



Microwave

微波

HB84H500W HB84H540W HB84H550W

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

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 is intended for use up to a maximum height of 4000 metres above sea level.

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

Children must not play with, on, or around the appliance. Children must not clean the appliance or carry out general maintenance unless they are at least 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!

- The appliance becomes very hot. If the appliance is installed in a fitted unit with a decorative door, heat will accumulate when the decorative door is closed. Only operate the appliance when the decorative door is open.
- 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.
- If using the appliance in microwave mode only, placing cookware and containers made of metal inside the appliance may cause sparks when the appliance is operating. This will damage the appliance. Never use metal containers when using the appliance in microwave mode only. Use only microwave-safe cookware or, alternatively, the microwave in combination with a type of heating.

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

Please observe the special installation instructions.

The appliance is fitted with a plug and must only be connected to a properly-installed earthed socket. The fuse protection must be rated at 16 amperes (L or B circuit breakers). The mains voltage must correspond to the voltage specified on the rating plate.

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

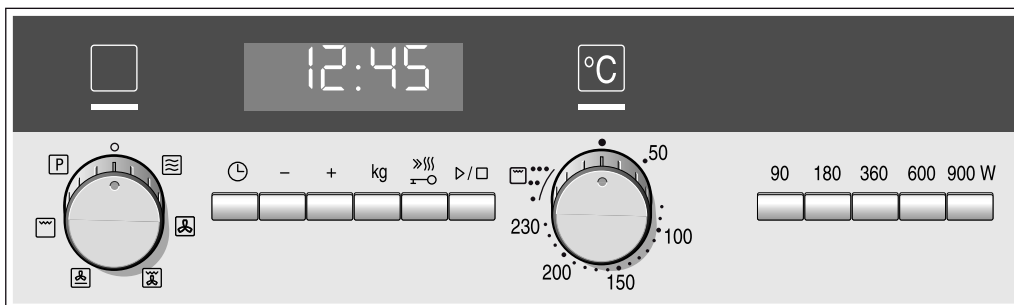
Multiple plugs, plug bars and extension leads must not be used. Overloading can result in a risk of fire.

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.

Control panel



Buttons and display

The buttons are used to set the 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 |
| - | Decreases the adjustment values |
| + | 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. |

| Setting | Use |
|---------|---|
| 🍷 | 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. |
| P | 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 The temperature in the oven in °C. |
| •, ••, ••• | 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.

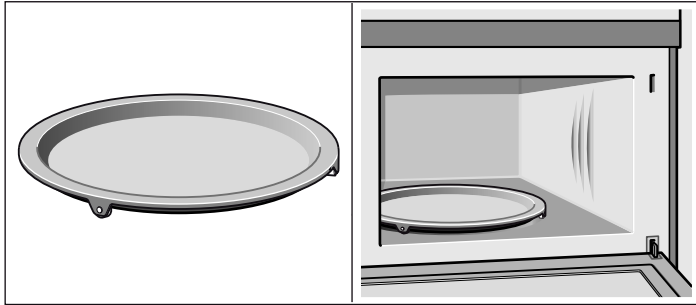
Caution!

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

Accessories

Caution!

When removing dishes, make sure that the turntable does not move. Make sure that the turntable is properly locked. The turntable can turn left or right.



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.

Place the turntable on the drive in the centre of the cooking compartment. Ensure that it is properly fitted.

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

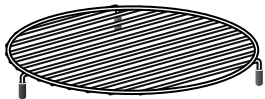
Lower wire rack

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.



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 ►/□ 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.

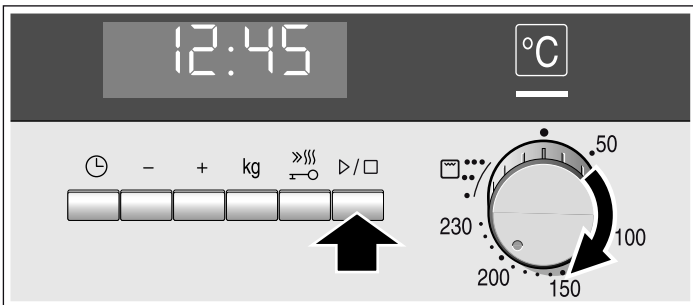
1. Use the function selector to set the type of heating.




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


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.

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.

Cancelling operation

Press and hold the ▷/□ button for approximately 4 seconds and turn the function selector to the off position.

Notes

- When you set the function selector to , the highest microwave power setting always lights up as the suggested setting.
- If you open the appliance door during cooking, the fan may continue to run.

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.

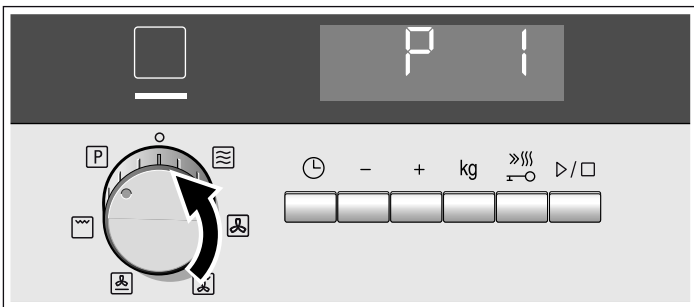
Setting a programme

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

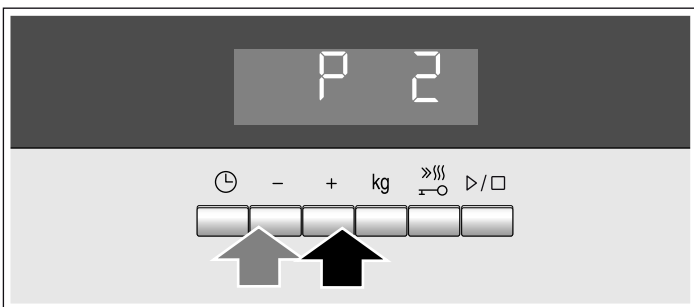
Example in diagram: Programme 2 with a weight of 1 kilogramme.

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

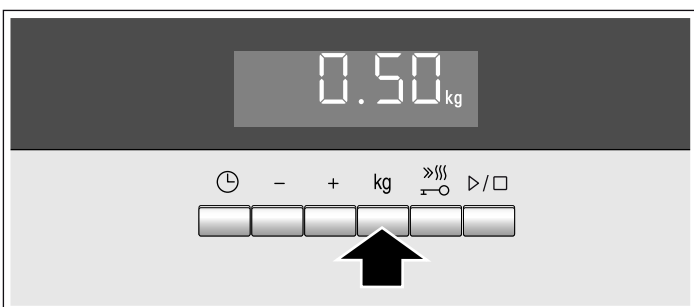
The first programme number appears in the display.



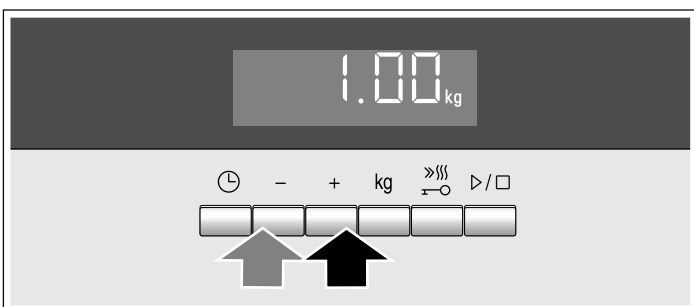
2. Use the **+** or **-** button to select the programme number.



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 **▷/□** button. The programme starts. You can see the cooking time counting down and the **▶** and **◀** 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,  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

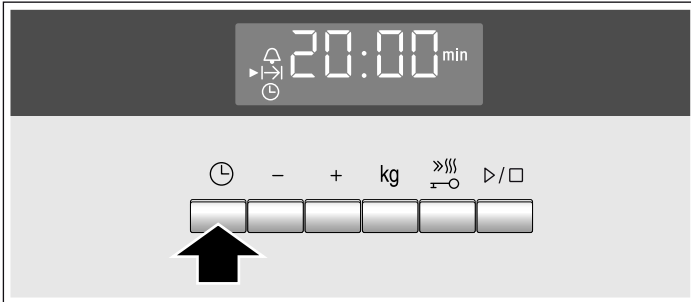
The cooking time for your meal can be set on the oven. When the cooking time has elapsed, the oven switches itself off automatically. This means that you do not have to interrupt other

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

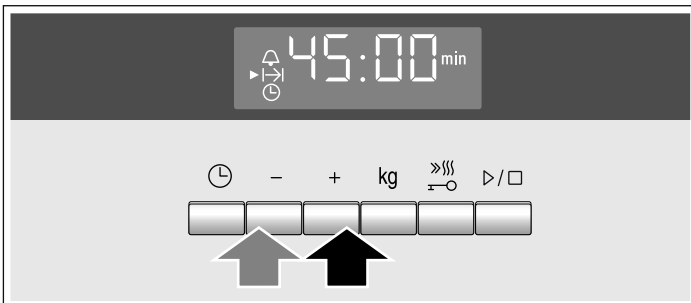
Example in the diagram: Cooking time 45 minutes.

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.


The cooking time has elapsed






A signal sounds. The oven stops heating. 0:00 is shown in the display. Press the  button. The signal stops. Turn the function selector to the zero position. The oven switches 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 |
|---|--|--|
| 1 Clock display 1 = on | Clock display 2 = off | Displays the clock |
| 2 Signal duration 2 = medium = 2 minutes | 1 = short = 10 seconds 3 = long = 5 minutes | Audible signal after the cooking time has elapsed |
| 3 Signal volume 2 = medium | 1 = low 3 = high | Volume of the signal |
| 4 Waiting time 2 = medium = 5 seconds | 1 = short = 2 seconds 3 = 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:

- Harsh 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 or sponges.
- Cleaning agents with a high alcohol content.

Wash new sponge cloths thoroughly before use.

Allow surfaces to dry thoroughly before operating the appliance again.

| Area | Cleaning agents |
|--------------------------------------|--|
| Appliance front | Hot soapy water: Clean with a dish cloth and then 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 then dry with a soft cloth. Remove flecks of limescale, grease, starch and albumin (e.g. egg white) immediately. Corrosion can form under such flecks. Special stainless-steel cleaning agents are available from the after-sales service or from specialist retailers. 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 then dry with a soft cloth. For stubborn dirt: Do not use oven spray or any other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These items scratch the surface. Allow the interior surfaces to dry thoroughly. |
| Cleaning aids for the cooking compartment | Cup filled with washing-up liquid solution: Add a few drops of washing-up liquid to a cup of water. Place a spoon into the container as well to prevent delayed boiling. Heat the water for 2 minutes at maximum microwave output. Switch off the appliance and leave the container to stand in the cooking compartment with the door closed for another 5 minutes. Then wipe around the cooking compartment using a soft cloth and allow it to dry thoroughly. |

| Area | Cleaning agents |
|--|--|
| Indentation in the cooking compartment | Damp cloth: Water must not penetrate the appliance through the turntable drive. |
| Wire racks | Hot soapy water: Clean using stainless-steel cleaner or clean 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 and do not scour. Do not use metal or glass scrapers 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.  and  are in the display panel. | Childproof lock is active. | Deactivate the childproof lock (see section: Childproof lock). |
| | 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. |


| Problem | Possible cause | Remedy/information |
|--|-----------------------------------|---|
| E 11 appears in the display panel. | Moisture in the control panel. | Allow the control panel to dry. |
| E 17 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.

Please find the contact data of all countries in the enclosed customer service list.

To book an engineer visit and product advice

GB 0344 892 8999

Calls charged at local or mobile rate.

IE 01450 2655

0,03 € per minute at peak. Off peak 0.0088 € per minute.

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

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 |

| Defrost | Weight | Microwave power setting in watts, cooking time in minutes | Notes |
|--|--------|---|---|
| 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.

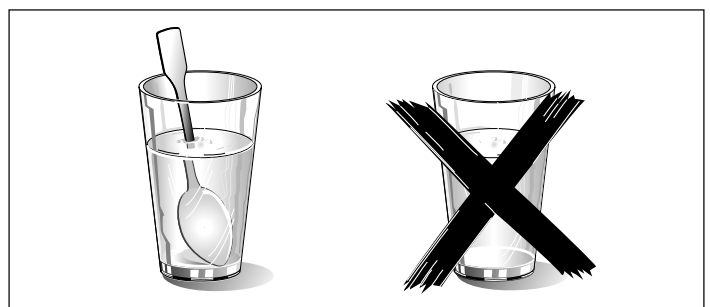
- Always cover the food. If you do not have a suitable cover for your ovenware, use a plate or special microwave foil.
- Stir or turn the food 2 or 3 times during cooking.
- After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an 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 | |
| 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 giblets | 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 |

| Pork | Accessories | Type of heating | Temperature in °C, grill setting | Microwave power in watts | Cooking time in minutes |
|------|-------------|-----------------|----------------------------------|--------------------------|-------------------------|
|------|-------------|-----------------|----------------------------------|--------------------------|-------------------------|

* Lower wire rack
 ** Higher wire rack

Lamb

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

| Lamb | Accessories | Type of heating | Temperature in °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

Notes

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

| 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 |  | - | 600 | 3 |
| | |  | 220-230 | - | 13-18 |
| Mini pizza* | Turntable |  | 220-230 | - | 10-15 |
| Pizza baguette* | Turntable |  | - | 600 | 2 |
| | |  | 220-230 | - | 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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关于产品、附件、更换部件以及服务的更多信息请参见 www.siemens-home.bsh-group.com 以及网上商店 www.siemens-home.bsh-group.com/eshops

⚠ 重要安全信息

请认真阅读本手册。只有这样才能安全正确地使用电器。请保管好本说明手册，以备日后使用或供下一任所有者使用。

本电器仅适合整体安装在厨房内。请遵守专用的安装说明。

拆包后请检查电器是否有损坏。如果电器在运输过程中损坏，请勿连接电器。

仅限持有上岗证书的专业人员才可以连接不带插头的电器。因不正确连接导致的损坏将不予保修。

本电器仅供家庭使用。本电器只能用于制备食物和饮料。电器工作时必须有人看管。本电器仅限室内使用。

本电器最高可在海拔 4000 米的高度使用。

8 岁以上儿童以及身体、感官或精神有缺陷的人员或缺乏经验和知识的人员，必须在有人监

督的情况下或在其安全责任人给予电器使用安全指导并了解相关危险的情况下，方可使用本电器。

严禁儿童玩耍本电器及在电器周围玩耍。儿童除非年满 8 岁并有人监督，否则不得清洁本电器或执行一般维护操作。

8 岁以下儿童请远离本电器和电源线。

必须将附件正确插入烹饪箱中。参见本说明手册中的“附件描述”部分。

有着火危险！

- 电器会变灼热。如果电器安装在有装饰门的固定橱柜中，装饰门关闭时会聚集热量。只能在装饰门打开时才能操作电器。
- 易燃物品保存在烹饪箱中可能导致着火危险。切勿将易燃的物品保存在烹饪箱中。切

勿在内部起烟时打开电器门。关断电器，拔下电源插头，或关断熔断器盒中的断路器。

- 将本电器用于预定用途以外的其他目的非常危险，可能导致损坏。不允许以下行为：烘干食物或衣物，加热拖鞋或谷物枕头、海绵、湿的清洁布或类似物品。例如，加热的拖鞋和谷物或荞麦枕可能会着火，火灾甚至会在几小时以后发生。本电器只能用于制备食物和饮品。
- 食物可能着火。切勿在蓄热包装内加热食物。在无人看管的情况下，请勿将食物放在塑料、纸或其它易燃材料制成的容器中加热。所选择的微波功率或时间设置不要高于实际需要。请遵循本说明手册中提供的信息。切勿使用微波干燥食物。解冻或加热含水量低的食物。如面包时，切勿选择过高的功率或过长的时间。
- 食用油有着火危险。切勿使用微波单独加热食用油。

有爆炸危险！

将液体或其它食物放在密封的容器中有爆炸危险。切勿将饮品或其它食物放在密封的容器中加热。

有严重损害健康的危险！

- 如果清洁不当，电器表面可能会损坏。微波能可能会逸出。定期清洁电器，并即时除去食物积垢。时刻保持烹饪箱、门封、门和门碰清洁；另请参见章节保养和清洁。
- 如果烹饪箱门或门封损坏，微波能可能会逸出。在烹饪箱门或门封损坏时，切勿使用本电器。联系售后服务部门。
- 如果电器没有配备任何外壳，微波能将会逸出。切勿拆除外壳。如有任何维护或维修工作，请联系售后服务部门。

有电击危险！

- 修理不当是很危险的。只能由我们经过培训的售后服务人员来维修电器和更换损坏的电源线。如果电器发生故障，请拔下电器电源

插头，或断开熔断器盒中的断路器。联系售后服务部门。

- 如果接触到电器的灼热部件，电器的电线绝缘层会熔化。切勿使电器电源线接触电器的灼热部件。
- 请勿使用高压清洁器或蒸汽清洁器，以防触电。
- 湿气渗入会导致电击危险。切勿让电器处于过热或潮湿的环境中。本电器仅限室内使用。
- 故障电器会导致电击危险。切勿接通发生故障的电器。拔下电器的电源插头或断开保险丝盒中的断路器。联系售后服务部门。
- 本电器为高压电器。切勿拆除外壳。

有灼伤危险！

- 电器会变灼热。切勿触摸烹饪箱的内表面或加热元件。必须让电器冷却下来。请将小孩留在安全距离以外。
- 附件和烹饪容器会变得十分灼热。从烹饪箱中取出附件或烹饪容器时必须戴上烤箱手套。
- 酒精蒸汽可能会在热烹饪箱内着火。切勿烹饪混合了大量高浓度酒类的食物。只能使用少量高浓度酒类。打开电器门时需小心。
- 带壳或带皮的食物在加热过程中或甚至在加热后都有可能爆裂或爆炸。切勿加热带壳的鸡蛋或重新加热白煮蛋。切勿烹饪贝类或甲壳类。在煎蛋或水煮蛋时，一定要刺破蛋黄。带壳或带皮的食物表皮会爆裂，如苹果、番茄、土豆和香肠。加热前，应先刺破表壳或表皮。
- 婴儿食品中热量分布不均。切勿在封闭的容器中加热婴儿食品。一定要取下盖子或奶嘴。食物经过加热后，要搅拌或摇晃均匀。在喂孩子食物之前要先检查食物的温度。
- 经过加热的食物会散发热量。烹饪容器会变热。从烹饪箱中取出烹饪容器或附件时必须戴上烤箱手套。
- 给食物加热时，密封的包装可能会爆炸。请遵守产品包装上的说明。将容器从烹饪箱中取出时一定要戴上烤箱手套。

有烫伤危险！

- 在打开电器门时，可能会有热蒸汽逸出。打开电器门时需小心。请将小孩留在安全距离以外。
- 将水倒入高温烹饪箱会产生热蒸汽。切勿将水倒入高温烹饪箱中。
- 加热的液体有可能延时沸腾。即液体达到沸腾温度后，却没有常见的蒸汽气泡冒上液面。即使容器只是稍微振动，滚烫的液体也会突然沸腾溢出和飞溅。在加热时，一定要在容器内放一把汤匙。这会防止延时沸腾。

有受伤危险!

- 电器门玻璃如果有刮伤，可能会导致裂开。请不要使用玻璃刮刀、剧烈或腐蚀性的清洁用品或洗涤剂。
- 不合适的烹饪容器可能会开裂。瓷质或陶质烹饪容器在手柄或盖子上会有小孔。这些小孔下方隐藏着空穴。渗入这些空穴的液体可能导致烹饪容器破裂。仅限使用耐微波烹饪容器。
- 若电器仅使用微波模式，放置于电器内部的金属厨具和容器在电器运作时可能会产生火花。这会导致电器损坏。电器仅使用微波模式时切勿使用金属容器。只可使用微波炉专用厨具或是搭配某种加热方式使用。

损坏原因

注意!

- 产生火花：金属（例如玻璃杯内的汤匙）必须距离烹饪箱内壁和门内壁至少 2 cm。否则，火花会损坏门内壁的玻璃。
- 将水倒入高温烹饪箱：切勿将水倒入高温烹饪箱中。这将产生蒸汽。温度变化会导致损坏。
- 潮湿食物：不要将潮湿食物长期存放在密闭的烹饪箱内。不要用电器存储食物。这可能导致腐蚀。
- 打开电器门冷却：只能关上电器门让烹饪箱冷却。不要将任何东西夹在电器门中。否则，即使电器门只是略微开启，长时间下来，附近设备的表面也可能被损坏。
- 门封严重脏污：如果门封非常脏，电器门在操作过程中将无法正确关闭。附近橱柜的表面可能会损坏。应始终保持门封清洁。
- 在未放食物时使用微波：烹饪箱中未放食物就操作电器会导致电器过载。如果烹饪箱中没有食物，切勿接通电器。但短时器皿测试不受此影响（参见“微波适用容器”一节）。
- 站在电器门上或在电器门上放置物体：不要站在打开的电器门上，也不要将任何东西放在打开的电器门上。不要将任何烹饪容器或附件放在电器门上。
- 搬运电器：不要抓着门把手搬运电器。门把手不能承受电器的重量，可能会断开。
- 微波爆米花：切勿将微波功率设置得过高。功率设置不要超过 600 W。爆米花袋必须放在玻璃盘上。转盘过载时可能会跳动。
- 确保沸腾溢出的液体不会经过转盘驱动装置流入电器内部。监视烹饪过程。开始时选择一个较短的烹饪时间，之后根据需要延长烹饪时间。
- 切勿在没有转盘的情况下使用微波炉。

安装和连接

请遵守特定的安装说明。

本电器装有插头，只能连接到带有正确接地措施的插座上。保险丝的额定电流保护值必须为 16 安培（L 或 B 型断路器）。供电电压必须与铭牌上的规定电压一致。

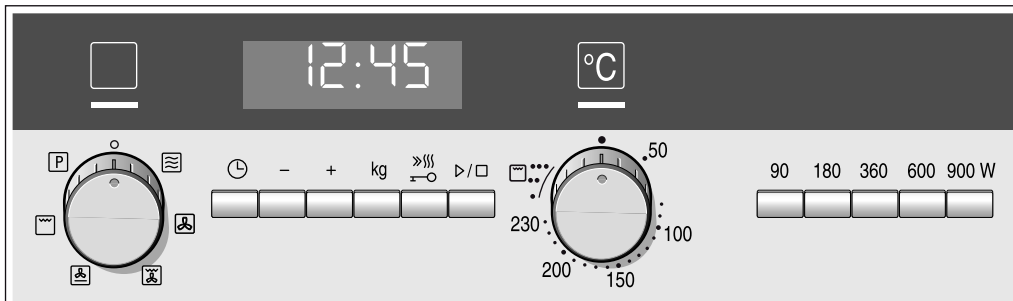
必须由电气专业人员安装插座和更换电源线。如果安装后插头操作不便，则必须在安装侧使用一个全极断开装置，触点间隙至少为 3 mm。

不得使用多个插头、插条和拖线板。过载会导致着火危险。

您的新电器

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

控制面板



按键和显示屏

您可用按钮来设置各种附加功能。您可以在显示屏中读取已设置的值。

| 符号 | 按键功能 |
|-----|-------------|
| ⌚ | 打开和关闭时间设置选项 |
| - 负 | 减小调整值 |

| 符号 | 按键功能 |
|-----|-------------------------------|
| + 正 | 增大调整值 |
| kg | 选择重量 |
| ⏸ | 选择快速加热或儿童锁 |
| ▶/□ | 短暂按一下：开始 / 停止操作 按下并按住：取消操作 |

| 符号 | 按键功能 |
|-----|--------------|
| 90 | 选择微波功率 90 W |
| 180 | 选择微波功率 180 W |
| 360 | 选择微波功率 360 W |
| 600 | 选择微波功率 600 W |
| 900 | 选择微波功率 900 W |

功能选择旋钮

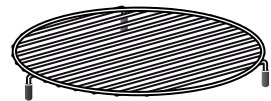
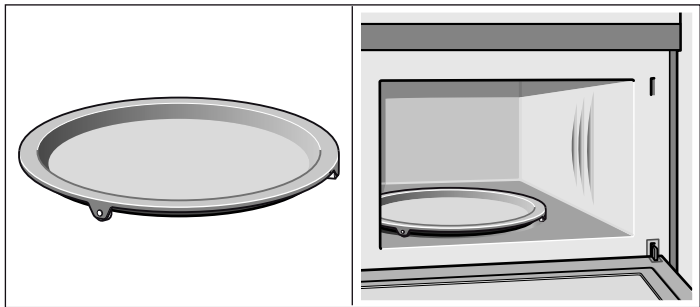
使用功能选择旋钮设置加热类型。

| 设置 | 用途 |
|--------|--|
| 0 关断位置 | 微波炉电源关断。 |
| 微波 | 选择微波操作。 |
| 热风 | 用于烘焙装在烤模内的海绵蛋糕、各种果馅饼和奶酪蛋糕，以及用于烘焙装在烤盘内的蛋糕、匹萨和小点心。 |
| 热风烧烤 | 家禽上色、变脆。该设置非常适合制作煲仔饭和烧烤菜式。 |
| 匹萨设置 | 用于烹饪需要从下方大量加热的冷冻熟食和菜式。 |
| 烧烤 | 选择高火、中火或低火。这非常适合烧烤多层肉排、香肠、鱼片或面包片。 |
| 程序 | 4 个解冻程序 11 个烹饪程序 加热类型和烹饪时间根据重量设置。 |

附件

注意！

取出盘子时，请确保转盘不移动。确保转盘正确锁止。转盘可向左或向右转动。



提示

- 当您进行设置时，功能选择旋钮上方的指示灯将点亮。
- 按下 ▷/□ 按键，烹饪箱中的照明灯将亮起。

温度选择旋钮

温度选择旋钮用于设置温度或烧烤设置。

| 设置 | 含义 |
|------------------|--|
| ● 关断位置 | 烤箱不加热。 |
| 50, 100-230 温度范围 | 微波炉中的温度 (°C)。 |
| •, ••, ••• 烧烤设置 | • = 设置 1, 低 •• = 设置 2, 中 ••• = 设置 3, 高 |

提示：在达到设定温度前，温度选择旋钮上方的指示灯一直亮起。在烧烤过程中，该指示灯熄灭。

冷却风扇

您的电器有一个冷却风扇。冷却风扇在工作期间开启。热风从门上方逸出。

使用后，冷却风机会继续运转一段时间。

注意！

不要覆盖通风槽。否则将导致电器过热。

提示

- 在微波操作过程中，电器保持冷却。但冷却风扇仍将开启。在微波工作结束时，风机还会持续运转一段时间。
- 门窗、内壁和底板上可能会出现冷凝液。这是正常现象，不影响微波工作。请在烹饪后擦去这些冷凝液。

转盘

作为烤架支承表面使用。特别需要从下方猛烈加热的食物可以直接放在转盘上进行烹饪。转盘可顺时针或逆时针转动，且不易划伤。可以在转盘上切分匹萨。将转盘放置在烹饪箱中央处的驱动轴上。确保其正确放置。

- 切勿在没有转盘的情况下使用微波。
- 转盘的最大承重为 5 kg。
- 转盘必须能够在所有加热类型下转动。

矮烤架

用于在微波炉中使用微波进行烘焙和烤制。

高烤架

用于烤制肉排、香肠、鱼块等和面包。可作为浅底盘支架。

在第一次使用电器之前

本节介绍在第一次使用微波炉制备食物前需要进行的所有工作。首先阅读安全信息一章。

设置时钟

连接好电器后，显示屏上会亮起三个零和 ► ⌚ 符号。设置时钟。

1. 按下 + 或 - 按键。
默认值 +: 12:00
默认值 -: 23:59
2. 用 + 或 - 按键设置时钟。

3. 按下 \odot 按键。

时间设置完毕。

提示：为了降低电器待机时的能耗，您可以隐藏时钟。阅读更改基本设置章节中的相关内容。

加热微波炉

为了去除新炊具的味道，可清空、关闭微波炉，进行加热。最好使用热风 ☼ 以 180°C 加热 1 小时。切勿在烹饪箱中留下残余包装材料。

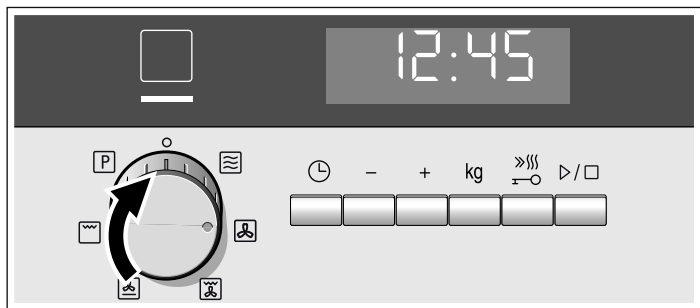
设置烤箱

烤箱有多种设置方式。我们将在此说明如何选择所需要的加热类型以及温度或烧烤设置。您还可以为菜式选择烹饪持续时间。请参见设置时间设置选项一节。

设置加热类型和温度

图中实例： ☼ 热风， 200°C 。

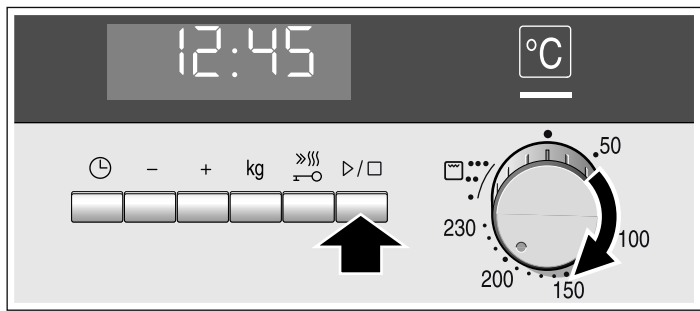
1. 使用功能选择按钮设置加热类型。



2. 使用温度选择按钮设置温度或烧烤设置。

3. 按下 \triangleright/\square 按键。

微波炉开始加热。



操作期间打开烤箱门

操作暂停。在关闭门之后，按下 \triangleright/\square 按键。操作继续。

暂停操作

按下 \triangleright/\square 按键则暂停操作。按下 \triangleright/\square 按键可继续操作。

微波

微波在食物中转化为热能。可以单独使用微波，也可以结合其它加热类型使用。本节介绍烹饪容器和微波设置方法。

提示：

在经由我们烹饪工作室测试过的菜谱一节中，您将可以找到有关使用微波解冻、加热和烹饪的示例。

1. 用功能选择按钮设置热风 ☼ 。

2. 用温度选择按钮将温度设置为 180°C 。

3. 按下 \triangleright/\square 按键。

微波炉开始加热。

一小时后，关闭烤箱。如要关断，将功能选择按钮转到关断位置。

清洁附件

在第一次使用附件前，请用热肥皂水和软洗碗布彻底清洁附件。

关断微波炉

将功能选择按钮转到关断位置。

更改设置

可用相应的选择按钮随时更改加热类型以及温度或烧烤设置。

快速预热

使用快速加热时，微波炉尤其能快速达到所设置的温度。

当所设置的温度超过 100°C 时，使用快速加热功能。在下列加热类型下可使用快速加热：

- ☼ 热风
- ☼ 匹萨设置
- ☼ 热风烧烤

为确保达到均匀的烹饪效果，请仅在“快速预热”阶段完成时将食物放进烹饪箱。

1. 设置加热类型和温度。

2. 按下 $\gg\lll$ 按键。

显示屏中的 $\gg\lll$ 符号点亮。

3. 按下 \triangleright/\square 按键。

微波炉开始加热。

快速加热过程完成

一个信号音响起。显示屏上的符号 $\gg\lll$ 符号熄灭。将菜肴放入烤箱中。

取消快速加热

短暂按下 $\gg\lll$ 按钮。显示屏上的符号 $\gg\lll$ 熄灭。

自动安全关断

如果电器未设置烹饪时间而运转了很长一段时间，则会激活自动安全关断功能。电器自动关断的时间点取决于所设定的操作模式和温度。

实例：如果您的微波炉以热风模式在 160°C 下操作，则在大约 5 小时之后自动关断。

E2 显示在显示屏中。电器关断。如需确认，按下 \triangleright/\square 按键。

关于烹饪容器的注意事项

适用烹饪容器

用玻璃、玻璃陶瓷、陶瓷或耐热塑料制成的耐热烹饪容器均适用。这些材料允许微波通过。

也可以使用餐盘。这样就不用将食物从一个盘换到另一个盘。如果烹饪容器带有金饰边或银饰边，只有在制造商保证它们适用于微波时才能使用。

不适用烹饪容器

金属器皿不适用。金属不允许微波通过。放在金属容器中的食物仍是冷的。

注意！

产生火花：金属（例如玻璃杯内的汤匙）必须距离烹饪箱内壁和门内壁至少 2 cm。否则，火花会损坏门内壁的玻璃。

烹饪容器测试

只有在烹饪箱内放有食物的情况下才能开启微波。唯一的例外是进行下面的烹饪容器测试。

如果您不能确定自己的烹饪容器是否适合在微波中使用，则进行以下测试：

1. 以最大功率加热空烹饪容器 ½ 到 1 分钟。
 2. 加热期间请不时查看温度。
- 烹饪容器摸起来应该仍是冷的或温的。
如果烹饪容器变热或产生火花，则不适用。

微波功率设置

使用按键设置需要的微波功率。


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

提示

- 当按下按键时，选定的功率点亮。
- 微波功率可以设置到 900 W，最长 30 分钟。使用其它功率设置时，最多可能需要 1 小时 30 分钟的烹饪时间。

设置微波

实例：微波功率设置 360 W，烹饪时间 17 分钟

1. 将功能选择按钮设置到 。
2. 按下所需要的微波功率设置按键。
按键亮起，显示屏显示建议的烹饪时间。
3. 使用 + 或 - 按键设置烹饪时间。
4. 按下 ▷/□ 按键。

操作开始。显示屏中的烹饪时间开始倒计时。

烹饪时间到时

一个信号声响起。微波操作结束。将功能选择按钮转到零位置。按下 ⊖ 按键可停止声音信号。

操作期间打开烤箱门

操作暂停。在关闭门之后，按下 ▷/□ 按键。操作继续。


更改烹饪时间

这随时可以进行。使用 + 或 - 按键更改烹饪时间。

取消操作

按下并按住 ▷/□ 按键大约 4 秒钟，并将功能选择按钮旋至关断位置。

提示

- 当将功能选择按钮设置到  时，最高档微波功率设置总是亮起，作为建议设置。
- 如果在烹饪期间打开了电器门，风扇可能会继续运行。


微波组合操作

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

您可以打开所有微波功率设置。

例外：900 W

设置微波组合操作

示例：微波 360 W，17 分钟，热风  190 °C。

1. 用功能选择按钮设置加热类型，用温度选择按钮设置温度。
2. 按下所需要的微波功率设置按键。
出现推荐的烹饪时间。
3. 使用 + 或 - 按键设置烹饪时间。
4. 按下 ▷/□ 按键。

电器操作开始。烹饪时间开始倒计时。

烹饪时间到时

一个信号声响起。组合模式完成。按下 ⊖ 按键可停止声音信号。

在烹饪时打开微波炉门

操作暂停。在关闭门之后，短暂按下 ▷/□ 按键。然后程序将继续执行。

暂停操作

短暂按下 ▷/□ 按键。微波炉暂停。再次按下 ▷/□ 按键，继续操作。

更改烹饪时间

这随时可以进行。使用 + 或 - 按键更改烹饪时间。

更改微波功率设置

按下新微波功率设置按键。用 + 或 - 按键设置烹饪时间并重新启动微波。

取消操作

按下并按住 ▷/□ 按键大约 4 秒钟，将功能选择按钮和温度选择按钮转回零位置。

自动烹饪程序

自动烹饪程序使您准备食物更轻松。选择程序，然后输入食物的重量。自动烹饪程序使用最佳设置。有 15 种程序供选。

应将食物置于冷的烹饪箱中。

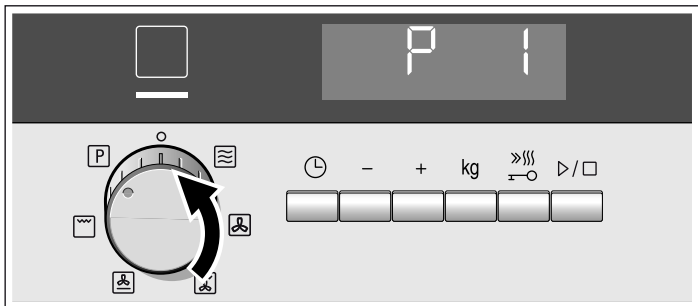
设置程序

选择程序后，设置微波炉。温度选择按钮必须位于关断位置。

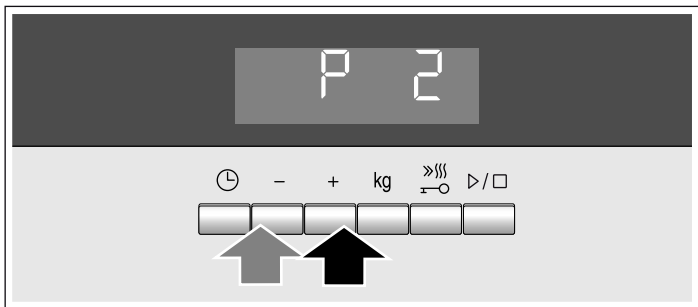
图中实例：程序 2，重量 1 kg。

1. 将功能选择旋钮设置为自动程序 P。

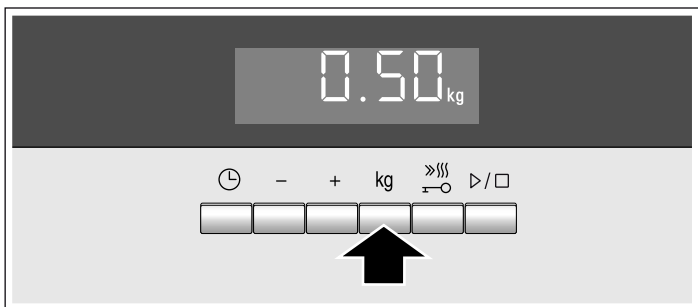
第一个程序号出现在显示屏中。



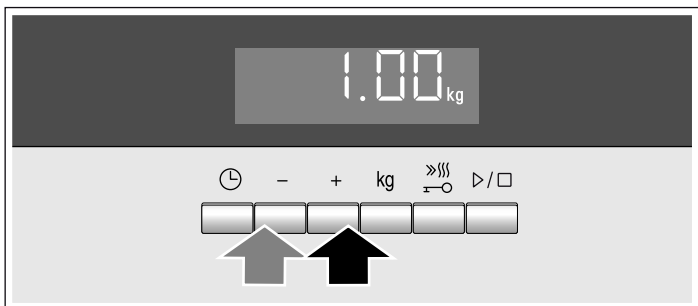
2. 用 + 或 - 按钮选择程序号。



3. 按下 kg 按键。重量建议 0.50 kg 出现在显示屏中。



4. 用 + 或 - 按钮设置重量。



5. 按下 ▷/□ 按键。程序启动。您可以看到烹饪时间倒计时，且 ▶ 和 |→ 符号出现。

程序结束

一个信号声响起。烤箱停止加热。显示屏上显示 00:00。将功能选择钮转到零位置。微波炉关断。按下 ⏸ 按键可停止声音信号。

更改程序

一旦启动了程序，就不能更改程序号和重量。

取消程序

将功能选择钮转到零位置。微波炉关断。

更改烹饪时间和结束时间

如果使用自动烹饪程序，就不能更改烹饪时间或结束时间。

解冻程序

您可以使用 4 个解冻程序解冻肉类、家禽和面包。

提示

■ 准备食物

使用在零下 18 °C 下分块冷冻的食物，越薄越好。

将要解冻的食物从包装内取出并称重。您需要了解重量，以便设置程序。

■ 在解冻肉块、家禽时会有汁液产生。在翻转肉和家禽时要将这些汁液倒干净；禁止将这些汁液用作其它用途或让汁液接触其它食物。

■ 烹饪容器

将食物放在微波炉专用浅盘中，例如瓷盘或玻璃盘，但不要盖盖子。

■ 解冻鸡肉和鸡块时 (P03)，信号声将在两种情况下响起，指示应翻转食物。

■ 静置时间

解冻后的食物应静置 10 到 30 分钟，直到温度均匀。大块肉要比小块肉静置更长时间。用肉糜制作的肉块和菜品应分开后再静置。

达到静置时间后，即便较厚肉块的中心仍未解冻，也可进一步进行烹制。此时，可以去除家禽的内脏杂碎。

| 程序号 | | 重量范围 (kg) |
|------|-----------|------------|
| | 解冻 | |
| P 01 | 肉糜 | .20 - 1.00 |
| P 02 | 肉块 | .20 - 1.00 |
| P 03 | 鸡, 鸡块 | .40 - 1.80 |
| P 04 | 面包 | .20 - 1.00 |

烹饪程序

您可以使用 3 个烹饪程序来烹饪米饭、土豆或蔬菜。

提示

■ 准备食物

称量食物重量。您需要了解重量，以便设置程序。

■ 烹饪容器

通常，食物必须装在带盖的微波烹饪容器中进行烹饪。使用大而深的器皿烹饪米饭。将烹饪容器放在矮烤架上。

米饭 (P05)

提示：不要使用可煮袋装米。在烹饪过程中会产生许多泡沫。输入烹饪前的重量（不含液体）。向大米中加入 2 到 2.5 倍份量的液体。

土豆 (P06)

提示：煮土豆：

切成相等大小的块。每 100 g 土豆添加一大汤匙水和少量盐。

蔬菜 (P07)

提示

■ 新鲜蔬菜：

切成相等大小的块。每 100 g 蔬菜加入一大汤匙水。

■ 静置时间

程序结束后，再次搅拌食物。应将食物再静置 5-10 分钟，直到温度均匀。

烹饪结果取决于食物的质量和均匀性。

| 程序号 | | 重量范围 (kg) |
|-----|-----------|------------|
| | 烹饪 | |
| 05 | 米饭 | .05 - .20 |
| 06 | 土豆 | .15 - 1.00 |
| 07 | 蔬菜 | .15 - 1.00 |

组合烹饪程序

提示

■ 将食物从包装内取出并称重。如果无法输入精确的重量，应四舍五入。

■ 烹饪容器

用不太大且耐热的微波烹饪容器烹饪食物。将烹饪容器放在矮烤架上。

羊肉，五分熟 (P12)

适用于前腿大块肉或剔骨羊腿。

肉饼 (P13)

该程序适用于厚度不超过 7 cm 的肉糕。

鱼，整只 (P14)

预先刮去鱼鳞。将鱼以“游泳姿势”放置在盘中。

煲饭 (P15)

只需输入米饭的重量即可。该程序适合烹饪以蔬菜、鱼或家禽为材料的煲仔饭。只能使用新鲜材料。使用带盖的砂锅或类似的深型容器。

静置时间

当程序结束后，让食物再静置 5-10 分钟，直到温度均匀。

| 程序号 | 组合烹饪 | 重量范围 (kg) |
|-----|--------------------------|-------------|
| 08 | 烘焙速冻食品 * (最高高度为 3 cm) | .40 - 1.20 |
| 09 | 整鸡 * | 0.50 - 2.00 |
| 10 | 上腰肉，五分熟 * | 0.50 - 1.50 |
| 11 | 猪脖肉 | 0.50 - 2.00 |
| 12 | 羊肉，五分熟 | 0.80 - 2.00 |
| 13 | 肉糕 * | 0.50 - 1.50 |
| 14 | 全鱼 | .30 - 1.00 |
| 15 | 煲饭，使用新鲜材料 | .05 - .20 |

* 使用无盖容器

设置时间设置选项

您的烤箱具有多种时间设置选项。您可以用 \odot 按钮调用菜单，在各种功能之间进行切换。只要符号发亮，就可以进行设置。▶ 箭头指出有效的的时间设置选项。当 ▶ 箭头位于相关的时间符号旁边时，可直接使用 + 或 - 按键更改已设置的时间设置选项。

设置定时器

您可以将定时器作为厨房定时器，定时器独立于烤箱运行。定时器有自己的信号声。您可以据此判定所指示的是定时器时间还是烹饪时间。

1. 按下 \odot 按钮一次。

显示屏上的时间符号点亮，▶ 箭头出现在 \triangleleft 旁边。

2. 用 + 或 - 按键设置定时器持续时间。

+ 按键的默认值 = 10 分钟

- 按键的默认值 = 5 分钟

几秒钟之后，时间设置将被采用。定时器启动。▶ \triangleleft 符号点亮，定时器持续时间开始倒计时。其它时间符号熄灭。

定时器持续时间到时

一个信号音响起。显示屏上显示 0:00。用 \odot 按键关断定时器。

更改定时器持续时间

使用 + 或 - 按键更改定时器持续时间。几秒钟之后，所更改的时间将被采用。

取消定时器持续时间

使用 - 按键将定时器持续时间重设为 0:00。所作的更改将在几秒钟之后被采用。定时器关断。

检查时间设置

如果设置了多个时间设置选项，则显示屏中相应的符号将点亮。定时器时间在前景中倒计时。 \triangleleft 符号前面有指示箭头▶，可以看到定时器倒计时。

如要检查定时器 \triangleleft 、烹饪时间 \triangleright 或时钟 \odot ，可反复触摸 \odot 键，直到箭头指向适当的符号。设置值将在显示屏中显示几秒钟。

设置烹饪时间

可以在微波炉上设置食物的烹饪时间。当所设置的烹饪时间到时之后，烤箱自动关断。也就是说，您不必中断其它工作来关断烤箱。烹饪时间不会意外地超时。

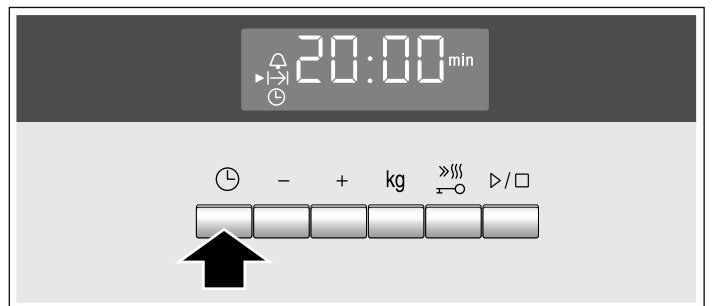
图中实例：烹饪时间 45 分钟。

1. 使用功能选择按钮设置加热类型。

2. 使用温度选择按钮设置温度或烧烤设置。

3. 按下 \odot 按钮两次。

显示屏上显示 20:00。时间符号点亮，▶ 箭头出现在 \triangleright 旁边。



4. 使用 + 或 - 按键设置烹饪时间。



5. 按下 \triangleright 按钮。

烤箱启动。烹饪时间在显示屏中倒计时，▶ \triangleright 符号点亮。其它时间符号熄灭。

烹饪时间到时

响起一声信号音。烤箱停止加热。显示屏上显示 0:00。按下 \odot 按钮。信号声停止。将功能选择按钮转到关断位置。微波炉电源关断。

烹饪时间到时





一个信号音响起。烤箱停止加热。显示屏上显示 0:00。按下 \odot 按钮。信号停止。将功能选择按钮转到零位置。微波炉关断。

取消烹饪时间


用按钮 - 将烹饪时间重新设置为 0:00。几秒钟之后，所更改的时间将被采用。烹饪时间被取消。如果已设置了定时器，先按下 \odot 按钮。

检查时间设置

如果设置了多个时间设置选项，则显示屏中相应的符号将点亮。▶ 箭头将出现在显示屏中当前可见的时间功能符号旁边。

如要检查定时器 、烹饪时间  或时钟 ，可反复触摸  键，直到箭头 ▶ 指向适当的符号。显示屏将显示数值几秒钟。

设置时钟

当电器连接至电源时，或在电源切断之后，▶ 符号和三个零在显示屏中亮起。设置时钟。

1. 按下 + 或 - 按键。

默认值 +: 12:00

默认值 -: 23:59

2. 用 + 或 - 按键设置时钟。

3. 按下 按键。时间设置完毕。

更改时钟

前提条件：必须关断电器。

1. 按下 按钮两次。

显示屏上的时间符号点亮，▶ 箭头出现在符号  旁边。

2. 使用 + 或 - 按键更改时钟。

在几秒钟之后，所设置的时间被采用。

隐藏时钟

您可以隐藏时钟。详细信息请参见更改基本设置一节。


童锁


微波炉有一个儿童锁，防止儿童意外开启微波炉。

微波炉将不会对任何设置有反应。当儿童锁启用时，仍可以设置定时器和时钟。


开启儿童锁


要求：不应设置烹饪时间，功能选择旋钮必须位于关断位置。

按下并按住  按键大约 4 秒钟。

显示屏上将显示  符号。儿童锁启用。

关断儿童锁

按下并按住  按键大约 4 秒钟。

显示屏中的  符号熄灭。儿童锁停用。

自动烹饪程序和儿童锁

当已经设置自动烹饪程序时，儿童锁不工作。

更改基本设置

本电器有各种基本设置，您可以随时更改。

出厂设置

本表格中列出了所有基本设置以及更改这些基本设置的选项。

| 基本设置 | 选项 | 说明 |
|----------------------------|------------------------------|-------------------|
| c 1 时钟显示 1 = 开启 | 时钟显示 2 = 关断 | 显示时钟 |
| c 2 信号持续时间 2 = 中 = 2 分钟 | 1 = 短 = 10 秒 3 = 长 = 5 分钟 | 烹饪时间到时的信号声 |
| c 3 信号音音量 2 = 中等 | 1 = 低 3 = 高 | 信号音量 |
| c 4 等待时间 2 = 中 = 5 秒 | 1 = 短 = 2 秒 3 = 长 = 10 秒 | 设置后，两个独立步骤之间的等待时间 |


前提条件：该电器关断。

1. 按下并按住 按键几秒。

第一个基本设置出现在显示屏中。

2. 用 + 或 - 按键更改基本设置。

3. 按下 按键进行确认。

第一个基本设置出现在显示屏中。您可以使用  按键在所有基本设置之间滚动，并用 + 或 - 按键进行更改。

4. 完成后按下并按住 按键几秒。

将应用所有设置。

您可以随时更改设置。

保养和清洁

通过小心地保养和清洁您的微波炉，可以保持其外观和正常工作。以下说明应如何正确保养和清洁电器。

有电击危险！

请勿使用高压清洁剂或蒸汽清洁剂，以防触电。

有灼伤危险！

切勿在关断电器后立即清洁电器。

⚠ 有严重损害健康的危险！

如果烹饪箱门或门封损坏，微波能可能会逸出。在烹饪箱门或门封损坏时，切勿使用本电器。联系售后服务部门。

提示

- 由于使用不同的材料，例如，玻璃、塑料和金属等，电器正面的颜色会稍微有点偏差。
- 门面板上看起来像条纹的阴影是由烤箱灯的反光造成的。
- 微波炉若有异味，例如在烹制鱼等食物之后，这很容易清除。将几滴柠檬汁滴入一杯水中。同时将一把汤匙放入杯中，以防延时沸腾。以最大微波功率将水加热 1 至 2 分钟。

清洁剂

为了防止因清洁剂使用不当而损坏各种表面，请遵守下表中的信息。请勿使用：

- 强烈的或腐蚀性的清洁剂。
- 金属或玻璃刮刀清洁电器门上的玻璃。
- 金属或玻璃刮刀清洁门封。
- 硬的清洗垫或海绵。
- 高酒精含量的清洗剂。

新海绵布使用前要彻底清洗。

再次操作电器之前要让所有表面彻底干燥。

| 区域 | 清洁剂 |
|-------|--|
| 电器前面板 | 热肥皂水： 用洗碗布清洁，然后用软布擦干。请勿使用玻璃清洁剂、金属或玻璃刮刀进行清洁。 |

| 区域 | 清洁剂 |
|----------------|--|
| 不锈钢前面板 | 热肥皂水： 用洗碗布清洁，然后用软布擦干。立即清除水垢、油脂、淀粉和蛋白（例如蛋清）形成的斑点。这类污渍可能会形成斑点。不锈钢专用清洁用品可从我们的售后服务部门或专业零售商处获取。请勿使用玻璃清洁剂、金属或玻璃刮刀进行清洁。 |
| 烹饪箱 | 热肥皂水或醋溶液： 用洗碗布清洁，然后用软布擦干。 对于顽固污渍：请勿使用烤箱喷雾剂或任何其他腐蚀性烤箱清洁剂或磨蚀性材料。擦洗片、粗糙的海绵和平底锅清洗物品均不适用。这些物品会刮伤表面。让内部表面彻底干燥。 |
| 用于清洁烹饪箱的清洁辅助工具 | 装有洗涤液的杯子 喷几滴清洁液在水里。同时将一把汤匙放入杯中，以防延时沸腾。以最大微波功率将水加热 2 分钟。 关闭电器，在电器门关闭状态下，让烹饪箱中的容器再放置 5 分钟。 然后使用软布擦拭烹饪箱，让表面彻底干燥。 |
| 烹饪箱压痕 | 湿布： 请确保水不会经过转盘驱动装置渗入电器内部。 |
| 烤架 | 热肥皂水： 使用不锈钢清洁剂或放入洗碗机中清洗。 |
| 门面板 | 玻璃清洁剂： 用洗碗布清洁。不要使用玻璃刮刀。 |
| 门封圈 | 热肥皂水： 用洗碗布清洁，不要刷洗。不要用金属或玻璃刮刀进行清洁。 |

故障表

故障通常有简单说明。在给售后服务部打电话前，请阅读故障表。如果所烧制的菜肴未达到预期，请参见“经由我们烹饪工作室测试过的菜谱”，可在其中看到大量烹饪技巧。

⚠ 有电击危险！

修理不当是很危险的。只能由我公司派出的经过培训的售后工程师进行修理。

故障表

| 故障 | 可能的原因 | 纠正措施 / 信息 |
|--------------------|-------------------------------|------------------------|
| 电器不工作。 | 断路器故障。 | 查看保险丝盒，检查电器断路器是否正常工作。 |
| | 插头没有插入。 | 插入插头。 |
| | 断电 | 检查厨房灯是否正常。 |
| 电器不工作。⚡ 显示在显示屏中。 | 儿童锁开启。 | 停用儿童锁（参见章节：儿童锁）。 |
| 0: 00 和 ⏰ 出现在显示屏中。 | 断电 | 复位时钟。 |
| 微波不启动。 | 门没有完全关闭。 | 检查门内是否有食物残余物或碎屑。 |
| | 选择的微波功率等级太低。 | 选择的微波功率等级太低。 |
| | 在电器中放置了比正常值更多的食物。 | 双倍的食物量 = 几乎双倍的烹饪时间。 |
| 食物在微波中的加热时间比以前长 | 食物比往常要冷。 | 在烹饪过程中搅拌或翻转食物。 |
| | 转盘发生摩擦或磨动。 | 彻底清洁转盘下方的滚子和微波炉底板中的凹口。 |
| 无法设置特定操作模式或功率等级。 | 在该操作模式下，不能进行温度设置、功率等级设置或组合设置。 | 选择允许的设置。 |

| 故障 | 可能的原因 | 纠正措施 / 信息 |
|---------------------|---------------|---|
| E1 显示在显示屏中。 | 过热安全关断功能已经启动。 | 致电售后服务部门。 |
| E2 显示在显示屏中。 | 自动安全关机功能已经启动。 | 触摸任一按键或转动选择旋钮。 |
| E3 显示在显示屏中。 | 微波炉有故障。 | 致电售后服务部门。 |
| E4 显示在显示屏中。 | 过热安全关断功能已经启动。 | 致电售后服务部门。 |
| E11 显示在显示屏中。 | 控制面板中有湿气。 | 让控制面板干燥。 |
| E17 显示在显示屏中。 | 快速加热失败。 | 致电售后服务部门。 |
| 电器可以设置，但是不能加热。冒号闪烁。 | 演示模式已经启动。 | 断开电器电源，然后再重新连接。按下并按住 \rightarrow 按键，直至 \rightarrow 符号出现在显示屏中，且冒号停止闪烁。使用 \rightarrow 按键在 4 秒内确认。 |

售后服务

如果您的电器需要修理，我们为您提供售后服务。我们会不断寻找适当的解决方案，避免维修人员不必要的登门造访。

E 编号和 FD 编号

来电时，请提供产品号 (E 编号) 和生产号 (FD 编号)，以便我们为您提供正确的建议。标有这些编号的铭牌位于微波炉门侧面。您可以在下面的空白处记下电器编号和售后服务部的电话号码，以便在需要这些号码时不用花时间去寻找。

| E 编号 | FD 编号 |
|------|-------|
| | |

售后服务 ☎

请注意，发生故障时，如果电器不在质保期内，维修技师上门会收取费用。

请在随设备提供的客户服务列表中查找所有国家的联系信息。

预约工程师上门及产品咨询

CN 400 889 9999

制造商的专业水平值得您信赖。因此，将由受过专业训练的技术服务人员使用原装电器零件为您维修。

技术参数

| | |
|--------|------------------|
| 电源 | 220-230 V, 50 Hz |
| 微波功率设置 | 900 W |
| 微波频率 | 2,450 MHz |
| 保险丝 | 16 A |
| VDE 认证 | 是 |
| CE 标记 | 是 |

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

分组 2 表示微波炉的生产目的是用于加热食物。B 类表示本电器适合私人家庭使用。

食品中的丙烯酰胺

哪些食物受影响？

丙烯酰胺主要产生于高温加热的谷类和土豆产品中，例如土豆条、

土豆片、烤面包、面包卷、面包、精烘焙食物 (饼干、姜饼、曲奇)。

制作食物时使丙烯酰胺降至最少的技巧

| | |
|-----|--|
| 概述 | 尽可能减少烹饪时间。烹饪时食物颜色变为金黄褐色即可，颜色不要太深。又大又厚的食品包含的丙烯酰胺较少。 |
| 烤饼干 | 上 / 下加热模式最高 200 °C，或，3D 热风或热风模式最高 180 °C。顶部 / 底部加热模式最高 190 °C，或，3D 热风或热风模式最高 170 °C。蛋清和蛋黄减少丙烯酰胺形成。 |
| 烤薯片 | 将其在烤盘上均匀摊开，摊薄。每个烤盘上至少烤 400 g，这样不会烤干。 |

能源和环境提示

您可以在本章节找到关于在烘焙和烧烤时如何节约能源和如何正确处置报废电器的提示。

节能

- 仅在菜谱有要求或操作说明表中有明确指示的情况下才预热烤箱。
- 使用涂深黑色漆烤模或搪瓷烤模。这种罐子的吸热效果特别好。
- 在烹饪、烘焙或烧烤时尽量少开烤箱门。

- 烤制多份糕点时最好一份接一份地烤。烤箱仍旧温热。这可减少第二份糕点的烤制时间。您还可以将两个长方形烤模挨着放在一起。

- 对于长时间的烹饪，您可以在烹饪时间结束前 10 分钟关断烤箱，用剩余的热量完成烹饪。

环保 处置

以环保方式处置包装材料。



本电器 根据有关废弃电气和电子 设备 — WEEE 的欧洲指令 2012/19/EG 进行标识。该指令规定了在欧盟范围内有效地回收和再利用旧电器的 框架。

经由 我们烹饪工作室测试过的菜谱

这里提供了各种备选菜谱及其理想设置。我们将向您展示，您的菜肴采用哪种加热类型和哪种温度或微波功率设置最为理想。您可以找到关于合适附件及其插入高度的信息，还有一些关于烹饪容器和制备方法的提示。

提示

- 表中的值总是适用于放置在冷的空烹饪箱中的菜肴。仅在表中指定需要预热电器时才进行预热。在使用电器之前，请从烹饪箱中取出所有无需使用的附件。
- 在预热完成之前不要在附件上铺防油纸。
- 表格中规定的时间仅作为参考。确切时间取决于 食物的质量和成分。
- 使用所提供的 附件。您可以在售后服务部、专卖店购买附加附件。
- 在从烹饪箱中取出附件或烹饪容器时，一定要使用烤箱布或烤箱手套。

使用微波解冻、加热和烹饪

下面的表格为您提供各种微波选项和设置。

| 解冻 | 重量 | 微波功率设置 (W), 烹饪时间 (分钟) | 注意 |
|-----------------------|--------|-------------------------------|----------------------------|
| 整块肉 (带骨或去骨的牛肉、小牛肉或猪肉) | 800 g | 180 W, 15 分钟 + 90 W, 10-20 分钟 | 翻转几次 |
| | 1 kg | 180 W, 20 分钟 + 90 W, 15-25 分钟 | |
| | 1.5 kg | 180 W, 30 分钟 + 90 W, 20-30 分钟 | |
| 肉块或肉片 (牛肉、小牛肉或猪肉) | 200 g | 180 W, 3 分钟 + 90 W, 10-15 分钟 | 翻转时将已解冻的部分分开 |
| | 500 g | 180 W, 5 分钟 + 90 W, 15-20 分钟 | |
| | 800 g | 180 W, 8 分钟 + 90 W, 15-20 分钟 | |
| 五花肉糜 | 200 g | 90 W, 10-15 分钟 | 尽量平放冷冻食品 翻转数次，取出所有解冻的菜肴 |
| | 500 g | 180 W, 5 分钟 + 90 W, 10-15 分钟 | |
| | 800 g | 180 W, 8 分钟 + 90 W, 15-20 分钟 | |
| 家禽或家禽块 | 600 g | 180 W, 8 分钟 + 90 W, 10-15 分钟 | 在烹饪过程中翻转。 |
| | 1.2 kg | 180 W, 15 分钟 + 90 W, 25-30 分钟 | |
| 鸭 | 2 kg | 180 W, 20 分钟 + 90 W, 30-40 分钟 | 翻转几次 |
| 鱼块、鱼排或鱼片 | 400 g | 180 W, 5 分钟 + 90 W, 10-15 分钟 | 将已解冻的部分分开 |
| 全鱼 | 300 g | 180 W, 3 分钟 + 90 W, 10-15 分钟 | - |
| | 600 g | 180 W, 8 分钟 + 90 W, 10-15 分钟 | |
| 蔬菜，例如豌豆 | 300 g | 180 W, 10-15 分钟 | 在解冻期间认真搅拌。 |
| | 600 g | 180 W, 10 分钟 + 90 W, 10-15 分钟 | |
| 水果，例如覆盆子 | 300 g | 180 W, 7-10 分钟 | 在解冻期间小心地搅拌，将已解冻的部分分开 |
| | 500 g | 180 W, 8 分钟 + 90 W, 5-10 分钟 | |
| 黄油，解冻 | 125 g | 180 W, 1 分钟 + 90 W, 2-4 分钟 | 去除所有包装 |
| | 250 g | 360 W, 1 分钟 + 90 W, 2-4 分钟 | |
| 条形面包 | 500 g | 180 W, 6 分钟 + 90 W, 5-10 分钟 | 在烹饪过程中翻转。 |
| | 1 kg | 180 W, 12 分钟 + 90 W, 15-25 分钟 | |
| 干蛋糕，例如海绵蛋糕 | 500 g | 90 W, 15-20 分钟 | 仅用于不加糖衣、奶油或奶黄酱的蛋糕，分离蛋糕块。 |
| | 750 g | 180 W, 5 分钟 + 90 W, 10-15 分钟 | |
| 湿蛋糕，例如水果馅饼、干酪蛋糕 | 500 g | 180 W, 5 分钟 + 90 W, 10-15 分钟 | 仅适用于不加糖衣、奶油或白明胶的蛋糕 |
| | 750 g | 180 W, 7 分钟 + 90 W, 10-15 分钟 | |

表格中规定的时间仅作为参考。这些时间可能会随所使用的烹饪容器及食物的质量、温度和均匀性发生变化。

表格中通常规定时间范围。请首先设置最短的时间，然后根据需要延长时间。

实际情况可能是，您要烹饪的食物量与表格中规定的不同。经验方法：双倍的量 - 几乎双倍的烹饪时间，一半的量 - 一半的烹饪时间。

将烤盘放在矮烤架的中央。这样，食物将从所有侧面吸收微波。

除霜

提示

- 将冷冻食品放在不盖盖子的容器中，然后放在烤架上。
- 鸡腿和翅膀等细嫩的部位或烤肉脂肪多的外层可以用小片铝箔包裹。切勿让铝箔接触烹饪箱壁。在解冻时间经过一半时，可以去除铝箔。
- 在解冻期间翻转或搅拌食物一次或两次。大块食物应多翻转几次。翻转时，去除解冻产生的液体。
- 将解冻过的食物继续在室温下放置 10 到 60 分钟，让温度稳定下来。此时，可以去除家禽的内脏杂碎。

解冻、加热或烹饪冷冻食品

提示

- 将熟食从包装内取出。放入可以微波加热的烹饪容器，加热过程会更快、更均匀。菜肴中的不同成分所需要的加热时间可能不一样。
- 平摊食物的烹饪速度比堆放食物的烹饪速度快得多。因此，应摊开食物，使其在烹饪容器内尽量摊平。不应将不同食物相互叠放在一起。

- 一定要盖上食物。如果烹饪容器没有合适的盖子，则用盘子或专用微波薄膜盖上。
- 烹饪期间应搅拌或翻转食物 2 到 3 次。
- 在加热后，继续让食物保留 2 到 5 分钟，以便温度均匀。
- 当从微波炉中取出盘子时，一定要使用烤箱布或烤箱手套。
- 这样做有助于食物保持自己独特的味道，食物需要更少的调味品。

| 解冻、加热或烹饪冷冻食品 | 重量 | 微波功率设置 (W), 烹饪时间 (分钟) | 注意 |
|-------------------|-----------|-----------------------|------------------|
| 套餐、点餐、即食餐 | 300-400 g | 600 W, 10-15 分钟 | 将食物从包装中取出，盖上食物加热 |
| 汤 | 400-500 g | 600 W, 8-10 分钟 | 带盖烹饪容器 |
| 炖肉 | 500 g | 600 W, 10-15 分钟 | 带盖烹饪容器 |
| | 1 kg | 600 W, 20-25 分钟 | |
| 带调味料的肉条或肉片，例如菜炖牛肉 | 500 g | 600 W, 15-20 分钟 | 带盖烹饪容器 |
| | 1 kg | 600 W, 25-30 分钟 | |
| 鱼，如鱼排 | 400 g | 600 W, 10-15 分钟 | 盖盖子 |
| | 800 g | 600 W, 18-20 分钟 | |
| 配菜，例如米饭、意大利面 | 250 g | 600 W, 2-5 分钟 | 带盖烹饪容器；添加汁液 |
| | 500 g | 600 W, 8-10 分钟 | |
| 蔬菜，如豌豆、椰菜、胡萝卜 | 300 g | 600 W, 8-10 分钟 | 带盖烹饪容器；添加一大勺水 |
| | 600 g | 600 W, 15-20 分钟 | |
| 菠菜奶油沙司 | 450 g | 600 W, 11-16 分钟 | 烹饪时不另外加水 |

加热食物

⚠ 有烫伤危险！

加热的液体有可能延时沸腾。即液体达到沸腾温度后，却没有常见的蒸汽气泡冒上液面。即使容器只是稍微振动，滚烫的液体也会突然沸腾溢出和飞溅。在加热液体时，一定要在容器内放一把汤匙。这会防止延时沸腾。

注意！

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

提示

- 将熟食从包装内取出。放入可以微波加热的烹饪容器，加热过程会更快、更均匀。菜肴中的不同成分所需要的加热时间可能不一样。
- 一定要盖上食物。如果容器没有合适的盖子，请用盘子或专用微波薄膜盖上。
- 在加热期间搅拌或翻转食物几次。检查温度。
- 在加热后，继续让食物保留 2 到 5 分钟，以便温度均匀。
- 当从微波炉中取出盘子时，一定要使用烤箱布或烤箱手套。

| 加热食物 | 重量 | 微波功率设置 (W), 烹饪时间 (分钟) | 注意 |
|-------------------|-----------|-----------------------|--|
| 套餐、点餐、即食餐 | 350-500 g | 600 W, 5-10 分钟 | 将食物从包装中取出，盖上食物加热 |
| 饮品 | 150 mL | 900 W, 1-2 分钟 | 注意！ 将汤匙放入玻璃容器中。不要让酒类饮品过热。在加热期间检查 |
| | 300 ml | 900 W, 2-3 分钟 | |
| | 500 ml | 900 W, 3-4 分钟 | |
| | 500 ml | 900 W, 3-4 分钟 | |
| 婴儿食品，如奶瓶 | 50 ml | 360 W, 约 1 分钟 | 将奶瓶放在烹饪箱箱底上，不要盖奶嘴或盖子。加热后摇动或搅拌均匀。必须检查温度 |
| | 100 ml | 360 W, 1-2 分钟 | |
| | 200 ml | 360 W, 2-3 分钟 | |
| 汤 | 1 杯 | 175 g | - |
| | 2 杯 | 每杯 175 g | |
| | 4 杯 | 每杯 175 g | |
| 带调味料的肉条或肉片，例如菜炖牛肉 | 500 g | 600 W, 10-15 分钟 | 盖盖子 |
| 炖肉 | 400 g | 600 W, 5-10 分钟 | 带盖烹饪容器 |
| | 800 g | 600 W, 10-15 分钟 | |
| 蔬菜 | 150 g | 600 W, 2-3 分钟 | 加一些汁液 |
| | 300 g | 600 W, 3-5 分钟 | |

烹饪食物

提示

- 平摊食物的烹饪速度比堆放食物的烹饪速度快得多。因此，应摊开食物，使其在烹饪容器内尽量摊平。不应将不同食物相互叠放在一起。

在一起。

- 在盖上盖子的容器中烹饪食物。如果烹饪容器没有合适的盖子，请用盘子或专用微波薄膜盖上。

- 这样做有助于食物保持自己独特的味道，食物需要更少的调味品。

- 烹饪后，让食物静置 2-5 分钟，以便温度均匀。
- 当从微波炉中取出盘子时，一定要使用烤箱布或烤箱手套。

| 烹饪食物 | 重量 | 微波功率 (W) 烹饪时间 (分钟) | 注意 |
|--------------|--------|-----------------------------------|---|
| 去掉内脏杂碎的新鲜整鸡 | 1.5 kg | 600 W, 30-35 分钟 | 在烹饪中途翻转 |
| 新鲜鱼块 | 400 g | 600 W, 5-10 分钟 | - |
| 新鲜蔬菜 | 250 g | 600 W, 5-10 分钟 | 切成大小均匀的小块。每 100 g 加入 1 到 2 汤匙水。在烹饪过程中搅拌 |
| | 500 g | 600 W, 10-15 分钟 | |
| 土豆 | 250 g | 600 W, 8-10 分钟 | 切成大小均匀的小块。每 100 g 加入 1 到 2 汤匙水。在烹饪过程中搅拌 |
| | 500 g | 600 W, 11-14 分钟 | |
| | 750 g | 600 W, 15-22 分钟 | |
| 米饭 | 125 g | 600 W, 7-9 分钟 + 180 W, 15-20 分钟 | 加入双倍的汁液，使用带盖的深型烹饪容器 |
| | 250 g | 600 W, 10-12 分钟 + 180 W, 20-25 分钟 | |
| 甜食，如牛奶冻 (即食) | 500 ml | 600 W, 7-9 分钟 | 在加热过程中用搅蛋器搅拌 2-3 次 |
| 水果，蜜饯 | 500 g | 600 W, 9-12 分钟 | - |

用微波加工的爆玉米花

提示

- 使用耐热的平玻璃器皿，如带盖的耐热盘、玻璃盘或玻璃烤盘 (耐热玻璃)
- 一定要将烤盘放在烤架上。
- 请勿使用瓷具或弧度极大的盘子。

- 按照表中的说明进行设置。根据食物类型和份量调节时间。
- 为了防止爆米花烤焦，在 1 分钟 30 秒后将爆米花袋从微波炉中取出，并摇一摇。请小心，爆米花袋会很烫！

有烫伤危险！

- 打开爆米花袋时会有热气冲出，请务必小心。
- 切勿将微波设为最大功率。

| | 重量 | 附件 | 微波功率 (W) 烹饪时间 (分钟) |
|------------|------------|----------|-----------------------|
| 用微波加工的爆玉米花 | 1 袋, 100 g | 烹饪容器, 烤架 | 600 W, 3-5 分钟 |

微波使用技巧

| | |
|-------------------------|--|
| 您无法找到准备烹饪的食物量的相应设置信息。 | 依据下面的经验，酌情增加或减少烹饪时间： 双倍的食物量 = 几乎双倍的烹饪时间 一半的量 = 一半的烹饪时间 |
| 食物变得太干。 | 下一次，缩短烹饪时间或选择较低的微波功率设置。给食物盖上盖子，并加入更多的汁液。 |
| 在到达时间后，食物没解冻、没热或没熟。 | 设置更长的时间。量大、堆放的食物需要更长的时间。 |
| 在到达时间后，食物的边缘过热，但中部没熟。 | 在烹饪过程中搅拌，下次选择一个较低的微波功率设置和较长的烹饪时间。 |
| 在解冻之后，家禽或肉外部已解冻，但中部没解冻。 | 下一次，选择一个较低的微波功率设置。如果需要解冻的食物量大，要翻转几次。 |

糕点

关于表格

提示

- 给出的时间适用于放在冷微波炉中的食物。
- 温度和烘焙时间取决于混合物的量和均匀度。因此表中提供的是温度范围。以较低温度开始，必要时，在下次使用更高的设置，因为较低的温度可以获得更均匀的上色。

- 更多信息请参见表格后面的烘焙技巧一节。
- 一定要将蛋糕模放在矮烤架的中央。

烤模

提示：最好使用深色金属烤模。

| 烤模 | 附件 | 加热类型 | 温度 (°C) | 微波功率 (W) | 烹饪时间 (分钟) |
|----------------|----------|---|---------|----------|-----------|
| 海绵蛋糕，原味 | 环状 / 蛋糕模 |  | 170-180 | 90 | 40-50 |
| 美味海绵蛋糕 (如松蛋糕)* | 环状 / 蛋糕模 |  | 150-170 | - | 70-90 |
| 弹性果馅饼 | 果馅饼蛋糕模 |  | 160-180 | - | 30-40 |
| 鲜美水果馅饼 | 弹性 / 环形模 |  | 170-180 | 90 | 35-45 |
| 松软蛋糕底，2 只蛋 | 果馅饼蛋糕模 |  | 160-170 | - | 20-25 |

* 让蛋糕在微波炉内冷却大约 20 分钟。

** 将器皿直接放在转盘上。

| 烤模 | 附件 | 加热类型 | 温度 (°C) | 微波功率 (W) | 烹饪时间 (分钟) |
|---------------------|---------|------|---------|----------|-----------|
| 松软果馅饼, 6 只蛋 | 黑色弹性蛋糕模 | ☒ | 170-180 | - | 35-45 |
| 硬壳酥皮糕点胚 | 黑色弹性蛋糕模 | ☒ | 170-190 | - | 30-40 |
| 果馅饼 / 干酪蛋糕, 酥皮糕点胚 * | 黑色弹性蛋糕模 | ☒ | 170-190 | 180 | 35-45 |
| 瑞士果馅饼 ** | 黑色弹性蛋糕模 | ☒ | 190-200 | - | 45-55 |
| 环形蛋糕 | 环状蛋糕模 | ☒ | 170-180 | - | 40-50 |
| 匹萨、薄坯、少量浇头 ** | 圆形匹萨盘 | ☒ | 220-230 | - | 15-25 |
| 调味蛋糕 ** | 黑色弹性蛋糕模 | ☒ | 200-220 | - | 50-60 |
| 坚果蛋糕 | 黑色弹性蛋糕模 | ☒ | 170-180 | 90 | 35-45 |
| 带干配料的发酵生面团 | 圆形匹萨盘 | ☒ | 160-180 | - | 50-60 |
| 带湿配料的酵母生面团 | 圆形匹萨盘 | ☒ | 170-190 | - | 55-65 |
| 500 g 面粉制作的辫子面包 | 圆形匹萨盘 | ☒ | 170-190 | - | 35-45 |
| 果子甜面包, 500 g 面粉 | 圆形匹萨盘 | ☒ | 160-180 | - | 60-70 |
| 果馅奶酥卷, 甜味 | 圆形匹萨盘 | ☒ | 190-210 | 180 | 35-45 |

* 让蛋糕在微波炉内冷却大约 20 分钟。

** 将器皿直接放在转盘上。

| 小份烘焙食品 | 附件 | 加热类型 | 温度 (°C) | 烹饪时间 (分钟) |
|--------|-------------|------|---------|-----------|
| 饼干 | 圆形匹萨盘 | ☒ | 150-170 | 25-35 |
| 蛋白杏仁饼干 | 圆形匹萨盘 | ☒ | 110-130 | 35-45 |
| 蛋白甜饼 | 圆形匹萨盘 | ☒ | 100 | 80-100 |
| 松饼 | 松饼烤盘, 放在烤架上 | ☒ | 160-180 | 35-40 |
| 泡芙 | 圆形匹萨盘 | ☒ | 200-220 | 35-45 |
| 千层酥 | 圆形匹萨盘 | ☒ | 190-200 | 35-45 |
| 发酵蛋糕 | 圆形匹萨盘 | ☒ | 200-220 | 25-35 |

| 面包和面包卷 | 附件 | 加热类型 | 温度 (°C) | 烹饪时间 (分钟) |
|----------------|-------|------|---------|-----------|
| 1.2 kg 面粉制作酸面包 | 圆形匹萨盘 | ☒ | 210-230 | 50-60 |
| 平面包 * | 圆形匹萨盘 | ☒ | 220-230 | 25-35 |
| 面包卷 | 圆形匹萨盘 | ☒ | 210-230 | 25-35 |
| 甜发酵生面团面包卷 | 圆形匹萨盘 | ☒ | 200-220 | 15-25 |

* 将器皿直接放在转盘上。

烘焙技巧

| | |
|--|---|
| 您想按照自己的配方烘焙。 | 使用烘焙表内的相似配方作为参考。 |
| 使用由硅、玻璃、塑料或陶瓷材料制成的烤模。 | 烤罐必须能够承受高达 250 °C 的高温。这些烤模中的蛋糕颜色更浅一些。当使用微波时, 烹饪时间将比表中所示时间更短。 |
| 如何确定海绵蛋糕已经烤透。 | 在配方规定的烘焙结束时间前大约 10 分钟, 将取食签插入蛋糕的最高点。如果拿出后的取食签是干净的, 说明蛋糕已经烤熟。 |
| 蛋糕坍塌。 | 下次用更少的液体或将微波炉温度设低 10 度, 并烹饪更长的时间。遵守配方中规定的搅拌时间。 |
| 蛋糕中间已经膨起, 但边缘塌陷。 | 仅在弹性蛋糕模底部涂油脂。烘焙后, 用小刀小心地松开蛋糕。 |
| 蛋糕颜色太深。 | 选择更低的温度并将蛋糕烘焙时间稍微加长一些。 |
| 蛋糕太干。 | 如果蛋糕已熟, 用牙签在蛋糕上扎一些小孔。然后在上洒一些果汁或酒类。下次, 将温度调高 10 度, 并缩短烘焙时间。 |
| 面包或蛋糕 (如干酪蛋糕) 表面看起来很好, 但里面未烤透 (粘连, 有水纹)。 | 下次稍微少放点液体, 并在较低的温度下稍微烤久一点。当烘焙带有湿配料的蛋糕时, 首先烘焙底部, 用杏仁或面包屑覆盖, 然后添加配料。请遵循配方和烘焙时间。 |
| 将蛋糕翻转后, 不能将其翻出蛋糕模。 | 在烘焙之后, 让蛋糕进一步冷却 5 至 10 分钟, 这样将更易于将其翻转出烤罐。如果仍然粘连, 可用刀子小心切开蛋糕边缘。再次翻转蛋糕模, 并用冷的湿布将其覆盖几次。下次, 更好地用油脂润滑蛋糕模, 并在其中撒些面包屑。 |
| 您已经用自己的肉温度计测量了温度, 并且发现存在差异。 | 制造商在规定时间之后使用试验台在烹饪箱中央测量微波炉温度。烹饪容器和附件会影响温度测量, 所以当您自己测量温度时总是存在某些差异。 |

烤模和烤架之间产生火花。

检查烤模外部是否干净。改变烹饪箱中烤模的位置。如果这没有帮助，继续烘焙，但是不要使用微波。这样的话，烘焙时间将更长。

焙烧和烧烤

关于表格

温度和烘焙时间取决于被烹饪食物的类型和数量。因此表中提供的是温度范围。从较低温度开始，必要时，下次使用更高的设置。详细信息参见表格后的烧烤和烘焙提示。

烹饪容器

您可以使用适合在微波中使用的任何耐热烤盘。金属烤盘不适合用微波烧烤。

烤盘会变得很热。从微波炉中取出烤盘时要戴烤箱手套。

从微波炉中取出热的玻璃餐盘后，放在干的厨巾上。如果放在冷的或湿的表面上，玻璃可能会裂开。

烤肉提示

提示

- 用较深的烤盘进行肉和家禽的烧烤。
- 检查烹饪容器尺寸与烹饪箱是否相称。器皿不应过大。
- 肉：
用汁液盖住大约盘底的三分之二。如果是焖烧肉，则多加一点汁液。在烹饪时间经过一半时翻转肉块。烧烤好之后，断开微波炉电源，让食品额外静置 10 分钟。这将使肉汁更好地分布。
- 家禽：
在经过 $\frac{2}{3}$ 烹饪时间后，翻动肉块。

烧烤提示

提示

- 在烧烤过程中一定要保持微波炉门关闭，不要预热。
- 尽可能使每一块要烧烤的食物厚度均匀。肉排应至少为 2 到 3 cm 厚。这样才能着色均匀，湿润多汁。肉排烤好之前不要加盐，烤好后再加。
- 用夹钳翻转正在烧烤的食物。如果用叉子刺穿烤肉，肉汁会流出来烤干。
- 深色的肉（如牛肉）比浅色的肉（如小牛肉或猪肉）上色更快。在烧烤浅色的肉或鱼时，经常是表面略带褐色，但里面已熟而多汁。
- 烧烤元件将不断自动地打开和关断。这是正常现象。烧烤设置决定了开、关频率。

牛肉

提示

- 对于炖牛肉，在烹饪时间经过 $\frac{1}{3}$ 和 $\frac{2}{3}$ 后翻转。最后，再静置大约 10 分钟。
- 在烹饪中途翻转嫩腰肉和上腰肉。最后，再静置大约 10 分钟。
- 对于牛排，在烹饪时间经过 $\frac{2}{3}$ 后翻转。

| 牛肉 | 附件 | 加热类型 | 温度 (°C), 烧烤设置 | 微波功率 (W) | 烹饪时间 (分钟) |
|-------------------|--------|------|---------------|----------|--------------|
| 炖牛肉, 约 1 kg | 带盖烹饪容器 | ☒ | 180-200 | - | 120-143 |
| 牛肉片, 五分熟, 约 1 kg | 无盖容器 | ☒ | 180-200 | 90 | 30-40 |
| 上腰肉, 五分熟, 约为 1 kg | 无盖容器 | ☒ | 210-230 | 180 | 30-40 |
| 牛排, 五分熟, 3 cm 厚 | 高烤架 | ☐ | 3 | - | 每一面 10-15 分钟 |

小牛肉

提示：在烹饪时间经过一半时翻转小牛肘子和肉块。最后，再静置大约 10 分钟。

| 小牛肉 | 附件 | 加热类型 | 温度 (°C) | 微波功率 (W) | 烹饪时间 (分钟) |
|-----------------|--------|------|---------|----------|-----------|
| 小牛肉块, 约 1 kg | 带盖烹饪容器 | ☒ | 180-200 | - | 110-130 |
| 小牛肘子, 约为 1.5 kg | 带盖烹饪容器 | ☒ | 200-220 | - | 120-130 |

猪肉

提示

- 在烹饪时间经过一半时，翻转瘦猪肉块和无皮大块。最后，再静置大约 10 分钟。
- 将大块肉放在烹饪容器中，带皮侧朝上。划开肉皮。不要翻转大块肉。最后，再静置大约 10 分钟。
- 不要翻转猪里脊肉或猪肉块。最后，再静置大约 5 分钟。
- 在烹饪时间经过 $\frac{2}{3}$ 后翻转猪颈肉。

| 猪肉 | 附件 | 加热类型 | 温度 (°C), 烧烤设置 | 微波功率 (W) | 烹饪时间 (分钟) |
|-------------------------|--------|------|---------------|----------|----------------------------------|
| 去皮大块肉 (如猪颈) 约 750 g* | 带盖烹饪容器 | ☒ | 220-230 | 180 | 40-50 |
| 带皮大块肉 (例如前腿肉) 约 1.5 kg* | 无盖容器 | ☒ | 190-210 | - | 130-150 |
| 猪肉片, 约为 500 g* | 带盖烹饪容器 | ☒ | 220-230 | 90 | 25-30 |
| 瘦猪肉块, 约 1 kg* | 带盖烹饪容器 | ☒ | 210-230 | 90 | 60-80 |
| 连骨熏肉, 约 1 kg* | 无盖容器 | - | - | 360 | 45-45 |
| 猪颈肉, 2 cm 厚** | | ☐ | 3 | - | 第 1 面: 约 15-20 第 2 面: 约 10-15 |

* 矮烤架

** 高烤架

羊肉

提示：烹饪中途翻转羊腿。

| 羊肉 | 附件 | 加热类型 | 温度 (°C) | 微波功率 (W) | 烹饪时间 (分钟) |
|----------------------|--------|------|---------|----------|-----------|
| 带骨羊脊肉, 约为 1 kg | 无盖容器 | ☒ | 210-230 | - | 40-50 |
| 剔骨羊腿, 五分熟, 约为 1.5 kg | 带盖烹饪容器 | ☒ | 190-210 | - | 90-95 |

杂项

提示

- 最后, 再让肉糕静置大约 10 分钟。
- 在烹饪时间经过 $\frac{2}{3}$ 后翻转香肠。

| 其他 | 附件 | 加热类型 | 温度 (°C), 烧烤设置 | 微波功率 (W) | 烹饪时间 (分钟) |
|------------------------------|------|------|---------------|---------------|--------------|
| 肉馅糕, 约 1 kg* | 无盖容器 | ☒ | 180-200 | 600 W + 180 W | - |
| 烧烤香肠 4 到 6 个 每个约为 150 g** | - | ☒ | 3 | - | 每一面 10-15 分钟 |

* 矮烤架 ** 高烤架

家禽

提示

- 烤制全鸡和小鸡胸肉时, 将鸡胸侧向下放置。在烹饪时间经过 $\frac{2}{3}$ 后翻转。
- 将母鸡的鸡胸侧向下放置。在 30 分钟后翻转, 然后将微波功率设置为 180 W。

- 将半只小鸡和鸡块的鸡皮侧向上放置。不翻转。
- 烤制鸭和鹅胸肉时, 将带皮侧向上放置。不翻转。
- 在烹饪中途翻转鹅大腿。刺破鹅皮。
- 将火鸡胸肉和大腿皮侧向下放置。在烹饪时间经过 $\frac{2}{3}$ 后翻转。

| 家禽 | 附件 | 加热类型 | 温度 (°C), 烧烤设置 | 微波功率 (W) | 烹饪时间 (分钟) |
|----------------------------|--------|------|---------------|------------|-------------|
| 整鸡, 约 1.2 kg | 带盖烹饪容器 | ☒ | 220-230 | 360 | 35-45 |
| 整只母鸡, 约 1.6 kg | 带盖烹饪容器 | ☒ | 220-230 | 360 180 | 30 20-30 |
| 半鸡, 每份 500 g | 无盖容器 | ☒ | 180-200 | 360 | 30-35 |
| 小鸡块, 约为 800 g | 无盖容器 | ☒ | 210-230 | 360 | 20-30 |
| 连皮带骨小鸡胸肉, 2 片, 约 350-450 g | 无盖容器 | ☒ | 190-210 | 180 | 30-40 |
| 带皮鸭胸肉, 2 份, 每块 300-400 g | 无盖容器 | ☒ | 3 | 90 | 20-30 |
| 鹅胸肉, 2 片, 每片 500 g | 无盖容器 | ☒ | 210-230 | 90 | 25-30 |
| 鹅腿, 4 条, 约为 1.5 kg | 无盖容器 | ☒ | 210-230 | 180 | 30-40 |
| 火鸡胸肉, 约为 1 kg | 带盖烹饪容器 | ☒ | 200-220 | - | 90-100 |
| 火鸡腿, 约为 1.3 kg | 带盖烹饪容器 | ☒ | 200-220 | 180 | 50-60 |

鱼

提示

- 烧烤时, 将全鱼 (例如鳟鱼) 放置到高烤架中间。
- 首先用油涂抹烤架。

| 鱼 | 附件 | 加热类型 | 温度 (°C) | 烹饪时间 (分钟) |
|---------------------------|-----|------|---------|-----------|
| 鱼排, 例如鲑鱼, 3 cm 厚, 烧烤 | 高烤架 | ☒ | 3 | 20-25 |
| 全鱼, 2 - 3 条, 每条 300 g, 烧烤 | 高烤架 | ☒ | 3 | 20-30 |

烧烤提示

表中没有提供肉块重量信息。

对于小块烤肉, 选择更高的温度和更短的烹饪时间。对于大块烤肉, 选择更低的温度和更长的烹饪时间。

如何判断肉已烤好。

用肉温度计 (专卖店有售) 或进行“汤匙测试”。用一把汤匙在烤肉上按压。感觉硬实说明已烤好。如果能将汤匙按入, 则还需要多烹制一些时间。

烤肉看上去很好, 但肉汁烧干了。

下次用一个小一些的烤肉盘, 或多加汁液。

烤肉看上去很好, 但肉汁太清, 水淋淋的。

下次用大一些的烤肉盘, 少加汁液。

烤肉没有充分熟透。

切开烧烤。在烤肉盘中准备肉汁，将烤肉片放在肉汁中。仅用微波完成肉的烹饪。

带配料的饼干、脆皮、吐司

提示

- 表格中的数值适用于放在冷微波炉内的食物。
- 使用 4 至 5 cm 深的耐热微波盘烹制烘焙菜、法式焗烤土豆和意式烤宽面。

- 将烘焙食品放在矮烤架上。
- 在关断之后，让烘焙和焗烤食物在微波炉中再保持烹饪 5 分钟。
- 烤奶酪：
预烤面包片。

| 饼干、脆皮、吐司 | 附件 | 加热类型 | 温度 (°C), 烧烤设置 | 微波功率 (W) | 烹饪时间 (分钟) |
|-----------------------|------|------|---------------|----------|-----------|
| 烘烤甜食, 约为 1.5 kg | 无盖容器 | | 140-160 | 360 | 25-35 |
| 烘烤开胃品, 带有熟配料, 约为 1 kg | 无盖容器 | | 150-170 | 600 | 20-25 |
| 新鲜意式烤宽面 | 无盖容器 | | 200-220 | 360 | 25-35 |
| 法式焗烤土豆, 约为 1.1 kg | 无盖容器 | | 180-200 | 600 | 25-30 |
| 带配料的吐司, 4 片 * | | | 3 | - | 8-10 |

* 高烤架

冷冻方便食品

提示

- 请遵守产品包装上的说明。

- 表格中的数值适用于放在冷微波炉内的食物。
- 不要将薯片、炸丸子或土豆丁相互重叠放置。烹饪中途翻转一下。
- 将食物直接放在转盘上。

| 方便食品 | 附件 | 加热类型 | 温度 (°C) | 微波功率 (W) | 烹饪时间 (分钟) |
|------------------|-----|------|--------------|----------|------------|
| 薄底匹萨 * | 转盘 | | 220-230 | - | 10-15 |
| 深底匹萨 | 转盘 | | - 220-230 | 600 - | 3 13-18 |
| 迷你匹萨 * | 转盘 | | 220-230 | - | 10-15 |
| 匹萨法棍 * | 转盘 | | - 220-230 | 600 - | 2 13-18 |
| 薯片 | 转盘 | | 220-230 | - | 8-13 |
| 炸丸子 * | 转盘 | | 210-220 | - | 13-18 |
| Rösti (炸土豆丝饼) | 转盘 | | 200-220 | - | 25-30 |
| 部分烹饪的卷或棍子面包 | 矮烤架 | | 170-180 | - | 13-18 |
| 鱼条 | 转盘 | | 210-230 | - | 10-20 |
| 鸡肉串, 鸡肉块 | 转盘 | | 200-220 | - | 15-20 |
| 果馅奶酥卷 | 转盘 | | 210-220 | 180 | 20-30 |
| 意式烤宽面, 约 400 g** | 矮烤架 | | 220-230 | 600 | 12-17 |

* 预热烹饪箱 5 分钟, 然后将食物放置在热转盘上。

** 将食物放置在适当的耐热器皿中。

测试菜谱

测试协会使用下列菜式对微波组合电器的质量和功能进行测试。

按照标准 EN 60705、IEC 60705 或 DIN 44547 和 EN 60350 (2009)




微波解冻

| 餐点 | 微波功率设置 (W), 烹饪时间 (分钟) | 说明 |
|----|------------------------------|--|
| 肉 | 180 W, 5 分钟 + 90 W, 10-15 分钟 | 将一个 22 cm 直径耐热玻璃器皿放置在矮烤架上。在大约 13 分钟之后, 取出解冻的肉。 |

微波烹饪



| 餐点 | 微波功率设置 (W), 烹饪时间 (分钟) | 说明 |
|-------|-----------------------------------|--------------------------------|
| 奶油蛋羹 | 600 W, 10-13 分钟 + 180 W, 25-30 分钟 | 将一个 24 x 19 cm 的耐热玻璃器皿放置在矮烤架上。 |
| 海绵果馅饼 | 600 W, 9-10 分钟 | 将一个 22 cm 直径耐热玻璃器皿放置在矮烤架上。 |
| 肉糕 | 600 W, 18-23 分钟 | 将一个 28 cm 直径的耐热玻璃器皿放置在矮烤架上。 |

组合微波烹饪



| 餐点 | 微波功率设置 (W), 烹饪时间 (分钟) | 加热类型 | 温度 (°C) | 说明 |
|--------|-----------------------|---|---------|----------------------------|
| 法式焗烤土豆 | 600 W, 25-30 分钟 |  | 210-220 | 将一个 22 cm 直径耐热玻璃器皿放置在矮烤架上。 |
| 蛋糕 | 180 W, 15-20 分钟 |  | 180-200 | 将一个 22 cm 直径耐热玻璃器皿放置在矮烤架上。 |
| 鸡肉 | 360 W, 35-40 分钟 |  | 200-220 | 在烹饪时间经过 2/3 后翻转。 |

烘焙

提示: 表格中的数值适用于放在冷微波炉内的食物。

| 餐点 | 烹饪容器 | 加热类型 | 温度 (°C) | 烘焙时间 (分钟) |
|--------|----------------------|---|---------|-----------|
| 热水海绵蛋糕 | 弹性蛋糕模, 直径 26 cm, 矮烤架 |  | 160-180 | 30-40 |
| 德国苹果派 | 弹性蛋糕模, 直径 20 cm, 矮烤架 |  | 190-210 | 50-60 |

烧烤

| 餐点 | 附件 | 加热类型 | 烧烤设置 | 烹饪时间 (分钟) |
|-----------|-----|---|------|-----------|
| 深色烘烤 | 高烤架 |  | 3 | 4-5 |
| 德式牛排, 9 份 | 高烤架 |  | 3 | 30-35 |

产品中有害物质的名称及含量

| 部件名称 | 有害物质 | | | | | |
|------------|-----------|-----------|-----------|-----------------|---------------|-----------------|
| | 铅 (Pb) | 汞 (Hg) | 镉 (Cd) | 六价铬 (Cr(VI)) | 多溴联苯 (PBB) | 多溴二苯醚 (PBDE) |
| 印制电路组件 | × | ○ | ○ | ○ | ○ | ○ |
| 显示单元 | × | ○ | ○ | ○ | ○ | ○ |
| 电源线及连接线 | × | ○ | ○ | ○ | ○ | ○ |
| 电机、驱动部件及风扇 | × | ○ | ○ | ○ | ○ | ○ |
| 外壳组件 | × | ○ | ○ | ○ | ○ | ○ |
| 隔热组件 | ○ | ○ | ○ | ○ | ○ | ○ |
| 加热腔体组件 | × | ○ | ○ | ○ | ○ | ○ |
| 照明组件 | × | ○ | ○ | ○ | ○ | ○ |
| 门体组件 | × | ○ | ○ | ○ | ○ | ○ |
| 微波发生部件 | ○ | ○ | ○ | ○ | ○ | ○ |

本表格依据SJ/T 11364 的规定编制。

○：表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下。

×：表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572 规定的限量要求。

注意：上表包含了本公司生产的此类产品的全部部件，本产品的部件以实际配置为准。

如您对此有任何疑问，请拨打本产品所提供的公司客服电话。

产品环保信息提示性说明

请按照产品说明书的要求使用和维护本产品，不当利用或者处置本产品可能会对环境和人类健康造成影响。

依照国家《废弃电器电子产品回收处理条例》的有关规定，当您计划将此产品废弃时，请将其交给具有废弃电器电子产品处理资格的处理企业进行处理。产品中有毒有害物质含量信息参照上表。





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