# Instructions for use

ΕN

IT



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Nederlands Polski **Contents** 

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### Information for the user

Thank you for choosing a ARISTON combination microwave. Making this product easy to use and simple to operate was the main factor considered in its development.

This combined microwave oven brings together the characteristics of a microwave with those of a traditional oven.

The various settings available allow you to choose the exact cooking method that you wish to use. This oven is designed to ensure that the control buttons are easy to use.

The controls are arranged in a practical way on the control panel. The display provides information and helps you to adjust settings.

### operating principle

The microwaves used for cooking are electromagnetic waves. They are present naturally in the environment in the form of radio waves, or light or infrared rays.

Their frequency is in the 2,450 MHz range. Their properties:

- They are reflected by metal.
- They travel through all other materials.
- They absorb water, fat and sugar molecules.

When food is exposed to microwaves, the molecules are shaken rapidly, generating heat.

The microwaves penetrate the food up to a depth of around 2.5 cm. If food items are thicker, they will be cooked through to the centre by heat conduction, as in traditional cooking. It is important to know that microwaves trigger a simple thermal reaction within the food and that they are not harmful.

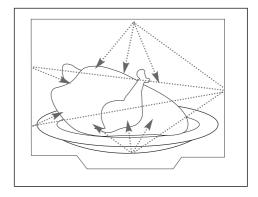
### protecting the environment

The packaging for your appliance is made from recyclable materials. Recycle them and help to protect the environment by disposing of them in the council receptacles provided for this purpose.



Your appliance also contains various recyclable materials. It is therefore marked with this logo to inform you that worn-out appliances should not be disposed of with other waste.

Appliance recycling organised by your manufacturer will thus be carried out in optimum conditions, in accordance with European directive 2002/96/EC on waste electrical and electronic equipment. Please contact your local council or your dealer for information on the worn-out appliance collection points nearest to your home. We thank you for your help in protecting the environment.



## Information for the user



#### IMPORTANT SAFETY INSTRUCTIONS -READ CAREFULLY AND RETAIN FOR **FUTURE USE.**

If the appliance is ever sold or transferred to another person, ensure that the new owner receives this user quide. Please read these quidelines before installing and using your appliance. They were written for your safety and the safety of others.

#### safety recommendations

Your appliance is designed for standard household use for cooking, reheating and defrosting foods. The manufacturer declines any responsibility in the case of inappropriate use of the appliance.

This appliance is not intended for use by individuals (including children) with impaired physical, sensorial or mental abilities, or persons lacking in knowledge or experience, unless they receive prior supervision or instructions on using the appliance from a person responsible for their safety.

Please make sure children do not play with the appliance.

WARNING: Only allow children to use the oven without supervision, if adequate instructions have been given, so that the child is able to use the oven safely and understands the dangers of incorrect use.

WARNING: Liquids and other foods should not be heated in sealed containers because they might explode.

Use only utensils suitable for use in microwave

When heating food items in plastic or paper containers, keep an eye on the oven contents, since there is a risk of ignition.

WARNING: If the door or door seal is damaged. the oven should not be used until it has been repaired by a qualified person.

WARNING: It is dangerous for anyone other than a qualified person to perform maintenance or repairs that require the removal of the cover providing protection against exposure to microwave energy.

WARNING: The accessible parts of the appliance may become hot during use. Be careful not to touch the heating elements inside the oven. It is recommended that you keep young children at a safe distance. If the appliance is being used in combination mode, it is recommended that children only use the oven under adult supervision due to the temperatures involved.

If smoke appears, stop or unplug the oven and leave the door closed to smother any flames that might appear.

Heating eggs in their shells or whole hardboiled eggs in a microwave oven is not recommended, as they may explode, even after cooking has ended. Heating beverages in a microwave oven can cause sudden and/or delayed splashing of boiling liquid, so precautions must be taken when handling containers.

The contents of baby bottles and baby food jars should be shaken or stirred and their temperature checked before consumption, to avoid burns. Never heat a baby bottle with the teat on (risk of explosion). The use of metal cookware, forks, spoons, knives or metal staples or fasteners on defrosting bags is not recommended.

Always use oven mitts to remove dishes from the oven. Some dishes absorb the heat from foods and can therefore become very hot.

If cooking small quantities of food (a sausage, croissant, etc.), place a glass of water next to the food.

Excessive cooking times may dry out foods and burn them. To prevent this happening, never use the same times as recommended for cooking in a traditional oven. To avoid damaging your appliance, never operate it while empty or without the turntable. Do not leave any accessories in your oven when it is switched off.

### Installation

#### before connection

Warning:

Ensure that your appliance has not been damaged during transport (broken seal or door, etc.). If you notice any kind of damage, contact your retailer before use.

#### electrical connections

Ensure that:

- the electrical installation is of an adequate voltage.
- the power cable is in good condition,
- the diameter of the wires complies with installation requirements,
- your electrical installation is equipped with protection rated at 16 amperes minimum.

If in doubt, consult an electrician.

The electrical connections must be made before installing the appliance in its housing.

Electrical safety must be guaranteed by correct installation in the housing. During installation and maintenance operations, the appliance must be unplugged from the mains; the circuit-breaker tripped or the fuses removed.

The appliance must be connected using a (standardised) power cable equipped with 3 1.5 mm² conductors (phase + neutral + earth), connected to a single phase 220-240V ~ system using an IEC 60083 standardised socket (phase + neutral + earth) or in accordance with installation requirements. The green/yellow safety conductor is connected to the appliance's terminal and must be connected to the installation's earth system.

In order to easily locate the reference information for your appliance, we recommend that you make a note of it on the "After-Sales Service" page.

If the appliance has an electrical plug, it must remain accessible after the appliance has been built in.

The oven's neutral conductor (blue wire) must be connected to the system's neutral conductor.

It must be possible to disconnect the appliance from the power supply, either using a plug or by fitting a switch on the fixed wiring system in accordance with installation rules.

If the power cable is damaged, it should be replaced by the manufacturer, its after-sales service department or by a similar qualified person, to avoid danger.

Warning:

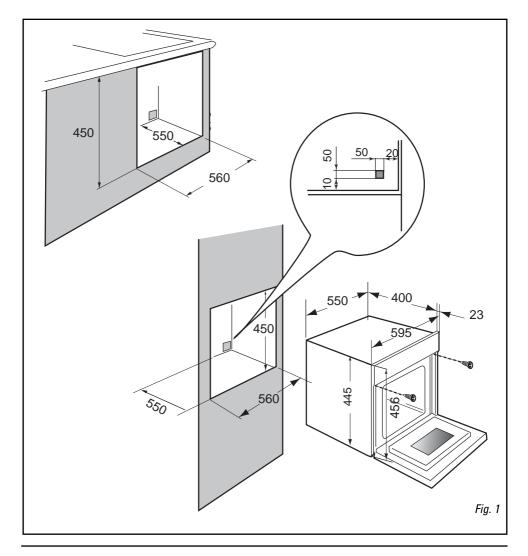
We cannot be held responsible for any accident resulting from a non-existent, faulty or incorrect earth.

If there are any problems with the oven, unplug it or remove the fuse corresponding to the oven supply wire.

### building in

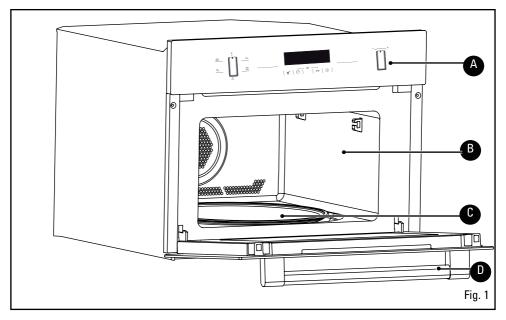
The appliance may be installed under a worktop or in a tall kitchen unit (open or closed) that has the EN appropriate dimensions for built-in installation (Fig. 1).

Never use the appliance immediately (wait 1 to 2 hours) after moving it from a cold place to a warm place because condensation could cause a malfunction.



# **Description**

### appliance



- A Control panel
- Oven cavity

- C Turntable
- Door handle

Turntable: for the even cooking of foods with no handling required.

It rotates in both directions. If the turntable does not rotate, ensure that all components are correctly positioned.

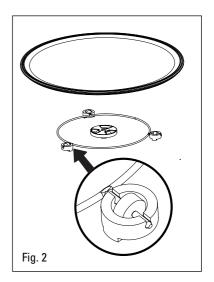
Do not try to rotate it manually as this might damage the turning gear.

It can also be used as a cooking dish. To remove it, pick it up using the access zones provided in the cavity.

The support with drive spindle: guides the glass turntable as it rotates (Fig. 2).

The support wheels: The wheels must be oriented in the right direction (Fig. 2).

If they do not turn correctly, check for any foreign bodies underneath.



#### accessories

The wire shelf (Fig. 1): allows you to brown or grill food. The shelf should not, under any circumstances, be used with other metal cookware when using the microwave, grill + microwave or fan + microwave settings. However, you may heat food in an aluminium tray providing it is separated from the shelf by a plate.

#### Enamel dish (Fig. 2):

this can be used as a bain-marie filled with water to mid-height, for fan-assisted cooking. It may also be used as a cooking dish.

Comments:

Ensure that the enamel dish is positioned correctly in the middle of the shelf to allow air to circulate freely. Do not use the enamel dish for combined conventional and microwave cooking. There is a risk of damage.

The shelf + the enamel dish:

to roast and collect the cooking juices, place the shelf over the enamel dish (Fig. 3).

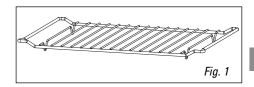
<u>Side shelves</u> (Fig. 4): 2 shelf supports fitted with hooks allow you to use the accessories at three heights.

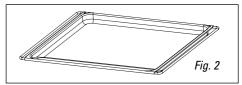
There are three possible levels, depending on the cooking method and type of food (Fig. 4/5). With the Grill or Grill + Microwave settings, the accessories are placed on the first level for thick foods like roasts and on the third level for thinner foods like chops and sausages.

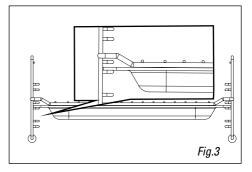
With the fan oven setting you can use the shelf or the enamel dish on the first or second level as a cooking dish.

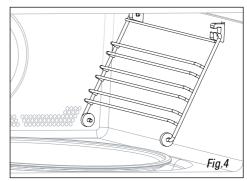
Warning:

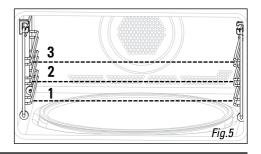
Do not use the enamel dish for combined conventional and microwave cooking. There is a risk of damage.





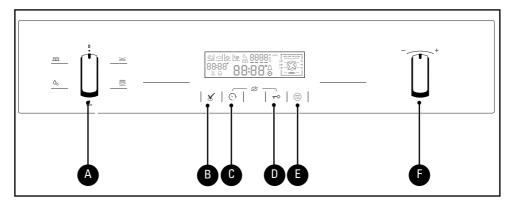






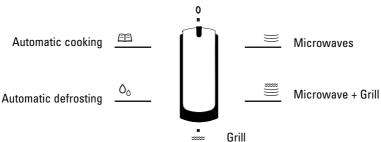
# **Description**

### control panel

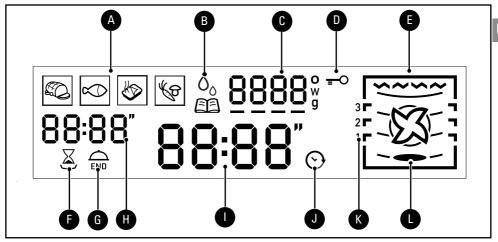


- A FUNCTION/AUTOMATIC PROGRAMMING selector knob:
  Used for selecting the various cooking modes or type of programme according to the type of food (meat fish vegetables cooked dishes vegetables).
- B CONFIRMATION button:
  Used for adjusting the power level and the temperature and confirming the values selected.
- CLOCK button:
- Used for accessing the time and cooking time adjustments.
- LOCK button:
  Prevents use of the oven.
- START-STOP button.
  Used for starting a programme and interrupting or cancelling the current programme.
- Control Knob + / -:
  Used for adjusting the time, cooking time, temperature and power level.

### cooking function selector



### display



The display guides you through programming the various settings:

- A Food categories for automatic programming (meat fish cooked dishes vegetables).
- B Automatic programming (cooking and defrosting)
- Temperature (degrees Celsius)
  Microwave power level (Watts)
  Food weight (grams)
- D Locking the controls
- Cooking modes display
- Cooking time icon
- **G** End of cooking symbol (with delayed start)
- Programme time
- Time
  Automatic defrost indicator (AUTO)
- Time set symbol
- Shelf level indicator
- Turntable symbol

## Use

### setting/changing the time

When you switch on your appliance or after an extended power cut, 00:00 flashes on the display.

To set the time	e, example: 06:30	Display
+	Turn the + / - knob to set the desired time (06). Confirm by pressing CLOCK.	Man
- +	Then set the minutes (30) with the + / - knob. Press the START-STOP button.	
(3109)	A beep sounds to confirm that the time has been set.	06:30
To change the	time	Display
$\odot$	Press the CLOCK button. The time display flashes.	M
+	Set the new time, using the + / - knob. Confirm by pressing the CLOCK button.	
+	Then set the minutes with the + / - knob. Confirm by pressing START-STOP.	- 30 רס
START STOP	A beep sounds to confirm that the new time has been set.	i 



**Comments**: If you do not press the clock button, the time displayed is automatically saved after 10 seconds.

### stopping the turntable



If you think that there is not enough space for it to rotate freely in the oven, select the turntable stop function before or during the programme.

N.B.: the turntable cannot be stopped during an automatic defrost programme.

To activate this option:

Press the and buttons simultaneously and the symbol switches off in the display and the turntable stops rotating.

To cancel:

Press the and buttons.

You must turn the cookware and stir its contents half way through the programme if the TURNTABLE STOP FUNCTION is used.

### programming

Your appliance is now switched on and the correct time is set.

Use the handle to open the door. Put the food inside and close the door.

If the door is not closed properly, the appliance will not operate.

If the door is opened during a programme, the programme is not cancelled, just interrupted. To restart the oven, close the door and press the  $\frac{cont}{cont}$  button again.

If, after programming, there is no action for 10 seconds, the display shows the time with reduced brightness.

To enter a second programme at the end of the first one, press  $\frac{spec}{spec}$ , open the door and then close it again.

Press and hold the  $\frac{3000}{3000}$  button for 2 seconds to cancel a current programme or turn the selector knob to 0 (OFF then appears in the display).

Three beeps sound to signal the end of each programme.

If the door is left open, the light turns off after 3 minutes.

To remove moisture, your appliance has a delayed fan function. Depending on the cooking mode chosen (solo/grill/combined), the oven fan may continue to run at the end of the programme. It will stop automatically.

### using the power levels

Power level	Use	
1000W / 900W	Quick heating of drinks, water and food that contains a lot of liquid. Cooking very watery foods (soups, sauces, tomatoes, etc.).	
800W / 700W	Cooking fresh and frozen vegetables.	
600VV	Melting chocolate.	
500W	Cooking fish and shellfish. Heating on 2 levels. Cooking dry vegetables on a low heat. Heating or cooking delicate egg-based foods.	
400W / 300W	Slow cooking dairy products and preserves.	
200W	Manual defrost. Softening butter and ice cream.	
100W	Defrosting pastries containing cream.	

MICROWAVE POWER OUTPUT: 1000W

EN

# Use

#### microwave function Display Programming by power level IUUU~ Turn the selector button to choose the MICROWAVE function. The maximum power level, 1000W, appears in the display and the cooking time numbers flash 01:00". 1000\* Set the cooking time with the +/- knob, for example: 10:00 18:00 10 minutes. Press the VALIDATION button. You can then reduce the power of the microwaves using the + / - knob, for example 500W. 10:00 Confirm the selection by pressing START-STOP. 500× The oven switches on and the programme starts. 10:00



. If the door is opened during cooking, the oven stops and the remaining programme time is displayed. To continue the programme, simply close the door again and press START-STOP.

18:00

The length of time may be adjusted at any time by simply turning the +/- button.

### keeping food warm

keeping food warm	¦ Display
If you leave your dish in the oven at the end of a microwave programme without opening the door, a function called "heat and hold" starts after 2 minutes and keeps your dish warm. Three beeps sound after 15 minutes to announce the end of the "heat and hold" programme.	Z15002 18:00

### heating on two levels

For better results when heating up 2 dishes at the same time, use the microwave function on 500 Watts. Put one plate on the turntable and another on the shelf on level 3.

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Recommendations:

Cover the plates with microwave food wrap or with an inverted plate. The times indicated below apply if you are heating refrigerated food or food stored at room temperature.

Type of food	Quantity	Time
Foods with a uniform texture (mashed potatoes, peas, celery, etc.)	2 x 200 g plates	4 - 6 minutes
Foods with an uneven texture, such as cassoulet, stews, ravioli, etc.	2 x 300 g plates	6 - 8 minutes

### automatic cooking functions



Thanks to the automatic cooking function, the cooking mode and duration are automatically programmed based on the type of food and the weight.

Four automatic cooking settings are available via the selector knob.



Fresh meat.



Fresh fish



Chilled, cooked dishes.



Fresh vegetables.

Programmir	Display	
——————————————————————————————————————	Turn the selector knob to then select the type of food that you wish to cook using the + / - knob, e.g. fresh vegetables.	\$ 100 × 100
₹	Press the VALIDATION button. The minimum weight (100 g) appears on the display and starts flashing.	\(\begin{align*} \text{\subseteq} & \subsete
START	Adjust the weight, e.g. 150 g, using the + button. Confirm by pressing START-STOP.	O PO Ruto
	The length of time required is calculated automatically. This time is shown on the display and the programme starts.	i ! !

### guide to automatic functions

Chilled ready-meals	This function is used for reheating chilled, cooked dishes (lasagne, dauphinois potatoes, shepherd's pie, fish pie, etc.) between 100 g and 1,000 g.  Dishes are reheated on the microwave setting.  Remove the product from its packaging and place in a suitably-sized, heat-resistant, microwave safe dish. For better results, cover the microwave-safe dish with microwave food wrap or an inverted plate.  Place the dish on the turntable. Wait two minutes before serving to allow the heat to distribute evenly.
Fresh meat	This function is used for joints weighing between 500 g and 2,000 g.  Cooking is done on the combined microwave oven + circulating heat setting.  Use a microwave-proof, heat-resistant dish, preferably made of terracotta (fewer splashes than with a glass dish).  If possible, cook roasts without barding fat to prevent smoke and fat splashes. You will get the best results with roasts that are not too thick.  Take the meat out of the refrigerator and leave it at room temperature for 1 hour before putting it in the oven. Place the dish on the shelf at level 2.  After cooking, wrap the roast in aluminium foil and leave it to rest for 10 minutes. This will help relax the meat fibres and the roast will be more succulent.
Fresh vegetables	This function is used for cooking vegetables weighing between 100 g and 1,000 g.  The vegetables are cooked on the microwave setting.  Choose fresh vegetables and, before cooking, add:  - up to 200 g: 2 tablespoons of water  - up to 500 g: 0.5 dl water  - up to 1,000 g: 1 dl water  Use a dish suitable for the volume of vegetables and cover it (except when cooking mushrooms). Place the dish on the glass turntable.  Half way through the automatic defrost programme for food weighing more than 350 g, a beep sounds to remind you that you need to turn the food over for best results and "turn" is displayed.  After cooking, wait a few minutes before serving the vegetables.
Fresh fish	This function is used for fish weighing between 100 g and 1,000 g. Cooking is done on the microwave setting.  Use a microwave-proof, heat-resistant dish, preferably made of terracotta (fewer splashes than with a glass dish).  Place the dish on the turntable.

### defrosting



Defrosting frozen vegetables in your microwave oven saves you a great deal of time. To defrost food, use the AUTOMATIC DEFROST function or the MICROWAVE function with the power set to 200W.

### ₹ Tips:

Small pieces of meat or fish can be cooked straight after defrosting. Larger pieces such as meat joints or whole fish will still be slightly frozen after the defrost programme.

We recommend that you let the food stand for a period of time at least equal to the defrosting time to ensure an even temperature.

Food covered with ice crystals will take longer to defrost. In this case, you should increase the defrosting time.

### Recommendations:

The defrosting time depends on the type of oven. It also depends on the shape, size, starting temperature and quality of the food.

In most cases, food must be removed from its packaging. Remember to remove any metal staples from the packaging.

Halfway through defrosting, the pieces of food should be turned over, stirred and separated if they were frozen together.

If you are defrosting large pieces of meat or fish that prevent rotation of the turntable, use the turntable stop function. In this case, turn the food regularly.

Defrost meat or fish by putting it on an upside-down saucer on top of a plate to let the juices run. If they stay in contact with the food, they will overheat.

Never refreeze food before cooking it.

### Defrost programme time:

The defrost programme time is calculated for food frozen at -18  $^{\circ}$ C. This gives you an indication of the time needed for defrosting but the actual time may vary depending on the thickness, shape, size and packaging of the food.

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### Use

### defrost function Automatic defrost Display Turn the selector knob to "automatic defrost" then select $\otimes$ the type of food that you wish to cook using the + / - knob. Auto e.g. fresh fish. Press the FNTFR button. 150. กกฺฯร გიხი The minimum weight, 100 g, appears in the display. Turn the + /- selector, if you wish to adjust the food weight, e.a. 150a. Confirm by pressing START-STOP. The required time is calculated automatically. The programme time appears on the display and the defrost programme starts.

Comments:

The defrost time is calculated automatically according to the weight of the food. The defrost time required may vary depending on the starting temperature of the food (times are calculated for food frozen at -18 °C).

Half way through the automatic defrost programme for food weighing more than 350 g, a beep sounds to remind you that you need to turn the food over for the best results and "*turn*" is displayed. Close the door again after turning the food and press START-STOP to continue the defrosting programme.

With the automatic defrost function, the defrost time cannot be modified.

To ensure even results, the TURNTABLE STOP function cannot be used with the automatic defrost function.

# grill function

This function is used for cooking and browning food such as gratins or meat. It may be used before or after cooking, depending on the recipe.

Note:

This appliance is designed to cook with the door closed.

The accessible areas of the oven may become hot when the grill is used.

Children should be kept at a safe distance.

When using the grill, you must protect your hands when handling dishes and use cookware that is suitable for use at high temperatures, such as heat-resistant glass or porcelain.

There are 2 grill settings: medium or high grill.

As a general rule, we recommend that you use the high grill for meat and fish and the medium grill for grating and browning more delicate dishes. Position the shelf according to the height of the dish or the food.

Programming the GRILL function		Display
	Select the MEDIUM GRILL (2) or HIGH GRILL (3) function, using the selector knob.	-3- r
+	The cooking time starts to flash in the display. Set the cooking time using the + and - buttons.	2000E   #30
(START) STOP	Confirm the selection by pressing START-STOP; the oven switches on and the programme begins.	<sup>00:45°</sup> I <b>⊧30</b>

Note: The cooking time may be adjusted at any moment:

Do this by simply turning the +/- knob.

### grill position cooking guide

Put the food on the shelf, position the enamel dish below (to collect the cooking juices) and position in the oven on level 3. Turn the food half way through cooking.

Food	Quantity	Time	
Andouillettes, black pudding, sausages (pierce with a fork)	4 - 6 units	22 - 30 minutes	
Pork chops	4 units	27 - 32 minutes	
Lamb chops	4 units	15 - 17 minutes	
Beef rib	800 g	23 - 25 minutes	
Smoked bacon	4 - 6 rashers	18 - 25 minutes	

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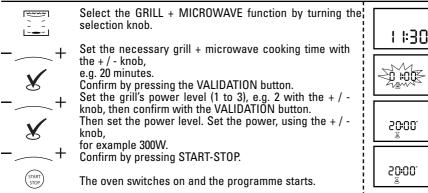
### microwave + grill function



This function allows you to use the grill and microwave modes at the same time, making cooking quicker. You can use either of the two grill levels with one of the microwave power levels up to 700W.

### Programming the GRILL + MICROWAVE function







Note:

The cooking time may be adjusted at any moment: Do this by simply turning the + / - knob.

### cooking guide for micro-wave + grill function



Use a microwave-proof, heat-resistant dish, preferably made of terracotta (less splashing than with a glass dish).

Put the food on a dish and put it on the shelf at level 1. Turn the food half way through cooking. If possible, cook roasts without barding fat to prevent smoke and fat splashes.

After cooking, season the joint, wrap it in aluminium foil and leave it for 10 minutes. This will help relax the meat fibres and the roast will be more succulent.

Food	Quantity	Programming	Time
Shoulder of lamb (boned and strung)	1,300 g	200W + High grill	40 - 45 minutes
Entrecôte steak	800 g	200W + High grill	18 - 23 minutes
Chicken, guinea fowl	1,200 g	500W + High grill	25 - 27 minutes
Roast turkey	800 g	300W + High grill	27 - 32 minutes
Roast pork	1,000 g	300W + High grill	35 - 40 minutes
Veal joint	1,200 g	300W + Medium grill	50 - 55 minutes

### setting the brightness of the display

Programming		Display	
	You can adjust the brightness of the display.		EN
	Set the time to 00:10.		
X	Press and hold the ENTER button for 5 seconds.	:  -::0-	
_	-CO- is shown in the display.	¦	
+	Adjust the brightness using the + / - knob.	 	
	Confirm by pressing the ENTER button.	! 	

# Maintenance & Cleaning

We recommend that you clean the oven regularly and remove any deposits of food inside and outside of the appliance. Use a damp sponge and a little soap. If the appliance is not cleaned regularly, its surface could become damaged, permanently affecting the appliance's lifespan and possibly causing a safety hazard. If the door or door seal are damaged, the oven should not be used until it has been repaired by a qualified person.

Do not clean the appliance with a steam cleaner.

The use of abrasive products, alcohol or thinners is not recommended as they are likely to damage the appliance.

Do not use abrasive maintenance products or hard metal scrapers to clean the oven door as they may scratch the surface or break the glass.

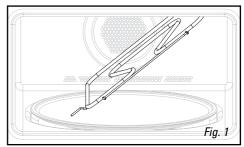
If the oven smells bad or is dirty, boil a cup of water with lemon juice for 2 minutes and clean the walls with a small amount of washing up liquid.

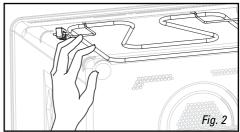
To clean the top of the cavity, remove the grill element (Fig. 1).

Unhook the grill element by pushing on the pin in the top left (Fig. 2).

The turntable can be removed for easy cleaning. To remove it, pick it up using the access zones provided for this purpose. If you take out the

support with the drive spindle, make sure you do not let water get into the motor spindle orifice. Remember to put back the support, the support wheels and the turntable.





# **Troubleshooting**

If you have doubts about the correct operation of your appliance, it does not necessarily mean that there is a fault. In all cases, check the following:

You notice that	Solution
The appliance does not switch on.	Check that your appliance is connected correctly. Check that the oven door is properly closed. Check that the child lock is not on.
The appliance continues to make noise after the programme has finished.	To remove moisture, your appliance has a delayed fan function. Depending on the cooking mode chosen (solo/grill/combined), the oven fan may continue to run at the end of the programme.
The appliance is noisy. The turntable does not rotate properly.	Clean the support wheels and the rolling area under the turntable. Check that the wheels are positioned correctly.
You notice steam on the glass.	Wipe off the condensation using a cloth.
Dishes do not heat up on the microwave setting.	Check that the cookware is suitable for microwave use and that the power level is set correctly.
Smoke is coming out of the grill at the start of the programme.	Remove all food residues from the heating element before each use.
There are sparks coming from the appliance.	Clean the appliance thoroughly: remove any traces of grease, bits of food, etc. Make sure that there are no metal objects close to the oven walls. Never use metal objects with the shelf. Never operate your oven when it is empty.

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Methods for measuring suitability for use in accordance with standards IEC/EN/NF EN 60705. The International Electrotechnical Commission, SC.59K, has drawn up a standard relating to the comparative performance checks carried out on different microwave ovens. We recommend the following for this appliance:

Test	Load	Approx. time	Power level	Cookware/ Recommendations
Custard	1,000 g	16 - 18 min	500W	Pyrex 227 On the turntable
(12.3.1)	750 g	13 - 15 min		Pyrex 220 On the turntable
Angel food cake (12.3.2)	475 g	6 - 7 min	700W	Pyrex 827 On the turntable
Meatloaf (12.3.3)	900 g	14 min	700W	Pyrex 838 Cover with cling film On the turntable
Defrosting meat (13.3)	500 g	11 - 12 min	200W	On the turntable
Defrosting raspberries (B.2.1)	250 g	6 - 7 min	200W	On a flat plate On the turntable
Potatoes au gratin (12.3.4)	1,100 g	23 - 25 min	Low power grill + 700W	Pyrex 827 On the turntable
Chicken (12.3.6)	1,200 g	24 - 26 min	High grill + 500W	Put it in a dish on the shelf fitted 1 level up from the bottom Turn half way through cooking