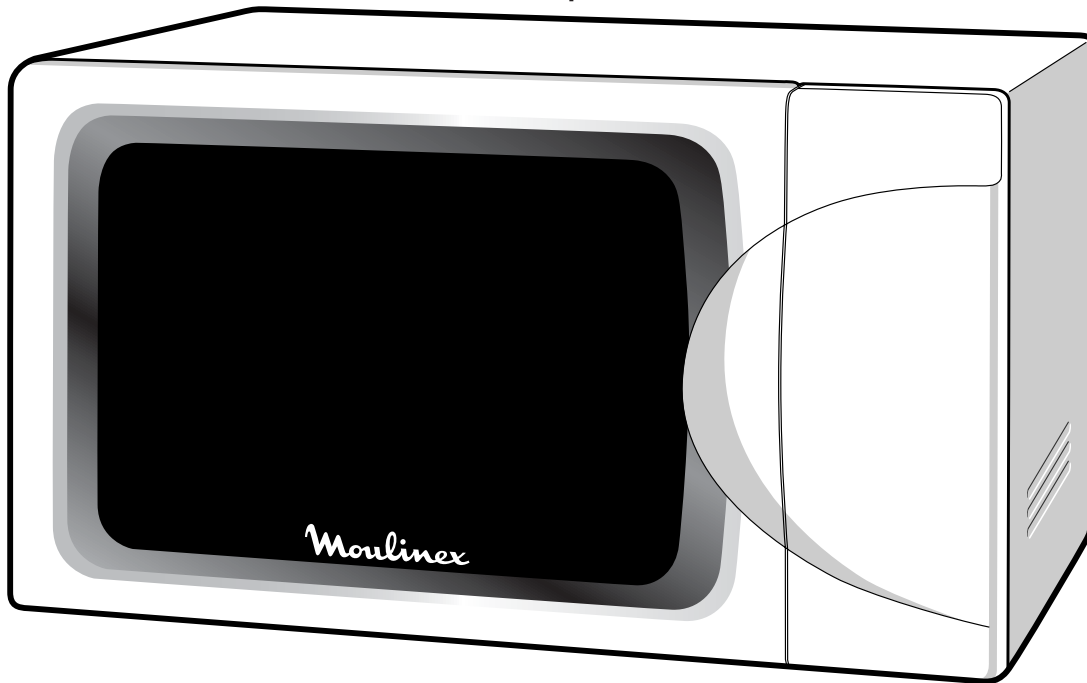


# Moulinex

## Ultimys Duo Combi

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**AFW2**

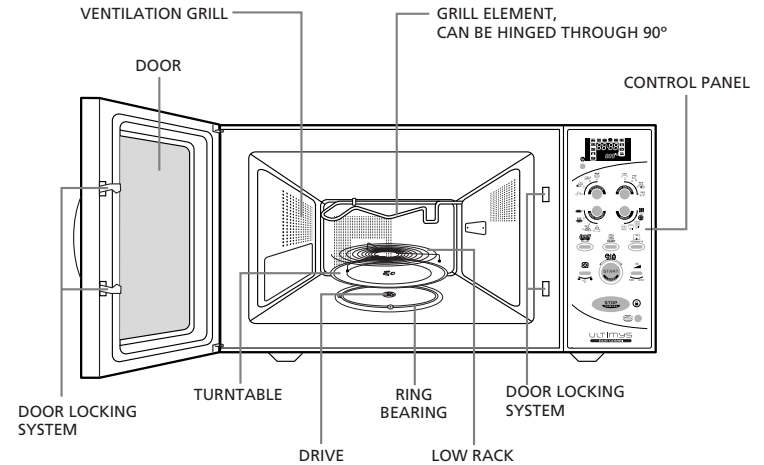
Français	.....	p. 2
English	.....	p. 25
Español	.....	p. 48
Italiano	.....	p. 71



## Contents

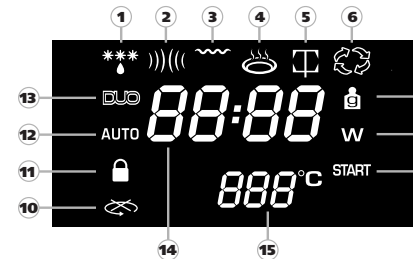
Appliance description .....	25
Display .....	25
Control panel .....	26
Accessories .....	26
Installing the appliance .....	27
Preparation .....	27
Connecting .....	27
Position .....	27
Safety instructions .....	28
Instructions for use .....	28
Foods .....	28
Containers and materials .....	28
Cooking time .....	30
Resting time .....	30
Setting the time .....	30
Adjusting the independent timer .....	30
Using the automatic programmes .....	30
Auto Cook .....	31
Auto Defrost .....	31
Auto Crouty .....	32
Using the manual functions .....	32
"micro" mode .....	33
"grill" mode .....	33
"micro grill" mode .....	34
"air" mode .....	34
"micro air" mode .....	35
Using the quick reheat function .....	36
Using functions requiring specific accessories .....	36
Duo .....	36
Crouty .....	37
Rôtisserie .....	38
Adjusting the cooking time .....	39
Stopping the oven .....	39
Using the "Stop turntable" function .....	40
Activating the Child Safety .....	40
Cooking guide .....	40
Microware cooking .....	40
Reheating .....	41
Defrosting .....	42
"grill" and "micro grill" modes .....	42
"air" and "micro air" modes .....	43
"Crouty" mode .....	44
"Rôtisserie" mode .....	45
Cleaning .....	45
Technical problems .....	46
Waste disposal requirements .....	47
Performance testing data .....	47
Technical characteristics .....	47

## Appliance description



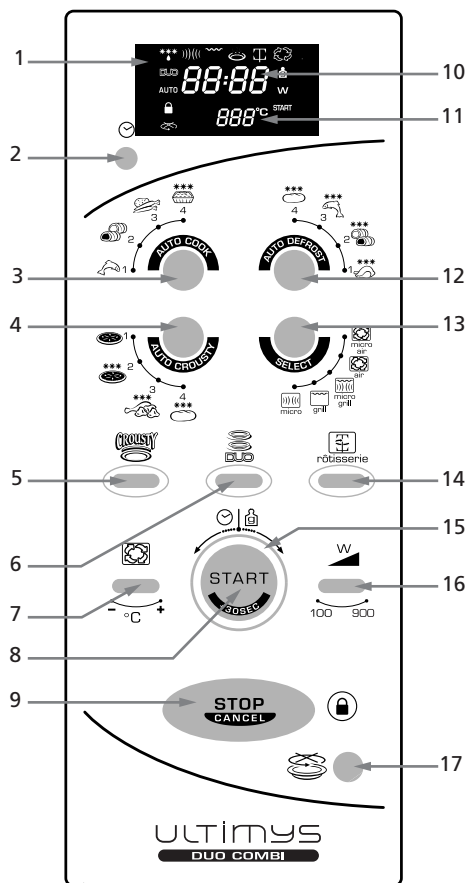
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## Display



- |                                  |   |
|----------------------------------|---|
| ① Symbol for Defrost mode        | ⑨ Symbol for Start                      |
| ② Symbol for microwave mode      | ⑩ Symbol for turntable Stop             |
| ③ Symbol for grill mode          | ⑪ Symbol for Child safety               |
| ④ Symbol for Crouty mode         | ⑫ Symbol for Automatic program          |
| ⑤ Symbol for Rôtisserie mode     | ⑬ Symbol for DUO                        |
| ⑥ Symbol for air mode (fan oven) | ⑭ Clock – Time – Weight – Power display |
| ⑦ Symbol for weight (grams)      | ⑮ Display of Temperature in °C          |
| ⑧ Symbol for power (watts)       |   |

## Control panel



- |   |  |
|---|--|
| 1- Display  | 10- Upper part of display  |
| 2- Clock & independent Timer                            | 11- Lower part of display  |
| 3- Auto Cook button Automated cooking program           | 12- Auto Defrost button Automated defrosting program   |
| 4- Auto Crousty button Automated Crispy cooking program | 13- Select button Selection of manual cooking mode : micro, grill, micro grill, air, micro air |
| 5- Crousty button (manual)                              | 14- Rôtisserie button (manual)   |
| 6- DUO button Reheating on two levels                   | 15- Rotary knob for setting weight and cooking time  |
| 7- Temperature setting button                           | 16- Power setting button   |
| 8- Start and Quick reheat (+30 seconds) button          | 17- Stop turntable button  |
| 9- Stop/Cancel + Child Safety control button            |  |

## Accessories

### Drive

This fixture is located in the middle of the oven, beneath the turntable. It is connected with the motor and drives the turntable round.



### Ring bearing

This component is placed in the middle of the oven, beneath the turntable. It has rollers to support the turntable while leaving it free to rotate.



### Turntable

This glass plate is placed on the ring bearing in the middle of the oven and must be engaged with the drive. It can be used for all types of cooking. Containers containing food to be cooked or to collect particles and juices produced by food during cooking are placed on the turntable. It is easily removed for cleaning.



### DUO rack

- The DUO function rack can be used to reheat two plates at the same time. Place the first plate under the rack and the second on top.



- In grill mode, this accessory can be used for browning flat dishes. It must be carefully centred on the turntable.

### Low rack

For use with "air" and "micro air" modes, this rack is placed in the centre of the turntable to allow the air to circulate freely underneath dishes during cooking.



### Crousty dish

This dish has a non-stick coating and absorbs microwaves from below. This enables it to heat food from beneath to brown and crisp the bottom while the grill does the same from above.



For an even better effect, the dish can be pre-heated.

### Enamelled dish

This dish is intended to be placed on the glass turntable to catch cooking juices falling from food placed on the low rack or the DUO rack.



This accessory can be used in "grill" or "air" mode.

## Accessories

### Rôtisserie Accessories

#### *Drip tray*

For use in "Rôtisserie" mode, this glass dish is placed in the centre of the turntable to catch the cooking juice from meat and poultry.

The main spit is fitted in the centre of the dish.



#### *Main spit*

This spit is used for cooking poultry and roasts in "Rôtisserie" mode.

Using this accessory saves the need to turn meat and poultry during cooking. They will be nicely crisp and brown all over.



#### *Skewer holder*

This is fitted onto the main spit. It has 6 notches to take the skewers.



#### *6 skewers*

These can be used for cooking kebabs of meat, poultry, fish, vegetables and/or fruit.

They are fitted on the skewer holder.



## Installation

### Preparation

Unpack the accessories, wash them and wipe them off carefully. Position the ring bearing and then the turntable in the centre of the oven.

**i** *The turntable must be properly engaged with the drive.*

### Connecting

Check that the supply voltage marked on the type label glued on the rear of the appliance matches the voltage of your supply. The label indicates the nominal supply voltage of the appliance, e.g. 220-230 V.

Ensure that the current marked on your electricity meter and circuit breaker / fuse is at least 16 Amperes.

Finally, for proper safety, it is essential to connect your appliance to an outlet socket with an earth connection in accordance with electrical installation regulations and standards.

Position the appliance in such a way that the supply socket is readily accessible so that it can be easily disconnected.

You should also ensure that you can gain access to your circuit breaker / fuse.

**i** *It is imperative to comply with the above instructions regarding the electrical supply.*

### Position

Your appliance can be installed in one of two ways :

- *On a worktop* : position the appliance on a flat and stable surface, capable of supporting the oven and its contents. The oven must be handled with care, remembering that the control panel side is the heavier.
- *In a niche* : The niche must be at least 85 cm above floor-level. Centre the appliance in the niche so that it does not touch the sidewalls.

**i** *Adequate ventilation is essential: the minimum clearances are 20 cm above the oven and 10 cm at the sides and rear.*

Install the appliance away from any source of heat such as a traditional oven or radiator. It has been designed and tested for use in ambient temperatures up to 35°C.

**i** *Ensure that the ventilation holes of the appliance are not obstructed.*

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## Important safety instructions

Read carefully and keep for future reference.

1. Your appliance is for domestic use. It is intended only for cooking, heating and defrosting foods and drinks. Use it only for these purposes.

2. **Do not allow children to use the appliance without supervision in particular in the combination mode due to the temperatures generated.**

**ⓘ Beware of the risk of burns.**

3. Avoid touching any surfaces that may have become hot during operation of your oven : the door, the grill element, the inner (cavity) walls, the top surface.

**ⓘ In order to avoid burns when removing containers and accessories from the oven, always use oven gloves.**

4. Do not operate your appliance when empty. This can cause damage. To try out programming the appliance, place a glass of water in the oven. This will absorb the microwaves and protect your oven against damage.

5. The door must be free to close properly :

Do not obstruct the door in any way (with oven cloths, oven gloves, over-size dishes etc.). If the door of your appliance is not properly closed, a safety mechanism will prevent its being turned on.

6. When cooking in grill or Fan oven mode, any fat splashing the grill element may catch fire. These flames will extinguish themselves and will not have any adverse effect on your appliance if it is regularly maintained.

**ⓘ To avoid fat spitting during cooking, especially when cooking meats and poultry, use dishes in glazed earthenware. Always maintain a minimum gap of 2 cm between the food and the grill element.**

7. Never obstruct the ventilation holes. This can cause the oven to over-heat. If this happens, your appliance will stop automatically and will not start again until it has cooled sufficiently.

8. Precautions against exposure to microwaves :

- Never attempt to operate your appliance with the door open, to interfere with the safety door-locking mechanism or to insert anything in this mechanism.
- Never place anything in the way of opening and closing the door.
- Never allow food or cleaning product residues to accumulate on the door seals. Ensure that the door and its seals remain clean. After use, wipe them with a damp cloth and dry them carefully.
- It is particularly important that the oven door should close correctly and that there is no defect in :
  - the door, the seals, the hinges,
  - the supply cable.

**ⓘ Never use your oven if it is damaged.**

**ⓘ In no case should your oven be adjusted or repaired by anyone other than a qualified microwave appliance repair technician, trained by the manufacturer.**

## Instructions for use

The following recommendations will help you get the greatest benefit from using your oven. Please read them carefully.

Your appliance can be used to defrost, reheat and cook foods much faster than is possible with traditional cooking methods.

### Foods

#### Forbidden foods

If you choose a cooking method using microwaves, you should never:

- Attempt to fry food – it is impossible to control the temperature of the oil and other fats – fire-risk.
- Attempt to cook or warm up eggs in their shells, hard-boiled eggs with or without their shells or snails – they may explode.
- Attempt to cook food in an intact shell (e.g. chestnuts) or hard skin (tomatoes, potatoes, sausages) – always make a slit.

#### Food temperatures

**ⓘ The action of microwaves is such that only the food is heated. The container may, therefore, remain cold or cool while the food that it contains is burning hot.**

To avoid any risk of burning, always stir before serving and check the temperature carefully before serving – especially to children.

Shake feeding bottles well and try a few drops on the back of your wrist to check the temperature.

#### Preparing food for cooking

Before warming feeding bottles and small pots, remove teats and covers.

Remember to cover the food in order to :

- avoid any splashing of the oven cavity,
- retain sufficient moisture for cooking.

#### Heating liquids

When heating liquids, a sudden overflow may occur when you take the container to remove it from the appliance. In fact, when the temperature reaches boiling point, steam tends to remain trapped in the liquid until it is disturbed.

To avoid this superheating effect and the consequent risk of scalding, always place a plastic spoon in the liquid to be heated.

### Containers and materials

Below, you will find details of the various types of containers, which can be used or must not be used for the chosen cooking method.

#### "micro" mode (microwaves)

*Use containers suitable for microwave cooking.*

A container can easily be tested for microwave "transparency" :

Place the empty container on the turntable together with a glass of water and run the oven for one minute at maximum power.

After one minute :

- if the container is cold, it is “transparent” and can be used for microwave cooking,
- if the container is warm or hot it is absorbent and must not be used for microwave cooking.

*Never use hermetically sealed containers.*

Remember to remove covers and stoppers from feeding bottles, jars, bottles and plastic containers.

*Disposable containers*

Never leave the appliance to run unsupervised when using disposable containers in plastic, paper or other inflammable materials.

If you see smoke appear, keep the oven door closed and disconnect your appliance.

*Metal containers*

Never use metallic materials and containers for microwave cooking.

You can, however, use your appliance to heat or defrost certain preparations in metallic trays, provided the height of the tray does not exceed 4 cm, not including the cover.

With regard to the cover, follow the instructions on the package. It will have to be removed or left in place, as the case may be. If not indicated otherwise, play safe and remove it.

Centre the tray(s) on the turntable, leaving at least 1 cm clearance from the oven walls. If there are several trays, space them at least 2 cm apart.

“grill” and “air” (fan oven) modes

These cooking modes do not require the use of special containers. Use the same kind of heatproof containers as you would use in a conventional oven.

❗ Never use plastic containers (they may melt) or containers in paper or cardboard (fire-risk).

❗ Maintain a minimum clearance of 2 cm between the food and the grill element.

“micro grill” and “micro air” modes (combined cooking)

Containers not permitted in “micro” mode are also not permitted in “micro grill” and “micro air” modes.

Containers not permitted in “grill” and “air” modes are also not permitted in “micro grill” and “micro air” modes.

❗ **Use only containers that can withstand both microwaves and high temperatures.**

## Summary of containers and materials permitted and not permitted in “micro” mode

Materials Containers	Suitable for micro-waves	Remarks
<b>METAL</b>		
Aluminium foil	In certain cases	May be used in small quantities to protect certain parts of the food from overcooking. Risk of electric arcing if the foil is too close to the oven walls or you have used too much.
Aluminium tray	In certain cases	See “Metal containers”, above
Metal sheet	No	Risk of electric arcing and fire
Freezer bag ties	No	Risk of electric arcing and fire
<b>GLASS</b>		
Heat-resistant glass	Yes	Perfectly suitable
Glass with metal-based decoration (gold, lead etc.)	No	Risk of electric arcing
Fine glassware	No	May break or crack if heated suddenly
<b>PLASTIC</b>		
Plastic containers	Yes	Perfectly suitable if the plastic is heat-resistant. Certain plastics may be prone to deformation or discoloration after repeated use. Do not seal closed.
Plastic film	Yes	Can be used to retain moisture and prevent spitting. The plastic must not touch the food during cooking. Puncture the plastic to allow excess vapour to escape. Use oven gloves to remove the plastic film after cooking (risk of burns from hot vapour escaping from the container).
<b>DISPOSABLE CONTAINER MATERIALS FORBIDDEN IN GRILL AND FAN OVEN MODES</b>		
Polystyrene cups or packaging	Yes	Can be used for heating liquids and foods for a short time. Overheating could melt the polystyrene, which would then become mixed with the food.
Paper bag	No	Fire-risk
Paper plates, cups, napkins or absorbent paper.	Yes	May be used for heating and brief cooking
Grease-proof paper	Yes	Can be used to retain moisture and prevent spitting. Short cooking times.
Recycled paper	No	Risk of electric arcing
<b>PORCELAIN</b>		
Porcelain containers	Yes	Perfectly suitable except with metal-based decoration (gold, lead etc.).

## Cooking time

To determine the right cooking time for your foods, follow the instructions on the packaging of ready-made dishes and deep-frozen products.

In the absence of any precise indication, divide the cooking or reheating time given for a conventional oven by at least three.

In any case, refer to the cooking guide included in these instructions.

- ⓘ Do not programme a cooking time longer than necessary. You will then avoid any risk of overcooking or setting fire to your food.**

## Resting time

Microwaves act close to the surface and penetrate food to a depth of 2 to 3 cm. Once the surface layers are hot, heat penetrates to the centre of the food by conduction, i.e. the hot parts heat the cold parts. This makes it a good idea to allow the food to rest after removing it from the microwave so that the heat can penetrate to the centre.

## Setting the time

You must set the clock after connecting your appliance or after a break in supply.

The display will show:



Keep the clock button pressed for 3 seconds.

- The "0" indication for the hours will blink.



Adjust the hours by turning the rotary knob.



Press the clock button to enter the hours setting.

- The "00" indication for the minutes will blink.

Adjust the minutes by turning the rotary knob.

Press the clock button to enter the minutes setting

- The clock is now set.

## Adjusting the independent timer

The timer is completely independent of all the other functions. It can only be used while the oven is stopped.

The display will be showing the clock time.

Press the clock button once, briefly.

- The display will show ".0".



Adjust to the desired time by turning the rotary knob.



Press the START button.

- The countdown will start.



When it reaches ".0":

- the oven will beep 4 times,
- the display will again show the clock time.

## Using the automatic programmes



With the automatic programmes, everything is calculated automatically. You simply have to specify the type of food and its weight and the oven will automatically select the cooking mode, the power and the appropriate cooking time.

Your oven has 3 types of programme, depending on the desired action:

- AUTO COOK for cooking
- AUTO DEFROST for defrosting
- AUTO CROUSTY for crispy cooking

**ⓘ If you use an automatic programme, you cannot change the power or the cooking time.**

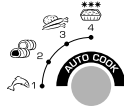
- At the end of cooking, the oven will beep 4 times and ".:0" will blink 4 times on the display. The clock time will then reappear on the display.

- If you do not open the oven at the end of cooking, it will sound a reminder every minute.

## AUTO COOK

Automatic cooking programme

4 programmes are available:



1. Fish – 300 to 900g  
Cooking mode, "micro air"
2. Red meat (beef, lamb) – 900 to 1500 g  
Cooking mode, "micro air"
3. Fresh vegetables – 200 to 750g  
Cooking mode, microwave
4. Frozen meal – 300 to 500g  
Cooking mode, microwave

- ❗ **The oven must know the type of food and its exact weight.**
- ❗ **Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using an automatic programme.**

### Use

Place the food at the centre of the turntable and close the door.

Select the type of food by pressing the AUTO COOK button until the number corresponding to the food to be cooked is displayed.

- The number of the programme will be shown on the display, together with the "AUTO" symbol and the symbol(s) corresponding to the cooking mode for the programme selected.



If you do nothing for 3 seconds, the "g" symbol on the display will blink to indicate that the oven is waiting for you to enter the weight.

Select the weight, using the rotary knob.

- The weight will be shown on the display, together with the "g" symbol.



If you do nothing for 3 seconds, the "START" symbol on the display will blink to indicate that the oven is waiting for you to start cooking.

Press the "START" button.

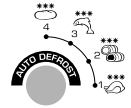


- The oven will start cooking for a time selected to suit your food perfectly.

## AUTO DEFROST

Automatic defrost programme

4 programmes are available:



1. Poultry – 200 to 2000 g
2. Red meat (beef, lamb) – 200 to 2000 g
3. Fish – 200 to 2000 g
4. Bread – 125 to 1000 g

- ❗ **The oven must know the type of food and its exact weight.**
- ❗ **Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using an automatic programme.**

### Use

Place the food at the centre of the turntable and close the door.

Select the type of food by pressing the AUTO DEFROST button until the number corresponding to the food to be defrosted is displayed.

- The number of the programme will be shown on the display, together with the "AUTO" symbol and the Defrost symbol.



If you do nothing for 3 seconds, the "g" symbol on the display will blink to indicate that the oven is waiting for you to enter the weight.

Select the weight, using the rotary knob.

- The weight will be shown on the display, together with the "g" symbol.



If you do nothing for 3 seconds, the "START" symbol on the display will blink to indicate that the oven is waiting for you to start defrosting.

Press the "START" button.



- The oven will start defrosting for a time selected to suit your food perfectly.

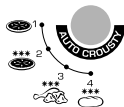
- ❗ **Halfway through the process, the oven will beep and pause to allow you to turn the food for perfectly even defrosting. Turn the food and press "START" to restart the defrost cycle.**



## AUTO CROUSTY

Automatic crisp cooking programme

- For use only with the Crousty dish (see details of accessories, p. 26 and 27)



4 programmes are available:

1. Pre-cooked pizza – 200 to 500 g
2. Deep-frozen pizza – 200 to 500 g
3. Chicken nuggets \*\* – 250 to 500 g
4. Bread \*\* – 125 to 375g

- The oven must know the type of food and its exact weight
- Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using an automatic programme.

Use

- Before using the Crousty function, the Crousty dish must be pre-heated.

1st step: reheating the Crousty dish

Place the empty Crousty dish at the centre of the turntable and close the door.

- The Crousty dish can be placed directly on the turntable or on the DUO rack.
- Never place the Crousty dish in the oven without the turntable. Never place containers or packages on the Crousty dish.

Press the Crousty button briefly



and set the preheat time to 3 minutes by means of the rotary knob.



For preheating, do not change the power from its default value of 600 W.

Press the "START" button to start preheating.



- After the preset time of 3 minutes, the oven will stop.

2nd step: automatic cooking

- As the Crousty dish has a non-stick coating, it does not need to be oiled before placing food on it.

- Always use oven gloves to handle the Crousty dish, it can be very hot.

Open the oven door and place the food on the Crousty dish.

Select the type of food by pressing the AUTO CROUSTY button until the number corresponding to the food to be cooked is displayed.

The number of the programme will be shown on the display, together with the "AUTO" symbol and the Crousty symbol.



If you do nothing for 3 seconds, the "g" symbol on the display will blink to indicate that the oven is waiting for you to enter the weight.

Select the weight, using the rotary knob.

- The weight will be shown on the display, together with the "g" symbol.



If you do nothing for 3 seconds, the "START" symbol on the display will blink to indicate that the oven is waiting for you to start cooking.

Press the "START" button.

- The oven will start cooking for a time selected to suit your food perfectly.

- The Crousty dish must not be put through the dishwasher. Wash it in warm water with washing-up liquid. Do not use abrasive cleaners.

## Using the manual functions

Using the manual functions, you can cook, reheat or defrost all kinds of food. Here, in contrast to the automatic programmes, you must make your own selection of cooking mode, cooking time and power. If you do not know these details, see the cooking guide, page 40.

5 cooking modes are available. To select the desired cooking mode, use the "SELECT" button.



- micro . . . . .Cooking with microwaves
- grill . . . . .Cooking with the grill element in its upper position
- micro grill . . . . .Cooking with combined microwaves and grill
- air . . . . .Cooking with the hot air fan
- micro air . . . . .cooking with combined microwaves and hot air fan

- The cooking mode cannot be changed during cooking.

- At the end of cooking, the oven will beep 4 times and “:0” will blink 4 times on the display. The clock time will then reappear on the display.
- If you do not open the oven at the end of cooking, it will sound a reminder every minute.

### MICRO MODE (microwaves only)



Use this mode for manual cooking, heating or defrosting of your food.

This is the default cooking mode of your oven. It does not need to be selected by means of the “SELECT” button.

- ⓘ **Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using the “micro” mode.**

#### Use

Place the food at the centre of the turntable and close the door.

- ⓘ **The power and cooking time can be set in any order. The settings can be changed in any order and at any time, including during cooking.**

#### Setting the power

By default, the oven runs at maximum power. If you wish to use maximum power, there is no need to make a power setting.

If, on the other hand, you wish to use a reduced power setting, select it by pressing the “W” button the required number of times.



900W 600W 450W 300W 180W (defrosting) 100W

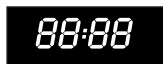
The power will be shown on the display, together with the “W” symbol and the symbol for the microwave cooking mode.

If you do nothing for 3 seconds, the power will disappear from the display and “:0” will appear to indicate that the oven is waiting for you to set the cooking time.

#### Setting the cooking time

Select the cooking time, using the rotary knob.

- The cooking time will be shown on the display.



- ⓘ **The maximum timer setting in microwave mode is 99 minutes.**

If you do nothing for 3 seconds, the “START” symbol on the display will blink to indicate that the oven is waiting for you to start cooking.

### Starting

Press the “START” button.



The oven will start cooking for the selected time.

### Defrosting

If you wish to defrost food without using the Auto-defrost programme, set the power to 180 W (see method above).

- In this case, the display will show the defrost symbol in addition to the microwave symbol.



### GRILL MODE



- ⓘ **Preferably for use with the DUO rack (see details of accessories, p. 26 and 27)**

Use this mode to brown food such as gratins or meat by means of your oven's grill element.

- ⓘ **Only use heat-resistant containers.**

- ⓘ **Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using the “grill” mode.**

#### Use

1st step: preheating the grill

Select “grill” mode by pressing the “SELECT” button twice.



- The “grill” symbol will appear on the display, together with “:0”.



Select the preheat time

using the rotary knob (about 3 to 4 minutes).



- The preheat time will be shown on the display.

If you do nothing for 3 seconds, the “START” symbol on the display will blink to indicate that the oven is waiting for you to start preheating.

Press the “START” button.



- The oven will start for the selected time.

## 2nd step: cooking in grill mode

Place the food on the top of the DUO rack and place the rack in the centre of the turntable.

- ① **Always use oven gloves to handle dishes and accessories in "grill" mode. Risk of burns.**

Use the "SELECT" button to select "grill" again, then set the cooking time and press "START" to start grilling.

- ① **The maximum timer setting in "grill" mode is 60 minutes.**
- ① **The grill element may well turn on and off during cooking. This is quite normal and prevents overheating.**

## MICRO GRILL MODE (microwaves + grill)



- ① **Preferably for use with the DUO rack (see details of accessories, p. 26 and 27)**

Use this mode for rapidly microwave-cooking or reheating food, while it is browned by the grill.

- ① **Use only containers that can withstand both microwaves and high temperatures.**
- ① **Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using the "micro grill" mode.**

## Use

- ① **It is advised to preheat the grill in "micro grill" mode.**

Place the food on the top of the DUO rack and place this in the centre of the turntable.

- ① **Always use oven gloves to handle dishes and accessories in "micro grill" mode. Risk of burns.**

Select "micro grill" mode by pressing the "SELECT" button three times.



The "micro grill" symbol will appear on the display, together with " :0".



- ① **The power and cooking time can be set in any order. The settings can be changed in any order and at any time, including during cooking.**

## Setting the power



By default, the oven runs at maximum power. If you wish to use maximum power, there is no need to make a power setting. If, on the other hand, you wish to use a reduced power setting, select it by pressing the "W" button the required number of times.

600W      450W      300W

- ① **In "micro grill" mode, the maximum permitted power is 600 W.**

- The power will be shown on the display, together with the "W" symbol.



If you do nothing for 3 seconds, the power will disappear from the display and " :0" will appear to indicate that the oven is waiting for you to set the cooking time.

## Setting the cooking time

Select the cooking time, using the rotary knob.



- The cooking time will be shown on the display.
- ① **The maximum timer setting in "micro grill" mode is 60 minutes.**

If you do nothing for 3 seconds, the "START" symbol on the display will blink to indicate that the oven is waiting for you to start cooking.

## Starting

Press the "START" button.



- The oven will start cooking for the selected time.
- ① **The grill element may well turn on and off during cooking. This is quite normal and prevents overheating.**

## AIR MODE (fan oven)

- ① **Preferably for use with the low rack, to allow the air to circulate freely under the food. (see details of accessories, p. 26 and 27)**



Use this mode to cook all types of food, exactly as you would do in a conventional oven.

- ① **Only use heat-resistant containers.**
- ① **Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using the "air" mode.**

Use

- ❗ In "air" mode, it is advisable to preheat the oven for a few minutes before inserting the food.

1st step: preheating the oven

Select "air" mode by pressing the "SELECT" button 4 times.



The "air" symbol will appear on the display, together with ":0" (in the upper part of the display) and "180 °C" (in the lower part of the display).



- ❗ The temperature and cooking time can be set in any order. The settings can be changed in any order and at any time, including during preheating, by pressing the appropriate buttons.

Setting the temperature

When you select "air" mode, the default temperature setting is 180 °C.

To change the temperature setting, press the "°C" button the required number of times.



8 temperature settings are available between 40 °C and 240 °C (40 – 100 – 140 – 160 – 180 – 200 – 220 – 240 °C).

The selected temperature is shown in the lower part of the display.



Setting the cooking time

Select the preheat time, using the rotary knob.

- The selected preheat time is shown in the upper part of the display.

- ❗ The maximum timer setting in "air" mode is 60 minutes.

If you do nothing for 3 seconds, the "START" symbol on the display will blink to indicate that the oven is waiting for you to start cooking.

Starting

Press the "START" button.



- The oven will start preheating for the selected time.
- The "°C" symbol on the display will blink until the oven has reached the selected temperature.

When the "°C" symbol stops blinking, you can stop preheating and start cooking.

2nd step: cooking

Place the food on the low rack and place this in the centre of the turntable.

- ❗ Always use oven gloves to handle dishes and accessories in "air" mode. Risk of burns.

Select "air" mode and then set the temperature and the cooking time. Start the oven (for details of the settings, see the preheating section above).



MICRO AIR MODE (microwaves + fan oven)

- ❗ Preferably for use with the low rack, to allow the air to circulate freely under the food. (see details of accessories, p. 26 and 27)

Use this mode to cook all types of food, exactly as you would do in a conventional oven but much faster.

- ❗ Use only containers that can withstand both microwaves and high temperatures.
- ❗ Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using the "micro air" mode.

Use

- ❗ It is not necessary to preheat the oven in "micro air" mode.

Place the food on the low rack and place this in the centre of the turntable.

- ❗ Always use oven gloves to handle dishes and accessories in "micro air" mode. Risk of burns.

Select "micro air" mode by pressing the "SELECT" button 5 times.

- The "micro air" symbol will appear on the display, together with ":0" (in the upper part of the display) and "180 °C" (in the lower part of the display).



- ❗ The temperature, power and cooking time can be set in any order. The settings can be changed in any order and at any time, even during cooking.

Setting the temperature



When you select "micro air" mode, the default temperature setting is 180 °C. To change the temperature setting, press the "°C" button the required number of times. 8 temperature settings are available between 40 °C and 240 °C (40 – 100 – 140 – 160 – 180 – 200 – 220 – 240 °C).

- The selected temperature is shown in the lower part of the display.

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## Setting the power



By default, the oven runs at maximum power. If you wish to use maximum power, there is no need to make a power setting.

If, on the other hand, you wish to use a reduced power setting, select it by pressing the "W" button the required number of times.

600W 450W 300W 180W (defrosting) 100W

**i** In "micro air" mode, the maximum permitted power is 600 W.

The power will be shown on the display (upper part), together with the "W" symbol.



If you do nothing for 3 seconds, the power will disappear from the display and ":0" will appear to indicate that the oven is waiting for you to set the cooking time.

## Setting the cooking time



Select the cooking time, using the rotary knob.

- The selected cooking time is shown in the upper part of the display.

**i** The maximum timer setting in "micro air" mode is 60 minutes.

If you do nothing for 3 seconds, the "START + 30 s" symbol on the display will blink to indicate that the oven is waiting for you to start cooking.

## Starting

Press the "START + 30 s" button.



- The oven will start cooking for the selected time.
- The "°C" symbol on the display will blink until the oven has reached the selected temperature.

## Using the quick reheat function

If you wish to warm a dish or liquid very briefly, use the "Start +30 sec" button.

**i** Check that the grill element is in the horizontal position (hinged up against the roof of the oven).

### Use

Place the food at the centre of the turntable and close the door.

Press the "START" button.



- The oven will start automatically for 30 seconds at maximum power.

**i** The power can be changed at any time by pressing the "W" button.



Each time that the "START + 30 s" button is pressed, the cooking time will be increased by 30 seconds.



## Using cooking modes requiring specific accessories

These cooking modes require the use of specific accessories supplied with this oven.

3 cooking modes are available. Each is activated with a specific button:

Crousty



Duo



Rôtisserie



**i** The cooking mode cannot be changed during cooking.

- At the end of cooking, the oven will beep 4 times and ":0" will blink 4 times on the display. The clock time will then reappear on the display.
- If you do not open the oven at the end of cooking, it will sound a reminder every minute.

## DUO



Reheating on two levels

**i** For use only with the DUO rack (see details of accessories, p. 26 and 27)

This function can be used to heat two plates at the same time (using microwave mode).

2 programmes are available, according to the desired result:

1. Hot

2. Very hot

**i** There is no need to enter the type of food or its weight.

The automatic time calculation is based on 2 plates of about 300 g.

**i** Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using the "DUO" mode.

Use

Place the first plate in the centre of the turntable. Place the DUO rack over this plate and place the second plate on the rack.

Select the programme number by pressing the DUO button once or twice, depending on the degree of heating required.

- The number of the programme will be shown on the display, together with the "DUO" symbol.



If you do nothing for 3 seconds, the "START" symbol on the display will blink to indicate that the oven is waiting for you to start heating.

Press the "START" button.

- The oven will start and run for exactly the time required to heat your two plates.

## CROUSTY

To obtain a crispy result.



- ⓘ **For use only with the Crousty dish**  
(see details of accessories, p. 26 and 27)

This manual mode is recommended for heating or cooking food requiring a browned, crispy result. The top part of the food will be browned by the grill element while the bottom is crisped by the Crousty dish.

- ⓘ **Check that the grill element is in the horizontal position (hinged up against the roof of the oven) before using the "Crousty" mode.**

Use

- ⓘ **Before using the Crousty function, the Crousty dish must be pre-heated.**

*1st step: preheating the Crousty dish*

Place the empty Crousty dish at the centre of the turntable and close the door.

- ⓘ **The Crousty dish can be placed directly on the turntable or on the DUO rack.**
- ⓘ **Never place the Crousty dish in the oven without the turntable. Never place containers or packages on the Crousty dish.**

Select "Crousty" mode by pressing the "CROUSTY" button once.

- The "Crousty" symbol will appear on the display, together with ":0".



*Setting the power*

Do not change the power from its default setting of 600 W.

*Setting the cooking time*

Set the preheat time to 3 minutes, using the rotary knob (unless the cooking guide specifically recommends otherwise).

- The preheat time will be shown on the display.

If you do nothing for 3 seconds, the "START" symbol on the display will blink to indicate that the oven is waiting for you to start preheating.

*Starting*

Press the "START" button.

- The oven will start preheating for the selected time.
- After the preset time of 3 minutes, the oven will stop.

2nd step: Crispy cooking

- ⓘ **As the Crousty dish has a non-stick coating, it does not need to be oiled before placing food on it.**
- ⓘ **Always use oven gloves to handle the Crousty dish, it can be very hot.**

Open the oven door and place the food in the Crousty dish.



Press the "Crousty" button once.

*Setting the cooking time*

Select the cooking time, using the rotary knob.

- ⓘ **The maximum timer setting in "Crousty" mode is 60 minutes.**

*Setting the power*

By default, the oven runs at maximum power. If you wish to use maximum power, there is no need to make a power setting.

If, on the other hand, you wish to use a reduced power setting, select it by pressing the "W" button the required number of times.

600W      450W      300W

- ⓘ **In "Crousty" mode, the maximum permitted power is 600 W.**

Press the "START" button to start cooking.

- ⓘ **The grill element may well turn on and off during cooking. This is quite normal and prevents overheating.**
- ⓘ **The Crousty dish must not be put through the dishwasher. Wash it in warm water with washing-up liquid. Do not use abrasive cleaners.**

## ROTISSERIE



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- i** For use only with the Rôtisserie accessories (see details of accessories, p. 27)

This cooking mode is ideal for meat and poultry as well as for kebabs of meat, fish, vegetables or fruit. The combination of microwaves, the vertical spit and fan oven function or the grill element in vertical position gives perfectly even and deliciously crispy cooking results.

The rôtisserie may be used either in « micro + grill » mode or in « micro + air » mode. Two programmes are available :

- Select « Rôtisserie » in « micro + Air » mode by pressing the « Rôtisserie » button once. The “micro”, “air” and “rôtisserie” symbol appear on the display.



- Select « Rôtisserie » in « micro + Grill » mode by pressing the « Rôtisserie » button twice. The “micro”, “grill” and “rôtisserie” symbol appear on the display.



- i** To use the “Rôtisserie” mode, the grill element must be hinged down into the vertical position (90°).

Rôtisserie accessories (see details of accessories, p. 27)

Poultry - Roasts → main spit + drip tray

Kebabs → main spit + drip tray + 6 skewers + skewer holder

Putting food on the accessories

- i** It is advisable to oil the main spit and the skewers so that the food slides off more easily after cooking.

Poultry, Roasts

Tie (truss) the food. Ensure that chicken wings and legs are well held in against the body of the bird.

Salt, pepper and brush with oil for a perfectly browned result.

Remove any metal rings or tags (on the wings of the chicken, for example).

Place the food on the spit (chicken head down), ensuring that it is well centred and its weight is evenly distributed around the spit.

Fit the spit in the centre of the drip tray.

## Kebabs

Cut the food into cubes of about 2 centimetres. impale them on the skewers, ensuring that they are evenly distributed amongst the 6 skewers.

Fit the main spit in the centre of the drip tray.

Slide the skewer holder onto the main spit and fit the 6 skewers of food into their notches in the skewer holder.

Place everything in the centre of the turntable.

- i** Never place the drip tray in the oven without the turntable.

- i** Ensure that at no point does the food touch the oven walls or the grill element.

Use

- i** It is not necessary to preheat the oven in “Rôtisserie” mode.

- i** If you use the “Rôtisserie” in “Micro + Grill” mode, hinge the grill element down into the vertical position (90°).

- The “Rôtisserie”, “Micro”, “Grill” or “Air” symbol will appear on the display, depending upon the programme chosen, together with “:0” (in the upper part of the display) and “180 °C” (in the lower part of the display).



- i** The temperature, power and cooking time can be set in any order. The settings can be changed in any order and at any time, even during cooking.

Setting the temperature (only in “Micro + Air” mode).

When you select “Rôtisserie” in “Micro + Air” mode, the default temperature setting is 180 °C.

To change the temperature setting, press the “°C” button the required number of times. 8 temperature settings are available between 40 °C and 240 °C (40 – 100 – 140 – 160 – 180 – 200 – 220 – 240 °C).

- The selected temperature is shown in the lower part of the display.

Setting the power

By default, the oven runs at maximum power. If you wish to use maximum power, there is no need to make a power setting.

If, on the other hand, you wish to use a reduced power setting, select it by pressing the “W” button the required number of times.

- i** In “Micro + Air” mode the power may be :  
600W 450W 300W 180W (defrosting) 100W



**i** In "Micro + Grill" mode the power may be :  
600W 450W 300W

**i** In "Rôtisserie" mode, the maximum permitted power is 600 W.

The power will be shown on the display (upper part), together with the "W" symbol.



If you do nothing for 3 seconds, the power will disappear from the display and " :0" will appear to indicate that the oven is waiting for you to set the cooking time.

### Setting the cooking time

Select the cooking time, using the rotary knob.

- The selected cooking time is shown in the upper part of the display.

**i** The maximum timer setting in "Rôtisserie" mode is 60 minutes.

If you do nothing for 3 seconds, the "START + 30 s" symbol on the display will blink to indicate that the oven is waiting for you to start cooking.

### Starting

Press the "START" button.

- The oven will start cooking for the selected time.

**i** In "Micro + Air" mode, the "°C" symbol on the display will flash until the oven has reached the selected temperature. When this is reached, the "°C" will stop flashing.

**i** In "Micro + Grill" mode, the grill element may well turn on and off during cooking. This is quite normal and prevents overheating.

### End of cooking

At the end of cooking, the oven will turn off.

**i** Always use oven gloves to take the food out of the oven.

Carefully slide the food off the main spit (it is advisable to use oven gloves to protect against burns).

If you have been cooking kebabs, lift the skewers out of the holder, using oven gloves, and slide the pieces of food off the skewers with the aid of a fork.

**i** After using "Rôtisserie" mode, the inside of the oven will need cleaning. Allow the oven to cool completely and refer to the cleaning instructions on page 45.

**i** Do not leave the Rôtisserie accessories in the oven if you are not using them.

## Adjusting the cooking time

As when using a conventional oven, you may need to make slight adjustments to the cooking, heating or defrosting times indicated in the cooking guide (p. 40) or on the food packaging.

This can be done in two ways:

### Using the rotary knob



Turn the knob clockwise or anticlockwise to increase or reduce the cooking time.

- The time shown on the display will change.
- Changing the setting does not stop the oven.

### Using the "START + 30 s" button



Press the "START + 30 s" button one or more times.

- Each time you press the button the time shown on the display will increase by 30 seconds.
- Changing the setting does not stop the oven.

## Stopping the oven

### Pause

You can interrupt the operation of the oven at any time to:

- check the progress of cooking,
- turn or stir the food,
- allow the food to rest.

To do this, you can simply open the oven door or press once on the "STOP/CANCEL" button.



- The oven will stop and hold the cooking status in memory.
- No change in the display will occur during the pause. The "Start" symbol on the display will blink until you restart cooking.

To restart cooking, press the "START + 30 s" button.



To cancel the cooking, press the "STOP/CANCEL" button again.

- The clock time will then reappear on the display.



## Cancel

The "STOP/CANCEL" button can also be used to cancel entirely the current cooking or programme.

If you are currently cooking:  
press the "STOP/CANCEL" button twice.

- At the first press, the oven will pause; at the second press, the cooking will be cancelled and the display will show the clock time.

If you are currently setting the oven:  
press the "STOP/CANCEL" button once.

- The current settings will be cancelled and the display will show the clock time.

## Using the "Stop turntable" function

This button can be used to stop the rotation of the turntable. This enables you to use larger dishes or square or rectangular dishes, too large to rotate within the space available in the oven.

 **This knob only works with manual modes.**

### Use

During cooking or before starting the oven,  
press once on the "Stop turntable" button.



- The "Stop turntable" symbol will appear on the display.
- The turntable will not rotate.



To reactivate the turntable, press the "Stop turntable" button again.

- The "Stop turntable" symbol will disappear from the display.
- The turntable will now rotate.

At the end of cooking or if you cancel the current cooking,

- the "Stop turntable" symbol will disappear from the display,
- turntable rotation is automatically reactivated.

## Activating the Child Safety

Your oven is equipped with a control locking system, which prevents its being started unintentionally or by unsupervised children.

### To lock:

Keep the "STOP/CANCEL" button  
pressed for 3 seconds.



- The oven will beep to indicate that the controls are locked.
- The "Safety" symbol will appear on the display.



The buttons are locked.

- Any attempt at starting will cause the oven to beep.

### To unlock:

Keep the "STOP/CANCEL" button pressed for 3 seconds.

- The oven will beep to indicate that the controls are unlocked.
- The "Safety" symbol will disappear from the display.

 **This function is only available when the oven is stopped.**

 **After an interruption of supply, the Child Safety will be unlocked.**

## Cooking guide

The times indicated in the cooking tables are given for guidance only. The correct cooking time can vary with the shape, thickness and temperature of the food.

The resting times are for use after cooking, heating or defrosting.

### Microwave cooking "micro" mode

- *Cooking guide for frozen vegetables*

Use a Pyrex container, suitable for microwaves. Cover. Start the oven and stir twice during cooking. At the end of cooking, stir thoroughly, add salt, herbs or butter and cover while resting.

Food	Quantity	Power	Cooking time (minutes)	Resting time (minutes)	Instructions
Spinach	150 g	600 W	5 - 6	2 - 3	Add a tablespoon of cold water
Broccoli	300 g	600 W	8 - 9	2 - 3	Add 2 tablespoons of cold water
Peas	300 g	600 W	7 - 8	2 - 3	Add a tablespoon of cold water
Green beans	300 g	600 W	7 1/2 - 8 1/2	2 - 3	Add 2 tablespoons of cold water
Mixed vegetables (carrots, peas, corn)	300 g	600 W	7 - 8	2 - 3	Add a tablespoon of cold water

- *Cooking guide for rice and pasta*

**Rice:** Use a large Pyrex container, suitable for microwaves. Pour in the rice and cold water, cover and start the oven.

**i Rice doubles in volume during cooking.**

At the end of cooking, stir thoroughly, add salt, herbs or butter and leave to rest for the time indicated.

The rice may not have absorbed all the water during cooking. Drain if necessary.

**Pasta :** Use a large Pyrex container, suitable for microwaves. Pour in the boiling water, a pinch of salt, the pasta and mix. Do not cover. Start the oven.

Stir once during cooking. At the end of cooking, leave to rest for the time indicated. Drain.

Food	Quantity	Power	Cooking time (minutes)	Resting time (minutes)	Instructions
White rice	250 g	900 W	15 - 16	5	Add 500 ml of cold water
	375 g		17 1/2 - 18 1/2		Add 750 ml of cold water
Brown rice	250 g	900 W	20 - 21	5	Add 500 ml of cold water
	375 g		22 - 23		Add 750 ml of cold water
Mixed rice (rice and wild rice)	250 g	900 W	16 - 17	5	Add 500 ml of cold water
Pasta	250 g	900 W	10 - 11	5	Add 1 litre of boiling water

• *Cooking guide for fresh vegetables*

Use a Pyrex container, suitable for microwaves. Pour in 2 to 3 tablespoons of cold water for every 250 g of vegetables (unless otherwise indicated in the table below). Add the vegetables and cover.

Start the oven and stir once during cooking. At the end of cooking, stir thoroughly, add salt, herbs or butter and cover while resting.

For best results, chop the fresh vegetables. The smaller the pieces, the faster they will cook.

Food	Quantity	Power	Cooking time (minutes)	Resting time (minutes)	Instructions
Broccolis	250 g	900 W	4 1/2 - 5	3	Place the green stalks towards the centre.
	500 g		7 - 8		
Carrots	250 g	900 W	4 1/2 - 5	3	Cut the carrots evenly into slices.
Cauliflower	250 g	900 W	5 - 5 1/2	3	Cut the largest flower heads in 2. Place the stalks towards the centre.
	500 g		7 1/2 - 8		

Courgettes	250 g	900 W	4 - 4 1/2	3	Cut the courgettes into slices. Add 2 tablespoons of water or a knob of butter. Cook until tender.
Aubergines	250 g	900 W	3 1/2 - 4	3	Cut the aubergines into thin slices and sprinkle with a tablespoon of lemon juice.
Mushrooms	125 g	900 W	1 1/2 - 2	3	Prepare the mushrooms whole (if small) or sliced. Do not add water. Sprinkle with lemon juice. Add salt and pepper. Drain before serving.
	250 g		2 1/2 - 3		
Onions	250 g	900 W	5 - 5 1/2	3	Cut the onions in 2 or into rounds. Add a tablespoon of water.
Sweet peppers	250 g	900 W	4 1/2 - 5	3	Cut the peppers into rings.
Potatoes	250 g	900 W	4 - 5	3	Peel the potatoes and cut them into 2 or 3 equal pieces.
	500 g		7 - 8		

**Reheating "micro" mode**

After heating liquids, it is advisable to leave the container to stand in the oven for at least 20 seconds. This allows the heat to spread through the liquid and minimises any risk of overflow and scalding.

Stir the liquid during and after heating.

• *Warming guide for baby food.*

Food	Quantity	Power	Cooking time (minutes)	Resting time (minutes)	Instructions
Baby food (vegetables and meats)	190 g	450 W	30 s	2 - 3	Place the food in a ceramic bowl. After cooking, cover and leave to rest. Before serving, carefully check the temperature of the food.

**i It is possible to heat baby bottles in the microwave, taking care to respect the instructions given on the milk cartons.**

• Heating guide for foods and liquids

Food	Quantity	Power	Cooking time (minutes)	Resting time (minutes)	Instructions
Drinks (coffee, tea, water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	1 - 1 1/2 2 - 2 1/2 3 - 3 1/2 3 1/2 - 4	1 - 2	Pour into cups and heat without covering. Place a single cup in the centre, 2 cups on either side and 3 or 4 cups in a circle around the edge of the turntable. Leave the cups in the oven during the resting time and then stir.
Soup (refrigerated)	250 g 350 g 450 g 550 g	900 W	2 1/2 - 3 3 - 3 1/2 3 1/2 - 4 4 1/2 - 5	2 - 3	Pour into a ceramic bowl or soup plate. Cover. Stir after cooking and again before serving.
Meat in sauce (refrigerated)	350 g	600 W	4 1/2 - 5	2 - 3	Place the meat in sauce in a ceramic dish. Cover. Stir during and after cooking and again before serving.
Pasta in sauce (refrigerated)	350 g	600 W	3 1/2 - 4 1/2	3	Place the pasta on a ceramic plate. Cover. Stir before serving.
Stuffed pasta in sauce (ravioli, cannelloni) (refrigerated)	350 g	600 W	4 - 5	3	Place the stuffed pasta on a ceramic plate. Cover. Stir during and after cooking and again before serving.
Prepared meal (refrigerated)	350 g 450 g 550 g	600 W	4 1/2 - 5 1/2 5 1/2 - 6 1/2 6 1/2 - 7 1/2	3	Place on a ceramic plate. Cover.

## Defrosting

### "micro" mode – power at 180 W

Place the frozen food in a dish. Do not cover.

At regular intervals during defrosting, turn the food and pour off any water.

Ensure that the food does not start to cook during defrosting. If any part of the food should begin to cook, cover it with a small piece of aluminium foil to screen it from the microwaves.

If the surface of poultry becomes warm, stop defrosting, leave to stand for 20 minutes before recommencing.

Leave to stand for the full resting time to be sure that defrosting is complete.

The thicker the food, the longer the defrosting time required.

The table below applies for frozen food at a temperature between -18 °C and -20 °C.

**i** Defrosting must be carried out at a power setting of 180 W.

Food	Quantity	Cooking time (minutes)	Resting time (minutes)	Instructions
Meat:				
minced beef pork steak	250 g 500 g 250 g	6 - 7 10 - 12 7 - 8	15	Place the food on a flat ceramic plate. Protect thin slices with aluminium foil. Turn halfway through defrosting.
Poultry:				
Chicken pieces	650 g (2 pieces)	19	15	Place on a plate (pieces skin down, whole chicken breast down). Protect thin and fragile parts with aluminium foil. Turn halfway through defrosting.
Whole chicken	1200 g	38		
Fish:				
Fillet	200 g	6 - 7	10	Place the fish in the middle of a ceramic plate. Place the more fragile pieces under the thicker pieces. Cover the ends with aluminium foil. Turn halfway through defrosting.
Whole fish	400 g	11 - 13		
Fruit:				
small fruit (strawberries, raspberries etc.)	300 g	6 - 7	5	Spread the fruit out on a large glass plate.
Bread:				
Bread rolls (50 g each)	2 rolls 4 rolls	1 - 1 1/2 2 1/2 - 3	5	Arrange the rolls in a circle or in a pile on grease-proof paper in the centre of the turntable. Turn halfway through defrosting.
Sandwich loaf	250 g	4 - 4 1/2		

## "grill" / "micro grill" modes

### Cooking with grill alone or with combined microwaves + grill

Before use, the grill must be preheated for 3 minutes.

Follow the recommendations given in the following tables.

#### • Cooking guide for "grill" / "micro grill" mode: fresh food

Food	Quantity	Mode + power	Side 1 Time (minutes)	Side 2 Time (minutes)	Instructions
Grilled tomatoes	400 g	"micro grill" mode 300 W	4		Cut the tomatoes in 2. Sprinkle. Place them in a circle in a Pyrex dish. Place it on the DUO rack. Leave to stand for 2-3 minutes.

Potato / vegetable gratin (refrigerated)	800 g	"micro grill" mode 600 W	12		Place the cold gratin on a Pyrex dish and place it on the DUO rack. Leave to stand for 2-3 minutes.
Chicken pieces	2 pieces	"micro grill" mode 300 W	10	8	Brush with oil and sprinkle with spices. Place the pieces in a dish on the DUO rack. Leave to stand for 2-3 minutes.
Lamb chops	400 g	"grill" mode	10	8	Brush with oil and sprinkle with spices. Place the chops in a dish on the DUO rack. Leave to stand for 2-3 minutes.
Pork steaks	400 g (2 pieces)	"micro grill" mode 300 W	6	grill only 5	Brush with oil and sprinkle with spices. Place the steaks in a dish on the DUO rack. Leave to stand for 2-3 minutes.
Fish	2 pieces	"micro grill" mode 300 W	6	6	Brush the skin of the fish with oil and sprinkle with herbs and spices. Place the two fish head to tail in a dish on the DUO rack. Leave to stand for 2-3 minutes.

• Cooking guide for "grill" / "micro grill" mode: frozen food

Food	Quantity	Power	Cooking time (minutes)	Instructions
Vegetable or potato gratin	400 g	Mode "Micro Grill" 450 W	13 - 15	Place the frozen gratin in a round Pyrex dish. Place the dish on the DUO rack. Leave to stand for 2-3 minutes.
Fish gratin	400 g	Mode "Micro Grill" 450 W	19 - 21	Place the gratin in a rectangular Pyrex dish. Place the dish on the DUO rack. Leave to stand for 2-3 minutes.

"air" / "micro air" modes

Cooking in fan oven mode alone / combined microwave + fan oven

- Cooking guide for "micro air" mode: fresh food

In "air" mode, preheat the oven to the desired temperature (unless otherwise indicated in the table below).

Food	Quantity	Power + temperature	Side 1 Time (minutes)	Side 2 Time (minutes)	Instructions
Tart / Quiche (ready cooked, reheating)	300 g	300 W +180°C	7 - 8		Place the tart / quiche on some grease-proof paper on the DUO rack. Leave to stand for 2-3 minutes.
Pizza (ready cooked, reheating)	600 g	600 W +220°C	6 - 7		Place the pizza on the DUO rack. Leave to stand for 2-3 minutes.
Meat: roast beef or lamb	900 g	600 W +160°C	10	8	Brush the roast with oil and sprinkle with spices. Place in a dish on the low rack (fat side down). After cooking, cover with aluminium foil and leave to rest for 2-3 minutes.
Roast chicken	1000 g	450 W +220°C	24	12	Brush the chicken with oil and sprinkle with spices. Place in a dish on the low rack (breast down). Leave to stand for 2-3 minutes.

• Cooking guide for "air" / "micro air" mode: rolls, bread and cake

Food	Quantity	Mode + power + temperature	Cooking time (minutes)	Instructions
Rolls precooked	7 rolls	"air" mode + 180°C	10	Place the rolls in a circle on the low rack. Use oven gloves to remove them from the oven. Leave to stand for 2-3 minutes.
Rolls uncooked	290 g 4 rolls	"air" mode + 180°C	15	Place the rolls in a circle on grease-proof paper (leave a space in the centre) then put them on the DUO rack. Use oven gloves to remove them from the oven. Leave to stand for 2-3 minutes.

Croissants uncooked	200 g 4 croissants	"air" mode + 180°C	15	Place the croissants in a circle on grease-proof paper (leave a space in the centre) then put them on the DUO rack. Use oven gloves to remove them from the oven. Leave to stand for 2-3 minutes.
Baguette precooked	200 g 1 loaf	"air" mode + 180°C	10	Place the baguette on the DUO rack. Use oven gloves to remove it from the oven. Leave to stand for 2-3 minutes.
Fruit cake	700 g	1. Stage : "air" mode + 220°C 2. Stage : "air" mode + 180°C	15	Put the cake dough in a rectangular, oven-proof tin. Place the tin on the low rack. Leave to stand for 5-10 minutes.
			50	
Apple pie	-	"micro air" mode 300 W + 220°C	25	Place the tart in a Pyrex dish. Place it on the low rack. Leave it to stand for 5-10 minutes at the end of cooking.

• Cooking guide for "micro air" mode: frozen food - rolls, bread and cake

Food	Quantity	Power + temperature	Cooking time (minutes)	Instructions
Frozen rolls cooked for reheating	4 rolls	100 W +180°C without pre-heating	7 - 8	Place the rolls in a circle on the low rack. Leave to stand for 2-5 minutes.
Frozen rolls precooked	4 rolls	100 W +200°C	7 - 8	Place the rolls in a circle on the low rack. Leave to stand for 2-5 minutes.
Croissants cooked for reheating	4 croissants	100 W +180°C	2	Place the croissants on the DUO rack. Leave to stand for 2-3 minutes.
Baguette precooked	200 - 250 g	200°C	10	Place the frozen baguette on the DUO rack. Leave to stand for 2-3 minutes.
Baguettes with filling (tomatoes, cheese, ham etc.)	250 g 2 baguettes	450 W +220°C	6 - 7	Place the frozen baguettes side by side on the low rack. Leave to stand for 2-3 minutes.

• Cooking guide for "micro air" mode: frozen food - pizza, pasta, chips and nuggets

Food	Quantity	Power + temperature	Cooking time (minutes)	Instructions
Pizza to reheat	300-400 g	600 W + 220°C	10 - 11	Place the pizza on the low rack. Leave to stand for 2-3 minutes.
	450-550 g		11 1/2 - 12	
2 pizzas precooked	-600-700 g (300-350 g each)	600 W +220°C	14 - 15	Place one pizza on the low rack and one on the DUO rack. Leave to stand for 2-3 minutes.
Lasagne/ Cannelloni	400 g	450 W +220°C without pre-heating	17 - 18	Place the food in a Pyrex dish or leave it in its original packaging if this is microwave and heat-resistant. Place the dish on the low rack. Leave to stand for 2-3 minutes.
Macaroni / Tortellini	400 g	450 W +220°C without pre-heating	16 - 18	Place the food in a Pyrex dish or leave it in its original packaging if this is microwave and heat-resistant. Place the dish on the low rack. Leave to stand for 2-3 minutes.
Chicken nuggets	250 g	450 W +220°C	6 1/2 - 7 1/2	Place the nuggets on the low rack. Leave to stand for 2-3 minutes.
Oven chips	250 g	300 W +220°C	15 - 17	Place the chips on grease-proof paper on the low rack. Turn them after 2-3 minutes.

### "Crousty" mode

We advise that your Crousty dish should be preheated directly on the turntable.

Preheat it at a power of 600 W and observe the times indicated in the table below.

Food	Quantity	Power	Preheat time (minutes)	Cooking time (minutes)	Instructions
Bacon	7 slices	600 W	2	2	Preheat the Crousty dish. Place the slices side-by-side in the dish and place it on the DUO rack.
	4 slices		1	1	

Grilled tomatoes	200 g 400 g	450 W + grill	3 6	3 6	Preheat the Crousty dish. Cut the tomatoes in 2. Sprinkle them with cheese and place them in a circle in the Crousty dish. Place the dish on the DUO rack.
Pizza	400 g	600 W	4	7	Preheat the Crousty dish. Arrange the pizza in the Crousty dish and place it on the DUO rack.
Frozen oven chips	200 g 300 g 400 g	450 W	4	7 - 8 12 15	Preheat the Crousty dish. Spread the chips in the Crousty dish and place it on the DUO rack. Turn the chips halfway through the cooking.
Fish nuggets	300 g (15 nuggets)	600 W	4	5	Preheat the Crousty dish. Oil it and arrange the nuggets in a circle. Turn them after 3 min (5 nuggets) or 5 min (10 nuggets).

## “Rôtisserie” mode

**i** When “only grill” is indicated, select the “grill mode” manually.

Food	Quantity	Cooking mode	Cooking time (minutes)	Stand time (minutes)	Recommendations
Roast Chicken	1100 g	450 W + 220°C	36	5	Brush the chicken with oil and spices. Put it on the spit. Place the glass bowl with roasting spit in the centre of the turntable.
Pot Roast Pork	1000 g	450 W + Grill	40 - 45	5 - 10	Brush the pot roast with oil and spices. Put it on the spit. Place the glass bowl with roasting spit in the centre of the turntable. After roasting and during standing time, it should be wrapped in aluminium foil.
Joint of Turkey	850 - 900 g	450 W + Grill	28 - 33	5 - 10	Brush the rolled turkey with oil and spices. Put it on the spit. Place the glass bowl with roasting spit in the centre of the turntable. After roasting and during standing time, it should be wrapped in aluminium foil.
Roast Beef / Roast Lamb	1200 - 1300 g	600 W + 160°C	14	5 - 15	Brush the beef / lamb with oil and spices. Put it on the spit. Place the glass bowl with roasting spit in the centre of the turntable. You can simply use auto cook programme for roast beef / roast lamb. After roasting and during standing time, it should be wrapped in aluminium foil.

Chicken Kebabs	500 - 600 g	1. Stage : 450 W + Grill 2. Stage : only Grill	18 8	2	Prepare skewers evenly with meat cubes and vegetables. Brush them with oil and spices. Put the skewers on the coupler. Place the glass bowl with the skewers in the centre of the turntable.
Fish Kebabs	400 - 500 g	1. Stage : 300 W + Grill 2. Stage : only Grill	10 - 12 6 - 8	2	Prepare skewers evenly with prawns or sliced cubes of fresh fish fillets. Put the skewers on the coupler. Place the glass bowl with the skewers in the centre of the turntable.
Mixed Vegetable Skewers	500 - 600 g	600 W + Grill	12 - 14		Prepare skewers evenly with onions, peppers, courgettes or pieces of corn on the cob. Put the skewers on the coupler. Place the glass bowl with the skewers in the centre of the turntable.

### Some additional advice

- To melt butter :  
Put 50 g of butter in a small, shallow, glass dish. Cover with a lid or plastic film. Heat for 30-40 seconds at maximum power until the butter is melted.
- To melt chocolate :  
Put 100 g of chocolate in a small, shallow, glass dish. Heat for 3-5 minutes at maximum power until the chocolate is melted. Stir once or twice during heating. Use oven gloves to remove it from the oven.

**i** *Stir once or twice during heating.*

**i** *Use oven gloves to remove the container from the oven.*

## Cleaning

### Cleaning the oven

The following parts of your microwave must be cleaned regularly to avoid any accumulation of food particles and grease :

- The inner and outer surfaces of your appliance,
- The door and its seals,
- The drive, the ring bearing and the turntable.

**i** *Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hasardous situation..*

**i** *Make sure that the door closes correctly.*

Clean the outer surfaces with a soft cloth and soapy water. Rinse and dry carefully.

Remove any particles or stains inside your appliance or on the ring bearing with a soapy cloth. Rinse and dry carefully.

To help dislodge food particles and eliminate bad smells, put a glass of lemon juice diluted in water on the turntable and run your appliance for 2 minutes at maximum power. The steam will soften the dirty marks. Rinse and dry.

The grill element hinges down to make it easier to clean the roof of the oven.


Take care not to allow water to run into the ventilation holes.

Never use abrasive or solvent cleaners.

Clean the door seals carefully, making sure that :

- There is no accumulation of particles,
- Nothing prevents the door from closing properly.

Clean the inside of your appliance after every use with a suitable detergent.

 **Always allow your oven to cool down before cleaning it.**

#### Cleaning the accessories

- The glass turntable
- The drip tray and
- The enamelled dish
- The main spit,
- The skewer holder,
- The skewers,
- The DUO rack and the low rack
- Low rack

can be cleaned in the dishwasher.

The Crusty dish cannot be put through the dishwasher. Wash it with soapy water. Rinse and dry them carefully.

## Technical problems

Your appliance must not be used if the door or door seals are damaged, for example :

- Broken hinges,
- Damaged seals,
- Internal distortion.

Please contact the after-sales service for any repairs (cf: attached list).

It always takes time to become familiar with a new appliance. If you have one of the problems listed below, try the solutions suggested.

• **The following occurrences are perfectly normal and should give no cause for alarm:**

- Condensation inside the oven,
- The escape of air around the door and the outer walls,
- Light reflections around the door and on the outer walls,
- Steam escaping from the door or the ventilation holes.

• **If you find that the food is not cooked at all:**

- Make sure that you have programmed the timer correctly and have pressed the "Start + 30 s" button,
- Make sure that the door closes correctly,
- Make sure that the circuit breaker is not tripped or the fuse blown.

• **The food is overcooked or undercooked:**

- Make sure that the programmed cooking time is correct for the food you are cooking,
- Make sure that you have chosen the right power level,
- Make sure that you have not forgotten to remove the aluminium foil covering the food tray,
- Make sure that you are not using an "absorbent" container,
- Make sure that the rear ventilation holes of the appliance are not obstructed.

• **Cracks can be heard or sparks can be seen inside the oven:**

- Make sure that you have not used containers with metallic decoration,
- Make sure that you have not left a metal utensil (fork etc.) inside the oven,
- Make sure that you have not positioned aluminium foil too close to the oven walls, positioned a metal tray badly or too close to another metal tray or forgotten to remove the metal fastener from a freezer bag.

• **A beep sounds if you press any button on the control panel:**

- Make sure that the Child Safety is not activated, if it is, deactivate it.

• **The interior lighting does not work, although your oven works normally:**

- The bulb is probably blown, your appliance nevertheless remains usable.

If these suggestions do not solve your problem, collect the following information:

- The model and serial numbers printed on the rear of the oven,
- Your guarantee,
- A clear description of your problem.

You should then contact your local dealer or the after-sales service.

## Waste disposal requirements

Moulinex endeavours to respect the environment as far as is possible in the manufacture of its packaging. The package is made of 100% recyclable corrugated cardboard.

The plastic parts of the appliance have a marking that indicates the type of material. This enables the parts to be recycled.

You can obtain more detailed information on the disposal of each material from your local authority department with responsibility for waste disposal. This department can also advise you on the disposal of any waste, including used appliances.

Your questions regarding disposal can be addressed to your local waste disposal service or to your Moulinex approved service centre.

## Performance testing data

According to standard IEC 705

The sub-committee of the International Electrotechnical Commission, SC 59H, has developed a standard for comparative heating performance testing of various microwave ovens.

We recommend the following for the model in your possession.

Test	Load	Approximate time (minutes)	Power level	Container
Egg custard	1000 g	12 - 14	900 W	IEC 705 recommended container
Sponge cake	475 g	9 - 11	600 W	
Meatloaf	900 g	17 - 19	900 W	
Defrost	500 g	11- 13	180 W	

These data are given for an appliance with a nominal power rating of 900 W.

## Technical characteristics

Model	AFW2
Supply rating	230V ~ 50 Hz AC
Power consumption :	
Maximum power	3100 W
Microwaves	1400 W
Grill	1300 W
Fan oven	1700 W
Output power	900 W
Frequency	2450 MHz
Dimensions (L x D x H) mm	
Outside	517 X 310 X 490
Inside	352 X 235 X 348
Weight	
gross	24,5 kg
net	21,5 kg

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