

# JT479

## Gebrauchsanweisung

Instructions for use

## Mode d'emploi

Gebruiksaanwijzing

Istruzioni per l'uso



## Brugsanvisning

Bruksanvisning

## Käyttöohje

Manual de utilizare

Instrucciones para el uso



## Οδηγίες χρήσης

Instrukcje użytkowania

## Használati utasítás

Инструкция за използване

Інструкція з експлуатації



## Návod k použití

Návod na použitie

## Instrucțiuni de utilizare

Инструкции по експлуатации

تعليمات وكيفية الاستعمال

Қолдану бойынша нұсқаулық

[www.whirlpool.com](http://www.whirlpool.com)

 **Whirlpool**<sup>®</sup>  
HOME APPLIANCES

# INDEX

---

## INSTALLATION

- 3 Installation

## SAFETY

- 4 Important safety instructions
- 5 Trouble shooting guide
- 6 Precautions

## ACCESSORIES AND MAINTENANCE

- 7 Accessories
- 8 Maintenance & Cleaning

## CONTROL PANEL

- 9 Control panel

## GENERAL USE

- 10 First Use-Language selection
- 10 Stand-by mode
- 10 Start Protection / Child Lock
- 10 Demo Mode
- 10 Pause or Stop cooking
- 11 Add/Stir/Turn food
- 11 Stop Turntable
- 11 Timer
- 12 Settings

## COOKING FUNCTIONS

- 13 Jet Start
- 14 Microwave
- 15 Grill
- 16 Combi Grill + Microwave
- 17 Combi Forced Air + Microwave
- 18 Quick Heat
- 19 Defrost (Manual and 6th Sense Defrost)
- 20 Crisp
- 21 6<sup>TH</sup> Sense Bread Defrost
- 22 Forced Air
- 23 6<sup>TH</sup> Sense Steam
- 24 6<sup>TH</sup> Sense Reheat
- 25 Favourites
- 26 6<sup>TH</sup> Sense Chef Menu

## ENVIRONMENTAL HINTS

- 36 Environmental Hints
- 36 Technical Specifications

# INSTALLATION

## -PRIOR TO CONNECTING

Position the oven at a distance from other heating sources. For sufficient ventilation there must be a space of at least 30 cm above the oven.

The microwave oven shall not be placed in a cabinet. This oven is not intended to be placed or used on a working surface lower than 850 mm above the floor.

Check that the voltage on the rating plate corresponds to the voltage in your home.

Do not remove the microwave inlet protection plates located on the side of the oven cavity wall. They prevent grease & food particles from entering the microwave inlet channels.

Place the oven on a stable, even surface that is strong enough to hold the oven and the food utensils you put in it. Use care when handling.

Ensure that the space underneath, above and around the oven is empty to allow for proper airflow.

Ensure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean the interior with a soft, damp cloth.

Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces. Electrical shock, fire or other hazards may result.

Do not use extension cord:

If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

**WARNING:** Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

## -AFTER CONNECTING

The oven can be operated only if the oven door is firmly closed.

Poor television reception and radio interference may result if the oven is located close to a TV, radio or aerial.

The earthing of this appliance is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.

The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.

## IMPORTANT SAFETY INSTRUCTIONS

### READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

If material inside / outside the oven should ignite or smoke is emitted, keep oven door closed and turn the oven off. Disconnect the power cord or shut off power at the fuse or circuit breaker panel.

Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating foods.

**WARNING:** The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements inside the oven. Children less than 8 years of age shall be kept away unless continuously supervised.

The Microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.

Children should be supervised to ensure that they do not play with the appliance. Keep the appliance and its cord out of reach of children less than 8 years.

**WARNING:** Do not use your microwave oven for heating anything in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.

**WARNING:** The door seals and the door seal areas must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a trained service technician.

Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode even after microwave heating has ended.

## IMPORTANT SAFETY INSTRUCTIONS

The appliances are not intended to be operated by means of an external timer or separate remote-control system.

Do not leave the oven unattended if you are using a lot of fat or oil since they can overheat and cause a fire!

Do not heat, or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers or other combustible materials. Fire could result.


Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

Do not hang or place heavy items on the door as this can damage the oven opening and hinges. The door handle should not be used for hanging things on.

---

## TROUBLE SHOOTING GUIDE

If the oven does not work, do not make a service call until you have made the following checks:

- The Turntable and Turntable Support is in place.
- The Plug is properly inserted in the wall socket.
- The Door is properly closed.
- Check your Fuses and ensure that there is power available.
- Check that the oven has ample ventilation.
- Wait for 10 minutes, then try to operate the oven once more.
- Open and then close the door before you try again.
- Demo Mode is disabled (see "Settings" chapter).
- During the operation of some functions, a symbol "  " may be displayed. This is normal and indicates that the oven performs some calculations in order to reach a good end result.

This is to avoid unnecessary calls for which you will be charged.

When calling for Service, please give the serial number and type number of the oven (see Service label). Consult your warranty booklet for further advice.

If the mains cord needs replacing it should be replaced by the original mains cord, which is available via our service organization. The mains cord must only be replaced by a trained service technician.

**WARNING:** Service only to be carried out by a trained service technician. It is hazardous for anyone other than a trained person to carry out any service or repair operation, Which involves the removal of any cover, which gives protection against exposure to microwave energy.

Do not remove any cover.

## PRECAUTIONS

### - GENERAL

This appliance is designed for domestic use only!

The appliance should not be operated without food in the oven when using microwaves. Operation in this manner is likely to damage the appliance.

The ventilation openings on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results.

If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.

Do not store or use this appliance outdoors.

Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

Do not use the cavity for any storage purposes.

Remove wire twist-ties from paper or plastic bags before placing bag in the oven.

Do not use your microwave oven for deep-frying, because the oil temperature cannot be controlled.

Use hot pads or oven mitts to prevent burns, when touching containers, oven parts, and pan after cooking.

### -LIQUIDS

e.g. beverages or water. Overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow standing for a short time, stirring again before carefully removing the container from the oven.

### - CAREFUL

After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.

Always refer to a microwave cookbook for details. Especially, if cooking or reheating food that contains alcohol. Ensure the Lid and the Teat is removed before heating!

# ACCESSORIES

## GENERAL

There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.

Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking.

When you put food and accessories in the microwave oven, ensure that they do not come in contact with the interior of the oven.

This is especially important with accessories made of metal or metal parts.

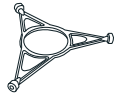
If accessories containing metal comes in contact with the oven interior, while the oven is in operation, sparking can occur and the oven could be damaged.

Always ensure that the turntable is able to turn freely before starting the oven. If the turntable isn't able to turn freely you should use a smaller vessel or the Stop turntable function (see Large vessels).

### Turntable Support

Use the Turntable Support under the Glass Turntable. Never put any other utensils on the Turntable Support.

- Fit the Turntable Support in the oven.



### Glass Turntable

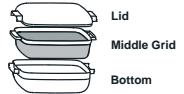
Use the Glass Turntable with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.

- Place the Glass Turntable on the Turntable Support.



## STEAMER

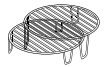
To steam cook food using the dedicated function (STEAM). Place the food on the middle grid when cooking food as fish and vegetables. Do not use the middle grid when cooking food as pasta, rice or beans. Always place the Steamer on the Glass Turntable.



## WIRE RACK

Use the high Wire Rack when cooking with Grill or Combi grill+Microwaves.

Use the low Wire Rack when cooking with Forced Air or Combi Forced Air+Microwaves.



## CRISP PLATE

Place the food directly on the Crisp Plate. The Crisp Plate may be preheated before use (max. 3 min.). Always use the Glass Turntable as support when using the Crisp Plate.

Do not place any utensils on the Crisp Plate since it will quickly become very hot and is likely to cause damage to the utensil.



## CRISP HANDLE

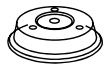
Use the Crisp Handle to remove the hot Crisp Plate from the oven.



## PLATE COVER (accessory sold separately)

The Cover is used to cover food during cooking and reheating with microwaves only and helps to reduce spattering, retain food moisture as well as reducing the time needed.

Use the cover for two level reheating.



## BAKING PLATE (accessory sold separately)

Use the Baking Plate when cooking in Forced Air only. Never use it in combination with microwaves.

- Place the Baking Plate on the Baking Plate runner in the cavity.



## MAINTENANCE & CLEANING

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Do not use metal scouring pads, abrasive cleansers, steel-wool pads, gritty washcloths, etc. which can damage the control panel, and the interior and exterior oven surfaces. Use a cloth with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.

At regular intervals, especially if spill overs have occurred, remove the turntable, the Turntable Support and wipe the base of the oven clean.

Use a soft and damp cloth with mild detergent to clean the interior surfaces, front and rear of the door and the door opening.

Do not use steam cleaning appliances when cleaning your microwave oven.

The oven should be cleaned regularly and any food deposits removed.

Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.

Do not spray directly on the oven.

This oven is designed to operate with the turntable in place.

Do not operate the microwave oven when the turntable has been removed for cleaning.

Do not allow grease or food particles to build up around the door. For stubborn stains, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the marks.

Adding some lemon juice to a cup of water, placing this on the turntable and boiling for a few minutes can eliminate odors inside the oven.

The Grill element does not need cleaning since the intense heat will burn off any splashes, but the ceiling beneath it may need regular cleaning. This should be done with a soft and damp cloth with mild detergent.

If the Grill is not used regularly, it should be run for 10 minutes a month to burn off any splashes, in order to reduce the risk of fire.

### CAREFUL CLEANING:

The Crisp Plate should be cleaned in mild, detergent water. Heavily soiled areas can be cleaned with a scouring cloth and a mild cleanser.

Always let the Crisp Plate cool off before cleaning.

Do not immerse or rinse with water while the Crisp Plate is hot. Quick cooling may damage it.

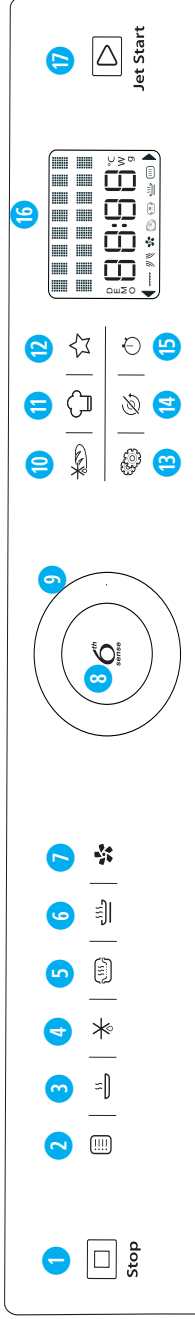
Do not use steel-wool pads. This will scratch the surface.

### DISHWASHER SAFE:

- Turntable Support
- Glass Turntable
- Wire Rack
- Steam Accessory
- Crisp Handle
- Baking Plate (accessory sold separately)



## CONTROL PANEL



### 1 STOP BUTTON

Press to stop or reset any of the oven functions.

### 2 MANUAL FUNCTIONS

Use to select:

- Microwave function
- Grill function
- Combi Grill + Microwaves function
- Combi Forced Air + Microwaves function
- Quick Heat function

### 3 6<sup>TH</sup> SENSE REHEAT BUTTON

Use to select 6<sup>th</sup> Sense reheat function.

### 4 DEFROST BUTTON

Use to select manual Defrost / 6<sup>th</sup> sense Defrost functions.

### 5 6<sup>TH</sup> SENSE STEAM BUTTON

Use to select 6<sup>th</sup> Sense Steam function.

### 6 CRISP BUTTON

Use to select Crisp function.

### 7 FORCED AIR BUTTON

Use to select Forced Air (with or without preheat) functions.

### 8 CONFIRMATION BUTTON

Product ON: confirm the cooking parameter and then start the cooking process.  
Product OFF: activate the Jet Start function.

### 9 ROTATING KNOB

According to the different functions, turn to select:

- Microwave power level
- Grill level
- Cooking time
- Weight
- Temperature
- Food type/category
- Doneness level

### 10 6<sup>TH</sup> SENSE BREAD DEFROST BUTTON

Use to select 6<sup>th</sup> Bread Defrost function.

### 11 6<sup>TH</sup> SENSE CHEF MENU BUTTON

Use to access the automatic recipes.

### 12 FAVOURITES BUTTON

Use to store and recall your favourite recipes.

### 13 SETTINGS BUTTON

Use to change the settings, like language, sounds, etc...

### 14 STOP TURNTABLE BUTTON

Use this function when you needed to use very large vessels that could not turn freely in the oven. It works only with the following cooking functions:

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

### 15 TIMER BUTTON

Use to set the kitchen timer.

### 16 TEXT DISPLAY

The display includes indicator text and symbols.

### 17 JET START BUTTON

Product ON: confirm the cooking parameter and then start the cooking process.  
Product OFF: activate the Jet Start function.



## FIRST USE - LANGUAGE SELECTION

---

The first time the oven is plugged, the Display will ask you to set the Language (English language is shown by default). To change the language turn the Rotating Knob and select your language by pressing the Confirmation Button.

Note: it is possible to change the Language at any time by enterint the Settings menu (see the Settings chapter).



## STAND-BY MODE

---

After the pressure of the Stop Button, or if the user does not interact with the product for a certain time, the oven enters Stand-By mode and the display will be turned off. Turn the Rotating Knob or press any button to exit.



## START PROTECTION / CHILD LOCK

---

This automatic safety function is activated one minute after the oven has returned to "stand by mode". (The oven is in "stand by" when the display is blank).

When the safety function is active the door must be opened and closed in order to start the cooking, otherwise the display will show:

OPEN THE  
DOOR



## DEMO MODE

---

Demo Mode is designed to demonstrate in the store how to operate the product. When Demo Mode is active, the text "DEMO" is shown on the display.

When Demo Mode is enabled, neither microwave energy nor heat will be produced.

In order for the oven to properly work, Demo Mode has to be disabled (see the "SETTINGS" chapter).



## PAUSE OR STOP COOKING

---

To pause cooking:

The cooking can be paused to check, turn or stir the food by opening the door. The setting will be maintained for 10 minutes.

To continue cooking:

Close the door and press the Jet Start or Confirmation Button ONCE. The cooking is resumed from where it was paused.

If you don't want to continue cooking you can:

Remove the food, close the door and press the STOP Button.

When the cooking is finished:

A beep will signal once a minute for 10 minutes when the cooking is finished. Press the STOP Button or open the door to cancel the signal.

Note: The oven will only hold the settings for 60 seconds if the door is opened and then closed after the cooking is finished.



## ADD/ STIR/ TURN FOOD

Depending on the selected function, it could be needed to add / stir / turn food during cooking. In these cases the oven will pause cooking and it will ask you to perform the needed action.

When required, you should:

- 1 Open the door.
- 2 Add, Stir or Turn the food (depending on the required action).
- 3 Close the door and restart by pressing the Confirmation Button / Jet Start button.

Notes:

- If the door is not opened within 2 minutes since the request to Add some food, the oven will go in Stand-by mode.
- If the door is not opened within 2 minutes since the request to Stir or Turn the food, the oven will continue the cooking process (in this case the final results may not be the optimal ones).



## STOP TURNTABLE

To get the best possible results, the Glass Turntable has to rotate while cooking.

Anyhow, in case you need to use very large vessels that could not turn freely in the oven, it is possible to stop the rotation of the Glass Turntable using the Stop Turntable function,

This function works only with the following cooking functions:

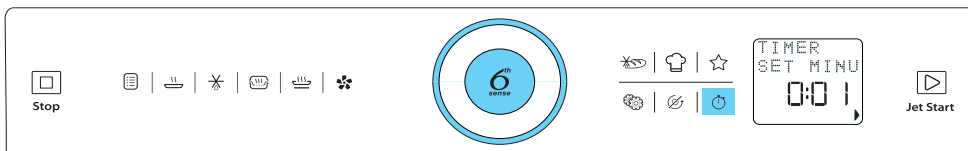
- Forced Air
- Combi Grill + Microwave
- Combi Forced Air + Microwave



## 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.



- 1 With the product is in Stand-By Mode (see Stand-By Mode chapter), press the Timer Button.
- 2 Turn the Rotating Knob to set the minutes to measure.
- 3 Press the Confirmation Button/Jet Start Button. The function will start.

An acoustic signal will be heard when the timer has finished to count down.

Note: after the timer has been started, it is possible to start a cooking function. In this case, pressing the Timer button the display will show for a few seconds the remaining time of the Timer function.



## SETTINGS

---

Here you can easily see and change the product settings (sound, language, factory default settings). Put the product in Stand-By mode (see the Stand-By mode chapter), and press the Settings button to enter the Settings Menu, then use the rotating knob and the Confirmation button to change the following settings:

- SET SOUND

- 1 Turn the Rotating Knob to select the values of Enable/Disable.
- 2 Press the Confirmation Button.

- LANGUAGE

- 1 Turn the Rotating Knob to select the available languages (see table).
- 2 Press the Confirmation Button.

ITEMS	1	2	3	4	5	6	7	8	9	10	11
Languages	English	French	Italian	German	Swedish	Spanish	Dutch	Hungarian	Slovakian	Polish	Czech

- RESET TO FACTORY DEFAULT

- 1 Turn the Rotating Knob to select the values of Yes/No. (Choosing Yes, the original settings of the product will be restored).
- 2 Press the Confirmation Button.

- DEMO MODE

- 1 Turn the Rotating Knob to enable/disable the Demo Mode. Select "ENABLED" to activate the Demo Mode, or "DISABLED" to deactivate it. (see "DEMO MODE" chapter for additional info).
- 2 Press the Confirmation Button.

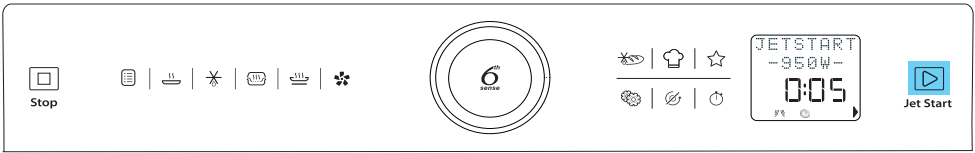
- EXIT

- 1 Turn the Rotating Knob to select Exit.
- 2 Press the Confirmation Button to exit the menu.




## JET START

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



- 1 Press the Jet Start Button.

Pressing the Jet Start Button  the Microwave function will start at maximum power for 30 seconds, and each additional pressure of the Jet Start Button will increase the cooking time of 30 seconds. After the function has started, you can also use the Rotating Knob to increase or decrease the cooking time.

### Tips and suggestions:

- With the oven in Stand-By mode, it is possible to use the Jet Start function also turning the Rotating Knob to set the Jet Start duration, and pressing the Confirmation Button to start the function.



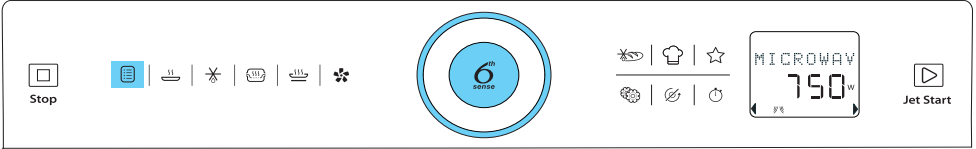
# MICROWAVE


Microwave function allows to quickly cook or reheat food and beverages.

Suggested accessory:



Plate Cover  
(sold separately)



- 1 Press the Manual Functions Button .
- 2 The display will show: "MICROWAVE", press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the Microwave power (see the table below).
- 4 Press the Confirmation Button.
- 5 Turn the Rotating Knob to set the time.
- 6 Press the Confirmation Button/Jet Start Button. The function will start.

ONCE THE COOKING PROCESS HAS BEEN STARTED:

To adjust the power: Press the Manual Functions Button  and rotate the Rotating Knob to adjust value.

To increase time/decrease time: Turn the Rotating Knob, or press Jet Start Button /Confirmation Button to increase the cooking time of 30 seconds.

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 and ice cream.



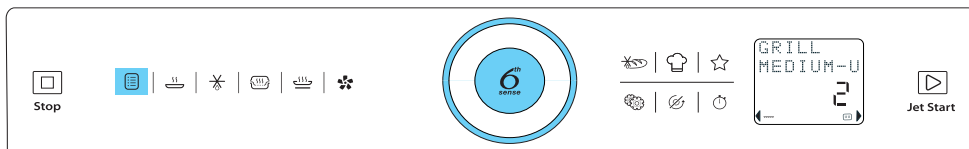
## GRILL

This function uses a powerful quartz grill to brown foods, creating a grill or a gratin effect. Grill function allows to brown foods like cheese toast, hot sandwiches, potato croquettes, sausages, vegetables.

Dedicated accessory:



High Rack



- 1 Press the Manual Functions Button
- 2 Turn the Rotating Knob to see the "GRILL" and press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the Grill power level (see the table below) and press the Confirmation Button to confirm.
- 4 Turn the Rotating Knob to set the time.
- 5 Press the Confirmation Button/Jet Start Button. The function will start.

	POWER LEVEL
1	Low
2	Medium
3	High

### Tips and suggestions:

- For food like cheese, toast, steaks and sausages, place food on the high Wire Rack.
- Ensure that the utensils used are heat resistant when you use this function.
- Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.
- Be careful, not to touch the ceiling beneath the grill element.



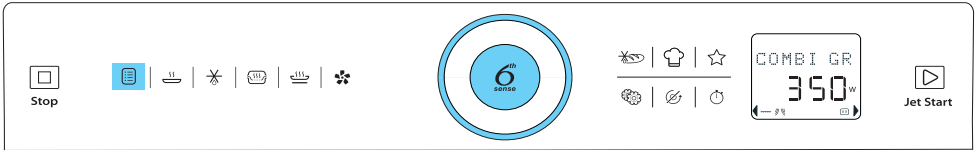
## COMBI GRILL + MICROWAVE

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

Dedicated  
accessory:



High Rack



- 1 Press the Manual Functions Button
- 2 Turn the Rotating Knob to see the "COMBI GRILL + MICROWAVE" and press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the Microwave power level (see the table below) and press the Confirmation Button to confirm.
- 4 Turn the Rotating Knob to set the time.
- 5 Press the Confirmation Button/Jet Start Button. The function will start.

ONCE THE COOKING PROCESS HAS BEEN STARTED:

To adjust the power: Press the Manual Functions Button and turn the Rotating Knob to adjust value.

To increase time/decrease time: Turn the Rotating Knob, or press Jet Start Button /Confirmation Button to increase the cooking time of 30 seconds.

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

### Tips and suggestions:

- Do not leave the oven door open for long periods when the Grill is in operation, as this will cause a drop in temperature.
- If you cook large gratins which require stopped turntable rotation, then turn the dish after approximately half the cooking time. This is necessary for getting colour on the whole top surface.
- Ensure that the utensils used are microwave safe and heat resistant when you use this function.
- Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.
- Be careful, not to touch the ceiling beneath the grill element.





## COMBI FORCED AIR + MICROWAVE

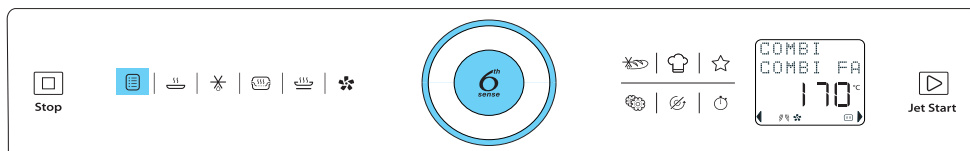
This function combines Microwave and Forced Air cooking, allowing you to prepare oven-baked dishes in less time.


Combi Forced Air + Microwave allows you to cook dishes like roast meat, poultry, jacket potatoes, precooked frozen foods, fish, cakes and pastry.

Dedicated accessory:



Low Rack



- 1 Press the Manual Functions Button .
- 2 Turn the Rotating Knob to see the "COMBI FORCED AIR + MICROWAVE-USE LOW RACK" and press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the temperature (choose a proper temperature in the range from 50°C to 200°C\*) and press the Confirmation Button to confirm.
- 4 Turn the Rotating Knob to set the Microwave power (see the table below) and press the Confirmation Button to confirm.
- 5 Turn the Rotating Knob to set the time.
- 6 Press the Confirmation Button/Jet Start Button. The function will start.

ONCE THE COOKING PROCESS HAS BEEN STARTED:

To adjust the power: Press the Manual Functions Button  and turn the Rotating Knob to adjust.

To increase time/decrease time: Turn the Rotating Knob, or press Jet Start Button /Confirmation Button to increase the cooking time of 30 seconds.

To adjust the temperature: press the Forced Air button  and turn the Rotating Knob to adjust the value.

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

 Tips and suggestions:

- Use the low Wire Rack to put food on to allow the air to circulate properly around the food.
- Ensure that the utensils used are microwave safe and ovenproof when you use this function.



## QUICK HEAT

Use this function to preheat the empty oven in a short time. You can set the desired temperature and the oven will inform as soon as the temperature has been reached.

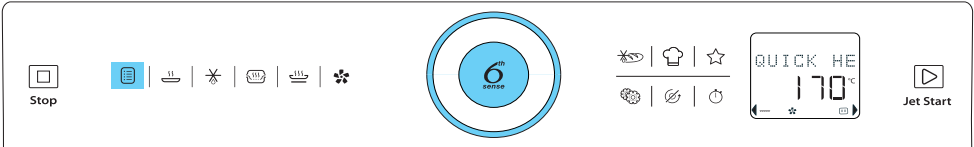
Dedicated accessories:




Low Rack



Plate Cover  
(sold separately)



- 1 Press the Manual Functions Button .
- 2 Turn the Rotating Knob to see the "QUICK HEAT" and press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the temperature.
- 4 Press the Confirmation Button/Jet Start Button. The function will start.

Once the heating process has been started the temperature can easily be adjusted by turning the Rotating Knob.

During the heating process, "PREHEATING" is displayed and the progress bar is displayed until the set temperature is reached.

When the temperature is reached, "END" will be displayed. No any cook parameters can be set in this state.



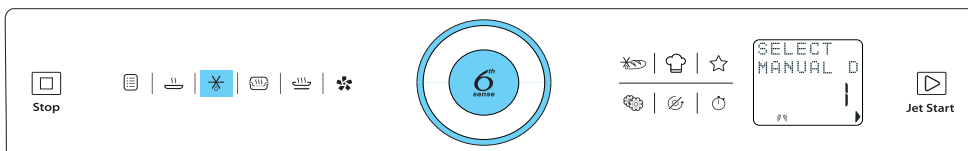
Tips and suggestions:

- Do not place food before or during preheating in the oven. It may be burned from the intense heat.




## DEFROST (MANUAL AND 6<sup>TH</sup> SENSE DEFROST)


This function allows you to quickly defrost food either manually or automatically.  
Use this function to defrost Meat, Poultry, Fish, Vegetables or Bread.



### ■ 1: MANUAL DEFROST

- 1 Press the Defrost Button .
- 2 Turn the Rotating Knob to see the "MANUAL,DEFROST" and press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the time.
- 4 Press the Confirmation Button/Jet Start Button. The function will start.

### ■ 2-6: 6<sup>TH</sup> SENSE DEFROST

- 1 Press the Defrost Button .
- 2 Turn the Rotating Knob to select the food type (see table below) and press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the weight and press the Confirmation Button to confirm.
- 4 Press the Confirmation Button/Jet Start Button. The function will start.

TYPE OF DEFROST	FOOD CATEGORY	WEIGHT
1	Manual	-
2	6th Sense	Meat
3	6th Sense	Poultry
4	6th Sense	Fish
5	6th Sense	Vegetables
6	6th Sense	Bread

### Tips and suggestions:

- For best result we recommend to defrost directly on the Glass Turntable. If needed, it is possible to use a container of light plastic suitable for microwave.
- For food not listed in this table and if the weight is less or more than recommended weight, you should choose manual function.
- If the food is warmer than deep-freeze temperature (-18°C), choose lower weight of the food.
- If the food is colder than deep-freeze temperature (-18°C), choose higher weight of the food.
- Boiled food, stews and meat sauces defrost better if stirred during defrosting time.
- Separate pieces as they begin to defrost. Individual slices defrost more easily.
- For details requested to add/stir/turn food, see table in page 11.



## CRISP

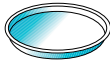
This exclusive Whirlpool function allows for perfectly golden brown results both on the top and bottom surfaces of the food. Using both Microwave and Grill cooking, the Crisp Plate will rapidly reach the right temperature and begin to brown and crisp the food.

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, quiches, 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).

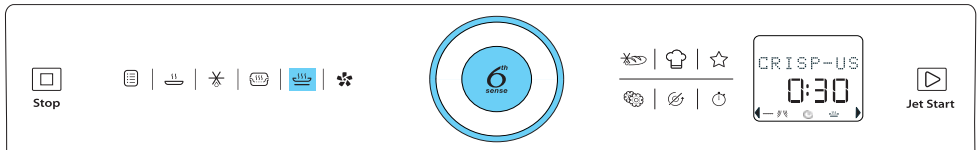
Dedicated accessories:




Crisp Plate



Crisp Handle



- 1 Press the Crisp Button .
- 2 Turn the Rotating Knob to set the cooking time.
- 3 Press the Confirmation Button/Jet Start Button. The function will start.

Only use the Crisp Plate with this function. Other available Crisp Plates on the market will not give the correct result when using this function.

### Tips and suggestions:

- Ensure that the Crisp Plate is correctly placed in the middle of the Glass Turntable.
- The oven and the Crisp Plate become very hot when using this function.
- Do not place the hot Crisp Plate on any surface susceptible to heat.
- Be careful, not to touch the ceiling beneath the Grill element.
- Use oven mittens or the Crisp Handle when removing the hot Crisp Plate.
- Before cooking food that does not require a long cooking time (pizza, cakes...), we recommend to pre-heat the Crisp plate 2-3 minutes in advance.



## 6<sup>TH</sup> 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.

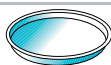
Use this function to quickly defrost and heat frozen rolls, baguettes & croissants.

6th Sense 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.

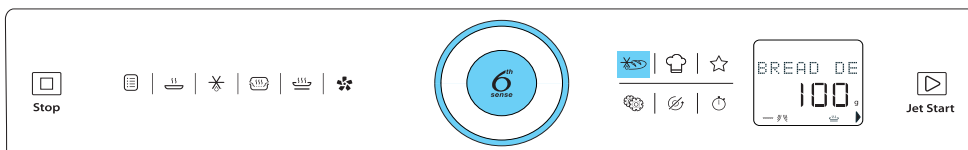
Dedicated accessories:




Crisp Plate



Crisp Handle



Place the empty Crisp Plate on the Glass Turntable in the oven.

- 1 Press the 6<sup>th</sup> Sense Bread Defrost Button .
- 2 Turn the Rotating Knob to select the weight.
- 3 Press Confirmation Button. There is preheating stage before cooking start. When the temperature has been reached, a message informs you to add the food (bread). During the preheating process, "PRE-HEATING" displayed.
- 4 Press the Confirmation Button/Jet Start Button. The function will start.

The oven automatically use Microwaves and Grill in order to preheat the Crisp Plate. This way the Crisp Plate will rapidly reach its working temperature. When preheating is done the oven will ask you to add food.

### Tips and suggestions:

- Ensure that the Crisp Plate is correctly placed in the middle of the Glass Turntable.
- The oven and the Crisp Plate become very hot when using this function.
- Do not place the hot Crisp Plate on any surface susceptible to heat.
- Use oven mittens or the Crisp Handle when removing the hot Crisp Plate.
- Only use the supplied Crisp Plate with this function. Other available Crisp Plates on the market will not give the correct result when using this function.
- For details requested to add/stir/turn food, see table in page 11.

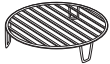


## FORCED AIR

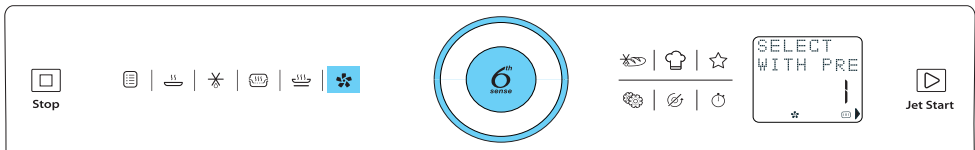
This function allows you to obtain oven-baked dishes. Using a powerful heat element and fan, the cooking cycle is just like that of a traditional oven. Use this function to cook meringues, pastry, cakes, soufflés, poultry and roast meats.

It is possible to use the Forced Air function with or without a Preheat phase. The Preheat phase use both the fan and the Grill to quickly preheat the oven before you start cooking, to achieve the best possible cooking results.


Dedicated accessory:



Low Rack




### ■ 1: WITH PREHEAT

- 1 Press the Forced Air Button .
- 2 The display will show the option: "WITH PREHEAT FORCED AIR-USE LOW RACK", press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the temperature and press the Confirmation Button to confirm.
- 4 Turn the Rotating Knob to set the time.
- 5 Press the Confirmation Button/Jet Start Button. The function will start.

Note: There is preheating stage before cooking start. When the temperature has been reached, a message informs you to add the food.

### ■ 2: WITHOUT PREHEAT

- 1 Press the Forced Air Button .
- 2 Turn the Rotating Knob to see the "WITHOUT PREHEAT FORCED AIR-USE LOW RACK" and press the Confirmation Button to confirm.
- 3 Turn the Rotating Knob to set the temperature and press the Confirmation Button to confirm.
- 4 Turn the Rotating Knob to set the time.
- 5 Press the Confirmation Button/Jet Start Button. The function will start.

### ONCE THE COOKING PROCESS HAS BEEN STARTED:

To adjust the temperature: Press the Forced Air Button and rotate the knob to adjust value.

To increase time/decrease time: Rotate the Rotating Knob, or press Jet Start Button /Confirmation Button to increase the cooking time of 30 seconds.



### Tips and suggestions:

- Use the low Wire Rack to put food on to allow the air to circulate properly around the food.
- Ensure that the utensils used are ovenproof when you use this function.
- You can use the Crisp Plate as a Baking Plate when you bake small items like cookies and muffins. Place the plate on the low Wire Rack.



## 6<sup>TH</sup> SENSE STEAM

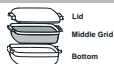
This function allows you to obtain healthy and natural tasting dishes by cooking with steam. Use this function to steam cook foods such as vegetables and fish.

The provided steamer accessory must always be used with this function.

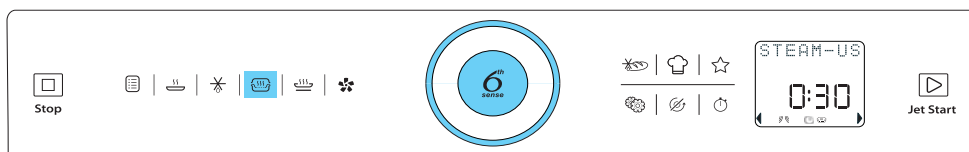
This function works in 2 phase.


- The first phase quickly brings the water to boiling temperature.
- The second phase automatically adjusts to simmering temperature in order to avoid over boiling. The display will show the steam time and count down at this step.

Dedicated  
accessory:



Steamer



- 1 Press the 6<sup>th</sup> Sense Steam Button .
- 2 Turn the Rotating Knob to set the cooking time (If time is not set, the function will end up right after the water has been reached the boiling point).
- 3 Press the Confirmation Button/Jet Start Button. The function will start.

### ■ Cooking vegetables:

Place the vegetables on the middle grid. Pour 50-100 ml water into the bottom part. Cover with the lid and set the time.

Soft vegetables such as broccoli and leek require 2-3 minutes cooking time.

Harder vegetables such as carrots and potatoes require 4-5 minutes cooking time.

### ■ Cooking fish:

Pour water up to the "Steam" level inside the bottom (base) of the steamer (about 100ml).

Put the fish on the middle grid, cover with the lid and set the cooking time.

### Tips and suggestions:

- The steamer is designed to be used with microwaves only!
- Never use the steamer with any other function at all. Using the steamer in any other function may cause damage.
- Always place the steamer on the Glass Turntable.



## 6<sup>TH</sup> 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.. Place food onto a microwave safe and heatproof dinner plate or dish.

Suggested  
accessory:

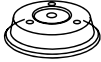
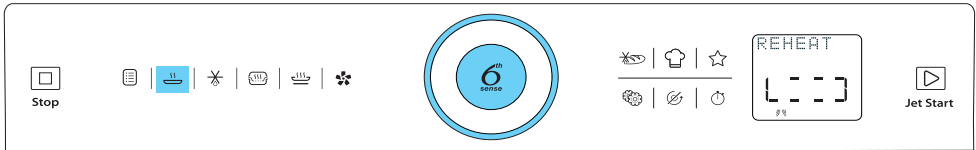



Plate Cover  
(sold separately)



- 1 Press the 6<sup>th</sup> Sense Reheat Button .
- 2 Press the Confirmation Button/Jet Start Button. The function will start.

### Tips and suggestions:

- The net weight shall be kept within 250g - 600g when using this function.
- Ensure the oven is at room temperature before using this function in order to obtain the best result.
- Arrange the thicker, denser food to the outside of the plate and the thinner or less dense food in the middle.
- Place thin slices of meat on top of each other or interlace them.
- Thicker slices such as meat loaf and sausages have to be placed close to each other.
- Waiting 1-2 minutes before serving the reheated food will improve the results, especially for frozen food.
- Plastic foil should be scored or pricked with a fork, to relieve the pressure and to prevent bursting, as steam builds-up during cooking.

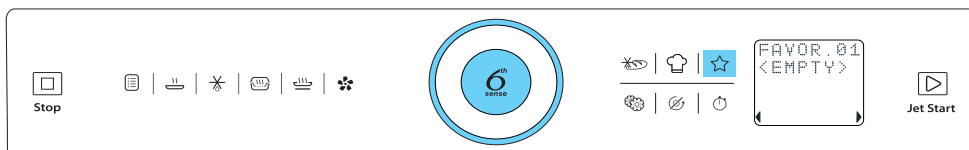




## FAVOURITES

The Favourites function provides you with an easy way to quickly store and recall up to 10 customized recipes. Each Favorite can contain a single cycle or a sequence of cycles (up to 6).

A cycle consists of a cooking function and the related parameters, e.g. power and time...



### COMPATIBLE COOKING FUNCTIONS:

It is possible to save any of the following functions:

Microwave / Grill / Forced Air / Manual Defrost / Quick Heat / Crisp / Combi Grill + Microwave / Combi Forced Air + Microwave

Note: it is not possible to save a favourite if:

- a 6<sup>th</sup> Sense function has been used
- the Stop Turntable function has been used
- any cycle parameters (e.g. time, power) were changed after the start of the cycle
- the product went in Standby (automatically or after the pressure of the STOP button)

#### ■ HOW TO SAVE A SINGLE CYCLE:

- 1 Start a cycle among the ones that are compatible with the Favourites function (see above).
- 2 Wait until the end of the cycle, then press and hold for a few seconds the Favourites button ☆.
- 3 The Display will show you the first empty position - if any - where to save your new Favourite. Press the Confirmation Button to store the Favorite in the proposed position, or turn the Rotating Knob to select another position, then press the Confirmation Button.

Note: it is possible to replace an existing Favourite with a new one: you will be asked to confirm this action by pressing again the Confirmation Button.

#### ■ HOW TO SAVE A SEQUENCE OF CYCLES:

- 1 Start a cycle among the ones that are compatible with the Favourites function.
- 2 Wait until the end of the cycle, then select the next cycle you want to save in the sequence.
- 3 Repeat step 2 if you want to add another cycle to the sequence then go to the step no. 4.
- 4 Press and hold for a few seconds the Favourite button ☆.
- 5 Turn the Rotating Knob and select "SAVE CYCLE SEQUENCE" pressing the Confirmation Button.
- 6 The Display will show you the first empty position - if any - where to save your new Favourite. Press the Confirmation Button to store the Favorite in the proposed position, or use the Rotating Knob to select another position, then press the Confirmation Button.

Note: it is possible to replace an existing Favourite with a new one: you will be asked to confirm this action by pressing again the Confirmation Button.

#### ■ HOW TO RECALL A FAVOURITE:

- 1 Press the Favorite button ☆.
- 2 Turn the Rotating Knob and press the Confirmation Button to select and start the desired Favourite from the list.


Note: if the Favourite consists of a sequence of cycles, press the Jet Start button to start each of the phases in the sequence. If no action is done after the end of each phase, next phase will automatically start after 2 minutes.



## 6<sup>TH</sup> SENSE CHEF MENU











6th Sense Chef 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 following tables. Simply select a recipe and follow the instructions on the display: 6th Sense Chef Menu will automatically adjust the cooking parameters to get the best results.

- 1 Press the 6th Sense Chef Menu Button .
- 2 Turn the Rotating Knob to select the Food Category..
- 3 Press the Confirmation Button to confirm.
- 4 Turn the Rotating Knob to select the recipe.
- 5 Press the Confirmation Button to confirm.
- 6 Depending on the selected recipe, the display could ask you to set the Time / Amount / Weight / Done-ness. Use the Rotating Knob and the Confirmation Button to set the asked values.
- 7 Press the Confirmation Button/Jet Start Button. The function will start.


















### Tips and suggestions:

- For large amounts/pieces of food like roasts and oven baked fish a standing time of 8 - 10 minutes is recommended.
- For food like vegetables, hot dogs and steamed fish recommended standing time is 2 - 3 minutes.
- For details requested to add/stir/turn food, see table in page 11.

ACCESSORIES				
 Microwave Proof Dish	 Microwave and Oven Proof Dish	 Crisp Plate	 Steamer	 Steamer (bottom and lid)
 Low Rack	 High Rack	 Baking Plate	 Without Cover	 Dish with High Sides



## 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
1. VEGETABLES 		1. Potatoes [Baked]	200g-1000g	Suitable for potatoes:200-300g each. Wash and pierce. Turn when oven prompts.
		2. Potatoes gratin [Baked]	4 - 8 servings	Slice raw potatoes and interlace with onion. Season with salt, pepper and garlic and pour over cream. Sprinkle cheese on top.
		3. Potatoes [Steam]	300g-1000g	Place in steamer bottom and add 100ml water. Cover with lid.
		4. Potato wedges [Crisp]	300g-800g	Peel and cut potatoes. Season and lightly oil the crisplate + drizzle oil on top. Stir when oven prompts.
		5. Frozen vegetables [Steam] *	300g-800g	Place in steam grid. Add 100ml water in bottom and cover with lid.
		6. Frozen vegetables gratin [Baked] *	400g-800g	Remove any aluminium foil.
		7. Tomatoes [Baked]	300g-800g	Cut in halves, season and sprinkle cheese on top.
		8. Pepper [Crisp]	200g-500g	Lightly oil the crisplate. Add food cut in pieces when crisplate is preheated. Season and drizzle with oil. Stir food when oven prompts.
		9. Egg plant [Crisp]	300g-800g	Cut in halves and sprinkle with salt and let stand for a while to drain out the humidity. Lightly oil the crisplate and add food when crisplate is preheated. Turn when oven prompts.
		10. Carrots [Steam]	200g-500g	Place in steam grid. Add 100ml water in bottom and cover with lid.
		11. Green beans [Steam]	200g-500g	Place in steamer bottom and add 100ml water. Cover with lid.
		12. Broccoli [Steam]	200g-500g	Place in steam grid. Add 100ml water in bottom and cover with lid.
		13. Cauliflower [Steam]	200g-500g	Place in steam grid. Add 100ml water in bottom and cover with lid.
		14. Pepper [Steam]	200g-500g	Place in steam grid. Add 100ml water in bottom and cover with lid.
		15. Squash [Steam]	200g-500g	Place in steam grid. Add 100ml water in bottom and cover with lid.
		16. Corn on cob [Steam]	300g-800g	Place in steam grid. Add 100ml water in bottom and cover with lid.

 Microwave Proof Dish

 Microwave and Oven Proof Dish

 Crisp Plate

 Steamer

 Steamer (bottom and lid)

 Low Rack

 High Rack











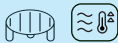




 Baking Plate

 Without Cover

 Dish with High Sides



## 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
 2. CHICKEN		1. Roasted	800g-1500g	Season and place in cold oven with the breast side up.
		2. Pieces [Crisp]	400g-1200g	Season the pieces and place on Crisp Plate with the skin side up wards.
		3. Legs [Crisp]	400g-1000g	Season the chicken legs. Grease the Crisp Plate. Add legs when Crisp Plate is preheated , turn when oven prompts.
		4. Wings [Crisp]	400g-1000g	Season the chicken wings. Grease the Crisp Plate. Add wings when Crisp Plate is preheated, turn when oven prompts.
		5. Fillets [Crisp]	300g-1000g	Lightly grease the Crisp Plate. Season and add fillets when Crisp Plate is preheated. Turn food when oven prompts.
		6. Fillets [Steam]	300g-800g	Season and place at steam grid. Add 100ml water in bottom and cover with lid.
		7. Fillets with bacon [Crisp]	200g-500g	Cut the fresh chicken fillet into strips. Use the bacon slice to wrap the fillet. Add meat when Crisp Plate is preheated, turn when oven prompts.
		8. Kebab [Grilled]	2 - 6 servings	For 6 servings: 400g chicken fillet: 2 pepper, 2 onions and seasoning. Cut the chicken fillet into pieces and season them. Cut the pepper and onion into pieces. Use the wood sticks to string the chicken fillet, pepper and onion together. Then put on the high rack in the oven. Turn when oven prompts
 3. MEAT		1. Beef [Roasted]	800g-1500g	Season the roast and place in oven when pre-heated. Turn the roast when oven prompts. For French roast beef set doneness minus function.
		2. Pork [Roasted]	800g-1500g	Season the roast and place in cold oven. Turn the roast when oven prompts.
		3. Lamb [Roasted]	1000g-1500g	Season the roast and place in cold oven. Turn the roast when oven prompts.
		4. Lamb cutlet [Grilled]	2pcs-6pcs	Brush with oil and place in cold oven. Turn when oven prompts. Season.
		5. Veal [Roasted]	800g-1500g	Season the roast and place in oven when pre-heated. Turn the roast when oven prompts.

  
Microwave Proof Dish

  
Microwave and Oven Proof Dish

  
Crisp Plate

  
Steamer

  
Steamer (bottom and lid)

  
Low Rack

  
High Rack

  
Baking Plate

  
Without Cover

  
Dish with High Sides



## 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
3. MEAT		6. Ribs [Crisp]	700g-1200g	Season and place on Crisp Plate.
		7. Meat loaf traditional [Baked]	4-8 servings	Make your favorite meat loaf recipe and shape it into a loaf.
		8. Meatballs [Baked]	200g-400g	Make your favorite meatballs recipe and shape it into balls with approx. weight of 20g each.
		9. Entrecote [Grilled]	2pcs-4pcs	Brush with oil and place in cold oven. Turn when oven prompts. Season.
		10. Frozen hamburgers [Crisp] *	100g-500g	Lightly grease the Crisp Plate. Add meat when plate is preheated. Turn when oven prompts.
		11. Bratwurst [Crisp]	200g-800g	Pierce the sausages with a fork to avoid cracking. Lightly grease the Crisp Plate. Add sausages when plate is preheated and turn them when oven prompts.
		12. Hot dogs [Steam]	4-8 pieces	Pour 1 liter of water in the steamer bottom and cover with the lid. When oven prompts, add the sausages and cover with lid.
		13. Bacon [Crisp]	50g-150g	Add meat when Crisp Plate is preheated and turn when oven prompts.
4. FISH & SEAFOOD		1. Fish fillets [Steam]	300g-800g	Season and place at steam grid. Add 100ml water in bottom and cover with lid.
		2. Whole fish [Baked]	600g-1200g	Season and brush with butter on top. Eventually sprinkle with bread crumbs.
		3. Whole fish [Boiled]	600g-1200g	Season and add 100ml fish stock. Cook under cover.
		4. Cutlets [Steam]	300g-800g	Season and place at steam grid. Add 100ml water in bottom and cover with lid.
		5. Cutlets [Crisp]	300g-800g	Lightly grease the Crisp Plate. Season and add food when Crisp Plate is preheated. Turn food when oven prompts.
		6. Frozen gratin [Baked] *	600g-1200g	Remove any aluminium foil.

Microwave  
Proof Dish

Microwave and  
Oven Proof Dish

Crisp Plate

Steamer

Steamer  
(bottom and lid)

Low Rack

High Rack


















Baking Plate

Without Cover

Dish with  
High Sides



## 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
 4. FISH & SEAFOOD		7. Frozen coated fillets [Crisp] *	200g-600g	Lightly grease the crispplate. Add food when crispplate is preheated. Turn food when oven prompts.
		8. Mussels [Steam]	100g-400g	Put the 100-400g food and 400ml water into the bottom, cover with lid.
		9. Precooked mussels [Crisp]	100g-400g	Lightly grease the crispplate. Add food when crispplate is preheated. Turn food when oven prompts.
		10. Shrimps [Steam]	100g-400g	Put the 100-400g food in the bottom, add 400-700ml water into the bottom, cover with the lid.
		11. Shrimps [Crisp]	100g-400g	Use king size shrimps. Lightly grease the crispplate. Add food when crispplate is preheated. Turn food when oven prompts.
 5. HEALTHY FRY		1. French fries [Crisp] *	300g-600g	Sprinkle with salt before cooking.
		2. Frozen fish fingers [Crisp] *	200g-500g	Add the food when oven preheated. Turn food when oven prompts.
		3. Sliced chorizo [Grilled]	200g-800g	Turn food when oven prompts.
		4. Frozen buffalo wings [Crisp] *	300g-600g	Remove package.
		5. Frozen nuggets [Crisp] *	250g-600g	Add nuggets when Crisp Plate is pre heated. Turn when oven prompts.
 6. PIZZA & QUICHE		1. Frozen pan pizza [Crisp] *	300g-800g	Remove package.
		2. Frozen thin pizza [Crisp] *	250g-500g	Remove package.
		3. Home made pizza [Crisp]	1 batch	Prepare a dough based on 150ml water, 15g fresh yeast, 200-225g flour and salt + oil. Let rise. Roll it out on greased crispplate and prick it. Add topping like tomatoes, mozzarella cheese and ham.
		4. Chilled pizza [Crisp]	200g-500g	Add the pizza when Crisp Plate is pre heated.

 Microwave Proof Dish

 Microwave and Oven Proof Dish

 Crisp Plate

 Steamer

 Steamer (bottom and lid)

 Low Rack

 High Rack










 Baking Plate

 Without Cover

 Dish with High Sides



## 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
 6. PIZZA & QUICHE		5. Thin vegetarian pizza [Crisp]	1 batch	Prepare the pizza dough with 10g yeast, 1dl water, Salt: 1ml, Wheat flour: 145g 1 table spoon oil. Roll out the dough with the baking roll, put it on the lightly greased Crisp Plate and prick with fork. Spread 1dl tomato sauce on the top dough. Add 50g grated carrot slice, 50g pepper, 50g onion and 50g mushroom on the top of the sauce. Finally, add 150g cheese and oregano.
		6. Quiche Lorraine [Crisp]	1 batch	Prepare the pastry (250g flour, 150 g butter + 2½ tbslp water) or use ready made pastry.(400-450g) Line the Crisp Plate with the pastry. Prick it. Prebake the pastry. When oven prompts to add the stuffing, add 200g of ham and 175g cheese and pour over a mix of 3 eggs and 300 ml cream. Place back into the oven and continue the cooking.
		7. Prebaked frozen quiche [Crisp] *	200g-800g	Remove package.
 7. RICE & CEREALS		1. Rice [Steam]	1 - 4 servings	Place from 1 to 4 servings of rice on the bottom (base) of the steamer, considering that each serving corresponds to 100g. Add salted water up to the appropriate level shown inside the steamer, below the text "Rice + Water" (1 = 1 serving, 2 = 2 servings, etc.). Cover with the steamer lid. Do not use the middle grid of the steamer. As prompted by the display, select the number of servings to be cooked (L1 = 1 serving, L2 = 2 servings, etc.).
		2. Rice porridge [Steam]	1 - 2 servings	Place rice and water into the steamer bottom. Cover with lid. Add milk when the oven prompts and continue the cooking. For 2 portions take 75ml rice, 200ml water and 300ml milk. For 4 portions take 150ml rice, 300ml water and 500 ml milk.
	 	3. Oat porridge	1 - 2 servings	Mix oat flakes, salt and water according to the recommendations for microwave on package.

  
Microwave  
Proof Dish

  
Microwave and  
Oven Proof Dish

  
Crisp Plate

  
Steamer

  
Steamer  
(bottom and lid)

  
Low Rack

  
High Rack














  
Baking Plate

  
Without Cover

  
Dish with  
High Sides



# 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
 8. PASTA & LASAGNA		1. Pasta [Steam]	1 - 3 servings	Place from 1 to 3 servings of pasta on the bottom (base) of the steamer, considering that each serving corresponds to 70g. Add salted water up to the appropriate level shown inside the steamer, below the text "Pasta + Water" (1 = 1 serving, 2 = 2 servings, etc.). Cover with the steamer lid. Do not use the middle grid of the steamer. As prompted by the display, select the number of servings to be cooked (L1 = 1 serving, L2 = 2 servings, etc.).
	 	2. Vegetarian lasagna	8 servings	Prepare the vegetables sause with 1 onion, 6 cloves of garlic, 1 carrot, 1 eggplant, 400g fresh mixed mushrooms, 600g chopped tomatoes, 4 cups tomato juice, 1 sprig rosemary, 2 bay leaves 3 sprigs of thyme 1/2 tablespoons honey, Salt. Cheese sauce with 6 cups milk, 2 cups cream, 50g butter, 1/2 cup flour, 2 cups grated cheese, salt and ground black pepper. Layer the cheese sauce with vegetable mixture and lasagne plates in shape. Top with a layer of sauce and grated cheese.
	 	3. Meat lasagna	4 - 8 servings	Prepare your favorite recipe or follow the recipe on the lasagne package.
	 	4. Frozen lasagna *	500g-1200g	Remove any aluminium foil.
 9. BREAD		1. Rolls	1 batch	Prepare dough according to your favorite recipe for a light bread. Form to rolls and place on Baking Plate to rise. Add when oven is preheated.
		2. Bread loaf	1 pc - 2 pcs	Prepare dough according to your favorite recipe for a light bread. Place on Baking Plate to rise. Add when oven is preheated.
		3. Prebaked rolls	1 batch	For vacuum-packed rolls. Add when oven is preheated.
		4. Frozen rolls *	1 batch	Add when oven is preheated.

 Microwave Proof Dish

 Microwave and Oven Proof Dish

 Crisp Plate

 Steamer

 Steamer (bottom and lid)

 Low Rack

 High Rack

 Baking Plate












 Without Cover

 Dish with High Sides





## 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
 10. CAKES & PASTRIES		1. Sponge cake	1 batch	Mix a recipe with the total weight of 700 - 800g. Add the cake when oven is pre heated.
		2. Chocolate cake [Crisp]	1 batch	Melt 150g butter in the microwave oven. Mix together with the melted butter; 4,5 dl sugar, 2,5 dl wheat flour, 3 eggs , 4,5 tbspcocoa, 2,5 tsp vanilla sugar. Spread the batter evenly on the Crisp Plate.
		3. Carrot cake [Crisp]	1 batch	Shred 600 ml carrots and add 450 ml wheat flour, 3 teaspoons baking soda, 1,5 teaspoons vanilla sugar, 300 ml caster sugar, 2 teaspoons ground cinnamon, 0,5 teaspoon ground ginger, 3 eggs and 150 ml rapeseed oil (or other cooking oil). Pour the mixture into greased Crisp Plate.
		4. Scones [Crisp]	1 batch	Shape into one large piece or in smaller pieces on greased Crisp Plate.
		5. Muffins	1 batch	Make a batch for 16 - 18 pcs and fill in paper moulds. Add food when oven is pre heated.
		6. Cookies	1 batch	Place on baking paper and add when the oven is pre heated.
		7. Brownies	1 batch	Mixed batter with 120g Chocolate, 120g butter, 3 pieces eggs, 200g sugar, 100g flour, 5g Baking powder, 50g Walnuts. Pour the batter into the greased crisplate. Put on the low rack when oven have preheated.
		8. Swiss roll	1 batch	Whisk 3 eggs and 135g sugar with an electrical mixer.add 135g wheat flour, 7,5g baking powder and 45 ml cold water.Pour into greased Baking Plate. Add into oven when oven prompts.
		9. Meringues	1 batch	Make a batch of 2 eggwhites, 80g sugar and 100g desiccated coconut. Season with vanilla and almond essence. Shape into 20-24 pieces on greased Baking Plate or baking paper. Add food when oven is preheated.
		10. Home made fruit pie	1 batch	Make a pastry of 180g flour, 125g butter and 1 egg. (or use ready made pastry) Line the crisplate with the pastry, prick it and fill with 700-800g sliced apples mixed with sugar and cinnamon.

  
Microwave Proof Dish

  
Microwave and Oven Proof Dish

  
Crisp Plate

  
Steamer

  
Steamer (bottom and lid)

  
Low Rack

  
High Rack














  
Baking Plate

  
Without Cover

  
Dish with High Sides



## 6<sup>TH</sup> SENSE CHEF MENU

FOOD CATEGORY	ACCESSORIES	RECIPE	AMOUNT	PREPARATION
 10. CAKES & PASTRIES		11. Prebaked frozen fruit pie [Crisp] ✱	400g-800g	Remove package.
 11. DESSERT & SNACKS		1. Baked apples	4 pcs-8 pcs	Remove the pipes and fill with marzipane or cinnamon, sugar and butter.
		2. Fruit compote [Steam]	300g-800g	Peel and core the fruit and cut in pieces. Place in steam grid. Add 100ml water in the bottom and cover with lid.
	 	3. Crème brûlée	2 - 6 servings	For 4 portions, heat up 100ml cream + 200ml milk. Whisk 2 eggs + 2 egg yolks with 3 tablespoons sugar and 1 teaspoon vanilla. Whisk the hot liquid into the eggs. Fill the mixture into 4 portion dishes (microwave- and oven proof) and place them into the crispplate. Boil up ½ liter water and pour besides the dishes in the Crisp Plate. Cook and let cool down. Sprinkle brown sugar on top or use white sugar + burner to brown the sugar.
	 	4. Soufflé	2 - 6 servings	Prepare a soufflé mix with lemon, chocolate or fruit and pour into an ovenproof dish with high edge. Add the food when oven prompts.
	 	5. Hot fudge sauce	4 servings	Melt 50g butter in the microwave oven. Mix together with the melted butter in a microwave safe bowl; Add the other ingredients (1 dl sugar, 0,5 dl cream, 0,5 dl light syrup, 1 tablespoon strained cocoa, 1 teaspoon vanilla sugar) when oven prompts. Serve with ice cream, fresh fruits or nuts.
		6. Pop corn	100g	Place bag on turntable. Only pop one bag at a time.
		7. Nuts roasted [Crisp]	50g- 200g	Add nuts when the crispplate is pre heated. Stir when oven prompts.
		8. Pumpkin seeds roasted [Crisp]	50g- 200g	Add food when the crispplate is pre heated. Stir when oven prompts.



Microwave Proof Dish



Microwave and Oven Proof Dish



Crisp Plate



Steamer



Steamer (bottom and lid)



Low Rack



High Rack



Baking Plate



Without Cover



Dish with High Sides

Three horizontal light blue bars for writing.



Twenty horizontal light blue bars for writing, arranged in a single column.

## ENVIRONMENTAL HINTS

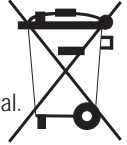
The packing box may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene etc.) out of the reach of children.

This appliance is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product.

The symbol on the product, or on the documents accompanying the product, indicates that this appliance may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.

Disposal must be carried out in accordance with local environmental regulations for waste disposal. For more detailed information about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

Before scrapping, cut off the mains cord so that the appliance cannot be connected to the mains.



### In accordance with IEC 60705, Edition 4, 2010-04.

The International Electrotechnical Commission has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

TEST	AMOUNT	APPROX. TIME	POWER LEVEL	CONTAINER
12.3.1	1000 g	14 min	750 W	Pyrex 3.227
12.3.2	475 g	6.5 min	750 W	Pyrex 3.827
12.3.3	900 g	13 min	750 W	Pyrex 3.838
12.3.4	1100 g	28 - 30 min	Forced Air 200°C + 350 W	Pyrex 3.827
12.3.5	700 g	25 min	Forced Air 200°C + 90 W	Pyrex 3.827
12.3.6	1000 g	30 - 35 min	Forced Air 200°C + 350 W	Pyrex 3.827
13.3	500 g	2 min 12 sec	JET DEFROST	

## TECHNICAL SPECIFICATION

Supply Voltage	230 V/50 Hz
Rated Power Input	2200 W
MW output power	1000 W
Grill	1200 W
Forced Air	1500 W
Standby power	<2.0W
Off-mode power	<0.5W
Outer dimensions (HxWxD)	379 x 491 x 540
Inner dimensions (HxWxD)	210 x 395 x 370

