

# FRILLESBO

Recipe Book

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## Indholdsfortegnelse

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Ret til ændringer uden varsel forbeholdes.

## Anbefalinger til tilberedning

Tabellernes temperaturer og tilberedningstider er kun vejledende. De afhænger af opskrifterne samt kvaliteten og mængden af de anvendte ingredienser.

Dit produkt bager eller steger muligvis på en anden måde end det, du havde før. Rådene herunder viser anbefalede indstillinger for temperatur, tilberedningstid og ovnrille for specifikke typer mad.

Tæl ovnrillerne fra bunden af ovnen.

Hvis du ikke kan finde indstillingerne til en bestemt opskrift, kan du prøve at finde en, der ligner.

Symboler anvendt i tabellerne:

|                                                                                     |                        |
|-------------------------------------------------------------------------------------|------------------------|
|    | Fødevaretype           |
|    | Ovnfunktion            |
|    | Temperatur             |
|   | Tilbehør               |
|  | Beholder (Gastronorm)  |
|  | Vægt (kg)              |
|  | Ovnrille               |
|  | Tilberedningstid (min) |

## Råd om produktets særlige ovnfunktioner

### Holde varm

Med denne funktion kan du holde maden varm. Temperaturen indstilles automatisk til 80 °C.

### Tallerkenvarmer

Med denne funktion kan du opvarme tallerkener og fade inden servering. Temperaturen indstilles automatisk til 70 °C.

Anbring tallerkener og fade jævnt på grillristen i stabler. Brug ovnsens første ovnribbe. Byt om på dem efter halvdelen af opvarmningstiden.

### Hævning af dej

Med funktionen kan du hæve gærdej. Læg dejen i et stort fad. Brug ovnsens første ovnribbe. Indstil funktion: Hævning af dej og tilberedningstiden.

### Optøning

Fjern mademballagen, og læg maden på en tallerken. Tildæk ikke maden, da det kan forlænge optøningstiden. Brug ovnsens første ovnribbe.

## Fuld damp

Vær forsigtig, når du åbner ovnlågen, når funktionen er tændt. Der kan slippe damp ud.

Denne funktion giver dig mulighed for at:

- sterilisere beholdere (f.eks. babyflasker),
- tilberede alle typer madvarer, friske eller frosne.

#### Sterilisering

Sæt de rene beholdere med bunden opad midt på pladen på den første ribbe.

Fyld vandbeholderen til den maksimale vandmængde, og indstil tiden til 40 minutter.

#### Tilberedning

Du kan tilberede, opvarme, optø, pochere eller blanchere grøntsager, kød, fisk, pasta, ris, majs, semulje og æg.

Du kan tilberede et måltid, der består af nogle få retter i løbet af en enkelt madlavningssession. For at sikre, at alle retter er klar på samme tid, bør du starte med maden med den længste tilberedningstid og derefter tilføje de resterende retter på et passende tidspunkt, som specificeret i madlavningstabellerne



#### Fuld damp

Eksempel: Den samlede tid for denne madlavningssession er 40 min. Først sæt Kogte kartofler, kvarte i, efter 20 min add Laksefileter og Broccoli, buketter efter 30 min .

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Kogte kartofler, kvarte                                                             | 40                                                                                  |
| Laksefileter                                                                        | 20                                                                                  |
| Broccoli, buketter                                                                  | 10                                                                                  |

Brug den største mængde påkrævede vand, når du tilbereder mere end én ret ad gangen.

Brug anden ribbe.

# GRØNTSAGER

Indstil temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Broccoli, buketter, forvarm den tomme ovn                                         |
| 10                                                                                | Flåede tomater                                                                    |
| 10 - 15                                                                           | Spinat, frisk                                                                     |
| 10 - 15                                                                           | Squash, skiver                                                                    |
| 15                                                                                | Grøntsager, blancherede                                                           |
| 15 - 20                                                                           | Champignon, skiver                                                                |
| 15 - 20                                                                           | Peberfrugt, strimlet                                                              |
| 15 - 25                                                                           | Broccoli, hel                                                                     |
| 15 - 25                                                                           | Asparges, grønne                                                                  |
| 15 - 25                                                                           | Auberginer                                                                        |
| 15 - 25                                                                           | Græskar, i tern                                                                   |
| 15 - 25                                                                           | Tomater                                                                           |
| 20 - 25                                                                           | Bønner, blancherede                                                               |
| 20 - 25                                                                           | Feldsalat, i buketter                                                             |
| 20 - 25                                                                           | Savoykål                                                                          |
| 20 - 30                                                                           | Selleri, tern                                                                     |
| 20 - 30                                                                           | Porrer, i ringe                                                                   |
| 20 - 30                                                                           | Ærter                                                                             |
| 20 - 30                                                                           | Ærter / Kaiserpeber                                                               |
| 20 - 30                                                                           | Søde kartofler                                                                    |
| 20 - 30                                                                           | Fennikel                                                                          |
| 20 - 30                                                                           | Gulerødder                                                                        |
| 25 - 35                                                                           | Asparges, hvide                                                                   |
| 25 - 35                                                                           | Rosenkål                                                                          |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25 - 35                                                                           | Blomkål, buketter                                                                 |
| 25 - 35                                                                           | Kålrabi, strimler                                                                 |
| 25 - 35                                                                           | Hvide bønner                                                                      |
| 30 - 40                                                                           | Søde majscolber                                                                   |
| 35 - 45                                                                           | Skorzonerrod                                                                      |
| 35 - 45                                                                           | Blomkål, hel                                                                      |
| 35 - 45                                                                           | Grønne bønner                                                                     |
| 40 - 45                                                                           | Kål, hvid eller rød, i strimler                                                   |
| 50 - 60                                                                           | Artiskokker                                                                       |
| 55 - 65                                                                           | Tørrede bønner, udblødt, forhold mellem vand/bønner 2:1                           |
| 60 - 90                                                                           | Sauerkraut                                                                        |
| 70 - 90                                                                           | Rødbede                                                                           |

## TILBEHØR

Indstil temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 15 - 20                                                                           | Couscous, forhold mellem vand/koskus 1:1                                          |
| 15 - 25                                                                           | Tagliatelle, frisk                                                                |
| 20 - 25                                                                           | Semuljebudding, forhold mellem mælk/semolina 3,5:1                                |
| 20 - 30                                                                           | Linser, røde, forhold mellem vand/linser 1:1                                      |
| 25 - 30                                                                           | Spaetzle                                                                          |
| 25 - 35                                                                           | Bulgur, forhold mellem vand/bulgur 1:1                                            |
| 25 - 35                                                                           | Gærdumplings                                                                      |
| 30 - 35                                                                           | Aromatisk ris, forhold mellem vand/ris 1:1                                        |
| 30 - 40                                                                           | Kogte kartofler, kvarte                                                           |
| 35 - 45                                                                           | Kuvertbrød                                                                        |
| 35 - 45                                                                           | Kartoffeldumplings                                                                |

|  |             |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 35 - 45                                                                           | Ris, forholdet vand/ris 1:1, forholdet mellem vand og ris kan variere alt efter typen af ris |
| 40 - 50                                                                           | Polenta, væskeforhold 3:1                                                                    |
| 40 - 55                                                                           | Risbudding, forhold mellem mælk/ris 2,5:1                                                    |
| 45 - 55                                                                           | Uskrællede kartofler, medium                                                                 |
| 55 - 60                                                                           | Linser, brune og grønne, forhold mellem vand/linser 2:1                                      |

## FRUGT

Indstil temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Æble i skiver                                                                     |
| 10 - 15                                                                           | Varme bær                                                                         |
| 10 - 20                                                                           | Smeltning af chokolade                                                            |
| 20 - 25                                                                           | Frugtkompot                                                                       |

## FISK

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 15 - 20                                                                           | Tynd fiskefilet                                                                   | 75 - 80 |
| 20 - 25                                                                           | Rejer, friske                                                                     | 75 - 85 |
| 20 - 30                                                                           | Muslinger                                                                         | 100     |
| 20 - 30                                                                           | Laksefileter                                                                      | 85      |
| 20 - 30                                                                           | Ørred, 0,25 kg                                                                    | 85      |
| 30 - 40                                                                           | Rejer, frosne                                                                     | 75 - 85 |
| 40 - 45                                                                           | Lakseørred, 1 kg                                                                  | 85      |

## KØD

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15 - 20                                                                             | Chipolatas                                                                          | 80 |
| 20 - 30                                                                             | Bayersk kalvepølse / Hvid pølse                                                     | 80 |
| 20 - 30                                                                             | Wienerpølser                                                                        | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 25 - 35                                                                           | Kyllingebryst, pocheret                                                           | 90  |
| 55 - 65                                                                           | Kogt skinke, 1 kg                                                                 | 100 |
| 60 - 70                                                                           | Kylling, pocheret, 1 - 1,2 kg                                                     | 100 |
| 70 - 90                                                                           | Hamburgerryg, pocheret                                                            | 90  |
| 80 - 90                                                                           | Kalvekød / Svinekam, 0,8 - 1 kg                                                   | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

ÆG

Indstil temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Æg, blødkogt                                                                      |
| 12 - 13                                                                           | Æg, medium kogt                                                                   |
| 18 - 21                                                                           | Æg, hårdkogt                                                                      |

## Kombination af funktion: Turbogrill + Fuld damp

Du kan kombinere disse funktioner for at tilberede kød, grøntsager og tilbehør på ingenting.

1. Indstil funktionen: Turbogrill til at stege kød.
  2. Tilføj de tilberedte grøntsager og tilbehøret.
  3. Sænk ovntemperaturen til ca. 90°C. Du kan åbne ovnlågen til den første position i ca. 15 minutter.
  4. Indstil funktionen: Fuld damp. Tilbered alle retterne sammen, indtil de er klar.
- Brug den første ovnrille til kød og den tredje ovnrille til grøntsager. Læg kødet direkte på bagepladen.

|  |  Turbogrill |                                                                                     |  Fuld damp |                                                                                     |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                     | Første trin: Tilbered kødet                                                                    |                                                                                     | Andet trin: Tilsæt grøntsager                                                                 |                                                                                     |
|                                                                                     | °C                                                                                             |  | °C                                                                                            |  |
| Roastbeef, 1 kg / Rosenkål, polenta                                                 | 180                                                                                            | 60 - 70                                                                             | 100                                                                                           | 40 - 50                                                                             |
| Flæsksteg, 1 kg / Kartofler / Grøntsager, sovs                                      | 180                                                                                            | 60 - 70                                                                             | 100                                                                                           | 30 - 40                                                                             |



|  |  Turbogrill<br>Første trin: Tilbered kødet |                                                                                   |  Fuld damp<br>Andet trin: Tilsæt grøntsager |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                          |  | °C                                                                                                                           |  |
| Kalvesteg, 1 kg / Ris / Grøntsager                                                | 180                                                                                                                         | 50 - 60                                                                           | 100                                                                                                                          | 30 - 40                                                                           |

## Fugtighed Høj

Brug anden ovnribbe.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Creme / Tærte i små forme                                                         | 90        | 35 - 45                                                                           |
| Bagte æg                                                                          | 90 - 110  | 15 - 30                                                                           |
| Terrine                                                                           | 90        | 40 - 50                                                                           |
| Tynd fiskefilet                                                                   | 85        | 15 - 25                                                                           |
| Tyk fiskefilet                                                                    | 90        | 25 - 35                                                                           |
| Lille fisk, op til 0,35 kg                                                        | 90        | 20 - 30                                                                           |
| Fisk, hel, op til 1 kg                                                            | 90        | 30 - 40                                                                           |
| Dumplings                                                                         | 120 - 130 | 40 - 50                                                                           |

## Fugtighed Lav

Brug den anden ovnrille, med mindre andet er specificeret.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Forbagte rundstykker                                                                | 200       | 20 - 30                                                                             |
| Forbagte flutes, 40 - 50 g                                                          | 200       | 15 - 20                                                                             |
| Forbagte flutes, frosne, 40 - 50 g                                                  | 200       | 25 - 35                                                                             |
| Farsbrød, rå, 0,5 kg                                                                | 180       | 30 - 40                                                                             |
| Pastagratin                                                                         | 170 - 190 | 40 - 50                                                                             |
| Lasagne                                                                             | 170 - 180 | 45 - 55                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Brød, 0,5 - 1 g                                                                   | 180 - 190 | 45 - 60                                                                           |
| Kartoffelgratin                                                                   | 160 - 170 | 50 - 60                                                                           |
| Kylling, 1 g                                                                      | 180 - 210 | 50 - 60                                                                           |
| Svinekam, røget, 0,6 - 1 g, læg i blød i 2 timer                                  | 160 - 180 | 60 - 70                                                                           |
| Roastbeef, 1 g                                                                    | 180 - 200 | 60 - 90                                                                           |
| And, 1,5 - 2 g                                                                    | 180       | 70 - 90                                                                           |
| Kalvesteg, 1 g                                                                    | 180       | 80 - 90                                                                           |
| Flæsketeg, 1 g                                                                    | 160 - 180 | 90 - 100                                                                          |
| Gås, 3 g, brug første ovnribbe                                                    | 170       | 130 - 170                                                                         |

## Opvarmning med damp

Brug anden ovnribbe.

|  | °C  |  |
|-----------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------|
| One-plate retter                                                                  | 110 | 10 - 15                                                                           |
| Pasta                                                                             | 110 | 10 - 15                                                                           |
| Ris                                                                               | 110 | 10 - 15                                                                           |
| Dumplings                                                                         | 110 | 15 - 25                                                                           |

## EasySteam

### Fuld damp

#### GRØNTSAGER

Brug anden ovnribbe.

Indstil temperaturen til højst 100 °C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 8-10                                                                                | Broccoli, buketter, forvarm den tomme ovn                                           |
| 10                                                                                  | Flåede tomater                                                                      |
| 10-15                                                                               | Spinat, frisk                                                                       |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Squash, skiver                                                                    |
| 15                                                                                | Grøntsager, blancherede                                                           |
| 15-20                                                                             | Peberfrugt, strimlet                                                              |
| 15-20                                                                             | Champignon, skiver                                                                |
| 15-25                                                                             | Auberginer                                                                        |
| 15-25                                                                             | Blomkål, hel                                                                      |
| 15-25                                                                             | Broccoli, hel                                                                     |
| 15-25                                                                             | Asparges, grønne                                                                  |
| 15-25                                                                             | Tomater                                                                           |
| 15-25                                                                             | Græskar, i tern                                                                   |
| 20-25                                                                             | Feldsalat, i buketter                                                             |
| 20-25                                                                             | Savoykål                                                                          |
| 20-25                                                                             | Bønner, blancherede                                                               |
| 20-30                                                                             | Søde kartofler                                                                    |
| 20-30                                                                             | Ærter                                                                             |
| 20-30                                                                             | Fennikel                                                                          |
| 20-30                                                                             | Gulerødder                                                                        |
| 20-30                                                                             | Porrer, i ringe                                                                   |
| 20-30                                                                             | Selleri, tern                                                                     |
| 20-30                                                                             | Ærter                                                                             |
| 25-35                                                                             | Blomkål, buketter                                                                 |
| 25-35                                                                             | Kålraabi, strimler                                                                |
| 25-35                                                                             | Rosenkål                                                                          |
| 25-35                                                                             | Asparges, hvide                                                                   |
| 25-35                                                                             | Hvide bønner                                                                      |
| 30-40                                                                             | Søde majscolber                                                                   |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 35-45                                                                             | Grønne bønner                                                                     |
| 35-45                                                                             | Skorzonnerrod                                                                     |
| 40-45                                                                             | Kål, hvid eller rød, i strimler                                                   |
| 50 - 60                                                                           | Artiskokker                                                                       |
| 55-65                                                                             | Tørrede bønner, udblødt                                                           |
| 60-90                                                                             | Sauerkraut                                                                        |
| 70-90                                                                             | Rødbede                                                                           |

## TILBEHØR

Indstil temperaturen til højst 100 °C.

|  |          |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 15-20                                                                             | Couscous, forhold mellem vand/koskus 1:1                                                  |
| 15-25                                                                             | Tagliatelle, frisk                                                                        |
| 20-25                                                                             | Semuljebudding, forhold mellem mælk/semolina 3:5:1                                        |
| 20-30                                                                             | Linser, røde, forhold mellem vand/linser 1:1                                              |
| 25-30                                                                             | Spaetzle                                                                                  |
| 25-35                                                                             | Bulgur, forhold mellem vand/bulgur 1:1                                                    |
| 25-35                                                                             | Gærdumplings                                                                              |
| 30-35                                                                             | Aromatisk ris, forhold mellem vand/ris 1:1                                                |
| 30-40                                                                             | Kogte kartofler, kvarte                                                                   |
| 35-45                                                                             | Kartoffeldumplings                                                                        |
| 35-45                                                                             | Ris, vand/ris forhold 1:1, forholdet mellem vand og ris kan ændre sig efter typen af ris. |
| 35-45                                                                             | Kuvertbrød                                                                                |
| 40-50                                                                             | Polenta, væskeforhold 3:1                                                                 |
| 40-55                                                                             | Risbudding, forhold mellem mælk/ris 2,5:1                                                 |
| 45-55                                                                             | Uskrællede kartofler, medium                                                              |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 55-60                                                                             | Linser, brune og grønne, forhold mellem vand/linser 2:1                           |

## FRUGT

Indstil temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Æble i skiver                                                                     |
| 10-15                                                                             | Varme bær                                                                         |
| 10-20                                                                             | Smeltning af chokolade                                                            |
| 20-25                                                                             | Frugtkompot                                                                       |

## FISK

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Tynd fiskefilet                                                                   | 75-80 |
| 20-25                                                                             | Rejer, friske                                                                     | 75-85 |
| 20-30                                                                             | Tyk fiskefilet                                                                    | 75-85 |
| 20-30                                                                             | Ørred, 0,25 kg                                                                    | 75-85 |
| 20-30                                                                             | Muslinger                                                                         | 100   |
| 30-40                                                                             | Rejer, frosne                                                                     | 75-85 |

## KØD

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 15-20                                                                               | Chipolatas                                                                          | 80  |
| 20-30                                                                               | Bayersk kalvepølse<br>/ Hvid pølse                                                  | 80  |
| 20-30                                                                               | Wienerpølser                                                                        | 80  |
| 25-35                                                                               | Kyllingebryst, pocheret                                                             | 90  |
| 55-65                                                                               | Kogt skinke, 1 kg                                                                   | 100 |
| 60-70                                                                               | Kylling, pocheret, 1 - 1,2 kg                                                       | 100 |
| 70-90                                                                               | Hamburgerryg, pocheret                                                              | 90  |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 80-90                                                                             | Kalvekød / Svinekam, 0,8 - 1 kg                                                   | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

**ÆG**

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Æg, blødkogt                                                                      | 100 |
| 12-13                                                                             | Æg, medium kogt                                                                   | 100 |
| 18-21                                                                             | Æg, hårdkogt                                                                      | 100 |
| 35-45                                                                             | Creme / Tærte                                                                     | 85  |
| 40-50                                                                             | Terrine                                                                           | 85  |

**Høj damp til stuvning**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Bagte æg                                                                          | 110       |
| 20 - 30                                                                           | Fisk, hel, op til 1 kg                                                            | 120 - 130 |
| 40 - 50                                                                           | Dumplings                                                                         | 120 - 130 |
| 50 - 60                                                                           | Stuvet / Braiseret fisk                                                           | 130       |
| 60 - 90                                                                           | Stuvet / Braiseret kylling                                                        | 130       |
| 100 - 140                                                                         | Stuvet / Braiseret kød                                                            | 130       |

**Medium damp til sprød skorpe**

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                             | Fiskegratin                                                                         | 150       |
| 35 - 50                                                                             | Fyldte grøntsager                                                                   | 150       |
| 35 - 45                                                                             | Pastagratin / Gryderet                                                              | 150       |
| 40 - 50                                                                             | Lasagne                                                                             | 150       |
| 60 - 70                                                                             | Kartoffelgratin                                                                     | 150       |
| 75 - 100                                                                            | Spareribs                                                                           | 140 - 150 |

## Lav damp til bagning og stegning

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Forbagte flutes, 0,04 - 0,05 kg                                                   | 200       |
| 15 - 25                                                                           | Lagkagebunde                                                                      | 155-170   |
| 20 - 35                                                                           | Sødt bagværk af gærdej                                                            | 170 - 180 |
| 25 - 35                                                                           | Forbagte flutes, frosne, 0,04 - 0,05 kg                                           | 200       |
| 25 - 35                                                                           | Brød/Småt gærbrød                                                                 | 180 - 200 |
| 25 - 40                                                                           | Stegt fiskefilet                                                                  | 170 - 180 |
| 30 - 40                                                                           | Farsbrød, ikke tilberedt, 0,5 kg                                                  | 180       |
| 30 - 40                                                                           | Stegt gryderet                                                                    | 160       |
| 30 - 40                                                                           | Omelet                                                                            | 160-170   |
| 30 - 45                                                                           | Sødt brød                                                                         | 160 - 170 |
| 35 - 45                                                                           | Stegt fisk                                                                        | 170 - 180 |
| 45 - 60                                                                           | Forskellige typer brød, 0,5 - 1 kg                                                | 180 - 190 |
| 45 - 60                                                                           | Desserter                                                                         | 160 - 180 |
| 50 - 60                                                                           | Kylling, 1 kg                                                                     | 180-210   |
| 60 - 70                                                                           | Svinemørbrad, røget, 0,6 - 1 kg                                                   | 160-180   |
| 60 - 90                                                                           | Roastbeef, 1 kg                                                                   | 180-200   |
| 70 - 90                                                                           | And, 1,5 - 2 kg                                                                   | 180       |
| 80 - 90                                                                           | Kalvesteg, 1 kg                                                                   | 180       |
| 90 - 100                                                                          | Flæskesteg, 1 kg                                                                  | 160-180   |

Brug ovnens første ovnribbe.

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15-30                                                                               | Pizza / Focaccia                                                                    | 190 - 210 |
| 30-45                                                                               | Butterdej / Madtærte / Rundstykker                                                  | 155 - 180 |
| 45-60                                                                               | Mørdej                                                                              | 155 - 170 |
| 130-170                                                                             | Gås, 3 kg                                                                           | 170       |

Bagning

Brug den lavere temperatur ved første bagning.

Bagetiden kan forlænges med 10 – 15 minutter, når du bager på mere end én ribbe.

Kager og bagværk med forskellig højde kan brune ujævnt. Der er ikke nødvendigt at ændre temperaturindstillingen, hvis der sker en ujævn bruning. Forskellene udlignes under bagning.

Plader i ovnen kan blive forvredet under bagning. Pladerne retter sig ud, når de er kølet af.

Bagetip

| Bageresultater                                            | Mulige årsager                                        | Løsning                                                            |
|-----------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------|
| Kagens bund er ikke bagt nok.                             | Forkert ovnrille.                                     | Sæt kagen i en lavere ovnrille.                                    |
| Kagen falder sammen og bliver klæg eller med vandstriber. | Der er for høj ovntemperatur.                         | Vælg en lidt lavere ovntemperatur den næste gang.                  |
|                                                           | Ovntemperaturen er for høj, og bagetiden er for kort. | Vælg en længere bagetid og en lavere ovntemperatur den næste gang. |
| Kagen er for tør.                                         | Der er for lav ovntemperatur.                         | Vælg en højere ovntemperatur den næste gang.                       |
|                                                           | Bagetiden er for lang.                                | Vælg en kortere bagetid den næste gang.                            |
| Kagen bliver ujævnt bagt.                                 | Ovntemperaturen er for høj, og bagetiden er for kort. | Vælg en længere bagetid og en lavere ovntemperatur den næste gang. |
|                                                           | Kagedejen er ikke jævnt fordelt.                      | Fordel kagedejen jævnt på bagepladen den næste gang.               |
| Kagen er ikke klar på bagetiden angivet i en opskrift.    | Der er for lav ovntemperatur.                         | Vælg en lidt højere ovntemperatur den næste gang.                  |

Bagning på én ovnribbe

BAGVÆRK I FORM

|                                                                                     |                                                                                     |           |                                                                                     |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  | °C        |  |  |
| Gærkrans / Brioche                                                                  | Varmluft                                                                            | 150 - 160 | 50 - 70                                                                             | 1                                                                                   |



|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Sandkage / Frugtkager                                                             | Varmluft                                                                          | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Tærtebund - mørdej, forvarm den tomme ovn                                         | Varmluft                                                                          | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Tærtebund - rørt kagedej                                                          | Varmluft                                                                          | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Cheesecake                                                                        | Over-/undervarme                                                                  | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

## BAGVÆRK PÅ BAGEPLADE

Forvarm den tomme ovn, med mindre andet er angivet.

|  |  | °C            |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Fletbrød / Kringle, forvarmning er ikke nødvendig                                 | Over-/undervarme                                                                  | 170 - 190     | 30 - 40                                                                           | 3                                                                                 |
| Stollen                                                                           | Over-/undervarme                                                                  | 160 - 180     | 50 - 70                                                                           | 2                                                                                 |
| Rugbrød:                                                                          | Over-/undervarme                                                                  | først: 230    | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | så: 160 - 180 | 30 - 60                                                                           |                                                                                   |
| Vandbakkelse med fløde / Eclairs                                                  | Over-/undervarme                                                                  | 190 - 210     | 20 - 35                                                                           | 3                                                                                 |
| Roulade,                                                                          | Over-/undervarme                                                                  | 180 - 200     | 10 - 20                                                                           | 3                                                                                 |
| Kage med crumble, forvarmning er ikke nødvendig                                   | Varmluft                                                                          | 150 - 160     | 20 - 40                                                                           | 3                                                                                 |
| Smørmandelkage / Sukkerkage                                                       | Over-/undervarme                                                                  | 190 - 210     | 20 - 30                                                                           | 3                                                                                 |
| Frugttærter, forvarmning er ikke nødvendig                                        | Over-/undervarme                                                                  | 180           | 35 - 55                                                                           | 3                                                                                 |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Gærkager med delikat fyld (f.eks. kvark, fløde, creme)                            | Over-/undervarme                                                                  | 160 - 180 | 40 - 60                                                                           | 3                                                                                 |

## SMÅT BAGVÆRK

Brug den tredje ovnribbe.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Sød mørdej / Formkageblanding                                                     | Varmluft                                                                          | 150 - 160 | 15 - 25                                                                           |
| Marengs                                                                           | Varmluft                                                                          | 80 - 100  | 120 - 150                                                                         |
| Makroner                                                                          | Varmluft                                                                          | 100 - 120 | 30 - 50                                                                           |
| Småkager af gærdej                                                                | Varmluft                                                                          | 150 - 160 | 20 - 40                                                                           |
| Butterdej, forvarm den tomme ovn                                                  | Varmluft                                                                          | 170 - 180 | 20 - 30                                                                           |
| Rundstykker, forvarm den tomme ovn                                                | Over-/undervarme                                                                  | 190 - 210 | 10 - 25                                                                           |

## Bagværk og gratiner

Brug ovnens første ovnribbe.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pastagratin                                                                         | Over-/undervarme                                                                    | 180 - 200 | 45 - 60                                                                             |
| Lasagne                                                                             | Over-/undervarme                                                                    | 180 - 200 | 25 - 40                                                                             |
| Grøntsagsgratin, forvarm den tomme ovn                                              | Turbogrill                                                                          | 170 - 190 | 15 - 35                                                                             |
| Flute med smeltet ost                                                               | Varmluft                                                                            | 160 - 170 | 15 - 30                                                                             |
| Risengrød                                                                           | Over-/undervarme                                                                    | 180 - 200 | 40 - 60                                                                             |
| Fiskegratin                                                                         | Over-/undervarme                                                                    | 180 - 200 | 30 - 60                                                                             |
| Fylde grøntsager                                                                    | Varmluft                                                                            | 160 - 170 | 30 - 60                                                                             |

## Bagning på flere ribber

Brug funktionen: Varmluft.

Brug den første og fjerde rille til 2 plader.

### BAGVÆRK PÅ BAGEPLADE

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vandbakkelser med fløde / Eclairs, forvarm den tomme ovn                          | 160 - 180 | 25 - 45                                                                           |
| Streuselkage, tør                                                                 | 150 - 160 | 30 - 45                                                                           |

### SMÅT BAGVÆRK

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Småkager af mørdej                                                                | 140       | 25 - 45                                                                           |
| Marengs                                                                           | 80 - 100  | 130 - 170                                                                         |
| Makroner                                                                          | 100 - 120 | 40 - 80                                                                           |
| Småkager af gærdej                                                                | 160 - 170 | 30 - 60                                                                           |
| Butterdej, forvarm den tomme ovn                                                  | 170 - 180 | 30 - 50                                                                           |
| Rundstykker                                                                       | 180       | 20 - 30                                                                           |

## Tips til stegning

Brug varmeresistent ovngrej.

Steg magert kød tildækket (du kan bruge aluminiumsfolie).

Steg store stege direkte i fadet.

Hæld noget vand i bakken for at forhindre, at dryppende fedt brænder.

Vend stegen efter 1/2 - 2/3 af tilberedningstiden.

Steg kød og fisk i store stykker (1 kg eller mere).

Hvis det foreslås, at maden sættes i rille 1 sættes den direkte på bagepladen

Dryp stege med deres egen saft adskillige gange under stegning.

## Stegning

Brug ovnsens første ovnribbe.

## OKSEKØD

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Grydesteg                                                                         | 1 - 1.5                                                                           | Over-/under-varme                                                                 | 230       | 120 - 150                                                                         |
| Roastbeef eller filet, rød, forvarm den tomme ovn                                 | 1 cm tyk                                                                          | Turbogrill                                                                        | 190 - 200 | 5 - 6                                                                             |
| Roastbeef eller filet, medium, forvarm den tomme ovn                              | 1 cm tyk                                                                          | Turbogrill                                                                        | 180 - 190 | 6 - 8                                                                             |
| Roastbeef eller filet, gennemstegt, forvarm den tomme ovn                         | 1 cm tyk                                                                          | Turbogrill                                                                        | 170 - 180 | 8 - 10                                                                            |

## SVINEKØD

Brug funktionen: Turbogrill.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Bov / Nakkesteg / Skinke m/ben                                                    | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Koteletter / Spareribs                                                            | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Farsbrød                                                                          | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Svineskank, forkogt                                                               | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

## KALVEKØD

Brug funktionen: Turbogrill.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Kalvesteg                                                                           | 1                                                                                   | 160 - 180 | 90 - 120                                                                            |
| Kalveskank                                                                          | 1.5 - 2                                                                             | 160 - 180 | 120 - 150                                                                           |

## LAMMEKØD

Brug funktionen: Turbogrill.

|  |  | °C<br>(°C) |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------|
| Lammekølle / Lammesteg                                                              | 1 - 1.5                                                                             | 150 - 170  | 100 - 120                                                                           |

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Lammeryg                                                                          | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

VILDT

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Ryg / Harekølle, forvarm den tomme ovn                                            | 1                                                                                 | Turbogrill                                                                        | 180 - 200 | 35 - 55                                                                            |
| Vildtryg                                                                          | 1.5 - 2                                                                           | Over-/undervarme                                                                  | 180 - 200 | 60 - 90                                                                            |
| Hængt vildt                                                                       | 1.5 - 2                                                                           | Over-/undervarme                                                                  | 180 - 200 | 60 - 90                                                                            |

FJERKRÆ

Brug funktionen: Turbogrill.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Fjerkræ, i portioner                                                              | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Kylling, halveret                                                                 | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Kylling, poulard                                                                  | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| And                                                                               | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Gås                                                                               | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Kalkun                                                                            | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Kalkun                                                                            | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

FISK

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Fisk, hel                                                                           | 1 - 1.5                                                                             | Turbogrill                                                                          | 180 - 200 | 30 - 50                                                                             |

Brød

Forvarmning anbefales ikke.

Brug anden ovnribbe.

BRØD

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Franskbrød                                                                          | 170 - 190 | 40 - 60                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Flute                                                                             | 200 - 220 | 35 - 45                                                                           |
| Brioche                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Rugbrød                                                                           | 170 - 190 | 50 - 70                                                                           |
| Fuldkornsbrød                                                                     | 170 - 190 | 50 - 70                                                                           |
| Fuldkornsbrød                                                                     | 170 - 190 | 40 - 60                                                                           |
| Brød/Småt gærbrød                                                                 | 190 - 210 | 20 - 35                                                                           |

## Sprød tilberedning med Pizza

### PIZZA

Brug ovnens første ovnribbe.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Tærter                                                                            | 180 - 200 | 40 - 55                                                                           |
| Spinattærte                                                                       | 160 - 180 | 45 - 60                                                                           |
| Quiche lorraine / Madtærte                                                        | 170 - 190 | 45 - 55                                                                           |
| Æbletærte med låg                                                                 | 150 - 170 | 50 - 60                                                                           |

### PIZZA

Forvarm den tomme ovn inden tilberedning.

Brug anden ovnribbe.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pizza, tynd skorpe, brug grill/<br>bradepanden                                      | 210 - 230 | 15 - 25                                                                             |
| Pizza, tyk skorpe                                                                   | 180 - 200 | 20 - 30                                                                             |
| Flade madbrød                                                                       | 210 - 230 | 10 - 20                                                                             |
| Tærte med butterdej                                                                 | 160 - 180 | 45 - 55                                                                             |
| Flammkuchen                                                                         | 210 - 230 | 15 - 25                                                                             |
| Pirogger                                                                            | 180 - 200 | 15 - 25                                                                             |
| Grøntsagstærte                                                                      | 160 - 180 | 50 - 60                                                                             |

## Grillstegning

Forvarm den tomme ovn inden tilberedning.

Grillsteg kun tynde stykker af kød eller fisk.

Anbring en bradepande i den første ristposition for at opsamle fedt.

GRILL

|  | °C        | <br>1. side | <br>2. side |  |
|-----------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Oksefilet                                                                         | 230       | 20 - 30                                                                                      | 20 - 30                                                                                      | 3                                                                                 |
| Svinekam                                                                          | 210 - 230 | 30 - 40                                                                                      | 30 - 40                                                                                      | 2                                                                                 |
| Lammetryg                                                                         | 210 - 230 | 25 - 35                                                                                      | 20 - 25                                                                                      | 3                                                                                 |

## Lavtemperaturstegning

Denne funktion gør det muligt for dig at tilberede stykker af magert og mørt kød og fisk. Den er ikke anvendelig til: fjerkræ, fed flæskesteg, grydesteg.

1. Brun kødet i 1-2 minutter på hver side på en pande over høj varme.
2. Hvis tredje ovnribbe anbefales, skal maden placeres direkte på grillristen. Sæt en plade/bradepande på den første ovnribbe til at opsamle fedt.  
Hvis den første ovnribbe anbefales, placeres maden direkte på pladen.  
Kog/steg altid uden låg, når du bruger denne funktion.

3. Brug: Termometer.

Indstil temperaturen til 120°C.

|  |  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Bøffer                                                                              | 0.2 - 0.3                                                                           | 20 - 40                                                                             | 3                                                                                   |
| Oksefilet                                                                           | 1 - 1.5                                                                             | 90 - 150                                                                            | 3                                                                                   |
| Roastbeef                                                                           | 1 - 1.5                                                                             | 120 - 150                                                                           | 1                                                                                   |
| Kalvesteg                                                                           | 1 - 1.5                                                                             | 120 - 150                                                                           | 1                                                                                   |

## Frosne madvarer

|  | °C        |  |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Pizza, frossen                                                                      | 200 - 220 | 15 - 25                                                                             | 2                                                                                   |
| Deep pan pizza, frossen                                                             | 190 - 210 | 20 - 25                                                                             | 2                                                                                   |

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pizza, kold                                                                       | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Pizzasnacks, frosne                                                               | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Pommes frites, tynde                                                              | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Pommes frites, tykke                                                              | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Kartoffelbåde / Kroketter                                                         | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Hash Browns                                                                       | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagne / Cannelloni, frisk                                                       | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagne / Cannelloni, frossen                                                     | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Bagt ost                                                                          | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Kyllingevinger                                                                    | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

## Henkogning

Brug funktionen Undervarme.

Brug kun henkogningsglas med samme mål, som fås på markedet.

Brug ikke krukker med twist-off og bajonet type låg eller metal dåser.

Brug ovnsens første ovnribbe.

Stil højst seks 1 liters henkogningsglas på bagepladen.

Fyld krukker ligeligt og luk med en klemme.

Glassene må ikke røre hinanden.

Hæld ca. 1/2 liter vand i bagepladen for at give tilstrækkelig fugt i ovnen.

Når væsken i glassene begynder at simre (efter ca. 35-60 minutter med 1-liters glas), skal du stoppe ovnen eller sænke temperaturen til 100 °C (se tabellen).

Indstil temperaturen til 160 - 170 °C.

### BLØD FRUGT

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                     | Henkogning til simring                                                              |
| Jordbær / Blåbær / Hindbær / Modne stikkelsbær                                      | 35 - 45                                                                             |



## STENFRUGT

|  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Ferskner / Kvæder / Blommer                                                       | Henkogning til simring                                                            | Kog færdig ved 100 °C                                                             |
|                                                                                   | 35 - 45                                                                           | 10 - 15                                                                           |

## GRØNTSAGER

|  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | Henkogning til simring                                                            | Kog færdig ved 100 °C                                                             |
| Gulerødder                                                                        | 50 - 60                                                                           | 5 - 10                                                                            |
| Agurker                                                                           | 50 - 60                                                                           | -                                                                                 |
| Blandet pickles                                                                   | 50 - 60                                                                           | 5 - 10                                                                            |
| Kålrabi / Ærter / Asparagus                                                       | 50 - 60                                                                           | 15 - 20                                                                           |

## Tørring - Varmluft

Dæk bakkerne med fedttæt papir eller bagepapir.

For at opnå et bedre resultat skal du stoppe ovnen halvvejs gennem tørretiden, åbne døren og lade den køle af én nat for at afslutte tørringen.

Brug den tredje rille til 1 plade.

Brug den første og fjerde rille til 2 plader.

## GRØNTSAGER

|  | °C      |  (t) |
|------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------|
| Bønner                                                                             | 60 - 70 | 6 - 8                                                                                  |
| Peberfrugt                                                                         | 60 - 70 | 5 - 6                                                                                  |
| Suppegrøntsager                                                                    | 60 - 70 | 5 - 6                                                                                  |
| Champignons                                                                        | 50 - 60 | 6 - 8                                                                                  |
| Krydderurter                                                                       | 40 - 50 | 2 - 3                                                                                  |

## FRUGT

Indstil temperaturen til 60 - 70 °C.

|  |  (t) |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Blommer                                                                             | 8 - 10                                                                                  |
| Abrikoser                                                                           | 8 - 10                                                                                  |

|                                                                                   |       |
|-----------------------------------------------------------------------------------|-------|
|  | ⌚ (t) |
| Æble i skiver                                                                     | 6 - 8 |
| Pærer                                                                             | 6 - 9 |

Termometer

OKSEKØD

|  | °C Kernetemperatur i maden |        |             |
|-----------------------------------------------------------------------------------|----------------------------|--------|-------------|
|                                                                                   | Rød                        | Medium | Gennemstegt |
| Roastbeef                                                                         | 55                         | 60     | 70          |
| Mørbrad                                                                           | 45                         | 60     | 70          |

|  | °C Kernetemperatur i maden |        |      |
|-----------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                   | Mindre                     | Medium | Mere |
| Farsbrød                                                                          | 80                         | 83     | 86   |

SVINEKØD

|  | °C Kernetemperatur i maden |        |      |
|-----------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                   | Mindre                     | Medium | Mere |
| Skinke / Steg                                                                     | 80                         | 84     | 88   |
| Nakkekotelet / Svinekam, røget /<br>Svinekam, pocheret                            | 75                         | 78     | 82   |

KALVEKØD

|  | °C Kernetemperatur i maden |        |      |
|-------------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                     | Mindre                     | Medium | Mere |
| Kalvesteg                                                                           | 75                         | 80     | 85   |
| Kalveskank                                                                          | 85                         | 88     | 90   |

FÅR/LAM

|  | °C Kernetemperatur i maden |        |      |
|-------------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                     | Mindre                     | Medium | Mere |
| Fårekølle                                                                           | 80                         | 85     | 88   |
| Fåreryg                                                                             | 75                         | 80     | 85   |

|  | °C Kernetemperatur i maden |        |      |
|-----------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                   | Mindre                     | Medium | Mere |
| Lammesteg / Lammekølle                                                            | 65                         | 70     | 75   |

VILDT

|  | °C Kernetemperatur i maden |        |      |
|-----------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                   | Mindre                     | Medium | Mere |
| Hareryg / Vildtryg                                                                | 65                         | 70     | 75   |
| Harekølle / Hare, hel / Vildtkølle                                                | 70                         | 75     | 80   |

FJERKRÆ

|  | °C Kernetemperatur i maden |        |      |
|-----------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                   | Mindre                     | Medium | Mere |
| Kylling                                                                           | 80                         | 83     | 85   |
| And, hel / halv / Kalkun, hel /<br>bryst                                          | 75                         | 80     | 85   |
| And, bryst                                                                        | 60                         | 65     | 70   |

FISK (LAKS, ØRRED, SANDART)

|  | °C Kernetemperatur i maden |        |      |
|-----------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                   | Mindre                     | Medium | Mere |
| Fisk, hel / stor / dampet / Fisk,<br>hel / stor / stegt                           | 60                         | 64     | 68   |

KASSEROLLER - FORKOGTE GRØNTSAGER

|  | °C Kernetemperatur i maden |        |      |
|-------------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                     | Mindre                     | Medium | Mere |
| Gryderet med squash / Broccoligryde / Fennikelgryde                                 | 85                         | 88     | 91   |

KASSEROLLER - SALT

|  | °C Kernetemperatur i maden |        |      |
|-------------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                     | Mindre                     | Medium | Mere |
| Cannelloni / Lasagne / Pastagra-tin                                                 | 85                         | 88     | 91   |

KASSEROLLER - SØD

|         | °C Kernetemperatur i maden |        |      |
|------------------------------------------------------------------------------------------|----------------------------|--------|------|
|                                                                                          | Mindre                     | Medium | Mere |
| Gryderet med hvidt brød med/<br>uden frugt / Risengrød med/uden<br>frugt / Sød nuddelret | 80                         | 85     | 90   |

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Wijzigingen voorbehouden.

Kookadviezen

De temperatuur en kooktijden in de tabellen zijn slechts als richtlijn bedoeld. Ze zijn afhankelijk van het recept, de kwaliteit en de kwantiteit van de gebruikte ingrediënten.

Je apparaat kan anders bakken of roosteren dan het apparaat dat je tot nu toe gebruikt hebt. De onderstaande hints tonen aanbevolen instellingen voor temperatuur, kooktijd en rekstand voor specifieke soorten voedsel.

Tel de rekniveaus vanaf de bodem van de oven.

Als je voor een speciaal recept de instelling niet kunt vinden, zoek dan naar een soortgelijk recept.

Symbolen gebruikt in de tabellen:

|                                                                                     |                        |
|-------------------------------------------------------------------------------------|------------------------|
|    | Soort voedsel          |
|    | Verwarmingsfunctie     |
| °C                                                                                  | Temperatuur            |
|  | Accessoire             |
|  | Reservoir (Gastronorm) |
|  | Gewicht (kg)           |
|  | Inzetniveau            |
|  | Kooktijd (min)         |

Advies voor speciale verwarmingsfuncties van het apparaat

Warm houden

Met deze functie houdt u het voedsel warm. De temperatuur wordt automatisch ingesteld op 80 °C°C.

### **Borden Warmen**

Met deze functie kunt u borden en schalen verwarmen voor het opdienen. De temperatuur wordt automatisch ingesteld op 70 °C°C.

Verdeel de opgestapelde borden en schalen gelijkmatig over het ovenrek. Gebruik de eerste rekstand. Verwissel ze halverwege de verwarmtijd van plaats.

### **Deeg Laten Rijzen**

Met de functie kunt u ook gistdeeg laten rijzen. Doe het deeg in een grote schaal. Gebruik de eerste rekstand. De functie instellen: Deeg Laten Rijzen en de bereidingstijd.

### **Ontdooien**

Verwijder de voedselverpakking en leg het voedsel op een bord. Dek het voedsel niet af, want het kan tijdens het ontdooien uitzetten. Gebruik de eerste rekstand.

## **Stoom**

Wees voorzichtig met het openen van de ovendeur als de functie is geactiveerd. Er kan stoom vrijkomen.

Met deze functie kunt u:

- containers steriliseren (bijv. babyflessen),
- alle soorten voedsel bereiden, vers of bevroren.

#### **Sterilisatie**

Plaats de schone items ondersteboven in het midden van het rooster op de eerste roosterstand.

Vul de lade tot het maximale niveau en stel een tijdsduur in van 40 minuten.

#### **Koken**

U kunt groenten, vlees, vis, pasta, rijst, griesmeel en eieren bereiden, opwarmen, ontdooien, pocheren of blancheren.

U kunt een maaltijd met een paar gerechten tijdens één enkele kooksessie bereiden. Om ervoor te zorgen dat alle gerechten tegelijk klaar zijn, begint u met het voedsel met de langste kooktijd en voegt u vervolgens de resterende gerechten toe op het juiste moment, zoals aangegeven in de kooktabellen



#### **Stoom**

Voorbeeld: De totale tijd van deze kooksessie is 40 min. Doe eerst Gekookte aardappels in, na 20 min voeg Zalmfiletstoe en Broccoli, roosjes na 30 min .

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Gekookte aardappels                                                               | 40                                                                                |
| Zalmfilets                                                                        | 20                                                                                |
| Broccoli, roosjes                                                                 | 10                                                                                |

Gebruik de grootste benodigde hoeveelheid water als u meer dan één gerecht tegelijkertijd bereidt.

Gebruik de tweede rekstand.

#### GROENTEN

Stel de temperatuur in op 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Broccoli, roosjes, verwarm de lege oven voor                                      |
| 10                                                                                | Gepelde tomaten                                                                   |
| 10 - 15                                                                           | Spinazie, vers                                                                    |
| 10 - 15                                                                           | Courgette, plakjes                                                                |
| 15                                                                                | Groenten, geblancheerd                                                            |
| 15 - 20                                                                           | Champignonplakjes                                                                 |
| 15 - 20                                                                           | Paprikareepjes                                                                    |
| 15 - 25                                                                           | Broccoli, heel                                                                    |
| 15 - 25                                                                           | Asperges, groene                                                                  |
| 15 - 25                                                                           | Aubergines                                                                        |
| 15 - 25                                                                           | Pompoen, blokjes                                                                  |
| 15 - 25                                                                           | Tomaten                                                                           |
| 20 - 25                                                                           | Bonen, geblancheerd                                                               |
| 20 - 25                                                                           | Sla, roosjes                                                                      |
| 20 - 25                                                                           | Savooiekool                                                                       |
| 20 - 30                                                                           | Selderij, blokjes                                                                 |
| 20 - 30                                                                           | Preiringen                                                                        |
| 20 - 30                                                                           | Erwten                                                                            |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Peultjes / Kaiser paprika                                                         |
| 20 - 30                                                                           | Zoete aardappelen                                                                 |
| 20 - 30                                                                           | Venkel                                                                            |
| 20 - 30                                                                           | Wortels                                                                           |
| 25 - 35                                                                           | Asperges, wit                                                                     |
| 25 - 35                                                                           | Spruitjes                                                                         |
| 25 - 35                                                                           | Bloemkool, Roosjes                                                                |
| 25 - 35                                                                           | Koolrabi, reepjes                                                                 |
| 25 - 35                                                                           | Witte bonen                                                                       |
| 30 - 40                                                                           | Zoete maïs op de kookplaat                                                        |
| 35 - 45                                                                           | Schorseneren                                                                      |
| 35 - 45                                                                           | Bloemkool, heel                                                                   |
| 35 - 45                                                                           | Sperziebonen                                                                      |
| 40 - 45                                                                           | Kool, wit of rood, reepjes                                                        |
| 50 - 60                                                                           | Artisjokken                                                                       |
| 55 - 65                                                                           | Gedroogde bonen, geweekt, verhouding water/bonen 2:1                              |
| 60 - 90                                                                           | Zuurkool                                                                          |
| 70 - 90                                                                           | Rode bietjes                                                                      |

## BIJGERECHTEN

Stel de temperatuur in op 100°C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Couscous, verhouding water/couscous 1:1                                             |
| 15 - 25                                                                             | Verse tagliatelle                                                                   |
| 20 - 25                                                                             | Griesmeelpudding, verhouding melk/semolina 3,5:1                                    |
| 20 - 30                                                                             | Linzen, rood, verhouding water/linzen 1:1                                           |
| 25 - 30                                                                             | Macaroni                                                                            |



|  |                                      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 25 - 35                                                                           | Bulgur, verhouding water/bulgur 1:1                                                                                   |
| 25 - 35                                                                           | Deegballen, zout                                                                                                      |
| 30 - 35                                                                           | Geurige rijst, verhouding water/rijst 1:1                                                                             |
| 30 - 40                                                                           | Gekookte aardappels                                                                                                   |
| 35 - 45                                                                           | Broodballetje                                                                                                         |
| 35 - 45                                                                           | Aardappelballetjes                                                                                                    |
| 35 - 45                                                                           | Rijst, verhouding water/rijst 1:1, de verhouding tussen water en rijst kan veranderen afhankelijk van het soort rijst |
| 40 - 50                                                                           | Polenta, vloeistofverhouding 3:1                                                                                      |
| 40 - 55                                                                           | Rijstpudding, verhouding melk/rijst 2,5:1                                                                             |
| 45 - 55                                                                           | Ongepelde aardappelen, medium                                                                                         |
| 55 - 60                                                                           | Linzen, bruin en groen, verhouding water/linzen 2:1                                                                   |

## FRUIT

Stel de temperatuur in op 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Appelplakjes                                                                      |
| 10 - 15                                                                           | Hete bessen                                                                       |
| 10 - 20                                                                           | Chocolade smelten                                                                 |
| 20 - 25                                                                           | Fruitcompote                                                                      |

## VIS

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Dunne visfilet                                                                      | 75 - 80 |
| 20 - 25                                                                             | Garnalen, vers                                                                      | 75 - 85 |
| 20 - 30                                                                             | Mosselen                                                                            | 100     |
| 20 - 30                                                                             | Zalmfilets                                                                          | 85      |
| 20 - 30                                                                             | Forel, 0,25 kg                                                                      | 85      |
| 30 - 40                                                                             | Garnalen, bevroren                                                                  | 75 - 85 |

|  |  | °C |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----|
| 40 - 45                                                                           | Zalm, forel, 1 kg                                                                 | 85 |

#### VLEES

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Chipolataworstjes                                                                 | 80  |
| 20 - 30                                                                           | Beierse kalfsworst / Witte worst                                                  | 80  |
| 20 - 30                                                                           | Weense worst                                                                      | 80  |
| 25 - 35                                                                           | Gepocheerde kippenborst                                                           | 90  |
| 55 - 65                                                                           | Gekookte ham, 1 kg                                                                | 100 |
| 60 - 70                                                                           | Gepocheerde kip, 1 - 1,2 kg                                                       | 100 |
| 70 - 90                                                                           | Casselerrib, gepocheerd                                                           | 90  |
| 80 - 90                                                                           | Kalfsvlees / Varkenshaas, 0,8 - 1 kg                                              | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

#### EIEREN

Stel de temperatuur in op 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Zachtgekookt ei                                                                   |
| 12 - 13                                                                           | Middelhard gekookt ei                                                             |
| 18 - 21                                                                           | Hardgekookt ei                                                                    |

### Combinatiefunctie: Circulatiegrill + Stoom

U kunt deze functies combineren om tegelijkertijd vlees, groenten en bijgerechten te bereiden.

1. Stel de functie in: Circulatiegrill voor het braden van vlees.
2. Voeg de bereide groenten en bijgerechten toe.
3. Verlaag de oventemperatuur tot ongeveer 90°C. Je kunt de oventeur ongeveer 15 minuten in de eerste stand openen.
4. Stel de functie in: Stoom. Bereid alle gerechten samen totdat ze gaar zijn.

Gebruik de eerste rekstand voor vlees en de derde rekstand voor groenten. Leg het vlees direct op de bakplaat.

|  |  Circulatiegrill |                                                                                   |  Stoom |                                                                                   |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | Eerste stap: vlees koken                                                                          |                                                                                   | Tweede stap: groenten toevoegen                                                         |                                                                                   |
|                                                                                   | °C                                                                                                |  | °C                                                                                      |  |
| Biefstuk, 1 kg / Spruitjes, polenta                                               | 180                                                                                               | 60 - 70                                                                           | 100                                                                                     | 40 - 50                                                                           |
| Geroosterd varkensvlees, 1 kg / Aardappelen / Groenten, jus                       | 180                                                                                               | 60 - 70                                                                           | 100                                                                                     | 30 - 40                                                                           |
| Geroosterd kalfsvlees, 1 kg / Rijst / Groenten                                    | 180                                                                                               | 50 - 60                                                                           | 100                                                                                     | 30 - 40                                                                           |

## Hoge vochtigheid

Gebruik de tweede rekstand.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Custard / Vlaai, in kleine schotels                                               | 90        | 35 - 45                                                                           |
| Gebakken eieren                                                                   | 90 - 110  | 15 - 30                                                                           |
| Terrines                                                                          | 90        | 40 - 50                                                                           |
| Dunne visfilet                                                                    | 85        | 15 - 25                                                                           |
| Dikke visfilet                                                                    | 90        | 25 - 35                                                                           |
| Kleine vis, tot 0,35 kg                                                           | 90        | 20 - 30                                                                           |
| Hele vis, tot 1 kg                                                                | 90        | 30 - 40                                                                           |
| Deegballen                                                                        | 120 - 130 | 40 - 50                                                                           |

## Lage vochtigheid

Gebruik de tweede rekstand tenzij anders aangegeven.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Afbakbroodjes                                                                       | 200 | 20 - 30                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Afbakstokbroodjes, 40 - 50g                                                       | 200       | 15 - 20                                                                           |
| Bevroren afbakstokbroodjes, 40 - 50g                                              | 200       | 25 - 35                                                                           |
| Gehaktbrood, rauw, 0,5 kg                                                         | 180       | 30 - 40                                                                           |
| Pasta gebakken                                                                    | 170 - 190 | 40 - 50                                                                           |
| Lasagne                                                                           | 170 - 180 | 45 - 55                                                                           |
| Brood, 0,5 - 1 g                                                                  | 180 - 190 | 45 - 60                                                                           |
| Aardappelgratin                                                                   | 160 - 170 | 50 - 60                                                                           |
| Kip, 1 g                                                                          | 180 - 210 | 50 - 60                                                                           |
| Varkenshaas, gerookt, 0,6 - 1 g, gedurende 2 uur weken                            | 160 - 180 | 60 - 70                                                                           |
| Biefstuk, 1 g                                                                     | 180 - 200 | 60 - 90                                                                           |
| Eend, 1,5 - 2 g                                                                   | 180       | 70 - 90                                                                           |
| Geroosterd kalfsvlees, 1 g                                                        | 180       | 80 - 90                                                                           |
| Geroosterd varkensvlees, 1 g                                                      | 160 - 180 | 90 - 100                                                                          |
| Gans, 3 g, gebruik de eerste rekstand                                             | 170       | 130 - 170                                                                         |

## Regenereren

Gebruik de tweede rekstand.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Eénpansgerechten                                                                    | 110 | 10 - 15                                                                             |
| Pasta                                                                               | 110 | 10 - 15                                                                             |
| Rijst                                                                               | 110 | 10 - 15                                                                             |
| Deegballen                                                                          | 110 | 15 - 25                                                                             |

## EasySteam

### Stoom voor Stomen

#### GROENTEN

Gebruik de tweede rekstand.

Stel de temperatuur maximaal in op 100 °C°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Broccoli, roosjes, verwarm de oven voor                                           |
| 10                                                                                | Gepelde tomaten                                                                   |
| 10-15                                                                             | Spinazie, vers                                                                    |
| 10-15                                                                             | Courgette, plakjes                                                                |
| 15                                                                                | Groenten, geblancheerd                                                            |
| 15-20                                                                             | Paprikareepjes                                                                    |
| 15-20                                                                             | Champignonplakjes                                                                 |
| 15-25                                                                             | Aubergines                                                                        |
| 15-25                                                                             | Bloemkool, heel                                                                   |
| 15-25                                                                             | Broccoli, heel                                                                    |
| 15-25                                                                             | Asperges, groene                                                                  |
| 15-25                                                                             | Tomaten                                                                           |
| 15-25                                                                             | Pompoen, blokjes                                                                  |
| 20-25                                                                             | Sla, roosjes                                                                      |
| 20-25                                                                             | Savooiekool                                                                       |
| 20-25                                                                             | Bonen, geblancheerd                                                               |
| 20-30                                                                             | Zoete aardappelen                                                                 |
| 20-30                                                                             | Erwten                                                                            |
| 20-30                                                                             | Venkel                                                                            |
| 20-30                                                                             | Wortels                                                                           |
| 20-30                                                                             | Preiringen                                                                        |
| 20-30                                                                             | Selderij, blokjes                                                                 |
| 20-30                                                                             | Peultjes                                                                          |
| 25-35                                                                             | Bloemkool, Roosjes                                                                |
| 25-35                                                                             | Koolrabi, reepjes                                                                 |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25-35                                                                             | Spruitjes                                                                         |
| 25-35                                                                             | Asperges, wit                                                                     |
| 25-35                                                                             | Witte bonen                                                                       |
| 30-40                                                                             | Zoete maïs op de kookplaat                                                        |
| 35-45                                                                             | Sperziebonen                                                                      |
| 35-45                                                                             | Schorseneren                                                                      |
| 40-45                                                                             | Kool, wit of rood, reepjes                                                        |
| 50 - 60                                                                           | Artisjokken                                                                       |
| 55-65                                                                             | Gedroogde bonen, geweekt                                                          |
| 60-90                                                                             | Zuurkool                                                                          |
| 70-90                                                                             | Rode bietjes                                                                      |

## BIJGERECHTEN

Stel de temperatuur maximaal in op 100 °C°C.

|  |                               |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 15-20                                                                             | Couscous, verhouding water/couscous 1:1                                                                        |
| 15-25                                                                             | Verse tagliatelle                                                                                              |
| 20-25                                                                             | Griesmeelpudding, verhouding melk/semolina 3:5:1                                                               |
| 20-30                                                                             | Linzen, rood, verhouding water/linzen 1:1                                                                      |
| 25-30                                                                             | Macaroni                                                                                                       |
| 25-35                                                                             | Bulgur, verhouding water/bulgur 1:1                                                                            |
| 25-35                                                                             | Deegballen, zout                                                                                               |
| 30-35                                                                             | Geurige rijst, verhouding water/rijst 1:1                                                                      |
| 30-40                                                                             | Gekookte aardappels                                                                                            |
| 35-45                                                                             | Aardappelballetjes                                                                                             |
| 35-45                                                                             | Rijst, verhouding water/rijst 1:1, de verhouding van water tot rijst kan wijzigen naar gelang het soort rijst. |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 35-45                                                                             | Broodballetje                                                                     |
| 40-50                                                                             | Polenta, vloeistofverhouding 3:1                                                  |
| 40-55                                                                             | Rijstpudding, verhouding melk/rijst 2,5:1                                         |
| 45-55                                                                             | Ongepelde aardappelen, medium                                                     |
| 55-60                                                                             | Linzen, bruin en groen, verhouding water/linzen 2:1                               |

## FRUIT

Stel de temperatuur in op 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Appelplakjes                                                                      |
| 10-15                                                                             | Hete bessen                                                                       |
| 10-20                                                                             | Chocolade smelten                                                                 |
| 20-25                                                                             | Fruitcompote                                                                      |

## VIS

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Dunne visfilet                                                                    | 75-80 |
| 20-25                                                                             | Garnalen, vers                                                                    | 75-85 |
| 20-30                                                                             | Dikke visfilet                                                                    | 75-85 |
| 20-30                                                                             | Forel, 0,25 kg                                                                    | 75-85 |
| 20-30                                                                             | Mosselen                                                                          | 100   |
| 30-40                                                                             | Garnalen, bevroren                                                                | 75-85 |

## VLEES

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15-20                                                                               | Chipolataworstjes                                                                   | 80 |
| 20-30                                                                               | Beierse kalfsworst<br>/ Witte worst                                                 | 80 |
| 20-30                                                                               | Weense worst                                                                        | 80 |
| 25-35                                                                               | Gepocheerde kippenborst                                                             | 90 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 55-65                                                                             | Gekookte ham, 1 kg                                                                | 100 |
| 60-70                                                                             | Gepocheerde kip, 1 - 1,2 kg                                                       | 100 |
| 70-90                                                                             | Casselerrib, gepocheerd                                                           | 90  |
| 80-90                                                                             | Kalfsvlees / Varkenshaas, 0,8 - 1 kg                                              | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

EIEREN

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Zachtgekookt ei                                                                   | 100 |
| 12-13                                                                             | Middelhard gekookt ei                                                             | 100 |
| 18-21                                                                             | Hardgekookt ei                                                                    | 100 |
| 35-45                                                                             | Custard / Vlaai                                                                   | 85  |
| 40-50                                                                             | Terrines                                                                          | 85  |

Stoom voor Stoven

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Gebakken eieren                                                                   | 110       |
| 20 - 30                                                                           | Hele vis, tot 1 kg                                                                | 120 - 130 |
| 40 - 50                                                                           | Deegballen                                                                        | 120 - 130 |
| 50 - 60                                                                           | Stoofpot / Gestoofde vis                                                          | 130       |
| 60 - 90                                                                           | Stoofpot / Gebraden kip                                                           | 130       |
| 100 - 140                                                                         | Stoofpot / Gestoofd vlees                                                         | 130       |

Stoom voor Zacht Krokant

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 20 - 40                                                                             | Visschotels                                                                         | 150 |
| 35 - 50                                                                             | Gevulde groenten                                                                    | 150 |
| 35 - 45                                                                             | Pastaschotel / Stoofschotels                                                        | 150 |
| 40 - 50                                                                             | Lasagne                                                                             | 150 |



|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 60 - 70                                                                           | Aardappelgratin                                                                   | 150       |
| 75 - 100                                                                          | Spare ribs                                                                        | 140 - 150 |

**Stoom voor Bakken en Braden**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Afbakstokbroodjes, 0,04 - 0,05 kg                                                 | 200       |
| 15 - 25                                                                           | Koekjes                                                                           | 155-170   |
| 20 - 35                                                                           | Zoet gistdeeg                                                                     | 170 - 180 |
| 25 - 35                                                                           | Bevroren afbakstokbroodjes, 0,04 - 0,05 kg                                        | 200       |
| 25 - 35                                                                           | Brood/Broodjes                                                                    | 180 - 200 |
| 25 - 40                                                                           | Geroosterde visfilet                                                              | 170 - 180 |
| 30 - 40                                                                           | Gehaktbrood, niet gekookt, 0,5 kg                                                 | 180       |
| 30 - 40                                                                           | Geroosterde stoofschotel                                                          | 160       |
| 30 - 40                                                                           | Omelet                                                                            | 160-170   |
| 30 - 45                                                                           | Zoet brood                                                                        | 160 - 170 |
| 35 - 45                                                                           | Geroosterde vis                                                                   | 170 - 180 |
| 45 - 60                                                                           | Verschillende soorten brood, 0,5 - 1 kg                                           | 180 - 190 |
| 45 - 60                                                                           | Zoete gerechten                                                                   | 160 - 180 |
| 50 - 60                                                                           | Kip, 1 kg                                                                         | 180-210   |
| 60 - 70                                                                           | Varkenslapje, gerookt, 0.6 - 1 kg                                                 | 160-180   |
| 60 - 90                                                                           | Biefstuk, 1 kg                                                                    | 180-200   |
| 70 - 90                                                                           | Eend, 1,5 - 2 kg                                                                  | 180       |
| 80 - 90                                                                           | Geroosterd kalfsvlees, 1 kg                                                       | 180       |
| 90 - 100                                                                          | Geroosterd varkensvlees, 1 kg                                                     | 160-180   |

Gebruik de eerste rekstand.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pizza / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Bladerdeeggebak / Hartige cake / Broodjes                                         | 155 - 180 |
| 45-60                                                                             | Pasteitjes                                                                        | 155 - 170 |
| 130-170                                                                           | Gans, 3 kg                                                                        | 170       |

**Bakken**

Gebruik voor de eerste baksessie de lagere temperatuur.

Bij het bereiden van cake op meerdere niveaus kan de baktijd ca. 10 - 15 minuten langer zijn.

Als de cake niet overal even hoog is, wordt de cake niet overal even bruin. Als de cake niet overal even bruin wordt, hoeft u de temperatuurinstelling niet te wijzigen. De verschillen verminderen tijdens het bakken.

Tijdens het bakken kunnen bakplaten in de oven vervormen. Wanneer de bakplaten weer afgekoeld zijn, verdwijnt de vervorming.

**Baktips**

| Bakresultaat                                         | Mogelijke oorzaak                                    | Oplossing                                                                 |
|------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------------------|
| De onderkant van de cake is niet voldoende gebakken. | De rekstand is incorrect.                            | Plaats de cake op een lagere rekstand.                                    |
| De cake zakt in en wordt klef, of streperig.         | De oventemperatuur is te hoog.                       | Stel de volgende keer de oven-temperatuur iets lager in.                  |
|                                                      | De oventemperatuur is te hoog en de baktijd te kort. | Stel volgende keer een langere baktijd en een lagere oventempe-ratuur in. |
| De cake is te droog.                                 | De oventemperatuur is te laag.                       | Stel de volgende keer de oven-temperatuur hoger in.                       |
|                                                      | Te lange baktijd.                                    | Stel volgende keer een kortere baktijd in.                                |

| Bakresultaat                                                        | Mogelijke oorzaak                                    | Oplossing                                                                |
|---------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------|
| De cake wordt ongelijkmatig gebakken.                               | De oventemperatuur is te hoog en de baktijd te kort. | Stel volgende keer een langere baktijd en een lagere oventemperatuur in. |
|                                                                     | Het cakebeslag is niet gelijkmatig verdeeld.         | Verspreid de volgende keer het cakebeslag gelijkmatig over de bakplaat.  |
| De cake wordt niet gaar binnen de in het recept aangegeven baktijd. | De oventemperatuur is te laag.                       | Stel de volgende keer de oventemperatuur iets hoger in.                  |

## Bakken op één niveau

### BAKKEN IN BAKVORMEN

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Tulband / Brioche                                                                 | Hetelucht                                                                         | 150 - 160 | 50 - 70                                                                           | 1                                                                                 |
| Zandgebak / Vruchtencakes                                                         | Hetelucht                                                                         | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Taartbodem - pastaïtjes, verwarm de lege oven voor                                | Hetelucht                                                                         | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Taartbodem - zacht cakedeeg                                                       | Hetelucht                                                                         | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Cheesecake                                                                        | Boven + onderwarmte                                                               | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

### CAKE / GEBAK / BROOD OP BAKPLATEN

Verwarm de lege oven voor, tenzij anders aangegeven.

|  |  | °C        |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Plaatbrood / Margrietje, voorverwarmen is niet nodig                                | Boven + onderwarmte                                                                 | 170 - 190 | 30 - 40                                                                             | 3                                                                                   |
| Kerststollen                                                                        | Boven + onderwarmte                                                                 | 160 - 180 | 50 - 70                                                                             | 2                                                                                   |

|  |  | °C             |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Roggebrood:                                                                       | Boven + onder-warmte                                                              | eerst: 230     | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | dan: 110 - 120 | 30 - 60                                                                           |                                                                                   |
| Roomsoezen / Eclairs                                                              | Boven + onder-warmte                                                              | 190 - 210      | 20 - 35                                                                           | 3                                                                                 |
| Biscuitrol,                                                                       | Boven + onder-warmte                                                              | 180 - 200      | 10 - 20                                                                           | 3                                                                                 |
| Kruimeltaart, droog, voorver-warmen is niet no-dig                                | Hetelucht                                                                         | 150 - 160      | 20 - 40                                                                           | 3                                                                                 |
| Beboterde aman-deltaart / Suiker-koek                                             | Boven + onder-warmte                                                              | 190 - 210      | 20 - 30                                                                           | 3                                                                                 |
| Vruchtenvlaaien, voorverwarmen is niet nodig                                      | Boven + onder-warmte                                                              | 180            | 35 - 55                                                                           | 3                                                                                 |
| Plaatkoek met de-licate garnering (bijvoorbeeld kwark, room, pud-dingvulling)     | Boven + onder-warmte                                                              | 160 - 180      | 40 - 60                                                                           | 3                                                                                 |

## KOEKJES EN BISCUITS

Gebruik de derde rekstand.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pasteitjes / Schuimtaart-mengsel                                                    | Hetelucht                                                                           | 150 - 160 | 15 - 25                                                                             |
| Schuimgebakjes                                                                      | Hetelucht                                                                           | 80 - 100  | 120 - 150                                                                           |
| Bitterkoekjes                                                                       | Hetelucht                                                                           | 100 - 120 | 30 - 50                                                                             |
| Gistdeegkoekjes                                                                     | Hetelucht                                                                           | 150 - 160 | 20 - 40                                                                             |
| Bladerdeeggebakjes, verwarm de lege oven voor                                       | Hetelucht                                                                           | 170 - 180 | 20 - 30                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Broodjes, verwarm de lege oven voor                                               | Boven + onderwarmte                                                               | 190 - 210 | 10 - 25                                                                           |

## Ovenschotels en gratineerde gerechten

Gebruik de eerste rekstand.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pasta gebakken                                                                    | Boven + onderwarmte                                                               | 180 - 200 | 45 - 60                                                                           |
| Lasagne                                                                           | Boven + onderwarmte                                                               | 180 - 200 | 25 - 40                                                                           |
| Groentegratin, verwarm de lege oven voor                                          | Circulatiegrill                                                                   | 170 - 190 | 15 - 35                                                                           |
| Stokbroden met gesmolten kaas                                                     | Hetelucht                                                                         | 160 - 170 | 15 - 30                                                                           |
| Melkrijst                                                                         | Boven + onderwarmte                                                               | 180 - 200 | 40 - 60                                                                           |
| Visschotels                                                                       | Boven + onderwarmte                                                               | 180 - 200 | 30 - 60                                                                           |
| Gevulde groenten                                                                  | Hetelucht                                                                         | 160 - 170 | 30 - 60                                                                           |

## Bakken op meerdere niveaus

Gebruik de functie: Hetelucht.

Gebruik voor 2 bakplaten de eerste en de vierde rekstand.

CAKE / GEBAK / BROOD OP BAKPLATEN

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Roomsoezen / Eclairs, verwarm de lege oven voor                                     | 160 - 180 | 25 - 45                                                                             |
| Droge kruimeltaart                                                                  | 150 - 160 | 30 - 45                                                                             |

KOEKJES EN BISCUITS

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Zandkoekjes                                                                         | 140       | 25 - 45                                                                             |
| Schuimgebakjes                                                                      | 80 - 100  | 130 - 170                                                                           |
| Bitterkoekjes                                                                       | 100 - 120 | 40 - 80                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Gistdeegkoekjes                                                                   | 160 - 170 | 30 - 60                                                                           |
| Bladerdeeggebakjes, verwarm de lege oven voor                                     | 170 - 180 | 30 - 50                                                                           |
| Broodjes                                                                          | 180       | 20 - 30                                                                           |

Tips voor braden

- Gebruik hittebestendig kookgerei.
- Geroosterd mager vlees bedekt (u kunt aluminiumfolie gebruiken).
- Rooster grote stukken vlees direct op de bakplaat.
- Doe wat water in de bakplaat om te voorkomen dat druipend vet verbrandt.
- Draai het braadstuk na 1/2 - 2/3 van de gaartijd.
- Rooster vlees en vis in grote stukken (1 kg of meer).
- Als niveau 1 wordt aanbevolen, plaatst u het voedsel direct op de bakplaat
- Bedruip vleesstukken meerdere malen met hun eigen sap tijdens het roosteren.

Roosteren

Gebruik de eerste rekstand.

RUNDEVLEES

|  |  |  | °C        |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Braadpan                                                                           | 1 - 1.5                                                                            | Boven + onder-warmte                                                               | 230       | 120 - 150                                                                          |
| Biefstuk of filet, rauw, verwarm de lege oven voor                                 | 1 cm dik                                                                           | Circulatiegrill                                                                    | 190 - 200 | 5 - 6                                                                              |
| Biefstuk of filet, medium, verwarm de lege oven voor                               | 1 cm dik                                                                           | Circulatiegrill                                                                    | 180 - 190 | 6 - 8                                                                              |
| Biefstuk of filet, gaar, verwarm de lege oven voor                                 | 1 cm dik                                                                           | Circulatiegrill                                                                    | 170 - 180 | 8 - 10                                                                             |

VARKENSVLEES  
Gebruik de functie: Circulatiegrill.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Schouder / Nek / Ham-lap                                                          | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Chops / Spare rib                                                                 | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Vleesbrood                                                                        | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Varkensvlees, gare schenkel                                                       | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

### KALFSVLEES

Gebruik de functie: Circulatiegrill.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Geroosterd kalfsvlees                                                             | 1                                                                                 | 160 - 180 | 90 - 120                                                                          |
| Kalfsschenkel                                                                     | 1.5 - 2                                                                           | 160 - 180 | 120 - 150                                                                         |

### LAMSVLEES

Gebruik de functie: Circulatiegrill.

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Lamspoot / Geroosterd lamsvlees                                                   | 1 - 1.5                                                                           | 150 - 170  | 100 - 120                                                                         |
| Lamsrugfilet                                                                      | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

### WILD

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Rug / Hazenpoot, verwarm de lege oven voor                                          | 1                                                                                   | Circulatiegrill                                                                     | 180 - 200 | 35 - 55                                                                             |
| Hertenrugfilet                                                                      | 1.5 - 2                                                                             | Boven + onderwarmte                                                                 | 180 - 200 | 60 - 90                                                                             |
| Reebout, hertenbout                                                                 | 1.5 - 2                                                                             | Boven + onderwarmte                                                                 | 180 - 200 | 60 - 90                                                                             |

### GEVOGELTE

Gebruik de functie: Circulatiegrill.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Gevogelte, porties                                                                  | 0.2 - 0.25                                                                          | 200 - 220 | 30 - 50                                                                             |
| Halve kip                                                                           | 0.4 - 0.5                                                                           | 190 - 210 | 40 - 50                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Kip, poulard                                                                      | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Eend                                                                              | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Gans                                                                              | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Kalkoen                                                                           | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Kalkoen                                                                           | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

VIS

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Hele vis                                                                          | 1 - 1.5                                                                           | Circulatiegrill                                                                   | 180 - 200 | 30 - 50                                                                           |

Brood bakken

Voorverwarmen wordt niet aanbevolen.

Gebruik de tweede rekstand.

BROOD

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Witbrood                                                                          | 170 - 190 | 40 - 60                                                                           |
| Baguette                                                                          | 200 - 220 | 35 - 45                                                                           |
| Brioche                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Roggebrood                                                                        | 170 - 190 | 50 - 70                                                                           |
| Volkoren brood                                                                    | 170 - 190 | 50 - 70                                                                           |
| Volkorenbrood                                                                     | 170 - 190 | 40 - 60                                                                           |
| Brood/Broodjes                                                                    | 190 - 210 | 20 - 35                                                                           |

Knapperig bakken met Pizza-functie

PIZZA

Gebruik de eerste rekstand.



|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Taarten                                                                           | 180 - 200 | 40 - 55                                                                           |
| Spinazievlaai                                                                     | 160 - 180 | 45 - 60                                                                           |
| Quiche Lorraine / Zwitserse vlaai                                                 | 170 - 190 | 45 - 55                                                                           |
| Appeltaart, bedekt                                                                | 150 - 170 | 50 - 60                                                                           |

## PIZZA

Verwarm de lege oven voor voordat u gaat koken.

Gebruik de tweede rekstand.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pizza, dunne korst, gebruik de braadpan                                           | 210 - 230 | 15 - 25                                                                           |
| Pizza, dikke korst                                                                | 180 - 200 | 20 - 30                                                                           |
| Ongedesemd brood                                                                  | 210 - 230 | 10 - 20                                                                           |
| Vlaai bladerdeeggebak                                                             | 160 - 180 | 45 - 55                                                                           |
| Flammkuchen                                                                       | 210 - 230 | 15 - 25                                                                           |
| Pierogi                                                                           | 180 - 200 | 15 - 25                                                                           |
| Groentetaart                                                                      | 160 - 180 | 50 - 60                                                                           |

## Grillen

Verwarm de lege oven voor voordat u gaat koken.

Alleen dunne stukken vlees of vis grillen.

Plaats een pan op de eerste rekstand om vet op te vangen.

### GRILLEN

|  | °C        | <br>1e kant | <br>2e kant |  |
|-------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Runderfilet                                                                         | 230       | 20 - 30                                                                                        | 20 - 30                                                                                        | 3                                                                                   |
| Varkenshaas                                                                         | 210 - 230 | 30 - 40                                                                                        | 30 - 40                                                                                        | 2                                                                                   |
| Lamsrugfilet                                                                        | 210 - 230 | 25 - 35                                                                                        | 20 - 25                                                                                        | 3                                                                                   |

## Lage Temperatuur Garen

Met deze functie bereidt u vlees en vis op magere wijze mals. De functie is niet van toepassing op gevogelte, vet varkensgebraad, gebraad.

1. Bak het vlees 1 - 2 minuten aan beide zijden aan in een pan op een hoog vuur.
2. Als de derde rekstand wordt aanbevolen, plaats je het voedsel direct op het bakrooster. Plaats een bakplaat/braadpan op de eerste rekstand om vet op te vangen. Als de eerste rekstand wordt aanbevolen, plaats je het voedsel direct op de bakplaat. Kook altijd zonder deksel terwijl u deze functie gebruikt.
3. Gebruik: Voedselsensor.  
Stel de temperatuur in op 120°C.

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Steaks                                                                            | 0.2 - 0.3                                                                         | 20 - 40                                                                           | 3                                                                                 |
| Filet of rundvlees                                                                | 1 - 1.5                                                                           | 90 - 150                                                                          | 3                                                                                 |
| Biefstuk                                                                          | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Geroosterd kalfsvlees                                                             | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

## Bevroren gerechten

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pizza, bevroren                                                                   | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| American pizza, bevroren                                                          | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Pizza, gekoeld                                                                    | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Pizzasnacks, bevroren                                                             | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Frietjes, dun                                                                     | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Frietjes, dik                                                                     | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Aardappelpartjes / Aardappelkroketjes                                             | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Rösties                                                                           | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagne / Cannelloni, vers                                                        | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagne / Cannelloni, bevroren                                                    | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Gebakken kaas                                                                     | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Kippenvleugels                                                                    | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

## Inmaken

Gebruik de functie: Onderwarmte.

Gebruik alleen conserveerpotten met dezelfde afmetingen die op de markt verkrijgbaar zijn.

Gebruik geen potten met deksels van het type twist-off en bajonet of metalen blikken.

Gebruik de eerste rekstand.

Zet niet meer dan zes wekflessen van één liter op de bakplaat.

Vul de potten gelijkmatig en sluit ze met een klem.

De potten mogen elkaar niet aanraken.

Doe ongeveer 1/2 liter water in de bakplaat om voldoende vocht in de oven te geven.

Wanneer de vloeistof in de potten begint te sudderen (na ongeveer 35 - 60 minuten met potten van één liter), stop dan de oven of verlaag de temperatuur tot 100°C (zie tabel).

Stel de temperatuur in op 160 - 170°C.

### ZACHTE VRUCHTEN

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Aardbeien / Bosbessen / Frambozen / Rijpe kruisbessen                             | Kooktijd tot het sudderen begint<br>35 - 45                                       |

### STEENVRUCHTEN

|  |  |  |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Perziken / Kweeperen / Pruimen                                                     | Kooktijd tot het sudderen begint<br>35 - 45                                       | Door blijven koken op 100°C<br>10 - 15                                             |

### GROENTEN

|  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Wortels                                                                             | Kooktijd tot het sudderen begint<br>50 - 60                                         | Door blijven koken op 100°C<br>5 - 10                                               |
| Komkommers                                                                          | 50 - 60                                                                             | -                                                                                   |
| Gemengde augurken                                                                   | 50 - 60                                                                             | 5 - 10                                                                              |
| Kohlrabi / Erwtten / Asperge                                                        | 50 - 60                                                                             | 15 - 20                                                                             |

Drogen - Hetelucht

Bedek de schalen met vetvrij papier of bakpapier.

Voor een beter resultaat stop je de oven halverwege de droogtijd, waarna je de deur opent en het één nacht laat afkoelen om het drogen te voltooien.

Gebruik voor 1 bakplaat de derde rekstand.

Gebruik voor 2 bakplaten de eerste en de vierde rekstand.

GROENTEN

|  | °C      |  (u) |
|-----------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------|
| Bonen                                                                             | 60 - 70 | 6 - 8                                                                                 |
| Paprika's                                                                         | 60 - 70 | 5 - 6                                                                                 |
| Groenten voor soep                                                                | 60 - 70 | 5 - 6                                                                                 |
| Paddenstoelen                                                                     | 50 - 60 | 6 - 8                                                                                 |
| Kruiden                                                                           | 40 - 50 | 2 - 3                                                                                 |

FRUIT

Stel de temperatuur in op 60 - 70°C.

|  |  (u) |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Pruimen                                                                           | 8 - 10                                                                                |
| Abrikozen                                                                         | 8 - 10                                                                                |
| Appelplakjes                                                                      | 6 - 8                                                                                 |
| Peren                                                                             | 6 - 9                                                                                 |

Voedselsensor

RUNDEVLEES

|  | °C Kerntemperatuur van het voedsel |        |      |
|-------------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                     | Rauw                               | Medium | Gaar |
| Biefstuk                                                                            | 55                                 | 60     | 70   |
| Ossenhaas                                                                           | 45                                 | 60     | 70   |

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Vleesbrood                                                                        | 80                                 | 83     | 86   |

VARKENSVLEES

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Ham / Braadstuk                                                                   | 80                                 | 84     | 88   |
| Rugkotelet / Varkenshaas, ge-<br>rookt / Varkenshaas, gepocheerd                  | 75                                 | 78     | 82   |

KALFSVLEES

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Geroosterd kalfsvlees                                                             | 75                                 | 80     | 85   |
| Kalfsschenkel                                                                     | 85                                 | 88     | 90   |

SCHAPENVLEES/LAMSVLEES

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Schapenbout                                                                       | 80                                 | 85     | 88   |
| Rugfilet schapenvlees                                                             | 75                                 | 80     | 85   |
| Geroosterd lamsvlees / Lamspoot                                                   | 65                                 | 70     | 75   |

WILD

|  | °C Kerntemperatuur van het voedsel |        |      |
|-------------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                     | Minder                             | medium | meer |
| Hazenrugfilet / Hertenrugfilet                                                      | 65                                 | 70     | 75   |
| Hazenpoot / Haas, heel / Herten-<br>poot                                            | 70                                 | 75     | 80   |

GEVOGELTE

|  | °C Kerntemperatuur van het voedsel |        |      |
|-------------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                     | Minder                             | medium | meer |
| Kip                                                                                 | 80                                 | 83     | 85   |

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Eend, hele/halve / Kalkoen, hele/halve                                            | 75                                 | 80     | 85   |
| Eendenborst                                                                       | 60                                 | 65     | 70   |

VIS (ZALM, FOREL, SNOEKBAARS)

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Vis, hele/grote/gestoomde / Vis, hele/grote/geroosterde                           | 60                                 | 64     | 68   |

OVENSCHOTELS - VOORGEKOOKTE GROENTEN

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Ovenschotel courgette / Ovenschotel broccoli / Ovenschotel venkel                 | 85                                 | 88     | 91   |

OVENSCHOTELS - HARTIG

|  | °C Kerntemperatuur van het voedsel |        |      |
|-----------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                   | Minder                             | medium | meer |
| Cannelloni / Lasagne / Pasta gebakken                                             | 85                                 | 88     | 91   |

OVENSCHOTELS - ZOET

|                         | °C Kerntemperatuur van het voedsel |        |      |
|------------------------------------------------------------------------------------------------------------|------------------------------------|--------|------|
|                                                                                                            | Minder                             | medium | meer |
| Ovenschotel witbrood met/zonder fruit / Ovenschotel rijstepap met/zonder fruit / Ovenschotel zoete noedels | 80                                 | 85     | 90   |

Contents

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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 |

|  |  | °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.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 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.

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

|  |  Turbo Grilling<br>First step: cook meat |                                                                                   |  Full Steam<br>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                                                                          |



|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 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                                                                             | Thick fish fillet                                                                 | 75-85 |
| 20-30                                                                             | Trout, 0.25 kg                                                                    | 75-85 |
| 20-30                                                                             | Mussels                                                                           | 100   |
| 30-40                                                                             | Prawns, frozen                                                                    | 75-85 |

## MEAT

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 15-20                                                                               | Chipolatas                                                                          | 80  |
| 20-30                                                                               | Bavarian veal sausage<br>/ 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, preheating 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<br>(°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        | <br>1st side | <br>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

|  | <br>Cooking time until simmering |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Strawberries / Blueberries / Raspberries /<br>Ripe gooseberries                   | 35 - 45                                                                                                           |

## STONE FRUIT

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

## VEGETABLES

|  | <br>Cooking time until simmering | <br>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 /<br>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   |



Sisältö

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Oikeus muutoksiin pidätetään.

Ruoanlaittoon liittyviä suosituksia

Taulukoissa mainitut lämpötilat ja paistoajat ovat ainoastaan suuntaa-antavia. Optimaalinen aika ja lämpötila määräytyvät reseptin ja käytettyjen ainesten laadun ja määrän mukaan.

Laitteesi saattaa paistaa tai paahtaa eri tavalla kuin edellinen laitteesi. Alla olevat vinkit sisältävät suositellut lämpötilat, kypsennysajat ja kannatintasot eri ruokalajeille.

Laske kannatintasot uunin pohjasta alkaen.

Jos taulukossa ei ole reseptiisi sopivia asetuksia, voit soveltaa jonkin samantyyppisen paistoksen asetuksia.

Taulukoissa käytetyt symbolit:

|                                                                                     |                       |
|-------------------------------------------------------------------------------------|-----------------------|
|    | Ruokalaji             |
|    | Uunitoiminto          |
|    | Lämpötila             |
|  | Varusteet             |
|  | Lokero (Gastronorm)   |
|  | Paino (kg)            |
|  | Kannatintaso          |
|  | Kypsentämisaika (min) |

Neuvoja liittyen laitteen erikoisuuntoimintoihin

Lämpimänä pito

Tämä toiminto mahdollistaa ruoan säilyttämisen lämpimänä. Lämpötila säätyy automaattisesti arvoon 80 °C.

Lautasten lämmitys

Tämä toiminto mahdollistaa lautasten ja astioiden lämmittämisen ennen tarjoilua. Lämpötila säätyy automaattisesti arvoon 70 °C.

Aseta lautaset ja astiat tasaisesti päällekkäin uunin ritilälle. Käytä ensimmäistä hyllypaikkaa. Vaihda niiden paikkaa, kun lämmitysajasta on kulunut puolet.

**Taikinan nostatus**

Tämä toiminto mahdollistaa hiivataikinan kohottamisen. Aseta taikina suureen astiaan. Käytä ensimmäistä hyllypaikkaa. Aseta toiminto: Taikinan nostatus ja kypsennysaika.

**Sulatus**

Poista elintarvikkeen pakkaus ja aseta elintarvike lautaselle. Älä peitä elintarviketta, muutoin sulatusaika voi olla pitempi. Käytä ensimmäistä hyllypaikkaa.

**Voimakas höyry**

Ole varovainen luukua avatessasi, kun toiminto on päällä. Höyryä voi vapautua.

Tämän toiminnon avulla voit:

- steriloida astioita (esim. tuttipullot),
- valmistaa erilaisia tuoreita ja pakastettuja ruokia.

Sterilointi

Pane puhtaat astiat ylösalaisin ensimmäisessä ritiläasemassa olevan ritilän keskelle.

Täytä lokero maksimitasoon saakka ja aseta toiminta-ajaksi 40 minuuttia.

Kypsentäminen

Voit valmistaa, kuumentaa, sulattaa, keittää tai ryöpätä vihanneksia, lihaa, kalaa, pastaa, riisiä, suurimoita ja kananmunia.

Voit valmistaa muutaman ruokalajin sisältävän aterian yhdellä kertaa. Jotta kaikki ruoat valmistuisivat samaan aikaan, aloita pisimmän kypsennysajan vaativasta ruoasta ja lisää sen jälkeen muut ruoat oikeaan aikaan ruoanvalmistustaulukoiden mukaisesti

 Voimakas höyry

Esimerkki: Tämän ruoanlaittojakson kokonaisaika on 40 min. Aseta ensin arvoon Keitetyt perunat, neljään osaan leikatut, 20 min kuluttua lisää Lohifilee ja 30 min kuluttua Parsakaali, palasina.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Keitetyt perunat, neljään osaan leikatut                                            | 40                                                                                  |
| Lohifilee                                                                           | 20                                                                                  |
| Parsakaali, palasina                                                                | 10                                                                                  |

Käytä suurinta vaadittua vesimäärää valmistaessa useampia ruokia samanaikaisesti.

Käytä toista hyllytasoa.

# VIHANNEKSET

Aseta lämpötilaksi 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Parsakaali, palasina, esikuumenna tyhjä uuni                                      |
| 10                                                                                | Kuoritut tomaatit                                                                 |
| 10 - 15                                                                           | Pinaatti, tuore                                                                   |
| 10 - 15                                                                           | Kesäkurpitsa, viipaleina                                                          |
| 15                                                                                | Vihannekset, ryöpätyt                                                             |
| 15 - 20                                                                           | Sienet, viipaleina                                                                |
| 15 - 20                                                                           | Paprika, suikaleina                                                               |
| 15 - 25                                                                           | Parsakaali, kokonainen                                                            |
| 15 - 25                                                                           | Parsa, vihreä                                                                     |
| 15 - 25                                                                           | Munakoisot                                                                        |
| 15 - 25                                                                           | Kurpitsa, kuutioina                                                               |
| 15 - 25                                                                           | Tomaatit                                                                          |
| 20 - 25                                                                           | Pavut, ryöpätyt                                                                   |
| 20 - 25                                                                           | Vuonankaali                                                                       |
| 20 - 25                                                                           | Savojin kaali                                                                     |
| 20 - 30                                                                           | Selleri, kuutioina                                                                |
| 20 - 30                                                                           | Purjosipuli, renkaina                                                             |
| 20 - 30                                                                           | Herneet                                                                           |
| 20 - 30                                                                           | Pakastetut herneet / Kaiserpippuri                                                |
| 20 - 30                                                                           | Bataatti                                                                          |
| 20 - 30                                                                           | Fenkoli                                                                           |
| 20 - 30                                                                           | Porkkanat                                                                         |
| 25 - 35                                                                           | Parsa, valkoinen                                                                  |
| 25 - 35                                                                           | Ruusukaali                                                                        |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25 - 35                                                                           | Kukkakaali, palasina                                                              |
| 25 - 35                                                                           | Kyssäkaali, suikaleina                                                            |
| 25 - 35                                                                           | Valkoiset leikkopavut                                                             |
| 30 - 40                                                                           | Maissintähkä                                                                      |
| 35 - 45                                                                           | Mustajuuri                                                                        |
| 35 - 45                                                                           | Kukkakaali, kokonainen                                                            |
| 35 - 45                                                                           | Vihreät pavut                                                                     |
| 40 - 45                                                                           | Valko- tai punakaali, suikaleina                                                  |
| 50 - 60                                                                           | Artisokat                                                                         |
| 55 - 65                                                                           | Kuivat pavut, liotettuina, vesi/papusuhde 2:1                                     |
| 60 - 90                                                                           | Hapankaali                                                                        |
| 70 - 90                                                                           | Punajuuri                                                                         |

## LISUKKEET

Aseta lämpötilaksi 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 15 - 20                                                                           | Couscous, vesi-/kuskussuhde 1:1                                                   |
| 15 - 25                                                                           | Tagliatelle, tuore                                                                |
| 20 - 25                                                                           | Suurimopuuro, maito/suurimosuhde 3,5:1                                            |
| 20 - 30                                                                           | Linssit, punaiset, vesi/linssisuhde 1:1                                           |
| 25 - 30                                                                           | Spätzle-pasta                                                                     |
| 25 - 35                                                                           | Bulgur, vesi/bulgur-suhde 1:1                                                     |
| 25 - 35                                                                           | Hiivamykyt                                                                        |
| 30 - 35                                                                           | Tuoksuva riisi, vesi/riisisuhde 1:1                                               |
| 30 - 40                                                                           | Keitetyt perunat, neljään osaan leikatut                                          |
| 35 - 45                                                                           | Leipämykyt                                                                        |
| 35 - 45                                                                           | Perunamykyt                                                                       |

|  |       |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 35 - 45                                                                           | Riisi, vesi-riisi-suhde 1:1, veden ja riisin suhde voi vaihdella riisilajikkeen mukaan |
| 40 - 50                                                                           | Polenta, nestesuhde 3:1                                                                |
| 40 - 55                                                                           | Riisivanukas, maito/riisisuhde 2,5:1                                                   |
| 45 - 55                                                                           | Kuorimattomat perunat, keskiuureet                                                     |
| 55 - 60                                                                           | Linssit, ruskeat ja vihreät, vesi/linssisuhde 2:1                                      |

## HEDELMÄT

Aseta lämpötilaksi 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Omenaviipaleet                                                                    |
| 10 - 15                                                                           | Kuumat marjat                                                                     |
| 10 - 20                                                                           | Suklaan sulattaminen                                                              |
| 20 - 25                                                                           | Hedelmähilloke                                                                    |

## FISH (Kala)

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 15 - 20                                                                           | Kampelafilee                                                                      | 75 - 80 |
| 20 - 25                                                                           | Katkaravut, tuoreet                                                               | 75 - 85 |
| 20 - 30                                                                           | Simpukat                                                                          | 100     |
| 20 - 30                                                                           | Lohifilee                                                                         | 85      |
| 20 - 30                                                                           | Taimen, 0,25 kg                                                                   | 85      |
| 30 - 40                                                                           | Katkaravut, pakastetut                                                            | 75 - 85 |
| 40 - 45                                                                           | Härkänieriä, 1 kg                                                                 | 85      |

## LIHA

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15 - 20                                                                             | Chipolatas                                                                          | 80 |
| 20 - 30                                                                             | Baijerilainen vasikanlihamakkara / Valkoinen makkara                                | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 20 - 30                                                                           | Wieniläinen makkara                                                               | 80  |
| 25 - 35                                                                           | Kananrinta, keitetty                                                              | 90  |
| 55 - 65                                                                           | Keitetty kinkku, 1 kg                                                             | 100 |
| 60 - 70                                                                           | Kana, keitetty, 1–1.2 kg                                                          | 100 |
| 70 - 90                                                                           | Kassler, haudutettu                                                               | 90  |
| 80 - 90                                                                           | Vasikanliha / Porsaankylkipaisti, 0.8–1 kg                                        | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

KANANMUNAT  
Aseta lämpötilaksi 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Kananmunat, pehmeäksi keitetyt                                                    |
| 12 - 13                                                                           | Kananmunat, keskikovaksi keitetyt                                                 |
| 18 - 21                                                                           | Kananmunat, kovaksi keitetyt                                                      |

**Yhdistelmätoiminto: Teho grillaus + Voimakas höyry**

Voit yhdistää nämä toiminnot lihan, vihannesten ja lisukkeiden samanaikaista kypsentämistä varten.

- 1. Aseta toiminto: Teho grillaus lihan paistamiseen.
- 2. Lisää vihannekset ja lisukkeet.
- 3. Laske uunin lämpötila noin 90 °C:een. Voit avata uuninluukun ensimmäiseen asentoon noin 15 minuutin ajaksi.
- 4. Aseta toiminto: Voimakas höyry. Kypsennä kaikki ruoat yhdessä, kunnes ne ovat valmiit. Kypsennä liha ensimmäisellä kannatintasolla ja vihannekset kolmannella kannatintasolla. Aseta liha suoraan leivinpellille.

|  |  Teho grillaus |                                                                                     |  Voimakas höyry |                                                                                     |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                     | Ensimmäinen vaihe: kypsennä liha                                                                  |                                                                                     | Toinen vaihe: lisää vihannekset                                                                    |                                                                                     |
|                                                                                     | °C                                                                                                |  | °C                                                                                                 |  |
| Paahtopaisti, 1 kg / Ruusukaali, maissipuuro                                        | 180                                                                                               | 60 - 70                                                                             | 100                                                                                                | 40 - 50                                                                             |

|  |  Teho grillaus<br>Ensimmäinen vaihe: kypsennä liha |                                                                                   |  Voimakas höyry<br>Toinen vaihe: lisää vihannekset |                                                                                   |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                  |  | °C                                                                                                                                  |  |
| Porsaanpaisti, 1 kg / Perunat / Vihannekset, kastike                              | 180                                                                                                                                 | 60 - 70                                                                           | 100                                                                                                                                 | 30 - 40                                                                           |
| Vasikanpaisti, 1 kg / Riisi / Vihannekset                                         | 180                                                                                                                                 | 50 - 60                                                                           | 100                                                                                                                                 | 30 - 40                                                                           |

Korkea kosteus

Käytä toista kannatintasoa.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vanukas / Piiras pieninä paloina                                                  | 90        | 35 - 45                                                                           |
| Munat, paistetut                                                                  | 90 - 110  | 15 - 30                                                                           |
| Terriini                                                                          | 90        | 40 - 50                                                                           |
| Kampelafilee                                                                      | 85        | 15 - 25                                                                           |
| Paksu kalafilee                                                                   | 90        | 25 - 35                                                                           |
| Pieni kala, enintään 0,35 kg                                                      | 90        | 20 - 30                                                                           |
| Kokonainen kala, arvoon 1 kg                                                      | 90        | 30 - 40                                                                           |
| Mykyt                                                                             | 120 - 130 | 40 - 50                                                                           |

Matala kosteus

Käytä toista kannatintasoa ellei muuta mainita.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Paistovalmiit sämpylät                                                              | 200 | 20 - 30                                                                             |
| Paistovalmiit patongit, 40–50 g                                                     | 200 | 15 - 20                                                                             |
| Paistovalmiit patongit, pakastetut, 40–50 g                                         | 200 | 25 - 35                                                                             |
| Lihamureke, raaka, 0,5 kg                                                           | 180 | 30 - 40                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Makaronilaatikko                                                                  | 170 - 190 | 40 - 50                                                                           |
| Lasagne                                                                           | 170 - 180 | 45 - 55                                                                           |
| Leipä, 0,5–1 g                                                                    | 180 - 190 | 45 - 60                                                                           |
| Perunapaistos                                                                     | 160 - 170 | 50 - 60                                                                           |
| Kana, 1 g                                                                         | 180 - 210 | 50 - 60                                                                           |
| Porsaankylickpaisti, savustettu, 0,6–1 g, liota 2 tuntia                          | 160 - 180 | 60 - 70                                                                           |
| Paahtopaisti, 1 g                                                                 | 180 - 200 | 60 - 90                                                                           |
| Ankka, 1.5–2 g                                                                    | 180       | 70 - 90                                                                           |
| Vasikanpaisti, 1 g                                                                | 180       | 80 - 90                                                                           |
| Porsaanpaisti, 1 g                                                                | 160 - 180 | 90 - 100                                                                          |
| Hanhi, 3 g, käytä ensimmäistä hyllytasoa                                          | 170       | 130 - 170                                                                         |

**Lämmitys höyryllä**

Käytä toista kannatintasoa.

|  | °C  |  |
|-----------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------|
| Yhden lautasen ruoat                                                              | 110 | 10 - 15                                                                           |
| Pasta                                                                             | 110 | 10 - 15                                                                           |
| Riisi                                                                             | 110 | 10 - 15                                                                           |
| Mykyt                                                                             | 110 | 15 - 25                                                                           |

**EasySteam**

**Höyrytys**  
VIHANNEKSET

Käytä toista kannatintasoa.  
Aseta lämpötila arvoon 100 °C.



|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Parsakaali, palasina, esikuumenna tyhjä uuni                                      |
| 10                                                                                | Kuoritut tomaatit                                                                 |
| 10-15                                                                             | Pinaatti, tuore                                                                   |
| 10-15                                                                             | Kesäkurpitsa, viipaleina                                                          |
| 15                                                                                | Vihannekset, ryöpätyt                                                             |
| 15-20                                                                             | Paprika, suikaleina                                                               |
| 15-20                                                                             | Sienet, viipaleina                                                                |
| 15-25                                                                             | Munakoisot                                                                        |
| 15-25                                                                             | Kukkakaali, kokonainen                                                            |
| 15-25                                                                             | Parsakaali, kokonainen                                                            |
| 15-25                                                                             | Parsa, vihreä                                                                     |
| 15-25                                                                             | Tomaatit                                                                          |
| 15-25                                                                             | Kurpitsa, kuutioina                                                               |
| 20-25                                                                             | Vuonankaali                                                                       |
| 20-25                                                                             | Savojin kaali                                                                     |
| 20-25                                                                             | Pavut, ryöpätyt                                                                   |
| 20-30                                                                             | Bataatti                                                                          |
| 20-30                                                                             | Herneet                                                                           |
| 20-30                                                                             | Fenkoli                                                                           |
| 20-30                                                                             | Porkkanat                                                                         |
| 20-30                                                                             | Purjosipuli, renkaina                                                             |
| 20-30                                                                             | Selleri, kuutioina                                                                |
| 20-30                                                                             | Pakastetut herneet                                                                |
| 25-35                                                                             | Kukkakaali, palasina                                                              |
| 25-35                                                                             | Kyssäkaali, suikaleina                                                            |
| 25-35                                                                             | Ruusukaali                                                                        |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25-35                                                                             | Parsa, valkoinen                                                                  |
| 25-35                                                                             | Valkoiset leikkopavut                                                             |
| 30-40                                                                             | Maissintähkä                                                                      |
| 35-45                                                                             | Vihreät pavut                                                                     |
| 35-45                                                                             | Mustajuuri                                                                        |
| 40-45                                                                             | Valko- tai punakaali, suikaleina                                                  |
| 50 - 60                                                                           | Artisokat                                                                         |
| 55-65                                                                             | Kuivat pavut, liotettuina                                                         |
| 60-90                                                                             | Hapankaali                                                                        |
| 70-90                                                                             | Punajuuri                                                                         |

## LISUKKEET

Aseta lämpötila arvoon 100 °C.

|  |       |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 15-20                                                                             | Couscous, vesi-/kuskussuhde 1:1                                                        |
| 15-25                                                                             | Tagliatelle, tuore                                                                     |
| 20-25                                                                             | Suurimopuuro, maito/suurimosuhde 3:5:1                                                 |
| 20-30                                                                             | Linssit, punaiset, vesi/linssisuhde 1:1                                                |
| 25-30                                                                             | Spätzle-pasta                                                                          |
| 25-35                                                                             | Bulgur, vesi/bulgur-suhde 1:1                                                          |
| 25-35                                                                             | Hiivamykyt                                                                             |
| 30-35                                                                             | Tuoksuva riisi, vesi/riisisuhde 1:1                                                    |
| 30-40                                                                             | Keitetyt perunat, neljään osaan leikatut                                               |
| 35-45                                                                             | Perunamykyt                                                                            |
| 35-45                                                                             | Riisi, vesi-riisisuhde 1:1, veden ja riisin suhde voi vaihdella riisilajikkeen mukaan. |
| 35-45                                                                             | Leipämykyt                                                                             |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 40-50                                                                             | Polenta, nestesuhde 3:1                                                           |
| 40-55                                                                             | Riisivanukas, maito/riisisuhde 2,5:1                                              |
| 45-55                                                                             | Kuorimattomat perunat, keskisuuret                                                |
| 55-60                                                                             | Linssit, ruskeat ja vihreät, vesi/linssisuhde 2:1                                 |

HEDELMÄT  
Aseta lämpötilaksi 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Omenaviipaleet                                                                    |
| 10-15                                                                             | Kuumat marjat                                                                     |
| 10-20                                                                             | Suklaan sulattaminen                                                              |
| 20-25                                                                             | Hedelmähilloke                                                                    |

FISH (Kala)

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Kampelafilee                                                                      | 75-80 |
| 20-25                                                                             | Katkaravut, tuoreet                                                               | 75-85 |
| 20-30                                                                             | Paksu kalafilee                                                                   | 75-85 |
| 20-30                                                                             | Taimen, 0,25 kg                                                                   | 75-85 |
| 20-30                                                                             | Simpukat                                                                          | 100   |
| 30-40                                                                             | Katkaravut, pakastetut                                                            | 75-85 |

LIHA

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 15-20                                                                               | Chipolatas                                                                          | 80  |
| 20-30                                                                               | Baijerilainen vasikanlihamakkara / Valkoinen makkara                                | 80  |
| 20-30                                                                               | Wieniläinen makkara                                                                 | 80  |
| 25-35                                                                               | Kananrinta, keitetty                                                                | 90  |
| 55-65                                                                               | Keitetty kinkku, 1 kg                                                               | 100 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 60-70                                                                             | Kana, keitetty, 1–1.2 kg                                                          | 100 |
| 70-90                                                                             | Kassler, haudutettu                                                               | 90  |
| 80-90                                                                             | Vasikanliha / Porsaankylkipaisti, 0.8–1 kg                                        | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

KANANMUNAT

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Kananmunat, pehmeäksi keitetyt                                                    | 100 |
| 12-13                                                                             | Kananmunat, keskikovaksi keitetyt                                                 | 100 |
| 18-21                                                                             | Kananmunat, kovaksi keitetyt                                                      | 100 |
| 35-45                                                                             | Vanukas / Crème Caramel                                                           | 85  |
| 40-50                                                                             | Terriini                                                                          | 85  |

Haudutus höyryllä

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Munat, paistetut                                                                  | 110       |
| 20 - 30                                                                           | Kokonainen kala, arvoon 1 kg                                                      | 120 - 130 |
| 40 - 50                                                                           | Mykyt                                                                             | 120 - 130 |
| 50 - 60                                                                           | Haudutettu / Haudutettu kala                                                      | 130       |
| 60 - 90                                                                           | Haudutettu / Haudutettu kana                                                      | 130       |
| 100 - 140                                                                         | Haudutettu / Haudutettu liha                                                      | 130       |

Ruskistus höyryllä

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 20 - 40                                                                             | Kalapaistos                                                                         | 150 |
| 35 - 50                                                                             | Täytetyt vihannekset                                                                | 150 |
| 35 - 45                                                                             | Makaronilaatikko / Vuokaruoka                                                       | 150 |
| 40 - 50                                                                             | Lasagne                                                                             | 150 |

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 60 - 70                                                                           | Perunapaistos                                                                     | 150       |
| 75 - 100                                                                          | Siankylki                                                                         | 140 - 150 |

### Paahtaminen ja leipominen höyryllä

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Paistovalmiit patongit, 0,04–0,05 kg                                              | 200       |
| 15 - 25                                                                           | Pikkuleivät                                                                       | 155-170   |
| 20 - 35                                                                           | Sokerileipomot                                                                    | 170 - 180 |
| 25 - 35                                                                           | Paistovalmiit patongit, pakastetut, 0,04–0,05 kg                                  | 200       |
| 25 - 35                                                                           | Sämpylät                                                                          | 180 - 200 |
| 25 - 40                                                                           | Paistetut kalafileet                                                              | 170 - 180 |
| 30 - 40                                                                           | Lihamureke, ei kypsennetty, 0,5 kg                                                | 180       |
| 30 - 40                                                                           | Pataruoka                                                                         | 160       |
| 30 - 40                                                                           | Munakas                                                                           | 160-170   |
| 30 - 45                                                                           | Pulla                                                                             | 160 - 170 |
| 35 - 45                                                                           | Paistettu kala                                                                    | 170 - 180 |
| 45 - 60                                                                           | Eri leipälajit, 0,5–1 kg                                                          | 180 - 190 |
| 45 - 60                                                                           | Jälkiruoat                                                                        | 160 - 180 |
| 50 - 60                                                                           | Kana, 1 kg                                                                        | 180-210   |
| 60 - 70                                                                           | Porsaanselkäpaisti, savustettu, 0,6–1 kg                                          | 160-180   |
| 60 - 90                                                                           | Paahtopaisti, 1 kg                                                                | 180-200   |
| 70 - 90                                                                           | Ankka, 1,5–2 kg                                                                   | 180       |
| 80 - 90                                                                           | Vasikanpaisti, 1 kg                                                               | 180       |
| 90 - 100                                                                          | Porsaanpaisti, 1 kg                                                               | 160-180   |

Käytä ensimmäistä hyllypaikkaa.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pizza / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Lehtitaiquina / Mausteinen kakku / Sämpylät                                       | 155 - 180 |
| 45-60                                                                             | Murotaikina                                                                       | 155 - 170 |
| 130-170                                                                           | Hanhi, 3 kg                                                                       | 170       |

**Leivonnaisten paistaminen**

Käytä alhaisempaa lämpötilaa ensimmäisellä paistokerralla.

Jos paistat useammalla kuin yhdellä kannatintasolla, voit pidentää paistoaikaa 10 – 15 minuuttia.

Eri kannatintasoilla olevat leivonnaiset voivat ruskistua epätasaisesti. Lämpötila-asetusta ei tarvitse muuttaa, jos ruskistuminen on epätasaista. Erot tasaantuvat paistumisen jatkuessa.

Uunissa olevat pellit voivat vääntyä paistamisen aikana. Jäähdyessään uunipellit palautuvat kuitenkin alkuperäiseen muotoonsa.

**Leivontavinkkejä**

| Leivontatulokset                                     | Mahdollinen syy                                         | Korjaustoimenpide                                                      |
|------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------------|
| Kakun pohja ei ole riittävän kypsä.                  | Kannatintaso on virheellinen.                           | Laita kakku alemmalle kannatintasolle.                                 |
| Kakku laskeutuu, se on taikinainen tai liian kostea. | Uunin lämpötila on liian korkea.                        | Käytä seuraavalla kerralla hiukan alhaisempaa lämpötilaa.              |
|                                                      | Liian korkea paistolämpötila ja liian lyhyt paistoaika. | Aseta seuraavalla kerralla pidempi paistoaika ja alhaisempi lämpötila. |
| Kakku on liian kuiva.                                | Uunin lämpötila on liian matala.                        | Käytä seuraavalla kerralla hiukan korkeampaa lämpötilaa.               |
|                                                      | Liian pitkä paistoaika.                                 | Aseta seuraavalla kerralla lyhyempi paistoaika.                        |

| Leivontatulos                                          | Mahdollinen syy                                         | Korjaustoimenpide                                                      |
|--------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------------|
| Kakku kypsyy epätasaisesti.                            | Liian korkea paistolämpötila ja liian lyhyt paistoaika. | Aseta seuraavalla kerralla pitempi paistoaika ja alhaisempi lämpötila. |
|                                                        | Kakkutaikina ei ole jakautunut tasaisesti.              | Levitä kakkutaikina seuraavalla kerralla tasaisesti leivinpeltiin.     |
| Kakku ei paistu reseptissä ilmoitetussa paistoa-jassa. | Uunin lämpötila on liian matala.                        | Käytä seuraavalla kerralla hiukan korkeampaa lämpötilaa.               |

**Paistaminen yhdellä kannatintasolla**

VUOASSA PAISTETUT LEIVONNAISET

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Maustekakku / Briosi                                                              | Kiertoilma                                                                        | 150 - 160 | 50 - 70                                                                           | 1                                                                                 |
| Maustekakku / Hedelmäkotelo                                                       | Kiertoilma                                                                        | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Kakkupohja murotaikinasta, esikuumenna tyhjä uuni                                 | Kiertoilma                                                                        | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Torttupohja vatka-tusta taikinasta                                                | Kiertoilma                                                                        | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Juustokakku                                                                       | Ylä + alalämpö                                                                    | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

LEIVINPELLILLÄ PAISTETTAVAT KAKUT / LEIVONNAISET / LEIVÄT  
Esikuumenna tyhjää uunia ellei muuta mainita.

|  |  | °C                 |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Pullapitko / Pullakranssi, esikuumennus ei ole tarpeen                              | Ylä + alalämpö                                                                      | 170 - 190          | 30 - 40                                                                             | 3                                                                                   |
| Joulupulla (stollen)                                                                | Ylä + alalämpö                                                                      | 160 - 180          | 50 - 70                                                                             | 2                                                                                   |
| Ruisleipä:                                                                          | Ylä + alalämpö                                                                      | ensin: 230         | 20                                                                                  | 1                                                                                   |
|                                                                                     |                                                                                     | myöhemmin: 160–180 | 30 - 60                                                                             |                                                                                     |

|    |  | °C        |  |  |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Tuulihatut / Eclair-leivokset                                                       | Ylä + alalämpö                                                                    | 190 - 210 | 20 - 35                                                                           | 3                                                                                 |
| Kääretorttu,                                                                        | Ylä + alalämpö                                                                    | 180 - 200 | 10 - 20                                                                           | 3                                                                                 |
| Murukakku, esikuumennus ei ole tarpeen                                              | Kiertoilma                                                                        | 150 - 160 | 20 - 40                                                                           | 3                                                                                 |
| Voilla leivottu mantelikakku / Sokerikakut                                          | Ylä + alalämpö                                                                    | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Hedelmäkakku, esikuumennus ei ole tarpeen                                           | Ylä + alalämpö                                                                    | 180       | 35 - 55                                                                           | 3                                                                                 |
| Pellillä paistetut leivonnaiset, arka-laatuinen täyte (esim. rahka, kerma, vanukas) | Ylä + alalämpö                                                                    | 160 - 180 | 40 - 60                                                                           | 3                                                                                 |

## PIKKULEIVÄT

Käytä kolmatta hyllytasoa.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Murotaikina / Notkeat taikinat                                                    | Kiertoilma                                                                        | 150 - 160 | 15 - 25                                                                           |
| Marengit                                                                          | Kiertoilma                                                                        | 80 - 100  | 120 - 150                                                                         |
| Macaron leivos                                                                    | Kiertoilma                                                                        | 100 - 120 | 30 - 50                                                                           |
| Hiivataikinasta leivotut pikkuleivät                                              | Kiertoilma                                                                        | 150 - 160 | 20 - 40                                                                           |
| Lehtitaikina, esikuumenna tyhjä uuni                                              | Kiertoilma                                                                        | 170 - 180 | 20 - 30                                                                           |
| Sämpylät, esikuumenna tyhjä uuni                                                  | Ylä + alalämpö                                                                    | 190 - 210 | 10 - 25                                                                           |

## Paistokset ja gratiinit

Käytä ensimmäistä hyllypaikkaa.



|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Makaronilaatikko                                                                  | Ylä + alalämpö                                                                    | 180 - 200 | 45 - 60                                                                           |
| Lasagne                                                                           | Ylä + alalämpö                                                                    | 180 - 200 | 25 - 40                                                                           |
| Vihannesgratiini, esikuumenna tyhjä uuni                                          | Teho grillaus                                                                     | 170 - 190 | 15 - 35                                                                           |
| Patongit sulaneella juustolla                                                     | Kiertoilma                                                                        | 160 - 170 | 15 - 30                                                                           |
| Riisipuuro                                                                        | Ylä + alalämpö                                                                    | 180 - 200 | 40 - 60                                                                           |
| Kalalaatikko                                                                      | Ylä + alalämpö                                                                    | 180 - 200 | 30 - 60                                                                           |
| Täytetyt vihannekset                                                              | Kiertoilma                                                                        | 160 - 170 | 30 - 60                                                                           |

**Paistaminen useilla kannatintasoilla**

Käytä toimintoa: Kiertoilma:  
Käytä kahden leivinpellin tapauksessa ensimmäistä ja neljättä hyllykannatintasoa.

LEIVINPELLILLÄ PAISTETTAVAT KAKUT / LEIVONNAISET / LEIVÄT

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Tuulihatut / Eclair-leivokset, esikuumenna tyhjä uuni                             | 160 - 180 | 25 - 45                                                                           |
| Kuiva streusel-kakku                                                              | 150 - 160 | 30 - 45                                                                           |

PIKKULEIVÄT

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Murotaikinapikkuleivät                                                              | 140       | 25 - 45                                                                             |
| Marengit                                                                            | 80 - 100  | 130 - 170                                                                           |
| Macaron leivos                                                                      | 100 - 120 | 40 - 80                                                                             |
| Hiivataikinasta leivotut pikkuleivät                                                | 160 - 170 | 30 - 60                                                                             |
| Lehtitaikina, esikuumenna tyhjä uuni                                                | 170 - 180 | 30 - 50                                                                             |
| Sämpylät                                                                            | 180       | 20 - 30                                                                             |

**Vinkkejä paistamiseen**

Käytä lämmönkestäviä uunivuokia.

Paista vähärasvaista lihaa peitettynä (voit käyttää alumiinifoliota).

Paista suuret lihapalat suoraan leivinpellillä.

Kaada hiukan nestettä paistoastiaan, jotta valuva rasva ei pala.

Käännä paistia, kun paistoajasta on kulunut 1/2 - 2/3.

Paista liha tai kala suurina (vähintään 1 kg:n) palasina.

Jos käytettäväksi suositellaan tasoa ensimmäistä tasoa, aseta ruoka suoraan leivinpellille.

Valele paistien päälle niistä tulevia nesteitä useita kertoja paistamisen aikana.

**Lihan paistaminen**

Käytä ensimmäistä hyllypaikkaa.

**NAUDANLIHA**

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Patapaisti                                                                        | 1 - 1.5                                                                           | Ylä + alalämpö                                                                    | 230       | 120 - 150                                                                         |
| Paahtopaisti tai filee, puolikypsä, esikuumenna tyhjä uuni                        | 1 cm paksuus                                                                      | Teho grillaus                                                                     | 190 - 200 | 5 - 6                                                                             |
| Paahtopaisti tai filee, puolikypsä, esikuumenna tyhjä uuni                        | 1 cm paksuus                                                                      | Teho grillaus                                                                     | 180 - 190 | 6 - 8                                                                             |
| Paahtopaisti tai filee, kypsä, esikuumenna tyhjä uuni                             | 1 cm paksuus                                                                      | Teho grillaus                                                                     | 170 - 180 | 8 - 10                                                                            |

**SIANLIHA**

Käytä toimintoa: Teho grillaus:

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Lapa / Niska / Kinkku                                                               | 1 - 1.5                                                                             | 150 - 170 | 90 - 120                                                                            |
| Kyljykset / Siankylki                                                               | 1 - 1.5                                                                             | 170 - 190 | 30 - 60                                                                             |
| Lihamureke                                                                          | 0.75 - 1                                                                            | 160 - 170 | 50 - 60                                                                             |
| Porsaan potka, esikypsennetty                                                       | 0.75 - 1                                                                            | 150 - 170 | 90 - 120                                                                            |

## VASIKANLIHA

Käytä toimintoa: Teho grillaus:

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vasikanpaisti                                                                     | 1                                                                                 | 160 - 180 | 90 - 120                                                                          |
| Vasikanpotka                                                                      | 1.5 - 2                                                                           | 160 - 180 | 120 - 150                                                                         |

## LAMPAANLIHA

Käytä toimintoa: Teho grillaus:

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Lampaanreisi / Lammaspaisti                                                       | 1 - 1.5                                                                           | 150 - 170  | 100 - 120                                                                         |
| Lampaansatula                                                                     | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

## RIISTA

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Selkä / Jäniksenkoipi, esikuumenna tyhjä uuni                                     | 1                                                                                 | Teho grillaus                                                                     | 180 - 200 | 35 - 55                                                                            |
| Kauriin-/hirsensatula                                                             | 1.5 - 2                                                                           | Ylä + alalämpö                                                                    | 180 - 200 | 60 - 90                                                                            |
| Kauriin-/hirsvenreisi                                                             | 1.5 - 2                                                                           | Ylä + alalämpö                                                                    | 180 - 200 | 60 - 90                                                                            |

## LINNUNLIHA

Käytä toimintoa: Teho grillaus:

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Linnunliha, paloina                                                                 | 0.2 - 0.25                                                                          | 200 - 220 | 30 - 50                                                                             |
| Kana, puolikas                                                                      | 0.4 - 0.5                                                                           | 190 - 210 | 40 - 50                                                                             |
| Broileri, kana                                                                      | 1 - 1.5                                                                             | 190 - 210 | 50 - 70                                                                             |
| Ankka                                                                               | 1.5 - 2                                                                             | 180 - 200 | 80 - 100                                                                            |
| Hanhi                                                                               | 3.5 - 5                                                                             | 160 - 180 | 120 - 180                                                                           |
| Kalkkuna                                                                            | 2.5 - 3.5                                                                           | 160 - 180 | 120 - 150                                                                           |
| Kalkkuna                                                                            | 4 - 6                                                                               | 140 - 160 | 150 - 240                                                                           |

## FISH (Kala)

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Kokonainen kala                                                                   | 1 - 1.5                                                                           | Teho grillaus                                                                     | 180 - 200 | 30 - 50                                                                           |

**Leipä**

Esilämmitystä ei suositella.

Käytä toista kannatintasoa.

LEIPÄ

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vaalea leipä                                                                      | 170 - 190 | 40 - 60                                                                           |
| Patonki                                                                           | 200 - 220 | 35 - 45                                                                           |
| Briossi                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Ruisleipä                                                                         | 170 - 190 | 50 - 70                                                                           |
| Kokojyväleipä                                                                     | 170 - 190 | 50 - 70                                                                           |
| Täysjyväleipä                                                                     | 170 - 190 | 40 - 60                                                                           |
| Sämpylät                                                                          | 190 - 210 | 20 - 35                                                                           |

**Rapea pinta Pizza-toiminto**

PIZZA

Käytä ensimmäistä hyllypaikkaa.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Tortut                                                                              | 180 - 200 | 40 - 55                                                                             |
| Pinaattipiiras                                                                      | 160 - 180 | 45 - 60                                                                             |
| Kinkkupiiras / Sveitsiläinen pii-<br>ras                                            | 170 - 190 | 45 - 55                                                                             |
| Rahkaomenakakku                                                                     | 150 - 170 | 50 - 60                                                                             |

PIZZA

Esiikuumenna uuni ennen kypsennystä

Käytä toista kannatintasoa.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pizza, ohut pohja, käytä uuni-<br>pannua                                          | 210 - 230 | 15 - 25                                                                           |
| Pizza, paksu pohja                                                                | 180 - 200 | 20 - 30                                                                           |
| Pitaleipä/ Rieska                                                                 | 210 - 230 | 10 - 20                                                                           |
| Voitaikinapohjainen piiras                                                        | 160 - 180 | 45 - 55                                                                           |
| Flammkuchen                                                                       | 210 - 230 | 15 - 25                                                                           |
| Pierogi                                                                           | 180 - 200 | 15 - 25                                                                           |
| Vihannespiiras                                                                    | 160 - 180 | 50 - 60                                                                           |

Grilli

Esikuumenna tyhjää uunia ennen ruokien asettamista uuniin.

Grillaa vain ohuita liha- tai kalapaloja.

Aseta pannu ensimmäiselle kannatintasolle rasvan keräämiseksi.

GRILLI

|  | °C        | <br>1. puoli | <br>2. puoli |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Naudanfilee                                                                       | 230       | 20 - 30                                                                                       | 20 - 30                                                                                       | 3                                                                                 |
| Porsaankylkipaisti                                                                | 210 - 230 | 30 - 40                                                                                       | 30 - 40                                                                                       | 2                                                                                 |
| Lampaansatula                                                                     | 210 - 230 | 25 - 35                                                                                       | 20 - 25                                                                                       | 3                                                                                 |

Matalalämpö

Tämä toiminto mahdollistaa vähärasvaisen ja mehukkaan lihan ja kalan valmistamisen. Ei sovi kanan, lihapatojen tai rasvaisen porsaanaipaistin valmistamiseen.

1. Paista lihaa pannussa 1 - 2 minuutin ajan kummaltakin puolelta korkealla tehotasolla.
2. Jos käytettäväksi suositellaan kolmatta kannatintasoa, aseta ruoka suoraan paistoritilälle. Aseta leivinpelti/uunipannu ensimmäiselle kannatintasolle rasvan keräämiseksi.  
Jos käytettäväksi suositellaan ensimmäistä kannatintasoa, aseta ruoka suoraan pellille.  
Älä käytä kantha kyseistä toimintoa käytettäessä.
3. Käyttö: Paistolämpömittari.  
Aseta lämpötilaksi 120 °C.

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pihvit                                                                            | 0.2 - 0.3                                                                         | 20 - 40                                                                           | 3                                                                                 |
| Naudanfilee                                                                       | 1 - 1.5                                                                           | 90 - 150                                                                          | 3                                                                                 |
| Paahtopaisti                                                                      | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Vasikanpaisti                                                                     | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

**Pakasteet**

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pizza, pakaste                                                                    | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| Pizza American, pakaste                                                           | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Pizza, kylmä                                                                      | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Pizzapalat, pakaste                                                               | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Ranskalaiset perunat, ohuet                                                       | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Ranskalaiset perunat, paksut                                                      | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Lohkoperunat / Kroketit                                                           | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Röstiperunat                                                                      | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagne / Cannelloni, tuore                                                       | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagne / Cannelloni, pakaste                                                     | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Uunijuusto                                                                        | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Kanan siipipalat                                                                  | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

**Säilöntä**

Käytä toimintoa Alalämpö.

Käytä ainoastaan markkinoilla saatavilla olevia samankokoisia säilöntäpurkkeja.

Älä käytä kierrekorkillisia ja pikalukittavia lasipurkkeja tai metallitölkkejä.

Käytä ensimmäistä hyllypaikkaa.

Aseta leivinpellille korkeintaan kuusi yhden litran säilöntäpurkkia.

Täytä purkit tasaisesti ja sulje puristimella.

Purkit eivät saa koskettaa toisiaan.

Kaada noin 1/2 litraa vettä leivinpellille, jotta uunissa on riittävästi kosteutta.  
Kun purkeissa oleva neste alkaa kiehua (noin 35–60 minuutin kuluttua yhden litran purkeissa), pysäytä uuni tai laske lämpötila 100 °C:seen (katso taulukko).  
Aseta lämpötilaksi 160–170 °C.

PEHMEÄT MARJAT/HEDELMÄT

|  | <br>Keittoaika kiehumiseen |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Mansikat / Mustikat / Vadelmat / Kypsät karviaiset                                | 35 - 45                                                                                                     |

LUUHEDELMÄT

|  | <br>Keittoaika kiehumiseen | <br>Jatka keittämistä 100 °C:ssa |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Persikat / Kvittenit / Luumut                                                     | 35 - 45                                                                                                     | 10 - 15                                                                                                           |

VIHANNEKSET

|  | <br>Keittoaika kiehumiseen | <br>Jatka keittämistä 100 °C:ssa |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Porkkanat                                                                         | 50 - 60                                                                                                     | 5 - 10                                                                                                            |
| Kurkut                                                                            | 50 - 60                                                                                                     | -                                                                                                                 |
| Pikkelsi                                                                          | 50 - 60                                                                                                     | 5 - 10                                                                                                            |
| Kyssäkaali / Herneet / Parsa                                                      | 50 - 60                                                                                                     | 15 - 20                                                                                                           |

**Kuivattaminen - Kiertoilma**

Peitä pellit leivinpaperilla.  
Saat paremman lopputuloksen, kun pysäytät uunin sen saavutettua kuivausajan puolivälin, avaat uunin luukun, ja annat sen jäähtyä ja kuivua yön yli.  
Käytä yhden leivinpellin tapauksessa kolmatta hyllykannatintasoa.  
Käytä kahden leivinpellin tapauksessa ensimmäistä ja neljättä hyllykannatintasoa.

VIHANNEKSET

|  | °C      |  (t) |
|-------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------|
| Pavut                                                                               | 60 - 70 | 6 - 8                                                                                   |
| Paprika                                                                             | 60 - 70 | 5 - 6                                                                                   |

|  | °C      |  (t) |
|-----------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------|
| Keittovihannekset                                                                 | 60 - 70 | 5 - 6                                                                                 |
| Sienet                                                                            | 50 - 60 | 6 - 8                                                                                 |
| Yrtit                                                                             | 40 - 50 | 2 - 3                                                                                 |

HEDELMÄT  
Aseta lämpötilaksi 60–70 °C.

|  |  (t) |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Luumut                                                                            | 8 - 10                                                                                |
| Aprikoosit                                                                        | 8 - 10                                                                                |
| Omenaviipaleet                                                                    | 6 - 8                                                                                 |
| Päärynät                                                                          | 6 - 9                                                                                 |

**Paistolämpömittari**

NAUDANLIHA

|  | °C Ruoan sisälämpötila |           |       |
|-----------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                   | Puoliraaka             | Keskitaso | Kypsä |
| Paahtopaisti                                                                      | 55                     | 60        | 70    |
| Selkäpaisti                                                                       | 45                     | 60        | 70    |

|  | °C Ruoan sisälämpötila |           |       |
|-------------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                     | Vähemmän               | Keskitaso | Lisää |
| Lihamureke                                                                          | 80                     | 83        | 86    |

SIANLIHA

|  | °C Ruoan sisälämpötila |           |       |
|-------------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                     | Vähemmän               | Keskitaso | Lisää |
| Kinkku / Paisti                                                                     | 80                     | 84        | 88    |
| Selän kylkipaisti / Porsaankylkipaisti, savustettu / Porsaankylkipaisti, haudutettu | 75                     | 78        | 82    |



VASIKANLIHA

|  | °C Ruoan sisälämpötila |           |       |
|-----------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                   | Vähemmän               | Keskitaso | Lisää |
| Vasikanpaisti                                                                     | 75                     | 80        | 85    |
| Vasikanpotka                                                                      | 85                     | 88        | 90    |

LAMMAS

|  | °C Ruoan sisälämpötila |           |       |
|-----------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                   | Vähemmän               | Keskitaso | Lisää |
| Lampaanreisi                                                                      | 80                     | 85        | 88    |
| Lampaanselkä                                                                      | 75                     | 80        | 85    |
| Lammaspaisti / Lampaanreisi                                                       | 65                     | 70        | 75    |

RIISTA

|  | °C Ruoan sisälämpötila |           |       |
|-----------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                   | Vähemmän               | Keskitaso | Lisää |
| Jäniksenselkä / Kauriin-/hirsensa-<br>tula                                        | 65                     | 70        | 75    |
| Jäniksenkoipi / Jänis, kokonainen /<br>Kauriin-/hirsenkoipi                       | 70                     | 75        | 80    |

LINNUNLIHA

|  | °C Ruoan sisälämpötila |           |       |
|------------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                    | Vähemmän               | Keskitaso | Lisää |
| Kana                                                                               | 80                     | 83        | 85    |
| Ankka, kokonainen/puolikas /<br>Kalkkuna, kokonainen/rintapala                     | 75                     | 80        | 85    |
| Ankka, rintapala                                                                   | 60                     | 65        | 70    |

KALA (LOHI, TAIMEN, KUHA)

|  | °C Ruoan sisälämpötila |           |       |
|-------------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                     | Vähemmän               | Keskitaso | Lisää |
| Kala, kokonainen/suuri/haudutet-<br>tu / Kala, kokonainen/suuri/pais-<br>tettu      | 60                     | 64        | 68    |

VUOKARUOAT - ESIKEITETYT VIHANNEKSET

|  | °C Ruoan sisälämpötila |           |       |
|-----------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                   | Vähemmän               | Keskitaso | Lisää |
| Kesäkurpitsavuoka / Parsakaali-<br>vuoka / Fenkolivuoka                           | 85                     | 88        | 91    |

PATA - SUOLAINEN

|  | °C Ruoan sisälämpötila |           |       |
|-----------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                   | Vähemmän               | Keskitaso | Lisää |
| Cannelloni / Lasagne / Makaroni-<br>laatikko                                      | 85                     | 88        | 91    |

PATA - MAKEA

|                                                              | °C Ruoan sisälämpötila |           |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-----------|-------|
|                                                                                                                                               | Vähemmän               | Keskitaso | Lisää |
| Laatikkoruoka vaaleasta leivästä<br>hedelmillä / ilman hedelmiä / Riisi-<br>puurolaatikko hedelmillä / ilman<br>hedelmiä / Makea nuudelivuoka | 80                     | 85        | 90    |

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Sous réserve de modifications.

Recommandations de cuisson

Les températures et temps de cuisson se trouvant dans les tableaux ne sont indiqués qu'à titre indicatif. Elles varient selon les recettes, la qualité et la quantité des ingrédients utilisés.

Votre appareil peut cuire ou rôtir différemment de votre appareil précédent. Les conseils ci-dessous contiennent les réglages de température, les temps de cuisson et les positions de grilles recommandés pour des types d'aliments spécifiques.

Comptez les niveaux de grille à partir du bas du four.

Si vous ne trouvez pas les réglages appropriés pour une recette spécifique, cherchez-en une qui s'en rapproche.

Symboles utilisés dans les tableaux :

|                                                                                     |                        |
|-------------------------------------------------------------------------------------|------------------------|
|    | Type d'aliment         |
|    | Mode de cuisson        |
| °C                                                                                  | Température            |
|  | Accessoire             |
|  | Conteneur (Gastronorm) |
|  | Poids (kg)             |
|  | Niveau de la grille    |
|  | Heure de cuisson (min) |

Conseils pour les modes de cuisson spéciaux de l'appareil

Maintien au chaud

Cette fonction vous permet de maintenir les aliments au chaud. La température est réglée automatiquement sur 80 °C.

### **Chauffe-plats**

Cette fonction vous permet de faire chauffer des assiettes et des plats avant de servir. La température est réglée automatiquement sur 70 °C.

Placez les piles de plats et d'assiettes uniformément sur la grille. Utilisez le premier niveau de la grille. À la moitié du temps de chauffage, changez-les de place.

### **Levée de pâte/pain**

Cette fonction vous permet de faire lever une pâte à base de levure. Versez la pâte dans un grand plat. Utilisez le premier niveau de la grille. Réglez la fonction : Levée de pâte/pain et le temps de cuisson.

### **Décongélation**

Retirez l'emballage des aliments et placez les aliments sur une assiette. Ne couvrez pas les aliments car cela peut rallonger le temps de décongélation. Utilisez le premier niveau de la grille.

## **Vapeur intense**

Faites attention en ouvrant la porte du four lorsque cette fonction est active. De la vapeur peut se dégager.

Cette fonction vous permet de :

- stériliser des récipients (par ex., biberons),
- préparer tous types d'aliments, qu'ils soient frais ou congelés.

**Stérilisation**

Placez les contenants sens dessus dessous au centre de la grille sur le premier gradin.

Remplissez le bac jusqu'au niveau maximal et réglez sur 40 minutes.

**Cuisson**

Vous pouvez cuisiner, réchauffer, décongeler, pocher ou blanchir des légumes, des viandes, du poisson, des pâtes, du riz, de la semoule et des œufs.

Vous pouvez préparer un repas composé de plusieurs plats en une seule session de cuisine. Pour garantir que tous les plats seront prêts en même temps, démarrez la cuisson du plat nécessitant le temps de cuisson le plus long, et ajoutez les autres plats au bon moment, comme indiqué dans les tableaux de cuisson.



**Vapeur intense**

Exemple : La durée totale de cette session de cuisson est de 40 min. Tout d'abord, mettez P.d.t. vapeur en quartiers, après 20 min ajoutez Filets de saumon et Brocolis, fleurons après 30 min.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| P.d.t. vapeur en quartiers                                                        | 40                                                                                |
| Filets de saumon                                                                  | 20                                                                                |
| Brocolis, fleurons                                                                | 10                                                                                |

Utilisez la quantité d'eau maximale lorsque vous faites cuire plusieurs plats en même temps.

Utilisez le deuxième niveau de la grille.

### LÉGUMES

Réglez la température sur 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Brocolis, fleurons, préchauffer le four à vide                                    |
| 10                                                                                | Tomates pelées                                                                    |
| 10 - 15                                                                           | Épinards frais                                                                    |
| 10 - 15                                                                           | Courgette en lamelles                                                             |
| 15                                                                                | Légumes blanchis                                                                  |
| 15 - 20                                                                           | Champignon en lamelles                                                            |
| 15 - 20                                                                           | Poivron en lamelles                                                               |
| 15 - 25                                                                           | Brocoli entier                                                                    |
| 15 - 25                                                                           | Asperges vertes                                                                   |
| 15 - 25                                                                           | Aubergines                                                                        |
| 15 - 25                                                                           | Citrouille en cubes                                                               |
| 15 - 25                                                                           | Tomates                                                                           |
| 20 - 25                                                                           | Haricots blanchis                                                                 |
| 20 - 25                                                                           | Mâche en bouquets                                                                 |
| 20 - 25                                                                           | Chou de milan                                                                     |
| 20 - 30                                                                           | Céleri en cubes                                                                   |
| 20 - 30                                                                           | Poireaux en rondelles                                                             |
| 20 - 30                                                                           | Petits pois                                                                       |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Pois mange-tout / Poivrons Kaiser                                                 |
| 20 - 30                                                                           | Patates douces                                                                    |
| 20 - 30                                                                           | Fenouil                                                                           |
| 20 - 30                                                                           | Carottes                                                                          |
| 25 - 35                                                                           | Asperges blanches                                                                 |
| 25 - 35                                                                           | Choux de Bruxelles                                                                |
| 25 - 35                                                                           | Chou-fleur en bouquets                                                            |
| 25 - 35                                                                           | Chou-rave en lamelles                                                             |
| 25 - 35                                                                           | Haricots blancs                                                                   |
| 30 - 40                                                                           | Maïs en épi                                                                       |
| 35 - 45                                                                           | Salsifis noirs                                                                    |
| 35 - 45                                                                           | Chou-fleur entier                                                                 |
| 35 - 45                                                                           | Haricots verts                                                                    |
| 40 - 45                                                                           | Chou blanc ou rouge en lamelles                                                   |
| 50 - 60                                                                           | Artichauts                                                                        |
| 55 - 65                                                                           | Haricots secs trempés, rapport eau/haricots 2:1                                   |
| 60 - 90                                                                           | Choucroute                                                                        |
| 70 - 90                                                                           | Betteraves                                                                        |

## GARNITURES / ACCOMPAGNEMENTS

Réglez la température sur 100 °C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Couscous, rapport eau/couscous 1:1                                                  |
| 15 - 25                                                                             | Tagliatelles fraîches                                                               |
| 20 - 25                                                                             | Gâteau de semoule, rapport lait/semoule 3,5:1                                       |
| 20 - 30                                                                             | Lentilles, rouges, rapport eau/lentilles 1:1                                        |
| 25 - 30                                                                             | Spätzle                                                                             |

|  |     |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 25 - 35                                                                           | Boulghour, rapport eau/boulghour 1:1                                                 |
| 25 - 35                                                                           | Quenelles salées                                                                     |
| 30 - 35                                                                           | Riz parfumé, rapport eau/riz 1:1                                                     |
| 30 - 40                                                                           | P.d.t. vapeur en quartiers                                                           |
| 35 - 45                                                                           | Boulettes de pain                                                                    |
| 35 - 45                                                                           | Gnocchis                                                                             |
| 35 - 45                                                                           | Riz, rapport eau/riz 1:1, le rapport eau/riz peut changer en fonction du type de riz |
| 40 - 50                                                                           | Polenta, rapport liquide 3:1                                                         |
| 40 - 55                                                                           | Gâteau de riz, rapport lait/riz 2,5:1                                                |
| 45 - 55                                                                           | Pommes de terre non épluchées de taille moyenne                                      |
| 55 - 60                                                                           | Lentilles, brunes et vertes, rapport eau/lentilles 2:1                               |

## FRUITS

Réglez la température sur 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Tranches de pommes                                                                |
| 10 - 15                                                                           | Baies chaudes                                                                     |
| 10 - 20                                                                           | Faire fondre du chocolat                                                          |
| 20 - 25                                                                           | Compote de fruits                                                                 |

## POISSON

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Filets de poisson fins                                                              | 75 - 80 |
| 20 - 25                                                                             | Crevettes fraîches                                                                  | 75 - 85 |
| 20 - 30                                                                             | Moules                                                                              | 100     |
| 20 - 30                                                                             | Filets de saumon                                                                    | 85      |
| 20 - 30                                                                             | Truite, 0,25 kg                                                                     | 85      |
| 30 - 40                                                                             | Crevettes surgelées                                                                 | 75 - 85 |

|  |  | °C |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----|
| 40 - 45                                                                           | Truite saumonée, 1 kg                                                             | 85 |

## VIANDE

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Chipolatas                                                                        | 80  |
| 20 - 30                                                                           | Saucisse de veau bavaroise / Boudin blanc                                         | 80  |
| 20 - 30                                                                           | Saucisse de Vienne                                                                | 80  |
| 25 - 35                                                                           | Blanc de poulet poché                                                             | 90  |
| 55 - 65                                                                           | Jambon cuit, 1 kg                                                                 | 100 |
| 60 - 70                                                                           | Poulet, poché, 1 - 1,2 kg                                                         | 100 |
| 70 - 90                                                                           | Kasseler, poché                                                                   | 90  |
| 80 - 90                                                                           | Veau / Filet mignon de porc, 0,8 - 1 kg                                           | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

## ŒUFS

Réglez la température sur 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Œufs à la coque                                                                   |
| 12 - 13                                                                           | Œufs mollets                                                                      |
| 18 - 21                                                                           | Œufs durs                                                                         |

## Combinaison des fonctions : Turbo gril + Vapeur intense

Vous pouvez combiner ces fonctions pour faire cuire de la viande, des légumes et des garnitures en une seule fois.

1. Réglez la fonction : Turbo gril pour rôtir la viande.
2. Ajoutez les légumes préparés et les garnitures.
3. Diminuez la température du four à environ 90 °C. Vous pouvez ouvrir la porte du four en première position pendant environ 15 minutes.
4. Réglez la fonction : Vapeur intense. Faites tout cuire en même temps jusqu'à ce que les aliments soient prêts.

Utilisez le premier niveau pour la viande, et le troisième niveau pour les légumes. Placez la viande directement sur le plateau de cuisson.



|  |  Turbo gril<br>Première étape : cuire la viande |                                                                                   |  Vapeur intense<br>Deuxième étape : ajouter les légumes |                                                                                   |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                               |  | °C                                                                                                                                       |  |
| Rôti de bœuf, 1 kg / Choux de Bruxelles, polenta                                  | 180                                                                                                                              | 60 - 70                                                                           | 100                                                                                                                                      | 40 - 50                                                                           |
| Rôti de porc, 1 kg / Pommes de terre / Légumes, sauce                             | 180                                                                                                                              | 60 - 70                                                                           | 100                                                                                                                                      | 30 - 40                                                                           |
| Rôti de veau, 1 kg / Riz / Légumes                                                | 180                                                                                                                              | 50 - 60                                                                           | 100                                                                                                                                      | 30 - 40                                                                           |

## Humidité Élevée

Utilisez le deuxième niveau de la grille.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Crème anglaise / Flan, dans des petits plats                                      | 90        | 35 - 45                                                                           |
| Œufs cocotte                                                                      | 90 - 110  | 15 - 30                                                                           |
| Terrines                                                                          | 90        | 40 - 50                                                                           |
| Filets de poisson fins                                                            | 85        | 15 - 25                                                                           |
| Filets de poisson épais                                                           | 90        | 25 - 35                                                                           |
| Petit poisson, jusqu'à 0,35 kg                                                    | 90        | 20 - 30                                                                           |
| Poisson entier, jusqu'à 1 kg                                                      | 90        | 30 - 40                                                                           |
| Quenelles                                                                         | 120 - 130 | 40 - 50                                                                           |

## Humidité Faible

Utilisez le deuxième niveau de la grille sauf indication contraire.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Petits pains prêts à cuire                                                        | 200       | 20 - 30                                                                           |
| Baguettes prêtes à cuire, 40 - 50 g                                               | 200       | 15 - 20                                                                           |
| Baguettes prêtes à cuire, surgelées, 40 - 50 g                                    | 200       | 25 - 35                                                                           |
| Rôti haché, cru, 0,5 kg                                                           | 180       | 30 - 40                                                                           |
| Pâtes au four                                                                     | 170 - 190 | 40 - 50                                                                           |
| Lasagnes                                                                          | 170 - 180 | 45 - 55                                                                           |
| Pain, 0,5 - 1 g                                                                   | 180 - 190 | 45 - 60                                                                           |
| Gratin de pommes de terre                                                         | 160 - 170 | 50 - 60                                                                           |
| Poulet, 1 g                                                                       | 180 - 210 | 50 - 60                                                                           |
| Filet mignon de porc, fumé, 0,6 - 1 g, laissez tremper pendant 2 heures           | 160 - 180 | 60 - 70                                                                           |
| Rôti de bœuf, 1 g                                                                 | 180 - 200 | 60 - 90                                                                           |
| Canard, 1,5 - 2 g                                                                 | 180       | 70 - 90                                                                           |
| Rôti de veau, 1 g                                                                 | 180       | 80 - 90                                                                           |
| Rôti de porc, 1 g                                                                 | 160 - 180 | 90 - 100                                                                          |
| Oie, 3 g, utilisez le premier niveau de la grille                                 | 170       | 130 - 170                                                                         |

Réhydratation vapeur

Utilisez le deuxième niveau de la grille.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Plats complets                                                                      | 110 | 10 - 15                                                                             |
| Pâtes                                                                               | 110 | 10 - 15                                                                             |
| Riz                                                                                 | 110 | 10 - 15                                                                             |
| Quenelles                                                                           | 110 | 15 - 25                                                                             |

EasySteam

Cuisson 100% vapeur  
LÉGUMES

Utilisez le deuxième niveau de la grille.

Réglez la température sur 100 °C maximum.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Brocolis, fleurons, préchauffez le four à vide                                    |
| 10                                                                                | Tomates pelées                                                                    |
| 10-15                                                                             | Épinards frais                                                                    |
| 10-15                                                                             | Courgette en lamelles                                                             |
| 15                                                                                | Légumes blanchis                                                                  |
| 15-20                                                                             | Poivron en lamelles                                                               |
| 15-20                                                                             | Champignon en lamelles                                                            |
| 15-25                                                                             | Aubergines                                                                        |
| 15-25                                                                             | Chou-fleur entier                                                                 |
| 15-25                                                                             | Brocoli entier                                                                    |
| 15-25                                                                             | Asperges vertes                                                                   |
| 15-25                                                                             | Tomates                                                                           |
| 15-25                                                                             | Citrouille en cubes                                                               |
| 20-25                                                                             | Mâche en bouquets                                                                 |
| 20-25                                                                             | Chou de milan                                                                     |
| 20-25                                                                             | Haricots blanchis                                                                 |
| 20-30                                                                             | Patates douces                                                                    |
| 20-30                                                                             | Petits pois                                                                       |
| 20-30                                                                             | Fenouil                                                                           |
| 20-30                                                                             | Carottes                                                                          |
| 20-30                                                                             | Poireaux en rondelles                                                             |
| 20-30                                                                             | Céleri en cubes                                                                   |
| 20-30                                                                             | Pois mange-tout                                                                   |
| 25-35                                                                             | Chou-fleur en bouquets                                                            |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25-35                                                                             | Chou-rave en lamelles                                                             |
| 25-35                                                                             | Choux de Bruxelles                                                                |
| 25-35                                                                             | Asperges blanches                                                                 |
| 25-35                                                                             | Haricots blancs                                                                   |
| 30-40                                                                             | Maïs en épi                                                                       |
| 35-45                                                                             | Haricots verts                                                                    |
| 35-45                                                                             | Salsifis noirs                                                                    |
| 40-45                                                                             | Chou blanc ou rouge en lamelles                                                   |
| 50 - 60                                                                           | Artichauts                                                                        |
| 55-65                                                                             | Haricots secs trempés                                                             |
| 60-90                                                                             | Choucroute                                                                        |
| 70-90                                                                             | Betteraves                                                                        |

## GARNITURES / ACCOMPAGNEMENTS

Réglez la température sur 100 °C maximum.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 15-20                                                                             | Couscous, rapport eau/couscous 1:1                                                |
| 15-25                                                                             | Tagliatelles fraîches                                                             |
| 20-25                                                                             | Gâteau de semoule, rapport lait/semoule 3:5:1                                     |
| 20-30                                                                             | Lentilles, rouges, rapport eau/lentilles 1:1                                      |
| 25-30                                                                             | Spätzle                                                                           |
| 25-35                                                                             | Boulghour, rapport eau/boulghour 1:1                                              |
| 25-35                                                                             | Quenelles salées                                                                  |
| 30-35                                                                             | Riz parfumé, rapport eau/riz 1:1                                                  |
| 30-40                                                                             | P.d.t. vapeur en quartiers                                                        |
| 35-45                                                                             | Gnocchis                                                                          |

|  |     |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 35-45                                                                             | Riz, rapport eau/riz 1:1, le rapport eau/riz peut varier en fonction du type de riz. |
| 35-45                                                                             | Boulettes de pain                                                                    |
| 40-50                                                                             | Polenta, rapport liquide 3:1                                                         |
| 40-55                                                                             | Gâteau de riz, rapport lait/riz 2,5:1                                                |
| 45-55                                                                             | Pommes de terre non épluchées de taille moyenne                                      |
| 55-60                                                                             | Lentilles, brunes et vertes, rapport eau/lentilles 2:1                               |

## FRUITS

Réglez la température sur 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Tranches de pommes                                                                |
| 10-15                                                                             | Baies chaudes                                                                     |
| 10-20                                                                             | Faire fondre du chocolat                                                          |
| 20-25                                                                             | Compote de fruits                                                                 |

## POISSON

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Filets de poisson fins                                                            | 75-80 |
| 20-25                                                                             | Crevettes fraîches                                                                | 75-85 |
| 20-30                                                                             | Filets de poisson épais                                                           | 75-85 |
| 20-30                                                                             | Truite, 0,25 kg                                                                   | 75-85 |
| 20-30                                                                             | Moules                                                                            | 100   |
| 30-40                                                                             | Crevettes surgelées                                                               | 75-85 |

## VIANDE

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15-20                                                                               | Chipolatas                                                                          | 80 |
| 20-30                                                                               | Saucisse de veau bavaroise / Boudin blanc                                           | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 20-30                                                                             | Saucisse de Vienne                                                                | 80  |
| 25-35                                                                             | Blanc de poulet poché                                                             | 90  |
| 55-65                                                                             | Jambon cuit, 1 kg                                                                 | 100 |
| 60-70                                                                             | Poulet, poché, 1 - 1,2 kg                                                         | 100 |
| 70-90                                                                             | Kasseler, poché                                                                   | 90  |
| 80-90                                                                             | Veau / Filet mignon de porc, 0,8 - 1 kg                                           | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

## ŒUFS

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Œufs à la coque                                                                   | 100 |
| 12-13                                                                             | Œufs mollets                                                                      | 100 |
| 18-21                                                                             | Œufs durs                                                                         | 100 |
| 35-45                                                                             | Crème anglaise / Flan                                                             | 85  |
| 40-50                                                                             | Terrines                                                                          | 85  |

## Vapeur pour braiser et mijoter

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Œufs cocotte                                                                      | 110       |
| 20 - 30                                                                           | Poisson entier, jusqu'à 1 kg                                                      | 120 - 130 |
| 40 - 50                                                                           | Quenelles                                                                         | 120 - 130 |
| 50 - 60                                                                           | Mijoté / braisé                                                                   | 130       |
| 60 - 90                                                                           | Mijoté / braisé                                                                   | 130       |
| 100 - 140                                                                         | Mijoté / braisée                                                                  | 130       |

## Vapeur pour brunir légèrement

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 20 - 40                                                                             | Gratins de poisson                                                                  | 150 |
| 35 - 50                                                                             | Légumes farcis                                                                      | 150 |

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 35 - 45                                                                           | Gratin de pâtes / Ragoût                                                          | 150       |
| 40 - 50                                                                           | Lasagnes                                                                          | 150       |
| 60 - 70                                                                           | Gratin de pommes de terre                                                         | 150       |
| 75 - 100                                                                          | Côtes levées                                                                      | 140 - 150 |

**Vapeur pour rôtir et pâtisser**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Baguettes prêtes à cuire, 0,04 - 0,05 kg                                          | 200       |
| 15 - 25                                                                           | Biscuits / Gâteaux secs                                                           | 155-170   |
| 20 - 35                                                                           | Pâtisseries sucrées à la pâte levée                                               | 170 - 180 |
| 25 - 35                                                                           | Baguettes prêtes à cuire, surgelées, 0,04 - 0,05 kg                               | 200       |
| 25 - 35                                                                           | Pain & Petits pains                                                               | 180 - 200 |
| 25 - 40                                                                           | Filets de poisson rôtis                                                           | 170 - 180 |
| 30 - 40                                                                           | Rôti haché, non cuit, 0,5 kg                                                      | 180       |
| 30 - 40                                                                           | Ragoût rôti                                                                       | 160       |
| 30 - 40                                                                           | Omelette                                                                          | 160-170   |
| 30 - 45                                                                           | Pain sucré                                                                        | 160 - 170 |
| 35 - 45                                                                           | Poisson rôti                                                                      | 170 - 180 |
| 45 - 60                                                                           | Différents types de pain, 0,5 - 1 kg                                              | 180 - 190 |
| 45 - 60                                                                           | Sucrés plats / Préparations                                                       | 160 - 180 |
| 50 - 60                                                                           | Poulet, 1 kg                                                                      | 180-210   |
| 60 - 70                                                                           | Filet mignon de porc, fumé, 0,6 - 1 kg                                            | 160-180   |
| 60 - 90                                                                           | Rôti de bœuf, 1 kg                                                                | 180-200   |
| 70 - 90                                                                           | Canard, 1,5 - 2 kg                                                                | 180       |
| 80 - 90                                                                           | Rôti de veau, 1 kg                                                                | 180       |
| 90 - 100                                                                          | Rôti de porc, 1 kg                                                                | 160-180   |

Utilisez le premier niveau de la grille.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pizza / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Pâte feuilletée / Gâteaux salés / Petits pains                                    | 155 - 180 |
| 45-60                                                                             | Pâte sablée                                                                       | 155 - 170 |
| 130-170                                                                           | Oie, 3 kg                                                                         | 170       |

Cuisson

Pour la première cuisson, utilisez la température inférieure.

Le temps de cuisson peut être prolongé de 10 à 15 minutes, si vous cuisez des gâteaux sur plusieurs niveaux.

Les gâteaux et petites pâtisseries placés à différentes hauteurs ne dorent pas toujours de manière homogène. S'ils ne dorent uniformément, il n'est pas nécessaire de modifier la température. Les différences s'atténuent en cours de cuisson.

Les plateaux insérés dans le four peuvent se déformer en cours de cuisson. Une fois les plateaux refroidis, les déformations disparaissent.

Conseils de cuisson

| Résultats de cuisson                                      | Cause possible                                                   | Solution                                                                                                    |
|-----------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Le dessous du gâteau n'est pas suffisamment cuit.         | La position de la grille est incorrecte.                         | Placez le gâteau sur un niveau plus bas.                                                                    |
| Le gâteau s'affaisse et devient mou ou plein de grumeaux. | La température du four est trop élevée.                          | La prochaine fois, réglez une température du four légèrement plus basse.                                    |
|                                                           | Température du four trop élevée et durée de cuisson trop courte. | Réglez une température de cuisson légèrement inférieure et un temps de cuisson plus long la prochaine fois. |
| Le gâteau est trop sec.                                   | Température de cuisson trop basse.                               | La prochaine fois, réglez une température du four plus élevée.                                              |
|                                                           | Durée de cuisson trop longue.                                    | La prochaine fois, réduisez le temps de cuisson.                                                            |



| Résultats de cuisson                                                               | Cause possible                                                   | Solution                                                                                                    |
|------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| La cuisson du gâteau n'est pas homogène.                                           | Température du four trop élevée et durée de cuisson trop courte. | Réglez une température de cuisson légèrement inférieure et un temps de cuisson plus long la prochaine fois. |
|                                                                                    | La pâte à gâteau n'est pas correctement répartie.                | La prochaine fois, étalez la préparation de façon homogène sur le plateau de cuisson.                       |
| Le gâteau n'est pas cuit à la fin de la durée de cuisson indiquée dans la recette. | Température de cuisson trop basse.                               | La prochaine fois, réglez une température du four légèrement plus élevée.                                   |

Cuisson sur un seul niveau

CUISON DANS DES MOULES

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Kouglof / Brioche                                                                 | Chaleur tournante                                                                 | 150 - 160 | 50 - 70                                                                           | 1                                                                                 |
| Cake de madère / Cakes aux fruits                                                 | Chaleur tournante                                                                 | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Fond de tarte - pâte sablée, préchauffer le four à vide                           | Chaleur tournante                                                                 | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Fond de tarte - mélange de génoise                                                | Chaleur tournante                                                                 | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Gâteau au fromage                                                                 | Chauffage Haut/Bas                                                                | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

GÂTEAUX / PÂTISSERIES / PAINS SUR DES PLATEAUX DE CUISSON  
Faites préchauffer votre four vide, sauf indication contraire.

|                  |  | °C               |  |  |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pain tressé / Couronne de pain, le préchauffage n'est pas nécessaire                              | Chauffage Haut/<br>Bas                                                            | 170 - 190        | 30 - 40                                                                           | 3                                                                                 |
| Brioche de Noël                                                                                   | Chauffage Haut/<br>Bas                                                            | 160 - 180        | 50 - 70                                                                           | 2                                                                                 |
| Pain de seigle:                                                                                   | Chauffage Haut/<br>Bas                                                            | d'abord : 230    | 20                                                                                | 1                                                                                 |
|                                                                                                   |                                                                                   | puis : 160 à 180 | 30 - 60                                                                           |                                                                                   |
| Choux à la crème / Éclairs                                                                        | Chauffage Haut/<br>Bas                                                            | 190 - 210        | 20 - 35                                                                           | 3                                                                                 |
| Gâteau roulé,                                                                                     | Chauffage Haut/<br>Bas                                                            | 180 - 200        | 10 - 20                                                                           | 3                                                                                 |
| Gâteau avec garniture à base de crumble, le préchauffage n'est pas nécessaire                     | Chaleur tournante                                                                 | 150 - 160        | 20 - 40                                                                           | 3                                                                                 |
| Gâteau aux amandes beurré / Gâteaux au sucre                                                      | Chauffage Haut/<br>Bas                                                            | 190 - 210        | 20 - 30                                                                           | 3                                                                                 |
| Tartes aux fruits, le préchauffage n'est pas nécessaire                                           | Chauffage Haut/<br>Bas                                                            | 180              | 35 - 55                                                                           | 3                                                                                 |
| Gâteaux à base de levure avec garnitures délicates (par ex. fromage blanc, crème, crème anglaise) | Chauffage Haut/<br>Bas                                                            | 160 - 180        | 40 - 60                                                                           | 3                                                                                 |

## BISCUITS/GÂTEAUX SECS

Utilisez le troisième niveau de la grille.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pâte sablée / Mélange de génoise                                                    | Chaleur tournante                                                                   | 150 - 160 | 15 - 25                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Meringues                                                                         | Chaleur tournante                                                                 | 80 - 100  | 120 - 150                                                                         |
| Meringues                                                                         | Chaleur tournante                                                                 | 100 - 120 | 30 - 50                                                                           |
| Biscuits à pâte levée                                                             | Chaleur tournante                                                                 | 150 - 160 | 20 - 40                                                                           |
| Pâte feuilletée, préchauffer le four à vide                                       | Chaleur tournante                                                                 | 170 - 180 | 20 - 30                                                                           |
| Petits pains, préchauffer le four à vide                                          | Chauffage Haut/ Bas                                                               | 190 - 210 | 10 - 25                                                                           |

## Pâtisseries et gratins

Utilisez le premier niveau de la grille.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pâtes au four                                                                     | Chauffage Haut/ Bas                                                               | 180 - 200 | 45 - 60                                                                           |
| Lasagnes                                                                          | Chauffage Haut/ Bas                                                               | 180 - 200 | 25 - 40                                                                           |
| Gratin de légumes, préchauffer le four à vide                                     | Turbo gril                                                                        | 170 - 190 | 15 - 35                                                                           |
| Baguettes au fromage fondu                                                        | Chaleur tournante                                                                 | 160 - 170 | 15 - 30                                                                           |
| Riz au lait                                                                       | Chauffage Haut/ Bas                                                               | 180 - 200 | 40 - 60                                                                           |
| Gratins de poisson                                                                | Chauffage Haut/ Bas                                                               | 180 - 200 | 30 - 60                                                                           |
| Légumes farcis                                                                    | Chaleur tournante                                                                 | 160 - 170 | 30 - 60                                                                           |

## Cuisson sur plusieurs niveaux

Utilisez la fonction : Chaleur tournante.

Pour deux plateaux, utilisez les premier et quatrième niveaux de la grille.

GÂTEAUX / PÂTISSERIES / PAINS SUR DES PLATEAUX DE CUISSON

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Choux à la crème / Éclairs, préchauffer le four à vide                              | 160 - 180 | 25 - 45                                                                             |
| Crumble sec                                                                         | 150 - 160 | 30 - 45                                                                             |

BISCUITS/GÂTEAUX SECS

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Biscuits sablés                                                                   | 140       | 25 - 45                                                                           |
| Meringues                                                                         | 80 - 100  | 130 - 170                                                                         |
| Meringues                                                                         | 100 - 120 | 40 - 80                                                                           |
| Biscuits à pâte levée                                                             | 160 - 170 | 30 - 60                                                                           |
| Pâte feuilletée, préchauffer le four à vide                                       | 170 - 180 | 30 - 50                                                                           |
| Petits pains                                                                      | 180       | 20 - 30                                                                           |

Conseils de rôtissage

Utilisez des plats résistant à la chaleur.

Viande maigre rôtie couverte (vous pouvez utiliser du papier aluminium).

Faites rôtir les gros morceaux de viande directement sur le plateau.

Pour éviter que les graisses de cuisson ne brûlent, versez un peu d'eau dans le plat à rôtir.

Si nécessaire, retournez le rôti à la moitié ou aux deux tiers du temps de cuisson.

Faites rôtir la viande et le poisson par gros morceaux (au moins 1 kg).

Si le niveau un est suggéré, placez les aliments directement sur le plateau de cuisson

Arrosez les morceaux de viande avec leur propre jus de cuisson plusieurs fois durant la cuisson.

Rôtir

Utilisez le premier niveau de la grille.

BŒUF

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Boeuf braisé                                                                        | 1 - 1.5                                                                             | Chauffage Haut/ Bas                                                                 | 230       | 120 - 150                                                                           |
| Rôti ou filet de boeuf, saignant, préchauffer le four à vide                        | 1 cm épaisse                                                                        | Turbo gril                                                                          | 190 - 200 | 5 - 6                                                                               |

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Rôti ou filet de bœuf, à point, préchauffer le four à vide                        | 1 cm épaisse                                                                      | Turbo gril                                                                        | 180 - 190 | 6 - 8                                                                             |
| Rôti ou filet de bœuf, bien cuit, préchauffer le four à vide                      | 1 cm épaisse                                                                      | Turbo gril                                                                        | 170 - 180 | 8 - 10                                                                            |

## PORC

Utilisez la fonction : Turbo gril.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Épaule / Cou / Noix de jambon                                                     | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Côtelettes / Travers de porc                                                      | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Rôti haché                                                                        | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Jarret de porc, précuit                                                           | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

## VEAU

Utilisez la fonction : Turbo gril.

|  |  | °C        |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Rôti de veau                                                                       | 1                                                                                  | 160 - 180 | 90 - 120                                                                           |
| Jarret de veau                                                                     | 1.5 - 2                                                                            | 160 - 180 | 120 - 150                                                                          |

## AGNEAU

Utilisez la fonction : Turbo gril.

|  |  | °C<br>(°C) |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------|
| Gigot d'agneau / Rôti d'agneau                                                      | 1 - 1.5                                                                             | 150 - 170  | 100 - 120                                                                           |
| Râble d'agneau                                                                      | 1 - 1.5                                                                             | 160 - 180  | 40 - 60                                                                             |

## GIBIER

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Râble / Cuisse de lièvre, préchauffer le four à vide                              | 1                                                                                 | Turbo gril                                                                        | 180 - 200 | 35 - 55                                                                           |
| Râble de cerf                                                                     | 1.5 - 2                                                                           | Chauffage Haut/ Bas                                                               | 180 - 200 | 60 - 90                                                                           |
| Cuissot de chevreuil                                                              | 1.5 - 2                                                                           | Chauffage Haut/ Bas                                                               | 180 - 200 | 60 - 90                                                                           |

## VOLAILLE

Utilisez la fonction : Turbo gril.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Volaille, portions                                                                | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Poulet, moitié                                                                    | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Poulet, poularde                                                                  | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Canard                                                                            | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Oie                                                                               | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Dinde                                                                             | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Dinde                                                                             | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

## POISSON

|  |  |  | °C        |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Poisson entier                                                                     | 1 - 1.5                                                                            | Turbo gril                                                                         | 180 - 200 | 30 - 50                                                                            |

## Cuisson du pain

Le préchauffage n'est pas recommandé.

Utilisez le deuxième niveau de la grille.

## PAIN

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pain Blanc                                                                          | 170 - 190 | 40 - 60                                                                             |
| Baguette                                                                            | 200 - 220 | 35 - 45                                                                             |
| Brioche                                                                             | 180 - 200 | 40 - 60                                                                             |
| Ciabatta                                                                            | 200 - 220 | 35 - 45                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pain de seigle                                                                    | 170 - 190 | 50 - 70                                                                           |
| Pain complet                                                                      | 170 - 190 | 50 - 70                                                                           |
| Pain de grains entiers                                                            | 170 - 190 | 40 - 60                                                                           |
| Pain & Petits pains                                                               | 190 - 210 | 20 - 35                                                                           |

## Cuisson croustillante avec la fonction Fonction Pizza

### PIZZA

Utilisez le premier niveau de la grille.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Tartes                                                                            | 180 - 200 | 40 - 55                                                                           |
| Flan d'épinards                                                                   | 160 - 180 | 45 - 60                                                                           |
| Quiche lorraine / Flan suisse                                                     | 170 - 190 | 45 - 55                                                                           |
| Tarte aux pommes, couverte                                                        | 150 - 170 | 50 - 60                                                                           |

### PIZZA

Avant la cuisson, faites préchauffer votre four vide.

Utilisez le deuxième niveau de la grille.

|  | °C        |  |
|------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Pizza, croûte fine, utilisez un plat à rôtir                                       | 210 - 230 | 15 - 25                                                                            |
| Pizza, croûte épaisse                                                              | 180 - 200 | 20 - 30                                                                            |
| Pain sans levain                                                                   | 210 - 230 | 10 - 20                                                                            |
| Flan de pâte feuilletée                                                            | 160 - 180 | 45 - 55                                                                            |
| Tarte flambée                                                                      | 210 - 230 | 15 - 25                                                                            |
| Raviolis russes                                                                    | 180 - 200 | 15 - 25                                                                            |
| Tarte aux légumes                                                                  | 160 - 180 | 50 - 60                                                                            |

## Gril

Avant la cuisson, faites préchauffer votre four vide.

Ne faites griller que des morceaux plats de viande ou de poisson.

Placez un plat au premier niveau pour récupérer les graisses.

#### GRILL

|  | °C        | <br>1er côté | <br>2e côté |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Filet de bœuf                                                                     | 230       | 20 - 30                                                                                       | 20 - 30                                                                                      | 3                                                                                 |
| Filet mignon de porc                                                              | 210 - 230 | 30 - 40                                                                                       | 30 - 40                                                                                      | 2                                                                                 |
| Râble d'agneau                                                                    | 210 - 230 | 25 - 35                                                                                       | 20 - 25                                                                                      | 3                                                                                 |

### Cuisson basse température

Cette fonction permet de cuire des morceaux de viande tendres et maigres ainsi que du poisson. Elle n'est pas adaptée : à la volaille, aux rôtis de porc gras, au bœuf braisé.

1. Saisissez la viande durant 1 à 2 minutes sur chaque face dans une poêle à feu fort.
2. Si le troisième gradin est recommandé, placez les aliments directement sur la grille métallique. Placez un plateau/une poêle à rôtir au premier niveau pour récupérer les graisses.  
Si le premier niveau est recommandé, placez les aliments directement sur le plateau.  
Lorsque vous cuisinez avec cette fonction, ne mettez jamais de couvercle.
3. Utilisez : Sonde de cuisson.  
Réglez la température sur 120 °C.

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Steaks                                                                            | 0.2 - 0.3                                                                         | 20 - 40                                                                           | 3                                                                                 |
| Filet de bœuf                                                                     | 1 - 1.5                                                                           | 90 - 150                                                                          | 3                                                                                 |
| Rôti de bœuf                                                                      | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Rôti de veau                                                                      | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

### Plats surgelés

|  | °C        |  |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Pizza, surgelée                                                                     | 200 - 220 | 15 - 25                                                                             | 2                                                                                   |
| Pizza américaine, surgelée                                                          | 190 - 210 | 20 - 25                                                                             | 2                                                                                   |
| Pizza, froide                                                                       | 210 - 230 | 13 - 25                                                                             | 2                                                                                   |
| Parts de pizza surgelées                                                            | 180 - 200 | 15 - 30                                                                             | 2                                                                                   |



|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Frites, fines                                                                     | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Frites, épaisses                                                                  | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Pommes quartiers / Croquettes                                                     | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Rösti                                                                             | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagnes / Cannelloni, frais                                                      | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagnes / Cannelloni, surgelés                                                   | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Fromage cuit au four                                                              | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Ailes de poulet                                                                   | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

## Stérilisation

Utilisez la fonction Chauffage inférieur.

Utilisez uniquement des bocaux à conserves de mêmes dimensions disponibles sur le marché.

N'utilisez pas de récipients dotés de couvercles à dévisser et à baïonnette ou de boîtes métalliques.

Utilisez le premier niveau de la grille.

Ne mettez pas plus de six bocaux à conserves d'un litre sur le plateau de cuisson.

Remplissez les bocaux de manière égale et fermez-les avec une attache.

Les bocaux ne doivent pas être en contact les uns avec les autres.

Versez environ 1/2 litre d'eau dans le plateau de cuisson pour laisser suffisamment d'humidité dans le four.

Lorsque le liquide dans les bocaux commence à mijoter (après environ 35 à 60 minutes avec des bocaux d'un litre), arrêtez le four ou diminuez la température à 100 °C (voir le tableau).

Réglez la température sur 160 - 170 °C.

BAIES

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                     | Cuisson jusqu'à ce que la préparation commence à frémir                             |
| Fraises / Myrtilles / Framboises / Groseilles à maquereau mûres                     | 35 - 45                                                                             |

FRUITS À NOYAU

|  | <br>Cuisson jusqu'à ce que la<br>préparation commence à fré-<br>mir | <br>Continuez la cuisson à<br>100 °C |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Pêches / Coings / Prunes                                                          | 35 - 45                                                                                                                                              | 10 - 15                                                                                                               |

LÉGUMES

|  | <br>Cuisson jusqu'à ce que la<br>préparation commence à fré-<br>mir | <br>Continuez la cuisson à<br>100 °C |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Carottes                                                                          | 50 - 60                                                                                                                                              | 5 - 10                                                                                                                |
| Concombres                                                                        | 50 - 60                                                                                                                                              | -                                                                                                                     |
| Conserves au vinaigre                                                             | 50 - 60                                                                                                                                              | 5 - 10                                                                                                                |
| Chou-rave / Petits pois / As-<br>perges                                           | 50 - 60                                                                                                                                              | 15 - 20                                                                                                               |

Déshydratation - Chaleur tournante

Couvrez les plateaux avec du papier sulfurisé ou du papier de cuisson.

Pour de meilleurs résultats, arrêtez le four à mi-cuisson, ouvrez la porte et laissez-la refroidir pendant une nuit pour terminer le séchage.

Pour un plateau, utilisez le troisième niveau de la grille.

Pour deux plateaux, utilisez les premier et quatrième niveaux de la grille.

LÉGUMES

|  | °C      |  (h) |
|-------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------|
| Haricots                                                                            | 60 - 70 | 6 - 8                                                                                   |
| Poivrons                                                                            | 60 - 70 | 5 - 6                                                                                   |
| Légumes pour soupe                                                                  | 60 - 70 | 5 - 6                                                                                   |
| Champignons                                                                         | 50 - 60 | 6 - 8                                                                                   |
| Herbes                                                                              | 40 - 50 | 2 - 3                                                                                   |

FRUITS

Réglez la température sur 60 - 70 °C.

|  | ⌚ (h)  |
|-----------------------------------------------------------------------------------|--------|
| Prunes                                                                            | 8 - 10 |
| Abricots                                                                          | 8 - 10 |
| Tranches de pommes                                                                | 6 - 8  |
| Poires                                                                            | 6 - 9  |

Sonde de cuisson

BŒUF

|  | °C Température à cœur des aliments |       |           |
|-----------------------------------------------------------------------------------|------------------------------------|-------|-----------|
|                                                                                   | Saignant                           | Moyen | Bien cuit |
| Rôti de bœuf                                                                      | 55                                 | 60    | 70        |
| Faux-filet                                                                        | 45                                 | 60    | 70        |

|  | °C Température à cœur des aliments |         |      |
|-----------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                   | Moins                              | À point | Plus |
| Rôti haché                                                                        | 80                                 | 83      | 86   |

PORC

|  | °C Température à cœur des aliments |         |      |
|-----------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                   | Moins                              | À point | Plus |
| Jambon / Rôti                                                                     | 80                                 | 84      | 88   |
| Côtelette de râble / Filet mignon de porc, fumé / Filet mignon de porc, poché     | 75                                 | 78      | 82   |

VEAU

|  | °C Température à cœur des aliments |         |      |
|-------------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                     | Moins                              | À point | Plus |
| Rôti de veau                                                                        | 75                                 | 80      | 85   |
| Jarret de veau                                                                      | 85                                 | 88      | 90   |

## MOUTON / AGNEAU

|  | °C Température à cœur des aliments |         |      |
|-----------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                   | Moins                              | À point | Plus |
| Gigot de mouton                                                                   | 80                                 | 85      | 88   |
| Râble de mouton                                                                   | 75                                 | 80      | 85   |
| Rôti d'agneau / Gigot d'agneau                                                    | 65                                 | 70      | 75   |

## GIBIER

|  | °C Température à cœur des aliments |         |      |
|-----------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                   | Moins                              | À point | Plus |
| Râble de lièvre / Râble de cerf                                                   | 65                                 | 70      | 75   |
| Cuisse de lièvre / Lièvre, entier / Gigot de cerf                                 | 70                                 | 75      | 80   |

## VOLAILLE

|  | °C Température à cœur des aliments |         |      |
|-----------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                   | Moins                              | À point | Plus |
| Poulet                                                                            | 80                                 | 83      | 85   |
| Canard, entier/moitié / Dinde, entière/blanc                                      | 75                                 | 80      | 85   |
| Canard, magret                                                                    | 60                                 | 65      | 70   |

## POISSON (SAUMON, TRUITE, SANDRE)

|  | °C Température à cœur des aliments |         |      |
|-------------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                     | Moins                              | À point | Plus |
| Poisson, entier/gros/à l'étuvée / Poisson, entier/gros/rôti                         | 60                                 | 64      | 68   |

## COCOTTES - LÉGUMES PRÉCUITS

|  | °C Température à cœur des aliments |         |      |
|-------------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                     | Moins                              | À point | Plus |
| Cocotte de courgettes / Cocotte de brocolis / Cocotte de fenouil                    | 85                                 | 88      | 91   |

COCOTTES - SALÉES

|  | °C Température à cœur des aliments |         |      |
|-----------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                   | Moins                              | À point | Plus |
| Cannelloni / Lasagnes / Pâtes au four                                             | 85                                 | 88      | 91   |

COCOTTES - SUCRÉES

|                                   | °C Température à cœur des aliments |         |      |
|--------------------------------------------------------------------------------------------------------------------|------------------------------------|---------|------|
|                                                                                                                    | Moins                              | À point | Plus |
| Cocotte de pain blanc avec/sans fruits / Cocotte de porridge de riz avec/sans fruits / Cocotte de nouilles sucrées | 80                                 | 85      | 90   |

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Änderungen vorbehalten.

Garempfehlungen

Die Temperaturen und Garzeiten in den Tabellen dienen nur als Richtwerte. Sie hängen von den Rezepten sowie der Qualität und Menge der verwendeten Zutaten ab.

Ihr Gerät backt oder brät unter Umständen anders als Ihr früheres Gerät. Die Hinweise unten enthalten die empfohlenen Einstellungen für Temperatur, Garzeit und Einschubebene für die einzelnen Speisen.

Die Ebenen werden vom Boden des Backofens aus gezählt.

Finden Sie für ein bestimmtes Rezept keine konkreten Einstellungen, orientieren Sie sich an einem ähnlichen Rezept.

In den Tabellen verwendete Symbole:

|                                                                                     |                       |
|-------------------------------------------------------------------------------------|-----------------------|
|    | Lebensmittelart       |
|    | Ofenfunktion          |
|    | Temperatur            |
|  | Zubehör               |
|  | Behälter (Gastronorm) |
|  | Gewicht (kg)          |
|  | Einschubebene         |
|  | Garzeit (Min)         |

Hinweise zu speziellen Ofenfunktionen des Geräts

Warmhalten

Mit dieser Funktion können Sie Speisen warm halten. Die Temperatur wird automatisch auf 80°C eingestellt.

Teller wärmen

Mit dieser Funktion können Sie Teller und Schüsseln vor dem Servieren warm halten. Die Temperatur wird automatisch auf 70°C eingestellt.

Verteilen Sie die Teller und Schüsseln gestapelt gleichmäßig auf dem Kombirost. Verwenden Sie die erste Einschubebene. Tauschen Sie nach der Hälfte der Aufwärmzeit die Plätze.

### **Gärstufe**

Mit dieser Funktion können Sie Hefeteig gehen lassen. Legen Sie den Teig in eine große Schüssel. Verwenden Sie die erste Einschubebene. Funktion einstellen: Gärstufe und die Garzeit.

### **Auftauen**

Entfernen Sie die Lebensmittelverpackung und legen Sie die Speise auf einen Teller. Bedecken Sie die Speise nicht, da dies die Auftauzeit verlängern kann. Verwenden Sie die erste Einschubebene.

## **Dampfgaren**

Gehen Sie beim Öffnen der Backofentür vorsichtig vor, wenn die Funktion eingeschaltet ist. Dampf kann freigesetzt werden.

Mit dieser Funktion können Sie:

- Behälter (z. B. Babyflaschen) sterilisieren,
- alle Lebensmittelarten, frisch oder gefroren, zubereiten.

### **Entkeimung**

Stellen Sie die sauberen Behälter mit der Öffnung nach unten in die Mitte des Rosts auf der ersten Einschubebene.

Füllen Sie den Wassertank mit der maximalen Wassermenge und stellen Sie eine Dauer von 40 Min. ein.

### **Kochen**

Sie können sie zum Garen, Aufwärmen, Auftauen, Pochieren oder Blanchieren von Gemüse, Fleisch, Fisch, Nudeln, Reis, Grieß und Eiern verwenden.

Sie können eine Mahlzeit mit mehreren Gerichten in einem Kochvorgang zubereiten. Beginnen Sie mit der Speise mit der längsten Gardauer und geben Sie die anderen Gerichte zu gegebener Zeit, wie in den Kochtabellen angegeben, hinzu, um sicherzustellen, dass alle Gerichte zur gleichen Zeit fertig sind.



### **Dampfgaren**

Beispiel: Die Gesamtzubereitungsdauer beträgt 40 Min. Geben Sie zunächst Salzkartoffeln, geviertelt hinein, nach 20 Min dann Lachsfilets und nach 30 Broccoli, Röschen Min.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Salzkartoffeln, geviertelt                                                        | 40                                                                                |
| Lachsfilets                                                                       | 20                                                                                |
| Broccoli, Röschen                                                                 | 10                                                                                |

Verwenden Sie die maximale Wassermenge, wenn Sie mehrere Speisen gleichzeitig garen.

Verwenden Sie die zweite Einschubebene.

Gemüse

Stellen Sie die Temperatur auf 100°C ein.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Broccoli, Röschen, Heizen Sie den leeren Backofen auf.                            |
| 10                                                                                | Geschälte Tomaten                                                                 |
| 10 - 15                                                                           | Spinat, frisch                                                                    |
| 10 - 15                                                                           | Zucchini, in Scheiben                                                             |
| 15                                                                                | Gemüse, blanchiert                                                                |
| 15 - 20                                                                           | Pilze, in Scheiben geschnitten                                                    |
| 15 - 20                                                                           | Paprika in Streifen                                                               |
| 15 - 25                                                                           | Broccoli, ganz                                                                    |
| 15 - 25                                                                           | Spargel, grün                                                                     |
| 15 - 25                                                                           | Auberginen                                                                        |
| 15 - 25                                                                           | Kürbis, in Würfel geschnitten                                                     |
| 15 - 25                                                                           | Tomaten                                                                           |
| 20 - 25                                                                           | Bohnen, blanchiert                                                                |
| 20 - 25                                                                           | Feldsalatröschen                                                                  |
| 20 - 25                                                                           | Wirsing                                                                           |
| 20 - 30                                                                           | Stangensellerie, gewürfelt                                                        |
| 20 - 30                                                                           | Lauch, in Ringen                                                                  |
| 20 - 30                                                                           | Erbsen                                                                            |



|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Zuckerschoten / Kaiserpaprika                                                     |
| 20 - 30                                                                           | Süßkartoffeln                                                                     |
| 20 - 30                                                                           | Fenchel                                                                           |
| 20 - 30                                                                           | Karotten                                                                          |
| 25 - 35                                                                           | Spargel, weiß                                                                     |
| 25 - 35                                                                           | Rosenkohl                                                                         |
| 25 - 35                                                                           | Blumenkohlröschen                                                                 |
| 25 - 35                                                                           | Kohlrabi, in Streifen                                                             |
| 25 - 35                                                                           | Bohnen, weiß                                                                      |
| 30 - 40                                                                           | Zuckermaiskolben                                                                  |
| 35 - 45                                                                           | Schwarzwurzeln                                                                    |
| 35 - 45                                                                           | Blumenkohl, ganz                                                                  |
| 35 - 45                                                                           | Bohnen, grün                                                                      |
| 40 - 45                                                                           | Weiß- oder Rotkohl, in Streifen                                                   |
| 50 - 60                                                                           | Artischocken                                                                      |
| 55 - 65                                                                           | Getrocknete Bohnen, eingeweicht, Verhältnis Wasser zu Bohnen 2:1                  |
| 60 - 90                                                                           | Sauerkraut                                                                        |
| 70 - 90                                                                           | Rote Bete                                                                         |

## BEILAGEN

Stellen Sie die Temperatur auf 100°C ein.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Couscous, Verhältnis Wasser zu Couscous 1:1                                         |
| 15 - 25                                                                             | Tagliatelle, frisch                                                                 |
| 20 - 25                                                                             | Grießbrei, Verhältnis Milch zu Grieß 3,5:1                                          |
| 20 - 30                                                                             | Linsen, rot, Verhältnis Wasser zu Linsen 1:1                                        |

|  |                        |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 25 - 30                                                                           | Spätzle                                                                                                 |
| 25 - 35                                                                           | Bulgur, Verhältnis Wasser zu Bulgur 1:1                                                                 |
| 25 - 35                                                                           | Hefeknödel                                                                                              |
| 30 - 35                                                                           | Duftreis, Verhältnis Wasser zu Reis 1:1                                                                 |
| 30 - 40                                                                           | Salzkartoffeln, geviertelt                                                                              |
| 35 - 45                                                                           | Semmelknödel                                                                                            |
| 35 - 45                                                                           | Kartoffelknödel                                                                                         |
| 35 - 45                                                                           | Reis, Verhältnis Wasser zu Reis 1:1, das Verhältnis von Wasser zu Reis kann sich je nach Reistyp ändern |
| 40 - 50                                                                           | Polenta, Flüssigkeitsverhältnis 3:1                                                                     |
| 40 - 55                                                                           | Milchreis, Verhältnis Milch zu Reis 2.5:1                                                               |
| 45 - 55                                                                           | Ungeschälte Kartoffeln, medium                                                                          |
| 55 - 60                                                                           | Linsen, braun und grün, Verhältnis Wasser zu Linsen 2:1                                                 |

OBST  
Stellen Sie die Temperatur auf 100°C ein.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Apfelscheiben                                                                     |
| 10 - 15                                                                           | Heiße Beeren                                                                      |
| 10 - 20                                                                           | Schokolade schmelzen                                                              |
| 20 - 25                                                                           | Obstkompott                                                                       |

FISCH

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Dünnes Fischfilet                                                                   | 75 - 80 |
| 20 - 25                                                                             | Garnelen, frisch                                                                    | 75 - 85 |
| 20 - 30                                                                             | Muscheln                                                                            | 100     |
| 20 - 30                                                                             | Lachsfilets                                                                         | 85      |
| 20 - 30                                                                             | Forelle, 0,25 kg                                                                    | 85      |

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 30 - 40                                                                           | Garnelen, gefroren                                                                | 75 - 85 |
| 40 - 45                                                                           | Lachsforelle, 1 kg                                                                | 85      |

## FLEISCH

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Chipolatas                                                                        | 80  |
| 20 - 30                                                                           | Bayerische Weißwurst / Weißwurst                                                  | 80  |
| 20 - 30                                                                           | Wiener Wurst                                                                      | 80  |
| 25 - 35                                                                           | Hähnchenbrust, pochiert                                                           | 90  |
| 55 - 65                                                                           | Gekochter Schinken, 1 kg                                                          | 100 |
| 60 - 70                                                                           | Hähnchen, pochiert, 1 - 1,2 kg                                                    | 100 |
| 70 - 90                                                                           | Kasseler, pochiert                                                                | 90  |
| 80 - 90                                                                           | Kalb / Schweinelende, 0,8 - 1 kg                                                  | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

## Eier

Stellen Sie die Temperatur auf 100°C ein.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Eier, weich                                                                       |
| 12 - 13                                                                           | Eier, mittel                                                                      |
| 18 - 21                                                                           | Eier, hart                                                                        |

## Kombi-Funktion: Heißluftgrillen + Dampfgaren

Sie können diese Funktionen zum gleichzeitigen Garen von Fleisch, Gemüse und Beilagen verwenden.

1. Stellen Sie folgende Funktion ein: Heißluftgrillen um Fleisch zu braten.
2. Geben Sie das vorbereitete Gemüse und die Beilagen hinzu.
3. Reduzieren Sie die Ofentemperatur auf etwa 90°C. Sie können die Backofentür für ca. 15 Minuten so weit öffnen, dass sie in der ersten Position ist.
4. Stellen Sie folgende Funktion ein: Dampfgaren. Alle Gerichte zusammen garen. Verwenden Sie die erste Einschubebene für Fleisch und die dritte für Gemüse. Legen Sie das Fleisch direkt auf das Backblech.

|  |  Heißluftgrillen<br>Erster Schritt: Fleisch kochen |                                                                                   |  Dampfgaren<br>Zweiter Schritt: Gemüse hinzufügen |                                                                                   |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                  |  | °C                                                                                                                                 |  |
| Roastbeef, 1 kg / Rosenkohl, Polenta                                              | 180                                                                                                                                 | 60 - 70                                                                           | 100                                                                                                                                | 40 - 50                                                                           |
| Schweinebraten, 1 kg / Kartoffeln / Gemüse, Soße                                  | 180                                                                                                                                 | 60 - 70                                                                           | 100                                                                                                                                | 30 - 40                                                                           |
| Kalbsbraten, 1 kg / Reis / Gemüse                                                 | 180                                                                                                                                 | 50 - 60                                                                           | 100                                                                                                                                | 30 - 40                                                                           |

Feuchtigkeit, hoch

Verwenden Sie die zweite Einschubebene.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pudding / Flan, in kleinen Schalen                                                | 90        | 35 - 45                                                                           |
| Gebackene Eier                                                                    | 90 - 110  | 15 - 30                                                                           |
| Terrine                                                                           | 90        | 40 - 50                                                                           |
| Dünnes Fischfilet                                                                 | 85        | 15 - 25                                                                           |
| Dickes Fischfilet                                                                 | 90        | 25 - 35                                                                           |
| Fisch, klein, bis zu 0,35 kg                                                      | 90        | 20 - 30                                                                           |
| Fisch, ganz, bis zu 1 kg                                                          | 90        | 30 - 40                                                                           |
| Knödel                                                                            | 120 - 130 | 40 - 50                                                                           |

Feuchtigkeit, niedrig

Nutzen Sie die zweite Einschubebene, sofern nicht anders angegeben.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Aufbackbrötchen                                                                     | 200 | 20 - 30                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Backfertige Baguettes, 40 - 50 g                                                  | 200       | 15 - 20                                                                           |
| Backfertige Baguettes, gefroren, 40 - 50 g                                        | 200       | 25 - 35                                                                           |
| Hackbraten, roh, 0,5 kg                                                           | 180       | 30 - 40                                                                           |
| Nudelaufguss                                                                      | 170 - 190 | 40 - 50                                                                           |
| Lasagne, frisch                                                                   | 170 - 180 | 45 - 55                                                                           |
| Brot, 0,5 - 1 g                                                                   | 180 - 190 | 45 - 60                                                                           |
| Kartoffelgratin                                                                   | 160 - 170 | 50 - 60                                                                           |
| Hähnchen, 1 g                                                                     | 180 - 210 | 50 - 60                                                                           |
| Schweinelende, geräuchert, 0,6 - 1 g, 2 Stunden lang einweichen                   | 160 - 180 | 60 - 70                                                                           |
| Roastbeef, 1 g                                                                    | 180 - 200 | 60 - 90                                                                           |
| Ente, 1,5 - 2 g                                                                   | 180       | 70 - 90                                                                           |
| Kalbsbraten, 1 g                                                                  | 180       | 80 - 90                                                                           |
| Schweinebraten, 1 g                                                               | 160 - 180 | 90 - 100                                                                          |
| Gans, 3 g, verwenden Sie die erste Einschubebene                                  | 170       | 130 - 170                                                                         |

## Regenerieren

Verwenden Sie die zweite Einschubebene.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Tellergericht                                                                       | 110 | 10 - 15                                                                             |
| Nudeln                                                                              | 110 | 10 - 15                                                                             |
| Reis                                                                                | 110 | 10 - 15                                                                             |
| Knödel                                                                              | 110 | 15 - 25                                                                             |

## EasySteam

**Dampfgaren**  
Gemüse

Verwenden Sie die zweite Einschubebene.

Stellen Sie die maximale Temperatur auf 100°C ein.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Broccoli, Röschen, Heizen Sie den leeren Backofen auf                             |
| 10                                                                                | Geschälte Tomaten                                                                 |
| 10-15                                                                             | Spinat, frisch                                                                    |
| 10-15                                                                             | Zucchini, in Scheiben                                                             |
| 15                                                                                | Gemüse, blanchiert                                                                |
| 15-20                                                                             | Paprika in Streifen                                                               |
| 15-20                                                                             | Pilze, in Scheiben geschnitten                                                    |
| 15-25                                                                             | Auberginen                                                                        |
| 15-25                                                                             | Blumenkohl, ganz                                                                  |
| 15-25                                                                             | Broccoli, ganz                                                                    |
| 15-25                                                                             | Spargel, grün                                                                     |
| 15-25                                                                             | Tomaten                                                                           |
| 15-25                                                                             | Kürbis, in Würfel geschnitten                                                     |
| 20-25                                                                             | Feldsalatröschen                                                                  |
| 20-25                                                                             | Wirsing                                                                           |
| 20-25                                                                             | Bohnen, blanchiert                                                                |
| 20-30                                                                             | Süßkartoffeln                                                                     |
| 20-30                                                                             | Erbsen                                                                            |
| 20-30                                                                             | Fenchel                                                                           |
| 20-30                                                                             | Karotten                                                                          |
| 20-30                                                                             | Lauch, in Ringen                                                                  |
| 20-30                                                                             | Stangensellerie, gewürfelt                                                        |
| 20-30                                                                             | Zuckerschoten                                                                     |
| 25-35                                                                             | Blumenkohlröschen                                                                 |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25-35                                                                             | Kohlrabi, in Streifen                                                             |
| 25-35                                                                             | Rosenkohl                                                                         |
| 25-35                                                                             | Spargel, weiß                                                                     |
| 25-35                                                                             | Bohnen, weiß                                                                      |
| 30-40                                                                             | Zuckermaiskolben                                                                  |
| 35-45                                                                             | Bohnen, grün                                                                      |
| 35-45                                                                             | Schwarzwurzel                                                                     |
| 40-45                                                                             | Weiß- oder Rotkohl, in Streifen                                                   |
| 50 - 60                                                                           | Artischocken                                                                      |
| 55-65                                                                             | Getrocknete Bohnen, eingeweicht                                                   |
| 60-90                                                                             | Sauerkraut                                                                        |
| 70-90                                                                             | Rote Bete                                                                         |

## BEILAGEN

Stellen Sie die maximale Temperatur auf 100°C ein.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 15-20                                                                             | Couscous, Verhältnis Wasser zu Couscous 1:1                                       |
| 15-25                                                                             | Tagliatelle, frisch                                                               |
| 20-25                                                                             | Grießbrei, Verhältnis Milch zu Grieß 3:5:1                                        |
| 20-30                                                                             | Linsen, rot, Verhältnis Wasser zu Linsen 1:1                                      |
| 25-30                                                                             | Spätzle                                                                           |
| 25-35                                                                             | Bulgur, Verhältnis Wasser zu Bulgur 1:1                                           |
| 25-35                                                                             | Hefeknödel                                                                        |
| 30-35                                                                             | Duftreis, Verhältnis Wasser zu Reis 1:1                                           |
| 30-40                                                                             | Salzkartoffeln, geviertelt                                                        |
| 35-45                                                                             | Kartoffelknödel                                                                   |

|  |                      |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 35-45                                                                             | Reis, Verhältnis Wasser/Reis 1:1, das Verhältnis von Wasser zu Reis kann sich je nach Reistyp ändern. |
| 35-45                                                                             | Semmelknödel                                                                                          |
| 40-50                                                                             | Polenta, Flüssigkeitsverhältnis 3:1                                                                   |
| 40-55                                                                             | Milchreis, Verhältnis Milch zu Reis 2.5:1                                                             |
| 45-55                                                                             | Ungeschälte Kartoffeln, medium                                                                        |
| 55-60                                                                             | Linsen, braun und grün, Verhältnis Wasser zu Linsen 2:1                                               |

OBST

Stellen Sie die Temperatur auf 100°C ein.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Apfelscheiben                                                                     |
| 10-15                                                                             | Heiße Beeren                                                                      |
| 10-20                                                                             | Schokolade schmelzen                                                              |
| 20-25                                                                             | Obstkompott                                                                       |

FISCH

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Dünnes Fischfilet                                                                 | 75-80 |
| 20-25                                                                             | Garnelen, frisch                                                                  | 75-85 |
| 20-30                                                                             | Dickes Fischfilet                                                                 | 75-85 |
| 20-30                                                                             | Forelle, 0,25 kg                                                                  | 75-85 |
| 20-30                                                                             | Muscheln                                                                          | 100   |
| 30-40                                                                             | Garnelen, gefroren                                                                | 75-85 |

FLEISCH

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15-20                                                                               | Chipolatas                                                                          | 80 |



|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 20-30                                                                             | Bayerische Weißwurst<br>/ Weißwurst                                               | 80  |
| 20-30                                                                             | Wiener Wurst                                                                      | 80  |
| 25-35                                                                             | Hähnchenbrust, pochiert                                                           | 90  |
| 55-65                                                                             | Gekochter Schinken, 1 kg                                                          | 100 |
| 60-70                                                                             | Hähnchen, pochiert, 1 - 1,2 kg                                                    | 100 |
| 70-90                                                                             | Kasseler, pochiert                                                                | 90  |
| 80-90                                                                             | Kalb / Schweinelende, 0,8 - 1 kg                                                  | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

## Eier

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Eier, weich                                                                       | 100 |
| 12-13                                                                             | Eier, mittel                                                                      | 100 |
| 18-21                                                                             | Eier, hart                                                                        | 100 |
| 35-45                                                                             | Pudding / Flan                                                                    | 85  |
| 40-50                                                                             | Terrine                                                                           | 85  |

## Dampf zum Schmoren

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                             | Gebackene Eier                                                                      | 110       |
| 20 - 30                                                                             | Fisch, ganz, bis zu 1 kg                                                            | 120 - 130 |
| 40 - 50                                                                             | Knödel                                                                              | 120 - 130 |
| 50 - 60                                                                             | Gedünstet / Geschmorter Fisch                                                       | 130       |
| 60 - 90                                                                             | Gedünstet / Geschmortes Hähnchen                                                    | 130       |
| 100 - 140                                                                           | Gedünstet / Schmorbraten                                                            | 130       |

**Dampf zum sanften Überbacken**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                           | Fischgratin                                                                       | 150       |
| 35 - 50                                                                           | Gefülltes Gemüse                                                                  | 150       |
| 35 - 45                                                                           | Nudelauflauf / Aufläufe                                                           | 150       |
| 40 - 50                                                                           | Lasagne, frisch                                                                   | 150       |
| 60 - 70                                                                           | Kartoffelgratin                                                                   | 150       |
| 75 - 100                                                                          | Spareribs                                                                         | 140 - 150 |

**Dampf zum knusprig Backen und Braten**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Backfertige Baguettes, 0,04 - 0,05 kg                                             | 200       |
| 15 - 25                                                                           | Biskuits                                                                          | 155-170   |
| 20 - 35                                                                           | Backwaren aus süßem Hefeteig                                                      | 170 - 180 |
| 25 - 35                                                                           | Backfertige Baguettes, gefroren, 0,04 - 0,05 kg                                   | 200       |
| 25 - 35                                                                           | Brötchen                                                                          | 180 - 200 |
| 25 - 40                                                                           | Gebratenes Fischfilet                                                             | 170 - 180 |
| 30 - 40                                                                           | Hackbraten, ungekocht, 0,5 kg                                                     | 180       |
| 30 - 40                                                                           | Gebratener Auflauf                                                                | 160       |
| 30 - 40                                                                           | Omelett                                                                           | 160-170   |
| 30 - 45                                                                           | Süßes Brot                                                                        | 160 - 170 |
| 35 - 45                                                                           | Gebratener Fisch                                                                  | 170 - 180 |
| 45 - 60                                                                           | Verschiedene Brote, 0,5 - 1 kg                                                    | 180 - 190 |
| 45 - 60                                                                           | Süßspeisen                                                                        | 160 - 180 |
| 50 - 60                                                                           | Hähnchen, 1 kg                                                                    | 180-210   |
| 60 - 70                                                                           | Kassler, 0,6 - 1 kg                                                               | 160-180   |
| 60 - 90                                                                           | Roastbeef, 1 kg                                                                   | 180-200   |
| 70 - 90                                                                           | Ente, 1,5 - 2 kg                                                                  | 180       |

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 80 - 90                                                                           | Kalbsbraten, 1 kg                                                                 | 180     |
| 90 - 100                                                                          | Schweinebraten, 1 kg                                                              | 160-180 |

Verwenden Sie die erste Einschubebene.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pizza / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Blätterteiggebäck / Pikante Kuchen / Brötchen                                     | 155 - 180 |
| 45-60                                                                             | Mürbeteig                                                                         | 155 - 170 |
| 130-170                                                                           | Gans, 3 kg                                                                        | 170       |

Backen

Wenn Sie zum ersten Mal backen, verwenden Sie die niedrigere Temperatur.

Sie können die Backzeit um 10 - 15 Minuten verlängern, wenn Sie auf mehreren Schienen Kuchen backen.

Kuchen und Gebäck mit unterschiedlicher Höhe bräunen ggf. nicht gleichmäßig. Wenn sie nicht gleichmäßig bräunen, braucht die Temperatur nicht verändert zu werden. Die Unterschiede gleichen sich während des Backens aus.

Die Backbleche im Ofen können sich beim Backen verformen. Wenn die Backbleche abgekühlt sind, verschwindet die Verformung wieder.

Backtipps

| Backergebnis                                               | Mögliche Ursache                     | Abhilfe                                                |
|------------------------------------------------------------|--------------------------------------|--------------------------------------------------------|
| Die Unterseite des Kuchens ist nicht ausreichend gebacken. | Die Einschubebene ist nicht richtig. | Stellen Sie den Kuchen auf eine tiefere Einschubebene. |

| Backergebnis                                                                      | Mögliche Ursache                                             | Abhilfe                                                                                         |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Der Kuchen fällt zusammen und ist noch teigig oder mit Wasserstreifen durchzogen. | Die Backofentemperatur ist zu hoch.                          | Stellen Sie beim nächsten Mal eine niedrigere Backofentemperatur ein.                           |
|                                                                                   | Die Backofentemperatur ist zu hoch und die Backzeit zu kurz. | Stellen Sie beim nächsten Mal eine längere Backzeit und eine niedrigere Backofentemperatur ein. |
| Der Kuchen ist zu trocken.                                                        | Die Backofentemperatur ist zu niedrig.                       | Stellen Sie beim nächsten Mal eine höhere Backofentemperatur ein.                               |
|                                                                                   | Die Backzeit ist zu lang.                                    | Stellen Sie beim nächsten Mal eine kürzere Backzeit ein.                                        |
| Der Kuchen ist unregelmäßig gebräunt.                                             | Die Backofentemperatur ist zu hoch und die Backzeit zu kurz. | Stellen Sie beim nächsten Mal eine längere Backzeit und eine niedrigere Backofentemperatur ein. |
|                                                                                   | Der Kuchenteig ist nicht gleichmäßig verteilt.               | Verteilen Sie beim nächsten Mal den Kuchenteig gleichmäßiger auf dem Backblech.                 |
| Der Kuchen ist nach der im Rezept angegebenen Backzeit nicht fertig gebacken.     | Die Backofentemperatur ist zu niedrig.                       | Stellen Sie beim nächsten Mal eine etwas höhere Backofentemperatur ein.                         |

Backen auf einer Einschubebene

BACKEN IN BACKFORMEN

|  |  | °C        |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Gugelhupf / Bri-<br>oche                                                            | Heißluft                                                                            | 150 - 160 | 50 - 70                                                                             | 1                                                                                   |
| Sandkuchen /<br>Früchtekuchen                                                       | Heißluft                                                                            | 140 - 160 | 70 - 90                                                                             | 1                                                                                   |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Tortenboden aus Mürbeteig, Heizen Sie den leeren Backofen auf.                    | Heißluft                                                                          | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Tortenboden aus Rührteig                                                          | Heißluft                                                                          | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Käsekuchen                                                                        | Ober-/Unterhitze                                                                  | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

## KUCHEN/GEBÄCK/BROTE AUF BACKBLECHEN

Heizen Sie den leeren Backofen vor, sofern nicht anders angegeben.

|  |  | °C                    |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Hefezopf / Hefekranz, Aufheizen ist nicht erforderlich.                           | Ober-/Unterhitze                                                                  | 170 - 190             | 30 - 40                                                                           | 3                                                                                 |
| Christstollen                                                                     | Ober-/Unterhitze                                                                  | 160 - 180             | 50 - 70                                                                           | 2                                                                                 |
| Roggenbrot:                                                                       | Ober-/Unterhitze                                                                  | erst: 230             | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | anschließend: 160-180 | 30 - 60                                                                           |                                                                                   |
| Windbeutel / Eclairs                                                              | Ober-/Unterhitze                                                                  | 190 - 210             | 20 - 35                                                                           | 3                                                                                 |
| Biskuitrolle,                                                                     | Ober-/Unterhitze                                                                  | 180 - 200             | 10 - 20                                                                           | 3                                                                                 |
| Streuselkuchen, Aufheizen ist nicht erforderlich.                                 | Heißluft                                                                          | 150 - 160             | 20 - 40                                                                           | 3                                                                                 |
| Mandelkuchen mit Butter / Zuckerkuchen                                            | Ober-/Unterhitze                                                                  | 190 - 210             | 20 - 30                                                                           | 3                                                                                 |
| Obstkuchen, Aufheizen ist nicht erforderlich.                                     | Ober-/Unterhitze                                                                  | 180                   | 35 - 55                                                                           | 3                                                                                 |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Hefekuchen mit<br>delikatem Belag<br>(z. B. Quark, Sah-<br>ne, Pudding)           | Ober-/Unterhit-<br>ze                                                             | 160 - 180 | 40 - 60                                                                           | 3                                                                                 |

## KEKSE

Nutzen Sie die dritte Einschubebene.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Mürbeteig / Biskuitteig                                                           | Heißluft                                                                          | 150 - 160 | 15 - 25                                                                           |
| Baiser                                                                            | Heißluft                                                                          | 80 - 100  | 120 - 150                                                                         |
| Makronen                                                                          | Heißluft                                                                          | 100 - 120 | 30 - 50                                                                           |
| Hefeteigplätzchen                                                                 | Heißluft                                                                          | 150 - 160 | 20 - 40                                                                           |
| Blätterteiggebäck, Hei-<br>zen Sie den leeren<br>Backofen auf.                    | Heißluft                                                                          | 170 - 180 | 20 - 30                                                                           |
| Brötchen, Heizen Sie<br>den leeren Backofen<br>auf.                               | Ober-/Unterhitze                                                                  | 190 - 210 | 10 - 25                                                                           |

## Aufläufe und Gratins

Verwenden Sie die erste Einschubebene.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Nudelauflauf                                                                        | Ober-/Unterhitze                                                                    | 180 - 200 | 45 - 60                                                                             |
| Lasagne, frisch                                                                     | Ober-/Unterhitze                                                                    | 180 - 200 | 25 - 40                                                                             |
| Gemüse, überbacken,<br>Heizen Sie den leeren<br>Backofen auf.                       | Heißluftgrillen                                                                     | 170 - 190 | 15 - 35                                                                             |
| Baguettes mit ge-<br>schmolzenem Käse                                               | Heißluft                                                                            | 160 - 170 | 15 - 30                                                                             |
| Milchreis                                                                           | Ober-/Unterhitze                                                                    | 180 - 200 | 40 - 60                                                                             |
| Fischaufläufe                                                                       | Ober-/Unterhitze                                                                    | 180 - 200 | 30 - 60                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Gefülltes Gemüse                                                                  | Heißluft                                                                          | 160 - 170 | 30 - 60                                                                           |

## Backen auf mehreren Schienen

Verwenden Sie die Funktion: Heißluft.

Verwenden Sie für 2 Backbleche die erste und vierte Schiene.

### KUCHEN/GEBÄCK/BROTE AUF BACKBLECHEN

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Windbeutel / Eclairs, Heizen Sie den leeren Backofen auf.                         | 160 - 180 | 25 - 45                                                                           |
| Streuselkuchen trocken                                                            | 150 - 160 | 30 - 45                                                                           |

### KEKSE

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Mürbeteigplätzchen                                                                | 140       | 25 - 45                                                                           |
| Baiser                                                                            | 80 - 100  | 130 - 170                                                                         |
| Makronen                                                                          | 100 - 120 | 40 - 80                                                                           |
| Hefeteigplätzchen                                                                 | 160 - 170 | 30 - 60                                                                           |
| Blätterteiggebäck, Heizen Sie den leeren Backofen auf.                            | 170 - 180 | 30 - 50                                                                           |
| Brötchen                                                                          | 180       | 20 - 30                                                                           |

## Tipps zum Braten

Verwenden Sie hitzefestes Geschirr.

Braten Sie mageres Fleisch abgedeckt (Sie können Aluminiumfolie verwenden).

Große Fleischstücke direkt auf dem Backblech braten.

Geben Sie etwas Wasser ins Blech, um zu verhindern, dass das herabtropfende Fett brennt.

Drehen Sie den Braten nach 1/2 - 2/3 der Gardauer.

Fleisch und Fisch in großen Stücken (1 kg oder mehr) braten.

Wenn Ebene 1 empfohlen ist, legen Sie die Speisen direkt auf das Backblech

Beträufeln Sie die Fleischkeulen während des Bratens mehrere Male mit dem eigenen Saft.

## Braten

Verwenden Sie die erste Einschubebene.

### RINDFLEISCH

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Schmorfleisch                                                                     | 1 - 1.5                                                                           | Ober-/Unterhitze                                                                  | 230       | 120 - 150                                                                         |
| Roastbeef oder Filet, blutig, Heizen Sie den leeren Backofen auf.                 | 1 cm dick                                                                         | Heißluftgrillen                                                                   | 190 - 200 | 5 - 6                                                                             |
| Roastbeef oder Filet, rosa, Heizen Sie den leeren Backofen auf.                   | 1 cm dick                                                                         | Heißluftgrillen                                                                   | 180 - 190 | 6 - 8                                                                             |
| Roastbeef oder Filet, durch, Heizen Sie den leeren Backofen auf.                  | 1 cm dick                                                                         | Heißluftgrillen                                                                   | 170 - 180 | 8 - 10                                                                            |

### SCHWEINEFLEISCH

Verwenden Sie die Funktion: Heißluftgrillen.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Schulter / Nacken / Schinkenstück                                                 | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Koteletts / Spareribs                                                             | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Hackbraten                                                                        | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Schweinshaxe, vorgegart                                                           | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

### KALB

Verwenden Sie die Funktion: Heißluftgrillen.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Kalbsbraten                                                                         | 1                                                                                   | 160 - 180 | 90 - 120                                                                            |
| Kalbshaxe                                                                           | 1.5 - 2                                                                             | 160 - 180 | 120 - 150                                                                           |



LAMM

Verwenden Sie die Funktion: Heißluftgrillen.

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Lammkeule / Lammbraten                                                            | 1 - 1.5                                                                           | 150 - 170  | 100 - 120                                                                         |
| Lammrücken                                                                        | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

WILD

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Rücken / Hasenkeule, Heizen Sie den leeren Backofen auf.                          | 1                                                                                 | Heißluftgrillen                                                                   | 180 - 200 | 35 - 55                                                                           |
| Reh-/Hirschrücken                                                                 | 1.5 - 2                                                                           | Ober-/Unterhitze                                                                  | 180 - 200 | 60 - 90                                                                           |
| Reh-/Hirschkeule                                                                  | 1.5 - 2                                                                           | Ober-/Unterhitze                                                                  | 180 - 200 | 60 - 90                                                                           |

GEFLÜGEL

Verwenden Sie die Funktion: Heißluftgrillen.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Geflügelteile                                                                     | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Hähnchen, halbiert                                                                | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Hähnchen, Poularde                                                                | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Ente                                                                              | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Gans                                                                              | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Pute                                                                              | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Pute                                                                              | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

FISCH

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Fisch, ganz                                                                         | 1 - 1.5                                                                             | Heißluftgrillen                                                                     | 180 - 200 | 30 - 50                                                                             |

Brot Backen

Aufheizen wird nicht empfohlen.

Verwenden Sie die zweite Einschubebene.

## BROT

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Weißbrot                                                                          | 170 - 190 | 40 - 60                                                                           |
| Baguette                                                                          | 200 - 220 | 35 - 45                                                                           |
| Brioche                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Roggenbrot                                                                        | 170 - 190 | 50 - 70                                                                           |
| Vollkornbrot                                                                      | 170 - 190 | 50 - 70                                                                           |
| Vollkornbrot                                                                      | 170 - 190 | 40 - 60                                                                           |
| Brötchen                                                                          | 190 - 210 | 20 - 35                                                                           |

## Knusprig backen mit Pizzastufe

## PIZZA

Verwenden Sie die erste Einschubebene.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Linzertorte/Tarte                                                                 | 180 - 200 | 40 - 55                                                                           |
| Spinat-Flan                                                                       | 160 - 180 | 45 - 60                                                                           |
| Quiche Lorraine / Schweizer Flan                                                  | 170 - 190 | 45 - 55                                                                           |
| Amerikanischer Apfelkuchen, gedeckt                                               | 150 - 170 | 50 - 60                                                                           |

## PIZZA

Heize den leeren Backofen vor dem Garen vor.

Verwenden Sie die zweite Einschubebene.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pizza, dünner Boden, verwenden Sie die Brat- und Fett-pfanne                        | 210 - 230 | 15 - 25                                                                             |
| Pizza, dicker Boden                                                                 | 180 - 200 | 20 - 30                                                                             |
| Fladenbrot                                                                          | 210 - 230 | 10 - 20                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Blätterteigkuchen                                                                 | 160 - 180 | 45 - 55                                                                           |
| Flammkuchen                                                                       | 210 - 230 | 15 - 25                                                                           |
| Piroggen                                                                          | 180 - 200 | 15 - 25                                                                           |
| Gemüsekuchen                                                                      | 160 - 180 | 50 - 60                                                                           |

## Grill

Heizen Sie den leeren Backofen vor dem Garen vor.

Grillen Sie nur dünne Fleisch- oder Fischstücke.

Stellen Sie ein Blech in die erste Einschubebene, um das Fett aufzufangen.

### GRILL

|  | °C        | <br>Erste Seite | <br>Zweite Seite |  |
|-----------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Rinderfilet                                                                       | 230       | 20 - 30                                                                                          | 20 - 30                                                                                           | 3                                                                                 |
| Schweinelende                                                                     | 210 - 230 | 30 - 40                                                                                          | 30 - 40                                                                                           | 2                                                                                 |
| Lammrücken                                                                        | 210 - 230 | 25 - 35                                                                                          | 20 - 25                                                                                           | 3                                                                                 |

## Niedertemperatur Garen

Diese Funktion ermöglicht die Zubereitung von magerem, zartem Fleisch und Fisch. Sie eignet sich für Geflügel, fetten Schweinebraten, Schmorbraten.

- Braten Sie das Fleisch 1 - 2 Minuten in einer Pfanne über starker Hitze beidseitig scharf an.
- Wenn die dritte Einschubebene empfohlen wird, die Speisen direkt auf den Kombirost geben. Ein Backblech oder eine Fettpfanne in die erste Einschubebene einsetzen, um das Fett aufzufangen.  
Wenn die erste Einschubebene empfohlen wird, die Speisen direkt auf das Backblech geben.  
Kochen Sie immer ohne Deckel mit dieser Funktion.
- Gebrauch: Temperatursensor.  
Stellen Sie die Temperatur auf 120°C ein.

|  |  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Steaks                                                                              | 0.2 - 0.3                                                                           | 20 - 40                                                                             | 3                                                                                   |
| Rinderfilet                                                                         | 1 - 1.5                                                                             | 90 - 150                                                                            | 3                                                                                   |

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Roastbeef                                                                         | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Kalbsbraten                                                                       | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

Tiefkühlgerichte

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pizza, gefroren                                                                   | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| Pizza American, gefroren                                                          | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Pizza, gekühlt                                                                    | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Pizza-Snacks, gefroren                                                            | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Pommes frites, dünn                                                               | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Pommes frites, dick                                                               | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Kartoffelspalten / Kroketten                                                      | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Rösti                                                                             | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagne, frisch / Cannelloni, frisch                                              | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagne, frisch / Cannelloni, gefroren                                            | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Gebackener Käse                                                                   | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Hähnchenflügel                                                                    | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

Einkochen

- Verwenden Sie die Funktion Unterhitze.
- Verwenden Sie nur handelsübliche Einmachgläser mit denselben Abmessungen.
- Verwenden Sie keine Einmachgläser mit Dreh- oder Bajonettverschlüssen oder Metalldosen.
- Verwenden Sie die erste Einschubebene.
- Stellen Sie nicht mehr als sechs 1-Liter-Einmachgläser auf das Backblech.
- Füllen Sie die Gläser gleichmäßig und verschließen Sie sie mit einer Klammer.
- Die Einmachgläser dürfen sich nicht berühren.
- Geben Sie etwa 1/2 Liter Wasser auf das Backblech, damit der Ofen ausreichend Feuchtigkeit hat.

Wenn die Flüssigkeit in den Einmachgläsern zu köcheln beginnt (bei 1-Liter-Gläsern nach ca. 35 - 60 Minuten), stellen Sie den Ofen ab oder senken Sie die Temperatur auf 100°C (siehe Tabelle).

Stellen Sie die Temperatur auf 160 – 170°C ein.

WEICHES OBST

|  | <br>Garzeit bis zum Köcheln |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Erdbeeren / Blaubeeren / Himbeeren / Reife Stachelbeeren                          | 35 - 45                                                                                                      |

STEINOBST

|  | <br>Garzeit bis zum Köcheln | <br>Bei 100°C weiterkochen |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Pfirsiche / Quitten / Pflaumen                                                    | 35 - 45                                                                                                      | 10 - 15                                                                                                     |

Gemüse

|  | <br>Garzeit bis zum Köcheln | <br>Bei 100°C weiterkochen |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Karotten                                                                          | 50 - 60                                                                                                      | 5 - 10                                                                                                      |
| Gurken                                                                            | 50 - 60                                                                                                      | -                                                                                                           |
| Mixed Pickles                                                                     | 50 - 60                                                                                                      | 5 - 10                                                                                                      |
| Kohlrabi / Erbsen / Spargel                                                       | 50 - 60                                                                                                      | 15 - 20                                                                                                     |

Dörren - Heißluft

Decken Sie Backbleche mit fettbeständigem Papier oder Backpapier ab.

Bessere Ergebnisse erzielen Sie, wenn Sie den Backofen nach der halben Trocknungszeit abstellen. Öffnen Sie dann die Ofentür und lassen Sie den Ofen über Nacht abkühlen, um die Trocknung abzuschließen.

Nutzen Sie für 1 Blech die dritte Schiene.

Verwenden Sie für 2 Backbleche die erste und vierte Schiene.

Gemüse

|  | °C      |  (Std) |
|-------------------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------|
| Bohnen                                                                              | 60 - 70 | 6 - 8                                                                                     |
| Paprika                                                                             | 60 - 70 | 5 - 6                                                                                     |

|  | °C      | ⌚ (Std) |
|-----------------------------------------------------------------------------------|---------|---------|
| Suppengemüse                                                                      | 60 - 70 | 5 - 6   |
| Pilze                                                                             | 50 - 60 | 6 - 8   |
| Kräuter                                                                           | 40 - 50 | 2 - 3   |

OBST  
Stellen Sie die Temperatur auf 60 – 70°C ein.

|  | ⌚ (Std) |
|-----------------------------------------------------------------------------------|---------|
| Pflaumen                                                                          | 8 - 10  |
| Aprikosen                                                                         | 8 - 10  |
| Apfelscheiben                                                                     | 6 - 8   |
| Birnen                                                                            | 6 - 9   |

Temperatursensor

RINDFLEISCH

|  | °C Lebensmittelkerntemperatur |        |       |
|-----------------------------------------------------------------------------------|-------------------------------|--------|-------|
|                                                                                   | Blutig                        | Mittel | Durch |
| Roastbeef                                                                         | 55                            | 60     | 70    |
| Lende                                                                             | 45                            | 60     | 70    |

|  | °C Lebensmittelkerntemperatur |        |      |
|-------------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                     | Weniger                       | Mittel | Mehr |
| Hackbraten                                                                          | 80                            | 83     | 86   |

SCHWEINEFLEISCH

|  | °C Lebensmittelkerntemperatur |        |      |
|-------------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                     | Weniger                       | Mittel | Mehr |
| Schinken / Braten                                                                   | 80                            | 84     | 88   |
| Rückenkotelett / Schweinelende, geräuchert / Schweinelende, pochiert                | 75                            | 78     | 82   |

KALB

|  | °C Lebensmittelkerntemperatur |        |      |
|-----------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                   | Weniger                       | Mittel | Mehr |
| Kalbsbraten                                                                       | 75                            | 80     | 85   |
| Kalbshaxe                                                                         | 85                            | 88     | 90   |

HAMMEL/LAMM

|  | °C Lebensmittelkerntemperatur |        |      |
|-----------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                   | Weniger                       | Mittel | Mehr |
| Hammelkeule                                                                       | 80                            | 85     | 88   |
| Hammelrücken                                                                      | 75                            | 80     | 85   |
| Lammbraten / Lammkeule                                                            | 65                            | 70     | 75   |

WILD

|  | °C Lebensmittelkerntemperatur |        |      |
|-----------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                   | Weniger                       | Mittel | Mehr |
| Hasenrücken / Reh-/Hirschrücken                                                   | 65                            | 70     | 75   |
| Hasenkeule / Hase, ganz / Reh-/Hirschkeule                                        | 70                            | 75     | 80   |

GEFLÜGEL

|  | °C Lebensmittelkerntemperatur |        |      |
|-----------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                   | Weniger                       | Mittel | Mehr |
| Hähnchen                                                                          | 80                            | 83     | 85   |
| Ente, ganz/Hälfte / Pute, ganz / Brust                                            | 75                            | 80     | 85   |
| Ente, Brust                                                                       | 60                            | 65     | 70   |

FISCH (LACHS, FORELLE, ZANDER)

|  | °C Lebensmittelkerntemperatur |        |      |
|-------------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                     | Weniger                       | Mittel | Mehr |
| Fisch, ganz/groß/gedämpft /<br>Fisch, ganz/groß/gebraten                            | 60                            | 64     | 68   |

AUFLÄUFE – VORGEKOCHTES GEMÜSE

|  | °C Lebensmittelkerntemperatur |        |      |
|-----------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                   | Weniger                       | Mittel | Mehr |
| Zucchini-auflauf / Broccoli-auflauf / Fenchel-auflauf                             | 85                            | 88     | 91   |

AUFLÄUFE – PIKANT

|  | °C Lebensmittelkerntemperatur |        |      |
|-----------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                   | Weniger                       | Mittel | Mehr |
| Cannelloni / Lasagne, frisch / Nudelauflauf                                       | 85                            | 88     | 91   |

AUFLÄUFE – SÜSS

|  | °C Lebensmittelkerntemperatur |        |      |
|-----------------------------------------------------------------------------------|-------------------------------|--------|------|
|                                                                                   | Weniger                       | Mittel | Mehr |
| Weißbrot-auflauf mit/ohne Obst / Reisbrei mit/ohne Obst / Süßer Nudelauflauf      | 80                            | 85     | 90   |



## Περιεχόμενα

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Υπόκειται σε αλλαγές χωρίς προειδοποίηση.

## Συστάσεις μαγειρέματος

Οι τιμές θερμοκρασίας και χρόνου μαγειρέματος στους πίνακες είναι μόνο ενδεικτικές. Εξαρτώνται από τις συνταγές, καθώς και από την ποιότητα και ποσότητα των υλικών που χρησιμοποιούνται.

Η συσκευή σας μπορεί να ψήνει με διαφορετικό τρόπο σε σχέση με τη συσκευή που είχατε. Οι παρακάτω υποδείξεις δείχνουν τις συνιστώμενες ρυθμίσεις θερμοκρασίας, χρόνο ψησίματος και θέση σχάρας για συγκεκριμένους τύπους φαγητού.

Μετρήστε τις θέσεις σχάρας αρχίζοντας από το κάτω μέρος του φούρνου.

Αν δεν μπορείτε να βρείτε τις ρυθμίσεις για μια συγκεκριμένη συνταγή, αναζητήστε μια παρόμοια.

Σύμβολα που χρησιμοποιούνται στους πίνακες:

|                                                                                     |                           |
|-------------------------------------------------------------------------------------|---------------------------|
|    | Τύπος φαγητού             |
|    | Πρόγραμμα                 |
|  | Θερμοκρασία               |
|  | Αξεσουάρι                 |
|  | Θήκη (Gastronorm)         |
|  | Βάρος (kg)                |
|  | Θέση σχάρας               |
|  | Χρόνος μαγειρέματος (λεπ) |

## Συμβουλές για ειδικά προγράμματα της συσκευής

### Διατήρηση Θερμότητας

Η λειτουργία σας επιτρέπει να διατηρείτε το φαγητό ζεστό. Η θερμοκρασία ρυθμίζεται αυτόματα στους 80°C.

### **Ζέσταμα πιάτων**

Η λειτουργία σας επιτρέπει να ζεστάνετε τα πιάτα πριν από το σερβίρισμα. Η θερμοκρασία ρυθμίζεται αυτόματα στους 70°C.

Τοποθετήστε τα πιάτα σας ομοιόμορφα σε στοίβες επάνω στη μεταλλική σχάρα. Χρησιμοποιήστε την πρώτη θέση σχάρας. Μετά από τον μισό χρόνο θέρμανσης αλλάξτε τους θέση.

### **Φούσκωμα ζύμης**

Η λειτουργία επιτρέπει το φούσκωμα της ζύμης με μαγιά. Τοποθετήστε τη ζύμη σε ένα μεγάλο σκεύος. Χρησιμοποιήστε την πρώτη θέση σχάρας. Ρυθμίστε τη λειτουργία: Φούσκωμα ζύμης και τον χρόνο μαγειρέματος.

### **Απόψυξη**

Αφαιρέστε τη συσκευασία του φαγητού και βάλτε το φαγητό σε ένα πιάτο. Μην καλύπτετε το φαγητό καθώς αυτό μπορεί να επιμηκύνει τον χρόνο απόψυξης. Χρησιμοποιήστε την πρώτη θέση σχάρας.

## **Πλήρη λειτουργία ατμού**

Προσέχετε όταν ανοίγετε την πόρτα του φούρνου όταν η λειτουργία είναι ενεργοποιημένη. Μπορεί να απελευθερωθεί ατμός.

Αυτή η λειτουργία σας επιτρέπει να:

- αποστειρώσετε δοχεία (π.χ. μπιμπερό),
- μαγειρέψετε όλους τους τύπους φαγητού, φρέσκα ή κατεψυγμένα.

Αποστείρωση

Τοποθετήστε τα καθαρά δοχεία ανάποδα στο κέντρο της σχάρας στην πρώτη θέση σχάρας.

Γεμίστε τη θήκη στ μέγιστο επίπεδο και ρυθμίστε τη διάρκεια στα 40 λεπτά.

Μαγείρεμα

Μπορείτε να τον χρησιμοποιήσετε για μαγείρεμα, ζέσταμα, απόψυξη, ποσάρισμα ή ζεμάτισμα λαχανικών, κρέατος, ψαριού, ζυμαρικών, ρυζιού, σιμιγδαλιού και αβγών.

Μπορείτε να μαγειρέψετε ένα γεύμα που αποτελείται από μερικά πιάτα κατά τη διάρκεια μίας περιόδου μαγειρέματος. Για να βεβαιωθείτε ότι όλα τα πιάτα θα είναι έτοιμα την ίδια ώρα, ξεκινήστε με το φαγητό που απαιτεί τη μεγαλύτερη διάρκεια μαγειρέματος και κατόπιν προσθέστε τα υπόλοιπα πιάτα την κατάλληλη στιγμή, όπως προσδιορίζεται στους πίνακες μαγειρέματος



Πλήρη λειτουργία ατμού

Παράδειγμα: Ο συνολικός χρόνος αυτής της περιόδου μαγειρέματος είναι 40 λεπ. Πρώτα, τοποθετήστε σε Βραστές πατάτες, κομμένες στα τέσσερα, μετά από 20 λεπ προσθέστε Σολομός φιλέτα και Μπρόκολο, τεμάχια μετά από 30 λεπ .

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Βραστές πατάτες, κομμένες στα τέσσερα                                             | 40                                                                                |
| Σολομός φιλέτα                                                                    | 20                                                                                |
| Μπρόκολο, τεμάχια                                                                 | 10                                                                                |

Χρησιμοποιείτε τη μεγαλύτερη ποσότητα του απαιτούμενου νερού όταν μαγειρεύετε περισσότερα από ένα φαγητά ταυτόχρονα.

Χρησιμοποιήστε τη δεύτερη θέση σχάρας.

#### ΛΑΧΑΝΙΚΑ

Ρυθμίστε τη θερμοκρασία στους 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Μπρόκολο, τεμάχια, προθερμάνετε τον άδειο φούρνο                                  |
| 10                                                                                | Ντομάτες ξεφλουδισμένες                                                           |
| 10 - 15                                                                           | Σπανάκι, φρέσκο                                                                   |
| 10 - 15                                                                           | Κολοκυθάκια, φέτες                                                                |
| 15                                                                                | Λαχανικά, μπλανσαρισμένα                                                          |
| 15 - 20                                                                           | Μανιτάρια σε φέτες                                                                |
| 15 - 20                                                                           | Πιπεριές, λωρίδες                                                                 |
| 15 - 25                                                                           | Μπρόκολο, ολόκληρο                                                                |
| 15 - 25                                                                           | Σπαράγγια, πράσινα                                                                |
| 15 - 25                                                                           | Μελιτζάνες                                                                        |
| 15 - 25                                                                           | Κολοκύθα, σε κύβους                                                               |
| 15 - 25                                                                           | Ντομάτες                                                                          |
| 20 - 25                                                                           | Φασόλια, μπλανσαρισμένα                                                           |
| 20 - 25                                                                           | Λυκοτρίβολο, τεμάχια                                                              |
| 20 - 25                                                                           | Λάχανο Σαβόι                                                                      |
| 20 - 30                                                                           | Σέλινο, ψιλοκομμένο                                                               |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Πράσα σε ροδέλες                                                                  |
| 20 - 30                                                                           | Αρακάς                                                                            |
| 20 - 30                                                                           | Γλυκομπίζελα / Πιπεριές Kaiser                                                    |
| 20 - 30                                                                           | Γλυκοπατάτες                                                                      |
| 20 - 30                                                                           | Μάραθος                                                                           |
| 20 - 30                                                                           | Καρότα                                                                            |
| 25 - 35                                                                           | Σπαράγγια, λευκά                                                                  |
| 25 - 35                                                                           | Λαχανάκια Βρυξελλών                                                               |
| 25 - 35                                                                           | Κουνουπίδι, τεμάχια                                                               |
| 25 - 35                                                                           | Ρέβα, λωρίδες                                                                     |
| 25 - 35                                                                           | Λευκά ξερά φασόλια                                                                |
| 30 - 40                                                                           | Ψητό γλυκό καλαμπόκι                                                              |
| 35 - 45                                                                           | Μαύρο Λαγόχ. (σκουλί)                                                             |
| 35 - 45                                                                           | Κουνουπίδι, ολόκληρο                                                              |
| 35 - 45                                                                           | Φασολάκια                                                                         |
| 40 - 45                                                                           | Λευκό ή κόκκινο λάχανο, λωρίδες                                                   |
| 50 - 60                                                                           | Αγκινάρες                                                                         |
| 55 - 65                                                                           | Αποξηραμένα φασόλια, μουλιασμένα, αναλογία νερού / φασολιών 2:1                   |
| 60 - 90                                                                           | Ξινολάχανο                                                                        |
| 70 - 90                                                                           | Παντζάρια                                                                         |

## ΣΥΝΟΔΕΥΤΙΚΑ ΠΙΑΤΑ

Ρυθμίστε τη θερμοκρασία στους 100°C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Κουσκούς, αναλογία νερού / κουσκούς 1:1                                             |
| 15 - 25                                                                             | Ταλιατέλες, φρέσκες                                                                 |

|  |                                    |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 20 - 25                                                                           | Κρέμα με σιμιγδάλι, αναλογία γάλακτος / σιμιγδαλιού 3,5:1                                                           |
| 20 - 30                                                                           | Φακές, κόκκινες, αναλογία νερού / φακής 1:1                                                                         |
| 25 - 30                                                                           | Σπέτσλε                                                                                                             |
| 25 - 35                                                                           | Πλιγούρι, αναλογία νερού / πλιγουριού 1:1                                                                           |
| 25 - 35                                                                           | Dumpling μαγιάς                                                                                                     |
| 30 - 35                                                                           | Αρωματικό ρύζι, αναλογία νερού / ρυζιού 1:1                                                                         |
| 30 - 40                                                                           | Βραστές πατάτες, κομμένες στα τέσσερα                                                                               |
| 35 - 45                                                                           | Dumpling ψωμιού                                                                                                     |
| 35 - 45                                                                           | Dumpling πατάτας                                                                                                    |
| 35 - 45                                                                           | Ρύζι, αναλογία νερού / ρυζιού 1:1, η αναλογία του νερού με το ρύζι μπορεί να αλλάξει ανάλογα με τον τύπο του ρυζιού |
| 40 - 50                                                                           | Καλαμπόκι πολέντα, αναλογία υγρού 3:1                                                                               |
| 40 - 55                                                                           | Ρυζόγαλο, αναλογία γάλακτος / ρυζιού 2,5:1                                                                          |
| 45 - 55                                                                           | Πατάτες με τη φλούδα, μέτρια ψημένες                                                                                |
| 55 - 60                                                                           | Φακές, καφέ και πράσινες, αναλογία νερού / φακής 2:1                                                                |

## ΦΡΟΥΤΑ

Ρυθμίστε τη θερμοκρασία στους 100°C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 10 - 15                                                                             | Μήλο σε φέτες                                                                       |
| 10 - 15                                                                             | Ζεστά μούρα                                                                         |
| 10 - 20                                                                             | Λιώσιμο σοκολάτας                                                                   |
| 20 - 25                                                                             | Κομπόστα φρούτων                                                                    |

## ΨΑΡΙ

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Ψάρι φιλέτο, λεπτό                                                                  | 75 - 80 |
| 20 - 25                                                                             | Γαρίδες, φρέσκες                                                                    | 75 - 85 |
| 20 - 30                                                                             | Μύδια                                                                               | 100     |

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 20 - 30                                                                           | Σολομός φιλέτα                                                                    | 85      |
| 20 - 30                                                                           | Πέστροφα, 0,25 kg                                                                 | 85      |
| 30 - 40                                                                           | Γαρίδες, κατεψυγμένες                                                             | 75 - 85 |
| 40 - 45                                                                           | Άγρια πέστροφα, 1 kg                                                              | 85      |

## ΚΡΕΑΣ

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Λουκάνικα Chipolata                                                               | 80  |
| 20 - 30                                                                           | Μοσχαρίσιο λουκάνικο Βαυαρίας / Λευκό λουκάνικο                                   | 80  |
| 20 - 30                                                                           | Λουκάνικο Βιέννης                                                                 | 80  |
| 25 - 35                                                                           | Στήθος κοτόπουλου, ποσέ                                                           | 90  |
| 55 - 65                                                                           | Βραστό ζαμπόν, 1 kg                                                               | 100 |
| 60 - 70                                                                           | Κοτόπουλο, ποσέ, 1 - 1,2 kg                                                       | 100 |
| 70 - 90                                                                           | Kasseler, ποσέ                                                                    | 90  |
| 80 - 90                                                                           | Μοσχάρι / Χοιρινή μπριζόλα, 0,8 - 1 kg                                            | 90  |
| 110 - 120                                                                         | Μοσχάρι Tafelspitz                                                                | 100 |

## ΑΒΓΑ

Ρυθμίστε τη θερμοκρασία στους 100°C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 10 - 11                                                                             | Αβγά, μελάτα                                                                        |
| 12 - 13                                                                             | Αβγά, μέτρια βραστά                                                                 |
| 18 - 21                                                                             | Αβγά, σφιχτά                                                                        |

## Συνδυασμός λειτουργιών: Γκριλ με Θερμό Αέρα + Πλήρη λειτουργία ατμού

Μπορείτε να συνδυάσετε αυτές τις λειτουργίες για να μαγειρέψετε κρέας, λαχανικά και συνοδευτικά πιάτα ταυτόχρονα.

1. Ρυθμίστε τη λειτουργία: Λειτουργία Γκριλ με Θερμό Αέρα για το ψήσιμο κρέατος.
2. Προσθέστε τα λαχανικά και συνοδευτικά πιάτα που έχετε προετοιμάσει.

- 3. Μειώστε τη θερμοκρασία του φούρνου σε περίπου 90°C. Μπορείτε να ανοίξετε την πόρτα του φούρνου στην πρώτη θέση για 15 λεπτά περίπου.
- 4. Ρυθμίστε τη λειτουργία: Πλήρη λειτουργία ατμού. Μαγειρέψτε όλα τα πιάτα μαζί μέχρι να είναι έτοιμα.

Χρησιμοποιήστε την πρώτη θέση σχάρας για το κρέας και την τρίτη θέση σχάρας για τα λαχανικά. Τοποθετήστε το κρέας απευθείας στο ταψί ψησίματος.

|  |  Γκριλ με Θερμό Αέρα<br>Πρώτο βήμα: μαγείρεμα κρέατος |                                                                                   |  Πλήρη λειτουργία ατμού<br>Δεύτερο βήμα: προσθήκη λαχανικών |                                                                                   |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                     |  | °C                                                                                                                                           |  |
| Ψητό βοδινό, μέτρια ψημένο, 1 kg / Λαχανάκια Βρυξελλών, πολέντα                   | 180                                                                                                                                    | 60 - 70                                                                           | 100                                                                                                                                          | 40 - 50                                                                           |
| Ψητό χοιρινό, 1 kg / Πατάτες / Λαχανικά, ζωμός                                    | 180                                                                                                                                    | 60 - 70                                                                           | 100                                                                                                                                          | 30 - 40                                                                           |
| Ψητό μοσχάρι, 1 kg / Ρύζι / Λαχανικά                                              | 180                                                                                                                                    | 50 - 60                                                                           | 100                                                                                                                                          | 30 - 40                                                                           |

Υψηλή Υγρασία

Χρησιμοποιήστε τη δεύτερη θέση σχάρας.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Κρέμα / Τάρτα, σε μικρές μερίδες                                                    | 90        | 35 - 45                                                                             |
| Ψητά αβγά                                                                           | 90 - 110  | 15 - 30                                                                             |
| Τερίν                                                                               | 90        | 40 - 50                                                                             |
| Ψάρι φιλέτο, λεπτό                                                                  | 85        | 15 - 25                                                                             |
| Ψάρι φιλέτο, παχύ                                                                   | 90        | 25 - 35                                                                             |
| Μικρό ψάρι, έως 0,35 kg                                                             | 90        | 20 - 30                                                                             |
| Ψάρι ολόκληρο, έως 1 kg                                                             | 90        | 30 - 40                                                                             |
| Dumpling                                                                            | 120 - 130 | 40 - 50                                                                             |

Χαμηλή Υγρασία

Χρησιμοποιήστε τη δεύτερη θέση σχάρας, εκτός αν υποδεικνύεται διαφορετικά.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Ψωμάκια έτοιμα για ψήσιμο                                                         | 200       | 20 - 30                                                                           |
| Μπαγκέτες έτοιμες για ψήσιμο, 40 - 50 g                                           | 200       | 15 - 20                                                                           |
| Μπαγκέτες έτοιμες για ψήσιμο, κατεψυγμένες, 40 - 50 g                             | 200       | 25 - 35                                                                           |
| Ρολό κιμάς, ωρό, 0,5 kg                                                           | 180       | 30 - 40                                                                           |
| Σουφλέ ζυμαρικών                                                                  | 170 - 190 | 40 - 50                                                                           |
| Λαζάνια                                                                           | 170 - 180 | 45 - 55                                                                           |
| Ψωμί, 0,5 - 1 g                                                                   | 180 - 190 | 45 - 60                                                                           |
| Πατάτες Ογκρατέν                                                                  | 160 - 170 | 50 - 60                                                                           |
| Κοτόπουλο, 1 g                                                                    | 180 - 210 | 50 - 60                                                                           |
| Χοιρινή μπριζόλα, καπνιστή, 0,6 - 1 g, μου-<br>λιάστε για 2 ώρες                  | 160 - 180 | 60 - 70                                                                           |
| Ψητό βοδινό, μέτρια ψημένο, 1 g                                                   | 180 - 200 | 60 - 90                                                                           |
| Πάπια, 1,5 - 2 g                                                                  | 180       | 70 - 90                                                                           |
| Ψητό μοσχάρι, 1 g                                                                 | 180       | 80 - 90                                                                           |
| Ψητό χοιρινό, 1 g                                                                 | 160 - 180 | 90 - 100                                                                          |
| Χήνα, 3 g, χρησιμοποιήστε την πρώτη θέση<br>σχάρας                                | 170       | 130 - 170                                                                         |

Ζέσταμα με ατμό

Χρησιμοποιήστε τη δεύτερη θέση σχάρας.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Ολοκληρωμένα πιάτα                                                                  | 110 | 10 - 15                                                                             |
| Ζυμαρικά                                                                            | 110 | 10 - 15                                                                             |
| Ρύζι                                                                                | 110 | 10 - 15                                                                             |
| Dumpling                                                                            | 110 | 15 - 25                                                                             |



## EasySteam

**Μαγείρεμα μόνο με ατμό**  
**ΛΑΧΑΝΙΚΑ**

Χρησιμοποιήστε τη δεύτερη θέση σχάρας.

Ρυθμίστε τη θερμοκρασία στους 100°C κατά το μέγιστο.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Μπρόκολο, τεμάχια, προθερμάνετε τον άδειο φούρνο                                  |
| 10                                                                                | Ντομάτες ξεφλουδισμένες                                                           |
| 10-15                                                                             | Σπανάκι, φρέσκο                                                                   |
| 10-15                                                                             | Κολοκυθάκια, φέτες                                                                |
| 15                                                                                | Λαχανικά, μπλανσαρισμένα                                                          |
| 15-20                                                                             | Πιπεριές, λωρίδες                                                                 |
| 15-20                                                                             | Μανιτάρια σε φέτες                                                                |
| 15-25                                                                             | Μελιτζάνες                                                                        |
| 15-25                                                                             | Κουνουπίδι, ολόκληρο                                                              |
| 15-25                                                                             | Μπρόκολο, ολόκληρο                                                                |
| 15-25                                                                             | Σπαράγγια, πράσινα                                                                |
| 15-25                                                                             | Ντομάτες                                                                          |
| 15-25                                                                             | Κολοκύθα, σε κύβους                                                               |
| 20-25                                                                             | Λυκοτρίβολο, τεμάχια                                                              |
| 20-25                                                                             | Λάχανο Σαβόι                                                                      |
| 20-25                                                                             | Φασόλια, μπλανσαρισμένα                                                           |
| 20-30                                                                             | Γλυκοπατάτες                                                                      |
| 20-30                                                                             | Αρακάς                                                                            |
| 20-30                                                                             | Μάραθος                                                                           |
| 20-30                                                                             | Καρότα                                                                            |
| 20-30                                                                             | Πράσα σε ροδέλες                                                                  |
| 20-30                                                                             | Σέλινο, ψιλοκομμένο                                                               |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20-30                                                                             | Γλυκομπίζελα                                                                      |
| 25-35                                                                             | Κουνουπίδι, τεμάχια                                                               |
| 25-35                                                                             | Ρέβα, λωρίδες                                                                     |
| 25-35                                                                             | Λαχανάκια Βρυξελλών                                                               |
| 25-35                                                                             | Σπαράγγια, λευκά                                                                  |
| 25-35                                                                             | Λευκά ξερά φασόλια                                                                |
| 30-40                                                                             | Ψητό γλυκό καλαμπόκι                                                              |
| 35-45                                                                             | Φασολάκια                                                                         |
| 35-45                                                                             | Μαύρο Λαγόχ. (σκουλί)                                                             |
| 40-45                                                                             | Λευκό ή κόκκινο λάχανο, λωρίδες                                                   |
| 50 - 60                                                                           | Αγκινάρες                                                                         |
| 55-65                                                                             | Αποξηραμένα φασόλια, μουλιασμένα                                                  |
| 60-90                                                                             | Ξινολάχανο                                                                        |
| 70-90                                                                             | Παντζάρια                                                                         |

## ΣΥΝΟΔΕΥΤΙΚΑ ΠΙΑΤΑ

Ρυθμίστε τη θερμοκρασία στους 100°C κατά το μέγιστο.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15-20                                                                               | Κουσκούς, αναλογία νερού / κουσκούς 1:1                                             |
| 15-25                                                                               | Ταλιατέλες, φρέσκες                                                                 |
| 20-25                                                                               | Κρέμα με σιμιγδάλι, αναλογία γάλακτος / σιμιγδαλιού 3,5:1                           |
| 20-30                                                                               | Φακές, κόκκινες, αναλογία νερού / φακής 1:1                                         |
| 25-30                                                                               | Σπέτσλε                                                                             |
| 25-35                                                                               | Πλιγούρι, αναλογία νερού / πλιγουριού 1:1                                           |
| 25-35                                                                               | Dumpling μαγιάς                                                                     |
| 30-35                                                                               | Αρωματικό ρύζι, αναλογία νερού / ρυζιού 1:1                                         |

|  |                                     |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 30-40                                                                             | Βραστές πατάτες, κομμένες στα τέσσερα                                                                                |
| 35-45                                                                             | Dumpling πατάτας                                                                                                     |
| 35-45                                                                             | Ρύζι, αναλογία νερού / ρυζιού 1:1, η αναλογία του νερού με το ρύζι μπορεί να αλλάξει ανάλογα με τον τύπο του ρυζιού. |
| 35-45                                                                             | Dumpling ψωμιού                                                                                                      |
| 40-50                                                                             | Καλαμπόκι πολέντα, αναλογία υγρού 3:1                                                                                |
| 40-55                                                                             | Ρυζόγαλο, αναλογία γάλακτος / ρυζιού 2,5:1                                                                           |
| 45-55                                                                             | Πατάτες με τη φλούδα, μέτρια ψημένες                                                                                 |
| 55-60                                                                             | Φακές, καφέ και πράσινες, αναλογία νερού / φακής 2:1                                                                 |

## ΦΡΟΥΤΑ

Ρυθμίστε τη θερμοκρασία στους 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Μήλο σε φέτες                                                                     |
| 10-15                                                                             | Ζεστά μούρα                                                                       |
| 10-20                                                                             | Λιώσιμο σοκολάτας                                                                 |
| 20-25                                                                             | Κομπόστα φρούτων                                                                  |

## ΨΑΡΙ

|  |  | °C    |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------|
| 15-20                                                                               | Ψάρι φιλέτο, λεπτό                                                                  | 75-80 |
| 20-25                                                                               | Γαρίδες, φρέσκες                                                                    | 75-85 |
| 20-30                                                                               | Ψάρι φιλέτο, παχύ                                                                   | 75-85 |
| 20-30                                                                               | Πέστροφα, 0,25 kg                                                                   | 75-85 |
| 20-30                                                                               | Μύδια                                                                               | 100   |
| 30-40                                                                               | Γαρίδες, κατεψυγμένες                                                               | 75-85 |

## ΚΡΕΑΣ

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15-20                                                                             | Λουκάνικα Chipolata                                                               | 80  |
| 20-30                                                                             | Μοσχαρίσιο λουκάνικο Βαυαρίας<br>/ Λευκό λουκάνικο                                | 80  |
| 20-30                                                                             | Λουκάνικο Βιέννης                                                                 | 80  |
| 25-35                                                                             | Στήθος κοτόπουλου, ποσέ                                                           | 90  |
| 55-65                                                                             | Βραστό ζαμπόν, 1 kg                                                               | 100 |
| 60-70                                                                             | Κοτόπουλο, ποσέ, 1 - 1,2 kg                                                       | 100 |
| 70-90                                                                             | Kasseler, ποσέ                                                                    | 90  |
| 80-90                                                                             | Μοσχάρι / Χοιρινή μπιριζόλα, 0,8 - 1 kg                                           | 90  |
| 110-120                                                                           | Μοσχάρι Tafelspitz                                                                | 100 |

## ΑΒΓΑ

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Αβγά, μελάτα                                                                      | 100 |
| 12-13                                                                             | Αβγά, μέτρια βραστά                                                               | 100 |
| 18-21                                                                             | Αβγά, σφιχτά                                                                      | 100 |
| 35-45                                                                             | Κρέμα / Τάρτα                                                                     | 85  |
| 40-50                                                                             | Τερνίν                                                                            | 85  |

## Ατμός για Μαγειρευτά φαγητά

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                             | Ψητά αβγά                                                                           | 110       |
| 20 - 30                                                                             | Ψάρι ολόκληρο, έως 1 kg                                                             | 120 - 130 |
| 40 - 50                                                                             | Dumpling                                                                            | 120 - 130 |
| 50 - 60                                                                             | Σιγοβρασμένο / Ψάρι σιγοψημένο                                                      | 130       |
| 60 - 90                                                                             | Σιγοβρασμένο / Σιγοψημένο κοτόπουλο                                                 | 130       |
| 100 - 140                                                                           | Σιγοβρασμένο / Σιγοψημένο κρέας                                                     | 130       |

## Ατμός για Ρόδισμα

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                           | Ψάρι ογκρατέν                                                                     | 150       |
| 35 - 50                                                                           | Γεμιστά λαχανικά                                                                  | 150       |
| 35 - 45                                                                           | Σουφλέ Ζυμαρικών / Γάστρα                                                         | 150       |
| 40 - 50                                                                           | Λαζάνια                                                                           | 150       |
| 60 - 70                                                                           | Πατάτες Ογκρατέν                                                                  | 150       |
| 75 - 100                                                                          | Παϊδάκια                                                                          | 140 - 150 |

## Ατμός για Ψήσιμο

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Μπαγκέτες έτοιμες για ψήσιμο, 0,04 - 0,05 kg                                      | 200       |
| 15 - 25                                                                           | Μπισκότα                                                                          | 155-170   |
| 20 - 35                                                                           | Γλυκά βουτήγματα από ζύμη με μαγιά                                                | 170 - 180 |
| 25 - 35                                                                           | Μπαγκέτες έτοιμες για ψήσιμο, κατεψυγμένες, 0,04 - 0,05 kg                        | 200       |
| 25 - 35                                                                           | Ψωμάκια                                                                           | 180 - 200 |
| 25 - 40                                                                           | Ψητό ψάρι φιλέτο                                                                  | 170 - 180 |
| 30 - 40                                                                           | Ρολό κιμάς, μη μαγειρεμένο, 0,5 kg                                                | 180       |
| 30 - 40                                                                           | Ψητό κατσαρόλας                                                                   | 160       |
| 30 - 40                                                                           | Ομελέτα                                                                           | 160-170   |
| 30 - 45                                                                           | Γλυκό ψωμί                                                                        | 160 - 170 |
| 35 - 45                                                                           | Ψητό ψάρι                                                                         | 170 - 180 |
| 45 - 60                                                                           | Διάφοροι τύποι ψωμιού, 0,5 - 1 kg                                                 | 180 - 190 |
| 45 - 60                                                                           | Γλυκά πιάτα                                                                       | 160 - 180 |
| 50 - 60                                                                           | Κοτόπουλο, 1 kg                                                                   | 180-210   |
| 60 - 70                                                                           | Μπριζόλα χοιρινή, καπνιστή, 0,6 - 1 kg                                            | 160-180   |
| 60 - 90                                                                           | Ψητό βοδινό, μέτρια ψημένο, 1 kg                                                  | 180-200   |

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 70 - 90                                                                           | Πάπια, 1,5 - 2 kg                                                                 | 180     |
| 80 - 90                                                                           | Ψητό μοσχάρι, 1 kg                                                                | 180     |
| 90 - 100                                                                          | Ψητό χοιρινό, 1 kg                                                                | 160-180 |

Χρησιμοποιήστε την πρώτη θέση σχάρας.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Πίτσα / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Σφολιάτα / Αλμυρό κέικ / Ψωμάκια                                                  | 155 - 180 |
| 45-60                                                                             | Ζύμη Κουρού                                                                       | 155 - 170 |
| 130-170                                                                           | Χήνα, 3 kg                                                                        | 170       |

Ψήσιμο

Για το πρώτο ψήσιμο, χρησιμοποιήστε τη χαμηλότερη θερμοκρασία. Μπορείτε να παρατείνετε τον χρόνο ψησίματος κατά 10 – 15 λεπτά, αν ψήνετε κέικ σε περισσότερες από μια θέσεις σχάρας.

Τα κέικ και τα γλυκά σε διαφορετικά επίπεδα φούρνου δεν ροδίζουν πάντοτε με ομοιόμορφο τρόπο. Δεν χρειάζεται να αλλάξετε τη ρύθμιση θερμοκρασίας αν δεν υπάρχει ομοιόμορφο ρόδισμα. Οι διαφορές εξομαλύνονται κατά τη διάρκεια του ψησίματος.

Τα ταψιά μέσα στον φούρνο μπορεί να παραμορφωθούν κατά το ψήσιμο. Όταν τα ταψιά κρυώσουν και πάλι, επιστρέφουν ξανά στο κανονικό τους σχήμα.

Συμβουλές για το ψήσιμο

| Αποτελέσματα ψησίματος                                | Πιθανή αιτία                                                                     | Αντιμετώπιση                                                                         |
|-------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Το κέικ δεν έχει ψηθεί αρκετά στο κάτω μέρος.         | Η θέση της σχάρας δεν είναι σωστή.                                               | Τοποθετήστε το κέικ σε χαμηλότερη θέση σχάρας.                                       |
| Το κέικ κάθεται και λα-σπώνει ή δημιουργεί ραβδώσεις. | Η θερμοκρασία του φούρνου είναι πολύ υψηλή.                                      | Την επόμενη φορά μειώστε λίγο τη θερμοκρασία του φούρνου.                            |
|                                                       | Η θερμοκρασία του φούρνου είναι πολύ υψηλή και ο χρόνος ψησίματος πολύ σύντομος. | Την επόμενη φορά αυξήστε τον χρόνο ψησίματος και μειώστε τη θερμοκρασία του φούρνου. |

| Αποτελέσματα ψησίματος                                                                 | Πιθανή αιτία                                                                     | Αντιμετώπιση                                                                         |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Το κέικ είναι πολύ στεγνό.                                                             | Η θερμοκρασία του φούρνου είναι πολύ χαμηλή.                                     | Την επόμενη φορά αυξήστε τη θερμοκρασία του φούρνου.                                 |
|                                                                                        | Ο χρόνος ψησίματος είναι πολύ μεγάλος.                                           | Την επόμενη φορά μειώστε τον χρόνο ψησίματος.                                        |
| Το κέικ ψήνεται ανομοιόμορφα.                                                          | Η θερμοκρασία του φούρνου είναι πολύ υψηλή και ο χρόνος ψησίματος πολύ σύντομος. | Την επόμενη φορά αυξήστε τον χρόνο ψησίματος και μειώστε τη θερμοκρασία του φούρνου. |
|                                                                                        | Η ζύμη του κέικ δεν είναι ομοιόμορφα κατανεμημένη.                               | Την επόμενη φορά απλώστε ομοιόμορφα τη ζύμη του κέικ επάνω στο ταψί ψησίματος.       |
| Το κέικ δεν είναι έτοιμο στον καθορισμένο χρόνο ψησίματος που αναγράφεται στη συνταγή. | Η θερμοκρασία του φούρνου είναι πολύ χαμηλή.                                     | Την επόμενη φορά αυξήστε λίγο τη θερμοκρασία του φούρνου.                            |

## Ψήσιμο σε ένα επίπεδο

### ΨΗΣΙΜΟ ΣΕ ΦΟΡΜΕΣ

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Κέικ στρογγυλής φόρμας / Μπριός                                                   | Θερμός Αέρας                                                                      | 150 - 160 | 50 - 70                                                                           | 1                                                                                 |
| Παντεσπάνι / Κέικ φρούτων                                                         | Θερμός Αέρας                                                                      | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Βάση τάρτας - ζύμη κουρού, προθερμάνετε τον άδειο φούρνο                          | Θερμός Αέρας                                                                      | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Βάση τάρτας - μίγμα αφράτου κέικ                                                  | Θερμός Αέρας                                                                      | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Cheesecake                                                                        | Πάνω/Κάτω Θέρμανση                                                                | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

### ΚΕΙΚ / ΓΛΥΚΑ / ΨΩΜΙ ΣΕ ΤΑΨΙΑ ΨΗΣΙΜΑΤΟΣ

Προθερμάνετε τον άδειο φούρνο, εκτός αν υποδεικνύεται διαφορετικά.

|  |  | °C              |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Τσουρέκι / Ψωμί<br>Μαργαρίτα, δεν εί-<br>ναι απαραίτητη η<br>προθέρμανση          | Πάνω/Κάτω<br>Θέρμανση                                                             | 170 - 190       | 30 - 40                                                                           | 3                                                                                 |
| Christstollen                                                                     | Πάνω/Κάτω<br>Θέρμανση                                                             | 160 - 180       | 50 - 70                                                                           | 2                                                                                 |
| Ψωμί Σίκαλης:                                                                     | Πάνω/Κάτω<br>Θέρμανση                                                             | πρώτα: 230      | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | μετά: 160 - 180 | 30 - 60                                                                           |                                                                                   |
| Κορνέ / Εκλέρ                                                                     | Πάνω/Κάτω<br>Θέρμανση                                                             | 190 - 210       | 20 - 35                                                                           | 3                                                                                 |
| Κέικ Κορμός,                                                                      | Πάνω/Κάτω<br>Θέρμανση                                                             | 180 - 200       | 10 - 20                                                                           | 3                                                                                 |
| Κέικ με επικάλυψη<br>κραμπλ, δεν είναι<br>απαραίτητη η προ-<br>θέρμανση           | Θερμός Αέρας                                                                      | 150 - 160       | 20 - 40                                                                           | 3                                                                                 |
| Κέικ αμυγδάλου με<br>βούτυρο / Κέικ με<br>επικάλυψη ζάχα-<br>ρης                  | Πάνω/Κάτω<br>Θέρμανση                                                             | 190 - 210       | 20 - 30                                                                           | 3                                                                                 |
| Τάρτες φρούτων,<br>δεν είναι απαραί-<br>τητη η προθέρμαν-<br>ση                   | Πάνω/Κάτω<br>Θέρμανση                                                             | 180             | 35 - 55                                                                           | 3                                                                                 |
| Κέικ μαγιάς με<br>απαλή επικάλυψη<br>(π.χ. τυρί quark,<br>σαντιγί, κρέμα)         | Πάνω/Κάτω<br>Θέρμανση                                                             | 160 - 180       | 40 - 60                                                                           | 3                                                                                 |

## ΜΠΙΣΚΟΤΑ

Χρησιμοποιήστε την τρίτη θέση σχάρας.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Ζύμη Κουρού / Μείγμα<br>αφράτου κέικ                                                | Θερμός Αέρας                                                                        | 150 - 160 | 15 - 25                                                                             |



|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Μαρέγκες                                                                          | Θερμός Αέρας                                                                      | 80 - 100  | 120 - 150                                                                         |
| Μακαρόν                                                                           | Θερμός Αέρας                                                                      | 100 - 120 | 30 - 50                                                                           |
| Μπισκότα από ζύμη με μαγιά                                                        | Θερμός Αέρας                                                                      | 150 - 160 | 20 - 40                                                                           |
| Σφολιάτες, προθερμάνετε τον άδειο φούρνο                                          | Θερμός Αέρας                                                                      | 170 - 180 | 20 - 30                                                                           |
| Ψωμάκια, προθερμάνετε τον άδειο φούρνο                                            | Πάνω/Κάτω Θέρμανση                                                                | 190 - 210 | 10 - 25                                                                           |

**Σουφλέ και ογκρατέν**

Χρησιμοποιήστε την πρώτη θέση σχάρας.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Σουφλέ ζυμαρικών                                                                  | Πάνω/Κάτω Θέρμανση                                                                | 180 - 200 | 45 - 60                                                                           |
| Λαζάνια                                                                           | Πάνω/Κάτω Θέρμανση                                                                | 180 - 200 | 25 - 40                                                                           |
| Λαχανικά ογκρατέν, προθερμάνετε τον άδειο φούρνο                                  | Γκριλ με Θερμό Αέρα                                                               | 170 - 190 | 15 - 35                                                                           |
| Μπαγκέτες με λιωμένο τυρί                                                         | Θερμός Αέρας                                                                      | 160 - 170 | 15 - 30                                                                           |
| Ρυζόγαλο                                                                          | Πάνω/Κάτω Θέρμανση                                                                | 180 - 200 | 40 - 60                                                                           |
| Ψάρι στον φούρνο                                                                  | Πάνω/Κάτω Θέρμανση                                                                | 180 - 200 | 30 - 60                                                                           |
| Γεμιστά λαχανικά                                                                  | Θερμός Αέρας                                                                      | 160 - 170 | 30 - 60                                                                           |

**Ψήσιμο σε πολλά επίπεδα**

Χρησιμοποιήστε τη λειτουργία: Θερμός Αέρας.

Για 2 ταψιά, χρησιμοποιήστε την πρώτη και την τέταρτη θέση σχάρας.

ΚΕΙΚ / ΓΛΥΚΑ / ΨΩΜΙ ΣΕ ΤΑΨΙΑ ΨΗΣΙΜΑΤΟΣ

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Κορνέ / Εκλέρ, προθερμάνετε τον άδειο φούρνο                                        | 160 - 180 | 25 - 45                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Κέικ τριφτό                                                                       | 150 - 160 | 30 - 45                                                                           |

ΜΠΙΣΚΟΤΑ

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Μπισκότα ζύμης κουρού                                                             | 140       | 25 - 45                                                                           |
| Μαρέγκες                                                                          | 80 - 100  | 130 - 170                                                                         |
| Μακαρόν                                                                           | 100 - 120 | 40 - 80                                                                           |
| Μπισκότα από ζύμη με μαγιά                                                        | 160 - 170 | 30 - 60                                                                           |
| Σφολιάτες, προθερμάνετε τον άδειο φούρνο                                          | 170 - 180 | 30 - 50                                                                           |
| Ψωμάκια                                                                           | 180       | 20 - 30                                                                           |

Συμβουλές για το Ψήσιμο

Χρησιμοποιείτε σκεύη φούρνου ανθεκτικά στη θερμότητα.

Ψήνετε τα άπαχα κρέατα καλυμμένα (μπορείτε να χρησιμοποιήσετε αλουμινόχαρτο).

Ψήστε μεγάλα κομμάτια κρέατος απευθείας στο ταψί.

Προσθέστε λίγο νερό στο ταψί ώστε να μην καεί το λίπος που θα στάξει.

Γυρίστε το ψητό αφού περάσει το 1/2 - 2/3 του χρόνου μαγειρέματος.

Ψήστε κρέας και ψάρι σε μεγάλα κομμάτια (1 kg ή περισσότερο).

Εάν συνιστάται το επίπεδο ένα, τοποθετήστε το φαγητό απευθείας επάνω στο ταψί ψησίματος.

Κατά τη διάρκεια του ψησίματος, αλείφετε αρκετές φορές τις μερίδες κρέατος με τους χυμούς τους.

Ψήσιμο

Χρησιμοποιήστε την πρώτη θέση σχάρας.

ΒΟΔΙΝΟ

|  |  |  | °C  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Ψητό κατσαρόλας                                                                     | 1 - 1.5                                                                             | Πάνω/Κάτω Θέρμανση                                                                  | 230 | 120 - 150                                                                           |

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Ψητό βοδινό ή φιλέτο, λίγο ψημένο, προθερμάνετε τον άδειο φούρνο                  | πάχος 1 cm                                                                        | Γκριλ με Θερμό Αέρα                                                               | 190 - 200 | 5 - 6                                                                             |
| Ψητό βοδινό ή φιλέτο, μέτρια ψημένο, προθερμάνετε τον άδειο φούρνο                | πάχος 1 cm                                                                        | Γκριλ με Θερμό Αέρα                                                               | 180 - 190 | 6 - 8                                                                             |
| Ψητό βοδινό ή φιλέτο, καλοψημένο, προθερμάνετε τον άδειο φούρνο                   | πάχος 1 cm                                                                        | Γκριλ με Θερμό Αέρα                                                               | 170 - 180 | 8 - 10                                                                            |

## ΧΟΙΡΙΝΟ

Χρησιμοποιήστε τη λειτουργία: Γκριλ με Θερμό Αέρα.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Ωμοπλάτη / Λαιμός / Χοιρομέρι                                                     | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Μπριζόλες / Παϊδάκια                                                              | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Ρολό κιμάς                                                                        | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Χοιρινό κότσι, προβρασμένο                                                        | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

## ΜΟΣΧΑΡΙ

Χρησιμοποιήστε τη λειτουργία: Γκριλ με Θερμό Αέρα.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Ψητό μοσχάρι                                                                        | 1                                                                                   | 160 - 180 | 90 - 120                                                                            |
| Μοσχαρίσιο κότσι                                                                    | 1.5 - 2                                                                             | 160 - 180 | 120 - 150                                                                           |

## ΑΡΝΙ

Χρησιμοποιήστε τη λειτουργία: Γκριλ με Θερμό Αέρα.

|  |  | °C<br>(°C) |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------|
| Αρνί μπούτι / Ψητό αρνί                                                             | 1 - 1.5                                                                             | 150 - 170  | 100 - 120                                                                           |

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Αρνί σπάλα                                                                        | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

ΚΥΝΗΓΙ

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Σπάλα / Λαγός μπούτι, προθερμάνετε τον άδειο φούρνο                               | 1                                                                                 | Γκριλ με Θερμό Αέρα                                                               | 180 - 200 | 35 - 55                                                                           |
| Ελάφι σπάλα                                                                       | 1.5 - 2                                                                           | Πάνω/Κάτω Θέρμανση                                                                | 180 - 200 | 60 - 90                                                                           |
| Μπούτι ελαφιού                                                                    | 1.5 - 2                                                                           | Πάνω/Κάτω Θέρμανση                                                                | 180 - 200 | 60 - 90                                                                           |

ΠΟΥΛΕΡΙΚΑ

Χρησιμοποιήστε τη λειτουργία: Γκριλ με Θερμό Αέρα.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Πουλερικά, μερίδες                                                                | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Κοτόπουλο, μισό                                                                   | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Κοτόπουλο                                                                         | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Πάπια                                                                             | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Χήνα                                                                              | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Γαλοπούλα                                                                         | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Γαλοπούλα                                                                         | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

ΨΑΡΙ

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Ψάρι ολόκληρο                                                                       | 1 - 1.5                                                                             | Γκριλ με Θερμό Αέρα                                                                 | 180 - 200 | 30 - 50                                                                             |

Ψήσιμο Ψωμιού

Δεν συνιστάται προθέρμανση.

Χρησιμοποιήστε τη δεύτερη θέση σχάρας.

## ΨΩΜΙ

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Λευκό ψωμί                                                                        | 170 - 190 | 40 - 60                                                                           |
| Μπαγκέτα                                                                          | 200 - 220 | 35 - 45                                                                           |
| Μπριός                                                                            | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Ψωμί Σίκαλης                                                                      | 170 - 190 | 50 - 70                                                                           |
| Ψωμί ολικής άλεσης                                                                | 170 - 190 | 50 - 70                                                                           |
| Ψωμί ολικής άλεσης                                                                | 170 - 190 | 40 - 60                                                                           |
| Ψωμάκια                                                                           | 190 - 210 | 20 - 35                                                                           |

## Ψήσιμο με κρούστα με Λειτουργία Πίτσα

## ΠΙΤΣΑ

Χρησιμοποιήστε την πρώτη θέση σχάρας.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Τάρτες                                                                            | 180 - 200 | 40 - 55                                                                           |
| Τάρτα με σπανάκι                                                                  | 160 - 180 | 45 - 60                                                                           |
| Κις λορέν / Ελβετική Φλαν                                                         | 170 - 190 | 45 - 55                                                                           |
| Μηλόπιτα, σκεπαστή                                                                | 150 - 170 | 50 - 60                                                                           |

## ΠΙΤΣΑ

Προθερμάνετε τον άδειο φούρνο πριν το μαγείρεμα.

Χρησιμοποιήστε τη δεύτερη θέση σχάρας.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Πίτσα, λεπτή ζύμη, χρησιμο-<br>ποιήστε το βαθύ ταψί                                 | 210 - 230 | 15 - 25                                                                             |
| Πίτσα, χοντρή ζύμη                                                                  | 180 - 200 | 20 - 30                                                                             |
| Άζυμο Ψωμί                                                                          | 210 - 230 | 10 - 20                                                                             |
| Τάρτα με σφολιάτα                                                                   | 160 - 180 | 45 - 55                                                                             |
| Πίτσα Αλσατίας                                                                      | 210 - 230 | 15 - 25                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Πιερόγκι                                                                          | 180 - 200 | 15 - 25                                                                           |
| Πίτα λαχανικών                                                                    | 160 - 180 | 50 - 60                                                                           |

Γκριλ

Προθερμάνετε τον άδειο φούρνο πριν το μαγείρεμα.  
Ψήνετε στο γκριλ μόνο λεπτά κομμάτια κρέατος ή ψαριού.  
Τοποθετήστε ένα ταψί στην πρώτη θέση σχάρας για να συλλέγει τα λίπη.  
ΓΚΡΙΛ

|  | °C        | <br>1η πλευρά | <br>2η πλευρά |  |
|-----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Βοδινό φιλέτο                                                                     | 230       | 20 - 30                                                                                        | 20 - 30                                                                                        | 3                                                                                 |
| Χοιρινή μπριζόλα                                                                  | 210 - 230 | 30 - 40                                                                                        | 30 - 40                                                                                        | 2                                                                                 |
| Αρνί σπάλα                                                                        | 210 - 230 | 25 - 35                                                                                        | 20 - 25                                                                                        | 3                                                                                 |

Χαμηλή Θερμοκρασία

Αυτή η λειτουργία σας επιτρέπει να μαγειρέψετε άπαχο τρυφερό κρέας και ψάρι. Δεν εφαρμόζεται σε συνταγές για πουλερικά, ψητό χοιρινό με λίπος, ψητό κατσαρόλας.

1. Τσιγαρίστε το κρέας για 1 - 2 λεπτά από την κάθε πλευρά σε ένα τηγάνι σε υψηλή θερμοκρασία.

2. Εάν συνιστάται η τρίτη θέση σχάρας, τοποθετήστε το φαγητό απευθείας επάνω στη μεταλλική σχάρα. Τοποθετήστε ένα δίσκο/ταψί ψησίματος στην πρώτη θέση σχάρας για να συλλέγει τα λίπη.  
Εάν συνιστάται η πρώτη θέση σχάρας, τοποθετήστε το φαγητό απευθείας επάνω στο ταψί.  
Μαγειρεύετε πάντα χωρίς καπάκι όταν χρησιμοποιείτε αυτή τη λειτουργία.

3. Χρήση: Αισθ. Φαγητού.  
Ρυθμίστε τη θερμοκρασία στους 120°C.

|  |  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Μπριζόλες                                                                           | 0.2 - 0.3                                                                           | 20 - 40                                                                             | 3                                                                                   |
| Μοσχαρίσιο φιλέτο                                                                   | 1 - 1.5                                                                             | 90 - 150                                                                            | 3                                                                                   |
| Ψητό βοδινό, μέτρια ψημέ-<br>νο                                                     | 1 - 1.5                                                                             | 120 - 150                                                                           | 1                                                                                   |

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |  |  |
| Ψητό μοςχάρι                                                                      | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

## Κατεψυγμένα τρόφιμα

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Πίτσα, κατεψυγμένη                                                                | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| Αμερικάνικη πίτσα, κατεψυγμένη                                                    | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Πίτσα, κατεψυγμένη                                                                | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Πίτσα σνακ, κατεψυγμένη                                                           | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Τηγανιτές πατάτες, λεπτές                                                         | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Τηγανιτές πατάτες, χοντρές                                                        | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Φέτες / Κροκέτες                                                                  | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Τηγανιτές πατάτες                                                                 | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Λαζάνια / Κανελόνια, φρέσκα                                                       | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Λαζάνια / Κανελόνια, κατεψυγμένα                                                  | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Ψητό τυρί                                                                         | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Κοτόπουλο φτερούγες                                                               | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

## Διατήρηση

Χρησιμοποιήστε τη λειτουργία Κάτω Θέρμανση.

Χρησιμοποιείτε μόνο γυάλινα δοχεία διατήρησης των ίδιων διαστάσεων που διατίθενται στην αγορά.

Μη χρησιμοποιείτε δοχεία με καπάκια βιδωτά και τύπου μπαγιονέτ ή μεταλλικά δοχεία.

Χρησιμοποιήστε την πρώτη θέση σχάρας.

Μην τοποθετείτε περισσότερα από έξι γυάλινα βάζα του ενός λίτρου στο ταψί ψησίματος.

Γεμίστε τα βάζα εξίσου και κλείστε τα με σφιγκτήρα.

Τα δοχεία δεν πρέπει να έρχονται σε επαφή μεταξύ τους.

Προσθέστε περίπου 1/2 λίτρο νερό στο ταψί ψησίματος, ώστε να υπάρχει αρκετή υγρασία στο φούρνο.

Όταν το υγρό στα βάζα αρχίσει να σιγοβράζει (μετά από περίπου 35 - 60 λεπτά για βάζα του ενός λίτρου), σβήστε το φούρνο ή μειώστε τη θερμοκρασία στους 100°C (δείτε τον πίνακα).

Ρυθμίστε τη θερμοκρασία στους 160 - 170°C.

#### ΜΑΛΑΚΑ ΦΡΟΥΤΑ

|  | <br>Χρόνος μέχρι να αρχίσει το σιγανό βράσιμο |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Φράουλες / Μύρtila / Σμέουρα / οοοοοΩριμα φραγκοστάφυλα                           | 35 - 45                                                                                                                        |

#### ΦΡΟΥΤΑ ΜΕ ΚΟΥΚΟΥΤΣΙ

|  | <br>Χρόνος μέχρι να αρχίσει το σιγανό βράσιμο | <br>Συνεχίστε το μαγείρεμα στους 100°C |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Ροδάκινα / Κυδώνια / Δαμάσκηνα                                                    | 35 - 45                                                                                                                        | 10 - 15                                                                                                                 |

#### ΛΑΧΑΝΙΚΑ

|  | <br>Χρόνος μέχρι να αρχίσει το σιγανό βράσιμο | <br>Συνεχίστε το μαγείρεμα στους 100°C |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Καρότα                                                                            | 50 - 60                                                                                                                        | 5 - 10                                                                                                                  |
| Αγγούρια                                                                          | 50 - 60                                                                                                                        | -                                                                                                                       |
| Ανάμικτα λαχανικά τουρσί                                                          | 50 - 60                                                                                                                        | 5 - 10                                                                                                                  |
| Ρέβα / Αρακάς / Σπαράγγια                                                         | 50 - 60                                                                                                                        | 15 - 20                                                                                                                 |

### Αποξήρανση - Θερμός Αέρας

Καλύψτε τα ταψιά με αντικολλητικό χαρτί ή λαδόκολλα.

Για καλύτερο αποτέλεσμα, σταματήστε τον φούρνο στη μέση του χρόνου στεγνώματος, ανοίξτε την πόρτα και αφήστε τον να κρυώσει για ένα βράδυ για να ολοκληρωθεί το στέγνωμα.

Για 1 ταψί, χρησιμοποιήστε την τρίτη θέση σχάρας.

Για 2 ταψιά, χρησιμοποιήστε την πρώτη και την τέταρτη θέση σχάρας.



ΛΑΧΑΝΙΚΑ

|  | °C      |  (ώ) |
|-----------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------|
| Φασόλια                                                                           | 60 - 70 | 6 - 8                                                                                 |
| Πιπεριές                                                                          | 60 - 70 | 5 - 6                                                                                 |
| Λαχανικά για σούπα                                                                | 60 - 70 | 5 - 6                                                                                 |
| Μανιτάρια                                                                         | 50 - 60 | 6 - 8                                                                                 |
| Μυρωδικά                                                                          | 40 - 50 | 2 - 3                                                                                 |

ΦΡΟΥΤΑ

Ρυθμίστε τη θερμοκρασία στους 60 - 70°C.

|  |  (ώ) |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Δαμάσκηνα                                                                         | 8 - 10                                                                                |
| Βερίκοκα                                                                          | 8 - 10                                                                                |
| Μήλο σε φέτες                                                                     | 6 - 8                                                                                 |
| Αχλάδια                                                                           | 6 - 9                                                                                 |

Αισθ. Φαγητού

ΒΟΔΙΝΟ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |            |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|------------|
|                                                                                   | Λίγο ψημένο                   | Μεσαία Ψημένο | Καλοψημένο |
| Ψητό βοδινό, μέτρια ψημένο                                                        | 55                            | 60            | 70         |
| Φιλέτο                                                                            | 45                            | 60            | 70         |

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-------------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                     | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Ρολό κιμάς                                                                          | 80                            | 83            | 86          |

ΧΟΙΡΙΝΟ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-------------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                     | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Χοιρομέρι / Ψητό                                                                    | 80                            | 84            | 88          |

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                   | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Παϊδάκια σπάλας / Χοιρινή μπριζόλα, καπνιστή / Χοιρινή μπριζόλα, ποσέ             | 75                            | 78            | 82          |

## ΜΟΣΧΑΡΙ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                   | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Ψητό μοσχάρι                                                                      | 75                            | 80            | 85          |
| Μοσχαρίσιο κότσι                                                                  | 85                            | 88            | 90          |

## ΠΡΟΒΑΤΟ / ΑΡΝΙ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                   | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Πρόβατο μπούτι                                                                    | 80                            | 85            | 88          |
| Πρόβατο σπάλα                                                                     | 75                            | 80            | 85          |
| Ψητό αρνί / Αρνί μπούτι                                                           | 65                            | 70            | 75          |

## ΚΥΝΗΓΙ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                   | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Λαγός σπάλα / Ελάφι σπάλα                                                         | 65                            | 70            | 75          |
| Λαγός μπούτι / Λαγός, ολόκληρος / Ελάφι μπούτι                                    | 70                            | 75            | 80          |

## ΠΟΥΛΕΡΙΚΑ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-------------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                     | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Κοτόπουλο                                                                           | 80                            | 83            | 85          |
| Πάπια, ολόκληρη / μισή / Γαλοπούλα, ολόκληρη / στήθος                               | 75                            | 80            | 85          |
| Πάπια, στήθος                                                                       | 60                            | 65            | 70          |

## ΨΑΡΙ (ΣΟΛΟΜΟΣ, ΠΕΣΤΡΟΦΑ, ΛΑΒΡΑΚΙ ΠΟΤΑΜΙΣΙΟ)

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                   | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Ψάρι, ολόκληρο / μεγάλο / στον ατμό / Ψάρι, ολόκληρο / μεγάλο / ψητό              | 60                            | 64            | 68          |

## ΣΤΗ ΓΑΣΤΡΑ - ΠΡΟΜΑΓΕΙΡΕΜΕΝΑ ΛΑΧΑΝΙΚΑ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                   | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Κολοκυθάκια στη γάστρα / Μπρόκολο στη γάστρα / Μάραθος στη γάστρα                 | 85                            | 88            | 91          |

## ΣΤΗ ΓΑΣΤΡΑ - ΑΛΜΥΡΑ

|  | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|-----------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                   | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Κανελόνια / Λαζάνια / Σουφλέ ζυμαρικών                                            | 85                            | 88            | 91          |

## ΣΤΗ ΓΑΣΤΡΑ - ΓΛΥΚΑ

|                              | °C Θερμοκρασία πυρήνα φαγητού |               |             |
|---------------------------------------------------------------------------------------------------------------|-------------------------------|---------------|-------------|
|                                                                                                               | Λιγότερο                      | Μεσαία Ψημένο | Περισσότερο |
| Λευκό ψωμί στη γάστρα με / χωρίς φρούτα / Χυλός ρυζιού στη γάστρα με / χωρίς φρούτα / Γλυκά νουντλ στη γάστρα | 80                            | 85            | 90          |

Efnisyfirlit

|                                                                                |     |                                                  |     |
|--------------------------------------------------------------------------------|-----|--------------------------------------------------|-----|
| Ráðleggingar um eldun                                                          | 188 | Margra hæða bakstur                              | 205 |
| Ráð fyrir sérstakar hitunaraðgerðir í heimilistækinu                           | 188 | Ábendingar um steikingu                          | 206 |
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Með fyrirvara á breytingum.

Ráðleggingar um eldun

Hitastig og eldunartími á töflunum er aðeins til viðmiðunar. Það fer eftir uppskriftunum, gæðum og magni hráefnisins sem notað er.

Heimilistæki þitt kann að baka eða steikja á annan hátt en það heimilistæki sem þú áttir áður. Ábendingarnar hér að neðan mæla með stillingum á hita, eldunartíma og hillustöðu fyrir tiltekna tegundir af mat.

Teldu hillustöðurnar að neðan frá botni ofnsins.

Ef þú finnur ekki stillingarnar fyrir ákveðna uppskrift skaltu leita að svipaðri uppskrift.

Táknin á töflunni:

|                                                                                     |                |
|-------------------------------------------------------------------------------------|----------------|
|  | Tegund matvæla |
|-------------------------------------------------------------------------------------|----------------|

|                                                                                     |                   |
|-------------------------------------------------------------------------------------|-------------------|
|    | Upphitunaraðgerð  |
|    | Hitastig          |
|   | Aukahlutur        |
|  | Ílát (Gastronorm) |
|  | Þyngd (kg)        |
|  | Hillustaða        |
|  | Eldunartími (mín) |

Ráð fyrir sérstakar hitunaraðgerðir í heimilistækinu

Keep Warm (Halda hita)

Aðgerðin gerir þér kleift að halda matnum heitum. Hitastigið er sjálfvirkt stillt á 80°C.

Plate Warming (Upphitun disks)

Aðgerðin gerir þér kleift að hita diska og rétti áður en borið er fram. Hitastigið er sjálfvirktt stillt á 70°C.

Settu diska og rétti jafnt í stafla á virgrindina. Notaðu fyrstu hillustöðu. Eftir hálfan hitunartíma skal víxla stöðu þeirra.

Dough Proving (Hefun deigs)

Aðgerðin gerir þér kleift að hefa gerdeig. Settu deigið á stóran disk. Notaðu fyrstu hillustöðu. Stilltu aðgerðina: Dough Proving (Hefun deigs) og eldunartímann.

Defrost (Affrysta)

Fjarlægðu umbúðirnar af matnum og settu hann á disk. Ekki hylja matvælin þar sem það getur lengt affrystingartímann. Notaðu fyrstu hillustöðu.

Full Steam (Full gufa)

Farðu varlega þegar þú opnar hurð ofnsins á meðan kveikt er á aðgerðinni. Gufa kann að losna.

Þessi aðgerð gerir þér kleift að:

- dauðhreinsa ílát (t.d. barnapela),
- matreiða allar tegundir matvæla, fersk og frosin.

Sæfing

Settu hreinu ílátin á hvolfi í miðja hilluna í fyrstu hillustöðu.

Fylltu vatnsskúffuna að hámarkinu og stilltu tímann á 40 mínútur.

Eldun

Þú getur eldað, haldið heitu, affryst, eldað á lágu hitastigi í vatni, snöggsoðið grænmeti, kjöt, fisk, pasta, hrísgrjón, símiljugrjón og egg.

Þú getur matreitt máltíð sem samanstendur af nokkrum réttum í einni eldunarlotu. Til að tryggja að allir réttirnir verði tilbúnir á sama tíma skaltu byrja á þeim matvælum sem tekur lengstan tíma að elda og bættu svo við öðrum réttum á viðeigandi tíma, eins og tilgreint er á eldunartöflunum

 Full Steam (Full gufa)

Dæmi: Heildartími þessarar eldunarlotu er 40 mín. Fyrst skaltu setja Soðnar kartöflur, niðurskornar í, eftir 20 mín bætir þú Laxaflök við og Spergilkál, greinar eftir 30 mín.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Soðnar kartöflur, niðurskornar                                                      | 40                                                                                  |
| Laxaflök                                                                            | 20                                                                                  |

|                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |
| Spergilkál, greinar                                                               | 10                                                                                |

Notaðu mesta magnið af vatni sem gerð er krafa um þegar þú eldar fleiri en einn rétt í einu.

Notaðu aðra hillustöðu.

GRÆNMETI

Stilltu hitastigið á 100°C.

|                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |
| 8 - 10                                                                            | Spergilkál, greinar, forhitaðu tóman ofninn                                       |
| 10                                                                                | Afhýddir tómatar                                                                  |
| 10 - 15                                                                           | Spínat, ferskt                                                                    |
| 10 - 15                                                                           | Kúrbítur, sneiðar                                                                 |
| 15                                                                                | Grænmeti, snöggsóðið                                                              |
| 15 - 20                                                                           | Sveppaskífur                                                                      |
| 15 - 20                                                                           | Piparávaxtastrimlar                                                               |
| 15 - 25                                                                           | Spergilkál, heilt                                                                 |
| 15 - 25                                                                           | Spergill, grænn                                                                   |
| 15 - 25                                                                           | Eggaldin                                                                          |
| 15 - 25                                                                           | Grasker, teningar                                                                 |
| 15 - 25                                                                           | Tómatar                                                                           |
| 20 - 25                                                                           | Baunir, snöggsóðnar                                                               |
| 20 - 25                                                                           | Akursalat, smáblóm                                                                |
| 20 - 25                                                                           | Blöðrukál                                                                         |
| 20 - 30                                                                           | Sellerí, í teningum                                                               |
| 20 - 30                                                                           | Bláðlaukur, hringir                                                               |
| 20 - 30                                                                           | Baunir                                                                            |
| 20 - 30                                                                           | Sykurertur / Keisarapipar                                                         |
| 20 - 30                                                                           | Sætar kartöflur                                                                   |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Fenníka                                                                           |
| 20 - 30                                                                           | Gulrætur                                                                          |
| 25 - 35                                                                           | Spergill, hvítur                                                                  |
| 25 - 35                                                                           | Rósakál                                                                           |
| 25 - 35                                                                           | Blómkál, greinar                                                                  |
| 25 - 35                                                                           | Hnúðkál, ræmur                                                                    |
| 25 - 35                                                                           | Hvítar garðbaunir                                                                 |
| 30 - 40                                                                           | Sykurmaís á kólfinum                                                              |
| 35 - 45                                                                           | Svört hafursrót                                                                   |
| 35 - 45                                                                           | Blómkál, heilt                                                                    |
| 35 - 45                                                                           | Grænar baunir                                                                     |
| 40 - 45                                                                           | Kál, hvítt eða rautt, strimlar                                                    |
| 50 - 60                                                                           | Ætipistlar                                                                        |
| 55 - 65                                                                           | Purkaðar baunir, í bleyti, vatn / baunir hlutfall 2:1                             |
| 60 - 90                                                                           | Súrkál                                                                            |
| 70 - 90                                                                           | Rauðrófa                                                                          |

## MEDLÆTI / HLIÐARRÉTTIR

Stílltu hitastigið á 100°C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Kúskús, vatn / kúskús 1:1                                                           |
| 15 - 25                                                                             | Tagliatelle, ferskt                                                                 |
| 20 - 25                                                                             | Símiljugrjónabúðingur, mjólk / semolína grjón hlutfall 3.5:1                        |
| 20 - 30                                                                             | Linsubaunir, rauðar, vatn / linsubaunir hlutfall 1:1                                |
| 25 - 30                                                                             | Grænmetiseggjanúðlur                                                                |
| 25 - 35                                                                             | Brotið hveiti (Bulgur), vatn / brotið hveiti 1:1                                    |
| 25 - 35                                                                             | Hveitibollur með geri                                                               |

|  |                                          |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 30 - 35                                                                           | Jasmine-hrísgrjón, vatn / hrísgrjón hlutfall 1:1                                                                          |
| 30 - 40                                                                           | Soðnar kartöflur, niðurskornar                                                                                            |
| 35 - 45                                                                           | Brauðhveitibolla                                                                                                          |
| 35 - 45                                                                           | Kartöfluhveitibollur                                                                                                      |
| 35 - 45                                                                           | Hrísgrjón, vatn / hrísgrjón hlutfall 1:1, hlutfallið af vatni og hrísgrjónum getur breyst í samræmi við tegund hrísgrjóna |
| 40 - 50                                                                           | Polenta (mauk búið til úr maísmjöli), hlutfall vökva 3:1                                                                  |
| 40 - 55                                                                           | Hrísgrjónagrautur, mjólk / hrísgrjón hlutfall 2.5:1                                                                       |
| 45 - 55                                                                           | Óflysjaðar kartöflur, miðlungs                                                                                            |
| 55 - 60                                                                           | Linsubaunir, brúnar og grænar, vatn / linsubaunir hlutfall 2:1                                                            |

## ÁVÖXTUR

Stilltu hitastigið á 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Eplasneiðar                                                                       |
| 10 - 15                                                                           | Heit ber                                                                          |
| 10 - 20                                                                           | Brætt súkkulaði                                                                   |
| 20 - 25                                                                           | Soðnir ávextir                                                                    |

## FISKUR

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Punnt fiskflak                                                                      | 75 - 80 |
| 20 - 25                                                                             | Rækja, fersk                                                                        | 75 - 85 |
| 20 - 30                                                                             | Kræklingur                                                                          | 100     |
| 20 - 30                                                                             | Laxaflök                                                                            | 85      |
| 20 - 30                                                                             | Silungur, 0,25 kg                                                                   | 85      |
| 30 - 40                                                                             | Rækja, frosin                                                                       | 75 - 85 |
| 40 - 45                                                                             | Sjóbirtingur, 1 kg                                                                  | 85      |



KJÖT

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Chipolatas-pylsur                                                                 | 80  |
| 20 - 30                                                                           | Bæverskar kálfakjötspylsur / Hvít pylsa                                           | 80  |
| 20 - 30                                                                           | Vínarpylsur                                                                       | 80  |
| 25 - 35                                                                           | Kjúklingabringur, soðnar við vægan hita                                           | 90  |
| 55 - 65                                                                           | Soðin skinka, 1 kg                                                                | 100 |
| 60 - 70                                                                           | Kjúklingur soðinn við vægan hita, 1 - 1,2 kg                                      | 100 |
| 70 - 90                                                                           | Hamborgarhryggur, soðinn við vægan hita                                           | 90  |
| 80 - 90                                                                           | Kálfakjöt / Svínahryggur, 0,8 - 1 kg                                              | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

EGG  
Stilltu hitastigið á 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Egg, linsoðin                                                                     |
| 12 - 13                                                                           | Egg, miðlungssoðin                                                                |
| 18 - 21                                                                           | Egg, harðsoðin                                                                    |

**Aðgerðir sameinaðar: Turbo Grilling (Blástursgrillun) + Full Steam (Full gufa)**

Þú getur sameinað þessar aðgerðir til að elda kjöt, grænmeti og meðlæti á sama tíma.

1. Stilltu aðgerðina: Turbo Grilling (Blástursgrillun) til að steikja kjöt.
2. Bættu við tilbúnu grænmeti og meðlæti.
3. Lækkaðu hitastig ofnsins í um 90°C. Þú getur opnað ofnhurðina að fyrstu hillustöðu í u.þ.b. 15 mínútur.
4. Stilltu aðgerðina: Full Steam (Full gufa). Eldaðu alla rétti saman þangað til þeir eru tilbúnir.

Notaðu fyrstu hillustöðu fyrir kjöt og þriðju hillustöðu fyrir grænmeti. Settu kjötið beint á bökunarplötuna.

|  |  Turbo Grilling (Blástursgrillun)<br>Fyrsta skref: elda kjöt |                                                                                   |  Full Steam (Full gufa)<br>Annað skref: bæta við grænmeti |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                            |  | °C                                                                                                                                         |  |
| Nautasteik, 1 kg / Rósakál, polenta (mauk búið til úr maismjöli)                  | 180                                                                                                                                           | 60 - 70                                                                           | 100                                                                                                                                        | 40 - 50                                                                           |
| Svínasteik, 1 kg / Kartöflur / Grænmeti, sósa                                     | 180                                                                                                                                           | 60 - 70                                                                           | 100                                                                                                                                        | 30 - 40                                                                           |
| Kálfasteik, 1 kg / Hrísgrjón / Grænmeti                                           | 180                                                                                                                                           | 50 - 60                                                                           | 100                                                                                                                                        | 30 - 40                                                                           |

Humidity High (Raki mikill)

Notaðu aðra hillustöðu.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Eggjabúðingur / Baka, á litlum diskum                                             | 90        | 35 - 45                                                                           |
| Bökuð egg                                                                         | 90 - 110  | 15 - 30                                                                           |
| Terrine                                                                           | 90        | 40 - 50                                                                           |
| Punnt fiskflak                                                                    | 85        | 15 - 25                                                                           |
| Þykkt fiskflak                                                                    | 90        | 25 - 35                                                                           |
| Lítill fiskur, allt að 0,35 kg                                                    | 90        | 20 - 30                                                                           |
| Heill fiskur, allt að 1 kg                                                        | 90        | 30 - 40                                                                           |
| hveitibollur                                                                      | 120 - 130 | 40 - 50                                                                           |

Humidity Low (Raki lítill)

Notaðu aðra hillustöðuna nema annað sé tekið fram.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Rúnnstykki tilbúið til baksturs                                                   | 200       | 20 - 30                                                                           |
| Bagettu-brauð tilbúið til baksturs, 40 - 50 g                                     | 200       | 15 - 20                                                                           |
| Frosinn snittubrauð tilbúin í ofninn, 40 - 50 g                                   | 200       | 25 - 35                                                                           |
| Hrár kjöthleifur, 0,5 kg                                                          | 180       | 30 - 40                                                                           |
| Bakaður pastaréttur                                                               | 170 - 190 | 40 - 50                                                                           |
| Lasagna                                                                           | 170 - 180 | 45 - 55                                                                           |
| Brauð, 0,5 - 1 g                                                                  | 180 - 190 | 45 - 60                                                                           |
| Kartöflugratín                                                                    | 160 - 170 | 50 - 60                                                                           |
| Kjúklingur, 1 g                                                                   | 180 - 210 | 50 - 60                                                                           |
| Svínalend, reykt, 0,6 - 1 g, látið liggja í bleyti í 2 klst.                      | 160 - 180 | 60 - 70                                                                           |
| Nautasteik, 1 g                                                                   | 180 - 200 | 60 - 90                                                                           |
| Önd, 1,5 - 2 g                                                                    | 180       | 70 - 90                                                                           |
| Kálfasteik, 1 g                                                                   | 180       | 80 - 90                                                                           |
| Svínasteik, 1 g                                                                   | 160 - 180 | 90 - 100                                                                          |
| Gæs, 3 g, nota fyrstu hillustöðu                                                  | 170       | 130 - 170                                                                         |

Steam Regenerating (Gufumyndandi)

Notaðu aðra hillustöðu.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Réttir á einum disk                                                                 | 110 | 10 - 15                                                                             |
| Pasta                                                                               | 110 | 10 - 15                                                                             |
| Hrísgjón                                                                            | 110 | 10 - 15                                                                             |
| hveitibollur                                                                        | 110 | 15 - 25                                                                             |

EasySteam

Steam for Steaming (Gufa fyrir gufuhitun)  
GRÆNMETI

Notaðu aðra hillustöðu.

Stilltu hámarkshitastigið á 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Spergilkál, greinar, forhitaðu tóman ofninn                                       |
| 10                                                                                | Afhýddir tómatar                                                                  |
| 10-15                                                                             | Spínat, ferskt                                                                    |
| 10-15                                                                             | Kúrbítur, sneiðar                                                                 |
| 15                                                                                | Grænmeti, snöggsoðið                                                              |
| 15-20                                                                             | Piparávaxtastrimlar                                                               |
| 15-20                                                                             | Sveppaskífur                                                                      |
| 15-25                                                                             | Eggaldin                                                                          |
| 15-25                                                                             | Blómkál, heilt                                                                    |
| 15-25                                                                             | Spergilkál, heilt                                                                 |
| 15-25                                                                             | Spergill, grænn                                                                   |
| 15-25                                                                             | Tómatar                                                                           |
| 15-25                                                                             | Grasker, teningar                                                                 |
| 20-25                                                                             | Akursalat, smáblóm                                                                |
| 20-25                                                                             | Blöðrukál                                                                         |
| 20-25                                                                             | Baunir, snöggsoðnar                                                               |
| 20-30                                                                             | Sætar kartöflur                                                                   |
| 20-30                                                                             | Baunir                                                                            |
| 20-30                                                                             | Fenníka                                                                           |
| 20-30                                                                             | Gulrætur                                                                          |
| 20-30                                                                             | Blaðlaukur, hringir                                                               |
| 20-30                                                                             | Sellerí, í teningum                                                               |
| 20-30                                                                             | Sykurertur                                                                        |
| 25-35                                                                             | Blómkál, greinar                                                                  |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25-35                                                                             | Hnúðkál, ræmur                                                                    |
| 25-35                                                                             | Rósakál                                                                           |
| 25-35                                                                             | Spergill, hvítur                                                                  |
| 25-35                                                                             | Hvítar garðbaunir                                                                 |
| 30-40                                                                             | Sykurmaís á kólfinum                                                              |
| 35-45                                                                             | Grænar baunir                                                                     |
| 35-45                                                                             | Svört hafursrót                                                                   |
| 40-45                                                                             | Kál, hvítt eða rautt, strimlar                                                    |
| 50 - 60                                                                           | Ætíðistlar                                                                        |
| 55-65                                                                             | Purrkaðar baunir, í bleyti                                                        |
| 60-90                                                                             | Súrkál                                                                            |
| 70-90                                                                             | Rauðrófa                                                                          |

MEDLÆTI / HLIÐARRÉTTIR  
Stílltu hámarkshitastigið á 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 15-20                                                                             | Kúskús, vatn / kúskús 1:1                                                         |
| 15-25                                                                             | Tagliatelle, ferskt                                                               |
| 20-25                                                                             | Símiljugrjónabúðingur, mjólk / semolína grjón hlutfall 3:5:1                      |
| 20-30                                                                             | Linsubaunir, rauðar, vatn / linsubaunir hlutfall 1:1                              |
| 25-30                                                                             | Grænmetiseggjanúðlur                                                              |
| 25-35                                                                             | Brotið hveiti (Bulgur), vatn / brotið hveiti 1:1                                  |
| 25-35                                                                             | Hveitibollur með geri                                                             |
| 30-35                                                                             | Jasmine-hrísgrjón, vatn / hrísgrjón hlutfall 1:1                                  |
| 30-40                                                                             | Soðnar kartöflur, niðurskornar                                                    |
| 35-45                                                                             | Kartöfluhveitibollur                                                              |

|  |                                          |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 35-45                                                                             | Hrísgrjón, vatn / hrísgrjón hlutfall 1:1, hlutfall vatns á móti hrísgrjónum getur breyst í samræmi við tegund hrísgrjóna. |
| 35-45                                                                             | Brauðhveitibolla                                                                                                          |
| 40-50                                                                             | Polenta (mauk búið til úr maísmjöli), hlutfall vökva 3:1                                                                  |
| 40-55                                                                             | Hrísgrjónagrautur, mjólk / hrísgrjón hlutfall 2.5:1                                                                       |
| 45-55                                                                             | Óflýsjaðar kartöflur, miðlungs                                                                                            |
| 55-60                                                                             | Linsubaunir, brúnar og grænar, vatn / linsubaunir hlutfall 2:1                                                            |

## ÁVÖXTUR

Stílltu hitastigið á 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Eplasneiðar                                                                       |
| 10-15                                                                             | Heit ber                                                                          |
| 10-20                                                                             | Brætt súkkulaði                                                                   |
| 20-25                                                                             | Soðnir ávextir                                                                    |

## FISKUR

|  |  | °C    |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------|
| 15-20                                                                               | Punnt fiskflak                                                                      | 75-80 |
| 20-25                                                                               | Rækja, fersk                                                                        | 75-85 |
| 20-30                                                                               | Þykkt fiskflak                                                                      | 75-85 |
| 20-30                                                                               | Silungur, 0,25 kg                                                                   | 75-85 |
| 20-30                                                                               | Kræklingur                                                                          | 100   |
| 30-40                                                                               | Rækja, frosin                                                                       | 75-85 |

## KJÖT

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15-20                                                                               | Chipolatas-pylsur                                                                   | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 20-30                                                                             | Bæverskar kálfakjötspylsur<br>/ Hvít pylsa                                        | 80  |
| 20-30                                                                             | Vínarpylsur                                                                       | 80  |
| 25-35                                                                             | Kjúklingabringur, soðnar við vægan hita                                           | 90  |
| 55-65                                                                             | Soðin skinka, 1 kg                                                                | 100 |
| 60-70                                                                             | Kjúklingur soðinn við vægan hita, 1 - 1,2 kg                                      | 100 |
| 70-90                                                                             | Hamborgarhryggur, soðinn við vægan hita                                           | 90  |
| 80-90                                                                             | Kálfakjöt / Svínahryggur, 0,8 - 1 kg                                              | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

## EGG

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Egg, linsoðin                                                                     | 100 |
| 12-13                                                                             | Egg, miðlungsoðin                                                                 | 100 |
| 18-21                                                                             | Egg, harðsoðin                                                                    | 100 |
| 35-45                                                                             | Eggjabúðingur / Baka                                                              | 85  |
| 40-50                                                                             | Terrine                                                                           | 85  |

## Steam for Stewing (Gufa fyrir hægsoðu)

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                             | Bökuð egg                                                                           | 110       |
| 20 - 30                                                                             | Heill fiskur, allt að 1 kg                                                          | 120 - 130 |
| 40 - 50                                                                             | hveitibollur                                                                        | 120 - 130 |
| 50 - 60                                                                             | Hægsoðið / Soðsteiktur fiskur                                                       | 130       |
| 60 - 90                                                                             | Hægsoðið / Soðsteiktur kjúklingur                                                   | 130       |
| 100 - 140                                                                           | Hægsoðið / Soðsteikt kjöt                                                           | 130       |

**Steam for Gentle Crisping (Gufa fyrir stökka eldun)**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                           | Graníneraður fiskur                                                               | 150       |
| 35 - 50                                                                           | Fyllt grænmeti                                                                    | 150       |
| 35 - 45                                                                           | Bakaður pastaréttur / Pottréttir                                                  | 150       |
| 40 - 50                                                                           | Lasagna                                                                           | 150       |
| 60 - 70                                                                           | Kartöflugratín                                                                    | 150       |
| 75 - 100                                                                          | Svínaríf                                                                          | 140 - 150 |

**Steam for Baking and Roasting (Gufa fyrir bakstur og steikingu)**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Bagettu-brauð tilbúið til baksturs, 0,04 - 0,05 kg                                | 200       |
| 15 - 25                                                                           | Smákökur                                                                          | 155-170   |
| 20 - 35                                                                           | Bakstur úr sætu gerdeigi                                                          | 170 - 180 |
| 25 - 35                                                                           | Frosinn snittubrauð tilbúin í ofninn, 0,04 - 0,05 kg                              | 200       |
| 25 - 35                                                                           | Rúnstykki                                                                         | 180 - 200 |
| 25 - 40                                                                           | Steikt fiskflak                                                                   | 170 - 180 |
| 30 - 40                                                                           | Ósoðinn kjöthleifur, 0,5 kg                                                       | 180       |
| 30 - 40                                                                           | Steiktur ofnréttur                                                                | 160       |
| 30 - 40                                                                           | Eggjakaka                                                                         | 160-170   |
| 30 - 45                                                                           | Sætt brauð                                                                        | 160 - 170 |
| 35 - 45                                                                           | Steiktur fiskur                                                                   | 170 - 180 |
| 45 - 60                                                                           | Ýmsar tegundir af brauði, 0,5 - 1 kg                                              | 180 - 190 |
| 45 - 60                                                                           | Sætir réttir                                                                      | 160 - 180 |
| 50 - 60                                                                           | Kjúklingur, 1 kg                                                                  | 180-210   |
| 60 - 70                                                                           | Svínalund, reykt, 0,6 - 1 kg                                                      | 160-180   |
| 60 - 90                                                                           | Nautasteik, 1 kg                                                                  | 180-200   |



|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 70 - 90                                                                           | Önd, 1,5 - 2 kg                                                                   | 180     |
| 80 - 90                                                                           | Kálfasteik, 1 kg                                                                  | 180     |
| 90 - 100                                                                          | Svínasteik, 1 kg                                                                  | 160-180 |

Notaðu fyrstu hillustöðu.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pítsa / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Smjördeigskaka / Bragðmikil kaka / Rúllutertur                                    | 155 - 180 |
| 45-60                                                                             | Sætabrauð úr bökudeigi                                                            | 155 - 170 |
| 130-170                                                                           | Gæs, 3 kg                                                                         | 170       |

**Bakstur**

Notaðu lægra hitastigið í fyrsta skipti.

Þú getur framlengt bökunartíma um 10 - 15 mínútur ef þú bakar kökur á fleiri en einni hillustöðu.

Kökur og bökur á mismunandi hæðarstigum brúnast ekki allar jafnt. Það er engin þörf á að breyta hitastillingunni ef ójöfn brúnun verður. Mismunurinn jafnast út meðan á bökun stendur.

Plötur í ofninum geta aflagast við bökun. Þegar plöturnar verða aftur kaldar fá þær sína fyrri lögun.

**Ráð fyrir bakstur**

| Útkoma baksturs                                   | Mögulega ástæða      | Úrræði                      |
|---------------------------------------------------|----------------------|-----------------------------|
| Botninn á kökunni er ekki nægjanlega vel bakaður. | Hillustaðan er röng. | Settu kökuna í lægri hillu. |

| Útkoma baksturs                                                       | Mögulega ástæða                                            | Úrræði                                                               |
|-----------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------------|
| Kakan fellur og verður blaut eða seig.                                | Hitinn í ofninum er of hár.                                | Næst skaltu stilla á lægri hita í ofninum.                           |
|                                                                       | Hitinn í ofninum er of hár og bökunartíminn er of stuttur. | Næst skaltu stilla á lengri bökunartíma og lægra hitastig í ofninum. |
| Kakan er of þurr.                                                     | Hitastigið í ofninum er of lágt.                           | Næst skaltu stilla á lægra hitastig í ofninum.                       |
|                                                                       | Bökunartíminn er of langur.                                | Næst skaltu stilla á styttri bökunartíma.                            |
| Kakan bakast ójafnt.                                                  | Hitinn í ofninum er of hár og bökunartíminn er of stuttur. | Næst skaltu stilla á lengri bökunartíma og lægra hitastig í ofninum. |
|                                                                       | Kökudeiginu er ekki dreift jafnt.                          | Næst skaltu dreifa kökudeiginu betur í bökunarformið.                |
| Kakan er ekki tilbúin á þeim tíma sem tilgreindur er í uppskriftinni. | Hitastigið í ofninum er of lágt.                           | Næst skaltu stilla á aðeins hærri hita í ofninum.                    |

**Bakstur í einni hæð**

BAKSTUR Í FORMUM

|  |  | °C        |  |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Kökuhringur / Brioche                                                              | True Fan Cooking (Eldun með hefðbundnum blæstri)                                   | 150 - 160 | 50 - 70                                                                            | 1                                                                                  |
| Sandkaka / Ávaxtakökur                                                             | True Fan Cooking (Eldun með hefðbundnum blæstri)                                   | 140 - 160 | 70 - 90                                                                            | 1                                                                                  |
| Smjörbrauðskökubotn, forhitaðu tóm-an ofninn                                       | True Fan Cooking (Eldun með hefðbundnum blæstri)                                   | 150 - 160 | 20 - 30                                                                            | 2                                                                                  |
| Bökubotn - svamp-tertublanda                                                       | True Fan Cooking (Eldun með hefðbundnum blæstri)                                   | 150 - 170 | 20 - 25                                                                            | 2                                                                                  |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Ostakaka                                                                          | Conventional Cooking (Hefðbundin matreiðsla)                                      | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

**KÖKUR / BAKKELSI / BRAUÐ Á BÖKUNARPLÖTUM**

Forhitaðu ofninn nema annað sé tekið fram.

|  |  | °C               |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Fléttað brauð / Brauðhringur, ekki er þörf á forhitun                             | Conventional Cooking (Hefðbundin matreiðsla)                                      | 170 - 190        | 30 - 40                                                                           | 3                                                                                 |
| Þýsk jólakaka (Stollen)                                                           | Conventional Cooking (Hefðbundin matreiðsla)                                      | 160 - 180        | 50 - 70                                                                           | 2                                                                                 |
| Rúgmjölsbrauð:                                                                    | Conventional Cooking (Hefðbundin matreiðsla)                                      | fyrst: 230       | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | síðan: 160 - 180 | 30 - 60                                                                           |                                                                                   |
| Vatnsdeigsbollur / Eclair vatnsdeigsbollur                                        | Conventional Cooking (Hefðbundin matreiðsla)                                      | 190 - 210        | 20 - 35                                                                           | 3                                                                                 |
| Rúlluterta,                                                                       | Conventional Cooking (Hefðbundin matreiðsla)                                      | 180 - 200        | 10 - 20                                                                           | 3                                                                                 |
| Sjónvarpskaka, ekki er þörf á forhitun                                            | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 150 - 160        | 20 - 40                                                                           | 3                                                                                 |
| Smurð möndlukaka / Syrkurkökur                                                    | Conventional Cooking (Hefðbundin matreiðsla)                                      | 190 - 210        | 20 - 30                                                                           | 3                                                                                 |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Ávaxtabaka, ekki er þörf á forhitun                                               | Conventional Cooking (Hefðbundin matreiðsla)                                      | 180       | 35 - 55                                                                           | 3                                                                                 |
| Gerkökur með fingerðum toppi (t.d. quark-ostur, rjómi, búðingur)                  | Conventional Cooking (Hefðbundin matreiðsla)                                      | 160 - 180 | 40 - 60                                                                           | 3                                                                                 |

SMÁKÖKUR  
Notaðu þriðju hillustöðu.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Smjörbrauð / Svampertublanda                                                      | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 150 - 160 | 15 - 25                                                                           |
| Marengs                                                                           | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 80 - 100  | 120 - 150                                                                         |
| Makkarónur                                                                        | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 100 - 120 | 30 - 50                                                                           |
| Smákökur úr gerdeigi                                                              | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 150 - 160 | 20 - 40                                                                           |
| Smjördeigskökur, forhitaðu tóman ofninn                                           | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 170 - 180 | 20 - 30                                                                           |
| Rúlluturtur, forhitaðu tóman ofninn                                               | Conventional Cooking (Hefðbundin matreiðsla)                                      | 190 - 210 | 10 - 25                                                                           |

**Bökur og gratín**

Notaðu fyrstu hillustöðu.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Bakaður pastaréttur                                                               | Conventional Cooking (Hefðbundin matreiðsla)                                      | 180 - 200 | 45 - 60                                                                           |
| Lasagna                                                                           | Conventional Cooking (Hefðbundin matreiðsla)                                      | 180 - 200 | 25 - 40                                                                           |
| Grænmetisgratín, forhitaðu tómán ofninn                                           | Turbo Grilling (Blástur-sgrillun)                                                 | 170 - 190 | 15 - 35                                                                           |
| Snittubrauð með bráðnum osti                                                      | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 160 - 170 | 15 - 30                                                                           |
| Mjólkurhrisgrjón                                                                  | Conventional Cooking (Hefðbundin matreiðsla)                                      | 180 - 200 | 40 - 60                                                                           |
| Fiskibökur                                                                        | Conventional Cooking (Hefðbundin matreiðsla)                                      | 180 - 200 | 30 - 60                                                                           |
| Fyllt grænmeti                                                                    | True Fan Cooking (Eldun með hefðbundnum blæstri)                                  | 160 - 170 | 30 - 60                                                                           |

Margra hæða bakstur

Notaðu aðgerðina: True Fan Cooking (Eldun með hefðbundnum blæstri).

Notaðu fyrstu og fjórðu hillustöðu fyrir tvær plötur.

KÖKUR / BAKKELSI / BRAUÐ Á BÖKUNARPLÖTUM

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Vatnsdeigsbollur / Eclair vatnsdeigsbollur, forhitaðu tómán ofninn                  | 160 - 180 | 25 - 45                                                                             |
| Sjónvarpskaka                                                                       | 150 - 160 | 30 - 45                                                                             |

SMÁKÖKUR

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Smjördeigssmákökur                                                                  | 140       | 25 - 45                                                                             |
| Marengs                                                                             | 80 - 100  | 130 - 170                                                                           |
| Makkarónur                                                                          | 100 - 120 | 40 - 80                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Smákökur úr gerdeigi                                                              | 160 - 170 | 30 - 60                                                                           |
| Smjördeigskökur, forhitaðu tóman ofninn                                           | 170 - 180 | 30 - 50                                                                           |
| Rúllutertur                                                                       | 180       | 20 - 30                                                                           |

Ábendingar um steikingu

Notaðu hitapólin ofnáhöld.

Steiking á fitulitlu kjöti með einhverju yfir (þú getur notað álpappír).

Steiktu stóra kjötbita beint í bakkanum.

Settu vatn í bakkann til að koma í veg fyrir að drjúpandi fita brenni.

Snúðu steikinni eftir 1/2 - 2/3 af eldunartímanum.

Steiktu kjöt og fisk í stórum stykkjum (1 kg eða meira).

Ef mælt er með fyrstu hillustöðu skaltu setja matvælin beint á bökunarplötuna

Austu yfir kjötbitana með eigin safu nokkrum sinnum meðan á steikingu stendur.

Steiking

Notaðu fyrstu hillustöðu.

NAUTAKJÖT

|  |  |  | °C        |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Pottasteik                                                                         | 1 - 1.5                                                                            | Conventional Cooking (Hefð-bundin mat-reiðsla)                                     | 230       | 120 - 150                                                                          |
| Nautasteik- eða lund, lítið steikt, forhitaðu tóman ofninn                         | 1 cm þykk                                                                          | Turbo Grilling (Blástursgrillun)                                                   | 190 - 200 | 5 - 6                                                                              |
| Nautasteik- eða lund, miðlungs steikt, forhitaðu tóman ofninn                      | 1 cm þykk                                                                          | Turbo Grilling (Blástursgrillun)                                                   | 180 - 190 | 6 - 8                                                                              |

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Nautasteik- eða lund, gegnsteikt, forhitaðu tóman ofninn                          | 1 cm þykk                                                                         | Turbo Grilling (Blástursgrillun)                                                  | 170 - 180 | 8 - 10                                                                            |

SVÍNAKJÖT  
Notaðu aðgerðina: Turbo Grilling (Blástursgrillun).

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Bógur / Hnakki / Skink-ustykki                                                    | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Kótelettur / Svínaríf                                                             | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Kjöthleifur                                                                       | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Svínaskanki, forsoðinn                                                            | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

KÁLFAKJÖT  
Notaðu aðgerðina: Turbo Grilling (Blástursgrillun).

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Kálfasteik                                                                        | 1                                                                                 | 160 - 180 | 90 - 120                                                                          |
| Kálfaskanki                                                                       | 1.5 - 2                                                                           | 160 - 180 | 120 - 150                                                                         |

LAMBAKJÖT  
Notaðu aðgerðina: Turbo Grilling (Blástursgrillun).

|  |  | °C<br>(°C) |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------|
| Lambalæri / Steikt lambakjöt                                                        | 1 - 1.5                                                                             | 150 - 170  | 100 - 120                                                                           |
| Lambahryggur                                                                        | 1 - 1.5                                                                             | 160 - 180  | 40 - 60                                                                             |

VILLIBRÁÐ

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------|
| Hryggur / Heralæri, forhitaðu tóman ofninn                                          | 1                                                                                   | Turbo Grilling (Blástursgrillun)                                                    | 180 - 200 | 35 - 55                                                                              |
| Hjartarhryggur                                                                      | 1.5 - 2                                                                             | Conventional Cooking (Hefðbundin matreiðsla)                                        | 180 - 200 | 60 - 90                                                                              |

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Dádýralend                                                                        | 1.5 - 2                                                                           | Conventional Cooking (Hefðbundin matreiðsla)                                      | 180 - 200 | 60 - 90                                                                           |

ALIFUGLAKJÖT  
Notaðu aðgerðina: Turbo Grilling (Blástursgrillun).

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Alifuglabitar                                                                     | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Kjúklingur, hálfur                                                                | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Kjúklingur, eggjakaka (e. poulard)                                                | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Önd                                                                               | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Gæs                                                                               | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Kalkúnn                                                                           | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Kalkúnn                                                                           | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

FISKUR

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Heill fiskur                                                                      | 1 - 1.5                                                                           | Turbo Grilling (Blástursgrillun)                                                  | 180 - 200 | 30 - 50                                                                           |

**Bread Baking (Brauðbakstur)**

Ekki er mælt með forhitun.  
Notaðu aðra hillustöðu.

BRAUÐ

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Hvítt brauð                                                                         | 170 - 190 | 40 - 60                                                                             |
| Snittubrauð                                                                         | 200 - 220 | 35 - 45                                                                             |
| Brioche                                                                             | 180 - 200 | 40 - 60                                                                             |
| Ciabatta                                                                            | 200 - 220 | 35 - 45                                                                             |
| Rúgmjölsbrauð                                                                       | 170 - 190 | 50 - 70                                                                             |
| Heilhveitibrauð                                                                     | 170 - 190 | 50 - 70                                                                             |



|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Heilkornabrauð                                                                    | 170 - 190 | 40 - 60                                                                           |
| Rúnstykki                                                                         | 190 - 210 | 20 - 35                                                                           |

**Stökkur bakstur með Pizza Function (Pítsuaðgerð)**

PÍTSA  
Notaðu fyrstu hillustöðu.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Bökur                                                                             | 180 - 200 | 40 - 55                                                                           |
| Spínatbaka                                                                        | 160 - 180 | 45 - 60                                                                           |
| Frönsk laukterta (Quiche Lorraine) / Svissnesk baka                               | 170 - 190 | 45 - 55                                                                           |
| Eplabaka, hulin                                                                   | 150 - 170 | 50 - 60                                                                           |

PÍTSA  
Forhitaðu tóman ofninn áður en eldun hefst.  
Notaðu aðra hillustöðu.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pítsa með þunnum botni, notaðu djúpu plötuna                                      | 210 - 230 | 15 - 25                                                                           |
| Pítsa með þykkum botni                                                            | 180 - 200 | 20 - 30                                                                           |
| Ósýrt brauð                                                                       | 210 - 230 | 10 - 20                                                                           |
| Smjördeigsbaka                                                                    | 160 - 180 | 45 - 55                                                                           |
| Þýsk pítsa (flammkuchen)                                                          | 210 - 230 | 15 - 25                                                                           |
| Pierogi (pólsk soðkaka)                                                           | 180 - 200 | 15 - 25                                                                           |
| Grænmetisbaka                                                                     | 160 - 180 | 50 - 60                                                                           |

**Grill**

Forhitaðu tóman ofninn áður en eldun hefst.  
Grillaðu einungis sneiðar af fiski eða kjöti sem eru þunnar.  
Settu pönnu í fyrstu hillustöðuna til að safna fitu.

## GRILL

|  | °C        | <br>Fyrri hlið | <br>Önnur hlið |  |
|-----------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Nautalund                                                                         | 230       | 20 - 30                                                                                         | 20 - 30                                                                                         | 3                                                                                 |
| Svínahryggur                                                                      | 210 - 230 | 30 - 40                                                                                         | 30 - 40                                                                                         | 2                                                                                 |
| Lambahryggur                                                                      | 210 - 230 | 25 - 35                                                                                         | 20 - 25                                                                                         | 3                                                                                 |

## Slow Cooking (Hægeldun)

Þessi aðgerð gerir þér kleift að elda magurt, mjúkt kjöt og fisk. Á ekki við um alifuglakjöt, fitumikla grísasteik, steik í steikingarfati.

- Steiktu kjötið í 1 - 2 mínútur á hvorri hlið á pönnu við hátt hitastig.
- Ef mælt er með þriðju hillustöðu, settu matinn beint á vírhilluna. Settu bakka/steikarskúffu í fyrstu hillustöðuna til að safna fitu.  
Ef mælt er með fyrstu hillustöðu, settu matinn beint á bakkann.  
Eldaðu ávallt án loks þegar þessi aðgerð er notuð.
- Notkun: Food Sensor (Matvælaskynjari).  
Stílltu hitastigið á 120°C.

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Steikur                                                                           | 0.2 - 0.3                                                                         | 20 - 40                                                                           | 3                                                                                 |
| Nautalund                                                                         | 1 - 1.5                                                                           | 90 - 150                                                                          | 3                                                                                 |
| Nautasteik                                                                        | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Kálfasteik                                                                        | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

## Frozen Foods (Frosin matvæli)

|  | °C        |  |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Frosin pítsa                                                                        | 200 - 220 | 15 - 25                                                                             | 2                                                                                   |
| Amerísk pítsa, frosin                                                               | 190 - 210 | 20 - 25                                                                             | 2                                                                                   |
| Kæld pítsa                                                                          | 210 - 230 | 13 - 25                                                                             | 2                                                                                   |
| Frosið pítsusnarl                                                                   | 180 - 200 | 15 - 30                                                                             | 2                                                                                   |
| Punnar franskar kartöflur                                                           | 190 - 210 | 15 - 25                                                                             | 3                                                                                   |
| Þykkar franskar kartöflur                                                           | 190 - 210 | 20 - 30                                                                             | 3                                                                                   |

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Bátar / Krókettur                                                                 | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Kartöfluklattar                                                                   | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagna / Ferskt cannelloni                                                       | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagna / Frosið cannelloni                                                       | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Bakaður ostur                                                                     | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Kjúklingavængir                                                                   | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

Preserving (Niðursuða)

Notaðu aðgerðina Bottom Heat (Undirhiti)

Notaðu eingöngu sultukrúkkur með sömu málum og fást á markaði.

Ekki nota krúkkur með snúnings- og krækjuloki, eða málmdósir.

Notaðu fyrstu hillustöðu.

Ekki setja fleiri en sex eins lítra geymslukrúkkur á bökunarplötu.

Fylltu krúkkurnar jafnt og lokaðu með klemmu.

Krúkkurnar mega ekki snerta hver aðra.

Settu u.þ.b. hálfan lítra af vatni í bökunarplötuna til að fá nægan raka í ofninn.

Pegar vökvinn í krúkkunum fer að malla (eftir u.þ.b. 35 - 60 mínútur fyrir eins lítra krúkkur) skaltu stöðva ofninn eða minnka hitann niður í 100°C (sjá töfluna).

Stílltu hitastigið á 160 - 170°C.

MJÚKIR ÁVEXTIR

|  | <br>Eldunartími fram að því að malla |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Jarðarber / Bláber / Hindber / Proskuð stikilsber                                   | 35 - 45                                                                                                                 |

STEINALDIN

|  | <br>Eldunartími fram að því að malla | <br>Haltu eldun áfram á 100°C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Ferskjur / Japansperur / Plómur                                                     | 35 - 45                                                                                                                 | 10 - 15                                                                                                          |

GRÆNMETI

|  |  Eldunartími fram að því að<br>malli |  Haltu eldun áfram á 100°C |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Gulrætur                                                                          | 50 - 60                                                                                                               | 5 - 10                                                                                                      |
| Gúrkur                                                                            | 50 - 60                                                                                                               | -                                                                                                           |
| Blandað súrsað                                                                    | 50 - 60                                                                                                               | 5 - 10                                                                                                      |
| Hnúðkál / Baunir / Spergill                                                       | 50 - 60                                                                                                               | 15 - 20                                                                                                     |

Dehydrating (Þurrkun) - True Fan Cooking (Eldun með hefðbundnum blæstri)

Settu smjörpappír eða bökunarpappír á plötur.

Fyrir betri útkomu skaltu stöðva ofninn þegar þurrktíminn er hálfnaður, opna hurðina og leyfa honum að kólna í heila nótt til að ljúka við þurrkunina.

Notaðu þriðju hillustöðu fyrir plötu 1.

Notaðu fyrstu og fjórðu hillustöðu fyrir tvær plötur.

GRÆNMETI

|  | °C      |  (klst) |
|-----------------------------------------------------------------------------------|---------|------------------------------------------------------------------------------------------|
| Baunir                                                                            | 60 - 70 | 6 - 8                                                                                    |
| Paprika                                                                           | 60 - 70 | 5 - 6                                                                                    |
| Súpugrænmeti                                                                      | 60 - 70 | 5 - 6                                                                                    |
| Sveppir                                                                           | 50 - 60 | 6 - 8                                                                                    |
| Kryddjurtir                                                                       | 40 - 50 | 2 - 3                                                                                    |

ÁVÖXTUR

Stílltu hitastigið á 60 - 70°C.

|  |  (klst) |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Plómur                                                                              | 8 - 10                                                                                     |
| Apríkósur                                                                           | 8 - 10                                                                                     |
| Eplasneiðar                                                                         | 6 - 8                                                                                      |
| Perur                                                                               | 6 - 9                                                                                      |

Food Sensor (Matvæðaskynjari)

NAUTAKJÖT

|  | °C Kjarnahitastig matar |                |            |
|-----------------------------------------------------------------------------------|-------------------------|----------------|------------|
|                                                                                   | Litið steikt            | Miðlungssteikt | Gegnsteikt |
| Nautasteik                                                                        | 55                      | 60             | 70         |
| Lendastykki                                                                       | 45                      | 60             | 70         |

|  | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                   | Minna                   | Miðlungssteikt | Meira |
| Kjöthleifur                                                                       | 80                      | 83             | 86    |

SVÍNAKJÖT

|  | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                   | Minna                   | Miðlungssteikt | Meira |
| Skinka / Steikt                                                                   | 80                      | 84             | 88    |
| Rifjasteik, hryggur / Svínalend, reykt / Svínalend, soðin við vægan hita          | 75                      | 78             | 82    |

KÁLFAKJÖT

|  | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                   | Minna                   | Miðlungssteikt | Meira |
| Kálfasteik                                                                        | 75                      | 80             | 85    |
| Kálfaskanki                                                                       | 85                      | 88             | 90    |

KINDAKJÖT / LAMBAKJÖT

|  | °C Kjarnahitastig matar |                |       |
|-------------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                     | Minna                   | Miðlungssteikt | Meira |
| Kindalæri                                                                           | 80                      | 85             | 88    |
| Kindahryggur                                                                        | 75                      | 80             | 85    |
| Steikt lambakjöt / Lambalæri                                                        | 65                      | 70             | 75    |

VILLIBRÁÐ

|  | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                   | Minna                   | Miðlungssteikt | Meira |
| Hérahryggur / Hjartarhryggur                                                      | 65                      | 70             | 75    |
| Héralæri / Heill héri / Hjartarlæri                                               | 70                      | 75             | 80    |

ALIFUGLAKJÖT

|  | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                   | Minna                   | Miðlungssteikt | Meira |
| Kjúklingur                                                                        | 80                      | 83             | 85    |
| Önd, heil / hálf / Kalkúnn, heil / bringa                                         | 75                      | 80             | 85    |
| Andarbringa                                                                       | 60                      | 65             | 70    |

FISKUR (LAX, SILUNGUR, VATNAVIÐNIR)

|  | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                   | Minna                   | Miðlungssteikt | Meira |
| Fiskur, heill / stór / gufusoðinn / Fiskur, heill / stór / steiktur               | 60                      | 64             | 68    |

POTTRÉTTIR - FORSOÐIÐ GRÆNMETI

|  | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                   | Minna                   | Miðlungssteikt | Meira |
| Kúrbítpottréttur / Spergilkálpottréttur / Fennikupottréttur                       | 85                      | 88             | 91    |

POTTRÉTTIR - BRAGÐSTERKIR

|  | °C Kjarnahitastig matar |                |       |
|-------------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                     | Minna                   | Miðlungssteikt | Meira |
| Cannelloni / Lasagna / Bakaður pastaréttur                                          | 85                      | 88             | 91    |

POTTRÉTTIR - SÆTIR

|                          | °C Kjarnahitastig matar |                |       |
|-----------------------------------------------------------------------------------------------------------|-------------------------|----------------|-------|
|                                                                                                           | Minna                   | Miðlungssteikt | Meira |
| Hvítbrauðspottréttur með / án ávaxta / Hrisgrjónagrautspottréttur með / án ávaxta / Sætur núðlupottréttur | 80                      | 85             | 90    |

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Con riserva di modifiche.

Consigli di cottura

La temperatura e i tempi di cottura specificati nelle tabella sono solo indicativi. Dipendono dalle ricette, dalla qualità e quantità degli ingredienti utilizzati.

La nuova apparecchiatura può cuocere o arrostitre in modo differente rispetto all'apparecchiatura posseduta in precedenza. I suggerimenti seguenti mostrano le impostazioni consigliate per temperatura, tempo di cottura e posizione ripiano per tipi di cibo specifici.

Contare le posizioni della griglia dal basso del forno.

Qualora non si trovino le impostazioni per una ricetta specifica, cercarne una simile.

Simboli utilizzati nelle tabelle:

|                                                                                     |                          |
|-------------------------------------------------------------------------------------|--------------------------|
|    | Tipo di alimento         |
|    | Funzione cottura         |
| °C                                                                                  | Temperatura              |
|  | Accessorio               |
|  | Contenitore (Gastronorm) |
|  | Peso (kg)                |
|  | Posizione ripiano        |
|  | Tempo di cottura (min)   |

Consigli sulle funzioni cottura speciali dell'apparecchiatura

Mantieni caldo

La funzione consente di tenere caldi gli alimenti. La temperatura si viene impostata automaticamente su 80°C.

Riscaldamento piatti



La funzione consente di riscaldare piatti e portate prima di servirli in tavola. La temperatura si viene impostata automaticamente su 70°C.

Collocare piatti e pietanze in modo omogeneo sul ripiano a filo. Usare il primo livello griglia. Dopo metà della cottura, invertire le posizioni dei piatti.

**Lievitazione pasta**

La funzione consente di far lievitare la pasta. Mettere l'impasto su un piatto grande. Usare il primo livello griglia. Impostare funzione: Lievitazione pasta e il tempo di cottura..

**Scongelamento**

Rimuovere la confezione degli alimenti e disporli su un piatto. Non coprire gli alimenti, dato che ciò può estendere il tempo di scongelamento. Usare il primo livello griglia.

**Cottura a vapore**

Presta attenzione quando apri la porta del forno quando la funzione è attiva. L'elettrodomestico può rilasciare vapore.

Questa funzione consente di:

- sterilizzare i contenitori (ad es. biberon),
- preparare qualsiasi tipo di alimento, fresco o surgelato.

**Sterilizzazione**

Colloca i contenitori puliti a testa in giù al centro del ripiano nella prima posizione.

Riempire il cassetto fino al livello massimo e impostare il tempo a 40 minuti.

**Cottura**

Puoi cuocere, riscaldare, scongelare, lessare o sbollentare verdure, carne, pesce, pasta, riso, semolino e uova.

Sarà possibile preparare un pasto che comprende pochi piatti durante una singola sessione di cottura. Per garantire che tutti i piatti siano pronti contemporaneamente, iniziare con il cibo con il tempo di cottura più lungo quindi aggiungere i piatti rimanenti al momento opportuno, come specificato nelle tabelle di cottura

 **Cottura a vapore**

Esempio: Il tempo totale di questa sessione di cottura è 40min. In primo luogo, mettere Patate bollite, in quarti, dopo 20 min aggiungere Filetti di salmone e Broccoli, cime dopo 30 min.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Patate bollite, in quarti                                                           | 40                                                                                  |
| Filetti di salmone                                                                  | 20                                                                                  |

|                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |
| Broccoli, cime                                                                    | 10                                                                                |

Utilizzare la quantità maggiore di acqua necessaria quando si cuoce più di un piatto contemporaneamente.

Utilizzare la posizione del secondo ripiano.

#### VERDURE

Impostare la temperatura su 100 °C.

|                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |
| 8 - 10                                                                            | Broccoli, cime, preriscaldare il forno vuoto                                      |
| 10                                                                                | Pomodori pelati                                                                   |
| 10 - 15                                                                           | Spinaci freschi                                                                   |
| 10 - 15                                                                           | Zucchine a fettine                                                                |
| 15                                                                                | Verdure sbollentate                                                               |
| 15 - 20                                                                           | Funghi a fettine                                                                  |
| 15 - 20                                                                           | Peperoni a listarelle                                                             |
| 15 - 25                                                                           | Broccoli interi                                                                   |
| 15 - 25                                                                           | Asparagi verdi                                                                    |
| 15 - 25                                                                           | Melanzane                                                                         |
| 15 - 25                                                                           | Zucca a cubetti                                                                   |
| 15 - 25                                                                           | Pomodori                                                                          |
| 20 - 25                                                                           | Fagioli sbollentati                                                               |
| 20 - 25                                                                           | Cime di valerianella                                                              |
| 20 - 25                                                                           | Cavolo verza                                                                      |
| 20 - 30                                                                           | Sedano a cubetti                                                                  |
| 20 - 30                                                                           | Anelli di porro                                                                   |
| 20 - 30                                                                           | Piselli                                                                           |
| 20 - 30                                                                           | Taccole / Peperoni Kaiser                                                         |
| 20 - 30                                                                           | Patate dolci                                                                      |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Finocchio                                                                         |
| 20 - 30                                                                           | Carote                                                                            |
| 25 - 35                                                                           | Asparagi bianchi                                                                  |
| 25 - 35                                                                           | Cavoletti di Bruxelles                                                            |
| 25 - 35                                                                           | Cime di cavolfiore                                                                |
| 25 - 35                                                                           | Cavolo rapa a listarelle                                                          |
| 25 - 35                                                                           | Fagioli bianchi                                                                   |
| 30 - 40                                                                           | Mais dolce su pannocchia                                                          |
| 35 - 45                                                                           | Scorzonera ispanica                                                               |
| 35 - 45                                                                           | Cavolfiore intero                                                                 |
| 35 - 45                                                                           | Cornetti                                                                          |
| 40 - 45                                                                           | Cavolo bianco o rosso a listarelle                                                |
| 50 - 60                                                                           | Carciofi                                                                          |
| 55 - 65                                                                           | Fagioli secchi ammollo, rapporto acqua/fagioli 2:1                                |
| 60 - 90                                                                           | Crauti                                                                            |
| 70 - 90                                                                           | Barbabietola rossa                                                                |

## PIATTI DI CONTORNO / ACCOMPAGNAMENTI

Impostare la temperatura su 100 °C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Cuscus, rapporto acqua/couscous 1:1                                                 |
| 15 - 25                                                                             | Tagliatelle fresche                                                                 |
| 20 - 25                                                                             | Budino di semolino, rapporto latte/semolino 3,5:1                                   |
| 20 - 30                                                                             | Lenticchie, rosse, rapporto acqua/lenticchie 1:1                                    |
| 25 - 30                                                                             | Spaetzle (gnocchetti tirolesi)                                                      |
| 25 - 35                                                                             | Bulgur, rapporto acqua/bulgur 1:1                                                   |
| 25 - 35                                                                             | Canederli salati                                                                    |

|  |                            |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 30 - 35                                                                           | Riso fragrante, rapporto acqua/riso 1:1                                                                     |
| 30 - 40                                                                           | Patate bollite, in quarti                                                                                   |
| 35 - 45                                                                           | Canederli                                                                                                   |
| 35 - 45                                                                           | Gnocchi di patata                                                                                           |
| 35 - 45                                                                           | Riso, rapporto acqua/riso 1:1, il rapporto dell'acqua rispetto al riso può variare secondo il tipo di riso. |
| 40 - 50                                                                           | Polenta, rapporto liquido 3:1                                                                               |
| 40 - 55                                                                           | Budino di riso, rapporto latte/riso 2,5:1                                                                   |
| 45 - 55                                                                           | Patate non pelate, medie                                                                                    |
| 55 - 60                                                                           | Lenticchie, marroni e verdi, rapporto acqua/lenticchie 2:1                                                  |

## FRUTTA

Impostare la temperatura su 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Fette di mela                                                                     |
| 10 - 15                                                                           | Frutti di bosco caldi                                                             |
| 10 - 20                                                                           | Fusione cioccolato                                                                |
| 20 - 25                                                                           | Composta di frutta                                                                |

## PESCE

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Filetto di pesce sottile                                                            | 75 - 80 |
| 20 - 25                                                                             | Gamberi freschi                                                                     | 75 - 85 |
| 20 - 30                                                                             | Cozze                                                                               | 100     |
| 20 - 30                                                                             | Filetti di salmone                                                                  | 85      |
| 20 - 30                                                                             | Trota, 0,25 kg                                                                      | 85      |
| 30 - 40                                                                             | Gamberi surgelati                                                                   | 75 - 85 |
| 40 - 45                                                                             | Trota salmonata, 1 kg                                                               | 85      |

## CARNE

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Piccole salsicce                                                                  | 80  |
| 20 - 30                                                                           | Salsiccia di vitello bavarese / Salsiccia bianca                                  | 80  |
| 20 - 30                                                                           | Salsiccia di Vienna                                                               | 80  |
| 25 - 35                                                                           | Petto di pollo al vapore                                                          | 90  |
| 55 - 65                                                                           | Prosciutto cotto, 1 kg                                                            | 100 |
| 60 - 70                                                                           | Pollo, lessso, 1 - 1,2 kg                                                         | 100 |
| 70 - 90                                                                           | Kasseler al vapore                                                                | 90  |
| 80 - 90                                                                           | Vitello / Lonza di maiale, 0,8 - 1 kg                                             | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

## UOVA

Impostare la temperatura su 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Uova alla coque                                                                   |
| 12 - 13                                                                           | Uova bazzotte                                                                     |
| 18 - 21                                                                           | Uova sode                                                                         |

## Combinazione delle funzioni: Doppio grill ventilato + Cottura a vapore

È possibile combinare queste funzioni per cuocere carne, verdure e piatti di contorno in una sola volta.

1. Impostare la funzione: Doppio grill ventilato per arrostitire la carne.
2. Aggiungere le verdure e i piatti di contorno preparati.
3. Ridurre la temperatura del forno a circa 90°C. È possibile aprire lo sportello del forno alla prima posizione per circa 15 minuti.
4. Impostare la funzione: Cottura a vapore. Cuocere tutti i piatti insieme finché non sono pronti.

Utilizzare la posizione del primo ripiano per la carne e la posizione del terzo ripiano per le verdure. Mettere la carne direttamente sulla lamiera dolci.

|  |  Doppio grill ventilato<br>Primo passaggio: cottura della carne |                                                                                   |  Cottura a vapore<br>Secondo passaggio: aggiungere le verdure |                                                                                   |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                               |  | °C                                                                                                                                             |  |
| Roast beef, 1 kg / Cavoletti di Bruxelles, polenta                                | 180                                                                                                                                              | 60 - 70                                                                           | 100                                                                                                                                            | 40 - 50                                                                           |
| Arrosto di maiale, 1 kg / Patate / Verdure, con sughetto                          | 180                                                                                                                                              | 60 - 70                                                                           | 100                                                                                                                                            | 30 - 40                                                                           |
| Arrosto di vitello, 1 kg / Riso / Verdure                                         | 180                                                                                                                                              | 50 - 60                                                                           | 100                                                                                                                                            | 30 - 40                                                                           |

## Umidità alta

Utilizzare la posizione del secondo ripiano.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Crema pasticcera / Flan, in piattini                                              | 90        | 35 - 45                                                                           |
| Uova strapazzate                                                                  | 90 - 110  | 15 - 30                                                                           |
| Timballo                                                                          | 90        | 40 - 50                                                                           |
| Filetto di pesce sottile                                                          | 85        | 15 - 25                                                                           |
| Filetto di pesce spesso                                                           | 90        | 25 - 35                                                                           |
| Pesce piccolo, fino a 0,35 kg                                                     | 90        | 20 - 30                                                                           |
| Pesce intero, fino a 1 kg                                                         | 90        | 30 - 40                                                                           |
| Canederli                                                                         | 120 - 130 | 40 - 50                                                                           |

## Umidità bassa

Usare la seconda posizione del ripiano, salvo indicazione contraria.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Panini pronti da infornare                                                        | 200       | 20 - 30                                                                           |
| Baguette pronte da infornare, 40 - 50 g                                           | 200       | 15 - 20                                                                           |
| Baguette pronte da infornare, surgelate, 40 - 50 g                                | 200       | 25 - 35                                                                           |
| Polpettone di carne, crudo, 0,5 kg                                                | 180       | 30 - 40                                                                           |
| Pasta al forno                                                                    | 170 - 190 | 40 - 50                                                                           |
| Lasagne                                                                           | 170 - 180 | 45 - 55                                                                           |
| Pane, 0,5 - 1 g                                                                   | 180 - 190 | 45 - 60                                                                           |
| Patate gratinate                                                                  | 160 - 170 | 50 - 60                                                                           |
| Pollo, 1 g                                                                        | 180 - 210 | 50 - 60                                                                           |
| Lonza di maiale, affumicata, 0.6 - 1 g, immergere per 2 ore                       | 160 - 180 | 60 - 70                                                                           |
| Roast beef, 1 g                                                                   | 180 - 200 | 60 - 90                                                                           |
| Anatra, 1,5 - 2 g                                                                 | 180       | 70 - 90                                                                           |
| Arrosto di vitello, 1 g                                                           | 180       | 80 - 90                                                                           |
| Arrosto di maiale, 1 g                                                            | 160 - 180 | 90 - 100                                                                          |
| Oca, 3 g, utilizzare il primo livello griglia                                     | 170       | 130 - 170                                                                         |

## Rigenera a vapore

Utilizzare la posizione del secondo ripiano.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Piatti unici                                                                        | 110 | 10 - 15                                                                             |
| Pasta                                                                               | 110 | 10 - 15                                                                             |
| Riso                                                                                | 110 | 10 - 15                                                                             |
| Canederli                                                                           | 110 | 15 - 25                                                                             |

## EasySteam

### Cottura a vapore

#### VERDURE

Utilizzare la posizione del secondo ripiano.

Impostare la temperatura massimo su 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Broccoli, cime, preriscaldare il forno vuoto                                      |
| 10                                                                                | Pomodori pelati                                                                   |
| 10-15                                                                             | Spinaci freschi                                                                   |
| 10-15                                                                             | Zucchine a fettine                                                                |
| 15                                                                                | Verdure sbollentate                                                               |
| 15-20                                                                             | Peperoni a listarelle                                                             |
| 15-20                                                                             | Funghi a fettine                                                                  |
| 15-25                                                                             | Melanzane                                                                         |
| 15-25                                                                             | Cavolfiore intero                                                                 |
| 15-25                                                                             | Broccoli interi                                                                   |
| 15-25                                                                             | Asparagi verdi                                                                    |
| 15-25                                                                             | Pomodori                                                                          |
| 15-25                                                                             | Zucca a cubetti                                                                   |
| 20-25                                                                             | Cime di valerianella                                                              |
| 20-25                                                                             | Cavolo verza                                                                      |
| 20-25                                                                             | Fagioli sbollentati                                                               |
| 20-30                                                                             | Patate dolci                                                                      |
| 20-30                                                                             | Piselli                                                                           |
| 20-30                                                                             | Finocchio                                                                         |
| 20-30                                                                             | Carote                                                                            |
| 20-30                                                                             | Anelli di porro                                                                   |
| 20-30                                                                             | Sedano a cubetti                                                                  |



|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20-30                                                                             | Taccole                                                                           |
| 25-35                                                                             | Cime di cavolfiore                                                                |
| 25-35                                                                             | Cavolo rapa a listarelle                                                          |
| 25-35                                                                             | Cavoletti di Bruxelles                                                            |
| 25-35                                                                             | Asparagi bianchi                                                                  |
| 25-35                                                                             | Fagioli bianchi                                                                   |
| 30-40                                                                             | Mais dolce su pannocchia                                                          |
| 35-45                                                                             | Cornetti                                                                          |
| 35-45                                                                             | Scorzonera ispanica                                                               |
| 40-45                                                                             | Cavolo bianco o rosso a listarelle                                                |
| 50 - 60                                                                           | Carciofi                                                                          |
| 55-65                                                                             | Fagioli secchi ammollo                                                            |
| 60-90                                                                             | Crauti                                                                            |
| 70-90                                                                             | Barbabietola rossa                                                                |

## PIATTI DI CONTORNO / ACCOMPAGNAMENTI

Impostare la temperatura massimo su 100°C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15-20                                                                               | Cuscus, rapporto acqua/couscous 1:1                                                 |
| 15-25                                                                               | Tagliatelle fresche                                                                 |
| 20-25                                                                               | Budino di semolino, rapporto latte/semolino 3:5:1                                   |
| 20-30                                                                               | Lenticchie, rosse, rapporto acqua/lenticchie 1:1                                    |
| 25-30                                                                               | Spaetzle (gnocchetti tirolesi)                                                      |
| 25-35                                                                               | Bulgur, rapporto acqua/bulgur 1:1                                                   |
| 25-35                                                                               | Canederli salati                                                                    |
| 30-35                                                                               | Riso fragrante, rapporto acqua/riso 1:1                                             |
| 30-40                                                                               | Patate bollite, in quarti                                                           |

|  |                          |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| 35-45                                                                             | Gnocchi di patata                                                                                         |
| 35-45                                                                             | Riso, proporzione acqua / riso 1:1, la proporzione tra acqua e riso può cambiare in base al tipo di riso. |
| 35-45                                                                             | Canederli                                                                                                 |
| 40-50                                                                             | Polenta, rapporto liquido 3:1                                                                             |
| 40-55                                                                             | Budino di riso, rapporto latte/riso 2,5:1                                                                 |
| 45-55                                                                             | Patate non pelate, medie                                                                                  |
| 55-60                                                                             | Lenticchie, marroni e verdi, rapporto acqua/lenticchie 2:1                                                |

## FRUTTA

Impostare la temperatura su 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Fette di mela                                                                     |
| 10-15                                                                             | Frutti di bosco caldi                                                             |
| 10-20                                                                             | Fusione cioccolato                                                                |
| 20-25                                                                             | Composta di frutta                                                                |

## PESCE

|  |  | °C    |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------|
| 15-20                                                                               | Filetto di pesce sottile                                                            | 75-80 |
| 20-25                                                                               | Gamberi freschi                                                                     | 75-85 |
| 20-30                                                                               | Filetto di pesce spesso                                                             | 75-85 |
| 20-30                                                                               | Trota, 0,25 kg                                                                      | 75-85 |
| 20-30                                                                               | Cozze                                                                               | 100   |
| 30-40                                                                               | Gamberi surgelati                                                                   | 75-85 |

## CARNE

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15-20                                                                               | Piccole salsicce                                                                    | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 20-30                                                                             | Salsiccia di vitello bavarese<br>/ Salsiccia bianca                               | 80  |
| 20-30                                                                             | Salsiccia di Vienna                                                               | 80  |
| 25-35                                                                             | Petto di pollo al vapore                                                          | 90  |
| 55-65                                                                             | Prosciutto cotto, 1 kg                                                            | 100 |
| 60-70                                                                             | Pollo, lessso, 1 - 1,2 kg                                                         | 100 |
| 70-90                                                                             | Kasseler al vapore                                                                | 90  |
| 80-90                                                                             | Vitello / Lonza di maiale, 0,8 - 1 kg                                             | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

## UOVA

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Uova alla coque                                                                   | 100 |
| 12-13                                                                             | Uova bazzotte                                                                     | 100 |
| 18-21                                                                             | Uova sode                                                                         | 100 |
| 35-45                                                                             | Crema pasticcera / Flan                                                           | 85  |
| 40-50                                                                             | Timballo                                                                          | 85  |

## Cottura con vapore per stufati e brasati

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                             | Uova strapazzate                                                                    | 110       |
| 20 - 30                                                                             | Pesce intero, fino a 1 kg                                                           | 120 - 130 |
| 40 - 50                                                                             | Canederli                                                                           | 120 - 130 |
| 50 - 60                                                                             | Stufato / Pesce brasato                                                             | 130       |
| 60 - 90                                                                             | Stufato / Pollo brasato                                                             | 130       |
| 100 - 140                                                                           | Stufato / Carne brasata                                                             | 130       |

**Cottura con vapore per gratinature leggere**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                           | Sformati di pesce                                                                 | 150       |
| 35 - 50                                                                           | Verdure ripiene                                                                   | 150       |
| 35 - 45                                                                           | Pasta al forno / Sformati                                                         | 150       |
| 40 - 50                                                                           | Lasagne                                                                           | 150       |
| 60 - 70                                                                           | Patate gratinate                                                                  | 150       |
| 75 - 100                                                                          | Costolette di maiale                                                              | 140 - 150 |

**Cottura con vapore per arrostiti e lievitati**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Baguette pronte da infornare, 0,04 - 0,05 kg                                      | 200       |
| 15 - 25                                                                           | Biscotti                                                                          | 155-170   |
| 20 - 35                                                                           | Creazioni con pasta lievitata dolce                                               | 170 - 180 |
| 25 - 35                                                                           | Baguette pronte da infornare, surgelate, 0,04 - 0,05 kg                           | 200       |
| 25 - 35                                                                           | Pane/Panini                                                                       | 180 - 200 |
| 25 - 40                                                                           | Filetto di pesce arrosto                                                          | 170 - 180 |
| 30 - 40                                                                           | Polpettone di carne, non cotto, 0,5 kg                                            | 180       |
| 30 - 40                                                                           | Sformato arrosto                                                                  | 160       |
| 30 - 40                                                                           | Omelette                                                                          | 160-170   |
| 30 - 45                                                                           | Pane dolce                                                                        | 160 - 170 |
| 35 - 45                                                                           | Pesce arrosto                                                                     | 170 - 180 |
| 45 - 60                                                                           | Diversi tipi di pane, 0,5 - 1 kg                                                  | 180 - 190 |
| 45 - 60                                                                           | Pietanze dolci                                                                    | 160 - 180 |
| 50 - 60                                                                           | Pollo, 1 kg                                                                       | 180-210   |
| 60 - 70                                                                           | Lombo di maiale, affumicato, 0,6 - 1 kg                                           | 160-180   |
| 60 - 90                                                                           | Roast beef, 1 kg                                                                  | 180-200   |

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 70 - 90                                                                           | Anatra, 1,5 - 2 kg                                                                | 180     |
| 80 - 90                                                                           | Arrosto di vitello, 1 kg                                                          | 180     |
| 90 - 100                                                                          | Arrosto di maiale, 1 kg                                                           | 160-180 |

Usare il primo livello griglia.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pizza / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Pasticcini di sfoglia / Torta salata / Panini                                     | 155 - 180 |
| 45-60                                                                             | Pasta frolla                                                                      | 155 - 170 |
| 130-170                                                                           | Oca, 3 kg                                                                         | 170       |

Cottura al forno

Per la prima cottura, usare la temperatura più bassa.

È possibile estendere i tempi di cottura di 10 – 15 minuti se si cuociono torte su più di una posizione di ripiano.

Torte e dolci a diverse altezze non si dorano in modo equivalente. Non occorre modificare l'impostazione di temperatura se si verifica una doratura non identica. Le differenze si livellano durante la cottura.

I vassoi nel forno possono distorcersi durante la cottura. Quando si raffreddano nuovamente, le distorsioni scompaiono.

Suggerimenti sulla cottura

| Risultati di cottura                            | Causa possibile                          | Rimedio                                 |
|-------------------------------------------------|------------------------------------------|-----------------------------------------|
| Il fondo della torta non è cotto a sufficienza. | La posizione del ripiano non è corretta. | Mettere la torta nel ripiano inferiore. |

| Risultati di cottura                                                  | Causa possibile                                                            | Rimedio                                                                                          |
|-----------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| La torta si affloscia e diventa inzuppata o striata.                  | La temperatura del forno è troppo alta.                                    | La prossima volta impostare la temperatura del forno leggermente inferiore.                      |
|                                                                       | La temperatura del forno è troppo alta e il tempo di cottura troppo corto. | La prossima volta impostare un tempo di cottura più lungo e una temperatura del forno inferiore. |
| La torta è troppo asciutta.                                           | La temperatura del forno è troppo bassa.                                   | La prossima volta impostare una temperatura del forno superiore.                                 |
|                                                                       | Il tempo di cottura è troppo lungo.                                        | La prossima volta impostare un tempo di cottura più breve.                                       |
| La torta si cuoce in modo non uniforme.                               | La temperatura del forno è troppo alta e il tempo di cottura troppo corto. | La prossima volta impostare un tempo di cottura più lungo e una temperatura del forno inferiore. |
|                                                                       | La pastella della torta non è distribuita in modo uniforme.                | La prossima volta distribuire la pastella della torta in modo uniforme nella tortiera.           |
| La torta non è pronta nel tempo di cottura specificato nella ricetta. | La temperatura del forno è troppo bassa.                                   | La prossima volta impostare una temperatura del forno leggermente superiore.                     |

Cottura su un livello

COTTURA IN STAMPI

|  |  | °C        |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Ciambella / Brioché                                                                 | Cottura ventilata                                                                   | 150 - 160 | 50 - 70                                                                             | 1                                                                                   |
| Torta margherita / Torte alla frutta                                                | Cottura ventilata                                                                   | 140 - 160 | 70 - 90                                                                             | 1                                                                                   |
| Base per flan - pasta frolla, preriscaldare il forno vuoto                          | Cottura ventilata                                                                   | 150 - 160 | 20 - 30                                                                             | 2                                                                                   |
| Base per flan - miscela per pan di Spagna                                           | Cottura ventilata                                                                   | 150 - 170 | 20 - 25                                                                             | 2                                                                                   |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Torta ai formaggi                                                                 | Cottura convenzionale                                                             | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

## TORTE/DOLCI/PANE SU TEGLIE PER DOLCI

Preriscaldare il forno vuoto, salvo indicazione contraria.

|  |  | °C             |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Treccia / Corona di pane, il preriscaldamento non è necessario                    | Cottura convenzionale                                                             | 170 - 190      | 30 - 40                                                                           | 3                                                                                 |
| Christstollen                                                                     | Cottura convenzionale                                                             | 160 - 180      | 50 - 70                                                                           | 2                                                                                 |
| Pane di segale:                                                                   | Cottura convenzionale                                                             | prima: 230     | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | poi: 160 - 180 | 30 - 60                                                                           |                                                                                   |
| Bigné / Eclair                                                                    | Cottura convenzionale                                                             | 190 - 210      | 20 - 35                                                                           | 3                                                                                 |
| Rotolo con marmellata,                                                            | Cottura convenzionale                                                             | 180 - 200      | 10 - 20                                                                           | 3                                                                                 |
| Torta con crumble, il preriscaldamento non è necessario                           | Cottura ventilata                                                                 | 150 - 160      | 20 - 40                                                                           | 3                                                                                 |
| Torta di mandorle al burro / Torte di zucchero                                    | Cottura convenzionale                                                             | 190 - 210      | 20 - 30                                                                           | 3                                                                                 |
| Flan di frutta, il preriscaldamento non è necessario                              | Cottura convenzionale                                                             | 180            | 35 - 55                                                                           | 3                                                                                 |
| Torte con lievito guarnite (ad es. formaggio morbido, panna, crema)               | Cottura convenzionale                                                             | 160 - 180      | 40 - 60                                                                           | 3                                                                                 |

## BISCOTTI

Utilizzare la posizione del terzo ripiano.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pasta frolla / Miscela per pan di Spagna                                          | Cottura ventilata                                                                 | 150 - 160 | 15 - 25                                                                           |
| Meringhe                                                                          | Cottura ventilata                                                                 | 80 - 100  | 120 - 150                                                                         |
| Meringhe                                                                          | Cottura ventilata                                                                 | 100 - 120 | 30 - 50                                                                           |
| Biscotti con pasta lievitata                                                      | Cottura ventilata                                                                 | 150 - 160 | 20 - 40                                                                           |
| Pasticcini di pasta sfoglia, preriscaldare il forno vuoto                         | Cottura ventilata                                                                 | 170 - 180 | 20 - 30                                                                           |
| Panini, preriscaldare il forno vuoto                                              | Cottura convenzionale                                                             | 190 - 210 | 10 - 25                                                                           |

## Sformati e gratinati

Usare il primo livello griglia.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pasta al forno                                                                    | Cottura convenzionale                                                             | 180 - 200 | 45 - 60                                                                           |
| Lasagne                                                                           | Cottura convenzionale                                                             | 180 - 200 | 25 - 40                                                                           |
| Verdure gratinate, preriscaldare il forno vuoto                                   | Doppio grill ventilato                                                            | 170 - 190 | 15 - 35                                                                           |
| Baguette con formaggio fuso                                                       | Cottura ventilata                                                                 | 160 - 170 | 15 - 30                                                                           |
| Latte di riso                                                                     | Cottura convenzionale                                                             | 180 - 200 | 40 - 60                                                                           |
| Sformati di pesce                                                                 | Cottura convenzionale                                                             | 180 - 200 | 30 - 60                                                                           |
| Verdure ripiene                                                                   | Cottura ventilata                                                                 | 160 - 170 | 30 - 60                                                                           |

## Cottura multilivello

Utilizzare la funzione: Cottura ventilata.

Per 2 teglie usare la prima e quarta posizione ripiano.



TORTE/DOLCI/PANE SU TEGLIE PER DOLCI

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Bignè / Eclair, preriscaldare il forno vuoto                                      | 160 - 180 | 25 - 45                                                                           |
| Torta Streusel secca                                                              | 150 - 160 | 30 - 45                                                                           |

BISCOTTI

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Biscotti di pasta frolla                                                          | 140       | 25 - 45                                                                           |
| Meringhe                                                                          | 80 - 100  | 130 - 170                                                                         |
| Meringhe                                                                          | 100 - 120 | 40 - 80                                                                           |
| Biscotti con pasta lievitata                                                      | 160 - 170 | 30 - 60                                                                           |
| Pasticcini di pasta sfoglia, preriscaldare il forno vuoto                         | 170 - 180 | 30 - 50                                                                           |
| Panini                                                                            | 180       | 20 - 30                                                                           |

Suggerimenti per l'arrostitura

- Utilizzare pentolame da forno resistente al calore.
- Arrostire la carne magra coperta (è possibile usare pellicola di alluminio).
- Arrostire grossi tagli di carne direttamente nel vassoio.
- Mettere un po' d'acqua nel vassoio onde evitare la bruciatura del grasso che cola.
- Girare l'arrosto dopo 1/2 - 2/3 del tempo di cottura.
- Arrostire la carne e il pesce in pezzi di grandi dimensioni (1 kg o più).
- Se viene suggerito il livello uno, mettere il cibo direttamente sulla lamiera dolci
- Ungere diverse volte i pezzi di carne con il proprio sugo durante l'arrostimento.

Arrosto

Usare il primo livello griglia.

MANZO

|  |  |  | °C  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Stufato                                                                             | 1 - 1.5                                                                             | Cottura convenzionale                                                               | 230 | 120 - 150                                                                           |

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Roast beef o filetto, al sangue, preriscaldare il forno vuoto                     | 1 cm spesso                                                                       | Doppio grill ventilato                                                            | 190 - 200 | 5 - 6                                                                             |
| Roastbeef o filetto, cottura media, preriscaldare il forno vuoto                  | 1 cm spesso                                                                       | Doppio grill ventilato                                                            | 180 - 190 | 6 - 8                                                                             |
| Roastbeef o filetto, ben cotto, preriscaldare il forno vuoto                      | 1 cm spesso                                                                       | Doppio grill ventilato                                                            | 170 - 180 | 8 - 10                                                                            |

## MAIALE

Utilizzare la funzione: Doppio grill ventilato.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Spalla / Collo / Coscia                                                           | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Braciole / Costoletta di maiale                                                   | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Polpettone                                                                        | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Stinco di maiale, precotto                                                        | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

## VITELLO

Utilizzare la funzione: Doppio grill ventilato.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Arrosto di vitello                                                                  | 1                                                                                   | 160 - 180 | 90 - 120                                                                            |
| Stinco di vitello                                                                   | 1.5 - 2                                                                             | 160 - 180 | 120 - 150                                                                           |

## AGNELLO

Utilizzare la funzione: Doppio grill ventilato.

|  |  | °C<br>(°C) |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------|
| Coscia d'agnello / Arrosto di agnello                                               | 1 - 1.5                                                                             | 150 - 170  | 100 - 120                                                                           |

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Sella d'agnello                                                                   | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

SELVAGGINA

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Sella / Coscia di lepre, preriscaldare il forno vuoto                             | 1                                                                                 | Doppio grill ventilato                                                            | 180 - 200 | 35 - 55                                                                            |
| Sella di capriolo                                                                 | 1.5 - 2                                                                           | Cottura convenzionale                                                             | 180 - 200 | 60 - 90                                                                            |
| Coscia di capriolo                                                                | 1.5 - 2                                                                           | Cottura convenzionale                                                             | 180 - 200 | 60 - 90                                                                            |

POLLAME

Utilizzare la funzione: Doppio grill ventilato.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pollame, porzioni                                                                 | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Mezzo pollo                                                                       | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Pollo, pollastra                                                                  | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Anatra                                                                            | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Oca                                                                               | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Tacchino                                                                          | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Tacchino                                                                          | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

PESCE

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pesce intero                                                                        | 1 - 1.5                                                                             | Doppio grill ventilato                                                              | 180 - 200 | 30 - 50                                                                             |

Cottura Pane

Non è consigliato il preriscaldamento.

Utilizzare la posizione del secondo ripiano.

## PANE

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pane bianco                                                                       | 170 - 190 | 40 - 60                                                                           |
| Baguette                                                                          | 200 - 220 | 35 - 45                                                                           |
| Brioche                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Pane di segale                                                                    | 170 - 190 | 50 - 70                                                                           |
| Pane integrale                                                                    | 170 - 190 | 50 - 70                                                                           |
| Pane integrale                                                                    | 170 - 190 | 40 - 60                                                                           |
| Pane/Panini                                                                       | 190 - 210 | 20 - 35                                                                           |

## Cottura croccante con Funzione Pizza

## PIZZA

Usare il primo livello griglia.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Crostate                                                                          | 180 - 200 | 40 - 55                                                                           |
| Flan spinaci                                                                      | 160 - 180 | 45 - 60                                                                           |
| Quiche lorraine / Flan svizzero                                                   | 170 - 190 | 45 - 55                                                                           |
| Crostata di mele, ricoperta                                                       | 150 - 170 | 50 - 60                                                                           |

## PIZZA

Preriscaldare il forno vuoto prima di iniziare a utilizzarlo.

Utilizzare la posizione del secondo ripiano.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pizza, crosta sottile, usare la leccarda                                            | 210 - 230 | 15 - 25                                                                             |
| Pizza, crosta spessa                                                                | 180 - 200 | 20 - 30                                                                             |
| Pane non lievitato                                                                  | 210 - 230 | 10 - 20                                                                             |
| Flan di pasta sfoglia                                                               | 160 - 180 | 45 - 55                                                                             |
| Flammkuchen (tarte flambée)                                                         | 210 - 230 | 15 - 25                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pierogi                                                                           | 180 - 200 | 15 - 25                                                                           |
| Torta di verdure                                                                  | 160 - 180 | 50 - 60                                                                           |

## Grill

Preriscaldare il forno vuoto prima di iniziare a utilizzarlo.

Grigliare solo filetti di carne o pesce.

Mettere una pentola sulla posizione del primo ripiano per raccogliere i grassi.

### GRIGLIA

|  | °C        | <br>1° lato | <br>2° lato |  |
|-----------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Filetto di manzo                                                                  | 230       | 20 - 30                                                                                      | 20 - 30                                                                                      | 3                                                                                 |
| Lonza di maiale                                                                   | 210 - 230 | 30 - 40                                                                                      | 30 - 40                                                                                      | 2                                                                                 |
| Sella d'agnello                                                                   | 210 - 230 | 25 - 35                                                                                      | 20 - 25                                                                                      | 3                                                                                 |

## Cottura lenta

Questa funzione consente di preparare carne tenera e magra e pesce. Non è adatta a pollame, arrostiti di maiale molto grassi e brasati.

1. Cuocere la carne per 1 - 2 minuti su ciascun lato in una padella a fuoco alto.
2. Se si consiglia la terza posizione del ripiano, collocare il cibo direttamente sul ripiano a filo. Mettere una pentola sulla prima posizione del ripiano per raccogliere i grassi. Se si consiglia la prima posizione del ripiano, collocare il cibo direttamente sul vassoio. Cuocere sempre senza coperchio quando si utilizza questa funzione.
3. Utilizzo: Termosonda.  
Impostare la temperatura su 120°C.

|  |  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Bistecche                                                                           | 0.2 - 0.3                                                                           | 20 - 40                                                                             | 3                                                                                   |
| Filetto di manzo                                                                    | 1 - 1.5                                                                             | 90 - 150                                                                            | 3                                                                                   |
| Roast beef                                                                          | 1 - 1.5                                                                             | 120 - 150                                                                           | 1                                                                                   |
| Arrosto di vitello                                                                  | 1 - 1.5                                                                             | 120 - 150                                                                           | 1                                                                                   |

## Cibi congelati

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pizza, surgelata                                                                  | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| Pizza Americana surgelata                                                         | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Pizza fredda                                                                      | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Pizzette surgelate                                                                | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Patatine fritte sottili                                                           | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Patatine fritte spesse                                                            | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Spicchi / Crocchette                                                              | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Sfornato di patate                                                                | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagne / Cannelloni freschi                                                      | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagne / Cannelloni surgelati                                                    | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Torta ai formaggi cotta                                                           | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Ali di pollo                                                                      | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

## Marmellate/Conserve

Utilizzare la funzione Resistenza inferiore.

Utilizzare solo vasetti per conserve delle stesse dimensioni disponibili in commercio.

Non utilizzare vasetti con coperchi a scatto o a baionetta o barattoli di metallo.

Usare il primo livello griglia.

Mettere non più di sei vasetti per marmellata da un litro sulla lamiera dolci.

Riempire i vasetti in parti uguali e chiuderli con una fascetta.

I vasetti non possono toccarsi.

Mettere circa 1/2 litro di acqua nella lamiera dolci per dare sufficiente umidità al forno.

Quando il liquido nei vasetti inizia a cuocere a fuoco lento (dopo circa 35 - 60 minuti con vasetti da un litro), spegnere il forno o ridurre la temperatura a 100°C (vedere la tabella).

Impostare la temperatura a 160-170 °C.

## FRUTTA MORBIDA

|  | <br>Tempi di cottura fino alla comparsa delle prime bollicine |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Fragole / Mirtilli / Lamponi / Uva spina maturo                                   | 35 - 45                                                                                                                                        |

## DRUPA

|  | <br>Tempi di cottura fino alla comparsa delle prime bollicine | <br>Tempi di cottura restanti a 100°C |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Pesche / Mele cotogne / Prugne                                                    | 35 - 45                                                                                                                                        | 10 - 15                                                                                                                |

## VERDURE

|  | <br>Tempi di cottura fino alla comparsa delle prime bollicine | <br>Tempi di cottura restanti a 100°C |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Carote                                                                            | 50 - 60                                                                                                                                        | 5 - 10                                                                                                                 |
| Cetrioli                                                                          | 50 - 60                                                                                                                                        | -                                                                                                                      |
| Sottaceti misti                                                                   | 50 - 60                                                                                                                                        | 5 - 10                                                                                                                 |
| Cavolo rapa / Piselli / Asparago                                                  | 50 - 60                                                                                                                                        | 15 - 20                                                                                                                |

**Essiccazione - Cottura ventilata**

Coprire le teglie con carta resistente al grasso o carta da forno.

Per ottenere risultati migliori, spegnere il forno a metà del tempo di asciugatura, aprire lo sportello e lasciarlo raffreddare per una notte per completare l'asciugatura.

Per 1 teglia usare la terza posizione ripiano.

Per 2 teglie usare la prima e quarta posizione ripiano.

## VERDURE

|  | °C      |  (h) |
|-------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------|
| Fagioli                                                                             | 60 - 70 | 6 - 8                                                                                   |

|  | °C      |  (h) |
|-----------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------|
| Peperoni                                                                          | 60 - 70 | 5 - 6                                                                                 |
| Verdure per zuppa                                                                 | 60 - 70 | 5 - 6                                                                                 |
| Funghi                                                                            | 50 - 60 | 6 - 8                                                                                 |
| Erbe                                                                              | 40 - 50 | 2 - 3                                                                                 |

FRUTTA  
Impostare la temperatura a 60-70 °C.

|  |  (h) |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Prugne                                                                            | 8 - 10                                                                                |
| Albicocche                                                                        | 8 - 10                                                                                |
| Fette di mela                                                                     | 6 - 8                                                                                 |
| Pere                                                                              | 6 - 9                                                                                 |

**Termosonda**

MANZO

|  | °C Temperatura interna alimento |       |           |
|-----------------------------------------------------------------------------------|---------------------------------|-------|-----------|
|                                                                                   | Al sangue                       | Medio | Ben cotto |
| Roast beef                                                                        | 55                              | 60    | 70        |
| Lombata                                                                           | 45                              | 60    | 70        |

|  | °C Temperatura interna alimento |       |     |
|-------------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                     | Meno                            | Medio | Più |
| Polpettone                                                                          | 80                              | 83    | 86  |

MAIALE

|  | °C Temperatura interna alimento |       |     |
|-------------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                     | Meno                            | Medio | Più |
| Prosciutto / Arrosto                                                                | 80                              | 84    | 88  |
| Braciola di sella / Lonza di maiale, affumicata / Lonza di maiale, lessa            | 75                              | 78    | 82  |



VITELLO

|  | °C Temperatura interna alimento |       |     |
|-----------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                   | Meno                            | Medio | Più |
| Arrosto di vitello                                                                | 75                              | 80    | 85  |
| Stinco di vitello                                                                 | 85                              | 88    | 90  |

MONTONE/AGNELLO

|  | °C Temperatura interna alimento |       |     |
|-----------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                   | Meno                            | Medio | Più |
| Coscia di montone                                                                 | 80                              | 85    | 88  |
| Sella di montone                                                                  | 75                              | 80    | 85  |
| Arrosto di agnello / Coscia d'agnello                                             | 65                              | 70    | 75  |

SELVAGGINA

|  | °C Temperatura interna alimento |       |     |
|-----------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                   | Meno                            | Medio | Più |
| Sella di lepre / Sella di capriolo                                                | 65                              | 70    | 75  |
| Coscia di lepre / Lepre, intera / Coscia di cervo                                 | 70                              | 75    | 80  |

POLLAME

|  | °C Temperatura interna alimento |       |     |
|------------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                    | Meno                            | Medio | Più |
| Pollo                                                                              | 80                              | 83    | 85  |
| Anatra, intera / metà / Tacchino, intero / petto                                   | 75                              | 80    | 85  |
| Anatra, petto                                                                      | 60                              | 65    | 70  |

PESCE (SALMONE, TROTA, LUCIOPERCA)

|  | °C Temperatura interna alimento |       |     |
|-------------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                     | Meno                            | Medio | Più |
| Pesce, intero / grande / cotto al vapore / Pesce, intero / grande / arrosto         | 60                              | 64    | 68  |

STUFATI - VERDURE PRECOTTE

|  | °C Temperatura interna alimento |       |     |
|-----------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                   | Meno                            | Medio | Più |
| Sformato di zucchine / Sformato di broccoli / Sformato di finocchi                | 85                              | 88    | 91  |

STUFATI - SAPORITI

|  | °C Temperatura interna alimento |       |     |
|-----------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                   | Meno                            | Medio | Più |
| Cannelloni / Lasagne / Pasta al forno                                             | 85                              | 88    | 91  |

STUFATI - DOLCI

|                                            | °C Temperatura interna alimento |       |     |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------|-------|-----|
|                                                                                                                             | Meno                            | Medio | Più |
| Sformato di pane bianco con / senza frutta / Sformato con porridge di riso con / senza frutta / Sformato di spaghetti dolci | 80                              | 85    | 90  |

Innhold

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Med forbehold om endringer.

Råd om tilberedning

Temperaturer og tilberedningstider i tabellene er kun veiledende. De avhenger av oppskriftene og kvalitet og mengde ingredienser som brukes.

Produktet kan bake eller steke annerledes enn det forrige produktet. Hintene nedenfor viser anbefalte innstillinger for temperatur, tilberedningstid og hylleplassering for spesifikke mattyper.

Tell brettposisjonene fra bunnen av ovnen.

Hvis du ikke finner opplysningene for en bestemt oppskrift, kan du ta utgangspunkt i en tilsvarende rett.

Symboler som brukes i tabellene:

|                                                                                     |                        |
|-------------------------------------------------------------------------------------|------------------------|
|    | Mattype                |
|    | Varmefunksjon          |
|    | Temperatur             |
|  | Tilbehør               |
|  | Beholder (Gastronorm)  |
|  | Vekt (kg)              |
|  | Hyllenivå              |
|  | Tilberedningstid (min) |

Råd for produktets spesielle ovnsfunksjoner

Hold varm

Denne funksjonen lar deg holde mat varm. Temperaturen stilles inn automatisk til 80 °C.

Tallerkenoppvarming

Denne funksjonen lar deg varme tallerkener og fat før servering. Temperaturen stilles inn automatisk til 70 °C.

Plasser tallerkener og fat i stabler jevnt over risten. Bruk det første hyllenivået. Bytt plasseringene deres etter halve oppvarmingstiden.

### Deigheving

Denne funksjonen lar deg heve gjærdeig. Sett deigen på et stort fat. Bruk det første hyllenivået. Velg funksjon: Deigheving og tilberedningstiden.

### Tining

Fjern matpakningen og legg maten på en tallerken. Ikke dekk til maten, ettersom dette kan forlenge tinetiden. Bruk det første hyllenivået.

## Full damp

Vær forsiktig når du åpner ovnsdøren når funksjonen er på. Damp kan slippe ut.

Med denne funksjonen kan du:

- sterilisere beholdere (f.eks. babyflasker),
- tilberede alle matyper, ferske eller frosne.

### Sterilisering

Plasser de rene beholderne opp ned midt på hyllen, på den første hylleposisjonen.

Fyll skuffen til maksimum-nivået og still tiden til 40 min.

### Tilberedning

Du kan tilberede, varme opp, tine, posjere eller blansjerte grønnsaker, kjøtt, fisk, makaronigrateng, ris, gryn og egg.

Du kan tilberede et måltid som består av noen få retter under en enkelt tilberedningsøkt. For å sikre at alle rettene blir klare samtidig, start med maten med den lengste tilberedningstiden, og legg deretter til de resterende rettene på riktig tidspunkt, som angitt i tilberedningstabellen



### Full damp

Eksempel: Totaltid for denne tilberedningsøkten er 40 min. Først setter du inn Kokte poteter,, etter 20 min tilsett Laksefileter og Brokkoli, buketter etter 30 min .

|                    |    |
|--------------------|----|
|                    |    |
| Kokte poteter,     | 40 |
| Laksefileter       | 20 |
| Brokkoli, buketter | 10 |

Bruk den største vannmengden som kreves når du tilbereder flere retter samtidig.

Bruk det andre brett plasseringen.

# GRØNNSAKER

Still temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Brokkoli, buketter, forvarm den tomme ovnen                                       |
| 10                                                                                | Skelte tomater                                                                    |
| 10 - 15                                                                           | Spinat, fersk                                                                     |
| 10 - 15                                                                           | Squashskiver                                                                      |
| 15                                                                                | Grønnsaker, forvellede                                                            |
| 15 - 20                                                                           | Sopp i skiver                                                                     |
| 15 - 20                                                                           | Strimlet paprika                                                                  |
| 15 - 25                                                                           | Hel brokkoli                                                                      |
| 15 - 25                                                                           | Asparges, grønn                                                                   |
| 15 - 25                                                                           | Auberginer                                                                        |
| 15 - 25                                                                           | Gresskar, terninger                                                               |
| 15 - 25                                                                           | Tomater                                                                           |
| 20 - 25                                                                           | Bønner, forvellede                                                                |
| 20 - 25                                                                           | Vårsalat, buketter                                                                |
| 20 - 25                                                                           | Savoykål                                                                          |
| 20 - 30                                                                           | Selleri i terninger                                                               |
| 20 - 30                                                                           | Purreringer                                                                       |
| 20 - 30                                                                           | Erter                                                                             |
| 20 - 30                                                                           | Sukkererter / Snøerter (kaiser-paprika)                                           |
| 20 - 30                                                                           | Søtpoteter                                                                        |
| 20 - 30                                                                           | Fennikel                                                                          |
| 20 - 30                                                                           | Gulrøtter                                                                         |
| 25 - 35                                                                           | Asparges, hvit                                                                    |
| 25 - 35                                                                           | Rosenkål                                                                          |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25 - 35                                                                           | Blomkålbuketter                                                                   |
| 25 - 35                                                                           | Kålrabi, strimlet                                                                 |
| 25 - 35                                                                           | Hvite snittbønner                                                                 |
| 30 - 40                                                                           | Maiskolber                                                                        |
| 35 - 45                                                                           | Svartrot                                                                          |
| 35 - 45                                                                           | Hel blomkål                                                                       |
| 35 - 45                                                                           | Grønne bønner                                                                     |
| 40 - 45                                                                           | Kål hvit eller rød, strimlet                                                      |
| 50 - 60                                                                           | Artisjokker                                                                       |
| 55 - 65                                                                           | Tørkede bønner, fuktet, vann-/bønneforhold 2:1                                    |
| 60 - 90                                                                           | Surkål                                                                            |
| 70 - 90                                                                           | Rødbeter                                                                          |

SIDERETTER / TILBEHØR  
 Still temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 15 - 20                                                                           | Couscous, vann-/couscousforhold 1:1                                               |
| 15 - 25                                                                           | Fersk tagliatelle                                                                 |
| 20 - 25                                                                           | Semulepudding, melk-/semulegrynforhold 3.5:1                                      |
| 20 - 30                                                                           | Linser, røde, vann-/linseforhold 1:1                                              |
| 25 - 30                                                                           | Spaetzle                                                                          |
| 25 - 35                                                                           | Bulgur, vann-/bulgurforhold 1:1                                                   |
| 25 - 35                                                                           | Gjærdumplings                                                                     |
| 30 - 35                                                                           | Aromatisk ris, vann-/risforhold 1:1                                               |
| 30 - 40                                                                           | Kokte poteter,                                                                    |
| 35 - 45                                                                           | Brødboller                                                                        |
| 35 - 45                                                                           | Potetdumplings                                                                    |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 35 - 45                                                                           | Ris, vann-/risforhold 1:1, forholdet vann/ris kan endres i henhold til ristypen   |
| 40 - 50                                                                           | Polenta, væskeforhold 3:1                                                         |
| 40 - 55                                                                           | Rispudding, melk-/risforhold 2,5:1                                                |
| 45 - 55                                                                           | Uskrelte poteter, middels                                                         |
| 55 - 60                                                                           | Linser, brune og grønne, vann-/linseforhold 2:1                                   |

## FRUKT

Still temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Epleskiver                                                                        |
| 10 - 15                                                                           | Varme bær                                                                         |
| 10 - 20                                                                           | Sjokoladesmelting                                                                 |
| 20 - 25                                                                           | Fruktkompott                                                                      |

## FISK

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 15 - 20                                                                           | Tynn fiskefilét                                                                   | 75 - 80 |
| 20 - 25                                                                           | Reker, friske                                                                     | 75 - 85 |
| 20 - 30                                                                           | Blåskjell                                                                         | 100     |
| 20 - 30                                                                           | Laksefileter                                                                      | 85      |
| 20 - 30                                                                           | Ørret, 0,25 kg                                                                    | 85      |
| 30 - 40                                                                           | Reker, frossen                                                                    | 75 - 85 |
| 40 - 45                                                                           | Sjørørret, 1 kg                                                                   | 85      |

## KJØTT

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15 - 20                                                                             | Chipolatas                                                                          | 80 |
| 20 - 30                                                                             | Bayersk kalvepølse / Hvit pølse                                                     | 80 |
| 20 - 30                                                                             | Wienerpølse                                                                         | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 25 - 35                                                                           | Kyllingbryst, posjert                                                             | 90  |
| 55 - 65                                                                           | Kokt skinke, 1 kg                                                                 | 100 |
| 60 - 70                                                                           | Posjert kylling 1 – 1,2 kg                                                        | 100 |
| 70 - 90                                                                           | Kasseler, posjert                                                                 | 90  |
| 80 - 90                                                                           | Kalvekjøtt / Svinekam, 0,8 – 1 kg                                                 | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

EGG  
Still temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Egg, bløtkokte                                                                    |
| 12 - 13                                                                           | Egg, middels kokte                                                                |
| 18 - 21                                                                           | Egg, hardkokte                                                                    |

**Kombinere funksjon: Gratinering med vifte + Full damp**

Du kan kombinere disse funksjonene for å tilberede kjøtt, grønnsaker og mellomretter samtidig.

1. Still inn funksjonen: Gratinering med vifte for å steke kjøtt.
2. Tilsett klargjorte grønnsaker og mellomretter.
3. Reduser ovnstemperaturen til rundt 90 °C. Du kan åpne ovnsdøren til første posisjon i ca. 15 minutter.
4. Still inn funksjonen: Full damp. Tilbered alle rettene sammen, til de er ferdige. Bruk det første hyllenivået for kjøtt og det tredje hyllenivået for grønnsaker. Legg kjøttet direkte på stekebrettet.

|  |  Gratinering med vifte<br>Første trinn: steke kjøtt |                                                                                     |  Full damp<br>Andre trinn: tilsett grønnsaker |                                                                                     |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                     | °C                                                                                                                                     |  | °C                                                                                                                               |  |
| Roastbiff, 1 kg /<br>Rosenkål, polenta                                              | 180                                                                                                                                    | 60 - 70                                                                             | 100                                                                                                                              | 40 - 50                                                                             |



|  |  Gratinering med vifte<br>Første trinn: steke kjøtt |                                                                                   |  Full damp<br>Andre trinn: tilsett grønnsaker |                                                                                   |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                   |  | °C                                                                                                                             |  |
| Svinestek, 1 kg /<br>Poteter / Grønnsaker, saus                                   | 180                                                                                                                                  | 60 - 70                                                                           | 100                                                                                                                            | 30 - 40                                                                           |
| Kalvestek, 1 kg /<br>Ris / Grønnsaker                                             | 180                                                                                                                                  | 50 - 60                                                                           | 100                                                                                                                            | 30 - 40                                                                           |

Fuktighet høy

Bruk det andre hyllenivået.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vaniljesaus / Pai, i små former                                                   | 90        | 35 - 45                                                                           |
| Eggestand                                                                         | 90 - 110  | 15 - 30                                                                           |
| Gryteretter                                                                       | 90        | 40 - 50                                                                           |
| Tynn fiskefilét                                                                   | 85        | 15 - 25                                                                           |
| Tykk fiskefilét                                                                   | 90        | 25 - 35                                                                           |
| Småfisk, opptil 0,35 kg                                                           | 90        | 20 - 30                                                                           |
| Hel fisk, opptil 1 kg                                                             | 90        | 30 - 40                                                                           |
| Dumplings                                                                         | 120 - 130 | 40 - 50                                                                           |

Fuktighet lav

Bruk det andre hyllenivået med mindre annet er angitt.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Ferdigbakte rundstykker                                                             | 200 | 20 - 30                                                                             |
| Ferdigbakte baguetter, 40 – 50 g                                                    | 200 | 15 - 20                                                                             |
| Ferdigbake baguetter, frosset, 40 – 50 g                                            | 200 | 25 - 35                                                                             |
| Kjøttpudding, rå, 0,5 kg                                                            | 180 | 30 - 40                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pasta ovnsretter                                                                  | 170 - 190 | 40 - 50                                                                           |
| Lasagne                                                                           | 170 - 180 | 45 - 55                                                                           |
| Brød, 0,5 – 1 g                                                                   | 180 - 190 | 45 - 60                                                                           |
| Potetgrateng                                                                      | 160 - 170 | 50 - 60                                                                           |
| Kylling, 1 g                                                                      | 180 - 210 | 50 - 60                                                                           |
| Svinekam, røkt, 0,6 – 1 g, bløtlegg i 2 timer                                     | 160 - 180 | 60 - 70                                                                           |
| Roastbiff, 1 g                                                                    | 180 - 200 | 60 - 90                                                                           |
| And, 1,5 – 2 g                                                                    | 180       | 70 - 90                                                                           |
| Kalvestek, 1 g                                                                    | 180       | 80 - 90                                                                           |
| Svinestek, 1 g                                                                    | 160 - 180 | 90 - 100                                                                          |
| Gås, 3 g, bruk det første hyllnivået                                              | 170       | 130 - 170                                                                         |

Damp-oppvarming

Bruk det andre hyllnivået.

|  | °C  |  |
|-----------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------|
| Porsjonsretter                                                                    | 110 | 10 - 15                                                                           |
| Pasta                                                                             | 110 | 10 - 15                                                                           |
| Ris                                                                               | 110 | 10 - 15                                                                           |
| Dumplings                                                                         | 110 | 15 - 25                                                                           |

EasySteam

Damp for damping av mat  
GRØNNSAKER

Bruk det andre hyllnivået.

Angi temperaturen til maksimum 100 °C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 8-10                                                                                | Brokkoli, buketter, forvarm den tomme stekeovnen                                    |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10                                                                                | Skelte tomater                                                                    |
| 10-15                                                                             | Spinat, fersk                                                                     |
| 10-15                                                                             | Squashskiver                                                                      |
| 15                                                                                | Grønnsaker, forvellede                                                            |
| 15-20                                                                             | Strimlet paprika                                                                  |
| 15-20                                                                             | Sopp i skiver                                                                     |
| 15-25                                                                             | Auberginer                                                                        |
| 15-25                                                                             | Hel blomkål                                                                       |
| 15-25                                                                             | Hel brokkoli                                                                      |
| 15-25                                                                             | Asparges, grønn                                                                   |
| 15-25                                                                             | Tomater                                                                           |
| 15-25                                                                             | Gresskar, terninger                                                               |
| 20-25                                                                             | Vårsalat, buketter                                                                |
| 20-25                                                                             | Savoykål                                                                          |
| 20-25                                                                             | Bønner, forvellede                                                                |
| 20-30                                                                             | Søtpoteter                                                                        |
| 20-30                                                                             | Erter                                                                             |
| 20-30                                                                             | Fennikel                                                                          |
| 20-30                                                                             | Gulrøtter                                                                         |
| 20-30                                                                             | Purrerenger                                                                       |
| 20-30                                                                             | Selleri i terninger                                                               |
| 20-30                                                                             | Sukkererter                                                                       |
| 25-35                                                                             | Blomkålbuketter                                                                   |
| 25-35                                                                             | Kålraabi, strimlet                                                                |
| 25-35                                                                             | Rosenkål                                                                          |
| 25-35                                                                             | Asparges, hvit                                                                    |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25-35                                                                             | Hvite snittbønner                                                                 |
| 30-40                                                                             | Maiskolber                                                                        |
| 35-45                                                                             | Grønne bønner                                                                     |
| 35-45                                                                             | Svartrot                                                                          |
| 40-45                                                                             | Kål hvit eller rød, strimlet                                                      |
| 50 - 60                                                                           | Artisjokker                                                                       |
| 55-65                                                                             | Tørkede bønner, fuktet                                                            |
| 60-90                                                                             | Surkål                                                                            |
| 70-90                                                                             | Rødbeter                                                                          |

## SIDERETTER / TILBEHØR

Angi temperaturen til maksimum 100 °C.

|  |          |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 15-20                                                                             | Couscous, vann-/couscousforhold 1:1                                                       |
| 15-25                                                                             | Fersk tagliatelle                                                                         |
| 20-25                                                                             | Semulepudding, melk-/semulegrynforhold 3:5:1                                              |
| 20-30                                                                             | Linser, røde, vann-/linseforhold 1:1                                                      |
| 25-30                                                                             | Spaetzle                                                                                  |
| 25-35                                                                             | Bulgur, vann-/bulgurforhold 1:1                                                           |
| 25-35                                                                             | Gjærdumplings                                                                             |
| 30-35                                                                             | Aromatisk ris, vann-/risforhold 1:1                                                       |
| 30-40                                                                             | Kokte poteter,                                                                            |
| 35-45                                                                             | Potetdumplings                                                                            |
| 35-45                                                                             | Ris, vann-/risforhold 1:1, forholdet mellom vann og ris kan variere avhengig av ristypen. |
| 35-45                                                                             | Brødboller                                                                                |
| 40-50                                                                             | Polenta, væskeforhold 3:1                                                                 |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 40-55                                                                             | Rispudding, melk-/risforhold 2,5:1                                                |
| 45-55                                                                             | Uskrelte poteter, middels                                                         |
| 55-60                                                                             | Linser, brune og grønne, vann-/linseforhold 2:1                                   |

## FRUKT

Still temperaturen til 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Epleskiver                                                                        |
| 10-15                                                                             | Varme bær                                                                         |
| 10-20                                                                             | Sjokoladesmelting                                                                 |
| 20-25                                                                             | Fruktkompott                                                                      |

## FISK

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Tynn fiskefilét                                                                   | 75-80 |
| 20-25                                                                             | Reker, friske                                                                     | 75-85 |
| 20-30                                                                             | Tykk fiskefilét                                                                   | 75-85 |
| 20-30                                                                             | Ørret, 0,25 kg                                                                    | 75-85 |
| 20-30                                                                             | Blåskjell                                                                         | 100   |
| 30-40                                                                             | Reker, frossen                                                                    | 75-85 |

## KJØTT

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 15-20                                                                               | Chipolatas                                                                          | 80  |
| 20-30                                                                               | Bayersk kalvepølse<br>/ Hvit pølse                                                  | 80  |
| 20-30                                                                               | Wienerpølse                                                                         | 80  |
| 25-35                                                                               | Kyllingbryst, posjert                                                               | 90  |
| 55-65                                                                               | Kokt skinke, 1 kg                                                                   | 100 |
| 60-70                                                                               | Posjert kylling 1 – 1,2 kg                                                          | 100 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 70-90                                                                             | Kasseler, posjert                                                                 | 90  |
| 80-90                                                                             | Kalvekjøtt / Svinekam, 0,8 – 1 kg                                                 | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

EGG

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Egg, bløtkokte                                                                    | 100 |
| 12-13                                                                             | Egg, middels kokte                                                                | 100 |
| 18-21                                                                             | Egg, hardkokte                                                                    | 100 |
| 35-45                                                                             | Vaniljesaus / Gratenger                                                           | 85  |
| 40-50                                                                             | Gryteretter                                                                       | 85  |

Damp for stuing

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Eggestand                                                                         | 110       |
| 20 - 30                                                                           | Hel fisk, opptil 1 kg                                                             | 120 - 130 |
| 40 - 50                                                                           | Dumplings                                                                         | 120 - 130 |
| 50 - 60                                                                           | Stuet / Braisert fisk                                                             | 130       |
| 60 - 90                                                                           | Stuet / Braisert kylling                                                          | 130       |
| 100 - 140                                                                         | Stuet / Braisert kjøtt                                                            | 130       |

Damp for lett crisp

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                             | Fiskegrateng                                                                        | 150       |
| 35 - 50                                                                             | Fylte grønnsaker                                                                    | 150       |
| 35 - 45                                                                             | Pasta ovnsretter / Gryteretter                                                      | 150       |
| 40 - 50                                                                             | Lasagne                                                                             | 150       |
| 60 - 70                                                                             | Potetgrateng                                                                        | 150       |
| 75 - 100                                                                            | Ribbesteker                                                                         | 140 - 150 |

## Damp til steking og baking

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Ferdigbakte baguetter, 0,04 – 0,05 kg                                             | 200       |
| 15 - 25                                                                           | Småkaker                                                                          | 155-170   |
| 20 - 35                                                                           | Søtt bakverk av gjærdeig                                                          | 170 - 180 |
| 25 - 35                                                                           | Ferdigbakte baguetter, frosset, 0,04 – 0,05 kg                                    | 200       |
| 25 - 35                                                                           | Rundstykker                                                                       | 180 - 200 |
| 25 - 40                                                                           | Stekt fiskefilet                                                                  | 170 - 180 |
| 30 - 40                                                                           | Kjøttpudding, ustekt, 0,5 kg                                                      | 180       |
| 30 - 40                                                                           | Stekt gryterett                                                                   | 160       |
| 30 - 40                                                                           | Omelett                                                                           | 160-170   |
| 30 - 45                                                                           | Søtt brød                                                                         | 160 - 170 |
| 35 - 45                                                                           | Stekt fisk                                                                        | 170 - 180 |
| 45 - 60                                                                           | Diverse brødtyper, 0,5 – 1 kg                                                     | 180 - 190 |
| 45 - 60                                                                           | Desserter                                                                         | 160 - 180 |
| 50 - 60                                                                           | Kylling, 1 kg                                                                     | 180-210   |
| 60 - 70                                                                           | Svinekam, røkt, 0,6 – 1 kg                                                        | 160-180   |
| 60 - 90                                                                           | Roastbiff, 1 kg                                                                   | 180-200   |
| 70 - 90                                                                           | And, 1,5 – 2 kg                                                                   | 180       |
| 80 - 90                                                                           | Kalvestek, 1 kg                                                                   | 180       |
| 90 - 100                                                                          | Svinestek, 1 kg                                                                   | 160-180   |

Bruk det første hyllenivået.

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15-30                                                                               | Pizza / Focaccia                                                                    | 190 - 210 |
| 30-45                                                                               | Butterdeig / Rundkake / Rundstykker                                                 | 155 - 180 |
| 45-60                                                                               | Mørdeig                                                                             | 155 - 170 |
| 130-170                                                                             | Gås, 3 kg                                                                           | 170       |

Steking

Still inn lavere temperatur ved første baking.

Steketiden kan forlenges med 10 – 15 minutter dersom du steker kaker i flere høyder.

Kaker og bakverk med forskjellige høyde brunes ikke alltid likt. Det er ikke nødvendig å skifte temperaturinnstilling ved ujevn bruning. Forskjellene utjevnes under steking.

Stekebrettene i ovnen kan vri seg under steking. Når stekebrettene er kalde igjen, får de tilbake sin opprinnelige form.

Baketips

| Bakeresultater                                                   | Mulig årsak                                            | Løsning                                                   |
|------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|
| Bunnen av kaken har ikke brunet seg nok.                         | Brettplasseringen er feil.                             | Sett kaken på en lavere ovnsrille.                        |
| Kaken faller sammen og blir klissete eller randete.              | Temperaturen i ovnen er for høy.                       | Senk ovnstemperaturen litt neste gang.                    |
|                                                                  | Ovnstemperaturen er for høy og steketiden er for kort. | Velg lengre steketid og senk ovnstemperaturen neste gang. |
| Kaken er for tørr.                                               | Ovnstemperaturen er for lav.                           | Øk ovnstemperaturen neste gang.                           |
|                                                                  | For lang steketid.                                     | Velg kortere steketid neste gang.                         |
| Kaken stekes ujevnt.                                             | Ovnstemperaturen er for høy og steketiden er for kort. | Velg lengre steketid og senk ovnstemperaturen neste gang. |
|                                                                  | Kakedeigen er ikke jevnt fordelt.                      | Spre kakedeigen jevnt på stekebrettet neste gang.         |
| Kaken er ikke ferdig etter den angitte steketiden i oppskriften. | Ovnstemperaturen er for lav.                           | Øk ovnstemperaturen litt neste gang.                      |



Baking på ett nivå

BAKING I FORMER

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Tysk ringkake /<br>Brioche                                                        | Ekte Varmluft                                                                     | 150 - 160 | 50 - 70                                                                           | 1                                                                                 |
| Madeirakake /<br>Fruktkaker                                                       | Ekte Varmluft                                                                     | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Gratengbase –<br>mørdeig, forvarm<br>den tomme ovnen                              | Ekte Varmluft                                                                     | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Gratengbase – for-<br>mkakemiks                                                   | Ekte Varmluft                                                                     | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Ostekake                                                                          | Over og Under-<br>varme                                                           | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

KAKER/BAKST/BRØD PÅ STEKEBRETT  
Forvarm en tom ovn med mindre annet er angitt.

|  |  | °C          |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Flettebrød / Brød<br>Crown, forvarming<br>er ikke nødvendig                       | Over og Under-<br>varme                                                           | 170 - 190   | 30 - 40                                                                           | 3                                                                                 |
| Christstollen                                                                     | Over og Under-<br>varme                                                           | 160 - 180   | 50 - 70                                                                           | 2                                                                                 |
| Rugbrød:                                                                          | Over og Under-<br>varme                                                           | først: 230  | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | så: 160–180 | 30 - 60                                                                           |                                                                                   |
| Vannbakkels /<br>Eclairs                                                          | Over og Under-<br>varme                                                           | 190 - 210   | 20 - 35                                                                           | 3                                                                                 |
| Rullekake,                                                                        | Over og Under-<br>varme                                                           | 180 - 200   | 10 - 20                                                                           | 3                                                                                 |
| Myk kake med<br>strøtopping, for-<br>varming er ikke<br>nødvendig                 | Ekte Varmluft                                                                     | 150 - 160   | 20 - 40                                                                           | 3                                                                                 |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Smurt mandelkake / Sukkerbrød                                                     | Over og Under-varme                                                               | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Fruktpaier, forvarming er ikke nødvendig                                          | Over og Under-varme                                                               | 180       | 35 - 55                                                                           | 3                                                                                 |
| Gjærkaker med delikat fyll (f.eks. kvarg, krem, vaniljesaus)                      | Over og Under-varme                                                               | 160 - 180 | 40 - 60                                                                           | 3                                                                                 |

KAKEBUNNER  
Bruk det tredje hyllenivået.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Mørdeig / Sukkerbrødmiks                                                          | Ekte Varmluft                                                                     | 150 - 160 | 15 - 25                                                                           |
| Marengs                                                                           | Ekte Varmluft                                                                     | 80 - 100  | 120 - 150                                                                         |
| Makroner                                                                          | Ekte Varmluft                                                                     | 100 - 120 | 30 - 50                                                                           |
| Gjærdeigkjeks                                                                     | Ekte Varmluft                                                                     | 150 - 160 | 20 - 40                                                                           |
| Butterdeig, forvarm den tomme ovnen                                               | Ekte Varmluft                                                                     | 170 - 180 | 20 - 30                                                                           |
| Rundstykker, forvarm den tomme ovnen                                              | Over og Undervarme                                                                | 190 - 210 | 10 - 25                                                                           |

Gryteretter og gratenger

Bruk det første hyllenivået.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pasta ovnsretter                                                                    | Over og Undervarme                                                                  | 180 - 200 | 45 - 60                                                                             |
| Lasagne                                                                             | Over og Undervarme                                                                  | 180 - 200 | 25 - 40                                                                             |
| Grønnsaksgrateng, forvarm den tomme ovnen                                           | Gratinerings med vifte                                                              | 170 - 190 | 15 - 35                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Baguetter med smeltet ost                                                         | Ekte Varmluft                                                                     | 160 - 170 | 15 - 30                                                                           |
| Melkeris                                                                          | Over og Undervarme                                                                | 180 - 200 | 40 - 60                                                                           |
| Fiskeretter i form                                                                | Over og Undervarme                                                                | 180 - 200 | 30 - 60                                                                           |
| Fylte grønnsaker                                                                  | Ekte Varmluft                                                                     | 160 - 170 | 30 - 60                                                                           |

## Bakst i flere høyder.

Bruk funksjonen: Ekte Varmluft.

For 2 brett bruker du første og fjerde hyllenivå.

### KAKE/BAKST/BRØD PÅ STEKEBRETT

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vannbakkels / Eclairs, forvarm den tomme ovnen                                    | 160 - 180 | 25 - 45                                                                           |
| Tørr Tosca kake                                                                   | 150 - 160 | 30 - 45                                                                           |

### KAKEBUNNER

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Mørdeigkjeks                                                                      | 140       | 25 - 45                                                                           |
| Marengs                                                                           | 80 - 100  | 130 - 170                                                                         |
| Makroner                                                                          | 100 - 120 | 40 - 80                                                                           |
| Gjærdeigkjeks                                                                     | 160 - 170 | 30 - 60                                                                           |
| Butterdeig, forvarm den tomme ovnen                                               | 170 - 180 | 30 - 50                                                                           |
| Rundstykker                                                                       | 180       | 20 - 30                                                                           |

## Tips for steking

Bruk varmebestandig ovnsutstyr.

Tildekket mager stek (du kan bruke aluminiumsfolie).

Stek store steker rett på brettet.

Legg litt vann i brettet for å unngå at dryppende fett svir.

Snu steken etter 1/2-2/3 av tilberedningstiden.

Stek kjøtt og fisk i store stykker (1 kg eller mer).  
Hvis nivå 1 foreslås, legger du ingrediensen rett på stekebrettet  
Pensle kjøttstykker med egne safter flere ganger under steking.

Steking

Bruk det første hyllennivået.

STORFEKJØTT

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Grytestek                                                                         | 1 - 1.5                                                                           | Over og Under-varme                                                               | 230       | 120 - 150                                                                         |
| Roastbiff eller filet, rå, forvarm den tomme ovnen                                | 1 cm tykk                                                                         | Gratinering med vifte                                                             | 190 - 200 | 5 - 6                                                                             |
| Roastbiff eller filet, medium, forvarm den tomme ovnen                            | 1 cm tykk                                                                         | Gratinering med vifte                                                             | 180 - 190 | 6 - 8                                                                             |
| Roastbiff eller filet, godt stekt, forvarm den tomme ovnen                        | 1 cm tykk                                                                         | Gratinering med vifte                                                             | 170 - 180 | 8 - 10                                                                            |

SVINEKJØTT

Bruk funksjonen: Gratinering med vifte.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Skulder / Nakke / Skin-kestek                                                       | 1 - 1.5                                                                             | 150 - 170 | 90 - 120                                                                            |
| Koteletter / Ribbestek                                                              | 1 - 1.5                                                                             | 170 - 190 | 30 - 60                                                                             |
| Kjøttpudding                                                                        | 0.75 - 1                                                                            | 160 - 170 | 50 - 60                                                                             |
| Svineknokke, forhånd-skokt                                                          | 0.75 - 1                                                                            | 150 - 170 | 90 - 120                                                                            |

KALV

Bruk funksjonen: Gratinering med vifte.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Kalvestek                                                                           | 1                                                                                   | 160 - 180 | 90 - 120                                                                            |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Kalveknokke                                                                       | 1.5 - 2                                                                           | 160 - 180 | 120 - 150                                                                         |

LAMMEKJØTT

Bruk funksjonen: Gratinerer med vifte.

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Lammelår / Lammestek                                                              | 1 - 1.5                                                                           | 150 - 170  | 100 - 120                                                                         |
| Lammesadel                                                                        | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

VILT

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Sadel / Harelår, forvarm den tomme ovnen                                          | 1                                                                                 | Gratinerer med vifte                                                              | 180 - 200 | 35 - 55                                                                           |
| Viltsadel                                                                         | 1.5 - 2                                                                           | Over og Undervarme                                                                | 180 - 200 | 60 - 90                                                                           |
| Lårstykke av vilt                                                                 | 1.5 - 2                                                                           | Over og Undervarme                                                                | 180 - 200 | 60 - 90                                                                           |

FJÆRKRE

Bruk funksjonen: Gratinerer med vifte.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Stykker av fjærkre                                                                | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Kylling, delt i to                                                                | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Kylling, poulard                                                                  | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| And                                                                               | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Gås                                                                               | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Kalkun                                                                            | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Kalkun                                                                            | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

FISK

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Hel fisk                                                                            | 1 - 1.5                                                                             | Gratinerer med vifte                                                                | 180 - 200 | 30 - 50                                                                             |

## Brødbaking

Forvarming ikke anbefalt.

Bruk det andre hyllnivået.

BRØD

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Loff                                                                              | 170 - 190 | 40 - 60                                                                           |
| Baguette                                                                          | 200 - 220 | 35 - 45                                                                           |
| Brioche                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Rugbrød                                                                           | 170 - 190 | 50 - 70                                                                           |
| Helkornbrød                                                                       | 170 - 190 | 50 - 70                                                                           |
| Helkornsbrød                                                                      | 170 - 190 | 40 - 60                                                                           |
| Rundstykker                                                                       | 190 - 210 | 20 - 35                                                                           |

## Sprø bakst med Pizzafunksjon

PIZZA

Bruk det første hyllnivået.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Terte                                                                             | 180 - 200 | 40 - 55                                                                           |
| Spinatpai                                                                         | 160 - 180 | 45 - 60                                                                           |
| Quiche Lorraine / Sveitsisk pai                                                   | 170 - 190 | 45 - 55                                                                           |
| Eplepai, med lokk                                                                 | 150 - 170 | 50 - 60                                                                           |

PIZZA

Forvarm tom stekeovn før tilberedning.

Bruk det andre hyllnivået.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pizza, tynn bunn, bruk lang-<br>pannen                                              | 210 - 230 | 15 - 25                                                                             |
| Pizza, tykk bunn                                                                    | 180 - 200 | 20 - 30                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Usyret brød                                                                       | 210 - 230 | 10 - 20                                                                           |
| Butterdeig grateng                                                                | 160 - 180 | 45 - 55                                                                           |
| Flammekake                                                                        | 210 - 230 | 15 - 25                                                                           |
| Piroger                                                                           | 180 - 200 | 15 - 25                                                                           |
| Grønnsakspai                                                                      | 160 - 180 | 50 - 60                                                                           |

Grill

Forvarm tom stekeovn før tilberedning.  
Grill kun tynne stykker av kjøtt eller fisk.  
Sett en panne på det første hyllenivået for å samle opp fett.  
GRILL

|  | °C        | <br>1. side | <br>2. side |  |
|-----------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Oksefilet                                                                         | 230       | 20 - 30                                                                                      | 20 - 30                                                                                      | 3                                                                                 |
| Svinekam                                                                          | 210 - 230 | 30 - 40                                                                                      | 30 - 40                                                                                      | 2                                                                                 |
| Lammesadel                                                                        | 210 - 230 | 25 - 35                                                                                      | 20 - 25                                                                                      | 3                                                                                 |

Langtidssteking

Med denne funksjonen kan du tilberede magert, mørt kjøtt og fisk. Det gjelder ikke for: fjærkre, fet svinestek, grytestek.

1. Brun kjøttet i 1 – 2 minutter på hver side i en stekepanne på høy varme.
2. Hvis tredje hylle anbefales plasser maten direkte på risten. Plasser en panne/stekebrett på det første hyllenivået for å ta i mot fett.  
Hvis første hylle anbefales, plasser maten rett på stekebrettet.  
Tilbered alltid uten lokk når du bruker denne funksjonen.
3. Bruk: Steketermometer.  
Angi temperaturen til 120 °C.

|  |  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Biffer                                                                              | 0.2 - 0.3                                                                           | 20 - 40                                                                             | 3                                                                                   |
| Filet av storfekjøtt                                                                | 1 - 1.5                                                                             | 90 - 150                                                                            | 3                                                                                   |

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Roastbiff                                                                         | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Kalvestek                                                                         | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

Frossen mat

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Frossen pizza                                                                     | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| Frossen Panpizza                                                                  | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Avkjølt pizza                                                                     | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Pizzabiter, frosne                                                                | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Pommes frites, tynne                                                              | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Pommes frites, tykke                                                              | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Båter / Croquettes                                                                | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Stekte poteter                                                                    | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagne / Cannelloni, fersk                                                       | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagne / Cannelloni, frossen                                                     | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Bakt ost                                                                          | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Kyllingvinger                                                                     | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

Hermetisering

- Bruk funksjonen Undervarme.
- Bruk kun krukker med de samme målene som er tilgjengelige på markedet.
- Ikke bruk krukker med skru-av- og bajonettlokk eller metallbokser.
- Bruk det første hyllenivået.
- Ikke sett mer enn seks halv liters hermetiseringskrukker på stekebrettet.
- Fyll krukkene likt og lukk med en klemme.
- Krukkene kan ikke berøre hverandre.
- Hell ca. 1/2 liter vann i stekebrettet for å gi tilstrekkelig fuktighet i ovnen.



Når væsken i krukkene begynner å småkoke (etter ca. 35–60 minutter med én-liters krukker), må du stoppe ovnen eller redusere temperaturen til 100 °C (se tabellen).

Angi temperaturen til 160 – 170 °C.

MYK FRUKT

|  | <br>Koketid inntil småkoking |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Jordbær / Blåbær / Bringebær / Modne stikkelsbær                                  | 35 - 45                                                                                                       |

FRUKT MED KJERNE

|  | <br>Koketid inntil småkoking | <br>Fortsett å koke ved 100 °C |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Fersken / Kveder / Plommer                                                        | 35 - 45                                                                                                       | 10 - 15                                                                                                         |

GRØNNSAKER

|  | <br>Koketid inntil småkoking | <br>Fortsett å koke ved 100 °C |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Gulrøtter                                                                         | 50 - 60                                                                                                       | 5 - 10                                                                                                          |
| Agurk                                                                             | 50 - 60                                                                                                       | -                                                                                                               |
| Blandede grønnsaker                                                               | 50 - 60                                                                                                       | 5 - 10                                                                                                          |
| Kålrabi / Erter / Asparges                                                        | 50 - 60                                                                                                       | 15 - 20                                                                                                         |

Tørking - Ekte Varmluft

Dekk til brettene med bakepapir eller bakepapir.

For bedre resultat, stopp ovnen halvveis i tørketiden, åpne døren og avkjøl i én natt for å fullføre tørkingen.

Bruk det tredje hyllnivået for ett brett.

For 2 brett bruker du første og fjerde hyllnivå.

GRØNNSAKER

|  | °C      |  (t) |
|-------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------|
| Bønner                                                                              | 60 - 70 | 6 - 8                                                                                   |
| Paprika                                                                             | 60 - 70 | 5 - 6                                                                                   |
| Grønnsaker til suppe                                                                | 60 - 70 | 5 - 6                                                                                   |

|  | °C      | ⌚ (t) |
|-----------------------------------------------------------------------------------|---------|-------|
| Sopp                                                                              | 50 - 60 | 6 - 8 |
| Urter                                                                             | 40 - 50 | 2 - 3 |

FRUKT  
Angi temperaturen til 60 – 70 °C.

|  | ⌚ (t)  |
|-----------------------------------------------------------------------------------|--------|
| Plommer                                                                           | 8 - 10 |
| Aprikos                                                                           | 8 - 10 |
| Epleskiver                                                                        | 6 - 8  |
| Pærer                                                                             | 6 - 9  |

**Steketermometer**

STORFEKJØTT

|  | °C Kjernetemperatur i maten |               |            |
|-----------------------------------------------------------------------------------|-----------------------------|---------------|------------|
|                                                                                   | Lett stekt - Rød            | Medium – rosa | Godt stekt |
| Roastbiff                                                                         | 55                          | 60            | 70         |
| Ytrefilet                                                                         | 45                          | 60            | 70         |

|  | °C Kjernetemperatur i maten |               |     |
|------------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                    | Mindre                      | Medium – rosa | Mer |
| Kjøttpudding                                                                       | 80                          | 83            | 86  |

SVINEKJØTT

|  | °C Kjernetemperatur i maten |               |     |
|-------------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                     | Mindre                      | Medium – rosa | Mer |
| Skinke / Stek                                                                       | 80                          | 84            | 88  |
| Sadelkotelett / Svinekam, røkt / Svinekam, posjert                                  | 75                          | 78            | 82  |

KALV

|  | °C Kjernetemperatur i maten |               |     |
|-----------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                   | Mindre                      | Medium – rosa | Mer |
| Kalvestek                                                                         | 75                          | 80            | 85  |
| Kalveknokke                                                                       | 85                          | 88            | 90  |

FÅR / LAM

|  | °C Kjernetemperatur i maten |               |     |
|-----------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                   | Mindre                      | Medium – rosa | Mer |
| Fårelår                                                                           | 80                          | 85            | 88  |
| Fåresadel                                                                         | 75                          | 80            | 85  |
| Lammestek / Lammelår                                                              | 65                          | 70            | 75  |

VILT

|  | °C Kjernetemperatur i maten |               |     |
|-----------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                   | Mindre                      | Medium – rosa | Mer |
| Haresadel / Viltsadel                                                             | 65                          | 70            | 75  |
| Harelår / Hare, hel / Viltlår                                                     | 70                          | 75            | 80  |

FJÆRKRE

|  | °C Kjernetemperatur i maten |               |     |
|-----------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                   | Mindre                      | Medium – rosa | Mer |
| Kylling                                                                           | 80                          | 83            | 85  |
| And, hel / halv / Kalkun, hel / bryst                                             | 75                          | 80            | 85  |
| And, bryst                                                                        | 60                          | 65            | 70  |

FISK (LAKS, ØRRET, ABBOR)

|  | °C Kjernetemperatur i maten |               |     |
|-------------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                     | Mindre                      | Medium – rosa | Mer |
| Fisk, hel / stor / dampet / Fisk, hel / stor / stekt                                | 60                          | 64            | 68  |

GRYTERETTER – FORHÅNDSKOKTE GRØNNSAKER

|  | °C Kjernetemperatur i maten |               |     |
|-----------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                   | Mindre                      | Medium – rosa | Mer |
| Zucchini-gryte / Gryterett med brokkoli / Gryterett med fennikel                  | 85                          | 88            | 91  |

GRYTERETTER – SMAKSRETTER

|  | °C Kjernetemperatur i maten |               |     |
|-----------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                   | Mindre                      | Medium – rosa | Mer |
| Cannelloni / Lasagne / Pasta ovnsretter                                           | 85                          | 88            | 91  |

GRYTERETTER – SØTE RETTER

|           | °C Kjernetemperatur i maten |               |     |
|--------------------------------------------------------------------------------------------|-----------------------------|---------------|-----|
|                                                                                            | Mindre                      | Medium – rosa | Mer |
| Gryterett med løff med / uten frukt / Risgrøtgryte med / uten frukt / Søt nudelrett i form | 80                          | 85            | 90  |

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Sujeito a alterações sem aviso prévio.

Recomendações para cozinhar

A temperatura e os tempos de cozedura indicados nas tabelas são apenas valores de referência. Dependem das receitas, da qualidade e quantidade dos ingredientes utilizados.

O seu aparelho pode cozer ou assar de forma diferente do seu aparelho anterior. As sugestões abaixo exibem as definições recomendadas para temperatura, tempo de cozedura e posições da prateleira para tipos específicos de alimentos.

Conte as posições de prateleira a partir do fundo do forno.

Se não encontrar as regulações para alguma receita específica, procure uma semelhante.

Símbolos utilizados nas tabelas:

|                                                                                     |                         |
|-------------------------------------------------------------------------------------|-------------------------|
|    | Tipo de alimento        |
|    | Tipo de aquecimento     |
| °C                                                                                  | Temperatura             |
|  | Acessório               |
|  | Recipiente (Gastronorm) |
|  | Peso (kg)               |
|  | Nível da grelha         |
|  | Tempo de cozedura (min) |

Conselhos para tipos de aquecimento especiais do aparelho

Função manter quente

A função permite manter os alimentos quentes. A temperatura é definida automaticamente para 80°C.

**Aquecer pratos**

A função permite aquecer pratos e travessas antes de servir. A temperatura é definida automaticamente para 70°C.

Empilhar os pratos e as travessas por igual na prateleira de grelha. Usar a primeira posição de prateleira. Alterar a sua posição depois de passar metade do tempo do aquecimento.

**Massa de pão**

A função permite crescer massa levedada. Colocar a massa num prato grande. Usar a primeira posição de prateleira. Definir a função: Massa de pão e o tempo de cozedura.

**Descongelar**

Retirar os alimentos da embalagem e colocar num prato. Não cobrir os alimentos para não demorar mais tempo a descongelar. Usar a primeira posição de prateleira.

**Aquecimento a vapor**

Tenha cuidado sempre que abrir a porta do forno quando a função estiver ativada. Pode libertar vapor.

Esta função permite-lhe:

- Esterilizar recipientes (por exemplo, frascos para bebés),
- Preparar todos os tipos alimentos, frescos ou congelados.

Esterilização

Coloque os recipientes limpos virados para baixo no centro da prateleira na primeira posição da prateleira.

Encher a gaveta até ao nível máximo e definir o tempo para 40 minutos.

Cozinhar

Pode cozinhar, aquecer, descongelar, escalfar ou escaldar legumes, carne, peixe, massa, arroz,sémola e ovos.

Pode preparar uma refeição composta por alguns pratos durante uma única sessão de cozedura. Para garantir que os pratos estão prontos ao mesmo tempo, comece com os alimentos que possuem um tempo de cozedura superior e, em seguida, acrescente os pratos remanescentes no momento apropriado, conforme especificado nas tabelas de cozedura

 Aquecimento a vapor

Exemplo: O tempo total desta sessão de cozedura é 40 min. Primeiro coloque Batatas cozidas, quartos, depois 20 min adicione Filetes de salmão e Brócolos, pedaços depois 30 min .

|                                                                                     |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |
| Batatas cozidas, quartos                                                            | 40                                                                                  |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Filetes de salmão                                                                 | 20                                                                                |
| Brócolos, pedaços                                                                 | 10                                                                                |

Utilize a maior quantidade de água necessária quando cozinhar mais do que um prato ao mesmo tempo.

Utilize a segunda posição da prateleira.

# LEGUMES

Defina a temperatura para 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Brócolos, pedaços, pré-aquecer o forno vazio                                      |
| 10                                                                                | Tomates pelados                                                                   |
| 10 - 15                                                                           | Espinafres, frescos                                                               |
| 10 - 15                                                                           | Curgete, fatiada                                                                  |
| 15                                                                                | Legumes, escaldados                                                               |
| 15 - 20                                                                           | Cogumelos laminados                                                               |
| 15 - 20                                                                           | Pimento, tiras                                                                    |
| 15 - 25                                                                           | Brócolos, inteiros                                                                |
| 15 - 25                                                                           | Espargos, verdes                                                                  |
| 15 - 25                                                                           | Beringelas                                                                        |
| 15 - 25                                                                           | Abóbora, cubos                                                                    |
| 15 - 25                                                                           | Tomates                                                                           |
| 20 - 25                                                                           | Feijões, escaldados                                                               |
| 20 - 25                                                                           | Canónigos, pedaços                                                                |
| 20 - 25                                                                           | Couve-lombarda                                                                    |
| 20 - 30                                                                           | Aipo, em cubos                                                                    |
| 20 - 30                                                                           | Anéis de alho francês                                                             |
| 20 - 30                                                                           | Ervilhas                                                                          |
| 20 - 30                                                                           | Ervilhas de quebrar / Ervilhas de quebrar                                         |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Batatas doces                                                                     |
| 20 - 30                                                                           | Funcho                                                                            |
| 20 - 30                                                                           | Cenouras                                                                          |
| 25 - 35                                                                           | Espargos, brancos                                                                 |
| 25 - 35                                                                           | Couves de bruxelas                                                                |
| 25 - 35                                                                           | Couve-Flor, pedaços                                                               |
| 25 - 35                                                                           | Couve-rábano, tiras                                                               |
| 25 - 35                                                                           | Feijão Branco                                                                     |
| 30 - 40                                                                           | Milho doce                                                                        |
| 35 - 45                                                                           | Escorioneira                                                                      |
| 35 - 45                                                                           | Couve-flor, inteira                                                               |
| 35 - 45                                                                           | Feijão Verde                                                                      |
| 40 - 45                                                                           | Couve branca ou roxa, em tiras                                                    |
| 50 - 60                                                                           | Alcachofras                                                                       |
| 55 - 65                                                                           | Feijão seco, demolido, proporção água/feijão: 2:1                                 |
| 60 - 90                                                                           | Chucrute                                                                          |
| 70 - 90                                                                           | Beterraba                                                                         |

## GUARNIÇÕES/ACOMPANHAMENTOS

Defina a temperatura para 100°C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Cuscuz, proporção água/cuscuz: 1:1                                                  |
| 15 - 25                                                                             | Tagliatelle, fresca                                                                 |
| 20 - 25                                                                             | Pudim de sêmola, relação leite/sêmola: 3,5:1                                        |
| 20 - 30                                                                             | Lentilhas, vermelhas, proporção água/lentilhas: 1:1                                 |
| 25 - 30                                                                             | Spaetzle                                                                            |
| 25 - 35                                                                             | Bulgur, proporção água/bulgur: 1:1                                                  |



|  |                      |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 25 - 35                                                                           | Sonhos, salgados                                                                                      |
| 30 - 35                                                                           | Arroz aromático, proporção água/arroz: 1:1                                                            |
| 30 - 40                                                                           | Batatas cozidas, quartos                                                                              |
| 35 - 45                                                                           | Sonhos de pão                                                                                         |
| 35 - 45                                                                           | Bolinhos de batata                                                                                    |
| 35 - 45                                                                           | Arroz, proporção água/arroz 1:1, a proporção água/arroz pode ser alterada dependendo do tipo de arroz |
| 40 - 50                                                                           | Polenta, proporção de líquido: 3:1                                                                    |
| 40 - 55                                                                           | Pudim de arroz, proporção leite/arroz: 2,5:1                                                          |
| 45 - 55                                                                           | Batatas com pele, médias                                                                              |
| 55 - 60                                                                           | Lentilhas, castanhas e verdes, proporção água/lentilhas: 2:1                                          |

## FRUTA

Defina a temperatura para 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Fatias de maçã                                                                    |
| 10 - 15                                                                           | Frutos silvestres quentes                                                         |
| 10 - 20                                                                           | Derreter chocolate                                                                |
| 20 - 25                                                                           | Compota de fruta                                                                  |

## PEIXE

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Filete de peixe fino                                                                | 75 - 80 |
| 20 - 25                                                                             | Gambas, frescas                                                                     | 75 - 85 |
| 20 - 30                                                                             | Mexilhões                                                                           | 100     |
| 20 - 30                                                                             | Filetes de salmão                                                                   | 85      |
| 20 - 30                                                                             | Truta, 0,25 kg                                                                      | 85      |
| 30 - 40                                                                             | Gambas, congeladas                                                                  | 75 - 85 |
| 40 - 45                                                                             | Truta salmonada, 1 kg                                                               | 85      |

## PICADORA

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Chipolatas                                                                        | 80  |
| 20 - 30                                                                           | Salsichas de vitela da Baviera / Salsinha branca                                  | 80  |
| 20 - 30                                                                           | Salsicha vienense                                                                 | 80  |
| 25 - 35                                                                           | Peito de frango, escalfado                                                        | 90  |
| 55 - 65                                                                           | Presunto cozido, 1 kg                                                             | 100 |
| 60 - 70                                                                           | Frango, escalfado, 1 - 1,2 kg                                                     | 100 |
| 70 - 90                                                                           | Entrecosto fumado, escalfado                                                      | 90  |
| 80 - 90                                                                           | Vitela / Lombo de porco, 0,8 - 1 kg                                               | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

## OVOS

Defina a temperatura para 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Ovos, cozidos                                                                     |
| 12 - 13                                                                           | Ovos, cozedura média                                                              |
| 18 - 21                                                                           | Ovos, bem cozidos                                                                 |

### Função combinada: Grelhador ventilado + Aquecimento a vapor

Pode combinar estas funções para cozinhar carne, legumes e acompanhamentos de uma vez.

1. Selecione a função: Grelhador ventilado para assar carne.
2. Acrescente os legumes preparados e os acompanhamentos.
3. Diminua a temperatura do forno para cerca de 90°C. Pode abrir a porta do forno para a primeira posição durante aproximadamente 15 minutos.
4. Selecione a função: Aquecimento a vapor Cozinhe todos os pratos em conjunto até estarem prontos.

Utilize a primeira posição da prateleira para carne e a terceira posição da prateleira para legumes. Coloque a carne diretamente no tabuleiro para assar.

|  |  Grelhador ventilado<br>Primeiro passo: cozinhar carne |                                                                                   |  Aquecimento a vapor<br>Segundo passo: acrescentar os legumes |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                      |  | °C                                                                                                                                             |  |
| Carne de vaca assada, 1 kg / Couves de Bruxelas, polenta                          | 180                                                                                                                                     | 60 - 70                                                                           | 100                                                                                                                                            | 40 - 50                                                                           |
| Carne de porco assado, 1 kg / Batatas / Legumes, molho                            | 180                                                                                                                                     | 60 - 70                                                                           | 100                                                                                                                                            | 30 - 40                                                                           |
| Vitela assada, 1 kg / Arroz / Legumes                                             | 180                                                                                                                                     | 50 - 60                                                                           | 100                                                                                                                                            | 30 - 40                                                                           |

## Humidade elevada

Usar a segunda posição da prateleira.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Creme de ovos / Flan, em recipientes pequenos                                     | 90        | 35 - 45                                                                           |
| Ovos cozidos                                                                      | 90 - 110  | 15 - 30                                                                           |
| Terrina                                                                           | 90        | 40 - 50                                                                           |
| Filete de peixe fino                                                              | 85        | 15 - 25                                                                           |
| Filetes de peixe grossos                                                          | 90        | 25 - 35                                                                           |
| Peixe pequeno, até 0,35 kg                                                        | 90        | 20 - 30                                                                           |
| Peixe inteiro, até 1 kg                                                           | 90        | 30 - 40                                                                           |
| Sonhos                                                                            | 120 - 130 | 40 - 50                                                                           |

## Humidade pouca

Utilize a segunda posição da prateleira a menos que especificado de outro modo.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pastéis prontos a cozer                                                           | 200       | 20 - 30                                                                           |
| Baguetes prontas a cozer, 40 - 50 g                                               | 200       | 15 - 20                                                                           |
| Baguetes prontas a cozer, congeladas, 40 - 50 g                                   | 200       | 25 - 35                                                                           |
| Rolo de carne, cru, 0,5 kg                                                        | 180       | 30 - 40                                                                           |
| Massa gratinada                                                                   | 170 - 190 | 40 - 50                                                                           |
| Lasanha                                                                           | 170 - 180 | 45 - 55                                                                           |
| Pão, 0,5 - 1 g                                                                    | 180 - 190 | 45 - 60                                                                           |
| Batatas gratinadas                                                                | 160 - 170 | 50 - 60                                                                           |
| Frango, 1 g                                                                       | 180 - 210 | 50 - 60                                                                           |
| Lombo de porco, fumado, 0,6 - 1 g, embeber durante 2 horas                        | 160 - 180 | 60 - 70                                                                           |
| Carne de vaca assada, 1 g                                                         | 180 - 200 | 60 - 90                                                                           |
| Pato, 1,5 - 2 g                                                                   | 180       | 70 - 90                                                                           |
| Vitela assada, 1 g                                                                | 180       | 80 - 90                                                                           |
| Carne de porco assado, 1 g                                                        | 160 - 180 | 90 - 100                                                                          |
| Ganso, 3 g, usar a primeira posição de prateleira                                 | 170       | 130 - 170                                                                         |

## Regenerar

Utilize a segunda posição da prateleira.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Pratos individuais                                                                  | 110 | 10 - 15                                                                             |
| Massa                                                                               | 110 | 10 - 15                                                                             |
| Arroz                                                                               | 110 | 10 - 15                                                                             |
| Sonhos                                                                              | 110 | 15 - 25                                                                             |

## EasySteam

### Vapor para vaporizar

#### LEGUMES

Utilize a segunda posição da prateleira.

Definir a temperatura máxima para 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Brócolos, pedaços, pré-aquecer o forno vazio                                      |
| 10                                                                                | Tomates pelados                                                                   |
| 10-15                                                                             | Espinafres, frescos                                                               |
| 10-15                                                                             | Curgete, fatiada                                                                  |
| 15                                                                                | Legumes, escaldados                                                               |
| 15-20                                                                             | Pimento, tiras                                                                    |
| 15-20                                                                             | Cogumelos laminados                                                               |
| 15-25                                                                             | Beringelas                                                                        |
| 15-25                                                                             | Couve-flor, inteira                                                               |
| 15-25                                                                             | Brócolos, inteiros                                                                |
| 15-25                                                                             | Espargos, verdes                                                                  |
| 15-25                                                                             | Tomates                                                                           |
| 15-25                                                                             | Abóbora, cubos                                                                    |
| 20-25                                                                             | Canónigos, pedaços                                                                |
| 20-25                                                                             | Couve-lombarda                                                                    |
| 20-25                                                                             | Feijões, escaldados                                                               |
| 20-30                                                                             | Batatas doces                                                                     |
| 20-30                                                                             | Ervilhas                                                                          |
| 20-30                                                                             | Funcho                                                                            |
| 20-30                                                                             | Cenouras                                                                          |
| 20-30                                                                             | Anéis de alho francês                                                             |
| 20-30                                                                             | Aipo, em cubos                                                                    |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20-30                                                                             | Ervilhas de quebrar                                                               |
| 25-35                                                                             | Couve-Flor, pedaços                                                               |
| 25-35                                                                             | Couve-rábano, tiras                                                               |
| 25-35                                                                             | Couves de bruxelas                                                                |
| 25-35                                                                             | Espargos, brancos                                                                 |
| 25-35                                                                             | Feijão Branco                                                                     |
| 30-40                                                                             | Milho doce                                                                        |
| 35-45                                                                             | Feijão Verde                                                                      |
| 35-45                                                                             | Escorcioneira                                                                     |
| 40-45                                                                             | Couve branca ou roxa, em tiras                                                    |
| 50 - 60                                                                           | Alcachofras                                                                       |
| 55-65                                                                             | Feijão seco, demolhado                                                            |
| 60-90                                                                             | Chucrute                                                                          |
| 70-90                                                                             | Beterraba                                                                         |

## GUARNIÇÕES/ACOMPANHAMENTOS

Definir a temperatura máxima para 100 °C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15-20                                                                               | Cuscuz, proporção água/cuscuz: 1:1                                                  |
| 15-25                                                                               | Tagliatelle, fresca                                                                 |
| 20-25                                                                               | Pudim de sêmola, proporção leite/sêmola: 3:5:1                                      |
| 20-30                                                                               | Lentilhas, vermelhas, proporção água/lentilhas: 1:1                                 |
| 25-30                                                                               | Spaetzle                                                                            |
| 25-35                                                                               | Bulgur, proporção água/bulgur: 1:1                                                  |
| 25-35                                                                               | Sonhos, salgados                                                                    |
| 30-35                                                                               | Arroz aromático, proporção água/arroz: 1:1                                          |
| 30-40                                                                               | Batatas cozidas, quartos                                                            |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 35-45                                                                             | Bolinhos de batata                                                                |
| 35-45                                                                             | Arroz, proporção água/arroz 1:1, a proporção água/arroz depende do tipo de arroz. |
| 35-45                                                                             | Sonhos de pão                                                                     |
| 40-50                                                                             | Polenta, proporção de líquido: 3:1                                                |
| 40-55                                                                             | Pudim de arroz, proporção leite/arroz: 2,5:1                                      |
| 45-55                                                                             | Batatas com pele, médias                                                          |
| 55-60                                                                             | Lentilhas, castanhas e verdes, proporção água/lentilhas: 2:1                      |

## FRUTA

Defina a temperatura para 100°C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Fatias de maçã                                                                    |
| 10-15                                                                             | Frutos silvestres quentes                                                         |
| 10-20                                                                             | Derreter chocolate                                                                |
| 20-25                                                                             | Compota de fruta                                                                  |

## PEIXE

|  |  | °C    |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------|
| 15-20                                                                               | Filete de peixe fino                                                                | 75-80 |
| 20-25                                                                               | Gambas, frescas                                                                     | 75-85 |
| 20-30                                                                               | Filetes de peixe grossos                                                            | 75-85 |
| 20-30                                                                               | Truta, 0,25 kg                                                                      | 75-85 |
| 20-30                                                                               | Mexilhões                                                                           | 100   |
| 30-40                                                                               | Gambas, congeladas                                                                  | 75-85 |

## PICADORA

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15-20                                                                               | Chipolatas                                                                          | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 20-30                                                                             | Salsichas de vitela da Baviera / Salsinha branca                                  | 80  |
| 20-30                                                                             | Salsicha vienense                                                                 | 80  |
| 25-35                                                                             | Peito de frango, escalfado                                                        | 90  |
| 55-65                                                                             | Presunto cozido, 1 kg                                                             | 100 |
| 60-70                                                                             | Frango, escalfado, 1 - 1,2 kg                                                     | 100 |
| 70-90                                                                             | Entrecosto fumado, escalfado                                                      | 90  |
| 80-90                                                                             | Vitela / Lombo de porco, 0,8 - 1 kg                                               | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

## OVOS

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Ovos, cozidos                                                                     | 100 |
| 12-13                                                                             | Ovos, cozedura média                                                              | 100 |
| 18-21                                                                             | Ovos, bem cozidos                                                                 | 100 |
| 35-45                                                                             | Crema de ovos / Flan                                                              | 85  |
| 40-50                                                                             | Terrina                                                                           | 85  |

## Vapor para estufar

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                             | Ovos cozidos                                                                        | 110       |
| 20 - 30                                                                             | Peixe inteiro, até 1 kg                                                             | 120 - 130 |
| 40 - 50                                                                             | Sonhos                                                                              | 120 - 130 |
| 50 - 60                                                                             | Estufado / Peixe estufado                                                           | 130       |
| 60 - 90                                                                             | Estufado / Frango estufado                                                          | 130       |
| 100 - 140                                                                           | Estufado / Carne estufada                                                           | 130       |



**Vapor para uma crosta suave**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                           | Gratinado de peixe                                                                | 150       |
| 35 - 50                                                                           | Legumes recheados                                                                 | 150       |
| 35 - 45                                                                           | Massa gratinada / Caçarolas                                                       | 150       |
| 40 - 50                                                                           | Lasanha                                                                           | 150       |
| 60 - 70                                                                           | Batatas gratinadas                                                                | 150       |
| 75 - 100                                                                          | Entrecosto                                                                        | 140 - 150 |

**Vapor para cozer e assar**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Baguetes prontas a cozer, 0,04 - 0,05 kg                                          | 200       |
| 15 - 25                                                                           | Biscoitos                                                                         | 155-170   |
| 20 - 35                                                                           | Massas levedadas doces                                                            | 170 - 180 |
| 25 - 35                                                                           | Baguetes prontas a cozer, congeladas, 0,04 - 0,05 kg                              | 200       |
| 25 - 35                                                                           | Pastéis                                                                           | 180 - 200 |
| 25 - 40                                                                           | Filete de peixe assado                                                            | 170 - 180 |
| 30 - 40                                                                           | Rolo de carne, não cozinhado, 0,5 kg                                              | 180       |
| 30 - 40                                                                           | Caçarola no forno                                                                 | 160       |
| 30 - 40                                                                           | Omeleta                                                                           | 160-170   |
| 30 - 45                                                                           | Pão doce                                                                          | 160 - 170 |
| 35 - 45                                                                           | Peixe assado                                                                      | 170 - 180 |
| 45 - 60                                                                           | Vários tipos de pão, 0,5 - 1 kg                                                   | 180 - 190 |
| 45 - 60                                                                           | Receitas Doces                                                                    | 160 - 180 |
| 50 - 60                                                                           | Frango, 1 kg                                                                      | 180-210   |
| 60 - 70                                                                           | Lombo de porco, fumado, 0,6 - 1 kg                                                | 160-180   |
| 60 - 90                                                                           | Carne de vaca assada, 1 kg                                                        | 180-200   |

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 70 - 90                                                                           | Pato, 1,5 - 2 kg                                                                  | 180     |
| 80 - 90                                                                           | Vitela assada, 1 kg                                                               | 180     |
| 90 - 100                                                                          | Carne de porco assado, 1 kg                                                       | 160-180 |

Usar a primeira posição de prateleira.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pizza / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Massa folhada / Bolo salgado / Pastéis                                            | 155 - 180 |
| 45-60                                                                             | Massa quebrada                                                                    | 155 - 170 |
| 130-170                                                                           | Ganso, 3 kg                                                                       | 170       |

Cozer no forno

Para a primeira confeção de bolos, utilize uma temperatura mais baixa.

A cozedura pode demorar mais 10–15 minutos se cozer bolos em mais do que uma posição de prateleira.

Os bolos e pastéis com diferentes alturas não alouram uniformemente. Não é necessário alterar a regulação de temperatura se o alouramento não for uniforme. As diferenças desaparecem durante a cozedura.

Os tabuleiros podem deformar-se no forno durante a cozedura. As deformações desaparecem quando os tabuleiros ficarem novamente frios.

Sugestões para confeccionar bolos

| Resultados da cozedura                          | Causa possível                      | Solução                            |
|-------------------------------------------------|-------------------------------------|------------------------------------|
| A base do bolo não está suficientemente assada. | O nível da grelha não é o correcto. | Coloque o bolo num nível inferior. |

| Resultados da cozedura                                                 | Causa possível                                                                      | Solução                                                                                       |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| O bolo afunda e fica empapado ou entre-meado.                          | A temperatura do forno é demasiado elevada.                                         | Da próxima vez, regule uma temperatura do forno ligeiramente mais baixa.                      |
|                                                                        | A temperatura do forno é demasiado elevada e o tempo de cozedura é demasiado curto. | Da próxima vez, regule um tempo de cozedura mais longo e uma temperatura do forno mais baixa. |
| O bolo está demasiado seco.                                            | A temperatura do forno é demasiado baixa.                                           | Da próxima vez, regule uma temperatura do forno mais alta.                                    |
|                                                                        | O tempo de cozedura é demasiado longo.                                              | Da próxima vez, regule um tempo de cozedura mais curto.                                       |
| O bolo não está assado uniformemente.                                  | A temperatura do forno é demasiado elevada e o tempo de cozedura é demasiado curto. | Da próxima vez, regule um tempo de cozedura mais longo e uma temperatura do forno mais baixa. |
|                                                                        | A massa do bolo não está distribuída de forma uniforme.                             | Da próxima vez, espalhe uniformemente a massa do bolo na forma.                               |
| O bolo não fica cozido no tempo de cozedura especificado numa receita. | A temperatura do forno é demasiado baixa.                                           | Da próxima vez, regule uma temperatura do forno ligeiramente mais alta.                       |

## Cozedura num nível

### BOLOS EM FORMAS

|  |  | °C        |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Bolo Em Coroa / Brioche                                                             | Ventilado + Resistência Circ                                                        | 150 - 160 | 50 - 70                                                                             | 1                                                                                   |
| Bolo Madeira / Bolos de fruta                                                       | Ventilado + Resistência Circ                                                        | 140 - 160 | 70 - 90                                                                             | 1                                                                                   |
| Base de flan - massa areada, pré-aquecer o forno vazio                              | Ventilado + Resistência Circ                                                        | 150 - 160 | 20 - 30                                                                             | 2                                                                                   |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Base de flan - massa batida                                                       | Ventilado + Resistência Circ                                                      | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Cheesecake                                                                        | Calor superior/inferior                                                           | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

## BOLOS/MASSAS/PÃES EM TABULEIROS PARA ASSAR

Pré-aqueça o forno vazio a menos que especificado de outro modo.

|  |  | °C                |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pão entrançado / Coroa de pão, não é necessário pré-aquecer                       | Calor superior/inferior                                                           | 170 - 190         | 30 - 40                                                                           | 3                                                                                 |
| Christstollen                                                                     | Calor superior/inferior                                                           | 160 - 180         | 50 - 70                                                                           | 2                                                                                 |
| Pão de centeio:                                                                   | Calor superior/inferior                                                           | primeiro: 230     | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | depois: 160 - 180 | 30 - 60                                                                           |                                                                                   |
| Duchaises / Éclairs                                                               | Calor superior/inferior                                                           | 190 - 210         | 20 - 35                                                                           | 3                                                                                 |
| Torta suíça,                                                                      | Calor superior/inferior                                                           | 180 - 200         | 10 - 20                                                                           | 3                                                                                 |
| Bolo com cobertura granulada, não é necessário pré-aquecer                        | Ventilado + Resistência Circ                                                      | 150 - 160         | 20 - 40                                                                           | 3                                                                                 |
| Bolo amanteigado de amêndoa / Bolos de açúcar                                     | Calor superior/inferior                                                           | 190 - 210         | 20 - 30                                                                           | 3                                                                                 |
| Flans De Fruta, não é necessário pré-aquecer                                      | Calor superior/inferior                                                           | 180               | 35 - 55                                                                           | 3                                                                                 |

|          |  | °C        |  |  |
|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Bolos de massa levedada com coberturas sensíveis (ex: queijo quark, natas, creme de ovos) | Calor superior/inferior                                                           | 160 - 180 | 40 - 60                                                                           | 3                                                                                 |

**BISCOITOS**

Utilize a terceira posição de prateleira.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Massa quebrada / Massa de pão-de-ló                                               | Ventilado + Resistência Circ                                                      | 150 - 160 | 15 - 25                                                                           |
| Merengues                                                                         | Ventilado + Resistência Circ                                                      | 80 - 100  | 120 - 150                                                                         |
| Macarons                                                                          | Ventilado + Resistência Circ                                                      | 100 - 120 | 30 - 50                                                                           |
| Biscoitos de massa levedada                                                       | Ventilado + Resistência Circ                                                      | 150 - 160 | 20 - 40                                                                           |
| Bolos de massa folhada, pré-aquecer o forno vazio                                 | Ventilado + Resistência Circ                                                      | 170 - 180 | 20 - 30                                                                           |
| Pastéis, pré-aquecer o forno vazio                                                | Calor superior/inferior                                                           | 190 - 210 | 10 - 25                                                                           |

**Assados e gratinados**

Usar a primeira posição de prateleira.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Massa gratinada                                                                     | Calor superior/inferior                                                             | 180 - 200 | 45 - 60                                                                             |
| Lasanha                                                                             | Calor superior/inferior                                                             | 180 - 200 | 25 - 40                                                                             |
| Gratinado de legumes, pré-aquecer o forno vazio                                     | Grelhador ventilado                                                                 | 170 - 190 | 15 - 35                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Baguetes cobertas com queijo derretido                                            | Ventilado + Resistência Circ                                                      | 160 - 170 | 15 - 30                                                                           |
| Arroz de leite                                                                    | Calor superior/inferior                                                           | 180 - 200 | 40 - 60                                                                           |
| Peixe no forno                                                                    | Calor superior/inferior                                                           | 180 - 200 | 30 - 60                                                                           |
| Legumes recheados                                                                 | Ventilado + Resistência Circ                                                      | 160 - 170 | 30 - 60                                                                           |

## Cozedura em vários níveis

Utilize a função: Ventilado + Resistência Circ.

Para 2 tabuleiros, utilize a primeira e quarta posições da prateleira.

### BOLOS/MASSAS/PÃES EM TABULEIROS PARA ASSAR

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Duchaises / Éclairs, pré-aquecer o forno vazio                                    | 160 - 180 | 25 - 45                                                                           |
| Bolo areado seco                                                                  | 150 - 160 | 30 - 45                                                                           |

### BISCOITOS

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Biscoitos De Massa Areada                                                         | 140       | 25 - 45                                                                           |
| Merengues                                                                         | 80 - 100  | 130 - 170                                                                         |
| Macarons                                                                          | 100 - 120 | 40 - 80                                                                           |
| Biscoitos de massa levedada                                                       | 160 - 170 | 30 - 60                                                                           |
| Bolos de massa folhada, pré-aquecer o forno vazio                                 | 170 - 180 | 30 - 50                                                                           |
| Pastéis                                                                           | 180       | 20 - 30                                                                           |

## Dicas sobre assados

Utilize um recipiente resistente ao calor próprio para forno.

Asses carne magra tapada (pode utilizar folha de alumínio).

Asses peças de carne grandes diretamente no tabuleiro.

Coloque alguma água no tabuleiro para prevenir que a gordura que cai queime.

Vire o assado após 1/2 - 2/3 do tempo de cozedura.

Asse peças de carne e peixe em grandes porções (1 kg ou mais).  
Se sugerir o nível um, coloque os alimentos diretamente no tabuleiro  
Regue as peças de carne com o seu próprio suco várias vezes durante o assado.

Assar

Usar a primeira posição de prateleira.

VACA

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Assado em tacho                                                                   | 1 - 1.5                                                                           | Calor superior/<br>inferior                                                       | 230       | 120 - 150                                                                         |
| Carne assada ou<br>lombo, mal passa-<br>do, pré-aquecer o<br>forno vazio          | 1 cm de espes-<br>sura                                                            | Grelhador ven-<br>tilado                                                          | 190 - 200 | 5 - 6                                                                             |
| Carne assada ou<br>lombo, médio, pré-<br>aquecer o forno va-<br>zio               | 1 cm de espes-<br>sura                                                            | Grelhador ven-<br>tilado                                                          | 180 - 190 | 6 - 8                                                                             |
| Carne assada ou<br>lombo, bem passa-<br>do, pré-aquecer o<br>forno vazio          | 1 cm de espes-<br>sura                                                            | Grelhador ven-<br>tilado                                                          | 170 - 180 | 8 - 10                                                                            |

PORCO

Utilize a função: Grelhador ventilado.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pá / Cachaço / Peçaço<br>de presunto                                                | 1 - 1.5                                                                             | 150 - 170 | 90 - 120                                                                            |
| Costeletas / Entrecosto                                                             | 1 - 1.5                                                                             | 170 - 190 | 30 - 60                                                                             |
| Rolo de carne                                                                       | 0.75 - 1                                                                            | 160 - 170 | 50 - 60                                                                             |
| Joelho de porco, pré-<br>cozido                                                     | 0.75 - 1                                                                            | 150 - 170 | 90 - 120                                                                            |

VITELA

Utilize a função: Grelhador ventilado.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vitela assada                                                                     | 1                                                                                 | 160 - 180 | 90 - 120                                                                          |
| Mão de vitela                                                                     | 1.5 - 2                                                                           | 160 - 180 | 120 - 150                                                                         |

**CORDEIRO**

Utilize a função: Grelhador ventilado.

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Perna de borrego / Borrego assado                                                 | 1 - 1.5                                                                           | 150 - 170  | 100 - 120                                                                         |
| Lombo de borrego                                                                  | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

**CAÇA**

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Lombo / Perna de lebre, pré-aquecer o forno vazio                                 | 1                                                                                 | Grelhador ventilado                                                               | 180 - 200 | 35 - 55                                                                            |
| Lombo de veado                                                                    | 1.5 - 2                                                                           | Calor superior/inferior                                                           | 180 - 200 | 60 - 90                                                                            |
| Perna de veado                                                                    | 1.5 - 2                                                                           | Calor superior/inferior                                                           | 180 - 200 | 60 - 90                                                                            |

**AVES**

Utilize a função: Grelhador ventilado.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Aves, partes                                                                      | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Frango, metade                                                                    | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Frango, pombo                                                                     | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Pato                                                                              | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Ganso                                                                             | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Peru                                                                              | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Peru                                                                              | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

**PEIXE**

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Peixe inteiro                                                                       | 1 - 1.5                                                                             | Grelhador ventilado                                                                 | 180 - 200 | 30 - 50                                                                             |



## Pão

Não se recomenda o pré-aquecimento.

Utilize a segunda posição da prateleira.

PÃO

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pão branco                                                                        | 170 - 190 | 40 - 60                                                                           |
| Baguete                                                                           | 200 - 220 | 35 - 45                                                                           |
| Brioche                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Pão de centeio                                                                    | 170 - 190 | 50 - 70                                                                           |
| Pão integral                                                                      | 170 - 190 | 50 - 70                                                                           |
| Pão integral                                                                      | 170 - 190 | 40 - 60                                                                           |
| Pastéis                                                                           | 190 - 210 | 20 - 35                                                                           |

## Assado estaladiço com Função Pizza

PIZZA

Usar a primeira posição de prateleira.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Tartes                                                                            | 180 - 200 | 40 - 55                                                                           |
| Tarte de espinafres                                                               | 160 - 180 | 45 - 60                                                                           |
| Quiche Lorraine / Flan suíço                                                      | 170 - 190 | 45 - 55                                                                           |
| Tarte de maçã, coberta                                                            | 150 - 170 | 50 - 60                                                                           |

PIZZA

Pré-aquecer o forno antes de cozinhar.

Utilize a segunda posição da prateleira.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pizza, massa fina, usar o tabuleiro para grelhar                                    | 210 - 230 | 15 - 25                                                                             |
| Pizza, massa alta                                                                   | 180 - 200 | 20 - 30                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pão sem fermento                                                                  | 210 - 230 | 10 - 20                                                                           |
| Flan de massa folhada                                                             | 160 - 180 | 45 - 55                                                                           |
| Flammkuchen                                                                       | 210 - 230 | 15 - 25                                                                           |
| Piroggen                                                                          | 180 - 200 | 15 - 25                                                                           |
| Tarte de legumes                                                                  | 160 - 180 | 50 - 60                                                                           |

## Grelhador

Pré-aquecer o forno antes de cozinhar.

Grelhar apenas pedaços finos de carne ou peixe.

Colocar um tabuleiro na primeira posição de prateleira para recolher gorduras.

### GRELHADOR

|  | °C        | <br>1.º lado | <br>2.º lado |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Lombo de vaca                                                                     | 230       | 20 - 30                                                                                       | 20 - 30                                                                                       | 3                                                                                 |
| Lombo de porco                                                                    | 210 - 230 | 30 - 40                                                                                       | 30 - 40                                                                                       | 2                                                                                 |
| Lombo de borrego                                                                  | 210 - 230 | 25 - 35                                                                                       | 20 - 25                                                                                       | 3                                                                                 |

## Aquecimento a Baixa temp.

Esta função permite-lhe preparar carne magra e macia e peixe. Não é aplicável para: aves, porco assado gordo, assado na panela.

1. Sele a carne durante 1 a 2 minutos de cada lado numa panela em lume forte.
2. Se for recomendada a terceira posição da prateleira, coloque os alimentos diretamente na prateleira em grelha. Coloque um tabuleiro/tabuleiro para assar na primeira posição da prateleira para recolher gordura.  
Se for recomendada a primeira posição de prateleira, coloque os alimentos diretamente no tabuleiro.  
Cozinhe sempre sem tampa enquanto utilizar esta função.
3. Utilização: Sonda térmica.  
Defina a temperatura para 120°C.

|  |  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Bifes                                                                               | 0.2 - 0.3                                                                           | 20 - 40                                                                             | 3                                                                                   |

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Lombo de vaca                                                                     | 1 - 1.5                                                                           | 90 - 150                                                                          | 3                                                                                 |
| Carne de vaca assada                                                              | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Vitela assada                                                                     | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

## Congelados

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pizza, congelada                                                                  | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| Pizza massa alta, congelada                                                       | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Pizza, refrigerada                                                                | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Pizza snacks, congelados                                                          | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Batatas fritas, finas                                                             | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Batatas fritas, grossas                                                           | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Fatias / Croquetes                                                                | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Batatas aos palitos                                                               | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasanha / Canelones, frescos                                                      | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasanha / Canelones, congelados                                                   | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Queijo assado                                                                     | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Asas de frango                                                                    | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

## Conservar

Utilize a função Aquecimento inferior.

Utilize apenas frascos para conservas com as dimensões disponíveis no mercado.

Não utilize frascos com tampas de rosca ou tipo baioneta ou latas de metal.

Usar a primeira posição de prateleira.

Não coloque mais de seis frascos de um litro no tabuleiro para assar.

Encha os frascos de forma igual e feche com um grampo.

Os frascos não podem tocar uns nos outros.

Coloque cerca de 1/2 litro de água no tabuleiro para assar para obter humidade suficiente no forno.

Quando o líquido nos frascos começar a ferver (após aproximadamente 35 a 60 minutos com frascos de um litro), pare o forno ou diminua a temperatura para 100°C (consulte a tabela).

Defina a temperatura para 160 - 170°C.

FRUTOS VERMELHOS

|  | <br>Tempo de cozedura até ferver |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Morangos / Mirtilos / Framboesas / Grose-lhas maduras                             | 35 - 45                                                                                                           |

FRUTA DE CAROÇO

|  | <br>Tempo de cozedura até fer-ver | <br>Continuação da cozedura a 100°C |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Pêssegos / Marmelos / Amei-xas                                                    | 35 - 45                                                                                                            | 10 - 15                                                                                                              |

LEGUMES

|  | <br>Tempo de cozedura até fer-ver | <br>Continuação da cozedura a 100°C |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Cenouras                                                                          | 50 - 60                                                                                                            | 5 - 10                                                                                                               |
| Pepinos                                                                           | 50 - 60                                                                                                            | -                                                                                                                    |
| Picles mistos                                                                     | 50 - 60                                                                                                            | 5 - 10                                                                                                               |
| Couve-rábano / Ervilhas / Es-pargos                                               | 50 - 60                                                                                                            | 15 - 20                                                                                                              |

**Secar - Ventilado + Resistência Circ**

Cubra os tabuleiros com papel vegetal.

Para obter um melhor resultado, pare o forno a meio do tempo de secagem, abra a porta e deixe-o arrefecer durante uma noite para concluir a secagem.

Para 1 tabuleiro, utilize a terceira posição da prateleira.

Para 2 tabuleiros, utilize a primeira e quarta posições da prateleira.

LEGUMES

|  | °C      |  (h) |
|-----------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------|
| Feijões                                                                           | 60 - 70 | 6 - 8                                                                                 |
| Pimentos                                                                          | 60 - 70 | 5 - 6                                                                                 |
| Legumes para sopa                                                                 | 60 - 70 | 5 - 6                                                                                 |
| Cogumelos                                                                         | 50 - 60 | 6 - 8                                                                                 |
| Ervas                                                                             | 40 - 50 | 2 - 3                                                                                 |

FRUTA

Defina a temperatura para 60 - 70°C.

|  |  (h) |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Ameixas                                                                           | 8 - 10                                                                                |
| Alperces                                                                          | 8 - 10                                                                                |
| Fatias de maçã                                                                    | 6 - 8                                                                                 |
| Pêras                                                                             | 6 - 9                                                                                 |

Sonda térmica

VACA

|  | °C Temperatura do núcleo do alimento |       |             |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|-------------|
|                                                                                   | Mal passado                          | Médio | Bem passado |
| Carne de vaca assada                                                              | 55                                   | 60    | 70          |
| Lombo de vaca                                                                     | 45                                   | 60    | 70          |

|  | °C Temperatura do núcleo do alimento |       |      |
|-------------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                     | Menos                                | Médio | Mais |
| Rolo de carne                                                                       | 80                                   | 83    | 86   |

PORCO

|  | °C Temperatura do núcleo do alimento |       |      |
|-------------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                     | Menos                                | Médio | Mais |
| Presunto / Assar                                                                    | 80                                   | 84    | 88   |

|  | °C Temperatura do núcleo do alimento |       |      |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                   | Menos                                | Médio | Mais |
| Lombo de costeleta / Lombo de porco, fumado / Lombo de porco, escalfado           | 75                                   | 78    | 82   |

## VITELA

|  | °C Temperatura do núcleo do alimento |       |      |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                   | Menos                                | Médio | Mais |
| Vitela assada                                                                     | 75                                   | 80    | 85   |
| Mão de vitela                                                                     | 85                                   | 88    | 90   |

## CARNEIRO / BORREGO

|  | °C Temperatura do núcleo do alimento |       |      |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                   | Menos                                | Médio | Mais |
| Perna de carneiro                                                                 | 80                                   | 85    | 88   |
| Lombo de carneiro                                                                 | 75                                   | 80    | 85   |
| Borrego assado / Perna de borrego                                                 | 65                                   | 70    | 75   |

## CAÇA

|  | °C Temperatura do núcleo do alimento |       |      |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                   | Menos                                | Médio | Mais |
| Lombo de lebre / Lombo de veado                                                   | 65                                   | 70    | 75   |
| Perna de lebre / Lebre, inteira / Perna de veado                                  | 70                                   | 75    | 80   |

## AVES

|  | °C Temperatura do núcleo do alimento |       |      |
|-------------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                     | Menos                                | Médio | Mais |
| Frango                                                                              | 80                                   | 83    | 85   |
| Pato, inteiro / metade / Peru, inteiro / peito                                      | 75                                   | 80    | 85   |
| Pato, peito                                                                         | 60                                   | 65    | 70   |

PEIXE (SALMÃO, TRUTA, PERCA)

|  | °C Temperatura do núcleo do alimento |       |      |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                   | Menos                                | Médio | Mais |
| Peixe, inteiro / grande / vapor /<br>Peixe, inteiro / grande / assado             | 60                                   | 64    | 68   |

CAÇAROLAS - LEGUMES PRÉ-COZINHADOS

|  | °C Temperatura do núcleo do alimento |       |      |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                   | Menos                                | Médio | Mais |
| Caçarola de curgete / Caçarola de<br>brócolos / Caçarola de funcho                | 85                                   | 88    | 91   |

CAÇAROLAS - SALGADAS

|  | °C Temperatura do núcleo do alimento |       |      |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                   | Menos                                | Médio | Mais |
| Canelones / Lasanha / Massa<br>gratinada                                          | 85                                   | 88    | 91   |

CAÇAROLAS - DOCES

|                                     | °C Temperatura do núcleo do alimento |       |      |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------|-------|------|
|                                                                                                                      | Menos                                | Médio | Mais |
| Caçarola de pão branco com /<br>sem fruta / Caçarola de papa de<br>arroz com / sem fruta / Caçarola<br>de massa doce | 80                                   | 85    | 90   |

Contenido

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Salvo modificaciones.

Recomendaciones de cocción

La temperatura y los tiempos de cocción de las tablas son meramente orientativos. Dependen de las recetas y de la calidad y cantidad de los ingredientes utilizados.

El aparato puede hornear o asar de forma diferente del aparato que tenía anteriormente. Las siguientes sugerencias muestran los ajustes recomendados para la temperatura, el tiempo de cocción y la posición de los estantes para determinados tipos de alimentos.

Cuenta los niveles de las parrillas desde abajo hacia arriba.

Si no encuentra los ajustes para una receta concreta, busque otra similar.

Símbolos utilizados en las tablas:

|                                                                                     |                         |
|-------------------------------------------------------------------------------------|-------------------------|
|    | Tipo de comida          |
|    | Función de cocción      |
|    | Temperatura             |
|  | Accesorio               |
|  | Recipiente (Gastronorm) |
|  | Peso (kg)               |
|  | Posición de la parrilla |
|  | Tiempo de cocción (min) |

Consejos para las funciones de cocción especiales del aparato

Mantener caliente

Esta función sirve para mantener calientes los alimentos. La temperatura se ajusta automáticamente a 80 °C.

Calientaplatos



Esta función sirve para calentar platos y fuentes antes de servir. La temperatura se ajusta automáticamente a 70 °C.

Distribuya los platos y las fuentes uniformemente sobre la parrilla. Use el primer nivel. A mitad de tiempo de calentamiento, intercambie las posiciones.

**Leudar masas**

Esta función sirve para levar masa de levadura. Coloque la masa en un plato grande. Use el primer nivel. Seleccione la función: Leudar masas y duración de la cocción.

**Descongelar**

Retire los alimentos de su envase y colóquelos en un plato. No tape los alimentos; esto puede prolongar el tiempo de descongelación. Use el primer nivel.

**Vapor solo**

Tenga cuidado al abrir la puerta del horno cuando la función esté activada. Puede liberarse vapor.

Esta función permite:

- esterilizar recipientes (p. ej., biberones)
- y preparar todo tipo de alimentos frescos o congelados.

**Esterilización**

Coloque los recipientes limpios boca abajo en el centro de la parrilla en la primera posición.

Llene el compartimento hasta el nivel máximo ajuste el tiempo en 40 minutos.

**Cocción**

Puede cocinar, calentar, descongelar, escalfar o hervir ligeramente verdura, carne, pescado, pasta, arroz, sémola y huevos.

Puede preparar una comida de varios platos en una sola sesión de cocina. Para asegurar que todos los platos estén listos a la vez, comience con el alimento con el tiempo de cocción más largo y luego agregue los platos restantes en el momento adecuado, como se especifica en las tablas de cocción.

 Vapor solo

Ejemplo: El tiempo total de cocción es de 40 min. En primer lugar ponga Patatas cocidas, en cuartos, después de 20 min añada los Filetes de salmón y el Brécol, cogollos después de 30 min.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Patatas cocidas, en cuartos                                                         | 40                                                                                  |
| Filetes de salmón                                                                   | 20                                                                                  |

|                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |
| Brécol, cogollos                                                                  | 10                                                                                |

Utilice la cantidad de agua más grande necesaria cuando cocine más de un plato a la vez.

Use el segundo nivel.

# VERDURAS

Ajuste la temperatura a 100 °C.

|                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |
| 8 - 10                                                                            | Brécol, cogollos, precaliente el horno vacío                                      |
| 10                                                                                | Tomates pelados                                                                   |
| 10 - 15                                                                           | Espinacas, frescas                                                                |
| 10 - 15                                                                           | Calabacín, rodajas                                                                |
| 15                                                                                | Verduras blanqueadas                                                              |
| 15 - 20                                                                           | Setas laminadas                                                                   |
| 15 - 20                                                                           | Pimientos, en tiras                                                               |
| 15 - 25                                                                           | Brécol, entero                                                                    |
| 15 - 25                                                                           | Espárragos, verdes                                                                |
| 15 - 25                                                                           | Berenjenas                                                                        |
| 15 - 25                                                                           | Calabaza, dados                                                                   |
| 15 - 25                                                                           | Tomates                                                                           |
| 20 - 25                                                                           | Judías blanqueadas                                                                |
| 20 - 25                                                                           | Canónigos, ramitos                                                                |
| 20 - 25                                                                           | Repollo                                                                           |
| 20 - 30                                                                           | Apio, en dados                                                                    |
| 20 - 30                                                                           | Puerro, aros                                                                      |
| 20 - 30                                                                           | Guisantes                                                                         |
| 20 - 30                                                                           | Tirabeques / Pimientos káiser                                                     |
| 20 - 30                                                                           | Patatas dulces                                                                    |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 20 - 30                                                                           | Hinojo                                                                            |
| 20 - 30                                                                           | Zanahorias                                                                        |
| 25 - 35                                                                           | Espárragos, blancos                                                               |
| 25 - 35                                                                           | Coles de Bruselas                                                                 |
| 25 - 35                                                                           | Coliflor, ramitos                                                                 |
| 25 - 35                                                                           | Colinabo, tiras                                                                   |
| 25 - 35                                                                           | Alubias blancas                                                                   |
| 30 - 40                                                                           | Maíz dulce en la placa                                                            |
| 35 - 45                                                                           | Salsifí Negro                                                                     |
| 35 - 45                                                                           | Coliflor, entera                                                                  |
| 35 - 45                                                                           | Judías verdes                                                                     |
| 40 - 45                                                                           | Repollo blanco o rojo, tiras                                                      |
| 50 - 60                                                                           | Alcachofas                                                                        |
| 55 - 65                                                                           | Judías secas en remojo, proporción agua/legumbres 2:1                             |
| 60 - 90                                                                           | Chucrut                                                                           |
| 70 - 90                                                                           | Remolacha                                                                         |

#### GUARNICIONES / ACOMPAÑAMIENTOS

Ajuste la temperatura a 100 °C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 15 - 20                                                                             | Cuscús, proporción agua/cuscús 1:1                                                  |
| 15 - 25                                                                             | Tallarines frescos                                                                  |
| 20 - 25                                                                             | Suflé de sémola, proporción leche/sémola 3,5:1                                      |
| 20 - 30                                                                             | Lentejas rojas, proporción agua/lentejas 1:1                                        |
| 25 - 30                                                                             | Spaetzle                                                                            |
| 25 - 35                                                                             | Bulgur, proporción agua/bulgur 1:1                                                  |
| 25 - 35                                                                             | Bollitos de levadura                                                                |

|  |                     |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 30 - 35                                                                           | Arroz aromático, proporción agua/arroz 1:1                                                           |
| 30 - 40                                                                           | Patatas cocidas, en cuartos                                                                          |
| 35 - 45                                                                           | Bollitos de pan                                                                                      |
| 35 - 45                                                                           | Bolitas de patata                                                                                    |
| 35 - 45                                                                           | Arroz, proporción agua/arroz 1:1; la proporción de agua y arroz puede cambiar según el tipo de arroz |
| 40 - 50                                                                           | Polenta, proporción de líquido 3:1                                                                   |
| 40 - 55                                                                           | Arroz, proporción leche/arroz 2,5:1                                                                  |
| 45 - 55                                                                           | Patatas sin pelar, al punto                                                                          |
| 55 - 60                                                                           | Lentejas marrones y verdes, proporción agua/lentejas 2:1                                             |

FRUTA  
Ajuste la temperatura a 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Rodajas de manzana                                                                |
| 10 - 15                                                                           | Bayas calientes                                                                   |
| 10 - 20                                                                           | Chocolate fundido                                                                 |
| 20 - 25                                                                           | Compota de fruta                                                                  |

PESCADO

|  |  | °C      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|
| 15 - 20                                                                             | Filete de pescado fino                                                              | 75 - 80 |
| 20 - 25                                                                             | Gambas, frescas                                                                     | 75 - 85 |
| 20 - 30                                                                             | Mejillones                                                                          | 100     |
| 20 - 30                                                                             | Filetes de salmón                                                                   | 85      |
| 20 - 30                                                                             | Trucha, 0,25 kg                                                                     | 85      |
| 30 - 40                                                                             | Gambas, congeladas                                                                  | 75 - 85 |
| 40 - 45                                                                             | Trucha asalmonada, 1 kg                                                             | 85      |

CARNE

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 15 - 20                                                                           | Salchichas finas                                                                  | 80  |
| 20 - 30                                                                           | Salchichas de ternera bávara / Salchicha blanca                                   | 80  |
| 20 - 30                                                                           | Salchicha Viena                                                                   | 80  |
| 25 - 35                                                                           | Pechuga de pollo pochada                                                          | 90  |
| 55 - 65                                                                           | Jamón cocido, 1 kg                                                                | 100 |
| 60 - 70                                                                           | Pechuga de pollo pochada, 1 - 1,2 kg                                              | 100 |
| 70 - 90                                                                           | Chuleta ahumada pochada                                                           | 90  |
| 80 - 90                                                                           | Ternera / Lomo de cerdo, 0,8 - 1 kg                                               | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

HUEVOS

Ajuste la temperatura a 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Huevos cocidos                                                                    |
| 12 - 13                                                                           | Huevos cocidos                                                                    |
| 18 - 21                                                                           | Huevos duros                                                                      |

**Función combinada: Grill Turbo + Vapor solo**

Puede combinar estas funciones para cocinar carne, verduras y guarniciones de una vez.

1. Seleccione la función: Grill Turbo para asar carne.
2. Agregue las verduras y guarniciones preparadas.
3. Baje la temperatura del horno a unos 90 °C. Puede abrir la puerta del horno hasta la primera posición unos 15 minutos.
4. Seleccione la función: Vapor solo. Cocine todos los platos juntos hasta que estén listos. Utilice el primer nivel para la carne y el tercero para las verduras. Coloque la carne directamente en la bandeja.

|  |  Grill Turbo<br>Primer paso: cocine la carne |                                                                                   |  Vapor solo<br>Segundo paso: añada las verduras |                                                                                   |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                            |  | °C                                                                                                                               |  |
| Rosbif, 1 kg /<br>Coles de Bruse-<br>las, polenta                                 | 180                                                                                                                           | 60 - 70                                                                           | 100                                                                                                                              | 40 - 50                                                                           |
| Cerdo asado, 1<br>kg / Patatas /<br>Verduras, salsa                               | 180                                                                                                                           | 60 - 70                                                                           | 100                                                                                                                              | 30 - 40                                                                           |
| Ternera asada,<br>1 kg / Arroz /<br>Verduras                                      | 180                                                                                                                           | 50 - 60                                                                           | 100                                                                                                                              | 30 - 40                                                                           |

**Humedad alta**

Use el segundo nivel.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Natillas / Flan en recipientes pe-<br>queños                                      | 90        | 35 - 45                                                                           |
| Huevos al horno                                                                   | 90 - 110  | 15 - 30                                                                           |
| Terrinas                                                                          | 90        | 40 - 50                                                                           |
| Filete de pescado fino                                                            | 85        | 15 - 25                                                                           |
| Filete grueso de pescado                                                          | 90        | 25 - 35                                                                           |
| Pescado pequeño, hasta 0,35 kg                                                    | 90        | 20 - 30                                                                           |
| Pescado entero, hasta 1 kg                                                        | 90        | 30 - 40                                                                           |
| Bollitos                                                                          | 120 - 130 | 40 - 50                                                                           |

**Humedad baja**

Use el segundo nivel salvo que se indique otro.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Panecillos precocidos                                                               | 200 | 20 - 30                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Baguettes precocidas, 40 - 50 g                                                   | 200       | 15 - 20                                                                           |
| Baguettes precocidas congeladas, 40 - 50 g                                        | 200       | 25 - 35                                                                           |
| Pastel de carne, crudo, 0,5 kg                                                    | 180       | 30 - 40                                                                           |
| Pastel de pasta                                                                   | 170 - 190 | 40 - 50                                                                           |
| Lasaña                                                                            | 170 - 180 | 45 - 55                                                                           |
| Pan, 0,5 - 1 g                                                                    | 180 - 190 | 45 - 60                                                                           |
| Patatas gratinadas                                                                | 160 - 170 | 50 - 60                                                                           |
| Pollo, 1 g                                                                        | 180 - 210 | 50 - 60                                                                           |
| Lomo de cerdo ahumado, 0,6 - 1 g, 2 horas a remojo                                | 160 - 180 | 60 - 70                                                                           |
| Rosbif, 1 g                                                                       | 180 - 200 | 60 - 90                                                                           |
| Pato, 1,5 - 2 g                                                                   | 180       | 70 - 90                                                                           |
| Ternera asada, 1 g                                                                | 180       | 80 - 90                                                                           |
| Cerdo asado, 1 g                                                                  | 160 - 180 | 90 - 100                                                                          |
| Ganso, 3 g, use el primer nivel                                                   | 170       | 130 - 170                                                                         |

Regenerar con vapor

Use el segundo nivel.

|  | °C  |  |
|-------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| Platos únicos                                                                       | 110 | 10 - 15                                                                             |
| Accesorio para                                                                      | 110 | 10 - 15                                                                             |
| Arroz                                                                               | 110 | 10 - 15                                                                             |
| Bollitos                                                                            | 110 | 15 - 25                                                                             |

EasySteam

Vapor para cocinar al vapor  
VERDURAS

Use el segundo nivel.

Ajuste la temperatura a 100 °C como máximo.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8-10                                                                              | Brécol, cogollos, precaliente el horno vacío                                      |
| 10                                                                                | Tomates pelados                                                                   |
| 10-15                                                                             | Espinacas, frescas                                                                |
| 10-15                                                                             | Calabacín, rodajas                                                                |
| 15                                                                                | Verduras blanqueadas                                                              |
| 15-20                                                                             | Pimientos, en tiras                                                               |
| 15-20                                                                             | Setas laminadas                                                                   |
| 15-25                                                                             | Berenjenas                                                                        |
| 15-25                                                                             | Coliflor, entera                                                                  |
| 15-25                                                                             | Brécol, entero                                                                    |
| 15-25                                                                             | Espárragos, verdes                                                                |
| 15-25                                                                             | Tomates                                                                           |
| 15-25                                                                             | Calabaza, dados                                                                   |
| 20-25                                                                             | Canónigos, ramitos                                                                |
| 20-25                                                                             | Repollo                                                                           |
| 20-25                                                                             | Judías blanqueadas                                                                |
| 20-30                                                                             | Patatas dulces                                                                    |
| 20-30                                                                             | Guisantes                                                                         |
| 20-30                                                                             | Hinojo                                                                            |
| 20-30                                                                             | Zanahorias                                                                        |
| 20-30                                                                             | Puerro, aros                                                                      |
| 20-30                                                                             | Apio, en dados                                                                    |
| 20-30                                                                             | Tirabeques                                                                        |
| 25-35                                                                             | Coliflor, ramitos                                                                 |
| 25-35                                                                             | Colinabo, tiras                                                                   |



|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25-35                                                                             | Coles de Bruselas                                                                 |
| 25-35                                                                             | Espárragos, blancos                                                               |
| 25-35                                                                             | Alubias blancas                                                                   |
| 30-40                                                                             | Maíz dulce en la placa                                                            |
| 35-45                                                                             | Judías verdes                                                                     |
| 35-45                                                                             | Salsifí Negro                                                                     |
| 40-45                                                                             | Repollo blanco o rojo, tiras                                                      |
| 50 - 60                                                                           | Alcachofas                                                                        |
| 55-65                                                                             | Judías secas en remojo                                                            |
| 60-90                                                                             | Chucrut                                                                           |
| 70-90                                                                             | Remolacha                                                                         |

# GUARNICIONES / ACOMPAÑAMIENTOS

Ajuste la temperatura a 100 °C como máximo.

|  |                      |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 15-20                                                                             | Cuscús, proporción agua/cuscús 1:1                                                                    |
| 15-25                                                                             | Tallarines frescos                                                                                    |
| 20-25                                                                             | Suflé de sémola, proporción leche/sémola 3,5:1                                                        |
| 20-30                                                                             | Lentejas rojas, proporción agua/lentejas 1:1                                                          |
| 25-30                                                                             | Spaetzle                                                                                              |
| 25-35                                                                             | Bulgur, proporción agua/bulgur 1:1                                                                    |
| 25-35                                                                             | Bollitos de levadura                                                                                  |
| 30-35                                                                             | Arroz aromático, proporción agua/arroz 1:1                                                            |
| 30-40                                                                             | Patatas cocidas, en cuartos                                                                           |
| 35-45                                                                             | Bolitas de patata                                                                                     |
| 35-45                                                                             | Arroz, proporción agua/arroz 1:1, la proporción de agua y arroz puede cambiar según el tipo de arroz. |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 35-45                                                                             | Bollitos de pan                                                                   |
| 40-50                                                                             | Polenta, proporción de líquido 3:1                                                |
| 40-55                                                                             | Arroz, proporción leche/arroz 2,5:1                                               |
| 45-55                                                                             | Patatas sin pelar, al punto                                                       |
| 55-60                                                                             | Lentejas marrones y verdes, proporción agua/lentejas 2:1                          |

# FRUTA

Ajuste la temperatura a 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Rodajas de manzana                                                                |
| 10-15                                                                             | Bayas calientes                                                                   |
| 10-20                                                                             | Chocolate fundido                                                                 |
| 20-25                                                                             | Compota de fruta                                                                  |

# PESCADO

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Filete de pescado fino                                                            | 75-80 |
| 20-25                                                                             | Gambas, frescas                                                                   | 75-85 |
| 20-30                                                                             | Filete grueso de pescado                                                          | 75-85 |
| 20-30                                                                             | Trucha, 0,25 kg                                                                   | 75-85 |
| 20-30                                                                             | Mejillones                                                                        | 100   |
| 30-40                                                                             | Gambas, congeladas                                                                | 75-85 |

# CARNE

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15-20                                                                               | Salchichas finas                                                                    | 80 |
| 20-30                                                                               | Salchichas de ternera bávara<br>/ Salchicha blanca                                  | 80 |
| 20-30                                                                               | Salchicha Viena                                                                     | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 25-35                                                                             | Pechuga de pollo pochada                                                          | 90  |
| 55-65                                                                             | Jamón cocido, 1 kg                                                                | 100 |
| 60-70                                                                             | Pechuga de pollo pochada, 1 - 1,2 kg                                              | 100 |
| 70-90                                                                             | Chuleta ahumada pochada                                                           | 90  |
| 80-90                                                                             | Ternera / Lomo de cerdo, 0,8 - 1 kg                                               | 90  |
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

HUEVOS

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Huevos cocidos                                                                    | 100 |
| 12-13                                                                             | Huevos cocidos                                                                    | 100 |
| 18-21                                                                             | Huevos duros                                                                      | 100 |
| 35-45                                                                             | Natillas / Flan                                                                   | 85  |
| 40-50                                                                             | Terrinas                                                                          | 85  |

Vapor para guisar

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Huevos al horno                                                                   | 110       |
| 20 - 30                                                                           | Pescado entero, hasta 1 kg                                                        | 120 - 130 |
| 40 - 50                                                                           | Bollitos                                                                          | 120 - 130 |
| 50 - 60                                                                           | Estofado / Pescado asado                                                          | 130       |
| 60 - 90                                                                           | Estofado / Pollo asado                                                            | 130       |
| 100 - 140                                                                         | Estofado / Carne asada                                                            | 130       |

Vapor para un crujiente suave

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 20 - 40                                                                             | Gratén de pescado                                                                   | 150 |
| 35 - 50                                                                             | Verduras rellenas                                                                   | 150 |
| 35 - 45                                                                             | Pasta al gratén / Estofados                                                         | 150 |

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 40 - 50                                                                           | Lasaña                                                                            | 150       |
| 60 - 70                                                                           | Patatas gratinadas                                                                | 150       |
| 75 - 100                                                                          | Costillas                                                                         | 140 - 150 |

**Vapor para hornear y asar**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Baguettes precocidas, 0,04 - 0,05 kg                                              | 200       |
| 15 - 25                                                                           | Galletas                                                                          | 155-170   |
| 20 - 35                                                                           | Pastelería dulce de levadura                                                      | 170 - 180 |
| 25 - 35                                                                           | Baguettes precocidas congeladas,<br>0,04 - 0,05 kg                                | 200       |
| 25 - 35                                                                           | Panecillos                                                                        | 180 - 200 |
| 25 - 40                                                                           | Filete de pescado asado                                                           | 170 - 180 |
| 30 - 40                                                                           | Pastel de carne, sin cocinar, 0,5 kg                                              | 180       |
| 30 - 40                                                                           | Estofado al horno                                                                 | 160       |
| 30 - 40                                                                           | Tortilla                                                                          | 160-170   |
| 30 - 45                                                                           | Pan dulce                                                                         | 160 - 170 |
| 35 - 45                                                                           | Pescado asado                                                                     | 170 - 180 |
| 45 - 60                                                                           | Varios tipos de pan, 0,5 - 1 kg                                                   | 180 - 190 |
| 45 - 60                                                                           | Platos dulces                                                                     | 160 - 180 |
| 50 - 60                                                                           | Pollo, 1 kg                                                                       | 180-210   |
| 60 - 70                                                                           | Lomo de cerdo ahumado, 0,6 - 1 kg                                                 | 160-180   |
| 60 - 90                                                                           | Rosbif, 1 kg                                                                      | 180-200   |
| 70 - 90                                                                           | Pato, 1,5 - 2 kg                                                                  | 180       |
| 80 - 90                                                                           | Ternera asada, 1 kg                                                               | 180       |
| 90 - 100                                                                          | Cerdo asado, 1 kg                                                                 | 160-180   |

Use el primer nivel.

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15-30                                                                             | Pizza / Focaccia                                                                  | 190 - 210 |
| 30-45                                                                             | Pastas de hojaldre / Tarta salada / Rollitos                                      | 155 - 180 |
| 45-60                                                                             | Masa quebrada                                                                     | 155 - 170 |
| 130-170                                                                           | Ganso, 3 kg                                                                       | 170       |

**Horneado**

Para la primera cocción, utilice la temperatura más baja.

El tiempo de cocción puede ampliarse unos 10-15 minutos cuando se hornea repostería en más de una posición.

Los pasteles y las pastas que se hornean a niveles diferentes no siempre se doran de modo uniforme. No es necesario cambiar el ajuste de temperatura si el tueste no es uniforme. Las diferencias se compensarán durante el horneado.

Las bandejas pueden torcerse en el horno durante el horneado. Las distorsiones desaparecen cuando las bandejas se enfrían de nuevo.

**Consejos para hornear**

| Resultado                                                | Posible causa                                                                      | Solución                                                                             |
|----------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| La base de la tarta no se ha horneado lo suficiente.     | La parrilla no está en una posición correcta.                                      | Coloque la tarta en un nivel más bajo.                                               |
| La tarta se hunde y se queda pegajosa o muestra estrías. | La temperatura del horno es demasiado alta.                                        | La próxima vez ajuste una temperatura del horno ligeramente más baja.                |
|                                                          | La temperatura del horno es demasiado alta y el tiempo de cocción demasiado corto. | La próxima vez fije un tiempo de horneado más largo y baje la temperatura del horno. |
| La tarta está demasiado seca.                            | La temperatura del horno es demasiado baja.                                        | La próxima vez ajuste una temperatura del horno más alta.                            |
|                                                          | El tiempo de horneado es demasiado largo.                                          | La próxima vez fije un tiempo de horneado más corto.                                 |

| Resultado                                                   | Posible causa                                                                      | Solución                                                                             |
|-------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| El pastel se hornea irregularmente.                         | La temperatura del horno es demasiado alta y el tiempo de cocción demasiado corto. | La próxima vez fije un tiempo de horneado más largo y baje la temperatura del horno. |
|                                                             | La masa del pastel no se distribuye uniformemente.                                 | La próxima vez, distribuya la masa uniformemente en la bandeja.                      |
| El pastel no está listo en el tiempo indicado en la receta. | La temperatura del horno es demasiado baja.                                        | La próxima vez ajuste una temperatura del horno un poco más alta.                    |

**Horneado en un solo nivel**

ALIMENTOS EN MOLDES

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Molde redondo / Brioche                                                           | Aire caliente                                                                     | 150 - 160 | 50 - 70                                                                           | 1                                                                                 |
| Tarta de Madeira / Tarta de frutas                                                | Aire caliente                                                                     | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Masa brisé - masa quebrada, precaliente el horno vacío                            | Aire caliente                                                                     | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Masa brisé - mezcla de bizcocho                                                   | Aire caliente                                                                     | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Tarta de queso                                                                    | Cocción convencional                                                              | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

TARTAS / PASTAS / PAN EN BANDEJAS

Precaliente el horno vacío a menos que se especifique lo contrario.

|  |  | °C        |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Trenza de pan / Roscón, no se necesita precalentar                                  | Cocción convencional                                                                | 170 - 190 | 30 - 40                                                                             | 3                                                                                   |
| Pastel de navidad                                                                   | Cocción convencional                                                                | 160 - 180 | 50 - 70                                                                             | 2                                                                                   |

|                    |  | °C                 |  |  |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Pan de centeno:                                                                                     | Cocción convencional                                                              | primero: 230       | 20                                                                                | 1                                                                                 |
|                                                                                                     |                                                                                   | después: 160 - 180 | 30 - 60                                                                           |                                                                                   |
| Buñuelos de crema / Bollos rellenos de crema                                                        | Cocción convencional                                                              | 190 - 210          | 20 - 35                                                                           | 3                                                                                 |
| Brazo de gitano,                                                                                    | Cocción convencional                                                              | 180 - 200          | 10 - 20                                                                           | 3                                                                                 |
| Pastel de azúcar, no se necesita precalentar                                                        | Aire caliente                                                                     | 150 - 160          | 20 - 40                                                                           | 3                                                                                 |
| Tarta de almendras y mantequilla / Tartas de azúcar                                                 | Cocción convencional                                                              | 190 - 210          | 20 - 30                                                                           | 3                                                                                 |
| Tartas de frutas, no se necesita precalentar                                                        | Cocción convencional                                                              | 180                | 35 - 55                                                                           | 3                                                                                 |
| Bizcochos con levadura coronados de guarniciones delicadas (por ejemplo, requesón, crema, natillas) | Cocción convencional                                                              | 160 - 180          | 40 - 60                                                                           | 3                                                                                 |

GALLETAS  
Use el tercer nivel.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Masa quebrada / Mezcla de bizcocho                                                  | Aire caliente                                                                       | 150 - 160 | 15 - 25                                                                             |
| Merengues                                                                           | Aire caliente                                                                       | 80 - 100  | 120 - 150                                                                           |
| Mostachones de almendra                                                             | Aire caliente                                                                       | 100 - 120 | 30 - 50                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Galletas de masa de levadura                                                      | Aire caliente                                                                     | 150 - 160 | 20 - 40                                                                           |
| Hojaldres de hojaldre, precaliente el horno vacío                                 | Aire caliente                                                                     | 170 - 180 | 20 - 30                                                                           |
| Rollitos, precaliente el horno vacío                                              | Cocción convencional                                                              | 190 - 210 | 10 - 25                                                                           |

**Horneados y gratinados**

Use el primer nivel.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pastel de pasta                                                                   | Cocción convencional                                                              | 180 - 200 | 45 - 60                                                                           |
| Lasaña                                                                            | Cocción convencional                                                              | 180 - 200 | 25 - 40                                                                           |
| Verduras gratinadas, precaliente el horno vacío                                   | Grill Turbo                                                                       | 170 - 190 | 15 - 35                                                                           |
| Baguetes con queso fundido                                                        | Aire caliente                                                                     | 160 - 170 | 15 - 30                                                                           |
| Arroz con leche                                                                   | Cocción convencional                                                              | 180 - 200 | 40 - 60                                                                           |
| Pescado al horno                                                                  | Cocción convencional                                                              | 180 - 200 | 30 - 60                                                                           |
| Verduras rellenas                                                                 | Aire caliente                                                                     | 160 - 170 | 30 - 60                                                                           |

**Horneado en varios niveles**

Use la función: Aire caliente.

Para 2 bandejas, use el primer y cuarto nivel.

TARTAS / PASTAS / PAN EN BANDEJAS

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Buñuelos de crema / Bollos rellenos de crema, precaliente el horno vacío            | 160 - 180 | 25 - 45                                                                             |
| Pastel Streusel seco                                                                | 150 - 160 | 30 - 45                                                                             |



GALLETAS

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Galletas de masa quebrada                                                         | 140       | 25 - 45                                                                           |
| Merengues                                                                         | 80 - 100  | 130 - 170                                                                         |
| Mostachones de almendra                                                           | 100 - 120 | 40 - 80                                                                           |
| Galletas de masa de levadura                                                      | 160 - 170 | 30 - 60                                                                           |
| Hojaldres de hojaldre, precaliente el horno vacío                                 | 170 - 180 | 30 - 50                                                                           |
| Rollitos                                                                          | 180       | 20 - 30                                                                           |

Consejos para asar

- Use utensilios para horno resistentes al calor.
- Ase la carne magra tapada (puede utilizar papel de aluminio).
- Ase juntas las porciones grandes de carne directamente en la bandeja.
- Para evitar que se queme la grasa, ponga un poco de agua en la bandeja.
- Gire el asado al cabo de 1/2 o 2/3 del tiempo de cocción.
- Ase trozos de carne y pescado grandes (1 kg o más).
- Si se sugiere el nivel uno, ponga la comida directamente en la bandeja
- Durante la cocción, los asados grandes se deben rociar repetidamente con el jugo.

Asado

Use el primer nivel.

VACUNO

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Estofado                                                                            | 1 - 1.5                                                                             | Cocción convencional                                                                | 230       | 120 - 150                                                                           |
| Rosbif o filete, poco hecho, precaliente el horno vacío                             | 1 cm de grosor                                                                      | Grill Turbo                                                                         | 190 - 200 | 5 - 6                                                                               |
| Rosbif o filete, al punto, precaliente el horno vacío                               | 1 cm de grosor                                                                      | Grill Turbo                                                                         | 180 - 190 | 6 - 8                                                                               |

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Rosbif o filete muy hecho, precaliente el horno vacío                             | 1 cm de grosor                                                                    | Grill Turbo                                                                       | 170 - 180 | 8 - 10                                                                            |

#### CERDO

Use la función: Grill Turbo.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Paletilla / Cuello / Jamón                                                        | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Chuletas / Costillas                                                              | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Pastel de carne                                                                   | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Codillo de cerdo precocinado                                                      | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

#### TERNERA

Use la función: Grill Turbo.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Ternera asada                                                                     | 1                                                                                 | 160 - 180 | 90 - 120                                                                          |
| Codillo de ternera                                                                | 1.5 - 2                                                                           | 160 - 180 | 120 - 150                                                                         |

#### CORDERO

Use la función: Grill Turbo.

|  |  | °C<br>(°C) |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------|
| Pata de cordero / Cordero asado                                                     | 1 - 1.5                                                                             | 150 - 170  | 100 - 120                                                                           |
| Costillar de cordero                                                                | 1 - 1.5                                                                             | 160 - 180  | 40 - 60                                                                             |

#### CARNE DE CAZA

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------|
| Silla / Pata de liebre, precaliente el horno vacío                                  | 1                                                                                   | Grill Turbo                                                                         | 180 - 200 | 35 - 55                                                                              |
| Costillar de corzo                                                                  | 1.5 - 2                                                                             | Cocción convencional                                                                | 180 - 200 | 60 - 90                                                                              |
| Pierna de corzo                                                                     | 1.5 - 2                                                                             | Cocción convencional                                                                | 180 - 200 | 60 - 90                                                                              |

AVES  
Use la función: Grill Turbo.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Aves troceadas                                                                    | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Pollo, medio                                                                      | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Pollo, pularda                                                                    | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Pato                                                                              | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Ganso                                                                             | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Pavo                                                                              | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Pavo                                                                              | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

PESCADO

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pescado entero                                                                    | 1 - 1.5                                                                           | Grill Turbo                                                                       | 180 - 200 | 30 - 50                                                                           |

Horneado de pan

No se recomienda precalentar.  
Use el segundo nivel.

PAN

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pan blanco                                                                          | 170 - 190 | 40 - 60                                                                             |
| Baguette                                                                            | 200 - 220 | 35 - 45                                                                             |
| Brioche                                                                             | 180 - 200 | 40 - 60                                                                             |
| Chapata                                                                             | 200 - 220 | 35 - 45                                                                             |
| Pan de centeno                                                                      | 170 - 190 | 50 - 70                                                                             |
| Pan integral                                                                        | 170 - 190 | 50 - 70                                                                             |
| Pan de grano integral                                                               | 170 - 190 | 40 - 60                                                                             |
| Panecillos                                                                          | 190 - 210 | 20 - 35                                                                             |

## Horneados crujientes con Función Pizza

PIZZA

Use el primer nivel.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Tartas                                                                            | 180 - 200 | 40 - 55                                                                           |
| Flan de espinacas                                                                 | 160 - 180 | 45 - 60                                                                           |
| Quiche Lorraine / Flan suizo                                                      | 170 - 190 | 45 - 55                                                                           |
| Tarta de manzana, cubierta                                                        | 150 - 170 | 50 - 60                                                                           |

PIZZA

Precaliente el horno vacío antes de cocinar.

Use el segundo nivel.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pizza, base fina, utilice la bandeja honda                                        | 210 - 230 | 15 - 25                                                                           |
| Pizza, base gruesa                                                                | 180 - 200 | 20 - 30                                                                           |
| Pan sin levadura                                                                  | 210 - 230 | 10 - 20                                                                           |
| Empanada de masa de hojaldre                                                      | 160 - 180 | 45 - 55                                                                           |
| Flammkuchen                                                                       | 210 - 230 | 15 - 25                                                                           |
| Pierogi                                                                           | 180 - 200 | 15 - 25                                                                           |
| Pastel de verduras                                                                | 160 - 180 | 50 - 60                                                                           |

## Grill

Precaliente el horno vacío antes de cocinar.

Cocine al grill solo trozos de carne o pescado delgados.

Coloque una bandeja en el primer nivel para recoger la grasa.

GRILL

|  | °C  | <br>1ª cara | <br>2ª cara |  |
|-------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Solomillo de ternera                                                                | 230 | 20 - 30                                                                                        | 20 - 30                                                                                        | 3                                                                                   |

|  | °C        | <br>1ª cara | <br>2ª cara |  |
|-----------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Lomo de cerdo                                                                     | 210 - 230 | 30 - 40                                                                                      | 30 - 40                                                                                      | 2                                                                                 |
| Costillar de cordero                                                              | 210 - 230 | 25 - 35                                                                                      | 20 - 25                                                                                      | 3                                                                                 |

## Cocción lenta

Esta función sirve para preparar piezas de carne y pescado tiernas y magras. No se de aplicación para: aves, cerdo asado con grasa, estofado de carne.

1. Dore la carne 1 - 2 minutos por cada lado en una sartén muy caliente.
2. Si se recomienda la tercera posición en altura, coloque los alimentos directamente en la parrilla. Coloque una bandeja o recipiente de asar en la primera posición en altura para recoger la grasa.

Si se recomienda la tercera posición en altura, coloque la comida directamente en la bandeja.

Cocine siempre sin tapa cuando utilice esta función.

3. Uso: Sonda térmica.

Ajuste la temperatura a 120 °C.

|  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Filetes                                                                           | 0.2 - 0.3                                                                         | 20 - 40                                                                           | 3                                                                                 |
| Filete de ternera                                                                 | 1 - 1.5                                                                           | 90 - 150                                                                          | 3                                                                                 |
| Rosbif                                                                            | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |
| Ternera asada                                                                     | 1 - 1.5                                                                           | 120 - 150                                                                         | 1                                                                                 |

## Congelados

|  | °C        |  |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Pizza congelada                                                                     | 200 - 220 | 15 - 25                                                                             | 2                                                                                   |
| Pizza americana congelada                                                           | 190 - 210 | 20 - 25                                                                             | 2                                                                                   |
| Pizza fría                                                                          | 210 - 230 | 13 - 25                                                                             | 2                                                                                   |
| Pizzetas congeladas                                                                 | 180 - 200 | 15 - 30                                                                             | 2                                                                                   |
| Patatas fritas finas                                                                | 190 - 210 | 15 - 25                                                                             | 3                                                                                   |
| Patatas fritas gruesas                                                              | 190 - 210 | 20 - 30                                                                             | 3                                                                                   |

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Porciones / Croquetas                                                             | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Patatas asadas con cebolla                                                        | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasaña / Canelones frescos                                                        | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasaña / Canelones congelados                                                     | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Queso al horno                                                                    | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Alitas de pollo                                                                   | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

Conservar

Use la función Calor inferior.

Utilice únicamente botes de conserva de las mismas dimensiones disponibles en el mercado.

No utilice frascos con tapas de rosca o de bayoneta, ni tampoco moldes metálicos.

Use el primer nivel.

No coloque más de seis botes de un litro en la bandeja.

Llene los frascos por igual y ciérrelos con una abrazadera.

Los botes no se pueden tocar entre sí.

Ponga aproximadamente 1/2 litro de agua en la bandeja de horno para que quede suficiente humedad en el horno.

Cuando el líquido de los frascos empieza a hervir a fuego lento (después de unos 35-60 minutos con frascos de un litro), pare el horno o reduzca la temperatura a 100 °C (consulte la tabla).

Ajuste la temperatura a 160 - 170 °C.

FRUTAS SILVESTRES

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Fresas / Arándanos / Frambuesas / Uvas es-<br>pina maduras                          | Cocer hasta que empiecen a subir burbujas<br>35 - 45                                |

FRUTA DE HUESO

|  | <br>Cocer hasta que empiecen a<br>subir burbujas | <br>Siga con la cocción a 100 °C |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Melocotones / Membrillos /<br>Ciruelas                                            | 35 - 45                                                                                                                           | 10 - 15                                                                                                           |

VERDURAS

|  | <br>Cocer hasta que empiecen a<br>subir burbujas | <br>Siga con la cocción a 100 °C |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Zanahorias                                                                        | 50 - 60                                                                                                                           | 5 - 10                                                                                                            |
| Pepinillos                                                                        | 50 - 60                                                                                                                           | -                                                                                                                 |
| Encurtidos variados                                                               | 50 - 60                                                                                                                           | 5 - 10                                                                                                            |
| Colinabo / Guisantes / Espá-<br>rragos                                            | 50 - 60                                                                                                                           | 15 - 20                                                                                                           |

Desecar alimentos - Aire caliente

Cubra las bandejas con papel vegetal o papel de hornear.

Para obtener mejores resultados, apague el horno a la mitad del tiempo de secado, abra la puerta y déjelo enfriar durante una noche para completar el secado.

Para 1 bandeja, use el tercer nivel.

Para 2 bandejas, use el primer y cuarto nivel.

VERDURAS

|  | °C      |  (h) |
|-------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------|
| Judías                                                                              | 60 - 70 | 6 - 8                                                                                   |
| Pimientos                                                                           | 60 - 70 | 5 - 6                                                                                   |
| Verduras para sopa                                                                  | 60 - 70 | 5 - 6                                                                                   |
| Setas                                                                               | 50 - 60 | 6 - 8                                                                                   |
| Hierbas                                                                             | 40 - 50 | 2 - 3                                                                                   |

FRUTA

Ajuste la temperatura a 60 - 70 °C.

|  | ⌚ (h)  |
|-----------------------------------------------------------------------------------|--------|
| Ciruelas                                                                          | 8 - 10 |
| Albaricoques                                                                      | 8 - 10 |
| Rodajas de manzana                                                                | 6 - 8  |
| Peras                                                                             | 6 - 9  |

Sonda térmica

VACUNO

|  | °C Temperatura interior del alimento |       |           |
|-----------------------------------------------------------------------------------|--------------------------------------|-------|-----------|
|                                                                                   | Poco hecho                           | Medio | Muy hecho |
| Rosbif                                                                            | 55                                   | 60    | 70        |
| Lomo                                                                              | 45                                   | 60    | 70        |

|  | °C Temperatura interior del alimento |          |           |
|-----------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                   | Menos                                | Al punto | Muy hecho |
| Pastel de carne                                                                   | 80                                   | 83       | 86        |

CERDO

|  | °C Temperatura interior del alimento |          |           |
|-----------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                   | Menos                                | Al punto | Muy hecho |
| Jamón / Asado                                                                     | 80                                   | 84       | 88        |
| Chuletas de costillar / Lomo de cerdo ahumado / Lomo de cerdo pochado             | 75                                   | 78       | 82        |

TERNERA

|  | °C Temperatura interior del alimento |          |           |
|-------------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                     | Menos                                | Al punto | Muy hecho |
| Ternera asada                                                                       | 75                                   | 80       | 85        |
| Codillo de ternera                                                                  | 85                                   | 88       | 90        |



CARNERO / CORDERO

|  | °C Temperatura interior del alimento |          |           |
|-----------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                   | Menos                                | Al punto | Muy hecho |
| Pata de carnero                                                                   | 80                                   | 85       | 88        |
| Costillar de carnero                                                              | 75                                   | 80       | 85        |
| Cordero asado / Pata de cordero                                                   | 65                                   | 70       | 75        |

CARNE DE CAZA

|  | °C Temperatura interior del alimento |          |           |
|-----------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                   | Menos                                | Al punto | Muy hecho |
| Costillar de liebre / Costillar de corzo                                          | 65                                   | 70       | 75        |
| Pata de liebre / Liebre entera / Pierna de corzo                                  | 70                                   | 75       | 80        |

AVES

|  | °C Temperatura interior del alimento |          |           |
|-----------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                   | Menos                                | Al punto | Muy hecho |
| Pollo                                                                             | 80                                   | 83       | 85        |
| Pato, medio/entero / Pavo, entero/pechuga                                         | 75                                   | 80       | 85        |
| Pato, pechuga                                                                     | 60                                   | 65       | 70        |

PESCADO (SALMÓN, TRUCHA, PERCA)

|  | °C Temperatura interior del alimento |          |           |
|-------------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                     | Menos                                | Al punto | Muy hecho |
| Pescado entero/grande/al vapor / Pescado entero/grande/asado                        | 60                                   | 64       | 68        |

CAZUELAS - VERDURAS PRECOCINADAS

|  | °C Temperatura interior del alimento |          |           |
|-------------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                     | Menos                                | Al punto | Muy hecho |
| Estofado de calabacín / Estofado de brécol / Estofado de hinojo                     | 85                                   | 88       | 91        |

CAZUELAS, ESTOFADOS

|  | °C Temperatura interior del alimento |          |           |
|-----------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                   | Menos                                | Al punto | Muy hecho |
| Canelones / Lasaña / Pastel de pasta                                              | 85                                   | 88       | 91        |

POSTRES EN CAZUELA

|     | °C Temperatura interior del alimento |          |           |
|--------------------------------------------------------------------------------------|--------------------------------------|----------|-----------|
|                                                                                      | Menos                                | Al punto | Muy hecho |
| Puding de pan blanco con / sin fruta / Arroz con leche con / sin fruta / Pasta dulce | 80                                   | 85       | 90        |

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Med reservation för ändringar.

Tillagningsrekommendationer

Temperatur och tillagningstid i tabellerna är endast för vägledning. Hur de ska väljas beror på recept och ingrediensernas kvalitet och mängd.

Ugnen kan baka eller steka annorlunda än din gamla ugn. Tabellerna nedan visar rekommenderade inställningar för temperatur, tillagningstid och hyllposition för specifika typer av mat.

Räkna hyllnivåerna nedifrån, från ugnens botten.

Om du inte kan hitta inställningarna för ett visst recept, leta efter ett liknande.

Symbolerna som används i tabellerna:

|                                                                                     |                        |
|-------------------------------------------------------------------------------------|------------------------|
|    | Typ av mat             |
|    | Tillagningsfunktion    |
|    | Temperatur             |
|  | Tillbehör              |
|  | Behållare (Gastronorm) |
|  | Vikt (kg)              |
|  | Ugnsnivå               |
|  | Tillagningstid (min)   |

Råd gällande särskilda tillagningsfunktioner för produkten

Varmhållning

Med den här funktionen kan du hålla maten varm. Temperaturen ställs automatiskt in på 80 °C.

Tallriksvärmning

Med den här funktionen kan du värma tallrikar och formar före servering. Temperaturen ställs automatiskt in på 70 °C.

Fördela tallrikar och formar jämnt på ugnsgallret. Använd den första ugnsnivån. Efter halva uppvärmningstiden kan du byta plats på dem.

Jäsning av deg

Med den här funktionen kan du jäsa bröd. Lägg brödet i en stor form. Använd den första ugnsnivån. Ställ in funktion: Jäsning av deg och tillagningstiden.

Upptining

Ta bort förpackningen och lägg maten på en tallrik. Täck inte maten eftersom det kan förlänga avfrostningstiden. Använd den första ugnsnivån.

Full ånga

Var försiktig när du öppnar ugnsluckan medan funktionen är på. Ånga kan strömma ut.

Med den här funktionen kan du:

- sterilisera behållare (t.ex. nappflaskor),
- förbereda alla typer av mat, färsk eller fryst.

Sterilisering

Placera de rena behållarna upp och ned i mitten av lådan på den första ugnsnivån.

Fyll på maximal mängd vatten i lådan och ställ in tiden på 40 minuter.

Tillagning

Kan användas för att tillaga, värma, tina, pochera eller förvälla grönsaker, kött, fisk, pasta, ris, gryn och ägg.

Du kan laga en måltid som består av flera rätter under en enda matlagningssession. För att alla rätter ska bli klara samtidigt, börja med maten som har den längsta tillagningstiden och sätt sedan igång med de andra rätterna vid tiden som anges i matlagningstabellerna

 Full ånga

Exempel: Den totala tiden för denna matlagningssession är 40 min. Sätt först i Kockt potatis, delad, efter 20 min tillsätt Laxfiléer och Broccoli, buketter efter 30 min .

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Kockt potatis, delad                                                                | 40                                                                                  |
| Laxfiléer                                                                           | 20                                                                                  |
| Broccoli, buketter                                                                  | 10                                                                                  |

Använd den största mängden vatten som krävs när du lagar mer än en rätt samtidigt.

Använd den andra ugnspositionen.

## GRÖNSAKER

Ställ in temperaturen på 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 8 - 10                                                                            | Broccoli, buketter, förvärm den tomma ugnen                                       |
| 10                                                                                | Skalade tomater                                                                   |
| 10 - 15                                                                           | Spenat, färsk                                                                     |
| 10 - 15                                                                           | Zucchini, skivor                                                                  |
| 15                                                                                | Grönsaker, blancherade                                                            |
| 15 - 20                                                                           | Svamp, skivor                                                                     |
| 15 - 20                                                                           | Paprika, strimlor                                                                 |
| 15 - 25                                                                           | Broccoli, hel                                                                     |
| 15 - 25                                                                           | Sparris, grön                                                                     |
| 15 - 25                                                                           | Auberginer                                                                        |
| 15 - 25                                                                           | Pumpa, kuber                                                                      |
| 15 - 25                                                                           | Tomater                                                                           |
| 20 - 25                                                                           | Bönor, blancherade                                                                |
| 20 - 25                                                                           | Värklynne, buketter                                                               |
| 20 - 25                                                                           | Savoykål                                                                          |
| 20 - 30                                                                           | Selleri, tärnad                                                                   |
| 20 - 30                                                                           | Purjolöksringar                                                                   |
| 20 - 30                                                                           | Ärtor                                                                             |
| 20 - 30                                                                           | Sockerärtor / Fylld paprika                                                       |
| 20 - 30                                                                           | Sötpotatis                                                                        |
| 20 - 30                                                                           | Fänkål                                                                            |
| 20 - 30                                                                           | Morötter                                                                          |
| 25 - 35                                                                           | Sparris, vit                                                                      |
| 25 - 35                                                                           | Brysselkål                                                                        |
| 25 - 35                                                                           | Blomkål, buketter                                                                 |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 25 - 35                                                                           | Kålrabbi, strimlor                                                                |
| 25 - 35                                                                           | Brytbönor                                                                         |
| 30 - 40                                                                           | Majskolv                                                                          |
| 35 - 45                                                                           | Svartrot                                                                          |
| 35 - 45                                                                           | Blomkål, hel                                                                      |
| 35 - 45                                                                           | Gröna bönor                                                                       |
| 40 - 45                                                                           | Rödkål eller vitkål, strimlad                                                     |
| 50 - 60                                                                           | Kronärtskocka                                                                     |
| 55 - 65                                                                           | Torkade bönor, blötlagda, vatten/bönor, förhållande 2:1                           |
| 60 - 90                                                                           | Surkål                                                                            |
| 70 - 90                                                                           | Rödbeta                                                                           |

## SMÅRÄTTER/TILLBEHÖR

Ställ in temperaturen på 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 15 - 20                                                                           | Couscous, vatten/couscous, förhållande 1:1                                        |
| 15 - 25                                                                           | Färs tagliatelle                                                                  |
| 20 - 25                                                                           | Semolinapudding, mjölk/gryn, förhållande 3,5:1                                    |
| 20 - 30                                                                           | Röda linser, vatten/linser, förhållande 1:1                                       |
| 25 - 30                                                                           | Spätzle                                                                           |
| 25 - 35                                                                           | Bulgur, vatten/bulgur, förhållande 1:1                                            |
| 25 - 35                                                                           | Jästdumplings                                                                     |
| 30 - 35                                                                           | Doftande ris, vatten/ris, förhållande 1:1                                         |
| 30 - 40                                                                           | Kokt potatis, delad                                                               |
| 35 - 45                                                                           | Bröddumpling                                                                      |
| 35 - 45                                                                           | Potatisdumplings                                                                  |

|  |                    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 35 - 45                                                                           | Ris, vatten/ris, förhållande 1:1; förhållandet mellan vatten och ris kan variera beroende på ristyp |
| 40 - 50                                                                           | Polenta, vätskeförhållande 3:1                                                                      |
| 40 - 55                                                                           | Risgrynspudding, mjölk/ris, förhållande 2,5:1                                                       |
| 45 - 55                                                                           | Oskalade potatisar, medium                                                                          |
| 55 - 60                                                                           | Bruna eller gröna linser, vatten/linser, förhållande 2:1                                            |

## FRUKT

Ställ in temperaturen på 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 15                                                                           | Äppelskivor                                                                       |
| 10 - 15                                                                           | Varma bär                                                                         |
| 10 - 20                                                                           | Smälta choklad                                                                    |
| 20 - 25                                                                           | Fruktkompott                                                                      |

## FISK

|  |  | °C      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------|
| 15 - 20                                                                           | Tunn fiskfilé                                                                     | 75 - 80 |
| 20 - 25                                                                           | Räkor, färska                                                                     | 75 - 85 |
| 20 - 30                                                                           | Musslor                                                                           | 100     |
| 20 - 30                                                                           | Laxfiléer                                                                         | 85      |
| 20 - 30                                                                           | Öring, 0,25 kg                                                                    | 85      |
| 30 - 40                                                                           | Räkor, frysta                                                                     | 75 - 85 |
| 40 - 45                                                                           | Laxforell 1. kg                                                                   | 85      |

## KÖTT

|  |  | °C |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----|
| 15 - 20                                                                             | Chipolata                                                                           | 80 |
| 20 - 30                                                                             | Bayersk kalvkorv / Vit korv                                                         | 80 |
| 20 - 30                                                                             | Wienerkorv                                                                          | 80 |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 25 - 35                                                                           | Pocherat kycklingbröst                                                            | 90  |
| 55 - 65                                                                           | Kokt skinka 1. kg                                                                 | 100 |
| 60 - 70                                                                           | Pocherad kyckling, 1–1,2 kg                                                       | 100 |
| 70 - 90                                                                           | Kassler, pocherad                                                                 | 90  |
| 80 - 90                                                                           | Kalv / Fläskkarré, 0,8–1 kg                                                       | 90  |
| 110 - 120                                                                         | Tafelspitz                                                                        | 100 |

ÄGG  
Ställ in temperaturen på 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10 - 11                                                                           | Ägg, löskokta                                                                     |
| 12 - 13                                                                           | Ägg, medelkokta                                                                   |
| 18 - 21                                                                           | Ägg, hårdkokta                                                                    |

**Kombinera funktioner: Varmluftsgrillning + Full ånga**

Du kan kombinera dessa funktioner för att laga kött, grönsaker och smårätter på en gång.

1. Ställ in funktionen: Varmluftsgrillning för att steka kött.
2. Tillsätt grönsakerna och smårätterna.
3. Sänk ugnstemperaturen till cirka 90 °C. Du kan öppna ugnsluckan till det första läget i cirka 15 minuter.
4. Ställ in funktionen: Full ånga. Tillaga allt tillsammans tills det är klart.

Använd den första ugnsnivån för kött och den tredje för grönsaker. Placera köttet direkt på bakplåten.

|  |  Varmluftsgrillning<br>Första steget: tillaga kött |                                                                                     |  Full ånga<br>Andra steget: tillsätt grönsaker |                                                                                     |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                     | °C                                                                                                                                    |  | °C                                                                                                                                |  |
| Rostbiff, 1 kg /<br>Brysselkål, po-<br>lenta                                        | 180                                                                                                                                   | 60 - 70                                                                             | 100                                                                                                                               | 40 - 50                                                                             |
| Fläskstek, 1 kg /<br>Potatis / Grön-<br>saker, sås                                  | 180                                                                                                                                   | 60 - 70                                                                             | 100                                                                                                                               | 30 - 40                                                                             |



|  |  Varmluftsgrillning<br>Första steget: tillaga kött |                                                                                   |  Full ånga<br>Andra steget: tillsatt grönsaker |                                                                                   |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                   | °C                                                                                                                                  |  | °C                                                                                                                              |  |
| Kalvstek, 1 kg /<br>Ris / Grönsaker                                               | 180                                                                                                                                 | 50 - 60                                                                           | 100                                                                                                                             | 30 - 40                                                                           |

Fuktighet, hög

Använd den andra ugnspositionen.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Vaniljkräm / Paj i små formar                                                     | 90        | 35 - 45                                                                           |
| Ugnstekta ägg                                                                     | 90 - 110  | 15 - 30                                                                           |
| Terriner                                                                          | 90        | 40 - 50                                                                           |
| Tunn fiskfilé                                                                     | 85        | 15 - 25                                                                           |
| Tjock fiskfilé                                                                    | 90        | 25 - 35                                                                           |
| Liten fisk, upp till 0,35 kg                                                      | 90        | 20 - 30                                                                           |
| Hel fisk, upp till 1 kg                                                           | 90        | 30 - 40                                                                           |
| Dumplings                                                                         | 120 - 130 | 40 - 50                                                                           |

Fuktighet, låg

Använd den första ugnsnivån, såvida inget annat anges.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Förgräddade bullar                                                                  | 200       | 20 - 30                                                                             |
| Förgräddade baguetter, 40–50 g                                                      | 200       | 15 - 20                                                                             |
| Förgräddade baguetter, frysta, 40–50 g                                              | 200       | 25 - 35                                                                             |
| Rå köttfärslimpa, 0,5 kg                                                            | 180       | 30 - 40                                                                             |
| Makaronpudding                                                                      | 170 - 190 | 40 - 50                                                                             |
| Lasagne                                                                             | 170 - 180 | 45 - 55                                                                             |
| Bröd, 0,5–1 g                                                                       | 180 - 190 | 45 - 60                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Potatisgratäng                                                                    | 160 - 170 | 50 - 60                                                                           |
| Kyckling1. g                                                                      | 180 - 210 | 50 - 60                                                                           |
| Rökt fläskkarré, 0,6–1 g, låt ligga i blöt i 2 timmar                             | 160 - 180 | 60 - 70                                                                           |
| Rostbiff1. g                                                                      | 180 - 200 | 60 - 90                                                                           |
| Anka, 1,5–2 g                                                                     | 180       | 70 - 90                                                                           |
| Kalvstek1. g                                                                      | 180       | 80 - 90                                                                           |
| Fläskstek1. g                                                                     | 160 - 180 | 90 - 100                                                                          |
| Gås, 3 g, använd den första ugnsnivån                                             | 170       | 130 - 170                                                                         |

Uppvärmning med ånga

Använd den andra ugnspositionen.

|  | °C  |  |
|-----------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------|
| Portionsrätter                                                                    | 110 | 10 - 15                                                                           |
| Pasta                                                                             | 110 | 10 - 15                                                                           |
| Ris                                                                               | 110 | 10 - 15                                                                           |
| Dumplings                                                                         | 110 | 15 - 25                                                                           |

EasySteam

Ånga för ångkokning  
GRÖNSAKER

Använd den andra ugnspositionen.

Ställ in maxtemperaturen på 100 °C.

|  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 8-10                                                                                | Broccoli, buketter, förvärm den tomma ugnen                                         |
| 10                                                                                  | Skalade tomater                                                                     |
| 10-15                                                                               | Spenat, färsk                                                                       |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Zucchini, skivor                                                                  |
| 15                                                                                | Grönsaker, blancherade                                                            |
| 15-20                                                                             | Paprika, strimlor                                                                 |
| 15-20                                                                             | Svamp, skivor                                                                     |
| 15-25                                                                             | Auberginer                                                                        |
| 15-25                                                                             | Blomkål, hel                                                                      |
| 15-25                                                                             | Broccoli, hel                                                                     |
| 15-25                                                                             | Sparris, grön                                                                     |
| 15-25                                                                             | Tomater                                                                           |
| 15-25                                                                             | Pumpa, kuber                                                                      |
| 20-25                                                                             | Vårklynne, buketter                                                               |
| 20-25                                                                             | Savoykål                                                                          |
| 20-25                                                                             | Bönor, blancherade                                                                |
| 20-30                                                                             | Sötpotatis                                                                        |
| 20-30                                                                             | Ärtor                                                                             |
| 20-30                                                                             | Fänkål                                                                            |
| 20-30                                                                             | Morötter                                                                          |
| 20-30                                                                             | Purjolöksringar                                                                   |
| 20-30                                                                             | Selleri, tärnad                                                                   |
| 20-30                                                                             | Sockerärtor                                                                       |
| 25-35                                                                             | Blomkål, buketter                                                                 |
| 25-35                                                                             | Kålrabbi, strimlor                                                                |
| 25-35                                                                             | Brysselkål                                                                        |
| 25-35                                                                             | Sparris, vit                                                                      |
| 25-35                                                                             | Brytbönor                                                                         |
| 30-40                                                                             | Majskolv                                                                          |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 35-45                                                                             | Gröna bönor                                                                       |
| 35-45                                                                             | Svartrot                                                                          |
| 40-45                                                                             | Rödkål eller vitkål, strimlad                                                     |
| 50 - 60                                                                           | Kronärtskocka                                                                     |
| 55-65                                                                             | Torkade bönor, blötlagda                                                          |
| 60-90                                                                             | Surkål                                                                            |
| 70-90                                                                             | Rödbeta                                                                           |

## SMÅRÄTTER/TILLBEHÖR

Ställ in maxtemperaturen på 100 °C.

|  |                  |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 15-20                                                                             | Couscous, vatten/couscous, förhållande 1:1                                                        |
| 15-25                                                                             | Färsk tagliatelle                                                                                 |
| 20-25                                                                             | Semolinapudding, mjölk/gryn, förhållande 3:5:1                                                    |
| 20-30                                                                             | Röda linser, vatten/linser, förhållande 1:1                                                       |
| 25-30                                                                             | Spätzle                                                                                           |
| 25-35                                                                             | Bulgur, vatten/bulgur, förhållande 1:1                                                            |
| 25-35                                                                             | Jästdumplings                                                                                     |
| 30-35                                                                             | Doftande ris, vatten/ris, förhållande 1:1                                                         |
| 30-40                                                                             | Kokt potatis, delad                                                                               |
| 35-45                                                                             | Potatisdumplings                                                                                  |
| 35-45                                                                             | Vatten- och risproportion 1:1, förhållandet mellan vatten och ris kan variera beroende på ristyp. |
| 35-45                                                                             | Bröddumpling                                                                                      |
| 40-50                                                                             | Polenta, vätskeförhållande 3:1                                                                    |
| 40-55                                                                             | Risgrynspudding, mjölk/ris, förhållande 2,5:1                                                     |
| 45-55                                                                             | Oskalade potatisar, medium                                                                        |

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 55-60                                                                             | Bruna eller gröna linser, vatten/linser, förhållande 2:1                          |

FRUKT  
Ställ in temperaturen på 100 °C.

|  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 10-15                                                                             | Äppelskivor                                                                       |
| 10-15                                                                             | Varma bär                                                                         |
| 10-20                                                                             | Smälta choklad                                                                    |
| 20-25                                                                             | Fruktkompott                                                                      |

FISK

|  |  | °C    |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------|
| 15-20                                                                             | Tunn fiskfilé                                                                     | 75-80 |
| 20-25                                                                             | Räkor, färska                                                                     | 75-85 |
| 20-30                                                                             | Tjock fiskfilé                                                                    | 75-85 |
| 20-30                                                                             | Öring, 0,25 kg                                                                    | 75-85 |
| 20-30                                                                             | Musslor                                                                           | 100   |
| 30-40                                                                             | Räkor, frysta                                                                     | 75-85 |

KÖTT

|  |  | °C  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 15-20                                                                               | Chipolata                                                                           | 80  |
| 20-30                                                                               | Bayersk kalvkorv<br>/ Vit korv                                                      | 80  |
| 20-30                                                                               | Wienerkorv                                                                          | 80  |
| 25-35                                                                               | Pocherat kycklingbröst                                                              | 90  |
| 55-65                                                                               | Kokt skinka 1. kg                                                                   | 100 |
| 60-70                                                                               | Pocherad kyckling, 1–1,2 kg                                                         | 100 |
| 70-90                                                                               | Kassler, pocherad                                                                   | 90  |
| 80-90                                                                               | Kalv / Fläskkarré, 0,8–1 kg                                                         | 90  |

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 110-120                                                                           | Tafelspitz                                                                        | 100 |

**ÄGG**

|  |  | °C  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10-11                                                                             | Ägg, löskokta                                                                     | 100 |
| 12-13                                                                             | Ägg, medelkokta                                                                   | 100 |
| 18-21                                                                             | Ägg, hårdkokta                                                                    | 100 |
| 35-45                                                                             | Vaniljkräm / Brylépudding                                                         | 85  |
| 40-50                                                                             | Terriner                                                                          | 85  |

**Ånga för stuvning**

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Ugnstekta ägg                                                                     | 110       |
| 20 - 30                                                                           | Hel fisk, upp till 1 kg                                                           | 120 - 130 |
| 40 - 50                                                                           | Dumplings                                                                         | 120 - 130 |
| 50 - 60                                                                           | Stuvad / Bräserad fisk                                                            | 130       |
| 60 - 90                                                                           | Stuvad / Bräserad kyckling                                                        | 130       |
| 100 - 140                                                                         | Stuvad / Bräserat kött                                                            | 130       |

**Ånga för lätt bryning**

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 20 - 40                                                                             | Fiskgratäng                                                                         | 150       |
| 35 - 50                                                                             | Fyllda grönsaker                                                                    | 150       |
| 35 - 45                                                                             | Makaronipudding / Ugnsrätter                                                        | 150       |
| 40 - 50                                                                             | Lasagne                                                                             | 150       |
| 60 - 70                                                                             | Potatisgratäng                                                                      | 150       |
| 75 - 100                                                                            | Revbensspjäll                                                                       | 140 - 150 |

## Ånga för bakning och stekning

|  |  | °C        |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|
| 15 - 20                                                                           | Förgräddade baguetter, 0,04–0,05 kg                                               | 200       |
| 15 - 25                                                                           | Småkakor                                                                          | 155-170   |
| 20 - 35                                                                           | Söta bakverk på jästdeg                                                           | 170 - 180 |
| 25 - 35                                                                           | Förgräddade baguetter, frysta, 0,04–0,05 kg                                       | 200       |
| 25 - 35                                                                           | Frallor                                                                           | 180 - 200 |
| 25 - 40                                                                           | Stekt fiskfilé                                                                    | 170 - 180 |
| 30 - 40                                                                           | Köttfärslimpa, 0,5 kg                                                             | 180       |
| 30 - 40                                                                           | Ugnsstekta rätter                                                                 | 160       |
| 30 - 40                                                                           | Omelett                                                                           | 160-170   |
| 30 - 45                                                                           | Sött bröd                                                                         | 160 - 170 |
| 35 - 45                                                                           | Stekt fisk                                                                        | 170 - 180 |
| 45 - 60                                                                           | Olika sorters bröd, 0,5–1 kg                                                      | 180 - 190 |
| 45 - 60                                                                           | Söta rätter                                                                       | 160 - 180 |
| 50 - 60                                                                           | Kyckling, 1 kg                                                                    | 180-210   |
| 60 - 70                                                                           | Fläskkarré, rökt, 0,6–1 kg                                                        | 160-180   |
| 60 - 90                                                                           | Rostbiff 1. kg                                                                    | 180-200   |
| 70 - 90                                                                           | Anka, 1,5–2 kg                                                                    | 180       |
| 80 - 90                                                                           | Kalvstek 1. kg                                                                    | 180       |
| 90 - 100                                                                          | Fläskstek 1. kg                                                                   | 160-180   |

Använd den första ugnsnivån.

|  |  | °C        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|
| 15-30                                                                               | Pizza / Focaccia                                                                    | 190 - 210 |
| 30-45                                                                               | Smördegskakor / Smörgåstårter / Frallor                                             | 155 - 180 |
| 45-60                                                                               | Mördeg                                                                              | 155 - 170 |

|                                                                                   |                                                                                   |     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
|  |  | °C  |
| 130-170                                                                           | Gås, 3 kg                                                                         | 170 |

**Bakning**

För första gräddningen, använd den lägre temperaturen.

Du kan förlänga gräddningstiden med 10–15 minuter om du bakar på mer än en nivå.

Bakverk på olika nivåer kan variera i färg. Du behöver inte ändra temperaturen om de blir olika bruna. Detta jämnar ut sig under bakningen.

Plåtarna i ugnen kan förvrängas under bakningen. När plåtarna kallnar igen återfår de sin normala form.

**Tips för bakning**

| Bakresultat                                             | Möjlig orsak                                                 | Lösning                                                            |
|---------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------|
| Kakans botten är inte tillräckligt gräddad.             | Ugnsnivån är fel.                                            | Ställ kakan på en lägre ugnsnivå.                                  |
| Kakan faller ihop och blir degig eller får vattnränder. | Ugnstemperaturen är för hög.                                 | Ställ in något lägre ugnstemperatur nästa gång.                    |
|                                                         | Ugnstemperaturen är för hög och gräddningstiden är för kort. | Ställ in längre gräddningstid och lägre ugnstemperatur nästa gång. |
| Kakan är för torr.                                      | Ugnstemperaturen är för låg.                                 | Ställ in högre ugnstemperatur nästa gång.                          |
|                                                         | För lång gräddningstid.                                      | Ställ in kortare gräddningstid nästa gång.                         |
| Kakan blir ojämn.                                       | Ugnstemperaturen är för hög och gräddningstiden är för kort. | Ställ in längre gräddningstid och lägre ugnstemperatur nästa gång. |
|                                                         | Kaksmeten har inte fördelats jämnt.                          | Fördela smeten jämnare på bakplåten nästa gång.                    |
| Kakan blir inte klar på tiden som anges i receptet.     | Ugnstemperaturen är för låg.                                 | Ställ in något högre ugnstemperatur nästa gång.                    |



Bakning på en ugnsnivå

BAKA I FORMAR

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Sockerkaka / Brioche                                                              | Varmluft                                                                          | 150 - 160 | 50 - 70                                                                           | 1                                                                                 |
| Madeirakaka / Fruktkaka                                                           | Varmluft                                                                          | 140 - 160 | 70 - 90                                                                           | 1                                                                                 |
| Tårtbotten, förvärm den tomma ugnen                                               | Varmluft                                                                          | 150 - 160 | 20 - 30                                                                           | 2                                                                                 |
| Tårtbotten av sockerkakssmet                                                      | Varmluft                                                                          | 150 - 170 | 20 - 25                                                                           | 2                                                                                 |
| Cheesecake                                                                        | Över-/undervärme                                                                  | 170 - 190 | 60 - 90                                                                           | 1                                                                                 |

KAKOR/BAKVERK/BRÖD PÅ BAKPLÅTAR  
Förvärm den tomma ugnen, såvida inget annat anges.

|  |  | °C             |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Veteflata / Matbröd, ingen förvärmning behövs                                     | Över-/undervärme                                                                  | 170 - 190      | 30 - 40                                                                           | 3                                                                                 |
| Christstollen                                                                     | Över-/undervärme                                                                  | 160 - 180      | 50 - 70                                                                           | 2                                                                                 |
| Rågbröd:                                                                          | Över-/undervärme                                                                  | först: 230     | 20                                                                                | 1                                                                                 |
|                                                                                   |                                                                                   | sedan: 160–180 | 30 - 60                                                                           |                                                                                   |
| Petits-choux med fyllning / Bakelser                                              | Över-/undervärme                                                                  | 190 - 210      | 20 - 35                                                                           | 3                                                                                 |
| Rulltårta,                                                                        | Över-/undervärme                                                                  | 180 - 200      | 10 - 20                                                                           | 3                                                                                 |
| Kaka med smörgestopping, ingen förvärmning behövs                                 | Varmluft                                                                          | 150 - 160      | 20 - 40                                                                           | 3                                                                                 |
| Mandelsockerkaka / Småkakor                                                       | Över-/undervärme                                                                  | 190 - 210      | 20 - 30                                                                           | 3                                                                                 |

|  |  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Fruktpaj, ingen förvärmning behövs                                                | Över-/undervärme                                                                  | 180       | 35 - 55                                                                           | 3                                                                                 |
| Jästkaka med läcker fyllning (t.ex. kvarg, grädde, kräm)                          | Över-/undervärme                                                                  | 160 - 180 | 40 - 60                                                                           | 3                                                                                 |

## SMÅKAKOR

Använd den tredje ugnspositionen.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Mördegkakor / Sockerkakssmet                                                      | Varmluft                                                                          | 150 - 160 | 15 - 25                                                                           |
| Maränger                                                                          | Varmluft                                                                          | 80 - 100  | 120 - 150                                                                         |
| Macaroons                                                                         | Varmluft                                                                          | 100 - 120 | 30 - 50                                                                           |
| Kakor med jäst                                                                    | Varmluft                                                                          | 150 - 160 | 20 - 40                                                                           |
| Smördegkakor, förvärm den tomma ugnen                                             | Varmluft                                                                          | 170 - 180 | 20 - 30                                                                           |
| Frallor, förvärm den tomma ugnen                                                  | Över-/undervärme                                                                  | 190 - 210 | 10 - 25                                                                           |

## Bakverk och gratänger

Använd den första ugnsnivån.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Makaronpudding                                                                      | Över-/undervärme                                                                    | 180 - 200 | 45 - 60                                                                             |
| Lasagne                                                                             | Över-/undervärme                                                                    | 180 - 200 | 25 - 40                                                                             |
| Grönsaksgratäng, förvärm den tomma ugnen                                            | Varmluftsgrellning                                                                  | 170 - 190 | 15 - 35                                                                             |
| Baguette med smält ost                                                              | Varmluft                                                                            | 160 - 170 | 15 - 30                                                                             |
| Mjölkris                                                                            | Över-/undervärme                                                                    | 180 - 200 | 40 - 60                                                                             |
| Fiskpudding                                                                         | Över-/undervärme                                                                    | 180 - 200 | 30 - 60                                                                             |

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Fyllda grönsaker                                                                  | Varmluft                                                                          | 160 - 170 | 30 - 60                                                                           |

## Bakning på flera ugnsnivåer

Använd funktionen: Varmluft.

För två plåtar, använd den första och den fjärde ugnsnivån.

KAKOR/BAKVERK/BRÖD PÅ BAKPLÅTAR

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Petits-choux med fyllning / Bakelser, förvärm den tomma ugnen                     | 160 - 180 | 25 - 45                                                                           |
| Torr strösselkaka                                                                 | 150 - 160 | 30 - 45                                                                           |

SMÅKAKOR

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Mördegskex                                                                        | 140       | 25 - 45                                                                           |
| Marängar                                                                          | 80 - 100  | 130 - 170                                                                         |
| Macaroons                                                                         | 100 - 120 | 40 - 80                                                                           |
| Kakor med jäst                                                                    | 160 - 170 | 30 - 60                                                                           |
| Smördegskakor, förvärm den tomma ugnen                                            | 170 - 180 | 30 - 50                                                                           |
| Frallor                                                                           | 180       | 20 - 30                                                                           |

## Tips för ugnstekning

Använd värmebeständiga ugnsformar.

Stek magert kött övertäckt (t.ex. med aluminiumfolie).

Stek stora bitar av kött direkt på plåten.

Häll lite vatten på plåten för att förhindra att droppande fett bränner fast.

Vänd steken efter 1/2–2/3 av tillagningstiden.

Stek kött och fisk i stora bitar (1 kg eller mer).

Om den nedersta nivån föreslås, placera maten direkt på bakplåten

Ös köttet med sin egen köttsaft flera gånger under stekningen.

Ugnstekning

Använd den första ugnsnivån.

NÖT

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Grytstek                                                                          | 1 - 1.5                                                                           | Över-/under-<br>värme                                                             | 230       | 120 - 150                                                                         |
| Rostbiff eller filé,<br>rare, förvärm den<br>tomma ugnen                          | 1 cm tjock                                                                        | Varmluftsgrill-<br>ning                                                           | 190 - 200 | 5 - 6                                                                             |
| Rostbiff eller filé,<br>medium, förvärm<br>den tomma ugnen                        | 1 cm tjock                                                                        | Varmluftsgrill-<br>ning                                                           | 180 - 190 | 6 - 8                                                                             |
| Rostbiff eller filé,<br>well done, förvärm<br>den tomma ugnen                     | 1 cm tjock                                                                        | Varmluftsgrill-<br>ning                                                           | 170 - 180 | 8 - 10                                                                            |

FLÄSK

Använd funktionen: Varmluftsgrillning.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Bog / Hals / Skinkstek                                                            | 1 - 1.5                                                                           | 150 - 170 | 90 - 120                                                                          |
| Kotletter / Revbensspjäll                                                         | 1 - 1.5                                                                           | 170 - 190 | 30 - 60                                                                           |
| Köttfärslimpa                                                                     | 0.75 - 1                                                                          | 160 - 170 | 50 - 60                                                                           |
| Fläsklägg, förkokt                                                                | 0.75 - 1                                                                          | 150 - 170 | 90 - 120                                                                          |

KALV

Använd funktionen: Varmluftsgrillning.

|  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Kalvstek                                                                            | 1                                                                                   | 160 - 180 | 90 - 120                                                                            |
| Kalvlägg                                                                            | 1.5 - 2                                                                             | 160 - 180 | 120 - 150                                                                           |

LAMM

Använd funktionen: Varmluftsgrillning.

|  |  | °C<br>(°C) |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------|-----------------------------------------------------------------------------------|
| Lammlägg / Lammstek                                                               | 1 - 1.5                                                                           | 150 - 170  | 100 - 120                                                                         |
| Lamm, sadel                                                                       | 1 - 1.5                                                                           | 160 - 180  | 40 - 60                                                                           |

VILT

|  |  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|
| Sadel / Harlägg, förvärm den tomma ugnen                                          | 1                                                                                 | Varmluftsgrillning                                                                | 180 - 200 | 35 - 55                                                                            |
| Rådjur, sadel                                                                     | 1.5 - 2                                                                           | Över-/undervärme                                                                  | 180 - 200 | 60 - 90                                                                            |
| Rådjursbog                                                                        | 1.5 - 2                                                                           | Över-/undervärme                                                                  | 180 - 200 | 60 - 90                                                                            |

FÅGEL

Använd funktionen: Varmluftsgrillning.

|  |  | °C        |  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Bitar av fågel                                                                    | 0.2 - 0.25                                                                        | 200 - 220 | 30 - 50                                                                           |
| Halv kyckling                                                                     | 0.4 - 0.5                                                                         | 190 - 210 | 40 - 50                                                                           |
| Kycklingbitar                                                                     | 1 - 1.5                                                                           | 190 - 210 | 50 - 70                                                                           |
| Anka                                                                              | 1.5 - 2                                                                           | 180 - 200 | 80 - 100                                                                          |
| Gås                                                                               | 3.5 - 5                                                                           | 160 - 180 | 120 - 180                                                                         |
| Kalkon                                                                            | 2.5 - 3.5                                                                         | 160 - 180 | 120 - 150                                                                         |
| Kalkon                                                                            | 4 - 6                                                                             | 140 - 160 | 150 - 240                                                                         |

FISK

|  |  |  | °C        |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Hel fisk                                                                            | 1 - 1.5                                                                             | Varmluftsgrillning                                                                  | 180 - 200 | 30 - 50                                                                             |

Brödbakning

Förvärmning rekommenderas inte.

Använd den andra ugnspositionen.

BRÖD

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Franskröd                                                                         | 170 - 190 | 40 - 60                                                                           |
| Baguette                                                                          | 200 - 220 | 35 - 45                                                                           |
| Brioche                                                                           | 180 - 200 | 40 - 60                                                                           |
| Ciabatta                                                                          | 200 - 220 | 35 - 45                                                                           |
| Rågröd                                                                            | 170 - 190 | 50 - 70                                                                           |
| Fullkornsbröd                                                                     | 170 - 190 | 50 - 70                                                                           |
| Fullkornsbröd                                                                     | 170 - 190 | 40 - 60                                                                           |
| Frallor                                                                           | 190 - 210 | 20 - 35                                                                           |

Knaprig bakning med Pizza/Paj

PIZZA  
Använd den första ugnsnivån.

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Pajer                                                                             | 180 - 200 | 40 - 55                                                                           |
| Spenatpaj                                                                         | 160 - 180 | 45 - 60                                                                           |
| Quiche lorraine / Schweizisk bakelse                                              | 170 - 190 | 45 - 55                                                                           |
| Täckt äppelpaj                                                                    | 150 - 170 | 50 - 60                                                                           |

PIZZA  
Förvärm den tomma ugnen före tillagning.  
Använd den andra ugnspositionen.

|  | °C        |  |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| Pizza med tunn botten, använd ugnformen                                             | 210 - 230 | 15 - 25                                                                             |
| Tjockbottnad pizza                                                                  | 180 - 200 | 20 - 30                                                                             |
| Osyrt Bröd                                                                          | 210 - 230 | 10 - 20                                                                             |
| Smördegspaj                                                                         | 160 - 180 | 45 - 55                                                                             |

|  | °C        |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| Flammkuchen                                                                       | 210 - 230 | 15 - 25                                                                           |
| Piroger                                                                           | 180 - 200 | 15 - 25                                                                           |
| Grönsakspaj                                                                       | 160 - 180 | 50 - 60                                                                           |

## Grill

Förvärm den tomma ugnen före tillagning.

Grilla endast tunna bitar av kött eller fisk.

Placera en form på den första ugnsnivån för att samla upp fett.

GRILL

|  | °C        | <br>Första sidan | <br>Andra sidan |  |
|-----------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Oxfile                                                                            | 230       | 20 - 30                                                                                           | 20 - 30                                                                                          | 3                                                                                 |
| Fläskkarré                                                                        | 210 - 230 | 30 - 40                                                                                           | 30 - 40                                                                                          | 2                                                                                 |
| Lamm, sadel                                                                       | 210 - 230 | 25 - 35                                                                                           | 20 - 25                                                                                          | 3                                                                                 |

## Långsam tillagning

Med den här funktionen kan du tillaga mörkt kött och fisk. Detta gäller inte för: fågel, fläskstek med svål, skinkstek.

1. Bryn köttet i 1–2 minuter på varje sida på hög värme.
2. Om den tredje ugnsnivån rekommenderas, placera maten direkt på gallret. Placera en plåt/ugnsform på den första ugnsnivån för att samla upp fett.  
Om den nedersta ugnsnivån rekommenderas, placera maten direkt på plåten.  
Tillaga alltid utan lock när du använder den här funktionen.
3. Använd: Matlagningstermometer.  
Ställ in temperaturen på 120 °C.

|  |  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Biffar                                                                              | 0.2 - 0.3                                                                           | 20 - 40                                                                             | 3                                                                                   |
| File eller biff                                                                     | 1 - 1.5                                                                             | 90 - 150                                                                            | 3                                                                                   |
| Rostbiff                                                                            | 1 - 1.5                                                                             | 120 - 150                                                                           | 1                                                                                   |
| Kalvstek                                                                            | 1 - 1.5                                                                             | 120 - 150                                                                           | 1                                                                                   |

## Fryst mat

|  | °C        |  |  |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Fryst pizza                                                                       | 200 - 220 | 15 - 25                                                                           | 2                                                                                 |
| Fryst panpizza                                                                    | 190 - 210 | 20 - 25                                                                           | 2                                                                                 |
| Kyld pizza                                                                        | 210 - 230 | 13 - 25                                                                           | 2                                                                                 |
| Fryst portionspizza                                                               | 180 - 200 | 15 - 30                                                                           | 2                                                                                 |
| Pommes frites, tunna                                                              | 190 - 210 | 15 - 25                                                                           | 3                                                                                 |
| Pommes frites, tjocka                                                             | 190 - 210 | 20 - 30                                                                           | 3                                                                                 |
| Klyftor / Kroketter                                                               | 190 - 210 | 20 - 40                                                                           | 3                                                                                 |
| Rösti                                                                             | 210 - 230 | 20 - 30                                                                           | 3                                                                                 |
| Lasagne / Cannelloni, färsk                                                       | 170 - 190 | 35 - 45                                                                           | 2                                                                                 |
| Lasagne / Cannelloni, fryst                                                       | 160 - 180 | 40 - 60                                                                           | 2                                                                                 |
| Ugnsbakad ost                                                                     | 170 - 190 | 20 - 30                                                                           | 3                                                                                 |
| Kycklingvingar                                                                    | 180 - 200 | 40 - 50                                                                           | 2                                                                                 |

## Konservering

Använd funktionen Undervärme.

Använd endast konservburkar med samma mått som finns på marknaden.

Använd inte burkar med skruvlock eller metallformar.

Använd den första ugnsnivån.

Ställ inte fler än sex enlitersburkar på bakplåten.

Fyll burkarna jämnt och stäng med en klämma.

Burkarna får inte vidröra varandra.

Häll ca 1/2 liter vatten på bakplåten för att ge tillräcklig fukt i ugnen.

När vätskan i burkarna börjar sjuda (efter cirka 35–60 minuter med enlitersburkar), stäng av ugnen eller sänk temperaturen till 100 °C (se tabellen).

Ställ in temperaturen på 160–170 °C.



MJUK FRUKT

|  | <br>Tillagningstid tills det börjar sjuda |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| Jordgubbar / Blåbär / Hallon / Mogna krusbär                                      | 35 - 45                                                                                                                    |

STENFRUKT

|  | <br>Tillagningstid tills det börjar sjuda | <br>Fortsätt tillaga vid 100 °C |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Persikor / Kvitten / Plommon                                                      | 35 - 45                                                                                                                    | 10 - 15                                                                                                          |

GRÖNSAKER

|  | <br>Tillagningstid tills det börjar sjuda | <br>Fortsätt tillaga vid 100 °C |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Morötter                                                                          | 50 - 60                                                                                                                    | 5 - 10                                                                                                           |
| Gurka                                                                             | 50 - 60                                                                                                                    | -                                                                                                                |
| Blandade inlagda grönsaker                                                        | 50 - 60                                                                                                                    | 5 - 10                                                                                                           |
| Kålrabbi / Ärtor / Sparris                                                        | 50 - 60                                                                                                                    | 15 - 20                                                                                                          |

Torkning - Varmluft

Täck plåten med smörpapper eller bakplåtspapper.

För bästa resultat, stäng av ugnen efter halva torktiden, öppna luckan och låt den svalna och torka över natten.

För en plåt, använd den tredje ugnsnivån.

För två plåtar, använd den första och den fjärde ugnsnivån.

GRÖNSAKER

|  | °C      |  (t) |
|-------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------|
| Bönor                                                                               | 60 - 70 | 6 - 8                                                                                   |
| Paprika                                                                             | 60 - 70 | 5 - 6                                                                                   |
| Soppgrönsaker                                                                       | 60 - 70 | 5 - 6                                                                                   |
| Svamp                                                                               | 50 - 60 | 6 - 8                                                                                   |

|  | °C      | ⌚ (t) |
|-----------------------------------------------------------------------------------|---------|-------|
| Örter                                                                             | 40 - 50 | 2 - 3 |

FRUKT  
Ställ in temperaturen på 60–70 °C.

|  | ⌚ (t)  |
|-----------------------------------------------------------------------------------|--------|
| Plommon                                                                           | 8 - 10 |
| Aprikoser                                                                         | 8 - 10 |
| Äppelskivor                                                                       | 6 - 8  |
| Päron                                                                             | 6 - 9  |

Matlagningstermometer

NÖT

|  | °C Tillagningstemperatur |        |           |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----------|
|                                                                                   | Rare                     | Medium | Well Done |
| Rostbiff                                                                          | 55                       | 60     | 70        |
| Ryggbiff                                                                          | 45                       | 60     | 70        |

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Köttfärslimpa                                                                     | 80                       | 83     | 86  |

FLÄSK

|  | °C Tillagningstemperatur |        |     |
|-------------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                     | Mindre                   | Medium | Mer |
| Skinka / Stek                                                                       | 80                       | 84     | 88  |
| Sadelkotlett / Rökt fläskkarré / Po-<br>cherad fläskkarré                           | 75                       | 78     | 82  |

KALV

|  | °C Tillagningstemperatur |        |     |
|-------------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                     | Mindre                   | Medium | Mer |
| Kalvstek                                                                            | 75                       | 80     | 85  |

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Kärllägg                                                                          | 85                       | 88     | 90  |

FÅR/LAMM

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Fårlägg                                                                           | 80                       | 85     | 88  |
| Fårsadel                                                                          | 75                       | 80     | 85  |
| Lammstek / Lammlägg                                                               | 65                       | 70     | 75  |

VILT

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Harsadel / Rådjur, sadel                                                          | 65                       | 70     | 75  |
| Harlägg / Helstekt hare / Rådjurslägg                                             | 70                       | 75     | 80  |

FÅGEL

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Kyckling                                                                          | 80                       | 83     | 85  |
| Anka, hel/halv / Kalkon, hel/filé                                                 | 75                       | 80     | 85  |
| Ankbröst                                                                          | 60                       | 65     | 70  |

FISK (LAX, ÖRING, GÖS)

|  | °C Tillagningstemperatur |        |     |
|-------------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                     | Mindre                   | Medium | Mer |
| Fisk, hel/stor/ångkokt / Fisk, hel/stor/grillad                                     | 60                       | 64     | 68  |

UGNSRÄTTER – FÖRVÄLLDA GRÖNSAKER

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Squashgryta / Gratinerad broccoli / Fänkålsgryta                                  | 85                       | 88     | 91  |

GRYTA – SALT

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Cannelloni / Lasagne / Makaronpudding                                             | 85                       | 88     | 91  |

GRYTA – SÖT

|  | °C Tillagningstemperatur |        |     |
|-----------------------------------------------------------------------------------|--------------------------|--------|-----|
|                                                                                   | Mindre                   | Medium | Mer |
| Brödgröda med eller utan frukt / Risgröda med eller utan frukt / Söt nudelgröda   | 80                       | 85     | 90  |









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