

COOKING MODES AND INSTRUCTIONS

OVEN COOKING MODES GUIDE

Oven Mode Main Oven	Elements	Mode Descriptions	Cooking Suggestions	Oven Temperature	Cooking Speed	Suitable Food
STEAM CLEAN		Fully automatic 1 hour steam clean cycle	NIL	90 deg		
GRILL (IN MAIN OVEN) Oven door remains closed in this mode)	Grill element	Straight quick grilling	Toasted cheese sandwiches, Browning food	200deg and under	Slow	Sandwiches & Browning
FAN GRILL (Oven door remains closed on this mode)	Grill element and fan	Ideal for grilling all meats and vegetables - the grill tray should be placed in the middle of the oven with the wire rack elevated	Roasts, Steak, Chops, Meatballs, Hamburger Patties	250deg and under	Moderate	Fish, Pork, Veal, Beef & Grilled Chicken
High Bake/Pre Heat	Concealed bottom element, Fan element and Fan	This mode is recommended to Pre Heat the oven - then set to required function	N/A	200deg in 7 Minutes	Fast	N/A
High Bake	Concealed bottom element, Fan element and Fan	Foods that require a high heat and a crisp base	Pizza's Quiches, Pies and Scones	230-250 deg	Fast	Swiss roll, Party cakes, Rock Cakes, Shortcrust Pasty
Fan Forced	Fan element and Fan	Multi-shelf cooking Multi - purpose general cooking	Cakes, Biscuits, Puddings, Baking whole fish, Roast meat and vegetables	180deg - 250 deg	Moderate	Shallow butter cakes, sponges biscuits, meat loaf, baked fish, Cheese Pastries
Fan Assist	Concealed bottom element, Fan element and Fan	Used for multi-shelf purposes	Versatile in batch cooking, where one dish must have a well cooked base and another must be well browned	50-250deg	Fast	Scones, Choux Pastry
Classic Bake	Concealed bottom element	Blind baking	Pastry cases, Quiche bases	180-200deg	Moderate	Pastries
Normal Oven	Concealed bottom element and top outer element	Single item cooking. Foods that require long slow cooking	Fruit Cakes, Christmas Cakes, Meringues, Breads, Crème Caramels, Custards, Soufflés	130-15-deg	Slow	Rich fruit cake, light fruit cake
Defrost	Only the Fan operates	This mode offers a clean and healthy way to defrost frozen foods	All foods may be defrosted			