

en

FRILLESBO

Recipe Book

Contents

Cooking recommendations	3	Bakes and gratins	18
Advice for special heating functions of the appliance	3	Multilevel Baking	19
Full Steam	4	Tips on Roasting	19
Combining function: Turbo Grilling +	8	Roasting	20
Full Steam		Bread Baking	21
Humidity High	9	Crispy baking with Pizza Function	22
Humidity Low	9	Grill	23
Steam Regenerating	10	Slow Cooking	23
EasySteam	10	Frozen Foods	24
Baking	16	Preserving	24
Tips on baking	16	Dehydrating - True Fan Cooking	25
Baking on one level	17	Food Sensor	26

Subject to change without notice.

Cooking recommendations

The temperature and cooking times in the tables are for guidance only. They depend on the recipes, quality and quantity of the ingredients used.

Your appliance may bake or roast differently than your previous appliance. The hints below show recommended settings for temperature, cooking time and shelf position for specific types of food.

Count the shelf positions from the bottom of the oven floor.

If you cannot find the settings for a specific recipe, look for a similar one.

Symbols used in the tables:

	Food type
	Heating function
	Temperature
	Accessory
	Container (Gastronorm)
	Weight (kg)
	Shelf position
	Cooking time (min)

Advice for special heating functions of the appliance

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.

Full Steam

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

This function allows you to:

- sterilise containers (e.g. baby bottles),
- prepare all types of food, fresh or frozen.

Sterilisation

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

You can 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

Full Steam

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 .

	
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.

⌚	♨
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
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.

⌚	♨
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.

⌚	♨
10 - 15	Apple slices
10 - 15	Hot berries
10 - 20	Chocolate melting
20 - 25	Fruit compote

FISH

⌚	♨	°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

⌚	♨	°C
15 - 20	Chipolatas	80

⌚	熥	°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.

⌚	熥
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.
2. Add the prepared vegetables and side dishes.
3. Decrease oven temperature to around 90°C. You can open the oven door to the first position for approximately 15 minutes.
4. Set the function: Full Steam. Cook all dishes together until they are ready.

Use the first shelf position for meat and the third shelf position for vegetables. Put the meat directly on the baking tray.

熥	oven Turbo Grilling		oven Full Steam	
	First step: cook meat	Second step: add vegetables	First step: cook meat	Second step: add vegetables
⌚	°C	⌚	°C	⌚
Roast beef, 1 kg / Brussels sprouts, polenta	180	60 - 70	100	40 - 50

	 Turbo Grilling First step: cook meat		 Full Steam Second step: add vegetables	
	°C	⌚	°C	⌚
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	⌚
Custard / Flan, in small dishes	90	35 - 45
Baked eggs	90 - 110	15 - 30
Terrine	90	40 - 50
Thin fish fillet	85	15 - 25
Thick fish fillet	90	25 - 35
Small fish, up to 0.35 kg	90	20 - 30
Whole fish, up to 1 kg	90	30 - 40
Dumplings	120 - 130	40 - 50

Humidity Low

Use the second shelf position unless specified otherwise.

	°C	⌚
Ready-to-bake rolls	200	20 - 30
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

	°C	⌚
Pasta bake	170 - 190	40 - 50
Lasagne	170 - 180	45 - 55
Bread, 0.5 - 1 g	180 - 190	45 - 60
Potato gratin	160 - 170	50 - 60
Chicken, 1 g	180 - 210	50 - 60
Pork loin, smoked, 0.6 - 1 g, soak for 2 hours	160 - 180	60 - 70
Roast beef, 1 g	180 - 200	60 - 90
Duck, 1.5 - 2 g	180	70 - 90
Roast veal, 1 g	180	80 - 90
Roast pork, 1 g	160 - 180	90 - 100
Goose, 3 g, use the first shelf position	170	130 - 170

Steam Regenerating

Use the second shelf position.

	°C	⌚
One-plate dishes	110	10 - 15
Pasta	110	10 - 15
Rice	110	10 - 15
Dumplings	110	15 - 25

EasySteam

Steam for Steaming

VEGETABLES

Use the second shelf position.

Set the temperature maximum to 100°C.

	
8-10	Broccoli, florets, preheat 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
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.

⌚	♨
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

①	②
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.

①	②
10-15	Apple slices
10-15	Hot berries
10-20	Chocolate melting
20-25	Fruit compote

FISH

①	②	°C
15-20	Thin fish fillet	75-80
20-25	Prawns, fresh	75-85
20-30	Thick fish fillet	75-85
20-30	Trout, 0.25 kg	75-85
20-30	Mussels	100
30-40	Prawns, frozen	75-85

MEAT

①	②	°C
15-20	Chipolatas	80
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

⌚	♨	°C
70-90	Kasseler, poached	90
80-90	Veal / Pork loin, 0.8 - 1 kg	90
110-120	Tafelspitz	100

EGGS

⌚	♨	°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

⌚	♨	°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
100 - 140	Stewed / Braised meat	130

Steam for Gentle Crisping

⌚	♨	°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

⌚	⚠	°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
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.

⌚	⚠	°C
15-30	Pizza / Focaccia	190 - 210
30-45	Puff Pastry / Savoury cake / Rolls	155 - 180
45-60	Short Crust pastry	155 - 170

		°C
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.

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.
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	⌚	─
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	⌚	─
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	20	1
		then: 160 - 180	30 - 60	
Cream puffs / Eclairs	Conventional Cooking	190 - 210	20 - 35	3
Swiss Roll,	Conventional Cooking	180 - 200	10 - 20	3
Cake with crumble topping, preheating is not needed	True Fan Cooking	150 - 160	20 - 40	3
Buttered almond cake / Sugar cakes	Conventional Cooking	190 - 210	20 - 30	3

		°C		
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	
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	
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

		°C	
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	
Cream puffs / Eclairs, preheat the empty oven	160 - 180	25 - 45
Dry streusel cake	150 - 160	30 - 45

BISCUITS

	°C	
Short pastry biscuits	140	25 - 45
Meringues	80 - 100	130 - 170
Macaroons	100 - 120	40 - 80
Yeast dough biscuits	160 - 170	30 - 60
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.

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).

If level one is suggested put the food directly on the baking tray

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

Roasting

Use the first shelf position.

BEEF

			°C	
Pot roast	1 - 1.5	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
Roast beef or fillet, well done, preheat the empty oven	1 cm thick	Turbo Grilling	170 - 180	8 - 10

PORK

Use the function: Turbo Grilling.

		°C	
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, precooked	0.75 - 1	150 - 170	90 - 120

VEAL

Use the function: Turbo Grilling.

		°C	
Roast veal	1	160 - 180	90 - 120
Veal knuckle	1.5 - 2	160 - 180	120 - 150

LAMB

Use the function: Turbo Grilling.

		°C (°C)	
Lamb leg / Roast lamb	1 - 1.5	150 - 170	100 - 120
Lamb saddle	1 - 1.5	160 - 180	40 - 60

GAME

			°C	
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.

		°C	
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

			°C	
Whole fish	1 - 1.5	Turbo Grilling	180 - 200	30 - 50

Bread Baking

Preheating is not recommended.

Use the second shelf position.

BREAD

	°C	⌚
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	⌚
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	⌚
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

	°C	
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	 1st side	 2nd side	
Beef fillet	230	20 - 30	20 - 30	3
Pork loin	210 - 230	30 - 40	30 - 40	2
Lamb saddle	210 - 230	25 - 35	20 - 25	3

Slow Cooking

This function allows you to prepare lean, tender meat and fish. It is not applicable for: poultry, fatty roast pork, pot roast.

1. Sear the meat for 1 - 2 minutes on each side in a pan over high heat.
2. If third shelf position is recommended put the food directly on the wire shelf. Put a tray/roasting pan on the first shelf position to collect fat.
If first shelf position is recommended put the food directly on the tray.
Always cook without a lid while using this function.

3. Use: Food Sensor.

Set the temperature to 120°C.

			
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		
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
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

	 Cooking time until simmering
Strawberries / Blueberries / Raspberries / Ripe gooseberries	35 - 45

STONE FRUIT

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

VEGETABLES

	 Cooking time until simmering	 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

FRUIT

Set the temperature to 60 - 70°C.

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

Food Sensor

BEEF

	°C Food core temperature		
	Rare	Medium	Well done
Roast beef	55	60	70
Sirloin	45	60	70

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

PORK

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

VEAL

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

MUTTON / LAMB

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

GAME

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

POULTRY

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

FISH (SALMON, TROUT, ZANDER)

	°C Food core temperature		
	Less	Medium	More
Fish, whole / large / steamed / Fish, whole / large / roasted	60	64	68

CASSEROLES - PRECOOKED VEGETABLES

	°C Food core temperature		
	Less	Medium	More
Zucchini casserole / Broccoli casserole / Fennel casserole	85	88	91

CASSEROLES - SAVOURY

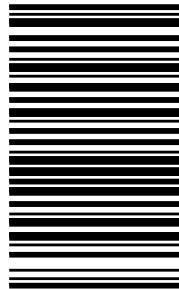
	°C Food core temperature		
	Less	Medium	More
Cannelloni / Lasagne / Pasta bake	85	88	91

CASSEROLES - SWEET

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



867387832-A-392025



CE

© Inter IKEA Systems B.V. 2025 AA-2653572-1