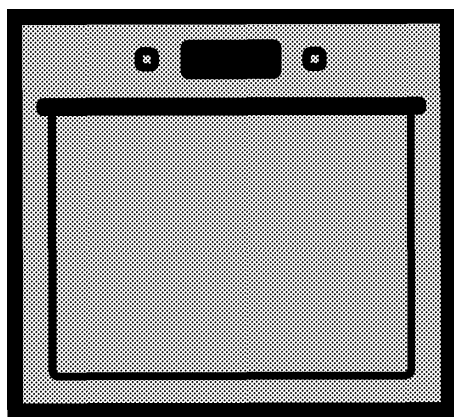


Smeg

Microwave Oven

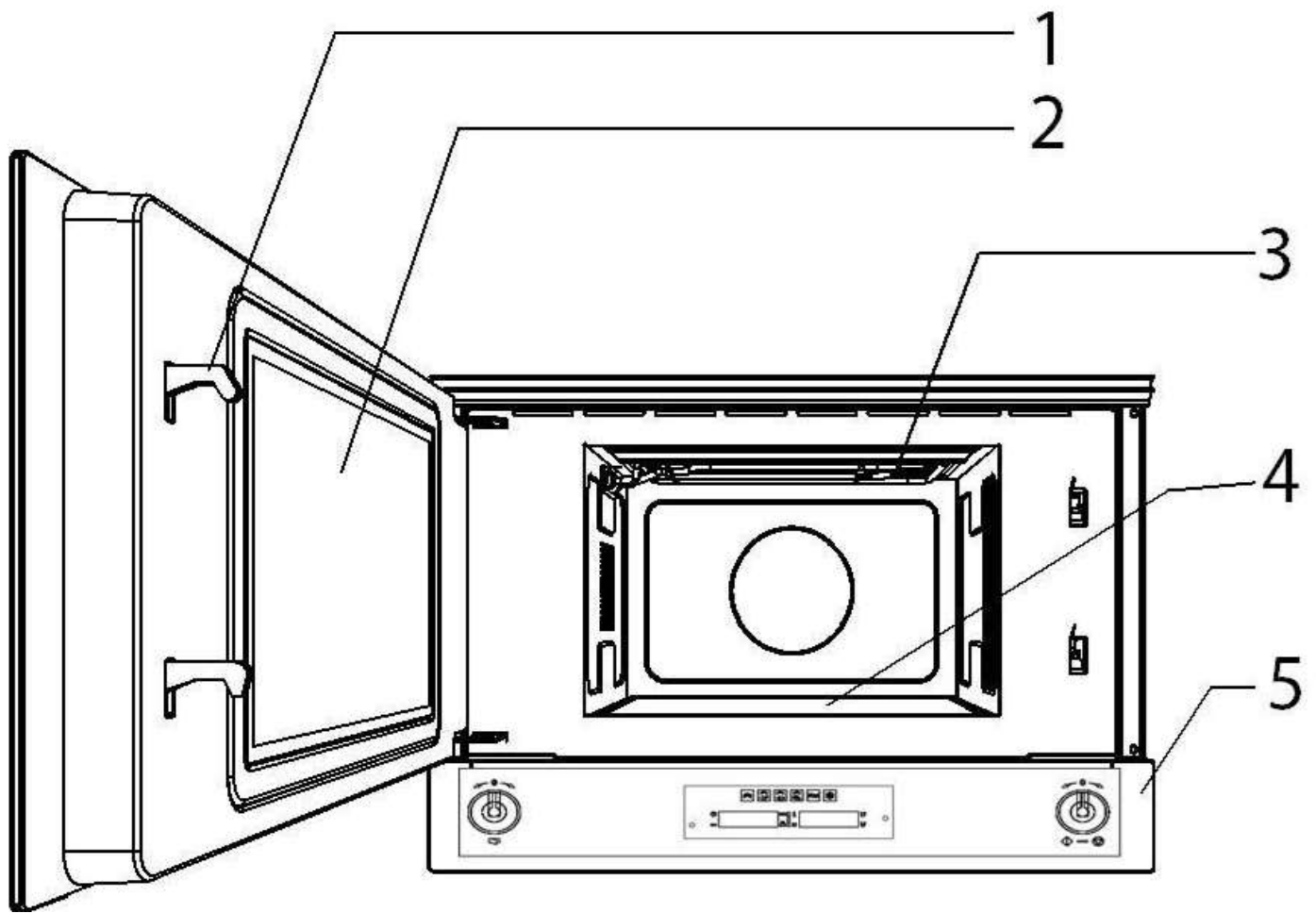
User manual





Description

General Description



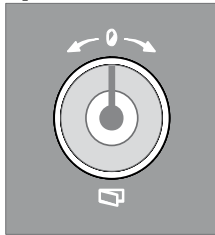
1. Catches
2. Door window glass
3. Drop-down grill
4. Ceramic base
5. Control panel



Control Panel



1 PT1 Function's parameters knob



(From now on, for convenience it will be referred to as **PT1**.)

This knob allows you to:

- Open the door
- Set the time
- Select the cooking temperature
- Select the cooking duration
- Program the cooking start and end times.

For instructions on how to use it correctly, see the next chapters.

Note: Parameter knob allows you to open the door by pressing it briefly.

2 DSP1 Current time / Duration display

(From now on, for convenience it will be referred to as **DSP1**.)

This display shows the current time or the cooking duration.

Also visible are the function safety lock-out light (see "Child safety lock-out function")

3 DSP2 Microwaves power / Weight display

(From now on, for convenience it will be referred to as **DSP2**.)

This display shows the Parameters set for the function required, or the Parameters set by the user.

4 DSP3 Function display

(From now on, for convenience it will be referred to as **DSP3**.)

This display shows (illuminated) all the cooking functions available for selection.

For instructions on how to select a cooking function, see point "Operating modes".

5 PT2 Function-switch on knob



(From now on, for convenience it will be referred to as **PT2**.)

This knob allows:

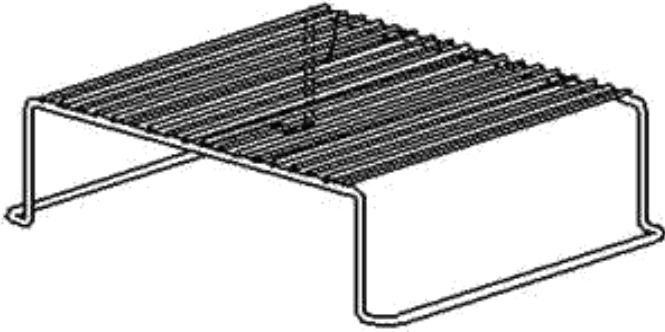
- The switching on and off of the microwave
- To select a cooking function (see "Operating modes").



Description

Accessories

Rack



Useful for grilling thin foods useful for grilling foods or other general uses.



Please pay attention to avoid the contact between the grill and the oven cavity during the microwaves function use; It could damage the cavity.



Some models are not provided with all accessories.

Description of functions

The table below provides a short description of the functions available.



Microwaves



Defrost by time



Microwaves + grill element



Defrost by weight



Grill element



Pizza function



Advantages of the microwave oven

In a conventional cooker, the heat that is radiated through the resistances or gas burners slowly penetrates the foods from the outside in. Therefore, there is a great loss of energy in heating the air, the oven components and the containers holding the food.

In the microwave, the heat is generated by the foods themselves, i.e. the heat goes from the inside out. There is no loss of heat to the air, the walls of the cavity or the containers (as long as they are microwave-safe containers). This means that only the food is heated.

To sum up, microwave ovens have the following advantages:

1. Savings in cooking time; in general, there is a $\frac{3}{4}$ reduction in time compared to conventional cooking.
2. Ultra fast defrosting of foods, thus reducing the danger of bacteria developing.
3. Energy-saving.
4. Conservation of the nutritional value of foods due to the reduction in cooking time.
5. Easy cleaning.

Microwave oven operating mode

The microwave oven contains a high voltage valve called a Magnetron, which converts the electrical energy into microwave energy. These electromagnetic waves are channelled towards the inside of the oven by a wave guide and distributed using a metallic disperser or a rotating plate.

Inside the oven, the microwaves are propagated in all directions and reflected by the metallic walls, thus uniformly penetrating the foods.

Why the food is heated

Most foods contain water and the water molecules vibrate with the microwaves.

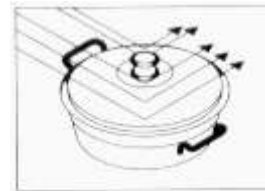
The friction between the molecules generates heat, which raises the temperature of the foods, defrosting or cooking them or keeping them hot.

Because heat is formed inside the foods:

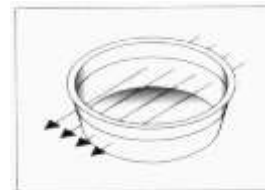
- The foods may be cooked without any liquids or oils, or with very little of these;
- Defrosting, heating or cooking in the microwave oven is faster than in a conventional oven;
- The vitamins, minerals and nutritious substances are conserved;
- Neither the natural colour nor the aroma are altered.

The microwaves go through porcelain, glass, cardboard or plastic, but not through metal. For this reason, metallic containers or containers with metallic parts should not be used in the microwave oven.

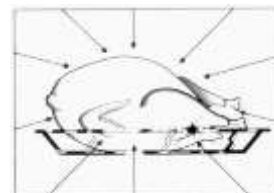
Microwaves are reflected by metal...



... they go through glass and porcelain...



... and are absorbed by the foods.





Use

Instructions



High temperature inside the oven during use

Danger of fire or explosion

- Do not spray any products near the oven.
- Do not use or leave flammable materials near the oven.
- Do not use plastic kitchenware to cook food (except with the microwave function).
- Do not put sealed tins or containers in the oven.
- Do not leave the oven unattended during cooking operations where fats or oils could be released.
- Remove all trays and racks which are not required during cooking

What kind of ovenware can be used?

Microwave function

In the microwave function, it is important to remember that the microwaves are reflected by metallic surfaces. Glass, porcelain, ceramic, plastic and paper will allow the microwaves to pass through.

Therefore, **metallic pans and dishes for cooking or containers with metallic components or decorations may not be used in the microwave.** Glassware and ceramic with **metallic decorations or parts** (e.g. lead glass) may not be used.

The **ideal** materials to be used for cooking in a microwave oven are refractory, heat-resistant glass, porcelain or ceramic. Very fine crystal and porcelain should only be used for a short time, to defrost or reheat foods that have already been cooked.

Test the dishes

Place the dish inside the oven at the maximum power level for 20 seconds. If it is cold or not very hot, it is suitable. However, if it gets very hot or causes an electrical arch, it is not suitable.

Hot foods transmit heat to the dish, which may become very hot. Therefore, always use a **glove!**

Grill function

In the case of the grill function, the dish must be resistant to temperatures of at least 250°C.

Plastic dishes are not suitable.

Combined function

In the combined function, the dishes that are used must be suitable for both microwave and grill cooking.

Aluminium containers and foils

Precooked foods in aluminium containers or wrapped in aluminium foil may be placed in the microwave oven if the following instructions are followed:

- Pay attention to the manufacturer's instructions that are printed on the packaging,
- Aluminium containers should not be higher than 3 cm and they should not come into contact with the walls of the cavity (minimum distance 3 cm). The aluminium lid should be removed.
- Place the aluminium container directly on the ceramic base. If the grille is used, the container should be placed on a porcelain plate. Never put the container directly on the grille!
- The cooking time will be longer because the microwaves only enter the food from above. In case of doubt, only use microwave-safe dishes.
- Aluminium foil may be used to reflect the microwaves during the defrosting process. Delicate foods, such as poultry or minced meat, may be protected from excessive heat by covering the respective ends.
- **Important:** the aluminium foil must not come into contact with the walls of the cavity, as this could cause an electrical arch.



Lids

The use of glass or plastic lids or adherent film is recommended, for the following reasons:

1. They prevent excessive evaporation (especially in very long cooking periods);
2. The cooking process is faster;
3. The food does not go dry;
4. The aroma is preserved.

The lid should have holes to avoid any type of pressure from building up. Plastic bags should also have openings. Baby bottles and baby food jars and other similar containers must only be heated without the lid, as they might explode if it is left on.

The following table gives general guidelines on the type of dishes that are suitable for each situation.

Table – dishware

| Operating mode Type of dish | Microwave | | Grill | Microwave + Grill |
|--|----------------|------|-------|-------------------|
| | Defrost / heat | Cook | | |
| Glass and porcelain 1) Domestic, non fire-resistant, may be washed in dishwasher | yes | yes | no | no |
| Glazed ceramic Fire-resistant glass and porcelain | yes | yes | yes | yes |
| Ceramic, earthenware dishes unglazed glazed without metallic decorations | yes | yes | no | no |
| Earthenware dishes glazed | yes | yes | no | no |
| unglazed | no | no | no | no |
| Plastic dishes 2) heat-resistant up to 100°C | yes | no | no | no |
| heat-resistant up to 250°C | yes | yes | no | no |
| Plastic films 3) Cling film | no | no | no | no |
| Cellophane | yes | yes | no | no |
| Paper, cardboard, parchment 4) | yes | no | no | no |
| Metal Aluminium foil | yes | no | yes | no |
| Aluminium containers 5) | no | yes | yes | yes |
| Accessories | yes | yes | yes | yes |

1. No golden or silver edges and no lead glass.
2. Remember the manufacturer's tips!
3. Do not use metal clips to close the bags. Perforate the bags. Use films only to cover foods.

4. Do not use paper plates.
5. Only shallow aluminium containers without lids. The aluminium must not come into contact with the walls of the cavity.



Use

First use

1. Remove any protective film from the outside or inside of the appliance, including accessories.
2. Remove any labels (apart from the rating plate) from the accessories and from the oven cavity.
3. Remove and wash all the appliance accessories (see 4 Cleaning and Maintenance).
4. Heat the empty oven at maximum temperature (using traditional functions) so as to remove any manufacturing residues.



For the first heating use a traditional function and not a microwave function.

3.5. Using the oven

Opening the door

To open the door press PT1 briefly.

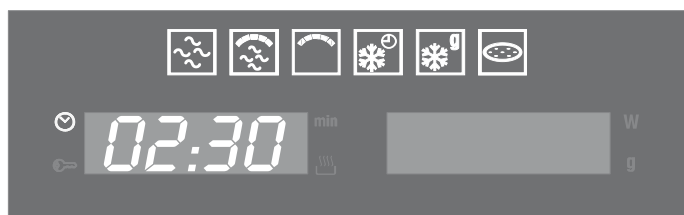
Operating modes

This product is programmed to provide 3 operating settings, which can be modified by pressing PT2.

Stand-by: activated as soon as the current time has been confirmed, with DSP1 on and showing the current time



ON: from the standby setting, press PT2 once. All the displays and knobs light up.



OFF: from the ON setting, press PT2 once. Only the symbol on DSP1 remains on.



The heating system is not activated immediately in any of these functions, in order to improve operator safety.

Setting the time

On the first use, or after a power failure will be flashing on the appliance's display. To be able to start any cooking function, the current time must be set.

1. Press PT1 for 3 seconds to set the current time.
2. Turn PT1 to the right and left to increase or decrease the hours.
3. Press it once to move on to setting the minutes.
4. Turn it the right and left to increase or decrease the hours and press it to set the current time.
5. The symbol will appear on the display, which will stop flashing.
6. Press PT1 again and the minutes will Flash, turn right left to set the minutes.
7. Press PT and the time is set.

Setting the current time

It might become necessary to change the current time, for example at the switch from summer to winter time. To do this, start from the standby setting (see "Operating modes"). Now repeat the operations described in point "Setting the time".



It is not possible to change the time if the oven is **ON**.

Selecting the function

1. In the ON state only, a cooking function can be selected by simply turning PT2 to the right or left.
2. The function selected will change colour to orange on DSP3.
3. The preset cooking time will be displayed on DSP1 and the preset parameters (temperature, microwaves power, weight) are displayed in alternation on DSP2.




3.6. Cooking Functions

Microwave



Given that they penetrate directly into the food, microwaves allow cooking to take place in a very short period of time and with a considerable saving of energy. They are suitable for cooking without fat and also for defrosting and re-heating food while maintaining its original appearance and fragrance.

1. After selecting this function, turn PT1 to the right or left to change the preset cooking duration.
2. Press PT1 for 3 seconds to validate and the microwaves power light  starts to blink.
3. Turn PT1 to the right or left to change the preset microwaves power.
4. Press PT2 to immediately start the cooking process or otherwise press PT1 for 3 seconds to set a different time for the cooking process start (please refer to “Delayed Start Time (Automatic cooking)”).



If the door is opened then cooking will stop. Once the door is closed press the **START** key to resume cooking.

Combination




Combination cooking is a mix of traditional cooking and microwave operation.

Microwave + Grill



The use of the grill results in perfect browning of the food's surface. Using the microwave on the other hand leads to a rapid internal cooking of the food.

1. After selecting this function, turn PT1 to the right or left to change the preset cooking duration.
2. Press PT1 for 3 seconds to validate and the microwaves power light  starts to blink.
3. Turn PT1 to the right or left to change the preset microwaves power.
4. Press PT2 to immediately start the cooking process or otherwise press PT1 for 3 seconds to set a different time for the cooking process start (please refer to “Delayed Start Time (Automatic cooking)”).



Improper user

Risk of damages to the appliance

- Do not use the combined functions to heat or boil liquids.



Use

Traditional cooking functions

Grill



The heat coming from the grill element gives perfect grilling results above all for thin and medium thickness meat and allows you to give the food an even browning at the end of the cooking. Perfect for sausages, spare ribs and bacon.

This function enables large quantities of food, particularly meat, to be grilled evenly.

1. After selecting this function, turn PT1 to the right or left to change the preset cooking duration.
2. Press PT2 to immediately start the cooking process or otherwise press PT1 to set a different time for the cooking process start (please refer to “Delayed Start Time (Automatic cooking)”).

Special functions and automatic programs

Defrosting by time (manual)



This function allows food to be defrosted by the microwave according to a selected period of time.

1. After selecting this function, turn PT1 to the right or left to change the preset defrosting duration.
2. Press PT2 to start the defrosting process.
3. The microwaves power will be automatically varied to achieve the best thawing results.




If the selected defrost duration is more than 5 minutes then, for best results, the dish inside the oven compartment will need to be turned.



Defrosting by weight (automatic)



This function allows food to be microwave defrosted according to the weight and type of food to be defrosted.

1. After selecting this function, turn PT1 to the right or left to change the preset food type displayed on DSP1.
2. Press PT1 for 3 seconds to validate and the weight light  starts to blink.
3. Turn PT1 to the right or left to change the preset food weight.
4. Press PT2 to start the defrosting process.
5. The defrosting time will be calculated based on the food's type and weight and the microwaves power will be automatically varied to achieve the best thawing results.




For best results during defrosting the dish inside the oven will need to be turned.

The following table shows the programs for the defrosting by weight function, indicating the weight ranges, defrosting and resting times (to ensure that the food reaches a uniform temperature).

| Program | Food | Weight (kg) | Time (min) | Resting time (min) |
|---------|---------|-------------|------------|--------------------|
| PR-01 | Meat | 100 - 2000 | 2 - 43 | 20 - 30 |
| PR-02 | Poultry | 100 - 2500 | 2 - 58 | 20 - 30 |
| PR-03 | Fish | 100 - 2000 | 2 - 40 | 20 - 30 |
| PR-04 | Fruit | 100 - 500 | 2 - 13 | 5 - 10 |
| PR-05 | Bread | 100 - 800 | 2 - 19 | 5 - 10 |

Pizza function



1. Turn PT2 to the right or left to select the Pizza Function.
2. The Pizza Function indicator  will be highlighted and DSP2 shows the pre-set time of 7 minutes.
3. This pre-set time is indicated to cook handmade pizzas and frozen pizzas up to 26 cm diameter, with an approximate weight of 350g and whose temperature is above 5°C.




In order to ensure satisfactory cooking result for frozen pizzas you should allow them to thaw and reach at least 5°C.



Use

Delayed Start Time (Automatic cooking)

1. When PT1 is pressed to define a delayed start time the corresponding light  starts to blink, DSP1 shows the current time and DSP 2 shows "Auto".
2. Turn PT1 to the right or left to change the delayed start time.
3. Press PT2 to validate the delayed start time.
4. The oven enters in an idle state waiting for the defined start time. DSP3 shows the selected function and DSP1 and DSP2 show all the defined parameters for the function continuously alternating.
5. If you wish to start the function before the selected time, just press PT2.
6. If you wish to cancel the programming, press PT2 for 3 seconds.

When the oven is working...

Interrupting a cooking cycle

You can stop the cooking process at any time by pressing the Start/Stop key once or by opening the oven door. In both cases:

- **Microwave emission is stopped immediately.**
- The grill is de-activated but is **still very hot. Danger of burning!**
- The timer stops and the display shows the remaining amount of operating time.

If you wish, at this time you can:

- Turn or stir the food to ensure it will be evenly cooked.
- Modify the process parameters.
- Cancel the process by pressing PT2 for 3 seconds.

To restart the process, close the door and press PT2.

Modifying parameters

The operating parameters (time, weight, power, etc.) can only be modified when the cooking process has been interrupted. Proceed as follows:

- Press PT1 approximately 5-6 seconds to activate the parameter modification mode. The **min** symbol starts to blink. Turn PT1 to the right or left to change the remaining cooking duration.
- Press PT1 for 3 seconds to validate and the next parameter light starts to blink. Proceed as described in the active function chapter to modify the remaining parameters.
- Press PT2 to continue the cooking process.

Cancelling a cooking cycle

1. If you wish to cancel the cooking process, press PT2 for 3 seconds.
2. You will then hear a beep and the oven returns to the OFF setting.

End of a cooking cycle


At the end of the process you will hear three beeps and the display will show the word "End".

The beeps are repeated every 30 seconds until the door is opened or PT2 is pressed. The oven returns to the OFF setting





Secondary menu

This appliance also has a concealed "secondary menu" allowing the user to:

1. Activate or deactivate the Show Room function (which disables all the heating elements so that only the control panel works);
2. Activate or deactivate the function which limits the maximum power absorption to 2000 W;
3. Activate or deactivate the child safety device ();

Child safety lock-out function

1. With the oven in OFF status (see "Operating modes") keep PT1 pressed until the message OFF SHO appears on DSP1.
2. Now press PT1 until the message "OFF BLOC" appears on DPS1.
3. Turn PT1 to the right or left to activate (ON BLOC) or deactivate (OFF BLOC) this function, which locks out all the functions and knobs after 3 minutes of operation without any command from the user (when this system is active, the  symbol appears on DPS2).
4. After setting the parameter required, press PT2 to return the oven to the initial standby status.
5. To exit the lockout status temporarily to modify a cooking program or select a different function, keep PT1 pressed until the  symbol disappears from DSP2. The required changes can now be made, and 2 minutes after the last setting is made the lockout will come into operation again.
6. To deactivate the lockout permanently, access the secondary menu and switch the function off as described in this section.

Show Room Function (for exhibitors only)

1. With the oven in OFF status (see point "7.2 Operating settings") keep PT1 pressed between 5-6 seconds, until the message OFF SHO appears on DSP1. This means that the SHOW ROOM function (which disables all the heating elements so that only the control panel works) is not active.
2. Turn PT1 to the right or left to activate (ON SHO) or deactivate (OFF SHO) this function. To use the oven normally, set OFF SHO.
3. After setting the parameter required, press PT2 to return the oven to the initial standby status.

Cooling fan system

The appliance is equipped with a cooling system which comes into operation as soon as a cooking function starts.

Operation of the fans generates a normal air flow which comes out above the door and may continue for a short time even after the oven is switched off.

Inside light

The oven light comes on:

- when the oven door is opened in standby status or;
- when the function knob is turned to any function.

If the oven door is left open, the oven light will automatically shut-off after 10 minutes.



Use

Recommended cooking tables

Cooking with Microwaves



Warning!

- **Read the section “Safety Information” before cooking with your microwave**

Follow these recommendations when cooking with microwaves:

- Before heating or cooking foods with peel or skin (e.g. apples, tomatoes, potatoes, sausages) prick them so that they do not burst. Cut the food up before starting to prepare it.
- Before using a container or dish make sure that it is suitable for microwave use (see the section on types of ovenware).
- When cooking food with very little moisture (e.g. defrosting bread, making popcorn, etc.) evaporation is very quick. The oven then works as if it was empty and the food may burn. The oven and the container may be damaged in such a situation. You should therefore set just the cooking time necessary and you must keep a close eye on the cooking process.
- It is not possible to heat large quantities of oil (frying) in the microwave.
- Remove pre-cooked food from the containers they come in since these are not always heat resistant. Follow the food manufacturer's instructions.
- If you have several containers, such as cups, for example, set them out uniformly on the ceramic base.
- Do not close plastic bags with metal clips. Use plastic clips instead. Prick the bags several times so that the steam can escape easily.
- When heating or cooking foods, check that they reach at least a temperature of 70°C.
- During cooking, steam may form on the oven door window and may start to drip. This

situation is normal and may be more noticeable if the room temperature is low. The oven's safe working is not affected by this. After you have finished cooking, clean up the water coming from the condensation

- When heating liquids, use containers with a wide opening, so that the steam can evaporate easily.

Prepare the foods as per the instructions and keep in mind the cooking times and power levels indicated in the tables.

Keep in mind that the figures given are only indicative and can vary depending on the initial state, temperature, moisture and type of food. It is advisable to adjust the times and power levels to each situation. Depending on the exact characteristics of the food you may need to increase or shorten the cooking times or increase or decrease the power levels.

Cooking with microwaves...

1. The greater the amount of food, the longer the cooking time. Keep in mind that:
 - Double the quantity » double the time
 - Half the quantity » half the time
2. The lower the temperature, the longer the cooking time.
3. Foods containing a lot of liquid heat up more quickly.
4. Cooking will be more uniform if the food is evenly distributed on the ceramic base. If you put dense foods on the outside part of the plate and less dense ones on the centre of the plate, you can heat up different types of food simultaneously.
5. You can open the oven door at any time. When you do this the oven switches off automatically. The microwave will only start working again when you close the door and press the start key.
6. Foods that are covered require less cooking time and retain their characteristics better. The lids used must let microwaves pass through and have small holes that allow steam to escape



Cooking vegetables

| Food | Quantity (gr) | liquids Addition | Power (W) | Time (min.) | Standing Time (min.) | Instructions |
|------------------------|---------------|------------------|-----------|-------------|----------------------|---|
| Cauliflower | 500 | 100 ml | 850 | 9-11 | 2-3 | Cut into slices. Keep covered. |
| Broccoli | 300 | 50 ml | 850 | 6-8 | 2-3 | |
| Mushrooms | 250 | 25 ml | 850 | 6-8 | 2-3 | |
| Peas, carrots | 300 | 100 ml | 850 | 7-9 | 2-3 | Cut into chunks or slices. Keep covered. |
| Frozen carrotS | 250 | 25 ml | 850 | 8-10 | 2-3 | |
| Potatoes | 250 | 25 ml | 850 | 5-7 | 2-3 | Peel and cut into equal sized pieces. Keep covered. |
| Paprika | 250 | 25 ml | 850 | 5-7 | 2-3 | Cut into chunks or slices Keep covered. |
| Leek | 250 | 50 ml | 850 | 5-7 | 2-3 | |
| Frozen Brussel sprouts | 300 | 50 ml | 850 | 6-8 | 2-3 | Keep covered. |

Cooking fish

| Food | Quantity (g) | Power (W) | Time (min.) | Standing Time (min.) | Instructions |
|--------------|--------------|-----------|-------------|----------------------|---|
| Fish fillets | 500 | 600 | 10-12 | 3 | Cook covered over. Turn after half of cooking time. |
| Whole fish | 800 | 850 | 2-3 | 2-3 | Cook covered over. Turn after half of cooking time. You may wish to cover up the small edges of the fish. |
| | | 360 | 7-9 | | |

Defrosting with Microwaves



General instructions for defrosting:

1. When defrosting, use only dishes that are appropriate for microwaves (china, glass, suitable plastic).
2. The defrost function by weight and the tables refer to the defrosting of raw food.
3. The defrosting time depends on the quantity and thickness of the food. When freezing food keep the defrosting process in mind. Distribute the food evenly in the container.
4. Distribute the food as best as possible inside the oven. The thickest parts of fish or chicken

drumsticks should be turned towards the outside. You can protect the most delicate parts of food with pieces of aluminium foil. Important: The aluminium foil must not come into contact with the oven cavity interior as this can cause electrical arcing.

5. Thick portions of food should be turned several times.
6. Distribute the frozen food as evenly as possible since narrow and thin portions defrost more quickly than the thicker and broader parts.

7. Fat-rich foods such as butter, cream cheese and cream should not be completely defrosted. If they are kept at room temperature they will be



Use

ready to be served in a few minutes. With ultra-frozen cream, if you find small pieces of ice in it, you should mix these in before serving.

8. Place poultry on an upturned plate so that the meat juices can run off more easily.

9. Bread should be wrapped in a napkin so that it does not become too dry.

10. Turn the food whenever the oven lets out a beep and the DSP1 displays the word: *turn*.

11. Remove frozen food from its wrapping and do not forget to take off any metal twist-tags. For containers that are used to keep frozen food in the freezer and which can also be used for heating and cooking, all you need to do is take off the lid.

For all other cases you should put the food into containers that are suitable for microwave use.

12. The liquid resulting from defrosting, principally that from poultry, should be discarded. In no event should such liquids be allowed to come into contact with other foods.

13. Do not forget that by using the defrosting function you need to allow for standing time until the food is completely defrosted.

The table below shows different defrosting and standing times (in order to ensure the food temperature is evenly distributed) for different types and weights of food, plus recommendations.

| Food | Weight (g) | Defrosting time (min) | Standing time (min) | Recommendation |
|------------------------------------|------------|-----------------------|---------------------|------------------|
| Portions of meat, veal, beef, pork | 100 | 2-3 | 5-10 | Turn once |
| | 200 | 4-5 | 5-10 | Turn once |
| | 500 | 10-12 | 10-15 | Turn twice |
| | 1000 | 21-23 | 20-30 | Turn twice |
| | 1500 | 32-34 | 20-30 | Turn twice |
| | 2000 | 43-45 | 25-35 | Turn three times |
| Goulash | 500 | 8 -10 | 10-15 | Turn twice |
| | 1000 | 17-19 | 20-30 | Turn three times |
| Minced meat | 100 | 2-4 | 10-15 | Turn twice |
| | 500 | 10-14 | 20-30 | Turn three times |
| Sausages | 200 | 4-6 | 10-15 | Turn once |
| | 500 | 9-12 | 15-20 | Turn twice |
| Poultry (portions) | 250 | 5-6 | 5-10 | Turn once |
| | 1000 | 20-24 | 20-30 | Turn twice |
| Chicken | 2500 | 38-42 | 25-35 | Turn three times |
| Poularde | 200 | 4-5 | 5-10 | Turn once |
| Fish fillet | 250 | 5-6 | 5-10 | Turn once |
| Trout | 100 | 2-3 | 5-10 | Turn once |
| Prawns | 500 | 8-11 | 15-20 | Turn twice |
| Fruit | 200 | 4-5 | 5-10 | Turn once |
| | 300 | 8-9 | 5-10 | Turn once |
| | 500 | 11-14 | 10-20 | Turn twice |
| Bread | 200 | 4-5 | 5-10 | Turn once |
| | 500 | 10-12 | 10-15 | Turn once |
| | 800 | 15-17 | 10-20 | Turn twice |
| Butter | 250 | 8-10 | 10-15 | |
| Cream cheese | 250 | 6-8 | 10-15 | |
| Creams | 250 | 7-8 | 10-15 | |



Cooking with the Grill Element

For good results with the grill, use the rack supplied with the oven.

Fit the rack in such a way that it doesn't come into contact with the metal surfaces of the oven cavity since if it does there is a danger of electric arcing which may damage the oven.

IMPORTANT POINTS:

1. When the grill is used for the first time there will be some smoke and a smell coming from the oils used during oven manufacture.
2. The oven door window becomes very hot when the grill is working. Keep children away.
3. When the grill is operating, the cavity walls and the grid iron become very hot. You should use oven gloves.

4. If the grill is used for extended period of time it is normal to find that the elements will switch themselves off temporarily due to the safety thermostat.

5. Important! When food is to be grilled or cooked in containers you must check that the container in question is suitable for microwave use. See the section on types of ovenware!

6. When the grill is used it is possible that some splashes of fat may go onto the elements and be burnt. This is a normal situation and does not mean there is any kind of operating fault.

7. After you have finished cooking, clean the interior and the accessories so that cooking remains do not become encrusted.

Grill Element



| Fish | Quantity (g) | Time (min.) | Instructions |
|--------------------------------|--------------|-------------|--|
| Fish | | | |
| Bass | 800 | 18-24 | Spread lightly with butter. After half of cooking time turn and spread with seasoning. |
| Sardines/gurnard | 6-8 fish. | 15-20 | |
| Meat | | | |
| Sausages | 6-8 units | 22-26 | Prick after half cooking time and turn. |
| Frozen hamburgers | 3 units | 18-20 | |
| Spare rib (approx. 3 cm thick) | 400 | 25-30 | After half of cooking time, baste and turn. |
| Others | | | |
| Toast | 4 units | 1½-3 | Watch toasting. |
| Toasted sandwiches | 2 units | 5-10 | Watch toasting. |

Heat up the grill beforehand for 2 minutes. Unless indicated otherwise, use the rack. Place a tray below the rack so that the water and the fat can drop. The times shown are merely indicative and can vary as a function of the composition and quantity of the food, as well as the final condition wished for. Fish and meat taste great if, before grilling, you brush them with vegetable oil, spices and herbs and leave to marinate for a few hours. Only add salt after grilling.

Sausages will not burst if you prick them with a fork before grilling.

After half the grilling time has passed, check on how the cooking is going and, if necessary, turn the food over.

The grill is especially suitable for cooking thin portions of meat and fish. Thin portions of meat only need to be turned once, but thicker portions should be turned several times. Heat up the grill beforehand for 2 minutes.



Use

Microwaves + Grill Element

The microwave + grill function is ideal for cooking quickly and, at the same time, browning foods. Furthermore, you can also grill and cook cheese covered food.

The microwave and the grill work simultaneously. The microwave cooks and the grill toasts.

| Food | Quantity (g) | Dish | Power (W) | Time (min.) | Standing time (min.) |
|--------------------------------|----------------|-------------------|-----------|-------------|----------------------|
| Cheese topped pasta | 500 | Low dish | 180 | 12-17 | 3-5 |
| Cheese topped potatoes | 800 | Low dish | 600 | 20-22 | 3-5 |
| Lasagne | approx. 800 | Low dish | 600 | 15-20 | 3-5 |
| Grilled cream cheese | approx. 500 | Low dish | 180 | 18-20 | 3-5 |
| 2 fresh chicken legs (grilled) | 200 each | Low dish | 360 | 10-15 | 3-5 |
| Chicken | approx. 1000 | Low and wide dish | 360 | 35-40 | 3-5 |
| Cheese topped onion soup | 2 x 200 g cups | Soup bowls | 360 | 2-4 | 3-5 |

Before using a dish in the microwave oven make sure that it is suitable for microwave use. Only use dishes or containers that are suitable for microwave use.

The dish to be used in the combined function must be suitable for microwave and grill use. See the section on types of ovenware!

Keep in mind that the figures given are merely indicative and can vary as a function of the initial state, temperature, moisture and type of food.

If the time is not enough to brown the food well, put it under the grill for another 5 or 10 minutes.

Please follow the standing times and don't forget to turn the meat pieces.

Unless indicated to the contrary, use the ceramic base for cooking.

The values given in the tables are valid when the oven cavity is cold (it is not necessary to pre-heat the oven).