

FMA 45 MW

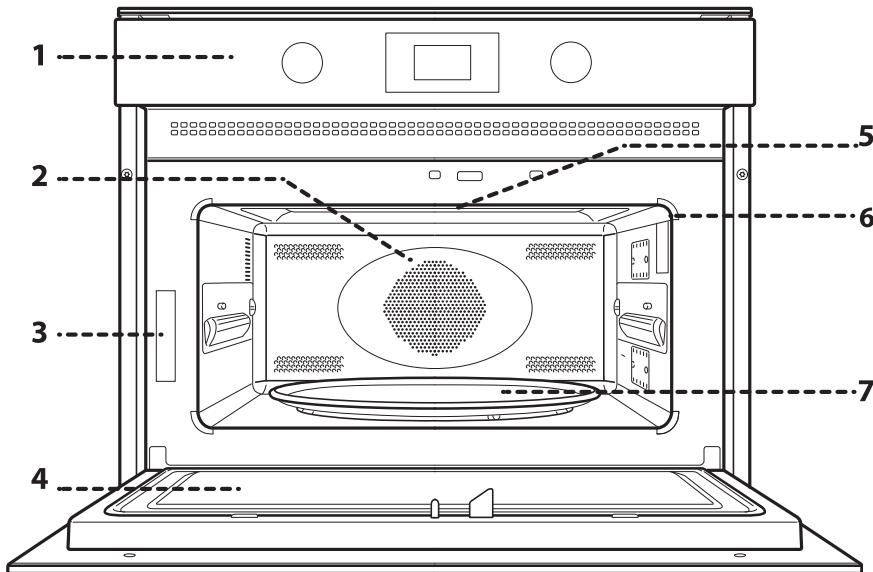
EN User manual

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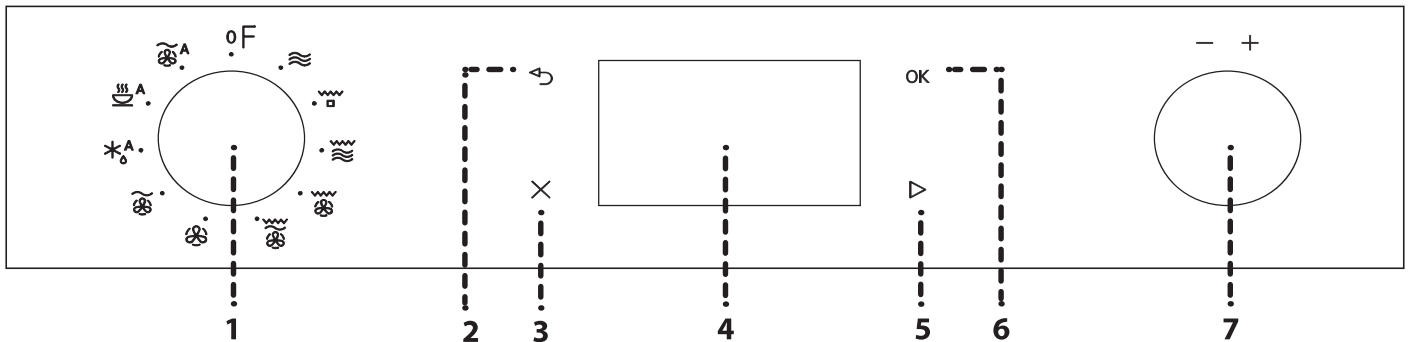
USER GUIDE

OVERVIEW



1. Control panel
2. Circular heating element (not visible)
3. Identification plate (do not remove)
4. Door
5. Upper heating element/grill
6. Light
7. Glass Turntable

CONTROL PANEL



1. SELECTION KNOB

For switching the oven on by selecting a function. Turn to the 0 position to switch the oven off.

2. BACK

For returning to the previous settings menu.

3. STOP

For interrupting an active function at any time. Press twice to stop the function and put the oven on stand-by.

4. DISPLAY

5. START

For starting functions and confirming settings. When the oven is switched off, it activates the microwave function.

6. CONFIRM

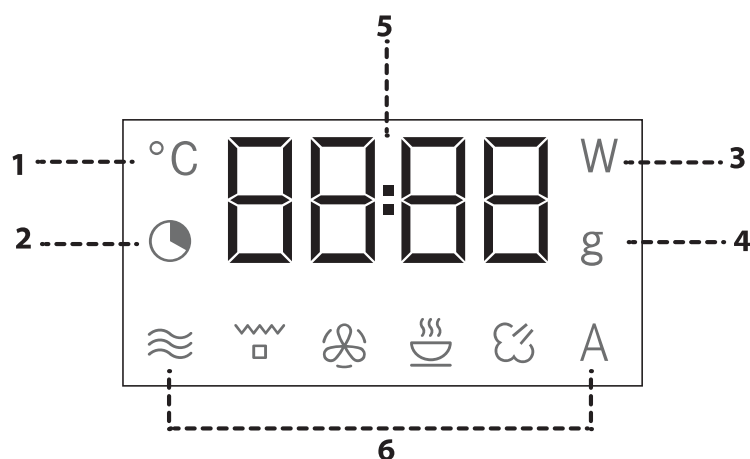
For confirming a function selection or a set value.

7. ADJUSTMENT KNOB

For scrolling through the menus and applying or changing settings.

Please note: All knobs are push-activated knobs. Push down on the centre of the knob to release it from its seating.

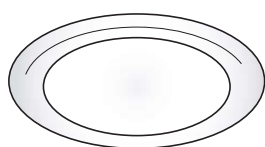
DESCRIPTION OF THE DISPLAY



1. Temperature settings
2. Time and function duration settings
3. Microwave power selection
4. Weight selection
5. Clock, informations and function duration
6. Symbols for the selected function

ACCESSORIES

GLASS TURNTABLE

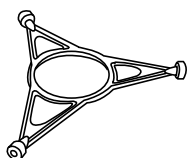


Placed on its support, the glass turntable can be used with all cooking methods.

The turntable must always be used as a base for other containers or accessories, with

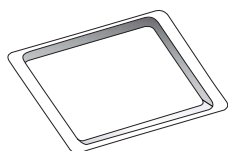
the exception of the rectangular baking tray.

TURNTABLE SUPPORT



Only use the support for the glass turntable. Do not rest other accessories on the support.

RECTANGULAR BAKING TRAY

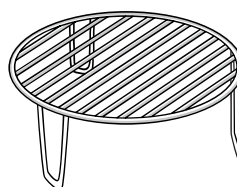


Only use the baking plate with functions that allow for convection cooking; it must never be used in combination with microwaves. Insert the plate horizontally, resting it on the rack

in the cooking compartment.

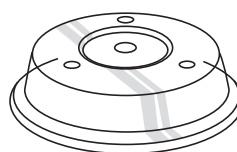
Please note: You do not need to remove the turntable and its support when using the rectangular baking plate.

WIRE RACK



This allows you to place food closer to the grill, for perfectly browning your dish. Place the wire shelf on the turntable.

COVER



Useful for covering food while it is cooking or heating in the microwave. The cover reduces splashes, keeps foods moist and can also be used to create two cooking levels.

It is not suitable for use in convection cooking or with any of the grill functions.

The number and type of accessories may vary according to which model is purchased. Other accessories that are not supplied can be purchased separately from the After-sales Service.

There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use and resistant to oven temperatures.

Metallic containers for food or drink should never be used during microwave cooking.

Always ensure that foods and accessories do not come into contact with the inside walls of the oven.

Always ensure that the turntable is able to turn freely before starting the oven. Take care not to unseat the turntable whilst inserting or removing other accessories.

FUNCTIONS

MICROWAVE

For quickly cooking and reheating food or drinks.

POWER	RECOMMENDED FOR
900 W	Quickly reheating drinks or other foods with a high water content
750 W	Cooking vegetables
650 W	Cooking meat and fish
500 W	Cooking meaty sauces, or sauces containing cheese or egg. Finishing off meat pies or pasta bakes
350 W	Slow, gently cooking. Perfect for melting butter or chocolate
160 W	Defrosting frozen foods or softening butter and cheese
90 W	Softening ice cream

GRILL

For browning, grilling and gratins. We recommend turning the food during cooking. For best results, preheat the grill for 3-5 minutes.

Recommended accessories: High wire rack

GRILL + MICROWAVE

For quickly cooking and gratinating dishes, combining the microwave and grill functions.

Recommended accessories: High wire rack

TURBO GRILL

For perfect results, combining the grill and convection functions. We recommend turning the food during cooking.

Recommended accessories: High wire rack

TURBO GRILL + MICROWAVE

For quickly cooking and browning your food, combining the microwave, grill and convection oven functions.

Recommended accessories: High wire rack

FORCED AIR

For cooking dishes in a way that achieves similar results to using a conventional oven. The baking plate or other cookware that is suitable for oven use can be used to cook certain foods.

Recommended accessories: Low wire rack / Rectangular baking tray






FORCED AIR + MICROWAVE

To prepare oven dishes in a short time.


Recommended accessories: Low wire rack

*A AUTO DEFROST *

For quickly defrosting various different types of food simply by specifying their weight. Food should be placed directly on the glass turntable. Turn the food when prompted.

CATEGORY	FOOD	WEIGHT
 1*	MEAT (mince, cutlets, steaks, roasting joints)	100 g - 2 kg
 2*	POULTRY (whole chicken, pieces, fillets)	100 g - 2.5 kg
 3*	FISH (whole, steaks, fillets)	100 g - 1.5 kg
 4*	VEGETABLES (mixed vegetables, peas, broccoli, etc.)	100 g - 1.5 kg
 5*	BREAD (loaves, buns, rolls)	100 g - 1 kg

SSS A AUTO - REHEAT / COOK *






 For reheating ready-made food that is either frozen or at room temperature and cooking foods quickly, achieving optimal results.

The oven automatically calculates the settings required to achieve the best results in the shortest amount of time. Place food on a microwave-safe and heatproof dinner plate or dish.

CATEGORY	FOOD	WEIGHT
 1	DINNER PLATE	250 - 500 g
 2*	FROZEN PORTION	250 - 500 g
 3*	FROZEN LASAGNA	250 - 500 g
 4	SOUPS	200 - 800 g
 5	BEVERAGES	100 - 500 g
 6	BAKED POTATOES (Turn when prompted)	200 g - 1 kg
 7	FRESH VEGETABLES (Cut into pieces of equal size and add 2 to 4 tablespoons of water. Cover)	200 - 800 g
 8*	FROZEN VEGETABLES (Turn when prompted. Cover)	200 - 800 g
 9	CANNED VEGETABLES	200 - 600 g
 10	POPCORN	100 g

A AUTO FORCED AIR + MICROWAVE *

 For oven-cooking foods quickly and achieving optimal results. Use cookware that is suitable for oven cooking and resistant to microwaves.

CATEGORY	FOOD	WEIGHT
 1	ROAST CHICKEN	800 g - 1.5 kg
 2	COOKIES	300 g
 3	WHOLE FISH	600 g - 1.2 kg
 4	POTATOES GRATIN	800 g - 2 kg
 5	ROASTBEEF	800 g - 1.5 kg

* With the automatic functions, simply select the type and weight or the quantity of the food items to obtain the best results. The oven will automatically calculate the optimum settings and continue to change them as cooking progresses. Turn or stir the food when prompted.

FIRST TIME USE**• SET THE TIME**

You will need to set the time when you switch on the appliance for the first time: The two digits for the hour will flash on the display.




Turn the adjustment knob to set the correct hour and press **OK** to confirm. The two digits for the minutes will start flashing. Turn the adjustment knob to set the correct hour and press **OK** to confirm.

Please note: to change the time at a later point, press and hold **X** for at least 3 seconds while the oven is off and repeat the steps above. You may need to set the time again following lengthy power outages.

DAILY USE

. JET START

When the oven is switched off, it is possible to press  to activate cooking with the microwave function set at full power (900 W) for 30 seconds.

1. SELECT A FUNCTION

When the oven is off, only the time is shown on the display. Turn the selection knob to select one of the available functions.



2. SET THE FUNCTION

. MANUAL FUNCTIONS


After having selected the function you require, you can change its settings. The display will show the settings that can be changed in sequence.

MICROWAVE POWER / TEMPERATURE





When the **W** icon flashes on the display, turn the adjustment knob to adjust the power setting and then press **OK** to confirm and continue to alter the settings that follow (if possible).


In the same way the **°C** icon flashes on the display, turn the adjustment knob to adjust the temperature setting and then press **OK** to confirm and continue to alter the settings that follow.

Please note: once the function has been activated, the power can be changed by pressing  two times to access the power settings menu, then turning the adjustment knob to change the setting.

DURATION



When the  icon flashes on the display, turn the adjustment knob to set the desired duration. Once the displayed cooking time corresponds with what you desire, press  to confirm and start the function.

Please note: During cooking, you can adjust the cooking time by turning the knob; each time you press  the cooking time increases by 30 seconds.

. AUTOMATIC FUNCTIONS / AUTO DEFROST

CATEGORIES

Once you have chosen one of the automatic functions, you will need to select a category for the food you are cooking.



When the **A** icon flashes on the display, turn the adjustment knob to select the digit that corresponds to the desired category, then press **OK** to confirm.


WEIGHT

To achieve the best results, the automatic functions require you to enter the weight of the food, selecting from amongst the default settings: the oven will calculate the ideal length of time for the function to run for each category of food.



When the default setting appears on the display and the **g** icon flashes, turn the adjustment knob to enter the weight, then press  to confirm and start the function.

3. ACTIVATE THE FUNCTION

Once you have applied the settings you require, press  to activate the function.


Every time the  button is pressed again, the cooking time will be increased by a further 30 seconds (only for manual functions).

Please note: You can press  twice at any time to stop the function that is currently active.

. SAFETY LOCK

This function is automatically activated to prevent the oven from being switched on accidentally.



Open and close the door, then press  to start the function.

4. PAUSE

For pausing an active function, for example to stir or turn the food, simply open the door.

To start it up again, close the door and press **▶**. It is also possible to temporarily pause cooking by pressing **✕**. To resume the cooking process, close the door and press **▶**.

AUTOMATIC PAUSE
(STIR OR TURN THE FOOD)

Certain functions will pause to allow you to turn or stir the food.



When the oven pauses the cooking and "Turn food" or "Stir Food" appear on the display, open the door to turn or stir the food, then close the door and press **▶** to start cooking again.

Please note: after 2 minutes, even if the food has not been turned or stirred, the function will start again automatically.

5. END OF COOKING

An audible signal will sound and "End" will appear on the display to indicate that a cooking function is complete.



For some functions, it is possible to delay cooking while maintaining previously established settings: turn the adjustment knob to set a new cooking time, then press **▶**.

. TIMER

When the oven is switched off, the display can be used as a timer. The timer does not activate any of the cooking cycles.

To activate the function and set the cooking time you require, turn the adjustment knob.



Press **OK** to activate the timer. An audible signal will sound and the display will indicate once the timer has finished counting down the selected time. To make a change to the timer once it has been activated, turn the adjustment knob, then press **OK** to confirm.

To interrupt it or return to the current time display, turn the adjustment knob until 0:00 is on the display and press **OK**.

Please note: Once the timer has been activated, you can activate a function as well: The timer will continue to count down the selected time automatically without having any effect on the function. To go back to viewing the timer, wait for the function to finish or stop the oven function by pressing **✕**.

USEFUL TIPS

HOW TO READ THE COOKING TABLE

The table indicates the best functions to use for any given food.

The cooking times refer to the cooking cycle for the food inside the oven, excluding the preheating phase (where required).

The settings and cooking times are approximate and depend on the amount of food and the type of accessory/ies used.

Always cook food for the minimum cooking time given and check that it is cooked through.

For best results, follow the recommendations in the cooking table carefully when selecting accessories.

MICROWAVE COOKING TIPS

Microwaves only penetrate food to a certain depth; you should therefore space the food out as much as possible when cooking multiple items at the same time.

Smaller items cook more quickly than larger items: To ensure uniform cooking, cut food into pieces of equal size.

Moisture evaporates during the microwave cooking process: Using a microwave-resistant cover helps to reduce moisture loss.

When you remove food from a microwave, it will often continue cooking for some time afterwards. We therefore recommend always allowing a couple of minutes of standing time once the cooking cycle has finished.

It is a good idea to stir food when cooking it in the microwave, as this brings the more well-cooked parts at the outside edges towards the middle and vice versa.

Place thin slices of meat one on top of the other or overlapping. Thicker slices, such as meat loaf and sausage, should be placed next to one another.

CLING FILM AND PACKAGING

Remove any twist ties from paper or plastic bags before placing them in the oven for microwave cooking.

Plastic film should be scored or perforated with a fork in order to relieve the pressure and prevent bursting due to the steam building up during cooking.

LIQUIDS

Liquids may overheat beyond boiling point without visibly bubbling.

This could cause hot liquids to suddenly boil over.

To prevent this possibility:

- . Avoid using containers with narrow necks.
- . Stir the liquid before placing the container in the microwave oven and leave the teaspoon in the container.
- . After heating, stir again before carefully removing the container from the microwave oven.

FROZEN FOOD

For best results, we recommend defrosting food directly on the glass turntable. You can also use a lightweight, microwave-safe plastic container if needed.

Boiled foods, stews and meat-based sauces will defrost better if stirred occasionally while defrosting. Separate food once it starts to defrost: the separated portions will defrost more quickly.

FOOD FOR INFANTS

When heating food or liquids in a baby bottle or a baby food jar, always stir and check the temperature before serving.






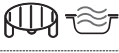













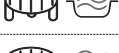



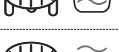





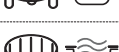

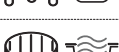



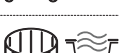





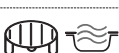

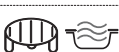

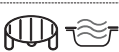


This will ensure that the heat is evenly distributed and avoid the risk of scalding or burns.

Make sure the lid and the teat are removed before heating.

MEAT AND FISH









To obtain perfect surface browning quickly while keeping the inside of the meat or fish soft and juicy, we recommend using the "Grill + Microwave" function. For best results, set the microwave power to between 160 and 350 W.

COOKING TABLE

FOOD	FUNCTION	HEATING UP	GRILL LEVEL	POWER (W)	TIME (MIN)	ACCESSORIES
Leavened cakes		-	160 - 180	-	30-60	
		-	160 - 180	90	25-50	
Filled pies (cheesecake, strudel, apple tart)		Yes	160-190	-	35-70	
Cookies		Yes	170-180	-	10-20	
Meringues		Yes	100-120	-	40-50	
Rolls		Yes	210-220	-	10-12	
Bread Loaf		Yes	180-200	-	30-35	
Pizza / Pie		Yes	190-220	-	20-40	
Savoury pies (vegetable pie, quiche Lorraine)		Yes	180-190	-	40-55	
Lasagna / Baked pasta		-	-	350-500	15-40	
Roast lamb / Veal /Roastbeef (1.3-1.5 kg)		-	170-180	-	70-80*	
		-	160-180	160	50-70*	
Roastbeef - medium (1.3-1.5 kg)		-	170-180	-	40-60*	
Roast Chicken / Rabbit / Duck (whole 1-1.2 kg)		-	210-220	-	50-70*	
		-	210-220	350	45-60*	
Chicken / Rabbit / Duck (fillets/pieces 0.4-1 kg)		-	-	350-500	20-40*	
Baked fish (whole)		-	-	160-350	20-40	
Fish fillets / slices		Yes	-	-	15-30*	
Stuffed vegetables (tomatoes, courgette, aubergines...)		-	-	500-650	25-50	
Toast		-	-	-	3-6	
Sausages / Kebabs / Spare ribs / Hamburgers		-	-	-	20-40*	
Baked potatoes		-	-	350-500	20-40*	
Baked fruit		-	-	160-350	15-25	
Vegetable gratin		-	-	-	15-25	









* Turn the food halfway through cooking.

The table of tested recipes, are compiled for the certification authorities in accordance with the standards IEC 60705 and IEC 60350.

FUNCTIONS	Forced air 	Forced air + Microwave 	Grill 	Turbo Grill 	Grill + Microwave 
ACCESSORIES	Heatproof plate/container suitable for use in microwaves 		Wire rack 	Rectangular baking tray 	

TESTED RECIPES

Compiled for the certification authorities in accordance with the standards IEC 60705 and IEC 60350-1.

FOOD	FUNCTION	WEIGHT (g)	COOKING TIME (min:sec)	TEMP./GRILL LEVEL	POWER (W)	PREHEAT.	ACCESSORIES
Pastry cream		1000	12:00 - 13:00	-	650	-	Microwave-safe container (Pyrex 3.227)
Sponge cake		475	8:00 - 10:00	-	750	-	Microwave-safe container (Pyrex 3.827)
Meat loaf		900	13:00 - 14:00	-	750	-	Microwave-safe container (Pyrex 3.838)
Potato gratin		1100	28:00 - 30:00	190	350	-	Microwave-safe container (Pyrex 3.827)
Chicken		1200	35:00 - 40:00	210	350	-	Microwave-safe container (Pyrex 3.220)
Defrosting meat (turn halfway through the defrosting process)		500	10:30	-	160	-	Turntable
Toast		-	4:00 - 6:00	3	-	Yes	Wire shelf 

FUNCTIONS	Microwave	Grill + Microwave	Grill
			

CLEANING AND MAINTENANCE

Make sure that the appliance has cooled down before carrying out any maintenance or cleaning.
Do not use steam cleaners.

Do not use wire wool, abrasive scourers or abrasive/corrosive cleaning agents, as these could damage the surfaces of the appliance.

INTERIOR AND EXTERIOR SURFACES

- Clean the surfaces with a damp microfibre cloth. If they are very dirty, add a few drops of pH-neutral detergent. Finish off with a dry cloth.
- Clean the glass in the door with a suitable liquid detergent.
- At regular intervals, or in case of spills, remove the turntable and its support to clean the bottom of the oven, removing all food residue.
- The grill does not need to be cleaned as the intense heat burns away any dirt. Use this function on a regular basis.

ACCESSORIES

All accessories are dishwasher safe. For stubborn dirt, rub gently with a cloth. Always leave the accessories to cool down before cleaning.

TROUBLESHOOTING

Problem	Possible cause	Solution
The oven is not working.	Power cut. Disconnection from the mains.	Check for the presence of mains electrical power and whether the oven is connected to the electricity supply. Turn off the oven and restart it to see if the fault persists.
The oven makes noises, even when it is switched off.	Cooling fan active.	Open the door or wait until the cooling process has finished.
The display shows the letter "F" followed by a number.	Software fault.	Contact your nearest Client After-sales Service Centre and state the number following the letter "F".

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SUPPORT

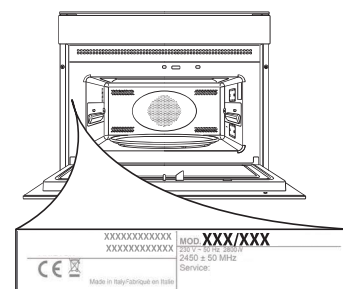
In the event of any operation problems, contact a Franke Technical Service Centre.

Never use the services of unauthorized technicians.

Specify:

- the type of fault
- the appliance model (art./Code)
- the serial number (S.N.) on the rating plate, located on the right hand edge of the oven cavity (visible when the oven door is open).

When contacting our Service Centre, please state the codes provided on your product's identification plate.



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