FRILLESBO

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Design and Quality
IKEA of Sweden



ENGLISH
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Subject to change without notice.

⚠ Safety information

Before the installation and use of the appliance, carefully read the supplied instructions. The manufacturer is not responsible if an incorrect installation and use causes injuries and damage. Always keep the instructions with the appliance for future reference.

Children and vulnerable people safety

- 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 the use of the appliance in a safe way and understand the hazards involved. Children of less than 8 years of age and persons with very extensive and complex disabilities shall be kept away from the appliance unless continuously supervised.
- Children should be supervised to ensure that they do not play with the appliance.
- Keep all packaging away from children and dispose of it appropriately.

- WARNING: The appliance and its accessible parts become hot during use. Keep children and pets away from the appliance when in use and when cooling down.
- If the appliance has a child safety device, it should be activated.
- Children shall not carry out cleaning and user maintenance of the appliance without supervision.

General safety

- This appliance is for cooking purposes only.
- This appliance is designed for single household domestic use in an indoor environment.
- This appliance may be used in offices, hotel guest rooms, bed & breakfast guest rooms, farm guest houses, and other similar accommodation where such use does not exceed average domestic usage levels.
- Only a qualified person can install this appliance and replace the cable.
- WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching the heating elements.
- Always use oven gloves to remove or insert accessories or ovenware.
- Disconnect the appliance from the power supply before carrying out any maintenance.
- WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
- Do not use the appliance before installing it in the built-in structure.
- Do not use a steam cleaner to clean the appliance.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the glass door since they can scratch the surface, which may result in shattering of the glass.

- If the mains power supply cable is damaged, it must be replaced by the manufacturer, its Authorised Service Centre or similarly qualified persons to avoid an electrical hazard.
- Before pyrolytic cleaning, remove all accessories and excessive deposits/spills from the appliance cavity.
- To remove the shelf supports first pull the front of the shelf support and then the rear end away from the side walls. Install the shelf supports in the opposite sequence.

Safety instructions

Installation

⚠ **Warning!** Only a qualified person must install this appliance.

- Remove all the packaging.
- Do not install or use a damaged appliance.
- Follow the installation instructions supplied with the appliance.
- Always take care when moving the appliance as it is heavy. Always use safety gloves and enclosed footwear.
- Do not pull the appliance by the handle.
- Install the appliance in a safe and suitable place that meets installation requirements.
- Keep the minimum distance from other appliances and units.
- Before mounting the appliance, check if the oven door opens without restraint.
- The appliance is equipped with an electric cooling system. It must be operated with the electric power supply.

Electrical connection

⚠ **Warning!** Risk of fire and electric shock.

- All electrical connections should be made by a qualified electrician.
- The appliance must be earthed.
- Make sure that the parameters on the rating plate are compatible with the electrical ratings of the mains.
- Always use a correctly installed shockproof socket.
- Do not use multi-plug adapters and extension cables.
- Make sure not to damage the mains plug or cable during installation or use of the appliance. If the mains cable needs to be replaced, this must be carried out by our Authorised Service Centre.
- Do not let mains cables touch or come near the appliance door or the niche below, especially when it operates or the door is hot.
- The shock protection of live and insulated parts must be fastened in such a way that it cannot be removed without tools.
- Connect the mains plug to the mains socket only at the end of the installation. Make sure that there is access to the mains plug after the installation.
- If the mains socket is loose, do not connect the mains plug.
- Do not disconnect the appliance by pulling on the mains cable. Always pull on the mains plug.
- Use only correct isolation devices: line protecting cut-outs, fuses (screw type fuses removed from the holder), earth leakage trips and contactors.
- The electrical installation must have an isolation device which lets you disconnect the appliance from the mains at all poles.

The isolation device must have a contact opening width of minimum 3 mm. Please use the exclusive overcurrent protection circuit breaker with a contact of 3 mm or more certified by BSMI, and put it in a place where the user can operate it.
- Fully close the appliance door before connecting it to the mains.

Use

⚠ **Warning!** Risk of injury, burns and electric shock or explosion.

- Do not modify this appliance.
- Make sure that the ventilation openings are not blocked.
- Do not let the appliance stay unattended during operation.
- Turn off the appliance after each use.
- Be careful when opening the appliance door during operation, as hot air or flammable vapors from food ingredients can be released.
- Do not operate the appliance with wet hands or when it comes in contact with water.
- Do not apply pressure on the open door.
- Do not use the appliance as a work surface or as a storage surface.
- Do not let sparks or open flames to come in contact with the appliance when you open the door.
- Always use glass and jars approved for preserving purposes.
- Do not put flammable products or items moistened with flammable products in, near or on the appliance.

⚠ **Warning!** Risk of damage to the appliance.

- To prevent damage or discolouration to the enamel:
  - do not put ovenware or other objects directly on the bottom of the appliance's cavity.
  - do not put aluminium foil directly on the bottom of cavity of the appliance.
  - do not put water directly into the hot appliance.
  - do not keep moist dishes and food in the appliance after you finish the cooking.
  - be careful when you remove or install the accessories.
- Discolouration of the enamel or stainless steel has no effect on the performance of the appliance.
- Use a deep pan for moist cakes. Fruit juices cause stains that can be permanent.
- Use only accessories supplied with this appliance or recommended by the manufacturer.
- Always cook with the appliance door closed.
- If the appliance is installed behind a furniture panel (e.g. a door) make sure the door is never closed when the appliance operates. Heat and moisture can build up behind a closed furniture panel and cause subsequent damage to the appliance, the housing unit or the floor. Do not close the furniture panel until the appliance has cooled down completely after use.

Care and Cleaning

⚠ **Warning!** Risk of injury, fire, or damage to the appliance.

- Before maintenance, deactivate the appliance and disconnect the mains plug from the mains socket.
- Make sure the appliance is cold. There is a risk that the glass panels can break.
- Replace door glass panels immediately when they are damaged. Contact the Authorised Service Centre.
- Be careful when you remove the door from the appliance. The door is heavy!
- Clean the appliance regularly to prevent the deterioration of the surface material.
- Check the product regularly for signs of deterioration that may make it unsuitable for food contact, such as cracks, blisters, delamination, shrinkage, stickiness, corrosion, or other visible changes in texture or appearance. Follow cleaning

and care instructions to prevent deterioration.
- Fat and food remaining in the appliance can cause fire.
- If you use an oven spray, follow the safety instructions on the packaging.

Pyrolytic cleaning

⚠ **Warning!** Risk of injury / fires / chemical emissions (fumes) during the pyrolytic mode.

- During pyrolytic cleaning, fumes are released that are not harmful to humans, including infants or persons with medical conditions.
- Unlike all humans, some birds and reptiles can be extremely sensitive to potential fumes emitted during the cleaning process of all pyrolytic ovens. Small pets can also be highly sensitive to the localized temperature changes in the vicinity of all pyrolytic ovens when the pyrolytic self-cleaning program is in operation.
- Before carrying out a pyrolytic self-cleaning function remove from the oven cavity:
  - any excess food residues, oil or grease spills / deposits.
  - any removable objects (including shelves, side rails / telescopic runners, etc. provided with the product) particularly any non-stick pots, pans, trays, utensils etc.
- Non-stick surfaces on pots, pans, trays, utensils, etc., can be damaged by the high temperature pyrolytic cleaning operation of all pyrolytic ovens and can be also a source for low level harmful fumes.
- Read carefully all the instructions for pyrolytic cleaning.
- Keep children away from the appliance while the pyrolytic cleaning is in operation. The appliance becomes very hot and hot air is released from the front cooling vents.
- Pyrolytic cleaning and first maximum temperature use are high temperature operations that can release fumes from cooking residues and construction materials, as such consumers are strongly advised to:
  - Provide good ventilation during and after each pyrolytic cleaning.
  - Provide good ventilation during and after the first use at maximum temperature operation.
- Ensure that any pets (especially birds) are taken as far as possible from the vicinity of the appliance location during and after the pyrolytic cleaning and first use maximum temperature operation. Keeping them in a different room would be the preferred option during the pyrolytic cycle and until appliance has cooled down again to room temperature. Good ventilation has to be provided during and after (till appliance cools down) operations of the pyrolytic cycle and first maximum temperature use cycle.

Internal lighting

⚠ **Warning!** Risk of electric shock.

- Concerning the lamp(s) inside this product and spare part lamps sold separately: These lamps are intended to withstand extreme physical conditions in household appliances, such as temperature, vibration, humidity, or are intended to signal information about the operational status of the appliance. They are not intended to be used in other applications and are not suitable for household room illumination.
- This product contains a light source of energy efficiency class G.
- Use only lamps with the same specifications.

Service

- To repair the appliance contact the Authorised Service Centre.
- Use original spare parts only.

Disposal

Warning! Risk of injury or suffocation.

- Contact your municipal authority for information on how to discard the appliance correctly.
- Disconnect the appliance from the mains supply.
- Cut off the mains electrical cable close to the appliance and dispose of it.
- Remove the door to prevent children and pets from getting trapped inside the appliance.
- **Packaging material**:
  The packaging material is recyclable. Plastic parts are marked with international abbreviations such as PE, PS, etc. Dispose of the packaging material in the containers provided for this purpose at your local waste management facility.

Installation

Warning! Refer to Safety chapters.

Assembly

Refer to the Assembly Instructions for the installation.

Electrical installation

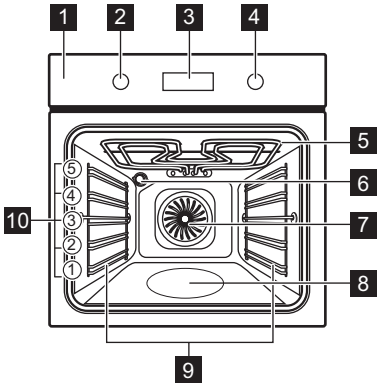
Warning! Only a qualified person must do the electrical installation.

The manufacturer is not responsible if you do not follow the safety precautions from the Safety chapters.

This oven is only supplied with a main cable.

Product description

General overview



1 Control panel
2 Knob for the heating functions
3 Display
4 Control knob
5 Heating element
6 Lamp
7 Fan
8 Cavity embossment
9 Shelf support, removable
10 Shelf positions

Accessories

- **Wire shelf** x 1
  For cookware, cake tins, roasts.
- **Baking tray** x 1
  For cakes and biscuits.
- **Grill- / Roasting pan** x 1
  To bake and roast or as pan to collect fat.
- **Telescopic runners** x 1 set
  For shelves and trays.

Control panel

Turning the appliance on and off

To turn on the appliance:

1. Press the knobs. The knobs come out.
2. Turn the knob for the heating functions to select a function.
3. Turn the control knob to adjust settings.

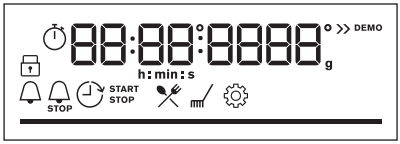
To turn off the appliance: turn the knob for the heating functions to the off position 0.

Control panel overview

	Press to set timer functions.
	Press and hold to set the function: Fast Heat Up.
	Press to turn the appliance lamp on and off.
	Press and hold to set the function: Lock.
OK	Press to confirm your selection.

Display indicators

Display with key functions:



	The appliance is locked.
	Submenu: Assisted Cooking.
	Submenu: Cleaning.
	Submenu: Settings

>>	Fast Heat Up is activated.
	Steam cooking is activated.
	Minute minder is activated.
STOP	Cooking time is activated.
	Time Delayed Start is activated.

	Uptimer is activated.
—	Progress bar - visually indicates when the appliance reaches the set temperature or when the cooking time comes to an end.

Before first use

⚠ **Warning!** Refer to Safety chapters.

Setting the time

After the first connection to the mains, wait until the display shows: **"00:00"** or **"12:00"** (depending on the model).

1. Turn the control knob to set the time.
2. Press OK.

Initial preheating and cleaning

Preheat the empty appliance before the first use and contact with food. The appliance can emit unpleasant smell and smoke. Ventilate the room during preheating.

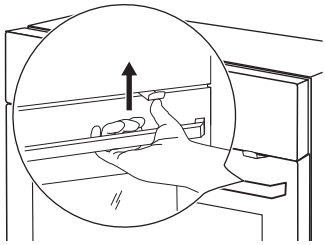
1. Remove all accessories and removable shelf supports from the appliance.
2. Set the function . Set the maximum temperature. Refer to Daily use. Let the appliance operate for 1 h.
3. Set the function . Set the maximum temperature. Let the appliance operate for 15 min.
4. Set the function . Set the maximum temperature. Let the appliance operate for 15 min.
5. Turn off the appliance and wait until it is cold.
6. Clean the appliance and the accessories only with a microfibre cloth, warm water and a mild detergent.
7. Put the accessories and removable shelf supports back to their initial position.

Mechanical child lock

The oven has the mechanical child lock installed. It is the door lock on the right side of the oven, below the control panel.

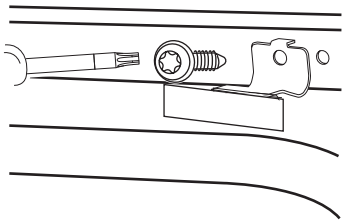
To open the oven door with the child lock:

1. Push and hold up the child lock.
2. Pull the door handle to open the door. Close the oven door without pushing the child lock.



To remove the child lock:

1. Open the door and remove the child lock with the torx key supplied with the oven.
2. Fix the screw back after removing the child lock.



Daily use

⚠ **Warning!** Refer to Safety chapters.

Heating functions

	True Fan Cooking To roast meat and bake cakes. Set a lower temperature than for Conventional Cooking as the fan distributes heat evenly in the oven interior.
	Conventional Cooking To bake and roast food on one shelf position.
	SteamBake To add humidity during the cooking. To get the right colour and crispy crust during baking. To give more juiciness during reheating.
	Frozen Foods To make convenience food crispy, e.g. french fries, potato wedges or spring rolls.
	Pizza Function To bake pizza and other dishes that require more heat from below.
	Bottom Heat To make browning and crispy bottom. Use the lowest shelf position.
	Moist Fan Baking This function is designed to optimize heat usage on one baking level. When you use this function, the temperature inside the appliance may differ from the set temperature. The residual heat is used. The heating power may be reduced. For more information refer to Daily Use, Notes on: Moist Fan Baking.
	Grill To grill thin pieces of food and to toast bread.
	Turbo Grilling To roast large meat joints or poultry with bones on one shelf position. To bake gratins and to brown.

ⓘ The lamp may turn off automatically at a temperature below 80°C during some oven functions.

Notes on: Moist Fan Baking

This function was used to comply with the energy efficiency class and ecodesign requirements (according to EU 65/2014 and EU 66/2014). Tests according to: IEC/EN 60350-1.

The oven door should be closed during cooking so that the function is not interrupted and the oven operates with the highest energy efficiency possible.

When you use this function the lamp automatically turns off after 30 sec.

For the cooking instructions refer to Hints and tips, Moist Fan Baking.

Setting: Heating functions

1. Turn the knob for the heating functions to select a heating function.
2. Turn the control knob to set the temperature.

Fast Heat Up - press and hold to shorten the heating time. It is available for some heating functions. Fan may turn on automatically.

SteamBake - Steam cooking

1. Make sure that the appliance is cold.
2. Fill the cavity embossment with tap water (100 ml for baking, 200 ml for roasting).
   The maximum capacity of the cavity embossment is 250 ml. Do not refill the cavity embossment during cooking or when the appliance is hot.
3. Turn the knob for the cooking functions to select the cooking function .
4. Turn the control knob to set the temperature.
5. Preheat the empty appliance for 5 min to create humidity.
6. Insert the food in the appliance.
7. When the cooking ends, turn the knob for the cooking functions to the off position to turn off the appliance.
8. When the appliance is cold, remove the remaining water from the cavity embossment with a soft cloth.

Warning! Carefully open the door. Released humidity can cause burns.

Entering: Menu

Open the Menu to access Assisted Cooking dishes and settings.

1. Turn the knob for the heating functions to .

The display shows , , .

2. Turn the control knob and select the icon to enter submenu. Press OK.

Setting: Assisted Cooking

Assisted Cooking submenu consists of programmes that are designed for dedicated dishes. Programmes start with a suitable setting. You can adjust the time and the temperature during cooking.

1. Turn the knob for the heating functions to .
2. Turn the control knob to select . Press OK.
3. Turn the control knob to select a dish (P1 - P...). Press OK.
4. Turn the control knob to adjust the weight. Option is available for selected dishes. Press OK.
5. Place the food inside the appliance. Press OK.
6. When the function ends, check if the food is ready. Extend the cooking time, if needed.

Submenu: Assisted Cooking

Legend	
	Weight adjustment available.
	Fill the cavity embossment with water for steam cooking.
	Preheat the appliance before you start cooking.
	Shelf level. Refer to Product description.

The display shows **P** and a **number** of the dish that you can check in the table.

	Dish	Weight	Shelf level / Accessory
P1	**Roast beef, rare**	1 - 1.5 kg; 4 - 5 cm thick pieces	**2**; **baking tray** Fry the meat for a few minutes in a hot pan. Insert to the appliance.
P2	**Roast beef, medium**		
P3	**Roast beef, well done**		
P4	**Steak, medium**	180 - 220 g per piece; 3 cm thick slices	**3**; roasting dish on **wire shelf** Fry the meat for a few minutes in a hot pan. Insert to the appliance.
P5	**Beef roast / braised** (prime rib, top round, thick flank)	1.5 - 2 kg	**2**; roasting dish on **wire shelf** Fry the meat for a few minutes in a hot pan. Add liquid. Insert to the appliance.
P6	**Roast beef, rare** (slow cooking)	1 - 1.5 kg; 4 - 5 cm thick pieces	**2**; **baking tray** Fry the meat for a few minutes in a hot pan. Insert to the appliance.
P7	**Roast beef, medium** (slow cooking)		
P8	**Roast beef, well done** (slow cooking)		
P9	**Fillet of beef, rare** (slow cooking)	0.5 - 1.5 kg; 5 - 6 cm thick pieces	**2**; **baking tray** Fry the meat for a few minutes in a hot pan. Insert to the appliance.
P10	**Fillet of beef, medium** (slow cooking)		
P11	**Fillet of beef, done** (slow cooking)		
P12	**Veal roast** (e.g. shoulder)	0.8 - 1.5 kg; 4 cm thick pieces	**2**; roasting dish on **wire shelf** Fry the meat for a few minutes in a hot pan. Add liquid. Insert to the appliance. Roast covered.
P13	**Pork roast neck or shoulder**	1.5 - 2 kg	**2**; roasting dish on **wire shelf** Add 200 ml liquid to the roasting dish.

	Dish	Weight	Shelf level / Accessory
P14	**Pulled pork** (slow cooking)	1.5 - 2 kg	**2**; **baking tray** Turn the meat after half of the cooking time to get an even browning.
P15	**Pork loin, fresh**	1 - 1.5 kg; 5 - 6 cm thick pieces	**2**; roasting dish on **wire shelf** Fry the meat for a few minutes in a hot pan. Insert to the appliance.
P16	**Pork spare ribs**	2 - 3 kg; use raw, 2 - 3 cm thin spare ribs	**3**; **deep pan** Add liquid to cover the bottom of a dish. Turn the meat after half of the cooking time.
P17	**Lamb leg with bones**	1.5 - 2 kg; 7 - 9 cm thick pieces	**2**; roasting dish on **baking tray** Add liquid. Turn the meat after half of the cooking time.
P18	**Whole chicken**	1 - 1.5 kg; fresh	**2**; 200 ml; casserole dish on **baking tray** Turn the chicken after half of the cooking time to get an even browning.
P19	**Half chicken**	0.5 - 0.8 kg	**3**; **baking tray**
P20	**Chicken breast**	180 - 200 g per piece	**2**; casserole dish on **wire shelf** Fry the meat for a few minutes in a hot pan.
P21	**Chicken legs, fresh**	-	**3**; **baking tray** If you marinated chicken legs first, set lower temperature and cook them longer.
P22	**Duck, whole**	2 - 3 kg	**2**; roasting dish on **wire shelf** Put the meat on roasting dish. Turn the duck after half of the cooking time.
P23	**Goose, whole**	4 - 5 kg	**2**; **deep pan** Put the meat on deep baking tray. Turn the goose after half of the cooking time.
P24	**Meat loaf**	1 kg	**2**; **wire shelf**
P25	**Whole fish, grilled**	0.5 - 1 kg per fish	**2**; **baking tray** Fill the fish with butter, spices and herbs.
P26	**Fish fillet**	-	**3**; casserole dish on **wire shelf**
P27	**Cheesecake**	-	**2**; ∅ 28 cm springform tin on **wire shelf**

	Dish	Weight	Shelf level / Accessory
P28	**Apple cake**	-	**2**; 100 - 150 ml; **baking tray**
P29	**Apple tart**	-	**2**; pie form on **wire shelf**
P30	**Apple pie**	-	**2**; 100 - 150 ml; ∅ 22 cm pie form on **wire shelf**
P31	**Brownies**	2 kg of dough	**3**; **deep pan**
P32	**Muffins**	-	**2**; 100 - 150 ml; muffin tray on **wire shelf**
P33	**Loaf cake**	-	**2**; loaf pan on **wire shelf**
P34	**Baked potatoes**	1 kg	**2**; **baking tray** Put the whole potatoes with skin on baking tray.
P35	**Wedges**	1 kg	**3**; **baking tray** lined with baking paper Cut potatoes into pieces.
P36	**Grilled mixed vegetables**	1 - 1.5 kg	**3**; **baking tray** lined with baking paper Cut the vegetables into pieces.
P37	**Croquettes, frozen**	0.5 kg	**3**; **baking tray**
P38	**Pommes, frozen**	0.75 kg	**3**; **baking tray**
P39	**Meat / vegetable lasagna with dry pasta sheets**	1 - 1.5 kg	**2**; casserole dish on **wire shelf**
P40	**Potato gratin** (raw potatoes)	1 - 1.5 kg	**1**; casserole dish on **wire shelf** Rotate the dish after half of the cooking time.
P41	**Pizza fresh, thin**	-	**2**; 100 ml; **baking tray** lined with baking paper
P42	**Pizza fresh, thick**	-	**2**; **baking tray** lined with baking paper
P43	**Quiche**	-	**2**; baking tin on **wire shelf**
P44	**Baguette / Ciabatta / White bread**	0.8 kg	**2**; 100 ml; **baking tray** lined with baking paper More time needed for white bread.
P45	**Whole grain / Rye / Dark bread**	1 kg	**2**; 100 ml; **baking tray** lined with baking paper / loaf pan on **wire shelf**

Changing: Settings

1. Turn the knob for the heating functions to ☰.
2. Turn the control knob to select ⚙. Press OK.
3. Turn the control knob to select the setting. Press OK.
4. Turn the control knob to adjust the value. Press OK.
5. Turn the knob for the heating functions to the off position to exit Menu.

Submenu: Settings

	Setting	Value
01	Time of day	Change
02	Display brightness	1 - 5
03	Key tones	1 - Beep, 2 - Click, 3 - Sound off
04	Buzzer volume	1 - 4
05	Uptimer	On / Off
06	Light	On / Off
07	Fast Heat Up	On / Off
08	Cleaning Reminder	On / Off
09	Demo mode	-
10	Software version	Check
11	Reset all settings	Yes / No

Clock functions

Timer functions description

Minute minder	To set a countdown timer. When the timer ends, the signal sounds. This function has no effect on the operation of the appliance and can be set at any time.
STOP **Cooking time**	To set cooking duration. When the timer ends, the signal sounds and the heating function will automatically turn off.
Time Delayed Start	To postpone the start and / or end of cooking.
Uptimer	To show how long the appliance operates. Maximum is 23 h 59 min. This function has no effect on the operation of the appliance and can be set at any time.

Setting: Minute minder

1. Press 🕘.

The display shows: 0:00 and 🔔.

2. Turn the control knob to set the Minute minder.
3. Press OK. The timer starts counting down immediately.

Setting: Cooking time STOP

1. Turn the knobs to select the heating function and to set the temperature.
2. Press 🕘 until the display shows: 0:00 and STOP.
3. Turn the control knob to set the Cooking time.
4. Press OK. The timer starts counting down immediately.
5. When the time ends, press OK and turn the knob for the heating functions to the off position.

Setting: Time Delayed Start

1. Turn the knobs to select the heating function and to set the temperature.
2. Press until the display shows: and START .
3. Turn the control knob to set the start time.
4. Press OK.

The display shows: **--:--** STOP .

5. Turn the control knob to set the end time.
6. Press OK.

The timer starts counting down at a set start time.

7. When the time ends, press OK and turn the knob for the heating functions to the off position.

Setting: Uptimer

1. Turn the knob for the heating functions to to enter Menu.
2. Turn the control knob to select / Uptimer. Refer to Daily use, Menu: Settings.
3. Press OK.
4. Turn the control knob to turn the Uptimer on and off.
5. Press OK.

Setting: Time of day

1. Turn the knob for the heating functions to to enter Menu.
2. Turn the control knob to select / Time of day. Refer to Daily use, Menu: Settings.
3. Turn the control knob to set the clock.
4. Press OK.

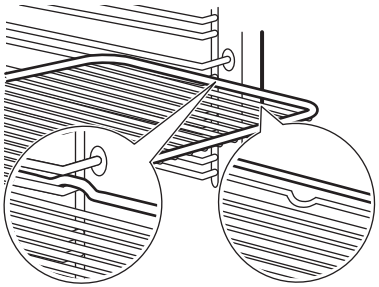
Using the accessories

Warning! Refer to Safety chapters.

Inserting accessories

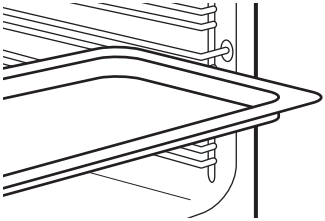
A small indentation at the top increases safety and provides tilt protection. The indentations are also anti-tip devices. The rim around the shelf prevents cookware from slipping off the shelf.

Wire shelf



Insert the shelf between the guide bars of the shelf support and make sure that the feet point down. Make sure that the shelf touches the back of the oven interior.

Baking tray / Deep pan



Push the tray between the guide bars of the shelf support. Place the baking tray with the slope towards the back of the oven interior.

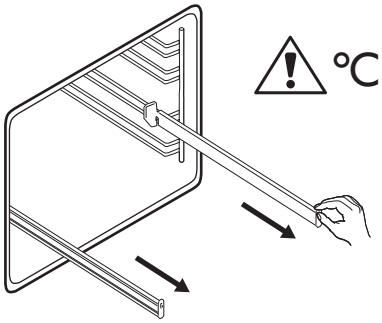
Using: Telescopic runners

Keep the installation instructions for the telescopic runners for future use.

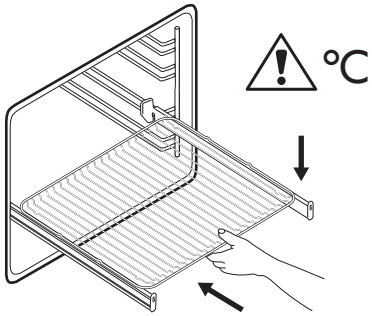
With telescopic runners you can put in and remove wire shelves and trays easily.

Caution! Do not clean the telescopic runners in the dishwasher. Do not lubricate the telescopic runners.

1. Pull out the right and left hand telescopic runners.



2. Put the wire shelf on the telescopic runners and carefully push them into the oven. Make sure you push back the telescopic runners fully in the oven before you close the oven door.



Additional functions

Lock

This function prevents an accidental change of the appliance function.

When activated while the appliance is in use, it locks the control panel, ensuring that the current cooking settings continue uninterrupted.

When activated while the appliance is off, it keeps the control panel locked, preventing the appliance from being turned on unintentionally.

- press and hold to turn on the function.

A signal sounds. - flashes 3 times when the lock is turned on.

- press and hold to turn off the function.

Automatic switch-off

For safety reasons, if the heating function is active and no settings are changed, the appliance will turn off automatically after a certain period of time.

(°C)	(h)
30 - 115	12.5
120 - 195	8.5
200 - 245	5.5
250 - maximum	3

If you intend to run a heating function for a duration exceeding the automatic switch-off time, set the cooking time. Refer to Clock functions.

The Automatic switch-off does not work with the functions: Light, Time Delayed Start.

Cooling fan

When the appliance operates, the cooling fan turns on automatically to keep the surfaces of the appliance cool. If you turn off the appliance, the cooling fan can continue to operate until the appliance cools down.

Hints and tips

Cooking recommendations

The temperature and cooking times in the tables are for guidance only. They depend on the recipes, quality and quantity of the ingredients used.

Your appliance may bake or roast differently than your previous appliance. The hints below show recommended settings for temperature, cooking time and shelf position for specific types of food.

Count the shelf positions from the bottom of the oven floor.

If you cannot find the settings for a specific recipe, look for a similar one.

Symbols used in the tables:

	Food type
	Heating function
℃	Temperature
	Accessory
	Shelf position
	Cooking time (min)
	Additional information

Moist Fan Baking - recommended accessories

Use dark and non-reflective tins and containers. They have better heat absorption than light colour and reflective dishes.

- **Pizza pan** - dark, non-reflective, diameter 28 cm
- **Baking dish** - dark, non-reflective, diameter 26 cm
- **Ramekins** - ceramic, diameter 8 cm, height 5 cm
- **Flan base tin** - dark, non-reflective, diameter 28 cm

Moist Fan Baking

For the best results follow suggestions listed in the table below.

		°C		
Sweet rolls, 16 pieces	baking tray or dripping pan	180	2	20 - 30
Rolls, 9 pieces	baking tray or dripping pan	180	2	30 - 40
Pizza, frozen, 0.35 kg	wire shelf	220	2	10 - 15
Swiss Roll	baking tray or dripping pan	170	2	25 - 35
Brownie	baking tray or dripping pan	175	3	25 - 30
Soufflè, 6 pieces	ceramic ramekins on wire shelf	200	3	25 - 30
Sponge flan base	flan base tin on wire shelf	180	2	15 - 25
Victoria sandwich	baking dish on wire shelf	170	2	40 - 50
Poached fish, 0.3 kg	baking tray or dripping pan	180	3	20 - 25
Whole fish, 0.2 kg	baking tray or dripping pan	180	3	25 - 35
Fish fillet, 0.3 kg	pizza pan on wire shelf	180	3	25 - 30
Poached meat, 0.25 kg	baking tray or dripping pan	200	3	35 - 45
Shashlik, 0.5 kg	baking tray or dripping pan	200	3	25 - 30
Cookies, 16 pieces	baking tray or dripping pan	180	2	20 - 30
Macaroons, 24 pieces	baking tray or dripping pan	180	2	25 - 35
Muffins, 12 pieces	baking tray or dripping pan	170	2	30 - 40

		°C		
Savory pastry, 20 pieces	baking tray or dripping pan	180	2	25 - 30
Short crust biscuits, 20 pieces	baking tray or dripping pan	150	2	25 - 35
Tartlets, 8 pieces	baking tray or dripping pan	170	2	20 - 30
Vegetables, poached, 0.4 kg	baking tray or dripping pan	180	3	35 - 45
Vegetarian omelette	pizza pan on wire shelf	200	3	25 - 30
Mediterranean vegetables, 0.7 kg	baking tray or dripping pan	180	4	25 - 30

Information for test institutes

Tests according to IEC 60350-1.

				°C	
Small cakes, 20 per tray	Conventional Cooking	Baking tray	3	160	20 - 35
Small cakes, 20 per tray	True Fan Cooking	Baking tray	3	150 - 160	20 - 35
Small cakes, 20 per tray	True Fan Cooking	Baking tray	2 and 4	150 - 160	20 - 35
Apple pie, 2 tins Ø20 cm	Conventional Cooking	Wire shelf	2	180	70 - 90
Apple pie, 2 tins Ø20 cm	True Fan Cooking	Wire shelf	2	160	70 - 90
Fatless sponge cake, cake mould Ø26 cm[1)]	Conventional Cooking	Wire shelf	1	170	25 - 35
Fatless sponge cake, cake mould Ø26 cm[1)]	True Fan Cooking	Wire shelf	2	160	40 - 50
Fatless sponge cake, cake mould Ø26 cm[1)]	True Fan Cooking	Wire shelf	2 and 4	160	40 - 60
Shortbread	True Fan Cooking	Baking tray	3	140 - 150	20 - 40

Shortbread	True Fan Cooking	Baking tray	2 and 4	140 - 150	25 - 45
Shortbread	Conventional Cooking	Baking tray	3	140 - 150	25 - 45
Toast[1)]	Grill	Wire shelf	4	max.	1 - 5

1) Preheat the appliance for 10 minutes.

Care and cleaning

Warning! Refer to Safety chapters.

Notes on cleaning

Cleaning agents

- Clean the front of the appliance only with a microfibre cloth with warm water and a mild detergent.
- Use a cleaning solution to clean metal surfaces.
- Clean stains with a mild detergent.

Everyday use

- Clean the interior of the appliance after each use. Fat accumulation or other residue may cause fire.
- Moisture can condense in the appliance or on the door glass panels. To decrease the condensation, let the appliance work for 10 minutes before cooking. Do not store food in the appliance for longer than 20 minutes. Dry the interior of the appliance only with a microfibre cloth after each use.

Accessories

- Clean all accessories after each use and let them dry. Use only a microfibre cloth with warm water and a mild detergent. Do not clean the accessories in a dishwasher.
- Do not clean the non-stick accessories using abrasive cleaner or sharp-edged objects.

Cleaning the cavity embossment

Clean the cavity embossment to remove limestone residue after cooking with steam.

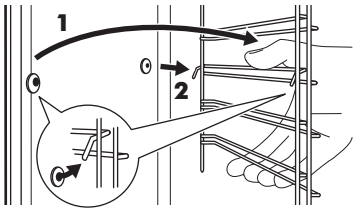
For the function: SteamBake clean the oven every 5 - 10 cooking cycles.

1. Pour 250 ml of white vinegar or citric acid into the cavity embossment. Use maximum 6% acidity vinegar without any additives.
2. Let the vinegar dissolve the limestone residue at the ambient temperature for 30 minutes.
3. Clean the cavity with warm water and a soft cloth.

Removing the shelf supports

Remove the shelf supports to clean the appliance.

1. Turn off the appliance and wait until it is cold.
2. Pull the front of the shelf support away from the side wall.
3. Pull the rear end of the shelf support away from the side wall and remove it.



4. Put the shelf supports back to the initial position. Repeat the steps in the reverse order.

If the telescopic runners are supplied, its retaining pins must point to the front.

Pyrolytic Cleaning

⚠ **Warning!** There is a risk of burns.

⚠ **Caution!** If there are other appliances installed in the same cabinet, do not use them at the same time as this function. It can cause damage to the oven.

Do not start the function if you did not fully close the oven door.

1. Make sure that the appliance is cold.
2. Remove all accessories.
3. Clean the oven interior and the inner door glass with warm water, a soft cloth and a mild detergent.
4. Turn the knob for the heating functions to ☰ to enter Menu.
5. Turn the control knob to select and press OK.

Cleaning programme	Duration
C1 - Light cleaning	1 h
C2 - Normal cleaning	1 h 30 min
C3 - Thorough cleaning	2 h 30 min

6. Turn the control knob to select the cleaning programme and press OK.
7. Press OK to start cleaning.

When the cleaning starts, the appliance door is locked and the lamp is off. Until the door unlocks the display shows .

8. After cleaning, turn the knob for the heating functions to the off position.
9. Wait until the appliance is cold and the door unlocks. Clean the oven interior with soft cloth and water.

Cleaning Reminder

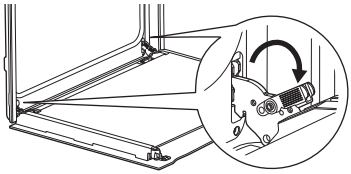
When flashes on the display after cooking session, the appliance reminds you to clean it with pyrolytic cleaning. You can turn off the reminder in the submenu: Settings. Refer to Daily use, Changing: Settings.

Removing and installing door

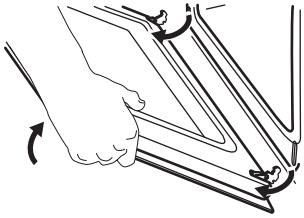
The oven door has three glass panels. You can remove the oven door and the internal glass panels to clean them. Read the whole "Removing and installing door" instruction before you remove the glass panels.

⚠ **Caution!** Do not use the appliance without the glass panels.

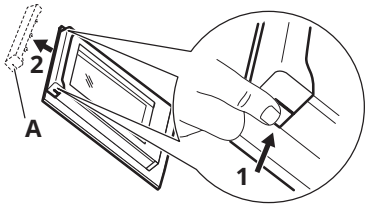
1. Open the door fully and hold both hinges.
2. Lift and pull the latches until they click.



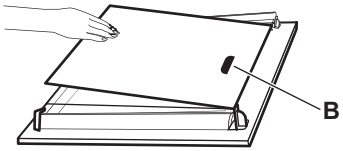
3. Close the oven door halfway to the first opening position. Then lift and pull to remove the door from its seat.



4. Put the door on a soft cloth on a stable surface.
5. Hold the door trim **A** on the top edge of the door at the two sides and push inwards to release the clip seal.



6. Pull the door trim to the front to remove it.
7. Hold the door glass panels by their top edge and carefully pull them out one by one. Start from the top panel. Make sure the glass slides out of the supports completely.



8. Clean the glass panels with water and soap. Dry the glass panels carefully. Do not clean the glass panels in the dishwasher.
9. After cleaning, install the glass panels, the door trim and the oven door, close the latches on the both hinges.

Make sure that you put the glass panels back in the correct sequence. Check for the symbol / printing on the side of the glass panel. The printing zone **B** (if present) must face the oven interior. If the door is installed correctly, you will hear a click when closing the latches.

Replacing the lamp

⚠ **Warning!** Risk of electric shock. The lamp can be hot.

1. Turn off the appliance and wait until it is cold.
2. Disconnect the appliance from the mains.
3. Place the cloth on the oven floor.

⚠ **Caution!** Always hold the halogen lamp with a cloth to prevent grease residue from burning on the lamp.

Back lamp

1. Turn the glass cover to remove it.
2. Clean the glass cover.
3. Replace the lamp with a suitable 300°C heat-resistant lamp.
4. Install the glass cover.

Troubleshooting

⚠ **Warning!** Refer to Safety chapters.

What to do if...

Problem	Check if...
The appliance does not heat up.	The automatic switch-off is deactivated.

Problem	Check if...
The appliance does not heat up.	The appliance door is closed.
The appliance does not heat up.	The fuse is not blown.
The appliance does not heat up.	Lock is deactivated.
The lamp is turned off.	Moist Fan Baking - is activated.
The lamp does not work.	The lamp is burnt out.
Err C3	The appliance door is closed or the door lock is not broken.
Err F102	The appliance door is closed.
Err F102	The door lock is not broken.
The display shows 00:00.	There was a power cut. Set the time of day.
The water leaks out of the cavity embossment.	There is too much water in the cavity embossment.

If the display shows an error code that is not in this table, turn the house fuse off and on to restart the appliance. If the error code recurs contact an Authorised Service Centre.

Service data

If you cannot find a solution to the problem yourself, contact an Authorised Service Centre.

The necessary data for the service centre is on the rating plate. The rating plate is located on the front frame of the appliance. It is visible when you open the door. Do not remove the rating plate from the appliance.

We recommend that you write the data here:

Model (MOD.) :	
Product number (PNC):	
Serial number (S.N.):	

Technical data

Technical data

Dimensions (internal)	Width Height Depth	480 mm 361 mm 416 mm
Area of baking tray	1438 cm^2	
Top heating element	2300 W	

Bottom heating element	1000 W
Grill	2300 W
Ring	2400 W
Total rating	2990 W
Voltage	220 - 240 V
Frequency	50 - 60 Hz
Number of functions	9

Energy efficiency

Product Information Sheet and Product Information according to (EU) No 65/2014 and (EU) No 66/2014

Supplier's name	IKEA
Model identification	FRILLESBO 306.139.94
Energy efficiency index	81.2
Energy efficiency class	A+
Energy consumption with a standard load, conventional mode	0.93 kWh/cycle
Energy consumption with a standard load, fan-forced mode	0.69 kWh/cycle
Number of cavities	1
Heat source	Electricity
Volume	72 l
Type of oven	Built-in oven
Mass	32.2 kg
Appliance tested according to: EN IEC 60350-1.	

Information requirements according to (EU) No 2023/826

Power consumption in standby	0.8 W
Maximum time needed for the equipment to automatically reach the applicable low power mode	20 min

Appliance tested according to: EN 50564.

Optimization tips

Make sure that the appliance door is closed when the appliance operates. Do not open the appliance door too often during cooking. Keep the door gasket clean and make sure it is well fixed in its position.

Use metal cookware and dark, non-reflective tins and containers.

Do not preheat the appliance before cooking unless specifically recommended.

Keep breaks between baking as short as possible when you prepare a few dishes at one time.

Cooking with fan
When possible, use the cooking functions with fan (selected models only).

Residual heat
When the cooking duration is longer than 30 min, reduce the appliance temperature to minimum 3 - 10 min before the end of cooking. The residual heat inside the appliance will continue to cook.

Use the residual heat to keep the food warm or warm up other dishes.

When you turn off the appliance, the display shows the residual heat or temperature.

Keep food warm
Choose the lowest possible temperature setting to use residual heat and keep the food warm. The residual heat indicator or temperature appears on the display.

Cooking with the lamp off
Turn off the lamp during cooking. Turn it on only when you need it.

Environmental concerns

Recycle materials with the symbol ♺. Put the packaging in relevant containers to recycle it. Help protect the environment and human health by recycling waste of electrical and electronic appliances. Do not dispose of appliances marked with the symbol with the household waste. Return the product to your local recycling facility or contact your municipal office.

IKEA guarantee

If you want to claim your product warranty or get product support



Please contact IKEA Customer Support, you find the link to the self-service portal or phone number on www.IKEA.com.

To complete your request for service on the selfservice portal, easier find information about your product or spare parts connected to your product, we urge you to note the IKEA article number (8-digits) and the Serial number on the product label.

KEEP THE PURCHASE/DELIVERY DOCUMENT!

It is your proof of purchase, the warranty will not be valid without it. The receipt also

features the name and the IKEA article number (8-digits) for each appliance purchased.

Please read the technical documentation provided with your appliance carefully before contacting us.



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