

# **Microwave oven**

**FX 30 Z / EX 30 Z**

Operating and  
installation instructions

**AEG**

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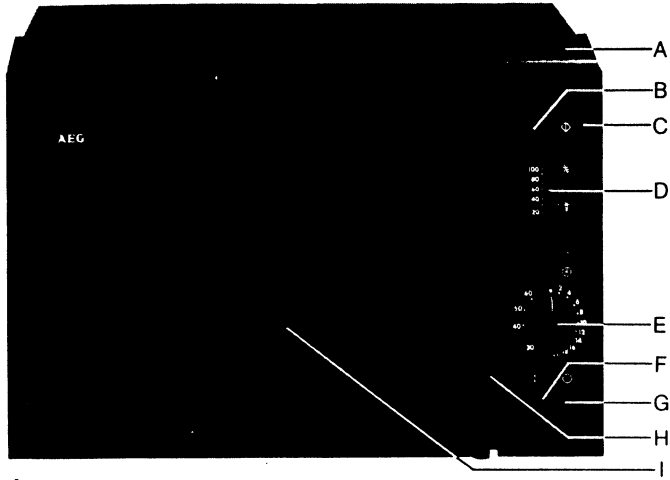
# Operating instructions – Please read carefully before using the oven and keep for future reference

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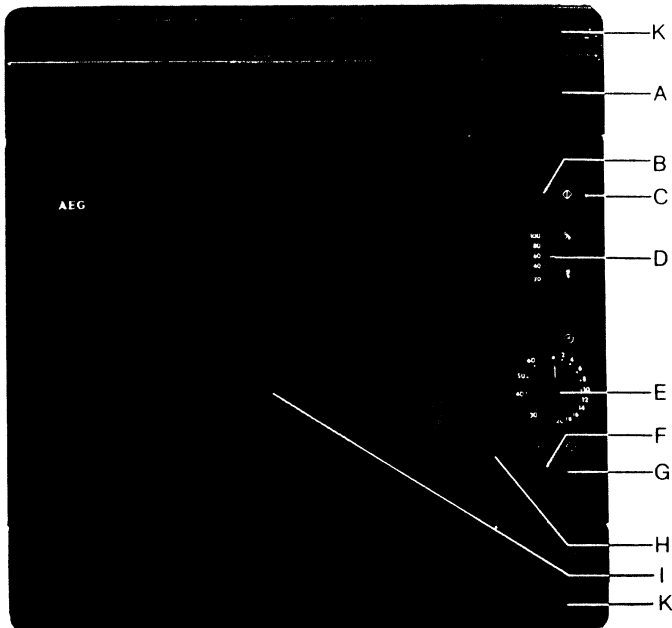
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**Free-standing appliance FX 30 Z - sb**

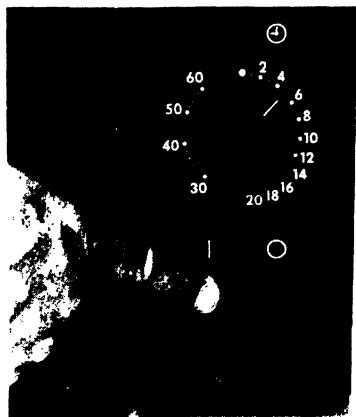


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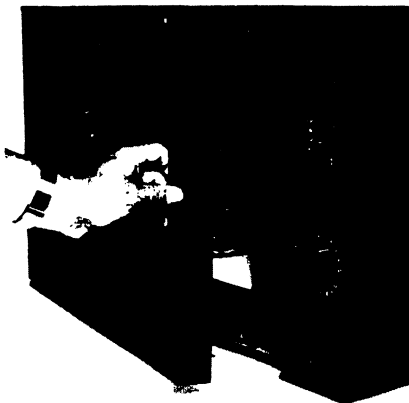
**Build-in appliance EX 30 Z - d**



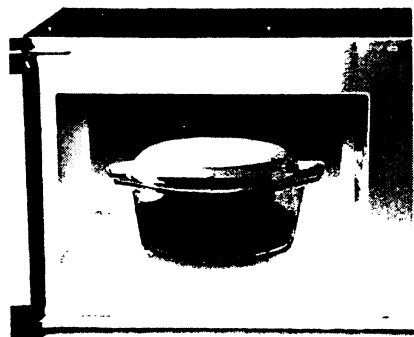
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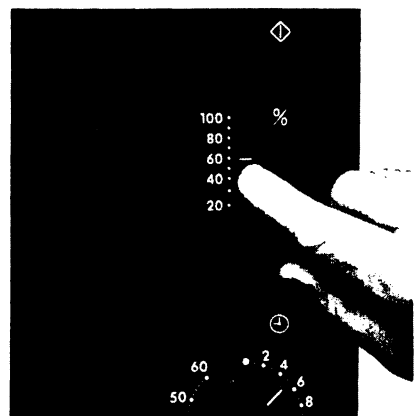
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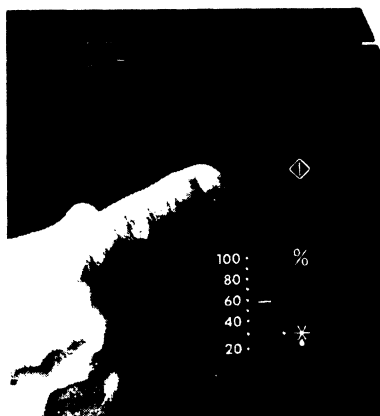
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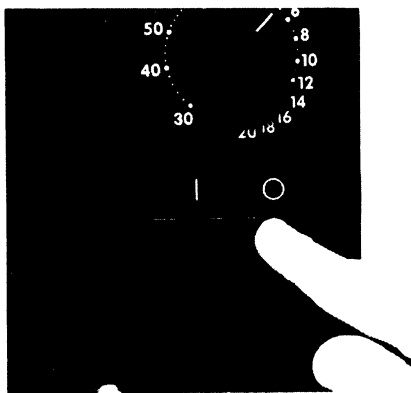
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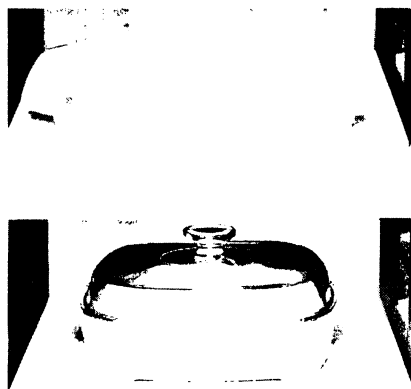
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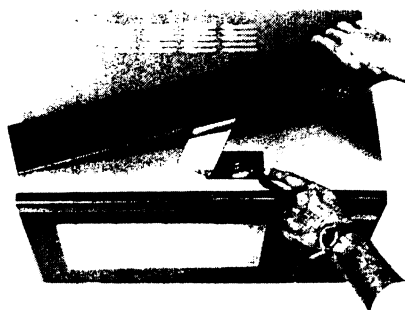
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## Features

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- A Cooking guide (cover plate for interior lamp)
  - B Start button
  - C Cook light, red
  - D Slide control to select the power in %
  - E 60-minute timer
  - F ON button  main button
  - G OFF button  main button
  - H Door handle
  - I Sealed-in ceramic base
  - K Build-in decor frame
- 

### ***Microwaves, what are they?***

Microwaves are electromagnetic energy like ordinary daylight or radio waves, the only difference being the wave length.

Radio waves are broadcast through the air around us, and travel great distances; when received by a radio, the energy they carry is converted into sound. Microwaves are broadcast inside the cooker and can travel only short distances.

When they are received by the food, energy they carry is converted into heat.

The waves are alternately positive and negative, and act as magnets on the water molecules in food.

This attraction and repulsion makes the molecules vibrate, causing friction which produces heating and thus, ultimately, cooking of the food, exactly as it happens when you rub your hands.

### **Cooking Guidelines**

The cooking guide on the appliance and the charts (pages 12–15) are general guidelines, for recipes and further details refer to the cookbook.

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## Golden rules for safe and successful operation

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1. Do not operate the oven when it is empty.  
Place food in the oven first, then switch on the oven.
2. Keep the oven clean, particularly around the door seals.
3. Take care not to damage:
  - the door
  - the doors hinges
  - the door seals and sealing surfaces.Avoid unnecessary strain on the door and take care not to trap anything between the door and the frame!
4. Do not operate the microwave oven when it is not functioning properly. Contact AEG Service to have the oven checked by a trained service engineer to avoid any damage.
5. Only use cooking utensils suitable for microwave cooking or specifically developed microwave oven cookware. See further details on page 11.
6. When heating drinks or water in cups or glasses place the container in the centre of the oven. Put a metal or heat-resistant plastic spoon in the container to prevent excessive boiling.
7. Eggs in shells cannot be cooked in the microwave oven as they will burst.
8. Do not heat large quantities of oil (fondues or deep fat frying) in the microwave oven.
9. Do not heat any closed or sealed bottles, tins etc in the microwave oven
10. Refer to the cooking guide on the appliance and the charts on pages 12–15 for cooking information

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## How to cook with time and variable power

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The cooking guide on the appliance is a general reminder. For more detailed information please see the charts on pages 12–15.

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### **Cooking time**

The cooking time depends on the quantity of food to be cooked. For example, one cup of soup will be heated in one minute, whereas five cups require five minutes. Reason: the oven has to provide five times the energy which means that it has to work five times as long.

See guidelines for heating foods on page 13.

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### **Variable power**

The amount of heat required to cook, heat or defrost food will vary according to the texture and quantity of food to be cooked.

The variable power enables you to increase or decrease the amount of heat similar to the various settings you have on your conventional cooker.

The settings on your microwave oven are given in % (percentage).

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Highest setting 100% = 700 Watts.

On setting 50% the oven cooks on half the power (350 Watts).

**Generally, cooking is started with 100% power and finished with reduced power (70%–20%).**

To heat food settings between 30–80% are used. The defrost setting is 30%.

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### **Cooking hints**

To ensure best results large items such as joints, poultry etc. should be turned halfway through the cooking cycle

Thin items cook more quickly than thick ones.

Small amounts give better cooking results.

Vegetables cook better when covered with a lid or clingfilm. When using clingfilm, pierce to allow steam to escape.

Refrigerated or frozen foods need longer to cook.

Place foods in the centre of the oven.

Casseroles, stews, soups, sauce etc. should be stirred occasionally to ensure fast and thorough heating.

The best policy is to undercook, taste or check the food and then if necessary, to cook further.

Allow the food to stand for a while after cooking for the heat to spread evenly through the food.

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## Operating procedure

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<b>Figure 3</b>	To switch on the appliance: Press button.	Cavity is illuminated, fan is on.
<b>Figure 4</b>	To open the door pull the door handle.	The cooker will not work at this stage – not until the door is closed (safety device).
<b>Figure 5</b>	Place food in the oven and close the door.	The appliance is operational.

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## Selection of Cooking Time and Power


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**Figure 6**

Timer:  
Choose the cooking time according to the charts or the cooking guide on the appliance. Turn the timer knob clockwise to the required cooking time, eg:  
1 min. or 4.5 min.  
Once set, the time may be re-adjusted in either direction.

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**Figure 7**





Selection of power:  
You can select variable power from 20–100%. Set the marker line on the slide switch to the required power.  
See cooking guide on the appliance or consult the recipe book/charts p. 12–15.  
For defrosting select 30% or symbol .

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## From start to finish of the cooking cycle

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<b>Figure 8</b>	Start. Press START button  .	The appliance is in operation. You can watch the food cooking through the transparent door. The red cook light is on.
<b>Figure 9</b>	Should you wish to attend the food, eg. to stir, add ingredients etc. just open the door.	The microwave power and the red cook light are switched off.
<b>Figure 5</b>	To re-start cooking close the door and press the START button  .	The timer knob stops while the door is open, restarting after the START button  has been pressed.
<b>Figure 8</b>	Cooking will continue until the timer returns to 0, switching off the microwave power and operating an acoustic signal.	The food can be removed after opening the door.
<b>Figure 10</b>	To switch off the appliance press the OFF button  .	

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## The correct utensils

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### Figure 11

**Ovenproof glass or glass ceramic oven dishes** are the most used. These dishes allow microwaves to pass through directly to food. Dishes will remain cool unless cooking is prolonged, causing hot food to heat the dish.

Glass, sturdy china and pottery serving dishes can also be used. These should not have silver, gold, platinum or other metal trims which will be damaged by the microwaves.

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Diswasher-safe **plastics**, usually quite rigid material can be used provided they can withstand the temperature of the food being cooked.

Hard plastic trays, picnic ware and bowls, may be used for heating but not for cooking food.

To cook food in plastic utensils use specially developed microwave cookware.

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**Paper cups, plates, towels, wax paper and paper cartons** can be used for heating.

Prolonged time in the oven can cause paper to burn. Greaseproof paper can be used as a covering during cooking.

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**Metal dishes and foil** reflect microwaves and inhibit cooking and should not be used in a microwave oven.

#### **Exceptions:**

Small pieces of aluminium foil can be used to cover, for example wing and leg tips when cooking poultry to prevent overcooking.

It is most important that no metal or foil touches or comes close to the walls of the oven (minimum gap 2 cm)

Foil trays with ready-made meals can be used to heat the food provided they are not deeper than 2 cm and the lid is removed.

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### Figure 12

#### **Microwave Browning Dishes**

Special microwave browning dishes have been developed to aid the browning process when cooking meats with very short cooking times.

The base of the browning dish is coated with a special material which will get very hot during pre-heating of the empty dish. The hot base will ensure a browning effect on small food items such as steaks, hamburgers, chops etc.

The pre-heating time depends on the type of food to be cooked.

Microwave Browning dishes No. E 611899 644 and E 611899 662 are available from your local AEG microwave oven stockist

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## Cooking guidelines

Food/quantity	1. setting		2. setting		Special Instructions	Standing time min.
	%	min.	%	min.		
<b>Meat loaf</b> 450 g/1 lb.	100	15-20	-	-	Cook uncovered	5-10
<b>Roast pork</b> 450 g/1 lb.	100	4-5	60	10-15	Turn over after first time	5-10
<b>Chicken</b> 1 kg/2 lb (cooking)	100	15-20	-	-	Cook in covered dish	5-10
1 kg/2 lb (roasting)	100	8-10	100	8-10	Pre-heat empty browning dish for 5-7 min. Turn chicken over after first time	
<b>Roast sirloin</b> 1 kg/2 lb	100	5-6	100	8-10	Medium rare. Pre-heat empty browning dish for 5-7 min. Turn over after first time	5-10
<b>Roast beef</b> 1½ kg/3 lb	100	8-10	60	20-25	Season with paprika pepper and salt. Turn over after first time	5-10
<b>Fillet of fish</b> 450 g/1 lb.	100	5-7	-	-	Cook in covered dish	5
<b>Cauliflower</b> 450 g/1 lb.	100	9-11	-	-	Break into florets, place in a dish with 4 tbsp. water and cover	3- 5
<b>Peas, fresh</b> 225 g/8 oz.	100	3-4	50	5-20	Place in a dish, add 125 ml/4 fl. oz. water and cover	5
<b>Peas, frozen</b> 280 g/10 oz.	100	7-8	-	-	Place in a dish, add 4-5 tbsp. water and cover	5
<b>Spinach, frozen</b> 280 g/10 oz	100	4-5	50	7-8	Stir occasionally during cooking	5
<b>Carrots, fresh</b> 340 g/12 oz. prepared weight	100	10-12	-	-	Cut into slices, add 3 tbsp. water, knob of butter and cover. Stir after 6 mins	5- 7
<b>Potatoes, baked</b> 1 = 200 g/7 oz.	100	5-7	-	-	Wash, prick with a fork and lay onto kitchen paper	5- 7
<b>Potatoes, boiled</b> 450 g/1 lb. peel	100	9-11	-	-	Cut into even sized pieces, add 4 tbsp. water with salt. Stir after 5 mins.	5-10
<b>Rice</b> 225 g/8 oz.	100	8-10	-	-	Place rice in a 2 litre/ 3½ pint glass dish, add 500 ml/1 pint water, season and cover. Stir after 4 mins	5-10
<b>Scrambled eggs</b> 2	100	1-2	-	-	Stir halfway through	2- 3
<b>Fried eggs</b> 2	60	1-2	-	-	Pre-heat empty browning dish 1½-2 mins. Prick egg yolk slightly	2- 3

## Heating guidelines

Food/Quantity	Setting %	Time / min.	Special instructions
<b>Beverages</b>			
1 cup milk	80	1–1½	Place a spoon into the cup or glass (see page 7, 6.)
1 cup coffee, re-heat	80	30–45 sec.	Place a spoon into the cup or glass (see page 7, 6.)
1 cup/glass water, boil	100	1½–2	Place a spoon into the cup of glass (see page 7, 6.)
1 glass wine (mulled wine)	100	1–1½	Place a spoon into the cup of glass (see page 7, 6.)
1 baby bottle milk (200 ml)	80	1–2	Heat bottle without teat
<b>Ready made meals</b>			
1 jar baby food	60	1–2	Heat jar without lid, stir after heating
1 cup soup (200 ml)	100	1–1½	Heat covered
1 plated meal (400 g/14 oz.)	80	2–3	Heat covered
1 portion rice, potatoes or vegetables (200 g/ 7 oz. each)	100	1½–2	Heat covered
1 portion meat (150 g/6 oz.)	80	1–2	Heat uncovered if coated in breadcrumbs, otherwise cover

## Defrosting guidelines

Food/Quantity	1. setting		2. setting		Special instructions	Stand- ing time min.
	%	min.	%	min.		
<b>Meat and poultry</b>						
Joints per 450 g/1 lb.	100	1	30	12-14	Turn joint over occasionally	10-15
Cops and steaks per 450 g/1 lb.	30	10-14	-	-	Turn meat over occasionally	5-10
Cubed meat per 450 g/1 lb.	30	10-12	-	-	Rearrange in dish halfway through	10-15
Minced meat and sausage meat per 450 g/1 lb.	30	10-12	-	-	Separate with fork halfway through	10-15
Offal (liver, kidneys) per 450 g/1 lb.	30	8-10	-	-	Separate and rearrange in dish halfway through	10-15
Whole chicken per 450 g/1 lb.	30	13-15	-	-	Turn chicken over every 10 mins. Remove giblets if any. Cover warm areas with foil	10-15
Chicken portions per 450 g/ 1 lb.	30	13-15	-	-	Rearrange portions halfway through with thick parts to the outside of the dish	5-10
Duck 1.5-2 kg (3½-4½ lb.)	100	3	30	15-20	Turn duck over after first time and again during 2nd cycle. Cover warm area with foil	10-15
<b>Fish</b>						
Filletts 450 g/1 lb.	30	9-12	-	-	Separate fillets after 5 mins	10-15
Whole fish per 450 g/1 lb.	30	10-12	-	-	Cover thin parts with foil	15-20
Prawns per 225 g/8 oz.	30	3-5	-	-	Break up with fork after 2 mins	3-5

## Defrosting guidelines

Food/Quantity	1. setting		2. setting		Special instructions	Stand- ing time min.
	%	min.	%	min.		
<b>Miscellaneous</b>						
Butter 250 g/9 oz.	20	7-8	-	-	Remove any foil wrapper	10-15
Bread per 450 g/1 lb.	30	5-7	-	-	Turn over halfway through	15-20
Rolls, 4	100	1½	-	-	For crusty rolls reheat empty browning dish for 1½ mins on 100 and turn rolls once during defrosting	2-5
Sponge cake per 340 g/12 oz.	30	2-3	-	-	½ turn after 1 min.	5
Shortcrust and puff pastry per 225 g/8 oz.	30	1	-	-		10
<b>Ready made meals</b>						
1 portion 400 g/ 14 oz.	80	8-15	-	-	Meals in foil containers can be defrosted and heated provided the container is not deeper than 2 cm and the lid is removed	5-7
Cook in bag meals 300-400 g/11-14 oz.	80	2	80	6-10	Make a slit in the bag after first time and continue to cook in a covered container	3-5
Meat casserole per 675 g/1½ lb.	30	15-20	80	5-7	Separate with fork after first time and heat in covered container	5-7
<b>Frozen vegetables</b>						
See "cooking guidelines" and cooking instructions on manufacturers' packets						

# Cleaning, Maintenance and Replacement of the cooker interior lamp

## Cleaning of the appliance

Cleaning must be carried out with the power supply to the microwave oven switched off. Use a mild detergent e.g. washing-up liquid, lukewarm water and a soft cloth to clean the interior and exterior surfaces. Do not use chemical or abrasive compounds to clean any part of the cooker.

Odours inside the cooker can be eliminated by placing in it a cup of water with lemon juice added, and boiling the mixture for a few minutes.

**Note:** If the door seal has been damaged or is broken do not use the cooker, have it checked by a qualified AEG engineer or AEG appointed service agent.

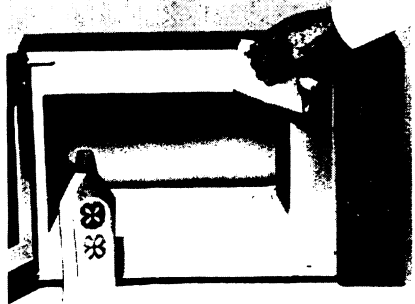


Fig. 13

## Replacement of the cooker interior lamp

### Freestanding appliance

- Switch off the cooker and disconnect from the power supply.
- Slide the cooking guide with holder to the left and lift it upwards.
- Turn the metal plate.
- Remove and replace the lamp through the hole in the cabinet (E 14 220/240 V/25 W max.)
- Re-assemble in reverse order.

**Build-in model (TL 13 W)** (fig. 15 and 16)

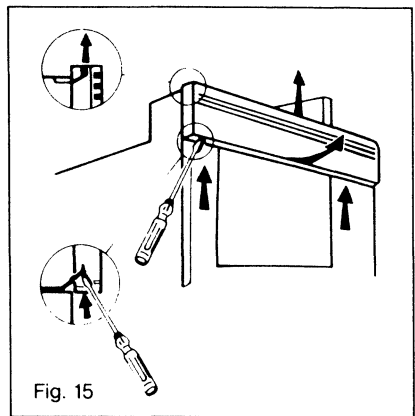


Fig. 15

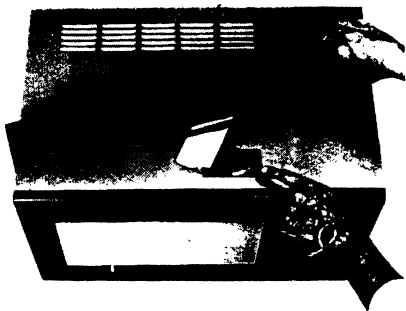


Fig. 14

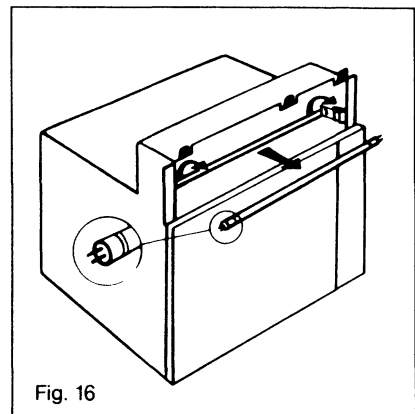


Fig. 16



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## Questions and answers

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**Question:**

Can I defrost and re-heat ready-made meals in foil containers in my microwave oven?

**Answer:**

Yes, if the container is not more than 2 cm<sup>3</sup>/<sub>4</sub>" deep. As microwaves are reflected by metal the food can only be heated from the top. To ensure that food is heated thoroughly without overcooking the surface, the max. depth of the dish is 2 cm<sup>3</sup>/<sub>4</sub>".

Make sure that the clearance between metal container and oven wall is at least 2 cm<sup>3</sup>/<sub>4</sub>".

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**Question:**

Food cooked in a microwave oven seems to cool down faster the conventionally cooked food. Why?

**Answer:**

Often the dish used to store the food in the refrigerator is used to heat the food in the microwave oven. The cold dish will absorb heat from the food and it may be necessary to increase the time by 1 minute to compensate for the cold dish.

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**Question:**

What is the reason for the moisture in the microwave oven during and after cooking?

**Answer:**

The moisture in the food turns to steam as it is heating. The steam is condensed on the cool surfaces of the microwave oven and the resulting moisture is quite normal and no reason for concern.

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**Question:**

Are microwave ovens expensive to run?

**Answer:**

No. Microwave cooking is very economical. You save approx. 70% energy for cooking and up to 90% energy for re-heating using a microwave oven as opposed to conventional cooking methods.

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**Question:**

What happens if the microwave oven is operated when it is empty?

**Answer:**

Do not operate the oven when it is empty. However, if it is switched on by mistake for a short period of time no damage will occur to the magnetron.

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## Installation of a freestanding appliance

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### *Installation of freestanding appliance*

To ensure proper ventilation of the appliance allow a space of 5 cm/2" all around it.

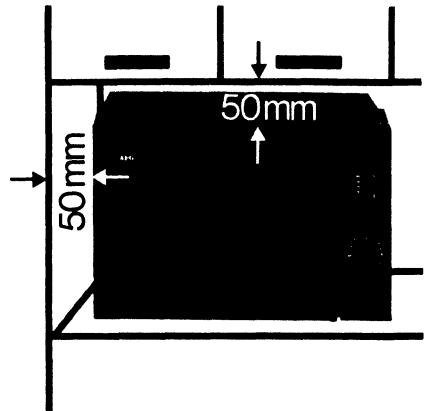


Fig. 17

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## Installation of the build-in appliance

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### *Installation of the build-in appliance*

- Fit the appliance into the furniture housing unit (see illustration). The electrical supply switched connection should be accessible when the appliance is installed in the furniture housing.
- The appliance is secured to the housing unit by 2 screws (see illustration).

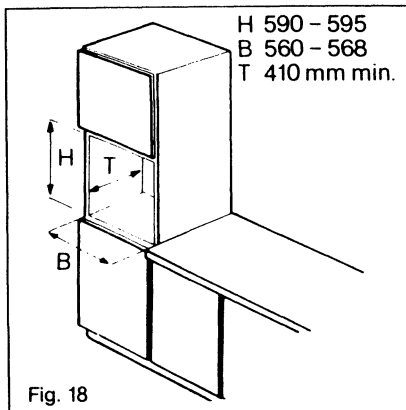


Fig. 18

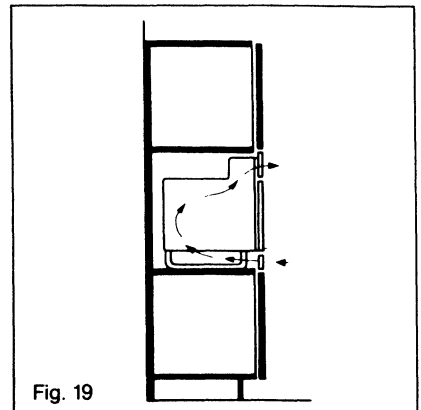
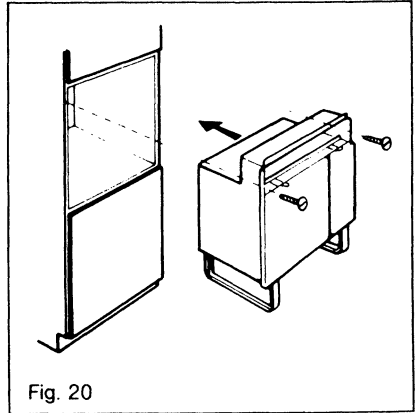


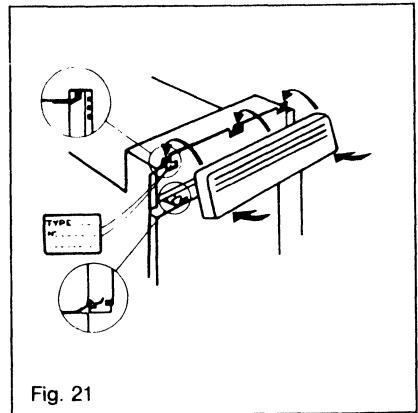
Fig. 19

# Fitting

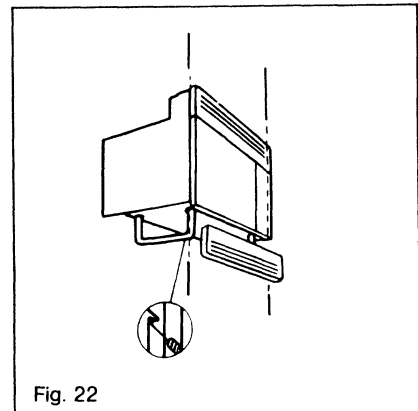
To fit appliance into furniture housing



To fit the upper air vent



To fit lower air vent.  
Secure with added spiral springs (2).



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## If you think your microwave oven is not functioning properly

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Before you call out a service engineer please check the following points.

1. Check that power to the microwave oven is available.
2. Are the fuses in working order?
3. Is the appliance door closed properly?

■ **If you call out a service engineer in connection with one of the problems listed, the cost involved will have to be passed on to you even during the warranty period. The same applies to wrong usage or misuse of the appliance. Therefore, follow the instructions and recommendations in this booklet and the recipe book carefully.**

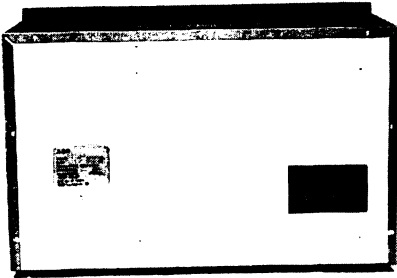
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Should you be unable to locate the cause of the problem, please contact AEG Service Department.

We reserve the right to alter specifications without prior notice.

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When calling AEG Service Department, please quote the following numbers which you will find on the rating plate (see illustration).



Model-No.: .....

E.-No.: .....

F.-No.: .....

Fig. 23

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## Technical data/Rating plate

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Supply voltage:	220/240 V, 50 Hz	Fuse:	10 A/13 Amp.
Power consumption:	1300 W	Timer:	0–60 min.
Microwave output power:			
– Full Power:	700 W		
– Defrost:	280 W		
– Variable power:	20%–80% of full power		

### ***Freestanding appliance:***

Dimensions (H x W x D) mm:

Cabinet: 405 x 595 x 390

Cavity: 230 x 380 x 360

Weight: approx. 29 kg

### ***Build-in appliance:***

Dimensions (H x W x T) mm:

Cut-out dimensions: 590 x 560 x 410

Cavity: 230 x 380 x 360

Front dimensions: 600 x 595 x 384

Weight: approx. 31 kg

These appliance conform to the EEC directive N 76/889/EEC and 82/499 EG on radio interference.

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