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# Microwave

**FEM553MB0U**


















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

Microwave  
微波爐

3  
25



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Additional information on products, accessories, replacement parts and services can be found at [www.bosch-home.com](http://www.bosch-home.com) and in the online shop [www.bosch-eshop.com](http://www.bosch-eshop.com)

## Intended use

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.

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 place the accessories into the cooking compartment correctly. → "Before using for the first time" on page 10

## Important safety information

### General information

#### Warning – Risk of fire!

- The appliance becomes very hot. Make sure that you comply with the figures indicated for the minimum clearance above the appliance. → Page 7
  - Do not install the appliance behind a decorative door or the door of a kitchen unit.
  - The appliance must not be installed in a fitted kitchen unit.

There is a risk of overheating.

- 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.

#### Warning – 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.
- Penetrating liquid may cause an electric shock. Remove the mains plug and/or switch off the fuse in the fuse box. Never set containers with liquids on the appliance; do not use the appliance as a storage area.

**⚠ Warning – 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.

**⚠ Warning – 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 cooking compartment when the cooking compartment is hot.

**⚠ Warning – 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.

**Microwave****⚠ Warning – Risk of fire!**

- Using the appliance for anything other than its intended purpose is dangerous and may cause damage.  
The following is not permitted: drying out food or clothing, heating slippers, grain or cereal pillows, sponges, damp cleaning cloths or similar.  
For example, heated slippers and grain or cereal pillows may catch fire, even several hours after they have been heated. The appliance must only be used for the preparation of food and drinks.
- 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.

**⚠ Warning – Risk of explosion!**

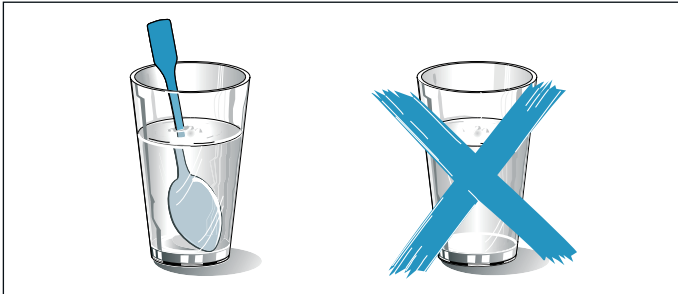
Liquids and other food may explode when in containers that have been tightly sealed. Never heat liquids or other food in containers that have been tightly sealed.

**⚠ Warning – Risk of burns!**

- 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.
- The accessible parts become very hot when in operation. Never touch hot parts. Keep children at a safe distance.
- 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.

**⚠ Warning – 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 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.



**⚠ Warning – 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.
- Using unsuitable cookware may result in damage. For microwave combination mode, always use cookware made from suitable materials that can also withstand the temperatures used for hot air and grilling modes.
- The glass turntable may splinter. Never allow hard objects to strike the turntable.
- Cracks or chinks in the glass turntable are dangerous. Handle the turntable with care.

**⚠ Warning – Risk of electric shock!**

The appliance is a high-voltage appliance. Never remove the casing.

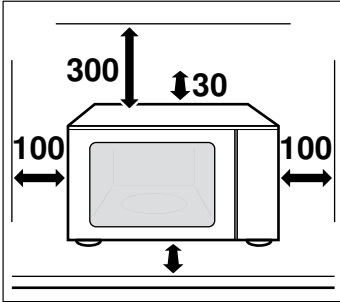
**⚠ Warning – Risk of serious damage to health!**

- 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. → "Cleaning" on page 17
- 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.

## Installation and connection

This appliance is intended for domestic use only.

Place the table-top appliance on a solid, level surface (at least 85 cm above the floor). The ventilation slits on the appliance must not be covered. The minimum height of the free space above the surface of the appliance is 30 cm.



The appliance is ready to be plugged in and must only be connected to a correctly installed earthed socket. The mains voltage must correspond to the voltage specified on the rating plate.

Only a qualified electrician may install the socket or replace the power cable. The appliance plug must always be accessible.

Do not use multi-socket adaptors, power strips or extension leads. Overloading causes a risk of fire.

## 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. The only exception to this rule is when performing a short cookware test. → "Cookware test" on page 12
- **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.
- **Cover of the microwave feed:** The microwave feed is damaged by the removal of the cover. Never remove the cover of the microwave feed in the cooking compartment.



## Environmental protection

### 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.

## Getting to know your appliance

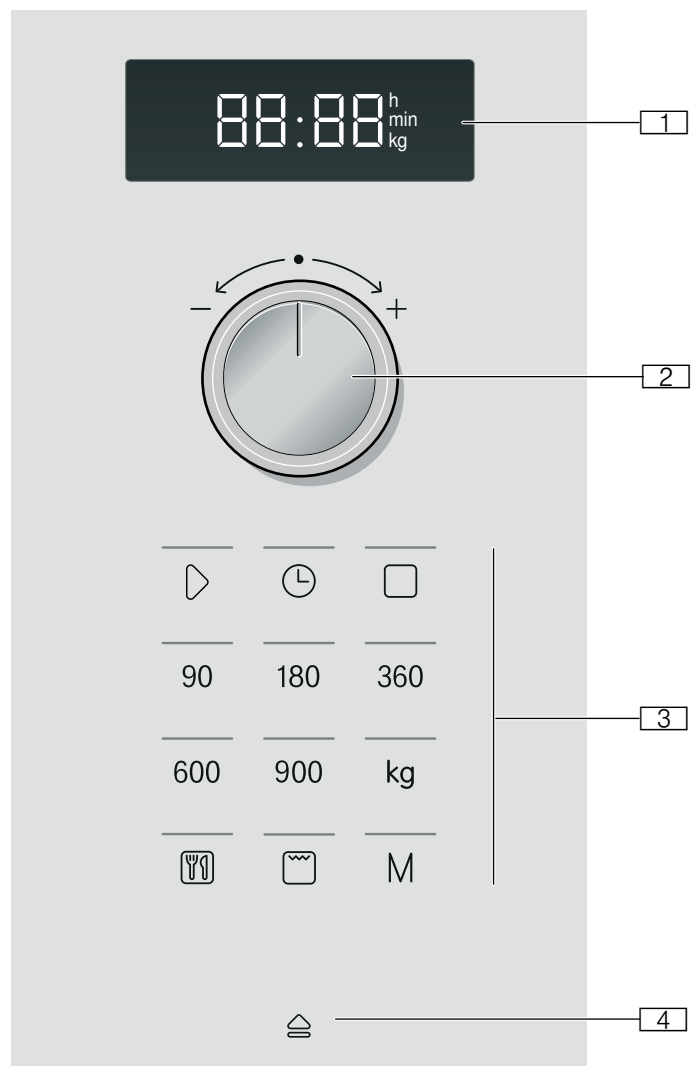
In this section, we will explain the display and controls. You will also find out about the various functions of your appliance.

**Note:** Depending on the appliance model, individual details and colours may differ.

### Control panel

You can set your appliance's various functions on the control panel. The current settings are shown on the display.

The overview shows the control panel when the appliance is switched on with a clock time that has been set.



- 1 Display**  
For clock and cooking times
- 2 Rotary selector**  
For setting the clock and cooking times or for setting automatic programmes
- 3 Buttons**
- 4 Automatic door opening button**









## Controls

You will find a brief explanation of the various buttons below. These buttons allow you to set your appliance simply and directly.

### Buttons and their meaning

You will find a brief explanation of the various buttons below.

Buttons	Meaning
<b>Symbol</b>	
	Start the appliance
	Setting the time
	Stop or pause the appliance
90	Select a microwave power output of 90 watts
180	Select a microwave power output of 180 watts
360	Select a microwave power output of 360 watts
600	Select a microwave power output of 600 watts
900	Select a microwave power output of 900 watts
kg	Select a weight for the programmes
	Select automatic programmes
	Select the grill
<b>M</b>	Select the memory
	Open appliance door

### 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.

### Automatic door opening

The appliance door springs open if you activate the automatic door opening. You can fully open the appliance door manually.

The automatic door opening does not work in the event of a power cut. You can open the door manually.

### Notes

- If you open the appliance door during operation, the operation is paused.
- When you close the appliance door, the operation does not continue automatically. You must restart the operation manually.
- If the appliance has been switched off for a long time, the appliance door will open after a time delay.

### 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.

### 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 "▷" button for approx. 6 seconds.

The new signal duration is adopted.  
The clock reappears.

The following are possible:

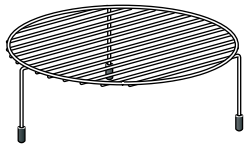
Short signal duration - 3 tones  
Long signal duration - 30 tones.

## Accessories

Below, you will find an overview of the accessories included and information on how to use them correctly.

### 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.



#### Wire rack

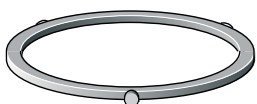
Wire rack for grilling, e.g. steak, sausages or bread, or for setting down cookware, e.g. shallow ovenproof dishes.

**Note:** Place the wire rack onto the turntable.



#### Turntable

**Note:** Never use the appliance without the turntable. Make sure that it is properly engaged. The turntable can turn clockwise or anti-clockwise.



#### Roller ring

## Before using for the first time

This section tells you what you need to do before using your microwave to prepare food for the first time. Read the section entitled "Safety information" beforehand. → "Important safety information" on page 4

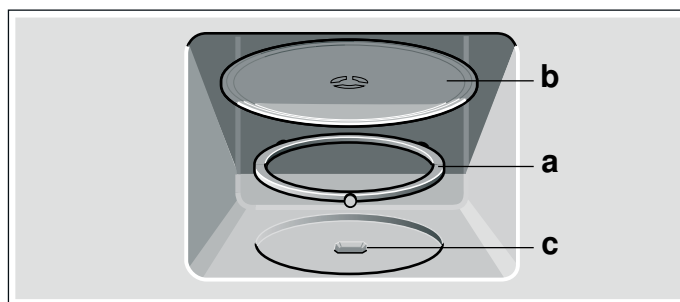
Before you can use your new appliance, you will need to put the turntable in place correctly. You must also clean the cooking compartment and accessories.

### Cleaning the cooking compartment and putting the turntable in place

Before using the appliance to prepare food for the first time, you must clean the cooking compartment and accessories.

#### How to put the turntable in place

1. Place the roller ring **a** into the recess in the cooking compartment.
2. Make sure that the turntable **b** engages in the drive **c** in the centre of the cooking compartment floor.



**Note:** Never use the appliance without the turntable. Make sure that it is properly engaged. The turntable can turn clockwise or anti-clockwise.

### 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  $\ominus$  button.  
12:00<sup>h</sup> appears in the display and the indicator lamp above the  $\ominus$  button lights up.
2. Set the clock using the rotary selector.
3. Press the  $\ominus$  button again.  
The current time is set.

#### Hiding the clock

Press the  $\ominus$  button and then press  $\square$  button.  
The display is blank.

#### Resetting the clock




Press the  $\ominus$  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  button.

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


## Microwave

You can use the microwave to cook, heat up or defrost food quickly. You can use the microwave on its own or in combination with the grill.

To ensure optimum use of the microwave, please observe the notes on cookware and familiarise yourself with the data in the application tables at the end of the instruction manual.

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

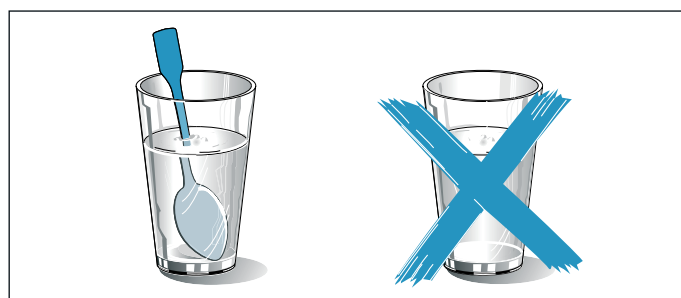
Use a large cup without any decorative gold or silver trim and place a teaspoon in it. Place the cup containing the water on the turntable, slightly off-centre.

1. Press 900 W.
2. Use the rotary selector to set to 1:30 minutes.
3. Press the  button.

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

### **Warning – 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 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.



## Cookware

Not all cookware is microwavable. So that your food is heated and the appliance is not damaged, only use microwavable cookware.

### Suitable cookware

Heat-resistant cookware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic are suitable. 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 cookware with decorative gold or silver trim if the manufacturer guarantees that they are suitable for use in microwaves.

### Unsuitable cookware

Metal cookware 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 cooking compartment walls and the inside of the door. Sparks can irreparably damage the glass on the inside of the door.

**Cookware test**

Never switch on the microwave unless there is food inside. The short cookware test is the only exception to this rule.

Perform the following test if you are unsure whether your cookware is suitable for use in the microwave.

1. Heat the empty cookware at maximum power for ½ to 1 minute.
2. Check the temperature of the cookware during this time.

The cookware should remain cold or warm to the touch. The cookware is unsuitable if it becomes hot or sparks are generated.

In this case, stop the test.

**⚠ Warning – Risk of burns!**

The accessible parts become very hot when in operation. Never touch hot parts. Keep children at a safe distance.

**Microwave power settings**

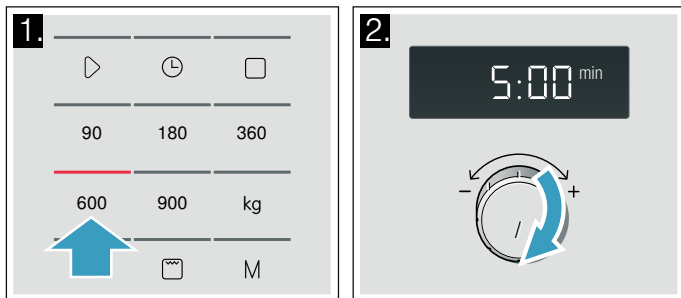
Microwave power setting	Suitable for
90 W	Defrosting delicate foods
180 W	Defrosting and continued cooking
360 W	Cooking meat and heating delicate foods
600 W	Heating and cooking food
900 W	Heating liquids

**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 settings 600 watts, 5 minutes

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



3. Press the ▶ button. The cooking time counts down in the display.

**The cooking time has elapsed**

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

**Changing the cooking time**

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

**Pausing**

Press the □ button once or open the appliance door. Operation is suspended. The display above ▶ button flashes. After closing the door, press the ▶ button again.

**Cancelling operation**

Press the □ button twice or open the door and press the □ button once.


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

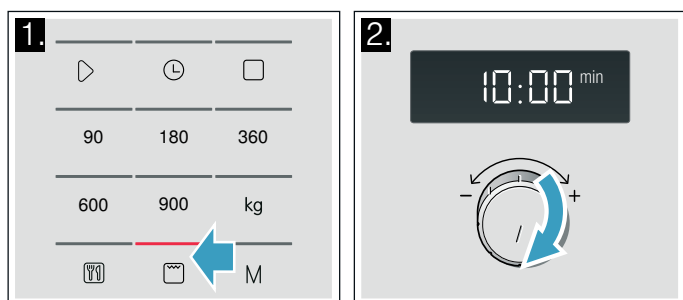
## Grilling


The grill is perfect for gratinating and browning the top of dishes.

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


### Setting the grill

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



3. Press the  button.  
The cooking time counts down in the display.




### The cooking time has elapsed

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

### Changing the cooking time

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



### Pausing

Press the  button once or open the appliance door. Operation is suspended. The display above  button flashes. After closing the door, press the  button again.


### Correction


You may correct a set cooking time at any time.

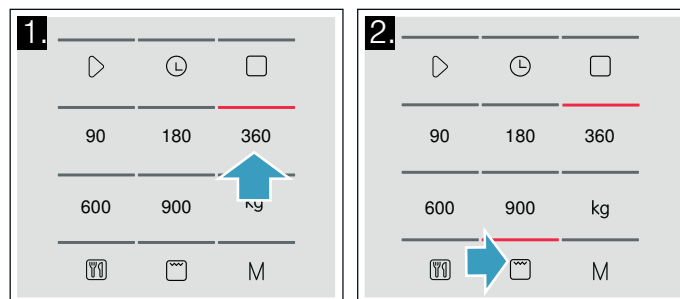
### Cancelling operation


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

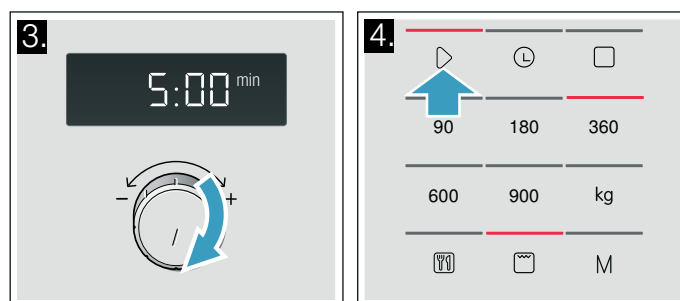
## Setting the microwave and grill

Example: 360 W, grill , 5 minutes

1. Press the required microwave power setting.  
1:00 min appears in the display and the indicator lamp above the button lights up.
2. Press the grill button .



3. Set a cooking time using the rotary selector.
4. Press the  button.



The cooking time counts down in the display.

## M Memory

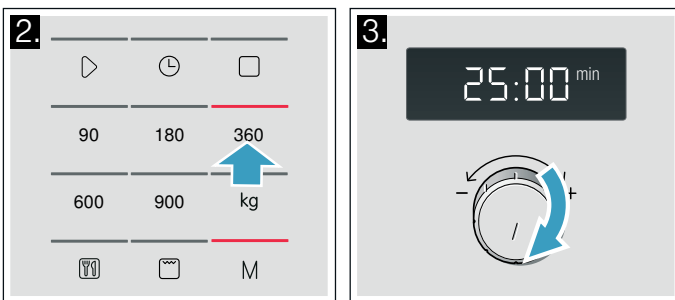
The memory function allows you to save the setting for a dish and call it up at any time.

The memory function is useful if you prepare one dish particularly frequently.

### Saving memory settings

#### Example: 360 W, 25 minutes

1. Press the **M** button.  
The indicator lamp above the button lights up.
2. Press the required microwave power setting.  
1:00 min appears in the display and the indicator lamp above the button lights up.
3. Set the cooking time using the rotary selector.



4. Confirm by pressing the **M** button.  
The clock reappears. The setting has been 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 **M**, press ▷ button.
- You cannot save several microwave power settings one after the other.
- You cannot save automatic programmes.

#### Adding to the memory

1. Press the **M** 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 **M** button.  
The saved settings are displayed.
2. Press the ▷ button.  
The cooking time counts down in the display.

#### The cooking time has elapsed

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

#### Pausing

Press the □ button once or open the appliance door. Operation is suspended. The display above ▷ button flashes. After closing the door, press the ▷ button again.

#### Cancelling operation

Press the □ button twice or open the door and press the □ button once.


## Programmes

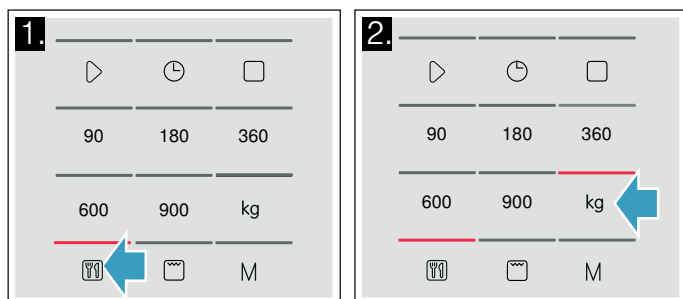
You can prepare food really easily using the various programmes. You select a programme and enter the weight of your food. The program then applies the most suitable settings.


**Note:** You can choose from 8 programmes.

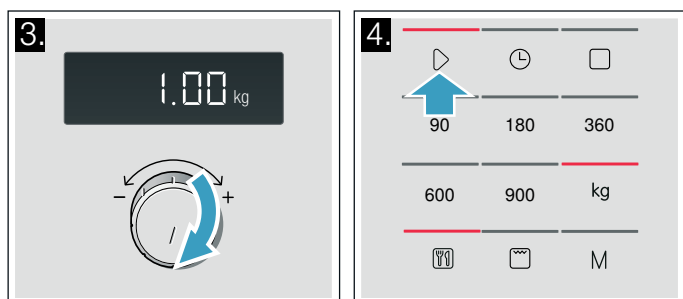
### Setting a programme

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

1. Press the  button repeatedly until the required programme number appears.  
The indicator lamp above the button lights up.
2. Press the kg button.  
A suggested weight appears in the display and the indicator lamp above the button lights up.




3. Turn the rotary selector to specify the weight of the dish.
4. Press the  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  button. The clock reappears.



### Correction

Press the  button twice and reset.



### Pausing

Press the  button once or open the appliance door. Operation is suspended. The display above  button flashes. After closing the door, press the  button again.

### Cancelling operation

Press the  button twice or open the door and press the  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  button again.
- You can query the programme number and weight using  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  $-18\text{ }^{\circ}\text{C}$  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  button.

Programme no.		Cook-ware	Weight range in kg
	<b>Defrosting</b>		
P 01	Minced meat	Open	0.20 - 1.00
P 02	Pieces of meat	Open	0.20 - 1.00
P 03	Chicken, chicken pieces	Open	0.40 - 1.80
P 04	Bread	Open	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.	Cookware	Weight range in kg
<b>Cooking</b>		
P 05	Rice With lid	0.05 - 0.2
P 06	Potatoes With lid	0.15 - 1.0
P 07	Vegetables With lid	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.	Cookware	Weight range in kg
<b>Combi programme</b>		
P 08	Frozen bake, up to 3 cm deep Open	0.4 - 0.9

## Basic settings

Your appliance has basic settings that you can change to suit your needs.

Setting	Options
1 Button tone	<p>On* Switched on</p> <p>OFF Switched off</p> <p>Button tone (will remain active for the ▷ and ◻ buttons)</p>
2 Demo mode	<p>dE0 The appliance is switched off. You can use the buttons and the display, but the buttons will not activate any function on the appliance (i.e. the microwave has no power). Demo mode is mainly used by dealers.</p>

\* Factory setting (factory settings may vary depending on the appliance model)

You can change the button tone on your appliance if you wish.

### Changing the button tone

The appliance must be switched off when you do this.

- Press and hold the ▷ and ◻ buttons at the same time for a couple of seconds. *i* will appear in the display.
- Touch the ▷ button. *On* will start flashing in the display.
- Turn the rotary selector to OFF.
- Touch the ▷ button. The setting has been applied.
- Touch the ◻ button.

The button tone has been switched off. You can change this setting at any time.

## Cleaning

With good care and cleaning, your appliance will retain its appearance and remain fully functioning for a long time to come. We will explain here how you should correctly care for and clean your appliance.

### **Warning – Risk of burns!**

The appliance becomes very hot. Never clean the appliance immediately after switching it off. Allow the appliance to cool down.

### **Warning – Risk of electric shock!**

Do not use any high-pressure cleaners or steam cleaners, which can result in an electric shock.

### **Warning – 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.

### **Warning – Risk of serious harm 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 remnants immediately. → "Cleaning agent" on page 17

### **Warning – Risk of electric shock!**

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

**Note:** Unpleasant odours, for example after fish has been prepared, can be removed very easily. Add a few drops of lemon juice to a cup of water. Always place a spoon in the container to prevent delayed boiling. Heat the water for 1 to 2 minutes at maximum microwave output.

## Cleaning agent

To ensure that the different surfaces are not damaged by using the wrong cleaning agent, observe the information in the table.

Do not use:

- Harsh or abrasive cleaning agents.
- Metal or glass scrapers to clean the door panels.
- Metal or glass scrapers to clean the door seal.
- Hard scouring pads or sponges.
- Cleaning agents with a high alcohol content.

Wash new sponge cloths thoroughly before use.

Area	Cleaning product
Appliance front	Hot soapy water: Clean using a dish cloth and then dry with a soft cloth. Do not use metal or glass scrapers for cleaning.
Appliance front with stainless steel	Hot soapy water: Clean using a dish cloth and then dry with a soft cloth. Remove splashes and patches of limescale, grease, starch and albumin (e.g. egg white) immediately. Corrosion can form under these patches or splashes. Special stainless-steel cleaning products are available from the after-sales service or from specialist retailers. Do not use glass cleaners or metal or glass scrapers for cleaning.
Cooking compartment made of stainless steel	Hot soapy water or vinegar solution: Clean using a dish cloth and then dry with a soft cloth. Do not use oven spray or any 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 completely.
Recess in the cooking compartment	Damp cloth: Water must not be allowed to run into the appliance through the turntable drive. Dry the turntable drive with a cloth.
Turntable and roller ring	Hot soapy water: When placing the turntable back into its recess, it must engage properly.
Wire rack	Hot soapy water: Soak and clean with a dish cloth or brush. Do not scour. Do not use metal or glass scrapers for cleaning.
Door panels	Glass cleaner: Clean with a dish cloth. Do not use glass scrapers.

## Trouble shooting

If a fault occurs, there is often a simple explanation. Before calling the after-sales service, please refer to the fault table and attempt to correct the fault yourself.

**Tip:** . If a dish does not turn out exactly as you wanted, refer to the following chapter, where you will find lots of tips and notes relating to the optimum settings. → "Tested for you in our cooking studio" on page 19

### **Warning – 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.

### Fault table

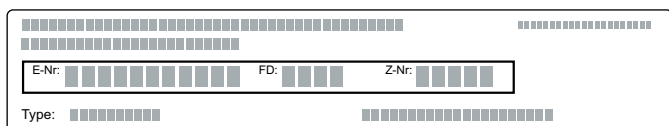
Fault	Possible cause	Remedy/information
The appliance is not working	The plug is not plugged into the mains	Connect the appliance to the electricity supply
	Power failure	Check whether other kitchen appliances are working
	The circuit breaker/fuse is faulty	Check in the fuse box to make sure that the circuit breaker/fuse for the appliance is in working order
	Faulty operation	Switch off the circuit breaker/fuse for the appliance in the fuse box and switch it back on after approximately 10 seconds
Three zeros are lit on the display.	Power failure	Reset the time.
The appliance is not operating. A cooking time is shown on the display.	The rotary selector has been accidentally turned.	Press the <input type="checkbox"/> button.
	The ▷ button has not been pressed after the setting was applied.	Press the ▷ button or cancel the setting by pressing the <input type="checkbox"/> button.
The microwave is not working.	The door has not been properly closed.	Check whether food remnants or debris is/are trapped in the door.
	The ▷ button has not been pressed.	Press the ▷ button.
It is taking longer than usual for food to heat up	The microwave power output has been set 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 heating.
The turntable is making a scraping or grinding noise.	Dirt or debris in the area around the turntable drive.	Clean the roller ring and the recess in the cooking compartment.
The microwave has stopped for no apparent reason.	The microwave has a fault.	If this fault recurs, please call the after-sales service.
An <b>M</b> is shown on the display.	The appliance is in demo mode	Deactivate demo mode. → "Basic settings" on page 16
Error message "E - 3"	Fault in automatic door opening system.	If an error message is displayed, switch the appliance off and on again; if the message disappears, it was a one-off problem. If the fault occurs again or the error message is still displayed, please contact the after-sales service and provide the fault code.

## Customer service


Our after-sales service is there for you if your appliance needs to be repaired. We will always find an appropriate solution, also in order to avoid after-sales personnel having to make unnecessary visits.

### E number and FD number

When calling us, please quote the full 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 cooking compartment door.



To save time, you can make a note of the numbers for your appliance and the telephone number of the after-sales service in the space below in case you need them.

<b>E no.</b>		<b>FD no.</b>	
<b>After-sales service</b> 			

Please note that a visit from an after-sales service engineer is not free of charge in the event that the appliance has been misused, 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.

## Tested for you in our cooking studio

In the table below, you will find a selection of dishes and the ideal settings for them. It tells you which microwave power setting is best suited to your dish. You can use the microwave on its own or in combination with the grill. We have listed some tips with regard to cookware and preparation methods.

### Notes

- The times specified in the tables are intended as a guide only. They will depend on the quality and composition of the food.
- Time ranges are often specified in the tables. Set the shortest time to begin with, and then extend the time if necessary.
- Always use an oven cloth or oven gloves when taking hot cookware out of the cooking compartment.

It may be that you have different quantities from those specified in the tables. There is a rule of thumb for operating the microwave: Double the amount = almost double the time, half the amount = half the time.

Always place the cookware on the turntable.

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

### 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 cookware

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

### Caution!

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.

### Defrosting

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

Delicate parts such as the legs and wings of chicken or fatty outer layers of roasts can be covered with small pieces of aluminium foil. The foil must not touch the sides of the cooking compartment. 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 can even out. The giblets can be removed from poultry at this point. The meat can also be processed further when a small part of the core is frozen.

### Tips for defrosting

The time has elapsed but the food is not defrosted, hot or cooked.	Set a longer time. Large quantities and food which is piled high require longer times.
Time has elapsed but the food is overheated at the edge and 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.

Defrosting	Weight	Microwave power setting in watts	Cooking time in minutes	Notes
Whole pieces of beef, veal or pork (on the bone or boned)	800 g	180 90	15 10-20	-
	1 kg	180 90	20 15-25	
	1.5 kg	180 90	30 20-30	
Meat in pieces or slices of beef, veal or pork	200 g	180 90	2 4-6	Separate any defrosted parts when turning
	500 g	180 90	5 5-10	
	800 g	180 90	8 10-15	
Minced meat, mixed	200 g	90	10	Freeze food flat if possible Turn several times, remove any defrosted meat
	500 g	180 90	5 10-15	
	800 g	180 90	8 10-20	
Poultry or poultry portions	600 g	180 90	8 10-20	Separate any defrosted parts
	1.2 kg	180 90	15 10-20	
Fish fillet, fish steak or slices	400 g	180 90	5 10-15	Separate any defrosted parts
Vegetables, e.g. peas	300 g	180	10-15	-
Fruit, e.g. raspberries	300 g	180	7-10	Stir carefully during defrosting and separate any defrosted parts
	500 g	180 90	8 5-10	
Butter, defrosting	125 g	180 90	1 2-3	Remove all packaging
	250 g	180 90	1 3-4	
Loaf of bread	500 g	180 90	6 5-10	-
	1 kg	180 90	12 10-20	
Cakes, dry, e.g. sponge cake	500 g	90	10-15	Only for cakes without icing, cream or crème pâtissière, separate the pieces of cake.
	750 g	180 90	5 10-15	

Defrosting	Weight	Microwave power setting in watts	Cooking time in minutes	Notes
Cakes, moist, e.g. fruit flan, cheesecake	500 g	180	5	Only for cakes without icing, cream or gelatine
		90	15-20	
	750 g	180	7	
		90	15-20	

## Heating frozen food

### Notes

- Take ready meals out of the packaging. They will heat up more quickly and evenly in microwavable cookware. 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 cookware. Food 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 cookware, 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 to allow the temperature to even out.
- Always use an oven cloth or oven gloves when removing cookware from the appliance.

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

## Heating food

### Caution!

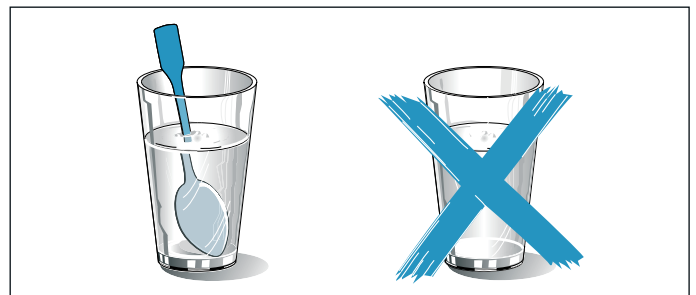
Metal, e.g. a spoon in a glass, must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could irreparably damage the glass on the inside of the door.

### Notes

- Take ready meals out of the packaging. They will heat up more quickly and evenly in microwavable cookware. 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 dedicated lid for your cookware, use a plate or special microwave film.
- 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 to allow the temperature to even out.
- Always use an oven cloth or oven gloves when removing cookware from the appliance.

### **Warning – 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 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.





Heating food	Weight	Microwave power setting in watts	Cooking time in minutes	Notes
Beverages	200 ml	900	2-3	Place a spoon in the glass; do not overheat alcoholic drinks; check occasionally while heating
	500 ml	900	3-4	
Baby food, e.g. baby bottles	50 ml	360	approx. ½	Without teats or lids. Always shake well after heating. You must check the temperature
	100 ml	360	approx. 1	
	200 ml	360	1½	
Soup, 1 cup	200 g	600	2-3	-
Soup, 2 cups	400 g	600	4-5	-
Menu, plated meal, ready meal (2-3 components)	350-500 g	600	4-8	-
Meat in sauce	500 g	600	8-11	Separate the slices of meat
Stew	400 g	600	6-8	-
	800 g	600	8-11	-
Vegetables	150 g	600	2-3	Add a little liquid
	300 g	600	3-5	

### Cooking food

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 cookware. Food should not be placed in layers on top of one another.

Cook the food on its own in the microwave – always use with a lid on the cookware. Place the cookware directly on the turntable. If you do not have a suitable lid for your cookware, use a plate or special microwave foil.

This will help the food retain its flavour. This means that you can use salt and seasonings sparingly.

After cooking, allow the food to stand for a further 2 to 5 minutes to allow the temperature to even out.

Always use an oven cloth or oven gloves when removing cookware from the appliance.

#### Grilling:

Always grill on the wire rack with the cooking compartment door closed and do not preheat.

Always place the wire rack on the turntable.

#### Combined microwave and grill:

Combi mode is especially suitable for bakes and gratins.

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

Use a deep dish when roasting. This will help keep the cooking compartment clean.

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






Check that your cookware fits in the cooking compartment. It must not be too big, 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 5-10 minutes before carving it. This allows the meat juices to be distributed evenly so that they do not run out when the meat is carved.

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

All the values given in the table are guidelines and can vary depending on the properties of your food.

Cooking food	Accessories	Microwave power setting in watts	Cooking time in minutes	Notes
Chicken, whole, 1.2 kg	Cookware with lid	600	25-30	Turn half way through the time
Chicken portions, e.g. chicken quarters, 800 g	Cookware without lid, wire rack	360 W + 	30-40	Place with the skin side up, do not turn
Chicken wings, marinated frozen, 800 g	Cookware without lid, wire rack	360 W + 	15-25	Do not turn
Pork without rind approx. 750 g, e.g. neck	Cookware without lid	360 W + 	40-50	Turn once or twice
Bacon rashers, approx. 8 rashers	Wire rack	180 W + 	10-15	-
Meat loaf, 750 g	Cookware without lid	600	20-25	Cook without a lid Maximum 6 cm deep
		360 W + 	25-35	



Cooking food	Accessories	Microwave power setting in watts	Cooking time in minutes	Notes
Fish, e.g. fillet steaks, 400 g	Cookware without lid	600	10-15	Add water, lemon juice or wine as desired
Fish fillet, au gratin, approx. 400 g	Cookware without lid	360 W + 	10-15	Defrost frozen fish before cooking
Fish kebabs, 4-5 pieces	Wire rack	180 W + 	10-15	Use wooden skewers
Sweet bakes, e.g. quark and fruit soufflé, 1 kg	Cookware without lid	360 W + 	30-35	Maximum 5 cm deep
Savoury bakes made from raw ingredients, e.g. pasta bake, 1 kg	Cookware without lid	360 W + 	30-35	Sprinkle with cheese, maximum 5 cm deep
Savoury bakes made from cooked ingredients, e.g. potato gratin, 1 kg	Cookware without lid	360 W + 	30-40	Maximum 4 cm deep
Soup au gratin, e.g. onion soup, 2-4 cups	Cookware without lid		approx. 15-20	-
Vegetables, fresh, 250 g	Cookware with lid	600	5-10	Cut the vegetables into pieces of equal size; Add 1 to 2 tbsp water per 100 g of vegetables; Stir during cooking
Vegetables, fresh, 500 g	Cookware with lid	600	10-15	-
Vegetable kebabs, 4-5 pieces	Wire rack	180 W + 	15-20	Use wooden skewers
Potatoes, 250 g	Cookware with lid	600	8-10	Cut the potatoes into pieces of equal size; Add 1 to 2 tbsp water for every 100 g; Stir during cooking
Potatoes, 500 g	Cookware with lid	600	11-14	
Potatoes, 750 g	Cookware with lid	600	15-22	
Rice, 125 g	Cookware with lid	900 180	5-7 12-15	Add double the amount of liquid
Rice, 250 g	Cookware with lid	900 180	6-8 15-18	
Bread (pre-toasting), 2-4 slices	Wire rack		1st side: Approx. 2-4 2nd side: Approx. 2-4	-
Toast with topping, 2-6 slices	Wire rack		7-10	Depending on topping
Fruit, compote, 500 g	Cookware with lid	600	9-12	-
Sweet foods, e.g. blancmange (instant) 500 ml	Cookware with lid	600	6-8	Stir the blancmange thoroughly 2 to 3 times during cooking using an egg whisk

## 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.

## Test dishes

In accordance with EN 60705:2012, IEC 60705:2010 and EN 60350-1:2013 or IEC 60350-1:2011

These tables have been produced for test institutes to facilitate the inspection of the appliance.


### Microwave cooking

Dish	Microwave power output in watts, cooking time in minutes	Note
Custard, 750 g	360 W, 12-17 mins + 90 W, 20-25 mins	Place a 20 x 25 cm Pyrex dish onto the turntable.
Sponge	600 W, 8-10 mins	Place a 22 cm Pyrex dish onto the turntable.
Meat loaf	600 W, 20-25 mins	Place a Pyrex dish onto the turntable.

### Microwave defrosting



Dish	Microwave power output in watts, cooking time in minutes	Note
Meat	180 W, 5-7 mins + 90 W, 10-15 mins	Place a 22 cm Pyrex dish onto 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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關於產品、配件、更換零件和服務的相關資訊，請瀏覽：  
[www.bosch-home.com.tw](http://www.bosch-home.com.tw)

## 使用須知

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。

開箱後請檢查電器有無損壞。若在運送過程中已發生損壞，請勿將電器連接電源。

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

本產品僅供家用。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 公尺以下的地區。

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。

請勿讓孩童將本機當成玩具或在其周圍嬉戲。15 歲以上的孩童除非在監督下，否則不得進行清潔及保養的工作。

請確保 8 歲以下的孩童遠離本機及電源線。

確定爐腔內的配件放置正確。→ "第一次使用前" 第 31 頁

## 重要安全資訊

### 一般資訊

#### 警告 – 火災風險!

- 本電器可能變得很燙。請確認符合圖中指示的電器上方最小距離。→ 第 28 頁
  - 請勿將電器安裝在裝飾門或櫥櫃門的後方。
  - 電器不得安裝於固定的櫥櫃中。

有過熱的風險。

- 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，請勿開啟機門。請將電源關閉並將插頭從電源上拔除，或直接關閉保險絲盒中的斷路器。

#### 警告 – 觸電風險!

- 不當維修會造成危險。僅由受過訓練的專業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，請拔掉電器插頭，或關閉保險絲盒內的斷路器。請聯絡售後服務中心。
- 電器上的電源線絕緣層與機體的高熱零件接觸時可能會融化。請勿讓電源線與機體的高熱零件接觸。
- 請勿使用任何高壓清潔器或蒸氣清洗機，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。
- 有瑕疵的電器可能會導致觸電。請勿啟動有瑕疵的電器。請拔掉電器插頭或關閉保險絲盒內的斷路器。請聯絡售後服務中心。
- 微波爐是高電壓設備。請勿移除外殼。
- 滲入的液體可能導致觸電。請拔掉電源插頭和 / 或關閉保險絲盒內的保險絲。不得在電器上放置裝有液體的容器，亦不得將電器作為儲物區。

#### 警告 – 燙傷風險!

- 電器會在使用時變得非常灼熱。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。
- 配件與耐熱器皿在加熱過程中或加熱後會變得很燙。將配件或耐熱器皿從箱體中取出時請務必配戴烤箱手套。
- 在高溫箱體內，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。僅能使用含少量高酒精濃度的飲料。請小心打開機門。

#### 警告 – 燙傷風險!

- 當開啟電器時，可能會有高溫水蒸汽溢出。請小心打開箱門。兒童應保持安全距離。
- 在高溫箱體內的水分可能會轉化成高溫水蒸汽。請勿將水倒入高溫的箱體中。

#### 警告 – 受傷風險!

機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。

## 微波燒烤爐

### ⚠️ 警告 – 火災風險!

- 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。

### ⚠️ 警告 – 爆炸風險!

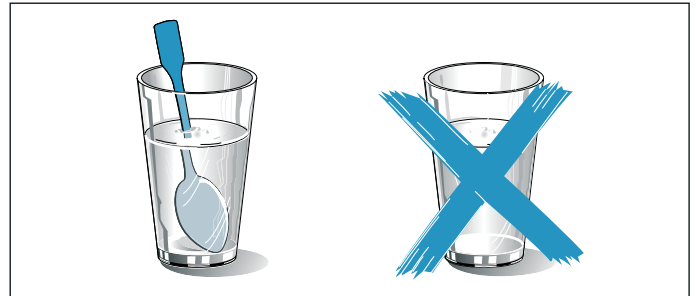
密封容器內的液體或其他食物可能會爆炸。請勿為密封容器內的液體或其他食物加熱。

### ⚠️ 警告 – 燙傷風險!

- 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。
- 運作時可接觸部分會變得非常高溫。請勿觸碰高溫部件。兒童應保持安全距離。
- 在預定用途範圍之外使用本電器十分危險。電器不得用於烘乾食物與衣物，或加熱拖鞋、填充枕頭、海綿、濕布或類型物品。因過熱的拖鞋、填充枕頭、海綿、濕布等物品可能會造成皮膚燙傷。

### ⚠️ 警告 – 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。



### ⚠️ 警告 – 受傷風險!

- 機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。
- 使用不適合的廚具會導致損壞。使用微波複合模式時，務必使用以合適材質製成、可用於熱風和燒烤模式的耐熱廚具。
- 玻璃轉盤可能會碎裂。請避免堅硬物體撞擊轉盤。
- 若玻璃轉盤出現裂痕或細縫會造成危險。請小心處理轉盤。

### ⚠️ 警告 – 觸電風險!

微波爐是高電壓設備。請勿移除外殼。

### ⚠️ 警告 – 嚴重危害健康的風險!

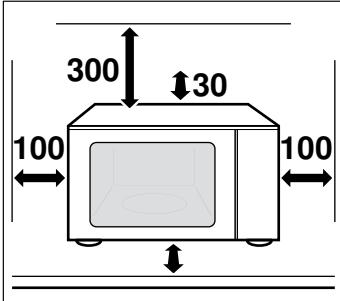
- 不當清潔可能會損害電器表面。微波能量可能會因此外洩。請定期清潔電器，並立即清除食物殘渣。經常保持爐腔、機門密封條、機門及門擋清潔。→ "清潔" 第 36 頁
- 若箱門或箱門密封條受損，微波能量可能就會外洩。如果箱門或箱門密封條受損，請勿使用電器。請聯絡售後服務中心。
- 微波烤爐若無外殼保護，微波能量將會外洩。請勿移除外殼。若需維護或維修，請聯絡售後服務中心。



## 安裝和連接

本產品僅供家用。

將檯面嵌入式電器置於堅固水平的表面（至少距離地板85公分）。不得蓋住電器的通風孔道。電器距離上方表面的空間高度至少30公分。



本電器具備插頭而且必須連接至妥善安裝的接地插座。主電源電壓必須符合額定銘牌上指定的電壓。

僅可由合格的電工進行插座的安裝或是更換電源線。電器插頭必須位於可觸及的位置。

請勿使用多孔轉接器、多孔插座或延長線。電源過載時會有火災風險。

## 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：**若未在爐腔中放入食物而空轉本電器，可能導致電器過載。在爐腔中沒有食物時不得開啟電器，但進行短時間的烹調器皿測試除外。→ "廚具測試"第 31 頁
- **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。
- **微波發射器的外蓋：**拆下外蓋會造成微波發射器損壞。切勿拆除爐腔中的微波發射器外蓋。

## 環境保護

### 符合環保規定的廢棄處理

以環保方式處理包裝。



本電器根據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) 貼有相關標籤。該指令包含歐盟範圍內舊電器退還及回收的規範。

## 瞭解您的電器

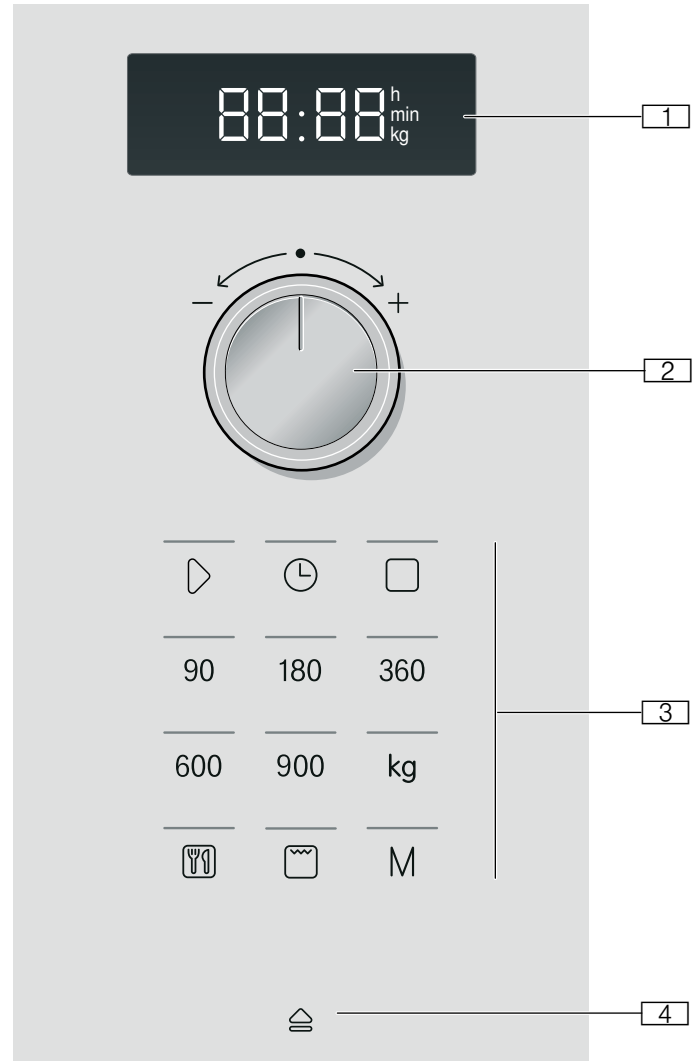
我們會在此章節介紹顯示螢幕和控制裝置。您將瞭解電器的各種功能。

**提示:** 細節與顏色會視電器型號而異。

### 控制面板

您可在控制面板設定本電器的各種功能。設定的功能將會顯示於顯示螢幕上。

以下為開機時顯示螢幕呈現已設定時鐘的畫面。



- 1 顯示螢幕  
用於時鐘顯示和烹調時間
- 2 旋鈕  
用於設定時鐘和烹調時間，或設定自動程序
- 3 按鈕
- 4 自動開啟機門按鈕

### 控制功能

您可以在下方找到各種按鈕的簡短說明。這些按鈕可讓您直接輕鬆設定電器。



## 按鈕與說明

您可以在下方找到各種按鈕的簡短說明。

按鈕	涵義
符號	
	啟動電器
	設定時間
	停止或暫停電器運作
90	選擇90瓦微波輸出功率
180	選擇180瓦微波輸出功率
360	選擇360瓦微波輸出功率
600	選擇600瓦微波輸出功率
900	選擇900瓦微波輸出功率
kg	選擇程序的重量
	選擇自動程序
	選擇燒烤功能
M	選擇記憶功能
	打開機門

## 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。

## 自動開啟機門

自動開啟機門功能啟用後，電器機門將會自動彈開。您可以手動將機門打開。

停電時，機門自動開啟功能不會啟用。您可以手動將機門打開。

## 提示

- 若在電器運作時打開機門，運作便會暫停。
- 機門關閉後，電器不會自動繼續運作。您必須手動重新啟動。
- 若電器長時間關閉，機門會延遲一段時間才開啟。

## 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。

## 變更訊號音長度

關閉本電器電源時，會聽到訊號音。

按下「▷」（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：

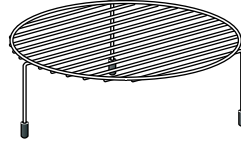
- 短訊號音長度 - 3 聲
- 長訊號音長度 - 30 聲。

## 配件

以下提供本電器所附的配件概覽及其使用方式。

### 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。



### 烤架

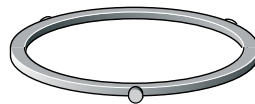
燒烤用的烤架，適合牛排、香腸或麵包；或是用於放置烹調器皿，例如微波淺烤盤。

**提示：**將烤架放在轉盤上。



### 轉盤

**提示：**切勿在沒有轉盤時使用電器。請確認轉盤已安裝妥當。轉盤可依順時針或逆時針方向轉動。



### 轉環

## 第一次使用前

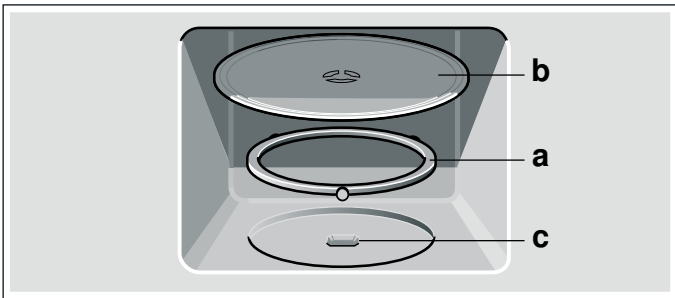
本章節提供首次使用微波燒烤爐烹調食品前的準備工作。請先詳讀「安全資訊」章節。→ "重要安全資訊"第 26 頁  
使用新電器前，您必須正確地安裝轉盤。同時，請先清潔電器與配件。

### 清潔爐腔並將轉盤放至定位

在初次使用本電器烹調食物前，請務必先清潔爐腔與配件。

#### 如何將轉盤安裝至定位

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



**提示:** 切勿在沒有轉盤時使用電器。請確認轉盤已安裝妥當。轉盤可依順時針或逆時針方向轉動。

### 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<sup>h</sup> 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

依序按下 ⊖ 按鈕和 □ 按鈕。  
顯示幕隨即變成空白。

#### 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。

### 加熱爐腔

若要去掉新微波燒烤爐的氣味，可在電器內部淨空時，放入轉盤加熱並關上機門運轉 10 分鐘。

1. 按下 ☑ 燒烤按鈕。  
顯示幕上會顯示 10:00 分鐘，☑ 按鈕上方的指示燈會亮起。
2. 按下 ▷ 按鈕。  
當設定時間結束後會發出訊號聲。按下 □ 按鈕或開啟電器機門。

## 微波燒烤爐

您可以使用微波來快速地烹調、加熱和解凍食物。您可以單獨使用微波功能，也可以結合燒烤功能。

為確保妥善運用微波燒烤爐，請詳閱烹調器皿上的使用要點，並熟悉列於本說明手冊末應用表格中的資料。

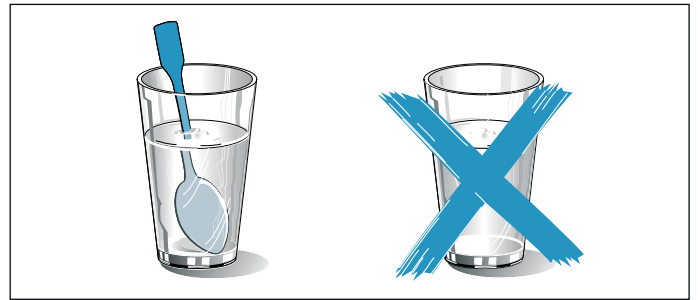
立即試用微波爐。例如，你可以加熱泡茶用的水。

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，稍微偏離中心。

1. 按下 900 瓦。
2. 利用旋鈕設定為 1:30 分鐘。
3. 按下 ▷ 按鈕。  
1 分 30 秒後，訊號聲響起。水已加熱完成。

#### ⚠ 警告 – 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。



### 烹調器皿

不是所有烹調器皿都適合微波。只能使用可微波的烹調器皿，以免在加熱食物時造成設備損害。

#### 適用的烹調器皿

適用由玻璃、玻璃陶瓷、瓷、陶瓷或耐熱塑料製成的耐熱烹調器皿。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、銀裝飾邊緣的烹調器皿放入微波爐中使用。

#### 不適用的烹調器皿

不適用金屬烹調器皿。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）必須與爐腔壁面和機門內側保持至少 2 公分的距離。火花可能會對機門內側的玻璃造成無法修復的損害。

#### 廚具測試

爐內如無食物，切勿開啟微波電源。此項準則的唯一例外是簡短的廚具測試。

若不確定廚具是否適用於微波，請執行下列測試。

1. 以最強的功率加熱空廚具 1/2 分鐘到 1 分鐘。
2. 檢查此期間內的廚具溫度。  
廚具應保持冰涼或溫熱。

如果廚具變得極熱或產生火花，即表示不適用於微波爐。此時，請停止測試。

### ⚠ 警告 – 燙傷風險！

運作時可接觸部分會變得非常高溫。請勿觸碰高溫部件。兒童應保持安全距離。

## 微波功率

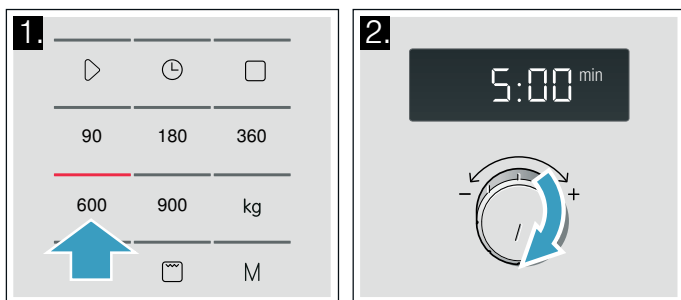
微波功率設定	適合的用途
90 W	解凍精緻食物
180 W	解凍和繼續烹調食物
360 W	烹調肉類和加熱精緻食物
600 W	加熱和烹調食物
900 W	加熱液體

**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：微波功率設定 600 瓦，5 分鐘

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



3. 按下 ▷ 按鈕。  
顯示幕會顯示剩餘的烹調時間。

### 烹調時間已過

發出訊號聲。打開電器機門或按下 □ 按鈕。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

按下 □ 按鈕或開啟電器機門。操作隨即暫停。▷ 按鈕上方的顯示會閃爍。關閉電器機門後，再次按下 ▷ 按鈕。

### 取消操作

連按兩次 □ 按鈕，或開啟電器機門後，再按下 □ 按鈕。

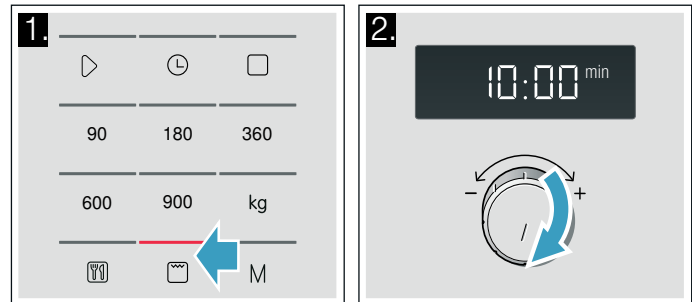
**提示：**您亦可先調整烹調時間，再調整微波功率設定。

## 燒烤

燒烤功能非常適合焗烤類和將餐點頂部烤成金黃色。您可以單獨使用燒烤功能，也可以與微波功能結合。

## 燒烤設定

1. 按下燒烤按鈕 。  
顯示幕上會顯示 10:00 分鐘，按鈕上方的指示燈會亮起。
2. 利用旋鈕設定烹調時間。



3. 按下 ▷ 按鈕。  
顯示幕會顯示剩餘的烹調時間。

### 烹調時間已過

發出訊號聲。打開電器機門或按下 □ 按鈕。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

按下 □ 按鈕或開啟電器機門。操作隨即暫停。▷ 按鈕上方的顯示會閃爍。關閉電器機門後，再次按下 ▷ 按鈕。

### 修改

烹調時間可以隨時修改。

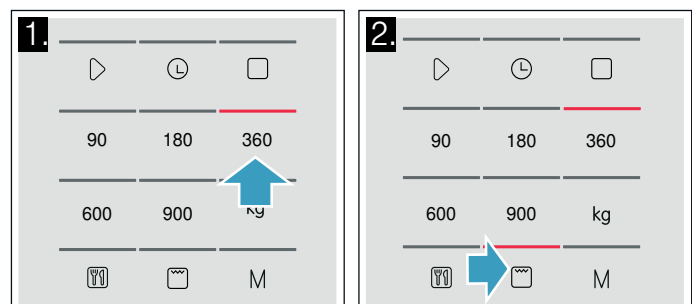
### 取消操作

連按兩次 □ 按鈕，或開啟電器機門後，再按下 □ 按鈕。

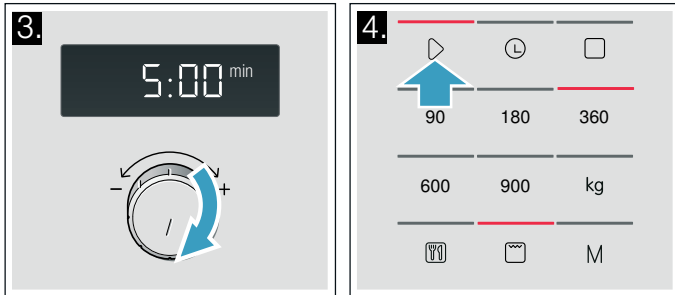
## 微波燒烤設定

範例：360 瓦，燒烤 ，5 分鐘

1. 按下所需的微波功率。  
顯示幕上會顯示 1:00 分鐘，按鈕上方的指示燈會亮起。
2. 按下燒烤按鈕 .



- 利用旋鈕設定烹調時間。
- 按下  $\triangleright$  按鈕。



顯示幕會顯示剩餘的烹調時間。

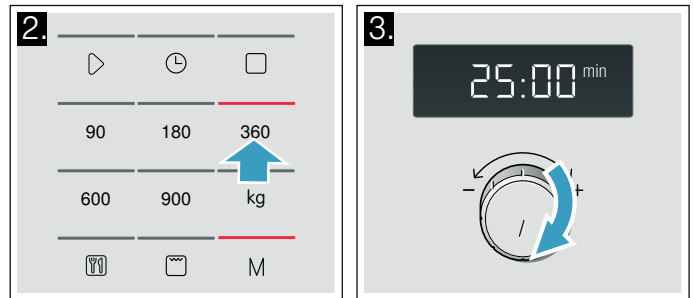
## M 記憶功能

記憶功能可讓您儲存餐點的設定以便之後使用。對於經常烹調的餐點來說，記憶功能十分實用。

### 儲存記憶設定

範例：360瓦，25分鐘

- 按下 **M** 按鈕。  
按鈕上方的指示燈亮起。
- 按下所需的微波功率設定。  
顯示幕上會顯示1:00分鐘，按鈕上方的指示燈會亮起。
- 使用旋鈕以設定烹調時間。



- 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微波燒烤的設定。
- 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  $\triangleright$  按鈕。
- 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

- 按下 **M** 按鈕。  
舊設定會出現。
- 如步驟1至4所述儲存新的程序。

### 啟動記憶功能

要啟動已儲存的程序非常簡單。將食物放入。關閉電器機門。

- 按下 **M** 按鈕。  
隨即顯示已儲存的設定。
- 按下  $\triangleright$  按鈕。

顯示幕會顯示剩餘的烹調時間。

### 烹調時間已過

發出訊號聲。打開電器機門或按下  $\square$  按鈕。時鐘隨即重新顯示。

### 暫停

按下  $\square$  按鈕或開啟電器機門。操作隨即暫停。 $\triangleright$  按鈕上方的顯示會閃爍。關閉電器機門後，再次按下  $\triangleright$  按鈕。

### 取消操作

連按兩次  $\square$  按鈕，或開啟電器機門後，再按下  $\square$  按鈕。


## 自動烹調程式

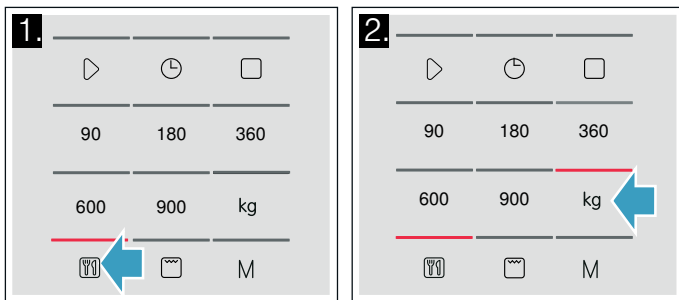
您可以使用各種程序輕鬆準備食物。請選擇程序並輸入食物的重量。程序會套用最適的設定。


**提示:** 可以選擇的程序共有 8 種。

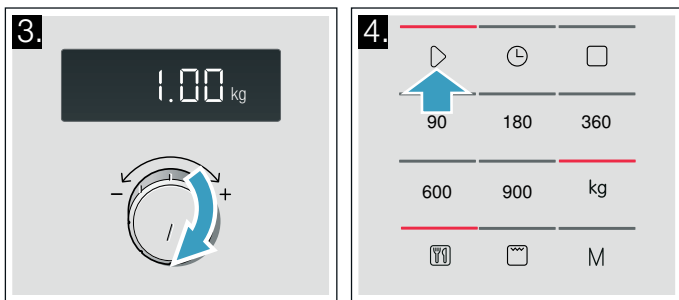
### 設定程序

選擇程序後，請進行下列設定：

1. 重複按下  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。  
建議的重量出現在顯示幕上，且按鈕上的指示燈亮起。




3. 旋轉旋鈕以指定菜餚的重量。
4. 按下  按鈕。




顯示幕上隨即顯示正在倒數的程序烹調時間。




### 烹調時間已過

發出訊號聲。打開電器機門或按下  按鈕。時鐘隨即重新顯示。



### 修改

連按兩次  按鈕並重設。



### 暫停

按下  按鈕或開啟電器機門。操作隨即暫停。 按鈕上方的顯示會閃爍。關閉電器機門後，再次按下  按鈕。

### 取消操作

連按兩次  按鈕，或開啟電器機門後，再按下  按鈕。


### 提示

- 某些程序會在特定時間後響起訊號聲。打開機門，攪拌食物，或翻動一下肉類或家禽肉類。關閉電器機門後，再次按下  按鈕。
- 您可以利用  或 kg 來查詢程序編號和重量。查詢的數值會在顯示幕內顯示 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**  
使用以 -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便倒掉這些液體。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。
- **訊號聲**  
某些程序會在特定時間後響起訊號聲。打開電器機門，將食物分開，或翻動一下肉類或家禽肉。關上機門，然後按下  按鈕。

程序編號	烹調器皿	重量範圍 (公斤)
解凍		
P 01	絞肉	不加蓋 0.20 - 1.00
P 02	肉塊	不加蓋 0.20 - 1.00
P 03	雞肉、雞肉塊	不加蓋 0.40 - 1.80
P 04	麵包	不加蓋 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	烹調器皿	重量範圍 (公斤)
烹調		
P 05	米	加蓋 0.05 - 0.2
P 06	馬鈴薯	加蓋 0.15 - 1.0
P 07	蔬菜	加蓋 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	烹調器皿	重量範圍 (公斤)
<b>微波燒烤程序</b>		
P 08	冷凍糕點，厚度最高3公分	不加蓋 0.4 - 0.9

## 基本設定

您可以視需要變更電器的基本設定。

設定	選項	
1 按鈕聲音	On*	開啟
	OFF	關閉 按鈕聲音 (▷ 和 ◻ 按鈕的聲音仍會保持開啟)
2 展示模式	DEE	電器會關閉。您可以使用按鈕和顯示螢幕，但按鈕不會啟動電器上的任何功能 (即微波爐不會加熱)。展示模式主要由經銷商使用。
* 原廠設定 (原廠設定可能因機型而異)		

如有需要，您可以變更電器的按鈕聲音。

### 變更按鈕聲音

進行此操作時電器必須關閉。

1. 同時按住 ▷ 和 ◻ 按鈕約數秒。  
顯示螢幕上將會出現 !。
2. 觸碰 ▷ 按鈕。  
顯示螢幕上的 On 將會開始閃爍。
3. 轉動旋鈕至 OFF。
4. 觸碰 ▷ 按鈕。  
設定已套用。
5. 觸碰 ◻ 按鈕。  
按鈕聲音已關閉。  
您隨時可變更此設定。

## 清潔

妥善的保養與清潔，可以讓電器長期保持良好外觀與功能。我們將解說保養和清潔電器的正確方法。

### ⚠️ 警告 – 燙傷風險！

本電器可能變得很燙。切勿在關閉電源後立刻清潔。請先讓電器降溫。

### ⚠️ 警告 – 觸電風險！

請勿使用任何高壓清潔器或蒸氣清洗機，以免觸電。

### ⚠️ 警告 – 受傷風險！

機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。

### ⚠️ 警告 – 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。→ "清潔須知"第 36 頁

### ⚠️ 警告 – 觸電風險！

請勿將電器浸入水中或利用噴水清潔。

**提示:** 異味，例如處理魚類之後留下的氣味可以輕鬆去除。在一杯水中加入幾滴檸檬汁。在容器中放入一隻湯匙，以避免延遲沸騰。以最高微波功率將水加熱1至2分鐘。

## 清潔須知

請遵循下表內的資訊，以確保不會因錯誤的清潔方法而損害電器表面。

請勿使用：

- 具刺激性或侵蝕性的清潔劑。
- 金屬或玻璃刮刀來清潔機門面板。
- 金屬或玻璃刮刀來清潔機門密封條。
- 硬鋼絲絨或海綿。
- 含高酒精成份的清潔劑。

使用新的海綿布前，請先徹底清潔。

## 故障表

故障	可能原因	排除方式 / 資訊
電器無法運作	插頭未插入電源 電源中斷 斷路器 / 保險絲故障	將電器連接至電源插座 確認廚房中其他電器是否正常運作 確認保險絲盒中電器所使用的斷路器 / 保險絲是否正常運作
顯示螢幕上亮起三個0。	操作錯誤	關閉電器保險絲盒中的斷路器 / 保險絲，並在約10秒後重新開啟 重設時間。
電器未運作。顯示幕上顯示烹調時間。	電源中斷 意外轉動旋鈕。 套用設定後未按 $\triangleright$ 按鈕。	按下 $\text{00}$ 按鈕。 按下 $\triangleright$ 按鈕或按下 $\text{00}$ 按鈕取消設定。
微波燒烤爐無法運作。	機門未關妥。 未按 $\triangleright$ 按鈕。	檢查食物殘渣或碎片是否夾在門邊。 按下 $\triangleright$ 按鈕。
加熱食物的時間比平常來得久	微波輸出功率設定過低。 放入了過多的食物，超出正常份量。 食物較平常冷。	選擇較高的微波功率設定。 兩倍份量需耗時兩倍的烹調時間。 加熱時攪拌或翻動食物。
轉盤發出刮磨的噪音。	轉盤驅動位置附近有灰塵或碎片。	清潔轉環和凹槽。
微波燒烤爐因不明原因停止。	微波燒烤爐故障。	若故障反覆發生，請與售後服務中心聯絡。
顯示螢幕上出現 M。	電器目前設定為展示模式	停用展示模式。 → "基本設定"第 35 頁
錯誤訊息「E - 3」	自動門開啟系統發生故障。	若出現錯誤訊息，請關閉電器再重新啟動；若訊息不再出現，則表示這只是偶發狀況。若該錯誤再次出現或錯誤訊息持續顯示，請聯絡售後服務中心並提供故障代碼。

區域	清潔產品
電器正面	熱肥皂水：先以微濕的抹布清潔，再以軟布擦乾。請勿使用金屬或玻璃刮刀清潔。
帶有 <b>不鏽鋼</b> 材質的電器正面	熱肥皂水：先以微濕的抹布清潔，再以軟布擦乾。立即除去水垢、油脂、澱粉和蛋白。這類痕跡或噴濺會造成腐蝕。特殊不鏽鋼清潔產品都可以從我們的售後服務或專業零售商購得。請勿使用玻璃清潔劑或用金屬或玻璃刮刀清潔。
不鏽鋼材質的爐腔內部	熱肥皂水或醋液：先以洗碗布清潔，再以軟布擦乾。請勿使用烤箱噴劑、其他具腐蝕性的烤箱清潔劑或具研磨性的材質。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。
爐腔底部的凹陷處	濕布：請勿讓水由轉盤驅動處流入電器。用軟布將轉盤擦乾。
轉盤與轉輪	熱肥皂水：將轉盤放回凹陷處時必須確實固定。
烤架	熱肥皂水：浸泡並使用洗碗布或刷子清潔。請勿刮磨。請勿使用金屬或玻璃刮刀清潔。
機門面板	玻璃清潔劑：使用洗碗布清潔。請勿使用玻璃刮刀。

## 疑難排解

針對一般故障，通常有簡易的解說。在聯絡售後服務中心前請先參閱本表，因多數問題均可自行排除。

**建議:** 若您不是非常滿意菜餚的烹調成果，請參閱下列章節，您可以在這裡找到許多關於最佳設定的提示與說明。→ "建議烹調時間"第 37 頁

### ⚠️ 警告 – 觸電風險！

不當維修會造成危險。僅由受過訓練的專業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，請拔掉電

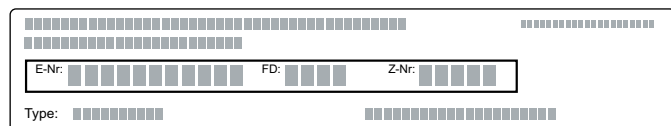


## 客戶服務

若您的電器需要維修，請聯絡我們的售後服務中心。我們一定會找出適合的解決方案，同時避免售後服務人員進行不必要的拜訪。

### 產品編號及生產編號

與我們聯絡時，請提供完整的產品編號 (E no.) 和生產編號 (FD no.)，以便我們提供正確的建議。開啟機門時，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，若為誤用本電器，即使在保固期內，售後服務技師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

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。

## 建議烹調時間

下表會提供一些餐點選擇及適合的設定訊息。包括最適合您料理的微波功率設定。您可以單獨使用微波功能，也可以結合燒烤功能。我們提供一些有關烹調器皿和準備方式的提示。

### 提示

- 表中的時間僅供參考。實際烹調時間會因食材的品質成份而異。
- 表中一般會列出時間範圍，開始時先設定較短的時間，再視需要延長時間。
- 從爐腔中取出烹調器皿時，必須使用隔熱布或隔熱手套。

料理的份量可能會與表中指定的不同。通用的微波操作原則：份量加倍 = 時間加倍；份量減半 = 時間減半。

務必將烹調器皿放置在轉盤上。

下表提供多種的微波選項和設定。

### 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。

### 不適用的烹調器皿

不適用金屬烹調器皿。金屬無法讓微波穿透。無法加熱金屬容器內的食物。

### 注意！

火花：金屬（如玻璃杯中的湯匙）必須與爐壁和機門內側保持至少2公分的距離。火花可能會對機門內側的玻璃造成無法修復的損害。

### 解凍

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。鋁箔不可觸碰爐腔內壁。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，使溫度均勻。此時，可先去除家禽的內臟。即使中心仍有一小部分凍結，仍然可以進一步處理肉類。

## 解凍提示

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，食物的邊緣烤焦而中心部分仍未熟透。	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。

解凍	重量設定	微波功率 (瓦)	烹調時間 (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 90	15 10-20	-
	1公斤	180 90	20 15-25	
	1.5公斤	180 90	30 20-30	
肉塊或牛肉、小牛肉或豬肉片	200公克	180 90	2 4-6	翻動時，將已解凍的部份分開
	500公克	180 90	5 5-10	
	800公克	180 90	8 10-15	
混合絞肉	200公克	90	10	冷凍食物應盡量平放 翻動數次，將已解凍的部份分開
	500公克	180 90	5 10-15	
	800公克	180 90	8 10-20	
家禽肉	600公克	180 90	8 10-20	將已解凍的部份分開
	1.2公斤	180 90	15 10-20	
魚片、魚柳或切片	400公克	180 90	5 10-15	將已解凍的部份分開
蔬菜，如豌豆	300公克	180	10-15	-
水果，如覆盆子	300公克	180	7-10	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 90	8 5-10	
解凍牛油	125公克	180 90	1 2-3	移除所有包裝
	250公克	180 90	1 3-4	
吐司	500公克	180 90	6 5-10	-
	1公斤	180 90	12 10-20	
蛋糕，乾燥 (如海綿蛋糕)	500公克	90	10-15	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 90	5 10-15	
蛋糕，濕潤 (如水果塔、起士蛋糕)	500公克	180 90	5 15-20	只適用於沒有糖霜、奶油或明膠的蛋糕
	750公克	180 90	7 15--20	

## 加熱冷凍食物

### 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，食物能被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，烹調速度會比堆疊的食物快。因此，請盡量將食物平整地分配在烹調器皿上。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，請使用盤子或微波專用錫箔紙。
- 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。
- 從爐中取出器皿時，請務必使用隔熱布或手套。

加熱冷凍食物	重量設定	微波功率設定 (瓦)	烹調時間 (分鐘)	備註
菜餚、盤裝菜、即食食品 (2-3個種類)	300-400公克	600	8-11	-
湯	400公克	600	8-10	-
燉菜	500公克	600	10--13	-
帶有醬汁的肉片或肉塊，如燉牛肉	500公克	600	12-17	攪拌時分開肉塊
烘烤，如千層麵、義大利肉捲	450公克	600	10-15	-
配菜，如米飯、麵食	250公克	600	2-5	添加少量水
	500公克	600	8-10	
蔬菜，如豌豆、花椰菜、紅蘿蔔	300公克	600	8-10	將水倒入餐盤，使其覆蓋底部
	600公克	600	14-17	
奶油菠菜	450公克	600	11-16	烹煮時不需加入額外的水

## 加熱食物

### 注意!

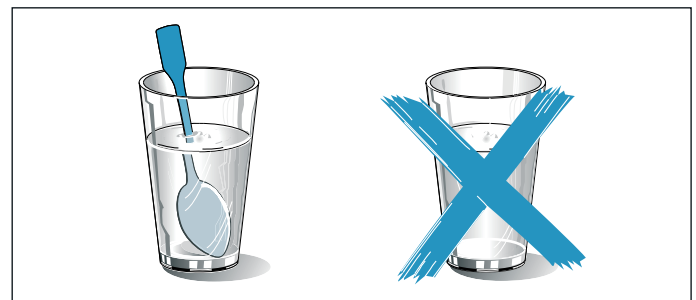
金屬（如玻璃杯中的湯匙）必須與爐壁和機門內側保持至少2公分的距離。火花可能會對機門內側的玻璃造成無法修復的損害。

### 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，食物能被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。如果沒有專用的蓋子，請使用盤子或微波專用膜。
- 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。
- 從爐中取出器皿時，請務必使用隔熱布或手套。

### 警告 – 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。



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

## 烹調食物

食物平整放置，烹調速度會比堆疊的食物快。因此，請盡量將食物平整地分配在烹調器皿上。食物不應堆疊放置。

在微波時加上蓋子可以讓食物充分保留熱量，降低烹調時間。將烹調器皿直接放置在轉盤上。如果沒有合適的蓋子，請使用盤子或微波專用錫箔紙。

這將有助於保持食物風味。只需加添少許的鹽和調味料即可。

加熱後，讓食物靜置2至5分鐘，使溫度均勻。

從爐中取出器皿時，請務必使用隔熱布或手套。

### 燒烤：

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。

### 結合微波與燒烤：

微波燒烤模式特別適合烘焙和焗烤。

務必將器皿放在轉盤上，請勿蓋住食物。

燒烤時使用深碟。有助於保持爐腔乾淨。

烘焙和焗烤時應使用大型淺底器皿。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。

檢查烹調器皿是否可放入爐腔。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5-10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。

因食物狀態有所不同，表中所有提示僅供參考。

烹調食物	配件	微波功率 (瓦)	烹調時間 (分鐘)	備註
全雞, 1.2公斤	帶蓋烹調器皿	600	25-30	烹調時間到一半時翻動
雞肉塊, 四分之一的雞, 800公克	不帶蓋烹調器皿, 烤架	360瓦 + ☐	30-40	帶皮處朝上擺放, 不要翻面
冷凍滷雞翅, 800公克	不帶蓋烹調器皿, 烤架	360瓦 + ☐	15-25	不需翻動
不帶皮豬肉, 約750公克 (如頸肉)	不帶蓋烹調器皿	360瓦 + ☐	40-50	翻動一次或兩次
培根片, 約8片	烤架	180瓦 + ☐	10-15	-
肉糕, 750公克	不帶蓋烹調器皿	600 360瓦 + ☐	20-25 25-35	不加蓋烹調 厚度最高6公分
魚, 如魚片, 400公克	不帶蓋烹調器皿	600	10-15	視需要添加水、檸檬汁或酒
魚片, 焗烤, 約400公克	不帶蓋烹調器皿	360瓦 + ☐	10-15	烹調之前請先將魚解凍
烤魚串, 4-5串	烤架	180瓦 + ☐	10-15	使用木串
甜點, 如奶酪水果舒芙蕾, 1公斤	不帶蓋烹調器皿	360瓦 + ☐	30-35	厚度最高5公分
鹹點, 以生食材製作, 如烘焙義大利麵食, 1公斤	不帶蓋烹調器皿	360瓦 + ☐	30-35	撒上起司, 厚度最高5公分
鹹點, 以烹調過的食材製作, 如馬鈴薯焗烤, 1公斤	不帶蓋烹調器皿	360瓦 + ☐	30-40	厚度最高4公分
焗烤湯品, 如洋蔥湯, 2-4杯	不帶蓋烹調器皿	☐	約15-20	-
新鮮蔬菜, 250公克	帶蓋烹調器皿	600	5-10	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
新鮮蔬菜, 500公克	帶蓋烹調器皿	600	10-15	-
蔬菜串, 4-5串	烤架	180瓦 + ☐	15-20	使用木串
馬鈴薯, 250公克	帶蓋烹調器皿	600	8-10	將馬鈴薯均勻切塊;
馬鈴薯, 500公克	帶蓋烹調器皿	600	11-14	每100公克加入1至2湯匙的水;
馬鈴薯, 750公克	帶蓋烹調器皿	600	15-22	在烹調過程中攪拌均勻
米, 125公克	帶蓋烹調器皿	900	5-7	添加兩倍的水量
		180	12-15	
米, 250公克	帶蓋烹調器皿	900	6-8	
		180	15-18	
麵包 (已烤過), 2-4片	烤架	☐	第一面: 約2-4 第二面: 約2-4	-
上有配料的吐司, 2-6片	烤架	☐	7-10	依餡料不同
糖漬水果, 500公克	帶蓋烹調器皿	600	9-12	-
甜食, 如奶凍, 500毫升	帶蓋烹調器皿	600	6-8	烹調時, 用打蛋器徹底攪拌奶凍2至3次

## 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。



## 測試料理

這些表格係供測試機構用於檢查電器。

符合EN 60705:2012、IEC 60705:2010及EN 60350-1:2013 或IEC 60350-1:2011標準

### 微波烹調

餐點	微波輸出功率 (瓦), 烹調時間 (分鐘)	備註
卡士達醬, 750公克	360瓦, 12-17分鐘 + 90瓦, 20-25分鐘	將直徑20 x 25公分的耐熱盤放在轉盤上。
海綿蛋糕	600瓦, 8-10分鐘	將直徑22公分的耐熱盤放在轉盤上。
肉糕	600瓦, 20-25分鐘	將耐熱盤放在轉盤上。

### 微波解凍

餐點	微波輸出功率 (瓦), 烹調時間 (分鐘)	備註
肉類	180瓦, 5-7分鐘 + 90瓦, 10-15分鐘	將直徑22公分的耐熱盤放在轉盤上。

### 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 <sup>+6</sup> )	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	○	○	○	○	○	○
<p>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.</p> <p>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.</p> <p>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.</p>						







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