COOKING RECOMMENDATIONS

You can find in the following table the information of food types which we tested and identified their cooking values in our labs. Cooking times can vary depending on the network voltage, quality of material to be cooked, quantity and temperature. Dishes to cook by using these values might not appeal to your taste. You can set various values for obtaining different tastes and results appealing to your taste by making tests.

WARNING: Oven must be preheated for 7-10 minutes before placing the food in it.

COOKING TABLE

Food	Cooking Function	Cooking Temperature (°C)	Cooking Rack	Cooking Time (min.)
Cake	Static / Static+Fan	170-180	2-3	35-45
Small Cake	Static / Turbo+Fan	170-180	2	25-30
Pie	Static / Static+Fan	180-200	2	35-45
Pastry	Static	180-190	2	20-25
Cookie	Static	170-180	2	20-25
Apple Pie	Static / Turbo+Fan	180-190	1	50-70
Sponge cake	Static	200/150*	2	20-25
Pizza	Static Fan	180-200	3	20-30
Lasagne	Static	180-200	2-3	25-40
Meringue	Static	100	2	50
Grilled Chicken**	Grill+Fan	200-220	3	25-35
Grilled Fish**	Grill+Fan	200-220	3	25-35
Calf Steak**	Grill+Fan	Max	4	15-20
Grilled Meatball**	Grill+Fan	Max	4	20-25

* Do not preheat. First half of cooking time is recommended to be at 200°C de while the other half at 150°C.

** Food must be turned after half of the cooking time.