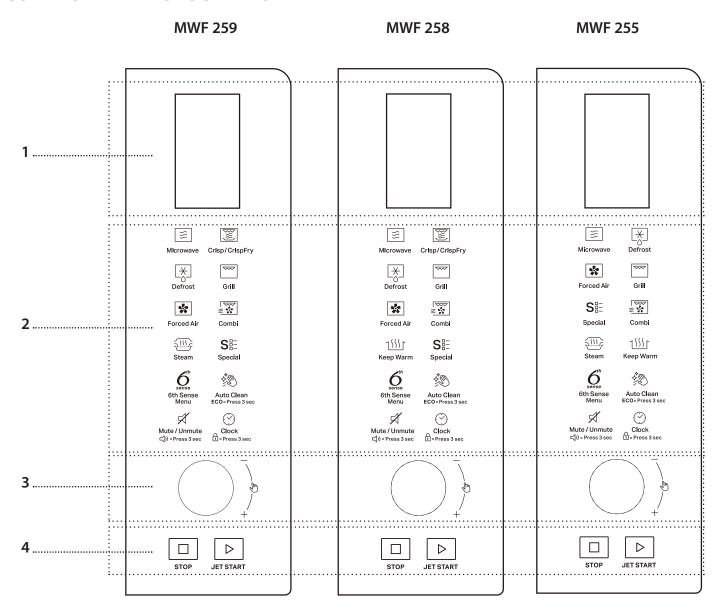
## **CONTROL PANEL DESCRIPTION**

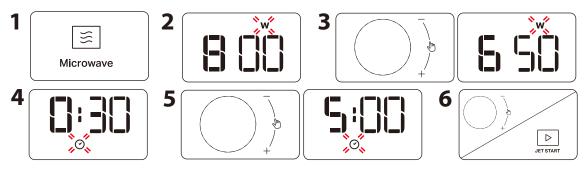


- 1. DISPLAY
- 2. FUNCTION BUTTONS
- 3. ROTATING /CONFIRMATION KNOB
- Rotate to set the duration, the power, the temperature (depending on models), and weight, to choose the food category and to adjust the clock. Rotating right or left will increase or decrease value.
- Press knob to confirm parameter. When the last parameter is confirmed, the function goes in RUN.
- 4. START/STOP BUTTONS

## **COOKING FUNCTIONS**

# **MICROWAVE (MANUAL)**

Microwave function is a manual function that allows to quickly cook or reheat food and beverages. For example setting the watt to 650 W and 5 min. duration:



- 1. Press Microwave button.
- 2. 800 W is default setting.
- 3. Rotate knob to set the power level to 650 W.
- 4. Press OK knob to confirm or after 3 seconds, 0:30 shown on the display.
- 5. Rotate the knob to set duration to 5 minutes.
- 6. Press OK Knob or Jet Start to run cooking.

# 1

#### Tips and suggestions:

If you need to change the power, press the Microwave button again, and rotate the Knob to adjust the value. The desired power level can be selected as per below table.

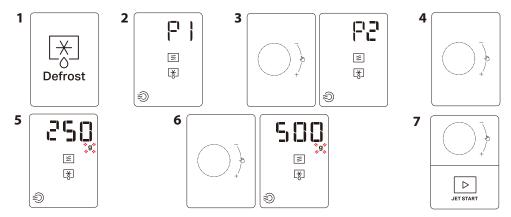
POWER	SUGGESTED USE:	ACCESSORIES
90 W	Soften ice cream. Keep warm.	
160 W	Defrost, soften butter and cheeses.	
350 W	Slow and gently cooking dishes like stews. Melting butter, cheeses and chocolate.	
500 W	Delicate dishes cooking. Suitable for dishes rich in proteins, cheeses or eggs; finish cooking stews.	MW SAFE DISH
650 W	Cooking dishes meat, fish or vegetable based that need to be equally cooked in all the parts .	(NOT PROVIDED)
800 W	Reheat drinks, water, soups, tea or coffee. Suitable for food rich in water. Do not use for food containing eggs or cream.	





#### **DEFROST**

This function allows you to quickly defrost food automatically. Use this function to defrost Meat, Chicken, Fish, Vegetables and Bread. For example to defrost 500 g chicken:



- 1. Press Defrost button.
- 2. P1 is default setting.
- 3. Rotate knob to set the category to P2.
- 4. Press Jetstart or OK Knob to confirm.
- 5. 250 g is default weight.
- 6. Rotate Knob to set weight to 500 g.
- 7. Press OK Knob or Jet Start to run cooking.

# Tips and suggestions:

- In order to achieve the best possible results the product will ask you to turn/stir the food when needed. See "Add / Stir/ Turn food" chapter on "FUNCTIONS AND DAILY USE" section.
- Plastic foil should be scored or pricked with a fork, to relieve the pressure and to prevent bursting, as steam builds-up during cooking.
- For better result we recommend to let the food rest for at least 5 minutes.

FOOD	FOOD CATEGORY		MWF 255	WEIGHT	ACCESSORIES	INSTRUCTION
	Meat	Pl	Pl	100-2000 g/ 50 g		Minced meat, slices, chops, stew.
	Chicken	P2	P2	100-2000 g/ 50 g	MW Safe Dish  (♣)	Fillets (entire or cut)
(I)	Fish	P3	P3	100-1500 g/ 50 g	MW SAFE DISH	Entire fishes or fillets
48	Vegetable	РЧ	РЧ	100-1500 g/ 50 g	(NOT PROVIDED)	Avoid harder parts of vegetables
*==	Crisp Bread	P5		50-500 g/ 50 g	Crisp Plate  Crisp Handle	Bread of small weighs defrost better
8	Bread	P6	P5	50-500 g/ 50 g	(NOT PROVIDED)	Bread of small weighs defrost better

#### INDICATORS (DEPENDS ON FOOD CATEGORY):





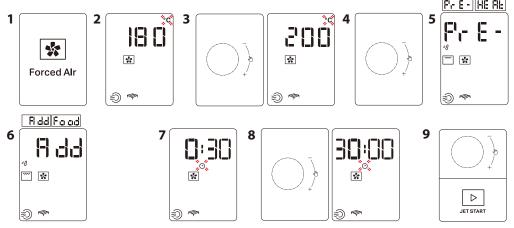






## **FORCED AIR (MANUAL)**

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 pastries, bakeries, meat, poultry, fishes etc. The cooking process will be preceded by a preheating phase of the oven in order to achieve the best possible cooking results. For example to bake food in 200°C, 30 minutes:



- 1. Press Forced Air button.
- 2. 180 °C is default setting.
- 3. Rotate knob to set the temperature to 200 °C.
- 4. Press OK Knob to confirm.
- 5. Preheat is on the display.
- 6. After preheating, "Add Food" on the display. Open the door, add food. Then close the door.
- 7. 30 sec. is default duration.
- 8. Rotate Knob to set duration to 30 minutes.
- 9. Press OK Knob or Jet Start to run cooking.

# *i* Tips and suggestions:

- Use the Low 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.
- For better result we recommend to let the food rest for at least 5 minutes.

Forced Air	ACCESSORIES
Manual 40-200°C/ 5°C	Low Rack

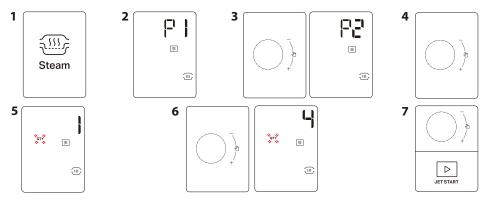






#### STEAM MENU (MWF 255 AND MWF 259 ONLY)

This function allows you to obtain healthy and natural tasting dishes by cooking with steam. Use this function to steam cook food such as pasta, rice, vegetables and fish. You will be asked to set the boiling time for the rice and pasta according to your food package recommendation. For example to boil 4 servings Quinoa use the steamer without grid.



- 1. Press Steam button.
- 2. P1 is default setting.
- Rotate knob to set category to P2.
- 4. Press OK Knob to confirm.
- 5. 1 serving is on the display.
- 6. Rotate knob to set weight to 4 servings.
- 7. Press OK Knob or Jet Start to run cooking.



#### Tips and suggestions:

- The start temperature of water is in the range of 15-27°C.
- The steamer is designed to be used with microwaves only! Using the steamer in any other function may cause damage to the accessory.
- Food category P4 to P16, put 100 ml water into the bottom of steamer before cook.
- As the container will be hot after the cleaning cycle is complete, it is recommended to use a heat resistant glove when removing the container from the microwave.

FOC	DD CATEGORY	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION		
PI	Boil Rice	1-4 servings/ 1 serving		Rice (80 g/portion), salt	<ul> <li>Add rice and salt.</li> <li>Add water at room temperature until the level indicated in the accessory is reached and stir.</li> <li>Cover with the steamer lid.</li> <li>When required, put the cooking time of rice, indicated in the rice packaging.</li> </ul>		
P2	Boil Quinoa	1-4 servings/ 1 serving	Steamer no Grid Lid Bottom			Quinoa (70 g/portion), salt	- Add quinoa and salt Add water at room temperature until the level indicated in the accessory is reached (use rice indicator) and stir Cover with the steamer lid.
P3	Boil Pasta	1-3 servings/ 1 serving		Pasta (80 g/portion), salt	<ul> <li>Add pasta and salt.</li> <li>Add water at room temperature until the level indicated in the accessory is reached and stir.</li> <li>Cover with the steamer lid.</li> <li>When required, put the cooking time of pasta, indicated in the pasta packaging.</li> </ul>		
РЧ	Steam Vegetables (Broccoli, Qualiflower)	150-500 g/50 g		-	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Place vegetables flowers or cut on the grid, avoiding overlapping.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>		
<i>P</i> 5	Steam Potatoes	150-500 g/50 g	Steamer Lid Middle Grid Bottom	-	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Cut potatoes in cubes and place them on the grid, avoiding overlapping.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>		
<i>P</i> 5	Steam Frozen vegetables	150-500 g/50 g		-	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Place vegetables flowers on the grid, avoiding overlapping.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>		







FOC	DD CATEGORY	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION	
P7	Steam Fruit	150-500 g/50 g		Apples, peers	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Place food on the grid, avoiding overlapping.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>	
P8	Steam Chicken fillet	150-500 g/50 g		-	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Place food on the grid, avoiding overlapping</li> <li>Press auto cook button and select the program, then press jet start button.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>	
Pg	Steam Fish Fillets	150-500 g/50 g	Steamer	Cod, sea bream, trout	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Place food on the grid, avoiding overlapping cook and after cooking let the product rest for few minutes</li> </ul>	
PIO	Steam Fish Cutlet	150-500 g/50 g	Lid Middle Grid Bottom	Tuna, swordfish, salmon	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Place food on the grid, avoiding overlapping.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>	
PII	Steam Shrimps	150-500 g/50 g			-	<ul> <li>Put 100 ml in the steamer and put the grid.</li> <li>Place food on the grid, avoiding overlapping</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>
P12	Steamed creamy mushrooms stuffed potatoes	1 recipe		3 large potatoes, 100g champignon mushrooms, 50 g grated parmesan cheese, 1 teaspoon chopped parsley, salt pepper	<ul> <li>Peel the potatoes and cut them in half for the length.</li> <li>Dig the inside with a small knife put cheese and the other ingredients mixed in the cavities of the potatoes.</li> <li>Put 100 ml in the steamer and put the grid and arrange the product on the grid.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>	
PI3	Steamed vegetarian meatballs	1 recipe	Steamer Lid Middle Grid Bottom	1 carrot, 1 zucchini (medium) 1 red bell pepper, 100 g grated parmesan cheese, 200 g ricotta cheese, 100 g breadcrumb, nutmeg, salt, pepper.	<ul> <li>Grind vegetables in a mixer, then mix all the ingredients into a bowl.</li> <li>Create balls (1-2 tablespoons each) and cover them with breadcrumb.</li> <li>Put 100 ml in the steamer and put food on the grid.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>	
PIY	Steamed rice paper vegetarian rolls	4 rolls	Steamer Lid Middle Grid Bottom	4 rice paper sheets, 60g courgettes , 60g carrot, 40g celery stalk, 10 g fresh ginger, 10g fresh coriander	<ul> <li>Stripe courgettes, carrot, celery stalk and coriander.</li> <li>Put them on rice paper and roll up.</li> <li>Put 100 ml in the steamer and put food on the grid.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>	
PIS	Steamed stuffed cuttlefish	1 recipe	Steamer Lid Middle Grid Bottom	500 g gutted and skinned cuttlefish, 100 g breadcrumbs, 50 g grated parmesan cheese, 1 tablespoon chopped parsley, 30 ml olive oil, salt, pepper.	<ul> <li>Mix all the ingredients and put all stuffing into cuttlefish holes.</li> <li>Put 100 ml in the steamer and put the food on the grid.</li> <li>Cook and after cooking let the product rest for few minutes.</li> </ul>	







FOC	DD CATEGORY	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION							
P16	Steamed white fish and basil burgers	150-500g/50g	Steamer Lid Middle Grid Bottom	500 g white fish fillet boneless skinned and grounded, 30 g fresh basil, pink pepper, salt.	<ul> <li>Add the white fish fillet and basil to a food processor fitted with the blade attachment and blend just until it's broken down into small pieces.</li> <li>Then put pink pepper and salt to the basil and white fish fillets. Blend everything together until you have a smooth mixture.</li> <li>Evenly distributing the fish fillet mixture, shape it into evenly sized burgers - put 100 ml in the steamer.</li> <li>Put the grid.</li> <li>Place food on the grid, avoiding overlapping.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>When the cooking time ends, let the product rest for few minutes.</li> </ul>							
PI7	Boil asparagus and turmeric quinoa	1 recipe		200 g quinoa, 400 ml water, 100 g fresh asparagus tips, 1 teaspoon turmeric, 20 ml olive oil, salt and pepper.	Mix all the ingredients.     Cover with the steamer lid and cook.     After cooking let the product rest for few minutes.							
PIB	Boil dried tomatoes and olives spelt	1 recipe	Steamer no Grid								150 g dried spelt, 350 ml water, 100 g dried tomatoes, 100g pitted blak olives, 1 chopped small challot, 1 tuft of basil, olive oil salt and pepper.	Mix all the ingredients.     Cover with the steamer lid and cook after cooking let the product rest for few minutes, stir and serve.
PIS	Boil chicken and burghul curry salad	1 recipe	Bottom	200 g chicken breast, 250 g dry burghul, 1 tablespoon Madras curry, 400 ml vegetable stock, salt and pepper.	Mix all the ingredients.     Cover with the steamer lid and cook after cooking let the product rest for few minutes, stir and serve.							
P 2 0	Boil coriander and courgettes Basmati rice	1 recipe		300 g basmati rice, 400 ml water, 150 g courgettes, 50 g fresh coriander, 50 ml coco milk, salt and pepper.	Mix all the ingredients.     Cover with the steamer lid and cook after cooking let the product rest for few minutes, stir and serve.							



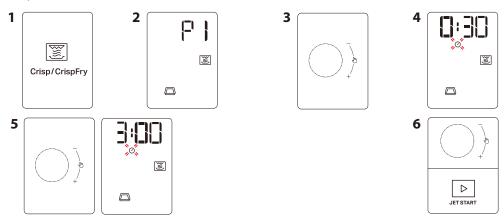




#### CRISP/CRISP FRY (MWF 258 AND MWF 259 ONLY)

#### **Manual Crisp**

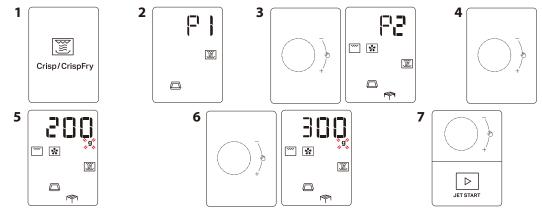
This function allows to obtain a perfect browning on both top and bottom surfaces of foods, while cooking internally developing the perfect texture. Cooking function that uses microwave and grill. The crisp plate reaches the right temperatures that enable to cook and brown foods. For example to manual crisp for 3 minutes:



- 1. Press Crisp/CrispFry button.
- 2. P1 is default setting.
- 3. Press OK Knob to confirm.
- 4. 0:30 is on the display.
- 5. Rotate knob to set duration to 3 minutes.
- 6. Press OK Knob or Jet Start to run cooking.

#### **Crisp Fry**

This function is suitable for cooking frozen fried foods, potatoes, chicken wings, chicken nuggets. The real advantage is that no oil (or a very low quantity) is required while results are really good and very similar to fried products. For example to crisp-fry 300 g French Fries:



- 1. Press Crisp/CrispFry button.
- 2. P1 is default setting.
- 3. Rotate knob to P2.
- 4. Press OK Knob to confirm.
- 5. 200 is default weight.
- 6. Rotate knob to change weight to 300 g.
- 7. Press OK Knob or Jet Start to run cooking.

# Tips and suggestions:

- 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 dedicated Crisp Plate with this function. Other Crisp Plates on the market will not give the correct result when using this function.
- During the cooking period, the microwave oven may requested to add / stir / turn food. (see "ADD / STIR / TURN FOOD" on FUNCTIONS AND DAILY USE section for details).

INDICATORS (DEPENDS ON FOOD CATEGORY):















	FOOD CATEGORY		WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION
PI	<i>€</i>	Manual Function		Crisp Plate  Crisp Handle	-	-
P2		French fries	200-400 g/50 g	Crisp Plate on High Rack	French fries	- Place the product on the crisp plate, avoiding overlappings Press auto cook button and select the program, then press Jet start button When required, turn the product When the cooking ends, let the product rest for few minutes.
P3		Chicken nuggets	200-500 g/50 g	Crisp Handle	Chicken nuggets	<ul> <li>Place the product on the crisp plate, avoiding overlappings.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>When required, turn the product.</li> <li>When the cooking ends, let the product rest for few minutes.</li> </ul>
PΥ	G G	Fish sticks	250-500 g/50 g		Fish sticks	<ul> <li>Place the product on the crisp plate, avoiding overlappings.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>When required, turn the product.</li> <li>When the cooking ends, let the product rest for few minutes.</li> </ul>
<i>P</i> 5	<b>*</b>	Frozen burgers	100-600 g/50 g		Frozen burgers	<ul> <li>Place the product on the crisp plate, avoiding overlappings.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>When required, turn the product When the cooking ends, let the product rest for few minutes.</li> </ul>
P6	(M)	Breaded chicken fillet	200-500 g/50 g	Crisp Plate on High Rack	400 g chicken breast sliced, 100 g breadcrumbs, 60 g flour, 2 eggs, 100 ml sunflower oil, salt pepper.	<ul> <li>In a medium shallow bowl, add the flour, salt and black pepper.</li> <li>In a second medium shallow bowl, add the eggs, salt and pepper and whisk to combine them.</li> <li>In the third medium shallow bowl, add the breadcrumbs, the oil and mix.</li> <li>Run each piece of chicken through these bowls in the order of setting them up: flour, egg then breadcrumbs.</li> <li>Put the chicken breast on the crisp plate and place it into the oven.</li> </ul>
РТ		Chicken wings	200-500 g/50 g	Crisp Handle	Chicken wings	<ul> <li>Place the product on the crisp plate, avoiding overlappings.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>When required, turn the product.</li> <li>When the cooking ends, let the product rest for few minutes.</li> </ul>
P8		Fish cutlets	200-500 g/50 g		Fish cutlets	<ul> <li>Place the product on the crisp plate, avoiding overlappings.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>When required, turn the product.</li> <li>When the cooking ends, let the product rest for few minutes</li> </ul>

## INDICATORS (DEPENDS ON FOOD CATEGORY):













<i>P</i> 9	Ham and cheese breaded chicken	1 recipe	Crisp Plate on High Rack	400 g chicken breast sliced, 50 g sliced cheese, 50 g sliced ham, 100 g breadcrumbs, 60 g flour, 2 eggs, 100 ml sunflower oil, salt pepper.	<ul> <li>Mix the ham and cheese.</li> <li>Gently slice a lengthwise pocket into each chicken breast.</li> <li>Stuff each breast with the ham and cheese mixture and secure with a skewer or a few toothpicks.</li> <li>In a medium shallow bowl, add the flour, salt and black pepper.</li> <li>In a second medium shallow bowl, add the eggs, salt and pepper and whisk to combine them. In the third medium shallow bowl, add the breadcrumbs, the oil and mix.</li> <li>Run each piece of chicken through these bowls in the order of setting them up: flour, egg then breadcrumbs.</li> <li>Put the chicken breast on the Crisp plate and place it into the oven.</li> </ul>
PIO	Oregano and thyme breaded aubergines	1 recipe	Crisp Handle	250 g aubergines, 2 eggs, 1 tablespoon dried thyme, 200g breadcrumbs, 100 ml sunflower oil, salt pepper	<ul> <li>Slice the aubergines in 0.5 inch thick circles         Mix eggs, dried thyme, salt and pepper together         in a bowl, place the breadcrumbs in another         bowl, add the oil and mix them well.</li> <li>Run each piece of sliced aubergines these         bowls in the order of setting them up: egg then         breadcrumbs.</li> <li>Put the sliced aubergines on the Crisp plate and         place it into the oven.</li> </ul>
PII	Breaded crispy prawns	1 recipe		400 g shelled prawn tails, 2 eggs, 200 g breadcrumbs, 70 ml sunflower oil, salt and pepper.	<ul> <li>Mixed eggs, salt and pepper together in a bowl, add breadcrumbs in another bowl, add the oil and mix them well.</li> <li>Run each piece of prawn tail these bowls in the order of setting them up: egg then breadcrumbs.</li> <li>Put the prawns on the crisp plate and place it into the oven.</li> </ul>







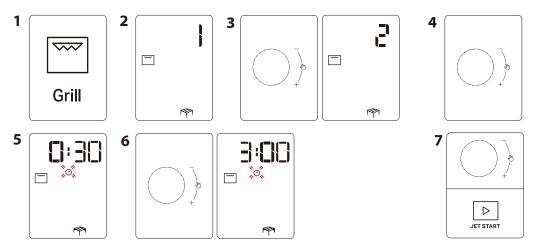






## **GRILL**

This function uses a powerful quartz grill to brown foods, creating a grill or a gratin effect. For example to grill food at Medium level for 3 minutes:



- 1. Press Grill button.
- 2. 1 is default setting.
- 3. Rotate knob to change power level to 2.
- 4. Press OK Knob to confirm.
- 5. 0:30 is default setting.
- 6. Rotate knob to change duration to 3 minutes.
- 7. Press OK Knob or Jet Start to run the cooking.

## 

#### Tips and suggestions:

- For food like toast bread, steaks and sausages, place food on the high rack.
- The high rack is needed for this function. It brings food close to the grill allowing best cooking results. Place it in the center of the cavity.
- 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.

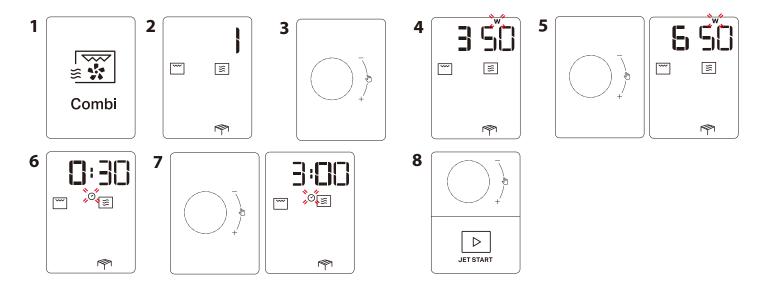
POW	ER LEVEL	HINTS	ACCESSORIES
1	Low	This level is used to ultimate cooking of one side already grilled, that still need to brown another side; This level is useful for those products that have to cook/kept warm for long time with no risk of burning.	High Rack
2	Medium	This is used to cook some types of meat that have to be cooked evenly outside and inside. It is also suitable to toast bread slowly, to gratinate foods and to reheat them.	
3	High	This level is intended for those foods that have to develop rapidly an intense browning on the surface, or for toasting bread or to finish gratinating foods.	





#### **COMBI GRILL (MW + GRILL)**

This function combines Microwave and Grill heating, allowing you to cook gratin in less time. For example to combi grill food at 650 W power level for 3 minutes:



- 1. Press Combi button.
- 2. 1 is Combi Grill function.
- 3. Press OK Knob to confirm.
- 4. 350 W is default setting.
- 5. Rotate knob to set power level to 650 W.
- 6. 0:30 duration is default setting.
- 7. Rotate knob to set duration to 3 minutes.
- 8. Press OK Knob or Jet Start to run the cooking.

## 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.
- When cooking large gratins, turn the food approximately after half of cooking time in order to let the surface to get the right top color.
- Ensure that the utensils used are microwave and oven proof 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.
- The high rack is needed for this function. It brings food close to the grill allowing best cooking results. Place it in the center of the cavity.

POWER LEVEL	SUGGESTED USE	ACCESSORIES
650 W	Vegetables	High Rack
500 W	Poultry	
350 W	Fish	
160 W	Meat	
90 W	Fruit gratin	

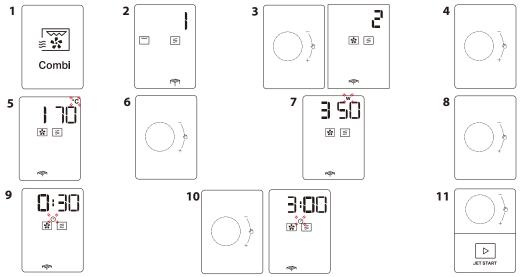






#### COMBI (MW + FC)

This function combines Microwave and Forced Air cooking, allowing you to prepare oven-baked dishes in less time. Combi (Microwave + Forced Air) allows you to cook dishes like roast poultry, entire potatoes, lasagna, fish. Roasted meat and fruit cakes, sweets and pastries. For example to bake food at 350 W power level, 170°C for 3 minutes:



- 1. Press Combi button.
- 2. 1 is default setting.
- 3. Rotate knob to 2 Combi-FC function.
- 4. Press OK Knob to confirm.
- 5. 170°C is default setting.
- 6. Press OK Knob to confirm.
- 7. 350 W is default setting.
- 8. Press OK Knob to confirm.
- 0 000 1 ( 1 11
- 9. 0:30 is default setting.
- 10. Rotate knob to set duration to 3 minutes.
- 11. Press OK Knob or Jet Start to run the cooking.

## **7**

#### Tips and suggestions:

- Do not leave the oven door open for long periods when the function is in operation, as this will cause a drop in temperature.
- Ensure that the utensils used are oven proof and microwave-safe when you use this function.
- For better result we recommend to let the food rest for at least 5 minutes.
- Use the Low Rack to put food on to allow the air to circulate properly around the food.

FC+MW	SUGGESTED USE	ACCESSORIES			
Temperature 160-200°C / 5°C					
350 W	Poultry, entire potatoes, lasagna, fish	Low Rack			
160 W	Roasted meat and fruit cakes				
90 W	Sweets and pastries				

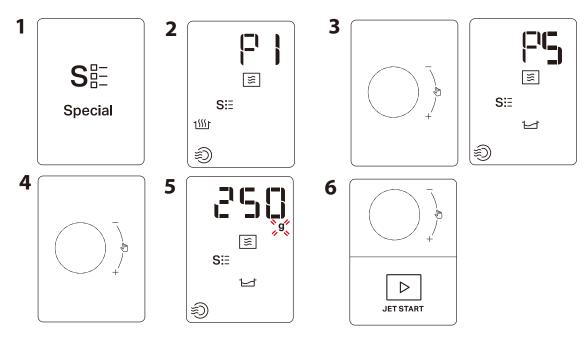






#### **SPECIAL**

The Special menu is a convenient button that contains different functions that support the cooking process. Allowing you to make the Yogurt, Dough rise, Soften and Melt butter, Ice cream, Cream cheese, etc. For example to soften 250 g butter with MWF 259 model:



- 1. Press Special button.
- 2. P1 is default setting.
- 3. Rotate knob to P5.
- 4. Press OK Knob to confirm.
- 5. 250 g is default setting.
- 6. Press OK Knob or Jet Start to run the cooking.



#### Tips and suggestions for Yogurt:

#### Ingredients:

- 600 ml of fresh or UHT full cream milk.
- 50 g of sugar and 15 g of starter(plain Yogurt) (the label must indicate the product contains a live culture).

#### Accessory

- Individual cups of the size of 1 Liter.
- · A medium-sized saucepan.

#### **Procedure:**

- Sanitize Yogurt containers by rinsing with boiling water.
- Heat milk in a saucepan to just near boiling (to about 70 °C, If you use UHT milk just avoid heating it).
- Once you've hit the target temperature, remove from heat and then wait for the milk to cool (to about 25 °C).
- Discard any "skin" that may have formed on the milk.
- · When the milk reached the proper temperature, mix the milk with the sugar and starter (plain Yogurt).
- Mix well but gently, do not incorporate too much air (if too much air is mixed in, the starter culture will grow slowly).
- Pour the mixture into clean containers, cover them with lid and place them in the center of the cavity.
- Press Special button, rotate the knob to P1 or P3 (see previous table) and then press Jet start button.
- · Do not stir the Yogurt during this period.
- When the cooking ends, take containers out from cavity and refrigerate before serving.
- To maintain a culture, save a small portion of Yogurt in a clean, air-tight container (but after several cycles the strength of the cultures decline). It will keep for two to three weeks in the refrigerator.

# **1**

#### Tips and suggestions for Dough Rising:

- 1. Put 200 ml water in a microwave safe container inside the cavity.
- 2. Press the Special button, rotate the knob to P2 or P4 (see the table) and then press Jet Start to humidity and warm the cavity temperature for 5 minutes.
- 3. After 5 minutes, the display will show "ADD FOOD", put the dough with container into the cavity very fast to keep steam and temperature, close the door.
- 4. Press the Jet Start button to start the cooking cycle.

#### INDICATORS (DEPENDS ON FOOD CATEGORY):

















- For example pizza dough, measure 37°C water directly into the container and dissolve the yeast into the water, add 250 g flour, 2 tablespoon extra virgin olive oil, 2 g of salt. Kneadwell until a dough is formed. This function can be used with any other dough recipe.
- For better result we recommend to use this function for 250-500 g dough rising.

	FOOD CATEGORY	MWF 255	MWF 258	MWF 259	WEIGHT	ACCESSORIES
<b>₽</b>	Keep Warm Roast beef	-	-	PI	600- 1400g	
<b>S</b>	Keep Warm Pizza	-	-	P2	300- 800g	
Ú	Yogurt	PI	PI	P3	See the Yogurt tips.	
	Dough Rising	P2	P2	PY	See the Dough Rising tips.	
	Soften Butter	P3	P3	P5	50g- 500g /50g	
₽*	Soften Ice cream	PY	PY	P5	100- 1000 /50g	MW SAFE DISH
7	Soften Cream Cheese	<i>P</i> 5	<i>P</i> 5	P7	50g- 500g /50g	(NOT PROVIDED)
	Soften Frozen Juice	P5	P5	P8	250ml - 1L /250ml	
	Melting Butter	P7	P7	P9	50g- 500g /50g	
	Melting Chocolate In Pieces	P8	P8	PIO	100g- 500g /50g	
<b>3</b>	Melting Cheese	<i>P</i> 9	P9	PII	50g- 500g /50g	
<b>E</b>	Melting Marshmellows	PIO	PIO	PI2	100- 500g /50g	









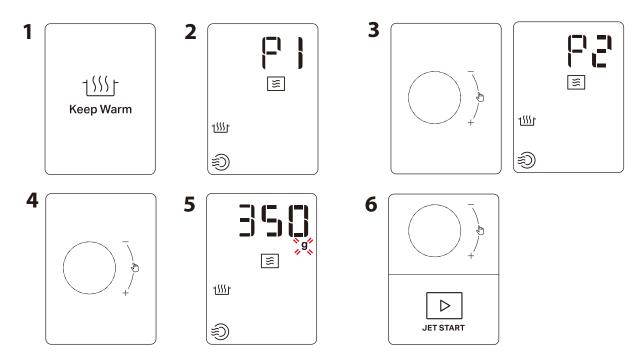






## **KEEP WARM (MWF 255 & MWF 258 ONLY)**

The Keep Warm function is used only to keep warm Roasted beef and Pizza. For example to keep warm 350 g pizza with MWF 255 model:



- 1. Press Keep Warm button.
- 2. P1 is default setting.
- 3. Rotate knob to P2.
- 4. Press OK Knob to confirm.
- 5. 350 g is default setting.
- 6. Press OK Knob or Jet Start to run the cooking.

# Tips and suggestions:

• Do not let food sit in oven more than one hour after cooking. Doing so can result in food poisoning or sickness.

	FOOD CATEGORY	WEIGHT	ACCESSORIES
PI	Roast beef	600-1400 g	
PZ	Pizza	300-800 g	MW SAFE DISH  (NOT PROVIDED)







#### **AUTO CLEAN**

This automatic cleaning cycle will help you to clean the microwave oven cavity and to remove unpleasant odors. The duration is 13 minutes and can not be changed.

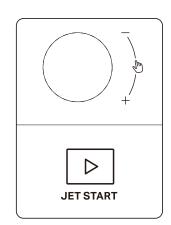
#### **BEFORE STARTING THE CYCLE:**

Put 250 ml room temperature water into microwave safe container or steamer bottom, depends on your model. Place the container directly in the cavity.

#### TO START THE CYCLE:







3

- 1. Press Auto Clean button.
- 2. 9:00 is default setting.
- 3. Press OK Knob or Jet Start to clean.

#### WHEN THE CYCLE IS FINISHED:

- 1. Press the Stop button, open the door.
- 2. Remove the container.
- 3. Use a soft cloth or a paper towel with mild detergent to clean the interior surfaces.

# *i* Tips and suggestions:

- For a better cleaning result, it is recommended to use a microwave safe container with a diameter of 17-20 cm, and a height that is lower than 6.5 cm.
- As the container will be hot after the cleaning cycle is complete, it is recommended to use a heat resistant glove when removing the container from the microwave.
- For a better cleaning effect and removal of unpleasant odors, add some lemon juice to the water.
- 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.

ACCESS	ORIES
MWF 255 / MWF 259	MWF 258
Steamer bottom	(NOT PROVIDED)



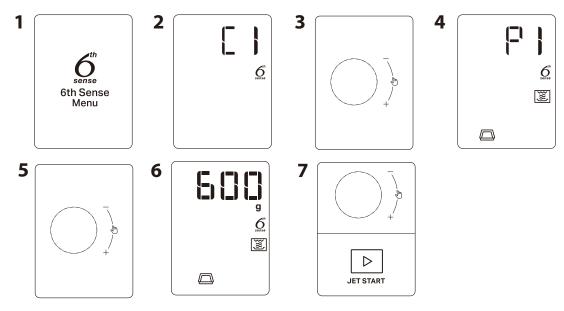






#### **6TH SENSE MENU**

This exclusive Whirlpool function allows you to have a optimal cooking results. The microwave will automatically calculate the needed microwave power level and time to get the best possible result in the shortest time. Place food onto a microwave safe dish or high rack, low rack, MW safe dish or crisp plate(according to the indication provided for each recipe). For example to cook ready mix cake with MWF 259 model:



- 1. Press 6th Sense Menu button.
- 2. C1 shown on display.
- 3. Press OK Knob to confirm.
- 4. P1 shown on display.
- 5. Press OK Knob to confirm.
- 6. 600 g shown on display.
- 7. Press OK Knob or Jet Start to run the cooking.

#### Note:

After heating baby food or liquids in a baby bottle or a safe microwave cup, always shake/stir and check the temperature before service. This will ensure that the heat is evenly distributed and avoid the risk of scalding or burns.

- Remove teats (from bottles) and lids (for jars)
- Shake after heating up
- Let the food stand for a while
- Shake again the product
- Check temperature
- Serve at around 30-40°C (solid food) or around 37°C (milk)























## Model MWF 258 and MWF 259 refer to below table:

FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION												
	C1 Convenience																	
Ready mix cake	PI	PI	600 g	MW safe cake tin (not provided)	Ready mix cake	Put the mix into the cake tin and place it into the cavity. When the cooking ends, take it out and let it cool down for a while before serving.												
Frozen thin pizza	P2	P2	350 g	Crisp Plate  Crisp Handle	Frozen thin pizza	After removing the packaging, place the product on the crisp plate.     When the cooking ends, let the product rest for few minutes before serving.												
	•	•		C2 B	Breakfast													
Toast	PI	PI	40-80 g/40 g	High Rack	Bread slices by 20 g each	- Place the products directly on the high rack Cook Turn when required.												
Oat porridge	P2	P2	1-4 servings/ 1 serving	(NOT PROVIDED)	160 g oat, 320 g milk, salt	<ul> <li>Mix all the ingredients.</li> <li>Cook.</li> <li>Stir strongly when required.</li> <li>Milk has to be refrigerated otherwise use a bigger cup</li> </ul>												
Bacon	P3	P3	50-150 g/25 g		Bacon slices	- Place the bacon slices laying on the crisp plate.												
Fried eggs	PΥ	PY	1-4 servings/ 1 serving	Crisp Plate	Crisp Plate	Crisp Plate	Crisp Plate	1 serving : 1 egg	<ul> <li>Put the crisp plate into the cavity in order to perform the preheat.</li> <li>When it finishes, crack the eggs on the crisp plate and put it in the cavity of the oven.</li> </ul>									
Bacon and eggs	P5	PS	1-4 servings/ 1 serving					Crisp Plate	Crisp Plate	Crisp Plate	Crisp Plate	Crisp Plate	Crisp Plate	Crisp Plate			1 serving : 1 egg and 25 g bacon slices	<ul> <li>Place the bacon slices laying on the crisp plate and cook them.</li> <li>When required, open the door and crack the eggs on the crisp plate over the bacon and put them in the cavity of the oven again.</li> </ul>
Sausages	P 6	P 6	100-400 g/ 100 g												Sausages	<ul> <li>Pierce the sausages with a fork.</li> <li>Place the sausages on the crisp plate and put it in the cavity of the oven.</li> <li>Cook.</li> <li>When required, turn the product and continue cooking.</li> </ul>		
Crusty bacon with cocotte eggs	Р٦	P٦	1 recipe	Crisp Handle	150 g bacon, 8 eggs, salt pepper	<ul> <li>Place the bacon cubes on the crisp plate.</li> <li>Cook When required, open the door and crack the eggs on the crisp plate over the bacon and sprinke with salt and pepper.</li> <li>Put them in the cavity of the oven again.</li> <li>Cook.</li> </ul>												
Ham and eggs toast	P8	P8	1 recipe		4 eggs, 50 g smoked ham, 8 slices of bread, salt pepper	- Wisk the eggs and the salt with the ham and put them in the crisp plate Cook A thin omelette will be obtained Slice the omelette in 4 squares Put each square in two slices of bread, place them into the crisp plate and put them in the cavity again Cook.												
Mushrooms and onions ash browns	P9	P9	1 recipe		400 g fresh grated potatoes, 100g fresh mushrooms, 60 g onions, salt and pepper.	<ul> <li>Grate the potatoes finely and squeeze them lightly with your hands to remove excess water.</li> <li>Add all the remaining finely chopped ingredients</li> <li>Form piles with a spoon on the previously oiled Crisp plate, then press lightly with your fingers, obtaining discs.</li> </ul>												





















FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION							
Ham and cheese omelette	PI O	PI O	1 recipe	Crisp Plate  Crisp Handle	8 eggs, 70 g grated gruyere cheese, 60 g ham, salt and pepper.	<ul> <li>Put the crisp plate into the cavity in order to perform the preheat.</li> <li>Combine eggs, salt, pepper, and herbs in a medium bowl and whisk until homogeneous and frothy, about 1 minute.</li> <li>Brush the crisp plate with butter or olive oil.</li> <li>Put the eggs mixture into the crisp plate.</li> <li>Cook.</li> <li>An omelette will be obtained, so take out the crisp plate and, using silicone spatula, loosen the edges of the omelette from skillet and shake skillet to ensure that it's not stuck.</li> <li>Put the ham and the cheese in one half and fold the opposite part of the omelette in order to cover ham and cheese.</li> <li>Put the crisp plate again in the oven and start cooking.</li> </ul>							
				C3 Com	plete meals								
Salmon with vegetables	PI	PI	1 recipe	₩ SAFE DISH	300 g salmon cut in 3 cm thick slices, 150 g tomatoes, 100 g potatoes, 100 g cauliflower, oil, salt, lemon juice	Put salmon and vegetables previously seasoned with oil, salt, pepper and lemon juice. Cover the plate leaving some space for the steam to get out. After cooking, remove the lid paying attention not to be burned.							
Fish and potatoes	P2	P2	200-500 g/ 50 g	(NOT PROVIDED)	fish fillets, potatoes, EVO oil, salt, pepper	- Put fish fillets and potatoes seasoned (use half potatoes and half fish by weight.) - Cover the plate leaving some space for the steam to get out After cooking, remove the lid paying attention not to be burned.							
Curry rice and green peas chicken		P3	1 recipe	Steamer no grid	200g chicken breast, 200g basmati rice, 600 ml vegetables stock, 50 g green peas, 1 tablespoon green curry.	- Add all the ingredients and mix well in the steamer Cover, cook and stir when required - After cooking, let the product rest for 4-5 minutes.							
All in one bolognese pasta		РЧ	1 recipe		Lid	Lid		Lid	Lid	Lid	Lid	Lid	500 g bologenese sauce, 350 g short shape pasta (rigatoni, mezzemaniche, caserecce), 300 ml water, salt and pepper.
Chickpeas and chicken couscous		P5	1 recipe		100 g chickpeas, 150 g chicken cut in strips, 200 ml water, 100 g cous cous	- Add all the ingredients and mix well Cover and after cooking, remove the lid, stir and serve.							
Stewed lentils with meatballs		P5	1 recipe		150 hulled lentils, 400 g grounded beef, 400 g crushed tomatoes, 500 ml vegetable stock, salt and pepper.	- Mix grounded beef, salt and pepper Shape mixture into meatballs, approximately 1 1/2 tablespoons each Put hulled lentils, crushed tomatoes, broth, salt and pepper into the steamer without the internal grid							
Chicken and potatoes	P3	РΊ	200-500 g/ 50 g	Crisp Plate  Crisp Handle	Chicken fillet with no bones, potatoes, salt, pepper	<ul> <li>Peel potatoes and cut them in cubes.</li> <li>Place potatoes and the chicken fillet on the crisp plate, put salt and pepper and, exclusively on potatoes, oil, then put the plate in the cavity of the oven.</li> <li>Cook.</li> <li>When required, turn the product.</li> </ul>							





















FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION
Eggs and asparagus	РЧ	P8	1-4 servings/ 1 serving	Crisp Plate  Crisp Handle	1 serving : 1 egg, 100 g asparagus	<ul> <li>Place asparagus on the crisp plate and put it into the cavity.</li> <li>Cook.</li> <li>When required open the door, add the eggs over the asparagus, paying attention to the temperature.</li> <li>Put the Crisp plate into the cavity and start cooking again.</li> </ul>
Quiche	P5	PS	1 batch (1025g)	Crisp Plate  Crisp Handle	1 Readymade brisée dough, roundshaped (230 g), 100 g diced bacon (not smoked), 100 g mixed eggs, 200 g cooking cream, salt	- Put the dought over a table and use a rolling pin to smooth the surface.  - Lay down the dough (altogether with its baking paper sheet) on the crisp plate.  - Cut the excess (out of pan lips) of paper with a pair of scissors, and use a fork to print the entire surface of the dough.  - Evenly distribute the bacon over the dough surface.  - Whisk eggs and cream strongly.  - Gently pour mix in the pan and smooth liquid surface with a spatula or a fork.  - Place the Crisp plate in the cavity.
Veg quiche	P6	PI O	1 batch (1025g)	Crisp Plate  Crisp Handle	2 Readymade brisée dough, roundshaped (230 g), 150 g courgettes, 100 g little tomatoes, 250 g vegetal cream, salt, pepper	- Put the dought over a table and use a rolling pin to smooth the surface.  - Lay down the dough (altogether with its baking paper sheet) on the crisp plate.  - Cut the excess (out of pan lips) of paper with a pair of scissors, and use a fork to print the entire surface of the dough.  - Cut courgettes in 3 mm slices and tomaoes in pieces. Then evenly distribute them over the dough surface.  - Mix the cream with salt and pepper, then sprinkle it and smooth liquid surface with a spatula or a fork.  - Place the Crisp plate in the cavity.
Frozen Lasagna	P٦	PH	600 g	MW safe dish on low rack	Ready to cook frozen lasagna	- Place the frozen lasagna with its microwave safe tray in the center of the rack After cooking, let the product rest for few minutes.
Fresh Lasagna	P8	PI 2	1000 g	MW SAFE DISH	150 g pasta 400 g bolognese meat 50 g parmesan 250 g bechamel salt	Put a layer of pasta, totally cover it with bolognese sauce, then cover with bechamel and parmesan. Repeat the operation on 6 layers. After cooking let it rest for few minutes before serving.
Homemade pizza	P9	PI3	900 g	Crisp plate on low rack  Crisp Handle	150 g flour, 10 g fresh yeast, 100 ml water 120 g tomato 70 g mozzarella, 15 g oil	<ul> <li>Dissolve the yeast in water at 37°C. Add fluor, salt and oil and create a dough (10 min).</li> <li>Let it rest for 30-60 min covered at room temperature.</li> <li>Place it in the oiled crisp plate, cover with tomatoes, mozzarella and oregano, place the crisp plate on the rack.</li> </ul>
				C4 Hea	althy/vegs	
Vegetable soup	ΡI	PI	4 servings	(NOT PROVIDED)	200 g potatoes in cubes, 100 g broccoli, 1 mature tomato cut in cubes, 200 ml water, salt pepper, parmigiano cheese, EVO oil	<ul> <li>In a safe mw dish, mix all the ingredients except cheese.</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>Cook.</li> <li>When the cooking time ends, grind ingredients with a mixer and serve it still warm, adding cheese and EVO oil on the top.</li> </ul>























FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION
Baked potatoes	P2	P2	1-4 servings/ 1serving		1 kg potatoes medium size not peeled,	<ul> <li>Wash, dry and pierce with a fork the potatoes.</li> <li>Then put them in a safe mw plate.</li> <li>Cook and turn when required.</li> <li>At the end of cooking time, let potatoes to cool down.</li> </ul>
Leek, courgettes and jewish artichoke soup	P3	P3	4 servings		Leek 100 g, courgettes 100 g, jewish artichokes 100 g, 1 lt beef stock.	<ul> <li>Grind all the ingredients very thin by using a mixer and put them in a safe mw dish.</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>Cook and stir when required.</li> <li>At the end of cooking time, let the product rest for 5 min, then filter it. Pay attention to temperature when taken out.</li> </ul>
Red lentils and turmeric soup	РЧ	P4	4 servings	MW SAFE DISH  (NOT PROVIDED)	150 dried red lentils, 1 lt vegetable stock, 2 tablespoons soy sauce, 1 teaspoon turmeric, salt and pepper.	<ul> <li>Put all the ingredients In a safe mw dish.</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>After cooking time, let the product rest for 5 min. Pay attention to temperature when taken out.</li> </ul>
Onion soup	P5	P5	4 servings		400 g white onions, 1 It vegetable stock, 1 laurel leave, salt and pepper.	<ul> <li>Grind onions in thin slices by using a mixer and put them in a safe mw dish.</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>Cook and stir when required.</li> <li>After cooking, let the product rest for 5 min, then filter it. Pay attention to temperature when taken out.</li> </ul>
Sweet potatoes (whole)	P 6	P6	1-4/1		Sweet potatoes	<ul> <li>Wash, dry and pierce with a fork the potatoes, put them in a steamer.</li> <li>Put 100 ml water into the bottom of the steamer before cooking.</li> <li>Cook and turn when required.</li> <li>After cooking, let potatoes rest for few minutes.</li> </ul>
Roasted cheesy potatoes	PΊ	PΊ	1 recipe	Crisp Plate	600 g peeled potatoes, 100 g cheddar cheese, 1 tablespoon chives, salt, pepper.	<ul> <li>Peel the potatoes.</li> <li>Cut them in half for the length.</li> <li>Dig the inside with a small knife place the potatoes on the crisp plate.</li> <li>Cook mix the cheese and the other ingredients and insert them in the cavities of the potatoes whe required.</li> <li>Rearrange the potatoes on the Crisp plate and start cooking.</li> </ul>
Veggy style stuffed courgetts	P8	P8	1 recipe	Crisp Handle	4 large courgettes, 1 carrot, 1 tablespoon capers, 1 tomato, oile oil, salt and pepper.	<ul> <li>Cut the courgettes in half lengthwise.</li> <li>Dig the inside with a spoon.</li> <li>In a bowl mix all the ingredients and insert them in the cavity obtained.</li> <li>Arrange the courgettes on the crisp plate.</li> </ul>
Mint and tomato aubergines rolls	P9	P9	1 recipe		150 g sliced aubergines, 100 g fresh tomatoes, 1 tuft of mint, 100 g smoked cheese, salt, pepper.	<ul> <li>Cut the aubergines into about 2mm slices.</li> <li>Cut other ingredients into pieces and make the stuffing.</li> <li>Roll the aubergine slices with stuffing use toothpick to hold them together sprinkle with olive oil, salt and pepper and place on the crisp plate.</li> </ul>
Feta and chives baked potatoes	PIO	PI O	1 recipe	Crisp Plate  Crisp Handle	3 large potatoes, 200 g fresh feta cheese, 1 tablespoon chopped chives,	<ul> <li>Scrub the potatoes, dry them well, and pierce them all over with the tines of a fork.</li> <li>Cut potatoes in half, dig the inside and place them on the crisp plate.</li> <li>When required add the feta cheese in the cavities of the potatoes and then sprinkle with chives.</li> <li>Rearrange the potatoes on the crisp plate and start cooking.</li> </ul>
Plant based burgers	PII	PII	100-400 g/ 100 g	High Rack	plant based burger by 100 g each	- Place the products on the high rack Cook and turn when required























FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION					
	C5 Fish/seafood										
White Fish Fillets	PI	PI	150-500 g/ 50 g		White fish fillet	<ul> <li>Place the fish fillet on the crisp plate and put it in the cavity of the oven.</li> <li>Cook.</li> <li>When required, turn the product</li> </ul>					
Erbs and curry breaded cod fillets	P2	P2	1 recipe		400 g cod fillets, 30 g breadcrumbs, 2 tablespoons mixed erbs, 50 ml sunflower oil, salt and pepper.	<ul> <li>In a bowl mix the breadcrumbs with the herbs, oil, salt and pepper.</li> <li>Place the mix on the fillets and press to stick arrange the fillets on the crisp plates lightly oiled .</li> </ul>					
Salmon and mushrooms skewers with teryaki glaze	P3	P3	1 recipe	Crisp Plate	500 g fresh salmon fillet, 150 g fresh champignon mushrooms, salt and pepper.	<ul> <li>Mix the salt and pepper Cut the salmon into 1.5 inches cube.</li> <li>Using bamboo skewers, add 3 pieces of salmon with 3 mushroom, alternating between the two.</li> <li>Sprinkle the skewers with season mixture.</li> </ul>					
Salmon and courgetts ginger rolls	РЧ	РЧ	1 recipe	Crisp Handle	Crisp Handle	Crisp Handle	Crisp Handle	250 g sliced salmon fillet, 100 g sliced courgettes, 30 g grated fresh ginger, salt and pepper.	- Cut the courgettes lengthways with potato skin cutter into very thin slices. Brush courgette strips on both sides with olive oil and season with salt and pepper.  - Put sliced salmon fillet and grated ginger on the sliced courgettes, then gently roll up.  - Brush the rolls with oil and place them on the crisp plate.		
Garlic butter and cilantro king prawns	P5	P5	1 recipe		600 g king prawns, 100 g butter, 2 chopped cloves of garlic, 1 tablespoon of chopped parsley, 1 cilantro stick, salt and pepper.	Peeled king prawns with head chopped other ingredients, and mix altogether.     Sprinkle the shrimp with seanson mixture.					
Whole fish	P5	P5	500 g	MW safe dish on low rack	Whole fish, oil, salt, pepper	- Put the whole fish in a pyrex and season with oil, salt and pepper.					
				C6 Mea	ıt & Poultry						
Bolognese meat	PI	PI	1 recipe	MW SAFE DISH (NOT PROVIDED)	300 g minced meat, 340 g tomato, salt, oil, fresh basil	- In a safe mw dish, put all the ingredients and mix well Cook and stir product when required After cooking, let food rest for few minutes					
Chicken fillet and bacon	P2	P2	200-500 g/ 50 g	Crisp Plate  Crisp Handle	chicken fillets with no bones, bacon slices	<ul> <li>Roll one chicken fillet with one bacon slice and arrange them on the crisp plate.</li> <li>Put the crisp plate in the cavity of the oven.</li> <li>Cook.</li> <li>When required, turn the product</li> </ul>					
Chicken fillet	P3	P3	150-500 g/ 50 g	Crisp Handle	Chicken fillet with no bones	- Place the chicken fillet on the crisp plate and put it in the cavity of the oven Cook When required, turn the product.					























FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION
Burgers	РЧ	РЧ	100-400 g/ 100 g	Crisp Handle	Burgers	<ul> <li>Put the crisp plate into the cavity in order to perform the preheat.</li> <li>When it finishes, place the burgers on the crisp plate and put it in the cavity of the oven.</li> <li>Cook When required, turn the product.</li> </ul>
Ham and cheese chicken rolls	P5	P5	1 recipe	Crisp Handle	8 boneless chicken tight, 60 g sliced ham, 8 slices cheddar cheese, salt and pepper.	<ul> <li>Flat the chicken tight with a flatter.</li> <li>Cover each tight with a slice of ham and a slice of cheese, season with salt and pepper and roll tightly.</li> <li>Tie the rollup with kitchen string or secure with toothpicks.</li> <li>Arrange the rolls onto the Crisp plate and season with olive oil, salt and pepper.</li> <li>Cook.</li> <li>When required, turn the product.</li> </ul>
Pork souvlaky with tzatziki	РБ	РБ	1 recipe		500 g cubed pork shoulder or leg, 200 g fresh greek yogurt, 1 tablespoon oregano, 1 grated cucumber.	<ul> <li>Cut the meat into cubes of about one inch Season the meat with oils, salt and oregano and put it on bamboo skewers (7 cubes per skewer) Grease the crisp plate and arrange the skewers.</li> <li>Cook.</li> <li>When required turn the product.</li> <li>While cooking, season the yogurt with oil, salt, pepper and oregano and serve this dressing with the meat.</li> </ul>
Moroccan meatballs	Р٦	P٦	1 recipe	Crisp Plate  Crisp Handle	400 g lean grounded beef, 1/2 teaspoon cumin, 1 tablespoon chopped parsley, salt and pepper.	<ul> <li>Mix all ingredients until just combined.</li> <li>Shape the mixture into meatballs, approximately 1 1/2 tablespoons each.</li> <li>Place the meatballs on the crisp plate.</li> <li>Cook.</li> <li>When required, turn food</li> </ul>
Chicken and caramelized onions burgers	P8	P8	1 recipe		500 g chicken breast, 2 red onions sliced, 1 teaspoon cane sugar, 1 tablespoon vinegar, 1 tablespoon soy sauce, 1 tablespoon chopped basil, salt and pepper.	<ul> <li>Grind the chicken breast, add chopped basil, salt and pepper.</li> <li>Shape mixture into burger.</li> <li>Arrange the burgers on the crisp plate and in the empty spaces arrange the onions sliced and seasoned with sugar, oil and vinegar, salt and pepper.</li> <li>Cook.</li> <li>When required, turn food.</li> <li>When the cooking ends, serve the burgers with the onions on top.</li> </ul>
Whole Chicken	P9	P9	800-1500 g/ 100 g	MW safe dish on low rack	Whole chicken, salt, pepper	- Put the whole chicken in a pyrex and season with oil, salt and pepper
Beef, roasted	PI O	PI O	800-1500 g/ 100 g	MW SAFE DISH	800 g lean beef pulp, mixed pepper(crushed), sea salt, 1 sprig of thyme, extravirgin olive oil.	<ul> <li>Put the roast beef in a pyrex and season with oil, salt and pepper.</li> <li>Cook and turn when required.</li> </ul>
Steak Pie	PII	PH	1 recipe	Crisp plate on low rack  Crisp Handle	200 g flour, 100 g butter, 50 ml water, 400 g lean grounded beef, 1 onion, 1 carrot, 50 g tomato paste, extravirgin olive oil, salt, pepper.	<ul> <li>Mix flour and salt in a bowl.</li> <li>Cut cold butter thinlyand put them into the flour mixture, making sure each slice of butter is evenly coated.</li> <li>Pour in the water and stir until the dough forms a ball.</li> <li>Chill the dough; dust your work surface with flour and start laminating.</li> <li>Chop finelly the onion and carrot.</li> <li>Mix grounded beef, onion,carrot tomato paste, olive oil, salt and pepper.</li> <li>Lines 2/3 of the pastry in the baking pan, then put on it the mixture.</li> <li>Line the remaining pastry ad cover the top of the pie, sealing the borders by pressing the dough with the fingertips.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the pre-heat.</li> </ul>





















FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION					
	C7 Dessert and Pastry										
Chocolate and pear cake	PI	Pi	1 recipe	Crisp Plate  Crisp Handle	100 g dark cocoa, 200 g wheat flour, 200 g butter, 100 g cane sugar, 4 eggs, 20 g baking powder, 250 g pears.	<ul> <li>Grease and flour the crisp plate</li> <li>Mix butter and sugar until mounting them, add eggs and mount again.</li> <li>Mix flour, cocoa and baking powder together and add them to the previous formed mixture.</li> <li>Peel, core and slice the pears.</li> <li>Pour the mixture into the prepared crisp plate, top with pear slices (sliced side down) and insert the plate in the cavity of the oven.</li> </ul>					
Lime and strawberry light cheesecake	P2	₽Z	1 recipe	Crisp Plate  Crisp Handle	400 g shortcrust dough, 500 g ricotta cheese, 2 eggs, 100 g sugra, 2 limes, 200 g strawberries	<ul> <li>Line the Crisp plate with the pastry.</li> <li>Place the ricotta cheese and sugar in a bowl of a cake mixer and beat with the paddle attachment on medium speed until completely smooth.</li> <li>Add egg, limes and strawberries, Mix on low speed until just combined.</li> <li>Pour all the mixture into the crisp plate over the shortcrust pastry and smooth with a spatula.</li> </ul>					
Sesami and sunflower seeds soda bread	P3	P3	1 recipe	Crisp Plate  Crisp Handle	300 g wheat flour, 2 teaspoon baking soda (around 9 grams), 200 ml water, 15 g sunflower seeds, 30 g sesami seeds, salt.	<ul> <li>Mix all the ingredients, saving one third of the sesame and sunflower seeds mixed together to spinkle them on the dough before cooking.</li> <li>Roll the dough and shape it in to a cilinder.</li> <li>Arrange on the crisp plate and sprinkle with sesame and sunflower seeds.</li> <li>Let the product rest for a few minutes after cooking.</li> </ul>					
Scones	PY	PY	560 g	Crisp Plate  Crisp Handle	Flour 220 g, butter 50 g, milk 150 ml, baking soda 10 g, sugar 5 g, salt 2g, butter on crisp plate	<ul> <li>Mix flour, salt, sugar and baking soda.</li> <li>Put in the preparation the butter at room temp then mix it until reaching sandy texture.</li> <li>Put the milk on the compound and mix until reaching a dought.</li> <li>Complete the dought formation by using hands.</li> <li>Create a round and flat shape and place it over the previously buttered and floured crisp plate.</li> <li>Pierce the surface with a fork and divide the surface in 4 parts.</li> </ul>					
Cookies	P5	P5	200 g	Crisp plate on low rack  Crisp Handle	Ready Cookie Mix, 113 g butter softened, 1 large egg,	<ul> <li>Mix together cookie mixes, softened butter and eggs.</li> <li>Scoop 5 cookies on the crisp plate.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the pre-heat.</li> </ul>					
Sponge Cake	P6	P6	900 g	Cake dish (not provided) on low rack	250 g sugar 185 g egg (without shell) 250 g wheat flour 15 g baking powder 75 g margarine 150 g cold water baking paper	<ul> <li>Cover the bottom of the Pyrex baking paper sheet.</li> <li>Whisk the eggs and sugar.</li> <li>Mix flour and baking powder and gradually add them to eggs mixture.</li> <li>Add the water slowly while keep mixing.</li> <li>Melt and add the margarine keep blending until mixed.</li> <li>Pour the mixture into pyrex and cook the cake.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the pre-heat.</li> </ul>					





















FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION
Pie (e.g. Cherry Pie)	PΊ	PΊ	1 recipe	Crisp plate on low rack  Crisp Handle	200 g flour, 180 g sugar, 4 eggs, 200 g cherry with syrup, 120 g butter, 10 g leavening	<ul> <li>Mix butter and sugar until mounting them, add eggs and mount again.</li> <li>Add flour and yeast.</li> <li>Place the dough in the crisp plate and put on the tip the cherries with their syrup.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the pre-heat</li> </ul>
Muffin	P8	P8	252 g (9pcs*28g)	Muffin pan (not provided) on low rack	110 g Butter, 115g White sugar, 100 Egg mixture 150 g Wheat flour, 5 g Baking powder, 2 g Salt	- All ingredients must be at ambient temperature before starting Beat together butter and sugar (until it becomes soft and pale in color and all the sugar is incorporated into the mix) Gradually add the egg mixture Sift the flour, baking powder and salt and mix it Weigh around 28 g of the mixture into the centre of the paper cases and distribute them evenly on the crisp plate Start the function on the microwave oven with low grid inside it in order to perform the pre-heat
Rosemary Focaccia	P9	P9	1 recipe	Crisp plate on low rack  Crisp Handle	200g flour, 140 ml water, 50 ml extravirgin olive oil, 10 g brewers yeast, 2 g salt, 1 sprig of rosemary.	<ul> <li>Add warm water to yeast to the bowl, and stir to combine.</li> <li>Add gradually flour, olive oil and salt and continue mixing the dough for 5-10 minutes.</li> <li>Let it rest for 45-60 minutes in a warm place.</li> <li>Turn the dough onto a floured surface, roll it out into a large circle or rectangle (1/2 inch thick) and cover it with a greased piece of plastic wrap; let the dough continue to rise for other 20 minutes.</li> <li>Transfer the dough to crisp plate.</li> <li>Use your fingers to poke deep dents hardly all over the surface of the dough.</li> <li>Drizzle a tablespoon or two of olive oil evenly all over the top of the dough, and sprinkle evenly with the fresh rosemary needles and sea salt.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the pre-heat.</li> </ul>
Apple cake	PIO	PIO	1 recipe	Cake dish (not provided) on low rack	200 g flour, 180 g sugar, 4 eggs, 400 g apples, 150 g butter.	<ul> <li>Mix butter and sugar until mounting them, add eggs and mount again.</li> <li>Add flour and yeast.</li> <li>Place the dough in the crisp plate and put on the top the apples cut in thin slices.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the pre-heat.</li> </ul>























FOOD CATEGORY	MWF 258	MWF 259	WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION					
	C8 Baby menu										
Milk Reheat from room temperature	PI	PI	100-500 ml / 50 ml	MW safe bottle (Not provided)		<ul> <li>In a safe MW glass or bottle, put milk stored at room temperature.</li> <li>Remove teats.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>After heating up, shake it.</li> <li>Let the food stand for a while.</li> <li>Shake again the product.</li> <li>Check temperature with the palm of your hand</li> <li>Serve at around around 37°C.</li> </ul>					
Milk Reheat from refrigeration temperature	P2	P2	100-500 ml / 50 ml	MW safe bottle (Not provided)		In a safe MW glass or bottle, put milk stored in refrigerator.  Remove teats.  Press auto cook button and select the program, then press Jet start button.  After heating up, shake it.  Let the food stand for a while.  Shake again the product.  Check temperature with the palm of your hand.  Serve at around around 37°C.					
Baby food (blended)	P3	P3	100-300 g/ 50 g	MW safe dish (Not provided)		<ul> <li>In a safe MW cup, put product (water, milk or broth) stored at room temperature with no lids Press auto cook button and select the program, then press Jet start button.</li> <li>After heating up, shake it.</li> <li>Mix the product with the dehydrated baby food.</li> <li>Check temperature with the palm of your hand</li> <li>Serve at around around 30-40°C.</li> </ul>					
Hygiene	PΥ	PY	1, 2 or 3 glasses	MW safe glass( Not provided)		<ul> <li>Place in the cavity glasses previously filled with 100 ml of water.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>After treatment, let the glasses cold in the cavity.</li> </ul>					





















#### Model MWF 255 refer to below table:

FOOD CATEGORY	FOOD CATEGORY		ACCESSORIES	INGREDIENTS	INSTRUCTION		
			C1 B	reakfast			
Toast	PI	40-80 g/40 g	High Rack	Bread slices by 20 g each	<ul><li>Place the products directly on the high rack.</li><li>Cook.</li><li>Turn when required.</li></ul>		
Oat porridge	P2	1-4 servings/ 1 serving	MW SAFE DISH  (NOT PROVIDED)	160 g oat, 320 g milk, salt	<ul> <li>Mix all the ingredients.</li> <li>Cook.</li> <li>Stir strongly when required.</li> <li>Milk has to be refrigerated otherwise use a bigger cup.</li> </ul>		
		,	C2 Com	plete meals			
Salmon with vegetables	PI	1 recipe	<b>3</b>	300 g salmon cut in 3 cm thick slices, 150 g tomatoes, 100 g potatoes, 100 g cauliflower, oil, salt, lemon juice	<ul> <li>Put salmon and vegetables previously seasoned with oil, salt, pepper and lemon juice.</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>After cooking, remove the lid paying attention not to be burned.</li> </ul>		
Fish + potatoes	P2	200-500 g/ 50 g	(NOT PROVIDED)	200 g fish fillets, 200 g potatoes, EVO oil, salt, pepper	<ul> <li>Put fish fillets and potatoes seasoned (use half potatoes and half fish by weight.).</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>After cooking, remove the lid paying attention not to be burned.</li> </ul>		
Curry rice and green peas chicken	P3	1 recipe		200g chicken breast, 200g basmati rice, 600 ml vegetables stock, 50 g green peas, 1 tablespoon green curry.	<ul> <li>Add all the ingredients and mix well in the steamer.</li> <li>Cover, cook and stir when required after cooking, let the product rest for 4-5 minutes.</li> </ul>		
Allinone bolognese pasta	РЧ	1 recipe	Steamer no grid Lid Bottom	Lid		500 g bologenese sauce, 350 g short shape pasta (rigatoni, mezzemaniche, caserecce) 300 ml water, salt and pepper.	<ul> <li>Add all the ingredients and mix well in the steamer.</li> <li>Cover and start cooking.</li> <li>When required, put the cooking time of pasta, indicated in the manufacturs packaging.</li> <li>Stir when required.</li> </ul>
Chickpeas and chicken couscous	P5	1 recipe			100 g chickpeas, 150 g chicken cut in strips, 200 ml water, 100 g cous cous	<ul> <li>Add all the ingredients and mix well.</li> <li>Cover and after cooking, remove the lid, stir and serve.</li> </ul>	
Stewed lentils with meatballs	P	1 recipe		150 hulled lentils, 400 g grounded beef, 400 g crushed tomatoes, 500 ml vegetable stock, salt and pepper.	<ul> <li>Mix grounded beef, salt and pepper.</li> <li>Shape mixture into meatballs, approximately 1 1/2 tablespoons each.</li> <li>Put hulled lentils, crushed tomatoes, broth, salt and pepper into the steamer without the internal grid and place the meatballs into the mixture.</li> <li>Cover and cook.</li> </ul>		
Frozen Lasagna	P٦	600 g	MW safe dish on low rack	Ready to cook frozen lasagna	<ul> <li>Place the frozen lasagna with its microwave safe tray in the center of the rack.</li> <li>After cooking, let the product rest for few minutes.</li> </ul>		
Fresh Lasagna	P8	1000 g	MW SAFE DISH	150 g pasta 400 g bolognese meat 50 g parmesan 250 g bechamel salt	<ul> <li>Put a layer of pasta, totally cover it with bolognese sauce, then cover with bechamel and parmesan.</li> <li>Repeat the operation on 6 layers.</li> <li>After cooking let it rest for few minutes before serving.</li> </ul>		
Homemade pizza	P9	900 g	MW safe baking plate(not provided) on low rack	150 g flour, 10 g fresh yeast, 100 ml water 120 g tomato 70 g mozzarella, 15 g oil	<ul> <li>Dissolve the yeast in water at 37°C.</li> <li>Add flour, salt and oil and create a dought (10 min)</li> <li>let it rest for 30-60 min covered at room temperature</li> <li>place it in the oiled crisp plate, cover with tomatoes, mozzarella and oregano, place the crisp plate on the rack</li> </ul>		























FOOD CATEGORY		WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION		
C3 Healthy/vegs							
Vegetable soup	PI	4 servings	(NOT PROVIDED)	200 g potatoes in cubes, 100 g broccoli, 1 mature tomato cut in cubes, 200 ml water, salt pepper, parmigiano cheese, EVO oil	<ul> <li>Wash, dry and pierce with a a fork the potatoes. Then put them in a safe mw plate.</li> <li>Cook and turn when required.</li> <li>At the end of cooking time, let potatoes to cool down.</li> </ul>		
Baked potatoes	P2	1-4 servings/ 1 serving		1 kg potatoes medium size not peeled,	<ul> <li>Wash, dry and pierce with a a fork the potatoes.</li> <li>Then put them in a safe mw plate.</li> <li>Cook and stir when required.</li> <li>At the end of cooking time, let potatoes to cool down</li> </ul>		
Leek, courgettes and jewish artichoke soup	P3	4 servings		leek 100 g, courgettes 100 g, jewish artichokes 100 g, 1 It beef stock.	<ul> <li>Grind all the ingredients very thin by using a mixer and put them in a safe mw dish.</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>Cook and stir when required.</li> <li>At the end of cooking time, let the product rest for 5 min, then filter it. Pay attention to temperature when taken out.</li> </ul>		
Red lentils and turmeric soup	РЧ	4 servings		150 dried red lentils, 1 lt vegetable stock, 2 tablespoons soy sauce, 1 teaspoon turmeric, salt and pepper.	<ul> <li>Put all the ingredients In a safe mw dish</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>After cooking time, let the product rest for 5 min.</li> <li>Pay attention to temperature when taken out.</li> </ul>		
Onion soup	P5	4 servings		400 g white onions, 1 lt vegetable stock, 1 laurel leave, salt and pepper.	<ul> <li>Grind onions in thin slices by using a mixer and put them in a safe mw dish.</li> <li>Cover the plate leaving some space for the steam to get out.</li> <li>Cook and stir when required.</li> <li>After cooking, let the product rest for 5 min, then filter it.</li> <li>Pay attention to temperature when taken out.</li> </ul>		
Sweet potatoes (whole)	P	1-4/1		sweet potatoes	<ul> <li>Wash, dry and pierce with a a fork the potatoes, put them in a steamer.</li> <li>Cook and turn when required after cooking, let potatoes rest for few minutes.</li> </ul>		
Plant based burgers	PΊ	100-400 g/ 100 g	High Rack	plant based burger by 100 g each	<ul><li>Place the products on the high rack.</li><li>Cook and turn when required.</li></ul>		
C4 Meat & Poultry & Fish							
Bolognese meat *	PI	1 recipe	MW SAFE DISH (NOT PROVIDED)	300g minced meat, 340 g tomatoe, salt, oil, fresh basil	<ul> <li>In a safe mw dish, put all the ingredients and mix well.</li> <li>Cook and stir product when required. after cooking, let food rest for few minutes.</li> </ul>		
Whole Chicken	P 2	800-1500g/ 100g	MW safe dish on low rack	Whole chicken, salt, pepper	- Put the whole chicken in a pyrex and season with oil, salt and pepper.		
Beef, roasted	P3	800-1500g/ 100g	MW SAFE DISH	800 g lean beef pulp, mixed pepper(crushed), sea salt, 1 sprig of thyme, extravirgin olive oil.	<ul> <li>Put the roast beef in a pyrex and season with oil, salt and pepper.</li> <li>Cook and turn when required.</li> </ul>		























FOOD CATEGORY		WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION			
Steak Pie	РЧ	1 recipe	Baking Plate on low rack	200 g flour, 100 g butter, 50 ml water, 400 g lean grounded beef, 1 onion, 1 carrot, 50 g tomato paste, extravirgin olive oil, salt, pepper.	<ul> <li>Mix flour and salt in a bowl.</li> <li>Cut cold butter thinly and put them into the flour mixture, making sure each slice of butter is evenly coated.</li> <li>Pour in the water and stir until the dough forms a ball.</li> <li>Chill the dough; dust your work surface with flour and start laminating.</li> <li>Chop finely the onion and carrot.</li> <li>Mix grounded beef,onion,carrot tomato paste, olive oil, salt and pepper.</li> <li>Lines 2/3 of the pastry in the baking pan, then put on it the mixture.</li> <li>Line the remaining pastry and cover the top of the pie, sealing the borders by pressing the dough with the fingertips.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the preheat.</li> </ul>			
Whole Fish	P5	500 g	MW safe dish on low rack	Whole fish, oil, salt, pepper	- Put the whole fish in a pyrex and season with oil, salt and pepper.			
C5 Dessert and Pastry								
Cookies	PI	200 g	Baking Plate(not provided) on low rack	Ready Cookie Mix, 113 g butter softened, 1 large egg,	<ul> <li>Mix together cookie mixes, softened butter and eggs.</li> <li>Scoop 5 cookies on the crisp plate.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the preheat.</li> </ul>			
Sponge Cake	PZ	900 g	Cake dish(not provided) on low rack	250g sugar 185g egg (without shell) 250g wheat flour 15g baking powder 75g margarine 150g cold water baking paper	<ul> <li>Cover the bottom of the Pyrex baking paper sheet.</li> <li>Wisk the eggs and sugar.</li> <li>Mix flour and baking powder and gradually add them to eggs mixture.</li> <li>Add the water slowly while keep mixing.</li> <li>Melt and add the margarine keep blending until mixed.</li> <li>Pour the mixture into pyrexand cook the cake.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the preheat.</li> </ul>			
Pie (e.g.cherry)	P3	1 recipe	Baking Plate(not provided) on low rack	200 g flour, 180 g sugar, 4 eggs, 200 g cherry with syroup, 120 g butter, 10 g leavening	Mix butter and sugar until mounting them, add eggs and mount again.     Add flour and yeast.     Place the dough in the crisp plate and put on the tip the cherries with their syroup.     Start the function on the microwave oven with low grid inside it in order to perform the preheat.			
Muffin	PY	252 g (9pcs*28g)	Muffin pan(not provided) on low rack	110 g Butter, 115g White sugar, 100 Egg mixture 150 g Wheat flour, 5 g Baking powder, 2 g Salt	<ul> <li>All ingredients must be at ambient temperature before starting.</li> <li>Beat together butter and sugar (until it becomes soft and pale in color and all the sugar is incorporated into the mix).</li> <li>Gradually add the egg mixture.</li> <li>Sift the flour, baking powder and salt and mix it.</li> <li>Weigh around 28 g of the mixture into the centre of the paper cases and distribuite them evenly on the crisp plate.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the preheat.</li> </ul>			





















FOOD CATEGORY		WEIGHT	ACCESSORIES	INGREDIENTS	INSTRUCTION
Rosemary Focaccia	P5	1 recipe	Baking Plate(not provided) on low rack	200g flour, 140 ml water, 50 ml extravirgin olive oil, 10 g brewers yeast, 2 g salt, 1 sprig of rosemary.	<ul> <li>Add warm water to yeast to the bowl, and stir to combine.</li> <li>Add gradually flour, olive oil and salt and continue mixing the dough for 5-10 minutes.</li> <li>Let it rest for 45-60 minutes in a warm place.</li> <li>Turn the dough onto a floured surface, roll it out into a large circle or rectangle (1/2inch thick) and cover it with a greased piece of plastic wrap; let the dough continue to rise for other 20 minutes.</li> <li>Transfer the dough to crisp plate.</li> <li>Use your fingers to poke deep dents hardly all over the surface of the dough.</li> <li>Drizzle a tablespoon or two of olive oil evenly all over the top of the dough, and sprinkle evenly with the fresh rosemary needles and sea salt.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the preheat.</li> </ul>
Apple cake	РБ	1 recipe	Cake dish(not provided) on low rack	200 g flour, 180 g sugar, 4 eggs, 400 g apples, 150 g butter.	<ul> <li>Mix butter and sugar until mounting them, add eggs and mount again.</li> <li>Add flour and yeast.</li> <li>Place the dough in the crisp plate and put on the top the apples cut in thin slices.</li> <li>Start the function on the microwave oven with low grid inside it in order to perform the preheat.</li> </ul>
			C6 Ba	aby menu	
Milk Reheat from room temperature	PI	100-500 ml / 50 ml	MW safe bottle (Not provided)	-	<ul> <li>In a safe MW glass or bottle, put milk stored at room temperature.</li> <li>Remove teats.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>After heating up, shake it.</li> <li>Let the food stand for a while.</li> <li>Shake again the product.</li> <li>Check temperature with the palm of your hand.</li> <li>Serve at around around 37°C.</li> </ul>
Milk Reheat from refrigeration temperature	P2	100-500 ml / 50 ml	MW safe bottle (Not provided)	-	<ul> <li>In a safe MW glass or bottle, put milk stored in refrigerator.</li> <li>Remove teats.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>After heating up, shake it.</li> <li>Let the food stand for a while.</li> <li>Shake again the product.</li> <li>Check temperature with the palm of your hand.</li> <li>Serve at around around 37°C.</li> </ul>
Baby food (blended)	P3	100-300 g/ 50 g	MW safe dish (Not provided)	-	<ul> <li>In a safe MW cup, put product (water, milk or broth) stored at room temperature with no lids Press auto cook button and select the program, then press Jet start button.</li> <li>After heating up, shake it.</li> <li>Mix the product with the dehydrated baby food.</li> <li>Check temperature with the palm of your hand</li> <li>Serve at around around 30-40°C.</li> </ul>
Hygiene	РЧ	1, 2 or 3 glasses	MW safe glass( Not provided)	-	<ul> <li>Place in the cavity glasses previously filled with 100 ml of water.</li> <li>Press auto cook button and select the program, then press Jet start button.</li> <li>After treatment, let the glasses cold in the cavity.</li> </ul>





















