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notices to the user

You have chosen an Atag microwave oven. Optimum ease of use and simple operation were the most important factors in the development of this product.

The design ensures easy to use controls. The functions are arranged conveniently on the control panel. The display provides information and helps you choose the settings.

operating principle

The microwaves used for cooking are electro-magnetic waves. They are found naturally in our environment as radio-electric waves, light or infra-red radiation. Their frequency is located in the 2450 MHz band.

Their properties:

- They are reflected by metals.
- They can pass through all other materials.
- They are absorbed by molecules of water, fat and sugar.

When food is exposed to microwaves, the molecules are quickly shaken up, which causes heating.

The microwaves penetrate into the food to a depth of around 2.5 cm. If the food is thicker, it will be cooked to its core by heat conduction, as with traditional cooking.

It is important to know that microwaves cause a simple thermal reaction inside the food, and that they are not harmful.

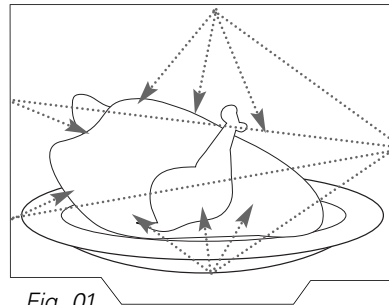


Fig. 01

environmental protection

This appliance's packaging material is recyclable. Help recycle it and protect the environment by dropping it off in the municipal receptacles provided for this purpose.



Your appliance also contains a great amount of recyclable material. It is marked with this label to indicate the used appliances that should not be mixed with other waste. This way, the appliance recycling organised by your manufacturer will be done under the best possible conditions, in compliance with European Directive 2002/96/EC on Waste Electrical and Electronic Equipment. Contact your town hall or your retailer for the used appliance collection points closest to your home. We thank you for doing your part to protect the environment.

notices to the user



Warning: *Keep this user guide with your appliance. If the appliance is ever sold or transferred to another person, ensure that the new owner receives the user guide. Please become familiar with these recommendations before installing and using your oven. They were written for your safety and the safety of others.*

safety instructions

Your appliance is intended exclusively for domestic use for cooking, reheating and defrosting food. The manufacturer declines all responsibility in the event of improper use.

Check that utensils are suitable for use in a microwave oven.

To avoid damage to your appliance, never operate it when empty or without the turntable.

Do not tamper with the holes of the front lock, as this could damage your appliance and result in the need for repair.

The seal and the frame of the door must be inspected regularly to ensure that they are not damaged. If these areas become damaged, stop using the appliance and have it checked by a specialised technician.

When heating food in plastic or paper containers, keep an eye on the oven due to the risk of fire.

When using the microwave function, you should avoid using metal containers, forks, spoons, knives or metal fasteners or staples for freezer bags.

The contents of bottles or jars for babies must be stirred or shaken and the temperature must be checked before use, in order to avoid burns.
Never heat a bottle with the teat (risk of explosion).

Never allow children to use the oven without supervision, except when appropriate instructions have been given so that the child can use the oven safely and understand the dangers of improper use.

Always use oven gloves to remove dishes from the oven. Certain dishes absorb heat from the food and can become very hot.

Liquids or other foods must not be heated in closed containers as they may explode.

You should avoid heating eggs in their shell and whole hard-boiled eggs in a microwave oven as they may explode, even after cooking has finished.

When drinks are heated by microwave, boiling liquid may suddenly spurt even after heating, precautions must therefore be taken when handling the container.

When cooking small quantities (e.g. 1 sausage, 1 croissant, etc.), place a glass of water next to the food.

Cooking for too long can dry out food and burn it. To avoid this type of incident, never use the same cooking time as recommended for a traditional oven.

If smoke appears, stop or unplug the oven and keep the door closed to smother any flames.

installing your appliance

before connecting



Warning:

Check that your appliance has not been damaged during transport (damage to door or seal, etc.). If you notice any damage, contact your retailer before using the appliance. In order to easily locate the reference information for your appliance, we recommend that you note these data on the "After-Sales Service" page.

electrical connection


Check that:

- the electrical installation has sufficient voltage.
- the supply cables are in good condition
- the diameter of the wires complies with the installation requirements.
- your equipment has a protection of at least 10 amps.

If in doubt, contact your electrician.

The electrical connections should be made before the appliance is installed in its housing.

Electrical safety must be ensured through proper installation in the housing. During installation and maintenance operations, the appliance must be unplugged from the electrical grid; fuses must be cut off or removed.

The appliance must be connected using a (standardised) feeder cable with 3 conductors of 1.5 mm² (1 live + 1N + ground) which must be connected to the 220-240 V ~ monophasic network using a CEI 60083-standardised 1 live + 1N + ground electrical outlet or one which complies with installation requirements. The protection cable (green-yellow) is connected to the appliance's  terminal and must be connected to the appliance's ground.

If the connection is made with a plug, it must remain accessible after the appliance has been installed.

The oven's neutral (blue cable) must be connected to the network's neutral.

Ensure your electrical installation has a system accessible to the user which can cut off the appliance from the power grid, with a contact opening of at least 3 mm for all the terminals.

If the supply cable is damaged, it must be replaced by the manufacturer, its after-sales service or any other similarly qualified person to avoid any danger.



Warning:

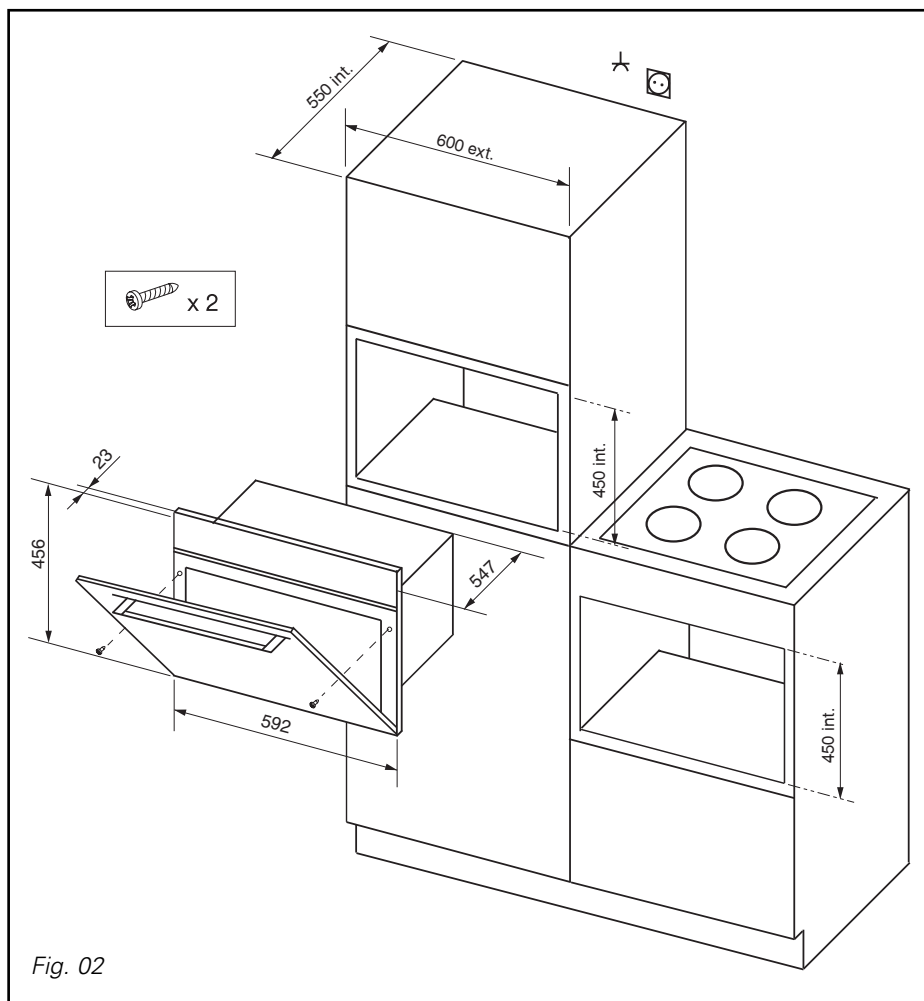
We cannot be held responsible for any accident resulting from an inexistent, defective or incorrect ground lead.

If the oven presents any irregularity, unplug the appliance or remove the relevant fuse at the oven's connection lead-in.

installing your appliance building-in

The appliance may be installed beneath a work surface or in column housing (open or closed) which has the required built-in measurements (*Fig.02*).

Do not use your appliance immediately (wait 1 or 2 hours) after moving it from a cold to a warm place as condensation may cause a malfunction.



description of your appliance
the appliance

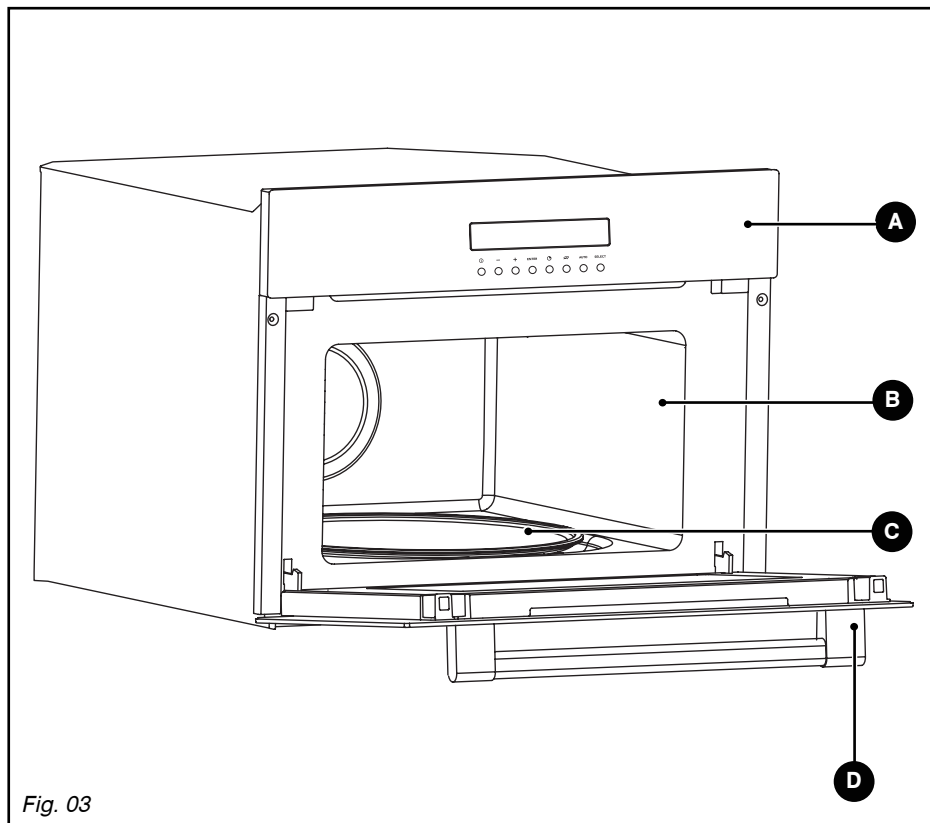


Fig. 03

- A** Control panel
- B** Cavity
- C** Turntable
- D** Door handle

description of your appliance

accessories

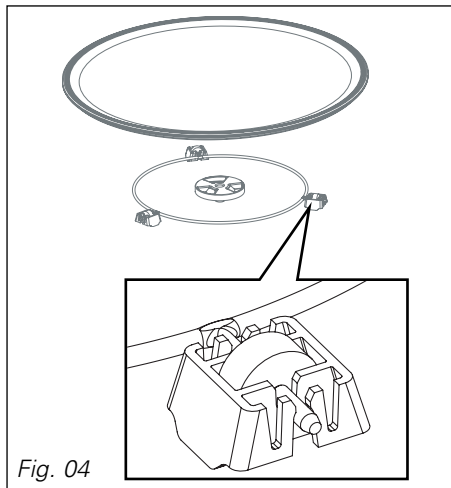


Fig. 04

- **The turntable:** cooks food uniformly with no need for handling. It revolves in both directions. If it does not revolve, check that all elements are correctly positioned. Do not attempt to turn it manually, as you may damage the drive system. It may also be used as a cooking dish. To remove, grasp it using the access areas provided inside the cavity.

- **The driver:** causes the glass turntable to turn (Fig.04).

- **The base rollers:** Rollers must be positioned in the right direction (Fig.04). If they are not rotating properly, check for foreign bodies under the rollers.

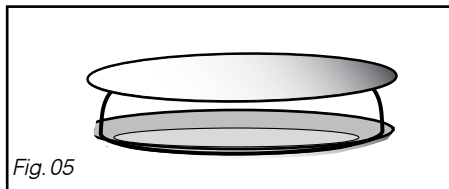


Fig. 05

- **The special microwave plate cover (Fig. 05):**

The advantages of the plate cover:

Food retains full flavour due to the steam effect.

Dishes are heated evenly throughout.

Drying out of food is minimized.

Programme time can be reduced.

By preventing splattering, they help keep your oven clean.

Use only with the microwave function.

- **Care of your accessories:**

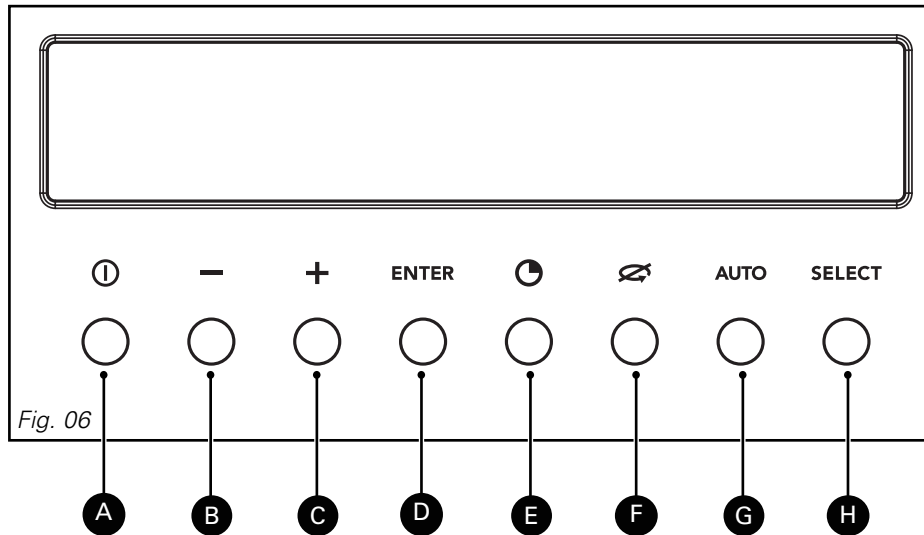
A sponge, hot water and liquid detergent are all you need to clean your plate cover.

Or, if you prefer, it is dishwasher-safe.

Warning:

Do not use a metal scouring pad or scouring powder.

description of your appliance the control panel



- A** The **START/STOP** key lets you begin a programme / erase or cancel a programme in progress.
- B** The **- / +** keys allow you to select the programme length, the weight, the time, the food category, and power levels.
- C**
- D** Use the **ENTER** key to confirm a programme or to use the Memory function.
- E** The **CLOCK** key allows you to set the time.
- F** The **TURNTABLE STOP** key stops the turntable from revolving in order to use platters which require the entire oven space.
- G** The **AUTO** key allows you to select the automatic function and food type of your choice.
- H** The **SELECT** key is used to set the desired function.

description of your appliance the display

The displays guide you in choosing the function and programming of the settings: the power level, the weight, the time, and food type.

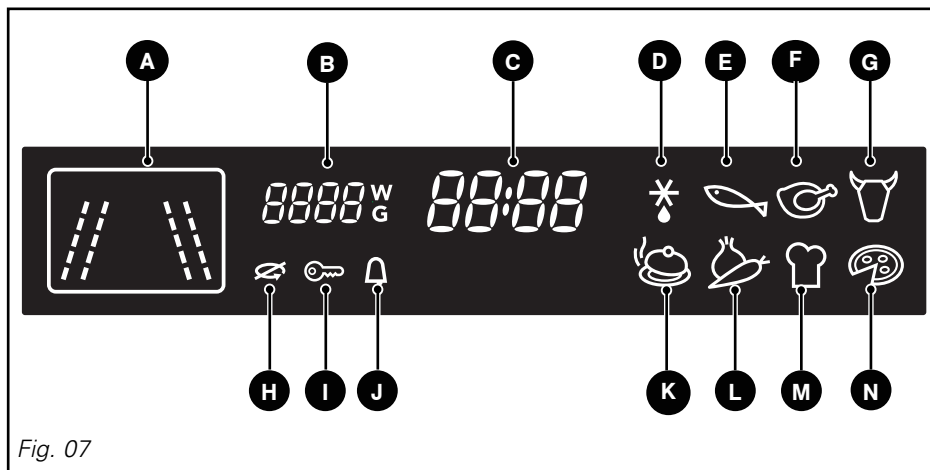


Fig. 07







- | | |
|---|----------------------------|
| A PROGRAMMED FUNCTION | H STOP TURNTABLE |
| B MICROWAVE LEVEL /
FOOD WEIGHT | I CHILD LOCK |
| C PROGRAMME TIME /
CLOCKTIME | J TIMER |
| D AUTOMATIC DEFROST | K READY-MADE DISHES |
| E FISH | L VEGETABLES |
| F POULTRY | M BREAD |
| G MEAT | N PIZZA |

using your appliance

how to set / change the time

After connecting your appliance or after a prolonged power failure, **00:00** flashes in the display.







To set the clock

-   Press the -/+ keys to set the time, ex. 6:30.
-  /  Confirm by pressing **START/STOP** or the **CLOCK** key.
-   A beep confirms that your clock is set.

Display



When there is a time change

-  Press the **CLOCK** key. The time display flashes.
-  Programme the new time (ex. 7:30) by pressing the "+" key.
-  /  Confirm by pressing **START/STOP** or the **CLOCK** key.
-   A beep confirms that your clock is set to the new time.

Display



Comments:

If you do not press the clock key, the time displayed is automatically recorded after one minute.

Your appliance is equipped with a back-up so that during a power failure the time remains displayed for a day and the memories are retained.



To dim the display, press the clock key for 5 seconds. Only the backlight will remain lit.



Press again for 5 seconds to light the display up again.

stop turntable option

If you think there is insufficient space for the dish to turn freely inside the oven, set the **STOP TURNTABLE** function before or during the programme.

Note : it is not possible to stop the turntable during an automatic defrost programme.

To set:

-  Press the **STOP TURNTABLE** key, the  symbol lights up and the turntable stops.

To cancel:

To cancel the function, follow the same procedure.

It is necessary to turn the container or stir the contents halfway through the programme when the STOP TURNTABLE function is set.

using your appliance programming

Your appliance is now connected and displays the correct time.
Open the door using the handle. Place the food in the appliance and close the door.
If the door is not closed properly the appliance will not function.

- ① If the door is opened during operation, the programme is not cancelled but simply interrupted. To start the oven again, close the door and press the **START** key.



If no action is taken within 1 minute after programming, 3 beeps invite you to start up or modify the programme. With no further instruction, after another minute and a reminder beep, the programme is cancelled and the clocktime is once more displayed.

- ① Press the **START/STOP** key with the door **closed** to interrupt a programme. To cancel a programme, either press the **START/STOP** key for 2 seconds or open the door and press **START/STOP**.

If you wish to verify your programme settings, you may press **ENTER** to check the display, and then press **START**.

In order to set a second programme once the first has ended, open the door and shut it again.



Three beeps signal the end of each programme, and the clocktime is displayed again.

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



In order to evacuate moisture, your appliance is fitted with a delayed ventilation function. The oven ventilation will continue to operate after the end of the programme. It will switch off automatically.

using the power levels

Power level	Use
1000 W / 900 W	Rapidly heating drinks, water, dishes containing a lot of liquid. Cooking foods containing a lot of water (soups, sauces, tomatoes, etc.).
800 W / 700 W	Cooking fresh or frozen vegetables.
600 W	Melting chocolate.
500 W	Cooking fish and shellfish. Cooking or simmering pulses. Heating or cooking delicate egg-based foods.
400 W / 300 W	Simmering dairy products, jams.
200 W	Manual defrosting. Softening butter, ice cream.
100 W	Defrosting pastries containing cream.

microwave output power 1000 W

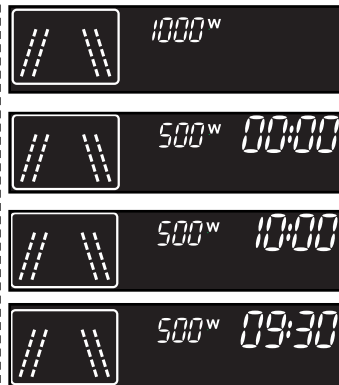
using your appliance

microwave function

Programming by power level

- **SELECT** Press the **SELECT** key to select the microwave function. The maximum power level, 1000W, flashes in the display.
- **-** Press the **"-"** key if you wish to set a lower microwave power level, ex. 500W. Confirm the power level by pressing **ENTER**, the time digits flash in the display.
- **+** Press the **"+"** key to set the required programme time, ex. 10 minutes.
- **ⓘ** Confirm by pressing **START**. The light switches on and the programme starts.
- **+** You may press the **"+"** key directly to programme microwave power level 1000W.
- **-** You may press the **"-"** key directly to select your microwave power level. Then proceed as above.

Display



Comments:

If the door is opened during cooking, the appliance stops and the remaining time flashes in the display. To finish the programme, simply close the door and press **START**.



The time can be adjusted at any time simply by pressing the **"- / +"** keys.

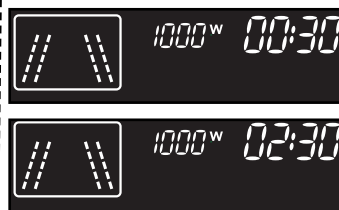
express programme

Express Programming

- **ⓘ** Press the **START** key for 1 second to set an express programme of 30 seconds. The microwave functions at maximum power level (1000W). The light switches on and the programme starts.

You may set an express programme up to 2 min 30 s. Each time you press **START** an additional 30 seconds of programme time is added. Press 5 times for an express programme 2 min 30s long.

Display



heat & hold function

Heat & hold

If you leave your dish in the oven without opening the door at the end of a microwave or express programme, a heat and hold function starts up after 2 minutes to maintain the temperature of your dish. A triple beep after 15 minutes announces the end of the heat and hold programme.

Display



using your appliance automatic cook functions

With the automatic cooking functions, the time and function are programmed automatically according to the type of food and its weight.

Programming the automatic cooking time according to weight

Display

- **AUTO** Press the **AUTO** key until the symbol corresponding to the type of food you wish to cook appears in the display, ex. fish.
- **ENTER** Press **ENTER** to confirm your choice. The minimum weight flashes in the display. Press the "+" key to set the weight, ex. 150g. Confirm by pres-sing **START**.
- ① The appropriate function is selected and the programme time is automatically calculated. The corresponding symbols appear in the display and the programme begins.



Comments:

You have the choice between 3 automatic programmes for cooking vegetables. Settings 1 and 2 are to be used for cooking fresh vegetables. Setting 3 is for frozen vegetables (see the AUTOMATIC COOKING GUIDE for details).



Programme as above, when 1 is displayed, validate category 1 by pressing ENTER or select categories 2 and 3 by pressing the + key and then ENTER. Continue by programming the weight of the vegetables by pressing "+". Confirm by pressing START or ENTER and then START.


2 choices are available for automatic cook programming for pizza.

Setting 1 is for fresh pizza, setting 2 for cooking frozen pizza. Setting 1 proposes a 12 minute programme, which corresponds to the cooktime for a pizza weighing 650g. You may modify the programme time if you wish.












Setting 2, for frozen pizzas, is an auto cook programme based on the weight of the pizza. After selecting category 2, follow the same procedure as for other types of food, entering the weight of the pizza. The automatically programmed time may not be modified.

With the CRISP DISH you can save time and energy cooking your pizzas and have them turn out as crispy and tasty as if cooked in a traditional oven.

The CRISP DISH is designed for use with the AUTO COOK FUNCTION  for pizza and is available from your Atag appliance dealer (request reference MS124).

using your appliance

guide to automatic cook functions

<p>Fish</p> 	<p>This function is used for cooking fish weighing 100 g - 1000 g. All types of fish are suitable for microwave cooking. Simply ensure that the fish is fresh.</p> <p>The food is cooked using the microwave function.</p> <p>You may cook the fish whole, in slices or in fillets. If cooked whole, for best results score the thickest part.</p> <p>Arrange the fish in a round or oval dish, suitable for the microwave, add 2 to 3 tablespoons of water, lemon juice or white wine and cover with the dish lid or cling film, season when cooked.</p> <p>Place the dish on the turntable.</p> <p>Halfway through the programme, a beep sounds and " turn " flashes in the display as a reminder to turn the fish over for best results.</p>
<p>Vegetables</p>    	<p>This function is used for cooking vegetables weighing 100 g - 1,000 g. The vegetables are cooked with the microwave function.</p> <p>Choose fresh vegetables and add before cooking:</p> <ul style="list-style-type: none"> - 2 tablespoons of water up to 200 g - 1/2 dl of water up to 500 g - 1 dl of water up to 1,000 g <p>Use a dish suitable for the volume of vegetables and cover (except when cooking mushrooms).</p> <p>Place the dish on the glass turntable.</p> <p>Halfway through the programme, a beep reminds you to stir the vegetables, and " turn " appears in the display. Add shortening and seasoning as desired.</p> <p>After cooking, let the vegetables sit for a few minutes before serving.</p> <p><u>Select category 1</u> to cook tougher, more fibrous vegetables: Brussels sprouts, grated white cabbage, sliced carrots, cubed celeriac, florets of cauliflower or broccoli, etc.</p> <p><u>Select category 2</u> to cook softer vegetables that contain more water: sliced or cubed courgettes, finely sliced leeks, whole sliced potatoes of even size, stripped spinach, fennel, etc.</p> <p><u>Select category 3</u> to cook frozen vegetables : sliced carrots, florets of cauliflower or broccoli, Brussels sprouts, finely sliced leeks, sliced or cubed courgettes, stripped spinach.</p>
<p>Fresh pizza</p>  <p>frozen pizza</p>	<p>This function is used for cooking <i>fresh</i> pizza.</p> <p> Select pizza with the auto cook programme, setting 1, and adjust programme time as desired.</p> <p>This function is used for cooking <i>frozen</i> pizzas weighing 125 g - 650 g.</p> <p> Select pizza with the auto cook programming function, setting 2, and indicate the weight.</p> <p>A special CRISP DISH designed for use in your microwave oven is available from your Atag appliance dealer (request reference MS124).</p> <p>Remember to always place the crisp dish directly on the turntable.</p> 

using your appliance

defrosting

Defrosting frozen foods in your microwave oven saves you considerable time. To defrost food, use the **AUTOMATIC DEFROST** function or the **MICROWAVE** function, power level **200W**.

What you need to know:

Small pieces of meat or fish may be cooked immediately after defrosting. Large pieces such as meat roasts or whole fish will remain slightly frozen at the end of the defrost programme. We recommend leaving them to stand for a period at least equal to the defrosting time in order to obtain a uniform temperature.

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

Recommendations:

Defrosting time varies according to the type of appliance. It also depends on the shape, size, initial temperature and quality of the food.

Most foods need to be removed from their packaging. Remember to remove metal fasteners from packaging.

Halfway through defrosting, the pieces must be turned, mixed or broken apart if they are frozen together.

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

Defrost meat and fish on an upside down saucer on top of another plate so that the juice runs off. If it remains in contact with the food, it will cause it to overheat. Never refreeze uncooked food.

Defrost programme times:

The lengths of the defrost programmes are calculated for foods frozen at -18°C. They are to give you an idea of the necessary defrost time, however actual time may vary according to the thickness, shape, size and packaging of the food.

Programming choices:










Auto defrost programmes are available for the food categories pictured :
fish, poultry, meat, ready-made dishes,
vegetables and bread.



using your appliance

automatic defrost function

Select the type and amount of food you wish to defrost and the automatic function will programme the appropriate defrosting time.

Automatic defrosting	Display
<p>AUTO  Press the AUTO key once and the symbol corresponding to Automatic Defrost appears in the display.</p>	
<p>ENTER  Press ENTER to confirm your choice. The automatic defrost symbol remains lit.</p>	
<p>AUTO  Press the AUTO key until the symbol corresponding to the type of food you wish to defrost appears in the display (ex. meat).</p>	
<p>ENTER  Press ENTER to confirm your choice. The minimum weight flashes in the display.</p>	
<p>+  Press the + key to set the weight, ex. 700g. Confirm by pressing START.</p>	
<p>The appropriate time is automatically calculated. The programme time appears in the display and the defrost programme begins.</p>	



Comments:

Defrosting time is automatically calculated according to the weight of the food. It may vary depending on the initial temperature of the food (times are given for foods frozen at -18°C).

*Halfway through an automatic defrost programme of foods weighing over 350g (with the exception of bread), a beep reminds you to turn the food for better results, and "turn" is displayed. Close the door after turning the food and press **START** to continue the defrost programme.*

Turn


Defrosting time cannot be changed when using the automatic defrost function.

*To ensure even results, the **STOP TURNTABLE** function may not be used with the automatic defrost function.*


*For foods that do not appear in the suggested food categories, use the **MICROWAVE** function at the 200 W power level. Refer to the indications below for approximate programme lengths.*

Food	Quantity	Time	Recommendations
Flaky or shortcrust pastry	400 g	1 - 3 min	Place on kitchen paper, turn midway
Scallops	500 g	5 - 7 min	Place on a plate, stir midway
Peeled prawns	100 g	1 - 2 min	" "
Whole pink prawns	200 g	2 - 4 min	" "
Langoustine / Gambas (10)	500 g	6 - 8 min	" "
Strawberries	250 g	7 - 9 min	
Raspberries/sour cherries		6 - 8 min	
Gooseberries / blueberries / blackcurrants		5 - 7 min	


using your appliance child lock

 You can programme the "CHILD LOCK" feature to block unauthorised use of your microwave oven.

To set:

① Open the door and press the **START/STOP** key *for 5 seconds*, until the  symbol lights up and 2 beeps confirm that your microwave is temporarily locked.



To cancel:

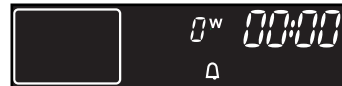
① Follow the same procedure: press the **START/STOP** button for 5 seconds **with the door open**. The  symbol switches off. The procedure is confirmed by 2 beeps.

timer


 You may also programme the "TIMER" function on your microwave oven.

To set the timer:


  Press the *STOP TURNTABLE* key and the *CLOCK* key at the same time. The timer symbol is displayed.



  Press the *- / +* keys to set the desired time.

 Confirm by pressing **START**.

① The pre-set time will start to count down.

 A triple beep announces the end of the programmed time.

using your appliance

the memory function

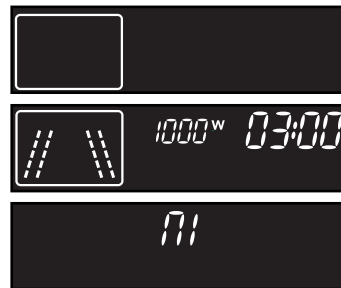
- **ENTER** The Memory function allows you to store 3 frequently used programmes which you can then call up simply by pressing **ENTER**. You may memorize any programme you wish, excluding the automatic programmes.

Programming the MEMORY function

Display

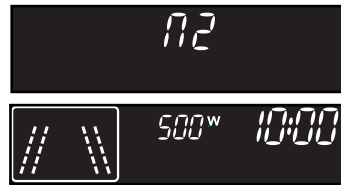
To set:

- **ENTER** Press **ENTER** to record Memory 1 (press **ENTER** twice to programme M2, three times for M3). Proceed as if setting your programme for immediate use, ex. a 3 minute microwave programme. Complete memory programming by pressing **ENTER** (rather than **START**) *for one second*. The memorized programme (M1 / M2 / M3) flashes in the display and a beep confirms that the personalized programme has been memorized.



To use:

- **ENTER** Press **ENTER**, M1 appears in the display, press again for M2, three times for M3. The preprogrammed information (function, time, ...) appears in the display, ex. a 500W microwave programme for 10 minutes.
- ① Confirm your choice by pressing **START**, the light switches on and the memorized programme starts.



To modify:

- **ENTER** Press **ENTER** to select M1, M2 or M3. The preprogrammed information appears in the display.
- **SELECT** To modify the programming, press **SELECT** instead of **START**. Proceed as if for a new programme.
- **ENTER** Complete memory programming by pressing **ENTER** (rather than **START**) *for one second*. The memorized programme (M1 / M2 / M3) flashes in the display and a beep confirms that the modified programme has been memorized.

trouble-shooting guide

If you have a query concerning the operation of your appliance, this does not necessarily mean that there is a breakdown. In all events, check the following points:

You notice that	Solution
The time is counting down but the appliance is not functioning (the food is not heated) and "0E:0" flashes in the display.	Demonstration mode has been set. To switch back into operating mode, press the following three keys all at the same time : ⓪ - +
The appliance does not switch on.	Check that the appliance is properly connected. Check that the oven door is properly closed. Check that the child lock feature is not programmed.
The appliance continues to make a noise after cooking has finished.	In order to evacuate residual steam, your appliance is equipped with a delayed ventilation feature. The ventilation may continue to function after the end of the programme.
The appliance is noisy. The turntable does not revolve properly.	Clean the rollers and the roller area under the turntable. Check that the rollers are correctly positioned.
You notice steam on the glass.	Wipe off the condensation with a cloth.
The food is not heated in the microwave programme.	Check that the utensils are suitable for use with microwave ovens and that the power level is appropriate.
Smoke comes off the grill at the start of the programme.	Remove all cooking residues from the heating element before each use.
The appliance produces sparks.	Clean the appliance thoroughly: remove grease, cooking particles, etc. Make sure no metal objects are close to the oven walls. Never operate your oven when it is empty.

caring for and cleaning your appliance

We recommend that you clean the oven regularly and remove any food deposits inside and outside the appliance. Use a damp, soapy sponge. If the appliance is not kept clean, its surface may become damaged and this will considerably shorten its lifespan and cause a dangerous situation. If the door or seal are damaged, the oven must not be used until repaired by a qualified person.

Do not clean the appliance with a steam cleaner.

The use of abrasive products, alcohol or solvents is not recommended; They are likely to damage the appliance.

If the oven smells unpleasant or is encrusted with dirt, boil a cup of water with lemon juice for 2 minutes and clean the sides with a little washing-up liquid.

The turntable may be removed for easier cleaning. To remove it, grasp it by the access areas provided for this purpose. If you remove the driver, avoid getting any water in the motor axis hole.

Remember to put back the driver, the base rollers and the turntable.

operating proficiency testing

Operating proficiency testing according to CEI/EN/NF EN 60705 standards;
The International Electrotechnical Commission, SC.59K, has established a standard relative to comparative performance tests conducted on various microwaves.
We recommend the following for this appliance:

Test	Load	Approx. time	Power selector	Containers/ Recommendations
Egg custard (12.3.1)	1000 g	16 - 18 min	500 W	Pyrex 227 On the turntable
	750 g	13 - 15 min	500 W	Pyrex 220 On the turntable
Sponge cake (12.3.2)	475 g	6 - 7 min	700 W	Pyrex 827 On the turntable
Meatloaf (12.3.3)	900 g	14 min	700 W	Pyrex 838 Cover with cling film On the turntable
Defrosting meat (13.3)	500 g	11 - 12 min	200 W	On the turntable
Defrosting raspberries (B.2.1)	250 g	6 - 7 min	200 W	On a flat plate On the turntable