



## **Making cooking as much fun as eating**

Please read this instruction manual. This will ensure that you make full use of all the technical benefits the microwave oven has to offer.

It will provide you with important safety information. You will be familiarised with the individual components of your new microwave. And we will show you how to make settings step by step. It is quite simple.

The tables list the adjustment values for numerous well-known dishes. All these dishes are tested in our cooking studio.

In the unlikely event of a malfunction, look here for information on how to rectify minor faults yourself.

A detailed table of contents will help you to find your way around quickly.

Enjoy your meal.

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### **Instruction for use**

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**H 5474.0/GB**  
**H 54R4.0**

**en**

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# Important information

## Important safety instructions

Read this instruction manual carefully. Only then will you be able to operate your appliance safely and correctly.

Please keep the instruction and installation manual in a safe place. Please pass on these instruction manuals to the new owner if you sell the appliance.

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## Before installation

### Disposing in an environmentally-responsible manner



Unpack the appliance and dispose of the packaging in an environmentally-responsible manner.

This appliance is labelled in accordance with the European Directive 2002/96/EC concerning used electrical and electronic appliances (waste electrical and electronic equipment – WEEE).

The guideline determines the framework for the return and recycling of used appliances as applicable.

### Transport damage

Check the appliance for damage after unpacking it. Do not connect the appliance if it has been damaged in transport.

If the supply cord is damaged, it must only be replaced by the manufacturer or its service personnel or similarly qualified person in order to avoid a hazard.

### Electrical connection

If the power cable is damaged, it must be replaced by a specialist trained by the manufacturer in order to prevent hazards.

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# Installation and connection

This appliance is only intended for domestic use.

This oven is intended for built-in use only. It is not intended for counter-top use or for use inside a cupboard.

Please observe the special installation instructions.

The appliance can be installed in a 60 cm wide wall-mounted cupboard (at least 30 cm deep and 85 cm off the floor).

The appliance is fitted with a plug and must only be connected to a properly installed earthed socket. The fuse protection must be rated at 10 amperes (automatic circuit breaker with trigger characteristic L or B). The mains voltage must correspond to the voltage specified on the rating plate.

The socket must only be installed and the connecting cable must only be replaced by a qualified electrician. If the plug is no longer accessible following installation, an all-pole disconnecting device must be present on the installation side with a contact gap of at least 3 mm.

Adapters, multiway strips and extension leads must not be used. Overloading can result in a risk of fire.

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# Important information

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## Safety precautions



This appliance is intended only for domestic use. Only use the appliance for preparing foodstuffs.

Adults and children must not operate the appliance without supervision

- if they are physically, sensorially or mentally incapable of doing so
- or if they lack the knowledge and experience required to operate the appliance correctly and safely.

## Children and the microwave



Children may only prepare meals with the solo microwave if they have been properly instructed. They must be able to operate the appliance correctly. They must understand the hazards indicated in the instruction manual.

When children use the appliance, they must be supervised to prevent them from playing with it. In combined operation mode, children may only use the appliance if they are supervised by adults. There is a risk of burning.

## Hot cooking compartment







Open the appliance door carefully. Hot steam may escape. There is a risk of burning. Children must be kept at a safe distance from the appliance.

Never store combustible items in the appliance. Risk of fire.



Never open the appliance door if there is smoke inside. There is a risk of burning. Switch off the appliance. Switch off the circuit breaker in the fuse box.

Never trap cables of electrical appliances in the hot appliance door. The cable insulation could melt. There is a risk of short-circuiting.

- Damaged appliance door or door seal**  Never use the microwave if the appliance door is open or if the door seal is damaged. Otherwise microwave energy may escape. Do not use the microwave again until it has been repaired.
- Environment**  Never expose the appliance to excessive heat or moisture. There is a risk of short-circuiting.
- Inadequate cleaning**  Clean the appliance on a regular basis and remove any food deposits. The surface of the appliance could be destroyed and the appliance could corrode over time if it is not cleaned with sufficient care. Microwave energy could escape.
- Repairs**  Incorrect repairs are dangerous. There is a risk of electrocution.  
Repairs may only be carried out by one of our experienced after-sales engineers.
- If the appliance is faulty, switch it off by the fuse in the fuse box or disconnect the appliance at the mains.  
Call the after-sales service.
- You must not open the casing which gives protection against exposure to microwave energy. The appliance is a high voltage appliance. Risk of electrocution.

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## Safety information for microwave operation

- Food preparation**  Use of the microwave is intended exclusively for the preparation of food. Using the microwave for other purposes may be dangerous and may result in damage, e.g. heated grain or cereal pillows could catch fire, even several hours later.  
Risk of fire.
- Microwave power and time**  Do not select a microwave power or time setting that is higher than necessary. The food could catch fire. The appliance could be damaged.  
Risk of fire.  
Follow the information provided in the instruction manual.

## Ovenware



Only use ovenware that is suitable for use in a microwave.

Porcelain or ceramic ovenware can have small perforations in the handles or lid. These perforations conceal a cavity below. Any liquid that penetrates this cavity could cause the ovenware to crack.

There is a risk of injury.

Meals heated in the microwave oven give off heat. The ovenware can become hot.

There is a risk of burning.

Always use an oven cloth or oven gloves to remove ovenware and accessories from the microwave.

## Packaging



Never heat meals in heat-retaining packages.

Risk of fire.

Do not leave food heating unattended in containers made of plastic, paper or other combustible materials.

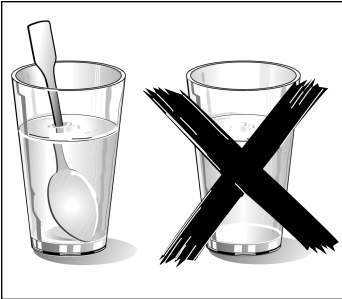
Airtight packaging may burst when food is heated.

There is a risk of burning.

Follow the information provided on the packaging.

Always use an oven cloth or oven gloves to remove meals.

## Drinks



There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid can suddenly boil over or spatter.

There is a risk of burning.






When heating liquids, always place a spoon in the container. This will prevent delayed boiling.

Never heat drinks or other foods in containers that have been tightly sealed.

There is a risk of explosion.

Never overheat alcoholic drinks.

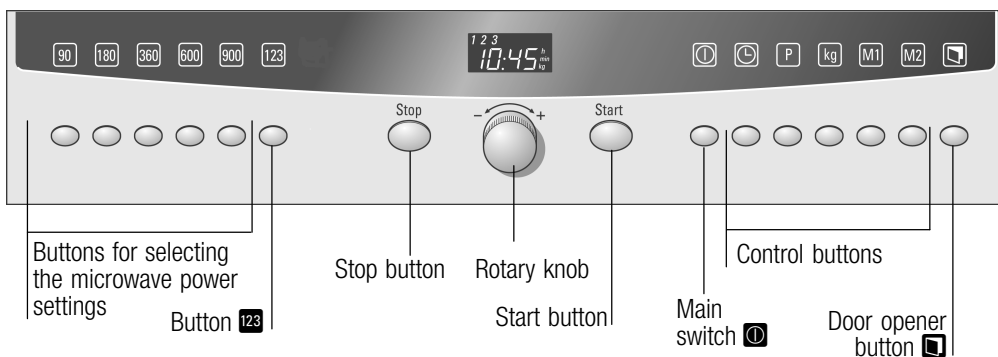
There is a risk of explosion.

<b>Baby food</b>		<p>Never heat baby food in closed containers. Always remove the lid or teat.</p> <p>Stir or shake well after the food has been heated. This is the only way to ensure even heat distribution.</p> <p>Check the temperature of the food before it is given to the child.</p> <p>There is a risk of burning.</p>
<b>Foods with shells or skin</b>		<p>Never cook eggs in their shells. Never reheat hard-boiled eggs as they may crack or explode even after the microwave heating has ended. The same applies to shellfish and crustaceans.</p> <p>There is a risk of burning.</p> <p>Always prick the yolke when frying or poaching eggs.</p> <p>Always prick foodstuffs with a peel or skin such as apples, tomatoes, potatoes and sausages before cooking to prevent the peel or skin from bursting.</p>
<b>Drying food</b>		<p>Never use the microwave to dry food.</p> <p>Risk of fire</p>
<b>Food with a low water content</b>		<p>Do not defrost or heat food at too high a power or for too long if the food has a low water content, e.g. bread.</p> <p>Risk of fire</p>
<b>Cooking oil</b>		<p>Never use the microwave to heat cooking oil on its own.</p> <p>Risk of fire</p>

# Your new appliance

Use this section to familiarise yourself with your new appliance. The control panel and its switches are explained here.

## Control panel



## Buttons for selecting the microwave wattage

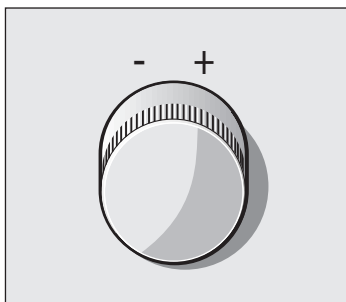
Use these buttons to select the microwave wattage required.

90 W	for defrosting delicate foods
180 W	for defrosting and continued cooking
360 W	for cooking meat and heating delicate foods
600 W	for heating and cooking food
900 W	for heating liquids

## Rotary knob

You use the rotary knob to set the time, programme number, cooking time and weight for the automatic programs.

The rotary knob can be pushed in in any position. Press the control knob to pop it in and push it away. The rotary knob can be turned clockwise or anti-clockwise.







### Ranges

1 sec - 1.30 h	Microwave duration Exception: 900 W = 1 sec - 30 min
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Weight	Depending on the programme
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## Operating switches and display panel


 button	Main switch To switch the microwave oven on/off.
 button	To open the appliance door.
 clock button	To set the time.
P button	To set the automatic programming.
kg button	To set the weight for automatic programming.
M1 and M2 buttons	To select a memory function.
 button 3-stage operation	To store up to three different settings one after the other.
Stop button	This button stops microwave operation or cancels the setting.
Start button	To start microwave operation.


You can read the values that you have set on the display panel.

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## Main switch

### Switching on

Switch your microwave oven on and off using the  main switch.

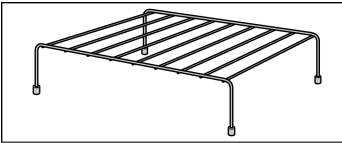
Press the  button.  
The symbol lights up in the display.

### Switching off

Press the  button.  
Your microwave oven switches off.

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## Accessories



### Wire rack




Use the wire rack to place the ovenware on.

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## Before using for the first time

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### Set the time

1. Press the  button.  
The symbol lights up.
2. Press the  clock button.  
12:00 appears in the display.
3. Set the time using the rotary knob.
4. Confirm with the  clock button.

### Hiding the clock

Press the  clock button until the clock display is blank.

### Resetting the clock

Press the  clock button until 12:00 appears in the display.

Make the settings as described in steps 3 and 4.

## Notes

The clock display does not light up to full brightness between 22:00 and 06:00.

If you have hidden the clock, your appliance runs in low standby operation.

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## Pre-cleaning the accessories

Please wash the accessories thoroughly with soapy water and a cleaning cloth before using them.

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# The microwave

Here you will find information about ovenware and how to set the microwave.

## Tables and tips

Lots of examples of defrosting, heating and cooking are given in the “Tables and tips” section.

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## Ovenware

### Suitable ovenware

Suitable dishes are heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic. These materials do not reflect microwaves.

You can also use serving dishes. This saves you having to transfer food from one dish to another. You should only use ovenware with decorative gold or silver trim if the manufacturer guarantees that they are suitable for use in microwaves.

### Unsuitable ovenware

Never use ovenware made of metal. Metal reflects microwaves.

Caution. Metal - e.g. a spoon in a glass - must be at least 2 cm away from the walls of the cooking compartment and inside of the door. Sparks could destroy the glass on the inside of the door.

## Ovenware test

Do not switch on the microwave unless there is food inside.

The following ovenware test is the only exception to this rule.

Perform the following test if you are unsure whether your ovenware is suitable for use in the microwave: Heat the empty ovenware at maximum power for between 30 and 60 seconds. Check the temperature of the ovenware during this period. The ovenware should still be cold or warm to the touch. The ovenware is unsuitable if it becomes hot or sparks are generated.

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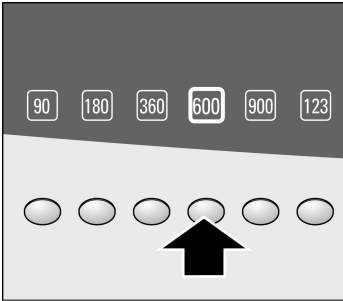
## Microwave power settings

<b>Microwave power setting</b>	<b>suitable for</b>
900 watts	Heating liquids
600 watts	Heating and cooking food
360 watts	Cooking meat and heating delicate foods
180 watts	Defrosting and continued cooking
90 watts	Defrosting delicate foods

## Setting procedure

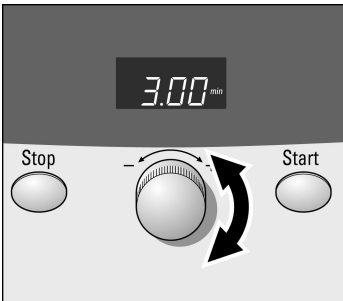
The microwave power can be set to 900 watts for a maximum of 30 minutes. A cooking time of 90 minutes is possible with all other power settings.

Example:  
Microwave power 600 W,  
3 minutes

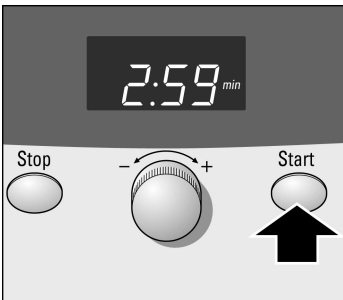


1. Press the button for the microwave power setting you require.

1:00 min appears in the display.



2. Set the cooking time using the rotary knob.



3. Press the Start button.  
The cooking time counts down in the display.

**The cooking time has elapsed**

A signal sounds. The appliance switches off. The clock reappears in the display if you press the Stop button and open the appliance door.

**Changing the cooking time**

You may change the cooking time at any time.

**Pausing**

Open the appliance door. The programme is interrupted. Press the Start button again once you have closed the door. The programme will then continue.

**Cancelling the setting**

Press the Stop button.

**Notes**

You can also set the cooking time first and then the microwave power.

If you open the appliance door while the appliance is in operation, the fan may continue to run.

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## 3-stage operation

You can set up to 3 microwave settings one after the other.

You can use these settings for e.g. easy defrosting.

Always use heat-resistant ovenware which is suitable for microwaves.

**Example:**

- 1. 600 W/2 minutes**
- 2. 180 W/5 minutes**
- 3. 90 W/10 minutes**

1. Press the **123** button.  
1 appears in the display.
2. Press the required microwave power setting.  
The selected microwave power setting lights up in the display and 1:00 minute appears.
3. Set the cooking time using the rotary knob.
4. Press the **123** button.  
2 appears in the display.
5. Press the required microwave power setting  
The selected microwave power setting lights up in the display and 1:00 minute appears.
6. Set the cooking time using the rotary knob.
7. Press the **123** button.  
3 appears in the display.

8. Press the required microwave power setting  
The selected microwave power setting lights up in the display and 1:00 minute appears.
9. Set the cooking time using the rotary knob.
10. Press the Start button.  
The total cooking time will appear in the display. It counts back to zero. The active microwave power setting lights up brighter.

### **The cooking time has elapsed**

A signal sounds. The appliance switches off. The clock is displayed once more when you press the Stop button and open the appliance door.

### **Pausing**

Open the appliance door. The programme is interrupted. Press the Start button again once you have closed the door. The programme will then continue.

### **Cancelling the setting**

Press the Stop button.

### **Notes**

The same microwave power setting cannot be selected twice in succession.

The 900 W power setting can only be selected once.

You can also set the cooking time first and then the microwave power setting.

Changing a stage before starting:

Press the **123** button repeatedly until the stage is displayed and change the setting.

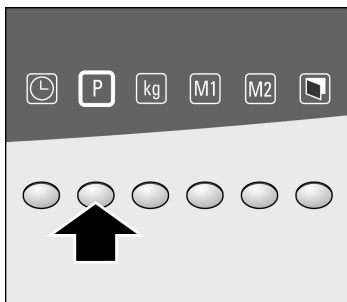
If you open the appliance door during cooking, the fan may continue to run.

# Automatic programming

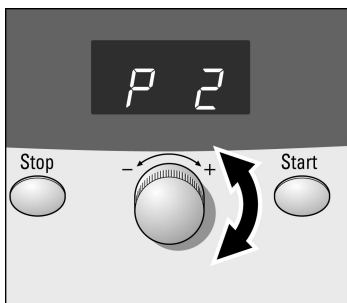
## Setting procedure

You can use the automatic programming to defrost food with the greatest of ease and prepare a variety of dishes quickly and easily.

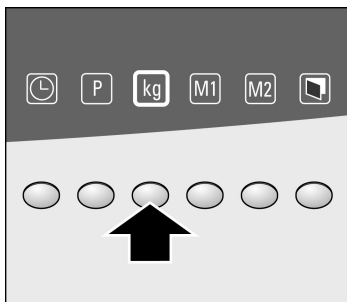
Example:  
P2, 1.0 kg



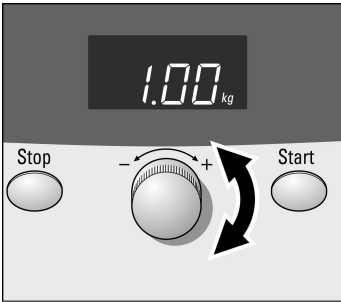
1. Press the “P” button.  
P1 appears in the display.



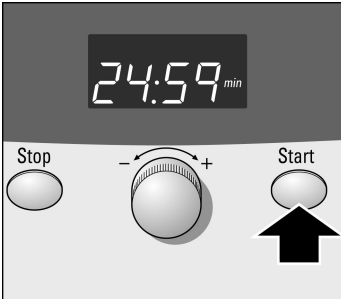
2. Use the rotary knob to select the required programme.



3. Press the “kg” button.  
The default weight appears in the display.



4. Turn the rotary knob to set the weight.



5. Press the Start button.  
The cooking time counts down in the display.

### The cooking time has elapsed

A signal sounds. The appliance switches off. Open the appliance door or press the Stop button.

### Pausing

Open the appliance door. Press the Start button again once you have closed the door. The programme will then continue.

### Cancelling


Press the Stop button twice or open the appliance door and press the Stop button once.

### Notes

The cooking time cannot be changed.

Some programmes call for the food to be turned or stirred. A signal sounds.

If you open the appliance door while the appliance is in operation, the fan may continue to run.

If you press the "P" programme button or the  weight button in automatic mode, the programme number or weight selected is displayed for approximately 3 seconds respectively.

If the kg button flashes after the appliance has been started, a weight was not entered. Set the weight and press the Start button.

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## Memory

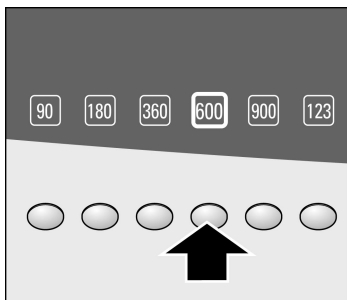
You can use the memory to create programmes. You can store the settings and retrieve them at any time.

The memory is useful if you require several different settings in order to prepare your dish or if you cook a dish particularly frequently.

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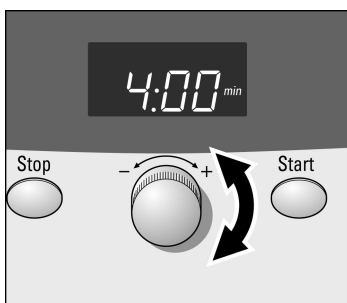
### Storing memory settings

Example:  
600 W, M1, 4 minutes

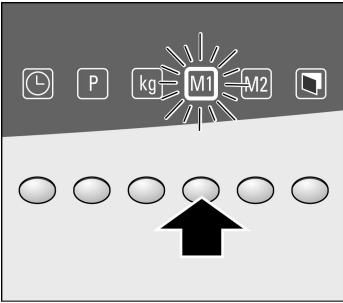


1. Press the button for the microwave power setting you require.

1:00 min appears in the display.



2. Set the cooking time using the rotary knob.



3. Press the “M1” or “M2” memory button until “M1” or “M2” flashes and a signal sounds.

The setting is stored.

The time reappears in the display.

## Reallocate memory

If you want to reallocate memory, select the memory button. The old settings are displayed. Enter new settings.

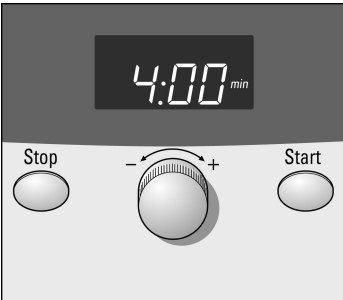
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## Starting the memory function

The stored settings for your dish can easily be called up.

Place the dish in the cooking compartment.

Example:  
600 W, M1, 4 minutes



1. Press the “M1” or “M2” button.

The stored settings appear in the display.



2. Press the Start button.

The cooking time counts down in the display.

**The cooking time has elapsed**

A signal sounds. Open the appliance door or press the Stop button.

**Pausing**

Open the appliance door. The cooling fan may continue to run. Press the Start button again once you have closed the door. The programme will then continue.

**Cancelling the setting**

Press the Stop button twice or open the appliance door and press the Stop button once.

**Notes**

Once the appliance has been started, you can no longer change the memory location.

You can only change the cooking time after the appliance has been started.

The set programmes also remain stored if there is a power cut.

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## Changing the signal duration

A signal sounds after the set duration has expired. You can change the duration of the acoustic signal.

Short signal duration = S:5

Medium signal duration = S:30 initial setting

Long signal duration = S:50

Example:  
5 signals

1. Press the kg button until S:30 appears in the display.
2. Use the rotary button to select the desired signal duration.
3. Press and hold the kg button until kg flashes in the display and a signal sounds. The setting is stored and the time appears again.

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# Care and cleaning



Do not use high-pressure cleaners or steam jets. There is a danger of short-circuiting.

Do not use caustic or abrasive cleaning agents or sharp metal scrapers to clean the oven door glass. The surface could be damaged which may result in shattering of the glass. If an abrasive substance comes into contact with the frontage, wash it off immediately with water.

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## Cleaning agents

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<b>Appliance exterior</b>	Use soapy water and dry with a soft cloth
<b>with aluminium front</b>	Gentle window-cleaning agent. Using a soft window cloth or a non-fluffing microfibre cloth, wipe over the surfaces lightly in a horizontal direction.
<b>with stainless steel front</b>	Use a soft cloth to subsequently dry off any soapy water. Always remove limescale, fat, eggwhite marks and starchy residue immediately.  Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist shops.
<b>Cooking compartment</b>	Use hot soapy water or a vinegar solution, then dry thoroughly with a soft cloth.
<b>Seal</b>	Hot soapy water
<b>Door panel</b>	Glass cleaner
<b>Accessories</b>	Soak in hot soapy water. Clean with a brush or sponge.

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# Troubleshooting

Malfuncions often have simple explanations. Please read the following instructions before calling the after-sales service:

<b>Problem</b>	<b>Possible cause</b>	<b>Notes/remedial action</b>
The appliance does not work.	The plug is not plugged into the mains.	Plug it in.
	Power cut	Check whether the kitchen light switches on.
	Blown fuse	Look in the fuse box to make sure that the fuse for the appliance is OK.
	Faulty operation	Switch off the fuse in the fuse box. Wait approximately 10 seconds. Switch on the fuses again.
The appliance is not in operation. A cooking time appears in the display.	The rotary knob was accidentally rotated.	Press the stop button
	The start button was not pressed after the setting had been made.	Press the start button or clear the setting by pressing the stop button.
The microwave does not switch on.	The door is not properly closed.	Check whether leftover food or a foreign object is trapped in the door.
	The start button was not pressed.	Press the start button.
The food takes longer than usual to heat up.	The microwave power setting is too low.	Select a higher microwave power setting.
	You have placed a larger amount of food than normal in the appliance.	Double the amount = almost double the cooking time.
Appliance switches off shortly after starting.	Door is not closed correctly.	Open the door again and close it correctly.

<b>Problem</b>	<b>Possible cause</b>	<b>Notes/remedial action</b>
Error message “Er1” appears in the display.	The temperature sensor is faulty.	Call the after-sales service.
Error message “Er11” appears in the display.	The buttons are dirty or the mechanics have jammed.	Press all buttons several times, and if this doesn't help, contact the after-sales service.
Error message “Er4” appears in the display.	There is extreme overheating (possibly a fire inside). Microwave power setting too high.	Do not open the door, disconnect from the mains or switch off the fuse in the fuse box and allow to cool down.
Error message “Er18” appear in the display.	Technical fault.	Call the after-sales service.

**Repairs may only be carried out by fully trained after-sales service technicians.**

Incorrect repairs may result in serious injury to the user.


## After-sales service

Our after-sales service is there for you if your appliance should need to be repaired. You will find the address and telephone number of your nearest after-sales service centre in the phone book. The after-sales service centres listed will also be happy to advise you of a service point in your local area.

### E number and FD number

When contacting the after-sales service, always specify the product number (E no.) and the production number (FD no.) of your appliance. The rating plate bearing these numbers can be found on the right hand side by opening the appliance door. Make a note of these numbers in the space below to save time in the event of your appliance malfunctioning.

E no.	FD no.
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After-sales service 
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## Technical data

Power supply	230 V, 50 Hz
Total connected load	1,220 watts
Microwave power output	900 watts (IEC 60705)
Microwave frequency	2,450 MHz
Dimensions (HxWxD)	
- Appliance	38.2 x 59.4 x 31.9 cm
- Cavity	22.0 x 35.0 x 27.0 cm
Weight	16,2 kg
VDE approved	Yes
CE mark	Yes

This appliance complies with standard EN 55011 or CISPR 11.

It is a group 2, class B product.

Group 2 means that microwaves are generated for the purpose of heating food.

Class B indicates that the appliance is suitable for domestic use.

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# Tables and tips

Here you will find a selection of dishes and the ideal settings for them. This section describes which microwave power setting is best for your dish or which accessories you should use. You will receive many tips on the ovenware and preparation, and information on what to do if something goes wrong.

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## Defrosting, heating up and cooking with the microwave

The following tables provide you with numerous options and settings for the microwave.

The times specified in the tables are only guidelines. They may vary according to the ovenware used, the quality, temperature and consistency of the food.

Time ranges are often specified in the tables. Set the shortest time first and then extend the time if necessary.

It may be that you have different quantities from those specified in the tables.

A rule of thumb can be applied:

Double amount – just under double cooking time,  
half amount – half the cooking time.

Stir or turn the food several times during the heating time. Check the temperature.

### Defrosting

Place the frozen food in an open container on the cooking compartment floor.

Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times.

Liquid will be produced when defrosting meat, poultry or fish. Drain off this liquid when turning and under no circumstances should it be used for other purposes or be allowed to come into contact with other foods.

Leave defrosted items to stand at room temperature for a further 10 to 30 minutes so that the temperature can stabilise. The giblets can be removed from poultry at this point.

	<b>Amount</b>	<b>Microwave setting in watts Time in minutes</b>	<b>Notes</b>
Whole joints of meat e.g. beef, pork or veal (with or without bones)	800 g	180 W, 15 min. + 90 W, 15 - 25 min.	Turn several times.
	1,000 g	180 W, 20 min. + 90 W, 20 - 30 min.	
	1,500 g	180 W, 25 min. + 90 W, 25 - 35 min.	
Diced or sliced beef, pork and veal	200 g	180 W, 5 - 8 min. + 90 W, 5 - 10 min.	Separate the parts when turning.
	500 g	180 W, 8 - 11 min. + 90 W, 10 - 15 min.	
	800 g	180 W, 12 - 15 min. + 90 W, 15 - 20 min.	
Mixed minced meat	200 g	180 W, 2 min. + 90 W, 5 - 10 min.	Freeze flat if possible. Turn several times during defrosting and remove meat which has already been defrosted.
	500 g	180 W, 6 min. + 90 W, 8 - 13 min.	
	800 g	180 W, 10 min. + 90 W, 15 - 20 min.	
Poultry or poultry portions	600 g	180 W, 8 min. + 90 W, 10 - 15 min.	Turn several times.
	1,200 g	180 W, 15 min. + 90 W, 20 - 25 min.	
Fish fillet, fish steak, slices	400 g	180 W, 5 min. + 90 W, 10 - 15 min.	Separate defrosted items.
Whole fish	300 g	180 W, 3 min. + 90 W, 10 - 15 min.	Turn half way through.
	600 g	180 W, 8 min. + 90 W, 15 - 25 min.	
Vegetables e.g. peas	300 g	180 W, 10 - 15 min.	
Fruit e.g. raspberries	300 g	180 W, 6 - 9 min.	Stir carefully during defrosting and separate the defrosted parts.
	500 g	180 W, 8 min. + 90 W, 5 - 10 min.	
Butter	125 g	180 W, 1 min. + 90 W, 1 - 2 min.	Remove all the packaging.
	250 g	180 W, 1 min. + 90 W, 2 - 4 min.	
Whole loaf	500 g	180 W, 8 min. + 90 W, 5 - 10 min.	Turn half way through.
	1,000 g	180 W, 12 min. + 90 W, 10 - 20 min.	
Dry cakes e.g. creaming method cakes	500 g	90 W, 10 - 15 min.	Separate the pieces of cake when turning them. Only for cakes without icing, cream or crème pâtissière.
	750 g	180 W, 5 min. + 90 W, 10 - 15 min.	
Juicy cakes e.g. fruit cake and quark cake	500 g	180 W, 5 min. + 90 W, 15 - 20 min.	Only for cakes without icing or gelatine.
	750 g	180 W, 7 min. + 90 W, 15 - 20 min.	

## Defrosting, heating up or cooking frozen food

Always place the ovenware on the cooking compartment floor.

Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil.

Take ready meals out of the packaging. They will heat up more quickly and evenly in microwavable ovenware.

The different components of the meal may not require the same amount of time to heat up.

Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the container.

Stir or turn the food two or three times during the defrosting, heating or cooking time.

After heating, allow the food to rest for a further 2 - 5 minutes until it reaches an even temperature.

This will help the food retain its own distinct taste, so it will require less seasoning.

	<b>Amount</b>	<b>Microwave setting in watts</b> <b>Time in minutes</b>	<b>Notes</b>
Menu, plated meal, ready-made meals in 2 to 3 parts	300-400g	600 W, 8 - 13 min.	
Soups	400 g	600 W, 8 - 12 min.	
Stews	500 g	600 W, 10 - 15 min.	
Meat in sauce e.g. goulash	500 g	600 W, 10 - 15 min.	Separate the pieces of meat when stirring.
Fish, e.g. fillets	400 g	600 W, 10 - 15 min.	You may add water, lemon juice or wine.
Bakes e.g. lasagne and cannelloni	450 g	600 W, 10 - 15 min.	Use the wire rack to place the ovenware on.
Side dishes	250 g	600 W, 3 - 7 min.	Add a little liquid.
rice and pasta	500 g	600 W, 8 - 12 min.	

	<b>Amount</b>	<b>Microwave setting in watts</b> <b>Time in minutes</b>	<b>Notes</b>
Vegetables e.g. peas, broccoli and carrots	300 g	600 W, 7 - 11 min.	Add water to cover the base of the dish.
	600 g	600 W, 14 - 17 min.	
Creamed spinach	450 g	600 W, 10 - 15 min.	Cook without adding any water.

## Heating food

Always place the ovenware on the cooking compartment floor.

Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil.

Take ready-to-eat meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up .



When heating liquids, always place a spoon in the container to prevent delayed boiling. When delayed boiling occurs, this means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid can suddenly boil over or spatter. This can cause injuries and burns.

Stir or turn the food several times during the heating time. Check the temperature.

After heating, allow the food to rest for a further 2 to 5 minutes until it reaches an even temperature.

	<b>Amount</b>	<b>Microwave settings in watts</b> <b>Time in minutes</b>	<b>Notes</b>
Menu, plated meal, ready-made meals in two to three parts		600 W, 5 - 8 min.	
Drinks	125 ml	900 W, ½ - 1 min.	Place a spoon in the container. Do not overheat alcoholic drinks. Check during heating.
	200 ml	900 W, 1 - 2 min.	
	500 ml	900 W, 3 - 4 min.	

	Amount	Microwave settings in watts Time in minutes	Notes
Baby food e.g. baby's bottles	50 ml	360 W, ½ min.	Without the lid or teat. Always shake well after heating. You must check the temperature.
	100 ml	360 W, ½ - 1 min.	
	200 ml	360 W, 1 - 2 min.	
Soup	1 bowl	175 g	600 W, 1 - 2 min.
	2 bowls	350 g	600 W, 2 - 3 min.
Meat in sauce	500 g	600 W, 7 - 10 min.	Separate slices of meat.
Stew	400 g	600 W, 5 - 7 min.	
	800 g	600 W, 7 - 8 min.	
Vegetables	1 portion	150 g	600 W, 2 - 3 min.
	2 portions	300 g	600 W, 3 - 5 min.

## Cooking food

Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the container.

Cook the food in covered ovenware. Food should be stirred or turned during cooking.

This will help the food retain its own distinct taste, so it will require less seasoning.

After cooking, allow the food to rest for a further 2 to 5 minutes until it reaches an even temperature.

Use the wire rack to place dishes on:

- if the meal requires more than 20 minutes cooking time
- if the meal does not need to be stirred.

	Amount	Microwave settings in watts Time in minutes	Notes
Fresh whole chicken without giblets	1.2 kg	600 W, 22 - 25 min.	Turn half way through the cooking time.
Fresh fish fillet	400 g	600 W, 7 - 12 min.	

	Amount	Microwave settings in watts Time in minutes	Notes
Fresh vegetables	250 g	600 W, 5 - 10 min.	Cut vegetables into pieces of equal size. Add 1 to 2 tablespoons of water per 100 g of vegetables.
	500 g	600 W, 10 - 15 min.	
Side dishes e.g. potatoes	250 g	600 W, 8 - 10 min.	Cut potatoes into pieces of equal size. Add 1 to 2 tablespoons of water per 100 g and stir.
	500 g	600 W, 12 - 15 min.	
	750 g	600 W, 15 - 22 min.	
Rice	125 g	600 W, 4 - 6 + 180 W 14 - 16 min.	Add double the amount of liquid.
	250 g	600 W, 6 - 8 + 180 W 14 - 16 min.	
Sweets e.g. pudding (instant), fruit, compote	500 ml	600 W, 5 - 7 min.	Stir the pudding thoroughly using an egg whisk 2 to 3 times during the cooking.
	500 g	600 W, 9 - 12 min.	

## Microwave tips

**You cannot find any information about the settings for the quantity of food you have prepared.**

Increase or reduce the cooking times using the following rule of thumb:

Double amount = double cooking time

half amount = half the cooking time

**The food has become too dry.**

Next time, set a shorter cooking time or select a lower microwave power setting. Cover the food and add more liquid.

**When the time has elapsed, the food is not defrosted, hot or cooked.**

Set a longer time. Large quantities and food which is piled high require longer times.

**When the time has elapsed, the food is overheated at the edge but not done in the middle.**

Stir it during the cooking time and next time, select a lower microwave power setting and a longer cooking time.

**After defrosting, the poultry or meat is defrosted on the outside but not defrosted in the middle.**

Next time, select a lower microwave power setting. If you are defrosting a large quantity, turn it several times.

### Note

Condensation may appear on the door panel, interior walls and floor. This is normal and does not affect the operation of the microwave. Please wipe away the condensation after cooking.

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## Notes on automatic programming

Take the food out of its packaging and weigh it. If it is not possible to enter the exact weight, you should round it up or down.

Place the food in a shallow, microwaveable dish, e.g. a glass or china plate. Do not cover the dish.

Place the food in the cold appliance.

A table of suitable food with weight ranges and accessories required can be found after the tips.

It is not possible to set a weight outside the weight range.

With many dishes, a signal sounds after a certain time. Turn or stir the food.

### Defrosting

If possible, freeze and store food flat and in portions at -18 °C.

Put the frozen food on a flat dish, e.g. a glass or porcelain plate.

After defrosting, allow the food to defrost for a further 10 to 30 minutes until it reaches room temperature.

Liquid will be produced when defrosting meat, poultry or fish. Drain off this liquid when turning and under no circumstances should it be used for other purposes or be allowed to come into contact with other foods.

Place beef, lamb and pork on the dish fatty-side down first. Always put meat on a saucer.

Bread should only be defrosted in the required amounts, as it quickly becomes stale.

After turning, remove any minced meat that has already defrosted.

Whole poultry should be placed in the dish breast-side down and poultry pieces skin-side down.

### Potatoes

Boiled potatoes: cut into pieces of a uniform size. Add 2 tablespoons of water per 100 g potatoes, and add salt to taste.

Jacket potatoes: use potatoes of equal size. Wash the potatoes and prick them all over. Place the wet potatoes in a dish. Do not add water.

## Rice

Rice foams a lot during cooking. Therefore, use a high-sided dish with a lid. Enter the uncooked weight (without liquid).

Add two to two and a half times the amount of liquid to the rice.

Do not use boil-in-the-bag rice.

## Vegetables

Vegetables, fresh: cut into pieces of equal size. Add two tablespoons of water for every 100 g vegetables.

Vegetables, deep-frozen: this program is only suitable for blanched, not pre-cooked vegetables. The program is not suitable for frozen vegetables in cream sauce. Add 1 to 2 tablespoons of water per 100 g. Do not add water to spinach or red cabbage.

## Standing time

Some dishes need some cooling down time in the cooking compartment after the program has ended.

Meal	Standing time
Vegetables	approx. 5 minutes
Potatoes	approx. 5 minutes. Strain the remaining water.
Rice	5-10 minutes

Food	Program number	Weight range	Ovenware/ accessories
<b>Defrosting</b>			
Meat and poultry	P1	0.2 - 2.0 kg	Flat dish without lid.
- Roasts			
- Flat pieces of meat			
- Mince			
- Chicken, poulard, duck			
Fish	P2	0.1 - 1.0 kg	Flat dish without lid.
Whole fish, fish fillet, fish cutlet			

<b>Food</b>	<b>Program number</b>	<b>Weight range</b>	<b>Ovenware/ accessories</b>
Bread and cake* Bread, whole, round or long, bread in slices, sponge cake, yeast cake, fruit pie	P3	0.2 - 1.5 kg	Flat dish without lid.
<b>Cooking</b>			
Potatoes Boiled potatoes, jacket potatoes	P4	0.2 - 1.0 kg	Dish with lid.
Rice	P5	0.05 - 0.3 kg	Tall dish with lid.
Fresh vegetables Cauliflower, broccoli, carrot, kohlrabi, leek, pepper, courgette	P6	0.15 - 1.0 kg	Dish with lid.
Frozen vegetables Cauliflower, broccoli, carrot, kohlrabi, red cabbage, spinach	P7	0.15 - 1.0 kg	Dish with lid.
* Cream cakes, buttercream cakes, cakes with frosting, icing or gelatine are unsuitable.			

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# Test dishes in accordance with EN 60705

The quality and function of microwave appliances is tested by testing institutes using the following dishes.

## Solo microwave cooking

<b>Meal</b>	<b>Microwave power setting in W, cooking time in minutes</b>	<b>Notes</b>
Custard, 565 g	600 W, 8 mins + 180 W, 15-20 mins	Pyrex, 22 x 17 cm
Sponge, 475 g	600 watts, 8-10 mins	Pyrex, 22 cm diameter
Meat loaf, 900 g	600 watts, 25-30 mins	Pyrex cake tin*, 28 cm long

\* Use the wire rack to place the ovenware on.

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## Solo microwave defrosting

<b>Meal</b>	<b>Microwave power setting in W, cooking time in minutes</b>	<b>Notes</b>
Meat, 500 g	Programme 1, 500 g or 180 W, 6 mins + 90 W 9 mins	Pyrex no. 218, 24 cm diameter