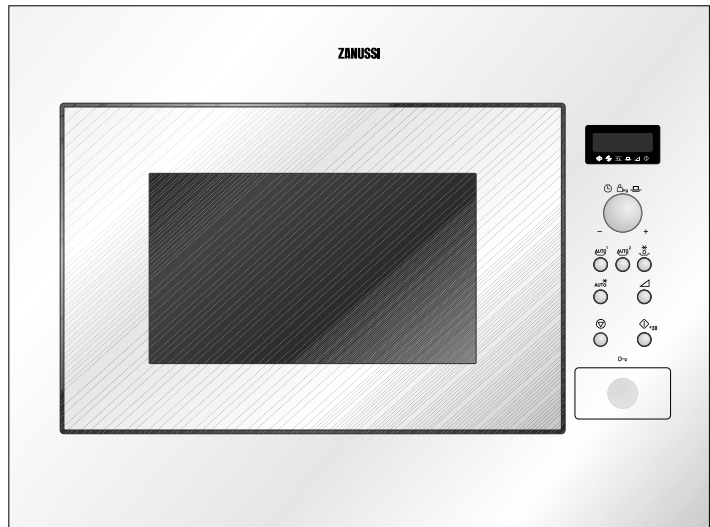


User
Manual


Microwave
Oven



ZNM11X



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The symbol  on the product or on its packaging indicates that this product may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.



IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire.

The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency. Do not store or use the oven outdoors.

If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.

Only use microwave-safe containers and utensils. See page 8.

Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.

Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, only use special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

See the corresponding hints in operation manual.

To avoid the possibility of injury

WARNING:

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

- The door; make sure the door closes properly and ensure it is not misaligned or warped.
- The hinges and safety door latches; check to make sure they are not broken or loose.
- The door seals and sealing surfaces; ensure that they have not been damaged.
- Inside the oven cavity or on the door; make sure there are no dents.
- The power supply cord and plug; ensure that they are not damaged.

Never adjust, repair or modify the oven yourself. 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.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow instructions for "Care & Cleaning", Page 26. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately and call your local Service Force Centre.

Do not immerse the power supply cord or plug in water or any other liquid.

Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

Do not attempt to replace the oven lamp yourself or allow anyone who is not authorised by Service Force to do so. If the oven lamp fails, please consult your dealer or contact your local Service Force Centre.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised Service Force technician.



To avoid the possibility of explosion and sudden boiling:

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

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

Keep children away from the door to prevent them burning themselves.

To avoid misuse by children

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.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and turntable support due to heat stress. The preheating time specified in the dishes instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Only use the turntable and the turntable support designed for this oven. Do not operate the oven without the turntable.

To prevent the turntable from breaking:

(a) Before cleaning the turntable with water, leave the turntable to cool.

(b) Do not put hot foods or hot utensils on a cold turntable.

(c) Do not put cold foods or cold utensils on a hot turntable.

Do not place anything on the outer cabinet during operation.

NOTE:

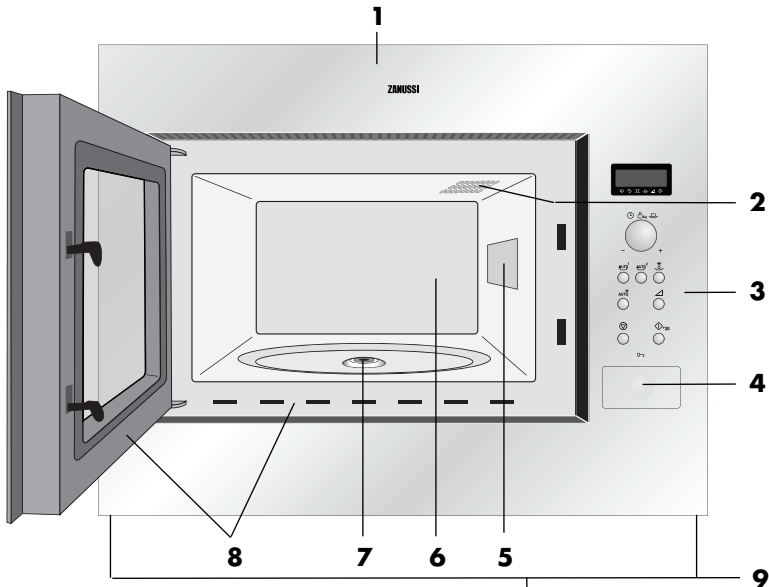
If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

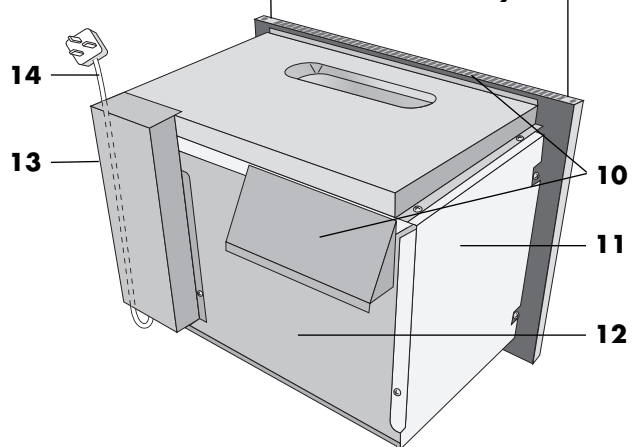
Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.



OVEN & ACCESSORIES



1. Front trim
2. Oven lamp
3. Control panel
4. Door opening button
5. Waveguide cover
6. Oven cavity
7. Seal packing
8. Door seals and sealing surfaces
9. Fixing points (4 points)

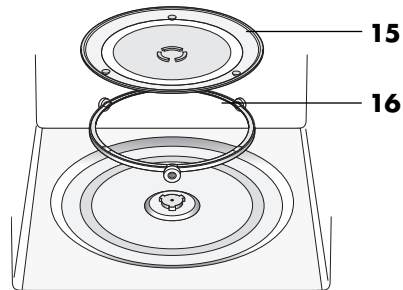


ACCESSORIES:

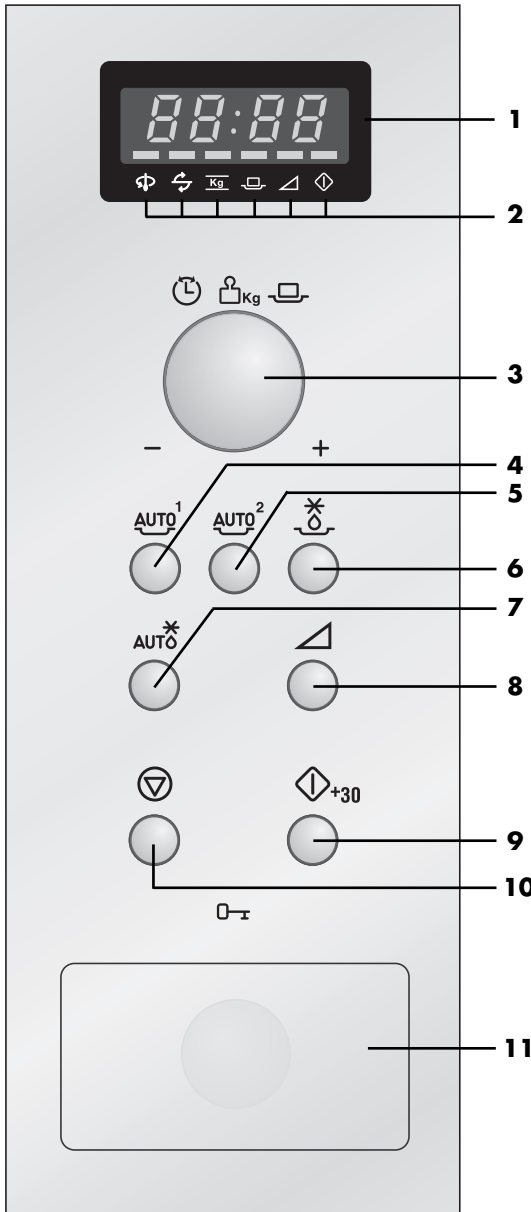
Check to make sure the following accessories are provided:

- (15) Turntable (16) Turntable support
- (17) 4 fixing screws (not shown).

- Place the turntable support in the seal packing on the floor of the cavity.
- Then place the turntable on the turntable support.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.



NOTE: When you order accessories, please mention two items: part name and model name to your dealer or local Service Force Centre.



1 Digital Display

2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the appropriate button (having the same symbol) or carry out the necessary operation.

☞ Stir

↻ Turn over

kg Weight

▭ Portion

△ Microwave power level

◇ Cooking in progress

3 TIME/WEIGHT/PORTION knob

4 AUTO COOK 1 button

Press to select one of the 2 automatic programmes.

5 AUTO COOK 2 button

Press to select one of the 2 automatic programmes.

6 COOK FROM FROZEN button

Press to select one of the 3 automatic programmes.

7 AUTO DEFROST button

Press to select one of the 5 automatic programmes.

8 MICROWAVE POWER LEVEL button

9 START/+30 button

10 STOP button

11 DOOR OPENING button



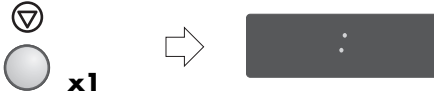
BEFORE OPERATION

Plug in the oven.

1. The oven display will flash:



2. Touch the **STOP** button the display will show:



To set the clock, see below.

Using the STOP button

Use the **STOP** button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, touch twice.

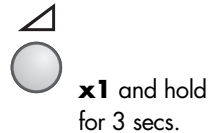


SETTING THE CLOCK

There are two setting modes: 12 hour clock and 24 hour clock.

1. To set the 12 hour clock, hold the **MICROWAVE POWER LEVEL** button down for 3 seconds. **12 H** will appear in the display.

2. To set the 24 hour clock, press the **MICROWAVE POWER LEVEL** button **once more** after Step 1, in the example below **24 H** will appear in the display.



To set the clock, follow the example below.

Example:

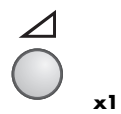
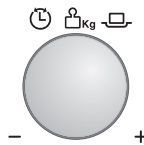
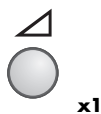
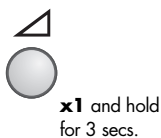
To set the 24 hour clock to 23:35

1. Choose the clock function. (12 hour clock)

Choose the 24 hour clock.

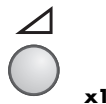
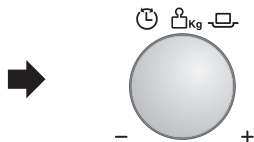
2. Set the hours. Rotate the **TIMER/WEIGHT/PORION** knob until the correct hour is displayed (23).

3. Press the **MICROWAVE POWER LEVEL** button to change from hours to minutes.



4. Set the minutes. Rotate the **TIMER/WEIGHT/PORION** knob until the correct minute is displayed. (35).

5. Press the **MICROWAVE POWER LEVEL** button to start the clock.



Check the display.



NOTE:

1. You can rotate the **TIMER/WEIGHT/PORION** knob clockwise or counter-clockwise.
2. Press the **STOP** button if you make a mistake during programming.
3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently

show **88:88** after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.

4. When you want to reset the time of day, follow the above example again.



Microwaves are energy waves, similar to those used for TV and radio signals.

Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide.

To prevent food and grease entering the waveguide it is protected by the waveguide cover.

Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door. During cooking the microwaves bounce off the sides of the oven cavity at random.

Microwaves will pass through certain materials, such as glass and plastic, to heat the food. (See 'Microwave safe cookware' on page 8.)

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook.

A variety of cookware can be used as listed on page 8. Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.

Once cooking is complete, the oven automatically stops producing microwaves.

Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results. Many of the following techniques are similar to those used in conventional cooking.

FOOD CHARACTERISTICS

Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The cooking time must be increased as the amount of food placed in the oven increases. E.g. Four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. Cut into foods with fillings, e.g. jam doughnuts, to release heat or steam.

COOKING TECHNIQUES

Arrange	Place the thickest parts of food towards the outside of the dish. E.g. Chicken drumsticks.
Cover	Use vented microwave cling film or a suitable lid.
Pierce	Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode, e.g. Potatoes, Fish, Chicken, Sausages. Important: Eggs should not be heated using microwave power as they may explode, even after cooking has ended, e.g. poached, fried, hard boiled.
Stir, turn and rearrange	For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.
Stand	Standing time is necessary after cooking to enable the heat to disperse equally throughout the food.
Shield	Some areas of food being defrosted may become warm. Warm areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.



MICROWAVE COOKING ADVICE

USING A FOOD THERMOMETER TO DETERMINE COOKING TIME

Once cooked, every drink and every foodstuff has a certain internal temperature at which the cooking process can be switched off and the food will be

cooked. The internal temperature can be ascertained with a food thermometer. The most important temperatures are specified in the temperature table.

Drink / Food	Internal temp. at the end of cooking time	Internal temp. after 10 - 15 min standing
Heating drinks (Coffee, Water, Tea, etc.)	65-75 °C	
Heating milk	60-65 °C	
Heating soup	75-80 °C	
Heating stew	75-80 °C	
Poultry	80-85 °C	85-90 °C
Lamb Rare	70 °C	70-75 °C
Well done	75-80 °C	80-85 °C
Roast beef Rare	50-55 °C	55-60 °C
Medium	60-65 °C	65-70 °C
Well done	75-80 °C	80-85 °C
Pork, Veal	80-85 °C	80-85 °C



MICROWAVE SAFE COOKWARE

Cookware	Microwave safe	Comments
Aluminium foil / foil containers	✓ / ✗	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2 cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil®, follow instructions carefully.
Browning dishes	✓	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex®	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✗	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic / polystyrene e.g. fast food containers	✓	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	Should not touch the food and must be pierced to let the steam escape.
Freezer / roasting bags	✓	Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.
Paper - plates, cups and kitchen paper	✓	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✓	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✗	May contain extracts of metal which will cause 'arcing' and may lead to fire.

MICROWAVE POWER LEVELS



Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

900W - used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.

630W - used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.

450W - for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

270W - (Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

90W - For gentle defrosting, eg. cream gateaux or pastry.

W = WATT

To set the microwave power level :

1. Rotate the **TIMER/WEIGHT/PORTION** knob clockwise or counter-clockwise to select cooking time.
2. Press the **MICROWAVE POWER LEVEL** button until the desired power level appears on the display. (If the **MICROWAVE POWER LEVEL** button is touched once, **9 00** will be displayed. If you miss your desired level, continue pressing the **MICROWAVE POWER LEVEL** button until you reach the level again.)
3. Press the **START/+30** button.



MICROWAVE COOKING

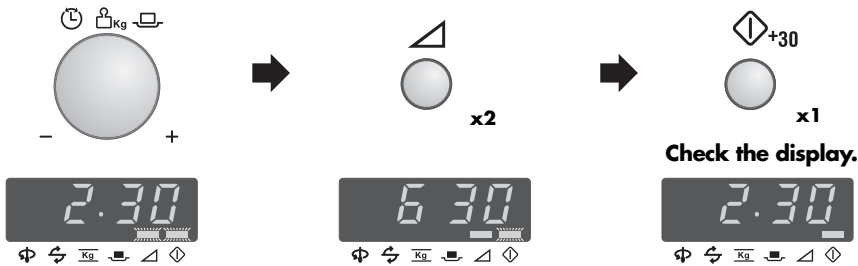
Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown on the table.

Cooking time	Increasing unit
0-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

Example:

Suppose you want to heat soup for 2 minutes and 30 seconds on 630W microwave power.

1. Enter desired cooking time by rotating the **TIMER/WEIGHT/PORTION** knob clockwise.
2. Choose desired power level by pressing **MICROWAVE POWER LEVEL** button twice.
3. Press **START/+30** button once to begin cooking.



NOTE:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START/+30** button is pressed.
2. If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** button. As long as your finger is touching the **MICROWAVE POWER LEVEL** button, the power level will be displayed.
3. You can rotate the **TIMER/WEIGHT/PORTION** knob clockwise or counter-clockwise. If you rotate the knob counter-clockwise, the cooking time will decrease from 90 minutes by degrees.

OTHER CONVENIENT FUNCTIONS



1. MULTIPLE SEQUENCE COOKING

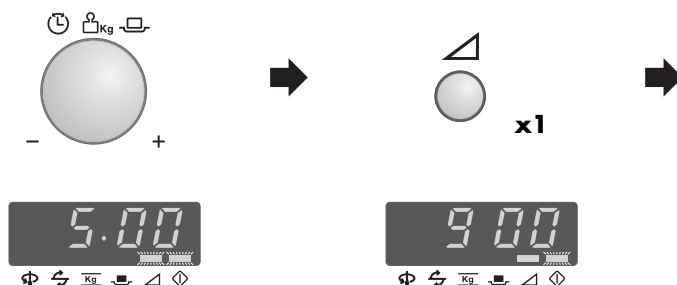
A maximum of 3 sequences can be input, consisting of manual cooking time and mode.

Example:

To cook: 5 minutes on 900 W power (Stage 1)
16 minutes on 270 W power (Stage 2)

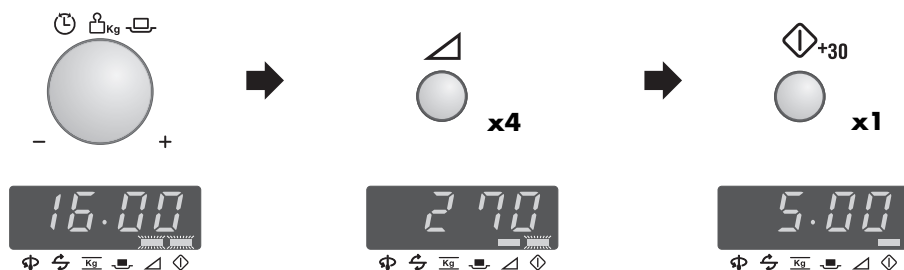
STAGE 1

1. Enter the desired cooking time by rotating **TIMER/WEIGHT/PORTION** knob.
2. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button once.



STAGE 2

3. Enter desired time by rotating **TIMER/WEIGHT/PORTION** knob.
4. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button four times.
5. Press the **START/+30** button once to begin cooking.



(The oven will begin to cook for 5 minutes on 900W, and then for 16 minutes on 270W.)



OTHER CONVENIENT FUNCTIONS

2. ADD 30 SECONDS FUNCTION

The **START/+30** button allows you to operate the two following functions:

a. Direct start

You can directly start cooking on 900W microwave power level for 30 seconds by pressing the **START/+30** button.



NOTE:

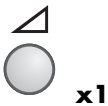
To avoid the misuse by children the **START/+30** button can be used only within 3 minute after preceding operation, i.e., closing the door, pressing the **STOP** button or cooking completion.

b. Extend the cooking time

You can extend the cooking time for multiples of 30 seconds if the button is pressed while the oven is in operation.

3. TO CHECK THE POWER LEVEL

To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** button.



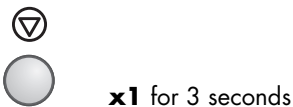
As long as your finger is touching the **MICROWAVE POWER LEVEL** button the power level will be displayed.

The oven continues to count down although the display shows the power level.

4. SAFETY LOCK FUNCTION

TO SET THE SAFETY LOCK FUNCTION

1. Press and hold the **STOP** key for 3 seconds.

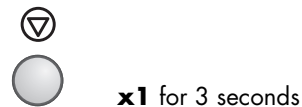


The display will show:



TO CANCEL THE SAFETY LOCK FUNCTION

1. Press and hold the **STOP** key for 3 seconds.



The display will show the time of day, if set.

NOTE: When the Safety Lock is set you cannot input any buttons except the **STOP** button.

AUTO COOK, COOK FROM FROZEN & AUTO DEFROST OPERATION



AUTO COOK, COOK FROM FROZEN and **AUTO DEFROST** automatically work out the correct cooking mode and cooking time. You can choose from 4 **AUTO COOK**, 3 **COOK FROM FROZEN** and 5 **AUTO DEFROST** menus. What you need to know when using this automatic function:

For example:

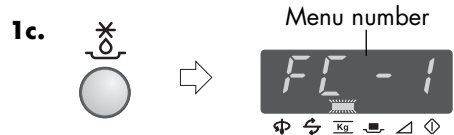
1a. AUTO COOK 1: The **AUTO COOK 1** button has two menus. Press the **AUTO COOK 1** button once, the display will appear as shown.



1b. AUTO COOK 2: The **AUTO COOK 2** button has two menus. Press the **AUTO COOK 2** button once, the display will appear as shown.



1c. COOK FROM FROZEN: The **COOK FROM FROZEN** button has three menus. Press the **COOK FROM FROZEN** button once, the display will appear as shown.



1d. AUTO DEFROST: The **AUTO DEFROST** button has 5 menus. Press the **AUTO DEFROST** button once, the display will appear as shown.

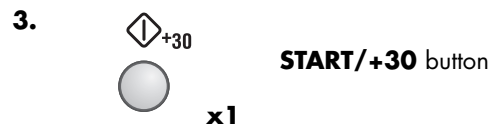


The menu can be chosen by pressing the **COOK FROM FROZEN, AUTO DEFROST** or desired **AUTO COOK** button until the desired menu number is displayed. See pages 15-18 "AUTO COOK, COOK FROM FROZEN & AUTO DEFROST charts".

The menu will be changed automatically by holding down the **AUTO COOK 1, AUTO COOK 2, COOK FROM FROZEN** or **AUTO DEFROST** button.

2. The weight or quantity of the food can be input by rotating the **TIMER/WEIGHT/PORION** knob until the desired weight/quantity is displayed.

- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights/quantities given in the AUTO COOK COOK FROM FROZEN & AUTO DEFROST charts, use manual operation. For best results, follow the cooking charts on pages 20 - 21.



3. To start cooking press **START/+30** button.

When action is required (e.g. to turn food over) the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the **START/+30** button.

The final temperature will vary according to the initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.

NOTE: If you use the **ADD 30 SECONDS** function during the cooking/defrosting, the food may be overcooked.

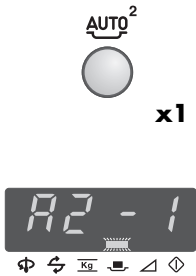


AUTO COOK, COOK FROM FROZEN & AUTO DEFROST OPERATION

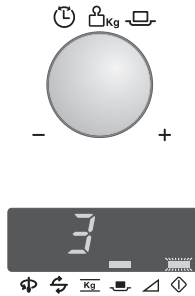
Example 1 for AUTO COOK:

To cook 1,5 kg (3 units) of Fish Fillet with Sauce using Auto Cook 2 (A2-1).

1. Select the menu required by pressing the **AUTO COOK 2** button once.



2. Enter the quantity by rotating the **TIMER/WEIGHT/PORTION** knob clockwise.



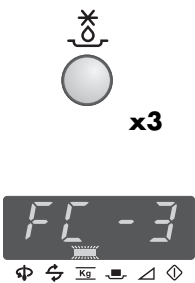
3. Press the **START/+30** button once.



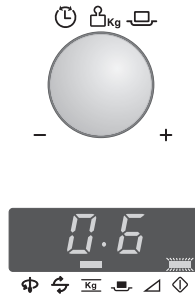
Example 2 for COOK FROM FROZEN:

To cook Frozen Gratin 0,6 kg using Cook From Frozen FC-3.

1. Select the menu required by pressing the **COOK FROM FROZEN** button 3 times.



2. Enter the weight by rotating the **TIMER/WEIGHT/PORTION** knob clockwise.











3. Press the **START/+30** button once.



AUTO COOK, COOK FROM FROZEN & AUTO DEFROST CHARTS









BUTTON	AUTO COOK 1	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
 x1	A1-1 Cook Chicken Pan with Vegetables 	0,5 - 1,5 kg* (1 - 3) Gratin dish with microwave cling film	<ul style="list-style-type: none"> • See recipe for "Chicken Pan with Vegetables" on page 18. * Total weight of all ingredients
 x2	A1-2 Cook Mince and Onion 	0,5 - 1,5 kg* (1 - 3) Casserole dish with lid	<ul style="list-style-type: none"> • See recipe for "Mince & Onion" on page 18. * Total weight of all ingredients

BUTTON	AUTO COOK 2	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
 x1	A2-1 Cook Fish fillet with sauce 	0,5 - 1,5 kg* (1 - 3) Gratin dish & microwave cling film	<ul style="list-style-type: none"> • See recipe for "Fish Fillet with Sauce" on page 19. * Total weight of all ingredients
 x2	A2-2 Cook Gratin 	0,5 - 1,5 kg* (1 - 3) Gratin dish	<ul style="list-style-type: none"> • See recipe for "Gratin" on page 19. * Total weight of all ingredients

Note: Chilled foods are cooked from 5°C, frozen foods are cooked from -18°C.













AUTO COOK, COOK FROM FROZEN & AUTO DEFROST CHARTS

BUTTON	COOK FROM FROZEN	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
 x1	FC-1 Cook Frozen Vegetables 	0,1 - 0,6 kg (100 g) Bowl & lid	<ul style="list-style-type: none"> • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with lid. • When the audible signal sounds, stir and re-cover. • After cooking, stand for approx. 2 min. <p>NOTE: If frozen vegetables are compacted together, cook manually.</p>
 x2	FC-2 Cook Frozen Ready Meals 	0,3 - 1,0 kg* (100 g) Bowl & lid	<ul style="list-style-type: none"> • Transfer meal to suitable microwave-proof dish. • Add some liquid if recommended by the manufacturer. • Cover with lid. • Cook without cover if the manufacturer instructs. • When the audible signal sounds, stir and re-cover. • After cooking, stir and stand for approx. 2 min.
 x3	FC-3 Cook Frozen Gratin 	0,2 - 0,6 kg (100 g) Shallow, oval gratin dish and microwave cling film or original container and microwave cling film	<ul style="list-style-type: none"> • Remove the frozen gratin from the package. If the container is not suitable for microwave ovens, transfer gratin to a suitable microwave proof dish. • If the container is suitable for microwave ovens, remove original paper cover and cover with microwave cling film. • After cooking, stand for approx. 5 min.

Note: Chilled foods are cooked from 5°C, frozen foods are cooked from -18°C.

AUTO COOK, COOK FROM FROZEN & AUTO DEFROST CHARTS



BUTTON	AUTO DEFROST	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
<p style="text-align: center;">AUTO*</p>  <p style="text-align: center;">x1</p>	<p>Ad-1 Defrost Steak and Chops</p> 	<p>0,2 - 1,0 kg (100 g) Flan dish (See note on page 18.)</p>	<ul style="list-style-type: none"> Place the food on a plate in the centre of the turntable. When the oven stops and the audible signals sound, turn the food over, rearrange and separate. Shield thin parts and warm spots with aluminium foil. After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.
<p style="text-align: center;">AUTO*</p>  <p style="text-align: center;">x2</p>	<p>Ad-2 Defrost Minced Meat</p> 	<p>0,2 - 1,0 kg (100 g) Flan dish (See note on page 18.)</p>	<ul style="list-style-type: none"> Place the block of minced meat in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over. Remove the defrosted parts if possible. After defrosting cover with aluminium foil, stand for 5-10 min, until thoroughly defrosted.
<p style="text-align: center;">AUTO*</p>  <p style="text-align: center;">x3</p>	<p>Ad-3 Defrost Poultry</p> 	<p>0,9 - 1,8 kg (100 g) Flan dish (See note on page 18.)</p>	<ul style="list-style-type: none"> Place the poultry breast side down in a flan dish in the centre of the turntable. When the audible signal sounds, turn over and shield thin parts and warm spots with aluminium foil. After defrosting, rinse with cold water, cover with aluminium foil and stand for 15-30 min until thoroughly defrosted. Finally clean the poultry under running water.
<p style="text-align: center;">AUTO*</p>  <p style="text-align: center;">x4</p>	<p>Ad-4 Defrost Cake</p> 	<p>0,1 - 1,4 kg (100 g) Plate</p>	<ul style="list-style-type: none"> Remove all packaging from the cake. Place directly on the turntable, or on a plate in the middle of the turntable. After defrosting, cut the cake into similar sized pieces keeping space between each piece and let stand for 10 - 30 min until evenly defrosted.
<p style="text-align: center;">AUTO*</p>  <p style="text-align: center;">x5</p>	<p>Ad-5 Defrost Bread</p> 	<p>0,1 - 1,0 kg (100 g) Flan dish (Only sliced bread is recommended for this programme.)</p>	<ul style="list-style-type: none"> Distribute on a flat dish in the centre of the turntable. For 1,0 kg distribute directly on the turntable. When audible signal sounds turn over, rearrange, and remove defrosted slices. After defrosting cover with aluminium foil and stand for 5-15 min, until thoroughly defrosted.

Note: Chilled foods are cooked from 5°C, frozen foods are cooked from -18°C.



AUTO COOK, COOK FROM FROZEN & AUTO DEFROST CHARTS

NOTE: Auto Defrost

1. Steaks and Chops should be frozen in one layer.
2. Minced meat should be frozen in a thin shape.
3. After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
4. The poultry should be processed immediately after defrosting.
5. Gateaux topped and coated with cream are very sensitive to microwave energy.
For the best result, if the cream begins to soften rapidly, remove it from the oven immediately and stand for 10-30 minutes at room temperature.



RECIPES FOR AUTO COOK

CHICKEN PAN WITH VEGETABLES (A1-1) Spicy chicken fricassee

0,5 kg (1)	1,0 kg (2)	1,5 kg (3)	
60 g	120 g	180 g	long grain rice (parboiled)
1	1	1	sachet saffron
25 g	50 g	75 g	onion (sliced)
50 g	100 g	150 g	red pepper (in strips)
50 g	100 g	150 g	leek (in strips)
150 g	300 g	450 g	fillet of chicken breast (cubed)
			pepper, paprika powder
10 g	20 g	30 g	butter
150 ml	300 ml	450 ml	meat stock

1. Mix together the rice and saffron in the greased dish.
2. Add together the onions, red pepper, leek and chicken. Season and place on the rice.
3. Put butter on the top.
4. Pour the stock over the chicken, cover with microwave cling film and cook on **AUTO COOK 1 (A1-1)**, "Chicken Pan with Vegetables".
5. After cooking, stand for 5-10 minutes.

MINCE AND ONION (A1-2)

0,5 kg (1)	1,0 kg (2)	1,5 kg (3)	
150 g	300 g	450 g	minced meat (1/2 beef, 1/2 pork)
50 g	100 g	150 g	onion (finely chopped)
1/2	1	1 1/2	egg
15 g	30 g	45 g	white breadcrumbs
			salt and pepper
115 ml	230 ml	345 ml	meat stock
20 g	40 g	60 g	tomato purée
65 g	125 g	190 g	potatoes (finely chopped)
65 g	125 g	190 g	carrots (finely chopped)
1/2 tbsp	1 tbsp	1 1/2 tbsp	chopped parsley

1. Mix together the minced meat, onion, egg and the breadcrumbs in a casserole dish. Season with salt and pepper.
2. Mix the tomato purée into the meat stock.
3. Add the liquid, potatoes, carrots and parsley to the meat and stir well.
4. Cover and cook on **AUTO COOK 1 (A1-2)**, "Mince & Onion".
5. When the oven stops and the audible signal sounds, stir and re-cover.
6. After cooking, stir and stand for approx. 5 min. Sprinkle with parsley and serve.



FISH FILLET WITH SAUCE (A2-1)

Fish fillet with piquant sauce

0,5 kg (1)	1,0 kg (2)	1,5 kg (3)	
175 g	350 g	525 g	canned tomatoes (drained)
50 g	100 g	150 g	corn
5 g	10 g	15 g	chilli sauce
15 g	30 g	45 g	onion (finely chopped)
1 tsp	1-2 tsp	2-3 tsp	red wine vinegar
			mustard, thyme, cayenne pepper
250 g	500 g	750 g	fish fillet
			salt

1. Mix ingredients for the sauce.
2. Place the fish fillet in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
3. Spread the sauce on the fish fillet.
4. Cover with microwave cling film and cook on **AUTO COOK 2 (A2-1)**, "Fish Fillet with Sauce".
5. After cooking, stand for approx. 2 min.

FISH FILLET WITH SAUCE (A2-1)

Fish fillet with curry sauce

0,5 kg (1)	1,0 kg (2)	1,5 kg (3)	
250 g	500 g	750 g	fish fillet
			salt
50 g	100 g	150 g	banana (sliced)
200 g	400 g	600 g	ready-made curry sauce

1. Place the fish fillet in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
2. Spread the banana and the ready-made curry sauce on the fish fillet.
3. Cover with microwave cling film and cook on **AUTO COOK 2 (A2-1)**, "Fish Fillet with sauce".
4. After cooking, stand for approx. 2 min.

GRATIN (A2-2)

Spinach gratin

0,5 kg (1)	1,0 kg (2)	1,5 kg (3)	
5 g	10 g	15 g	butter or margarine (to grease the dish)
150 g	300 g	450 g	leaf spinach (defrosted, drained)
15 g	30 g	45 g	onion (finely chopped)
			salt, pepper, nutmeg
150 g	300 g	450 g	boiled potatoes (sliced)
35 g	75 g	110 g	cooked ham (diced)
50 g	100 g	150 g	crème fraîche
1	2	3	eggs
40 g	75 g	115 g	grated cheese
			paprika powder

1. Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
3. Mix the eggs with crème fraîche, add salt and pepper and pour over the gratin.
4. Cover the gratin with the grated cheese, sprinkle with paprika powder and cook on **AUTO COOK 2 (A2-2)**, "Gratin".
5. After cooking, stand for 5-10 min.

GRATIN (A2-2)

Potato and courgette gratin

0,5 kg (1)	1,0 kg (2)	1,5 kg (3)	
5 g	10 g	15 g	butter or margarine (to grease the dish)
200 g	400 g	600 g	boiled potatoes (sliced)
115 g	230 g	345 g	courgette (finely sliced)
75 g	150 g	225 g	crème fraîche
1	2	3	eggs
1/2	1	2	clove of garlic (crushed)
			salt, pepper
40 g	80 g	120 g	feta cheese (diced)
10 g	20 g	30 g	sunflower kernel
			paprika powder

1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the gratin.
3. Crumble the feta cheese and sprinkle over the gratin.
4. Finally sprinkle the gratin with sunflower kernels and paprika powder and cook on **AUTO COOK 2 (A2-2)**, "Gratin".
5. After cooking, stand for 5-10 min.



COOKING CHARTS

ABBREVIATIONS USED

tbsp = tablespoon	Cup = cupful	g = gram	ml = millilitre	min = minutes
tsp = teaspoon	kg = kilogram	l = litre	cm = centimetre	

TABLE : HEATING FOOD & DRINK

Food / Drink	Quantity -g/ml-	Power -Level-	Time -Min-	Hints
Coffee, 1 cup	150	900 W	approx. 1	do not cover
Milk, 1 cup	150	900 W	approx. 1	do not cover
Water, 1 cup	150	900 W	approx. 2	do not cover
6 cups	900	900 W	8-10	do not cover
1 dish	1000	900 W	9-11	do not cover
Platters (vegetables, meat and trimmings)	400	900 W	3-5	sprinkle some water onto the sauce, cover stir half way through the heating
Stew / Soup	200	900 W	1 1/2 - 2	cover, stir after heating
Vegetables	200	900 W	2-3	if necessary add some water, cover
	500	900 W	3-5	stir half way through the heating
Meat, 1 slice*	200	900 W	3-4	thinly spread sauce over the top, cover
Fish fillet*	200	900 W	3-5	cover
Cake, 1 piece	150	450 W	1/2-1	place in a flan dish
Baby food, 1 jar	190	450 W	1/2-1	transfer into a suitable microwaveable container, after heating stir well and test the temperature
Melting butter or margarine*	50	900 W	1/2	cover
Melting chocolate	100	450 W	3-4	stir occasionally

* Refrigerator temperature

TABLE : DEFROSTING & COOKING

Food	Weight -g-	Power -Level-	Time -Min-	Added water -tbsps/ml-	Hints	Standing time -Min-
Fish fillet	300	900 W	9-11	-	cover	1-2
One plate meal	400	900 W	8-10	-	cover, stir after 6 minutes	2
Broccoli	300	900 W	6-8	3-5	cover, stir halfway through cooking	2
Peas	300	900 W	6-8	3-5	cover, stir halfway through cooking	2
Mixed vegetables	500	900 W	9-11	3-5	cover, stir halfway through cooking	2

TABLE: DEFROSTING

Food	Quantity -g-	Power -Level-	Time -Min-	Hints	Standing time -Min-
Roast meat	1500	90 W	55-60	place in a flan dish, turn halfway	30 - 90
(e.g pork, beef, veal, lamb)	1000	90 W	38-42	through defrosting	30 - 90
	500	90 W	20-25		30 - 90
Goulash	500	270 W	8-9	stir halfway through defrosting	10 - 15
Sausages 8 pieces	600	270 W	6-8	place next to each other, turn	5 - 10
4 pieces	300	270 W	3-5	halfway through defrosting	5 - 10
Chicken legs	200	270 W	3-4	turn halfway through defrosting	10 - 15
Fish fillet	400	270 W	5-7	turn halfway through defrosting	5 - 10
Bread Rolls, 2 pieces	80	270 W	1-1 1/2	only partially defrost	-
Cakes, 1 slice	150	270 W	1-3	place in a flan dish	5
Fruit: e.g cherries, strawberries, raspberries, plums	250	270 W	3-5	spread them out evenly, turn over halfway through defrosting	5

Times given in this chart are guidelines only and may vary according to the starting temperature of the frozen food, its composition, and its weight.



TABLE: COOKING MEAT, FISH, POULTRY & VEGETABLES

Food	Quantity -g-	Power -Level-	Time -Min-	Hints	Standing time -Min-
Roasts	500	630 W	17-22	season to taste, place in a shallow flan dish	10
(pork, veal, lamb)	1000	630 W	34-38	turn over halfway through cooking time	10
Roast beef (medium)	1500	630 W	53-58		10
	1000	630 W	20-24	season to taste, place in a flan dish,	10
	1500	630 W	27-31	turn over halfway through cooking	10
Fish fillet	200	900 W	4-6	season to taste, place in a flan dish, cover	3
Chicken	1200	630 W	29-32	season to taste, place in a shallow flan dish, turn halfway through cooking	3
Chicken legs	200	900 W	3-6	season to taste, place in a flan dish	3
Broccoli	500	900 W	6-8	divide into florets, add 4-5 tbsps water, cover, stir occasionally during cooking	-
Peas	500	900 W	6-8	cover, add 4-5 tbsps water, stir occasionally during cooking	-
Carrots	500	900 W	7-9	cut into rings, cover, add 4-5 tbsps water, cover, stir occasionally during cooking	-
Boiled potatoes	500	900 W	15-17	cut into large pieces of a similar size, add a little salt, add 150ml water, cover, stir occasionally during cooking	-

RECIPES



All the recipes in this book are calculated on the basis of 4 servings - unless otherwise stated.

ADAPTING RECIPES FOR THE MICROWAVE OVEN

If you would like to adapt your favourite recipes for the microwave, you should take note of the following:

Shorten cooking times by a third to a half. Follow the example of the recipes in this book.

Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty. Foods which have little moisture, such as

platters of food, should have the surface moistened prior to heating or cooking.

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

ONION SOUP

Utensils: Bowl with lid (2 l capacity)

4 soup bowls (200 ml)

Ingredients

10 g butter or margarine

100 g onions, sliced

800 ml meat stock
salt & pepper

2 slices bread

40 g grated cheese

1. Grease the bowl, add the sliced onion, meat stock and seasoning. Cover and cook.

9-11 min. \triangleleft **900 W**

2. Toast the slices of bread, cut them into cubes and divide them among the soup bowls. Pour the soup over the toast cubes and sprinkle on the cheese.

3. Place the bowls on the turntable and cook.

1-3 min. \triangleleft **900 W**



RECIPES

SOLE FILLETS

Utensils: Shallow, oval oven dish with microwave cling film (approx. 26 cm long)

Ingredients

400 g sole fillets
1 lemon, whole
150 g tomatoes
10 g butter
1 tbsp vegetable oil
1 tbsp parsley, chopped
salt & pepper
4 tbsps white wine
20 g butter or margarine
Tip: This recipe can also be used for Cod, Halibut, Mullet or Plaice.

1. Wash the fish and pat them dry. Remove any bones.
2. Cut the lemon and the tomatoes into thin slices.
3. Grease the dish with butter. Place the fish fillets in the dish and drizzle the vegetable oil.
4. Sprinkle parsley over the fish, place the tomato slices on top and season. Place the lemon slices on top of the tomatoes and pour the white wine over them.
5. Place small pots of butter on top of the lemon, cover and cook.

11-13 min. ◀ **630 W**

After cooking, stand for approx. 2 min.

SPICY TURKEY FRICASSEE

2 servings

Utensils: Oval dish with a lid (approx. 26cm long)

Ingredients

120 g long grain rice
1 pack saffron
10 g butter or margarine
50 g onion, sliced
100 g red pepper, sliced
100 g leek, sliced
300 g turkey breast, diced
paprika, pepper
20 g butter or margarine
300 ml meat stock

1. Grease the dish
2. Mix the rice with the saffron and place in the dish. Mix in the onion, pepper, leek and turkey breast and season. Dot with butter.
3. Pour the stock over the dish, cover and cook.

1. 4-6 min. ◀ **900 W**

2. 16-19 min. ◀ **270 W**

After cooking, stand for approx. 5 min.

ZÜRICH VEAL STEW

Utensils: Dish with lid (2 l capacity)

Ingredients

600 g veal fillet
10 g butter or margarine
50 g onion, finely chopped
100 ml white wine
seasoned gravy browning, for approx. 1/2 l gravy
300 ml cream
1 tbsp parsley, chopped

1. Cut the veal into strips.
2. Grease the dish with the butter. Put the meat and onion into the dish, cover and cook. Stir once during cooking.

6-9 min. ◀ **900 W**

3. Add the white wine, gravy browning and cream, stir, cover and continue cooking. Stir occasionally.

3-5 min. ◀ **900 W**

4. Stir the mixture after cooking, stand for approx. 5 min. Garnish with parsley.



STUFFED HAM

Utensils: Bowl with lid (2 l capacity)
Oval gratin dish
(approx. 26 cm long)

Ingredients

150 g leaf spinach, chopped
150 g fromage frais, 20 % fat content
50 g Emmental cheese, grated
pepper, paprika
8 slices cooked ham (400 g)
125 ml water
125 ml cream
20 g flour
20 g butter or margarine
10 g butter or margarine to grease
the dish

Tip: You can buy ready-made
béchamel sauce and use it for this
recipe

1. Mix the spinach with the cheese and fromage frais, season to taste.
2. Place a tablespoon of the filling on top of each slice of cooked ham, and roll up. Spear the ham with a wooden skewer to fasten it.
3. Make a béchamel sauce: to do this pour the water and cream into a bowl, and heat.

3-4 min. \triangleleft **900 W**

Mix the flour and butter to make a roux, add to the liquid, and whisk until dissolved. Cover, cook until thick.

1-2 min. \triangleleft **900 W**

Stir and taste.

4. Place the sauce into the greased dish, place the filled rolls of ham onto the sauce and cook with lid.

12-14 min. \triangleleft **630 W**

After cooking, stand for approx 5 min..

LASAGNE AL FORNO

Utensils: Bowl with lid (2 l capacity)
Shallow square dish with lid
(approx. 20 x 20 x 6 cm)

Ingredients

300 g tinned tomatoes
50 g ham, chopped
50 g onion, finely chopped
1 clove of garlic, crushed
250 g minced beef
2 tbsp tomato puree
salt & pepper
150 ml crème fraiche
100 ml milk
50 g Parmesan cheese, grated
1 tsp mixed chopped herbs
1 tsp olive oil
1 tsp vegetable oil to grease the dish
125 g lasagne verde
1 tbsp Parmesan cheese, grated

1. Chop the tomatoes, mix with the ham and onion, garlic, minced beef and tomato puree. Season, cover and cook.

5-8 min. \triangleleft **900 W**

2. Mix the crème fraiche with the milk, Parmesan cheese, herbs, oil and spices.
3. Grease the dish and cover the bottom with about 1/3 of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional 1/3 of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with sauce and sprinkle with Parmesan cheese. Cook with the lid on.

13-17 min. \triangleleft **630 W**

After cooking, stand for approx. 5-10 min.



RECIPES

BACON RISOTTO

Utensils: Bowl with a lid (2 l capacity)

Ingredients

50 g streaky bacon, chopped
20 g butter or margarine
50 g onion, finely chopped
200 g risotto rice (Arboris)
400 ml meat stock
70 g Emmental cheese
pinch saffron
salt & pepper

1. Grease the dish. Place the onions and bacon in the dish, cover, and cook.
2-3 min. ◁ 900 W
2. Add the rice, meat stock and cook.
1. 3-5 min. ◁ 900 W
2. 15-17 min. ◁ 270 W
After cooking, stand for approx. 5 min.
3. Mix the cheese and saffron into the rice and season to taste.

SEMOLINA PUDDING WITH RASPBERRY SAUCE

Utensils: Bowl with lid (2 l capacity)

Ingredients

500 ml milk
40 g sugar
15 g chopped almonds
50 g semolina
1 egg yolk
1 tbsp water
1 egg white
250 g raspberries
50 ml water
40 g sugar

1. Place the milk, sugar and almonds in the bowl, cover and cook.
3-5 min. ◁ 900 W
2. Add the semolina, stir, cover and cook.
10-12 min. ◁ 270 W
3. Beat the egg yolk with the water in a cup, and stir into the hot mixture. Beat the egg white until it is stiff, and fold it into the mixture. Pour the pudding mixture into ramekins or small dishes.
4. To make the sauce wash the raspberries, dab them dry carefully, and place them in a bowl with the water and sugar. Cover, and heat.
2-3 min. ◁ 900 W
5. Purée the raspberries and serve either hot or cold with the semolina pudding.

CHOCOLATE CAKE

Utensils: Round cake dish
(diam. 21 cm, height 10 cm)

Ingredients

175 g butter or margarine
175 g sugar
3 eggs
175 g flour
1 tsp baking powder
2 tbsps cocoa
50 ml milk

1. Grease the dish.
2. Whisk the butter and sugar together until light and fluffy. Slowly whisk in the eggs, fold in the flour, baking powder and cocoa. Add milk, mix thoroughly and cook.
8-10 min. ◁ 630 W
3. After cooking, allow the cake to cool for 10 min in the dish.



CHEESECAKE

12 portions

Utensils: Spring form tin
(approx. 26 cm diameter)

Ingredients

Base:

300 g flour
1 tbsp cocoa
10 g baking powder
150 g sugar
1 egg
10 g butter or margarine to
grease the tin

Filling:

150 g butter or margarine
100 g sugar
10 g vanilla sugar
3 eggs
400 g fromage frais, 20 % fat content
40 g powdered vanilla pudding mix

1. In a bowl, mix together the flour, cocoa, baking flour and sugar.
2. Add the egg and butter and mix in a food processor.
3. Grease the tin. Roll out the dough and line the tin, leaving 2 cm around the edges to form a rim. Bake the pastry.
6-8 min. ◀ 630 W
4. Whisk the butter and sugar until light and fluffy. Slowly whisk in the eggs. Add the fromage frais and the powdered vanilla pudding mix.
5. Spread the filling over the cheesecake base and cook.
15-19 min. ◀ 630 W



CARE & CLEANING

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be easily cleaned with mild soap and water. Make sure that the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Control panel

Open the door before cleaning to de-activate the control panel. Care should be taken in cleaning the control panel. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

1. For cleaning, wipe any spatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use mild soap and wipe several times with a damp cloth until all residues are removed.
2. Make sure that mild soap or water do not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.

Turntable and Turntable support

Remove the turntable and turntable support from the oven. Wash the turntable and turntable support in mild soapy water. Dry with a soft cloth. Both the turntable and the turntable support are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and surfaces with a soft, damp cloth. 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.

NOTE: A steam cleaner should not be used.



SYMPTOM	POSSIBLE SYMPTOMS/REMEDIES
... the microwave appliance is not working properly?	Check that <ul style="list-style-type: none"> - the fuses in the fuse box are working, - there has not been a power outage. - If the fuses continue to blow, please contact a qualified electrician.
... the microwave mode is not working?	Check that <ul style="list-style-type: none"> - the door is properly closed, - the door seals and their surfaces are clean, - the START/+30-button has been pressed.
... the turntable is not turning?	Check that <ul style="list-style-type: none"> - the turntable support is correctly connected to the drive, - the ovenware does not extend beyond the turntable, - food does not extend beyond the edge of the turntable preventing it from rotating. - there is nothing in the well beneath the turntable.
... the microwave will not switch off?	<ul style="list-style-type: none"> - Isolate the appliance from the fuse box. - Call your local Service Force Centre.
... the interior light is not working?	<ul style="list-style-type: none"> - Call your local Service Force Centre. The interior light bulb can be exchanged only by a trained Service Force technician.
... the food is taking longer to heat through and cook than before?	<ul style="list-style-type: none"> - Set a longer cooking time (double quantity = nearly double time) or - if the food is colder than usual, rotate or turn from time to time or - set a higher power setting.

NOTE: If you cook the food over the standard time with only 900W, the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced to 630W.) After pausing for 75 seconds, 900W power can be reset.

Cooking Mode	Standard time	Reduced Power
Microwave 900W	40 minutes	Microwave 630W



SERVICE & SPARE PARTS

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

08705 929 929

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.

For Customer Service in Ireland please contact us at the address below:

Zanussi
Electrolux Group (Irl) Ltd
Long Mile Road
Dublin 12
Republic of Ireland

Tel: + 353 (0)1 4090751

Email: service.eid@electrolux.ie

Before calling out a technician, please ensure you have read the details under the heading 'Something Not Working.'

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

Please note that a valid purchase receipt or guarantee documentation is required for in-guarantee service calls.



CUSTOMER CARE

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

Customer Care Department
Major Appliances
Addington Way
Luton
Bedfordshire
LU4 9QQ

Tel. 08705 727727 *

* Calls may be recorded for training purposes.



Standard Guarantee conditions

We, Zanussi, undertake that if within 12 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 Service Force 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.

Home visits are made between 8.30am and 5.30pm Monday to Friday.

Visits may be available outside these hours in which case a premium will be charged.

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 an appliance which is improperly installed or calls to appliances outside the UK.
- Appliances found to be in use within commercial or similar environment, plus those which are subject to rental agreements.
- Products of Zanussi manufacture which are not marketed by Zanussi.

European Guarantee

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 22 22
Germany	Nürnberg	+49 (0) 911 323 2600
Italy	Pordenone	+39 (0) 1678 47053
Sweden	Stockholm	+46 (0) 20 78 77 50
UK	Luton	+44 (0) 8705 727 727



SPECIFICATIONS

AC Line Voltage	:	230-240 V, 50 Hz, single phase
AC Power required:	Microwave	: 1.3 kW
Output power:	Microwave	: 900 W (IEC 60705)
Microwave Frequency	:	2450 MHz * (Group 2, Class B)
Outside Dimensions	:	592 mm(W) x 460 mm(H) x 437 mm(D)
Cavity Dimensions	:	342 mm(W) x 207 mm(H) x 368 mm(D) **
Oven Capacity	:	26 litres **
Turntable	:	∅325 mm
Weight	:	approx. 20 kg
Oven lamp	:	25 W/240-250 V

- * This Product fulfils the requirement of the European standard EN55011.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.
Class B equipment means that the equipment is suitable to be used in domestic establishments.
- ** Internal capacity is calculated by measuring maximum width, depth and height.
Actual capacity for holding food is less.



This oven complies with the requirements of Directives 2004/108/EC and 2006/95/EC.

SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE AS PART OF
CONTINUOUS IMPROVEMENT



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 environment 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

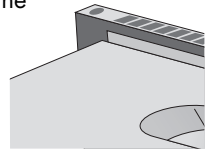
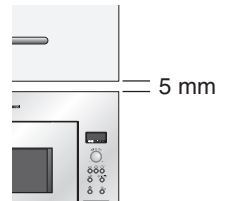
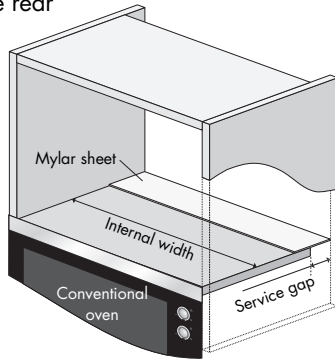
Old appliances should be made safe before disposal by removing the plug, and cutting off and disposing of the power cable.

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.

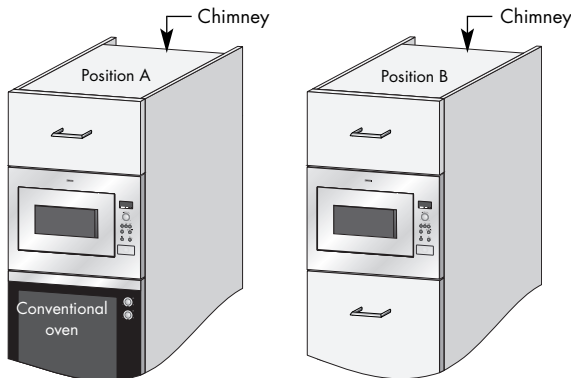


INSTALLING THE APPLIANCE

1. Remove all packaging and check carefully for any signs of damage.
2. If fitting the microwave oven above a conventional oven (position A) then use the mylar sheet provided.
 - a. Cut the Mylar sheet to fit the internal width of the unit.
 - b. Peel back the protective cover on the tape and fix to the rear of the shelf so that it covers the service gap. (See diagram.)
3. Fit the appliance into the kitchen cupboard slowly, and without force, until the front frame of the oven seals against the front opening of the cupboard.
4. Ensure the appliance is stable and not leaning. Ensure that a 5 mm gap is kept between the cupboard door above and the top of the frame (see diagram).
5. Fix the oven in position with the screws provided. The fixing points are located on the top and bottom corners of the oven (see diagram, item 9, on page 4).
6. It is important to ensure that the installation of this product conforms to the instructions in this operation manual and the conventional oven manufacturer's installation instructions.



The microwave can be fitted in position A or B:



POSITION	NICHE SIZE			CHIMNEY (min)	Gap Between Cupboard & Ceiling
	W	D	H		
A	560	550	450	50	50
B	560	500	450	40	50

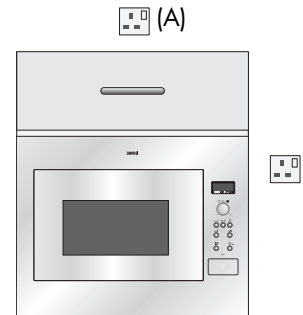
Measurements in (mm)



INSTALLATION

CONNECTING THE APPLIANCE TO THE POWER SUPPLY

- **The electrical outlet should be readily accessible so that the unit can be unplugged easily in an emergency. Or it should be possible to isolate the oven from the supply by incorporating a switch in the fixed wiring in accordance with the wiring rules.**
- **The socket should not be positioned behind the cupboard.**
- The best position is above the cupboard, see (A).
- When not connecting the power supply cord to position (A) it should be removed from the support clip (see diagram, item 13, on page 4) and routed under the oven.
- Connect the appliance to a single phase 230-240V/50Hz alternating current via a correctly installed earth socket.
- **If the appliance is to be operated in a non-European country, the supply voltage, current type and frequency of the appliance indicated on the rating plate must correspond with the specification of your power supply. The rating plate can be found on the inside face of the control panel.**
- **The power supply cord may only be replaced by an electrician.**
- Before installing, tie a piece of string to the power supply cord to facilitate connection to point (A) when the appliance is being installed.
- When inserting the appliance into the high-sided cupboard, DO NOT crush the power supply cord.



ELECTRICAL CONNECTIONS



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

- If the plug that is fitted to your appliance is not suitable for your socket outlet, it must be cut off and the appropriate plug fitted.
- Remove the fuse from the cut off plug. The cut off plug should then be disposed of to prevent the hazard of shocks in case it should be plugged into a 13 Amp socket in another part of your home.

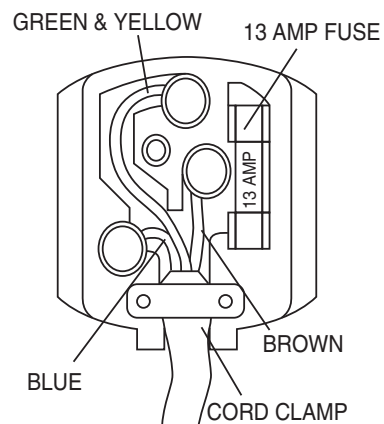
IMPORTANT

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 (\perp) 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.



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