

**iNDESIT**

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## **FM 70 P.1 MR**



### **Built-in oven**

Instructions for installation and use

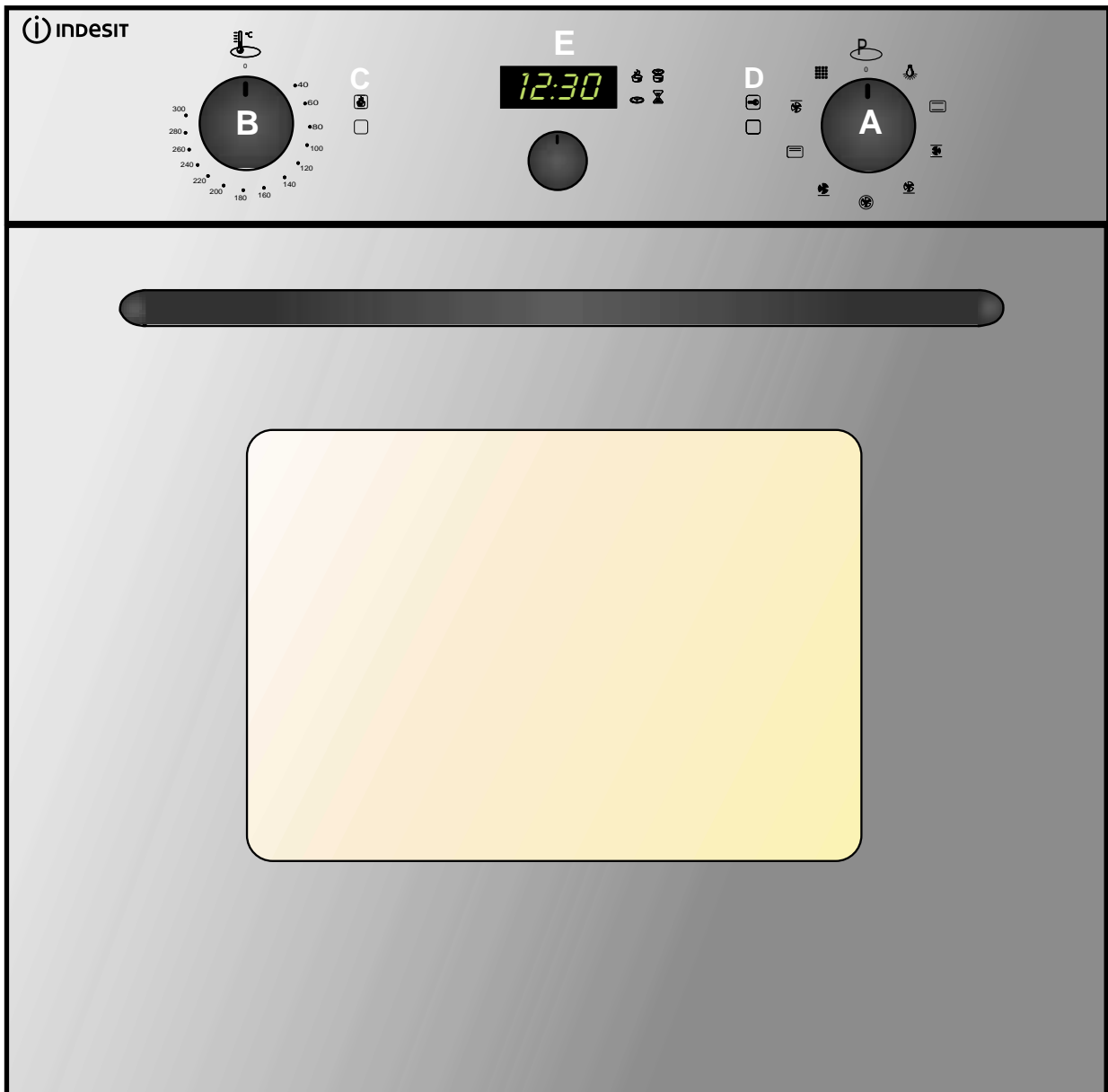
# Safety : a Good Habit

**Before you use your appliance, read this booklet carefully. It contains very important safety instructions for the installation, use and maintenance of your oven. Keep this booklet in a safe place for future reference.**

1. This appliance has been designed for non-professional use in the home.
2. Before unpacking the appliance, make certain that it is intact. If you have any doubt, contact a qualified person before you use the appliance. Do not leave potentially hazardous packing materials within the reach of small children (plastic bags, expanded polystyrene, nails, etc.).
3. The appliance must be installed by a qualified person according to the manufacturer's instructions. The manufacturer is not responsible for any damage incurred to persons, animals or possessions due to improper installation.
4. The electric safety of this appliance is guaranteed only if the appliance is properly earthed upon installation, in compliance with electrical safety standards. It is indispensable to make certain that this fundamental condition is met. If you have any doubt, contact a qualified person for a thorough check of the electrical installation. Under no circumstance can the manufacturer be held responsible for any damages which might arise if the appliance is not properly earthed.
5. Do not block the aeration or heat-releasing vents.
6. The electrical power cord of this appliance must not be replaced by the user. If it is damaged or must be replaced, contact one of the customer service centres approved by the manufacturer.
7. This appliance is to be used exclusively for the use for which it is intended. Any other use (such as for warming a room) is unsuitable and therefore hazardous. The manufacturer cannot be held responsible for any damages caused by the improper use of the appliance.
8. The use of any electric appliance requires compliance with a few basic safety rules, as follows:
  - Never touch the appliance with wet or damp hands or feet.
  - Never use the appliance when barefoot. Avoid using extension cords. If you must use one, take every precaution.
- Never try to disconnect the plug from the electrical outlet by pulling on the power supply cord or on the appliance itself.
- Do not expose the appliance to the atmospheric elements (rain, direct sunlight, etc.)
- Do not let children or incompetent persons use the appliance unsupervised.
9. Prior to any cleaning or maintenance operation, disconnect the appliance by unplugging it or by turning off the main power switch to cut off the electrical supply.
10. In case of failure and/or malfunction, turn off the appliance. For any repairs that might be necessary, contact an approved customer service centre and ensure that only original replacement parts are used. Failure to comply with these instructions may jeopardise the safety of your appliance.
11. If you decide to discontinue using the appliance, be sure to render it inoperable by unplugging it and cutting the power cord. We strongly recommend that you neutralise any parts of the appliance which could be hazardous in any way, especially regarding children who might play with the appliance.
12. When the grill or the oven is on, accessible parts may become very hot. Keep children at a safe distance.
13. The appliance becomes hot when it is in use. Never touch the heating elements located inside the oven.
14. Make quite sure that the knobs are in the "•/o" position when you are not using the appliance.
15. Use insulated oven mitts to put in or remove cooking vessels.
16. Never use the oven to store flammable material.
17. Never use flammable solutions (alcohol, petroleum products, etc.) near the appliance when it is in use.

# Front View

- A. Function selector
- B. Temperature Selector
- C. Heat indicator light
- D. Locking display
- E. Programmer



# The Various Functions and their applications

**INDESIT ovens are fitted with the controls and indicators necessary for their use.**

They are all on the strip.

## THE FUNCTION SELECTOR

It has 10 marks shown in order by the following symbols:

«0» : off



: lights



: "Traditional"

This is the old traditional cooking method that suits **individual cooking**. Two heaters (one visible beneath the roof, the other invisible beneath the oven floor) work together.

Air heats up on contact with these heat sources, moving within the oven chamber by convection which means that hot air, being lighter, tends to rise.

The phenomenon is known as **natural convection**.

This method of cooking is especially recommended for recipes **simmered in a closed casserole** (stews, tripe, etc.) or cooking with a **bain-marie** (crème caramel, terrine, etc.).

The enamel tray should be used to support the dish on tier 2. Pre-heating the oven is recommended.

 : "Traditional assisted"

This is the traditional cooking method, as above, assisted by the fan at the bottom of the oven. The combination enables slightly quicker heat transfer and the heat to be distributed more uniformly within the oven chamber.

This method of cooking is especially recommended for all **traditional open recipes** such as gratinée potatoes, stuffed tomatoes, lasagne, etc., and for braising fish.

The enamel tray should be used to support the dish on tier 2. Pre-heating the oven is recommended.



: "Baking"

Only the round electric heater at the bottom of the oven and the fan are used in order to give delicate heat, just right for baking recipes such as brioche, chocolate cake, fruit cake, sponge cake, petits fours, meringues, etc.

The enamel tray should be used to support the dish on tier 2. Pre-heating the oven is recommended.

 : "Fan convection"

The combination of all of the heaters plus the fan guarantees you perfect heat distribution throughout the oven chamber.

This method of cooking is recommended for cooking dishes **on several levels**.

If the dishes are of different kinds, they cook without any alteration to their respective flavours. Using this function means that all dishes have the same cooking temperature (you remove each dish once it is cooked).


For cooking on two levels for example, the enamel tray should be used to support the dish on tier 1 and the rack on tier 3. Pre-heating the oven is recommended.

 : "Pizza"

The heaters (oven floor and circular) are used to heat the oven up quickly.

Your **pizzas** and **tarts** will benefit from stronger bottom heat so as to guarantee that the dough or pastry is cooked through during baking. The fan will give the browning necessary on top to get an appetising result.

The enamel tray should be used on tier 1 to support the dish. Pre-heating the oven is recommended.

 : "Grill"

Only the heater at the top operates; the grill glows red and emits infra-red rays like the rays in sunlight.

This is because the intention is not so much to heat the air in the oven chamber as to expose the food directly to the rays.

Cooking is with the door closed.

Radiant heat can be adjusted with the temperature selector (do not select a temperature over 270°).

 : "Fan grill"

Only the top heater runs with infra-red output. The fan at the bottom of the oven, by mixing, distributes the heat evenly, so all of the food is cooked at the same time by :

- infra-red rays that heat the surface of the preparation,
- hot air that cooks in-depth by conduction.

This method of cooking is recommended for **cooking roasts, red or white meat and poultry**.

The rack goes on tier 2 to carry the meat and the enamel tray goes on tier 1 to catch the fat and juices.

The oven should not be pre-heated.

**When "grilling", accessible parts can become hot, keep small children well clear.**

 self-cleaning by pyrolysis

This is the integral cleaning of the oven.

For further information about self-cleaning by pyrolysis.


## THE TEMPERATURE SELECTOR

The Temperature Selector covers a range from 60° to 300°.

**THE HEAT INDICATOR LIGHT** 

This red indicator light stays on while the temperature in the oven is rising and goes off when the desired temperature is reached.

**THE LOCKING DISPLAY** 

The  indicator light is off when pyrolysis starts. It **comes on** when the temperature inside the oven reaches a certain level. It is then **impossible to open the door**.

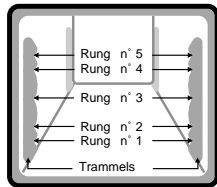
About 20 minutes after the end of pyrolysis, the temperature inside the oven will have dropped to about 300°C.

The  indicator light will go off and you can then open the door.

# Accessories

Your oven has numerous cooking options. They can only be used successfully with a number of **accessories that we have chosen**.

The accessories slide into different tiers of the racking inside the oven chamber and so can be put at the right height for the cooking to be done.



The ovens include 5 positions.  
For each cooking method and in each example given, we indicate the rung number.

If you want to add to or replace the accessories below, you can get them from your retailer under the following references:

Description	Ref.
Big rack	137 833
Enamel tray	137 834

## ENAMEL TRAY

It is used:

- to support the dish for all one-level and bain-marie cooking
- to support preparations (petits fours, etc.)
- to catch juices and fat from cooking when combined with the big rack.

## BIG RACK

It is always used detached at the bottom.

- **combined** with the **enamel tray**

- Put on tier 2, it is used to take meat, the enamel tray being on tier 1 to catch fat and juices.

- Put on the upper tier (depending on the thickness of the food) for grilling, the enamel tray is on tier 1 to catch fat and juices.

- Put on the upper tier for multi-level cooking.

**We recommend that meat to be cooked is not put on the bottom of the enamel tray when "Fan grill" cooking because juices and fat heated from underneath by this method of cooking risk carbonising, being splashed onto the side panels and causing the oven to smoke.**

# Cleaning by Pyrolysis

## SAFETY MEASURES

During **pyrolysis**, the temperature inside the oven reaches 450° to 500°. These high temperatures are needed for breaking down the residues inside the oven (see above). Your oven is therefore equipped with the following safety devices:

- The door **automatically locks** as soon as the temperature reaches a certain level in order to prevent any risk of injury by burning.
- The **power for the heating elements cuts off** in case an anomaly occurs.

## Comments

1. Despite the high interior temperature throughout the pyrolysis operation, the exterior walls of the oven remain only slightly warm, due to:

- Reinforced **insulation** of the cooking chamber,
- A **fan** which circulates air to cool the walls.

2. Looking through the oven window, you might see particles that **flare up** during their destruction by pyrolysis upon contact with a heating element. This is merely a **phenomenon of combustion**. It is **perfectly normal and poses no risk**.

## PRECAUTIONS TO TAKE BEFORE PYROLYSIS

1. Be sure to **eliminate** any **large spills** with a damp sponge. We strongly advise against the use of detergents or any other oven cleaning products.


2. **Remove all accessories**. They are not designed to resist the high temperatures of pyrolysis. Furthermore, some of them might obstruct the circulation of heat on the oven walls, thus harming the performance of the operation. The accessories can easily be cleaned like regular dishes, even in a dishwasher.

3. Do not leave dish towels on the oven handle.

### Important:


During pyrolysis, the surfaces may become hot. **Keep young children away**.


## How to start pyrolysis:

- **Remove all accessories** from the oven. **Eliminate large spills**, in order to avoid any risk of producing fumes or flames.
- Close the door.
- Set the Function Selector to .
- Set the programme. You can choose between:
  - Immediate start: same procedure as for a cooking operation,
  - Delayed start: same procedure as for a cooking operation.

Pyrolysis usually takes about 75 minutes. It can last as long as 75 to 100 minutes depending on how dirty the oven is.


## What happens during pyrolysis?




The  indicator light comes on when pyrolysis starts : either immediately, or at the preset time if you have programmed a delayed start.

The  indicator light is off when pyrolysis starts.

**It comes on when the temperature inside the oven reaches a certain level.** It is then **impossible to open the door**.

## What happens at the end of pyrolysis?

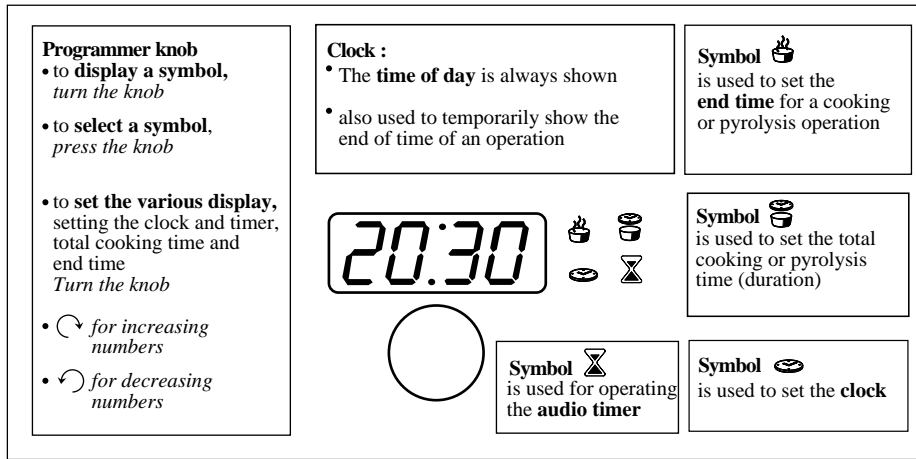
The  indicator light goes off and stays off.

The  indicator light goes off when the temperature inside  the oven has dropped sufficiently. It is then possible to open the door, with the Function Selector still on .




Some white dust may remain on the bottom and walls of the oven. Remove it with a damp sponge after the oven has cooled completely.

If you wish to use the residual heat to start a cooking operation, do not worry about the dust-it is harmless.


## The programmer




The "24 hour" electronic programmer enables the user to set the duration and end time of a cooking operation for any time within the upcoming 24 hours.


You can check the end time , the cooking time  and the timer  simply by turning the programmer knob to select the corresponding symbol.

### • Setting the clock:

When the appliance is turned on for the first time or after a power cutoff, the clock display and the  indicator light are flashing. Turn the programmer knob until the desired time is shown. After 3 seconds, the time is validated.

**To modify the time**, the oven must be in manual mode (no indicator lights on). Press and hold the programmer knob until the  indicator light starts flashing. Then turn the knob to display the desired time.


### • Audio timer:

To use the audio signal timer built into your oven, display the  (hourglass) symbol by turning and pressing the programmer knob. Then turn until the desired time is displayed. As soon as you release the knob, the timer will start to count down. When the time is up, an audio signal sounds. Press the knob to turn off the signal. The timer operates independently from the oven.

### Cooking without the Programmer (manual mode)

When no symbol is lit, the oven is in manual mode.

- Use the Function Selector to choose the desired cooking method. A preselected temperature appears. You can change it using the Temperature Selector.

The  indicator light flashes slowly while the temperature in the oven is rising. It stays on when the temperature reaches the specified level.




When the cooking is done, remember to turn off the oven by setting the Function Selector back to "0".


## Programmed cooking

### 1 - Immediate start


**The oven starts heating immediately and stops automatically at the end of the programmed time.**

- Display the cooking time:

Turn the programmer knob to select the  indicator light. Press the knob.  flashes. Turn the knob to display the desired cooking time. After 3 seconds, your choice is validated.  remains on at half power.

(Ignore the flashing of the  light.)

- Set the Function Selector to the desired position  
- If desired, change the temperature using the Temperature Selector.

• To cancel the cooking time, select the  function. Press and turn the programmer knob to display 0.00.



• When the time is up, an audio signal sounds. To turn off the signal, press the knob and set the Function Selector back to "0".


### 2 - Delayed start



**The programmer automatically starts the oven at the programmed time.**

- **Make sure that the clock is set to the right time**

- To display the **cooking time**:

Select the  indicator light, then press the knob.  flashes. Turn the knob to select the desired cooking time, such as 1:30 for example.



The  indicator light flashes. Turn the knob to select the end time for the cooking operation (12:30, for example). Your choice is validated after 3 seconds.

The two indicator lights  and  remain on at half power.

- Set the Function Selector to the desired position.  
- If desired, change the temperature using the Temperature Selector.

At 11:00, the cooking starts.

- To change the end time, proceed as follows:

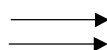
Select the  indicator light. Press the knob.  flashes. Select the desired end time (for example, 12:30). After 3 seconds, the time of day reappears.

• When the time is up, an audio signal sounds. To turn off the signal, press the knob and set the Function Selector back to "0".

**SOME EXAMPLES OF COOKING ON A SINGLE LEVEL**

Recipe	Cooking method	Temperature	Time	Tier	Comments	Pre-heat
<b>Bread (1kg loaf)</b>	Traditional assisted	210°C	30-35'	2	On enamel tray	Yes
<b>Individual puff pastries</b>	Fan	200°C	20-25' depending on thickness	2	On enamel tray	Yes
<b>Pizza (bread dough)</b>	Pizza	240°C	10-15'	1	On enamel tray	Yes
<b>Quiche lorraine (short pastry)</b>	Pizza	220°C	30'	1	Dish on enamel tray	Yes
<b>Cheese soufflé</b>	Traditional assisted	200°C	30-40'	2	20 cm diam. dish on enamel tray	Yes
<b>Pâté</b>	Tradition	180°C	50-60'	2	In bain-marie in enamel tray (hot water)	Yes
<b>Leg of lamb</b>	Fan grill	210°C	1 hour for 1,5 to 2 kg	2-1*	Meat on grill	No
<b>Gratinée potatoes</b>	Traditional assisted	200°C	40-45' depending on thickness	2	Dish on enamel tray	Yes
<b>Fish</b>	Tradition Fan grill	200°C 240°C	Depending on type of fish and thickness	2 2-1*	Fillets+liquid, enamel tray Whole on grill	Yes
<b>Chicken</b>	Fan grill	210°C	1 hour for 1,2 to 1,5 kg	2-1*	Meat on grill	No
<b>Roast beef</b>	Fan grill	210°C	Variable depending on the degree of cooking	2-1*	Meat on grill	No
<b>Roast pork</b>	Fan grill	210°C	1 hour for 1kg	2-1*	Meat on grill	No
<b>Roast veal</b>	Fan grill	210°C	1 hour for 1kg	2-1*	Meat on grill	No
<b>Stuffed tomatoes</b>	Traditional assisted	200°C	20-25'	2	Dish on enamel tray	Yes
<b>Brioche</b>	Baking	160°C	35-45'	2	Aluminium mould on enamel tray	Yes
<b>Cake</b>	Baking	160°C	60'	2	Aluminium mould on enamel tray	Yes
<b>Choux pastry</b>	Baking	200°C	20-25'	2	Small, non-sweetened profiteroles on enamel tray	Yes
<b>Crème caramel</b>	Tradition	180°C	30'	2	Individual ramekins in bain-marie start with hot water	Yes
<b>Sponge cake</b>	Baking	190°C	30'	2	On enamel tray	Yes
<b>Macaroons</b>	Baking	180°C	15-20' depending on size	2	On enamel tray	Yes
<b>White meringues</b>	Baking	70-80°C	3 hours depending on size	2	<b>Drying</b> for small meringues	Yes
<b>Golden meringues</b>	Baking	110°C	2 hours depending on size	2	<b>Drying</b> for small meringues	Yes
<b>Baked apples</b>	Traditional assisted	210°C	20-25' depending on size	2	Dish on enamel tray	Yes
<b>Shortbread</b>	Baking	190°C	10-15'	2	Enamel tray	Yes
<b>Apple tart</b>	Pizza	220°C	30'	1	Mould on enamel tray	Yes

X - Y\* in the tier column



X = grill or spit put at tier X



Y = enamel tray put at tier Y to recover the juices and fat

**NB the grill is always used indented downwards**



## Cooking tips

**Cooking is by definition the change from the raw to the cooked state.**

**The result obtained is assessed according to various criteria: colouring, any rise in the preparation, moistness, the degree of cooking wanted, etc..**

The oven settings (cooking temperatures and times) clearly depend on two important parameters :

- the volume of the preparation,
- the ability of the food to colour (amount of sugar or egg in the recipe).

**The cooking settings suggested in the table are given with very precise parameters so you may need to alter them slightly in order to adapt them to your own dishes and the degree of cooking you want.**

## Advice and recommendations

### MAINTENANCE, HYGIENE AND OVEN CLEANING

• You are recommended to clean the oven every time it is used, especially after roasting. This is because you should avoid allowing stains splashed during cooking to accumulate: they will get cooked again every time the oven is used and **carbonise, giving off smoke and unpleasant smells.**

- Using aluminium foil

**To prevent having to clean the oven floor, you may be tempted to cover the surface with aluminium foil. We strongly advise you not to.**

**Aluminium foil in direct contact with the hot enamel may melt and irreparably damage the enamel.**

### SAFETY

- **Accessible hot parts**

In **pyrolysis (self cleaning)**, the outer surfaces are hotter than during cooking: **keep young children well clear.**

### DO NOT WORRY IF..

Minor operating problems may occur, but these are generally due to a mistaken setting or a wrong assessment of an occurrence.

### 1. If during cooking your oven gives off a lot of smoke:

- Check that you have selected the right function as regards the cooking you wanted, chosen the right accessories and put the food into the oven at the recommended temperature.
- Also check the temperature selected, it may well be too high for the type of cooking in question.
- Check whether the oven may require cleaning. When stains resulting from food waste being projected on to the enamelled sides carbonise, they give off smoke and acrid smells.
- Splashed fat or spillages on very hot surfaces can produce smoke.

### 2. If cooking has finished but the fan continues to run:

- Even with the selector on "0", do not be surprised. It will stop when the oven has cooled down sufficiently.

### 3. If your oven does not heat up:

Check that:

- the fuses have not blown
- the main in-feed circuit breaker has not tripped,
- that there is not a power cut.

# Installation

## Built-in Installation

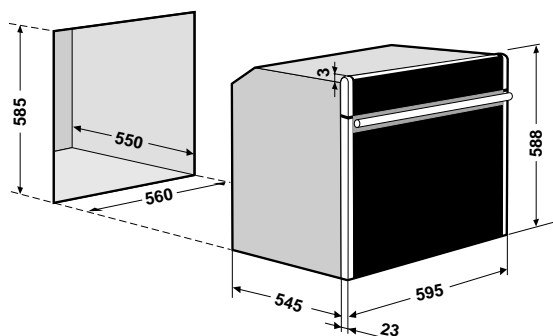
This oven can be built into any standard space in cabinetry whose dimensions meet European standards.

No special precautions are needed for its installation, due to:

- **Reinforced insulation** which limits heat exchanges,
- **Frontal ventilation** requiring no air inlet.

Installation must be carried out by a qualified professional and meet all applicable safety standards. The guarantee for the appliance does not cover any damage caused by improper installation.

Proper installation is also required to ensure the users' safety and a long useful life for the appliance.



**To fix the oven in place**, open the door and fasten the 2 screws (provided with the appliance) in the 2 corresponding holes.

## Power connection

Before connecting the power, the meter must be checked to verify the conditions for the delivery of the available electrical energy — number of phases, voltage, maximum power necessary — which must be compatible with the Indesit appliance in question.

Indesit ovens can be adapted to the following electrical installations:

Electrical connection	Voltage Frequency	Power	Fuse
	FR-BE-CH-DE-DK-ES-IL-GB-IT-NL-AT-GR- RE-MA-LU-IE-FI-PT-NZ SE-IS 230 V 1+N 50 Hz	2,99 kW	16 A 1,5 mm
	FR-BE-NO 230 V 2 50 Hz	2,99 kW	16 A 1,5 mm
	CY-MT-AU-NZ-KW 240 V 1+N 50 Hz	3,26 kW	16 A 1,5 mm



Appliance meeting CE standards according to directives:  
DBT 73/23 CEE modified by directive 93/68/  
CEE CEM 89/336/CEE

## There are two ways to connect the oven during installation:

- By using an electrical plug,
- By using a connection panel.

In both cases, refer to the table above for the minimum diameters of the wires and the calibration of the protective components according to the type of connection.

If the appliance is connected using a **connection panel**, an **omnipolar switchgear** with a minimum distance between contacts of 3 mm must be installed upstream from the connection of the appliance.

We recommend that you use a power cord that is long enough to allow the oven to be pulled out for maintenance operations. Use only cables of HAR - H 05 - RRF quality equipped with a plug that complies with the regulations of the country where the installation takes place. The plug must be accessible.

**Before any maintenance or repair operation, including replacing the light bulb, you must first disconnect the appliance.**

**It is hazardous to operate an appliance that has not been properly earthed.**

**Important:** After connecting the appliance to the flexible cable, tighten all the screws of the terminal plate.





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