

## **Making cooking as much fun as eating**

Please read this instruction manual. This will ensure that you make full use of all the technical benefits your microwave appliance has to offer.

It will provide you with important safety information. You will be familiarised with the individual components of your new appliance. And we will show you how to make settings step by step. - simple!

The tables list numerous well-known dishes and typical settings. All these dishes are tested in our cooking studio.

In the unlikely event of a malfunction, look here for information on how to rectify minor faults yourself.

A detailed table of contents will help you to find what you're looking for quickly.

Enjoy your meal!

**Instruction manual . . . . . 2 – 58**

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# Safety information

Read this instruction manual carefully. Only then will you really be able to operate your appliance safely and correctly.

Please keep the instruction and installation manuals in a safe place. Please include these manuals if you pass on the appliance to a new owner.

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## Before installation

### Damage during transport

Check the appliance for damage after unpacking it. Do not connect the appliance if it has been damaged during transportation.

### Transporting the appliance

Do not carry or hold the appliance by the door handle. The door handle cannot support the weight of the appliance and could break off.

### Electrical connection

Only a licensed expert may connect the appliance. Warranty claims for damage caused by incorrect connection will not be accepted.

### Installation and connection

Please observe the special installation instructions.

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## Information for your safety

This appliance is intended for domestic use only. This appliance must only be used for preparing food and drink.

Adults and children must not operate the appliance without supervision,

- if they are physically, sensorially or mentally incapable of doing so or
- if they lack the knowledge and experience required to operate it correctly and safely.

Never let children play with the appliance.

## **Children**

Children may prepare meals only if they have been properly instructed. They must be able to operate the appliance correctly. They must understand the hazards indicated in the instruction manual. Children must be supervised when using the appliance, to ensure that they do not play with it.

## **Children and the microwave**

Children may prepare meals with the solo microwave only if they have been properly instructed. They must be able to operate the appliance correctly. They must understand the hazards indicated in the instruction manual.

Children must be supervised when using the appliance, to ensure that they do not play with it. In combined operation mode, children may use the appliance only under the supervision of adults. There is a risk of burning.

## **Hot cooking compartment**

There is a risk of burns.

Never touch the hot surfaces of heating and cooking appliances. Never touch the internal surfaces of the cooking compartment or the heating elements. Open the cooking compartment door carefully. Hot steam may escape. Small children must be kept at a safe distance from the appliance at all times.

There is a risk of fire.

Never store combustible items in the cooking compartment.

Never open the cooking compartment door if smoke can be seen in the appliance. Switch off the appliance. Pull out the mains plug or switch off the fuse in the fuse box.

There is a risk of a short-circuit.

Never trap cables of electrical appliances in the cooking compartment door when it is hot. The cable insulation could melt.

There is a risk of burns.

Never prepare food containing large quantities of drinks with a high alcohol content. Alcoholic vapours can catch fire in the cooking compartment. Use only small quantities of drinks with a high alcohol content and open the cooking compartment door carefully.

|  |  |
|--|--|
| <b>Hot accessories</b>                               | <p>There is a risk of burns.</p> <p>Always use an oven cloth or oven gloves to remove hot accessories from the appliance.</p>  |
| <b>Damaged cooking compartment door or door seal</b> | <p>There is a risk of serious damage to health.</p> <p>Never use the appliance if the cooking compartment door or the door seal is damaged. Otherwise microwave energy may escape. Only use the appliance again once it has been repaired.</p>   |
| <b>Heavily corroded surfaces</b>                     | <p>There is a risk of serious damage to health.</p> <p>The surface of the appliance could rust through over time if it is not cleaned properly. Microwave energy may escape. Clean the appliance on a regular basis.</p>   |
| <b>Casing open</b>                                   | <p>There is a risk of electric shock.</p> <p>Never remove the casing. The appliance is a high-voltage appliance.</p> <p>There is a risk of serious damage to health.</p> <p>Never remove the casing. It prevents microwave energy from escaping.</p>   |
| <b>Hot or humid environment</b>                      | <p>There is a risk of short-circuiting.</p> <p>Never expose the appliance to intense heat or humidity.</p>   |
| <b>Incorrect repairs</b>                             | <p>There is a risk of electric shock.</p> <p>Incorrect repairs are dangerous. Repairs may only be carried out, and damaged power cables replaced, by one of our experienced after-sales engineers.</p> <p>You must not open the casing. The appliance is a high-voltage appliance. The casing prevents microwave energy from escaping.</p> <p>If the appliance is faulty, switch off the circuit breaker in the fuse box or disconnect the appliance at the mains. Call the after-sales service.</p> |

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## Information on the microwave

### Preparing food

There is a risk of fire.

Only use the microwave to prepare food which is fit for consumption. Using the microwave for other purposes may be dangerous and may result in damage, e.g. heated slippers and grain or cereal pillows could catch fire, even several hours later.

### Ovenware

There is a risk of injury.

Porcelain or ceramic ovenware can have small perforations in the handles or lids. These perforations conceal a cavity below. Moisture that has penetrated this cavity could cause the ovenware to crack.

Only use ovenware that is suitable for use in a microwave.

There is a risk of burns.

Hot food can heat up ovenware. Always use an oven cloth or oven gloves to remove ovenware and accessories from the cooking compartment.

### Microwave power and time

There is a risk of fire.

Do not select a microwave power or time setting that is higher than necessary. The food could catch fire and cause damage to the appliance. Follow the information provided in this instruction manual.

### Packaging

There is a risk of fire.

Never heat food in heat-retaining packages.

Do not leave food heating unattended in containers made of plastic, paper or other combustible materials.

There is a risk of burns.

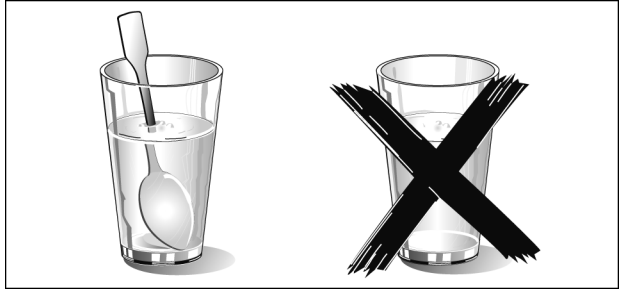
Airtight packaging may burst when food is heated. Follow the information provided on the packaging. Always use an oven cloth or oven gloves to remove meals.

## Drinks

There is a risk of scalding

There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. If the container is only shaken a little, the hot liquid can suddenly boil over and spatter.

When heating liquids, always place a spoon in the container. This will prevent delayed boiling.



There is a risk of explosion.

Never heat drinks or other food in containers that have been tightly sealed.

Never overheat alcoholic drinks.

There is a risk of burns.

Never heat baby food in closed containers. Always remove the lid or teat.

Stir or shake well after the food has been heated. This ensures even heat distribution.

Check the temperature of the food before it is given to the child.

## Baby food

## Foods with a shell or skin

There is a risk of burns.

Never cook eggs in their shells. Never reheat hard-boiled eggs as they can explode even after microwave operation has ended. The same applies to shellfish and crustaceans.

Always prick the yoke when baking or poaching eggs.

Always prick the skin of foodstuffs with solid peels or skins such as apples, tomatoes, potatoes and sausages before cooking to prevent the peel or skin from bursting.

## Drying food

There is a risk of fire.

Never use the microwave to dry food.



**Food with a low water content**

There is a risk of fire.  
Never defrost or heat food with a low water content, e.g. bread, at too high a power or for too long.

**Cooking oil**

There is a risk of fire.  
Never use the microwave to heat cooking oil on its own.

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## **Causes of damage**

**Water in the hot cooking compartment**

Never pour water into the hot cooking compartment. This will cause steam. The temperature change can cause damage to the ceramic floor panel.

**Fruit juice**

When baking very moist fruit flan, do not put too much on the baking tray. Fruit juice dripping from the baking tray leaves stains that cannot be removed.

**Technical fault**

Never use the enamel baking tray when cooking with microwave operation. It will result in a technical fault.

**Cooling with the appliance door open**

Only leave the cooking compartment to cool with the door closed. Do not trap anything in the appliance door. Even if the door is only open slightly, the fronts of adjacent units may be damaged over time.

**Heavily soiled seal**

If the seal is very dirty, the appliance door will no longer close properly during operation. The fronts of adjacent units could be damaged. Always keep the seal clean.

**Using the appliance door for standing on or placing objects on**

Do not stand or place anything on the open appliance door. Do not place ovenware or accessories on the appliance door.

**Operating the microwave without food**

Do not switch on the microwave unless there is food in the cooking compartment. The appliance may be overloaded if it is switched on without any food inside. An exception to this rule is for brief testing of ovenware (*see notes on ovenware*).

**Moist food**

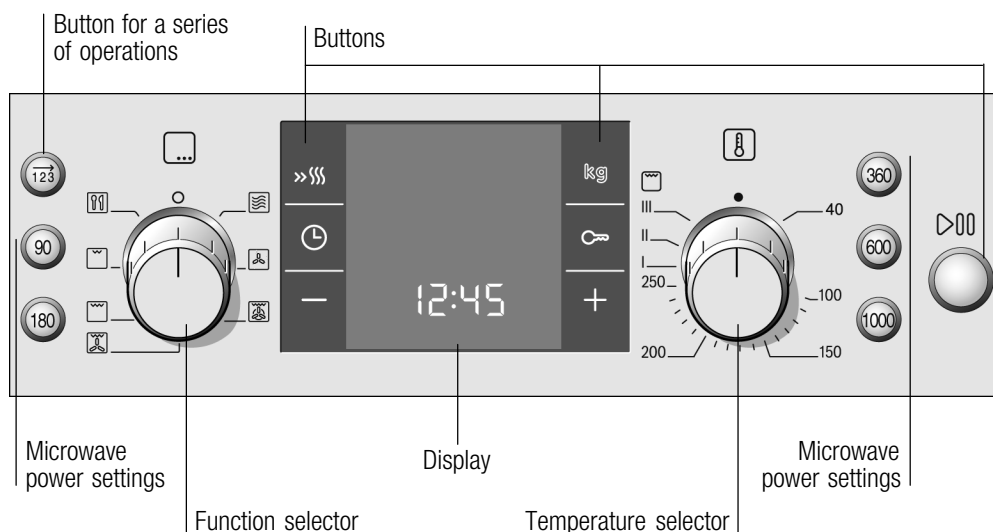
Do not store moist food in the closed cooking compartment for long periods. This will damage the enamel.

# Your new appliance

Use this section to familiarise yourself with your new appliance. The control panel and the individual controls are explained here. You will find information about the cooking compartment and the accessories.

## Control panel

Here is an overview of the control panel. Depending on the appliance model, there may be differences in the particular details.



## Control knobs

The control knobs are retractable. To lock them in or out, press the control knob when it is set to zero.






## Buttons

Sensors are located under the individual buttons. They must not be pressed too firmly. Only touch the corresponding symbol.

Exception: the button for the series of operations and the buttons for the microwave power settings are normal push buttons.


## Buttons

Using the buttons, you can set various functions. You can read the values that you have set on the display.

| Symbol   | Button function   |
|--|---|
| <br>123 | Select sequential operations  |
| 90   | Select microwave power 90 watt  |
| 180  | Select microwave power 180 watt   |
| 360  | Select microwave power 360 watts  |
| 600  | Select microwave power 600 watts  |
| 1000   | Select microwave power 1000 watts   |
| >>SS   | Select rapid heating  |
|         | Select weight   |
|         | Open and close the time-setting options menu                              |
|         | Select childproof lock  |
| - Minus  | Decrease the adjustment values  |
| + Plus   | Increase the adjustment values  |
|         | Press briefly = start/stop operation<br>Press and hold = cancel operation |

### Notes









The time-setting options that are in the foreground of the display are indicated by the brackets [ ] around the relevant symbol.

Exception: With the clock, the symbol  is lit up only if you are making changes.

When you switch on the oven, the lamp in the cooking compartment comes on.



## Function selector


Use the function selector to set the type of heating.

| Setting  | Use  |
|--|--|
|  Off position         | The oven is switched off.  |
|  Microwave            | Select microwave operation.  |
|  Hot air              | For baking sponge cakes in baking tins, flans and cheesecakes as well as cakes, pizza and small baked products on the baking tray.             |
|  Convection grilling  | Is particularly suitable for roasting pieces of meat.  |
|  Hot air grilling     | Poultry goes brown and crispy. Baked casseroles and grilled dishes work out best using this setting.   |
|  Grill, large surface | Select between the levels high, medium or low. This is ideal if you wish to grill several steaks, sausages, pieces of fish or slices of bread. |
|  Grill, small surface | This type of heating is ideal for cooking small quantities. Place the grill items next to each other in the centre of the wire rack.           |
|  Programmes           | 4 defrosting programmes<br>11 cooking programmes<br>The type of heating and cooking time are determined according to weight.                   |

## Temperature selector

Set the temperature or grill setting using the temperature selector.

| Setting  | Meaning   |
|--|---|
|  Off position | The oven does not heat up.  |
| 40, 100-250<br>Temperature range   | The temperature of the oven in °C.  |
| I, II, III<br>Grill settings   | The grill settings for the large  grill area.<br>I = Level 1, low<br>II = Level 2, medium<br>III = Level 3, high |

The  symbol remains lit in the display until the oven has reached the set temperature.

---

## Cooking compartment

### Cooling fan

Your appliance has a cooling fan. The cooling fan switches on during operation. The warm air escapes above the door.

**Caution:** do not cover the ventilation slots, otherwise the oven will overheat.

The cooling fan continues to run for a certain time after operation.

### Notes

The appliance remains cool during microwave operation. The cooling fan will still switch on. The fan may run on even when microwave operation has ended.

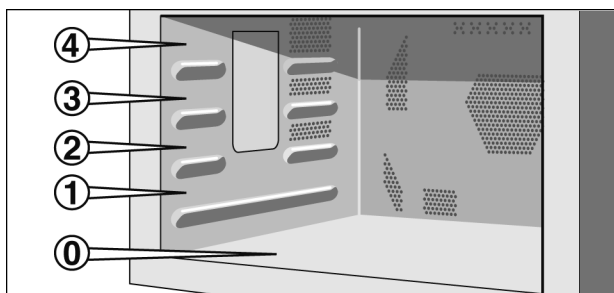
Condensation may appear on the door window, interior walls and floor. This is normal and does not adversely affect microwave operation. Wipe away the condensation after cooking.

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## Accessories

The accessories can be inserted into the appliance at 4 different heights.

Ovenware can also be placed on the oven floor (level 0).





### **Wire rack**

For ovenware, cake tins, grilling and frozen meals.

You can pull the wire rack two thirds of the way out without it tipping. This allows the meals to be removed easily.

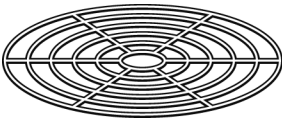


### **Enamel baking tray**

For cakes and biscuits.

Push the baking tray as far as possible into the oven, with the sloping edge facing towards the appliance door.

The enamel baking tray is not suitable for combined operation with the microwave.



### **Microwave baking rack**

For baking with metal baking tins with combined operation.

Only use the microwave baking rack in conjunction with the wire rack.

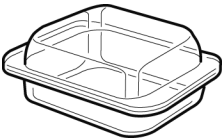
Always place the microwave baking rack on the wire rack. Place the metal baking tray on the rack.

This prevents sparks being created between the wire rack and the baking tin.

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## **Optional accessories**

You can obtain further accessories from the after-sales service or from specialist retailers.



### **Glass roasting dish HEZ95001**

For pot roasts and bakes that you prepare in the oven. It is particularly suitable for the automatic programmes.

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# **Before using the appliance for the first time**

Here you will find everything you need to do before using your oven to prepare food for the first time. First read the *Safety information* section.

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## Setting the time

Once the appliance has been connected to the power supply, four zeros flash in the display. Set the time.


1. Press the **+** or **-** button.  
Default value **+**: 12:00  
Default value **-**: 23:59
2. Use the **+** or **-** button to set the clock.  
The time is accepted after a few seconds.
3. Press the  button.  
The time is set.

### Note



In order to reduce the energy consumption of your appliance in standby, you can hide the clock. Read about this in the *Changing basic settings* section.

---

## Heating up the oven

Heat up the empty oven with the door closed to remove the new smell. One hour with hot air  at 180 °C is ideal.

Make sure that there are no remains of packaging in the cooking compartment.

1. Use the function selector to set hot air .
2. Set the temperature to 180 °C using the temperature selector.
3. Press the  button.  
The oven begins to heat up.

After an hour, switch the oven off. To do so, turn the function selector to the zero position.

---

## Cleaning accessories


Before using the accessories for the first time, clean them thoroughly using a soft cloth and hot soapy water.

# Setting the oven

There are various ways in which you can set your oven. Here we will explain how you can select the desired type of heating and temperature or grill setting.

You can also select the oven cooking duration for your dish. Please refer to the section on *Setting the time setting options*.

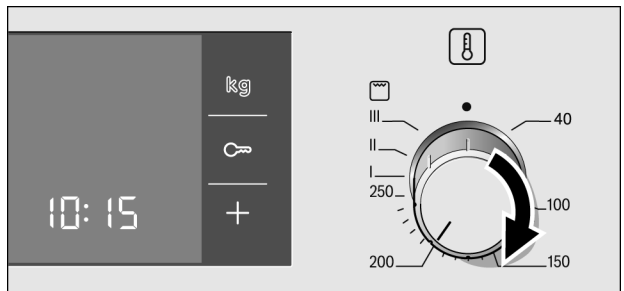
## Setting the type of heating and temperature


Example in the diagram: Hot air grill  at 200 °C.

1. Use the function selector to set the type of heating.




2. Set the temperature or grill setting using the temperature selector.





3. Press the  button.  
The oven begins to heat up.



### Opening the oven door during operation

Operation is paused. Press the  button after closing the door. The operation continues.

### Pausing operation

Press the  button to pause the operation. Press the  button again to resume the operation.

### Switching off the oven

Turn the function selector to the zero position.

### Changing the settings




You can change the type of heating and temperature or grill setting at any time using the appropriate selector.

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## Rapid heating

With rapid heating, your oven reaches the temperature set particularly quickly.


Use the rapid heating function when temperatures above 100 °C are set. The best types of heating for this are

-  hot air
-  convection grilling
-  hot air grilling



To ensure an even cooking result, only put your dish in the cooking compartment when the rapid heating phase is complete.

1. Set the type of heating and temperature.
2. Press the  button.  
The  symbol lights up in the display.
3. Press the  button.  
The oven begins to heat up.

### Rapid heating has finished

A signal sounds. The  symbol in the display goes out. Put your dish in the oven.

### Cancelling rapid heating

Press the  button. The  symbol in the display goes out.

---

# The microwave

Microwaves are converted to heat in foodstuffs. The microwave can be used solo, i.e. on its own, or in combination with a different type of heating. You will find information about cookware and how to set the microwave.

## Note

In the *Tested for your in our cooking studio* section, you will find examples for defrosting, heating and cooking with the microwave oven.

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## Notes regarding ovenware

### Suitable ovenware

Suitable dishes are heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic. These materials allow microwaves to pass through.

You can also use serving dishes. This saves you having to transfer food from one dish to another. You should only use ovenware with decorative gold or silver trim if the manufacturer guarantees that they are suitable for use in microwaves.

### Unsuitable ovenware

Metal ovenware is unsuitable. Metal does not allow microwaves to pass through. Food in covered metal containers will remain cold.

**Caution** Metal - e.g. a spoon in a glass - must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could destroy the glass on the inside of the door.

### Ovenware test

Do not switch on the microwave unless there is food inside.

The following ovenware test is the only exception to this rule.

Perform the following test if you are unsure whether your ovenware is suitable for use in the microwave: Heat the empty ovenware at maximum power for between 30 and 60 seconds. Check the temperature of the ovenware during this period. The ovenware should still be cold or warm to the touch. The ovenware is unsuitable if it becomes hot or sparks are generated.

## Microwave power settings

Use the button to set the desired microwave power.

|            |   |
|------------|---|
| 90 watts   | for defrosting delicate foods               |
| 180 watts  | for defrosting and continued cooking        |
| 360 watts  | for cooking meat and heating delicate foods |
| 600 watts  | for heating and cooking food                |
| 1000 watts | for heating liquids                         |



When you press a button, the selected power lights up.

### Note


The microwave power can be set to 1,000 watts for a maximum of 30 minutes. A cooking time of 90 minutes is possible with all other power settings.

## Setting the microwave


Example: Microwave power 360 W, cooking time 17 minutes.

1. Set the function selector to .
2. Press the button for the microwave power setting you require.  
The power selected is illuminated. A suggested cooking time is displayed.
3. Use the **+** or **-** button to set the cooking time.
4. Press the  button.  
The microwave starts. The cooking time can be seen counting down.

**The cooking time has elapsed**

A signal sounds. Microwave operation is finished. Turn the function selector to the zero position. You can cancel the acoustic signal before it sounds using the  button.

**Opening the oven door during cooking**

Cooking is paused. Press the  button briefly once you have closed the appliance door. The programme will then continue.



**Changing the cooking time**

This is possible at any time. Use the **+** or **-** button to change the cooking time.


**Changing the microwave power setting**

Press the button for the new microwave power setting. Use the **+** or **-** button to set the cooking time and restart the microwave.


**Pausing cooking**

Press the  button and cooking is paused. Press  again and cooking is resumed.

**Cancelling cooking**

Press and hold the  button for approximately 4 seconds and turn the function selector to the zero position.

**Notes**

If you set the function selector to , the highest microwave power setting is always lit up as a suggestion.

If you open the appliance door during cooking, the fan may continue to run.






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# MicroCombi mode

This involves the simultaneous operation of one of the types of heating together with the microwave. Using the microwave makes your dishes ready more quickly, but they are still nicely browned.


You can connect all microwave power settings.  
Exception: 1000 watts.


## Suitable types of heating

-  hot air
-  convection grilling
-  hot air grilling
-  grill, large area
-  grill, small area


---

## Setting MicroCombi


Example: microwave 360 W, 17 minutes and hot air  190 °C.

1. Set the type of heating using the function selector, and the temperature using the temperature selector.
2. Press the button for the microwave power setting you require.  
A suggested cooking time appears.
3. Use the **+** or **-** button to set the cooking time.
4. Press the  button.  
The microwave starts. The cooking time can be seen counting down.



## The cooking time has elapsed

A signal sounds. Combination mode is finished. You can cancel the acoustic signal before it sounds using the  button.

## Opening the oven door during cooking

Cooking is paused. When you have closed the door, press the  button and cooking continues.

## Pausing cooking

Press the  button briefly. The oven is paused. Press  again to resume cooking.


### Changing the cooking time

This is possible at any time. Use the **+** or **-** button to change the cooking time.

### Changing the microwave power setting

Press the button for the new microwave power setting. Use the **+** or **-** button to set the cooking time.

### Cancelling cooking

Press and hold the  button for approximately 4 seconds and turn the function selector back to the zero position.

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## 1,2,3 series of operations

You can use the series of operations function to set up to three different microwave power settings and times and then start.



### Ovenware

Always use heat-resistant cookware which is suitable for microwaves.

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## Setting sequential operations

Set a cooking time for each sequential operation.

1. Set the function selector to .
2. Press the  $\overrightarrow{123}$  button.  
The  $\overrightarrow{1}$  for the first sequential operation appears in the display.
3. Set the first microwave power level and cooking time.
4. Press the  $\overrightarrow{123}$  button.  
The  $\overrightarrow{2}$  for the second sequential operation appears.
5. Set the second microwave power level and cooking time.
6. Press the  $\overrightarrow{123}$  button.  
The  $\overrightarrow{3}$  for the third sequential operation appears.
7. Set the third microwave power level and cooking time.
8. Press the  button.

The operation begins. The total cooking time appears.

|   |   |
|---|---|
| <b>The cooking time has elapsed</b>           | A signal sounds. The sequential operation has finished. You can cancel the acoustic signal before it sounds using the ⊖ button.   |
| <b>Changing the setting</b>                   | It is only possible to make a change before the start. Press the $\overline{123}$ button repeatedly until the number for the sequential operation appears. Change the settings. |
| <b>Opening the oven door during operation</b> | Operation is suspended. After closing the door, press ▷   again. The programme will then continue.  |
| <b>Suspending an operation</b>                | Press the ▷   button briefly. The oven is paused. Press ▷   again, the operation continues running.   |
| <b>Cancelling operation</b>                   | Press and hold the ▷   button for approximately 4 seconds and turn the function selector to the off position.   |
| <b>Calling up the cooking time</b>            | Press the ⊖ button twice.   |

#### **Note**

You can also combine a type of heating with the sequential operation. Set the type of heating first.

---

## **Automatic programmes**


The automatic programmes enable you to prepare food very easily. You select the programme and enter the weight of your food. The automatic programme makes the optimum setting. You can select from 15 programmes.

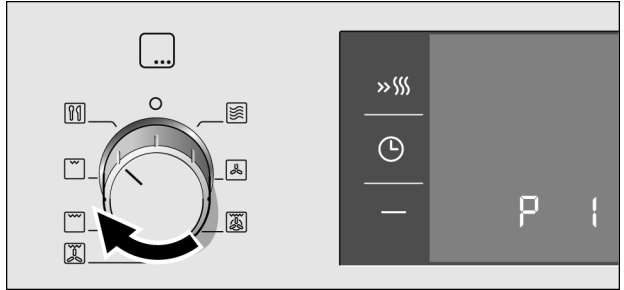
---

### **Setting the programme**

When you have selected a programme, set the oven. The temperature selector must be at the zero setting.

Example in the diagram: programme 2 with 1 kg weight.

1. Set the function selector to automatic programming .  
The first programme number appears in the display.



2. Use the **+** or **-** button to select the programme number.



3. Press the **kg** button.  
The weight suggestion 0.50 kg appears in the display.





4. Use the + or – button to set the weight.



5. Press the ▷||| button.

The programme starts. In the display, the timer can be seen counting down and the ◡ symbol is in brackets.

#### **Programme has finished**

A signal sounds. The programme has finished, the oven no longer heats.

Press the ▷||| button and turn the function selector to the zero position.

#### **Changing the programme**

Once the oven has started, the programme number and weight cannot be changed.

#### **Switching off the signal prematurely**

Press the ⌚ button.

#### **Opening the appliance door during cooking**

Cooking is paused. When you have closed the door, press the ▷||| button to resume cooking.

#### **Pausing cooking**

Press the ▷||| button briefly. The oven is paused. Press ▷||| again to resume cooking.

#### **Cancelling the programme**

Press and hold the ▷||| button for approximately 4 seconds and turn the function selector to the zero position. The oven is switched off.

#### **Changing cooking time and end time**

With automatic programming, you cannot change the cooking time or end time.

---

## Notes for the automatic program

Remove the food from its packaging and weigh it. If you are unable to enter the exact weight, enter the closest possible weight.

Place the food in a shallow, microwaveable dish, e.g. a glass or china plate. Do not cover the dish.

Place the food in the cold oven.

You will find a table showing suitable foods, respective weight ranges and the necessary accessories attached to these notes.

It is not possible to set a weight outside of the weight range.

With lots of dishes, a signal will sound after a certain length of time. Turn the food or stir it.

As far as possible, freeze and store food flat and in portion-sized quantities at  $-18^{\circ}\text{C}$ .

Place the frozen food on a shallow dish, e.g. a glass or porcelain plate.

After defrosting, allow the food to defrost for a further 15 to 90 minutes until it reaches room temperature.

Liquid will be produced when defrosting meat, poultry or fish. Drain off this liquid when turning meat and poultry and under no circumstances use it for other purposes or allow it to come into contact with other foods.

Bread should only be defrosted in the required amounts, as it quickly becomes stale.

After turning, remove any minced meat that has already defrosted.

Whole poultry should be placed in the dish breast-side down and poultry portions skin-side down.

### Defrosting

### Vegetables

Vegetables, fresh: Cut into pieces of equal size. Add one tablespoon of water for every 100 g vegetables.

Vegetables, frozen: This programme is only suitable for blanched, not pre-cooked vegetables. The programme is not suitable for frozen vegetables in cream sauce. Add 1 to 3 tablespoons of water. Do not add water to spinach or red cabbage.

|                        |   |
|------------------------|---|
| <b>Boiled potatoes</b> | Cut into equal sized pieces. Add a little salt and a tablespoon of water for every 100 g of potatoes. |
| <b>Rice</b>            | Do not use boil-in-the-bag rice.<br>Add two to two and a half times the amount of water to the rice.  |
| <b>Fish</b>            | Fish fillet, fresh Add 1 to 3 tablespoons of water or lemon juice.                                    |
| <b>Meat</b>            | The joint should cover two thirds of the dish base. Add 50 - 100 ml of liquid.                        |
| <b>Poultry</b>         | Place the chicken in the dish breast-side down.<br>Place chicken pieces in the dish flesh-side down.  |
| <b>Pizza, frozen</b>   | Use prebaked, frozen pizza and pizza baguettes.   |
| <b>Resting times</b>   | Some dishes need to rest in the oven after the programme has ended.                                   |

| <b>Dish</b>           | <b>Resting time</b>                                       |
|-----------------------|---|
| Vegetables            | approx. 5 minutes   |
| Potatoes              | approx. 5 minutes.<br>First pour off the remaining water. |
| Rice                  | 5 to 10 minutes   |
| Pork joint, meat loaf | 10 minutes  |

## Programme table

| <b>Progr. no.</b> | <b>Suitable foodstuffs</b> | <b>Weight range in kg</b>                       | <b>Ovenware / accessories, shelf height</b> |   |
|-------------------|----------------------------|---|---|---|
| <b>Defrosting</b> |                            |   |   |   |
| 1                 | Loaf of bread*             | Wheat bread, mixed wheat bread, wholemeal bread | 0.20 - 1.50                                 | Shallow ovenware without a lid<br>Cooking compartment floor |
| 2                 | Minced meat*               | Minced meat made from beef, lamb, or pork       | 0.20 - 1.00                                 | Shallow ovenware without a lid<br>Cooking compartment floor |

| Progr. no. |                | Suitable foodstuffs                                | Weight range in kg | Ovenware / accessories, shelf height                        |
|------------|----------------|--|--------------------|---|
| 3          | Whole poultry* | Chicken, duck                                      | 0.60 - 2.00        | Shallow ovenware without a lid<br>Cooking compartment floor |
| 4          | Fish fillet*   | Fillet of pike, cod, rosefish, pollock, pike-perch | 0.20 - 1.00        | Shallow ovenware without a lid<br>Cooking compartment floor |

\* Observe the turning signals.

### Cooking

|   |                         |  |             |   |
|---|-------------------------|--|-------------|---|
| 5 | Vegetables, fresh*      | Cauliflower, broccoli, carrots, kohlrabi, leeks, peppers, courgettes | 0.20 - 1.00 | Ovenware with lid<br>Cooking compartment floor      |
| 6 | Vegetables, frozen*     | Cauliflower, broccoli, carrots, kohlrabi, red cabbage, spinach       | 0.20 - 1.00 | Ovenware with lid<br>Cooking compartment floor      |
| 7 | Boiled potatoes*        | Waxy potatoes, fairly waxy potatoes, floury potatoes                 | 0.20 - 1.00 | Ovenware with lid<br>Cooking compartment floor      |
| 8 | Rice, long grain rice*  |  | 0.10 - 0.50 | Deep ovenware with lid<br>Cooking compartment floor |
| 9 | Steam fresh fish fillet | Fillet of pike, cod, rosefish, pollock, pike-perch                   | 0.20 - 1.00 | Ovenware with lid<br>Cooking compartment floor      |

\* Observe the stirring signals.


### Combi cooking

|    |                           |                                |             |   |
|----|---------------------------|--------------------------------|-------------|---|
| 10 | Pizza, frozen             | Pizza with thin base, prebaked | 0.15 - 0.55 | Wire rack<br>Level 3                                |
| 11 | Lasagne bolognese, frozen |                                | 0.40 - 1.00 | Ovenware without a lid<br>Cooking compartment floor |
| 12 | Chicken, fresh*           | Whole chicken                  | 0.80 - 1.80 | Ovenware with lid<br>Cooking compartment floor      |
| 13 | Chicken portions, fresh   | Chicken thigh, half chicken    | 0.40 - 1.60 | Ovenware with lid<br>Cooking compartment floor      |
| 14 | Meat loaf                 | Approx. 8 cm in height         | 0.80 - 1.50 | Ovenware without a lid<br>Cooking compartment floor |
| 15 | Roast pork, fresh*        | Boned neck joint, rolled joint | 0.80 - 2.00 | Ovenware with lid<br>Cooking compartment floor      |

\* Observe the turning signals.

---



# Setting the time setting options


Your oven has different time setting options. Use button  to access the menu and switch between the individual functions. While you can make settings, all time symbols are lit. The brackets [ ] show you which time function you have currently selected. A time function which has already been set can be changed directly with button **+** or **-**, when its time symbol is in brackets.

---


## Set timer

You can use the timer as a kitchen timer. It operates independently of the oven. The timer has its own signal. This means that you can distinguish whether the timer time has elapsed or the cooking time has finished.

1. Press the  button once.  
The time symbols are lit in the display, and the brackets are around .
2. Use the **+** or **-** button to set the timer time.  
Default value for **+** button = 10 minutes  
Default value for **-** button = 5 minutes

The set time is adopted after a few seconds. The timer starts. In the display, the [] symbol lights up and the timer can be seen counting down. The other time symbols go out.

### The timer time has elapsed

A signal sounds. 0:00 is shown in the display. Use the  button to switch off the timer.


### Changing the timer time





Use the **+** or **-** button to change the timer time. The change is adopted after a few seconds.

### Clearing the timer time

Use the **-** button to reset the timer to 0:00. The change is adopted after a few seconds. The timer is switched off.

### Checking the time settings



If more than one time-setting option is set, the corresponding symbols are lit up in the display. The timer counts down in the foreground. The  symbol is in brackets and the timer can be seen counting down.

To check the timer , duration  or clock , press the  button repeatedly until the brackets are around the appropriate symbol. The value is shown for a few seconds in the display.

## Setting a cooking time

You can set the oven to the cooking time for your dish. When the time has expired, the oven switches off automatically. This means that you do not have to stop what you are doing to switch off the oven. The cooking time will not be exceeded unintentionally.


Example in the diagram: duration 45 minutes.

1. Use the function selector to set the type of heating.
2. Set the temperature or grill setting using the temperature selector.
3. Press the  button twice.  
20:00 is shown in the display. The time symbols are lit and the brackets are around .



4. Use the **+** or **-** button to set the cooking time.



5. Press the  button.  
The oven starts.

### The cooking time has elapsed

In the display, you can see the timer counting down and the [⏸] symbol is lit. The other time symbols go out.

A signal sounds. The oven stops heating. 0:00 is shown in the display

To stop the signal, press the ⏸ button. Turn the function selector to the zero position. The oven is switched off.

### Changing the cooking time

Use the + or – button to change the cooking time. The change is applied after a few seconds.

When the timer has counted down: press the ⏸ button and change the cooking time with the + or – button.

### Clearing the cooking time

Use the – button to reset the cooking time to 0:00. The change is applied after a few seconds. The cooking time is cancelled.

When the timer has counted down: first, press the ⏸ button.

### Checking the time settings

If more than one time-setting option is set, the corresponding symbols are lit up in the display.

To check the timer ⏸, duration ⏸ or clock ⏸, press the ⏸ button repeatedly until the brackets are around the relevant symbol. The value is shown for a few seconds in the display.

---

## Setting the time



When the appliance has been connected to the power supply, or after a power cut, the [⏸] symbols and four zeros are lit in the display. Set the time.

1. Press the + or – button.  
Default value +: 12:00  
Default value –: 23:59
2. Use the + or – button to set the clock.
3. Press the ⏸ button.  
The time is set.

The time which has been set is adopted after a few seconds.

### Changing the time

No other time-setting options may be set.

1. Press the  button twice.  
The time symbols are lit in the display, and the brackets are around [].
2. Use the **+** or **-** button to change the time.

The time which has been set is adopted after a few seconds.

## Hiding the clock

You can hide the time. You can then only see it when the oven is in operation. Read about this in the *Changing basic settings* section.

---

# Childproof lock


The oven has a childproof lock to prevent children switching it on accidentally.

The oven does not respond to settings. You can also set the timer and clock when the childproof lock is activated.


## Activating the childproof lock


Condition: A cooking time must not have been set and the function selector must be at the zero position.

Press and hold the  button for approximately four seconds.

The  symbol appears in the display.  
The childproof lock is activated.

## Deactivating the childproof lock

Press and hold the  button for approximately four seconds.

The  symbol goes out in the display.  
The childproof lock is deactivated.

## Childproof lock with automatic programming

If automatic programming is set, the childproof lock does not work.



---

# Changing the basic settings

Your appliance has various basic settings that you can change at any time.





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## Basic settings

The table lists all of the basic settings and the options for making changes.

|            | <b>Basic setting</b>                             | <b>Options</b>   | <b>Explanation</b>  |
|------------|--|--|---|
| <b>c 1</b> | Clock display<br><i>1</i> = on                   | Clock display<br><i>2</i> = off                              | Display of the clock  |
| <b>c 2</b> | Signal duration<br><i>2</i> = medium = 2 minutes | <i>1</i> = short = 10 seconds<br><i>3</i> = long = 5 minutes | Signal after the cooking time has elapsed                     |
| <b>c 3</b> | Button tone:<br><i>1</i> = on                    | Button tone:<br><i>2</i> = off                               | Confirmation tone when a button is pressed                    |
| <b>c 4</b> | Waiting time<br><i>2</i> = medium = 5 seconds    | <i>1</i> = short = 2 seconds<br><i>3</i> = long = 10 seconds | Waiting time between individual steps, after making a setting |
| <b>c 5</b> | Signal volume<br><i>2</i> = medium               | <i>1</i> = low<br><i>3</i> = high                            | Volume of the signal  |

Prerequisite: Your appliance is switched off.

1. Press and hold the  button for several seconds. The first basic setting appears in the display.
2. Change the basic setting using the **+** or **-** button.
3. Confirm with the  button. The next basic setting appears in the display. You can go through all of the basic settings with the  button and make changes with the **+** or **-** button.
4. Finally, press and hold the  button for a few seconds.

All settings are applied.

You may change the settings at any time.

---

# Care and cleaning

If carefully cleaned and taken care of, your microwave oven will remain fully functional and in a good condition for a long time to come. This section explains how to properly care for and clean your appliance.



Danger of short-circuiting.

Never use high-pressure cleaners or steam jets.



Risk of burning.

Do not clean the appliance immediately after switching it off. Allow the appliance to cool down.

## Notes

Slight differences in the colours on the front of the appliance are caused by the use of different materials, such as glass, plastic and metal.

Shadows on the door panel which look like streaks are light reflections from the oven light.

Unpleasant smells, e.g. after preparing fish, can be removed quite easily. Add a few drops of lemon juice to a cup of water. Place a spoon in the container to prevent delayed boiling. Heat the water for 1 to 2 minutes at the maximum microwave power setting.

---

## Cleaning agents

Surfaces are different and damage caused by using the wrong cleaning agent can be avoided by observing the information in the table below.

Do not use:

- any caustic or abrasive cleaning agents
- metal or glass scrapers to clean the glass in the appliance door.
- metal or glass scrapers to clean the door seal.
- any coarse scouring pads or cleaning sponges

Rinse out new sponge cloths thoroughly before use.

| Area  | Cleaning agents  |
|---|--|
| Appliance front                               | <p>Hot soapy water:<br/>Clean using a dish cloth and then dry with a soft cloth.</p> <p>Do not use metal or glass scrapers for cleaning.</p>   |
| Stainless steel                               | <p>Hot soapy water:<br/>Clean using a dish cloth and then dry with a soft cloth. Remove any flecks of limescale, grease, starch and egg white immediately. Corrosion can form under such marks. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist retailers.</p> |
| Cooking compartment                           | <p>Hot soapy water or a vinegar solution:<br/>Clean using a dish cloth and then dry with a soft cloth.</p> <p>For heavy soiling:<br/>Only use oven cleaner in a cold oven.</p>   |
| Cooking compartment made of stainless steel   | <p>Do not use oven spray or other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These agents scratch the surface.</p> <p>Allow the interior surfaces to dry thoroughly.</p>   |
| Glass cover for the cooking compartment light | <p>Hot soapy water:<br/>Clean with a dish cloth.</p>   |
| Door panels                                   | <p>Glass cleaner:<br/>Clean with a dish cloth.<br/>Do not use glass scrapers.</p>  |
| Door seal<br>Do not remove.                   | <p>Hot soapy water:<br/>Clean with a dish cloth; do not scrub.</p> <p>Do not use metal or glass scrapers for cleaning.</p>   |
| Accessories                                   | <p>Hot soapy water:<br/>Soak and then clean with a dish cloth or a brush.</p>  |

### For easier cleaning

you can switch on the oven light. Open the appliance door to do so.

### Cleaning the glass cover

The glass oven-light cover is located on the left side wall inside the oven. Undo the screw from the cover. Then you can clean the glass with soapy water.

## **Self-cleaning surface in the cooking compartment**

The rear wall of the oven is coated with self-cleaning enamel. It cleans itself while the oven is in operation. Sometimes, larger splashes of food may not disappear until the oven has been operated several times. Residue left by spices and similar ingredients can be removed with a dry cloth or a soft brush.

### **Important notes**

Never treat the self-cleaning surface with oven cleaner.

If oven cleaner is accidentally applied to the rear panel, remove it immediately with a sponge and plenty of water.

Never use abrasive cleaning agents. They will scratch or destroy the highly porous coating.

Never clean the self-cleaning surface with a scouring pad.

Light discolouration of the enamel does not affect self-cleaning.

## **Cleaning the cooking compartment floor, ceiling and side walls**

Use a dish cloth and hot soapy water or a vinegar solution.

It is best to use oven cleaner if there are very heavy deposits of dirt. Only use oven cleaner in a cold oven.

# Troubleshooting

Malfunctions often have simple explanations. Please read the following notes before calling the after-sales service.

If one of your dishes does not turn out as you had hoped, please refer to the *Tested for you in our cooking studio* section. You will find many cooking tips and tricks there.

| <b>Problem</b>  | <b>Possible cause</b>   | <b>Remedial action/notes</b>   |
|---|---|--|
| The appliance does not work.  | The plug is not plugged into the mains.                               | Plug it in.  |
|   | Power cut   | Check whether the kitchen light switches on.   |
|   | Blown fuse  | Look in the fuse box to make sure that the fuse for the appliance is OK.                     |
|   | Operating error   | Switch off the circuit breaker in the fuse box. After approx. 10 seconds switch it on again. |
| Three zeros are flashing in the display.                                  | Power cut   | Reset the time.  |
| The appliance is not in operation. A cooking time appears in the display. | The ▷00 button was not pressed after the setting had been made.       | Press the ▷00 button or switch the appliance off.  |
| The microwave does not switch on.   | The door is not properly closed.                                      | Check whether leftover food or a foreign object is trapped in the door.                      |
|   | The ▷00 button was not pressed.                                       | Press the ▷00 button.  |
| It takes longer than before for the food to heat up.                      | The microwave power setting is too low.                               | Select a higher microwave power setting.   |
|   | You have placed a larger amount of food than normal in the appliance. | Double the amount = almost double the cooking time.  |

| Problem   | Possible cause   | Remedial action/notes   |
|---|--|---|
| A signal sounds. The two dots in the display are flashing.          | The appliance is in demonstration mode.  | <ol style="list-style-type: none"> <li>1. Press the <math>\overrightarrow{123}</math> button.</li> <li>2. Press and hold the <math>\text{ⓀⓂ}</math> button for 3 seconds. The demonstration mode is deactivated.</li> </ol> |
| Error message "Er1" or "Er4" appears in the display.                | The temperature sensor has failed.   | Call the after-sales service.   |
| Error message "Er11" appears in the display. "Button is jammed"     | The buttons are dirty or the mechanics have jammed.                                      | Press all the buttons several times. Clean the buttons with a dry cloth. Open and close the appliance door. If this does not help, consult the after-sales service.   |
| Error message "Er19" appears in the display.                        | There is extreme overheating (possibly a fire inside). Microwave power setting too high. | Do not open the door. Disconnect from the mains or switch off the fuse in the fuse box and allow to cool down.  |
| Error message "Er17", "Er18" or "Er20" appears in the text display. | Technical fault.   | Call the after-sales service.   |



Risk of electric shock.

Incorrect repairs are dangerous. Repairs may only be carried out by one of our trained after-sales engineers.

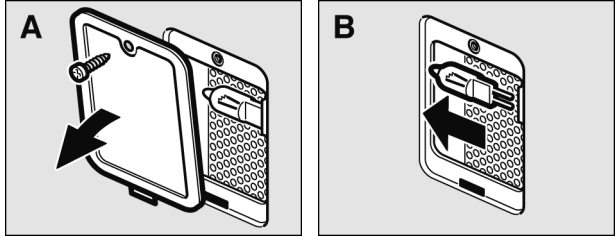
## Replacing the oven light bulb

The oven light bulb is replaceable. Heat-resistant 25 V, 240 W halogen bulbs can be obtained from the after-sales service or a specialist retailer.

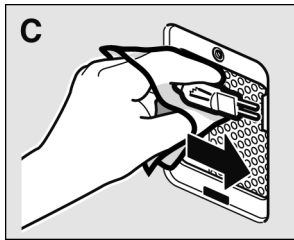
Always remove the new halogen bulb from the packaging using a dry cloth. This increases the service life of the bulb.

1. Unplug the appliance from the mains or switch off the circuit breaker in the fuse box.
2. Open the appliance door.  
Undo the two screws from the right and left of the oven.

3. Place a tea towel in the cold oven to prevent damage.  
Carefully lift out the appliance.
4. Undo the screw from the lamp cover on the left-hand side wall and remove the cover. (Fig. A)  
Pull out the halogen bulb. (Fig. B).



5. Insert the new halogen bulb. (Fig. C)



6. Screw the lamp cover in place.  
Reassemble the appliance in the reverse order.
7. Remove the tea towel. Switch the circuit breaker in the fuse box back on or plug in the mains plug.

## Replacing the glass cover

If the glass cover in the oven is damaged, it must be replaced. You can obtain covers from the after-sales service. Please supply your appliance's E number and FD number.

---

# After-sales service

Our after-sales service is there for you if your appliance should need to be repaired. You will find the address and telephone number of your nearest after-sales service point in the phone book. The listed after-sales service centres will also be pleased to give you the details of an after-sales service point near you.

## E number and FD number

Please quote the E number (product number) and the FD number (production number) of your appliance when contacting the after-sales service.

The rating plate bearing these numbers can be seen when you open the appliance door.

You can make a note of the number of your appliance and the telephone number of the after-sales service in the space below to save time should it be required.

|       |        |
|-------|--------|
| E no. | FD no. |
|-------|--------|

|                       |
|-----------------------|
| After-sales service 📞 |
|-----------------------|

Please note that a visit from an after-sales service engineer is not free of charge, even during the warranty period.

---

## Technical data

|                              |                     |
|------------------------------|---------------------|
| Power supply                 | 220-240 V, 50 Hz    |
| Maximum total connected load | 3,100 W             |
| Microwave power setting      | 1,000 W (IEC 60705) |
| Grill Output                 | 2,000 W             |
| Hot air Output               | 1,950 W             |
| Microwave frequency          | 2,450 MHz           |
| Fuse                         | 16 A                |



|                       |                       |
|-----------------------|-----------------------|
| Dimensions (HxWxD)    |                       |
| - appliance           | 45.9 x 59.6 x 56.3 cm |
| - cooking compartment | 24.2 x 44.5 x 34.7 cm |
| VDE approved          | Yes                   |
| CE mark               | Yes                   |

This appliance complies with standard EN 55011 or CISPR 11.

It is a group 2, class B product.

Group 2 means that microwaves are produced for the purpose of heating food.

Class B indicates that the appliance is suitable for domestic use.

---

## Environmentally-friendly disposal



Dispose of packaging in an environmentally-friendly manner.

This appliance is labelled in accordance with European Directive 2002/96/EU on Waste Electrical and Electronic Equipment - WEEE.

The directive gives a framework for the collection and recycling of old appliances, which is valid across the EU.

---

# Tested for you in our cooking studio

Here you will find a selection of dishes and the ideal settings for them. We will show you which type of heating and which temperature or microwave power setting are ideal for your dish. You can find information about suitable accessories and the height at which they should be inserted. There are also tips about cookware and preparation methods.

## Notes

The values in the table always apply to dishes placed in a cold and empty cooking compartment. Only preheat the appliance if the table specifies that you should do so.

Before using the appliance, remove all accessories from the cooking compartment that you will not be using.

Do not line the accessory with greaseproof paper until after it has been preheated.

The times specified in the tables are only guidelines. They will depend on the quality and consistency of the food.

Use the accessories supplied. Additional accessories may be obtained from specialist shops or from the after-sales service.

Always use an oven cloth or oven gloves when taking hot accessories or ovenware out of the cooking compartment.

---

## Tables

The following tables provide you with numerous options and settings for the microwave.

The times specified in the tables are only guidelines. They may vary according to the ovenware used and the quality, temperature and consistency of the food.

Time ranges are often specified in the tables. Set the shortest time first and then extend the time if necessary.

It may be that you have different quantities from those specified in the tables.

A rule of thumb can be applied:

Double the amount – almost double the time

Half the amount – half the time.

You can place the dish in the middle of the wire rack or on the oven floor. The food will then absorb the microwaves from all sides.

## Defrosting

Place the frozen food in an uncovered tray on the oven floor.

Delicate parts such as the legs and wings of chicken or fatty outer layers of roasts can be covered with small pieces of aluminium foil. The foil must not touch the oven walls. You can remove the foil half way through the defrosting time.

Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times. When turning, drain off any liquid produced by defrosting.

Leave defrosted items to stand at room temperature for a further 10 to 60 minutes so that the temperature can stabilize. The giblets can be removed from poultry at this point.

|  | Amount  | Microwave setting (watts),<br>Cooking time in minutes | Notes  |
|--|---------|---|--|
| Whole joints of meat<br>e.g. beef, pork, veal<br>(with or without bones) | 800 g   | 180 watts, 15 mins. + 90 watts, 15-25 mins.           | Turn several times.  |
|  | 1.000 g | 180 watts, 15 mins. + 90 watts, 25-35 mins.           |  |
|  | 1.500 g | 180 watts, 20 mins. + 90 watts, 25-35 mins.           |  |
| Diced or sliced beef,<br>pork and veal                                   | 200 g   | 180 watts, 5 mins. + 90 watts, 4-6 mins.              | Separate the pieces of meat<br>when turning.   |
|  | 500 g   | 180 watts, 10 mins. + 90 watts, 5-10 mins.            |  |
|  | 800 g   | 180 watts, 10 mins. + 90 watts, 10-15 mins.           |  |
| Mixed minced meat  | 200 g   | 90 watts, 15 mins.                                    | Freeze flat if possible. Turn<br>several times during defrosting<br>and remove meat which has<br>already been defrosted. |
|  | 500 g   | 180 watts, 5 mins. + 90 watts, 10-15 mins.            |  |
|  | 800 g   | 180 watts, 10 mins. + 90 watts, 15-20 mins.           |  |

|   | <b>Amount</b>    | <b>Microwave setting (watts),<br/>Cooking time in minutes</b>                              | <b>Notes</b>  |
|---|------------------|--|---|
| Poultry or poultry portions                     | 600 g<br>1.200 g | 180 watts, 5 mins. + 90 watts, 10-15 mins.<br>180 watts, 10 mins. + 90 watts, 20-25 mins.  | Turn half way through.  |
| Duck  | 2.000 g          | 180 watts, 20 mins. + 90 watts, 30-40 mins.  | Turn several times.   |
| Goose   | 4.500 g          | 180 watts, 30 mins. + 90 watts, 60-80 mins.  | Turn every 20 minutes. Drain off any liquid produced by defrosting.               |
| Fillet of fish, fish steak, slices              | 400 g            | 180 watts, 5 mins. + 90 watts, 10-15 mins.   | Separate defrosted items.   |
| Whole fish                                      | 300 g<br>600 g   | 180 watts, 3 mins. + 90 watts, 10-15 mins.<br>180 watts, 8 mins. + 90 watts, 15 - 25 mins. | Turn half way through.  |
| Vegetables, e.g. peas                           | 300 g<br>600 g   | 180 watts, 10-15 mins.<br>180 watts, 10 mins. + 90 watts, 8-13 mins.                       | Stir carefully half way through.  |
| Fruit<br>e.g. raspberries                       | 300 g<br>500 g   | 180 watts, 7-10 mins.<br>180 watts, 8 mins. + 90 watts, 5-10 mins.                         | Stir carefully during defrosting and separate the defrosted parts.                |
| Butter, softening                               | 125 g<br>250 g   | 90 watts, 6-8 mins.<br>180 watts, 2 mins. + 90 watts, 3-5 mins.                            | Remove the packaging completely.  |
| Whole loaf                                      | 500 g<br>1.000 g | 180 watts, 3 mins. + 90 watts, 10-15 mins.<br>180 watts, 5 mins. + 90 watts, 15-25 mins.   | Turn half way through.  |
| Cakes, dry<br>e.g. sponge cakes                 | 500 g<br>750 g   | 90 watts, 10-15 mins.<br>180 watts, 3 mins. + 90 watts, 10-15 mins.                        | Separate pieces of cake. Only for cakes without icing, cream or crème pâtissière. |
| Cakes, moist<br>e.g. fruit cake and cheese cake | 500 g<br>750 g   | 180 watts, 5 mins. + 90 watts, 15-20 mins.<br>180 watts, 7 mins. + 90 watts, 15-20 mins.   | Only for cakes without icing, cream or gelatine.                                  |

## **Defrosting, heating up or cooking frozen foods**

Take ready-made meals out of their packaging. They will heat up more quickly and evenly if you place them in microwavable dishes. Different parts of the meal may heat up at different rates.

Food which is laid flat heats up quicker than if it is piled high. Therefore it is best to spread out the food so that it lies flat in the container. You should not place layers of food on top of each other.

Always cover the food. If you do not have a suitable lid for your dish, use a plate or special microwave foil.

You should stir or turn the food two to three times during heating.

Once you have heated up the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

The individual taste of the food is retained to a large degree. You can therefore go easy on salt and spices.

|  | <b>Amount</b> | <b>Microwave setting (watts),<br/>Cooking time in minutes</b> | <b>Notes</b>                |
|--|---------------|---|-----------------------------|
| Menu, one-course meal, ready-made meal in two to three parts | 300-400 g     | 600 watts, 11 - 15 mins.                                      | covered                     |
| Soups  | 400-500 g     | 600 watts, 8 - 13 mins.                                       | covered                     |
| Stews  | 500 g         | 600 watts, 10 - 15 mins.                                      | covered                     |
|  | 1.000 g       | 600 watts, 20 - 25 mins.                                      |                             |
| Slices or pieces of meat in sauce, e.g. goulash              | 500 g         | 600 watts, 12 - 17 mins.                                      | covered                     |
|  | 1.000 g       | 600 watts, 25 - 30 mins.                                      |                             |
| Fish, e.g. fillets   | 400 g         | 600 watts, 10 - 15 mins.                                      | covered                     |
|  | 800 g         | 600 watts, 20 - 25 mins.                                      |                             |
| Side dishes, e.g. rice, noodles                              | 250 g         | 600 watts, 2 - 5 mins.  | covered, add water          |
|  | 500 g         | 600 watts, 8 - 10 mins.                                       |                             |
| Vegetables e.g. peas, broccoli and carrots                   | 300 g         | 600 watts, 8 - 10 mins.                                       | covered, add 1 tbsp water   |
|  | 600 g         | 600 watts, 14 - 17 mins.                                      |                             |
| Creamed spinach  | 450 g         | 600 watts, 11 - 16 mins.                                      | simmer without adding water |

## Heating food

Take ready-made meals out of their packaging. They will heat up more quickly and evenly if you place them in microwavable dishes. Different parts of the meal may heat up at different rates.

When heating liquids, always place a teaspoon in the container to stop the liquid from boiling over. When boiling is delayed, the liquid comes to the boil without the customary steam bubbles. Even if the container only vibrates a little, the liquid can boil over a lot or spatter. This can cause injuries and scalding.

Always cover the food. If you do not have a suitable lid for your dish, use a plate or special microwave foil.

You should stir or turn the food several times during heating. Monitor the temperature.

Once you have heated up the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

|   | <b>Amount</b>                | <b>Microwave setting in watts, cooking time in minutes</b>  | <b>Notes</b>  |                  |
|---|------------------------------|---|---|------------------|
| Menu, plated meal, ready-made meals (in two or three parts) | 350 - 500 g                  | 600 watts, 4 - 8  | Covered   |                  |
| Drinks  | 150 ml<br>300 ml<br>500 ml   | 1000 watts, 1 - 2<br>1000 watts, 2 - 3<br>1000 watts, 4 - 5 | Place a spoon in the container. Do not overheat alcoholic drinks. Check during heating.   |                  |
| Baby food e.g. baby's bottles                               | 50 ml<br>100 ml<br>200 ml    | 360 watts, ½ - 1<br>360 watts, ½ - 1½<br>600 watts, 1 - 2   | Without the lid or teat. Always shake well after heating. You must check the temperature. |                  |
| Soup  | 1 bowl<br>2 bowls<br>4 bowls | approx. 175 g<br>approx. 175 g<br>approx. 175 g             | 600 watts, 2 - 3<br>600 watts, 3 - 4<br>600 watts, 6 - 8                                  |                  |
| Meat in sauce   | 500 g                        | 600 watts, 8 - 11   | Covered   |                  |
| Stew  | 400 g<br>800 g               | 600 watts, 6 - 8<br>600 watts, 8 - 11                       | Covered   |                  |
| Vegetables  | 1 portion<br>2 portions      | 150 g<br>300 g  | 600 watts, 2 - 3<br>600 watts, 3 - 5  | Add some liquid. |

## Cooking food

Always cook food in covered dishes. You should stir or turn the food during cooking.

The individual taste of the food is retained to a large degree. You can therefore go easy on salt and spices.

Food which is laid flat heats up quicker than if it is piled high. Therefore it is best to spread out the food so that it lies flat in the container. If possible, you should not place layers of food on top of each other.

Once you have cooked the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

|                                     | <b>Amount</b>  | <b>Microwave settings in watts<br/>Time in minutes</b> | <b>Notes</b>  |
|-------------------------------------|----------------|--|---|
| Fresh whole chicken without giblets | 1.2 kg         | 600 W, 25 - 30   | Turn half way through the cooking time.   |
| Fresh fish fillet                   | 400 g          | 600 W, 7 - 12  |   |
| Fresh vegetables                    | 250 g<br>500 g | 600 W, 6 - 10<br>600 W, 10 - 15                        | Cut vegetables into pieces of equal size. Add 1 to 2 table-spoons of water per 100 g of vegetables. |

|                                | <b>Amount</b> | <b>Microwave settings in watts<br/>Time in minutes</b> | <b>Notes</b>  |
|--------------------------------|---------------|--|---|
| Side dishes                    |               |  |   |
| e.g. potatoes                  | 250 g         | 600 W, 8 - 10  | Cut potatoes into pieces of equal size. Pour water into the container to a depth of about 1 tablespoon, and stir. |
|                                | 500 g         | 600 W, 12 - 15   |   |
|                                | 750 g         | 600 W, 15 - 22   |   |
| e.g. potatoes rice             | 125 g         | 600 W, 4 - 6 + 180 W 12 - 15                           | Add double the amount of liquid.  |
|                                | 250 g         | 600 W, 6 - 8 + 180 W 15 - 18                           |   |
| Sweets e.g. pudding (instant), | 500 ml        | 600 W, 6 - 8   | Stir the pudding thoroughly using an egg whisk 2 to 3 times during the cooking.                                   |
| fruit, compote                 | 500 g         | 600 W, 9 - 12  |   |

## Tips for microwave operation

**No settings are given for specified amounts of food.**

Increase or decrease the cooking times according to the following rule of thumb:

Double the amount = almost double the time

Half the amount = half the time

**The food becomes too dry.**

Set a shorter cooking time next time or select a lower microwave setting. Cover the food and add more liquid.

**After the time has elapsed, the food is not defrosted, is not hot or is not cooked.**

Set a longer time. Larger amounts and deeper dishes take longer to cook.

**At the end of the cooking time, the food is overcooked on the outside but undercooked in the middle.**

Stir the food during the cooking time and next time select a lower setting and a longer duration.

**After defrosting, the poultry or meat is cooked on the outside but still frozen in the middle.**

Next time select a lower microwave setting. In addition, turn large amounts of meat or poultry frequently when defrosting.

## Cakes and pastries

**Baking tins**

It is best to use dark baking tins made of metal.











If you switch to the microwave, use the microwave rack or use baking dishes made of glass, ceramic or plastic. These must be heat-resistant up to 250 °C. Cakes will not brown so well if you use these types of baking containers.

## Tables

The times given apply to dishes placed in a cold oven. The temperature and baking time depend on the type and amount of mixture. This is why “ranges” are given in the tables. Begin with the lower value and, if necessary, use a higher setting the next time, since this allows more even browning.

More information can be found in the “*Baking tips*” section which follows the tables.





Always place the cake tin in the centre of the wire rack.

| Cake  | Ovenware   | Level | Type of heating   | Temperature in °C | Cooking time in minutes |
|---|--|-------|---|-------------------|-------------------------|
| Plain sponge cakes,   | Ring-shaped/<br>Vienna ring/<br>rectangular cake tin | 1     |    | 160-170           | 60-80                   |
| delicate sponge cakes<br>(e.g. pound cake)*                       |  | 1     |   | 150-160           | 60-70                   |
| Cake base with shortcrust<br>pastry edge                          | Springform cake tin                                  | 1     |    | 160-170           | 35-45                   |
| Cake base made from sponge<br>mixture                             | Fruit cake base                                      | 1     |    | 160-170           | 35-45                   |
| Swiss roll  | Springform cake tin                                  | 1     |    | 170-180           | 45-50                   |
| Cake with dry topping<br>(sponge)                                 | Baking tray  | 2     |  | 160-170           | 30-40                   |
| Cake with moist topping<br>e.g. yeast dough with apple<br>crumble | Baking tray  | 2     |  | 150-160           | 50-60                   |
| Plaited loaf made with<br>500 g flour                             | Baking tray  | 2     |  | 160-170           | 30-40                   |
| Stollen made with 500 g flour                                     | Baking tray  | 2     |  | 170-180           | 60-70                   |
| Pizza   | Baking tray  | 2     |  | 200-210           | 25-35                   |
| Bread 1 kg**  | Baking tray  | 2     |  | 180-190           | 50-60                   |

\* Allow cakes to cool in the oven for approximately 20 minutes.






\*\* Never pour water directly into a hot oven.



| Cake                                     | Ovenware                           | Level | Microwave setting in watts | Cooking time in minutes | Type of heating   | Temperature in °C |
|--|------------------------------------|-------|----------------------------|-------------------------|---|-------------------|
| Nut cake                                 | Springform cake tin                | 1     | 90 watts                   | 30-35                   |  | 170-180           |
| Fruit or cheese cake with short pastry*  | Springform cake tin                | 2     | 360 watts                  | 40-50                   |  | 150-160           |
| Fruit cake, fine sponge mixture          | Ring mould or Springform cake tin  | 1     | 90 watts                   | 30-45                   |  | 170-190           |
| Savoury cakes* (e. g. quiche/onion tart) | Springform cake tin or quiche dish | 2     | 90 watts                   | 50-70                   |  | 160-180           |

For baking tins made of metal: Place the microwave grid on the wire rack. Place the tin on the microwave grid.

\* Allow cakes to cool in the oven for approximately 20 minutes.

| Small baked products         |             | Level | Type of heating   | Temperature in °C | Cooking time in minutes |
|------------------------------|-------------|-------|---|-------------------|-------------------------|
| Biscuits                     | Baking tray | 2     |  | 150-170           | 20-35                   |
| Meringue                     | Baking tray | 2     |  | 100               | 90-120                  |
| Macaroons                    | Baking tray | 2     |  | 110               | 35-45                   |
| Puff pastry                  | Baking tray | 2     |  | 170-180           | 35-45                   |
| Bread rolls (e.g. rye rolls) | Baking tray | 2     |  | 180-190           | 35-45                   |

## Baking tips

**You wish to cook to your own recipe.**

Refer to the instructions in the tables for similar types of food.

**How to check that a sponge cake is cooked properly.**

Approximately 10 minutes before the end of the baking time specified in the cooking instructions, pierce the deepest part of the cake using a cocktail stick. The cake is done if the cocktail stick comes out clean.

**The cake collapses.**

Next time you should add less liquid or set the oven temperature around 10 degrees lower. Observe the cooking times in the recipe.

**The cake has risen in the centre but is lower at the edges.**

Only grease the base of the springform cake tin. As soon as the cake is ready, carefully loosen the cake around the edges using a knife.

|  |  |
|--|--|
| <b>The cake is too dark.</b>   | Select a lower temperature and cook the cake for a little longer.  |
| <b>The cake is too dry.</b>  | Use a toothpick to make small holes in the baked cake. Then drizzle fruit juice or alcohol over the top. Next time you should decrease the temperature by around 10 degrees and reduce the baking times.   |
| <b>The bread or cake (e.g. cheesecake) looks fine, but is soggy on the inside (soft, with watery areas).</b> | Next time you should add a little less liquid and cook for a little longer at a lower temperature. For cakes with a moist topping, you should first bake the base, sprinkle it with almonds or breadcrumbs and then add the topping. Please observe the recipe and the baking times.   |
| <b>The cake does not turn out when turned upside down.</b>   | Allow the cake to cool for 5 to 10 minutes after baking, it will then turn out of the tin more easily. If it still does not turn out, carefully loosen the edges using a knife. Turn the cake upside down again and wrap a cold, wet cloth around the tin. Next time you should grease the tin well and add some breadcrumbs also. |
| <b>You have checked the oven temperature with your own thermometer and have discovered a discrepancy.</b>    | The oven temperature was checked by the manufacturer. The temperature was taken from the centre of the oven after a specified time during a test roasting. Each piece of ovenware and each accessory will affect the measured value, meaning that there will always be a discrepancy.  |
| <b>Sparks appear between the dish and the wire rack.</b>   | Check whether the outside of the dish is clean. Alter the position of the dish in the oven.<br>If this does not help, continue to bake without using the microwave function. The baking time is consequently extended.   |

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## Roasting and grilling

### About the tables

The temperature and roasting time depend on the type and amount of food being cooked. This is why temperature ranges are given in the tables. Begin with the lower temperature and, if necessary, use a higher setting the next time.

For more information, see the “*Tips for grilling and roasting*” section which follows the tables.

## Ovenware

You may use any heat-resistant ovenware which is suitable for use in a microwave. Metal roasting dishes are not suitable for roasting with microwaves.

The ovenware can become very hot. Use oven gloves to take the ovenware out of the oven.

Place hot glass dishes on a dry kitchen towel after they have been removed from the oven. The glass could crack if placed on a cold or wet surface.

## Tips for roasting

Use a high-sided roasting dish for roasting meat and poultry.

Check that your ovenware fits in the cooking compartment. It should not be too big.

Meat: Cover approx. two thirds of the dish base with liquid. Add a little more liquid for pot roasts. Turn pieces of meat halfway through the cooking time. When the roast is ready, turn off the oven and allow it to rest for an additional 10 minutes. This allows better distribution of meat juices.

Poultry: Turn the pieces of meat after  $\frac{2}{3}$  of the cooking time has passed.

## Tips for grilling

Always keep the oven door closed when grilling and do not preheat.

The pieces of food you are grilling should be of equal thickness. Steaks should be at least 2 to 3 cm thick. This will allow them to grill evenly and prevent them from drying out. Do not add salt to the steaks until they have been grilled.

Use tongs to turn the pieces of food you are grilling. If you pierce the meat with a fork, the juices will run out and it will become dry.













Dark meat, e.g. beef, browns more quickly than lighter-coloured meat such as veal or pork. When grilling light-coloured meat or fish, these often only brown slightly on the surface, although they are cooked and juicy on the inside.

The grill element switches off and on again automatically. This is normal. The grill setting determines how frequently this will happen.









## Tips for braising

Use ovenware with a lid for braising fish.

Add two to three tablespoons of liquid and a little lemon juice or vinegar to the dish.

|   | <b>Microwave power setting in watts, cooking time in minutes</b> | <b>Level</b> | <b>Type of heating</b>  | <b>Temperature in °C, grill setting</b> | <b>Notes</b>  |
|---|--|--------------|---|---|---|
| Pot-roasted beef approx. 1,000 g                                | 180 W, 80 - 90 mins  | 0            |    | 160 - 170                               | Cookware with lid, on the cooking compartment floor.  |
| Sirloin, medium rare approx. 1,000 g                            | 180 W, 30 - 40 mins  | 0            |    | 180 - 200                               | Uncovered dish. Turn halfway through the cooking time. When finished, leave to stand for 10 minutes.  |
| Pork without crackling, approx. 750 g, e.g. neck                | 360 W, 35 - 45 mins  | 0            |    | 170 - 180                               | Uncovered dish. When finished, leave to stand for 10 minutes.   |
| Pork with crackling, approx. 1 kg, e.g. shoulder                | 180 W, 80 - 90 mins  | 0            |    | 170 - 180                               | Uncovered dish. When finished, leave to stand for 10 minutes. Do not turn.                            |
| Pork loin, approx. 500 - 600 g                                  | 180 W, 35 - 40 mins  | 0            |    | 180 - 190                               | Uncovered dish. When finished, leave to stand for 10 minutes.   |
| Meatloaf approx. 750 g  | 360 W, 30 - 35 mins  | 0            |    | 200 - 210                               | Cookware without lid, on the cooking compartment floor. When finished, leave to stand for 10 minutes. |
| Chicken, whole approx. 1,000 - 1,200 g                          | 360 W, 30 - 40 mins  | 0            |    | 230 - 250                               | Cookware with lid, on the cooking compartment floor. Place with the breast side up. Do not turn.      |
| Chicken portions, e.g. chicken quarters approx. 800 g           | 360 W, 20 - 30 mins  | 0            |    | 230 - 250                               | Uncovered dish. Place with the skin side up. Do not turn.   |
| Duck 1,500 - 1,700 g  | 180 W, 70 - 80 mins  | 0            |  | 220 - 240                               | Cookware with lid, on the cooking compartment floor. Do not turn.                                     |
| Duck breast approx. 500 g<br>2 duck breasts<br>250 - 300 g each | 180 W, 15 - 20 mins  | 0            |  | 3                                       | Cookware without lid, on the cooking compartment floor. Place with the skin side up. Do not turn.     |
| Goose breast, goose leg<br>700 - 900 g                          | 180 W, 30 - 40 mins  | 0            |  | 2                                       | Deep cookware without lid, on the cooking compartment floor. Do not turn.                             |
| Fish, scalloped approx. 500 g                                   | 600 W, 10 - 15 mins  | 0            |  | 3                                       | Uncovered dish. Defrost frozen fish before cooking.   |

\* Make cuts in the pork rind.

|                               | Quantity         | Weight                | Level | Type of heating   | Grill setting | Cooking time in minutes         |
|-------------------------------|------------------|-----------------------|-------|---|---------------|---------------------------------|
| Steaks<br>2 - 3 cm thick      | 2 - 3 pieces     | approx.<br>200 g each | 1+3** |  | 3             | 1st side:<br>approx. 10 - 15    |
|                               |                  |                       |       |   | 3             | 2nd side: approx. 5 - 10        |
| Neck steaks<br>2 - 3 cm thick | 2 - 3 pieces     | approx.<br>120 g each | 1+3** |  | 2             | 1st side:<br>approx. 15 - 20    |
|                               |                  |                       |       |   | 2             | 2nd side:<br>approx. 10 - 15    |
| Grilled sausages              | 4 - 6 sausages   | approx.<br>150 g each | 1+3** |  | 3             | 1st side:<br>approx. 10 - 15    |
|                               |                  |                       |       |   | 3             | 2nd side: approx. 5 - 10        |
| Fish steak*                   | 2 - 3 pieces     | approx.<br>150 g each | 1+3** |  | 3             | 1st side:<br>approx. 10 - 12    |
|                               |                  |                       |       |   | 3             | 2nd side: approx. 8 - 12        |
| Fish, whole*<br>e.g. trout    | 2 - 3 pieces     | approx.<br>300 g each | 1+3** |  | 2             | 1st side:<br>approx. 10 - 15    |
|                               |                  |                       |       |   | 2             | 2nd side:<br>approx. 10 - 15    |
| Toast                         | 12 slices        | -                     | 3     |  | 3             | 1st side: approx. 3 - 5         |
|                               |                  |                       |       |   | 3             | 2nd side: approx. 2 - 3         |
| Toast                         | 4 slices***      | -                     | 3     |  | -             | 1st side: approx. 5 - 6         |
|                               |                  |                       |       |   | -             | 2nd side: approx. 3 - 4         |
| Toast with topping            | 2 - 4 slices**** | -                     | 1+3** |  | 3             | Depending on topping:<br>8 - 10 |
|                               |                  |                       |       |   | 3             |                                 |

\* Grease the wire rack first with oil.

\*\* Slide the wire rack in at level 3 and the baking tray at level 1.

\*\*\* Place the slices of bread next to each other in the centre of the wire rack.

\*\*\*\* Toast the slices of bread in advance.

## Tips for roasting and grilling

**The table does not contain information for the weight of the roast.**

For small roasts, select a higher temperature and a shorter cooking time. For larger roasts, select a lower temperature and a longer cooking time.

|  |   |
|--|---|
| <b>How to tell when the roast is ready.</b>                          | Use a meat thermometer (available from specialist shops) or carry out a "spoon test". Press down on the roast with a spoon. If it feels firm, it is ready. If the spoon can be pressed in, it needs to be cooked for a little longer. |
| <b>The roast looks good but the juices are burnt.</b>                | Next time, use a smaller roasting dish or add more liquid.  |
| <b>The roast looks good but the juices are too clear and watery.</b> | Next time, use a larger roasting dish and add less liquid.  |
| <b>The roast is not well-done enough.</b>                            | Carve the roast. Prepare the gravy in the roasting dish and place the slices of roast meat in the gravy. Finish cooking the meat using the microwave only.  |




## Bakes, gratins

The table applies to dishes placed in a cold oven.

Place the bake in microwaveable cookware on the cooking compartment floor.

Use large flat ovenware for bakes and gratins. Food takes longer to cook in narrow, deep containers and browns more on top.







Bakes and gratins should be left to cook in the oven for a further 5 minutes after the oven has been switched off.

| Meal   | Quantity        | Ovenware              | Level | Microwave in watts | Cooking time in minutes | Type of heating   | Temp. in °C |
|--|-----------------|-----------------------|-------|--------------------|-------------------------|---|-------------|
| Sweet bakes (e.g. quark and fruit soufflé)                   | approx. 1,500 g | Shallow dish 4 - 5 cm | 0     | 180 W              | 25-35                   |  | 130-150     |
| Savoury bakes made from cooked ingredients (e.g. pasta bake) | approx. 1,000 g | Shallow dish 4 - 5 cm | 0     | 600 W              | 20-30                   |  | 160-190     |
| Savoury bakes made from raw ingredients (e.g. potato gratin) | approx. 1,100 g | Shallow dish          | 0     | 600 W              | 25-35                   |  | 170-180     |

## Pre-prepared frozen products

Please observe the instructions on the packaging.

The values in the table apply to dishes placed in a cold oven.

| Meal                       |             | Level | Type of heating   | Temperature in °C | Cooking time in minutes |
|----------------------------|-------------|-------|---|-------------------|-------------------------|
| Strudel with fruit filling | Baking tray | 2     |  | 180-200           | 40-50                   |
| Chips                      | Baking tray | 2     |  | 180-200           | 25-35                   |
| Pizza                      | Wire rack   | 2     |  | 180-200           | 10-20                   |
| Pizza baguette             | Wire rack   | 2     |  | 160-190           | 15-20                   |
| Croquettes                 | Baking tray | 2     |  | 180-200           | 25-35                   |
| Rösti                      | Baking tray | 2     |  | 180-200           | 25-35                   |

## Test dishes

The quality and function of microwave combination appliances is tested by testing institutes using the following dishes.

In accordance with EN 60705, IEC 60705  
DIN 44547 and EN 60350




### Microwave defrosting

| Dish | Microwave power setting in watts,<br>cooking time in minutes | Notes  |
|------|--|--|
| Meat | 180 W, 7<br>+ 90 W, 8 - 12<br>or programme 2, 500 g          | Place the 22 cm diameter Pyrex dish on the oven floor. |

## Microwave cooking

| Dish             | Microwave power setting in watts, cooking time in minutes | Notes  |
|------------------|---|--|
| Custard, 1,000 g | 600 W, 11 - 12 + 180 W, 15 - 20                           | Place the Pyrex dish on the oven floor.                |
| Sponge, 475 g    | 600 W, 8 - 10   | Place the 22 cm diameter Pyrex dish on the oven floor. |
| Meat loaf, 900 g | 600 W, 25 - 30  | Place the Pyrex dish on the oven floor.                |




## Combined microwave cooking

| Dish          | Microwave power setting in watts, cooking time in minutes | Type of heating   | Temperature in °C, grill setting | Notes  |
|---------------|---|---|----------------------------------|--|
| Potato gratin | 360 W, 30 - 35  |  | 1                                | Place the 22 cm diameter Pyrex dish on the oven floor.   |
| Cake          | 180 W, 20 - 25  |  | 190 - 200                        | Place the 22 cm diameter Pyrex dish on the wire rack at level 1.   |
| Chicken       | 360 W, 30 - 35  |  | 240                              | Put the chicken breast-side down in a deep dish without a lid and place on the cooking compartment floor. Turn halfway through the cooking time. |



In accordance with DIN 44547 and EN 60350

## Baking

The values in the table apply to dishes placed in a cold oven.

|                       | Ovenware and notes                   | Level | Type of heating   | Temperature in °C | Baking time, minutes |
|-----------------------|--------------------------------------|-------|---|-------------------|----------------------|
| Viennese whirls       | Baking tray                          | 2     |  | 160 - 170         | 30 - 35              |
| Small Cakes*          | Baking tray                          | 2     |  | 160 - 170         | 25 - 30              |
| Hot water sponge cake | Springform cake tin on the wire rack | 1     |  | 170 - 180         | 45 - 50              |




|                              | Ovenware and notes   | Level | Type of heating   | Temperature in °C | Baking time, minutes |
|------------------------------|--|-------|---|-------------------|----------------------|
| Yeast cakes on a baking tray | Baking tray  | 2     |  | 150 - 160         | 50 - 60              |
| Apple pie                    | Dark-coloured, 20 cm springform cake tin directly on the wire rack | 2     |  | 170 - 190         | 80 - 100             |

\* Preheat the oven for 5 minutes.

## Grilling

The values in the table apply to dishes placed in a cold oven.

| Dish               | Accessories               | Level  |  Grill, large area | Cooking time in minutes |
|--------------------|---------------------------|--------|---|-------------------------|
| Toast              | Wire rack                 | 3      | 3   | 4 - 5                   |
| Beefburgers, x 12* | Wire rack and baking tray | 3<br>1 | 3   | 30 - 35                 |

\* Turn after half of the cooking time.

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# Acrylamide in foodstuffs

**Which foods are affected?** Acrylamide is mainly produced in grain and potato products heated at high temperatures, such as potato crisps, chips, toast, rolls, bread, baked goods (biscuits, gingerbread, cookies).

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## Tips for keeping acrylamide to a minimum when preparing food

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### General

Keep cooking times to a minimum.  
Cook meals until they are golden brown, not too dark.  
Large, thick pieces of food contain less acrylamide.

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### Baking

With top/bottom heating, maximum 200 °C, with 3D hot air or hot air, maximum 180 °C.

### Biscuits

With top/bottom heating, maximum 190 °C, with 3D hot air or hot air, maximum 170 °C.  
Egg white and egg yolk reduce the formation of acrylamide.

### Oven chips

Spread out a single layer evenly on the baking tray. Bake at least 400 g per baking tray so that the chips do not dry out.

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