

# **GASTROBACK®**

## **OPERATING INSTRUCTIONS**

### DESIGN BISTRO OVEN ADVANCED PRO



Art.-No. 62813 »Design Bistro Oven Advanced Pro«

Read all provided instructions before first usage!  
Model and attachments are subject to change  
For household use only!



**We attach a certain importance to your safety. Thus, we ask you to read all provided instructions and information in this booklet carefully and completely, before you start running the appliance. This will help you to know all functions and properties of your new appliance. We especially ask you to adhere strictly to the safety information mentioned in these instructions.**

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## DEAR CUSTOMER!

By using the »Design Bistro Oven Advanced Pro « you can easily broil and bake your food. With this electronically controlled multifunctional oven you achieve best results in baking, broiling, toasting and browning your food to suit your taste.

The oven provides a separate control of the heating elements, offering heat from above, from below and from above and below, as well as a convection function for an even heating. Use the pre-set programs to defrost and prepare e.g. toast, chicken, French fries, bread, pizza, cakes, cookies, meats and seafood. To round the range of features off, you can save your own oven program for your favourite dishes. The child lock provides additional safety.

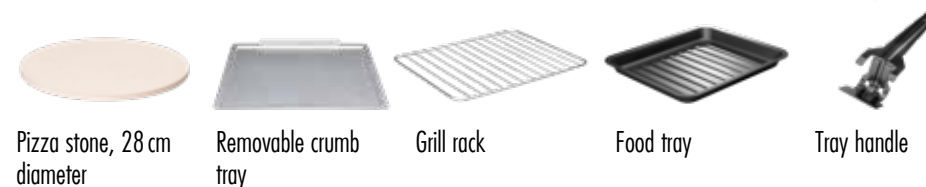
These instructions for use will inform you about the various functions and features which makes it easy to take pleasure in your new Bistro Oven.

We hope that you will enjoy your new Gastroback »Design Bistro Oven Advanced Pro«. Your Gastroback GmbH

## KNOWING YOUR »DESIGN BISTRO OVEN ADVANCED PRO«



### Parts and Accessories



Pizza stone, 28 cm diameter

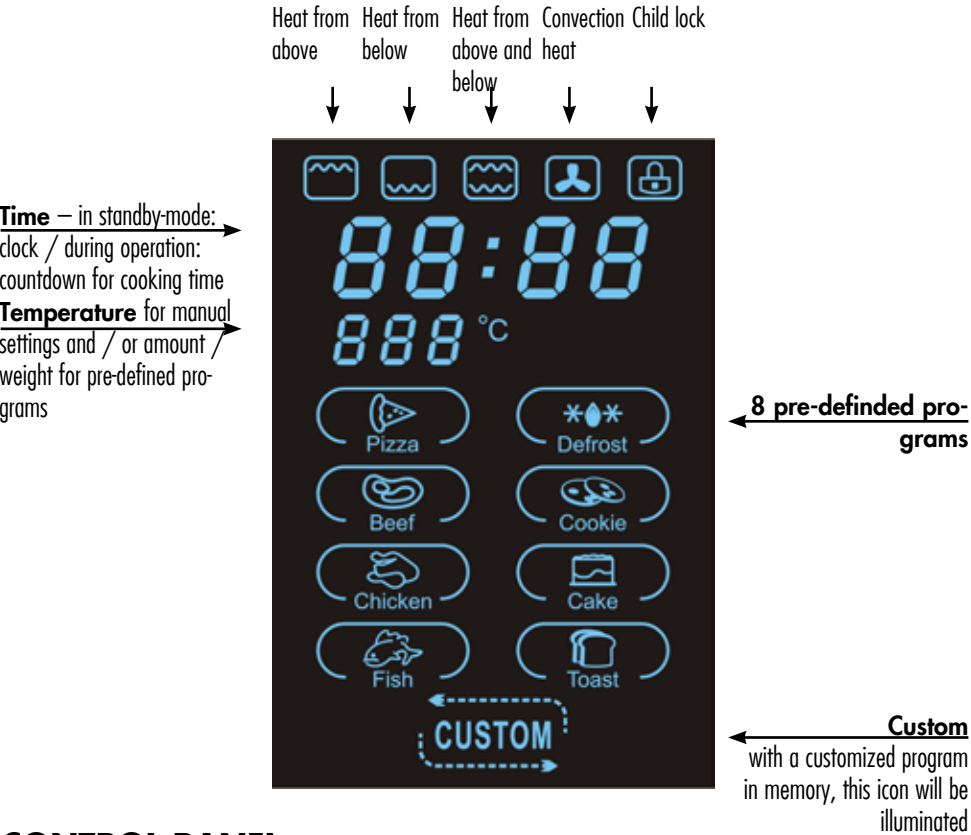
Removable crumb tray

Grill rack

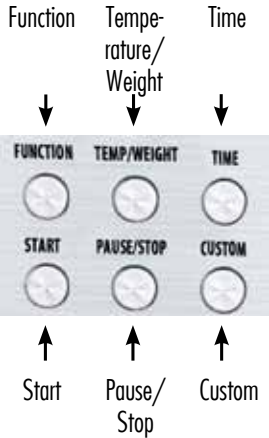
Food tray

Tray handle

DIGITAL DISPLAY



CONTROL PANEL



Press the appropriate button for selecting the desired parameter, thereafter select the parameter value via the selection dial.

**Function** control the heating elements, convection fan and child lock / select a predefined oven program.  
**Temperature / Weight** depending on the set function press this button to select temperature or amount.  
**Time** in standby mode: set the clock / with a function selected: setting the cooking time.  
**START** to start heating or reassume operation after an interruption.  
**PAUSE/STOP** press once to interrupt a running program, press twice to cancel operation.  
**CUSTOM** to save or recall and start your self-programmed settings.  
**Selection Dial** for setting the value of the currently selected parameter.

IMPORTANT INSTRUCTIONS FOR SAFE OPERATION

Carefully read all instructions before operating this appliance and save the instructions for further reference. This appliance is intended for cooking food, thus electrically heated to very high temperatures during operation. Do not attempt to use this appliance for any other than the intended use described in these instructions. Any other use, especially misuse, can cause severe injuries or damage by electric shock, heat or fire. Never leave the appliance unattended when connected to the power supply.

Any operation, repair and technical maintenance of the appliance or any parts of it other than described in these instructions may only be performed at an authorised service centre. Please contact your vendor.



IMPORTANT SAFEGUARDS FOR DAILY OPERATION

- This appliance is for household use only and NOT intended for use in moving vehicles. Do not operate or store the appliance in humid or wet areas or outdoors. Do not attempt to operate the appliance using any parts or accessories not recommended by the manufacturer to avoid risk of fire, electric shock and damage.
- The appliance is intended for household use only and NOT suited for commercial usage. Do not attempt to use this appliance in any other way or for any other purpose than the intended use, described in these instructions. Any other use is regarded as unintended use or misuse, and can cause severe injuries or damage. There is no warranty claim of the purchaser if any injuries or damages are caused by unintended use.**
- Check the entire appliance regularly for proper operation – especially the power cord. The pins of the power cord must be clean, smooth and without discolouration. Do not operate the appliance, when the appliance or any part of it is likely to be damaged to avoid risk of fire, electric shock or injuries to persons or any damage. The appliance is likely to be damaged if the appliance was subject to inadmissible strain (i.e. overheating, mechanical or electric shock, moisture) or, if there are any cracks, excessively frayed parts, or distortions. In this case, immediately unplug the appliance and return the entire appliance (including all parts and accessories) to an authorised service centre for examination and repair. Do not attempt to disassemble the appliance.

- **Food can catch fire, when overheated!** During operation keep the appliance in an appropriate distance to furniture, walls, boards, curtains, table decoration and other flammable objects. Do not operate the appliance near inflammable liquids (i.e. high-proof alcohol) or beneath any heat-sensitive or moisture-sensitive materials or beneath boards or droplights to avoid damage caused by steam, condensate or fire. Do not store any items on top of the appliance when operating.

- Always turn the appliance OFF (pressing PAUSE/STOP twice), unplug from the wall outlet and let the appliance cool down before removing the crumb tray, cleaning or moving the appliance, or when the appliance is unattended. If there is any kind of malfunction or problem (i.e. overheating or smoke is coming out of the oven), IMMEDIATELY disconnect the appliance from the power supply. If materials in the appliance catch fire, **do not open the oven** door to avoid oxygen from going into the oven, making things worse. Allow the appliance to cool down and wait for the food to stop smoking before opening the oven door and before cleaning thoroughly.

- Do not insert any foreign material (e.g. paper, cardboard, plastic wrap) in the oven. Before operating, always ensure that there are no foreign objects in the »Design Bistro Oven Advanced Pro« and remove all accessories not in use. Do not insert wrapped foods (i.e. kitchen foil) or oversized food, to avoid risk of overheating, fire, electric shock and damage. Do not operate the appliance without the crumb tray in proper position.

- This appliance can be used by children aged from 8 years and above and persons with

- reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children, unless they are older than 8 and supervision. Keep the appliance and its cord out of reach of children less than 8 years.

- Operate the appliance on a well accessible, stable, level, dry and suitable large table or counter. The rear surface of the appliance shall be placed directly against a wall. The appliance should be placed on a solid flat sur-

face, with clearance of at least 10cm from the left, right and the top sides to ensure sufficient ventilation. The appliance is not suitable for built-in fitting.

- Do not place any cloth or tissue beneath or on the appliance, to avoid any risk of fire, electric shock and overheating. Always keep the table or counter clean and dry and immediately wipe off spilled liquids. Do not place the appliance near the edge of the table or counter or on inclined or wet surfaces or where it can fall. Always place the appliance on a heat resistant surface.

- Do not place the appliance or any parts of it on or near hot surfaces (heater, gas burner). Never place any hard and/or heavy objects on the appliance or on any parts of it.

- Do not handle the appliance or any parts of it with violence. Do not scratch on the heating elements and/or other surfaces, to avoid risk of electric shock and damage.

- Always clean the appliance thoroughly after each use to avoid food baking on the surfaces and possibly catching fire. However, never use chemicals, abrasive cleaners, metal cleaning pads or any hard and sharp objects (i.e. scraper) for cleaning to avoid damaging i. e. the glass door, non-stick surfaces, heating elements and especially the accessory which get in contact with the food. Always pay attention not to damage the heating elements when cleaning. **Never place the appliance or any parts of it in an automatic dishwasher.**

- Grasp the appliance at both sides at the bottom of the housing for moving it.



#### **HOT SURFACES – RISK OF BURNS**

- During operation do not place any objects or tissue on the appliance, to avoid risk of overheating.

- The exterior of the oven and the glass door will become very hot during operation. Only touch the door handle and/or control panel of the oven while the appliance is in use or still hot. Always leave the oven cool down before removing the crumb tray, cleaning the oven, or moving the oven.

- Be very careful when handling hot dishes, oven accessories or foods. Use oven gloves and the tray handle for the food tray! Let the appliance and

accessories cool down before cleaning. Do not attempt to move the appliance during operation.

- During operation, a lot of hot steam can escape from the brim of the oven door. Especially by opening the oven door. Always keep your hands, face and arms as well as any clothing and other heat-sensitive objects away from the oven during operation to avoid scalds and damage.
- Only use dishes, tins and other kitchen utensils which are intended for use in ovens, e.g. fireproof glass and ceramics or metal items. Do not use airtight containers as food expands when heated.
- Do not cover the crumb tray or any other parts of the oven with metal foil. This will cause overheating of the oven.
- Exclusively place accessories such as baking tray, grill rack and pizza stone on heat resistant surfaces after use.
- Pay attention when moving hot liquids and food to avoid the risk of getting burned.



**IMPORTANT SAFEGUARDS FOR ELECTRICAL APPLIANCES**

Ensure that the voltage rating of your mains power supply corresponds to the voltage requirements of the appliance (220/240 V, 50 Hz, AC, rated for 16 A). Always connect the appliance directly to a separately protected mains power supply wall socket with protective conductor (earth/ground) connected properly. Before operation completely unwind the power cord. Do not use any extension cord or multi socket outlet. The installation of a residual current safety switch with a maximum rated residual operating current of 30 mA in the supplying electrical circuit is recommended. If in doubt, contact your electrician for further information.

In various foreign countries, the specifications for power supplies are subject to incompatible norms. Therefore it is possible that power supplies in foreign countries do not meet the requirements for safe operation of the appliance. Thus, before operating the appliance abroad, ensure that safe operation is possible.

The appliance is not intended to be operated by means of an external timer or separate remote-control system.

Always handle the power cord with care. The power cord may never be knotted, twisted or squeezed. Do not pull or strain the power cord. Do not

let the plug or power cord hang over the edge of the table or counter. Take care that no one will pull the appliance by the power cord, especially when young children are near. Always grasp the plug to disconnect the appliance from the power outlet. Do not touch the plug or appliance with wet hands, when the plug is connected to the power supply.


Keep the power cord away from hot surfaces or sharp edges. Do not place the appliance on the power cord. If the power cord warms up during operation or is likely to be damaged, it must be replaced by an authorised service centre. Do not attempt to repair the power cord!

Do not immerse the appliance or power cord in water or any other liquid. Do not spill or drip any liquids on the oven or power cord to avoid risk of fire and electric shock. When liquids are spilled on the exterior of the appliance, immediately turn the appliance OFF (press PAUSE/STOP twice), unplug the power cord, dry the appliance and then leave it dry naturally for at least 1 day.

Do not clean with metal scouring pads. Pieces can break off the pads and touch electrical parts resulting in a risk of short circuit and/or electrical shock.

Do not place the appliance in an automatic dishwasher.

**TECHNICAL SPECIFICATIONS**

Model:	GASTROBACK » Design Bistro Oven Advanced Pro « Art.-Nr. 62813
Power supply:	220-240 V AC, 50/60 Hz
Maximum power consumption:	1400 W
Length of power cord:	approx. 75 cm
Weight:	approx. 10,8 kg
Dimensions:	approx. 51,0 cm x 35,0 cm x 30,5 cm (width x depth x height)
Capacity of heating compartment:	approx. 36,0 cm x 20,5 cm x 30,0 cm (width x depth x height) approx. 28 Liter
Certification:	

These specifications may change without notice.

## COOKING CONTAINERS

Metal cooking utensils, ovenproof glass without lid and fireproof ceramic dishes can be used in your oven. Follow manufacturer's instructions.

**WARNING:** Ensure that the container and food inside is at least 3 cm (width of a teaspoon) away from the heating elements to avoid risks due to overheating, fire, and electric shock.

## FIRST USE

**⚠ WARNING: DO NOT let young children play with the appliance (or any parts of it) or the packaging!**

Always hold the appliance at both sides at the bottom of the housing to move the appliance. **DO NOT grasp the appliance at the power cord or oven door for moving.**

1. Unpack the appliance and all accessories carefully and check, if there are any parts damaged or missing. Keep the packaging until all parts have been found.

**Tip:** It is good advice to keep the packaging in a safe place in case you wish to repack the product for storage or shipping.

2. Carefully remove all shipping materials and promotional materials as well as the protection foil from the display, but **DO NOT** remove any warning labels or the model label. Especially, remove all foreign objects (e.g. packaging, promotional stickers) from the heating compartment.

## WARNING – RISK OF ELECTRIC SHOCK

Always switch OFF (press PAUSE/STOP button twice) and unplug and leave the appliance cool down, before cleaning. Do not immerse the housing or power cord in water or other liquids or spill any liquids on/in the housing or power cord. Do not place the appliance or power cord in an automatic dishwasher.

3. Before first use and after a longer period of storage, clean the appliance and its parts. See: 'Cleaning'. Thereafter, insert the crumb tray at the bottom of the heating compartment.

**⚠ WARNING:** Do not place the »Design Bistro Oven Advanced Pro« over a range, cooktop or other heat-producing appliances. If installed near or over a heat source, the appliance could be damaged and/or catch fire causing severe injuries and damage.

Ensure to keep the appliance in an appropriate distance of at least 10 cm above and on each side to the edge of the working space and any other objects or walls. For operation, do not place the appliance in a cabinet.


**IMPORTANT:** Only place the appliance on a stable, dry, level and clean surface. Do not

place the appliance on an inclined surface where it can fall over and/or fall down. Do not place any clothes or tissue or other foreign objects on or under the appliance during operation, to avoid risk of fire, overheating, or electric shock. Do not block the ventilation slits of the housing. During operation, the operating elements must be accessible all the time. See: 'Knowing Your »Design Bistro Oven Advanced Pro«'.

4. Place the appliance on a suitable surface (see above). The rear of the appliance should be placed directly against a wall. Ensure that the ventilation slits in the housing are not blocked to avoid damage.
5. Completely unwind the power cord and plug in the appliance into a suitable power outlet. See: 'Important Safeguards for Electrical Appliances'. A beep sounds to indicate that the appliance is live. The digital display is illuminated.

**IMPORTANT:** Ensure that there are no foreign objects (e.g. packaging, stickers) in the heating compartment and the crumb tray is in place, before operation.

The heating elements will smoke slightly with a burnt smell, when the oven is first used. This is entirely safe and will stop after a few minutes. However, to avoid that the food will taste of this smoke, we recommend heating up the empty oven for 15 minutes at 175 °C before first use. If the burnt smell occurs again on later use, clean the oven (see: 'Cleaning'). If the burnt smell persists stubbornly even after thoroughly cleaning the appliance, return the appliance to an authorised service centre for examination and repair.



6. Press the FUNCTION button. Then turn the selection dial until the icon  is flashing on the display. The defaults for cooking time and temperature are shown on the display with the maximum temperature of 175 °C.
7. Press the TIME button, then turn the selection dial, until 15:00 (15 minutes) is shown on the display.
8. Press the START button. The oven starts heating and the remaining cooking time will be shown on the display in a count-down. As soon as the set time has elapsed, the oven will switch OFF automatically, showing "End" on the display.
9. Press the PAUSE/STOP button to switch back to standby mode.

Thereafter the appliance is ready for cooking your food.

## ACTIVATING THE CHILD LOCK

The child safety lock prevents small children from using the appliance. The appliance cannot be operated as long as the child lock is active.

**NOTE:** The child lock can only be activated with the oven in standby mode. During operation, this feature is not available.

- To ACTIVATE the child lock: press and hold the buttons START and PAUSE/STOP at the same time until a beep sounds and the display shows the lock symbol .
- To DEACTIVATE the child lock: press and hold the buttons START and PAUSE/STOP at the same time again until the lock symbol  will disappear from the display and the clock will be shown (standby mode). Thereafter, the oven can be used again.

**IMPORTANT:** At power up, the oven will always switch to standby mode with the clock shown on the display and ready to use. Thus, if the power supply is interrupted and re-established again while the child lock is active, the child lock will be deactivated!

## OPERATION

**⚠ WARNING:** Always ensure that the appliance and all its parts and accessories are out of reach of young children. Your new »Design Bistro Oven Advanced Pro« is intended for cooking edible food. Thus, the parts of the oven cooking utensils and food are heated to very high temperature. Be careful, when removing your food. Use oven mitts or oven cloths to avoid burns and scalds.

Be careful when opening the oven door. Large amounts of steam could escape from the heating compartment and cause serious burns on face or hands.

Do not insert any foreign objects as knives, spoons, or other cooking utensils in the oven, to avoid risk of fire, electric shock, burns or damage. Always handle with care, especially, when removing burned food.

**IMPORTANT:** Ensure that the crumb tray is in place at the bottom of the heating compartment before operating the oven. Otherwise crumbs may become charred on the bottom of the heating compartment, stick to the surfaces and even catch fire.

Do not move or tilt the appliance during operation. Do not place any clothes or tissue or other foreign objects on or under the appliance during operation, to avoid risk of fire, overheating, or electric shock. Do not block the ventilation slits of the housing. During operation, the operating elements must be accessible all the time. See: 'Knowing Your »Design Bistro Oven Advanced Pro«'.

Ensure to keep the appliance in an appropriate distance of at least 10 cm on each side to the edge of the working space and any other objects or walls. During operation leave at least 10 cm of free space above the appliance for unhindered ventilation.

Before operating the appliance, always ensure that all parts are in proper working order. (See: 'Important Safeguards for Daily Operation') Especially ensure that the front door is not damaged in any way and closes properly. Only use heat-resistant cooking utensils, containers and dishes.

Exclusively use the appliance for heating and cooking of food according to the instruc-

tions in this booklet. The appliance is NOT suited for heating or storing any other materials.

Cooking can be temporarily interrupted any time by pressing the PAUSE/STOP button. To stop the cooking completely, press the PAUSE/STOP button twice. See: 'Interrupting Operation'.

The »Design Bistro Oven Advanced Pro« has a child safety lock. See page 40: 'Activating the Child Lock'.

During a cooking procedure you cannot operate any other buttons then the START and PAUSE/STOP button. To operate the other buttons, cooking must be finished either automatically via the timer count-down or by pressing the PAUSE/STOP button twice.

## Using the Tray Handle

You can use the handle to hold the food tray when hot. For this, hook the tray handle onto the edge of the food tray.

**⚠ ATTENTION:** Make sure that the handle is hooked on correctly and that you hold the food tray horizontal. Otherwise the food tray could slide away and fall. According to this, you could unintentionally touch hot parts and get burnt.

## Setting the Clock

When power is connected and the oven is in standby mode, the clock will be shown on the display. To set the clock:

1. Press the TIME button. The hour digits will flash. Turn the selection dial to set the hour.
2. Press the TIME button. The minute digits will flash. Turn the selection dial to set the minutes (0 to 59).
3. Press the TIME button again to confirm the setting. The colon will flash to show that the clock is running.

You can toggle the time display from 24-hours to 12-hours and vice versa. For this, hold the TIME button pressed for 2 seconds. Beneath the time display, the new display mode will be flashing for 5 seconds (12h or 24h).

## Interrupting and Cancelling Operation

You can interrupt operation at any time you like. This is helpful, if your food needs turning and the oven shall not heat needlessly.

1. Press the PAUSE/STOP button during operation. The oven will beep once and stop working. The display starts to flash.


2. Press the START button to continue operation. The oven restarts working and the time count-down will go on.

To stop the program completely, press the PAUSE/STOP button twice. The oven will beep once, then stop working and turn back to standby mode, showing the clock.





## COOKING IN NORMAL MODE

You can set up function, cooking time and temperature manually according to your recipe.

**NOTE:** The oven needs time to heat up. Adjust the cooking time accordingly.

In normal mode you can manually select the upper and lower pair of heating elements separately or activate all heating elements simultaneously. Additionally, you can use the convection fan  for a more even distribution of heat within the heating compartment.

**NOTE:** Convection heat is more efficient than other functions such as heat from above/below. Reduce cooking time/temperature accordingly to avoid burning food.

Function	Symbol	Temperature Range	Default Values
Heat from above		70 to 175°C	30 minutes at 175°C
Heat from below		70 to 175°C	30 minutes at 175°C
Heat from above and below		70 to 235°C	30 minutes at 235°C
Convection		70 to 235°C	30 minutes at 235°C

Some foods require an uneven heating for best results. E.g. depending on the ingredients, pizza will possibly get crispier, when baked with heat from below. Just give it a try to get your preferred results.

For your selection of temperature and cooking time, please keep in mind that the »Design Bistro Oven Advanced Pro« will possibly reach the set temperature more quickly than a conventional oven. Additionally, the distance of food and heating elements is shorter. Thus, for some type of food (e.g. buns), it could be better to set temperature somewhat lower and cooking time somewhat higher than usual.

**Tip:** You can press the PAUSE/STOP button at any time to stop the current action (setup, cooking) and reset the oven to standby mode showing the clock. Immediately thereafter, you can select new settings and start cooking again. Choose this way, if you wish to change temperature or need cooking times higher than 99 minutes (1 hour, 39 minutes).

1. Prepare your food according to your recipe.
2. Open the oven door and check, whether the crumb tray is correctly positioned. If not, carefully insert the crumb tray at the bottom of the heating compartment.


3. Insert the power plug into the power supply wall socket. The display is illuminated, showing the default time (12:00). If desired, set the clock. See 'Setting the clock'

**⚠ WARNING:** Ensure that food and/or cooking utensils will not touch the heating elements to avoid risk of overheating, fire and electric shock. Always leave a distance of at least 3 cm (width of a teaspoon) to the heating elements.

**Tip:** As with a conventional oven, there are mounting rails in the heating compartment. Especially when not using the convection fan, temperature is just a little higher at the top position of the heating compartment and a little lower at the bottom position. Thus, using this feature, you can influence the cooking results. The »Design Bistro Oven Advanced Pro« offers three pairs of mounting rails: bottom, centre and top.

If you wish to use the pizza stone, place the pizza stone on the grill rack for putting it into the oven. When cooking food on the grill rack and you expect that juices will drip, it is good advice to additionally insert the food tray below the grill rack to catch the drippings.

4. Place the food on the grill rack, pizza stone or food tray. Choose the desired position for the rack/tray in the heating compartment and push the rack/tray into the appropriate mounting rail. Ensure that there is a distance of at least 3 cm between the heating elements and your food and cooking utensils. Please keep in mind that some foods puff up or drip when heated. If in doubt, it is better to select another mounting rail. Close the oven door.
5. Press the FUNCTION button. Turn the selection dial until the desired function flashes on the display. See the table above.

**NOTE:** By using the convection fan  the oven will heat more efficient. Reduce cooking time/temperature accordingly to avoid burning food.

6. Press the TEMP/WEIGHT button. The displayed default temperature flashes. Turn the selection dial to set the temperature in steps of 15 degrees. Range: 70 to 175 / 235 °C.

**Tip:** With all functions except for Defrost you can setup temperature. The Defrost function is pre-set to 70 °C.

If the recipe requires that the oven must be pre-heated, adjust the cooking time accordingly. Depending on your selections (function, temperature), the oven will need some time to reach the desired temperature.

7. Press the TIME button. Turn the selection dial to set the desired cooking time in steps of 1 minute. Range: 1 to 99 minutes.
8. Press the START button to start cooking. The function symbol, temperature and remaining cooking time will be shown on the display.



**⚠ WARNING:** Be aware that even the exterior of the oven will get hot and steam could escape from the oven door. Do not hold your hands, arms and face over the oven. Only touch the oven at the door handle and/or control panel, during operation and for a time thereafter. Additionally, large amounts of steam could escape from the oven door, when opening. Use oven gloves to remove your food. Do not place the hot food tray or grill rack on surfaces sensitive to heat, water and/or fat.

**Tip:** Cooking can be temporarily interrupted at any time by pressing the PAUSE/STOP button once. When cooking is interrupted, the remaining cooking time will flash on the display. This feature is very useful, if the food needs turning. Continue by pressing the START button.

As soon as the selected cooking time has elapsed, the oven will automatically switch OFF, showing "End" on the display and sounding 3 beeps every 5 seconds. The oven light will stay on.

9. Press the PAUSE/STOP button to switch back to standby mode. If you do not wish to use the oven again shortly thereafter, unplug.

10. Beware of hot steam, when carefully opening the oven door by the door handle. Using oven gloves and, if applicable, the tray handle, take out the tray/rack with your food. See: 'Using the Tray Handle'.

**Tip:** You can set up the oven again for further use, immediately after pressing the PAUSE/STOP button.

**⚠ WARNING:** Be aware that even after operation the oven will be hot for a time.

11. Leave the oven cool down for at least 30 minutes with the oven door open. Clean all used accessories and the crumb tray after each use to avoid that leftover food is getting burned or set on fire. See: 'Cleaning'.

## USING THE PRE-DEFINED PROGRAMS

The »Design Bistro Oven Advanced Pro« offers 8 pre-defined programs and one additional place in memory for your own program (CUSTOM). The pre-defined programs hold the optimum settings for several types of food and dishes. This means, a useful setting for temperature is already given and you just select the desired amount. Refer to the following sections.

### Parameters of the Pre-Defined Programs

In the following table, the defaults for the pre-defined programs are given. Depending on the selected program, you can change the settings for amount/weight/temperature and cooking time. However, for your first tries, it is good advice to adhere to the given settings for cooking time. Later on, you may wish to adapt the settings to your individual taste.

- When selecting the 'Toast' function, the display will show "4 -1" as the default. The first digit (4 or 6) gives the number of toast slices. The second digit (1 to 3) gives the browning: light (1) to dark (3).
- When using 'Defrost', you cannot change the pre-set temperature (70 °C).

Program	Size/Weight	Convection	Temperature	Timer (min)
Pizza	23 cm in diameter 30 cm in diameter	no	235°C	16:50 17:10
Defrost	500 g 1000 g	yes	70°C	25:00 35:00
Beef	500 g 1000 g 1500 g	yes	235°C	20:00 28:00 32:00
Cookie	300 g 500 g	yes	235°C	14:00 18:00
Chicken	1000 g 1500 g 2000 g 2500 g	yes	220°C	50:00 54:00 59:00 65:00
Cake	800 g 1000 g 1200 g	yes	175°C	40:00 49:00 52:00
Fish	500 g 1000 g 1500 g 2000 g	yes	235°C	16:00 27:00 29:00 31:00
Toast	4 - 1 4 - 2 4 - 3 6 - 1 6 - 2 6 - 3	no	235°C	4:00 7:00 9:30 4:30 7:30 10:00

**SAVING YOUR OWN PROGRAM – THE CUSTOM FUNCTION**

You can save your most favourite settings. Thereafter, you can recall these settings and start the oven simply by pressing the CUSTOM button. Your settings are memorized permanently even if the appliance is disconnected from the power supply.

- 1. Set the required function, temperature and time. See: ‘Cooking in Normal Mode’
- 2. With the desired settings shown on the display, press the CUSTOM button. The oven will beep 3 times and the icon CUSTOM will illuminate on the display, indicating that your settings have been saved.

**IMPORTANT:** When setting parameters and thus one of the parameters is flashing on the display, pressing the CUSTOM button will always save the current settings and overwrite any former settings in memory.

If you had saved your own oven program already (the icon CUSTOM is illuminated) and you wish to recall and start the oven, using those settings, always ensure that the oven is in standby mode (the clock is shown). You can switch to standby mode at any time by pressing the PAUSE/STOP button twice.

**⚠ WARNING:** With the CUSTOM icon illuminated on the display, the oven will heat up immediately, when pressing the CUSTOM button! There is no need to use the START button. Thus, always complete your preparations and close the oven door, before pressing the CUSTOM button to avoid touching hot surfaces unintentionally.

- 3. To start the oven with your favourite settings: with the CUSTOM icon on the display, in standby mode (the clock is shown) press the CUSTOM button. The oven will start operation immediately, using your settings in memory.

If required, you can delete your individual settings from memory. For this, in standby mode press and hold the CUSTOM button for 2 seconds. A long beep will sound, the icon CUSTOM will go out and your CUSTOM program will be erased from memory.

**TIPS FOR COOKING MEAT**

- Preheat the oven and the baking dish for the meat.
- Small pieces with short cooking time should have room temperature. Do not put the meat straight into the oven after taking it out of the fridge.
- Before you start baking with low temperature you should sauté the meat in a frying pan from all sides. The pores of the meat have to close and the outside should become a crust. Thus, you prevent the meat from getting dry. Sauté small pieces of meat. Roast bigger pieces of meat gently with a lower temperature. Season the meat with salt and pepper directly in the frying pan.

- Sauté meat in small portions and ensure the frying pan is really hot. The discharge of liquid should be able to evaporate immediately. If the liquid stays in the frying pan too long the meat starts to simmer instead of roasting. Allow the pan to get really hot again, before putting in the next portion.
- After roasting the meat shortly in the frying pan you can finish cooking the meat in the oven at 70°C to 80°C (refer to recipe and cooking time table). Keep a constant oven temperature.
- The cooking time of a piece of meat depends on the thickness of the roast and the oven temperature. You can use a cooking thermometer to always get the same cooking results. Penetrate the cooking thermometer into the thickest part of the piece of meat to check the temperature inside. This way you can easily check if the meat is still rare (too cold) or too dry (cooked thoroughly). The optimum core temperature is between 65°C (rare) and 75°C (well done). Poultry should reach a core temperature of 85 °C.
- The higher the temperature of the oven the more weight the roast will loose. 130 °C using convection heat and 145°C using heat from above and below will do.
- If the roast has no crust or looks to light in colour from the outside after the desired core temperature is reached you can turn up the temperature of the oven to 175°C - 205°C and cook the roast for another 20 minutes.
- When the roast is finished you can keep the roast warm for 25 to 45 minutes at the maximum. Turn the oven to 70°C. Serve the roast on warm dishes.

**Cooking Table for Meat**

The following table shows recommendations for setting oven temperature and cooking time. Select heat from above and below  for all dishes.

Meat	Weight	Cooking time	Temperature
Duck	1,5 - 2 kg	90 min.	200°C
Goose	4 - 5 kg	2 x 90 min.	200°C
Meat loaf	1 kg	90 min.	200°C
Knuckle of veal	1,5 kg	120 min.	220°C
Roast veal with kidney	1 kg	90 min.	220°C
Leg of lamb	1 kg	120 min.	180°C
Back of lamb	1 kg	120 min.	180°C
Turkey	2,5 kg	120 to 150 min.	200°C

Meat	Weight	Cooking time	Temperature
Turkey, filled	3 kg	2 x 90 min.	200°C
Back of deer	1,5 kg	60 min.	220°C
Beef loin	1 kg	15 min. then 15 - 20 min. add 15 min. for each additional 500 g	235°C 200°C
Roast beef	1 kg	15 min. then 15 - 20 min. add 15 min. for each additional 500 g	235°C 200°C
Rolled roast	1 kg	15 min. then 90 min.	220°C 180°C
Roast pork	1 kg	15 min. then 90 min.	220°C 180°C
Knuckle of pork	1 kg	15 min. then 90 min	235°C 220°C

### Low Temperture Baking

You can reduce the long cooking time when you sauté the meat in a frying pan before cooking it (refer to the cooking table below).

Sauté small pieces of meat twice as long on the first side then on the other side, but keep the cooking time. The optimum core temperature is between 65°C (rare) and 75°C (well done). Please observe the following hints:

- When preparing veal, check the current state of doneness. The core temperature should be 57 °C.
- Pork should never be raw, but always well done.
- For chops and cutlet: check the current state of doneness. The core temperature should be 70°C.

### Cooking Table for Low Temperature Baking

The temperatures given refer to the function heat from above and below 

Meat	Time to sauté	Baking time	Oven temperature
Poultry: Chicken breast Filled chicken breast	5 min middle temperature 8-10 min depending on size	ca. 25 min ca. 30 min	85°C 85°C
Duck breast	6 min middle temperature sauté the side with fat first	ca. 30 min.	85°C
Rabbit: Back filet without bones	2 min high temperature	ca. 20 min.	70°C
Lamb: Leg of lamb (1 kg, no bones) Lamb cutlet Lamb back filet (400 g piece)	10 min middle temperature  3 min middle temperature 3-4 min middle temperature	ca. 80 min (8 min/100 g) ca. 20 min ca. 30 min	85°C  85°C 85°C
Beef: Beef steak Rump steak Scotch filet (1000 g) Roast beef (2 kg)	4 min high temperature 3 min high temperature 7 min high temperature 10 min middle temperature	ca. 25 min ca. 30 min ca. 90 min ca. 120 min	85°C 85°C 85°C 85°C
Veal: Veal steak Cutlet	4 min middle temperature 5 min middle temperature	ca. 25 min ca. 25 min	85°C 85°C
Pork: Filet (400 g)  Loin or back	9 min middle temperature  10 min middle temperature	ca. 35 min (8 min/100 g) ca. 120 min	85°C 85°C
Chops Cutlet	5 min middle temperature 2 min middle temperature	ca. 30 min ca. 20 min	85°C 85°C

**NOTE:** The cooking time depends on the size of meat and the temperature of the meat to start with (fridge or room temperature).

## Recommended Core Temperature

When cooking meat, the core should reach a sufficient minimum temperature that depends on the type of meat and the desired doneness. The following table gives some useful recommendations for getting the required consistency.

Meat	Core temperature
Lamb:	
Back of lamb, raw	70 °C
Back of lamb, well done	80 °C
Leg of lamb, raw	75 °C
Leg of lamb, well done	82 °C
Beef:	
Roast beef, raw	53 °C
Roast beef, well done	58 °C
Roast of beef, raw	50 °C
Roast of beef, well done	58 °C
Marinated beef	85 °C
Boiled filet of beef	85 °C
Ox breast	83 °C
Veal:	
Back of veal	65 °C
Leg of veal	70 °C
Shoulder of veal	75 °C
Pork:	
Back of pork	60 °C
Knuckle of pork	85 °C
Leg of ham	70 °C
Poultry	85 °C

## SOLVING PROBLEMS

If any problems occur during operation, you will find solutions in this section

Problem	Possible Reason	The Solution
The appliance does not respond. The display remains dark.	The appliance is not live.	Please check: – Is the appliance connected to the power supply? – Is the power outlet live? Check by connecting a lamp.
The appliance does not respond. The display only shows a symbol.	The child lock is active.	To deactivate the child lock, press the buttons PAUSE/STOP and START simultaneously until a beep sounds.
The appliance does not respond. The heating compartment is illuminated.	The oven is busy.	While a program is running, only the button PAUSE/STOP is active. Wait for the oven to finish or cancel operation by pressing PAUSE/STOP twice.
The light within the heating compartment remains dark, even during operation.	The lamp is out of order.	Change the lamp (ovenproof, E14, 15 W) inside the oven. It is located at the right side of the heating compartment. Unscrew the glass protection to get access.
Steam is accumulating at the oven door and hot air is coming out.	During operation, steam may escape and condensate on cooler parts of the appliance.	This is quite normal. There is no need to do anything.
You cannot activate the child lock.	The child lock is only available when the appliance is in standby mode.	Press the PAUSE/STOP button twice to cancel any still running function. Then try again
The child lock had been activated, but now the oven is in standby mode again.	Meanwhile, the power failed.	If the power is switched on, the oven starts always in standby mode. Via power failure or by disconnecting the oven from power supply, the child lock will be deactivated.
The display is flashing and the count-down of the cook-ing time stopped.	You have pressed the PAUSE/STOP button and thus interrupted operation.	Press the START button to reassume operation.
Your food has some burnt spots, although you selected time and temperature correctly.	Check, whether your food is placed too near to the heating elements.	Always ensure to keep an appropriate distance of at least 3 cm to the heating elements.

## CLEANING

**⚠ WARNING:** Always ensure that the appliance is out of reach of young children.

Always switch OFF the appliance (press PAUSE/STOP button twice), then unplug the appliance and wait for the appliance to cool down before moving or cleaning the appliance or the used accessories.

Do not scratch or cut on the surfaces of the appliance or use any violence. Do not use any hard or sharp-edged objects, abrasive cleaners, corrosive chemicals (e.g. bleach or cleaner spray), or cleaning pads (i.e. metal scouring pads) for cleaning the appliance or any parts of it, to avoid damage to the surfaces i. e. the glass door, heating elements and the non-stick coating. Do not scratch on the heating elements, to avoid risk of electric shock and damage of the heating elements.

Ensure to protect the appliance against splashing water. Do not immerse the appliance, or power cord in water or any other liquid, to avoid hazards due to electric shock and damage. Do not spill or drip any liquids on or in the appliance, oven door and power cord to avoid risk of fire and electric shock. This holds especially for the ventilation slits at the rear of the housing.

### **Do not clean the appliance or any part of it in an automatic dishwasher!**

Always keep the heating compartment clean. Wipe splashes with a damp cloth moistened with warm dishwater. Thereafter, thoroughly dry all parts.

1. Turn off the appliance (press PAUSE/STOP twice), unplug and let the appliance cool down.
2. Remove any movable parts within the heating compartment (pizza stone, grill rack, food tray and crumb tray). These parts and the handle of the food tray may be cleaned in warm dishwater.

**IMPORTANT:** Handle the oven door with care to avoid damage to the hinges and the oven door window. Do not let any liquids drip into the glass window of the oven door, or into the heating compartment.


3. Clean the glass window of the oven door with a soft sponge moistened with warm dishwater. Do not use a spray glass cleaner. Remove stubborn residues via a nylon pad.
4. Moisten a cloth or soft sponge with some warm dishwater and carefully wipe the heating compartment and oven door. Take care, not to damage the hinges of the oven door and the heating elements.
5. Thereafter, wipe dry all surfaces using a clean, soft cloth.
6. If demanded, wipe the exterior of the appliance and power cord with a soft damp cloth. Do not allow any liquids to run into the ventilation slits at the rear of the housing, the operating elements and the digital display. Polish with a dry cloth.

7. Wash all removable parts in warm dishwater. To remove stubborn residues, let the parts soak for a few minutes in warm dishwater. Thereafter, use a polyester or nylon pad for cleaning.
8. Leave the appliance and all parts dry naturally for at least 1/2 hour, where they are out of reach of young children. For this, leave the front door open.
9. Thereafter, insert the crumb tray, pizza stone, grill rack and food tray into the heating compartment of the oven.

### **Removing Stubborn Residues within the Heating Compartment**

You can burn off stubborn residues in the heating compartment, such as grease and spillage.

**⚠ WARNING:** Food could catch fire when heated up! Thus, before burning off, it is essential to remove all coarse residues of food according to the prior instructions, to avoid risk of overheating, fire and electric shock.

1. Remove coarse residues according to the prior instructions (see: 'Cleaning').
2. Connect the oven to the power supply. Press the FUNCTION button and use the selection dial to select the convection fan .
3. Press the TEMP/WEIGHT button and use the selection dial to select 235 °C.
4. Press the TIME button and use the selection dial to select 30 minutes (30:00).
5. Press the START button to start heating.
6. As soon as the heating elements are no longer smoking, turn off the oven by pressing the PAUSE/STOP button twice.
7. Unplug, and leave the oven cool down completely.
8. Wipe and dry the heating compartment according to the prior instructions. Use a tightly wrung cloth that has been soaked in warm dishwater.

## STORAGE

**WARNING:** Young children must be supervised that they do not play with the appliance or any parts of it. When the appliance will not be in use for a longer period of time, always switch OFF (press PAUSE/STOP button twice) and thereafter, unplug the appliance. Wait until the appliance cooled down completely before cleaning or storing the appliance.

1. Switch off the appliance (press PAUSE/STOP button twice) and wait until all parts cooled down. Unplug the appliance.
2. Always clean the appliance and all its parts before storing to avoid accumulation of dried-on food. (See: 'Cleaning')
3. It is good advice to store all parts and accessories on their correct place in the heating compartment. (See: 'Cleaning'). Leave the oven door open slightly to avoid build-up of odours.

**IMPORTANT:** Ensure to store the appliance where it is clean, dry and safe from frost, direct sunlight and inadmissible strain (mechanical or electric shock, heat, moisture) and where it is out of reach of young children. Do not place any hard or heavy objects on or in the appliance or any parts of it.

Always handle power cords with special care. Electric cables may never be knotted, twisted, pulled, strained or squeezed.

4. For moving, hold the appliance on both sides at the bottom of the housing and place the appliance in on a level, clean and stable surface, where it cannot fall.
5. Lay the power cord loosely around the appliance.

**IMPORTANT:** Do not use any parts or accessories of the appliance for any other purpose than operating the appliance. It is good advice to store the parts and accessories with the appliance.

## NOTES FOR DISPOSAL



Dispose of the appliance and packaging must be effected in accordance with the corresponding local regulations and requirements for electrical appliances and packaging. Please contact your local disposal company.

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact your local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills, dumps, or refuse incineration, hazardous substances can leak into the groundwater or can be emitted into air, thus getting into the food chain, and damaging your health and well-being as well as poisoning flora and fauna. When replacing old appliances with new once, the vendor is legally obligated to take back your old appliance for disposal at least for free of charge.

## INFORMATION AND SERVICE

Please check [www.gastroback.co.uk](http://www.gastroback.co.uk) for further information. For technical support, please contact Gastroback Customer Care Center by phone: +49 (0)4165/22 25-0 or e-mail [info@gastroback.co.uk](mailto:info@gastroback.co.uk).

Please refer to our home page for a copy of these operating instructions in pdf format.

## WARRANTY

We guarantee that all our products are free of defects at the time of purchase. Any demonstrable manufacturing or material defects will be to the exclusion of any further claim and within 2 years after purchasing the appliance free of charge repaired or substituted. There is no Warranty claim of the purchaser if the damage or defect of the appliance is caused by inappropriate treatment, over loading or installation mistakes. The Warranty claim expires if there is any technical interference of a third party without a written agreement. The purchaser has to present the sales slip in assertion-of-claim and has to bear all charges of costs and risk of the transport.

### Note:

Customers from Germany and Austria: For repair and service, please send Gastroback products to the following address: Gastroback GmbH, Gewerbestr. 20, D-21279 Hollenstedt, Germany.

Customers from other countries: Please contact your dealer.

Please agree that we cannot bear the charge of receipt. Submission of appliances: Please ensure packing the appliance ready for shipment without accessories. Add the sales slip and a short fault description. The processing time after receipt of the defective appliance will be approx. 2 weeks; we will inform you automatically. After the warranty period, please send defective appliances to the given address. You will get a free quotation and, thereafter, can decide, whether we shall repair the appliance to the costs possibly accrued, send back the defective appliance for free of charge, or dispose of the appliance for free of charge.

**The appliance is intended for household use only and NOT suited for commercial usage. Do not attempt to use this appliance in any other way or for any other purpose than the intended use, described in these instructions. Any other use is regarded as unintended use or misuse, and can cause severe injuries or damage. There is no warranty claim of the purchaser if any injuries or damages are caused by unintended use.**

## RECIPES



### LASAGNE

#### Ingredients

- » approx. 350g lasagne pasta (not pre-cooked)
- » Tomato meat filling
- » 1 onion
- » 2 garlic cloves
- » 1 carrot
- » 1 stalk celery
- » 3 table spoon olive oil
- » 400g minced meat (beef or beef and pork)
- » 800g canned tomatoes, cut in pieces
- » 1/8l milk
- » 1/8l red wine
- » 1 bay leaf, salt, pepper, sugar
- » Béchamelsauce
- » 1/2l milk
- » 50g butter
- » 2 table spoon flour
- » 100g parmesan, fresh grated

#### Preparation

##### Tomato meat filling

Peel, cut and clean onions, garlic, carrots and cut in small pieces.

Heat the oil in a frying pan and stir-fry vegetables and minced meat.

Add the milk, red wine, tomatoes and bay leaf and let it simmer for 30 minutes. Stir from time to time. Take out the bay leaf and season with salt, pepper and a pinch of sugar to taste.


##### Béchamelsauce

Heat the milk and butter. Add flour and combine. Let mixture cook for 2 minutes on high heat.

Take from heat and fold in half of the parmesan.

##### Lasagne

Cover the bottom of a big heat-resistant casserole dish with lasagne pasta, spread one third of the tomato-meat filling on top of the lasagne and cover with sauce. Repeat this order of layers until the filling and the sauce are finished. Preheat the oven to 190°C using convection heat.

Cover with parmesan and place in the hot oven. Bake at 190°C using convection heat  for approx. 30 minutes.

## LAMB LOIN WITH LEMONTHYME CRUST


### Ingredients

- » Lamb loin
- » 3 garlic cloves
- » 2 lamb loins each approx. 350g
- » 4 branches of fresh thyme
- » 80ml + 2 table spoons olive oil
- » Salt and Pepper to taste
- » Lemonthyme crust
- » 1 table spoon Dijon mustard, mild
- » lemonthyme
- » 2 table spoons bread crumbs
- » 50g butter, in thin slices

### Preparation

Peel the garlic cloves and cut them in small pieces.


Place the lamb loins, garlic and olive oil in a plastic bag. Close the bag and marinate the lamb loins for 2 hours.

Preheat the oven at 130°C using heat from above and below . Take the lamb loins out of the bag and let them drain. Keep the marinade.

Heat 2 table spoons of olive oil in a frying pan. Sauté the lamb loins from all sides adding marinade, thyme, salt and pepper.

Cover the backing tray with a piece of baking paper and place the lamb loins on it. Sprinkle it with the spiced marinade. Cook the lamb loins for approx. 15 to 20 minutes in the oven until done. Let the meat rest for 5 minutes when it is done.

Brush the lamb loins with mustard. Sprinkle with lemonthyme and bread crumbs and cover with butter.

Place in hot oven at 175°C using heat from above  to cook "au gratin".

## COAL FISH WITH SPINACH CRUST

### Ingredients

- » 2 slices of toast
- » 100g spinach leaves (defrosted)
- » 2 chopped rehydrated sun-dried tomatoes
- » 80g halloumi cheese
- » 1 garlic clove
- » 3 table spoons cream
- » Salt, pepper, to taste
- » 400g coal fish filets
- » 3 tea spoon lemon juice
- » 1 table spoon oil


### Preparation

Preheat the oven to 190°C using convection heat . Toast the bread.

Squeeze out the spinach and chop into small pieces. Dice the cheese and toast. Peel garlic and chop in small pieces.

Combine toast, spinach, tomatoes, cheese, garlic and cream and season with salt and pepper.

Wash and dry the fish filets. Sprinkle with lemon juice and season with salt.

Brush a small casserole dish with oil. Place the fish in the dish and cover with spinach mixture. Bake at 175°C using convection heat  for approx. 20 minutes until the crust is golden in colour.

## PIZZA ITALIA

### Ingredients

- » Dough
- » 1 kg flour
- » 0.5 L water
- » 25 g salt
- » 30ml olive oil
- » 25g brewer's yeast
- » Topping
- » Mozzarella
- » Tomatoes
- » Rocket salad
- » Raw ham
- » Parmesan cheese

### Preparation

#### Dough

Solve the yeast and the salt separated from each other in approx. 30°C warm water.

Place the flour in a ceramic bowl. Mix flour with the solved salt and afterwards add the yeast. Stir in the remaining water and olive oil. Cover with linen sheet and let it rise for 2 hours.

Preheat the oven to 235°C using Pizza function. Split the dough in 5 pieces and roll out the dough.

#### Topping

Cover the dough pieces with mozzarella and tomatoes.

Bake for approx. 15 minutes in the oven at 235°C using the Pizza function.

After cooking cover the pizza with rocket salad, ham and fresh parmesan.





## GRILLED VEGETABLES

### Serves 4

### Preparation

Wash and brush the potatoes, quarter them lengthwise and place on the food tray. Sprinkle with half of the oil and half of the salt.

Bake the potatoes at 205°C using heat from above and below  or at 175°C convection heat  for approx. 30 minutes. Turn the potatoes over after 15 minutes.

In the meantime wash the paprika and cut into slices. Cut the zucchini with angular and cut the garlic head once in halves.

Place the vegetables besides the potatoes on the tray and cover with the rest of oil and salt. Season with pepper and rosemary. Bake for another 20-25 minutes.

Serve with salad and fresh bread.



## SWEET CASSEROLE

### Ingredients


- » 2 apples
- » lemon juice of half a lemon
- » 2 eggs
- » 250g curd
- » 3 table spoons milk
- » 2 table spoons honey
- » grease for the casserole dish
- » 2 table spoons chopped almonds

### Preparation

Peel and quarter the apples, cut out the core and slice in thin slices. Sprinkle with lemon juice.

Mix egg yolk, milk, curd and honey.

Whisk the egg whites in a separate bowl until stiff and fold the stiff egg whites and the apple slices into the curd mixture.

Fill mixture into a casserole dish and bake at 175°C using convection heat  for approximately 35 minutes. Serve sprinkled with almonds.

## EASY APPLE CAKE



### Ingredients

- » 5 Boskop or Cox Orange apples
- » lemon juice
- » 2 eggs
- » 100g sugar
- » 1 package vanilla sugar
- » 100g molten butter
- » 300g flour
- » 1 tea spoon baking powder
- » 100ml milk
- » Butter and flour for the baking pan
- » Icing sugar for serving

### Preparation

Peel and quarter the apples, cut out the core and slice in thin slices. Sprinkle with lemon juice.

Mix all the other ingredients and fold in the apple slices.

Pour mixture into greased and floured baking pan. Bake at 205°C using heat from above and below  or at 175°C using convection heat  for approx. 50-60 minutes until the cake has a golden colour.



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