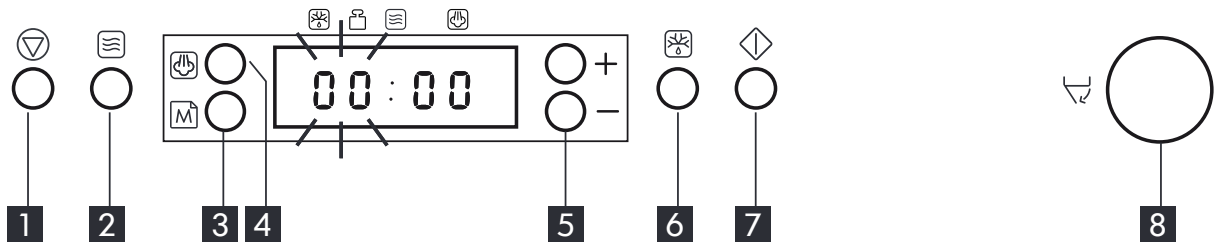


Control panel



- | | |
|---|--|
| <p>1 Stop button</p> <p>2 Power button</p> <p>3 Memo button</p> <p>4 Steam button</p> <p>5 + /- button
(use this button to set time or weight)</p> | <p>6 Jet Defrost button</p> <p>7 Start button</p> <p>8 Door button
(use this button to open the door)</p> |
|---|--|

Daily use

Start protection / Key lock

This automatic safety function is activated one minute after the oven has returned to “stand by mode“. (The oven is in “stand by” when the 24-hour clock is displayed or if the clock has not been set, when the display is showing the two small dots between the digits.

The door must be opened and closed e.g. putting food into it, before the safety lock is released. Else the display will show “DOOR“.

To pause or stop cooking

To pause cooking:

The cooking can be paused to check, turn or stir the food by opening the door. The setting will be maintained for 10 minutes.

To continue cooking:

Close the door and press the Start button ONCE. The cooking is resumed from where it was paused.

Pressing the Start button TWICE will increase the time by 30 seconds.

If you don't want to continue cooking:

Remove the food, close the door and press the Stop button

A beep will signal once a minute for 10 minutes when the cooking is finished.

Press the Stop button or open the door to cancel the signal.

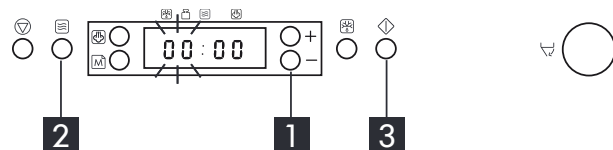
NOTE: The oven will only hold the settings for 60 seconds if the door is opened and then closed after the cooking is finished.

Cooling down

When a function is finished, the oven carries out a cooling procedure. This is normal. After this procedure the oven switches off automatically.

Kitchen timer

Use this function when you need a kitchen timer to measure exact time for various purposes such as cooking eggs or letting the dough rise before baking etc.

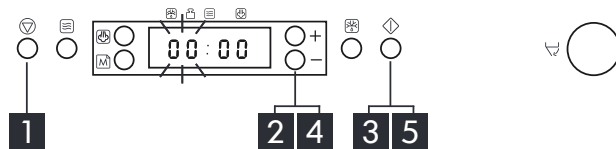


1. Press the +/- buttons to set the desired length of the timer.
2. Press the power button repeatedly to set the power to 0 W.
3. Press the Start button.

An acoustic signal will be heard when the timer has finished to count down.

Clock 

Keep the door open while setting the Clock. This gives you 5 minutes to complete the setting of the Clock. Otherwise, each step must be accomplished within 60 seconds.



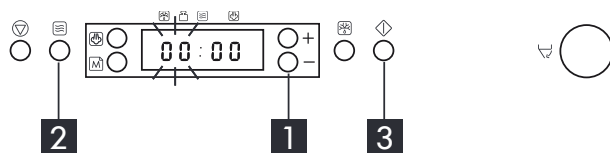
1. Press the Stop button (3 seconds) until the left-hand digit (hour's) flicker.
2. Press the +/- buttons to set the hours.
3. Press the Start button. (The two right hand digits (minutes) blink).
4. Press the +/- buttons to set the minutes.
5. Press the Start button again.

The Clock is set and in operation.

NOTE: When the appliance is first plugged in or after a power failure, the display is blank. If the clock is not set, the display will remain blank until the cooking time is set. If you wish to remove the Clock from the display once it has been set, simply press the Stop button again for 3 seconds and then press the Stop button once more. To reinstate the Clock, follow the above procedure.

Cook and reheat with microwaves 

Use this function for normal cooking and reheating, such as vegetables, fish, potatoes and meat.



1. Press the +/- buttons to set the time.
2. Press the power button repeatedly to set the power.
3. Press the Start button.

Once the cooking process has been started: The time can easily be increased in 30-second steps by pressing the Start

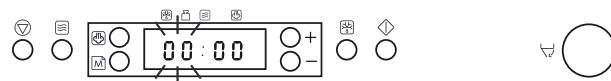
button. Each press increases the time with 30 seconds. You may also alter the time by pressing the +/- buttons to increase or decrease the time.

Pressing the power button may also change the power level. The first press will show you the current power level. Press the power button repeatedly to change power level. All settings can be changed during cooking if you so desire.

Power level

Microwaves only	
Power	Suggested use:
750 W	Reheating of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power. Cooking of fish, vegetables, meat etc.
500 W	More careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
350 W	Simmering stews, melting butter.
160 W	Defrosting. Softening butter, cheeses. Softening Ice cream.
0 W	When using the Timer only.

Jet start 



This function is used for quick reheating of foods with a high water content such as; clear soups, coffee or tea.

Press to automatically start with full microwave power level and the cooking time set to 30 seconds. Each additional press increases the time with 30 seconds. You may also alter the time by pressing the +/- buttons to increase or decrease the time after the function has started.

Manual defrost 

Follow the procedure for “Cook and reheat with microwaves” and choose power level 160 W when defrosting manually.

Check and inspect the food regularly.

Experience will give you the times needed for various amounts.

Frozen food in plastic bags, plastic films or cardboard packages can be placed directly in the oven as long as the package has no metal parts (e.g. metal twist ties).

The shape of the package alters the defrosting time. Shallow packets defrost more quickly than a deep block.

Separate pieces as they begin to defrost.

Individual slices defrost more easily.

Shield areas of food with small pieces of aluminum foil if they start to become warm (e.g. chicken legs and wing tips).

Turn large joints halfway through the defrosting process.

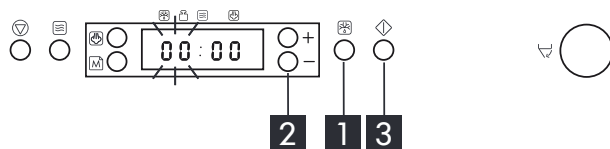
Boiled food, stews and meat sauces defrost better if stirred during defrosting time.

When defrosting it is better to under-thaw the food slightly and allow the process to finish during standing time.

Standing time after defrosting always improves the result since the temperature will then be evenly distributed throughout the food.

Jet defrost 

Use this function for defrosting Meat, Fish & Poultry ONLY. Jet Defrost should only be used if the net weight is between 100 - 2Kg.



1. Press the Jet Defrost button.
2. Press the + / - buttons to set the weight of the food.
3. Press the Start button.

Midway through the defrosting process the oven stops and prompts you to TURN




FOOD.

- Open the door.
- Turn the food.
- Close the door and restart by pressing the Start button.

NOTE: The oven continues automatically after 2 min. if the food hasn't been turned. The defrosting time will be longer in this case.

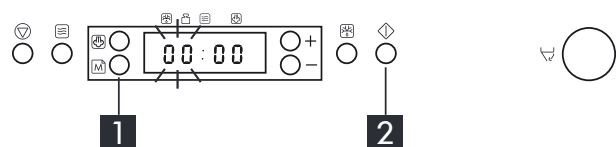
This function needs to know the net weight of the food. The oven will then automatically calculate the needed time to finish the procedure.

- Frozen foods:
If the food is warmer than deep-freeze temperature (-18°C), choose lower weight of the food.
If the food is colder than deep-freeze temperature (-18°C), choose higher weight of the food.

Food	Hints
Meat  (100 g - 2.0 Kg)	Minced meat, cutlets, steaks or roasts.
Poultry  (100 g - 2.0 Kg)	Chicken whole, pieces or fillets.
Fish  (100 g - 1.5 Kg)	Whole, steaks or fillets.

For food not listed in this table and if the weight is lesser or greater than recommended weight, you should follow the procedure for “Cook and reheat with microwaves” and choose 160 W when defrosting.

Memory 



The Memory function provides you with

an easy way to quickly recall a preferred setting.

The principle of the Memory function is to store whatever setting that is currently displayed.

How to activate a stored memory:

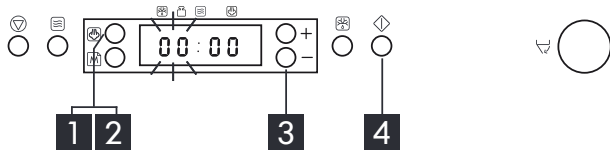
1. Press the Memo button.
2. Press the Start button.

How to store a setting:

1. Select any function
2. Make the necessary settings
3. Press and keep the Memo button pressed for 3 seconds until an acoustic signal is heard. The setting is now stored. You may reprogram the memory as many times as you wish.

When the appliance is plugged in or after a power failure, your Memo function will have stored - 1 minutes and 750 W as default setting.

Steam 

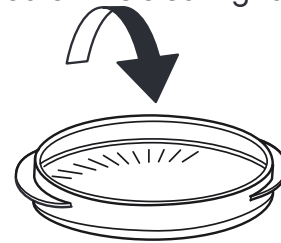


Use this function for such food as vegetables & fish.

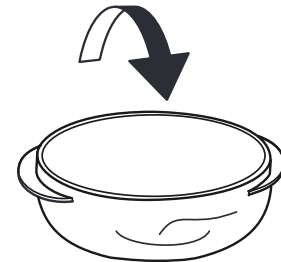
Always use the supplied Steamer when using this function.

1. Press the Steam button.
2. Continue to repeatedly press the Steam button to set the food class.
3. Press the +/- buttons to set the weight of the food.
4. Press the Start button.

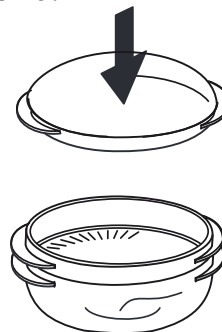
Place the food on the steam grid.



Add 100 ml (1 dl) water in the bottom part of the steamer.







Cover with the lid.



⚠ WARNING! The Steamer is designed to be used with microwaves only! Never use it with any other function at all. Using the steamer in any other function may cause damage. Always ensure that the turntable is able to turn freely before starting the oven. Always place the steamer on the Glass Turntable.

Cooking vegetables

Place the vegetables into the strainer.
 Pour 100 ml water into the bottom part.
 Cover with the lid and set the time.
 Soft vegetables such as broccoli and leek require 2-3 minutes cooking time.
 Harder vegetables such as carrots and potatoes require 4-5 minutes cooking time.

Food	Hints
Potatoes / Root vegetables  (150 g - 200 g)	Use even sizes. Cut the vegetables into even pieces. Allow to stand for 1 - 2 minutes, after cooking.
Vegetables (Cauliflower and Broccoli)  (150 g - 500 g)	
Frozen vegetables  (150 g - 500 g)	Allow to stand for 1 - 2 minutes after cooking.
Fish filets  (150 g - 500 g)	Distribute fillets evenly on the steamgrid. Interlace thin parts. Allow to stand for 1 - 2 minutes, after cooking.

⚠ WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Young children should be kept away.

During and after use, do not touch the heating elements or interior surface of the appliance - risk of burns. Do not allow the appliance to come in contact with cloths or other flammable materials until all the components have cooled down completely.

WARNING: Do not heat or cook with sealed jars or containers in the appliance. The pressure that builds up inside might cause them to explode, damaging the appliance.

WARNING: If the appliance is operated in the combination mode, children should only use the appliance under adult supervision due to the temperatures generated.

WARNING : 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 :

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the appliance and let the teaspoon remain in the container.
3. After heating, allow standing for a short time, stirring again before carefully removing the container from the appliance.

WARNING: After heating baby food of liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving.