

*Thinking of you*  
**Electrolux**

User Manual

Microwave oven

EMS26405



**We were thinking of you**  
when we made this product

GB

## Welcome to the world of Electrolux

You've chosen a first class product from Electrolux, which hopefully will provide you with lots of pleasure in the future. Electrolux ambition is to offer a wide variety of quality products that would make your life even more comfortable. You can look at some examples on the cover in this manual. But now it's time to study this manual and start using and enjoying the benefits from your new machine. We promise that it'll make your life a little easier. Good luck!

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## Important safety instructions: Read carefully & keep for future reference

### To avoid the danger of fire

**The microwave oven should not be left unattended during operation.**

**Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.**

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230 V, 50 Hz, with a minimum 16 A distribution line fuse, or a minimum 16 A distribution circuit breaker.

Do not store or use the oven outdoors.

**If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.**

**Only use microwave-safe containers and utensils. See pages 15-16.**

**Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.**

**Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.**

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, only use special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

See the corresponding hints in this operation manual.

### To avoid the possibility of injury



**Warning: Do not operate the oven if it is damaged or malfunctioning.**

**Check the following before use:**

- a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
- b) The hinges and door safety latches; check to make sure they are not broken or loose.
- c) The door seals and sealing surfaces; ensure that they have not been damaged.
- d) Inside the oven cavity or on the door; make sure there are no dents.
- e) The power supply cord and plug; ensure that they are not damaged.

**Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**

## 6 **electrolux** safety information

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

**Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow instructions for "Care & cleaning", page 42. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

### **To avoid the possibility of electric shock**

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately and call an authorised ELECTROLUX service agent.

Do not immerse the power supply cord or plug in water or any other liquid. Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

Do not attempt to replace the oven lamp yourself or allow anyone who is not authorised by ELECTROLUX to do so. If the oven lamp fails, please consult your dealer or call an authorised ELECTROLUX service agent.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised ELECTROLUX service agent.

### **To avoid the possibility of explosion and sudden boiling**



**Warning: Liquids and other foods must not be heated in sealed containers since they are liable to explode.**

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

**Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.**

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

**Do not cook eggs in their shells and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.**

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

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**To avoid the possibility of burns**

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

**To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.**

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

Keep children away from the door and accessible parts that may become hot when the grill is in use. Children should be kept away to prevent them burning themselves.

Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL** mode, **DUAL GRILL** mode and **AUTO COOK** operation as they will become hot. Before cleaning make sure they are not hot.

**To avoid misuse by children**

**Warning: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.**

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

**Other warnings**

**Never modify the oven in any way. This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.**

**To promote trouble-free use of your oven and avoid damage**

Never operate the oven when it is empty except where recommended in the operation manual, see page 18 note 2. Doing so may damage the oven.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and turntable support due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Only use the turntable and the turntable support designed for this oven. Do not operate the oven without the turntable.

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To prevent the turntable from breaking:

- a) Before cleaning the turntable with water, leave the turntable to cool.
- b) Do not put hot foods or hot utensils on a cold turntable.
- c) Do not put cold foods or cold utensils on a hot turntable.

Do not place anything on the outer cabinet during operation.

Do not use plastic containers for microwaving if the oven is still hot from using the **GRILL** mode, **DUAL GRILL** mode and **AUTO COOK** operation because they may melt. Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

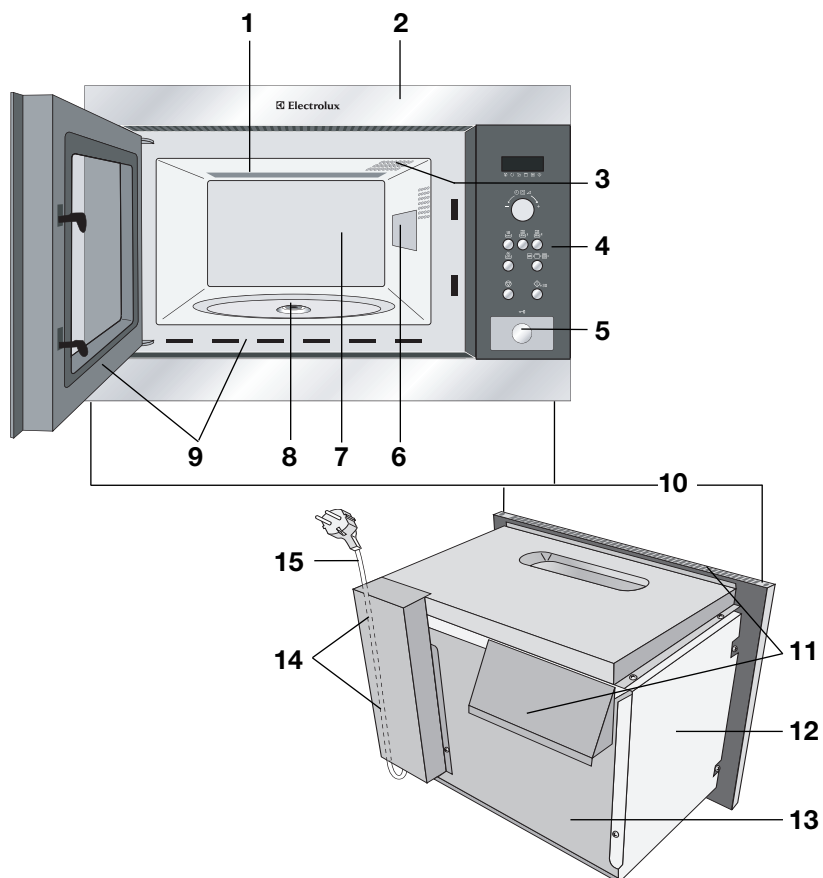
### **Note:**

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

## Product description

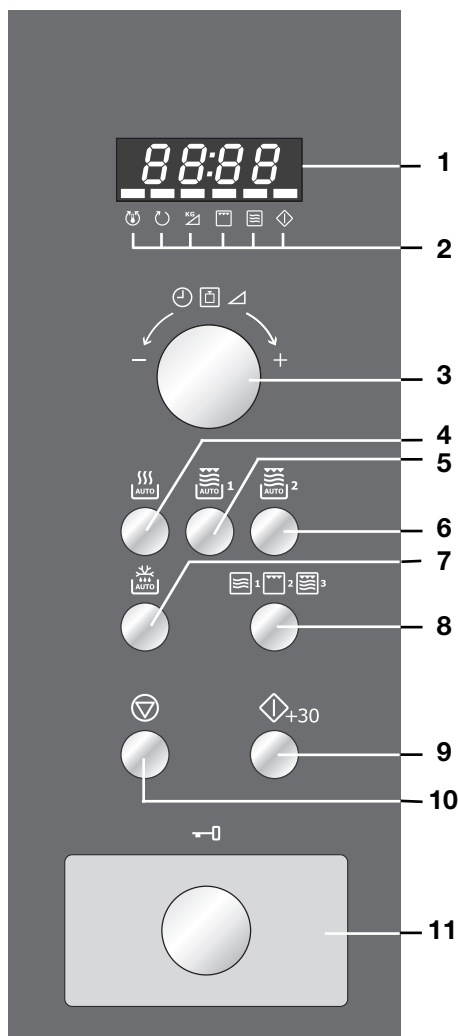


- 1** Grill heating element
- 2** Front trim
- 3** Oven lamp
- 4** Control panel
- 5** Door opening button
- 6** Waveguide cover
- 7** Oven cavity
- 8** Seal packing

- 9** Door seals and sealing surfaces
- 10** Fixing points (4 points)
- 11** Ventilation openings
- 12** Outer cover
- 13** Rear cabinet
- 14** Power supply cord support clips
- 15** Power supply cord

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## Control panel



### 1 Digital display

### 2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the appropriate button (having the same symbol) or carry out the necessary operation.

- Stir
- Turn over
- Weight/Power level
- Grill
- Microwave
- Cooking in progress

### 3 TIMER/WEIGHT/POWER knob

### 4 AUTO COOK button

Press to select one of the 2 automatic programmes.

### 5 AUTO COOK PLUS GRILL 1 button

Press to select one of the 2 automatic programmes.

### 6 AUTO COOK PLUS GRILL 2 button

Press to select one of the 4 automatic programmes.

### 7 AUTO DEFROST button

Press to select one of the 4 automatic programmes.

### 8 COOKING MODE button

Press to select either microwave, grill or dual grill, or use to set the clock.

1. Press once to select microwave function.
2. Press twice to select the grill.
3. Press three times to select dual grill mode, microwave with grill.

### 9 START/+30 button

### 10 STOP button

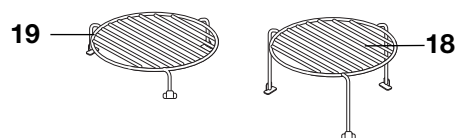
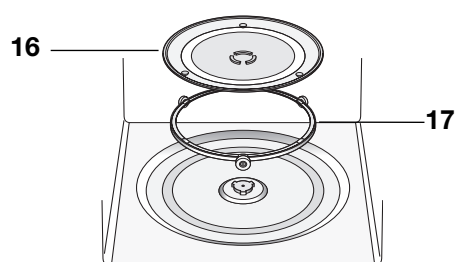
### 11 DOOR OPENING button

## Accessories

Check to make sure the following accessories are provided:

- (16)** Turntable
- (17)** Turntable support
- (18)** High rack
- (19)** Low rack
- (20)** 4 fixing screws (not shown)

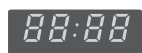
- Place the turntable support in the seal packing on the floor of the cavity.
- Then place the turntable on the turntable support.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.



**Note:** When you order accessories, please mention two items: part name and model name to your dealer or an authorised ELECTROLUX service agent.

12 **electrolux** operation**Before first use****Before operation**

1. Plug in the oven.
2. The oven display will flash:



3. Press the **STOP** button, the display will show:



4. To set the clock, see below.
5. Heat the oven without food. (See page 18 note 2.)

**Example:** To set the 24 hour clock to 23:35.

1. Choose the clock function. (12 hour clock).



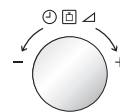
**x1** and hold for 3 seconds

Choose the 24 hour clock.



**x1**

2. Set the hours. Rotate the **TIMER/WEIGHT/POWER** knob until the correct hour is displayed (23).

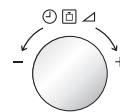


3. Press the **COOKING MODE** button to change from hours to minutes.



**x1**

4. Set the minutes. Rotate the **TIMER/WEIGHT/POWER** knob until the correct minute is displayed (35).



5. Press the **COOKING MODE** button to start the clock.



**x1**

**Using the STOP button**

Use the **STOP** button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, touch twice.

**Setting the clock**

There are two setting modes: 12 hour clock and 24 hour clock.

1. To set the 12 hour clock, hold the **COOKING MODE** button down for 3 seconds. **12 H** will appear in the display.
2. To set the 24 hour clock, press the **COOKING MODE** button once more after Step 1, in the example **24 H** will appear in the display.

**Notes:**

1. You can rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise.
2. Press the **STOP** button if you make a mistake during programming.
3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently show **88:88** after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
4. When you want to reset the time of day, follow the example on page 12 again.

## Microwave cooking advice

Microwaves are energy waves, similar to those used for TV and radio signals.

Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide. To prevent food and grease entering the waveguide it is protected by the waveguide cover.

Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door. During cooking the microwaves bounce off the sides of the oven cavity at random.

Microwaves will pass through certain materials, such as glass and plastic, to heat the food. (See 'Suitable Cookware' on pages 15-16).

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed on pages 15-16.

Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.

Once cooking is complete, the oven automatically stops producing microwaves.

Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results. Many of the following techniques are similar to those used in conventional cooking.

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Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The cooking time must be increased as the amount of food placed in the oven increases. e.g. Four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.

**Cooking techniques**

Arrange	Place the thickest parts of food towards the outside of the dish. e.g. Chicken drumsticks.
Cover	Use vented microwave cling film or a suitable lid.
Pierce	Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode. e.g. Potatoes, Fish, Chicken, Sausages. <b>Note:</b> Eggs should not be heated using microwave power as they may explode, even after cooking has ended. e.g. poached, fried, hard boiled.
Stir, turn & rearrange	For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.
Stand	Standing time is necessary after cooking to enable the heat to disperse equally throughout the food.
Shield	Some areas of food being defrosted may become warm. Warm areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.

### Using a food thermometer to determine cooking times

Once cooked, every drink and every foodstuff has a certain internal temperature at which the cooking process can be switched off and the food will be cooked. The internal temperature can be ascertained with a food thermometer. The most important temperatures are specified in the temperature table.

Drink / food		Internal temp. at the end of cooking time	Internal temp. after 10 -15 mins standing time
Heating drinks (Coffee, Water, Tea, etc.)		65-75 °C	
Heating milk		60-65 °C	
Heating soup		75-80 °C	
Heating stew		75-80 °C	
Poultry		80-85 °C	85-90 °C
Lamb	Rare	70 °C	70-75 °C
	Well done	75-80 °C	80-85 °C
Roast beef	Rare	50-55 °C	55-60 °C
	Medium	60-65 °C	65-70 °C
	Well done	75-80 °C	80-85 °C
Pork, Veal		80-85 °C	80-85 °C

Cookware	Microwave safe	Comments
Aluminium Foil/ Foil Containers	✓ / ✗	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2 cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil ®, follow instructions carefully.
Browning Dishes	✓	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China & Ceramics	✓ / ✗	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex ®	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✗	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic/Polystyrene e.g. fast food containers	✓	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	Should not touch the food and must be pierced to let the steam escape.
Freezer/ Roasting bags	✓	Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.

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Cookware	Microwave safe	Comments
Paper - plates cups & kitchen paper	✓	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw & wooden containers	✓	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper & newspaper	✗	May contain extracts of metal which will cause 'arcing' and may lead to fire.

## Microwave power levels

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

Power setting	Suggested use
900 W	used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.
630 W	used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.
450 W	for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.
270 W	(Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.
90 W	for gentle defrosting, eg. cream gateaux or pastry.

**W = Watt**

To set the microwave power level:

1. Rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise to select cooking time.
2. Press the **COOKING MODE** button once (microwave only). To change the microwave power level rotate
3. Press the **START/+30** button.

the knob until the desired power level is reached.

**Note:** If the power level is not selected, 900 W is automatically set.

## Microwave cooking

Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown in the table.

Cooking time	Increasing unit
0-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

**Example:** Suppose you want to heat soup for 2 minutes and 30 seconds on 630 W microwave power.

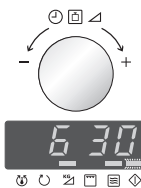
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



2. Choose the desired cooking mode by pressing the **COOKING MODE** button once (microwave only).



3. Choose the desired power level by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



4. Press the **START/+30** button once to begin cooking.



Check the display.



### Notes:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START/+30** button is pressed.
2. If you wish to know the power level during cooking, press the **COOKING MODE** button. As long as your finger is touching the **COOKING MODE** button, the power level will be displayed.
3. You can rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise. If you rotate the knob counter-clockwise, the cooking time will decrease from 90 minutes by degrees.

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## Grill & dual grill cooking

This microwave oven has two **GRILL** cooking modes:

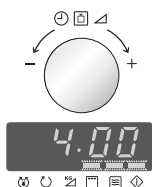
1. Grill only.
2. Dual Grill (Grill with microwave).

### 1. Grill only cooking

This mode can be used to Grill/Brown food.

**Example:** To make toast for 4 minutes.

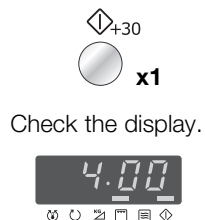
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob.



2. Choose the desired cooking mode by pressing the **COOKING MODE** button twice. (Grill only).



3. Press the **START/+30** button once to begin cooking.



### Notes:

1. The high or the low rack is recommended for grilling.
2. You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

### 2. Dual grill cooking

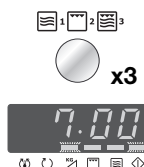
This mode uses a combination of Grill power and Microwave power (90 W to 630 W). The microwave power level is preset to 270 W.

**Example:** To cook grill skewers (recipe given on page 28) for 7 minutes on **DUAL GRILL** (450 W).

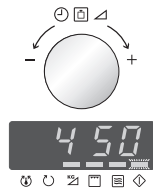
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



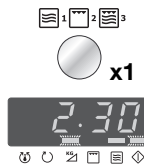
2. Choose the desired cooking mode by pressing the **COOKING MODE** button 3 times (Dual grill).



3. Choose the desired power level by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



2. Choose the desired cooking mode by pressing the **COOKING MODE** button once (microwave only).



4. Press the **START/+30** button once to begin cooking.



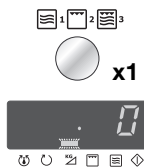
Check the display.



3. Choose the desired power level by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



4. Press the **COOKING MODE** button before programming Stage 2.



## Other convenient functions

### 1. Multiple sequence cooking

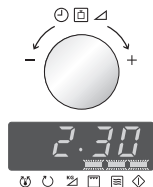
A sequence of 3 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL** or **DUAL GRILL**.

#### Example:

To cook: 2 minutes and 30 seconds on 630 W power (Stage 1)  
5 minutes Grill only (Stage 2)

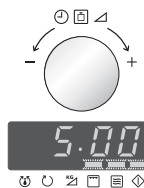
#### Stage 1

1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



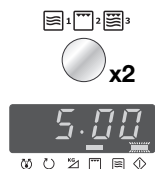
#### Stage 2

1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.

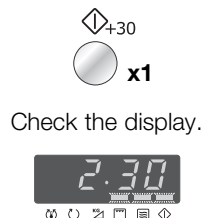


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2. Choose the desired cooking mode by pressing the **COOKING MODE** button twice (grill only).



3. Press the **START/+30** button once to begin cooking.



(The oven will begin to cook for 2 minutes and 30 seconds at 630 W, and then for 5 minutes on Grill only.)

**Note:** If you set any programme after setting the **GRILL** mode, omit steps 3 and 4. If you press the **COOKING MODE** button continually after setting **GRILL** mode, the **GRILL** mode will be changed to the **DUAL GRILL** mode automatically.

**Example:** To cook 1.0 kg Courgette & Noodle Gratin (on page 37).  
 1. 18 minutes at 900 W.  
 2. 7 minutes Dual Grill at 630 W.

## 2. Add 30 seconds function

The **START/+30** button allows you to operate the two following functions:

### a. Direct start

You can directly start cooking on 900 W microwave power level for 30 seconds by pressing the **START/+30** button.



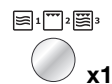
**Note:** To avoid the misuse by children the **START/+30** button can be used only within 3 minutes after the preceding operation, i.e., closing the door, pressing the **STOP** button or cooking completion.

### b. Extend the cooking time

You can extend the cooking time for multiples of 30 seconds if the button is pressed while the oven is in operation.

## 3. To check the power level

To check the microwave power level during cooking press the **COOKING MODE** button.



As long as your finger is touching the **COOKING MODE** button the power level will be displayed. The oven continues to count down although the display shows the power level.

#### 4. Safety lock function

##### To set the safety lock function

1. Press and hold the **STOP** key for 3 seconds.

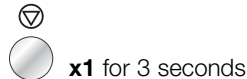


The display will show:



##### To cancel the safety lock function

1. Press and hold the **STOP** key for 3 seconds.



The display will show the time of day, if set.

**Note:** When the Safety Lock is set you cannot input any buttons except the **STOP** button.

#### Auto cook & defrost operation

1. **AUTO COOK** and **AUTO DEFROST** automatically work out the correct cooking mode and cooking time. You can choose from 2 **AUTO COOK**, 6 **AUTO COOK plus GRILL** and 4 **AUTO DEFROST** menus. What you need to know when using this automatic function:

##### For example:

**AUTO COOK plus GRILL 1:** The **AUTO COOK PLUS GRILL 1** button has two menus. Press the **AUTO COOK PLUS GRILL 1** button once, the display will appear as shown.



2. The menu can be chosen by pressing the **AUTO DEFROST** or desired **AUTO COOK** button until the desired menu number is displayed. See pages 23-25 "AUTO COOK & DEFROST charts". The menu will be changed automatically by holding down the **AUTO COOK** or **AUTO DEFROST** button.
3. The weight or quantity of the food can be input by rotating the **TIMER/WEIGHT/POWER** knob until the desired weight/quantity is displayed.
  - Enter the weight of the food only. Do not include the weight of the container.
  - For food weighing more or less than weights/quantities given in the **AUTO COOK & DEFROST** charts, use manual operation. For best results, follow the cooking charts on pages 29-31.
4. To start cooking press the **START/+30** button.

When action is required (e.g. to turn food over) the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the **START/+30** button.

## 22 **electrolux** operation

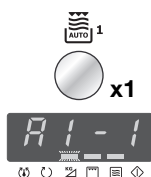
The final temperature will vary according to the initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.

**Note:** If you use the **ADD 30 SECONDS** function during cooking/defrosting, the food may be overcooked.

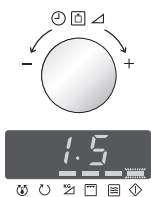
### **Example for AUTO COOK plus GRILL 1:**

To cook Gratinated Fish Fillet 1,5 kg using Auto Cook plus Grill 1 (A1-1).

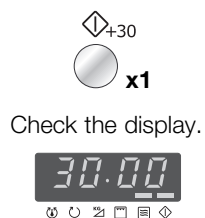
1. Select the menu required by pressing the **AUTO COOK PLUS GRILL 1** button once.



2. Enter the weight by rotating the **TIMER/WEIGHT/POWER** knob.







3. Press the **START/+30** button once.









Check the display.

## Programme charts







### Auto cook charts

Button	Auto cook	Weight (increasing weight) / utensils	Procedure
 <b>x1</b>	<b>AC-1 Cook</b> Chicken Pan with Vegetables 	0,5 - 1,5 kg* (500 g) (initial temp Chicken 5 °C) Gratin dish with microwave cling film	<ul style="list-style-type: none"> <li>• See recipe for "Chicken Pan with Vegetables" on page 26.</li> </ul> <p>* Total weight of all ingredients.</p>
 <b>x2</b>	<b>AC-2 Cook</b> Mince and Onion 	0,5 - 1,5 kg* (500 g) (initial temp Mince 5 °C) Casserole dish with lid	<ul style="list-style-type: none"> <li>• See recipe for "Mince and Onion" on page 26.</li> </ul> <p>* Total weight of all ingredients.</p>



Button	Auto cook plus grill 1	Weight (increasing weight) / utensils	Procedure
 <b>x1</b>	<b>A1-1 Cook</b> Gratinated Fish Fillet 	0,5 - 1,5 kg* (500 g) (initial temp Fish 5 °C) Gratin dish Low rack	<ul style="list-style-type: none"> <li>• See recipes for "Gratinated Fish Fillet" on page 27.</li> </ul> <p>* Total weight of all ingredients.</p>
 <b>x2</b>	<b>A1-2 Cook</b> Gratin 	0,5 - 1,5 kg* (500 g) (initial temp 20 °C) Gratin dish Low rack	<ul style="list-style-type: none"> <li>• See recipes for "Gratin" on page 28.</li> </ul> <p>* Total weight of all ingredients.</p>

Button	Auto cook plus grill 2	Weight (increasing weight) / utensils	Procedure
 <b>x1</b>	<b>A2-1 Cook</b> French Fried Potatoes Thick type (recommended for conventional ovens) 	0,20 - 0,40 kg (50 g) (initial temp -18 °C) Flan dish High rack	<ul style="list-style-type: none"> <li>• Remove the frozen french fried potatoes from the package and place them on a flan dish.</li> <li>• Place the dish on the high rack in the oven.</li> <li>• When the audible signals sound, turn over.</li> <li>• After cooking, remove from the dish and put on a plate for serving. (No standing time is necessary).</li> <li>• Add salt to taste.</li> </ul> <p><b>Note:</b> The dish gets very hot during cooking. To avoid burning yourself, please use oven gloves for removing the flan dish from the oven.</p>







24 **electrolux** programme charts

Button	Auto cook plus grill 2	Weight (increasing weight) / utensils	Procedure
 <b>x2</b>	<b>A2-2 Cook</b> Grill Skewers See Recipe on page 28. 	0,2 - 0,8 kg (100 g) (initial temp 5 °C) High rack	<ul style="list-style-type: none"> <li>• Prepare the grill skewers.</li> <li>• Place on the high rack and cook.</li> <li>• When the audible signal sounds turn over.</li> <li>• After cooking, remove and put on a plate for serving. (No standing time necessary).</li> </ul>
 <b>x3</b>	<b>A2-3 Cook</b> Chicken Legs   Ingredients for 0,6 kg chicken legs: 3 pieces, 1-2 tbsp oil, 1/2 tsp salt, 1 tsp sweet paprika, 1 tsp rosemary	0,20 - 0,80 kg (50 g) (initial temp 5 °C) High rack	<ul style="list-style-type: none"> <li>• Mix the ingredients and spread on the chicken legs.</li> <li>• Pierce the skin of the chicken legs.</li> <li>• Put the chicken legs on the high rack, skin side down, with the thin ends towards the centre.</li> <li>• When audible signals sound, turn the food over.</li> <li>• After cooking, remove and stand for approximately 5 minutes.</li> </ul>
 <b>x4</b>	<b>A2-4 Cook</b> Grilled Chicken   Ingredients for 1,2 kg grilled chicken: Salt & pepper, 1 tsp sweet paprika, 2 tbsp oil	0,9 - 1,8 kg (100 g) (initial temp 5 °C) Low rack	<ul style="list-style-type: none"> <li>• Mix the ingredients and spread on the chicken.</li> <li>• Pierce the skin of the chicken.</li> <li>• Put chicken breast side down on the low rack.</li> <li>• When audible signals sound, turn the chicken over.</li> <li>• After cooking, leave for approx. 3 minutes in the oven, remove and put on a plate for serving.</li> </ul>

**Auto defrost charts**

Button	Auto defrost	Weight (increasing weight) / utensils	Procedure
 <b>x1</b>	<b>Ad-1 Defrost</b> Steak and Chops 	0,2 - 1,0 kg (100 g) (initial temp -18 °C) (See note on page 25)	<ul style="list-style-type: none"> <li>• Place the food on a plate in the centre of the turntable.</li> <li>• When the oven stops and the audible signals sound, turn the food over, rearrange and separate. Shield thin parts and warm spots with aluminium foil.</li> <li>• After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.</li> </ul>

## electrolux programme charts 25

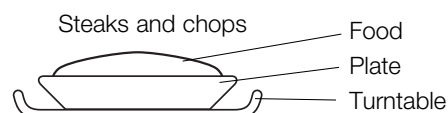
Button	Auto defrost	Weight (increasing weight) / utensils	Procedure
 <b>x2</b>	<b>Ad-2 Defrost</b> Minced Meat 	0,2 - 1,0 kg (100 g) (initial temp -18 °C) Cling film (See note below)	<ul style="list-style-type: none"> <li>• Cover the turntable with cling film.</li> <li>• Place the block of minced meat onto the turntable.</li> <li>• When the oven stops and the audible signals sound, turn the food over. Remove the defrosted parts if possible.</li> <li>• After defrosting, stand for 5 - 10 minutes, until thoroughly defrosted.</li> </ul>
 <b>x3</b>	<b>Ad-3 Defrost</b> Cake 	0,1 - 1,4 kg (100 g) (initial temp -18 °C) Flat dish	<ul style="list-style-type: none"> <li>• Remove all packaging from the cake.</li> <li>• Place on a flat dish in the middle of the turntable.</li> <li>• After defrosting, cut the cake into similar sized pieces keeping space between each piece and let stand for 15 - 60 minutes until evenly defrosted.</li> </ul>
 <b>x4</b>	<b>Ad-4 Defrost</b> Bread 	0,1 - 1,0 kg (100 g) (initial temp -18 °C) Flat dish (Only sliced bread is recommended for this programme.)	<ul style="list-style-type: none"> <li>• Distribute on a flat dish in the centre of the turntable.</li> <li>• When the audible signal sounds rearrange, and remove defrosted slices.</li> <li>• After defrosting separate all slices and distribute on a large plate. Cover the bread with aluminium foil and let stand for 5 - 10 minutes until thoroughly defrosted.</li> </ul>

**Note:** Auto Defrost

1. Steaks and Chops should be frozen in one layer.
2. Minced meat should be frozen in a thin shape.
3. After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
4. Gateaux topped and coated with cream are very sensitive to microwave energy.

For the best result, if the cream begins to soften rapidly, it is best to remove it from the oven immediately and stand for 10 - 30 minutes at room temperature.

5. For Steaks and Chops arrange the food in the oven as shown:



26 **electrolux** programme charts**Recipes for auto cook menus****Chicken pan with vegetables (AC-1)  
Spicy chicken fricassee**

0,5 kg	1,0 kg	1,5 kg	
60 g	120 g	180 g	long grain rice (parboiled)
1	1	1	sachet saffron
25 g	50 g	75 g	onion (sliced)
50 g	100 g	150 g	red pepper (in strips)
50 g	100 g	150 g	leek (in strips)
150 g	300 g	450 g	fillet of chicken breast (cubed)
			pepper, paprika powder
10 g	20 g	30 g	butter or margarine
150 ml	300 ml	450 ml	meat stock

## Preparation

1. Mix the rice and saffron and place in the greased dish.
2. Mix the onions, red pepper, leek and chicken. Season and place on the rice.
3. Put butter on the top.
4. Pour the stock over and cover with microwave cling film and cook on **AUTO COOK (AC-1)** "Chicken Pan with Vegetables".
5. After cooking, let stand for 5-10 minutes.

**Mince & onion (AC-2)**

0,5 kg	1,0 kg	1,5 kg	
150 g	300 g	450 g	minced meat (1/2 beef, 1/2 pork)
50 g	100 g	150 g	onion (finely chopped)
1/2	1	1 1/2	egg
15 g	30 g	45 g	white breadcrumbs
			salt and pepper
115 ml	230 ml	345 ml	meat stock
20 g	40 g	60 g	tomato purée
65 g	125 g	190 g	potatoes (finely chopped)
65 g	125 g	190 g	carrots (finely chopped)
1/2 tbsp	1 tbsp	1 1/2 tbsp	chopped parsley

## Preparation

1. Mix together the minced meat, onion, egg and the breadcrumbs. Season with salt and pepper. Place the meat dough into a casserole dish.
2. Mix the meat stock with the tomato purée.
3. Add the liquid, potatoes, carrots and parsley to the meat, mix it up well.
4. Cover and cook on **AUTO COOK (AC-2)** "Mince and Onion".
5. When the oven stops and the audible signals sound, stir and re-cover.
6. After cooking, stir and stand for approx. 5 minutes. Sprinkle with parsley and serve.

## electrolux programme charts 27

**Gratinated fish fillet (A1-1)**  
**Fish gratin Italian style**

0,5 kg	1,0 kg	1,5 kg	
200 g	430 g	630 g	fish fillet
1/2 tbsp	1 tbsp	1 1/2 tbsp	lemon juice
1/2 tbsp	1 tbsp	1 1/2 tbsp	anchovy butter
30 g	50 g	80 g	Gouda (grated)
			salt and pepper
150 g	300 g	450 g	fresh tomatoes
1 tbsp	1 1/2 tbsp	2 tbsp	chopped mixed herbs
100 g	180 g	280 g	Mozarella
1/2 tbsp	3/4 tbsp	1 tbsp	Basil (chopped)

## Preparation

1. Wash and dry the fish and sprinkle with lemon juice, salt and anchovy butter.
2. Place in a gratin dish (size depends on weight).
3. Sprinkle the Gouda over the fish.
4. Wash the tomatoes and remove the stalk-spore. Cut into slices and place on top of the cheese.
5. Season with salt, pepper and the mixed herbs.
6. Drain the Mozarella, cut into slices and place on the tomatoes. Sprinkle the basil over the cheese.
7. Place the gratin dish on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-1)** "Gratinated fish fillet".
8. After cooking, let stand for approx. 5 minutes.

**Gratinated fish fillet (A1-1)**  
**Fish esterhazy**

0,5 kg	1,0 kg	1,5 kg	
230 g	450 g	680 g	fish fillet
100 g	200 g	300 g	leeks (cut into rings)
20 g	40 g	60 g	onion (finely sliced)
40 g	100 g	140 g	carrot (grated)
10 g	10 g	20 g	butter or margarine
			salt, pepper and nutmeg
1 tbsp	1 1/2 tbsp	2 tbsp	lemon juice
50 g	100 g	150 g	crème fraîche
50 g	100 g	150 g	Gouda (grated)

## Preparation

1. Put vegetables, butter and the spices into a casserole dish and mix well. Cook for 2-6 minutes on 900 W depending on weight.
2. Wash the fish, dry and sprinkle with lemon juice and salt.
3. Mix the crème fraîche with the vegetables and season again.
4. Put half of the vegetables in a gratin dish. Place the fish on top and cover with the remaining vegetables.
5. Spread the Gouda over the top, place on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-1)**, "Gratinated fish fillet".
6. After cooking, let stand for approximately 5 minutes.

28 **electrolux** programme charts**Gratin (A1-2)**  
**Spinach gratin**

0,5 kg	1,0 kg	1,5 kg	
150 g	300 g	450 g	leaf spinach (defrosted, drained)
15 g	30 g	45 g	onion (finely chopped)
			salt, pepper, nutmeg
150 g	300 g	450 g	boiled potatoes (sliced)
35 g	75 g	110 g	cooked ham (diced)
50 g	100 g	150 g	crème fraîche
1	2	3	eggs
40 g	75 g	115 g	grated cheese

**Gratin (A1-2)**  
**Potato-courgette-gratin**

0,5 kg	1,0 kg	1,5 kg	
200 g	400 g	600 g	boiled potatoes (sliced)
115 g	230 g	345 g	courgette (finely sliced)
75 g	150 g	225 g	crème fraîche
1	2	3	eggs
1/2	1	2	clove of garlic (crushed)
			salt, pepper
40 g	80 g	120 g	grated Gouda cheese
10 g	20 g	30 g	sunflower kernel

**Grill Skewers (A2-2)**

4 pieces	
400 g	pork cutlets
100 g	bacon
2	onions (100 g), quartered
4	tomatoes (250 g), quartered
1/2	green pepper (100 g), in eight pieces
2 tbsp	oil
4 tsp	sweet paprika
	salt
1 tsp	cayenne pepper
1 tsp	worcester sauce

## Preparation

1. Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
3. Mix the eggs with crème fraîche, add salt and pepper and pour over the vegetables.
4. Cover the gratin with the grated cheese.
5. Place on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-2)**, "Gratin".
6. After cooking, let stand for 5-10 minutes.

## Preparation

1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables.
3. Cover the gratin dish with the grated Gouda cheese.
4. Finally sprinkle the gratin with sunflower kernel.
5. Place on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-2)**, "Gratin".
6. After cooking, let stand for 5-10 minutes.

## Preparation

1. Cut the escalope of pork and the pork belly into 2-3 cm cubes.
2. Thread meat and vegetables alternately on four wooden skewers.
3. Combine the oil with the spices and brush over the kebabs.
4. Place the kebabs on the high rack and cook on **AUTO COOK plus GRILL 2 (A2-2)**, "Grill Skewers".

## Cooking charts

Abbreviations used				
tblsp = tablespoon	tsp = teaspoon Cup = cupful	kg = kilogram g = gram	l = litre ml = millilitre	cm = centimetre min = minutes

Heating food & drink						
Food/Drink	Quantity	Setting	Power	Time	Method	
	-g-		-Level-	-Min-		
Coffee, 1 cup	150	☐	900 W	app. 1	do not cover	
Milk, 1 cup	150	☐	900 W	app. 1	do not cover	
Water, 1 cup	150	☐	900 W	app. 2	do not cover, bring to the boil	
6 cups	900	☐	900 W	8-10	do not cover, bring to the boil	
1 dish	1000	☐	900 W	9-11	cover, bring to the boil	
One-plate meal (Veg, Meat + side dishes)	400	☐	900 W	4-6	sprinkle sauce with water, cover, stir halfway through cooking time	
Soup / Stew	200	☐	900 W	1-2	cover, stir after heating	
Vegetables	200	☐	900 W	2-3	add water if necessary, cover, stir	
	500	☐	900 W	3-5	halfway through cooking time	
Side dishes	200	☐	900 W	2-3	sprinkle with a little water, cover, stir	
	500	☐	900 W	4-5	halfway through cooking time	
Meat, 1 slice <sup>1</sup>	200	☐	900 W	app. 3	sprinkle with a little sauce, cover	
Fish fillet	200	☐	900 W	3-5	cover	
Cake, 1 slice	150	☐	450 W	1/2 -1	place on a plate	
Baby food, 1 jar	190	☐	450 W	1/2 -1	remove lid, stir well after heating check the temperature	
Melting Margarine or Butter <sup>1</sup>	50	☐	900 W	1/2	cover	
Melting chocolate	100	☐	450 W	3-4	stir during cooking	

<sup>1</sup> from chilled

Cooking fresh vegetables						
Food	Quantity	Setting	Power	Time	Method	Added water
	-g-		-Level-	-Min-		-tbsps / ml-
Broccoli	500	☐	900 W	6-8	divide into florets, cover, stir occasionally during cooking	4-5 tbsp
Peas	500	☐	900 W	6-8	cover, stir occasionally during cooking	4-5 tbsp
Onions	250	☐	900 W	4-5	whole, cook in microwave cling film	-
Carrots	500	☐	900 W	9-11	cut into rings, cover, stir occasionally during cooking	4-5 tbsp
Boiled potatoes (salted)	500	☐	900 W	7-9	cut into large pieces of a similar size, add a little salt, cover, stir occasionally during cooking	150 ml

30 **electrolux** programme charts






















Food	Quantity -g-	Power -Level-	Defrosting Time -Min-	Method	Standing time -Min-
Goulash	500	270 W	8-9	stir halfway through defrosting time	10-15
Sausages, 8 pieces	600	270 W	6-8	place next to each other, turn over	5-10
4 pieces	300	270 W	3-5	halfway through defrosting time	5-10
Chicken legs	200	270 W	3-4	turn over halfway through defrosting time	10-15
Fish fillet	400	270 W	5-7	turn over halfway through defrosting time	5-10
Bread rolls, 2 pieces	80	270 W	1-1½	only begin to defrost	-
Cake, 1 piece	150	270 W	1-3	place on a plate	5
Fruit e.g. strawberries, raspberries, cherries, plums	250	270 W	3-5	place next to each other, spread out evenly turn over halfway through defrosting time	5

The times shown in the table are guidelines which may vary according to freezing temperature, quality and weight of the foodstuffs.

Food	Quantity -g-	Power -Level-	Defrosting & cooking Time -Min-	Added water -tbsps-	Method	Standing time -Min-
Fish fillet	400	900 W	9-11	-	cover	1-2
One Plate Meal	400	900 W	8-10	-	cover, stir after 6 minutes	2
Broccoli	300	900 W	6-8	3-5	cover, stir halfway through time	2
Peas	300	900 W	6-8	3-5	cover, stir halfway through time	2
Mixed vegetables	500	900 W	9-11	3-5	cover, stir halfway through time	2

Food	Quantity -g-	Setting	Power -Level-	Cooking, grilling & browning Time -Min-	Method	Standing time -Min-
Roasts (Pork, Veal, Lamb)	500	☐	450 W	5-8	season to taste, place on the low rack, turn over after (*).	10
		☐ ☐	450 W	6-8 (*)		
		☐	450 W	5-8		
		☐ ☐	450 W	4-5		
	1000	☐	450 W	16-18		10
		☐ ☐	450 W	5-7 (*)		
		☐	450 W	14-16		
		☐ ☐	450 W	4-6		
	1500	☐	450 W	26-28		10
		☐ ☐	450 W	5-6 (*)		
		☐	450 W	26-28		
		☐ ☐	450 W	4-5		
Roast beef (medium)	1000	☐	630 W	5-8	season to taste, place fatty side down on the low rack, turn over after (*).	10
		☐ ☐	630 W	8-10 (*)		
		☐ ☐	630 W	3-5		

## electrolux programme charts 31

Food	Quantity -g-	Cooking, grilling & browning			Method	Standing time -Min-
		Setting	Power -Level-	Time -Min-		
Roast beef (medium)	1500	  	630 W 630 W 630 W	12-15 12-15 (*) 4-6		10
Chicken	1200	   	900 W 630 W 900 W 630 W	9-11 5-7 (*) 9-11 3-5	season to taste, place breast side down on the low rack, turn over after (*).	3
Chicken legs	200	  	450 W	6-7 (*) 4-6	season to taste, place skin side down on the high rack, turn over after (*).	3
Rump steaks 2 pieces, medium	400	 		11-12 (*) 6-8	place on the high rack, turn over after (*), season after grilling.	
Browning of gratin dishes				8-13	place gratin dish on the low rack. The grilling time depends on the type of cheese used.	
Croque Monsieur	1 piece 4 pieces	   	450 W 450 W	1/2 5-6 1/2 - 1 5-6	toast the bread and spread it with butter; top with a slice of cooked ham, a slice of pineapple and a slice of cheese. Prick the centre and place on the top grill.	
Frozen Pizza	300 400	   	450 W 450 W 450 W 450 W	4-6 4-6 6-7 5-7	place on the low rack.	

## Recipes

All the recipes in this book are calculated on the basis of 4 servings - unless otherwise stated.

### Adapting recipes for the microwave oven

If you would like to adapt your favourite recipes for the microwave, you should take note of the following: Shorten cooking times by a third to a half. Follow the example of the recipes in this book.

Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty.

Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

32 **electrolux** recipes**Onion soup**

Total cooking time: approx. 14-17 min.

Utensils: bowl with lid (2 litre capacity)

4 soup bowls (200 ml)

## Ingredients

- 1 tbsp butter or margarine
- 2 onions (100 g), sliced
- 800 ml meat stock
- salt & pepper
- 2 slices of bread for toasting
- 4 tbsp grated cheese (40 g)

1. Place the butter cut up into pieces in the bowl. Add the sliced onion, the meat stock and the seasoning. Cover and microwave.

**9-11 min.**  **900 W**

2. Toast the slices of bread, cut them into cubes and divide them among the soup bowls. Pour the soup over the toast cubes and sprinkle on the cheese.
3. Place the bowls on the turntable, use the top grill and brown the cheese topping.

**6-7 min.** **Mushrooms with rosemary**

Total cooking time: approx. 10-17 min.

Utensils: bowl with lid (1 litre capacity)


Shallow round dish with lid  
(approx. 22 cm diameter)

## Ingredients

- 8 large mushrooms  
(approx. 225 g), whole
- 2 tbsp butter or margarine (20 g)
- 1 onion (50 g), finely chopped
- 50 g bacon, finely diced
- black pepper
- ground fresh rosemary, bruised
- 125 ml dry white wine
- 125 ml cream
- 2 tbsp flour (20 g)

1. Remove the stalks from the mushrooms and chop the stalks into small pieces.

2. Spread the butter on the bottom of the dish. Add the onions, the diced bacon and the mushroom stalks. Season with pepper and rosemary, cover and cook.

**3-5 min.**  **900 W**

Leave to cool.

3. Heat 100 ml of the wine and cream in the other dish with its lid on.

**1-3 min.**  **900 W**

4. Mix the remaining wine with the flour, stir into the hot liquid and cook with the lid on. Stir once during cooking.

**approx. 1 min.**  **900 W**

5. Fill the mushrooms with the bacon mixture, place in the sauce and cook on the high rack.

**6-8 min.**   **270 W**

Allow the mushrooms to stand for approximately 2 minutes once cooked.

**Aubergines stuffed with minced meat**

Total cooking time: approx. 17-22 min.

Utensils: bowl with lid (1 litre size)  
shallow oval gratin dish with lid  
(approx. 30 cm long)**Ingredients**

- 2 aubergines, less stalks (app. 250 g)
- 3 tomatoes (app. 200 g)
- 1 tbsp olive oil to grease the dish
- 2 onions (100 g), chopped
- 4 mild green chillies
- 200 g mince (beef or lamb)
- 2 garlic cloves, crushed
- 2 tbsp parsley, chopped
- salt & pepper, pink paprika
- 60 g Feta cheese, diced

Tip: You can substitute courgettes for the aubergines.

1. Cut the aubergines in half lengthways. Scoop out the flesh with a teaspoon to leave a shell about 1 cm thick. Sprinkle the aubergines with salt and dice the scooped-out flesh.
2. Remove the skin from two of the tomatoes and chop them up, having first cut out the stalks.
3. Grease the bottom of the bowl with the olive oil. Add the onions. Cover and cook.

**approx. 2 min.**  **900 W**

4. Remove the stalks and seeds from the chillies and cut them into rings. Retain a third for the garnish. Mix the minced meat with the diced aubergines, onions and tomatoes, the chilli rings, the crushed garlic clove and the parsley. Season to taste.
5. Dry the aubergine halves. Fill with half of the mince mixture, spread the feta cheese on top, and then add the rest of the filling.
6. Arrange the aubergine halves in the greased oven proof dish, place the dish on the low rack and cook.

**11-13 min.**   **630 W**

Garnish the aubergine halves with the chilli rings and slices of tomato and continue cooking.

**4-7 min.**   **630 W**

Allow the aubergines to stand for about 2 minutes after cooking.

**Zurich veal stew**

Total cooking time: approx. 9-14 min.

Utensils: bowl with lid (2 litre capacity)

**Ingredients**

- 600 g veal fillet
- 1 tbsp butter or margarine
- 1 onion (50 g), finely chopped
- 100 ml white wine
- gravy thickener to make approx. 1/2 litre
- 300 ml cream
- 1 tbsp parsley, chopped

1. Slice the meat into finger-thick strips.
2. Smear the butter evenly around the dish. Add the onion and the meat to the dish, cover and cook. Stir once during cooking.

**6-9 min.**  **900 W**

3. Add the white wine, the gravy powder and the cream, stir, cover and continue to cook. Stir once during cooking.

**3-5 min.**  **900 W**

4. Taste the stew, stir again and allow to stand for 5 minutes. Serve with parsley garnish.

34 **electrolux** recipes**Stuffed ham**

Total cooking time: approx. 13-18 min.

Utensils: bowl with lid (2 litre capacity)

Shallow oval gratin dish  
(approx. 26 cm long)**Ingredients**

- 150 g fresh spinach, stalks removed
- 150 g quark, 6 % fat
- 50 g grated Emmental cheese
- pepper, paprika, mild
- 6 slices cooked ham (300 g)
- 125 ml water
- 125 ml cream
- 2 tbsp flour (20 g)
- 2 tbsp butter or margarine (20 g)
- 1 tsp butter or margarine to grease the dish

Tip: You can also use ready-made béchamel sauce for this recipe.

1. Cut the spinach finely, mix with the quark and the cheese and season to taste.
2. Place a tablespoon of the filling on each slice of the cooked ham and roll up. Secure the ham with a wooden toothpick.
3. Make a béchamel sauce. To do this, pour the liquid into the dish, cover and heat.  
**2-4 min. [ ] 900 W**  
Rub the butter into the flour, add to the liquid and beat with a balloon whisk, until it is smooth. Cover, bring to the boil until thickened.  
**1-2 min. [ ] 900 W**  
Stir and taste.

4. Pour the sauce into the greased dish, place the ham rolls in the dish and cook on the turntable.

**10-12 min. [ ] [ ] 630 W**

Allow the ham rolls to stand for approx. 5 minutes after cooking.

**Fillet of sole**

(for 2 portions)

Total cooking time: approx. 11-13 min.

Utensils: shallow oval gratin dish with lid (approx. 26 cm long)

**Ingredients**

- 400 g fillet of sole
- 1 lemon, untreated
- 2 tomatoes (150 g)
- 1 tsp butter or margarine to grease the dish
- 1 tbsp vegetable oil
- 1 tbsp parsley, chopped
- salt & pepper
- 4 tbsp white wine (30 ml)
- 2 tbsp butter or margarine (20 g)

Tip: You can also use rosefish, halibut, mullet, plaice or cod in this recipe.

1. Wash the fish and pat dry. Remove any bones.
2. Slice the lemon and the tomatoes finely.
3. Grease the gratin dish with butter. Place the fish in it and drizzle with vegetable oil.
4. Sprinkle the fish with parsley, lay the slices of tomato on top and season. Lay the slices of lemon on top of the tomato and pour the white wine over this.
5. Dot the lemon with butter, cover and cook.

**11-13 min. [ ] 630 W**

Leave the fish fillets to stand for 2 minutes after cooking.

## electrolux recipes 35

**Fish filet with cheese sauce**

Total cooking time: approx. 21-25 min.

Utensils: bowl with lid (1 litre capacity)  
shallow oval gratin dish  
(approx. 25 cm long)

## Ingredients

- 4 Fish fillets (approx. 800 g)  
(e.g. perch, flounder or cod)
- 2 tbsp lemon juice
- salt
- 1 tbsp butter or margarine
- 1 onion (50 g), finely chopped
- 2 tbsp flour (20 g)
- 100 ml white wine
- 1 tsp vegetable oil to grease the dish
- 100 g grated Emmental cheese
- 2 tbsp chopped parsley

1. Wash the fish, pat dry and sprinkle with lemon juice. Leave to stand for 15 minutes, pat dry again and rub with salt.
2. Smear the butter on the bottom of the dish. Add the diced onion, cover with the lid and steam.  
**1-2 min. [ ] 900 W**
3. Sprinkle the flour over the onions and stir.  
Add the white wine and mix.
4. Grease the gratin dish and place the fish in it. Pour the sauce over the fish and sprinkle with cheese. Place on the low rack and cook.  
**1. 7-8 min. [ ] 450 W** and then  
**2. 14-16 min. [ ] 450 W**  
Allow fish to stand for approximately 2 minutes after cooking. Serve with a garnish of chopped parsley.

**Almond trout**

Total cooking time: approx. 16-19 min.

Utensils: shallow oval gratin dish  
(ca. 32 cm lang)

## Ingredients

- 4 trout (200 g), trimmed
- juice of one lemon
- salt
- 30 g butter or margarine
- 5 tbsp flour (50 g)
- 1 tsp butter or margarine to grease the dish
- 50 g almond flakes

1. Wash and dry the trout and sprinkle with lemon juice. Apply salt to the interior and exterior of the fish and leave to stand for 15 minutes.
  2. Melt the butter.  
**1 min. [ ] 900 W**
  3. Dry the fish, spread on the butter and roll in the flour.
  4. Grease the dish. Put the trout in the dish and cook on the low rack. Two thirds through the cooking period turn the trout and scatter the almonds over them.  
**15-18 min. [ ] 450 W**  
Allow the almond trout to stand for 2 minutes after cooking.
- Tip: Suitable accompanying dishes are parsley potatoes and a green salad.




36 **electrolux** recipes**Veal cutlet with mozzarella**

Total cooking time: approx. 24-31 min.

Utensils: shallow square gratin dish  
with lid (approx. 25 cm long)

## Ingredients

- 2 mozzarella cheese (150 g)
- 500 g drained, peeled tinned tomatoes
- 4 veal cutlets (600 g)
- 20 ml olive oil
- 2 cloves of garlic, sliced pepper, freshly milled
- 2 tbsp capers (20 g) oregano, salt

1. Cut the mozzarella into slices. Puree the tomatoes with the puree attachment of a hand mixer.
2. Wash the cutlets, dry them and beat them flat. Distribute the oil and the garlic slices over the bottom of the oven-proof dish. Add the cutlets and pour over the tomato puree. Sprinkle with pepper, capers and oregano, cover and cook on the low rack.  
**15-19 min.**  **630 W**  
Turn the meat slices.
3. Place a few slices of mozzarella on each piece of meat, add salt and cook uncovered on the high rack.  
**9-12 min.**   **630 W**  
After cooking allow to stand for about 5 minutes.

**Stuffed roast chicken**



(2 Portions)

Total cooking time: approx. 36-40 min.

Utensils: bowl (2 litre capacity) string

## Ingredients

- 1 chicken (1000 g)
- 1 salt
- 1 rosemary & majoram, bruised
- 1 stale bread (roll, 40 g)
- 1 bunch parsley, finely chopped (10 g)
- 1 pinch nutmeg
- 5 tbsp butter or margarine (50 g)
- 1 egg yolk
- 1 tbsp sweet paprika
- 1 tsp Butter or Margarine to grease the dish

1. Wash the chicken, dry it and season it internally with salt, rosemary and marjoram.
2. For the filling soak the bread roll in cold water for about 10 minutes and then squeeze the water out. Mix with salt, parsley, nutmeg, butter (20 g) and egg yolk and stuff the chicken with the mixture. Tie up the opening with string.
3. Heat the butter (30 g).  
**approx. 1 min.**  **900 W**  
Stir the paprika and salt into the butter and spread over the chicken.
4. Place chicken in the greased dish and cook.  
Turn over halfway through cooking.  
**35-39 min.**  **630 W**  
Leave the stuffed roast chicken to stand for approx. 3 minutes after cooking.

## electrolux recipes 37

**Courgette & noodle gratin**

Total cooking time: approx. 37-44 min.

Utensils: bowl with lid (2 l capacity)  
gratin dish (approx. 26 cm long)

## Ingredients

500 ml	water
1/2 tsp	oil
80 g	macaroni
400 g	tinned chopped tomatoes
3	onion (150 g), finely chopped
	basil, thyme, salt & pepper
1 tbsp	oil to grease the dish
450 g	courgettes, sliced
150 g	sour cream
2	eggs
100 g	grated Cheddar cheese

1. Put the water, oil and salt in the bowl, cover and bring to the boil.

**3-4 min.**  **900 W**

2. Break the macaroni into pieces and add them to the dish. Stir and allow to soak.

**9-11 min.**  **270 W**

Drain the pasta and allow to cool.

3. Mix the tomatoes with the onions and season well. Add the macaroni and pour over the tomato sauce. Divide the courgette slices on top.

4. Beat the sour cream and the eggs and pour over the dish. Sprinkle the grated cheese on top. Place on the low rack and cook.

**1. 18-21 min.**  **900 W** and then**2. 7-8 min.**   **630 W**

Allow the gratin to stand for about 5-10 minutes after cooking.

**Lasagne al forno**


Total cooking time: approx. 18-25 min.

Utensils: bowl with lid (2 litre capacity)  
shallow, square gratin dish  
with lid (approx. 20 x 20 x 6 cm)

## Ingredients


300 g	canned tomatoes
50 g	ham, finely cubed
1	onion (50 g), finely chopped
1	clove of garlic, crushed
250 g	minced meat (beef)
2 tbsp	mashed tomato (30 g)
	salt & pepper, oregano, thyme & basil
150 ml	cream (crème fraîche)
100 ml	milk
50 g	grated Parmesan cheese
1 tsp	mixed chopped herbs
1 tsp	olive oil
	salt & pepper, nutmeg
1 tsp	vegetable oil to grease the dish
125 g	green flat pasta
1 tbsp	grated Parmesan cheese
1 tbsp	butter or margarine

1. Cut the tomatoes into slices, mix with the ham, onion cubes, garlic, minced meat and mashed tomato. Season and cook with the lid on.

**5-8 min.**  **900 W**

2. Mix the cream with the milk, Parmesan cheese, herbs, oil and spices.

3. Grease the soufflé mould and cover the bottom of the mould with about 1/3 of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional 1/3 of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with lots of sauce and sprinkle with Parmesan cheese. Place butter flakes on top and cook with the lid on.

**13-17 min.**  **630 W**

After cooking, let the lasagne stand for approximately 5-10 minutes.

38 **electrolux** recipes**Tagliatelle with cream & basil sauce**

(for 2 Portions)

Total cooking time: approx. 16-22 min.

Utensils: bowl with lid (2 litre capacity)  
round soufflé dish  
(approx. 20 cm diam.)


## Ingredients

1 l water  
1 tsp salt  
200 g tagliatelle  
1 clove of garlic  
15-20 basil leaves  
200 g cream (crème fraîche)  
30 g grated Parmesan cheese  
salt & pepper

1. Place the water and the salt into the bowl, cover and bring to the boil.

**9-11 min.**  **900 W**

2. Add the pasta, bring to the boil again, then simmer.

**1. 1-2 min.**  **900 W****2. 6-9 min.**  **270 W**

3. Meanwhile rub the garlic cloves over the soufflé dish. Chop the basil leaves. Keep some aside for garnishing.
4. Drain the pasta well. Stir in the crème fraîche and sprinkle the basil over the pasta.
5. Add the parmesan cheese, salt and pepper, place into a soufflé dish and stir. Garnish the dish with basil and serve hot.

**Bread dumplings**

(for 5 Portions)

Total cooking time: approx. 8-11 min.

Utensils: bowl with lid (1 litre capacity)  
5 cups or pudding moulds


## Ingredients

2 tbsp butter or margarine (20 g)  
1 onion (50 g), finely chopped  
500 ml milk  
200 g dried bread cubes  
(from approx. 5 bread rolls)  
3 eggs

1. Cut the bread rolls into small cubes and soak in the milk.
2. Divide the fat on the bottom of the bowl and add the chopped onion. Cover and cook.

**1-2 min.**  **900 W**

3. Add the onion to the bread cubes. Beat the eggs, add them and mix well to form a workable paste. If necessary add a little milk.
4. Divide the paste equally into 5 cups or pudding moulds, cover with microwave cling film, arrange on the edge of the turntable and cook.

**6-8 min.**  **900 W**

Allow the dumplings to stand for about 2 minutes after cooking. Turn the dumplings onto a plate before serving.

## electrolux recipes 39

**Berry jelly with vanilla sauce**

Total cooking time: approx. 8-12 min.

Utensils: bowl with lid (2 litre capacity)

Ingredients

- 150 g redcurrants, washed and sorted
- 150 g strawberries, washed and sorted
- 150 g raspberries, washed and sorted
- 250 ml white wine
- 100 g sugar
- 50 ml lemon juice
- 8 gelatine sheets
- 300 ml milk
- flavouring from 1/2 vanilla pod
- 30 g sugar
- 15 g cornflour

Tip: You can also use frozen fruit once it is defrosted.

1. Reserve some of the fruit for decoration. Puree the rest of the berries with the wine. Put into the bowl, cover and cook.  
**5-7 min. 900 W**  
Add sugar and lemon juice.
2. Leave gelatine in cold water for 10 minutes to soften. Remove and squeeze out water. Stir gelatine into the hot fruit until it dissolves. Put the jelly into the fridge to set.
3. To make the vanilla sauce, put the milk in a bowl. Slice the vanilla pod open and scrape out the vanilla flavouring. Stir the flavouring, sugar and cornflour into the milk and cover before cooking. Stir occasionally during cooking and to finish.  
**3-5 min. 900 W**
4. Tip the set jelly onto a plate and garnish with the whole berries. Serve with the vanilla sauce.

**Pears in chocolate sauce**

Total cooking time: approx. 8-13 min.

Utensils: bowl with lid (2 litre capacity)  
bowl with lid (1 litre capacity)

Ingredients

- 4 pears (600 g)
- 60 g sugar
- 1 pack vanilla sugar (10 g)
- 1 tbsp pear liqueur, 30 % proof
- 150 ml water
- 130 g plain chocolate pieces
- 100 g cream (crème fraîche)

Tip: You could also serve this with vanilla ice cream.

1. Peel the pears, keeping them whole.
2. Put sugar, vanilla sugar, liqueur and water into the bowl. Stir and heat.  
**1-2 min. 900 W**
3. Place the pears in the juice, cover and cook.  
**5-8 min. 900 W**  
Take the pears out of the juice and allow to cool.
4. Put 50 ml of the juice in the small bowl, add the cream and chocolate. Cover and heat.  
**2-3 min. 900 W**
5. Stir the sauce well and pour over the pears to serve.

40 **electrolux** recipes**Cheesecake**

(for 12 Portions)


Total cooking time: approx. 21-27 min.

Utensils: Round baking tin  
(approx. 26 cm diam.)

## Ingredients

300 g flour  
 1 tbsp cocoa  
 3 tsp baking powder (9 g)  
 150 g sugar  
 1 egg  
 150 g butter or margarine  
 1 tsp butter or margarine to grease the dish  
 100 g butter or margarine  
 100 g sugar  
 1 pack vanilla sugar (10 g)  
 3 eggs  
 400 g fromage frais, 20 % fat content  
 1 pack powdered vanilla pudding mix (40 g)

1. Mix the flour and cocoa with the baking flour. Add the sugar, egg and butter and use the kneading hook on the hand-held blender to knead.
2. Grease the tin, roll out  $\frac{2}{3}$  of the dough and place it in the tin. Lift the edges 2 cm to form a rim. Pre-bake the pastry.

**6-8 min.**  **630 W**

3. For the filling, whisk the butter until light and fluffy, add the sugar and eggs one at a time. Finally add the fromage frais and the powdered vanilla pudding mix.
4. Spread the filling over the pre-baked dough and add the remaining crumbling dough on the cake and bake.



**15-19 min.**  **630 W****Semolina pudding with raspberry sauce**

Total cooking time: approx. 15-20 min.

Utensils: bowl with lid (2 litre capacity)

## Ingredients

500 ml milk  
 40 g sugar  
 15 g chopped almonds  
 50 g semolina  
 1 egg yolk  
 1 tbsp water  
 1 egg white  
 250 g raspberries  
 50 ml water  
 40 g sugar

1. Put the milk, sugar and almonds into the bowl, cover and heat.  
**3-5 min.**  **900 W**
2. Add the semolina and stir. Cover and microwave. Stir once during cooking.  
**10-12 min.**  **270 W**
3. Mix the egg yolk with the water in a cup and fold into the hot semolina. Beat the egg white until stiff and lightly fold it in. Transfer the pudding to small bowls.
4. For the sauce wash the raspberries, dry carefully and put into a bowl with water and sugar. Cover and heat.  
**2-3 min.**  **900 W**
5. Puree the raspberries and serve either hot or cold with the semolina pudding.

**electrolux** recipes 41**Chocolate with cream**

(for 1 Portion)

Total cooking time: approx. 1 min.

Utensils: large cup (200 ml capacity)

Ingredients

150 ml milk  
30 g plain chocolate, grated  
30 ml cream  
chocolate vermicelli

1. Pour the milk into the cup. Add the chocolate, stir and heat. Stir occasionally.

**approx. 1 min.**  **900 W**

2. Whip the cream until stiff and spoon this on top of the chocolate. Serve garnished with chocolate vermicelli.

**Fiery drink**

(for 30 Portions)

Total cooking time: approx. 8-10 min.

Utensils: bowl with lid (2 litre capacity)

Ingredients

500 ml white wine  
500 ml dry red wine  
500 ml rum, 54 % proof  
1 whole orange  
3 cinnamon sticks  
75 g sugar  
10 tsp rock candy

1. Pour the alcohol into the bowl. Peel the orange so that the peel is thin and put this in the alcohol together with the cinnamon and sugar. Cover and heat.

**8-10 min.**  **900 W**

2. Remove the peel and cinnamon. Put one teaspoon of the rock candy into each grog glass, top up with the fiery drink and serve.

## Care & cleaning



**CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.**



**CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

### Oven exterior

The outside of your oven can be easily cleaned with mild soap and water.

Make sure that the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

### Control panel

Open the door before cleaning to deactivate the control panel. Care should be taken in cleaning the control panel.

Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

### Oven interior

1. For cleaning, wipe any spatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use mild soap and wipe several times with a damp cloth until all residues are removed.
2. Make sure that mild soap or water do not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.
4. Heat up your oven regularly by using the grill, refer to note 2 on page 18. Remaining food or fat splashed can cause smoke or a bad smell.

### Turntable & turntable support

Remove the turntable and turntable support from the oven. Wash the turntable and turntable support in mild soapy water. Dry with a soft cloth. Both the turntable and the turntable support are dishwasher safe.

### Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and surfaces with a soft, damp cloth.

### Racks

These should be washed in a mild washing up liquid solution and dried. The rack is dishwasher safe.

**Note:** A steam cleaner should not be used.

## Troubleshooting

Symptom	Possible symptoms/remedies
... the microwave appliance is not working properly?	Check that <ul style="list-style-type: none"> <li>- the fuses in the fuse box are working,</li> <li>- there has not been a power outage,</li> <li>- If the fuses continue to blow, please contact a qualified electrician.</li> </ul>
... the microwave mode is not working?	Check that <ul style="list-style-type: none"> <li>- the door is properly closed,</li> <li>- the door seals and their surfaces are clean,</li> <li>- the <b>START/+30</b>-button has been pressed.</li> </ul>
... the turntable is not turning?	Check that <ul style="list-style-type: none"> <li>- the turntable support is correctly connected to the drive,</li> <li>- the ovenware does not extend beyond the turntable,</li> <li>- food does not extend beyond the edge of the turntable preventing it from rotating,</li> <li>- there is nothing in the well beneath the turntable.</li> </ul>
... the microwave will not switch off?	<ul style="list-style-type: none"> <li>- Isolate the appliance from the fuse box.</li> <li>- Call an authorised ELECTROLUX service agent.</li> </ul>
... the interior light is not working?	<ul style="list-style-type: none"> <li>- Call your local ELECTROLUX service agent. The interior light bulb can be exchanged only by a trained ELECTROLUX service agent.</li> </ul>
... the food is taking longer to heat through and cook than before?	<ul style="list-style-type: none"> <li>- Set a longer cooking time (double quantity = nearly double time) or</li> <li>- if the food is colder than usual, rotate or turn from time to time or</li> <li>- set a higher power setting.</li> </ul>

**Note:** If you cook the food over the standard time with only the same cooking mode, the power of the oven will lower automatically to avoid overheating.

(The microwave power level will be reduced or the grill heating element will begin to light on and off). After pausing for 90 seconds, full power can be reset.

Cooking mode	Standard time	Reduced power level
Microwave (900 W)	20 minutes	Microwave - 630 W
Grill	30 minutes	Grill - 50 %
Dual Grill	Grill - 30 minutes	Grill - 50 %

44 **electrolux** specifications**Specifications**

AC Line Voltage	: 230 V, 50 Hz, single phase
Distribution line fuse/circuit breaker	: Minimum 16 A
AC Power required:	Microwave : 1.37 kW
	Grill : 1.00 kW
	Microwave/Grill : 2.35 kW
Output power:	Microwave : 900 W (IEC 60705)
	Grill : 1000 W
Microwave Frequency	: 2450 MHz * (Group 2, Class B)
Outside Dimensions	: 592 mm (W) x 460 mm (H) x 437 mm (D)
Cavity Dimensions	: 342 mm (W) x 207 mm (H) x 368 mm (D) **
Oven Capacity	: 26 litres **
Turntable	: ø 325 mm, glass
Weight	: approx. 20 kg
Oven lamp	: 25 W/240 - 250 V

\* This Product fulfils the requirement of the European standard EN55011.

In conformity with this standard, this product is classified as group 2 class B equipment. Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.

Class B equipment means that the equipment is suitable to be used in domestic establishments.

\*\* Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

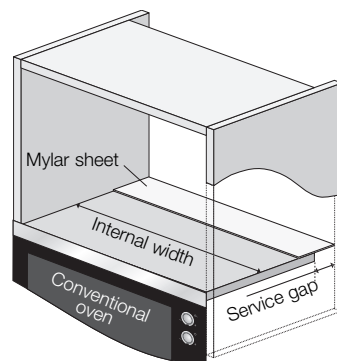


This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.  
SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE AS PART OF CONTINUOUS IMPROVEMENT

## Installation

### Installing the appliance

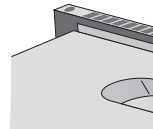
1. Remove all packaging and check carefully for any signs of damage.
2. If fitting the microwave oven above a conventional oven (position A) then use the mylar sheet provided.
  - a. Cut the Mylar sheet to fit the internal width of the unit.
  - b. Peel back the protective cover on the tape and fix to the rear of the shelf so that it covers the service gap. (See diagram).



3. Fit the appliance into the kitchen cupboard slowly, and without force, until the front frame of the oven seals against the front opening of the cupboard.
4. Ensure the appliance is stable and not leaning. Ensure that a 5 mm gap is kept between the cupboard door above and the top of the frame (see diagram).

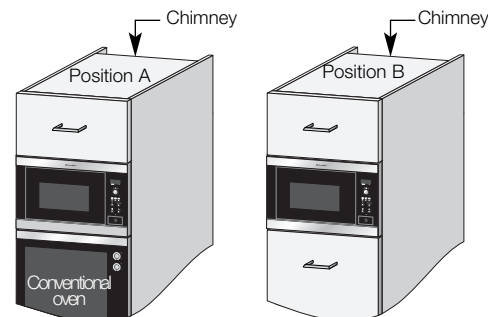


5. Fix the oven in position with the screws provided. The fixing points are located on the top and bottom corners of the oven (see diagram, item 10, page 9).



6. It is important to ensure that the installation of this product conforms to the instructions in this operation manual and the conventional oven manufacturer's installation instructions.

### The microwave can be fitted in position A or B:



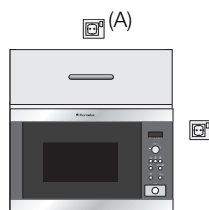
Position	Niche Size W D H	Chimney (min)	Gap Between Cupboard & Ceiling
A	560x550x450	50	50
B	560x500x450	40	50

Measurements in (mm)

**Note: Ensure the bottom of the oven is 85 cm or more above the floor.**

46 **electrolux** installation**Connecting the appliance to the power supply**

- **The electrical outlet should be readily accessible so that the unit can be unplugged easily in an emergency.**
- **The socket should not be positioned behind the cupboard.**
- The best position is above the cupboard, see (A). When not connecting the power supply cord to position (A) it should be removed from the support clip (see diagram, item 14, page 9) and routed under the oven.



- Connect the appliance to a single phase 230 V/50 Hz alternating current via a correctly installed earth socket. The socket must be fused with a 16 A fuse.
- **The power supply cord may only be replaced by an electrician.**
- Before installing, tie a piece of string to the power supply cord to facilitate connection to point (A) when the appliance is being installed.
- When inserting the appliance into the high-sided cupboard, DO NOT crush the power supply cord.
- Do not immerse the power supply cord or plug in water or any other liquid.

**Electrical connections**

**WARNING: THIS APPLIANCE MUST BE EARTHED.**  
**The manufacturer declines any liability should this safety measure not be observed.**

If the plug that is fitted to your appliance is not suitable for your socket outlet, you must call your local Electrolux service agent.

## Environmental information

### Ecologically responsible disposal of packaging materials and old appliances

#### Packaging materials

Electrolux microwave ovens require effective packaging to protect them during transportation. Only the minimum packaging necessary is used. Packaging materials (e.g. foil or styrofoam) can place children at risk.

#### **Danger of suffocation. Keep packaging material away from children.**

All packaging materials used are environment friendly and can be recycled. The cardboard is made from recycled paper and the wooden parts are untreated. Plastic items are marked as follows:


- «PE» polyethylene eg packaging film
- «PS» polystyrene eg packaging (CFC-free)
- «PP» polypropylene eg packaging straps

By using and re-using the packaging, raw materials are saved and waste volume is reduced. Packaging should be taken to your nearest recycling centre. Contact your local council for information.

#### Disposal of old appliances

Old appliances should be made safe before disposal by removing the plug, and cutting off and disposing of the power cable.

It should then be taken to the nearest recycling centre. Check with your local Council or Environmental Health Office to see if there are facilities in your area for recycling the appliance.

The symbol  on the product or on its packaging indicates that this product may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

48 **electrolux** guarantee/customer service

## Guarantee / Customer service

### Standard guarantee conditions

We, Electrolux, undertake that if within 12 months of the date of the purchase this Electrolux appliance or any part thereof is proved to be defective by reason only of faulty workmanship or materials, we will, at our option repair or replace the same FREE OF CHARGE for labour, materials or carriage on condition that:

- The appliance has been correctly installed and used only on the electricity supply stated on the rating plate.
- The appliance has been used for normal domestic purposes only, and in accordance with the manufacturer's instructions.
- The appliance has not been serviced, maintained, repaired, taken apart or tampered with by any person not authorised by us.
- Electrolux Service Force Centre must undertake all service work under this guarantee.
- Any appliance or defective part replaced shall become the Company's property.
- This guarantee is in addition to your statutory and other legal rights.

### Exclusions

- Damage or calls resulting from transportation, improper use or neglect, the replacement of any light bulbs or removable parts of glass or plastic.
- Costs incurred for calls to put right an appliance which is improperly installed or calls to appliances outside the United Kingdom.

- Appliances found to be in use within a commercial environment, plus those which are subject to rental agreements.
- Products of Electrolux manufacturer that are not marketed by Electrolux.

### Service & spare parts

In the event of your appliance requiring service, or if you wish to purchase spare parts, please contact your local Service Force Centre by telephoning:

**08705 929 929**

Your telephone call will be automatically routed to the Service Force Centre covering your post code area.

For the address of your local Service Force Centre and further information about Service Force, please visit the website at

**[www.serviceforce.co.uk](http://www.serviceforce.co.uk)**

Before calling out an engineer, please ensure you have read the details under the heading "Troubleshooting".

When you contact the Service Force Centre you will need to give the following details:

1. Your name, address and postcode.
2. Your telephone number.
3. Clear and concise details of the fault.
4. The model and serial number of the appliance (found on the rating plate).
5. The purchase date.

Please note that a valid purchase receipt or guarantee documentation is required for in-guarantee service calls.

**electrolux** guarantee/customer service 49**Customer care**

For general enquiries concerning your Electrolux appliance, or for further information on Electrolux products please contact our Customer Care Department by letter or telephone at the address below or visit our website at [www.electrolux.co.uk](http://www.electrolux.co.uk)

Customer Care Department  
Electrolux Major Appliances  
Addington Way  
Luton

Bedfordshire, LU4 9QQ

Tel: 08705 950 950 (\*)

(\*) Calls may be recorded for training purposes

- The appliance is installed and used in accordance with instructions issued by Electrolux and is only used within the home i.e. is not used for commercial purposes.
- The appliance is installed in accordance with all relevant regulations in force within your new country of residence.




The provisions of this European Guarantee do not affect any of the rights granted to you by law.

**European guarantee**

This appliance is guaranteed by Electrolux in each of the countries listed at the back of this user manual, for the period specified in the appliance guarantee or otherwise by law. If you move from one of these countries to another of the countries listed below the appliance guarantee will move with you subject to the following qualifications:-

- The appliance guarantee starts from the date you first purchased the appliance which will be evidenced by production of a valid purchase document issued by the seller of the appliance.
- The appliance guarantee is for the same period and to the same extent for labour and parts as exists in your new country of residence for this particular model or range of appliances.
- The appliance guarantee is personal to the original purchaser of the appliance and cannot be transferred to another user.

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[www.electrolux.com](http://www.electrolux.com)

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