
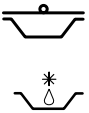




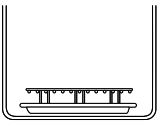

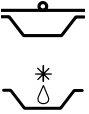



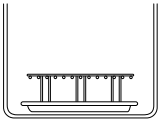


TYPE OF COOKING	POSITION OF WIRE RACK AND TURNTABLE	MICROWAVE SETTING	SUGGESTED FOR:	NOTES
MICROWAVE ONLY	 Turntable		All types of defrosting. Keeping food warm.	See page 9 for further details or see recipes
		 	Preparation of sauces and egg-based recipes, leavening of cakes, melting butter and chocolate.	
		 	Cooking vegetables, fish (not in batter). Browning cakes. Reheating of all kinds of pre-cooked and cook-chill foods.	
COMBINED MICROWAVE + GRILL	 Low wire rack on turntable  Turntable		Cooking meat, hamburgers, sausages. Maximum quantity: 150 gr.	See page 15 for further details or see recipes
		  	Cooking kebabs, chicken breasts, "au gratin" vegetables and "lasagne". Cakes. Cooking large joints of meat and poultry. Cooking large quantities of "au gratin" dishes.	
GRILL ONLY	 Tall wire rack on turntable		Grilling hamburgers, chops, sausages, bacon, vegetables, toast.	See page 16 for further details or see recipes

IMPORTANT SAFETY INSTRUCTIONS

**Read these instructions carefully before using the oven.
This will enable you to avoid mistakes and to obtain the best results.**

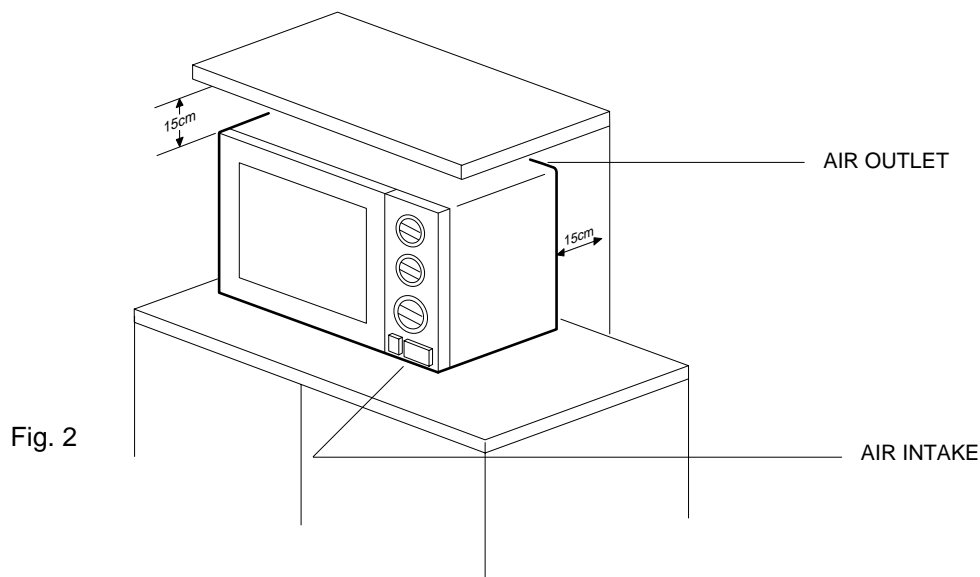
- 1) This oven has been designed for defrosting and cooking food, and must not be used for any other purpose.
- 2) It is dangerous to alter or modify the characteristics of this oven in any way.
- 3) Do not operate the oven if it is damaged in any way. The door must close properly, therefore make sure that the metal frame is not bent and that the hinges and latches are not broken or loosened.
- 4) Do not attempt to operate the oven with the door open by tampering with the safety devices.
- 5) 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 internal side of the door clean.
- 6) **Adjustments and repairs must be carried out only by personnel trained by the manufacturer.** Repairs carried out by unskilled personnel may be dangerous.
- 7) This oven should be operated by adults only. Do not allow children near the oven when it is in operation, as this may result in severe burns.
- 8) When using MICROWAVES only or MICROWAVES + GRILL, **never preheat the oven and never switch on the oven without food inside, as this may cause sparks.**
- 9) **Do not immerse the turntable in water after prolonged heating; the sudden difference in temperature may cause the turntable to crack.**
- 10) Never place metal cookware or containers in the oven when using MICROWAVES only or MICROWAVES + GRILL. Metal reflects microwave energy and this may cause sparks (see "Cookware").
- 11) **Do not cook eggs in their shells.** The internal pressure may cause them to shatter even after the cooking process has ended. Do not re-heat already-cooked eggs (except scrambled eggs).
- 12) Before heating or cooking foodstuffs packaged in sealed containers, do not forget to open them. The pressure inside the container may cause it to burst even after the cooking process has ended.
- 13) Stir baby food after cooking in order to ensure that the temperature is uniform.
- 14) When heating liquids (water, coffee, milk etc.), it is possible that boiling may occur as the recipient is removed from the oven. This may cause severe burns. To avoid unexpected boiling, before placing the liquid in the oven, place a heat-resistant plastic spoon or a glass stick in the recipient.
- 15) Do not heat spirits with a high alcohol content, nor large quantities of oil. These may catch fire when heated.
- 16) When heating small quantities of food, the cooking process should be carefully controlled in order to avoid overheating and thus the danger of fire.
- 17) Pay close attention when setting the cooking times. If in doubt, consult the cooking recipes.

INSTALLATION

Important:

- Connect the appliance to a properly - earthed 16A power socket. Also make sure that the most switch installed in you home has a minimum power capacity of 16A to avoid it from tripping.
- Before using the appliance check that the power supply voltage is as 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.**

- 1) After removing the oven from the box, remove the protective packaging containing the wire racks (H and I), the turntable (L) and the turntable roller ring (M) from inside the oven. Check that the turntable pin (N) is correctly inserted in the hole in the centre of the oven.
- 2) Check that the appliance has not suffered any damage due to transportation. Also, make sure the door opens and closes properly.
- 3) Place the appliance on a flat, stable surface at least at 85 cm from the floor, out of the reach of children (the glass door can become very hot while the oven is in operation).
- 4) **When positioning the appliance on the worktop, make sure that there is a 15 cm (6 in) gap at the rear and a 2 cm (1 in) gap at the sides of the oven in order to provide adequate ventilation. The oven must not be built in. Do not obstruct the air inlet and outlet (see fig. 2).**
- 5) Position the turntable roller ring (M) in the centre of the circular groove. Place the turntable (L) on the roller ring. The turntable pin (N) should be fitted into the slot in the turntable.
- 6) If necessary, the power cable should be replaced only by personnel trained by the manufacturer or by an authorized Service Centre.
- 7) Initial start-up operation may result in minimal smell and smoke (about 15 min.). This is normal. It is due to the protective substance on heating elements which protects them from salt effects during shipping from the factory.



ELECTRICAL CONNECTION (UK 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.

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.

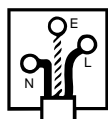
- B) If your appliance is not fitted with a plug, please follow the instructions provided below.

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



As the colours of the wires in the mains lead of this appliance 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 which is 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 which is marked with the letter N or coloured black.

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




DESCRIPTION OF THE CONTROLS

Grill pilot lamp (B)

This pilot lamp lights to indicate that a cooking process with GRILL or combined MICROWAVE+GRILL function has been selected. Bear in mind that when the grill element is in operation, the pilot lamp lights.







Program selector knob (C)

This knob is used to select the desired cooking program:

- **MICROWAVE** only 
- Combined **MICROWAVE+GRILL** 
- **GRILL** only 

Microwave power selector knob (D)

Use this knob to select the microwave power level when cooking with MICROWAVE or in a combined MICROWAVE + GRILL function.

	(10%)	Power: 85 W
	(15%)	Power: 125 W
	(35%)	Power: 295 W
	(50%)	Power: 425 W
	(70%)	Power: 595 W
	(100%)	Power: 850 W

Timer knob (E)

Use this knob to set the duration of the cooking processes.

When a time has been set, the fan and the oven lamp will switch on (as long as the door is closed) and the timer knob will begin rotating until it reaches zero.

Door release button (F)

Press this button to open the oven door. When the door is opened, the oven lamp switches on.

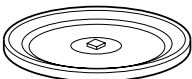
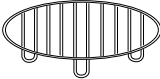
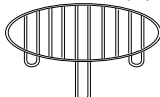
The oven lamp and the fan remain in operation even when the door is opened during cooking. This is normal. In order to resume microwave operation, close the door and press the MICROWAVE START button.

"MICROWAVE START" button (G)

Close the door and press this button to start a MICROWAVE or combined MICROWAVE + GRILL cooking process.

This button also restarts microwave operation after an interruption (e.g. if the door is opened to check the food).

USING THE ACCESSORIES

ACCESSORY	TYPE OF COOKING	SUGGESTIONS
TURNTABLE (L) 	MICROWAVE ONLY COMBINED MICROWAVE+GRILL GRILL ONLY	The turntable should be used for ALL types of cooking, since it also serves as a support for the other accessories. Use the turntable only for all types of defrosting and for heating with microwaves only.
LOW RACK (I) 	COMBINED MICROWAVE+GRILL	The low wire rack is essential for certain types of cooking (e.g. "au gratin" dishes) which must be cooked in COMBINED function. The low wire rack should be placed on the turntable.
TALL RACK (H) 	GRILL ONLY	The tall wire rack should be used for all types of grilling, and positioned on the turntable. The food to be grilled can be placed directly on the wire rack. Any drops of fat will be collected by the turntable.

OVENWARE

Most types of containers are suitable for use in the microwave oven: glass, Pyrex, ceramic glass, china or terra-cotta. However, the containers must be undecorated and free of metal parts (i.e. gilt trimmings, handles, feet etc.). Heat-resistant plastic can also be used when cooking with microwaves only (☞). However, if in doubt about using a container, apply this simple test: place the empty container in the oven for 30 seconds at maximum level (MICROWAVE only). If the container remains cool or only becomes slightly warm, then it is suitable for microwave cooking. If the container becomes hot or produces sparks, then it should not be used. Paper napkins, cardboard trays and disposable plastic plates can also be used for short cooking times. The shape and size of the containers must be such as to allow them to rotate freely inside the oven.

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

Do not forget that microwaves heat the food, not the dish. This means that most food can be cooked directly in the serving dish - so no dirty pans, which saves on washing-up. However, bear in mind that heat will be transferred to the plate by the food itself, so the use of an oven glove is advisable.

	Glass	Pyrex	Ceramic glass	Terra-cotta Ceramic	Tin foil	Plastic	Paper or cardboard*	Metal
Microwave only	YES	YES	YES	YES	NO	YES	YES	NO
Combined cooking	NO	YES	YES	NO	NO	NO	NO	NO
Grill only	NO	YES	YES	NO	YES	NO	NO	YES

* Danger of fire with prolonged cooking

BASIC RULES FOR BEST COOKING RESULTS USING MICROWAVES

- 1) Microwave cooking depends on the size and uniformity of the food to be cooked: stew cooks more rapidly than a roast joint, because smaller, evenly-sized meat pieces are penetrated faster by microwaves. To set cooking times correctly, remember that the cooking time increases in proportion to the quantity of food and vice versa. It is important to observe the "standing" time at the end of the cooking cycle, as this allows the heat to continue spreading within the food.
- 2) **Stirring** is fundamental. By stirring, the food temperature is evenly maintained throughout the cooking period, thus reducing overall cooking time. Stir from the outside towards the centre; solid or delicate foods should be stirred more than once.
- 3) It is also advisable to **turn over** the food while cooking, especially large pieces of meat (roasts and whole chickens) and smaller pieces (steaks, chicken breasts etc.).
- 4) Food with skin, shell or peel (e.g. apples, potatoes, tomatoes, egg yolks, frankfurters and fish) should be pierced in several places with a fork to allow steam to escape and prevent the skin or peel from bursting (fig. 3).
- 5) When cooking several pieces of the same food, e.g. boiled potatoes, arrange them in a ring around the dish to obtain uniform cooking (fig. 4).
- 6) Always place the container with the food on the wire rack. Food cooked without the wire rack (i.e. by positioning the dish directly on the oven floor) may acquire an extremely unpleasant taste.
- 7) The lower the temperature of food placed in the oven, the greater the operating time required. Food at room temperature cooks faster than food removed directly from the refrigerator.

Fig. 3

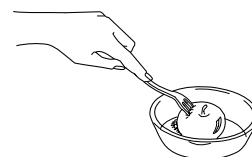
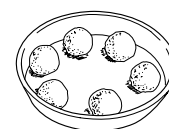


Fig. 4



USING THE OVEN

This oven allows you to enjoy all the advantages of microwave cooking and to brown your food to perfection. Choose from the numerous combinations that can be used for imaginative cooking.

This section describes how to use the various cooking programmes.

Using MICROWAVES ONLY

Programme

Suggested for:

Up to power level  (125W)

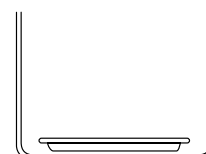
Use this programme to defrost meat and poultry, and to keep food warm.

Up to power level  (425W)

Use this programme to prepare egg-based recipes and sauces, to leaven cakes and for the initial defrosting of large pieces of meat. Also: to melt butter and soften cheese.

Up to power level  (850W)



Use this programme to cook vegetables, fish (not in batter), to complete the cooking of cakes, and to re-heat all pre-cooked or cook-chill foods.




Turntable only

During these cooking programmes, place the container in the centre of the turntable as shown in the figure.

How to operate:

- 1) Place the food in a suitable container and position the container in the centre of the turntable. Close the door.
- 2) Turn the program selector knob (C) to  (MICROWAVE).
- 3) Select the desired microwave power by turning the power selector knob (D) to one of the power settings.
- 4) Select the desired cooking time by turning the timer knob (E) clockwise. The numbers on the knob surround represent the cooking time in minutes. The fan and the oven lamp will switch on automatically.
- 5) Press the START MICROWAVE button (G) to begin cooking.
- 6) When the cooking time has elapsed, the oven will switch off automatically. This is indicated by an acoustic signal which will sound when the timer knob returns to position  (STOP). The cooling fan and the oven lamp will switch off.

Note


- The oven lamp switches on when the timer knob is set or when the oven door is opened.
- The oven can be switched off at any time during the cooking process simply by turning the timer knob (E) to position  (STOP). The programmed cooking time can also be altered while the food is being cooked by turning the timer knob backwards or forwards.
- In order to check how far the food is cooked, open the oven door. This interrupts operation of the oven, which will resume when the door is re-closed and by pressing the START MICROWAVE button again.


DEFROSTING


Refer to the table below and remember the following points:


- 1) Frozen food in plastic bags, plastic film or cardboard packages can be placed directly in the oven for defrosting as long as the package has no metal parts (e.g. metal twist ties).
- 2) The manufacturer's instructions printed on the packet should be followed with caution (they are not always correct!).
- 3) Certain foods, such as vegetables and fish, do not require complete defrosting before being cooked.
- 4) Boiled foods, stews and meat sauces defrost better and more quickly if stirred from time to time.
- 5) Meat and fish lose a certain quantity of liquid when defrosting. It is advisable to defrost these foods in a dish.
- 6) When large pieces of meat are defrosted, protect the thinner parts in order to slow down heating, otherwise the outer edges will dry out or even begin to cook. Meat should be turned halfway through the defrosting process.
- 7) Always underestimate defrosting times. The length of the defrosting time will vary according to how solidly the food is frozen. Turn frozen foods over or separate the pieces, if possible, during defrosting and standing times.
- 8) "Standing time" is the term used to indicate the time that food should be left to stand after the recommended cooking time. This allows the heat to continue spreading evenly within the food. The temperature of meat, for example, will increase by about 5 - 8 °C during standing times. Dishes need not be left in the oven for standing times. If the food is left to stand in the oven, the oven should be switched off.


DEFROSTING TIMES


Defrosting meat				
Type of meat	Quantity	Power level	Defrosting time (min)	Standing time (min)
BEEF				
Minced	500 g		12	10
Kidneys	300 g	"	10	5
Liver	300 g	"	8	5
Roast, shoulder	1 kg	"	30	20
Roast, rolled	1 kg	"	30	20
Roast, sirloin	1 kg	"	30	20
Stew	500 g	"	14	10
Steak	200 g	"	5	4
VEAL				
Chop	200 g	"	5	4
Minced	500 g	"	12	6
Steak	200 g	"	5	4
PORK				
Chop	200 g	"	5	4
Stew	500 g	"	14	10
Minced	500 g	"	12	6
Roast, Rump	1 kg	"	30	20
Lean ribs	500 g	"	11	12
Shoulder	400 g	"	10	10
Fillet	200 g	"	6	6
LAMB				
Leg or shoulder	1.5 kg	"	37	25
CHICKEN				
Whole	1.5 kg	"	35	20
Pieces	1 kg	"	28	15
Breast	500 g	"	14	8
Legs	500 g	"	19	10
TURKEY				
Pieces	1 kg	"	27	15
Breast	500 g	"	14	10
DUCK				
Whole	1.5 kg	"	38	20


Defrosting vegetables				
Type of meat	Quantity	Power level	Defrosting time (min)	Standing time (min)
Aubergines whole	500 g		14	5
Peppers whole	350 g	"	8	4
Peas shelled	400 g	"	10	4
Artichokes hearts	300 g	"	7	4
Asparagus whole	300 g	"	9	3
Green beans sliced	300 g	"	11	5
Broccoli whole	300 g	"	10	5
Brussels sprouts whole	300 g	"	10	4
Carrots sliced	300 g	"	9	4
Cauliflower heart	300 g	"	8	3
Mixed vegetables	300 g	"	8	3
Spinach shredded	300 g	"	9	4

Defrosting fish				
Type	Quantity	Power level	Defrosting time (min)	Standing time (min)
FISH Fillets	300 gr.		9	6
Slices	400 gr.	"	10	8
Whole	400 gr.	"	12	8
Mussels - Clams	400 gr.	"	6	5
Shrimps	250 gr.	"	7	5
Oysters	200 gr.	"	5	5

Defrosting butter, cheese and cream (dairy products)				
Type / quantity	Power level	Defrosting time (min)	Suggestions	Standing time (min)
Butter (250 g)		5	Remove the aluminium foil and any metal parts.	10
Cheese (250 g)	"	6	The cheese is partially defrosted. Observe the standing time.	15
Cream (200 ml)	"	8	Cream may be defrosted in its cardboard container after removing any metal parts.	5

Defrosting bread				
Type / quantity	Power level	Defrosting time (min)	Suggestions	Standing time (min)
4 rolls		5	No need to turn.	5
Mixed bread (300 g)	"	5	Turn once.	10
Sliced wholemeal bread (70 g)	"	4	Turn once.	3

Defrosting fruit				
Type / quantity	Power level	Defrosting time (min)	Suggestions	Standing time (min)
Strawberries-plums-cherries-redcurrants-apricots (500 g)		12	Stir once after 4 minutes.	10
Raspberries (300 g)	"	10	Stir once after 4 minutes.	10
Blackberries (250 g)	"	8	Stir once after 3 minutes.	6


Defrosting cold cuts				
Type / quantity	Power level	Defrosting time (min)	Suggestions	Standing time (min)
Sliced cooked ham (200 g)		5	After 2 minutes, turn the ham and remove any defrosted slices.	10
Sliced mortadella (200 g)	"	5	After 2 minutes, turn the mortadella and remove any defrosted slices.	10
Pork sausages (3) (300 g)	"	8	Turn after 3 minutes.	10


REHEATING


Reheating is one of the most useful functions of a microwave oven. Reheating food in a microwave oven offers many advantages. The food is heated very quickly, and therefore maintains much more of its original flavour and quality.

Suggestions for reheating:


- 1) As in all cooking methods, food reheated in a microwave oven must always be heated to at least 70°C (especially frozen and cook-chill food). This means that the food will not be ready to eat immediately (it's hot!), but it will be completely sterilized.
- 2) Frozen and cook-chill foods should always be:
 - removed from their container if this is made of metal or has any metal parts
 - covered with cling film or wax paper (this will preserve all the food's natural moisture and flavour and help to keep the oven clean)
 - if possible, stirred or turned over frequently in order to speed up the reheating process
 - reheated following the instructions on the packet with caution (they are not always correct). Therefore, remember that under certain conditions, the reheating times shown on the packet must be increased
- 3) Always remember to defrost frozen foods before reheating. Bear in mind that the lower the initial temperature of the food, the longer the reheating time will have to be.
- 4) Food and drinks can be reheated in paper and plastic cups and plates for short time settings; however, these articles are likely to become mis-shapen if the heating process is prolonged.

Reheating pre-cooked dishes (already defrosted)			
Type (quantity)	Power level	Heating time (min)	Remarks and suggestions
Lasagne (400 g)		7 - 9	Take out of the container and place in a soup plate. Keep covered. Leave to stand for two minutes after reheating. Foods such as Bhuna Gosht or mini spare ribs should be stirred at least twice during the reheating process.
Stuffed pasta (400 g)		7 - 9	
Mini spare ribs		6 - 9	
Bhuna Gosht		6 - 8	


Heating up from refrigerator temperature to about 20°C			
Type (quantity)	Power level	Heating time (min)	Remarks and suggestions
Milk/cocoa (1/4 litre)		2	Heat in a bowl.
Liquids (1/4 litre)		2	Heat in a bowl.
Butter (250 g)		4	Remove any metal parts from the packet.
Yoghurt (125 g)		3	Remove any metal parts from the packet .

Heating cold dishes			
Type (quantity)	Power level	Heating time (min)	Remarks and suggestions
1 feeding bottle (240 ml)		2	Heat feeding bottle without teat. Stir after heating.
1 dish of meat (350-400g)		6	Heat covered with plastic film.
1 portion of meat (150 g)		2.5	Heat covered with plastic film (except meat coated with batter).
		2.5	
1 portion of fish (150 - 200 g)		3	Heat covered with plastic film (except fish coated with batter).
		7	
1 portion of potatoes or rice (200 g)		2.5	Heat covered with plastic film.
2 portions of vegetable soup (1/2 litre)			Heat covered with plastic film.
1 bowl of soup (300 cc)			Do not cover clear soup. Soup with pasta should be covered with plastic film.

Heating drinks

Type (quantity)	Power level	Heating time (min)	Remarks and suggestions
Milk (200 ml)		3	Stir after heating.
Bowl of water (180 cc)	"	4	Water for instant coffee and tea. Stir when the water no longer boils.
Cup of milk (150 cc)	"	1.5	
Cup of coffee (to be re-heated)	"	1	Milk is heated to a temperature just right for drinking. Stir after heating.


Softening and melting


Type (quantity)	Power level	Heating time (min)	Remarks and suggestions
Chocolate/icing (100 g)		3.5	No need to stir if the chocolate is in cubes. Stir icing once during heating.
Butter (50 - 70 g)	"	2 - 3	Add one minute if you wish to heat the butter.

COOKING

Refer to the table below when cooking vegetables or fish (except fish in batter). Bear in mind that:

- Vegetables cooked in a microwave oven maintain their colour and retain a higher nutritive value than vegetables cooked in the conventional way. It is not necessary to add water: water remaining on vegetables after washing creates sufficient steam for cooking; generally, while cooking, it is advisable to cover vegetables with transparent film perforated in several places to allow steam to escape. Larger vegetables (e.g. carrots) should be cut into even-sized pieces. Stir at least once halfway through the programmed cooking time, and add a little salt when the vegetables are completely cooked.
- Fish cooks very quickly and with excellent results. Fish can be coated with a little butter or oil (or left natural). Cover with plastic film, leaving a small perforation for steam to escape. Naturally, the skin should first be pierced; fillets should be arranged evenly in the dish. It is inadvisable to cook fish coated with batter. As with most other foods, fish can be cooked on individual serving plates.

Cooking times for vegetables					
Type of food	Preparation	Quantity	Power level	Cooking time (min)	Standing time (min)
Fresh artichokes	Whole	4 (8 halves)		11	3
Defrosted artichokes	Hearts	300 g	"	9	3
Fresh asparagus	2 cm pieces	500 g	"	8	3
Defrosted asparagus	Whole	300 g	"	8	4
Fresh green beans	2 cm pieces	500 g	"	11	3
Defrosted green beans	Cut	300 g	"	10	3
Fresh turnips	Sliced	500 g	"	11	5
Fresh broccoli	Leaves	500 g	"	10	3
Defrosted broccoli	Whole or cut	300 g	"	10	2
Fresh Brussels sprouts	Whole	500 g	"	11	3
Defrosted Brussels sprouts	Whole	300 g	"	10	3
Fresh cabbage	Shredded	500 g	"	12	5
Fresh cabbage	Heart	500 g	"	11	5
Fresh carrots	1 cm slices	500 g	"	10	3
Defrosted carrots	Sliced	300 g	"	9	3
Fresh cauliflower	Heart	500 g	"	13	5
Fresh cauliflower	Whole	800-900 g	"	18	6
Defrosted cauliflower	Heart	300 g	"	9	3
Fresh celery	1 cm slices	500 g	"	10	2
Fresh aubergines	Cubes	500 g	"	10	2
Fresh aubergines	Whole, pierced	500 g	"	12	3
Fresh tomatoes	Whole	400 g	"	12	3
Defrosted mixed vegetables		300 g	"	8	2
Fresh mushrooms	Sliced	500 g	"	11	3
Fresh onions	Whole, peeled	8 - 10 (small)	"	13	4
Fresh peas	Shelled	500 g	"	11	3
Defrosted peas	Shelled	300 g	"	7	3
Fresh potatoes	Pieces	500 g	"	20	3
Fresh spinach	Whole leaves	500 g	"	8	2
Defrosted spinach	Shredded	300 g	"	7	2
Fresh peppers	Pieces	500 g	"	13	3
Fresh courgettes	Slices	500 g	"	8	3

Cooking times for fish					
Type	Quantity	Power level	Cooking time (min)	Suggestions	Standing time (min)
Fillets	300 gr		6	Turn halfway through cooking	2
Slices	300 gr	"	9	Turn halfway through cooking	2
Whole	500 gr	"	10	Turn halfway through cooking	3
Clams	500 gr	"	6	Stir after cooking	-
Mussels	500 gr	"	6	Stir after cooking	-
Shrimps	500 gr	"	8	Stir after cooking	2

- Note
- When cooking dishes for longer than 5 minutes, it is advisable to turn over or stir the food at the halfway point in the programmed cooking time.
 - The formation of moisture inside the oven and around the air outlet is perfectly normal. In order to reduce the amount of condensation, cover the food being cooked with cling-film, wax paper, glass lids or simply a plate turned upside-down. Also, foods with a high water content, such as vegetables, cook better if covered. Covering the food also helps to keep the oven clean and reduces the formation of condensation. Use plastic film.

WARNING! Never use aluminium foil to cover the food. Do not cover food when using the combined MICROWAVE+GRILL function or GRILL only.


Combined cooking: MICROWAVE + GRILL

Programme 

Suggested for:

All foods that require browning, which cannot be obtained with microwave cooking only (e.g. meat, poultry, sausages, vegetables, pasta "au gratin", fish in batter, cakes).

The microwave power levels should be used as follows:

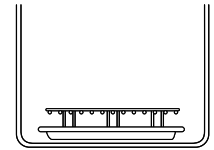
Microwave power up to level  (125W) + grill 1500W

Cooking meat, hamburgers, sausages (up to 150 g of food)

Microwave power up to level  (595W) + grill 1500W

Cooking kebabs, chicken breasts, "au gratin" vegetables, lasagne, cakes (up to 350 g). Cooking large pieces of meat, poultry, large quantities of "au gratin" dishes.

During these programmes, the dish containing the food should be placed as indicated in the recipes (i.e. on the turntable or on the low wire rack).




Low wire rack on turntable



Turntable only

How to operate:






This oven features a cooking system which combines microwave cooking with a traditional grill. This system cuts cooking times considerably.

- 1) Place the food in a suitable container and position the container in the centre of the low wire rack on the turntable or directly on the turntable. Close the oven door.
- 2) Turn the program selector knob (C) to COMBINED COOKING (.
- 3) Select the desired microwave power setting by turning the power selector knob (D) to the appropriate position.
- 4) Select the desired cooking time by turning the timer knob (E) clockwise. This switches on the grill, and the grill pilot lamp lights. The fan and the oven lamp will switch on.
- 5) Press the START MICROWAVE button (G) to begin cooking.
- 6) When the selected cooking time has elapsed, the microwave function and the grill will switch off automatically. The end of the cooking process will be indicated by an acoustic signal.

Note : If the door is opened to inspect the food being cooked, the microwave function is interrupted, but **the grill remains in operation**. To restart the microwave function, close the door and press the START MICROWAVE button again.

Warning: If the door is opened during grilling or combined cooking, the grill continues to operate. Do not touch the grill. Children should be supervised at all times while in the kitchen.

Please refer to the table below and to the cook-book. Bear in mind that all the rules and suggestions given for microwave cooking apply to combined cooking as well.

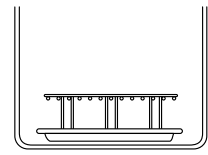
Cooking times for meat						
Type		Quantity	Power level	Cooking time (min)	Suggestions	Standing time (min)
BEEF	Meatloaf	500 gr		26	Turn twice	3
	Sirloin	600 gr	"	28	Turn twice	3
	Roast, shin	1 kg	"	37	Turn twice	2
VEAL	Roast (rolled)	1 kg	"	37	Turn once	2
PORK	Leg	500 gr	"	24	Turn once	2
	Roast	1 kg	"	37	Turn twice	2
	Roast loin	700 gr	"	30	Turn once	5
LAMB	Leg	1 - 1.5 kg	"	40	Turn twice	5
CHICKEN	Whole	1 kg	"	45	Turn twice	3
	Half	500 gr		17	Turn twice	3
	Pieces	500 gr		22	Turn once	3
TURKEY	Breast	300 gr	"	13	Turn once	2
	Pieces	1 kg	"	38	Turn twice	5
	Breast	500 gr	"	17	Turn once	2
DUCK	Whole	1 - 1.5 kg		37	Turn twice	5
POTATOES	Fresh, pieces	500 gr		22	Stir twice	3

Cooking with the GRILL ONLY

Programme 



Suggested for:

Grilling hamburgers, chops, sausages, frankfurters, vegetables, bacon, toasted sandwiches.
Proceed as with conventional cooking: the food should be placed on the tall wire rack, which should be positioned on the turntable.
The turntable will catch any drops of fat.



Tall wire rack

How to operate:

- 1) Place the food to be grilled on the tall wire rack and position the rack on the glass turntable.
- 2) Turn the program selector knob (C) to  (GRILL only).
- 3) Turn the timer knob (E) clockwise to the desired position. The grill will switch on automatically, the grill pilot lamp will light and the fan will switch on.
- 4) When the cooking time has elapsed, the timer knob (E) returns to position  (STOP) and the pilot lamp and fan switch off. The end of the cooking process is indicated by an acoustic signal.

Note : When using the grill only, it is not necessary to press the START MICROWAVE button (G) to begin cooking.

Warning: If the door is opened during grilling, the grill continues to operate. Do not touch the grill. Children should be supervised at all times while in the kitchen

GRILLING TIMES

Note: The oven should be pre-heated for 5 – 8 minutes before grilling.

Food	Grilling time
Beef or pork chop (1 cm thick)	7 - 10 minutes each side
Beef or pork chop (2cm thick)	11 - 14 minutes each side
Lamb chop	11 - 14 minutes each side
Sausage	6 - 9 minutes each side
Toasted bread	1 - 3 minutes each side
Fresh hamburgers (200 gr)	8 - 11 minutes each side
Frozen hamburgers (200 gr)	10 - 13 minutes each side

CLEANING AND MAINTENANCE

WARNING: Always unplug the appliance before every cleaning and maintenance operation.

CLEANING

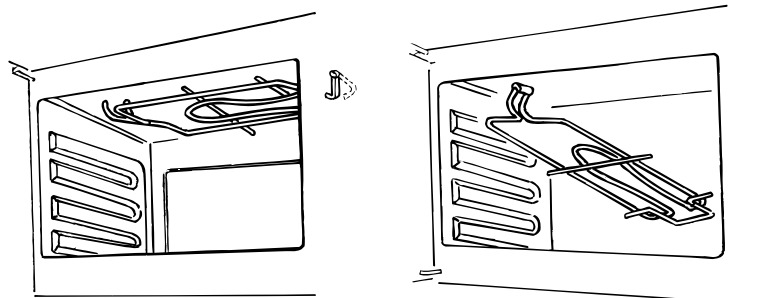
To maintain the microwave oven in perfect condition, the appliance should be cleaned inside and outside with a damp cloth and neutral soap or liquid detergent. **Never use abrasive detergents, abrasive sponges, steel wool or sharp metal utensils.** The upper panel of the oven cavity should be cleaned taking care not to disturb or bend the tab (be careful not to cut yourself, too). Be sure to keep the internal side of the door clean in order to ensure complete and tight closure.

Occasionally remove and clean the turntable and its support, and clean the bottom of the oven, too. Wash the turntable and its support with soapy water (use a neutral soap), then dry carefully using a cloth. The turntable and its support can also be washed in a dishwasher. **However, never immerse the glass turntable in water after prolonged heating: the sudden change in temperature may cause the glass to crack.**

Even though the turntable motor is sealed, special care must be taken when cleaning the bottom of the oven to ensure that no water seeps into the hole of the turntable drive pin.


In order to facilitate cleaning of the oven cavity, the upper heating element can be lowered by turning the ceramic hook that fastens it in position. The upper panel of the oven cavity should be cleaned taking care not to disturb or bend the tab (be careful not to cut yourself, too).

After cleaning, raise the heating element and fasten it in position. **The oven must never be operated with the heating element lowered.**



IF SOMETHING JUST ISN'T RIGHT

In case of malfunction, call the Service Centre. However, **before** doing so, perform the following simple checks:

PROBLEM	CAUSE
Appliance does not work	<ul style="list-style-type: none">• The door is not properly closed• The plug is not correctly inserted• No power at the socket (check the fuse)• The START button has not been pressed (for MICROWAVE cooking processes)• The timer has not been set correctly.
Steam or moisture from the air outlet	<ul style="list-style-type: none">• When cooking foods with a high water content, it is quite normal that steam forming inside the oven is vented from the air outlet.
Sparkling inside the oven	<ul style="list-style-type: none">• Do not operate the oven without food inside when using microwaves or combined microwave mode.• Do not use metal containers when cooking with microwaves.• Keep the internal side of the oven door clean.
Grill does not work	<ul style="list-style-type: none">• Turn the program selector to the GRILL position (.
Food does not heat enough	<ul style="list-style-type: none">• Select the appropriate cooking method or increase the cooking time.• The food may not have been completely defrosted before cooking.• Use the correct accessory.
Food is burned	<ul style="list-style-type: none">• Select the appropriate cooking method or reduce the cooking time.
Food is not evenly cooked	<ul style="list-style-type: none">• Stir the food during the cooking process. Remember that evenly-sized food cooks better.

The oven may be used safely even if the light bulb is not working. Contact your nearest Service Centre for bulb replacement.

SPECIFICATIONS

Voltage	see rating label
Frequency	50 Hz
Grill rated input	1500 W
Microwave rated input	1500 W
Maximum input power	3000 W
Microwave output power	850 W
Microwave frequency	2450 MHz
External dimensions:	
width	56.0 cm (22 in)
height	34.9 cm (13.5 in)
depth	49.5 cm (19.5 in)
Oven capacity	26 litres
Weight	25 kg
Oven lamp	25 W

This appliance conforms to E.E.C. directive no. 87/308 regarding the suppression of radio interference.

All technical data subject to modification without prior notice.