

MAIN FUNCTIONS

i Touch the name of the function to select it. Use the Rotating Knob and the Confirmation Button to set the cooking parameters.

Function	Icon	Suggested accessories / Food categories
Microwave		Plate cover (sold separately)
Grill		High rack
Crisp		Crisp plate Crisp handle
Forced Air		Low rack Baking plate (sold separately)
⁶ _{sense} Reheat		Plate cover (sold separately)
⁶ _{sense} Defrost		1* 2* 3* 4* 5*
⁶ _{sense} Steam		Steamer
Combi Combined functions:		
1. Combi Grill + Microwave		High rack
2. Combi Forced Air + Microwave		Low rack

SPECIAL FUNCTIONS

i Touch the name or the icon on the control panel to select the function. More info about the special functions are contained in the Instructions for Use manual.

Function	Icon	Notes
⁶ _{sense} Menu Automatic recipes		To see the list of the 30 automatic recipes available on this product, go to the last page of this Quick Reference Guide. A complete description of each recipe is included in the Instructions for Use manual.
⁶ _{sense} Bread Defrost		Accessories: Crisp plate Crisp handle
Stop Turntable		This function allows to use large and squared vessels that could not turn freely in the product. Available only with some cooking functions.
Timer / Time Setting		A kitchen timer useful for various purposes such as letting the dough rise before baking etc. Note: to set the clock time, keep the Timer Button pressed for 3 seconds, then set the time using the Rotating Knob and the Confirmation Button.

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⁶_{sense}

With 6th SENSE technology, the microwave automatically sets the cooking time and power levels based on the type of food to be prepared. The 6th SENSE logo will be displayed on the digital display when using a 6th SENSE guided function.



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MICROWAVE

Microwave function allows to quickly cook or reheat food and beverages. Press the Microwave Button, then use the Rotating Knob and the Confirmation Button to choose the power level according to the table.

POWER	SUGGESTED USE:
950 W	Reheating of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.
750 W	Cooking of fish, meat, vegetables etc.
650 W	Cooking dishes, not possible to stir.
500 W	More careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
350 W	Simmering stews, melting butter.
160 W	Defrosting.
90 W	Softening butter, cheeses, ice cream and chocolate.



GRILL

This function uses a powerful quartz grill to brown foods, creating a grill or a gratin effect. Press the Grill Button, then use the Rotating Knob and the Confirmation Button to set the time.



CRISP

This exclusive Whirlpool function allows for perfectly golden brown results both on the top and bottom surfaces of the food. Using both Microwave and Grill cooking, the Crisp Plate will rapidly reach the right temperature and begin to brown and crisp the food.

The following accessories must be used with the Crisp function:

- the Crisp Plate
- the Crisp Handle to manage the hot Crisp Plate

Use this function to reheat and cook pizzas, and other dough based food. It is also good for frying bacon and eggs, sausages, potatoes, french fries, hamburgers and other meats etc. without adding oil (or by adding only a very limited quantity of oil).

Before cooking food that do not require a long cooking time (pizza, cakes...), we recommend to pre-heat the Crisp plate 2-3 minutes in advance.



FORCED AIR

This function allows you to obtain oven-baked dishes. Using a powerful heat element and fan, the cooking cycle is just like that of a traditional oven.



WITH PREHEAT

Press the Forced Air button and select the desired temperature. The display will show the word "Pre": press the confirmation button to start the Preheat phase. When the temperature has been reached, a message on the display ("Add Food") informs you to add the food. Set the cooking time and press the Confirmation Button to start cooking.



WITHOUT PREHEAT

Press the Forced Air button and select the desired temperature. The display will show the text "Pre" (Preheat): to skip the Preheat cycle do NOT press the Confirmation Button, and just turn the Rotating Knob to set the cooking time.



6TH SENSE REHEAT

This function allows you to automatically reheat your dishes. The microwave will automatically calculate the needed microwave power level and time to get the best possible result in the shortest time.

Use this function to reheat ready-made food either frozen, chilled or at room temperature.

The net weight shall be kept within 250g- 600g when using this function.



6TH SENSE DEFROST

Defrost function allow to quickly defrost frozen food. Press the Defrost Button, then use the Rotating Knob and the Confirmation Button to select your preferred choice above the ones shown in the table.

	FOOD CATEGORY
1	Meat
2	Chicken
3	Fish
4	Vegetables
5	Bread

In order to achieve the best possible results the product will ask you:

- to input the weight of the food
- to turn/stir the food when needed



6TH SENSE STEAM

This function allows you to obtain healthy and natural tasting dishes by cooking with steam. Use this function with the provided steamer to steam cook foods such as vegetables and fish. Or using the same accessory (without the middle grid), you can boil pasta or rice.



COMBI GRILL + MICROWAVE

This function combines Microwave and Grill heating, allowing you to cook au gratin in less time.

Press the Combi button: the display will show the number "1", corresponding to the Combi Grill + Microwave function. Press the Confirmation Button, then select the power level according to the table below.

POWER LEVEL	SUGGESTED USE:
650 W	Vegetables
500 W	Poultry & Lasagne
350 W	Fish
160 W	Meat
90 W	Gratined Fruit



COMBI FORCED AIR + MICROWAVE

This function combines Microwave and Forced Air cooking, allowing you to prepare oven-baked dishes in less time. Press the Combi button, then use the Rotating Knob and the Confirmation Button to select the number 2 for Combi Forced Air + Microwave function. Choose proper temperature between range 50°C-200°C, then choose the power level according to the table.

POWER LEVEL	SUGGESTED USE:
350 W	Poultry, Jacket potatoes, Lasagne & Fish
160 W	Roast meat & Fruit cakes
90 W	Cakes & Pastry



6TH SENSE MENU

6th Sense Menu is a simple and intuitive guide, offering automatic recipes that guarantee perfect results every time.

Use this menu to prepare the dishes listed in the last page of this Quick Guide. Press the Menu button, then simply select a recipe and follow the instructions on the display: Menu will automatically adjust the cooking parameters to get the best results. A complete description of all the Menu recipes is included in the Instructions For Use.



STOP TURNTABLE

Use this function when you need to use very large vessels that could not turn freely in the oven.

The "Stop Turntable" function works only with the following cooking functions:

- Forced Air
- Combi Grill + Microwave
- Combi Forced Air + Microwave



6TH SENSE BREAD DEFROST

This exclusive Whirlpool function allows you to defrost frozen bread. Combining both Defrost and Crisp technologies, your bread will taste and feel as if it were freshly baked. Use this function to quickly defrost and heat frozen rolls, baguettes & croissants. Bread Defrost can be used if the net weight is between 50g- 400g.

The following accessories must be used with this function:

- the Crisp Plate
- the Crisp Handle to manage the hot crisp plate



TIMER

Use this function when you need a kitchen timer to measure exact time for various purposes such as letting the dough rise before baking etc.

Note that the Kitchen Timer does NOT activate any cooking cycle.








JET START



This function is used for quick reheating of food with a high water content such as clear soups, coffee or tea.

Press Jet Start Button to automatically start the Microwave function at maximum power (950W) for 30 seconds. Each additional pressure will increase the cooking time of 30 seconds. You can also increase or decrease the time by turning the Rotating Knob after the function has started.





 MEAT

-   1. Beef [Roasted]
-   2. Lamb [Roasted]
-  3. Entrecote [Grilled]







 CHICKEN

-  4. Wings [Crisp]
-  5. Fillets [Crisp]






 FISH & SEAFOOD

-  6. Fish fillets [Steam]
-  7. Frozen gratin [Baked] *
-  8. Frozen coated fillets [Crisp] *
-  9. Shrimps [Steam]

 VEGETABLES

-  10. Potatoes [Baked]
-   11. Tomatoes [Baked]
-  12. Carrots [Steam]
-  13. Broccoli [Steam]
-  14. Potato Wedges [Crisp]






 PIZZA & QUICHE

-  15. Home made pizza [Crisp]
-  16. Quiche Lorraine [Crisp]
-  17. Frozen pan pizza [Crisp] *
-  18. Frozen thin pizza [Crisp] *
-  19. Prebaked Frozen Quiche [Crisp] *



 RICE

-  20. Rice [Steam]





 PASTA & LASAGNA

-  21. Pasta [Steam]
-   22. Meat lasagna
-   23. Frozen lasagna *




 DESSERT








-   24. Crème brûlée

 CAKES & PASTRIES

-  25. Home made fruit pie
-  26. Scones [Crisp]
-   27. Sponge cake [Crisp]

 SNACKS & CONVENIENCE

-  28. Nuts roasted [Crisp]
-  29. Frozen Nuggets [Crisp]
-  30. French Fries [Crisp]

ACCESSORIES							<p> A complete description of each of the 6th Sense Menu recipes is included in the Instructions For Use.</p>
	Microwave and oven proof dish	Crisp plate	Steamer	Steamer (bottom and lid)	Low rack	High rack	