

INSTRUCTION MANUAL





ZANUSSI

MICROWAVE OVEN

ZMB 30 CST

Before using your microwave oven

Read through the instruction manual carefully. The following instructions have been prepared so that you get the best from your new Zanussi microwave oven. It is important that this instruction book is retained with the appliance for future reference. Should the appliance be sold or transferred to another owner, or if you move house and leave the appliance, always ensure that the book is supplied with the appliance so that the new owner can become acquainted with the functioning of the appliance and the relevant warnings. Please ensure you have read the whole instruction book before using the appliance and that you follow the recommendations given.

-  Important information concerning your safety or the operation of your appliance is noted by this symbol and/or mentions words such as «Warning», «Take care». Be sure to follow all instructions carefully.
-  Throughout the manual, this symbol guides you step by step when operating the appliance.
-  This symbol indicates further information concerning the use of the appliance.
-  The clover indicates energy-saving tips and hints for environmentally friendly use of your appliance.

In the event of malfunctioning, please follow the instructions given in the section «Something not working...»

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Important information


Ecologically responsible disposal of packaging materials and old appliances

Packaging materials

 ZANUSSI microwave ovens require effective packaging to protect them during transportation. Only the minimum packaging necessary is used. Packaging materials (e.g. foil or styrofoam) can place children at risk.

Danger of suffocation. Keep packaging material away from children.

 All packaging materials used are environmentally friendly and can be recycled.

 The cardboard is made from recycled paper and the wooden parts are untreated. Plastic items are marked as follows :

«PE» polyethylene eg packaging film

«PS» polystyrene eg packaging (CFC-free)


«PP» polypropylene eg packaging straps

By using and re-using the packaging, raw materials are saved and waste volume is reduced.

Packaging should be taken to your nearest recycling centre. Contact your local council for information.

Disposal of old appliances

Old appliances should be made safe before disposal by removing the plug, and cutting off and disposing of the power cable.


 It should then be taken to the nearest recycling centre. Check with your local Council or Environmental Health Office to see if there are facilities in your area for recycling the appliance.

Installation

The oven should be set at least 85 cm above floor level. Make sure that nothing obstructs the ventilation louvres at the back of the appliance and that the electrical plug will be accessible after installation. Please refer to the installation manual included with your oven for further instructions.

Do not use your appliance immediately (wait approx. 1-2 hours) after transfer from a cold place to a warm place as condensation may cause a malfunction.

Electrical connections

 • **WARNING! THIS APPLIANCE MUST BE EARTHED.**
The manufacturer declines any liability should this safety measure not be observed.

This appliance complies with the following EC Directives :

EMC Directive 89/336/EEC, Low Voltage Directive 73/23/EEC with amendment 90/683/EEC and the CE marking Directive 93/68/EEC.

Important information

Connecting to the mains

- The oven is delivered with the power cord and a plug for 230-240 V, 50Hz, earthed socket outlet.
- Earth protection minimizes the risks should a short-circuit occur. Check to ensure the voltage of the oven matches the supply. N.B. If the oven is connected to the socket via an extension cord, make sure the cord is earthed.
This appliance must not be used on a non-earth protected power supply. Contact an electrician if you are uncertain regarding electrical connection of the oven or provision of earth protection of the supply.
- Microwave power output : 900W
- This appliance complies with E.E.C. directive No. 87/308 of 2.6.87 relative to radio interference suppression.

Information concerning UK installation

- If this appliance is fitted with a non-rewirable plug for which your socket is un-suitable, the plug should be cut off and the appropriate plug fitted. If it is necessary to change the fuse in a nonrewi-rable plug, the fuse cover must be refit-ted. If the fuse cover is lost or damaged, the plug must not be used until a re-placement is obtained.
- The plug moulded on to the lead incorporates a fuse. For replacement, use a 13 Amp BS1362 fuse. Only ASTA or BSI approved fuses should be used.
- The plug must not be used if the fuse cover/carrier is lost. The cover/carrier is indicated by the coloured insert at the base of the plug. A replacement cover / carrier is indicated by the coloured insert at the base of the plug and must be obtained from your local Electrolux Service Centre.

IMPORTANT

- The wires in the mains lead are coloured in accordance with the following code:

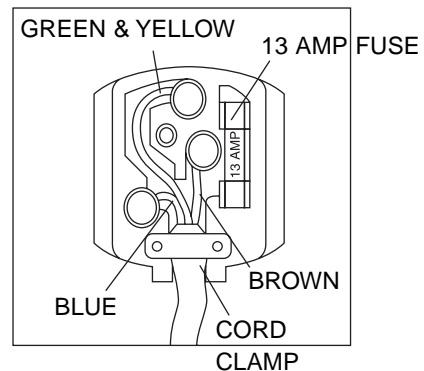
GREEN AND YELLOW	EARTH
BLUE	NEUTRAL
BROWN	LIVE

- If you fit your own plug, the colours of the wires in the mains lead of your appliance may not correspond with the markings identifying the terminals in your plug, proceed as follows:

Connect the green and yellow (earth) wire to the terminal in the plug which is marked with the letter 'E' or the earth symbol (\equiv) or coloured green and yellow.

Connect the blue (neutral) wire to the terminal in the plug which is marked with the letter 'N' or coloured black.

Connect the brown (live) wire to the terminal in the plug which is marked with the letter 'L' or coloured red.



Safety instructions



General

- The appliance should only be operated with the turntable and turntable support inserted.
- Only suitable microwave ovenware should be used.
- To protect the appliance against corrosion from moisture (condensation) in the cavity or on the door, wipe these areas dry after each use.
- Do not leave the appliance unattended when warming or cooking food in disposable containers made of plastic, paper, or other flammable materials due to fire hazard.
- If smoke is observed, keep the oven door closed to extinguish any flames, disconnect the power supply and contact your local ZANUSSI Service Force Centre. Never use the microwave oven if it is not functioning properly.
- This appliance complies with all relevant safety instructions. In order to maintain the safety of the appliance, repairs should only be carried out by a ZANUSSI Service Force Centre.

WARNING: it is dangerous for anyone other than qualified personnel to make any repairs requiring removal of the cover providing protection from exposure to microwave energy. In the case of any defect or breakdown, please therefore contact your local ZANUSSI Service Force Centre.

- Should the door seals and/or door seal surfaces, cord or plug be damaged, the appliance should not be operated until it has been repaired by the ZANUSSI Service Force Centre.
- Damaged appliance parts can only be replaced by exactly the same make of parts. Special tools are required for this operation.
- WARNING: This appliance is designed to be operated by adults. Do not allow children or infirm persons to use the microwave oven without supervision unless they have been thoroughly instructed in the proper use and the dangers of improper operation. Young children should be supervised to ensure that they do not play with the appliance.
- In order to evacuate moisture, your appliance is fitted with a delayed ventilation function. Depending on the applied cooking mode (solo / grill / combination), the oven ventilation will continue to operate after the cooking end. It switches off automatically after 3 minutes.



For trouble free and safe operation

- Never jam anything between the door and the door frame.
- Always keep the door seals and their surfaces clean.
- Do not keep any flammable items in the microwave. They could ignite when the unit is switched on.
- Switch the appliance on only when the food has been placed inside the cooking space, as it could overload if there is no food present.

Safety instructions



Microwaves

- Whenever heating liquid, please also place a teaspoon in the container to avoid delayed boiling.
During delayed boiling, the boiling temperature is attained without the typical steam bubbles rising. When the container is shaken, even gently, the liquid may then suddenly vigorously boil over or spurt - with the **risk of scalding the user**.
- Food with «skin» or «peel», such as potatoes, tomatoes, sausages, and the like, should be pierced with a fork so that any steam present can escape and the food will not burst.
- Make sure that a minimum temperature of 70°C is attained for the cooking / heating of food. Never use a mercury or liquid thermometer for measuring the temperature of the food.
- Baby food in jars or bottles should always be heated without a lid or top, and well stirred or shaken after heating, to ensure uniform distribution of the heat. **Always check the temperature before feeding your child to avoid burns.**
- The hot food in a microwave oven will heat up the ovenware. For this reason always **use oven gloves** for handling hot dishes.
- Never cook your food for too long or at too high a power setting. Some areas of the food can dry out or even ignite.
- Do not use porcelain or ceramic crockery, or porous earthenware (e.g. on the handles or unglazed bases) in your microwave as these types of dishes can absorb moisture from the food as it is cooking. This can cause vapour pressure to build up which could shatter the dish.
- **WARNING:** be sure to remove the cap or lid before cooking foods or heating liquids in a sealed bottle or container, which could otherwise explode.



Do not use your microwave oven for the following :

- to boil eggs or escargots in their shells, as they will burst. Eggs can be poached in a microwave oven as long as the yolks are pricked.
- to heat large quantities of cooking oil (fondue or deep frying) and drinks containing a high percentage of alcohol - **there is danger of spontaneous combustion !**
- to heat unopened cans, bottles, etc.
- to dry animals, textiles or paper.



MICROWAVE OUTPUT POWER : 900 W

Safety instructions

Grill / convection functions

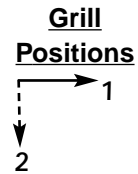
- The viewing window heats up during grilling and convection cooking (and in combination with microwave cooking), so keep small children away from the appliance.
- The cooking area, the grill heating elements, the rack, and the turntable become very hot during all modes. Make sure you use oven gloves to handle dishes, and remember to use only ovenproof cookware such as ceramic dishes or heat resistant glass. Do not touch heating elements inside the oven.

Take care not to be burned !

- Preheat your oven only when grilling or using the convection functions, never when microwaving nor in the combined modes of microwave + grill or microwave + convection cooking.

The grill folds down for easy cleaning :

- 1 Horizontal position: for cooking au gratin, food laid flat e.g. sausages
- 2 Vertical position : exclusively for cleaning the oven.
Always allow the grill to cool off for 25 minutes before touching it.



General operating instructions

i Suitable ovenware

Ovenware material	Mode of operation			
	Micro-wave	Convec-tion	Grill	Combination
Ovenproof glass and ceramic dishes (without any metal parts, e.g. Pyrex, oven-to-tableware, pie dish)	X	X	X	X
Non ovenproof glass and porcelain (e.g. table crockery) ¹⁾	X	-	-	-
Glass ceramic and vitroceramic made of fire/frostproof material (e.g. Arcoflam)	X	X	X	X
Ovenproof earthenware ²⁾	X	X	-	X
Plastic, heat-resistant up to 200°C ³⁾	X	X ³⁾	-	X ³⁾
Paper, cardboard	X	-	-	-
Cling film	X	-	-	-
Microwaveable roasting bag ⁴⁾	X	X	-	X ⁴⁾
Metal roasting pans, e.g. enamel or cast-iron dishes	-	X	X	-
Black-lacquered or silicone-coated baking tins	-	X	-	-

X suitable - non suitable

¹⁾ excluding silver, gold, platinum or metal decoration

²⁾ does not include glaze containing metal

³⁾ please note the maximum temperature stated by the manufacturer

⁴⁾ convection + microwave combined function

General operating instructions

What else to note

- i • Food comes in all shapes, sizes and textures. The quantities also vary. For these reasons the time and amount of energy needed to defrost, heat or cook will also vary. As a general rule :
Double the quantity/weight = nearly double the time*
*Please refer to the cooking charts. To be on the safe side, always select the shorter cooking time. Then extend the time as necessary.
- Microwaves work by making the food heat itself up. Because of this, not all areas of the food will be heated at the same time. When heating larger quantities of food, it is particularly important to stir or turn them over.
- **“Standing time”** is referred to in the cooking charts. This is the time you should leave the food to stand without power (either inside or outside the appliance). This ensures even distribution of heat throughout the food.

MAFF rating

MAFF RATING

Explanation of the heating category label for microwave ovens and small packs of food (up to 500g / 1 lb, typical of ready meals for 1 or 2 people) as agreed by MAFF (the Ministry of Agriculture Fisheries and Food) in conjunction with food and Microwave Oven manufacturers.



Power Rating in Watts

Heating Category

Microwave Symbol

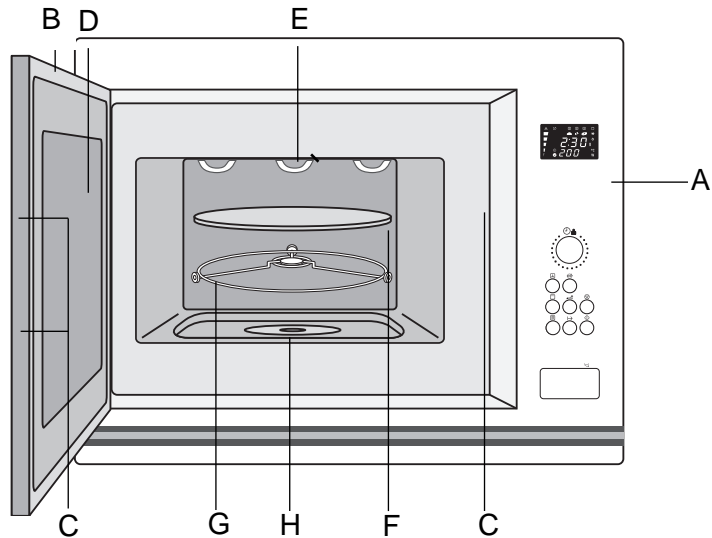
Always follow food manufacturers instructions when cooking ready meals.

Always ensure that food is piping hot before serving.

N.B. The higher the power output and heating category of the microwave oven, the less heating time is required.

Product Description

The appliance

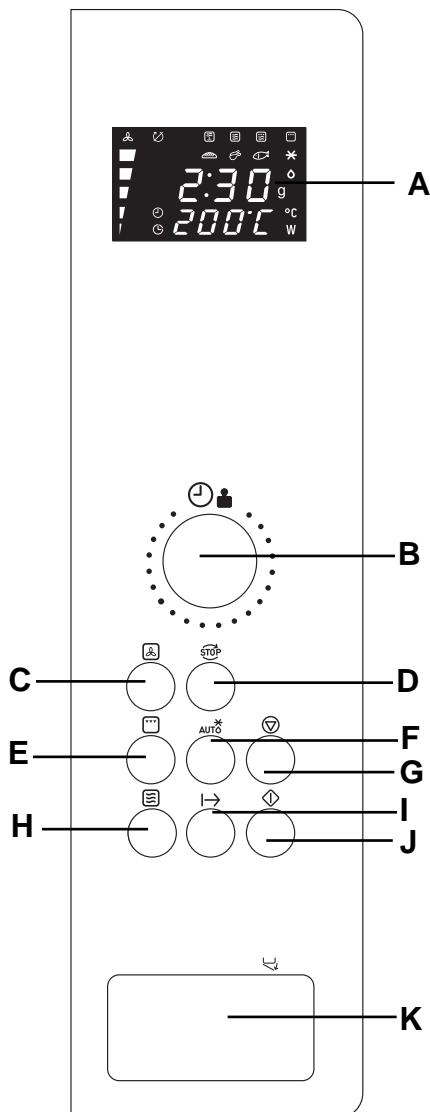


The microwave oven

- A Control panel
- B Door seal
- C Safety interlock system
- D Viewing window
- E Grill
- F Turntable
- G Turntable support
- H Drive shaft

Product Description

The control panel



A DISPLAY for time of day, function, programme length, power level, temperature, weight, food type, etc.

B SELECTOR KNOB to set the clock, the programme length, the weight when using automatic pro-programmes, the temperature for the convection functions or the end-time to pre-set a programme.

C CONVECTION button to cook as with a traditional oven or combined with microwave power for speedy results.

D TURNTABLE OFF button to stop the turntable from revolving.

E GRILL button to set the grill functions.

F AUTO DEFROST button for automatic defrosting programmes.

G PAUSE/CLEAR button to interrupt a programme (press once) or to cancel (press twice).

H MICROWAVE button to select the microwave power level.

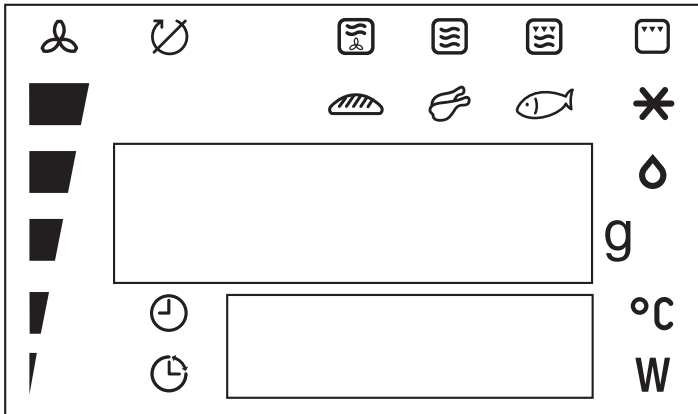
I PRESET PROGRAMME button to set a programme in advance.

J START button to start the selected function and to switch on QUICK-START.

K DOOR OPEN button

Product Description

The display



The display guides you in programming with the following symbols:



convection



turntable off



Convection
+ microwave



Microwave



Grill
+ microwave



Grill



choice of food type for automatic defrosting



defrosting symbol



weight in grams for automatic programming



clock time



temperature for
convection



end time for presetting
programme



wattage of microwave
power levels

Product Description

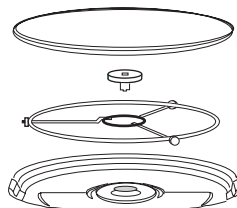
Accessories

The turntable and turntable support should be installed as shown in the diagram.

Take care to ensure the turntable support is properly in place.

The turntable may turn clockwise or counterclockwise during operation.

Do not try to rotate the turntable support manually, as you could damage the drive mechanism. If it does not turn smoothly, make sure that there is nothing in the well beneath the turntable.



Folding rack

To fold down the rack ➡ :

Push in the hooked ends and fold the bars in towards the centre.

with the grill or grill + microwave functions :

choose the rack level according to the dish you wish to grill :

- high position to brown shallow dishes, such as pies
- low position as required for other dishes, eg. roasts.

with the convection or convection + microwave functions :

always set your dishes on the rack folded down to the low position.

Make sure that the rack is centered on the turntable.

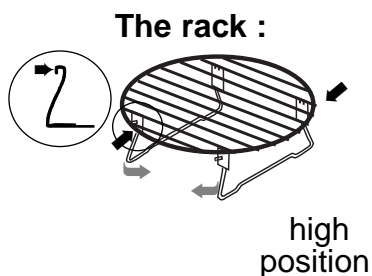
Never set any metal dish on the rack when using the MICROWAVE, GRILL + MICROWAVE or CONVECTION + MICROWAVE functions.

Nevertheless you may heat up food in an aluminium tray provided you place a plate between the tray and the rack.

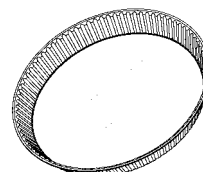
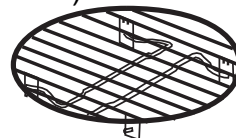
Glass pie dish

The glass pie dish : it may be used for all pastries, quiches, and pizzas, or as a roasting pan.

It may also be placed beneath the rack to catch any fat or liquid that may drip from the food.



low position
(folded)



Before using the appliance

Cleaning


Wipe over the front of the appliance with a damp cloth. Do not use abrasive cleaning agents (these can damage the surface).

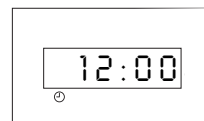
For stainless steel fronts use a suitable stainless steel cleaning agent that leaves a protective film against fingerprints.

Before you first use the appliance, remove all the accessories (including the turntable and turntable support) from the cooking area. Wash the accessories in warm water and washing up liquid. Wipe clean the cooking space with a soft, damp cloth.

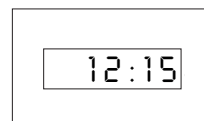
👉 Setting the clock

Example: 12:15 hrs

1. Plug the appliance into the mains. «12:00» together with the clock symbol  flashes in the display.






2. Set the time of day, e.g. 12:15 with the selector knob ¹⁾. **Press START**, the appliance is now ready for use.





- ¹⁾ The selector knob can be turned clockwise (to increase) or counterclockwise (to decrease).

The time of day can be corrected at any moment by opening the door, pressing the **START** button for 5 seconds, turning the selector knob to the correct time and setting by pressing **START** again.









“At a glance” operating instructions

	Action	Comments
	1. Place food in the cooking space.	The door will click audibly when it is properly shut. If the door is not shut properly, the appliance will not function.
	2. Shut the door.	
	3. Select the time and mode of cooking according to the instructions given on the following pages.	Turn the time button clockwise to increase or counterclockwise to decrease time. ¹⁾
	4. If required : switch off the turntable  . ²⁾	When the turntable has been switched off, the corresponding symbol appears in the display. The turntable should only be turned off when using ovenware that is larger than the turntable and is in danger of jamming.
	5. Press the START button  .	The appliance starts. The selected cooking time is displayed, and begins to count down backwards in seconds. The symbol corresponding to the selected function is displayed
	6. End of cooking sequence.	The end of the cooking sequence is indicated by a triple bell. The appliance and the interior light will switch off, 00:00 flashes in the display. The bell is repeated every 30 seconds for five minutes or until the door is opened, after which the time of day is again displayed.

 ¹⁾ If the oven is not started within 4 minutes, the settings are automatically cancelled; time of day reappears in the display.

²⁾ During operation the turntable is always switched on. You may switch it off during operation by pressing the **STOP-TURNTABLE** button .

“At a glance” operating instructions

	Action	Comments
	<ul style="list-style-type: none"> • Open the door e.g. for stirring. 	The appliance and interior lighting switch off.
	<ul style="list-style-type: none"> • Shut the door and press the START button . 	The selected settings remain. The remaining time counts down automatically.
	<ul style="list-style-type: none"> • Press the CLEAR button  once. 	All programmes underway will be momentarily interrupted.
	<ul style="list-style-type: none"> • Press the CLEAR button  twice. 	The operating functions will be stopped prematurely. The appliance and the interior lighting switch off. Time of day is displayed.
	<ul style="list-style-type: none"> • Modify the selected cooking time: turn the selector knob clockwise or anti-clockwise. 	The cooking time in the display changes when turning the selector knob. ¹⁾
	<ul style="list-style-type: none"> • Modify the selected microwave power: press the MICROWAVE button till the desired level appears in the display. 	The new power setting is displayed. The cooking process continues with the new power setting.
	<ul style="list-style-type: none"> • Operation of the grill by pressing the GRILL button . 	The grill symbol  is displayed. (also refer to chapter “Combination grill + microwave”)
	<ul style="list-style-type: none"> • Programming convection cooking by pressing the CONVECTION button . 	The corresponding convection symbol  and 150°C are displayed. (also refer to chapter “Combination convection + microwave”)

i ¹⁾ If the new selection reaches « 00:00 » in the display, the cooking time is over and the triple bell sounds, announcing the end of the programme. The appliance and the interior lighting switch off. During a cooking process, the cooking time can be increased to a maximum of 60 minutes for all programmes except convection cooking which may be set up to 90 minutes.

Modes of operation

The appliance features the following functions:

Microwave

In this mode, microwaves generate heat directly in the food. This mode is highly suitable for warming, for example, ready cooked food and drinks, the defrosting of meat or vegetables, and for cooking food like fish and vegetables.

Grilling

Heat is generated by a grilling element set in the roof of the oven. This is particularly suitable for toasting and grilling e.g. steaks and sausages.

Convection cooking

A fan in the back wall of the oven circulates the air around a circular heating element allowing you to cook as with a traditional oven, with or without preheating the oven.

Combination modes





The microwave mode can be used together with the grill or convection function. Dishes will be cooked more quickly, whilst being crisp and brown at the same time.

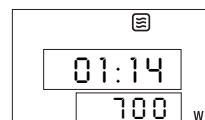
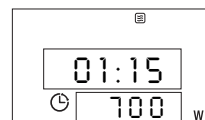
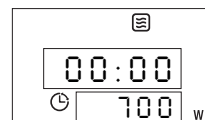
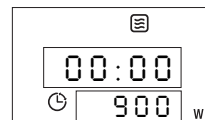
Microwave only



How to set

Example: 1 minute 15 seconds on microwave output level 700 W

1. Press the **MICROWAVE button** , 900W and the microwave symbol appear in the display together with the clock symbol  and 00:00. Set the microwave power by pressing the **MICROWAVE button** till the desired microwave power is displayed, e.g. once more for 700W.
2. Set the required cooking time by turning **the selector knob**. The chosen time appears in the display.
3. Press the **START button**. The selected time starts to count down, the clock symbol disappears.



You may modify the microwave power setting and / or the programme length during the programme.

Cooking times can be set as follows :

- from 0 to 2 min in 5 second steps
- from 2 to 5 min in 10 second steps
- from 5 to 10 min in 20 second steps
- from 10 to 20 min in 30 second steps
- starting from 21 min in 1-min steps

Maximum programme length is 60 minutes.



Metal items must be kept at least 2 cm from the cavity wall and the oven door whenever microwaving.

Notes on microwave power levels

i The following list shows you the power settings and what they can be used for during microwave operation :

900 Watt	- heating liquids
700 Watt	- to start a cooking sequence, start roasting, stewing, etc.
	- cooking vegetables
	- cooking dishes
	- defrosting and heating of deep frozen ready made meals
	- heating refrigerated ready made meals

600 Watt	- finish cooking casseroles
	- cooking egg based dishes

400 Watt	- finish cooking dishes
	- cooking of delicate dishes
	- heating baby food in glass jars
	- soaking rice
	- heating delicate dishes
	- melting of gelatin


150 Watt	- defrosting meat, fish and bread
80 Watt	- defrosting cheese, cream and butter
	- defrosting cakes with cream or butter icing
	- to let dough rise
	- warming cold dishes, drinks, softening butter
0 Watt	- kitchen timer

QUICK-Start



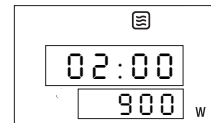
How to set

The **START button** provides full microwave power for 1 minute.

Each time you push the **START button** , the programme length is increased by 1 minute.




Example : heating 2 cups of water (2 min)

1. Press the **START button** twice. The programme time, the microwave symbol and the microwave power level, 900 W, appear in the display and the programme begins.






While the programme is running you may increase the time by 1-minute intervals by pressing the **START button** or modify the programme length with the selector knob.

Automatic Defrost Programmes

- i** Automatic defrosting programmes are available. After having selected automatic defrosting by pressing the corresponding button , the symbol for Bread/Pastry flashes in the display together with 100g. Press the **AUTO DEFROST** button again to choose either Meat  or Poultry / Fish . Enter the weight of the dish, in grams, and press **START**; the rest of the programming is done automatically.

Automatic defrost

The following table gives you examples of defrost programmes :

Programme	Food categories	Examples	Weight from - to
	Delicate cakes and pastries	Cream pie	100 - 1000g
	Meat	Pork roast, goulash	100 - 2000 g
	Poultry fresh ¹⁾	Poultry (whole or portions)	100 - 2000 g
	Fish ²⁾	Fish (whole or fillets)	100 - 2000g

¹⁾ Cover legs and wings with aluminium foil before defrosting.

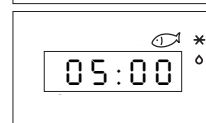
²⁾ Cover tail and thin ends with aluminium foil before defrosting.

- i** Unpack your frozen food item, place on the top of a small overturned dish set inside a larger one to catch the liquid from defrosting. Be sure and follow our recommended standing time (general rule : standing time = defrosting time).

How to use automatic defrost programmes

Example : defrosting a 200g fish fillet

1. Press the button for AUTOMATIC DEFROST; the corresponding symbols appear in the display.
2. Press again to select a different food category, e.g. twice more for fish.
3. Use the selector knob to set the weight, e.g. 200 g.
4. Press the START button. The display shows the necessary time.
5. If you wish to modify the settings, press the CLEAR button twice and start again.



- i** Midway through the programme, a bell will be heard. Stir or turn the food item at this time. The oven does not switch off.

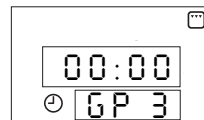
Grilling



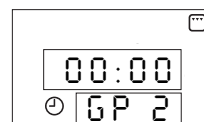
How to set

Example: a 20 minute grill programme grill level 2

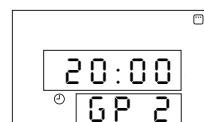
1. Press the **GRILL** button . The corresponding grill symbol and the pre-set grill level **GP3** appears in the display. The clock symbol and **00:00** flash in the display.



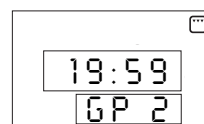
2. Select the desired grill level, ex. **GP2**, by pressing the grill button again : **GP2** appears in the display.



3. Set the desired grilling time by using the selector knob, e.g. 20 minutes.



4. Press the **START** button. The preset time will start to count down.



You may modify the programme length and/or the grill level during the programme.

The grill levels are selected by pressing the grill button. Press once more to select **GP1**; press again and grill level **GP3** appears in the display.

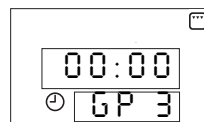
Combined Grill and Microwave



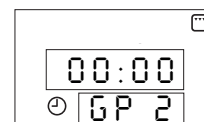
How to set

Example: 20 minutes with 700W microwave power and grill

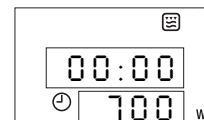
1. Press the **GRILL** button . The corresponding grill symbol and the pre-set grill level **GP3** appears in the display. The clock symbol and **00:00** flash in the display.



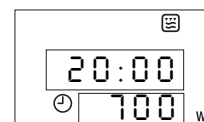
2. Select the desired grill level, ex. **GP 2**, by pressing the grill button again :**GP 2** appears in the display.



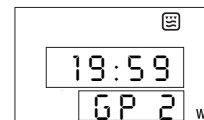
3. Set the required microwave power level using the **MICROWAVE** button . E.g. press twice to programme 700 W. The microwave + grill symbol appears in the display. The selected microwave power and the grill level flash alternately display.



4. Set the desired programme time by using the selector knob, e.g. 20 minutes.



5. Press the **START** button. The pre-set time will start to count down.



You may modify the microwave power setting, the grill level and / or the programme length during the programme.


The grill levels are selected by pressing the grill button. Press once more to select **GP 1** ; press again and grill level **GP 3** appears in the display.

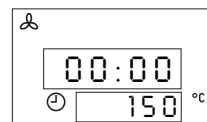
Convection cooking



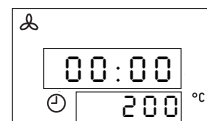
How to set

Example: a 20 minute convection programme at 200°C

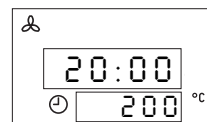
1. Press the **CONVECTION button** . The corresponding symbol and the preset temperature, 150°C, appear in the display together with the clock symbol and 00:00.



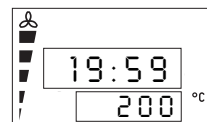
2. Set the desired temperature, e.g. 200°C, by pressing the **CONVECTION button** five times. The temperature increases by 10°C from 150°- 250° after which the display reads 50°, 100°, and again increases by 10° steps up to 250°C.



3. Set the desired programme time with the selector knob, e.g. 20 minutes.



4. Press the **START button**. The preset time will start to count down.



- i** You may modify the convection temperature and / or the programme length during the programme.

Maximum programme length for the convection programmes is 90 minutes.

i **Preheat function**

You may preheat your oven by proceeding as above. The operating lights will light up successively as with the other functions. When the programmed temperature is reached, the operating lights will all remain on.





WARNING: Children should not use the convection function without proper adult supervision due to the high temperatures reached.

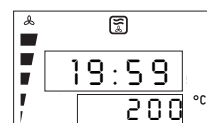
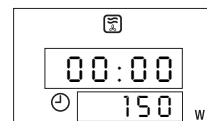
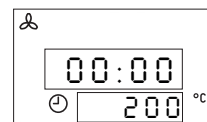
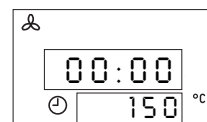
Combined convection and microwave



How to set

Example: a 20 minute convection programme at 200°C and 150W microwave power

1. Press the **CONVECTION button** . The corresponding symbol and the preset temperature, 150°C, appear in the display together with the clock symbol and 00:00.
2. Set the desired temperature with the convection button, e.g. press five times to select 200°C.
3. Press the **MICROWAVE button** twice to select 150W (available settings : 80 - 150 - 400). The combined microwave + convection symbol  appears in the display, 200° C and 150 W flash alternately.
4. Set the desired programme time by using the selector knob, e.g. 20 minutes.
5. Press the **START button**. The preset time will start to count down in the display.



You may modify the microwave power setting, the convection temperature or the programme length during the programme.



Preheat function (Please refer in the previous page to the clause **Preheat function**).

Never use the hot air and microwave cooking combination mode to preheat your oven. The use of the microwave function with load will damage your appliance.



WARNING: Children should not use the convection function without proper adult supervision due to the high temperatures reached.

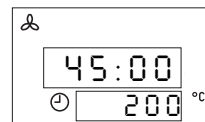
Preset programmes

☞ Before programming, check that the clock is set to the correct time. Example : 12:00

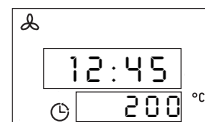
To set:

Proceed as if setting the desired programme for immediate use :

select your function and programme length (e.g. convection 45 minutes at 200° C).



Instead of START, press the **PRESET PROGRAMME** button →|. The programme length is automatically added to the clocktime (12:00) and this hour appears in the display, together with the preset programme symbol ⌚ and the selected function.



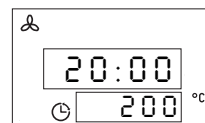
With the selector knob, set the hour at which you wish the programme to FINISH, e.g. you would like the dish to be ready at 20:00.

Press the **START button** ⬇ again to validate the time. The preset programme symbol and the clocktime are displayed.

In order to verify, you may press the **PRESET PROGRAMME button** to display settings. Press **CANCEL** to display the clocktime.

To cancel the preset programme, press the **CANCEL button** for 5 seconds.

You may preset all programmes with the exception of defrosting.



A minimum programme length of 1 minute is required.

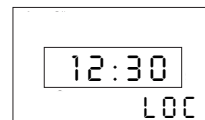
Child lock

☞ You may programme “child lock” to prevent unsupervised operation of your oven.


To set:

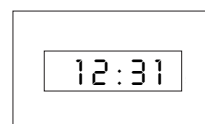
Press the **PAUSE/CLEAR** button  for 5 seconds with the door open.

“L O C” will appear below the clocktime.



To release:

Proceed as above : press the **PAUSE/CLEAR** button  for 5 seconds with the door open.



Kitchen timer

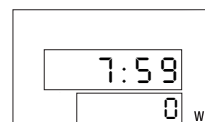
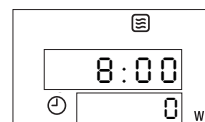
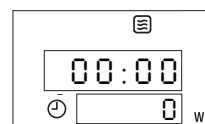
The kitchen timer with bell can also be used as a general purpose reminder. For example, you could use it to set the time it takes to boil the egg that you are cooking on the hob.

The timer works without switching on the appliance, as long as no other functions have been selected.



How to set:

1. Select microwave power «0» by pressing the **MICROWAVE** button until “0 W” appears in the display.
2. Set the required time with the **selector knob**. The time of day disappears from the display and the required length of time appears.
3. Press the **START** button. The time will start to count down. A triple bell will sound when the timer has finished counting down.



Cooking charts and tips

Defrosting

Dish	Weight in (g)	Power (Watt)	Duration (min)	Standing time (min)	Remarks/Hints
Meat					
Whole meat	500	150	10-15	15-20	Turn once. Cover fatty parts with aluminium foil after 1st half of defrosting time.
Steak	200	150	4-6	5-10	Turn once.
Mixed chopped meat	500	150	9-14	15-20	Halfway through the defrosting time remove any pieces of meat that have already defrosted.
Goulash	500	150	10-12	15-20	As above.
Poultry					
Chicken	1000	150	20-30	20-30	Turn once. Cover legs and wings with aluminium foil halfway through defrosting time.
Duck	1500	150	35-45	40-45	As for chicken.
	2000	150	50-60	50-60	
Fish					
Whole fish	500	150	10-15	10-15	Turn once. Cover fins with aluminium foil.
Shrimps/crab	250	150	6-8	5-10	Stir thoroughly.
Dairy produce					
Cottage cheese	500	150	15-20	15-20	Divide and stir frozen pieces from time to time.
Butter	250	150	2-3	15-20	Remove any aluminium foil wrapping.
Cheese	250	150	2-4	20-30	Turn once.
Cream	200 ml	150	6-8	15-20	As for butter. Stir from time to time.
Fruit					
Strawberries	500	150	7-9	5-10	Defrost in covered container, turn once.
Cherries	250	150	5-7	5-10	As for strawberries.
Blackcurrants	250	150	5-7	5-10	As for strawberries.
Redcurrants	250	150	6-8	5-10	As for strawberries.

Cooking charts and tips

Defrosting

Description	Weight in (g)	Power (Watt)	Duration (min)	Standing time (min)	Remarks/Hints
Bread					
Rolls (50g)	4 units	150	1-3	3-5	Set on a paper towel, turn once.
Wholemeal, mixed, rye Loaf	1 slice (60-80) 500	150 150	15-30 s 6-8	2-3 15-20	Defrost in a covered loaf container. Cover cutting surface.
Pastry					
Dry cakes eg short crust pastry	300	80	2-3	5-10	Set on a paper towel, defrost uncovered.
Fruit flans baked on a baking sheet	400-450	80	4-8	10-20	As for dry cakes.
1 slice cheese cake	400	80	4-8	10-20	As for dry cakes.
1 slice covered apple tart	400	80	3-5	10-20	As for dry cakes.
Cream and buttercake	300-400	80	2-4	10-20	Begin defrosting in the microwave and finish defrosting at room temperature.
Melting of food					
Chocolate/toppings	100	700	2-3		Break up into pieces, stir from time to time.
Butter	50	900	15-45 s		
Heating of refrigerated food and drink					
1 jar baby food	125-250	400	30-50 s	2-3	Heat jar without lid. Stir after warming. Check temperature.
1 ready meal	350-400	900	2-3	2-3	Heat in a covered container on a plate. Place gravy alongside in a cup.
1 portion meat	approx. 150	900	45 s-1min	2-3	All meat, except breaded meat, should be heated in a covered container.

s = seconds

Cooking charts and tips

Description	Weight	Power (Watt)	Duration (min)	Standing time (min)	Remarks/Hints
1 portion of vegetables, potatoes or rice	approx. 200g	900	1-1 ¹ / ₂	2-3	Heat in covered container, stir once.
1 cup of soup	approx. 200 ml	900	1-2	2-3	Heat clear soup uncovered, cover thick soups. Stir.
Drinks					
Milk or baby formula	200 ml	900	35-45 s	2-3	Remove any lids. Stir after warming!
Boil 1 cup water	180 ml	900	1-2	2-3	Stir instant coffee or tea when the water has
stopped boiling.					
1 cup milk	200 ml	900	1-2	2-3	Heat milk until it is just hot enough to drink. Stir.
1 cup coffee (reheat)	200 ml	900	45-55 s	2-3	Stir. Check the temperature!
Defrosting and heating of frozen convenience foods					
1 portion of meat with gravy	150g	700	2-4	2-3	Stir now and again. Heat in a covered container.
1 portion of meat with vegetables, garnish	350-450g	700	7-14	2-3	As for meat with gravy.

Cooking charts and tips

Cooking vegetables ¹⁾

Description	Weight (in g)	Liquid added	Power (Watt)	Duration (min)	Standing time (min)	Remarks/Hints
Cauliflower	500	1/8 l	900	8-10	2	Dot with butter.
Frozen broccoli	300	1/8 l	900	7-9	2	Stalks facing outwards.
Mushrooms	250	none	900	4-6	2	Cut into slices.
Frozen peas and carrots	300	1/2 cup	900	7-9	2	
Carrots	250	2-3 tbsp	900	6-8	2	Cut into cubes or slices.
Potatoes	250	2-3 tbsp	900	4-6	2	Peel and quarter.
Kohlrabi	250	1/2 cup	900	6-8	2	Cut into spikes or slices.
Red/green peppers	250	none	900	4-6	2	Cut into spikes or slices.
Leeks	250	1/2 cup	900	4-6	2	Cut into rings or pieces.
Frozen Brussel sprouts	300	1/2 cup	900	7-9	2	
Sauerkraut	250	1/2 cup	900	6-8	2	

¹⁾ Cook all vegetables in a covered container.

l = litre

Cooking fish

Description	Weight in (g)	Power Watt)	Duration (min)	Standing time (min)	Remarks/Hints
Fish fillets	500	400	6-9	2	Cook covered. Turn halfway through cooking time.
Whole fish	800	1. 900	3-5		Cover during cooking.
		2. 400	9-11	3	Turn halfway through cooking time.

i The times stated here are for guidance only, and depend on the nature and type of food being cooked.

Cooking charts and tips

Practical Tips

General

- After switching off your appliance, let food stand for a few minutes to allow even heat distribution (**standing time**).
- Remove any aluminium foil or packaging containing metal and/or accessories before preparing food (unless specifically stated).
- Metal objects must be placed at least 2 cm away from the cooking space walls and door. Otherwise arcing can occur, resulting in damage to the appliance.
- Check food frequently when grilling.

Cooking

- Whenever possible cook food covered. Only pastry dishes with a crust should be cooked uncovered.
- Refrigerated or frozen food require longer cooking times.
- Foods containing sauces should be stirred from time to time.
- Cook hard vegetables such as carrots, peas and cauliflower with a little water.
- Cook soft vegetables such as mushrooms, peppers and tomatoes without liquid.
- Increase cooking time by approximately 50% for larger pieces. Whenever possible, cut vegetables into equal-sized pieces.

Defrosting of meat, poultry and fish

- Place frozen, unpacked meat on an inverted plate in a glass or porcelain container, or use a sieve, so that the meat juice can drain.
- Halfway through defrosting, turn the food, dividing it where possible and removing the pieces that have defrosted.

Defrosting of butter, pieces of layer cake and cottage cheese

- Do not fully defrost in the appliance, but allow to complete defrosting outside the appliance. This will give a more even result.

Defrosting of fruit and vegetables

- Fruit and vegetables that are to be used raw later should not be fully defrosted in the appliance, but left to complete defrosting at room temperature outside the microwave oven.
- Fruit and vegetables that are to be cooked immediately afterwards can be cooked directly on a higher power level without defrosting.

Ready made meals

- Ready made meals in metal packages or plastic containers with metal lids should be heated or defrosted in your microwave oven only if they are explicitly marked as being suitable for microwave use. Please follow the operating instructions printed on the packages (e.g. remove the metal lid and pierce the plastic film).

Cooking charts and tips

i Tips on microwaving

- 1. You can't find cooking details for a specific quantity of food.**

Base programming on a similar type of food. Lengthen or shorten the cooking time accordingly:
Double quantity = almost double time
Half quantity = half time
- 2. The food is too dry.**

Set a shorter cooking time or reduce the microwave power level setting.
- 3. The food is not yet defrosted, heated through or cooked on completion of programme time.**

Select a longer programme time or a higher microwave power setting. Note that larger food will require a longer time.
- 4. The food is overcooked on the outside and undercooked in the middle on completion of cooking time.**

Try a lower power setting for a longer time. Stir liquids, such as soup, periodically.

Cooking charts and tips

Test procedures

Microwave output power 900 Watt

The quality and operation of microwave ovens are established by recognised test institutes by testing specific dishes.

DIN Nr. 44 566 Part 2	Power	Time (min)	Standing time (min)	Comments ¹⁾
Defrost and cook	900 Watt	7-9	3	Cover. Halfway through cooking fish fillets turn fillets so that inner edges face outwards.
Toast ²⁾	Grill	2-4	-	Pre-heat for 2½ minutes.
Grill 2 fillet steaks ³⁾	Grill	23-27	-	Turn the first side when brown.
Grill chicken ⁴⁾ 1200g	400 Watt	25-30		Turn the first side when brown.
IEC 705	Power	Time (min)	Standing time (min)	Comments ¹⁾
Egg custard (test A) 1000g	400 Watt	20-22	120	
Sponge mixture (test B)	900 Watt	5-6	5	
Meat loaf (test C)	900 Watt	12-14	5	Cover.
Defrost minced meat	150 Watt	12-14	5	Place directly on an inverted plate on turntable. Turn over halfway through.
Defrost raspberries	150 Watt	6-8	3	Cover.

1) The turntable has to be switched on.

2) Place toast on wire rack

3) Place on wire rack in the high position. Place the oven-proof glass pie dish underneath.

4) Place on wire rack in the low position.

Cooking charts and tips

Grilling

Description	Weight (gram)	Grill	Time (min)	Notes
Fish ¹⁾				
mackrel	800-1000	3	20-25	Brush with oil.
Season sardines	6 pieces	3	20-25	with salt and pepper.
Meat ¹⁾				
Sausages	6-8 pieces	3	20-26	
Frozen chopped meat	4 pieces	3	23-27	Brush with oil. Season
2 Rumpsteaks (2-3 cm thick)	400 g each	3	23-27	with salt and pepper.
Snacks				
Toast ²⁾	4 slices	3	2-4	Turn over to ensure even browning.
Cheese on toast Toasted snacks	2 slices	3	5-10	Turn all foods except pizza, halfway through cooking time.

Place all dishes on the rack in the high position.

- 1) Place glass pie dish on turntable under grill rack to catch any liquid.
- 2) First pre-heat the grill for 2 minutes.

i The times given are for guidance only, as they are dependent upon the type and quality of the meat.

Grilling is ideal for flat, pieces of meat and fish.

Unless otherwise stated, the settings given in the table are for use in a cold oven.

Flat foods should be turned only once. Thicker pieces should be turned more often.

Fish are best placed head to tail on the wire shelf.

Cooking charts and tips

Combined microwave and grilling

Description	Weight (in grams)	Dish	Microwave power	Grill	Time (min) (watt)
Noodle casserole	Approx. 500 g pasta	shallow dish	150	3	15-20
Potatoes au gratin	Approx. 800 g potatoes	shallow dish	900	1	20-22
Lasagne	Approx. 800 g	shallow dish	900	1	15-20
Meatloaf	Approx. 500 g	deep dish	600	3	14-16
Onion soup au gratin	2 bowls (200 g)	soup bowls	400	3	4-6

i The range of times given are for guidance only, as they are dependent upon the composition and size of the item being cooked, as well as the desired consistency at the end.

Tips on roasting and grilling

The gratin is too dark in colour.











Next time choose a lower microwave setting.

You cannot find any setting in the tables for the weight of your meal.

Choose the setting for something which is closest in weight to the item you want to cook and lengthen or shorten the cooking time accordingly.

Cooking charts and tips

Baking with the convection function

Description	Mode	Temperature °C	Power (Watt)	Time (min)
Cakes in tin				
Sponge cake		160-170	-	45-55
Cheese cake		160-170	-	60-70
		residual heat		10
Quiche Lorraine		190-200	-	40-50
Pastries				
Fruit flan or tart		200-220	-	40-50
Cakes baked in a loaf tin		160-180	-	40-50
Pizza ¹⁾		240-250	-	13-17
Deep frozen pizza ²⁾		190-200	150	12-15
Deep frozen baguettes ²⁾		190-200	150	12-15
Small pastries				
made of puff pastry ¹⁾		170-180	-	15-25
Drop scones		150-170	-	18-25

i Set all dishes on the rack in the low position.

You may use the glass pie dish supplied with your microwave for the quiche, pizzas or pastries.

¹⁾ Preheat the microwave oven to the given temperature with the convection function (no microwaves).

²⁾ or follow manufacturer's cooking instructions

Cooking charts and tips

Notes on the baking table

The range of baking temperatures and times given are for guidance only, as they are dependent upon the composition of the dough, the quantity and the baking tin size and material. We recommend that you start by using the lower temperature setting. Only select a higher temperature if, for example, you want to brown food more, or if the baking is taking too long.

If you cannot find specific instructions for one of your recipes, follow the instructions for one which is similar.

Unless otherwise stated, the settings given in the table are for use in a cold oven. "Residual heat" refers to leaving the cooked dish to stand for a short time in the appliance at the end of a cook programme.

Baking tips

How can you be certain that the cake is baked through ?

Insert a wooden skewer into the highest part of the cake. If it comes out clean, you can turn off the oven and leave the cake in the "residual heat".

If the cake collapses (or is soggy, spongy or watery).

Check the recipe. Use less liquid next time. Note mixing times, if by hand, or in particular if you have used a mixer.

If the base of the cake is too light in colour.

Choose a darker colour baking tin next time.

If cheesecakes/cakes with a moist filling have not cooked all the way through.

Next time choose a lower temperature and lengthen the baking time.

If the biscuits cannot be removed from the tray.

Put the baking tray back in the appliance for a short time and then remove the biscuits immediately. Use baking parchment next time.

The cake does not come out of the tin when turned upside down.

Carefully loosen the cake from the side of the tin with a knife. Turn the cake upside down again and cover the tin with a moist, cold cloth several times. Next time, grease the cake tin well and also sprinkle breadcrumbs on the bottom.

Cleaning and care

i The Appliance Exterior

Wipe the front of the appliance using a soft cloth and a mild, warm detergent solution.

Do not use abrasive cleaning substances, strong detergents or coarse abrasive cleaning materials.

Do not clean the appliance with a steam cleaner.

Cooking area

Failure to clean the appliance regularly may damage its surfaces, reduce durability and lead to hazardous operation. Remember to clean your appliance after use and remove any food residue. The interior will remain in good condition for a long time so long as you don't use scouring pads or rough abrasive materials. Use mild dishwashing liquid to clean the interior, with special attention to the door seal and adjoining area.

The grill heating element is built into the appliance and cannot be removed. The element may be stained with spattered fat or oil while the oven is in use. Wait until the cavity cools down and wipe off the spattered oil before the oven is used again. Stained grills may cause unpleasant odours and smoke. You can neutralise odours inside the cooking area by boiling a cup of water with a little lemon juice for a few minutes in your oven.

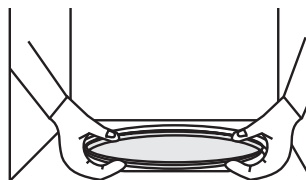
Through normal operation, liquid may evaporate and condensation may occur. This is normal and is especially noticeable when the room temperature is high and the humidity of the air is low. After operation, be sure and wipe off the condensation with a soft cloth.

Turntable and Turntable support

The turntable can be removed for easy cleaning. Wells are provided on both sides for easy access.

Clean the turntable using washing-up liquid, or put it in the dishwasher. Clean the turntable support with washing-up liquid.

These should be removed and cleaned straight after each use.



Care of accessories

Place the wire rack and/or glass pie dish in soapy water immediately after use so they may be easily cleaned with a sponge.

Service and spare parts

If the appliance does not function correctly, please carry out the following checks before contacting your local Service Force Centre.

If the oven does not come on:

- Check the appliance is connected correctly.
- Check that the oven is plugged in properly.
- Replace the fuse in the plug, if required, with another of the same rating and check that the plug has been wired correctly.
- Check that the socket switch and/or the switch from the mains supply to the oven are ON.
- Check that the socket is receiving power, by plugging in an appliance you know to be working.
- Check that the the fuse in the fuse box is intact.

If the microwave does not function:

- The child safety lock may have been set.
- Check the controls are set correctly.
- Check settings/procedures against the instruction booklet.
- Check the door closes properly (if food particles or other objects have become stuck inside the door, it will not close properly and microwave cooking will not take place).
- Check the start button has been depressed.

If after carrying out the above checks, the oven still does not function correctly, contact your local Zanussi Service Centre.

IMPORTANT:

If you call out an engineer to a fault listed above, or to repair a fault caused by incorrect use or installation, a charge will be made even if the appliance is under guarantee.

Service and spare parts

In the event of your appliance requiring service, or if you wish to purchase spare parts, please contact your local Zanussi Service Force Centre by telephoning:

08705 929929

Your telephone call will be automatically routed to the Service Force Centre covering your post code area. For the address of your local Service Force Centre and further information about Service Force, please visit the website at www.serviceforce.co.uk

Before calling out an engineer, please ensure you have carried out the checks listed above.

When you contact the Service Force Centre you will need to give the following details:

1. Your name, address and post code
2. Your telephone number
3. Clear and concise details of the fault
4. The model and serial number of the appliance (found on the rating plate)
5. The purchase date

We suggest you make a note below so you have the details to hand:

Model: ZMB 30 CST

Serial Number:

Date of Purchase:

Service and spare parts

In-guarantee customers should ensure the necessary checks have been made as the engineer will make a charge if the problem is not a mechanical or electrical breakdown.

Please note that proof of purchase will be required for in-guarantee calls.

Customer Care

For general enquiries concerning your Zanussi appliance or for further information on Zanussi products, please contact our UK Customer Care Department by letter or telephone at the address below or visit our website at www.zanussi.co.uk

Customer Care Department
Zanussi
55-77 High Street
Slough
Berkshire
SL1 1DZ
08705 727727 (*)

* calls to this number may be recorded for training purposes.

Guarantee conditions

Standard guarantee conditions

We, Zanussi, undertake that if within 24 months of the date of the purchase this Zanussi appliance or any part thereof is proved to be defective by reason only of faulty workmanship or materials, we will, at our option repair or replace the same FREE OF CHARGE for labour, materials or carriage on condition that:

- The appliance has been correctly installed and used only on the electricity supply stated on the rating plate.
- The appliance has been used for normal domestic purposes only, and in accordance with the manufacturer's instructions.
- The appliance has not been serviced, maintained, repaired, taken apart or tampered with by any person not authorised by us.
- All service work under this guarantee must be undertaken by a Zanussi service centre.
- Any appliance or defective part replaced shall become the Company's property.
- This guarantee is in addition to your statutory and other legal rights.

Exclusions

This guarantee does not cover:

- Damage or calls resulting from transportation, improper use or neglect, the replacement of any light bulbs or removable parts of glass or plastic.
- Costs incurred for calls to put right machines improperly installed or calls to machines outside the United Kingdom.
- Appliances found to be in use within a commercial or similar environment, plus those which are subject to rental agreements.
- Products of Zanussi manufacture which are not marketed by Zanussi.

European Guarantee

European guarantee conditions

If you should move to another country within Europe then your guarantee moves with you to your new home subject to the following qualifications:

- The guarantee starts from the date you first purchased your product.
- The guarantee is for the same period and to the same extent for labour and parts as exist in the new country of use for this brand or range of products.
- This guarantee relates to you and cannot be transferred to another user.
- Your new home is within the European Community (EC) or European Free Trade Area.
- The product is installed and used in accordance with our instructions and is only used domestically, i.e. a normal household.
The electrical supply complies with the specification given in the rating label.
- The product is installed taking into account regulations in your new country.

Before you move, please contact your nearest Customer Care centre, listed below, to give them details of your new home. They will then ensure that the local Service Organisation is aware of your move and able to look after you and your appliances.

France	Senlis	+33 (0) 3 44 62 29 29
Germany	Nürnberg	+49 (0) 0800 234 7378
Italy	Pordenone	+39 (0) 0434 39 4700
Sweden	Stockholm	+46 (0) 8 672 53 90
UK	Slough	+44 (0) 1753 219897



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The Electrolux Group is the world's largest producer of powered appliances for kitchen, cleaning and outdoor use. More than 55 million Electrolux Group products (such as refrigerators, cookers, washing machines, vacuum cleaners, chain saws and lawn mowers) are sold each year to a value of approx. USD 14 billion in more than 150 countries around the world.

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