



Stop



Microwave



Grill



Forced Air



Dual Crisp



Chef Menu



Auto Clean

12:35



Start



Jet Reheat



Jet Defrost



Combi



Dual Steam



Special Menu



Stop TT

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## GOURMET FLEXI

33L 6-IN-1 TABLE TOP MICROWAVE

DUAL CRISP TECHNOLOGY

 ARISTON

GOURMET FLEXI 

## DUAL CRISP TECHNOLOGY

PROFESSIONAL COOKING RESULTS EVERY TIME

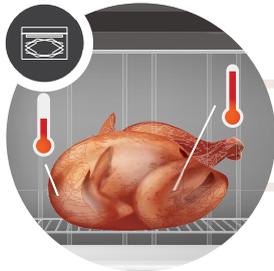


Gourmet Flexi ensures even cooking results and perfectly cooked food just like a traditional oven but with much lesser time whilst also sparing you from turning the food during the cooking process. This is made possible with Ariston's exclusive Dual Crisp technology that combines microwave dual emission with Crisp Plate to ensure crispy and tasty food every time.

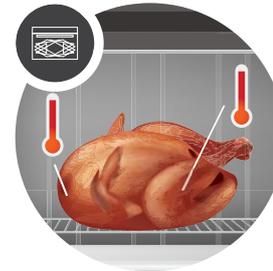


## DUAL EMISSION TECHNOLOGY

This innovative technology optimises the microwaves distribution to ensure top-quality cooking. The microwaves enter from two different entry points and spread uniformly in all directions within the cavity by bouncing off the inside walls. Thanks to this multidirectional movement, the microwaves reach the food on all sides, thus cooking it evenly whilst reducing time and energy consumption.



Single Emission



Dual Emission

SCAN FOR  
MORE INFO



## 6 IN 1 COOKING METHODS

VERSATILE COOKING FOR CHEF-LIKE RESULTS

### DID YOU KNOW?

The 33 Litres capacity of Gourmet Flexi is great for medium sized household, with an extra wide capacity for roast meals.

6 cooking modes have been combined into a single appliance, helping you in your preparation of dishes for every occasion. With Gourmet Flexi, prepare haute cuisine in the convenience of your home and ignite the connoisseur in you.



#### 1. FORCED AIR (PRECISION BAKE)

This cooking mode is ideal for delivering cooking results like a traditional oven. Attain ultra precise temperature control with 5°C regulation, keeping the temperature stable throughout the entire cooking process.



#### 2. DUAL CRISP

This exclusive function allows for perfectly golden brown results on both surfaces of the food. The crisp plate rapidly reaches the preset temperature and begin to brown and crisp the food.



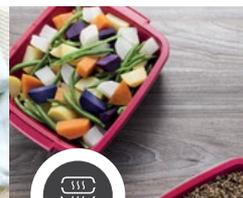
#### 3. DUAL CRISP FRY

The Dual Crisp Fry program ensures that no oil is required to deliver ultra light crunchiness while keeping its moisture internally i.e. tempura quality.



#### 4. MICROWAVE

The ideal function to cook or reheat food and beverages quickly and evenly, while preserving all the nutrients of the food.



#### 5. DUAL STEAM

The ideal solution to obtain healthy and natural tasting dishes. Steam, cook or boil different food items simultaneously without mixing their flavours, thanks to the two spacious 2.7 litres containers that can be joined together or used separately.



#### 6. GRILL

This function is used to brown foods and create a grilled or an irresistible gratin effect. The XXL grill ensures a perfect coverage and yummy finishing.

### SUGGESTED FOOD

Meringues, pastry, cake, soufflés, poultry and roast meats.

Dough based food such as bread rolls, croissants, pizzas and quiches.

French fries, nuggets, breaded food and croquettes.

Popping popcorns, melting, cooking of fish, meat etc.

Steam cook foods such as vegetables and fish.

Cheese toast, hot sandwiches, potato croquettes, sausages, vegetables.



## YOUR HANDY SOUS-CHEF

IGNITE YOUR CREATIVITY FOR ALL OCCASIONS  
WITH THE ASSIST OF 1 BUTTON



### CHEF MENU

Gourmet Flexi offers 40 easy-to-prepare and tasty automatic recipes. Dishes range from starters to desserts, for everyday meals and even special occasions. With a simple and intuitive guide, the best cooking results are guaranteed every time.



### SPECIAL MENU

Gourmet Flexi offers special functions to meet even the most special needs with one touch.

**Dough Rising** is the ideal function to rise dough at a stable temperature of 37°C.

**Soft Melting** allows you to soften or melt different foods such as ice cream, butter and cheese in a very short time.

**Keep Warm** can be activated to keep your dishes warm prior to serving.



### AUTO CLEAN

Save your time and effort in cleaning the microwave. The Auto Clean program will help you to clean the microwave cavity, remove dirt and odour in just a few minutes without the need for chemicals.

# MWO (IEC) COOKING PERFORMANCE EVALUATION REPORT AGAINST COMPETITORS

		ARISTON	BRAND A	BRAND B
<b>MICROWAVE</b>	Defrost - 500g minced meat	3.7	3.1	3.0
	Reheat - 2 cups water	4.4	3.7	4.0
	Cook - Sponge Cake	4.0	3.5	3.5
<b>GRILL</b>	Toast	4.5 100% area coverage with slight uneven colour. 	3.5 73.8% area coverage. 	4.0 83.8% area coverage. 
	<b>FORCED AIR</b> Small Cake	4.0 <b>Cook time: 26m</b> Top and bottom sides even colouring, cake well done. 	1.5 <b>Cook time: 33.5m</b> Top and bottom sides less even colouring, uneven cooking results. 	1.0 <b>Cook time: 39m</b> Top and bottom sides less even colouring, cake undercooked partially. 
<b>DUAL CRISP</b>	Frozen Pizza	4.0 Well cooked on both sides, crispy. 	Not Applicable	Not Applicable
<b>DUAL CRISP FRY</b>	Quiche	4.0 Well cooked, even colour on both sides. 	Not Applicable	Not Applicable

The tests below are conducted in Ariston's Tech lab on Ariston's MWO against competitors' equivalent under the same conditions.

Testing field: Ambient Temp: 23±2°C



## RECIPES

### HOME-MADE PIZZA

#### INGREDIENTS

- 600g bakers flour
- 2 teaspoons dry yeast
- 2 teaspoons caster sugar
- 3 tablespoons olive oil
- 350ml milk, lukewarm
- 1 teaspoon sea salt

#### TOPPINGS

- 400g Napolitana sauce
- 100g mushrooms, sliced
- 80g roasted capsicum, sliced
- 60g kalamata olives, halved
- 1/2 punnet cherry tomatoes
- 200g mozzarella cheese, grated
- 120g smoked ham, chopped
- 1 small chorizo sausage, sliced
- Chilli flakes (optional)

#### METHOD

1. Make your pizza dough by combining all ingredients in a large mixing bowl. Work with your hands until well combined. Spread out onto a floured bench and knead for 5-8 minutes until dough is firm. Roll into a ball and place in a lightly greased large mixing bowl, cover with cling film and leave to rise until doubled in size. Leave in a warm area and rest for 15 minutes.
2. Once risen, knock back the dough and portion into 150g balls then allow to rest for a further 15 minutes.
3. Preheat the Dual Crisp Plate for 2 minutes on Dual Crisp function. Roll out one of the dough balls with a rolling pin into a rough 9 inch round base. Place the base on the Dual Crisp Plate.
4. Make the pizza by smearing Napolitana sauce over the base allowing a 1cm gap around the edge. Lightly sprinkle some mozzarella over the base. Add your toppings making sure to not overcrowd the pizza. Finish the pizza off with more cheese then place in the microwave on Dual Crisp function for 7 minutes or until golden brown.
5. Slice pizza into six pieces and garnish with fresh basil leaves.

SCAN FOR  
MORE RECIPES

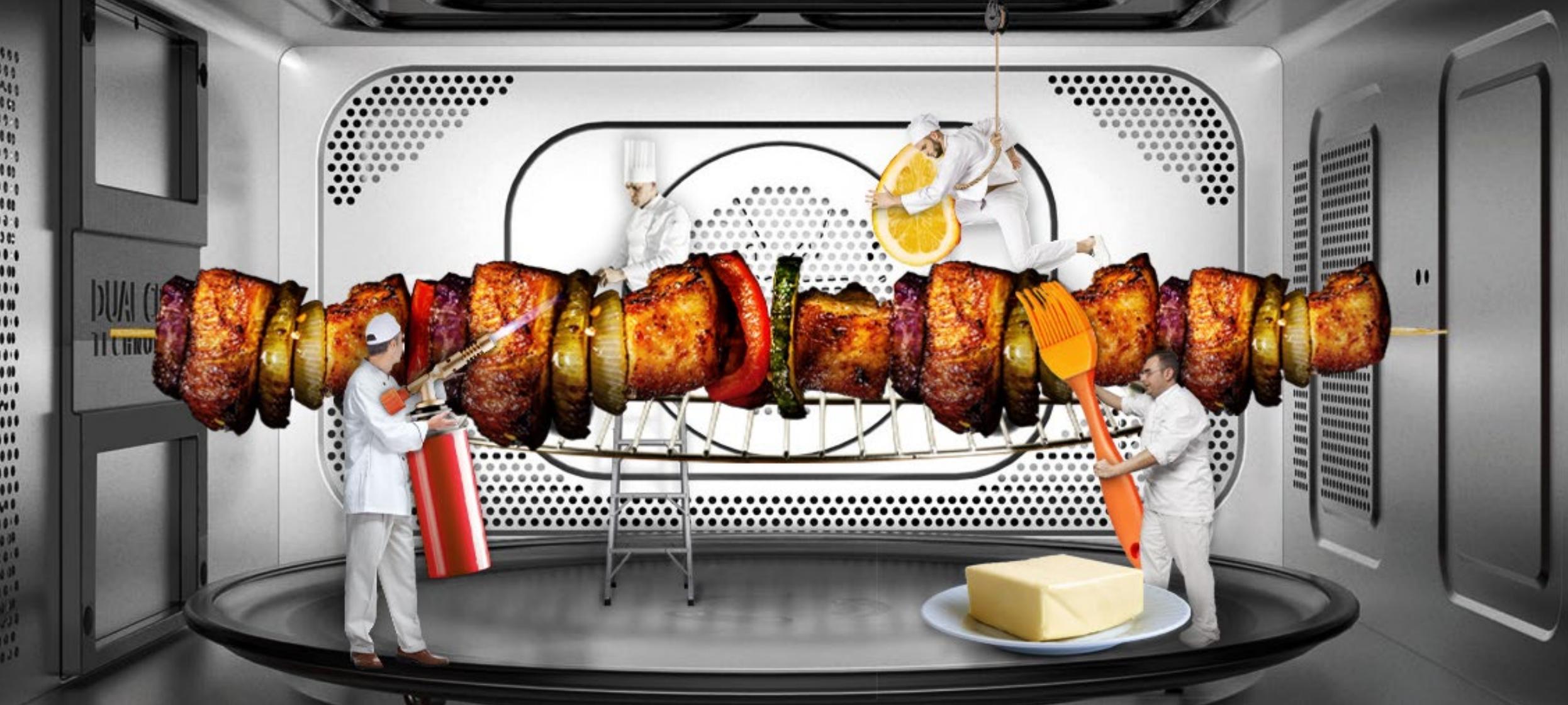


## TECHNICAL SPECIFICATIONS

CAVITY	33 Litres
CONTROL	Electronic Touch Control with Rotary Knob
MICROWAVE OUTPUT POWER	900W
FORCED AIR POWER	1700W
GRILL POWER CONSUMPTION	1200W
PRODUCT DIMENSION (W*H*D)	490x373x540mm
WEIGHT	26.6kg



Ariston Cooking Singapore  
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TECHNO