

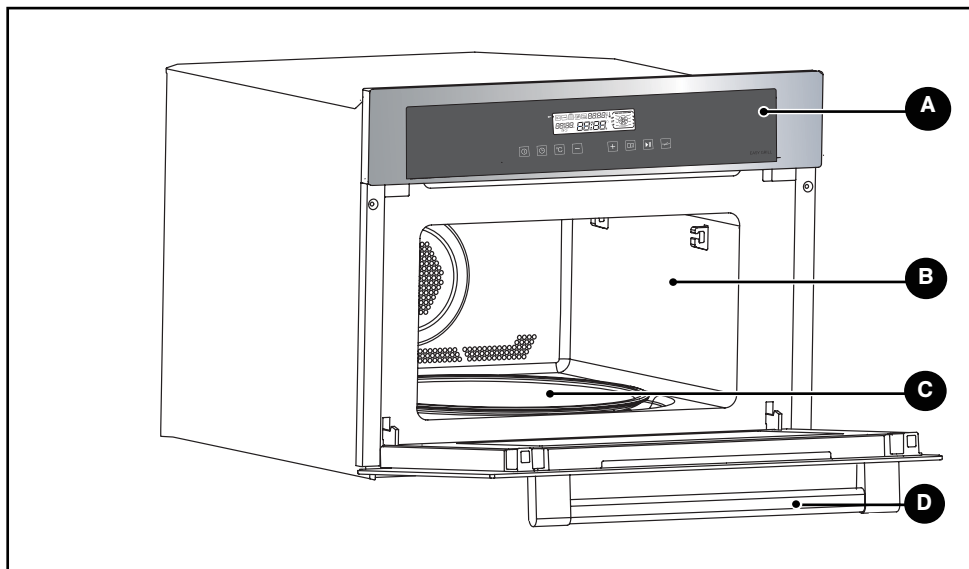
USER GUIDE

Microwave oven



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• THE APPLIANCE



A Control panel

B Cavity

C Turntable

D Door handle

• **The turntable** : (Fig.1) allows foods to be evenly cooked throughout without the need for handling. It rotates in either direction. If it does not rotate, ensure that all the components are properly positioned.

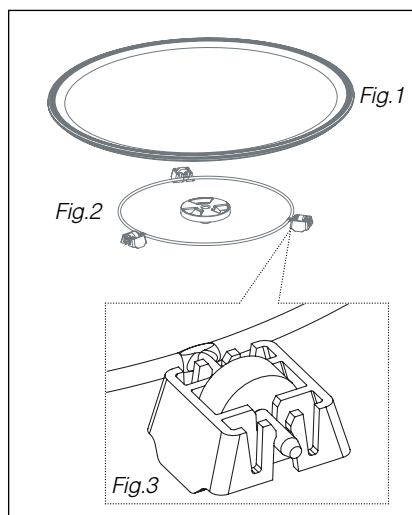
Do not attempt to rotate it manually, as this might damage the drive mechanism.

It can be used as a cooking dish. To remove it, pick it up using the access areas provided in the cavity.

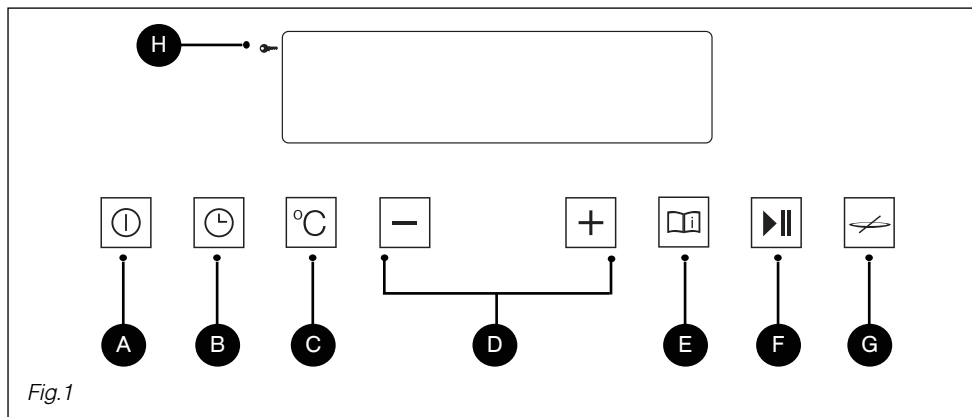
• **The drive** : (Fig.2) rotates the glass turntable.

• **The guide wheels** : (Fig.3) The wheels must be correctly orientated.

In the event of problems with rotation, ensure that there are no foreign bodies under the wheels.



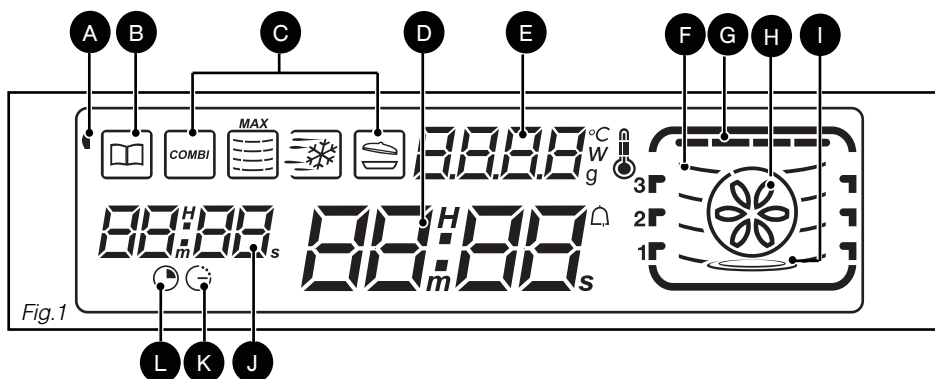
• CONTROL PANEL



- A** The **Start/Stop** button lets you start a programme, and suspend or stop a programme during running.
- B** The **Clock** button lets you adjust the time and the cooking time.
- C** The **Temperature** button lets you adjust the power and the temperature.
- D** The **"Plus" and "Minus"** buttons let you choose the programme type, increase or decrease the time and cooking time and also the power and temperature.
- E** The **Cooking Guide** button lets you choose the food category for the automatic function.
- F** The **Start/Pause** button lets you start or pause cooking and lock the control panel.
- The **Turntable Stop** button lets you stop the rotation of the revolving tray, so that you can use dishes which take up the whole of the oven space.
- G**
- H** **Child safety** lock display

• THE DISPLAY

The display guides you through programming the various settings: Time, programme time, microwave power (Watts), weight of food (grams), stopping the turntable, cooking guide.



- | | |
|--|-----------------------------------|
| A CHILD SAFETY | G GRILL |
| B COOKING GUIDE | H HEAT CIRCULATION |
| C COOKING FUNCTIONS | I TURNTABLE |
| D TIME | J PROGRAMME TIME |
| E TEMPERATURE / POWER /
WEIGHT OF FOOD | K END OF COOKING INDICATOR |
| F MICROWAVE | L COOKING TIME INDICATOR |

• SETTING AND ADJUSTING THE TIME

After connecting your appliance or after a prolonged power cut, "12:00" will flash in the display

To set the time on the clock

Display

Set the time using the + and - buttons and then confirm by pressing .

To change the time

Display

Press the button and then twice. The time flashes.
Set the new time (e.g. 7.30), using the + and - buttons.

Confirm by pressing .

A beep sounds to confirm that the new time has been set.

• USING THE POWER LEVELS

Power level	Use
1000 W / 900 W	Quick reheating of beverages, water and dishes containing a large quantity of liquid. Cooking dishes containing lots of water (soups, sauces, tomatoes, etc.)
800 W / 700 W	Cooking fresh or frozen vegetables.
600 W	Melting chocolate.
500 W	Cooking fish and seafood. Reheating on two levels. Cooking dried vegetables at a low heat. Re-heating or cooking delicate egg-based foods.
400 W / 300 W	Cooking dairy products, jams on a low heat.
200 W	Manual defrosting. Softening butter, ice cream.
100 W	Defrosting pastries containing cream.


FULL POWER OF MICRO-WAVE OVEN: 1000 W



• PROGRAMMING

Your appliance is now connected and the correct time is set.

Open the door using the handle. Place the food inside and then close the door.

If the door is not closed correctly, the appliance will not operate.

Opening the door during operation does not cancel the current programme but simply pauses it. To restart the oven, close the door and press .

Press the  button when the door is closed to interrupt the programme. To cancel a programme, press .

To enter a second programme after the end of the first one, open the door and close it again.

Three beeps sound to signal the end of each programme and the time shows again in the display after one minute.



If the door is left open, the light turns off after 3 minutes.

To eliminate moisture, your appliance is equipped with a delayed ventilation function.

The oven's ventilation continues to function after the end of the programme. It will stop automatically.



• CHILD SAFETY



You can set the "CHILD SAFETY" function to prevent unauthorised use of your microwave oven.

Programming

Display

Press and hold the  button for five seconds until a  appears in the top left of the display.



Two beeps sound to confirm that your microwave oven is temporarily locked.



No programmes are then available.

To cancel:

Follow the same procedure:

Press and hold the  button for five seconds with the door open. The  disappears and the time is displayed.

Two beeps sound to confirm the procedure.

• TURNTABLE STOP

If you think that the size of your dish will prevent it from turning, programme the STOP TURNTABLE function after selecting the cooking.

Note: Stopping the turntable is only possible when selecting a programme using the microwave function.

Programming

Display

Press the  button.

Select a microwave cooking level using the + and - buttons.

Press the STOP TURNTABLE button and the turntable stops rotating.

To cancel this function, repeat this procedure.



Note :

When using the STOP TURNTABLE function, you must turn the cookware and stir its contents halfway through the programme.

• RE-HEATING ON TWO LEVELS

When using the 500W microwave power function, you can reheat two dishes at the same time. Place one plate on the turntable and the other on the shelf placed at level 3.





Recommendations:



Cover the plates with plastic microwave food wrap or with an inverted plate. The programme times indicated below are given for reheating refrigerated foods or items stored at room temperature.

Food type	Quantity	Cooking time
Foods with an even texture (purée, peas, celery, etc.)	Two 200 g plates	4 - 6 minutes
Foods with an uneven texture, such as cassoulet, stews, ravioli etc.	Two 300 g plates	6 - 8 minutes

• KEEPING THINGS HOT

Press the  button and then the + or - button until you reach the "Keep hot" function.

80°C will appear in the display. You can increase or reduce the temperature (min. 35°C / max. 100°C) by pressing the  button and + or - and then confirming.


You can also set a time by pressing the  button and then using + or -. Finally confirm using the  button.



• MICROWAVE FUNCTION

1000W max programming

Display

Press , then the + button to select the “max microwave” function for the 1000W maximum power.

The microwave symbol and 1000W appear in the display.

Press  to confirm.

The programme temperature figures flash in the display and suggest 30 seconds as a time.

Press the + and - buttons to adjust the programme time, e.g. 10 minutes.


Confirm by pressing .

The oven switches on and the programme begins.




Programming by power level


Display

Press the  button and then + or - until the “microwave” function appears.


800W appears in the display.

You can reduce or increase the power (minimum 100W / maximum 1000W) by pressing the  button and the + and - buttons, e.g. 650W .

Confirm the power level by pressing .

Then press  to adjust the programming time.


The programme time figures flash in the display. Use the + and - buttons to enter the desired programme time.


Confirm by pressing .

The oven switches on and the programme begins.



Notes:

If the door is opened during cooking, the oven stops and the remaining time flashes in the display. To continue the programme, simply close the door and press the  button.

The programme time can be adjusted at any moment by pressing the  and + or - buttons.

•AUTOMATIC COOKING

With the "Cooking Guide" function, the cooking time and mode are programmed automatically based on the food type and weight. Twelve automatic cooking settings are available via the "Cooking Guide".


- P01 Refrigerated ready meals
- P02 Fresh pizza
- P03 Frozen pizza
- P04 Roast pork
- P05 Roast beef
- P06 Poultry
- P07 Fish
- P08 Fresh vegetables
- P09 Vegetables containing a lot of water
- P10 Frozen vegetables
- P11 Tarts
- P12 Quiche

Programming automatic cooking time based on food weight

Display

Press the  button and then  to select the cooking guide.


P01 flashes in the display.

Choose your programme (P01 to P12) depending on the type of food you want to cook by pressing the + or - button and then confirming by pressing .

Example: Fish (P07)

The minimum weight flashes in the display (here it is 100g).


Adjust the weight (for example 200 g) using the + and - buttons.

Confirm by pressing .

The required programme time is calculated automatically, e.g. 3 minutes 14 seconds). The time is shown in the display.

The programme begins.

At the mid point of the cooking a long beep sounds and "turn" is displayed to tell you to turn the food over.

Open the door, turn the food over, close the door and confirm by pressing  to continue cooking.



•GUIDE TO AUTOMATIC COOKING

Refrigerated ready-meals	<p>The P01 function is used to reheat refrigerated pre-prepared dishes (lasagne, potatoes au gratin, shepherd's pie, fish gratin, etc.) weighing between 100 g and 1000 g.</p> <p>The dishes are reheated on the micro-wave setting.</p> <p>Remove the product from its packaging and place in a suitably-sized, heat-resistant, microwave safe dish. For better results, cover the microwave-safe dish with plastic microwave food wrap or an inverted plate.</p> <p>Place the dish on the turntable. Wait two minutes before serving to allow the heat to distribute evenly.</p>
Fresh pizza	<p>The P02 function allows you to reheat and brown fresh pizza.</p> <p>Cooking is done using the heat circulation mode.</p> <p>Remove the pizza from its packaging and place it directly on the shelf at level 2.</p>
Frozen Pizza	<p>The P03 function lets you reheat and brown frozen pizzas weighing between 125 and 650 g. The programmed weight should correspond to the pizza's actual weight.</p> <p>Cooking is done using the microwave plus grill mode.</p> <p>Remove the pizza from its packaging and place it directly on the shelf inserted at level 2.</p>
Roast pork and beef	<p>This function is used to cook roasts that weigh between 500 and 2000g. Choose function P04 to cook and brown pork roasts.</p> <p>Choose function P05 to cook and brown beef roasts.</p> <p>Cooking is done using a combination of the microwave plus heat circulation and microwave plus grill functions.</p> <p>Use a microwave safe, heat resistant dish, earthenware for preference (fewer splashes than with a glass dish).</p> <p>Where possible, cook roasts without barding fat to reduce smoke and grease splashes. You will achieve better results with thinner roasts.</p> <p>Remove the meat from the refrigerator and let it come up to room temperature for one hour before putting it in the oven.</p> <p>Place the dish on the shelf at level 2.</p> <p>After cooking, wrap the roast in aluminium foil and leave it to rest for 10 minutes. This will help relax the meat fibres and the roast will be more succulent.</p>

•GUIDE TO AUTOMATIC COOKING

Poultry	<p>The P06 function allows you to cook and brown a whole chicken or chicken pieces (legs) weighing between 500 and 2000 g.</p> <p>Cooking is done using a combination of microwaves plus heat circulation and/or grill mode.</p> <p>Use a heat-resistant, microwave-safe dish, preferably earthenware (fewer splashes than with a glass dish).</p> <p>Before cooking, pierce the skin to avoid spitting.</p> <p>Add oil, salt and pepper to the poultry and sprinkle with spices, if desired.</p> <p>Whole chicken: Place the dish on the shelf at level 1.</p> <p>Chicken legs may be placed directly on the glass drip tray. Up to 900 g, insert the drip-tray at level 2.</p> <p>Once cooked, leave the chicken in the oven for five minutes before serving.</p>
Fish	<p>The P07 function lets you cook fish weighing between 100 and 1000 g.</p> <p>All types of fish can be cooked in the micro-wave oven. Just make sure that the fish is fresh.</p> <p>Cooking is done using the microwave mode. You can cook fish in filets, steaks or whole. If you want to cook a whole fish, cut slashes the thickest part for the best results.</p> <p>Place the fish in a round or oval microwave dish, add two to three tablespoons water, lemon juice or white wine and cover with a lid or plastic food wrap.</p> <p>Season after cooking.</p> <p>Place the dish on the turntable.</p>
Vegetables	<p>This function is used to cook vegetables weighing between 100 and 1000 g.</p> <p>The vegetables are cooked using the micro-wave setting.</p> <p>Choose fresh vegetables and before cooking add:</p> <ul style="list-style-type: none"> - for up to 200 g: 2 tablespoons of water - up to 500 g: 50 ml water - up to 1,000 g: 100 ml water <p>Use a dish suitable for the volume of vegetables and cover it (except when cooking mushrooms).</p> <p>Place the dish on the glass turntable.</p> <p>Mid-way through cooking, a beep sounds to remind you to stir the vegetables and "burn" appears in the display. Add fat and season if desired.</p> <p>After cooking, wait a few minutes before serving the vegetables.</p> <p>Choose P08 to cook harder, more fibrous vegetables:</p> <p>Brussels sprouts, shredded white cabbage, sliced carrots, diced celeriac etc.</p> <p>Choose P09 for cooking softer vegetables with a higher water content: Sliced or diced courgette, leek in fine strips, potatoes cut into even slices, leaf spinach, fennel, cauliflower and broccoli florets, etc.</p> <p>Choose P10 to cook frozen vegetables:</p> <p>Sliced carrots, cauliflower or broccoli florets, Brussels sprouts, fine strips of leek, sliced or diced courgette, leaf spinach.</p>

•GUIDE TO AUTOMATIC COOKING

Tarts	<p>The P11 function lets you cook and brown fresh tarts between 27 and 30 cm in diameter for a fixed time of 35 minutes.</p> <p>Cooking is done using the combined micro-wave plus heat circulation mode.</p> <p>Use a heat-resistant, microwave-safe tart mould (Pyrex, porcelain, etc.).</p> <p>When you use ready-made pastry, do not remove the grease-proof paper. Cut the excess grease-proof to the dimensions of the dish.</p> <p>Place the tart mould on the shelf at level 2.</p> <p>Tips: Do not use a metal mould.</p>
Quiches	<p>The P12 function lets you cook and brown fresh quiches between 27 and 30 cm in diameter for a fixed 35 minute time.</p> <p>Cooking is done using the combined micro-wave plus heat circulation mode.</p> <p>Use a heat-resistant, microwave-safe tart mould (Pyrex, porcelain, etc.).</p> <p>When you use ready-made pastry, do not remove the grease-proof paper. Cut the excess grease-proof to the dimensions of the dish.</p> <p>Place the tart mould on the shelf at level 2.</p> <p>Tips: Do not use a metal mould.</p> <p>Begin cooking the quiche as soon as the filling has been poured into the pastry case.</p> <p>Never let the pastry soak or it will not cook properly.</p>

• DEFROSTING

Using your microwave oven to defrost frozen vegetables lets you save a lot of time. To defrost food, use the DEFROST function, set to a power level of 200W.

Note:

Small cuts of meat or fish can be cooked immediately after defrosting. Larger cuts, such as meat joints or whole fish will still be slightly frozen at the end of the defrost programme.

We recommend that you let them sit for at least as long a time as they spent in the defrost programme, so that they reach an even temperature.

Foods covered with ice crystals will take longer to defrost. In this case, you can increase the defrost time.

Recommendations:

The defrost time depends on the type of appliance. It also depends on the shape, size, initial temperature and quality of the food.

In most cases, food should be removed from its packaging. Remember to remove any metal staples from packaging.

Halfway through the defrost time, the pieces should be turned over, stirred and then separated if they were frozen together.

If you defrost large pieces of meat or fish that prevent the rotation of the turntable, use the Stop Turntable function. If that case, remember to stir food regularly.

Defrost meat and fish by placing it on an upside-down saucer placed on top of a plate. This will allow juices to flow out. If they remain in contact with the food, it will overheat.

Never refreeze food, unless it has been cooked.

Length of defrost programmes:

The times for defrosting programmes are based on food frozen at -18°C. This gives you an indication of the required defrosting time, but the actual time can vary, depending on the thickness, shape, size and packaging of the food.

Choosing a programme:

The following automatic defrosting programmes are available:

- d 1 corresponds to 200W (defrosting power level). Choose d1 if you want to defrost food or quantities not covered by programmes d2, d3 or d4.
Programme the desired defrosting time.
Please refer to the following table for suggested defrosting times.
- d 2 defrosting meat, poultry, fish and vegetables.
- d 3 defrosting bread
- d 4 defrosting cooked dishes

• THE DEFROST FUNCTION


Select the defrost programme that corresponds to the type and quantity of food that you wish to defrost and the "automatic" function will programme the required defrosting time.


Automatic defrosting

Display

Select the DEFROST function.

The corresponding display lights up and shows "d1".

Confirm by pressing .

Press the + and - buttons to select d2, d3 or d4, e.g. d2. Confirm by pressing .

For the d1 defrosting programme, the length of time flashes in the display.

For the d2, d3 and d4 defrosting programmes, "100 g" (minimum defrost weight) appears in the display.

Press the + and - buttons to select the time (d1) or the weight (d2, d3 and d4), e.g. 700 g.

Confirm by pressing .

The required time is calculated automatically. The programme duration appears in the display and the defrost programme starts.



Note :

The defrost time is automatically calculated based on the weight of the food. It may vary, depending on the initial temperature of the food (times are based on frozen food at -18°C).

For food weighing more than 350 g (except bread), a beep sounds mid way through the automatic defrosting programme, to remind you that it is time to turn the food over, to obtain the best results and "turn" is shown in the display. After turning the food over, close the door and press the button to continue the defrost programme.

With the automatic defrost function, the defrost time cannot be modified.

For foods that do not appear in the food category recommendations, use the 200W MICROWAVE function or d1. Refer to the notes below for the recommended programme times.

• DEFROSTING GUIDE

Defrosting pastry

Food	Quantity	Time	Recommendations
Flaky or short crust	400 g	1 - 3 minutes	Place on absorbent paper and turn over half way through.

Décongélation des crustacés

Food	Quantity	Time	Recommendations
Scallops	500 g	5 - 7 minutes	Place on a plate and stir half way through.
Shelled prawns	100 g	1 - 2 minutes	
Whole pink prawns	200 g	2 - 4 minutes	
Crayfish/tiger prawns (10)	500 g	6 - 8 minutes	

Defrosting fish, meat and vegetables

Food	Quantity	Time
Whole fish/darns/fillets/ steaks	100 g	1 - 2 minutes
	200 g	3 - 5 minutes
	400 g	5 - 7 minutes
	500 g	7 - 9 minutes
	750 g	12 - 14 minutes
	1000 g	17 - 19 minutes
Turkey/ pork / veal / beef / poultry Roasted / sliced / cubed / etc...	100 g	1 - 2 minutes
	200 g	3 - 5 minutes
	400 g	5 - 7 minutes
	500 g	7 - 9 minutes
	750 g	12 - 14 minutes
	1000 g	17 - 19 minutes
	1250 g	23 - 25 minutes
	1500 g	28 - 30 minutes
	1750 g	34 - 36 minutes
	2000 g	39 - 41 minutes
Cauliflower / broccoli / carrots / mushrooms / diced mixed vegetables / etc...	500 g	7 - 9 minutes
	750 g	12 - 14 minutes
	1000 g	17 - 19 minutes

Defrosting fruit

Food	Quantity	Time
Strawberries	250 g	7 - 9 minutes
Raspberries/cherries	250 g	6 - 8 minutes
Gooseberries / blueberries /blackcurrants	250 g	5 - 7 minutes

• GRILL FUNCTION

This function lets you cook and brown foods such as gratinated dishes and meats.



Warning

When using the grill, you must protect your hands when removing dishes and use heat-resistant cookware, such as Pyrex or ceramic.

There are two grill functions: Medium and high and three levels for each function: -1-2-3.

As a general rule, it is recommended that you use level -3- to grill meats and fish and the levels -1- and -2- with the GRILL FUNCTION (medium or high) plus MICROWAVE mode to brown or crisp more delicate food.


Insert the shelf based on the height of the cookware or the food.

Programming the GRILL function


Display

Press  and then the + button until you reach grill, e.g. Medium grill.

The grill display lights. Press the °C button then select level -1-2- or -3- using the + and - buttons.

Press , the time figures start to flash in the display.

Press the + and - buttons to adjust the programme time, e.g. 10 minutes.


Confirm by pressing .

The oven switches on and the programme begins.




For cooking with a delayed start:

After setting the cooking time, confirm with  and press  twice and then + and - to set the desired end of cooking time, e.g. 13:50 hr

Confirm by pressing . The oven will switch on at the required time.



Note :

The cooking time may be adjusted at any time by simply pressing the  and + and - buttons.

• GRILL FUNCTION COOKING GUIDE

Place the food on the shelf and drip tray (to recover the juices) positioned at level 3.

Turn the food over half way through cooking.

Food	Quantity	Time
Andouillettes, black pudding, sausages (prick with a fork)	4 - 6	22 - 30 minutes
Pork chops	4	27 - 32 minutes
Lamb chops	4	15 - 17 minutes
Beef rib	800 g	23 - 25 minutes
Smoked belly pork	4 - 6 slices	18 - 25 minutes

• THE GRILL PLUS MICROWAVE FUNCTION

This function lets you use the grill and the micro-wave simultaneously, which makes cooking very quick. You can use any of the grill levels with microwaving, as you choose:

Programming the GRILL PLUS MICRO-WAVE FUNCTION


Display

Select the GRILL function (medium or high) PLUS MICROWAVE


Press the °C button to select the desired grill level:

-1- 2 -3-

Use the + and - buttons to reduce the grill's power, e.g. -2-

Press  and the cooking time figures start to flash. Use the + and - buttons to set the required combined microwave plus grill cooking time,

e.g. 20 minutes.


Confirm by pressing , the oven switches on and the programme begins.



For cooking with a delayed start:


After setting the cooking time, confirm with  and then press 

twice, then use + and - to set the desired end of cooking time, e.g. 13:50 hrs.

Confirm by pressing . The oven will switch on at the required time.



Note:

The duration can be adjusted at any time simply by pressing the + and - buttons  and - / +.

• MICRO-WAVE PLUS GRILL FUNCTION COOKING GUIDE

Use a microwave-safe, heat-resistant dish, earthenware for preference (fewer splashes than with a glass dish). Put the food in a dish and place it on the shelf inserted at level 1. Turn the food over midway through the programme. Where possible, cook roasts without barding fat to reduce smoke and grease splashes. After cooking, season the roast, wrap it in aluminium foil and let it rest for 10 minutes. The roast will be juicier.

Food	Quantity	Programmation	Time
Lamb shoulder (boned and tied)	1300 g	MW + Medium grill -3-	40 - 45 minutes
Entrecote	800 g	MW + Medium grill -3-	18 - 23 minutes
Chicken, guinea fowl	1200 g	MW + High grill -3-	25 - 27 minutes
Roast turkey	800 g	MW + Medium grill -3-	27 - 32 minutes
Roast pork	1000 g	MW + Medium grill -3-	35 - 40 minutes
Roast veal	1200 g	MW + Medium grill -3-	50 - 55 minutes

• HEAT CIRCULATION FUNCTION


The heat circulation function lets you cook and brown foods like in a traditional oven.

Programming the HEAT CIRCULATION function

Display



Select the HEAT CIRCULATION FUNCTION.

The corresponding display lights up and shows 200°C.

Press the °C button to set the temperature, using the + and - buttons, e.g. 210°C, then confirm by pressing 





For immediate cooking:

Press  then the + and - buttons to set the cooking time, e.g. 30 minutes. Confirm by pressing . The oven switches on and the programme begins.



For cooking with a delayed start:

After setting the cooking time, confirm with  and then press  twice, then use + and - to set the desired end of cooking time, e.g. 13:50 hrs.




Confirm by pressing .



The oven will switch on at the required time.



Note :

The cooking time may be adjusted at any time simply by pressing  and the + and - buttons. The temperature rise indicator is active until the programmed temperature is reached.

You can preheat your microwave oven for a heat circulation cooking programme just as you would a traditional oven.



Recommendations :

The cooking temperature can be adjusted in increments of 10°C, from 50°C to 250°C.

The cooking time ranges from 0 to 90 minutes. It is preferable to enter a minimum time and then to add time if necessary; keep an eye on the colour of the food.

Always insert the accessories (shelf or drip tray) at level 1 or 2. This will ensure better heat distribution and optimum cooking results.

Use cookware designed to withstand high temperatures.

Protect your hands when you remove the dish because it may be very hot.

If you want to defrost food after using the heat circulation function, we recommend that you let your oven cool down for 10 minutes first; this will give you better results.

Cooking on two levels:

To cook two apples tarts at the same time, 1 hour at 200°C. We recommend preparing the first tart in the glass drip tray inserted at level 1 and the second in a tart dish on the shelf inserted at level 3. Change the position of the two dishes half-way through cooking.

• HEAT CIRCULATION COOKING GUIDE

* Preheat the oven to the temperature indicated.

Food	Temperature	Cooking level	Cooking time
Meat			
Roast pork (1 kg)	160°C	On the shelf at level 2	90 min
Roast veal (1 kg)	180°C	On the shelf at level 2	70 - 75 min
Roast beef (1 kg)	220°C *	On the shelf at level 2	38 - 40 min
Lamb (leg, shoulder, 1.5 kg)	180°C	In the drip tray at level 2	50 - 60 min
Poultry (1.2 kg)	180°C	On the shelf at level 1er	70 - 75 min
Large poultry	180°C	On the shelf at level 1er	90 - 120 min
Rabbit	230°C	In the drip tray at level 2	40 - 45 min
Fish (1,2 kg) Whole (snapper, salmon, hake)	180°C	In the drip tray at level 2	35 - 45 min
Vegetables			
Potatoes au gratin	180°C	On the shelf at level 2	50 - 55 min
Lasagne	180°C	On the shelf at level 2	40 - 45 min
Stuffed tomatoes	180°C	On the shelf at level 2	45 - 55 min
Pastries			
Savoie cake	150°C	On the shelf at level 2	35 - 45 min
Genovese	150°C	On the shelf at level 1	35 - 45 min
Genovese roll	150°C	In the drip tray at level 2	20 - 25 min
Cake	160°C	On the shelf at level 1	40 - 50 min
Biscuits	180°C	In the drip tray at level 2	18 - 22 min
Cookies	160°C	In the drip tray at level 2	20 - 25 min
Cream	160°C	On the shelf at level 2	35 - 45 min
Madeleines	170°C	In the drip tray at level 2	20 - 30 min
Pound cake	170°C	On the shelf at level 2	40 - 50 min
Cheesecake	170°C	On the shelf at level 1 springform mould, 26 cm diameter	65 - 75 min
Kugelhopf	180°C	On the shelf at level 1 In a special mould	45 - 50 min
Choux pastry	180°C	In the drip tray at level 2	35 - 40 min depending on size
Short crust tart	200°C	On the shelf at level 2	40 - 45 min
Puff pastry crust tart	250°C *	On the shelf at level 2	30 - 40 min
Miscellaneous			
Pâté in terrine (1 kg)	190°C	On the shelf at level 1	90 min
Savoury tarts	170°C	On the shelf at level 2 in a 20 cm mould	55 - 65 min
Stewed dishes (ragout, baeckeooffe)	160°C	On the shelf at level 1, depending on the dish.	90 - 180 min
Bread (500 g flour)	220°C *	On the shelf at level 2	25 - 30 min

• MICROWAVE PLUS HEAT CIRCULATION FUNCTION

The cooking by microwave and heat circulation function saves you a lot of time. The cooking temperature can be adjusted in increments of 10°C, from 50°C to 250°C and you set the cooking time.

Programming the MW + HEAT CIRCULATION function


Display


Select the MW + HEAT CIRCULATION function

The corresponding display lights up.

Press the °C button; 200°C flashes in the display.


Adjust the programme temperature using the + and - buttons, e.g. 210°C.

Confirm by pressing .

Press  to set the cooking time.

The cooking time digits start flashing in the display.



Press the + and - buttons, e.g. 40 minutes.

Confirm by pressing .


The oven switches on and the programme begins.



For cooking with a delayed start:

After setting the cooking time, confirm by pressing , then press  twice and then use + and - to set the desired


end of cooking time, e.g. 13:50 hrs.

Confirm by pressing .

The oven will switch on at the required time.



Note :

The cooking time may be adjusted at any time simply by pressing  and the + and - buttons.

The temperature rise indicator is active until the programmed temperature is reached.

A beep sounds to indicate that the programmed temperature has been reached and the "°C" symbol stops flashing.



Warning:

Never preheat your oven in the Heat Circulation plus Microwave mode, as this could damage the appliance.

When using the oven in the combined heat circulation + micro-wave mode, do not use metal cookware.

Cooking on two levels:

To simultaneously cook an 800 g veal roast and 800 g of potatoes au gratin, set the appliance as follows: 55 minutes at 170°C.

We recommend that you place the potatoes on the turntable and the veal roast on the drip tray positioned on level 3.

• MICRO-WAVE PLUS HEAT CIRCULATION COOKING GUIDE

Use a microwave-safe, heat-resistant dish, earthenware for preference (fewer splashes than with a glass dish).

Where possible, cook roasts without barding fat to reduce smoke and grease splashes.



After cooking, season the roast, wrap it in aluminium foil and let it rest for 10 minutes. The roast will be juicier.


Food	Qty	Programming the M-W + CIRCULATING HEAT function	Cooking time (min)	Recommendations Insert at level 2
Lamb shoulder on bone	1300 g	MW + 200°C	32 - 37	In the drip tray
Entrecôte	800 g	MW + 200°C	23 - 28	In a dish, on the grid
Chicken, guinea fowl	1200 g	MW + 200°C	35 - 40	In a dish, on the grid 1, level 1
Roast turkey	800 g	MW + 180°C	32 - 37	In a dish, on the grid
Roast pork	1200 g	MW + 180°C	47 - 52	In a dish, on the grid
Roast veal	1000 g	MW + 180°C	37 - 42	In a dish, on the grid

• ADJUSTING THE CONTRAST

Programming

Display

Press the  button, then hold down  for a few seconds until "CO" is displayed.

Adjust the contrast using the + and - buttons and confirm by pressing .




• TIMER FUNCTION

Programming

Display



You can programme your oven's "Timer" function.

Press the  button followed by .

Adjust the programme time using the + and - buttons, e.g. 1 minute. Confirm the selection by pressing . The display shows the time again but the countdown starts.



Functional suitability tests in accordance with IEC/EN/NF EN 60705 standards;
The International Electrotechnical Commission, SC.59K, has established a standard for comparative performance tests conducted on various microwave ovens.
We recommend the following for this appliance:

Test	Load	Approx. time	Power level preset	Cookware / Tips
Egg custard (12.3.1)	1000 g	16 - 18 min	500 W	Pyrex 227 On the turntable
	750 g	13 - 15 min		Pyrex 220 On the turntable
Savoie cake (12.3.2)	475 g	6 - 7 min	700 W	Pyrex 827 On the turntable
Meatloaf (12.3.3)	900 g	14 min	700 W	Pyrex 838 Cover with plastic film. On the turntable
Defrosting meat (13.3)	500 g	11 - 12 min	200 W	On the turntable
Defrosting raspberries (B.2.1)	250 g	6 - 7 min	200 W	On a flat plate On the turntable
Potatoes au gratin (12.3.4)	1100 g	23 - 25 min	 + High grill P2 or P3	Pyrex 827 On the turntable
Chicken (12.3.6)	1200 g	24 - 26 min	 + High grill P3	Place on the shelf and drip tray Place on the first level up from the bottom Turn half-way through
		35 - 40 min	Heat circulation 200°C + MW	In a glazed earthenware dish. Place on the shelf on the first level up from the bottom
Cake (12.3.5)	700 g	20 min	Heat circulation 200°C + MW	Pyrex 828 Place on the shelf at level 1