposition and reattach the electrical element. The oven must not be used with the element in the lowered positioned.



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CHAPTER 4 – CLEANING AND MAINTENANCE

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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:

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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.

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:	Earth
Blue:	Neutral
Brown:	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.