



让烹饪和食用一样愉快

为保证您能充分利用该微波炉的技术优势，请仔细阅读本使用说明书。

此说明书首先将会向您告知一些有关安全方面的重要问题。然后会向您详细介绍此电器的各个部分以及具体如何使用它们。

我们将一步步地向您介绍完成有关烹饪的各种设置。这些设置很容易操作。

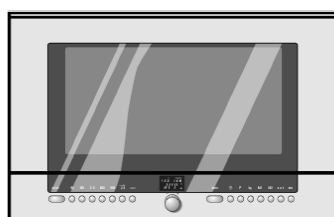
本使用说明书向您提供一些简单的菜谱，合适器皿以及理想设置等信息。这些信息在我们的烹饪实验室里已经经过了严格的测试。

对于一些使用中出现了一些小的故障，请参考故障检修章节。

一个详细的表格将帮助您迅速地找到您需要的方法。

衷心希望本产品能给您的烹饪带来的乐趣。

使用说明书



HF25G560
HF25G560TI

使用产品前请仔细阅读本使用说明书，并妥善保管！

西门子 微波炉	
型号:	HF25G560TI/HF25G560
机身颜色:	不锈钢
包装尺寸(mm):	480 x 460 x 680
机身尺寸(mm):	382 x 595 x 320
毛重(kg)	22
净重(kg):	19

所执行的中国国家标准:

GB4706.1-1998

家用和类似用途电器的安全 第一部分:通用要求

GB4706.21-2002

家用和类似用途电器的安全 微波炉的特殊要求

GB19606-2004

家用和类似用途电器噪音限值

总经销商: 江苏博西家用电器销售有限公司

南京市中山路129号中南国际大厦20、21楼

原产地: 英国

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重要信息

重要的安全操作要求

使用产品前请仔细阅读本使用说明书，只有这样您才能够正确，安全地操作本机器。

请妥善保管本使用和安装说明书，如果您转让本机器，请将说明书一并转让。

安装之前

请以环保的方式处理



打开机器包装，并以环保的方式处理包装材料。

此产品符合欧洲关于废旧电子电器 (WEEE) 的 2002/96/EC 指令。

运输损伤

打开机器包装后请检查机器是否损坏。

如果机器在运输过程中已经损坏，请不要使用。

电器连接

如果电源线有损坏，为避免事故，必须由制造商或其指定的服务人员进行更换。

安装和连接

本机器仅为家庭使用设计。

本机器仅为嵌入式使用设计，不适合放在橱柜顶部或内部使用。

请遵守特殊的安装指示。

本机器可以被安装在一个 60cm 宽的橱柜中(橱柜要求至少 30cm 深，离地 85cm)。

机器配备了一个电源插头，其必须联结在接地牢固的电源插座上。保险丝必须能够承受最大 10 安培的电流，(带有特殊触点 L 或 B 的自动循环断路器)。工作电压必须符合机器铭牌上规定的额定电压。

电源线和插头必须有专业人士安装联结。如果电源线长度不足以满足安装要求，则必须安装一个连接间隙在 3mm 以上的全极断路装置。

请勿使用适配器，多路插头等，过载有可能引起着火的风险！

重要信息

安全警告



机器仅为家庭使用设计，只可以用来烹饪食物。

请勿让以下情况下的成年人或儿童在无人看管的情况下操作机器：

- 如果他们在身体上，生理上或精神上没有能力完成操作；
- 如果他们的知识和经验不足以安全，正确地使用机器。

儿童和微波炉



儿童必须在正确指导下才可单独操作微波炉。他们必须能够正确操作本机器。他们必须知道说明书中提及的各种存在的危险。

当儿童使用机器时，他们必须能够控制自己不戏玩本器具。在使用组合加热模式时，儿童必须在有成人看护的情况下使用，如果不正确操作有烫伤的危险。

热的炉腔



打开微波炉门时请小心，热的蒸汽可能从中益处。

请勿触碰炉腔的内表面或加热元件，在使用过程中，易触部件可能变得很烫，有烫伤的危险。

儿童必须和微波炉保持一个安全的距离。

请勿存储易燃品在微波炉中，有着火的危险。

如果机器炉腔中冒烟，请勿打开炉门，有烫伤的危险，应拨下电源插头，关闭保险盒中的循环断路器。

请勿将电源线缠绕在微波炉门上，电源线的绝缘装置有可能被熔化，有短路的危险。

损坏的炉门或门封



当微波炉门打开或门封损坏时，请勿使用微波炉。否则微波能量有泄漏的危险。并停止使用微波炉直到机器被修复。

环境



请勿将微波炉放置在过热或过分潮湿的地方，有短路的危险。

不充分的清洁



定期清洁微波炉，清除所有食物残渣，如果不充分的清洁机器，有可能破坏机器的表面，并且随着时间的推移有可能对机器产生腐蚀的危险。

维修



不正确的维修是非常危险的，有可能产生触电的危险。维修必须由厂家指定的有经验的售后服务人员进行。

如果机器损坏，关闭保险盒中的保险丝或拔下电源插头，并致电售后服务。

请勿打开防止微波能量泄漏的保护盒，本机器为高压装置，小心触电。

微波操作的安全信息

食品准备



您所使用的微波炉仅为烹饪食物设计。将微波炉用于其他用途是非常危险的，并且有可能对炉具产生损坏，例如，加热谷物或谷类的皮，即使在几个小时之后，也有可能引起着火的危险，

微波功率和时间



不要选择大于必须的微波功率或时间，食物有着火的危险，有可能对机器造成损坏。

请遵守使用说明书中提供的信息。

微波器皿



仅使用适合微波炉的微波器皿。

瓷或陶瓷器皿在把手或盖子上可能会有小的孔隙，这些小的孔隙的下面可能隐藏了小的洞穴，任何液体渗入这些小的洞穴都可能对器皿造成损坏。
小心受伤的危险。

食物在微波炉中加热会辐射热量至器皿上，小心被烫伤。从微波炉中取出微波器皿时请使用手套或抹布。

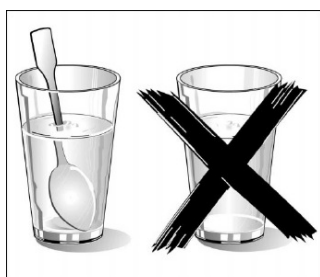
包装



请勿加热有隔热包装的食物，有着火的危险。
请勿在无人看管的情况下将食物放在塑料，纸质或其他易燃材料中加热。

食物在密闭包装中加热有可能发生爆炸，小心被烫伤。
请遵守食物包装上提供的信息。
从微波炉中取出食物时请使用手套或抹布。

饮料



当液体被加热时有可能产生沸腾延迟，沸腾延迟指的是液体达到了沸腾温度但没有产生通常情况下沸腾的液体会出现的气泡。容器最轻微的振动也可能导致液体沸腾或喷射出来，从而有可能导致对人的伤害和烫伤。

当加热液体时，请在盛液体的容器里放一把汤匙以防止沸腾延迟。

请勿在密闭容器中加热饮料或食物，有爆炸的危险。
请勿过渡加热酒精饮料，有爆炸的危险。

婴儿食品



请勿在密闭容器中加热婴儿食品，加热时请取下盖子或奶嘴。

加热后请均匀地摇晃或搅动，这样才能确保热量均匀的分配。

在喂婴儿食品前必须试一下温度，防止小孩被烫伤。

带壳或皮的食物



请不要在微波炉里煮带壳的鸡蛋或加热煮熟的鸡蛋，因为它们可能会破碎或爆裂。贝壳类动物和甲壳类动物也是如此。做煎蛋或水煮荷包蛋时在烹饪前必须将蛋黄挑破。

在烹饪带有硬壳或硬皮的食物如苹果、西红柿、土豆和香肠等时，在烹饪前必须在它们的表皮上刺一些孔以防止表皮爆裂。

干燥的食品



请勿用微波炉加热干燥的食品，有着火的危险。

含水量低的食物



请勿长时间或大功率的解冻或加热水含量低的食物，有着火的危险。

食用油



请勿长用微波炉加热食用油，有着火的危险。

您的新机器

这里我们将向您介绍机器的控制面板和开关，请利用这些选择按钮来熟悉您的新机器。

控制面板



功率选择按键

您可以通过这些按键来选择所需的微波加热功率。

90W	用于解冻精致的食品
180W	用于解冻和持续加热
360W	用于烹调肉类和加热精致的食品
600W	用于加热和烹饪食物
900W	用于加热液态的食物

旋钮

您可以使用这个旋钮来设置时钟，程序，加热时间以及自动程序中烹饪食物的重量。



您可以在任何位置将此旋钮推入机器中，再次按此旋钮时便可将其从机器中弹出。
旋钮可以顺时针或逆时针两个方向旋转。

范围:	
1 秒钟-1 小时 30 分钟	微波持续时间时间 注意：900W 时最大加热时间为 30 分钟
重量	取决于所选择的程序

操作开关和显示面板

电源开关	打开或关闭机器
门开关	打开微波炉门
烧烤按键	设定三个不同的烧烤设置
时钟按键	设定时钟
P 按键	设定自动程序
Kg 按键	设定自动程序中加热食物的重量
M1, M2 按键	选择记忆功能
123 按键 三阶段操作	在一次烹饪过程中设定三个不同的微波加热微波设置
停止按键	停止微波操作或取消设置
开始按键	启动微波炉

显示面板上会显示您所选择的按键。

电源开关

您可以通过“on/off”来打开或关闭您的微波炉。

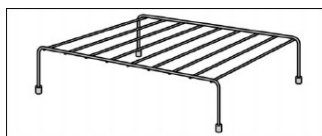
打开微波炉

按“on/off”键，此时屏幕上会显示：“on”。

关闭微波炉

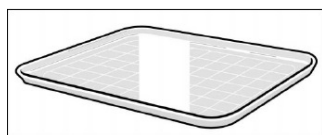
按“on/off”键，您的微波炉会被关闭。

附件



金属架

作为烤箱器皿或烧烤及褐化食品的表面。



玻璃盘

如果您直接用金属架烧烤食物时，玻璃盘可以用于防止油渍等的喷溅，使用时将其放在金属架的下面。

在使用微波功能时，玻璃盘还可以作为加热食物的容器。

冷却风扇

机器配备了一个冷却风扇，当机器被关闭后冷却风扇仍然可能持续工作。

当微波炉工作，机器依然不热时，冷却风扇仍有可能被激活，并且即使微波炉停止工作，冷却风扇仍然有可能持续工作。

首次使用前

本章我们将告诉您在首次使用产品前需要准备的事情。

加热微波炉，清洁附件。

阅读“重要信息”章中的安全指示。

加热烹饪腔

关闭炉门加热空腔 10 分钟左右，清除新的炉腔中的异味。

1. 按  烧烤按键一次。
 烧烤等级  和 10 分钟的加热时间显示在面板上。
2. 按下开始按键。
当烧烤时间结束时，会有声音信号响起，按停止键或打开微波炉门。

预清洁附件

在使用附件前请用抹布和肥皂水彻底清洁附件。

设定时间

1. 按“on/off”按键，在显示屏上显示“on”。
2. 按时钟按键 ，屏幕上显示 12:00。
3. 使用旋钮设定时钟。
4. 再次按下时钟按键  保存时间。

隐藏时钟

按住时钟按键  直到时钟显示屏幕变黑。

重设时钟

按住时钟按键  直到 12:00 在屏幕上显示。
按照上述步骤 3, 4 的要求重设时间。

注意

在 22:00-6:00 时，时钟的亮度会适当变暗。

如果您隐藏时钟功能，您的机器将在低等待工作状态。

微波功能

这里您可以找到有关微波器皿和如何使用微波功能的相关信息。

您可以直接或结合支架对食物设置微波功能。

表格与技巧

更多的关于解冻，加热和烹饪的实例请参考“表格与技巧”章节。

微波器皿

适合微波炉的器皿

由玻璃，玻璃陶瓷混合品，陶瓷或者抗热塑料等制成的且能够抵抗微波热量的器皿是可以在微波炉中使用的。这些材料不会反射微波。

您可以直接将装盛食物的器皿放入微波炉中加热，这样可以节省您的时间和清洁的工作。

只有在器皿制造商保证其产品适合微波炉使用的情况下，您才能使用带有金或银边的器皿。

不适合微波炉的器皿

请勿使用金属材质的器皿。这些器皿会对微波产生反射，使食物无法加热并且可能会破坏您的微波炉。

请确保汤匙之类的金属制品与炉内壁和炉门保持至少 2 厘米的间隔，否则炉门内面的玻璃有可能因为火花而损坏。

微波测试

除了您在做以下的微波器皿测试，请勿在微波腔内没有食物的情况下打开微波功能：

如果您不能确定您的器皿是否适合微波炉使用，您可以采取以下方法进行测试：

将空的器皿放在炉中并在最大功率下加热 30 至 60 秒钟。在此过程中检查温度。如果此器皿温度没有升高则适合微波炉使用，若发烫或迸发火花则不能在微波炉中使用。

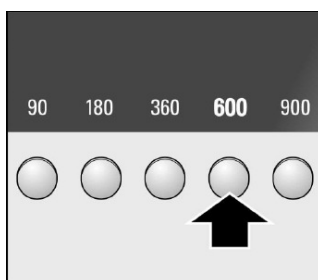
微波功率设置

微波功率	适合加热类型
90W	用于解冻精致的食品
180W	用于解冻和持续加热
360W	用于烹调肉类和加热精致的食品
600W	用于加热和烹饪食物
900W	用于加热液态的食物

设置步骤

使用 900W 的微波功率时最大加热时间为 30 分钟, 其他的微波加热功率下最大加热时间为 90 分钟。

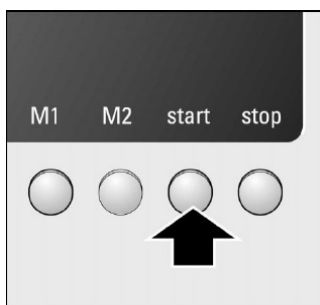
以下将向您具体讲述使用微波功能的操作步骤(以功率 600W, 加热时间 3 分钟为例)



1. 按下您需要的微波功率，1:00 分钟会出现在显示面板上。



2. 通过旋钮设置您需要的加热时间。



3. 按下开始按键。
微波加热时间会倒计时在显示面板上。

加热时间结束

会发出一个声音信号，机器停止工作。当您按下停止键或打开微波炉门后，时钟会再次显示在面板上。

改变加热时间

您可以在任何时候改变加热时间。

暂停

打开微波炉门，加热程序会被打断，当您关上炉门后，再次按下开始键，加热程序会继续进行。

取消加热设置

按下停止键。

注意

您也可以先设置加热时间，然后再设置微波功率。

如果您在机器工作时打开微波炉门，风扇可能保持工作。

三步设置

通过三步设置，你可以一次性设置三个不同的微波功率和时间，并且可以在微波过程中打开烧烤功能。

请使用耐热和适合微波的器皿。

例如：

1.600W/2 分钟

2.180W/5 分钟

3.90W/10 分钟

烧烤等级III

1. 按下 $\overrightarrow{123}$ 按键，屏幕上显示 1；
2. 按下您需要的微波功率设置；
选中的微波功率指示灯亮起，屏幕上显示 1:00 分钟。
3. 使用旋钮调节微波加热时间；
4. 按下 $\overrightarrow{123}$ 按键，屏幕上显示 2；
5. 按下您需要的微波功率设置；
选中的微波功率指示灯亮起，屏幕上显示 1:00 分钟。
6. 使用旋钮调节微波加热时间；

	7. 按下$\overrightarrow{123}$按键，屏幕上显示 3； 8. 按下您需要的微波功率设置； 选中的微波功率指示灯亮起，屏幕上显示 1:00 分钟。 9. 使用旋钮调节微波加热时间； 10. 按下烧烤功能按键  一次； ，III 和 10:00 分钟出现在显示面板上。 11. 按下开始按键。 总的工作时间会显示在面板上，然后递减至 0。正在工作的微波加热功率会变亮。
加热时间结束	会发出一个声音信号，机器停止工作。当您按下停止键或打开微波炉门后，时钟会再次显示在面板上。
暂停	打开微波炉门，加热程序会被打断，当您关上炉门后，再次按下开始键，加热程序会继续进行。
取消加热设置	按下停止键。
注意	不能连续两次选择相同的微波功率。 900W 的微波功率在一次加热过程中只可以选择一次。 您也可以先设置微波时间然后再设置微波功率。 烧烤功能可以和 90W，180W，360W 组合使用。 在开始前更改每步的设置： 按下$\overrightarrow{123}$按键直至对应的步骤在屏幕上显示。

烧烤功能

设置步骤

可以设置如下烧烤设置：

烧烤等级	I	低	按下烧烤按键  3 次
烧烤等级	II	中	按下烧烤按键  2 次
烧烤等级	III	高	按下烧烤按键  1 次

例如：
烧烤等级 III，15 分钟



1. 按下烧烤按键 。
再次按下烧烤按键  可以设置不同的烧烤功能。
2. 通过旋钮设置烧烤时间。
3. 按下开始按键。
此时烹饪时间在面板上递减。

烹饪结束后会响起一个声音信号，当您按下停止键或打开微波炉门后，时钟会再次显示在面板上。

调整

您可以在任何时候更改烧烤等级。

暂停

打开微波炉门，加热程序会被打断，当您关上炉门后，再次按下开始键，加热程序会继续进行。

取消烧烤设置

按下停止键。

注意

如果您在机器工作时打开炉门，风扇可能保持工作。

设置烧烤和微波组合功能

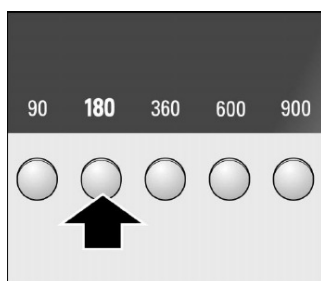
您可以单独或组合烧烤设置微波功能。

如果选用 900W 或 600W 的微波功率时，不能再设置烧烤功能。

设置步骤

例如：

微波功率 180W，烧烤等级 II，15 分钟加热时间。



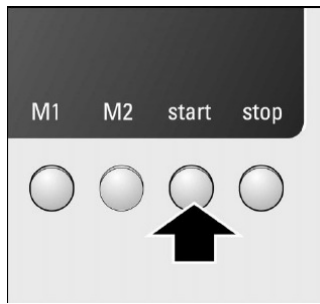
1. 按下您需要的微波功率设置；
面板上出现时间 1:00 分钟。



2. 通过旋钮选择您需要的烹饪时间；



3. 按下烧烤按键直到您所选择的烧烤等级出现。



4. 按下开始按键。
加热时间倒记在控制面板上。

加热时间结束

会发出一个声音信号，机器停止工作。当您按下停止键或打开微波炉门后，时钟会再次显示在面板上。

暂停

打开微波炉门，加热程序会被打断，当您关上炉门后，再次按下开始键，加热程序会继续进行。

取消加热设置

按下停止键两次，或者打开微波炉门然后按下停止键一次。

注意

您也可以先设置烧烤等级然后再设置微波功率和时间。

如果您在机器工作时打开炉门，风扇可能保持工作。

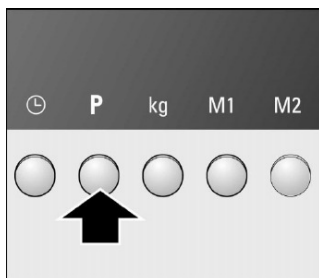
自动程序

设置步骤

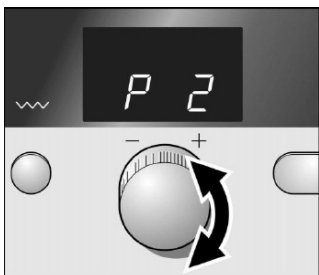
您可以通过自动程序轻松的解冻食物或方便快捷的烹饪出各式各样的菜肴。

例如：

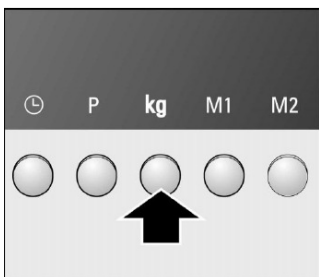
P2, 1.0kg



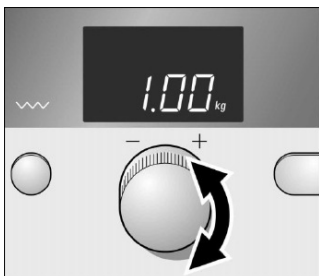
1. 按下按键 P；
屏幕上显示 P1。



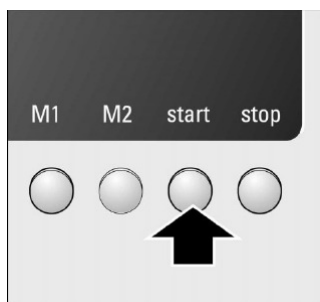
2. 通过旋钮选择您需要的程序；



3. 按下“kg”按键；
屏幕上显示默认的重量。



4. 通过旋钮选择您所需要的重量。



5. 按下开始按键。
加热时间倒记在显示面板上。

加热时间结束

会发出一个声音信号，机器停止工作。当您按下停止键或打开微波炉门后，时钟会再次显示在面板上。

暂停

打开微波炉门，加热程序会被打断，当您关上炉门后，再次按下开始键，加热程序会继续进行。

取消加热设置

按下停止键两次，或者打开微波炉门然后按下停止键一次。

注意

加热时间不可以被更改。

有些程序需要在加热过程中翻转或搅动食物，此时会有声音信号提示您。

如果您在机器工作时打开炉门，风扇可能保持工作。

您也可以先设置烧烤等级然后再设置微波功率和时间。

在自动程序模式下如果您按下程序按键“P”，或重量按键，此时程序序号或重量会分别在面板上显示 3 秒钟。

如果机器运行后按键 kg 闪烁，则表示重量没有输入。输入重量后重新按下开始按键。

记忆功能

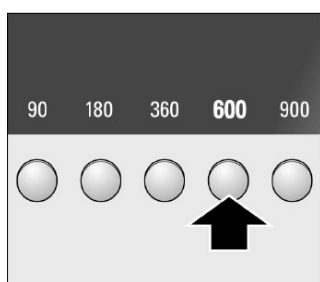
您可以使用记忆功能创建烹饪程序。您也可以存储并且在任何时候调用这些程序。

如果您需要一些特殊的程序来烹饪食物或者您经常烹饪一种菜肴，那么这些记忆功能将会非常有用。

存储记忆设置

例如：

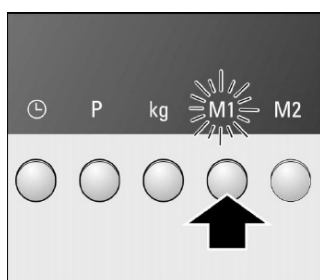
400W， M1， 4 分钟



1. 按下您需要的微波功率；
1:00 分钟出现在面板上。



2. 通过旋钮选择烹饪时间；



3. 按下记忆按键“M1”或“M2”，直至“M1”或“M2”闪烁并且声音信号响起。

这样设置便被保存并且时间重新显示在控制面板上。

重新设置记忆功能

如果您打算重新设置记忆功能，按下记忆按键，老的设置会显示，此时重新键入设置便可。

启动记忆功能

例如：

400W， M1， 4 分钟



您设置的程序可以轻松的被调用。
将食物放在炉腔中。

1. 按下记忆按键“M1”或“M2”；
存储的设置显示在控制面板上。



2. 按下开始按键，加热时间倒记在面板上。

加热时间结束

会发出一个声音信号，机器停止工作。当您按下停止键或打开微波炉门后，时钟会再次显示在面板上。

暂停

打开微波炉门，风扇可能保持工作。当您关上炉门后，再次按下开始键，加热程序会继续进行。

取消加热设置

按下停止键两次，或者打开微波炉门然后按下停止键一次。

注意

当机器已经运行，记忆功能不可以被更改。

当机器运行后您只可以更改烧烤等级和烹饪时间。

当电源断电后，记忆功能仍然会被存储。

更改信号持续时间

一段程序结束后会有一个声音信号响起。
您可以更改信号持续的时间：

短暂的信号持续时间 = S:5

中等的信号持续时间 =S:30 (默认设置)

较长的信号持续时间 =S:50

例如：
5 个信号周期

1. 按住按键"kg"直到 S:30 出现在屏幕上；
2. 通过旋钮选择需要的信号持续周期；
3. 按住按键"kg"直到"kg"闪烁并且伴随着一个声音信号响起。设置被存储，时间再次出现在面板上。

保养和清洁



请勿使用高压或蒸汽清洁器，有短路的危险。

请不要使用腐蚀性和研磨性的清洁剂，它们会使产品表面变粗糙。如果不慎撒落了一些，请立即用水擦净。

清洁剂

机器外部	使用肥皂水并用柔软的布料擦干
铝制前面板	请使用柔性的窗户清洁剂和柔软的布料或非绒性布料。请轻轻的来回擦拭。
不锈钢制前面板	使用柔软的布料擦干肥皂水。 尽快去除水垢，油脂，玉米粉和蛋白等，它们容易引起腐蚀。 特殊的不锈钢清洁剂可以从售后服务或专卖店中买到。
炉腔	使用热的肥皂水或稀释的醋清洁，清洁完成后用柔软的湿布擦干。
密封件	使用热的肥皂水清洁
门面板	使用玻璃清洁剂清洁
附件	浸泡在热的肥皂水中，使用刷子或海绵清洁

故障检修

有的故障其实解决起来很简单。在您联系售后服务人员之前详细阅读以下说明。

故障	可能的原因	注释/解决方法
机器不工作	没有插上电源	插上电源
	电力问题	察看厨房的灯是否亮着
	保险丝断	察看保险丝盒，确保提供给该机器的保险丝正常
	操作错误	将保险丝从保险丝盒中取出，10 秒钟后重新装回尝试
机器没有工作，面板上显示烹饪时间	程序旋钮被误操作	按下停止键
	当设置完成后没有按下开始键	按下开始键或者按下停止键取消操作
机器不运行	炉门没有关好	是否有食物阻挡了炉门关闭，密封表面必须清洁
	开始按钮没有按下	按下开始按钮
食物比往常加热时间长	微波设置太低	选择较高微波设置
	食物的量比平常多	双倍分量=双倍时间
面板上显示“Er1”	温度传感器故障	致电售后服务
面板上显示“Er11”	按键太脏或部件堵塞	将所有按键多按几次，如果故障依然存在，致电售后服务
面板上显示“Er14”	机器太热(内部可以已经起火) 微波功率设置太高	请勿打开微波炉门，拔下电源插头或取消保险丝
面板上显示“Er18”	技术故障	致电售后服务

只有受过专业训练的售后服务人员才能进行维修。

不正确的维修可能会给用户带来严重的人身伤害。

表格和技巧

本章将向您介绍烹饪食物及其设置。本章将向您介绍适合您烹饪的最佳微波设置和所选用的器皿。您将得到很多关于微波器皿和烹饪前准备的技巧。您还可以得到出现故障后的解决方法。

使用微波解冻加热和烹饪

下面的表格为您提供了微波烹饪的选项和设置。

表格中提供的时间仅可作为参考。器皿，食物的质量温度和密度都会影响到所需时间。

表格中会有一些时间范围。您应当先尝试最小的时间，如果有必要再延长时间。

您可能会有与表格中数量不同的食物。如下经验可供参考：

双倍份量—双倍时间

一半份量—一半时间

在加热的过程中翻转或搅动食物，检查炉腔温度。

解冻

请将需要解冻的食品放入开口容器中置于转盘上。

解冻肉类，家禽或鱼类时会产生液体，如果这些液体没有其他的用途，在翻转的时候将其排干。

解冻过程中请翻转或搅拌食物一至两次。大块的食物应当多次翻转。

请将解冻过的食物置于室温中约 10 至 30 分钟以使其温度稳定。家禽类食物可在此时处理杂碎。肉类食物即使中央还有冻处此时也已可以处理。

	数量	微波设置（瓦）和时间设置（分钟）		注意事项
整块肉，例如牛肉、猪肉或小牛肉(带骨或无骨)	800 克	180 瓦, 15 分钟	+90 瓦,15-25 分钟	翻转几次
	1000 克	180 瓦, 20 分钟	+90 瓦,20-30 分钟	
	1500 克	180 瓦, 25 分钟	+90 瓦,25-35 分钟	
切块或切片肉类	200 克	180 瓦, 5-8 分钟	+90 瓦,5-10 分钟	翻转时将各部分分开
	500 克	180 瓦,10-13 分钟	+90 瓦,10-15 分钟	
	800 克	180 瓦,12-15 分钟	+90 瓦,15-20 分钟	
混合碎肉	200 克	180 瓦 2 分钟	+90 瓦, 5-10 分钟	解冻过程中将它翻转数次，并取走已解冻的肉
	500 克	180 瓦,6 分钟	+90 瓦, 8-13 分钟	
	800 克	180 瓦,10 分钟	+90 瓦,15-20 分钟	
禽肉	600 克	180 瓦,8 分钟	+90 瓦,10-15 分钟	解冻过程中将它翻转数次
	1200 克	180 瓦,15 分钟	+90 瓦,20-25 分钟	
鱼片，鱼排	400 克	180 瓦,5 分钟	+90 瓦,10-15 分钟	分开已解冻部分
整条鱼	300 克	180 瓦,3 分钟	+90 瓦,10-15 分钟	解冻到一半时间时翻转一遍
	600 克	180 瓦,8 分钟	+90 瓦,15-25 分钟	
蔬菜（如豌豆）	300 克	180 瓦,10-15 分钟		
水果（如黑莓）	300 克	180 瓦,6-9 分钟		仔细搅拌，分开已解冻部分
	500 克	180 瓦,8 分钟	+90 瓦,5-10 分钟	
黄油	125 克	180 瓦,1 分钟	+90 瓦,1-2 分钟	去除包装
	250 克	180 瓦,1 分钟	+90 瓦,2-4 分钟	
整块面包	500 克	180 瓦,8 分钟	+90 瓦,5-10 分钟	解冻到一半时间时翻转一遍
	1000 克	180 瓦,12 分钟	+90 瓦,10-20 分钟	
干蛋糕	500 克	90 瓦,10-15 分钟		翻转时将蛋糕片分开，仅适用于不含冰或奶油的蛋糕
	750 克	180 瓦,5 分钟	+90 瓦,10-15 分钟	
果汁蛋糕(例如水果蛋糕和新鲜酪蛋糕)	500 克	180 瓦,5 分钟	+90 瓦,15-20 分钟	仅适用于不含冰或奶油的蛋糕
	750 克	180 瓦,7 分钟	+90 瓦,15-20 分钟	

解冻，加热或烹饪冷冻食物

请在炉腔地板上加入微波器皿。

覆盖食物。如果您的容器没有盖子，可以用盘子或特殊的微波铝箔充当。

准备好的食物去除包装。微波炉可使它们加热更迅速也更均匀。对不同的部分可采取不同的加热方式。

食物平铺加热比层叠加热速度更快。所以您最好在容器中将食物平铺而不是层叠。

您应当在加热的过程中搅拌或摇匀您的食物2至3次。

加热完成后请放置食物2-5分钟以使得温度稳定下来。

不同食物口味千差万别。您可酌情添加盐，辣椒等调味品。

	数量	微波设置（瓦）和时间设置（分钟）	注意事项
主餐、盘装主食、预制食物等	300-400 克	600 瓦，8-13 分钟	
汤	400 克	600 瓦，8-12 分钟	
炖肉	500 克	600 瓦，10-15 分钟	
汤汁肉（如菜炖肉）	500 克	600 瓦，10-15 分钟	搅拌时将肉片分开
鱼（片，排，段）	400 克	600 瓦，10-15 分钟	可加入水，柠檬汁或酒
烘焙食物（如意大利肉卷或烤宽面条）	450 克	600 瓦，10-15 分钟	将微波器皿放在金属架上
副菜，米饭，意大利面	250 克 500 克	600 瓦，3-7 分钟 600 瓦，8-12 分钟	加入少许水
蔬菜（如豌豆，椰菜，胡萝卜）	300 克 600 克	600 瓦，7-11 分钟 600 瓦，14-17 分钟	加水没过盘底
菠菜奶油沙司	450 克	600 瓦，10-15 分钟	请勿加水

加热食物

请在炉腔地板上加入微波器皿。

覆盖食物。如果您的容器没有盖子，可以用盘子或微波铝箔充当。

除去即食型食物的包装。微波炉可使它们加热更迅速也更均匀。对不同的部分可采取不同的加热方式。



当加热液体时，请在盛液体的容器里放一把汤匙以防止沸腾溢出，即液体达到了沸腾温度但没有产生通常情况下沸腾的液体会出现的气泡。容器最轻微的振动也可能导致液体沸腾或喷射出来，从而有可能导致对人的伤害和烫伤。

您应当在加热的过程中搅拌或摇匀您的食物 2 至 3 次。注意监控温度。

加热完成后请放置食物 2-5 分钟以使得温度稳定下来。

		数量	微波设置（瓦）和时间设置（分钟）	注意事项
主餐，盘装主食，预制食物等			600 瓦，5-8 分钟	
饮料		125 毫升	900 瓦，0.5-1 分钟	容器中放入汤匙。请勿过热酒精类饮料。加热过程中注意观察。
		200 毫升	900 瓦，1-2 分钟	
		500 毫升	900 瓦，3-4 分钟	
婴儿食品		50 毫升	360 瓦，0.5 分钟	勿加盖或奶嘴。加热后摇匀。必须检查温度。
		100 毫升	360 瓦，0.5-1 分钟	
		200 毫升	360 瓦，1-2 分钟	
汤	1 碗	175 克	600 瓦，1-2 分钟	
	2 碗	350 克	600 瓦，2-3 分钟	
多汁肉类		500 克	600 瓦，7-10 分钟	将肉片分开
炖肉		400 克	600 瓦，5-7 分钟	
		800 克	600 瓦，7-8 分钟	
蔬菜	1 份	150 克	600 瓦，2-3 分钟	
	2 份	300 克	600 瓦，3-5 分钟	

烹饪食物

食物平铺加热比层叠加热速度更快。所以您最好在容器中将食物平铺而不是层叠。

请使用有盖子的盘子烹饪食物，并且在烹饪的过程中移动或反转食物。

不同食物口味千差万别。您可酌情添加盐，辣椒等调味品。

加热完成后请放置食物 2-5 分钟以使得温度稳定下来。

以下情况请在餐具下面增加金属架：

- 如果加热时间超过 20 分钟；
- 如果食物不需要翻转。

	数量	微波设置（瓦）和时间设置（分钟）	注意事项
新鲜蔬菜	250 克	600 瓦,5-10 分钟	切成相等大小。每 100 克蔬菜加 1-2 大汤匙水
	500 克	600 瓦,10-15 分钟	
副菜，例如土豆	250 克	600 瓦,8-10 分钟	将土豆切成相等大小，加入 1-2 大汤勺水并搅拌
	500 克	600 瓦,12-15 分钟	
	750 克	600 瓦,15-22 分钟	
米饭	125 克	600 瓦,4-6 分钟 +180 瓦,14-16 分钟	加入 2 倍分量的水
	250 克	600 瓦,6-8 分钟 +180 瓦,14-16 分钟	
甜品，例如布丁	500 毫升	600 瓦， 5-7 分钟	烹饪过程中用打蛋器搅拌 2 至 3 次
水果，果盘	500 克	600 瓦， 9-12 分钟	

微波小技巧

没有找到您准备好的食物的重量或体积	依据下面原则增加或减少时间： 两倍数量 = 两倍的加热时间 一半数量 = 一半的加热时间
食物烧得太干	选择更短烹饪时间或低档的微波设置。加水，覆盖食物。
设定时间到时，食物仍未解冻，变热或烹饪完成	选择更长的烹饪时间和高档的微波设置。较大的食物需要较长时间烹饪。食物的厚度也会影响烹饪的时间。
设定时间到时，食物外表熟过了而内部却没有熟	烹饪过程中时不时地搅拌食物，下次烹饪的时候选择较低的微波设置和较长的时间。
解冻完成后，食物外表解冻了而内部却没有解冻	下次解冻时选择较低的微波设置。如果您解冻大量的食物，在解冻的过程中多翻转几次。

注意

烹饪结束后可能会在门玻璃，内腔壁和底板上产生冷凝水，这是正常现象，不会对微波炉产生影响。请在加热完成后擦干这些冷凝水。

烧烤表格

务必在烧烤架上烧烤并保证炉门关闭。不要预热。

表格中提供的时间等值仅可作为参考。所需时间会随着食物的分量和性质而变化。

烧烤前清洗净和擦干食物。请在烧烤后加盐。

请将烧烤架置于通用托盘内以收集肉汁。

请用钳子翻转食物。如果您用叉子刺食物，就会损失油脂并烤干。

诸如牛肉之类的红肉食物比小牛肉和猪肉之类的白肉食物更易变色。这很正常。烧烤白肉类食物或者鱼类等通常在外表只有一点变色，尽管内部和肉汁已经熟透。

	数量	重量	烧烤 级别	时间设置(分钟)	注意事项
颈肉	3-4 份	每份约 120 克	III	第一面 约 15 分钟 第二面 约 10-15 分钟	1-2 厘米厚
香肠	4-6 份	每份约 150 克	III	第一面 约 15 分钟 第二面 约 7-12 分钟	
鱼排	2-3 份	每份约 150 克	III	第一面 约 10 分钟 第二面 约 8-12 分钟	烧烤前用脂 涂抹烤架
整条鱼，如 (鲑鱼)	2-3 份	每份约 150 克	II	第一面 约 10 分钟 第二面 约 10-15 分钟	烧烤前用脂 涂抹烤架
烤面包	2-6 片		III	第一面 约 3-4 分钟 第二面 约 3-4 分钟	
芝士面包	2-6 片		II / III	视芝士多少而定 约 5-9 分钟	
请先用旋钮设定第一次的时间，然后将食物翻转并设定第二次的时间。					

烧烤微波组合功能

请使用高边的器皿，以保证炉腔清洁。

请用较大的平盘装盛烤面包等食物。较深较窄的容器会使食物需要更长时间完成烹饪，并且会使顶部过度褐化。

请注意不要使您的过大的器皿。转盘必须能够良好的转动。

请为您的食物设定所建议的最高烹饪时间。较短的时间可在下表中查到。

请在烧烤完成后将烤肉静止 5 至 10 分钟。这样肉汁会更均匀分布同时在您切割的时候不会流出来。

请在烤面包类食物烹调时间完成之后再放在炉内烹饪约 5 分钟。

请将器皿置于转盘上并请不要覆盖食物。

	重量	微波设置	烧烤级别	时间设置(分钟)	注意事项
烤猪肉，(如猪颈肉)	约 750 克	360 瓦	I	35-40 分钟	每 15 分钟翻转
烤肉面包(最高 7 厘米)	约 750 克	360 瓦	II	约 25 分钟	
整鸡，半鸡	约 1200 克	360 瓦	III	40 分钟	
鸡块，如 1/4 只鸡	约 800 克	360 瓦	II	20-25 分钟	皮向下，勿翻转
鸭胸脯	约 800 克	180 瓦	III	25-30 分钟	皮向下，勿翻转
烤意大利面(请用预制产品)	约 1000 克	360 瓦	I	25-30 分钟	撒上碎芝士
土豆面包(请用生的土豆，最高 3 厘米)	约 1000 克	360 瓦	I	约 35 分钟	
烤鱼	约 500 克	360 瓦	III	约 15 分钟	烧烤前解冻
小布丁 最高 5cm	约 1000 克	360 瓦	I	20-25 分钟	

自动程序的注意要点

将食物取出包装并称重，如果无法输入精确的重量值，则选择其上或下最接近的一个值。

请选用抗微波的器皿，如玻璃，陶瓷及玻璃盘等。请参考程序表中的关于附件的要求。

将食物放入冷的机器中。

在这些提示后您可以找个一个关于适合的食物，重量范围及附件要求的表格。

烹饪多种食物时，一段时间以后会发出声音信号。翻转或搅动食物。

解冻

如果有可能，将食物放在-18℃并分开存储。

请将食物置于诸如玻璃盘或瓷盘这样较浅的微波碗碟中。

食物解冻完成之后需要 10 至 30 分钟的时间以便温度稳定下来。

在解冻肉类，禽类或鱼类时会产生液体。这些液体绝对不可以使用或者和别的食物接触。

解冻牛肉、羊肉或猪肉时将脂肪面向下。请使用碟子。

由于面包等很容易变蔫，请只解冻需要的数量。

翻转过程中，取走已经解冻的食物。

解冻整只家禽时将家禽腹部向下，解冻家禽块时将皮肤面向下。

土豆

煮土豆：将土豆切成相同的大小。每 100g 中加入 2 大汤勺水，并且加入适量的盐和调味品。

带皮烤的土豆：使用相同大小的土豆，洗净并将全身表皮刺破，然后把湿的土豆放在盘子上，不需要加水。

米饭

米饭在烹饪的过程中会产生大量的泡沫，因此，选用高边带盖的器皿。输入将烹饪的米饭的重量(不含水)。加入 2-2.5 倍米饭容积的水。

请勿使用袋中沸腾的大米。

蔬菜

新鲜的蔬菜：将蔬菜切成相同的大小。每 100g 加入两大勺水。

深度冷藏的蔬菜：这个程序只适合清洗过的没有预加热的蔬菜。这套程序不适合在奶油沙拉中的冷冻蔬菜。每 100g 加入 1-2 大勺水，菠菜和红心菜无需加水。

烘烤土豆

使用大小相同的土豆。

清洗土豆，并将全身的表皮刺破。

在土豆依然潮湿的状态下将其放在烧烤架上。

半鸡

将半只鸡有皮的一面放在烧烤架上。

将烧烤架放在玻璃盘中这样可以防止脂肪和肉汁的滴落。

冷却时间

一些餐具在程序结束后需要在烹饪腔中冷却一段时间。

食物	冷却时间
蔬菜	大约 5 分钟
土豆	大约 5 分钟 根据遗留的水而定
米饭	5-10 分钟

食物	程序号码	重量范围	微波器皿/附件
解冻			
肉类和家禽 - 大块烤肉 - 平整的肉片 - 碎肉 - 小鸡, 肉鸡, 鸭子	P1	0.2-2.0kg	没盖的扁平盘子
鱼类 整条鱼, 鱼片, 鱼排	P2	0.1-1.0kg	没盖的扁平盘子
面包和蛋糕* 面包, 整块面包, 环形或长形面包, 片状面包, 松糕, 发酵糕, 水果馅饼	P3	0.2-1.5kg	没盖的扁平盘子
烹饪			
土豆 煮土豆, 带皮烤土豆	P4	0.2-1.0kg	没盖的盘子
米饭	P5	0.05-0.3kg	带盖的高边盘子
新鲜的蔬菜 花椰菜, 椰菜, 胡萝卜, 大头菜, 韭菜, 辣椒, 小胡瓜	P6	0.15-1.0kg	带盖的盘子
冷藏蔬菜 花椰菜, 椰菜, 胡萝卜, 大头菜, 红心菜, 菠菜	P7	0.15-1.0kg	带盖的盘子
烘烤土豆 每个土豆的重量大约在 200-250g	P8	0.2-1.5kg	烤架
烘烤深度冷冻的宽面条	P9	0.3-1.0kg	
整鸡, 半鸡	P10	0.5-1.8kg	烤架 玻璃盘
* 不适合冰淇淋蛋糕, 奶油冰淇淋蛋糕, 带糖霜的蛋糕, 糖霜或动物胶			

符合 EN 60705 标准的器皿测试

测试原理利用这些食物来测试微波炉的质量和功能。

只使用微波功能

食物	设置微波炉功率/时间	器皿
鸡蛋/牛奶混合物 565 克	600 瓦 8 分钟 +1800 瓦 15-20 分钟	耐热玻璃 22×17 厘米
蛋糕 475g	600 瓦 8-10 分钟	耐热玻璃 直径 22 厘米
肉块 900g	600 瓦 25-35 分钟	圆形的蛋糕罐 长 28 厘米 将器皿放在烧烤架上

只使用微波解冻

食物	设置微波炉功率/时间	器皿
肉, 500 克	程序 1500g 或者: 180 瓦 9 分钟 +90 瓦 8-10 分钟	编号 218 耐热玻璃容器 直径 24 厘米

使用微波和烧烤功能

食物	设置微波炉功率/时间	器皿
土豆, 1000g	360 瓦, +烧烤等级 II, 30-35 分钟	圆形的耐热玻璃, 直径 22cm
蛋糕		不推荐
鸡, 半鸡 大约 1100g	360 瓦, +烧烤等级 III, 40-45 分钟	烧烤架, 玻璃盘

客户服务相关信息/Customer Service Information

保修说明 / Warranty Instruction

1. 根据中华人民共和国《部分商品修理更换退货责任规定》，本机作为进口家用电器，自购买之日起整机包修一年，主要零部件包修一年。

用于生产经营目的、商用、公司集体使用等用途所购买的家电，其整机及主要零配件的包修期为 3 个月，除非购销合同中另有规定。

According to "the Regulations of Responsibility concerning Repair, Exchange and Return of some commodities", warranty period of imported appliance purchased for home use purpose is one year for the complete unit and one year for the main components. Warranty period of appliances purchased for business, commercial or company use is 3 months for complete unit and functional parts unless otherwise specified in the contract.

2. 厂方、商业单位出售的降价处理商品保修条件同上，降价部位不予包修。

Warranty period for appliances sold at reduced prices is the same, but no warranty claim for price reduced position.

3. 包修期内，用户送修时必须持有送修产品购买的有效发票和厂方指定的相关三包凭证，三包有效期自发票开具之日算起。用户应妥善保管保修卡和购机发票，送修时必须同时出示保修卡和购机发票。用户遗失购买发票时，应按出厂日期推算三包有效期。

Within warranty period, the consumer should show the valid purchase invoice of the appliance and other relevant guarantee documents defined by the manufacturer when asking for free of charge repair. Consumer should keep the warranty card and the purchase invoice properly and show them together when asking for free of charge repair. The warranty period starts from the invoice date. If the customer loses the invoice, it starts from the manufacturing date.

4. 下列项目不属于免费包修范围，应实行收费修理。

The following cases are not covered by the free of charge repair and should be paid by the customer:

- 用户搬运，安装，使用，维护，保管不当而损坏的。

Damage caused by improper transportation, installation, operation, maintenance and storage by customer.

- 使用电源电压低于 187 伏或高于 240 伏而损坏的。

Damage caused by power supply on customer site less than 187V or more than 240V.

- 自行或非厂方特约维修点拆修的。
Damage caused by unauthorized repair.
 - 无购买有效发票的。
Without valid purchase invoice.
 - 购买有效发票与修理产品不符或涂改的。
The valid purchase invoice is amended by customer or doesn't accord with the appliance.
 - 因不可抗力造成产品损坏的。
Damage caused by force majeure.
 - 过了免费包修期的。
Out of warranty.
5. 由于产品使用环境条件，如电源、水源、温度、湿度等非本公司所能控制的因素引起的一切损坏及损失，不在免费保修范围内。
If the appliances are used under condition of improper power supply, water supply, temperature or humidity, the damage and loss are not covered by the free of charge repair and should be paid by the customer. Because the factors mentioned above is beyond the control of manufacturer.
6. 技术员需要得到一些相应的机器信息，才能给您提供更快捷的服务，请提供：
In order to provide prompt service, our service staff needs specific information about the appliance. Please inform the following us to in detail:
- 详细的地址和电话号码
Exact address and telephone number.
 - 故障描述
Failure description.
 - 购机日期
Date of purchase.
 - 机器代码 (E-Nr.)、生产日期 (FD)
Product number (E-Nr.) and Production date (FD).

服务承诺 / Service Promises

- 24 hours hotline service
- 24 小时热线

- Door to door service within 24 hours within city boundary
- 市区 24 小时内上门

- Free of charge installation (except accessories and installation materials)
- 免费安装调试（材料费除外）

- Telephone consulting service
- 电话咨询服务

- Provide service a lifetime long
- 终身提供服务

保修卡

SIEMENS		西门子家电保修卡	
	顾客姓名		联系电话
	联系地址		
	购买日期		
	产品代码		发票号码
	维修点名称		维修点电话

SIEMENS		结算第五联	
	顾客姓名		联系地址
	购买日期		发票号码
	产品代码		出厂年月
	修理日期		出厂序号(箱号)

SIEMENS		结算第四联	
	顾客姓名		联系地址
	购买日期		发票号码
	产品代码		出厂年月
	修理日期		出厂序号(箱号)

SIEMENS		结算第三联	
	顾客姓名		联系地址
	购买日期		发票号码
	产品代码		出厂年月
	修理日期		出厂序号(箱号)

SIEMENS		结算第二联	
	顾客姓名		联系地址
	购买日期		发票号码
	产品代码		出厂年月
	修理日期		出厂序号(箱号)

SIEMENS		结算第一联	
	顾客姓名		联系地址
	购买日期		发票号码
	产品代码		出厂年月
	修理日期		出厂序号(箱号)

西门子家电 • 中国
江苏博西家用电器销售有限公司
中国江苏省南京中山路 129 号
中南国际大厦 20-21 层
邮编: 210005
[http: //www.siemens-ha.com.cn](http://www.siemens-ha.com.cn)

全国统一客户服务专线: 400 889 9999
24 小时免费客户服务咨询热线
800-828-9828
传真: 025-84701672

* 本资料如有变更, 恕不另行通知

Siemens Home Appliances. China
Jiangsu BS Home Appliances
CN International Mansion 20-21F
No.129, Zhangshan Road, Post code: 210005
Nanjing, Jiangsu, P.R. China
[http: //www.siemens-ha.com.cn](http://www.siemens-ha.com.cn)

Uniform customer service number in China: 400 889 9999
24 hours toll-free consulting care-line:
800-828-9828
Fax: 025-84701672

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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 the microwave oven has to offer.

It will provide you with important safety information. You will be familiarised with the individual components of your new microwave. And we will show you how to make settings step by step. It is quite simple.

The tables list the adjustment values for numerous well-known dishes. 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 your way around quickly.

Enjoy your meal.

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Important information

Important safety instructions

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

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

Before installation

Disposing in an environmentally-responsible manner



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

This appliance is labelled in accordance with the European Directive 2002/96/EC concerning used electrical and electronic appliances (waste electrical and electronic equipment – WEEE).

The guideline determines the framework for the return and recycling of used appliances as applicable.

Transport damage

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

If the supply cord is damaged, it must only be replaced by the manufacturer or its service personnel or similarly qualified person in order to avoid a hazard.

Electrical connection

If the power cable is damaged, it must be replaced by a specialist trained by the manufacturer in order to prevent hazards.

Installation and connection

This appliance is only intended for domestic use.

This oven is intended for built-in use only. It is not intended for counter-top use or for use inside a cupboard.

Please observe the special installation instructions.

The appliance can be installed in a 60 cm wide wall-mounted cupboard (at least 30 cm deep and 85 cm off the floor).

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

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

Adapters, multiway strips and extension leads must not be used. Overloading can result in a risk of fire.

Important information

Safety precautions



This appliance is intended only for domestic use. Only use the appliance for preparing foodstuffs.

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 the appliance correctly and safely.

Children and the microwave



Children may only prepare meals with the solo microwave 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.

When children use the appliance, they must be supervised to prevent them from playing with it. In combined operation mode, children may only use the appliance if they are supervised by adults. There is a risk of burning.

Hot cooking compartment



Open the appliance door carefully. Hot steam may escape.

Never touch the internal surfaces or the heating elements. During use accessible parts may become hot. There is a risk of burning.

Children must be kept at a safe distance from the appliance.

Never store combustible items in the appliance. Risk of fire.

Never open the appliance door if there is smoke inside. There is a risk of burning. Switch off the appliance. Switch off the circuit breaker in the fuse box.

Be careful with food that is prepared with drinks with a high alcohol content (e.g. cognac, rum).

Alcohol evaporates at high temperatures. In unfavourable circumstances, the alcohol vapours could catch fire in the appliance. There is a risk of burning.

Use only small quantities of drinks with a high alcohol content and open the appliance door carefully.

Never trap cables of electrical appliances in the hot appliance door. The cable insulation could melt. There is a risk of short-circuiting.

Damaged appliance door or door seal



Never use the microwave if the appliance door is open or if the door seal is damaged. Otherwise microwave energy may escape. Do not use the microwave again until it has been repaired.

Environment



Never expose the appliance to excessive heat or moisture. There is a risk of short-circuiting.

Inadequate cleaning



Clean the appliance on a regular basis and remove any food deposits. The surface of the appliance could be damaged and the appliance could corrode over time if it is not cleaned with sufficient care. Microwave energy could escape.

Repairs



Incorrect repairs are dangerous. There is a risk of electrocution. Repairs may only be carried out by one of our experienced after-sales engineers.

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

You must not open the casing which gives protection against exposure to microwave energy. The appliance is a high voltage appliance. Risk of electrocution.

Safety information for microwave operation

Food preparation



Use of the microwave is intended exclusively for the preparation of food. Using the microwave for other purposes may be dangerous and may result in damage, e.g. heated grain or cereal pillows could catch fire, even several hours later. Risk of fire.

Microwave power and time



Do not select a microwave power or time setting that is higher than necessary. The food could catch fire. The appliance could be damaged.

Risk of fire.

Follow the information provided in the instruction manual.

Ovenware



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

Porcelain or ceramic ovenware can have small perforations in the handles or lid. These perforations conceal a cavity below. Any liquid that penetrates this cavity could cause the ovenware to crack.

There is a risk of injury.

Meals heated in the microwave oven give off heat. The ovenware can become hot.

There is a risk of burning.

Always use an oven cloth or oven gloves to remove ovenware and accessories from the microwave.

Packaging



Never heat meals in heat-retaining packages.

Risk of fire.

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

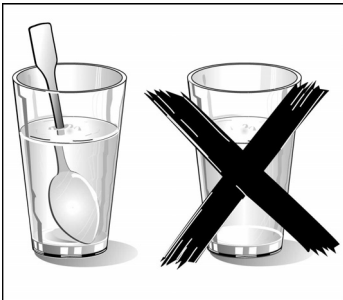
Airtight packaging may burst when food is heated.

There is a risk of burning.

Follow the information provided on the packaging.

Always use an oven cloth or oven gloves to remove meals.

Drinks



There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid can suddenly boil over or spatter.

There is a risk of burning.

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

Never heat drinks or other foods in containers that have been tightly sealed. There is a risk of explosion.

Never overheat alcoholic drinks.
There is a risk of explosion.

Baby food



Never heat baby food in closed containers. Always remove the lid or teat.
Stir or shake well after the food has been heated. This is the only way to ensure even heat distribution.
Check the temperature of the food before it is given to the child.
There is a risk of burning.

Foods with shells or skin



Never cook eggs in their shells. Never reheat hard-boiled eggs as they may crack or explode even after the microwave heating has ended. The same applies to shellfish and crustaceans.
There is a risk of burning.
Always prick the yolke when frying or poaching eggs.

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

Drying food



Never use the microwave to dry food.
Risk of fire

Food with a low water content



Do not defrost or heat food at too high a power or for too long if the food has a low water content, e.g. bread.
Risk of fire

Cooking oil

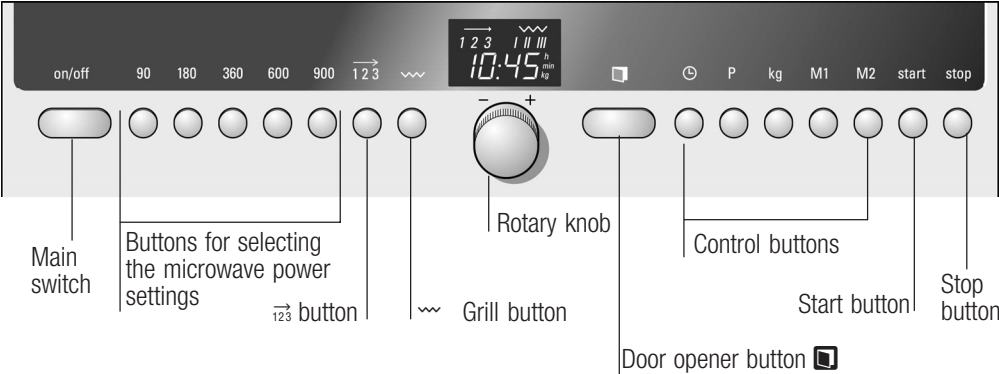


Never use the microwave to heat cooking oil on its own.
Risk of fire

Your new appliance

Use this section to familiarise yourself with your new appliance. The control panel and its switches are explained here.

Control Panel



Buttons for selecting the microwave wattage

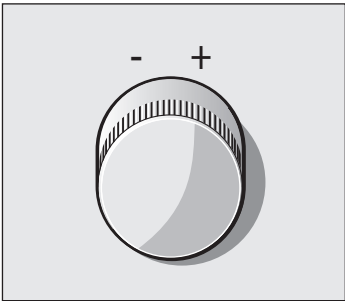
Use these buttons to select the microwave wattage required.

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

Rotary knob

You use the rotary knob to set the time, programme number, cooking time and weight for the automatic programs.

The rotary knob can be pushed in in any position. Press the control knob to pop it in and push it away. The rotary knob can be turned clockwise or anti-clockwise.



Operating switches and display panel

Ranges	
1 sec - 1.30 h	Microwave duration Exception: 900 W = 1 sec - 30 min
Weight	Depending on the programme

Main switch on/off	To switch your microwave oven on and off.
Door button 	To open the appliance door.
⚡ grill button	To set the three different grill settings.
🕒 clock button	To set the time.
P button	To set the automatic programmes.
kg button	To set the weight for the automatic programmes.
M1 and M2 buttons	To select a memory function.
123 button 3-stage operation	To set up to three different microwave settings to run consecutively.
stop button	To stop microwave operation or cancel the setting.
start button	To start microwave operation.

You can read the values that you have set on the display panel.

Main on/off switch

Switching on

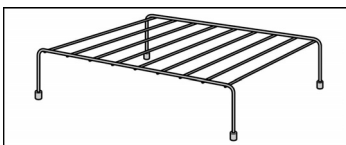
Use the main "on/off" switch to switch your microwave oven on and off.

Press the "on/off" button.
"on" lights up in the display.

Switching off

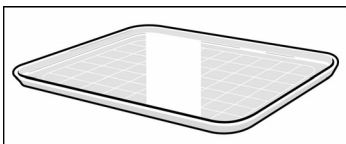
Press the "on/off" button.
Your microwave oven switches off.

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.

Cooling fan

The appliance is fitted with a cooling fan. The fan may continue to operate after the oven has been switched off.

When the microwave is in operation the oven remains cold. The cooling fan may switch on anyway. The fan may run on even when microwave operation has ended.

Before using for the first time

This section tells you everything you need to do before using the appliance for the first time.

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

Heating up the cooking compartment

Heat the empty cooking compartment with the door closed for 10 minutes to remove the new smell.

1. Press the ~ grill button once.
~ grill level III and 10.00 min appear in the display.
2. Press the start button.

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

Pre-cleaning the accessories

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

Set the time

1. Press the "on/off" button.
"on" lights up in the display.
2. Press the ⌚ clock button.
12:00 appears in the display.
3. Set the time using the rotary knob.
4. Confirm with the ⌚ clock button.

Hiding the clock

Press the ⌚ clock button until the clock display is blank.

Resetting the clock

Press the ⌚ clock button until 12:00 appears in the display.

Make the settings as described in steps 3 and 4.

Notes

The clock display does not light up to full brightness between 22:00 and 06:00.

If you have hidden the clock, your appliance runs in low standby operation.

The microwave

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

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

Tables and tips

Lots of examples of defrosting, heating and cooking are given in the "Tables and tips" section.

Ovenware

Suitable ovenware

Suitable dishes are heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic. These materials do not reflect microwaves.

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

Never use ovenware made of metal. Metal reflects microwaves.

Caution. Metal - e.g. a spoon in a glass - must be at least 2 cm away from the walls of the cooking compartment and 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

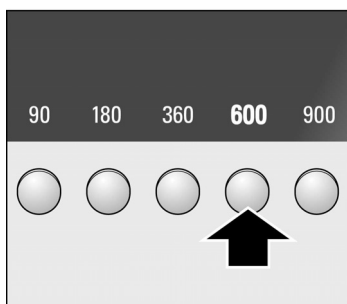
Microwave power setting	suitable for
900 watts	Heating liquids
600 watts	Heating and cooking food

360 watts	Cooking meat and heating delicate foods
180 watts	Defrosting and continued cooking
90 watts	Defrosting delicate foods

Setting procedure

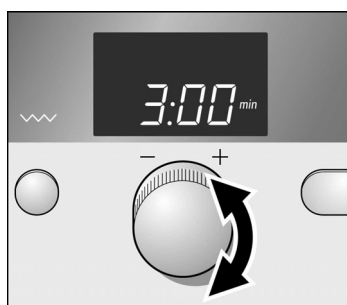
Example:
Microwave power 600 W,
3 minutes

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.

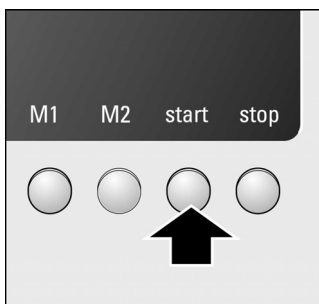


1. Press the button for the microwave power setting you require.

1:00 min appears in the display.



2. Set the cooking time using the rotary knob.



The cooking time has elapsed

Changing the cooking time

Pausing

Cancelling the setting

Notes

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

A signal sounds. The appliance switches off. The clock reappears in the display if you press the stop button and open the appliance door.

You may change the cooking time at any time.

Open the appliance door. The programme is interrupted. Press the start button again once you have closed the door. The programme will then continue.

Press the stop button.

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

If you open the appliance door while the appliance is in operation, the fan may continue to run.

3-stage operation

With 3-stage operation you can set up to 3 microwave power and time settings and also switch the grill on.

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

Example:

1. 600 W/2 minutes
2. 180 W/5 minutes
3. 90 W/10 minutes / grill setting III

1. Press the $\overline{123}$ button.
1 appears in the display.
2. Press the required microwave power setting.
The selected microwave power setting lights up in the display and 1:00 minute appears.
3. Set the cooking time using the rotary knob.

4. Press the  button.
2 appears in the display.
5. Press the required microwave power setting
The selected microwave power setting lights up in the display and 1:00 minute appears.
6. Set the cooking time using the rotary knob.
7. Press the  button.
3 appears in the display.
8. Press the required microwave power setting
The selected microwave power setting lights up in the display and 1:00 minute appears.
9. Set the cooking time using the rotary knob.
10. Press the  grill button once.
, III and 10.00 minutes appear in the display.
11. Press the Start button.
The total cooking time will appear in the display. It counts back to zero. The active microwave power setting lights up brighter.

The cooking time has elapsed

A signal sounds. The appliance switches off. The clock is displayed once more when you press the Stop button and open the appliance door.

Pausing

Open the appliance door. The programme is interrupted. Press the Start button again once you have closed the door. The programme will then continue.

Cancelling the setting

Press the Stop button.

Notes

The same microwave power setting cannot be selected twice in succession.
The 900 W power setting can only be selected once.

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

The grill can be combined with 90 W, 180 W and 360 W.

Changing a stage before starting:
Press the  button repeatedly until the stage is displayed and change the setting.

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

Grilling

Setting procedure

The following grill settings are available:

Grill	Setting I	Low	Press the  button 3 times
Grill	Setting II	Medium	Press the  button twice
Grill	Setting III	High	Press the  button once

Example:
Grill setting III, 15 minutes

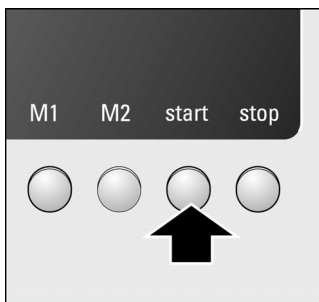


1. Press the  grill button.

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



2. Set the cooking time using the rotary knob.



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

A signal sounds once the cooking time has elapsed. The clock reappears in the display if you press the stop button and open the appliance door.

Adjustment

You may change the grill setting at any time.

Pausing

Press the stop button once or open the appliance door. Press the start button after closing the door.

Cancelling

Press the stop button.

Note

If you open the appliance door while the appliance is in operation, the fan may continue to run.

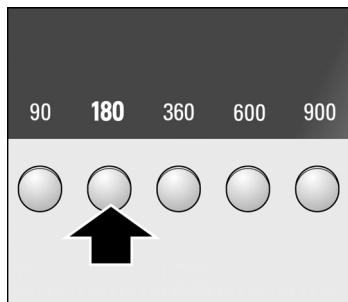
Setting the combined grill and microwave function

You can set the microwave on its own or in combination with the grill.
You cannot combine the 900 W and 600 W microwave settings with the grill.

Setting procedure

Example:

Microwave power setting
180 W, grill setting II,
15 minutes

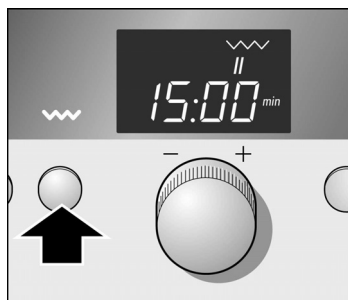


1. Press the button for the microwave power setting you require.

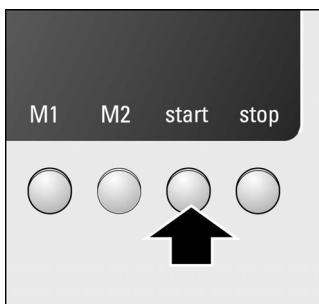
1:00 min appears in the display.



2. Set the required cooking time using the rotary knob.



3. Press the ☞ grill button repeatedly until the desired grill setting appears.



4. Press the start button.
The cooking time counts down in the display.

The cooking time has elapsed

Changing the setting

Pausing

A signal sounds. The appliance switches off. Open the appliance door or press the stop button.

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

Open the appliance door. The programme is interrupted. Press the start button again once you have closed the door. The programme will then continue.

Cancelling the setting

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

Notes

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

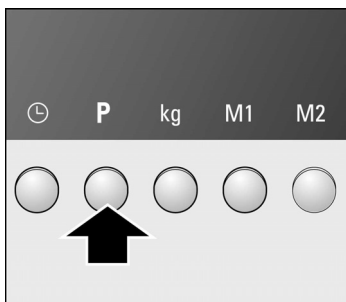
If you open the appliance door while the appliance is in operation, the fan may continue to run.

Automatic programming

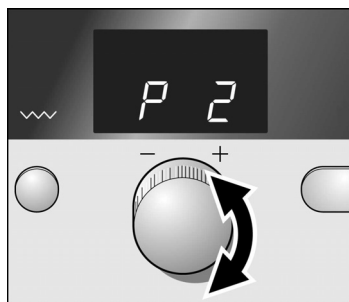
Setting procedure

You can use the automatic programming to defrost food with the greatest of ease and prepare a variety of dishes quickly and easily.

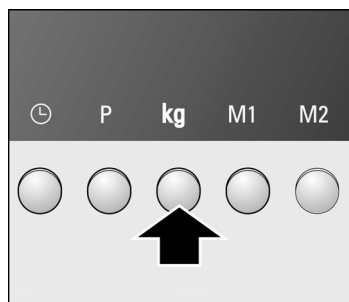
Example:
P2, 1.0 kg



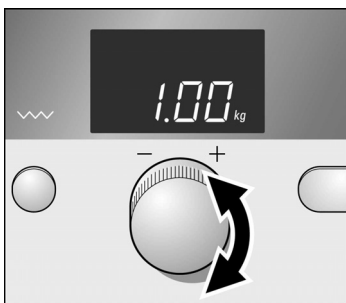
1. Press the “P” button.
P1 appears in the display.



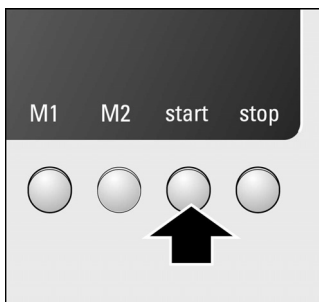
2. Use the rotary knob to select the required programme.



3. Press the “kg” button.
The default weight appears in the display.



4. Turn the rotary knob to set the weight.



5. Press the start button.

The cooking time counts down in the display.

The cooking time has elapsed

Pausing

A signal sounds. The appliance switches off. Open the appliance door or press the stop button.

Open the appliance door. Press the start button again once you have closed the door. The programme will then continue.

Cancelling

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

Notes

The cooking time cannot be changed.

Some programmes call for the food to be turned or stirred. A signal sounds.

If you open the appliance door while the appliance is in operation, the fan may continue to run.

If you press the "P" programme button or the  weight button in automatic mode, the programme number or weight selected is displayed for approximately 3 seconds respectively.

If the kg button flashes after the appliance has been started, a weight was not entered. Set the weight and press the start button.

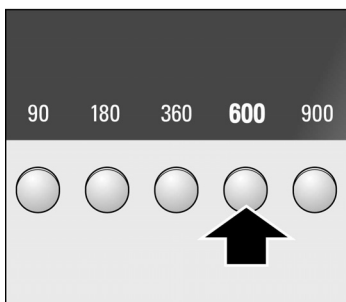
Memory

You can use the memory to create programmes. You can store the settings and retrieve them at any time.

The memory is useful if you require several different settings in order to prepare your dish or if you cook a dish particularly frequently.

Storing memory settings

Example:
600 W, M1, 4 minutes

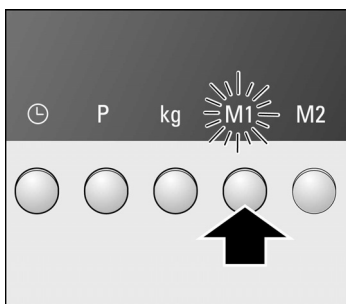


1. Press the button for the microwave power setting you require.

1:00 min appears in the display.



2. Set the cooking time using the rotary knob.



3. Press the “M1” or “M2” memory button until “M1” or “M2” flashes and a signal sounds.

The setting is stored.

The time reappears in the display.

Reallocate memory

If you want to reallocate memory, select the memory button. The old settings are displayed. Enter new settings.

Starting the memory function

Example:
600 W, M1, 4 minutes

The stored settings for your dish can easily be called up.

Place the dish in the cooking compartment.



1. Press the “M1” or “M2” button.

The stored settings appear in the display.



2. Press the start button.

The cooking time counts down in the display.

The cooking time has elapsed.

A signal sounds. Open the appliance door or press the stop button.

Pausing

Open the appliance door. The cooling fan may continue to run. Press the start button again once you have closed the door. The programme will then continue.

Cancelling the setting

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

Notes

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

You can only change the grill setting or cooking time after the appliance has been started.

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

Changing the signal duration

A signal sounds after the set duration has expired. You can change the duration of the acoustic signal.

Short signal duration = S:5

Medium signal duration = S:30 initial setting

Long signal duration = S:50

Example:
5 signals

1. Press the kg button until S:30 appears in the display.
2. Use the rotary button to select the desired signal duration.
3. Press and hold the kg button until kg flashes in the display and a signal sounds. The setting is stored and the time appears again.

Care and cleaning



Do not use high-pressure cleaners or steam jets. There is a danger of short-circuiting.

Do not use caustic or abrasive cleaning agents or sharp metal scrapers to clean the oven door glass. The surface could be damaged which may result in shattering of the glass. If an abrasive substance comes into contact with the frontage, wash it off immediately with water.

Cleaning agents

Appliance exterior	Use soapy water and dry with a soft cloth
 with aluminium front	Gentle window-cleaning agent. Using a soft window cloth or a non-fluffing microfibre cloth, wipe over the surfaces lightly in a horizontal direction.
 with stainless steel front	Use a soft cloth to subsequently dry off any soapy water. Always remove limescale, fat, eggwhite marks and starchy residue immediately. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist shops.
Cooking compartment	Use hot soapy water or a vinegar solution, then dry thoroughly with a soft cloth.
Seal	Hot soapy water
Door panel	Glass cleaner
Accessories	Soak in hot soapy water. Clean with a brush or sponge.

Troubleshooting

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

Problem	Possible cause	Notes/remedial action
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.
	Faulty operation	Switch off the fuse in the fuse box. Wait approximately 10 seconds. Switch on the fuses again.
The appliance is not in operation. A cooking time appears in the display.	The rotary knob was accidentally rotated.	Press the stop button
	The start button was not pressed after the setting had been made.	Press the start button or clear the setting by pressing the stop button.
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 start button was not pressed.	Press the start button.
The food takes longer than usual 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.
Appliance switches off shortly after starting. Error message "H95" appears in the display.	Door is not closed correctly.	Open the door again and close it correctly.

Problem	Possible cause	Notes/remedial action
Error message “Er1” appears in the display.	The temperature sensor is faulty.	Call the after-sales service.
Error message “Er11” appears in the display.	The buttons are dirty or the mechanics have jammed.	Press all buttons several times, and if this doesn't help, contact the after-sales service.
Error message “Er4” appears in the display.	There is extreme overheating (possibly a fire inside). Microwave power setting too high.	Do not open the door, disconnect from the mains or switch off the fuse in the fuse box and allow to cool down.
Error message “Er18” appear in the display.	Technical fault.	Call the after-sales service.

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

Incorrect repairs may result in serious injury to the user.

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 centre in the phone book. The after-sales service centres listed will also be happy to advise you of a service point in your local area.

E number and FD number

When contacting the after-sales service, always specify the product number (E no.) and the production number (FD no.) of your appliance. The rating plate bearing these numbers can be found on the right hand side by opening the appliance door. Make a note of these numbers in the space below to save time in the event of your appliance malfunctioning.

E no.	FD no.
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After-sales service ☎

Technical data

Power supply	230 V, 50 Hz
Max combi power consumption	1,990 watts
Microwave power output	900 watts (IEC 60705)
Microwave frequency	2,450 MHz
Dimensions (HxWxD)	
- Appliance	38.2 x 59.4 x 31.9 cm
- Cavity	22.0 x 35.0 x 27.0 cm
Weight	16,65 kg
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 generated for the purpose of heating food.
Class B indicates that the appliance is suitable for domestic use.

Tables and tips

Here you will find a selection of dishes and the ideal settings for them. This section describes which microwave power setting is best for your dish or which accessories you should use. You will receive many tips on the ovenware and preparation, and information on what to do if something goes wrong.

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

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.

	Amount	Microwave setting in watts Time in minutes	Notes
Menu, plated meal, ready-made meals in 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 when stirring.
Fish, e.g. fillets	400 g	600 W, 10 - 15 min.	You may add water, lemon juice or wine.
Bakes e.g. lasagne and cannelloni	450 g	600 W, 10 - 15 min.	Use the wire rack to place the ovenware on.
Side dishes	250 g	600 W, 3 - 7 min.	Add a little liquid.
rice and pasta	500 g	600 W, 8 - 12 min.	

	Amount	Microwave setting in watts Time in minutes	Notes
Vegetables e.g. peas, broccoli and carrots	300 g	600 W, 7 - 11 min.	Add water to cover the base of the dish.
	600 g	600 W, 14 - 17 min.	
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 .

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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 watts Time in minutes	Notes
Menu, plated meal, ready-made meals in two to three parts		600 W, 5 - 8 min.	
Drinks	125 ml	900 W, ½ - 1 min.	Place a spoon in the container. Do not overheat alcoholic drinks. Check during heating.
	200 ml	900 W, 1 - 2 min.	
	500 ml	900 W, 3 - 4 min.	

	Amount	Microwave settings in watts Time in minutes	Notes
Baby food e.g. baby's bottles	50 ml	360 W, ½ min.	Without the lid or teat. Always shake well after heating. You must check the temperature.
	100 ml	360 W, ½ - 1 min.	
	200 ml	360 W, 1 - 2 min.	
Soup 1 bowl 2 bowls	175 g	600 W, 1 - 2 min.	
	350 g	600 W, 2 - 3 min.	
Meat in sauce	500 g	600 W, 7 - 10 min.	Separate slices of meat.
Stew	400 g	600 W, 5 - 7 min.	
	800 g	600 W, 7 - 8 min.	
Vegetables 1 portion 2 portions	150 g	600 W, 2 - 3 min.	
	300 g	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.

Use the wire rack to place dishes on:

- if the meal requires more than 20 minutes cooking time
- if the meal does not need to be stirred.

	Amount	Microwave settings in watts Time in minutes	Notes
Fresh whole chicken without giblets	1.2 kg	600 W, 22 - 25 min.	Turn half way through the cooking time.
Fresh fish fillet	400 g	600 W, 7 - 12 min.	

	Amount	Microwave settings in watts Time in minutes	Notes
Fresh vegetables	250 g	600 W, 5 - 10 min.	Cut vegetables into pieces of equal size. Add 1 to 2 tablespoons of water per 100 g of vegetables.
	500 g	600 W, 10 - 15 min.	
Side dishes e.g. potatoes	250 g	600 W, 8 - 10 min.	Cut potatoes into pieces of equal size. Add 1 to 2 tablespoons of water per 100 g and stir.
	500 g	600 W, 12 - 15 min.	
	750 g	600 W, 15 - 22 min.	
Rice	125 g	600 W, 4 - 6 + 180 W 14 - 16 min.	Add double the amount of liquid.
	250 g	600 W, 6 - 8 + 180 W 14 - 16 min.	
Sweets e.g. pudding (instant), fruit, compote	500 ml	600 W, 5 - 7 min.	Stir the pudding thoroughly using an egg whisk 2 to 3 times during the cooking.
	500 g	600 W, 9 - 12 min.	

Microwave tips

You cannot find any information about the settings for the quantity of food you have prepared.

Increase or reduce the cooking times using the following rule of thumb:
Double amount = double cooking time
half amount = half the cooking time

The food has become too dry.

Next time, set a shorter cooking time or select a lower microwave power setting. Cover the food and add more liquid.

When the time has elapsed, the food is not defrosted, hot or cooked.

Set a longer time. Large quantities and food which is piled high require longer times.

When the time has elapsed, the food is overheated at the edge but not done in the middle.

Stir it during the cooking time and next time, select a lower microwave power setting and a longer cooking time.

After defrosting, the poultry or meat is defrosted on the outside but not defrosted in the middle.

Next time, select a lower microwave power setting. If you are defrosting a large quantity, turn it several times.

Note

Condensation may appear on the door panel, interior walls and floor. This is normal and does not affect the operation of the microwave. Please wipe away the condensation after cooking.

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.

	Amount	Weight	Grill stage	Time in minutes	Notes
Neck steaks	3-4 pieces	approx. 120 g each	III	1st side: approx. 15 minutes 2nd side: approx. 10 - 15 minutes	1-2 cm thick
Sausages	4-6 pieces	approx. 150 g each	III	1st side: approx. 5 - 10 minutes 2nd side: approx. 7 - 12 minutes	
Fish steak	2-3 pieces	approx. 150 g each	III	1st side: approx. 10 minutes 2nd side: approx. 8 - 12 minutes	Grease the wire grill with oil before grilling.
Whole fish e.g. trout	2-3 pieces	approx. 150 g each	II	1st side: approx. 10 minutes 2nd side: approx. 10 - 15 minutes	Grease the wire grill with oil before grilling.
Bread for toasting	2-6 slices		III	1st side: approx. 3 - 4 minutes 2nd side: approx. 3 - 4 minutes.	
Cheese on toast	2-6 slices		II/III	Depending on topping: approx. 5 - 9 minutes	

Set the first time using the 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.

	Amount Weight	Microwave settings in watts	Grill stage	Duration, min.	Notes
Roast pork, e.g. neck of pork	approx. 750 g	360 W	I	35-40 min.	Turn after approx. 15 minutes.
Meat loaf max. 7 cm high	approx. 750 g	360 W	II	approx. 25 min.	
Chicken, ½	approx. 1200 g	360 W	III	40 min.	
Chicken pieces, e.g. chicken quarters	approx. 800 g	360 W	II	20-25 min.	Cook with the skin down. Do not turn.
Duck breast	approx. 800g	180 W	III	25-30 min.	Cook with the skin down. Do not turn.
Pasta bake (using pre-cooked ingredients)	approx. 1000 g	360 W	I	25-30 min.	Sprinkle with grated cheese.
Potato gratin (using raw potatoes) max. 3 cm high	approx. 1000 g	360 W	II	approx. 35 min.	
Fish, grilling	approx. 500 g	360 W	III	approx. 15 min.	Defrost frozen fish before cooking.
Quark pudding max. 5 cm high	approx. 1000 g	360 W	I	20-25 min.	

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. Always put meat on a saucer.

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. Strain the remaining water.
Rice	5-10 minutes

Food	Program number	Weight range	Ovenware/ accessories
Defrosting			
Meat and poultry - Roasts - Flat pieces of meat - Mince - Chicken, poulard, duck	P1	0.2 - 2.0 kg	Flat dish without lid.
Fish Whole fish, fish fillet, fish cutlet	P2	0.1 - 1.0 kg	Flat dish without lid.
Bread and cake* Bread, whole, round or long, bread in slices, sponge cake, yeast cake, fruit pie	P3	0.2 - 1.5 kg	Flat dish without lid.
Cooking			
Potatoes Boiled potatoes, jacket potatoes	P4	0.2 - 1.0 kg	Dish with lid.
Rice	P5	0.05 - 0.3 kg	Tall dish with lid.
Fresh vegetables Cauliflower, broccoli, carrot, kohlrabi, leek, pepper, courgette	P6	0.15 - 1.0 kg	Dish with lid.
Frozen vegetables Cauliflower, broccoli, carrot, kohlrabi, red cabbage, spinach	P7	0.15 - 1.0 kg	Dish with lid.
Baked potatoes Weight per potato approx. 200 g-250 g	P8	0.2 - 1.5 kg	wire rack
Bake, deep-frozen lasagne	P9	0.3 - 1.0 kg	
Chicken, halved	P10	0.5 - 1.8 kg	wire rack glass pan
* Cream cakes, buttercream cakes, cakes with frosting, icing or gelatine are unsuitable.			

Test dishes in accordance with EN 60705

The quality and function of microwave appliances is tested by testing institutes using the following dishes.

Solo microwave cooking

Meal	Microwave power setting in W, cooking time in minutes	Notes
Custard, 565 g	600 W, 8 mins + 180 W, 15-20 mins	Pyrex, 22 x 17 cm
Sponge, 475 g	600 watts, 8-10 mins	Pyrex, 22 cm diameter
Meat loaf, 900 g	600 watts, 25-30 mins	Pyrex cake tin*, 28 cm long
* Use the wire rack to place the ovenware on.		

Solo microwave defrosting

Meal	Microwave power setting in W, cooking time in minutes	Notes
Meat, 500 g	Programme 1, 500 g or 180 W, 9 mins + 90 W, 8-10 mins	Pyrex no. 218, 24 cm diameter

Microwave and grill cooking

Meal	Microwave power setting in W, grill setting, cooking time in minutes	Notes
Potato gratin, 1,000g	360 W, + grill setting II, 30-35 mins	Round Pyrex, 22 cm diameter
Cake	-	Not recommended
Chicken, halved approx. 1,100 g	360 W + grill setting III, 40 -45 mins	Wire rack, glass pan