

# Adelberg

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## DK

### **Porcelæn**

Alt porcelæn kan anvendes i apparatet, dog er ildfast porcelæn at foretrække.

Ildfaste lågfade. Glasfade, hvis låg lukker så tæt, at der ikke kan slippe damp ud, er ideelle til grøntsager og frugt, der ikke til sættes væske (tilberedningstiden må dog ikke overstige 5 min.).

### **Bruningsfade**

Man skal være meget varsom med netop denne slags fade. Opvarm aldrig et bruningsfad i mere end 5 minutter på drejetallerkenen. En passende isolator som f.eks. en varmeprøvet tallerken skal placeres mellem bruningsfadet og drejetallerkenen for at undgå, at drejetallerkenen overophedes.

### **Mikroovnsstegefilm**

Anvendes specielt i forbindelse med supper, saucer, sammenkogte retter eller ved optønning. Kan også anvendes som løs overdækning for at forhindre fedt m.v. i at sprøjte ud i ovnrummet.

### **Køkkenrulle**

Er ideelt, da køkkenrulle opsuger fugt og fedt. F.eks. kan bacon lægges lagvist med køkkenrulle mellem hvert lag. Det bliver så helt sprødt, da det ikke ligger i "sit eget fedt". Hjemmebagt brød kan tages direkte fra fryseren, pakkes ind i køkkenrulle og opvarmes i apparatet.

### **Våd køkkenrulle**

Kan anvendes i forbindelse med fisk eller grøntsager. Tildækning af fødevarerne forhindrer udtørring.

### **Pergamentpapir**

Fisk, store grøntsager som blomkål, majskolber og lign. Kan indpakkes i vådt pergamentpapir.

### **Stegeposer**

Er ideelle til kød, fisk og grøntsager. De må imidlertid aldrig lukkes med metalclips, men skal lukkes til med bomuldstråd. Prik små huller i posen, og læg den i apparatet på en tallerken eller et glasfad.

### **Uegnede redskaber og materialer**

Når du tilbereder mad i apparatet, må du ikke bruge følgende redskaber og materialer:

Forseglet glas/flasker med små åbninger, da de kan sprænge.

#### **Almindelige termometre**

Sølvpapir/foliebakker, da mikrobølgestrålerne ikke kan trænge igennem materialet og dermed ikke kan koge fødevarerne.

Genbrugspapir, da det kan indeholde små metalsplinter, der kan forårsage gnister og/eller brand.

Lukkede dåser/beholdere med tætslutende låg, da der kan opstå et overtryk, som får dåsen/beholderen til at sprænge.

Metalklemmer og andre låg/folier, der indeholder metaltråde. De kan danne gnister i apparatet og skal derfor fjernes.

Skåle/beholdere og indpakninger af metal, medmindre de er udformet specielt til brug i apparatet. Mikrobølgerne reflekteres og kan ikke nå ind til fødevarerne gennem metallet.

Tallerkener, fade og skåle/beholdere med dekorationer af metal, guld og sølv.

De kan gå i stykker og/eller medføre, at der dannes gnister i ovnrummet.



















## BARNESIKRING

Barnesikringen hindrer små barn i å bruke apparatet. Apparatet kan ikke betjenes så lenge Barnesikringen er slått på. Barnesikringen aktiveres ved å holde knappen Stop/Clear (15) inne i tre sekunder. Barnesikringen deaktiveres på samme måte.

## TIPS OM TILBEREDNING AV MAT

Når du tilbereder mat i apparatet, gjelder følgende grunnregler:

### Tilberedningstid

- Små mengder mat tilberedes mye hurtigere enn store mengder. Hvis mengden mat dobles, må tilberedningstiden mer enn dobles.
- Små kjøtt- og fiskestykker og oppdelte grønnsaker tilberedes hurtigere enn store stykker. Av samme grunn anbefales det, hvis du for eksempel skal lage gulasj, lapskaus eller lignende, å skjære kjøttet i små biter (2 x 2 cm).
- Hvor kompakt maten er, spiller også en viktig rolle når det gjelder tilberedningstiden. Jo mer kompakt maten er, desto lengre tid tar det å tilberede den.
- Hele kjøttstykker trenger lengre tilberedningstid enn retter som er oppdelt i små biter.
- Et helt kjøttstykke trenger lengre tilberedningstid enn en rett med kjøttdeig.

- Jo kaldere maten er, desto lengre tilberedningstid er nødvendig. Mat med romtemperatur blir derfor hurtigere ferdig enn mat fra kjøleskap eller fryser.
- Når grønnsaker skal tilberedes, avhenger tilberedningstiden av hvor friske de er. Derfor må du sjekke grønnsakene og eventuelt legge til eller trekke fra litt tid.
- En kort tilberedningstid i apparatet betyr at maten ikke tilberedes for lenge. Litt vann kan tilsettes etter behov.
- Ved tilberedning av fisk og grønnsaker trenger du bare å tilsette minimalt med vann.

### Mikrobølgeeffekt

Innstilling av mikrobølgeeffekt avhenger av tilstanden til maten som skal tilberedes.

I de fleste tilfeller tilberedes maten ved full effekt.

- Full effekt benyttes blant annet til å varme opp mat hurtig, koke vann og lignende.
- Lav effekt brukes alltid til å tine opp mat og tilberede retter som inneholder ost, melk eller egg. (Hele egg i skall kan ikke tilberedes i apparatet, fordi eggene kan eksplodere.) I tillegg brukes lave effektinnstillinger til å gjøre ferdig og beholde aromaen i en rett.





## NO

### Porselen

Alle typer porselen kan brukes i mikrobølgeovner, men ovnsfast porselen er å foretrekke.

Ildfaste tallerkener med lokk.

Glasstallerkener med lokk som er så tette at damp ikke slipper ut, er ideelle til grønnsaker og frukt som ikke tilsettes vann, men tilberedningstiden må ikke overstige 5 minutter.

### Bruningsfat for mikrobølgeovn

Du må være veldig forsiktig når du bruker denne typen fat. Varm aldri opp et bruningsfat i mer enn 5 minutter på den roterende glasstallerkenen. Egnet isolering, for eksempel en varmetestet tallerken, bør plasseres mellom bruningsfatet og den roterende tallerkenen for å hindre overopvarming.

### Stekfolie for mikrobølgeovn

Egner seg spesielt ved tilberedning av supper, sauser, sammenkokte retter eller ved tining av mat. Slik folie kan også brukes som løst deksel for å forhindre at fett osv. spruter i ovnsrommet.

### Kjøkkenpapir

Kjøkkenpapir egner seg perfekt, fordi det suger opp fuktighet og fett. For eksempel kan bacon legges lagvis med kjøkkenpapir mellom hvert lag. Da blir baconet helt sprøtt, og det bader ikke i sitt eget fett. Hjemmebakt brød kan tas rett ut av fryseren, pakkes inn i kjøkkenpapir og varmes i apparatet.

### Vått kjøkkenpapir

Kan brukes til fisk eller grønnsaker. Når maten dekkes til, tørker den ikke ut.

### Bakepapir

Fisk og større grønnsaker, som blomkål, maiskolber og lignende, kan pakkes inn i vått, fettsikkert papir.

### Stekeposer

Stekeposer er ideelle til kjøtt, fisk og grønnsaker. De må imidlertid ikke lukkes med metallklips. Bomullstråd bør brukes i stedet. Stikk små hull i posen, og sett den inn i apparatet på en tallerken eller glasstallerken.

### Uegnede redskaper og materialer

Når du tilbereder mat i ovnen, bør du ikke bruke følgende redskaper og materialer:

Forseglede glass/flasker med små åpninger, for de kan eksplodere.

Vanlige termometre

Sølvfolie/foliebrett, fordi mikrobølgestrålene ikke trenger gjennom materialet og maten derfor ikke blir stekt.

Resirkulert papir. Slikt papir kan inneholde små metallbiter som kan forårsake gnister og/eller brann.

Lukkede bokser/beholdere med forseglede lokk: Det høye trykket kan føre til at boksen/beholderen eksploderer.

Metalldisks og andre lokk/folier som inneholder metalltråd. Disse kan forårsake gnister i apparatet og må derfor fjernes før tilberedning.

Metallobeller/-beholdere og innpakning med mindre de er laget spesielt for bruk i mikrobølgeovner. Mikrobølgene reflekteres og kan ikke trenge gjennom metallret.

Tallerkener, fat og boller/beholdere med dekorasjoner av metall, gull og sølv.

De kan bli ødelagt og/eller forårsake gnister i ovnsrommet.























## Porslin

Allt porslin kan användas i mikrovågsugnar, dock helst eldfast porslin.

Eldfasta täckta kärl. Glaskärl med lock som sluter så tätt att ingen ånga kommer ut är perfekta för grönsaker och frukt som du inte lägger till något vatten till (tillagningstiden får dock inte överskrida 5 minuter).

## Stekkärl

Du måste vara mycket försiktig när du använder den här typen av kärl. Värmt inte stekkärlet mer än 5 minuter på glastallriken. Lämplig isolering, såsom en värmetestad platta bör läggas mellan stekkärlet och glastallriken för att undvika att glastallriken överhettas.

## Mikrovågsfilm

Använts särskilt till soppor, såser, stuvningar eller till mat som tinas. Plastfolie kan också användas för att löst täcka maten och förhindra att fett o.d. stänker ner ugnsutrymmet.

## Hushållspapper

Hushållspapper är idealiskt eftersom det absorberar vätska och fett. Till exempel kan man lägga bacon i lager med hushållspapper mellan varje lager. Baconet blir då helt knaperstekt eftersom det inte ligger kvar i sitt eget fett. Hembakat bröd kan tas direkt från frysen, packas in i hushållspapper och värmas i apparaten.

## Blött hushållspapper

Kan användas för fisk eller grönsaker. Om maten täcks över hindras den från att torka ut.

## Bakplåtspapper

Fisk, stora grönsaker som t.ex. blomkål, majskolvar och liknande, kan packas i vått bakplåtspapper.

## Stekpåsar

Stekpåsar är mycket bra till kött, fisk och grönsaker. De får dock aldrig tillslutas med metallklämmor. Istället kan du använda bomullstråd. Gör små hål i påsen och placera den på en tallrik eller ett glaskärl i apparaten.

## Olämpliga redskap och material

När du tillagar mat i apparaten ska du inte använda följande redskap och material:

Förslutna glasskålar/flaskor med små öppningar eftersom de kan explodera.

## Vanliga termometrar

Metallfolie/folielådor, eftersom mikrovågorna inte kanträna igenom materialet och då tillagas inte maten.

Atervunnet papper, eftersom det kan innehålla små metallflisor som kan orsaka gnistor och/eller brand.

Slutna burkar/behållare med tättslutande lock, eftersom övertryck kan orsaka att burken/behållaren exploderar.

Metallklämmor och lock/folie som innehåller metalltrådar. De kan orsaka gnistor i apparaten och måste därför tas bort.

Skålar/behållare och förpackningsmaterial i metall, såvida de inte är särskilt utformade för att användas i mikrovågsugn. Mikrovågorna reflekteras och kan inte träna igenom metallen.

Tallrikar, kärl och skålar/behållare med metall-, guld- och silverdekoritioner.

De kan gå sönder och/eller orsaka gnistor i ugnsutrymmet.





## UK

### INTRODUCTION

To get the best out of your new microwave oven, please read through these instructions carefully before using it for the first time. Take particular note of the safety precautions. We also recommend that you keep the instructions for future reference, so that you can refer to them later.

### GENERAL SAFETY INSTRUCTIONS

- This appliance may only be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they are supervised or have been given instructions concerning use of the appliance in a safe way and understand the hazards involved. Children must not play with the appliance. Cleaning and user maintenance must not be performed by children without supervision.
- Keep the appliance under constant supervision while in use. Keep an eye on any children in the vicinity of the appliance when it is in use. The appliance is not a toy.
- Incorrect use of this appliance may cause personal injury or damage the appliance.
- Use for its intended purpose only. The manufacturer is not responsible for any injury or damage resulting from incorrect use or handling (see also Warranty Terms).
- For domestic use only. Not for outdoor or commercial use.
- Remove all packaging and transport materials from the inside and outside of the appliance.
- Check that the appliance has no visible damage and that no parts are missing.
- Do not use with any cords other than that supplied.
- Check that it is not possible to pull or trip over the cord or any extension cord.
- Turn off the appliance and remove the plug from the socket before cleaning, or when the appliance is not in use.
- Avoid pulling the cord when removing the plug from the socket. Instead, hold the plug.
- Keep the cord and appliance away from heat sources, hot objects and naked flames.
- Ensure that the cord is fully extended.
- The cord must not be twisted or wound around the appliance.
- Check regularly that neither the cord nor plug is damaged and do not use the appliance if there is any damage, or if it has been dropped on the floor, dropped in water or damaged in any other way.
- If the appliance, cord or plug has been damaged, have the appliance inspected and if necessary repaired by an authorised repairer.
- Connect to 230 V, 50 Hz only. The warranty is not valid if the appliance is connected to incorrect voltage.
- Never try to repair the appliance yourself. Please contact the store where you bought the appliance for repairs under warranty.
- Unauthorised repairs or modifications will invalidate the warranty.



## UK

### Important safety measures when preparing food!

- If using the appliance to heat baby food or liquids in a feeding bottle, you must always stir the food/liquid and check the temperature thoroughly before serving. This ensures that the heat is evenly distributed and avoids scalding injuries. The lid and/or teat must NOT be fitted on feeding bottles when placed in the appliance.
- If some foods are heated too long, they may char and give off smoke. If this happens, you should leave the oven door closed and switch off the appliance completely.
- Some foods with low water content, e.g. chocolate in squares and pastries with a sweet filling, should be heated carefully. If not, they or the container may be ruined.

### Fire hazard!

- To reduce the risk of fire occurring in the oven compartment, please note the following points:
- Do not cook food for too long or at too high a temperature and do not leave unattended if paper, plastic or other flammable materials have been used with a view to reducing cooking times.
- Metal clips and lids/film containing metallic threads can cause sparks and must therefore be removed.
- Never heat oil or fat in the appliance.
- If materials in the appliance catch fire, leave the door closed. Switch off immediately, and remove the plug from the wall socket.

## UK

### KEY

1. Lock dowels
2. Window
3. Air vents
4. Glass turntable
5. Drive shaft
6. Turntable rings
7. Cooking grille
8. Control panel
9. Mica plate
10. Display
11. Micro Power (microwave power)
12. Grill/Combi
13. Auto Defrost
14. Preset/Clock
15. Stop/Clear
16. Instant/Start
17. +/-Autocooking/Time/Weight dial

### PREPARING THE APPLIANCE

Each individual appliance is checked at the factory but, for safety's sake, after unpacking, check carefully that your appliance has not been damaged during transport.

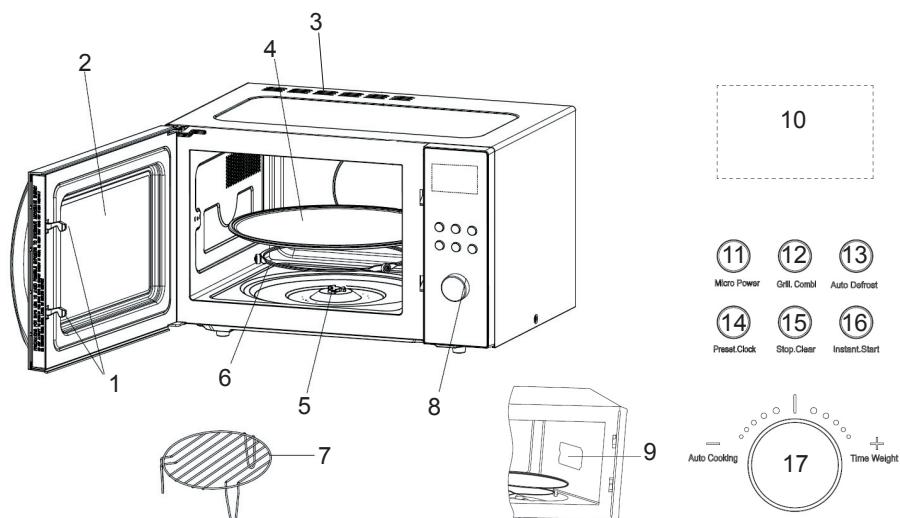
Check whether there is any visible damage (e.g. in the form of dents or similar), if the door closes properly, if it is intact and if the hinges are in order.

If the appliance appears to have been damaged, contact the shop where you bought it, and do not use it until it has been checked by an authorised specialist.

Before use, check that you have removed all packaging inside and out.

### Connection

The appliance must be connected to a 230 volt AC current, 50 Hz. The warranty is not valid if the appliance is connected to incorrect voltage.





### **Express cooking**

Express cooking takes place at full microwave power for the time you set.

1. Set the cooking time by pressing the Instant/Start button (16) one or more times, depending on the required cooking time. The standard cooking time is 1 minute.
2. The appliance starts cooking at full power.
3. The display will show the remaining time.

### **Microwave cooking**

1. Press the Micro Power button (11) 1-5 times to select the required microwave power (100%, 80%, 60%, 40%, 20%).
2. Set the cooking time by turning the dial (17).
3. Press the Instant/Start button (16) to commence cooking. The display will show the remaining time.

### **Using the grill function**

1. Place the cooking grille (7) on the glass turntable (4) and place the food on the cooking grille.
2. Press the Grill/Combi button (12) until "G" is shown in the display.
3. Set the cooking time by turning the dial (17).
4. Press the Instant/Start button (16) to commence cooking. The display will show the remaining time.

### **Combination cooking**

1. Place the cooking grille (7) on the glass turntable (4) and place the food on the cooking grille.
2. Press the Grill/Combi button (12) several times until "C-1" (30% microwave and 70% grill) or "C-2" (55% microwave and 45% grill) is shown in the display.
3. Set the cooking time by turning the dial (17).
4. Press the Instant/Start button (16) to commence cooking. The display will show the remaining time.

### **Defrost by weight**

The appliance can be used to defrost various foods by weight.

1. Place the food to be defrosted in the appliance.
2. Press the Auto Defrost (13) button one or more times until "d.1" (meat, 100-2.000 g), "d.2" (poultry, 200-3.000 g) or "d.3" (shellfish, 100-900 g) is shown in the display.
3. Turn the dial (17) to enter the weight of the food in steps of 100 g within the range that is part of the selected programme.
4. Press the Instant/Start button (16) to commence defrosting.
5. Turn the food and repeat the defrosting until half of the defrost time has passed.

## UK

### Cooking using auto menu

The appliance has 8 auto menu programs used for different food types (see table below).

1. Turn the dial (17) until the number for the required auto menu programme is shown in the display.
2. Press the Instant/Start button (16) to commence cooking.

Prg.	Food item	Quantity
A-1	Popcorn in bag	85 g
A-2	Popcorn in bag	100 g
A-3	Pizza (heating one piece from fridge temperature)	150 g
A-4	Drink (from an initial temperature of 5-10 °C). Use a wide open cup.	250 ml
A-5	Drink (from an initial temperature of 5-10 °C). Use a wide open cup.	500 ml
A-6	Potatoes in 5×5 mm sticks on a flat plate with film over.	450 g
A-7	Potatoes in 5×5 mm sticks on a flat plate with film over.	650 g
A-8	Cleaned and seasoned fish on a flat plate with film over. Leave to stand for 2 minutes after cooking.	450 g

Note! The results depend on the weight and start temperature of the food!

### Cooking in several stages

You can set the appliance to perform 4 different operations, e.g. microwave cooking and grilling.

Once you have programmed the first stage as described above, instead of pressing the Instant/Start button (16), go straight on to programme the next stage and don't press the Instant/Start button (16) to commence cooking until all stages have been programmed.

Once one stage has finished, the next starts automatically.

### Delayed start

If the clock is set, you can set the appliance to begin cooking at a specific time.

Once you have set the cooking function as described above, instead of pressing the Instant/Start button (16), set the start time by pressing the Preset/Clock button (14) for 3 seconds.

Adjust the cooking time by turning the dial (17) and confirm the setting by pressing the Preset/Clock button (14).

You can see the cooking time set by pressing the Preset/Clock button (14).

Once the entered starting time is reached, cooking commences.

## UK

### CHILD SAFETY LOCK

The child safety lock prevents young children from using the appliance. The appliance cannot be operated as long as the child safety lock is active. The child safety lock is activated by holding the Stop/Clear button (15) pressed down for around 3 seconds. The child safety lock is deactivated in the same way.

### TIPS FOR FOOD PREPARATION

When preparing food in the appliance, the following basic rules apply:

#### Cooking time

- Smaller quantities of food cook more rapidly than large quantities. If the amount of food is doubled, the preparation time must be more than doubled correspondingly.
- Small pieces of meat, small fish and chopped vegetables cook more quickly than large pieces. For the same reason, it is recommended, if, for example, you wish to make goulash, stews or similar, that the meat be cut into pieces no bigger than 2 x 2 cm.
- The compactness of the food is also very important for the cooking time. The more compact the food is, the longer it takes to cook.
- Whole joints require a longer cooking time than stewed dishes.
- A joint requires a longer time than a dish using minced meat.
- The colder the food, the longer the cooking time needs to be. Food at room temperature will therefore cook faster than food from a fridge or freezer.

- When cooking vegetables, the cooking time depends on the freshness of the vegetables. Therefore, check the condition of the vegetables and add or deduct a little time accordingly.

- The short cooking time when using the appliance means that the food does not overcook. If required, a little water can be added.
- When cooking fish and vegetables, you only need to use the minimum of water.

#### Microwave power

The choice of power setting depends on the condition of the food to be cooked.

In most cases, the food is cooked on full power.

- Full power is used, among other things, for reheating food quickly, boiling water or similar.
- Low power is principally used to defrost food and prepare dishes containing cheese, milk or egg. (Whole eggs in their shell cannot be cooked in the appliance, as there is a risk of the eggs exploding.) In addition, lower power settings are also used to finish off and to retain the excellent aroma of a dish.

#### General information on cooking

- If the whole meal is to be prepared in the appliance, it is recommended that you start with the most compact foods, such as potatoes. Once these are ready, cover them while the rest of the food is prepared.





## UK

### **Porcelain**

All porcelain can be used in microwave ovens, although ovenproof porcelain is preferable.

Fireproof covered dishes. Glass dishes with lids that fit so closely that steam cannot escape are ideal for vegetables and fruit to which no liquid is added (however, the cooking time must not exceed 5 minutes).

### **Browning dishes**

You must be very careful when using this type of dish. Never heat the browning dish for more than 5 minutes on the turntable. Suitable insulation, such as a heat-tested plate, should be placed between the browning dish and the turntable to prevent the turntable from overheating.

### **Microwave oven roasting film**

Used particularly for soups, sauces, stewed dishes or when defrosting food. Can also be used as a loose covering to prevent fat, etc. from spraying out into the oven compartment.

### **Kitchen roll**

Kitchen roll is ideal, as it absorbs moisture and fat. For example, bacon can be placed in layers, with kitchen roll between each layer. The bacon will then be completely crispy, as it does not sit in its own fat. Home-baked bread can be taken directly from the freezer, packed in kitchen roll and heated in the appliance.

### **Wet kitchen roll**

Can be used for fish or vegetables. Covering the food prevents it from drying out.

### **Greaseproof paper**

Fish, large vegetables such as cauliflower, corn on the cob and similar can be wrapped in wet greaseproof paper.

### **Roasting bags**

Roasting bags are ideal for meat, fish and vegetables. However, they must never be closed using metal clips. Cotton thread should be used instead. Prick the bag with small holes, and place it in the appliance on a plate or glass dish.

### **Unsuitable utensils and materials**

When you prepare food in the appliance, you should not use the following utensils and materials:

Sealed glass jars/bottles with small openings, as they may explode.

### **General-purpose thermometers**

Silver foil/foil trays, as the microwave rays cannot penetrate the material and the food will not cook.

Recycled paper, as it may contain small metal splinters that could cause sparks and/or fire.

Closed tins/containers with tightly sealed lids, as excess pressure may cause the tin/container to explode.

Metal clips and other lids/foils, containing metal wires. These can form sparks in the appliance and must therefore be removed.

Metal bowls/containers and packaging, unless they are designed specifically for use in microwave ovens. The microwaves are reflected and cannot penetrate the food through the metal.

Plates, dishes and bowls/containers with metal, gold and silver decorations.

They may break and/or cause sparks to form in the oven compartment.



## UK

### CLEANING

When cleaning the appliance, you should pay attention to the following:

- Turn off the appliance and remove the plug from the wall socket before cleaning.
- Never use scouring powder, steel scourers or other strong cleaning agents to clean the interior or exterior surfaces of the appliance, as they may scratch the surfaces.
- Instead use a cloth dampened with hot water, and add washing-up liquid if the appliance is very soiled.
- Make sure that no water gets into the vent holes.
- The spindle and the floor of the appliance must be cleaned regularly so that the glass turntable rotates freely.
- The glass turntable and spindle can be cleaned in a dishwasher.
- Do not remove the mica plate from the inside of the oven!

Tip: When the oven has been in use for some time, the oven compartment can begin to smell.

If the smell is not dispersed by ordinary cleaning, place a few lemon slices in a cup and cook them in the appliance at full power for 2-3 minutes. This will effectively disperse the smell.

### BEFORE GOING TO A REPAIR CENTRE

If the appliance will not start:

Check that the plug is correctly in place in the wall socket. If that is not the case, remove the plug, wait 10 seconds and then plug it in again. Check whether a fuse has blown or whether the fuse relay has been switched off. If it is not that, you can check that the socket itself is working by plugging in another device.

Check that the oven door is closed properly. If this is not the case, the automatic safety system via the lock dowels ensures that the appliance cannot be started.

If the appliance still does not work, contact a repair technician.









