

MICROMAT 110/120

Microwave oven

Operating instructions

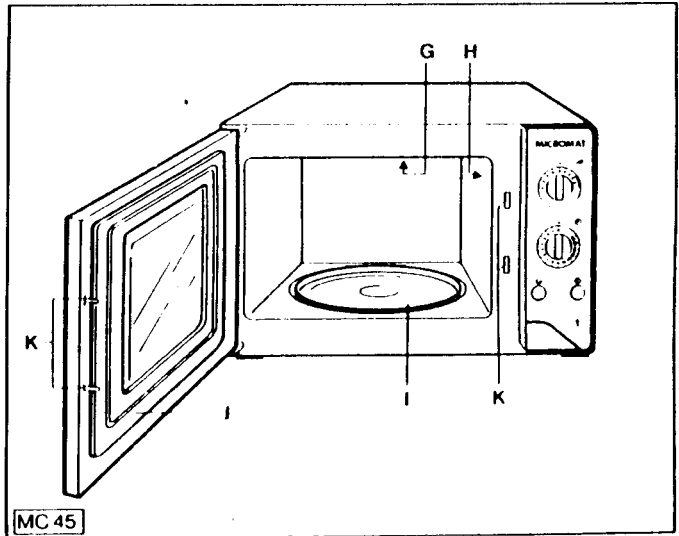
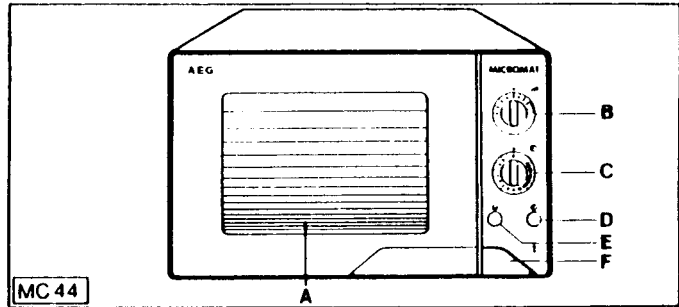
Hello

Allow me to introduce myself: I am your new AEG microwave oven. From now on, I should like to help you defrost, heat, and cook your food. I am especially fast and gentle in operation. I am also simple to operate and easy to care for. If you carefully read and follow my operating instructions before first use, you are sure to experience a good deal of joy when using me.








Contents

Features	4
Before you read on:	5
Microwaves – what are they?	5
Safety instructions for the user	6/7
Golden rules for using your microwave oven	6/7
How to cook by time and power	8
General hints on cooking, heating, and defrosting	8
Standing time	8
Hints on power settings	9
Practical hints on working with a microwave oven	10/11
First use	12
Setting the cooking time and power	13
Starting	13
Interruption	13
Prematurely ending the cooking sequence	13
Manual defrosting	13
The correct ovenware	14
Special browning skillet	15
Cleaning and care	16
If you think your microwave oven is not functioning properly	17
Installation and connection	
Table top model	17
Built under/Built in model	18
Rating plate	19
Technical data	20
Data for test centres	21
Cooking tables	22–28



Features

- A See-through glass door
- B 9-setting power control 
- C 60-minute timer 
- D Start button 
- E Turntable On/Off button 
- F Door release 
- G Wave stirrer cover
- H Cooking space lighting
- I Turntable (**must be in the oven when the latter is operating**)
- J Door seal
- K Door catch and safety device

Please read my operating instructions **thoroughly** before using me. You will learn how to operate my oven, how to set cooking time and power, and how to clean and maintain me.

Microwaves belong to the family of electromagnetic waves. These waves are able to transmit energy like radio waves. Microwaves are close relatives of the short waves known in radio and TV, being used, not to transmit music and TV pictures, but to cook food.

During the cooking cycle, the microwaves penetrate inside the food. Without any intermediate carrier, they generate heat below the surface by causing the food molecules to vibrate. The heat of friction thus generated propagates through the food, enabling the latter to be defrosted, heated, and cooked.

This is the basic difference between a microwave appliance and conventional cooker. Cookers externally apply heat to the food via heat flux (oven), heat conduction (hob), or heat radiation (grill).

How quickly a microwave oven cooks food depends very strongly on the quantity, quality, and shape of the food.

Since, during microwave cooking, heat is not uniformly generated at all locations, it is important that the food to be heated is stirred or turned when large quantities are being cooked.

Since this cooking method involves generation of heat inside the food itself and not via an intermediate carrier (fat or water), nutrient-conserving cooking is possible.

Vitamins and minerals are retained in the food and not swept away as during conventional cooking.

Before you read on

Microwaves – what are they?

Safety instructions for the user

The golden rules for trouble-free and safe working with a microwave oven

1. Switch me on only when food has been placed in the cooking space.
2. Always keep me clean, especially in the vicinity of the door seals and door seal surfaces.
3. **Never damage:**
 - the door
 - the door hinges
 - the door seals and their surfaces
 - the door frame

(e. g. never jam anything between door and frame).

Clean the door seals and their surfaces (also the door frame) with a mild detergent and hot water.

Note:

Should the door seals and door seal surfaces be damaged, I should not be operated until I have been repaired by the AEG Service Centre or by an AEG-trained electrician!

4. **Only use suitable ovenware.**
5. When heating liquids, please always additionally place a tea-spoon in the container to avoid delayed boiling.
During delayed boiling, the boiling temperature is attained without the typical steam bubbles rising. When the container is shaken, even only slightly, the liquid may then suddenly vigorously boil over or spurt – with the risk of your being scalded.
6. Food with a skin or peel, such as potatoes, tomatoes, sausages, and the like, should be pierced with a fork so that any steam present can escape and the food will not burst.
7. Make sure that a minimum temperature of 70 °C is attained for the cooking/heating of food. This will be achieved if you follow the instructions given in the cooking table (time/power).
8. Babyfood in jars or bottles should always be heated without a lid or top, and well stirred or shaken after heating, to ensure uniform distribution of the heat. Before giving your child the babyfood, please check the temperature.
9. Please note that, at high power and time settings, the ovenware heats up. Please therefore use an oven glove or a pan cloth.
10. **Do not allow the appliance to operate unattended if food is to be warmed or cooked in disposable containers made of plastic, paper, or other inflammable materials.**

Should smoke be observed the oven door must be kept closed and the oven switched off or else disconnected from the power supply.

11. **Never use your microwave oven:**
 - to boil eggs or escargots in their shells, since they will otherwise burst!
 - to heat large quantities of cooking oil (fondue, deep-frying) and drinks containing a high percentage of alcohol – there is a danger of spontaneous combustion!
 - to heat unopened cans, bottles, etc.
 - to dry animals, textiles, and paper
 - if no food has been placed in the cooking space
 - for crockery (porcelain, ceramics, earthenware, etc.) having hollow spaces that fill with water and which may cause vapour pressures to build up during cooking. Please follow the respective manufacturer's instructions.
12. **Use your appliance only as instructed** and as indicated in the "Cooking tables". Never overcook your food by excessive lengths of time or at excessive power settings. Some areas of the food will otherwise dry out and may ignite.
13. Should the power cable fitted to the appliance be damaged, it must be replaced with an identical one. This work may only be carried out by the manufacturer's staff or by qualified electricians who have been trained by the manufacturer.
14. **Only operate your appliance when the turntable is inserted.**

AEG electrical appliances comply with all relevant safety regulations. Never, ever use the micro-wave oven if it is no longer functioning properly.

In order to maintain the safety of your appliance, you may only have repairs, particularly to the live parts of the appliance, carried out by a qualified electrician trained by the manufacturer. In the case of any defect or breakdown you must therefore contact your electrical dealer or our Service Centre direct.

If repairs are carried out improperly, the result can be serious danger for the user.

The interior lighting in the cooking space can only be replaced by the AEG Service Centre or by an AEG-trained electrician.

**How to cook
by time
and power**

To familiarize yourself easily and quickly with my operation, please use the "Cooking tables" or "Recipe booklet" provided. My cooking time depends on the quantity of food.

For example:

One cup of soup is ready to eat in around **1.5–2 minutes**. Five cups of soup take around 5 times as long, i. e. around **7–10 minutes**.

You will find the exact times in the "Cooking tables" provided.

**General hints
on cooking,
heating,
and
defrosting**

Food comes in different qualities and is prepared in different quantities.

The times and amounts of energy necessary for **defrosting, heating, or cooking** are therefore different.

In the "Cooking tables" you will find information on what setting of time and power, you should individually select.

**Standing
time**

The standing time referred to in the "Cooking tables" or "Recipe booklet" means:

Allow the food to stand **without** power e. g. inside or outside the appliance to ensure that the heat in the food is uniformly distributed.

Practical hints on working with microwave appliances

Cooking:

Wherever possible, cook in a covered container. Only if crust is required or is to be retained should you cook food in uncovered containers. After switching off your appliance, allow the food to stand inside for some minutes (**standing time**).

Refrigerated or frozen foods require a longer cooking time.

Foods containing sauces should be stirred from time to time.

Meat:

Cook fatty pieces of meat (e. g. pork), game, or poultry on a non-metallic grid or inverted saucer. Cook leaner meat types in a browning skillet (special accessory). Turn during the **cooking period**.

Vegetables:

Always cook vegetables in a covered container and stir them from time to time. Cook vegetables with firm consistency, such as carrots, peas, and cauliflower, with a little water. Cook vegetables with soft consistency, such as mushrooms, peppers, and tomatoes, without liquid.

Do not defrost deep-frozen vegetables before cooking, but defrost and cook in one process.

Meat:

Place frozen, unpacked meat on an inverted plate in a glass or porcelain container so that the meat juice can drain. Turn during the defrosting period. Possibly cover already defrosted areas with small sheets of aluminium foil. Keep sheets of foil at least 2 cm away from the cooking space walls and door.

When the defrosting period has elapsed, the pieces of meat need a differently long **standing time** depending on consistency.

Butter, pieces of layer cake, cottage cheese:

Previously remove aluminium foil packaging. Do not fully defrost in the appliance, but leave to adjust outside (e. g. for cottage cheese and pieces of layer cake, 30 min – 1 h depending on quantity).

Fruit:

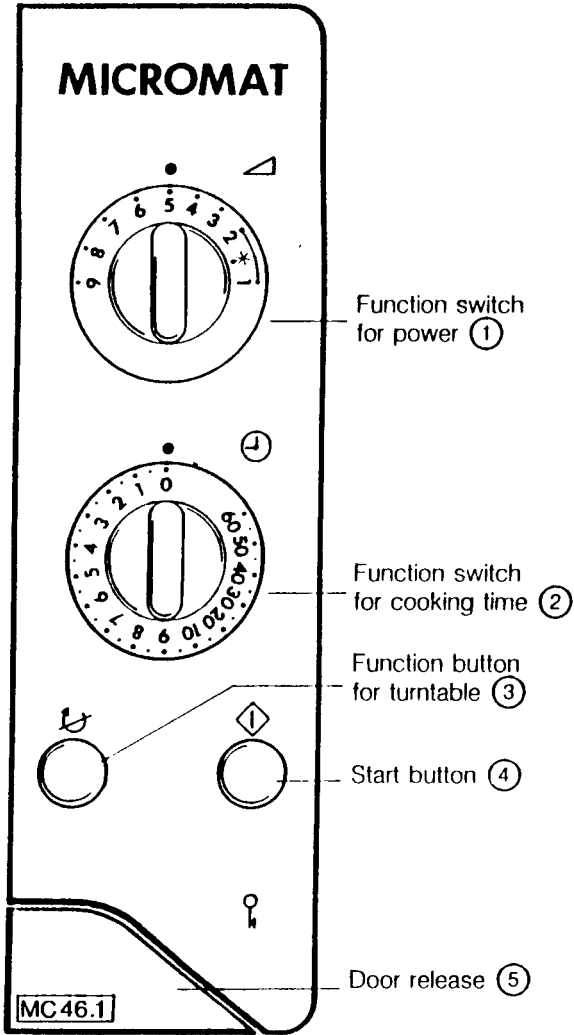
Carefully turn or stir during the defrosting period.


Ready meals in metal packages or plastic containers with metal lids should be heated or defrosted in your microwave oven **only if they are explicitly marked as being suitable for microwave use. Please follow the operating instructions printed on the packages (remove the metal lid and prick the plastic foil).**

Important: Metal objects must be placed at least 2 cm away from the cooking space walls and door.


Defrosting**Ready meals**

Operation



Place mains plug in socket with protective earth contact.
Press door release 5 , open door, insert food, and close door.


Never operate your microwave oven when it is empty!

Set **power function switch 1**  to the required setting (see Cooking tables).

With **cooking time function switch 2** , enter the time.

For cooking times below 2 minutes first set my function switch to 10 minutes and then turn it back to the required cooking time.

Close the appliance door.


On: Button 3  projects.

Off: Button is pressed.



If you use large ovenware which projects beyond the edge of the turntable **and may cause a blockage**, you must switch off the turntable.

Press start button 4 .


An audible signal sounds at the end of the cooking sequence.

All cooking sequences can be interrupted by opening the door with **door release 5** , e. g. for stirring (cooking time/power remains effective).


Close the door, and **press the start button**. The cooking time automatically resumes.

If the cooking sequence is to be prematurely ended, press **door release 5**  and turn **cooking time function switch 2**  to 0.

Frozen food is defrosted at the times and powers indicated in the "Cooking tables" and "Recipe booklet".

Set power function switch 1 to **Defrosting 1-2**, set **function switch 2**  for cooking time.

Close the appliance door.

Press start button 4 .

An audible signal sounds at the end of the defrosting time.

Cooking time and power

Turntable

Starting

Interrupting the cooking sequence

Prematurely ending the cooking sequence

Defrosting

The correct ovenware

Crockery material	Operating modes		
	Defrosting	Heating	Cooking
Glass ¹⁾	X	X	X
Ceramic	X	X	X
Porcelain ¹⁾	X	X	X
Earthenware ¹⁾	X	X	X
Plastic crockery ²⁾	X	X	X
Paper cups	X	-	-
Paper plates	X	-	-
Grease proof paper ⁵⁾	X	X	-
Board ⁵⁾	X	X	-
Aluminium foil ³⁾	X	X	X
Aluminium containers, ready meal containers	X	X	X
Metal objects ⁴⁾	-	-	-
Crockery with metal base	-	-	-
Keep fresh foil	X	-	-
Roasting foil	X	X	X

1) But without silver, gold, platinum, or metal base.

2) Please note the relevant manufacturer's instructions.

3) Please follow the instructions given under "Practical hints on working with microwave appliances".

4) For exceptions, see "Golden rules".

5) Under prolonged heating, there is a risk of fire!

Special browning skillet

Since, during microwave cooking with short roasting times or with very lean meat, no heavy browning of the food is achieved, special browning skillets and grill plates are obtainable from your electrical retailer.

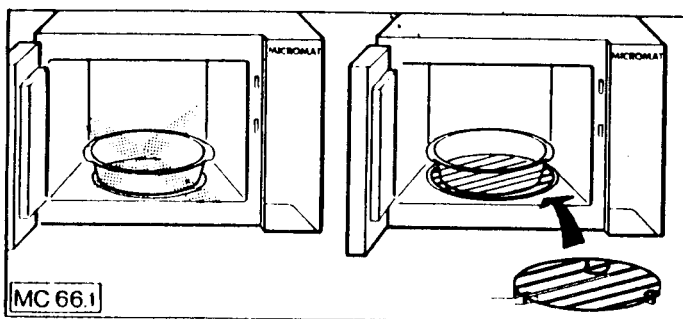
Browning skillets have a bottom coating which becomes very hot when the skillets are preheated empty. The preheating time for this skillet is variously long and depends on the required degree of browning of the food concerned.

Caution: When working with browning skillet, the grid (accessory available from the AEG service centre) must absolutely be inserted on the turntable (see illustration)!

ET-no. 661 917 350 (MICROMAT 110/114/115)

ET-no. 661 917 375 (MICROMAT 120/125)

ET-no. 661 917 400 (MICROMAT 135)



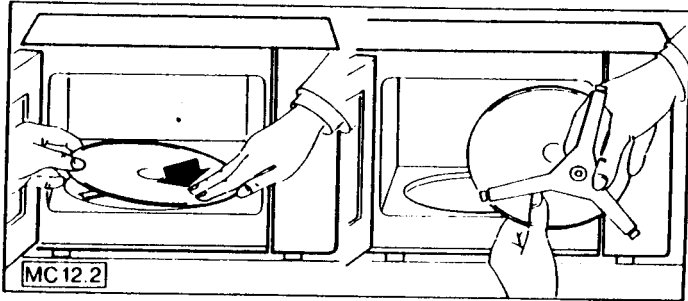
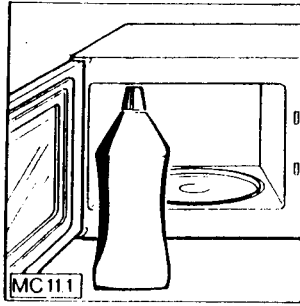
WRONG

RIGHT

If this is not observed, the turntable can be damaged during operation or when the door of the appliance is opened!

Cleaning and care

Cleaning the appliance



Cleaning should only be carried out when the appliance is unplugged from the mains supply.

Use only mild cleaners and hot water.

Clean your appliance inside and outside with a soft cloth. Never use abrasive scouring agents.

You can neutralize odours inside the cooking space by boiling a cup of water with a little lemon juice for a few minutes in your appliance.

Note: Never switch on your appliance if the door seal is damaged.

Have your appliance checked by a trained service engineer.

If you think your microwave oven is not functioning properly

Before calling the service centre, please check whether, on the basis of the following hints, you can rectify the fault yourself.

If your microwave oven no longer works, check whether:

- your appliance is plugged into the mains supply;
- the fuses in the fixed wiring are in order;
- the door is fully closed;
- the start button is pressed.

If, after these checks, your microwave oven still does not work, please call the AEG service centre or your retailer.

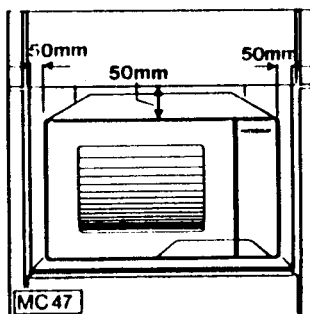
- If, however, you decide to call in the service centre to help with any of the stated instructions or on grounds of faulty operation, the service engineer's visit cannot be made free of charge even during the guarantee period.
- You should therefore take careful note of our instructions on operation of your microwave oven in these instructions as well as our additional recommendations and hints in the recipe booklet.
- AEG electrical appliances comply with the valid safety requirement. Repairs to electrical appliances may only be performed by a trained electrician. Improper repairs may place the user at serious risk.

Installing the tabletop appliance 110/120

Installing the tabletop appliance

To ensure trouble-free ventilation, an air space of 5 cm around the appliance is necessary.

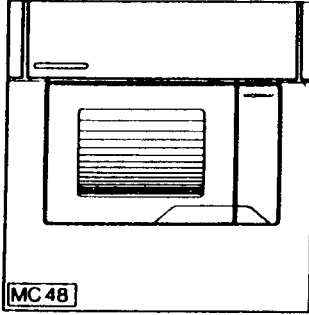
Connect to a plug socket with protective earth contact and fused with a 10 A-L automatic device or 10 A slow-blowing fuse!



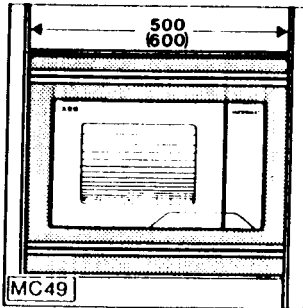
Installation/ connection

Installing built-under model 110 and built-in model 110/ 120.

MICROMAT model 110 U can be built in under a hanging kitchen cabinet with the help of a set of fittings.



To install the MICROMAT model 110/120 E in a kitchen cabinet, use the appropriate mounting frame.



Caution! When installing the MICROMAT model 120 behind a roller door, the door must always be open when the oven is in use.

If the door is closed the oven will be damaged and guarantee cover will not apply.

The oven must be connected by means of a proper Home Office socket and plug, protected with a 10 A-L safety cut-out or a 10 amp slow fuse.

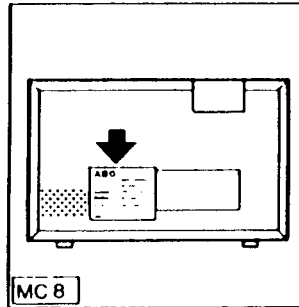
When the oven is installed, there must be a possibility of disconnecting it from the mains with a contact break of at least 3 mm on all poles.

A suitable size of switch, a safety cut-out or a melting or fly-out fuse, are suitable contact-breakers.

Rating plate

If you cannot find any reference to a particular fault in my operating instructions, please contact our service centre.

When doing so, quote the E-No. and F-No. of your oven, which you will find on my rating plate (arrow).



Your indication of these numbers enables the service centre to make precise identification of the required spare part so that I can be repaired at the engineer's first visit. You will thus save yourself additional costs due to any possible repeated trips by the service engineer.

So that these numbers are always to hand, you are recommended to enter them here

E-No.

F-No.

Technical data

MICROMAT 110

Mains voltage:	230 V, 50 Hz
Power input:	1200 W
Output:	
- full power:	750 W (measured to DIN 44566-04/89)
- defrosting:	180 W
Adjustable:	10 % to 100 % of full power
Fuse:	10 amp A-L
Timer:	60 minutes

Table-top model:

Diameter (height × width × depth) in mm:	
Housing:	296 × 440 × 320
Interior:	207 × 260 × 260
Net weight:	15 kilos

MICROMAT 120

Mains voltage:	230 V, 50 Hz
Power input:	1300 W
Output:	
- full power:	850 W (measured to DIN 44566-04/89)
- defrosting:	180 W
Adjustable:	10 % to 100 % of full power
Fuse:	10 amp A-L
Timer:	60 minutes

Table-top model:

Diameter (height × width × depth) in mm:	
Housing:	296 × 496 × 384
Interior:	207 × 315 × 315
Net weight:	17 kilos

This appliance meets the requirements for radio and TV suppression of EC Directive 87/308 EC as well as standards EN 60 555 Part 1-3 and DIN VDE 0838 Part 1-3 of June 1987 for the effect of appliances on the power network.

**Data for
test centres**

DIN No. 44 566 Part 2	Power (%)	Duration in min.	Adjust- ment time in min.	Remarks
4 5 1 1 1	30	25-35	20	placed on inverted saucer and turned after half time
4 5 1 1 2	30	14-18	14	turned after half time, distributed flat on the plate
4 5 1 1 3	30	8-12	13	covered
4 5 1 2 1	100	18-24		covered
4 5 1 2 2	100	18-24		covered
4 5 1 3 1	100	10-14		turned after half time, covered and the pieces placed from the centre with the corners outwards
4 5 1 3 2	100	8-12		covered
4 5 1 4 1	100	18-24		covered
4 5 1 5 1	100	23-28		covered
4 5 1 5 2	100	20-30		turned after half time, covered

Heating of refrigerated food and drink

Type/quantity	Remarks/hints:	Power ▲	Time/min. for	
			850 W	750 W
Food				
1 glass babyfood (125-250 ml)	Heat glass without lid, stir after warming	5-6	½-2	1-2
1 convenience meal on plate (350-400 g)	Heat in covered container. Place gravy alongside separately in cup	9	2-3	3-4
1 portion meat (150 g)	Heat breadcrumb meat in uncovered container, all other meat portions in covered container	9	1-2	1½-2½
1 portion vegetables or potatoes or rice (around 200 g, each)	Heat in covered container	9	1½-2½	2-3
1 cup soup (around 200 cm ³)	Heat clear soups in uncovered container, thick soups in covered container	9	1-1½	1½-2
Drinks*				
200 ml milk or babyfood	Stir after warming	7-8	½-1	1-1½
1 cup/glass water boil (around 180 cm ³)	Stir in instant coffee or tea after around ½ minute when water ceases to boil vigorously	9	1-2	1-1½
1 cup milk	Heat milk hot enough to drink	9	½-1	1-1½
1 cup coffee (reheat)		9	½-1	½-1

* Additionally place teaspoon in container

Melting of food

Type/quantity	Remarks/hints:	Power ▲	Time/min. for	
			850 W	750 W
Melting of food				
Chocolade/toppings (100 g)	Stir from time to time	6-7	2-3	3-4
Butter (50 g)	To heat, set 1 min. longer	6-7	½-1	1-1½

Defrosting

Type/quantity	Remarks/hints:	Power △	Time/Min. for		Stand- ing time (min.)
			850 W	750 W	
Meat					
Whole meat (per 500 g)	Turn once. Cover fatty lean parts with aluminium foil after 1st half of defrosting time	2-3	10-12	12-14	10-15
Steaks (per 200 g)	Turn once	2-3	3-4½	4- 6	5-10
Mixed chopped meat (500 g)	Separate the chopped meat pieces from each other after 1st half of defrosting time and place the inside pieces of meat on the outside	2-3	10-12	5- 7	5-10
Goulash (500 g)	See chopped meat	2-3	10-12	12-14	10-15
Biblets (kidneys, heart) per 500 g)	Turn once. Cover meat edges with aluminium foil after 1st half of defrosting time	2-3	8-10	10-12	10-15
Poultry					
Chicken around 1 kg)	During defrosting time in oven, turn once. Cover legs with aluminium foil after 1st half of defrosting time	2-3	20-25	25-30	10-20
Duck (1,5-2 kg)	See above	2-3	25-35	30-40	40-60
Game					
Hack and legs of hare (per approx. 600 g)	During defrosting time in oven, turn once. Cover edges of meat and/or flat lean parts with aluminium foil after 1st half of defrosting time	2-3	10-12	12-14	15-20
Hack of roe deer hack of wild boar (around 1 kg)	See above	2-3	15-20	18-22	30-40

Defrosting

Type/quantity	Remarks/hints:	Power 850 W ▲	Time/ min. 850 W	Power 750 W ▲	Time/ min. 750 W	Stand- ing time (min.)
Fish						
Whole fish (per 500 g)	Turn once. Possibly cover fins with aluminium foil	1-2 ✱	10-12	2-3	12-14	15-20
Shrimps/Crab (per 250 g)	Stir thoroughly after half defrosting time	1-2 ✱	4- 6	2-3	5- 7	15-20
Dairy produce						
Cottage cheese (per 500 g)	Devide and stir frozen cottage cheese pieces from time to time	1-2 ✱	18-25	2-3	18-25	15-20
Butter (per 250 g)	Previously remove aluminium foil	1	3- 5	1-2	3- 6	15-20
Cheese (per 250 g)	Only start defrosting of cheese in appliance and allow to defrost in room	1	3- 4	1-2	3- 4	30-60
Cream (200 ml)	Previously remove aluminium lid. Stir occasionally, and whip together with small flakes of ice	1	4- 7	1-2	5- 8	15-20
Fruit						
Strawberries, damsons, cherries, red-currants, apricots, etc. (500 g)	Allow to defrost in covered container. During defrosting time in oven, stir once	1-2 ✱	8-10	2-3	10-12	10-15
Raspberries (250 g)	See above	1-2 ✱	4- 6	2-3	4- 6	10-15

Defrosting

Type/quantity	Remarks/hints:	Power 850 W ▲	Time/ min. 850 W	Power 750 W ▲	Time/ min. 750 W	Stand- ing time (min.)
Bread						
4 breadrolls	During defrosting time in oven, turn once	9*	1- 1½	9*	1- 1½	5- 7
Wholemeal bread, mixed bread, rye bread per slice (60-80 g)	Defrost individual slices in covered container	1-2 ✱	½- 1½	2-3	1- 2	5- 7
Bread (around 500 g)	Cover cutting surface	1-2 ✱	6- 8	2-3	7- 9	10-20
Cakes						
Dry cakes, e.g. shortcrust pastry cakes (around 300 g)	Allow cakes to defrost uncovered on serviette or plate	1-2 ✱	3- 4	2-3	3- 4	5-10
Fruit flans baked on baking sheet (400-450 g)						
slice cheesecake or covered apple tart (around 400 g)	See above	1-2 ✱	9-12	2-3	10-12	10-15
	See above	1-2 ✱	8-10	2-3	8-10	10-15
Cream and butter-cream layer cakes (300-400 g)	Only start defrosting of cakes in appliance	1	5- 6	1-2	6- 8	30-60

* Preheat browning skillet empty 1½-2 min.

Defrosting and heating of frozen convenience foods

Type/quantity	Remarks/hints:	Power ▲	Time/min. for		Stand- ing time (min.)
			850 W	750 W	
portion meat with gravy (150 g)	Turn from time to time	8-9	3- 5	4- 5	3-5
portion meat with vegetables, garnish (350-450 g)	Stir food once before serving	8-9	8-15	10-15	3-5
Pizza, ready-topped (300 g)	Place pizza on browning skillet	9*	3- 5	6- 8	3-5

* Preheat browning skillet empty 1½-2 min.

Roasting of meat, poultry and game

Type/quantity	Remarks/hints:	Power ▲	Time/min. for	
			850 W	750 W
Beef				
Roast beef/roast fillet medium (per 500 g)	Use browning skillet. Turn after roasting has started	9	4- 6	7-10
Fillet steaks 4 pieces (150-200 g)	See above	9	2- 4	3- 5
Pork				
Neck of pork Shoulder of pork (per 750 g)	Turn after 1st setting	1. 9 2. 6-7	6- 8 25-30	8-10 25-30
Cutlet	See above	1. 9 2. 6-7	5- 6 12-14	6- 7 12-14
Chops (500 g)	Roast in uncovered container	9	15-18	16-20
Veal/mutton				
Leg of veal/lamb (per 500 g)	Use browning skillet, turn from time to time	1. 9 2. 5	4- 5 10-15	5- 6 10-15
Giblets				
Kidneys (per 500 g)	Cook in uncovered container	1. 9 2. 5-6	3- 4 8-10	5- 6 10-11
Liver (per 500 g)	Use browning skillet, turn from time to time	1. 9 2. 9	2- 3 1- 2	3- 4 2- 3
Poultry				
Roast chicken parts (per 500 g)	Use browning skillet. Turn once	9	6- 8	8-10
Boiled chicken (1000 g)	Cook in covered container without liquid	9	10-12	12-14
Game				
Back of roe deer Back of wild boar (per 500 g)	Cook in uncovered container	1. 9 2. 6-7	2- 3 10-12	3- 4 10-12
Back of hare (per 600 g)	Use browning skillet	1. 9 2. 5-6	3- 4 8-10	4- 5 8-10

Cooking fish

Type/quantity	Remarks/hints:	Power ▲	Time/min. for	
			850 W	750 W
Fish fillets (pro 500 g)	Cover during cooking	9	7- 9	8-10
Whole fish (1000 g)	Cover during cooking: cover flat parts with aluminium foil	1. 9 2. 5-6	4- 5 8-10	6- 7 8-10

Cooking of vegetables and potatoes

Type	Quantity	Liquid addition	Remarks/hints: *	Power ▲	Time/min. for	
					850 W	750 W
Aubergines	250 g	none	Cut into thick slices or pieces	9	4- 5	5- 7
Cauliflower	500 g	½ l	Top with butter	9	8-10	8-12
Fresh beans	250 g	½ l	Break or cut into pieces	1. 9 2. 5	4- 7 5-10	5- 8 5-10
Frozen broccoli	300 g	½ l	Stalks facing outwards	9	10-12	10-15
Mushrooms	250 g	none	Cut into slices	9	4- 5	5- 6
Fresh peas	250 g	½ l		1. 9 2. 5	3- 4 5-10	4- 5 5-10
Frozen fresh peas and carrots	300 g	½ cup		9	7- 9	8-10
Fennel	250 g	½ l	Halve or cut into pieces	1. 9 2. 5	3- 5 8-10	4- 6 8-10
Cucumbers	250 g	none	Peel and cut into pieces	9	5- 7	6- 8
Carrots	250 g	½ cup	Cut into cubes or slices	9	8-10	10-12
Potatoes	250 g	2-3 teasp.		9	4- 5	4- 6

* Note hints in operating instructions!

Cooking of vegetables

Type	Quantity	Liquid addition	Remarks/hints: *	Power ▲	Time/min. for	
					850 W	750 W
Kohlrabi	250 g	½ cup	Cut into spikes or slices	9	7- 8	8- 9
Red/green peppers	250 g	none	Cut into strips or pieces	9	5- 6	6- 7
Leeks	250 g	½ cup	Cut into rings or pieces	9	5- 6	6- 7
Frozen Brussels sprouts	300 g	½ cup		9	7- 9	8-10
Red cabbage	500 g	¼ l	Cut into strips	1. 9 2. 5	5- 7 15-20	6- 8 15-20
Sauerkraut	250 g	½ cup		9	8-12	10-14
Fresh asparagus	500 g	¼ l	Tips facing inwards	1. 9 2. 5	10-12 10-15	12-15 10-15
Frozen asparagus	500 g	¼ l		1. 9 2. 5	15-18 8-10	17-20 8-10
Fresh spinach	250 g	-	Whole leaves dripping wet	9	4- 6	5- 7
Frozen spinach	300 g	-		1. 9 2. 5	4- 5 8-10	5- 6 8-10
Tomatoes	250 g	-	Whole	9	2- 3	3- 4
Savoy cabbage	500 g	¼ l	In strips	1. 9 2. 5	5- 7 10-15	6- 8 10-15
Courgettes	250 g	-	In thick slices	9	5- 6	6- 7
Onions	250 g	-	In pieces or rings	9	5- 7	6- 8

* Note hints in operating instructions!

Electrical connection

WARNING – THIS APPLIANCE MUST BE EARTHED

Voltage and current

Please ensure that the voltage and current indicated on the rating plate agree with the voltage of your electricity supply. 220/240 volts – (i. e. 220/240 V a. c.)

Please note! (for users in the U. K.). If your appliance has been equipped with a mains lead with a moulded-on type plug, you must comply with the following regulations:

The plug moulded on to the lead incorporates a fuse. For replacement, use a 13 amp BS1362 fuse. Only ASTA approved or certified fuses should be used. If the fuse cover/carrier is lost, a replacement cover/carrier must be obtained from an electrical goods retailer. If the socket outlets in your home are not suitable for the plug fitted to the appliance, then the plug must be cut off and destroyed for safety reasons, and an appropriate plug fitted. When fitting the plug please note the following points:

Important

The wires in the mains lead are coloured in accordance with the following code:

Green and yellow	Earth
Blue	Neutral
Brown	Live

Some appliances have a twin core mains lead, when no earth is required.

As the colours of wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:

1. The wire which is coloured green and yellow must be connected to the Earth terminal in your plug, which is marked with the letter E or by the earth symbol \oplus or coloured green, or green and yellow.
2. The wire which is coloured brown must be connected to the Live terminal which is marked with the letter L or coloured red.
3. The wire which is coloured blue must be connected to the Neutral terminal which is marked with the letter N or coloured black.

When wiring the plug ensure that all strands of wire are securely retained in each terminal. Do not forget to tighten the mains lead clamp on the plug. This appliance meets the radio interference suppression requirements of EC Directive 82/499 EC and the standards concerning the effects of electrical appliances on power systems EN 60 555 Parts 1–3/DIN VDE 0838 Parts 1–3 June 1987.

Voltage 220/240 V AC

Fuse rating 13 amps

See rating plate for further information.

AEG Hausgeräte GmbH
Postfach 1036
D-90327 Nürnberg
© Copyright By AEG

H260 222 437

AEG Domestic Appliances Ltd
Customer Care Department
55-77 High Street
Slough
Berkshire SL1 1DZ
Telephone: 08705 350350