

SIEMENS



Microwave

微波

HB84H501HK

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Additional information on products, accessories, replacement parts and services can be found at www.siemens-home.com and in the online shop www.siemens-eshop.com

Important safety information

Read these instructions carefully. Only then will you be able to operate your appliance safely and correctly. Retain the instruction manual for future use or for subsequent owners.

This appliance is only intended to be fully fitted in a kitchen. Observe the special installation instructions.

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

Only a licensed professional may connect appliances without plugs. Damage caused by incorrect connection is not covered under warranty.

This appliance is intended for domestic use only. The appliance must only be used for the

preparation of food and drink. The appliance must be supervised during operation. Only use this appliance indoors.

This appliance may be used by children over the age of 8 years old and by persons with reduced physical, sensory or mental capabilities or by persons with a lack of experience or knowledge if they are supervised or are instructed by a person responsible for their safety how to use the appliance safely and have understood the associated hazards.

Children must not play with, on, or around the appliance. Children must not clean the appliance or carry out general maintenance unless they are at least 8 years old and are being supervised.

Keep children below the age of 8 years old at a safe distance from the appliance and power cable.

Always insert the accessories into the cooking compartment correctly. See *"Description of accessories"* in the instruction manual.

Risk of fire!

- Combustible items stored in the cooking compartment may catch fire. Never store combustible items in the cooking compartment. Never open the appliance door if there is smoke inside. Switch off the appliance and unplug it from the mains or switch off the circuit breaker in the fuse box.

- Using the appliance for anything other than its intended purpose is dangerous and may cause damage.

The following is not permitted: drying out food or clothing, heating slippers, grain or cereal pillows, sponges, damp cleaning cloths or similar.

For example, heated slippers and grain or cereal pillows may catch fire, even several hours after they have been heated. The appliance must only be used for the preparation of food and drinks.

- Food may catch fire. Never heat food in heat-retaining packages.
Do not leave food heating unattended in containers made of plastic, paper or other combustible materials.
Do not select a microwave power or time setting that is higher than necessary. Follow the information provided in this instruction manual.
Never use the microwave to dry food.
Never defrost or heat food with a low water content, e.g. bread, at too high a microwave power or for too long.
- Cooking oil may catch fire. Never use the microwave to heat cooking oil on its own.

Risk of explosion!

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

Risk of serious damage to health!

- The surface of the appliance may become damaged if it is not cleaned properly. Microwave energy may escape. Clean the appliance on a regular basis, and remove any food residue immediately. Always keep the cooking compartment, door seal, door

and door stop clean; see also section *Care and cleaning*.

- Microwave energy may escape if the cooking compartment door or the door seal is damaged. Never use the appliance if the cooking compartment door or the door seal is damaged. Contact the after-sales service.
- Microwave energy will escape from appliances that do not have any casing. Never remove the casing. For any maintenance or repair work, contact the after-sales service.

Risk of electric shock!

- Incorrect repairs are dangerous. Repairs may only be carried out and damaged power cables replaced by one of our trained after-sales technicians. If the appliance is defective, unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service.
- The cable insulation on electrical appliances may melt when touching hot parts of the appliance. Never bring electrical appliance cables into contact with hot parts of the appliance.
- Do not use any high-pressure cleaners or steam cleaners, which can result in an electric shock.
- Penetrating moisture may cause electric shock. Never subject the appliance to intense heat or humidity. Only use this appliance indoors.
- A defective appliance may cause electric shock. Never switch on a defective appliance. Unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service.
- The appliance is a high-voltage appliance. Never remove the casing.

Risk of burns!

- The appliance becomes very hot. Never touch the interior surfaces of the cooking compartment or the heating elements. Always allow the appliance to cool down. Keep children at a safe distance.
- Accessories and ovenware become very hot. Always use oven gloves to remove accessories or ovenware from the cooking compartment.
- Alcoholic vapours may catch fire in the hot cooking compartment. Never prepare food containing large quantities of drinks with a high alcohol content. Only use small

quantities of drinks with a high alcohol content. Open the appliance door with care.

- Foods with peel or skin may burst or explode during, or even after, heating. Never cook eggs in their shells or reheat hard-boiled eggs. Never cook shellfish or crustaceans. Always prick the yolk when baking or poaching eggs. The skin of foods that have a peel or skin, such as apples, tomatoes, potatoes and sausages, may burst. Before heating, prick the peel or skin.
- Heat is not distributed evenly through baby food. Never heat baby food in closed containers. Always remove the lid or teat. Stir or shake well after the food has been heated. Check the temperature of the food before it is given to the child.
- Heated food gives off heat. The ovenware may become hot. Always use oven gloves to remove ovenware or accessories from the cooking compartment.
- Airtight packaging may burst when food is heated. Always observe the instructions on the packaging. Always use oven gloves to remove dishes from the cooking compartment.

Risk of scalding!

- When you open the appliance door, hot steam may escape. Open the appliance door with care. Keep children at a safe distance.
- Water in a hot cooking compartment may create hot steam. Never pour water into the hot cooking compartment.
- There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid may suddenly boil over and spatter. When heating, always place a spoon in the container. This will prevent delayed boiling.

Risk of injury!

- Scratched glass in the appliance door may develop into a crack. Do not use a glass scraper, sharp or abrasive cleaning aids or detergents.
- Unsuitable ovenware may crack. Porcelain or ceramic ovenware can have small perforations in the handles or lids. These perforations conceal a cavity below. Any moisture that penetrates this cavity could cause the ovenware to crack. Only use microwave-safe ovenware.

Causes of damage

Caution!

- Creation of sparks: Metal - e.g. a spoon in a glass - must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could irreparably damage the glass on the inside of the door.
- Water in the hot cooking compartment: Never pour water into the hot cooking compartment. This will cause steam. The temperature change can cause damage.
- Moist food: Do not store moist food in the closed cooking compartment for long periods. Do not use the appliance to store food. This can lead to corrosion.
- 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: Operating the appliance without food in the cooking compartment may lead to overloading. Never switch on the appliance unless there is food in the cooking compartment. An exception to this rule is a short crockery test (see the section "Microwave, suitable crockery").
- Using the appliance door for standing on or placing objects on: Do not stand or place anything on the open appliance door. Do not place ovenware or accessories on the appliance door.
- Transporting the appliance: Do not carry or hold the appliance by the door handle. The door handle cannot support the weight of the appliance and could break.
- Microwave popcorn: Never set the microwave power too high. Use a power setting no higher than 600 watts. Always place the popcorn bag on a glass plate. The disc may jump if overloaded.
- Liquid that has boiled over must not be allowed to run through the turntable drive into the interior of the appliance. Monitor the cooking process. Choose a shorter cooking time initially, and increase the cooking time as required.
- Never use the microwave oven without the turntable.

Installation and connection

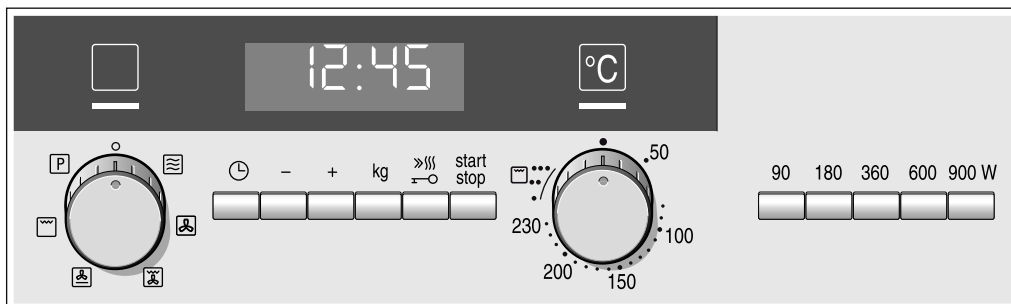
This appliance is only intended to be fully fitted in a kitchen.
Observe the special installation instructions.

Your new appliance

Use this section to familiarise yourself with your new appliance. The control panel and the individual operating controls are

explained. You will find information on the cooking compartment and the accessories.

The control panel



Buttons and display

You can use the buttons to set various additional functions. On the display, you can read the values that you have set.

Symbol	Button function
	Opens and closes the time-setting options menu
- Minus	Decreases the adjustment values
+ Plus	Increases the adjustment values
kg	Selects the weight
	Select rapid heating or childproof lock
	Press briefly: starts/stops operation Press and hold: cancels operation
90	Selects 90 watt microwave power
180	Selects 180 watt microwave power
360	Selects 360 watt microwave power
600	Selects 600 watt microwave power
900	Selects 900 watt microwave power

Function selector

Use the function selector to set the type of heating.

Setting	Use
0 Off position	The oven is switched off.
Microwave	Selects microwave operation.
Hot air	For baking sponge cakes in baking tins, flans and cheesecakes as well as cakes, pizza and small baked items on the baking tray.
Hot air grilling	Poultry goes brown and crispy. Baked casseroles and grilled dishes work out best using this setting.
Pizza setting	For frozen convenience products and dishes which require a lot of heat from underneath.
Grill	Select between the levels high, medium or low. This is ideal if you wish to grill several steaks, sausages, pieces of fish or slices of bread.
Programmes	4 defrosting programmes 11 cooking programmes The type of heating and cooking time are set by weight.

Notes

- When you make settings, the indicator lamp above the function selector lights up.
- When you press the button, the oven light switches on in the cooking compartment.

Temperature selector

The temperature selector is used to set the temperature or grill setting.

Setting	Meaning
● Off position	The oven does not heat up.
50, 100-230	Temperature range
•, ••, •••	Grill settings
	• = setting 1, low •• = setting 2, medium ••• = setting 3, high

Note: The indicator light above the temperature selector is lit until the set temperature is reached. During grilling, the lamp is not lit.

Cooling fan

Your appliance has a cooling fan. The cooling fan switches on during operation. The hot air escapes above the door.

The cooling fan continues to run for a certain time after operation.

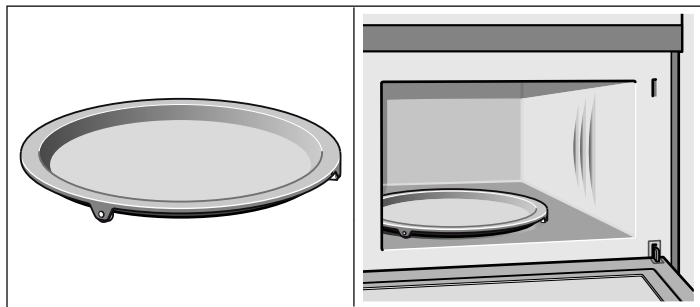
Caution!

Do not cover the ventilation slots. Otherwise, the appliance will overheat.

Notes

- The appliance remains cool during microwave operation. The cooling fan will still switch on. The fan may run on even when microwave operation has ended.
- Condensation may appear on the door window, interior walls and floor. This is normal and does not adversely affect microwave operation. Wipe away the condensation after cooking.

Accessories



Turntable

As a surface for the wire rack.

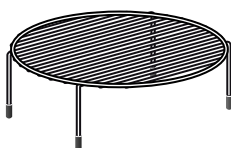
Food which particularly requires a lot of heat from underneath can be prepared directly on the turntable.

The turntable can turn clockwise or anti-clockwise, and is cut resistant. You can cut pizza into slices on the turntable itself.

- Never use the microwave without the turntable.
- The turntable can withstand max. 5 kg.
- The turntable must turn when using all types of heating.

Lower wire rack

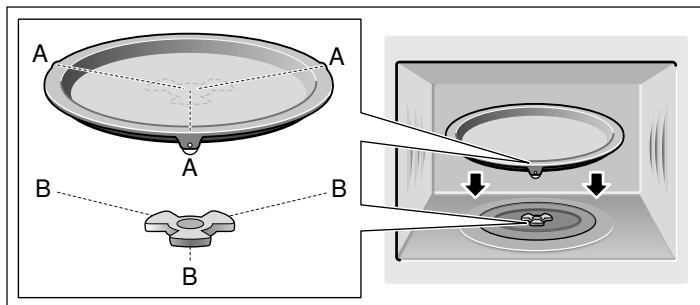
For the microwave and for baking and roasting in the oven.



Higher wire rack

For grilling, e.g. steaks, sausages and for toasting bread.

As a support for shallow dishes.



Fitting the turntable

As shown in the figure, place the turntable with rollers "A", onto the turntable drive coupling "B" in the centre of the cooking compartment floor.

The turntable must sit straight on the driver.

Before using the appliance for the first time

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

Setting the clock

Once the appliance is connected, three zeros and the ► ⌚ symbols light up in the display. Set the clock.

1. Press the + or - button.

Default value +: 12:00

Default value -: 23:59

2. Use the + or - button to set the clock.

3. Press the ⌚ button.

The time is set.

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 oven

To remove the new cooker smell, heat up the oven when it is empty and closed. One hour with 🔥 Hot air at 180 °C is ideal.

Ensure that no packaging remnants have been left in the cooking compartment.

1. Use the function selector to set 🔥 Hot air.
2. Use the temperature selector to set the temperature to 180 °C.
3. Press the ^{start}⏻ button.

The oven begins to heat up.

After an hour, switch off the oven. To switch off, turn the function selector to the off position.

Cleaning the accessories

Before you use the accessories for the first time, clean them thoroughly with hot soapy water and a soft dish cloth.

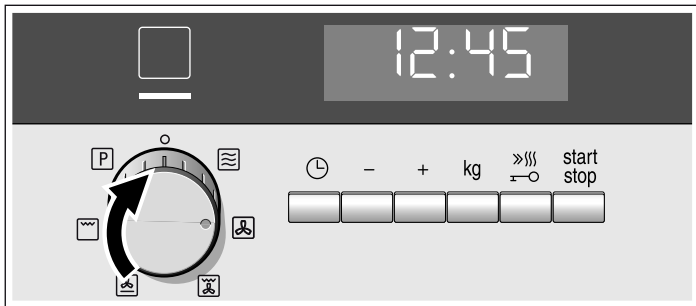
Setting the oven

There are various ways in which you can set your oven. Here we will explain how you can select the desired type of heating and temperature or grill setting. You can also select the oven cooking time for your dish. Please refer to the section on *Setting the time-setting options*.

Setting the type of heating and temperature

Example in diagram:  Hot air at 200 °C.

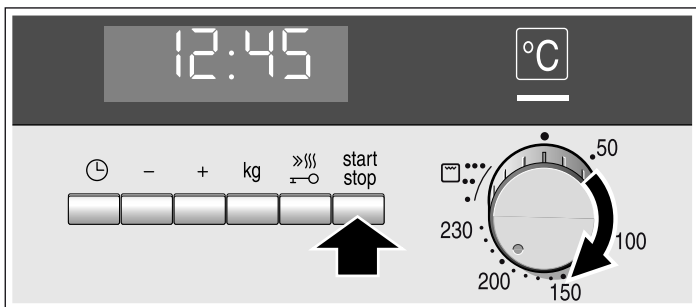
1. Use the function selector to set the type of heating.



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

3. Press the  button.

The oven begins to heat up.



Opening the oven door during operation

Operation is suspended. After closing the door, press the  button. Operation continues.

Pausing operation

Press the  button to pause operation. Press the  button to continue operation.

Switching off the oven

Turn the function selector to the off position.

Changing the settings

The type of heating and temperature or grill setting can be changed at any time using their respective selectors.

Rapid heating

With rapid heating, your oven reaches the set temperature particularly quickly.

Use the rapid heating function when temperatures above 100 °C are set. Rapid heating is available for the following types of heating:

-  Hot air
-  Pizza setting
-  Hot air grilling

To ensure an even cooking result, only put your food in the cooking compartment when the rapid heating phase is complete.

1. Setting the type of heating and temperature.

2. Press the  button.

The  symbol lights up in the display.

3. Press the  button.

The oven begins to heat up.

The rapid heating process is complete

A signal sounds. The  symbol in the display goes out. Put your dish in the oven.

Cancelling rapid heating

Press the  button briefly. The  symbol in the display goes out.

Automatic safety switch-off

The automatic safety switch-off is activated if your appliance is operating for a long time with no cooking time having been set. The time at which your appliance switches itself off depends on the set operating mode and temperature.

Example: If your oven is operating with Hot air at 160 °C, it will automatically switch off after approx. 5 hours.

 appears in the display panel. The appliance switches off. To acknowledge, press the  button.

The microwave

Microwaves are converted to heat in foodstuffs. The microwave can be used solo, i.e. on its own, or in combination with a different type of heating. You will find information about ovenware and how to set the microwave.

Note:

In the *Tested for you in our cooking studio* section, you will find examples for defrosting, heating and cooking with the microwave oven.

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!

Creation of sparks: metal – e.g. a spoon in a glass – must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could 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:

1. Heat the empty ovenware at maximum power for ½ to 1 minute.
2. Check the temperature occasionally during that time.

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 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 watts	for heating liquids

Notes

- When you press a button, the selected power lights up.
- The microwave power can be set to 900 watts for a maximum of 30 minutes. With all other power settings a maximum cooking time of 1 hour 30 minutes is possible.

Setting the microwave

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

1. Set the function selector to .
2. Press the button for the microwave power setting you require.
The button lights up and a suggested cooking time is displayed.
3. Use the + or – button to set the cooking time.
4. Press the  button.

Operation begins. The cooking time starts counting down in the display.

The cooking time has elapsed

A signal sounds. Microwave operation has finished. Turn the function selector to the zero position. You can stop the audible signal by pressing the  button.

Opening the oven door during operation

Operation is suspended. After closing the door, press the  button. Operation continues.

Changing the cooking time

This can be done at any time. Use the + or – button to change the cooking time.

Changing the microwave power setting

Press the button for the new microwave power setting. Use the + or – button to set the cooking time and restart the microwave.

Cancelling operation

Press and hold the  button for approximately 4 seconds and turn the function selector to the zero position.

Notes

- When you set the function selector to , the highest microwave power setting always lights up as the proposed setting.
- 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 watts

Setting Microwave Combi operation

Example: microwave 360 W, 17 minutes and hot air  190 °C.

1. Set the type of heating using the function selector, and the temperature using the temperature selector.
2. Press the button for the microwave power setting you require.
A suggested cooking time appears.
3. Use the + or – button to set the cooking time.
4. Press the  button.

Appliance operation begins. The cooking time starts counting down.

The cooking time has elapsed

A signal sounds. Combination mode has finished. You can stop the audible signal by pressing the  button.

Opening the oven door during cooking

Operation is suspended. After closing the door, press the  button briefly. The programme will then continue.

Pausing operation

Press the  button briefly. The oven is paused. Press the  button again to continue operation.

Changing the cooking time

This can be done at any time. Use the + or – button to change the cooking time.

Changing the microwave power setting

Press the button for the new microwave power setting. Use the + or – button to set the cooking time and restart the microwave.

Cancelling operation

Press and hold the  button for approximately 4 seconds, turn the function selector and temperature selector back to the zero position.

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 choose from 15 programmes.

Always place the food in the cold cooking compartment.

Setting a programme

When you have selected a programme, set the oven. The temperature selector must be in the off position.

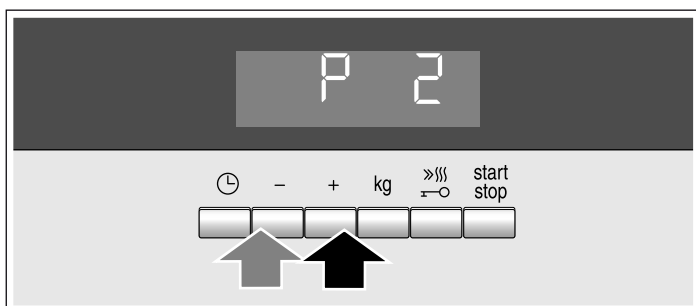
Example in diagram: Programme 2 with a weight of 1 kilogramme.

1. Set the function selector to automatic programmes **P**.

The first programme number appears in the display.



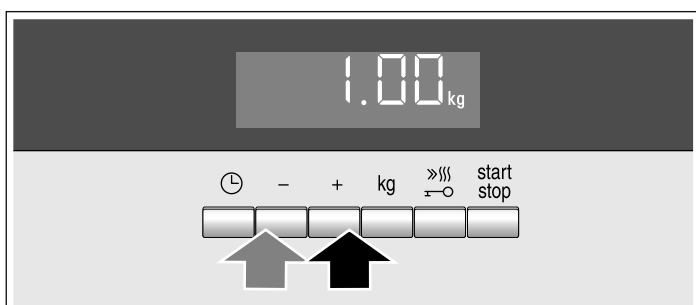
2. Use the **+** or **-** button to select the programme number.



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



4. Use the **+** or **-** button to set the weight.



5. Press the **start stop** button. The programme starts. You can see the cooking time counting down and the ► and I→I symbols appear.

Programme has ended

A signal sounds. The oven stops heating. 00:00 is shown in the display. Turn the function selector to the zero position. The oven switches off. You can stop the audible signal by pressing the **⏸** button.

Changing the programme

Once you have started the programme, the programme number and weight cannot be changed.

Cancelling the programme

Turn the function selector to the zero position. The oven switches off.

Changing the cooking time and end time

If using automatic programmes, you cannot change the cooking time or end time.

Defrosting programmes

You can use the 4 defrosting programmes to defrost meat, poultry and bread.

Notes

■ Preparing food

Use food that has been frozen at -18 °C and stored in portion-sized quantities that are as thin as possible.

Take the food to be defrosted out of all packaging and weigh it. You need to know the weight to set the programme.

- Liquid will be produced when defrosting meat or poultry. Drain off this liquid when turning meat and poultry and under no circumstances use it for other purposes or allow it to come into contact with other foods.

■ Ovenware

Place the food in a microwaveable shallow dish, e.g. a china or glass plate, but do not cover.

- When defrosting chicken and chicken portions (P03), an audible signal will sound on two occasions to indicate that the food should be turned.

■ Resting time

The defrosted food should be left to stand for an additional 10 to 30 minutes until it reaches an even temperature. Large pieces of meat require a longer standing time than smaller pieces. Flat pieces of meat and items made from minced meat should be separated from each other before leaving to stand.

After this time, you can continue to prepare the food, even though thick pieces of meat may still be frozen in the middle. The giblets can be removed from poultry at this point.

Programme no.		Weight range in kg
Defrost		
P 01	Minced meat	0.20 - 1.00
P 02	Pieces of meat	0.20 - 1.00
P 03	Chicken, chicken pieces	0.40 - 1.80
P 04	Bread	0.20 - 1.00

Cooking programmes

With the 3 cooking programmes, you can cook rice, potatoes or vegetables.

Notes

■ Preparing food

Weigh out the food. You need to know the weight to set the programme.

■ Ovenware

Generally, the food must be cooked in microwaveable ovenware with a lid. For rice, you should use a large, deep dish. Place the ovenware on the lower wire rack.

Rice (P05)

Note: Do not use boil-in-the-bag rice. Rice foams a lot during cooking. Enter the uncooked weight (without liquid). Add two to two and a half times the amount of liquid to the rice.

Potatoes (P06)

Note: Boiled potatoes:
Cut into pieces of equal size. Add a little salt and 1 tablespoon of water for every 100 g of potatoes.

Vegetables (P07)

Notes

■ Fresh vegetables:

Cut into pieces of equal size. Add 1 tablespoon of water for every 100 g of vegetables.

■ Resting time

Once the programme has finished, stir the food again. You should leave it to stand for another 5-10 minutes until it reaches an even temperature.

The cooking result will depend on the quality and consistency of the food.

Programme no.		Weight range in kg
Cooking		
05	Rice	0.05 - 0.20
06	Potato	0.15 - 1.00
07	Vegetables	0.15 - 1.00

Combi cooking programmes

Notes

- 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.

■ Ovenware

Cook the food in ovenware which is not too big, and is heat-resistant and microwaveable. Place the ovenware on the lower wire rack.

Lamb, medium (P12)

Ideal for a shoulder joint or boned leg of lamb.

Meat loaf (P13)

The programme is suitable for meat loaves not more than 7 cm in height.

Fish, whole (P14)

Scale the fish beforehand. Place the fish in the ovenware in its swimming position.

Rice stew (P15)

Only enter the weight of the rice. Ideal for rice stews with vegetables, fish or poultry. Only use fresh ingredients. Use a high-sided dish with a lid.

Resting time

Once the programme has finished, the food should be allowed to rest for another approx. 5-10 minutes so it reaches an even temperature.

Programme no.		Weight range in kg
Combi-cooking		
08	Bake, frozen* (up to 3 cm in height)	0.40 - 1.20
09	Chicken, whole*	0.50 - 2.00
10	Sirloin, medium*	0.50 - 1.50
11	Pork neck joint	0.50 - 2.00
12	Lamb, medium	0.80 - 2.00
13	Meat loaf*	0.50 - 1.50
14	Fish, whole	0.30 - 1.00
15	Rice stew using fresh ingredients	0.05 - 0.20

* Use ovenware without a lid

Setting the time-setting options

Your oven has various time-setting options. You can use the ⌚ button to call up the menu and switch between the individual functions. As long as the symbols are lit, you can make settings. The ► arrow shows you the time-setting option that is active. A time-setting option that has already been set can be changed directly with the + or – button when the ► arrow is next to the relevant time symbol.

Setting the timer

You can use the timer as a kitchen timer. It runs independently of the oven. The timer has its own audible signal. In this way, you can tell whether it is the timer or a cooking time which has elapsed.

1. Press the ⌚ button once.

The time symbols light up in the display and the ► arrow is next to ⏰.

2. Use the + or – button to set the timer duration.

Default value for + button = 10 minutes

Default value for – button = 5 minutes

After a few seconds, the time setting is adopted. The timer starts. The ►⏰ symbol lights up in the display and the timer duration counts down. The other time symbols go out.

The timer duration has elapsed

A signal sounds. 0:00 is shown in the display. Use the ⌚ button to switch off the timer.

Changing the timer duration

Use the + or – button to change the timer duration. After a few seconds, the change is adopted.

Cancelling the timer duration

Use the – button to reset the timer duration to 0:00. The change will be adopted after a few seconds. The timer is switched off.

Checking the time settings

If several time-setting options are set, the corresponding symbols are illuminated on the display. The timer counts down in the foreground. The ⏰ symbol is preceded by the ► arrow and the timer can be seen counting down.

To check the ⏰ timer, I→I cooking time or ⌚ clock, press the ⌚ button repeatedly until the arrow points to the appropriate symbol. The value is shown for a few seconds on the display.

Setting the cooking time

The cooking time for your meal can be set on the oven. When the cooking time has elapsed, the oven switches itself off automatically. This means that you do not have to interrupt other

work to switch off the oven. The cooking time cannot be accidentally exceeded.

Example in the diagram: Cooking time 45 minutes.

1. Use the function selector to set the type of heating.
2. Use the temperature selector to set the temperature or grill setting.
3. Press the  button twice.

20:00 is shown in the display. The time symbols light up and the arrow  is next to .



4. Use the **+** or **-** button to set the cooking time.



5. Press the  button.

The oven starts. The cooking time counts down in the display and the  symbol lights up. The other time symbols go out.

The cooking time has elapsed

An audible signal sounds. The oven stops heating. 0:00 is shown in the display. Press the  button. The audible signal stops. Turn the function selector to the off position. The oven is switched off.

Cancelling the cooking time

Use the **-** button to reset the cooking time to 0:00. After a few seconds, the change is adopted. The cooking time is cancelled. If the timer has been set, press the  button beforehand.

Checking the time settings

If several time-setting options are set, the corresponding symbols are illuminated on the display. The  arrow is next to the symbol for time function which is currently visible on the display.

To check the  timer,  cooking time or  clock, press the  button repeatedly until the  arrow points to the appropriate symbol. The display shows the value for a few seconds.

Setting the clock

When the appliance has been connected to the power supply, or after a power cut, the   symbols and three zeros light up in the display. Set the clock.

1. Press the **+** or **-** button.
Default value **+**: 12:00
Default value **-**: 23:59
2. Use the **+** or **-** button to set the clock.
3. Press the  button. The time is set.

Changing the clock

Prerequisite: your appliance must be switched off.

1. Press the  button twice.
The time symbols light up in the display, the  arrow is next to the  symbol.
2. Use the **+** or **-** button to change the clock.
After a few seconds, the time that has been set is adopted.

Hiding the clock

You can hide the clock. For more information, please refer to the section *Changing the basic settings*.

Childproof lock

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

The oven will not react to any settings. The timer and clock can also be set when the childproof lock has been switched on.

Switching on the childproof lock

Requirement: No cooking time should be set and the function selector is in the off position.

Press and hold the  button for approx. four seconds.

The  symbol appears in the display. The childproof lock is activated.

Switching off the childproof lock

Press and hold the  button for approx. four seconds.

The  symbol on the display goes out. The childproof lock is deactivated.

Childproof lock with automatic programmes

When automatic programmes have been set, the childproof lock is not operational.

Changing the basic settings

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

Basic settings

In the table, you will find all the basic settings and options for changing them.

Basic setting	Options	Explanation
  Clock display  = on	Clock display  = off	Displays the clock
  Signal duration  = medium = 2 minutes	 = short = 10 seconds  = long = 5 minutes	Audible signal after the cooking time has elapsed
  Signal volume  = medium	 = low  = high	Volume of the signal
  Waiting time  = medium = 5 seconds	 = short = 2 seconds  = long = 10 seconds	Waiting time between two separate steps, after setting

Requirement: Your appliance is switched off.

1. Press and hold the  button for several seconds.

The first basic setting appears in the display.

2. Use the  or  button to change the basic setting.

3. Confirm by pressing the  button.

The next basic setting appears in the display. You can go through all of the basic settings using the  button and make changes using the  or  button.

4. When finished, press and hold the  button for several seconds.

All settings are applied.

You can change the settings at any time.

Care and cleaning

With careful care and cleaning your microwave oven will retain its looks and remain good order. We will explain here how you should care for and clean your appliance correctly.

Risk of electric shock!

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

Risk of burns!

Never clean the appliance immediately after switching off. Let the appliance cool down.

Risk of serious damage to health!

Microwave energy may escape if the cooking compartment door or the door seal is damaged. Never use the appliance if the cooking compartment door or the door seal is damaged. Contact the after-sales service.

Notes

- Slight differences in colour 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 caused by reflections made by the oven light.
- Unpleasant odours, e.g. after fish has been prepared, can be removed very easily. Add a few drops of lemon juice to a cup of water. Place a spoon into the container as well, to prevent delayed boiling. Heat the water for 1 to 2 minutes at maximum microwave power.

Cleaning agents

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

- sharp 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,
- hard scouring pads and sponges,
- cleaning agents with high concentrations of alcohol.

Wash new sponge cloths thoroughly before use.

Allow all surfaces to dry thoroughly before using the appliance again.

Area	Cleaning agents
Appliance front	Hot soapy water: Clean with a dish cloth and dry with a soft cloth. Do not use glass cleaners or metal or glass scrapers for cleaning.
Appliance front with stainless steel	Hot soapy water: Clean with a dish cloth and dry with a soft cloth. Remove flecks of limescale, grease, starch and albumin (e.g. egg white) immediately. Corrosion can form under such residues. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist shops. Do not use glass cleaners or metal or glass scrapers for cleaning.

Area	Cleaning agents
Cooking compartment	Hot soapy water or a vinegar solution: Clean with a dish cloth and dry with a soft cloth. If the oven is very dirty: Do not use oven spray or other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These items scratch the surface. Allow the interior surfaces to dry thoroughly.

Area	Cleaning agents
Recess in cooking compartment	Damp cloth: Ensure that no water seeps through the turntable drive into the appliance interior.
Wire racks	Hot soapy water: Clean using stainless steel cleaning agent or in the dishwasher.
Door panels	Glass cleaner: Clean with a dish cloth. Do not use a glass scraper.
Seal	Hot soapy water: Clean with a dish cloth, do not scour. Do not use a metal or glass scraper for cleaning.

Malfunction table

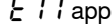
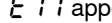
Malfunctions often have simple explanations. Please refer to the malfunction table before calling the after-sales service.

If a meal does not turn out exactly as you wanted, refer to the *Tested for you in our cooking studio* section, where you will find plenty of cooking tips and tricks.

Risk of electric shock!

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

Malfunction table

Problem	Possible cause	Remedy/information
The appliance does not work.	Faulty circuit breaker.	Look in the fuse box and check that the circuit breaker for the appliance is in working order.
	Plug not plugged in.	Plug in the plug.
	Power cut	Check whether the kitchen light works.
The appliance does not work.  appears in the display panel.	Childproof lock is active.	Deactivate the childproof lock (see section: Childproof lock).
 and  are in the display panel.	Power cut	Reset the clock.
The microwave does not switch on.	Door not fully closed.	Check whether food residue or debris is trapped in the door.
It takes longer than before for the food to heat up in the microwave	The selected microwave power level is too low.	Select a higher power level.
	A larger amount than usual has been placed in the appliance.	Double the amount = almost double the cooking time.
	The food was colder than usual.	Stir or turn the food during cooking.
Turntable grates or grinds.	Dirt or debris in the area around the turntable drive.	Clean the rollers under the turntable and the recess in the oven floor thoroughly.
A particular operating mode or power level cannot be set.	The temperature, power level or combined setting is not possible for this operating mode.	Choose permitted settings.
 appears in the display panel.	The thermal safety switch-off function has been activated.	Call the after-sales service.
 appears in the display panel.	The automatic safety switch-off function has been activated.	Touch any button or turn the rotary selector.
 appears in the display panel.	The oven is malfunctioning.	Call the after-sales service.
 appears in the display panel.	The thermal safety switch-off function has been activated.	Call the after-sales service.
 appears in the display panel.	Moisture in the control panel.	Allow the control panel to dry.
 appears in the display panel.	Rapid heating has failed.	Call the after-sales service.
The appliance can be set, but does not heat up. The colon is flashing.	The demo mode has been activated.	Disconnect the appliance from the mains power supply, then reconnect it. Press and hold the  button until the  symbol appears in the display and the colon stops flashing. Confirm within 4 seconds using the  button.

After-sales service

Our after-sales service is there for you if your appliance needs to be repaired. We will always find the right solution in order to avoid unnecessary visits from a service technician.

E number and FD number

When calling us, please give the product number (E no.) and the production number (FD no.) so that we can provide you with the correct advice. The rating plate containing these numbers is found on the side of the oven 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 there will be a fee for a visit by a service technician in the event of a malfunction, even during the warranty period.

After-sales contact details for all countries can be found in the attached after-sales services directory.

Rely on the professionalism of the manufacturer. You can therefore be sure that the repair is carried out by trained service technicians who carry original spare parts for your appliances.

Technical data

Power supply	220-230 V, 50 Hz
Microwave power setting	900 W
Microwave frequency	2,450 MHz
Fuse	16 A
VDE approved	Yes
CE mark	Yes

This appliance corresponds to the standards EN 55011 and CISPR 11. It is a Group 2, Class B product.

Group 2 means that microwaves are produced for the purpose of heating food. Class B states that the appliance is suitable for private households.

Acrylamide in foodstuffs

Which foods are affected?

Acrylamide is mainly produced in grain and potato products that are heated to high temperatures, such as potato crisps, chips,

toast, bread rolls, bread, fine baked goods (biscuits, gingerbread, cookies).

Tips for keeping acrylamide to a minimum when preparing food	
General	Keep cooking times to a minimum. Cook meals until they are golden brown, but not too dark. Large, thick pieces of food contain less acrylamide.
Baking biscuits	Max. 200 °C in Top/bottom heating or max. 180 °C in 3D hot air or hot air mode. Max. 190° C in Top/bottom heating or max. 170 °C in 3D hot air or hot air mode. Egg white and egg yolk reduce the formation of acrylamide.
Oven chips	Distribute thinly and evenly over the baking tray. Cook at least 400 g at once on a baking tray so that the chips do not dry out.

Energy and environment tips

Here you can find tips on how to save energy when baking and roasting and how to dispose of your appliance properly.

Saving energy

- Only preheat the oven if this is specified in the recipe or in the operating instruction tables.
- Use dark, black lacquered or enamelled baking tins. They absorb the heat particularly well.
- Open the oven door as infrequently as possible while you are cooking, baking or roasting.
- It is best to bake several cakes one after the other. The oven is still warm. This reduces the baking time for the second cake. You can also place two loaf tins next to each other.
- For longer cooking times, you can switch the oven off 10 minutes before the end of the cooking time and use the residual heat to finish cooking.

Environmentally-friendly disposal

Dispose of packaging in an environmentally-friendly manner.



This appliance is labelled in accordance with European Directive 2012/19/EU concerning used electrical and electronic appliances (waste electrical and electronic equipment - WEEE). The guideline determines the framework for the return and recycling of used appliances as applicable throughout the EU.

Tested for you in our cooking studio

Here you will find a selection of recipes and the ideal settings for them. We will show you which type of heating and which temperature or microwave power setting is best for your meal. You can find information about suitable accessories and the height at which they should be inserted. There are also tips about ovenware and preparation methods.

Notes

- The values in the table always apply to food placed into the cooking compartment when it is cold and empty. Only preheat the appliance if the table specifies that you should do so. Before using the appliance, remove all accessories from the cooking compartment that you will not be using.
- Do not line the accessories with greaseproof paper until after they have been preheated.
- The times specified in the tables are only guidelines. They will depend on the quality and composition 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 ovenware 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 the cooking time, half amount - half the cooking time.

Place the ovenware in the centre of the lower wire rack. The food will then absorb the microwaves from all sides.

Defrosting

Notes

- Place the frozen food in an open container on the wire rack.
- Delicate parts such as the legs and wings of chicken or fatty outer layers of roasts can be covered with small pieces of aluminium foil. The foil must not touch the cooking compartment walls. You can remove the foil half way through the defrosting time.
- Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times. When turning, remove any liquid that has resulted from defrosting.
- Leave defrosted items to stand at room temperature for a further 10 to 60 minutes so that the temperature can stabilise. The giblets can be removed from poultry at this point.

Defrost	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Whole pieces of meat (beef, veal or pork - on the bone or boned)	800 g	180 W, 15 mins + 90 W, 10-20 mins	Turn several times
	1 kg	180 W, 20 mins + 90 W, 15-25 mins	
	1.5 kg	180 W, 30 mins + 90 W, 20-30 mins	
Meat in pieces or slices of beef, veal or pork	200 g	180 W, 3 mins + 90 W, 10-15 mins	Separate any defrosted parts when turning
	500 g	180 W, 5 mins + 90 W, 15-20 mins	
	800 g	180 W, 8 mins + 90 W, 15-20 mins	
Minced meat, mixed	200 g	90 W, 10-15 mins	Freeze food flat if possible Turn several times, remove any defrosted meat
	500 g	180 W, 5 mins + 90 W, 10-15 mins	
	800 g	180 W, 8 mins + 90 W, 15-20 mins	
Poultry or poultry portions	600 g	180 W, 8 mins + 90 W, 10-15 mins	Turn during cooking.
	1.2 kg	180 W, 15 mins + 90 W, 25-30 mins	
Duck	2 kg	180 W, 20 mins + 90 W, 30-40 mins	Turn several times
Fish fillet, fish steak or slices	400 g	180 W, 5 mins + 90 W, 10-15 mins	Separate any defrosted parts
Whole fish	300 g	180 W, 3 mins + 90 W, 10-15 mins	-
	600 g	180 W, 8 mins + 90 W, 10-15 mins	
Vegetables, e.g. peas	300 g	180 W, 10-15 mins	Stir carefully during defrosting.
	600 g	180 W, 10 mins + 90 W, 10-15 mins	
Fruit, e.g. raspberries	300 g	180 W, 7-10 mins	Stir carefully during defrosting and separate any defrosted parts
	500 g	180 W, 8 mins + 90 W, 5-10 mins	
Butter, defrosting	125 g	180 W, 1 mins + 90 W, 2-4 mins	Remove all packaging
	250 g	360 W, 1 min + 90 W, 2-4 mins	
Loaf of bread	500 g	180 W, 6 mins + 90 W, 5-10 mins	Turn during cooking.
	1 kg	180 W, 12 mins + 90 W, 15-25 mins	
Cakes, dry, e.g. sponge cake	500 g	90 W, 15-20 mins	Only for cakes without icing, cream or crème pâtissière, separate the pieces of cake.
	750 g	180 W, 5 mins + 90 W, 10-15 mins	
Cakes, moist, e.g. fruit flan, cheese-cake	500 g	180 W, 5 mins + 90 W, 10-15 mins	Only for cakes without icing, cream or gelatine
	750 g	180 W, 7 mins + 90 W, 10-15 mins	

Defrosting, heating up or cooking frozen food

Notes

- 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 ovenware. Different foodstuffs should not be placed in layers on top of one another.

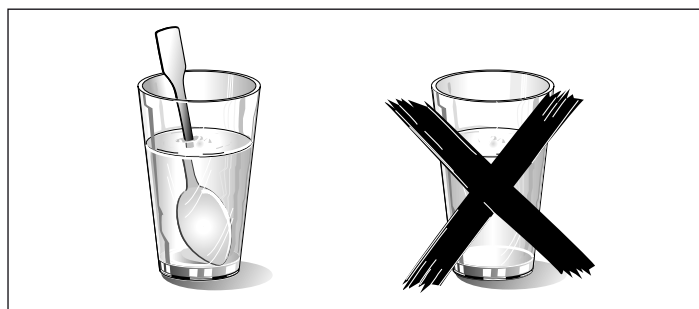
- Always cover the food. If you do not have a suitable cover for your ovenware, use a plate or special microwave foil.
- Stir or turn the food 2 or 3 times during cooking.
- After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.
- This will help the food retain its own distinct taste, so it will require less seasoning.

Defrosting, heating up or cooking frozen food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal	300-400 g	600 W, 10-15 mins	Take meal out of packaging; cover food to heat
Soup	400-500 g	600 W, 8-10 mins	Ovenware with lid
Stews	500 g	600 W, 10-15 mins	Ovenware with lid
	1 kg	600 W, 20-25 mins	
Slices or pieces of meat in sauce, e.g. goulash	500 g	600 W, 15-20 mins	Ovenware with lid
	1 kg	600 W, 25-30 mins	
Fish, e.g. fillet steaks	400 g	600 W, 10-15 mins	Covered
	800 g	600 W, 18-20 mins	
Side dishes, e.g. rice, pasta	250 g	600 W, 2-5 mins	Ovenware with lid; add liquid
	500 g	600 W, 8-10 mins	
Vegetables, e.g. peas, broccoli, carrots	300 g	600 W, 8-10 mins	Ovenware with lid; add 1 tbsp of water
	600 g	600 W, 15-20 mins	
Creamed spinach	450 g	600 W, 11-16 mins	Cook without additional water

Heating food

⚠ Risk of scalding!

There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only moves 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.



Caution!

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

Notes

- Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up.
- Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil.
- Stir or turn the food several times during the heating time. Check the temperature.
- After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.

Heating food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal	350-500 g	600 W, 5-10 mins	Take meal out of packaging, cover food to heat
Drinks	150 ml	900 W, 1-2 mins	Caution! Place a spoon in the glass. Do not over-heat alcoholic drinks. Check during heating
	300 ml	900 W, 2-3 mins	
	500 ml	900 W, 3-4 mins	
Baby food, e.g. baby bottle	50 ml	360 W, approx. 1 min	Place baby bottles on the cooking compartment floor without the teat or lid. Shake or stir well after heating. You must check the temperature
	100 ml	360 W, 1-2 mins	
	200 ml	360 W, 2-3 mins	
Soup			-
1 cup	175 g	900 W, 2-3 mins	
2 cups	175 g each	900 W, 4-5 mins	
4 cups	175 g each	900 W, 5-6 mins	

Heating food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Slices or pieces of meat in sauce, e.g. goulash	500 g	600 W, 10-15 mins	Covered
Stew	400 g	600 W, 5-10 mins	Ovenware with lid
	800 g	600 W, 10-15 mins	
Vegetables	150 g	600 W, 2-3 mins	Add a little liquid
	300 g	600 W, 3-5 mins	

Cooking food

Notes

- 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 ovenware. Different foodstuffs should not be placed in layers on top of one another.
- Cook the food in ovenware with a lid. If you do not have a suitable lid for your ovenware, use a plate or special microwave foil.

- This will help the food retain its own distinct taste, so it will require less seasoning.
- After cooking, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.

Cooking food	Weight	Microwave power in watts, Cooking time in minutes	Notes
Whole chicken, fresh, no gib-lets	1.5 kg	600 W, 30-35 mins	Turn halfway through the cooking time
Fish fillet, fresh	400 g	600 W, 5-10 mins	-
Fresh vegetables	250 g	600 W, 5-10 mins	Cut into equal-sized pieces; add 1 to 2 tbsp water per 100 g; stir during cooking
	500 g	600 W, 10-15 mins	
Potatoes	250 g	600 W, 8-10 mins	Cut into equal-sized pieces; add 1 to 2 tbsp water per 100 g; stir during cooking
	500 g	600 W, 11-14 mins	
	750 g	600 W, 15-22 mins	
Rice	125 g	600 W, 7-9 mins+ 180 W, 15-20 mins	Add double the quantity of liquid and use deep ovenware with a lid
	250 g	600 W, 10-12 mins + 180 W, 20-25 mins	
Sweet foods, e.g. blancmange (instant)	500 ml	600 W, 7-9 mins	Stir 2 to 3 times with an egg whisk while heating
Fruit, compote	500 g	600 W, 9-12 mins	-

Popcorn for the microwave

Notes

- Use heat-resistant, flat glass ovenware, e.g. the lid of an ovenproof dish, a glass plate or a glass tray (Pyrex)
- Always place the ovenware on the wire rack.
- Do not use porcelain or overly curved plates.
- Make the settings as described in the table. You can adjust the timings according to product and amount.

- So that the popcorn doesn't burn, briefly take the popcorn bag out of the oven after 1 minute and 30 seconds and shake it. Take care as the bag will be hot!

Risk of scalding!

- Open the popcorn bag carefully as hot steam may be released.
- Never set the microwave to full power.

	Weight	Accessories	Microwave power in watts, Cooking time in minutes
Popcorn for the microwave	1 bag, 100 g	Ovenware, wire rack	600 W, 3-5 mins

Microwave tips

You cannot find any information about the settings for the quantity of food you have prepared.	Increase or reduce the cooking times using the following rule of thumb: Double the amount = almost double the cooking time Half the amount = half the cooking time
The food has become too dry.	Next time, set a shorter cooking time or select a lower microwave power setting. Cover the food and add more liquid.
When the time has elapsed, the food is not defrosted, hot or cooked.	Set a longer time. Large quantities and food which is piled high require longer times.
When the time has elapsed, the food is overheated at the edge but not done in the middle.	Stir it during the cooking time and next time, select a lower microwave power setting and a longer cooking time.

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

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

Cakes and pastries

About the tables

Notes

- The times given apply to food placed in a cold oven.
- The temperature and baking time depend on the consistency and amount of the mixture. This is why temperature ranges are given in the tables. Begin with the lower temperature and, if

necessary, use a higher setting the next time, since a lower temperature results in more even browning.

- Additional information can be found in the *Baking tips* section following the tables.
- Always place the cake tin in the centre of the lower wire rack.

Baking tins

Note: It is best to use dark-coloured metal baking tins.

Baking in tins	Accessories	Type of heating	Temperature °C	Microwave power in watts	Cooking time in minutes
Sponge cake, simple	Ring tin/cake tin		170-180	90	40-50
Sponge cake, delicate (e.g. sandcake)*	Ring tin/cake tin		150-170	-	70-90
Sponge flan base	Flan-base cake tin		160-180	-	30-40
Delicate fruit flan, sponge	Springform/ring tin		170-180	90	35-45
Sponge base, 2 eggs	Flan-base cake tin		160-170	-	20-25
Sponge flan, 6 eggs	Dark springform cake tin		170-180	-	35-45
Shortcrust pastry base with crust	Dark springform cake tin		170-190	-	30-40
Fruit tart/cheesecake with pastry base*	Dark springform cake tin		170-190	180	35-45
Swiss flan**	Dark springform cake tin		190-200	-	45-55
Ring cake	Ring cake tin		170-180	-	40-50
Pizza, thin base, light topping**	Round pizza tray		220-230	-	15-25
Savoury cakes**	Dark springform cake tin		200-220	-	50-60
Nut cake	Dark springform cake tin		170-180	90	35-45
Yeast dough with dry topping	Round pizza tray		160-180	-	50-60
Yeast dough with moist topping	Round pizza tray		170-190	-	55-65
Plaited loaf with 500 g flour	Round pizza tray		170-190	-	35-45
Stollen with 500 g flour	Round pizza tray		160-180	-	60-70
Strudel, sweet	Round pizza tray		190-210	180	35-45

* Allow cake to cool in the oven for approx. 20 minutes.

** Place the tin directly on the turntable.

Small baked items	Accessories	Type of heating	Temperature in °C	Cooking time in minutes
Biscuits	Round pizza tray		150-170	25-35
Macaroons	Round pizza tray		110-130	35-45
Meringue	Round pizza tray		100	80-100
Muffins	Muffin tray on wire rack		160-180	35-40
Choux pastry	Round pizza tray		200-220	35-45
Puff pastry	Round pizza tray		190-200	35-45
Leavened cake	Round pizza tray		200-220	25-35

Bread and bread rolls	Accessories	Type of heating	Temperature in °C	Cooking time in minutes
Sourdough bread with 1.2 kg flour	Round pizza tray		210-230	50-60
Flatbread*	Round pizza tray		220-230	25-35
Bread rolls	Round pizza tray		210-230	25-35
Rolls made with sweet yeast dough	Round pizza tray		200-220	15-25

* Place the tin directly on the turntable.

Baking tips

You want to bake according to your own recipe.	Use similar items in the baking tables as a guide.
Use baking tins made of silicone, glass, plastic or ceramic materials.	The baking tin must be heat-resistant up to 250 °C. Cakes in these baking tins will be less brown. When using the microwave, the cooking time will be shorter than the time shown in the table.
How to establish whether sponge cake is baked through.	Approximately 10 minutes before the end of the baking time specified in the recipe, poke the cake with a cocktail stick at its highest point. If the cocktail stick comes out clean, the cake is ready.
The cake collapses.	Use less liquid next time or set the oven temperature 10 degrees lower and extend the baking time. Observe the specified mixing times in the recipe.
The cake has risen in the middle but is lower around the edge.	Only grease the base of the springform cake tin. After baking, loosen the cake carefully with a knife.
The cake is too dark.	Select a lower temperature and bake the cake for a little longer.
The cake is too dry.	When it is done, make small holes in the cake using a toothpick. Then drizzle fruit juice or an alcoholic beverage over it. Next time, select a temperature 10 degrees higher and reduce the baking time.
The bread or cake (e.g. cheesecake) looks good, but is soggy on the inside (sticky, streaked with water).	Use slightly less fluid next time and bake for slightly longer at a lower temperature. When baking cakes with a moist topping, bake the base first, cover with almonds or bread crumbs and then add the topping. Please follow the recipe and follow the baking times.
The cake cannot be turned out of the dish when it is turned upside down.	After baking, allow the cake to cool for a further 5 to 10 minutes, then it will be easier to turn out of the tin. If it still sticks, carefully loosen the cake around the edges using a knife. Turn the cake tin upside down again and cover it several times with a cold, wet cloth. Next time, grease the tin well and sprinkle some bread crumbs into it.
You have measured the temperature of the oven using your own meat thermometer and found there is a discrepancy.	The oven temperature is measured by the manufacturer after a specified period of time using a test rack in the centre of the cooking compartment. Ovenware and accessories affect the temperature measurement, so there will always be some discrepancy when you measure the temperature yourself.
Sparks are generated between the tin and the wire rack.	Check that the tin is clean on the outside. Change the position of the tin in the cooking compartment. If this does not help, continue baking but without the microwave. The baking time will then be longer.

Roasting and grilling

About the tables

The temperature and roasting time depend on the type and amount of food being cooked. This is why temperature ranges are given in the tables. Begin with the lower temperature and, if necessary, use a higher setting the next time,

For more information, see the section entitled *Tips for grilling and roasting* which follows the tables.

Ovenware

You may use any heat-resistant ovenware which is suitable for use in a microwave. Metal roasting dishes are not suitable for roasting with microwaves.

The ovenware can become very hot. Use oven gloves to take the ovenware out of the oven.

Place hot glass ovenware on a dry kitchen towel after they have been removed from the oven. The glass could crack if placed on a cold or wet surface.

Tips for roasting

Notes

- Use a deep roasting dish for roasting meat and poultry.
- Check that your ovenware fits in the cooking compartment. It should not be too big.
- Meat:
Cover approx. two thirds of the ovenware base with liquid. Add slightly more liquid for pot roasts. Turn pieces of meat halfway through the cooking time. When the roast is ready, turn off the oven and allow it to rest for an additional 10 minutes. This allows better distribution of the meat juices.
- Poultry:
Turn the pieces of meat after $\frac{2}{3}$ of the cooking time has elapsed.

Tips for grilling

Notes

- Always keep the oven door closed when grilling and do not preheat.
- As far as possible, the pieces of food you are grilling should be of equal thickness. Steaks should be at least 2 to 3 cm thick. This will allow them to brown evenly and remain succulent and juicy. Do not add salt to steaks until they have been grilled.
- 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. When grilling light-coloured meat or fish, these often only brown slightly on the surface, although they are cooked and juicy on the inside.
- The grill element switches off and on again automatically. This is normal. The grill setting determines how frequently this will happen.

Beef

Notes

- Turn pot-roasted beef after $\frac{1}{3}$ and $\frac{2}{3}$ of the cooking time. Finally, allow to stand for approx. a further 10 minutes.
- Turn tenderloins and sirloins halfway through the cooking time. Finally, allow to stand for approx. a further 10 minutes.
- Turn steaks after $\frac{2}{3}$ of the cooking time.

Beef	Accessories	Type of heating	Temperature in °C, grill setting	Microwave power in watts	Cooking time in minutes
Pot-roasted beef, approx. 1 kg	Ovenware with lid		180-200	-	120-143
Fillet of beef, medium, approx. 1 kg	Ovenware without lid		180-200	90	30-40
Sirloin, medium, approx. 1 kg	Ovenware without lid		210-230	180	30-40
Steak, medium, 3 cm thick	Higher wire rack		3	-	each side: 10-15

Veal

Note: Turn joints and knuckle of veal halfway through the cooking time. Finally, allow to stand for approx. a further 10 minutes.

Veal	Accessories	Type of heating	Temperature °C	Microwave power in watts	Cooking time in minutes
Joint of veal, approx. 1 kg	Ovenware with lid		180-200	-	110-130
Knuckle of veal, approx. 1.5 kg	Ovenware with lid		200-220	-	120-130

Pork

Notes

- Turn lean joints of pork and rindless joints halfway through the cooking time. Finally, allow to stand for approx. a further 10 minutes.

- Place the joint in the ovenware rind-side up. Score the rind. Do not turn the joint. Finally, allow to stand for approx. a further 10 minutes.
- Do not turn pork fillets or pork chops. Finally, allow to stand for approx. a further 5 minutes.
- Turn the neck of pork after $\frac{2}{3}$ of the cooking time.

Pork	Accessories	Type of heating	Temperature in °C, grill setting	Microwave power in watts	Cooking time in minutes
Joint without rind (e.g. neck), approx. 750 g*	Ovenware with lid		220-230	180	40-50
Joint with rind (e.g. shoulder) approx. 1.5 kg*	Ovenware without lid		190-210	-	130-150
Fillet of pork, approx. 500 g*	Ovenware with lid		220-230	90	25-30
Joint of pork, lean, approx. 1 kg*	Ovenware with lid		210-230	90	60-80
Smoked pork on the bone, approx. 1 kg*	Ovenware without lid	-	-	360	45-45
Neck of pork, 2 cm thick**			3	-	1st side: approx. 15-20 2nd side: approx. 10-15

* Lower wire rack

** Higher wire rack

Lamb

Note: Turn the leg of lamb halfway through the cooking time.

Lamb	Accessories	Type of heating	Temperature °C	Microwave power in watts	Cooking time in minutes
Saddle of lamb on the bone, approx. 1 kg	Ovenware without lid		210-230	-	40-50
Leg of lamb, boned, medium, approx. 1.5 kg	Ovenware with lid		190-210	-	90-95

Miscellaneous

Notes

- Finally, allow the meat loaf to stand for approx. a further 10 minutes.

- Turn the sausages after $\frac{2}{3}$ of the cooking time.

Miscellaneous	Accessories	Type of heating	Temperature in °C, grill setting	Microwave power in watts	Cooking time in minutes
Meat loaf, approx. 1 kg*	Ovenware without lid		180-200	600 W + 180 W	-
4 to 6 sausages for grilling approx. 150 g each**	-		3	-	each side: 10-15

* lower wire rack

** higher wire rack

Poultry

Notes

- Place whole chickens and chicken breasts breast-side down. Turn after $\frac{2}{3}$ of the cooking time.
- Place poulard breast-side down. Turn after 30 minutes and set the microwave power to 180 watts.

- Place half chickens and chicken portions skin-side up. Do not turn.
- Turn the duck and goose breast skin-side up. Do not turn.
- Turn goose thighs halfway through the cooking time. Prick the skin.
- Place turkey breast and thighs skin-side down. Turn after $\frac{2}{3}$ of the cooking time.

Poultry	Accessories	Type of heating	Temperature in °C, grill setting	Microwave power in watts	Cooking time in minutes
Chicken, whole, approx. 1.2 kg	Ovenware with lid		220-230	360	35-45
Poulard, whole, approx. 1.6 kg	Ovenware with lid		220-230	360 180	30 20-30
Chicken, halves, 500 g each	Ovenware without lid		180-200	360	30-35
Chicken portions, approx. 800 g	Ovenware without lid		210-230	360	20-30
Chicken breast with skin and bones, 2 pieces, approx. 350-450 g	Ovenware without lid		190-210	180	30-40
Duck breast with skin, 2 pieces, 300-400 g each	Ovenware without lid		3	90	20-30
Goose breast, 2 pieces, 500 g each	Ovenware without lid		210-230	90	25-30
Goose legs, 4 pieces, approx. 1.5 kg	Ovenware without lid		210-230	180	30-40
Turkey breast, approx. 1 kg	Ovenware with lid		200-220	-	90-100
Turkey drumsticks, approx. 1.3 kg	Ovenware with lid		200-220	180	50-60

Fish

- Grease the wire rack with oil beforehand.

Notes

- For grilling, place the whole fish, e.g. trout, onto the middle of the higher wire rack.

Fish	Accessories	Type of heating	Temperature °C	Cooking time in minutes
Fish steak, e.g. salmon, 3 cm thick, grilled	Higher wire rack		3	20-25
Whole fish, 2-3 pieces, 300 g each, grilled	Higher wire rack		3	20-30

Tips for roasting and grilling

The table does not contain information for the weight of the joint.	For small roasts, select a higher temperature and a shorter cooking time. For larger roasts, select a lower temperature and a longer cooking time.
How to tell when the roast is ready.	Use a meat thermometer (available from specialist shops) or carry out a "spoon test". Press down on the roast with a spoon. If it feels firm, it is ready. If the spoon can be pressed in, it needs to be cooked for a little longer.
The roast looks good but the juices are burnt.	Next time, use a smaller roasting dish or add more liquid.
The roast looks good but the juices are too clear and watery.	Next time, use a larger roasting dish and add less liquid.
The roast is not well-done enough.	Carve the roast. Prepare the gravy in the roasting dish and place the slices of roast meat in the gravy. Finish cooking the meat using the microwave only.

Bakes, gratins, toast with toppings

Notes

- The values in the table apply to food placed in a cold oven.
- For bakes, potato gratins and lasagne, use a microwaveable, heat-resistant ovenproof dish 4 to 5 cm deep.

- Place the bake on the lower wire rack.
- Leave bakes and gratins to cook in the oven for a further 5 minutes after switching off.
- Cheese on toast:
Pre-toast slices of bread.

Bakes, gratins, toasts	Accessories	Type of heating	Temperature in °C, grill setting	Microwave power in watts	Cooking time in minutes
Bake, sweet, approx. 1.5 kg	Ovenware without lid		140-160	360	25-35
Savoury bake, made with cooked ingredients, approx. 1 kg	Ovenware without lid		150-170	600	20-25
Lasagne, fresh	Ovenware without lid		200-220	360	25-35
Potato gratin made from raw ingredients, approx. 1.1 kg	Ovenware without lid		180-200	600	25-30
Toast with topping, 4 slices*			3	-	8-10

* higher wire rack

Convenience products, frozen

Notes

- Observe the instructions on the packaging.

- The values in the table apply to food placed in a cold oven.
- Do not lay chips, croquettes or potato röstis on top of each other. Turn half way through the cooking time.
- Place the food directly on the turntable.

Convenience products	Accessories	Type of heating	Temperature °C	Microwave power in watts	Cooking time in minutes
Pizza with thin base*	Turntable		220-230	-	10-15
Pizza with deep-pan base	Turntable	 	- 220-230	600 -	3 13-18
Mini pizza*	Turntable		220-230	-	10-15
Pizza baguette*	Turntable	 	- 220-230	600 -	2 13-18
Chips	Turntable		220-230	-	8-13
Croquettes*	Turntable		210-220	-	13-18
Rösti, stuffed potato pockets	Turntable		200-220	-	25-30
Part-cooked rolls or baguette	Lower wire rack		170-180	-	13-18
Fish fingers	Turntable		210-230	-	10-20
Chicken goujons, nuggets	Turntable		200-220	-	15-20
Strudel	Turntable		210-220	180	20-30
Lasagne, approx. 400 g**	Lower wire rack		220-230	600	12-17

* Preheat the cooking compartment for 5 minutes, then place the food on the hot turntable.

** Place the food in suitable, heat-resistant ovenware

Test dishes

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

In accordance with the standards EN 60705, IEC 60705 or DIN 44547 and EN 60350 (2009)

Defrosting with the microwave

Dish	Microwave power setting in watts, cooking time in minutes	Note
Meat	180 W, 5 mins + 90 W, 10-15 mins	Place the Pyrex dish with a 22 cm diameter on the lower wire rack. After approx. 13 minutes, remove the defrosted meat.

Microwave cooking

Dish	Microwave power setting in watts, cooking time in minutes	Note
Custard	600 W, 10-13 mins + 180 W, 25-30 mins	Place the Pyrex dish with dimensions 24 x 19 cm on the lower wire rack.
Sponge flan	600 W, 9-10 mins	Place the Pyrex dish with a 22 cm diameter on the lower wire rack.
Meat loaf	600 W, 18-23 mins	Place the 28 cm Pyrex dish on the lower wire rack.

Combined microwave cooking

Dish	Microwave power setting in watts, cooking time in minutes	Type of heating	Temperature °C	Note
Potato gratin	600 W, 25-30 mins		210-220	Place the Pyrex dish with a 22 cm diameter on the lower wire rack.
Cake	180 W, 15-20 mins		180-200	Place the Pyrex dish with a 22 cm diameter on the lower wire rack.
Chicken	360 W, 35-40 mins		200-220	Turn after 2/3 of the cooking time.

Baking

Note: The values in the table apply to food placed in a cold oven.

Dish	Ovenware	Type of heating	Temperature °C	Baking time in minutes
Hot water sponge cake	Springform cake tin, dia. 26 cm, lower wire rack		160-180	30-40
German apple pie	Springform cake tin, dia. 20 cm, lower wire rack		190-210	50-60

Grilling

Dish	Accessories	Type of heating	Grill setting	Cooking time in minutes
Browning toast	Higher wire rack		3	4-5
Beefburgers, x 9	Higher wire rack		3	30-35

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關於產品、配件、更換零件和服務的資訊，請瀏覽：
www.siemens-home.com 以及網上商店 www.siemens-eshop.com

⚠ 重要安全資訊

請仔細閱讀本說明書中的指示，以能安全及正確地操作電器。請妥善保管說明手冊，以便未來使用或交給下一位擁有人。

此電器為廚房應用而設。請遵照特定的安裝說明。

打開包裝後，請檢查電器有否損壞。如電器在運送過程中損壞，切勿安裝。

只有持牌的專業人士才可以不經插頭連接電器。保養不包括因不當連接而造成的損壞。

本電器只限家用。同時只限用作預備食物及飲料。使用時請務必留意電器的操作狀況。只供室內使用。

凡（一）8 歲以上兒童；（二）身體、感官或心智能力欠佳者；或（三）缺乏使用經驗與知識者，在使用本電器時，須由負責其安全並明白相關風險之人士從旁監督或指導，以安全地使用電器。

切勿讓兒童把玩電器，或在此電器附近玩耍。切勿讓 8 歲以下兒童清潔此電器或進行一般修護工作，而 8 歲或以上兒童則必須有旁人監督方可進行以上工作。

切勿讓 8 歲以下兒童走近此電器及其電線。
確定爐腔中的配件放置正確。請參閱說明手冊中的「配件說明」。

火災風險！

- 存放在爐腔中的可燃物可能會造成火災。切勿在爐腔中存放可燃物。如果爐腔冒煙，切勿開啟電器的爐門。請關閉電器並拔下插頭，或關閉保險絲盒內的斷路器。
- 在預定用途範圍之外使用本電器，十分危險，可能會損壞電器。
禁止以下用途：烘乾食物或衣服、暖腳拖鞋、填充枕頭、海棉、潮濕衣物或類似物品。

例如，即使已結束加熱數小時，暖腳拖鞋或填充枕頭仍有可能會起火。本電器只可用於預備食物及飲料。

- 食物可能會起火。切勿將食物連同保溫包裝一起加熱。

加熱存放於塑膠、紙類或其他易燃材質容器的食物時，請勿離開。

切勿選擇過高的微波功率或過長的時間設定。請遵從本使用說明書內提供的資訊。

切勿利用微波爐抽乾食物水份。
切勿以高微波功率或長時間將含水量較低的食物（如麵包）解凍或加熱。

- 食用油可能會起火。切勿使用微波爐單獨加熱食用油。

爆炸風險！

密封容器內的液體或其他食物可能會爆炸。切勿加熱密封容器內的液體或其他食物。

嚴重危害健康的風險！

- 不當清潔或會損害電器表面。微波能量可能會外洩。定期清潔電器，並立即清除食物殘渣。經常保持爐腔、爐門密封條、爐門及門擋清潔；同時請參閱「護理與清潔」章節。

- 若爐腔門或爐門密封條受損，微波能量可能會外洩。如果爐腔門或爐門密封條受損，切勿使用電器。請聯絡客戶服務中心。
- 電器若無外殼保護，微波能量將會外洩。切勿移除外殼。若需維護或維修，請聯絡售後服務中心。

觸電風險！

- 不當維修會構成危險。只能由受過訓練的客戶服務技術人員維修或更換受損的電源線。如果電器出現問題，請拔掉電器的主電源，或關閉保險絲盒內的斷路器。請聯絡客戶服務中心。
- 電器的電線絕緣部分，可能會因接觸電器高溫部分而融化。切勿讓電線接觸電器的高溫部分。
- 切勿使用任何高壓或蒸汽清潔器，以免觸電。
- 滲入的濕氣可能導致觸電。切勿將電器置於極度高溫或潮濕的環境中。只供室內使用。
- 損壞的電器可能導致觸電。切勿開動已損壞的電器。請從插座拔掉電器插頭，或關閉保險絲盒內的斷路器。請聯絡客戶服務中心。
- 微波爐是高電壓電器。切勿移除外殼。

灼傷風險！

- 電器使用時會變得非常灼熱。切勿觸碰爐腔內壁或加熱元件。請務必讓電器冷卻。兒童應保持安全距離。
- 配件和耐熱器皿的溫度極高。戴上隔熱手套後，才可從爐腔取出配件或器皿。
- 在高溫的烹煮空間內，氣化酒精或會起火。切勿製作含大量高酒精濃度飲料成份的食物。只可使用少量含高酒精成份的飲料。請小心開啟爐門。

- 加熱期間（甚至在加熱後），需削皮或帶皮的食物可能會爆裂或爆開。切勿烹煮帶殼蛋或翻熱烱蛋。切勿烹煮貝類或甲殼類食物。請務必在烘烤或烹煮水煮蛋時戳破蛋黃。需削皮或是帶皮的食物（例如蘋果、馬鈴薯和香腸）的皮可能會爆裂。請在加熱前先刺破果皮。
- 嬰兒食品中的熱度分佈並不均勻。切勿使用密封容器加熱嬰兒食品。請務必取下蓋子或奶嘴。攪拌或搖晃已加熱的食品。檢查食物溫度後，才將食物交給孩童。
- 食物加熱後會散發熱氣。器皿可能變熱。戴上隔熱手套後，方可從爐腔取出配件或器皿。
- 真空包裝袋可能會在加熱過程中爆裂。請務必遵守包裝上的指示。戴上隔熱手套後，方可從爐腔取出菜餚。

燙傷風險！

- 開啟電器爐門時，熱氣可能會一下子竄出。請小心開啟爐門。兒童應保持安全距離。
- 在高溫爐腔內的水分可能會轉化成高溫水蒸汽。切勿將水倒入高溫的爐腔中。
- 液體加熱時，可能會發生延遲沸點的狀況。即液體雖然已達到沸騰的溫度，但表面仍未出現一般會出現的蒸汽氣泡。此時，即使容器稍微振動，都可能令滾燙的液體突然沸騰和飛濺。加熱時，請在容器中放入一隻湯匙。這可防止出現延遲沸騰的情況。

受傷風險！

- 爐門玻璃上的刮痕可能會變成裂痕。切勿使用玻璃刮刀、強效或腐蝕性的清潔用品或清潔劑。
- 不適合的器皿可能會出現龜裂。陶瓷器皿在手柄或蓋子上可能有些小孔洞。這些孔洞隱藏了洞下的空隙。濕氣如果穿透這些空隙，可能會令器皿龜裂。只可使用適合微波的器皿。

損壞原因

注意！

- 產生火花：金屬（如玻璃杯中的湯匙）必須與爐壁和爐門內側保持至少 2 厘米的距離。火花可能會對爐門內側的玻璃造成無法修復的損害。
- 在高溫爐腔中的水：切勿將水倒入高溫的爐腔中。否則將產生水蒸汽。溫度變化亦可能損壞電器。
- 濕潤的食品：請勿長時間在密閉的爐腔中存放潮濕食品。切勿使用電器存放食物。這樣會腐蝕電器。
- 請開啟爐門以進行散熱：請在爐門關閉的情況下讓爐腔散熱。切勿將物品夾在爐門上。即使爐門只打開些微縫隙，與前方相鄰的組件在一段時間後仍可能會損壞。
- 非常骯髒的密封條：若密封條過分骯髒，運作期間就不能關緊爐門。相鄰機組的正面可能會受損。請務必保持密封條清潔。
- 切勿開動空置的微波爐：若未在爐腔中放入食物而開動微波爐，將令電器過度負荷。請務必在爐腔中放入食物後，才開啟電器電源。唯一例外情況是進行短時間的器皿測試（請參閱「微波烹調，適合的器皿」）。
- 將物品立於或放置在爐門上：切勿將物品立於或放置在開啟的爐門上。切勿將器皿或配件放在爐門上。
- 搬運電器：請勿利用爐門手柄搬運或扶住電器。爐門手柄無法承受爐具的重量，因此可能會斷裂。
- 微波烹調爆谷：切勿設定過高的微波功率。使用不高於 600 瓦的功率設定，請將爆谷袋放在玻璃盤上。如果過載，盤子可能會跳動。
- 切勿讓濺灑出來的液體透過轉盤驅動器進入電器內部。監控烹調過程。一開始先選擇較短的烹調時間，再按需要增加烹調時間。
- 切勿使用未安裝轉盤的微波爐。

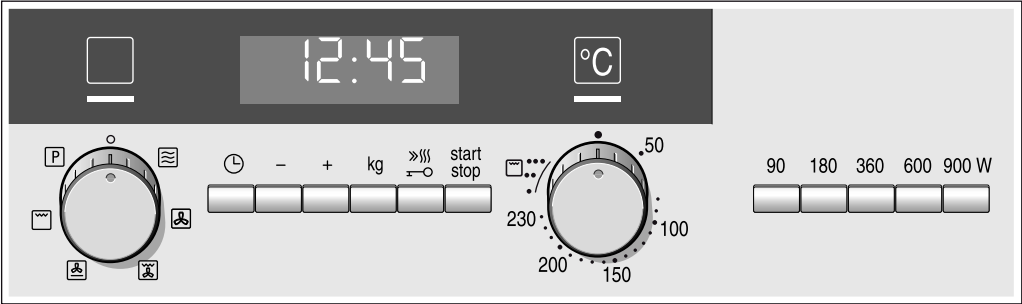
安裝和連線

此電器為廚房應用而設。
請遵照特定的安裝說明。

您的全新家電

請詳細閱讀此部分以認識您的新電器。包括控制面板和各個操作控制裝置的說明，並提供爐腔和配件的相關資訊。

控制面板



按鈕和顯示屏

按鈕可用於設定附加功能。您可以在顯示屏上看到所設定的值。

符號	功能旋鈕
	開啟和關閉時間設定功能表
- 減號	降低數值
+ 加號	提高數值
kg	選擇重量
	選擇快速加熱或兒童安全鎖
	按一下：開始 / 停止操作 按住：取消操作
90	選擇 90 瓦微波功率
180	選擇 180 瓦微波功率
360	選擇 360 瓦微波功率
600	選擇 600 瓦微波功率
900	選擇 900 瓦微波功率

功能旋鈕

使用功能旋鈕設定所要的加熱種類。

設定	使用
0 關機位置	關掉爐具。
	微波 選擇微波操作。
	熱風 適合使用焗模烘焙海棉蛋糕，以及使用烤盤烘焙蛋奶凍和芝士蛋糕，薄餅和小糕點。
	熱風燒烤 令禽肉變得金黃酥脆。使用這個設定，可以令煲仔菜和燒烤菜的達到最佳效果。
	薄餅設定 適合冷凍便利食品 and 需要從下方大火加熱的料理。
	燒烤 可選擇高、中或低功率。這個程序適合燒烤數塊牛扒、香腸、魚柳或麵包。
P 程序	4 個解凍程序 11 個烹調程序 加熱種類和烹調時間視乎重量而定。

備註

- 設定時，功能旋鈕上的指示燈會亮起。
- 按下 按鈕時，爐腔內的照明隨即開啟。

溫度旋鈕

使用溫度旋鈕設定溫度或燒烤設定。

設定	說明
● 關機位置	爐具無法加熱。
50、100-230 溫度範圍	爐腔溫度 (°C)
●, ●●, ●●● 燒烤設定	● = 設定 1，低 ●● = 設定 2，中 ●●● = 設定 3，高

備註：在到達設定溫度前，溫度旋鈕上方的指示燈會一直亮起。燒烤時，指示燈不會亮起。

散熱風扇

本電器配備散熱風扇。操作時散熱風扇會開啟。熱氣會從爐門上方散出。

操作結束後，散熱風扇會持續運轉一段時間。

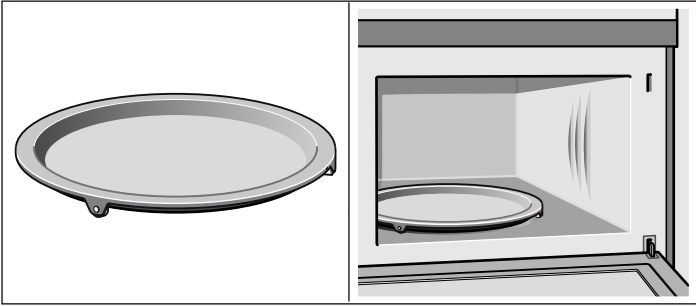
注意！

切勿遮蓋散熱槽。否則會使本電器過熱。

備註

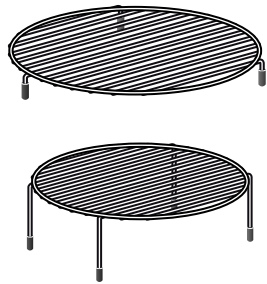
- 如果是微波操作，電器不會發熱。散熱風扇將持續開啟。即使微波運作已結束，風扇可能仍會轉動。
- 爐門玻璃、內壁和底面可能出現凝結的水氣。這是正常現象，不會對微波運作產生不良的影響。烹調後擦去凝結的水氣即可。

配件



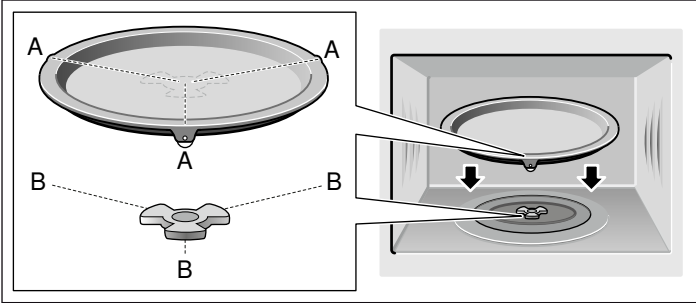
轉盤
作為放置烤架的表面。
需要從下方大火加熱的食物可以直接放在轉盤上料理。
轉盤可以順時針或逆時針的方向轉動，而且具備防刮功能。您可以直接在轉盤上切割薄餅。

- 切勿使用未安裝轉盤的微波爐。
- 轉盤可承受最高 5 公斤。
- 使用所有種類的加熱時，轉盤必須保持轉動。



矮烤架
適合微波和焗爐的烘焙和燒烤。

高烤架
適合燒烤，例如牛扒、香腸和烘烤麵包。
可作為淺碟的支架。



安裝轉盤
如圖所示，將轉盤和滾輪「A」置於轉盤驅動連結器「B」上，然後置於爐腔中央。
轉盤必須確實安裝在驅動器上。

首次使用前

此處提供您於首次使用微波爐製備食物時，所需進行事項的完整資訊。請先詳細閱讀「重要安全資訊」章節。

設定時鐘

當電器接上電源後，顯示屏上會亮起三個 0 和 ► ⌚ 符號。設定時鐘。

- 1. 按下 + 或 - 按鈕。
預設值 + : 12:00
預設值 - : 23:59
- 2. 使用 + 或 - 按鈕設定時鐘。
- 3. 按下 ⌚ 按鈕。
時間已設定完成。

備註：為降低電器在待機時的能源消耗，您可以隱藏時鐘。請閱讀「變更基本設定」章節。

加熱爐具

若要去除新爐具的氣味，可在爐具空置並關上時加熱。建議使用 🔥 熱風 180 °C 一小時。請確認爐腔中未有任何殘留包裝物料。

- 1. 使用功能旋鈕設定 🔥 熱風。
- 2. 使用溫度旋鈕將溫度設定在 180 °C。
- 3. 按下 ^{start}stop 按鈕。
爐具會開始加熱。
經過一小時後，關掉爐具。如要關閉電器，請將功能旋鈕轉至關閉位置。

清潔配件

在初次使用配件前，請以熱的肥皂水及軟布徹底清潔。

設定爐具

有多種設定爐具的方式。這裡將說明如何選擇想要的加熱方式以及溫度或燒烤設定。您可選擇爐具烹調時間和結束時間。請參閱「設定時間 - 設定選項」中的章節。

設定加熱方式和溫度

圖例：☼ 熱風 200 °C。

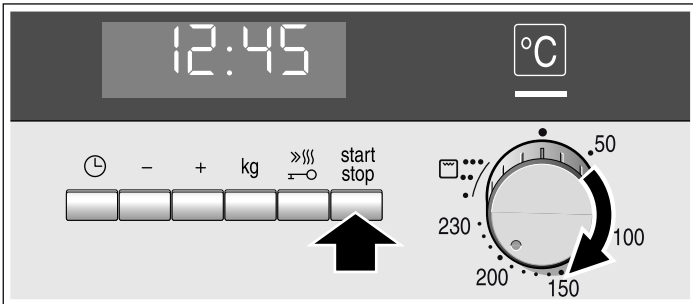
1. 使用功能旋鈕設定所要的加熱種類。



2. 使用溫度旋鈕設定溫度或燒烤設定。

3. 按下 start stop 按鈕。

爐具會開始加熱。



操作中打開爐門

操作隨即暫停。關閉爐門後，再次按下 start stop 按鈕。操作將繼續進行。

暫停操作

按下 start stop 按鈕暫停操作。按下 start stop 按鈕繼續操作。

關閉爐具

將功能旋鈕轉至關閉位置。

變更設定

您隨時可以使用個別旋鈕，以變更加熱種類和溫度，或是燒烤設定。

快速加熱

使用快速加熱，爐器會較快達到設定的溫度。

請只在選擇 100 °C 以上的溫度時使用快速加熱。以下加熱種類可以使用快速加熱：

- ☼ 熱風
- ☼ 薄餅設定
- ☼ 熱風燒烤

為了確保烹調效果適中均勻，完成快速加熱後再將食物放入爐腔中。

1. 設定加熱方式和溫度

2. 按下 start stop 按鈕。

顯示屏上的 $\gggg$ 符號亮起。

3. 按下 start stop 按鈕。

爐具會開始加熱。

快速加熱程序完成

訊號聲響起。顯示屏上的 $\gggg$ 符號消失。將料理放入爐具。

取消快速加熱

短按 start stop 按鈕。顯示屏上的 $\gggg$ 符號消失。

自動安全關閉

如果電器開啟時間過長，而且未有設定烹調時間，自動安全關閉功能將會啟動。電器自動關閉的時間視乎設定的操作模式和溫度。

範例：如果爐具正以熱風 160 °C 操作，自動關閉的時間約 5 小時後

E2 顯示在顯示屏上。電器將會關閉。確認請按下 start stop 按鈕。

微波烹調

微波在食品中轉換為熱能。微波功能可單獨使用或與加熱方式並用。此處將提供關於器皿及微波功率設定的資訊。

備註：

在「建議的烹調時間」章節，可以找到與解凍、加熱和烹調食物等有關的資訊。

關於器皿的說明

適用的器皿

適合用於微波爐的餐碟耐熱，由玻璃、玻璃陶瓷、瓷、陶瓷或耐熱塑料所製。這些材料可以讓微波順利穿透。

也可以使用正式餐碟。以節省更換餐碟的時間。除非製造商保證，否則不要將有金、銀裝飾邊緣的器皿放入微波爐中使用。

不適用的器皿

不能使用金屬器皿。金屬無法讓微波穿透。無法加熱金屬容器內的食物。

注意！

產生火花：金屬（如玻璃杯中的湯匙）必須與爐壁和爐門內側保持至少 2 厘米的距離。火花可能會破壞爐門內側的玻璃。

器皿測試

爐內如無食物，切勿開啟微波爐電源。以下器皿測試是唯一的例外。
若不確定器皿是否適用於微波爐，請執行下列測試：

- 1. 以最強的功率加熱空器皿 ½ 分鐘到 1 分鐘。
 - 2. 期間不時檢查溫度。
- 觸碰時，器皿應仍然是冷或微溫。
如果器皿變得極熱或產生火花，即表示不適用於微波爐。

微波功率設定

使用按鈕設定所要的微波功率。

90 瓦	適合解凍精緻食品
180 瓦	適合解凍和繼續烹調食物
360 瓦	適合烹調肉類和加熱精緻食物
600 瓦	適合加熱和烹調食物
900 瓦	適合加熱液體

備註

- 當您按下這些按鈕時，所選的功率指示燈將會亮起。
- 900 瓦微波功率最長可設定為 30 分鐘 其他功率可設定的最長烹調時間為 1 小時 30 分鐘。

微波設定

範例：微波功率設定 360 瓦，烹調時間 17 分鐘

- 1. 設定功能旋鈕至 。
- 2. 按下按鈕設定所需的微波功率。
按鈕亮起並顯示建議的烹調時間。
- 3. 使用 + 或 - 按鈕設定烹調時間。
- 4. 按下 ^{start}/_{stop} 按鈕。

操作隨即開始。顯示屏會顯示剩餘的烹調時間。

烹調時間結束後

訊號聲響起。微波操作結束。將功能旋鈕轉至零的位置。您可以按下  按鈕停止訊號聲。

操作中打開爐門

操作隨即暫停。關閉爐門後，再次按下 ^{start}/_{stop} 按鈕。操作將繼續進行。

變更烹調時間

您可隨時變更烹調時間。使用 + 或 - 按鈕變更烹調時間。

變更微波功率設定

按下按鈕設定新的微波功率。使用 + 或 - 按鈕設定烹調時間和重新啟動微波。

取消操作

按住 ^{start}/_{stop} 按鈕約 4 秒鐘，然後轉動功能旋鈕至零的位置。

備註

- 將功能旋鈕轉至  時，最高微波功率預設設定將會持續亮起。
- 如果在烹調時打開爐門，風扇或會持續轉動。

MicroCombi 操作

本功能可同時進行燒烤和微波操作。使用微波可以令料理更快完成，而且保持金黃色澤。
您可以開啟所有微波功率設定。
900 瓦除外。

微波混合操作設定

範例：微波功率設定 360 瓦，烹調時間 17 分鐘和熱風  190 °C。

- 1. 使用功能旋鈕設定加熱類型，然後使用溫度旋鈕設定溫度。
- 2. 按下按鈕設定所需的微波功率。
顯示屏隨即顯示建議的烹調時間。
- 3. 使用 + 或 - 按鈕設定烹調時間。
- 4. 按下 ^{start}/_{stop} 按鈕。

電器操作隨即開始。電器會顯示剩餘的烹調時間。

烹調時間結束後

訊號聲響起。混合模式結束。您可以按下  按鈕停止訊號聲。

烹調中打開爐門

操作隨即暫停。關閉爐門後，再次短按 ^{start}/_{stop} 按鈕。程序將繼續運行。

暫停操作

短按 ^{start}/_{stop} 按鈕。爐具操作隨即暫停。再次按下 ^{start}/_{stop} 按鈕繼續操作。

變更烹調時間

您可隨時變更烹調時間。使用 @ 或 - 按鈕變更烹調時間。

變更微波功率設定

按下按鈕設定新的微波功率。使用 + 或 - 按鈕設定烹調時間和重新啟動微波。

取消操作

按住 ^{start}/_{stop} 按鈕約 4 秒鐘，然後轉動功能旋鈕和溫度旋鈕至零的位置。

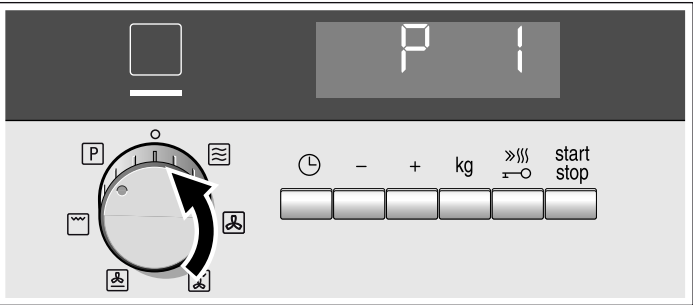
自動程序

自動程序將讓準備食物變得非常輕鬆。請選擇程序並輸入食物的重量。自動程序將會選擇最佳的設定。共有 15 種程序可供選擇的。請確定食物放入已冷卻的爐腔中。

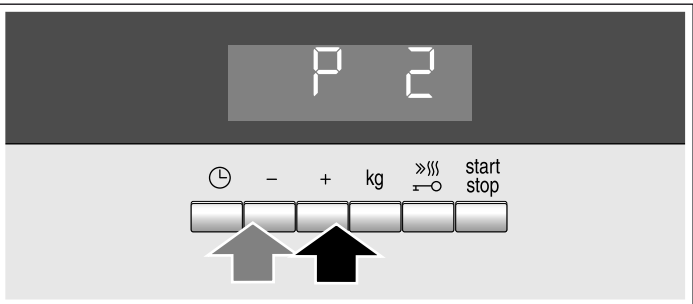
設定程序

選擇所需程序，然後設定爐具。溫度旋鈕必須位於關閉位置。
圖例：程序 2，重量 1 公斤。

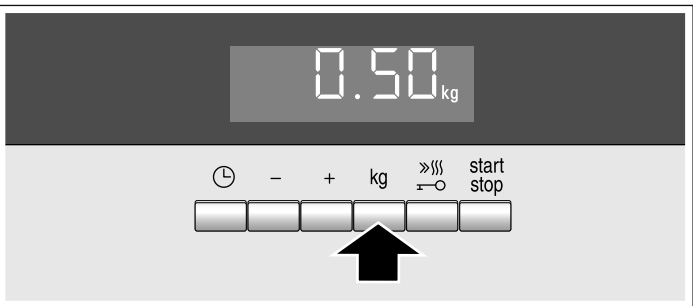
- 1. 設定功能旋鈕至自動程序 **P**。
第一個程序編號隨即顯示在顯示屏上。



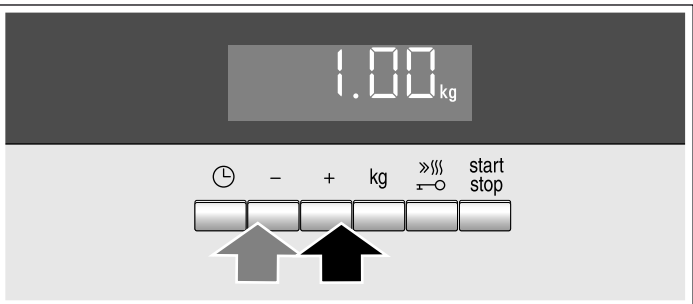
- 2. 使用 **+** 或 **-** 按鈕選擇程序編號。



- 3. 按下 **kg** 按鈕。建議重量 0.50 kg 隨即顯示在顯示屏上。



- 4. 使用 **+** 或 **A** 按鈕設定重量。



- 5. 按下 **start stop** 按鈕。程序隨即啟動。您可以查看剩餘的烹調時間，並且會顯示 **▶** 和 **I-|** 符號。

程序結束

訊號聲響起。爐具停止加熱。顯示屏上顯示「00:00」。將功能旋鈕轉至零的位置。關閉爐具。您可以按下 **⏸** 按鈕停止訊號聲。

變更程序

當您啟動程序後，將無法變更程序編號和重量。

取消程序

將功能旋鈕轉至零的位置。爐具隨即關閉。

變更烹調時間和結束時間

若使用自動程序，您無法變更烹調時間或結束時間。

解凍程序

您可以使用 4 種解凍程序，以解凍肉類、家禽肉類和麵包。

備註

- **準備食物**
使用已在 -18 °C 冷凍並分裝儲存的食物（越薄越好）。
拆除需解凍的食物的所有包裝並量重。您需知道食物的重量以設定程序。
- **肉類或家禽肉類**在解凍時會產生液體。翻轉肉類或家禽肉類時，順道倒掉這些液體。這些液體絕不可用於其他用途或接觸其他食物。
- **耐熱器皿**
將食物放置於可用於微波爐的淺盤（如瓷盤或玻璃盤），但毋需覆蓋。
- **解凍雞肉和雞肉塊（P03）**時，訊號聲將會在兩個時刻響起，表示應該翻轉食物。
- **靜置時間**
解凍的食物應額外靜置 10 至 30 分鐘，讓溫度變得均勻。與小塊的肉類相比，大塊肉類需較長的靜置時間。靜置前，請分開肉塊和碎肉。
之後，儘管厚肉塊中間可能仍然冰凍，您仍可繼續準備食物。此時，可先去除家禽的內臟。

程序編號		重量範圍 (以公斤為單位)
解凍		
P 01	碎肉	0.20 - 1.00
P 02	肉塊	0.20 - 1.00
P 03	雞肉、雞肉塊	0.40 - 1.80
P 04	麵包	0.20 - 1.00

烹調程序

3 種烹調程序，讓您烹煮米飯、馬鈴薯或蔬菜。

備註

- **準備食物**
量度食物的重量。您需知道食物的重量以設定程序。

- **耐熱器皿**
一般情況，食物必須用連蓋的微波器皿來烹調。米飯應使用大而深的盤子。將耐熱器皿放在矮烤架上。
- **米 (P05)**
備註：切勿使用袋內烹煮的米。米在烹調時會產生泡沫。輸入未烹調前的重量（不含水）。加入米量兩倍至兩倍半的水。
- **馬鈴薯 (P06)**
備註：已煮馬鈴薯：切成大小相若的塊狀。每 100 克的已煮馬鈴薯加入一湯匙的水以及少許的鹽。
- **蔬菜 (P07)**
備註
 - **新鮮蔬菜：**切成大小相若的片狀。每 100 克的蔬菜加入一湯匙的水以及少許鹽。
 - **靜置時間**
程序完成後，請再次攪拌食物。食物應額外靜置 5 至 10 分鐘，直至溫度變得均勻。
烹調結果將取決於食物的特性和黏稠度。

程序編號	重量範圍 (以公斤為單位)	
	烹調	
05	米	0.05 - 0.20
06	馬鈴薯	0.15 - 1.00
07	蔬菜	0.15 - 1.00

混合烹調程序

- **備註**
 - 取出包裝中需解凍的食物並量重。如果無法輸入確實的重量，請以四捨五入計算。

- **耐熱器皿**
可以烹調體積不太大的食物、耐熱而且可用於微波的食物。將耐熱器皿放在矮烤架上。
- **羊肉，五成熟 (P12)**
適合羊肩或帶骨羊腿。
- **肉卷 (P13)**
適合高度不超過 7 厘米的肉卷。
- **全魚 (P14)**
先去魚鱗。以魚在水中的姿勢放入爐具中。
- **燉飯 (P15)**
只需輸入米的高度。適合搭配蔬菜、魚肉或禽肉的燉飯。只使用新鮮材生原料。使用附蓋的深高邊盤子。
- **靜置時間**
當程序結束時，食物應靜置約 5 至 10 分鐘，讓溫度變得均勻。

程序編號	重量範圍 (以公斤為單位)	
	混合烹調	
08	烘焙，冷凍食物 * (最高 3 厘米)	0.40 - 1.20
09	全雞 *	0.50 - 2.00
10	沙朗，五成熟 *	0.50 - 1.50
11	豬頸肉	0.50 - 2.00
12	羊肉，五成熟	0.80 - 2.00
13	肉卷 *	0.50 - 1.50
14	魚，全條	0.30 - 1.00
15	燉飯只使用新鮮材料	0.05 - 0.20

* 使用無蓋的耐熱器皿

設定時間 - 設定選項

爐具有不同的時間設定選項。您可以使用 ⌚ 按鈕開啟功能表，並切換不同的功能。符號亮起時可進行設定。▶ 箭號顯示時間 - 設定選項已啟動。當相關時間符號在 ▶ 箭號旁，可使用 + 或 - 按鈕變更已設定的時間設定選項。

設定計時器

您可使用計時器作為廚房計時器。可獨立於爐具之外運作。計時器有獨立的訊號音。您可知道計時器的時間或烹調時間何時結束。

1. 按一下 ⌚ 按鈕。
顯示屏上會亮起時間符號，然後 ▶ 箭號會出現在 ⏰ 旁。
2. 使用 + 或 - 按鈕變更計時器時間。
 - + 按鈕預設值為 10 分鐘。
 - 按鈕預設值為 5 分鐘。設定會在數秒後套用。計時器隨即啟動。顯示屏上的 ▶⏰ 符號會亮起，計時器開始倒數。其他時間符號會消失。

- **計時器時間結束時**
訊號聲響起。顯示屏上顯示「00:00」。使用 ⌚ 按鈕關閉計時器。
- **變更計時器時間**
使用 + 或 - 按鈕變更計時器時間。設定會在數秒後套用。

- **取消計時器時間**
使用 - 按鈕將時間重設為 00:00。設定會在數秒後套用。計時器隨即關閉。
- **檢查時間設定**
如果設定多個時間設定選項，顯示屏會亮起相關符號。計時器倒數將會直接顯示在顯示屏上。⏰ 符號會顯示在 ▶ 箭號後，然後計時器開始倒數。
若要檢查 ⏰ 計時器、|→| 烹調時間或 ⌚ 時鐘，重覆按下 ⌚ 按鈕直到箭號指向正確符號。數值會在顯示屏內顯示數秒。

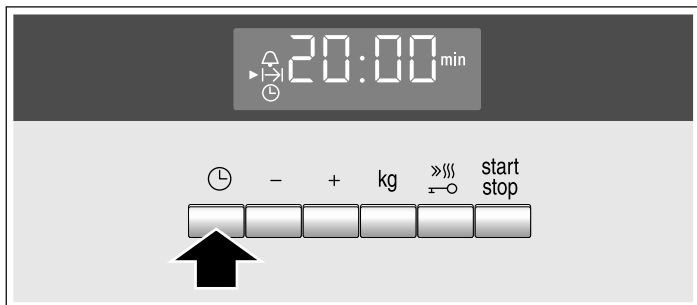
設定烹調時間

您可以在爐具上設定菜餚的烹調時間。烹調時間到時，爐具隨即自動關機。所以您不用中斷其他工作來關閉爐具。烹調時間不會意外超過。

圖例：烹調時間為 45 分鐘。

1. 使用功能旋鈕設定所要的加熱種類。
2. 使用溫度旋鈕設定溫度或燒烤設定。
3. 按兩下  按鈕。

顯示屏上顯示 20:00。顯示屏上會亮起時間符號，然後箭號  會出現在 I→I 旁。



4. 使用 + 或 - 按鈕設定烹調時間。



5. 按下  按鈕。

爐具隨即啟動。顯示幕會顯示剩餘的烹調時間， I→I 符號會亮起。其他時間符號會消失。

烹調時間結束後

訊號聲響起。爐具停止加熱。顯示屏上顯示「00:00」。按下  按鈕。訊號聲停止。將功能旋鈕轉至關閉位置。關掉爐具。

取消烹調時間

使用  按鈕將烹調時間重設為 00:00。設定會在數秒後套用。烹調時間已取消。如果已設定計時器，先按下  按鈕。

檢查時間設定

如果設定多個時間設定選項，顯示屏會亮起相關符號。 箭號會出現在顯示屏的時間功能旁。

若要檢查  計時器、I→I 烹調時間或  時鐘，重覆按下  按鈕直到 N 箭號指向正確符號。數值會在顯示屏中顯示數秒鐘。

設定時鐘

當電器接上電源後，或是電源中斷後，顯示屏上會亮起   符號和三個 0。設定時鐘。

1. 按下 + 或 - 按鈕。
預設值 +：12:00
預設值 -：23:59
2. 使用 + 或 - 按鈕設定時鐘。
3. 按下  按鈕。時間已設定完成。

變更時鐘

先決條件：電器必須關閉。

1. 按兩下  按鈕。
顯示屏上會亮起時間符號，然後  箭號會出現在  符號旁。
2. 使用 + 或 - 按鈕變更時鐘。
數秒後，便會採用設定後的時間。

隱藏時鐘

您可以隱藏時鐘。如需詳細資訊，請參閱「變更基本設定」。

兒童安全鎖

爐具設有兒童安全鎖可防止兒童意外開啟。

啟動後爐具的功能即完全鎖定。兒童安全鎖啟動時，可以設定計時器和時鐘。

開啟兒童安全鎖

將功能旋鈕轉至關閉位置。

按住  按鈕約 4 秒。

顯示幕中會出現  符號。兒童安全鎖隨即啟用。

關閉兒童安全鎖

按住  按鈕約 4 秒。

顯示屏上的  符號消失。兒童安全鎖隨即停用。

附加自動程序的兒童安全鎖

設定自動程序後，兒童安全鎖將無法使用。

變更基本設定

您隨時可變更電器的數個基本設定。

基本設定

在表格中，您可以找到所有基本設定和變更基本設定的選項。

基本設定	選項	說明
 顯示時鐘  = 開啟	顯示時鐘  = 關閉	顯示時鐘
 訊號持續時間  = 適中 = 2 分鐘	 = 短 = 10 秒鐘  = 長 = 5 分鐘	烹調時間結束後，即會響起訊號聲。
 訊號音量  = 中	 = 小  = 大	訊號音量
 等候時間  = 中 = 5 秒鐘	 = 短 = 2 秒鐘  = 長 = 10 秒鐘	設定兩個步驟之間的等候時間

先決條件：電器必須關閉。

- 按住  按鈕數秒。
第一個基本設定會顯示在顯示屏上。
- 使用  或  按鈕變更基本設定。

- 按下  按鈕以確認。
下一個基本設定會顯示在顯示屏上。您可以使用  按鈕瀏覽所有基本設定，然後使用  或  按鈕變更設定。
- 完成時，按住  按鈕數秒。
所有基本設定隨即套用。
您隨時可變更這些設定。

護理與清潔

小心護理與清潔，可令微波爐保持良好外觀。我們將解釋護理和清潔電器的正確方法。

觸電風險！

切勿使用任何高壓或 蒸汽清潔器，以免觸電。

灼傷風險！

切勿在關閉電器電源後立刻清潔電器，請先讓電器降溫。

嚴重危害健康的風險！

若爐腔門或爐門密封條受損，微波能量可能就會外洩。如果爐腔門或爐門密封條受損，切勿使用電器。請聯絡客戶服務中心。

備註

- 電器正面顏色的細微差異是因使用不同材質所致（例如玻璃、塑膠和金屬）。
- 爐門上看似斑紋污漬的陰影，只是由爐具照明燈反光所造成。
- 臭味，例如處理魚類之後留下的味道可以輕鬆去除。在一杯水中加入幾滴檸檬汁。在容器中放入一隻湯匙，以避免遲沸。以最高微波功率將水加熱 1 至 2 分鐘。

清潔劑

請遵照表格內的資訊，以確保不會因錯誤的清潔方法而損害電器的表面。切勿使用

- 尖銳或含腐蝕性的清潔溶液、
- 金屬或玻璃刮刀來清潔爐門的玻璃。
- 金屬或玻璃刮刀來清潔爐門的玻璃。
- 硬質百潔布或清潔海綿
- 含高濃度酒精的清潔劑

使用全新的海綿布前，請先將之徹底清洗。

請務必徹底擦乾內部表面。

區域	清潔劑
電器正面	熱肥皂水： 使用洗碗布清潔，再用柔軟乾布擦乾。切勿使用玻璃清潔劑或用金屬或玻璃刮刀清潔。
附有不鏽鋼的電器正面	熱肥皂水： 使用洗碗布清潔，再用柔軟乾布擦乾。立即移除水垢、油脂、澱粉和蛋白。這類殘留物會造成腐蝕。特殊的不鏽鋼清潔劑在客戶服務處或專賣店有售。切勿使用玻璃清潔劑或用金屬或玻璃刮刀清潔。

區域	清潔劑
爐腔	熱肥皂水或醋液： 使用洗碗布清潔，再用柔軟乾布擦乾。如果爐具太骯髒：切勿使用噴劑，或使用其他侵蝕性的清潔劑或磨蝕性材料。百潔布、硬質海棉和平底鍋清潔劑亦不適用。這些物件都會刮傷表面。請務必徹底擦乾內部表面。

區域	清潔劑
爐腔中的凹槽	濕布： 確定不會有水從轉盤驅動器滲入電器內部。
烤架	熱肥皂水： 使用不鏽鋼清潔劑或洗碗機清潔。
爐門面板	玻璃清潔劑： 使用洗碗布清潔。切勿使用玻璃刮刀。
密封條	熱肥皂水： 使用洗碗布清潔，切勿沖刷。切勿使用金屬或玻璃刮刀。

故障一覽表

大多數故障都可以輕易地解決。聯絡客戶服務前，請先參閱故障表內容。
若菜餚的烹調結果未如預期，請參閱「建議的烹調時間」章節，查看大量烹飪的秘訣和技巧。

 **觸電風險！**
不當維修會構成危險。電器只可由我們受過訓練的售後服務技術工程師維修。

故障一覽表

故障情況	可能原因	處理方式 / 資訊
爐具無法運作。	斷路器故障	查看保險絲盒中電器所使用的斷路器是否正常運作。
	未插上插頭。	插妥插頭
	停電	檢查廚房燈有否失靈。
爐具無法運作。⏻ 顯示在顯示屏上。	兒童安全鎖已啟動。	停用兒童安全鎖（請參閱章節：兒童安全鎖）
0:00 和 ⌚ 顯示在顯示面板上。	停電	重設時鐘。
微波無法啟動。	爐門未關妥。	檢查食物殘渣或碎片是否夾在門邊。
食物微波加熱時間較平常久	所選微波功率等級過低。	選擇較高的功率。
	放入了過多的食物，超出正常份量。	雙倍的量 = 將近雙倍的烹調時間
	食物較平常冷。	烹調時攪拌或翻動食物。
轉盤摩擦或發出聲音。	轉盤驅動器位置附近有灰塵或碎片。	徹底清潔轉盤下的滾輪和爐具的凹槽。
無法設定特殊操作模式或功率等級。	在此操作模式下無法調整溫度、功率等級或混合設定。	選擇適當的設定。
E 1 顯示在顯示屏上。	過熱安全關閉功能已啟動。	請致電售後服務中心。
E 2 顯示在顯示屏上。	自動安全關閉功能已啟動。	按下任一按鈕或是轉動旋鈕。
E 3 顯示在顯示屏上。	爐具故障。	請致電售後服務中心。
E 4 顯示在顯示屏上。	過熱安全關閉功能已啟動。	請致電售後服務中心。
E 1 1 顯示在顯示屏上。	控制面板內有濕氣。	等待控制面板晾乾。
E 1 7 顯示在顯示屏上。	快速加熱失敗。	請致電售後服務中心。
可以設定電器，但無法加熱。冒號閃爍	示範模式已啟用。	切斷電器的電源供應，然後重新接上。按鈕 ⏻ 按鈕直到 ⏻ 符號顯示在顯示屏上，然後冒號停止閃爍。在 4 秒鐘內按下 ⏻ 按鈕確認。

售後服務

如果您的電器需要維修，請聯絡我們的售後服務中心。我們將找出正確的解決方法，以免維修技術人員不必要的登門維修。

產品編號及生產編號

聯絡我們時，請提供產品編號（E no.）和生產編號（FD no.）以便提供正確的建議。標有這些編號的技術規格標示牌位於爐門側面。您也可以在下空位中記下電器編號和售後服務中心的電話號碼，省卻尋找時間。

產品編號（E no.）	生產編號（FD no.）
售後服務 ☎	

請注意，即使是在保養期內，技術人員上門仍需收費。

您可以在附件的客服中心目錄內，找到所有國家的客服中心聯絡詳細資料。

信賴生產商的專業水準。因此，您可確保電器由曾受訓的維修技術人員使用原廠配件來維修。

技術規格

電源	220-230 伏特，50 Hz
微波功率設定	900 瓦
微波頻率	2,450 MHz
保險絲	16 安培
VDE 核准	有
CE 標誌	有

此電器符合標準 EN 55011 和 CISPR 11，為 Group 2 Class B 產品。Group 2 係指用於加熱食物的微波。Class B 表示該電器為家用產品。

食材內的丙烯醯胺

受影響的食材？

丙烯醯胺主要來自經高溫處理的穀類或馬鈴薯產品，例如馬鈴薯片、多士、麵包捲或精製烘焙食品（餅乾、薑餅、甜餅）。

在處理食品時，如何將丙烯醯胺降至最低	
一般處理方式	儘量縮短烹調時間。將食材烹調至金黃色，但顏色不宜過深。體積較大或較厚的食材，含有較少丙烯醯胺。
烤餅乾	最高 200 °C 的上下加熱或最高 180 °C 的 3D 熱風或熱風模式。最高 190 °C 的上下加熱或最高 170 °C 的 3D 熱風或熱風模式。蛋白和蛋黃可以降低丙烯醯胺的形成。
烤薯片	在烤盤上均勻放置薯片。烤盤上至少放入 400 公克的薯片，以免薯片太乾。

能源及環保提示

本章節將說明烘焙和燒烤工作的節能提示，以及如何正確回收本爐具。

節能

- 若食譜或操作說明表中註明需要預熱爐具，才進行預熱。
- 使用深色、黑色或搪瓷模型。這類廚具吸熱效率較高。
- 烹調、烘焙或燒烤期間，盡量不要打開爐門。
- 烘焙多個蛋糕時，輪流烘焙效果最佳。因為這樣可以充分利用爐具餘溫，減少接下來的蛋糕烘焙時間。您也可以兩個蛋糕模並排放入。
- 若烹調時間較長，您可以在設定的烹調時間結束前十分鐘關掉爐具，利用餘溫完成烹調。

符合環保規定的廢棄處理

以環保方式處理包裝。



此電器根據歐盟關於舊電器及電子產品之指令 2012/19/EU（棄置的電器及電子產品 - WEEE），貼有相關標籤。該指引訂明了在歐盟範圍內舊電器退還及回收的方法。

建議的烹調時間

您可在此處找到各種食譜及相關的合適設定，包括食材適合的加熱種類、溫度或微波功率設定。也會提供適用的配件及對應安裝的高度。此外，還有關於如何選擇耐熱器皿與食材處理的提示。

備註

- 表中的數值適用於冷卻且無其他物品的爐腔。在本表註明的情況下才需要進行預熱。使用電器前，請先取出爐腔中所有未使用的配件。
- 在預熱完成前請不要將防油紙放在配件上。
- 表中時間只供參考。實際時間視乎食材的特性和成分。
- 使用隨機所附的配件。可向專賣店和售後服務中心購買其他配件。
- 從爐具爐腔中取出配件或耐熱器皿時，必須使用隔熱布或隔熱手套。

使用微波解凍、加熱及烹調

下表提供多種的微波選項和設定。

表中時間只供參考。實際所需時間可能會因所用的器皿和食物的特性、溫度和黏稠度而不同。

表中時間只供參考。先設定最短的時間，視乎需要延長時間。

菜餚的份量可能會與表中指定的數量不同。原則：雙倍的量 - 將近雙倍的烹調時間，一半的量 - 一半的烹調時間。

將耐熱器皿放在矮烤架中間。食材可以從各個方向吸收微波。

解凍

備註

- 將冷凍食品放置於開封的容器中，再放在烤架上。
- 需要小心處理的部位（如雞腿和雞翼或烤肉外層脂肪）可使用小塊的錫紙覆蓋。錫紙不可觸碰爐腔內壁。經過一半解凍時間後，即可移開錫紙。
- 解凍時，翻動或攪拌食物一或兩次。較大塊的食物應翻動數次。翻動時，請去除解凍融化的液體。
- 讓解凍的食物在室溫下靜置 10 至 60 分鐘，使食物達到穩定的溫度。此時，可先去除家禽的內臟。

解凍	重量	微波功率設定（單位為瓦）， 烹調時間（單位為分鐘）	備註
整塊肉（牛肉、小牛肉或豬肉 - 帶骨或去骨）	800 公克	180 瓦，15 分鐘 + 90 瓦，10-20 分鐘	翻動數次
	1 公斤	180 瓦，20 分鐘 + 90 瓦，15-25 分鐘	
	1.5 公斤	180 瓦，30 分鐘 + 90 瓦，20-30 分鐘	
肉塊或牛肉、小牛肉或豬肉片	200 公克	180 瓦，3 分鐘 + 90 瓦，10-15 分鐘	翻動時，將任何已解凍的部分分開
	500 公克	180 瓦，5 分鐘 + 90 瓦，15-20 分鐘	
	800 公克	180 瓦，8 分鐘 + 90 瓦，15-20 分鐘	
碎肉，混合	200 公克	90 瓦，10-15 分鐘	如果可能的話，將冷凍食品整平 翻動數次，去掉任何已解凍的肉
	500 公克	180 瓦，5 分鐘 + 90 瓦，10-15 分鐘	
	800 公克	180 瓦，8 分鐘 + 90 瓦，15-20 分鐘	
禽肉或禽肉塊	600 公克	180 瓦，8 分鐘 + 90 瓦，10-15 分鐘	烹調時翻動。
	1.2 公斤	180 瓦，15 分鐘 + 90 瓦，25-30 分鐘	
鴨肉	2 公斤	180 瓦，20 分鐘 + 90 瓦，30-40 分鐘	翻動數次
魚塊、魚柳或切片	400 公克	180 瓦，5 分鐘 + 90 瓦，10-15 分鐘	分開任何已解凍的部分
全魚	300 公克	180 瓦，3 分鐘 + 90 瓦，10-15 分鐘	-
	600 公克	180 瓦，8 分鐘 + 90 瓦，10-15 分鐘	
蔬菜，如豌豆	300 公克	180 瓦，10-15 分鐘	在解凍過程中，請仔細攪拌。
	600 公克	180 瓦，10 分鐘 + 90 瓦，10-15 分鐘	
水果，如紅桑子	300 公克	180 瓦，7-10 分鐘	在解凍過程中，請仔細攪拌並分開任何已解凍的部分
	500 公克	180 瓦，8 分鐘 + 90 瓦，5-10 分鐘	
牛油，解凍	125 公克	180 瓦，1 分鐘 + 90 瓦，2-4 分鐘	移除所有包裝
	250 公克	360 瓦，1 分鐘 + 90 瓦，2-4 分鐘	
麵包	500 公克	180 瓦，6 分鐘 + 90 瓦，5-10 分鐘	烹調時翻動。
	1 公斤	180 瓦，12 分鐘 + 90 瓦，15-25 分鐘	
蛋糕，乾身（如海綿蛋糕）	500 公克	90 瓦，15-20 分鐘	只供沒有糖霜、忌廉或吉士忌廉的蛋糕， 分開蛋糕片
	750 公克	180 瓦，5 分鐘 + 90 瓦，10-15 分鐘	
蛋糕，濕潤（如雜果撻、芝士蛋糕）	500 公克	180 瓦，5 分鐘 + 90 瓦，10-15 分鐘	只供沒有糖霜、忌廉或明膠的蛋糕
	750 公克	180 瓦，7 分鐘 + 90 瓦，10-15 分鐘	

解凍、加熱或烹調冷凍食物

備註

- 將餐點從包裝中取出。在微波爐適用的器皿中，食物能更迅速而且均勻地加熱。餐點成分不同的話，加熱時間可能就不一樣。
- 食物平整放置，烹調速度將比堆高的食物快。因此，請盡可能將食物平整地分配在器皿上。不同的食物不應堆疊放置。

- 請務必將食物覆蓋。如果沒有合適的蓋子，請使用盤子或專用微波錫紙。
- 在烹調過程中，請攪拌或翻動食物 2-3 次。
- 加熱後，讓食物靜置 2 至 5 分鐘，使溫度均勻。
- 從爐中取出器皿時，請務必使用隔熱布或手套。
- 這將有助於食品保持獨特的味道，所需調味料亦會較少。

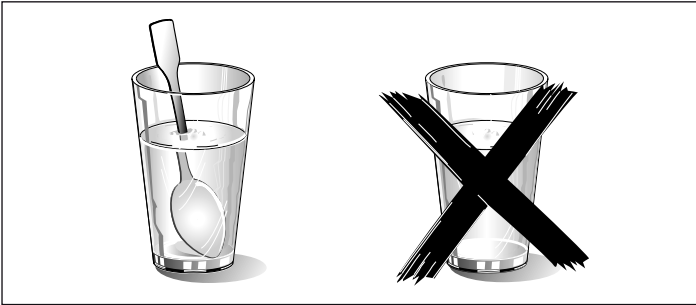
解凍、加熱或烹調冷凍食物	重量	微波功率設定（單位為瓦），烹調時間（單位為分鐘）	備註
飯菜、盤裝菜、熟食	300-400 公克	600 瓦，10-15 分鐘	取出包裝中的餐點，加蓋後加熱
湯	400-500 公克	600 瓦，8-10 分鐘	附蓋的耐熱器皿
燉菜	500 公克	600 瓦，10-15 分鐘	附蓋的耐熱器皿
	1 公斤	600 瓦，20-25 分鐘	
帶有醬汁的肉片或肉塊，如燉牛肉	500 公克	600 瓦，15-20 分鐘	附蓋的耐熱器皿
	1 公斤	600 瓦，25-30 分鐘	
魚，如魚塊、魚柳	400 公克	600 瓦，10-15 分鐘	有蓋
	800 公克	600 瓦，18-20 分鐘	
配菜，如米飯、麵食	250 公克	600 瓦，2-5 分鐘	附蓋的耐熱器皿；加入水
	500 公克	600 瓦，8-10 分鐘	
蔬菜，如豌豆、西蘭花、蘿蔔	300 公克	600 瓦，8-10 分鐘	附蓋的耐熱器皿；加入一茶匙的水
	600 公克	600 瓦，15-20 分鐘	
奶油菠菜	450 公克	600 瓦，11-16 分鐘	烹煮時不需加入額外的水

加熱食物



燙傷風險！

液體加熱時，可能會發生延遲沸點的狀況。即液體雖然已達到沸騰的溫度，但表面仍未出現一般會出現的蒸汽氣泡。此時，即使容器稍微振動，都可能令滾燙的液體突然沸騰和飛濺。加熱時，請在容器中放入一隻湯匙。這可防止出現延遲沸騰的情況。



注意！

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

備註

- 將餐點從包裝中取出。在微波爐適用的器皿中，食物能更迅速而且均勻地加熱。餐點成分不同的話，加熱時間可能就不一樣。
- 請務必將食物覆蓋。如果沒有合適的蓋子，請使用盤子或專用微波箔紙。
- 加熱期間，請攪拌或翻動食物數次。檢查溫度。
- 加熱後，讓食物靜置 2 至 5 分鐘，使溫度均勻。
- 從爐中取出器皿時，請務必使用隔熱布或手套。

加熱食物	重量	微波功率設定（單位為瓦），烹調時間（單位為分鐘）	備註
飯菜、盤裝菜、熟食	350-500 公克	600 瓦，5-10 分鐘	取出包裝中的餐點，加蓋後加熱
飲料	150 毫升	900 瓦，1-2 分鐘	注意！ 請在杯中放入一根湯匙。切勿加熱酒精飲料。加熱時務必檢查
	300 毫升	900 瓦，2-3 分鐘	
	500 毫升	900 瓦，3-4 分鐘	
	500 毫升	900 瓦，3-4 分鐘	
嬰兒食品，例如嬰兒奶瓶	50 毫升	360 瓦，約 1 分鐘	將嬰兒奶瓶放在爐腔板上，取下奶嘴或蓋子。加熱後務必攪拌或搖勻。務必檢查溫度
	100 毫升	360 瓦，1-2 分鐘	
	200 毫升	360 瓦，2-3 分鐘	
湯			-
1 杯	175 公克	900 瓦，2-3 分鐘	
2 杯	每份 175 公克	900 瓦，4-5 分鐘	
4 杯	每份 175 公克	900 瓦，5-6 分鐘	

加熱食物	重量	微波功率設定（單位為瓦）， 烹調時間（單位為分鐘）	備註
帶有醬汁的肉片或肉塊，如燉牛肉	500 公克	600 瓦，10-15 分鐘	有蓋
燉菜	400 公克	600 瓦，5-10 分鐘	附蓋的耐熱器皿
	800 公克	600 瓦，10-15 分鐘	
蔬菜	150 公克	600 瓦，2-3 分鐘	添加少量水
	300 公克	600 瓦，3-5 分鐘	

烹調食物

備註

- 食物平整放置，烹調速度將比堆高的食物快。因此，請盡可能將食物平整地分配在器皿上。不同的食物不應堆疊放置。
- 使用附蓋的器皿來煮熟食物。如果沒有合適的蓋子，請使用盤子或專用微波箔紙。
- 這將有助於食品保持其獨特的味道，所需調味料會較少。
- 加熱後，讓食物靜置 2 至 5 分鐘，使溫度均勻。
- 從爐中取出器皿時，請務必使用隔熱布或手套。

烹調食物	重量	微波功率設定（單位為瓦）， 烹調時間（單位為分鐘）	備註
生全雞，無內臟	1.5 公斤	600 瓦，30-35 分鐘	經過烹調時間一半時翻動食物
新鮮魚塊	400 公克	600 瓦，5-10 分鐘	-
新鮮蔬菜	250 公克	600 瓦，5-10 分鐘	切成大小相若的塊狀 每 100 公克加入 1 到 2 茶匙的水；烹調時攪拌。
	500 公克	600 瓦，10-15 分鐘	
馬鈴薯	250 公克	600 瓦，8-10 分鐘	切成大小相若的塊狀 每 100 公克加入 1 到 2 茶匙的水；烹調時攪拌。
	500 公克	600 瓦，11-14 分鐘	
	750 公克	600 瓦，15-22 分鐘	
米	125 公克	600 瓦，7-9 分鐘 + 180 瓦，15-20 分鐘	加入雙倍的液體並使用附蓋的深器皿
	250 公克	600 瓦，10-12 分鐘 + 180 瓦，20-25 分鐘	
甜食，例如奶凍（即時）	500 毫升	600 瓦，7-9 分鐘	加熱時使用打蛋器攪拌 2 到 3 次
水果，糖煮	500 公克	600 瓦，9-12 分鐘	-

微波烹調爆谷

備註

- 使用耐熱、平板玻璃器皿，例如烤箱專用盤的蓋子、玻璃盤或是玻璃托盤（Pyrex）
- 請在烤架上放耐熱器皿。
- 切勿使用陶瓷或過度彎曲的餐盤。
- 按照表格所述設定。您可以視乎不同商品和份數調整時間。
- 這樣爆谷才不會燒焦，然後在 1 分 30 秒後取出搖勻。小心袋子可能很燙！



燙傷風險！

- 小心開啟爆谷袋，蒸汽或會竄出。
- 切勿設定最高微波功率。

	重量	配件	微波功率設定（單位為瓦）， 烹調時間（單位為分鐘）
微波烹調爆谷	1 袋，100 公克	耐熱器皿，烤架	600 瓦，3-5 分鐘

微波提示

未有與您所預備的食物份量的相關資訊。	使用以下法則增加或減少烹調時間： 雙倍份量 = 將近雙倍的烹調時間 一半份量 = 一半的烹調時間
食物變得太乾。	下次請設定較短的烹調時間，或選擇較低的微波功率設定。覆蓋食物，並添加更多水。
經過所設定的時間後，食物仍未解凍、加熱或煮熟。	設定較長的時間。大量和堆高的食物需要更長的時間。
經過所設定的時間後，食物的邊緣烤焦，但中心部分仍未熟透。	烹調時攪拌，下次則選擇較低的微波功率設定和較長的烹調時間。

解凍後，家禽或肉類的外層已解凍，但中心部分仍未解凍。下次請選擇較低的微波功率設定。若解凍的食物量較大，請翻動數次。

糕點和酥皮點心

關於表格

備註

- 表中的數值適用於冷卻的爐具。
- 溫度和烘焙時間主要取決於麵團的稠度與份量。因此表中的溫度均以範圍提供。從較低的溫度開始烹調的加熱效果較為平均，若有需要，下次烹調時可調高設定。

- 其他資訊請參閱表格後的「烘焙提示」章節。
- 將蛋糕模放在矮烤架中間。

焗模

備註：最好使用深色的金屬焗模。

焗模	配件	加熱方式	溫度（°C）	微波功率（瓦）	烹調時間（分鐘）
海綿蛋糕，簡易	環形模 / 蛋糕模		170-180	90	40-50
海綿蛋糕，精緻（例如粟粉蛋糕）*	環形模 / 蛋糕模		150-170	-	70-90
海綿餡餅底	餡餅蛋糕模		160-180	-	30-40
精緻水果餡餅，海綿	活動圓形蛋糕模 / 圓形模		170-180	90	35-45
海綿蛋糕底，2 顆蛋	餡餅蛋糕模		160-170	-	20-25
海綿餡餅，6 顆蛋	深色圓形蛋糕模		170-180	-	35-45
帶脆皮的鹹撻皮酥餅	深色圓形蛋糕模		170-190	-	30-40
帶脆皮的水果撻 / 芝士蛋糕*	深色圓形蛋糕模		170-190	180	35-45
瑞士餡餅**	深色圓形蛋糕模		190-200	-	45-55
環形蛋糕	環形蛋糕模		170-180	-	40-50
薄底薄餅，少餡**	圓形薄餅烤盤		220-230	-	15-25
鹹蛋糕**	深色圓形蛋糕模		200-220	-	50-60
堅果蛋糕	深色圓形蛋糕模		170-180	90	35-45
乾餡料的酵母蛋糕	圓形薄餅烤盤		160-180	-	50-60
濕餡料的酵母蛋糕	圓形薄餅烤盤		170-190	-	55-65
麻花麵包，500 公克麵粉	圓形薄餅烤盤		170-190	-	35-45
德式聖誕麵包，500 公克麵粉	圓形薄餅烤盤		160-180	-	60-70
水果卷，甜	圓形薄餅烤盤		190-210	180	35-45

* 讓蛋糕靜置在爐具內 20 分鐘冷卻。

** 將模直接放在轉盤上。

小糕點	配件	加熱方式	溫度（°C）	烹調時間（分鐘）
餅乾	圓形薄餅烤盤		150-170	25-35
馬卡龍	圓形薄餅烤盤		110-130	35-45
酥皮	圓形薄餅烤盤		100	80-100
鬆餅	將鬆餅放在烤架上		160-180	35-40
酥皮泡芙	圓形薄餅烤盤		200-220	35-45
酥皮	圓形薄餅烤盤		190-200	35-45
發酵蛋糕	圓形薄餅烤盤		200-220	25-35

麵包和麵包卷	配件	加熱方式	溫度（°C）	烹調時間（分鐘）
酸麵包，1.2 公斤麵粉	圓形薄餅烤盤		210-230	50-60
大餅*	圓形薄餅烤盤		220-230	25-35
麵包卷	圓形薄餅烤盤		210-230	25-35
甜發酵麵團麵包卷	圓形薄餅烤盤		200-220	15-25

** 將模直接放在轉盤上。

烘焙提示

希望按照自己的食譜烘焙。	請使用烘焙表中類似的項目作為參考。
使用由矽膠、玻璃、塑料或陶瓷材料所製的焗模。	焗模必須可耐熱達 250 °C。放在焗模裡的蛋糕顏色較淺。使用微波時，烹調時間較表所載時間短。
如何確認海綿蛋糕已經焗好。	在食譜指定的烘焙時間結束前十分鐘，將一根牙籤插入蛋糕最高點。若牙籤抽出時沒有沾上糕點，表示糕點已焗好。
蛋糕塌陷。	下次請減少水份，或將溫度降低十度和延長烘焙時間。請按照食譜中所註明的混合次數。
蛋糕中央突起，但周圍塌陷。	只在圓形蛋糕模底部塗油。烘焙後，用刀子小心將糕點取下。
蛋糕顏色過深。	選擇較低的溫度和稍長的烘焙時間。
蛋糕過乾。	烘焙後，使用牙籤在蛋糕上製造細小的洞。在蛋糕上噴灑果汁或酒精飲料。下次請將烘焙溫度提高十度，並減少烘焙時間。
麵包或蛋糕（例如芝士蛋糕）外表正常，但內部潮濕（沾粘、條紋帶水）。	下次降低水份，並以較低的溫度烘焙較長的時間。若要烘焙表層濕潤的蛋糕，請先烘焙底部，然後蓋上杏仁或麵包屑後加上表層餡料。請遵照食譜和烘焙時間。
倒置烤盤時，蛋糕無法脫離。	烘焙完成後，靜置蛋糕冷卻 5 至 10 分鐘後即可輕鬆取出。如果仍然粘著，請用刀小心地從焗模中取出蛋糕。然後再次倒置焗模，並以冰涼濕布覆蓋數次。下次烘焙時，在模內仔細塗油並灑上一些麵包屑。
使用自己的溫度計測量爐具溫度，發現和顯示的溫度有差異。	製造商以放置於爐腔中央的測試架，在特定時間內測量爐具的溫度。器皿和配件會影響溫度的測量，所以和您測試所得溫度必然有所差異。
焗模和烤架間產生火花。	檢查焗模的外側是否乾淨。檢查焗模在爐腔內的位置。若此方法無效，請在不使用微波的狀態下進行烘焙。烘焙的時間將變長。

烘烤和燒烤

關於表格

溫度和烘焙時間視乎食物種類和份量。因此表中的溫度均以範圍提供。從較低的溫度開始烹調，如有需要，下次烹調時可調高設定。如需詳細資訊，請參閱表格後的「燒烤和烘烤提示」章節。

耐熱器皿

您可以使用適合微波的耐熱器皿。金屬烤盤不適合微波烘烤。器皿可能變得非常熱。從爐具中取出器皿時，請戴上隔熱手套。從爐具中取出玻璃器皿後，請放在乾的廚房毛巾上。若放在冷卻或潮濕的表面上，玻璃可能會裂開。

烘烤提示

備註

- 使用深烤盤烘烤肉類或禽類。
- 確認器皿是否可以放入爐腔。器皿尺寸不得過大。
- 肉類：
用約三分之二的水覆蓋耐熱器皿的底部。燜烤時可以加入多一點的水。烹調到一半時，可以將肉塊翻轉。烘烤完成後，關閉爐具並靜置十分鐘。這樣可讓肉汁均勻分佈。
- 禽肉：
經過烹調時間 $\frac{2}{3}$ 時翻動。

燒烤提示

備註

- 燒烤時請務必關上爐門，不需預熱。
- 烘焙的食材盡量維持大小一致。肉類厚度至少為 2-3 厘米。如此可讓肉塊受熱均勻以保持肉質良好及多汁。在肉扒烤好後加鹽即可。
- 使用鉗子翻轉燒烤的各項食材。如果用叉子，會流失肉汁並變乾。
- 牛肉等深色肉類會比淺色的小牛肉或豬肉更快烤成棕色。燒烤淺色肉類或魚肉時，即使內部熟透而且多汁，但表面只會稍微烤成棕色。
- 燒烤組件會自動開啟關閉調整溫度。這是正常現象，燒烤設定會影響其頻率。

牛肉

備註

- 經過烹調時間 $\frac{1}{3}$ 和 $\frac{2}{3}$ 時翻動燜烤牛肉。最後靜置約 10 分鐘。
- 經過烹調時間一半時翻動裡脊肉和西冷。最後靜置約 10 分鐘。
- 經過烹調時間 $\frac{2}{3}$ 時翻動牛扒。

牛肉	配件	加熱方式	溫度（°C）， 燒烤設定	微波功率（瓦）	烹調時間（分鐘）
燻烤牛肉，約 1 公斤	附蓋的耐熱器皿		180-200	-	120-143
牛柳，五成熟，約 1 公斤	無蓋的耐熱器皿		180-200	90	30-40
西冷，五成熟，約 1 公斤	無蓋的耐熱器皿		210-230	180	30-40
牛扒，五成熟，厚 3 厘米	高烤架		3	-	每面：10-15 分鐘

小牛肉

備註：經過烹調時間一半時翻動小牛肘蹄。最後靜置約 10 分鐘。

小牛肉	配件	加熱方式	溫度（°C）	微波功率（瓦）	烹調時間（分鐘）
小牛肘，約 1 公斤	附蓋的耐熱器皿		180-200	-	110-130
小牛蹄，約 1.5 公斤	附蓋的耐熱器皿		200-220	-	120-130

豬肉

- 備註

 - 經過烹調時間一半時翻動豬瘦肉和無皮豬肘。最後靜置約 10 分鐘。
- 豬肘帶皮的部分朝上。在帶皮的部分做上記號。切勿翻動豬肘。最後靜置約 10 分鐘。
 - 切勿翻動豬裡脊肉或豬扒。最後靜置約 5 分鐘。
 - 經過烹調時間 $\frac{2}{3}$ 時翻動豬頸肉。

豬肉	配件	加熱方式	溫度（°C）， 燒烤設定	微波功率（瓦）	烹調時間（分鐘）
無皮豬肘（例如頸肉），約 750 公克 *	附蓋的耐熱器皿		220-230	180	40-50
帶皮豬肘（例如肩肉），約 1.5 公斤 *	無蓋的耐熱器皿		190-210	-	130-150
豬柳，約 500 公克 *	附蓋的耐熱器皿		220-230	90	25-30
帶骨豬肘，瘦肉，約 1 公斤 *	附蓋的耐熱器皿		210-230	90	60-80
帶骨煙燻豬肉，約 1 公斤 *	無蓋的耐熱器皿	-	-	360	45-45
豬頸肉，厚 2 厘米 **			3	-	第 1 面：約 15-20 分鐘 第 2 面：約 10-15 分鐘

* 矮烤架

** 高烤架

羊肉

備註：經過烹調時間一半時翻動羊腿

羊肉	配件	加熱方式	溫度（°C）	微波功率（瓦）	烹調時間（分鐘）
帶骨羊脊肉，約 1 公斤	無蓋的耐熱器皿		210-230	-	40-50
羊腿肉，帶骨，五成熟，約 1.5 公斤	附蓋的耐熱器皿		190-210	-	90-95

其他

備註

- 最後靜置肉卷約 10 分鐘。
- 經過烹調時間 $\frac{2}{3}$ 時翻動香腸。

其他	配件	加熱方式	溫度（°C）， 燒烤設定	微波功率（瓦）	烹調時間（分鐘）
肉卷，約 1 公斤 *	無蓋的耐熱器皿		180-200	600 瓦 + 180 瓦	-
燒烤 4 到 6 根香腸 每根約 150 公克 **	-		3	-	每面：10-15 分鐘

* 矮烤架
** 高烤架

禽類

備註

- 料理全雞和雞胸時，雞胸朝上。經過烹調時間 $\frac{2}{3}$ 時翻動。
- 禽胸朝下。30 分鐘後翻動，然後設定微波功率至 180 瓦。
- 半雞和雞塊的皮朝上。切勿翻動。
- 鴨鵝的胸朝上。切勿翻動。
- 經過烹調時間一半時翻動鵝腿 刺破表皮。
- 火雞胸和腿朝下。經過烹調時間 $\frac{2}{3}$ 時翻動。

禽類	配件	加熱方式	溫度（°C）， 燒烤設定	微波功率（瓦）	烹調時間 （分鐘）
全雞，約 1.2 公斤	附蓋的耐熱器皿		220-230	360	35-45
家禽，全隻，約 1.6 公斤	附蓋的耐熱器皿		220-230	360 180	30 20-30
半雞，500 公克	無蓋的耐熱器皿		180-200	360	30-35
雞塊，約 800 公克	無蓋的耐熱器皿		210-230	360	20-30
帶皮帶骨的雞胸，2 塊，約 350-450 公克	無蓋的耐熱器皿		190-210	180	30-40
帶皮鴨胸，2 塊，每塊 300-400 公克	無蓋的耐熱器皿		3	90	20-30
鵝胸，2 塊，每塊 500 公克	無蓋的耐熱器皿		210-230	90	25-30
鵝腿，4 塊，約 1.5 公斤	無蓋的耐熱器皿		210-230	180	30-40
火雞胸，約 1 公斤	附蓋的耐熱器皿		200-220	-	90-100
火雞腿，約 1.3 公斤	附蓋的耐熱器皿		200-220	180	50-60

魚類

備註

- 燒烤全魚，例如鱒魚時，請置於高烤架中間。
- 使用烤架前先塗油。

魚類	配件	加熱方式	溫度（°C）	烹調時間（分鐘）
魚柳，例如鮭魚，厚 3 厘米，燒烤	高烤架		3	20-25
全魚，2 到 3 隻，每隻 300 公克，燒烤。	高烤架		3	20-30

烘烤和燒烤提示

本表資訊不含骨頭的重量。	若烘烤小型食材，請選擇較高的溫度和較短的烹調時間。若烘烤大型食材，請選擇較低的溫度和較長的烹調時間。
如何確認烘烤已完成。	用溫度計（可在專賣店購買）或以湯匙進行測試。用湯匙壓住燒烤肉塊。若感到肉塊堅實，表示肉塊已經煮熟。若湯匙可以壓入肉中，則表示肉塊還需要再烤上一段時間。
烤肉外觀良好，但肉汁已乾。	下次採用較小的烘烤盤或加入更多水。
烤肉外觀良好，但肉汁太稀。	下次請使用較大的碟子，並少加一點水。
烤肉未全熟。	請切開烤肉。在烘烤盤中加入醬汁，將肉片放入醬汁中。只使用微波完成肉類烹調。

烘焙、焗烤、沾醬多士

備註

- 表中的數值適合冷卻的爐具。
- 烘焙糕餅 焗烤馬鈴薯和千層麵時 請使用 4 到 5 厘米深的耐熱器皿。

- 將需要烘焙的食物放在矮烤架上。
- 關閉爐具後，靜置食材約 5 分鐘。
- 烤芝士：
多士切片後置於麵包上。

烘焙、焗烤、烤麵包	配件	加熱方式	溫度（°C）， 燒烤設定	微波功率（瓦）	烹調時間（分鐘）
甜糕餅，約 1.5 公斤	無蓋的耐熱器皿		140-160	360	25-35
鹹糕餅，熟餡料，約 1 公斤	無蓋的耐熱器皿		150-170	600	20-25
新鮮千層麵	無蓋的耐熱器皿		200-220	360	25-35
生餡料的焗烤馬鈴薯，約 1.1 公斤	無蓋的耐熱器皿		180-200	600	25-30
有沾醬的多士，4 片 *			3	-	8-10

* 高烤架

便利食品、冷凍食品

備註

- 請遵照包裝上的說明。
- 表中的數值適合冷卻的爐具。
- 切勿堆疊薯片、肉餅或薯餅。烹調時間經過一半時翻動。
- 將食材直接放在轉盤上。

便利食品	配件	加熱方式	溫度（°C）	微波功率（瓦）	烹調時間（分鐘）
薄底薄餅 *	轉盤		220-230	-	10-15
厚底薄餅	轉盤	 	- 220-230	600 -	3 13-18
迷你薄餅 *	轉盤		220-230	-	10-15
薄餅麵包 *	轉盤	 	- 220-230	600 -	2 13-18
薯片	轉盤		220-230	-	8-13
肉餅 *	轉盤		210-220	-	13-18
填料馬鈴薯絲餅	轉盤		200-220	-	25-30
半熟麵包卷或長棍麵包，已預烤	矮烤架		170-180	-	13-18
炸魚條	轉盤		210-230	-	10-20
雞柳、炸雞塊	轉盤		200-220	-	15-20
水果卷	轉盤		210-220	180	20-30
千層麵，約 400 公克 **	矮烤架		220-230	600	12-17

* 預熱爐腔 5 分鐘，然後將食材放在熱轉盤上

** 將食材放在合適的耐熱器皿中

測試菜餚

微波混合電器的品質和功能由測試機構使用以下菜餚測試

根據 EN 60705、IEC 60705 或 DIN 44547 和 EN 60350 （2009）標準。

微波解凍

菜餚	微波功率設定（單位為瓦）， 烹調時間（單位為分鐘）	備註
肉類	180 瓦，5 分鐘 + 90 瓦，10-15 分鐘	將直徑 22 厘米的 Pyrex 餐具放在矮烤架上。約 13 分鐘後，取出解凍的肉類。

微波烹調

菜餚	微波功率設定（單位為瓦）， 烹調時間（單位為分鐘）	備註
奶黃	600 瓦，10-13 分鐘 + 180 瓦，25-30 分鐘	將尺寸 24 x 19 厘米的 Pyrex 餐具放在矮烤架上。
海綿餡餅	600 瓦，9-10 分鐘	將直徑 22 厘米的 Pyrex 餐具放在矮烤架上。
肉塊	600 瓦，18-23 分鐘	將直徑 28 厘米的 Pyrex 餐具放在矮烤架上。

結合微波烹調

菜餚	微波功率設定（單位為瓦）， 烹調時間（單位為分鐘）	加熱方式	溫度（°C）	備註
焗馬鈴薯	600 瓦，25-30 分鐘		210-220	將直徑 22 厘米的 Pyrex 餐具放在矮烤架上。
蛋糕	180 瓦，15-20 分鐘		180-200	將直徑 22 厘米的 Pyrex 餐具放在矮烤架上。
雞肉	360 瓦，35-40 分鐘		200-220	經過烹調時間 2/3 時翻動。

烘焙

備註：表中的數值適合冷卻的爐具。

菜餚	耐熱器皿	加熱方式	溫度（°C）	烘焙時間（分鐘）
熱水海綿蛋糕	圓形蛋糕模，直徑 26 公分，矮烤架		160-180	30-40
德式蘋果批	圓形蛋糕模，直徑 20 公分，矮烤架		190-210	50-60

燒烤

菜餚	配件	加熱方式	燒烤設定	烹調時間（分鐘）
烤多士	高烤架		3	4-5
牛肉漢堡，x 9	高烤架		3	30-35

BSH Hausgeräte GmbH
Carl-Wery-Straße 34, 81739 München, GERMANY

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9001061301 (02) 950907