



Your cooking guide to help you achieve the best results with your Built-in Combination Microwave oven

Heat function, temperature,
cooking time, shelf position,
tips and much more



How to read this guide:

You will find cooking tips for some of the most popular dishes and ingredients. These have been grouped into categories in alphabetical order. This booklet is intended purely as a guide.

Feel free to experiment with the recipes to suit your individual preference and taste. The times indicated are also intended as a guide based on the most common cooking times. The cooking time will vary, for example, depending on the thickness, density, or size of what is being cooked or the freshness and quality of the food. In the overview tables, we utilise symbols which are explained at the foot of the page. Should you have any questions or want to cook a dish that is not listed in this guide, you are welcome to contact us at:

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For more recipe inspirations, visit our site:
New recipes are continuously added.

- www.electrolux.ch/de-ch/local/recipes
- www.electrolux.ch/fr-ch/local/cooking-club/recipes
- www.electrolux.ch/it-ch/local/cooking-club/recipes
- My Electrolux Kitchen App

A digital copy of this guide is available here:

- www.electrolux.ch/de-ch/local/recipes/
- www.electrolux.ch/fr-ch/local/cooking-club/recipes
- www.electrolux.ch/it-ch/local/cooking-club/recipes

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Contents for microwave

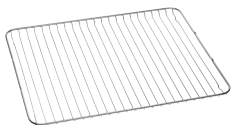
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Important additional information

Shelf position

The shelf positions are counted from bottom to top.

Accessories



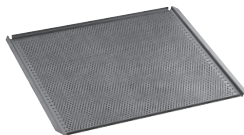
Wire rack



Baking tray



Drip pan



Pastry tray



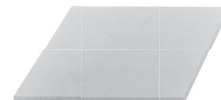
AirFry tray



Roasting pot



Casserole dish



Pizza stone



Tin, springform cake tin, loaf tin



Preserving jars

Why microwave?

Benefits of a microwave:

Ideal for quickly heating up small amounts of food directly on the plate/ in the dish. For defrosting and heating menu portions, cooking, melting.

Combination microwave oven:

With this appliance, you can shorten roasting and baking times by combining conventional heating methods with microwave cooking.

How it heats food:

Microwaves heat food from the inside out. The waves penetrate the food, generating intermolecular friction between the water or fat molecules of the food. The increased friction between the molecules results in heat. The microwaves (short waves) can only penetrate approximately 3 cm into the food. This also explains why better results are achieved with smaller quantities. The microwave oven uses a magnetron to generate microwave energy. The magnetron emits the waves and the stirrer (rotating antenna) or turntable combined with reflections from the cavity walls ensure optimal distribution. When the door of the appliance is opened, the emission of microwaves is interrupted automatically.

Microwave-safe containers:

- Porcelain, ceramic, glass.
- Clay to a limited extent only.
- Microwave-safe plastic only.

- Wood, cardboard and paper only if very dry and for a very short cooking time only.
- Cling film that is heat-resistant and microwave-safe.

The microwave will not heat these materials, but they may still be heated by the food.

The following must not be used in a microwave:

Metal, aluminium foil, enamel, cast iron, gold-edged crockery, lead crystal, hermetically sealed containers. Metal reflects the microwaves, which can damage the magnetron.

Daily use:

- If possible, disperse the food evenly. The microwaves only penetrate around 3 cm and the heat generated cooks the food. The food should ideally not be more than 4 cm high. If you are microwaving foods of different thicknesses, position the thicker ones around the edges and the thinner ones in the middle.
- The cooking time will depend on the portion size: a half quantity will require slightly longer than half the time stated, double the quantity will be slightly less than double the time, four times the quantity will require approximately three times the recommended cooking time etc.
- Water, fat and sugar content: Foods with little water, fat or sugar content take the longest and required added liquid. Fatty and sugary foods take less time than those containing water.

- The consistency and structure of the food also affects the cooking time. As a rule, well dispersed food will heat up faster than densely compacted food. The temperature of the food prior to cooking also affects the cooking time. Is the food chilled, for example, or already at room temperature?
- Container shape: round containers work best. Repeated stirring is required for square containers as the heat concentrates in the corners.

Defrosting/reheating – functionexamples:

- Baby food: always detach lids and put back on, leaving a gap, stir well and check temperature.
- Ready meals: remove aluminium lids and, if necessary, place in a microwave-safe container, place under the grill to brown.
- Gnocchi: defrosting and cooking in the conventional manner is better to ensure the gnocchi remain fluffy.
- Pasta: best cooked in a pan in the conventional manner.
- Escalopes, filled crepes, etc.: do not take on any colour and become soft; conventional cooking is more appropriate.
- Bread, sponge cake: defrost only, complete defrosting continues during the resting time.
- Yeast pastries: turn several times when defrosting, taste great slightly warmed.
- Nut biscuits: not suitable, thaw at room temperature.
- Butter: defrost only.


- Eggs: unsuitable, cooked regions could occur.
- Grains, coffee: defrosting not required.
- Yeast: unsuitable as heated areas may arise and impact the yeast properties.

Summary – general rules:






- Use small portions for optimum results.
- Dry food must be moistened.
- Always cover food to prevent drying out. Breaded food is an exception. Microwave lids, an upturned plate or microwavable film can be used for this purpose. A gap must be left to allow steam to escape, i.e. do not use a tightly closing lid.
- To avoid superheating water, place a glass stirrer or spoon in the mug.
- If sparks occur in the appliance, open the door immediately to stop the microwave. There is probably metal inside.
- Microwaves heat unevenly from the inside out. That's a fact, so be careful when operating at full power.
- When cooking with a microwave, stop and stir. Microwave wisdom: halfway through cooking, either turn over or stir. At the same time, rotate the container by 180°.

- Take into account the resting time at the end of cooking during which food continues to cook and heat continues to distribute – rule of thumb = leave to rest for the same amount of time as the cooking time. Leave food covered for optimal heat distribution.
- The stirrer (rotating antenna) improves distribution within the microwave and ensures more even distribution. Inhomogeneous warming can still occur, however.

Oven – casseroles and soufflés: savoury and sweet


	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Savoury	Cheese soufflé		170		55 – 60	1	Casserole dish	Baking tray	For small tins, reduce time and increase temperature
	Ham fleckerl (pasta and ham casserole)		190		30 – 35	1	Casserole dish	Baking tray	
	Lasagne		170		40 – 60	1	Casserole dish	Baking tray	
	Moussaka		170		50 – 70	1	Casserole dish	Baking tray	
	Pasta casserole		190		25 – 35	1	Casserole dish	Baking tray	
	Potato casserole		170		50 – 65	1	Casserole dish	Baking tray	
	Shepherd's Pie		190		20 – 30	1	Casserole dish	Baking tray	
Sweet	Vegetable casserole		180		25 – 40	1	Casserole dish	Baking tray	
	Baked pudding		160		30 – 50	1	Casserole dish	Baking tray	

Oven – side: potatoes

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Baked potatoes		200		50 – 70	1	Wrapped in foil	Wire rack	For conventional cooking, increase temperature by 20 °C and preheat
Duchesse potatoes		180		25 – 30	2	Baking tray		
Oven chips (frozen)		200		20 – 40	2	Baking tray, AirFry tray		Turn occasionally/shake
Potato croquettes (frozen)		180		20 – 40	2	Baking tray, AirFry tray		Turn occasionally/shake
Potato wedges (fresh)		180		30 – 35	2	Baking tray, AirFry tray		Turn occasionally/shake



Fan cooking

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Sweet potato wedges		180		25 – 30		Baking tray, AirFry tray		Turn occasionally/ shake

Oven – bread and pastries

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Bagels		210	230 °C	15 – 20	1	Baking tray		Line tray with baking paper
Bread		180		40 – 50	1	Baking tray, pastry tray		Can be started at 230 °C, pre-heat for 5 mins if necessary
Bread (fresh)		180	5 minutes	8 – 12	1	Baking tray, pastry tray		If it's a convenience product, follow the instructions on the packaging
Bread (frozen)		190	5 minutes	8 – 15	1	Wire rack, pastry tray		
Bread swiss braide		210	230 °C	25 – 35	1	Baking tray		After 10 mins, reduce to 180-190 °C, with EB4 bake at 180 °C on fan cooking setting
Brioche		180		30 – 35	1	Tin	Wire rack	
Cheese melt roll/baguette		200		25 – 30	1	Baking tray, pastry tray		
Croissants (fresh)		190	5 minutes	6 – 10	2	Baking tray, pastry tray		If it's a convenience product, follow the instructions on the packaging
Focaccia, flat bread		210		25 – 30	1	Baking tray, pastry tray		
Garlic bread		180	180 °C	5 – 15	2	Baking tray, pastry tray		
Naan		230	5 minutes	6 – 8	4	Baking tray, pastry tray		Turn half-way through cooking
Pide		180		25 – 35	1	Baking tray		Grease the tray
Pizza (Fresh conv.)		220	220 °C	8 – 20	1	Baking tray, pastry tray		Follow instr. on packaging
Pizza (Frozen conv.)		210	210 °C	15 – 20	1	Baking tray, pastry tray		Follow instr. on packaging



Fan cooking



Conventional cooking (top/bottom heat)



Bread baking












Pizza setting






Grill


















Oven – bread and pastries

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Pizza homemade thick crust		230		25 – 40	2	Baking tray		Grease the tray
Pizza homemade thin crust		230		20 – 35	2	Baking tray		Grease the tray
Rolls/baguette		200		25 – 30	1	Baking tray, pastry tray		
Rolls/baguette (fresh)		190	5 minutes	6 – 10	2	Baking tray, pastry tray		If it's a convenience product, follow the instructions on the packaging
Rolls/baguette (frozen)		180	5 minutes	10 – 20	2	Wire rack, pastry tray		
Sweet German dumplings (Dampfnudeln)		160		25 – 40	1	Casserole dish	Wire rack	
Sweet yeast dumplings (Buchten)		160		25 – 40	1	Casserole dish	Wire rack	
Toast		230	5 minutes	1 – 5	4	Baking tray, pastry tray		Observe carefully, turn
Toasted sandwich, cheese on toast variations		200	5 minutes	3 – 6	4	Baking tray, pastry tray		

Oven – fish

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Fish casserole		180		30 – 40	1	Tin	Wire rack	
Fish fingers		190		20 – 30	2	Baking tray, AirFry tray		Turn occasionally/shake
Fish whole baked		190		25 – 40	2	Baking tray		

Oven – meat: veal and poultry

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Poultry	Chicken, half		200		40 – 50	2	Wire rack	Baking tray	
	Chicken leg		190		40 – 50	2	Wire rack	Baking tray	
	Chicken, whole		180		55 – 65	1	Wire rack	Baking tray	
	Chicken wings		200		30 – 40	2	Wire rack	Baking tray	
	Coq au vin		130		60 – 70	2	Roasting pot	Baking tray	Sear first
	Duck, whole		160		120 – 150	1	Wire rack	Baking tray	
	Goose, whole 3 kg		160		150 – 180	1	Roasting pot	Baking tray	Baste occasionally
	Turkey breast		90	100 °C	70 – 90	2	Wire rack	Baking tray	Sear before or after roasting
	Turkey, whole, 4.5 kg		160		180 – 210	1	Wire rack	Baking tray	Baste occasionally
Veal	Fillet		80	90 °C	90 – 120	2	Wire rack	Baking tray	Sear before or after roasting
	Goulash-style ragout		130		90 – 120	2	Roasting pot	Baking tray	Sear first, cover and braise
	Loin		80	90 °C	150 – 200	2	Wire rack	Baking tray	Sear before or after roasting
	Ossobuco, veal shank		130		90 – 120	2	Roasting pot	Baking tray	Sear first, cover and braise
	Roast		180		90 – 120	2	Roasting pot	Baking tray	
	Roast chops		180		80 – 100	1	Wire rack	Baking tray	
	Roasted fillet		170		30 – 50	2	Wire rack	Baking tray	
	Rolled roast		150		120 – 150	2	Roasting pot	Baking tray	



Turbo grilling



















Fan cooking



Low temperature cooking

Oven – meat: beef and lamb

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Lamb	One-pan curry		130		70 – 90	2	Roasting pot	Baking tray	Sear first
	Rack of lamb		230		20 – 25	2	Wire rack	Baking tray	
	Roast leg of lamb		140		120 – 150	1	Roasting pot	Baking tray	
	Shoulder		160		50 – 80	2	Roasting pot	Baking tray	
Beef	Beef roulade		120		60 – 70	2	Roasting pot	Baking tray	Sear first, cover and braise
	Beef Wellington		190		35 – 45	1	Baking tray		Grease the baking tray
	Chateau Briand		80	90 °C	45 – 60	2	Wire rack	Baking tray	Sear before or after roasting
	Goulash		130		90 – 120	2	Roasting pot	Baking tray	Sear first, cover and braise
	Rib eye		80	90 °C	240 – 300	1	Wire rack	Baking tray	Sear before or after roasting
	Roast sirloin		200		40 – 60	2	Wire rack	Baking tray	
	Roast sirloin		80	90 °C	150 – 200	2	Wire rack	Baking tray	Sear before or after roasting
	Saftplätzli (steak in jus)		180		100 – 120	2	Roasting pot	Baking tray	Cover and braise
	Sauerbraten (beef braised in vinegar)		150		100 – 150	2	Roasting pot	Baking tray	Sear first, cover and braise
	Schmorbraten (braised beef)		150		120 – 150	2	Roasting pot	Baking tray	Sear first, cover and braise
	Whole beef fillet		80	90 °C	90 – 150	2	Wire rack	Baking tray	Sear before or after roasting
	Zigeunerbraten (roast beef in Hungarian-style stock)		150		100 – 150	1	Roasting pot	Baking tray	Sear before or after roasting



Fan cooking



Turbo grilling




















Pizza setting



Low temperature cooking

Oven – meat: pork, game and other

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Pork	Bacon-wrapped Swiss medallions		220	220 °C	20 - 30	1	Roasting pot	Baking tray	
	Fillet		80	90 °C	40 - 50	2	Wire rack	Baking tray	Sear before or after roasting
	Ham roast		160		90 - 120	1	Roasting pot	Baking tray	
	Loin		80	90 °C	180 - 210	2	Wire rack	Baking tray	Sear before or after roasting
	Pork Wellington		190		30 - 45	1	Baking tray		Grease the baking tray
	Pre-cooked knuckle of pork		160		90 - 120	1	Roasting pot	Baking tray	
	Roast		160		90 - 120	1	Wire rack	Baking tray	Reduce heat during cooking if necessary
	Roasted fillet		170		35 - 50	2	Wire rack	Baking tray	
	Smoked roast		150		70 - 90	2	Roasting pot	Baking tray	
	Spare ribs		190		35 - 45	2	Wire rack	Baking tray	
Game	Braised rabbit		130		60 - 90	1	Roasting pot	Baking tray	Sear first, cover and braise
	Leg of hare		160		60 - 70	2	Roasting pot	Baking tray	
	Leg of venison		205		60 - 90	1	Wire rack	Baking tray	
	Saddle of hare		190		40 - 50	2	Wire rack	Baking tray	
	Saddle of venison		190		50 - 70	1	Wire rack	Baking tray	
	Saddle of wild roe		200		20 - 40	2	Wire rack	Baking tray	
	Venison steak		80	90 °C	50 - 60	2	Wire rack	Baking tray	Sear before or after roasting



Conventional cooking (top/bottom heat)



Low temperature cooking



Turbo grilling











Pizza setting








Fan cooking


















Oven – meat: game and other

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Game	Wild boar		130		100 – 150	1	Roasting pot	Baking tray	Cover and braise
	Wild roe stew		130		90 – 120	2	Roasting pot	Baking tray	Sear first, cover and braise
Other	Bratwurst (German sausage)		200	5 minutes	13 – 15	4	Baking tray		Watch carefully,
	Burger		230		15 – 20	3	Baking tray		turn after 10 minutes
	Kofta		230		12 – 18	3	Baking tray		CT 75 °C
	Meatloaf		140		60 – 90	2	Tin	Baking tray	Turn half way through cooking
	Meatloaf		180		50 – 80	1	Roasting pot	Baking tray	For conventional cooking (top / bottom heat), increase temperature by 20 °C and pre-heat
	Sausage roll		200		25 – 30	2	Baking tray		Turn half-way through cooking

Oven – fruit

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Dried fruit, fruit drying		70		600 – 900	2	Baking tray, pastry tray		Open oven door occasionally
Fruit jam		130		40 – 60	1	Preserving jars	Drip pan	See user guide, use water in drip pan with “Preserving” setting
Preserving pome fruit		160		35 – 45	1	Preserving jars	Drip pan	See user guide, use water in drip pan with “Preserving” setting
Preserving soft fruit		160		35 – 45	1	Preserving jars	Drip pan	See user guide, use water in drip pan with “Preserving” setting
Preserving stone fruit		160		35 – 45	1	Preserving jars	Drip pan	See user guide, use water in drip pan with “Preserving” setting

Oven – pies and pastries: sweet and savoury biscuits and pastries

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Biscuits	Amaretti biscuits		155		20 – 25	2	Baking tray		
	Cinnamon roll		230		13 – 15	2	Baking tray		Line tray with baking paper
	Cream puff, choux, éclairs		170		30 – 45	2	Baking tray		Do not open oven door until end of baking time
	Cupcakes, muffins		170		35 – 40	1	Tin	Wire rack	
	Flaky pastries		200		20 – 30	1	Baking tray		
	Ham croissant		170		20 – 25	2	Baking tray		
	Lemon shortbread biscuits		190	200 °C	12 – 15	2	Baking tray		
	Macarons		100		80 – 100	2	Baking tray		
	Meringues		110		90 – 120	2	Baking tray		
	Nibbles and canapés		200	200 °C	10 – 20	2	Baking tray		
Savoury	Sweet pastries		140		30 – 40	2	Baking tray		
	Börek		220	5 minutes	35 – 40	1	Baking tray		Grease the tray, base may need additional baking using bottom heat at 250 °C
	Cheese quiche		190		40 – 50	1	Tin	Wire rack	
	Quiche Lorraine		190		40 – 50	1	Tin	Wire rack	
	Savoury filled pie		180		40 – 50	1	Tin	Wire rack	
	Tarte flambée		230		10 – 15	1	Baking tray, pastry tray		
	Wähe (Swiss vegetable tart)		190		45 – 55	1	Baking tray		



Fan cooking




















Conventional cooking (top/bottom heat)



Pizza setting

Oven – pies and pastries: sweet

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Apple cake		160		25 - 30	2	Tin	Wire rack	
Apple pie		160		70 - 90	2	Tin	Wire rack	
Almond cake		190		35 - 40	1	Tin	Wire rack	
Baklava		170		35 - 55	1	Tin	Wire rack	
Brownies		190		30 - 40	1	Baking tray		
Bundt cake		180		40 - 45	2	Tin	Wire rack	
Carrot cake		180	180 °C	50 - 60	1	Springform cake tin	Wire rack	
Cheesecake		180		50 - 70	1	Springform cake tin	Wire rack	
Fruit flan		180		30 - 45	2	Tin	Wire rack	
Fruit sponge		180		50 - 60	1	Springform cake tin	Wire rack	
Fruit tart		200		50 - 55	1	Baking tray	Wire rack	
Graubünden nut pastry		200		40 - 50	1	Tin	Wire rack	
Yeast cake tray bake		170		35 - 45	2	Baking tray		
Lemon loaf cake		170		60 - 70	1	Cakeform	Wire rack	
Lemon tart		220	220 °C	20 - 30	1	Tin	Wire rack	After 15 mins, remove the baking beans (or rice etc.) and return to oven to complete blind baking
Linzer torte		160		40 - 50	2	Tin	Wire rack	
Lucerne ginger cake		165		70 - 80	1	Springform cake tin	Wire rack	






















Pizza setting



Conventional cooking
(top/bottom heat)



Fan cooking

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Madeira cake		150		70 - 90	1	Tin	Wire rack	
Marble Bundt cake		165		55 - 70	1	Tin	Wire rack	
Pavlova		120		120 - 180	2	Baking tray		
Quark cheesecake		170		70 - 90	1	Tin	Wire rack	
Rosenkuchen yeast cake		190		40 - 50	2	Tin	Wire rack	
Russenzopf (brioche hazelnut cake)		180		40 - 50	2	Cakeform	Wire rack	
Sachertorte		180	180 °C	50 - 60	1	Springform cake tin	Wire rack	
Savarin		180	180 °C	25 - 35	1	Tin	Wire rack	
Shortcrust pastry case		155		25 - 30	2	Tin	Wire rack	
Shortcrust pastry tart		170		40 - 50	2	Tin	Wire rack	
Sponge cake		170		55 - 75	1	Cakeform	Wire rack	
Sponge cake layers		160		30 - 40	1	Springform cake tin	Wire rack	For conventional cooking, increase temperature by 20 °C and pre-heat
Sponge tray bake		180		30 - 40	1	Baking tray		
Strudel		200		40 - 50	2	Baking tray		
Swiss Easter tart (Osterladen)		180		45 - 55	1	Tin	Wire rack	
Sweet yeast cake		180		35 - 45	2	Tin	Wire rack	
Swiss roll		230	230 °C	8 - 10	2	Baking tray		Line tray with baking paper
Tarte Tatin		200	220 °C	35 - 45	1	Tin	Wire rack	Cook the apples in caramel for approx. 20 mins, cover with the crust and bake for approx. 15 mins
Tyrolean nut cake		170		55 - 75	1	Cakeform	Wire rack	





Fan cooking














Conventional cooking
(top/bottom heat)

Oven – pies and pastries: sweet

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Vully tart		200	200 °C	20 – 30	1	Tin	Wire rack	
Zupfkuchen (chocolate cheesecake)		170		70 – 80	1	Springform cake tin	Wire rack	


Oven – vegetables

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Aubergines		180		30 – 40	1	Baking tray		
Baked squash		180		25 – 35	2	Baking tray		Turn occasionally/shake
Bell pepper		180		25 – 35	2	Baking tray		
Chicory		180		20 – 30	1	Baking tray		
Courgette		180		25 – 30	1	Baking tray		
Dried vegetables, dried mushrooms		70		180 – 600	2	Baking tray , Pastry tray		
Kale crisps		130		35 – 45	2	Baking tray , AirFry tray		Turn occasionally/shake
Onion		180		25 – 30	1	Baking tray		
Oven roasted vegetables		180		30 – 35	2	Baking tray		Turn occasionally/ shake
Preserving vegetables		160		50 – 60	1	Preserving jars	Drip pan	See user guide, use water See user guide, use water in drip pan with "Preserving" setting
Roast chestnuts		200		25 – 35	2	Pastry tray , Airfrytray		Soak first and cut slit into shell. Turn occasionally/shake
Vegetables, stuffed		170		35 – 45	2	Baking tray		



 Conventional cooking (top/bottom heat)

 Fan cooking

 Drying

 Preserving

Oven – other

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Proving dough		35		45 – 90	1	Bowl	Wire rack	Dough should double in size. Bowl must be covered
Roasted nuts, party nuts		180		13 – 20	2	Baking tray		Turn occasionally/ shake














Dough proving



Fan cooking

Microwave – defrosting

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Bread, loaf		200		10 – 20 minutes	0	No container	Glass plate	10-20 minutes standing time
Butter, 250 g		100		5 – 6 minutes	0	Round bowl	Glass plate	Cover bowl, at least 5 mins standing time
Cake, piece		100		2 – 4 minutes	0	Plate	Glass plate	10-20 minutes standing time
Chicken breast, single		100		5 – 9 minutes	0	Uprturned plate	Glass plate	Standing time to complete defrosting
Chicken leg, single		100		7 – 10 minutes	0	Uprturned plate	Glass plate	Standing time to complete defrosting
Chicken, whole		100		25 – 30 minutes	0	Uprturned plate	Glass plate	30 minutes standing time
Fruit		100		5 – 10 minutes	0	Round bowl	Glass plate	Standing time to complete defrosting
Mince, 500 g		200		7 – 10 minutes	0	Uprturned plate	Glass plate	Halfway through, separate defrosted parts and remove, 2 – 5 mins standing time
Pie, piece		200		2 – 4 minutes	0	Plate	Glass plate	Standing time to complete defrosting
Rolls/baguette		200		2 – 5 minutes	0	No container	Glass plate	Standing time to complete defrosting
Steak defrosting, single		100		5 – 7 minutes	0	Uprturned plate	Glass plate	Standing time to complete defrosting

Microwave – reheating, warming





Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Baby food in jar	Warming	300		1 – 2 minutes	0	Jar	Glass plate	Stir the food and check the temperature
Baby milk in bottle	Warming	600		20 – 40 seconds	0	Bottle	Glass plate	Shake and check temperature
Milk, 2 dl	Warming	1.000		1 – 1½ minutes	0	Mug	Glass plate	




Defrosting

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
One-plate meal	Warming	400		6 - 8 minutes	0	Plate	Glass plate	Cover plate, 2 minutes standing time
Ready meals	Warming	400		6 - 8 minutes	0	Plate	Glass plate	For convenience foods, also see the packaging instructions
Soup, portion	Warming	600		3 - 6 minutes	0	Plate	Glass plate	Cover plate, stir, leave to stand for 1 minute
Water, 2 dl	Warming	1.000		1 ³ / ₄ - 2 ¹ / ₄ minutes	0	Mug	Glass plate	Standing time to complete defrosting

Microwave – meat, roasting, cooking

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Chicken leg		200	230 °C	17 - 20 minutes	2	Roasting pot	Wire rack or glass tray	MW-safe container
Chicken, whole, 1 kg		400	230 °C	30 - 40 minutes	1	Roasting pot	Wire rack or glass tray	MW-safe container
Ham, 900 g		400		40 - 50 minutes	0	Round bowl	Glass plate	Cover bowl, add 1/2 dl water, turn meat 2x3 times
Meat loaf		200	220 °C	30 - 40 minutes	1	Roasting pot	Wire rack or glass tray	MW-safe container

Microwave – cooking fruit

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Fresh sliced fruit, portion		800		3 - 5 minutes	0	Round bowl	Glass plate	Spread out the fruit evenly, add a small amount of liquid, cover bowl



Turbo grilling & microwave






Microwave








Top / bottom heat & microwave


Microwave – pies and pastries, baking

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Mug cake		900		1 - 1½ minutes	0	Mug	Glass plate	
Sponge		100	180 °C	30 – 40 minutes	1	Tin	Wire rack or glass tray	MW-safe container
Strudel, frozen		100	210 °C	20 – 30 minutes	1	Tin	Wire rack or glass tray	MW-safe container

Microwave – vegetables, cooking

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Broccoli florets, fresh, portion		800		3 – 5 minutes	0	Round bowl	Glass plate	Distribute vegetables evenly, add 1/2 dl water, cover bowl
Chopped boiled potatoes		800		5 – 7 minutes	0	Round bowl	Glass plate	Distribute vegetables evenly, add 1/2 dl water, cover bowl
Carrots, fresh, sliced, portion		800		5 – 7 minutes	0	Round bowl	Glass plate	Distribute vegetables evenly, add 1/2 dl water, cover bowl
Frozen beans, portion		800		6 – 7 minutes	0	Round bowl	Glass plate	Distribute vegetables evenly, add 1/2 dl water, cover bowl
Jacket potatoes		600		7 – 10 minutes	0	Round bowl	Glass plate	Distribute vegetables evenly, add 1/2 dl water, cover bowl

Microwave – grains, cooking

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Rice, parboiled		400		16 – 20 minutes	0	Round bowl	Glass plate	1 part rice: 2 parts water, use a large bowl and cover





Microwave












Fan cooking & microwave

Microwave – oven-baked dishes

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Lasagne (fresh), 1kg		200	180 °C	30 – 40 minutes	1	Gratin dish	Wire rack or glas baking tray	Turn dish 2 – 3x
Potato casserole		200	200 °C	30 – 40 minutes	1	Gratin dish	Wire rack or glas baking tray	Turn dish 2 – 3x

Microwave – other

Food	Function	MW Watt	Pre-heating	Cooking time Without pre-heating	Shelf position	Tray/container	Shelf	Tips and core temperature (CT)
Cooking bacon rashers		600		2 – 2 1/2 minutes	0	Plate	Glass plate	Place the rashers between sheets of kitchen roll, turn halfway through, watch carefully
Crisps, refreshing stale crisps		1000		15 – 40 seconds	0	Plate	Glass plate	Place on kitchen roll, do not cover
Drying herbs		700		2 1/2 – 4 minutes	0	Plate	Glass plate	Place on kitchen roll, do not cover, turn frequently, watch carefully
Heating cherry stone heat packs		600		1 – 2 minutes	0	No container	Glass plate	Turn occasionally/shake
Hot towels		1.000		30 seconds – 1 minute	0	Plate	Glass plate	30 seconds standing time
Melting butter, 100 g		400		30 Sekunden – 1 minute	0	Round bowl	Glass plate	Cube the butter, cover the bowl, stir during standing time
Melting chocolate, 150 g		300		4 – 4 1/2 minutes	0	Round bowl	Glass plate	Crumble chocolate, stir halfway through, stir during standing time
Melting raclette cheese		300		2 – 4 minutes	0	Plate	Wire rack or glass tray	Watch carefully
Popcorn		1000		2 1/4 – 2 3/4 minutes	0	Original bag	Glass plate	Follow instructions on packaging



Top / bottom heat & microwave



Microwave



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