

SpeedWave XL USER GUIDE

For the First Time

Setting the clock

The oven will not operate unless the clock has been set. Refer to your instruction book for model specific guidance on setting the clock.

Preparing your oven for use

In order to remove any oily residues leftover from the manufacturing process, it is important to burn your oven off. Turn on the oven to the highest temperature for 1 hour.

Cooking functions

Microwave Cooking – ideal for defrosting, cooking and reheating. For guidance, dependent on model see the table below.

Check your model's product code for guidance on SF or SO models

COOKING PROCESS	WATTAGE SF models	WATTAGE SO models
Defrosting	200 – 400w	100 - 300w
Cooking & reheating meals	600 - 900w	400 - 600w
Reheating liquids	1000w	max

Tips

*Don't place food on the base of the oven.
Always microwave on the wire rack*



Scan for instructions



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Tips for microwave cooking

- Place food and dishes on a wire rack, as per the image on the inner door frame of the oven. Never place food on the floor of the oven.
- Turn foods half way through cooking. This will ensure an even result.
- Always use a microwave safe container. This is usually a plastic or ceramic dish. Always check with the manufacturer before using in the microwave.
- For containers that have lids, make sure that they are loosened before cooking.
- It is possible to interrupt the microwave in the middle of a cooking process. Press the stop button, or simply open the microwave door.
- For foods that have peel or skin e.g. tomatoes, potatoes, sausages pierce or score the surface to ensure that steam can escape.
- Foods should be stirred part way through cooking, or left to stand for a couple of minutes before serving. This will ensure that the heat is distributed evenly throughout the food and no hotspots remain.
- If you add more food to the microwave, you will need to increase the cooking time.
- Never operate the microwave with an empty cavity. This can be detrimental to the functioning of the microwave.
- When cooking vegetables in the microwave, place in a container with a loose lid and add a couple of tablespoons of water. This will help the vegetables steam as well as microwave cook.

Automatic microwave Functions are held within the appliance memory and remove the guessing of cooking times and wattages. Using the instruction booklet as a guide, enter the type for food and weight of the food.

- Microwave Combination Modes is perfect for speeding up cooking times, whilst still providing perfect browning results.
- Always preheat the standard cooking function fan or grill before selecting the combination mode unless the automatic programme suggests otherwise. As the cooking time is reduced it is important to have the desired ambient heat of the oven from the beginning.
- The microwave watts are restricted to ensure that the food cooks through, and has the opportunity to brown.
- For dense dishes that contain potato, root vegetables and meat select the higher wattage of 600watts. For more delicate fillings or fish use a lower wattage of 200-400 watts.

Microwave & fan combined is ideal for speeding up cooking times for foods that require cooking through and browning. It is possible to select the full range of oven temperatures 50°C - 200°C and microwave wattages of 200-600watts.

- To convert foods from oven to microwave and fan combined, keep the same oven temperature and halve the cooking time.
- Only one cooking level should be used when using the combination mode.
- Jacket potatoes are excellent in the microwave combination mode. To cook a jacket potato that is crisp on the outside and soft in the middle pre-heat the Circulaire (Fan) function to 200°C. Pierce the skin with a fork. A medium potato will take 15-20 minutes with the Circulaire function set to 200°C and the microwave to 400/500

- watts. Remember, if you add more than one potato, you will need to increase the cooking time. Turn the jacket potato half way through cooking.
- To cook a medium jacket potato, using only the microwave, select 600/700w. Cook for 6 minutes, turn, and then cook for a further 6 minutes. For larger or smaller potatoes you may need to increase or decrease the time accordingly.
- Microwave & Grill Combined is ideal for speeding up the grilling of thicker cuts of meat and dishes that require cooking through and browning on the top e.g. macaroni cheese, potato topped fish pie. The grill temperature is already pre-set, whilst the microwave watts are restricted to 200-600watts to ensure that the food cooks through and has the opportunity to crisp.
- To convert foods from oven to microwave and grill combined always preheat the grill.
- Place all foods on the lowest shelf position, using the glass tray and wire rack.
- Always turn foods half way through cooking, this will ensure that they are evenly browned.

Circulaire uses the fan and allows cooking on many levels. The temperatures range from 50 - 200°C. Ideal for cooking several items at once, with no cross transference of flavours.

Grill is ideal for grilling meat and browning. Use the wire rack with a solid roasting tray below.

Hot air & grill uses a mixture of the fan and grill. This is ideal for cooking thicker cuts of meat and accelerating the browning of traditionally fan cooked foods. It is preferable to use a wire rack and solid glass tray below. This will allow for the air to circulate and for the juices to be caught below.

Maintenance

Cleaning the combination microwave is straightforward. Due to the 'stay clean' enameled cavity of the oven, you can use the vapour clean facility. Simply pour a small amount of water and mild washing up liquid in the specifically designed moulded base of the oven floor. Also spray some of the solution on the walls of the oven.

Select the fan function (circulaire) at a temperature of 60 Degrees Celsius and a time of 20 minutes.

After vapour clean is complete, a simple wipe out of the oven interior with a soft cloth, produces brilliantly clean results, with minimal effort of the consumer.

The grill element can be dropped down for cleaning and reaching the roof of the appliance. Twist the grill support bracket round 180 degrees and carefully pull the grill element down to a 45 degree angle.

To reduce the need to clean the microwave combination oven, place joints of meat and vegetables within a roasting bag. Make sure that the bag is tightly sealed.