# Monthly Update: Training Center





## May 2015

### **Bosch Speed Microwaves Ovens...**

The Bosch speed microwave oven is an upgrade over the standard microwave oven. It offers fast and oven-quality cooking with five modes: Bake, Broil, Convection, Microwave and AutoChef Combination.

#### More Than Just A Microwave!

Model # HMC80151UC (30") Item # 593693

Model # HMC87151UC (27") Item # 593692







Beyond ordinary microwaving, this oven functions as a full second oven. It's the only oven your customer needs for dinner. Broil chicken thighs and cook side dishes. Bake perfectly even cookies with convection for dessert. Then reheat leftovers the next day.

#### Benefits of a Speed Microwave

- Saves time and provides cooking results found in a conventional oven
- Microwave and convection are combined to reduce cooking times by 1/3 or 1/2 over conventional ovens, depending on the food type.
- Use as a second oven to cook more dishes at once, or use instead of a larger oven to heat a smaller space
- Can be used as a microwave, convection microwave or speed microwave

Speed Microwave is available as part of a combination wall oven!

Model # HBL5751UC (500 Series) Item # 605312

Model # HBL8751UC (800 Series) Item # 472492



#### **Other Cooking Modes**

Frozen Foods – Use the frozen foods feature to prepare frozen convenience foods like chicken nuggets or french fries

Pizza – Use this mode to cook 3 different types of pizza: Frozen, Fresh or Microwave

Convection Broil – Uses the broil element combined with the convection fans. Ideal for cooking chicken breasts or fish filets

Convection – Circulates hot air through the oven cavity with a fan. Ideal for cooking biscuits, cookies, or dinner rolls

### **Cooking Made Easy With AutoChef!**

With AutoChef you can select from nine different foods. You only have to enter the weight and AutoChef calculates the fastest cook time for best results!

Auto Chef Program	Weight range	Cooking tips	Food placement	Stand time (minutes)
1 - Chicken Breast	0.5 - 3.0 lbs	Use with boneless chicken breasts. Turn chicken over at beep. Small pieces cook faster.	Wire rack, facing down	5 to 10
2 - Chicken Thighs	0.5 - 3.0 lbs	Place thicker ends toward outside. Turn chicken over at beep. Small pieces cook faster.	Wire rack, facing down	3 to 8
3 - Whole Poultry	1.5 - 4.5 lbs	Start cooking with breast side down. Turn over at the beep.	Turntable	5 to 10
4 - Beef Roast	0.5 - 3.25 lbs	Suitable for beef roast 2" or less. Turn over at the beep.	Turntable	5 to 10
5 - Pork Tenderloin	1.0 - 3.0 lbs	Tuck under thin ends. Turn over at the beep.	Wire rack, facing down	5 to 10
6 - Pork Chops	0.5 - 3.0 lbs	Suitable for pork chops 1/2 to 1". Turn chops over at beep.	Wire rack, facing down	3 to 8
7 - Meatloaf	1.0 - 3.25 lbs	Suitable for meatloaf 3" or less. Food is not turned. Add ketchup last 10 - 15 minutes of cooking.	Turntable	5 to 10
8 - Fish Fillets	0.5 - 2.0 lbs	Brush fillets with vegetable or olive oil. Food is not turned. Tuck under thin ends.	Wire rack, facing down	2 to 3
9 - Brownies	16 servings	Food is not turned. For best results use a 9" metal pan.	Wire rack, facing down	Cool

#### How it works

- 1. Touch the AutoChef button
- 2. Select the type of food you want to cook (1 to 9)
- 3. Enter the weight of the food you want to cook
- 4. Touch Start/Enter. Auto Chef will set the appropriate cook time and start counting down
- During cooking a beep will sound and "Turn Food Over" will show on the display. Turn food over and touch Start/Enter
- Once the cooking has complete a beep will sound and the appliance will turn off

#### **Benefits of AutoChef**

- Takes the guesswork out of cooking some of the most common foods
- Cooking time is automatically calculated so users aren't guessing when it will be done
- Excellent cooking results in a shorter amount of time

For any additional questions on speed microwaves, please contact our product specialists through our sales support website: <a href="https://www.askboschlowes.com">www.askboschlowes.com</a> Live Chat: Mon-Fri 8:30AM to 6:00PM EST Outside of chat hours? Submit a question and receive a response within 24 Hours.