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HF25G5L2

微波炉  
Microwave

**SIEMENS**

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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.com](http://www.siemens-home.com) 和在线商店  
[www.siemens-eshop.com](http://www.siemens-eshop.com)

## ⚠ 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。请保管好说明手册和安装说明，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。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。

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。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。

必须将附件正确滑入烹饪箱中。参见本使用手册中的“*附件描述*”部分。

### 有着火危险！

- 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的门。关断电器，拔下电源插头，或关断熔断器盒中的断路器。
- 如果微波炉预计放置在橱柜中，并有一个附加装饰性门，那么在微波炉正常工作的时候，装饰性门必须打开。

- 将本电器用于预定用途以外的其他目的非常危险，并可能导致损坏，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料。
- 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。  
**警告：**如果微波炉门或门封已损坏，则不得再使用，直到经有资格的维修人员修好为止。
- 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。  
**警告：**除有资格的维修人员外，其他人来执行维修操作都是危险的，包括拆下防止微波能量泄露的防护盖等操作。

### 有电击危险！

- 不正确的修理是很危险的。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，请断开电器电源插头，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。
- 湿气渗入会导致电击危险。请勿使用高压清洁剂或蒸汽清洁剂。
- 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熔断器盒中的断路器。联系售后服务部门。  
**警告：**为避免可能出现的电击，换灯前应确定器具已断开电源。
- 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。始终让电器冷却下来。  
**警告：**在使用时可触及部分可能会发热，儿童应远离。
- 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、土豆、番茄和香肠。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。
- 如发现烟雾，应关闭器具开关或拔掉电源插头，并保持炉门关闭，以抑制火焰蔓延。

- 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。
- 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。  
**警告：**禁止加热装在密封容器内的液体或其他食物，因为这样有可能会发生爆炸。

### 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！

- **警告：**不要使用粗糙擦洗剂或锋利的金属刮刀清洁微波炉门的玻璃，如果微波炉门的玻璃表面会擦伤，这样做会导致玻璃粉碎。
- 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。

### 损坏原因

#### 小心！

- 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。附近设备的表面可能会损坏。应始终保持门封清洁。
- 应定期清洁微波炉并清除微波炉所有的食物残渣。
- 不清洁微波炉会导致器具表面劣化，这会影晌器具的寿命可能会导致危险的情况。
- 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（参见章节“微波，适用烹饪容器”）。
- 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。

## 您的新电器

通过本章节熟悉您的新电器。本节对控制面板和各个操作控件进行了介绍，您将了解关于烹饪箱和附件的信息。

### 控制面板

下面是控制面板概览。根据电器型号，有些细节可能不同。



#### 旋转选择钮

旋转选择钮可撤回。按压旋转选择钮可将其锁定在撤回或弹出位置。

#### 按键和显示屏

可用按键设置各种功能。在显示屏中，您可以检查设置的值。

按键	用途
⓪	开启和关断电器
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

按键	用途
→ 123	选择系列操作
~	选择烧烤
☐	打开电器门
⌚	打开和关断时间设置选项菜单
P	选择程序
kg	选择重量
M1/M2	选择存储器
▶	开始操作
☐	暂停操作

### 说明

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

不锈钢表面清洁布	货号 311134	减少污垢积聚。浸有专用油，可为电器的不锈钢表面提供完美的维护。
烤箱 / 烤架清洁胶	货号 463582	用于清洁烹饪箱。凝胶无气味。
具有蜂房结构的微纤维布	货号 460770	特别适用于清洁精致的表面，例如玻璃、玻璃陶瓷、不锈钢或铝表面。用微纤维布轻轻一擦，就可去除液体和润滑脂积垢。

## 烹饪箱

您的电器有一个冷却风扇。

### 冷却风扇

本电器装有冷却风扇。即使在微波炉关断后，风扇还会持续运转一段时间。

## 开启和关断电器

利用 ⌚ 按键可以开启和关断微波炉。

### 开启

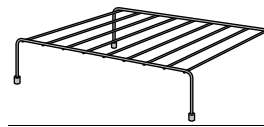
按下 ⌚ 按键。  
选择需要的操作模式。

90、180、360、600 或 900 W 按键 = 微波功率设置

→ 123 按键 = 系列操作

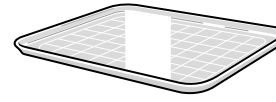
## 附件

您的电器配备下列附件：



### 烤架

作为烹饪容器放置表面或用于烧烤和着色。



### 玻璃盘

如果直接在烤架上烧烤食物，可以作为防溅板。因而，要把烤架放在玻璃盘内。

进行微波操作时，也可以将玻璃盘作为烹饪容器使用。

### 售后服务产品

您可以从售后服务部、专卖店（某些国家）或在线商店获取适当的保养剂、清洁剂以及其它家电附件。请指定相关产品号。

### 说明

- 在微波操作过程中，烹饪箱保持冷态。但冷却风扇仍将开启。在微波工作结束时，风扇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水。这是正常现象，不影响微波工作。请在烹饪后擦去这些冷凝水。

~ 按键 = 烧烤

P 和 kg 按键 = 自动程序

M1 或 M2 按键 = 存储程序

您可以在各章节中了解如何进行各种设置的信息。

### 关断

按下 ⌚ 按键。  
电器关断，时钟出现在显示屏中。

## 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. 转动旋转选择钮，设置当前时间。

2. 按下  按键。

时间设置完毕。

### 隐藏时钟


您可以隐藏时钟。这样一来，您只能在微波炉操作时才能看到时间。详细信息请参见 [更改基本设置](#) 一节。

**说明：**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。


### 加热烹饪箱


为了清除新炊具的异味，可清空、关闭箱门，进行加热。

确保烹饪箱中没有遗留的包装物品，例如聚苯乙烯颗粒。

使用烧烤  III 档，加热烹饪箱 30 分钟。

**说明：**烤箱加热时，请保持厨房通风良好。

1. 按下  按键。


2. 按下  按键一次。

烧烤  III、10:00 分钟和  符号显示在显示屏中。

3. 用旋转选择钮设置为 30 分钟。

4. 按下  按键。

电器操作开始。

**说明：**时间到时后就会发出一声信号。按下  按键，或打开电器门。

烹饪箱冷却下来之后，使用热肥皂水清洁。

### 清洁附件

在第一次使用附件前，请用热肥皂水和软布彻底清洁附件。

## 微波

微波在食物中转化为热能。您可以单独设置微波，也可以设置微波与烧烤组合。本节介绍烹饪容器和微波设置方法。

**说明：**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炉解冻、加热和烹饪的示例。

### 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转移到另一个盘。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

金属烹饪容器不适用。金属不允许微波通过。放在金属容器中的食物仍是冷的。

#### 小心！

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  $\frac{1}{2}$  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

#### 说明

- 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。对于所有其它功率设置，最长烹饪时间为 1 小时 30 分钟。

### 设置微波

举例：微波功率设置 360 W，烹饪时间 17 分钟

1. 按下  按键。

电器准备就绪。

2. 按下所需要的微波功率设置按键。



功率值上方的显示屏亮起，显示建议的烹饪时间。

3. 使用旋转选择钮设置烹饪时间。


4. 按下  按键。

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。使用  按键可以提前取消该信号。使用  按键关断电器。

#### 操作期间打开电器门

操作暂停。关上电器门后，按下  按键。操作继续。

#### 更改烹饪时间

这随时可以进行。使用旋转选择钮更改烹饪时间。

#### 更改微波功率设置

按下新微波功率设置按键。使用旋转选择钮设置烹饪时间并重新启动。

## 取消操作

按下 □ 按键两次并使用 ① 按键关断电器。

## 说明

- 当使用 ① 按键开启电器时，最高微波功率设置始终出现在显示屏中作为建议值。
- 如果在烹饪期间打开电器门，风扇可能会继续运行。

# 1、2、3 系列操作

您可以使用系列操作功能进行三种不同的微波功率设置和时间设置，而后启动。除微波功率设置外，您还可以设置烧烤。

## 烹饪容器

一定要使用耐微波且耐热的烹饪容器。

## 设置系列操作

1. 按下 ① 按键。  
电器准备就绪。
2. 按下 123 按键。  
显示屏上出现代表系列操作中第一个操作的 1→。
3. 设置第一个微波功率设置和烹饪时间。
4. 按下 123 按键。  
出现代表系列操作中第二个操作的 2→。
5. 设置第二个微波功率设置和烹饪时间。
6. 按下 123 按键。  
出现代表系列操作中第三个操作的 3→。
7. 设置第三个微波功率设置和烹饪时间。
8. 按下 ▷ 按键。

操作开始。总烹饪时间和指示序列操作中的第一个操作的 1→ 符号出现在显示屏中。

## 烹饪时间到时

一个信号声响起。系列操作完成。按下 ① 按键可以停止声音信号。

## 更改设置

只能在操作开始之前进行更改。反复按下按键 123，直到出现代表系列操作的数字。更改设置。

## 操作期间打开电器门

操作暂停。关上电器门后，按下 ▷ 按键。操作继续。

## 暂停操作

按下 □ 按键。操作暂停。  
按下 ▷ 按键可继续操作。

## 取消操作

按下 □ 按键两次并使用 ① 按键关断电器。

**说明：**您还可以将烧烤与系列操作组合。首先，设置系列操作。

# 烧烤

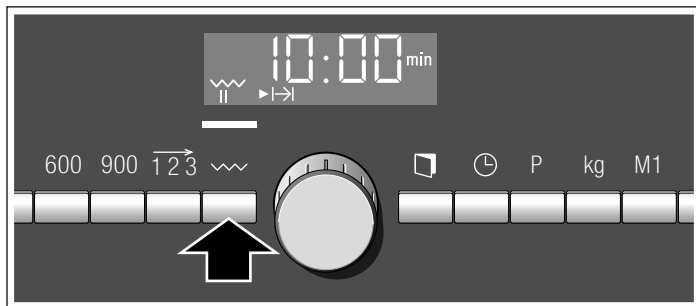
## 设置烧烤

可供使用的烧烤设置如下：

☼ 烧烤 设置 III	☼ 高	按下 ☼ 按键一次
☼ 烧烤 设置 II	☼ 中	按下 ☼ 按键两次
☼ 烧烤 设置 I	☼ 低	按下 ☼ 按键三次

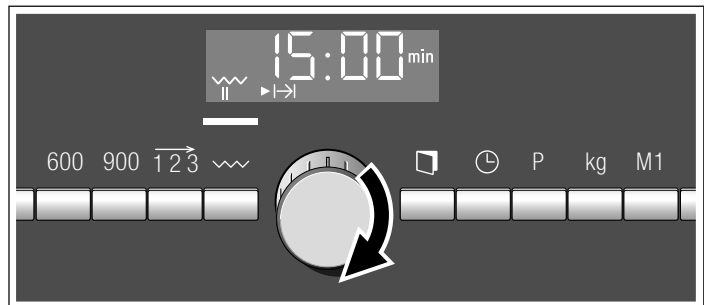
举例：中火烧烤，III 档，15 分钟

1. 按下 ① 按键。  
电器准备就绪。
2. 按两次 ☼ 烧烤按键。  
☼ 烧烤、II 档和 10:00 分钟出现在显示屏中。



如要进行其他烧烤设置，再次按下 ☼ 烧烤按键。

3. 使用旋转选择钮设置烹饪时间。



4. 按下 ▷ 按键。  
设置的 ►|◄ 烹饪时间在显示屏中倒计时。

## 烹饪时间到时

一个信号声响起。0:00 出现在显示屏中。按下 □ 按键并使用 ① 按键关断电器。按下 ① 按键可以停止声音信号。

## 更改设置

您可以随时更改烧烤设置。然后再次按下 ▷ 按键。

## 暂停操作

打开电器门。烧烤中断。关上门后，再次按下 ▷ 按键。操作继续。

## 取消设置

按下 □ 按键两次并使用 ① 按键关断电器。

**说明：**如果在烹饪期间打开电器门，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。使用微波能够加快烹饪速度，而且仍然可以很好地上色。

您可以选择任意微波功率设置。  
例外：900 和 600 W。

## 设置微波组合

举例：微波 360 W、17 分钟和烧烤 2 档。

1. 按下 ① 按键。  
电器准备就绪。
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. 使用旋转选择钮设置烹饪时间。
4. 按下 ∞ 按键 3 次。  
符号 ∞ 和 ▶|◀ 在显示屏上亮起。
5. 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。组合模式完成。可以按下 ⊖ 按键停止声音信号。

## 更改设置

可以随时更改烧烤设置或烹饪时间。然后按下 ▷ 按键可继续操作。

## 取消操作

按下 □ 按键两次并使用 ① 按键关断电器。

## 操作期间打开电器门

操作暂停。关上电器门后，按下 ▷ 按键。操作继续。

## 暂停操作

按下 □ 按键。操作暂停。  
按下 ▷ 按键可继续操作。

## 说明

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

# 存储器

使用存储器可以存储您自己的设置，并在以后随时调用这些设置。有两个存储器可供使用：“M1”和“M2”。当频繁烹饪某种菜式时，可以使用存储器。

## 将设置保存到存储器中

1. 按下 ① 按键。  
电器准备就绪。
2. 按下所需要的微波功率设置按键。  
功率值上方的显示屏亮起，显示建议的烹饪时间。
3. 使用旋转选择钮设置烹饪时间。
4. 按下 M1 或 M2 按键，一个信号声响起。  
设置已保存，可随时启动。

## 保存另一个设置

输入并保存新设置。旧设置被覆盖。

## 说明

- 如果断电，设置的程序仍然保存。
- 您还可以保存烧烤、微波组合模式和系列操作的设置。

## 启动存储器功能

您可随时使用已保存的菜肴设置开始烹饪。

1. 按下 ① 按键。  
电器准备就绪。
2. 按下 M1 或 M2 按键。  
显示已保存的设置。
3. 按下 ▷ 按键。

存储器设置启动。烹饪时间 |▶| 在显示屏上倒计时。

**说明：**一旦操作启动，就无法更改存储器位置。

**说明：**即使断电后，保存的设置依然存在。

## 烹饪时间到时

一个信号声响起。存储完成。按下 ⊖ 按键可以停止声音信号。使用 ① 按键关断电器或进行新的设置。

## 暂停操作

按下 □ 按键，或打开电器门。操作暂停。关上电器门后，按下 ▷ 按键。操作继续。



# 更改基本设置


本电器有各种基本设置，您可以随时更改。

## 基本设置

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 按键声音 1 = 开启	按键声音 2 = 关断	按下按键的确认音
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. 按住  按键几秒钟。

第一个基本设置出现在显示屏中。

2. 转动旋转选择钮，更改基本设置。

3. 按下  按键进行确认。

显示屏中将显示下一个基本设置。可以使用  按键浏览所有基本设置，并使用旋转选择钮进行更改。

4. 如要结束，按住  按键几秒钟。

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！

湿气渗入会导致电击危险。请勿使用高压清洁剂或蒸汽清洁剂。

### 有灼伤危险！

切勿在关断电器后立即清洁电器。让电器冷却。

### 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。

### 说明

- 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。
- 搪瓷是使用非常高的温度烤上去的。这可能会导致颜色稍微有点偏差。这是正常的，不影响它们的功能。较薄的烤盘边缘可能有些地方没有涂上搪瓷。因此，这些边缘可能会比较粗糙。这不会损害抗腐蚀保护功能。
- 烤箱若有异味，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。切勿：

- 使用强烈的或腐蚀性的清洁剂
- 使用金属或玻璃刮刀清洁电器门中的玻璃，
- 使用金属或玻璃刮刀清洁门封，
- 使用粗糙的擦洗片或清洁海绵，
- 使用含高浓度酒精的清洗剂。

新海绵布使用前要彻底清洗。

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。
不锈钢	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。这类残留物可能会引起腐蚀。可向售后服务部或专卖店购买专用不锈钢清洗剂。

区域	清洁剂
不锈钢烹饪箱	热肥皂水或醋溶液： 用洗碗布清洁，然后用软布擦干。 如果微波炉很脏：请使用烤箱清洁剂，但只能在烹饪箱冷却后使用。最好使用不锈钢海绵。请勿使用烤箱喷雾剂或其它腐蚀性烤箱清洁剂或磨蚀性材料。擦洗片、粗糙的海绵和平底锅清洗物品均不适用。这些物品会刮伤表面。让内部表面彻底干燥。
门面板	玻璃清洁剂： 用洗碗布清洁。不要使用玻璃刮刀。
门封 不要拆下。	热肥皂水： 用洗碗布清洁；不要刮擦。不要用金属或玻璃刮刀进行清洁。
附件	热肥皂水： 浸泡，然后用洗碗布或刷子清洁。

## 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

问题	可能原因	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。
	操作不当	断开保险丝盒中的断路器。约 10 秒后重新连接。
电器不工作。烹饪时间出现在显示屏中。	在进行设置后没有按下 ▷ 按键。	按下 ▷ 按键或关断电器。
微波不启动。	门没有完全关闭。	检查是否有剩余食物或异物卡在门内。确保门封表面清洁。检查门封是否扭曲。
	没有按下 ▷ 按键。	按下 ▷ 按键。
食物加热比以前需要的时间长。	微波功率设置太低。	选择较高的功率设置。
	在电器中放置了比正常值更多的食物。	双倍的量 = 几乎双倍的时间
	食物比往常要冷。	在烹饪过程中搅拌或翻转食物。
一个信号声响起。冒号在显示屏中闪烁。	电器处于演示模式。	<ol style="list-style-type: none"> <li>按下  按键。</li> <li>按住 P 按键 3 秒。</li> </ol> 演示模式被停用。

## 出错信息

对于某些出错信息，您可以自己采取补救措施。

出错信息	可能原因	纠正措施 / 说明
出错信息“E723”出现在显示屏中。	门没有关好。	使用  按键打开电器，再关闭。
出错信息“Er1”、“Er4”、“Er18”或“E305”出现在显示屏中。	技术故障。	请致电售后服务部门。
出错信息“Er11”出现在显示屏中。“按键卡住”	按键脏或机械机构卡住。	按下所有按键几次。用干燥的布清洁按键。开启和关断电器门。如果这不起作用，请咨询售后服务部门。

## 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。打开电器门时，可以在右侧看到写有这些编号的铭牌。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 	400-88-99999

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。

请相信制造商的专业技术，我们将确保由经过专业培训的技术人员使用原装配件对您的家电进行修理。

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。

### 技术参数

电源	220 V、50 Hz
总的最大连接负荷	1990 W
微波功率设置	900 W (IEC 60705)
微波频率	2450 MHz
烧烤	1300 W
保险丝	最小 10 A

### 尺寸 (高 x 宽 x 深)

电器	38.2 x 59.5 x 32.0 cm
烹饪箱	220 x 350 x 270 mm
VDE 认证	是
CE 标记	是

### 环保型处理

以环保方式处置包装材料。



本电器符合有关电气和电子电器废弃物 (WEEE) 的欧洲指令 2002/96/EC。该指令给出了收集和回收旧电器的框架，这在整个欧盟范围内有效。


## 自动程序

自动程序使您准备食物更轻松。选择程序，然后输入食物的重量。自动程序使用最佳设置。有 10 种程序供选。

### 设置程序

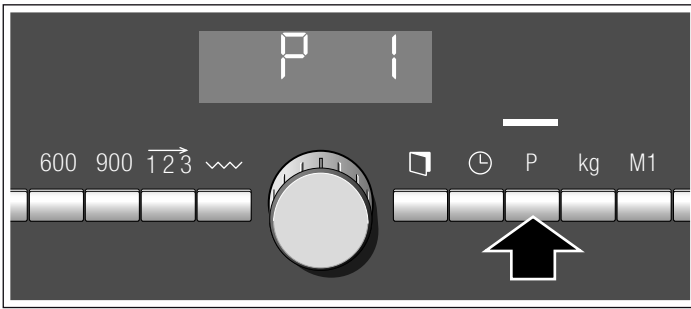
选择程序后，如下设置微波炉。

图中实例：程序 2，重量 1 kg。

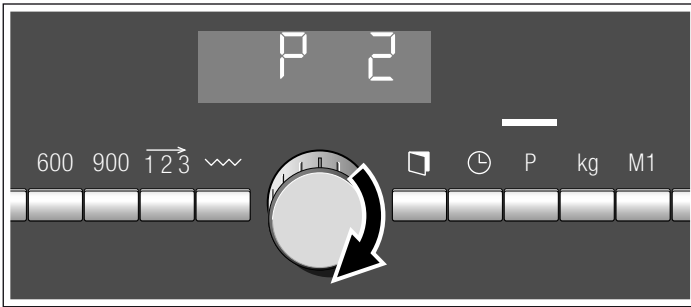
1. 按下  按键。  
电器准备就绪。

## 2. 按下 P 按键。

第一个程序号出现在显示屏中。



## 3. 使用旋转选择钮选择程序号。

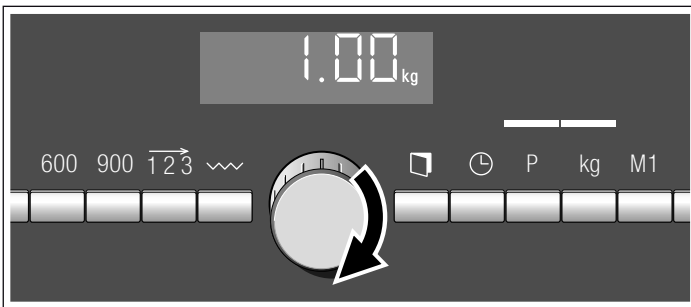


## 4. 按下 kg 按键。

显示屏上显示 0.50 千克，作为建议重量。



## 5. 转动旋转选择钮，设置重量。



## 6. 按下 ▷ 按键。

程序启动。烹饪时间 1→ 在显示屏上倒计时。

### 程序结束

一个信号声响起。程序已结束，电器停止加热。使用 ⓐ 按键关断电器或进行新的设置。按下 ⓑ 按键可以停止声音信号。

### 取消程序

按下 □ 按键两次或使用 ⓐ 按键关断电器。

## 更改程序

一旦启动了程序，就不能更改程序号和重量。

## 更改烹饪时间

使用自动编程时，无法改变烹饪时间。

## 自动程序说明

### 说明

- 将食物从包装内取出并称重。如果无法输入精确的重量，应四舍五入。
- 各种程序都使用耐微波的烹饪容器，如玻璃、陶瓷或玻璃盘。请遵循程序表中的附件提示。
- 将食物放在冷的电器中。
- 烹饪提示后有一张适用食物表，其中有重量范围和所需要的附件。
- 不能设置超出重量范围的范围。
- 许多菜式在经过一定时间后会发出一声信号声。请翻转或搅拌食物。

### 解冻

#### 说明

- 尽可能将食物分成几份，在  $-18^{\circ}\text{C}$  下平放冷冻。
- 将冷冻的食物放在平盘上，例如玻璃或瓷盘。
- 在电器中解冻后，继续让食物溶解 10 - 30 分钟，直到温度均匀。
- 解冻肉块、家禽或鱼类时会有汁液流出。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。
- 将牛肉、羊肉和猪肉放在容器上，先让肥的一面朝下。
- 面包应该需要多少解冻多少，因为面包很容易变质。
- 翻转后，要将已解冻的肉糜取出。
- 整只家禽应放在容器内，胸部朝下；家禽块则带皮的部分朝下。

### 土豆

#### 说明

- 煮土豆：切成大小均匀的块状。每 100 g 土豆添加两大汤匙水和少量盐。
- 土豆带皮煮：使用大小相同的土豆。清洗土豆并将土豆皮刺破多处。将湿土豆放在盘子里。不要加水。

### 米饭

#### 说明

- 在烹饪过程中会产生许多泡沫。因而，请使用有盖子的高边盘子。输入烹饪前的重量（不含液体）。向大米中加入 2 到 2.5 倍份量的液体。
- 不要使用可煮袋装米。

## 蔬菜

### 说明

- 新鲜蔬菜：切成相等大小的块。每 100 g 蔬菜加入两大汤匙水。
- 冷冻蔬菜：此程序仅适合烫洗过但没有预先烹制过的蔬菜。不适合拌有奶油沙司的冷冻蔬菜。每 100 g 加入一到两大汤匙水。菠菜或红球甘蓝中不加水。

## 烤土豆

**说明：**使用大小相同的土豆。清洗土豆并将土豆皮刺破多处。在土豆还湿时，将土豆放在烤架上。

## 程序表

程序号	合适的食物	重量范围 (kg)	烹饪容器 / 附件, 烤架高度
<b>解冻</b>			
P1	肉和家禽 - 大块肉 - 薄片 - 肉糜 - 小鸡、母鸡、鸭子	0.2 - 2.0 kg	浅炊具, 不盖盖子
P2	鱼：全鱼、鱼块、鱼片	0.1 - 1.0 kg	浅炊具, 不盖盖子
P3	面包和蛋糕 * 圆的或长的整面包、面包片、海绵蛋糕、发面饼、水果派	0.2 - 1.5 kg	浅炊具, 不盖盖子
<b>烹饪</b>			
P4	土豆 熟土豆、带皮熟土豆	0.2 - 1.0 kg	盘子, 盖盖子。
P5	米饭	0.05 - 0.3 kg	深盘, 盖盖子
P6	新鲜蔬菜 花椰菜、椰菜、胡萝卜、大头菜、韭菜、胡椒、西葫芦	0.15 - 1.0 kg	盘子, 盖盖子。
P7	冷冻蔬菜 花椰菜、椰菜、胡萝卜、大头菜、红球甘蓝、菠菜	0.15 - 1.0 kg	盘子, 盖盖子。
P8	烤土豆 每个土豆的重量约为 200 g - 250 g	0.2 - 1.5 kg	烤架
P9	冷冻烘焙食品, 如意式烤宽面	0.3 - 1.0 kg	
P10	半鸡	0.5 - 1.8 kg	玻璃盘和烤架

注意搅拌和翻转信号。

\* 奶油蛋糕、奶油乳酪蛋糕、带糖衣或明胶的蛋糕不适合。

## 半鸡

**说明：**将半鸡放在烤架上，带皮的一面朝上。将烤架放在玻璃盘中，使玻璃盘能接住滴下的油滴或肉汁。

### 静置时间

在程序结束后，有些菜式还需要在烤箱中静置一段时间。

菜式	静置时间
蔬菜	约 5 分钟
土豆	约 5 分钟。先倒出剩余的水。
米饭	5 至 10 分钟

## 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。

### 说明

- 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。

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。

在加热期间搅拌或翻转食物几次。检查温度。

## 解冻

### 说明

- 将冷冻食品放在不盖盖子的容器中，然后放在烹饪箱底。

解冻	重量	微波功率设置 (W), 烹饪时间 (分钟)	说明
肉，整块牛肉、小牛肉或猪肉（带骨头或去骨头）	800 g	180 W, 15 分钟 + 90 W, 15 - 25 分钟	翻转几次
	1 kg	180 W, 20 分钟 + 90 W, 20 - 30 分钟	
	1.5 kg	180 W, 25 分钟 + 90 W, 25 - 30 分钟	
肉块或肉片（牛肉、小牛肉或猪肉）	200 g	180 W, 5 - 8 分钟 + 90 W, 5 - 10 分钟	在翻转时将各个解冻部分分开
	500 g	180 W, 8 - 11 分钟 + 90 W, 10 - 15 分钟	
	800 g	180 W, 12 - 15 分钟 + 90 W, 15 - 20 分钟	
五花肉糜	200 g	90 W, 10 - 15 分钟	翻转几次，取出已经解冻的肉
	500 g	180 W, 5 分钟 + 90 W, 10 - 15 分钟	
	800 g	180 W, 10 分钟 + 90 W, 15 - 20 分钟	
家禽或家禽块	600 g	180 W, 8 分钟 + 90 W, 10 - 15 分钟	翻转几次
	1.2 kg	180 W, 15 分钟 + 90 W, 20 - 25 分钟	
鱼块、鱼排或鱼片	400 g	180 W, 5 分钟 + 90 W, 10 - 15 分钟	将解冻的部分分开。
全鱼	300 g	180 W, 3 分钟 + 90 W, 10 - 15 分钟	在解冻期间翻转。
	600 g	180 W, 8 分钟 + 90 W, 15 - 20 分钟	
蔬菜，例如豌豆	300 g	180 W, 10 - 15 分钟	
水果，例如覆盆子	300 g	180 W, 6 - 9 分钟	在解冻期间小心地搅拌，将已解冻的部分分离。
	500 g	180 W, 8 分钟 + 90 W, 5 - 10 分钟	
黄油，解冻	125 g	180 W, 1 分钟 + 90 W, 1 - 2 分钟	去除所有包装。
	250 g	180 W, 1 分钟 + 90 W, 2 - 4 分钟	
条形面包	500 g	180 W, 8 分钟 + 90 W, 5 - 10 分钟	在解冻期间翻转。
	1 kg	180 W, 12 分钟 + 90 W, 10 - 20 分钟	
干蛋糕，例如海绵蛋糕	500 g	90 W, 10 - 15 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, 15 - 20 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, 15 - 20 分钟	

## 解冻、加热或烹饪冷冻食品

### 说明

- 将熟食从包装内取出。放入可以微波加热的容器中，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。

- 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。
- 解冻肉块、家禽或鱼类时会有汁液流出。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。
- 将解冻的食物继续在室温下放置 10 到 30 分钟，让温度稳定下来。此时，可以去除家禽的内脏杂碎。

- 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。
- 加热后，让食物留在微波炉内 2 - 5 分钟，直到温度均匀。
- 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。

**说明：**一定要将烹饪容器放在烹饪箱箱底上。

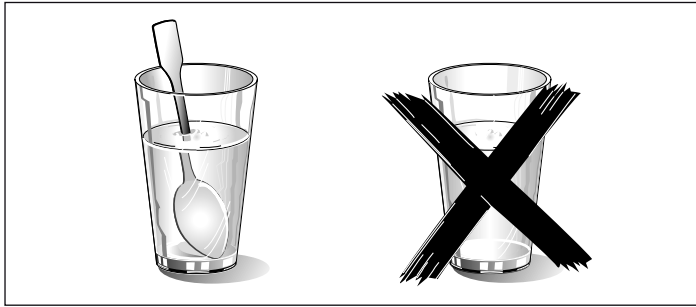
解冻、加热或烹饪冷冻食品	重量	微波功率设置 (W), 烹饪时间 (分钟)	说明
套餐、点餐，即食餐 (2 - 3 种成份)	300 - 400 g	600 W, 8 - 13 分钟	
汤	400 g	600 W, 8 - 12 分钟	
炖肉	500 g	600 W, 10 - 15 分钟	
带调味料的肉条或肉片，例如菜炖牛肉	500 g	600 W, 10 - 15 分钟	搅拌时将肉块分开
鱼，如鱼块	400 g	600 W, 10 - 15 分钟	根据需要加入水、柠檬汁或酒

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)	说明
烘培, 例如意式烤宽面和意式烤碎肉卷	450 g	600 W, 10 - 15 分钟	使用烤架, 将烹饪容器放在烤架上。
配菜, 例如米饭、意大利面	250 g	600 W, 3 - 7 分钟	加一些汁液
	500 g	600 W, 8 - 12 分钟	
蔬菜, 如豌豆、椰菜、胡萝卜	300 g	600 W, 7 - 11 分钟	加足量的水, 淹没烹饪容器底
	600 g	600 W, 14 - 17 分钟	
菠菜奶油沙司	450 g	600 W, 10 - 15 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。



#### 小心!

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。

#### 说明

- 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, 继续让食物保持 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戴上烤箱手套。

**说明:** 一定要将烹饪容器放在烹饪箱箱底上。

加热食物	重量	微波功率设置 (W), 烹饪时间 (分钟)	说明
套餐、点餐, 即食餐 (2 - 3 种成份)		600 W, 5 - 8 分钟	—
饮品	125 ml	900 W, ½ - 1 分钟	将汤匙放入玻璃容器中; 不要让酒类饮品过热; 加热期间不时检查
	200 ml	900 W, 1 - 2 分钟	
	500 ml	900 W, 3 - 4 分钟	
婴儿食品, 如奶瓶	50 ml	360 W, 约 ½ 分钟	取下瓶盖或奶嘴; 在加热之后充分摇晃或搅拌, 必须不断检查温度
	100 ml	360 W, ½ - 1 分钟	
	200 ml	360 W, 1 - 2 分钟	
汤, 1 杯	每杯 175 g	600 W, 1 - 2 分钟	—
汤, 2 杯	每杯 350 g	600 W, 2 - 3 分钟	—
带酱汁的肉	500 g	600 W, 7 - 10 分钟	分开肉块
炖肉	400 g	600 W, 5 - 7 分钟	—
	800 g	600 W, 7 - 8 分钟	—
蔬菜, 1 份	150 g	600 W, 2 - 3 分钟	—
蔬菜, 2 份	300 g	600 W, 3 - 5 分钟	—

### 烹饪食物

#### 说明

- 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戴上烤箱手套。

烹饪食物	重量	微波功率设置 (W), 烹饪时间 (分钟)	说明
去掉内脏杂碎的新鲜整鸡	1.2 kg	600 W, 25 - 30 分钟	在烹饪中途翻转
新鲜鱼块	400 g	600 W, 7 - 12 分钟	—
新鲜蔬菜	250 g	600 W, 5 - 10 分钟	将蔬菜切成大小均匀的小块。 每 100 g 蔬菜中加入 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	将土豆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	
	750 g	600 W, 15 - 22 分钟	
米饭	125 g	600 W, 4 - 6 分钟 + 180 W, 14 - 16 分钟	加入双倍的汁液
	250 g	600 W, 6 - 8 分钟 + 180 W, 14 - 16 分钟	
甜食, 如牛奶冻 (即食)	500 ml	600 W, 5 - 7 分钟	在烹饪过程中用搅蛋器彻底搅拌牛奶冻两到三次。
水果、果盘	500 g	600 W, 9 - 12 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。

## 烧烤提示

### 说明

- 所有给定值仅作为参考, 这些数值会随着食物特性而发生变化。
- 用冷水洗肉, 用厨巾将其轻轻擦干。烧烤结束前不要在肉上洒盐。
- 在烤架上烧烤时, 一定要关闭烹饪箱门, 且不预热。

- 将烤架放在玻璃盘上, 以便接住肉汁。
- 用夹钳翻转正在烧烤的食物。如果用叉子刺穿烤肉, 肉汁会流出来烤干。
- 深色的肉 (如牛肉) 比浅色的肉 (如小牛肉或猪肉) 上色更快。在烧烤浅色的肉或鱼片时, 经常是表面略带褐色, 但里面已熟而多汁。

	数量	重量	烧烤设置	烹饪时间 (分钟)
猪颈排, 厚约 2 cm	3 - 4 份	每份约 1200 g	高	第 1 面: 约为 15 第 2 面: 约为 10 - 15
烤香肠	4 - 6 份	每份约 150 g	高	第 1 面: 约为 10 - 15 第 2 面: 约为 10 - 15
鱼排 *	2 - 3 份	每份约 150 g	高	第 1 面: 约为 10 第 2 面: 约为 10 - 15
全鱼 *, 如鳊鱼	2 - 3 份	每份约 150 g	高	第 1 面: 约为 15 第 2 面: 约为 15 - 20
面包 (预烤)	2 - 6 片	—	高	第 1 面: 约为 4 第 2 面: 约为 4
带配料吐司	2 - 6 片	—	高	取决于配料: 5 - 10

\* 首先用油润滑烤架。

## 烧烤和微波组合

### 说明

- 使用烤架, 将烹饪容器放在烤架上。
- 使用高边盘进行烧烤。这将使烹饪箱更清洁。

- 用大号的浅底烹饪容器烘焙和焗烤。食物在窄深的容器中需要烹饪更长时间, 且顶部有更多的部分变成褐色。
- 检查烹饪容器尺寸与烹饪箱是否相称。器皿不应过大。



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

- 对于烘焙和焗烤食品，在电器关断后，应继续在电器中留 5 分钟。
- 一定要设置最大的烹饪时间。在经过规定的较短时间后检查食物。

	重量	微波功率设置 (W)	烧烤设置	烹饪时间 (分钟)	说明
大块猪肉，如猪颈	约 750 g	360 W	低	35 - 40 分钟	在约 15 分钟后翻转。
肉糕 最厚 7 cm	约 750 g	360 W	中	约 25 分钟	
半鸡	约 1200 g	360 W	高	40 分钟	
小鸡块，例如 1/4 只鸡	约 800 g	360 W	中	20 - 25 分钟	将肉块带皮的一侧朝上。不翻转。
鸭胸肉	约 800 g	180 W	高	25 - 30 分钟	将肉块带皮的一侧朝上。不翻转。
烤通心粉 (使用熟配料)	约 1000 g	360 W	低	25 - 30 分钟	撒上奶酪。
法式焗烤土豆 (由生土豆制成) 最深 3 cm	约 1000 g	360 W	中	约 35 分钟	
烤鱼	约 500 g	360 W	高	15 分钟	烤制前先对鱼进行解冻。
奶酪蛋糕，最深 5 cm	约 1000 g	360 W	低	20 - 25 分钟	

## 符合 EN 60705 标准的测试菜谱

测试协会使用下列菜谱对微波炉的质量和功能进行测试。

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

### 单微波烹饪

菜式	微波功率设置 (W)，烹饪时间 (分钟)	说明
奶油蛋羹，1000 g	600 W，11 - 12 分钟 + 180 W，8 - 10 分钟	耐热玻璃盘
海绵蛋糕，475 g	600 W，7 - 9 分钟	耐热玻璃盘，直径 22 cm。
肉糕，900 g	600 W，25 - 30 分钟	长方形耐热玻璃盘*，28 cm 长

\* 使用烤架，将烹饪容器放在烤架上。

### 单微波解冻

菜式	微波功率设置 (W)，烹饪时间 (分钟)	说明
肉，500 g	程序 1，500 g 或 180 W，8 分钟 + 90 W，7 - 10 分钟	耐热玻璃盘，直径 24 cm

### 烧烤和微波组合烹饪

菜式	微波功率设置 (W)，烧烤设置，烹饪时间 (分钟)	说明
法式焗烤土豆，1100 g	360 W，+ 烧烤设置 II，30 - 35 分钟	圆形耐热玻璃盘，直径 22 cm
蛋糕	—	不推荐
半鸡，约 1100 g	360 W，+ 烧烤设置 III，40 - 45 分钟	烤架，玻璃盘。

#### 主要技术参数：

额定电压：220V AC 电源频率：50Hz  
 输入功率：1850W 烧烤功率：1230W  
 微波额定输出功率：900W  
 微波额定输入功率：1230W  
 额定微波频率：2450MHz  
 能效等级 2 级 效率值 60%  
 待机功耗 0.8W 关机功耗 0.4W  
 烧烤能耗 1.2W·h

原产地：英国  
 经销商：博西家用电器（中国）有限公司  
 地址：江苏省南京市中山路 129 号中南国际大厦 20/21 楼  
 执行标准编号：  
 GB 4706.1-2005  
 GB 4706.21-2008  
 GB 4706.22-2008  
 GB 24849-2010  
 GB 19606-2004

## 产品中有毒有害物质或元素名称及含量

部件名称	有毒有害物质或元素					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr (VI) )	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
内部部件	○	X	X	X	X	X
控制部件	○	X	○	X	X	X
附属部件	X	X	X	X	X	X
外部部件	X	X	X	X	X	X
电器部件	X	X	X	X	X	X

○：表示该有毒有害物质在该部件所有均质材料中的含量均在中华人民共和国电子行业标准 SJ/T11363-2006 《电子信息产品中有毒有害物质的限量要求》规定的限量要求以下

X：表示该有毒有害物质至少在该部件的某一均质材料中的含量超出中华人民共和国电子行业标准 SJ/T11363-2006 《电子信息产品中有毒有害物质的限量要求》规定的限量要求

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Additional information on products, accessories, replacement parts and services can be found at [www.siemens-home.com](http://www.siemens-home.com) and in the online shop [www.siemens-eshop.com](http://www.siemens-eshop.com)

## ⚠ Important safety information

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

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

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

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

This appliance is intended for domestic use only. The appliance must only be used for the preparation of food and drink. The appliance must be supervised during operation. Only use this appliance indoors.

This appliance may be used by children over the age of 8 years old and by persons with reduced physical, sensory or mental

capacity 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 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 slide accessories into the cooking compartment correctly. See "*Description of accessories*" in the instruction manual.

### **Risk of fire!**

- Combustible items stored in the cooking compartment may catch fire. Never store combustible items in the cooking compartment. Never open the appliance

door if there is smoke inside. Switch off the appliance and unplug it from the mains or switch off the circuit breaker in the fuse box.

- For microwave ovens having an additional decorative door, and for microwave ovens intended to be used in a cabinet, then the microwave oven must be operated with the decorative door open.
- Using the appliance for anything other than its intended purpose is dangerous and may cause damage, e.g. heated slippers and grain or cereal pillows may catch fire, even several hours later. The appliance must only be used for the preparation of food and drink.
- 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.  
**WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- 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.

**WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

### **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.
- Penetrating moisture may cause an electric shock. Do not use any high-pressure cleaners or steam cleaners.
- 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.

**WARNING:** Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.

- 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.  
**WARNING :** Accessible parts may become hot during use. Young children should be kept away.
- 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 yoke 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.
- If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

**WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.

- 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!**

**WARNING :** Do not use harsh abrasive cleaners or sharp metal scrapers to clean the microwave oven door glass since they can scratch the surface, which may result in shattering of the glass.

- Unsuitable ovenware may crack. Porcelain or ceramic ovenware can have small perforations in the handles or lids. These perforations conceal a cavity below. Any moisture that penetrates this cavity could cause the ovenware to crack. Only use microwave-safe ovenware.

### **Causes of damage**

#### **Caution!**

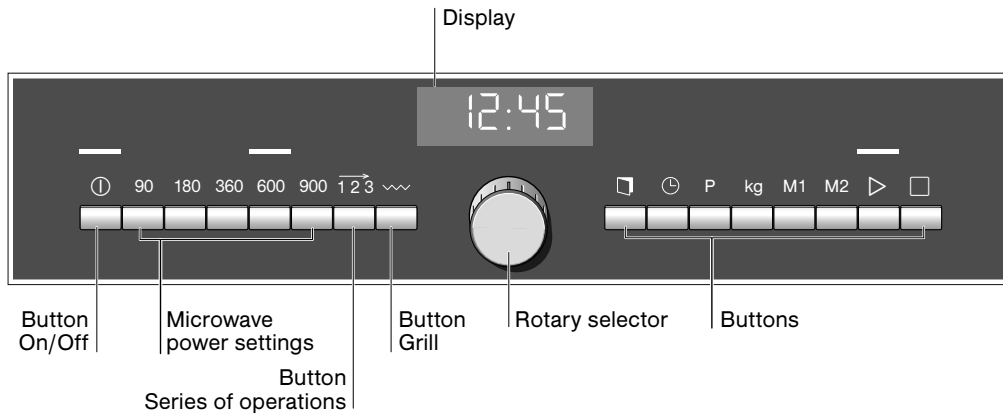
- Heavily soiled seal: If the seal is very dirty, the appliance door will no longer close properly during operation. The fronts of adjacent units could be damaged. Always keep the seal clean.
- The oven should be cleaned regularly and any food deposits removed since they may explode, even after microwave heating has ended.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- 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").
- 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.

# 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

Here is an overview of the control panel. Depending on the appliance model, some details may differ.



### Rotary selector

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

### Buttons and display

Using the buttons, you can set various functions. You can check the values that you have set in the display.

Button	Use
ⓘ	Switches the appliance on and off
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

Button	Use
	Selects a series of operations
	Selects the grill
	Opens the appliance door
	Opens and closes the Time-setting options menu
P	Selects a programme
kg	Selects the weight
M1/M2	Selects the memory
	Starts operation
	Pausing operation

### Notes

- The time-setting option that is active on the display is indicated by the ► arrow pointing to the appropriate symbol. Exception: for the clock, the ⌚ symbol only lights up when you are making changes.
- When you switch on the oven, the lamp in the cooking compartment comes on.

Cleaning cloths for stainless steel surfaces	Article no. 311134	Reduces the build-up of dirt. Impregnated with a special oil for perfect maintenance of your appliance's stainless-steel surfaces.
Oven/grill cleaning gel	Article no. 463582	For cleaning the cooking compartment. The gel is odourless.
Microfibre cloth with honeycomb structure	Article no. 460770	Especially suitable for cleaning delicate surfaces, such as glass, glass ceramic, stainless steel or aluminium. The microfibre cloth removes liquid and grease deposits in one go.

## Cooking compartment

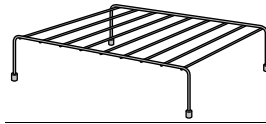
Your appliance has a cooling fan.

### Cooling fan

The appliance is equipped with a cooling fan. The fan may run on even if the oven has been switched off.

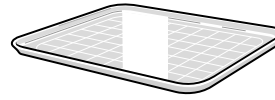
## Accessories

The following accessories are supplied with your appliance:



### Wire rack

Use as a surface for setting down cookware or for grilling and browning.



### Glass pan

This can act as a splash guard if you are grilling food directly on the wire rack. For this, place the wire rack in the glass pan.

The glass pan can also be used as cookware for microwave operation.

### After-sales service products

You can obtain suitable care and cleaning agents and other accessories for your domestic appliances from the after-sales service, specialist retailers or (in some countries) online via the e-Shop. Please specify the relevant product number.

### Notes

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

## Switches the appliance on and off

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

### Switching on

Press the ⌚ button.  
Select the required operating mode.

90, 180, 360, 600 or 900 W button = For a microwave power setting

button = Series of operations

button = Grill

P and kg buttons = Automatic programmes

M1 or M2 button = Memory programme

You can read how to make settings in the individual sections.

### Switching off

Press the ⌚ button.  
The appliance switches off and the clock appears in the display.

## Before using the appliance for the first time


Here you will find everything you need to do before using the microwave to prepare food for the first time. First read the 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. Turn the rotary selector to set the current time.

2. Press the  button.

The time is set.

### Hiding the clock


You can hide the clock. You can then only see the clock when the oven is in operation. For more information, please refer to the section *Changing the basic settings*.

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

## Heating up the cooking compartment

To get rid of the new cooker smell, heat up the cooking compartment when it is empty and the oven door closed.




Make sure that the cooking compartment contains no leftover packaging, e.g. polystyrene pellets.

Heat the cooking compartment for 30 minutes with the  Grill at level III.

**Note:** Keep the kitchen ventilated while the appliance is heating up.

1. Press the  button.


2. Press the  button once.

Grill  , 10:00 minutes and the   symbols appear in the display.

3. Use the rotary selector to set 30 minutes.

4. Press the  button.

Appliance operation begins.

**Note:** A signal sounds once the time has elapsed. Press the  button or open the appliance door.

Once the cooking compartment has cooled, clean it with hot, soapy water.

## Cleaning accessories

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

# The microwave

Microwaves are converted to heat in foodstuffs. You can set the microwave on its own or in combination with the grill. Here you will find information about cookware 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.

## Notes regarding ovenware

### Suitable ovenware

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

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

### Unsuitable ovenware

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

### Caution!

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

### Ovenware test

Do not switch on the microwave unless there is food inside. The following ovenware test is the only exception to this rule.

Perform the following test if you are unsure whether your ovenware is suitable for use in the microwave:

1. Heat the empty ovenware at maximum power for ½ to 1 minute.

2. Check the temperature occasionally during that time.

The ovenware should still be cold or warm to the touch.

The ovenware is unsuitable if it becomes hot or sparks are generated.

## Microwave power settings

Use the button to set the desired microwave power.

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

### Notes

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

## Setting the microwave

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

1. Press the  button.

Your appliance is ready for use.

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



The display above the power setting lights up and a suggested cooking time is displayed.

3. Set the cooking time using the rotary selector.


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. You can cancel the signal early using the  button. Use the  button to switch off the appliance.

### Opening the appliance 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. Change the cooking time using the rotary selector.

### Changing the microwave power setting


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



### labelling operation

Press the  button twice and switch off the appliance with the  button.

### Notes

- When you switch on the appliance using the  button, the highest microwave power setting always appears in the display as a suggestion.
- If you open the appliance door during cooking, the fan may continue running.









## 1, 2, 3 series of operations


You can use the series of operations function to set up to three different microwave power settings and times and then start. You can also set the grill in addition to the microwave power settings.

### Ovenware


Always use microwave-safe, heat-resistant ovenware.

### Setting a series of operations


1. Press the  button.  
Your appliance is ready for use.
2. Press the  button.  
The  for the first operation in the series appears on the display.
3. Set the first microwave power setting and cooking time.
4. Press the  button.  
The  for the second operation in the series appears.
5. Set the second microwave power setting and cooking time.
6. Press the  button.  
The  for the third operation in the series appears.
7. Set the third microwave power setting and cooking time.
8. Press the  button.

Operation begins. The total cooking time and the  symbol for the first operation in the series appear in the display.


### The cooking time has elapsed

A signal sounds. The series of operations is finished. You can stop the audible signal by pressing the  button.



### Changing the setting

Changes can only be made before operation begins. Press the  button repeatedly until the number for the series of operations appears. Change the setting.



### Opening the appliance door during operation

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

### Pausing operation

Press the  button. Operation is suspended. Press the  button to continue operation.

### Cancelling operation










Press the  button twice and switch off the appliance with the  button.

**Note:** You can also combine the grill with a series of operations. First, set the series of operations.




## Grilling

### Setting the grill


The following grill settings are available:

 grill Setting III  high	Press the  button once
 grill Setting II  medium	Press the  button twice
 grill Setting I  low	Press the  button three times

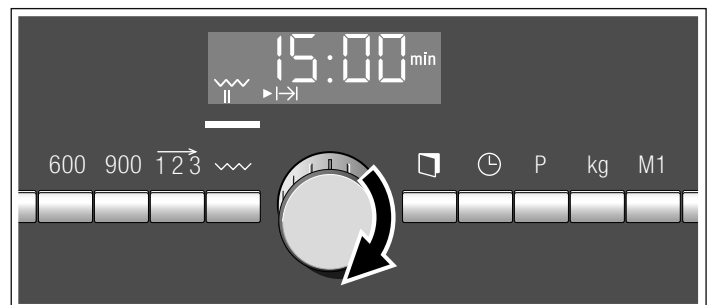
Example: medium grill, setting III, 15 minutes



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






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

3. Set the cooking time using the rotary selector.




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

### The cooking time has elapsed

A signal sounds. 0:00 appears in the display. Press the  button and switch off the appliance with the  button. You can stop the audible signal by pressing the  button.

### Changing the setting

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

### Pausing operation

Open the appliance door. Grilling is interrupted. Press the ▷ button again once you have closed the door. Operation continues.

### Cancelling the setting

Press the □ button twice and switch off the appliance with the ⌚ button.

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

---

## MicroCombi operation

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

You can select any microwave power setting. Exception: 900 and 600 watt.

### Setting MicroCombi

Example: microwave 360 W, 17 minutes and grill setting 2.

1. Press the ⌚ button.  
Your appliance is ready for use.
2. Press the button for the microwave power setting you require.  
A suggested cooking time appears.
3. Set the cooking time using the rotary selector.
4. Press the 🔥 button 3 times.  
The 🔥 and ▶|◀ symbols light up in the display.
5. Press the ▷ button.

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

### The cooking time has elapsed

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

### Changing the settings

You may change the grill setting or cooking time at any time. Then press the ▷ button to resume operation.

### Cancelling operation

Press the □ button twice and switch off the appliance with the ⌚ button.

### Opening the appliance door during operation

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

### Pausing operation

Press the □ button. Operation is suspended. Press the ▷ button to continue operation.

### Notes

- You can also set the grill setting first and then set the microwave power and cooking time.
- If you open the appliance door during cooking, the fan may continue to run.

---

## Memory

The memory gives you the option to store your own settings and call them up again at any time. You have two memories available: "M1" and "M2". The memory is useful if you prepare one dish particularly frequently.

### Saving settings in the memory

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

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

### Saving another setting

Enter and save the new setting. The old settings are overwritten.

### Notes

- The programmes which have been set remain stored even if there is a power cut.
- You can also store settings for the grill, MicroCombi mode and the series of operations.

### Starting the memory function

You can start cooking at any time using the settings saved for your dish.

1. Press the ⌚ button.  
Your appliance is ready for use.
2. Press the **M1** or **M2** button.  
The saved settings are displayed.
3. Press the ▷ button.

The memory setting starts. The ▶|◀ cooking time counts down in the display.

**Note:** Once operation has started, you can no longer change the memory location.

**Note:** Saved settings are retained even after a power cut.

### The cooking time has elapsed

A signal sounds. The memory function has finished. You can stop the audible signal by pressing the ⌚ button. Use the ⌚ button to switch off the appliance or make new settings.

### Pausing operation

Press the □ button or open the appliance door. Operation is suspended. After closing the door, press the ▷ button. Operation continues.

# 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
<b>C 1</b> Clock display 1 = on	Clock display 2 = off	Displays the clock
<b>C 2</b> Signal duration 2 = medium = 2 minutes	1 = short = 10 seconds 3 = long = 5 minutes	Audible signal after the cooking time has elapsed
<b>C 3</b> Button tone 1 = on	Button tone 2 = off	Confirmation tone when a button is pressed
<b>C 4</b> Waiting time 2 = medium = 5 seconds	1 = short = 2 seconds 3 = long = 10 seconds	Waiting time between two separate steps, after setting

Prerequisite: your appliance is switched off.

- Press and hold the  button for a few seconds. The first basic setting appears in the display.
- You can change the basic setting by turning the rotary selector.

- Confirm by pressing the  button. The next basic setting appears in the display. You can go through all of the basic settings with the  button and make changes with the rotary selector.
- To finish, press and hold the  button for a few 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.!

Penetrating moisture may cause an electric shock. Do not use any high-pressure cleaners or steam cleaners.

### Risk of burns!

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

### Risk of injury!

Scratched glass in the appliance door may develop into a crack. Do not use a glass scraper, or sharp or abrasive cleaning aids or detergents.

### 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.
- Enamel is baked on at very high temperatures. This can cause some slight colour variations. This is normal and does not affect their function. The edges of thin trays cannot be completely enamelled. As a result, these edges can be rough. This will not impair the anti-corrosion protection.
- Unpleasant odours, e.g. after fish has been prepared, can be removed very easily. Add a few drops of lemon juice to a cup of water. Place a spoon into the container as well, to prevent delayed boiling. Heat the water for 1 to 2 minutes at maximum microwave power.

## Cleaning agents

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

- sharp or abrasive cleaning agents,
- metal or glass scrapers to clean the glass in the appliance door,
- metal or glass scrapers to clean the door seal,
- any coarse scouring pads or cleaning sponges,
- cleaning agents with high concentrations of alcohol.

Wash new sponge cloths thoroughly before use.

Area	Cleaning agents
Appliance front	Hot soapy water: Clean using a dish cloth and then dry with a soft cloth. Do not use glass cleaners or metal or glass scrapers for cleaning.
Stainless steel	Hot soapy water: Clean using 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 residues. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist retailers.

Area	Cleaning agents
Cooking compartment made of stainless steel	Hot soapy water or a vinegar solution: Clean using a dish cloth and then dry with a soft cloth. If the oven is very dirty: use oven cleaner, but only when cooking compartment is cold. It is best to use a stainless-steel sponge. Do not use oven spray or other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These scratch the surface. Allow the interior surfaces to dry thoroughly.
Door panels	Glass cleaner: Clean with a dish cloth. Do not use a glass scraper.
Door seal Do not remove.	Hot soapy water: Clean with a dish cloth; do not scrub. Do not use a metal or glass scraper for cleaning.
Accessories	Hot soapy water: Soak and then clean with a dish cloth or a brush.

## 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.
	Incorrect operation	Switch off the circuit breaker in the fuse box. Reconnect it after approx. 10 seconds.
The appliance is not in operation. A cooking time appears in the display.	The ▷ button was not pressed after the setting had been made.	Press the ▷ button or switch the appliance off.
The microwave does not switch on.	The door was not fully closed.	Check whether food residues or foreign objects are trapped in the door. Make sure that the seal surfaces are clean. Check whether the door seal is twisted.
	The ▷ button has not been pressed.	Press the ▷ button.
It takes longer than before for the food to heat up.	The microwave power setting is too low.	Select a higher power setting.
	A larger amount than usual has been placed in the appliance.	Double the amount = almost double the time
	The food was colder than usual.	Stir or turn food during cooking.
A signal sounds. The colon in the display is flashing.	The appliance is in demonstration mode.	<ol style="list-style-type: none"> <li>1. Press the <math>\vec{123}</math> button.</li> <li>2. Press and hold the <b>P</b> button for three seconds.</li> </ol> The demonstration mode is deactivated.

## Error messages

You can take remedial action yourself for some error messages.

Error message	Possible cause	Remedy/Note
Error message "E723" appears in the display.	The door is not properly closed.	Open the appliance with the  button and close it again.
Error message "Er1", "Er4", "Er18" or "E305" appears in the display.	Technical malfunction.	Call the after-sales service.
Error message "Er11" appears in the display. "Button jammed"	The buttons are dirty or the mechanism has jammed.	Press all the buttons several times. Clean the buttons with a dry cloth. Open and close the appliance door. If this does not help, consult the after-sales service.

## 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 bearing these numbers can be found on the right-hand side when you open the appliance door. To save time, you can make a note of the number of your appliance and the telephone number of the after-sales service in the space below, 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** 0844 8928999  
Calls from a BT landline will be charged at up to 3 pence per minute. A call set-up fee of up to 6 pence may apply.
- IE** 01450 2655

Trust the expertise of the manufacturer, and rest assured that the repair will be carried out by trained service technicians using original spare parts for your domestic appliance.

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.

### Technical data

Power supply	220 V, 50 Hz
Maximum total connected load	1,990 W
Microwave power setting	900 W (IEC 60705)
Microwave frequency	2,450 MHz
Grill	1300 W
Fuse	min. 10 A
Dimensions (HxWxD)	
- appliance	38.2 x 59.5 x 32.0 cm
- cooking compartment	220 x 350 x 270 mm
VDE approved	yes
CE mark	yes

### Environmentally-friendly disposal

Dispose of packaging in an environmentally-friendly manner.



This appliance complies with European Directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE). The directive gives a framework for the collection and recycling of old appliances, which is valid across the EU.


## Automatic programmes

The automatic programmes allow 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 10 programmes.

### Setting a programme

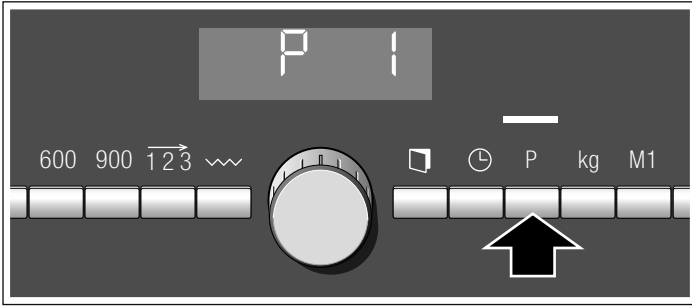
Once you have selected a programme, set the oven as follows.

Example in the picture: programme 2 with a weight of 1 kilogramme.

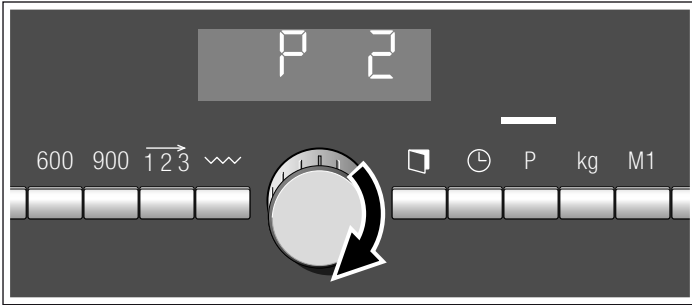
1. Press the  button.  
Your appliance is ready for use.

2. Press the P button.

The first programme number appears in the display.

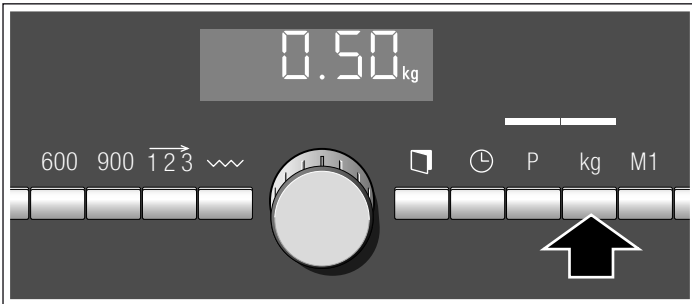


3. Select the programme number with the rotary selector.

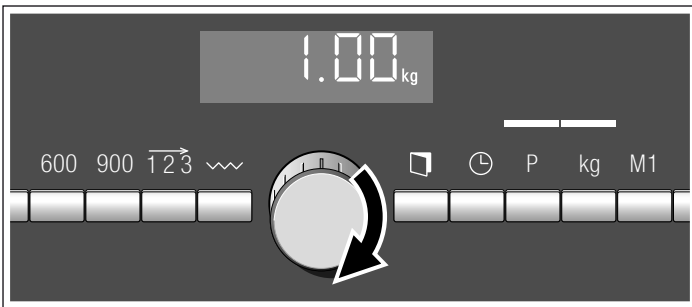


4. Press the kg button.

The display shows 0.50 kilogrammes as the suggested weight.



5. Turn the rotary selector to set the weight.



6. Press the ▷ button.

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

### The programme has ended

A signal sounds. The programme has finished, the appliance stops heating. Use the ⏻ button to switch off the appliance or make new settings. You can stop the audible signal by pressing the ⏻ button.

### Cancelling the programme

Press the □ button twice or switch off the appliance with the ⏻ button.

### Changing the programme

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

### Changing the cooking time

With automatic programmes, you cannot change the cooking time.

### Notes on the automatic 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.
- For the programmes, always use microwave-proof cookware such as glass, ceramic, or the glass pan. Observe the accessories tips in the programme table.
- Place the food in the cold appliance.
- A table of suitable types of food with appropriate weight ranges and the accessories required can be found in the section after the notes.
- It is not possible to set a weight outside the weight range.
- With many dishes, a signal sounds after a certain time. Turn or stir the food.

### Defrosting

#### Notes

- As far as possible, freeze and store food flat and in portion-sized quantities at -18 °C.
- Place the frozen food on a flat dish, e.g. a glass or porcelain plate.
- After defrosting in the appliance, leave the food to continue defrosting for a further 10 to 30 minutes until it reaches an even temperature.
- Liquid will be produced when meat, poultry or fish is defrosted. 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.
- Place beef, lamb and pork on the cookware fatty-side down first.
- Bread should only be defrosted in the required amounts, as it quickly becomes stale.
- After turning, remove any minced meat that has already defrosted.
- Whole poultry should be placed in the cookware breast-side down and poultry portions skin-side down.

### Potatoes

#### Notes

- Boiled potatoes: cut into equal sized pieces. Add a little salt and 2 tablespoons of water for every 100 g of potatoes.
- Potatoes boiled in their skins: use potatoes of equal size. Wash the potatoes and prick the skin several times. Place the wet potatoes in a dish. Do not add water.

### Rice

#### Notes

- Rice foams a lot during cooking. Therefore, use a high-sided dish with a lid. Enter the uncooked weight (without liquid). Add two to two and a half times the amount of liquid to the rice.
- Do not use boil-in-the-bag rice.

## Vegetables

### Notes

- Fresh vegetables: cut into pieces of equal size. Add 2 tablespoons of water for every 100 g vegetables.
- Frozen vegetables: this programme is only suitable for blanched, not pre-cooked vegetables. It is not suitable for frozen vegetables in cream sauce. Add 1 to 2 tablespoons of water per 100 g. Do not add water to spinach or red cabbage.

### Baked potatoes

**Note:** Use potatoes of equal size. Wash the potatoes and prick the skin several times. Place the potatoes on the wire rack while they are still damp.

### Programme table

Progr. no.	Suitable food	Weight range in kg	Cookware/accessories, shelf height
<b>Defrost</b>			
P1	Meat and poultry - Joints - Flat pieces of meat - Mince - Chicken, poulard, duck	0.2 - 2.0 kg	Shallow cookware without lid
P2	Fish: whole fish, fish fillet, fish cutlet	0.1 - 1.0 kg	Shallow cookware without lid
P3	Bread and cake* Bread, whole, round or long, bread in slices, sponge cake, yeast cake, fruit flan	0.2 - 1.5 kg	Shallow cookware without lid
<b>Cooking</b>			
P4	Potatoes Boiled potatoes, potatoes boiled in their skins	0.2 - 1.0 kg	Dish with lid
P5	Rice	0.05 - 0.3 kg	High-sided dish with lid
P6	Fresh vegetables Cauliflower, broccoli, carrots, kohlrabi, leeks, peppers, courgettes	0.15 - 1.0 kg	Dish with lid
P7	Frozen vegetables Cauliflower, broccoli, carrots, kohlrabi, red cabbage, spinach	0.15 - 1.0 kg	Dish with lid
P8	Baked potatoes Weight per potato approx. 200 g - 250 g	0.2 - 1.5 kg	Wire rack
P9	Frozen bake, e.g. lasagne	0.3 - 1.0 kg	
P10	Chicken, halved	0.5 - 1.8 kg	Glass pan and wire rack

Observe the signals for stirring and turning.

\* Cream cakes, buttercream cakes, cakes with frosting, icing or gelatine are unsuitable.

## Chicken halves

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

### Resting times

Some dishes need to rest in the oven after the programme has ended.

Dish	Resting time
Vegetables	approx. 5 minutes
Potatoes	approx. 5 minutes. First pour off the remaining water.
Rice	5 to 10 minutes

## 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 the amount - almost twice the cooking time,  
Half the amount - half the cooking time.

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

## Defrosting

### Notes

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

- Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times.
- Liquid will be produced when meat, poultry or fish is defrosted. 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.
- Leave defrosted items to stand at room temperature for a further 10 to 30 minutes so that the temperature can even out. The giblets can be removed from poultry at this point.

Defrosting	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Meat, whole pieces of beef, veal or pork (on the bone or boned)	800 g	180 W, 15 mins + 90 W, 15-25 mins	Turn several times
	1 kg	180 W, 20 mins + 90 W, 20-30 mins	
	1.5 kg	180 W, 25 mins + 90 W, 25-30 mins	
Meat in pieces or slices of beef, veal or pork	200 g	180 W, 5-8 mins + 90 W, 5-10 mins	Separate the defrosted parts when turning
	500 g	180 W, 8-11 mins + 90 W, 10-15 mins	
	800 g	180 W, 12-15 mins + 90 W, 15-20 mins	
Minced meat, mixed	200 g	90 W, 10-15 mins	Turn several times, remove meat which has already defrosted
	500 g	180 W, 5 mins + 90 W, 10-15 mins	
	800 g	180 W, 10 mins + 90 W, 15-20 mins	
Poultry or poultry portions	600 g	180 W, 8 mins + 90 W, 10-15 mins	Turn several times
	1.2 kg	180 W, 15 mins + 90 W, 20-25 mins	
Fish fillet, fish steak or slices	400 g	180 W, 5 mins + 90 W, 10-15 mins	Separate defrosted parts.
Whole fish	300 g	180 W, 3 mins + 90 W, 10-15 mins	Turn during defrosting.
	600 g	180 W, 8 mins + 90 W, 15-20 mins	
Vegetables, e.g. peas	300 g	180 W, 10-15 mins	
Fruit, e.g. raspberries	300 g	180 W, 6-9 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 min + 90 W, 1-2 mins	Remove all packaging.
	250 g	180 W, 1 min + 90 W, 2-4 mins	
Loaf of bread	500 g	180 W, 8 mins + 90 W, 5-10 mins	Turn during defrosting.
	1 kg	180 W, 12 mins + 90 W, 10-20 mins	
Cakes, dry, e.g. sponge cake	500 g	90 W, 10-15 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, 15-20 mins	Only for cakes without icing, cream or gelatine
	750 g	180 W, 7 mins + 90 W, 15-20 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.

**Note:** Place the ovenware on the cooking compartment floor.

Defrosting, heating up or cooking frozen food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal (2-3 items)	300-400 g	600 W, 8-13 mins	
Soup	400 g	600 W, 8-12 mins	
Stew	500 g	600 W, 10-15 mins	
Slices or pieces of meat in sauce, e.g. goulash	500 g	600 W, 10-15 mins	Separate the pieces of meat when stirring
Fish, e.g. fillets	400 g	600 W, 10-15 mins	possibly add water, lemon juice or wine

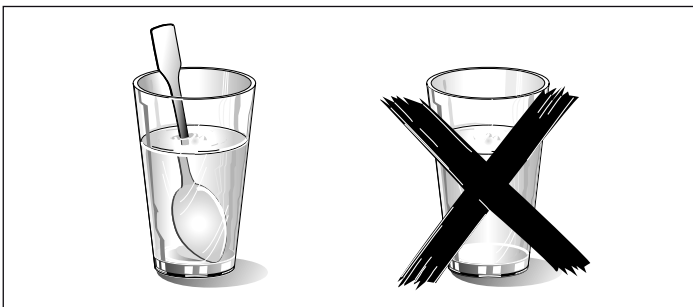


Defrosting, heating up or cooking frozen food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Bakes, e.g. lasagne, cannelloni	450 g	600 W, 10-15 mins	Use the wire rack to place the cookware on.
Side dishes, e.g. rice, pasta	250 g	600 W, 3-7 mins	Add a little liquid
	500 g	600 W, 8-12 mins	
Vegetables, e.g. peas, broccoli, carrots	300 g	600 W, 7-11 mins	Add sufficient water to cover base of ovenware
	600 g	600 W, 14-17 mins	
Creamed spinach	450 g	600 W, 10-15 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.

**Note:** Place the ovenware on the cooking compartment floor.

Heating food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal (2-3 components)		600 W, 5-8 mins	-
Drinks	125 ml	900 W, ½-1 mins	Place a spoon in the glass; do not overheat alcoholic drinks; check occasionally while heating
	200 ml	900 W, 1-2 mins	
	500 ml	900 W, 3-4 mins	
Baby food, e.g. baby bottle	50 ml	360 W, approx. ½ min	Bottles without teat or lid; shake or stir well after heating and ensure that you check the temperature
	100 ml	360 W, ½-1 mins	
	200 ml	360 W, 1-2 mins	
Soup 1 cup	175 g each	600 W, 1-2 mins	-
Soup, 2 cups	350 g each	600 W, 2-3 mins	-
Meat in sauce	500 g	600 W, 7-10 mins	Separate the slices of meat
Stew	400 g	600 W, 5-7 mins	-
	800 g	600 W, 7-8 mins	-
Vegetables, 1 portion	150 g	600 W, 2-3 mins	-
Vegetables, 2 portions	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 setting in watts, cooking time in minutes	Notes
Whole chicken, fresh, no giblets	1.2 kg	600 W, 25-30 mins	Turn halfway through the cooking time
Fish fillet, fresh	400 g	600 W, 7-12 mins	-
Fresh vegetables	250 g	600 W, 5-10 mins	Cut vegetables into pieces of equal size; Add 1 to 2 tbsp water per 100 g of vegetables; Stir during cooking
	500 g	600 W, 10-15 mins	
Potatoes	250 g	600 W, 8-10 mins	Cut the potatoes into pieces of equal size; Add 1 to 2 tbsp water for every 100 g; Stir during cooking
	500 g	600 W, 10-15 mins	
	750 g	600 W, 15-22 mins	
Rice	125 g	600 W, 4-6 mins + 180 W, 14-16 mins	Add double the amount of liquid
	250 g	600 W, 6-8 mins + 180 W, 14-16 mins	
Sweet foods, e.g. blancmange (instant)	500 ml	600 W, 5-7 mins	Stir the blancmange thoroughly 2 to 3 times during cooking using an egg whisk.
Fruit, compote	500 g	600 W, 9-12 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.

## Tips for grilling

### Notes

- All the values given are guidelines and can vary depending on the properties of your food.
- Rinse meat in cold water and dab it dry with kitchen towel. Do not add salt to the meat until it has been grilled.
- Always grill on the wire rack with the cooking compartment door closed and do not preheat.

- Place the wire rack on the glass pan so that this catches the meat juices.
- Use tongs to turn the pieces of food you are grilling. If you pierce the meat with a fork, the juices will run out and it will become dry.
- Dark meat, e.g. beef, browns more quickly than lighter-coloured meat such as veal or pork. When grilling light-coloured meat or fish fillets, these often only brown slightly on the surface, although they are cooked and juicy on the inside.

	Quantity	Weight	Grill setting	Cooking time in minutes
Neck steaks approx. 2 cm thick	3 to 4 pieces	approx. 1,200 g each	high	1st side: approx. 15 2nd side: approx. 10-15
Grilled sausages	4 to 6 pieces	approx. 150 g each	high	1st side: approx. 10-15 2nd side: approx. 10-15
Fish steak*	2 to 3 pieces	approx. 150 g each	high	1st side: approx. 10 2nd side: approx. 10-15
Fish, whole* e.g. trout	2 to 3 pieces	approx. 150 g each	high	1st side: approx. 15 2nd side: approx. 15-20
Bread (pre-toasting)	2 to 6 slices	-	high	1st side: approx. 4 2nd side: approx. 4
Toast with topping	2 to 6 slices	-	high	Depending on topping: 5-10

\* Grease the wire rack first with oil.

## Combined grill and microwave

### Notes

- Use the wire rack to place the cookware on.
- Use a high-sided dish for roasting. This keeps the cooking compartment cleaner.

- Use large shallow cookware for bakes and gratins. Food takes longer to cook in narrow, deep containers and browns more on top.
- Check that your cookware fits in the cooking compartment. It should not be too big.

- Leave the meat to rest for another 5-10 minutes before carving it. This allows the meat juices to be distributed evenly so that they do not run out when the meat is carved.
- Bakes and gratins should be left to cook in the appliance for a further 5 minutes after the appliance has been switched off.
- Always set the maximum cooking time. Check the food after the shorter time specified.

	<b>Weight</b>	<b>Microwave power setting in watts</b>	<b>Grill setting</b>	<b>Cooking time in minutes</b>	<b>Notes</b>
Joint of pork, e.g. neck	approx. 750 g	360 W	low	35-40 mins	Turn after approx. 15 minutes.
Meat loaf max. 7 cm deep	approx. 750 g	360 W	medium	approx. 25 mins	
Chicken, halved	approx. 1,200 g	360 W	high	40 mins	
Chicken portions, e.g. chicken quarters	approx. 800 g	360 W	medium	20-25 mins	Place with the skin side up. Do not turn.
Duck breast	approx. 800 g	180 W	high	25-30 mins	Place with the skin side up. Do not turn.
Pasta bake (made from pre-cooked ingredients)	approx. 1,000 g	360 W	low	25-30 mins	Sprinkle with cheese.
Potato gratin (made from raw potatoes) max. 3 cm deep	approx. 1,000 g	360 W	medium	approx. 35 mins	
Fish, scalloped	approx. 500 g	360 W	high	15 mins	Defrost frozen fish before cooking.
Quark bake max. 5 cm deep	approx. 1,000 g	360 W	low	20-25 mins	

## Test dishes in accordance with EN 60705

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

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

### Solo microwave cooking

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

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

### Solo microwave defrosting

<b>Dish</b>	<b>Microwave power setting in watts, cooking time in minutes</b>	<b>Note</b>
Meat, 500 g	Programme 1, 500 g or 180 W, 8 mins + 90 W, 7-10 mins	Pyrex dish, dia. 24 cm

### Microwave and grill cooking

<b>Dish</b>	<b>Microwave power setting in watts, grill setting, cooking time in minutes</b>	<b>Notes</b>
Potato gratin, 1,100 g	360 W, + grill setting II, 30-35 mins	Round Pyrex dish, dia. 22 cm
Cake	-	Not recommended
Chicken, halved approx. 1,100 g	360 W, + grill setting III, 40-45 mins	Wire rack, glass pan

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