

SIEMENS

乐烹美食，乐享美味

请阅读本说明手册。这能确保您充分利用这款微波炉的各项技术优点。

说明手册将向您说明重要的安全信息。您将熟悉新微波炉的各个部件。还会了解如何一步步地进行设置。方法非常简单。

表格列出了各种知名菜式的调节值。所有这些菜式都在我们的烹饪工作室进行过测试。

如果发生故障 (这不太可能)，可翻阅本手册，了解如何自行修复小故障。

详细的目录将帮助您迅速找到所需要的信息。

祝您用餐愉快！

前言

在使用本产品前，请您仔细阅读本使用说明书。由于不遵守该使用及安装说明书中规定的注意事项，所引起的任何故障和损失均不在厂家的保修范围内，厂家亦不承担任何相关责任。请妥善保管好所有文件。

西门子嵌入式微波炉
HF15M241W

技术参数：

颜色	Color:	不锈钢
净重/毛重	Weight (net/gross):	13.5 kg/15 kg
机器尺寸	Appliances size:	28.0 x 46.2 x 32.0 cm
包装尺寸	Package size:	33.5 x 51.6 x 39.2 cm
额定电压	Voltage:	220 V ~
额定频率	Frequency:	50 Hz
噪音：	Noise:	<=60dB (A) 声功率级
执行标准	GB standard:	GB4706.1 - 1998 GB4706.21 - 2002 GB19606 - 2004 GB/T18800 - 2002

西门子家电中文网站：www.siemens-ha.com.cn
客户服务电子信箱：Careline.China@BSHG.com
全国统一服务热线：4008899999

总经销商：博西家用电器(中国)有限公司
地址：江苏省南京市中山路 129 号中南国际大厦 20 - 21 层
邮编：210005
产地：中国 佛山

连接您的新电器之前

重要安全预防措施

请认真阅读本说明手册。只有这样才能安全正确地使用电器。

请将说明手册保存在安全的地方。如果售出电器，请将说明手册移交给新主人。

安装之前

以环保的方式处理

将微波炉拆封，取出所有包装材料。



本电器依据有关废旧电子电气电器 (电子电气设备废弃物 - WEEE) 的欧洲指令 **2002/96/EC** 进行标识。

该指令确定了废旧电器回收和再利用的适用框架。

运输损坏

拆包后请检查电器是否有损坏。如果电器在运输过程中损坏，请勿连接电器。

电气连接

如果电力电缆损坏，只能由经过制造商培训的专业人员更换，以避免危险。

安装和连接

本电器仅供家庭使用。

请将台式电器放置在坚固的水平台面 (至少距离地面 **85 cm**)。左侧、后侧和底部的通风槽必须不受阻隔。

本电器装有插头，只能连接到带有正确接地措施的插座上。保险丝的额定电流保护值必须达到 **10 A** (具有 **L** 或 **B** 触发特性的自动断路器)。供电电压必须与铭牌上的规定电压一致。

必须由电气专业人员安装插座和更换连接电缆。电器插头必须始终位于触手可及的位置。

切勿使用适配器、多路带和加长线。过载可能导致火灾危险。

重要信息

安全信息

本电器符合所有相关的电器设备安全规范。本电器只能由接受过制造商完整培训的售后服务技术人员进行修理。修理不当可能会导致用户严重受伤。

本电器仅供家庭使用。
微波炉只能用于烹饪食物。

只有给予儿童正确的指导才允许他们使用微波炉。儿童必须能够正确使用电器，并了解本说明手册中列出的各种危险。

只有转盘放置到位后才能使用微波炉。
始终将食物放在转盘上的容器中。

请确保沸腾溢出的液体不会经过转盘驱动装置流入电器内部。

必须在烹饪箱中有食物时才能开启微波炉。如果在烹饪箱中没有食物时开启微波炉，则电器可能过载。短期测试烤箱器皿的情况除外(参见有关烤箱器皿的说明)。

在工作期间，正在加热和烹饪的电器的表面将变得灼热。

请将小孩留在安全距离以外。有烧伤危险。

请勿将物品存放在电器顶部。

电器的连接导线不能卡在烤箱门中。这可能会导致绝缘层损坏。

有短路或触电死亡的危险。

在微波炉启动期间，决不能将可燃物品存放在烹饪箱中。

有烧伤危险。

如果看见微波炉内部冒烟，请勿打开烤箱门。拔出电源插头。

应定期清洁电器。如果没有用心清洁，电器表面可能会被毁坏，而且电器可能在一定时间后腐蚀。微波能可能会逸出。

必须始终正确关闭烤箱门。保持烤箱门密封区域清洁。

不要使用高压清洁器或蒸汽喷嘴。有短路危险。

使微波炉远离过热和潮湿的环境。

如果要拆除微波炉的辐射保护盖以对其进行维护或修理，一定要由专业人员执行此操作，否则存在危险。

如果烤箱门损坏，请勿再次使用微波炉，直到售后服务技术人员将其修复。否则微波能会逸出。

禁止打开外壳。微波炉是一种高电压电器。

如果发生故障，请拔下电源插头。

然后致电售后服务部门。

烤箱烹饪箱的照明灯只能由售后服务技术人员进行更换。

微波炉操作安全信息

食物加工



微波炉只能用于食物加工。将微波炉用于其它目的会很危险，可能会导致损坏，如加热谷物或荞麦枕可能会着火，火灾甚至会在几小时以后发生。有着火危险。

微波功率和时间



所选择的微波功率或时间设置不要高于实际需要。否则食物会着火。电器有可能被损坏。有着火危险。
请遵循本说明手册中提供的信息。

烤箱器皿



只能使用适合在微波炉中使用的烤箱器皿。

瓷质或陶质烤箱器皿在手柄或盖上有小孔。这些小孔下方隐藏着空穴。渗入这些空穴的液体可能导致烤箱器皿破裂。
有受伤危险。

食物在微波炉内加热会产生热量。烤箱器皿会变热。
有烧伤危险。

在从微波炉中取出烤箱器皿和附件时，务必使用烤箱布或烤箱手套。

包装



切勿在保温容器内加热食物。

有着火危险。

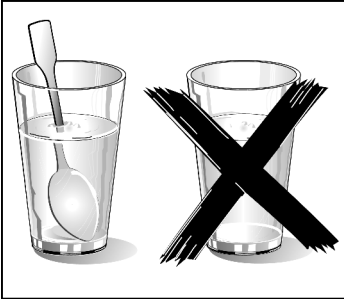
在无人看管的情况下，请勿将食物放在塑料、纸或其它易燃材料制成的容器中加热。

给食物加热时，密封的包装可能会爆炸。

有烧伤危险。

请遵守产品包装上的说明。取出食物时，务必使用烤箱布或烤箱手套。

饮品



加热的液体有可能延时沸腾。即液体达到沸腾温度后，没有常见的蒸汽气泡冒上液面。即使容器只是稍微振动，滚烫的液体也会突然沸腾溢出或飞溅。

有烧伤危险。

在加热液体时，一定要在容器内放一把汤匙。这会防止延时沸腾。

切勿将饮品放在密封的容器中加热。

有爆炸危险。

酒精饮品切勿过度加热。

有爆炸危险。

婴儿食品



切勿在封闭的容器中加热婴儿食品。一定要取下盖子或奶嘴。

食物经过加热后，要搅拌或摇晃均匀。这是确保热量均匀分布的唯一方法。

在将食物交给小孩之前要先检查食物的温度。

有烧伤危险。

带壳或皮的食品



切勿加热带壳的鸡蛋。切勿重新加热煮熟的鸡蛋，因为它们可能破裂或爆炸。这一点同样适用于贝类和甲壳类。

有烧伤危险。

在煎蛋或煮蛋时，一定要刺破蛋黄。

一定要在烹饪前刺破带皮的食料，如苹果、番茄、土豆和香肠，防止这些食物的表皮炸开。

干燥食物



切勿使用微波炉干燥食物。

有着火危险

含水量低的食物



解冻或加热含水量低的食物 (如面包) 时，不要选择过高的功率或过长的时间。

有着火危险

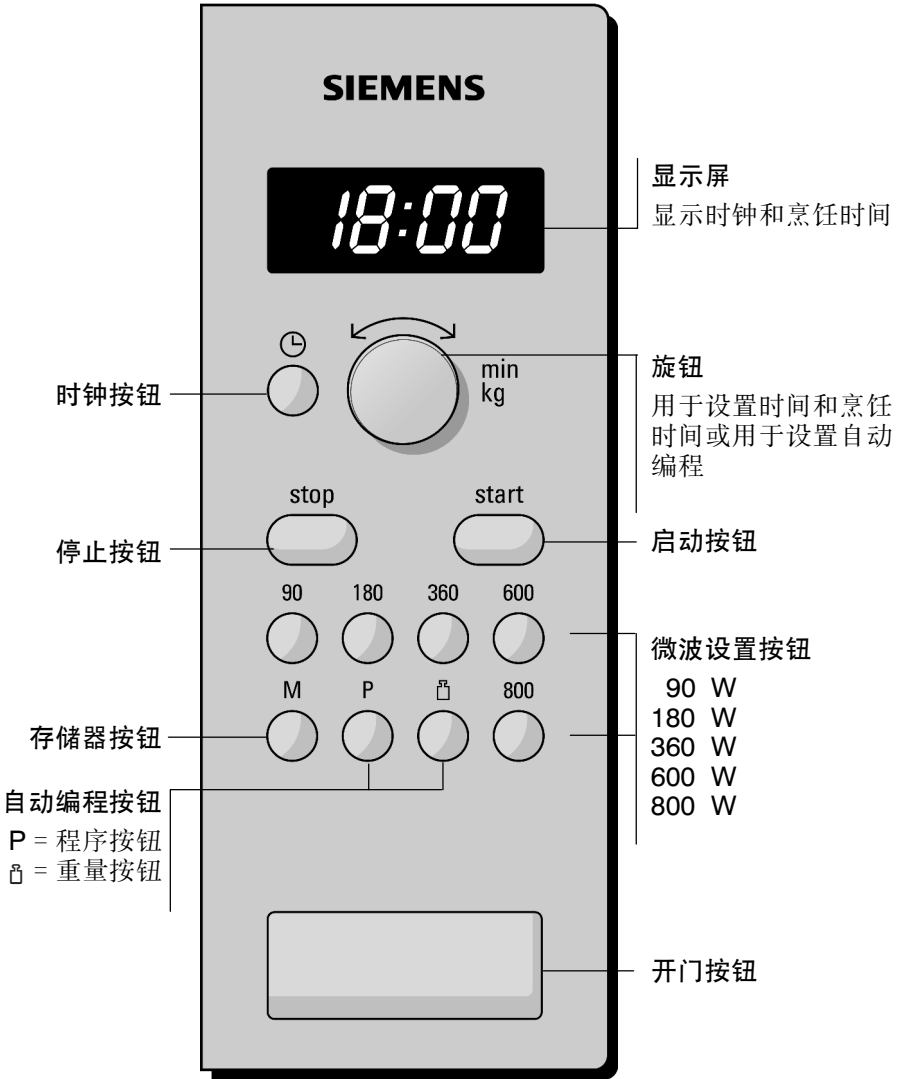
食用油



切勿使用微波炉单独加热食用油。

有着火危险

控制面板

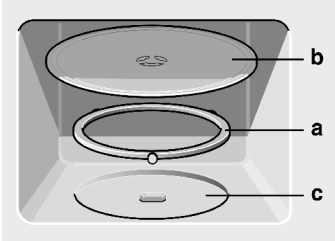


按式控制旋钮

可在任何位置推入旋钮。
轻按控制旋钮即可释放或推入旋钮。旋钮可向左或向右旋转。

附件

转盘



插入转盘：

1. 将支承环 **(a)** 放在烹饪箱底座中心的轴 **(c)** 上。
2. 将转盘 **(b)** 放在支承环 **(a)** 上。

只有转盘放置到位后才能使用电器。确保支承环正确放置。转盘可顺时针或逆时针转动。

可选附件

可以从售后服务部购买可选附件。请指定 HZ 编号。

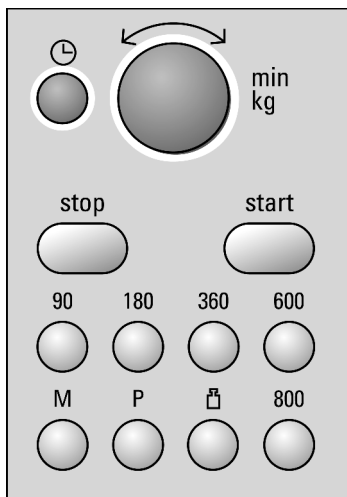
蒸煲	HZ 86 D 000
推拉门	HZ 15L560 (不锈钢) HZ 15L760 (铝材) HZ 15L660 (黑色)
注意： 必须在装饰门打开的情况下操作微波炉。	

在第一次使用之前

在电器接通时或断电后，显示屏面板上将显示三个零。

设置时间

图片中的黑色按钮用于进行一系列设置



1. 按下时钟按钮 \odot 。
12:00 和 \odot 出现在显示屏中。

2. 使用旋钮设置时间。

3. 按下时钟按钮 \odot 。
显示屏中的 \odot 熄灭。

当前时间设置好。

隐藏时钟

按下时钟按钮 \odot ，然后按下 **Stop** (停止) 按钮。
显示屏为空白。

复位时钟

按下时钟按钮 \odot 。
12:00 出现在显示屏中。按照步骤 2 和 3 进行设置。

例如，将时间
从夏令时改为冬令时

按照步骤 1-3 进行设置。

微波

微波在食物中转化为热能。微波特别适合于快速解冻、加热、融化和烹饪。

立刻试用微波炉。例如，您可以加热一杯水，用来泡茶。

使用没有任何金饰边或银饰边的大杯，在其中放入一把茶匙。将这个装水的大杯子放在转盘上。

1. 按下 **800**。
 2. 使用旋钮设置为 **1 分钟 30 秒**。
 3. 按下 **Start (启动)** 按钮。
- 1 分 30 秒后响起一个信号声。水已烧热。

在品茶的同时，请再花点时间阅读说明手册前面的安全信息。这些信息非常重要。

烤箱器皿

适用的炊具

用玻璃、玻璃陶瓷、陶瓷或耐热塑料制成的耐热烤盘均适用。这些材料不反射微波。

也可以使用餐盘。这样就不用将食物从一个盘转移到另一个盘。

对于带金饰边或银饰边的烤箱器皿，只有在制造商保证其适合用于微波时才能使用。

不适用的烤箱器皿

金属烤盘不适用。

金属反射微波。放在金属容器中的食物仍是冷的。

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

器皿测试：

只有在烹饪箱内放有食物的情况下才能开启微波。下面的烤箱器皿测试是唯一例外。

如果您不能确定自己的烤箱器皿是否适合在微波炉内使用，则进行以下测试：

以最大功率加热空烤箱器皿 **30 到 60 秒钟**。在此期间检查烤箱器皿的温度。烤箱器皿摸起来应该仍是冷的或温的。如果烤箱器皿变热或产生火花，则不适用。

微波设置

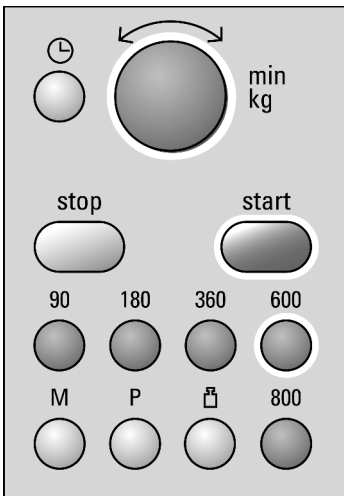
微波设置	适合
800 W	加热液体
600 W	加热和烹饪食物
360 W	烹饪肉类和加热精致食物
180 W	解冻和连续烹饪
90 W	解冻精致食物

提示

800 W 微波设置最长可设为 **30 分钟**，600 W 最长可设置为 **1 小时**，其它微波设置最长可设置为 **1 小时 39 分钟**。

设置程序

实例：
600 W



1. 按下所需的微波设置。
所设定的微波炉设置变亮，显示屏中显示 1:00 min。

2. 用旋钮设置烹饪时间。

3. 按下 Start (启动) 按钮。

您将看到烹饪时间正在倒计时。

烹饪时间到时

一个信号声响起。打开电器门或按下 **Stop (停止)** 按钮。时钟重新出现在显示屏中。

更改烹饪时间

使用旋钮更改烹饪时间并再次启动。

暂停

按一次 **Stop (停止)** 按钮或打开电器门。在关闭电器门后再次按下 **Start (启动)** 按钮。

取消

按两次 **Stop (停止)** 按钮，或打开门并按一次 **Stop (停止)** 按钮。

提示

还可以先设置烹饪时间，然后设置微波功率。

冷却风机

冷却风机按要求打开和关闭。

在操作之后，冷却风机继续运转一段时间。

在微波工作过程中，电器保持冷却。冷却风机可以随时开启。在微波工作结束时，风机还会持续运转一段时间。

设定表和使用技巧

关于表格的注意事项

下面的表格为您提供各种微波选项和设置。

表格中规定的时间仅作为参考。这些时间可能会随所使用的烤箱器皿及食物的质量、温度和均匀性发生变化。

表格中通常规定时间范围。首先设置最短的时间，然后根据需要进行延长。

您使用的数量可能与表中规定的数值不同。

经验方法：

两倍食物量 - 几乎双倍的时间

一半的量 - 一半的时间

一定要将烤箱器皿放在转盘上。

解冻

将敞口容器中的冷冻食品放在转盘上。

鸡腿和翅膀等细嫩的部位或烤肉脂肪多的外层可以用小片铝箔包裹。金属箔不得接触微波炉内壁。在解冻时间经过一半时，您可以去除铝箔。

在解冻期间翻转或搅拌食物一次或两次。大块食物应翻转几次。

将已解冻的食物在室温下再搁置 10 到 20 分钟，使温度稳定。对于家禽，可在此时除去内脏。即使肉块的中心未解冻，仍可进行烹制。

	数量	微波设置 (W) 时间 (分钟)	提示
整块肉，例如牛肉、猪肉或小牛肉 (带或不带骨头)	800 g	180 W, 15 分钟 + 90 W, 10 - 20 分钟	
	1000 g	180 W, 20 分钟 + 90 W, 15 - 25 分钟	
	1500 g	180 W, 30 分钟 + 90 W, 20 - 30 分钟	

	数量	微波设置 (W) 时间 (分钟)	提示
切丁或切片的牛肉、猪肉和小牛肉	200 g	180 W, 2 分钟 + 90 W, 4 - 6 分钟	在翻转时将各个部分分开。
	500 g	180 W, 5 分钟 + 90 W, 5 - 10 分钟	
	800 g	180 W, 8 分钟 + 90 W, 10 - 15 分钟	
五花肉馅	200 g	90 W, 10 分钟	尽量平放冷冻。在解冻期间翻转几次, 并将已解冻的肉切下。
	500 g	180 W, 5 分钟 + 90 W, 10 - 15 分钟	
	800 g	180 W, 8 分钟 + 90 W, 10 - 20 分钟	
家禽或家禽块	600 g	180 W, 8 分钟 + 90 W, 10 - 15 分钟	
	1200 g	180 W, 15 分钟 + 90 W, 20 - 25 分钟	
鱼 鱼块、鱼排、鱼片	400 g	180 W, 5 分钟 + 90 W, 10 - 15 分钟	将解冻的块分开。
蔬菜, 例如豌豆	300 g	180 W, 10 - 15 分钟	
水果 例如覆盆子	300 g	180 W, 7 - 10 分钟	在解冻期间小心地搅拌, 将已解冻的部分分离。
	500 g	180 W, 8 分钟 + 90 W, 5 - 10 分钟	
牛油	125 g	180 W, 1 分钟 + 90 W, 2 - 3 分钟	拆掉所有包装。
	250 g	180 W, 1 分钟 + 90 W, 3 - 4 分钟	
整块面包	500 g	180 W, 6 分钟 + 90 W, 5 - 10 分钟	
	1000 g	180 W, 12 分钟 + 90 W, 10 - 20 分钟	
糕点 例如奶油蛋糕	500 g	90 W, 10 - 15 分钟	翻动蛋糕, 将蛋糕分块。仅适用于不含糖霜、奶油或卡士达酱的蛋糕。
	750 g	180 W, 5 分钟 + 90 W, 10 - 15 分钟	
果汁蛋糕 例如水果蛋糕和夸克蛋糕	500 g	180 W, 5 分钟 + 90 W, 15 - 20 分钟	仅适用于不含糖霜或明胶的蛋糕。
	750 g	180 W, 7 分钟 + 90 W, 15 - 20 分钟	

解冻、加热或烹饪冷冻食品

将熟食从包装内取出。如果将它们放置在微波炉专用器皿中，将使加热更快、更均匀。食物不同部位的加热速度可能并不相同。

将食物摊开比将食物堆积加热速度更快。因此，最好将食物摊开平放在容器中。不要层层堆叠食物。

一定要盖上食物。如果器皿没有合适的盖子，请使用平板或专用的微波薄膜覆盖器皿。

加热期间应搅拌或翻转食物两三次。

将食物加热后，在微波炉中放置 2 到 5 分钟，使温度稳定。

能最大程度保持食物的独特口感。因此您可以按自己的口味放入盐或调味品。

	数量	微波设置 (W) 时间 (分钟)	提示
套餐、盘餐、熟食，分成 2 到 3 份	300-400g	600 W, 8 - 11 分钟	
汤	400 g	600 W, 8 - 10 分钟	
炖肉	500 g	600 W, 10 - 13分钟	
带酱汁的肉，如菜炖牛肉	500 g	600 W, 12 - 17分钟	搅拌时将肉块分开。
鱼，如鱼块	400 g	600 W, 10 - 15分钟	您可以加入水、柠檬汁或酒。
烘焙食品，例如意式烤宽面和意式烤碎肉卷	450 g	600 W, 10 - 15分钟	
配菜米饭和意大利面	250 g 500 g	600 W, 3 - 5 分钟 600 W, 8 - 10 分钟	加一些汁液。
蔬菜，如豌豆、椰菜和胡萝卜	300 g 600 g	600 W, 8 - 10 分钟 600 W, 14 - 17分钟	加水，淹没盘底。
菠菜奶油沙司	450 g	600 W, 11 - 16分钟	烹饪时不加水。

加热食物

将熟食从包装内取出。如果将它们放置在微波炉专用器皿中，将使加热更快、更均匀。食物不同部位的加热速度可能并不相同。



在加热液体时，一定要在容器中放一个茶匙，以避免液体沸腾溢出。当沸腾延迟发生时，液体不会出现常见的蒸汽气泡翻腾现象。即使容器稍微振动，液体也会大量溢出或飞溅。这会导致损伤和烫伤。

一定要盖上食物。如果器皿没有合适的盖子，请使用平板或专用的微波薄膜覆盖器皿。

在加热期间搅拌或翻转食物几次。监控温度。

将食物加热后，在微波炉中放置 2 到 5 分钟，使温度稳定。

	数量	微波设置 (W) 时间 (分钟)	提示	
套餐、盘餐、熟食， 分成 2 到 3 份	300-400g	600 W, 10 - 15 分钟		
饮品	150 ml 300 ml 500 ml	800 W, 1 - 2 分钟 800 W, 2 - 3 分钟 800 W, 3 - 4 分钟	在容器中放入一把汤匙。 不要让酒精饮品过热。在 加热期间检查。	
婴儿食品，如奶瓶	50 ml 100 ml 200 ml	360 W, 约为 1/2 分钟 360 W, 约为 1 分钟 360 W, 约为 1 1/2 分钟	取下盖子或奶嘴。加热后 要摇匀。必须检查温度。	
汤	1 碗 2 碗	200 g 400 g	600 W, 2 - 3 分钟 600 W, 4 - 5 分钟	
带酱汁的肉	500 g	600 W, 8 - 11 分钟	分开肉块。	
炖肉	400 g 800 g	600 W, 6 - 8 分钟 600 W, 8 - 11 分钟		
蔬菜	1 份 2 份	150 g 300 g	600 W, 2 - 3 分钟 600 W, 3 - 5 分钟	加一些汁液。

烹饪食物

始终在带盖子的器皿中烹饪食物。烹饪期间应搅拌或翻转食物。

能最大程度保持食物的独特口感。因此您可以按自己的口味放入盐或调味品。

将食物摊开比将食物堆积加热速度更快。因此，最好将食物摊开平放在容器中。如果可能，不要层层堆叠食物。

将食物烹饪好后，在微波炉中放置 2 到 5 分钟，使温度稳定。

	数量	微波设置 (W) 时间 (分钟)	提示
去掉内脏杂碎的新鲜整鸡	1.2 kg	600 W, 25 - 30 分钟	烹饪中途翻转一下。
新鲜鱼块	400 g	600 W, 5 - 10 分钟	
新鲜蔬菜	250 g 500 g	600 W, 5 - 10 分钟 600 W, 10 - 15 分钟	将蔬菜切成大小相等的小块。每 100 g 蔬菜加入一到两大汤匙水。
配菜，如土豆	250 g 500 g 750 g	600 W, 8 - 10 分钟 600 W, 11 - 14 分钟 600 W, 15 - 22 分钟	将土豆切成大小均匀的块状。在容器中倒入 1 cm 深的水，然后搅拌。
米饭	125 g 250 g	600 W, 5 - 7 + 180 W 12 - 15 分钟 600 W, 6 - 8 + 180 W 15 - 18 分钟	加入双倍的汁液。
甜食，如布丁(速食)，水果、蜜饯	500 ml 500 g	600 W, 6 - 8 分钟 600 W, 9 - 12 分钟	在烹饪过程中用搅蛋器彻底搅拌布丁两到三次。

微波使用技巧

您无法找到准备烹饪的食物量的相应设置信息。	依据下面的经验，酌情增加或减少烹饪时间： 双倍的量 = 双倍烹饪时间 一半的量 = 一半的烹饪时间。
食物变得太干。	下一次，缩短烹饪时间或选择较低的微波功率设置。给食物盖上盖子，并加入更多的汁液。
在到达时间后，食物没解冻、没热或没熟。	设置更长的时间。量大、堆放的食物需要更长的时间。
在到达时间后，食物的边缘过热，但中部没熟。	在烹饪过程中搅拌，下次选择较低的微波功率和较长的烹饪时间。
在解冻之后，家禽或肉外部已解冻，但中部没解冻。	下一次，选择一个较低的微波功率设置。如果需要解冻的食物量大，要翻转几次。
提示	门板、内壁和底板上可能会出现冷凝液。这是正常现象，不影响微波的使用。请在烹饪后擦去这些冷凝液。

符合 EN 60705 标准的测试菜谱

测试机构利用这些膳食来测试微波炉的质量和性能。

微波解冻

食物	微波设置 (W) 和持续时间 (分钟)	提示
肉	180 W, 5 分钟 + 90 W, 12 - 15 分钟	适合微波环境的塑料盘, 直径 22 cm

微波烹饪

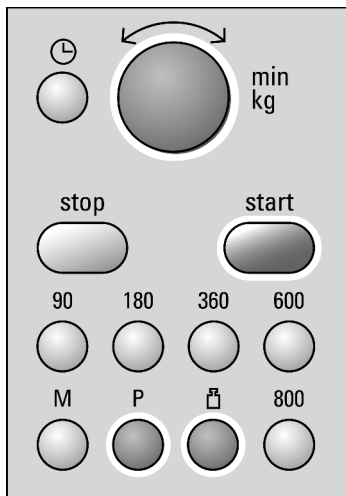
食物	微波设置 (W) 和持续时间 (分钟)	提示
鸡蛋/牛奶混合物	600 W, 5 分钟 + 180 W, 20 - 25 分钟	565 g, 耐热玻璃 22 x 17 cm
海绵蛋糕	600 W, 7 - 9 分钟	耐热玻璃, 直径 22 cm
肉糕	600 W, 22 - 27 分钟	耐热玻璃, 28 cm

自动编程

使用自动编程功能可以轻而易举地解冻食物，以及迅速、方便地烹制各色菜式。
微波炉有 7 个自动程序。

您可以在表中找到每个程序对应的食物类型和重量范围。您可以设置重量范围内的任意重量。

设置程序



1. 重复按下“P”，直到显示所需的程序编号。

2. 按下 。
显示屏中“P”和默认重量变亮。

3. 使用旋钮设置菜肴重量。

4. 按下 Start (启动) 按钮。

您将看到程序的烹饪时间倒计时。

烹饪时间到时

一个信号声响起。电器关断。
按下 Stop (停止) 按钮或打开电器门。

调整

按下 Stop (停止) 按钮两次，复位。

暂停


打开电器门。关闭后再次按下 Start (启动) 按钮。然后程序将继续执行。

取消

按下 Stop (停止) 按钮两次。

提示

对于一些程序，在经过一定时间后会发出一声信号。打开电器门，搅拌食物或翻转肉类或家禽。在关门后再次按下 **Start** (启动) 按钮。

您可以使用“P”或  查询程序编号和重量。设置值将在显示屏中显示 3 秒钟。

解冻程序

制备食物

您可以使用 4 个解冻程序来解冻肉类、家禽和面包。

使用的食品须切成薄片、大小均匀且已在 -18°C 的温度下冷冻和存储。

解冻前将食物拆封并称重量。您需要知道食物重量，这样才能设置程序。

烤箱器皿

将食物放在微波炉专用浅盘中，例如玻璃盘或瓷盘。请勿覆盖盘子。

放置时间

已解冻的食物应搁置 10-30 分钟，使温度稳定。大块肉比小块肉需要更长的搁置时间。肉片和肉糜在搁置前应摊开。

即便较厚肉块的中心仍未解冻，仍可做进一步的烹制。对于家禽，可在此时除去内脏。

信号

对于一些程序，在经过一定时间后会发出一声信号。打开电器门，搅拌食物或翻转肉类或家禽。在关门后再次按下 **Start** (启动) 按钮。

警告！

在解冻肉块、家禽时会有汁液产生。禁止将这些汁液用作其它用途或接触其它食物。

食物	程序号	重量范围
肉糜	P 01	0.2-1.0 kg
肉片	P 02	0.2-1.0 kg
家禽、家禽块	P 03	0.4-1.8 kg
面包	P 04	0.2-1.0 kg

烹饪程序

您可以使用 **3** 个烹饪程序来蒸制米饭、土豆和蔬菜。

烤箱器皿

始终在带盖子的微波炉专用器皿中烹饪食物。使用高大的器皿蒸制米饭。

制备食物

对食物称重。您需要知道重量，以便设置程序。

米饭：不要使用可煮袋装米。

按包装说明添加适量的水。水通常为米重的两到三倍。

土豆：要做水煮土豆，请将新鲜土豆切成均匀的小块。每 **100 g** 土豆添加一大汤匙的水和少量盐。

新鲜蔬菜：对洗净的新鲜蔬菜称重。将蔬菜切成均匀的小块。每 **100 g** 蔬菜添加一大汤匙水。

信号

程序运行过半时会发出一声信号。搅拌食物。

放置时间

当程序结束时再次搅拌食物。将食物搁置 **5-10** 分钟，使温度稳定。

烹饪效果取决于食物的品质和特性。

食物	程序号	重量范围
米饭	P 05	0.05-0.2 kg
土豆	P 06	0.15-1.0 kg
蔬菜	P 07	0.15-1.0 kg

符合 EN 60705 标准的测试菜谱

测试协会使用下列菜式对微波炉的质量和功能进行测试。

微波烹饪

菜式	微波设置 (W) 和烹饪时间 (分钟)	提示
奶油蛋羹， 565 g	180 W，25 - 30 分钟 + 90 W， 20 - 25 分钟	将 20 x 17 cm 耐热玻璃器皿放在转盘上
海绵蛋糕	600 W，8 - 10 分钟	将直径为 22 cm 耐热玻璃器皿放在转盘上
肉糕	600 W，20 - 25 分钟	将耐热玻璃器皿放在 转盘上

微波解冻

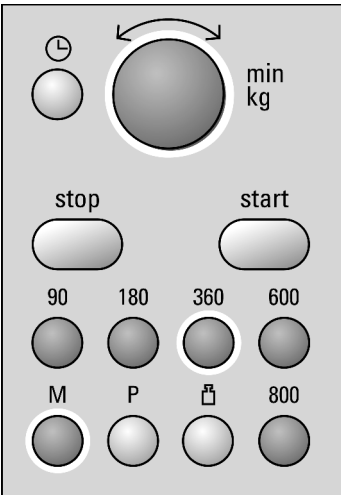
菜式	微波设置 (W) 和烹饪时间 (分钟)	提示
肉	180 W，5 - 7 分钟 + 90 W， 10 - 15 分钟	将直径为 22 cm 耐热玻璃器皿放在转盘上

存储器

您可以使用存储器创建自己的程序。当频繁烹饪某种菜式时，可使用存储器功能。您可以存储设置并随时调用。

保存存储器设置

实例：
360 W，25 分钟



1. 按下“M”。
“M”出现在显示屏中。
2. 按下所需的微波设置。
“M”、所选择的设置以及 1:00 min 在显示屏中变亮。
3. 用旋钮设置烹饪时间。
4. 使用“M”确认。
时钟重新出现在显示屏中。

设置被保存。

您可以保存存储器设置并立即启动电器。为此，按下 **Start** (启动) 按钮而不是“M”。

您无法连续存储多个微波功率设置。

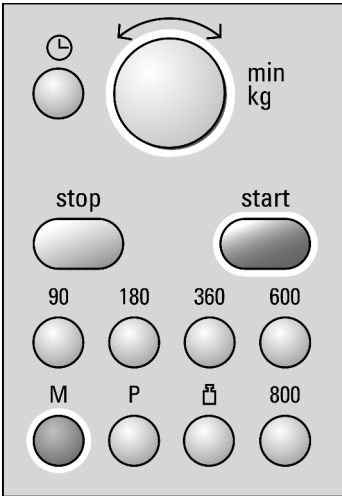
您无法保存自动程序。

添加到存储器：

按下“M”。显示旧的设置。按照步骤 1-4 保存新程序。

提示

启动存储器功能



可轻松启动所保存的程序。将膳食放入电器中。关闭电器门。

1. 按下“M”。
显示已保存的设置。
2. 按下 **Start** (启动) 按钮。
烹饪时间在显示屏中倒计时。

烹饪时间到时

一个信号声响起。电器关断。打开电器门或按下 **Stop** (停止) 按钮。

暂停

打开电器门。在关闭电器门后再次按下 **Start** (启动) 按钮。然后程序将继续执行。

取消设置

按两次 **Stop** (停止) 按钮，或打开门并按一次 **Stop** (停止) 按钮。

更改信号持续时间

当电器断电后将可以听到一声信号响。可以更改声音信号的持续时间。

按住 **Start** (启动) 按钮约 **6** 秒钟。

采用新的信号持续时间。时钟重新出现在显示屏中。

具有下列选项：

短信号持续时间 - **3** 声

长信号持续时间 - **30** 声。

维护和清洁



不要使用高压清洁器或蒸汽喷嘴。有短路危险。

请勿使用腐蚀性或磨蚀性清洗剂。可能会损坏表面。
如果磨蚀性物质接触到正面，请立即用水清洗掉。

清洁剂

电器外部

不锈钢面板

使用肥皂水并用软布擦干。

清洗后用软布擦干残留的肥皂水。

一定要立即除去石灰石、脂肪、蛋清痕迹和淀粉残余物。

可向售后服务部或专卖店购买专用不锈钢清洗剂。

电器内部

热肥皂水或醋溶液。

用海绵清洁。

如果很脏，使用烤箱清洁剂：

只能用于冷烤箱。

转盘和滚轮环

使用洗涤剂清洗转盘和滚轮。使用湿布擦拭炊具的凹槽。请确保水不会经过转盘驱动装置流入电器内部。在重新插入时，支承环必须正确地安放到位。

门板

玻璃清洁剂

故障检修

如果发生故障，通常只是由小失误引起。在给售后服务部打电话前，请阅读下面的说明：

问题	可能原因	说明/补救措施
电器不工作	插头没有插入	将插头插入电器。
	电源故障	检查厨房的灯是否能打开。
微波不启动	门没有关好	检查是否有剩的食物或异物卡在门内。
	定时器选择开关没有设置时间	设置定时器选择开关。
食物加热时间比往常长	选择的微波设置太低	选择较高的设置。
	微波炉中放置的食物量比平常多	双倍的食物量 - 几乎双倍的烹饪时间。
	食物比平常更冷	在烹饪过程中搅拌或翻转食物。
转盘发出刮擦或摩擦声	转盘驱动区域存在残渣或异物	清洁支架和凹槽。

只能由受过全面培训的售后服务技术人员进行修理。
修理不当可能导致用户严重受伤。

售后服务

我们的售后服务部门在您需要修理时随时为您服务。您可以在电话簿上查到离您最近的售后服务中心的地址和电话号码。所列出的售后服务中心也会很乐意告诉您当地的维修点。

产品号 **E** 编号和
生产号 **FD** 编号

在联系我们的售后服务部时，请提供电器的产品号 (**E** 编号) 和生产号 (**FD** 编号)。打开微波炉门后，您可以在右侧铭牌上看到这些编号。将这些号码记录在下面的空白处，这样可以在电器出故障时节省查找时间。

E 编号	FD 编号
售后服务 ☎	

技术参数

电源	AC220-230 V, 50 Hz
微波输入功率	1270 W
微波输出功率	800 W
微波频率	2450 MHz
尺寸 (H x W x D)	
- 电器	28.0 x 46.2 x 32.0 cm
- 烹饪箱	19.4 x 29.0 x 30.0 cm
重量	13.5 kg
TÜV 认证	是
CE 标记	是

本电器符合标准 EN 55011 和 CISPR 11。
该产品类别属于分组 2，等级 B。

分组 2 表示微波用于加热食物。
等级 B 表示本电器适用于私人家庭环境。

保修说明

根据中华人民共和国《部分商品修理更换退货责任规定》，本机作为家用电器，自购买之日起主要部件包修三年，整机包修一年。用于生产经营目的、商用、公司集体使用等用途所购买的家电，其整机及主要零配件的包修期为3个月，除非购销合同中另有规定。

- 厂方、商业单位出售的降价处理商品保修条件同上，降价部位不予包修。
- 包期内，用户送修时必须持有送修产品的有效购买发票和厂方指定的相关三包凭证，三包有效期自发票开具之日算起。用户应妥善保存保修卡和购机发票，送修时必须同时出示保修卡和购机发票。用户遗失购买发票时，应按出厂日期推算三包有效期。
- 根据国家规定，下列项目不属于免费包修范围，应实行收费修理：
 - 消费者搬运、安装、使用、维护、保管不当而损坏的。
 - 电源电压低于 187 伏或高于 240 伏而损坏的。
 - 自行或非厂方特约维修点拆修的。
 - 无三包凭证和有效购买发票的。
 - 三包凭证编号与修理产品不符或涂改的。
 - 因不可抗力造成产品损坏的。
 - 过了免费包修期的。
 - 由于产品使用环境条件，例如：电源、水源、温度、湿度等非本公司所能控制的因素引起的一切损坏及损失，不在免费保修范围内。

服务承诺

- 24小时热线
- 市区内24小时上门
- 免费安装调试（材料费除外）
- 电话咨询服务
- 终身提供服务

客户服务

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西门子家电保修卡

顾客姓名		联系电话	
联系地址			
购买日期			
产品代码		发票号码	
维修点名称		维修点电话	

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结算第五联

顾客姓名		联系地址	
购买日期		发票号码	
产品代码		出厂年月	
修理日期		出厂序号(箱号)	

SIEMENS



结算第四联

顾客姓名		联系地址	
购买日期		发票号码	
产品代码		出厂年月	
修理日期		出厂序号(箱号)	

SIEMENS



结算第三联

顾客姓名		联系地址	
购买日期		发票号码	
产品代码		出厂年月	
修理日期		出厂序号(箱号)	

SIEMENS



结算第二联

顾客姓名		联系地址	
购买日期		发票号码	
产品代码		出厂年月	
修理日期		出厂序号(箱号)	

SIEMENS



结算第一联

顾客姓名		联系地址	
购买日期		发票号码	
产品代码		出厂年月	
修理日期		出厂序号(箱号)	

中国RoHS管控物质或元素在微波炉产品零部件中的含量标识

零部件名称	中国ROHS管控物质或元素					
	铅 (Pb)	汞(Hg)	镉 (Cd)	六价铬 Cr(VI)	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
磁控管	○	○	○	○	○	○
高压变压器	○	○	○	○	○	○
转盘电机	○	○	○	○	○	○
石英发热管	○	○	○	○	○	○
卤素管	○	○	○	○	○	○
照明灯	○	○	○	○	○	○
风扇电机	○	○	○	○	○	○
高压电容	x	○	○	○	○	○
高压二级管组件	x	○	○	○	○	○
保险管座	○	○	○	○	○	○
保险管	○	○	○	○	○	○
温控器	○	○	○	○	○	○
微动开关 常开型	○	○	○	○	○	○
微动开关 转换型	○	○	○	○	○	○
金属发热管	○	○	○	○	○	○
双轴定时器	○	○	○	○	○	○
高压继电器组件	○	○	○	○	○	○
导线	○	○	○	○	○	○
线束	○	○	○	○	○	○
高压保险管一体化	○	○	○	○	○	○
镇流板	x	○	x	○	○	○
涌流电机	○	○	○	○	○	○
启动电容	○	○	○	○	○	○
门面	○	○	○	○	○	○
控制面板	○	○	○	○	○	○
旋钮	○	○	○	○	○	○
门铰	○	○	○	○	○	○
门封	○	○	○	○	○	○
拉手	○	○	○	○	○	○
风扇支架	○	○	○	○	○	○
扇叶	○	○	○	○	○	○
脚踏杆	○	○	○	○	○	○
开关支架	○	○	○	○	○	○
拉手座	○	○	○	○	○	○
伊脚	○	○	○	○	○	○
主导风板	○	○	○	○	○	○
限位柱	○	○	○	○	○	○
按钮	○	○	○	○	○	○
按键	○	○	○	○	○	○
启动按钮外壳	○	○	○	○	○	○
启动按钮内壳	○	○	○	○	○	○
拉手垫	○	○	○	○	○	○
镜片	○	○	○	○	○	○
按键	○	○	○	○	○	○
翻板	○	○	○	○	○	○
线夹	○	○	○	○	○	○
通风栅格	○	○	○	○	○	○
排钮	○	○	○	○	○	○

备注： 1、 本企业所生产的产品，符合欧盟ROHS与中国ROHS要求，现含有中国ROHS禁用物质或元素的部件皆因全球技术发展水平限制而无法实现替代；

2、 “○”表示中国ROHS管控物质或元素在该部件所有均质材料中的含量均在SJ/T11363-2006规定的限量要求以下；

3、 “x”表示中国ROHS管控物质或元素至少在该部件的某一均质材料中的含量超出SJ/T11363-2006规定的限量要求；

4、 以上清单中所包含零部件依据不同产品型号略有不同；

5、 本产品在正常使用情况下，环保使用期限为10年。

中国RoHS管控物质或元素在微波炉产品零部件中的含量标识

零部件名称	中国ROHS管控物质或元素					
	铅 (Pb)	汞(Hg)	镉 (Cd)	六价铬 Cr(VI)	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
防护膜	○	○	○	○	○	○
封箱带	○	○	○	○	○	○
封箱钉	○	○	○	○	○	○
线扎	○	○	○	○	○	○
弹簧 门钩弹簧	○	○	○	○	○	○
弹簧 按键弹簧	○	○	○	○	○	○
螺母	○	○	○	○	○	○
安装螺母支架	○	○	○	○	○	○
防潮板	○	○	○	○	○	○
波导口盖	○	○	○	○	○	○
减震垫块	○	○	○	○	○	○
门窗板	○	○	○	○	○	○
转盘	○	○	○	○	○	○
橡胶垫	○	○	○	○	○	○
发热管支撑	○	○	○	○	○	○
炉脚垫块	○	○	○	○	○	○
灯玻璃	○	○	○	○	○	○
内隔板	○	○	○	○	○	○
驱动轴	○	○	○	○	○	○
转环组件	○	○	○	○	○	○
门贴	○	○	○	○	○	○
灯贴	○	○	○	○	○	○
海绵条	○	○	○	○	○	○
油脂滤网	○	○	○	○	○	○
搅拌轴	○	○	○	○	○	○
紧轴	○	○	○	○	○	○
螺钉	○	○	○	○	○	○
扬声器	○	○	○	○	○	○
湿度传感器	○	○	○	○	○	○
电源线	○	○	○	○	○	○
纸箱	○	○	○	○	○	○
塑料袋	○	○	○	○	○	○
外框安装支架	○	○	○	○	○	○
后安装板	○	○	○	○	○	○
安装垫块	○	○	○	○	○	○
贯流电机	○	○	○	○	○	○
贯流电机支架	○	○	○	○	○	○
双面胶	○	○	○	○	○	○
石英管连接片	○	○	○	○	○	○
后隔热板	○	○	○	○	○	○
外框贴片	○	○	○	○	○	○
底部导风罩组件	○	○	○	○	○	○
顶部导风罩组件	○	○	○	○	○	○
贯流电机罩	○	○	○	○	○	○
塑料外框	○	○	○	○	○	○
外框装饰盖	○	○	○	○	○	○
限位支架垫块	○	○	○	○	○	○
前后支撑	○	○	○	○	○	○

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4、 以上清单中所包含零部件依据不同产品型号略有不同；

5、 本产品在正常使用情况下，环保使用期限为10年。

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 for 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.

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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 instruction manual in a safe place. Pass on the instruction manual to the new owner if you sell the appliance.

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.

Installation and connection

This appliance is only intended for domestic use.

Place the tabletop appliance on a firm, level surface (at least 85 cm above the floor). The ventilation slots on the left side, rear side and the underside must not be obstructed.

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 with 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. The appliance plug must always be within reach.

Adapters, multiway strips and extension leads must not be used. Overload can lead to a fire hazard.

Important information

Safety information

This appliance complies with all relevant safety regulations for electrical appliances. Repairs may only be carried out by after-sales service technicians who have been fully trained by the manufacturer. Improper repairs run the risk of causing serious injury to the user.

This appliance is intended for domestic use only. Only use the microwave oven for preparing foodstuffs.

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

You should only use the microwave with the turntable in place.

Always place the food in a container on the turntable.

Ensure that liquid which has boiled over does not leak through the turntable drive into the inside of the appliance.

The microwave must only be switched on when there is food in the cooking compartment. 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).

The surfaces of heating and cooking appliances will become hot during operation.

Keep children at a safe distance. There is a risk of burning.

Do not store items on top of the appliance.

The connecting leads from electrical appliances must not become trapped in the oven door. This could cause damage to the insulation.

There is a risk of short-circuiting or electrocution.

Never store combustible items in the oven compartment as they may ignite when the oven switched on.

There is a risk of burning.

Do not open the oven door if you can see smoke inside the oven. Pull out the plug.

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.

The oven door must always close properly. Keep the door seal areas clean.

Do not use high-pressure cleaners or steam jets. There is a danger of short-circuiting.

Keep the microwave away from excessive heat and from dampness.

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

If the oven door is damaged, do not use the oven again until it has been repaired by an after-sales service technician. Otherwise microwave energy may escape.

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

In the event of a fault, remove the mains plug. Then call the after-sales service.

The oven compartment lamp must only be replaced by an after-sales service technician.

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.

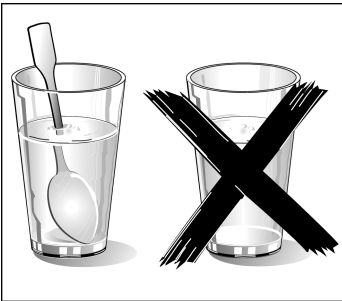
Airtight packaging may burst when food is heated.

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

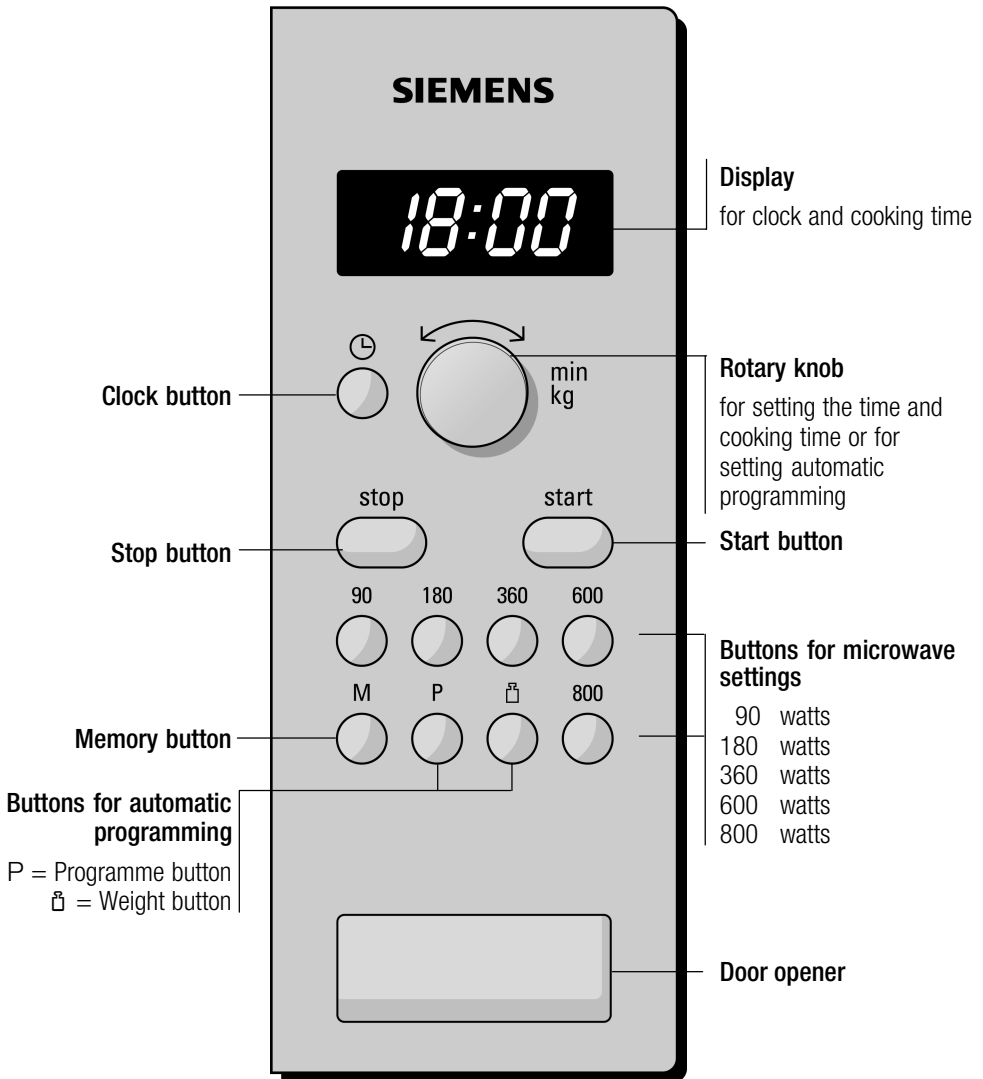
Cooking oil



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

Risk of fire

The control panel

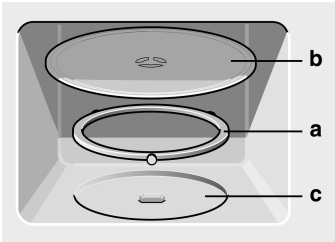


Push-in control knobs

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.

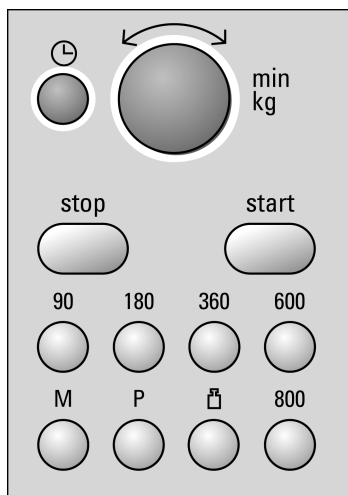
Steamer dish	HZ 86 D 000
Lift door	HZ 15L560 (stainless) HZ 15L760 (aluminium) HZ 15L660 (black)
Note: The microwave oven must be operated with the decorative door open.	

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

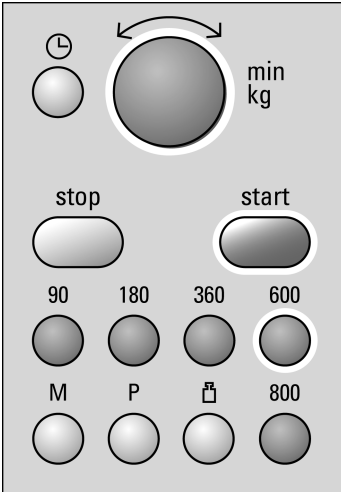
Microwave setting	suitable for
800 watts	Heating liquids
600 watts	Heating and cooking food
360 watts	Cooking meat and heating delicate foods
180 watts	Defrosting and continued cooking
90 watts	Defrosting delicate foods

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.

Delicate parts such as the legs and wings of chicken or fatty outer layers of roasts can be covered with small pieces of aluminium foil. The foil must not come into contact with the oven walls. You can remove the foil half way through the defrosting time.

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

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 500 g	600 W, 3 - 5 min. 600 W, 8 - 10 min.	Add a little liquid.

	Amount	Microwave setting in watts Time in minutes	Notes
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	800 W, 1 - 2 min.	Place a spoon in the container. Do not overheat alcoholic drinks. Check during heating.
	300 ml	800 W, 2 - 3 min.	
	500 ml	800 W, 3 - 4 min.	

	Amount	Microwave settings in watts Time in minutes	Notes
Baby food e.g. baby's bottles	50 ml	360 W, approx. ½ min.	Without the lid or teat. Always shake well after heating. You must check the temperature.
	100 ml	360 W, approx. 1 min.	
	200 ml	360 W, approx. 1½ - min.	
Soup	1 bowl	200 g	600 W, 2 - 3 min.
	2 bowls	400 g	600 W, 4 - 5 min.
Meat in sauce	500 g	600 W, 8 - 11 min.	Separate slices of meat.
Stew	400 g	600 W, 6 - 8 min.	
	800 g	600 W, 8 - 11 min.	
Vegetables	1 portion	150 g	Add a little liquid.
	2 portions	300 g	

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	600 W, 5 - 10 min.	Cut vegetables into pieces of equal size. Add 1 to 2 table-spoons of water per 100 g of vegetables.
	500 g	600 W, 10 - 15 min.	

	Amount	Microwave settings in watts Time in minutes	Notes
Side dishes e.g. potatoes	250 g	600 W, 8- 10 min.	Cut potatoes into pieces of equal size. Pour water into the container to a depth of about 1 cm, and stir.
	500 g	600 W, 11 - 14 min.	
	750 g	600 W, 15 - 22 min.	
Rice	125 g	600 W, 5 - 7 + 180 W 12 - 15 min.	Add double the amount of liquid.
	250 g	600 W, 6 - 8 + 180 W 15 - 18 min.	
Sweets e.g. pudding (instant), fruit, compote	500 ml	600 W, 6 - 8 min.	Stir the pudding thoroughly using an egg whisk 2 to 3 times during the cooking.
	500 g	600 W, 9 - 12 min.	

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.

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.

Test dishes in accordance with EN 60705

These meals are used by testing institutions to test the quality and function of microwave appliances.

Microwave defrosting

Meal	Microwave setting (watts) and duration in minutes	Notes
Meat	180 W, 5 min. + 90 W, 12 - 15 min.	Microwaveable plastic dish, 22 cm diameter

Microwave cooking

Meal	Microwave setting (watts) and duration in minutes	Notes
Egg/milk mixture	600 W, 5 min. + 180 W, 20 - 25 min.	565 g, Pyrex 22 x 17 cm
Sponge	600 W, 7 - 9 min.	Pyrex 22 cm diameter
Meat loaf	600 W, 22 - 27 min.	Pyrex, 28 cm

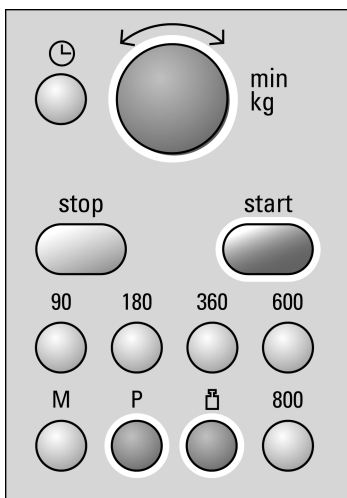
Automatic programming

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 $-18\text{ }^{\circ}\text{C}$.

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

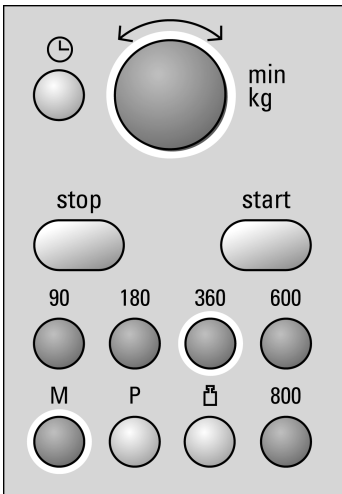
Dish	Microwave setting (watts) and cooking time in minutes	Notes
Meat	180 watts, 5 - 7 mins + 90 watts, 10 - 15 mins	Place the 22 cm diameter Pyrex dish on the turntable

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

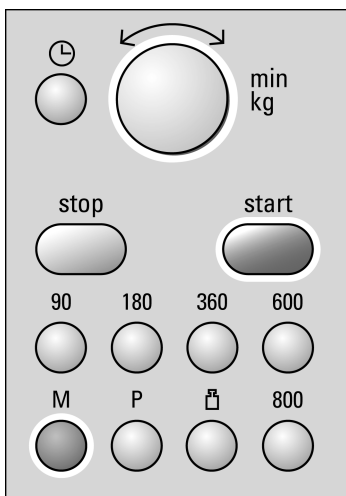
You cannot store several microwave power settings one after the other.

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



Do not use high-pressure cleaners or steam jets. There is a danger of short-circuiting.

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

Cleaning agents

Appliance exterior with stainless steel fronts	Use soapy water and dry with a soft cloth. Use a soft cloth to subsequently dry off any soapy water. Always remove limescale, fat, eggwhite marks and starchy residue immediately. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist shops.
Appliance interior	Hot soapy water or a vinegar solution. Clean with a sponge. Use oven cleaner if there is heavy soiling: Only use in a cold oven.
Turntable and roller ring	Clean the turntable and the roller ring with washing-up liquid. Wipe the recess in the cooker with a damp cloth. Ensure that water does not leak through the turntable drive into the inside of the appliance. The support ring must slot into place properly when you re-insert it.
Door panel	Glass cleaner

Troubleshooting

Should a malfunction occur, it is often only due to a minor fault. Please read the following instructions before calling the after-sales service:

Problem	Possible cause	Comments/remedy
The appliance does not work	Plug not inserted	Plug in the appliance.
	Power failure	Check whether the kitchen light switches on.
The microwave does not switch on	Door is not closed properly	Check whether left-over food or a foreign object is trapped in the door.
	Timer switch was not set	Set timer switch.
The food takes longer than usual to heat up	The microwave setting selected was too low	Select a higher setting.
	A greater amount than usual was placed in the microwave	Double the amount - almost double the cooking time.
	The food was colder than usual	Stir or turn the food during cooking.
The turntable makes a scraping or grinding noise	Dirt or foreign body is present in the turntable drive area	Clean the support and the recess.

Repairs may only be carried out by fully trained after-sales service technicians. Improper repairs may cause 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.
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After-sales service 🏠

Technical data

Power supply	AC220-230 V, 50 Hz
Microwave Input	1.270 W
Microwave Output	800 W
Microwave Frequency	2.450 MHz
Dimensions (H x W x D)	
- appliance	28.0 x 46.2 x 32.0 cm
- cooking compartment	19.4 x 29.0 x 30.0 cm
Weight	13.5 kg
TÜV approved	Yes
CE mark	Yes

This appliance complies with the standards EN 55011 and CISPR 11.

The product is classified in group 2, class B.

Group 2 means that microwaves are used for the purpose of heating foodstuffs.

Class B means that the appliance is suitable for use in a private household environment.

