

FRILLESBO SPJUTBO

en

Recipe Book

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Subject to change without notice.

Cooking recommendations

Cooking and baking processes are only suitable on one level.

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 |
| | Weight (kg) |
| | Microwave power (W) |
| | Shelf position |
| | Cooking time (min) |

Advice for special heating functions of the appliance

Keep Warm

The function allows you to keep food warm. The temperature is set automatically to 80°C.

Plate Warming

The function allows you to warm plates and dishes before serving. The temperature is set automatically to 70°C.

Place plates and dishes in stacks evenly on the wire shelf. Use the first shelf position. After half of the warming time switch their places.

Dough Proving

The function allows you to rise yeast dough. Put the dough into a big dish and cover it with a wet towel or plastic foil. Set function: Dough Proving and the cooking time.

Baking

For the first baking, use the lower temperature.

You can extend the baking time by 10 – 15 minutes if you bake cakes on more than one shelf position.

Cakes and pastries at different heights do not always brown equally. There is no need to change the temperature setting if an unequal browning occurs. The differences equalize during baking.

Trays in the oven can distort during baking. When the trays are cold again, the distortions disappear.

Tips on baking

| Baking results | Possible cause | Remedy |
|---|--|--|
| The bottom of the cake is not baked sufficiently. | The shelf position is incorrect. | Put the cake on a lower shelf. |
| The cake sinks and becomes soggy or streaky. | The oven temperature is too high. | Next time set slightly lower oven temperature. |
| | The oven temperature is too high and the baking time is too short. | Next time set a longer baking time and lower oven temperature. |
| The cake is too dry. | The oven temperature is too low. | Next time set higher oven temperature. |
| | The baking time is too long. | Next time set shorter baking time. |
| The cake bakes unevenly. | The oven temperature is too high and the baking time is too short. | Next time set a longer baking time and lower oven temperature. |
| | The cake batter is not evenly distributed. | Next time spread the cake batter evenly on the baking tray. |
| The cake is not ready in the baking time specified in a recipe. | The oven temperature is too low. | Next time set a slightly higher oven temperature. |

Baking on one oven level

BAKING IN TINS

|  |  | °C |  |  |
|---|---|-----------|---|--|
| Ring cake / Brioche | True Fan Cooking | 150 - 170 | 40 - 70 | 1 |
| Madeira cake / Fruit cakes ¹⁾ | True Fan Cooking | 140 - 160 | 50 - 70 | 1 |
| Sponge cake ²⁾ | True Fan Cooking | 180 | 25 - 35 | 1 |
| Sponge cake ²⁾ | Conventional Cooking | 170 | 33 - 43 | 1 |
| Flan base - short pastry | True Fan Cooking | 160 - 170 | 50 - 70 | 2 |
| Flan base - sponge cake mixture ¹⁾ | True Fan Cooking | 150 - 170 | 25 | 2 |
| Apple pie, 1 tin Ø20 cm ¹⁾ | True Fan Cooking | 150 - 170 | 55 - 75 | 1 |
| Cheesecake, use baking tray | True Fan Cooking | 160 | 40 - 70 | 2 |

1) Preheat the empty oven.

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

CAKE / PASTRIES / BREADS ON BAKING TRAYS

|  |  | °C |  |  |
|--|--|-----------|--|---|
| Plaited bread / Bread Crown ¹⁾ | Conventional Cooking | 220 | 30 | 2 |
| Christstollen ¹⁾ | Conventional Cooking | 165 - 180 | 45 - 80 | 1 |
| Rye bread ¹⁾ | Conventional Cooking | 170 - 190 | 40 - 60 | 1 |
| Cream puffs | Conventional Cooking | 200 | 30 | 2 |
| Eclairs | Conventional Cooking | 200 | 40 | 2 |
| Swiss Roll ¹⁾ | True Fan Cooking | 175 - 185 | 12 | 2 |

|  |  | °C |  |  |
|---|---|-----------|---|--|
| Cake with crumble top-ping | Conventional Cooking | 160 - 180 | 45 | 2 |
| Buttered almond cake / Sugar cakes ¹⁾ | Conventional Cooking | 175 - 185 | 30 | 2 |
| Fruit flan yeast dough, use springform ¹⁾ | True Fan Cooking | 150 - 160 | 45 | 1 |
| Fruit flan sponge cake mixture, use flan pan ¹⁾ | True Fan Cooking | 150 - 170 | 25 | 2 |
| Fruit flans made with short pastry | True Fan Cooking | 160 - 170 | 50 - 70 | 2 |
| Yeast cakes with delicate toppings (e.g. quark, cream, custard) | Conventional Cooking | 160 - 180 | 45 - 75 | 1 |

1) Preheat the empty oven.

BISCUITS

|  |  | °C |  |  |
|---|---|-----------|---|--|
| Short pastry biscuits ¹⁾ | True Fan Cooking | 170 - 190 | 10 | 2 |
| Shortbread / Pastry stripes ¹⁾ | True Fan Cooking | 150 - 170 | 10 - 20 | 2 |
| Pastries made of egg white / Meringues, use baking paper ²⁾ | True Fan Cooking | 100 | 60 - 180 | 1 |
| Meringues | Conventional Cooking | 100 | 60 - 180 | 1 |
| Macaroons ¹⁾ | Conventional Cooking | 125 - 135 | 25 - 35 | 2 |
| Puff pastries ¹⁾ | Conventional Cooking | 200 | 17 | 1 |
| Rolls ¹⁾ | Conventional Cooking | 180 - 220 | 20 | 2 |
| Small cakes ²⁾ | True Fan Cooking | 150 | 22 - 32 | 2 |

|  |  | °C |  |  |
|---|---|-----|---|--|
| Small cakes ²⁾ | Conventional Cooking | 150 | 20 - 30 | 2 |

1) Preheat the empty oven.

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

Bakes and gratins

|  |  | °C |  |  |
|---|---|-----------|---|---|
| Pasta bake | Conventional Cooking | 160 - 200 | 35 | 2 |
| Lasagne ¹⁾ | Conventional Cooking | 150 - 190 | 45 | 1 |
| Vegetables au gratin ¹⁾ | Conventional Cooking | 200 | 40 - 70 | 2 |
| Fish bakes ¹⁾ | Turbo Grilling | 160 | 25 | 2 |
| Stuffed vegetables, use glass dish on wire shelf ¹⁾ | Conventional Cooking | 190 - 210 | 25 - 35 | 2 |

1) Preheat the empty oven.

Tips on Roasting

Use heat-resistant ovenware.

Roast lean meat covered (you can use aluminium foil).

Turn the roast after 1/2 - 2/3 of the cooking time.

Roast meat and fish in large pieces (1 kg or more).

Baste meat joints with their own juice several times during roasting.

Roasting tables

BEEF

|  |  |  | °C |  |  |
|---|---|---|----------|---|--|
| Roast beef or fillet, rare | 1 - 1.5 | Turbo Grilling | 130- 150 | 50 | 2 |

|  |  |  | °C |  |  |
|---|---|---|----------|---|--|
| Roast beef or fillet, medium | 1 - 1.5 | Turbo Grilling | 130- 150 | 65 | 2 |
| Roast beef or fillet, well done | 1 - 1.5 | Turbo Grilling | 130- 150 | 80 | 2 |

GAME

|  |  |  | °C |  |  |
|---|---|---|-----------|---|--|
| Saddle / Hare leg ¹⁾ | 1 - 1.5 | Conventional Cooking | 170 - 190 | 90 | 1 |
| Venison saddle | 1 - 1.5 | True Fan Cooking | 130 - 150 | 55 | 2 |
| Haunch of venison | 1 - 1.5 | Conventional Cooking | 150 - 170 | 110 | 2 |

1) Preheat the empty oven. Use roasting dish with lid (remove it after half of the cooking time).

FISH

|  |  |  | °C |  |  |
|---|---|---|-----------|---|--|
| Whole fish | 0.5 - 1.0 per fish | Turbo Grilling | 160 - 180 | 20 | 2 |

VEAL

|  |  |  | °C |  |  |
|--|--|--|-----------|--|---|
| Roast veal | 0.8 - 1.5 | Turbo Grilling | 130 - 150 | 160 | 1 |
| Veal knuckle | 2 - 2.5 | Conventional Cooking | 160 - 180 | 230 | 1 |

LAMB

|  |  |  | °C |  |  |
|---|---|---|-----------|---|--|
| Lamb leg | 0.5 - 1.0 | Turbo Grilling | 130 - 150 | 135 | 2 |
| Roast lamb | 1 - 1.8 | Conventional Cooking | 180 | 100 - 140 | 1 |
| Lamb saddle | 0.7 - 0.9 | Turbo Grilling | 130 - 150 | 35 | 2 |

POULTRY

| | | | °C | | |
|------------------------------|-----------|----------------|-----------|----------|---|
| Whole chick-en ¹⁾ | 0.9 - 1.7 | Turbo Grilling | 190 - 210 | 50 - 90 | 1 |
| Chicken, half | 0.5 - 0.8 | Turbo Grilling | 200 | 55 | 2 |
| Duck | 1.5 - 2 | Turbo Grilling | 160 - 180 | 90 - 120 | 1 |

1) Use wire shelf. Place a plate in the centre of the cavity bottom.

PORK

| | | | °C | | |
|-------------------------|---------|----------------------|-----------|-----|---|
| Neck | 1.5 - 2 | Turbo Grilling | 160 - 180 | 120 | 1 |
| Ham joint | 1 - 1.5 | Turbo Grilling | 150 - 170 | 130 | 1 |
| Spare rib | 2 - 3 | Conventional Cooking | 110 - 150 | 145 | 2 |
| Meatloaf | 1 - 1.5 | Turbo Grilling | 160 - 180 | 50 | 1 |
| Pork knuckle, precooked | 1.5 - 2 | Turbo Grilling | 170 - 190 | 80 | 1 |

Crispy baking

| | | °C | | |
|----------------------------------|----------------------|-----------|---------|---|
| Tarts ¹⁾ | Pizza Function | 180 | 55 | 2 |
| Quiche lorraine ¹⁾ | Conventional Cooking | 170 - 190 | 45 | 1 |
| Swiss flan ¹⁾ | True Fan Cooking | 170 - 190 | 30 - 50 | 1 |
| Cheesecake | Conventional Cooking | 175 - 185 | 60 - 80 | 1 |
| Apple pie, covered ¹⁾ | Conventional Cooking | 170 - 190 | 40 - 60 | 1 |
| Pizza, thin crust ¹⁾ | Pizza Function | 190 - 230 | 15 - 25 | 1 |
| Pizza, thick crust ¹⁾ | Pizza Function | 190 - 230 | 20 - 40 | 1 |

|  |  | °C |  |  |
|---|---|-----|---|--|
| Unleavened Bread ¹⁾ | Conventional Cooking | 220 | 10 | 2 |
| Puff pastry flan ¹⁾ | Conventional Cooking | 200 | 20 | 2 |

¹⁾Preheat the empty oven.

Bread Baking

Preheat the empty oven.

|  | °C |  |  |
|---|-----------|---|---|
| White bread | 210 | 25 - 45 | 1 |
| Baguette | 200 - 230 | 50 | 2 |
| Brioche | 190 - 210 | 10 - 20 | 2 |
| Ciabatta | 200 - 230 | 50 | 2 |
| Rye bread | 180 - 200 | 60 | 1 |
| Wholemeal bread | 180 - 200 | 60 | 1 |
| Whole grain bread | 180 - 200 | 60 | 1 |

Turbo Grilling

|  | °C |  |  |  |
|---|-----------|---|---|---|
| Roast beef, medium ¹⁾ | 130 - 150 | 65 | 2 | Baking tray |
| Pork loin ¹⁾ | 130 - 150 | 90 | 1 | Casserole dish |
| Veal loin ¹⁾ | 160 - 180 | 70 | 2 | Casserole dish |
| Saddle of lamb | 130 - 150 | 35 | 2 | Baking tray |
| Whole fish, 0.5 - 1 kg | 160 - 180 | 30 | 2 | Baking tray |

¹⁾Fry both sides before cooking.

Slow Cooking

This function allows you to prepare lean, tender meat and fish. It is not applicable for: poultry, fatty roast pork, pot roast.

1. Sear the meat for 1 - 2 minutes on each side in a pan over high heat.
2. If third shelf position is recommended put the food directly on the wire shelf. Put a tray/roasting pan on the first shelf position to collect fat.
If first shelf position is recommended put the food directly on the tray.
Always cook without a lid while using this function.
3. Use: Food Sensor.
Use the first shelf position.

|  |  | °C |  |
|---|---|-----|---|
| Roast beef | 1 - 1.5 | 150 | 120 - 150 |
| Beef fillet | 1 - 1.5 | 150 | 90 - 110 |
| Roast veal | 1 - 1.5 | 150 | 120 - 150 |
| Steak | 0.2 - 0.3 | 120 | 20 - 40 |

AirFry

Place the baking tray on the first shelf position.

Preheat the appliance until set temperature is reached.

Put the food directly on the AirFry wire shelf. Apply 1 tablespoon of oil to prevent food from sticking. Place AirFry wire shelf on the second shelf position.

|  |  | °C |  |
|---|---|-----------|---|
| Croissant, frozen | 0.35 | 180 - 200 | 15 - 30 |
| Puff pastry, frozen | 0.4 - 0.5 | 200 - 220 | 15 - 30 |
| Pizza, frozen | 0.34 | 190 - 210 | 15 - 30 |
| French fries, frozen | 0.6 - 1 | 200 - 220 | 35 - 45 |
| French fries thick, frozen | 0.6 | 200 - 220 | 20 - 30 |
| Potato wedges, frozen | 0.65 | 200 - 220 | 20 - 35 |
| Croquettes, frozen | 0.45 | 200 - 220 | 15 - 30 |
| Escalopes, frozen | 0.3 - 0.6 | 200 - 220 | 15 - 25 |
| Fish burgers, frozen | 0.6 - 0.7 | 200 - 220 | 15 - 25 |
| Calamari rings, frozen | 0.25 - 0.5 | 190 - 210 | 15 - 25 |
| Chicken nuggets, frozen | 0.25 - 0.5 | 180 - 200 | 15 - 25 |
| Fish fingers, frozen | 0.5 | 200 - 220 | 15 - 25 |

Frozen Foods

Remove the food packaging. Put the food on a plate.

Do not cover the food, as this can extend the defrost time.

Use the second shelf position.

|  | °C | ⌚ |
|---|-----------|---------|
| Pizza, frozen | 200 - 220 | 15 - 25 |
| Pizza American, frozen | 190 - 210 | 15 - 25 |
| Pizza, chilled | 180 - 200 | 10 - 20 |
| Pizza snacks, frozen | 210 - 230 | 10 - 15 |
| Wedges / Croquettes ¹⁾ | 200 - 220 | 20 - 30 |
| Hash Browns | 210 - 230 | 10 - 20 |
| Lasagne / Cannelloni, fresh | 170 - 190 | 40 - 50 |
| Lasagne / Cannelloni, frozen | 160 - 180 | 50 - 60 |
| Chicken wings | 190 - 210 | 20 - 30 |

1) Turn 2 or 3 times during cooking.

Preserving

Use the function Bottom Heat.

Use only preserve jars of the same dimensions available on the market.

Do not use jars with twist-off and bayonet type lids or metal tins.

Use the first shelf position.

Put no more than six one-litre preserve jars on the baking tray.

Fill the jars equally and close with a clamp.

The jars cannot touch each other.

Put approximately 1/2 litre of water into the baking tray to give sufficient moisture in the oven.

Set the temperature to 130°C.

SOFT FRUIT

|  |  Cooking time until simmering |
|---|--|
| Strawberries / Blueberries / Raspberries / Ripe gooseberries | 45 - 75 |

STONE FRUIT

|  |  |
|---|---|
| Peaches / Quinces / Plums | 45 - 75 |

VEGETABLES

|  |  Cooking time until simmering |  Continue to cook at 100°C |
|---|--|---|
| Carrots | 80 - 90 | 5 - 10 |
| Cucumbers | 80 - 90 | - |
| Mixed pickles | 80 - 90 | 5 - 10 |
| Kohlrabi / Peas / Asparagus | 80 - 90 | 15 - 20 |

Dehydrating

Use the third shelf position. Open the door from time to time to release the moist air.

|  | °C |  (h) |
|--|---------|---|
| Beans | 60 - 70 | 6 - 8 |
| Peppers | 60 - 70 | 5 - 6 |
| Vegetables for soup | 60 - 70 | 5 - 6 |
| Mushrooms | 50 - 60 | 6 - 8 |
| Herbs | 40 - 50 | 2 - 3 |
| Plums | 60 - 70 | 8 - 10 |
| Apricots | 60 - 70 | 8 - 10 |
| Apple slices | 60 - 70 | 6 - 8 |
| Pears | 60 - 70 | 6 - 9 |

Microwave cooking

The recommended times are intended as general guidelines. Results may vary depending on the type, quantity and starting temperature of the food.

| Tips for Microwave | | |
|---|---|---|
| Cooking / Defrosting results | Possible cause | Remedy |
| The food is too dry. | Power was too high. Cooking time was too long. | Set lower power or/and shorter cooking time. |
| The food is not defrosted, cold or underdone after cooking time ends. | Cooking time was too short. | Set longer cooking time. Do not increase microwave power. |
| The food is overheated at the edges, but underdone in the middle. | Microwave power was too high. | Set lower power and longer cooking time. |

DEFROSTING

|  |  |  |  | Standing time (min) |
|---|---|---|---|---------------------|
| Steak | 0.2 | 100 | 5 - 7 | 5 - 10 |
| Minced meat ¹⁾ | 0.5 | 200 | 8:30 - 9:30 | 5 |
| Chicken | 1 | 100 | 30 - 35 | 10 - 20 |
| Chicken breast | 0.15 | 100 | 5 - 9 | 10 - 15 |
| Chicken legs | 0.15 | 100 | 5 - 9 | 10 - 15 |
| Whole fish | 0.5 | 100 | 10 - 15 | 5 - 10 |
| Fish fillet | 0.5 | 100 | 12 - 15 | 5 - 10 |
| Butter | 0.25 | 100 | 4 - 6 | 5 - 10 |
| Grated cheese | 0.2 | 100 | 2 - 4 | 10 - 15 |
| Yeast cake | 1 piece | 200 | 2 - 3 | 15 - 20 |
| Cheesecake | 1 piece | 100 | 2 - 4 | 15 - 20 |
| Dry cake | 1 piece | 200 | 2 - 4 | 15 - 20 |
| Bread | 1 | 200 | 15 - 18 | 5 - 10 |
| Sliced bread | 0.2 | 200 | 3 - 5 | 5 - 10 |

|  |  |  |  | Standing time (min) |
|---|---|---|---|---------------------|
| Bread rolls | 4 pieces | 200 | 2 - 4 | 2 - 5 |
| Fruit | 0.25 | 100 | 5 - 10 | 10 - 15 |

1) Use the second shelf position. After half of the time, turn the meat upside down over the longest side.

REHEATING

|  |  |  |  | Standing time (min) |
|---|---|---|---|---------------------|
| Milk, 200 ml | - | 1000 | 0:30 | - |
| Water, 200 ml | - | 1000 | 0:30 | - |
| Sauce, 200 ml | - | 600 | 1 - 3 | - |
| Soup, 300 ml | - | 600 | 3 - 5 | - |

MELTING

Use the first shelf position. Turn 90° clockwise after half of the cooking time.

|  |  |  |  | Standing time (min) |
|---|---|---|---|---------------------|
| Chocolate / Chocolate coating | 0.1 | 200 | 7 | 2 |
| Butter | 0.1 | 200 | 4 | 2 |

COOKING

|  |  |  |  | Standing time (min) |
|---|---|---|---|---------------------|
| Fish fillet ¹⁾ | 0.5 | 300 | 7 - 9 | 2 |
| Jacket potatoes ²⁾ | 0.5 | 600 | 10 | - |
| Rice ³⁾ | 0.2 | 800 | 14 | - |
| Popcorn ⁴⁾ | - | 700 | 4 - 5 | - |

1) Use climb film with holes to cover the glass dish. Use the first shelf position. Turn 90° clockwise after half of the cooking time.

2) Use climb film with holes to cover the glass dish. Use the first shelf position.

3) Add 400 ml of water. Use climb film with holes to cover the glass dish. Use the first shelf position

4) Place the popcorn bag on the glass dish on the bottom of the cavity.

MICROWAVE COMBI FUNCTION

Use the first shelf position.

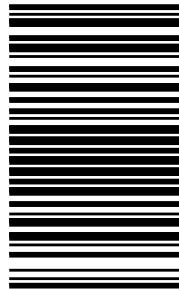
The standing time is 2 - 5 min.

|  |  |  |  | °C |  |
|---|---|---|---|-----|---|
| Potato gratin | 1.1 | True Fan Cooking + MW | 400 | 210 | 35 - 45 |
| Cake | 0.7 | Conventional Cooking + MW | 100 | 190 | 30 - 40 |
| Lasagne, frozen | 0.4 | Turbo Grilling + MW | 100 | 220 | 24 - 28 |
| Chicken ¹⁾ | 1 | Turbo Grilling + MW | 100 | 220 | 45 - 55 |

1) Place a plate in the centre of the cavity bottom. Place chicken directly on wire shelf with breast side down. After 25 min turn it upside down.



867387792-A-392025



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