

Built-in Compact Oven

Steam cooking, Fan cooking, Grill

Programmed Recipes Baking-/ Rosting Table

EBC SL7

(55 cm)

EBC SL70

(60 cm)



This document is an integral part of the instructions for EBC SL7/70

Electrolux

Useful tips...

Information for baking duration can change, as egg sizes,
Binding ability of flour as well as the mould material vary!

Bakery goods...

- ...is not rising.... • Temperature is too high!
- ...not browning..... • Raise temperature/time poss. use short
• dark baking trays at top/bottom heat
- ...does not brown evenly..... • Reduce temperature / possibly increase time
• Items for baking placed on several levels will not
always be ready at the same time; items that are lighter
in appearance might have to be baked for longer
- ...too dark..... • Reduce temperature/time poss. raise
- ...too dry..... • Raise temperature/time poss. use short
• Add more liquid to the dough!
- ...too moist..... • Reduce temperature/time poss. raise
• Add less liquid to the dough!



Setting, see «Instructions» page 3

- The cooking times and temperatures given are standard values
- The indications for weight are calculated for the unbaked pastry without a baking dish
- For temperature indications with * the oven is preheated at the specified temperature

| | Roasting/baking dishware | Temp. in °C | Oven Level from Bottom | Time in minutes | Notes |
|------------------------------------------------------------------------------------|--------------------------------|-------------|------------------------|--------------------|---------------------------------------------------|
| Meat / fish / poultry / game | | | | | |
| Chicken Nuggets frozen | Griddle / baking paper | 190* | 3 | 15 - 20 | According to manufacturer's instructions |
| Duck 2 kg, stuffed | Griddle with strainer | 180 | 2 | 110 - 130 | Turn after 50 min. |
| Fish fingers | Griddle / baking paper | 210 | 3 | 15 - 20 | Or according to manufacturer's instructions |
| Trout in foil 250 - 300 g | Rost | 230 | 3 | 15 - 20 | Smear foil with butter |
| Meat loaf 1000 g | Heat resistant dish on grid | 200 | 2 | 60 - 75 | |
| Chicken leg 2 pcs. | Heat resistant dish on grid | 200 | 3 | 35 - 45 | Glass dish with strainer |
| Chicken halves 2 pcs. à 500 g | Rost-Griddle | 200 | 3 | 40 - 50 | Griddle on level 1, do not turn chicken |
| Whole chicken 1 kg | Rost-Griddle | 200 | 2 | 50 - 60 | Turn after 20 min. |
| Braised beef 1 kg | Heat resistant dish on grid | 190 | 1 | 80 - 90 | Turn after 40 min. |
| Roast beef 1 kg | | 220* | 1 | 25 - 40 | preheat, 10 min. standing time |
| Roast pork 1 kg | | 190 | 1 | 80 - 100 | Turn after 40 Min. |
| Roast veal 1 kg | | 190 | 2 | 65 - 75 | Switch off oven, leave it 10 min. |
| Pastries | | | | | |
| Broccoli and leek pastries | Griddle | 190 | 3 | 40 - 50 | Prick base well |
| Fruit pastries with fresh Fruit and 400 g cast | Griddle | 200 | 3 | 45 - 55 | Prick base well |
| Fruit pastry with frozen Fruit and 700 g cast | Griddle | 200 | 3 | 50 - 60 | Prick base well |
| Vegetable pastry | Griddle | 200 | 3 | 40 - 50 | Blanch vegetables, prick base well |
| Cheese pastry 1900 g | Griddle | 200 | 3 | 55 | Prick base well |
| Quiche 1200 g | Griddle round 30 cm, grill | 190 | 3 | 35 - 45 | Prick base well |
| Sweet cookies | | | | | |
| Chräbeli/ Springerli 35 pcs. each 10 g | Griddle | 150 | 3 2 + 4 | 12 - 15 13 - 16 | Leave to dry overnight |
| Gingerhead/ honey cookies up to 100 g | Griddle | 170 | 3 | 15 - 25 | |
| Mailänderli/ Butter cookies 5 mm thick | Griddle | 150 | 3 2 + 4 | 17 - 22 | Brush Mailänderli 2 x with egg |
| Macaroons 30 pcs. each 10 g | Griddle | 230* | 3 | 6 - 8 | should only be stewed |
| Meringues 2 griddles x 15 pcs. each 30 g | Griddle | 100 | 3 2 + 4 | 120 - 150 | |
| Shortcrust pastry base 350 g Diam. 24 - 26 cm | Grill / Griddle round | 180 | 2 | 25 - 32 | Brush base well and leave standing for about 1 hr |
| Shortcrust pastry base in small aluminium moulds 9 pcs. each 30 g, Diam. base 6 cm | Small aluminium moulds / grill | 190 | 3 | 18 -23 | |
| Shortbread biscuits 1 sheet 30 pcs. each 10 g | Griddle | 150* | 3 2 + 4 | 15 - 20 17 - 22 | |
| Cream puff/ Choux pastry 20 pcs. each 30 g | Griddle | 180 | 3 | 35 - 40 | |
| Cinnamon star/ chocolate balls 30 pcs. 8 - 10 mm thick | Griddle | 140* | 3 2 + 4 | 18 - 23 19 - 24 | |



- For temperature indications with * the oven is preheated at the specified temperature

| Puff pastry / Apero baking | Roasting/baking dishware | Temp. in °C | Oven Level from Bottom | Time in minutes | Notes |
|---------------------------------------------------------------------------------------------|-----------------------------------|--------------------|-------------------------------|------------------------|------------------------------------------------------------|
| Ham croissant 40 - 50 g, frozen | Griddle | 200 | 3 2 + 4 | 25 - 30 | Manufacturer's instructions no preheating 3 min. longer |
| Mini pizza 15 - 20 g, frozen | Griddle | 190* | 3 2 + 4 | 10 - 13 | |
| Aperomix 15 - 20 g, frozen | Griddle | 190* | 3 2 + 4 | 10 - 13 | |
| Prussiennes up to 20 g, frozen | Griddle | 200* | 3 2 + 4 | 10 - 13 | |
| Party Quiches 15 - 30 g, frozen | Griddle | 190* | 3 2 + 4 | 10 - 13 | |
| Viennese sausages in pastry | Griddle | 200 | 3 | 25 - 30 | Manufacturer's instructions no preheating 3 min. longer |
| Sausages in pastry up to 20 - 30 g, frozen | Griddle | 200* | 3 2 + 4 | 15 - 20 | |
| Fillet in pastry, ca. 1 kg | Griddle | 180* | 3 | 40 - 50 | Manufacturer's instructions no preheating 3 min. longer |
| Bagel / bread/ pizza | | | | | |
| 2 breads each 650 g pastry | Griddle | 200 | 2 | 50 - 60 | |
| Bread roll 12- 16 each 40 - 50 g | Griddle | 230 | 3 | 20 - 25 | |
| 1 braided bread 900 - 1000 g | Griddle | 190 | 2 | 32 - 40 | |
| 1 tarte flambee around 30 cm, 1100 g | Griddle | 220* | 3 | 20 - 25 | Manufacturer's instructions |
| Freshly baked bread rolls 30 - 40 g | Griddle | 200* | 3 | 5 - 7 | Manufacturer's instructions |
| Freshly baked bread rolls 30 - 40 g frozen | Griddle | 200* | 3 | 15 - 17 | Manufacturer's instructions |
| Freshly baked croissant chilled | Griddle | 180* | 3 | 3 - 5 | Manufacturer's instructions |
| Freshly baked croissant chilled 40 - 50 g frozen | Griddle | 200* | 2 | 12 - 15 | Manufacturer's instructions |
| Fresh baked baguettes 40 - 50 g | Griddle | 200* | 3 | 8 - 12 | Manufacturer's instructions |
| Fresh baked baguettes 40 - 50 g frozen | Griddle | 200* | 3 | 15 - 20 | Manufacturer's instructions |
| Pizza (original griddle) | Griddle | 230* | 3 | 17 - 25 | |
| Pizza round, 30 cm | Griddle | 230* | 3 | 13 - 18 | Original Original baking tray |
| Pizza «Mini» frozen | Grid | 230 | 3 | 7 - 10 | Manufacturer's instructions |
| Ham in bread pastry 1500 g - 2000 g | Griddle | 200 | 2 | 60 - 80 | |
| Bagel 40 - 50 g | Griddle | 200 | 3 | 15 - 20 | |
| Sweet bagel | | | | | |
| 1 ring cake 1000 -1200 g | Grill / ring cake form | 170 | 2 | 40 - 50 | |
| 1 braided nutcake filled without mould 600 - 800 g | Original baking tray | 170 | 2 | 28 - 35 | |
| Crumble cakes 700 - 800 g | Grill / spring form 26 cm | 190 | 2 | 30 - 40 | |
| 1 nut or almond cakes 600 - 800 g | Grill / cake form 30x11x7 cm high | 180 | 2 | 35 - 45 | |
| Fruit loaf approx. 1000 g | Griddle | 180 | 2 | 40 - 50 | |
| Bagel, small, unfilled 16 pcs. 40 - 50 g | Griddle | 190 | 3 | 15 - 20 | |
| Bagel, small, filled 12 pcs. 70 - 80 g | Griddle | 180 | 3 | 18 - 23 | |
| Cakes / pies | | | | | |
| For pastry that does not rise heavily, do not use high-rimmed moulds (springs forms) | Roasting/baking dishware | Temp. in °C | Oven Level from Bottom | Time in minutes | Notes |
| Apple strudel 1pcs. 1200 g | Griddle | 200 | 3 | 50 - 60 | Strudel before baking 2 x buttered |
| Biscuit roulades | Griddle | 230* | 3 | 8 - 10 | |
| Sponge cake spring form 26 cm | Spring form 26 cm, grill | 180* | 2 | 35 - 40 | |

Fan cooking



Settings, see «Instructions» page 3

Warning: For pastry that does not rise heavily, do not use high-rimmed moulds (spring forms).

| | | | | | |
|---------------------------------------------------------|----------------------------------|-----|---|---------|------------------------------------------------------------------|
| Cakes (marble-, Tirolean, fruit, lemon-) approx. 1000 g | Cake form 30x11x8 cm, grill | 170 | 2 | 55 - 65 | Position of baking dishes, in the centre, diagonally to the wall |
| Covered apple cakes 1300 g | Griddle around 28 - 30 cm, grill | 190 | 3 | 45 - 55 | Position of baking dish: in the centre |
| Ring cake 1000 g | Cake form 30x11x8 cm, grill | 170 | 2 | 50 - 60 | |
| Rum-, Orange-, Carrot cake pieces (Schnitte) 1200 g | Griddle | 180 | 3 | 25 - 30 | |
| Batter fruit cakes 1000 g | Griddle around 30 cm grill | 170 | 3 | 45 - 55 | |
| Apple / crumble cakes | | 190 | 3 | 40 - 50 | |
| Zucchetti cakes 1600 g | | 180 | 2 | 55 - 60 | |

Various dishes

| | | | | | |
|-------------------------------|-----------------------------|-----|---|---------|---------------------------------------------------|
| Casserole/ Gratin | Gratin dish on grid | 180 | 2 | 40 - 50 | |
| Gratin potatoes, 1 kg potato | Gratin dish on grid | 180 | 2 | 40 - 50 | |
| Cheese soufflée for 4 persons | Heat resistant dish on grid | 170 | 2 | 50 - 60 | Butter dish and dust with flour |
| Pre-packed lasagne 400 g | Original container on grid | 230 | 2 | 15 - 20 | without preheating or manufacturer's instructions |
| Baked potatoes | Griddle / Baking paper | 230 | 3 | 20 - 30 | Potato halved, turn once |
| Oven chips frozen | | 230 | 3 | 20 - 30 | manufacturer's instructions |
| Oven croquettes frozen | | 190 | 3 | 25 - 30 | manufacturer's instructions |
| Moussaka for 4 persons | Gratin dish on grid | 180 | 2 | 50 - 60 | |

Grill size



Settings, see «Instructions» page 3

Important: always grill with the oven door closed. When grilling, use the oven shelf and drip pan together. The grilling times are for guidance only.

| Do not preheat grill | Roasting / Baking dishware | Temp. in °C | Oven Level from Bottom | Time in minutes | Notes |
|---------------------------------|----------------------------|-------------|------------------------|--------------------------|-----------------------|
| Ham and cheese toast | Grid down | 230 | 4 | 10 - 15 | Turn after 6 - 8 min. |
| Toast Hawaii | Glass baking tray | 230 | 4 | 15 - 20 | |
| Toast on its own 8 pcs 7 x 8 cm | Grid up | 230 | 4 | 1. Seite 7 2. Seite 3 | Without preheating |

Turbogrill



Settings, see «Instructions» page 3

| Do not preheat grill | Roasting / Baking dishware | Temp. in °C | Oven Level from Bottom | Time in minutes | Notes |
|---------------------------|-----------------------------|-------------|------------------------|-----------------|-------|
| Gnocchi Parisian style | Heat resistant dish on grid | 200 | 2 | 15 - 20 | |
| Gnocchi Piemonteser style | | 200 | 2 | 15 - 20 | |
| Gnocchi Roman style | | 200 | 2 | 20 - 25 | |
| Potato casserole | | 190 | 2 | 30 - 40 | |

Important: Hot steam escapes when the door is opened. Grilling is particularly suitable for flat pieces of meat or fish.

With flat pieces of meat and fish, pre-heat for 3 minutes in general. Then insert the food to be grilled as per the table.

Place a baking tray filled with 1-1.5 cm of water on shelf level 1.

| | | | | | |
|----------------------------------|---------|-----|---|---------|----------------------------|
| Sausages | Grid up | 230 | 4 | ca. 15 | Turn after 9 min. |
| Steak fillets up to 4 pcs | | 230 | 4 | ca. 15 | |
| Whole fish 200 - 250 g | | 230 | 4 | ca. 15 | |
| Grilled snails | | 230 | 4 | ca. 15 | |
| Grilled sausages | | 230 | 4 | ca. 15 | |
| Pork chops lean 4 pcs each 200 g | | 230 | 4 | 15 - 20 | Turn after approx. 10 min. |

Programmed Recipes



Switch on oven



Select desired programme

«P1» to «P12»
Press button several times...

Beispiel:



Cooking time appears «Cooking time» illuminates



BEEP (2 min.)



Signal when end (press any button!)

- Postpone start: A delayed cooking time can be set (see «end» in the instructions)
- End cooking time early: Switch off oven

P1 Cleaning programme

The cleaning function is described in the «instructions» on page 5

P2 Vegetable

for 4-5 persons

Cookware

You can use any form of cookware that is heat resistant up to 100 °C.

Ingredients

| | |
|--------------------------------|-------|
| Split cauliflower into florets | 400 g |
| Carrot | 200 g |
| Kohlrabi "Cabbage" | 200 g |
| Courgettes | 200 g |

Preparation:

Swill cauliflower and separate into florets
Peel carrots and cabbage, cut into 1x1x4 cm pieces. Wash courgettes and cut in 1 cm slices.

Finishing:

Add all ingredients into open cookware and cook without adding water. You do not need seasoning for this cooking method.

Cooking

Steam cooking 96 °C Level 1+4 40 min
Add water via water tray 650 ml

P3 Blue trout

for 4 persons

Cookware

Must be heat-resistant up to 120 °C.

Ingredients

| | |
|--------------|-------|
| trout | 4 pcs |
| lemon | 1 pcs |
| pepper, salt | |

Preparation

Wash the trout inside and outside, drizzle with lemon juice, add a little spice and place on a plate or if available a set form with strainer insert.

Cooking

Steam cooking 96 °C Level 2 30 min
Add water via water tray 400 ml

P4 Reheating meals

for 4-6 persons

Cookware

You can use any form of cookware that is heat resistant up to 110 °C.

Preparation

Arrange meals on the plate or cookware individually or mixed. Place in the oven uncovered.

Cooking

Interval cooking 110 °C Level 2+4 20 min
Add water via water tray 200 ml

P5 Potatoes au gratin

for 4-5 persons

Preparation

Grease Pyrex form 30 x 21 cm with butter.

Ingredients

| | | |
|---------------|--------|--------------------------------------|
| Potatoes | 1000 g | Salt, freshly-ground pepper, nutmeg, |
| Milk | 200 g | seasoning, garlic powder |
| Cream | 200 g | |
| Grated cheese | 60 g | |

Preparation

Peel the potatoes, cut into 3 mm thick slices and layer in a dish. Season with salt, pepper, nutmeg, spices, garlic powder. Mix milk and cream and pour over the potatoes. Finally sprinkle the grated cheese over.

Baking without preheating

Interval cooking 190 °C Level 2 55 min
Add water via water tray 200 ml

P6 Pizza

4 slices about Ø 28 cm

Preparation

- Tomato sauce
- all ingredients - room temperature

Ingredients dough

| | |
|-------------|-------|
| Water | 250 g |
| 1 egg | 50 g |
| Yeast | 20 g |
| Olive oil | 30 g |
| Salt | 10 g |
| Plain flour | 500 g |

Preparation dough

Dissolve yeast in water and knead into elastic dough with the rest of the ingredients. Leave the dough covered for 30 min, beat 3 times during this time.

Ingredients for tomato sauce

| | | |
|------------------------------------|-------|-----------------------|
| 2 cans of peeled, chopped tomatoes | 250 g | Salt, pepper, oregano |
| Onions finely chopped | 50 g | or pizza spices |
| Garlic cloves, finely chopped | 20 g | |

Preparation of tomato sauce

Mix onions, garlic, spices and tomatoes and reduce fluid until there is a plump sauce. Leave to cool.

Topping:

600 g pizza cheese (feta), roughly grated, per pizza 150 g

Extras 400 g

Ham, salami, mushrooms, bacon cubes, anchovies, per pizza 100 g

Finishing

Split the dough into 4 portions, form in to round shape, add flour and shape into 3-4 mm thick slices.

Brush with cold tomato sauce, leave approx. 1cm edge. Top with your chosen extras and sprinkle cheese over.

Baking with preheating 230 °C:

Fan cooking 230 °C Level 3 20 min

- Bake every 2 pizzas one after the other

P7 Roasting chicken

for 2 persons

Preparation

Take chicken out of fridge 1 hour in advance.

Ingredients

| | | |
|---------------|-------------|-----------------------|
| 1 chicken | 1000-1200 g | Salt, pepper, paprika |
| Groundnut oil | 2 tbsp | some mustard |

Preparation

Clean chicken inside and outside, wash and then dry with kitchen towel. Mix the spices with groundnut oil and brush evenly over the chicken.

Finishing

Roasting grill with plate on Level 1

or

ceramics or roasting tin on roasting grill.

Baking with preheating 200 °C:

Fan cooking 200 °C Level 2 60 min

Turn the chicken half way through the roasting time

P8 Roast beef

for 4-6 persons

Preparation

Take meat out of fridge 1 hour in advance.

Ingredients

Beef steak 1000 g
Groundnut oil 2 tbsp
Salt, pepper, Paprika, spices

Preparation

Wash beef steak, dry with kitchen towel and season. Heat oil in frying pan. Sear the beef steak well on all sides (10 min). Cook with low temperature automatic (120 - 80 °C).

Baking tin

Pyrex ceramic dish or cast iron roasting tin without lid.

Baking with preheating 120 °C / 10 min:

Low temperature 80 °C Level 2 140 min

Internal temperature 60 °C (rose)

P9 Roast pork

for 4-6 persons

Preparation

Take meat out of fridge 1 hour in advance.

Ingredients

Roast pork (neck) 1000 g Salt, pepper, Paprika, a little mustard
Groundnut oil 2 tbsp

Preparation

Wash pork and dry with kitchen towel. Mix the spices with groundnut oil and brush evenly over the meat. Place in roasting tin and then start roasting. Turn the meat half way through the roasting time.

Baking tin

Pyrex ceramic dish or cast iron roasting tin Baking with preheating

Variants:

1. line with dried plums
2. add vegetables, onions, sauce, wine after halfway through the roasting time

Backing:

Interval cooking 180 °C Level 2 90 min

Add water via water tray 200 ml

Turn after 30 min.

Internal temperature 75 °C

P10 Apple strudel

Preparation

- 1 orig. griddle
- 2 rolls of pastry formed
- all ingredients room temperature
- peel apples, remove core and cut into 12 pieces

Ingredients topping

Pastry (1.5 rolls) 480 g

Wrap the other half of the dough in transparent film and freeze

Hazelnut grated 50 g
Apples 1000 g

Ingredients cast

2 eggs 100 g
Sugar 50 g
Salt 3 g
Cream 200 g

Preparation cast

Stir eggs, sugar and salt until smooth and the sugar has dissolved, then mix in the cream.

Finishing

Place dough on the greased tray, dab the base well, distribute hazelnuts evenly and position cut apples. Place the cast over the apples.

Baking without preheating

Fan cooking 200 °C Level 3 55 min

If lumps appear, prick at once.

P11 Braided bread

(1 slice 885 g)

Preparation

- Baking dish: orig. griddle with baking paper
- All ingredients room temperature

Ingredients dough

Plain flour 500 g
Sugar 5 g
Salt 10 g
Yeast 20 g
Butter 50 g
1 egg 50 g
Milk 250 g

Preparation dough

Dissolve dough into fluid, add the remaining ingredients and knead into elastic dough. Leave the dough covered for 30 min, beat 3 times during this time.

Finishing

Split the dough into 4 large same-sized pieces, form these into approx. 40 cm long strips and interweave every 2 sections. Drop these sections onto the plate, leave for 20 min. and brush with egg.

Baking without preheating

Fan cooking 190 °C Level 2 40 min

P12 Farmhouse bread

(1 slice 980 g)

Ingredients dough

Semi-white flour 400 g
Rye flour 150 g
Salt 10 g
Yeast 20 g
Milk 200 g
Water 200 g

Preparation dough

Dissolve dough into fluid, add the remaining ingredients and knead into elastic dough. Leave the dough covered for 30-40 min, beat 2-3 times during this time.

Finishing

Split the dough into 2 large same-sized pieces, form into a round shape and leave covered for approx. 20 minutes. Before baking, flour the dough and cut 3mm deep diagonally with a sharp blade.

Baking without preheating

Interval cooking 200 °C Level 2 55 min

Add water via water tray 200 ml

Fan and steam cooking in succession



Settings, see «instructions» page 2

The specified times and temperatures are standard values, they vary according to size and quantity.

- The internal temperature in meat before switching to steam cooking should be between 60 - 63 °C.

- In order to be able to start the steam cooking function, the oven must cool down to a temperature of approx. 80 °C (see temperature indicator). To achieve faster cool down open the oven doors.

| | Oven function | Temp. in °C | Time in minutes meat | Oven function | Time in minutes meat and extras | Level |
|------------------------------------------------|---------------|-------------|----------------------|---------------|---------------------------------|--------|
| Braised beef 1 kg Brussels sprouts, Polenta | | 180 | 50 - 60 | | 30 - 35 | 1 3 |
| Roast pork 1 kg Potato, vegetable, gravy | | 180 | 40 - 50 | | 30 - 35 | 1 3 |
| Roast veal 1 kg Rice, vegetable | | 180 | 40 - 50 | | 30 - 35 | 1 3 |

Steam cooking



Settings, see «Instructions» page 2

The specified times and temperatures are standard values, they vary according to size and quantity.
Warning: the cooking functions must always be set in connection with the clock functions duration or end.
(see clock functions «instructions»)

| | Water addition via water tray | Temperatur in °C | Time in minutes | Level |
|------------------------------------|-------------------------------|------------------|-----------------|-------|
| Couscous (with liquid 1:1) | 250 ml | 96 | 12 - 15 | 2 |
| Rice (with liquid 1:1) | 550 ml | 96 | 35 - 40 | 2 |
| Corn (Polenta) (with liquid 1:3) | 550 ml | 96 | 35 - 40 | 2 |
| Jacket potatoes (Raclette) | 700 ml | 96 | 35 - 45 | 2 |
| Boiled potatoes | 550 ml | 96 | 35 - 40 | 2 |
| Sauerkraut | 700 ml | 96 | 50 - 60 | 2 |
| Ratatouille | 400 ml | 96 | 25 - 30 | 2 |
| Brussels sprouts | 550 ml | 96 | 30 - 35 | 2 |
| Whole cauliflower | 700 ml | 96 | 35 - 45 | 2 |
| Tomatoes | 250 ml | 75 | 15 - 20 | 2 |
| Kohlrabi «Cabbage», Celery, Fennel | 550 ml | 96 | 35 - 40 | 2 |
| Courgettes | 400 ml | 96 | 20 - 25 | 2 |
| Carrots | 550 ml | 96 | 30 - 35 | 2 |
| Defrosting and cooking vegetables | 550 ml | 60 | 30 - 35 | 2 |
| Blanching vegetables | 250 ml | 96 | 12 - 15 | 2 |
| Tender veal ham 1 kg | 700 ml | 96 | 50 - 65 | 2 |
| Smoked loin of pork 600 1000 g | 700 ml | 96 | 45 - 55 | 2 |
| Frankfurters, Veal sausages | 250 ml | 90 | 15 - 20 | 2 |
| Schüblig of St. Gallen (sausage) | 400 ml | 90 | 25 - 30 | 2 |
| Saucisson from the Vaud canton | 550 ml | 96 | 25 - 35 | 2 |
| Pork sausage | 400 ml | 96 | 20 - 25 | 2 |
| Trouts 250 - 300 g | 400 ml | 85 | 20 - 25 | 2 |
| Fillet of fish | 250 ml | 80 | 10 - 15 | 2 |
| Caramel pudding | 400 ml | 90 | 30 - 40 | 2 |

Interval cooking



Settings, see «Instructions» page 2

The specified times and temperatures are standard values, they vary according to size and quantity.

| Water addition max. 2.5 dl | Temperatur in °C | Time in minutes | Level |
|--------------------------------------------------|------------------|-----------------|-------|
| Regenerate meals, 6 dishes Ø 24 cm | 110 | 15 - 20 | 2 + 4 |
| Rost pork 1 kg | 180 | 55 - 65 | 2 |
| Braised beef 1 kg | 180 | 55 - 65 | 2 |
| Roast veal 1 kg | 180 | 45 - 55 | 2 |
| Meat loaf uncooked 500 g | 180 | 30 - 40 | 2 |
| Smoked loin of pork 600 - 1000 g, soak 2 hours | 180 | 35 - 45 | 2 |
| Chicken 1 kg | 200 | 45 - 55 | 2 |
| Duck 1,5 - 2 kg | 180 | 55 - 65 | 2 |
| Goose 3 kg | 170 | 130 - 170 | 1 |
| Gratin potatoes, Gratin leek- potatoes | 190 | 40 - 50 | 2 |
| Pasta bake | 180 | 35 - 45 | 2 |
| Lasagne | 180 | 45 - 50 | 2 |
| Various breads 500 - 1000 g | 190 - 200 | 50 - 60 | 2 |
| Bread roll 40 - 60 g | 210 - 220 | 20 - 25 | 3 |
| Freshly baked bread rolls 30 - 40 g | 220 | 5 - 7 | 3 |
| Freshly baked bread rolls 30 - 40 g frozen | 220 | 5 - 7 | 3 |
| Freshly baked croissant chilled | 200 | 6 - 8 | 3 |
| Freshly baked croissant chilled 40 - 50 g frozen | 200 | 5 - 7 | 3 |
| Fresh baked baguettes 40 - 50 g | 200 | 4 - 7 | 3 |
| Fresh baked baguettes 40 - 50 g frozen | 200 | 5 - 7 | 3 |
| Ham in bread pastry 1500 g - 2000 g | 200 | 60 - 80 | 3 |

Low temperature Cooking «LO»



Settings, see «Instructions» page 3

- The specified times and temperatures are standard values.

| Before cooking, sear in the frying pan | Roasting/ baking dishware | Weight g | Oven Level from Bottom | Temp in °C | Time in minutes |
|---------------------------------------------|----------------------------|----------|------------------------|------------|-----------------|
| Roast beef half, internal temperature 55 °C | Grill, heat resistant dish | 1000 | 2 | 120 / 80 | 110 - 130 |
| Pork loin, internal temperature 65 °C | Grill, heat resistant dish | 1000 | 2 | 120 / 80 | 140 - 160 |
| Roast veal, internal temperature 65 °C | Grill, heat resistant dish | 1000 | 2 | 120 / 80 | 150 - 180 |

Moist fan cooking



Settings, see «Instructions» page 3

| | Oven Level from Bottom | Temp. in °C | Time in minutes |
|------------------------------------------------|------------------------|-------------|-----------------|
| Baking in tins | | | |
| Flan base – short pastry | 2 | 170 - 190* | 10 - 25 |
| Flan base – sponge mixture | 2 | 150 - 170 | 20 - 25 |
| Cakes/ pastries/ breads on baking trays | | | |
| Plaited bread / bread crown | 1 | 160 - 180 | 30 - 40 |
| Cake with crumble topping (dry) | 2 | 160 - 180 | 20 - 40 |
| Buttered almond cake / sugar cakes | 2 | 180 - 200* | 15 - 30 |
| Biscuits made with yeast dough | 2 | 160 - 180 | 20 - 40 |
| Bakes and Gratins | | | |
| Pasta bake | 1 | 180 - 200 | 30 - 50 |
| Sweet bakes | 1 | 180 - 200 | 40 - 60 |
| Potato gratin | 2 | 180 - 200 | 40 - 50 |

*Pre-heat the oven

Drying



Settings, see «Instructions» page 3

- Use drying sheets (optional extra). After the drying time switch off the oven, open and leave to cool down, preferably overnight.

| | Roasting/ baking dishware | Temp. in °C | Oven Level from Bottom | Time in hours | Notes |
|---------------------|---------------------------|-------------|------------------------|---------------|------------------------|
| Vegetables | | | | | |
| Beans | Drying sheet | 75 | 2 + 4 | 6 - 9 | Open oven now and then |
| Herbs | Drying sheet | 40 - 50 | 2 + 4 | 2 - 4 | |
| Chilli peppers | Drying sheet | 75 | 2 + 4 | 5 - 8 | |
| Mushrooms | Drying sheet | 50 | 2 + 4 | 6 - 9 | |
| Vegetables for soup | Drying sheet | 75 | 2 + 4 | 5 - 6 | |
| Fruit | | | | | |
| Apple slices | Drying sheet | 75 | 2 + 4 | 6 - 9 | Open oven now and then |
| Apricots | Drying sheet | 75 | 2 + 4 | 8 - 12 | |
| Pears | Drying sheet | 75 | 2 + 4 | 9 - 13 | |
| Plums | Drying sheet | 75 | 2 + 4 | 8 - 12 | |

Sterilising



Settings, see «Instructions» page 3

- Use only commercially available preserve jars of the same size
 - Jars with twist-off or bayonet type lids and metal tins are not suitable
 - Do not pre-heat oven

- Glasses must not touch each other
 - Only use fresh fruit which is not overly ripe
 - Oven door remains closed

| | Roasting/ baking dishware | Temp. in °C | Oven Level from Bottom | Time in minutes | Notes |
|-----------------------------------------------|--------------------------------|-------------|------------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Berries | High-rimmed griddle with water | 150 | 2 | 45 - 55 | Glasses at most 16 cm high, until starts bubbling sterilise at 150 °C for 40 mins, afterwards 45 min standing time in oven |
| Vegetables, carrots, mixed pickles, asparagus | High-rimmed griddle with water | 150 | 2 | 45 - 55 | Glasses at most 16 cm high, until starts bubbling sterilise at 150 °C for 60 mins, afterwards 45 min standing time in oven, repeat after 24 hours 150 °C, until bubbling starts after leave standing for 45 mins |
| Fruit, pears, quinces, stone fruit | High-rimmed griddle with water | 150 | 2 | 45 - 55 | Glasses at most 16 cm high, until starts bubbling sterilise at 150 °C for 60 mins, afterwards 45 min standing time in oven |