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You can read the recommendations in the user guide, the technical guide or the installation guide for BOSCH HMT75G654. You'll find the answers to all your questions on the BOSCH HMT75G654 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

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[en] Instruction manual



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..... 16 Produktinfo Additional information on products, accessories, replacement parts and services can be found at www.bosch-home.com and in the online shop www.bosch-eshop.com : Important safety information Read these instructions carefully. Only then will you be able to operate your appliance safely and correctly. Retain the instruction manual for future use or for subsequent owners.

This appliance is only intended to be fully fitted in a kitchen. Observe the special installation instructions. Check the appliance for damage after unpacking it.

Do not connect the appliance if it has been damaged in transport. Only a licensed professional may connect appliances without plugs.

Damage caused by incorrect connection is not covered under warranty. This appliance is intended for domestic use only. The appliance must only be used for the preparation of food and drink. The appliance must be supervised during operation. Only use this appliance indoors. This appliance may be used by children over the age of 8 years old and by persons with reduced physical, sensory or mental capabilities or by persons with a lack of 2 experience or knowledge if they are supervised or are instructed by a person responsible for their safety how to use the appliance safely and have understood the associated hazards. Children must not play with the appliance. Children must not clean the appliance or carry out general maintenance unless they are at least 8 years old and are being supervised. Keep children below the age of 8 years old at a safe distance from the appliance and power cable. Always insert the accessories into the cooking compartment correctly.

See "Description of accessories in the instruction manual. Risk of fire! Combustible items stored in the cooking compartment may catch fire. Never store combustible items in the cooking compartment. Never open the appliance door if there is smoke inside. Switch off the appliance and unplug it from the mains or switch off the circuit breaker in the fuse box. Using the appliance for anything other than its intended purpose is dangerous and may cause damage. The following is not permitted: drying out food or clothing, heating slippers, grain or cereal pillows, sponges, damp cleaning cloths or similar. For example, heated slippers and grain or cereal pillows may catch fire, even several hours after they have been heated. The appliance must only be used for the preparation of food and drinks. Food may catch fire.

Never heat food in heat-retaining packages. Do not leave food heating unattended in containers made of plastic, paper or other combustible materials. Do not select a microwave power or time setting that is higher than necessary. Follow the information provided in this instruction manual. Never use the microwave to dry food.

Never defrost or heat food with a low water content, e.g. bread, at too high a microwave power or for too long. Cooking oil may catch fire. Never use the microwave to heat cooking oil on its own.

Risk of explosion! Liquids and other food may explode when in containers that have been tightly sealed. Never heat liquids or other food in containers that have been tightly sealed. Risk of serious damage to health! The surface of the appliance may become damaged if it is not cleaned properly. Microwave energy may escape. Clean the appliance on a regular basis, and remove any food residue immediately. Always keep the cooking compartment, door seal, door and door stop clean; see also section Care and cleaning. Microwave energy may escape if the cooking compartment door or the door seal is damaged. Never use the appliance if the cooking compartment door or the door seal is damaged. Contact the aftersales service. Microwave energy will escape from appliances that do not have any casing.

Never remove the casing. For any maintenance or repair work, contact the after-sales service. Risk of fire! Risk of fire! Risk of fire! Risk of serious damage to health! Risk of serious damage to health! Risk of electric shock! Incorrect repairs are dangerous. Repairs may only be carried out and damaged power cables replaced by one of our trained after-sales technicians. If the appliance is defective, unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service. The cable insulation on electrical appliances may melt when touching hot parts of the appliance. Never bring electrical appliance cables into contact with hot parts of the appliance. Penetrating moisture may cause an electric shock. Do not use any highpressure cleaners or steam cleaners.

A defective appliance may cause electric shock. Never switch on a defective appliance. Unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service. The appliance is a high-voltage appliance.

Never remove the casing. Risk of burns! Accessories and ovenware become very hot. Always use oven gloves to remove accessories or ovenware from the cooking compartment. Alcoholic vapours may catch fire in the hot cooking compartment. Never prepare food containing large quantities of drinks with a high alcohol content.

Only use small quantities of drinks with a high alcohol content. Open the appliance door with care. Foods with peel or skin may burst or explode during, or even after, heating. Never cook eggs in their shells or reheat hard-boiled eggs. Never cook shellfish or crustaceans. Always prick the yolk when baking or poaching eggs. The skin of foods that have a peel or skin, such as apples, tomatoes, potatoes and sausages, may burst. Before heating, prick the peel or skin.

Heat is not distributed evenly through baby food. Never heat baby food in closed containers.

Always remove the lid or teat. Stir or shake well after the food has been heated. Check the temperature of the food before it is given to the child. Heated food gives off heat. The ovenware may become hot. Always use oven gloves Risk of electric shock! Risk of electric shock! Risk of electric shock! Risk of electric shock! Risk of burns! Risk of burns! Risk of burns! Risk of burns! 3 to remove ovenware or accessories from the cooking compartment.



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□ Airtight packaging may burst when food is heated. Always observe the instructions on the packaging. Always use oven gloves to remove dishes from the cooking compartment. Risk of scalding! □ When you open the appliance door, hot steam may escape.

Open the appliance door with care. Keep children at a safe distance. □ There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid may suddenly boil over and spatter.

When heating, always place a spoon in the container. This will prevent delayed boiling. Risk of injury! □ Scratched glass in the appliance door may develop into a crack. Do not use a Risk of burns! Risk of scalding! glass scraper, sharp or abrasive cleaning aids or detergents. □ Unsuitable ovenware may crack. Porcelain or ceramic ovenware can have small perforations in the handles or lids. These perforations conceal a cavity below. Any moisture that penetrates this cavity could cause the ovenware to crack. Only use microwave-safe ovenware. Risk of injury! Causes of damage Caution! □ Heavily soiled seal: If the seal is very dirty, the appliance door will no longer close properly during operation. The fronts of adjacent units could be damaged. Always keep the seal clean. Operating the microwave without food: Operating the appliance without food in the cooking compartment may lead to overloading. Never switch on the appliance unless there is food in the cooking compartment. An exception to this rule is a short crockery test (see the section "Microwave, suitable crockery").

Microwave popcorn: Never set the microwave power too high. Use a power setting no higher than 600 watts. Always place the popcorn bag on a glass plate. The disc may jump if overloaded. Liquid that has boiled over must not be allowed to run through the turntable drive into the interior of the appliance. Monitor the cooking process. Choose a shorter cooking time initially, and increase the cooking time as required. Never use the microwave oven without the turntable.

□ □ □ Installation and connection This appliance is intended for domestic use only. This appliance is only intended to be fully fitted in a kitchen. Please observe the special installation instructions. The appliance can be fitted in a 60 cm wide wall cabinet (min. the clock using the rotary selector. 3. Press the 0 button again.

Heating up the cooking compartment To get rid of the new appliance smell, heat up the cooking compartment when it is empty, the door is closed and with the turntable inserted, for 10 minutes. 1. Press the (Grill button. The current time is set. Hiding the clock Press the 0 button and then press Stop. The display is blank. 10:00 min appears in the display and the indicator lamp above the (button lights up. 2. Press the Start button. A signal sounds once the time has elapsed. Press the Stop button or open the appliance door. The microwave Microwaves are converted to heat in foodstuffs. You can set the microwave on its own or in combination with the grill. You will find information about ovenware and how to set the microwave. Note: In the Tested for you in our cooking studio section, you will find examples for defrosting, heating, melting and cooking with the microwave oven.

Try out the microwave straight away. You could heat up a cup of water for your tea, for example. Use a large cup without any decorative gold or silver trim and place a teaspoon in it. Place the cup containing the water on the turntable. 1. Press 800 W. 2. Set 1:30 minutes using the rotary knob. 3. Press the "start" button.

Unsuitable ovenware Metal ovenware is unsuitable. Metal does not allow microwaves to pass through. Food in covered metal containers will remain cold. Caution! Creation of sparks: metal – e.g.

a spoon in a glass – must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could destroy the glass on the inside of the door.

Ovenware test Do not switch on the microwave unless there is food inside. The following ovenware test is the only exception to this rule. Perform the following test if you are unsure whether your ovenware is suitable for use in the microwave: 1.

Heat the empty ovenware at maximum power for ½ to 1 minute. After 1 minute 30 seconds, a signal sounds. The water is hot. As you are drinking your tea, please take time to read again the safety information that can be found at the front of the instruction manual. This is very important. 2. Check the temperature occasionally during that time. The ovenware should still be cold or warm to the touch. The ovenware is unsuitable if it becomes hot or sparks are generated. Notes regarding ovenware Suitable ovenware Suitable dishes are heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic.

These materials allow microwaves to pass through. You can also use serving dishes. This saves you having to transfer food from one dish to another. You should only use ovenware with decorative gold or silver trim if the manufacturer guarantees that they are suitable for use in microwaves. 6 Microwave power settings Use the button to set the desired microwave power. 90 W 180 W 360 W 600 W 800 W For defrosting delicate foods For defrosting and continued cooking For cooking meat and heating delicate foods For heating and cooking food For heating liquids Note: You can set the 800 W microwave power setting for 30 minutes, 600 W for 1 hour, the other power settings for 1 hour and 39 minutes respectively. Changing the cooking time This can be done at any time.

Change the cooking time using the rotary selector. Pausing Press the Stop button once or open the appliance door. Operation is suspended.

The display above Start flashes. After closing the door, press the Start button again. Cancelling operation Press the Stop button twice, or open the door and press the Stop button once. Setting the microwave Example: microwave power 600 watts, 5 minutes 1. Press the required microwave power setting.

The indicator light above the button lights up. 2. Set a cooking time using the rotary selector. □ □ VWDUW □ □ □ □ □ □ VWRS □ □ □ PLQ NJ PLQ Note:

You can also adjust the cooking time first and then the microwave power setting. Cooling fan The appliance is equipped with a cooling fan.

The fan may run on even if the oven has been switched off. Notes □ The cooking compartment remains cold during microwave operation. The cooling fan will still switch on. The fan may run on even when microwave operation has ended. □ □ □ □ □ □ □ 3. Press the start button. The cooking time counts down in the display. The cooking time has elapsed A signal sounds. Open the appliance door or press Stop. The clock reappears.

Condensation may appear on the door window, interior walls and floor. This is normal and does not adversely affect microwave operation. Wipe away the condensation after cooking. Grilling A powerful grill ensures an intensive surface heat and even browning of the food.



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The cooking time counts down in the display. The cooking time has elapsed A signal sounds. Open the appliance door or press Stop. The clock reappears. Changing the cooking time This can be done at any time. Change the cooking time using the rotary selector.

Pausing PLQ NJ Setting the grill 1. Press the (grill button). The indicator light above the button lights up and 10:00 min appears in the display. 2. Set a cooking time using the rotary selector.

□□ VWDUW □□ □□□ □□□ □□□ □□ VWRS □□□ PLQ Press the Stop button once or open the appliance door. Operation is suspended. The display above Start flashes. After closing the door, press the Start button again. Correction You may correct a set cooking time at any time.

Cancelling Press the "stop" button twice, or open the door and press the "stop" button once. 3. Press the start button. Combined microwave and grill You can set the grill and the microwave at the same time. The food becomes crispy and brown. It is much quicker and saves energy. You can switch on all microwave power settings. Exception: 800 and 600 W. Setting the microwave and grill Example: 360 watts, (grill, 5 minutes 1. Press the required microwave power setting.

The indicator light above the button lights up and 1:00 min appears in the display. 7 2. Press the (grill button). The cooking time counts down in the display. □□ VWDUW □□ □□□ VWRS □□□ □□ VWDUW □□ □□□ VWRS □□□ The cooking time has elapsed A signal sounds. Open the appliance door or press Stop. The clock reappears. Changing the cooking time This can be done at any time. Change the cooking time using the rotary selector. Pausing Press the Stop button once or open the appliance door.

Operation is suspended. The display above Start flashes. After closing the door, press the Start button again. Cancelling operation Press the Stop button twice, or open the door and press the Stop button once. Note: You can also adjust the cooking time first and then the microwave power setting. □□□ □□□ □□□ □□□ 3. Set a cooking time using the rotary selector. 4. Press the start button. □□ PLQ NJ □□ PLQ VWDUW □□ □□□ VWRS □□□ □□□ □□□ Memory You can save the settings for a dish in the memory and call it up again at any time.

The memory is useful for if you frequently prepare a specific dish. Adding to the memory 1. Press the f button. The old settings appear. 2. Save the new programme as described in steps 1 to 4. Saving memory settings Example: 360 watts, 25 minutes 1. Press the f button. Starting the memory It is very easy to start the saved programme. Place your meal into the appliance.

Close the appliance door. 1. Press the f button. The indicator light above the button lights up. 2. Press the required microwave power setting. The indicator light above the button lights up and 1:00 min appears in the display. 3. Set the cooking time using the rotary selector. The saved settings are displayed. 2. Press the start button. The cooking time counts down in the display. The cooking time has elapsed A signal sounds. Open the appliance door or press Stop. The clock reappears. Pausing Press the Stop button once or open the appliance door. Operation is suspended. The display above Start flashes. After closing the door, press the Start button again.

Cancelling Press the "stop" button twice, or open the door and press the "stop" button once. □□ VWDUW □□ □□□ □□□ □□□ □□ VWRS □□□ PLQ NJ PLQ 4. Confirm by pressing the f button. The clock reappears. The setting is saved. @@When finishing, instead of pressing f, press start. You cannot save several microwave power settings one after the other. @@You can change the duration of the acoustic signal. Press the "start" button for approx. 6 seconds.

The new signal duration is adopted. The clock reappears. @@@@It is best to use a stainless-steel sponge. @@Scouring pads, rough sponges and pan cleaners are also unsuitable. These items scratch the surface. Allow the interior surfaces to dry thoroughly. @@@@The surface could be damaged. @@metal or glass scrapers to clean the glass in the appliance door. metal or glass scrapers for cleaning the seal. hard scouring pads or cleaning sponges.

Wash new sponge cloths thoroughly before use. @@@@Glass cleaner: Clean with a dish cloth. Do not use a glass scraper. Hot soapy water: Clean with a dish cloth, do not scour. @@@@Dry with a clean cloth.

@@Do not use glass cleaners or metal or glass scrapers for cleaning. Hot soapy water: Clean with a dish cloth and dry with a soft cloth. Remove flecks of limescale, grease, starch and albumin (e.g. egg white) immediately.

Corrosion can form under such residues. @@@@@@@Troubleshooting Error message The appliance does not work Possible cause The plug is not plugged in. Power failure Faulty circuit breaker Remedy/Note Plug the plug in Check whether the kitchen light works. Look in the fuse box to make sure that the circuit breaker for the appliance is in working order. Switch off the circuit breaker in the fuse box. Switch it back on after approx. 10 seconds. Reset the time. Press the Stop button. : Risk of electric shock! Incorrect repairs are dangerous.

Repairs may only be carried out by one of our trained after-sales engineers. You can take remedial action yourself for some error messages. Faulty operation Three zeros light up in the display. Power failure The appliance is not in operation. A The rotary selector was actuated accidentcooking time appears in the display. tally. The Start button was not pressed after set- Press the Start button or cancel the setting with ting. the Stop button. The microwave does not work. The door was not fully closed.

The Start button was not pressed. It takes longer than before for the food to heat up Check whether food residue or debris is trapped in the door. Press the Start button. The microwave power level setting was too Select a higher microwave power setting. low.

A larger amount of food than usual has been placed in the appliance. The food was colder than usual. Double the amount – double the time. Stir or turn the food during cooking. The turntable makes a scratching or Dirt or debris in the area around the turntable- Clean the roller ring and the recess in the cookgrinding noise.

ble drive. ing compartment. Microwave operation has been cancelled for no apparent reason. "M" appears in the display. The microwave has a fault. The appliance is in demo mode. If this fault occurs repeatedly, please call the after-sales service. Press and hold the Start button and the Stop button for approx. 7 seconds. Demo mode is deactivated.

After-sales service Our after-sales service is there for you if your appliance needs to be repaired. We will always find the right solution in order to avoid unnecessary visits from a service technician. Please note that there will be a fee for a visit by a service technician in the event of a malfunction, even during the warranty period. Please find the contact data of all countries in the enclosed customer service list. To book an engineer visit and product advice GB 0844 8928979 Calls from a BT landline will be charged at up to 3 pence per minute.



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A call set-up fee of up to 6 pence may apply. IE 01450 2655 0.03 € per minute at peak. Off peak 0.0088 € per minute.

Trust the expertise of the manufacturer, and rest assured that the repair will be carried out by trained service technicians using original spare parts for your domestic appliance. This appliance corresponds to the standards EN 55011 and CISPR 11. It is a Group 2, Class B product. E number and FD number When calling us, please give the product number (E no.) and the production number (FD no.)

so that we can provide you with the correct advice. The rating plate bearing these numbers can be found on the right-hand side when you open the appliance door. To save time, you can make a note of the number of your appliance and the telephone number of the after-sales service in the space below, should it be required. E no. FD no.

After-sales service O 10 Group 2 means that microwaves are produced for the purpose of heating food. Class B states that the appliance is suitable for private households. cooking compartment VDE approved CE mark 221 mm x 308 mm x 298 mm yes yes Technical data Input voltage Power consumption Maximum output power Grill power Microwave frequency Fuse Dimensions (HxWxD) appliance 382 mm x 594 mm x 319 mm AC 220 - 230 V, 50 Hz 1270 W 800 W 1000 W 2450 MHz 10 A Environmentally-friendly disposal Dispose of packaging in an environmentally-friendly manner. This appliance is labelled in accordance with European Directive 2012/19/EU concerning used electrical and electronic appliances (waste electrical and electronic equipment - WEEE).

The guideline determines the framework for the return and recycling of used appliances as applicable throughout the EU. Automatic programmes The automatic programmes enable you to prepare food very easily. You select the programme and enter the weight of your food. The automatic programme makes the optimum setting. Note: You can choose from 8 programmes. The cooking time has elapsed A signal sounds.

Open the appliance door or press Stop. The clock reappears. Correction Press the "stop" button twice and reset. Pausing Press the Stop button once or open the appliance door. Operation is suspended. The display above Start flashes. After closing the door, press the Start button again. Cancelling Press the "stop" button twice, or open the door and press the "stop" button once. □ Setting a programme Once you have selected a programme, make settings as follows: 1.

Press the e button repeatedly until the required programme number appears.

The indicator light above the button lights up. 2. Press the f button. The indicator light above the button lights up and a suggested weight appears. □□ VWDUW □□ □□□ VWRS □□□ □□ VWDUW □□ □□□ □□□ □□□ VWRS □□□ Notes For some programmes, a signal sounds after a certain time.

Open the appliance door and stir the food or turn the meat or poultry. After closing the door, press the start button again. You can query the programme number and weight using e or f. The queried value is shown for 3 seconds in the display. □ □□□ □□□ Defrosting using the automatic programmes You can use the 4 defrosting programmes to defrost meat, poultry and bread.

Notes □ Preparing food Use food that has been frozen at -18 °C and stored in portion-sized quantities that are as thin as possible. Take the food to be defrosted out of all packaging and weigh it. You need to know the weight to set the programme. □ 3. Turn the rotary selector to specify the weight of the food.

4. Press the start button. □□ PLQ NJ NJ □□ VWDUW □□ □□□ VWRS □□□ □□□ □□□ Liquid will be produced when defrosting meat or poultry. Drain off this liquid when turning meat and poultry and under no circumstances use it for other purposes or allow it to come into contact with other foods. Ovenware

Place the food in a microwaveable shallow dish, e.

g. a china or glass plate, but do not cover. Resting time The defrosted food should be left to stand for an additional 10 to 30 minutes until it reaches an even temperature. Large pieces of meat require a longer standing time than smaller pieces. Flat pieces of meat and items made from minced 11 □ □ You will see the cooking time for the programme counting down. meat should be separated from each other before leaving to stand. After this time, you can continue to prepare the food, even though thick pieces of meat may still be frozen in the middle. The giblets can be removed from poultry at this point. □ into small, even-sized pieces. Add a tbsp water for each 100 g vegetables.

□ Signal For some programmes, a signal sounds after a certain time. Open the appliance door and separate the food out or turn the meat or poultry. Close the door and press the Start button. Weight range in kg Defrost P 01 P 02 P 03 P 04 Minced meat Pieces of meat Chicken, chicken pieces Bread 0.20 - 1.00 0.20 - 1.00 0.40 - 1.80 0.

20 - 1.00 Signal While the programme is running, a signal sounds after some time. Stir the food. Resting time Once the programme has finished, stir the food again. You should leave it to stand for another 5 to 10 minutes until it reaches an even temperature. The cooking result will depend on the quality and consistency of the food. Weight range in kg Cooking P 05 P 06 P 07 Rice Potatoes Vegetables 0.05 - 0.2 0.15 - 1.

0 0.15 - 1.0 □ Programme no. Programme no. Cooking with the automatic programmes With the 3 cooking programmes, you can cook rice, potatoes or vegetables. Notes □ Ovenware The food must be cooked in microwaveable cookware with a lid. For rice, you should use a large, deep dish. □ Combicooking programme Notes □ Ovenware Cook the food in ovenware which is not too big, and is heat resistant and microwaveable. □ Preparing food Weigh out the food. You need to know the weight to set the programme.

Rice: Do not use boil-in-the-bag rice. Add the required amount of water, as specified on the packaging. This is usually two or three times the quantity of rice. Potatoes: For boiled potatoes, cut the fresh potatoes into small, even-sized pieces. Add one tablespoon of water for each 100 g boiled potatoes, and a little salt.

Fresh vegetables: Weigh out the fresh, trimmed vegetables. Cut the vegetables Preparing food Take the food out of its packaging and weigh it. If it is not possible to enter the exact weight, you should round it up or down. Resting time Once the programme has finished, allow the food to rest for another 5 to 10 minutes so it reaches an even temperature. Weight range in kg Combi-cooking programme P 08 Bake, frozen, up to 0.

4 - 0.9 3 cm in height □ Programme no. Tested for you in our cooking studio Here you will find a selection of recipes and the ideal settings for them. We show you which microwave power setting is best suited to your dish. There are also tips about ovenware and preparation methods. Defrost Notes □ Place the frozen food in an open container on the turntable. □ Information regarding the tables The following tables provide you with numerous options and settings for the microwave.



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The times specified in the tables are only guidelines. They may vary according to the ovenware used, the quality, temperature and consistency of the food. Time ranges are often specified in the tables.

Set the shortest time first and then extend the time if necessary. It may be that you have different quantities from those specified in the tables. A rule of thumb can be applied: Double the amount - almost twice the cooking time Half the amount - half the cooking time. Always place the ovenware on the turntable. Delicate parts such as the legs and wings of chicken or fatty outer layers of roasts can be covered with small pieces of aluminium foil. The foil must not touch the oven walls. You can remove the foil half way through the defrosting time. Liquid will be produced when defrosting meat or poultry. Drain off this liquid when turning meat and poultry and under no circumstances use it for other purposes or allow it to come into contact with other foods. Turn or stir the food once or twice during the defrosting time.

Large pieces of food should be turned several times. Leave defrosted items to stand at room temperature for a further 10 to 20 minutes so that the temperature is even throughout. The giblets can be removed from poultry at this point. The meat can still be further prepared, even if it has a small frozen core. □ □ □ 12 Defrost Weight Microwave power setting in watts, cooking time in minutes 180 W, 15 mins + 90 W, 10-20 mins 180 W, 20 mins + 90 W, 15-25 mins 180 W, 30 mins + 90 W, 20-30 mins 180 W, 2 mins + 90 W, 4-6 mins 180 W, 5 mins + 90 W, 5-10 mins 180 W, 8 mins + 90 W, 10-15 mins 90 W, 10 mins 180 W, 5 mins + 90 W, 10-15 mins 180 W, 8 mins + 90 W, 10-20 mins 180 W, 8 mins + 90 W, 10-15 mins 180 W, 15 mins + 90 W, 20-25 mins 180 W, 5 mins + 90 W, 10-15 mins 180 W, 10-15 mins 180 W, 710 mins 180 W, 8 mins + 90 W, 5-10 mins 180 W, 1 min.

+ 90 W, 2-3 mins 180 W, 1 min + 90 W, 3-4 mins 180 W, 6 mins + 90 W, 5-10 mins 180 W, 12 mins + 90 W, 10-20 mins 90 W, 10-15 mins 180 W, 5 mins + 90 W, 10-15 mins 180 W, 5 mins + 90 W, 15-20 mins 180 W, 7 mins + 90 W, 15-20 mins □ Notes - Whole pieces of meat (beef, veal or 800 g pork - on the bone or boned) 1 kg 1.5 kg Meat in pieces or slices of beef, veal or pork 200 g 500 g 800 g Minced meat, mixed 200 g 500 g 800 g Poultry or poultry portions

Fish fillet, fish steak or slices Vegetables, e.g. peas Fruit, e.g.

raspberries Butter, defrosting Loaf of bread Cakes, dry, e.g. sponge cake 600 g 1.2 kg 400 g 300 g 300 g 500 g 125 g 250 g 500 g 1 kg 500 g 750 g Cakes, moist, e.g. fruit flan, cheese- 500 g cake 750 g Separate any defrosted parts when turning Freeze food flat if possible Turn several times, remove any defrosted meat Separate any defrosted parts Stir carefully during defrosting and separate any defrosted parts Remove all packaging Only for cakes without icing, cream or crème pâtissière, separate the pieces of cake Only for cakes without icing, cream or gelatine Defrosting, heating up or cooking frozen food Notes □ Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up. □ Always cover the food. If you do not have a suitable cover for your ovenware, use a plate or special microwave foil.

Stir or turn the food 2 or 3 times during cooking. After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.

Always use an oven cloth or oven gloves when removing plates from the oven. This will help the food retain its own distinct taste, so it will require less seasoning. □ □ □ Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the ovenware. Different foodstuffs should not be placed in layers on top of one another. □ Defrosting, heating up or cooking fro- Weight zen food Menu, plated meal, ready meal (2-3 components) Soup Stews Slices or pieces of meat in sauce, e.g. goulash Fish, e.

g. fillet steaks Bakes, e.g. lasagne, cannelloni Side dishes, e.g.

rice, pasta 300-400 g 400 g 500 g 500 g 400 g 450 g 250 g 500 g Vegetables, e.g. peas, broccoli, carrots 300 g 600 g Creamed spinach 450 g Microwave power setting in Notes watts, cooking time in minutes 600 W, 8-11 mins 600 W, 8-10 mins 600 W, 10-13 mins 600 W, 12-17 mins 600 W, 10-15 mins 600 W, 1015 mins 600 W, 2-5 mins 600 W, 8-10 mins 600 W, 8-10 mins 600 W, 14-17 mins 600 W, 11-16 mins Pour water into the dish so that it covers the base Cook without additional water Separate the pieces of meat when stirring Add water, lemon juice or wine as desired Add a little liquid Heating food : Risk of scalding! There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only moves a little, the hot liquid can suddenly boil 13 over and spatter.

When heating liquids, always place a spoon in the container. This will prevent delayed boiling. □ Notes Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up. Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil. Stir or turn the food several times during the heating time. Check the temperature. After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.

Always use an oven cloth or oven gloves when removing plates from the oven. □ □ □ □ Caution! Metal e.g. a spoon in a glass must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could irreparably damage the glass on the inside of the door. Heating food Menu, plated meal, ready meal (2-3 components) Drinks Weight Microwave power setting in watts, Notes cooking time in minutes Place a spoon in the glass; do not overheat alcoholic drinks; check during heating 350-500 g 600 W, 4-8 mins 150 ml 300 ml 500 ml 800 W, 1-2 mins 800 W, 2-3 mins 800 W, 3-4 mins 360 W, approx. ½ min 360 W, approx. 1 min. 360 W, 1^ min 600 W, 2-3 mins 600 W, 4-5 mins 600 W, 8-11 mins 600 W, 6-8 mins 600 W, 8-11 mins 600 W, 2-3 mins 600 W, 3-5 mins □ Baby food, e.g.

baby bottle 50 ml 100 ml 200 ml No teats or lids. Always shake well after heating. You must check the temperature. Soup 1 cup Soup, 2 cups Meat in sauce Stew Vegetables, 1 portion Vegetables, 2 portions 200 g 400 g 500 g 400 g 800 g 150 g 300 g Separate the slices of meat Add a little liquid Cooking food Notes □ Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the ovenware.

Different foodstuffs should not be placed in layers on top of one another.



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Cook the food in ovenware with a lid. If you do not have a suitable lid for your ovenware, use a plate or special microwave foil. This will help the food retain its own distinct taste, so it will require less seasoning. After cooking, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.

Always use an oven cloth or oven gloves when removing plates from the oven. Notes Cook uncovered Turn halfway through the cooking time Cut vegetables into pieces of equal size. Add 1 to 2 tbsp water per 100 g of vegetables. Stir during cooking Cut potatoes into pieces of equal size; Add 1 to 2 tbsp water for every 100 g. Stir during cooking Add double the quantity of liquid. □ □ □ Cooking food Meat loaf Whole chicken, fresh, no giblets Fresh vegetables Weight 750 g 1.2 kg 250 g 500 g Microwave power setting in watts, cooking time in minutes 600 W, 20-25 mins 600 W, 25-30 mins 600 W, 5-10 mins 600 W, 10-15 mins 600 W, 8-10 mins 600 W, 11-14 mins 600 W, 15-22 mins 600 W, 5-7 mins + 180 W, 12-15 mins 600 W, 6-8 mins + 180 W, 15-18 mins 600 W, 6-8 mins Potatoes 250 g 500 g 750 g Rice 125 g 250 g Sweet foods, e.g. blancmange (instant) 14 500 ml Stir the custard pudding thoroughly 2 to 3 times during cooking using an egg whisk. Cooking food Fruit, compote Weight 500 g Microwave power setting in watts, cooking time in minutes 600 W, 9-12 mins Notes - Microwave tips You cannot find any information about the settings for the quantity of food you have prepared.

@@When the time has elapsed, the food is not defrosted, hot or cooked. @@@@This is normal. This does not affect how the microwave operates. Wipe away the condensation after cooking. Next time, set a shorter cooking time or select a lower microwave power setting. Cover the food and add more liquid. Set a longer time. Large quantities and food which is piled high require longer times. Stir it during the cooking time and next time, select a lower microwave power setting and a longer cooking time. Next time, select a lower microwave power setting.

If you are defrosting a large quantity, turn it several times. □ Always grill on the wire rack with the cooking compartment door closed and do not preheat. Always place the wire rack on the turntable. Grease the wire rack with oil beforehand. Set the first time using the rotary selector.

Turn the food and then set the time for the second side. □ □ □ Tips for grilling Notes □ All the values given are guidelines and can vary depending on the properties of your food. Quantity Bread for toasting (pre-toasting) Toast with topping Soup with toppings, e.g. onion soup 2 to 4 slices 2 to 4 slices 2 to 4 cups Accessories Wire rack Wire rack Turntable Cooking time in minutes 1st side: approx.

2 to 4 2nd side: approx. 2 to 3 Depending on topping: 5 to 7 approx. 15 to 20 Combined grill and microwave Notes □ The combined operation is particularly suitable for cooking bakes and gratins. □ □ Check that your ovenware fits in the cooking compartment. It must not be too large, as the turntable must still be able to turn. Always set the maximum cooking time. Check the food after the shorter time specified. Leave the meat to rest for another 5 to 10 minutes before cutting it. This allows the meat juices to be distributed evenly so that they do not run out when the meat is cut. Bakes and gratins should be left to cook in the appliance for a further 5 minutes after the appliance has been switched off.

□ Always place the dish on the turntable and do not cover the food. Use a high-sided dish for roasting. This keeps the cooking compartment cleaner. Use large flat ovenware for bakes and gratins. Food takes longer to cook in narrow, deep containers and browns more on top. Weight Accessories Turntable Turntable Ovenware on the wire grill Ovenware on the wire grill □ □ □ Microwave power Cooking time Notes setting in watts in minutes 360 W + (360 W + (360 W + (360 W + (40-50 mins 25-35 mins 25-35 mins 15-25 mins 25-35 mins Turn 1 to 2 times. Maximum of 6 cm in height. Place with the skin side up. Do not turn. Do not turn.

Sprinkle with cheese. Maximum of 5 cm in height Maximum of 4 cm in height Joint of pork, e.g. neck of pork Meat loaf approx.750 g approx. 750 g Chicken portions, small, approx. 800 g e.g. chicken thighs or wings Frozen marinated chicken wings Pasta bake (using pre-cooked ingredients) Potato gratin (using raw potatoes) approx. 800 g approx.

1000 g Turntable approx.1000 g Turntable 360 W + (30-40 mins 15 Weight Fish, scalloped Quark bake Vegetable kebab Fish kebabs Bacon rashers approx.400 g Accessories Turntable Microwave power Cooking time Notes setting in watts in minutes 360 W + (360 W + (180 W + (180 W + (360 W + (20-25 mins 30-35 mins 15-20 mins 10-15 mins 10-15 mins Defrost frozen fish before cooking. Maximum of 5 cm in height Use wooden skewers. Use wooden skewers. approx.1000 g Turntable 4-5 pieces 4-5 pieces Wire rack Wire rack approx. 8 rash- Wire rack ers Test dishes in accordance with EN 60705 The quality and correct operation of microwave appliances are tested by testing institutes using these dishes. In accordance with EN 60705, IEC 60705, DIN 44547 and EN 60350 (2009) Cooking and defrosting with the microwave Microwave cooking Dish Egg wash, 750 g Sponge Meat loaf Microwave power setting in watts, cooking time in minutes 360 W, 12-17 mins+ 90 W, 20-25 mins 600 W, 8-10 mins 600 W, 20-25 mins Note Pyrex dish, 20 x 25 cm on the turntable. Place a pyrex dish with a diameter of 22 cm on the turntable.

Place the pyrex dish on the turntable. Microwave defrosting Dish Meat Microwave power setting in watts, cooking time in minutes 180 W, 5-7 mins+ 90 W, 10-15 mins Note Place a pyrex dish with a diameter of 22 cm on the turntable. Combined microwave cooking Dish Potato gratin Microwave power setting in watts, cooking time in minutes Note Place a pyrex dish with a diameter of 22 cm on the turntable. (grill + 360 W, 35-40 mins 16 Robert Bosch Hausgeräte GmbH Carl-Wery-Straße 34 81739 München Germany www.bosch-home.com *9000913620* 9000913620 (02) 940203 .



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