Guide to automatic cooking

Details the various functions that are best for various types of foods.

The P01 function is used to reheat refrigerated pre-prepared dishes (lasagne, potatoes au gratin, shepherd’s pie, fish gratin, etc.) weighing between 100 g and 1000 g.

- The dishes are reheated on the micro-wave setting.
- Remove the product from its packaging and place in a suitably-sized, heat-resistant, microwave safe dish. For better results, cover the microwave-safe dish with plastic microwave food wrap or an inverted plate.
- Place the dish on the turntable. Wait two minutes before serving to allow the heat to distribute evenly.

The P02 function allows you to reheat and brown fresh pizza.

- Cooking is done using the microwave and grill modes.
- Remove the pizza from its packaging and place it directly on the shelf at level 2.

The P03 function lets you reheat and brown frozen pizzas weighing between 125 and 650 g. The programmed weight should correspond to the pizza’s actual weight.

- Cooking is done using the microwave plus grill mode.
- Remove the pizza from its packaging and place it directly on the shelf inserted at level 2.

This function is used to cook roasts that weigh between 500 and 2000g.

- Choose function P04 to cook and brown pork roasts. Choose function P05 to cook and brown beef roasts.
- Cooking is done using a combination of the microwave plus heat circulation and microwave plus grill functions.
- Use a microwave safe, heat resistant dish, earthenware for preference (fewer splashes than with a glass dish).
• Where possible, cook roasts without barding fat to reduce smoke and grease splashes. You will achieve better results with thinner roasts.
• Remove the meat from the refrigerator and let it come up to room temperature for one hour before putting it in the oven.
• Place the dish on the shelf at level 2.
• After cooking, wrap the roast in aluminium foil and leave it to rest for 10 minutes. This will help relax the meat fibres and the roast will be more succulent.

The P06 function allows you to cook and brown a whole chicken or chicken pieces (legs) weighing between 500 and 2000 g.

• Cooking is done using a combination of microwaves plus heat circulation and/or grill mode.
• Use a heat-resistant, microwave-safe dish, preferably earthenware (fewer splashes than with a glass dish).
• Before cooking, pierce the skin to avoid spitting.
• Add oil, salt and pepper to the poultry and sprinkle with spices, if desired.
• Whole chicken: Place the dish on the rack at level 1.
• Chicken legs may be placed directly on the glass drip tray. Up to 900 g, insert the tray at level 2.

Poultry

• When the automatic cooking programme has finished, check whether the chicken has properly cooked through.
• If you have a meat thermometer, insert it into the thickest part of the chicken, making sure it doesn’t touch bone. If the temperature is less than 75oC, select a manual mode (e.g. heat circulation) and continue cooking the chicken until its internal temperature reaches 75oC.
• If you don’t have a meat thermometer, pierce the chicken at its thickest part with a sharp knife and check if the juices run clear. If not, continue cooking the chicken using a manual mode (e.g. heat circulation), until the juices run clear when pierced.

Once cooked, leave the chicken in the oven for five minutes before serving.

The P07 function lets you cook fish weighing between 100 and 1000 g.

• All types of fish can be cooked in the micro-wave oven. Just make sure that the fish is fresh.
• Cooking is done using the microwave mode. You can cook fish in filets, steaks or whole. If you want to cook a whole fish, cut slashes the thickest part for the best results.
• Place the fish in a round or oval microwave dish, add two to three tablespoons water, lemon juice or white wine and cover with a lid or plastic food wrap. Season after cooking.

• Place the dish on the turntable.

This function is used to cook vegetables weighing between 100 and 1000 g.

• The vegetables are cooked using the micro-wave setting. Choose fresh vegetables and before cooking add:
  ◦ for up to 200 g: 2 tablespoons of water
  ◦ up to 500 g: 50 ml water
  ◦ up to 1,000 g: 100 ml water

• Use a dish suitable for the volume of vegetables and cover it (except when cooking mushrooms).

• Place the dish on the glass turntable.

Vegetables

• Mid-way through cooking, a beep sounds to remind you to stir the vegetables and "turn" appears in the display. Add fat and season if desired.

• After cooking, wait a few minutes before serving the vegetables.

• Choose P08 to cook harder, more fibrous vegetables: Brussels sprouts, shredded white cabbage, sliced carrots, diced celeriac etc.

• Choose P09 for cooking softer vegetables with a higher water content: Sliced or diced courgette, leek in fine strips, potatoes cut into even slices, leaf spinach, fennel, cauliflower and broccoli florets, etc.

• Choose P10 to cook frozen vegetables: Sliced carrots, cauliflower or broccoli florets, Brussels sprouts, fine strips of leek, sliced or diced courgette, leaf spinach.

The P11 function lets you cook and brown fresh tarts between 27 and 30 cm in diameter for a fixed time of 35 minutes.

Tarts

• Cooking is done using the combined micro-wave plus heat circulation mode.

• Use a heat-resistant, microwave-safe tart mould (Pyrex, porcelain, etc.).

• When you use ready-made pastry, do not remove the grease-proof paper.

• Cut the excess grease-proof to the dimensions of the dish.

• Place the tart mould on the shelf at level 2.
Do not use a metal mould.

The P12 function lets you cook and brown fresh quiches between 27 and 30 cm in diameter for a fixed 35 minute time.

- Cooking is done using the combined micro-wave plus heat circulation mode.
- Use a heat-resistant, microwave-safe tart mould (Pyrex, porcelain, etc.).
- When you use ready-made pastry, do not remove the grease-proof paper.
- Cut the excess grease-proof to the dimensions of the dish.
- Place the tart mould on the shelf at level 2.

Quiches

Do not use a metal mould.

- Begin cooking the quiche as soon as the filling has been poured into the pastry case.
- Never let the pastry soak or it will not cook properly.