STRÖME

Microwave oven – Model: AM70020

User manual in English



IMPORTANT SAFETY INSTRUCTIONS
READ CAREFULLY AND KEEP
FOR FUTURE REFERENCE

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CE

Warnings

⚠ WARNING! If the door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

⚠ WARNING: It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.

⚠ WARNING: Liquids or other foods must not beheated in sealed containers since they are liable to explode.

Safety

- Read the instructions and keep them for future reference. By following these safety instructions, you can use the appliance safely and prevent damage to the appliance or injury to persons.
- This appliance is a free-standing microwave oven.
- This appliance is intended to be used in household and similar applications such as:
    - staff kitchen areas in shops, offices and other working environments;
    - farm houses;
    - by clients in hotels, motels and other residential type environments;
    - bed and breakfast type environments.
- Before use, ensure that the package contains all parts listed and that the appliance parts are intact. Do not use the appliance if any parts are missing or damaged.
- Do not attempt to repair the appliance parts yourself. Take the appliance to the retailer or an authorised service centre if any parts are faulty.
- Remove all protective plastics and stickers from the appliance.
- Use the appliance only in dry indoor environments at room temperature.
- Do not expose the appliance to water or other liquids.
- Do not expose the appliance to fire, direct sunlight, or other heat sources, excessive cold, or corrosive substances.
- Do not place the appliance near heat sources (e.g. oven or open fire).
- Do not place the appliance near televisions or radios.

- Make sure that the power cord doesn't get damaged during installation. If the power cord is damaged, it must be replaced by an authorised service person. Contact your retailer or an authorised service centre. Never use the appliance if its power cord is defective or damaged.
- Do not disassemble or modify the appliance or its protective structures.
- Place the appliance on a flat, stable surface.
- Leave at least 30 cm of free space on top of the appliance and 20 cm on the sides.
- Do not place the appliance in a cabinet or other enclosed space.
- Do not cover the air inlet and outlet openings of the appliance.
- Do not use the appliance with an external timer system or remote control.
- Incorrect voltage will damage the appliance and may cause electric shock. Check the required voltage for the appliance on the rating label. Use the appliance only in places where the required voltage is available.
- Plug the appliance’s power cord into an accessible socket.
- Do not let the power cable hang over the edge of high surfaces during use or storage to avoid the appliance falling.
- Do not place the appliance or power cord in walkways where it could pose a tripping hazard.
- Do not install the appliance or power cord in a way that they will be pinched during use or storage.
- Do not wind the power cable around the appliance during use or storage.
- Do not use the appliance if the door, door seals or locking mechanism are damaged.
- Do not use the appliance if you suspect that its casing is

damaged or that the appliance is leaking microwave radiation.

- Do not use the microwave oven empty.
- Metallic containers for food and beverages are not allowed during microwave cooking. Only use microwave-safe dishes and materials in the microwave oven. Do not place metal objects, such as forks, spoons, metal wrappers, or containers with metal decorations, in the microwave.
- If you heat foodstuff in plastic or paper containers, constantly keep an eye on the oven due to the possibility of ignition.
- Use the grill rack only with a grilling programme. Do not use the grill rack if you are using the normal heating programme.
- Do not tightly close containers containing liquids. Pressure buildup may cause the container to rupture.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
- If smoke is emitted from the appliance, turn off the appliance or disconnect the power plug from the outlet and keep the door closed to extinguish any fire.
- Never leave the appliance unattended when in use.
- Microwave heating of beverages can result in delayed eruptive boiling – handle the container carefully.
- Stir or shake the food or liquid in feeding bottles or baby food cans and check the food temperature before serving to prevent burns.
- Disconnect the appliance's power cord from the socket after use. Never pull the power cord to disconnect it; always grip the plug.
- Clean the appliance regularly. Failure to maintain the oven

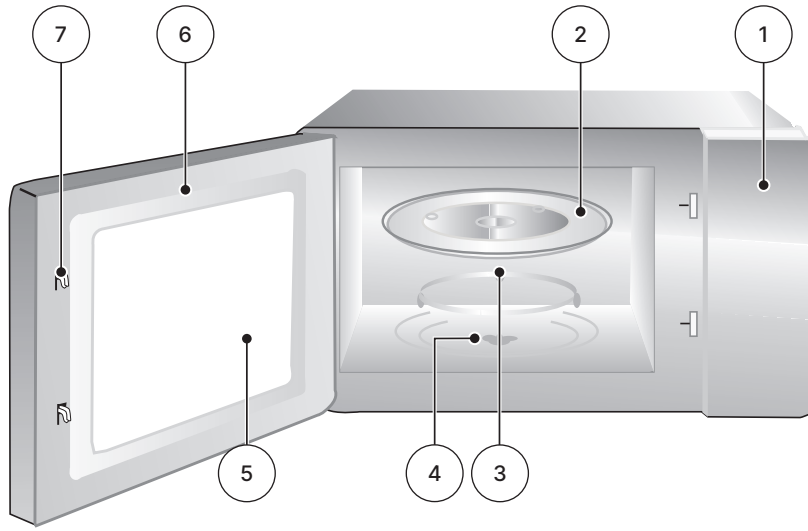
in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation. Follow the cleaning instructions in this user manual.

- Do not clean the appliance with a steam cleaner.
- Remove food residues and grease accumulated on its internal surfaces.
- Clean the microwave oven door seals, cavities and adjacent parts with a soft, moist cloth and mild detergent.
- The appliance can also be used by children over 8 years old and persons with physical or mental limitations, or persons without experience or knowledge of how to use the appliance, provided they have been instructed on its safe use or are under appropriate supervision and understand the risks associated with it. Children should not play with the appliance. Children should not clean or maintain the appliance without supervision.

Technical information

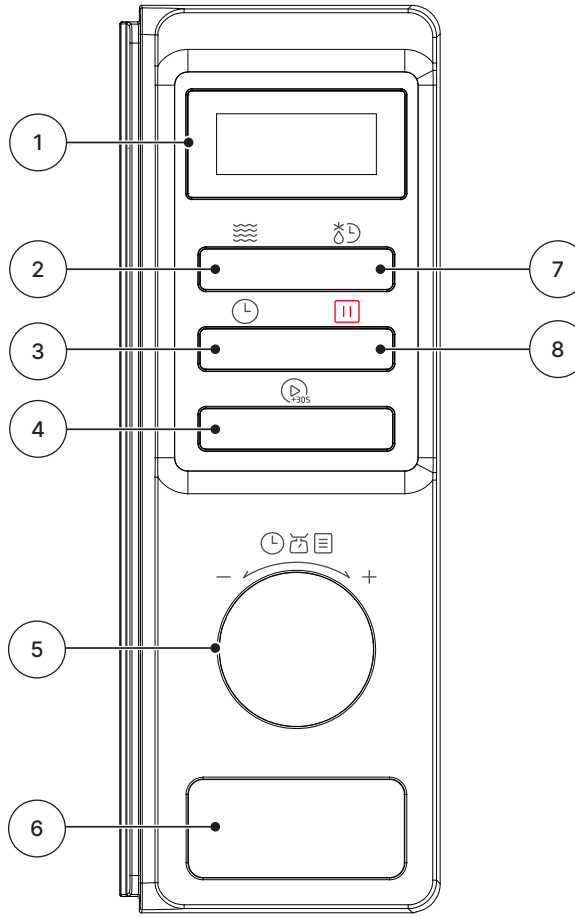
Model	Ströme AM70020
Voltage and input power	230 V~ 50 Hz 1050 W
Output power	700 W
Power setting adjustments	1: 70 W 2: 210 W 3: 350 W 4: 560 W 5: 700 W
Power consumption in standby mode	0.56 W
The period after which the equipment reaches automatically standby mode	0 min
Microwave frequency	2450 MHz
Heating time	5 s to 95 min
Plate diameter	255 mm
Inner dimensions (H x W x D)	206 × 306 × 304 mm
Volume	20 litres
Weight	10.3 kg
Package contents	Microwave oven, rotating plate, plate roller ring, user manual

Parts



1. Screen
2. Rotating plate
3. Plate roller ring
4. Rotator
5. Door
6. Door seals
7. Locking mechanism

Control panel



1. Screen
2. Heating button
3. Time button
4. Start button
5. Knob
6. Opening button
7. Defrost button
8. Stop button

Microwave-safe dishes

Use these dishes and materials in the microwave:

- **Plates** suitable for microwave use.
- **Glass jars** without cap.
  Use only for heating food, as the glass may break if overheated.
- **Heat-resistant drinking glasses**.
  Do not use cracked or broken dishes.
- **Oven bags** suitable for microwave use.
  Follow the manufacturer's instructions and make slits in the bags to allow the steam to escape. Remove the metal threaded ties from the bags.
- **Paper plates and paper towels**.
  For short-term heating only if you want to cover portions on reheating or to absorb drippings from food.
- **Plastic products** suitable for microwave use.
- **Thermometers** suitable for microwave use.

Do not use these dishes and materials in the microwave:

- **Aluminium**.
  Causes sparks and fire hazard.
- **Dishes with metal handles, rims or other metal parts**.
  Causes sparks. Remove handles and other metal parts if possible, or move the food to be heated to another container.
- **Metal threaded fasteners**.

Causes sparks and fire hazard.

- **Paper bags**.
  Causes a fire hazard.
- **Foamed plastic**.
  Can melt when heated and pose hazards if mixed with food or drink.
- **Wood**.
  Dries out when heated and can crack.

Appliance power ranges

Power range	Purpose
P10 (10 % power)	• Chocolate melting. • Water heating for yeast dough.
P30 (30 % power)	• Melting butter. • Heating up soup.
P50 (50 % power)	• Pot dishes. • Fish dishes.
P80 (80 % power)	• Rice and pasta. • Chicken, minced meat and plant protein.
P100 (100 % power)	• Reheating. • Liquids and vegetables.

How to use

SETTING UP THE APPLIANCE

1. Take the appliance out of its packaging and remove all protective plastic and packaging materials from around it. Keep all packaging materials and protective plastics out of the reach of children and pets.
2. Check that the appliance is intact and has no visible damage.
3. Place the appliance in a in a place that meets the requirements of the safety instructions. Leave at least 30 cm of free space on top of the appliance and 20 cm on the sides. Do not place the appliance in a cabinet or other enclosed space.

- Note! Do not remove the legs of the appliance.

INSTALLING THE ROTATING PLATE

1. Clean the plate with water and dishwashing liquid and a soft brush or cloth.
2. Rinse the plate and dry it thoroughly.
3. Open the door by pressing the button below the control knobs.
4. Place the plate roller ring inside the microwave in the circular recess at the bottom.
5. Place the plate in position so that its centre point is aligned with the rotator at the bottom of the appliance.

- Note! Make sure that the plate is rotating when the appliance is running. Never use the appliance without the rotating plate or if the plate is damaged.

SET THE TIME

1. Press the time button twice. The hour number starts flashing.
2. Turn the knob to select the correct hour.
3. Press the time button once more. The minute number starts flashing.
4. Turn the knob to select the correct minute.
5. Press the time button once more. The time is set.

If you do not change the time within one minute, the device will automatically return to normal mode.

USING THE APPLIANCE

1. Plug the power cord into a socket that is easily accessible.
2. Open the door by pressing the button below the control knobs.
3. Heat or defrost food in a suitable container by placing it on the rotating plate. Never heat food directly on the rotating plate without a container.
4. Select heating, defrosting or automatic programme according to the instructions below.
5. Close the door and make sure it locks shut. The appliance starts.
6. The appliance beeps and will automatically switch off

when the set time has elapsed. You can stop the heating by pressing the stop button.

7. Open the door and remove the container from the appliance. Please note that a heated container may be hot. Protect yourself from the heat, for example with oven mittens, or let the food cool down for a moment before touching the container.
8. Check the food temperature before serving.
9. Close the door and disconnect the power cord from the outlet after use.
10. If there are food residues or other contaminants on the internal surfaces of the appliance, clean them after the appliance has cooled down.

SET THE HEATING TIME

1. Press the time button once. The numbers 00:00 appear on the screen.
2. Turn the knob to select the heating time.
3. Press the start button. The appliance starts.
4. The appliance beeps and will automatically switch off when the set time has elapsed. You can stop the heating by pressing the stop button.

QUICK START

1. Press the start button. The appliance will start up and begin heating at full power for 30 seconds.
2. Increase the heating time by 30 seconds by pressing the start button repeatedly again.

3. The appliance beeps and will automatically switch off when the set time has elapsed. You can stop the heating by pressing the stop button.

AUTOMATIC PROGRAMMES

1. Turn the knob to scroll through the different automatic programmes. There are 8 automatic programmes.
2. Press the start button to select the automatic programme.
3. Turn the knob to select the weight of the food to be heated.
4. Press the start button. The appliance starts.
5. The appliance beeps and will automatically switch off when the set time has elapsed. You can stop the heating by pressing the stop button.

Programme	Weight (g)	Display
A-1 (reheating)	200	200
	400	400
	600	600
A-2 (vegetables)	200	200
	300	300
	400	400
A-3 (fish)	250	250
	350	350
	450	450
A-4 (meat)	250	250
	350	350
	450	450
A-5 (pasta)	50 (hot water 450)	50
	100 (cold water 800)	100
A-6 (potatoes)	200	200
	400	400
	600	600
A-7 (pizza)	200	200
	400	400
A-8 (soup)	200 (ml)	200
	400 (ml)	400

DEFROSTING BY WEIGHT

1. Press the defrost button. The text “def1” appears on the screen.
2. Turn the knob to select the weight of the food (100 to 2000 g) to be heated.
3. Press the start button. The appliance starts.
4. The appliance beeps and will automatically switch off when the set time has elapsed. You can stop the heating by pressing the stop button.

DEFROSTING BY TIME

1. Press the defrost button. The text “def2” appears on the screen.
2. Turn the knob to select the defrosting time.
3. Press the start button. The appliance starts.
4. The appliance beeps and will automatically switch off when the set time has elapsed. You can stop the heating by pressing the stop button.

COMBINING PROGRAMMES

You can combine two different programmes, for example by defrosting the food first and then heating it. Defrosting is always selected first.

Note! Automatic programmes cannot be combined with other programmes.

Example: Defrost the food for five minutes and then heat it for seven minutes at 80 % power:

1. Press the defrost button. The text “def2” appears on the screen.
2. Turn the knob to select the defrosting time (five minutes).
3. Press the heating button once. The text “p100” appears on the screen.
4. Select the power (p80) by turning the knob.
5. Press the start button.
6. Turn the knob to select the heating time (seven minutes).
7. Press the start button. The appliance starts.
8. The appliance beeps and will automatically switch off when the set time has elapsed. You can stop the heating by pressing the stop button.

OTHER FUNCTIONS

Child lock

1. Press the stop button for three seconds. The device beeps. When the device beeps, the child lock is activated.
2. Deactivate the child lock by pressing the stop button for three seconds. When the device beeps, the child lock is deactivated.

Timer

Hold the time button and choose suitable time with the knob to activate timer. The appliance beeps when the set time has passed.

- Note! The appliance does not start heating or defrosting after the time has passed. This function can only be used as a timer.

Control functions

During heating, you can check the time by pressing the clock button and the power setting by pressing the heating button.

ECO mode

In ECO mode, the display will turn off one minute after you stop using the appliance. The interior lighting will also turn off one minute after you stop using the appliance if the door is left open. The device is activated when you open the door or use the control panel.

1. Press the stop button twice to activate the ECO mode. The text ”eco” will appear on the screen for three seconds, indicating that the ECO function is active.
2. Press the stop button twice to deactivate the ECO mode. The text ”off” will appear on the screen for three seconds, indicating that the ECO function is not active.

Maintenance, storage and recycling

- Disconnect the power cord from the outlet and let the appliance's inner surfaces cool down before cleaning it.
- Clean the inner and outer surfaces of the appliance with a lightly dampened cloth and dry them with a soft cloth. Do not use abrasive or strong detergents.
- Clean the rotating plate with water and dishwashing liquid and a soft brush or cloth. Rinse and dry the plate thoroughly after cleaning.
- Do not immerse the appliance into water or expose its electric parts to water or other liquid.
- Safe disposal of the product: The appliance or its accessories must not be disposed of with regular household waste at the end of their life cycle. Take the appliance for recycling to the retailer or a local waste disposal facility responsible for recycling. For more information, contact your retailer or waste management company.



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