

# SIEMENS

Making cooking as much fun as eating

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

You will be given important safety information. You will then be introduced to the individual components of your new cooker and we will show you how to adjust it step by step. It is quite simple.

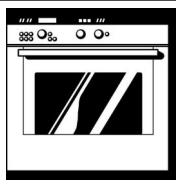
The tables list the settings and shelf heights for numerous well-known dishes. All these dishes are tested in our cooking studio.

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

A detailed table of contents will help you to find your way around quickly.

Enjoy your meal!

## Instruction manual



HB 880.70

en

9000 086 974

# Table of contents

<b>Important information</b>	<b>6</b>
Before connecting the appliance	6
Safety information	7
Safety information for microwave operation	8
How to prevent damage to your appliance	11
<b>Your new cooker</b>	<b>12</b>
The control panel	12
Retractable control knobs	16
Rapid heating	16
Childproof lock	16
Automatic safety switch-off	17
Residual heat indicator for the oven	17
Types of heating	18
Cooling fan	20
Oven and shelving accessories	20
<b>Before using for the first time</b>	<b>23</b>
Setting the time	23
Cleaning the oven	23
Cleaning the accessories	23
Basic settings	24
Changing the basic settings	25
<b>The microwave</b>	<b>26</b>
Cookware/ bakeware	26
Microwave settings	27
Setting procedure	28
The microwave switches on and off automatically	29

# Table of contents

Tables .....	30
Advice on microwave operation .....	33
<b>Setting the oven .....</b>	<b>34</b>
Setting procedure .....	34
If the oven is to switch off automatically .....	35
If the oven is to switch on and off automatically ..	36
Example .....	38
Setting the combined oven and microwave function .....	39
<b>Cakes and pastries .....</b>	<b>42</b>
Advice on baking .....	45
<b>Meat, poultry, fish .....</b>	<b>47</b>
Meat .....	48
Poultry .....	50
Fish .....	52
Advice on roasting and grilling .....	52
<b>Bakes, gratins, toast .....</b>	<b>53</b>
<b>Frozen foods .....</b>	<b>54</b>
<b>Special meals .....</b>	<b>55</b>
<b>Braising .....</b>	<b>56</b>
Cookware .....	56
This is what to do .....	57
Notes of braising .....	57
Tables .....	57
Advice on braising .....	58
<b>Defrosting .....</b>	<b>58</b>
<b>Drying .....</b>	<b>59</b>

# Table of contents

<b>Sterilizing</b> .....	<b>60</b>
Preparation .....	60
Setting procedure .....	60
Sterilizing fruit .....	61
Sterilizing vegetables .....	61
Remove the jars .....	61
Sterilizing using the microwave .....	62
<b>Automatic programming</b> .....	<b>62</b>
Setting procedure .....	62
If the oven is to switch on and off automatically ..	64
Defrosting programmes .....	65
Cooking programmes .....	65
Quick programmes .....	66
Roasting programmes .....	68
Advice on automatic programming .....	72
<b>Memory</b> .....	<b>74</b>
Storing the setting .....	75
Programming the setting .....	76
Starting the memory function .....	78
<b>Timer</b> .....	<b>79</b>
Setting procedure .....	79
<b>Care and cleaning</b> .....	<b>80</b>
Appliance exterior .....	80
Seals .....	81
Accessories .....	81
Automatic self-cleaning .....	82

# Table of contents

Cleaning the oven by hand .....	85
Steam filter .....	86
<b>Troubleshooting .....</b>	<b>87</b>
Replacing the oven light .....	89
Replacing the door seal .....	91
Replacing the strengthening strip seal .....	92
<b>After-sales service .....</b>	<b>92</b>
<b>Packaging and old appliances .....</b>	<b>93</b>
How to save energy .....	93
<b>Acrylamide in food .....</b>	<b>94</b>
What can you do? .....	94
<b>Test dishes .....</b>	<b>96</b>
Test meals in accordance with EN 60705 .....	97

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# Important information

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## Before connecting the appliance

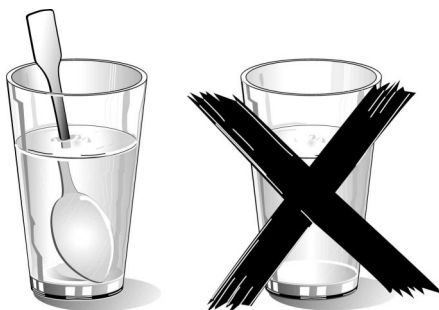
- ☐ Installation and connection must be carried in accordance with the instructions and wiring diagram provided, and only by an authorised expert. Improper connection will invalidate your warranty.
- ☐ Do not switch the appliance on if transport damage is apparent.
- ☐ Please keep the operating and installation instructions in a safe place. Please pass on the two instruction manuals to the new owner if you sell the appliance.

## Safety information

- ❑ This appliance complies with all relevant safety regulations for electrical appliances. Repairs should only be carried out by a fully trained authorised engineer otherwise there could be risk of serious injury to the user.
- ❑ The surfaces of heating and cooking appliances will become hot during operation. The interior surfaces of the oven and the heating elements will become particularly hot.  
Keep children at a safe distance.  
Risk of scalding!
- ❑ The connecting cords of electric appliances must not become trapped in the hot oven door, otherwise the insulating jacket could be damaged.  
Short-circuit, lightning strike!
- ❑ If the oven door or door seal is damaged, you must not use the oven until it has been repaired by an after-sales service technician. Otherwise microwave energy could escape.
- ❑ Never store combustible items in the oven cavity. These could ignite if the oven is switched on.  
Fire hazard!
- ❑ In the event of a fault, switch off the cooker fuses in the fuse box and call the after-sales service.
- ❑ This appliance complies with all regulations for heating appliances. The switches and oven handle may become hot when the appliance is operated at a high temperature for a long period of time.
- ❑ This appliance must be used for the preparation of food only.

## Safety information for microwave operation

- ❑ The microwave must only be switched on when there is food in it.
- ❑ The microwave should only be used for heating food and drinks. Using the microwave for other purposes may be dangerous and may result in damage e.g. grains or cereals could catch fire when heated.
- ❑ **Risk of scalding**  
When heating liquids, always place a teaspoon in the container to prevent delayed boiling. When boiling is delayed, the liquid comes to the boil without the customary steam bubbles. The slightest vibration can cause the hot liquid to boil over or spatter violently. This can cause injuries and scalding.



- ❑ **Baby food:**  
Always heat up baby food in a glass or bottle without the lid or teat. Once heated, the baby food should be stirred or shaken thoroughly to distribute the heat evenly. Always check the temperature before giving the food to your baby. There is a risk of burning.
- ❑ Never heat up food or drinks in tightly sealed containers. There is a risk of explosion.
- ❑ Alcoholic drinks must not be overheated. There is a risk of explosion.

- ❑ Do not heat any meals in heat-retaining packages as they could ignite. Food in containers made from plastic, paper or other combustible materials must be monitored during heating. Airtight packaging may burst when food is heated.
- ❑ The oven door must not be opened if smoke is visible inside the oven. Should this happen, switch off the appliance and isolate the cooker from the power supply at the fuse box.
- ❑ Never cook eggs in their shells nor heat up hard-boiled eggs, as they may crack or explode. The same applies to shellfish and crustaceans. Always prick the yoke first for fried or poached eggs.
- ❑ Always prick the skin of foodstuffs with hard crusts or skins such as apples, tomatoes, potatoes and sausages before cooking to prevent the skin from bursting.
- ❑ Keep an eye on the oven when you are defrosting or heating foods such as herbs, fruit or mushrooms or foods with a low water content such as bread as overdrying can result in a fire hazard.
- ❑ Never heat up cooking oil in a microwave as it could ignite.
- ❑ Porcelain or ceramic ovenware can have small perforations in the handles or lid. These perforations conceal a cavity below. Any liquid that penetrates this cavity may cause the ovenware to crack.
- ❑ Always use the microwave settings and cooking times specified in the instruction manual. If you select a heat setting that is too high or a cooking time that is too long, this may cause the food to ignite and the appliance to be damaged.

- ❑ The microwave must only be switched on when there is food in it. The appliance may overload if it is switched on without any food in it. An exception to this rule is for short-term testing of ovenware (see notes on ovenware).
- ❑ Children must only be allowed to use the microwave if they have been properly instructed. They must be in a position to operate the appliance correctly and understand the risks outlined in this instruction manual.
- ❑ Meals heated in the oven give off heat. The ovenware can become hot. Always use oven gloves when taking the ovenware out of the oven.

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## How to prevent damage to your appliance

- ❑ Never place a baking tray or aluminium foil on the oven cavity floor, as this would result in the oven heat being trapped. The baking and roasting times would no longer be maintained and the enamel could be damaged.
- ❑ Never pour water into the hot oven. It could damage the enamel.
- ❑ Fruit juices that drip from the baking tray will leave stubborn stains that will not be removable. When cooking soft fruit cakes, it is best to use the deeper universal pan.
- ❑ Do not sit or stand on the opened oven door.
- ❑ The oven door must always close properly. Keep the door seal areas clean.
- ❑ Before using automatic self-cleaning, remove any loose soil from the oven. Risk of fire!
- ❑ During automatic self-cleaning, do not suspend any combustible items, such as tea towels, from the oven handle.

# Your new cooker


## The control panel

Details vary according to the cooker model

### Electronic clock display panel

If you press a button, the respective symbol lights up in the display panel by way of confirmation.


You may view the time, cooking time, end time, timer, program and weight for the automatic program function.

The  key symbol lights up when the cooker is locked.


### Electronic clock

For setting the time, timer, cooking time and end time.

 = Cooking time button

 = End button

 = Timer button

 = Clock button

### Key button

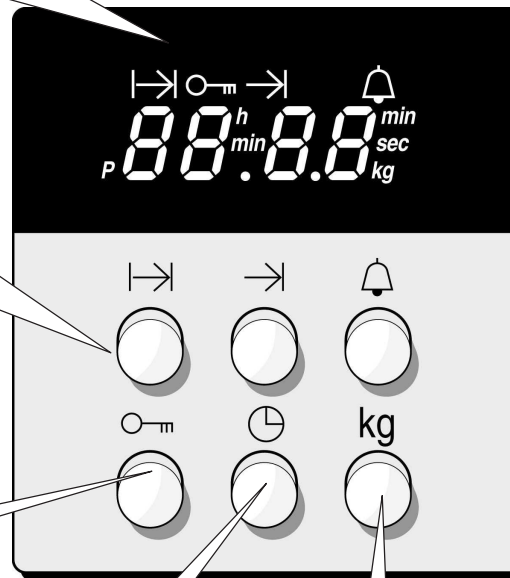
This can be used to lock the entire cooker.

### Clock button

Press the button and use the knob to set the time.

### Weight button

For automatic programming.



### Text-style display

The text-style display is available in 19 different languages.

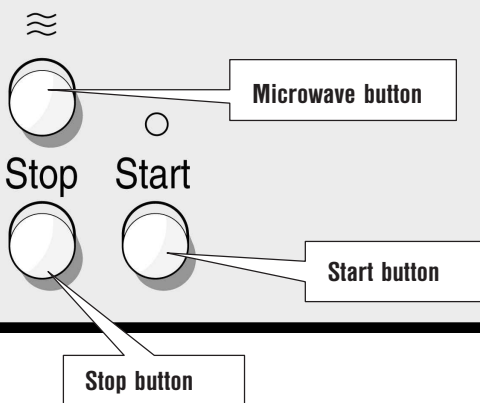
- It provides you with information for making settings.
- It indicates the type of heating selected.
- It indicates the microwave setting selected.
- It indicates the meals included in the current automatic program.
- It provides you with information in the event of faults.
- It allows you to view the basic settings.

## English



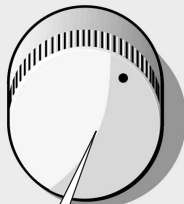
### Knob with indicator light

You may change the setting while the indicator light is flashing. The setting is adopted when the light goes out.












### Function selector display panel

The symbol for the selected type of heating lights up.



### Oven function selector

-  = Oven light
-  = Top/bottom heating
-  = Intensive heat
-  = Conventional Baking
-  = 3D hot air
-  = Hot air grilling
-  = Radiant grilling - small area
-  = Radiant grilling - large area
-  = Automatic self-cleaning

P = Use this to select automatic programming, the memory function or to change basic settings.

The oven lighting switches on when you select a function. Always switch off the function selector when you have finished using the oven.

### Preheating indicator

The preheating indicator provides a visual display of the temperature rise. The preheating indicator does not appear if grilling or automatic self-cleaning is set.

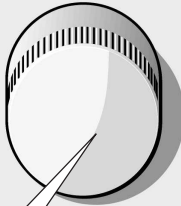
### Indicator for the temperature selector

An appropriate temperature suggestion for each type of heating, setting 3 for grilling or setting 0 for automatic self-cleaning, appears in the display. The suggested value may be changed using the temperature selector.



### Rapid heating indicator

°C



### Rapid heating button

### Oven temperature selector

20-300 °C = Oven temperature

Radiant grilling, large and small areas

3 = High grill

2 = Medium grill

1 = Low grill

Automatic self-cleaning

3 = Intensive cleaning

2 = Medium cleaning

1 = Low cleaning

Settings 1, 2 and 3 apply to radiant grilling and automatic self-cleaning.

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## Retractable control knobs

The temperature selector and knob can be retracted in any position. The function selector in the OFF position only. Simply press the control knob in order to raise or lower it. The control knobs can be turned to the left and right.

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## Rapid heating

You may use the rapid heating function with the following types of heating:

-  Conventional heat
-  Intensive heat
-  Conventional Baking
-  3D hot air
-  Hot air grilling

Make the settings in the usual manner and press the button for rapid heating. The rapid heating symbol lights up.

At the end of the rapid heating, the symbol disappears and a signal sounds briefly. You can put your dish in the oven.

### Cancelling

Press the rapid heating button. The symbol disappears.

### Notes



- ☐ The rapid heating function is interrupted if you change the type of heating.
- ☐ You will not be able to switch on the rapid heating function if the oven temperature is even slightly lower than the temperature set for rapid heating. The symbol does not light up.

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## Childproof lock

### Locking the oven

You can lock the oven using the  key button.

The function selector must be switched off. Press the  key button and hold it until the  symbol in the clock display lights up. This will take approximately six seconds (6 s).

### Unlocking

Press the  key button and hold it until the symbol in the clock display goes out.

## Notes

- ❑ The residual heat will still be displayed even if you have locked the oven. You can set the timer and the clock when the oven is locked.
- ❑ If you are trying to set the oven while it is locked, the "Press key button (6 s)" text-style display will remind you that you must first unlock the oven.

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## Automatic safety switch-off

### Oven

If the oven setting is not changed for several hours, the safety switch-off function is activated.

The oven switches off. The time when this happens depends on the selected temperature or grill setting.

"Safety cut-out" appears in the text-style display five minutes before the oven switches off. A signal sounds when the oven switches off. The text remains until you switch off the function selector. Now you can reset the oven.

### Cancelling the safety switch-off:

The automatic safety switch-off is cancelled when you set a cooking time. If you wish to dry plums in the oven, for example, set a cooking time of 10 hours. The oven will switch off automatically after 10 hours.

---

## Residual heat indicator for the oven

When you switch off the function selector, the residual heat in the oven is indicated in the temperature selector display.

It is displayed in five degree increments. The display goes out when the temperature has fallen to approximately 60 °C.

You can keep food warm in the oven using the residual heat.

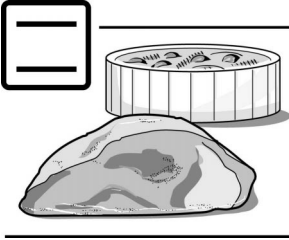
For meals with longer cooking times, you may switch off the oven 5 to 10 minutes before the end of the cooking time. The residual heat will finish cooking your meal, thereby saving energy.

## Notes

- ❑ The residual heat indicator can also be switched off. To do this, change "Residual heat indicator, yes" to "Residual heat indicator, no".

- ❑ The residual heat temperature displayed may be higher than the temperature previously set. These fluctuations are perfectly normal.

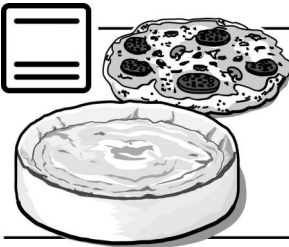
## Types of heating



Different types of oven heating are available. You can therefore select the best method for cooking any dish.

### Conventional heat

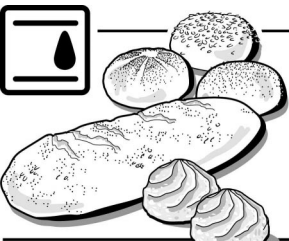
This ensures the even distribution of heat to the cake or roast from the top and bottom of the oven. Optimum results are achieved when cooking bakes in this way. Conventional heat is also suitable for cooking lean roasts of beef, veal and game. The braising setting, with a temperature range of 70 - 120 °C, is ideal for acquiring particularly juicy results from all lean pieces of meat.



### Intensive heat

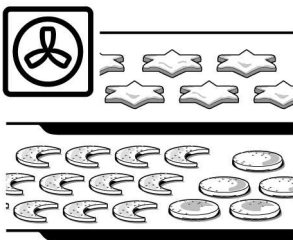
Due to the intensive heat from below, foods such as pizza will acquire a particularly crispy base. It is no longer necessary to preheat the oven to bake cheesecakes and savoury pies such as quiche lorraine.

Intensive heat is also the ideal type of heating when baking in moulds made from tin, glass or porcelain, which tend to reflect heat rather than conduct it in the proper manner.



### Conventional Baking

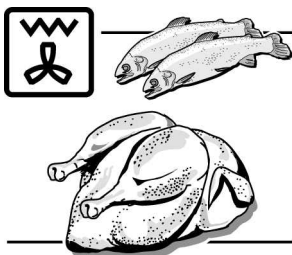
This type of heating also ensures even heat distribution to the food from the top and bottom of the oven. The moisture which is extracted during baking is retained as steam in the oven. The food does not dry out. Yeast-risen food such as bread, bread rolls or plaited buns turn out especially well when cooked using this type of heating. This type of heating is also best for cooking choux pastry goods such as cream puffs.



### 3D hot air

A fan in the rear wall of the oven distributes the heat from the top and bottom of the oven and the ring heating element. Using 3D hot air, it is possible to bake cakes and pizza on two shelves, and biscuits and puff pastry on as many as three shelves at the same time. This type of heating will also provide optimum results when baking sponge cakes in cake tins and puff pastry. The required oven temperatures are lower than those for Conventional heat.

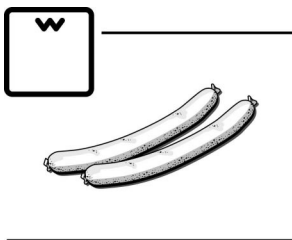
3D hot air is also the most suitable type of heating to use for preserving, drying and defrosting at 20 - 60 °C.



### Hot air grilling

This type of heating involves the grill heating element and the fan switching on and off alternately. During the pause in heating, the fan circulates the heat generated by the grill around the food. This ensures that pieces of meat are crisped and brown on all sides and that the oven remains cleaner than in Conventional heat.

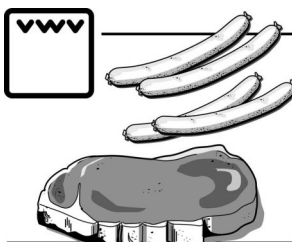
Large roasts, poultry and fish can also be cooked beautifully without using the rotary spit or preheating the oven.



### Radiant grill. - small surface

This involves only the middle section of the grill heating element being switched on.

This type of heating is ideal for cooking small quantities. This saves energy. Place the pieces to be grilled in the centre of the wire grill.



### Radiant grill. - large area

The entire area under the grill heating element becomes hot. This is ideal if you wish to cook several steaks, sausages, fish or slices of toast.

## Microwaves

They are converted to heat when coming into contact with food. Microwave operation is ideal for rapid defrosting, warming, melting and cooking.

### Microwave power settings:

- 800 W For heating up liquids.
- 600 W For heating up and cooking food.
- 360 W For cooking meat and for warming sensitive food.
- 180 W For defrosting and continued cooking.
- 90 W For defrosting sensitive food.
- PAUSE For setting resting periods.

### Microwave combined with one type of heating.

This involves the simultaneous operation of the microwave and one type of heating. The food will become just as crispy and brown as before, albeit in much less time and using less energy. The combined operation of microwave and one type of heating is suitable only for cooking on one level.

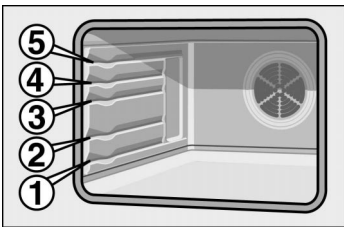
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## Cooling fan

The cooker is fitted with a cooling fan. A fan operates for as long as the oven is hot. The hot air escapes either above or below the door handle, depending on the handle type.

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## Oven and shelving accessories

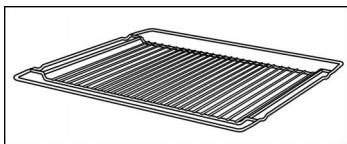


The shelf can be inserted at 5 different heights in the oven.

You can remove the shelf two thirds of the way without it tipping. This makes it easier to take food out of the oven.

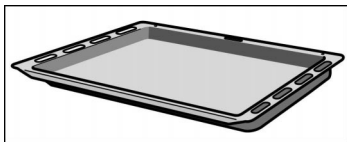
### Accessories

Accessories may be purchased at a later date from the after-sales service or from specialist shops. Please specify the HZ number.



### **HZ 334002 wire rack**

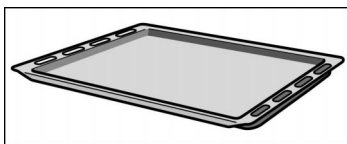
For ovenware, cake tins, roasts, grilling and frozen meals.



### **Universal pan HZ 332071**

for moist cakes, pastries, frozen food and large roasts. It can also be used to catch dripping fat when you are grilling directly on the wire grill.

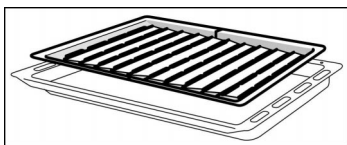
Push the universal pan with the sloping edge facing towards the oven door.



### **Enamel baking tray HZ 331071**

for cakes and biscuits.

Push the baking tray with the sloping edge facing towards the oven door.

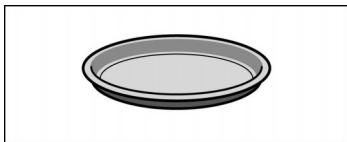


### **Grill pan HZ 325071**

Can be used for grilling instead of the wire grill or as a spray guard to protect the oven against dirt. Only use the grill pan in the universal pan.

To grill using the grill pan: use the same shelf height as for the wire grill.

Using the grill pan as a spray guard: insert the universal pan with the grill pan under the wire grill.

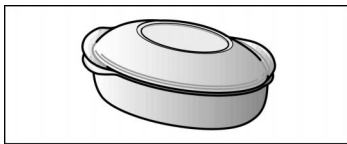


### **Pizza tray HZ 317000**

Ideal for pizza, frozen foods and large round cakes, for example. You can use the pizza tray instead of the universal pan. Place the tray on the wire grill. Observe the information provided in the tables.

## Optional accessories

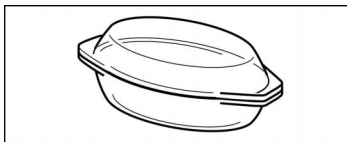
Optional accessories may be purchased from the after-sales service or from specialist shops.



### **Metal roasting dish HZ26000**

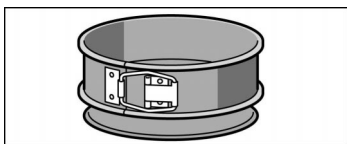
It is intended for use in the extended cooking zone of the glass ceramic hob. The dish is suitable for the sensor cooking system as well as for the automatic roasting function.

The roasting dish is enamel on the outside and has a non-stick coating on the inside.



### **Glass roasting dish HZ 915000**

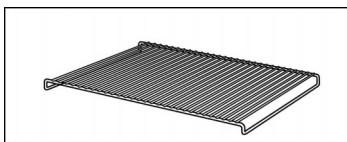
for braised dishes and bakes that are cooked in the oven. It is especially suitable for the automatic roasting function.



### **Baking tin HZ 26001**

You can bake especially moist cakes using the leak-proof baking tin. The extra wide rim prevents leakage and your cooker stays clean.

The baking tin has a non-stick coating on the inside.



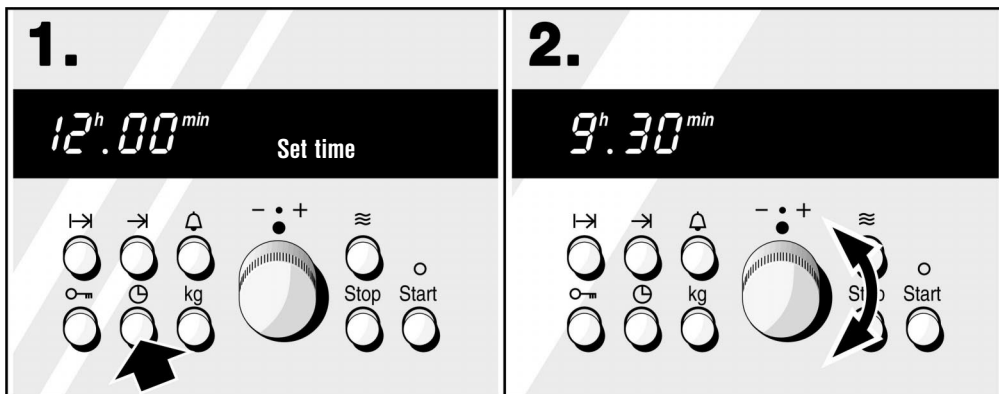
### **HZ 324001 wire rack**

for grilling. Always place the wire grill in the universal pan. Fat and meat juices are collected.

# Before using for the first time

## Setting the time

When the oven is first connected, or following a power failure, three zeros will flash in the display. "Set time" will appear in the text-style display.



1. Press the ⌚ clock button.

2. Turn the rotary knob to set the correct time.

## Changing the time (e.g. from summer to winter time)

Change the time as described in points **1** and **2**.

The time of day cannot be changed whilst a cooking time or an end time is set.

## Notes

- ☐ Turning the rotary knob quickly allows you to set the time in 10 minute increments.
- ☐ The time of day is not displayed if you have already set the timer, a cooking time, an end time or the automatic roasting function. Should you wish to know the current time, simply press the ⌚ clock button. The time appears in the display for a few seconds.

## Cleaning the oven

Before using your appliance for the first time, please wash the oven with soapy water. It is not necessary to heat up the oven.

## Cleaning the accessories

Please wash the accessories with soapy water before using them for the first time.

# Basic settings

Your cooker has several basic settings. You can change these settings individually.

Basic setting	Optional setting
The language for the text-style display is German. "deutsch"	You can select one of 19 different languages for the text-style display.
The time is permanently displayed. "Time displayed" "Permanent"	The time is only displayed when the cooker is in use "Time displayed" "Only when in use"
The residual heat in the oven is displayed. "Residual heat indicator" "Yes"	The residual heat in the oven is not displayed. "Residual heat indicator" "No"
When a cooking time or a timer period expires, a signal will sound for 10 seconds. "Buzzer duration" "Short"	You can change the duration of the signal.  "Buzzer duration" "Medium" = 2 minutes "Buzzer duration" "Long" = 5 minutes
There is a delay between the individual adjustment increments before the values are accepted. This delay lasts 10 seconds. "Time setting" "Long"	You can change the delay.  "Time setting" "Short" = 5 seconds "Time setting" "Medium" = 7.5 seconds
The cooling fan runs until the temperature in the oven falls to 80 °C. "Cooling fan" "Ext. run-on time"	You can change the run-on time.  "Cooling fan" "Short run-on time" = 140 °C "Cooling fan" "Med. run-on time" = 110 °C

## Changing the basic settings


First check the previous page to see which basic settings you wish to change.

The basic settings appear one after the other in the text-style display. If you do not wish to alter the setting currently displayed, simply wait until the next basic setting appears in the display. Pressing the "kg" button speeds up the process.

Changing the basic settings:



**1.** Set the function selector to "P".

**2.** Then immediately press the I->I cooking time button and the  timer button at the same time until "deutsch" appears in the text-style display.

**3.** Turn the knob to select the language you require.

After a few seconds, the next basic setting, "Time displayed permanently", appears. Use the knob to change the setting to "Time displayed only when in use" or, if you do not wish to change this setting, wait until the next basic setting appears. All the basic settings can be changed using the knob.

### Correction

Switch off the function selector and start the procedure from the beginning.

---

# The microwave

The microwave can be used separately, i.e., on its own, or combined with one type of heating.

Why not try out the microwave straight away. You could heat up a cup of water for your tea, for example.

Take a large cup without gold or silver decoration and place a teaspoon inside. Insert the wire grill into the oven on level 2. Place the cup of tea in the middle of the wire grill.

If the cooker is locked, press the key button.

1. Press the microwave button - the suggested value of 600 W appears.
2. Turn the knob clockwise - 800 W appears.
3. Press the time button **I→I** - the suggested value of 1 minute appears.
4. Use the knob to set 1 minute and 30 seconds.
5. Press the start button.

An acoustic signal sounds after 1 minute and 30 seconds.

Whilst you are drinking your cup of tea, please read again the microwave safety instructions at the start of the instruction manual. They are very important.

---

## Cookware/ bakeware

Use cookware/bakeware made out of glass, porcelain, ceramic, or heat-resistant plastic. These materials are permeable to microwave radiation. Metal cookware/bakeware, on the other hand, is impermeable to microwave radiation, which means that food in enclosed metal containers will remain uncooked. Open and flat metal bowls, e.g. made from aluminium, can be used.

Take care that the metal is not too close to the oven wall, as contact could result in sparks. Metal oven accessories cannot cause sparks provided that they

are used according to the instructions in the tables. Always place the cookware/bakeware on the wire grill. If sparks do occur between the metal cookware/bakeware and the wire grill, simply wipe the cookware/bakeware base with a damp cloth. Often, serving dishes can be used in cooking food. This saves you having to transfer the food as well as a lot of washing up. If your crockery features gold or silver decor, this should only be used if it is guaranteed to be microwave-suitable according to manufacturer instructions.

### **Cookware/bakeware test:**

The microwave appliance must not be switched on without food in the oven compartment. The only exception to this rule is for the following cookware/bakeware test:

Carry out the following test if you are unsure if the bakeware is microwave-suitable:

Place the empty cookware/bakeware in the oven and operate at the 800 W microwave setting for 30 seconds to 1 minute. Monitor the temperature during this period. The cookware/bakeware should still be cold or hand-hot. The cookware/bakeware is unsuitable if it becomes hot or if sparks occur.

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## **Microwave settings**

800 watts for heating up liquids

600 watts for heating up and cooking food.

360 watts for cooking meat and heating up delicate foods.

180 watts for defrosting and continued cooking.

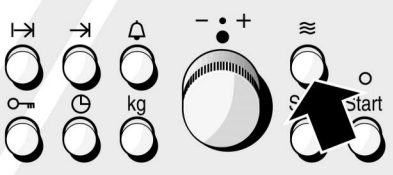

90 watts for defrosting delicate foods.

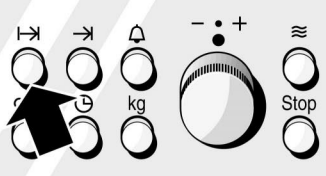
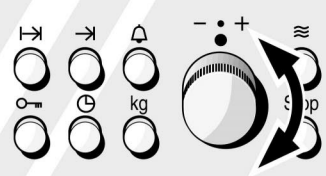
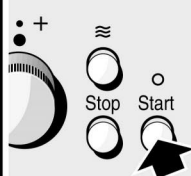
PAUSE for setting the standing time

❑ The 800 watt microwave setting can be set for up to 30 minutes, the 600 watt setting can be set for up to 1 hour, and the remaining microwave settings can be set for up to 1 hour and 30 minutes. You can set up to 3 microwave settings and times one after the other. The 800 watt setting can only be set on its own.

❑ You can use Microwave PAUSE to set a standing time. The microwave is not operational during this time.

## Setting procedure

<p><b>1.</b></p> <p style="text-align: center;"><b>Microwave 600W</b></p>  <p><b>1.</b> Press the Microwave button. The suggested value appears. If you require a different setting...</p>	<p><b>2.</b></p> <p style="text-align: center;"><b>Microwave 360W</b></p>  <p><b>2.</b> ... use the knob to select the required microwave setting. If you turn the knob clockwise, 800 watts appears, if you turn it anti-clockwise, the lower settings appear.</p>
---	--

<p><b>3.</b></p> <p style="text-align: center;"><b>1min:00sec Set cooking time</b></p>  <p><b>3.</b> Press the I-&gt;I cooking time button.</p>	<p><b>4.</b></p> <p style="text-align: center;"><b>20min:00sec Microwave 360W</b></p>  <p><b>4.</b> Set the required cooking time using the rotary knob. You can now set other microwave settings and times (points 1-4).</p>	<p><b>5.</b></p> <p style="text-align: center;"><b>Microwave 360W</b></p>  <p><b>5.</b> Press the Start button. The total cooking time counts down.</p>
--	---	--

### When the time has elapsed

A signal sounds when the time has elapsed. You can switch it off prematurely by pressing the Stop button or by opening the oven door. A 0 and "Enjoy your meal" or "Defrosting complete" appear in the display. Press the Stop button The clock reappears in the display.

### Correction

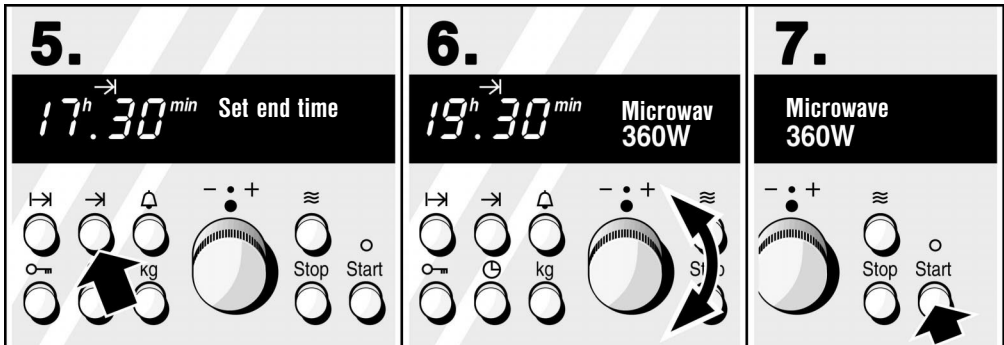
Press the Stop button twice and reset.

## The microwave switches on and off automatically

If you have to leave the house for a long period, you can set the microwave to switch on and off automatically. You enter the cooking time and the end time. The electronics system calculates when the microwave should start cooking.

**Please remember that easily spoiled foods must not be allowed to remain in the oven for too long.**

Make the settings as described in points **1** to **4**.



**5.** Press the → cooking time button.

**6.** Use the knob to set a later end time.

**7.** Press the Start button. The microwave switches on and off at the appropriate time.

## When the time has elapsed

A signal sounds when the time has elapsed. You can switch it off prematurely by pressing the Stop button or by opening the oven door.

A 0 or "Enjoy your meal" appear in the display. Press the Stop button. The clock reappears in the display.

## Correction

It is only possible to correct the end time before the microwave has started. Press the → end button and change the end time.

## Notes

- ❑ If you open the oven door in the meantime, microwave operation is interrupted. Close the door and press the Start button again. If you forget to do this, a signal will sound after a few seconds and "Press Start" will appear by the Start button.

- ❑ The setting can no longer be changed if the indicator light above the Start button flashes. If you wish to change the setting, press the Stop button and reset.
- ❑ If an alarm time has been set, you can call up the cooking time or the end time by pressing the →|end button or the |→ cooking time button. The time then appears in the clock display for a few seconds.

## Tables

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

The time specifications in the tables are guidelines only. They may vary according to the quality 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 amounts to those specified in the table.

A rule of thumb exists for this purpose:  
Double the amount - double the time,  
half the amount - half the time.

Always place the dish onto the wire grill on level 2.

Many meals need to be stirred or turned during the cooking process. If you open the oven door to do this, microwave operation will switch off immediately. Having closed the door, simply press the Start button again.

**Having made the desired settings, always press the start button.**

Defrosting in a shallow, uncovered dish	Amount	Microwave setting in watts Cooking time in mins.	Total cooking time in minutes
Poultry	1 kg	180 watts, 10 mins. + 90 watts, 15 - 20 mins.	25 - 30
	2 kg	180 watts, 25 mins. + 90 watts, 20 - 30 mins.	45 - 55

<b>Defrosting in a shallow, uncovered dish</b>	<b>Amount</b>	<b>Microwave setting in watts Cooking time in mins.</b>	<b>Total cooking time in minutes</b>
Meat (small pieces)	1 kg	180 watts, 10 mins. + 90 watts, 20 - 30 mins.	30 - 40
Mince	500 g	180 watts, 10 mins. + 90 watts, 9 - 11 mins.	19 - 21
Sliced fish (e.g. steaks)	600 g	180 watts, 10 mins. + 90 watts, 5 - 10 mins.	15 - 20
Fish	500 g	180 watts, 5 mins. + 90 watts, 10 - 15 mins.	15 - 20
Butter, quark	250 g	90 watts, 10 - 13	10 - 13
Cream	200 g	90 watts, 6 - 8	6 - 8
Bread	1 kg	180 watts, 12 - 15	12 - 15
Rolls	4	180 watts, 1 - 2	1 - 2
Cakes, dry	500 g	180 watts, 7 - 10	7 - 10
Cakes, moist	500 g	180 watts, 10 - 15	10 - 15
Fruit	250 g	180 watts, 6 - 9	6 - 9
Vegetables	300 g	180 watts, 8 - 10	8 - 10

Cream and butter cream cakes are best defrosted without heat using  3D hot air.  
Place the cakes on the wire grill at level 2.

<b>Defrosting and heating or cooking in a covered dish</b>	<b>Amount</b>	<b>Microwave setting in watts</b>	<b>Total cooking time in minutes</b>
Ready meals, plated meals	350 g	600 watts	7 - 9
Soup, stew	500 g	600 watts	11 - 15
Fish	400 g	600 watts	10 - 12
Meat in sauce	500 g	600 watts	12 - 16
Vegetables	300 g	600 watts	10 - 12
Rice, noodles	250 g	600 watts	3 - 5
Oven bakes	500 g	600 watts	8 - 10

Cooking in a closed dish	Amount	Microwave setting in watts Cooking time in mins.	Total cooking time in minutes
Smoked pork on the bone	1 kg	360 watts, 40 - 45	40 - 45
Meat loaf	1 kg	600 watts, 18 - 20	18 - 20
Fish fillet	400 g	600 watts, 10 - 12	10 - 12
Whole fish (e.g. trout)	500 g	600 watts, 10 - 15	10 - 15
Vegetables, e.g. spinach, courgette, mushrooms, pepper	250 g	600 watts, 4 - 6	4 - 6
e.g. carrots, leek, beans	250 g	600 watts, 7 - 9	7 - 9
e.g. cauliflower, broccoli	250 g	600 watts, 5 - 7	5 - 7
Potatoes	500 g	600 watts, 8 mins. + 360 watts, 5 - 7 mins.	13 - 15
Rice (add double the amount of liquid)	125 g	600 watts, 7 mins. + 180 watts, 10 - 12 mins.	17 - 19
Wholemeal	100 g	600 watts, 7 mins. + 90 watts, 12 - 15 mins.	19 - 22
Custard	500 g	600 watts, 6 - 8	6 - 8
Compote	500 g	600 watts, 10 - 15	10 - 15

Melting in an uncovered dish	Amount	Microwave setting in watts	Total cooking time in minutes
Butter, chilled	100 g	180 watts	4 - 5
Honey	200 g	180 watts	1 - 2
Icing*	150 g	600 watts	4 - 6
Gelatine, soaked	6 sheets	600 watts	5 - 10 seconds

\* Break up and place in a porcelain bowl.

Heating in an uncovered dish	Amount	Microwave setting in watts	Total cooking time in minutes
Baby food			
Baby's bottles	200 ml	800 watts	½-¾
Drink cartons	200 g	360 watts	1 - 2
Butter, chilled	250 g	90 watts	1 - 3

Heating in an uncovered dish	Amount	Microwave setting in watts	Total cooking time in minutes
Cheese, chilled	200 g	90 watts	1 - 3

**Notes**

When your meal is ready, let it stand for a few minutes. During this standing time, the heat distributes itself more evenly throughout the food. You can also set this standing time before microwave PAUSE is used.

Example: To heat up plated meals

1. Set 600 watts, 3 minutes and
2. PAUSE, 3 minutes.

The signal sounds after 6 minutes. You can eat the meal straight away.

**Additional notes:**

Condensation may form on the door window, inner walls and oven floor. This should be wiped away after cooking.

Once the microwave is switched on, you may hear a soft switching noise from time to time. This is a normal mechanical procedure, and does not indicate a fault.

## Advice on microwave operation

**There is no setting specified for the respective amount of food.**

Extend or shorten the cooking time according to the following rule of thumb:

Double the amount    = double the time

Half the amount       = half the time

**The food has been cooked too dry.**

Select a shorter cooking time or lower microwave setting. Add more liquid and cover the food.

**On completion of the cooking time, the food has not been defrosted, heated or cooked.**

Select a longer cooking time and a higher microwave setting than is specified. Large amounts of food will take longer to cook. Take into consideration the depth of the food, as "deep" food will also take longer.

On completion of the cooking time, the food has been overcooked on the edges yet undercooked on the inside.

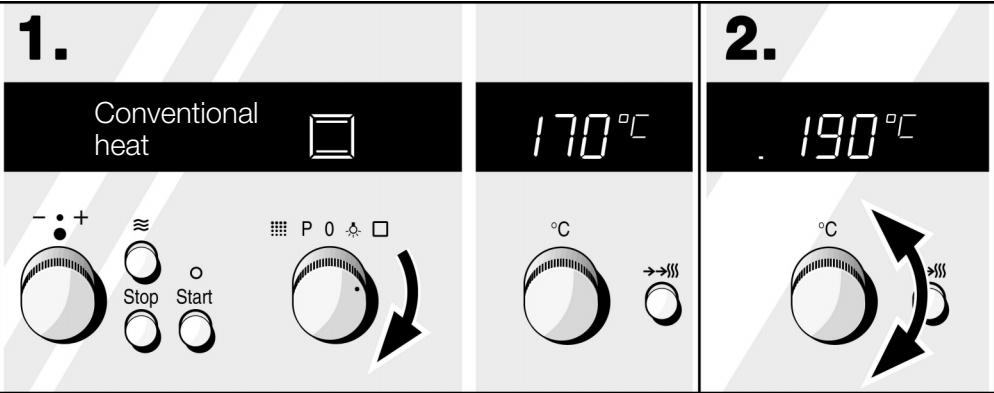
Stir the food from time to time and select a lower heat setting and longer duration next time.

# Setting the oven

Set the type of heating and then the temperature or the grill setting. That's all. When your meal is ready, switch off the oven.

Your oven may also be set to switch off automatically after a preset time has elapsed. If you have to leave the house, you can set the oven to switch on and off automatically.

## Setting procedure



**1.** Select the desired type of heating using the function selector.  
The suggested temperature appears in the temperature selector display. If you do not change this value, the oven will come on after a few seconds.

**2.** Use the temperature selector to change the suggested temperature or grill setting.  
The oven switches on after a few seconds.

**When the meal is ready**

switch off the function selector when the meal is ready.

**Correction**

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


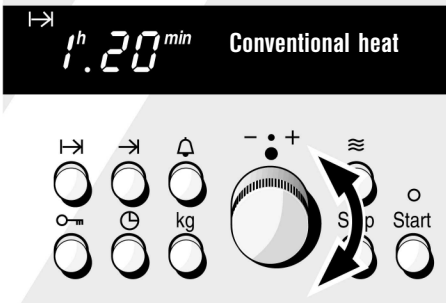
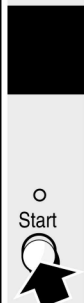
**Notes**

- ❑ Using the temperature selector, it is possible to make the setting in 1 degree increments for a temperature between 30 and 100 °C, and in 5 degree increments for temperatures between 100 and 300 °C.
- ❑ The preheating indicator provides a visual display of the temperature rise. Preheating: It is best to insert the dish in the oven when all segments are lit.
- ❑ The preheating indicator does not appear if you have selected radiant grilling or hot air grilling, or if you have set the automatic self-cleaning function.

**If the oven is to switch off automatically**

**Setting procedure**

Set the function selector and the temperature selector as described in points **1** and **2**.

<p><b>3.</b></p>  <p>I-&gt;I    I-&gt;I    I-&gt;I    - +    ≡    o</p> <p>0<sup>h</sup> 30<sup>min</sup>    Set cooking time</p> <p>I-&gt;I    I-&gt;I    I-&gt;I    - +    ≡    o</p> <p>kg    Stop    Start</p>	<p><b>4.</b></p>  <p>I-&gt;I    I-&gt;I    I-&gt;I    - +    ≡    o</p> <p>1<sup>h</sup> 20<sup>min</sup>    Conventional heat</p> <p>I-&gt;I    I-&gt;I    I-&gt;I    - +    ≡    o</p> <p>kg    Stop    Start</p>	<p><b>5.</b></p>  <p>o</p> <p>Start</p>
--	--	---

**3.** Press the I->I cooking time button.

**4.** Use the knob to change the suggested cooking time.

**5.** Press the Start button.

## **When the time has elapsed**

A signal sounds when the time has elapsed. The oven switches off. "Enjoy your meal" or "Defrosting complete" appears in the text-style display. You may switch off the signal prematurely by pressing the Stop button.

If the meal is not quite ready, press the **I→I** cooking time button and use the knob to set a new cooking time. Press the Start button.

## **When the meal is ready**

Switch off the function selector when the meal is ready.

## **Correction**

The cooking time can be changed at any time. Press the **I→I** cooking time button and adjust the cooking time using the knob. Restart the oven.

## **Interrupting**

Press the Stop button or open the oven door. The cooking time will continue to count down after you press the Start button again.

## **Cancelling**

Switch off the function selector.

## **Notes**

- ☐ The alarm time counts down in the clock display. If you wish to know how much longer the meal will take, Press the **I→I** cooking time button. The time remaining is then displayed for a few seconds. The time when the meal will be ready appears for a few seconds if you press the **→I** end button.
- ☐ Always press the Start button after setting a cooking time. If you forget, you will be reminded by a short signal and the text "Press Start".
- ☐ You can set any time between 1 minute and 23 hours, 59 minutes.

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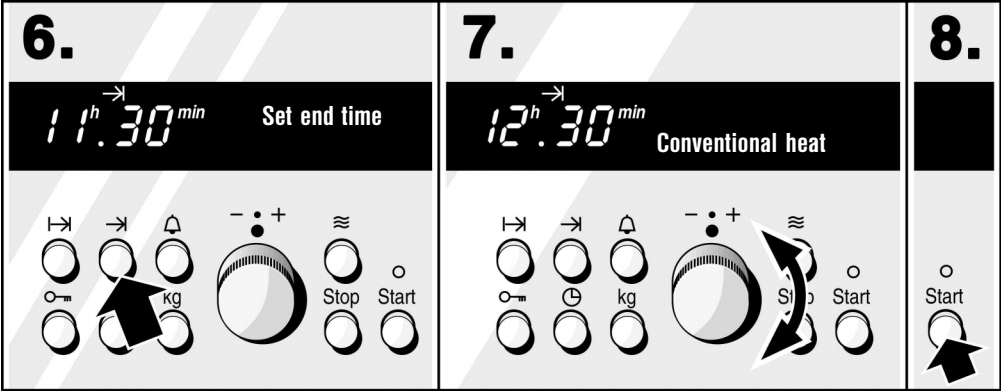
## **If the oven is to switch on and off automatically**

**Please remember that easily spoiled foods must not be allowed to remain in the oven for too long.**

You have important appointments to keep, but the food must still be ready at the right time. This is quite easily done because the oven switches itself on and off at the required time.

**Setting procedure**

Make the settings as described in points **1** to **4**.  
Then start point **6** immediately.



**6.** Press the → end time button.  
The end time appears in the display. This represents the time when the oven will switch off. Change this to a later time.

**7.** Use the knob to set the new end time.

**8.** Press the Start button.

The oven switches on and off automatically. The clock display shows the end time until the oven switches on. The time then begins to count down.

**When the time has elapsed**

A signal sounds when the time has elapsed. The oven switches off. "Enjoy your meal" or "Defrosting complete" appear in the text-style display. You can silence the signal prematurely by pressing the Stop button.

**If the meal is not quite ready**

Press the → cooking time button if the meal is not quite ready. Use the knob to set another time. Press the Start button again.

Switch off the function selector when the meal is ready.

**Correction**

The end time can be changed at any point before the oven starts. To do this press the → end button. Now change the end time using the knob. Press the Start button.

**Cancelling**

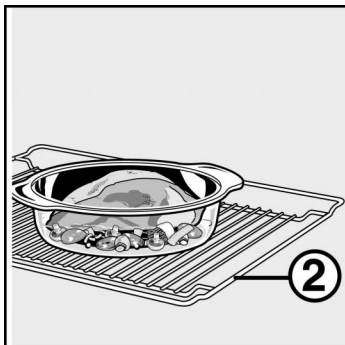
Switch off the function selector.

**Note**

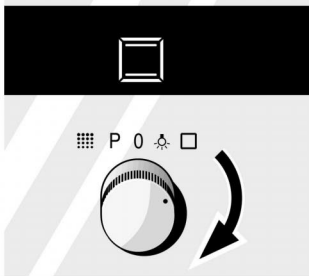
- ☐ The end time will appear for a few seconds if you press the → end button.

## Example

1 kg sirloin of beef from the "Meat" table,   
Conventional heat, 220 °C, 70 minutes.



**1.**



**2.**



Place the uncovered roasting dish containing the 1 kg sirloin of beef onto the wire grill on level 2.

**1.** Use the function selector to set  Conventional heat.

**2.** Use the temperature selector to set 220 °C.

**3.**



**3.** Press the I->I cooking time button.

**4.**



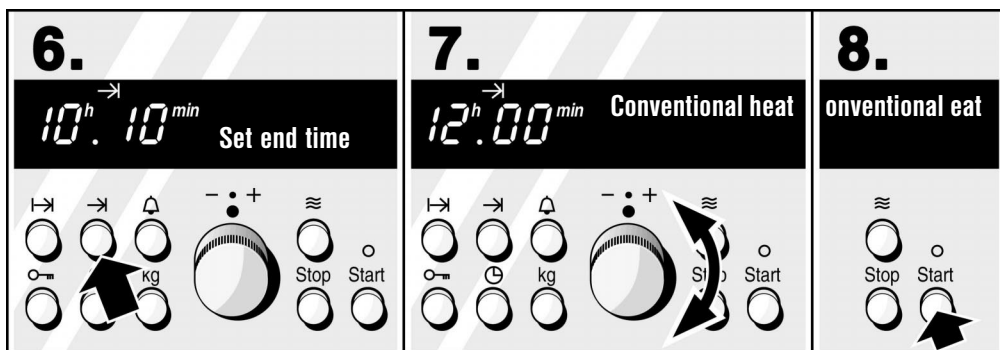
**4.** Use the knob to set 1 hour, 10 minutes.

**5.**



**5.** Press the Start button. The roast will be ready after 1 hour and 10 minutes.

Imagine it's 9.00 a.m. You have important appointments to keep. The roast must be ready by 12 noon. Make the settings described in points **1** to **4** and then continue immediately with point **6**.



**6.** Press the →|end button. The sirloin of beef will be ready by 10.10 a.m.

**7.** Use the knob to set 12.00 p.m.

**8.** Press the Start button. The oven will switch on automatically at 10.50 a.m. and switch off at 12.00 noon.

## Setting the combined oven and microwave function

You can set the microwave in combination with one type of heating. It makes no difference whether you switch on the microwave in addition to the other type of heating or vice versa.

Note:

The cooking time is always set after the microwave setting has been made. The microwave and the oven will switch off together at the end of the cooking time.

You can set up to 3 microwave settings and times.

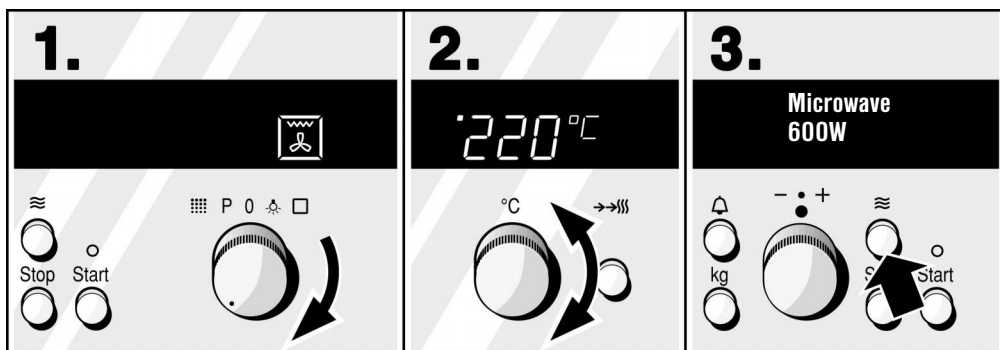
An example follows.

### Example from the poultry table

1 chicken, approximately 1 kg

Insert the wire grill at level 2. Insert the universal pan with grill pan at level 1. Place the seasoned chicken in the centre of the wire grill.

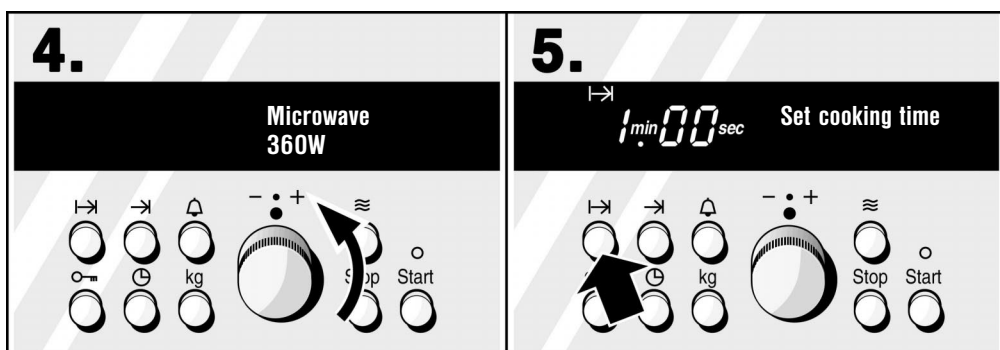
Setting:  Hot air grilling, 220 °C, 360 W, 30 minutes.



**1.** Use the function selector to set hot air grilling.

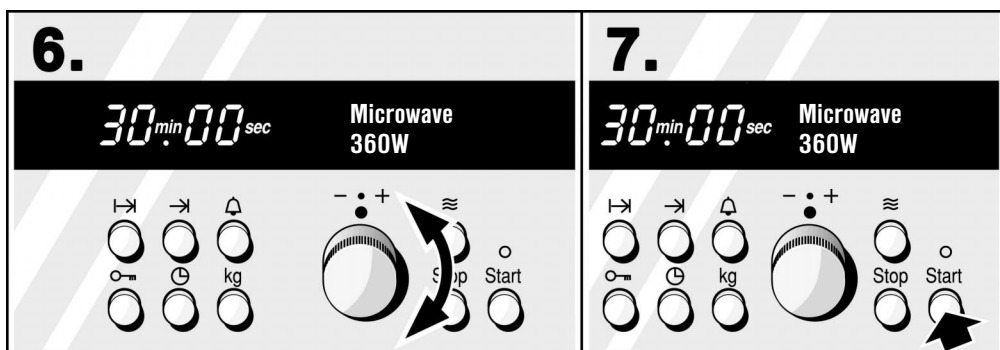
**2.** Use the temperature selector to set 220 °C.

**3.** Press the microwave setting button.



**4.** Set to 360 W using the rotary knob.

**5.** Press the I-> cooking time button.



**6.** Set to 30 minutes using the rotary knob. You can now set other microwave settings and times (points 3-6).

**7.** Press the Start button. Turn the chicken after approximately 17 minutes. Press the Start button again once you have closed the oven door.

## When the time has elapsed

A signal sounds when the time has elapsed. You may cancel it prematurely by pressing the Stop button or by opening the oven door. "0" and "Enjoy your meal" appear in the display. Press the Stop button. The clock reappears in the display.

## Cancelling

- ❑ Press the Stop button twice and switch off the function selector.

## Other options

- ❑ You can use Microwave PAUSE to set a standing time. The microwave is not operational during this time.  
Example: You only want to switch on the microwave near the end of the cooking time. Set the type of heating and the temperature or grill setting. Press the microwave button. Set the knob to Microwave PAUSE. Press the **I→I** cooking time button. Enter the duration of the pause. Select the required microwave setting and set the cooking time. Press the Start button.

- ❑ You can set the microwave and a different type of heating to switch on and off automatically. Make the settings as described in points 1 to 6. Then press the **→I** End button and set a later end time. Only now should you press the Start button.

## Note

- ❑ The 800 watt microwave setting is not available for combined operation. It is only suitable when the microwave is used on its own.
- ❑ You will find the settings for combined operation in the tables provided.

# Cakes and pastries

## Baking tins


It is best to use dark baking tins. You should use hot air when using thin baking tins, or glass containers. This means, however, that the baking time is increased and the cake does not brown so evenly.

Always place the cake tin on the wire grill.



## Tables








The values in the table apply to insertion into a cold oven. How to save energy. Shorten the baking times indicated by 5 to 10 minutes if you have preheated the oven.

The optimal type of heating for each of the various cakes and biscuits can be found in the tables. Temperature and baking time depend on the amount and type of the mixture. This is why "ranges" are given in the tables. You should try to use a lower temperature setting to start with, since this allows more even browning. If necessary, use a higher temperature setting the next time.










Note: Condensation may form on the inner pane in the oven door as a result of the high moisture content created when cooking using  conventional baking. Steam escapes when you open the oven door.

More information can be found in the "Baking tips" section which follows the tables.

Cakes in tins	Ovenware	Level	Type of heating	Temperature in °C	Micro-wave setting	Total cooking time in minutes
Sponge cake, simple	Ring-shaped/ Vienna ring/ cake tin	2		160 - 180	- -	50 - 60
Sponge cake, delicate (e.g. pound cake)*	Ring-shaped/ Vienna ring/ cake tin	2		140 - 160	-	60 - 70

Cakes in tins	Ovenware	Level	Type of heating	Temperature in °C	Micro-wave setting	Total cooking time in minutes
Short pastry base with edge	Springform cake tin	1		160 - 180	-	25 - 35
Cake base made from sponge mixture	Fruit cake base	2		150 - 170	-	20 - 30
Sponge cake	Springform cake tin	2		160 - 180	-	30 - 40
Nut cake	Springform or cake tin	2		170 - 180	180 watts	20 - 25
Fruit cake or cheesecake, short pastry*	Dark-coloured springform cake tin	1		180 - 200	180 watts	40 - 50
Fruit cake, fine sponge mixture	Springform cake tin or ring-shaped cake tin	2		170 - 190	90 watts	30 - 35
Savoury cakes* (e.g. quiche/onion tart)	Springform cake tin	1		200 - 220	180 watts	40 - 50


\* Allow cakes to cool in the oven for approximately 20 minutes.






Cakes on the tray		Level	Type of heating	Temperature in °C	Cooking time in minutes
Sponge or yeast pastry with dry topping	Baking tray	3		170 - 190	20 - 30
	Baking tray + universal pan	2 + 4		150 - 170	35 - 45
Sponge or yeast pastry with moist topping * (fruit)	Baking tray	3		170 - 190	40 - 50
	Baking tray + universal pan	2 + 4		160 - 180	50 - 60
Swiss roll (preheat)	Baking tray	2		180 - 200	15 - 20
Plaited loaf made with 500 g flour	Baking tray	3		180 - 200	25 - 35
Stollen made with 500 g flour	Baking tray	3		150 - 170	65 - 75
Stollen made with 1 kg flour	Baking tray	3		140 - 160	85 - 95
Strudel, sweet	Universal pan	2		180 - 200	60 - 80

Cakes on the tray		Level	Type of heating	Temperature in °C	Cooking time in minutes
Pizza	Baking tray	3		200 - 220	25 - 35
	Baking tray + universal pan	2 + 4		170 - 190	35 - 45









\* Use the deeper universal pan for very moist fruit cakes.




\*\* Always place the universal pan above the baking tray when you are cooking on two levels at once.

Cakes on the tray	Cookware	Level	Type of heating	Temperature °C	Microwave, W Duration, min.
Sponge cake with fruit	Universal pan	3		160-170	180 W, 25-35

Bread and rolls		Level	Type of heating	Temperature in °C	Cooking time in minutes
Bread made from 1.2 kg flour* (preheat)	Universal pan	2		300	8
				200	+ 35 - 45
Sour dough bread made from 1.2 kg flour* (preheat)	Universal pan	2		300	8
				200	+ 40 - 50
Bread rolls (e.g. rye rolls)	Baking tray	4		190 - 210	20 - 30

\* Never pour water directly into a hot oven.

Small baked products		Level	Type of heating	Temperature in °C	Cooking time in minutes
Biscuits*	Baking tray	3		160 - 180	10 - 25
	Baking tray + universal pan	2 + 4		140 - 160	25 - 35
	2 baking trays** + universal pan	1 + 3 + 4		140 - 160	30 - 40
Meringue	Baking tray	3		80 - 100	100 - 150
Cream puffs	Baking tray	2		220 - 240	30 - 40
Macaroons*	Baking tray	2		110 - 130	30 - 40
	Baking tray + universal pan	2 + 4		110 - 130	35 - 45
	2 baking trays** + universal pan	1 + 3 + 4		110 - 130	40 - 50

Small baked products		Level	Type of heating	Temperature in °C	Cooking time in minutes
Puff pastry*	Baking tray	3		180 - 200	20 - 30
	Baking tray + universal pan	2 + 4		180 - 200	25 - 35
	2 baking trays** + universal pan	1 + 3 + 4		180 - 200	35 - 45
	pan				

\* Always place the universal pan above the baking tray when you are cooking on two levels at once. Always place the universal pan in the central shelf position when you are cooking on three levels at once. The top tray can be removed beforehand.

\*\* You can obtain baking trays as optional accessories from a specialist store.

## Advice on baking

**You wish to bake using your own recipe.**

Orientate your baking to similar items from the baking tables.

**This way you can see if the sponge cake is baked through.**

Approximately 10 minutes before the end of the baking time specified in the cooking instructions, pierce the highest part of the cake using a wooden skewer. The cake is ready if no mixture sticks to the skewer.

**The cake falls apart.**

Next time, use less liquid or decrease the oven temperature by 10 degrees. Follow the stirring times in the cooking instructions.

**The cake has risen high in the middle but not on the edge.**

Do not grease the edge of the spring form. After baking, carefully loosen the cake using a knife.


**The cake is too dark on the top.**

Insert it on a lower level, select a lower temperature and bake the cake for a little longer.



**The cake is too dark on the bottom.**

Insert it on a higher level and select a lower temperature next time.

**The cake is too light at the bottom.**

Insert it on a lower level or use intensive heat  next time.

**You wish to bake in light-coloured tins.**

Light-coloured tins are less suitable for baking, as they tend to reflect the heat. When baking pastries which require considerable bottom heat, it is best to use the intensive heat setting . For other pastries, such as sponge cakes, 3D Hot air  can also be selected. The baking time will be prolonged, however.

**The cake is too dry.**

Use a skewer to pierce small holes in the baked cake. Then trickle the fruit juice or liqueur over the cake. Next time, select a temperature 10 degrees higher and shorten the baking times.

**The bread or cake (e.g. cheesecake) looks good, but is soggy inside (runny and uncooked).**

Next time, use a little less liquid and bake for a little longer but at a lower temperature. When preparing cakes with soft toppings, bake the cake base first, then sprinkle almonds or breadcrumbs onto it and finally add the topping. Please follow the cooking instructions and baking times.

**The biscuits or cake will not come off the baking tray.**

Place the tray back into the oven again for a short period. Now loosen the biscuits immediately. Next time line the baking tray with non-stick baking paper.


**The cake will not come out when tipped upside down.**

Once baked, allow the cake to cool for 5 to 10 minutes, as it will then be easier to remove from the tin. If it still cannot be removed, carefully loosen the edge using a knife. Turn the cake upside down again and cover the tin several times with a cold, damp cloth. Next time, grease the tin more intensely and sprinkle some breadcrumbs into the tin.

**You have measured the oven temperature using your own thermometer and find that the values deviate.**

The oven temperature is measured by the manufacturer by means of a test shelf placed in the middle of the oven. The measured value depends very much on the bakeware and accessories being used, meaning that any measurements carried out by yourself will produce different results.

**The pastry is unevenly browned.**


Select a slightly lower temperature to ensure that the pastry is baked more evenly. Sensitive pastry should be baked using top and bottom heat  and on one level. Baking paper that protrudes over the food can

influence the air circulation. For this reason, always cut the baking paper to fit the baking tray.

**The fruit cake is too light on the bottom. The fruit juice flows over.**

Use the deeper universal pan next time.

**You were baking on several levels. The food on the top baking tray is darker than that on the bottom baking tray.**

Always use 3D Hot air  when baking on several levels. Cakes that are inserted at the same time will not necessarily be ready at the same time. Allow the cake at the bottom of the oven to bake for 5 or 10 minutes longer at the end or, alternatively, put it in the oven earlier.

**Condensation occurs when baking wetter cake mixtures.**

Baking may result in the formation of water vapour, which escapes from above or below the door handle depending on the handle type. The water vapour may settle on the control panel or the fronts of the surrounding furniture, where it will drip off as condensation. This is a normal physical process.

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## Meat, poultry, fish

### Cookware

You may use all heat-resistant, microwave-suitable dishes. The universal pan is also suitable for large roasts. Other roasting dishes made out of metal can only be used for roasting without the microwave setting.

Always place the dishes in the centre of the wire grill. Hot glass dishes should be placed on a dry kitchen towel after removal from the oven. The glass could crack if placed on a cold or wet surface.

### Advice on roasting

The roasting result depends on the type and quality of meat.

Add 2 to 3 soup spoons of liquid to lean meat, and 8 to 10 soup spoons of liquid to pot roasts, depending on the size.

Turn the pieces of meat after half of the time.

When the roast is ready, it should be left to stand in the switched off, closed oven for a further 10 minutes. This allows the meat juices to be better distributed.

Advice on grilling

Always close the oven door when grilling.

Wherever possible, use pieces of meat that are of a similar thickness, and at least 2 to 3 cm thick. Such pieces will be browned evenly and stay juicy and soft in the middle. Steaks should only be salted after grilling.

Place the pieces of meat directly onto the wire grill. When grilling a single piece, it is best to place the meat in the centre of the wire grill. In addition, insert the universal pan on level 1. The meat juices are collected here and the oven is kept clean.




Turn the meat after two thirds of the recommended time.

















Note: The grill heating element switches on and off automatically. This is normal. How often this occurs depends on the selected grill setting.


Meat

The table applies to insertion into a cold oven. The time specifications are provided as guidelines only and depend on the type and quality of the meat.

Frozen meat must be thawed out thoroughly.

Meat			Level	Type of heating	Temp. in °C, grill	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
Beef pot roast (e.g. ribs)	1 kg		2		200 - 210	360 watts, 10 +180 watts, 40-50	50 - 60
	1.5 kg	Covered	2		180 - 200	360 watts, 15 +180 watts, 50-60	65 - 75
	2 kg		2		180-190	360 watts, 20 +180 watts, 75-85	95 - 105

Meat			Level	Type of heating	Temp. in °C, grill	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
Sirloin of beef	1 kg	Uncovered	2		220 - 240	-	70
	1.5 kg		2		210 - 230	-	80
	2 kg		2		200 - 220	-	90
Sirloin, medium-rare *	1 kg	Uncovered	2		220-230	180 watts, 20-25	20 - 25
Steaks, well done		Wire grill	5		Setting 3	-	20
Steaks, medium rare		Wire grill	5		Setting 3	-	15
Pork without rind (e.g. neck)	1 kg	Uncovered	2		200 - 210	360 watts, 20 + 90 watts, 60- 70	80 - 90
	1.5 kg		2		180 - 200	360 watts, 25 + 90 watts, 70- 80	95 - 105
	2 kg		2		160-170	360 watts, 30 +90 watts, 70-80	100 - 110
Pork with rind** (e.g. shoulder, leg)	1 kg	Uncovered	2		200 - 220	-	100
	1.5 kg		2		190 - 210	-	140
	2 kg		2		190-210	-	160
Smoked pork on the bone	1 kg	Covered	2	-	-	360 watts, 35-40	35 - 40
Meat loaf	750 g	Uncovered	2		200-220	360 watts, 25 - 30	25 - 30
Sausage	approx . 750 g	Grill pan***	4		Setting 3	-	15
Roast veal	1 kg	Uncovered	2		180 - 190	180 watts, 45 - 50	50 - 60
	2 kg		2		160-170	180 watts, 70-80	80 - 90

Meat			Level	Type of heating	Temp. in °C, grill	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
Leg of lamb without bone	1.5 kg	Uncovered	2		180-190	180 watts, 20 + 90 watts, 40-50	60 - 70
<p>* Turn sirloin after half the cooking time. After cooking, wrap the sirloin in aluminium foil and leave in the oven to stand for 10 minutes.</p> <p>** Make cuts in the pork rind. If the pork is to be turned, first place it in the ovenware with the rind side down.</p> <p>*** Always place the grill pan in the universal pan.</p>							

## Poultry

The table applies to dishes placed in a cold oven.



Frozen poultry must be thawed out thoroughly.










If you are grilling directly on the wire grill, you should also insert the universal pan on level 1. Place the grill pan into the universal pan so that the two parts overlap in the middle, as a splatter guard. To brush the food with meat juices, the two parts can be pushed together so that you have easier access to the juices.

Pierce the skin of duck or goose under the wings to enable the fat to run off.

Turn whole poultry after two thirds of the grilling time.

Poultry will turn out particularly crispy and brown if you baste it towards the end of the roasting time with butter, salted water or orange juice.





Poultry			Level	Type of heating	Temp. in °C, grill	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
2 chicken halves	400 g each	Grill pan*	2		Setting 1	360 watts, 25-30	25-30
4 chicken halves			2		Setting 1	360 watts, 30-35	30-35

Poultry			Level	Type of heating	Temp. in °C, grill	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
Chicken pieces	500 g-1 kg	Grill pan*	2		Setting 2	360 watts, 20-25	20-25
1 whole chicken	1 kg each	Wire grill	2		220-240	360 watts, 30-40	30-40
2 whole chickens			2		220-240	360 watts, 30-40	30-40
4 whole chickens			2		220-240	360 watts, 40-50	40-50
Duck	1.7 kg	Wire grill	2		210-220	180 watts, 15 + 90 watts, 30-45	45-60
Stuffed goose	3 kg	Wire grill	2		220-220	180 watts, 20 + 90 watts, 60-70	80-90
	4 kg	Wire grill	2		190-200	180 watts, 25 + 90 watts, 70-85	95-110
Stuffed young turkey	3 kg	Wire grill	2		190-210	180 watts, 65-75	65-75
2 turkey drumsticks	800 g each	Grill pan*	2		210-220	360 watts, 20 + 90 watts, 35-45	55-65

\* Always place the grill pan in the universal pan.

# Fish

The table applies to dishes inserted in a cold oven.

Fish			Level	Type of heating	Temp. in °C, grill	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
Grilled fish	300 g	Grill pan*	3		Setting3	180 watts, 12-15	12 - 15
	each		2		Setting2	360 watts, 25- 30	25 - 30
	1 kg		2		190	360 watts, 30-35	30 - 35
	1.5 kg						
Blue trout	300 g	Covered	2	-	-	600 watts, 5-7	5 - 7
Frozen fish	400 g	Covered	2	-	-	600 watts, 10-12	10-12
Sliced fish (e.g. cutlets)		Grill pan*	4		Setting 3	180 watts, 15-18	15-18

\* Always place the grill pan in the universal pan.

## Advice on roasting and grilling

**The table does not contain specifications for the weight of the roast**

Select the next lowest weight from the instructions and extend the time.

**How can you tell when the roast is ready.**

Use a meat thermometer (available from specialist stores) or implement a "spoon test". Press a spoon onto the roast. If it feels firm, it is ready. If it can be pressed in, it needs to be cooked for a little longer.

**The roast is too dark and the crackling is partly burnt.**

Check the insertion level and temperature.

**The roast looks good, but the sauce is burnt.**

Next time, use a smaller roasting dish and add more liquid.

**The roast looks good, but the sauce is too light and watery.**

Next time, use a larger roasting dish and add less liquid.

**Steam rises from the roast when the stock is added.**

**The microwave setting was switched on. The roast is not cooked through.**

Use the grilling with circulating air setting rather than top and bottom heating. This ensures that the meat juices are not heated so intensely and consequently produce less steam.

Carve the roast, prepare the sauce in the roasting pan, place the meat slices into the sauce and finish off the cooking using the microwave setting only.




Next time, use the microwave function from the start of the cooking process. If you open the oven door, you must restart the microwave function after closing the door again. Use a meat thermometer and leave the finished roast to stand in the oven for a further 10 minutes.







# Bakes, gratins, toast

The table applies to dishes inserted in a cold oven.

Place the bake in a microwaveable dish on the wire grill.

Pasta bake, potato gratin and strudel can all be cooked directly in the universal pan.

Meal	Ovenware	Level	Type of heating	Temp. in °C, grill	Microwave setting in watts, cooking time in mins.	Total cooking time in mins.
Sweet bakes (e.g. quark soufflé with fruit)	Casserole	3		170-190	180 watts, 25 - 30	25 - 30
Savoury bakes made from cooked ingredients (e.g. pasta bake)	Casserole, universal pan	3		190 - 210	360 watts, 15 - 25	15 - 25
		3		190-210	600 watts, 10 - 15	10 - 15

Meal	Ovenware	Level	Type of heating	Temp. in °C, grill	Microwave setting in watts, cooking time in mins.	Total cooking time in mins.
Savoury bakes made from raw ingredients* (e.g. potato gratin)	Ovenproof dish, 1 kg	2		190 - 210	600 watts, 15 +180 watts, 10-15	25 - 30
		2		190 - 210	600 watts, 15 +180 watts, 15-20	30 - 35
Toast 4 slices	Wire grill or grill pan**	5		Setting 3	-	6 - 7
		5		Setting 3	-	4 - 5
Toast with topping 4 slices	Wire grill or grill pan**	4		Setting 3	-	7 - 10
		4		Setting 3	-	5 - 8

\* The bake must be no higher than 2 cm.



\*\* Always place the grill pan in the universal pan.



# Frozen foods

Please observe the instructions on the packaging.

The values in the table apply to dishes inserted in a cold oven.

Remove frozen meals from aluminium packaging and place in microwaveable ovenware e.g. a soup plate or a glass or ceramic ovenproof dish.

Meal		Level	Type of heating	Tempera- ture in °C	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
Fruit strudel*	Universal pan	3		180 - 200	-	40 - 50
French fries	Grill pan**	3		240 - 260	-	25 - 30

Meal		Level	Type of heating	Temperature in °C	Microwave setting in watts Cooking time in mins.	Total cooking time in mins.
Pizza	Grill pan**	2		200 - 220	360 watts, 10 - 12	10 - 12
Pizza baguette	Wire grill	3		220 - 230	180 watts, 12 - 14	12 - 14


- \* Line the accessories with greaseproof paper. Please ensure that the greaseproof paper is suitable for use at these temperatures.
- \*\* Always place the grill pan in the universal pan.

Note





The universal pan may become warped when baking frozen foods. This is caused by the considerable temperature fluctuations applied to the accessory. This warping is eliminated during the baking process.

# Special meals

This cooker allows temperature settings between 20 and 300 °C. The fine tuning enables you to produce creamy yoghurt at 38 to 40 °C just as well as a crusty pizza at 280 to 300 °C. Why not give it a try.

	Ovenware	Level	Type of heating	Temperature in °C	Cooking time in minutes
Yoghurt made from 1 litre of milk	Cups or jars with Twist Off lids on the wire grill	1		40	6 - 8 hrs

Bring the milk (3.5 % fat) to the boil, then allow it to cool to 45 °C. Stir in 150 g yoghurt culture, pour into cups or small jars with Twist Off lids and place uncovered on the wire grill. Preheat the oven to 45 °C for 5 minutes and then prepare as indicated.

	Ovenware	Level	Type of heating	Temperature in °C	Cooking time in minutes
Pizza*, pancakes* (yeast dough with thin topping), preheat	Pizza dish or universal pan	1		300	7 - 12 mins.
		3		300	7 - 12 mins.
Meat in bread dough* Preheat to 280 - 300 °C	Universal pan	2		170 - 190	110 - 120 min.
750 g to 1 kg of meat and the same amount of bread dough.					
2 kg whole fish, e.g. fresh salmon	Grill pan**	2		280 - 300 95	10 mins. 50 - 60 mins.
Place the prepared fish on the grill pan. Preheat the oven to 280 - 300 °C. Start baking the fish at this temperature for 10 minutes, and then reduce the temperature to 95 °C.					
* Only use baking paper if it is suitable for these temperatures.					
** Always place the grill pan in the universal pan.					

The oven light switches on automatically when defrosting sensitive foods at 20 °C. In the 30 to 60 °C range, the oven light remains switched off. This gives best control.


# Braising

Braising is the ideal method of cooking for all lean cuts of meat, whether they are to be cooked pink or well-done. The meat remains juicy and as soft as butter. Your advantage: You have more room for manoeuvre when planning menus, because braised meat can easily be kept warm.

## Cookware

Use a flat dish, e.g. a serving plate made out of porcelain.

# This is what to do

1. Use the function selector to select top/bottom heating  and the temperature selector to set 90 °C.  
Preheat the oven and a tray by placing it on the wire grill on level 2.
2. Intensely heat some fat in a frying pan. Brown the meat at a high temperature and transfer it immediately to a preheated tray.
3. Place the tray with the meat back in the oven and continue cooking. For most cuts of meat, a cooking temperature of 90 °C is ideal for this purpose.

# Notes of braising

- ☐ Only use perfectly fresh meat.
- ☐ Initial frying of the meat should always be at a high temperature and for a sufficient period of time.
- ☐ Do not cover the meat for subsequent cooking in the oven.
- ☐ Even large pieces of meat do not need to be turned.
- ☐ The meat can be cut immediately after braising. It does need to be left to stand.
- ☐ The special method of cooking means that the meat looks pink on the inside. However, it is by no means raw or insufficiently cooked.

# Tables

All cuts of beef, pork, veal and lamb are suitable for braising. The initial frying time and subsequent frying time depend on the size of the meat.

The frying times apply to insertion into hot fat.

	Initial frying on the hotplate (minutes)	Subsequent cooking in oven (minutes)
Small pieces of meat		
Cubes or strips	All-round 1 - 2	20 - 30
Small breaded cutlets, steaks or médaillons	Per side 1 - 2	35 - 50

	Initial frying on the hotplate (minutes)	Subsequent cooking in oven (minutes)
<b>Medium-sized pieces of meat</b>		
Whole fillet (400 - 800 g)	All-round 4 - 5	75 - 120
Lamb saddle (approx. 450 g)	Per side 2 - 3	50 - 60
Double cutlet	All-round 7 - 9	100 - 120
<b>Large pieces of meat</b>		
Whole fillet (from 900 g)	All-round 6 - 8	120 - 150
Braten (600 g - 1 kg)	All-round 8 - 10	120 - 150
Roasting (1.1 - 2 kg)	All-round 8 - 10	180 - 270

## Advice on braising

**The braised meat is not as hot as meat that is roasted in the conventional manner.**

**You wish to keep braised meat warm.**

Warm up the plates and serve the sauces while they are still very hot.



After braising, switch the temperature selector back to 70 °C. Small pieces of meat can be kept warm for up to 45 minutes, and large pieces for up to two hours.

## Defrosting

Remove the food from its packaging and place it in a suitable dish on the wire grill.





Please observe the instructions on the package.

The defrosting times depend on the type and amount of food.

	Accessories	Level	Type of heating	Temperature °C
<b>Delicate frozen foods</b> e.g. cream gateaux, cream cakes, cakes with chocolate or icing, fruit etc.	Wire grill	2		20 °C
<b>Other frozen foods*</b> Chicken, sausage and meat, bread and bread rolls, cakes and other pastries	Wire grill	2		50 °C
* Cover frozen food with microwave foil. Place poultry on the plate with the breast side down.				

# Drying

- ☐ Only use perfectly fresh fruit and vegetables, and wash them thoroughly.
- ☐ Allow the food to drain well, or dry it yourself.
- ☐ Line the baking tray and wire grill with baking paper or greaseproof paper.

Foodstuff	Level	Type of heating	Temperature °C	Duration, hours
600 g apple rings	2 + 4		50 - 80	approx. 5
800 g sliced pears	2 + 4		50 - 80	approx. 8
1.5 kg prunes or plums	2 + 4		50 - 80	approx. 10
200 g fresh herbs, washed	2 + 4		50 - 60	approx. 3

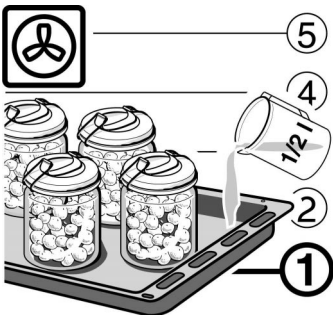
**Note:** Turn very juicy fruit or vegetables several times. Once dried, immediately remove the food from the paper.


# Sterilizing

## Preparation

- ❑ The jars and rubber sealing rings must be clean and intact. Use jars of the same size if possible. The instructions in the table refer to round 1-litre jars.  
Caution! Do not use larger or taller jars. The lid could crack.
- ❑ Only use perfectly fresh fruit and vegetables. Wash them thoroughly.
- ❑ Pour the fruit or vegetables into the jars. Wipe clean the jars again if necessary. They must be clean. Place a wet rubber sealing ring and lid on each jar and lock the jars using clamps.
- ❑ Do not place more than six jars in the oven.
- ❑ The times specified in the tables are guidelines only. They can be influenced by the room temperature, the number of jars, as well as the amount and temperature of the jar contents. Before you change settings or switch off the appliance, make sure that the contents of the jars are actually bubbling.

## Setting procedure



1. Insert the universal pan on level 1. Place the jars inside the pan so that they do not come into contact with each other.
2. Pour 1 litre of hot water (approx. 80 °C) into the universal pan.
3. Close the oven door.
4. Set the function selector to .
5. Set the temperature selector to 140 to 150 °C.
6. Press the start button.

## Sterilizing fruit

As soon as the contents of the jars begins to bubble, i.e., the bubbles rise in quick succession after approximately 30 to 40 minutes, switch the temperature selector back to 30 °C.

The jars should be removed from the oven after 25 to 35 minutes of residual heat. If the food is left to cool in the oven for longer, bacteria might form, accelerating spoilage of the sterilized fruit. Switch off the function selector.

Fruit in 1-litre jars	After bubbling	Residual heat
Apples, red/blackcurrants, strawberries	Reduce setting	approx. 25 minutes
Cherries, apricots, peaches, gooseberries	Reduce setting	approx. 30 minutes
Apple purée, pears, plums	Reduce setting	approx. 35 minutes

## Sterilizing vegetables

As soon as the contents of the jars begin to bubble, switch the temperature selector to around 120 to 140 °C, and then back to 30 °C.

Refer to the table to see when you should switch off the oven.

Vegetables with cold stock in 1-litre jars	After bubbling 120 - 140 °C	Residual heat
Cucumbers	–	approx. 25 minutes
Beetroot	approx. 30 minutes	approx. 30 minutes
Brussel sprouts	approx. 40 minutes	approx. 30 minutes
Beans, kohlrabi, red cabbage	approx. 50 minutes	approx. 30 minutes
Peas	approx. 60 minutes	approx. 30 minutes

## Remove the jars

Never place the hot jars on a cold or wet surface, as this could cause the glass to crack.

# Sterilizing using the microwave

Small amounts of fruit can be sterilised simply and quickly using the microwave setting.

Use perfectly fresh fruit only. Chop the fruit up and mix with sugar. Put the mixture into a large microwave- suitable container and place it on the wire grill at level 2.

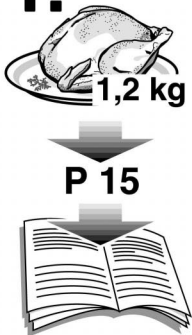
Use the 600 W setting to bring the fruit mixture to the boil, stirring several times. Now pour the mixture into a clean glass jar with screw cap.

The jam will only keep for a limited period.

# Automatic programming

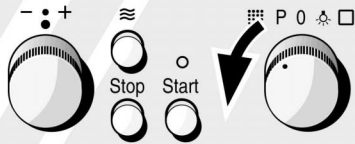
## Setting procedure

1.




2.

Select program



3.

P 15 1 chicken

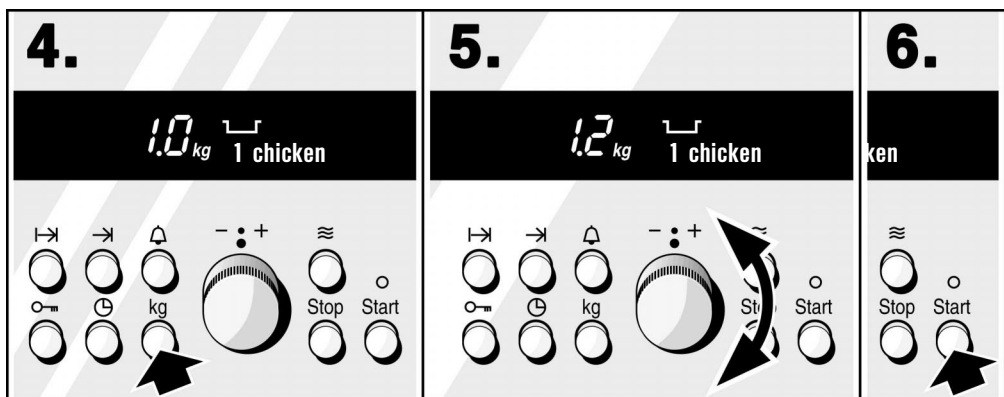


1. Select the appropriate program from the table.

2. Set the function selector to "P".

3. Use the knob to set the program number you require. Turn the knob clockwise: The program numbers appear in ascending order starting from 01. Turn the knob anti-clockwise: "Memory" appears, followed by the program numbers in descending order.

62



**4.** Press the "kg" button. The suggested value appears.

**5.** Use the knob to set the weight of your meal.

**6.** Press the Start button. After a few seconds, the cooking time starts to count down visibly in the display.

## When the time has elapsed

A signal sounds when the time has elapsed. You may switch off the signal prematurely by pressing the Stop button. A 0 and "Enjoy your meal" or "Defrosting complete" appear in the display. Switch off the function selector.

## Cancelling

Switch off the function selector.

## Notes

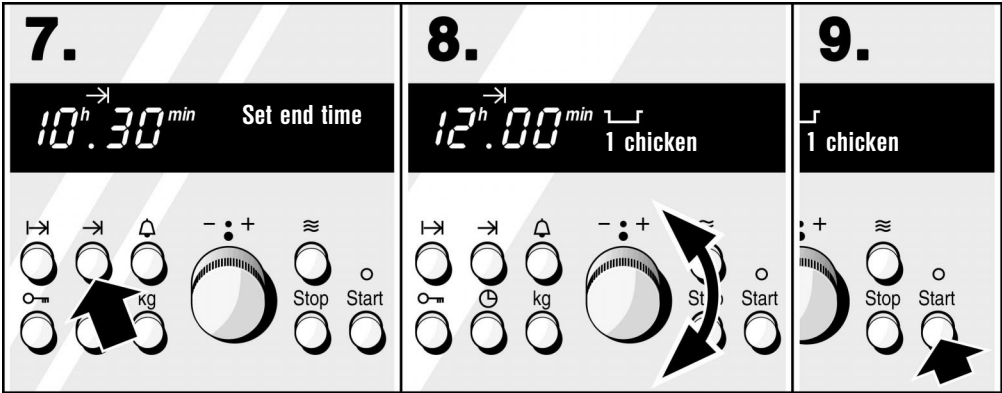
- ☐ The automatic program is interrupted if you open the oven door after the program has started. Simply press the Start button again once you have closed the door.
- ☐ The set time counts down in the clock display. If you want to know how much longer the automatic program will take, press the **I→** cooking time button. The remaining time is then displayed for a few seconds.
- ☐ If you wish to view the specified program number or weight in the meantime, press the **□kg** button. The information you require will be displayed for a few seconds.

**If the oven is to switch on and off automatically**

Only use fresh meat or fresh fish. Frozen meals could thaw out in the meantime.

**Do not leave the food to stand in the oven for too long. Meat and fish will spoil easily when not in the refrigerator.**

Make the settings as described in points **1** to **5** and then proceed immediately with points **7** to **9**.



**7.** Press the →end button.  
The end time is displayed.

**8.** Use the knob to set the new end time.

**9.** Press the Start button.

The automatic program switches on and off automatically. The clock display shows the end time until the oven switches on. The time then begins to count down.

**When the time has elapsed**

A signal sounds when the time has elapsed. You can switch this off prematurely by pressing the Stop button. A 0 and "Enjoy your meal" appear in the display.

Switch off the function selector.

**Clearing the program**

**Note**

Switch off the function selector.

- ☐ The end time appears for a few seconds when you press the →end button.

**How long will the meal take to cook?**

If you wish to know beforehand how long the meal will take to cook, you must make the settings as described in points **1** to **5**. The cooking time will then appear in the clock display. You may cancel the program by switching off the function selector.

# Defrosting programmes

The microwave setting enables the rapid defrosting of frozen foods.

Remove the food from its packaging and weigh it. You will need to know the weight in order to set the automatic programming function.

Use a flat, microwavable dish, e.g. a glass or porcelain plate.

Place the food on the plate and spread it out as flat as possible. Place the plate on the wire grill at level 2.

After defrosting, allow the food to defrost for a further 10-20 minutes.

Suitable cookware		Programme number	Weight range
Meat	Beef, pork, lamb, minced meat	1	0.5-2.0 kg
Chicken	Whole chicken, chicken drumsticks	2	0.8-3.0 kg
Fish	Fillets, whole fish	3	0.2-1.0 kg
Vegetables	All frozen vegetables	4	0.2-1.0 kg
Berries	All frozen berries	5	0.2-1.0 kg
Cake	Sponge cake, yeast pastry, cakes without cream topping	6	0.1-1.5 kg
Bread	Bread and rolls	7	0.2-1.5 kg

# Cooking programmes

The microwave setting enables you to cook meals in a quick and trouble-free manner.

Use a microwavable dish with lid, e.g. made out of glass, ceramic or porcelain. The dish should be large enough to allow the food to be spread out as flat as possible. For rice you should use a high-sided dish, as a lot of froth is formed when cereals are boiled.

Weigh the food and place it in the dish. You will need to know the weight in order to set the automatic programming function.

The table indicates to which meals liquid must be added.

Cover with the lid and place the meal on the wire grill at level 2.

Always insert the meal into the cold oven.

<b>Fresh meals</b>	<b>Suitable cookware</b>	<b>Programme number</b>	<b>Weight range</b>	<b>Add liquid</b>
Fresh vegetables	Peppers, fennel, carrots, leek, cauliflower, white cabbage, aubergines, zucchini	8	0.2-1.0 kg	1 dessert spoon per 100 g
Vegetables, frozen	Beans, peas, Brussel sprouts, cauliflower, broccoli, carrots, leek	9	0.2-1.0 kg	No
Potatoes	Potatoes	10	0.2-1.0 kg	1 dessert spoon per 100 g
Rice*	Parboiled, Patna rice <b>not</b> organic or wild rice	11	0.2-1.0 kg	*
Frozen fish	Whole fish, fillets	12	0.2-1.0 kg	No

\* \*Add twice the amount of liquid and set the total weight.

## Quick programmes

The microwave setting enables you to prepare a crispy roast or a pizza in no time at all. Use open dishes for the quick programmes. Always insert the dish into the cold oven.

Weigh the fresh or completely defrosted meat or poultry. For pizzas, use the weight specified on the package. You will need to know the weight in order to set the automatic programming function.

### Meat

Use a high-sided dish that is heat-resistant and microwavable, e.g. heat-resistant glass or ceramic. The roast should cover approx two thirds of the dish base.

Season the roast and place it into the dish. Do not add any vegetables or liquid, otherwise the roast will not be cooked sufficiently. To roast with vegetables, select the appropriate roasting programme.

Place the dish on the wire grill at level 2.

A 'turning signal' sounds after two thirds of the cooking time. You may now turn the roast.

On completion of the cooking time, the roast should be left to stand in the switched off oven for 5-10 minutes.

## Poultry

It is best to cook poultry directly on the wire grill. Insert the universal pan together with the grill pan on level 1 to ensure that any dripping juices are collected.

If you wish to cook several chickens at the same time, the chickens should be of a similar size. Enter the weight of the largest chicken.

First place the chicken with the breast-side down. Turn the poultry two thirds of the way through the grilling time (turning signal).

For stuffed poultry, you will need to enter the entire weight with stuffing.

The poultry can be served immediately after being cooked.

## Frozen pizza

Line the wire grill with baking paper and insert the frozen pizza.

Insert the wire grill into the oven on level 2.

<b>Fresh meals</b>	<b>Suitable cookware</b>	<b>Programme number</b>	<b>Weight range</b>	<b>Add liquid</b>
Roast beef	Roast beef	13	1.0-2.0 kg	No
Joint of pork	Shoulder, neck, collar, fillet, roast	14	0.5-3.0 kg	No
Chicken, 1 piece		15	0.8-1.5 kg	No
2 pieces of chicken	Of about the same size	16	0.8-1.5 kg	No
3 pieces of chicken	Of about the same size	17	0.8-1.5 kg	No
4 pieces of chicken	Of about the same size	18	0.8-1.5 kg	No
Duck, 1 piece		19	1.0-3.0 kg	No
2 pieces of duck	Of about the same size	20	1.0-3.0 kg	No
Stuffed poultry	Duck, goose	21	1.0-4.0 kg	No

Fresh meals	Suitable cookware	Programme number	Weight range	Add liquid
Roast veal	Roast or fillet, without filling	22	0.5-2.0 kg	No
Leg of lamb	Boneless leg	23	0.5-2.5 kg	No
Leg of lamb, pink	Boneless leg	24	0.5-2.5 kg	No
Frozen pizza		25	0.2-1.0 kg	No

## Roasting programmes

### Roasting in a sealed dish

### What you should know about cookware

Always insert the meal into the cold oven.

Using automatic roasting, you will be able to produce delicious braised meals, juicy roasts and tasty stew without the need for turning or basting the meat which, in turn, keeps your oven cleaner.

The microwave function is not connected for the roasting programmes.

Automatic programming is only suitable for roasting in a sealed dish. For this reason, always use a roasting dish with a lid that closes properly.

### Suitable bakeware

comprises heat-resistant dishes (up to 300 °C). Use glass or ceramic dishes. If you wish to use a roasting dish made out of enamelled steel, cast iron or die cast aluminium, simply add more liquid. The food will be darker.

Please observe the instructions of the bakeware manufacturer.

The meat may "rise" during the roasting process. For this reason, there should be a gap of at least 3 cm between the meat and the lid of the roasting dish.

In terms of roasting dish size, a general rule is that the meat should cover approximately two thirds of the dish base. This enables the meat juices to be collected.

### **Unsuitable bakeware**

comprises dishes made out of light, shiny aluminium, unglazed pottery and cookware with plastic handles.

### **Meat**

Select a suitable dish with lid.

Weigh the fresh or frozen meat. You will need to know the weight in order to set the automatic programming function.

The roasting table indicates whether or not you need to add liquid to your meal. If so, pour enough liquid, e.g. stock or wine, to cover the bottom of the empty dish.

Season the meat and place it into the dish.

Place the sealed dish onto the wire grill on level 2.

### **Fish**

Select a suitable dish with lid.

Weigh the fish. You will need to know the weight in order to set the automatic programming function.

Wash, sour and salt the fish as usual.

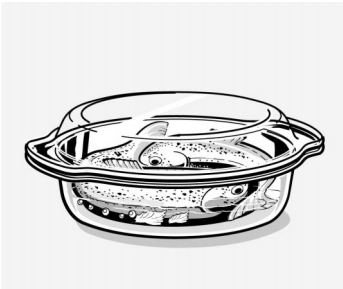
Steamed fish: Pour liquid, e.g. wine and lemon juice, into the dish up to a height of approx. 1/2 cm.

Fried fish: Turn the prepared fish in flour and coat it with melted butter.

Place the sealed dish onto the wire grill on level 2.

Note:

The fish will be cooked best when lying in the dish in "swimming position".



### **Stew**

You can combine various types of meat with fresh vegetables.

Cut the meat into bite-sized pieces. Poultry only needs to be cut up very roughly.

Add between the same and twice the amount of vegetables to the meat.

For example, you may add between 0.5 kg and 1 kg of fresh vegetables to 0.5 kg of meat.

Determine the combined weight of the meat and vegetables. You will need to know the weight in order to set the automatic programming function.

Add between one eighth and one quarter of a litre of liquid.

Place the sealed dish onto the wire grill on level 2.

<b>Meals Fresh</b>	<b>Suitable cookware</b>	<b>Programme number</b>	<b>Weight range</b>	<b>Add liquid</b>
Joint of beef	Standing rib, shoulder, leg, braised beef	26	0.5 - 3.0 kg	Yes
Roast beef	Roast beef, standing rib	27	0.5 - 2.5 kg	No
Roast beef, English style	Roast beef, standing rib	28	0.5 - 2.5 kg	No
Joint of pork	Shoulder, neck, collar, leg, fillet, roast	29	0.5 - 3.0 kg	Yes
Crispy roast	Shoulder with rind, belly	30	0.5 - 2.5 kg	No
Roast veal	Shoulder, leg, joint, thigh, stuffed breast of veal	31	0.5 - 2.5 kg	Yes
Leg of lamb	Boneless leg	32	0.5 - 2.5 kg	Yes
Leg of lamb, pink	Boneless leg	33	0.5 - 2.5 kg	No
Poultry	Chicken, duck, goose, baby turkey	34	0.5 - 2.5 kg	No
Poultry legs	Chicken, turkey, duck, goose legs	35	0.3 - 1.5 kg	No
Turkey breast	Turkey breast, roast	36	0.5 - 2.5 kg	Yes
Mutton, venison	Shoulder, neck cut, breast	37	0.5 - 2.5 kg	Yes
Smoked pork, venison, small game	Leg of venison, rabbit	38	0.5 - 3.0 kg	Yes
Meat loaf	Meat loaf	39	0.3 - 3.0 kg	No
Stews	Beef rolls, Irish stew, Hungarian goulash	40	0.3 - 3.0 kg	Yes
Fish, steamed	Trout, zander, carp, whole cod	41	0.3 - 1.5 kg	Yes
Fish, baked	Trout, zander, carp, whole cod	42	0.5 - 1.5 kg	No

Meals Frozen	Suitable cookware	Programme number	Weight range	Add liquid
Joint of beef	Standing rib, shoulder, leg	43	0.5 - 2.0 kg	Yes
Roast beef	Roast beef, standing rib	44	0.5 - 2.0 kg	No
Joint of pork	Shoulder, neck, collar, leg, fillet, roast	45	0.5 - 2.0 kg	Yes
Roast veal	Shoulder, leg, joint, thigh, stuffed breast of veal	46	0.5 - 2.0 kg	Yes
Leg of lamb	Boneless leg	47	0.5 - 2.0 kg	Yes
Leg of lamb, pink	Boneless leg	48	0,5 - 2,5 kg	No
Poultry legs	Chicken, turkey, duck, goose legs	49	0.3 - 1.5 kg	No
Mutton, venison	Shoulder, neck cut, breast	50	0.5 - 2.0 kg	Yes
Venison, small game	Leg of venison, rabbit	51	0.5 - 2.0 kg	Yes

### What weight do I specify?

Meals	Input
Roasts and poultry	Weight of meat
Meat loaf	Total weight
Stews: – Vegetarian (vegetable soup) – With meat	Weight of vegetables Weight of meat
Poultry legs	Weight of the heaviest leg
Fish	Total weight of fish



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## Advice on automatic programming

**The food is not completely defrosted.**

The defrosting programmes are designed in such a way that the food can be easily handled subsequent to defrosting.

**Your roast/poultry is not within the specified weight range.**

The weight range is deliberately restricted, as it is often the case that a suitably large roasting dish is not available for particularly roasts. Prepare large pieces using  top/bottom heating or  grilling with circulating air.

**The pot roast looks good, but the sauce is too dark.**

Next time, use a smaller roasting dish and add more liquid.

**The pot roast looks good, but the sauce is too light and watery.**

Next time, use a larger roasting dish and add less liquid.

**The roast is too dry on top.**

Always use bakeware with a lid that closes properly. Very lean meat will stay juicy if you cover the meat with strips of bacon.

**You wish to roast or fry several chicken or turkey legs at the same time.**

Only use legs of a similar size. Enter the weight of the heaviest leg. If, for example, you wish to roast two turkey legs of 1.4 kg and 1.5 kg, set the weight to 1.5 kg.

**You wish to prepare stuffed poultry.**

Only poultry that is not stuffed is suitable for preparation with automatic programming. Stuffed poultry is best cooked uncovered on the wire grill. Refer to the table for poultry.


**The stew looks good, but the meat is too pale.**

Next time, arrange the diced meat around the edge of the dish and pour the vegetables into the middle.

**The vegetables in the stew are too soft.**

When preparing a stew just enter the total weight of meat and vegetables. However, should you wish to keep the vegetables a little crunchier, simply enter the weight of the meat next time.

**You wish to use a stainless steel roasting dish.**

The suitability of stainless steel cookware for automatic roasting is limited, as the shiny surfaces tend to reflect the heat radiation. This will leave your pot roast looking pale and the meat may not be cooked through. If you do wish to use a stainless steel roasting dish, remove the dish lid at the end of roasting and brown the meat by cooking at grill stage 3  for another 8 to 10 minutes.

**You could smell burning whilst roasting, but the roast looks good.**

The lid of the roasting dish does not close properly or the meat expanded during roasting and lifted up the lid. Next time, use a lid which closes properly and ensure that there is a gap of at least 3 cm between the meat and the lid.

**You wish to steam or roast several whole fish at the same time.**

Only use fish of a similar size. Enter the total weight. If, for example, you wish to bake two trout of 0.6 kg and 0.5 kg, set the total weight to 1.1 kg.

**You wish to prepare a vegetarian stew.**

When preparing vegetable soups using automatic programming, ensure that "firm" vegetables only are used, such as carrots, green beans, white cabbage, celery and potatoes. The smaller the vegetables are cut, the softer they will become. Cover the vegetables with liquid to prevent them from becoming too brown on top.

**You wish to prepare frozen meat.**

Season the frozen meat in exactly the same way as fresh meat.


It is not possible to delay the start of the program. The prepared meat would defrost during the waiting period.

**The cooked vegetables are not soft enough, they are still crunchy.**

The degree to which the vegetables are cooked depends on the size of the pieces. If you prefer your vegetables a little softer, it is best to cut them into smaller pieces.

---

# Memory

Using the memory function, you can store the types of heating, the temperatures and the cooking times for a meal and call them up at any time. The automatic self-cleaning and  Conventional Baking functions cannot be stored.

It is sensible to use the memory function if you require several different settings in order to prepare a meal, or if there is a meal which you cook particularly often. Three different settings are possible.

There are two possible ways of saving the memory.

- ☐ Storing the setting: if you have just cooked a complicated meal successfully, you can immediately store all the settings you used without making any changes to them.
- ☐ Programming the setting: you may program the settings, e.g. for your favourite meal. This is done by entering the settings once more.

## Storing the setting

You wish to store the settings for the meal you have just cooked.

This is not possible if another cooking time, program or the automatic self-cleaning function has already been set.



**1.** Set the function selector to "P".

**2.** Turn the knob to the left until "Save memory" appears.

**3.** Press the Start button. "Memory saved" appears by way of confirmation.

Once "Memory saved" appears in the display, switch off the function selector.

There is not enough memory to store the settings for a meal which requires more than three settings. "Memory not possible" will appear in the display. Switch off the function selector.

## Cancelling

If you store the settings for another meal, the previous settings will automatically be overwritten.

# Programming the setting

You wish to program the settings, e.g. for your favourite meal. To do this, set the types of heating, temperatures and cooking time. The oven does not heat up.

1.

Select program

1. Set the function selector to "P".

2.

10<sup>h</sup>.22<sup>min</sup> Program memory

2. Turn the knob to the left until "Program memory" appears.

3.

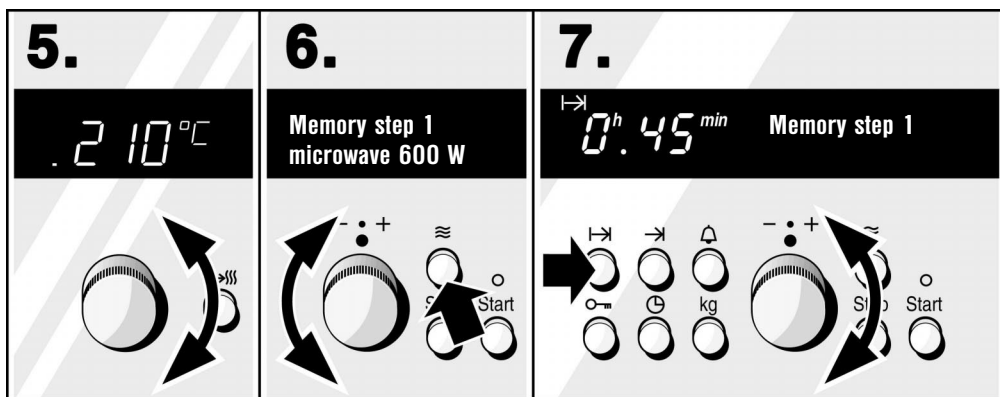
Program memory step 1

3. Press the Start button.  
You may now program "step 1". This involves entering the first type of heating, the first temperature, the first microwave setting if applicable, and the first cooking time.

4.

Memory step 1

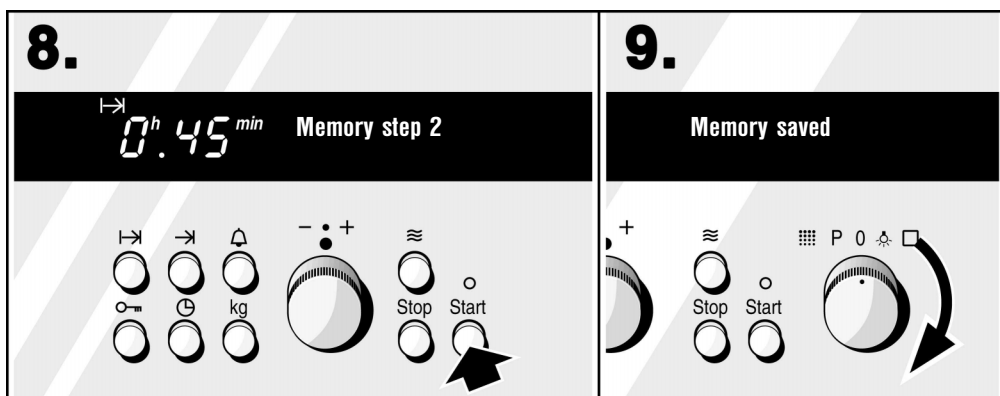
4. Use the function selector to set the type of heating. Do not turn the function selector beyond "0".



**5.** Use the temperature selector to set the temperature or grill setting.

**6.** You may now also select the microwave setting, if required. Press the Microwave button and use the knob to select the desired setting.

**7.** Press the I→I cooking time button and use the knob to set the desired cooking time.



**8.** Press the Start button. This stores "step 1". "Step 2" is now offered. (Set as described in points 4 to 8). You may set and store a total of three steps. "Memory full" indicates that no more settings can be stored.

**9.** Switch off the function selector when you have finished. "Memory saved" is confirmed in the text-style display.

## Cancelling

If you reprogram, the previous settings will automatically be overwritten.

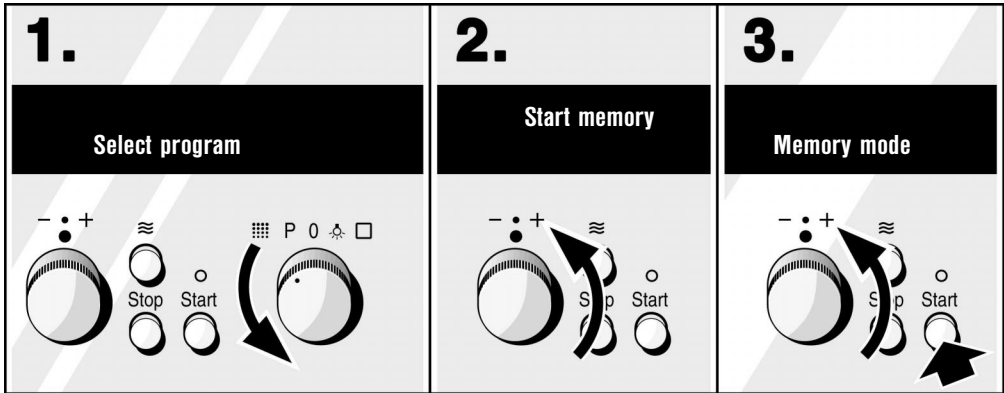
## Note

If you switch the function selector to "0" or beyond "0" during programming, the memory will be interrupted.

## Starting the memory function

The programmed or stored settings for your meal can easily be called up.

Place the meal in the oven.



**1.** Set the function selector to "P".

**2.** Turn the knob to the left until "Start memory" appears.

**3.** Press the Start button. The oven switches on after a few seconds.

## When the time has elapsed

A signal sounds when the time has elapsed. The oven switches off. A 0 and "Enjoy your meal" appear in the display. You may switch off the signal prematurely by pressing the Stop button. Switch off the function selector.

## Cancelling

### Notes

Switch off the function selector.

- ☐ If you have set a cooking time for a hotplate, you will not be able to use the memory function.
- ☐ You wish to know which memory settings are stored: Make the settings as described in points **1** and **2**. You may call up all of the settings using the **→|** cooking time button. After the last setting, **□** "Start memory" appears in the text-style display. Start the memory or switch off the function selector.
- ☐ It is also possible to set the oven to switch on and off automatically in conjunction with the memory function. Make the settings as described in points **1** and **2**. Press the **→|** end button. Use the knob to set the new end time. Then press the Start button.

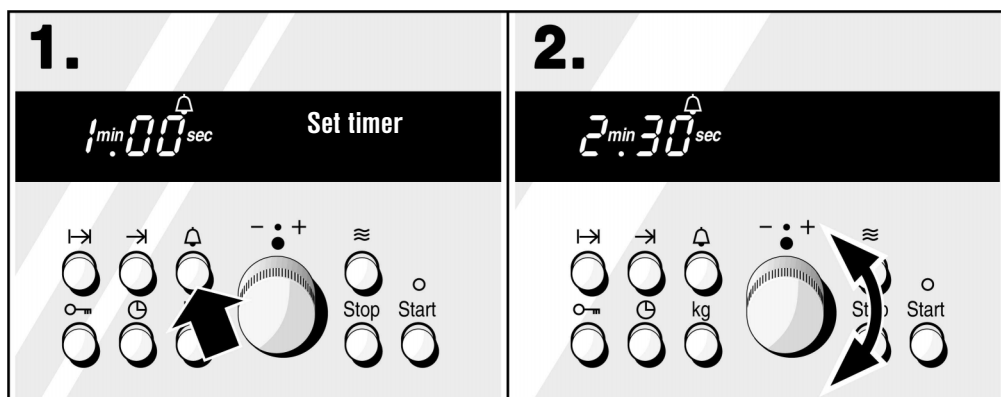
- ❑ The set time counts down in the clock display. If you press the **I→I** cooking time button, the remaining memory time will appear in the display for a few seconds.

# Timer

You can use the timer as a kitchen timer. It runs independently of the other settings. You may use the automatic roasting function for your pot roast and use the timer to set the cooking time for your pasta.

The timer has a special signal. This means that you can tell whether the set time on the timer has expired or the automatic roasting function is complete.

## Setting procedure




**1.** Press the  timer button.

**2.** Use the knob to set the timer as required.

The setting is stored automatically after a few seconds. The time set in the timer begins to count down in the clock display.

### When the time has elapsed

a signal sounds when the time has elapsed. The timer symbol flashes. Press the  timer button.

## Correction

Press the  timer button. Change the time using the knob.

## Cancelling

Press the  timer button twice in quick succession.

## Notes

- ☐ You can set hours, minutes and seconds.
- ☐ Turning the knob quickly allows you to adjust the setting in larger increments.

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# Care and cleaning

Do not under any circumstances use a highpressure or steam cleaner.

---

## Appliance exterior

Just wipe the appliance with a damp cloth. For stubborn soil add a few drops of washing-up liquid to the water. Dry with a dry cloth.

Never use strong or abrasive cleaning agents, as these can leave the surfaces looking dull. In the event that such cleaning agents are spilled onto the appliance, wash the surface immediately with water.

Slight discolorations on the front side of the appliance are due to the application of the various materials, namely glass, plastic and metal.

### Stainless steel appliances

Remove limescale, fat, cornflour and egg white marks as soon as possible. Corrosion can build up under such layers of dirt.

Commercial stainless steel cleaning products should be used. Take good note of the claims made by each manufacturer, and also test the product on a small area before use the product on the whole appliance.

### **Appliances with aluminium front**

Use a mild window-cleaning agent and a soft cloth or fluff-free microfibre cloth. Wipe the cloth horizontally over the surface and without applying pressure.

Do not use any aggressive cleaning agents, scratching sponges or rough cleaning cloths. Clean the aluminium surface with a dry cloth.

---

## **Seals**

The seals on the oven and oven door can be removed and cleaned using detergent (not in a dishwasher). Never use intensive or abrasive cleaning agents for this purpose.

---

## **Accessories**

It is best to soak the accessories in a detergent solution immediately after use. Any left-over food is then easily removed using a brush or cleaning sponge.

The grill pan accessories can be soaked in the universal pan or cleaned in a dishwasher. During automatic self-cleaning, the universal pan with grill pan or baking tray can also be cleaned in the oven.


# Automatic self-cleaning

The oven is heated to approx. 500 °C. Any food residues from roasting, grilling and baking are burnt to ash.

You may choose from the following cleaning levels.

Level	Degree of cleaning	Duration
1	Light	approx. 1 hour
2	Moderate	approx. 1½ hours
3	Intensive	approx. 2 hours

## What you should know

- ☐ For safety reasons, the oven locks automatically when it reaches approx. 250 °C. You will only be able to open the door again once the temperature has fallen below 300 °C after cleaning.
- ☐ Never attempt to open the oven during the self-cleaning process. The cleaning process may be interrupted.
- ☐ The oven exterior will be hotter to the touch than during normal operation. Make sure that nothing is placed against the front panel. Keep children at a safe distance.
- ☐ The oven light remains switched off during self-cleaning. The preheating indicator does not appear.
- ☐ If the  symbol for self-cleaning flashes, this may indicate that the oven door is not properly closed. The self-cleaning process will not continue. Close the oven door.

## Accessories

You may insert either the universal pan with grill pan or a baking tray on level 2 and include these accessories in the cleaning process. The wire grill is not suitable for automatic self-cleaning.

## N.B.!

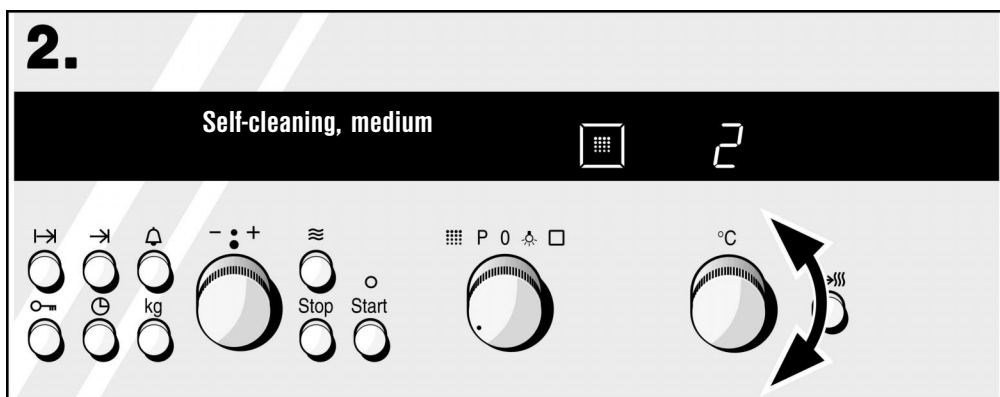
- ☐ Remove unsuitable accessories and all ovenware from the oven.

- ❑ Wipe the oven and any accessories you are also cleaning with a damp cloth. Loose food residues, grease and meat juices are flammable. Risk of fire
- ❑ Clean the oven door and along the edges of the oven in the area of the door seal. Do not scour the door seal.

## Setting procedure




1. Switch the function selector to . A zero flashes in the display.



2. Use the temperature selector to change the cleaning setting from 0 to 1, 2 or 3. Self-cleaning starts after a few seconds.

## When the time has elapsed

the temperature display disappears when the time has elapsed. "Self-cleaning" appears in the text-style display.

The oven will unlock when the temperature has fallen below 300 °C. The  symbol flashes in the display.

Only switch off the function selector when the oven door can be opened.

### Self-cleaning switches on and off automatically

This enables you to make use of the cheaper off-peak electricity rates, for example.

Make the settings as described in points **1** and **2**. Then start point **3** immediately.



**3.** Press the **I->I** end button. Change the end time for self-cleaning to a later time.

**4.** Use the knob to set the desired end time.

**5.** Press the Start button.

Self-cleaning switches on and off automatically.

### Cancelling

If you switch off the function selector, the entire setting will be deleted.

### Notes

- ☐ The cleaning level can no longer be changed once self-cleaning has been started.
- ☐ If you wish to know how much longer self-cleaning will take, simply press the **I->I** cooking time button. The time then appears in the clock display for a few seconds. The end time can be viewed by pressing the **I->I** end button.

### When the oven has cooled

Simply wipe away the remaining ashes using a damp cloth.

## Additional notes

Normally it will only be necessary to clean your oven every 2 to 3 months approximately. One cleaning process for the cooker consumes only about 2.2-4.1 kilowatt hours.

The special heat resistant enamel and the shiny parts of the oven may become dull or discoloured after a long period. This is quite normal and is not detrimental to the function of the appliance. Do not treat this discoloration with coarse scouring pads or intensive cleaning agents.

The oven is enamelled. Enamel must be burned in at very high temperatures, which can cause slight discoloration.


The thin edges of baking trays cannot be completely coated with enamel, and may therefore be rough. Protection against corrosion is guaranteed.

---

## Cleaning the oven by hand

### For cleaning

Should you wish to clean the oven without automatic self-cleaning, simply wipe the oven clean using hot soapy water or diluted vinegar solution. Never use coarse scouring pads or cleaning sponges.

- ☐ You can switch on the oven light by setting the function selector to .
- ☐ Oven cleaners must only be used in a cold oven.
- ☐ Apply the cleaning agent and allow it to take effect. For particularly stubborn dirt, it is possible to heat up the oven to 50 °C for 2 minutes, but no longer, otherwise the enamel could be stained.
- ☐ Rinse out the oven thoroughly.

### Glass cover of the oven light

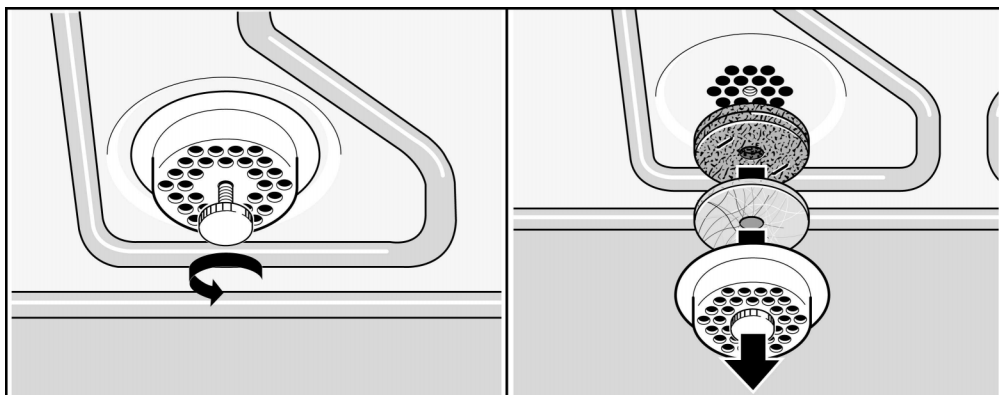
The glass cover may be cleaned in the same way as the oven.

## Steam filter

The oven ceiling features a steam filter. This serves to filter particles of fat from the exhaust air and thus reduce unpleasant odours.

The steam filter cleans itself during automatic self-cleaning.

If you use the automatic self-cleaning feature only rarely, you should also clean the filter from time to time.



### This is what to do:


1. Loosen the screw and remove the filter.
2. Remove both filter inserts.

The filter and the thin, one-layer filter insert can be cleaned using washing-up liquid or in the cutlery basket of your dishwasher. The thicker, two-layer filter insert must not be cleaned. The coating could be damaged.

3. Reattach the filter and filter insert. First place the one-layer filter insert, and then the two-layer filter insert, into the filter.
4. Tighten the filter by fastening the screw.

# Troubleshooting

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

Problem	Possible cause	Comments/remedy
The cooker does not work.	Blown fuse.	Look in the fuse box and check that the fuse is in working order.
	Power failure	Check whether the kitchen light switches on.
	The cooker is locked.	Press the key button until the key symbol in the display goes out.
The oven door cannot be opened. Three zeros and a  flash in the display.	Power failure	Switch off the function selector and temperature selector. Set the time of day and restart self-cleaning. If you no longer wish to repeat automatic self-cleaning, you must still wait for the oven temperature to fall below 300 °C.
The symbol for the selected type of heating flashes.	Power failure	Set the function selector to 0 and reset the type of heating.
The clock display flashes.	Power failure	Reset the time.
The oven does not heat up. The displays work, but there is an illuminated square in the top left-hand corner of the temperature display.	The appliance is currently in demo mode.	Switch off the cooker fuse in the fuse box. Wait for approximately 20 seconds. Switch on the fuses again. Within the next 2 minutes, press the rapid heating up button for 6 seconds until the square in the temperature display disappears.
The oven door cannot be opened.	Self-cleaning has started.	Wait for the program to end.
	The self-cleaning process was interrupted by a power failure, for example.	Wait until the oven has cooled.
	The function selector was switched off too soon after self-cleaning.	Wait until the oven has cooled.

<b>Problem</b>	<b>Possible cause</b>	<b>Comments/remedy</b>
"Safety cut-out switch" appears in the text-style display.	The cooker was operated for a long period without the setting being changed.	Switch off the function selector.
The "Er1" or "Er4" error message appears in the temperature display.	The temperature sensor has failed.	Contact customer service.
The "Er2" error message appears in the temperature display and a signal sounds.	Faulty mains connection.	Switch off the fuses in the fuse box and connect the cooker properly.
The "Er3" error message appears in the temperature display.	The electronic circuits have overheated.	The cooling fan is operating. "Er3" will clear after cooling and the cooker will heat again.
The "Er5" error message appears in the temperature display. The function selector is set to "P".	The clock is defective.	Contact customer service. The oven can be used without the clock.
The "Er6" error message appears in the temperature display. You have set self-cleaning.	The lock on the oven door is defective.	Switch off the function selector, and then call the after-sales service. All other oven functions can be used.
The oven door cannot be opened. The "Er7" error message appears in the temperature display.	The electronics are defective.	Contact customer service.
The "Er8" error message appears in the temperature display.	There is a fault with the microwave electronics.	Press and hold the Stop button until Er8 clears. The oven can be used without the clock. Contact customer service.
The "Er10" error message appears in the temperature selector display.	The electronics are defective.	Contact customer service.

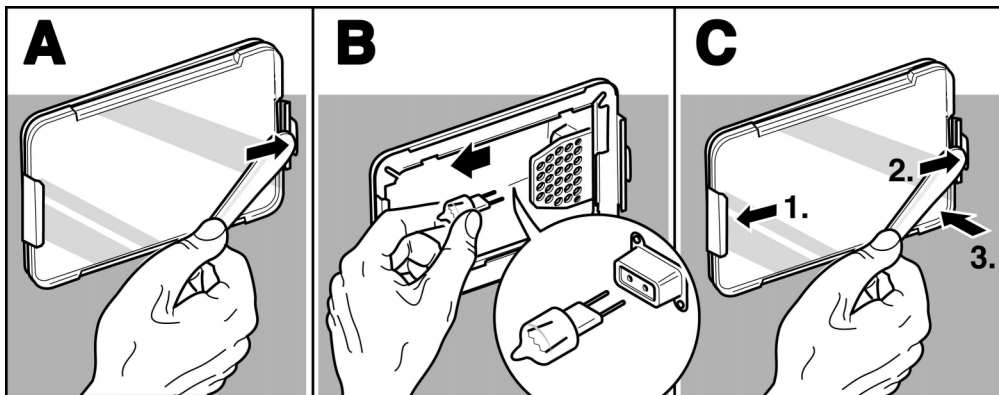
**Repairs may only be carried out by fully trained after-sales service technicians.**

Incorrect repairs may result in serious hazards to the user.

## Replacing the oven light

If the oven light fails, it must be replaced. Heat-resistant 20 watt halogen bulbs are available from the after-sales service or your local specialist retailer. Hold the halogen bulb with a dry cloth. This will increase the service life of the bulb. Only use these bulbs.

### Left-hand oven light

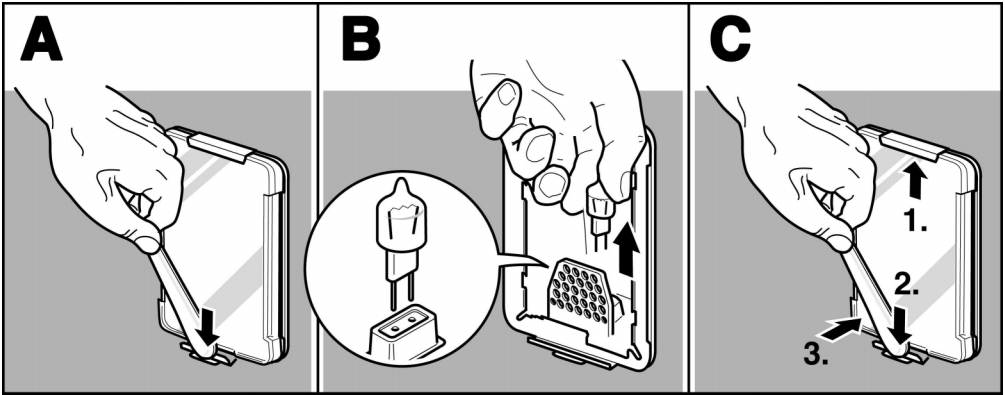


#### This is what to do:

1. Switch off the cooker fuse in the fuse box.
2. Place a tea towel in the cold oven to prevent damage.
3. Remove the glass cover of the **left-hand oven light**. To do this, use a spoon-handle to press back the metal tab - Fig. A. Now remove the glass cover.
4. Replacing the oven light.  
Use the thumb and index finger of your left hand to pull out the light from behind the bar. Do not turn - Fig. B. Insert the replacement light, taking care to position the pins correctly. Press in the new light tightly.
5. Reinstall the glass cover to the **left-hand oven light**. The labelling on the glass must be at the bottom. To do this, insert the glass cover at the front. Use the spoon-handle to press back the rear tab. The glass cover will now click into place - Fig. C.

6. Remove the tea towel.
7. Switch on the fuse again and reset the time.

### Right-hand oven light



#### This is what to do:

1. Switch off the cooker fuse in the fuse box.
2. Place a tea towel in the cold oven to prevent damage.
3. Remove the glass cover of the **right-hand oven light**. To do this, use a spoon-handle to press down the metal tab - Fig. A. Now remove the glass cover.
4. Replacing the oven light.  
Use the thumb and index finger of your left hand to pull out the light from behind the bar. Do not turn - Fig. B. Insert the replacement light, taking care to position the pins correctly. Press in the new light tightly.
5. Reinstall the glass cover of the **right-hand oven light**. The labelling on the glass must be at the back. To do this, insert the glass cover at the top. Use the spoon-handle to press down the bottom tab. The glass cover will now click into place - Fig. C.
6. Remove the tea towel.
7. Switch on the fuse again and reset the time.

## Replacing the glass cover

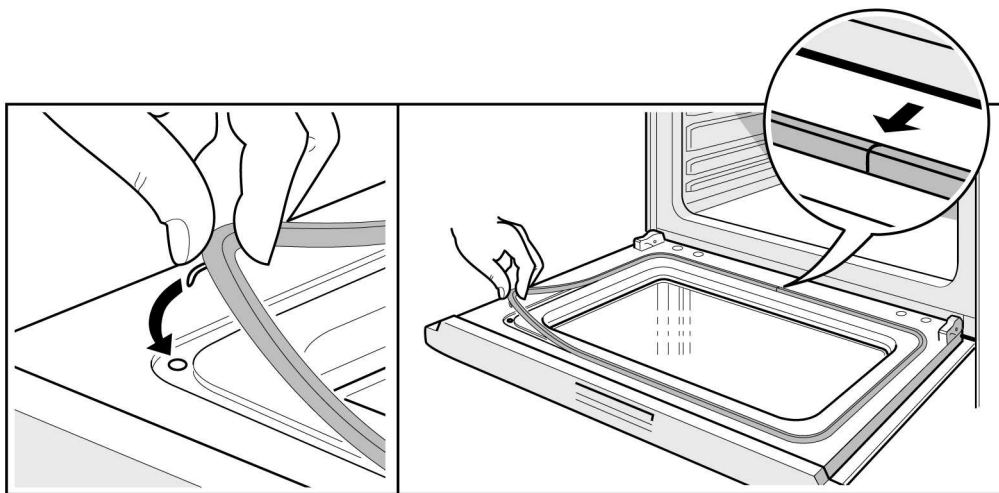
If the glass cover of the oven light is damaged, it must be replaced. Replacement glass covers can be obtained from the after-sales service. Please specify the E number and FD number of your appliance.

## Replacing the door seal

The door seal must be replaced if it becomes defective in any way. The replacement part can be obtained from your local customer service centre. Always make sure that you give the E-number and the FD-number when ordering.

1. Open the oven door.
2. Remove the old door seal.
3. 6 hooks are attached to the door seal. Attach the new door seal to these hooks on the inside of the oven door and press into position.

Note: The impact point of the door seal must be in the middle at the bottom of the door.



# Replacing the strengthening strip seal

A seal is located on the left and right-hand sides of the oven. This is secured by a hook at the top and bottom. You can replace this seal.

Replacement seals may be obtained from the after-sales service. To this end, please specify the E number and FD number of your appliance.

# After-sales service

Our after-sales service is there for you in the event that your appliance needs to be repaired. Your nearest appliance service centre can be found in the phone book, should your appliance need repairing. The specified after-sales service centres will also be happy to inform you of a service point in your local area.

## E number and FD number

When contacting after-sales service, always specify the product number (E no.) and production number (FD no.) of your appliance. The nameplate containing these numbers is located on the right side of the oven door. In order to save time in the event of an appliance malfunction, enter these details in the space provided here.

E no.	FD no.
After-sales service 📞	

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# Packaging and old appliances

## Disposing in an environmentally-responsible manner

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



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

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

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## How to save energy

- ☐ The oven should only be preheated if recommended in the cooking instructions or the applications table in the instruction manual.
- ☐ Use dark, black-finish or enamelled baking tins, as these are particularly good conductors of heat.
- ☐ When baking several cakes, it is best to bake them one after the other. The oven will still be warm, meaning that the baking time for the second cake will be reduced. It is also possible to bake two cakes (cake tins) next to each other.
- ☐ For long cooking times, it is possible to switch off the oven 10 minutes before the end of the cooking time and thus use the residual heat to finish off the cooking.
- ☐ Grilling: Place small pieces in the middle of the wire grill. Switch on the small area grill.
- ☐ Use the microwave combined with one type of heating. This saves time and energy.

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# Acrylamide in food

Experts are currently discussing how dangerous acrylamide in food can be. We have compiled this information sheet for you on the basis of current research.

## Where does acrylamide come from?

Acrylamide in food does not come from external contamination. It is formed in the food itself during preparation - provided that the food contains carbohydrate and protein. Exactly how this happens has not yet been completely explained. However, it appears that the acrylamide content is strongly influenced by:

high temperatures  
a low water content in food  
intensive browning of the food.

## What sort of foods are affected?

Acrylamide forms mostly in grain and potato products that are prepared at high temperatures, e.g.:

crisps, chips,  
toast, rolls, bread,  
baked goods made from shortcrust pastry  
(speciality biscuits and cakes).

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## What can you do?

You can avoid high levels of acrylamide when baking, frying and grilling.

The following recommendations were published by AID<sup>1</sup> and BMVEL<sup>2</sup> to help you minimise acrylamide levels:

### In general

Keep cooking times as short as possible.

Brown rather than burn" - cook food only until it is golden brown.

The larger and thicker the food is, the less acrylamide it contains.

## Baking

Set the temperature to a maximum of 200 °C when using the top/bottom heating setting, and to a maximum of 180 °C for the 3D hot air setting.

Cookies: Set the temperature to a maximum of 190 °C when using the top/bottom heating setting, and to a maximum of 170 °C for the 3D hot air setting. The presence of egg or egg yolk in a recipe reduces the formation of acrylamide.

Spread oven chips evenly over the baking sheet in one layer where possible. To prevent the food from drying out quickly, place at least 400 g on each baking sheet.

<sup>1</sup> AID "Acrylamide" information leaflet, published by AID (German Evaluation and Information Service for Nutrition, Agriculture and Forestry) and BMVEL (German Federal Ministry for Consumer Protection, Food and Agriculture), as at 12/02, Internet: <http://www.aid.de>.














<sup>2</sup> BMVEL press release 365, as at 4.12.2002, Internet:<http://www.verbraucherministerium.de>

# Test dishes

In accordance with DIN 44547 and EN 60350

## Baking

The values in the table apply to dishes inserted in a cold oven.



	Ovenware and notes	Level	Type of heating	Temperature in °C	Baking time in minutes
Viennese whirls*	Baking tray	3		180 - 200	15 - 30
	Baking tray	3		160 - 180	15 - 30
	Baking tray + universal pan	2 + 4		140 - 160	35 - 45
	2 baking trays** + universal pan	1 + 3 + 4		140 - 160	40 - 50
Small cakes*, 20 per baking tray (preheat)	Baking tray	3		180 - 200	15 - 25
	Baking tray	3		150 - 170	15 - 25
	Baking tray + universal pan	2 + 4		150 - 170	25 - 35
	2 baking trays** + universal pan	1 + 3 + 4		150 - 170	30 - 40
Swiss roll	Springform cake tin	2		150 - 170	30 - 40
Yeast cakes on a baking tray*	Baking tray	3		170 - 190	40 - 50
	Baking tray + universal pan	2 + 4		160 - 180	50 - 60
German apple pie	2 wire grills** + 2 tinplate springform cake tins Ø 20 cm	1 + 3, placed diagonally		170 - 190	70 - 80
	1 wire grill + 2 tinplate springform cake tins Ø 20 cm	1 In the centre alongside one another		200 - 220	70 - 80

\* Always place the universal pan above the baking tray when you are cooking on two levels at once. Always place the universal pan in the central shelf position when you are cooking on three levels at once. The top tray can be removed beforehand.

\*\* You can obtain baking trays and wire grills as optional accessories from a specialist store.

Grilling

The values in the table apply to dishes inserted in a cold oven.

Meal	Ovenware	Level	Type of heating	Grill setting	Cooking time in minutes
Toast (preheat for 10 mins.)	Wire grill	5		Setting 3	30 - 120 secs.
Beefburgers, x 12*	Wire grill	4		Setting 3	25 - 30

\* Turn half way through the cooking time.

Test meals in accordance with EN 60705

These meals are used by testing institutions to test the quality and function of microwave appliances. The power output is measured with the wire grill in shelf position 2. Place the dish on the wire grill at level 2.




Cooking with the microwave only

Meal	Microwave setting in watts and cooking time in minutes	Total cooking time
Egg and milk mixture, 1,000 g	600 watts, 8 mins. + 180 watts, 23 - 28 mins.	31 - 36 minutes
Sponge	360 watts, 15 - 18 mins.	15 - 18 minutes
Meat loaf	360 watts, 30 - 35 mins.	30 - 35 minutes

Defrosting with the microwave only

Meal	Microwave setting in watts and cooking time in minutes	Total cooking time
Meat	180 watts, 8 mins. + 90 watts, 5 - 7 mins.	13 - 15 minutes

Combination cooking with the microwave

Meal	Type of heating	Temperature in °C	Microwave setting in watts and cooking time in minutes	Total cooking time
Potato gratin (2 - 3 cm tall)		190 - 210	600 watts, 12 mins. + 180 watts, 15 - 17 mins.	27 - 29 minutes
Cake		180 - 190	180 watts, 15 - 17 mins.	15 - 17 minutes
Chicken*		240 - 250	360 watts, 30 - 35 mins.	30 - 35 minutes

\* Insert the universal pan at level 1.  
Turn the chicken 2/3 of the way through the cooking time.

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Notes

