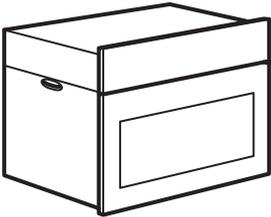
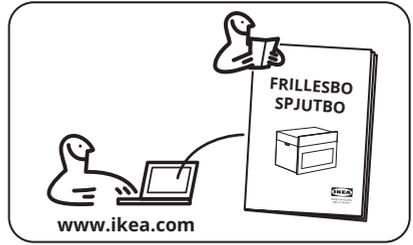
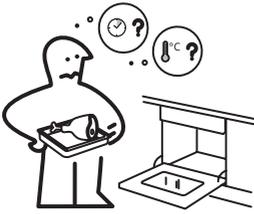


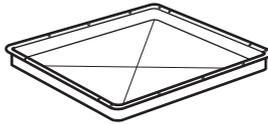
# FRILLESBO SPJUTBO







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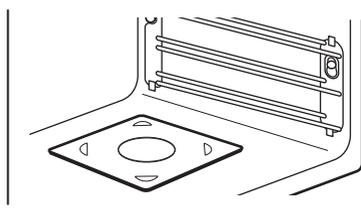
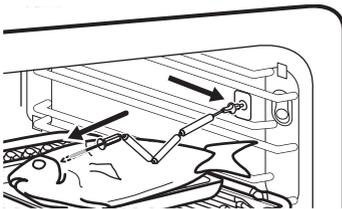
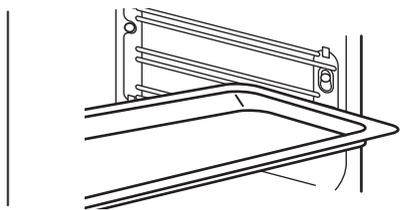
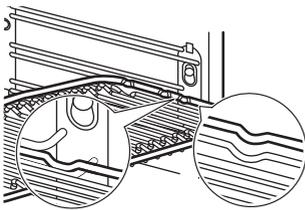
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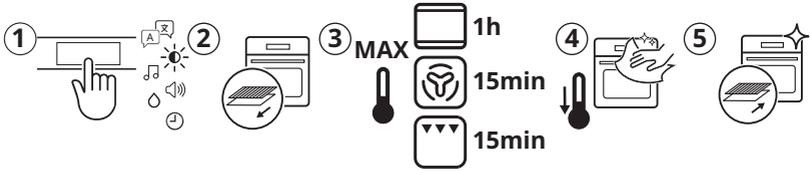
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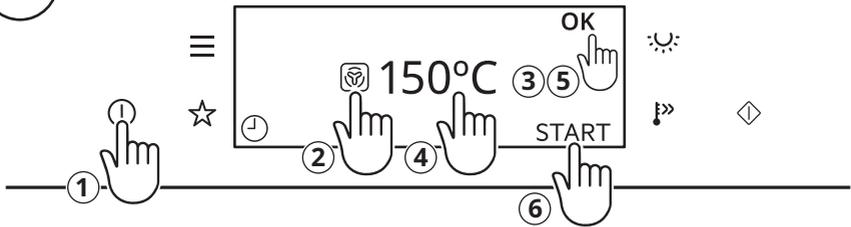


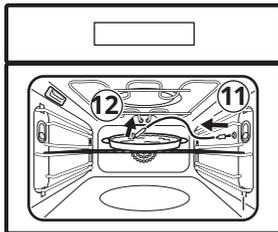
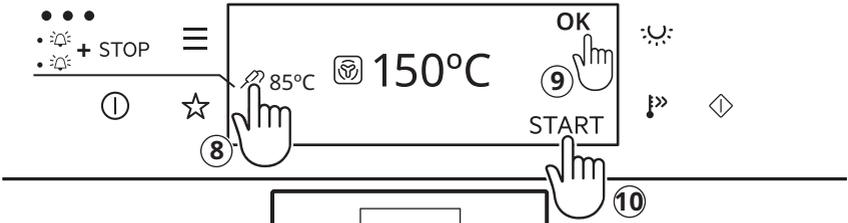
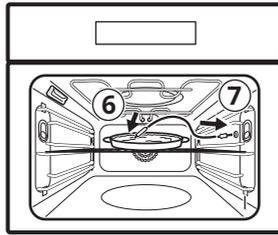
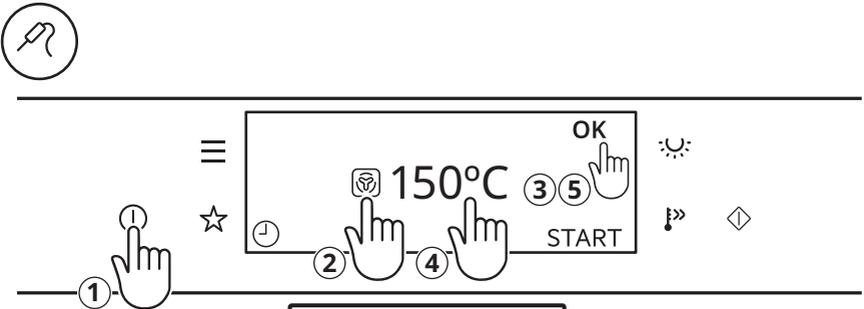
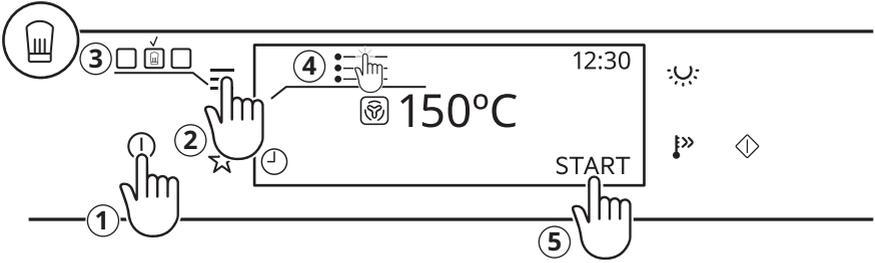
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START

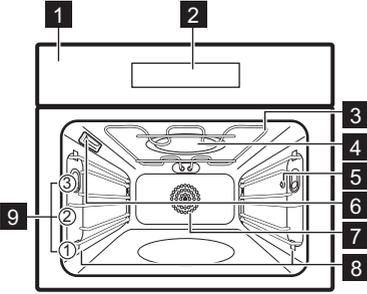






## Product description

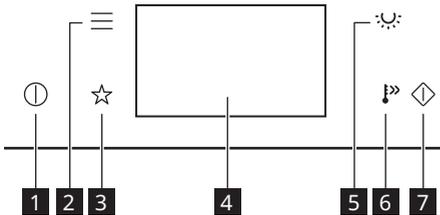
### General overview



- 1** Control panel
- 2** Display
- 3** Heating element
- 4** Microwave generator
- 5** Socket for the food sensor
- 6** Lamp
- 7** Fan
- 8** Shelf support, removable (microwave safe)
- 9** Shelf positions

## Control panel

### Control panel overview

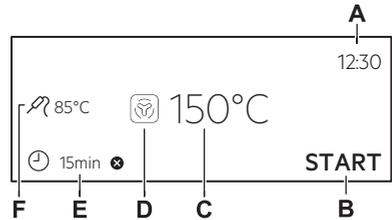


**7** **Microwave quick start**  
To turn on microwave function (1000 W and 30 seconds).

|          |                                                                       |
|----------|-----------------------------------------------------------------------|
| <b>1</b> | <b>ON / OFF</b><br>Press and hold to turn the appliance on and off.   |
| <b>2</b> | <b>Menu</b><br>Lists the appliance options and setting functions.     |
| <b>3</b> | <b>Favourites</b><br>Lists the favourite settings.                    |
| <b>4</b> | <b>Display</b><br>Shows the current settings of the appliance.        |
| <b>5</b> | <b>Lamp switch</b><br>To turn the lamp on and off.                    |
| <b>6</b> | <b>Fast Heat Up</b><br>To turn on and off the function: Fast Heat Up. |

### Display

Display with key functions set.



- A.** Time of Day
- B.** START / STOP
- C.** Temperature / Microwave timer
- D.** Heating functions
- E.** Timer
- F.** Food Sensor (selected models only)

| Display indicators |                                     |
|--------------------|-------------------------------------|
| OK                 | To confirm the selection / setting. |
| <                  | To go one level back in the menu.   |
| ↶                  | To undo the last action.            |

| Display indicators |                                                         |
|--------------------|---------------------------------------------------------|
|                    | To turn the options on and off.                         |
|                    | The appliance is locked.                                |
|                    | The sound alarm function is activated.                  |
|                    | The sound alarm and stop cooking function is activated. |
|                    | Pop up message only is activated.                       |

| Display indicators |                                      |
|--------------------|--------------------------------------|
|                    | Delayed start function is activated. |
|                    | To cancel the setting.               |

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

## Daily use

### Heating functions

#### STANDARD

|  |                                                                      |
|--|----------------------------------------------------------------------|
|  | <b>Grill</b><br>Toasting, grilling                                   |
|  | <b>Turbo Grilling</b><br>Roasting meat, browning                     |
|  | <b>True Fan Cooking</b><br>Even baking, tenderness, drying           |
|  | <b>Frozen Foods</b><br>French fries, potato wedges, spring rolls     |
|  | <b>Conventional Cooking</b><br>Traditional baking                    |
|  | <b>Pizza Function</b><br>Baking pizza                                |
|  | <b>AirFry</b><br>Frying food with less oil and without baking paper. |
|  | <b>Bottom Heat</b><br>Baking cakes                                   |

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

#### SPECIALS

|  |                                                       |
|--|-------------------------------------------------------|
|  | <b>Preserving</b><br>Preserving vegetables and fruits |
|  | <b>Dehydrating</b><br>Drying sliced fruit, mushrooms  |
|  | <b>Plate Warming</b><br>Preheating plates             |
|  | <b>Dough Proving</b><br>Proving yeast dough           |
|  | <b>Au Gratin</b><br>Baking gratins, browning          |

|  |                                               |
|--|-----------------------------------------------|
|  | <b>Slow Cooking</b><br>Preparing tender roast |
|  | <b>Keep Warm</b><br>Keeping food warm         |
|  | <b>Bread Baking</b><br>To bake bread.         |

#### MICROWAVE

|  |                                                                              |
|--|------------------------------------------------------------------------------|
|  | <b>Microwave</b><br>Heating up, cooking, power range: 100 - 1000 W           |
|  | <b>Defrost</b><br>Defrosting various types of food, power range: 100 - 400 W |
|  | <b>Reheat</b><br>Heating up pre-prepared meals, power range: 200 - 500 W     |
|  | <b>Popcorn</b><br>Preparing popcorn bags, power range: 600 - 800 W           |
|  | <b>Melting</b><br>Melting chocolate and butter, power range: 100 - 400 W     |
|  | <b>Liquid</b><br>Heating up drinks and soups, power range: 600 - 1000 W      |

#### MICROWAVE COMBINATION

|  |                                                                                                |
|--|------------------------------------------------------------------------------------------------|
|  | <b>True Fan Cooking + MW</b><br>Baking, power range: 100 - 400 W.                              |
|  | <b>Conventional Cooking + MW</b><br>Baking, roasting, power range: 100 - 400 W.                |
|  | <b>Grill + MW</b><br>Cooking, browning, power range: 100 - 400 W.                              |
|  | <b>Turbo Grilling + MW</b><br>Roasting large pieces, baking gratins, power range: 100 - 400 W. |

**Menu structure**

**Menu**

Press  to enter the menu.

| Menu item        |         | Description                                   |
|------------------|---------|-----------------------------------------------|
| Assisted Cooking |         | Lists automatic 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: 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. |

| Submenu             | Description                                          |
|---------------------|------------------------------------------------------|
| 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  . |
| Buzzer Volume      | Sets the volume of key tones and signals.                                                                                                                                  |
| Time of Day        | Sets the current time and date.                                                                                                                                            |

**Service**

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

**Microwave suitable cookware and materials**

For the microwave use only suitable cookware and materials. Use below table as a reference.

Check the cookware / material / food container specification before use.

For other specific microwave cookware not listed in this table, follow manufacturer instructions.

| Cookware / Material                                                                                     |   |     |     |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ovenproof glass and porcelain with no metal components, e.g. heat-proof glass                           | ✓                                                                                                                                                                       | ✓                                                                                                                                                                                                                                                                                                                                               | ✓                                                                                                                                                                                                                                                                                                                                                |
| Non-ovenproof glass and porcelain without any silver, gold, platinum or other metal decorations         | ✓                                                                                                                                                                       | ✗                                                                                                                                                                                                                                                                                                                                               | ✗                                                                                                                                                                                                                                                                                                                                                |
| Glass and glass ceramic made of ovenproof / frost-proof material                                        | ✓                                                                                                                                                                       | ✓                                                                                                                                                                                                                                                                                                                                               | ✓                                                                                                                                                                                                                                                                                                                                                |
| Ovenproof ceramic and earthenware without any quartz or metal components and glazes which contain metal | ✓                                                                                                                                                                       | ✓                                                                                                                                                                                                                                                                                                                                               | ✓                                                                                                                                                                                                                                                                                                                                                |
| Ceramic, porcelain and earthenware with unglazed bottom or with small holes, e.g. on handles            | ✗                                                                                                                                                                       | ✗                                                                                                                                                                                                                                                                                                                                               | ✗                                                                                                                                                                                                                                                                                                                                                |
| Heat-resistant plastic up to 200 °C                                                                     | ✓                                                                                                                                                                       | ✓                                                                                                                                                                                                                                                                                                                                               | ✗                                                                                                                                                                                                                                                                                                                                                |
| Cardboard, paper only                                                                                   | ✓                                                                                                                                                                       | ✗                                                                                                                                                                                                                                                                                                                                               | ✗                                                                                                                                                                                                                                                                                                                                                |

| Cookware / Material                                   |  |  |  |
|-------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Clingfilm                                             | ✓                                                                                 | ✗                                                                                 | ✗                                                                                  |
| Microwave clingfilm                                   | ✓                                                                                 | ✓                                                                                 | ✗                                                                                  |
| Roasting dishes made of metal, e.g. enamel, cast iron | ✗                                                                                 | ✗                                                                                 | ✗                                                                                  |
| Baking tins, black lacquer or silicon-coated          | ✗                                                                                 | ✗                                                                                 | ✗                                                                                  |
| Baking tray                                           | ✗                                                                                 | ✗                                                                                 | ✗                                                                                  |
| Wire shelf                                            | ✓                                                                                 | ✓                                                                                 | ✓                                                                                  |
| Microwave glass bottom plate                          | ✓                                                                                 | ✓                                                                                 | ✗                                                                                  |

## Troubleshooting

If you encounter an issue with your appliance, check Troubleshooting in the full

version of the User Manual available on: [www.ikea.com](http://www.ikea.com).

## Technical data

|                        |                          |                              |
|------------------------|--------------------------|------------------------------|
| Dimensions (internal)  | Width<br>Height<br>Depth | 480 mm<br>212 mm<br>411.5 mm |
| Usable volumes         | 46 l                     |                              |
| Area of baking tray    | 1252 cm <sup>2</sup>     |                              |
| Top heating element    | 1900 W                   |                              |
| Bottom heating element | 600 W                    |                              |
| Grill                  | 1900 W                   |                              |
| Ring                   | 1750 W                   |                              |
| Total rating           | 2800 W                   |                              |
| Voltage                | 220 - 240 V              |                              |
| Frequency              | 50 Hz                    |                              |
| Number of functions    | 26                       |                              |

## Energy efficiency

### Product information for power consumption and maximum time to reach applicable low power mode

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







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