



EN Instruction manual



BOSCH

Table of contents

Important information	5
Before installation	5
Safety information	5
Reasons for damage	6
Your new cooker	7
The control panel	7
Function selector	7
Temperature selector	8
Control buttons and display panel	8
Types of heating	9
Oven and shelving accessories	10
Cooling fan	11
Before using for the first time	11
Heating up the oven	12
Pre-cleaning the accessories	12
Setting the oven	12
Switching off the oven manually	13
If the oven is to switch off automatically	14
If the oven is to switch on and off automatically	15
Time	16
Setting procedure	16
Timer	17
Setting procedure	17
Basic settings	18
Changing the basic settings	19
Childproof lock	20

Table of contents

Care and cleaning	20
Oven exterior	20
Oven	21
Cleaning the rails	22
Seal	22
Accessories	23
Troubleshooting	23
Replacing the oven light	23
After-sales service	24
Packaging and old appliances	25
Tables and tips	25
Cakes and pastries	25
Baking tips	27
Meat, poultry, fish	28
Tips for roasting and grilling	30
Drying	30
Defrosting	31
Energy saving tips	31
Acrylamide in food	32
What can you do?	32

Important information

Read this instruction manual carefully. Only then will you be able to operate your cooker safely and correctly. The manufacturer does not accept any responsibility if the instruction manual is not followed.

Please keep the instruction and installation manual in a safe place. Please pass on the instruction manual to the new owner if you sell the appliance.

Before installation

Transport damage

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

Electrical connection

The cooker may only be connected by an approved specialist. Losses resulting from damage caused by incorrect connection will invalidate warranty claims.

Before using the appliance for the first time, you must ensure that the domestic electrical system is earthed and meets all the current safety regulations. An authorized electrician should install and connect your appliance.

Use of this appliance without an earth connection or incorrectly installed can cause serious injuries (injuries or electrocution), although this is very rare

The manufacturer does not accept any responsibility for any inappropriate use or for any injury caused by incorrect electrical installation.

Safety information

Hot oven



This appliance is intended for domestic use only. Only use the cooker for food preparation.

Open the oven door carefully. Hot steam may escape. Never touch the internal surfaces of the oven or the heating elements. There is a risk of burning. Children must be kept at a safe distance from the appliance.

Repairs



Never store combustible items in the oven. Risk of fire
Never clamp leads of electrical appliances in the hot oven door. The insulation on the leads could melt. There is a risk of short-circuiting.

Incorrectly done repairs are dangerous. There is a risk of electrocution.

Repairs may only be carried out by after-sales service technicians who have been fully trained by us.

In case of malfunction, disconnect the appliance from the mains.

Call the after-sales service.

Reasons for damage

Baking sheet or aluminium foil on the oven floor

Do not place baking sheets on the oven floor. Do not line the oven floor with aluminium foil.

This causes heat to accumulate. Baking and roasting times will no longer be correct and the enamel will be damaged.

Water in the oven

Never pour water directly into a hot oven. This could damage the enamel.

Fruit juice

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

Cooling with the oven door open

Only leave the oven to cool with the door closed. Do not allow anything to become trapped in the oven door. Even if you only leave the oven door open slightly, the fronts of adjacent units may become damaged over time.

Very dirty oven seal

If the oven seal is very dirty, the oven door will no longer close properly when the oven is in use. The fronts of adjacent units could be damaged. Keep the oven seal clean.

Using the oven door as a seat

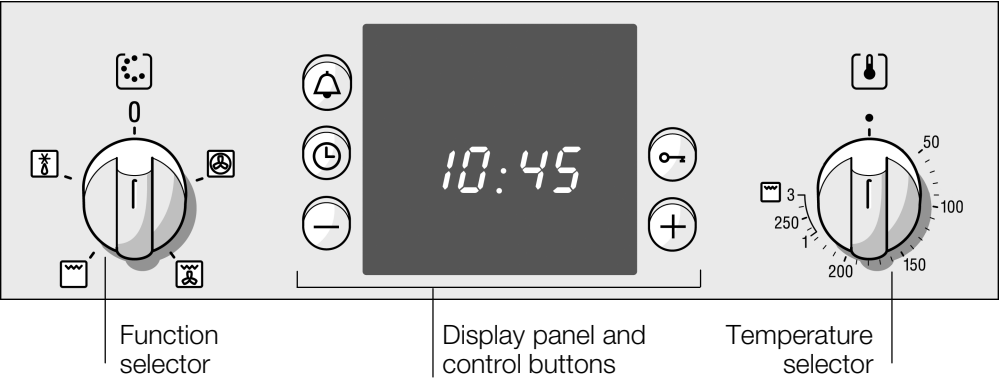
Do not stand or sit on the oven door.

Your new cooker

Here you will learn more about your new oven. The control panel and its switches and indicators are explained here. The heating modes and the accessories included with your oven will be explained here.

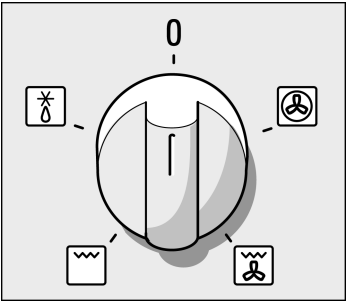
The control panel

Details vary according to the appliance model.



Function selector

Use the function selector to select the type of heating for the oven.

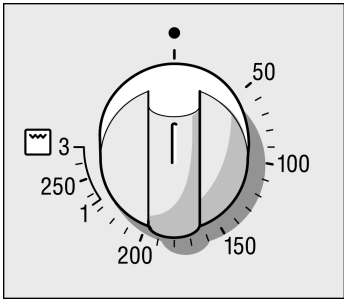


Settings

	3D hot air
	Hot air grilling
	Radiant grill
	Defrosting

The oven light switches on when you select a function.

Temperature selector



Use the temperature selector to set the temperature or grill setting.

Temperature

50 - 270	Temperature range in °C
----------	-------------------------


Grill

1	Low grill
2 = 250	Medium grill
3	High grill

The indicator light by the temperature selector comes on while the oven is heating up. It goes out during pauses in heating. The light does not come on for defrosting.

Grill settings






You can select a grill setting on the radiant grill  using the temperature selector.

For cooking times longer than 15 minutes, turn the temperature knob of the grill down to a low heat.

Control buttons and display panel



Timer button 	Use this button to set the timer.
Clock button 	Use this button to set the time of day, the cooking time I→I and the completion time →I .
Minus button -	Use this button to reduce the values set.
Plus button +	Use this button to increase the values set.
Key button 	Use this button to switch the childproof lock on and off.

The values set can be seen in the display panel.

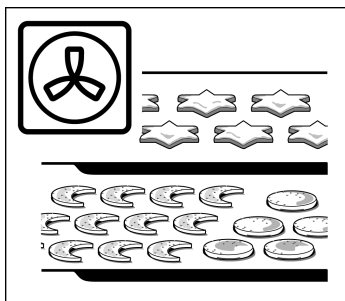
Types of heating

Different types of oven heating are available. You can therefore select the best method for cooking any dish.

3D hot air

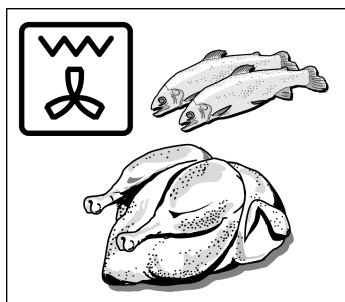
A fan in the rear panel distributes the heat from the ring heating element evenly inside the oven. Using 3D hot air, it is possible to bake cakes and pizza on two shelves. It is best to use this type of heating for puff pastry.

3D hot air is ideal for drying food.



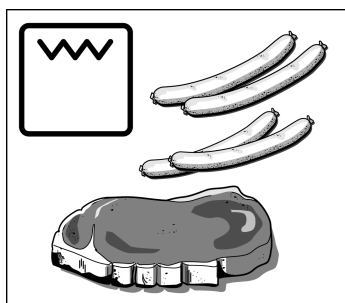
Hot air grilling

This type of heating involves the grill element and the fan switching on and off alternately. During the pause in heating, the fan circulates the heat generated by the grill around the food. This ensures that pieces of meat are crisped and brown on all sides. Large roasts, poultry and fish can also be cooked beautifully without using the rotary spit or preheating the oven.



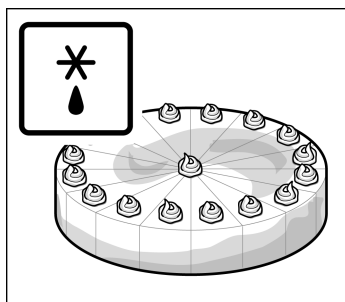
Radiant grilling

The entire area under the grill element becomes hot. This is ideal if you wish to cook several steaks, sausages, fish or slices of toast.

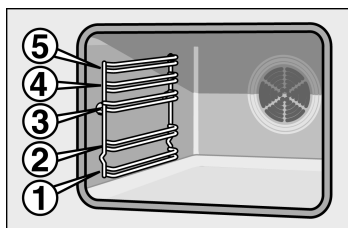


Defrosting

A fan in the rear panel circulates the air in the oven around the frozen food. Frozen pieces of meat, poultry, bread and cakes defrost evenly.



Oven and shelving accessories



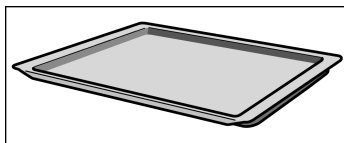
The shelf can be inserted at 5 different heights in the oven.

You can remove the shelf two thirds of the way without it tipping. This makes it easier to take food out of the oven.

Accessories

Accessories can be purchased from the technical assistance service or specialist retailers.

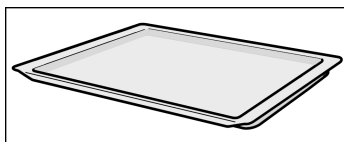
Your oven may include any of the following accessories:



Enamel baking tray

For moist cakes, pastries, frozen food and large roasts. It can also be used to catch dripping fat when you are grilling directly on the wire grill.

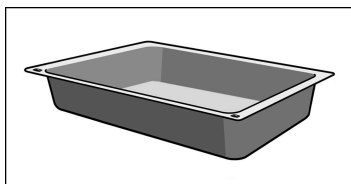
Push the baking tray with the sloping edge facing towards the oven door.



Aluminium tray

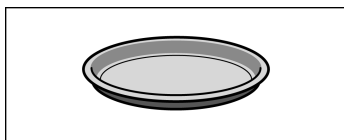
For cakes and biscuits.

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



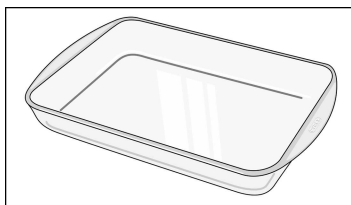
Moussaka pan

Ideal for bakes made from cooked or raw ingredients. The moussaka pan is also suitable for using as an open dish for roasting meat in. It can also be used to catch dripping fat when you are grilling directly on the wire rack.



Pizza tray

Ideal for pizza, frozen foods and large round cakes, for example. You can use the pizza tray instead of the enamel tray. Place the tray on the wire grill.

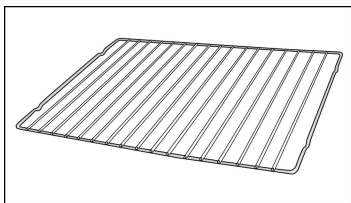


Glass casserole dish

For all types of baked meats and fish.

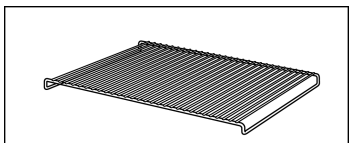
Always use with the wire grille.

Place the glass casserole dish in the centre of the wire grille for a perfect roast.



Wire rack

For ovenware, cake tins, roasts, grilling and frozen meals.



Wire rack

For grilling. Always place the wire grill in the baking tray. Fat and meat juices are collected.


Cooling fan

The oven is fitted with a cooling fan. It switches itself on and off as necessary. The warm air escapes above the door.

Before using for the first time

This section will tell you everything you need to do before using the cooker for the first time.

Heat the oven and clean the accessories. Read the safety instructions in the “Important information” section.

Firstly, check to see if the  symbol and three zeros are flashing in the display.

If the ☹ symbol and three zeros are flashing in the display

Set the time.

1. Press the ☹ clock button.
12:00 appears and the ☹ clock symbol flashes.
2. Set the time using the + or – button.
The time selected is adopted after a few seconds. The cooker is now ready for use.

Heating up the oven

Method

Heat the empty oven with the door closed to remove the new oven smell.

1. Set the function selector to ☹.
2. Use the temperature selector to set the temperature to 240 °C.
Switch off the function selector after 60 minutes.

Pre-cleaning the accessories

Please wash the accessories thoroughly with soapy water and a cleaning cloth before using them.

Setting the oven

You have various options for setting the oven.

Switching off the oven manually

When your meal is ready, switch off the oven yourself.

The oven switches off automatically

You can leave the kitchen for a long period.


The oven switches on and off automatically

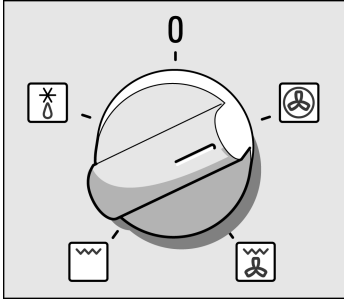
You can put your meal in the oven in the morning, for example, and set the oven so that your meal is ready at midday.

Tables and tips

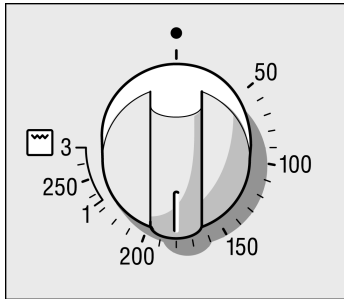
The correct settings for many dishes can be found in the Tables and tips section.

Switching off the oven manually

Example: 3D hot air ,
190 °C



1. Select the desired type of heating using the function selector.



2. Use the temperature selector to set the temperature or grill setting.

Switching off

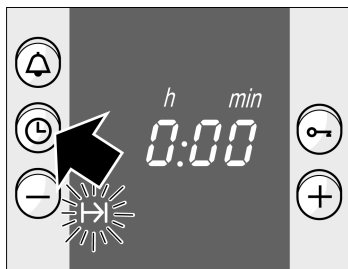
Switch off the function selector when the meal is ready.

Changing the setting

You may change the temperature or grill setting at any time.

If the oven is to switch off automatically

Example: Cooking time of 45 minutes



Perform the settings as described in items 1 and 2.
Set the cooking time (duration) for your meal.

- 3.** Press the ⌚ clock button.
The cooking time symbol **I→I** will flash.



- 4.** Set the cooking time using the + or – button.
+ button default value = 30 minutes.
– button default value = 10 minutes.

The oven switches on after a few seconds.
The **I→I** symbol lights up in the display.

The cooking time has elapsed

Changing the setting

Cancelling the setting

Setting the cooking time when the clock time is hidden

A signal sounds. The oven switches off.
Press the ⌚ button twice and switch off the function selector.

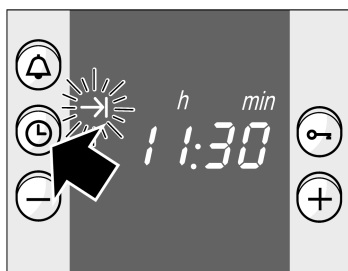
Press the ⌚ clock button. Change the cooking time using the + or – button.

Press the ⌚ clock button. Press the – button until the display is at zero. Switch off the function selector.

Press the ⌚ clock button twice and perform the setting as described in item 4.

If the oven is to switch on and off automatically

Example: Imagine – it's 10:45 a.m. The meal will take 45 minutes to cook and must be ready at 12:45 pm.



Please remember that easily spoiled foods must not be allowed to remain in the oven for too long.

Perform the settings as described in items 1 to 4. The oven starts.

5. Press the ⌚ clock button until the → symbol flashes.
In the display you will see the time when the meal will be ready.



6. Use the + button to set a later end time.

The setting is adopted after a few seconds. The display will show the end time until the oven switches on.

The cooking time has elapsed

A signal sounds. The oven switches off.
Press the ⌚ button twice and switch off the function selector.

Note

You can change the setting while the symbol is flashing. The setting has been adopted if the symbol lights up permanently. You may change the waiting time that elapses before the setting is adopted. See the Basic settings section for more details.

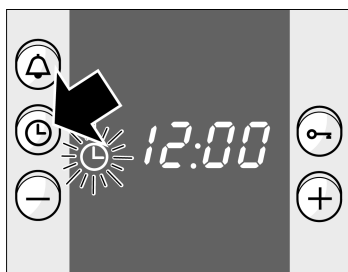
Time

When the oven is first connected, or following a power cut, the ⌚ symbol and three zeros flash in the display. Set the time.

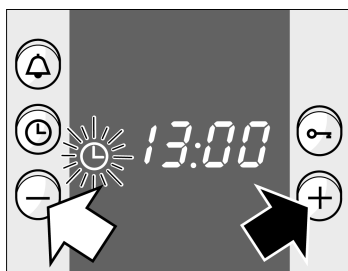
The function selector must be switched off.

Setting procedure

Example: 13:00



1. Press the ⌚ clock button.
12.00 appears in the display and the ⌚ symbol flashes.



2. Set the time using the + or – button.

The time selected is adopted after a few seconds.

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

Press the ⌚ clock button twice and change the time with the + or – button.

Hiding the time

You can hide the time. It will then only be visible when you are performing settings.

To do this, you must change the basic setting. See the Basic settings section.

Timer

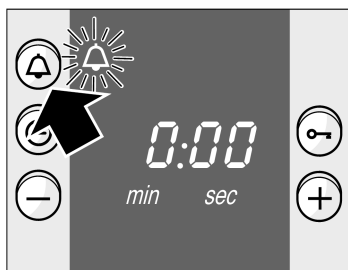
You can use the timer as a kitchen timer. It operates independently of the oven.



The timer has a special signal. This means that you can tell whether the set timer period has elapsed or the cooking time is complete.

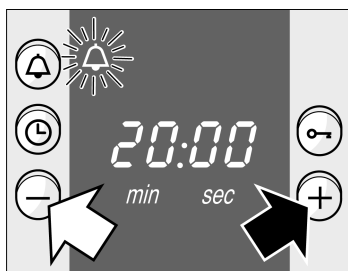
You can also set the timer if the childproof lock is active.

Setting procedure


Example: 20 minutes




1. Press the  timer button.
The  symbol will flash.




2. Set the timer period using the + or – button.
+ button default value = 10 minutes.
– button default value = 5 minutes.

The timer starts after a few seconds. The  symbol lights up in the display. The time counts down visibly.


The time has elapsed

A signal sounds. Press the  timer button. The timer display will go out.

Changing the timer period

Press the  timer button. Change the time using the + or – button.

Cancelling the setting

Press the  timer button. Press the – button until the display is at zero.

**The timer and cooking time
count down simultaneously**

The symbols light up. The timer period counts down visibly in the display.

To call up the remaining cooking time **I→I**, end time **→I** or time **⌚**: Press the **⌚** clock button until the symbol in question flashes.

The value called up will then appear in the display for a few seconds.

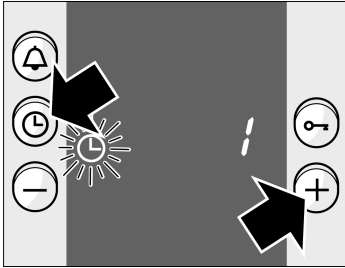
Basic settings

Your oven has several basic settings. You may change the basic settings for time, the signal duration and the reset time for a setting.

Basic setting	Function	Change to
Time ⌚ I = Time in the foreground	Time display	Time ⌚ = Time hidden
Signal duration ⏰ 2 = approx. 2 mins.	Signal after cooking time or timer period has elapsed.	Signal duration I = approx. 10 seconds 3 = approx. 5 mins.
Reset time I→I 2 = medium	Waiting time between the adjustment increments before the setting is adopted.	Reset time I = short 3 = long

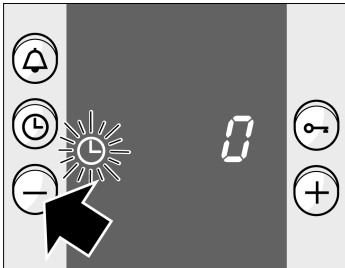
Changing the basic settings

Example: Hiding the time

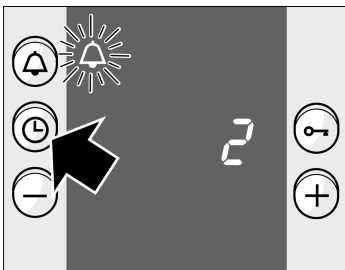


There must be no program set.

1. Press the ⌚ clock button and the + button at the same time until a ! appears in the display. This is the basic setting for the time in the foreground.



2. Change the basic setting using the + or – button.



3. Confirm with the ⌚ clock button.

A 2 will appear in the display for the basic setting for the signal duration.

You do not wish to change all the basic settings

Correcting settings

Change the basic setting as described in step 2 and confirm with the ⌚ clock button. You can now change the reset time. To finish press the ⌚ clock button.



If you do not wish to change a basic setting, press the ⌚ clock button. The next basic setting will appear.

You may change your settings again at any time.

Childproof lock

Locking the oven

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

Press the  key button until the  symbol appears in the display. This will take approximately 4 seconds.

Unlocking

Press the  key button until the  goes out.

Notes

You can set the timer and the clock even when the oven is locked.

The childproof lock setting will be lost if there is a power cut.

Care and cleaning

Do not use high-pressure cleaners or steam jets.

Oven exterior

Wipe the oven with water and a little washing-up liquid. Dry it with a soft cloth.

Caustic or abrasive substances are not suitable. If any such substances come into contact with the frontage, wipe it off immediately with water.

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

Appliances with stainless steel fronts

Always remove any flecks of limescale, grease, cornflour and egg white immediately. Corrosion can form under such flecks.

Use stainless steel care products. Follow the manufacturer's instructions. Try out the product on a small area first, before using on the whole surface.

Oven

Never use coarse scouring pads or cleaning sponges. Oven cleaner may only be used on enamelled oven surfaces.

For ease of cleaning

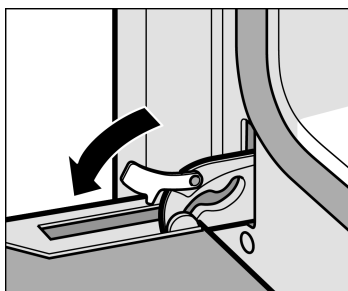
you can switch on the oven light and detach the oven door.

Switching on the oven light

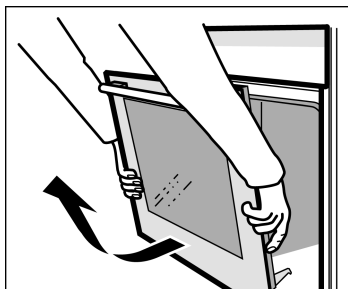
Set the function selector to .

Detaching the oven door

The oven door can be easily detached.



1. Open the oven door fully.
2. Move the two locking levers on the left and right-hand sides.



3. Half-close the oven door.
With both hands, grip the bottom of the door on the left and right-hand sides.
Close the door a little more and pull it out.

After cleaning, re-install the oven door, following the instructions in reverse order.

Cleaning the catalytic surfaces of the oven

The rear wall and top of the oven are coated with self-cleaning enamel. The surfaces clean themselves while the oven is in operation. Large splashes may only disappear after the oven has been used several times.

Never use oven cleaner on self-cleaning surfaces.

Should the enamel become slightly stained, this will not affect its self-cleaning properties.

Cleaning the oven floor and side walls

Use hot soapy water or a vinegar solution.

It is best to use oven cleaner if the oven is very dirty.

Only use oven cleaner in a cold oven.

Never use oven cleaner on the self-cleaning surfaces of the oven.

Note:

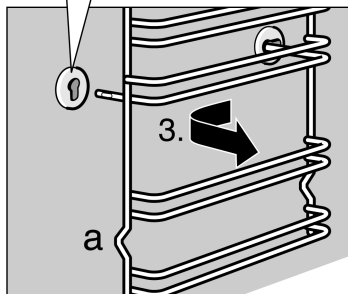
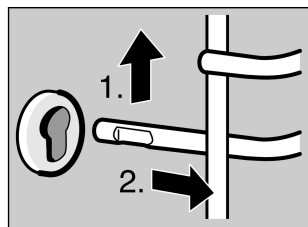
Enamel is baked on at very high temperatures. This can cause some slight colour variation. This is normal and does not affect the function. Do not use coarse scouring pads or strong cleaning agents to remove such discolorations.

The edges of thin trays cannot be completely enamelled. As a result, these edges can be rough. Anti-corrosion protection is guaranteed.

Cleaning the glass cover for the oven light

It is best to clean the glass cover with washing-up liquid.

Cleaning the rails



The rails can be removed for cleaning.

To unhook the rails:

1. Lift the rails at the front in an upwards direction
2. and unhook them,
3. then pull the rails forward
4. and remove

Clean the rails using either washing-up liquid and a sponge or a brush.

To hook rails back into position:

Insert the rails at the rear, push them backwards slightly and hook them in at the front.

The rails fit both the left and right sides. Recess (a) must always be at the bottom.

Seal

Clean the seal on the oven with washing-up liquid. Never use caustic or abrasive detergents.

Accessories

Immediately after use, soak the accessories in washing-up liquid. Food residues can then be easily removed with a brush or sponge.

Troubleshooting

Should a malfunction occur, it is often only due to a minor fault. Please read the following instructions before calling the after-sales service:

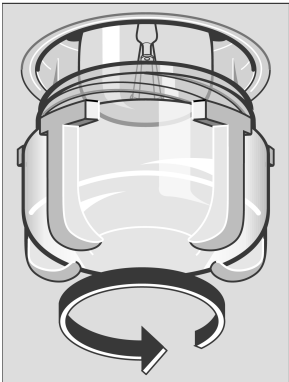
Problem	Possible cause	Comments/remedy
The oven does not work.	Blown fuse.	Look in the fuse box and check that the fuse is in working order.
The clock display flashes.	Power cut	Check whether the kitchen light switches on.

Repairs may only be carried out by fully trained after-sales service technicians.

Improper repairs may constitute serious hazards to the user.

Replacing the oven light

Method



If the oven light fails, it must be replaced. Heat-resistant spare bulbs can be obtained from the after-sales service or specialist shops. Only use these bulbs.

1. Disconnect the appliance from the mains.
2. Place a tea towel in the cold oven to prevent damage.
3. Unscrew the glass cover by turning it anti-clockwise.
4. Replace the oven light with one of the same type.
5. Screw the glass cover back on.
6. Remove the tea towel and connect the appliance from the mains.

Replacing the glass cover

The glass cover on the oven light must be replaced if it is damaged. Replacement glass covers may be obtained from the after-sales service. To this end, please specify the E number and FD number of your appliance.

After-sales service

E number and FD number

Our after-sales service is there for you if your oven needs repairing. 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.

Please quote the E number (product number) and the FD number (production number) of your appliance when contacting the after-sales service. The rating plate containing these numbers is found on the right, on the side of the oven door. You can make a note of these numbers in the space below to save time in the event of your appliance malfunctioning.

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

After-sales service 

Packaging and old appliances

Disposing in an environmentally-responsible manner



Unpack the appliance and dispose of the packaging in an environmentally-responsible manner.

This appliance is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE).

This guideline is the frame of a European-wide validity of return and recycling on Waste Electrical and Electronic Equipment.

Tables and tips

This table contains a selection of dishes and the optimum settings at which to cook them. You can find out which type of heating and temperature is best for your dish, which accessories to use, and at which oven level the dish should be inserted. You will find a variety of tips about ovenware and preparation, and a small troubleshooting section in case anything should go wrong.

Cakes and pastries

Baking tins

It is best to use dark baking tins. You should use 3D hot air when using shiny baking tins, or glass containers. This means, however, that the baking time is increased and the cake does not brown so evenly.

Place the cake tin on the wire rack.

Tables



















The values in the table apply to dishes placed in a cold oven. This saves energy. Shorten the baking times indicated by 5 to 10 minutes if you have preheated the oven.

The tables show which type of heating is best for different cakes and bakes.

The temperature and cooking time you select depends on the quantity and type of pastry. This is why “ranges” are given in the tables. You should try to use a lower temperature setting to start with, since this allows more even browning. If necessary, use a higher temperature setting the next time.








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

Baking on 1 level

Food	Dish	Shelf position	Cooking method	Temp. °C	Time, minutes
Victoria sandwich	20 cm tin	1		160	20-30
Light fruit cake	20 cm tin	2		160	80-90
Fruit crumble	Glass dish	3		160	35-45
Jam tarts*	12 hole bun tin	1		180	15-20
Yeast cookery* (f.ex. Pizza)	Baking tray	2		180	20-30
Tarts	20 cm plate or pie tin	3		190	40-50
Quiches	Glass dish	3		180	40-50
Swiss Roll*	Swiss roll tin	2		170	10-12
Rich Biscuits	Baking tray	1		170	15-20
Soufflés*	1,2 l soufflé dish	3		170	40-50
Pies	Pie dish	3		180	45-55
Rich fruit cake	Ø 23 cm round tin or 20 cm square cake tin	2		140	180-190
Meringues	baking tray	3		80	100-150
Pavlova	baking tray	3		130*+ 100	90-100
Jacket Potatoes	baking tray	2		160	60-70
Bread	loaf tin (900 g or 2 x 450 g)	1		200	25-35
Scones*	baking tray	1		180	15-20
Yorkshire Pudding*	12 hole bun tin	3		180	25-35

* Preheat oven

Baking on 2 levels

Food	Dish	Shelf position	Cooking method	Temp. °C	Time, minutes
Victoria sandwich	20 cm tin	2+3		160	35-40
Scones*	2 baking trays** +	2+3		170	20-30
Jacket potatoes	wire racks	2+3		160	60-75
Biscuits	2 baking trays**	2+3		170	20-25
Small Cakes*	2 baking trays**	2+3		160	25-35
Meringues	2 baking trays**	2+3		80	100-150
Full meal	wire racks	2+3		180	75-85


* Preheat oven.

** When baking on two levels, use the enamel baking tray provided.

Additional baking trays may be obtained as optional accessories from specialist shops.

Baking tips

You wish to cook to your own recipe.	Refer to the instructions in the tables for similar types of food.
How to check that a sponge cake is cooked properly.	Approximately 10 minutes before the end of the baking time given in the recipe, pierce the tallest point of the cake with a cocktail stick. The cake is done if the cocktail stick comes out clean.
The cake collapses.	Next time, use less liquid or decrease the oven temperature by 10 degrees. Observe the cooking times in the recipe.
The cake has risen in the centre but is lower at the edges.	Do not grease the sides of the springform cake tin. As soon as the cake is done, carefully loosen the cake around the edges using a knife.
The cake is too dark at the top.	Insert it at a lower level in the oven, select a lower temperature and cook the cake a little while longer.
The cake is too dry.	Use a toothpick to make small holes in the finished cake. Then drizzle fruit juice or alcohol over the top. Next time you should decrease the temperature by around 10 degrees and reduce the baking times.

The bread or cake (e.g. cheesecake) looks fine, but is soggy on the inside (soft, with watery areas).	Next time you should add a little less liquid and cook for a little longer at a lower temperature. Cakes with fruit topping: Precook the base first of all. Sprinkle with almonds or breadcrumbs and then place the topping over this. Please observe the recipe and the baking times.
The pastry is unevenly browned.	Select a slightly lower temperature to ensure that the pastry is baked more evenly. Baking paper that protrudes over the food can affect the air circulation. For this reason, always cut the baking paper to fit the baking tray.
The fruit cake is too light at the bottom. The fruit juice flows over.	Use the deeper baking tray next time.
You were baking on several levels. The food on the top baking tray is darker than that on the bottom baking tray.	Always use 3D hot air  when baking on several levels. Baking tray that are placed in the oven at the same time will not necessarily be ready at the same time.
Condensation is formed when baking cakes containing fresh fruit.	Baking may result in the formation of water vapour It escapes above the door. The steam may settle and form water droplets on the control panel or on the fronts of adjacent units. This is a normal physical process.

Meat, poultry, fish

Ovenware

You may use any heat-resistant dishes. The baking tray is also suitable for larger roasts.

Always place the dishes in the centre of the wire grill.

Hot glass dishes should be placed on a dry kitchen towel after being removed from the oven. The glass could crack if placed on a cold or wet surface.

Advice on roasting

The roasting result depends on the type and quality of meat.

Add 2 to 3 soup spoons of liquid to lean meat, and 8 to 10 soup spoons of liquid to pot roasts, depending on the size.

Meat should be turned half way through the cooking time.

When the roast is ready, switch off the oven and leave the roast to stand for 10 minutes with the oven door closed. This allows the meat juices to distribute more favourably.

Advice on grilling

Always close the oven door when grilling.











If possible, use pieces of meat which are of the same thickness. They should be at least 2 to 3 cm thick. Such pieces will be browned evenly and stay juicy and soft in the middle. Only salt the steaks after they have been grilled.

Place the pieces of meat directly onto the wire grill. If you are grilling just one piece of meat, it will turn out best if you place it in the centre of the wire grill. You should also insert the backing tray at level 1. The meat juices are collected here and the oven is kept clean.





Turn the pieces of meat after two thirds of the cooking time indicated.

The grill element automatically switches itself off and back on again. This is normal. The number of times this happens depends on the grill setting you have selected.

Roasting

Food	Shelf position	Cooking method	Temp. °C	Cooking time min per 1 lb.
Beef rare	1		210-230	10+15
Beef medium	1		210-230	15+20
Beef well done	1		200-220	20+25
Beef fillet	1		200-220	15+20
Lamb medium	1		160-180	20+20
Lamb well done	1		160-180	25+25
Pork	1		190-210	30+30
Chicken, Duck, Goose and Turkey up to 5 kilo	1		140-180	20+20
Large Turkey	1		160-180	13+13
Chops and chicken joints	2		180-210	25

Grilling

Food	Shelf position	Cooking method	Grill setting	Cooking time min per 1 lb.
Meat steaks, bacon	5		2 or 3	12-22
Sausages and Fish fingers	4		3	15-20
Fish	4		2	10-20
Toast	5		3	4-5

Tips for roasting and grilling



The table does not contain information for the weight of the roast.	Select the next lowest weight from the instructions and extend the time.
How can you tell when the roast is ready?	Use a meat thermometer (available from specialist shops) or carry out a "spoon test". Press down on the roast with a spoon. If it feels firm, it is ready. If the spoon can be pressed in, it needs to be cooked for a little longer.
The roast is too dark and the crackling is partly burnt.	Check the shelf position and temperature.
The roast looks good, but the juices are burnt.	Next time, use a smaller roasting dish or add more liquid.
The roast looks good, but the juices are too clear and watery.	Next time, use a larger roasting dish or add less liquid.



Drying

Only use perfectly fresh fruit and vegetables, and wash them thoroughly.

Allow the food to drain well and dry it yourself.

Line the backing tray and wire rack with baking paper or greaseproof paper.

Meal	Level	Type of heating	Temperature in °C	Cooking time in hours
600 g apple rings	2 + 3		80	Approx. 5
800 g sliced pears	2 + 3		80	Approx. 8

Meal	Level	Type of heating	Temperature in °C	Cooking time in hours
1.5 kg prunes or plums	2 + 3		80	Approx. 8 - 10
200 g fresh herbs, washed	2 + 3		80	Approx. 1½

Note


Very moist fruit or vegetables should be turned several times. Once dried, remove the food from the paper immediately.

Defrosting

Remove the food from its packaging and place it in a suitable dish on the wire grill.

Please observe the instructions on the packaging.

The defrosting times depend on the type and amount of food.

Meal	Accessories	Level	Type of heating	Temperature in °C
Frozen foods* e.g. cream gateaux, cream cakes, cakes with chocolate or icing, fruit, chicken, sausages and meat, bread, rolls, pastries and other baked goods	Wire rack	2		The temperature selector remains switched off

* Cover frozen food with microwave foil. Place poultry onto the plate with the breast side down.

Energy saving tips

Only preheat the oven if it specifies in the recipe or in the table in the instruction manual that you should do so.

Use non-stick, black painted or enamelled tins. They absorb the heat especially well.

If you have several cakes to bake it is best to bake them one after the other. The oven is still warm. This shortens the baking time for the second cake. You can also put two baking tins in one after the other.

For long cooking times, the oven can be switched off 10 minutes before the end of the cooking time and the remaining heat can be used to finish the cooking.

Acrylamide in food

Experts are currently discussing how dangerous acrylamide in food can be. We have compiled this information sheet for you on the basis of current research.

Where does acrylamide come from?

Acrylamide in food does not come from external contamination. It is formed in the food itself during preparation - provided that the food contains carbohydrate and protein. Exactly how this happens has not yet been completely explained. However, it appears that the acrylamide content is strongly influenced by:

high temperatures
a low water content in food
intensive browning of the food.

What sort of foods are affected?

Acrylamide forms mostly in grain and potato products that are prepared at high temperatures, e.g.:

crisps, chips,
toast, rolls, bread,
baked goods made from shortcrust pastry (speciality biscuits and cakes).

What can you do?

You can avoid high levels of acrylamide when baking, frying and grilling.

The following recommendations were published by AID¹ and BMVEL² to help you minimise acrylamide levels:

In general

Keep cooking times as short as possible.

“Brown rather than burn” - cook food only until it is golden brown.

The larger and thicker the food is, the less acrylamide it contains.

Baking

Set the temperature to a maximum of 180 °C when using the hot air setting.

Cookies: Set the temperature to a maximum of 170 °C when using the hot air setting. The presence of egg or egg yolk in a recipe reduces the formation of acrylamide.

Spread oven chips evenly over the baking sheet in one layer where possible. To prevent the food from drying out quickly, place at least 400 g on each baking sheet.

¹ AID "Acrylamide" information leaflet, published by AID (German Evaluation and Information Service for Nutrition, Agriculture and Forestry) and BMVEL (German Federal Ministry for Consumer Protection, Food and Agriculture), as at 12/02, Internet: <http://www.aid.de>

² BMVEL press release 365, as at 4.12.2002, Internet:<http://www.verbraucherministerium.de>

DE <http://www.bosch-hausgeraete.de>
GB <http://www.boschappliances.co.uk>
FR <http://www.bosch-electromenager.com>
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