



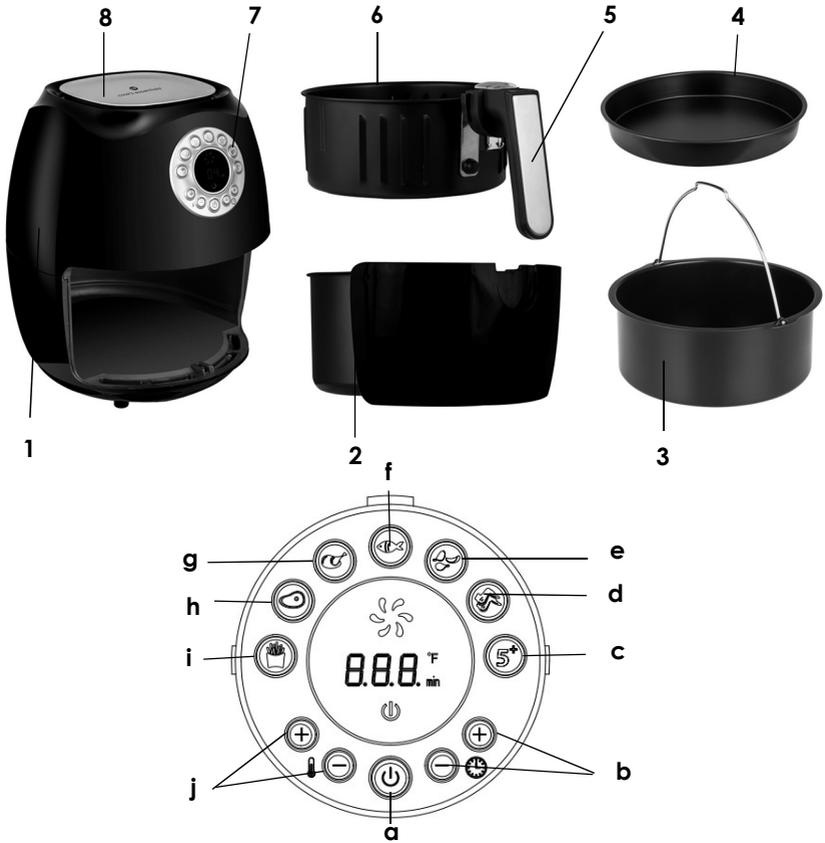
cook's essentials®

3.4 QT DIGITAL OIL-LESS FRYER



120V~60Hz 1500W (12.5A)

PARTS DESCRIPTION



1. Main Housing
2. Basket holder
3. Barrel pan
4. Pie pan

5. Basket Handle
6. Food basket
7. Digital control panel
8. Air inlet ring

- a. On/off button
- b. Time control setting
- c. "+5" setting (adds 5 minutes)
- d. Chicken wings setting
- e. Chips setting

- f. Fish setting
- g. Chicken breast setting
- h. Steak setting
- i. French Fries setting
- j. Temperature control setting

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. READ ALL INSTRUCTIONS BEFORE USE!

2. Check that the voltage in your home corresponds to that stated on the rating label under the appliance.
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electrical shock, fire or personal injury, do not immerse cord, plugs, or the appliance in water or other liquid.
5. Close supervision is necessary when any appliance is used by or near children. As a rule, this appliance is not intended to be used by children.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors.
10. Do not let the cord hang over the edge of a table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. To disconnect, turn any control to "off" (or 0), then remove the plug from wall outlet.
14. Do not use the appliance for anything other than intended use.
15. Oversize foods or metal utensils must not be inserted in the Oil-less Fryer as they may create a fire or risk of electric shock.
16. A fire may occur if the appliance is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on top of the appliance when in operation.
17. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts involving a risk of electric shock.

18. Extreme caution should be exercised when using containers constructed of other than metal or glass.
19. Do not store any materials, other than manufacturers recommended accessories, in this appliance when not in use.
20. Do not place any of the following materials in the appliance: paper, cardboard, plastic, and the like.
21. Do not cover the cooking basket or any part of the Oil-less Fryer with metal foil. This causes overheating of the Oil-less Fryer.
22. Do not leave unit unattended when in use.
23. Use extreme caution when removing the basket or basket holder and disposing of hot grease.
24. The Oil-less Fryer can be turned off while using any of the functions by pressing the on/off button.
25. During hot air frying, hot steam is released through the air outlet openings. Keep your hands and face at a safe distance from the steam and from the air outlet openings. Also be careful of hot steam and air when you remove the pan from the appliance.
26. Immediately unplug the appliance if you see dark smoke coming out of the appliance. Wait for the smoke emission to stop before you remove the pan from the appliance.
27. Do not place the appliance against a wall or against other appliances. **Leave at least 6 inches (15 cm) of free space on the back, sides and above the appliance.**

**SAVE THESE INSTRUCTIONS
HOUSEHOLD USE ONLY**

SAFETY TIPS

- Always place the appliance on a horizontal, level, heat resistant and stable surface.
- This appliance is intended for normal household use only.
- Always unplug the appliance after use.
- Let the appliance cool down for approximately 30 minutes before handling or cleaning it.
- The appliance is equipped with a safety micro switch inside that will shut the appliance off automatically if the basket is removed during cooking.

WARNING! Never press the release button unless the basket holder is resting on a flat, level, and heat resistant surface!

POLARIZED PLUG INSTRUCTIONS

This appliance is equipped with a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit into the polarized outlet only one way. If the plug does not properly fit into the outlet at first, reverse it. If it still does not fit, contact a competent qualified electrician. **Do not attempt to modify the plug in any way.**

SHORT CORD INSTRUCTIONS

A short power supply cord is provided to reduce the hazards resulting from becoming entangled in, or tripping over a longer cord. Extension cords may be used if care is exercised in their use.

- The electrical rating of the extension cord should be at least that of the appliance. If the electrical rating of the extension cord is too low, it could overheat and burn.
- The resulting extended cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over.

PARTS DESCRIPTION

See page 2.

KNOW YOUR DIGITAL OIL-LESS FRYER

Prepare your favorite foods and snacks in a quick, healthy, and easy way with your new 3.4 qt Digital Oil-less Fryer. This Oil-less Fryer combines heat with high-speed air circulation and a top grill to cook your ingredients from all sides, simultaneously! It also allows you to prepare a variety of tasty dishes without the addition of excess oils or fats to most ingredients. This Oil-less Fryer features:

- A touch-sensitive control panel with 7 preset menus.
- Digital control of the cooking time and temperature.
- A temperature control range of 180°F – 400°F (82°C – 200°C)
- A timer range from 1 to 30 minutes, which is equipped with an auto shut-off feature. Once the timer reaches “0”, the unit will beep five times and turn itself off.
- Capacity of 3.4 qt

Other great advantages provided by your Oil-less Fryer include:

- Fast cooking, with little to no preheating required.
- Quick and easy clean-up: the non-stick coated parts are conveniently sized to fit in the dishwasher.
- Hassle-free frying—no spatters, no mess, and no oil smell!
- Versatility—with its frying, baking, grilling, and roasting capacities, this unit serves as a great cooking tool for a busy kitchen.
- No assembly required—very easy and safe to use!

Important: For golden, crispier results, similar to those obtained in a deep fryer, it is important to remember that leaner foods (fries, vegetables, chicken, fish, etc.) are best coated with just a tablespoon of oil. Simply add the ingredients in a bowl, add a tablespoon of oil, and toss until well coated.

You can also air-fry any food designed for being baked in the oven. The cooking times will likely need to be adjusted, because the Oil-less Fryer will bake food much faster than a traditional oven or toaster oven.

BEFORE THE FIRST USE

- Unpack the appliance and its accessories (food basket, food basket holder, barrel pan, pie pan). Wash the accessories in hot, soapy water and then wipe them dry. Wipe the interior of the frying cavity with a damp cloth or sponge, and then dry with a paper towel. Make sure the cavity is dry before operating the unit.
- Position the Oil-less Fryer on a flat, level and heat-resistant surface. **Make sure that it is also positioned at least 6 inches (15 cm) away from any surrounding objects.**
- It is recommended to let the Oil-less Fryer heat for about 20 minutes without any food in it. This helps to eliminate grease that may have adhered during manufacturing, and to eliminate the "new" appliance smell.
- Ventilate the room during this period. When your Oil-less Fryer is heated for the first time, it may emit slight smoke or odor. This is normal with many heating appliances. This does not affect the safety of your appliance.

Caution: When moving the Oil-less Fryer, make sure that you hold it securely and support the base—do not rely on the food basket handle when moving the fryer!

OPERATING INSTRUCTIONS

Preparing for use

- Place the appliance on a stable, horizontal, and level surface. Make sure that the surface is heat resistant and that the Oil-less Fryer is also positioned **at least 6 inches (15 cm)** away from any surrounding objects.
- Make sure that the food basket is securely placed inside the basket holder.
- Insert the power plug into a wall socket. Your Oil-less Fryer is now ready for use.

Caution!

- **Do not fill the food basket or basket holder with oil or any other liquid, as this may cause a fire hazard.**

- **Never use the Oil-less Fryer without the food basket in place.**
- **Keep all ingredients in the basket or the baking pans to prevent any contact with the appliance's heating elements. Do not overfill the food basket.**
- **Do not cover the air inlet on the top or the air outlet on the back of the unit while the appliance is in use.**
- **Do not touch the inside of the appliance while it is operating.**
- **Never immerse the unit's housing in water or rinse it under the tap.**

Using the appliance

The Oil-less Fryer can be used to prepare a large variety of foods. There are 7 preset menus: for French fries, chicken (breast or leg), chips, steak, chicken wings and fish, and the "+5" function. Please refer to the table in the "Settings" section for basic cooking times, or refer to the included recipe book for delicious recipes specially designed for the oil-less fryer.

- Pull the handle to carefully remove the food basket holder from the Oil-less Fryer.
- Put the ingredients that you will be air-frying into the food basket and place the basket into the basket holder.

Note: Never fill the basket to capacity or exceed the recommended amounts (see section 'Settings' in this chapter), as this could affect the quality of cooking.

- Slide the basket back into the Oil-less Fryer.

Caution! Never use the Oil-less Fryer without the food basket and the food basket holder in it!

Caution! Do not touch the food basket, basket holder, or the inside of the Oil-less Fryer during and immediately after use, as they get very hot. Only hold the food basket by its handle. Always use oven mitts. Unit is hot!

- Determine the required preparation time and cooking temperature for the ingredients (see section 'Settings' after this chapter).
- Press the On/off key to start the unit and adjust the time and temperature settings as desired.
- Press the +/- time adjustment keys to increase or decrease the cooking time. A short press will increase or decrease the cooking

time by 1 minute; a long press will increase or decrease the cooking time rapidly by increments of 1 minute, preventing the need to press repeatedly.

- Press the +/- temperature adjustment keys to increase or decrease the cooking temperature. A short press will increase or decrease the cooking temperature by 10 degrees (Fahrenheit); a long press will increase or decrease the temperature rapidly by increments of 10 degrees, preventing the need to press repeatedly.
- Press the On/off key again to start air frying.
- The spinning “Fan” icon and the “Heating up” signal (the red dot inside the fan icon) will turn on and the fryer will quickly start generating hot air. The timer will start counting down the set time.
- The red “Heating Up” dot will go off when the set temperature is reached.
- During the air frying process, the red “Heating up” dot will light up again intermittently. This indicates that the heating element is maintaining the set temperature.
- During cooking, excess oil and cooking juices from the ingredients will collect in the basket holder. This is to be expected.

IMPORTANT: Some recipes require shaking the food in the basket halfway through the set time (see section 'Settings' in this chapter). To shake the ingredients, pull the basket and basket holder out of the appliance using the handle. Then gently, but firmly, shake it. Slide the basket holder back into the Oil-less Fryer and continue to cook.

Note: Because the rapid hot air technology instantly reheats the air inside of the appliance, pulling the basket briefly out of the appliance during hot air frying will not disturb the cooking process.

Tip: Sometimes, it is easier to divide cooking times into 2 phases for recipes that require the basket to be shaken mid-cooking. If you set the timer to half the required cooking time, you will hear the timer bell go off when you have to shake the ingredients.

Tip: If you set the timer to the full cooking time, the timer bell will not go off until cooking is completed. You can pull the basket out at any time to check the cooking condition of the ingredients. The power will shut down automatically and resume after you slide the basket holder back into the appliance. Note that the timer stops counting down automatically in this situation.

- When you hear the timer bell (5 beeps), the set preparation time has elapsed. Using oven mitts and the basket handle, pull the basket holder out of the appliance and place it on a **heat-resistant** surface.

Note: You can also switch the appliance off at any time. To do this, simply press the On/Off key. **Important: the display will shut off, but the fan will keep turning for a few seconds before the unit shuts off completely!**

- Check to see if the ingredients are ready. If they are not ready, simply slide the basket back into the appliance and set the timer for a few extra minutes. If you are not satisfied or are having problems with how the food has been cooked, refer to the 'Troubleshooting' section for tips.

Caution! After hot air frying, the basket, the basket holder and the ingredients will be hot! Depending on the type of the ingredients in the Oil-less Fryer, steam may escape out of the unit. Be mindful of scalding and wear oven mitts for safety.

- Place the basket holder on a flat and heat resistant surface, and detach the food basket from the basket holder by pressing on the release button on top of the basket handle.

Caution! Never press the release button unless the basket holder is resting on a flat, level, and heat resistant surface! The basket holder may contain hot liquid. Risk of severe scalding!

- Holding the basket by the handle, empty the air-fried food into a bowl or onto a plate.

Tip: To remove large or fragile ingredients, you may use a pair of tongs to lift the ingredients out of the basket. Use tongs or utensils with heat-resistant plastic tips, as metallic tips or utensils may scratch the coating of the basket.

- When a batch of food is ready, the Oil-less Fryer is instantly ready to prepare another batch.

IMPORTANT: If you notice the fan is not operating once the product starts cooking (no noise or airflow), please discontinue usage immediately and contact Customer Service.

Using the preset menus

7 “short-cut” preset functions are provided: FRIES, CHICKEN (breast or leg), CHIPS, STEAK, CHICKEN WINGS and FISH, as well as the “+5” function. The preset functions stated above have the following settings:

1. French Fries setting: cooks the food at 400F for 20 mins
2. Steak setting: cooks the food at 400F for 12 min
3. Chicken (breast or leg) setting: cooks the food at 400F for 15 min
4. Fish setting: cooks the food at 400F for 7 mins
5. Chips setting: cooks the food at 350F for 17 mins
6. Chicken wings setting: cooks the food at 370F for 15 mins
7. 5+ setting: extends the current cooking time by five minutes. This applies when you feel that the food isn't cooked to perfection and 5 more mins are required to be added on

To select a preset, press the corresponding button on the control panel. Press the On/Off key to start air frying.

The time and temperature settings can be adjusted at any time when using the preset menus.

MAKING HOME-MADE FRIES

To make home-made fries, follow the steps below:

- Peel the potatoes and cut them into strips.
- This step is optional but for best results, let the strips soak in water for one hour, to remove the excess starch.
- Wash the potato strips thoroughly and dry them with paper towels.
- Pour 1/2 tablespoon of canola oil in a bowl, place the strips on top and **toss or mix until they are coated with oil.**
- Place the strips into the food basket.

Note: Do not tilt the bowl to pour the potato strips into the basket. Transfer them with your hands or a kitchen utensil in smaller batches to prevent excess oil from collecting on the bottom of the pan.

- Air-fry the potato strips per the instructions above. For optimal results, do not fry more than 1.2 lbs. of fries per batch.

SETTINGS

The following table will help you select the basic settings for the ingredients you want to prepare.

Note: Keep in mind that these settings are suggestions.

Tips:

- **For a crispy result, coat your fresh potatoes, or lean ingredients, with a tablespoon of oil.** Fry your ingredients in the Oil-less Fryer within a few minutes after you coat the food with oil.
- Any food that can be prepared in a traditional oven can also be prepared in the Oil-less Fryer.
- Shaking smaller ingredients halfway through the preparation time optimizes the end result and can help prevent unevenly air-fried food.
- Prior to adding ingredients to the basket add some cooking oil spray to prevent particles from sticking.
- Do not prepare very greasy ingredients, such as sausages, in the Oil-less Fryer as the grease accumulation could catch fire.
- The optimal amount for preparing crispy fries is 500 grams / 1.2lb
- Use pre-made dough to prepare filled snacks quickly and easily. Pre-made dough also requires a shorter preparation time than home-made dough.
- Place a baking tin or oven dish in the Oil-less Fryer basket if you want to bake a cake or quiche or if you want to fry fragile or filled ingredients.
- You can also use the Oil-less Fryer to reheat food. To reheat ingredients, set the temperature to 290F for up to 10 minutes.

	Min-max Amount (lb.)	Time (min.)	Temp. (F)	Shake	Extra information
Potatoes & fries					
Thin frozen fries	0.6-1.5	9-16	400	shake	
Thick frozen fries	0.6-1.5	11-20	400	shake	
Home-made fries (8×8mm)	0.6-1.7	18-23	400	shake	Add 1/2 tbsp. of oil
Home-made potato wedges	0.6-1.7	18-22	350	shake	Add 1/2 tbsp. of oil
Home-made potato cubes	0.6-1.6	12-18	350	shake	Add 1/2 tbsp. of oil
Hash brown	0.5	15-18	360	shake	
Potato au gratin	1.1	15-18	360		
Meat & Poultry					
Steak	0.2-1.1	10-12	400		
Pork chops	0.2-1.1	10-14	360		
Hamburger	0.2-1.1	7-14	400		
Sausage roll	0.2-1.1	13-15	400		
Drumsticks	0.2-1.1	18-22	360		
Chicken breast	0.2-1.1	10-15	400		
Snacks					
Spring rolls	0.2-1.0	8-10	400	shake	Use oven- ready type
Frozen chicken nuggets	0.2-1.1	6-10	400	shake	Use oven- ready type
Frozen fish fingers	0.2-1.0	6-10	400		Use oven- ready type
Frozen bread- crumbed cheese snacks	0.2-1.0	8-10	360		Use oven- ready type
Frozen vegetables	0.2-1.0	10	320	shake	Use oven- ready type
Baking					
Cake	0.7	20-25	360		
Quiche	0.9	20-22	400		
Muffins	0.7	20-25	360		
Sweet snacks	0.9	20	360		

* All data is indicative

CLEANING AND MAINTENANCE

- Make sure to clean the appliance after each use.
- Switch the appliance off. Before cleaning, unplug the appliance from outlet and allow it to cool down completely.
- The barrel pan, pie pan, basket, and basket holder can be cleaned in hot water with mild detergent / dish soap, or in the dishwasher. **Do not use metal kitchen utensils or abrasive cleaning materials to clean them, as this may damage the non-stick coating.** Rinse and dry thoroughly after cleaning.
- To remove baked-on food, fill the basket holder with hot, soapy water. Put the food basket in the pan and let the pan and the basket soak for about 10 minutes before cleaning in the sink.

Cleaning inside the cavity:

- Wipe the cavity with a damp cloth or sponge. Dry with a paper towel.
- Never use abrasive products in the cavity.
- Never immerse the appliance in water and make sure that no water or moisture penetrates the upper part of the Oil-less Fryer.
- Clean the heating element inside the Oil-less Fryer with a cleaning brush to remove any food residue.

Cleaning the Oil-less Fryer's exterior:

- Wipe clean with a damp sponge or cloth. Wipe dry.
- NEVER use steel wool, metal scouring pads or abrasive cleaners, as they may damage the finish.
- Do not let any liquids enter the air inlet on the top of the Oil-less Fryer.

Any other servicing should be performed by an authorized service representative.

DO NOT IMMERSE THE FRYER IN WATER OR ANY LIQUID!

TROUBLESHOOTING (See table next page)

Problem	Possible cause	Solution
The Oil-less Fryer does not work	The appliance is not plugged in.	Put the main plug in a grounded wall socket.
	You have not pressed the on/off button	Press the on/off button after selecting a preset or your own settings, to switch on the appliance.
	The basket holder is not properly inserted.	Push the basket holder back in the Oil-less Fryer.
The ingredients fried with the Oil-less Fryer are not done.	There is too much food in the basket.	Put smaller batches of ingredients in the basket. Smaller batches are fried more evenly.
	The set temperature is too low.	Adjust the temperature to the required temperature setting (see section 'Settings')
	The recipe or preset requires preheating	Preheat the oil-less fryer to temperature for 3 minutes before starting the timer.
	The cooking time is too short.	Adjust the timer settings to the required preparation time (see section 'Settings'), or press on "+5" to add 5 minutes cooking time.
Fried snacks are not crispy after air-frying	You used a type of snack meant to be prepared in a traditional deep fryer.	Use snacks designed to be prepared in the oven, or lightly brush some oil onto the snacks for a crispier result.
I cannot slide the basket into the appliance properly.	There is too much food in the basket.	Do not fill the basket to capacity; refer to the "Setting" table above for maximum quantities.
	The basket is not placed properly in the basket holder.	Push the basket into the basket holder until you hear a slight click. Also, it helps to insert the basket holder with a slight angle instead of straight into the cavity.
White smoke comes out of the appliance.	You are preparing greasy ingredients.	When you fry greasy ingredients, oil will drip into the basket holder. The oil produces white smoke This does not affect the appliance or the end result.
	The pan still contains grease residues from previous use.	White smoke is caused by grease heating up in the basket holder; make sure you clean the basket and basket holder thoroughly after each use.
Fresh fries are fried unevenly in the Oil-less Fryer.	You did not use the right type of potato.	Use fresh potatoes and make sure they stay firm during frying.
	You did not shake the basket during the cooking	Shake the food to ensure consistent and even browning results
	You did not rinse the potato sticks properly before you fried them.	Rinse the potato sticks thoroughly to remove starch from the outside of the sticks.
Fresh fries are not crispy when they come out of the Oil-less Fryer.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato strips properly before you add the oil.
		Cut the potatoes into thinner strips for a crispier result.
		Set temperature at the maximum setting
		Add slightly more oil for a crispier result.

cook's essentials®