



使用説明書

Instruction manual

HF 15M 562 HK

SIEMENS



SIEMENS

讓烹飪像吃飯般樂趣無窮

請詳閱本說明手冊，以確保能充分利用本微波爐提供的技術優點。

本手冊將為您提供重要的安全資訊。您將熟悉這部新微波爐的各個零件。我們會一步一步教您如何設定，這是相當容易的。

我們會以列表形式列出各知名菜式的微波調整值和強度。所有菜式都經過我們的烹飪工作室試驗。

如遇故障，請查閱本手冊自行修正輕微故障。

詳細目錄能助您迅速找到所需資料。

請盡情享用佳餚。

目錄

連接電源前	4
安裝前	4
安裝與連接	5
重要資訊	6
安全資訊	6
微波操作安全資訊	8
控制台	11
推入控制旋鈕	12
配件	12
首次使用前	13
設定時間	13
微波爐	14
烤箱器皿	14
微波強度設定	15
設定程序	16
對照表和小秘訣	17
對照表上的附註	17
解凍	17
解凍，加熱或烹煮冷凍食品	19
加熱食物	20
烹煮食物	21
微波小秘訣	22

目錄

自動編程	23
設定程序	23
解凍編程	24
烹煮編程	25
符合EN 60705規定的測試菜式	26
記憶功能	27
儲存記憶設定	27
啓動記憶功能	28
更改訊號音長度	29
保養與清潔	29
清潔用品	30
疑難排解	31
售後服務中心	32
技術規格	33

連接電源前

重要安全須知

請詳閱本說明手冊，才能安全並正確操作本電器。

請將操作及安裝說明置於安全處，以便於電器易手時，可連同電器一併移交。

安裝前

以具環保責任的 態度處置廢棄物



拆開微波爐包裝並取下所有包裝材料。

電器已依照符合歐盟第2002/96/EC號《電氣與電子設備廢料指令》（WEEE）有關舊電氣及電子設備之規定標示。

該指令內容決定適用之舊電器回廠或回收流程架構。

運送損壞

拆開包裝後請檢查電器是否受損。若在運送過程中已損壞，切勿將電器連接電源。

電源連接

若電線受損，必須經由製造商訓練的專人進行更換，免生危險。

微波爐安裝與電源連接

若電線受損，必須經由製造商訓練的專人進行更換，免生危險。

安裝與連接

本電器僅為家庭使用目的而設計。

本微波爐僅可作為嵌入式微波爐之用，不可作為桌上型微波爐或放在櫥櫃內使用。

請遵守特別的安裝指示。

本電器可安裝於**60公分**寬之掛牆式壁櫥（至少**30公分**深，離地面**85公分**高）。

本電器配有一個插頭，僅可連接至合適之接地插座。保險絲額定電流必須為**10安培**（自動斷電器觸發特性值為**L**或**B**）。主電源的電壓須與定額牌上所示電壓相符。

插座安裝及連接電線更換必須由合格電工執行。安裝後，若插頭不再可觸及，則旁邊必須有一個全極斷開裝置，其觸點間隙至少要為**3毫米**。

嚴禁使用轉接器、多路開關和延長線。電力負荷過載可能有引發火災的危險。

重要資訊

安全資訊

本電器符合電器之安全規定。維修工作必須由製造廠訓練之售後服務工程人員執行。不正確的維修可能會對使用者構成嚴重危險。

本電器僅為家庭使用而設計。請僅用來烹煮食物。

切勿將電器連接至外接式計時器或獨立的遙控器。以致有火災的危險。

下列成人或兒童需在監督下始可操作本電器

- 身體或心智上無能力操作者
- 或缺乏正確及安全操作本電器之必要知識或經驗者。

兒童與微波爐



兒童除非受過適當指導，否則絕不允許使用本微波爐。他們必須能正確操作本電器並了解使用手冊上特別指出的危險情況。

兒童使用微波爐時必須有成人旁指導，以確定其非用於玩耍。

熱燙的電器表面



加熱或烹煮時，不可觸碰電器表面，運作時，電器表面會變熱。

請讓兒童和電器保持安全距離，有燙傷的危險。

切勿將本電器之電線置放於箱門內，因其絕緣材料可能會受損。

有短路及觸電危險。

切勿把本電器頂部當作工作臺面，以致有火災的危險。

微波箱



切勿將易燃物品置於微波箱內，以免電器開啓時可能會著火。

有燙傷的危險。

微波箱內如有煙霧，切勿打開箱門。請將插頭拔掉。

除非有食物在微波箱內，否則切勿開啓電器，以避免電力負荷過載。烤箱器皿的短時間測試則為此規定之例外情況（請參見「微波」及「烤箱器皿」章節）。

使用微波爐時一定要用轉盤。

切勿將食物直接放在轉盤上，必須使用盤子盛裝。

切勿讓烹煮時溢出之液體經由轉盤流到電器內部。請遵守烹煮程序規定，先設定較短的烹煮時間，需要時再重新設定。

烹煮含高酒精飲料（如白蘭地、蘭姆酒）的食物時應特別小心。

因酒精在高溫時會蒸發。在不利環境下，酒精蒸氣會在微波箱內著火，有燙傷的危險。

烹煮時僅可使用少量高酒精飲料（例如白蘭地、蘭姆酒），打開微波箱時要小心。

微波箱門與密封條



若微波箱門受損，切勿操作本電器，否則可能會導致微波洩漏。請與售後服務中心聯絡。

微波爐箱門必須正確關上。

若密封條太骯髒，則操作時微波爐箱門將無法正常關上，這可能會導致相接的部份正面受損。請保持密封條清潔。

環境



有短路的危險。

切勿將本電器暴露在過熱或過於潮濕的環境下。

本電器僅供室內使用。

清潔方法



不可使用高壓或蒸氣噴射清潔用具，有短路及觸電危險。

定期清潔電器。若缺乏足夠之清潔保養，電器表面可能毀損，電器本身亦可能因年久而銹蝕，微波可能會外洩。

維修



維修工作僅可由製造廠訓練之售後服務工程人員執行。不正確的維修可能會對使用者構成嚴重危險。

切勿執行任何需要取下微波保護外殼的維修或保養工作。請與售後服務中心聯絡。

切勿打開電器外殼，本電器屬於高電壓電器。

電器故障時切勿開啓開關，請先將插頭拔掉，並與售後服務中心聯絡。

切勿自行更換微波箱內之燈泡，請與售後服務中心聯絡。

注意：任何需要取下微波保護外殼的維修或保養工作，由於具危險性，必須由專業人員執行。

微波操作安全資訊

烹煮食物



本微波爐係專為食物烹煮之使用而設計。用於其他目的可能有危險並且可能造成損害。例如，加熱穀類枕頭後數小時仍有可能起火，以致有火災的危險。

兒童除非受過適當指導，否則絕不允許使用微波電器。兒童必須能正確操作本電器並了解使用手冊上特別指出的危險情況。

微波強度和時間



切勿選擇高於必要的微波強度或時間設定。食物可能會著火，以致造成電器損壞。有火災的危險。請遵照說明手冊指示。

烤箱器皿



請僅使用適用於微波爐的烤箱器皿。

瓷器或陶器物質器皿把手或蓋子上可能有小孔。這些小孔下方隱藏了一個凹洞。任何穿過這個凹洞的水分都有可能引起烤箱器皿爆裂，以致有受傷的危險。

食物加熱後會散發熱度，烤箱器皿會變熱，會有燙傷的危險。

請使用隔熱布或隔熱手套取出電器內的烤箱器皿及配件。

包裝袋



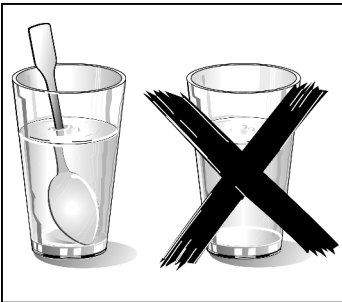
切勿加熱置於保溫包裝袋中的食物，有火災的危險。

切勿在無人看守的情況下將食物放在塑膠、紙張或其他易燃物質容器中加熱。

密閉包裝內的食物加熱時可能會爆開，以致有被燒傷的危險。

請遵守包裝上的指示使用。請使用隔熱布或隔熱手套取出微波爐內食物。

飲料



液體加熱時有可能會產生延遲沸騰的情況。這表示液體已達到沸騰溫度，但表面卻未升起一般蒸氣泡。即使稍微搖動一下容器，熱水仍可能突然沸騰或濺出來。以致有被燒傷的危險。

加熱液體時，務必先在容器裡放一支湯匙，這樣做可避免延遲沸騰的情況發生。

切勿加熱緊閉容器內的飲料或其他食物，以致有爆炸的危險。

切勿過度加熱酒精性飲料，以致有爆炸的危險。

烹煮含高酒精飲料（如白蘭地、蘭姆酒）的食物時應特別小心。

因酒精在高溫時會蒸發。在不利環境下，酒精蒸氣會在微波箱內著火，會有燙傷的危險。

烹煮時僅可使用少量高酒精飲料（例如白蘭地、蘭姆酒），打開微波箱時要小心。

嬰兒食品



切勿加熱緊閉容器內的嬰兒食品，必須將瓶蓋或奶嘴取下。
食物加熱後請充分攪拌或搖勻，這是唯一可以確定將食物熱度平均分佈的方法。有被燒傷的危險。
餵食兒童前請檢查食物的溫度。

連殼或皮的食物



切勿烹煮連殼的蛋。切勿重新加熱已煮熟的水煮蛋，因為即使微波爐操作已結束，蛋殼仍可能會爆裂開來。有殼的水生類動物和甲殼類動物也一樣，會有燙傷的危險。
煎蛋或煮蛋時，務必先將蛋黃戳破。

烹煮蘋果、蕃茄、馬鈴薯和香腸等帶硬皮軟膜食物前，請先將皮膜戳破，以免皮膜爆開。

烘乾食物



切勿使用微波爐來烘乾食物，這樣做會有火災的危險。

低水分食物



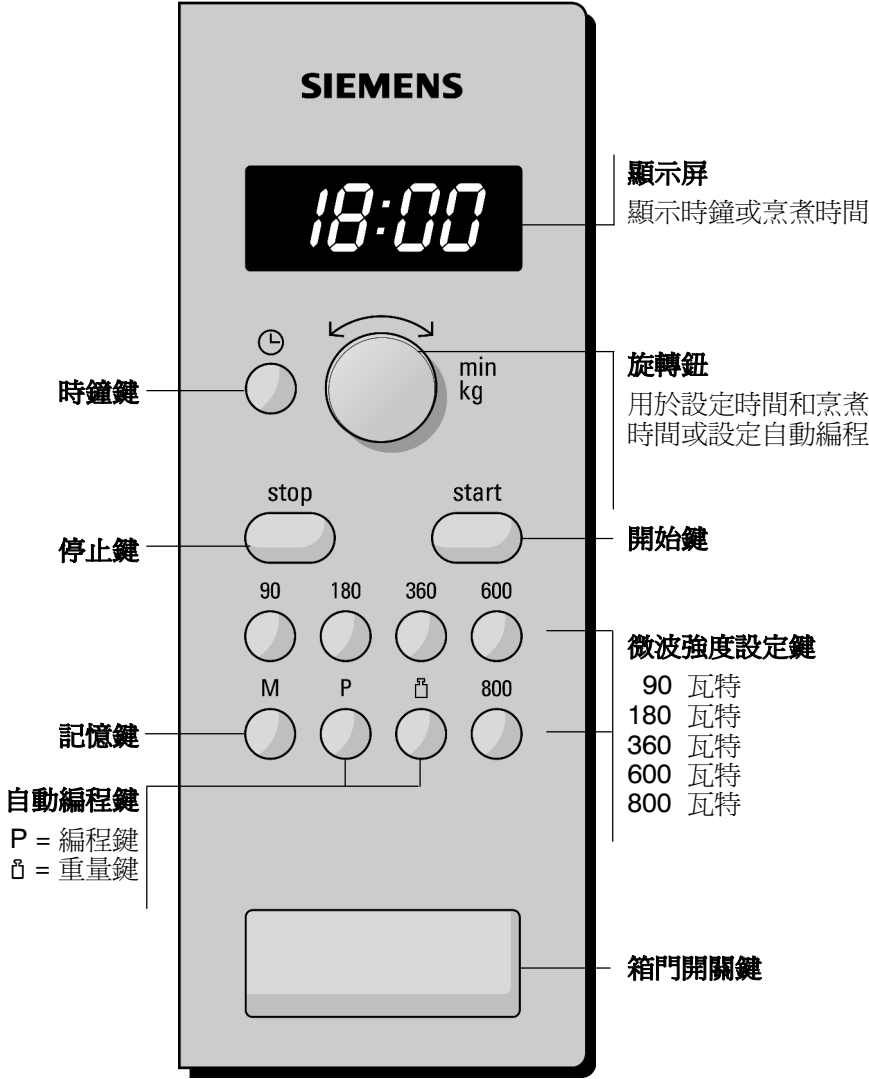
若食物含水量低（例如麵包），切勿以過高強度或過長時間解凍或加熱，以致有火災的危險。

食用油



切勿使用微波爐單獨加熱食用油，以免有引發火災的危險。

控制台

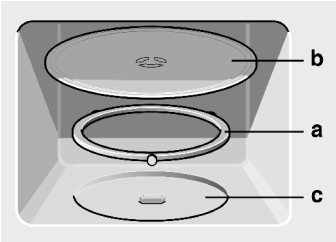


推入控制旋鈕

可在任何位置推入旋鈕。
只要按下控制旋鈕即可鬆開或推入。旋鈕可向右或向左旋轉。

配件

轉盤



將轉盤置入：

1. 將支撐環**(a)**放進**(c)**微波箱底座中央的轉軸內。
2. 將轉盤**(b)**置於支撐環上**(a)**。

只有在轉盤放好的情況下方可使用微波爐。請確認支撐環是否正確嵌入。轉盤可逆時鐘或順時鐘旋轉。

選配配件

您可自售後服務中心購買選配配件。
請指定HZ編號。

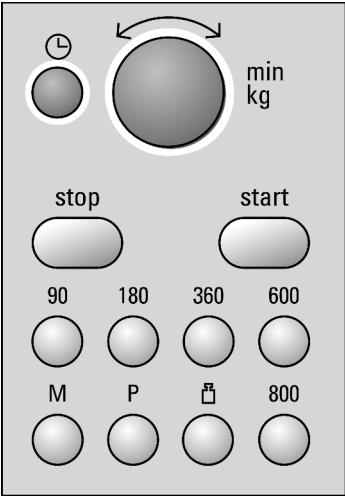
蒸盤	HZ 86 D 000
----	-------------

首次使用前

電器連接電源或切斷電源後，顯示屏將出現三個零。

設定時間

圖中深色鈕需要進行設定



1. 按⌚時鐘。
顯示屏出現12:00和⌚。

2. 使用旋轉鈕設定時間。

3. 按⌚時鐘。
顯示屏上的⌚消失。

已設定目前時間。

隱藏時鐘

按⌚時鐘然後按停止鍵。
顯示屏呈現空白。

重設時鐘

按⌚時鐘。
顯示屏出現12:00。如步驟2及3所述方式設定。

更改時間
例如，從夏令時間
變成冬令時間

如步驟1至3所述方式設定。

微波爐

微波能量係被轉化在加熱食物上。微波爐最適用於快速解凍、加熱、融化和烹煮。

請立刻試用這台微波爐。例如，您可為自己煮一杯熱水來泡茶。

用一個沒有金邊或銀邊飾紋的大茶杯，裡面放一支茶匙。將盛了水的茶杯放到轉盤上。

1. 按800。
2. 以旋轉鈕設定1:30分鐘。
3. 按開始鍵。

1分30秒後會有一個訊號音，這表示水已經熱了。

當您品嚐茶時，請再細閱說明手冊前面的安全資訊。這樣做非常重要。

烤箱器皿

合適的烤箱器皿

合適的器皿必須是耐熱的玻璃製品、玻璃陶瓷製品、瓷器、陶器或耐熱塑膠。這些物料都不會反射微波。

您也可以使用大盤，省卻從一個盤轉到另一個盤的麻煩。

如器皿帶金邊或銀邊飾紋者，僅可使用有製造商保證適用於微波爐的。

不合適的烤箱器皿

金屬烤箱器皿是不合適的。

金屬會反射微波。有蓋金屬容器內的食物是不會變熱的。

注意：金屬（例如玻璃杯內的湯匙）必須距離微波箱及箱門內壁至少**2公分**。火花可能會弄碎箱門內壁的**玻璃**。

餐具測試：

除非微波爐內有食物，否則切勿開啓電源。
以下的器皿測試為本規則的唯一例外。

若您不確定器皿是否合適用於微波爐，請進行以下測試：
以最高強度將空烤箱器皿加熱**30到60秒**。期間，檢查烤箱器皿的溫度。烤箱器皿應該還是冷的或可觸碰的暖度。若烤箱器皿變燙或產生火花，則該烤箱器皿不適用於微波爐。

微波強度設定

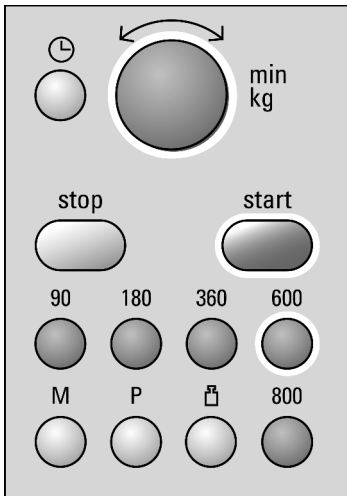
微波強度設定	用途
800瓦特	液體加熱
600瓦特	食物加熱與烹煮
360瓦特	肉類烹煮與脆弱食品加熱
180瓦特	解凍與持續烹煮
90瓦特	解凍脆弱食品

註

800瓦特微波強度最長設定時間為**30分鐘**，600瓦特可達**1小時**，其餘強度可達**1小時39分鐘**。

設定程序

範例：
600瓦特



1. 按下所需的微波強度設定。
微波設定燈亮著，顯示屏出現1:00分鐘。

2. 使用旋轉鈕設定時間。

3. 按開始鍵。

您將會看到烹煮時間正在倒數。

烹煮時間過去

訊號音響起，打開微波箱門或按停止鍵。顯示屏上再次出現時鐘。

更改烹煮時間

請使用旋轉鈕更改烹煮時間後再啓動。

暫停

按一次停止鍵或打開微波箱門。關門後再按一次開始鍵。

取消

按兩次停止鍵，或打開箱門並按一次停止鍵。

註

您也可以先設定烹煮時間，然後再設定微波強度。

對照表和小秘訣

對照表上的附註

以下對照表提供多個微波爐使用選項及設定。

對照表中標示的時間僅供參考。烹煮時間可能會因應所用的烤箱器皿、食物質量、溫度和稠度而改變。

通常對照表內所指定的是時間範圍。請先設定最短的時間，有需要的話再延長時間。

您所要烹煮的份量可能會跟對照表上指定的不同。根據經驗可以約略應用以下原則：

兩倍的份量 - 幾乎兩倍的時間
一半的份量 - 一半的時間。

常保烤箱器皿置於轉盤上。

解凍

將冷凍食物放在打開的容器內，再置於轉盤上。

雞腿和雞翅或烤肉的外層肥肉等脆弱部份，可用小張鋁箔紙包裹。切勿讓鋁箔紙觸碰微波爐內壁。解凍中途，可將鋁箔紙取下。

解凍過程中，請反轉或攪拌食物一至二次。大塊的食物應反轉數次。

解凍後，讓食物靜置於室溫下**10**至到**20**分鐘，待溫度穩定。如果是家禽類食物，可於此時取出內臟。即使肉類中間部份未解凍，仍可供烹煮。

	份量	微波強度設定（瓦特） 時間（分鐘）	附註
大塊肉類，如牛肉，豬肉或小牛肉（帶骨或不帶骨）	800克	180瓦特，15分鐘 + 90瓦特，10 - 20分鐘	
	1,000克	180瓦特，20分鐘 + 90瓦特，15 - 25分鐘	
	1,500克	180瓦特，30分鐘 + 90瓦特，20 - 30分鐘	

	份量	微波強度設定（瓦特） 時間（分鐘）	附註
切丁或切片牛肉、 豬肉和小牛肉	200克	180瓦特，2分鐘 + 90 瓦特， 4 - 6分鐘	反轉時將肉丁或片分開。
	500克	180瓦特，5分鐘 + 90瓦特， 5 - 10分鐘	
	800克	180瓦特，8分鐘 + 90 瓦特， 10 - 15分鐘	
混合肉末	200克	90瓦特，10分鐘	冷凍時盡可能將肉末鋪平。 解凍時反轉數次，並將已解 凍部份肉塊取出。
	500克	180瓦特，5分鐘 + 90瓦特， 10 - 15分鐘	
	800克	180瓦特，8分鐘 + 90瓦特， 10 - 20分鐘	
原隻或部份家禽	600克	180瓦特，8分鐘 + 90瓦特， 10 - 15分鐘	
	1,200克	180瓦特，15分鐘 + 90瓦特， 20 - 25分鐘	
魚柳 魚扒，魚片	400克	180瓦特，5分鐘 + 90瓦特， 10 - 15分鐘	請將已解凍部份分開。
蔬菜，例如豌豆	300克	180瓦特，10 - 15分鐘	
水果， 例如紅桑梅	300克	180瓦特，7 - 10分鐘	解凍時小心攪拌，並將已解 凍部份分開。
	500克	180瓦特，8分鐘 + 90瓦特， 5 - 10分鐘	
牛油	125克	180瓦特，1分鐘 + 90瓦特， 2 - 3分鐘	取下所有的包裝
	250克	180瓦特，1分鐘 + 90瓦特， 3 - 4分鐘	
全麥麵包	500克	180瓦特，6分鐘 + 90瓦特， 5 - 10分鐘	
	1,000克	180瓦特，12分鐘 + 90瓦特， 10 - 20分鐘	
奶油蛋糕，例如搗 油法製作的蛋糕	500克	90瓦特，10 - 15分鐘	反轉時將蛋糕件分開。僅適 用於不含糖霜、奶油或法式 忌廉的蛋糕。
	750克	180瓦特，5分鐘 + 90瓦特， 10 - 15分鐘	
果汁蛋糕，例如水 果蛋糕和夸克蛋糕	500克	180瓦特，5分鐘 + 90瓦特， 15 - 20分鐘	僅適用於不含糖霜或魚膠粉 的蛋糕。
	750克	180瓦特，7分鐘 + 90瓦特， 15 - 20分鐘	

解凍，加熱或烹煮冷凍食品

將熟食從包裝中取出。放在微波爐適用的盤子上加熱會更快更平均。食品的不同部份或需以不同強度加熱。

舖平的食物會比疊高的食物加熱得快。因此，最好將食物攤平在容器裡。不應將食物一層一層疊放。

應常保食物蓋上。若無合適之蓋子，請使用盤子或微波爐專用鋁箔紙。

加熱過程中，應該攪拌或反轉食物兩至三次。

加熱食物後，讓其靜置2至5分鐘，待其溫度穩定。

這樣可保存大部份食物原味。然後您就可隨意加入鹽和調味料。

	份量	微波強度設定 (瓦特) 時間(分鐘)	附註
含2至3部份的套餐、 盤餐、速食餐	300- 400克	600瓦特，8 - 11分鐘	
湯	400克	600瓦特，8-10分鐘	
燉肉	500克	600瓦特，10-13分鐘	
醬肉，例如匈牙利燉牛肉	500克	600瓦特， 12 - 17分鐘	攪拌時請將肉件分開。
魚，例如魚柳	400克	600瓦特， 10 - 15分鐘	您可加入水、檸檬汁 或酒。
烤焗類，例如義大利千層 麵和芝士麵捲	450克	600瓦特， 10 - 15分鐘	
伴菜 米飯及義大利麵	250克 500克	600瓦特，3 - 5分鐘 600瓦特， 8 - 10分鐘	加入少許液體。
蔬菜，例如碗豆、西蘭花 及紅蘿蔔	300克 600克	600瓦特， 8 - 10分鐘 600瓦特， 14 - 17分鐘	加水至覆蓋盤子 底部。
奶油菠菜	450克	600瓦特， 11 - 16分鐘	無需加水。

加熱食物

將熟食從包裝中取出。放在微波爐適用的盤子上加熱會更快更平均。食品的不同部份或需以不同強度加熱。



加熱液體時，請將茶匙放入容器中，避免液體因沸騰而溢出。當發生延遲沸騰時，液體沸騰不會產生一般的蒸氣泡。即使稍微搖動一下容器，液體仍可能突然沸騰或濺出來，而引起受傷和燙傷。

應常保食物蓋上。若無合適之蓋子，請使用盤子或微波爐專用鋁箔紙。

加熱過程中，應該攪拌或反轉食物數次，並留意溫度。

加熱食物後，讓其靜置2至5分鐘，待其溫度穩定。

份量		微波強度設定 (瓦特) 時間(分鐘)	附註
含2至3部份的套餐、 盤餐、速食餐		300 – 400克	600瓦特， 10 – 15分鐘
飲料	150毫升	800瓦特，1 – 2分鐘	將湯匙放進容器。酒精性 飲品切勿過度加熱。應監 察加熱過程。
	300毫升	800瓦特，2 – 3分鐘	
	500毫升	800瓦特，3 – 4分鐘	
嬰兒食品，例如嬰兒 奶瓶	50毫升	360瓦特，約½分鐘	加熱時請取下瓶蓋或奶 嘴。加熱後請搖勻。必須 檢查溫度。
	100毫升	360瓦特，約1分鐘	
	200毫升	360瓦特，約1½分鐘	
湯	1碗	200克	600瓦特，2 – 3分鐘
	2碗	400克	600瓦特，4 – 5分鐘
醬肉		500克	600瓦特，8 – 11分鐘
燉肉	400克	600瓦特，6 – 8分鐘	將肉片分開。
	800克	600瓦特，8 – 11分鐘	
蔬菜	1份	150克	加入少許液體。
	2份	300克	

烹煮食物

烹煮時，應常將食物放在有蓋器皿中。烹煮過程中應攪拌或反轉食物。

這樣可保存大部份食物原味。然後您就可隨意加入鹽和調味料。

舖平的食物會比疊高的食物加熱得快。因此，最好將食物攤平在容器裡。可能的話，不應將食物一層一層疊放。

烹煮食物後，應靜置2至5分鐘，待其溫度穩定。

	份量	微波強度設定（瓦特） 時間（分鐘）	附註
不含內臟之新鮮全雞	1.2公斤	600瓦特，25 - 30分鐘	烹煮中途應反轉雞身。
新鮮魚柳	400克	600瓦特，5 - 10分鐘	
新鮮蔬菜	250克 500克	600瓦特，5 - 10分鐘 600瓦特，10 - 15分鐘	將蔬菜切成同等大小。 每100克蔬菜加入1至2湯匙的水。
伴菜，例如馬鈴薯	250克 500克 750克	600瓦特，8 - 10分鐘 600瓦特，11 - 14分鐘 600瓦特，15 - 22分鐘	將馬鈴薯切成同等大小。加水至容器深度約1公分，並攪拌。加入米飯兩倍的水。
米飯	125克 250克	600瓦特，5 - 7 + 180瓦特， 12 - 15分鐘 600瓦特，6 - 8 + 180瓦特， 15 - 18分鐘	
甜點，例如布丁（即食）、水果、熟果甜品	500毫升 500克	600瓦特，6 - 8分鐘 600瓦特，9 - 12分鐘	烹煮過程中，以打蛋器徹底攪拌布丁2至3次。

微波小秘訣

當您找不到任何符合烹煮食物份量設定的資訊時。	請根據以下經驗法則增減烹煮時間。 兩倍的份量 = 兩倍的時間 一半的份量 = 一半的時間
當食物變得太乾時。	下次應設定較短的烹煮時間或選擇較低的微波強度設定。將食物蓋好並多加些水。
當烹煮時間已過，而食物仍未解凍、變熱或煮好時。	設定較長時間。大量及疊高的食物需要較長的時間。
當烹煮時間已過，食物邊緣過熟但中間部份未熟時。	烹煮時要攪拌，下次請選擇較低的微波強度設定及較長的烹煮時間。
解凍後，家禽或肉類外面已解凍但中間尚未解凍時。	下次請選擇較低的微波強度設定。若要解凍大量食品，請反轉數次。

註	微波箱門板、內壁及底板可能會出現凝結情況，此乃正常現象，並不會影響微波爐操作。烹煮後請將水蒸氣擦拭乾淨。
---	--

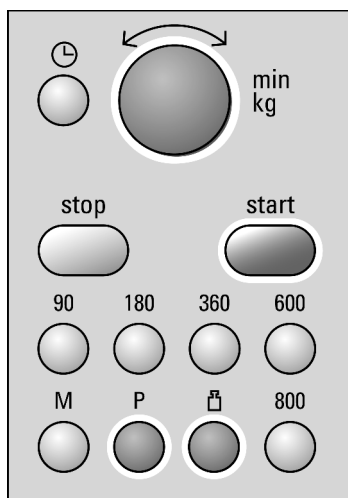
自動編程

您可利用自動編程輕鬆解凍食物，並快速容易地準備各種菜式。

本微波爐有7種自動編程。

您可從各個編程的對照表中找到合適的食物和重量範圍。您可設定範圍內的任何重量。

設定程序



1. 重覆按“P”直到出現所需的編程數字。

2. 請按 。
顯示屏上會亮著“P”和預設重量。

3. 使用旋轉鈕設定菜式重量。

4. 按開始鍵。

您會看到編程的烹煮時間正在倒數。

烹煮時間過後

訊號音響起，微波爐關閉。
請打開微波箱門或按停止鍵。

調整

按兩下停止鍵以重設。

暫停

打開微波箱門。關門後再按開始鍵。編程便會繼續。

取消

按兩下停止鍵。

附註

有些編程會在一段時間後出現訊號音。請打開微波箱門並攪拌食物或翻動肉類或家禽。關門後再按一次開始鍵。

您可按“P”或查詢編程號碼及重量。顯示屏會出現相關數值達3秒。

解凍編程

烹煮食物

您可使用4種編程來解凍肉類、家禽和麵包。

請使用切薄、份量適中、冷凍並貯藏於 -18°C 的食物。

將待解凍食品包裝取下，秤食物重量。您必須知道重量才能設定編程。

烤箱器皿

將食物置於微波爐專用的淺盤上，例如，玻璃或瓷盤。切勿覆蓋盤子。

等待時間

食物解凍後，應靜置10至30分鐘，待其溫度穩定。大塊肉類需要待涼的時間比小塊肉類長。薄切肉片和肉末在待涼前應先一塊一塊分開。

厚肉片中間即使仍未解凍，仍可進行烹煮。如果是家禽類食物，可於此時取出內臟。

訊號音

有些編程會在一段時間後出現訊號音。請打開微波箱門並攪拌食物或翻動肉類或家禽。關門後再按一次開始鍵。

警告！

解凍肉類或家禽時會產生液體。不管如何，不能使用該液體或任其觸碰其他食物。

食品	編程號碼	重量範圍
肉末	P 01	0.2-1.0公斤
肉件	P 02	0.2-1.0公斤
原隻家禽、家禽部份	P 03	0.4-1.8公斤
麵包	P 04	0.2-1.0公斤

烹煮編程

烤箱器皿

烹煮食物

- 您可使用**3種**編程來烹煮白米、馬鈴薯和蔬菜。
- 必須使用適用於微波爐的連蓋器皿。烹煮米飯時應使用大而深的器皿。
- 先秤食物重量。您必須知道重量才能設定編程。
- 白米：切勿使用袋裝米。
加入包裝上所指示的水量。通常是白米重量的兩至三倍。
- 馬鈴薯：將煮熟的馬鈴薯平均切成小件。每**100克**馬鈴薯加入一湯匙水和少許鹽。
- 新鮮蔬菜：將新鮮蔬菜洗淨並秤重。將蔬菜平均切成小件。每**100公克**蔬菜加入一湯匙水。
- 編程過程中會有訊號音響起，請攪拌食物。
- 編程結束時，請再次攪拌食物。讓食物靜置**5至10分鐘**，待其溫度穩定。
- 烹煮結果好壞，視乎食物品質和特性而定。

食品	編程號碼	重量範圍
白米	P 05	0.05-0.2公斤
馬鈴薯	P 06	0.15-1.0公斤
蔬菜	P 07	0.15-1.0公斤

符合EN 60705規定
的測試菜式

本微波爐電器之品質和功能經由測試機構檢驗，通過以下菜式測試。

微波爐烹煮

菜式	微波強度設定（瓦特）及烹煮時間（分鐘）	附註
蛋奶凍， 750克	360瓦特，12 - 17分鐘 + 90瓦特， 20 - 25分鐘	將20 x 25公分的耐熱玻璃盤置於轉盤上
海綿鬆糕	600瓦特，8 - 10分鐘	將直徑22公分的耐熱玻璃盤置於轉盤上
肉塊	600瓦特，20 - 25分鐘	將耐熱玻璃盤置於轉盤上

微波解凍

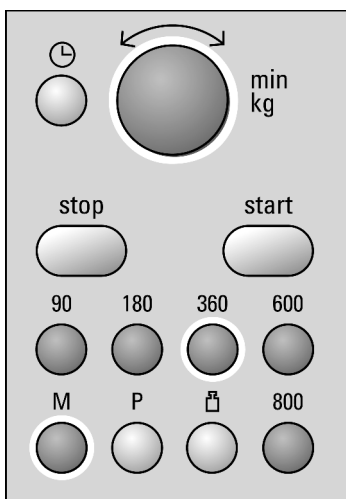
菜式	微波強度設定（瓦特）及烹煮時間（分鐘）	附註
肉類	180瓦特，5 - 7分鐘 + 90瓦特， 10 - 15分鐘	將直徑22公分的耐熱玻璃盤置於轉盤上

記憶功能

您可使用記憶功能建立屬於自己的編程。若您經常烹煮某款菜式，記憶功能就大派用場。您可以儲存設定，隨時取出來使用。

儲存記憶設定

範例：
360瓦特，25分鐘



1. 按“M”
顯示屏出現“M”。
2. 按下所需的微波強度設定。
“M”，顯示屏亮著“1:00”分鐘字樣。
3. 使用旋轉鈕設定時間。
4. 按“M”確認。
顯示屏上再次出現時鐘。

設定已儲存。

您可儲存記憶設定並立即啓動微波爐。這時，改按開始鍵而不按“M”。

您無法連續儲存若干微波強度設定。

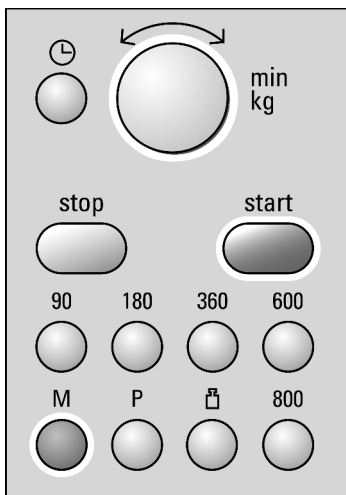
您無法儲存自動編程。

增加記憶編程設定：

按“M”。顯示屏上會出現舊有設定。如步驟1至4所述方式儲存新編程設定。

附註

啓動記憶功能



您可以輕易啓動已儲存之編程。請將食物置於微波爐內。關上箱門。

1. 按“M”
顯示屏上會出現已儲存之設定。
2. 按開始鍵。
顯示屏的烹煮時間開始倒數。

烹煮時間過去

訊號音響起，微波爐關閉。打開微波箱門或按停止鍵。

暫停

打開微波箱門。關門後再按一次開始鍵。編程便會繼續。

取消設定

按兩次停止鍵，或打開微波箱門並按一次停止鍵。

更改訊號音長度

微波爐關閉時您會聽到一個訊號音。您可設定變更這個聲音的長度。

按開始鍵約達**6**秒鐘。

新的訊號音長度便會啓用。顯示屏上再次出現時鐘。

可選擇下列的聲響長度：

短訊號音－**3**種 / 聲

長訊號音－**30**種 / 聲

保養與清潔



有短路的危險。

切勿使用高壓或蒸氣噴射清潔用具。



有燙傷的危險。

關閉電源後切勿馬上清洗，要讓微波爐冷卻下來。

切勿使用尖銳或噴砂清潔劑，因可能令微波爐表面出現破損。若砂質成份接觸到微波爐的正面，請即以水洗淨。

☐ 切勿使用金屬或玻璃刮刀清潔玻璃門。

☐ 切勿使用金屬或玻璃刮刀清潔密封條。

☐ 切勿使用鋼絲絨片或清潔海棉。

使用新海綿抹布前請徹底洗淨。

清潔用品

清潔前，請拔掉電源或關閉保險絲盒中的斷電器。
以濕布及溫和的清潔劑清潔微波爐箱內外，再以乾淨的抹布擦乾。

電器外部

含不鏽鋼面的電器

水垢、油漬、澱粉和蛋白等污漬應立即清除。
再次使用本電器前，應將表面及所有部位徹底弄乾。
不鏽鋼專用清潔劑可於售後服務中心或專門零售處購得。
切勿使用金屬或玻璃刮刀進行清潔。

微波箱

微波箱為不鏽鋼製。

切勿使用爐具噴霧或其他強效爐具清潔劑或砂質材料。鋼絲絨片、粗海綿和鍋刷也不適合。這些清潔用品會刮傷微波爐表面。
請保持內部表面徹底乾燥。

微波箱溝槽凹處

以濕布擦拭，確保水分沒有經由轉盤驅動軸進入電器內部。

轉盤和轉環

以肥皂水清潔。
更換轉盤時，請確定是否正確卡入溝槽。

門板

以玻璃清潔劑擦拭。
以碗布清潔。
切勿使用金屬或玻璃刮刀進行清潔。

密封條

使用肥皂水並以軟布擦乾。
切勿使用金屬或玻璃刮刀進行清潔。

疑難排解

故障的原因通常都很簡單。在與售後服務中心聯絡之前，請先閱讀以下指示：

問題	可能原因	附註／解決辦法
電器無法使用。	插頭未插入電源。	將插頭插入。
	電力中斷	檢查廚房燈是否能打開。
	保險絲熔斷	檢查保險絲盒，確認電器保險絲沒問題。
	控制故障	使用保險絲盒將電器關閉。等約10秒鐘後再開啓電源。
顯示屏上出現三個閃爍的“零”字樣。	電力中斷	重設時間。
電器無法操作。顯示屏出現烹煮時間。	不小心按到旋轉鈕。	按停止鍵。
	設定後未按開始鍵。	按開始鍵或以停止鍵清除設定。
微波爐無法作用。	箱門未關好。	檢查是否有食物殘餘或異物卡在門上。
	未按開始鍵	按開始鍵。
食物加熱時間比往常久。	微波強度設定太低。	選擇較高的微波強度設定。
	您比平常放了更多食物在電器裡。	兩倍份量 = 兩倍的烹煮時間。
	食物溫度比平常低。	烹煮過程中攪拌或反轉食物。
轉盤發出刮擦或摩擦聲。	轉盤驅動軸附近有灰塵或異物。	清潔微波箱內的轉環及溝槽凹處。
微波爐操作無故取消停止。	微波爐出現故障。	若故障持續，請聯絡售後服務中心。

修復工作必須由經受過嚴格訓練之售後服務中心技工執行。不正確的修復可能對使用者構成嚴重傷害。

售後服務中心

當您的電器需要修復時，我們的售後服務中心隨時為您提供服務。您可在電話簿上找到離您住家最近的售後服務中心地址和電話。名單上的各個售後服務中心也非常樂意告訴您附近的服務據點。

E編號和FD編號

當與售後服務中心聯絡時，請告知電器的產品編號（E編號）和生產編號（FD編號）。打開箱門後，您會在右手邊找到定額牌，上面會標示這些編號。請將這些編號記在以下空白處，以節省電器發生故障時的處理時間。

E編號	FD編號
售後服務中心📍	

技術規格

輸入電壓	AC 220-230伏特，50赫
耗電量	1,270瓦特
最大輸出功率	800瓦特
微波頻率	2,450兆赫
大小（高 x 寬 x 深）	
- 電器	28.0 x 45.3 x 32.0公分
- 微波箱	19.4 x 29.0 x 30.0公分
60公分機箱框架	38.2 x 59.4 x 2.0公分
50公分機箱框架	38.2 x 49.4 x 2.0公分
重量	
重量	13.5公斤
TÜV認證	已取得
CE標示	已取得

本電器符合EN 55011或CISPR 11標準。
第二類，B級產品。

第二類表示本微波爐乃為加熱食物之目的而製造。
B級代表本電器適合家庭使用。

SIEMENS

Making cooking as much fun as eating

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

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

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

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

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

Enjoy your meal.

Table of contents

Before connecting your new appliance	37
Before installation	37
Installation and connection	38
Important information	38
Safety information	38
Safety information for microwave operation	41
The control panel	44
Push-in control knobs	45
Accessories	45
Before using for the first time	46
Setting the time	46
The microwave	47
Ovenware	47
Microwave settings	48
Setting procedure	49
Notes on the tables	50
Defrosting	50
Defrosting, heating up or cooking frozen foods	51
Heating food	52
Cooking food	53
Microwave tips	54
Automatic programming	55
Setting procedure	55
Defrosting programmes	56
Cooking programmes	57
Test dishes in accordance with EN 60705	58

Table of contents

Memory	59
Storing memory settings	59
Starting the Memory function	60
Changing the signal duration	61
Care and cleaning	61
Cleaning agents	62
Troubleshooting	62
After-sales service	64
Technical data	65

Before connecting your new appliance

Important safety precautions

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

Please keep the operating and installation instructions in a safe place ready to pass on in the event of change of ownership.

Before installation

Disposing in an environmentally-responsible manner



Unpack oven and remove all packing material.

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

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

Transport damage

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

Electrical connection

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

Installing and connecting your microwave oven

Please observe the special installation manual.

Installation and connection

This appliance is only intended for domestic use.

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

Please observe the special installation instructions.

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

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

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

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

Important information

Safety information

This appliance complies with the safety regulations for electrical appliances. Repairs must only be carried out by after-sales service engineers who have been trained by the manufacturer. Repairs that are carried out incorrectly may constitute a serious hazard to the user.

The appliance is intended only for domestic use.
Use it only for the preparation of food.

Never connect the appliance to an external timer or separate remote control. Risk of fire.

Adults and children must not operate the appliance without supervision

- if they are physically or mentally incapable of doing so
- or if they lack the knowledge and experience required to operate the appliance correctly and safely.

Children and microwaves



Children must only be allowed to use microwave ovens if they have been properly instructed. They must be able to operate the appliance correctly and understand the risks outlined in this instruction manual.

Children must be supervised when using the appliance, to ensure that they do not play with it.

Hot surfaces



Never touch the surfaces of heating and cooking appliances. They will become hot during operation. Keep children at a safe distance. Risk of burning.

Never trap cables of electrical appliances in the appliance door. The insulation could be damaged. Short circuit, risk of electric shock.

Never use the top of the appliance as a work top. Risk of fire.

Cooking compartment



Never store combustible items in the cooking compartment. They could catch fire if the appliance is switched on.

Risk of burning.

Never open the appliance door if there is smoke in the cooking compartment. Pull out the appliance plug.

Never switch on the appliance unless there is food in the cooking compartment. It could be overloaded. An exception to this rule is for short-term testing of ovenware (see the Microwave, ovenware section).

Never use the microwave oven without the turntable.

Never place food directly on the turntable. Always use a dish.

Liquid that has boiled over must not be allowed to run through the turntable drive into the interior of the appliance. Observe the procedure. Use a short cooking time and reset if necessary.

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

Alcohol evaporates at high temperatures.

In unfavourable circumstances, the alcohol vapours could catch fire in the cooking compartment.

Risk of burning.

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

Appliance door and seal



Never operate the appliance if the appliance door is damaged. Otherwise microwave energy may escape. Call the after-sales service.

The appliance door must close properly.

If the seal is very dirty, the appliance door will no longer close properly during operation. The fronts of adjacent units could be damaged. Always keep the seal clean.

Environment



There is a danger of short-circuiting.

Never expose the appliance to excessive heat or moisture.

Only use this appliance indoors.

Cleaning method



Do not use high-pressure cleaners or steam jet cleaners.

Short circuit, risk of electric shock.

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

Repairs



Repairs must be carried out only by after-sales service engineers who have been trained by the manufacturer. Repairs that are carried out incorrectly may constitute a serious hazard to the user.

Never carry out repair or maintenance work which requires you to remove the cover that protects against microwave energy. Call the after-sales service.

You must not open the casing. The appliance is a high-voltage appliance.

Never switch on a defective appliance. Pull out the appliance plug. Call the after-sales service.

Never replace the cooking compartment light yourself. Call the after-sales service.

CAUTION: Repair and maintenance work in which the cover that protects against microwave energy must be removed must only be carried out by specialist personnel, due to the risks involved.

Safety information for microwave operation

Food preparation



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

Microwave power and time



Do not select a microwave power or time setting that is higher than necessary. The food could catch fire. The appliance could be damaged.
Risk of fire.
Follow the information provided in the instruction manual.

Ovenware



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

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

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

There is a risk of burning.

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

Packaging



Never heat meals in heat-retaining packages.

Risk of fire.

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

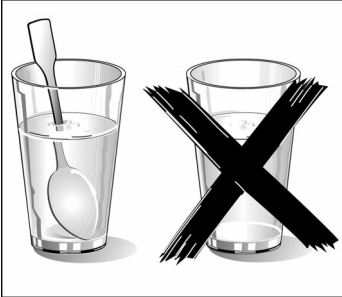
Airtight packaging may burst when food is heated.

There is a risk of burning.

Follow the information provided on the packaging.

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

Drinks



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

There is a risk of burning.

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

Never heat drinks in containers that have been tightly sealed.

There is a risk of explosion.

Never overheat alcoholic drinks.

There is a risk of explosion.

Baby food



Never heat baby food in closed containers. Always remove the lid or teat.

Stir or shake well after the food has been heated. This is the only way to ensure even heat distribution.

Check the temperature of the food before it is given to the child.

There is a risk of burning.

Foods with shells or skin



Never cook eggs in their shells. Never reheat hard-boiled eggs as they may crack or explode. The same applies to shellfish and crustaceans.

There is a risk of burning.

Always prick the yoke when frying or poaching eggs.

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

Drying food



Never use the microwave to dry food.
Risk of fire

Food with a low water content



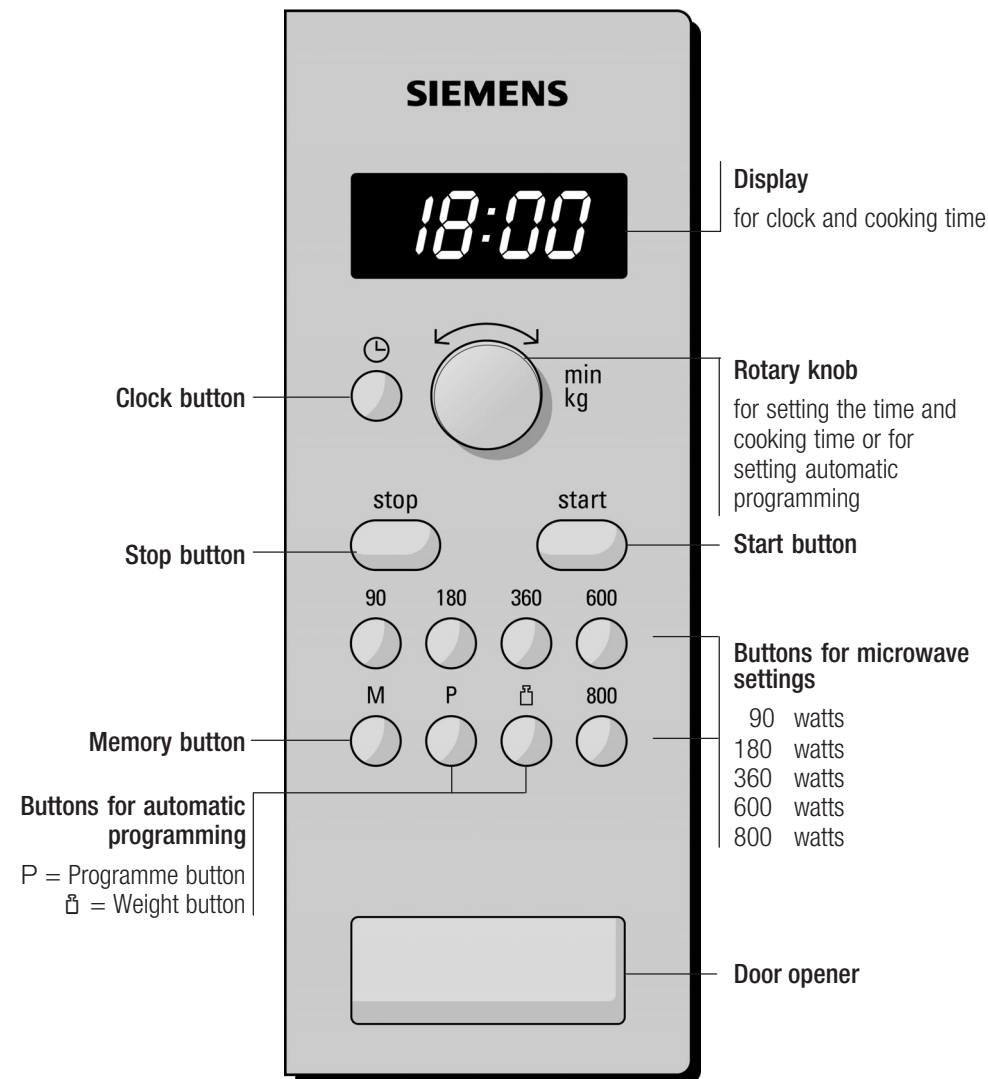
Do not defrost or heat food at too high a power or for too long if the food has a low water content, e.g. bread.
Risk of fire

Cooking oil



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

The control panel

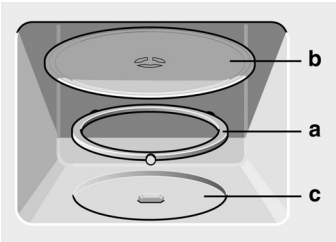


Push-in control knobs

The knob can be pushed in at any position. Simply press the control knob to release it or push it in. The knob can be turned to the right or left.

Accessories

The turntable



To insert the turntable:

- 1. Place the support ring **(a)** in the shaft **(c)** in the centre of the cooking compartment base.
- 2 Place the turntable **(b)** on the support ring **(a)**.

You should only use the appliance with the turntable in place. Ensure that the support ring is properly fitted. The turntable can turn anti-clockwise or clockwise.

Optional accessories

You can buy optional accessories from your after-sales service. Please specify the HZ number.

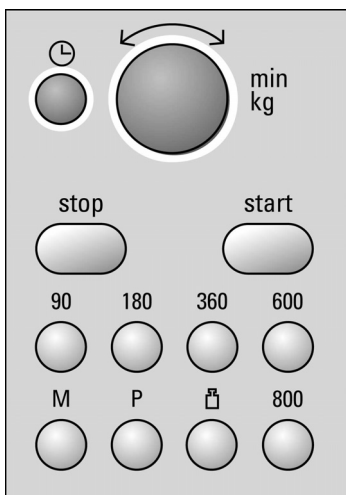
Steamer dish	HZ 86 D 000
--------------	-------------

Before using for the first time

When the appliance is connected or after a power cut, three zeros will appear in the display panel.

Setting the time

The dark buttons in the picture are needed for making settings



1. Press ⌚ clock.
12:00 and ⌚ appear in the display.
2. Set the time using the rotary knob.
3. Press ⌚ clock.
⌚ goes out in the display.

The current time is set.

Hiding the clock

Press ⌚ clock and then press stop.
The display is blank.

Resetting the clock

Press ⌚ clock.
12:00 appears in the display. Make the settings as described in steps 2 and 3.

Changing the time e.g. from summer to winter time

Make the settings as described in steps 1-3.

The microwave

Microwaves are converted to heat in foodstuffs. The microwave is ideal for rapid defrosting, heating up, melting and cooking.

Try out the microwave straight away. You could heat up a cup of water for your tea, for example.

Use a large cup without any decorative gold or silver trim and place a teaspoon in it. Place the cup containing the water on the turntable.

1. Press 800.
2. Set 1:30 minutes using the rotary knob.
3. Press start.

A signal sounds after 1 minute and 30 seconds. The water is hot.

As you are drinking your tea, please take time to read again the safety information that can be found at the front of the instruction manual. It is very important.

Ovenware

Suitable ovenware

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

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

Unsuitable ovenware

Metal ovenware is unsuitable.
Metal reflects microwaves. Food in covered metal containers will remain cold.

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

Utensil test:

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

Perform the following test if you are unsure whether your ovenware is unsuitable for use in the microwave: Heat the empty ovenware at maximum power for between 30 and 60 seconds. Check the temperature of the ovenware during this period. The ovenware should still be cold or warm to the touch. The ovenware is unsuitable if it becomes hot or sparks are generated.

Microwave settings

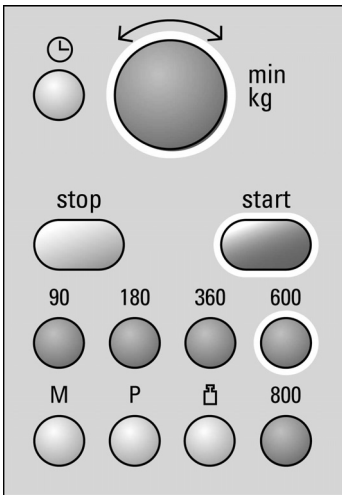
Microwave setting	suitable for
800 watts	Heating liquids
600 watts	Heating and cooking food
360 watts	Cooking meat and heating delicate foods
180 watts	Defrosting and continued cooking
90 watts	Defrosting delicate foods

Note

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 39 minutes.

Setting procedure

Example: 600 watts



1. Press the desired microwave setting.
The set microwave setting lights up and 1:00 min appears in the display.

2. Set the cooking time using the rotary knob.

3. Press start.

You will see the cooking time counting down.

The cooking time has elapsed

A signal sounds. Open the appliance door or press stop. The clock reappears in the display.

Changing the cooking time

Use the rotary knob to change the cooking time and start again.

Pausing

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

Cancelling

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

Note

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

Cooling fan

The cooling fan switches on and off as required.

After operation, the cooling fan continues running for a certain period.

The appliance remains cool during microwave operation. The cooling fan switches on anyway. The fan may run on even when microwave operation has ended.

Tables and Tips

Notes on the tables

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

The times specified in the tables are only guidelines. They may vary according to the ovenware used, the quality, temperature and consistency of the food.

Time ranges are often specified in the tables. Set the shortest time first and then extend the time if necessary.

It may be that you have different quantities from those specified in the tables.

A rule of thumb can be applied:

Double the amount - almost double the time

Half the amount - half the time.

Always place the ovenware on the turntable.

Defrosting

Place the frozen food in an open container on the turntable.

Liquid will be produced when defrosting meat, poultry or fish. Drain off this liquid when turning and under no circumstances should it be used for other purposes or be allowed to come into contact with other foods.

Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times.

Leave defrosted items to stand at room temperature for a further 10 to 20 minutes so that the temperature can stabilize. With poultry, the giblets can be removed at this point. Meat can still be prepared even if it is frozen in the centre.

	Amount	Microwave setting in watts Time in minutes	Notes
Whole joints of meat e.g. beef, pork or veal (with or without bones)	800 g	180 W, 15 min. + 90 W, 10 - 20 min.	
	1,000 g	180 W, 20 min. + 90 W, 15 - 25 min.	
	1,500 g	180 W, 30 min. + 90 W, 20 - 30 min.	
Diced or sliced beef, pork and veal	200 g	180 W, 2 min. + 90 W, 4 - 6 min.	Separate the parts when turning.
	500 g	180 W, 5 min. + 90 W, 5 - 10 min.	
	800 g	180 W, 8 min. + 90 W, 10 - 15 min.	
Mixed minced meat	200 g	90 W, 10 min.	Freeze flat if possible. Turn several times during defrosting and remove meat which has already been defrosted.
	500 g	180 W, 5 min. + 90 W, 10 - 15 min.	
	800 g	180 W, 8 min. + 90 W, 10 - 20 min.	
Poultry or poultry portions	600 g	180 W, 8 min. + 90 W, 10 - 15 min.	
	1,200 g	180 W, 15 min. + 90 W, 20 - 25 min.	
Fish fillet, fish steak, slices	400 g	180 W, 5 min. + 90 W, 10 - 15 min.	Separate defrosted items.
Vegetables e.g. peas	300 g	180 W, 10 - 15 min.	
Fruit e.g. raspberries	300 g	180 W, 7 - 10 min.	Stir carefully during defrosting and separate the defrosted parts.
	500 g	180 W, 8 min. + 90 W, 5 - 10 min.	
Butter	125 g	180 W, 1 min. + 90 W, 2 - 3 min.	Remove all the packaging.
	250 g	180 W, 1 min. + 90 W, 3 - 4 min.	
Whole loaf	500 g	180 W, 6 min. + 90 W, 5 - 10 min.	
	1,000 g	180 W, 12 min. + 90 W, 10 - 20 min.	
Dry cakes e.g. creaming method cakes	500 g	90 W, 10 - 15 min.	Separate the pieces of cake when turning them. Only for cakes without icing, cream or crème pâtissière.
	750 g	180 W, 5 min. + 90 W, 10 - 15 min.	
Juicy cakes e.g. fruit cake and quark cake	500 g	180 W, 5 min. + 90 W, 15 - 20 min.	Only for cakes without icing or gelatine.
	750 g	180 W, 7 min. + 90 W, 15 - 20 min.	

Defrosting, heating up or cooking frozen foods

Take ready-made meals out of their packaging. They will heat up more quickly and evenly if you place them in microwavable dishes. Different parts of the meal may heat up at different rates.

Food which is laid flat heats up quicker than if it is piled high. Therefore it is best to spread out the food so that it lies flat in the container. You should not place layers of food on top of each other.

Always cover the food. If you do not have a suitable lid for your dish, use a plate or special microwave foil.

You should stir or turn the food two to three times during heating.

Once you have heated up the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

The individual taste of the food is retained to a large degree. You can therefore go easy on salt and spices.

	Amount	Microwave setting in watts, time in minutes	Notes
Menu, plated meal, ready-made meals in 2 to 3 parts	300-400g	600 W, 8 - 11 min.	
Soups	400 g	600 W, 8 - 10 min.	
Stews	500 g	600 W, 10 - 13 min.	
Meat in sauce e.g. goulash	500 g	600 W, 12 - 17 min.	Separate the pieces of meat when stirring.
Fish, e.g. fillets	400 g	600 W, 10 - 15 min.	You may add water, lemon juice or wine.
Bakes e.g. lasagne and cannelloni	450 g	600 W, 10 - 15 min.	
Side dishes rice and pasta	250 g	600 W, 3 - 5 min.	Add a little liquid.
	500 g	600 W, 8 - 10 min.	
Vegetables e.g. peas, broccoli and carrots	300 g	600 W, 8 - 10 min.	Add water to cover the base of the dish.
	600 g	600 W, 14 - 17 min.	
Creamed spinach	450 g	600 W, 11 - 16 min.	Cook without adding any water.

Heating food

Take ready-made meals out of their packaging. They will heat up more quickly and evenly if you place them in microwavable dishes. Different parts of the meal may heat up at different rates.



When heating liquids, always place a teaspoon in the container to stop the liquid from boiling over. When boiling is delayed, the liquid comes to the boil without the customary steam bubbles. Even if the container

only vibrates a little, the liquid can boil over a lot or spatter. This can cause injuries and scalding.

Always cover the food. If you do not have a suitable lid for your dish, use a plate or special microwave foil.

You should stir or turn the food several times during heating. Monitor the temperature.

Once you have heated up the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

	Amount	Microwave settings in watts Time in minutes	Notes
Menu, plated meal, ready-made meals in two to three parts	300 - 400 g	600 W, 10 - 15 min.	
Drinks	150 ml 300 ml 500 ml	800 W, 1 - 2 min. 800 W, 2 - 3 min. 800 W, 3 - 4 min.	Place a spoon in the container. Do not overheat alcoholic drinks. Check during heating.
Baby food e.g. baby's bottles	50 ml 100 ml 200 ml	360 W, approx. ½ min. 360 W, approx. 1 min. 360 W, approx. 1½ - min.	Without the lid or teat. Always shake well after heating. You must check the temperature.
Soup 1 bowl 2 bowls	200 g 400 g	600 W, 2 - 3 min. 600 W, 4 - 5 min.	
Meat in sauce	500 g	600 W, 8 - 11 min.	Separate slices of meat.
Stew	400 g 800 g	600 W, 6 - 8 min. 600 W, 8 - 11 min.	
Vegetables 1 portion 2 portions	150 g 300 g	600 W, 2 - 3 min. 600 W, 3 - 5 min.	Add a little liquid.

Cooking food

Always cook food in covered dishes. You should stir or turn the food during cooking.

The individual taste of the food is retained to a large degree. You can therefore go easy on salt and spices.

Food which is laid flat heats up quicker than if it is piled high. Therefore it is best to spread out the food so that it lies flat in the container. If possible, you should not place layers of food on top of each other.

Once you have cooked the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

	Amount	Microwave settings in watts Time in minutes	Notes
Fresh whole chicken without giblets	1.2 kg	600 W, 25 - 30 min.	Turn half way through the cooking time.
Fresh fish fillet	400 g	600 W, 5 - 10 min.	
Fresh vegetables	250 g 500 g	600 W, 5 - 10 min. 600 W, 10 - 15 min.	Cut vegetables into pieces of equal size. Add 1 to 2 table-spoons of water per 100 g of vegetables.
Side dishes e.g. potatoes	250 g 500 g 750 g	600 W, 8- 10 min. 600 W, 11 - 14 min. 600 W, 15 - 22 min.	Cut potatoes into pieces of equal size. Pour water into the container to a depth of about 1 cm, and stir.
Rice	125 g 250 g	600 W, 5 - 7 + 180 W 12 - 15 min. 600 W, 6 - 8 + 180 W 15 - 18 min.	Add double the amount of liquid.
Sweets e.g. pudding (instant), fruit, compote	500 ml 500 g	600 W, 6 - 8 min. 600 W, 9 - 12 min.	Stir the pudding thoroughly using an egg whisk 2 to 3 times during the cooking.

Microwave tips

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

Increase or reduce the cooking times using the following rule of thumb:

Double amount = double cooking time

half amount = half the cooking time

The food has become too dry.

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

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

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

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

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

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

Next time, select a lower microwave power setting. If you are defrosting a large quantity, turn it several times. Liquid will be produced when defrosting meat, poultry or fish. Drain off this liquid when turning and under no circumstances should it be used for other purposes or be allowed to come into contact with other foods.

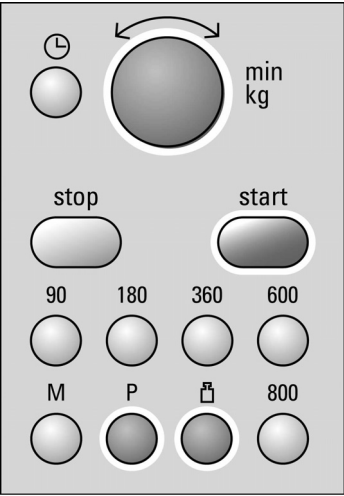
Note

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

Automatic programming

You can use the automatic programming to defrost food with the greatest of ease and prepare dishes quickly and easily. Your microwave oven has 7 automatic programmes. You will find the appropriate food and weight range for each programme in the tables. You can set any weight within the weight range.

Setting procedure



1. Press "P" repeatedly until the desired programme number appears.
2. Press . "P" and a default weight light up in the display.
3. Use the rotary knob to set the weight of the dish.
4. Press start.

You will see the cooking time for the programme counting down.

When the cooking time has elapsed

A signal sounds. The appliance switches off.
Press stop or open the appliance door.

Adjustment

Press stop twice and reset.

Pausing

Open the appliance door. Start again after closing.
The programme will then continue.

Cancelling

Press stop twice.

Notes

For some programmes, a signal sounds after a certain time. Open the appliance door and stir the food or turn the meat or poultry. Press start again after closing the door.

You can query the programme number and weight using "P" or P . The relevant value is shown for 3 seconds in the display.

Defrosting programmes

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

Preparing food

Use food which has is thinly cut and properly portioned, and which has been frozen and stored at -18°C .

Remove all packaging from the food to be defrosted, and weigh the food. You will need to know the weight in order the set the programme.

Ovenware

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

Standing time

The defrosted food should be left to stand for 10-30 minutes to allow the temperature to stabilise. Large pieces of meat need to stand for longer than small ones. Thinly cut pieces of meat and mince should be separated before being left to stand.

The food can then be prepared further, even though thick pieces of meat may still be frozen in the middle. With poultry, the giblets can be removed at this point.

Signal

For some programmes, a signal sounds after a certain time. Open the appliance door and stir the food or turn the meat or poultry. Press start again after closing the door.

Warning!

Liquid will be produced when defrosting meat or poultry. Under no circumstances should this liquid be used or be allowed to come into contact with other foods.

Food	Programme number	Weight range
Minced Meat	P 01	0,2-1,0 kg
Meat in pieces	P 02	0,2-1,0 kg
Poultry, Poultry in portion	P 03	0,4-1,8 kg
Bread	P 04	0,2-1,0 kg

Cooking programmes

You can use the 3 cooking programmes to cook rice, potatoes and vegetables.

Ovenware

Always cook the food in a microwaveable dish with a lid. You should use a large, tall dish for cooking rice.

Preparing food

Weigh the food. You will need this information in order to set the programme.

Rice: Do not use boil-in-the-bag rice.
Add the amount of water specified in the instructions on the packaging. This is usually two to three times the weight of the rice.

Potatoes: For boiled potatoes, cut the fresh potatoes into small, even pieces. Add a tablespoon of water and a little salt per 100 g potatoes.

Fresh vegetables: Weigh the fresh, washed vegetables. Slice the vegetables into small, even pieces. Add a tablespoon of water per 100 g vegetables.

Signal

A signal will sound part way through the programme. Stir the food.

Standing time

Stir the food once more when the programme comes to an end. Leave the food to stand for 5-10 minutes to allow the temperature to stabilise.

The cooking results depend on the quality and nature of the food.

Food	Programme number	Weight range
Rice	P 05	0.05-0.2 kg
Potatoes	P 06	0.15-1.0 kg
Vegetables	P 07	0.15-1.0 kg

Test dishes in accordance with EN 60705

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

Microwave cooking

Dish	Microwave setting (watts) and cooking time in minutes	Notes
Custard, 565 g	180 watts, 25 - 30 mins + 90 watts, 20 - 25 mins	Place the 20 x 17 cm Pyrex dish on the turntable
Sponge	600 watts, 8 - 10 mins	Place the 22 cm diameter Pyrex dish on the turntable
Meat loaf	600 watts, 20 - 25 mins	Place the Pyrex dish on the turntable

Microwave defrosting

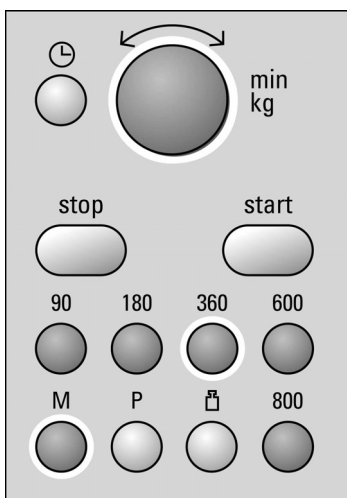
Dish	Microwave setting (watts) and cooking time in minutes	Notes
Meat	180 watts, 5 - 7 mins + 90 watts, 10 - 15 mins	Place the 22 cm diameter Pyrex dish on the turntable

Memory

You can use the memory to create your own programme. The memory function is useful if you prepare one dish particularly frequently. You can store the setting and call it up at any time.

Storing memory settings

Example:
360 W, 25 minutes



1. Press "M".
"M" appears in the display.
2. Press the desired microwave setting.
"M", the selected setting and 1:00 min light up in the display.
3. Set the cooking time using the rotary knob.
4. Confirm with "M".
The clock reappears in the display.

The setting is stored.

You can store the memory settings and start the appliance immediately. To do this, press start instead of "M".

Notes

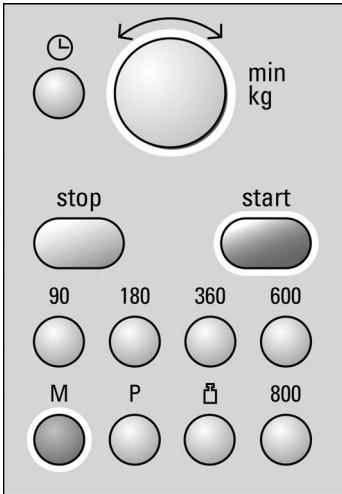
You cannot store several microwave power settings one after the other.

You cannot save automatic programmes.

Adding to the memory:

Press "M". The old settings are displayed. Save the new programme as described in steps 1-4.

Starting the Memory function



It is very easy to start the saved programme. Place your meal into the appliance. Close the appliance door.

1. Press "M".
The stored settings are displayed.
2. Press start.
The cooking time counts down in the display.

The cooking time has elapsed

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

Pausing

Open the appliance door. Press the start button again after closing the door. The programme will then continue.

Cancelling the setting

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

Changing the signal duration

You will hear a signal when the appliance is switched off. You can change the duration of the acoustic signal.

Press start for approximately 6 seconds.

The new signal duration is adopted. The clock reappears in the display.

The following are possible:

Short signal duration – 3 tones

Long signal duration – 30 tones.

Care and cleaning



There is a danger of short-circuiting.

Do not use high-pressure cleaners or steam jets.



There is a risk of electric shock.

Do not immerse the appliance in water or clean under a jet of water.



There is a risk of burning.

Do not clean the appliance immediately after switching it off. Allow the appliance to cool down.

Do not use sharp or abrasive cleaning agents. The surface could be damaged. If an abrasive substance comes into contact with the front of the appliance, wash it off immediately with water.

☐ Do not use metal or glass scrapers to clean the glass in the appliance door.

☐ Do not use metal or glass scrapers to clean the seal.

☐ Do not use coarse scouring pads or cleaning sponges.

Rinse out new sponge cloths thoroughly before use.

Cleaning agents

Before cleaning, unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Clean the cooking compartment and the outside of the appliance with a damp cloth and mild cleaning agent. Dry with a clean cloth.

Appliance exterior	
Appliances with stainless steel fronts	Always remove any flecks of limescale, grease, starch and egg white immediately. Before using the appliance again, allow the surface and all parts to dry thoroughly. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist retailers. Do not use metal or glass scrapers for cleaning.
Cooking compartment	Allow the interior surfaces to dry thoroughly.
Recess in cooking compartment	Use a damp cloth, make sure that water does not enter the appliance through the turntable drive.
Turntable and roller ring	Soapy water. When replacing the turntable, make sure it slots in correctly.
Door panel	Glass cleaner. Do not use metal or glass scrapers for cleaning.
Seal	Use soapy water and dry with a soft cloth. Do not use metal or glass scrapers for cleaning.

Troubleshooting

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

Problem	Possible cause	Notes/remedial action
The appliance does not work.	The plug is not plugged into the mains.	Plug it in.

Problem	Possible cause	Notes/remedial action
	Power cut	Check whether the kitchen light switches on.
	Blown fuse	Look in the fuse box to make sure that the fuse for the appliance is OK.
	Faulty control	Switch the appliance off using the fuse in the fuse box. Wait approximately 10 seconds and then switch it back on.
Three zeros flash in the display.	Power cut	Reset the time.
The appliance is not in operation. A cooking time appears in the display.	The rotary knob was accidentally pressed.	Press the stop button.
	Start was not pressed after the setting had been made.	Press start or clear the setting with stop.
The microwave does not work.	The door is not properly closed.	Check whether leftover food or a foreign object is trapped in the door.
	Start was not pressed.	Press start.
The food takes longer than usual to heat up.	The microwave setting is too low.	Select a higher microwave setting.
	You have placed a larger amount of food than normal in the appliance.	Double the amount = double the cooking time.
	The food was colder than usual.	Stir or turn the food during cooking.
The turntable is making a scratching or grinding noise.	There is dirt or a foreign object in the area around the turntable drive.	Clean the roller ring and recess in the cooking compartment.
Microwave operation is cancelled for no obvious reason.	The microwave has a fault.	If this fault occurs repeatedly, please call the after-sales service.

Repairs may only be carried out by fully trained after-sales service technicians. Incorrect repairs may result in serious injury to the user.

After-sales service

Our after-sales service is there for you in the event that your appliance needs to be repaired. You will find the address and telephone number of your nearest after-sales service centre in the phone book. The after-sales service centres listed will also be happy to advise you of a service point in your local area.

E number and FD number

When contacting the after-sales service, always specify the product number (E no.) and the production number (FD no.) of your appliance. You will see the rating plate containing these numbers on the right-hand side when you open the oven door. Make a note of these numbers in the space below to save time in the event of your appliance malfunctioning.

E no.	FD no.
-------	--------

After-sales service ☎

Technical data

Input voltage	AC 220-230 V, 50 Hz
Power consumption	1,270 W
Maximum output power	800 W
Microwave frequency	2,450 MHz
Dimensions (H x W x D)	
- appliance	28.0 x 45.3 x 32.0 cm
- cooking compartment	19.4 x 29.0 x 30.0 cm
60 cm cabinet frame	38.2 x 59.4 x 2.0 cm
50 cm cabinet frame	38.2 x 49.4 x 2.0 cm
Weight	13.5 kg
TÜV approved	Yes
CE mark	Yes

This appliance complies with standard EN 55011 or CISPR 11.

It is a group 2, class B product.

Group 2 means that microwaves are generated for the purpose of heating food.

Class B indicates that the appliance is suitable for domestic use.

Siemens-Electrogeräte GmbH
Carl-Wery-Straße 34
81739 München
DEUTSCHLAND

9000 414 616
SE • zh.en • 890806