

FRILLESBO

en



Design and Quality
IKEA of Sweden



ENGLISH

Please refer to the last page of this manual for the full list of IKEA appointed After Sales Service Provider and relative national phone numbers.

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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 heating elements.
- Always use oven gloves to remove or insert accessories or ovenware.
- Before any maintenance, cut the power supply.
- **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.
- Use only the food sensor recommended for this appliance.

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 power supply.
- Always use a correctly installed shockproof socket.
- Do not use multi-plug adapters and extension cables.

- Make sure not to cause damage to the mains plug and to the mains cable. Should the mains cable need 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 the appliance, 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 pull the mains cable to disconnect the appliance. Always pull 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.

Use

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

- Do not change the specification of this appliance.
- Make sure that the ventilation openings are not blocked.
- Do not let the appliance stay unattended during operation.

- Deactivate the appliance after each use.
- Be careful when you open the appliance door while the appliance is in operation. Hot air 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.
- Open the appliance door carefully. The use of ingredients with alcohol can cause a mixture of alcohol and air.
- 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.

Steam Cooking

 **Warning!** Risk of burns and damage to the appliance.

- Released Steam can cause burns:
 - Be careful when you open the appliance door when the function is activated. Steam can be released.
 - Open the appliance door with care after the steam cooking operation.

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.
- 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.

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

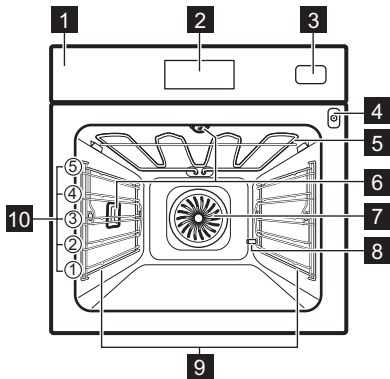
 **Warning!** Only a qualified person must do the electrical installation.

 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 Display
- 3 Water tank
- 4 Socket for the food sensor
- 5 Heating element
- 6 Lamp
- 7 Fan
- 8 Descaling pipe outlet
- 9 Shelf support, removable

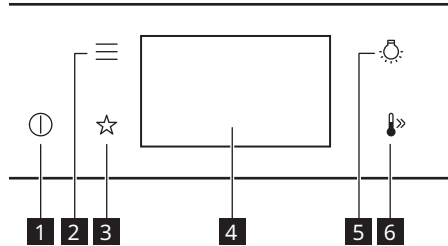
10 Shelf positions

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.
- **AirFry: Wire shelf** x 1
To fry food with less oil or without baking paper.
Not suitable for steam functions.
Maximum load: 5 kg.
- **Food Sensor** x 1
To measure how far the food is cooked.
- **Telescopic runners** x 1 set
For shelves and trays.
- **Steam set** x 1
One unperforated and one perforated food container.
The steam set drains the condensing water away from the food during steam cooking. Use it to prepare vegetables, fish, chicken breast. The set is not suitable for food that needs to soak in the water e.g. rice, polenta, pasta.

Control panel

Control panel overview

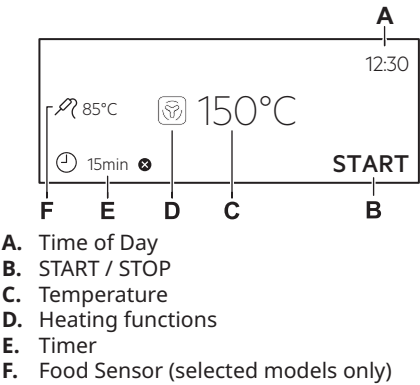


1	ON / OFF Press and hold to turn the appliance on and off.
2	Menu Lists the appliance options and setting functions.
3	Favourites Lists the favourite settings.
4	Display Shows the current settings of the appliance.

5	Lamp switch To turn the lamp on and off.
6	Fast Heat Up To turn on and off the function: Fast Heat Up.

Display

Display with key functions set.



Display indicators	
OK	To confirm the selection / setting.
<	To go one level back in the menu.
↶	To undo the last action.
⬇	To turn the options on and off.
🔒	The appliance is locked.
🔔	The sound alarm function is activated.
🔔 STOP	The sound alarm and stop cooking function is activated.
🔔	Pop up message only is activated.
🕒	Delayed start function is activated.
✖	To cancel the setting.

i The display shows various messages. When a message window appears, press the display to continue.

Before first use

⚠ Warning! Refer to Safety chapters.

First connection

The display shows welcome message after the first connection.

You have to set: Language, Display Brightness, Key Tones, Buzzer Volume, Water Hardness, Time of Day.

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.

Setting: Water Hardness

When you connect the appliance to the mains you have to set the water hardness level.

Use the test paper or contact your water supplier to check the water hardness level.

- 1. Put the test paper into the tap water for about 1 sec. Do not put the test paper under running water.
- 2. Shake the test paper to remove any remaining water.
- 3. After 1 min, check water hardness with the table below.
- 4. Set the water hardness level: Menu / Settings / Setup / Water Hardness.

The colours of the test paper continue to change. Check the water hardness within 1 min after testing.

You can change the water hardness level in the menu: Settings / Setup / Water Hardness.

The table shows water hardness range with the corresponding level of water classification. Adjust the water hardness level according to the table.

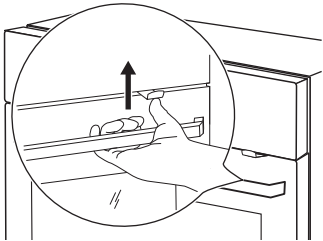
Water hardness level	Test paper
1 - soft	
2 - moderately hard	
3 - hard	
4 - very hard	

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.

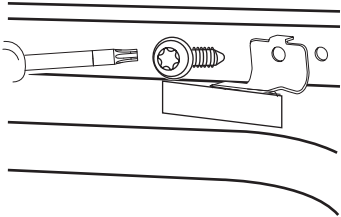
To open the oven door with the child lock:

- 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

STANDARD

	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.
	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.
	Frozen Foods Perfect for ready meals (e.g. french fries, croquettes or spring rolls).
	Conventional Cooking To bake and roast food on one shelf position.
	Pizza Function To bake pizza and other dishes that require more heat from below.
	AirFry Frying food with less oil and without baking paper
	Bottom Heat Choose this function after a cooking process to brown the food more on the bottom if needed. Use the lowest shelf level.

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

SPECIALS

	Preserving To preserve vegetables and fruits, place canning jars in a baking tray filled with water, using heat-resistant jars with bayonet or screw caps of the same size. Use the lowest shelf position.
	Dehydrating To dry sliced fruit, vegetables and mushrooms. To allow the moisture-saturated air to escape and the fruit to dry better, it is advisable to open the oven door occasionally during the drying process.
	Plate Warming To preheat plates for serving.
	Defrost To defrost food (vegetables and fruit). The defrosting time depends on the amount and size of the frozen food.
	Au Gratin For dishes such as lasagna or potato gratin. To bake gratins and to brown.
	Slow Cooking Low temperature cooking process. It's perfect to cook delicate food (e.g., beef, veal or lamb).
	Keep Warm To keep food warm. Please note that some dishes may continue to cook and dry out while being kept warm. Cover the dishes if necessary.

	Moist Fan Baking This function is designed to save energy during cooking. 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.
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	Humidity Low The function is suitable for meat, poultry, oven dishes and casseroles. Thanks to the combination of steam and heat, the meat gets a juicy and tender texture along with a crusty surface.
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STEAM

	EasySteam Use steam for steaming, stewing, gentle crisping, baking and roasting.
	Steam Regenerating Food reheating with steam prevents surface drying. Heat is distributed in a gentle and even way, which allows to recover taste and aroma of food as just prepared. This function can be used to re-heat food directly on a plate. You can reheat more than one plate at the same time, using different shelf positions.
	Bread Baking Use this function to prepare bread and bread rolls with professional-like result in terms of crispiness, colour and crust gloss.
	Dough Proving To speed up the rising of the yeast dough. Cover the surface of the dough to prevent from drying.
	Full Steam For steaming vegetables, side dishes or fish.
	Humidity High The function is suitable for cooking delicate dishes like custards, flans, terrines and fish.

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 on the appliance. The display shows the default heating function and the temperature.
 2. Press the symbol of the heating function  to enter the submenu.
 3. Select the heating function and press OK.
 4. Set the temperature. Press OK.
 5. Press START.
- Food Sensor - you can plug the sensor at any time before or during cooking. Refer to Using the accessories, Food sensor.
6. STOP - press to turn off the heating function.
 7. Turn off the appliance.

Setting: EasySteam - Steam heating function

1. Turn on the appliance. Select the symbol of the heating function and press it to enter the submenu.
2. Press . Set the steam heating function.
3. Press **OK**. The display shows the temperature settings.
4. Set the temperature. Type of the steam heating function depends on the set temperature:
 - a. **Steam for Steaming** 50 - 100°C - for steaming vegetables, grains, legumes, seafood, terrines and spoon desserts.
 - b. **Steam for Stewing** 105 - 130°C - for cooking stewed and braised meat or fish, bread and poultry, as well as cheesecakes and casseroles.
 - c. **Steam for Gentle Crisping** 135 - 150°C - for meat, casseroles, stuffed vegetables, fish and gratin. Owing to the combination of steam and heat the meat gets a juicy and tender texture along with a crusty surface. If you set the timer, grill function turns on automatically in the last minutes of the cooking process to give dish a gentle gratin.
 - d. **Steam for Baking and Roasting** 155 - 230°C - for roasted and baked dishes meat, fish, poultry, filled puff pastry, tarts, muffins, gratin, vegetables and bakery dishes. If you set the timer and put the food on the first level, bottom heat function turns on automatically in the last minutes of the cooking process to give dish a crispy bottom.
5. Press **OK**.
6. Press the cover of the water tank to open it.
7. Fill the water tank with cold water to the maximum level (around 950 ml) until the signal sounds or the display shows the message. The water supply is sufficient for approximately 50 min. Do not fill the water tank over its maximum capacity. There is a risk of water leakage, overflow and furniture damage.



Warning! Use only cold tap water. Do not use filtered (demineralised) or distilled water. Do not use other liquids. Do not pour flammable or alcoholic liquids into the water tank.

8. Push the water tank to its initial position.
9. Press **START**.
Steam appears after approximately 2 min. When the appliance reaches the set temperature, the signal sounds.
10. When the water tank runs out of water, the signal sounds. Refill the water tank.
11. Turn off the appliance.
12. Empty the water tank after each steam cooking to prevent limestone residue. Refer to Care and cleaning, Tank emptying.
13. After cooking, carefully open the oven door. Residual water can condensate in the oven interior.
14. When the appliance is cold, dry the oven interior with a soft cloth.



Warning! The appliance is hot. There is a risk of burns. Be careful when you empty the water tank.

Menu

Press  to enter the menu.

Menu item		Description
Assisted Cooking		Lists automatic programmes.
Cleaning		Lists cleaning programmes.
Favourites		Lists the favourite settings.
Options		To set the appliance configuration.
Settings	Setup	To set the appliance configuration.
	Service	Shows the software version and configuration.

Submenu for: Cleaning

Submenu	Description
Drying	Procedure for drying the cavity from the condensation remaining after a use of the steam functions.
Tank emptying	Procedure for removing the residual water from the water tank after use of the steam functions.
Steam Cleaning	Light cleaning.
Steam Cleaning Plus	Thorough cleaning.
Descaling	Cleaning of the steam generation circuit from residual lime-stone.
Rinsing	Procedure for rinsing and cleaning the steam generation circuit after frequent use of the steam functions.

Submenu for: Options

Submenu	Description
Light	Turns the lamp on and off.
Child Lock	Prevents accidental activation of the appliance.
Fast Heat Up	Shortens the heat up time. It is available only for some of the heating functions.
Cleaning Reminder	Turns the reminder on and off.
Digital Clock Style	Changes the format of the displayed time indication.

Submenu for: Settings

Setup

Submenu	Description
Language	Sets the appliance language.
Display Brightness	Sets the display brightness.
Key Tones	Turns the tone of the touch fields on and off. It is not possible to mute the tone for ①.
Buzzer Volume	Sets the volume of key tones and signals.
Water Hardness	Sets the water hardness.
Time of Day	Sets the current time and date.

Service

Submenu	Description
Software Version	Information about software version.
Reset All Settings	Restores factory settings.

Setting: Assisted Cooking

Assisted Cooking submenu consists of a set of additional functions and programs that are designed for dedicated dishes. Each dish in this submenu is provided with a suitable setting. You can adjust the time and the temperature during cooking.

For some of the dishes you can also cook with Food Sensor. The degree to which a dish is cooked:

- Rare
- Medium
- Well Done

For some of the dishes you can also cook with Weight Automatic.

1. Turn on the appliance.
2. Press .

3. Press . Enter Assisted Cooking.
4. Choose a dish or a food type.
5. Place the food inside the appliance and press START .

When the function ends, check if the food is ready. Extend the cooking time, if needed.

Additional functions

Favourites ☆

You can save up to 3 of your favourite settings, such as heating function and cooking time.

1. Turn on the appliance.
 2. Select the preferred setting.
 3. Press .
 4. Select: Favourites / Save current settings.
 5. Press + to add the setting to the list of: Favourites.
 6. Press OK.
-  - press to reset the setting.
-  - press to cancel the setting.

Function lock

This function prevents an accidental change of the appliance function.

1. Turn on the appliance.
 2. Set a heating function.
 3. ☆,  - press at the same time to turn on the function.
- ☆,  - press at the same time to turn off the function.

Child Lock

This function prevents accidental activation of the appliance.

1. Turn on the appliance.
2. Press .
3. Select Options / Child Lock.
4. Press the code letters in an alphabetical order.

5. Turn off the appliance.

Child Lock is activated.

Access to: Timer and lamp is available.

To enable the use of the appliance, press the code letters in an alphabetical order.

To deactivate this function repeat the above steps.

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 - 230	5.5

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, Food Sensor, End time.

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.

Clock functions

Clock functions description

Function	Description
Timer	To set the length of cooking. Maximum is 23 h 59 min. You can set what happens when the time is up by setting the preferred: End Action.
End Action	Sound Alarm - when the time is up the signal sounds. You can set this function at any time, even when the appliance is turned off.
	Sound Alarm and stop cooking - when the time is up the signal sounds and the heating function turns off.
	Pop up message only - when the time is up the message appears on the display. You can set this function at any time, even when the appliance is turned off.
Delayed start	To postpone the start and / or end of cooking.
Time Extension	To extend the cooking time.
Uptimer	To show how long the appliance operates. Maximum is 23 h 59 min. You can turn the function on and off. This function has no effect on the operation of the appliance.

Setting: Time of Day

1. Turn on the appliance.
2. Press: Time of Day.
3. Set the time.
4. Press **OK**.

Setting: Timer

1. Choose the heating function and set the temperature.
2. Press .
3. Set the time.
You can select the preferred End action by pressing ● ● ●.
4. Press **OK**. Repeat the action until the display shows the main screen.
When 10% of cooking time is left and the food does not seem to be ready, you can extend cooking time. You can also change the heating function. Press **+1min** to extend the cooking time.

Setting: Delayed start

1. Set the heating function and the temperature.
2. Press .
3. Set the cooking time.
4. Press ● ● ●.
5. Press: Delayed start.
6. Choose the desired start time.
7. Press **OK**. Repeat the action until the display shows the main screen.

Setting: Uptimer

1. Press .
2. Press ● ● ●.
3. Press: Uptimer.
4. Slide or press  to show the running time on the main screen.
5. Press **OK**. Repeat the action until the display shows the main screen.

Changing timer settings

You can change the set time during cooking at any time.

1. Press .
2. Set the timer value.
3. Press **OK**.

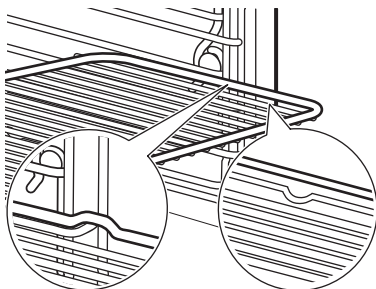
Using the accessories

⚠ Warning! Refer to Safety chapters.

Inserting accessories

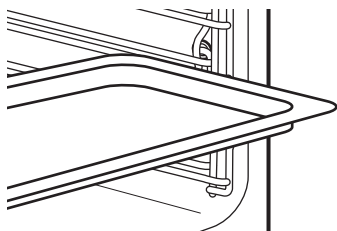
A small indentation at the top increases safety and provides tilt protection. The indentations are also anti-tip devices. The rim around the shelf prevents cookware from slipping off the shelf.

Wire shelf



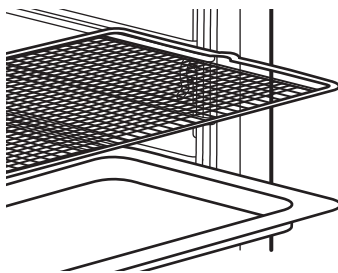
Insert the shelf between the guide bars of the shelf support. Make sure that the shelf touches the back of the oven interior.

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.

AirFry: Wire shelf



Place the AirFry wire shelf on the third shelf position. Place the baking tray underneath.

Do not use the AirFry wire shelf with the telescopic runners as the oil could make their surface slippery and reduce the wire shelf stability.

Food Sensor

It measures the temperature inside the food. You can use it with every heating function.

There are two temperatures to be set:

- °C - the temperature inside the appliance. It should be at least 25°C higher than the food core temperature.
- $\mathcal{N}$ - the food core temperature.

Recommendations:

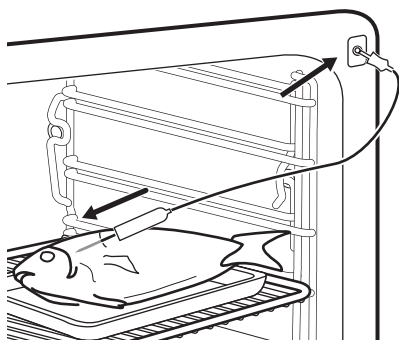
- Ingredients should be at room temperature.
- Do not use it for liquid dishes.
- During cooking the needle of the food sensor must be fully inserted in the dish.

The appliance calculates an approximate end of cooking time. It depends on the quantity of food, the heating function and the temperature.

Cooking with: Food Sensor

⚠ Warning! There is a risk of burns as Food Sensor and shelf supports become hot. Do not touch Food Sensor handle with bare hands. Always use oven gloves.

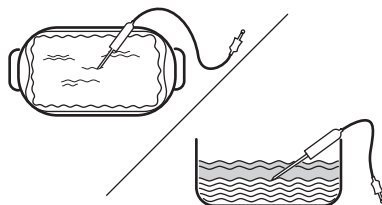
1. Turn on the appliance.
2. Set a heating function or a dish and, if necessary, the oven temperature.
3. Insert Food Sensor inside the dish:
Meat, poultry and fish
Insert the entire needle of the Food Sensor into the meat or fish at its thickest part.



Casserole

Insert the tip of Food Sensor exactly in the centre of the casserole. Food Sensor should be stabilized in one place during cooking. Use a solid ingredient to achieve that. Use the rim of the baking dish to support the silicone handle of Food Sensor. The tip of Food Sensor

should not touch the bottom of a baking dish.



4. Plug Food Sensor into the socket located inside the appliance. Refer to Product description.

The display shows the current temperature of Food Sensor.

5. - press to set the core temperature of the sensor.
6. ● ● ● - press to set the preferred option:
 - Sound Alarm - when food reaches the core temperature, the signal sounds.
 - Sound Alarm and stop cooking - when food reaches the core temperature, the signal sounds and the cooking stops.
7. Select the option and repeatedly press OK to go to main screen.
8. Press START.
9. When the food reaches the set temperature, the signal sounds. Check if the food is ready. Extend the cooking time, if needed.
10. Remove Food Sensor plug from the socket and remove the dish from the appliance.

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.

For energy saving tips refer to Energy efficiency.

Symbols used in the tables:

	Food type
	Heating function
	Temperature
	Accessory
	Container (Gastronorm)
	Weight (kg)
	Shelf position

	Cooking time (min)
---	--------------------

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.

				
Sweet rolls, 16 pieces	baking tray or dripping pan	180	2	25 - 35
Swiss Roll	baking tray or dripping pan	180	2	15 - 25
Whole fish, 0.2 kg	baking tray or dripping pan	180	3	15 - 25
Cookies, 16 pieces	baking tray or dripping pan	180	2	20 - 30
Macaroons, 24 pieces	baking tray or dripping pan	160	2	25 - 35
Muffins, 12 pieces	baking tray or dripping pan	180	2	20 - 30
Savory pastry, 20 pieces	baking tray or dripping pan	180	2	20 - 30
Short crust biscuits, 20 pieces	baking tray or dripping pan	140	2	15 - 25
Tartlets, 8 pieces	baking tray or dripping pan	180	2	15 - 25

Information for test institutes

Tests according to: EN 60350-1, IEC 60350-1.

Baking on one level

			°C		
Fatless sponge cake ¹⁾	True Fan Cooking	Wire shelf	160	40 - 55	2
Fatless sponge cake ¹⁾	Conventional Cooking	Wire shelf	180	25 - 35	1
Apple pie ²⁾	True Fan Cooking	Wire shelf	160	70 - 90	3
Apple pie ²⁾	Conventional Cooking	Wire shelf	180	80 - 100	3
Small cakes, 20 per tray ¹⁾	True Fan Cooking	Baking tray ³⁾	160	25 - 35	3
Small cakes, 20 per tray ¹⁾	Conventional Cooking	Baking tray ³⁾	160	25 - 35	3
Toast ¹⁾⁴⁾	Grill	Wire shelf	230	1 - 5	4

1) Preheat the appliance until set temperature is reached. Do not use the function: Fast Heat Up.

2) 2 tins placed diagonally (Ø 20 cm). The right one to be positioned more in the front than the left one.

3) Use baking tray with the slope towards the door.

4) According to: IEC 60350-1:2016 and IEC 60350-1:2023.

Multilevel baking

			°C		
Small cakes, 20 per tray ¹⁾	True Fan Cooking	Baking tray ²⁾ and universal pan	150	30 - 40	2 and 4
Fatless sponge cake ¹⁾	True Fan Cooking	Baking tray ²⁾ and Wire shelf	160	45 - 55	1 and 3

1) Preheat the appliance until set temperature is reached. Do not use the function: Fast Heat Up.

2) Use baking tray with the slope towards the door.

Additional recipes

			°C		
Meringues ¹⁾²⁾	True Fan Cooking	Baking tray ³⁾	100	90 - 180	3

			°C		
Meringues ¹⁾²⁾	Conventional Cooking	Baking tray ³⁾	100	90 - 180	3

1) Preheat the appliance for 10 minutes. Do not use the function: Fast Heat Up.

2) Use baking paper.

3) Use baking tray with the slope towards the door.

Information for test institutes

Tests for the function: Full Steam

Tests according to EN 60350-1, IEC 60350-1.

Set the temperature to 100°C.

				
Broccoli ¹⁾²⁾	2/3 Steam set perforated	0.3	3	8 - 9
Broccoli ¹⁾²⁾	Perforated contained according to IEC 60350-1.	max.	3	10 - 11
Peas, frozen ²⁾	2 x 2/3 Steam set perforated	2 x 1.5	2 and 4	Until the temperature in the coldest spot reaches 85°C.

1) Preheat the appliance until set temperature is reached. Do not use the function: Fast Heat Up.

2) Put the baking tray on the first shelf position, with the slope towards the back of the oven interior.

Additional steam recipes

				°C	
Steaming combined dish (2 portions) ¹⁾	Full Steam	Gastronorm 1/2 perforated (potatoes and broccoli) and non-perforated (salmon)	1 (Salmon) 4 (Broccoli and potatoes)	100	40 (Potatoes) 8 - 10 (Salmon) 10 - 12 (Broccoli)
Caramel pudding (6 portions)	Humidity High	Round porcelain dishes on wire shelf	2	90	35 - 45
Egg custard	Full Steam	Gastronorm 1/2 non perforated	2	85	35 - 45
White Bread	Bread Baking	Baking tray ²⁾	2	180	40 - 50
Chicken ³⁾	Humidity Low	Wire shelf	2	200	60 - 70

1) Place the ingredients in the oven one after the other at the appropriate point in time, so that all components are cooked at the same time. You can prepare two portions at the same time.

2) Use baking tray with the slope towards the back of the oven interior.

3) Put the baking tray on the first shelf position to collect dripping fat.

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.
- 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.

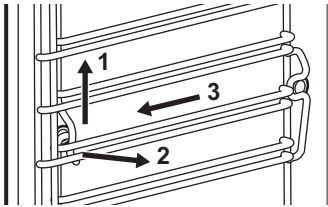
Accessories

- 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.

Removing the shelf supports

Remove the shelf supports to clean the appliance.

1. Turn off the appliance and wait until it is cold.
2. Carefully pull the shelf supports up and out of the front catch.
3. Pull the front end of the shelf support away from the side wall.
4. Pull the supports out of the rear catch.



Install the shelf supports in the opposite sequence.

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

Steam Cleaning

1. Turn off the appliance and wait until it is cold.
2. Remove all accessories and removable shelf supports.
3. Clean the bottom of the oven interior and the inner door glass with a soft cloth with warm water and a mild detergent.
4. Fill the water tank to the maximum level until the signal sounds or the display shows the message.
5. Select: Menu / Cleaning.

Option	Description
Steam Cleaning	Light cleaning Duration: 30 min
Steam Cleaning Plus	Normal cleaning Spray the cavity with a detergent. Duration: 75 min

6. Press **START** . Follow the instruction on the display.
- The signal sounds when the cleaning ends.
7. Press any symbol to turn off the signal.
 8. Turn off the appliance.
 9. When the appliance is cold, dry the cavity with a soft cloth.

10. Leave the oven door open and wait until the oven interior is dry.

 When this function works, the lamp is off.

Cleaning Reminder

When the reminder appears, cleaning is recommended.

Use the function: Steam Cleaning Plus.

Descaling

Use it to descale the steam system.

1. Turn off the appliance and wait until it is cold.
2. Remove all accessories.
3. Make sure that the water tank is empty. Refer to Care and cleaning, Tank emptying.
- Duration of the first part:** around 100 min
4. Select: Menu / Cleaning / Descaling.
5. Place the grill- / roasting pan on the first shelf position.
6. Pour 250 ml of the descaling agent in the water tank.
7. Fill the remaining part of the water tank with 700 ml of water, until the signal sounds or the display shows the message.
8. Turn on the function and follow the instruction on the display. The first part of descaling starts.

Duration of the second part: around 35 min

9. Fill the water tank with 950 ml of water, until the signal sounds or the display shows the message.
10. When the function ends, remove the grill- / roasting pan.
11. Turn off the appliance and wait until it is cold.
12. Clean the oven interior with a soft cloth.
13. Leave the oven door open and wait until the cavity is dry.

If some limestone residue remains in the appliance after descaling, the display prompts to repeat the procedure.

Descaling reminder

The appliance provides two reminders for descaling. The descaling reminder cannot be deactivated.

- Soft reminder - recommends you to descale the appliance.
- Hard reminder - obligates you to descale the appliance. If you do not descale the appliance when the hard reminder is on, the steam functions are disabled.

Rinsing

Use it to clean the steam system after frequent use of the steam functions.

1. Turn off the appliance and wait until it is cold.
2. Remove all accessories.
3. Place the deep pan on the first shelf position.
4. Fill the water tank with water to the maximum level until the signal sounds or the display shows the message.
5. Select: Menu / Cleaning / Rinsing.
- Duration:** around 30 min
6. Turn on the function and follow the instruction on the display.
7. When the function ends, remove the deep pan.

 When this function works, the lamp is off.

Drying

Use it after cooking with a steam heating function or steam cleaning to dry the cavity.

1. Turn off the appliance and wait until it is cold.
2. Remove all accessories.
3. Select: Menu / Cleaning / Drying.
4. Follow the instruction on the display.

Drying reminder

After cooking with a steam heating function the display prompts to dry the appliance.

Press YES to dry the appliance.

Tank emptying

Use it after cooking with steam heating function to remove the residual water from the water tank.

1. Turn off the appliance and wait until it is cold.
2. Remove all accessories.
3. Place the deep pan on the first shelf position.
4. Select: Menu / Cleaning / Tank emptying.

Duration: 6 min

5. Turn on the function and follow the instruction on the display.
6. When the function ends, remove the deep pan.

 When this function works, the lamp is off.

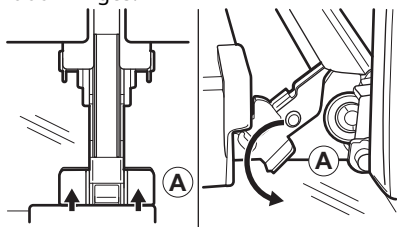
Removing and installing door

You can remove the door and the internal glass panels to clean it. The number of glass panels is different for different models.

 **Warning!** The door is heavy.

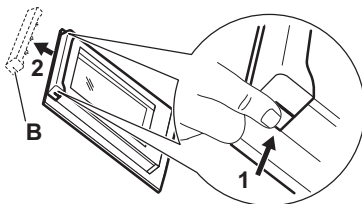
 **Caution!** Carefully handle the glass, especially around the edges of the front panel. The glass can break.

1. Make sure the appliance is cold.
2. Fully open the door.
3. Press the clamping levers **A** on the two door hinges.

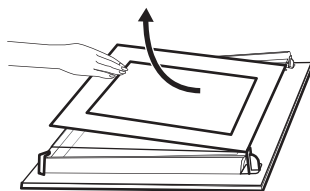


4. Close the oven door to the first opening position (at approximate angle: 70°).
5. Hold the door with one hand on each side and pull it away from the oven at an upwards angle.

6. Put the door with the outer side down on a soft cloth on a stable surface.
7. Hold the door trim **B** on the top edge of the door at the two sides and push inwards to release the clip seal.



8. Pull the door trim to the front to remove it.
9. Hold the door glass panels on their top edge one by one and pull them up out of the guide.



10. Clean the glass panel with water and soap. Dry the glass panel carefully. Do not clean the glass panels in the dishwasher.

After cleaning, do the above steps in the opposite sequence. Install the smaller panel first, then the larger and the door.

Make sure that the glass panels are inserted in the correct position otherwise the surface of the door may overheat.

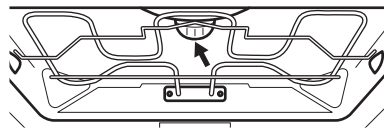
Replacing the lamp

 **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.

Top lamp

- 1. Turn the glass cover to remove it.



- 2. Remove the metal ring and clean the glass cover.
- 3. Replace the lamp with a suitable 300°C heat-resistant lamp.
- 4. Attach the metal ring to the glass cover and install it.

Side lamp

- 1. Remove the left shelf support to get access to the lamp.
- 2. Use a Torx 20 screwdriver to remove the cover.
- 3. Clean the glass cover.
- 4. Replace the lamp with a suitable 300°C heat-resistant lamp.
- 5. Install the metal frame and the seal. Tighten the screws.
- 6. Install the left shelf support.

Troubleshooting



Warning! Refer to Safety chapters.

What to do if...

Problem description	Cause and remedy
You cannot activate or operate the appliance.	The appliance is not connected to an electrical supply or it is connected incorrectly.
The appliance does not heat up.	The clock is not set. To set the clock refer to Clock functions.
	The door is not closed correctly.
	The fuse is blown. Make sure the fuse is the cause of the problem. If the problem recurs, contact a qualified electrician.
	Child Lock is activated.
The lamp is turned off.	The lamp is burnt out. Replace the lamp. For details refer to Care and cleaning.
❗ Power cut always stops cleaning. Repeat cleaning if it's interrupted by power failure.	

Error codes

When the software error occurs, the display shows error message. You will find the list of problems in the table below. When the following error message continues to appear on the display, it means a faulty subsystem may have been disabled. In such a case contact your dealer or an Authorized Service Centre.

Code and description	Remedy
F102 - the door is not fully closed or the door lock is broken.	Close the door. Turn the appliance off and on.
F111 - Food Sensor is not correctly inserted into the socket.	Fully plug Food Sensor into the socket.
F240, F439 - the touch fields on the display do not work properly.	Clean the surface of the display. Make sure there is no dirt on the touch fields.
F908 - the appliance system cannot connect with the control panel.	Turn the appliance off and on.

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	478 mm 356 mm 414 mm
Area of baking tray	1424 cm ²	
Top heating element	- W	
Bottom heating element	1000 W	
Grill	2300 W	
Ring	2400 W	
Total rating	3250 W	
Voltage	220 - 240 V	
Frequency	50 Hz	
Number of functions	23	

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 006.140.75
Energy efficiency index	61.9
Energy efficiency class	A++
Energy consumption with a standard load, conventional mode	1.09 kWh/cycle
Energy consumption with a standard load, fan-forced mode	0.52 kWh/cycle
Number of cavities	1
Heat source	Electricity
Volume	70 l
Type of oven	Built-in oven
Mass	36.5 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.	

Energy saving tips

Following tips below will help you save energy when using your appliance.

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 to improve energy saving.

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 to save energy.

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.

If a programme with Duration is activated and the cooking time is longer than 30 min, the heating elements automatically turn off earlier in some appliance functions.

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.

Moist Fan Baking

Function designed to save energy during cooking.

When you use this function the lamp automatically turns off after 30 sec. You may turn on the lamp again but this action will reduce the expected energy savings.

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.

Country	Phone number	Call Fee	Opening time
België	02/716.24.44	Binnenlandse gesprekskosten	8 tot 18.30 Weekdagen Zaterdag 9 tot 13u
Belgique		Tarif des appels nationaux	8 à 18.30 en semaine Samedi 9 à 13h
България	+359 2 492 9397	Според тарифата на оператора за обаждания към стационарен номер	От 8:30 до 17:30 ч в работни дни
Česká Republika	246 019721	Cena za místní hovor	8 až 20 v pracovních dnech
Danmark	70 15 09 09	Landstakst	man. - fre. 09.00 - 20.00 lør. - søn. 09.00 - 18.00
Deutschland	+49 (0)911 323 1016*	* 0,20 €/Verbindung aus dem Fest-netz max. 0,60 €/Verbindung aus dem Mobilfunknetz	Werktags von 8.00 bis 20.00
Ελλάδα	211 176 8276	Υπεραστική κλήση	8 έως 20 κατά τις εργάσιμες ημέρες
España	91 1875537	Tarifa de llamadas nacionales	De 8 a 20 en días laborables
France	0170 36 02 05	Tarif des appels nationaux	9 à 21. En semaine
Hrvatska	00385 1 6323 339	Cijena ovisi o pružatelju telefonske usluge korisnika	radnim danom od ponedjeljka do petka od 08:00 do 16:00
Ireland	0 14845915	National call rate	8 till 20 Weekdays
Ísland	+354 5852409	Innanlandsgjald fyrir síma	9 til 18. Virka daga
Italia	02 00620818	Tariffa applicata alle chiamate nazionali	dalle 8 alle 20 nei giorni feriali
Κυπρος	22 030 529	Υπεραστική κλήση	8.30 έως 16.30 κατά τις εργάσιμες ημέρες
Lietuva	5 230 06 99	Nacionalinių pokalbių tarifai	Pr. - Ketv.: 8:00 - 12:00, 12:45 - 17:00 Pnkt.: 8:00 - 12:00, 12:45 - 15:45
Luxembourg	35242431301	Tarif des appels nationaux	Lu-Ven 8:00-12:00/13:00-17:00
Magyarország	06-1-252-1773	Belföldi díjszabás	Hétköznap 8.00 és 17.00 óra között
Nederland	0172/468568	Geen extra kosten. Alleen lokaal tarief	ma-vr: 8:00 – 18:30 zat: 9:00 – 13:00
Norge	22 72 35 00	Takst innland	8 til 18 ukedager
Österreich	+43-1-2056356	max. 10 Cent/min.	Mo - Fr 8.00 - 20.00 Uhr
Polska	801 400 711 +48 22 749 60 99	Koszt zgodny z taryfą operatora	Od 8 do 20 w dni robocze
Portugal	211557985	Chamada Nacional	9 às 21. Dias de Semana *excepto feriados
România	021 211 08 88	Tarif apel național	8 - 20 în zilele lucrătoare
Россия	8 495 6662929	Действующие телефонные тарифы	с 8 до 20 по рабочим дням Время московское
Schweiz	031 5500 324	Tarif für Anrufe im Bundesgebiet	8 bis 20 Werktage
Suisse		Tarif des appels nationaux	8 à 20. En semaine
Svizzera		Tariffa applicata alle chiamate nazionali	dalle 8 alle 20 nei giorni feriali
Slovenija	+38618108621	lokalni strošek je običajna tržna vrednost, odvisna od ponudnika telefonije	8.00 – 16.00 ob delavnikih
Slovensko	(02) 3300 2554	Cena vnútroštátneho hovoru	8 až 20 v pracovných dňoch
Suomi	030 6005203	pvm/mpm	Ma - To 8:00 -18:00 Pe 9:00 -16:00
Sverige	0775 700 500	lokalsamtal (lokal taxa)	mån-fre 8.30 - 20.00 lör-sön 9.30 - 18.00
United Kingdom	020 3347 0044	National call rate	9 till 21. Weekdays
Србија	+381 11 7 555 444 (ако позивате изван Србије) 011 7 555 444 (ако позивате из Србије)	Цена позива у националном саобраћају	Понедељак – субота: 09 – 20 Недеља: 09 – 18
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