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Microwave
微波爐
HMT84G654U



BOSCH

[en] Instruction manual 3 [zh-tw]說明手冊18

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Additional information on products, accessories, replacement parts and services can be found at www.bosch-home.com and in the online shop www.bosch-eshop.com

Important safety information

Read these instructions carefully. Only then will you be able to operate your appliance safely and correctly. Retain the instruction manual for future use or for subsequent owners.

This appliance is only intended to be fully fitted in a kitchen. Observe the special installation instructions.

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

Only a licensed professional may connect appliances without plugs. Damage caused by incorrect connection is not covered under warranty.

This appliance is intended for domestic use only. The appliance must only be used for the preparation of food and drink. The appliance must be supervised during operation. Only use this appliance indoors.

This appliance is intended for use up to a maximum height of 4000 metres above sea level.

This appliance may be used by children over the age of 8 years old and by persons with reduced physical, sensory or mental capabilities or by persons with a lack of experience or knowledge if they are supervised or are instructed by a person responsible for their safety how to use the appliance safely and have understood the associated hazards.

Children must not play with, on, or around the appliance. Children must not clean the appliance or carry out general maintenance unless they are at least 15 years old and are being supervised.

Keep children below the age of 8 years old at a safe distance from the appliance and power cable.

Always insert the accessories into the cooking compartment correctly. See "Description of accessories in the instruction manual.

Risk of fire!

- The appliance becomes very hot. If the appliance is installed in a fitted unit with a decorative door, heat will accumulate when the decorative door is closed. Only operate the appliance when the decorative door is open.
- Combustible items stored in the cooking compartment may catch fire. Never store combustible items in the cooking compartment. Never open the appliance door if there is smoke inside. Switch off the appliance and unplug it from the mains or switch off the circuit breaker in the fuse box.
- Using the appliance for anything other than its intended purpose is dangerous. You are not permitted to use it to dry food or clothing or to warm slippers, grain or cereal pillows, sponges, damp cleaning cloths or the like.
This is because, for instance, overheated slippers, grain or cereal pillows, sponges and damp cleaning cloths, etc., may cause burns to the skin.
- Food may catch fire. Never heat food in heat-retaining packages.
Do not leave food heating unattended in containers made of plastic, paper or other combustible materials.
Do not select a microwave power or time setting that is higher than necessary. Follow the information provided in this instruction manual.
Never use the microwave to dry food.
Never defrost or heat food with a low water content, e.g. bread, at too high a microwave power or for too long.
- Cooking oil may catch fire. Never use the microwave to heat cooking oil on its own.

Risk of explosion!

Liquids and other food may explode when in containers that have been tightly sealed. Never heat liquids or other food in containers that have been tightly sealed.

Risk of serious damage to health!

- The surface of the appliance may become damaged if it is not cleaned properly. Microwave energy may escape. Clean the appliance on a regular basis, and remove any food residue immediately. Always keep the cooking compartment, door seal, door and door stop clean; see also section Care and cleaning.
- Microwave energy may escape if the cooking compartment door or the door seal

is damaged. Never use the appliance if the cooking compartment door or the door seal is damaged. Contact the after-sales service.

- Microwave energy will escape from appliances that do not have any casing. Never remove the casing. For any maintenance or repair work, contact the after-sales service.

Risk of electric shock!

- Incorrect repairs are dangerous. Repairs may only be carried out and damaged power cables replaced by one of our trained after-sales technicians. If the appliance is defective, unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service.
- The cable insulation on electrical appliances may melt when touching hot parts of the appliance. Never bring electrical appliance cables into contact with hot parts of the appliance.
- Do not use any high-pressure cleaners or steam cleaners, which can result in an electric shock.
- Penetrating moisture may cause electric shock. Never subject the appliance to intense heat or humidity. Only use this appliance indoors.
- A defective appliance may cause electric shock. Never switch on a defective appliance. Unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service.
- The appliance is a high-voltage appliance. Never remove the casing.

Risk of burns!

- The appliance becomes very hot. Never touch the interior surfaces of the cooking compartment or the heating elements. Always allow the appliance to cool down. Keep children at a safe distance.
- Accessories and ovenware become very hot. Always use oven gloves to remove accessories or ovenware from the cooking compartment.
- Alcoholic vapours may catch fire in the hot cooking compartment. Never prepare food containing large quantities of drinks with a high alcohol content. Only use small quantities of drinks with a high alcohol content. Open the appliance door with care.
- Foods with peel or skin may burst or explode during, or even after, heating. Never cook eggs in their shells or reheat

hard-boiled eggs. Never cook shellfish or crustaceans. Always prick the yolk when baking or poaching eggs. The skin of foods that have a peel or skin, such as apples, tomatoes, potatoes and sausages, may burst. Before heating, prick the peel or skin.

- Heat is not distributed evenly through 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. Check the temperature of the food before it is given to the child.
- Heated food gives off heat. The ovenware may become hot. Always use oven gloves to remove ovenware or accessories from the cooking compartment.
- Airtight packaging may burst when food is heated. Always observe the instructions on the packaging. Always use oven gloves to remove dishes from the cooking compartment.

Risk of scalding!

- When you open the appliance door, hot steam may escape. Open the appliance door with care. Keep children at a safe distance.
- Water in a hot cooking compartment may create hot steam. Never pour water into the hot cooking compartment.
- 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 may suddenly boil over and spatter. When heating, always place a spoon in the container. This will prevent delayed boiling.

Risk of injury!

- Scratched glass in the appliance door may develop into a crack. Do not use a glass

scraper, sharp or abrasive cleaning aids or detergents.

- Unsuitable ovenware may crack. Porcelain or ceramic ovenware can have small perforations in the handles or lids. These perforations conceal a cavity below. Any moisture that penetrates this cavity could cause the ovenware to crack. Only use microwave-safe ovenware.
- If using the appliance in microwave mode only, placing cookware and containers made of metal or featuring metal detailing inside the appliance may cause sparks when the appliance is operating. This may damage the appliance. Never use metal containers when using the appliance in microwave mode only.

Causes of damage

Caution!

- 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.
- Operating the microwave without food: Operating the appliance without food in the cooking compartment may lead to overloading. Never switch on the appliance unless there is food in the cooking compartment. An exception to this rule is a short crockery test (see the section "Microwave, suitable crockery").
- Microwave popcorn: Never set the microwave power too high. Use a power setting no higher than 600 watts. Always place the popcorn bag on a glass plate. The disc may jump if overloaded.
- Liquid that has boiled over must not be allowed to run through the turntable drive into the interior of the appliance. Monitor the cooking process. Choose a shorter cooking time initially, and increase the cooking time as required.
- Never use the microwave oven without the turntable.
- Creation of sparks: 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 irreparably damage the glass on the inside of the door.
- Foil containers: Do not use foil containers in the appliance. They damage the appliance by producing sparks.
- 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 slightly ajar, the fronts of adjacent units may be damaged over time.
- Condensation in the cooking compartment: Condensation may appear on the door window, interior walls and floor. This is normal and does not adversely affect microwave operation. To prevent corrosion, wipe off the condensation every time you cook.

Installation and connection

This appliance is intended for domestic use only.

This appliance is only intended to be fully fitted in a kitchen.

Please observe the special installation instructions.

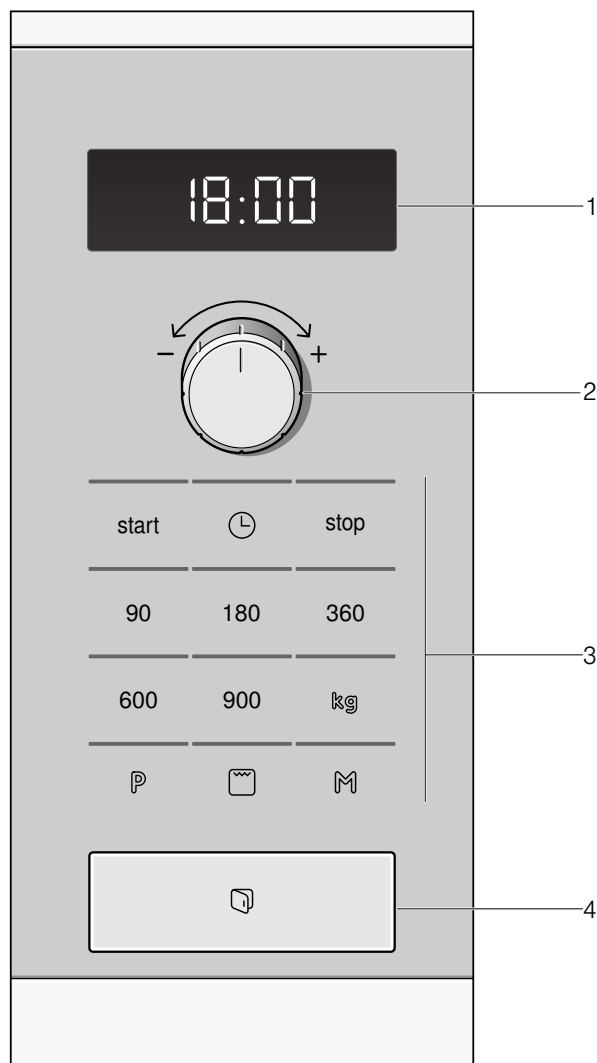
The appliance is fitted with a plug and must only be connected to a properly-installed earthed socket. The fuse protection must be rated at 10 amperes (L or B circuit breakers). The mains voltage must correspond to the voltage specified on the rating plate.

The socket must be installed and the power cable replaced by a qualified electrician only. If the plug is no longer accessible following installation, an all-pin disconnecting device must be present on the installation side, with a contact gap of at least 3 mm.

Multiple plugs, plug bars and extension leads must not be used. Overloading can result in a risk of fire.

The control panel

Here, you will see an overview of the control panel. Depending on the appliance model, individual details may differ.



Buttons	Use
M	Selects the memory

Rotary selector

The rotary selector is used to alter the default values and set values.

The rotary selector is retractable. Press on the rotary selector to lock it in or out.

Types of heating

Microwaves

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

Microwave power settings

- 900 watt - for heating liquids.
- 600 watts - for heating and cooking food.
- 360 watts - for cooking meat and heating delicate foods.
- 180 watts - for defrosting and continued cooking.
- 90 watts - for defrosting delicate foods .

Grill

You can use this to grill or cook bakes "au gratin".

Combined grill and microwave

This involves simultaneous operation of the grill and the microwave. The combined operation is particularly suitable for cooking bakes and gratins. The food becomes crispy and brown. It is much quicker and saves energy.

Accessories

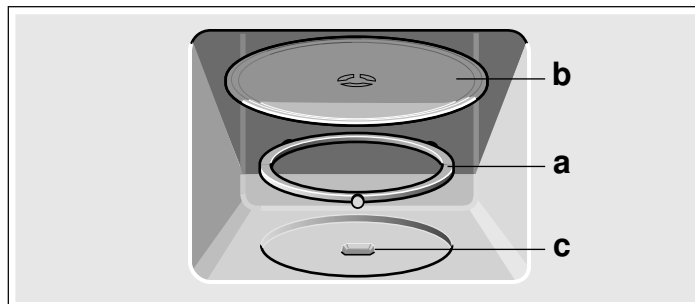
Caution!

When removing dishes, make sure that the turntable does not move. Make sure that the turntable is properly locked. The turntable can turn left or right.

The turntable

How to fit the turntable:

1. Place the turntable ring **a** in the recess in the cooking compartment.
2. Let the turntable **b** slot in place in the drive **c** in the centre of the cooking compartment floor.

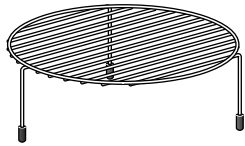


Note: Do not use the appliance if the turntable is not in place. Ensure that it is properly slotted into place. The turntable can turn clockwise or anti-clockwise.

1	Display for clock and cooking time
2	Rotary selector for setting the time and cooking time or for setting automatic programmes
3	Buttons
4	Door opener

Buttons	Use
start	Starts operation
⌚	Sets the clock
stop	Stops operation
90	Selects 90 watt microwave power
180	Selects 180 watt microwave power
360	Selects 360 watt microwave power
600	Selects 600 watt microwave power
900	Selects 900 watt microwave power
P	Selects automatic programmes
kg	Selects the kilogrammes for the programmes
🔥	Selects the grill

Wire rack



Wire rack for grilling, e.g. steaks, sausages or for toasting bread, or as a surface, e.g. for shallow dishes.

Note: Place the wire rack on the turntable.

Special accessories

You can purchase special accessories from the after-sales service or specialist retailers. Please specify the HEZ number. You will find a comprehensive range of products in our brochures and on the Internet. The availability of special accessories and whether it is possible to order them online may vary depending on your country. Please see the sales brochures for more details.

Steamer ovenware

HEZ 86 D 000

Before using the appliance for the first time

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

Setting the clock

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

1. Press the button.

12:00 h appears in the display and the indicator lamp above the button lights up.

2. Set the clock using the rotary selector.

3. Press the button again.

The current time is set.

Hiding the clock

Press the button and then press Stop.

The display is blank.

Resetting the clock

Press the button.

"12:00" appears in the display. Make settings as detailed in points 2 and 3.

Change the clock, e.g. from summer to winter time

Set as described in point 1 to 3.

Heating up the cooking compartment

To get rid of the new appliance smell, heat up the cooking compartment when it is empty, the door is closed and with the turntable inserted, for 10 minutes.

1. Press the Grill button.

10:00 min appears in the display and the indicator lamp above the button lights up.

2. Press the Start button.

A signal sounds once the time has elapsed. Press the Stop button or open the appliance door.

The microwave

Microwaves are converted to heat in foodstuffs.

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

You will find information about ovenware and how to set the microwave.

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

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 W.
2. Set 1:30 minutes using the rotary knob.
3. Press the "start" button.

After 1 minute 30 seconds, a signal sounds. 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. This is very important.

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!

Creation of sparks: 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:

1. Heat the empty ovenware at maximum power for ½ to 1 minute.
2. Check the temperature occasionally during that time.

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

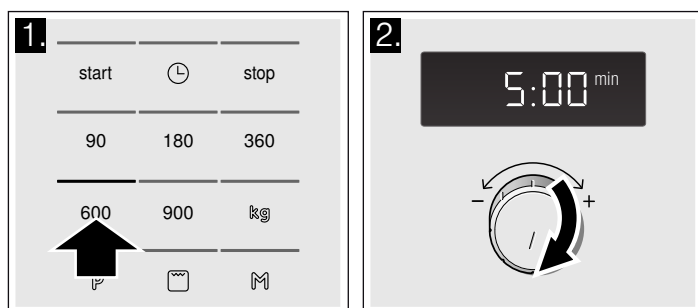
Microwave power setting	Suitable for
90 W	Defrosting delicate foods
180 W	Defrosting and continued cooking
360 W	Cooking meat and heating delicate foods
600 W	Heating and cooking food
900 W	Heating liquids

Note: You can set the 900 W microwave power setting for 30 minutes, 600 W for 1 hour, the other power settings for 1 hour and 39 minutes respectively.

Setting the microwave

Example: microwave power 600 watts, 5 minutes

1. Press the required microwave power setting.
The indicator light above the button lights up.
2. Set a cooking time using the rotary selector.



3. Press the start button.

The cooking time counts down in the display.

The cooking time has elapsed

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

Changing the cooking time

This can be done at any time. Change the cooking time using the rotary selector.

Pausing the appliance

Press the Stop button once or open the appliance door. This pauses the appliance. The indicator above the Stop button will light up. After closing the door, press the Start button again.

Cancelling operation

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

Note: You can also adjust the cooking time first and then the microwave power setting.

Cooling fan

The appliance is equipped with a cooling fan. The fan may run on even if the oven has been switched off.

Notes

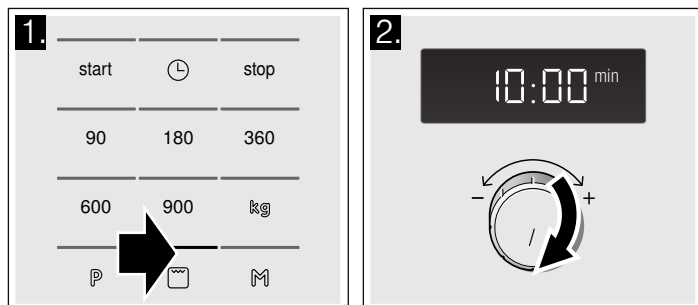
- The cooking compartment remains cold during microwave operation. The cooling fan will still switch on. The fan may run on even when microwave operation has ended.
- Condensation may appear on the door window, interior walls and floor. This is normal and does not adversely affect microwave operation. Wipe away the condensation after cooking.

Grilling

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

Setting the grill

1. Press the  grill button.
The indicator light above the button lights up and 10:00 min appears in the display.
2. Set a cooking time using the rotary selector.



3. Press the start button.

The cooking time counts down in the display.

The cooking time has elapsed

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

Changing the cooking time

This can be done at any time. Change the cooking time using the rotary selector.

Pausing the appliance

Press the Stop button once or open the appliance door. This pauses the appliance. The indicator above the Stop button will light up. After closing the door, press the Start button again.

Correction

You may correct a set cooking time at any time.

Cancelling

Press the "stop" button twice, or open the door and press the "stop" button once.

Combined microwave and grill

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

You can select any microwave power setting.
Exception: 900 and 600 watt.

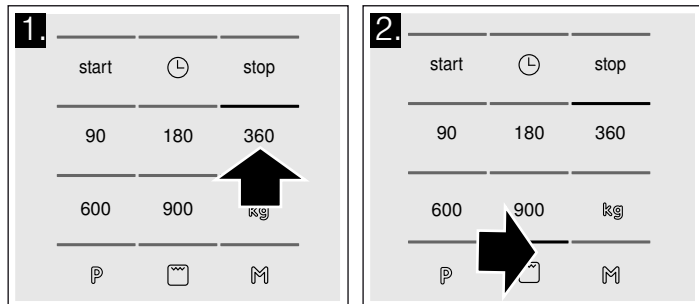
Setting the microwave and grill

Example: 360 watts, , 5 minutes

1. Press the required microwave power setting.

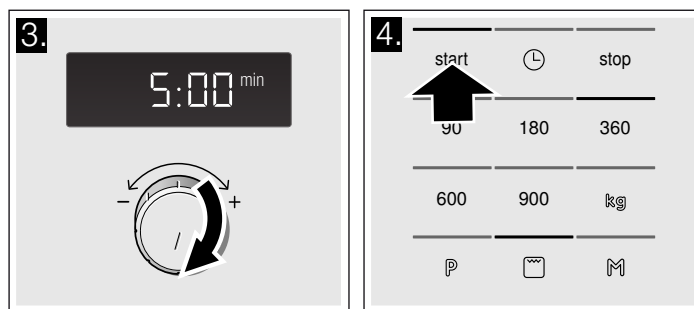
The indicator light above the button lights up and 1:00 min appears in the display.

2. Press the  grill button.



3. Set a cooking time using the rotary selector.

4. Press the start button.



The cooking time counts down in the display.

The cooking time has elapsed

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

Changing the cooking time

This can be done at any time. Change the cooking time using the rotary selector.

Pausing the appliance

Press the Stop button once or open the appliance door. This pauses the appliance. The indicator above the Stop button will light up. After closing the door, press the Start button again.

Cancelling operation

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

Note: You can also adjust the cooking time first and then the microwave power setting.

Memory

You can save the settings for a dish in the memory and call it up again at any time.

The memory is useful for if you frequently prepare a specific dish.

Saving memory settings

Example: 360 watts, 25 minutes

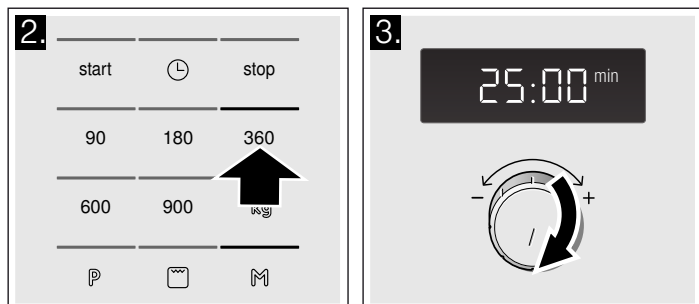
1. Press the  button.

The indicator light above the button lights up.

2. Press the required microwave power setting.

The indicator light above the button lights up and 1:00 min appears in the display.

3. Set the cooking time using the rotary selector.



4. Confirm by pressing the  button.

The clock reappears. The setting is saved.

Notes

- You can also store grill only or grill combined with microwave.
- You can save the memory settings and start the appliance immediately. When finishing, instead of pressing , press start.
- You cannot save several microwave power settings one after the other.
- You cannot save automatic programmes.

Adding to the memory

1. Press the  button.

The old settings appear.

2. Save the new programme as described in steps 1 to 4.

Starting the memory

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

1. Press the  button.

The saved settings are displayed.

2. Press the start button.

The cooking time counts down in the display.

The cooking time has elapsed

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

Pausing the appliance

Press the Stop button once or open the appliance door. This pauses the appliance. The indicator above the Stop button will light up. After closing the door, press the Start button again.

Cancelling

Press the "stop" button twice, or open the door and press the "stop" button once.

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 the "start" button for approx. 6 seconds.

The new signal duration is adopted.

The clock reappears.

The following are possible:

Short signal duration - 3 tones

Long signal duration - 30 tones.

Care and cleaning

With careful care and cleaning your microwave oven will retain its looks and remain good order. We will explain here how you should care for and clean your appliance correctly.

Risk of short circuit!

Never use high-pressure cleaners or steam cleaners to clean the oven.

Risk of burns!

Never clean the appliance immediately after switching off. Let the appliance cool down.

Risk of electric shock!

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

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

- sharp or abrasive cleaning agents.
The surface could be damaged. If such a substance comes into contact with the front of the appliance, wash it off immediately with water.
- metal or glass scrapers to clean the glass in the appliance door.
- metal or glass scrapers for cleaning the seal.
- hard scouring pads or cleaning sponges.
Wash new sponge cloths thoroughly before use.
- cleaning agents with high concentrations of alcohol.

Cleaning agents

Caution!

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

Area	Cleaning agents
Appliance front	Hot soapy water: Clean with a dish cloth and dry with a soft cloth. Do not use glass cleaners or metal or glass scrapers for cleaning.

Area	Cleaning agents
Appliance front with stainless steel	Hot soapy water: Clean with a dish cloth and dry with a soft cloth. Remove flecks of limescale, grease, starch and albumin (e.g. egg white) immediately. Corrosion can form under such residues. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist shops. Do not use glass cleaners or metal or glass scrapers for cleaning.
Cooking compartment made of stainless steel	Hot soapy water or a vinegar solution: Clean with a dish cloth and dry with a soft cloth. If the oven is very dirty: use oven cleaner, but only when cooking compartment is cold. It is best to use a stainless-steel sponge. Do not use oven spray or other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These items scratch the surface. Allow the interior surfaces to dry thoroughly.
Recess in cooking compartment	Damp cloth: Ensure that no water seeps through the turntable drive into the appliance interior.
Turntable and turntable ring	Hot soapy water: When putting the turntable back in place, make sure it slots in correctly.
Wire rack	Hot soapy water: Clean using stainless steel cleaning agent or in the dishwasher.
Door panels	Glass cleaner: Clean with a dish cloth. Do not use a glass scraper.
Seal	Hot soapy water: Clean with a dish cloth, do not scour. Do not use a metal or glass scraper for cleaning.

Malfunction table

Malfunctions often have simple explanations. Please refer to the malfunction table before calling the after-sales service.

If a meal does not turn out exactly as you wanted, refer to the Tested for you in our cooking studio section, where you will find plenty of cooking tips and tricks.

Troubleshooting

Error message	Possible cause	Remedy/note
The appliance does not work	The plug is not plugged in.	Plug the plug in
	Power failure	Check whether the kitchen light works.
	Faulty circuit breaker	Look in the fuse box to make sure that the circuit breaker for the appliance is in working order.
	Faulty operation	Switch off the circuit breaker in the fuse box. Switch it back on after approx. 10 seconds.
Three zeros light up in the display.	Power failure	Reset the time.
The appliance is not in operation. A cooking time appears in the display.	The rotary selector was actuated accidentally.	Press the Stop button.
	The Start button was not pressed after setting.	Press the Start button or cancel the setting with the Stop button.
The microwave does not work.	The door was not fully closed.	Check whether food residue or debris is trapped in the door.
	The Start button was not pressed.	Press the Start button.
It takes longer than before for the food to heat up	The microwave power level setting was too low.	Select a higher microwave power setting.
	A larger amount of food than usual has been placed in the appliance.	Double the amount – double the time.
	The food was colder than usual.	Stir or turn the food during cooking.
The turntable makes a scratching or grinding noise.	Dirt or debris in the area around the turntable drive.	Clean the roller ring and the recess in the cooking compartment.
Microwave operation has been cancelled for no apparent reason.	The microwave has a fault.	If this fault occurs repeatedly, please call the after-sales service.
"M" appears in the display.	The appliance is in demo mode.	Press and hold the Start button and the Stop button for approx. 7 seconds. Demo mode is deactivated.

Risk of electric shock!

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

You can take remedial action yourself for some error messages.

After-sales service

Our after-sales service is there for you if your appliance needs to be repaired. We will always find the right solution in order to avoid unnecessary visits from a service technician.

E number and FD number

When calling us, please give the product number (E no.) and the production number (FD no.) so that we can provide you with the correct advice. The rating plate bearing these numbers can be found on the right-hand side when you open the appliance door. To save time, you can make a note of the number of your appliance and the telephone number of the after-sales service in the space below, should it be required.

E no.	FD no.

After-sales service 

Please note that there will be a fee for a visit by a service technician in the event of a malfunction, even during the warranty period.

Please find the contact data of all countries in the enclosed customer service list.

To book an engineer visit and product advice

GB	0344 892 8979 Calls charged at local or mobile rate.
IE	01450 2655 0.03 € per minute at peak. Off peak 0.0088 € per minute.

Rely on the professionalism of the manufacturer. You can therefore be sure that the repair is carried out by trained service technicians who carry original spare parts for your appliances.

This appliance corresponds to the standards EN 55011 and 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 states that the appliance is suitable for private households.

Technical data

Input voltage	110-117 V, 60 Hz
Power consumption	1450 W
Maximum output power	900 W
Grill power	1200 W
Microwave frequency	2450 MHz
Fuse	10 A
Dimensions (HxWxD)	
- appliance	382 x 594 x 388 mm
- cooking compartment	208 x 328 x 369 mm

VDE approved yes

CE mark yes

Environmentally-friendly disposal

Dispose of packaging in an environmentally-friendly manner.



This appliance is labelled in accordance with European Directive 2012/19/EU 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 throughout the EU.

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.

Note: You can choose from 8 programmes.

Setting a programme

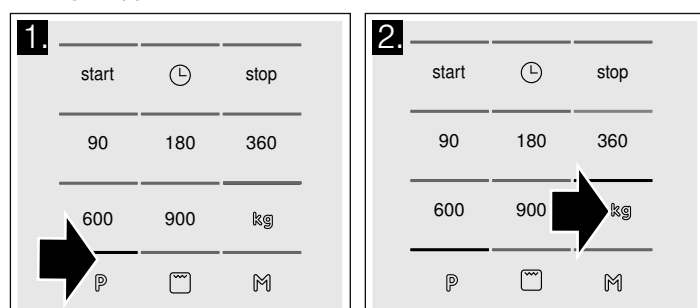
Once you have selected a programme, make settings as follows:

1. Press the **P** button repeatedly until the required programme number appears.

The indicator light above the button lights up.

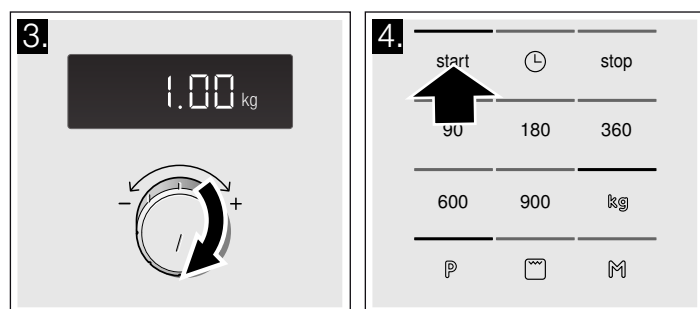
2. Press the **kg** button.

The indicator light above the button lights up and a suggested weight appears.



3. Turn the rotary selector to specify the weight of the food.

4. Press the start button.



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

The cooking time has elapsed

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

Correction

Press the "stop" button twice and reset.

Pausing the appliance

Press the Stop button once or open the appliance door. This pauses the appliance. The indicator above the Stop button will light up. After closing the door, press the Start button again.

Cancelling

Press the "stop" button twice, or open the door and press the "stop" button once.

Notes

- For some programmes, a signal sounds after a certain time. Open the appliance door and stir the food or turn the meat or poultry. After closing the door, press the start button again.
- You can query the programme number and weight using **P** or **kg**. The queried value is shown for 3 seconds in the display.

Defrosting using the automatic programmes

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

Notes

■ Preparing food

Use food that has been frozen at -18 °C and stored in portion-sized quantities that are as thin as possible.

Take the food to be defrosted out of all packaging and weigh it. You need to know the weight to set the programme.

- Liquid will be produced when defrosting meat or poultry. 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.

■ Ovenware

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

■ Resting time

The defrosted food should be left to stand for an additional 10 to 30 minutes until it reaches an even temperature. Large pieces of meat require a longer standing time than smaller pieces. Flat pieces of meat and items made from minced meat should be separated from each other before leaving to stand.

After this time, you can continue to prepare the food, even though thick pieces of meat may still be frozen in the middle. The giblets can be removed from poultry at this point.

■ Signal

For some programmes, a signal sounds after a certain time. Open the appliance door and separate the food out or turn the meat or poultry. Close the door and press the Start button.

Programme no.	Weight range in kg	
	Defrost	
P 01	Minced meat	0.20 - 1.00
P 02	Pieces of meat	0.20 - 1.00
P 03	Chicken, chicken pieces	0.40 - 1.80
P 04	Bread	0.20 - 1.00

Cooking with the automatic programmes

With the 3 cooking programmes, you can cook rice, potatoes or vegetables.

Notes

■ Ovenware

The food must be cooked in microwaveable cookware with a lid. For rice, you should use a large, deep dish.

■ Preparing food

Weigh out the food. You need to know the weight to set the programme.

Rice:

Do not use boil-in-the-bag rice. Add the required amount of water, as specified on the packaging. This is usually two or three times the quantity of rice.

Potatoes:

For boiled potatoes, cut the fresh potatoes into small, even-sized pieces. Add one tablespoon of water for each 100 g boiled potatoes, and a little salt.

Fresh vegetables:

Weigh out the fresh, trimmed vegetables. Cut the vegetables into small, even-sized pieces. Add a tbsp water for each 100 g vegetables.

■ Signal

While the programme is running, a signal sounds after some time. Stir the food.

■ Resting time

Once the programme has finished, stir the food again. You should leave it to stand for another 5 to 10 minutes until it reaches an even temperature.

The cooking result will depend on the quality and consistency of the food.

Programme no.	Weight range in kg	
	Cooking	
P 05	Rice	0.05 - 0.2
P 06	Potatoes	0.15 - 1.0
P 07	Vegetables	0.15 - 1.0

Combi-cooking programme

Notes

■ Ovenware

Cook the food in ovenware which is not too big, and is heat resistant and microwaveable.

■ Preparing food

Take the food out of its packaging and weigh it. If it is not possible to enter the exact weight, you should round it up or down.

■ Resting time

Once the programme has finished, allow the food to rest for another 5 to 10 minutes so it reaches an even temperature.

Programme no.	Weight range in kg	
	Combi-cooking programme	
P 08	Bake, frozen, up to 3 cm in height	0.4 - 0.9

Tested for you in our cooking studio

Here you will find a selection of recipes and the ideal settings for them. We show you which microwave power setting is best suited to your dish. There are also tips about ovenware and preparation methods.

Information regarding 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 twice the cooking time

Half the amount - half the cooking time.

Always place the ovenware on the turntable.

Defrost

Notes

■ 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 touch the oven walls. You can remove the foil half way through the defrosting time.

■ Liquid will be produced when defrosting meat or poultry. 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.

■ 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 is even throughout. The giblets can be removed from poultry at this point. The meat can still be further prepared, even if it has a small frozen core.

Defrost	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Whole pieces of meat (beef, veal or pork - on the bone or boned)	800 g	180 W, 15 mins + 90 W, 10-20 mins	-
	1 kg	180 W, 20 mins + 90 W, 15-25 mins	
	1.5 kg	180 W, 30 mins + 90 W, 20-30 mins	

Defrost	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Meat in pieces or slices of beef, veal or pork	200 g	180 W, 2 mins + 90 W, 4-6 mins	Separate any defrosted parts when turning
	500 g	180 W, 5 mins + 90 W, 5-10 mins	
	800 g	180 W, 8 mins + 90 W, 10-15 mins	
Minced meat, mixed	200 g	90 W, 10 mins	Freeze food flat if possible Turn several times, remove any defrosted meat
	500 g	180 W, 5 mins + 90 W, 10-15 mins	
	800 g	180 W, 8 mins + 90 W, 10-20 mins	
Poultry or poultry portions	600 g	180 W, 8 mins + 90 W, 10-15 mins	-
	1.2 kg	180 W, 15 mins + 90 W, 20-25 mins	
Fish fillet, fish steak or slices	400 g	180 W, 5 mins + 90 W, 10-15 mins	Separate any defrosted parts
Vegetables, e.g. peas	300 g	180 W, 10-15 mins	-
Fruit, e.g. raspberries	300 g	180 W, 7-10 mins	Stir carefully during defrosting and separate any defrosted parts
	500 g	180 W, 8 mins + 90 W, 5-10 mins	
Butter, defrosting	125 g	180 W, 1 min. + 90 W, 2-3 mins	Remove all packaging
	250 g	180 W, 1 min + 90 W, 3-4 mins	
Loaf of bread	500 g	180 W, 6 mins + 90 W, 5-10 mins	-
	1 kg	180 W, 12 mins + 90 W, 10-20 mins	
Cakes, dry, e.g. sponge cake	500 g	90 W, 10-15 mins	Only for cakes without icing, cream or crème pâtissière, separate the pieces of cake
	750 g	180 W, 5 mins + 90 W, 10-15 mins	
Cakes, moist, e.g. fruit flan, cheese-cake	500 g	180 W, 5 mins + 90 W, 15-20 mins	Only for cakes without icing, cream or gelatine
	750 g	180 W, 7 mins + 90 W, 15-20 mins	

Defrosting, heating up or cooking frozen food

Notes

- Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up.
- Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the ovenware. Different foodstuffs should not be placed in layers on top of one another.

- Always cover the food. If you do not have a suitable cover for your ovenware, use a plate or special microwave foil.
- Stir or turn the food 2 or 3 times during cooking.
- After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.
- This will help the food retain its own distinct taste, so it will require less seasoning.

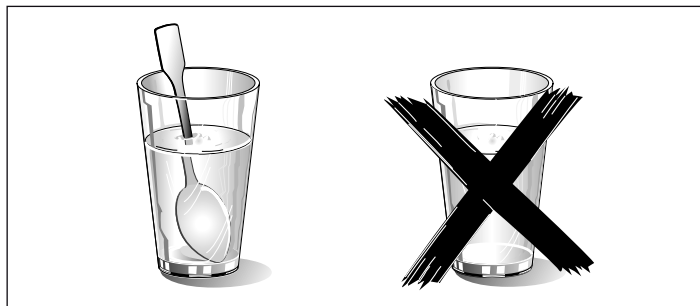
Defrosting, heating up or cooking frozen food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal (2-3 components)	300-400 g	600 W, 8-11 mins	-
Soup	400 g	600 W, 8-10 mins	-
Stews	500 g	600 W, 10-13 mins	-
Slices or pieces of meat in sauce, e.g. goulash	500 g	600 W, 12-17 mins	Separate the pieces of meat when stirring
Fish, e.g. fillet steaks	400 g	600 W, 10-15 mins	Add water, lemon juice or wine as desired
Bakes, e.g. lasagne, cannelloni	450 g	600 W, 10-15 mins	-
Side dishes, e.g. rice, pasta	250 g	600 W, 2-5 mins	Add a little liquid
	500 g	600 W, 8-10 mins	
Vegetables, e.g. peas, broccoli, carrots	300 g	600 W, 8-10 mins	Pour water into the dish so that it covers the base
	600 g	600 W, 14-17 mins	
Creamed spinach	450 g	600 W, 11-16 mins	Cook without additional water

Heating food

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. Even if the container only moves 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.



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 irreparably damage the glass on the inside of the door.

Notes

- Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up.
- Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil.
- Stir or turn the food several times during the heating time. Check the temperature.
- After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.

Heating food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal (2-3 components)	350-500 g	600 W, 4-8 mins	-
Drinks	150 ml	900 W, 1-2 mins	Place a spoon in the glass; do not overheat alcoholic drinks; check during heating
	300 ml	900 W, 3-3 mins	
	500 ml	900 W, 3-4 mins	
Baby food, e.g. baby bottle	50 ml	360 W, approx. ½ min	No teats or lids. Always shake well after heating. You must check the temperature
	100 ml	360 W, approx. 1 min	
	200 ml	360 W, 1½ min	
Soup 1 cup	200 g	600 W, 2-3 mins	-
Soup, 2 cups	400 g	600 W, 4-5 mins	-
Meat in sauce	500 g	600 W, 8-11 mins	Separate the slices of meat
Stew	400 g	600 W, 6-8 mins	-
	800 g	600 W, 8-11 mins	-
Vegetables, 1 portion	150 g	600 W, 2-3 mins	add a little liquid
Vegetables, 2 portions	300 g	600 W, 3-5 mins	

Cooking food

Notes

- Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the ovenware. Different foodstuffs should not be placed in layers on top of one another.

- Cook the food in ovenware with a lid. If you do not have a suitable lid for your ovenware, use a plate or special microwave foil.
- This will help the food retain its own distinct taste, so it will require less seasoning.
- After cooking, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.

Cooking food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Meat loaf	750 g	600 W, 20-25 mins	Cook uncovered
Whole chicken, fresh, no giblets	1.2 kg	600 W, 25-30 mins	Turn halfway through the cooking time
Fresh vegetables	250 g	600 W, 5-10 mins	Cut vegetables into pieces of equal size. Add 1 to 2 tbsp water per 100 g of vegetables. Stir during cooking
	500 g	600 W, 10-15 mins	
Potatoes	250 g	600 W, 8-10 mins	Cut potatoes into pieces of equal size; Add 1 to 2 tbsp water for every 100 g. Stir during cooking
	500 g	600 W, 11-14 mins	
	750 g	600 W, 15-22 mins	
Rice	125 g	900 W, 5-7 mins + 180 W, 12-15 mins	Add double the quantity of liquid.
	250 g	900 W, 6-8 mins + 180 W, 15-18 mins	
Sweet foods, e.g. blancmange (instant)	500 ml	600 W, 6-8 mins	Stir the custard pudding thoroughly 2 to 3 times during cooking using an egg whisk.
Fruit, compote	500 g	600 W, 9-12 mins	-

Microwave tips

You cannot find any information about the settings for the quantity of food you have prepared.	Increase or reduce the cooking times using the following rule of thumb: Double the amount = almost double the cooking time Half the amount = half the cooking time
The food has become too dry.	Next time, set a shorter cooking time or select a lower microwave power setting. Cover the food and add more liquid.
When the time has elapsed, the food is not defrosted, hot or cooked.	Set a longer time. Large quantities and food which is piled high require longer times.
When the time has elapsed, the food is overheated at the edge but not done in the middle.	Stir it during the cooking time and next time, select a lower microwave power setting and a longer cooking time.
After defrosting, the poultry or meat is defrosted on the outside but not defrosted in the middle.	Next time, select a lower microwave power setting. If you are defrosting a large quantity, turn it several times.

Condensation

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

Tips for grilling

Notes

- All the values given are guidelines and can vary depending on the properties of your food.
- Always grill on the wire rack with the cooking compartment door closed and do not preheat.
- Always place the wire rack on the turntable.

	Quantity	Accessories	Cooking time in minutes
Bread for toasting (pre-toasting)	2 to 4 slices	Wire rack	1st side: approx. 2 to 4 2nd side: approx. 2 to 4
Toast with topping	2 to 6 slices	Wire rack	Depending on topping: 7 to 10
Soup with toppings, e.g. onion soup	2 to 4 cups	Turntable	approx. 15 to 20

Combined grill and microwave

Notes

- The combined operation is particularly suitable for cooking bakes and gratins.
- Always place the dish on the turntable and do not cover the food.
- Use a high-sided dish for roasting. This keeps the cooking compartment cleaner.
- Use large flat ovenware for bakes and gratins. Food takes longer to cook in narrow, deep containers and browns more on top.
- Check that your ovenware fits in the cooking compartment. It must not be too large, as the turntable must still be able to turn.
- Always set the maximum cooking time. Check the food after the shorter time specified.
- Leave the meat to rest for another 5 to 10 minutes before cutting it. This allows the meat juices to be distributed evenly so that they do not run out when the meat is cut.
- Bakes and gratins should be left to cook in the appliance for a further 5 minutes after the appliance has been switched off.

	Weight	Accessories	Microwave power setting in watts	Cooking time in minutes	Notes
Joint of pork, e.g. neck of pork	approx. 750 g	Turntable	360 W + 	40-50 mins	Turn 1 to 2 times.
Meat loaf max. 7 cm deep	approx. 750 g	Turntable	360 W + 	25-35 mins	Maximum of 6 cm in height.
Chicken portions, small, e.g. chicken thighs or wings	approx. 800 g	Ovenware on the wire grill	360 W + 	30-40 mins	Place with the skin side up. Do not turn.
Frozen marinated chicken wings	approx. 800 g	Ovenware on the wire grill	360 W + 	15-25 mins	Do not turn.
Pasta bake (using pre-cooked ingredients)	approx. 1000 g	Turntable	360 W + 	25-35 mins	Sprinkle with cheese. Maximum of 5 cm in height
Potato gratin (using raw potatoes)	approx. 1000 g	Turntable	360 W + 	30-40 mins	Maximum of 4 cm in height
Fish, scalloped	approx. 400 g	Turntable	360 W + 	20-25 mins	Defrost frozen fish before cooking.
Quark bake	approx. 1000 g	Turntable	360 W + 	30-35 mins	Maximum of 5 cm in height

	Weight	Accessories	Microwave power setting in watts	Cooking time in minutes	Notes
Vegetable kebab	4-5 pieces	Wire rack	180 W + 	15-20 mins	Use wooden skewers.
Fish kebabs	4-5 pieces	Wire rack	180 W + 	10-15 mins	Use wooden skewers.
Bacon rashers	approx. 8 rashers	Wire rack	180 W + 	10-15 mins	

Test dishes in accordance with EN 60705

The quality and correct operation of microwave appliances are tested by testing institutes using these dishes.

In accordance with EN 60705, IEC 60705, DIN 44547 and EN 60350 (2009)

Cooking and defrosting with the microwave

Microwave cooking

Dish	Microwave power setting in watts, cooking time in minutes	Note
Egg wash, 750 g	360 W, 12-17 mins+ 90 W, 20-25 mins	Pyrex dish, 20 x 25 cm on the turntable.
Sponge	600 W, 8-10 mins	Place a pyrex dish with a diameter of 22 cm on the turntable.
Meat loaf	600 W, 20-25 mins	Place the pyrex dish on the turntable.

Microwave defrosting

Dish	Microwave power setting in watts, cooking time in minutes	Note
Meat	180 W, 5-7 mins+ 90 W, 10-15 mins	Place a pyrex dish with a diameter of 22 cm on the turntable.

Combined microwave cooking

Dish	Microwave power setting in watts, cooking time in minutes	Note
Potato gratin	 grill + 360 W, 35-40 mins	Place a pyrex dish with a diameter of 22 cm on the turntable.

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有關產品、配件、備品與保養的其他資訊，請參閱 www.bosch-home.com.tw

⚠ 重要安全資訊

請詳細閱讀說明。以確保能安全且正確的使用本產品。請妥善保管說明手冊及安裝說明，以便未來使用或交給下一位持有人。

本產品僅可安裝於廚房使用。請遵守原廠安裝說明。

在開箱後請檢查電器是否有損壞。若在運送過程中已發生損壞，請勿連接本電器。

僅經過認證的專業人員可不使用插頭連接本產品。因不當連接而造成的損壞，不在保固範圍之內。

本產品僅限於家庭使用。只限預備食物及飲料之用。操作時務必在場監督。僅供室內使用。

本電器僅適用於最高海拔 4000 公尺以下地區。

8 歲以上的兒童，身體、感官或精神有障礙者，以及欠缺使用此產品經驗和知識者，可由監護人在旁監督或指導如何安全使用並明瞭其危險性後，使用本產品。

不可讓兒童將本產品當作玩具、或在本產品周圍玩耍。15 歲以上兒童可於有人在旁監督的情況下進行本產品的清潔與保養。

8 歲以下的兒童須與本電器及其電源線保持距離。

確定箱體內的配件放置正確。請參閱說明手冊中的配件說明。

火災風險！

- 本電器會產生高熱。如果電器安裝在帶有裝飾門的安裝櫥櫃中，當裝飾門關閉時熱能將會累積。僅可在裝飾門開啟時操作本電器。
- 將易燃物品放在電器中可能會起火。請勿將易燃物品放在電器內。若本電器內出現煙霧，請勿開啟箱門。請將電器關閉並將插頭從電源上拔除或關閉保險絲盒中的斷路器。
- 在預定用途範圍之外使用本電器十分危險，可能讓電器損壞。
禁止以下用途：烘乾食物或衣服、暖腳拖鞋、填充枕頭、海棉、潮濕衣物或是類似物品。
例如，即使已結束加熱數小時，暖腳拖鞋或填充枕頭仍有可能會起火。本電器只可用於預備食物及飲料。
- 食物可能會起火。切勿將食物連同保溫包裝一起加熱。
加熱存放於塑膠、紙類或其他易燃材質容器

的食物時，請勿離開。
請勿選擇過高的微波功率或過長時間設定。
請遵從本使用說明書內提供的資訊。
請勿利用微波燒烤爐除去食物水份。
請勿以高微波功率或長時間將含水量較低的食物（如麵包）解凍或加熱。

- 食用油可能會起火。請勿使用微波燒烤爐單獨加熱食用油。

爆炸風險！

密封容器內的液體或其他食物可能會爆炸。請勿為密封容器內的液體或其他食物加熱。

嚴重危害健康的風險！

- 不當清潔可能會損害電器表面。微波能量可能會因此外洩。請定期清潔電器，並立即清除食物殘渣。經常保持箱體、箱門密封條、箱門及門擋清潔；同時請參閱保養與清潔一節。
- 若箱門或箱門密封條受損，微波能量可能會外洩。如果箱門或箱門密封條受損，請勿使用電器。請聯絡售後服務中心。
- 微波烤爐若無外殼保護，微波能量將會外洩。請勿移除外殼。若需維護或維修，請聯絡售後服務中心。

觸電風險！

- 不當維修會造成危險。請由受過訓練的客服技術人員進行維修或更換損壞的電源線。如果電器出現問題，請拔掉主電源，或關閉保險絲盒內的斷路器。請聯絡售後服務中心。
- 電源線上的絕緣層可能會因接觸高溫部分而融化。請勿讓電源線接觸電器高溫部分。
- 切勿使用任何高壓或蒸氣清潔器，以免觸電。
- 濕氣滲入可能會導致漏電。請勿將電器置於極度高溫或潮濕的環境中。僅供室內使用。
- 損壞的電器可能導致觸電。請勿開啟損壞電器的電源。請拔掉電器插頭或關閉保險絲盒內的斷路器。請聯絡客服中心。
- 微波爐是高電壓設備。請勿移除外殼。

燙傷風險！

- 本電器會產生高熱。請勿觸碰電器內壁或加熱元件。請務必讓電器冷卻。兒童應保持安全距離。
- 配件與耐熱器皿會變得很燙。將配件或耐熱器皿從蒸烤爐中取出時請務必配戴烤箱手套。
- 在高溫的烹調空間內，氣化酒精可能會起火。切勿製作含大量高酒精濃度飲料的食物。請僅使用含少量高酒精濃度的飲料。請小心打開箱門。
- 加熱期間（甚至在加熱後），需削皮或帶皮的食物可能會爆裂或爆開。請勿烹煮帶殼蛋類或重新加熱水煮蛋類。請勿烹煮貝類或甲

殼類食物。請務必在烘烤或烹煮蛋類時戳破蛋黃。需削皮或是帶皮的食物（例如蘋果、蕃茄、馬鈴薯和香腸）其外皮可能會爆裂。請在加熱前先刺破果皮。

- 嬰兒食品中的熱度分佈並不均勻。請勿在密封容器中加熱嬰兒食品。請務必取下蓋子或奶嘴。攪拌或搖晃已加熱的食品。檢查食物溫度後，才將食物交給孩童。
- 食物加熱後會散發熱氣。器皿可能變熱。戴上隔熱手套後，方可從爐箱取出配件或器皿。
- 真空包裝袋可能會在加熱過程中爆裂。請務必遵守包裝上的指示。戴上隔熱手套後，方可從後微波燒烤爐中取出料理。

燙傷風險！

- 當開啟電器時，可能有高溫水蒸汽溢出。請小心打開箱門。兒童應保持安全距離。
- 在高溫電器內的水份可能會轉化成高溫水蒸氣。絕對不要將水倒入高溫的電器中。
- 液體加熱時，可能會發生沸點延遲的狀況。其意思是指液體雖然已達到沸騰的溫度，但表面卻仍未出現蒸汽氣泡。此時，即使容器稍微振動，都可能令滾燙的液體突然沸騰和飛濺。加熱時，請在容器中放入一隻湯匙。這可防止出現沸點延遲的情況。

受傷風險！

- 箱門上的玻璃刮痕可能會形成裂痕。請勿使用玻璃刮刀、尖銳或具腐蝕性的清潔液或洗劑。
- 不適合的器皿可能會出現龜裂。陶瓷類器皿在手柄或蓋子上有些小孔縫。這些孔縫隱藏了其下的空洞。濕氣如果穿透這些空洞，可能會導致器皿龜裂。只可使用適合用於微波爐的器皿。
- 若電器僅使用微波模式，在電器內放入由金屬製成或有金屬裝飾的廚具和容器可能會產生火花。這樣會導致電器損壞。若電器僅以微波模式運作時，切勿使用金屬容器。僅能使用微波專用廚具，或是以微波搭配加熱功能代替。

損壞原因

注意！

- 極髒的密封條：若密封條太髒，運作期間就不能關緊箱門。相鄰機組的正面可能會受損。請務必隨時保持密封條清潔。
- 請勿空轉本電器：若未在箱體中放入食物而空轉本電器，可能導致電器過載。請務必在箱體中放入食物後，才開啟電源。唯一例外情況是進行短時間的器皿測試（請參閱「微波烹調、關於器皿的說明」）。
- 微波烹調爆米花：請勿設定過高的微波功率。使用不高於 600 W 的功率設定。請將爆米花袋放置在玻璃盤上。如果過載，盤子可能會跳動。
- 請勿讓濺灑出來的液體透過轉盤驅動器進入電器內部。監控烹調過程。一開始先選擇較短的烹調時間，再按需要增加烹調時間。
- 請勿使用未安裝轉盤的微波燒烤爐。

- 產生火花: 金屬（如玻璃杯中的湯匙）必須與箱壁和箱門內側保持至少 2 cm 的距離。火花可能會對箱門內側的玻璃造成無法修復的損害。
- 金屬箔紙容器: 切勿在電器中使用金屬箔紙容器。產生的火花會損壞設備。
- 開啟箱門散熱.: 請在箱門關閉的情況下讓箱體散熱。切勿將物品夾在電器箱門上。即使箱門只打開些微縫隙，與前方相鄰的櫥櫃在一段時間後仍可能會損壞。
- 箱體內的水氣凝結: 箱門玻璃、內壁和箱體底部可能出現凝結的水氣。這是正常現象，不會對微波運作產生不良的影響。每次烹調後擦拭凝結水氣，可以避免腐蝕。

安裝和連線

本產品僅限於家庭使用。

本產品僅可安裝於廚房使用。

請遵守特殊安裝說明。

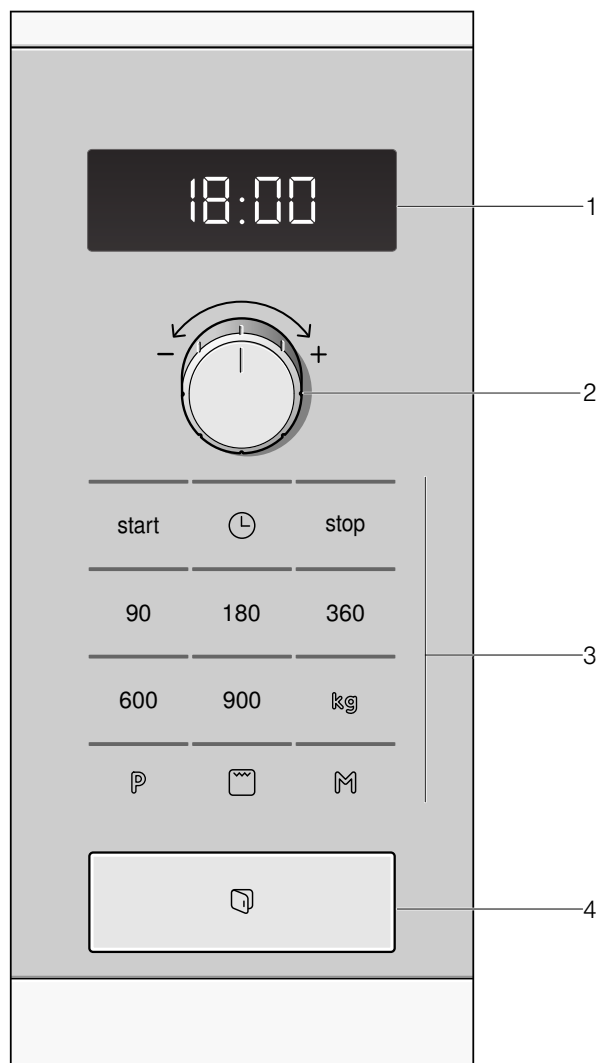
本電器使用插頭連接的插座，須已連接到適當接地。保險絲防護必須定為 10 安培（L 或 B 斷路器）。主電源電壓必須符合額定銘牌上指定的電壓。

插座必須裝好，電源線只可由符合資格的電氣技術人員更換。安裝後如無法碰觸到插頭，則安裝處必須要有一個全電極隔離開關的裝置，接觸距離最少要有 3 cm。

請勿使用多孔插座、延長插座及延長線。過載可能會導致火災。

控制面板

下圖是控制面板的總覽。詳細內容視乎設備型號不同。



4 開啟箱門按鈕	
按鈕	說明
Start	啟動操作
🕒	設定時鐘
Stop	停止操作
90	選擇 90 W 微波功率
180	選擇 180 W 微波功率
360	選擇 360 W 微波功率
600	選擇 600 W 微波功率
900	選擇 900 W 微波功率
P	選擇自動程序
kg	針對程序選擇公斤數
🔥	選擇燒烤功能
M	選擇記憶功能

旋鈕

旋鈕用於變更預設值和設定值。

旋鈕本身也是按鈕。按下旋鈕以確認或解除鎖定。

加熱模式

微波

微波在食品中轉換為熱能。微波適合用於快速解凍、加熱、融化和烹調。

微波功率

- 900 W - 適合加熱液體。
- 600 W - 適合加熱和烹調食物。
- 360 W - 適合烹調肉類和加熱精緻食物。
- 180 W - 適合解凍和繼續烹調食物。
- 90 W - 適合解凍精緻食品。

燒烤 🔥

使用此功能可以燒烤或焗烤。

結合燒烤與微波

本功能可同時進行燒烤和微波操作。此功能特別適合烘焙和焗烤。食物會變得金黃酥脆。使用本功能可以節省時間與能源消耗。

1	顯示螢幕 用於顯示時鐘和烹調時間
2	旋鈕 用於設定時鐘和烹調時間，或設定自動程序
3	按鈕

配件

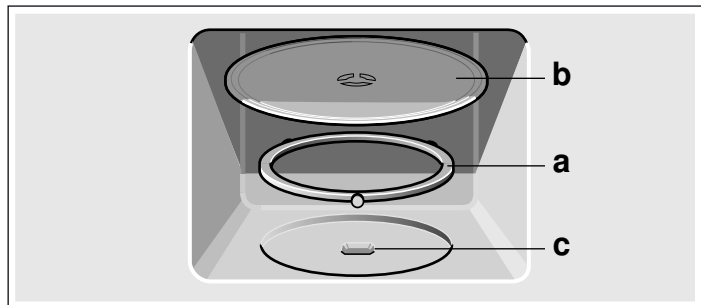
注意！

取出料理時，請注意不要移動到轉盤。確保轉盤仍保持鎖定。轉盤可以左右旋轉。

轉盤

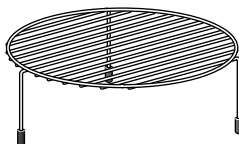
如何安裝轉盤：

1. 將轉環**a**置於箱體底部的凹陷處。
2. 將轉盤**b**插槽放在位於箱體底部中央的驅動器**c**處。



提示：轉盤未定位的話，請勿使用電器。確認轉盤已定位。轉盤可依順時針或逆時針方向轉動。

燒烤架



烤架適合燒烤，例如烤牛排、香腸或麵包，或是用於放置淺盤。

提示：將烤架放置在轉盤上。

特殊配件

可向售後服務中心或是專業零售商購買特殊配件。請指定 HEZ 編號。我們的產品目錄和網站上都有完整的產品系列。特殊配件是否可用或是否可在網上訂購，依所處國家 / 地區而定。若需詳細資訊，請查看產品目錄。

蒸鍋器皿

HEZ 86 D 000

首次使用前

此處提供您於首次使用微波燒烤爐準備食物時，所需進行事項的完整資訊。請先詳讀 重要安全資訊 一節。

設定時鐘

首次連接電器電源或在斷電後恢復時，顯示螢幕會出現三個 0。

1. 按下 按鈕。
12:00 h 顯示在顯示螢幕上，且 按鈕上的指示燈亮起。

2. 使用旋鈕設定時鐘。
3. 再次按下 按鈕。

時間已設定完成。

隱藏時鐘

按下 按鈕，然後按下 Stop（停止）。
顯示螢幕即變成空白。

重設時鐘

按下 按鈕。
顯示螢幕上隨即顯示「12:00」。請參閱第 2 點和第 3 點的指示進行設定。

變更時鐘（例如從夏令時間變為冬令時間）

按步驟 1 到 3 所述進行設定。

加熱箱體

若要去除新微波燒烤爐的氣味，可在箱體空置時，放入轉盤加熱並關上箱門運轉 10 分鐘。

1. 按下 燒烤按鈕。
顯示螢幕上會顯示 10:00 分鐘， 按鈕上方的指示燈會亮起。
2. 按下 Start（啟動）按鈕。
當設定時間結束後會發出訊號音。按下 Stop（停止）按鈕或開啟箱門。

微波烹調

微波在食物中轉換為熱能。

電器可以單獨設定微波功能，或是結合燒烤功能。

此處將提供關於器皿及微波功率設定的資訊。

提示：在建議的烹調時間一節，可以找到與解凍、加熱和烹調食物等有關的資訊。

立即試用微波爐。例如，你可以加熱泡茶用的水。

使用無金邊或銀邊裝飾的大型杯具，並放入一隻湯匙。將裝水的杯子放置在轉盤上。

1. 按下 900 W。
2. 利用旋鈕設定 1:30 分鐘。
3. 按下「Start」（啟動）按鈕。
1 分 30 秒後，訊號音響起。水已加熱完成。

喝茶時，請花點時間詳讀使用說明前面的安全注意事項。這些資訊非常重要。

關於器皿的說明

適用的器皿

適合用於微波爐的耐熱餐碟，由玻璃、玻璃陶瓷、瓷、陶瓷或耐熱塑料所製。這些材料可以讓微波順利穿透。

也可以使用正式餐碟。以節省更換餐碟的時間。除非製造商保證，否則不要將有金、銀裝飾邊的器皿放入微波燒烤爐中使用。

不適用的器皿

不能使用金屬器皿。金屬無法讓微波穿透。無法加熱金屬容器內的食物。

注意！

產生火花：金屬（如玻璃杯中的湯匙）必須與箱體內壁和箱門內側保持至少 2 cm 的距離。火花可能會破壞箱門內側的玻璃。

器皿測試

箱體內如無食物，請勿開啟微波燒烤爐電源。以下器皿測試是唯一的例外。

若不確定器皿是否適用於微波爐，請執行下列測試：

1. 以最強的功率加熱空器皿 ½ 分鐘到 1 分鐘。
2. 期間不時檢查溫度。
碰觸時，器皿應仍然是冷或微溫。
如果器皿變得極熱或產生火花，即表示不適用於本電器。

微波功率

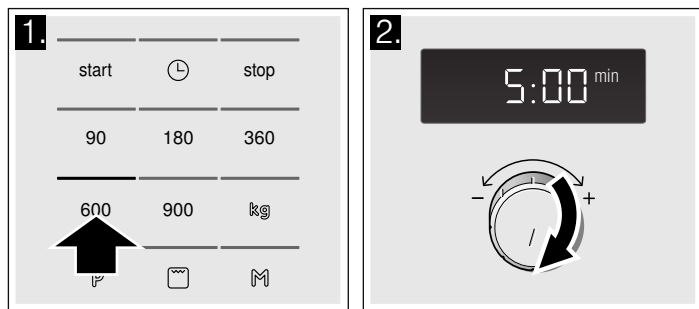
微波功率設定	適合的用途
90 W	解凍精緻食物
180 W	解凍和繼續烹調食物
360 W	烹調肉類和加熱精緻食物
600 W	加熱和烹調食物
900 W	加熱液體

提示：：您可將 900 W 微波功率設定為 30 分鐘、600 W 為 1 小時，其餘的功率設定分別為 1 小時及 39 分鐘。

微波設定

範例：微波功率 600 W、5 分鐘

1. 按下所需的微波功率。
按鈕上方的指示燈亮起。
2. 利用旋鈕設定烹調時間。



3. 按下 Start（啟動）按鈕。
顯示螢幕會開始倒數烹調時間。

烹調時間已過

發出訊號音。開啟箱門或 Stop（停止）。時鐘隨即重新顯示。

變更烹調時間

您可隨時變更烹調時間。請使用旋鈕變更烹調時間。

暫停電器運作

按下 Stop（停止）按鈕或開啟機門。這樣可以暫停電器運作。Stop（停止）按鈕上的指示燈會亮起。關閉機門後，再次按下 Start（啟動）按鈕。

取消操作

連按兩次 Stop（停止）按鈕，或開啟箱門後，再按下 Stop（停止）按鈕。

提示：：您亦可先調整烹調時間，再調整微波功率設定。

散熱風扇

本電器配有散熱風扇。即使已關閉微波燒烤爐電源，風扇可能仍會轉動。

提示

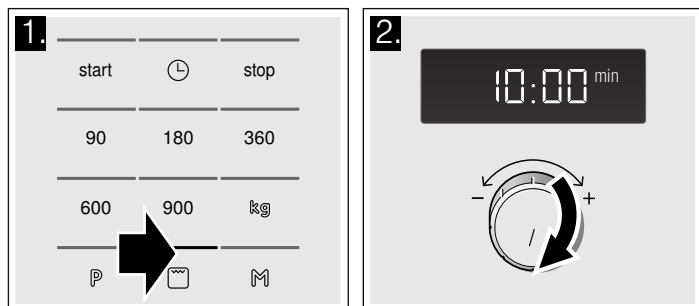
- 爐箱在微波運作期間維持冷卻。散熱風扇將持續開啟。即使微波運作已結束，風扇可能仍會轉動。
- 箱門玻璃、內壁和箱體底部可能出現凝結的水氣。這是正常現象，不會對微波運作產生不良的影響。烹調後擦去凝結的水氣即可。

燒烤

功率強大的燒烤可以確保表面溫度極高，且讓食物表面呈現金黃色。

燒烤設定

1. 按下  選擇燒烤功能。
按鈕上方的指示燈亮起且顯示幕上顯示 10:00 分鐘。
2. 利用旋鈕設定烹調時間。



3. 按下 Start（啟動）按鈕。
顯示螢幕會開始倒數烹調時間。

烹調時間已過

發出訊號音。開啟箱門或 Stop（停止）。時鐘隨即重新顯示。

變更烹調時間

您可隨時變更烹調時間。請使用旋鈕變更烹調時間。

暫停電器運作

按下 Stop（停止）按鈕或開啟機門。這樣可以暫停電器運作。Stop（停止）按鈕上的指示燈會亮起。關閉機門後，再次按下 Start（啟動）按鈕。

修改

烹調時間可以隨時修改。

取消

連按兩次「Stop」（停止）按鈕，或開啟箱門後，再按下「Stop」（停止）按鈕。

結合微波與燒烤

本電器可以只設定微波功能，或是結合燒烤功能。食物會變得金黃酥脆。使用本功能可以節省時間與能源消耗。

您可以設定所需微波功率。
除了900 W 與 600 W 以外。

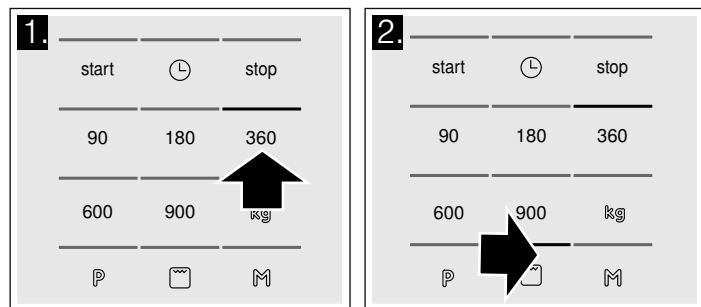
微波和燒烤設定

範例：360 W， 燒烤，5 分鐘

1. 按下所需的微波功率。

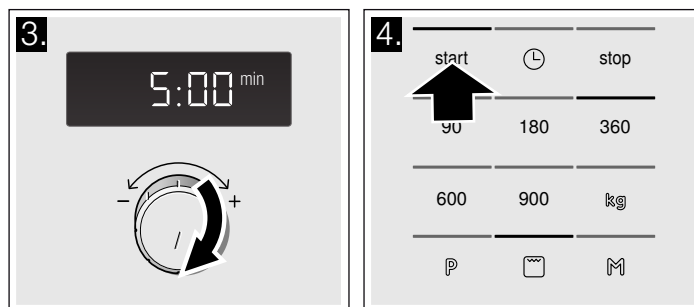
按鈕上方的指示燈亮起且顯示螢幕上顯示 1:00 分鐘。

2. 按下  選擇燒烤功能。



3. 利用旋鈕設定烹調時間。

4. 按下 Start（啟動）按鈕。



顯示螢幕會開始倒數烹調時間。

烹調時間已過

發出訊號音。開啟箱門或 Stop（停止）。時鐘隨即重新顯示。

變更烹調時間

您可隨時變更烹調時間。請使用旋鈕變更烹調時間。

暫停電器運作

按下 Stop（停止）按鈕或開啟機門。這樣可以暫停電器運作。Stop（停止）按鈕上的指示燈會亮起。關閉機門後，再次按下 Start（啟動）按鈕。

取消操作

連按兩次 Stop（停止）按鈕，或開啟箱門後，再按下 Stop（停止）按鈕。

提示：：您亦可先調整烹調時間，再調整微波功率設定。

記憶功能

在記憶功能中儲存某一道料理的設定後，日後可隨時讀取重用。

如果經常要烹調某一道料理，記憶功能便十分有用。

儲存記憶設定

範例：360 W，25 分鐘

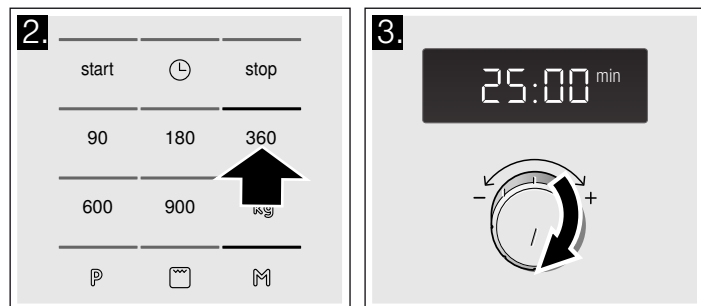
1. 按下 M 按鈕。

按鈕上方的指示燈亮起。

2. 按下所需的微波功率。

按鈕上方的指示燈亮起且顯示螢幕上顯示 1:00 分鐘。

3. 使用旋鈕以設定烹調時間。



4. 按下 M 按鈕以確認。

時鐘隨即重新顯示。設定已儲存。

提示

- 您也可以儲存燒烤或是燒烤結合微波的設定。
- 您可以儲存記憶功能設定，並立即啟動微波燒烤爐。在完成時，請勿按下 M，而是按下 Start（啟動）。

- 無法連續儲存數個微波功率設定。

- 無法儲存自動程序。

加入記憶功能

1. 按下 M 按鈕。

隨即顯示舊設定。

2. 如步驟 1 至 4 所示儲存新的程序。

啟動記憶功能

要啟動已儲存的程序，非常簡單。將食物放入。關閉機門。

1. 按下 M 按鈕。

隨即顯示已儲存的設定。

2. 按下 Start（啟動）按鈕。

顯示螢幕會開始倒數烹調時間。

烹調時間已過

發出訊號音。開啟箱門或 Stop（停止）。時鐘隨即重新顯示。

暫停電器運作

按下 Stop（停止）按鈕或開啟機門。這樣可以暫停電器運作。Stop（停止）按鈕上的指示燈會亮起。關閉機門後，再次按下 Start（啟動）按鈕。

取消

連按兩次「Stop」（停止）按鈕，或開啟箱門後，再按下「Stop」（停止）按鈕。

變更訊號音長度

關閉本電器電源時，會聽到訊號音。
按下「Start」（啟動）按鈕約 6 秒。
已採用新的訊號音長度。
時鐘隨即重新顯示。

以下為可用設定：
短訊號音長度 - 3 聲
長訊號音長度 - 30 聲。

保養與清潔

小心保養與清潔，可讓微波燒烤爐保持良好外觀。我們將解釋保養和清潔本電器的正確方法。

⚠ 短路風險!!

請勿使用高壓清潔器或蒸氣清潔器來清潔微波燒烤爐。

⚠ 燙傷風險!

切勿在關閉設備電源後立刻清潔設備。

⚠ 觸電風險!

請勿將電器浸入水中或利用噴水清潔。

表面的材質各有不同，用了錯誤的清潔劑會讓表面受損。因此，請先查看下表資訊，以免發生此情況。

請勿使用：

- 尖銳或具腐蝕性的清潔溶液。
表面可能會受損。若電器正面不慎接觸到此類物質，請立即用清水洗淨。
- 金屬或玻璃刮刀來清潔箱門的玻璃。
- 金屬或玻璃刮刀來清潔箱門密封條。
- 硬質百潔布或清潔海綿。
使用新的海綿布前，請先徹底清潔。
- 含高濃度酒精的清潔劑

清潔劑

注意!

清潔前，請先從插座拔掉電器插頭，或關閉保險絲盒內的斷路器。請先用微濕的布和溫和的清潔劑擦拭電器外殼和箱體，以乾淨的布擦乾。

區域	清潔劑
電器正面	熱肥皂水： 使用洗碗布清潔，再以軟布擦乾。請勿使用玻璃清潔劑或用金屬或玻璃刮刀清潔。
帶有不鏽鋼材質的電器正面	熱肥皂水： 使用洗碗布清潔，再以軟布擦乾。立即除去水垢、油脂、澱粉和蛋白。這類殘留物會造成腐蝕。您可以從售後服務中心或專賣店購得特殊的不鏽鋼清潔劑。請勿使用玻璃清潔劑或用金屬或玻璃刮刀清潔。
不鏽鋼材質的箱體內部	熱肥皂水或醋酸溶液： 使用洗碗布清潔，再以軟布擦乾。 如果微波燒烤爐非常骯髒：請使用本電器專用清潔劑（只限箱體冷卻時使用）。最好使用不鏽鋼專用海綿。請勿使用微波爐噴劑，或使用其他侵蝕性的微波爐清潔劑或磨蝕性材料。亦不適用菜瓜布、硬質海綿和平底鍋清潔劑。這些物件都會刮傷表面。請務必徹底擦乾內部表面。
箱體底部的凹陷處	濕布： 確定不會有水從轉盤驅動器滲入電器內部。
轉盤和轉環	熱肥皂水： 確認將轉盤放回原位。
燒烤架	熱肥皂水： 使用不鏽鋼清潔劑或洗碗機清潔。
箱門面板	玻璃清潔劑： 使用洗碗布清潔。請勿使用玻璃刮刀。
密封條	熱肥皂水： 使用洗碗布清潔，請勿沖刷。請勿使用金屬或玻璃刮刀清潔。

修復故障

故障通常可以簡易排除。聯絡售後服務中心前，請先參閱下表疑難排解內容。

若料理的烹調結果不如預期，請參閱建議的烹調時間一節，查看烹飪的秘訣和技巧。

⚠ 觸電風險!

不當維修會造成危險。維修作業需由我們的專業售後服務工程師負責。

對於某些錯誤訊息，則可自行採取補救措施。

疑難排解

錯誤訊息	可能原因	修復方式 / 備註
電器無法運作	未插上插頭。	插上插頭
	電源中斷	檢查廚房燈是否失靈。
	斷路器故障	查看保險絲盒中電器所使用的斷路器是否正常運作。
	操作錯誤	關閉保險絲盒內的斷路器。約 10 秒後再打開。
顯示螢幕上亮起三個 0。	電源中斷	重設時間。
電器不能操作。顯示螢幕上顯示著烹調時間。	不小心觸動旋鈕。	按下 Stop（停止）按鈕
	設定後未按下 Start（啟動）按鈕。	按下 Start（啟動）按鈕或使用 Stop（停止）按鈕取消設定。
電器沒有運轉。	箱門未關好。	檢查食物殘渣或碎片是否夾在門邊。
	未按下 Start（啟動）按鈕。	按下 Start（啟動）按鈕。
食物微波加熱時間較平常久	微波功率等級設定過低。	選擇較高的微波功率設定。
	放入了過多的食物，超出正常份量。	兩倍份量需耗時兩倍的烹調時間。
	食物較平常冷。	烹調時攪拌或翻動食物。
轉盤發出刮磨的噪音。	轉盤驅動器位置附近有灰塵或碎片。	清潔轉環和凹槽。
因不明原因使得微波爐中止運作。	微波燒烤爐故障。	若故障反覆發生，請與售後服務中心聯絡。
顯示螢幕上顯示「M」。	電器在展示模式中。	按住 Start（啟動）按鈕和 Stop（停止）按鈕約 7 秒。 展示模式隨即關閉。

售後服務

若您的電器需要維修，請聯絡我們的售後服務中心。我們將找出正確的解決方法，以免維修技術人員不必要的登門維修。

產品編號及生產編號

與我們聯絡時，請提供產品編號（E no.）和生產編號（FD no.）以便提供正確的建議。開啟箱門時，即可在右側找到印有這些編號的銘牌。為節省時間，您可記下其編號及下方的售後服務中心電話，以備不時之需。

產品編號 (E no.)	生產序號 (FD no.)
售後服務中心 ☎	

請注意，即使是在保固期內，維修技術人員到府服務仍非免費的服務。

各國的聯絡資訊請參閱客戶服務列表。

預約技師到府服務以及產品諮詢

TW 0800 368 888
需要支付當地市話或行動通話費用。

信賴製造商的專業水準。您可確保電器由訓練有素的維修技術人員，以原廠配件進行維修。

本電器符合 EN 55011 和 CISPR 11 標準，並屬於 Group 2, Class B 產品。

Group 2 表示用於加熱食物的微波。Class B 表示該電器為家用產品。

技術規格

輸入電壓	110-117 V, 60 Hz
功率消耗	1450 W
最大輸出功率	900 W
燒烤功率	1200 W
微波頻率	2450 MHz
保險絲	10 A
尺寸（高x寬x深）	
- 整體體積	382 x 594 x 388 mm
- 箱體體積	208 x 328 x 369 mm
VDE 核准	
是	
CE 標誌	
是	

符合環保規定的廢棄處理

請以環保的方式將包裝丟棄。



此電器貼有歐盟關於使用過的電器及電子產品的指令 2012/19/EU（使用過的電器及電子產品 - WEEE）相關標籤。該指令包含歐盟範圍內舊電器退還及回收的規範。

自動程序

自動程序能幫助您輕鬆準備食物。請選擇程序並輸入食物的重量。自動程序將會提供最佳的設定。

提示：：可以選擇的程序共有 8 種。

設定程序

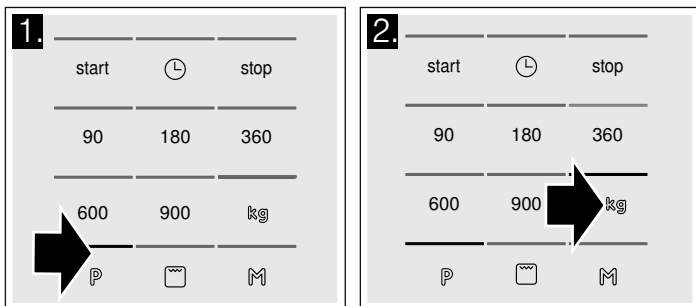
選擇程序後，請進行下列設定：

1. 重複按下 **P** 按鈕，直到所需的程序編號出現。

按鈕上方的指示燈亮起。

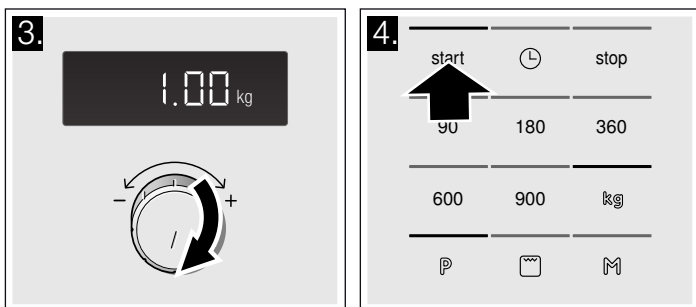
2. 按下 **kg** 按鈕。

按鈕上方的指示燈亮起且顯示建議重量。



3. 旋轉旋鈕以指定食物的重量。

4. 按下 Start (啟動) 按鈕。



顯示螢幕上隨即顯示正在倒數的程序烹調時間。

烹調時間已過

發出訊號音。開啟箱門或 Stop (停止)。時鐘隨即重新顯示。

修改

連按兩次「Stop」(停止) 按鈕並重設。

暫停電器運作

按下 Stop (停止) 按鈕或開啟機門。這樣可以暫停電器運作。Stop (停止) 按鈕上的指示燈會亮起。關閉機門後，再次按下 Start (啟動) 按鈕。

取消

連按兩次「Stop」(停止) 按鈕，或開啟箱門後，再按下「Stop」(停止) 按鈕。

提示

- 某些程序會在特定時間後響起訊號音。打開箱門，攪拌食物，或翻動一下肉類或家禽肉類。關閉箱門後，再次按下 Start (啟動) 按鈕。
- 您可以利用 **P** 或 **kg** 來查詢程序編號和重量。查詢的數值會在顯示螢幕內顯示 3 秒鐘。

使用自動程序解凍

您可以使用 4 種解凍程序，以解凍肉類、家禽肉類和麵包。

提示

- 準備食物

使用已在 -18°C 冷凍並分裝儲存的食物（盡可能以薄片方式）。

拆除待解凍食物的所有包裝並稱重。食物重量與程序設定有關。

- 肉類或家禽肉類在解凍時會產生液體。翻動肉類或家禽肉類時，順道倒掉這些液體。這些液體絕不可用於其他用途或接觸其他食物。
- 耐熱器皿
將食物放置於可用於微波爐的淺盤（如瓷盤或玻璃盤），但無需覆蓋。
- 靜置時間
解凍的食物應額外靜置 10 至 30 分鐘，讓溫度均勻。與小塊的肉類相比，大塊肉類需較長的靜置時間。靜置前，請分開肉塊和碎肉。
之後，儘管厚肉塊中間可能仍然冰凍，您可繼續準備食物。此時，可先去除家禽的內臟。
- 訊號音
某些程序會在特定時間後響起訊號音。打開箱門，將食物分開，或翻動一下肉類或家禽肉。關上箱門，然後按下 Start (啟動) 按鈕。

程序編號		重量範圍 (單位為公斤)
解凍		
P 01	絞肉	0.20 - 1.00
P 02	肉塊	0.20 - 1.00
P 03	雞肉、雞肉塊	0.40 - 1.80
P 04	麵包	0.20 - 1.00

使用自動程序烹調

3 種烹調程序，讓您烹煮米飯、馬鈴薯或蔬菜。

提示

- 耐熱器皿
食物必須用含蓋且適用於微波功能的器皿進行烹調。米飯應使用大而深的盤子。
- 準備食物
將食物稱重。食物重量與程序設定有關。
米：
請勿使用米飯即時調理包。依照包裝指示添加適量的水。水量通常是米量的兩到三倍。
馬鈴薯：
煮馬鈴薯時，請將新鮮的馬鈴薯切成均勻的塊狀。每 100 公克馬鈴薯加入一湯匙的水，以及少許的鹽。
新鮮蔬菜：
將新鮮、已洗淨的蔬菜稱重。將蔬菜均勻切塊。每 100 公克的蔬菜加入一湯匙的水。
- 訊號音
程序執行一段時間後，會發出訊號音。請攪拌食物。
- 靜置時間
程序完成後，請再次攪拌食物。食物應額外靜置 5 至 10 分鐘，讓溫度均勻。
烹調結果將取決於食物的特性和黏稠度。

程序編號		重量範圍 (單位為公斤)
烹煮		
P 05	米	0.05 - 0.2
P 06	馬鈴薯	0.15 - 1.0
P 07	蔬菜	0.15 - 1.0

混合烹調程序

提示

- **耐熱器皿**
可以烹調體積較小的食物、耐熱而且可適用於微波烹調。
- **準備食物**
取出包裝中的食物並稱重。如果無法輸入確實的重量，請以四捨五入計算。

■ 靜置時間 當程序結束時，食物應靜置 5 至 10 分鐘，讓溫度均勻。		
程序編號		重量範圍（單位為公斤）
混合烹調程序		
P 08	烘焙、冷凍食物， 厚度最大 3 cm	0.4 - 0.9

建議的烹調時間

您可在此處找到各種食譜及相關的合適設定，包括最適合料理微波功率設定。此外，還有關於如何選擇耐熱器皿與食材處理的提示。

關於表格的資訊

下表提供多種的微波選項和設定。
表中時間只供參考。實際所需時間可能會因所用的器皿和食物的特性、溫度和黏稠度而不同。
表中一般會列出時間範圍，先設定較低的时间，視乎需要延長時間。
料理的份量可能會與表中指定的數量不同。可以依照經驗法則：
份量加倍 - 將近雙倍的烹調時間
份量減半 - 一半的烹調時間。
務必將耐熱器皿放置在轉盤上。

解凍

提示

- 將冷凍食品放置在轉盤上不加蓋的容器中。
- 需要小心處理的食材（如雞腿和雞翅或烤肉外層脂肪）可使用小片鋁箔覆蓋。鋁箔絕對不可接觸箱壁。經過一半解凍時間後，即可移開鋁箔。
- 肉類或家禽肉類在解凍時會產生液體。翻動肉類或家禽肉類時，順道倒掉這些液體。這些液體絕不可用於其他用途或接觸其他食物。
- 解凍時，翻動或攪拌食物一或兩次。較大塊的食物應翻動數次。
- 讓解凍的食物在室溫下靜置 10 至 20 分鐘，使其達到均勻的溫度。此時，可先去除家禽的內臟。儘管接近中間的一小部分可能仍然冰凍，您可繼續準備烹調。

解凍	重量設定	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
肉排、肉塊（如牛肉、小牛肉或豬肉 - 帶骨或去骨）	800 公克	180 W, 15 分鐘 + 90 W, 10-20 分鐘	-
	1 公斤	180 W, 20 分鐘 + 90 W, 15-25 分鐘	
	1.5 公斤	180 W, 30 分鐘 + 90 W, 20-30 分鐘	
肉塊或牛肉、小牛肉或豬肉片	200 公克	180 W, 2 分鐘 + 90 W, 4-6 分鐘	翻動時，將已解凍的部份分開
	500 公克	180 W, 5 分鐘 + 90 W, 5-10 分鐘	
	800 公克	180 W, 8 分鐘 + 90 W, 10-15 分鐘	
混合絞肉	200 公克	90 W, 10 分鐘	冷凍食物時應盡量平放 翻動數次，將已解凍的部份分開
	500 公克	180 W, 5 分鐘 + 90 W, 10-15 分鐘	
	800 公克	180 W, 8 分鐘 + 90 W, 10-20 分鐘	
家禽肉	600 公克	180 W, 8 分鐘 + 90 W, 10-15 分鐘	-
	1.2 公斤	180 W, 15 分鐘 + 90 W, 20-25 分鐘	
魚片、魚柳或切片	400 公克	180 W, 5 分鐘 + 90 W, 10-15 分鐘	將已解凍的部份分開
蔬菜，如豌豆	300 公克	180 W, 10-15 分鐘	-
水果，如覆盆子	300 公克	180 W, 7-10 分鐘	在解凍過程中，請仔細攪拌並將已解凍的部份分開
	500 公克	180 W, 8 分鐘 + 90 W, 5-10 分鐘	
奶油	125 公克	180 W, 1 分鐘 + 90 W, 2-3 分鐘	移除所有包裝
	250 公克	180 W, 1 分鐘 + 90 W, 3-4 分鐘	
麵包	500 公克	180 W, 6 分鐘 + 90 W, 5-10 分鐘	-
	1 公斤	180 W, 12 分鐘 + 90 W, 10-20 分鐘	
蛋糕，乾燥（如海綿蛋糕）	500 公克	90 W, 10-15 分鐘	只適用於沒有糖霜、奶油或起士的蛋糕，將蛋糕切成片狀
	750 公克	180 W, 5 分鐘 + 90 W, 10-15 分鐘	
蛋糕，濕潤（如水果塔、起士蛋糕）	500 公克	180 W, 5 分鐘 + 90 W, 15-20 分鐘	只適用於沒有糖霜、奶油或明膠的蛋糕
	750 公克	180 W, 7 分鐘 + 90 W, 15-20 分鐘	

解凍、加熱或烹調冷凍食物

提示

- 將即食冷凍食品從包裝取出。在微波燒烤爐適用的器皿中，食物能更迅速且均勻地加熱。餐點成分不同的話，加熱時間可能就不一樣。
- 食物平整放置時，其烹調速度會比堆疊起的食物快。因此，請盡可能將食物平整地分配在器皿上。不同的食物不應堆疊放置。
- 請務必將食物覆蓋。如果沒有合適的蓋子，請使用盤子或專用微波錫紙。
- 在烹調過程中，請攪拌或翻動食物 2 至 3 次。

- 加熱後，讓食物靜置 2 至 5 分鐘，使溫度均勻。
- 從箱內取出器皿時，請務必使用隔熱布或手套。
- 這將有助於食品保持其原味，減少調味料使用。

解凍、加熱或烹調冷凍食物	重量設定	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
飯菜、盤裝菜、熟食（2-3 個種類）	300-400 公克	600 W，8-11 分鐘	-
湯	400 公克	600 W，8-10 分鐘	-
燉菜	500 公克	600 W，10-13 分鐘	-
帶有醬汁的肉片或肉塊，如燉牛肉	500 公克	600 W，12-17 分鐘	攪拌時分開肉塊
魚，如魚片、魚柳	400 公克	600 W，10-15 分鐘	視需要添加水、檸檬汁或酒
烘烤，例如千層麵、義大利肉捲	450 公克	600 W，10-15 分鐘	-
配菜，如米飯、麵食	250 公克	600 W，2-5 分鐘	添加少量水
	500 公克	600 W，8-10 分鐘	
蔬菜，如豌豆、花椰菜、蘿蔔	300 公克	600 W，8-10 分鐘	將水倒入餐盤，使其覆蓋底部
	600 公克	600 W，14-17 分鐘	
奶油菠菜	450 公克	600 W，11-16 分鐘	烹煮時不需加入額外的水

加熱食物

⚠ 燙傷風險！

液體加熱時，可能會發生沸點延遲的狀況。其意思是指液體雖然已達到沸騰的溫度，但表面卻仍未出現蒸汽氣泡。此時，即使容器稍微振動，都可能使得滾燙的液體突然沸騰和飛濺。加熱時，請在容器放入一隻湯匙。這可防止出現沸點延遲的情況。

注意！

金屬（如玻璃杯中的湯匙）必須與箱壁和箱門內側保持至少 2 cm 的距離。火花可能會對箱門內側的玻璃造成無法修復的損害。

提示

- 將即食冷凍食品從包裝取出。在微波燒烤爐適用的器皿中，食物能更迅速且均勻地加熱。餐點成分不同的話，加熱時間可能就不一樣。
- 請務必將食物覆蓋。如果沒有合適的蓋子，請使用盤子或專用微波鋁箔。
- 加熱期間，請攪拌或翻動食物數次。檢查溫度。
- 加熱後，讓食物靜置 2 至 5 分鐘，使溫度均勻。
- 從箱內取出器皿時，請務必使用隔熱布或手套。

加熱食物	重量設定	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
飯菜、盤裝菜、熟食（2-3 個種類）	350-500 公克	600 W，4-8 分鐘	-
飲料	150 ml	900 W，1-2 分鐘	在玻璃杯中放一隻湯匙；不要過度加熱含酒精的飲料；在加熱過程中檢查
	300 ml	900 W，3-3 分鐘	
	500 ml	900 W，3-4 分鐘	
嬰兒食品，例如嬰兒奶瓶	50 ml	360 W，約 ½ 分鐘	不要蓋上奶嘴或蓋子。加熱後務必搖勻。務必檢查溫度
	100 ml	360 W，約 1 分鐘	
	200 ml	360 W，1½ 分鐘	
湯，1 杯	200 公克	600 W，2-3 分鐘	-
湯，2 杯	400 公克	600 W，4-5 分鐘	-
有醬汁的肉類	500 公克	600 W，8-11 分鐘	將肉片平整放置
燉菜	400 公克	600 W，6-8 分鐘	-
	800 公克	600 W，8-11 分鐘	-
蔬菜，1 份	150 公克	600 W，2-3 分鐘	添加少量水
蔬菜，2 份	300 公克	600 W，3-5 分鐘	

烹調食物

提示

- 食物平整放置，烹調速度會比堆疊的食物快。因此，請盡可能將食物平整地分配在器皿上。不同的食物不應堆疊放置。

- 使用附蓋的器皿來煮熟食物。如果沒有合適的蓋子，請使用盤子或適用於微波功能的鋁箔。
- 這將有助於食品保持其原味，減少調味料使用。
- 加熱後，讓食物靜置 2 至 5 分鐘，使溫度均勻。
- 從箱內取出器皿時，請務必使用隔熱布或手套。

烹調食物	重量設定	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
肉糕	750 公克	600 W，20-25 分鐘	未加蓋烹調
生全雞，無內臟	1.2 公斤	600 W，25-30 分鐘	烹調時間過半時翻動食物

烹調食物	重量設定	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
新鮮蔬菜	250 公克	600 W, 5-10 分鐘	將蔬菜均勻切塊。 每 100 公克的蔬菜加入 1 至 2 湯匙的水。 在烹調過程中攪拌均勻
	500 公克	600 W, 10-15 分鐘	
馬鈴薯	250 公克	600 W, 8-10 分鐘	將馬鈴薯切成大小相若的塊狀； 每 100 公克加入 1 至 2 湯匙的水。 在烹調過程中攪拌均勻
	500 公克	600 W, 11-14 分鐘	
	750 公克	600 W, 15-22 分鐘	
米	125 公克	900 W, 5-7 分鐘 + 180 W, 12-15 分鐘	添加兩倍的水量。
	250 公克	900 W, 6-8 分鐘 + 180 W, 15-18 分鐘	
甜食，例如奶凍	500 ml	600 W, 6-8 分鐘	烹調時，用打蛋器徹底攪拌牛奶布丁 2 至 3 次。
蜜漬水果	500 公克	600 W, 9-12 分鐘	-

微波提示

如果沒有食物份量的相關資訊。	使用以下法則增加或減少烹調時間： 兩倍份量 = 將近兩倍的烹調時間 一半份量 = 一半的烹調時間
食物變得太乾。	下次請縮短烹調時間，或選擇較低的微波功率。覆蓋食物，並加入更多的水。
經過所設定的時間後，食物仍未解凍、加熱或煮熟。	設定較長的時間。大量和堆疊的食物需要更長的時間。
經過所設定的時間後，食物的邊緣烤焦，但中心部分仍未熟透。	烹調時攪拌，並於下次選擇較低的微波功率並延長烹調時間。
解凍後，家禽或肉類的外層已解凍，但中心部分仍未解凍。	下次請選擇較低的微波功率。若解凍的食物量較大，請翻動數次。

冷凝

箱門玻璃、內壁和箱體底部可能出現凝結的水氣。這是正常的現象。並不會影響微波燒烤爐的運作。烹調後擦去凝結的水氣即可。

燒烤提示

提示

- 因食物狀態有所不同，所有提示僅供參考。
- 在烤架上燒烤時，請務必使用烤架且不需預熱。
- 務必將烤架放置在轉盤上。

	數量	配件	烹調時間（分鐘）
烤麵包（預先烘焙）	2 至 4 片	燒烤架	第一面：約 2 至 4 第二面：約 2 至 4
抹餡的吐司	2 至 6 片	烤架	依餡料不同：7 至 10 分鐘
含有餡料的湯， 例如，洋蔥湯	2 至 4 杯	轉盤	約 15 至 20 分鐘

結合燒烤與微波

提示

- 此功能特別適合烘焙和焗烤。
- 務必將餐盤放置在轉盤上，請勿蓋住食物。
- 利用深盤進行燒烤。如此可以保持箱內清潔。
- 烘焙和焗烤時，請使用大型扁平耐熱器皿。以深窄容器盛裝的食物需要較長的烹調時間，且只有最頂部會烤出金黃色。
- 確認器皿是否可以放入箱內。器皿不能太大，仍須預留轉盤轉動空間。
- 務必設定最大烹調時間。指定的時間到前，請檢查食物狀態。
- 切開肉之前，請先靜置 5 至 10 分鐘。如此可讓肉汁平均分佈，在切肉時不易流出。
- 電器關閉後，烘焙和焗烤食物應靜置其中 5 分鐘。

	重量	配件	微波功率（單位為瓦）	烹調時間（分鐘）	備註
帶骨豬肉， 例如，豬頸肉	約 750 公克	轉盤	360 W + 	40-50 分鐘	翻動 1 至 2 次。
肉塊 深度最多 7 cm	約 750 公克	轉盤	360 W + 	25-35 分鐘	高度最高 6 cm。
小塊雞肉 例如，大雞腿或雞翅	約 800 公克	耐熱器皿置 烤架上	360 W + 	30-40 分鐘	皮朝上。不需翻動。
冷凍滷雞翅	約 800 公克	耐熱器皿置 烤架上	360 W + 	15-25 分鐘	不需翻動。
焗麵 (使用預先烹調的配料)	約 1000 公克	轉盤	360 W + 	25-35 分鐘	灑上起士。高度最高 5 cm

	重量	配件	微波功率（單位為瓦）	烹調時間（分鐘）	備註
焗馬鈴薯 (使用生馬鈴薯)	約 1000 公克	轉盤	360 W + 	30-40 分鐘	高度最高 4 cm
魚片	約 400 公克	轉盤	360 W + 	20-25 分鐘	烹調之前請先將魚解凍。
烤乳酪蛋糕	約 1000 公克	轉盤	360 W + 	30-35 分鐘	高度最高 5 cm
烤蔬菜串	4-5 份	烤架	180 W + 	15-20 分鐘	使用木串。
烤魚串	4-5 份	烤架	180 W + 	10-15 分鐘	使用木串。
培根肉片	約 8 片	烤架	180 W + 	10-15 分鐘	

測試餐具符合 EN 60705 標準。

檢測機構使用這些餐具進行測試，以確定微波電器的品質和正確的操作方式。
符合 EN 60705、IEC 60705、DIN 44547 和 EN 60350（2009）

使用微波功能烹調及解凍

微波烹調

餐點	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
蛋汁，750 公克	360 W，12-17 分鐘 + 90 W，20-25 分鐘	將直徑 20 x 25 cm 的耐熱盤放置在轉盤上。
海綿蛋糕	600 W，8-10 分鐘	將直徑 22 cm 的耐熱盤放置在轉盤上。
肉糕	600 W，20-25 分鐘	將耐熱盤放置在轉盤上。

微波解凍

餐點	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
肉類	180 W，5-7 分鐘 + 90 W，10-15 分鐘	將直徑 22 cm 的耐熱盤放置在轉盤上。

結合微波烹調

餐點	微波功率（單位為瓦），烹調時間（單位為分鐘）	備註
焗馬鈴薯	 燒烤 + 360 W，35-40 分鐘	將直徑 22 cm 的耐熱盤放置在轉盤上。

單元 Unit	限用物質及其化學符號 Taiwan RoHS Restricted substances and its chemical symbols					
	鉛 Lead (Pb)	汞 Mercury (Hg)	鎘 Cadmium (Cd)	六價鉻 Hexavalent chromium (Cr ⁺⁶)	多溴聯苯 Polybrominated biphenyls (PBB)	多溴二苯醚 Polybrominated diphenyl ethers (PBDE)
內外殼 Enclosure	○	○	○	○	○	○
電路板 PCB	○	○	○	○	○	○
加熱組 Thermal Module	○	○	○	○	○	○
電磁組 Electromagnetic	○	○	○	○	○	○
電源線 Power Cord Plug	○	○	○	○	○	○
備考 1：“超出0.1 wt %”及“超出0.01 wt %”係指限用物質之百分比含量超出百分比含量基準值。 Note 1：“Exceeding 0.1 wt %” and “exceeding 0.01 wt %” indicate that the percentage content of the restricted substance exceeds the reference percentage value of presence condition. 備考 2：“○”係指該項限用物質之百分比含量未超出百分比含量基準值。 Note 2：“○” indicates that the percentage content of the restricted substance does not exceed the percentage of reference value of presence. 備考 3：“—”係指該項限用物質為排除項目。 Note 3：The “—” indicates that the restricted substance corresponds to the exemption.						

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