

## **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 the microwave oven has to offer.

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

The tables list the adjustment values and shelf levels for numerous well-known dishes. 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 your way around quickly.

Enjoy your meal.

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# Before connecting your new appliance

## Important safety precautions

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

Please keep the operating and installation instructions in a safe place ready to pass on in the event of change of ownership.

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## Before installation

### Disposing in an environmentally-responsible manner



Unpack oven and remove all packing material.

This appliance is labelled in accordance with the European Directive 2002/96/EC concerning used electrical and electronic appliances (waste electrical and electronic equipment – WEEE).

The guideline determines the framework for the return and recycling of used appliances as applicable.

### Transport damage

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

### Electrical connection

If the power cable is damaged, it must be replaced by a specialist trained by the manufacturer in order to prevent hazards.

### Installing and connecting your microwave oven

Please observe the special installation manual.

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# Important information

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## Safety information

This appliance complies with the safety regulations for electrical appliances. Repairs must only be carried out by after-sales service engineers who have been trained by the manufacturer. Repairs that are carried out incorrectly may constitute a serious hazard to the user.

The appliance is intended only for domestic use. Use it only for the preparation of food.

Never connect the appliance to an external timer or separate remote control. Risk of fire.

Adults and children must not operate the appliance without supervision

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

### Children and microwaves



Children must only be allowed to use microwave ovens if they have been properly instructed. They must be able to operate the appliance correctly and understand the risks outlined in this instruction manual.

Children must be supervised when using the appliance, to ensure that they do not play with it.

### Hot surfaces



Never touch the surfaces of heating and cooking appliances. They will become hot during operation. The internal surfaces of the appliance and the heating elements get very hot. Risk of burning.

Children must be kept at a safe distance from the appliance.

Never trap cables of electrical appliances in the appliance door. The insulation could be damaged. Short circuit, risk of electric shock.

Never use the top of the appliance as a work top.  
Risk of fire.

## Cooking compartment



Never store combustible items in the cooking compartment. They could catch fire if the appliance is switched on.

Risk of burning.

Never open the appliance door if there is smoke in the cooking compartment. Pull out the appliance plug.

Never switch on the appliance unless there is food in the cooking compartment. It could be overloaded. An exception to this rule is for short-term testing of ovenware (see the Microwave, ovenware section).

Never use the microwave oven without the turntable.

Never place food directly on the turntable. Always use a dish.

Liquid that has boiled over must not be allowed to run through the turntable drive into the interior of the appliance. Observe the procedure. Use a short cooking time and reset if necessary.

Be careful with food that is prepared with drinks with a high alcohol content (e.g. cognac, rum).

Alcohol evaporates at high temperatures.

In unfavourable circumstances, the alcohol vapours could catch fire in the appliance.

Risk of burning.

Use only small quantities of drinks with a high alcohol content and open the appliance door carefully.

## Appliance door and seal



Never operate the appliance if the appliance door is damaged. Otherwise microwave energy may escape. Call the after-sales service.

The appliance door must close properly.

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.

## Environment



There is a danger of short-circuiting.

Never expose the appliance to excessive heat or moisture.

Only use this appliance indoors.

## Cleaning method



Do not use high-pressure cleaners or steam jet cleaners.  
Short circuit, risk of electric shock.

Clean the appliance on a regular basis. The surface of the appliance could be destroyed and the appliance could corrode over time if it is not cleaned with sufficient care. Microwave energy could escape.

## Repairs



Repairs must be carried out only by after-sales service engineers who have been trained by the manufacturer. Repairs that are carried out incorrectly may constitute a serious hazard to the user.

Never carry out repair or maintenance work which requires you to remove the cover that protects against microwave energy. Call the after-sales service.

You must not open the casing. The appliance is a high-voltage appliance.

Never switch on a defective appliance. Pull out the appliance plug. Call the after-sales service.

Never replace the cooking compartment light yourself. Call the after-sales service.

CAUTION: Repair and maintenance work in which the cover that protects against microwave energy must be removed must only be carried out by specialist personnel, due to the risks involved.

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## Safety information for microwave operation

### Food preparation



Use of the microwave is intended exclusively for the preparation of food. Using the microwave for other purposes may be dangerous and may result in damage, e.g. heated grain or cereal pillows could catch fire, even several hours later.

Risk of fire.

## Microwave power and time



Do not select a microwave power or time setting that is higher than necessary. The food could catch fire. The appliance could be damaged.

Risk of fire.

Follow the information provided in the instruction manual.

## Ovenware



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

Porcelain or ceramic ovenware can have small perforations in the handles or lid. These perforations conceal a cavity below. Any liquid that penetrates this cavity could cause the ovenware to crack.

There is a risk of injury.

Meals heated in the microwave oven give off heat. The ovenware can become hot.

There is a risk of burning.

Always use an oven cloth or oven gloves to remove ovenware and accessories from the microwave.

## Packaging



Never heat meals in heat-retaining packages.

Risk of fire.

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

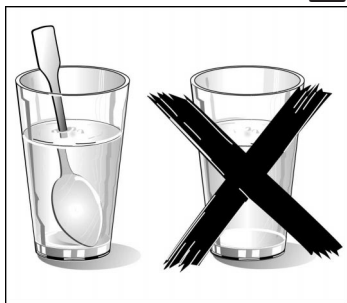
Airtight packaging may burst when food is heated.

There is a risk of burning.

Follow the information provided on the packaging.

Always use an oven cloth or oven gloves to remove meals.

## Drinks



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. Even if the container only vibrates a little, the hot liquid can suddenly boil over or spatter.

There is a risk of burning.

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

Never heat drinks in containers that have been tightly sealed.

There is a risk of explosion.



Never overheat alcoholic drinks.  
There is a risk of explosion.

### **Baby food**



Never heat baby food in closed containers. Always remove the lid or teat.  
Stir or shake well after the food has been heated. This is the only way to ensure even heat distribution.  
Check the temperature of the food before it is given to the child.  
There is a risk of burning.

### **Foods with shells or skin**



Never cook eggs in their shells. Never reheat hard-boiled eggs as they may crack or explode. The same applies to shellfish and crustaceans.  
There is a risk of burning.  
Always prick the yoke when frying or poaching eggs.  
  
Always prick foodstuffs with a peel or skin such as apples, tomatoes, potatoes and sausages before cooking to prevent the peel or skin from bursting.

### **Drying food**



Never use the microwave to dry food.  
Risk of fire

### **Food with a low water content**



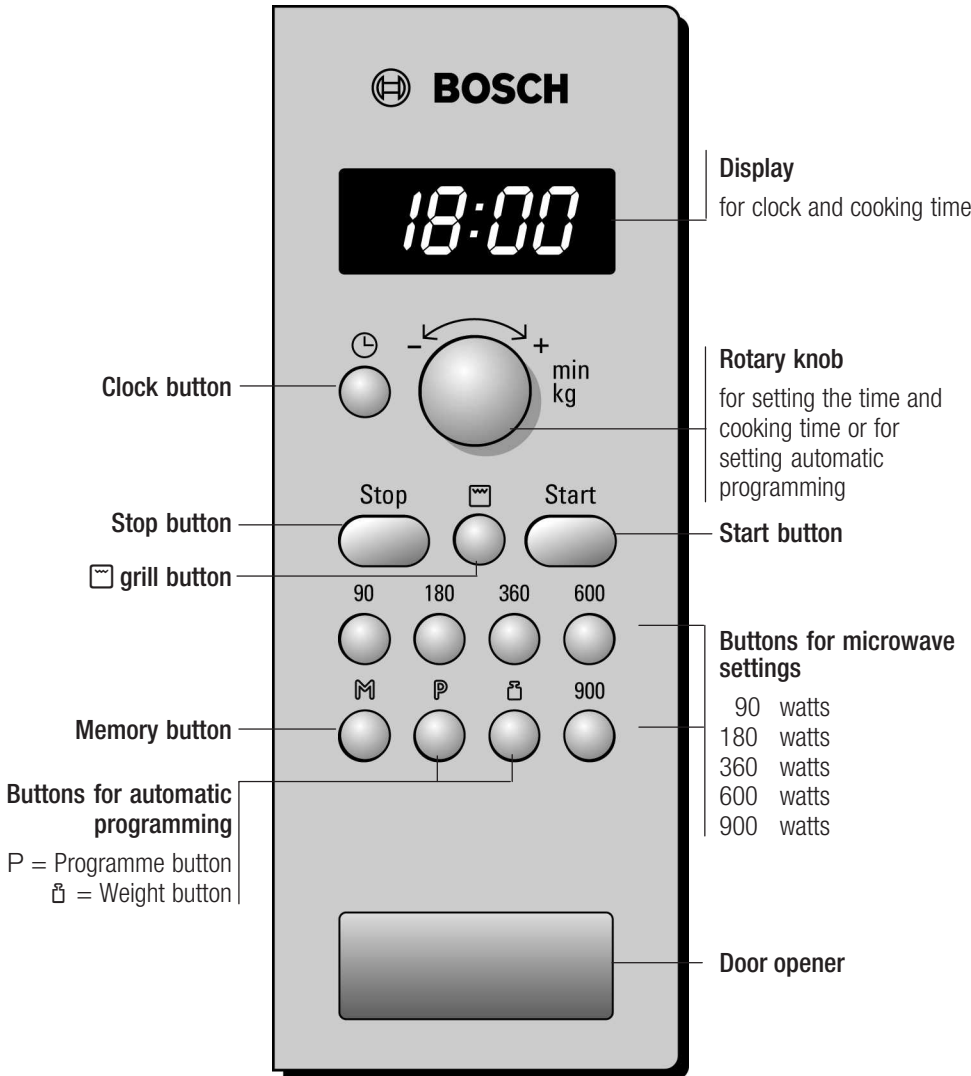
Do not defrost or heat food at too high a power or for too long if the food has a low water content, e.g. bread.  
Risk of fire

### **Cooking oil**



Never use the microwave to heat cooking oil on its own.  
Risk of fire

# The control panel



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## **Push-in control knobs**

The knob can be pushed in at any position. Simply press the control knob to release it or push it in. The knob can be turned to the right or left.

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## **Types of heating**

### **Microwaves**

These are converted to heat when they come into contact with food. The microwave is ideal for rapid defrosting, heating up, melting and cooking.

Microwave settings:

900 watts for heating up liquids.

600 watts for heating up and cooking food.

360 watts for cooking meat and heating up delicate foods.

180 watts for defrosting and continued cooking.

90 watts for defrosting delicate foods.

### **Grill**

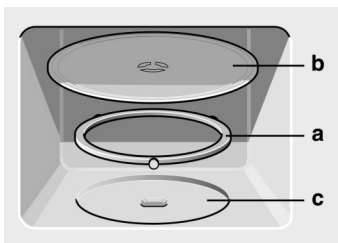
You can grill steaks, sausages, fish or toast.

### **Grill combined with the microwave**

This involves the simultaneous operation of the grill and the microwave. The food will become crispy and brown, but will do so much quicker and using less energy.

## Accessories

### The turntable

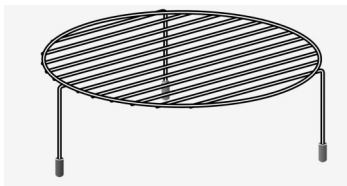


To insert the turntable:

1. Place the support ring **(a)** in the shaft **(c)** in the centre of the cooking compartment base.
- 2 Place the turntable **(b)** on the support ring **(a)**.

You should only use the appliance with the turntable in place. Ensure that the support ring is properly fitted. The turntable can turn anti-clockwise or clockwise.

### Wire grill



Wire grill for grilling food such as steaks, sausages or toast or as a surface, e.g. for flat casserole dishes. Place the wire grill on the turntable.

### Optional accessories

You can buy optional accessories from your after-sales service. Please specify the HEZ number.

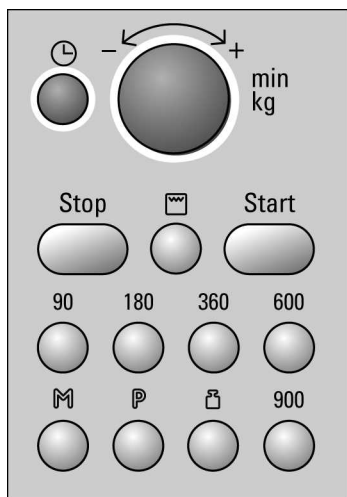
Steamer dish	HEZ 86 D 000
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# Before using for the first time

When the appliance is connected or after a power cut, three zeros will appear in the display panel.

## Setting the time

The dark buttons in the picture are needed for making settings



1. Press ⌚ clock.  
12:00 and ⌚ appear in the display.
2. Set the time using the rotary knob.
3. Press ⌚ clock.  
⌚ goes out in the display.

The current time is set.

### Hiding the clock

Press ⌚ clock and then press stop.  
The display is blank.

### Resetting the clock

Press ⌚ clock.  
12:00 appears in the display. Make the settings as described in steps 2 and 3.


### Changing the time e.g. from summer to winter time

Make the settings as described in steps 1-3.

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## Heating up the cooking compartment

Heat the empty cooking compartment with the turntable inserted and the door closed for 10 minutes to remove the new smell.

1. Press  grill.  
10:00 min appears in the display.
2. Press start.

When the cooking time has elapsed, a signal sounds. Press stop or open the appliance door.

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## The microwave

Microwaves are converted to heat in foodstuffs. The microwave is ideal for rapid defrosting, heating up, melting and cooking.

You can set the microwave on its own or in combination with the grill.

Try out the microwave straight away. You could heat up a cup of water for your tea, for example.

Use a large cup without any decorative gold or silver trim and place a teaspoon in it. Place the cup containing the water on the turntable.

1. Press 900.
2. Set 1:30 minutes using the rotary knob.
3. Press Start.

A signal sounds after 1 minute and 30 seconds. The water is hot.

As you are drinking your tea, please take time to read again the safety information that can be found at the front of the instruction manual. It is very important.

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# Ovenware

## Suitable ovenware

Suitable dishes are heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic. These materials do not reflect microwaves.

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 reflects microwaves. Food in covered metal containers will remain cold.

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

## Utensil 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 unsuitable 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.

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# Microwave settings

<b>Microwave setting</b>	<b>suitable for</b>
900 watts	Heating liquids
600 watts	Heating and cooking food

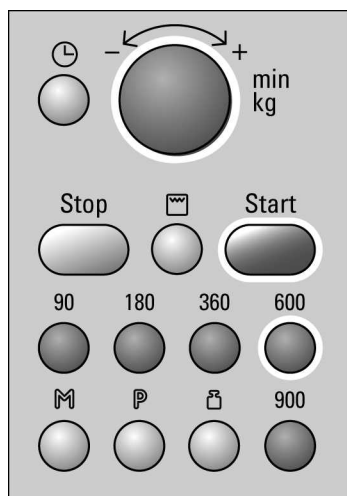
360 watts	Cooking meat and heating delicate foods
180 watts	Defrosting and continued cooking
90 watts	Defrosting delicate foods

## Note

The 900 watt microwave setting can be set for up to 30 minutes, the 600 watt setting can be set for up to 1 hour, and the remaining microwave settings can be set for up to 1 hour and 39 minutes.

## Setting procedure

Example:  
600 watts



1. Press the desired microwave setting.  
The set microwave setting lights up and 1:00 min appears in the display.
2. Use the rotary knob to set the cooking time.
3. Press Start.

You will see the cooking time counting down.

**The cooking time has elapsed**

A signal sounds. Open the appliance door or press Stop. The clock reappears in the display.

**Changing the cooking time**

Use the rotary knob to change the cooking time and Start again.

**Pausing**

Press Stop once or open the appliance door. Press the Start button again after closing the door.



<b>Cancelling</b>	Press Stop twice or open the door and press Stop once.
<b>Note</b>	You can also set the cooking time first and then the microwave power.
<b>Cooling fan</b>	<p>The cooling fan switches on and off as required.</p> <p>After operation, the cooling fan continues running for a certain period.</p> <p>The appliance remains cool during microwave operation. The cooling fan switches on anyway. The fan may run on even when microwave operation has ended.</p>

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## Tables and Tips

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### Notes on the 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, 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.

Always place the ovenware on the turntable.

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### Defrosting

Place the frozen food in an open container on the turntable.

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 come into contact with 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.

Leave defrosted items to stand at room temperature for a further 10 to 20 minutes so that the temperature can stabilize. With poultry, the giblets can be removed at this point. Meat can still be prepared even if it is frozen in the centre.

	<b>Amount</b>	<b>Microwave setting in watts Time in minutes</b>	<b>Notes</b>
Whole joints of meat e.g. beef, pork or veal (with or without bones)	800 g	180 W, 15 min. + 90 W, 10 - 20 min.	
	1,000 g	180 W, 20 min. + 90 W, 15 - 25 min.	
	1,500 g	180 W, 30 min. + 90 W, 20 - 30 min.	
Diced or sliced beef, pork and veal	200 g	180 W, 2 min. + 90 W, 4 - 6 min.	Separate the parts when turning.
	500 g	180 W, 5 min. + 90 W, 5 - 10 min.	
	800 g	180 W, 8 min. + 90 W, 10 - 15 min.	
Mixed minced meat	200 g	90 W, 10 min.	Freeze flat if possible. Turn several times during defrosting and remove meat which has already been defrosted.
	500 g	180 W, 5 min. + 90 W, 10 - 15 min.	
	800 g	180 W, 8 min. + 90 W, 10 - 20 min.	
Poultry or poultry portions	600 g	180 W, 8 min. + 90 W, 10 - 15 min.	
	1,200 g	180 W, 15 min. + 90 W, 20 - 25 min.	
Fish fillet, fish steak, slices	400 g	180 W, 5 min. + 90 W, 10 - 15 min.	Separate defrosted items.
Vegetables e.g. peas	300 g	180 W, 10 - 15 min.	
Fruit e.g. raspberries	300 g	180 W, 7 - 10 min.	Stir carefully during defrosting and separate the defrosted parts.
	500 g	180 W, 8 min. + 90 W, 5 - 10 min.	
Butter	125 g	180 W, 1 min. + 90 W, 2 - 3 min.	Remove all the packaging.
	250 g	180 W, 1 min. + 90 W, 3 - 4 min.	
Whole loaf	500 g	180 W, 6 min. + 90 W, 5 - 10 min.	
	1,000 g	180 W, 12 min. + 90 W, 10 - 20 min.	

	Amount	Microwave setting in watts Time in minutes	Notes
Dry cakes	500 g	90 W, 10 - 15 min.	Separate the pieces of cake when turning them. Only for cakes without icing, cream or crème pâtissière.
e.g. creaming method cakes	750 g	180 W, 5 min. + 90 W, 10 - 15 min.	
Juicy cakes	500 g	180 W, 5 min. + 90 W, 15 - 20 min.	Only for cakes without icing or gelatine.
e.g. fruit cake and quark cake	750 g	180 W, 7 min. + 90 W, 15 - 20 min.	

## 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.

	Amount	Microwave setting in watts Time in minutes	Notes
Menu, plated meal, ready-made meals in 2 to 3 parts	300-400g	600 W, 8 - 11 min.	
Soups	400 g	600 W, 8 - 10 min.	
Stews	500 g	600 W, 10 - 13 min.	
Meat in sauce e.g. goulash	500 g	600 W, 12 - 17 min.	Separate the pieces of meat when stirring.

	<b>Amount</b>	<b>Microwave setting in watts Time in minutes</b>	<b>Notes</b>
Fish, e.g. fillets	400 g	600 W, 10 - 15 min.	You may add water, lemon juice or wine.
Bakes e.g. lasagne and cannelloni	450 g	600 W, 10 - 15 min.	
Side dishes rice and pasta	250 g	600 W, 3 - 5 min.	Add a little liquid.
	500 g	600 W, 8 - 10 min.	
Vegetables e.g. peas, broccoli and carrots	300 g	600 W, 8 - 10 min.	Add water to cover the base of the dish.
	600 g	600 W, 14 - 17 min.	
Creamed spinach	450 g	600 W, 11 - 16 min.	Cook without adding any 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 settings in watts Time in minutes</b>	<b>Notes</b>
Menu, plated meal, ready-made meals in two to three parts	300 - 400 g	600 W, 10 - 15 min.	

	<b>Amount</b>	<b>Microwave settings in watts</b> <b>Time in minutes</b>	<b>Notes</b>
Drinks	150 ml	900 W, 1 - 2 min.	Place a spoon in the container. Do not overheat alcoholic drinks. Check during heating.
	300 ml	900 W, 2 - 3 min.	
	500 ml	900 W, 3 - 4 min.	
Baby food e.g. baby's bottles	50 ml	360 W, approx. ½ min.	Without the lid or teat. Always shake well after heating. You must check the temperature.
	100 ml	360 W, approx. 1 min.	
	200 ml	360 W, approx. 1½ - min.	
Soup	1 bowl	200 g	600 W, 2 - 3 min.
	2 bowls	400 g	
Meat in sauce	500 g	600 W, 8 - 11 min.	Separate slices of meat.
Stew	400 g	600 W, 6 - 8 min.	
	800 g	600 W, 8 - 11 min.	
Vegetables	1 portion	150 g	Add a little liquid.
	2 portions	300 g	

## 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.

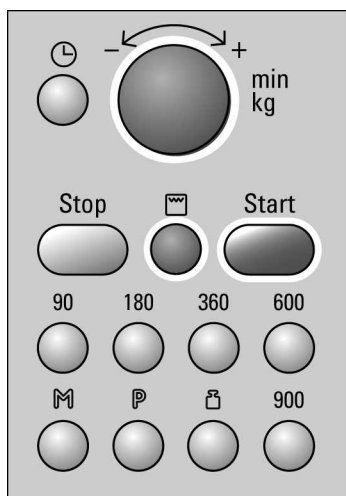
	<b>Amount</b>	<b>Microwave settings in watts</b> <b>Time in minutes</b>	<b>Notes</b>
Fresh whole chicken without giblets	1.2 kg	600 W, 25 - 30 min.	Turn half way through the cooking time.
Fresh fish fillet	400 g	600 W, 5 - 10 min.	

	Amount	Microwave settings in watts Time in minutes	Notes
Fresh vegetables	250 g 500 g	600 W, 5 - 10 min. 600 W, 10 - 15 min.	Cut vegetables into pieces of equal size. Add 1 to 2 table-spoons of water per 100 g of vegetables.
Side dishes e.g. potatoes	250 g 500 g 750 g	600 W, 8- 10 min. 600 W, 11 - 14 min. 600 W, 15 - 22 min.	Cut potatoes into pieces of equal size. Pour water into the container to a depth of about 1 cm, and stir.
Rice	125 g 250 g	600 W, 5 - 7 + 180 W 12 - 15 min. 600 W, 6 - 8 + 180 W 15 - 18 min.	Add double the amount of liquid.
Sweets e.g. pudding (instant), fruit, compote	500 ml 500 g	600 W, 6 - 8 min. 600 W, 9 - 12 min.	Stir the pudding thoroughly using an egg whisk 2 to 3 times during the cooking.

## Grilling

A powerful grill ensures an intensive surface heat and even browning of the food.

## Setting procedure



1. Press grill.  
10:00 min and the symbol appear in the display.
2. Set the cooking time using the rotary knob.
3. Press Start.

You will see the cooking time counting down.

**The cooking time has elapsed**

A signal sounds. Open the appliance door or press Stop. The clock reappears in the display.

**Changing the cooking time**

Use the rotary knob to change the cooking time and Start again.

**Pausing**

Press Stop once or open the appliance door. Press the Start button again after closing the door.

**Adjustment**

You may correct the set cooking time at any time.

**Cancelling**

Press Stop twice or open the door and press Stop once.

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## Grilling table

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

All the values given are guidelines which can vary according to the quality and nature of the food.

Place the grill rack on the turntable.

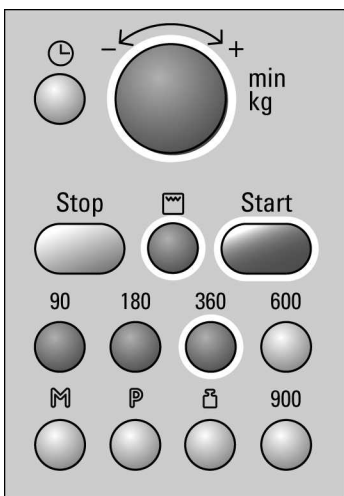
	<b>Amount</b>	<b>Accessories</b>	<b>Time in minutes</b>
Toasted bread pre-toasting	2 - 4 slices	Wire rack	1st side: approx. 2 - 4 minutes. 2nd side: approx. 2 - 4 minutes.
Toast with topping	2 - 4 slices	Wire rack	Depending on topping: approx. 7 - 10 minutes.
Soups with toppings, e.g. onion soup	2 - 4 cups	Turntable	15 - 20 minutes.


# Combined microwave and grill

You can set the grill and the microwave at the same time. The food become crispy and brown. It is much quicker and you save energy.

## Setting procedure

Example:  
360W,  grill, 5 minutes



1. Press the desired microwave setting.  
The set microwave setting lights up and 1:00 min appears in the display.
2. Press  grill.
3. Set the cooking time using the rotary knob.
4. Press Start.

You will see the cooking time counting down.

**The cooking time has elapsed**

A signal sounds. Open the appliance door or press Stop. The clock reappears in the display.

**Changing the cooking time**

Use the rotary knob to change the cooking time and Start again.

**Pausing**

Press Stop once or open the appliance door. Press the Start button again after closing the door.

**Cancelling**

Press Stop twice or open the door and press Stop once.

**Note**

You can also set the cooking time first and then the microwave power.



## Grill combined with the microwave

Always place the ovenware on the turntable and do not cover the food.

Use a deep tin for roasting. This keeps the inside of the cooker cleaner.

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

Check that your ovenware fits in the cooker. It should not be too large. The turntable must be able to turn.

Always set the maximum cooking time. Check the shortest time given for the food.

Leave the meat to stand for another 5 to 10 minutes before carving. This allows the meat juices to distribute evenly and stops them running out when you carve the meat.

Bakes and gratins should be left to continue cooking for another 5 minutes with the cooker switched off.

	<b>Amount</b>	<b>Microwave setting, (watts) and duration in minutes</b>	<b>Accessories</b>	<b>Notes</b>
Roast pork, e.g. neck of pork	Approx. 750 g	360 W + grill 40 - 50 min.	Turntable	Turn 1 to 2 times.
Meat loaf	Approx. 750 g	360 W + grill 25 - 35 min.	Turntable	Maximum of 6 cm in height.
Small pieces of chicken, e.g. chicken thighs or wings	Approx. 800 g	360 W + grill 30 - 40 min.	Ovenware on the wire grill	Place with the skin side up. Do not turn.
Frozen marinated chicken wings	Approx. 800 g	360 W + grill 15 - 25 min.	Ovenware on the wire grill	Do not turn.
Pasta bake (using pre-cooked ingredients)	Approx. 1000 g	360 W + grill 25 - 35 min.	Turntable	Sprinkle with cheese. Maximum of 5 cm in height.
Potato gratin (using raw potatoes)	Approx. 1000 g	360 W + grill 30 - 40 min.	Turntable	Maximum of 4 cm in height.
Fish, grilling	Approx. 400 g	360 W + grill 20 - 25 min.	Turntable	Defrost frozen fish before cooking.

	Amount	Microwave setting, (watts) and duration in minutes	Accessories	Notes
Quark bake	Approx. 1000 g	360 W + grill 30 - 35 min.	Turntable	Maximum of 5 cm in height.
Vegetable kebab	4 - 5 servings	180 W + grill 15 - 20 min.	Wire rack	Use wooden skewers.
Fish kebabs	4 - 5 servings	180 W + grill 10 - 15 min.	Wire rack	Use wooden skewers.
Bacon rashers	Approx. 8 rashers	180 W + grill 10 - 15 min.	Wire rack	

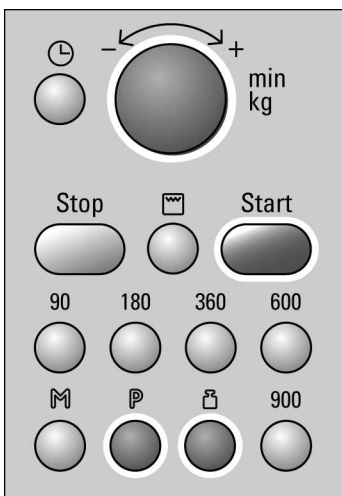
## Automatic programming


You can use the automatic programming to defrost food with the greatest of ease and prepare dishes quickly and easily.

Your microwave oven has 8 automatic programmes.

You will find the appropriate food and weight range for each programme in the tables. You can set any weight within the weight range.

### Setting procedure



1. Press "P" repeatedly until the desired programme number appears.
2. Press . P and a default weight light up in the display.
3. Use the rotary knob to set the weight of the dish.
4. Press Start.

You will see the cooking time for the programme counting down.

<b>When the cooking time has elapsed</b>	A signal sounds. The appliance switches off. Press Stop or open the appliance door.
<b>Adjustment</b>	Press Stop twice and reset.
<b>Pausing</b>	Open the appliance door. Start again after closing. The programme will then continue.
<b>Cancelling</b>	Press Stop twice.
<b>Notes</b>	<p>For some programmes, a signal sounds after a certain time. Open the appliance door and stir the food or turn the meat or poultry. Press Start again after closing the door.</p> <p>You can query the programme number and weight using "P" or <math>\text{P}</math>. The relevant value is shown for 3 seconds in the display.</p>

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## Defrosting programmes

### Preparing food

You can use the 4 defrost programmes to defrost meat, poultry and bread.

Use food which has is thinly cut and properly portioned, and which has been frozen and stored at -18 °C.

Remove all packaging from the food to be defrosted, and weigh the food. You will need to know the weight in order the set the programme.

### Ovenware

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

### Standing time

The defrosted food should be left to stand for 10-30 minutes to allow the temperature to stabilise. Large pieces of meat need to stand for longer than small ones. Thinly cut pieces of meat and mince should be separated before being left to stand.

The food can then be prepared further, even though thick pieces of meat may still be frozen in the middle. With poultry, the giblets can be removed at this point.

**Signal** For some programmes, a signal sounds after a certain time. Open the appliance door and stir the food or turn the meat or poultry. Press start again after closing the door.

**Warning!** Liquid will be produced when defrosting meat or poultry. Under no circumstances should this liquid be used or be allowed to come into contact with other foods.

Food	Programme number	Weight range
Minced Meat	P 01	0,2-1,0 kg
Meat in pieces	P 02	0,2-2,0 kg
Poultry, Poultry in portion	P 03	0,4-1,8 kg
Bread	P 04	0,2-1,0 kg

## Cooking programmes

You can use the 3 cooking programmes to cook rice, potatoes and vegetables.

**Ovenware** Always cook the food in a microwaveable dish with a lid. You should use a large, tall dish for cooking rice.

**Preparing food** Weigh the food. You will need this information in order to set the programme.

**Rice:** Do not use boil-in-the-bag rice. Add the amount of water specified in the instructions on the packaging. This is usually two to three times the weight of the rice.

**Potatoes:** For boiled potatoes, cut the fresh potatoes into small, even pieces. Add a tablespoon of water and a little salt per 100 g potatoes.

**Fresh vegetables:** Weigh the fresh, washed vegetables. Slice the vegetables into small, even pieces. Add a tablespoon of water per 100 g vegetables.

**Signal** A signal will sound part way through the programme. Stir the food.

## Standing time

Stir the food once more when the programme comes to an end. Leave the food to stand for 5-10 minutes to allow the temperature to stabilise.

The cooking results depend on the quality and nature of the food.

Food	Programme number	Weight range
Rice	P 05	0.05-0.2 kg
Potatoes	P 06	0.15-1.0 kg
Vegetables	P 07	0.15-1.0 kg

## Combination cooking programmes

### Preparing food

Remove the food from all packaging and weigh it. If you cannot enter the exact weight, round it up or down.

### Ovenware

Cook the food in an appropriately sized, heat-resistant, microwaveable dish.

### Resting time

Once the program has finished, allow the food to rest for another 5-10 minutes.

Food	Programme number	Weight range	Standing time
Bake, deep-frozen, 3 cm in height	P 08	0.4-0.9 kg	5-10 minutes

## Test dishes in accordance with EN 60705

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

### Microwave cooking

Dish	Microwave setting (watts) and cooking time in minutes	Notes
Custard, 750 g	360 watts, 12 - 17 mins + 90 watts, 20 - 25 mins	Place the 20 x 25 cm Pyrex dish on the turntable
Sponge	600 watts, 8 - 10 mins	Place the 22 cm diameter Pyrex dish on the turntable
Meat loaf	600 watts, 20 - 25 mins	Place the Pyrex dish on the turntable

### Microwave defrosting

Dish	Microwave setting (watts) and cooking time in minutes	Notes
Meat	180 watts, 5 - 7 mins + 90 watts, 10 - 15 mins	Place the 22 cm diameter Pyrex dish on the turntable

### Combined microwave cooking

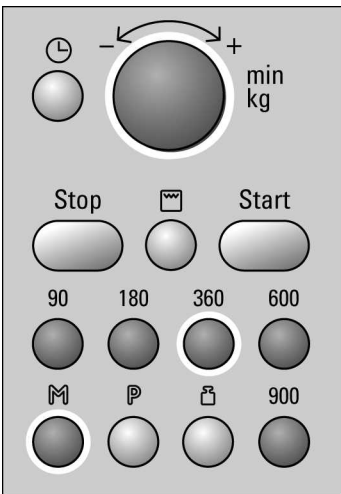
Dish	Microwave setting (watts) and cooking time in minutes	Notes
Potato gratin	Grill + 360 watts, 35-40 mins	Place the 22 cm diameter Pyrex dish on the turntable

# Memory

You can use the memory to create your own programme. This is useful if you prepare one dish particularly frequently, for example. You can store the setting and retrieve it at any time.

## Storing memory settings

Example:  
360 W, 25 minutes



1. Press "M".  
"M" appears in the display.
2. Press the desired microwave setting.  
"M", the selected setting and 1:00 min light up in the display.
3. Set the cooking time using the rotary knob.
4. Confirm with "M".  
The clock reappears in the display.

The setting is stored.

## Notes

You can also store grill only or grill combined with microwave.

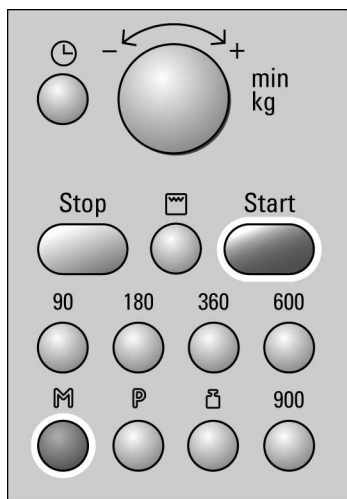
You cannot store several microwave power settings one after the other.

You cannot save automatic programmes.

You can store the memory settings and start the appliance immediately. To do this, press Start instead of "M".

Adding to the memory:  
Press "M". The old settings are displayed. Save the new programme as described in steps 1-4.

## Starting the Memory function



It is very easy to Start the saved programme. Place your meal into the appliance. Close the appliance door.

1. Press "M".  
The stored settings are displayed.
2. Press Start.  
The cooking time counts down in the display.

**The cooking time has elapsed**

A signal sounds. The appliance switches off. Open the appliance door or press Stop.

**Pausing**

Open the appliance door. Press the Start button again after closing the door. The programme will then continue.

**Cancelling the setting**

Press Stop twice or open the appliance door and press Stop once.



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# Changing the signal duration

You will hear a signal when the appliance is switched off. You can change the duration of the acoustic signal.

Press start for approximately 6 seconds.

The new signal duration is adopted. The clock reappears in the display.

The following are possible:

Short signal duration – 3 tones

Long signal duration – 30 tones.

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# Care and cleaning



There is a risk of a short-circuit.

Do not use high-pressure cleaners or steam jets.



There is a risk of electric shock.

Do not immerse the appliance in water or clean under a jet of water.



Risk of burning.

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

Do not use sharp or abrasive cleaning agents. The surface could be damaged. If an abrasive substance comes into contact with the front of the appliance, wash it off immediately with water.

- Do not use metal or glass scrapers to clean the glass in the appliance door.
- Do not use metal or glass scrapers to clean the seal.
- Do not use coarse scouring pads or cleaning sponges.

Rinse out new sponge cloths thoroughly before use.

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## Cleaning agents

Before cleaning, unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Clean the cooking compartment and the outside of the appliance with a damp cloth and mild cleaning agent. Dry with a clean cloth.

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### Appliance exterior

#### Appliances with stainless steel fronts

Always remove any flecks of limescale, grease, starch and egg white immediately.

Before using the appliance again, allow the surface and all parts to dry thoroughly.

Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist retailers.

Do not use metal or glass scrapers for cleaning.

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### Cooking compartment

#### Cooking compartment made of stainless steel

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.

Allow the interior surfaces to dry thoroughly.

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### Recess in cooking compartment

Use a damp cloth, and make sure that water does not enter the appliance through the turntable drive.

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### Turntable and turntable ring

Soapy water.

When replacing the turntable, make sure it slots in correctly.

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### Wire rack

Hot soapy water. Stainless steel cleaning agent or in the dishwasher.

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### Door panels

Glass cleaner:

Clean with a dish cloth.

Do not use metal or glass scrapers for cleaning.

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### Seal

Use soapy water and dry with a soft cloth.

Do not use metal or glass scrapers for cleaning.

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# Troubleshooting

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

<b>Problem</b>	<b>Possible cause</b>	<b>Notes/remedial action</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.
	Faulty control.	Switch the appliance off using the fuse in the fuse box. Wait approximately 10 seconds and then switch it back on.
Three zeros flash in the display.	Power cut.	Reset the time.
The appliance is not in operation. A cooking time appears in the display.	The rotary knob was accidentally pressed.	Press stop.
	Start was not pressed after the setting had been made.	Press start or clear the setting with stop.
The microwave does not work.	The door is not properly closed.	Check whether leftover food or a foreign object is trapped in the door.
	Start was not pressed.	Press start.
The food takes longer than usual to heat up.	The microwave setting is too low.	Select a higher microwave setting.
	You have placed a larger amount of food than normal in the appliance.	Double the amount = double the cooking time.
	The food was colder than usual.	Stir or turn the food during cooking
The turntable is making a scratching or grinding noise.	There is dirt or a foreign object in the area around the turntable drive.	Clean the roller ring and recess in the cooking compartment.

Problem	Possible cause	Notes/remedial action
Microwave operation is cancelled for no obvious reason.	The microwave has a fault.	If this fault occurs repeatedly, please call the after-sales service. You can use the grill without the microwave.

**Repairs may only be carried out by fully trained after-sales service technicians.** Incorrect repairs may result in serious injury to the user.


## After-sales service

Our after-sales service is there for you in the event that your appliance needs to be repaired. You will find the address and telephone number of your nearest after-sales service centre in the phone book. The after-sales service centres listed will also be happy to advise you of a service point in your local area.

### E number and FD number

When contacting the after-sales service, always specify the product number (E no.) and the production number (FD no.) of your appliance. You will see the rating plate containing these numbers on the right-hand side when you open the oven door. Make a note of these numbers in the space below to save time in the event of your appliance malfunctioning.

E no.	FD no.
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After-sales service 
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## Technical data

Power supply	AC220-230 V, 50 Hz
Microwave Input	1.450 W
Microwave Output	900 W
Grill	1.200 W
Microwave Frequency	2.450 MHz
Dimensions (H x W x D)	
- appliance	28.0 x 51.3 x 51.0 cm
- cooking compartment	21.5 x 33.7 x 26.3 cm
60 cm cabinet frame	38.2 x 59.4 x 2.0 cm
Weight	16.3 kg
TÜV approved	Yes
CE mark	Yes

This appliance complies with the standards EN 55011 and CISPR 11.

The product is classified in group 2, class B.

Group 2 means that microwaves are used for the purpose of heating foodstuffs.

Class B means that the appliance is suitable for use in a private household environment.





