

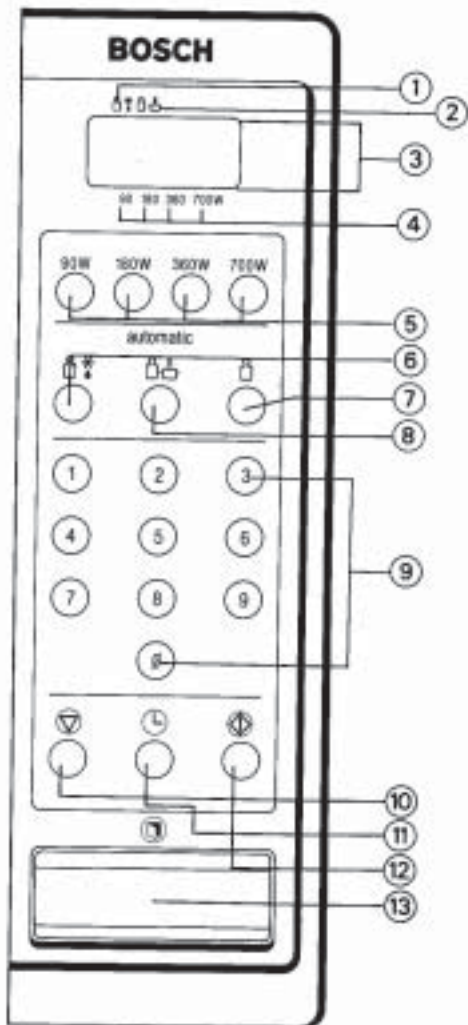
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Description

Overall view of the appliance

- a. Oven door with inspection window (the appliance can be switched on only if the oven door is well closed)
- b. Rotary plate (roller ring and glass plate)
- c. Venting openings (the cooling blower operates automatically while cooking is being done)
- d. Oven lighting (the lamp lights up automatically when the oven door is open or during operation)
- e. Operating panel with electronic clock, preselection switch, keys and door opener.



For explanation of symbols, [click here](#)

For operating procedures, [click here](#).

View of the Operating Panel

- 1) Control lamp for thawing with weight automat
- 2) Control lamp for cooking with weight automat
- 3) Electronic clock with luminous numerals
 - for the time of day displays in hours and minutes
 - for the thawing and cooking time display in hours and minutes or in minutes and seconds
 - for the weight display in kilogrammes and tenths of a kilogramme.
- 4) Control lamp for 4 power stages
- 5) Power selection keys for time input
 - 700 watts for cooking and heating up
 - 360watts for roasting

180 watts for thawing and simmering

90 watts for gentle thawing and simmering small quantities

See also microwave cookery book!

6) Programme key for “Thawing with weight automat”: [click here to go to section on automat thawing](#).

7) Weight key

8) Programme key for cooking: [click here to go to section on cooking with weight automat](#).

9) Input key for time and weight

10) Off and cancel key

11) Time of day key

12) Starting key

13) Door opener

This appliance was produced to BS 800 1983.

Acoustic signal

After completion of a programme, you will hear a bleeping sound for a minute, afterwards the microwave appliance is completely switched off. The bleeping sound stops when you open the door or by pressing the off key twice.

Explanation of symbols

(See View of Operating Panel, [click here](#))

(1) = weight automat thawing

(2) = weight automat cooking

(7) = weight input key

(12) = starting key

(11) = time of day

(10) = switching off, cancellation

(13) = opening door

700 watts for cooking and heating up

360 watts for roasting

180 watts for thawing and simmering

90 watts for gentle thawing and simmering of small quantities.

Setting up and connection

The enclosed white double card must be observed only in the Federal Republic of Germany.

In countries other than the Federal Republic of Germany, you may discard this card.

Set up the microwave appliance on a solid, even base. The ventilation openings on the rear and the bottom of the microwave appliance may not be covered.

The microwave appliance may be connected only to a regularly installed socket with earth contact. The fuse must be at least 10 amperes. The line voltage must be the same as the voltage given on the nameplate of the microwave appliance.

Place the plastic ring with the rollers into the recess in the oven. Engage the glass plate into the drive in the middle of the oven.

Important instructions

(1) In case the door is damaged or destroyed (glass breakage) or this happens to the door

sealing areas, the microwave appliance may not be operated until it has been repaired by a customer service expert.

(2) The door must close well. Dirt and foreign objects in the area of the door sealing surfaces (rags, paper, food remnants) must be removed.

(3) No objects may be stored in the oven when the appliance is not being used, which could cause a hazard in case of unintentional switching on. (e.g. cookery books or kitchen towels can char or even burn; metal parts can spark.)

In case of failure of an electronic component, the microwave appliance can only be switched off by pulling out the mains plug or by the existing circuit breaker on the installation side, e.g. series-connected fuse/fuse automat.

If material should ignite inside the appliance, leave the door closed and pull the mains plug from the socket or interrupt the power feed at the fuse box.

(4) Do not operate the microwave appliance without food in the oven!

(5) Protect the microwave appliance against excessive heat and against moisture. Occasionally condensation water will develop on the inspection pane or on the inside walls. This is normal. Please wipe off after completion of the cooking operation.

(6) Do not use the microwave appliance without the glass plate supplied with it and do not place food directly on the glass plate

(7) Do not use any metal containers. The microwaves cannot penetrate the metal containers and the food, will not become warm in them .

Metallic objects, such as spoons, skewers, small pieces of aluminium foil (to protect parts of the foods against excessive cooking) etc. must be at least 2 cm away from oven walls and the inside of the door. Any sparking could destroy glass on the inside of the door. Whenever you see sparks, switch off the microwave appliance and use other non-metallic containers or objects. For suitable containers, see “Practical Tips”.

(8) Do not cook or heat completely raw or hard-boiled eggs in the microwave appliance! They can burst and there exists the danger of becoming burnt.

Place broken eggs into the appliance only after piercing the yolk!

(9) Be sure that no liquid can get into the inside of the appliance through the rotary plate drive.

(10) Do not open the housing - the microwave appliance operates with high voltage!

(11) Turntable can turn in either direction.

Operation

(To see Operating Panel, [click here](#))

Setting the time of day

Insert mains plug. The comma in the display panel lights up.

1. Press the time of day key (11).

Input the time of day with the input key (9).

2. Wait for 8 seconds. The time of day has been firmly set.

Cancelling the time of day:

Press time of day switch twice within 2 seconds. In case of power failure or pulling out the mains plug, the time of day will also be cancelled. Then reset the clock as described above.

Note: During a cooking or thawing process, the time of day display goes out. After completion of the programme, the time of day re-appears automatically.

If you want to see the time of day during the process of a programme, then press the time of day key once. The time of day is displayed in hours and minutes up to midnight. After midnight, the display begins again at 0.01 o'clock.

As soon as the cooking process has been completed, an acoustic signal will sound for one minute (30 times).

By pressing the cancel key (10) twice, or by opening the door, the signal will stop.

Cooking or thawing with time setting

Special recipes or foods are prepared with manual time setting. Usually, only one power selection key is used.

You will find time and power data in the supplied cookery book.

Setting “Cooking” and “warming up”=700 w

Setting “roasting”=360 w

Setting “thawing”=180 w (gentle thawing=90 w)

Setting ‘simmering’=180 w (simmering of small quantities=90 w)

Cooking or thawing with one power selection key

(For view of Operating Panel, [click here](#))

Example: 5 minutes and 40 seconds with cooking setting (=700 w) are necessary.

Place food in appropriate vessel on the glass plate. Close door.

1. Press the power selection switch 700 w
2. Set the cooking time 5.40 with the input key (9).
3. Press starting key (12). The cooking process begins and the cooking time expires by seconds. The control lamp now blinks.
4. After completion of the cooking time the accoustical signal sounds and the appliance switches off. The electronic clock again shows the time of day. Open door and remove food.

Interruption of the cooking process:

If you open the door, cooking will be interrupted. After closing the door restart. Cooking will be continued.

If the cancel key (10) is pressed, the process is also stopped.

To continue it, press the start key again.

Premature ending of the cooking process:

Press the off key (10) twice. The programme is cancelled and the appliance switched off.

Note: If a time of more than 60 minutes is input, the display appears in hours and minutes, eg.1h15.

Cooking or thawing with two or three power selection keys

For simmering or thawing, two or three different power stages are often necessary. With your microwave appliance, you can have them operate successively automatically.

The sequence of the power steps can be whatever you want, e. g.:

- Thawing with 180w and then cooking with 700 w or
- Parboiling with 700 w and then simmering with 90 w

Example for the operation for cooking with two (or three) power stages in succession:

Meat soup is parboiled for 15 minutes with 700 w, simmered for 1 hour with 180 w (and optionally kept warm for 30 minutes with 90w):

(For view of Operating Panel, [click here](#))

Place closed soup tureen on the glass plate. Close door.

1. Press the power selection key (5) for 700 w, the 700 w control lamp lights up; then input the cooking time 15.00.

2. Press the power selection key (5) for 180W , the 180W control lamp lights up; then input the cooking time 60. 00.
 3. After 3 seconds, the sum of the two times will appear, 1 h 15 in the display panel (3). Both control lamps will light up if only these two power stages are used, omit points 4 and 5 and continue under point 6.
 4. Press the power selection key (5) for 90 W, the 90 W control lamp lights up; then input the cooking time 30.00.
 5. After 3 seconds. the sum of all three times 1 h 45 appears. All three control lamps are lighted.
 6. Press starting key (12).
- The cooking process begins with the power stage 700 w first set. The 700 w control lamp now blinks. The time runs down by minutes.
- After the automatic resetting to the next power stage. The respective control lamp blinks.
7. After expiration of the entire time. The signal sounds, the appliance switches off and the time of day is again displayed.

Open door and remove vessel.

(For view of Operating Panel, [click here](#))

Note:

Up to three power stages can be set in succession. The maximal operational length per stage is 90 minutes, meaning a total of up to 4 hours and 30 minutes.

Thawing with weight automat

With this system, foods are automatically thawed by weight. All you have to do is to input the weight of the food into one of the six thawing programmes and the microwave appliance then operates automatically with the correct power stage and the right time.

The weight is input in tenths of a kilogram m e. See below for further practical tips

Operation

Example: Poultry weighing 2.5 kg is to be automatically thawed .

Place poultry in suitable vessel on the glass plate. Close door

1. Press the key “Thawing with weight automat” (6) and the corresponding lamp will light up.

Press the input key (9) for programme 2.

2. Press the weight key (7) and then input the weight of 2.5 kg with the input key (9).

3. Press start key (12). Thawing begins, control lamp for thawing now blinks. The thawing time runs down by minutes.

4. After completion of the thawing time, the acoustic signal sounds and the appliance switches off. The electronic clock again displays the time of day. Open door and remove thawed poultry.

(For view of Operating Panel, [click here](#))

Interruption of the automatic thawing process:

If you open the door, the thawing will interrupted. After closing the door, restart. The thawing will continue.

If the cancel key (10) is pressed once, the programme will likewise be interrupted. To continue the programme, repress the start key (12).

Premature ending of the automatic thawing process:

Press the off cancel key (10) twice The programme will then be cancelled.












Note: Every thawing programme has a maximum amount which can be input. Larger weight inputs will not be accepted by the appliance.

Practical tips for thawing with weight automat.

- Place food to be thawed on suitable porcelain or glass dish .
 - Thaw everything without exception uncovered.
 - Possibly turn particularly high or large pieces once after half the thawing time.
 - The thawing programme is designed for whole pieces (whole roasts, whole loaves of bread).
- Food in small pieces that is to be thawed (goulash meat, slices of bread) can possibly thaw more quickly and can be removed before end of the programme.

Important instruction for thawing with weight automat:

You will get the best result from thawing meat and fish if you place the food to be thawed on a turned-over bowl or glass form 5 to 6 cm high putting this in turn on the rotary plate. When the thawing time has elapsed, let the food continue to thaw for around 5 minutes.

Programme	Food	Weight from to	Practical tips
① 	Beef, pork, lamb, game	100 g to 2.5 kg 3 oz to 5 lb 9 oz	Place the fat layer facing up 
② 	Poultry	100 g to 2.5 kg 3 oz to 5 lb 9 oz	Place with the breast side down 
③ 	Minced meat	100 g to 1.5 kg 3 oz to 3 lb 5 oz	Freeze in flat patties up to 3 cm high 
④ 	Vegetables	100 g to 800 g 3 oz to 1 lb 12 oz	
⑤ 	Fruit cake	100 g to 1.5 kg 3 oz to 3 lb 5 oz	
⑥ 	Bread Cakes (dry types such as pound cake)	100 g to 1.5 kg 3 oz to 3 lb 5 oz	

The input keys 7, 8, 9, 0 are not activated for the programme "Thawing with weight automatic" and are not used for this process.

Cooking with weight automat.

With this device, foods are automatically cooked by weight All you have to do is to input the weight of the food being cooked into one of the six cooking programmes (8) and the microwave appliance then cooks automatically with the right power stage and the correct time.

The weight is input in kilogrammes and/or in tenths of a kilogramme. See below for further practical tips

Operation:

Example: A pork roast with 15 kg is to be roasted automatically.

(For view of Operating Panel, [click here](#))

Place roast in suitable vessel on the glass plate. Close door.

1. Press the key “Cooking with weight automat” (8) and the corresponding control lamp will light up. Press the input key (1) for cooking programme.

The input keys 7, 8, 9, 0 are not activated by the programme “Cooking with weight automat” and are not used for this process.

2. Press weight key (7) and then input the weight of 15 kg with the input key (9).

3. Press starting key (12). Roasting starts, the control lamp for cooking now blinks. The roasting time runs off by seconds.

4. After completion of the roasting time, the acoustic signal sounds and the appliance switches off. The clock again shows the time of day. Open door and remove the finished roast.

Interruption of the automatic cooking process:

If you open the door, the cooking will be interrupted. After closing the door, restart. Cooking will be continued.

If the cancel key (10) is pressed once, the programme will likewise be interrupted. To continue the programme, repress the start key (12).

Premature ending of the automatic cooking process:

Press the off key (10) twice. The programme is cancelled and the appliance switched off.

(For view of Operating Panel, [click here](#))

Note: Each cooking programme has a maximum amount which can be input. Larger weight inputs will not be accepted by the appliance.

See Table of Practical Tips for weight automatic cooking, below.

Practical tips for cooking with weight automatic

- Cook whole roasts and fish on appropriate glass or porcelain plate **without** cover.
- Cook fish fillet, potatoes and vegetables in appropriate bowl with cover.
- Before carving, let roast shrink for 5 minutes to prevent escape of juice. After the end of the programme, the roast will be well done.

Programme	Food	Weight from ... to ...	Practical tips
①  	Pork roast (without rind) Lamb	100 g to 1.5 kg 3 oz to 3 lb 5 oz	Score fat layer in squares and lay downwards
②  	Meat loaf	100 g to 2.0 kg 3 oz to 4 lb 7 oz	Cook whole only
③  	Smoked pork rib roast	100 g to 1.5 kg 3 oz to 3 lb 5 oz	Score fat layer, and place with bones facing down
④  	Fish	100 g to 1.5 kg 3 oz to 3 lb 5 oz	
⑤  	Kohlrabi in slices Cauliflower in clusters Paprika in strips	100 g to 1.0 kg 3 oz to 2 lb 3 oz	One tablespoon (10 ml) of water for each 100 g
⑥  	Potatoes	100 g to 1.0 kg 3 oz to 2 lb 3 oz	Boil well covered

Tips for cooking practice

Microwaves generate the heat directly in the food. This means that it happens particularly fast, preserverly and with energy saving,

Container:

The container must permit passage of the microwaves.

(1) **Well suited:** Glass, porcelain, stoneware, clay, glass, ceramics, heat-resistant plastic (e.g. including roasting foils)

(2) **Unsuited:** Metal containers, containers with metal decoration or with metal or wooden parts, plastic foils, lead crystal.

Practical Tips:

* Do not cook the food too long! The cooking and heating times are short in the microwave appliance, it is therefore easy to oversee the time when the dish is done. Preferably set a shorter time and then continue the cooking as needed.

* Do not put too much at one time into the microwave appliance. Small portions cook better than large ones. It can be more favourable to cook two portions in succession than to heat or cook both of them simultaneously.

* The larger the quantity is, the longer the cooking and heating time will be.

Rule of thumb:

double quantity = double time, half quantity = half time.

If you therefore have other quantities than those given in the cookery book, you can lengthen or shorten the time accordingly using this rule of thumb.

* Flat foods cook faster than thick ones, therefore distribute the foods as flat as possible. Also avoid placing several different foods in layers on top of each other.

* The foods should in every case be prepared in closed vessels. If you do not have a lid to fit the vessel, take a plate, heat-resistant plastic foil or sandwich paper. Roast or fried foods, which are to be heated, or those which are to receive a good crust (e.g. meat loaf) are not covered.

* With some foods (for example, stews) it may be necessary to stir them or to turn them (for example, large roasts).

* The microwave does not brown all foods. The longer the cooking time, the greater the degree of browning. There is also a special browning vessel for the microwave appliance. Meat and poultry are given a lovely colour if fine sweet paprika powder is scattered on them, or brushed with soy sauce.

* Foods with strong skins (e.g. apples, tomatoes, potatoes, sausages) must be pierced in advance so that the skin does not burst.

* Various foods heat up at different rates. To prevent those parts of a meal heating up too much with simultaneous heating, they should be covered with aluminium foil.

Example:

Meal consisting of meat, mashed potatoes, vegetable. Cover the mashed potatoes after a while.

*You can dispense with adding fat and water in the usual quantities. It is sufficient to moisten the foods with water and to brush roast dishes with a little fat.

* With microwave cooking you should be sparing with spices and salt, since the particular flavour of the foods remains largely preserved-

* Since the food heated up in the microwave appliance produces heat in the container, it can become hot. Be sure therefore that when you cook with microwaves the potholders are always ready for use.

* When you have removed the foods from the microwave appliance, let them stand for a while, the heat then becomes uniformly distributed.

Care of the microwave appliance

Keep your microwave appliance clean. Contaminations can lower the efficiency of the microwave appliance. It is usually sufficient to wipe out the oven with a moist cloth. In case of great contamination you can use a customary cleaning agent (e.g. detergent). Do not use an oven spray, a scouring pad or scouring powder. The inside and the inside of the door may not be scratched or damaged. In case of damage or destruction of the door or of the door sealing surfaces, the microwave appliance may not be used until it has been repaired by a customer service expert.

Cleaning the glass plate and the drive:

Take out the glass plate and clean it. Likewise keep the plastic ring with the roller clean so that perfect rotation is possible. Wipe out the recess in the oven with a moist cloth (possibly with detergent) - but be sure that no liquid runs through the drive into the inside of the appliance. The glass plate and the roller ring may also be cleaned in the dishwashing machine.

Cleaning the housing:

Wipe off the housing with a damp cloth - possibly with a mild cleaning agent - and dry with a soft cloth.

Maintenance and repair

This product meets the pertinent safety regulations for electrical appliances. Only specialists may make repairs to electrical appliance. Considerable hazards can arise for the user from improper repairs.

Eliminate small disturbances yourself:

The microwave appliance does not operate at all:

- Is the door well closed?
(If food residues, small articles are clamped in the door, it will not close properly, and the microwave appliance does not operate)
- Has a time and an output been set?
- Has the starting key been pressed?
(After the door has been opened, you must restart.)
- Is the plug correctly in the socket?
- Is the fuse in order?
(Check the socket with another appliance, e.g. hair dryer, electric hand beater, floor lamp.

Foods become hot and done more slowly than previously:

- Was the selected output too low?
- Have you placed a larger amount than otherwise into the microwave appliance?
- Were the foods colder than previously before you placed them into the microwave appliance?

The rotary plate makes a scratching, grinding noise during operation.

- Thoroughly clean plastic roller ring: and oven recess.

Technical data

Power supply: 220/240 v, 50 Hz

Power consumption: 1400w

Output power: 90 / 180 / 360/ 700 w

Frequency: 2450 MHz

Exterior dimensions:

530 x 366 x 356 mm (w x d x h)

Oven dimensions:

350 x 320 x 259 mm (w x d x h)

Weight 16 kg (35 lb)

Special Accessories

Browning vessel BMG 2 (illustration omitted).

Alterations reserved

Customer service

Whenever you ask for our customer service, please give the E-number and the FD-number of your appliance. You will find these numbers on the nameplate on the back of the appliance (see also diagram below).

ROBERT BOSCH HAUSGERÄTE GMBH HMG762B 220 V-50 Hz 1400 W
E-Nr. 0750491180 FD 2450 MHz 700 W

Typ HMG762B FTZ-Nr. C-154/87T
Made in Japan Patented in Japan

1 E-Nummer
2 FD-Nummer

Kundendienst
Wenn Sie unseren Kundendienst anfordern, geben Sie bitte die E-Nummer und die FD-Nummer Ihres Gerätes an. Sie finden diese Nummer auf dem Typenschild an der Rückseite des Gerätes. Bitte die Daten Ihres Gerätes hier anfragen.

Garantie
Bundesrepublik Deutschland und Berlin (West) siehe letzte Seite.
Im Ausland gelten die von unserer jeweils zuständigen Landesvertretung herausgegebenen Garantiebedingungen. Diese können über Ihren Fachhändler, bei dem Sie das Gerät gekauft haben oder direkt bei unserer Landesvertretung angefordert werden.

ROBERT BOSCH HAUSGERÄTE GMBH
E-Nr. HMG762 BGB/01 FD HMG762 BGB
Typ HMG762 BGB 240 V-50 Hz 6,0 A 1400 W
Made in Japan Patented in Japan 2450 MHz 700 W

Änderungen vorbehalten