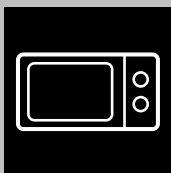


User Manual

GETTING STARTED? EASY.



ZBM26642

EN User manual
Microwave Oven

ZANUSSI

Contents

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Subject to change without notice.

Safety information

 **IMPORTANT! IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.**

If food being heated begins to smoke, **DO NOT OPEN THE DOOR**. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire. Only use microwave-safe containers and utensils. Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers. Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire. Metallic containers for food and beverages are not allowed during microwave cooking. Care should be taken not to displace the turntable when removing containers from the appliance.

To avoid the possibility of injury



WARNING!

Do not operate the oven if it is damaged or malfunctioning.

Check the following before use:

- a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
- b) The hinges and door safety latches; check to make sure they are not broken or loose.
- c) The door seals and sealing surfaces; ensure that they have not been damaged.
- d) Inside the oven cavity or on the door; make sure there are no dents.
- e) The power supply cord and plug; ensure that they are not damaged.

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow the instructions for "Care and cleaning". Clean the oven at regular intervals and remove any food deposits. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Do not attempt to replace the oven lamp yourself or allow anyone who is not authorised by ELECTROLUX to do so. If the oven lamp fails, please consult your dealer or call an authorised ELECTROLUX service agent.

To avoid the possibility of explosion and sudden boiling



WARNING!

Liquids and other foods must not be heated in sealed containers since they are liable to explode. Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.

Do not cook eggs in their shells and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Keep children away from the door to prevent them burning themselves.

To avoid the misuse by children



WARNING!

The appliance and its accessible parts become hot during use. Children less than 8 years of age shall be kept away unless continuously supervised.

This appliance can 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 have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential environments; bed and breakfast type environments. This appliance is not intended for use at altitudes above 2000m.

To avoid the danger of fire

The microwave oven should not be left unattended during operation. Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency. It is recommended that a separate circuit serving only this appliance be provided. Do not store or use the oven outdoors.

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings. Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire. Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire. To make popcorn, only use special microwave popcorn makers. Do not store food or any other items inside the oven. Check the settings after you start the oven to ensure the oven is operating as desired. Do not operate the oven with the door open or alter the door safety latches in any way. Do not operate the oven if there is an object between the door seals and sealing surfaces. Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet. Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately and call an authorised ELECTROLUX service agent. Do not immerse the power supply cord or plug in water or any other liquid. Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised ELECTROLUX service agent.

To avoid the possibility of explosion and sudden boiling

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off. Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

To prevent sudden eruption of boiling liquid and possible scalding:

- Stir liquid prior to heating/reheating.
- It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.

- Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns. Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns. Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature. Always stand back from the oven door when opening to avoid burns from escaping steam and heat. Slice stuffed baked foods after heating to release steam and avoid burns. Do not lean or swing on the oven door. Do not play with the oven or use it as a toy. Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way. This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage

Never operate the oven when it is empty. Doing so may damage the oven. When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and turntable support due to heat stress. The preheating time specified in the dish's instructions must not be exceeded. Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven. Only use the turntable and the turntable support designed for this oven. Do not operate the oven without the turntable.

To prevent the turntable from breaking:

- Before cleaning the turntable with water, leave the turntable to cool.
- Do not put hot foods or hot utensils on a cold turntable.
- Do not put cold foods or cold utensils on a hot turntable.

Do not place anything on the outer cabinet during operation.

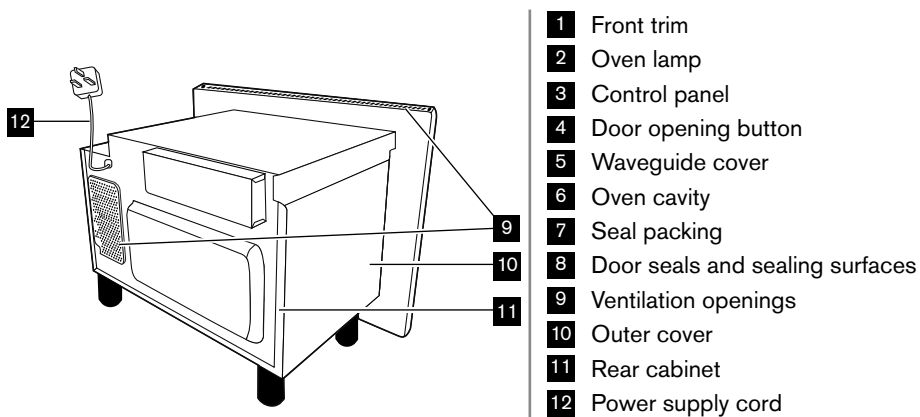
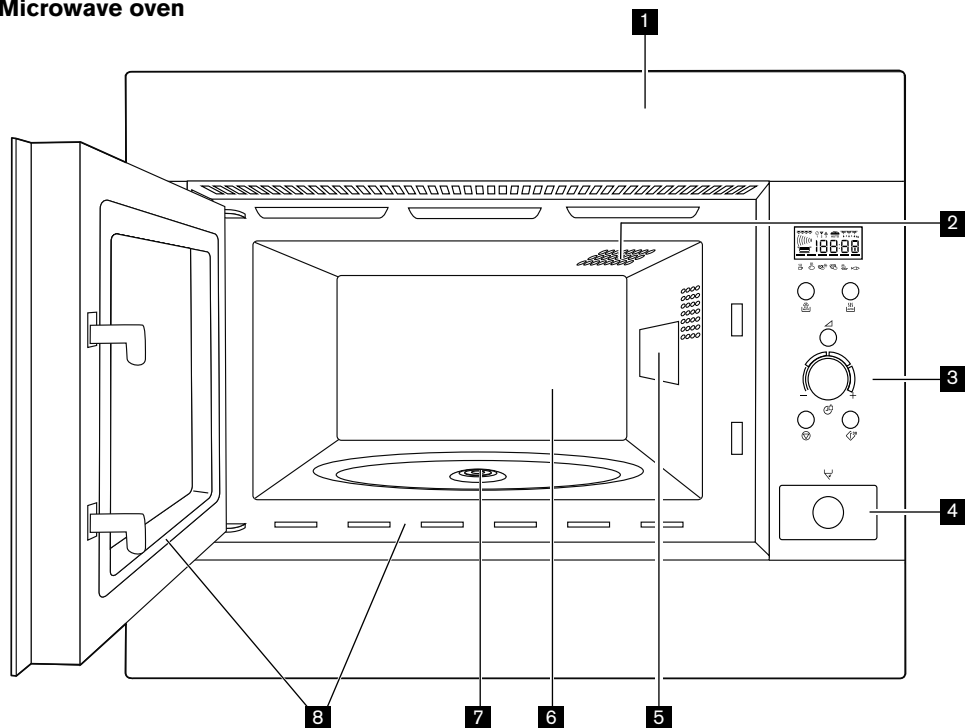


IMPORTANT! If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

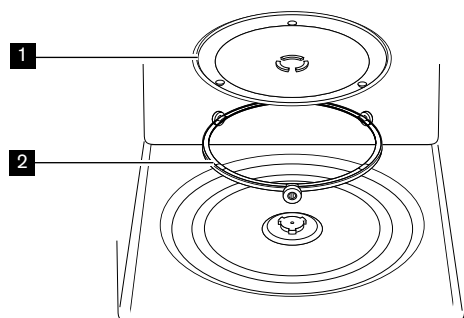
Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure. Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

Product description

Microwave oven



Accessories



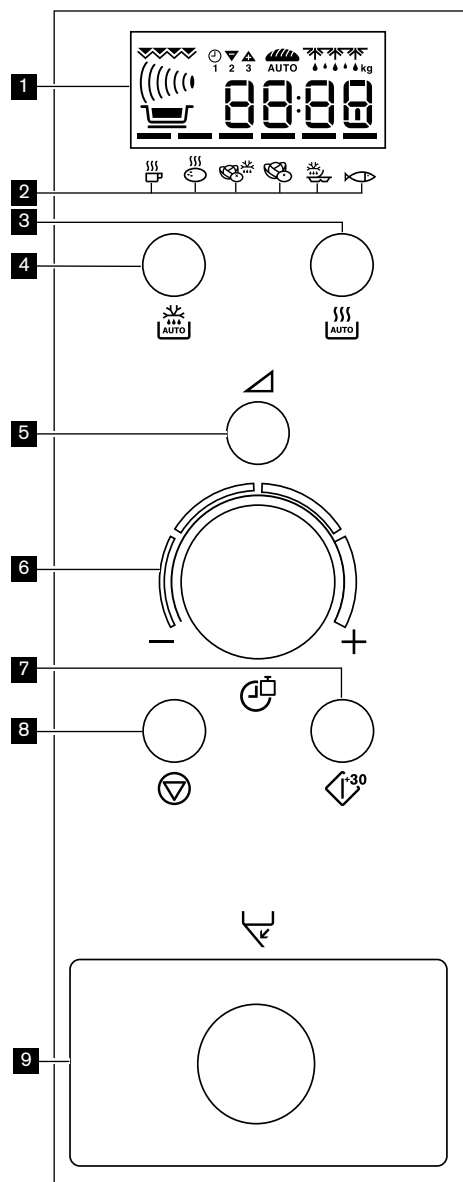
Check to make sure the following accessories are provided:

- 1** Turntable
- 2** Turntable support








- Place the turntable support on the floor of the cavity.
- Then place the turntable on the turntable support.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.

i When you order accessories, please mention two items: part name and model name to your dealer or an authorised ELECTROLUX service agent.

Control panel



1 Digital display indicators

-  Microwave
-  Clock
-  Cooking stages
-  Plus/Minus
-  Auto defrost bread
-  Auto defrost
-  Weight

2 Auto cook indicators


- 3 Auto cook button
- 4 Auto defrost button
- 5 Power level button
- 6 Timer/Weight knob
- 7 Start/+30 button
- 8 Stop button
- 9 Door open button

Before first use

Econ mode

The oven is set in energy save mode (Econ).


1. Plug in the oven.
2. The display will show: Econ.
3. The display will count down from 3:00 to zero.
4. When zero is reached, the oven goes into Econ mode and the display goes blank.


 To cancel Econ mode, set the clock.

Setting the clock


The oven has a 12 and 24 hour clock.

Example: To set the clock to 11:30 (12 hour clock).


1. Open the door.
2. The display will show: Econ.
3. Press and hold the START/+30 button for 5 seconds. The oven will beep. The display will show: 


4. Rotate the TIMER/WEIGHT knob to adjust the hour.
5. Press the START/+30 button once then rotate the TIMER/WEIGHT knob to adjust the minutes.
6. Press the START/+30 button.
7. Check the display: 


8. Close the door.


 You can rotate the TIMER/WEIGHT knob clockwise or anti-clockwise. If you press the STOP button the clock will not be set. The display will show: Econ.

Example: To set the clock to 23:30 (24 hour clock).

1. Open the door.
2. The display will show: Econ.
3. Press and hold the START/+30 button for 5 seconds. The oven will beep. The display will show: 


4. Press the START/+30 button. The display will show: 

5. Rotate the TIMER/WEIGHT knob to adjust the hour.
6. Press the START/+30 button once then rotate the TIMER/WEIGHT knob to adjust the minutes.
7. Press the START/+30 button.
8. Check the display: 
9. Close the door.


 You can rotate the TIMER/WEIGHT knob clockwise or anti-clockwise. If you press the STOP button the clock will not be set. The display will show: Econ.

Adjusting the time when the clock is set


Example: To set the clock to 11:45.

1. Open the door.
2. Press and hold the START/+30 button for 5 seconds. The oven will beep. The display will show: 

(If you want to change the clock to 24 H, press the START/+30 button again.)

3. Rotate the TIMER/WEIGHT knob to adjust the hour.
4. Press the START/+30 button once then rotate the TIMER/WEIGHT knob to adjust the minutes.
5. Press the START/+30 button.
6. Check the display: 

To cancel the clock and set Econ mode

1. Open the door.
2. Press and hold the START/+30 button for 5 seconds. The oven will beep. The display will show: 

(If you want to change the clock to 24 H, press the START/+30 button again.)

3. Press the STOP button.
4. The display will show: Econ.
5. Close the door.
6. The oven will count down from 3:00 to zero.
7. When zero is reached, the oven goes into Econ mode and the display goes blank.

Using the STOP button

Use the STOP button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking, press once.
3. Cancel a programme during cooking, press twice.

Child safety lock

The oven has a safety feature which prevents the accidental running of the oven by a child. When the lock has been set, no part of the microwave will operate until the lock feature has been cancelled.

Example: To set the child safety lock.

1. Press and hold the STOP button for 5 seconds.
2. The oven will beep twice and 'LOC' will be displayed:

LOC


- i** To cancel the child safety lock, press and hold the STOP button for 5 seconds, the oven will beep twice and the time of day will be displayed. Child safety lock cannot be set if the clock is not set.

Operation

Microwave safe cookware

| Cookware | Microwave safe | Comments |
|---|----------------|--|
| Aluminium foil/containers | ✓ / ✗ | Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2 cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer. Follow instructions carefully. |
| Browning dishes | ✓ | Always follow the manufacturer's instructions. Do not exceed heating times given. Be very careful as these dishes become very hot. |
| China and ceramics | ✓ / ✗ | Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration. |
| Glassware e.g. Pyrex ® | ✓ | Care should be taken if using fine glassware as it can break or crack if heated suddenly. |
| Metal | ✗ | It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire. |
| Plastic/polystyrene e.g. fast food containers | ✓ | Care must be taken as some containers warp, melt or discolour at high temperatures. |
| Cling film | ✓ | Should not touch the food and must be pierced to let the steam escape. |
| Freezer/roasting bags | ✓ | Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing. |
| Paper - plates, cups and kitchen paper | ✓ | Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire. |
| Straw and wooden containers | ✓ | Always attend the oven when using these materials as overheating may cause fire. |
| Recycled paper and newspaper | ✗ | May contain extracts of metal which will cause arcing and may lead to fire. |

Microwave cooking advice

| Microwave cooking advice | |
|--------------------------|---|
| Composition | Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. |
| Size | For even cooking make all the pieces the same size. |
| Temperature of food | The initial temperature of food affects the amount of cooking time needed. Cut into foods with fillings (e.g. jam doughnuts) to release heat or steam. |
| Arrange | Place the thickest parts of food towards the outside of the dish (e.g. chicken drumsticks). |
| Cover | Use vented microwave cling film or a suitable lid. |
| Pierce | Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode (e.g. potatoes, fish, chicken, sausages).  IMPORTANT! Eggs should not be heated using microwave power as they may explode, even after cooking has ended (e.g. poached, hard boiled). |
| Stir, turn and rearrange | For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre. |
| Stand | Standing time is necessary after cooking to enable the heat to disperse equally throughout the food. |
| Shield | Warm areas can be shielded with small pieces of foil, which reflect microwaves (e.g. legs and wings on a chicken). |

Microwave cooking

Your oven has 6 power levels.

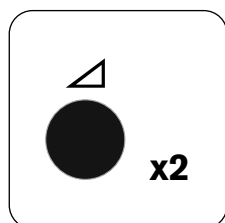
| Power setting | Suggested use |
|---------------|--|
| 900 W/HIGH | Used for fast cooking or reheating (e.g. soup, casseroles, canned food, hot beverages, vegetables, fish). |
| 630 W | Used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides. |
| 450 W | For dense foods which require a long cooking time when cooked conventionally (e.g. beef dishes) it is advisable to use this power setting to ensure the meat will be tender. |
| 270 W/DEFROST | To defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard. |
| 90 W | For gentle defrosting (e.g. cream gateaux or pastry). |
| 0 W | For standing/kitchen timer. |

W = WATT

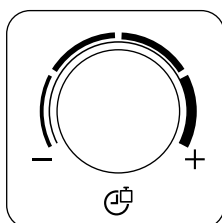
Your oven can be programmed for up to 90 minutes. The input unit of cooking time varies from 15 seconds to five minutes. It depends on the total length of the cooking time as shown in the table.

| Cooking time | Increasing unit |
|---------------|-----------------|
| 0-5 minutes | 15 seconds |
| 5-10 minutes | 30 seconds |
| 10-30 minutes | 1 minute |
| 30-90 minutes | 5 minutes |

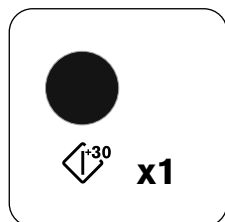
Example: To heat soup for 2 minutes and 30 seconds on 630 W microwave power.



❶ Press the POWER LEVEL button twice.



❷ Enter the time by rotating the TIMER/WEIGHT knob clockwise/anti-clockwise until 2.30 is displayed.



❸ Press the START/+30 button.



❹ Check the display.

⚠ IMPORTANT! If the power level is not selected, 900 W/HIGH is automatically set.

- When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the START/+30 button is pressed.

- If you wish to know the power level during cooking, press the POWER LEVEL button once.
- You can increase or decrease the cooking time during cooking by rotating the TIMER/WEIGHT knob.
- You can change the power level during cooking by pressing the POWER LEVEL button.
- To cancel a programme during cooking, press the STOP button twice.

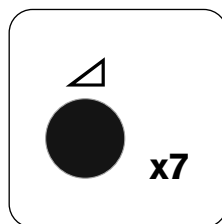
Reduced power level

⚠ IMPORTANT! If you cook the food over the standard time using 900 W, the power of the oven will lower automatically to avoid overheating (the microwave power level will be reduced to 630 W). After pausing for 90 seconds, 900 W power can be reset.

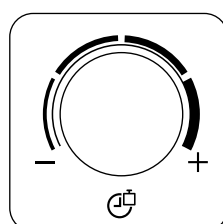
| Cooking mode | Standard time | Reduced power level |
|-----------------|---------------|---------------------|
| Microwave 900 W | 20 minutes | Microwave 630 W |

Kitchen timer

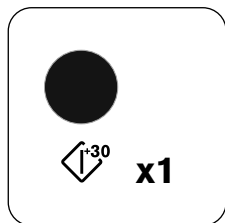
Example: To set the kitchen timer for 7 minutes.



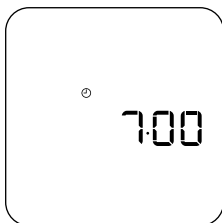
❶ Press the POWER LEVEL button 7 times.



❷ Enter the time by rotating the TIMER/WEIGHT knob clockwise/anti-clockwise until 7.00 is displayed.



③ Press the START/+30 button.



④ Check the display.

i To pause the timer, press the STOP button. To resume the timer press START/+30, to exit press STOP again.

Add 30 seconds

The START/+30 button allows you to operate the two following functions:

Direct Start

You can directly start cooking on 900 W/ HIGH microwave power level for 30 seconds by pressing the START/+30 button.

Extend the cooking time

You can extend the cooking time for multiples of 30 seconds if the button is pressed while the oven is in operation.

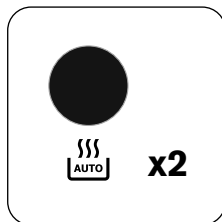
i You cannot use this function during auto cook or auto defrost.

Plus and minus

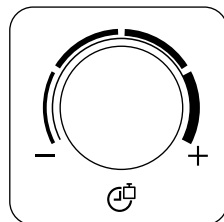
The PLUS \triangle and MINUS ∇ function enables you to decrease or increase the cooking time when using the automatic programmes.

If you prefer boiled potatoes which are cooked but still firm, use MINUS ∇ . Alternatively, if you prefer boiled potatoes softer, use PLUS \triangle .

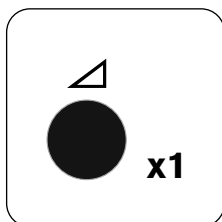
Example: To cook 0.3 kg of boiled potatoes, well done.



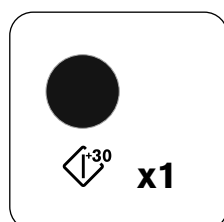
① Select the menu required by pressing the AUTO COOK button twice.



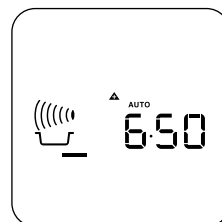
② Turn the TIMER/WEIGHT knob until 0.3 is displayed.



③ Press the POWER LEVEL button once to select the PLUS \triangle adjustment.



④ Press the START/+30 button.



⑤ Check the display.

i To cancel PLUS/MINUS, press the POWER LEVEL button 3 times. If you select PLUS, the display will show \triangle . If you select MINUS, the display will show ∇ .

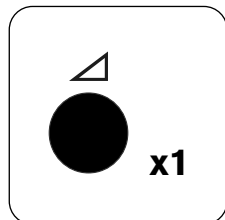
Multiple sequence cooking

A sequence of 3 stages (maximum) can be programmed.

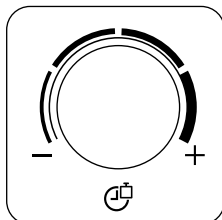
Example: To cook:

Stage 1: 5 minutes 900 W

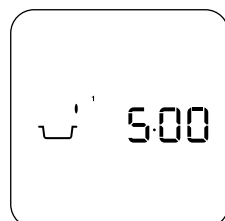
Stage 2: 16 minutes 270 W



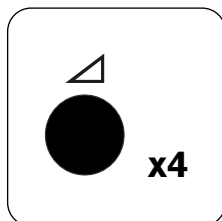
❶ Press the POWER LEVEL button once.



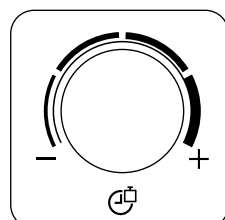
❷ Enter the desired time by rotating the TIMER/WEIGHT knob clockwise until 5.00 is displayed.



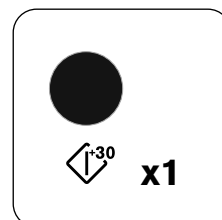
❸ Check the display.



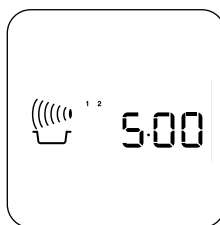
❹ Press the POWER LEVEL button 4 times.



❺ Enter the desired time by rotating the TIMER/WEIGHT knob clockwise until 16.00 is displayed.



❻ Press the START/+30 button.



❷ Check the display.

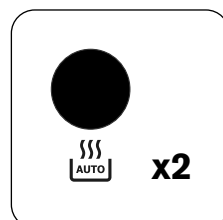
The oven will begin to cook for 5 minutes at 900 W and then for 16 minutes on 270 W.

Auto cook and auto defrost

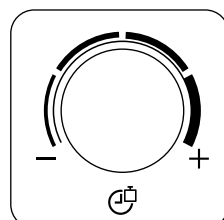
Auto cook and auto defrost automatically works out the correct cooking mode and cooking time. You can choose from 6 auto cook and 2 auto defrost menus.

| Food | Symbol |
|-------------------------------------|--------|
| Beverage | |
| Boiled potatoes/ Jacket potatoes | |
| Frozen vegetables | |
| Fresh vegetables | |
| Frozen ready meals | |
| Fish fillet with sauce | |
| Meat/fish/poultry | |
| Bread | |

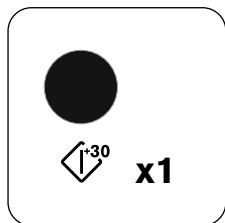
Example: To cook 0.3 kg of boiled potatoes.



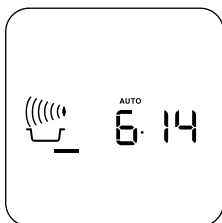
❶ Select the menu required by pressing the AUTO COOK button twice.



❷ Turn the TIMER/WEIGHT knob until 0.3 is displayed.



③ Press the START/+30 button.















④ Check the display.

i When action is required (e.g. to turn food over) the oven stops and the audible bell sounds, remaining cooking time and the indicator will flash on the display. To continue cooking, press the START/+30 button. At the end of the auto cook/auto defrost time, the programme will automatically stop. The audible bell sounds and the cooking symbol will flash. After 1 minute and a reminder beep, the time of day will be displayed.







Programme charts

Auto cook chart

| Auto cook | Weight (increasing unit)/Utensils | Button | Procedure |
|---|--|--|--|
| Beverage (Tea/Coffee)  | 1-6 cups 1 cup = 200 ml |  x1 | <ul style="list-style-type: none"> Place cup towards edge of turntable. |
| Boiled and jacket potatoes  | 0.2-1.0 kg (100 g) Bowl and lid |  x2 | <p>Boiled potatoes: Peel the potatoes and cut them into similar sized pieces.</p> <p>Jacket potatoes: Choose potatoes of similar size and wash them.</p> <ul style="list-style-type: none"> Put the boiled or jacket potatoes into a bowl. Add the required amount of water, approx. 2 tbsp per 100 g and a little salt. Cover with lid. When the audible bell sounds, stir and re-cover. After cooking, stand for approx. 2 min. |
| Frozen vegetables  | 0.1-0.8 kg (100 g) Bowl and lid |  x3 | <ul style="list-style-type: none"> Add 1 tbsp water per 100 g and salt as desired (for mushrooms no additional water is necessary). Cover with lid. When the audible bell sounds, stir and re-cover. After cooking, stand approx. 2 min. <p>If frozen vegetables are compacted together, cook manually.</p> |
| Fresh vegetables  | 0.1-0.8 kg (100 g) Bowl and lid |  x4 | <ul style="list-style-type: none"> Cut into small pieces, e.g. strips, cubes or slices. Add 1 tbsp water per 100 g and salt as desired (for mushrooms no additional water is necessary). Cover with lid. When the audible bell sounds, stir and re-cover. After cooking, stand for approx. 2 min. |
| Frozen ready meals (stirrable)  | 0.3-1.0 kg (100 g) Bowl and lid |  x5 | <ul style="list-style-type: none"> Transfer meal to suitable microwave-proof dish. Add some liquid if recommended by the manufacturer. Cover with lid. Cook without cover if the manufacturer instructs. When the audible bell sounds, stir and re-cover. After cooking, stir and stand for approx. 2 min. |
| Fish fillet with sauce  | 0.5-1.5 kg ¹⁾ (100 g) Gratin dish and microwave cling film |  x6 | <ul style="list-style-type: none"> See recipes for 'Fish fillet with sauce'. |

¹⁾ Total weight of all ingredients.

Auto defrost chart

| Auto defrost | Weight (increasing unit)/Utensils | Button | Procedure |
|--|-----------------------------------|--|---|
| Meat/fish/poultry  | 0.2-1.0 kg (100 g) Flan dish |  x1 | <ul style="list-style-type: none">Place the food in a flan dish in the centre of the turntable.When the audible bell sounds, turn the food over, rearrange and separate. Shield thin parts and warm spots with aluminium foil.After defrosting, wrap in aluminium foil for 15-45 min, until thoroughly defrosted.Minced meat: When the audible bell sounds, turn the food over. Remove the defrosted parts if possible. <div> Not suitable for whole poultry.</div> |
| Bread   | 0.1-1.0 kg (100 g) Flan dish |  x2 | <ul style="list-style-type: none">Distribute in a flan dish in the centre of the turntable. For 1.0 kg, distribute directly on the turntable.When the audible bell sounds, turn over, rearrange and remove defrosted slices.After defrosting cover in aluminium foil and stand for 5-15 min until thoroughly defrosted. |

- Chilled foods are cooked from 5 °C, frozen foods are cooked from -18 °C.
- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights/quantities given in the Auto cook and defrost charts, use manual operation.
- The final temperature will vary according to the initial temperature. Check food is piping hot after cooking.
- After Microwave mode the cooling fan may come on.
- Steaks and chops should be frozen in one layer.
- Minced meat should be frozen in a thin shape.
- After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
- The poultry should be processed immediately after defrosting.

Recipes for auto cook

| Fish fillet with piquant sauce | | | |
|--------------------------------|---------|---------|-----------------------------------|
| 0.5 kg | 1.0 kg | 1.5 kg | |
| 175 g | 350 g | 525 g | canned tomatoes, drained |
| 50 g | 100 g | 150 g | corn |
| 5 g | 10 g | 15 g | chilli sauce |
| 15 g | 30 g | 45 g | onion, finely chopped |
| 1 tsp | 1-2 tsp | 2-3 tsp | red wine vinegar |
| | | | mustard, thyme and cayenne pepper |
| 250 g | 500 g | 750 g | fish fillet |
| | | | salt |

1. Mix ingredients for the sauce.
2. Place the fish fillet in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
3. Spread the sauce on the fish fillet.
4. Cover with microwave cling film and cook on auto cook, "Fish fillet with sauce".
5. After cooking, stand for approx. 2 min.

| Fish fillet with curry sauce | | | |
|------------------------------|--------|--------|------------------------|
| 0.5 kg | 1.0 kg | 1.5 kg | |
| 250 g | 500 g | 750 g | fish fillet |
| | | | salt |
| 50 g | 100 g | 150 g | banana, sliced |
| 200 g | 400 g | 600 g | ready-made curry sauce |

1. Place the fish fillet in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
2. Spread the banana and the ready-made curry sauce on the fish fillet.
3. Cover with microwave cling film and cook on auto cook, "Fish fillet with sauce".
4. After cooking, stand for approx. 2 min.

Cooking charts

Heating food and drink

| Food/drink | Quantity -g/ml- | Power Level | Time -Min- | Method |
|--|--------------------|----------------|---------------|--|
| Milk, 1 cup | 150 | 900 W | 1 | do not cover |
| Water, 1 cup | 150 | 900 W | 2 | do not cover |
| 6 cups | 900 | 900 W | 8-10 | do not cover |
| 1 bowl | 1000 | 900 W | 9-11 | do not cover |
| One plate meal (vegetables, meat and trimmings) | 400 | 900 W | 4-6 | sprinkle some water onto the sauce, cover, stir halfway through heating |
| Soup/stew | 200 | 900 W | 1-2 | cover, stir after heating |
| Vegetables | 200 | 900 W | 2-3 | if necessary add some water, cover, stir |
| | 500 | 900 W | 3-5 | halfway through heating |
| Meat, 1 slice ¹⁾ | 200 | 900 W | 3 | thinly spread sauce over the top, cover |
| Fish fillet ¹⁾ | 200 | 900 W | 3-5 | cover |
| Cake, 1 slice | 150 | 450 W | ½-1 | place in a flan dish |
| Baby food, 1 jar | 190 | 450 W | ½-1 | transfer into a suitable microwaveable container, after heating stir well and test the temperature |
| Melting margarine or butter ¹⁾ | 50 | 900 W | ½ | cover |
| Melting chocolate | 100 | 450 W | 3-4 | stir occasionally |

¹⁾from chilled

Defrosting

| Food/drink | Quantity -g- | Power Level | Time -Min- | Method | Standing time -Min- |
|---|-----------------|----------------|---------------|---|---------------------------|
| Goulash | 500 | 270 W | 8-9 | stir halfway through defrosting | 10-30 |
| Cake, 1 slice | 150 | 90 W | 1-3 | place in a flan dish | 5 |
| Fruit (e.g. cherries, strawberries, raspberries, plums) | 250 | 270 W | 3-5 | spread out evenly, turn over halfway through defrosting | 5 |

Defrosting and cooking

| Food/drink | Quantity -g- | Power Level | Time -Min- | Method | Standing time -Min- |
|----------------|-----------------|----------------|---------------|-----------------------------|---------------------------|
| Fish fillet | 300 | 900 W | 9-11 | cover | 2 |
| One plate meal | 400 | 900 W | 8-10 | cover, stir after 6 minutes | 2 |

Cooking meat and fish

| Food/drink | Quantity -g- | Power Level | Time -Min- | Method | Standing time -Min- |
|---------------------------|-----------------|----------------|---------------|---|---------------------------|
| Roasts (pork, veal, lamb) | 1000 | 630 W | 34-38 | season to taste, place in a shallow flan dish, turn over halfway through cooking. | 10 |
| Roast beef (medium) | 1000 | 630 W | 20-24 | season to taste, place in a flan dish, turn over halfway through cooking. | 10 |
| Fish fillet | 200 | 900 W | 4-6 | season to taste, place in a flan dish, cover | 3 |

i The times shown in the table are guidelines which may vary according to freezing temperature, quality and weight of the foodstuffs.

Care and cleaning

CAUTION!

DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Control panel

Open the door before cleaning to de-activate the control panel. Care should be taken when cleaning the control panel. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven interior

For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Do not remove the waveguide cover.

Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.

Do not use spray type cleaners on the oven interior.

Turntable and turntable support

Remove the turntable and turntable support from the oven. Wash the turntable and turntable support in mild soapy water. Dry with a soft cloth. Both the turntable and the turntable support are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and sealing surfaces with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.



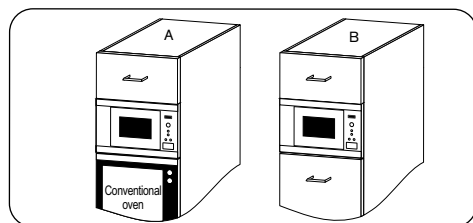
IMPORTANT! A steam cleaner should not be used.

Troubleshooting

| Problem | Check if... |
|---|---|
| The microwave appliance is not working properly? | <ul style="list-style-type: none"> ▪ The fuses in the fuse box are working. ▪ There has not been a power outage. ▪ If the fuses continue to blow, please contact a qualified electrician. |
| The microwave mode is not working? | <ul style="list-style-type: none"> ▪ The door is properly closed. ▪ The door seals and their surfaces are clean. ▪ The START/+30 button has been pressed. |
| The turntable is not turning? | <ul style="list-style-type: none"> ▪ The turntable support is correctly connected to the drive. ▪ The ovenware does not extend beyond the turntable. ▪ Food does not extend beyond the edge of the turntable preventing it from rotating. ▪ There is nothing in the well beneath the turntable. |
| The microwave will not switch off? | <ul style="list-style-type: none"> ▪ Isolate the appliance from the fuse box. ▪ Call an authorised ELECTROLUX service agent. |
| The interior light is not working? | <ul style="list-style-type: none"> ▪ Call your authorised ELECTROLUX service agent. The interior light bulb can be exchanged only by a trained authorised ELECTROLUX service agent. |
| The food is taking longer to heat through and cook than before? | <ul style="list-style-type: none"> ▪ Set a longer cooking time (double quantity = nearly double time) or ▪ If the food is colder than usual, rotate or turn from time to time or ▪ Set a higher power setting. |

Installation

The microwave can be fitted in position A or B:

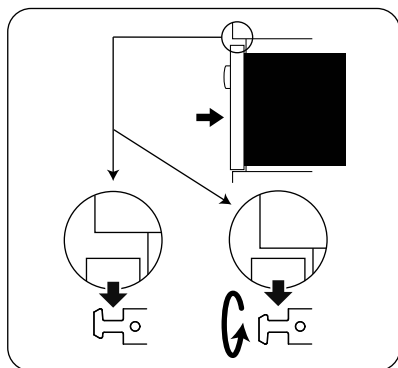
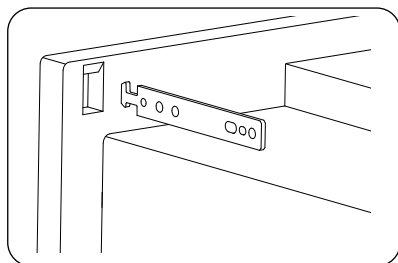
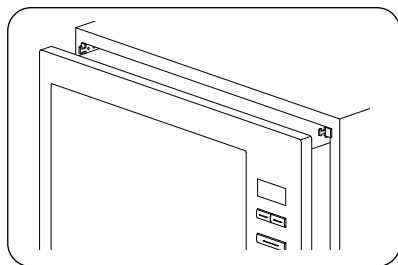
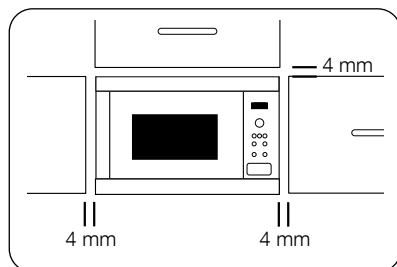


| Position | Niche size | | |
|----------|------------|-----|-----|
| | W | D | H |
| A | 562 | 550 | 450 |
| B | 562 | 500 | 450 |

Measurements in (mm)

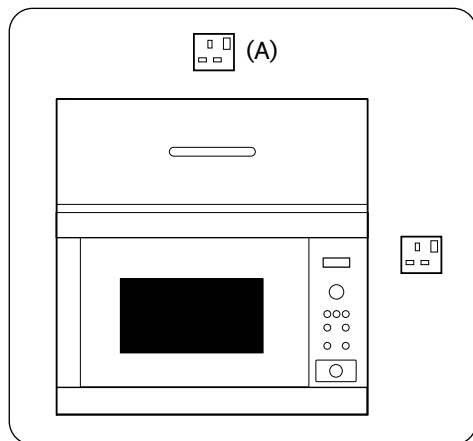
Installing the appliance

1. Remove all packaging and check carefully for any signs of damage.
2. Fit the fixing hooks to the kitchen cupboard using the instruction sheet and template supplied.
3. Fit the appliance into the kitchen cupboard slowly, and without force. The appliance should be lifted onto the fixing hooks and then lowered into place. In the case of interference during fitting, this hook is reversible. The front frame of the oven should seal against the front opening of the cupboard.
4. Ensure the appliance is stable and not leaning. Ensure that a 4 mm gap is kept between the cupboard door above and the top of the frame (see diagram).



Connecting the appliance to the power supply

- The electrical outlet should be readily accessible so that the unit can be unplugged easily in an emergency. Or it should be possible to isolate the oven from the supply by incorporating a switch in the fixed wiring in accordance with the wiring rules.
- The socket should not be positioned behind the cupboard.
- The best position is above the cupboard, see (A).



- Connect the appliance to a single phase 230-240V/50 Hz alternating current via a correctly installed earth socket.
- The power supply cord may only be replaced by an electrician.
- If the appliance is to be operated in a non-European country, the supply voltage, current type and frequency of the appliance indicated on the rating plate must correspond with the specification of your power supply. The rating plate can be found on the inside face of the control panel.
- Before installing, tie a piece of string to the power supply cord to facilitate connection to point (A) when the appliance is being installed.
- When inserting the appliance into the high-sided cupboard, DO NOT crush the power supply cord.
- Do not immerse the power supply cord or plug in water or any other liquid.

Electrical connections

⚠ WARNING!
THIS APPLIANCE MUST BE EARTHED

The manufacturer declines any liability should this safety measure not be observed.

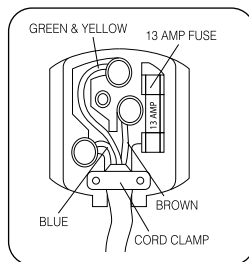
- If the plug that is fitted to your appliance is not suitable for your socket outlet, it must be cut off and the appropriate plug fitted.
- Remove the fuse from the cut off plug. The cut off plug should then be disposed of to prevent the hazard of shocks in case it should be plugged into the 13 A socket in another part of your home.

⚠ Important!
The wires in the mains lead are coloured in accordance with the following code:

| | |
|------------------|---------|
| GREEN AND YELLOW | EARTH |
| BLUE | NEUTRAL |
| BROWN | LIVE |

If you fit your own plug, the colours of the wires in the mains lead of your appliance may not correspond with the markings identifying the terminals in your plug, proceed as follows:

- Connect the green and yellow (earth) wire to the terminal in the plug which is marked with the letter "E" or the earth symbol (\perp) or coloured green and yellow.
- Connect the blue (neutral) wire to the terminal in the plug which is marked with the letter "N" or coloured black.
- Connect the brown (live) wire to the terminal in the plug which is marked with the letter "L" or coloured red.



Technical information

| | | |
|---------------------|-----------|--|
| AC Line Voltage | | 230-240 V, 50 Hz, single phase |
| AC Power required: | Microwave | 1.3 kW |
| Output power: | Microwave | 900 W (IEC 60705) |
| Microwave Frequency | | 2450 MHz ¹⁾ (Group 2/Class B) |
| Outside Dimensions: | ZBM26642 | 594 mm (W) x 459 mm (H) x 404 mm (D) |
| Cavity Dimensions | | 342 mm (W) x 207 mm (H) x 368 mm (D) ²⁾ |
| Oven Capacity | | 26 litres ²⁾ |
| Turntable | | ø 325 mm, glass |
| Weight | | approx. 19 kg |
| Oven lamp | | 25 W/240-250 V |

- 1) This Product fulfils the requirement of the European standard EN55011.


In conformity with this standard, this product is classified as group 2 class B equipment.

Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.


Class B equipment means that the equipment is suitable to be used in domestic establishments.
- 2) Internal capacity is calculated by measuring maximum width, depth and height.

Actual capacity for holding food is less.

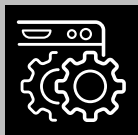
Environment concerns

Recycle materials with the symbol . Put the packaging in applicable containers to recycle it.

Help protect the environment and human health and recycle waste electrical and electronic appliances.

Do not dispose of appliances marked with the symbol  with household waste. Return the product to your local recycling facility or contact your municipal office.

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