

# SIEMENS

## 乐烹美食，乐享美味

请阅读本说明手册。这能确保您充分利用这款微波炉的各项技术优点。

说明手册将向您说明重要的安全信息。您将熟悉新电器的各个部件。还会了解如何一步步地进行设置。操作非常简单！

表格中列出了许多知名菜式和典型设置。所有这些菜式都在我们的烹饪工作室进行过测试。

如果发生故障（这不太可能），可翻阅本手册，了解如何自行修复小故障。

详细的目录将帮助您迅速找到所需要的信息。

祝您用餐愉快！

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# ⚠安全信息

请仔细阅读本说明手册。只有这样才能安全正确地使用电器。

请将说明手册和安装手册保存在安全的地方。如果转让电器，请将这些手册移交给新主人。

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## 安装之前

### 运输损坏

拆包后请检查电器是否有损坏。如果电器在运输过程中损坏，请勿连接电器。

### 电气连接

只能由持有上岗证书的专业人员连接电器。对于不正确连接导致的损坏，不接受保修索赔。

### 安装和连接

请遵守特定的安装说明。

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## 安全信息

本电器仅供家庭使用。只能用于制备食物和饮料。

下列成人和儿童在无人监护的情况下不得使用本电器：

- 成人或儿童的身体、感官或精神状况使其无法使用本电器；
- 成人或儿童缺乏正确安全操作本电器的知识和经验。

严禁儿童玩耍本电器。

## 儿童

儿童只有经过正确指导才能进行烹饪。他们必须能够正确操作电器。必须了解说明手册中所指出的危险。使用时必须看管好儿童，严禁儿童玩弄本电器。

## 儿童和微波

儿童只有经过正确指导才能使用单微波进行烹饪。他们必须能够正确操作电器。必须了解说明手册中所指出的危险。使用时必须看管好儿童，严禁儿童玩弄本电器。在组合操作模式下，儿童只能在成人的监督下使用本电器。有烧伤危险。

## 灼热的烹饪箱

有灼伤危险。  
切勿触摸加热和烹饪电器的灼热表面。切勿触摸烹饪箱的内表面或加热元件。小心打开烹饪箱门。可能会有热蒸汽逸出。必须始终将小孩留在电器安全距离以外。

有着火危险。  
切勿将易燃物品保存在烹饪箱中。

如果看到电器中有烟，切勿打开烹饪箱门。关闭电器。拔下电源插头或断开保险丝盒中的保险丝。

有短路危险。  
切勿让电器电缆卡入灼热的烹饪箱门中。导线的绝缘层可能会被熔化。

有灼伤危险。  
切勿烹饪混合了大量酒精含量很高的饮料的食物。酒精蒸气可能会在烹饪箱内着火。只能用少量酒精浓度高的饮料，而且要小心打开烹饪箱门。

|            |                                                                                                                                             |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 高温附件       | 有灼伤危险。<br>在从电器中取出高温附件时，务必使用烤箱布或烤箱手套。                                                                                                        |
| 损坏的烹饪箱门或门封 | 有严重损害健康的危险。<br>在烹饪箱门打开或门封损坏时，切勿使用本电器。否则微波能会逸出。修好后才能再次使用本电器。                                                                                 |
| 严重腐蚀的表面    | 有严重损害健康的危险。<br>如果清洁不当，经过一段时间后，电器表面可能生锈。微波能可能会逸出。应定期清洁电器。                                                                                    |
| 外壳打开       | 有电击危险。<br>切勿拆除外壳。本电器为高压电器。<br><br>有严重损害健康的危险。<br>切勿拆除外壳。它能防止微波能量逸出。                                                                         |
| 灼热或潮湿环境    | 有短路危险。<br>切勿让电器处于过热或潮湿的环境中。                                                                                                                 |
| 修理不当       | 有电击危险。<br>不正确的修理是很危险的。只能由我们经验丰富的售后服务工程师来维修电器和更换损坏的电源线。<br><br>禁止打开外壳。本电器为高压电器。外壳能防止微波能量逸出。<br><br>如果电器有故障，用保险丝盒内的断路器将其关闭，或断开电器的电源。致电售后服务部门。 |

# 有关微波的信息

## 制备食物

有着火危险。  
只能用微波制备适合食用的食物。将微波用于其它目的会很危险，可能会导致损坏，如加热的拖鞋和谷物或荞麦枕可能会着火，火灾甚至会在几小时以后发生。

## 烤箱器皿

有受伤危险。  
瓷质或陶质烤箱器皿在手柄或盖上会有小孔。这些小孔下方隐藏着空穴。渗入这些空穴的液体可能导致烤箱器皿破裂。

只能使用适合在微波炉中使用的烤箱器皿。

有灼伤危险。  
灼热食物会使烤箱器皿温度升高。在从烹饪箱中取出烤箱器皿和附件时，务必使用烤箱布或烤箱手套。

## 微波功率和时间

有着火危险。  
所选择的微波功率或时间设置不要高于实际需要。否则食物会着火，导致电器损坏。请遵循本说明手册中提供的信息。

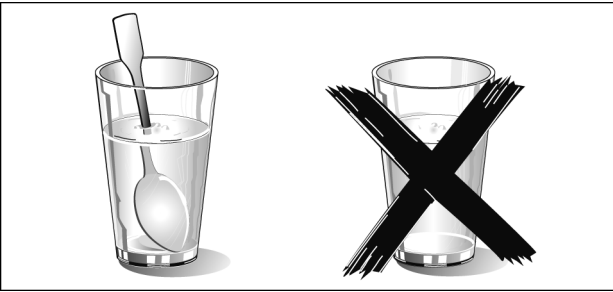
## 包装

有着火危险。  
切勿在保温容器内加热食物。  
在无人看管的情况下，请勿将食物放在塑料、纸或其它易燃材料制成的容器中加热。

有灼伤危险。  
给食物加热时，密封的包装可能会爆炸。请遵守产品包装上的说明。取出食物时，务必使用烤箱布或烤箱手套。

饮品

有烫伤危险。  
在加热液体时可能会发生延时沸腾的情况。即液体达到沸腾温度后，没有常见的蒸汽气泡冒上液面。即使容器只是稍微振荡，滚烫的液体也会突然沸腾溢出和飞溅。  
在加热液体时，一定要在容器内放一把汤匙。这会防止延时沸腾。



有爆炸危险。  
切勿将饮品或其它食物放在密封的容器中加热。  
酒精饮品切勿过度加热。

婴儿食品

有灼伤危险。  
切勿在封闭的容器中加热婴儿食品。一定要取下盖子或奶嘴。  
食物经过加热后，要搅拌或摇晃均匀。以此确保均匀的热量分布。  
在将食物交给小孩之前要先检查食物的温度。

带壳或皮的食物

有灼伤危险。  
切勿加热带壳的鸡蛋。切勿重新加热煮硬了的鸡蛋，因为即使在微波炉停止加热后，它们仍有可能爆炸。这一点同样适用于贝类和甲壳类。  
在煎蛋或煮蛋时，一定要刺破蛋黄。  
在烹饪前一定要将带硬壳或硬皮的食物刺破，例如苹果、番茄、土豆和香肠，防止这些食物的表皮爆裂。

|         |                                                 |
|---------|-------------------------------------------------|
| 干燥食物    | 有着火危险。<br>切勿用微波干燥食物。                            |
| 含水量低的食物 | 有着火危险。<br>解冻或加热含水量低的食物 (如面包) 时，切勿选择过高的功率或过长的时间。 |
| 食用油     | 有着火危险。<br>切勿使用微波炉单独加热食用油。                       |

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## 损坏原因

|             |                                                                        |
|-------------|------------------------------------------------------------------------|
| 将水倒入高温烹饪箱   | 切勿将水倒入高温烹饪箱中。这将产生蒸汽。温度变化会导致陶瓷底板损坏。                                     |
| 打开电器门冷却     | 只能关上电器门让烹饪箱冷却。不要将任何东西夹在电器门中。否则，即使电器门只是略微开启，长时间下来，附近设备的表面也可能会被损坏。       |
| 门封严重脏污      | 如果密封件变得很脏，则工作期间电器门将无法正确关闭。附近设备的表面可能会被损坏。应始终保持门封清洁。                     |
| 在未放食物时使用微波炉 | 如果烹饪箱中没有食物，切勿接通微波炉。如果在烹饪箱内部没有食物时接通，则电器可能过载。短暂测试烤箱器皿的情况除外(参见有关烤箱器皿的说明)。 |

# 您的新电器

通过本章节熟悉您的新电器。本章节介绍了控制面板和各个控件。您将看到关于烹饪箱和附件的信息。

## 控制面板

下面是控制面板概览。  
根据电器型号，特定细节可能不同。



### 旋转选择钮

旋转选择钮可掀入。按压旋转选择钮可将其锁定在掀入或弹出位置。

# 按钮和显示屏

利用按钮，您可以设置各种附加功能。在显示屏中，您可以检查设置的值。

| 符号                                                                              | 按钮功能          |
|---------------------------------------------------------------------------------|---------------|
| ①                                                                               | 打开和关闭电器       |
| 90                                                                              | 选择 90 W 微波功率  |
| 180                                                                             | 选择 180 W 微波功率 |
| 360                                                                             | 选择 360 W 微波功率 |
| 600                                                                             | 选择 600 W 微波功率 |
| 900                                                                             | 选择 900 W 微波功率 |
| $\overrightarrow{123}$                                                          | 选择连续模式        |
| ~                                                                               | 选择烧烤          |
|  | 打开电器门         |
| ⌚                                                                               | 打开和关闭时间设置选项菜单 |
| P                                                                               | 选择程序          |
| kg                                                                              | 选择重量          |
| M1/M2                                                                           | 选择存储器         |
| ▶                                                                               | 开始操作          |
| □                                                                               | 暂停操作          |

## 提示

在显示屏中，被激活的时间设置功能通过相应符号旁边的箭头 ▶ 来指示。  
例外：对于时钟，仅在进行更改时，符号 ⌚ 才亮起。  
在打开微波炉时，烹饪箱中的灯亮起。

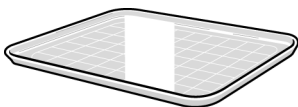
## 附件

您的电器配备下列附件：



### 烤架

作为烤箱器皿表面或用于烧烤和着色。



### 玻璃盘

如果直接在烤架上烧烤食物，可以作为防溅板。因而，要把烤架放在玻璃盘内。  
在使用微波时，也可以将玻璃盘作为碟子使用。

## 烹饪箱

### 冷却风机

本电器装有冷却风机。即使在微波炉关闭后，风机还会持续运转一段时间。

### 提示

在微波操作过程中，烹饪箱保持冷态。但冷却风机仍将开启。在微波工作结束时，风机还会持续运转一段时间。

门板、内壁和底板上可能会出现冷凝液。这是正常现象，不影响微波操作。请在烹饪后擦去这些冷凝液。

---

# 打开和关闭电器

## 开启

使用 ① 按钮可以打开和关闭微波炉。

按下 ① 按钮。

选择需要的操作模式。

- 微波功率设置有 90、180、360、600 或 900 W 按钮可选
- $\vec{123}$  按钮 = 连续模式
- $\sim$  按钮 = 烧烤
- P 和 kg 按钮 = 自动编程
- **M1** 或 **M2** 按钮 = 存储程序

您可以在各个对应章节中找到如何进行设置的信息。

## 关断

按下 ① 按钮。

电器关闭，时钟出现在显示屏中。

---

# 在第一次使用电器之前

本节向您介绍第一次使用微波炉制备食物前需要进行的所有工作。

首先阅读安全信息章节。

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## 设置时间

当电器连接到电源后，三个零闪烁。▶⌚ 符号在显示屏中亮起。

设置时间。

1. 使用旋转选择钮设置当前时间。
2. 按下 ⌚ 按钮。

## 隐藏时钟

您可以隐藏时间。这样一来，您只能在微波炉操作时才能看到时间。阅读改变基本设置章节中的相关内容。

### 提示

为了降低电器待机时的能耗，您可以隐藏时钟。阅读改变基本设置章节中的相关内容。

---

## 加热烹饪箱

关上烹饪箱的门，加热空的烹饪箱，去除新电器的味道。

确保没有包装材料留在烹饪箱中。

使用烧烤 ~ III 档，加热烹饪箱 10 分钟。

1. 按下 ⌚ 按钮。
2. 按下 ~ 按钮一次。  
烧烤 ~ III、10:00 min 和 ▶|→| 符号显示在显示屏中。
3. 按下 ▷ 按钮。  
操作开始。

时间到时后就会发出一声信号。按下 □ 按钮，或打开电器门。

# 清洁附件

在第一次使用附件前，请用软布和热肥皂水彻底清洁附件。

# 设置微波

举例：微波功率 **360 W**，烹饪时间 **17 分钟**。

- 1. 按下 ① 按钮。  
电器准备就绪。
- 2. 按下所需要的微波功率设置按钮。  
功率值上方的显示屏亮起，显示建议的烹饪时间。
- 3. 使用旋转选择钮设置烹饪时间。
- 4. 按下 ▷ 按钮。  
操作开始。可以看到烹饪时间倒计时。

## 烹饪时间到时

一个信号声响起。微波操作结束。使用 ① 按钮关断电器。您可以在声音信号响起之前用 ⏸ 按钮将声音取消。

## 烹饪期间打开电器门

烹饪暂停。关上电器门后，短暂按下 ▷ 按钮一次。然后程序将继续执行。

## 更改烹饪时间

随时可以进行。使用旋转选择钮更改烹饪时间。

## 改变微波功率设置

按下新微波功率设置按钮。使用旋转选择钮设置烹饪时间并重新启动微波。

## 取消烹饪

按下 □ 按钮两次，然后用 ① 按钮关断电器。

### 提示

当使用 ① 按钮开启电器时，最高微波功率始终出现在显示屏中，供用户参考。

如果在烹饪期间打开了电器门，风机可能会继续运行。

## 关于烤箱器皿的注意事项

### 适用烤盘

用玻璃、玻璃陶瓷、陶瓷或耐热塑料制成的耐热烤盘均适用。这些材料允许微波通过。

也可以使用餐盘。这样就不用将食物从一个盘转移到另一个盘。

对于带金饰边或银饰边的烤箱器皿，只有在制造商保证其适合用于微波时才能使用。

### 不适用烤盘

金属烤盘不适用。

金属不允许微波通过。放在金属容器中的食物仍是冷的。

**小心金属** (如玻璃内的汤匙) 必须距离烹饪箱内壁和门内壁至少 **2 cm**。否则，火花会损坏门内壁的玻璃。

### 烤箱器皿测试

只有在烹饪箱内放有食物的情况下才能开启微波。下面的烤箱器皿测试是唯一例外。

如果您不能确定自己的烤箱器皿是否适合在微波中使用，则进行以下测试：

以最大功率加热空烤箱器皿 **30 到 60 秒钟**。在此期间检查烤箱器皿的温度。烤箱器皿摸起来应该仍是冷的或温的。如果烤箱器皿变热或产生火花，则不适用。

# 微波功率设置

使用按钮设置需要的微波功率。

|       |               |
|-------|---------------|
| 90 W  | 用于解冻精致食物      |
| 180 W | 用于解冻和连续烹饪     |
| 360 W | 用于烹饪肉类和加热精致食物 |
| 600 W | 用于加热和烹饪食物     |
| 900 W | 用于加热液体        |

当按下按钮时，选定的功率点亮。

## 提示

微波功率可以设置到 **900 W**，最长 **30 分钟**。使用所有其它功率设置时，可能需要 **90 分钟** 的烹饪时间。

# 设置微波

举例：微波功率 **360 W**，烹饪时间 **17 分钟**。

1. 按下 **on/off** 按钮。  
电器准备就绪。
2. 按下所需要的微波功率设置按钮。  
功率值上方的显示屏亮起，显示建议的烹饪时间。
3. 使用旋转选择钮设置烹饪时间。
4. 按下 **Start (启动)** 按钮。  
操作开始。可以看到烹饪时间倒计时。

|           |                                                                                    |
|-----------|------------------------------------------------------------------------------------|
| 烹饪时间到时    | 一个信号声响起。微波操作结束。使用 on/off 按钮关断电器。您可以在声音信号响起之前用 ⏸ 按钮将声音取消。                           |
| 烹饪期间打开电器门 | 烹饪暂停。关上电器门后短暂按下 <b>Start</b> (启动) 按钮一次。然后程序将继续执行。                                  |
| 更改烹饪时间    | 随时可以进行。使用旋转选择钮更改烹饪时间。                                                              |
| 改变微波功率设置  | 按下新微波功率设置按钮。用旋转选择钮设置烹饪时间并重新启动微波。                                                   |
| 取消烹饪      | 按下 <b>Stop</b> (停止) 按钮两次，然后用 on/off 按钮关断电器。                                        |
|           | <b>提示</b><br>当使用 on/off 按钮开启电器时，最高微波功率始终出现在显示屏中，供用户参考。<br>如果在烹饪期间打开了电器门，风机可能会继续运行。 |

---

## 1、2、3 连续模式

|      |                                                     |
|------|-----------------------------------------------------|
|      | 您可以使用连续模式依次设置最多三种微波功率和时间，而后启动。<br>您还可以将烧烤连接至微波功率设置。 |
| 烤箱器皿 | 一定要使用适用微波的耐热炊具。                                     |

# 设置连续模式

- 1. 按下 ① 按钮。  
电器准备就绪。
- 2. 按下  $\overline{123}$  按钮。  
代表第一个连续模式的  $\overline{1}$  出现在显示屏中。
- 3. 设置第一个微波功率和烹饪时间。
- 4. 按下  $\overline{123}$  按钮。  
代表第二个连续模式的  $\overline{2}$  出现。
- 5. 设置第二个微波功率和烹饪时间。
- 6. 按下  $\overline{123}$  按钮。  
代表第三个连续模式的  $\overline{3}$  出现。
- 7. 设置第三个微波功率和烹饪时间。
- 8. 按下  $\triangleright$  按钮。

电器操作开始。第一个连续模式的总烹饪时间和  $\overline{1}$  符号出现在显示屏中。

**烹饪时间到时** 一个信号声响起。连续模式完成。您可以在声音信号响起之前用  $\ominus$  按钮将声音取消。

**更改设置** 只能在操作开始之前进行更改。反复按下按钮  $\overline{123}$ ，直到出现代表连续模式的数字。更改设置。

**烹饪期间打开电器门** 烹饪暂停。关上电器门后，再次短暂按下  $\triangleright$  按钮一次。然后程序将继续执行。

**暂停烹饪** 按下  $\square$  按钮。烹饪暂停。按下  $\triangleright$  按钮，继续烹饪。

**取消烹饪** 按下  $\square$  按钮两次，然后用 ① 按钮关断电器。

## 提示

您还可以组合使用烧烤与连续模式。首先，设置连续模式。

# 烧烤

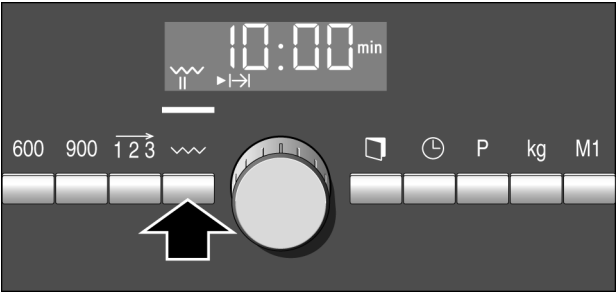
## 设置烧烤

可供使用的烧烤设置如下：

|    |        |     |           |
|----|--------|-----|-----------|
| 烧烤 | 设置 III | ⌚ 高 | 按下 ⌚ 按钮一次 |
| 烧烤 | 设置 II  | ⌚ 中 | 按下 ⌚ 按钮两次 |
| 烧烤 | 设置 I   | ⌚ 低 | 按下 ⌚ 按钮三次 |

实例：中火烧烤，III 档，15 分钟

- 1. 按下 ① 按钮。  
电器准备就绪。
- 2. 按两次 ⌚ 烧烤按钮。  
烧烤、II 档 ⌚ 和 10:00 min 出现在显示屏中。



如要进行其它烧烤设置，再次按下 ⌚ 烧烤按钮。

### 3. 使用旋转选择钮设置烹饪时间。



### 4. 按下 ▶|→| 按钮。

您将在显示屏上看到被设为 ▶|→| 的烹饪时间倒计时。

#### 烹饪时间到时

一个信号声响起。

0:00 出现在显示屏中。按下 □ 按钮，然后用 ① 按钮关断电器。可以提前按下 ⊖ 按钮停止声音信号。

#### 更改设置

您可以随时更改烧烤设置。然后再次按下 ▶ 按钮。

#### 暂停操作

打开电器门。烧烤中断。关上门后，再次按下 ▶ 按钮。然后操作将继续。

#### 取消设置

按下 □ 按钮两次，然后用 ① 按钮关断电器。

#### 提示

如果在烹饪期间打开了电器门，风机可能会继续运行。

# 微波组合操作

这包括烧烤和微波功能同时作用。使用微波能够加快烹饪速度，而且仍然可以很好地上色。

您可以打开所有微波功率设置。

例外：900 和 600 W。

## 设置微波组合

举例：微波 360 W、17 分钟和烧烤 I 档。

- 1. 按下 ① 按钮。  
电器准备就绪。
- 2. 按下所需要的微波功率设置按钮。  
出现推荐的烹饪时间。
- 3. 使用旋转选择钮设置烹饪时间。
- 4. 按三次 ∞ 按钮。  
∞ 和 ►|◄ 符号在显示屏中亮起。
- 5. 按下 ▷ 按钮。  
操作开始。可以看到烹饪时间倒计时。

烹饪时间到时

一个信号声响起。组合模式完成。  
您可以在声音信号响起之前用 ① 按钮将声音取消。

更改设置

可以随时更改烧烤设置或烹饪时间。然后，按下 ▷ 按钮，烹饪继续。

取消烹饪

按下 □ 按钮两次，然后用 ① 按钮关断电器。

烹饪期间打开电器门

烹饪暂停。关闭电器门后，再次按下 ▷ 按钮，继续烹饪。

暂停烹饪

按下 □ 按钮。烹饪暂停。按下 ▷ 按钮，继续烹饪。

### 提示

您还可以先设置烹饪时间，然后设置微波功率。  
如果在烹饪期间打开了电器门，风机可能会继续运行。

# 自动程序

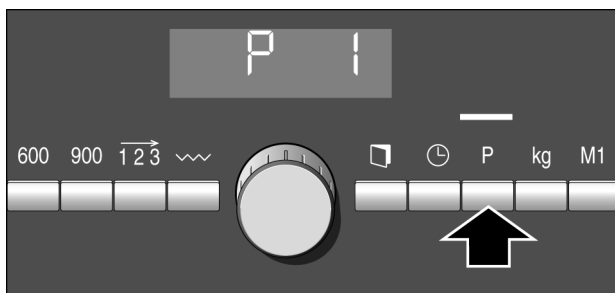
使用自动程序可以更方便地烹饪食物。选择程序，然后输入食物的重量。自动程序使用最佳设置。有 10 种程序供选。

## 设置程序

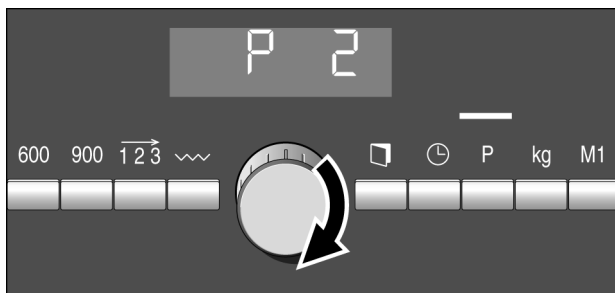
选择程序后，如下设置微波炉。

图中实例：程序 2，重量 1 kg。

1. 按下 ① 按钮。  
电器准备就绪。
2. 按下 **P** 按钮。  
第一个程序号出现在显示屏中。



3. 使用旋转选择钮选择程序号。



4. 按下 kg 按钮。  
重量建议 0.50 kg 出现在显示屏中。



5. 转动旋转选择钮，设置重量。



6. 按下 ▷ 按钮。  
程序启动。烹饪时间 1→1 在显示屏中倒计时。

程序已结束

一个信号声响起。程序已结束，电器不再加热。  
使用 ① 按钮关断电器，或进行新的设置。可以提前按下 ② 按钮停止声音信号。

取消程序

按下 □ 按钮两次或使用 ① 按钮关断电器。

更改程序

一旦微波炉启动，就不能改变程序号和重量。

更改烹饪时间

使用自动编程时，无法改变烹饪时间。

## 自动编程说明

将食物从包装内取出并称重。如果无法输入精确的重量，应四舍五入。

在程序中，总是使用耐微波的烤箱器皿，如玻璃、陶瓷或玻璃盘。请遵循程序表中的附件提示。

将食物放在冷的电器中。

在烹饪提示后面有一个适用食物表，其中有重量范围和所需要的附件。

不能设置超出重量范围的重量。

对于许多菜式，在经过一定时间后会发出一声信号声。翻转或搅拌食物。

### 解冻

如果可能，将食物分成几份冷冻并平放，在  $-18^{\circ}\text{C}$  下冷藏。

将冷冻的食物放在平盘上，如玻璃或瓷盘。

在解冻后，继续让食物解冻 10 到 30 分钟，直达到室温。

在解冻肉块、家禽或鱼类时会有汁液产生。在翻转时将这些汁液倒干净。禁止将这些汁液用作其它用途或接触其它食物。

将牛肉、羊肉和猪肉放在盘上，先让肥的一面朝下。

对于面包，只能解冻需要的量，因为面包很容易变质。

翻转后，取出已解冻的肉糜。

整只家禽应放在盘内，胸部朝下；家禽块则带皮的一面朝下。

### 土豆

煮土豆：将土豆切成均匀的小块。每 100 g 土豆加入两大汤匙水，并加盐调味。

烤带皮土豆：使用大小相同的土豆。清洗土豆，周身刺上小孔。将湿土豆放在盘子里。不要加水。

### 米饭

在烹饪过程中会产生许多泡沫。因而，请使用有盖子的高边盘子。输入烹饪前的重量 (不含液体)。

向大米中加入 2 到 2.5 倍份量的液体。

不要使用可煮袋装米。

蔬菜

新鲜蔬菜：切成相等大小的块。每 100 g 蔬菜加入两大汤匙水。

速冻蔬菜：此程序仅适合烫洗过但没有预先烹制过的蔬菜。此程序不适合奶油沙司中的冷冻蔬菜。每 100 g 加入一到两大汤匙水。菠菜或红球甘蓝中不加水。

烤土豆

使用大小相同的土豆。

清洗土豆，周身刺上小孔。

在土豆还湿时，将土豆放在烤架上。

半鸡

将半鸡放在烤架上，带皮的一面朝上。

将烤架放在玻璃盘中，使玻璃盘能接住滴下的油滴或肉汁。

放置时间

在程序结束后，有些菜式还需要在烹饪箱中冷却一段时间。

| 食物 | 放置时间               |
|----|--------------------|
| 蔬菜 | 约 5 分钟             |
| 土豆 | 约 5 分钟。<br>倒掉剩余的水。 |
| 米饭 | 5-10 分钟。           |

注意搅拌和翻转信号。

| 食物                                           | 程序号 | 重量范围       | 炊具/附件    |
|----------------------------------------------|-----|------------|----------|
| 解冻                                           |     |            |          |
| 肉和家禽<br>- 大肉块<br>- 薄肉片<br>- 肉糜<br>- 小鸡、母鸡、鸭子 | P1  | 0.2-2.0 kg | 浅炊具，不盖盖子 |
| 鱼<br>全鱼、鱼块、鱼片                                | P2  | 0.1-1.0 kg | 浅炊具，不盖盖子 |
| 面包和蛋糕*<br>圆的或长的整面包、面包片、<br>海绵蛋糕、发面饼、水果派      | P3  | 0.2-1.5 kg | 浅炊具，不盖盖子 |

| 食物                                   | 程序号 | 重量范围        | 炊具/附件  |
|--------------------------------------|-----|-------------|--------|
| 烹饪                                   |     |             |        |
| 土豆<br>熟土豆、带皮熟土豆                      | P4  | 0.2-1.0 kg  | 盘子，盖盖子 |
| 米饭                                   | P5  | 0.05-0.3 kg | 深盘，盖盖子 |
| 新鲜蔬菜<br>花椰菜、椰菜、胡萝卜、<br>大头菜、韭菜、胡椒、西葫芦 | P6  | 0.15-1.0 kg | 盘子，盖盖子 |
| 冷冻蔬菜<br>花椰菜、椰菜、胡萝卜、大头<br>菜、红球、甘蓝、菠菜  | P7  | 0.15-1.0 kg | 盘子，盖盖子 |
| 烤土豆<br>每个土豆的重量约为 200 g-250 g         | P8  | 0.2-1.5 kg  | 烤架     |
| 冷冻烘焙食品，如意式烤宽面                        | P9  | 0.3-1.0 kg  |        |
| 半鸡                                   | P10 | 0.5-1.8 kg  | 玻璃盘和烤架 |
| * 奶油蛋糕、奶油乳酪蛋糕、带糖衣或明胶的蛋糕不适合。          |     |             |        |

## 存储器

利用存储器，您可以将自己喜欢的菜式设置保存起来，以后可随时重新调用。有两个存储器“**M1**”和“**M2**”可供使用。

当频繁烹饪某种菜式时，可以使用存储器。

# 在存储器中保存设置

- 1. 按下 ① 按钮。  
电器准备就绪。
- 2. 按下所需要的微波功率设置按钮。  
功率值上方的显示屏亮起，显示建议的烹饪时间。
- 3. 使用旋转选择钮设置烹饪时间。
- 4. 按下 **M1** 或 **M2** 按钮，直到 **M1** 或 **M2** 闪烁，同时响起信号声。

设置已保存，可随时启动。

## 存储另一个设置

进行新的设置并保存。旧设置被覆盖。

# 启动存储器功能

您可随时启动已保存的菜肴设置。

- 1. 按下 ① 按钮。  
电器准备就绪。
- 2. 按下 **M1** 或 **M2** 按钮。  
显示已保存的设置。
- 3. 按下 ▷ 按钮。  
存储设置启动。烹饪时间 |→| 在显示屏中倒计时。

### 提示

一旦电器启动，就无法改变存储器位置。

如果断电，设置的程序仍然保存。

## 烹饪时间到时

一个信号声响起。存储完成。  
使用 ① 按钮关断电器，或进行新的设置。您可以在声音信号响起之前用 ① 按钮将声音取消。

## 暂停

按下 □ 按钮，或打开电器门。  
烹饪暂停。关上电器门后，按下 ▷ 按钮。然后程序将继续执行。

# 更改基本设置

本电器有各种基本设置，您可以随时更改。

## 基本设置

表格中列出了所有基本设置以及更改选项。

| 基本设置                       | 选项                            | 解释                |
|----------------------------|-------------------------------|-------------------|
| c 1 时钟显示<br>1 = 打开         | 时钟显示<br>2 = 关闭                | 时钟显示              |
| c 2 信号持续时间<br>2 = 中 = 2 分钟 | 1 = 短 = 10 秒钟<br>3 = 长 = 5 分钟 | 烹饪时间到时后的信号        |
| c 3 按钮声音：<br>1 = 打开        | 按钮声音：<br>2 = 关闭               | 按下按钮的确认音          |
| c 4 等待时间<br>2 = 中 = 5 秒钟   | 1 = 短 = 2 秒钟<br>3 = 长 = 10 秒钟 | 进行设置后在各个步骤之间的等待时间 |

前提条件：该电器关断。

1. 按住 ⏻ 按钮几秒。  
第一个基本设置出现在显示屏中。
2. 使用旋转选择钮更改基本设置。
3. 使用 ⏻ 按钮确认。  
显示屏中将显示下一个基本设置。可以使用 ⏻ 按钮浏览所有基本设置，并使用旋转选择钮进行更改。
4. 最后，按住 ⏻ 按钮几秒钟。

将应用所有设置。

您可随时更改设置。

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# 维护和清洁

如果小心清洁和维护，您的微波炉将长时间保持完好功能，且处于良好状态。本章解释如何正确维护和清洁您的电器。



有短路危险。  
切勿使用高压清洁器或蒸汽喷嘴。



有烧伤危险。  
在关闭电器后不要立即清洁电器。让电器冷却下来。

## 提示

由于使用不同的材料，例如，玻璃、塑料和金属等，电器正面的颜色会稍微有点偏差。

门面板上看起来像条纹的阴影是由烤箱灯的反光造成的。

令人不快的异味 (例如在烹制鱼之后) 很容易清除。将几滴柠檬汁加入一杯水中。在容器上放置一块海绵，以防延时沸腾。以最大微波功率设置将水加热 1 至 2 分钟。

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## 清洁剂

遵循下表列出的信息，可避免使用错误的清洗剂，以免各种不同表面造成损坏。

不要：

- 使用任何腐蚀性或磨蚀性清洗剂。
- 用金属或玻璃刮刀清洁电器门中的玻璃。
- 用金属或玻璃刮刀清洁门封。
- 使用粗糙的擦洗片或清洁海绵。

新海绵布使用前要彻底清洗。

| 区域          | 清洁剂                                                                                    |
|-------------|----------------------------------------------------------------------------------------|
| 电器前部        | 热肥皂水：<br>用洗碗布清洁，然后用软布擦干。<br>不要用金属或玻璃刮刀进行清洁。                                            |
| 不锈钢         | 热肥皂水：<br>用洗碗布清洁，然后用软布擦干。立即除去由水垢、油脂、淀粉和蛋清形成的任何污渍。这类污渍可能会引起腐蚀。<br>可向售后服务部或专卖店购买专用不锈钢清洗剂。 |
| 烹饪箱         | 热肥皂水或醋溶液：<br>用洗碗布清洁，然后用软布擦干。<br>对于严重脏污：<br>仅在冷烹饪箱中使用烤箱清洁剂。                             |
| 烹饪箱由不锈钢制成   | 请勿使用烤箱喷雾器或其它腐蚀性烤箱清洁剂或磨蚀性材料。擦洗片、粗糙的海绵和平底锅清洗装置均不适用。这些工具会刮伤表面。<br>让内部表面彻底干燥。              |
| 门面板         | 玻璃清洁剂：<br>用洗碗布清洁。<br>不要用金属或玻璃刮刀进行清洁。                                                   |
| 门封<br>不要拆下。 | 热肥皂水：<br>用洗碗布清洁；不要刮擦。<br>不要用金属或玻璃刮刀进行清洁。                                               |
| 附件          | 热肥皂水：<br>浸泡，然后用洗碗布或刷子清洁。                                                               |

# 故障检修

故障通常有简单说明。在给售后服务打电话前，请阅读下面的说明：

如果一个菜肴的烹饪结果和预期结果不一样，请参见*经由我们烹饪工作室测试过的菜谱*一节。您可以在那里找到许多烹饪方面的技巧。

| 问题                           | 可能原因                             | 补救措施 / 说明                                                                                                                                         |
|------------------------------|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 电器不工作。                       | 电器插头没有插入电源。                      | 插入插头。                                                                                                                                             |
|                              | 电源断开                             | 检查厨房的灯是否能打开。                                                                                                                                      |
|                              | 保险丝熔断                            | 查看保险丝盒，确保电器保险丝正常。                                                                                                                                 |
|                              | 操作错误                             | 关闭保险丝盒内的断路器。约 10 秒后再次将其接通。                                                                                                                        |
| 电器不工作。烹饪时间出现在显示屏中。           | 在进行设置后没有按下 <b>Start (启动)</b> 按钮。 | 按下 <b>Start (启动)</b> 按钮或关断电器。                                                                                                                     |
| 微波不启动。                       | 门没有关好。                           | 检查是否有剩的食物或异物卡在门内。                                                                                                                                 |
|                              | 没有按下 <b>Start (启动)</b> 按钮。       | 按下 <b>Start (启动)</b> 按钮。                                                                                                                          |
| 食物加热比以前需要的时间长。               | 微波功率设置太低。                        | 选择较高的微波功率设置。                                                                                                                                      |
|                              | 在电器内放入的食物量比往常多。                  | 双倍的食物量 = 几乎双倍的烹饪时间。                                                                                                                               |
| 一个信号声响起。显示屏上有两个点闪烁。          | 电器处于演示模式。                        | <b>1.</b> 按下  按钮。<br><b>2.</b> 按住 <b>P</b> 按钮 3 秒。<br>演示模式被取消。 |
| 电器在启动后不久关闭。出错信息“H95”出现在显示屏中。 | 门没有关好。                           | 再次将门打开并正确关闭，如果这不起作用，请联系售后服务部门。                                                                                                                    |
| 出错信息“E723”出现在显示屏中。           | 门没有关好。                           | 使用  按钮打开和关闭电器。                                                 |
| 出错信息“Er1”出现在显示屏中。            | 温度传感器故障。                         | 致电售后服务部门。                                                                                                                                         |

| 问题                                             | 可能原因                         | 补救措施 / 说明                                      |
|------------------------------------------------|------------------------------|------------------------------------------------|
| 出错信息 “Er11” 出现在显示屏中。 “Button is jammed” (按钮卡住) | 按钮脏或机械机构卡住。                  | 按下所有按钮几次。用干燥的布清洁按钮。打开和关闭电器门。如果这不起作用，请咨询售后服务部门。 |
| 出错信息 “Er4” 出现在显示屏中。                            | 极度过热 (可能内部着火)。<br>微波炉功率设置太高。 | 不要将门打开。断开电源或断开保险丝盒内的保险丝，让其冷却下来。                |
| 出错信息 “Er18” 出现在显示屏中。                           | 技术故障。                        | 致电售后服务部门。                                      |



有电击危险。  
不正确的修理是很危险的。只能由我公司派出的经过培训的售后工程师进行修理。

# 售后服务

产品编号 **E** 编号和  
生产编号 **FD** 编号

如果您的电器需要修理，我们为您提供售后服务。您可以在电话簿上查到离您最近的售后服务点的地址和电话号码。列出的售后服务中心也乐意为您提供您附近的售后服务点的详细信息。

在联系售后服务部门时请提供电器的 **E** 编号 (产品编号) 和 **FD** 编号。

铭牌上有这些信息，打开电器门后可以在右侧找到。您可以在下面的空白处记下电器编号和售后服务部的电话号码，以便在需要这些号码时不用花时间去找。

|        |       |
|--------|-------|
| E 编号   | FD 编号 |
| 售后服务 ☎ |       |

请注意，即使是在质保期内，售后服务工程师提供的上门服务仍需收取费用。

# 技术参数

|                |                       |
|----------------|-----------------------|
| 电源             | 220~240 V， 50 Hz      |
| 总的最大连接负荷       | 1990 W                |
| 微波功率设置         | 900 W (IEC 60705)     |
| 微波频率           | 2450 MHz              |
| 烧烤             | 1300 W                |
| 保险丝            | 最小 10 A               |
| 尺寸 (高 x 宽 x 深) |                       |
| - 电器           | 38.2 x 59.4 x 31.9 cm |
| - 烹饪箱          | 22.0 x 35.0 x 27.0 cm |
| VDE 认证         | 是                     |
| CE 标记          | 是                     |

本电器符合 **EN 55011** 标准或 **CISPR 11** 标准。  
它属于分组 **2** 中的 **B** 类产品。

分组 **2** 表示微波炉的生产目的是用于加热食物。  
**B** 类说明电器适合家庭使用。

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## 环保处置



以环保方式处置包装材料。

本电器根据欧洲指令 2002/96/EU 即废弃电气和电子设备 — WEEE 指令贴有标签。  
该指令给出了收集和回收旧电器的框架，这在整个欧盟范围内有效。

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## 经由我们烹饪工作室测试过的菜谱

这里提供了各种备选食谱及其理想设置。我们将向您展示，您的菜肴采用哪种加热类型和哪种温度或微波功率设置最为理想。您会在这里找到相配的附件信息，以及炊具使用和准备技巧。

### 提示

表中的值总是适用于放置在冷的空烹饪箱中的菜肴。  
只有在表中有特别规定时，才需预热电器。  
使用前，要从烹饪箱中取出用不到的附件。

表格中规定的时间仅作为参考。具体取决于食物的质量和均匀性。

使用所提供的附件。您可以在售后服务部、专卖店购买附加附件。

在从烹饪箱中取出附件或炊具时，一定要使用烤箱布或烤箱手套。

# 使用微波解冻、加热和烹饪

下面的表格为您提供各种微波选项和设置。

表格中规定的时间仅作为参考。这些时间可能会随所使用的烤箱器皿及食物的质量、温度和均匀性发生变化。

表格中通常规定时间范围。首先设置最短的时间，然后根据需要进行延长。

您使用的数量可能与表中规定的数值不同。

经验方法：

- 两倍食物量 - 只需用双倍的烹饪时间，
- 一半的量 - 一半的烹饪时间。

在加热期间搅拌或翻转食物几次。检查温度。

将冷冻食品放在不盖盖子的容器中，然后放在烹饪箱底。

在解冻期间翻转或搅拌食物一次或两次。大块食物应翻转几次。

在解冻肉块、家禽或鱼类时会有汁液产生。在翻转时将汁液倒干净。禁止将这些汁液用作其它用途或接触其它食物。

将解冻的食物继续在室温下放置 **10 到 30 分钟**，让温度稳定下来。此时，可以去除家禽的内脏杂碎。

## 解冻

|                          | 用量     | 微波设置 (W) 时间 (分钟)               | 提示           |
|--------------------------|--------|--------------------------------|--------------|
| 整块肉，例如牛肉、猪肉或小牛肉 (带或不带骨头) | 800 g  | 180 W, 15 分钟+90 W, 15-25 分钟    | 翻转几次。        |
|                          | 1000 g | 180 W, 20 分钟+90 W, 20-30 分钟    |              |
|                          | 1500 g | 180 W, 25 分钟+90 W, 25-35 分钟    |              |
| 切丁或切片的牛肉、猪肉和小牛肉          | 200 g  | 180 W, 5-8 分钟+90 W, 5-10 分钟    | 在翻转时将各个部分分开。 |
|                          | 500 g  | 180 W, 8-11 分钟+90 W, 10-15 分钟  |              |
|                          | 800 g  | 180 W, 12-15 分钟+90 W, 15-20 分钟 |              |

|                     | 用量     | 微波设置 (W) 时间 (分钟)            | 提示                              |
|---------------------|--------|-----------------------------|---------------------------------|
| 五花肉馅                | 200 g  | 180 W, 2 分钟+90 W, 5-10 分钟   | 尽量平放冷冻。在解冻期间翻转几次，并将已解冻的肉切下。     |
|                     | 500 g  | 180 W, 6 分钟+90 W, 8-13 分钟   |                                 |
|                     | 800 g  | 180 W, 10 分钟+90 W, 15-20 分钟 |                                 |
| 家禽或家禽块              | 600 g  | 180 W, 8 分钟+90 W, 10-15 分钟  | 翻转几次。                           |
|                     | 1200 g | 180 W, 15 分钟+90 W, 20-25 分钟 |                                 |
| 鱼<br>鱼块、鱼排、鱼片       | 400 g  | 180 W, 5 分钟+90 W, 10-15 分钟  | 将解冻的块分开。                        |
| 全鱼                  | 300 g  | 180 W, 3 分钟+90 W, 10-15 分钟  | 中途翻转一下。                         |
|                     | 600 g  | 180 W, 8 分钟+90 W, 15-25 分钟  |                                 |
| 蔬菜，例如豌豆             | 300 g  | 180 W, 10-15 分钟             |                                 |
| 水果<br>例如覆盆子         | 300 g  | 180 W, 6-9 分钟               | 在解冻期间小心地搅拌，将已解冻的部分分离。           |
|                     | 500 g  | 180 W, 8 分钟+90 W, 5-10 分钟   |                                 |
| 牛油                  | 125 g  | 180 W, 1 分钟+90 W, 1-2 分钟    | 拆掉所有包装。                         |
|                     | 250 g  | 180 W, 1 分钟+90 W, 2-4 分钟    |                                 |
| 整块面包                | 500 g  | 180 W, 8 分钟+90 W, 5-10 分钟   | 中途翻转一下。                         |
|                     | 1000 g | 180 W, 12 分钟+90 W, 10-20 分钟 |                                 |
| 糕点<br>例如奶油蛋糕        | 500 g  | 90 W, 10 - 15 分钟            | 翻动蛋糕，将蛋糕分块。仅适用于不含糖霜、奶油或卡士达酱的蛋糕。 |
|                     | 750 g  | 180 W, 5 分钟+90 W, 10-15 分钟  |                                 |
| 果汁蛋糕<br>例如水果蛋糕和夸克蛋糕 | 500 g  | 180 W, 5 分钟+90 W, 15-20 分钟  | 仅适用于不含糖霜或明胶的蛋糕。                 |
|                     | 750 g  | 180 W, 7 分钟+90 W, 15-20 分钟  |                                 |

解冻、加热或烹饪冷冻食品

一定要将烤箱器皿放在烹饪箱箱底上。

一定要盖上食物。如果容器没有合适的盖子，请用板子或专用微波薄膜盖上。

将熟食从包装内取出。放入可以微波加热的烤箱器皿，加热过程会更快、更均匀。

菜肴中的不同成分所需要的加热时间可能不一样。

平摊食物的烹饪速度比堆放食物的烹饪速度快得多。因此，应摊开食物，使其在容器内尽量摊平。

在解冻、加热或烹饪期间搅拌或翻转食物两次或三次。

在加热后，继续静置食物 2-5 分钟，直到温度均匀。

这样做有助于食物保持自己独特的味道，食物需要更少的调味品。

|                     | 用量             | 微波设置 (W)<br>时间 (分钟)           | 提示            |
|---------------------|----------------|-------------------------------|---------------|
| 套餐、盘餐、熟食，分成 2 到 3 份 | 300<br>-400g   | 600 W，8-13 分钟                 |               |
| 汤                   | 400 g          | 600 W，8-12 分钟                 |               |
| 炖肉                  | 500 g          | 600 W，10-15 分钟                |               |
| 带酱汁的肉，如菜炖牛肉         | 500 g          | 600 W，10-15 分钟                | 搅拌时将肉块分开。     |
| 鱼，如鱼块               | 400 g          | 600 W，10-15 分钟                | 您可以加入水、柠檬汁或酒。 |
| 烘焙食品，例如意式烤宽面和意式烤碎肉卷 | 450 g          | 600 W，10-15 分钟                |               |
| 配菜米饭和意大利面           | 250 g<br>500 g | 600 W，3-7 分钟<br>600 W，8-12分钟  | 加一些汁液。        |
| 蔬菜，如豌豆、椰菜和胡萝卜       | 300 g<br>600 g | 600 W，7-11分钟<br>600 W，14-17分钟 | 加水，淹没盘底。      |
| 菠菜奶油沙司              | 450 g          | 600 W，10-15分钟                 | 烹饪时不加水。       |

加热食物

一定要将烤箱器皿放在烹饪箱箱底上。

一定要盖上食物。如果容器没有合适的盖子，请用板子或专用微波薄膜盖上。

将熟食从包装内取出。放入可以微波加热的烤箱器皿，加热过程会更快、更均匀。菜肴中的不同成分所需要的加热时间可能不一样。



在加热液体时，一定要在容器内放一把汤匙，防止延时沸腾。发生延时沸腾时，意味着液体达到了沸腾温度，但并没有常见的蒸汽气泡冒上液面。即使容器只是稍微振动，滚烫的液体也会突然沸腾溢出或飞溅。这会导致伤害和烫伤。

在加热期间搅拌或翻转食物几次。检查温度。

在加热后，继续静置食物 2-5 分钟，直到温度均匀。

|                         |     | 用量     | 微波设置 (W)<br>时间 (分钟) | 提示                            |
|-------------------------|-----|--------|---------------------|-------------------------------|
| 套餐、盘餐、熟食，<br>分成 2 到 3 份 |     |        | 600 W，5-8 分钟        |                               |
| 饮品                      |     | 125 ml | 900 W，½-1 分钟        | 在容器中放入一把汤匙。不要让酒精饮品过热。在加热期间检查。 |
|                         |     | 200 ml | 900 W，1-2 分钟        |                               |
|                         |     | 500 ml | 900 W，3-4 分钟        |                               |
| 婴儿食品，如奶瓶                |     | 50 ml  | 360 W，½ 分钟          | 取下盖子或奶嘴。加热后要摇匀。必须检查温度。        |
|                         |     | 100 ml | 360 W，½-1 分钟        |                               |
|                         |     | 200 ml | 360 W，1-2 分钟        |                               |
| 汤                       | 1 碗 | 175 g  | 600 W，1-2 分钟        |                               |
|                         | 2 碗 | 350 g  | 600 W，2-3 分钟        |                               |
| 带酱汁的肉                   |     | 500 g  | 600 W，7-10 分钟       | 分开肉块。                         |
| 炖肉                      |     | 400 g  | 600 W，5-7 分钟        |                               |
|                         |     | 800 g  | 600 W，7-8 分钟        |                               |
| 蔬菜                      | 1 份 | 150 g  | 600 W，2-3 分钟        |                               |
|                         | 2 份 | 300 g  | 600 W，3-5 分钟        |                               |

烹饪食物

平摊食物的烹饪速度比堆放食物的烹饪速度快得多。因此，应摊开食物，使其在容器内尽量摊平。

在盖上盖子的烤箱器皿中烹饪食物。烹饪过程中应搅拌或翻转食物。

这样做有助于食物保持自己独特的味道，食物需要更少的调味品。

在烹饪后，继续静置食物 2-5 分钟，直到温度均匀。

|               | 数量                      | 微波功率设置 (W)<br>和烹饪时间 (分钟)                                     | 提示                                         |
|---------------|-------------------------|--------------------------------------------------------------|--------------------------------------------|
| 去掉内脏杂碎的新鲜整鸡   | 1200 g                  | 600 W， 25-30 分钟                                              | 在烹饪中途翻转。                                   |
| 新鲜鱼块          | 400 g                   | 600 W， 7-12 分钟                                               |                                            |
| 新鲜蔬菜          | 250 g<br>500 g          | 600 W， 5-10 分钟<br>600 W， 10-15 分钟                            | 将蔬菜切成大小相等的小块。每 100 g 蔬菜中加入一到两大汤匙水。         |
| 配菜，如土豆        | 250 g<br>500 g<br>750 g | 600 W， 8-10 分钟<br>600 W， 10-15 分钟<br>600 W， 15-22 分钟         | 将土豆切成大小均匀的块状。每 100 g 中加入一到两大汤匙水搅拌。加入双倍的汁液。 |
| 米饭            | 125 g<br><br>250 g      | 600 W， 4-6+180 W<br>14-16 分钟<br>600 W， 6-8+180 W<br>14-16 分钟 |                                            |
| 甜食，如奶油蛋羹 (速食) | 500 ml                  | 600 W， 5-7 分钟                                                | 不盖盖子的盘<br>在烹饪过程中用搅蛋器彻底搅拌奶油蛋羹两到三次。          |
| 水果，蜜饯         | 500 g                   | 600 W， 9-12 分钟                                               |                                            |

# 微波操作提示

|                             |                                                                   |
|-----------------------------|-------------------------------------------------------------------|
| 没有针对特定数量的食物给出设置。            | 按照下列经验增加或减少烹饪时间：<br>两倍食物量       = 几乎双倍的时间<br>一半的量         = 一半的时间 |
| 食物变得太干。                     | 下次设置一个更短的烹饪时间，或选择一个较低的微波功率设置。给食物盖上盖子，并加入更多的汁液。                    |
| 到达设定时间后，食物未成功解冻、加热或煮熟。      | 设置更长的时间。份量越多、盘子越深则需要的烹饪时间越长。                                      |
| 在烹饪时间结束时，食物外表面烹饪过度，但中间烹饪不足。 | 在烹饪过程中搅拌食物，下次选择更低的功率设置和更长的持续时间。                                   |
| 在解冻之后，家禽或肉的外部已熟，但中间仍未解冻。    | 下次选择一个较低的微波功率设置。此外，解冻大份的肉或家禽时要不断翻转。                               |

## 烧烤设定表

在烤架上烧烤时，一定要关闭烹饪箱门，且不预热。

所有给定值仅作为参考，这些数值会随着食物特性而发生变化。

用冷水洗肉，用厨巾将其轻轻擦干。

烧烤结束前不要在肉上洒盐。

将烤架放在玻璃盘上，以便接住肉汁。

用夹钳翻转正在烧烤的食物。如果用叉子刺穿烤肉，肉汁会流出来烤干。

深色的肉 (如牛肉) 比浅色的肉 (如小牛肉或猪肉) 上色更快。不要为此烦恼。在烧烤浅色的肉或鱼片时，经常是表面略带褐色，但里面已熟而多汁。

|                               | 数量    | 重量           | 烧烤<br>设置 | 时间 (分钟)                            | 提示                   |
|-------------------------------|-------|--------------|----------|------------------------------------|----------------------|
| 猪颈排                           | 3-4 份 | 每份约<br>120 g | 高        | 第 1 面：约 15 分钟<br>第 2 面：约 10-15 分钟  | 1-2 cm 厚             |
| 烤香肠                           | 4-6 份 | 每份约<br>150 g | 高        | 第 1 面：约 5-10 分钟<br>第 2 面：约 7-12 分钟 |                      |
| 鱼排                            | 2-3 份 | 每份约<br>150 g | 高        | 第 1 面：约 10 分钟<br>第 2 面：约 8-12 分钟   | 烧烤前首先<br>用油涂抹<br>烤架。 |
| 全鱼，如鳟鱼                        | 2-3 份 | 每份约<br>150 g | 中        | 第 1 面：约 10 分钟<br>第 2 面：约 10-15 分钟  | 烧烤前首先<br>用油涂抹<br>烤架。 |
| 预烤面包                          | 2-6 片 |              | 高        | 第 1 面：约 3-4 分钟<br>第 2 面：约 3-4 分钟   |                      |
| 带浇头吐司                         | 2-6 片 |              | 中或高      | 取决于浇头：约 5-9 分钟                     |                      |
| 用旋钮设置第一个时间。翻转食物，然后设置第二面的烤制时间。 |       |              |          |                                    |                      |

# 烧烤和微波组合

使用高边盘进行烧烤。这将使烹饪箱更清洁。

用大号平烤盘烘焙和焗烤。食物在窄深的容器中需要烹饪更长时间，且顶部有更多的部分变成褐色。

检查烤箱器皿尺寸与烹饪箱是否相称。器皿不应过大。

一定要设置最大的烹饪时间。在经过规定的较短时间后检查食物。

在切肉前继续将肉静置 5-10 分钟。这样肉汁分布比较均匀，在切肉时不会流出。

对于烘焙和焗烤食品，在电器关闭后，应继续在电器中留 5 分钟。

使用烤架，将烤箱器皿放在烤架上。

|                               | 数量<br>重量 | 微波功率<br>设置 (W) | 烧烤设置 | 烹饪时间<br>(分钟) | 提示                  |
|-------------------------------|----------|----------------|------|--------------|---------------------|
| 烘烤猪肉，<br>例如猪颈肉                | 约 750g   | 360 W          | 低    | 35-40 分钟     | 在约 15 分钟后<br>翻转。    |
| 肉糕<br>最深 7 cm                 | 约 750g   | 360 W          | 中    | 约 25 分钟*     |                     |
| 半鸡                            | 约 1200g  | 360 W          | 高    | 40 分钟        |                     |
| 小鸡块，<br>例如 1/4 只鸡             | 约 800g   | 360 W          | 中    | 20-25 分钟     | 将肉块带皮的一侧<br>朝上。不翻转。 |
| 鸭胸肉                           | 约 800g   | 180 W          | 高    | 25-30 分钟     | 将肉块带皮的一侧<br>朝上。不翻转。 |
| 烤通心粉<br>(使用现成的配料)             | 约 1000g  | 360 W          | 低    | 25-30 分钟     | 撒上奶酪。               |
| 法式焗烤土豆<br>(由生土豆制成)<br>最深 3 cm | 约 1000g  | 360 W          | 中    | 约 35 分钟*     |                     |
| 烤鱼                            | 约 500g   | 360 W          | 高    | 15 分钟        | 烤制前先对鱼进行<br>解冻。     |
| 奶酪蛋奶酥<br>最深 5 cm              | 约 1000g  | 360 W          | 低    | 20-25 分钟     |                     |

# 符合 EN 60705 标准的测试菜谱

测试协会使用下列菜式对微波炉的质量和正确操作进行测试。

## 单微波烹饪

| 菜式                 | 微波功率设置 (W)，<br>烹饪时间 (分钟)         | 提示                   |
|--------------------|----------------------------------|----------------------|
| 奶油蛋羹，1000 g        | 600 W，11-12 分钟+180 W，<br>8-10 分钟 | 耐热玻璃盘                |
| 海绵蛋糕，475 g         | 600 W，7-9 分钟                     | 耐热玻璃盘，直径 22 cm       |
| 肉糕，900 g           | 600 W，25-30 分钟                   | 方形耐热玻璃盘*，<br>28 cm 长 |
| * 使用烤架，将烤箱器皿放在烤架上。 |                                  |                      |

## 单微波解冻

| 菜式      | 微波功率设置 (W)，<br>烹饪时间 (分钟)                  | 提示             |
|---------|-------------------------------------------|----------------|
| 肉，500 g | 程序 1500 g<br>或 180 W，8 分钟+90 W<br>7-10 分钟 | 耐热玻璃盘，直径 24 cm |

## 烧烤和微波组合烹饪

| 菜式                | 微波功率设置 (W)，烧烤设置，<br>烹饪时间 (分钟) | 提示              |
|-------------------|-------------------------------|-----------------|
| 法式焗烤土豆，<br>1100 g | 360 W，+ 烧烤设置 II，<br>25-30 分钟  | 耐热玻璃圆盘，直径 22 cm |
| 蛋糕                | -                             | 不推荐             |
| 半鸡，约 1100 g       | 360 W，+ 烧烤设置 III，<br>40-45 分钟 | 烤架，玻璃盘。         |



# **SIEMENS**

## **Making cooking as much fun as eating**

Please read this instruction manual. This will ensure that you make full use of all the technical benefits your microwave appliance has to offer.

It will provide you with important safety information. You will be familiarised with the individual components of your new appliance. And we will show you how to make settings step by step. It's really easy!

The tables list numerous well-known dishes and typical settings. All these dishes are tested in our cooking studio.

In the unlikely event of a malfunction, look here for information on how to rectify minor faults yourself.

A detailed table of contents will help you to find what you're looking for quickly.

Enjoy your meal!

## **Instruction manual**

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# Safety information

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

Please keep the instruction and installation manuals in a safe place. Please include these manuals if you pass on the appliance to a new owner.

---

## Before installation

### Transport damage

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

### Electrical connection

Only allow a licensed professional to connect the appliance. Warranty claims for damage caused by incorrect connection will not be accepted.

### Installation and connection

Please observe the special installation instructions.

---

## Information for your safety

This appliance is intended for domestic use only. This appliance must only be used for preparing food and drink.

Adults and children must not operate the appliance without supervision,

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

Never let children play with the appliance.

## **Children**

Children may prepare meals only if they have been properly instructed. They must be able to operate the appliance correctly. They must understand the hazards indicated in the instruction manual. Children must be supervised when using the appliance, to ensure that they do not play with it.

## **Children and the microwave**

Children may prepare meals with the solo microwave only if they have been properly instructed. They must be able to operate the appliance correctly. They must understand the hazards indicated in the instruction manual.

Children must be supervised when using the appliance, to ensure that they do not play with it. In combined operation mode, children may use the appliance only under the supervision of adults. There is a risk of burning.

## **Hot cooking compartment**

There is a risk of burns.

Never touch the hot surfaces of heating and cooking appliances. Never touch the internal surfaces of the cooking compartment or the heating elements. Open the cooking compartment door carefully. Hot steam may escape. Small children must be kept at a safe distance from the appliance at all times.

There is a risk of fire.

Never store combustible items in the cooking compartment.

Never open the cooking compartment door if smoke can be seen in the appliance. Switch off the appliance. Pull out the mains plug or switch off the fuse in the fuse box.

There is a risk of a short-circuit.

Never trap cables of electrical appliances in the cooking compartment door when it is hot. The cable insulation could melt.

There is a risk of burns.

Never prepare food containing large quantities of drinks with a high alcohol content. Alcoholic vapours can catch fire in the cooking compartment. Use only small quantities of drinks with a high alcohol content and open the cooking compartment door carefully.

**Hot accessories**

There is a risk of burns.

Always use an oven cloth or oven gloves to remove hot accessories from the appliance.

**Damaged cooking compartment door or door seal**

There is a risk of serious damage to health.

Never use the appliance if the cooking compartment door or the door seal is damaged. Otherwise microwave energy may escape. Only use the appliance again once it has been repaired.

**Heavily corroded surfaces**

There is a risk of serious damage to health.

The surface of the appliance could rust through over time if it is not cleaned properly. Microwave energy may escape. Clean the appliance on a regular basis.

**Casing open**

There is a risk of electric shock.

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

There is a risk of serious damage to health.

Never remove the casing. It prevents microwave energy from escaping.

**Hot or humid environment**

There is a risk of short-circuiting.

Never expose the appliance to intense heat or humidity.

**Incorrect repairs**

There is a risk of electric shock.

Incorrect repairs are dangerous. Repairs may only be carried out, and damaged power cables replaced, by one of our experienced after-sales engineers.

You must not open the casing. The appliance is a high-voltage appliance. The casing prevents microwave energy from escaping.

If the appliance is faulty, switch off the circuit breaker in the fuse box or disconnect the appliance at the mains. Call the after-sales service.

---

# Information on the microwave

## Preparing food

There is a risk of fire.

Only use the microwave to prepare food which is fit for consumption. Using the microwave for other purposes may be dangerous and may result in damage, e.g. heated slippers and grain or cereal pillows could catch fire, even several hours later.

## Ovenware

There is a risk of injury.

Porcelain or ceramic ovenware can have small perforations in the handles or lids. These perforations conceal a cavity below. Moisture that has penetrated this cavity could cause the ovenware to crack.

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

There is a risk of burns.

Hot food can heat up ovenware. Always use an oven cloth or oven gloves to remove ovenware and accessories from the cooking compartment.

## Microwave power and time

There is a risk of fire.

Do not select a microwave power or time setting that is higher than necessary. The food could catch fire and cause damage to the appliance. Follow the information provided in this instruction manual.

## Packaging

There is a risk of fire.

Never heat food in heat-retaining packages.

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

There is a risk of burns.

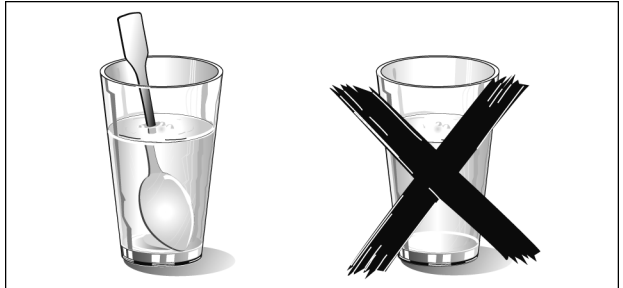
Airtight packaging may burst when food is heated. Follow the information provided on the packaging. Always use an oven cloth or oven gloves to remove meals.

## Drinks

There is a 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. If the container is only shaken a little, the hot liquid can suddenly boil over and spatter.

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



There is a risk of explosion.

Never heat drinks or other food in containers that have been tightly sealed.

Never overheat alcoholic drinks.

## Baby food

There is a risk of burns.

Never heat baby food in closed containers. Always remove the lid or teat.

Stir or shake well after the food has been heated. This ensures even heat distribution.

Check the temperature of the food before it is given to the child.

## Foods with a shell or skin

There is a risk of burns.

Never cook eggs in their shells. Never reheat hard-boiled eggs as they can explode even after microwave operation has ended. The same applies to shellfish and crustaceans.

Always prick the yoke when baking or poaching eggs.

Always prick the skin of foodstuffs with solid peels or skins such as apples, tomatoes, potatoes and sausages before cooking to prevent the peel or skin from bursting.

**Drying food**

There is a risk of fire.  
Never use the microwave to dry food.

**Food with a low water content**

There is a risk of fire.  
Never defrost or heat food with a low water content, e.g. bread, at too high a power or for too long.

**Cooking oil**

There is a risk of fire.  
Never use the microwave to heat cooking oil on its own.

---

## Causes of damage

**Water in the hot cooking compartment**

Never pour water into the hot cooking compartment. This will cause steam. The temperature change can cause damage to the ceramic floor panel.

**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.

**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**

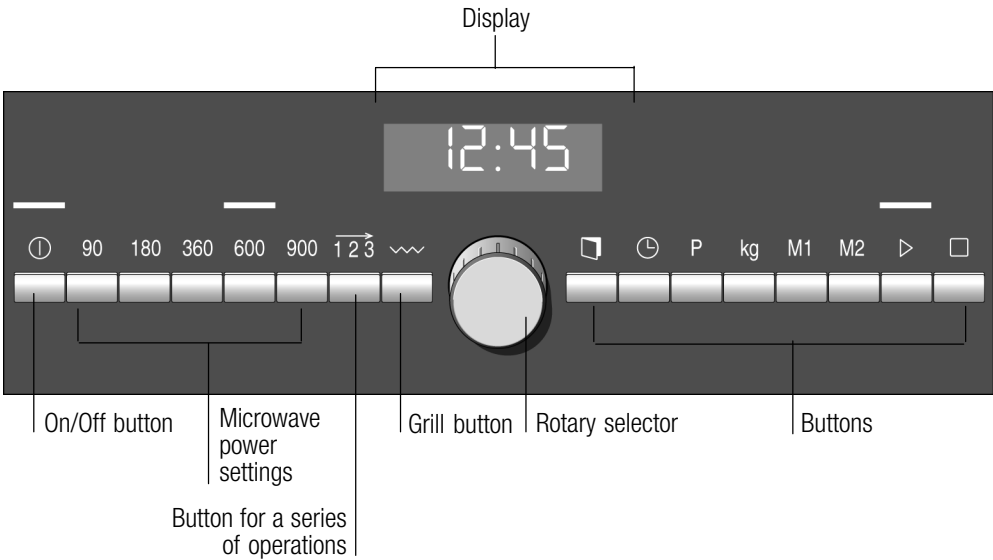
Do not switch on the microwave unless there is food in the cooking compartment. The appliance may be overloaded if it is switched on without any food inside. An exception to this rule is for brief testing of ovenware (*see notes on ovenware*).

# Your new appliance

Use this section to familiarise yourself with your new appliance. The control panel and the individual controls are explained here. You will find information about the cooking compartment and the accessories.

## Control panel

Here is an overview of the control panel. Depending on the appliance model, there may be differences in the particular details.



## Rotary selector

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

# Buttons and display

Using the buttons, you can set various additional functions. In the display, you can check the values that you have set.

| Symbol                                                                              | Button function                                |
|-------------------------------------------------------------------------------------|------------------------------------------------|
| ①                                                                                   | Switches the appliance on and off              |
| 90                                                                                  | Selects 90 wattmicrowave power                 |
| 180                                                                                 | Selects 180 wattmicrowave power                |
| 360                                                                                 | Selects 360 wattmicrowave power                |
| 600                                                                                 | Selects 600 wattmicrowave power                |
| 900                                                                                 | Selects 900 wattmicrowave power                |
|  123 | Selects follow-on mode                         |
|      | Selects the grill                              |
|      | Opens the appliance door                       |
|      | Opens and closes the time-setting options menu |
| P                                                                                   | Selects a programme                            |
| kg                                                                                  | Selects weight                                 |
| M1 / M2                                                                             | Selects memory                                 |
|      | Starts operation                               |
|     | Pauses operation                               |

## Notes

The time-setting function that is active in the display is indicated by the arrow ► pointing to the relevant symbol.

Exception: With the clock, the symbol ⌚ is lit up only if you are making changes.

When you switch on the oven, the lamp in the cooking compartment comes on.

---

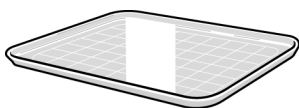
## Accessories

Your appliance is equipped with the following accessories:



### Wire rack

as a surface for ovenware or for grilling and browning.



### Glass pan

This can act as a splash guard if you are grilling food directly on the wire rack. Therefore, place the wire rack in the glass pan. The glass pan can also be used as a dish when using the microwave.

---

---

## Cooking compartment

### 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 panel, interior walls and floor. This is normal and does not affect microwave operation. Wipe away the condensation after cooking.

---

# Switching the appliance on and off

The ① button allows you to switch the microwave oven on and off.

## Switching on

Press the ① button.

Select the operating mode you require.

- 90, 180, 360, 600 or 900 W button for the microwave power setting
- $\overrightarrow{123}$  button = follow-on mode
-  button = grill
- P and kg buttons = automatic programming
- **M1** or **M2** button = memory programme

You can find out how to make the settings in the individual sections.

## Switching off

Press the ① button.

The appliance switches off and the clock appears in the display.

---

# Before using the appliance for the first time

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

---

## Setting the time

When the appliance has been connected to the power supply, three zeros flash. The ►🕒 symbols are lit in the display.

Set the time.

1. Set the current time using the rotary selector.
2. Press the 🕒 button.

## Hiding the clock

You can hide the time. You can then only see it when the oven is in operation. Read about this in the *Changing basic settings* section.

### Note

In order to reduce the energy consumption of your appliance in standby, you can hide the clock. Read about this in the *Changing basic settings* section.

---

## Heating up the cooking compartment

Heat up the empty cooking compartment with the door closed to remove the new smell.

Make sure that there are no remains of packaging in the cooking compartment.

Heat the cooking compartment for 10 minutes with the grill 🔥 at level III.

1. Press the 🕒 button.
2. Press the 🔥 button once.  
Grill 🔥, 10:00 min and the ►|◀ symbol appear in the display.

3. Press the ▷ button.  
Operation begins.

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

---

## Cleaning accessories

Before using the accessories for the first time, clean them thoroughly using a soft cloth and hot soapy water.

---

## Setting the microwave

Example: Microwave power 360 W, cooking time 17 minutes.

1. Press the ① button.  
Your appliance is ready for use.
2. Press the button for the microwave power setting you require.  
The display above the power is lit up and a suggested cooking time is displayed.
3. Set the cooking time using the rotary selector.
- L. Press the ▷ button.  
Operation begins. The cooking time can be seen counting down.

### The cooking time has elapsed

A signal sounds. Microwave operation is finished. Use the ① button to switch off the appliance. You can cancel the acoustic signal before it sounds using the ⌚ button.

### Opening the appliance door during cooking

Cooking is paused. Press the ▷ button briefly once you have closed the appliance door. The programme will then continue.

### Changing the cooking time

This is possible at any time. Change the cooking time using the rotary selector.

### Changing the microwave power setting

Press the button for the new microwave power setting. Use the rotary selector to set the cooking time and restart the microwave.

## Cancelling cooking

Press the  button twice and use the ① button to switch off the appliance.

### Notes

When you switch on the appliance with the ① button, the highest microwave power always appears in the display as a suggestion.

If you open the appliance door during cooking, the fan may continue to run.

---

## Notes regarding ovenware

### Suitable ovenware

Suitable dishes are heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic. These materials allow microwaves to pass through.

You can also use serving dishes. This saves you having to transfer food from one dish to another. You should only use ovenware with decorative gold or silver trim if the manufacturer guarantees that they are suitable for use in microwaves.

### Unsuitable ovenware

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

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

### Ovenware test

Do not switch on the microwave unless there is food inside.

The following ovenware test is the only exception to this rule.

Perform the following test if you are unsure whether your ovenware is suitable for use in the microwave: Heat the empty ovenware at maximum power for between 30 and 60 seconds. Check the temperature of the ovenware during this period. The ovenware should still be cold or warm to the touch. The ovenware is unsuitable if it becomes hot or sparks are generated.

## Microwave power settings

Use the button to set the desired microwave power.

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

When you press a button, the selected power lights up.

### Note

The microwave power can be set to 900 watts for a maximum of 30 minutes. A cooking time of 90 minutes is possible with all other power settings.

## Setting the microwave

Example: Microwave power 360 W, cooking time 17 minutes.

1. Press the ① button.  
Your appliance is ready for use.
2. Press the button for the microwave power setting you require.  
The display above the power is lit up and a suggested cooking time is displayed.
3. Set the cooking time using the rotary selector.
- L. Press the ▷ button.  
Operation begins. The cooking time can be seen counting down.

**The cooking time has elapsed**

A signal sounds. Microwave operation is finished. Use the ① button to switch off the appliance. You can cancel the acoustic signal before it sounds using the ⏸ button.

**Opening the appliance door during cooking**

Cooking is paused. Press the ▷ button briefly once you have closed the appliance door. The programme will then continue.

**Changing the cooking time**

This is possible at any time. Change the cooking time using the rotary selector.

**Changing the microwave power setting**

Press the button for the new microwave power setting. Use the rotary selector to set the cooking time and restart the microwave.

**Cancelling cooking**

Press the □ button twice and use the ① button to switch off the appliance.

### **Notes**

When you switch on the appliance with the ① button, the highest microwave power always appears in the display as a suggestion.

If you open the appliance door during cooking, the fan may continue to run.

---

## **1,2,3 follow-on mode**

You can use the follow-on mode to set up to three different microwave power settings and times one after the other and then start.

You can also connect the grill to the microwave power settings.

**Ovenware**

Always use heat-resistant cookware which is suitable for microwaves.

## Setting follow-on mode

1. Press the ① button.  
Your appliance is ready for use.
2. Press the  $\overrightarrow{123}$  button.  
The  $\overrightarrow{1}$  for the first follow-on mode appears in the display.
3. Set the first microwave power and cooking time.
- L. Press the  $\overrightarrow{123}$  button.  
The  $\overrightarrow{2}$  for the second follow-on mode appears.
5. Set the second microwave power and cooking time.
6. Press the  $\overrightarrow{123}$  button.  
The  $\overrightarrow{3}$  for the third follow-on mode appears.
7. Set the third microwave power and cooking time.
8. Press the ▷ button.

Appliance operation begins. The total cooking time and  $\overrightarrow{1}$  symbol for the first follow-on mode appear in the display.

### The cooking time has elapsed

A signal sounds. Follow-on mode is finished. You can cancel the acoustic signal before it sounds using the ⏸ button.

### Changing the setting

Changes can only be made before operation begins. Press the  $\overrightarrow{123}$  button repeatedly until the number for the follow-on mode appears. Change the setting.

### Opening the appliance door during cooking

Cooking is paused. Press the ▷ button again briefly once you have closed the appliance door. The programme will then continue.

### Pausing cooking

Press the □ button. Cooking is paused. Press the ▷ button, cooking continues.

### Cancelling cooking

Press the □ button twice and use the ① button to switch off the appliance.

### Note

You can also combine the grill with the follow-on mode. First, set the follow-on mode.

# Grilling

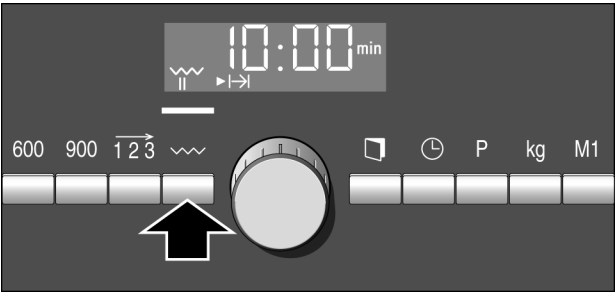
## Setting the grill

The following grill settings are available:

|       |             |          |                                |
|-------|-------------|----------|--------------------------------|
| Grill | Setting III | ⌚ high   | Press the ⌚ button once        |
| Grill | Setting II  | ⌚ medium | Press the ⌚ button twice       |
| Grill | Setting I   | ⌚ low    | Press the ⌚ button three times |

Example: Medium grill, setting III, 15 minutes

1. Press the ① button.  
Your appliance is ready for use.
2. Press the ⌚ grill button twice.  
Grill, level II ⌚ and 10:00 minutes appear in the display.



To set a different grill setting, press the ⌚ grill button again.

3. Set the cooking time using the rotary selector.



L. Press the ► button.

You will see the cooking time which was set ►|→ counting down.

**The cooking time has elapsed**

A signal sounds.

0:00 is shown in the display Press the □ button and use the ① button to switch off the appliance. You can stop the acoustic signal early by pressing the ⏸ button.

**Changing the setting**

You can change the grill setting at any time. Then press the ► button again.

**Pausing operation**

Open the appliance door. Grilling is interrupted. Press the ► button again once you have closed the door. Operation will then continue.

**Cancelling the setting**

Press the □ button twice and use the ① button to switch off the appliance.

### **Note**

If you open the appliance door during cooking, the fan may continue to run.

---

# MicroCombi operation

This involves simultaneous operation of the grill and the microwave. Using the microwave makes your dishes ready more quickly, but they are still nicely browned.

You can switch on all microwave power settings. Exception: 900 and 600 watt.

---

## Setting MicroCombi

Example: microwave 360 W, 17 minutes and grill level I.

1. Press the ① button.  
Your appliance is ready for use.
2. Press the button for the microwave power setting you require.  
A suggested cooking time appears.
3. Set the cooking time using the rotary selector.
4. Press the  button three times.  
The  and  symbols are lit in the display.
5. Press the  button.  
Operation begins. The cooking time can be seen counting down.

### The cooking time has elapsed

A signal sounds. Combination mode is finished. You can cancel the acoustic signal before it sounds using the  button.

### Changing the settings

You may change the grill setting or cooking time at any time. Then, press the  button and cooking continues.

### Cancelling cooking

Press the  button twice and use the ① button to switch off the appliance.

### Opening the appliance door during cooking

Cooking is paused. When you close the door, press the  button again to continue cooking.

### Pausing cooking

Press the  button. Cooking is paused. Press the  button, cooking continues.

## Notes

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

If you open the appliance door during cooking, the fan may continue to run.

---

# Automatic programmes

The automatic programmes enable you to prepare food very easily. You select the programme and enter the weight of your food. The automatic programme makes the optimum setting. You can select from 10 programmes.

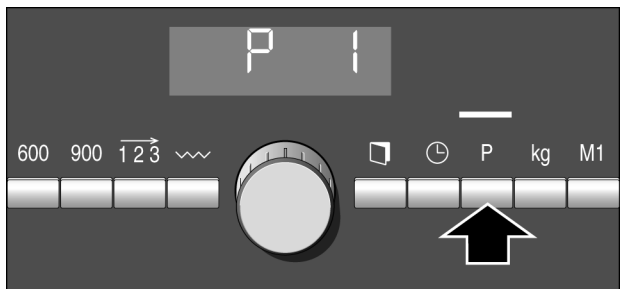
---

## Setting the programme

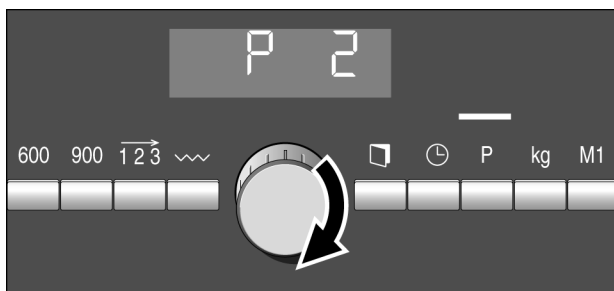
Once you have selected a programme, set the oven as follows.

Example in the diagram: programme 2 with 1 kg weight.

1. Press the ① button.  
Your appliance is ready for use.
2. Press the **P** button.  
The first programme number appears in the display.



3. Select the programme number with the rotary selector.



- L. Press the **kg** button.  
The weight suggestion 0.50 kg appears in the display.



5. Turn the rotary selector to set the weight.



6. Press the ▷ button.

The programme starts. The I→I cooking time counts down in the display.

### **Programme has finished**

A signal sounds. The programme has finished, the appliance no longer heats.

Use the ① button to switch off the appliance or make new settings. You can stop the acoustic signal early by pressing the ⏸ button.

### **Cancelling the programme**

Press the □ button twice or use the ① button to switch off the appliance.

### **Changing the programme**

Once the oven has started, the programme number and weight cannot be changed.

### **Changing the cooking time**

With automatic programmes, you cannot change the cooking time.

---

## **Notes on automatic programming**

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.

For the programs, always use microwave-proof ovenware such as glass, ceramic, or the glass pan. Observe the accessories tips in the program table.

Place the food in the cold appliance.

A table of suitable food with weight ranges and accessories required can be found after the tips.

It is not possible to set a weight outside the weight range.

With many dishes, a signal sounds after a certain time. Turn or stir the food.

### **Defrosting**

If possible, freeze and store food flat and in portions at -18 °C.

Put the frozen food on a flat dish, e.g. a glass or porcelain plate.

After defrosting, allow the food to defrost for a further 10 to 30 minutes until it reaches room temperature.

Liquid will be produced when defrosting meat, poultry or fish. Drain off this liquid when turning and under no circumstances should it be used for other purposes or be allowed to come into contact with other foods.

Place beef, lamb and pork on the dish fatty-side down first.

Bread should only be defrosted in the required amounts, as it quickly becomes stale.

After turning, remove any minced meat that has already defrosted.

whole poultry should be placed in the dish breast-side down and poultry pieces skin-side down.

## **Potatoes**

Boiled potatoes: cut into pieces of a uniform size. Add 2 tablespoons of water per 100 g potatoes, and add salt to taste.

Jacket potatoes: use potatoes of equal size. Wash the potatoes and prick them all over. Place the wet potatoes in a dish. Do not add water.

## **Rice**

Rice foams a lot during cooking. Therefore, use a high-sided dish with a lid. Enter the uncooked weight (without liquid).

Add two to two and a half times the amount of liquid to the rice.

Do not use boil-in-the-bag rice.

## **Vegetables**

Vegetables, fresh: cut into pieces of equal size. Add two tablespoons of water for every 100 g vegetables.

Vegetables, deep-frozen: this program is only suitable for blanched, not pre-cooked vegetables. The program is not suitable for frozen vegetables in cream sauce. Add 1 to 2 tablespoons of water per 100 g. Do not add water to spinach or red cabbage.

## **Baked potatoes**

Use potatoes of equal size.

Wash the potatoes and prick them all over.

Place the potatoes on the wire rack while they are still damp.

**Chicken halves**

Place the chicken halves on the wire rack with the skin side facing up.  
Place the wire rack in the glass pan so that it catches the dripping fat or meat juices.

**Standing time**

Some dishes need some cooling down time in the cooking compartment after the program has ended.

| Meal       | Standing time                                     |
|------------|---------------------------------------------------|
| Vegetables | approx. 5 minutes                                 |
| Potatoes   | approx. 5 minutes.<br>Strain the remaining water. |
| Rice       | 5-10 minutes                                      |

Observe the signals for stirring and turning.

| Food                                                                                                 | Programme number | Weight range  | Cookware/ accessories         |
|------------------------------------------------------------------------------------------------------|------------------|---------------|-------------------------------|
| <b>Defrosting</b>                                                                                    |                  |               |                               |
| Meat and poultry<br>- Joints<br>- Flat pieces of meat<br>- Mince<br>- Chicken, poulard, duck         | P1               | 0.2 - 2.0 kg  | Shallow cookware without lid. |
| Fish<br>Whole fish, fish fillet, fish cutlet                                                         | P2               | 0.1 - 1.0 kg  | Shallow cookware without lid. |
| Bread and cake*<br>Bread, whole, round or long, bread in slices, sponge cake, yeast cake, fruit flan | P3               | 0.2 - 1.5 kg  | Shallow cookware without lid. |
| <b>Cooking</b>                                                                                       |                  |               |                               |
| Potatoes<br>Boiled potatoes, unpeeled boiled potatoes                                                | P4               | 0.2 - 1.0 kg  | Dish with lid.                |
| Rice                                                                                                 | P5               | 0.05 - 0.3 kg | High-sided dish with lid.     |
| Fresh vegetables<br>Cauliflower, broccoli, carrot, kohlrabi, leek, pepper, courgette                 | P6               | 0.15 - 1.0 kg | Dish with lid.                |

| Food                                                                                     | Programme number | Weight range  | Cookware/ accessories    |
|------------------------------------------------------------------------------------------|------------------|---------------|--------------------------|
| Frozen vegetables<br>Cauliflower, broccoli, carrot, kohlrabi, red cabbage, spinach       | P7               | 0.15 - 1.0 kg | Dish with lid.           |
| Baked potatoes<br>Weight per potato approx. 200 g - 250 g                                | P8               | 0.2 - 1.5 kg  | Wire rack.               |
| Bake, frozen e.g. lasagne                                                                | P9               | 0.3 - 1.0 kg  |                          |
| Chicken, halved                                                                          | P10              | 0.5 - 1.8 kg  | Glass pan and wire rack. |
| * Cream cakes, buttercream cakes, cakes with frosting, icing or gelatine are unsuitable. |                  |               |                          |

# Memory

The memory allows you to store the setting for your favourite dish and call it up at any time. You have two memories available “**M1**” and “**M2**”.

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

## Storing settings in the memory

1. Press the ① button.  
Your appliance is ready for use.
2. Press the button for the microwave power setting you require.  
The display above the power is lit up and a suggested cooking time is displayed.
3. Set the cooking time using the rotary selector.
- L. Press the **M1** or **M2** button until **M1** or **M2** flashes and a signal sounds.

The setting is stored and can be started at any time.

### Storing another setting

Make new settings and store them. The old settings are overwritten.

---

## Starting the memory function

The stored settings for your dish can be started at any time.

1. Press the ① button.  
Your appliance is ready for use.
2. Press the **M1** or **M2** button.  
The stored settings are displayed.
3. Press the ▷ button.  
The memory starts. The cooking time **I→I** counts down in the display.

### Notes

Once the appliance has been started, you can no longer change the memory location.

The programmes which have been set also remain stored if there is a power cut.

### The cooking time has elapsed

A signal sounds. The memory has finished. Use the ① button to switch off the appliance or make new settings. You can cancel the acoustic signal before it sounds using the ⏸ button.

### Pausing

Press the □ button or open the appliance door. Cooking is paused. Press the ▷ button once you have closed the appliance door. The programme will then continue.

---

## Changing the basic settings

Your appliance has various basic settings that you can change at any time.

# Basic settings

The table lists all of the basic settings and the options for making changes.

| Basic setting                                                                                                                | Options                                        | Explanation                                                   |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------------------|
|  1 Clock display<br>1 = on                   | Clock display<br>2 = off                       | Display of the clock                                          |
|  2 Signal duration<br>2 = medium = 2 minutes | 1 = short = 10 seconds<br>3 = long = 5 minutes | Signal after the cooking time has elapsed                     |
|  3 Button tone:<br>1 = on                    | Button tone:<br>2 = off                        | Confirmation tone when a button is pressed                    |
|  4 Waiting time<br>2 = medium = 5 seconds    | 1 = short = 2 seconds<br>3 = long = 10 seconds | Waiting time between individual steps, after making a setting |

Prerequisite: Your appliance is switched off.

1. Press and hold the  button for several seconds.  
The first basic setting appears in the display.
2. Change the basic setting with the rotary selector.
3. Confirm with the  button.  
The next basic setting appears in the display.  
You can go through all of the basic settings with the  button and make changes with the rotary selector.
- L. Finally, press and hold the  button for a few seconds.

All settings are applied.

You may change the settings at any time.

---

# Care and cleaning

If carefully cleaned and taken care of, your microwave oven will remain fully functional and in a good condition for a long time to come. This section explains how to properly care for and clean your appliance.



Danger of short-circuiting.

Never use high-pressure cleaners or steam jets.



Risk of burning.

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

## Notes

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

Shadows on the door panel which look like streaks are light reflections from the oven light.

Unpleasant smells, e.g. after preparing fish, can be removed quite easily. Add a few drops of lemon juice to a cup of water. Place a spoon in the container to prevent delayed boiling. Heat the water for 1 to 2 minutes at the maximum microwave power setting.

---

## Cleaning agents

Surfaces are different and damage caused by using the wrong cleaning agent can be avoided by observing the information in the table below.

Do not use:

- any caustic or abrasive cleaning agents.
- metal or glass scrapers to clean the glass in the appliance door.
- metal or glass scrapers to clean the door seal.
- coarse scouring pads or cleaning sponges.

Rinse out new sponge cloths thoroughly before use.

| Area                                        | Cleaning agents                                                                                                                                                                                                                                                                                                |
|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Appliance front                             | Hot soapy water:<br>Clean using a dish cloth and then dry with a soft cloth.<br><br>Do not use metal or glass scrapers for cleaning.                                                                                                                                                                           |
| Stainless steel                             | Hot soapy water:<br>Clean using a dish cloth and then dry with a soft cloth. Remove any flecks of limescale, grease, starch and egg white immediately. Corrosion can form under such marks. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist retailers. |
| Cooking compartment                         | Hot soapy water or a vinegar solution:<br>Clean using a dish cloth and then dry with a soft cloth.<br><br>For heavy soiling:<br>Only use oven cleaner in a cold cooking compartment.                                                                                                                           |
| Cooking compartment made of stainless steel | Do not use oven spray or other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These agents scratch the surface.<br><br>Allow the interior surfaces to dry thoroughly.                                                                      |
| Door panels                                 | Glass cleaner:<br>Clean with a dish cloth.<br>Do not use metal or glass scrapers for cleaning.                                                                                                                                                                                                                 |
| Door seal<br>Do not remove.                 | Hot soapy water:<br>Clean with a dish cloth; do not scrub.<br><br>Do not use metal or glass scrapers for cleaning.                                                                                                                                                                                             |
| Accessories                                 | Hot soapy water:<br>Soak and then clean with a dish cloth or a brush.                                                                                                                                                                                                                                          |

## Troubleshooting

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

If one of your dishes does not turn out as you had hoped, please refer to the *Tested for you in our cooking studio* section. You will find many cooking tips and tricks there.

| Problem                                                                                        | Possible cause                                                        | Remedial action/notes                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The appliance does not work.                                                                   | The plug is not plugged into the mains.                               | Plug it in.                                                                                                                                                                                                   |
|                                                                                                | Power cut                                                             | Check whether the kitchen light switches on.                                                                                                                                                                  |
|                                                                                                | Blown fuse                                                            | Look in the fuse box to make sure that the fuse for the appliance is OK.                                                                                                                                      |
|                                                                                                | Operating error                                                       | Switch off the circuit breaker in the fuse box. After approx. 10 seconds switch it on again.                                                                                                                  |
| The appliance is not in operation. A cooking time appears in the display.                      | The ▷ button was not pressed after the setting had been made.         | Press the ▷ button or switch the appliance off.                                                                                                                                                               |
| The microwave does not switch on.                                                              | The door is not properly closed.                                      | Check whether leftover food or a foreign object is trapped in the door.                                                                                                                                       |
|                                                                                                | The ▷ button was not pressed.                                         | Press the ▷ button.                                                                                                                                                                                           |
| It takes longer than before for the food to heat up.                                           | The microwave power setting is too low.                               | Select a higher microwave power setting.                                                                                                                                                                      |
|                                                                                                | You have placed a larger amount of food than normal in the appliance. | Double the amount = almost double the cooking time.                                                                                                                                                           |
| A signal sounds. The two dots in the display are flashing.                                     | The appliance is in demonstration mode.                               | <ol style="list-style-type: none"> <li>1. Press the <math>\overrightarrow{123}</math> button.</li> <li>2. Press and hold the <b>P</b> button for 3 seconds.</li> </ol> The demonstration mode is deactivated. |
| The appliance switches off shortly after starting. Error message "H95" appears in the display. | The door is not properly closed.                                      | Open the door again and close it properly, if this does not help, contact the after-sales service.                                                                                                            |
| Error message "E723" appears in the display.                                                   | The door is not properly closed.                                      | Open and close the appliance with the  button.                                                                             |

| Problem                                                         | Possible cause                                                                              | Remedial action/notes                                                                                                                                               |
|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Error message "Er1" appears in the display.                     | The temperature sensor is faulty.                                                           | Call the after-sales service.                                                                                                                                       |
| Error message "Er11" appears in the display. "Button is jammed" | The buttons are dirty or the mechanics have jammed.                                         | Press all the buttons several times. Clean the buttons with a dry cloth. Open and close the appliance door. If this does not help, consult the after-sales service. |
| Error message "Er4" appears in the display.                     | There is extreme overheating (possibly a fire inside).<br>Microwave power setting too high. | Do not open the door.<br>Disconnect from the mains or switch off the fuse in the fuse box and allow to cool down.                                                   |
| Error message "Er18" appears in the display.                    | Technical fault.                                                                            | Call the after-sales service.                                                                                                                                       |



Risk of electric shock.

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

---

# After-sales service

Our after-sales service is there for you if your appliance should need to be repaired. You will find the address and telephone number of your nearest after-sales service point in the phone book. The listed after-sales service centres will also be pleased to give you the details of an after-sales service point near you.

## E number and FD number

Please quote the E number (product number) and the FD number (production number) of your appliance when contacting the after-sales service.

The rating plate bearing these numbers can be found on the right hand side after opening the appliance door.

You can make a note of the number of your appliance and the telephone number of the after-sales service in the space below to save time should it be required.

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

|                       |
|-----------------------|
| After-sales service ☎ |
|-----------------------|

Please note that a visit from an after-sales service engineer is not free of charge, even during the warranty period.

# Technical data

|                              |                       |
|------------------------------|-----------------------|
| Power supply                 | 220-240 V, 50 Hz      |
| Maximum total connected load | 1,990 W               |
| Microwave power setting      | 900 W (IEC 60705)     |
| Microwave frequency          | 2,450 MHz             |
| Grill                        | 1,300 W               |
| Fuse                         | min. 10 A             |
| Dimensions (HxWxD)           |                       |
| - appliance                  | 38.2 x 59.4 x 31.9 cm |
| - cooking compartment        | 22.0 x 35.0 x 27.0 cm |
|                              |                       |
| VDE approved                 | Yes                   |
| CE mark                      | Yes                   |

This appliance complies with standard EN 55011 or 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 indicates that the appliance is suitable for domestic use.

---

# Environmentally-friendly disposal



Dispose of packaging in an environmentally-friendly manner.

This appliance is labelled in accordance with European Directive 2002/96/EU on Waste Electrical and Electronic Equipment - WEEE.

The directive gives a framework for the collection and recycling of old appliances, which is valid across the EU.

---

## Dishes tested for you in our cooking studio

Here you will find a selection of dishes and the ideal settings for them. We will show you which type of heating and which temperature or microwave power setting are ideal for your dish. You can find information about suitable accessories and there are tips about cookware and preparation.

### Notes

The values in the table always apply to dishes placed in a cold and empty cooking compartment. Only preheat the appliance if this is specified in the tables. Before use, remove any accessories from the cooking compartment that you will not be using.

The times specified in the tables are only guidelines. They depend on the quality and consistency of the food.

Use the accessories supplied. Additional accessories may be obtained from specialist retailers or from the after-sales service.

Always use an oven cloth or oven gloves when taking accessories or cookware out of the cooking compartment.

# Defrosting, heating up and cooking with the microwave

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

The times specified in the tables are only guidelines. They may vary according to the ovenware used, the quality, temperature and consistency of the food.

Time ranges are often specified in the tables. Set the shortest time first and then extend the time if necessary.

It may be that you have different quantities from those specified in the tables.

A rule of thumb can be applied:  
Double amount – just under double cooking time,  
half amount – half the cooking time.

Stir or turn the food several times during the heating time. Check the temperature.

## Defrosting

Place the frozen food in an open container on the cooking compartment floor.

Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times.

Liquid will be produced when defrosting meat, poultry or fish. Drain off this liquid when turning and under no circumstances should it be used for other purposes or be allowed to come into contact with other foods.

Leave defrosted items to stand at room temperature for a further 10 to 30 minutes so that the temperature can stabilise. The giblets can be removed from poultry at this point.

|                                                                            | Amount  | Microwave setting in watts<br>Time in minutes | Notes                            |
|----------------------------------------------------------------------------|---------|-----------------------------------------------|----------------------------------|
| Whole joints of meat<br>e.g. beef, pork or veal<br>(with or without bones) | 800 g   | 180 W, 15 min. + 90 W, 15 - 25 min.           | Turn several times.              |
|                                                                            | 1,000 g | 180 W, 20 min. + 90 W, 20 - 30 min.           |                                  |
|                                                                            | 1,500 g | 180 W, 25 min. + 90 W, 25 - 35 min.           |                                  |
| Diced or sliced beef,<br>pork and veal                                     | 200 g   | 180 W, 5 - 8 min. + 90 W, 5 - 10 min.         | Separate the parts when turning. |
|                                                                            | 500 g   | 180 W, 8 - 11 min. + 90 W, 10 - 15 min.       |                                  |
|                                                                            | 800 g   | 180 W, 12 - 15 min. + 90 W, 15 - 20 min.      |                                  |

|                                               | Amount                  | Microwave setting in watts<br>Time in minutes                                                                 | Notes                                                                                                           |
|-----------------------------------------------|-------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Mixed minced meat                             | 200 g<br>500 g<br>800 g | 180 W, 2 min. + 90 W, 5 - 10 min.<br>180 W, 6 min. + 90 W, 8 - 13 min.<br>180 W, 10 min. + 90 W, 15 - 20 min. | Freeze flat if possible. Turn several times during defrosting and remove meat which has already been defrosted. |
| Poultry or poultry portions                   | 600 g<br>1,200 g        | 180 W, 8 min. + 90 W, 10 - 15 min.<br>180 W, 15 min. + 90 W, 20 - 25 min.                                     | Turn several times.                                                                                             |
| Fish<br>fillet, fish steak, slices            | 400 g                   | 180 W, 5 min. + 90 W, 10 - 15 min.                                                                            | Separate defrosted items.                                                                                       |
| Whole fish                                    | 300 g<br>600 g          | 180 W, 3 min. + 90 W, 10 - 15 min.<br>180 W, 8 min. + 90 W, 15 - 25 min.                                      | Turn half way through.                                                                                          |
| Vegetables e.g. peas                          | 300 g                   | 180 W, 10 - 15 min.                                                                                           |                                                                                                                 |
| Fruit<br>e.g. raspberries                     | 300 g<br>500 g          | 180 W, 6 - 9 min.<br>180 W, 8 min. + 90 W, 5 - 10 min.                                                        | Stir carefully during defrosting and separate the defrosted parts.                                              |
| Butter                                        | 125 g<br>250 g          | 180 W, 1 min. + 90 W, 1 - 2 min.<br>180 W, 1 min. + 90 W, 2 - 4 min.                                          | Remove all the packaging.                                                                                       |
| Whole loaf                                    | 500 g<br>1,000 g        | 180 W, 8 min. + 90 W, 5 - 10 min.<br>180 W, 12 min. + 90 W, 10 - 20 min.                                      | Turn half way through.                                                                                          |
| Dry cakes<br>e.g. creaming method cakes       | 500 g<br>750 g          | 90 W, 10 - 15 min.<br>180 W, 5 min. + 90 W, 10 - 15 min.                                                      | Separate the pieces of cake when turning them. Only for cakes without icing, cream or crème pâtissière.         |
| Juicy cakes<br>e.g. fruit cake and quark cake | 500 g<br>750 g          | 180 W, 5 min. + 90 W, 15 - 20 min.<br>180 W, 7 min. + 90 W, 15 - 20 min.                                      | Only for cakes without icing or gelatine.                                                                       |

## Defrosting, heating up or cooking frozen food

Always place the ovenware on the cooking compartment floor.

Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil.

Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware.

The different components of the meal may not require the same amount of time to heat up.

Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the container.

Stir or turn the food two or three times during the defrosting, heating or cooking time.

After heating, allow the food to rest for a further 2 - 5 minutes until it reaches an even temperature.

This will help the food retain its own distinct taste, so it will require less seasoning.

|                                                           | <b>Amount</b>  | <b>Microwave setting in<br/>watts<br/>Time in minutes</b> | <b>Notes</b>                                  |
|-----------------------------------------------------------|----------------|-----------------------------------------------------------|-----------------------------------------------|
| Menu, plated meal,<br>ready-made meals in<br>2 to 3 parts | 300-400g       | 600 W, 8 - 13 min.                                        |                                               |
| Soups                                                     | 400 g          | 600 W, 8 - 12 min.                                        |                                               |
| Stews                                                     | 500 g          | 600 W, 10 - 15 min.                                       |                                               |
| Meat in sauce e.g. goulash                                | 500 g          | 600 W, 10 - 15 min.                                       | Separate the pieces of meat<br>when stirring. |
| Fish, e.g. fillets                                        | 400 g          | 600 W, 10 - 15 min.                                       | You may add water, lemon juice<br>or wine.    |
| Bakes<br>e.g. lasagne and cannelloni                      | 450 g          | 600 W, 10 - 15 min.                                       |                                               |
| Side dishes<br>rice and pasta                             | 250 g<br>500 g | 600 W, 3 - 7 min.<br>600 W, 8 - 12 min.                   | Add a little liquid.                          |
| Vegetables e.g. peas, broccoli<br>and carrots             | 300 g<br>600 g | 600 W, 7 - 11 min.<br>600 W, 14 - 17 min.                 | Add water to cover the base of<br>the dish.   |
| Creamed spinach                                           | 450 g          | 600 W, 10 - 15 min.                                       | Cook without adding any water.                |

## Heating food

Always place the ovenware on the cooking compartment floor.

Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil.

Take ready-to-eat meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up .



When heating liquids, always place a spoon in the container to prevent delayed boiling. When delayed boiling occurs, this means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid can suddenly boil over or spatter. This can cause injuries and burns.

Stir or turn the food several times during the heating time. Check the temperature.

After heating, allow the food to rest for a further 2 to 5 minutes until it reaches an even temperature.

|                                                                 | Amount                     | Microwave settings in<br>watts<br>Time in minutes           | Notes                                                                                           |
|-----------------------------------------------------------------|----------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Menu, plated meal,<br>ready-made meals in two<br>to three parts |                            | 600 W, 5 - 8 min.                                           |                                                                                                 |
| Drinks                                                          | 125 ml<br>200 ml<br>500 ml | 900 W, ½ - 1 min.<br>900 W, 1 - 2 min.<br>900 W, 3 - 4 min. | Place a spoon in the container.<br>Do not overheat alcoholic<br>drinks. Check during heating.   |
| Baby food e.g. baby's<br>bottles                                | 50 ml<br>100 ml<br>200 ml  | 360 W, ½ min.<br>360 W, ½ - 1 min.<br>360 W, 1 - 2 min.     | Without the lid or teat. Always<br>shake well after heating. You<br>must check the temperature. |
| Soup      1 bowl<br>2 bowls                                     | 175 g<br>350 g             | 600 W, 1 - 2 min.<br>600 W, 2 - 3 min.                      |                                                                                                 |
| Meat in sauce                                                   | 500 g                      | 600 W, 7 - 10 min.                                          | Separate slices of meat.                                                                        |
| Stew                                                            | 400 g<br>800 g             | 600 W, 5 - 7 min.<br>600 W, 7 - 8 min.                      |                                                                                                 |
| Vegetables 1 portion<br>2 portions                              | 150 g<br>300 g             | 600 W, 2 - 3 min.<br>600 W, 3 - 5 min.                      |                                                                                                 |

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 container.

Cook the food in covered ovenware. Food should be stirred or turned during cooking.

This will help the food retain its own distinct taste, so it will require less seasoning.

After cooking, allow the food to rest for a further 2 to 5 minutes until it reaches an even temperature.

|                                      | Quantity                | Microwave power setting in W and duration in minutes                   | Notes                                                                                         |
|--------------------------------------|-------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Whole chicken, fresh without giblets | 1,200 g                 | 600 W, 25 - 30 mins                                                    | Turn halfway through the cooking time.                                                        |
| Fish fillet, fresh                   | 400 g                   | 600 W, 7 - 12 mins                                                     |                                                                                               |
| Vegetables, fresh                    | 250 g<br>500 g          | 600 watts, 5 - 10 mins<br>600 watts, 10 - 15 mins                      | Cut vegetables into pieces of equal size. Add 1 - 2 tbsp water per 100 g of vegetables.       |
| Side dishes, e.g. Potatoes           | 250 g<br>500 g<br>750 g | 600 W, 8 - 10 mins<br>600 W, 10 - 15 mins<br>600 W, 15 - 22 mins       | Cut potatoes into equal sized pieces. Add 1 - 2 tbsp water per 100 g, stir.                   |
| Rice                                 | 125 g<br>250 g          | 600 W, 4 - 6 + 180 W 14 - 16 mins<br>600 W, 6 - 8 + 180 W 14 - 16 mins | Add double the amount of liquid.                                                              |
| Desserts, e.g. Custard (instant)     | 500 ml                  | 600 W, 5 - 7 mins                                                      | Uncovered dish<br>Stir the custard thoroughly 2 to 3 times during cooking using an egg whisk. |
| Fruit, compote                       | 500 g                   | 600 W, 9 - 12 mins                                                     |                                                                                               |

# Tips for microwave operation

|                                                                                                      |                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| No settings are given for specified amounts of food.                                                 | Increase or decrease the cooking times according to the following rule of thumb:<br>Double the amount = almost double the time<br>Half the amount = half the time |
| The food becomes too dry.                                                                            | Set a shorter cooking time next time or select a lower microwave setting. Cover the food and add more liquid.                                                     |
| After the time has elapsed, the food is not defrosted, is not hot or is not cooked.                  | Set a longer time. Larger amounts and deeper dishes take longer to cook.                                                                                          |
| At the end of the cooking time, the food is overcooked on the outside but undercooked in the middle. | Stir the food during the cooking time and next time select a lower setting and a longer duration.                                                                 |
| After defrosting, the poultry or meat is cooked on the outside but still frozen in the middle.       | Next time select a lower microwave setting. In addition, turn large amounts of meat or poultry frequently when defrosting.                                        |

# Grilling table

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

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

Rinse meat in cold water and dab it dry with kitchen towel.

Do not add salt to the meat until it has been grilled.

Place the wire rack on the glass pan so that it catches the meat juices.

Use tongs to turn the pieces of food you are grilling. If you pierce the meat with a fork, the juices will run out and it will become dry.

Dark meat, e.g. beef, browns more quickly than lighter-coloured meat such as veal or pork. Do not let this worry you. When grilling light-coloured meat or fish fillets, these often only brown slightly on the surface, although they are cooked and juicy on the inside.

|                           | Quantity     | Weight             | Grill setting  | Time in minutes                                                      | Notes                                          |
|---------------------------|--------------|--------------------|----------------|----------------------------------------------------------------------|------------------------------------------------|
| Neck steaks               | 3 - 4 pieces | approx. 120 g each | high           | 1st side: approx. 15 minutes<br>2nd side: approx. 10 - 15 minutes    | 1 - 2 cm thick                                 |
| Grilled sausages          | 4 - 6 pieces | approx. 150 g each | high           | 1st side: approx. 5 - 10 minutes<br>2nd side: approx. 7 - 12 minutes |                                                |
| Fish steak                | 2 - 3 pieces | approx. 150 g each | high           | 1st side: approx. 10 minutes<br>2nd side: approx. 8 - 12 minutes     | Grease the wire rack with oil before grilling. |
| Fish, whole<br>e.g. trout | 2 - 3 pieces | approx. 150 g each | medium         | 1st side: approx. 10 minutes<br>2nd side: approx. 10 - 15 minutes    | Grease the wire rack with oil before grilling. |
| Pre-toasting bread        | 2 - 6 slices |                    | high           | 1st side: approx. 3 - 4 minutes<br>2nd side: approx. 3 - 4 minutes   |                                                |
| Toast with topping        | 2 - 6 slices |                    | medium or high | Depending on topping: approx. 5 - 9 minutes                          |                                                |

Set the first time using the rotary knob. Turn the food and then set the time for the second side.

## Combined grill and microwave

Use a high-sided dish for roasting. This keeps the cooking compartment cleaner.

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

Check that your ovenware fits in the cooking compartment. It should not be too big.

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 cutting it. This allows the meat juices to be distributed evenly so that they do not run out when the meat is cut.

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

Use the wire rack to place the ovenware on.

|                                                                | <b>Quantity<br/>Weight</b> | <b>Microwave power<br/>setting in watts</b> | <b>Grill setting</b> | <b>Cooking time in<br/>minutes</b> | <b>Notes</b>                                 |
|----------------------------------------------------------------|----------------------------|---------------------------------------------|----------------------|------------------------------------|----------------------------------------------|
| Roast pork,<br>e.g. neck of pork                               | Approx.<br>750 g           | 360 W                                       | low                  | 35 - 40 mins                       | Turn after approx.<br>15 minutes.            |
| Meat loaf<br>max. 7 cm deep                                    | Approx.<br>750 g           | 360 W                                       | medium               | Approx. 25 mins*                   |                                              |
| Chicken, halved                                                | Approx.<br>1200 g          | 360 W                                       | high                 | 40 mins                            |                                              |
| Chicken portions,<br>e.g. chicken quarters                     | Approx.<br>800 g           | 360 W                                       | medium               | 20 - 25 mins                       | Place with the skin side<br>up. Do not turn. |
| Duck breast                                                    | Approx.<br>800 g           | 180 W                                       | high                 | 25 - 30 mins                       | Place with the skin side<br>up. Do not turn. |
| Pasta bake<br>(using pre-cooked<br>ingredients)                | Approx.<br>1000 g          | 360 W                                       | low                  | 25 - 30 mins                       | Sprinkle with cheese.                        |
| Potato gratin<br>(made from raw<br>potatoes)<br>max. 3 cm deep | Approx.<br>1000 g          | 360 W                                       | medium               | Approx. 35 mins*                   |                                              |
| Fish, scalloped                                                | Approx.<br>500 g           | 360 W                                       | high                 | 15 mins                            | Defrost frozen fish<br>before cooking.       |
| Quark soufflé<br>max. 5 cm deep                                | Approx.<br>1000 g          | 360 W                                       | low                  | 20 - 25 mins                       |                                              |

# Test dishes in accordance with EN 60705

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

## Solo microwave cooking

| Dish             | Microwave power setting in W, cooking time in minutes | Notes                          |
|------------------|-------------------------------------------------------|--------------------------------|
| Custard, 1,000 g | 600 W, 11 - 12 mins + 180 W, 8 - 10 mins              | Pyrex dish                     |
| Sponge, 475 g    | 600 W, 7 - 9 mins                                     | Pyrex dish, dia. 22 cm         |
| Meat loaf, 900 g | 600 W, 25 - 30 mins                                   | Square Pyrex dish*, 28 cm long |

\* Use the wire rack to place the cookware on.

## Solo microwave defrosting

| Dish        | Microwave power setting in W, cooking time in minutes  | Notes                  |
|-------------|--------------------------------------------------------|------------------------|
| Meat, 500 g | Programme 1, 500 g or 180 W, 8 mins + 90 W 7 - 10 mins | Pyrex dish, dia. 24 cm |

## Microwave and grill cooking

| Dish                            | Microwave power setting in W, grill setting, cooking time in minutes | Notes                        |
|---------------------------------|----------------------------------------------------------------------|------------------------------|
| Potato gratin, 1,100g           | 360 W, + grill setting II, 25 - 30 mins                              | Round Pyrex dish, dia. 22 cm |
| Cake                            | -                                                                    | Not recommended              |
| Chicken, halved approx. 1,100 g | 360 W, + grill setting III, 40 - 45 mins                             | Wire rack, glass pan         |