

Panasonic[®]

Operating Instructions and Cookbook Steam / Convection / Grill / Microwave Oven

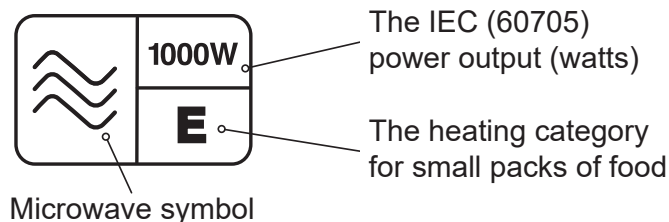
Model No. NN-CS89LB
Household Use Only



INVERTER

Important safety instructions
Please read carefully and keep for future reference

Important Notice



Thank you for purchasing a Panasonic Microwave Oven.

Your oven is rated 1000 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol indicates the heating category for your oven when cooking or reheating convenience foods.

Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods.

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating and cooking on pages **90-105** of this book.

Always check the progress of the food as it cooks or reheats by simply opening the door. After checking the progress of the foods, touch **Start/Confirmation** to continue the cooking time.

Failure to follow the instructions given in this operating instructions and cookbook, may affect the recipe result and in some instances may be dangerous.

 Customer Communications Centre 0344 844 3899

Selected Spares and Accessories:

Order direct on line at **www.panasonic.co.uk** or by telephoning the Customer Communications Centre number above.

For Cookery Advice call: 01344 862108 (open Monday to Wednesday 9 am - 12 pm)
Alternatively visit our web site at **www.theideaskitchen.co.uk**

Or write to the address below:

Panasonic UK, a branch of Panasonic Marketing Europe GmbH,
Maxis 2
Western Road
Bracknell
Berkshire
RG12 1RT
UK

Thank you for purchasing this Panasonic appliance.

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Safety Instructions

- Important safety instructions. Before operating this oven, please read these instructions carefully and keep for future reference.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.
- When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Warning! It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Safety Instructions

- **Warning!** Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be made by a qualified service person.
- **Warning!** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- **Warning!** Do not place this oven near an electric or gas cooker range.
- **Warning!** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.
- This oven is intended for Counter-top use only. It is not intended for built-in use or for use inside a cupboard. The microwave oven shall not be placed in a cabinet.

For Countertop use:

- The oven must be placed on a flat, stable surface 85 cm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.
- When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.

Safety Instructions

- If smoke is emitted or a fire occurs in the oven, touch Stop/Cancel and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- This appliance is intended to be used in household applications only.
- When heating liquids, e.g. soup, sauces and beverages in your oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by **microwave**. Pressure may build up and the eggs may explode, even after the microwave heating has ended.
- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, base of the oven, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended.
- **Do not use commercial oven cleaners.**
- Some foods may inevitably splatter grease on to the oven walls when cooking. If the oven is not cleaned occasionally, it may start to “smoke” during use.

Safety Instructions

- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.
- Warning! The accessible parts may become hot in **grill, convection, steam** and **combination** use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.
- A steam cleaner is not to be used for cleaning the appliance.
- Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- Exterior oven surfaces and the oven door will get hot during **grilling, convection, steam,** and **combination** modes, take care when opening or closing the door and when inserting or removing food and accessories.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Only use utensils that are suitable for use in microwave ovens.
- Warning! This appliance produces boiling hot steam.
- During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.

Safety Instructions

- Warning! Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
- Please refer to page 16-17 for correct installation of the shelf accessories.
- The oven has heating elements situated in top of the oven, a steamer boiler situated in the left side of the oven and a convection heater situated in the back of the oven. After using the **grill, convection, steam** and **combination** functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching any of the inside surfaces near the heating element inside the oven. N.B. After cooking by these functions, the oven accessories will be very hot.
- The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppodums.
- The oven lamp must be replaced by a service technician trained by the manufacturer. **Do not** attempt to remove the outer casing from the oven.
- Before using the oven, place the drip tray in position. Refer to page 19 for correct installation.

Safety Instructions

- The purpose of the drip tray is to collect excess water during **steam** and **steam combination** mode. It should be emptied after each **steam** and **steam combination** operation.
- Do not use the water tank if it is cracked or broken, as leaking water could result in electrical failure and danger of electric shock. If the water tank becomes damaged, please contact your dealer.
- The appliance must not be installed behind a decorative door in order to avoid overheating.
- The oven should be cleaned regularly and any food deposits removed.

Disposal of Old Equipment

Only for European Union and Countries with Recycling Systems



This symbol on the products, packaging, and/or accompanying documents means that used electrical and electronic products must

not be mixed with general household waste.

For proper treatment, recovery and recycling of old products, please take them to applicable collection points in accordance with your national legislation.

By disposing of them correctly, you will help to save valuable resources and prevent any potential negative effects on human health and the environment.



For more information about collection and recycling, please contact your local municipality.

Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

Important Safety Instructions

Please read carefully and keep for future reference.

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362.

Check for the ASTA mark  or the BSI mark  on the body of the fuse.

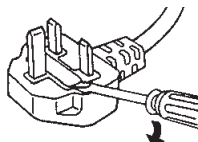


Important

If the fuse cover is detachable, never use the plug with the cover omitted. A replacement fuse cover can be purchased from your local Panasonic Dealer.

How to Replace the Fuse

Open the fuse compartment with a screwdriver and replace the fuse.



If the fitted moulded plug is unsuitable for the socket outlet in your home then the fuse should be removed and the plug cut off and disposed of safely and an appropriate one fitted. There is a danger of severe electrical shock if the cut off plug is inserted into any 13 amp socket.


If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician (For U.K. Models only).



Important

The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth, Blue: Neutral, Brown: Live.

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured **green-and-yellow** must be connected to the terminal in the plug which is marked with the letter **E** or by the Earth symbol  or coloured **green or green-and-yellow**.

The wire which is coloured **blue** must be connected to the terminal in the plug which is marked with the letter **N** or coloured **black**. The wire which is coloured **brown** must be connected to the terminal in the plug which is marked with the letter **L** or coloured **red**.

When this oven is installed it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.



Warning!

This appliance must be earthed.

Important Safety Instructions



Voltage & Power

The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

1. In case of electronic failure, oven can only be turned off at wall socket.



Warning!

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.

2. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved.

3. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. During and after cooking with a steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
5. To prevent burns, take care of hot surfaces which may exist from the cooking process.



Caution!

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Storage of Accessories

6. Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.

Exterior Oven Surfaces

7. Exterior oven surfaces and the oven door will get hot during **grill, convection, steam** and **combination** modes. Take care when opening or closing the door and when inserting or removing food and accessories.

Important Safety Instructions

Heater

8. The oven has heating elements situated in top of the oven, a steamer boiler situated in the left side of the oven and a convection heater situated in the back of the oven. After using the **grill, convection, steam** and **combination** functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching any of the inside surfaces near the heating elements inside the oven. N.B. After cooking by these functions, the oven accessories will be very hot.



Caution! Hot Surfaces!

After cooking by these modes, the oven accessories will be very hot.

9. Before using **grill, convection, steam** or **combination** function for the first time operate the oven without food and accessories on **convection** 230 °C for 5 minutes. This will allow the oil that is used for rust protection to be burned off.

This is the only time that the oven is operated completely empty.



Caution! Hot Surfaces!

Exterior oven surfaces and the oven door will get hot during **combination/grill/convection**. **Do not operate the oven empty** apart from point 9 and when preheating. The appliance must not be operated by **microwave** or **combination** including microwave **without food in the oven**. Operation when empty will damage the appliance.

During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven. The accessible parts may become hot in combination use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.

Before Using Your Oven

Examine your Oven

1. Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. **Do not** install if unit is damaged.

Guarantee

2. Your receipt is your guarantee, please keep it safe.

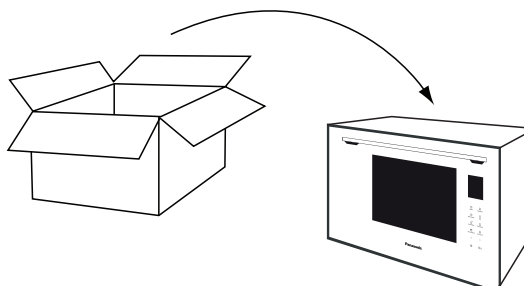
Cord

3. If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or it's service agent or a similarly qualified person in order to avoid a hazard.



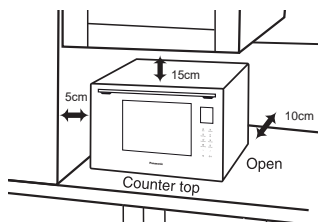
Note

The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.



Placement of Your Oven

This oven is intended for counter-top household use only. It is not intended for built-in use or for use inside a cupboard. The microwave oven shall not be placed in a cabinet.



1. The oven must be placed on a flat, stable surface 85 cm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being
2. open; 15 cm clear over the top; 10 cm at the rear.
3. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.
4. Do not block air vents on the top of the oven. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
5. This appliance is intended to be used in household applications only.

Care & Cleaning of Your Oven



Important

It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of a surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. **Switch the oven off before cleaning** and unplug at the socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.** When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. After using **grill, convection, steam** and **combination** cooking the walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care
4. should be taken to keep the window area clean especially after cooking by **grill, convection, steam** and **combination**. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. **Do not spray directly inside the oven.**
5. After cooking with a **steam function**, check and wipe away any excess water which may have condensed within the oven cavity. Empty the drip tray (refer to page 19).
6. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they may scratch the surface, which may result in shattering of the glass.

Care & Cleaning of Your Oven

6. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
7. If the **control panel** becomes dirty, clean with a soft, dry cloth. **Do not** use harsh detergents or abrasives on control panel. When cleaning the control panel, unplug the socket. Leave the oven door closed.
8. **If steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
9. The **oven cavity floor** should be cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and warm water then dry with a clean cloth. Cooking vapours collect during repeated use but in no way affect the bottom surface.
10. When **grilling** or cooking by **convection, steam** or **combination** some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to '**smoke**' during use. These marks will be more difficult to clean later.
11. A **steam cleaner** is not to be used for cleaning.
12. Ensure all **accessories** are kept clean, especially when using microwave or combination programs.
13. Keep **air vents** clear at all times. Check that no dust or other material is blocking any of the air vents on the top of the oven. If vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
14. Run the system cleaning program when the symbol shows in the display. See pages 87. Clean the water tank at least once a week to prevent build up of limescale. See page 89.

Maintenance of Your Oven

Service

1. **When your oven requires a service** call your local Panasonic engineer (**Customer Communications Centre on 0344 844 3899** can recommend an engineer).



Warning!

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

Door Seals

2. Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.



Warning!

The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Water Tank

3. Do not use the water tank if it is cracked or broken, as leaking water could result in electrical failure and danger of electric shock. If the water tank becomes damaged, please contact your dealer.

Oven Light

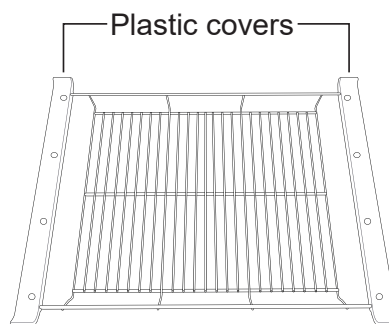
4. The oven lamp must be replaced by a service technician trained by the manufacturer. **Do not** attempt to remove the outer casing from the oven.

Selected Spares and Accessories

5. These may be ordered directly on line at **www.panasonic.co.uk** or by telephoning the **Customer Communication Centre on 0344 844 3899**. Most major credit and debit cards accepted. Ensure you quote the correct model number.

Oven Accessories

1. Do not cook food directly on the base of the oven. Always place food in a microwave safe dish.
 2. The metal accessories provided must **only** be used as directed for **grilling, convection, steam** and **combination** cooking. Never use metal accessories when cooking in **microwave** only mode. Do not use if operating the oven with less than 200 g of food on a manual Combination program. Do not use the enamel shelf in **combination** with **microwave**. The maximum weight that can be used on the enamel shelf is 4 kg. **Failure to use accessories correctly could damage your oven.**
 3. When cooking with **microwave** power arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by **grill, steam** or **convection only**.
 4. Always refer to instructions for correct accessories to use on all programs.
3. Do not use wire shelf in **microwave** mode only.
 4. The maximum weight that can be placed on the wire shelf is 4 kg (this includes total weight of food and dish).



Wire shelf

Important user information - Please note the plastic covers on the wire shelf are designed to remain on the shelf. They are not packaging and must not be discarded.

Enamel Shelf

Wire Shelf

1. The wire shelf can be used in the upper and middle shelf positions for **grilling or steaming** foods. It can be used in the upper, middle or lower shelf positions for **convection** or **combination** cooking.
2. Do not use any metal container directly on the wire shelf in **combination** with **microwave**.

1. The enamel shelf is for cooking on **grill, convection** or **steam** modes. Do not use on **microwave** only or **combination** with **microwave** modes.
2. For 2 level **convection** cooking, the wire shelf can be used as the upper level and the enamel shelf can be used as the lower level.
3. The maximum weight that can be placed on the enamel shelf is 4 kg (this includes total weight of food and dish).

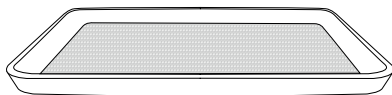


Enamel shelf

Oven Accessories

Glass Tray

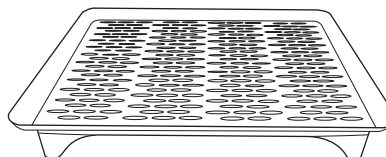
1. The glass tray can be used on the base of the oven for cooking on **microwave** mode only.
2. The glass tray is used on top of the wire shelf for cooking on **combination** mode.
3. If the glass tray is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
4. The maximum weight that can be placed on the glass tray is 4 kg (this includes total weight of food and dish).



Glass tray

Plastic Trivet


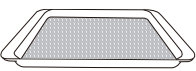

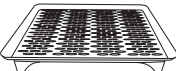
1. The plastic trivet is placed inside the enamel shelf to cook on **steam** only mode or **steam + grill** or **steam + convection**. Food can be placed directly on the plastic trivet.
2. The plastic trivet is placed on the glass tray on wire shelf for steam combination with microwave.



Plastic trivet

Oven Accessories

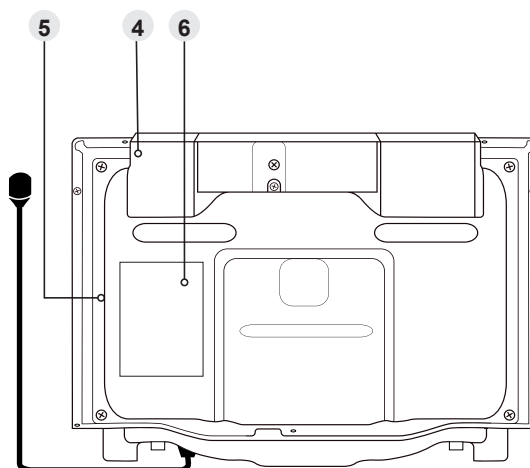
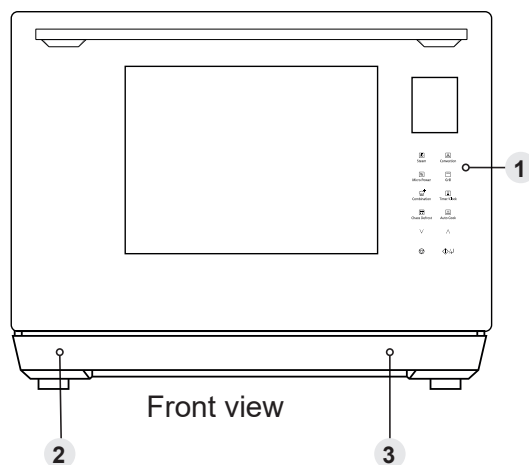
The following chart shows correct use of the accessories in the oven.

	Wire shelf	Glass tray	Enamel shelf	Plastic trivet
				
Microwave	✗	✓	✗	✗
Grill	✓	✓	✓	✗
Convection	✓	✓	✓	✗
Steam	✓	✓	✓	✓
Steam + Microwave (Combi 1)	✓*	✓	✗	✓
Steam + Grill (Combi 2)	✓	✓	✓	✓
Steam + Convection (Combi 3)	✓	✓	✓	✓
Convection + Microwave + Grill (Combi 4, 5, 6, 7, 8)	✓*	✓	✗	✗
Convection + Microwave (Combi 9, 10, 11)	✓*	✓	✗	✗
Grill + Convection (Combi 12)	✓	✓	✓	✗

* Metal containers can not be placed directly on the wire shelf. Either place food directly on the wire shelf or place glass tray directly on the wire shelf.

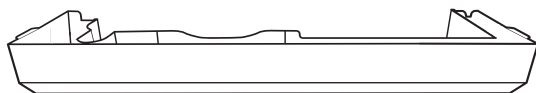
Parts of Your Oven

- 1 Control panel
- 2 Drip tray
- 3 Water tank (behind drip tray)
- 4 Air vent exhaust (do not remove)
- 5 Identification label
- 6 Warning label

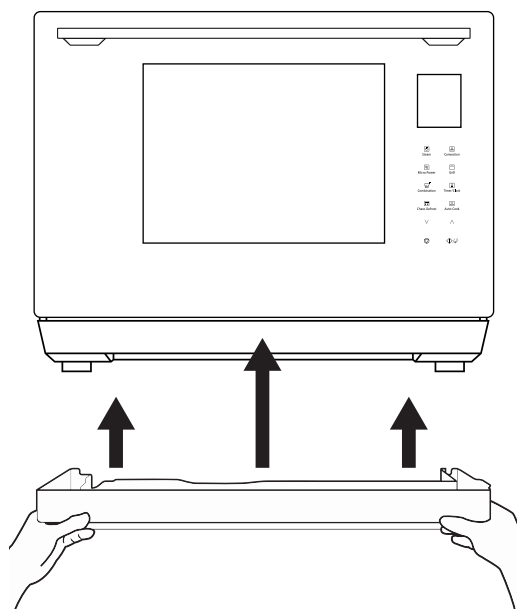


Drip Tray

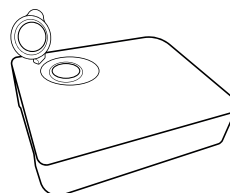
1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Reposition the drip tray by clicking back onto the legs.
4. **Do not use a dishwasher to clean the drip tray.**



Drip tray



Reposition the drip tray by clicking back onto the legs.

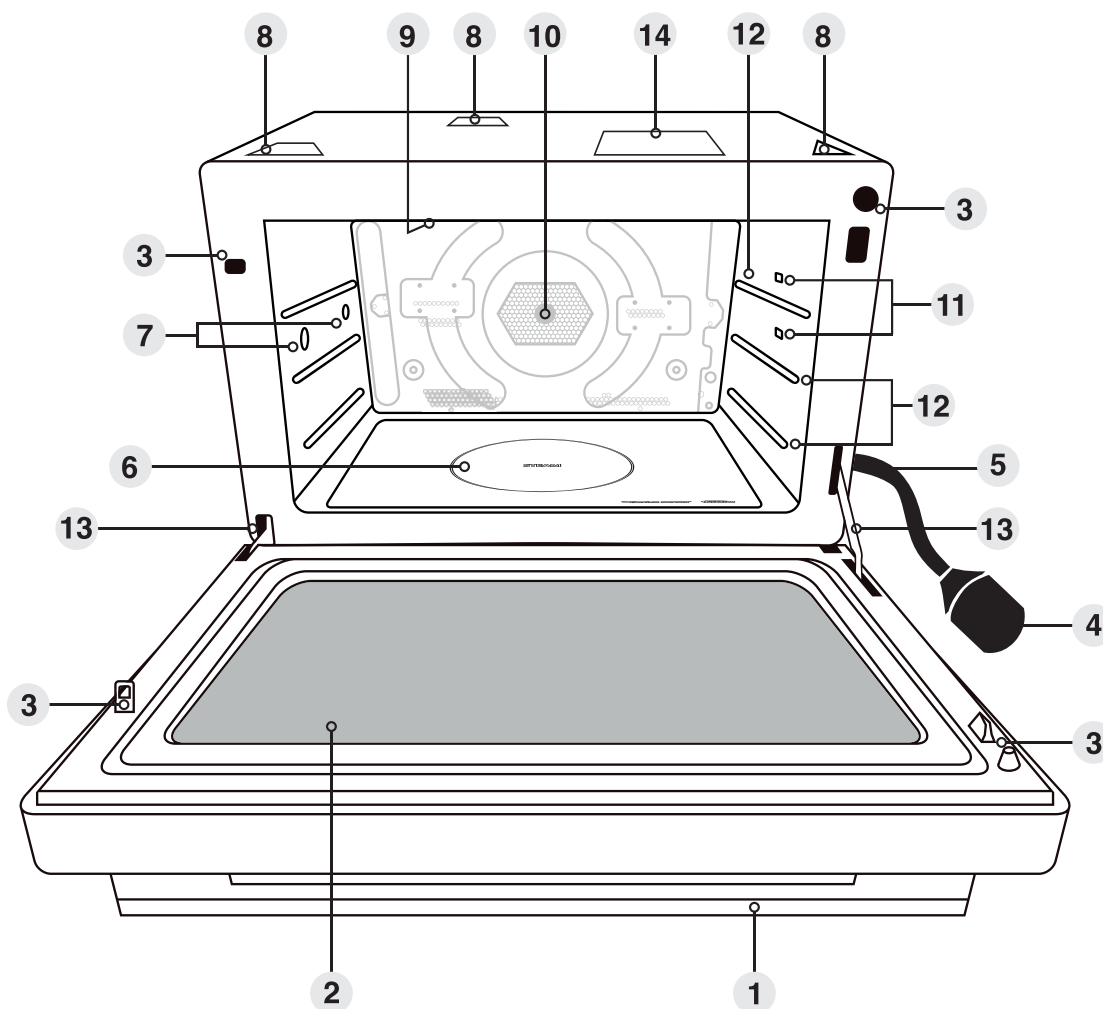


Water tank

Refer to guidelines for water tank on page 50.

Outline Diagram

- 1 Door handle**
Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and Start/Confirmation is touched.
- 2 Oven window**
- 3 Door safety lock system**
To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.
- 4 Power supply plug**
- 5 Power supply cord**
- 6 Bottom microwave feeding**
(refer to page 38)
- 7 Steam outlets**
- 8 Warning label**
- 9 Grill elements**
- 10 Convection heater**
- 11 LED lights**
The oven lamp lights as soon as the oven door is opened.
- 12 Shelf positions**
- 13 Door hinges**
To prevent injury when opening or closing the door, keep fingers away from the door hinges.
- 14 Menu label**
Position your supplied menu label.



Note

The illustration is for reference only.

Important Information - Read Carefully

Safety

If smoke is emitted or a fire occurs in the oven, touch Stop/Cancel and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or the circuit breaker panel.

Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.



Important!

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

Small Quantities of Food

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

Never operate the oven without food inside on microwave or combination mode involving microwave.

Food Low in Moisture

Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppodums. The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.

Christmas Pudding

Christmas puddings and other foods high in fats or sugar, e.g. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.

Boiled Eggs

Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.

Foods with Skins

Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.



Warning

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

Important Information - Read Carefully

Liquids

When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- a. Avoid using straight-sided containers with narrow necks.
- b. Do not overheat.
- c. Stir the liquid before placing the container in the oven and again halfway through the heating time.
- d. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
- e. Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.

Lids

Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

Deep Fat Frying

Do not attempt to deep fat fry in your oven.

Meat Thermometer

Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.

Paper, Plastic

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags when cooking mode includes microwave power as arcing will occur. Do not use recycled paper products, e.g. Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

Reheating

It is essential that reheated food is served "piping hot". Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72 °C with a food thermometer – but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, e.g. lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

Important Information - Read Carefully

Standing Time

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.

Keeping Your Oven Clean

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area. The oven should be unplugged when cleaning.

Grill

The oven will only operate on the **grill** function with the door closed.

Fan Motor Operation

After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

Utensils/Containers

Before use check that utensils/containers are suitable for use in microwave ovens. See pages 30-31.

Babies Bottles and Food Jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption in order to avoid burns. See page 91.

Arcing

Arcing may occur if a metal container has been used incorrectly, if the incorrect weight of food is used, or if the accessories have been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

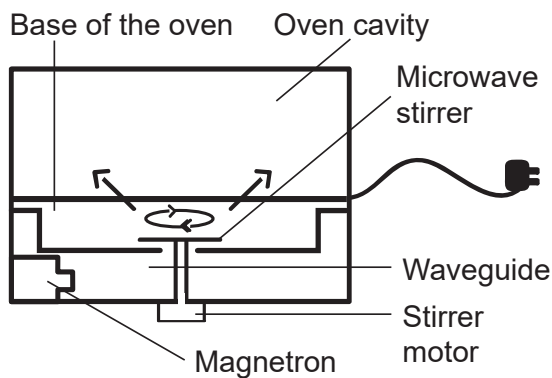
You can continue to cook by **grill, convection or steam only**.

Microwaving Principles

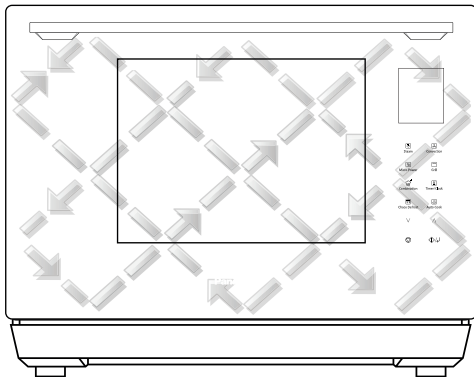
Microwave energy has been used in this country to cook and reheat food since early experiments with radar in World War II.

Microwaves are present in the atmosphere all the time, both naturally and from manmade sources. Manmade sources include radar, radio, television, telecommunication links and mobile phones.

How Microwaves Cook Food

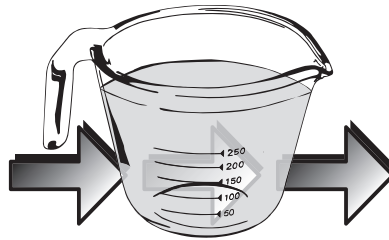


In a microwave oven, electricity is converted into microwaves by the **magnetron**. For bottom feeding, please refer to page 38.



Reflection

The microwaves bounce off the metal walls and the metal door screen.



Transmission

Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.



Important Notes

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

Microwaves can not pass through metal and therefore metal cooking utensils can never be used in a microwave, for cooking on microwave only.

Microwaving Principles

How Microwaves Cook Food

The microwaves cause the water molecules to vibrate which causes **friction**, i.e. **heat**. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 4-5 cm (1½-2 inches) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

Foods Not Suitable for Cooking by Microwave Only

Yorkshire pudding and souffles. This is because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

Standing Time

When a microwave oven is switched off, the food will continue to cook by conduction – **not by microwave energy**. Hence **standing time** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 27).

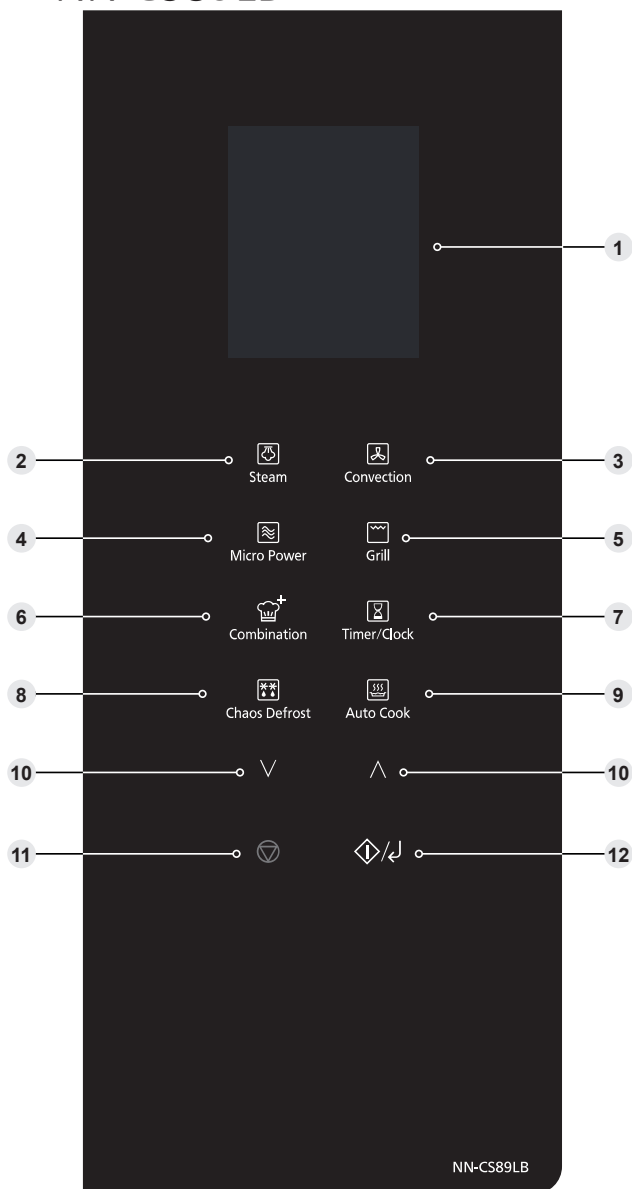


Boiled Eggs

Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury.

Control Panel

NN-CS89LB



- 1 **Display Window**
- 2 **Steam** (pages 49-51)
- 3 **Convection** (pages 44-48)
- 4 **Micro Power** (pages 38)
- 5 **Grill** (pages 42-43)
- 6 **Combination** (pages 52-60)
- 7 **Timer/Clock** (pages 36, 62-64)
- 8 **Chaos Defrost** (pages 65-67)
- 9 **Auto Cook** (pages 68-88)
- 10 **Up/Down Selection** (page 37)
Select the time, weight or auto menu by tapping "V" / "^".
- 11 **Stop/Cancel:**
Before cooking:
One touch clears your instructions.
During cooking:
One touch temporarily stops the cooking program. Another touch cancels all your instructions and a colon or the clock will appear in the display.
- 12 **Start/Confirmation**
Touch to start operating the oven or confirm the setting. If during cooking the door is opened or Stop/Cancel is touched once, Start/Confirmation has to be touched again to continue cooking.



Beep sound

A beep sounds when a key is touched. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another or an auto program reminds you to stir or turn food, two beeps sound. After the completion of the preheating on grill, convection, or combination mode, three beeps sound. After completion of cooking, the oven will beep 5 times.



Note

1. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the brightness of the display will be reduced.
2. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.
3. If an operation is set and **Start/Confirmation** is not touched within 6 minutes, the oven will automatically cancel the operation. The display will revert back to colon or Clock mode.

General Guidelines

Standing Time

Dense foods e.g. meat, jacket potatoes and cakes, require a **standing time** (inside or outside of the oven) after cooking, to allow heat to finish conducting through the food.

Jacket Potatoes

Wrapped in aluminium foil when cooked by microwave only. It is not necessary to stand jacket potatoes cooked in **combination** mode. Stand for 15 minutes.

Fish

Stand for 2-3 minutes.

Egg Dishes

Stand for 1-2 minutes.

Precooked Convenience Food

Stand for 1-2 minutes.

Meat Joints

Stand for 15 minutes wrapped in aluminium foil.

Plated Meals

Stand for 2-3 minutes.

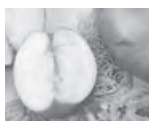
Vegetables

Boiled potatoes benefit from standing for 1-2 minutes, however most other types of vegetables can be served immediately.

Defrosting

It is essential to allow standing time to complete the process. This can vary from 5 minutes e.g. raspberries, to up to 1 hour for a joint of meat. See pages 40-41.

If food is not cooked after **standing time**, return to oven and cook for additional time.



Moisture Content

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ from ingredients freshly purchased.



Piercing

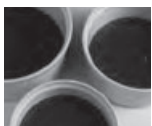
The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **Do not attempt to boil eggs in their shells.**

General Guidelines



Cling Film

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film. Do not cover foods when cooking by **grill, convection or combination**.



Dish Size

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



Quantity

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



Spacing

Foods cook more quickly and evenly if spaced apart. **never** pile foods on top of each other.



Shape

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



Density

Porous airy foods heat more quickly than dense heavy foods.



Covering

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items. Please refer to cooking charts and recipes for more information.



Arranging

Individual foods e.g. chicken portions or chops, should be placed in a dish so that the thicker parts are to the outside



Ingredients

Foods containing fat, sugar or salt heat up very quickly. The filling may be much hotter than the pastry. Take care when eating. **Do not** overheat even if the pastry does not appear to be very hot.

General Guidelines



Starting Temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5-8 °C before cooking.



Turning and Stirring

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



Liquids

All liquids must be stirred **before, during and after heating**. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **Do not overheat.**



Checking Food

It is essential that food is checked during and after a recommended cooking time, even if an **auto program** has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.



Cleaning

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning. Avoid any plastic parts and door area. Customers should not spray directly into the cavity.

Containers to Use



Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing Dishes for Suitability - For Microwave Cooking Only

When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300 ml ($\frac{1}{2}$ pt) cold water.
2. Place it on the base of the oven along side the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.

3. Heat on **High Microwave** for 1 minute.

Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.



Note

This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

Quick Check Guide to Cooking Utensils



Oven Glass

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for microwave, convection or combination cooking.

Do not use delicate glass or lead crystal which may crack or arc.



China and Ceramic

Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt. If dishes are heat resistant they may be used on convection and combination but not directly under the grill.



Pottery, Earthenware, Stoneware

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.



Foil/Metal Containers

Never attempt to cook in foil or metal containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Foil and metal containers can be used on grill, convection and grill + convection modes and may be used with care during certain combination cooking as long as they are not damaged or dented.

Containers to Use



Plastic

Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g. brown rice. Only use Tupperware® containers if they are designed for microwave use.



Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Convection or Combination cooking. **Do not use under the grill.**



Paper

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. for covering bacon to prevent splattering.

Only use for short cooking times.
Never re-use a piece of kitchen towel.
Always use a fresh piece of paper for each dish.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt. Greaseproof paper can be used to line the base of dishes and to cover when blind baking pastry cases. White paper plates can be used for **short reheating times**, on Microwave only.



Wicker, Wood, Straw Baskets

Dishes will crack and could ignite. Do not use wooden dishes in your microwave.

Do not use on any cooking mode.



Cling Film

Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food e.g. Do not line dishes with cling film.

Do not use on any other cooking mode.



Aluminium Foil

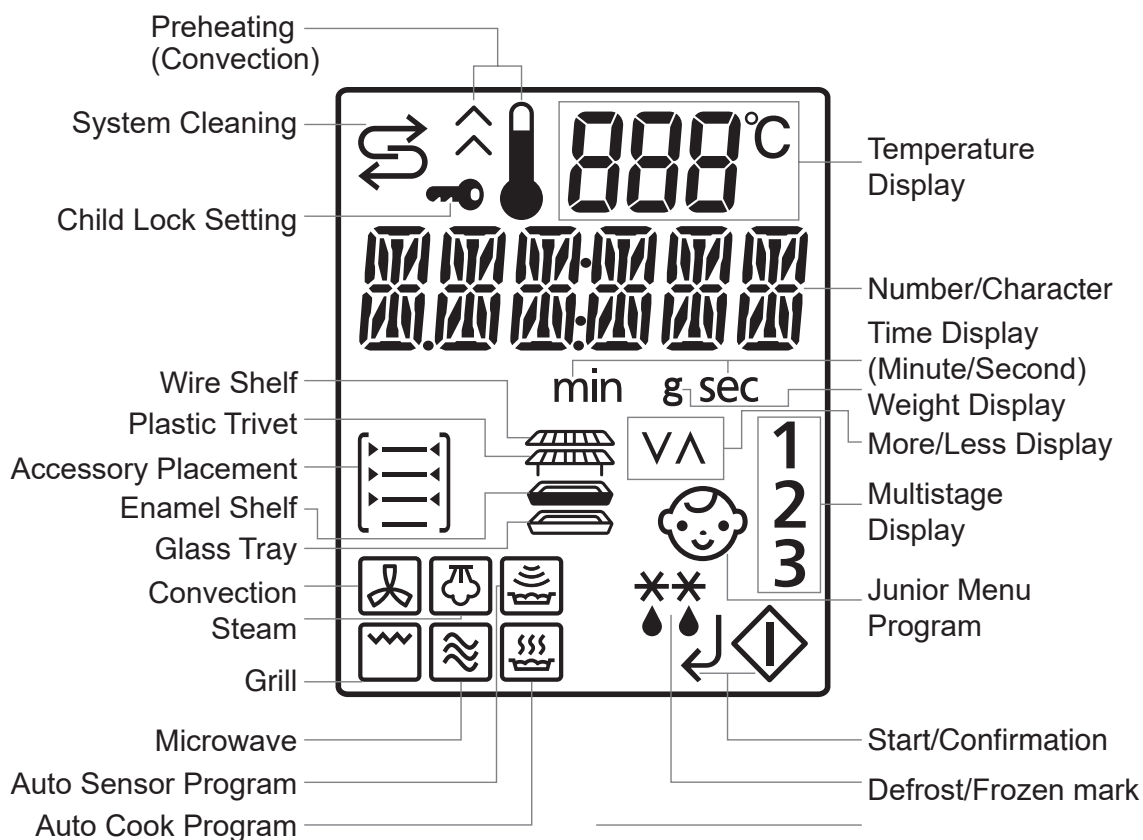
Small amounts of smooth aluminium foil can be used to **shield** joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or over defrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven. Aluminium foil can be used for Convection cooking.



Roasting Bags

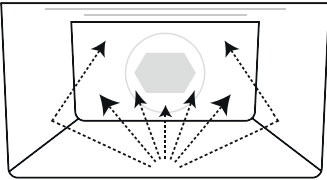
Roasting bags are useful when slit up one side to tent a joint, for roasting by microwave and time. Do not use the metal twists supplied, when using microwave or combination.

Microwave Display Window

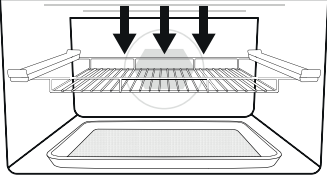
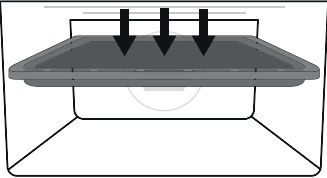
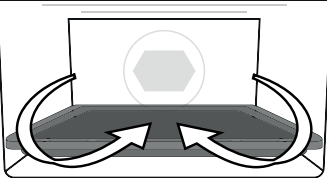
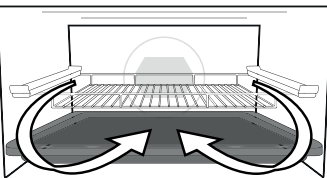
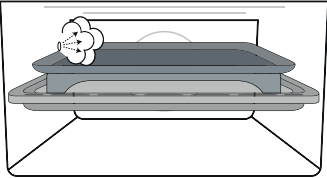
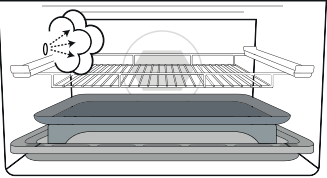


Cooking Modes

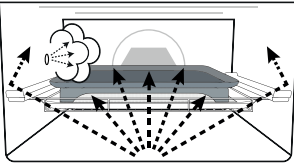
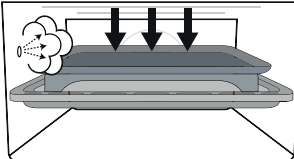
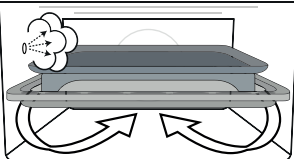
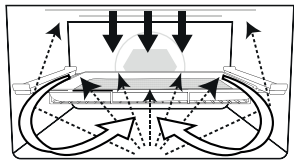
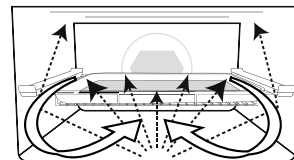
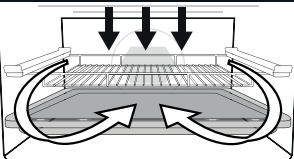
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the cookbook.

Cooking modes	Uses	Accessories to use	Containers
Microwave 	<ul style="list-style-type: none"> Defrosting Reheating Melting: butter, chocolate, cheese. Cooking fish, vegetables, fruits, eggs. Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. Baking cakes without colour. No preheating	Use the glass tray or your own Pyrex® dishes, plates or bowls, directly on the base of the oven.	Microwaveable, no metal.

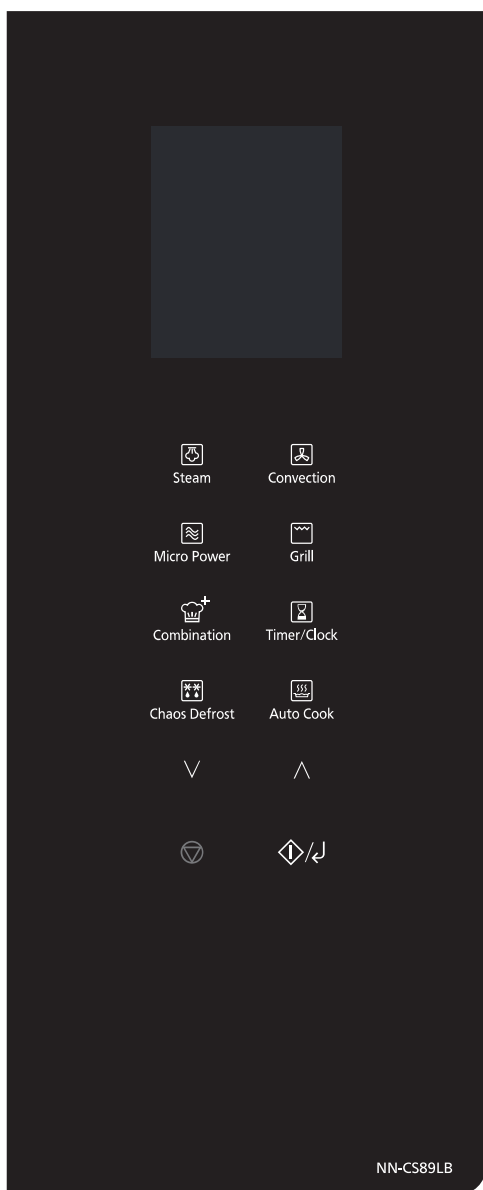
Cooking Modes

Cooking modes	Uses	Accessories to use	Containers
<p>Grill</p>  	<ul style="list-style-type: none"> Grilling of meat or fish. Toast grilling. Colouring of gratin dishes or meringue pies. <p>Preheating advised</p>	<p>Wire shelf or enamel shelf. If using wire shelf, glass tray can be placed on base of oven to catch fat and drips.</p>	<p>Heatproof, metal tin can be used.</p>
<p>Convection</p>  <p>(1 level)</p>  <p>(2 level)</p>	<ul style="list-style-type: none"> Baking of small pastry items with short cooking times: puff, pastry, cookies, choux, short pastry, roll cakes. Special baking: souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc. Baking of quiches, pizzas and tarts. <p>Preheating advised</p>	<p>Enamel shelf, wire shelf and glass tray.</p>	<p>Heatproof, metal tin can be used.</p>
<p>Steam</p>  <p>(1 level)</p>  <p>(2 level)</p>	<ul style="list-style-type: none"> Cooking fish, vegetables, chicken, rice and potatoes. <p>No preheating</p>	<p>Plastic trivet inside enamel shelf, wire shelf and glass tray.</p>	<p>Metal tin, Pyrex® and plastic containers suitable for steaming.</p>

Combination Cooking Modes

Cooking modes	Uses	Accessories to use	Containers
Steam + Microwave  (Combi 1)	<ul style="list-style-type: none"> Cooking fish, vegetables, chicken, rice and potatoes. No Preheating	Plastic trivet on glass tray on wire shelf.	Microwaveable.
Grill + Steam  (Combi 2)	<ul style="list-style-type: none"> Cooking gratins. Kebabs. No preheating	Enamel shelf or plastic trivet inside enamel shelf.	Heatproof, metal tin can be used.
Convection + Steam  (Combi 3)	<ul style="list-style-type: none"> Baking cakes. Pastry tarts. Souffles. Whole fish Preheating advised	Enamel shelf or plastic trivet inside enamel shelf.	Heatproof, metal tin can be used.
Convection + Grill + Microwave  (Combi 4, 5, 6, 7, 8)	<ul style="list-style-type: none"> Roasting meat and poultry. Defrosting, reheating and crisping (quiche, pizza, bread, lasagne, gratin). Cooking lasagne, meat, potatoes or vegetable gratins. Baking cakes and puddings with browning, baking of quiches, pies and tarts. Preheating if advised	Glass tray on wire shelf or wire shelf with glass tray on base of oven to catch fat and drips.	Microwaveable & heatproof. Metal cake tin to be used on glass tray on wire shelf only. Do not use spring form tins.
Convection + Microwave  (Combi 9, 10, 11)			
Grill + Convection  (Combi 12)	<ul style="list-style-type: none"> Roasting red meats, thick steak (rib or beef, T-bone steaks). Cooking of fish. Preheating advised	Wire shelf and enamel shelf, glass tray on base of oven used as drip tray.	Heatproof, metal tin can be used.

Let's Start to Use Your Oven




1 Plug In

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

2 Tap Timer/Clock Twice to Set Clock

Set clock as a 24 hr clock. (See page 36 for details).

3 Tap Convection

() will appear in the display window with the oven temperature) (this procedure is to burn off the oil used for rust protection in the oven.) Tap the Convection until 230 °C is in the display window. Remove all accessories from the oven.

4 Enter Time

Tap “^” until 5 minutes is displayed in the window.

5 Touch Start/Confirmation

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use.



Caution!

Grill elements and oven will be hot.



Note: Demonstration Mode

This is to enable you to experiment setting various programs. (“DEMO MODE PRESS ANY KEY” will appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To set Demonstration Mode: tap Microwave power once, then tap Stop/Cancel 4 times. To cancel Demonstration Mode tap Microwave power once, tap Stop/Cancel 4 times.

Setting the Clock

When the oven is first plugged in “REFER TO OPERATING INSTRUCTIONS BEFORE USE” appears in display window.



Tap Timer/Clock twice.
"SET TIME" will appear in the display window and the colon starts to blink.

Enter the time by tapping “V” / “^”.

Touch Timer/Clock.
The colon stops blinking. Time of day is now locked into the display.



Note

1. One tap of the “V” / “^” will increase or decrease the time by 1 minute. Holding “V” / “^” will rapidly increase or decrease the time.
2. To reset the time of day repeat all the above steps.
3. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
4. This is a 24 hour clock i.e. 2 pm = 14:00 not 2:00.

Child Safety Lock


Using this system will make the oven controls inoperable; however, the door can be opened. Child Lock can be set when the display shows a colon or the time.

To set:



To cancel:



Tap Start/Confirmation three times.
The time of day will disappear. Actual time will not be lost. ‘’ is indicated in the display.

Tap Stop/Cancel three times.
The time of day will reappear in the display.



Note

1. To activate or cancel child lock, Start/Confirmation or Stop/Cancel must be pressed 3 times within a 10 second period.
2. Child Lock can be set when a colon or the time of day is displayed.

Operation Guide Setting

To assist you in programming your oven, the following operation will appear in the display window. When you become familiar with your oven, the operation guide can be turned off.

To turn off:



Tap Timer/Clock
four times.



OPERATION GUIDE OFF

Display window



Colon or time of
day appears in the
display window.

To turn on:



Tap Timer/Clock
four times.



OPERATION GUIDE ON

Display window



Colon or time of
day appears in the
display window.

Up/Down Selection

Select the time, weight or auto menu by tapping "V" / "^". The time, weight or auto menu number appears in the display window. The time/weight can be adjusted quickly by holding "V" / "^" pad.



- **Time Setting:**
To set cooking time or clock. Use this pad for the Add Time Function (see page 64).
- **Weight Setting:**
To set weight of food for Chaos Defrost Programs and Auto Cook Programs (see pages 65-67 and 70-74, 78-85).
- **Auto Programs Setting:**
To select auto menu.
- **More/Less Setting:**
To set more/less for Auto Sensor Programs (see pages 68-69 and 75-77).

Microwave Cooking and Defrosting

There are 7 different microwave power levels available. Do not place food directly on the base of the oven. Use the glass tray or your own dishes, plates or bowls covered with a lid or pierced cling film directly on the base of the oven.



Tap Micro Power until the power you require appears in the display window.

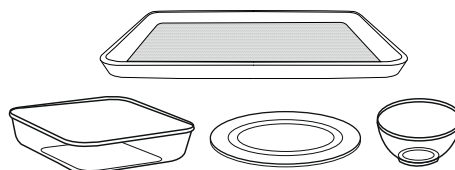
Select the cooking time by tapping “V” / “^”.

Touch Start/Confirmation
The cooking program will start and the time in the display will count down.

Touch	Power	Wattage
Once	High	1000 W
Twice	Medium High	800 W
3 Times	Defrost **	270 W
4 Times	Medium	600 W
5 Times	Low	440 W
6 Times	Simmer	300 W
7 Times	Warm	100 W

Use of Dishes/Accessory:

Use the glass tray or your own Pyrex® dishes, plates or bowls covered with a lid or pierced cling film directly on the base of the oven. Do not place food directly on the base of the oven.



Note

1. Maximum time that can be set on **High Microwave** is 30 minutes. On all other power levels the maximum time that can be set is 1 hour 30 minutes.
2. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
3. **Do not** attempt to use microwave only with any metal accessory in the oven.
4. **Do not** place food directly onto the base of the oven. Use the glass tray or place in a microwave or glass dish. Foods reheated or cooked by **Microwave** only should be covered with a lid or pierced cling film, unless otherwise stated.
5. For manual defrosting times, please refer to defrost chart on pages 40-41.
6. For multi-stage cooking refer to pages 61.
7. Stand time can be programmed after microwave power and time setting. Delay start cooking can be programmed before microwave power and time setting. Refer to using the timer pages 62-64.

Bottom Feeding Technology

Please note that this product uses bottom feeding technology for microwave distribution which differs from traditional turntable side feeding methods and creates more useable space for a variety of different sized dishes. This microwave feeding style can give a difference in heating times (in microwave mode) when compared against side feeding appliances. This is quite normal and should not cause any concern. Please refer to the reheating and cooking charts on page 92-105.

Defrosting Guidelines

By selecting the **Defrost** power level from the microwave power pad and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time. The name for this type

of defrost is cyclic. During the standing stages there is not any microwave power in the oven, although the light will remain on.

The automatic stand times ensure a more even defrost but it is still necessary to allow for standing times before use.

For Best Results

1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 6).
5. Minced meat, chops, chicken portions and other small items should be broken up or separated as soon as possible and placed in a single layer.
6. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast and fat with smooth pieces of aluminium foil secured with cocktail sticks.
7. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.



Turn or break up food as soon as possible.



Shield chickens and joints of meat.

Defrosting Chart

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Weight	Defrost Time	Method	Standing Time
Meat				
Beef/Lamb/ Pork Joint	600 g	20 mins	Place in a suitable dish on an a upturned saucer or use a rack. Turn 3-4 times.	60 mins
Beef/Lamb/ Pork Joint	1.4 kg	35 - 40 mins	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times.	60 mins
Sirloin/ Rump Steak	500 g	12 mins	Place in a suitable dish. Separate and turn twice.	15 mins
Beefburgers	60 g	2 mins	Place in a suitable dish. Turn.	5 mins
	227 g	5 mins	Place in a suitable dish. Separate and turn twice.	15 mins
	454 g	8 mins		30 mins
Minced Beef	500 g	14 mins	Place in a suitable dish. Break up and turn 3-4 times.	15 mins
Stewing Steak	300 g	10 mins	Place in a suitable dish in a single layer. Break up and turn twice.	20 mins
Lamb Chops	300 g	7 mins	Place in a suitable dish in a single layer. Turn twice.	15 mins
Lamb Fillets	320 g	10 mins	Place in a suitable dish in a single layer. Turn twice.	20 mins
Lamb Shanks x 2	850 g	18 mins	Place in a suitable dish in a single layer. Separate and turn twice. Shield if necessary.	45 mins
Pork Ribs	800 g	17 mins	Place in a suitable dish. Separate and turn twice.	30 mins
Pork Chops	400 g	10 mins	Place in a suitable dish. Separate and turn twice.	15 mins
Bacon	250 g	8 mins	Place in a suitable dish. Separate and turn 2-3 times.	15 mins
Sausages	100 g	3 mins	Place in a suitable dish. Turn.	5 mins
	454 g	10 mins	Place in a suitable dish. Turn twice.	10 mins
Whole Chicken	1.7 kg	35 mins	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield if necessary.	60 mins

Defrosting Chart

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Weight	Defrost Time	Method	Standing Time
Chicken Portions	250 g	6 mins	Place in a suitable dish. Turn.	15 mins
	350 g	8 mins		20 mins
	600 g - 650 g	15 mins	Place in a suitable dish. Turn twice.	40 mins
Duck Breast Fillets	400 g	13 mins	Place in a suitable dish. Turn twice.	15 mins
Whole Fish	500 g	16 mins	Place in a suitable dish. Turn twice.	20 mins
Fish Fillets	120 g - 170 g	5-6 mins	Place in a suitable dish. Separate if necessary and turn twice.	5 mins
	500 g	12 mins		5 mins
Fish Steaks	150 g	4 mins	Place in a suitable dish. Turn.	10 mins
	250 g	7 mins	Place in a suitable dish. Separate if necessary and turn twice.	15 mins
	500 g	12-14 mins		20 mins
Prawns	230 g	6 mins	Place in a suitable dish. Stir and separate twice during defrosting.	15 mins
General				
Sliced Bread	400 g	6 mins	Place on a plate. Separate and arrange during defrosting.	10 mins
	35 g	30 secs - 1 min	Place on a plate.	2 mins
Soft Fruit	500 g	13 mins	Place in a suitable dish. Stir twice during defrosting.	30 mins
Gateau	350 g	4 mins	Place on a plate.	20 mins
Cheesecake	450 g	6 mins	Place on a plate.	20 mins
Meringue Dessert	420 g	4 mins	Place on a plate.	20 mins
Butter	250 g	3 mins	Place on a plate.	20 mins
Shortcrust/ Puff Pastry	500 g	4 mins	Place on a plate. Turn halfway.	30 mins

Grilling

The grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steaks, toast, etc. There are 3 different grill settings available.

There are 3 different Grill settings available.



- 1 tap Grill 1 (high)
- 2 taps Grill 2 (medium)
- 3 taps Grill 3 (low)



Tap Grill until the power you require appears in the display window.

Touch Start/Confirmation to preheat
A “P” will appear in the display window. When the oven is preheated the oven will beep and the “P” will flash. Then open the door and place the food inside.
*** Skip this step when preheat is not required.**



Select the cooking time by tapping “V” / “^”. Maximum cooking time is 1 hour 30 minutes.



Touch Start/Confirmation
The cooking program will start and the time in the display will count down.

Grilling Times

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 43).



Note

1. The grill will only operate with the oven door closed.
2. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.



Caution!

The accessories and surrounding oven will get very hot. Use oven gloves.

Grilling

Oven Accessories to Use

When grilling foods the wire shelf should be in the upper shelf position and glass tray on base of the oven to catch fat and drips. Alternatively you can use the enamel shelf in the upper or middle shelf positions.

When positioning the wire shelf, the vertical wires of the shelf should sit lower than the sides of the shelf.

Oven Accessories to Use



The wire shelf will allow fat and juices to drip through into the glass tray to reduce excess splatter and smoke when grilling. Most foods require turning halfway during cooking. When turning food, open oven door and **carefully** remove the accessories using oven gloves.

Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven. After turning, return food to the oven, close door and touch Start/Confirmation. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling. If grilling fish, chops or small items, place the enamel shelf in the upper shelf position.



For grilling small foods use the enamel shelf in the upper or middle shelf positions.

Guidelines

1. Use the accessories provided, as explained opposite.
2. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting **Grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
3. **Grill 2** and **Grill 3** are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
4. **Never cover the food when grilling.**
5. **Always use oven gloves when removing the food and accessories after grilling as the oven and accessories will be very hot.**
6. After grilling it is important that the grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

Convection Cooking

Your Combination Oven can be used as a conventional oven using the **Convection** mode which incorporates a heating element with a fan. For best results always place food in a preheated oven. You can cook in three ways when using convection cooking.

1. On the enamel shelf in either of the shelf positions.
2. On the wire shelf in either of the shelf positions.
3. Both of the above at the same time, to use the oven for two level cooking. See individual guidelines on pages 46-47 for recommended accessories to use. You can preheat with or without the enamel shelf or wire shelf in position.



Touch Convection.

The oven starts at 150 °C. Tap convection and the temperature will count up in 10 °C stages from 30 °C to 230 °C.

Touch Start/Confirmation to preheat.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.

*** Skip this step when preheating is not required.**



Select the cooking time by tapping "V" / "^". Maximum cooking time is 9 hours.





Touch Start/Confirmation.

The cooking program will start and the time in the display will count down.



Note

Check that only the convection symbol  is still in the display. If the microwave symbol  is displayed this is incorrect and the program should be cancelled. Reselect the convection setting.



Caution

The accessories and surrounding oven will get very hot. Use oven gloves.

Convection Cooking



Note

1. Open the door using the pull down door because if Stop/Cancel is touched the program may be cancelled.
2. The oven can not preheat to 30 °C - 60 °C.
3. You can change the cooking time during cooking if required. Tap "√" / "∧" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. When preheating, the selected temperature can be recalled and changed. Touch convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by tapping convection.
5. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.
6. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C is reached. To change the temperature during cooking, touch Convection.

Convection Cooking

When using the oven as a convection oven, there is no microwave power, i.e. The oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

It is possible to cook on one or two levels when using convection cooking.

Oven Accessories to Use:

One Level Cooking

If cooking on one level, you can use the enamel shelf or wire shelf in either of the shelf positions.

Roasting meat: Enamel shelf in lower shelf position.



Baking: Enamel shelf in lower shelf position.



You can use the enamel shelf as a baking dish for roasting potatoes or vegetables, and for baking fairy cakes, scones and cookies. It is also ideal for re-heating pre-cooked convenience pastry items.

Roasting Veg / Potatoes: enamel shelf in lower shelf position.



Reheating: enamel shelf in lower shelf position.



Convection Cooking

Two Level Cooking

When cooking on two levels use the enamel shelf on the lower shelf position and the wire shelf in the upper shelf position.

Batch baking: Fairy cakes



Depending on the recipe, you can preheat with or without the accessories in position. See individual recipes for details.

Cooking a complete meal: Frozen pizza on upper shelf position, frozen oven chips on lower shelf position.



Two Level Cooking is Ideal For:

1. Batch baking, fairy cakes, cookies and scones on two levels.
2. Cooking a complete meal together. Frozen pizza on the upper shelf position and frozen chips on the lower shelf position.
3. Cooking roast potatoes on the upper shelf position and roast vegetables on the lower shelf position.
4. Reheating small pastry items in large batches - Sausage rolls, pastry pies, quiches (all pre-cooked). Ensure that the shelves are inserted correctly, and are secure before use. Do not place a dish of food weighing more than 4 kg on the shelf.



Caution!

1. **Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.**
2. **Make sure that you hold the dish and/or shelf firmly with both hands when you are removing them from the oven.**

Convection Cooking

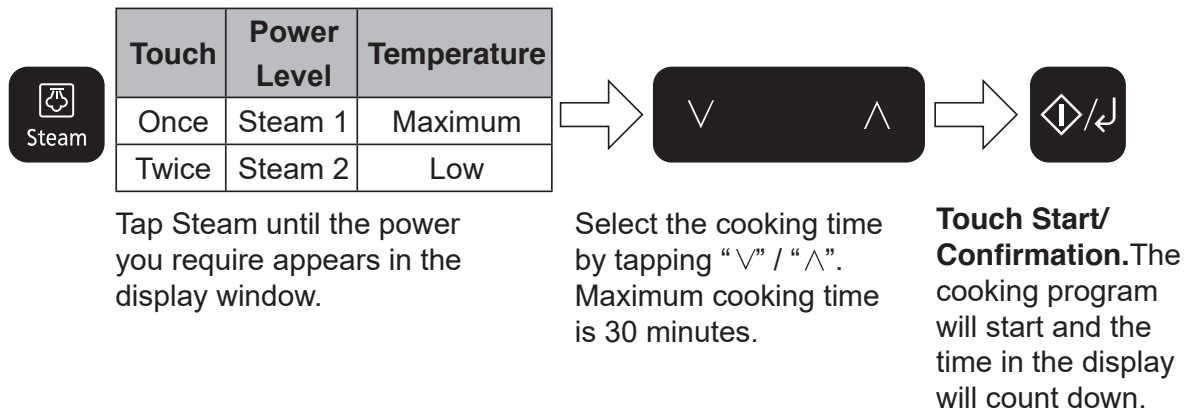
Guideline to Oven Temperatures

For best results always place food in a preheated oven. Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 230 °C, then back to down to 30 °C. Food is generally cooked **uncovered** - unless it is a casserole or if you wish to use roasting bags for joints.

Level	Temp °C	Use
Low	30 / 40 °C	Drying-oven temperature for bread or pizza dough to rise, making yogurt.
	50 °C	Warming dishes.
	60 °C - 70 °C	Dried fruits, beef jerky.
	80 °C - 90 °C	Slow cooking.
	100 °C	Pavlova.
	110 °C	Meringues.
	140 °C	Rich fruit cake.
Medium	150 °C	Lemon meringue, meringue roulade, cheesecake.
	160/170 °C	Casseroles, gingerbread, small tarts, cookies.
	180 °C	Souffle, strudel, victoria sandwich, fairy cakes, meat joints.
High	190 °C	Filo pastry, quiche, gratins, lasagne, pastry pies, chicken.
	200 °C	Stuffed peppers, scones, eclairs, swiss roll, muffins.
	220 °C	Vegetable parcels, yorkshire puddings, bread.
	230 °C	Garlic bread, roast potatoes, baking pizza.

Steam Cooking

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. There are 2 different steam settings available.



Oven Accessories to Use:

Steam 1 level

When steaming food the plastic trivet is placed inside the enamel shelf in the middle shelf position. Food can be placed directly on the plastic trivet.



Steam 2 level

For the first level, place food on the plastic trivet inside the enamel shelf in the lower shelf position. For the second level, place food on the wire shelf in the upper shelf position.



Note

1. Fill the water tank before using the **Steam** function.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch **Start/Confirmation**. The oven will not continue cooking until the water tank has been re-filled and Start/Confirmation touched.
4. You can change the cooking time during cooking if required. Tap “√” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch Stop/Cancel first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

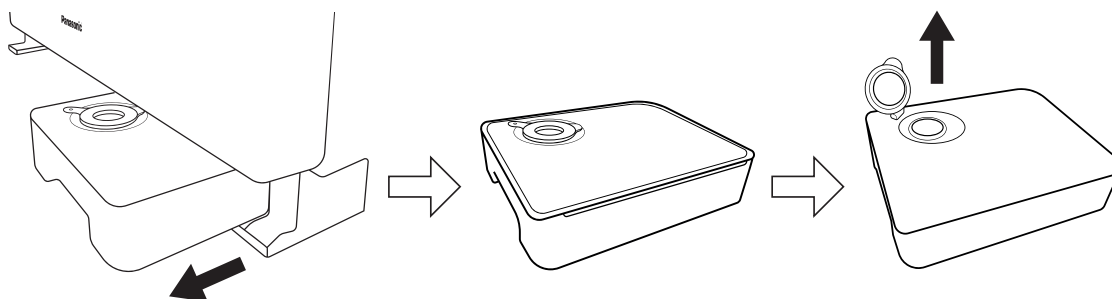
Steam Cooking



Caution!

1. The accessories and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or cooking accessories, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
4. Take care when removing the drip tray. Wipe any water that drips from inside the oven. This is normal.

Guidelines for Water Tank



Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week.



Guidelines

1. There is no microwave power on the **steam** only program.
2. Use the accessories provided, as explained above.
3. The **steam** will only operate with the oven door closed.
4. **During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.**
5. **Always use oven gloves when removing the food and accessories after steaming as the oven and accessories will be very hot.**
6. After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs (see page 19).

Steam Shot

This feature allows you add steam during cooking (up to 3 minutes). Adding steam during cooking enhances heat distribution and aids the rising process of breads, cakes and pastries.

Steam shot is available to use in the following cooking modes: - microwave, grill, convection and combination levels 4-12.

Set and operate the desired program.



Optional

As required during operation, hold steam for 2 seconds and 1 minute steam will be added.

If you want to add 2 or 3 minutes steam, tap Steam once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time.



Note

1. Steam shot is not available during preheating mode.
2. Fill the water tank before use.
3. The original program still counts down when operating steam shot.
4. The steam shot time can not exceed the remaining cooking time.
5. If adding 2 or 3 minutes, steam must be tapped once or twice within a 3 second time period.
6. It is not possible to change the convection temperature and cooking time during steam shot.



Caution!

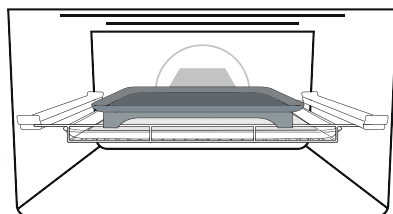
1. **The accessories and surrounding oven will get very hot. Use oven gloves.**
2. **When removing the food or cooking accessories, hot water may drip from the oven top.**
3. **Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.**

Food	Cooking Mode	Steam Shot
Pastries	Convection	$\frac{2}{3}$ total time add 3 minutes steam shot
Breads	Convection	$\frac{2}{3}$ total time add 3 minutes steam shot
Sponge cakes	Convection	$\frac{1}{2}$ total time add 3 minutes steam shot
Part baked rolls	Combi 12	$\frac{2}{3}$ of total time add 3 minutes steam shot

Combination: Cooking with Steam

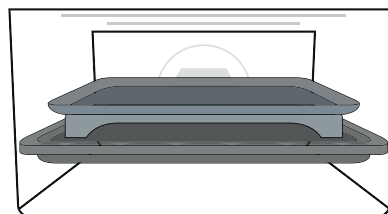
Steam can be used to cook foods simultaneously with microwave, grill or convection mode. This can often reduce traditional oven cooking times and keep the food moist.

Oven Accessories to Use:



Combi 1: Steam + microwave

Plastic trivet on glass tray on wire shelf in middle shelf position



Combi 2: Steam + grill

Combi 3: Steam + convection
Plastic trivet inside enamel shelf in middle shelf position.



Touch combination

Tap combination until the level you require appears in the display window (see the chart below).

Touch if preheating (Combi 3 only)

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.

*** Skip this step when preheating is not required.**

Tap	Combination Level	Combination Type	Uses
Once	Combi 1	Steam 1 + MW 440 W (Low)	Fresh vegetables, frozen vegetables, fruits, mash, tinned vegetables, puddings.
Twice	Combi 2	Steam 1 + Grill 1 (High)	Fish and chicken with skin
3 times	Combi 3	Steam 1 + Convection 190 °C	Homemade bread and choux pastry



Select the cooking time by tapping "V" / "Λ". Maximum cooking time is 30 minutes.

Touch Start/Confirmation

The cooking program will start and the time in the display will count down.

Combination: Cooking with Steam



Note

1. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, refill the water tank and repeat the above operation for the remaining time.
2. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After refilling the water tank and positioning back in the oven, touch **Start/Confirmation**. The oven will not continue cooking until the water tank has been refilled and **Start/Confirmation** touched.
3. Preheating is not available with Combi 1 or Combi 2.
4. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch **Stop/Cancel** first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

Guidelines

1. **During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.**
2. **Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.**
3. **After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To reposition, click back into position on the oven legs (see page 19).**



Caution!

1. **The accessories and surrounding oven will get very hot. Use oven gloves.**
2. **When removing the food or cooking accessories, hot water may drip from the oven top.**
3. **Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.**

Combination: Cooking with Microwave

Your oven has 2 methods of cooking by combination with microwave.

1. Convection, Grill and Microwave
2. Convection and Microwave

Combination cooking is ideal for many foods. The microwave power cooks them quickly, whilst the convection, grill or both gives the traditional browning and crispness.

All this happens simultaneously resulting in most foods being cooked in $\frac{1}{2}$ - $\frac{2}{3}$ of the conventional cooking time.

There is no need to preheat oven on **combination** programs, **except when cooking pastry**.

It is possible to use smooth seamed metal tins and foil containers on **combination**. They must not be placed directly onto the wire shelf or arcing will occur. Place them directly on the glass tray on wire shelf.

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or reprogram to **grill**, **convection** or **steam** only. To cook successfully by **combination** you should always use a minimum of 200 g food. Small quantities should be cooked by **convection**, **grill** or **steam**.



Note

The enamel shelf cannot be used for combination cooking with microwave.

Containers to Use

Do not use plastic **microwave** containers on Combination Programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill. Do not put dishes on wire shelf in upper shelf position directly under the grill.



Notes

The wire shelf is designed to be used for combination and grilling. Never attempt to use any other metal accessory. Place the glass tray on the base of the oven to catch any fat or drips.

Combination: Convection, Grill and Microwave

This combination mode is very useful for foods which require quick browning or crisping. Unsuitable foods are, cakes, meringues, foods containing whisked eggs and yorkshire puddings. Food should always be cooked uncovered.



Touch Combination

Tap combination until the level you require appears in the display window (see chart below).

Tap	Combination Levels	Combination Type	Uses
4 Times	Combi 4	Convection 230 °C + Grill 1 (High) + MW 300 W (Simmer)	Lasagne, gratins, pizza
5 Times	Combi 5	Convection 230 °C + Grill 2 (Medium) + MW 300 W (Simmer)	Meat pies and pastries
6 Times	Combi 6	Convection 230 °C + Grill 2 (Medium) + MW 100 W (Warm)	Sausage rolls, spring rolls, breaded fish
7 Times	Combi 7	Convection 220 °C + Grill 1 (High) + MW 300 W (Simmer)	Ready meals with gratin tops
8 Times	Combi 8	Convection 200 °C + Grill 1 (High) + MW 100 W (Warm)	Fruit crumbles



Touch if preheating.
A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.
*** Skip this step when preheating is not required.**

Select the cooking time by tapping "V" / "Λ". Maximum cooking time is 9 hours.

Touch Start/Confirmation



Note

1. You can change the cooking time during cooking if required. Tap "V" / "Λ" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
2. To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch **Start/Confirmation**. The oven will continue to count down the remaining cooking time.

Combination: Convection, Grill and Microwave

Oven Accessories to Use

Do not use this program with less than 200 g of food.

Do not use the enamel shelf for combination cooking with microwave.



Non-metallic dishes or items of food can be placed directly onto the wire shelf in the lower or middle shelf positions.



Food should be placed directly onto the wire shelf in either of the shelf positions. The glass tray can be placed on the base of the oven to catch any drips.



When cooking small items or fish, food should be placed directly on to the glass tray on the wire shelf in the middle or lower shelf position.



Guidelines

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and base of the oven are wiped with a cloth squeezed in hot soapy water to remove any grease.

For advice on cooking times refer to cooking charts and recipes in this book. See pages 98-150.

Foods should always be cooked until browned and piping hot.



Caution!

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Combination: Convection and Microwave

This is the most popular combination mode combining convection heat with microwave power. Casseroles, fruit crumble, chicken, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, celebration cakes, biscuits and yorkshire puddings.

It is not necessary to preheat oven on combination except when cooking pastry dishes, to achieve a better result. Do not use this program with less than 200 g of food.



Touch Combination

Tap combination until the level you require appears in the display window (see chart below).



Touch if preheating.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.

*** Skip this step when preheating is not required.**

Touch	Combination Level	Combination Type	Uses
9 times	Combi 9	Convection 220 °C + MW 300 W (Simmer)	Quiche, tarts
10 times	Combi 10	Convection 190 °C + MW 300 W (Simmer)	Whole chicken, fish steaks, whole fish, whole turkey
11 times	Combi 11	Convection 160 °C + MW 100 W (Warm)	Casseroles



Select the cooking time by tapping "V" / "^". Maximum cooking time is 9 hours.



Touch Start/Confirmation.

The cooking program will start and the time in the display will count down.



Notes

1. You can change the cooking time during cooking if required. Tap "V" / "^" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
2. To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch **Start/Confirmation**. The oven will continue to count down the remaining cooking time.



Caution!

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Combination: Convection and Microwave

Oven Accessories to Use

Do not use this program with less than 200 g of food.

Do not use the enamel shelf for combination cooking with microwave.



Non-metallic dishes or items of food can be placed directly onto wire shelf in the lower or middle shelf position.



Joints and portions of meat should be placed on the glass tray on wire shelf in the lower or middle shelf position.

Recipes using foil or metal containers e.g. cakes and pastries should not be placed directly on the wire shelf. Place on the glass tray on wire shelf.



Note

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and base of the oven are wiped with a cloth squeezed in hot soapy water to remove any grease.



Caution!

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Combination: Convection and Grill

This mode can be programmed to cook or reheat food by combining grill and convection simultaneously, to give foods that extra crispness and colour. This can often reduce traditional oven cooking times. Do not use this program with less than 200 g of food.



Touch combination.

Tap	Combi Level	Combination Type
12 Times	Combi 12	Grill 1 (high) + Convection 230 °C

Touch Start/Confirmation to preheat.

A “P” will appear in the display window. When the oven is preheated the oven will beep and the “P” will flash. Then open the door and place the food inside.

*** Skip this step when preheating is not required.**



Select the cooking time by tapping “V” / “^”. Maximum cooking time is 9 hours.



Touch Start/Confirmation.

The cooking program will start and the time in the display will count down.



Note

1. It is recommended to place food in a preheated oven.
2. Open the door using the pull down door, because if Stop/Cancel is touched the program may be cancelled.
3. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.



Caution!

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Combination: Convection and Grill

Oven Accessories to Use

Use the enamel shelf or wire shelf for convection and grill cooking. If placing food directly on the wire shelf, the glass tray can be placed on the base of the oven to catch fat and drips.



Large pieces of meat are placed on the enamel shelf in the lower shelf position. Items of meat are placed on the enamel shelf in the upper shelf position.



Pizza can be placed directly on the wire shelf in the upper shelf position with glass tray on base of the oven.

Suggested Cooking Options

Food	Weight	Traditional Oven	Convection + Grill (Combi 12)
Chicken legs	800 g	40 mins 200 °C	30-35 mins Combi 12
Duck breast fillets	350 g	30-35 mins 220 °C	25 mins Combi 12
Thick Sausages	300 g	25-30 mins 190 °C	15 mins Combi 12
Pork Chops	800 g	20-25 mins 200 °C	18 mins Combi 12
Chicken Thighs	800 g	40 mins 200 °C	25 mins Combi 12

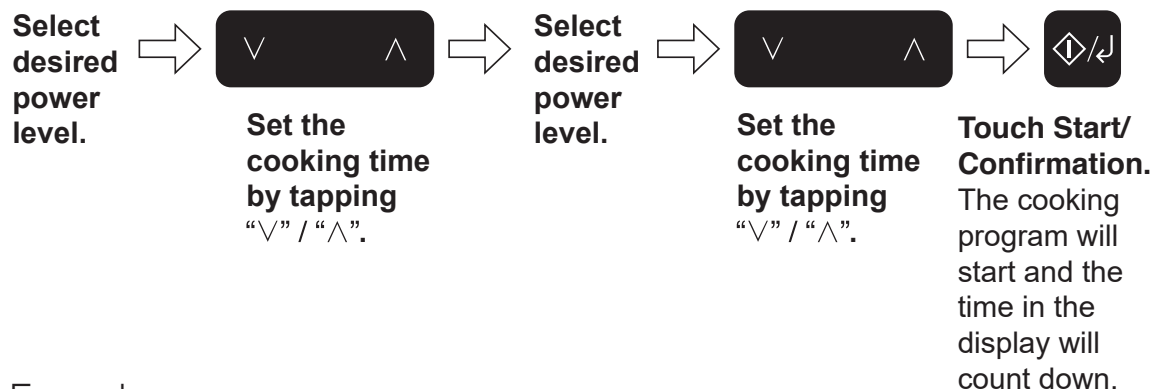


Guidelines

It is recommended to place food in a preheated oven. Food is cooked **uncovered**. **Do not use plastic containers.**

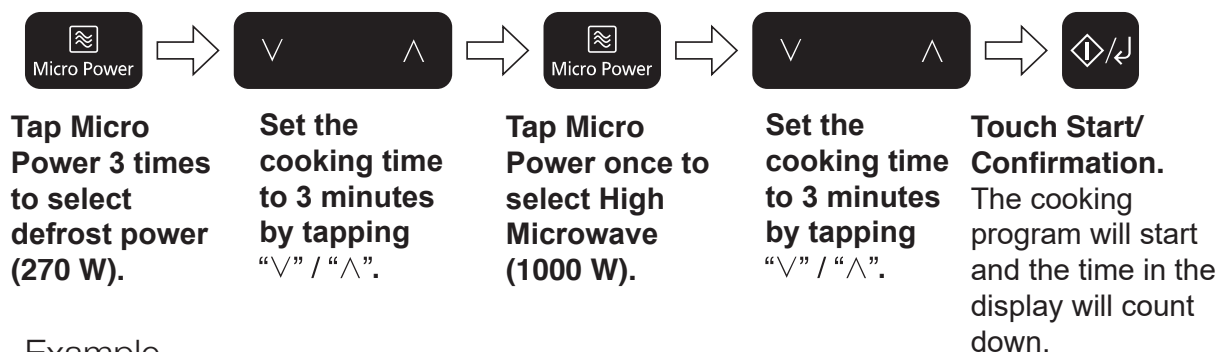
Multi-Stage Cooking

2 or 3 Stage Cooking



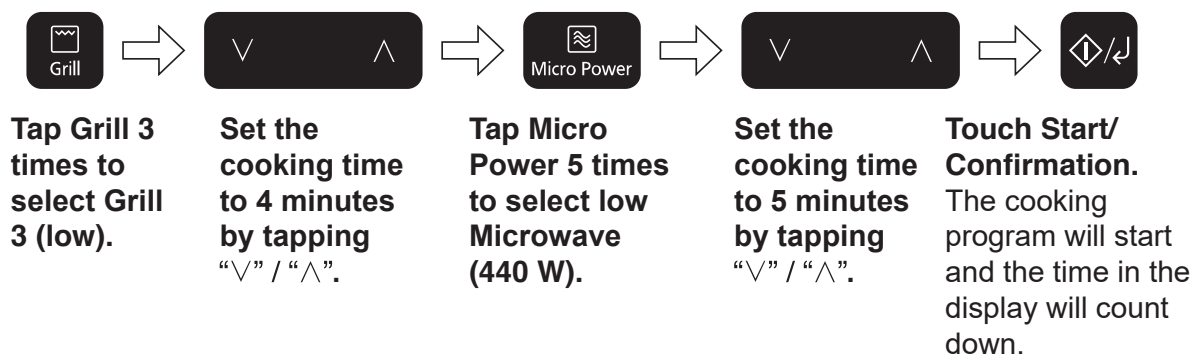
Example

To defrost (270 W) for 3 minutes and cook food on **High Microwave** (1000 W) power for 3 minutes.



Example

To **Grill 3** (low) for 4 minutes and cook food on **Low Microwave** (440 W) for 5 minutes.



Note

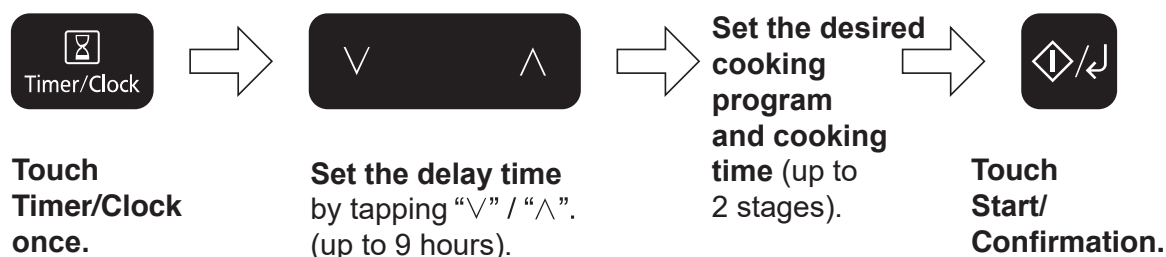
1. For 3 stage cooking, enter another cooking program before touching Start.
2. During operation, touching **Stop/Cancel** once will stop the operation. Touching **Start/Confirmation** will re-start the programmed operation. Touching **Stop/Cancel** twice will stop and clear the programmed operation.
3. Whilst not operating, touching **Stop/Cancel** will clear the selected program.
4. Auto programs cannot be used with multi-stage cooking.

Using the Timer

This feature allows you to program the oven as a kitchen timer. It can be also used to program a standing time after cooking is completed or to program a delay start.

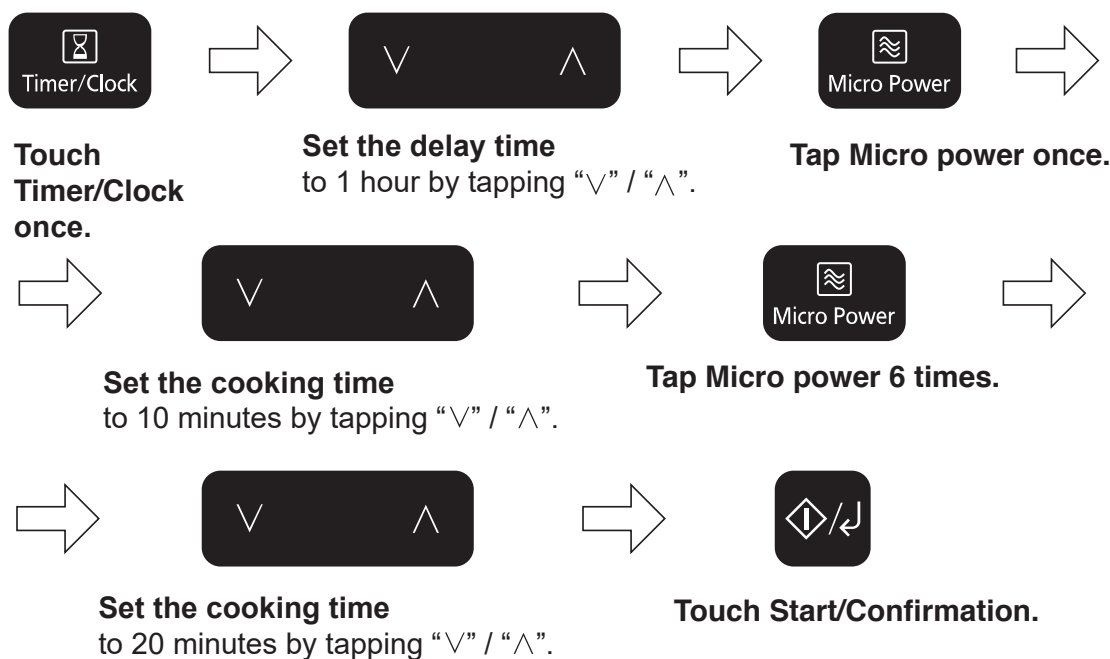
1. Delay Start Cooking

By using the timer, you are able to program delay start cooking.



Example

Delay start: 1 hour High Microwave (1000 W) 10 minutes Simmer Microwave (300 W) 20 minutes



Note

1. Three stage cooking can be programmed including delay start cooking.
2. If the oven door is opened during the delay time, the time in the display window will continue to count down.
3. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
4. Delay start cannot be used before an auto program.

Using the Timer

2. To Set a Standing Time

By using the timer, you can program standing time after cooking is completed or use to program the oven as a minute timer.

Set the cooking program and cooking time
(up to 2 stages).



Touch Timer/Clock once.

Set the stand time
by tapping “V” / “^”
(up to 9 hours).

Touch Start/Confirmation.

Example

High Microwave (1000 W)
4 minutes



Tap Micro Power once.

Set the cooking time to
4 minutes by tapping “V” / “^”.

Tap Micro Power once.

High Microwave (1000 W)
2 minutes



Set the cooking time to
2 minutes by tapping “V” / “^”.

Touch Timer/Clock once.

Stand time: 5 minutes



Set the standing time to
5 minutes by tapping “V” / “^”.

Touch Start/Confirmation.

3. Kitchen Timer



Touch Timer/Clock once.

Set the time by tapping
“V” / “^”.(up to 9 hours).

Touch Start/Confirmation
Time will count down.

Using the Timer



Note

1. Three stage cooking can be programmed including stand time.
2. If the oven door is opened during the stand time or Delay Start or Kitchen Timer, the time in the display window will continue to count down.
3. If the programmed stand time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
4. Standing time cannot be used after an auto program.

Using the Add Time Function

This feature allows you to add cooking time at the end of previous cooking.



After cooking, tap “^” to select Add Time function. Maximum cooking time:

Touch Start/Confirmation
Time will be added. The time in the display window will count down.

Micro Power High	30 minutes
Steam	30 minutes
Combi 1-3	30 minutes
Grill	1 hour and 30 minutes
Other microwave powers	1 hour and 30 minutes
Convection	9 hours
Combi 4-12	9 hours
Timer	9 hours



Note

1. This function is only available for Micro Power, Grill, Convection, Steam, Combination and Timer functions and it is not available for Auto programs.
2. The Add Time function will not operate after 2 minutes cooking.
3. The Add Time function can be used after the multi-stage cooking. The power level is the same as the last stage.

Chaos Defrost

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. Tap Chaos defrost to select the correct defrost category and then enter in the weight of the food in grams (see page 66).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a microwave safe plate. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The **Chaos theory** principle is used in auto weight defrost programs to give you a quick and more even defrost. The **Chaos** system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **It is essential that you turn and stir the food frequently and shield if necessary. On hearing the first beep you should turn and shield (if possible).** On the second beep you should turn the food or break it up.

1st Beep



Turn or shield

1st Beep



Turn or shield

2nd Beep



Turn or break up

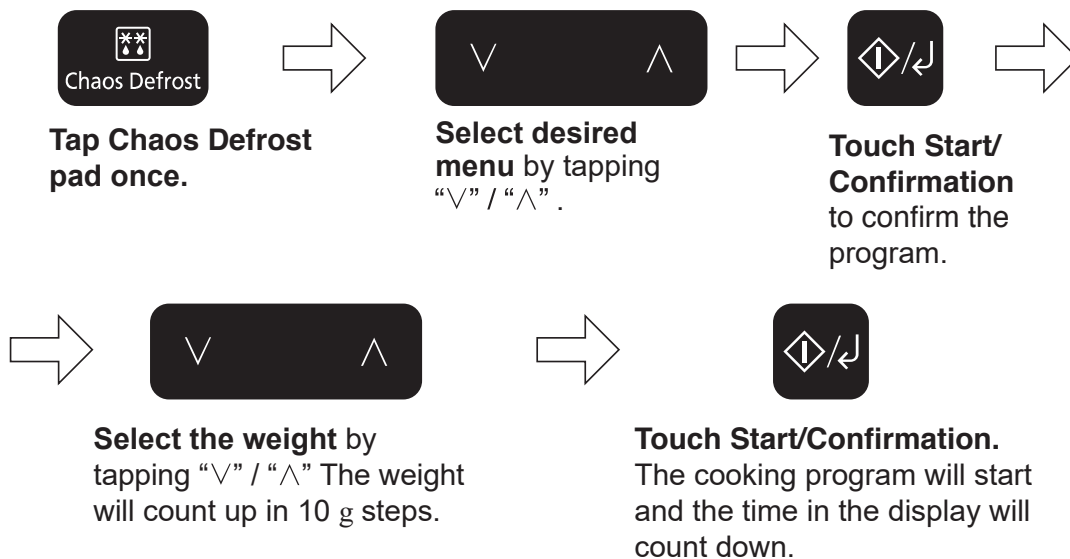














Note


1. Check foods during defrosting. Foods vary in their defrosting speed.
2. It is not necessary to cover the food.
3. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 5).
4. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
5. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.
6. Allow standing time so that the centre of the food thaws out (minimum 1 hour for joints of meat and whole chickens).

Chaos Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight starts from the minimum weight for each category.



Program	Weight*	Accessories	Instructions
1. Bread   	100 g - 900 g		Rolls, buns, slices of bread and loaves. Place on a plate or shallow dish on base of the oven. Turn at beeps and shield.
2. Meat Items   	100 g - 1200 g		Small pieces of meat, chicken portions, chops, steaks, minced meat. Place on a plate or shallow dish on base of the oven. Turn at beeps and shield.
3. Meat Joints   	400 g - 2500 g		Whole chicken, meat joints. Place on an upturned saucer in a shallow dish on base of the oven. Turn at beeps and shield.

 Microwave  Defrost  Accessory Placement

*Recommended weight range

Chaos Defrost

1. Bread

This program is suitable for small items which are required for immediate use, they may feel warm straight after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. **This program is not suitable for cream cakes or desserts** e.g. cheesecake. Standing time 10-15 minutes.

2. Meat Items (mince/chops/chicken portions)

Not suitable for sausages, these can be defrosted manually. Please refer to defrosting chart on pages 40-41. Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting. It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Standing time 15-30 minutes.

3. Meat Joints/Whole chickens

Whole chickens and meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. **Do not allow the foil to touch the walls of the oven.** Standing time of at least 1 hour should be allowed for joints after defrosting.



Note

1. When the defrosting time is longer than 60 minutes, the time will appear in hours and minutes.
2. The shape and size of the food will determine the maximum weight the oven can accommodate.
3. Allow standing time to ensure the food is completely defrosted.
4. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Sensor Reheat Program



the **Genius sensor**

This unique feature 'the Genius' built in sensor allows you to simply reheat a chilled meal. It is not necessary to select the power level, weight or cooking time. The built-in sensor measures the humidity of the food and calculates the microwave power level together with a cooking time.



Tap Auto Cook pad once.

Touch Start/Confirmation.

Program	Weight*	Accessories	Instructions
4. Chilled Meal 	200 g - 1000 g		<p>To reheat a fresh pre-cooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Select program number 4, Chilled Meal. Touch Start/Confirmation. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/ fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.</p>

 Accessory Placement

 Microwave

*Recommended weight range

How it Works

Once the Sensor Reheat Program has been selected and Start/Confirmation is touched the food is heating up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how

much longer the food needs to reheat. The remaining cooking time will appear in the display window after two beeps. Whilst the Sensor program is still in the display window the oven door **should not be opened**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

More / Less Control

The Sensor Reheat Program reheats a chilled meal for average tastes. You are able to adjust the Sensor Reheat Program to your own taste. After touching Start/Confirmation, “V” / “^” appears in the display, touch “^” for more time or “V” for less time. This operation should be completed within 14 seconds. Default mode is normal.

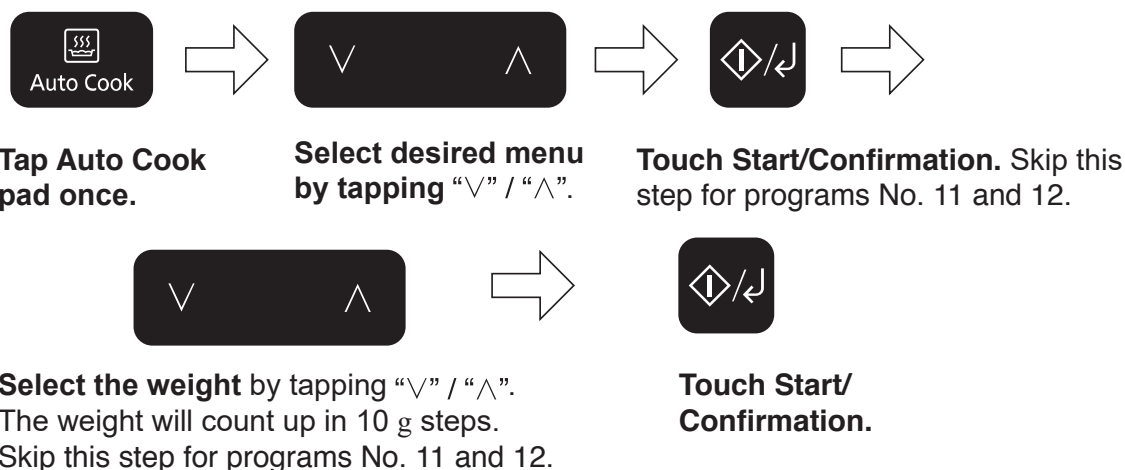


Note

1. This feature is not suitable for foods that cannot be stirred eg. lasagne / macaroni cheese.
2. The oven automatically calculates the reheating time or the remaining reheating time.
3. The door should not be opened before the time appears in the display window.
4. To prevent any mistakes during Sensor Reheat Program ensure that base of oven and the container are dry.
5. The room temperature should not be more than 35 °C and not less than 0 °C.
6. If the oven has previously been used and it is too hot to be used on Sensor Reheat Program, ‘HOT’ will appear in the display window. After the ‘HOT’ disappears, the Sensor Reheat Program may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

Auto Steam Programs

This feature allows you to steam some of your favourite foods by setting the weight only. The oven determines the steam level and the cooking time automatically. Select the category and set the weight of the food. The weight is programmed in grams. For quick selection, the weight starts from the minimum weight for each category.




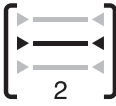








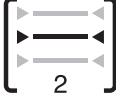













Guidelines for Use

1. The auto steam programs must **only** be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package weight information.
4. Only use the accessories as indicated on pages 71-73.
5. Do not cover foods on the auto steam programs.
6. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
8. If ‘HOT’ appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Program	Minimum Weight	Maximum Weight
5. Fresh Vegetables	200 g	1000 g
6. Frozen Vegetables	200 g	1000 g
7. Steamed Potatoes	200 g	1000 g
8. Rice	100 g	200 g
9. Fresh Fish Fillets	200 g	600 g
10. Frozen Fish Fillets	200 g	600 g
11. Fish Fillets and Green Vegetables	Approx. 210 g - 250 g fish fillets and 200 g vegetables	
12. Whole Fish and Green Vegetables	Approx. 200 g - 300 g whole fish and 200 g green vegetables	




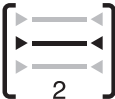

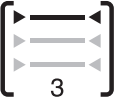


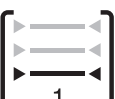


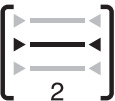



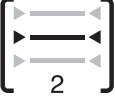
Auto Steam Programs

Program	Weight*	Accessories	Instructions
5. Fresh Vegetables 	1 level (200 g - 500 g)	1 Level:   	1 Level: To steam fresh vegetables 200 g - 500 g. Fill water tank. Place prepared vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 5, Fresh Vegetables. Touch Start/Confirmation to confirm the program. Select the weight of the fresh vegetables. Touch Start/Confirmation.
	2 level (510 g - 1000 g)	2 Level:     	2 Level: To steam fresh vegetables 510 g - 1000 g. Fill water tank. Place half of prepared vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the lower shelf position. Place remaining half of the prepared vegetables onto wire shelf in the upper shelf position. Small vegetables are not suitable for 2 level steaming. Select program number 5, Fresh Vegetables. Touch Start/confirmation to confirm the program. Select the weight of the fresh vegetables. Touch Start/Confirmation.
6. Frozen Vegetables 	1 level (200 g - 500 g)	1 Level:   	1 Level: To steam frozen vegetables 200 g - 500 g, e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 6, Frozen Vegetables. Touch Start/confirmation to confirm the program. Select the weight of the frozen vegetables. Touch Start/Confirmation.
	2 level (510 g - 1000 g)	2 Level:     	2 Level: To steam frozen vegetables 510 g - 1000 g e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place half of vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the lower shelf position. Place remaining half of vegetables on wire shelf in upper shelf position. Small vegetables are not suitable for 2 level steaming. Select program number 6, Frozen Vegetables. Touch Start/confirmation to confirm the program. Select the weight of the frozen vegetables. Touch Start/Confirmation.

 Wire Shelf
  Plastic Trivet
  Enamel shelf
 Accessory Placement
  Steam
  Frozen

*Recommended weight range

Auto Steam Programs










Program	Weight*	Accessories	Instructions
7. Steamed Potatoes 	1 level (200 g - 650 g)	1 Level:   	1 Level: To steam potatoes 200 g - 650 g. Fill water tank. Peel potatoes and cut into even sized pieces. Place prepared potatoes onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 7, Steamed Potatoes. Touch Start/confirmation to confirm the program. Select the weight of the potatoes. Touch Start/Confirmation.
	2 level (660 g - 1000 g)	2 Level:     	2 Level: To steam potatoes 660 g - 1000 g. Fill water tank. Peel potatoes and cut into even sized pieces. Place half of prepared potatoes onto plastic trivet. Place plastic trivet inside enamel shelf in the lower shelf position. Place remaining half of the prepared potatoes on the wire shelf in upper shelf position. Select program number 7, Steamed Potatoes. Touch Start/confirmation to confirm the program. Enter the weight of the potatoes. Touch Start/Confirmation.
8. Rice 	100 g - 200 g	 	To cook rice 100 g - 200 g. Fill water tank. Place rice in a Pyrex® bowl. Add 3 parts water to 2 parts rice. Do not cover. Place dish on enamel shelf in the middle shelf position. Select program number 8, Rice. Touch Start/confirmation to confirm the program. Select the weight of the rice only. Touch Start/Confirmation.
9. Fresh Fish Fillets 	200 g - 600 g	  	To cook fresh fish fillets 200 g - 600 g. Fill water tank. Place fresh fish onto plastic trivet. Place plastic trivet on enamel shelf in the middle shelf position. Select program number 9, Fresh Fish Fillets. Touch Start/confirmation to confirm the program. Select the weight of the fresh fish. Touch Start/Confirmation.

 Wire Shelf
  Plastic Trivet
  Enamel shelf

 Accessory Placement
  Steam

*Recommended weight range

Auto Steam Programs

Program	Weight*	Accessories	Instructions
10. Frozen Fish Fillets  	200 g - 600 g		To cook frozen fish fillets 200 g - 600 g. Fill water tank. Place frozen fish onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 10, Frozen Fish Fillets. Touch Start/confirmation to confirm the program. Select the weight of the fish. Touch Start/Confirmation.
11. Fresh Fish Fillets and Green Vegetables  	Approx. 210 g - 250 g (for 2 fish fillets) and 200 g green vegetables		To steam fresh fish fillets (salmon, cod, plaice) and green vegetables (broccoli, green beans or asparagus) at the same time. Fill the water tank. Place 2 fillets approximately 210 g - 250 g (for 2 fish fillets) on the plastic trivet inside the enamel shelf in the lower shelf position. Prepare the green vegetables and place approximately 200 g on the wire shelf in the upper shelf position. Select program number 11, Fresh Fish Fillets and Green Vegetables. Touch Start/Confirmation.
12. Whole Fish and Green Vegetables  	Approx. 200 g - 300 g whole fish and 200 g green vegetables		To steam fresh whole fish and green vegetables (Sea bass or Mackerel and broccoli, green beans or asparagus) at the same time. Fill the water tank. Oil the plastic trivet to prevent the fish sticking. Place whole fish approximately 200 g - 300 g on the plastic trivet inside the enamel shelf in the lower shelf position. Prepare the green vegetables and place approximately 200 g on the wire shelf in the upper shelf position. Select program number 12, Whole Fish and Green Vegetables. Touch Start/Confirmation.

 Wire Shelf
  Plastic Trivet
  Enamel shelf

 Accessory Placement
  Steam
  Frozen

*Recommended weight range

Healthy Grill Menu



Tap Auto
Cook once.



Select desired menu
by tapping “V” / “^”.



Touch Start/
Confirmation.



Select the weight by tapping “V” / “^”.
The weight will count up in 10 g steps.

Touch Start/Confirmation.

Program	Weight*	Accessories	Instructions
13. Chicken Breasts +	300 g - 800 g	 2	To steam and grill chicken breasts to give moist juicy meat and brown crispy skin. Each chicken breast should be 150 g - 200 g. Fill water tank. Place chicken breasts skin side up on plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 13, Chicken Breasts. Touch Start/Confirmation to confirm the program. Select the weight of the chicken breasts. Touch Start/Confirmation.
14. Salmon Fillets +	250 g - 500 g	 2	To steam and grill salmon fillets to give moist juicy fish and crispy skin. Each salmon fillet should weigh 125 g. Fill water tank. Place salmon fillets skin side up on plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 14, Salmon Fillets. Touch Start/Confirmation to confirm the program. Select the weight of the salmon fillets. Touch Start/Confirmation.
15. Vegetable Fries + +	100 g - 500 g	 2	For preparing fresh vegetable fries such as sweet potato, white potato, carrots, parsnips and courgettes. Peel and cut the vegetables into baton shapes. Toss in a tablespoon of vegetable oil. Place on glass tray on wire shelf in middle shelf position. Select program number 15, Vegetable Fries. Touch Start/Confirmation to confirm the program. Select the weight. Touch Start/Confirmation. Turn/Stir at beeps halfway during cooking.

Wire Shelf
 Plastic Trivet
 Glass Tray
 Enamel shelf

Accessory Placement

Convection

Grill

Microwave

Steam *Recommended weight range

Auto Sensor Programs

the **Genius sensor**

This feature allows you to cook or reheat foods without entering the weight. The built-in sensor measures the humidity of the food and calculates the recommended microwave power level and/or combination setting together with a suggested cooking time. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving. Please check carefully and adjust the cooking time if required, as would be the case with a conventional cooking appliance.

How It Works

Once the auto sensor program has been selected and Start/Confirmation touched the food is heating up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to cook. The remaining cooking time will appear in the display window after two beeps. Whilst the Sensor program is still in the display window the oven door **should not be opened**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

More/Less Control

Preferences for degree of cooking vary for each individual. After having used Auto Sensor Programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using “√” / “^” the programs can be adjusted to cook food for a longer or shorter time. After selecting the auto sensor program, tap “√” / “^” after touching Start/Confirmation within 14 seconds.

Example



Tap Auto Cook Key once.

Select desired menu by tapping “√” / “^”.

Touch Start/Confirmation
The food category will be repeated in the display window. Do not open the oven door until 2 beeps sound and remaining cooking time appears in the display window.

**Note**

1. For best results the Auto Sensor Programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the Auto Sensor Programs, if one or more programs are being used. If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Auto Sensor Programs consecutively.
2. The Auto Sensor Programs cannot be used when the oven is hot. If “HOT” appears in the display window, when trying to set an Auto Sensor Program, do not touch **Stop/Cancel**. A fan will automatically operate to cool the oven within 10-15 minutes, as long as the word “HOT” is left in the display, otherwise cooling may take longer. If in a hurry, cook the food manually, i.e. select the correct power level and cooking time.

Program	Minimum Weight	Maximum Weight
16. Jacket Potatoes	400 g	1500 g
17. Roast Potatoes	400 g	800 g
18. Roast Vegetables	400 g	700 g
19. Casserole	900 g	2000 g












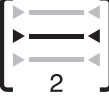






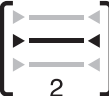




**Guidelines for Use**

For the Auto Sensor Programs it is not necessary to enter the weight of the food. They must **only** be used for the foods described.

1. Only cook foods within the weight ranges described (see table above).
2. Only use the accessories as indicated on page 77.
3. Always choose a container size that is suitable for the quantity of food i.e. **Do not** allow too large a headspace or the food may not be cooked correctly.
4. The oven automatically calculates the cooking time or the remaining cooking time.
5. The door should not be opened before the time appears in the display window.
6. To prevent any mistakes during Auto Sensor Programs ensure that the base of the oven and container are dry.
7. The room temperature should not be more than 35 °C and not less than 0 °C.
8. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
9. To allow for some variations that occur in food, check that food is thoroughly cooked before serving.
10. If ‘HOT’ appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Auto Sensor Programs

the **Genius sensor**

Program	Weight*	Accessories	Instructions
16. Jacket Potatoes   + 	400 g - 1500 g	  1	To cook jacket potatoes 400 g - 1500 g with a crisper drier skin. Choose medium sized potatoes 200 g -250 g per potato, for best results. Wash and dry potatoes and prick with a fork several times. Place on wire shelf in lower shelf position. Select program number 16, Jacket Potatoes. Touch Start/Confirmation.
17. Roast Potatoes   +  + 	400 g - 800 g	   2	To cook roast potatoes 400 g - 800 g. Peel and cut potatoes into even sized pieces. Place on glass tray. Add 1-3 tbsp (15 ml - 45 ml) olive oil. Place glass tray on wire shelf in middle shelf position. Select program number 17, Roast Potatoes. Touch Start/Confirmation. Turn/Stir twice during cooking at beeps.
18. Roast Vegetables   +  + 	400 g - 700 g	   2	To roast assorted vegetables 400 g - 700 g (e.g. peppers, mushrooms, courgettes, onions). Cut vegetables into even sized chunks and toss with 15-45 ml (1-3 tbsp) olive oil. Place vegetables on glass tray on wire shelf in middle shelf position. Select program number 18, Roast Vegetables. Touch Start/Confirmation. Turn/Stir twice during cooking at beeps.
19. Casserole   + 	900 g - 2000 g		To cook casserole from raw ingredients 900 g - 2000 g. For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 400 ml of stock. If you use a cook-in sauce, also add the same quantity of water. Cover with lid. Place on base of oven. Select program number 19, Casserole. Touch Start/Confirmation. Stir twice during cooking at beeps.

 Wire Shelf

 Glass Tray

 Accessory Placement

 Grill

 Microwave

 Convection

*Recommended weight range

Auto Cook Programs

This feature allows you to cook foods by setting the weight. The oven determines the micro power level and/or combination setting, then gives a cooking time. Select the category of food and enter the weight. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.



Tap Auto Cook pad once.

Select desired menu by tapping “V” / “^”.

Touch Start/Confirmation.



Select the weight by tapping “V” / “^”. The weight will count up in 10 g steps. The weight starts from the minimum weight for each program.

Touch Start/Confirmation.
The cooking program will start and the time in the display will count down.


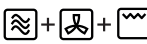

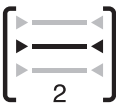



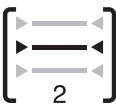








Guidelines for Use

The auto weight programs must **only** be used for foods described.

1. Only cook foods within the weight ranges described below.
2. Always weigh the food rather than relying on the package weight information.
3. Only use the accessories as indicated on pages 79-85.
4. Do not cover food, as the programs use a combination of Microwave and/ or Grill and/or Convection and it will prevent the food from browning. The heat of the grill and/or oven will also melt any plastic covering.
5. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre. We recommend a standing time of 10-15 minutes upon completion of cooking roast meats.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
7. If ‘HOT’ appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Auto Cook Programs

Program	Weight*	Accessories	Instructions
20. Chilled Pizza  	250 g - 500 g	 	For reheating and browning chilled, purchased pizza. Remove all packaging and place on wire shelf in middle shelf position. Select program number 20, Chilled Pizza. Touch Start/Confirmation to confirm the program. Select the weight, Touch Start/Confirmation. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.
21. Frozen Pizza  	200 g - 430 g	 	For reheating and browning frozen, purchased pizza. Remove all packaging and place on wire shelf in middle shelf position. Select program number 21, Frozen Pizza. Touch Start/Confirmation to confirm the program. Select the weight. Touch Start/Confirmation. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.
22. Whole Chicken  	1000 g - 1900 g	   	To cook a whole fresh unstuffed chicken. Cook stuffing separately. Brush wire shelf with oil to prevent sticking. Place chicken on wire shelf and place in lower shelf position. Place glass tray on base of oven to catch fat and drips. Start cooking breast side down. Select program number 22, Whole Chicken. Press Start/Confirmation to confirm the program. Select the weight. Touch Start/Confirmation. Turn at beeps, taking care with hot juices. Stand for 5 minutes.

 Wire Shelf

 Glass Tray

 Accessory Placement

 Convection







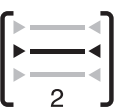




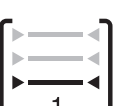



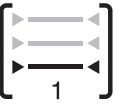
 Grill

 Microwave

 Frozen

*Recommended weight range

Auto Cook Programs

Program	Weight*	Accessories	Instructions
23. Fish and Chips    +  + 	200 g - 500 g	  2	This program is suitable for pre-purchased frozen battered or breaded fish and pre-purchased frozen oven chips. This program is suitable for 1 portion of fish and chips. The fish must weigh between 100 g - 250 g and the chips must weigh between 100 g - 300 g. Spread out the fish and chips on the glass tray and place on wire shelf in middle shelf position. Select program number 23, Fish and Chips. Touch Start/Confirmation to confirm the program. Select the weight and touch Start/Confirmation. Turn fish and stir chips at the beeps. For best results cook in a single layer.
24. Cake   + 	400 g - 1300 g	  1	To bake cakes from raw ingredients. A range of medium textured cakes can be cooked. See recipes in baking section, pages 136-138. Use smooth and preferably seamless, metal cake tins. Do not use spring form cake tins. Place tin directly on glass tray on wire shelf in lower shelf position. Select program number 24, Cake. Touch Start/Confirmation to confirm the program. Select the weight of the cake mixture (excluding tin). Touch Start/Confirmation.
25. Beef Rare  	500 g - 2000 g	  1	For cooking rare fresh roast beef (top side, rump or silverside). Place on enamel shelf in lower shelf position. Select program number 25, Beef Rare. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.

 Wire Shelf

 Glass Tray

 Enamel shelf

 Accessory Placement

 Convection




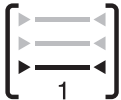











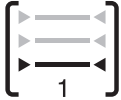
 Grill

 Microwave

 Frozen

*Recommended weight range

Auto Cook Programs

Program	Weight*	Accessories	Instructions
26. Beef Medium  	500 g - 2000 g	 	For cooking medium fresh roast beef (top side, rump or silverside). Place on enamel shelf in lower shelf position. Select program number 26, Beef Medium. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.
27. Beef Well Done  	500 g - 2000 g	 	For cooking well done fresh roast beef (top side, rump or silverside). Place on enamel shelf in lower shelf position. Select program number 27, Beef Well Done. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.
28. Lamb Medium  	1000 g - 2000 g	 	For cooking medium fresh roast leg of lamb with bone. Place on enamel shelf in lower shelf position. Select program number 28, Lamb Medium. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.
29. Lamb Well Done  	1000 g - 2000 g	 	For cooking well done fresh roast leg of lamb with bone. Place on enamel shelf in lower shelf position. Select program number 29, Lamb Well Done. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.



Enamel shelf



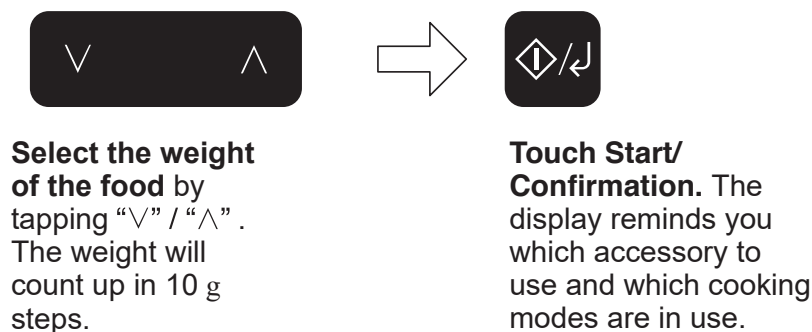
Accessory Placement




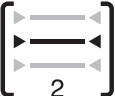



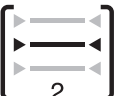


Convection

*Recommended weight range

Re-bake Bread Programs







Program	Weight*	Accessories	Instructions
30. Baguette/ Crusty Rolls  	100 g - 500 g	 	To re-bake baguettes and crusty rolls. This program is suitable for reheating, browning and crisping pre-purchased baguettes and rolls from room temperature. Ensure height of baguette/rolls is no more than 5 cm. Place baguette/crusty rolls on wire shelf in middle shelf position. Select program number 30, Baguette/Crusty Rolls. Touch Start/Confirmation to confirm the program. Select weight and touch Start/Confirmation. After cooking place on a wire rack for a few minutes.
31. Croissants  	50 g - 350 g	 	To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased croissants from room temperature. Place croissants on wire shelf in middle shelf position. Select program number 31, Croissants. Select weight and touch Start/Confirmation. After cooking place on a wire rack for a few minutes.

 Wire Shelf
  Accessory Placement
  Grill
  Microwave

*Recommended weight range

Junior Menu

The Junior Menu offers a range of programs catering for babies, toddlers and older children - great for time saving and convenience. The fruit and vegetable purées are ideal first foods for weaning babies. Homemade purées taste like real food and cost less than jars or packets. Extra portions can be frozen in ice cube trays, then defrosted and reheated. Frozen potato products and pasta bakes are perfect for smaller tummies. Mug cakes offer a quick and easy dessert. Simple tablespoon measurements that can be mixed in the mug for ease of preparation. Ready to eat in no time at all when using the Mug Cake program. For operation refer to page 78.

Program	Weight*	Accessories	Instructions
32. Mug Cake   + 	1 (200 g) or 2 (400 g)		<p>For cooking one or two mug cakes, either Chocolate Brownie or Lemon.</p> <p>Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 300 ml. Place it on the base of the oven. Select auto program number 32, Mug Cake. Touch Start/Confirmation to confirm the program. Choose 1 (200 g) or 2 (400 g) mug cakes. Touch Start/Confirmation to start the program. After cooking allow to stand for a few minutes and serve warm in the mug with icecream, custard or cream.</p>
Chocolate Brownie Mug Cake <div> <div> ingredients For 1 serving 4 ½ tbsp flour 3 tbsp sugar 2 ½ tbsp cocoa powder 2 tbsp melted butter 2 tbsp milk 4 squares dark or milk chocolate, chopped Decoration: sprinkles or mini marshmallows </div> <div> <ol style="list-style-type: none"> Mix flour, sugar and cocoa powder together in mug. Add melted butter and milk and mix. Add chopped chocolate. Mix thoroughly. After cooking decorate with sprinkles or mini marshmallows. </div> </div>			
Lemon Mug Cake <div> <div> ingredients For 1 serving 3 tbsp flour 3 tbsp sugar ¼ tsp baking powder 1/8 tsp salt 2 tbsp vegetable oil 2 tbsp lemon juice, plus zest ½ lemon 1 egg, beaten Decoration: strawberries, blueberries, sprinkles </div> <div> <ol style="list-style-type: none"> Mix flour, sugar, baking powder and salt together in mug. Add vegetable oil, lemon juice, lemon zest and beaten egg. Mix thoroughly. After cooking, decorate with strawberries, blueberries or sprinkles. </div> </div>			
















 Accessory Placement

 Microwave

 Junior Menu

*Recommended weight range









Junior Menu

Program	Weight*	Accessories	Instructions																
33. Junior Pasta Bake   +  +   +  	 250 g 500 g 800 g		<p>For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild cheddar cheese. Use a suitable square, shallow Pyrex® container. Use the following quantities:</p> <table border="1"> <thead> <tr> <th></th><th>250 g</th><th>500 g</th><th>800 g</th></tr> </thead> <tbody> <tr> <td>Pasta</td><td>70 g</td><td>150 g</td><td>250 g</td></tr> <tr> <td>Sauce</td><td>140 g</td><td>300 g</td><td>500 g</td></tr> <tr> <td>Cheese</td><td>40 g</td><td>50 g</td><td>50 g</td></tr> </tbody> </table> <p>Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place container on wire shelf in middle shelf position. Select program 33, Junior Pasta Bake. Touch Start/Confirmation to confirm the program. Select - 250 g, 500 g or 800 g. Touch Start/Confirmation.</p>		250 g	500 g	800 g	Pasta	70 g	150 g	250 g	Sauce	140 g	300 g	500 g	Cheese	40 g	50 g	50 g
	250 g	500 g	800 g																
Pasta	70 g	150 g	250 g																
Sauce	140 g	300 g	500 g																
Cheese	40 g	50 g	50 g																
34. Frozen Potato Products   +  +   	200 g - 500 g		<p>To cook frozen oven chips and potato products, e.g. hash browns, croquettes, etc. Spread potato products out on glass tray on wire shelf and place in middle shelf position. Select program number 34, Frozen Potato Products. Touch Start/Confirmation to confirm the program. Select weight of food. Touch Start/Confirmation. Turn/Stir during cooking at beep sounds. For best results cook in a single layer. Note: Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning.</p>																

 Wire Shelf
  Glass Tray
  Accessory Placement
  Convection
 Frozen
  Grill
  Microwave
  Junior Menu

*Recommended weight range

Junior Menu

Program	Weight*	Accessories	Instructions
35. Vegetable Purée   	100 g - 400 g		<p>This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g - 150 g vegetables 75 ml water. 160 g - 300 g vegetables 100 ml water. 310 g - 400 g vegetables 150 ml water.</p> <p>Cover with lid. Place dish on base of oven. Select program number 35, Vegetable Purée. Touch Start/Confirmation to confirm the program. Select the weight of the vegetables. Touch Start/Confirmation. Stir at beeps. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>
36. Fruit Purée   	100 g - 400 g		<p>This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable for weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g - 150 g fruit 50 ml water. 160 g - 300 g fruit 75 ml water. 310 g - 400 g fruit 125 ml water.</p> <p>Cover with lid. Place dish on base of oven. Select program number 36, Fruit Purée. Touch Start/Confirmation to confirm the program. Select the weight of the fruit. Touch Start/Confirmation. Stir at beeps. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>

 Accessory Placement

 Microwave

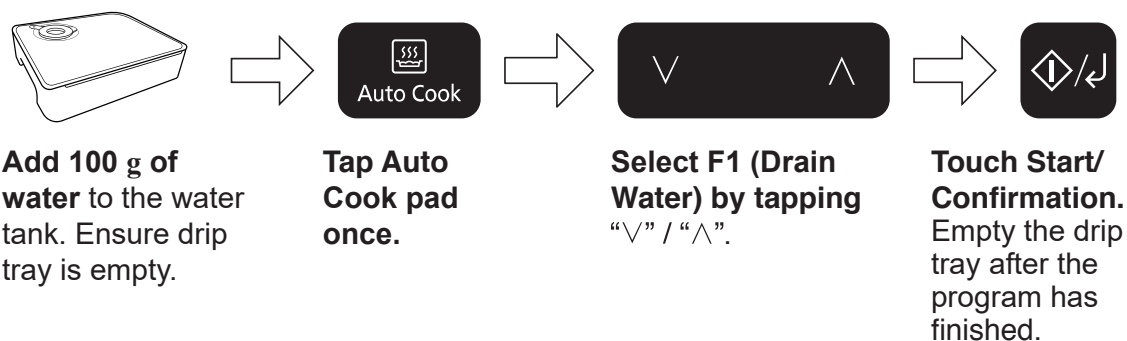
 Junior Menu

*Recommended weight range

Cleaning Programs

F1. Drain Water

Water is pumped through the system to clean the pipes. The water is drained into the drip tray.



Note

1. Only run this program with 100 g of water in the tank.
2. Do not remove the drip tray during the drain water program.
3. Empty the drip tray and rinse with running water after the program has finished.



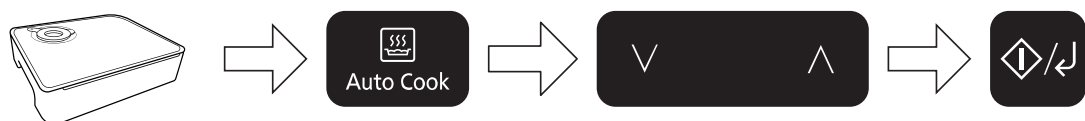
Caution!

If the Drain Water program is used directly after a steam cooking program, hot water may be drained into the drip tray.

Cleaning Programs

F2. System Cleaning

The first stage of this program cleans the system with a citric acid solution. The second stage runs water through the system to rinse the pipes.

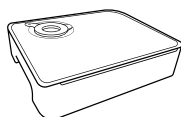


Make a solution of 20 g citric acid and 250 g of water, add the solution to the water tank. Ensure drip tray is empty.

Tap Auto Cook pad once.

Select F2 (System Cleaning) by tapping “V” / “^”.

Touch Start/Confirmation.
The program will run for 29 minutes.




After the program has paused, fill the water tank with water (to max level).

Touch Start/Confirmation.
The program will run for approx. 1 minute. Empty the drip tray after the program has finished.



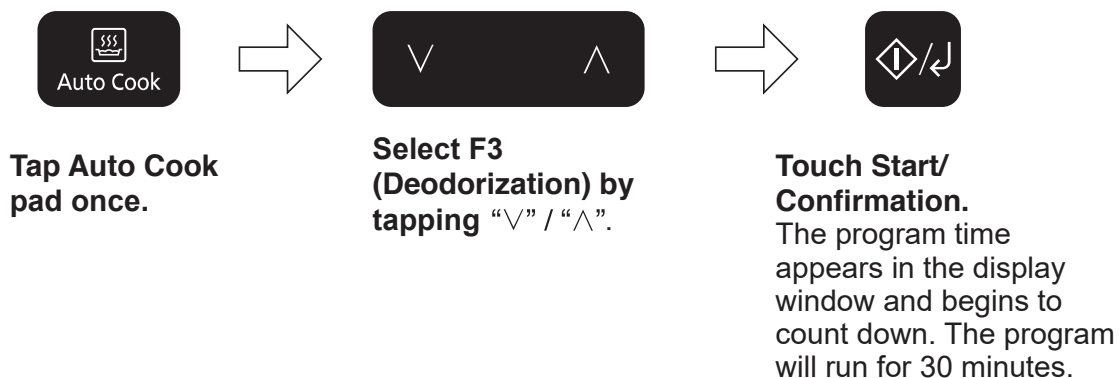
Note

1. When  appears in the display, run the 'system cleaning' program.
2. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
3. Do not remove the drip tray during the drain program.
4. Empty the drip tray and rinse with running tap water after the program has finished.

Cleaning Programs

F3. Deodorization

This feature is recommended for eliminating any odours from the oven.



F4. Cavity Cleaning

This feature is suitable for removing the build up of fat or grease in the cavity.

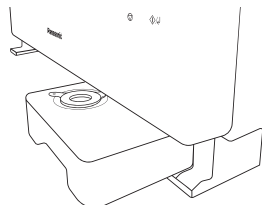


Note

1. Fill the tank with water before using.
2. After cleaning, open the door and wipe with a damp cloth and empty the drip tray.

Cleaning the Water Tank

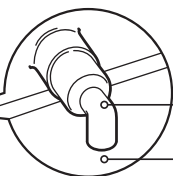
Clean with a soft sponge in water.



Remove the water tank and clean the compartment where the water tank is inserted.



Open the water supply cap, remove the lid and pipe cap and clean.



Pipe Cap

Ensure it faces downwards

If the pipe cap is difficult to remove, wiggle from side to side. When re-fitting, make sure that the pipe faces down (see diagram).

The rubber seal of the tank can also be removed for cleaning.

Removing the Rubber Seal



*Inside
(flat)*

*Outside
(protruding side)*



Ensure that the rubber seal is not inside out when re-fitting. If the seal is not fitted correctly the lid will not close securely and it will leak.



Note

1. Clean the water tank at least once a week to prevent build up of limescale.
2. Do not use a dishwasher to clean the water tank or parts of the water tank.

Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by **High Microwave**. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 91-105 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

Remember to stir or turn food wherever possible during cooking or reheating. This ensures even cooking or reheating on the outside and in the centre.

When is Food Reheated?

Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating. If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

Plated Meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate.

An average plated meal will take 4-6 minutes on **High Microwave** to reheat. Do not stack meals.

Canned Foods

Remove foods from can and place in a suitable dish before heating. Stir food halfway through cooking and again at the end of heating.

Soups

Use a bowl and stir before heating and at least once during reheating and again at the end.

Casseroles

Stir halfway through and again at the end of heating.

Mince Pies - Caution!

Remember even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

Cooking and Reheating Guidelines

Christmas Puddings and Liquids - Caution!

Take great care when reheating these items. **Do not leave unattended. Do not add extra alcohol.**

Babies' Bottles - Caution!

Milk or formula **must** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.



Note

Liquid at the top of the bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use. **We do not recommend that you use your microwave to sterilise Babies' bottles.** If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on **starting** temperature, dish size and quantity. Pastry or bread items reheated by microwave will be soft not crisp.

Heating Category

Your oven is Heating Category E and this is displayed on the rear of your oven. The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven.



Microwave
symbol

The IEC (60705)
power output
(watts)

The heating
category for
small packs
of food

Babies bottles - Caution!

After heating by Microwave, liquid at the top of a bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. When testing the temperature of the milk, squirt a little onto your inner wrist. The milk droplets on your skin should feel warm, not hot.








For 250 ml of milk from fridge temperature, remove top and teat. Heat on High Microwave for 45 seconds.

Check carefully.

For 100 ml of milk from fridge temperature, remove top and teat. Heat on High Microwave for 20 seconds.

Check carefully.

Reheating Charts





Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Bread – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants / brioche	1	High 	20 secs	Place in glass dish on base. Do not cover.
	4	High 	1 min	
	Any	200 °C	2-3 mins	Preheat oven with enamel shelf in lower shelf position.
Canned pasta				
Ravioli	400 g	High 	2 mins 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway.
Macaroni cheese			2 mins 30 secs	
Spaghetti			3 mins	
Canned puddings				
Rice Pudding	400 g	High 	2 mins	Place in a heatproof bowl and cover. Place on base and stir halfway.
Custard	400 g	High 	2 mins	Place in a heatproof bowl and cover. Place on base and stir halfway.
Canned soups				
Condensed	295 g	High 	4-5 mins	Place in a heatproof bowl and stir in one can of water. Cover and place on base stirring halfway.
Healthy option	415 g		3 mins	Place in a heatproof bowl and cover. Place on base and stir halfway.
Luxury/vegetable/ broth	400 g / 415 g		3 mins	
Creamed	400 g		3 mins	
Chilled soups				
1 Portion	250 ml	High 	2 mins 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway.
2 Portions	500 ml		4 mins 30 secs	



Points for Checking

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Reheating Charts






Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Canned vegetables				
Baked beans	200 g	High 	1 min 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway.
	415 g		2 mins 30 secs	
Baked beans with sausages	415 g		2 mins 30 secs	
Broad beans	300 g		2 mins	
Butter beans	210 g		1 min 30 secs	
Carrots, baby	300 g	Combi 1	4 mins	
Green beans	400 g		5 mins	
Mushrooms	285 g	High 	2 mins	
Peas, mushy	300 g		2 mins	
Peas, petit pois	290 g		2 mins	
Peas, garden	290 g		2 mins	
Peas, marrowfat	300 g	Combi 1	6 mins	
Sweetcorn	200 g		3 mins	
	330 g		5 mins	
Tomatoes	400 g		5 mins	
Plated meal - Chilled				
Small - child portion	1	Combi 1	4-5 mins	Cover and place on base.
Large - adult portion			7 mins	
Drinks				
1 Mug cold milk	235 ml	High 	2 mins 30 secs	Place in a heatproof mug/jug on base. Stir halfway and after reheating.
1 Jug cold milk	568 ml (1 pint)		4 mins	
1 Mug cold coffee/tea / milky coffee	235 ml		1 min 20 secs	
Savoury pastry products - precooked pastries reheated by microwave will have a soft base.				
Pasties/slices	150 g	High 	1 min 30 secs	Place in glass dish on base.
	150 g	Combi 6	7-8 mins	Place on glass tray on wire shelf in lower shelf position.
	300 g (2)	Combi 5		



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Reheating Charts



Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Savoury pastry products - precooked pastries reheated by microwave will have a soft base.				
Meat pies	150 g	High 	1 min - 1 min 30 secs	Place on a plate on the base of oven.
	165 g	Combi 5	4-5 mins	Remove product from foil container and place on glass tray on wire shelf in lower shelf position.
	300 g (2)		7-8 mins	
	200 g	Combi 5	6-7 mins	
	550 g		12 mins	
Quiche	170 g	Combi 5	5 mins	Remove product from foil container and place on glass tray on wire shelf in lower shelf position.
	400 g	Combi 9	7 mins	
Sausage roll x 1	150 g	High 	1 min 30 secs	Place in glass dish on base.
		Combi 6	6-7 mins	
Snack size sausage roll x 5	300 g	Combi 6	9-10 mins	Place on glass tray on wire shelf in lower shelf position.
Puddings and desserts - where microwave only is involved transfer food from foil container to a similar sized heatproof dish				
Bread & butter pudding	500 g	Combi 6	18-19 mins	Place on glass tray on wire shelf in lower shelf position.
Chilled custard	500 g	High 	3 mins 30 secs	Place in large jug. Cover and place on base stir halfway.
Chilled rice pudding	125 g	High 	1 min	Place on base.
	400 g	Combi 6	12-13 mins	Place on glass tray on wire shelf in lower shelf position.
Fruit crumble	540 g	Combi 8	13-15 mins	Place on wire shelf in lower shelf position.
Fruit pie - large	600 g	220 °C	18-20 mins	Remove product from foil container and place on the glass tray on wire shelf in lower shelf position.
Fruit pie - Individual	x 1	High 	20 secs	Place in glass dish on base. Remove foil.



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Reheating Charts





Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Mince pies - x 2	110 g	High 	10- 20 secs	Place on micro-safe plate on base. Remove foil.
Pancakes	500 g	Combi 1	8 mins	Pierce packet and place on glass tray on wire shelf in lower shelf position.
Spotted dick	105 g	Combi 1	1 min 30 secs	Pierce film lid and place on glass tray on wire shelf in lower shelf position.
Sponge pudding - large	300 g	Combi 1	5 mins	Pierce film lid and place on glass tray on wire shelf in lower shelf position.
Sponge pudding - Individual	95 g		2 mins	
Christmas pudding - Do not leave unattended as overheating can cause the food to ignite.				
Small/slice	100 g	Combi 1	1 min 40 secs	Pierce film lid and place on glass tray on wire shelf in lower shelf position.
Medium	400 g		4 mins	
Large	800 g		6 mins	
Ready meals - Chilled. Transfer food from foil container to a similar sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content.				
Cauliflower cheese	350 g	Combi 7	13-14 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
Cottage/ shepherds pie	450 g	Combi 4	13 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
	1.5 kg		25 mins	
Fish/veg bake	450 g	High  or	6 mins	Place on base.
		Combi 4	14 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
	720 g	Combi 7	17-18 mins	
Onion bhajis/ samosas	240 g	Combi 12	14-15 mins	Place on enamel shelf in lower shelf position. Turn halfway.



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Reheating Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Lasagne	450 g	High  or	4 mins	Place on base.
		Combi 4	12-13 mins	Place on glass tray on wire shelf in lower shelf position.
	700 g	Combi 5	21-23 mins	
	1.5 kg	Combi 4	21-22 mins	
Macaroni cheese	450 g	Combi 7	8-9 mins	
Chilled mashed potato	450 g	Combi 1	7-8 mins	Pierce lid and place on base. Stir halfway.
Carrot and swede mash			8 mins	
Spring rolls x 4	240 g	Combi 6	8-9 mins	Place on glass tray on wire shelf in lower shelf position.
Ready meals - Frozen. Transfer food from foil container to a similar sized heatproof dish. Remove any covering/lid film lid.				
Cauliflower cheese	400 g	Combi 9	25 mins	Place on glass tray on wire shelf in lower shelf position.
Cottage/fish/shepherds pie	400 g	High  or	12 mins	Place on base.
		Combi 6	25 mins	Place on glass tray on wire shelf in lower shelf position.
Lasagne/cannelloni	400 g	High  or	10 mins	Place on base.
		Combi 6	24-26 mins	Place on glass tray on wire shelf in lower shelf position.
Macaroni cheese	400 g	High  or	8-10 mins	Place on base.
		Combi 9	18 mins	Place on glass tray on wire shelf in lower shelf position.
Quorn®				
Burgers	200 g (4)	Combi 1	8 mins	Place on glass tray on wire shelf in lower shelf position.
Escalopes	240 g (2)	Combi 7	9-10 mins	
Nuggets	300 g	Combi 7	9-10 mins	
Fishless fingers	200 g		7-8 mins	
Sausages	300 g (6)	Grill 1	15 mins	Place on enamel shelf in upper shelf position, turn halfway.



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Reheating Charts








Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Bread				
Part-baked baguettes	220 g (2)	Combi 12	6 mins	Place on glass tray on wire shelf in middle shelf position.
Part-baked garlic baguette/ciabatta	215 g	Combi 6	10-11 mins	
Garlic doughballs x 12	165 g	Combi 6	9 mins	
Bacon and pork - from raw - Caution: Hot fat! Remove accessories with care.				
Bacon rashers	300 g (8)	Combi 1	5 mins	Place on glass tray on wire shelf in lower shelf position.
		Grill 1	10 mins	Place on enamel shelf in upper shelf position.
Gammon steaks x 2	500 g	Combi 1	9 mins	Place on glass tray on wire shelf in lower shelf position.
Pork joint	-	230 °C Followed by 180 °C	for 20 mins then 35 mins per 500 g	Preheat oven. Place joint on enamel shelf in lower shelf position. Stand for 10 mins after cooking and before carving.
Pork loin steaks	500 g (5)	Grill 1	16-18 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Gammon joint	-	180 °C	30 mins per 500 g plus 30 mins extra	Preheat oven. Place joint on enamel shelf in lower shelf position.



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Cooking Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Beans & pulses - should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked.				
Chick peas	250 g	High  then Simmer 	10 mins then 40 mins	Use 600 ml (1 pt) boiling water in a large casserole dish with lid. Cover. Place on base.
Lentils	250 g	High 	12 mins	
Split yellow peas	250 g	High  then Simmer 	10 mins then 30 mins	
Beef - Caution: Hot fat! Remove dish with care. Recommended temperatures for beef are: Rare 60 °C; medium 70 °C; well done 80 °C.				
Beef burgers (fresh)	227 g (2)	Grill 1	14 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Beef burgers (frozen raw)	227 g (4)		15 mins	
Joint	-	230 °C followed by 180 °C	20 mins per 450 g followed by Rare: 15 mins Medium: 25 mins Well done: 35-40 mins	Preheat oven. Place on enamel shelf in lower shelf position. Turn halfway.
Mince	500 g	High  then Medium 	10 mins then 15 mins	Place in micro safe dish with enough stock to cover meat. Add seasonings. Cover and place on base. Stir halfway.
Rump / sirloin	195 g	Grill 1	Medium: 9 mins Well done: 14 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Beef - Caution: Hot fat! Remove dish with care.				
Stewing steak	1 kg - 2 kg	Combi 11	1 hour - 1 hour 30 mins	Place steak (450 g - 675 g) in a casserole dish with lid. Add stock (min. 400 ml) and vegetables. Cover, place on base and stir halfway.
Steak with carrots	230 g - 250 g	Steam 1	11-13 mins	Place the steak on the trivet on the enamel shelf in lower position. Place the carrots on the glass tray on wire shelf in the upper shelf position. Fill water tank.



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Cooking Charts










Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Chicken from raw - caution: Hot fat! Remove accessory with care.				
Breasts, boneless and skinless	300 g (2)	Combi 1	11-12 mins	Place on plastic trivet on glass tray on wire shelf in the lower shelf position.
	600 g (4)		13-14 mins	
	600 g (4)	Combi 12	25 mins	Place on enamel shelf in lower shelf position.
Breaded chicken	350 g	Combi 4	12 mins	Place on glass tray on wire shelf in the lower shelf position.
Chicken legs	1.0 kg	Combi 12	35-40 mins	Place on enamel shelf in lower shelf position. Turn halfway.
Drumsticks/ thighs	600 g (6)		22 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Kiev (fresh)	260 g (2)	Combi 4	8 mins	Place on glass tray on wire shelf in the lower shelf position.
Whole Chicken	-	Combi 10	14-15 mins per 450 g	Place chicken breast side down on an upturned saucer in glass dish on base of oven. Turn halfway.
Chicken with Potatoes	320 g - 400 g	Steam 1	10 mins then 30 mins	Place chicken on the trivet on the enamel shelf in lower shelf position. Cook for 10 minutes. Then add the potatoes to the oven on the wire shelf in upper position for an additional 30 minutes. Fill water tank, refill after 30 minutes cooking time.



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Cooking Charts



Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Eggs - Poached				
1 Egg	45 ml water	High 	1 min 10 secs	<ul style="list-style-type: none">Place water in a shallow dish and heat for 1st cooking time on base of the oven.Add egg (size 3).Pierce yolk and white.Cover.Cook for 2nd cooking time.Then leave to stand for 1 minute.
		Medium 	1 min	
2 Eggs	90 ml water	High 	1 min 40 secs	
		Medium 	1 min 30 secs	
4 Eggs	180 ml water	High 	3 mins	
		Medium 	3 mins	
Eggs - Scrambled. Use microwave safe bowl.				
1 Egg	-	High 	30 secs then 30 secs	<ul style="list-style-type: none">Add 1 tbsp of milk for each egg used.Beat eggs, milk and knob of butter together.Place bowl on base.Cook for 1st cooking time then stir.Cook for 2nd cooking time stirring halfway then stand for 1 minute.
2 Eggs			50 secs then 20 secs	
4 Eggs			1 min 30 secs then 1 min 20 secs	
Fish - Fresh from raw				
Lightly dusted fillets	270 g (2)	Combi 6	11-12 mins	Place on glass tray on wire shelf in lower shelf position.
Breaded Fillets	320 g (2)	Combi 6	12-14 mins	
Cakes	290 g (2)	Combi 6	13-15 mins	
Fillets	280 g	Medium 	7 mins	Place in glass dish. Add 1 tbsp (15 ml) water. Cover with pierced cling film and place on base of oven.
	700 g		8-9 mins	
Steaks	300 g (4)	Combi 10	10 mins	Place on glass tray on wire shelf in lower shelf position.
Whole x 1	225 g - 300 g	High 	4 mins	Place in glass dish and pierce skin. Add 30 ml of liquid. Cover with pierced cling film and place on base of oven.
Whole x 2	500 g - 600 g	Combi 10	15-17 mins	Place on glass tray on wire shelf in lower shelf position.



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Cooking Charts


Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fish - frozen from raw.				
Breaded fillets	220 g (2)	Combi 5	10 mins	Place on glass tray on wire shelf in lower shelf position. Turn halfway.
Cakes	270 g (2)	Combi 6	18 mins	
Fish fingers	110 g (4)	Combi 5	6-8 mins	Place on glass tray on wire shelf in lower shelf position.
	230 g (8)		8-10 mins	
Fillets	200 g	Combi 1	8-10 mins	Place on plastic trivet on glass tray on wire shelf in middle shelf position.
Scampi	280 g	Combi 5	10 mins	Place on glass tray on wire shelf in lower shelf position.
Boil in the bag	150 g	High 	6 mins	Place bag sauce side down in a glass dish. Pierce top. Shake bag halfway through.
Fruit - Peel, slice, chop into even sized pieces.				
Baked apple -cored	x 1	Combi 1	3-4 mins	Place on glass tray on wire shelf in lower shelf position.
Apples - stewed	500 g		8 mins	
Apricots-stewed	300 g		4-5 mins	
Pears - stewed	500 g		7 mins	
Plums - poached	400 g	High 	6 mins	Add 300 ml (½ pt) of water. Only half fill dish. Cover. Place on base.
Plums - stewed	400 g	Combi 1	7 mins	Place on glass tray on wire shelf in lower shelf position.
Rhubarb - stewed	500 g			
Duck - Caution: Hot fat! Remove dish with care.				
Duck breast fillets	400 g	200 °C	30 mins	Preheat oven. Prick the skin and place on enamel shelf in lower shelf position.
Duck, whole	-	190 °C	25 - 27 mins per 450 g	
Crispy duck - reheat	370 g	230 °C	20 mins	Preheat oven and place duck on enamel shelf in lower shelf position.



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Cooking Charts



Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Lamb - from raw - Caution: Hot Fat! Remove accessory with care.				
Joint	-	180 °C	Medium: 25 mins per 450 g plus 15 mins	Preheat oven. Place joint on enamel shelf in lower shelf position. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve.
			or Well done: 30 mins per 450 g plus 20-25 mins.	
Loin/ leg steaks	600 g (4)	Grill 1	Medium: 16-17 mins Well Done: 19-20 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Chops/ cutlets	340 g (4)	Grill 1	Medium: 10-12 mins Well Done: 14-16 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Casserole/ stewing Lamb	1 kg - 2 kg	Combi 11	1hr 20 mins - 1hr 30 mins	Place lamb (450 g - 675 g) in a casserole dish, add stock (minimum 400 ml) and vegetables, cover with lid and place on base. Stir halfway.
Pasta. Use 3 litre (6 pt) large bowl				
Fusilli/ macaroni/ penne	200 g	High 	12 mins	Use 550 ml (1 pint) boiling water. Add 15 ml oil. Cover. Stir halfway.
Linguine/ tagliatelle	200 g		12 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml oil. Cover. Stir halfway.
Spaghetti	250 g		8-10 mins	halfway.
Pizza - Fresh chilled - N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep pan	385 g	Combi 4	8-9 mins	Place pizza directly on wire shelf in middle shelf position
Thin and crispy	245 g		6 mins	
	290 g		7 mins	
	475 g		9 mins	
Pizza - Frozen - N.B. Remove all packaging.				
Deep pan	385 g	Combi 4	12 mins	Place directly on wire shelf in middle shelf position.
Individual deep	320 g (2)	Combi 5	11 mins	
Thin and crispy	335 g	Combi 4	9-10 mins	



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Cooking Charts


Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Porridge N.B. Use a large bowl.				
1 serving	30 g oats 150 ml (¼ pt) milk	High 	2 mins	Place on base and stir halfway.
2 servings	50 g oats 275 ml (½ pt) milk		3 mins 30 secs	
4 servings	150 g oats 550 ml (1 pt) milk		6 mins 30 secs	
Potato products part cooked - Frozen				
Croquettes/ smiley faces	300 g	Combi 12	10-12 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Hash browns			12-14 mins	
Oven fries			16 mins	
Potato wedges		230 °C	17 mins	
Sweet potato fries		230 °C	15 mins	
Waffles		Combi 12	10-12 mins	
Rice - Use 3 litre (6 pt) large bowl				
Basmati	250 g	High 	10 mins	Use 550 ml (1 pt) boiling water. Cover and stir halfway.
Easy cook long grain			10 mins	
Long grain white			12 mins	
Steam rice pouch		Combi 1	3-4 mins	Place pouch on base.
Sausages from raw - Caution: Hot Fat! Remove accessory with care.				
Thick	454 g (8)	Grill 1	12-13 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Thin	375 g (12)		10 mins	
Turkey				
Breasts, boneless and skinless	300 g (2)	Combi 1	11 mins	Place on plastic trivet on glass tray on wire shelf in lower shelf position.
Whole		Combi 10	12-13 mins per 450 g	Place breast down in a glass roasting dish on an upturned saucer on base of oven. Turn halfway.



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Cooking Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fresh vegetables				
Asparagus	200 g	Combi 1	5 mins	Place on plastic trivet on glass tray on wire shelf in lower shelf position.
Baby corn	200 g		7 mins	
Broad beans	200 g		6 mins	
Runner beans	150 g		6 mins	
Beetroot	450 g		13 mins	
Broccoli	250 g		7 mins	
Brussel sprouts	200 g		6 mins	
Butternut squash	300 g		7 mins	
Cabbage - sliced	300 g		10 mins	
Carrots - sliced	200 g		7 mins	
Cauliflower - florets	400 g		8 mins	
Courgettes	200 g		8 mins	
Corn on the cob	2 x 300 g		12-14 mins	
Parsnips	300 g		7 mins	
Parsnips - par-boiled	300 g		5 mins	
Peas	200 g		5-6 mins	
Potatoes - boiled	500 g		13 mins	
Potatoes - par-boiled	500 g		10 mins	
Jacket potatoes- 250 g each	x 1	High 	6-7 mins	Place on glass tray on the base, pierce skin.
	x 2		11-13 mins	
	x 4		23 mins	
	x 6		30 mins then 10 mins	
	x 1	Combi 4	15 mins	Place on the glass tray on the wire shelf in the lower shelf position.
	x 2		23 mins	
	x 4		28 mins	
	x 6		35 mins	
Spinach	200 g	Combi 1	4 mins	Place on plastic trivet on enamel shelf in middle shelf position.
Sugar snap peas	200 g		7 mins	
Swede - cubed	350 g		12 mins	
Sweet potato	400 g		10-13 mins	
Turnip	300 g		10 mins	
Fresh vegetables - Steamed				
Asparagus	200 g	Steam 1	8 mins	Place plastic trivet on enamel shelf in middle shelf position.
Baby corn	200 g		8 mins	
Broad beans	200 g		8 mins	



Points for Checking

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a **stand time**, especially if they cannot be stirred. The denser the food the longer the stand time.

Cooking Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fresh vegetables - Steamed				
Runner beans	150 g	Steam 1	10-12 mins	Place on plastic trivet on enamel shelf in middle shelf position.
Beetroot	250 g		15-17 mins	
Broccoli	250 g		12 mins	
Brussel sprouts	200 g		11 mins	
Butternut squash	300 g		15 mins	
Cabbage - sliced	300 g		15 mins	
Carrots - sliced	200 g		8-10 mins	
Cauliflower - florets	250 g		10-12 mins	
Courgettes	250 g		12-14 mins	
Corn on the cob	x 2		30 mins	
Parsnips-sliced	200 g		9 mins	
Peas	200 g		5-6 mins	
Potatoes - boiled	500 g		25 mins	
Potatoes - par-boiled	500 g		8 mins	
Spinach	200 g		5-6 mins	
Sugar snap peas	160 g		8 mins	
Swede - cubed	300 g		30 mins	
Sweet potato	400 g	15 mins		
Turnip	200 g	15 mins		
Frozen vegetables				
Battered onion rings	250 g	230 °C	20 mins	Place on enamel shelf in upper shelf position.
Beans - broad	200 g	Combi 1	6 mins	Place on plastic trivet on glass tray on wire shelf in middle position.
Beans - green	200 g		6 mins	
Broccoli - florets	250 g		7 mins	
Carrots - sliced	200 g		5 mins	
Cauliflower	250 g		8-9 mins	
Mixed vegetables	200 g		6 mins	
Peas	200 g		5 mins	
Soya beans	200 g		4 mins	
Steam vegetables	160 g		6 mins	
Sweetcorn	200 g		6 mins	



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