

# extra SPACE

Gebrauchsanweisung  
Instruction for use  
Mode d'emploi  
Gebruiksaanwijzing  
Istruzioni per l'uso



Brugsanvisning  
Bruksanvisning  
Käyttöohje  
Manual de Instruções  
Instrucciones para el uso



Οδηγίες χρήσης  
Instrukcje użytkowania  
Használati utasítás  
Инструкция за използване  
Інструкція з експлуатації

Návod k použití  
Návod na použitie  
Instrucțiuni de utilizare  
Инструкция по эксплуатации  
تعليمات وكيفية الاستعمال  
Қолдану бойынша нұсқаулық

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**Whirlpool**  
HOME APPLIANCES

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# INSTALLATION

## -PRIOR TO CONNECTING

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

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

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

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

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

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

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

Do not use extension cord:

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

**WARNING:** Improper use of the grounding plug can result in a risk of electric shock.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if you have doubt as to whether the microwave oven is properly grounded.

Prior to using the microwave for the first time, it is recommended to remove the protective film from the control panel and the cable tie from the power cord.

## -AFTER CONNECTING

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

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

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

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

## IMPORTANT SAFETY INSTRUCTIONS

### READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

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

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

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

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

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

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

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

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

## IMPORTANT SAFETY INSTRUCTIONS

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

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

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

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

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

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

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## TROUBLE SHOOTING GUIDE

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

- The Plug is properly inserted in the wall socket.
- The Door is properly closed.
- Check your Fuses and ensure that there is power available.
- Check that the oven has ample ventilation.
- Wait for 10 minutes, then try to operate the oven once more.
- Open and then close the door before you try again.

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

When calling for Service, please give the serial number and type number of the oven (see Service label).

Consult your warranty booklet for further advice.

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

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

Do not remove any cover.

## PRECAUTIONS

### - GENERAL

#### **This appliance is designed for domestic use only!**

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

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

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

Do not store or use this appliance outdoors.

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

Do not use the cavity for any storage purposes.

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

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

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

### -LIQUIDS

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

To prevent this possibility the following steps should be taken:

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

### - CAREFUL

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

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

## ACCESSORIES

### GENERAL

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

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

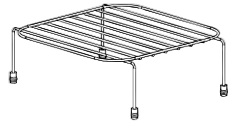
When you put food and accessories in the microwave oven, ensure that they do not come in contact with the interior of the oven.

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

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

**WIRE RACK** (only available on MWF421)

- Use the Wire rack with Grill & Combi Microwave+Grill functions.



## MAINTENANCE & CLEANING

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

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

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

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

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

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

Do not spray directly on the oven.

This oven is designed to operate without the turntable in place.

Do not allow grease or food particles to build up around the door.

This product offers an **AUTO CLEAN** function, which allows for easy cleaning of the microwave cavity. For more details, please refer to the **AUTO CLEAN** section on page 25.

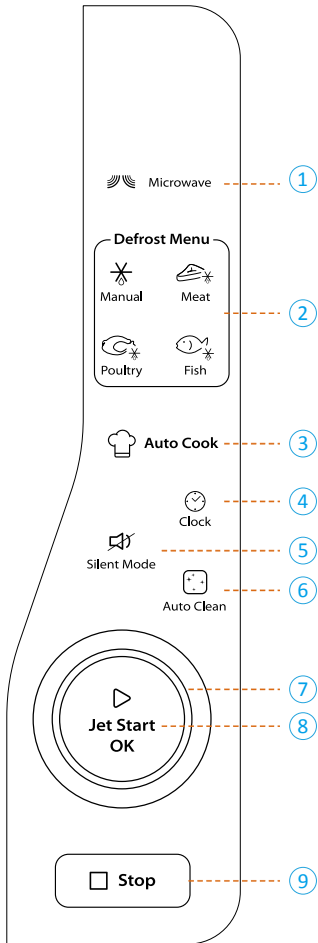
The Grill element does not need cleaning since the intense heat will burn off any splashes, but the ceiling beneath it may need regular cleaning. This should be done with a soft and damp cloth with mild detergent.

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

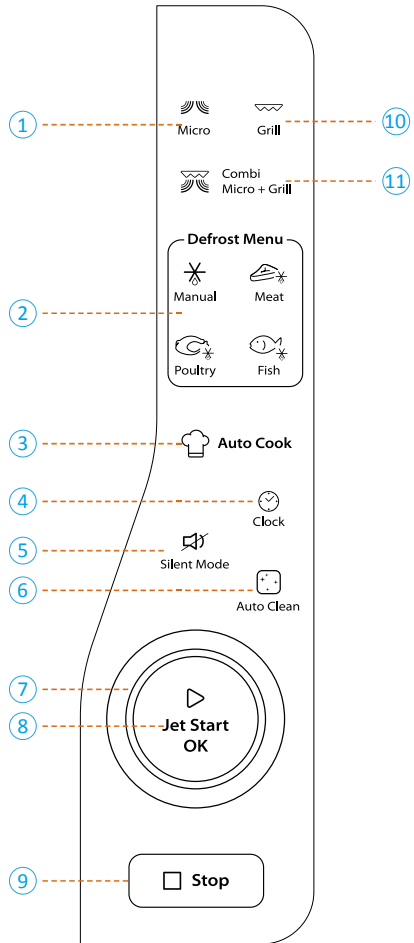


# CONTROL PANEL DESCRIPTION

## MWF420



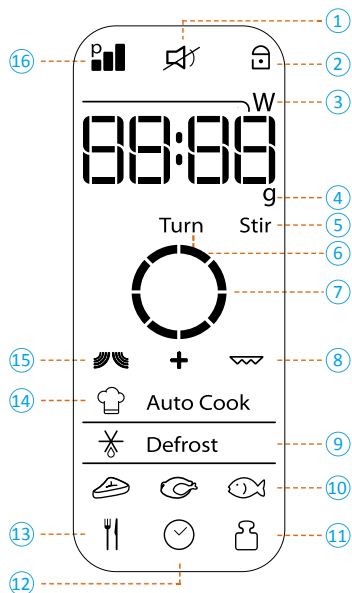
## MWF421



- ① Microwave button
- ② Defrost Menu buttons
- ③ Auto Cook Menu button
- ④ Clock button
- ⑤ Silent Mode button
- ⑥ Auto Clean button

- ⑦ Knob
- ⑧ Ok / Jet Start button
- ⑨ Stop button
- ⑩ Grill button (only available on MWF 421)
- ⑪ Combi Microwave + Grill button (only available on MWF 421)

## DISPLAY DESCRIPTION



- ① Silent Mode icon
- ② Start Protection / Child Lock icon
- ③ Microwave Power (watt)
- ④ Weight (grams)
- ⑤ Stir indication
- ⑥ Turn indication
- ⑦ Running cycle animation
- ⑧ Grill icon\*
- ⑨ Defrost icon
- ⑩ Automatic Defrost icons (Meat - Poultry - Fish)
- ⑪ Weight selection
- ⑫ Clock setting / Time selection
- ⑬ Auto Cook recipe selection
- ⑭ Auto Cook Menu icon
- ⑮ Microwave icon
- ⑯ Microwave Power level

\* This icon is not available in some models.

Please check the control panel of your microwave on the previous page.



## STAND-BY MODE

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After 6 minutes since the microwave oven is plugged to a power outlet, if there are no operations carried out, it will automatically enter Stand-by mode.

As soon as the product enters Stand-by mode, the display will show the Start Protection / Child Lock icon. In daily use, the microwave oven will automatically enter Stand-by Mode when the door is closed and the product is not in use after 6 minutes.

To exit Stand-by mode, simply open the door.



## START PROTECTION / CHILD LOCK

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This automatic safety function is activated, after 6 minutes from the last interaction with the microwave oven, when the product is not in use and the door is closed.

When the Start Protection / Child Lock is active, the dedicated icon is shown on the display and it is not possible to use the Control Panel. Open and close the door to unlock the Control Panel.



## PAUSE OR STOP COOKING

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To pause cooking:

The cooking can be paused to check, turn or stir the food by opening the door. The setting will be maintained for 5 minutes.

To continue cooking:

Close the door and press the Ok / Jet Start button. The cooking is resumed from where it was paused.

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

Remove the food, close the door and press the Stop button.

When the cooking is finished:

The display will show the text "End". An acoustical feedback will signal once a minute for 10 minutes when the cooking is finished. Press the Stop button or open the door to stop the acoustical feedback.



## STIR/ TURN FOOD

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

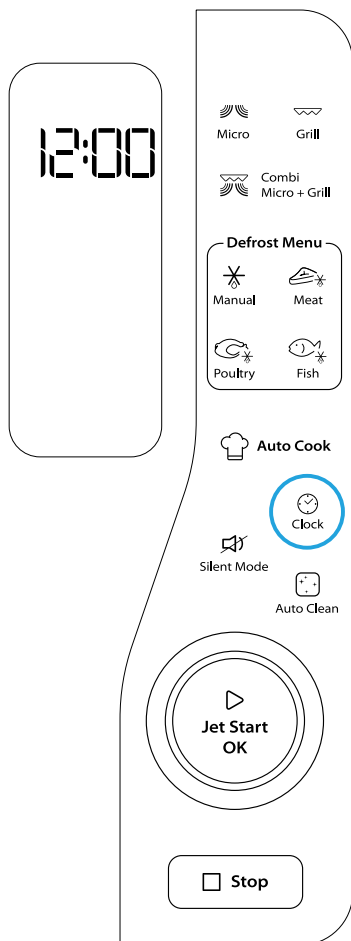
When required, you should:

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

Notes: if the door is not opened within 2 minutes from the request to Stir or Turn the food, the oven will continue the cooking process (in this case the final result may not be the optimal one).



## CLOCK



To set the Clock of your appliance:

- 1 Press the Clock button.
- 2 Rotate the knob to set the hours.
- 3 Press the Clock button again. The minutes will start blinking.
- 4 Rotate the knob to set the minutes.
- 5 Press the Clock button. The clock is set.

Note:

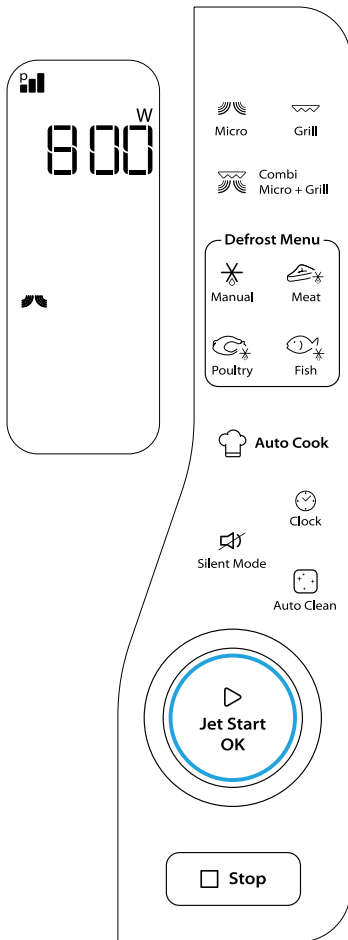
The first time the appliance is plugged in (or after a power failure), the product will automatically enter the Clock Setting mode. Please follow the above procedure starting from step No.2.

### Tips and suggestions:

- If the clock has not been set after plug in, the display will show “:”.
- During the setting of the clock, if you press the Stop button or if the setting is not completed after a long time, the oven will exit from setting mode and the setting will be invalid, display will show “:”.



## JET START



This function allows to start the Microwave function at maximum power for 30 seconds, simply pressing the Jet Start button. It is suggested for quick reheating of food with a high water content such as clear soups, coffee or tea.

- 1 Press the Jet Start Button.

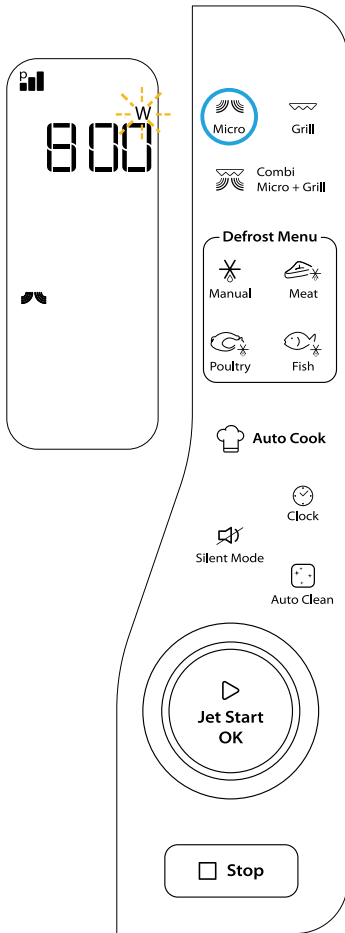
**Pressing the Jet Start button the Microwave function will start at maximum microwave power (800W) for 30 seconds.**

### Tips and suggestions:

- It is possible to change the power level and the duration time even after the cooking process has been already started. To adjust the power level, simply press the Microwave button repeatedly. To change the duration time, please rotate the knob, or press the Ok / Jet Start button to increase the duration time of 30 seconds.



## MICROWAVE



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

Suggested  
Accessory:

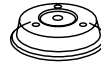


Plate Cover  
(sold separately)

- ① Press the Microwave button. The maximum power level (800W) will be shown on the display and the watt icon starts blinking.
- ② Rotate the knob to adjust the power value, then press OK / Jet Start button. Alternatively, it is possible to adjust the power value by pressing repeatedly the Microwave button, then pressing OK / Jet Start button.
- ③ The display will show the default cooking time (30 seconds). Rotate the knob to adjust the cooking time.
- ④ Press Ok / Jet Start button to start the cooking cycle.

\*The picture above is referred to the MWF421 model only.  
You can find the position of the Microwave button of your model on page 9 "Control panel Description".









### Tips and suggestions:

- To use the Microwave function at maximum power, your product is provided with the **Jet Start function**. You can easily start the Microwave function at maximum power by simply pressing the **Jet Start button**. Each additional touch of the **Jet Start button** will increase the duration of the function of 30 seconds. For more details, please see the **Jet Start function** on page 13.
- It is possible to change the power level and the duration time even after the cooking process has been already started. To adjust the power level, simply press the Microwave button repeatedly. To change the duration time, please rotate the knob, or press the Ok / Jet Start button to increase the duration time of 30 seconds.







## Microwave - Power selection

MICROWAVE POWER	SUGGESTED USE:
90 W	Softening of ice cream and keep warming.
160 W	Softening of butter and cheese.
350 W	More careful cooking, simmering stew and melting of butter and chocolate.
500 W	Cooking of meat sauce, cheese and egg dishes and to finish cooking casseroles.
600 W	Cooking dishes and plated meals, not possible to stir.
700 W	Cooking of fish, meat, vegetables.
800 W	You can use it to reheat beverages, water, clear soup, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.

## Microwave - Cooking guide

Type of food	Amount	Power level	Time		Standing time	Instructions
			MWF420	MWF421		
 Chicken fillets	400g	700W	6mins-6½mins	6½mins-7mins	3mins	Arrange chicken fillets with thin layers on the microwave safe dish.
 Bacon	4 slices	800W	3mins-3½mins		-	Arrange the bacon slices separated onto a bacon plate or microwave safe dish.
 Vegetables (fresh)	400g	700W	6mins-7mins	5½mins-6½mins	1min	Add two tablespoons of fresh water before start cooking. Stir at half time during cooking.
 Vegetables (frozen)	400g	700W	7mins-8½mins	6½mins-8mins	1min	Add two tablespoons of fresh water before start cooking. Stir at half time during cooking.
 Jacket potatoes	4	800W	21mins-23mins	20mins-22mins	5mins	1 kg of potatoes medium size with skin (choose potatoes with similar sizes), pinch them with a fork.
 Meat loaf	900g	700W	16mins-17mins	16mins-17mins	5mins	Prepare the recipe you prefer and pack the mixture into a microwave safe dish avoiding air pockets.
 Fish (whole)	600g	700W	6½mins-7½mins	5½mins-6½mins	3mins	Pinch the fish skin with fork in order to allow the steam to escape during cooking.
 Fish fillets	400g	700W	6½mins-7½mins		3mins	Arrange fish fillets with thin layers on a microwave safe dish.

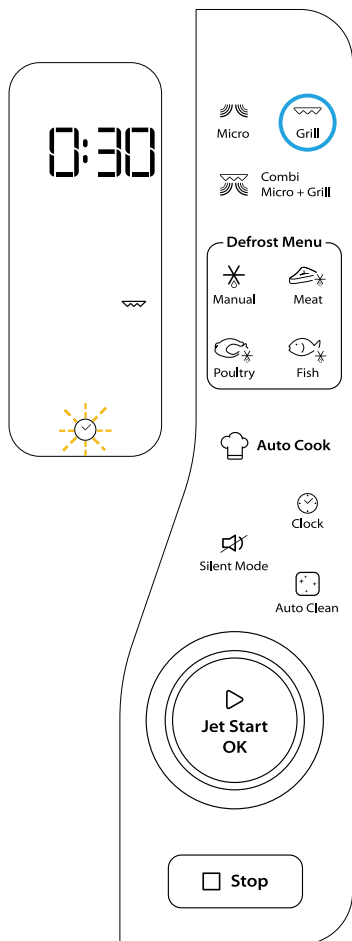
## Microwave - Reheating guide

Type of food	Amount	Power level	Time		Standing time	Instructions
			MWF420	MWF421		
 Plated meal	400-450g	700-800W	4½mins-5mins	4½mins-5mins	1min	For better results arrange the thicker, denser food to the outside of the plate and the thinner or less dense food in the middle.
 Rice mixed	350g	800W	5mins-5½mins	4½mins-5mins	1min	Remove frozen food package, stir during half time.
 Beverage	2 cups	800W	3¼mins-3¾mins	3¼mins-3½mins	-	Put a metal spoon in the cup to prevent liquid overheating.
 Soup	2 cups	800W	4½mins-5½mins	4mins-5mins	3mins	Cover the dish with film, while leaving air ventilation holes to allow the steam to escape during reheating. Stir after cooking.
 Sauce	2 cups	500W	7mins-8½mins	6½mins-8½mins	3mins	Cover the dish with film, while leaving air ventilation holes to cook. Reheat from room temperature. Stir after cooking.
 Frozen Lasagna	500g	600W	15mins-16mins		1min	Use a microwave and oven safe dish.





## GRILL(only available on MWF421)



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

Dedicated  
Accessory:



Wire Rack

- 1 Press the Grill button.
- 2 Rotate the knob to set the cooking time.
- 3 Press Ok / Jet Start button to start cooking.

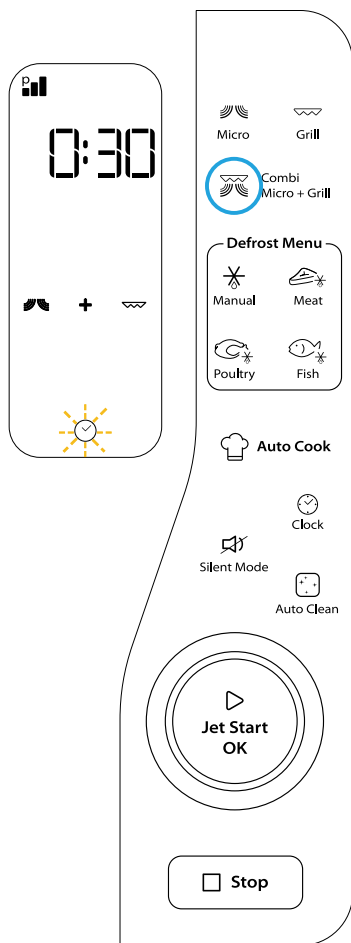
### Tips and suggestions:

- For food like cheese, toast, steaks and sausages, place food on the Wire Rack.
- Ensure that the utensils used are heat resistant when you use this function.
- Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.
- Be careful, do not touch the ceiling beneath the grill element.
- It is possible to change the duration time even after the cooking process has been already started. To change the duration time, please rotate the knob, or press the Ok / Jet Start button to increase the duration time of 30 seconds.

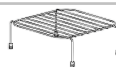


## COMBI MICROWAVE + GRILL(only available on MWF421)

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



Dedicated  
Accessory:



Wire Rack

- ① Press the Combi button.
- ② Rotate the knob to set the cooking time.
- ③ Press Ok / Jet Start button to start cooking.

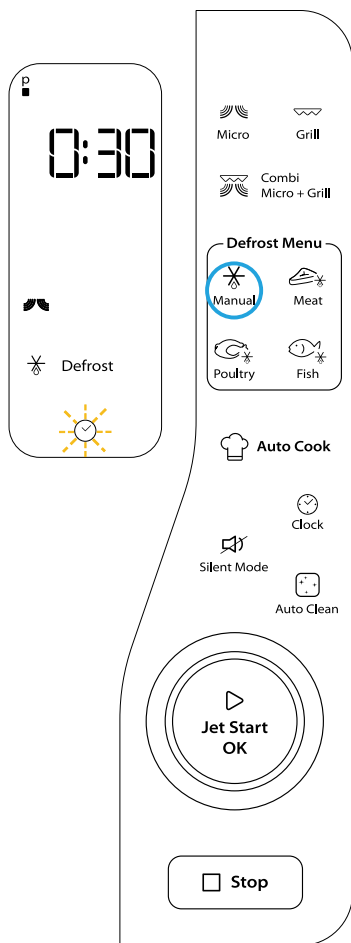
Once the cooking process has been started:  
-to increase or decrease the cooking time: rotate the knob, or press repeatedly OK / Jet Start button.

### Tips and suggestions:

- Ensure that the utensils used are microwave safe and heat resistant when you use this function.
- Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.
- Be careful, do not touch the ceiling beneath the grill element.
- It is possible to change the duration time even after the cooking process has been already started.  
To change the duration time, please rotate the knob, or press the Ok / Jet Start button to increase the duration time of 30 seconds.



## MANUAL DEFROST (DEFROST MENU)



This function allows you to quickly defrost food.

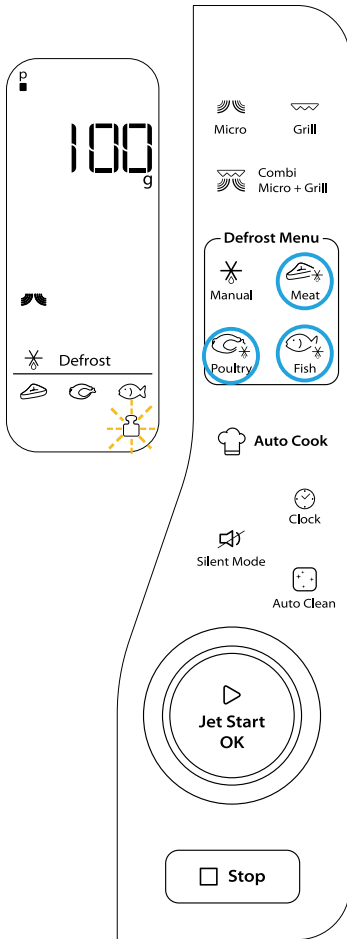
- 1 Press the Manual Defrost button.
- 2 Rotate the knob to set the duration of the function.
- 3 Press the Ok / Jet Start button. The function will start.

### Tips and suggestions:

- For best result we recommend to defrost directly on the cavity bottom. If needed, it is possible to use a container of light plastic suitable for microwave.
- Boiled food, stews and meat sauces defrost is better if stirred during defrosting time.
- Separate pieces as they begin to defrost. Individual slices defrost more easily
- Turn/Stir large portions of food halfway through the defrosting process.
- When defrosting it is better to underthaw the food slightly and allow the process to finish during standing time.
- It is possible to change the duration time even after the cooking process has been already started. To change the duration time, please rotate the knob, or press the Ok / Jet Start button to increase the duration time of 30 seconds.






## AUTOMATIC DEFROST (DEFROST MENU)



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

- ① Press any Auto Defrost button (Meat, Poultry or Fish) to select the food type (see the table below).
- ② Rotate the knob to set the weight.
- ③ Press the Ok / Jet Start button. The function will start. The duration of the function will be automatically calculated on the basis of the selected food and weight.

Note: after a certain time, the display could ask you to turn or stir the food for a better defrost. See “Stir / Turn food” chapter on page 11.

FOOD TYPE	WEIGHT	HINT
 Meat	100-2000g	Minced meat, cutlets, steak or roast. After cooking, it is recommended to allow meat to rest for at least 5 minutes for better results.
 Poultry	100-2000g	Whole chicken, pieces, or fillets. After cooking, it is recommended to allow food to rest for 5-10 minutes.
 Fish	100-2000g	Whole fish, steaks or fillets, when finished cooking, please wait at least 5 mins.

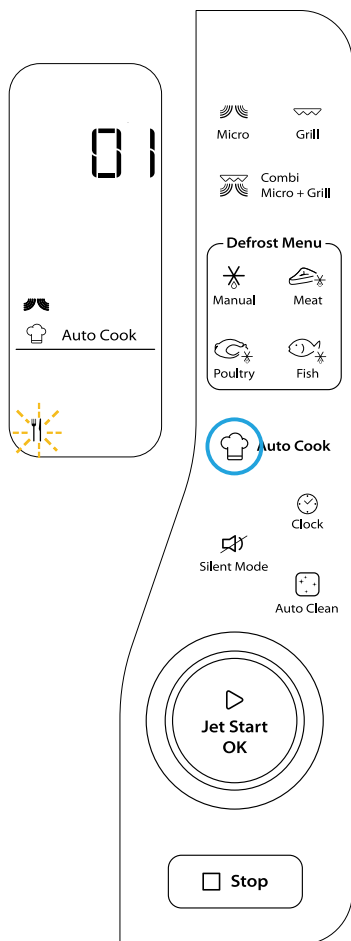


### Tips and suggestions:

- For best result we recommend to defrost directly on the cavity bottom. If needed, it is possible to use a container of light plastic suitable for microwave.
- For food not listed in this table and if the weight is less or more than recommended weight, you should choose the Manual Defrost (see page 19).
- If the food is warmer than deep-freeze temperature (-18°C), choose lower weight of the food.
- If the food is colder than deep-freeze temperature (-18°C), choose higher weight of the food.
- Separate pieces as they begin to defrost. Individual slices defrost more easily.
- Standing time after defrosting always improves the result since the temperature will then be evenly distributed throughout the food.




## AUTO COOK MENU











A selection of automatic recipes with preset values to offer optimal cooking results.

- ① Press the Auto Cook button.
- ② Rotate the knob to select the desired recipe (see the below table).
- ③ Press the Ok / Jet Start button. The function will start.

Note: according to the selected recipe, after a certain time, the display could ask you to turn or stir the food. See “Stir / Turn food” chapter on page 11.

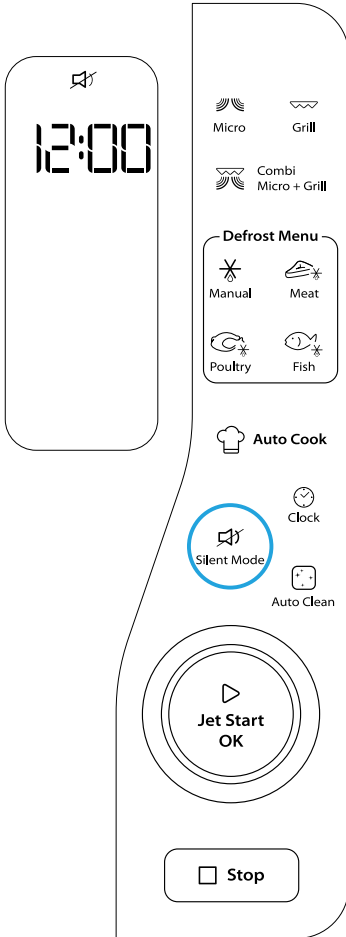
RECIPE	INGREDIENTS	PROCEDURE	COOKING TIME
 Bolognese Meat (4 servings)	<ul style="list-style-type: none"> <li>•300 g beef minced meat</li> <li>•340 g tomato sauce</li> <li>•4 tablespoons olive oil</li> <li>•½ teaspoon dried basil</li> <li>•1 bouillon tablets</li> <li>•a pinch of salt</li> </ul>	<ul style="list-style-type: none"> <li>•In a pyrex casserole dish with lid, dissolve the bouillon tablets in olive oil to form a paste.</li> <li>•Add the remaining ingredients and mix well.</li> <li>•Cover the dish with the lid.</li> <li>•Press the Auto Cook button once to select recipe number 1, then press the Ok / Jet Start button.</li> <li>•When prompted by the user interface, remove the dish from the microwave and stir well, then place back in the microwave.</li> <li>•Press Ok / Jet Start button to continue the cooking cycle.</li> </ul>	14mins

RECIPE	INGREDIENTS	PROCEDURE	COOKING TIME
<p>②</p>  <p>Meat cake (4 servings)</p>	<ul style="list-style-type: none"> <li>•800 g of ground beef</li> <li>•2 slices of bread</li> <li>•4 tablespoons of tomato sauce</li> <li>•1 beaten egg</li> <li>•50g grated mozzarella</li> <li>•1 small onion</li> <li>•8 chopped green olives</li> <li>•4 tablespoons Worcestershire sauce</li> <li>•2 tablespoons chopped parsley</li> <li>•Garlic, oregano, salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>•Grind the bread, onion, garlic and parsley. Mix the meat with egg and spices.</li> <li>•Add the mix to a greased mould, filling the edges and sides well. Spread the tomato sauce and the cheese evenly over the top.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 2, then press the Ok / Jet Start button.</li> </ul>	<p>17mins</p>
<p>③</p>  <p>Salmon with vegetables (4 servings)</p>	<ul style="list-style-type: none"> <li>•800g of salmon cut into slices of 3 cm</li> <li>•150g cherry tomatoes, halved</li> <li>•100 g broccoli</li> <li>•100 g cauliflower</li> <li>•20g leek</li> <li>•2 tablespoons extra virgin olive oil</li> <li>•Juice of 1 lemon</li> <li>•Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>•In a dish suitable for microwaves, season the salmon and vegetables with salt, pepper, olive oil and lemon.</li> <li>•Cover the dish, leaving a little space to allow steam to escape.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 3, then press the Ok / Jet Start button.</li> <li>•At the end of the cooking cycle, remove the cover carefully in order to allow the steam to escape from the dish.</li> </ul>	<p>15mins</p>
<p>④</p>  <p>Vegetables cream soup (2 servings)</p>	<ul style="list-style-type: none"> <li>•200 g potatoes cut into cubes</li> <li>•100 g broccoli</li> <li>•1 ripe tomato, diced</li> <li>•200 ml of water</li> <li>•Salt, pepper and grated parmesan cheese</li> </ul>	<ul style="list-style-type: none"> <li>•In a dish suitable for microwaves, mix all ingredients together, excluding the cheese.</li> <li>•Cover the dish, leaving a little space to allow steam to escape.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 4, then press the Ok / Jet Start button.</li> <li>•At the end of the cooking cycle, beat all ingredients in a blender and serve while still hot with parmesan cheese on top.</li> </ul>	<p>15mins</p>
<p>⑤</p>  <p>Vegetables (2 servings)</p>	<ul style="list-style-type: none"> <li>•350g of your favorite vegetable, cut into small cubes</li> <li>•100 ml water at room temperature</li> <li>•1 tablespoon olive oil</li> <li>•1 teaspoon salt</li> </ul>	<ul style="list-style-type: none"> <li>•In a dish suitable for microwaves, add all ingredients and mix well.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 5, then press the Ok / Jet Start button.</li> <li>•At the end of the cooking cycle, remove the dish using heat resistant gloves, being careful of the steam.</li> <li>•Remove garlic before serving (if desired).</li> </ul>	<p>9mins</p>

RECIPE	INGREDIENTS	PROCEDURE	COOKING TIME
<p>⑥</p>  <p>Jacket potatoes (4 servings)</p>	<ul style="list-style-type: none"> <li>•1 kg of medium sized potatoes</li> <li>•4 tablespoon butter</li> <li>•100 g grated cheese of your choice</li> <li>•Salt, pepper and cheese to sprinkle</li> </ul>	<ul style="list-style-type: none"> <li>•Wash and dry the potatoes, prick them with a fork.</li> <li>•Place the potatoes in a dish suitable for microwaves.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 6, then press the Ok / Jet Start button.</li> <li>•When prompted by the user interface, rotate the potatoes - being careful as the potatoes will be hot.</li> <li>•At the end of the cooking cycle, allow the potatoes to cool down, then cut them in half and remove the potato from the skin - set the skin aside for later.</li> <li>•Knead the potato to form a puree, and mix with the remaining ingredients.</li> <li>•Fill the potato skins with the mixture, sprinkle the top with cheese and place in the microwave for 5 minutes, to melt.</li> </ul>	12mins
<p>⑦</p>  <p>Rice (2 servings)</p>	<ul style="list-style-type: none"> <li>•1 cup porboiled white rice(180g)</li> <li>•3 cups of water(540ml)at room temperature</li> <li>•1 teaspoon salt</li> <li>•1 tablespoon olive oil</li> </ul>	<ul style="list-style-type: none"> <li>•In a dish suitable for microwaves with high edges (approx. 10cm), combine all ingredients.</li> <li>•Place the dish uncovered in the microwave.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 7, then press the Ok / Jet Start button.</li> <li>•At the end of the cooking cycle, remove the container from the microwave using heat resistant gloves.</li> <li>•If there is water remaining in the dish, mix vigorously, then leave covered for 2 minutes before serving.</li> </ul>	18mins
<p>⑧</p>  <p>Pop Corn (2 servings)</p>	<ul style="list-style-type: none"> <li>•This function is suitable for the preparation of 100g pop corn bag.</li> </ul>	<ul style="list-style-type: none"> <li>•Place the package of popcorn in the center of the cavity.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 8, then press the Ok / Jet Start button.</li> </ul>	2mins30s (MWF420) 2mins15s (MWF421)
<p>⑨</p>  <p>Bruschetta (2 servings) (only available on model MWF421)</p>	<ul style="list-style-type: none"> <li>•2 slice of Italian bread approximately 1.5 cm thick</li> <li>•30 ml extra virgin olive oil</li> <li>•10 cherry tomatoes peeled and diced</li> <li>•3 tablespoons chopped fresh basil</li> <li>•Salt, pepper and garlic</li> <li>•Diced mozzarella</li> </ul>	<ul style="list-style-type: none"> <li>•Place the slices of bread on the Wire Rack.</li> <li>•Press the Auto Cook button repeatedly to select recipe number 9, then press the Ok / Jet Start button.</li> <li>•When prompted by the user interface, remove the Wire Rack and carefully rotate the bread - then place back in the microwave and press the Ok / Jet Start button.</li> <li>•Turn food when oven prompts.</li> <li>•Meanwhile, season the tomatoes with the salt,black pepper and olive oil.</li> <li>•At the end of the cooking cycle, remove the bread from the microwave, rub the garlic cloves on the bread, place the tomatoes and basil on top and serve immediately with the diced mozzarella.</li> </ul>	8mins



## SILENT MODE



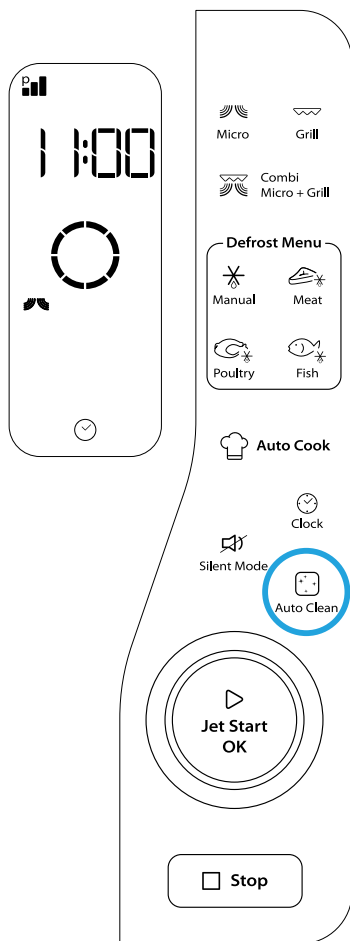
This function allows to deactivate all the sounds played by the appliances

- 1 Press Silent Mode button to deactivate all the sounds. To restore the sounds, press the Silent Mode button again.





## AUTO CLEAN



This automatic cleaning cycle will help you to clean the microwave oven cavity and to remove unpleasant odors.

### BEFORE STARTING THE CYCLE:

- 1 Put 200ml water into a container (see our recommendations in the below section “Tips and suggestions”).
- 2 Place the container directly on the middle of cavity bottom.

### TO START THE CYCLE:

- 1 Press the Auto Clean button, the cleaning cycle duration will be visible on the display.
- 2 Press the Ok / Jet Start button to start the function.

### WHEN THE CYCLE IS FINISHED:

- 1 Press the Stop button.
- 2 Wait for 3-5 minutes before opening the door.
- 3 Remove the container.
- 4 Use a soft cloth or a paper towel with mild detergent to clean the interior surfaces.

### Tips and suggestions:

- For a better cleaning result, it is recommended to use a container with a diameter of 17-20cm, and a height that is lower than 6.5cm.
- It is recommended to use a container of light plastic material that is suitable for the microwave.
- 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.
- If the Grill is not used regularly, it should be run for 10 minutes a month to burn off any splashes, in order to reduce the risk of fire.

## ENVIRONMENTAL HINTS

The packing box may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene etc.) out of the reach of children. This appliance is marked according to the European directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product.



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

Disposal must be carried out in accordance with local environmental regulations for waste disposal.



For more detailed information about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.



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

## In accordance with IEC 60705:2010-04 and IEC 60350-1:2011-12

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

TEST	AMOUNT	POWER LEVEL	APPROX. TIME	
			MWF420	MWF421
Egg custard (12.3.1)	750 G	800W	10mins-14.5mins	11mins
Sponge cake (12.3.1)	475 G	700W	6mins-9mins	
Meat loaf (12.3.3)	900 G	800W	14mins	15mins-16mins
Minced meat defrost (13.3)	500 G	160W	10mins-12mins.	12mins-13mins.
Potato gratin (12.3.4)	1100 G	Grill Combi	33mins	

TEST	PREHEAT	FUNCTION	APPROX. TIME
Toast (9.1)	-	Grill	6mins
Hamburger (9.2)	-	Grill	68mins-71mins

### TECHNICAL SPECIFICATION

Data Description	MWF420	MWF421
Supply Voltage	220-230V~50 Hz	220-230V~50 Hz
Rated Input Power	1350 W	1350W
Grill	N/A	950-1050 W
Outer dimensions (HxWxD)	320 x 490 x 426	320 x 490 x 426
Inner dimensions (HxWxD)	214 x 320 x 329	214 x 320 x 329

