




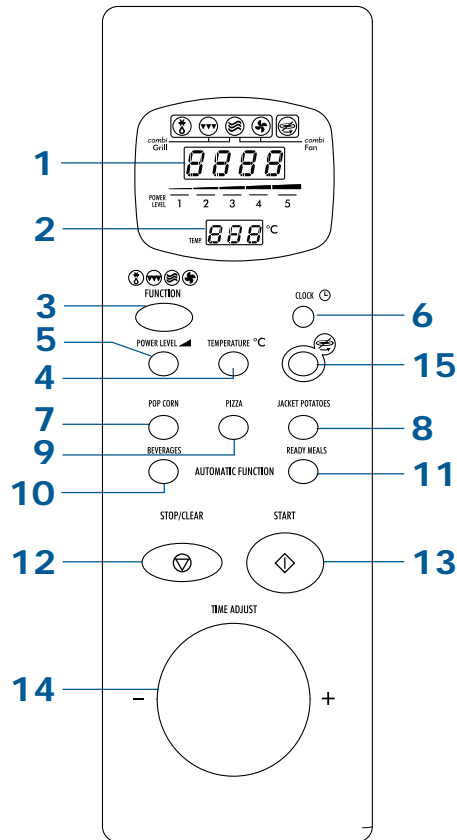
MICROWAVE FAN OVEN  
WITH ELECTRONIC CONTROLS

**Data and instruction for Performance Tests according to IEC 705 and further Amendment Document 59H/69/CD.**

The International Electrotechnical Commission SC 59H, has developed a Standard for comparative testing of heating performances of microwave ovens. The Draft of the new Edition of this Standard has been circulated with Document 59H/69/CD, which also describes the tests marked, in this table, with (\*).

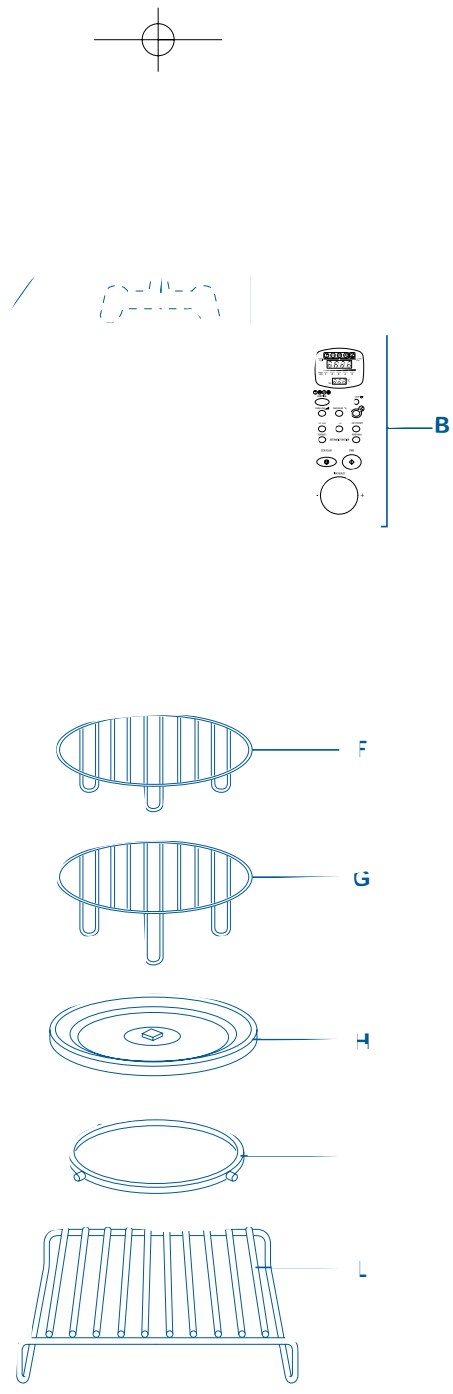
**We recommend the following for this oven:**

Test Nr. on standard	Item	Duration	Function	Power Level	Oven temp.	Weight	Standing time	Note
A	Egg custard	16 min.	only mw	5	-	750 gr	5 min	The upper surface shall be evaluated after the standing time. The inner custard evaluation shall be conducted after two hours.
B	Sponge cake	6 min.	only mw	5	-	475 gr	5 min	Use the borosilicate glass container stated in the Standard (max. dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick 6 mm. Put the container on the low wire rack placed on the turntable.
C	Meat loaf	20 min.	only mw	4	-	900 gr	5 min	Cover the container with cling film and pierce the film. Use the rectangular borosilicate glass container stated in the Standard or the Arcopal® Cat. nr. Z1/B8 (01)10460-1.
Defrosting	Defrosting minced meat	11 min.	only mw		-	500 gr	15 min	Place the frozen load directly on the turntable (I). Turn upsidedown the load after half of the defrosting time.
D (*)	Potato gratin	30 min.	combi mw + fan (simult.)	4	170°C	1100 gr	5 min	Use the borosilicate glass container stated in the Standard (max. dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick 6 mm. Put the container on the lower wire rack (F) placed on the turntable. Do not preheat the oven.
E (*)	Sponge cake	30 min.	combi mw + fan (simult.)	2	160°C	710 gr	5 min	Use the borosilicate glass container stated in the Standard (max dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick 6 mm. The oven shall be preheated (in FAN ONLY function) with the lower rack (F) placed on the turntable. Once preheated, place the container on the lower rack (F).
F (*)	Poultry	50 min.	combi mw + fan (simult.)	4	190°C	1200 gr	5 min	The following instruction shall be strictly observed for this type of load: put the chicken in a pyrex® glass container dia 210 mm, height 50 mm and wall thickness of 6 mm. Put the container on the lower wire rack (F) placed on the turntable.



### DESCRIPTION OF THE CONTROL PANEL

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>1. Time and mode display</li> <li>2. Oven temperature display</li> <li>3. <b>FUNCTION KEY</b>: mode selection</li> <li>4. <b>TEMPERATURE °C</b> key: oven temperature selection</li> <li>5. <b>POWER LEVEL</b> ▲ key: microwave power level selection</li> <li>6. <b>CLOCK</b> ⌚ key: setting the clock</li> </ul> | <ul style="list-style-type: none"> <li>7 - 8 - 9 - 10 - 11<br/><b>AUTOMATIC FUNCTION</b> keys: pre programmed rapid selection</li> <li>12. <b>STOP/CLEAR</b> □ key: interruption of cooking and cancellation of settings</li> <li>13. <b>START</b> ◇ key: start of cooking and rapid reheating</li> <li>14. <b>TIME ADJUST</b> knob: setting of time and cooking duration</li> <li>15. Turntable stop key ⏹</li> </ul> |
|---|--|



**DESCRIPTION**

- A** Grill heating element
- B** Control panel
- C** Microwave outlet cover
- D** Turntable spindle
- E** Door glass
- F** Low wire rack
- G** High wire rack
- H** Turntable
- I** Turntable support
- L** Rectangular wire rack

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# CHAPTER 1 – GENERAL

## 1.1 IMPORTANT SAFETY WARNINGS

Read these warnings carefully before starting to use the oven to obtain the best results.

- 1) This oven has been designed to defrost, reheat and cook food in the home. It must not be used for any other purpose, nor modified or tampered with in any way.
- 2) Before connecting this oven to your electrical system, check to be certain that the door closes tightly. Also check to see that the metal frame is not warped and that the hinges and hooks have not loosened. In the event that these parts have been damaged, the microwave oven cannot be used until a qualified technician (trained by the manufacturer or by its Customer Service) has made the necessary repairs.
- 3) Only a qualified technician may carry out any service or repair work on this microwave. This includes removal of any protective covers.
- 4) Do not tamper with door safety devices. In there is any doubt as to the safe operation of the oven, do not use, & contact a qualified technician for service.
- 5) Do not operate the oven if any objects get stuck between the front panel of the oven and the door  
 Always keep the inside of the door (E) clean, using a damp cloth and non-abrasive detergent. Do not allow dirt or food to accumulate between the front panel of the oven and the door (fig. 1).
- 6) The following warnings must be considered when the door is open:
  - Do not place heavy object on the door or pull the handle downwards any further as the appliance may tip over.
  - never place hot containers or pans (e.g. just taken off the stove) on the door.
- 7) Do not operate the oven if the electrical cord or plug is damaged.
- 8) Adjustment, repair and replacement of the electrical cord should only be carried out by a qualified technician. (fig. 3)
- 9) If you see any smoke from within the microwave, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- 10) The appliance is not intended for use by young children or infirm persons without supervision.  
 Young children should be supervised to ensure that they do not play the appliance.
- 11) It is advisable to supervise food being cooked in disposable containers made of plastic, cardboard or other flammable materials, and when heating small quantities of food.
- 12) Please remember that the walls of the oven and the turntable heat up when in operation. Never touch the electrical element located inside the oven.
- 13) Utensils should be checked to ensure that they are suitable for use microwave ovens.

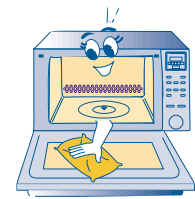


fig. 1



fig. 2



fig. 3

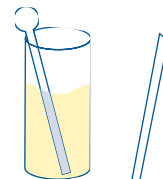


fig. 4



fig. 5

# CHAPTER 1 - GENERAL

- 14) Do not heat spirits, alcohol, or large quantities of oil.
- 15) **After heating baby food or liquid ALWAYS check the temperature before it is consumed (fig.5). It is important to stir the food, or shake the liquid in order to ensure that it is of an even temperature.**  
**When using commercially available bottle sterilisers, before turning the oven on, ALWAYS make sure the container is filled with the quantity of water indicated by the manufacturer**
- 16) When heating liquids it is possible that the contents may suddenly start to boil and spill.  
To avoid this happening, you should place a heat resistant plastic spoon or a glass rod in the container (fig.4) before heating liquids. Take care when handling the container.
- 17) Liquids or other foods must not be heated in sealed containers.

**N.B.** When the oven is used for the first time it is possible that, for a period of approx. 10 minutes, it may produce a "new" smell and a small amount of smoke. This is only a result of protective substances applied to the heating element.

## 1.2 TECHNICAL DATA

### • ENERGY CONSUMPTION (GENELEC HD 376 norms)

To reach 200°C	0,35 kWh
To maintain a temperature of 200°C for an hour	1,15 kWh
Total consumption	1,5 kWh

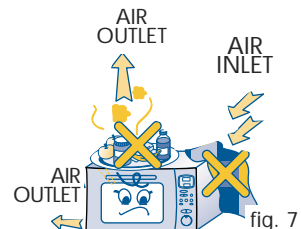
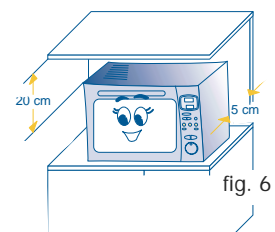
### • MICROWAVE OUTPUT POWER: 1000W (IEC 705)

For further data, consult the data plate placed on the appliance.

This appliance conforms to E.E.C. directive no. 89/336 and 92/31 regarding Electromagnetic Compatibility, and to directive 89/109/E.E.C. regarding materials which come into contact with food.

## 1.3 INSTALLATION AND ELECTRICAL CONNECTION

- 1) Remove the oven from the packaging. When moving the appliance, never use the door handle as a grip. Remove the protective wrapping from the turntable (H), support (I) and the accessories. Check that the turntable spindle (D) is correctly inserted in the corresponding groove in the centre of the turntable.
- 2) Clean the inside with a soft, damp cloth.
- 3) Check that there is no damage as a result of transportation, and in particular that the door opens and closes properly.
- 4) Place the appliance on a flat, stable surface at a height of at least 85 cm, out of the reach of children, since the door can become very hot during cooking.
- 5) **When positioning the appliance on the worktop, make sure that there is a gap of approx. 5 cm between the surfaces of the appliance and the rear and side walls, and a gap of at least 20 cm above the oven (fig. 6).**
- 6) Do not block the air inlet vents. In particular, do not place any objects on top of the oven and check that the air and steam outlets (located on the top bottom and back of the appliance) are ALWAYS FREE OF OBSTRUCTIONS (fig. 7).



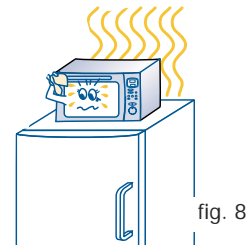
# CHAPTER 1 - GENERAL

- 7) Place the support (I) in the centre of the circular groove and attach the turntable (H) to it. The spindle (D) should be inserted in the corresponding groove in the centre of the turntable.

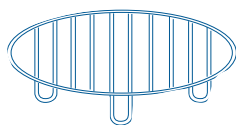
**N.B. The appliance must not be placed on or near sources of heat (for example on the refrigerator) (fig. 8).**

- 8) After installation the power cord and isolating switch must be easily accessible.

- 9) Before use, check that the power supply voltage is the same as the one shown on the rating label. **The manufacturer declines any liability if this safety requirement is not observed.**



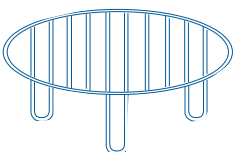
## 1.4 ACCESSORIES SUPPLIED



**LOW WIRE RACK**  
**Fan Oven Only mode:**

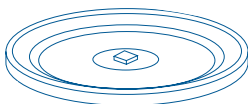
for all types of traditional cooking, especially cakes

The turntable (H) can be left in place.  
**This wire rack cannot be used for microwave cooking.**

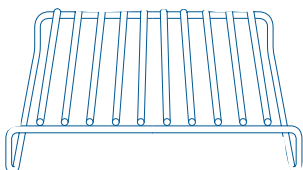


**HIGH WIRE RACK**  
**Grill Only mode:**  
for all types of grilled food.

**Combined microwave + fan oven mode or microwave + grill**  
For rapid cooking of meat, potatoes, some leavened cakes and desserts and gratinéed dishes (i.e lasagne)



**TURNTABLE**  
The turntable is used in all modes.



**RECTANGULAR WIRE RACK**  
**Fan oven only mode**  
For all types of traditional cooking to be done in large casserole dishes. The food must be stirred and turned during the cooking process. Position this wire rack directly on the bottom of the oven.



# CHAPTER 1 - GENERAL

## 1.5 OVENWARE TO BE USED

In the "Microwave Only" and In In the "Microwave Only" and "Microwave Combined" modes, glass containers (preferably Pyrex), ceramic, china and terra-cotta may be used provided that they are undecorated and free of metal parts (i.e. gilt trimmings, handles, feet etc.). Heat resistant plastic containers can also be used, but only for "Microwave Only" cooking. If you are still doubtful about using a particular container, you can perform a simple test. Place the empty container in the oven for 30 seconds at maximum power ("Microwave Only" function).

If the container is still cold or only slightly warm, it is suitable for microwave cooking.

If it is very hot or gives out sparks, it is not suitable.

Paper napkins, cardboard trays and disposable plastic plates can also be used for short cooking times. The size and shape of the containers must be such as to allow them to rotate properly inside the oven.

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

It is worth remembering that - since microwaves heat the food, not the dish - it is possible to cook the food directly on the plate on which it is to be served. This means that you do not need to use saucepans. However, remember that heat may be transferred from the food itself onto the plate, making it necessary to use an oven glove.

If the oven has the "Fan Oven Only" or "Grill only" settings, all types of oven containers may be used.

Please observe the guidelines in the table below:

	Glass	Pyrex	Glass-ceramics	Terracotta	Silver foil	Plastic	Paper or cardboard	Metal containers
Mode: "Microwave Only"	YES	YES	YES	YES	NO	YES	YES	NO
Mode: "Combined"	NO	YES	YES	YES	NO	NO	NO	NO
Mode: "Fan Only" "Grill Only"	NO	YES	YES	YES	YES	NO	NO	YES

# CHAPTER 1 - GENERAL

## 1.6 RULES AND GENERAL SUGGESTIONS FOR USING THE OVEN

- 1) Stir the food several times during cooking to evenly spread the temperature. Which will reduce cooking time.
- 2) It is also advisable to **turn food** during cooking.
- 3) Food with skin, shell or peel (e.g. apples, potatoes, tomatoes, frankfurters and fish) should be **pierced in several places** prior to cooking with a fork in order to let the steam out (fig. 9).
- 4) If many portions of the same food are cooked, for example boiled potatoes, **arrange them in a ring** around the dish to obtain even cooking (fig. 10).
- 5) **Cover food with transparent film (microwave safe), grease proof paper, a glass lid or similar** in order to reduce the amount of condensation that forms inside the oven. Food with a high water content (e.g. vegetables) cooks better if covered. **Covering food also helps keep the inside of the oven clean.**
- 6) In "Microwave Only" mode and in the "Combined" modes, the oven must **under no circumstances be preheated or made to work when empty (without food).**
- 7) **Do not cook eggs in their shells** (fig. 11)  
Do not re-heat eggs which have already been cooked, unless they are scrambled.
- 8) Open containers which are air tight or sealed before heating or cooking.

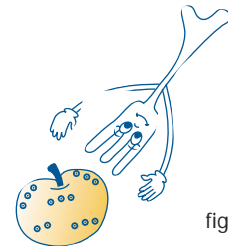


fig. 9

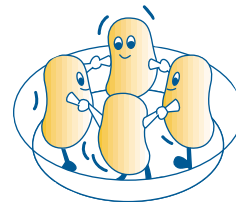


fig. 10



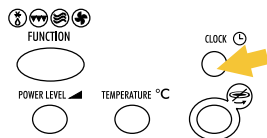
fig. 11

## CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

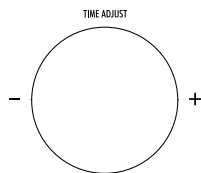
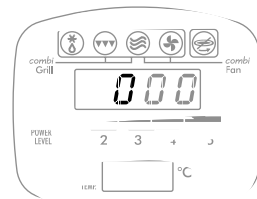
### 2.1 SETTING THE CLOCK

- When the appliance is connected to the domestic power supply for the first time, or after a power cut, four dashes will appear on the display (----).

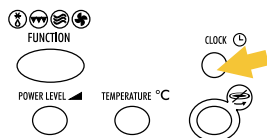
In order to set the time of day, proceed as described below:



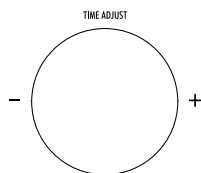
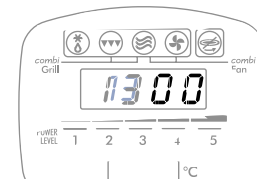
- Press the **CLOCK** (6) key (6).  
(The hours flash on display 1)



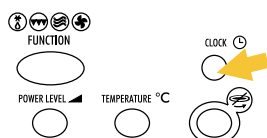
- Set the desired time by turning the **TIME ADJUST** knob (14).  
(The hours flash on display 1)



- Press the **CLOCK** (6) key (6) again.  
(The minutes flash on display 1)



- Set the desired minutes by turning the **TIME ADJUST** knob (14).  
(The minutes flash on display 1)



- Press the **CLOCK** (6) key (6) again.  
(The display shows the time set)

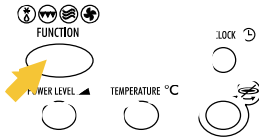


- If you wish to change the hour on the dial once it has been set, press the " (6) " key (6) before proceeding to set the new time as described above.
- It is possible to display the current time even after starting the mode set, by pressing the " (6) " key (6) (the time is displayed for 2 seconds).

## CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

# 2

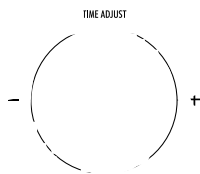
### 2.2 PROGRAMMING THE COOKING



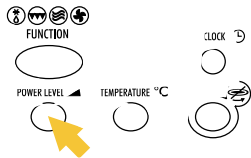
**1** Press the **FUNCTION** key (3) (mode selection) and select the desired mode. The corresponding symbols will appear above the display. The available modes are:



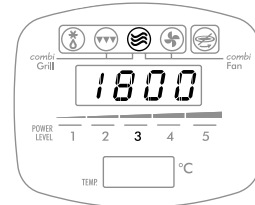
INDICATOR	MODE SELECTED	INDICATOR	MODE SELECTED
	Microwave Only		Combined Microwave and Grill
	Automatic Defrosting		Fan Oven Only
	Combined Microwave e Fan Oven		Grill Only



**2** Set the length of cooking time, in minutes, by turning the **TIME - ADJUST** knob (14). (To choose the length of cooking time, always consult the tables shown in Chapter 3).



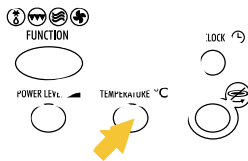
**3** In the modes:  
**Microwave Only**  
**Combined Microwave + Fan Oven**  
**Combined Microwave + Grill**



select the microwave power level by repeatedly pressing the **POWER LEVEL** key (5) until the indicator of the desired level power (expressed in numbers) flashes, above the display 2 (on the bottom). In order to select the power, always consult the tables shown in Chapter 3.

- Note**
- it is not necessary to select any level of power for the **Automatic Defrosting mode**.
  - in the **Combined Microwave + Fan Oven** mode the maximum microwave power which can be selected is 750 Watts.
  - it is possible to modify the power set even during cooking, simply by pressing the **POWER LEVEL** key (5).

## CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

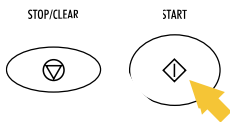


- 4** In the modes:  
**Combined microwave + fan oven**  
**Fan oven only**



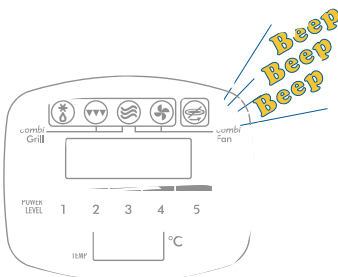
select the cooking temperature by repeatedly pressing the **TEMPERATURE °C** key (4) until the desired temperature is displayed. To select the temperature, consult the tables shown in Chapter 3.

- Note**
- Once the cooking has been started, display 2 will show the actual temperature inside the oven
  - Once the temperature set has been reached, a signal will be emitted (3 beeps). The temperature set will then remain displayed.
  - It is possible to modify the power set even during cooking, simply by pressing the **TEMPERATURE °C** key (5).



- 5** Start the cooking process by pressing the **START** key (13). The countdown of the remaining cooking time will be displayed, and if included in the mode, the oven temperature will also display.

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



- 6** When cooking finishes, a sound signal is emitted (3 beeps) and the word "END" will appear on the display. Open the door and take out the food (the time will appear, or if the oven is hot, the word "COOL" – see note below).

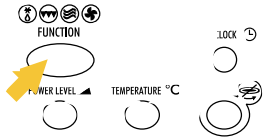
- Note:**
- It is possible to check the progress of the cooking set at any time, by opening the door and inspecting the food. This stops the microwave working until the door is closed and the **START** key is pressed.
  - Should it be necessary to suspend the cooking without opening the door, just press the **STOP/CLEAR** key (12).
  - In order to complete the cooking, proceed as follows:
    - if the oven door is open, press the **STOP/CLEAR** key (12) once;
    - if the door is closed and cooking is underway, press the **STOP/CLEAR** key (12) twice; the display will go back to showing the clock.
  - this model is equipped with an automatic cooling cycle which comes into action whenever the oven is very hot (for example after something has been cooked for a long time). During this cycle the word "COOL" will display. The fans and the oven light will come on & then turn off automatically when sufficiently cooled.

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

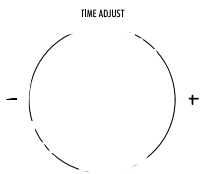
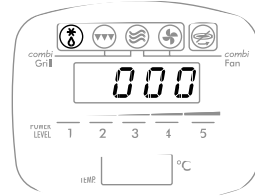
## CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

### 2.3 AUTOMATIC DEFROSTING AND COOKING SEQUENCE

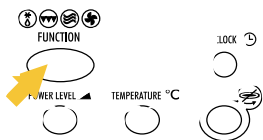
To programme an automatic defrosting and cooking sequence follow these instructions:



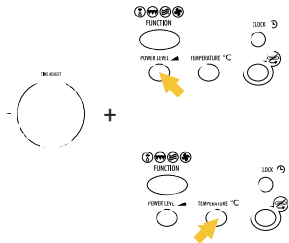
- 1 Set the automatic defrosting mode by pressing the **FUNCTION** key (3) twice (mode selection). The corresponding automatic defrosting symbol will appear on the display.



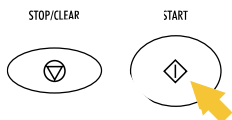
- 2 Set the length of time required for the defrosting (in minutes) by turning the **TIME ADJUST** knob (14).



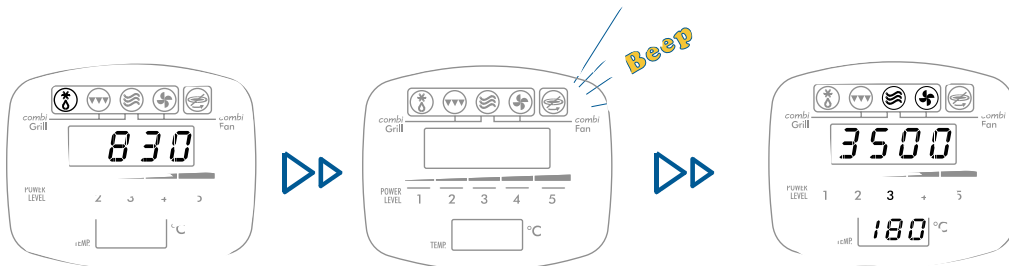
- 3 Set the cooking option by selecting the desired mode with the **FUNCTION** key (3) (mode selection) until the corresponding symbol appear. (ex. Combined microwave + fan function)



- 4 Adjust the cooking time and, if included in the mode, the microwave power level and the oven temperature as required.

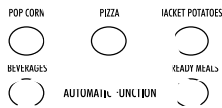


- 5 Press the **START** key (13). The change from defrost to cooking mode is signalled by a beep.

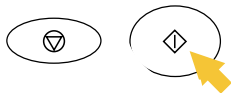


## CHAPTER 2 – USING THE CONTROLS AND SETTING THE MODES

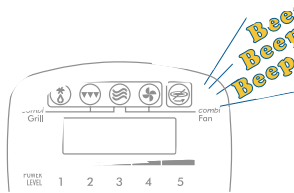
### 2.4 USING THE PRE-PROGRAMMED RECIPES (AUTOMATIC FUNCTION KEYS)



- 1 Press the desired **AUTOMATIC FUNCTION** key.  
(The indicators of the length and temperature set will flash on the display and the pre-memorised mode and power level indicators will come on.) Consult paragraph 3.8 in order to choose the most suitable menu.



- 2 Press the **START** key (13) in order to start cooking.



- 3 At the end of the pre-set time 3 long beeps will be heard and the word "END" will appear on the display.

### 2.5 QUICK REHEAT

This mode is very useful for heating small quantities of food and drink.

- Press the **START** key (13); the oven will come on for 30 seconds at maximum power. By pressing the key again the time will increase by 30 seconds each time up to 3 minutes.
- This mode is activated only if it is carried out within 1 minute of the food being placed in the oven. The Quick Reheat is also useful to complete unfinished cooking.

When the cooking procedure has started, the programmed time can be modified with the **TIME ADJUST** (14) knob to a maximum time of 60 minutes.

### 2.6 CHILD SAFETY

The oven is equipped with a safety device which prevents pre-set cooking times from being tampered with whilst the cooking is underway.

To activate the safety feature:

- Press the **STOP/CLEAR** key (12) for 5 seconds.
- A short beep will sound, and it will no longer be possible to alter the times during all cooking.
- To deactivate this safety feature once activated, press the **STOP/CLEAR** key (12) until the beep is heard.

### 2.7 STOPPING THE TURNTABLE

When using large sized containers that are not able to rotate, the turntable can be stopped. Press the **STOP TURNTABLE** key (15), after selecting a cooking function (the LED in the top right will start flashing).

After pressing **START**, the LED will flash a further 5 times, and will then remain on for the duration of set time. The **TURNTABLE STOPPER** function will remain on the next time the oven is used, until the **STOP TURNTABLE** key is pressed again.

For the microwave-only function, the maximum power available is 750W (reduced automatically when the **STOP TURNTABLE** key is pressed).

### 2.8 TIMER ONLY FUNCTION

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

- Press the **FUNCTION** key until 3 dashes are displayed, then select the desired time by turning the **TIME ADJUST** (14) knob and pressing the **START** key (13).
- At the end, 3 beeps will sound and the "end" warning will be displayed.

## CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME CHART

### 3.1 DEFOSTING

- Frozen food in plastic bags, plastic film or cardboard packets can be placed directly in the oven for defrosting as provided the packet has no metal parts (e.g. metal ties or staples).
- Certain foods, such as vegetables and fish, do not require complete defrosting before being cooking.
- Boiled foods, stews and meat sauces defrost better and more quickly if they are stirred from time to time, turned over and/or separated.
- Meat, fish and fruit lose a certain amount of liquid during defrosting. Defrost these foods in a bowl.
- It is important to observe the standing times immediately after defrosting, before cooking. The standing time (in minutes) is the length of time for which the food must be left to stand to allow the heat to spread evenly through out the food.

ENGLISH

TABLE OF DEFOSTING TIMES IN "AUTOMATIC DEFOSTING" MODE

TYPE	QUANTITY	TIME (minutes)	NOTES/SUGGESTIONS	WIRE RACK TO BE USED	STANDING TIME
<b>MEAT</b>					
• Roasts (pork, beef, veal etc.)	1 kg	19 - 21	Turn over halfway through defrosting	None	20
• Steaks, chops, rashers	200 gr	4 - 6		None	5
• Stew, goulash	500 gr	10 - 12	See note *	None	10
• Minced	250 gr	5 - 7		None	15
• Hamburgers	200 gr	5 - 7		None	15
• Sausages	300 gr	6 - 8		None	10
<b>POULTRY</b>					
• Duck, turkey	1,5 kg	25 - 27	Turn the poultry over halfway through . When the standing time is over, rinse under warm water to remove any ice.	None	20
• Whole chicken	1,5 kg	25 - 27		None	20
• Pieces of chicken	850 gr	13 - 15		None	10
• Chicken breast	300 gr	8 - 10		None	10
<b>VEGETABLES</b>					
			Frozen vegetables do not need to be defrosted before cooking		
<b>FISH</b>					
• Fillets	300 gr	7 - 9	Turn the fish over halfway through defrosting	None	7
• Slices	400 gr	8 - 10		None	7
• Whole	500 gr	10 - 12		None	7
• Prawns	400 gr	8 - 10		None	7
<b>MILK/DAIRY PRODUCTS</b>					
• Butter	250 gr	4 - 6	Remove the silver foil or any metal parts Do not frost completely. Observe the standing time. Cream should be removed from its container and placed in a dish.	None	10
• Cheese	250 gr	5 - 7		None	15
• Cream	200 ml	7 - 9		None	5
<b>BREAD</b>					
• 2 medium-sized rolls	150 gr	1 - 2	Put the bread directly onto the turntable.	None	3
• 4 medium-sized rolls	300 gr	2 - 4		None	3
• Sliced bread	250 gr	2 - 4		None	3
• Sliced wholemeal bread	250 gr	2 - 4		None	3
<b>FRUIT</b>					
• Strawberries, plums, cherries, redcurrants, apricots	500 gr	8 - 10	Stir 2-3 times	None	10
• Raspberries	300 gr	5 - 7	Stir 2-3 times	None	10
• Blackberries	250 gr	3 - 5	Stir 2-3 times	None	6

\* These guidelines are suitable for carrying out the Defrosting Test for mince according to IEC Regulation 705, Par. 18.3, (see par. 2). Turn the block upside down halfway through the time set. The block which is to be defrosted should be placed directly on the turntable. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.



## CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

# 3


### 3.2 REHEATING

Reheating food is one of the key features in which your microwave oven displays its usefulness and efficiency. Compared to traditional methods, a microwave saves time and electricity.

- It is advisable to reheat food (especially if it is frozen) to a temperature of at least 70°C. This means the food will not be ready to eat immediately (because it is too hot!) but it will be completely sterilised.
- In order to reheat pre-cooked or frozen food, always observe the following rules:
  - always remove the food from metal containers
  - cover it with microwave safe transparent film, or grease proof paper so that all the natural flavour is preserved and the oven will stay cleaner; the food may also be covered with an upturned plate;
  - if possible, stir or turn the food frequently in order to speed up the reheating process, and to help it cook more evenly;
  - follow the cooking times shown on the packet, and that under certain conditions, the times shown may need to be increased.
- Frozen food must be defrosted before being reheated. The lower the initial temperature of the food, the longer the reheating time will take.

**Note:** some dishes can also easily be reheated by using the "AUTOMATIC FUNCTION" pre-programmed recipes (see table on page 21).

TABLE OF REHEATING TIMES











TYPE	QUANTITY	FUNCTION	POWER LEVEL	TIME minutes	NOTES/SUGGESTIONS
<b>SOFTENING AND MELTING FOOD</b>					
• Chocolate/icing	100 gr		3	4 - 5	Put in a dish. It is not necessary to stir chocolate cubes. Mix the icing once. To melt butter, add one minute.
• Butter	50-70 gr	"	5	0'.10"-0'.15"	
<b>CHILLED FOODS (5/8°C) up to 20/30°C</b>					
• Yoghurt	125 gr	"	5	0'.15"-0'.20"	Remove the metal top. Heat the baby's bottle without the teat and mix it immediately after heating to ensure on even temperature. Check the temperature before use. With milk at room temperature the heating time is lower. Make sure dried milk is stirred evenly-use already sterilized milk.
• Feeding bottle	240 gr	"	"	0'.30"-0'.35"	
<b>PRE-COOKED CHILLED FOODS (initial temp. 5/8°C) up to approx. 70°C</b>					
• Packet of lasagne or stuffed pasta	400 gr	"	5	3 - 5	Packets of any type of pre-cooked food available in the shops, to be reheated to 70°C. Remove the food from any metal packets and put it directly onto the plate from which it is to be eaten. For best results the food should always be covered.
• Packet of meat with rice and/or vegetables	400 gr	"	"	3 - 5	
• Packet of fish and/or vegetables	300 gr	"	"	2 - 4	Plate of meat and/or vegetables Portions of any type of cooked food to be reheated to 70°C. The food should be placed directly onto the plate from which it is to be eaten and should always be covered either with transparent film or with an upturned plate.
• Plate of meat and/or vegetables	400 gr	"	"	4 - 6	
• Plate of pasta, cannelloni or lasagne	400 gr	"	"	4 - 6	
• Plate of fish and/or rice	300 gr	"	"	3 - 5	
<b>FROZEN FOOD TO BE REHEATED/COOKED (initial temp. -18/-20°C) up to approx. 70°C</b>					
• Packet of lasagne or stuffed pasta	400 gr	"	5	5 - 7	All kinds of pre-cooked frozen food to be reheated to 70°C directly in the packet. DO NOT USE METAL CONTAINERS
• Packet of meat with rice and/or vegetables	400 gr	"	"	4 - 6	
• Packet of pre-cooked fish and/or vegetables	300 gr	"	"	2 - 4	
• Packet of fish and/or raw vegetables	300 gr	"	"	6 - 8	Remove raw food from the packets, place it in a container suitable for microwaves and cover. Portions of cooked frozen food to be heated to 70°C. Place the frozen food onto the dish from which it is to be eaten and cover it with an upturned plate or Pyrex lid. Make sure that it is thoroughly heated in the centre by stirring if possible.
• Portion of meat and/or vegetables	400 gr	"	"	5 - 7	
• Portion of pasta, cannelloni or lasagne	400 gr	"	"	6 - 8	
• Portion of fish and/or rice	300 gr	"	"	3 - 5	
<b>CHILLED DRINKS (5/8°C) up to approx. 70°C</b>					
• 1 cup of water	180 cc	"	5	1'.30" - 2'	All drinks should be shaken after reheating to ensure an even temperature. We recommend covering clear soup with an upturned plate.
• 1 cup of milk	150 cc	"	"	1'.15" - 1'.45"	
• 1 cup of coffee	100 cc	"	"	1'.15" - 1'.45"	
• 1 bowl of clear soup	300 cc	"	"	3 - 4	
<b>DRINKS AT ROOM TEMPERATURE From 20/30°C up to approx. 70°C</b>					
• 1 cup of water	180 cc	"	5	1'.15" - 1'.45"	All drinks should be shaken after reheating to ensure on even temperature. We recommend covering clear soup with an upturned plate.
• 1 cup of milk	150 cc	"	"	1 - 1'.30"	
• 1 cup of coffee	100 cc	"	"	0'.45" - 1'.15"	
• 1 bowl of clear soup	300 cc	"	"	2 - 3	

## CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

### 3.3 - COOKING ANTIPASTI AND FIRST COURSES

















Soups in general require less liquid because in a microwave oven evaporation is rather minimal. Salt must be added only at the end of cooking or during standing time as it dehydrates the food.

It is fair to say that the time needed to cook rice in the microwave oven is more or less equal to the time taken to cook it on a stove in the traditional manner. The advantage of preparing a risotto in a microwave oven is that it does not need stirring continually (this only needs to be done 2 or 3 times).

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO USE
• Lasagne	1100 gr	 + 	5 5	- -	12 + 8	Suitable times for raw pasta. If the pasta is pre-cooked, 8 minutes of Combined MICROGRILL cooking is enough.	Low
• Gnocchi alla romana	600 gr	 	5	-	12	Avoid piling them up too heavily	Low
• Macaroni	1500 gr	 	5	-	8	The pasta should have previously been boiled separately.	Low
• Risotto	300 gr. of rice		5	-	12-15	The ingredients should all be placed together in a container suitable for microwaves and covered with transparent film (750 g of clear soup is needed for 300 g of rice with the microwaves on full power for approx. 10-12 minutes).	None
• Pizza	800 gr		-	200°C	30	Spread the pizza on oven paper resting on the base of a cake tin. Preheat the oven to 200°C.	Low
• Fresh Quiche Lorraine	800 gr		-	160°C	40	Use a cake tin with a handle (the oven should be pre-heated).	Low
• Frozen Quiche Lorraine	550 gr		-	190°	45	Place on the bottom of a metal baking tin (the oven should be pre-heated).	Low

### 3.4 - COOKING MEAT

Cooking is closely linked to the size and uniformity of the food which is to be cooked: kebabs cook before a roast because they consist of smaller, more evenly-sized pieces of meat. To keep roasts, chicken and kebabs moist, it is advisable to add 1 or 2 cups of water at the start of cooking.

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minuti	NOTES/SUGGESTIONS	WIRE RACK TO USE
• Roasts (pork, beef)	1000 gr	 	4	190°C	45-50	Leave on a little fat to avoid it drying out. Do not add much sauce.	Low
• Meatloaf	800 gr	 	4	180°C	25-30	Mix 500 g of minced beef with egg, ham, grated Bread, etc. Add a touch of oil and a little white wine.	Low
• Meatloaf	900 gr		4	-	20	See note ★	None
• Whole chicken	1200 gr	 	4	190°C	50	Prick the skin to allow the fat to run off. See note ★★	Low
• Pieces of chicken	850 gr	 	4	190°C	30-35	Stir once during cooking	Low
• Kebabs	600 gr	 	3	180°C	20-25	Turn halfway through cooking	Low
• Goulash	1500 gr		5	-	30-35	Cook uncovered and stir 2-3 times	None
• Chicken breast	500 gr		4	-	10-15	Turn halfway through cooking	None
• Veal or pork chop	3 pieces		-	-	16-18	Preheat the oven for 3 minutes. Turn while cooking, as the heating element only produced heat from the upper part of the oven.	High
• Sausages	3 pieces		-	-	10-12	Preheat the oven for 3 minutes. Turn while cooking, as the heating element only produced heat from the upper part of the oven.	High
• Hamburgers	3 pieces		-	-	10-12	Preheat the oven for 3 minutes. Turn while cooking, as the heating element only produced heat from the upper part of the oven.	High

★ These guidelines are suitable for carrying out the Cooking Tests for mince according to IEC Regulation 705, Par. 17.3, Test C. Cover the container with transparent film. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

★★ These guidelines are suitable for carrying out the Cooking Tests according to IEC Regulation 705, Par. 17.3, Test F. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

## CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

### 3.5 - COOKING SIDE DISHES AND VEGETABLES

Vegetables cooked in a microwave oven preserve their colour and nutritional value better than traditional cooking.

Wash and peel the vegetables before starting to cook.

Larger vegetables should be cut into evenly-sized pieces.

Add approx. 5 spoonfuls of water for every 500g of vegetables (vegetables which have a high fibre content will require more water).

Vegetables should always be covered with transparent film.

Stir at least once halfway through cooking and add a little salt at the end.

**Warning:** the cooking times in the table are purely intended as guidelines and are on the basis of the food's weight and initial temperature as well as its consistency and structure.

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO USE
• Asparagus	500 gr		5	-	8-9	Cut into 2 cm pieces	None
• Artichokes	300 gr		5	-	10-11	It would be better to use artichoke hearts	None
• Green beans	500 gr		5	-	10-11	Cut into pieces	None
• Broccoli	500 gr		5	-	6-7	Separate into single "flowers"	None
• Brussels sprouts	500 gr		5	-	6-7	Leave whole	None
• White cabbage	500 gr		5	-	6-7	Leave whole	None
• Red cabbage	500 gr		5	-	6-7	Leave whole	None
• Carrots	500 gr		5	-	8-9	Cut into evenly-sized pieces	None
• Cauliflower	500 gr		5	-	10-11	Separate into tops	None
• Cauliflower in béchamel sauce	1000 gr	+	5	-	13 + 10	Timing as for raw cauliflower. If pre-cooked, needs only 10 minutes with grill in Combined mode	Low
• Celery	500 gr		5	-	6-7	Separate into pieces	None
• Aubergines	800 gr		5	-	5-6	Cut into cubes	None
• Grilled aubergines	4 slices		-	-	9-11	Preheat for 3 minutes. Turn halfway through cooking	High
• Aubergines "alla parmigiana"	1300 gr	+	5	-	7-9	The aubergines may be grilled or fried first	Low
• Leeks	500 gr		5	-	5-6	Leave whole	None
• Button mushrooms	500 gr		5	-	5-6	Leave whole and cover. No water needed	None
• Onions	250 gr		5	-	4-5	Whole in equal sizes. No need for water	None
• Spinach	300 gr		5	-	5-6	Cover after washing and draining	None
• Peas	500 gr		5	-	9-10		None
• Fennel	500 gr		5	-	11-12	Cut into quarters	None
• Grated tomatoes	800 gr	+	5	-	9-11	It is preferable for them to be of equal sizes	Low
• Peppers	500 gr		5	-	8-9	Cut into pieces	None
• Grilled peppers	4 quarters		-	-	9-11	Preheat for 3 minutes. Turn halfway through cooking	High
• Stuffed peppers	1400 gr	+	5	-	12 + 9	Preferably the short, broad kind	Low None
• Potatoes	500 gr		5	-	7-8	Cut into evenly-sized pieces	Low
• Roast potatoes (fresh)	500 gr	+	4	190°C	30-35	Stir 2-3 times	Low
• Roast potatoes (frozen)	900 gr	+	4	200°C	35-40	Stir 2-3 times	Low
• Potato gratin	1100 gr (total)	+	4	170°C	30	See note *	None
• Courgettes	500 gr		5	-	6-7	Leave whole	

\* These guidelines are suitable for carrying out Combined Cooking Test D according to the Regulation Project (3rd edition of IEC 705) contained in the document IEC 53H/69/CD. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

## CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

# 3

### 3.6 - COOKING FISH

Fish cooks very quickly and with excellent results. It can be dressed with a little butter or oil (if so desired). Cover it with transparent film. If skin is left on, this must be scored, and the fillets should be arranged evenly. It is not advisable to cook fish battered or crumbed.

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO BE USED
• Fillets	300 gr		4	-	5-7	Cover with film	None
• Pieces	300 gr		4	-	7-9	Cover with film	None
• Whole	500 gr		4	-	8-10	Cover with film	None
• Whole	250 gr		4	-	5-7	Cover with film	None
• Slices	400 gr		4	-	7-9	Cover with film	None
• Prawns	500 gr		4	-	7-9	Cover with film	None
• Baked fish	600 gr		2	190°	30	Add oil, a clove of garlic and drop of white wine. Do not cover.	Low

### 3.7 - COOKING DESSERTS AND CAKES

For cooking cakes the oven must be preheated to the temperature shown in the table. Only after reaching the temperature set (signalled by 5 beeps) should the cake be placed in the oven

TYPE	QUANTITY	FUNCTION	POWER LEVEL	TEMPERATURE	TIME minutes	NOTES/SUGGESTIONS	WIRE RACK TO BE USED
• Hazelnut cake	1100 gr		2	170°C	25-30	Use a heat-resistant container	Low
• Quark cake	1500 gr		4	160°C	35-40	Use a heat-resistant container	Low
• Jam tart	700 gr		-	160°C	55	Use a metal cake tin	Low
• Plum cake	950 gr		-	160°C	90	Use a rectangular mould	Low
• Light sponge cake	700 gr		-	160°C	40	Use a metal cake tin	Low
• Walnut cake	650 gr		-	160°C	40	Use a metal cake tin	Low
• Egg custard	750 gr		5	-	16	See note *	None
• Sponge cake	475 gr		5	-	8	See note *	Low
• Sponge cake	710 gr		2	160°C	30	See note **	Low

- \* These guidelines are suitable for carrying out the Cooking Tests according to IEC Regulation 705, Par. 17.3, Tests A and B respectively. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.
- \*\* These guidelines are suitable for carrying out Combined Cooking Test E according to the Regulation Project (3rd edition of IEC 705) contained in the document IEC 59H/69/CD. Remember to preheat the oven only in Fan mode with the low wire rack in place. Further information, also regarding other Performance Tests according to IEC Regulation 705 is given in the table on page 2.

## CHAPTER 3 – USING THE OVEN: SUGGESTIONS AND TIME GRIDS

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

The **AUTOMATIC FUNCTION** keys are 5 different programmes with “pre-programmed” cooking duration, power level and oven temperature as detailed in the table below:

KEY	WHAT TO DO	SUGGESTIONS
<b>(11) BEVERAGES</b>		
<ul style="list-style-type: none"> <li>• Press once</li> <li>• Press twice</li> <li>• Press 3 times</li> <li>• Press 4 times</li> </ul>	<ul style="list-style-type: none"> <li>• Reheat 1 small coffee cup (50 cc) at room temperature.</li> <li>• Reheat a coffee cup (125 cc) starting from room temperature</li> <li>• Reheat one large cup (200 cc) starting from chilled</li> <li>• Reheat 1 soup dish (300 cc) starting from chilled</li> </ul>	After reheating the liquid, stir well to spread the temperature evenly.
<b>(8) JACKET POTATOES</b>		
<ul style="list-style-type: none"> <li>• Press once</li> <li>• Press twice</li> <li>• Press 3 times</li> </ul>	<ul style="list-style-type: none"> <li>• Cook 200 g of potatoes</li> <li>• Cook 400 g of potatoes</li> <li>• Cook 600 g of potatoes</li> </ul>	Wash the potatoes thoroughly in their jackets, pierce them and put them on the turntable. They should be served stuffed with butter or cheese.
<b>(10) READY MEALS</b> <i>chilled ready meals (5-8°C)</i>		
	<i>Warning: at the end of the reheating the food and the containers may be very hot. Use tweezers or oven gloves.</i>	
<ul style="list-style-type: none"> <li>• Press once</li> <li>• Press twice</li> </ul>	<ul style="list-style-type: none"> <li>• Reheat 1 portion (250-350 g)</li> <li>• Reheat 2 portions (450-550 g)</li> </ul>	Suitable for cooked portions of food, preserved in the refrigerator <b>The food must never be covered.</b> For pre-cooked dishes in packets, remove the food from metal packaging and place it on a plate.
<b>(9) PIZZA</b> <i>Pizza and frozen ready meals</i>		
	<i>Warning: at the end of the reheating the food and the containers may be very hot. Use tweezers or oven gloves.</i>	
<ul style="list-style-type: none"> <li>• Press once</li> <li>• Press twice</li> <li>• Press 3 times</li> </ul>	<ul style="list-style-type: none"> <li>• Reheat 1 frozen pizza (250 - 500 g)</li> <li>• Reheat 1 portion (250-350 g)</li> <li>• Reheat 2 portions (450-550 g)</li> </ul>	Place the pizza directly on the low wire rack. Place the packet on the turntable, making sure you remove any covers (film bags). If the packet is not microwaves safe (e.g. metal tubs), remove the food from the packet. Place it uncovered on the turntable.
<b>(7) POP CORN</b>		
<ul style="list-style-type: none"> <li>• Press once</li> </ul>	<ul style="list-style-type: none"> <li>• Cook 1x100 g packet of popcorn</li> </ul>	Follow the instructions written on the box closely The packet can go directly on the turntable.

## CHAPTER 4 – CLEANING AND MAINTENANCE

### 4.1 CLEANING

Before any cleaning and maintenance are carried out, always disconnect the plug from the power socket and wait for the appliance to cool down.

The internal cavity of your oven is covered with a special enamel to which splashes and food particles do not stick, making cleaning simple. Always keep the microwave outlet cover (C) clean and free from grease and fat.

Do not use abrasive detergents, wire sponges and sharp metal utensils when cleaning the external surface of the oven. Also be careful to ensure that water or liquid detergent does not penetrate the air and steam vent grilles on the top of the appliance.

It is also advisable not to use alcohol, abrasive detergents or ammonia-based detergents to clean the internal and external surfaces of the door.

Always keep the inside of the door clean to ensure that it closes properly, so that dirt and food residue does not become trapped between the door and the front panel of the oven.

**Clean the air inlet holes placed on the back of the oven regularly, to avoid them becoming blocked over the course of time by dust and dirt deposits.**

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

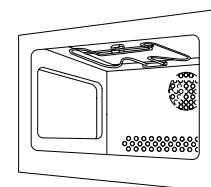
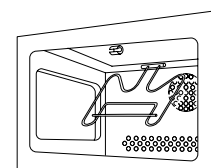
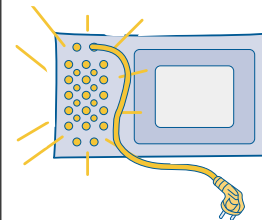
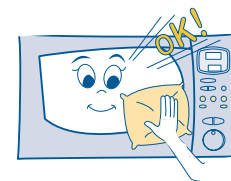
Wash the turntable and its support in soapy water using mild soap. They can also be washed in a dishwasher.

**Do not immerse the turntable in cold water after prolonged heating.**

The turntable motor is sealed. Nevertheless, be careful to avoid the water penetrating under the turntable spindle (D) when the bottom of the oven is being cleaned.

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

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



## CHAPTER 4 – CLEANING AND MAINTENANCE

# 4

### 4.2 MAINTENANCE

If something does not quite work right or if a fault develops, contact technician for service. Please check the following faults before calling technician:

PROBLEM	CAUSE/SOLUTION
The appliance does not work	<ul style="list-style-type: none"> <li>The door is not closed properly.</li> <li>The plug is not correctly inserted.</li> <li>No power at the socket</li> <li>No power at the socket (check the fuse box)</li> </ul>
Condensation on the work surface, inside the oven or around the door.	<ul style="list-style-type: none"> <li>When food is cooked which contains water it is quite normal for the steam which is generated inside the oven to escape and condense inside the oven, on the cooking surface or around the doorframe.</li> </ul>
Sparks inside the oven	<ul style="list-style-type: none"> <li>Do not turn the oven on without food for Microwave and Combined cooking modes.</li> <li>Do not use metal containers for the above cooking modes or bags or packets with metal parts.</li> </ul>
The food does not heat or cook properly	<ul style="list-style-type: none"> <li>Select the correct cooking mode or increase the cooking time.</li> <li>The food has not been completely defrosted before being cooked.</li> </ul>
The food burns	<ul style="list-style-type: none"> <li>Select the correct cooking mode or reduce the cooking time.</li> </ul>
The food does not cook evenly	<ul style="list-style-type: none"> <li>Stir the food during cooking. Remember that food cooks better when cut in evenly-sized pieces.</li> <li>The turntable is blocked.</li> </ul>

**NOTE:** The oven may be used safely even if the light bulb is not working. Contact an authorised technician for bulb replacement.

## ELECTRICAL CONNECTION (U.K. ONLY)

- A) If your appliance comes fitted with a plug, it will incorporate a 13 Amp fuse. If it does not fit your socket, the plug should be cut off from the mains lead, and an appropriate plug fitted, as below.

**WARNING:** Very carefully dispose of the cut off plug after removing the fuse: do not insert in a 13 Amp socket elsewhere in the house as this could cause a shock hazard. With alternative plugs not incorporating a fuse, the circuit must be protected by a 15 Amp fuse.

**WARNING - THIS APPLIANCE MUST BE EARTHED  
IMPORTANT**

The wires in the mains lead are coloured in accordance with the following code:

Green and yellow:  
Blue:  
Brown:


Earth  
Neutral  
Live



If the plug is a moulded-on type, the fuse cover must be re-fitted when changing the fuse using a 13 Amp Asta approved fuse to BS 1362. In the event of losing the fuse cover, the plug must NOT be used until a replacement fuse cover can be obtained from your nearest electrical dealer. The colour of the correct replacement fuse cover is that as marked on the base of the plug.

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

As the colours of the wires in the mains lead may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The green and yellow wire must be connected to the terminal in the plug marked with the letter E or the earth symbol  or coloured green or green and yellow.

The blue wire must be connected to the terminal marked with the letter N or coloured black.

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