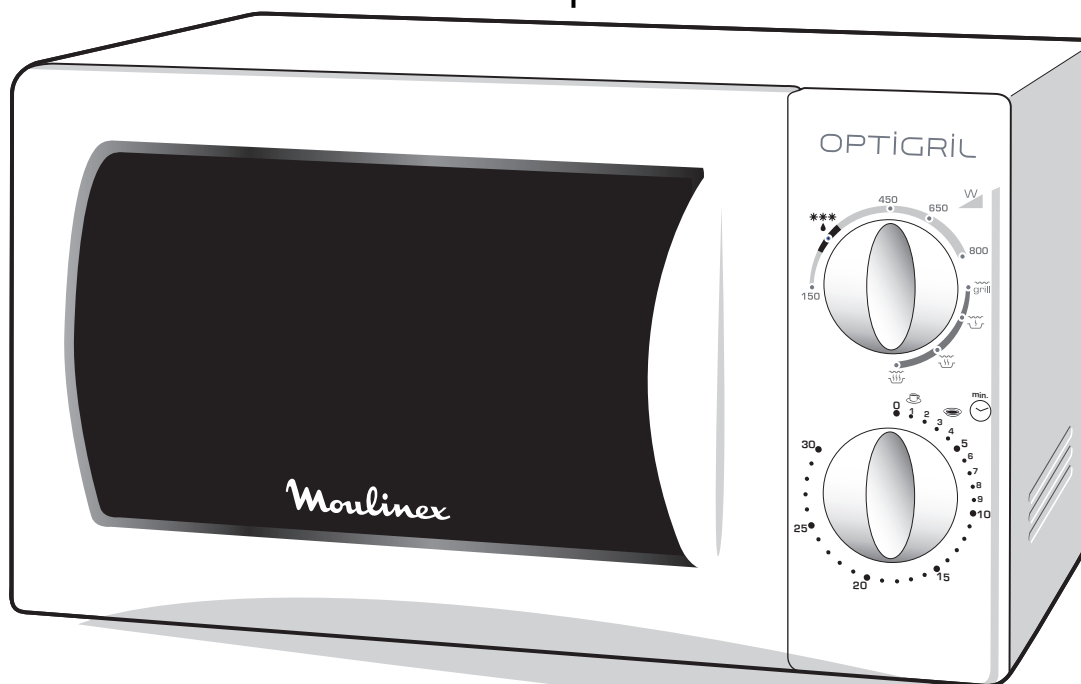


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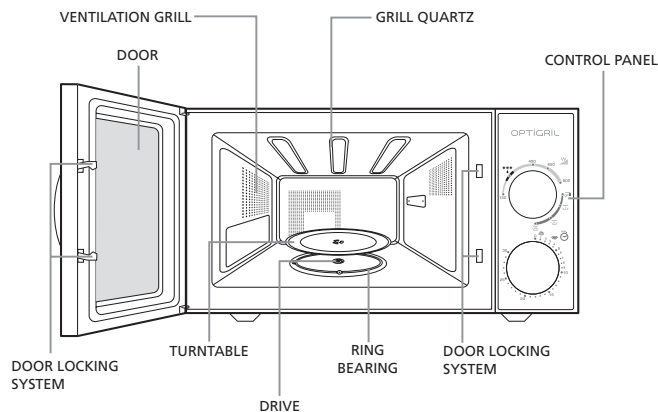
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Appliance description



Accessories

Drive

This fixture is located in the middle of the oven, beneath the turntable. It is connected to the motor and drives the turntable round.



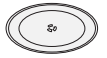
Ring bearing

This component is placed in the middle of the oven, beneath the turntable. It has rollers to support the turntable while leaving it free to rotate.



Turntable

This glass plate is placed on the ring bearing in the middle of the oven and must be engaged with the drive. It can be used for all types of cooking. Containers containing food to be cooked or to collect particles and juices produced by food during cooking are placed on the turntable. It is easily removed for cleaning.

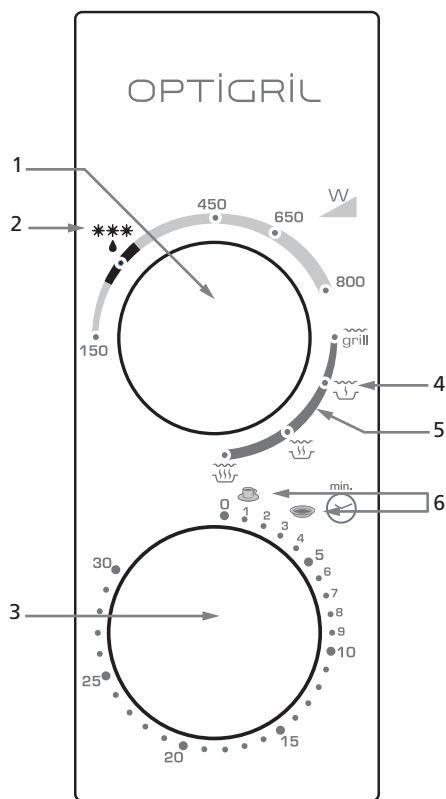


Rack

In grill or combined cooking mode, this accessory can be used for browning flat dishes. It must be carefully centred on the turntable.



Control panel



- 1- Power/Mode selector switch
- 2- Defrost position
- 3- Time selector switch
- 4- grill position
- 5- 3 combined microwave + grill cooking positions

- 6- 2 automatic reheating positions:
 - Cup
 - Soup plate

Installation

Preparation

Unpack the accessories, wash them and wipe them off carefully. Position the ring bearing and then the turntable in the centre of the oven.

- ⓘ **The turntable must be properly engaged with the drive.**

Connecting

Check that the supply voltage marked on the type label glued on the rear of the appliance matches the voltage of your supply. The label indicates the nominal supply voltage of the appliance, e.g. 220-230 V.

Ensure that the current marked on your electricity meter and circuit breaker/fuse is at least 16 Amperes.

Finally, for proper safety, it is essential to connect your appliance to an outlet socket with an earth connection in accordance with electrical installation regulations and standards.

Position the appliance in such a way that the supply socket is readily accessible so that it can be easily disconnected.

You should also ensure that you can gain access to your circuit breaker/fuse.

- ⓘ **It is imperative to comply with the above instructions regarding the electrical supply.**

Position

Your appliance can be installed in one of two ways :

- **On a work-top** : position the appliance on a flat and stable surface, capable of supporting the oven and its contents. The oven must be handled with care, remembering that the control panel side is the heavier.
- **In a niche** : The niche must be at least 85 cm above floor-level. Centre the appliance in the niche so that it does not touch the sidewalls.

- ⓘ **Adequate ventilation is essential: the minimum clearances are 20 cm above the oven and 10 cm at the sides and rear.**

Install the appliance away from any source of heat such as a traditional oven or radiator. It has been design and tested for use in ambient temperatures up to 35°C.

- ⓘ **Ensure that the ventilation holes of the appliance are not obstructed.**

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Important safety instructions

Read carefully and keep for future reference.

1. Your appliance is for domestic use. It is intended only for cooking, heating and defrosting foods and drinks. Use it only for these purposes.

2. **Do not allow children to use the appliance without supervision in particular in the combination mode due to the temperatures generated.**

ⓘ Beware of the risk of burns.

3. **Avoid touching any surfaces that may have become hot** during operation of your oven: the door, the grill element, the inner walls, the top.

ⓘ In order to avoid burns when removing containers and accessories from the oven, always use oven gloves.

4. Do not operate your appliance when empty. This can cause damage. To try out programming the appliance, place a glass of water in the oven. This will absorb the microwaves and protect your oven against damage.

5. The door must be free to close properly :
Do not obstruct the door in any way (with oven cloths, oven gloves, over-size dishes etc.). If the door of your appliance is not properly closed, a safety mechanism will prevent its being turned on.

6. When cooking in grill mode, any fat splashing the grill element may catch fire. These flames will extinguish themselves and will not have any adverse effect on your appliance if it is regularly maintained.

ⓘ To avoid fat spitting during cooking, especially when cooking meats and poultry, use dishes in glazed earthenware. Always maintain a minimum gap of 2 cm between the food and the grill element.

7. Never obstruct the ventilation holes. This can cause the oven to over-heat. If this happens, your appliance will stop automatically and will not start again until it has cooled sufficiently.

8. Precautions against exposure to microwaves:

- Never attempt to operate your appliance with the door open, to interfere with the safety door-locking mechanism or to insert anything in this mechanism,
- Never place anything in the way of opening and closing the door,
- Never allow food or cleaning product residues to accumulate on the door seals, ensure that the door and its seals remain clean, after use, wipe them with a damp cloth and dry them carefully,
- It is particularly important that the oven door should close correctly and that there is no defect in the door, the seals, the hinges or the supply cable.

ⓘ Never use your oven if it is damaged.

ⓘ In no case should your oven be adjusted or repaired by anyone other than a qualified microwave appliance repair technician, trained by the manufacturer.

Instructions for use

The following recommendations will help you get the greatest benefit from using your oven. Please read them carefully.

Foods

Forbidden foods

You should never :

- Attempt to fry food – it is impossible to control the temperature of the oil and other fats – fire-risk,
- Attempt to cook or warm up eggs in their shells, hard-boiled eggs or snails – they may explode,
- Attempt to cook food in an intact shell (e.g. chestnuts) or hard skin (tomatoes, potatoes, sausages) – always make a slit.

Food temperatures

ⓘ The action of microwaves is such that only the food is heated. The container may, therefore, remain cold or cool while the food that it contains is burning hot.

To avoid any risk of burning, always stir and check the temperature carefully before serving – especially to children.

Shake feeding bottles well and try a few drops on the back of your wrist to check the temperature.

Preparing food for cooking

Before warming feeding bottles and small pots, remove teats and covers.

Remember to cover the food in order to :

- Avoid any splashing of the oven cavity,
- Retain sufficient moisture for cooking.

Heating liquids

When heating liquids, a sudden overflow may occur when you take the container to remove it from the appliance. In fact, when the temperature reaches boiling point, steam tends to remain trapped in the liquid until it is disturbed.

To avoid this superheating effect and the consequent risk of scalding, always place a plastic spoon in the liquid to be heated.

Containers and materials

Below, you will find details of the various types of containers, which can be or must not be used for the chosen cooking method.

microwave mode

Use containers suitable for microwave cooking.

A container can easily be tested for microwave "transparency".

Place the empty container on the turntable together with a glass of water and run the oven for one minute at maximum power.

After one minute:

- If the container is cold, it is “transparent” and can be used for microwave cooking,
- If the container is warm or hot it is absorbent and must not be used for microwave cooking.

Never use hermetically sealed containers.

Remember to remove covers and stoppers from feeding bottles, jars, bottles and plastic containers.

Disposable containers

Never leave the appliance to run unsupervised when using disposable containers in plastic, paper or other inflammable materials.

If you see smoke appear, keep the oven door closed and disconnect your appliance.

Metal containers

Never use metallic materials and containers for microwave cooking. You can, however, use your appliance to heat or defrost certain preparations in metallic trays, provided the height of the tray does not exceed 4 cm, not including the cover.

With regard to the cover, follow the instructions on the package. It will have to be removed or left in place, as the case may be. If not indicated otherwise, play safe and remove it.

Centre the tray(s) on the turntable, leaving at least 1 cm clearance from the oven walls. If there are several trays, space them at least 2 cm apart.

grill mode

This cooking mode does not require the use of special containers. Use the same kind of heat-proof containers as you would use in a conventional oven.

i *Never use plastic containers (they may melt) or containers in paper or cardboard (fire-risk).*

i *Maintain a minimum clearance of 2 cm between the food and the grill element.*

Combined microwave + grill mode

Containers not permitted in microwave mode are also not permitted in combined mode. Containers not permitted in grill mode are also not permitted in combined mode.

i *Use only containers that can withstand both microwaves and high temperatures.*

Summary of containers and materials permitted and not permitted in microwave mode.

Materials Containers	Suitable for micro-waves	Remarks
METAL		
Aluminium foil	In certain cases	May be used in small quantities to protect certain parts of the food from overcooking. Risk of electric arcing if the foil is too close to the oven walls or you have used too much.
Aluminium tray	In certain cases	See “Metal containers”, above
Metal sheet	No	Risk of electric arcing and fire
Freezer bag ties	No	Risk of electric arcing and fire
GLASS		
Heat-resistant glass	Yes	Perfectly suitable
Glass with metal-based decoration (gold, lead etc.)	No	Risk of electric arcing
Fine glassware	No	May break or crack if heated suddenly
PLASTIC		
Plastic containers	Yes	Perfectly suitable if the plastic is heat-resistant. Certain plastics may be prone to deformation or discoloration after repeated use. Do not seal closed.
Plastic film	Yes	Can be used to retain moisture and prevent spitting. The plastic must not touch the food during cooking. Puncture the plastic to allow excess vapour to escape. Use oven gloves to remove the plastic film after cooking (risk of burns from hot vapour escaping from the container).
DISPOSABLE CONTAINER MATERIALS FORBIDDEN IN GRILL		
Polystyrene cups or packaging	Yes	Can be used for heating liquids and foods for a short time. Overheating could melt the polystyrene, which would then become mixed with the food.
Paper bag	No	Fire-risk
Paper plates, cups, napkins or absorbent paper.	Yes	May be used for heating and brief cooking
Grease-proof paper	Yes	Can be used to retain moisture and prevent spitting. Short times cooking.
Recycled paper	No	Risk of electric arcing
PORCELAIN		
Porcelain containers	Yes	Perfectly suitable except with metal-based decoration (gold, lead etc.).

Cooking time

To determine the right cooking time for your foods, follow the instructions on the packaging of ready-made dishes and deep-frozen products.

In the absence of any precise indication, divide the cooking or reheating time given for a conventional oven by at least three.

In any case, refer to the cooking guide included in these instructions.

i Do not programme a cooking time longer than necessary. You will then avoid any risk of overcooking or setting fire to your food.

Resting time

Microwaves act close to the surface and penetrate food to a depth of 2 to 3 cm. Once the surface layers are hot, heat penetrates to the centre of the food by conduction, i.e. the hot parts heat the cold parts. This makes it a good idea to allow the food to rest after removing it from the microwave so that the heat can penetrate to the centre.

i This makes it a good idea to allow the food to rest after removing it from the microwave so that the heat can penetrate to the centre.

The various cooking modes

Your oven can be used to cook, reheat or defrost all kinds of food. You have the choice of 3 cooking modes:

- microwave mode for
 - cooking – reheating,
 - defrosting,
 - automatic heating,
- grill mode,
- combined microwave + grill mode.

To select the desired cooking mode use the power/mode selector switch.



microwave mode

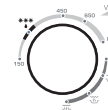
Use this mode for cooking, heating or defrosting your food.

i Only use containers suitable for microwaves.

Cooking – reheating

1. Place the food at the centre of the turntable and close the door.

2. Set the power with the power/mode selector switch.



800 W	450 W
	*** (defrosting)
650 W	150 W

3. Set the cooking time with the time selector switch.



i To set times under 1 minute, turn the times knob to 2 minutes and then back to the desired time.

4. When the cooking time is selected, the oven will start automatically. The internal lighting will be switched on and the turntable will rotate.

Defrosting

1. Place the food at the centre of the turntable and close the door.
2. Set the power selector switch to the Defrost position.
3. Set the cooking time
4. Defrosting will start.



i Halfway through the process, open the oven door to allow you to turn the food for perfectly even defrosting. Turn the food and close the door to restart the defrost cycle.

Automatic heating

The cooking time selector switch has 2 automatic heating positions:

	Quantity	Time	Resting time
Cup	10 cl	40 sec	1 minute
Soup bowl	30 cl	3 min	1 minute

1. Place the food at the centre of the turntable and close the door.

2. Set the power to maximum (750 W) with the power/mode selector switch.
3. Set the cooking time selector to the food that you wish to heat.



i To set times under 1 minute, turn the times knob to 2 minutes and then back to the desired time.

4. The oven will start.

grill mode

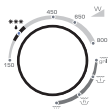
Use this mode to brown food such as gratins or meat by means of your oven's grill element. This cooking mode does not use microwaves.



- i** It is preferable to use the rack when you select grill mode (see details of accessories, p. 11).
- i** In grill mode, use only heat-resistant containers.
- i** Always use oven gloves to handle dishes and accessories in grill mode. Risk of burns.

1st step: preheating the grill

1. Turn the power/mode selector switch to grill mode.



2. Set the preheat time with the time selector switch.



3. The oven will start.
4. After the preheat time, the oven will stop. You can now start cooking.

2nd step: cooking in grill mode

1. Place the food on the rack and place this in the centre of the turntable. Close the door.

2. Set the cooking time with the time selector switch. The oven will start.

i The grill element may turn on and off during cooking. This is quite normal and prevents overheating.

Combined microwave + grill mode

Use this mode for rapidly microwave-cooking or reheating food, while it is browned and crisped by the grill.

In combined mode, 3 power levels are available:

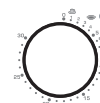
Symbol	Mode	Microwave power
	grill + gentle microwaves	250 W
	grill + medium microwaves	400 W
	grill + strong microwaves	550 W

- i** To be used, preferably, with the rack (details of accessories, p. 11)
- i** Use only containers that can withstand both microwaves and high temperatures.
- i** Always use oven gloves to handle dishes and accessories in combined mode. Risk of burns.

1. It is not necessary to preheat the grill in combined mode.
2. Place the food on the rack and place this in the centre of the turntable.
3. Set the power/mode selector switch to the desired combination of grill + microwaves: gentle / medium / strong.



4. Set the cooking time with the time selector switch.
5. The oven will start.



i The grill element may turn on and off during cooking. This is quite normal and prevents overheating.

Adjusting time and power

You can change the power or cooking time during cooking time by means of the appropriate selector switch. The oven will automatically use the new setting for the remaining cooking time.



Stopping the oven

Your oven will stop automatically when the time selector switch has finished counting down.

During cooking you can :

- Interrupt cooking by opening the oven door, the oven will stop and will restart when you close the door again,
- Cancel cooking by turning the time selector switch back to 0.

Cooking guide

The times indicated in the cooking tables are given for guidance only. The correct cooking time can vary with the shape, thickness and temperature of the food. The resting times are for use after cooking, heating or defrosting.

Cooking with microwaves

- Cooking guide for fresh vegetables

Use a Pyrex container, suitable for microwaves. Pour in 2 to 3 tablespoons of cold water for every 250 g of vegetables (unless otherwise indicated in the table below). Add the vegetables and cover. Stir once during cooking. At the end of cooking, stir thoroughly, add salt, herbs or butter and cover while resting.

For best results, chop the fresh vegetables.

Food	Quantity	Power	Cooking time (minutes)	Resting time (minutes)	Instructions
Carrots	250 g	800 W	7	2	Cut the carrots evenly into discs.
Courgettes	250 g	800 W	7	2	Cut them into discs. Add 2 tablespoons of water or a knob of butter.
Potatoes	250 g 500 g	800 W	7 12	2	Peel and cut in two.

Reheating

After heating liquids, it is advisable to leave the container to stand in the oven for at least 20 seconds. This allows the heat to spread through the liquid and minimised any risk of overflow and scalding. Stir the liquid during and after heating.

- Warming guide for baby food.

i Before serving, carefully check the temperature of the food.

Food	Quantity	Power	Cooking time (minutes)	Resting time (minutes)	Instructions
Baby food (vegetables and meats)	190 g	650 W	40 sec.	1 - 2	Place the food in a ceramic bowl. Cover. After cooking, leave to rest.

i it is possible to heat baby bottles in the microwave, taking care to respect the instructions given on the milk cartons.

Defrosting – power at *** position

Place the frozen food in a dish. Do not cover.

Ensure that the food does not start to cook during defrosting. If any part of the food should begin to cook, cover it with a small piece of aluminium foil to screen it from the microwaves. If the surface of poultry becomes warm, stop defrosting, leave to stand for 20 minutes before recommencing.

The table below applies for frozen food at a temperature between -18 °C and -20 °C.

i Leave to stand for the full resting time to be sure that defrosting is complete.


i At regular intervals during defrosting, turn the food and pour off any water.

i Defrosting must be carried out at a power setting : defrosting ***



Food	Quantity	Cooking time (minutes)	Resting time (minutes)	Instructions
Meat :				Place the food on a flat ceramic plate. Protect thin slices with aluminium foil.
minced beef	500 g	8	2	
pork steak	250 g	5 - 6		
Fish fillet	250 g 400 g	5 8 - 10	2	Place the fish in the middle of a ceramic plate. Place the more fragile pieces under the thicker pieces. Cover the ends with aluminium foil.
Chicken pieces	500 g (2 pieces)	11 - 13	2	Place them on a plate. Protect fragile parts with aluminium foil.

Cooking with grill alone or with combined microwaves + grill

•Cooking guide for "grill" / "micro grill mode": fresh food

Food	Quantity	Mode + power	Side 1 Time (min.)	Side 2 Time (min.)	Instructions
Sliced bread	4 slices (25 g)	"grill" mode	4	4	Place the slices on the rack.
Chicken pieces	500 g		14	13	Brush with oil and sprinkle with spices. Place the pieces on a plate on the rack. Leave to stand for 2-3 minutes.

•Cooking guide for "micro grill" mode: frozen food

Food	Quantity	Mode + power	Cooking time (min.)	Instructions
Fish gratin	400 g		18	Use a round, Pyrex dish. Place it on the rack. Leave to stand for 2-3 minutes.
Lasagne / Cannelloni / Macaroni	400 g		28	Use a round, Pyrex dish. Leave to stand for 2-3 minutes.

Cleaning

Cleaning the oven

The following parts of your microwave must be cleaned regularly to avoid any accumulation of food particles and grease :

- The inner and outer surfaces of your appliance,
- The door and its seals,
- The drive, the ring bearing and the turntable.

i *Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.*

i *Make sure that the door closes correctly.*

- Clean the outer surfaces with a soft cloth and soapy water. Rinse and dry carefully.
- Clean of any particles or stains inside your appliance or on the ring bearing with a soapy cloth. Rinse and dry carefully.
- To help dislodge food particles and eliminate bad smells, put a glass of lemon juice diluted in water on the turntable and run your appliance for 2 minutes at maximum power. The steam will soften the dirty marks. Rinse and dry.
- Take care not to allow water to run into the ventilation holes.
- Never use abrasive or solvent cleaners.
- Clean the door seals carefully, ensuring that there is no accumulation of particles to prevent the door from closing properly.
- Clean the inside of your appliance after every use with a suitable detergent.

i *Always allow your oven to cool down before cleaning it.*

Cleaning the accessories

- The glass turntable and the rack may be cleaned in the dishwasher.

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Technical problems

Your appliance must not be used if the door or door seals are damaged, for example :

- broken hinges
- damaged seals
- internal deformation

Please contact the after-sales service for any repairs (cf : attached list).

It always takes time to become familiar with a new appliance. If you have one of the problems listed below, try the solutions suggested.

- **The following occurrences are perfectly normal and should give no cause for alarm :**

- condensation inside the oven,
- the escape of air around the door and the outer walls,
- light reflections around the door and on the outer walls,
- steam escaping from the door or the ventilation holes.

- **If you find that the food is not cooked at all :**

- make sure that you have programmed the timer correctly and have pressed the "Start + 30 s" button,
- make sure that the door closes correctly,
- make sure that the circuit breaker is not tripped or the fuse blown.

- **The food is overcooked or undercooked :**

- make sure that the programmed cooking time is correct for the food you are cooking,
- make sure that you have chosen the right power level,
- make sure that you have not forgotten to remove the aluminium foil covering the food tray,
- make sure that you are not using an "absorbent" container,
- make sure that the rear ventilation holes of the appliance are not obstructed.

- **Cracks can be heard or sparks can be seen inside the oven :**

- make sure that you have not used containers with metallic decoration,
- make sure that you have not left a metal utensil (fork etc.) inside the oven,
- make sure that you have not positioned aluminium foil too close to the oven walls, positioned a metal tray badly or too close to another metal tray or forgotten to remove the metal fastener from a freezer bag.

- **A beep sounds if you press any button on the control panel :**

- make sure that the Child Safety feature is not activated, if it is, deactivate it.

- **The interior lighting does not work, although your oven works normally :**

- the bulb is probably blown, your appliance nevertheless remains usable.

If these suggestions do not solve your problem, collect the following information:

- the model and serial number printed on the rear of the oven,
- your guarantee,
- a clear description of your problem.

You should then contact your local dealer or the after-sales service.

Waste disposal requirements

Moulinex endeavours to respect the environment as far as is possible in the manufacture of its packaging. The package is made of 100% recyclable corrugated cardboard.

The plastic parts of the appliance have a marking that indicates the type of material. This enables the parts to be recycled.

You can obtain more detailed information on the disposal of each material from your local authority department with responsibility for waste disposal. This department can also advise you on the disposal of any waste, including used appliances.

Your questions regarding disposal can be addressed to your local waste disposal service or to your Moulinex approved service centre.



Environment protection first !

- Your appliance contains valuable materials which can be recovered or recycled.

Performance testing data

According to standard IEC 705

The sub-committee of the International Electrotechnical Commission, SC 59H, has developed a standard for comparative heating performance testing of various microwave ovens.

We recommend the following for the model in your possession.

Test	Load	Approximative time (minutes)	Power level	Container
Egg custard	1000 g	17 - 19	800 W	IEC 705 Recommended Container
Sponge Cake	475 g	9 - 10	650 W	
Meatloaf	900 g	17 - 18	800 W	
Defrost	500 g	8 - 10	320 W	

These data are given for an appliance with a nominal power rating of 750 W.