



Classic combination microwave instruction manual

CM140



Contact Caple on 0117 938 7420 or for spare parts www.caple.co.uk





CONTENTS

Safety instructions	3
Environmental protection	13
Oven installation	14
Using your oven	17
Electronic timer	30
Care and maintenance	33
Troubleshooting	36
Cooking guide	39
Caple Service contact details	60

Please keep this instruction manual for future reference



SAFETY INSTRUCTIONS

Read these instructions carefully and completely before using your appliance, keep it in a convenient place for reference when necessary.

- This appliance can be used by children aged from 8 years and above.
- Persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge must be supervised and given appropriate instruction concerning the use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance should not be carried out by children without supervision.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.

WARNING:

- The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements.
- Children less than 8 years of age should be kept away unless continuously supervised.

Please keep this instruction manual for future reference

Instruction manual CM140 3



WARNING:

- During use, handles can get hot.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass or any other surface of the appliance as it can scratch the surface which may result in the glass shattering or permanent damage to the surface.
- Do not use steam cleaners for cleaning the appliance.
- Ensure the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.

CAUTION:

- Your appliance is produced in accordance with all applicable local and international standards and regulations.
- Maintenance and repair work must be made only by authorised Cadle service technicians. Installation and repair work that is carried out by unauthorised technicians may endanger you.
- It is dangerous to alter or modify the specifications of the appliance in any way.
- Prior to installation, ensure that the local distribution conditions (electricity voltage and frequency) and the requirements of the appliance

Please keep this instruction manual for future reference





are compatible. The requirements for this appliance are stated on the rating label.

- This appliance is designed only for cooking food and is intended for indoor use.
- This product is not designed for commercial use, it is a household appliance only. It is not intended to be used in:
 - Staff kitchen areas in shops, offices and other working environments.
 - Bed and breakfast type environments
 - By clients in hotels, motels and other residential type environments
- Do not try to lift or move the appliance by pulling the door handle.
- All possible security measures have been taken to ensure your safety. Since the glass may break, you should be careful while cleaning to avoid scratching.
- Avoid hitting or knocking on the glass with accessories.
- Ensure that the supply cord is not wedged during the installation. If the supply cord is damaged, it must be replaced by a Caple service technician or similarly qualified persons in order to prevent a hazard.

Please keep this instruction manual for future reference



- While the door is open, do not let children climb on the door or sit on it.

INSTALLATION WARNINGS

- Do not operate the appliance before it is fully installed.
- The appliance must be installed by an authorised technician.
- Caple is not responsible for any damage that may be caused by defective placement and installation by unauthorised persons.
- When unpacking the appliance, make sure that it is not damaged during transportation. In the case of any defect; do not use the appliance and contact your retailer or Caple Service immediately.
- Materials used for packaging (nylon, staplers, styrofoam etc) may cause harmful effects to children they should be disposed of immediately.
- Protect your appliance against atmospheric effects. Do not expose it to effects such as sun, rain, snow etc.
- The surrounding materials of the appliance (i.e. kitchen cabinet or furniture) must be able to withstand a minimum temperature of 90°C. The microwave oven is intended for food and beverages. Drying clothing, sponges, damp cloths

Please keep this instruction manual for future reference





and similar items may lead to risk of injury, ignition or fire.

WARNING

- 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 the appliance off and unplug it at the mains or switch off the circuit breaker in the fuse box.
- When heating plastic or paper containers keep a close eye on it to ensure it does not set alight.
- The surface of the appliance may become damaged if it is not cleaned properly causing energy to 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.

WARNING

- If the door or door seals are damaged, the microwave must not be operated until it is repaired by a Caple approved engineer.

Please keep this instruction manual for future reference

Instruction manual CM140 7



WARNING

- It is hazardous for anyone other than Cadle approved engineers to carry out any service or repair that involves the removal of a cover which gives protection against exposure to the microwave energy.
- 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 after-sales service.
- Microwave energy will escape from appliances that do not have any casing. Never remove the casing.
- For any maintenance or repair work, contact Cadle service.

RISK OF ELECTRIC SHOCK

- Incorrect repairs are dangerous. Repairs may only be carried out and damaged power cables replaced by Cadle approved engineers. If the appliance is defective, unplug the appliance from the mains or switch off the circuit breaker in the fuse box and contact Cadle service.
- The cable insulation on electrical appliances may melt when touching hot parts of the appliance.

Please keep this instruction manual for future reference



- Never bring electrical appliance cables into contact with hot parts of the appliance.
- Penetrating moisture may cause an electric shock. Do not use any high pressure cleaners or steam cleaners.
- A defective appliance may cause an electric shock. Never switch on a defective appliance. Unplug the appliance from the mains or switch off the circuit breaker in the fuse box and contact Caple service.
- The appliance is a high-voltage appliance. Never remove the casing.
- 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 high alcohol content.
- Open the appliance door with care.

RISK OF BURNS

- 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 yoke when baking or poaching eggs. The skin of foods that have a peel or skin, such as apples,

Please keep this instruction manual for future reference

Instruction manual CM140 9



tomatoes, potatoes and sausages, may burst.
Before heating, prick the peel or skin.

- The contents of feeding bottles and baby food jars should be stirred or shaken and the temperature checked before consumption to avoid burns.
- When you open the appliance door, hot steam may escape. Open the appliance door with care. Keep children at a safe distance.

RISK OF SCALDING

- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container. 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

- 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.

Please keep this instruction manual for future reference





- Creation of sparks: Metal e.g. a spoon in a glass must be kept at least 2cm from the oven walls and the inside of the door. Sparks could irreparably damage the glass on the inside of the door.
- Water in the hot cooking compartment: Never pour water into the hot cooking compartment. This will cause steam. The temperature change can cause damage.
- Moist food: Do not store moist food in the closed cooking compartment for long periods. Do not use the appliance to store food. This can lead to corrosion.
- Cooling with the appliance door open: Only leave the cooking compartment to cool with the door closed. Do not trap anything in the appliance door. Even if the door is only slightly ajar, the fronts of adjacent units may be damaged over time.
- 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.
- Transporting the appliance: Do not carry or hold the appliance by the door handle. The door

Please keep this instruction manual for future reference



handle cannot support the weight of the appliance and could break.

- 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.
- The oven should be cleaned regularly and any food deposits removed since they may explode, even after microwave heating has ended.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Please keep this instruction manual for future reference





ENVIRONMENTAL PROTECTION



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice. This appliance is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. The symbol on the product indicates that this product may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. Disposal must be carried out in accordance with local environmental regulations for waste disposal. For more detailed information about treatment, recovery and recycling of this product, please contact your local council, your household waste disposal service or the retailer where you purchased the product.

WARRANTY

Your new appliance is covered by warranty. The warranty card is enclosed - if it is missing, you must provide the following information to your retailer in order to receive a replacement: date of purchase, model and serial number (placed on the inside of the appliance storage drawer). Registration can also be completed online by visiting www.caple.co.uk.

Ensure you keep your warranty card safe, you may need to show it to Caple Service together with proof of purchase.

If you fail to show your warranty card you will incur all repair charges.

Spare parts are only available from Caple Service and spare parts authorised centres.

ATTENTION

- Before use, remove all plastic films protecting some parts of the appliance (fascia - panel, parts in stainless steel, etc)
- Do not use the appliance to heat a room.
- When the appliance is not in use, we recommend you turn it off, isolate it from the electrical supply.

CE DECLARATIONS OF CONFORMITY

This appliance has been designed, constructed and marketed in compliance with safety requirements in force. This appliance has been manufactured to the strictest standards and complies with all applicable legislation.

Please keep this instruction manual for future reference

Instruction manual CM140 13





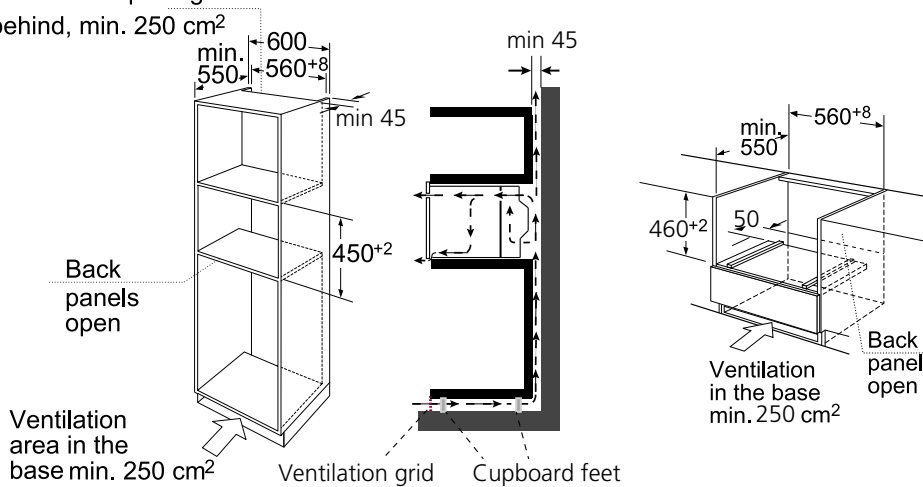
INSTALLATION

Fitted units

- This appliance is only intended to be fully fitted in a kitchen
- This appliance is not designed to be used as a tabletop appliance or inside a cupboard.
- The fitted cabinet must not have a back wall behind the appliance.
- A gap of at least 45mm must be maintained between the wall and the base or back panel of the unit above.
- The fitted cabinet must have a ventilation opening of 250cm on the front. To achieve this, cut back the base panel or fit a ventilation grille.
- Ventilation slots and intakes must not be covered.
- The safe operation of this appliance can only be guaranteed if it has been installed in accordance with these installation instructions.
- The installer is liable for any damage resulting from incorrect installation.
- The units into which the appliance is fitted must be heat resistant up to 90°C.

Ventilation openings

behind, min. 250 cm²



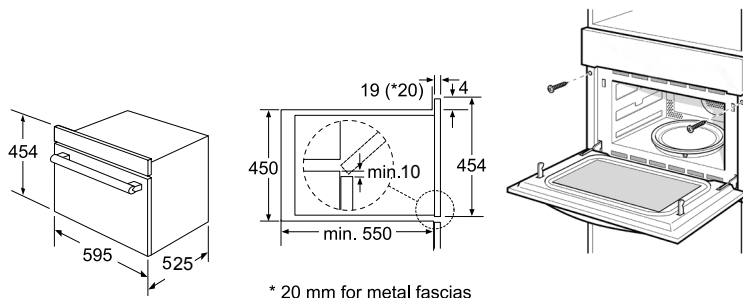
Note: there should be a gap above the oven.

Please keep this instruction manual for future reference





- Do not hold or carry the appliance by the door handle. The door handle cannot hold the weight of the appliance and may break off.
- Carefully push the microwave into the box, making sure that it is in the centre.
- Open the door and fasten the microwave with the screws that were supplied.



- Fully insert the appliance and centre it.
- Do not kink the connecting cable.
- Screw the appliance into place.
- The gap between the worktop and the appliance must not be closed by additional battens.

Important

- The appliance is designed to be permanently installed with a three-pin power cord and may only be connected by a licensed expert in accordance with the connection diagram.
- Only qualified electricians should replace the power cord
- Do not use multiple plugs, power strips or extensions, overloading causes a risk of fire.
- If the connection is no longer accessible following the installation, an all-pin isolating switch with a contact gap of at least 3mm must be provided.

Please keep this instruction manual for future reference



Connect the wires of the mains power cords in accordance with the following colour coding

- Green and Yellow – Earth wire (E)
- Blue – Neutral wire (N)
- Brown – Live (L)
- Do not connect the appliance using a 13A plug or 13A fuse. The appliance must be protected using a fuse rated 15A or higher. The appliance must be disconnected from the power supply during installation. When the appliance is installed, protection must be provided against accidental contact in future.

Please keep this instruction manual for future reference





USING YOUR OVEN

Control panel



MICROWAVE

Defrosting, reheating and cooking. Select microwave power. 100W, 300W 450W, 700W and 900W.

FAN HEAT

For baking sponge cakes in baking tins, flans and cheesecakes as well as cakes, pizza and small baked items on the baking tray. 50°C can maintain the taste of food after heat preservation of 1-2 hours.

TURBO GRILL

Use to brown and crisp poultry. Perfect for baked casseroles and grilled dishes.

GRILL

Perfect for grilling several steaks, sausages, fillets of fish and toasting bread.

FAN HEAT WITH BASE HEAT

For frozen convenience products and dishes that require a lot of heat from underneath.

TURBO DEFROST

Two defrosting programmes

MICROWAVE & FAN HEAT

Use this function to roast meals quickly.

Please keep this instruction manual for future reference



MICROWAVE & GRILL

Use this function to cook meals quickly and brown the top of a dish.



MICROWAVE & TURBO GRILL

Use to brown and crisp food, ideal for casseroles and grilled dishes and perfect for evenly roasting meals



MICROWAVE & FAN HEAT WITH BASE HEAT

Use this function to roast meals quickly. Ideal for frozen foods.



AUTO PROGRAMMES

13 cooking programmes The type of heating and cooking time are set by weight.



MEMORY



BOOST & CHILD SAFETY LOCK

Touch briefly and release to activate rapid preheating. Touch and hold to activate the child safety lock



PARAMETER ADJUSTMENT

Use to adjust the parameters i.e. time, weight etc



CLOCK / TIMER

Use this function and the parameter adjustment controls to set the time. Use this function and the parameter adjustment controls to set the cooking time.



START

Once the function or programme has been selected press start.



PAUSE

Touch briefly and release to stop. Touch twice to cancel












WEIGHT

Set the weight using the parameter adjustment controls

Please keep this instruction manual for future reference



°C TEMPERATURE

FUNCTION	TEMPERATURE (°C)
	50, 100, 105, 110...230
	100, 105, 110...160
	100, 105, 110...230
 	50, 100, 105, 110...230
 	100, 105, 110...160
 	100, 105, 110...230

Cooling fan

- Your appliance has a cooling fan. The cooling fan switches on during operation. The hot air escapes above the door. The cooling fan continues to run for a certain time after operation.

Warning

- Do not cover the ventilation slots, otherwise the appliance will overheat.

Note

- The appliance remains cool during microwave operation. The cooling fan will still switch on. The fan may run on even when the microwave operation has ended
- Condensation may appear on the door window, interior walls and floor, this is normal and does not adversely affect the microwave operation. Wipe away condensation after cooking.

Accessories

The turntable forms the surface for the wire rack. Food which require a lot of heat from underneath can be cooked directly on the turntable.

The turntable can turn clockwise or anti-clockwise. Place the turntable on the drive in the centre of the cooking compartment. Ensure it is positioned correctly.

Please keep this instruction manual for future reference



Alternatively you can purchase a glass tray and chrome rack (TRAY2) to cook your food on. This will enable you to cook food, without it being rotated by the turntable. Ensure the lower and higher racks are removed when using the glass tray and chrome rack. This optional extra can be purchased directly from www.caple.co.uk.

Lower wire rack


For the microwave and for baking/roasting in the oven.

Higher wire rack

For grilling, e.g. steaks, sausages and toasting bread. It can also be a support for shallow dishes.




Setting the clock

Once the appliance is connected, "00:00" will flash and the buzzer will ring once. To set the clock:

- Press either - or + to set the time between 00:00 and 23:59
- Touch the  to set the time shown.

Heating the oven

To remove the new cooker smell, heat up the oven when it is empty and the door is closed for one hour with fan heat at 230°C. Ensure no packaging is in the cooking compartment.

- Touch the  key to select the fan heat function
- Touch - or + key to set the temperature to 230°C
- Touch the  key
- Touch the - or + key to set the cooking time to 60 minutes
- Touch the  to start operation

Cleaning the accessories

- Before you use the accessories for the first time clean them thoroughly with hot, soapy water and a cloth.




Please keep this instruction manual for future reference






Setting the oven

There are various ways in which you can set your oven. Here we will explain how you can select the desired type of heating and temperature or grill setting. You can also select the oven cooking time for your dish.


Setting the type of heating and temperature

- Touch the  key to select the fan heat function.
- The default temperature 180°C will flash on the display. Touch the - or + key to set the temperature to 200°C.
- Touch the  key. Touch the - or + key to set the cooking time to 25 minutes
- Touch the  key to start operation.

Opening the oven door during operation

- Operation is suspended when the microwave door is opened, to restart, close the door and press  key.
- Pausing operation
- Touch the  key to pause operation then touch the  key to continue operation.

Changing the cooking time

- This can be done at any time. Touch the  key for the new temperature setting, touch the - or + key to set the temperature.

Cancelling operations

- Touch the  key twice to cancel the operation.

Please keep this instruction manual for future reference

Instruction manual CM140 21



Rapid preheating

With rapid preheating, your oven reaches the set temperature quickly. Rapid preheating is available for the following types of heating:



Fan heat



Turbo grill



Microwave & Fan heat




Microwave & grill


To ensure an even cooking result, start cooking your food once the oven is preheated.

Set the function and temperature



Touch the  key until it appears in the display

Touch the  to start operation

The preheating process is complete

A signal will sound and the  symbol in the display will flash, the oven is now ready for use.

Cancelling rapid preheating

During rapid preheating, touch the  or  to cancel the function. You can also open the door to cancel this function.

Note

- The rapid preheating function only works if you have already chosen one of the modes above dependent on where the functions are shown.
- Only when the alarm sounds, and the preheating symbol is flashing in the display is it safe to open the door.

Please keep this instruction manual for future reference





Microwave

The microwave can be used on its own or in combination with another function.

Note

The preset cooking times are as follow:

PRESET COOKING TIME	MICROWAVE COOKING TIME
0-1 minute	1 second
1-5 minutes	10 seconds
5-15 minutes	30 seconds
15-60 minutes	1 minute
60 minutes	5 minutes

Suitable ovenware

- Suitable dishes are heat-resistant ovenware made of 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
- Metal ovenware is unsuitable. Metal does not allow microwaves to pass through. Food in covered metal containers will remain cold.
- Creation of sparks: metal – e.g. a spoon in a glass – must be kept at least 2cm 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: Heat the empty ovenware at maximum power for ½ to 1 minute.
- Check the temperature occasionally during that time. The ovenware should still


Please keep this instruction manual for future reference



be cold or warm to the touch.

- The ovenware is unsuitable if it becomes hot or sparks are generated.

Microwave power settings

Use the  key to set the desired microwave power

Microwave power	Function
100W	<ul style="list-style-type: none"> - Defrosting irregularly-shaped foods - Defrosting sensitive/delicate foods - Softening ice cream
300W	<ul style="list-style-type: none"> - Defrosting - Melting chocolate and butter - Allowing dough to rise
450W	<ul style="list-style-type: none"> - Cooking rice, soup
700W	<ul style="list-style-type: none"> - Reheating - Fish - Cooking mushrooms, dishes containing eggs and cheese
900W	<ul style="list-style-type: none"> - Boiling water, reheating - Cooking chicken, fish, vegetables

- When you touch a key, the selected power lights up.
- The microwave power can be set to 900W for a maximum of 30 minutes. With all other power settings a maximum cooking time of 1 hour 30 minutes is possible.





Please keep this instruction manual for future reference





Setting the microwave


Example: Microwave power setting 300 W, cooking time 17 minutes

- Touch the  key. The default microwave power 900W will appear and the default cooking time will flash.
- Touch the  key. The default microwave power 900W will flash
- Touch - or + key to set the temperature to 300W.
- Touch the  key, the default cooking time will flash, touch - or + key to set the time to 17 minutes.
- Touch the  key to start operation, the cooking time starts to count down in the display.


The cooking time has elapsed

- A signal sounds. Microwave operation has finished.

Opening the oven door during operation


- Operation is suspended. After closing the door, touch the  to continue operation.

Changing the cooking time



- This can be done at any time. Touch the  key. Touch - or + to change the cooking time.

Changing the microwave power setting

This can be done at any time during operation.

- Touch the  key and use the - or + to change the microwave power setting.


Pausing operation

- Touch the  key briefly. The oven is paused. Touch the  to continue operation.


Please keep this instruction manual for future reference



Changing the cooking time


- This can be done at any time. Touch the  key. Touch - or + to change the cooking time.

Changing the temperature



- This can be done at any time. Touch the  key. Touch - or + to change the temperature.

Changing the microwave power setting

This can be done at any time during operation.

- Touch the  key and use the - or + to change the microwave power setting.

Pausing operation

- Touch the  key briefly. The oven is paused. Touch the  to continue operation.

Cancelling operation

- Touch the  key twice to cancel operation.




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. Always place the food in the cold cooking compartment.

Setting a programme


When you have selected a programme, set the oven.

Example: Programme 3 with a weight of 1kg

- Touch the  key. The first programme number will appear in the display. Touch - or + or  key to select the programme P03
- Touch the  key then touch - or + to set the weight, it will automatically set the cooking time.

Please keep this instruction manual for future reference




- Touch the  key to start operation, the cooking time starts to count down in the display.

Auto menu

PROGRAMME NUMBER	CATEGORY	FOOD TYPE
P 01**	Vegetables	Fresh vegetables
P 02**	Side dishes	Potatoes (peeled/cooked)
P 03*	Side dishes	Potatoes (roasted)
P 04	Poultry/Fish	Chicken pieces
P 05*	Bakery	Cake
P 06*	Bakery	Apple pie
P 07*	Bakery	Quiche
P 08**	Reheat	Drink/Soup
P 09**	Reheat	Plated meal
P 10**	Reheat	Sauce/Stew
P 11*	Convenience	Frozen pizza
P 12	Convenience	Frozen oven chips
P 13*	Convenience	Frozen lasagne

Note:

- The programmes with a * are preheated. During preheating, the cooking time pauses and the preheating symbol is on. After preheating, you will hear an alarm and the preheating symbol will flash, now insert food and press the  key to begin cooking.
- The programmes with ** only use the microwave function.
- For programmes P03, P04, P05, P06, P07, P11, P12 and P13, food should be placed on the 60mm high wire rack to cook.

Please keep this instruction manual for future reference








Defrosting programmes

PROGRAMME NUMBER	DEFROST	WEIGHT RANGE (KG)
D 01*	Meat/Poultry/Fish	0.2 - 1
D 02*	Bread/Cake/Fruit	0.1 - 0.5

*During defrosting place the food on the lower wire rack.

You can use the 2 defrosting programmes to defrost meat, poultry and bread.

- Touch the  key. The first programme number appears in the display.
- Touch - or + or  to select the programme number.
- Touch the  key
- Touch - or + or  to set the weight. The cooking time will be calculated automatically.
- Touch the  key to start operation, the cooking time starts to count down in the display.

Note:

Preparing food

- Suitable for food that has been frozen at -18 °C and stored in portion-sized quantities that are as thin as possible. Remove packaging and weigh food. The weight will determine the programme needed.
- 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.
- When defrosting chicken and chicken portions (d 01), an audible signal will sound on two occasions to indicate that the food should be turned.

Please keep this instruction manual for future reference

Instruction manual CM140 29




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 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.



ELECTRONIC TIMER

Setting the time

Your oven has various time-setting options. You can use the  key to call up the menu and switch between the individual functions. A time setting option that has already been set can be changed with the - or + key.

Setting the timer

You can use the timer as a kitchen timer. It runs independently of the oven. The timer has its own audible signal in order to distinguish between the timer and cooking time.

- Touch the  key to enter kitchen timer, 00:00 will appear on the display. Touch - or + key to adjust the timer time. Maximum time: 5 hours.
- Touch the  key to start timer.

The timer duration has elapsed

- A signal sounds. 0:00 is shown in the display.

Cancelling the timer duration

- Touch the  key to cancel the timer.

Please keep this instruction manual for future reference



Setting the cooking time


The cooking time for your meal can be set on the oven. When the cooking time has elapsed, the oven switches itself off automatically. Therefore the cooking time cannot be accidentally exceeded. When the oven starts., the cooking time counts down in the display.

The cooking time has elapsed



An audible signal sounds and the oven stops heating. 0:00 is shown in the display.

Setting the clock

Once the appliance is connected. 00:00 will flash and the alarm will ring once. The clock is now ready to be set.

- Touch - or + key to set the time between 00:00 and 23:59
- Touch the  key. The time is now set.

Changing the clock


- Touch and hold the  key for 3 seconds. The actual time will disappear and then flash in the display
- Touch - or + key to set the new time. Touch the  to confirm the time. The new time is now set.

Childproof lock

The oven has a childproof lock to prevent children switching it on accidentally. The oven will not react to any settings. The timer and clock can be set when the childproof lock is on.


Switching on the childproof lock

No cooking time or function should be set.

- Touch and hold the  key for approximately 3 seconds
- The lock symbol appears on the display indicating the lock is activated.







Switching off the childproof lock

- Touch and hold the  key for approximately 3 seconds
- The lock symbol on the display will disappear indicating the lock is deactivated.




Childproof lock with other cooking operations

- When other cooking programmes have been set, the childproof lock is not operational.

Setting the memory function

- Once you have set a cooking operation, immediately touch the  key to enter memory mode, do not press the  key. The cooking time and current memory setting will flash alternately on the display.
- Touch the  key again to choose the memory setting (N1, N2 or N3), stopping when you have selected the correct setting.
- To save this memory cooking setting, press the  key. The cooking function will then start, and the function will be saved




Using the memory function

- When on the main menu, touch the  key. The screen will display the memory setting you have set (N1) and the cooking function saved on this setting.
- Press the  key again to toggle through the settings and select the correct setting (N1, N2 or N3).
- Once the correct setting has been selected, press the  key to start that memory cooking function.

Please keep this instruction manual for future reference



Quick start

- Touch the  key to start 30 seconds cooking at 900W microwave power setting.
- During cooking (except Auto Cook and Defrost), touch the  key to increase the time by another 30 seconds. You can continue to press the  key until it has reached its maximum cooking time.

CARE AND MAINTENANCE

Using your oven correctly and cleaning it regularly will help retain its looks and maintain its efficiency. Please see section below on how to clean and maintain your appliance correctly.

Risk of electric shock

- Penetrating moisture may cause an electric shock. Do not use any high-pressure cleaners or steam cleaners.

Risk of burns

- Never clean the appliance immediately after switching off. Let the appliance cool down.

Risk of serious damage to health

- 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 and contact Caple service.

Notes

- Slight differences in colour on the front of the appliance are caused by the use of different materials, such as glass, plastic and metal.
- Shadows on the door panel which look like streaks, are caused by reflections made by the oven light.
- Unpleasant odours, e.g. after fish has been prepared, can be removed very easily. Add a few drops of lemon juice to a cup of water. Place a spoon into the container, to prevent delayed boiling. Heat the water for 1 to 2 minutes at maximum microwave power.

Please keep this instruction manual for future reference

Instruction manual CM140 33





Cleaning agents

To ensure that the different surfaces are not damaged by using the wrong cleaning agent, observe the information in the table. Do not use:

- Sharp or abrasive cleaning agents.
- Metal or glass scrapers to clean the glass in the appliance door or door seal.
- Hard scouring pads and sponges.
- Cleaning agents with high concentrations of alcohol.
- Wash new sponge cloths thoroughly before use.
- Allow all surfaces to dry thoroughly before using the appliance again.

AREA	CLEANING AGENTS
Glass door	<p>Clean with hot soapy water and a dish cloth and dry with a soft cloth.</p> <p>Do not use glass cleaners, metal or glass scrapers for cleaning.</p>
Stainless steel handle	<p>Clean with hot soapy water and a dish cloth and dry with a soft cloth.</p> <p>Remove flecks of limescale, grease, starch and albumin immediately. Corrosion can form under such residues.</p> <p>Special stainless steel cleaning agents can be used which can be purchased from most DIY stores.</p> <p>Do not use glass cleaners, metal or glass scrapers for cleaning.</p>

Please keep this instruction manual for future reference



Cooking compartment	<p>Clean with hot soapy water or vinegar solution and a dish cloth and dry with a soft cloth.</p> <p>Even if the oven is very dirty, do not use oven spray or other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These items scratch the surface. Allow the interior surfaces to dry thoroughly.</p>
Recess in cooking compartment	<p>Use a damp cloth, ensure that no water seeps through the turntable drive into the appliance interior.</p>
Wire racks	<p>Use hot soapy water, stainless steel cleaning agent or in the dishwasher.</p>
Door panels	<p>Use glass cleaner and a dish cloth.</p> <p>Do not use a glass scraper</p>
Door seal	<p>Clean with hot soapy water and a dish cloth and dry with a soft cloth.</p> <p>Do not use glass cleaners, metal or glass scrapers for cleaning.</p>

Technical Specification

Rated Voltage	230V, 50Hz
Maximum Power	3300W
Rated Output Power (microwave)	900W
Rated Current	15A
Oven Capacity	36L
Turntable Diameter	Ø 360mm
External dimensions without handle	595 (W) x 525 (D) x 454(H)mm
Net weight	Approx 33kg

Please keep this instruction manual for future reference



Troubleshooting

Malfunctions often have simple explanations. Please refer to the troubleshooting table below before calling Cable service.

If a meal does not turn out exactly as you wanted, refer to the Expert Cooking Guide section, where you will find plenty of cooking tips and tricks

Warning

Incorrect repairs are dangerous. Repairs may only be carried out by one of our trained after-sales engineers.

PROBLEM	POSSIBLE CAUSE	SOLUTION
The appliance does not work	Faulty circuit breaker	Look in the fuse box and check that the circuit breaker for the appliance is in working order.
	Plug not pugged in	Plug in at powerpoint
	Power cut	Check whether the kitchen lights work
The appliance does not work and the lock symbol appears in the display	Childproof lock is active	Deactivate childproof lock, please refer to Childproof lock section for more detail.
0:00 is in the display panel	Power cut	Reset the clock
The microwave does not switch on	The door is not fully closed	Check whether there is food residue or debris trapped in the door or seal

Please keep this instruction manual for future reference



It takes longer than before for the food to heat up in the microwave	The selected microwave power level is too low. Select a higher power level.	Select a higher power level
	A larger amount than usual has been placed in the appliance.	Double the amount = almost double the cooking time.
	The food was colder than usual. Stir or turn the food during cooking.	Stir or turn the food during cooking.
Turntable grates or grinds.	Dirt or debris in the area around the turntable drive.	Clean the rollers under the turntable and the recess in the oven floor thoroughly.
A particular operating mode or power level cannot be set.	The temperature, power level or combined setting is not possible for this operating mode.	Choose permitted settings.
E1 appears in display	The thermal safety switch-off function has been activated.	Contact Caple service
E4 appears in display	The thermal safety switch-off function has been activated.	Contact Caple service
E11 appears in display	Moisture in the control panel.	Allow the control panel to dry.
E17 appears in display	Rapid heating has failed.	Contact Caple service

Please keep this instruction manual for future reference



Energy saving tips

Here you can find tips on how to save energy when baking and roasting.

Saving energy

- Only preheat the oven if this is specified in the recipe or in the operating instruction tables.
- Use dark, black lacquered or enamelled baking tins. They absorb the heat particularly well.
- Open the oven door as infrequently as possible while the oven is in use.
- It is best to bake several cakes one after the other as the oven is still warm. This reduces the baking time for the second cake.
- You can also place two loaf tins next to each other.
- For longer cooking times, you can switch the oven off 10 minutes before the end of the cooking time and use the residual heat to finish cooking.

Please keep this instruction manual for future reference





Cooking guide

Here you will find a selection of recipes and the ideal settings for them. We will show you which type of heating and which temperature or microwave power setting is best for your meal. You can find information about suitable accessories and the height at which they should be inserted. There are also tips about ovenware and preparation methods.

Notes

- The values in the table always apply to food placed into the cooking compartment when it is cold and empty. Only preheat the appliance if the table specifies that you should do so. Before using the appliance, remove all accessories from the cooking compartment that you will not be using.
- Do not line the accessories with greaseproof paper until after they have been preheated.
- The times specified in the tables are only guidelines. They will depend on the quality and composition of the food.
- Use the accessories supplied. Additional accessories may be obtained from specialist retailers or from www.caple.co.uk.
- Always use an oven cloth or oven gloves when taking accessories or ovenware out of the cooking compartment.

Defrosting, heating up and cooking with the microwave

The following tables provide you with numerous options and settings for the microwave.

- 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 - just under double the cooking time, half the amount - half the cooking time.

Please keep this instruction manual for future reference



Defrosting

Notes

- Place the frozen food in an open container on the lower wire rack.
- 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 cooking compartment walls. You can remove the foil half way through the defrosting time.
- Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times. When turning, remove any liquid that has resulted from defrosting.
- Leave defrosted items to stand at room temperature for a further 10 to 60 minutes so that the temperature can stabilise. The giblets can be removed from poultry at this point.

DEFROST	WEIGHT (KG)	MICROWAVE POWER (W) & COOKING TIME (MINS)	NOTES
Whole pieces of meat (beef, veal or pork - on the bone or boned)	0.8	300W, 15 mins + 100W, 10-20 mins	Turn several times
	1	300W, 20 mins + 100W, 15-25 mins	
	1.5	300W, 30 mins + 100W, 20-30 mins	
Meat in pieces or slices of beef, veal or pork	0.2	300W, 3 mins + 100W, 10-15 mins	Separate any defrosted parts when turning
	0.5	300W, 5 mins + 100W, 15-20 mins	
	0.8	300W, 8 mins + 100W, 15-20 mins	
Minced meat	0.2	100W, 15-20 mins	Freeze food flat if possible. Turn several times, remove any defrosted meat
	0.5	300W, 5 mins + 100W, 10-15 mins	
	0.8	300W, 8 mins + 100W, 15-20 mins	

Please keep this instruction manual for future reference



Poultry or poultry portions	0.6	300W, 8 mins + 100W, 15-20 mins	Turn during cooking
	1.2	300W, 15 mins + 100W, 25-30 mins	
Duck	2	300W, 20 mins + 100W, 30-40 mins	Turn several times
Fillet/steak/slices of fish	0.4	300W, 5 mins + 100W, 10-15 mins	Separate any defrosted parts when turning
Whole fish	0.3	300W, 3 mins + 100W, 10-15 mins	
	0.6	300W, 8 mins + 100W, 10-15 mins	
Vegetables (e.g. peas)	0.3	300W, 10-15 mins	Stir carefully during defrosting
	0.6	300W, 10 mins + 100W, 10-15 mins	
Fruit (e.g. raspberries)	0.3	300W, 7-10 mins	Stir carefully during defrosting and separate any defrosted parts
	0.5	300W, 8 mins + 100W, 5-10 mins	
Butter	0.125	300W, 1 min + 100W, 2-4 mins	Remove all packaging
	0.25	300W, 1 min + 100W, 2-4 mins	
Loaf of bread	0.5	300W, 6 mins + 100W, 5-10 mins	Turn during cooking
	1	300W, 12 mins + 100W, 15-25 mins	
Cakes (dry cakes e.g. sponge)	0.5	100W, 10-15 mins	Only for cakes without icing, cream or crème pâtissière.
	0.75	300W, 5 mins + 100W, 10-15 mins	
Cakes (moist cakes e.g. cheesecake)	0.5	300W, 5 mins + 100W, 10-15 mins	Only for cakes without icing, cream or gelatine
	0.75	300W, 7 mins + 100W, 10-15 mins	

Please keep this instruction manual for future reference





Heating up or cooking food

Notes

- Take ready meals out of the packaging allowing the food to heat up quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up .
- 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.
- 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.

HEATING UP OR COOKING FROZEN FOOD	WEIGHT (KG)	MICROWAVE POWER (W) & COOKING TIME (MINS)	NOTES
Plated meal or ready meal	0.3-0.4	700W, 10-15 mins	Take meal out of packaging, cover food to heat
Soup	0.4-0.5	700W, 8-10 mins	Ovenware with lid
Stews	0.5	700W, 10-15 mins	Ovenware with lid
	1	700W, 20-25 mins	
Pieces of meat in sauce	0.5	700W, 15-20 mins	Ovenware with lid
	1	700W, 25-30 mins	
Fillet of fish	0.4	700W, 10-15 mins	Covered
	0.8	700W, 18-20 mins	
Side dishes (e.g. rice, pasta)	0.25	700W, 2-5 mins	Ovenware with lid, add liquid
	0.5	700W, 8-10 mins	

Please keep this instruction manual for future reference



Vegetables (e.g. peas, carrots)	0.3	700W, 8-10 mins	Ovenware with lid, add 1 tbsp of water
	0.6	700W, 15-20 mins	
Creamed spinach	0.45	700W, 11-16 mins	Cook without additional water

Heating food

Warning:

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 over and spatter. When heating liquids, always place a spoon in the container. This will prevent delayed boiling.

Metal e.g. a spoon in a glass must be kept at least 2cm from the oven walls and the inside of the door. Sparks could irreparably damage the glass on the inside of the door.

HEATING FOOD	WEIGHT	MICROWAVE POWER (W) & COOKING TIME (MINS)	NOTES
Plated meal or ready meal	0.35-0.5kg	700W, 5-10 mins	Take meal out of packaging, cover food to heat
Drinks	150ml	900W, 1-2 mins	Place a spoon in the glass. Do not overheat alcoholic drinks. Check during heating.
	300ml	900W, 2-3 mins	
	500ml	900W, 3-4 mins	
Baby food	50ml	300W, approx 1 min	Place baby bottles on the cooking compartment floor without the teat or lid. Shake or stir well after heating. You must check the temperature
	100ml	300W, approx 1-2 min	
	200ml	300W, approx 2-3 min	

Please keep this instruction manual for future reference



Soup (1 cup)	175g	900W, 2-3 mins	
Soup (2 cups)	2 x 175g	900W, 4-5 mins	
Soup (4 cups)	4 x 175g	900W, 5-6 mins	
Pieces of meat in sauce	0.5g	700W, 10-15 mins	Cover with lid
Stew	0.4g	700W, 5-10 mins	Ovenware with lid
	0.8g	700W, 10-15 mins	
Vegetables	0.15g	700W, 2-3 mins	Add a little liquid
	0.3g	700W, 3-5 mins	

Cooking food

Please note all foods shown below are from fresh not frozen

COOKING FOOD	WEIGHT	MICROWAVE POWER (W) & COOKING TIME (MINS)	NOTES
Whole chicken	0.35-0.5kg	700W, 30-35 mins	Turn halfway through cooking time
Fillet of fish	0.4g	700W, 30-35 mins	
Vegetables	0.25g	700W, 5-10 mins	Cut into equal-sized pieces, add 1 to 2 tbsp water per 100g, stir during cooking
	0.5g	700W, 10-15 mins	
Potatoes	0.25g	700W, 8-10 mins	Cut into equal-sized pieces, add 1 to 2 tbsp water per 100g, stir during cooking
	0.5g	700W, 1-14 mins	
	0.75g	700W, 15-22 mins	
Rice	0.125	700W, 7-9 mins + 300W, 15-20 mins	Add double the quantity of liquid and use deep ovenware with a lid
	0.25	700W, 10-12 mins + 300W, 20-25 mins	

Please keep this instruction manual for future reference





Microwave tips

You cannot find any information about the settings for the quantity of food you have prepared.	Increase or reduce the cooking times using the following rule of thumb: Double the amount = almost double the cooking time Half the amount = half the cooking time
The food has become too dry.	Next time, set a shorter cooking time or select a lower microwave power setting. Cover the food and add more liquid.
When the time has elapsed, the food is not defrosted, hot or cooked.	Set a longer time. Large quantities and food which is piled high require longer times.
When the time has elapsed, the food is overheated at the edge but not done in the middle.	Stir it during the cooking time and next time, select a lower microwave power setting and a longer cooking time
After defrosting, the poultry or meat is defrosted on the outside but not defrosted in the middle.	Next time, select a lower microwave power setting. If you are defrosting a large quantity, turn it several times


Cakes and pastries

Note

- The times given apply to food placed in a cold oven.
- The temperature and baking time depend on the consistency and amount of mixture. This is why temperature ranges are given in the tables. Begin with the lower temperature and, if necessary, use a higher setting the next time, since a lower temperature results in more even browning.
- Always place the cake tin in the centre of the lower wire rack. Food with ** should be placed in the turntable
- It is best to use dark-coloured metal baking tins.

Please keep this instruction manual for future reference

Baking tables

BAKING IN TINS	ACCESSORIES	FUNCTION	TEMPERATURE (°C)	MICROWAVE POWER (W)	COOKING TIME (MINS)
Sponge cake - simple	Ring tin/cake tin	 	170-180	100	40-50
Sponge cake - delicate	Ring tin/cake tin		150-170	-	70-90
Sponge cake - flan base	Flan base cake tin		160-180	-	30-40
Sponge cake - fruit flan	Spring form/ring tin	 	170-180	100	35-45
Sponge base - 2 eggs	Dark spring form/ring tin		160-170	-	20-25
Sponge base - 6 eggs	Dark spring form/ring tin		170-180	-	35-45
Shortcrust pastry	Dark spring form/ring tin		170-190	-	30-40
Fruit tart/cheesecake with pastry base*	Dark spring form/ring tin	 	170-190	100	35-45
Swiss flan**	Ring tin/cake tin		190-200	-	45-55
Ring cake	Ring cake tin		170-180	-	40-50
Pizza, thin base, light topping**	Round pizza tray		220-230	-	15-25
Savoury cakes**	Dark spring form/ring tin		200-220	-	50-60
Nut cake	Dark spring form/ring tin	 	170-180	100	35-45
Yeast dough with dry topping	Round pizza tray		160-180	-	50-60

*Allow cake to cool in oven for approx. 20 minutes

** The food should be placed in the turntable

Please keep this instruction manual for future reference



BAKING IN TINS	ACCESSORIES	FUNCTION	TEMPERATURE (°C)	MICROWAVE POWER (W)	COOKING TIME (MINS)
Yeast dough with moist topping	Round pizza tray		170-190	-	55-65
Plaited loaf - 500g of flour	Round pizza tray		170-190	-	35-45
Stollen - 500g of flour	Round pizza tray		160-180	-	60-70
Strudel	Round pizza tray		190-210	100	35-45

SMALL BAKED ITEMS	ACCESSORIES	FUNCTION	TEMPERATURE (°C)	COOKING TIME (MINS)
Biscuits	Round pizza tray		150-170	25-35
Macaroons	Round pizza tray		110-130	35-45
Meringue	Round pizza tray		100	80-100
Muffins	Muffin tray on wire rack		160-180	35-40
Choux pastry	Round pizza tray		200-220	35-45
Puff pastry	Round pizza tray		190-200	35-45
Leavened cake	Round pizza tray		200-220	25-35

BREAD	ACCESSORIES	FUNCTION	TEMPERATURE (°C)	COOKING TIME (MINS)
Sourdough	Round pizza tray		210-230	50-60
Flatbread	Round pizza tray		220-230	25-35
Rolls	Round pizza tray		210-230	25-35
Rolls (sweet yeast)	Round pizza tray		200-220	15-25

Please keep this instruction manual for future reference



Baking tips

You want to bake according to your own recipe.	Use similar items in the baking tables as a guide
Use baking tins made of silicone, glass, plastic or ceramic materials.	The baking tin must be heat-resistant up to 250°C. Cakes in baking tins will be less brown. When using the microwave power, the cooking time will be shorter than the time shown in the table.
How to establish whether sponge cake is baked through.	Approximately 10 minutes before the end of the baking time specified in the recipe, poke the cake with a cocktail stick at its highest point. If the cocktail stick comes out clean, the cake is ready.
The cake collapses	Use less liquid next time or set the oven temperature 10 degrees lower and extend the baking time. Observe the specified mixing times in the recipe.
The cake has risen in the middle but is lower around the edge.	Only grease the base of the springform cake tin. After baking, loosen the cake carefully with a knife.
The cake is too dark.	Select a lower temperature and bake the cake for a little longer.
The cake is too dry.	When it is done, make small holes in the cake using a toothpick. Then drizzle fruit juice or an alcoholic beverage over it. Next time, select a temperature 10 degrees higher and reduce the baking time.
The bread or cake looks good, but is soggy on the inside (sticky, streaked with water).	Use slightly less fluid next time and bake for slightly longer at a lower temperature. When baking cakes with a moist topping, bake the base first, cover with almonds or bread crumbs and then add the topping. Please follow the recipe and follow the baking times.

Please keep this instruction manual for future reference



<p>The cake cannot be turned out of the dish when it is turned upside down.</p>	<p>After baking, allow the cake to cool for a further 5 to 10 minutes, then it will be easier to turn out of the tin. If it still sticks, carefully loosen the cake around the edges using a knife.</p> <p>Turn the cake tin upside down again and cover it several times with a cold, wet cloth. Next time, grease the tin well and sprinkle some bread crumbs into it.</p>
<p>You have measured the temperature of the oven using your own meat thermometer and found there is a discrepancy.</p>	<p>The oven temperature is measured by the manufacturer after a specified period of time using a test rack in the centre of the cooking compartment.</p> <p>Ovenware and accessories affect the temperature measurement, so there will always be some discrepancy when you measure the temperature yourself.</p>
<p>Sparks are generated between the tin and the wire rack.</p>	<p>Check that the tin is clean on the outside.</p> <p>Change the position of the tin in the cooking compartment. If this does not help, continue baking but without the microwave power. The baking time will then be longer.</p>

Please keep this instruction manual for future reference



Roasting and Grilling

The temperature and roasting time depend on the type and amount of food being cooked. This is why temperature ranges are given in the tables. Begin with the lower temperature and, if necessary, use a higher setting the next time.

Ovenware

You may use any heat resistant ovenware which is suitable for use in a microwave. Metal roasting dishes are not suitable for roasting with microwaves. The ovenware can become very hot. Use oven gloves to take the ovenware out of the oven.

Place hot glass ovenware on a dry kitchen towel after they have been removed from the oven. The glass could crack if placed on a dry kitchen towel after they have been removed from the oven. The glass could crack if placed on a cold or wet surface.

Please keep this instruction manual for future reference





Tips for roasting

- Use a deep roasting dish for roasting meat and poultry.
- Check that your ovenware fits in the cooking compartment. It should not be too big.

Meat:

Cover approx. two thirds of the ovenware base with liquid. Add slightly more liquid for pot roasts. Turn pieces of meat halfway through the cooking time. When the roast is ready, turn off the oven and allow it to rest for an additional 10 minutes. This allows better distribution of the meat juices.

Poultry:

Turn the pieces of meat after 2/3 of the cooking time has elapsed.

Tips for grilling





- Always keep the oven door closed when grilling and do not preheat.
- As much as possible, the pieces of food you are grilling should be of equal thickness. Steaks should be at least 2 to 3cm thick. This will allow them to brown evenly and remain succulent and juicy. Do not add salt to steaks until they have been grilled.
- Use tongs to turn the pieces of food you are grilling. If you pierce the meat with a fork, the juices will run out and it will become dry.
- Dark meat, e.g. beef, browns more quickly than lighter-coloured meat such as veal or pork. When grilling light-coloured meat or fish, these often only brown slightly on the surface, although they are cooked and juicy on the inside.
- The grill element switches off and on again automatically. This is normal. The grill setting determines how frequently this will happen.

Please keep this instruction manual for future reference

Instruction manual CM140 51



Tips for cooking beef

- Turn pot-roasted beef after 1/3 and 2/3 of the cooking time. Finally, allow to stand for approx. 10 minutes.
- Turn tenderloins and sirloins halfway through the cooking time. Finally, allow to stand for approx. 10 minutes.
- Turn steaks after 2/3 of the cooking time.

BEEF	ACCESSORIES	FUNCTION	TEMPERATURE (°C) GRILL SETTING	MICROWAVE POWER (W)	COOKING TIME (MINS)
Pot-roasted, approx. 1kg*	Ovenware with lid		180-200	-	120-143
Fillet, medium, approx 1kg*	Ovenware with lid		180-200	100	30-40
Sirloin, medium approx 1kg*	Ovenware with lid		210-230	100	30-40
Steak, medium 3cm thick**	Higher wire rack		3	-	10-15 (each side)

Tips for cooking veal

- Turn joints and knuckle of veal halfway through the cooking time. Finally, allow to stand for approx. 10 minutes.

VEAL	ACCESSORIES	FUNCTION	TEMPERATURE (°C)	MICROWAVE POWER (W)	COOKING TIME (MINS)
Joint of veal approx. 1kg*	Ovenware with lid		180-200	-	110-130
Knuckle of veal approx 1.5kg*	Ovenware with lid		200-220	-	120-130

* Lower wire rack

** Higher wire rack

Please keep this instruction manual for future reference



Tips for cooking pork

- Turn lean joints of pork and rindless joints halfway through the cooking time. Finally, allow to stand for approx. 10 minutes.
- Place the joint in the ovenware rind-side up. Score the rind. Do not turn the joint. Finally, allow to stand for approx. 10 minutes.
- Do not turn pork fillets or pork chops. Finally, allow to stand for approx. 5 minutes.
- Turn the neck of pork after 2/3 of the cooking time.

PORK	ACCESSORIES	FUNCTION	TEMPERATURE (°C) GRILL SETTING	MICROWAVE POWER (W)	COOKING TIME (MINS)
Joint without rind approx. 750g*	Ovenware with lid		220-230	-	40-50
Joint with rind approx 1.5kg*	Ovenware without lid		190-210	100	130-150
Fillet of pork approx 500g*	Ovenware with lid		220-230	100	25-30
Joint of pork approx 1kg*	Ovenware with lid		210-230	-	60-80
Smoked pork on the bone approx 1kg*	Ovenware without lid		-	300	45-50
Neck of pork approx 2cm thick**	Higher wire rack		3	-	15-20 1st side 10-15 2nd side
Sausages (4-6) approx 150g each	-		3	-	10-15 each side

* Lower wire rack



** Higher wire rack

Please keep this instruction manual for future reference

Instruction manual CM140 53









Tips for cooking lamb

- Turn joints of lamb halfway through the cooking time.

VEAL	ACCESSORIES	FUNCTION	TEMPERATURE (°C) GRILL SETTING	MICROWAVE POWER (W)	COOKING TIME (MINS)
Saddle of lamb approx. 1kg*	Ovenware without lid		210-230	-	40-50
Leg of lamb boned, medium approx 1.5kg*	Ovenware with lid		190-210	-	90-95













Tips for cooking poultry

- Place whole chickens and chicken breasts breast-side down. Turn after 2/3 of the cooking time.
- Place poulard breast-side down. Turn after 30 minutes.
- Place half chickens and chicken portions skin-side up. Do not turn.
- Turn the duck and goose breast skin-side up. Do not turn.
- Turn goose thighs halfway through the cooking time. Prick the skin.
- Place turkey breast and thighs skin-side down. Turn after 2/3 of the cooking time.

POULTRY	ACCESSORIES	FUNCTION	TEMPERATURE (°C) GRILL SETTING	MICROWAVE POWER (W)	COOKING TIME (MINS)
Chicken, whole approx. 1.2g*	Ovenware with lid	 	220-230	300	35-45
Poulard, whole approx. 1.2g*	Ovenware without lid	 	220-230	300	30
				100	20-30
Chicken, halves 500g each*	Ovenware with lid	 	180-200	300	30-35
Chicken, portions approx 800g*	Ovenware with lid	 	210-230	300	20-30



Please keep this instruction manual for future reference



Chicken breast with skin & bones, 2 pieces approx 350-450g*	Ovenware without lid	 	190-210	100	30-40
Duck breast with skin, 2 pieces, 300-400g each**	Ovenware without lid	 	3	100	20-30
Goose breast, 2 pieces, 500g each*	Ovenware without lid	 	210-230	100	25-30
Goose legs, 4 pieces, approx. 1.5 kg*	Ovenware without lid	 	210-230	100	30-40
Turkey breast, approx. 1 kg*	Ovenware with lid	 	200-220	100	90-100
Turkey drumsticks, approx. 1.3 kg*	Ovenware with lid	 	200-220	100	50-60

Tips for cooking fish

- For grilling, place the whole fish, e.g. trout, onto the middle of the higher wire rack.
- Grease the wire rack with oil beforehand.

FISH	ACCESSORIES	FUNCTION	TEMPERATURE (°C) GRILL SETTING	MICROWAVE POWER (W)	COOKING TIME (MINS)
Fish steak, e.g. salmon, 3cm thick	Higher wire rack		3	-	20-25
Whole fish, 2 or 3 pieces, 300 g each	Higher wire rack		3	-	20-30

* Lower wire rack

** Higher wire rack

Please keep this instruction manual for future reference



Roasting and grilling tips










The table does not contain information for the weight of the joint.	For small roasts, select a higher temperature and a shorter cooking time. For larger roasts, select a lower temperature and a longer cooking time.
How to tell when the roast is ready.	Use a meat thermometer (available from specialist shops) or carry out a 'spoon test'. Press down on the roast with a spoon. If it feels firm, it is ready. If the spoon can be pressed in, it needs to be cooked for a little longer
The roast looks good but the juices are burnt.	Next time, use a smaller roasting dish or add more liquid.
The roast looks good but the juices are too clear and watery.	Next time, use a larger roasting dish and add less liquid.
The roast is not well-done enough. .	Carve the roast. Prepare the gravy in the roasting dish and place the slices of roast meat in the gravy. Finish cooking the meat using the microwave only

Please keep this instruction manual for future reference



Tips for gratins or bakes

- The values in the table apply to food placed in a cold oven.
- For bakes, potato gratins and lasagne, use a microwaveable, heat-resistant oven-proof dish 4 to 5cm deep.
- Place the bake on the lower wire rack.
- Leave bakes and gratins to cook in the oven for a further 5 minutes after switching off.
- Cheese on toast: pre-toast slices of bread

BAKES / GRATINS	ACCESSORIES	FUNCTION	TEMPERATURE (°C) GRILL SETTING	MICROWAVE POWER (W)	COOKING TIME (MINS)
Bake, sweet, approx. 1.5kg*	Ovenware without lid	 	140-160	300	25-35
Savoury bake with cooked ingredients approx 1kg	Ovenware without lid	 	150-160	700	20-25
Lasagne fresh*	Ovenware without lid	 	200-220	300	25-35
Potato gratin made from raw ingredients approx 1.1kg	Ovenware without lid	 	180-200	700	25-30
Toast with topping 4 slices**			3	-	8-10

* Lower wire rack














** Higher wire rack

Please keep this instruction manual for future reference

Instruction manual CM140 57

Convenience food

- Observe the instructions on the packaging.
- The values in the table apply to food placed in a cold oven.
- Do not lay chips, croquettes or potato röstis on top of each other. Turn half way through the cooking time.
- Place the food directly on the turntable.

CONVENIENCE FOOD	ACCESSORIES	FUNCTION	TEMPERATURE (°C) GRILL SETTING	MICROWAVE POWER (W)	COOKING TIME (MINS)
Pizza thin base*	Turntable		220-230	-	10-15
Pizza deep pan	Turntable		-	700	3
			220-230	-	13-18
Mini pizza*	Turntable		220-230	-	10-15
Pizza baguette	Turntable		-	700	2
			220-230	-	13-18
Chips	Turntable		220-230	-	8-13
Croquettes*	Turntable		210-220	-	13-18
Rösti	Turntable		200-220	-	25-30
Part baked baguette	Lower wire rack		170-180	-	13-18
Fish fingers	Turntable		210-230	-	10-20
Chicken goujons	Turntable		200-220	-	15-20
Lasagne approx 400g	Lower wire rack	 	220-230	700	12-17

* Preheat the cooking compartment for 5 minutes.

** Place the food in suitable, heat-resistant ovenware.

Please keep this instruction manual for future reference



Please keep this instruction manual for future reference

Instruction manual CM140 59





Caple Service
Fourth Way
Avonmouth
Bristol
BS11 8DW

t: 0117 938 7420
e: service@caple.co.uk
www.caple.co.uk

Please keep this instruction manual for future reference

