

COOKING HINTS

EN



Hints and tips

Cooking recommendations



The temperature and cooking times in the tables are guidelines only. They depend on the recipes and the quality and quantity of the ingredients used. Your oven may bake or roast differently to the oven you had before. The tables below show recommended settings for temperature, cooking time and shelf position for specific types of the food. If you cannot find the settings for a special recipe, look for the similar one. For more cooking recommendations refer to cooking tables on our website. To find the Cooking Hints check the PNC number on the rating plate on the front frame of the oven cavity.

Advice for special heating functions of the oven

Keep Warm

The function allows you to keep food warm. The temperature is set automatically to 80 °C.

Plate Warming

The function allows you to warm plates and dishes before serving. The temperature is set automatically to 70 °C.

Place plates and dishes in stacks evenly on the wire shelf. Use the first shelf position. After half of the warming time switch their places.

Dough Proving

The function allows you to rise yeast dough. Put the dough into a big dish. Use the first shelf position. Set function: Dough Proving and the cooking time.

Defrost

Remove the food packaging and put the food on a plate. Do not cover the food, as it can extend the defrosting time. Use the first shelf position.

SousVide Cooking

This function uses lower cooking temperatures than normal cooking.

SousVide Cooking Recommendations

Use high quality and fresh raw food. Always clean the food before cooking. Be careful when using raw eggs.

Low temperatures are suitable only for the types of food that can be eaten raw.

Do not cook the food for a long time when you are using the temperature below 60 °C.

Boil ingredients containing alcohol before vacuum packing.

Put the vacuum bags on the grid side by side.

You can keep the cooked food in the fridge for 2 – 3 days. Cool down the food quickly (by using ice bath).

Do not use this function for reheating food leftovers.

Vacuum Packing

Use only the vacuum bags and chamber vacuum sealer recommended for sous-vide cooking. Only this type of vacuum sealer can vacuum pack liquids.

Do not reuse vacuum bags.

For faster and better results set the maximum vacuum degree.

To guarantee a safe closing of the vacuum bag, make sure that the area subject to the seal is clean.





Make sure that the edges of the inner side of the vacuum bag are clean, before sealing it.





SousVide Cooking: Meat





Use only boneless meat to avoid piercing the vacuum bags.

Fry the poultry fillets skin side down before vacuum packing.

Use the third shelf position.

 BEEF		
 Beef / Veal fillet	 (°C)	 (min)
Medium, 4 cm thick, 0.8 kg	60	110 - 120
Well done, 4 cm thick, 0.8 kg	65	90 - 100

 LAMB / GAME		
	 (°C)	 (min)
Lamb rare, 3 cm thick, 0.6 - 0.65 kg	60	180 - 190
Lamb medium, 3 cm thick, 0.6 - 0.65 kg	65	105 - 115
Boar, 3 cm thick, 0.6 - 0.65 kg	90	60 - 70
Rabbit, 1.5 cm thick, 0.6 - 0.65 kg	70	50 - 60

 POULTRY		
	 (°C)	 (min)
Chicken breast, 3 cm thick, 0.75 kg	70	70 - 80
Duck breast, 2 cm thick, 0.9 kg	60	140 - 160



POULTRY



(°C)



(min)

Turkey breast, 2 cm thick, 0.8 kg	70	75 - 85
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SousVide Cooking: Fish and seafood

Dry the fish fillets with a paper towel before you put them in a vacuum bag.

Add a cup of water in the vacuum bag when you cook the mussels.

Use the third shelf position.



FISH AND SEAFOOD



(°C)



(min)

Sea bream, 4 fillets 1cm thick, 0.5 kg	70	25
Sea bass, 4 fillets 1cm thick, 0.5 kg	70	25
Cod fish, 2 fillets 2 cm thick, 0.65 kg	65	70 - 75
Scallops, 0.65 kg	60	100 - 110
Mussels with shell, 1 kg	95	20 - 25
Prawns without shell, 0.5 kg	75	25 - 30
Octopus, 1 kg	85	100 - 110
Trout, 2 fillets 1.5 cm thick, 0.65 kg	65	55 - 65
Salmon, fillet 3 cm thick, 0.8 kg	65	100 - 110





To prevent protein leak soak the trout or salmon in a 10 % salt solution (100 g salt





in 1 litre of water) for 30 min and dry with a paper towel before you put it in a vacuum bag.





SousVide Cooking: Vegetables

To keep the colour of the artichokes, put them in water with lemon juice, after you clean and cut them.

Use the third shelf position.

 VEGETABLES	
 Set the temperature to 90 °C.	
	 (min)
Asparagus green, whole, 0.7 - 0.8 kg	40 - 50
Asparagus white, whole, 0.7 - 0.8 kg	50 - 60
Courgette, slices of 1 cm, 0.7 - 0.8 kg	35 - 40
Eggplant, slices of 1 cm, 0.7 - 0.8 kg	30 - 35
Pumpkin, pieces, 2 cm thick, 0.7 - 0.8 kg	25 - 30





 VEGETABLES	
 Set the temperature to 95 °C.	
	 (min)
Leek, stripes or rings, 0.6 - 0.7 kg	40 - 45
Peppers, stripes or quarter, 0.7 - 0.8 kg	35 - 40
Celery, rings of 1 cm, 0.7 - 0.8 kg	40 - 45





 VEGETABLES	
 Set the temperature to 95 °C.	
	 (min)
Carrots, slices of 0.5 cm, 0.7 - 0.8 kg	35 - 45
Celery root, slices of 1 cm, 0.7 - 0.8 kg	45 - 50
Fennel, slices of 1 cm, 0.7 - 0.8 kg	35 - 45
Potatoes, slices of 1 cm, 0.8 - 1 kg	35 - 45
Artichoke hearts, quarter, 0.4 - 0.6 kg	45 - 55

SousVide Cooking: Fruit and sweets

To keep the colour of the apples and pears, put them in water with lemon juice, after you clean and cut them.

Use the third shelf position.

 FRUIT		
	 (°C)	 (min)
Peaches, 4, halves	90	20 - 25
Plums, halves, 0.6 kg	90	10 - 15
Mangos, 2, cut in cubes 2 cm thick	90	10 - 15
Pears, 4, halves	90	15 - 30
Nectarines, 4, halves	90	20 - 25
Pineapples, slices 1 cm, 0.6 kg	90	20 - 25
Apples, 4, quarter	95	25 - 30

 FRUIT		
	 (°C)	 (min)
Vanilla creme x2, 350 g in each bag	85	20 - 22

Steam cooking

Use only heat and corrosion resistant cookware.

When you cook on more than one level make sure that there is a distance between the shelves to let the steam circulate.

Start cooking with a cold oven unless the preheating is recommended in the below table.

Full Steam

Be careful when you open the oven door when the function is on. Steam can release.

Sterilisation

This function allows you to sterilise containers (e.g. baby bottles).

Put the clean containers upside down in the centre of the shelf on the first shelf position.



Fill the drawer to the maximum level and set the time to 40 minutes.

Cooking

This function allows you to prepare all types of food, fresh or frozen. You can use it to cook, warm, defrost, poach or blanch vegetables, meat, fish, pasta, rice, semolina and eggs.





You can prepare a meal comprising a few dishes during a single cooking session. To ensure all the dishes will be ready at the same time start with the food with the longest cooking time then add the remaining dishes at the appropriate time, as specified in the cooking tables


Example: The total time of this cooking session is 40 min. First, put in Boiled potatoes, quartered, after 20 min add Salmon fillets and Broccoli, florets after 30 min.





	 (min)
Boiled potatoes, quartered	40
Salmon fillets	20
Broccoli, florets	10





Use the largest quantity of water required when you cook more than one dish at the same time.



Use the second shelf position.





 VEGETABLES	
 Set the temperature to 100 °C.	
 (min)	
8 - 10	Broccoli, florets, preheat the empty oven
10	Peeled tomatoes
10 - 15	Spinach, fresh
10 - 15	Courgette, slices
15	Vegetables, blanched
15 - 20	Mushroom, slices
15 - 20	Pepper, strips
15 - 25	Broccoli, whole
15 - 25	Asparagus, green
15 - 25	Aubergines
15 - 25	Pumpkin, cubes
15 - 25	Tomatoes





 VEGETABLES	
 Set the temperature to 100 °C.	
 (min)	
20 - 25	Beans, blanched
20 - 25	Lamb's lettuce, florets
20 - 25	Savoy cabbage
20 - 30	Celery, cubed
20 - 30	Leek, rings
20 - 30	Peas
20 - 30	Snow peas / Kaiser peppers
20 - 30	Sweet potatoes
20 - 30	Fennel
20 - 30	Carrots
25 - 35	Asparagus, white
25 - 35	Brussels sprouts
25 - 35	Cauliflower, florets
25 - 35	Kohlrabi, strips
25 - 35	White haricot beans
30 - 40	Sweet corn on the cob
35 - 45	Black salsify
35 - 45	Cauliflower, whole
35 - 45	Green beans
40 - 45	Cabbage white or red, strips
50 - 60	Artichokes
55 - 65	Dried beans, soaked, water / beans ratio 2:1
60 - 90	Sauerkraut
70 - 90	Beetroot





 SIDE DISHES / ACCOMPANIMENTS	
 Set the temperature to 100 °C.	
 (min)	
15 - 20	Couscous, water / couscous ratio 1:1
15 - 25	Tagliatelle, fresh
20 - 25	Semolina pudding, milk / semolina ratio 3.5:1
20 - 30	Lentils, red, water / lentils ratio 1:1
25 - 30	Spaetzle
25 - 35	Bulgur, water / bulgur ratio 1:1
25 - 35	Yeast dumplings
30 - 35	Fragrant rice, water / rice ratio 1:1
30 - 40	Boiled potatoes, quartered
35 - 45	Bread dumpling
35 - 45	Potato dumplings
35 - 45	Rice, water / rice ratio 1:1, the ratio of water to rice can change according to the type of rice
40 - 50	Polenta, liquid ratio 3:1
40 - 55	Rice pudding, milk / rice ratio 2.5:1
45 - 55	Unpeeled potatoes, medium
55 - 60	Lentils, brown and green, water / lentils ratio 2:1

 FRUIT		
 Set the temperature to 100 °C.		
 (min)		
10 - 15	Apple slices	
10 - 15	Hot berries	
10 - 20	Chocolate melting	
20 - 25	Fruit compote	

 FISH		
 (min)		 (°C)
15 - 20	Thin fish fillet	75 - 80
20 - 25	Prawns, fresh	75 - 85
20 - 30	Mussels	100
20 - 30	Salmon fillets	85
20 - 30	Trout, 0.25 kg	85
30 - 40	Prawns, frozen	75 - 85
40 - 45	Salmon trout, 1 kg	85

 MEAT		
 (min)		 (°C)
15 - 20	Chipolatas	80

 MEAT		
 (min)		 (°C)
20 - 30	Bavarian veal sausage / White sausage	80
20 - 30	Vienna sausage	80
25 - 35	Chicken breast, poached	90
55 - 65	Cooked ham, 1 kg	100
60 - 70	Chicken, poached, 1 - 1.2 kg	100
70 - 90	Kasseler, poached	90
80 - 90	Veal / Pork loin, 0.8 - 1 kg	90
110 - 120	Tafelspitz	100

 EGGS		
 Set the temperature to 100 °C.		
 (min)		
10 - 11	Eggs, soft-boiled	
12 - 13	Eggs, medium-boiled	
18 - 21	Eggs, hard-boiled	








Combining function: Turbo Grilling + Full Steam

You can combine these functions to cook meat, vegetables and side dishes at one time.





1. Set the function: Turbo Grilling to roast meat.





- Add the prepared vegetables and side dishes.
- Decrease oven temperature to around 90 °C. You can open the oven door to the first position for approximately 15 minutes.
- Set the function: Full Steam. Cook all dishes together until they are ready. Maximum water amount is 650 ml.

Use the first shelf position for meat and the third shelf position for vegetables.





	 Turbo Grilling First step: cook meat		 Full Steam Second step: add vegetables	
	 (°C)	 (min)	 (°C)	 (min)
Roast beef, 1 kg / Brussels sprouts, polenta	180	60 - 70	100	40 - 50
Roast pork, 1 kg / Potatoes / Vegetables, gravy	180	60 - 70	100	30 - 40
Roast veal, 1 kg / Rice / Vegetables	180	50 - 60	100	30 - 40





Humidity High

 Use the second shelf position.		
	 (°C)	 (min)
Thin fish fillet	85	15 - 25
Baked eggs	90 - 110	15 - 30
Small fish, up to 0.35 kg	90	20 - 30
Thick fish fillet	90	25 - 35
Whole fish, up to 1 kg	90	30 - 40
Custard, flan in small dishes	90	35 - 45
Terrine	90	40 - 50

 Use the second shelf position.		
	 (°C)	 (min)
Dumplings	120 - 130	40 - 50




Humidity Medium




 Use the second shelf position.		
	 (°C)	 (min)
Sweet yeast dough bakeries	170 - 180	20 - 35
Bread rolls	180 - 200	25 - 35

 Use the second shelf position.		 (°C)	 (min)
Roasted fish fillet		170 - 180	25 - 40
Sweet bread		160 - 170	30 - 45
Roasted fish		170 - 180	35 - 45
Sweet oven dishes		160 - 180	45 - 60
Various types of bread, 0.5 - 1 kg		180 - 190	45 - 60
Spare rib		140 - 150	75 - 100
Stewed / Braised meat		140 - 150	100 - 140

Humidity Low




Use the second shelf position unless specified otherwise.

	 (°C)	 (min)
Ready-to-bake rolls	200	15 - 20
Ready-to-bake baguettes, 40 - 50 g	200	15 - 20
Ready-to-bake baguettes, frozen, 40 - 50 g	200	25 - 35
Meatloaf, raw, 0.5 kg	180	30 - 40
Pasta bake	170 - 190	40 - 50
Lasagne	170 - 180	45 - 55
Bread, 0.5 - 1 kg	180 - 190	45 - 60
Potato gratin	160 - 170	50 - 60

	 (°C)	 (min)
Chicken, 1 kg	180 - 210	50 - 60
Pork loin, smoked, 0.6 - 1 kg, soak for 2 hours	160 - 180	60 - 70
Roast beef, 1 kg	180 - 200	60 - 90
Duck, 1.5 - 2 kg	180	70 - 90
Roast veal, 1 kg	180	80 - 90
Roast pork, 1 kg	160 - 180	90 - 100
Goose, 3 kg, use the first shelf position	170	130 - 170

Steam Regenerating

Use the second shelf position.




	 (°C)	 (min)
One-plate dishes	110	10 - 15
Pasta	110	10 - 15
Rice	110	10 - 15
Dumplings	110	15 - 25

Yogurt Function

This function allows you to prepare yogurt.

Mix 0.25 kg of yogurt with 1 l of milk. Fill it in yogurt jars.





If you use raw milk, boil it first and let it cool down to 40 °C.


 Use the second shelf position.	
	 (h)
Yogurt, creamy	5 - 6
Yogurt, thick	7 - 8





Steamify





Steam for steaming





Use the second shelf position.





 VEGETABLES	
 Set the temperature maximum to 100 °C.	
 (min)	
8-10	Broccoli, florets, pre-heat the empty oven
10	Peeled tomatoes
10-15	Spinach, fresh
10-15	Courgette, slices
15	Vegetables, blanched
15-20	Pepper, strips
15-20	Mushroom, slices
15-25	Aubergines
15-25	Cauliflower, whole
15-25	Broccoli, whole
15-25	Asparagus, green
15-25	Tomatoes
15-25	Pumpkin, cubes
20-25	Lamb's lettuce, florets
20-25	Savoy cabbage
20-25	Beans, blanched
20-30	Sweet potatoes





 VEGETABLES	
 Set the temperature maximum to 100 °C.	
 (min)	
20-30	Peas
20-30	Fennel
20-30	Carrots
20-30	Leek, rings
20-30	Celery, cubed
20-30	Snow peas
25-35	Cauliflower, florets
25-35	Kohlrabi, strips
25-35	Brussels sprouts
25-35	Asparagus, white
25-35	White haricot beans
30-40	Sweet corn on the cob
35-45	Green beans
35-45	Black salsify
40-45	Cabbage white or red, strips
50 - 60	Artichokes
55-65	Dried beans, soaked
60-90	Sauerkraut
70-90	Beetroot





 SIDE DISHES / ACCOMPANIMENTS	
 Set the temperature maximum to 100 °C.	
 (min)	
15-20	Couscous, water / couscous ratio 1:1
15-25	Tagliatelle, fresh
20-25	Semolina pudding, milk / semolina ratio 3:5:1
20-30	Lentils, red, water / lentils ratio 1:1
25-30	Spaetzle
25-35	Bulgur, water / bulgur ratio 1:1
25-35	Yeast dumplings
30-35	Fragrant rice, water / rice ratio 1:1
30-40	Boiled potatoes, quartered
35-45	Potato dumplings
35-45	Rice, water / rice ratio 1:1, the ratio of water to rice can change according to the type of rice.
35-45	Bread dumpling
40-50	Polenta, liquid ratio 3:1
40-55	Rice pudding, milk / rice ratio 2.5:1
45-55	Unpeeled potatoes, medium
55-60	Lentils, brown and green, water / lentils ratio 2:1

 FRUIT		
 Set the temperature to 100 °C.		
 (min)		
10-15		Apple slices
10-15		Hot berries
10-20		Chocolate melting
20-25		Fruit compote




 FISH			
 (min)		 (°C)	
15-20		75-80	Thin fish fillet
20-25		75-85	Prawns, fresh
20-30		75-85	Thick fish fillet
20-30		75-85	Trout, 0.25 kg
20-30		100	Mussels
30-40		75-85	Prawns, frozen




 MEAT			
 (min)		 (°C)	
15-20		80	Chipolatas
20-30		80	Bavarian veal sausage / White sausage
20-30		80	Vienna sausage
25-35		90	Chicken breast, poached
55-65		100	Cooked ham, 1 kg

 MEAT		
 (min)		 (°C)
60-70	Chicken, poached, 1 - 1.2 kg	100
70-90	Kasseler, poached	90
80-90	Veal / Pork loin, 0.8 - 1 kg	90
110-120	Tafelspitz	100




 EGGS		
 (min)		 (°C)
10-11	Eggs, soft-boiled	100
12-13	Eggs, medium-boiled	100
18-21	Eggs, hard-boiled	100
35-45	Custard / Flan	85
40-50	Terrine	85

Steam for stewing




 (min)		 (°C)
15 - 20	Baked eggs	110
20 - 30	Whole fish, up to 1 kg	120 - 130
40 - 50	Dumplings	120 - 130
50 - 60	Stewed / Braised fish	130
60 - 90	Stewed / Braised chicken	130




 (min)		 (°C)
100 - 140	Stewed / Braised meat	130





Steam for gentle crisping

 (min)		 (°C)
20 - 40	Fish gratin	150
35 - 50	Stuffed vegetables	150
35 - 45	Pasta bake / Casseroles	150
40 - 50	Lasagne	150
60 - 70	Potato gratin	150
75 - 100	Spare ribs	140 - 150

Steam for baking and roasting





 (min)		 (°C)
15 - 20	Ready-to-bake baguettes, 0.04 - 0.05 kg	200
15 - 25	Biscuits	155-170
20 - 35	Sweet yeast dough bakeries	170 - 180
25 - 35	Ready-to-bake baguettes, frozen, 0.04 - 0.05 kg	200
25 - 35	Bread rolls	180 - 200
25 - 40	Roasted fish fillet	170 - 180
30 - 40	Meatloaf, uncooked, 0.5 kg	180

 (min)		 (°C)
30 - 40	Roasted casserole	160
30 - 40	Omlette	160-170
30 - 45	Sweet bread	160 - 170
35 - 45	Roasted fish	170 - 180
45 - 60	Various types of bread, 0.5 - 1 kg	180 - 190
45 - 60	Sweet dishes	160 - 180
50 - 60	Chicken, 1 kg	180-210
60 - 70	Loin of pork, smoked, 0.6 - 1 kg	160-180
60 - 90	Roast beef, 1 kg	180-200
70 - 90	Duck, 1.5 - 2 kg	180
80 - 90	Roast veal, 1 kg	180
90 - 100	Roast pork, 1 kg	160-180

 Use the first shelf position.		
 (min)		 (°C)
15-30	Pizza / Focaccia	190 - 210

Tips on baking

Baking results	Possible cause	Remedy
The bottom of the cake is not baked sufficiently.	The shelf position is incorrect.	Put the cake on a lower shelf.

 Use the first shelf position.		
 (min)		 (°C)
30-45	Puff pastry / Savoury cake / Rolls	155 - 180
45-60	Short crust pastry	155 - 170
130-170	Goose, 3 kg	170

Baking

For the first baking, use the lower temperature.







You can extend the baking time by 10 – 15 minutes if you bake cakes on more than one shelf position.

Cakes and pastries at different heights do not always brown equally. There is no need to change the temperature setting if an unequal browning occurs. The differences equalize during baking.

Trays in the oven can distort during baking. When the trays are cold again, the distortions disappear.

Baking results	Possible cause	Remedy
The cake sinks and becomes soggy or streaky.	The oven temperature is too high.	Next time set slightly lower oven temperature.
	The oven temperature is too high and the baking time is too short.	Next time set a longer baking time and lower oven temperature.
The cake is too dry.	The oven temperature is too low.	Next time set higher oven temperature.
	The baking time is too long.	Next time set shorter baking time.
The cake bakes unevenly.	The oven temperature is too high and the baking time is too short.	Next time set a longer baking time and lower oven temperature.
	The cake batter is not evenly distributed.	Next time spread the cake batter evenly on the baking tray.
The cake is not ready in the baking time specified in a recipe.	The oven temperature is too low.	Next time set a slightly higher oven temperature.

Baking on one level

 BAKING IN TINS				
		 (°C)	 (min)	
Ring cake / Brioche	True Fan Cooking	150 - 160	50 - 70	1
Madeira cake / Fruit cakes	True Fan Cooking	140 - 160	70 - 90	1
Flan base - short pastry, preheat the empty oven	True Fan Cooking	150 - 160	20 - 30	2
Flan base - sponge cake mixture	True Fan Cooking	150 - 170	20 - 25	2
Cheesecake	Conventional Cooking	170 - 190	60 - 90	1


CAKES / PASTRIES / BREADS ON BAKING TRAYS

Preheat the empty oven unless specified otherwise.








(°C)








(min)



		(°C)	(min)	
Plaited bread / Bread crown, pre- heating is not needed	Conventional Cooking	170 - 190	30 - 40	3
Christstollen	Conventional Cooking	160 - 180	50 - 70	2
Rye bread:	Conventional Cooking	first: 230 then: 160 - 180	20 30 - 60	1
Cream puffs / Eclairs	Conventional Cooking	190 - 210	20 - 35	3
Swiss roll,	Conventional Cooking	180 - 200	10 - 20	3
Cake with crum- ble topping, pre- heating is not needed	True Fan Cook- ing	150 - 160	20 - 40	3
Buttered almond cake / Sugar cakes	Conventional Cooking	190 - 210	20 - 30	3
Fruit flans, pre- heating is not needed	Conventional Cooking	180	35 - 55	3
Yeast cakes with delicate toppings (e.g. quark, cream, custard)	Conventional Cooking	160 - 180	40 - 60	3

 BISCUITS			
 Use the third shelf position.			
		 (°C)	 (min)
Short pastry / Sponge cake mixture	True Fan Cooking	150 - 160	15 - 25
Meringues	True Fan Cooking	80 - 100	120 - 150
Macaroons	True Fan Cooking	100 - 120	30 - 50
Yeast dough biscuits	True Fan Cooking	150 - 160	20 - 40
Puff pastries, preheat the empty oven	True Fan Cooking	170 - 180	20 - 30
Rolls, preheat the empty oven	Conventional Cooking	190 - 210	10 - 25





Bakes and gratins





 Use the first shelf position.			
		 (°C)	 (min)
Pasta bake	Conventional Cooking	180 - 200	45 - 60
Lasagne	Conventional Cooking	180 - 200	25 - 40
Vegetables au gratin, preheat the empty oven	Turbo Grilling	170 - 190	15 - 35
Baguettes with melted cheese	True Fan Cooking	160 - 170	15 - 30
Milk rice	Conventional Cooking	180 - 200	40 - 60
Fish bakes	Conventional Cooking	180 - 200	30 - 60
Stuffed vegetables	True Fan Cooking	160 - 170	30 - 60





Multilevel Baking

Use the function: True Fan Cooking.

For 2 trays use the first and fourth shelf position.

 CAKES / PASTRIES / BREADS ON BAKING TRAYS		
	 (°C)	 (min)
Cream puffs / Eclairs, preheat the empty oven	160 - 180	25 - 45
Dry streusel cake	150 - 160	30 - 45

 BISCUITS		
	 (°C)	 (min)
Short pastry biscuits	150 - 160	20 - 40
Meringues	80 - 100	130 - 170
Macaroons	100 - 120	40 - 80
Yeast dough biscuits	160 - 170	30 - 60

 BISCUITS		
	 (°C)	 (min)
Puff pastries, preheat the empty oven	170 - 180	30 - 50
Rolls	180	20 - 30

Tips on Roasting

Use heat-resistant ovenware.

Roast lean meat covered (you can use aluminium foil).

Roast large meat joints directly in the tray or on the wire shelf placed above the tray.

Put some water in the tray to prevent dripping fat from burning.







Turn the roast after 1/2 - 2/3 of the cooking time.



















Roast meat and fish in large pieces (1 kg or more).







Baste meat joints with their own juice several times during roasting.







Roasting







Use the first shelf position.







 BEEF				
			 (°C)	 (min)
Pot roast	1 - 1.5 kg	Conventional Cooking	230	120 - 150
Roast beef or fillet, rare, preheat the empty oven	1 cm thick	Turbo Grilling	190 - 200	5 - 6
Roast beef or fillet, medium, preheat the empty oven	1 cm thick	Turbo Grilling	180 - 190	6 - 8

 BEEF				
			 (°C)	 (min)
Roast beef or fillet, 1 cm thick well done, preheat the empty oven				
 PORK				
 Use the function: Turbo Grilling.				
	 (kg)	 (°C)	 (min)	
Shoulder / Neck / Ham joint	1 - 1.5	150 - 170	90 - 120	
Chops / Spare rib	1 - 1.5	170 - 190	30 - 60	
Meatloaf	0.75 - 1	160 - 170	50 - 60	
Pork knuckle, pre- cooked	0.75 - 1	150 - 170	90 - 120	
 VEAL				
 Use the function: Turbo Grilling.				
	 (kg)	 (°C)	 (min)	
Roast veal	1	160 - 180	90 - 120	
Veal knuckle	1.5 - 2	160 - 180	120 - 150	

 LAMB				
 Use the function: Turbo Grilling.				
	 (kg)	 (°C)	 (min)	
Lamb leg / Roast lamb	1 - 1.5	150 - 170	100 - 120	
Lamb saddle	1 - 1.5	160 - 180	40 - 60	

 GAME				
	 (kg)		 (°C)	 (min)
Saddle / Hare leg, preheat the empty oven	1	Turbo Grilling	180 - 200	35 - 55
Venison saddle	1.5 - 2	Conventional Cooking	180 - 200	60 - 90
Haunch of venison	1.5 - 2	Conventional Cooking	180 - 200	60 - 90





 POULTRY				
 Use the function: Turbo Grilling.				
	 (kg)	 (°C)	 (min)	
Poultry, portions	0.2 - 0.25	200 - 220	30 - 50	
Chicken, half	0.4 - 0.5	190 - 210	40 - 50	
Chicken, poulard	1 - 1.5	190 - 210	50 - 70	
Duck	1.5 - 2	180 - 200	80 - 100	
Goose	3.5 - 5	160 - 180	120 - 180	
Turkey	2.5 - 3.5	160 - 180	120 - 150	
Turkey	4 - 6	140 - 160	150 - 240	

 FISH				
	 (kg)		 (°C)	 (min)
Whole fish	1 - 1.5	Turbo Grilling	180 - 200	30 - 50






Bread Baking

Use the second shelf position.

Preheating is not recommended.

 BREAD		
	 (°C)	 (min)
White bread	170 - 190	40 - 60
Baguette	200 - 220	35 - 45
Brioche	180 - 200	40 - 60
Ciabatta	200 - 220	35 - 45
Rye bread	170 - 190	50 - 70
Wholemeal bread	170 - 190	50 - 70
Whole grain bread	170 - 190	40 - 60
Bread rolls	190 - 210	20 - 35

Crispy baking with Pizza Function

 PIZZA		
 Use the first shelf position.		
	 (°C)	 (min)
Tarts	180 - 200	40 - 55
Spinach flan	160 - 180	45 - 60
Quiche lorraine / Swiss flan	170 - 190	45 - 55
Apple pie, covered	150 - 170	50 - 60



PIZZA



Preheat the empty oven before cooking.



Use the second shelf position.



(°C)



(min)

Pizza, thin crust, use the deep pan

210 - 230

15 - 25

Pizza, thick crust

180 - 200

20 - 30

Unleavened bread

210 - 230

10 - 20

Puff pastry flan

160 - 180

45 - 55

Flammkuchen

210 - 230

15 - 25

Pierogi

180 - 200

15 - 25

Vegetable pie

160 - 180

50 - 60

Grill

Preheat the empty oven before cooking.

Grill only thin pieces of meat or fish.

Put a pan into the first shelf position to collect fat.



GRILL



(°C)



(min)
1st side



(min)
2nd side



Roast beef

210 - 230

30 - 40

30 - 40

2

Beef fillet

230

20 - 30

20 - 30

3

Pork loin

210 - 230

30 - 40

30 - 40

2

Veal loin

210 - 230

30 - 40

30 - 40

2

Lamb saddle

210 - 230

25 - 35

20 - 25

3

Whole fish, 0.5 - 1 kg

210 - 230

15 - 30






15 - 30

3 / 4





Slow Cooking





This function allows you to prepare lean, tender meat and fish. It is not applicable for: poultry, fatty roast pork, pot roast. Food sensor temperature should not be higher than 65 °C.

1. Sear the meat for 1 - 2 minutes on each side in a pan over high heat.
2. Put the meat in the roasting pan or directly on the wire shelf. Put a tray below the wire shelf to collect fat. Always cook without a lid while using this function.
3. Use: Food sensor. Refer to "Using the accessories" chapter, How to use: Food sensor.
4. Select the function: Slow Cooking. You can set the temperature between 80 °C and 150 °C for the first 10 minutes. The default is 90 °C. Set the temperature for Food sensor.
5. After 10 minutes, the oven automatically lowers the temperature to 80 °C.

	Set the temperature to 120 °C.		
	 (kg)	 (min)	
Steaks	0.2 - 0.3	20 - 40	3
Fillet of beef	1 - 1.5	90 - 150	3
Roast beef	1 - 1.5	120 - 150	1
Roast veal	1 - 1.5	120 - 150	1

Frozen Foods

	 (°C)	 (min)	
Pizza, frozen	200 - 220	15 - 25	2
Pizza American, frozen	190 - 210	20 - 25	2
Pizza, chilled	210 - 230	13 - 25	2
Pizza snacks, frozen	180 - 200	15 - 30	2
French fries, thin	190 - 210	15 - 25	3
French fries, thick	190 - 210	20 - 30	3
Wedges / Croquettes	190 - 210	20 - 40	3
Hash browns	210 - 230	20 - 30	3
Lasagne / Cannelloni, fresh	170 - 190	35 - 45	2
Lasagne / Cannelloni, frozen	160 - 180	40 - 60	2
Baked cheese	170 - 190	20 - 30	3

	 (°C)	 (min)	
Chicken wings	180 - 200	40 - 50	2

Preserving

Use the function Bottom Heat.

Use only preserve jars of the same dimensions available on the market.

Do not use jars with twist-off and bayonet type lids or metal tins.

Use the first shelf position.

Put no more than six one-litre preserve jars on the baking tray.



Fill the jars equally and close with a clamp.




The jars cannot touch each other.




Put approximately 1/2 litre of water into the baking tray to give sufficient moisture in the oven.

When the liquid in the jars starts to simmer (after approximately 35 - 60 minutes with one-litre jars), stop the oven or decrease the temperature to 100 °C (see the table).

Set the temperature to 160 - 170 °C.

 SOFT FRUIT	 (min) Cooking time until simmering
Strawberries / Blueberries / Raspberries / Ripe gooseberries	35 - 45

 STONE FRUIT	 (min) Cooking time until simmering	 (min) Continue to cook at 100 °C
Peaches / Quinces / Plums	35 - 45	10 - 15

 VEGETABLES	 (min) Cooking time until simmering	 (min) Continue to cook at 100 °C
Carrots	50 - 60	5 - 10
Cucumbers	50 - 60	-
Mixed pickles	50 - 60	5 - 10
Kohlrabi / Peas / Asparagus	50 - 60	15 - 20




Dehydrating - True Fan Cooking

Cover trays with grease proof paper or baking parchment.



For a better result, stop the oven halfway through the drying time, open the door and let it cool down for one night to complete the drying.

For 1 tray use the third shelf position.



For 2 trays use the first and fourth shelf position.



 VEGETABLES	 (°C)	 (h)
Beans	60 - 70	6 - 8
Peppers	60 - 70	5 - 6
Vegetables for soup	60 - 70	5 - 6
Mushrooms	50 - 60	6 - 8
Herbs	40 - 50	2 - 3



Set the temperature to 60 - 70 °C.



 FRUIT	 (h)
Plums	8 - 10
Apricots	8 - 10
Apple slices	6 - 8
Pears	6 - 9



Food sensor



 BEEF	 Food core temperature (°C)		
	Rare	Medium	Well done
Roast beef	45	60	70
Sirloin	45	60	70



 BEEF	 Food core temperature (°C)		
	Less	Medium	More
Meatloaf	80	83	86



 PORK	 Food core temperature (°C)		
	Less	Medium	More
Ham / Roast	80	84	88
Saddle chop / Pork loin, smoked / Pork loin, poached	75	78	82



 VEAL	 Food core temperature (°C)		
	Less	Medium	More
Roast veal	75	80	85
Veal knuckle	85	88	90



 MUTTON / LAMB	 Food core temperature (°C)		
	Less	Medium	More
Mutton leg	80	85	88
Mutton saddle	75	80	85
Roast lamb / Lamb leg	65	70	75



 GAME	 Food core temperature (°C)		
	Less	Medium	More
Hare saddle / Venison saddle	65	70	75
Hare leg / Hare, whole / Venison leg	70	75	80

 POULTRY	 Food core temperature (°C)		
	Less	Medium	More
Chicken	80	83	86
Duck, whole / half / Turkey, whole / breast	75	80	85
Duck, breast	60	65	70

 FISH (SALMON, TROUT, ZANDER)	 Food core temperature (°C)		
	Less	Medium	More
Fish, whole / large / steamed / Fish, whole / large / roasted	60	64	68

 CASSEROLES - PRE-COOKED VEGETABLES	 Food core temperature (°C)		
	Less	Medium	More
Zucchini casserole / Broccoli casserole / Fennel casserole	85	88	91

 CASSEROLES - SAVOU- RY	 Food core temperature (°C)		
	Less	Medium	More
Cannelloni / Lasagne / Pasta bake	85	88	91

 CASSEROLES - SWEET	 Food core temperature (°C)		
	Less	Medium	More
White bread casserole with / without fruit / Rice porridge casserole with / without fruit / Sweet noodle casserole	80	85	90

