

HEALTHY FRYER

Instruction Manual

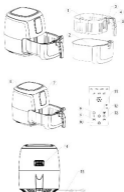
Model: SM-AIR-1804



The Healthy Fryer uses rapid hot air convection cooking technologies. It circulates hot air evenly to cook fresh or frozen foods, giving them the same crunchy bite produced by deep fryers. The Healthy Fryer makes cooking quick and healthy by using little to no oil.

Product Structure Diagram:

1. Fry basket
2. Fry drawer
3. Protective cover
4. Push-release button
5. Handle bar
6. Air inlet
7. Control panel
8. Temperature increase button
9. Temperature decrease button
10. ON/OFF button
11. Mode selection button
12. Time increase button
13. Time decrease button
14. Air outlet
15. Power cable



Cautions:

- Please carefully read the manual, before using the product.
- The product contains electronic elements and heating elements. Do not put it in water or wash with water;
- Do not pull the drawer out during use. If needed, please set the timer to 0 before pulling the drawer out in the process of frying;
- Do not cover the air inlet and outlet during the operating process.
- Do not touch the inside of the product to avoid scalding
- Do not fill the basket or drawer with oil, it may cause a fire hazard.
- High air temperature will flow out through the outlet when the Healthy Fryer is in use.
- Please keep a safe distance when Healthy fryer is in use.

Security Warning:

- Do not use the AC power except 127 (or 120V depending on the product) to avoid electric shock, fire and other accident;
- Please exclusive use socket above 7A(120V~)/12A(127V~) depending on the product).
- Do not pull or twist the power cord, to avoid electric shock, fire and other accidents.
- A damaged power cord must be repaired by manufacturer, maintenance department or other similar professional maintenance staff;
- Please do not plug/ unplug with wet hands, it can cause electric shock;
- Please keep the plug clean
- Plug tightly, otherwise, it can cause electric shock, short circuit, smoking, sparking or other dangerous things
- Do not allow children to come in contact with the plug or appliance
- Do not place the product near flammable or explosive material, such as tablecloths, curtains and others, to avoid fire hazard;
- Please place the Healthy fryer 4 inches away the wall to avoid damage to wall.
- The appliances are not intended to be operated by means of an external timer of separate remote-control system

This appliances is intended to be used in household and similar applications such as

- staff kitchen areas in shops, offices and others working environments;
- farm houses;
- by clients in hotels, motels and other residential type environments;
- bed and breakfast type environments.

Instructions:

1. Insert power cable into the power socket;
2. Pull the fry pot out from the appliance;
3. Place the food ingredient into the fry basket (Attention: do not exceed the maximum line or maximum weight);
4. Push the fry pot back into the appliance;
5. Click the ON/OFF button (8)
6. Click the relevant function button to choose appropriate cooking mode or appropriate time & temperature;
7. Click the ON/OFF button (8) once more to start cooking;
8. When hear the ready bell with 5 beeps, food is ready to be served. Please pull the drawer out, place on heat resisting material.

(Note: For better cooking result, turn over the ingredients by shaking the basket in the middle of cooking process.)

Care and Maintenance

1. Please unplug the power cord and let it cool before cleaning products.
2. Wipe the outside of the Healthy Fryer with a damp cloth, must clean after every use.
3. Clean the pan and basket with hot water liquid detergent and a non abrasive sponge. Remove any remaining food residue with degreasing liquid.
4. Do not place the power cord or the product into water
5. Store it in a cool and dry place.

Technical Specifications:

1. Rated Voltage: 120V
2. Rated frequency: 60Hz
3. Rated power: 1800W
4. Capacity: 5.2L
5. Net weight: 12 lbs.
6. Product Size: 12*14.5*15 in.

Troubleshooting:

Problem	Possible Cause	Solution
Does not work	● Power cord has not been inserted into the power socket	● Closely insert the power cord into the grounded power socket.
	● Didn't set cooking mode	● Click the mode selection button (13) to select appropriate cooking mode, then click the ON/OFF button (8)
	● Didn't click the ON/OFF button (8) after selecting cook mode.	● Click the ON/OFF button (8)
Food is rare when time out	● Too much food in the basket	● Fry food in turns
	● Temperature set is too low	● Set to an appropriate temperature, re-fry food.
	● Cooking time is short	● Set an appropriate cooking time, re-fry food.
Did not fry food evenly	● Some type of food material should be shaken in middle of cooking time	● In the middle of cooking process, pull the drawer out and shake it, then push the drawer back to continue.
Fried food is not crisp	● Some food materials have to be fried with oil	● Put a thin layer of oil on the surface of the food material first, then start to fry them.
Can not smoothly push the drawer back to product	● The drawer with too many food materials is too heavy	● The food material in the basket cannot exceed the max. line.
	● The basket is not correctly placed in the drawer.	● Push the basket into the drawer.
	● Handle bar is stuck	● Place the handle bar in horizontal position.
Smoking	● Frying oily food	● Normal phenomenon.
	● Fryer contains oil from last use	● Please clean the drawer and basket after every use.



Correct Disposal of this product:

This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Cook book:



1. Asia Spicy Fries

- Potato-----4 pcs/ 600g
- Oil-----2 teaspoons
- Salt-----1 teaspoon
- Pepper powder-----1 teaspoon
- Scallions powder-----1 teaspoon
- Red chili powder -----1/2 teaspoon

- Peel potatoes and cut into strips;
- Dipping potato strips into salt water at least 20 mins, and then make dry with kitchen paper;
- Well mix shallot, salt and pepper, garlic powder/

garlic oil, red chili powder; Stir in potato strips;

- Set temperature to 360 degrees and timer to 5 minutes for preheating the healthy fryer;
- Place potato strips into the frying basket, put frying basket back to healthy fryer, and set the timer for 15-20 minutes (depending on the amount of fries), or until the fries become golden brown.

*optional: turn over the fries by shaking the basket in the middle of cooking process, for better cooking result.



2. Gold chicken wings

- Chicken wings-----500g
- Garlic-----2 pc
- Ginger powder-----2 teaspoon
- Cumin powder-----1 teaspoon
- Black pepper powder-----1 teaspoon
- Sweet chili sauce-----100 mg

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;
- Stir Garlic, ginger powder, cumin powder, spicy black pepper and a litter salt together, and then

coated in the chicken wings;

- Chicken wings placed 20 minutes;
- Put chicken wings into fried basket evenly, set time for 15-20 minutes or until become golden brown.

PS: According to different taste modulation of different spices



3. Fried chicken nuggets

- Fresh chicken nuggets-----500g
- Egg (broken up)-----3 pcs
- Flour-----1 cup
- Olive oil-----1 spoon
- White pepper powder-----1 teaspoon

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;
- Pat the chicken for 5 minutes with a knife blade;
- Stir eggs, flour, olive oil, white pepper and a

little salt together, and then coated in the chicken nuggets;

- Chicken wings placed to 20 minutes for well seasoning;
- Put chicken nuggets into fried basket evenly, set time for 15-20 minutes or until become golden brown.

PS: According to different taste, use different spices.



4. Fried Lamb Chops

- Lamb chops-----500g (at room temperature)
- Brandy-----little
- Oil-----2 soup-spoon
- Ground pepper powder-----1 teaspoon
- Crushed black pepper-----1 teaspoon
- Soy sauce-----1 teaspoon

● Set temperature to 390 degrees and timer to 2 minutes for preheating the healthy fryer;

- Well mix seasoning
- Completely wipe lamb chops with well mixed seasoning and marinate 20 minutes
- Putting the lamb chops into the frying the healthy fryer. And set the timer for 10-12 minutes
- Then open and turn over the chicken leg. Reduce temperature to 300 degrees and bake for more 10 minutes or until become brown

PS: Various seasoning can be used to make different taste of fried pork chops



5. Fried Lamb Kebabs

-Lamb Kebab (room temperature)-----	500g
-Onion-----	appropriate amount
-Egg(Broken up)-----	1 pc
-Cumin powder-----	1 teaspoon
-Chili powder-----	1 teaspoon
-Oil-----	2 teaspoon

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;
- Stir onion ,egg,chili powder,salad oil,salt,cumin powder together, and then coated in the Lamb Kebab;
- Leave the seasoned Lamb Kebab 20 minutes;
- Put Lamb Kebab into fried basket evenly, fry for 15-20 minutes or until become brown.

PS: Different spices can be used to create different taste.



6. Fried Pork Chops

-Pork chops-----	500g (at room temperature)
-Eggs (beaten)-----	2pcs
-Starch-----	1 cup
-Ginger powder-----	1/2 teaspoon
-Garlic-----	1/2 teaspoon
-Chicken power-----	1/2 teaspoon
-Soy sauce-----	1/2 teaspoon
-Salt-----	1/2 teaspoon
-Oil-----	1/2 teaspoon

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;
- Well mix seasoning and then coated on pork chops, marinate 20 minutes;
- Putting the pork chops into the frying the healthy fryer. And set the timer for 10-12 minutes;
- Then open and turn over the chicken leg. Reduce temperature to 300 degrees and bake for more 10 minutes or until become brown.

Ps: Various seasoning can be used to make different taste.

7. Fried squid

-Squid (Freezing)-----	500g
-Oil-----	2 spoon
-Salt-----	1 teaspoon
-Cumin powder-----	1 teaspoon
-Chicken powder-----	1 teaspoon
-Pepper powder-----	1 teaspoon

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;

- Stir Seasoning together, and then coated in the squid, place for 20 minutes;
- Put squid into the fried basket and slip fried basket into the healthy fryer, set the timer for 12-15 minutes or until become brown.

PS: Use different spices for different taste.

8. Spicy Shrimp

-Unfreezing prawns-----	10 pcs
-Oil-----	2 spoon
-Garlic Minced-----	1 pc
-Black pepper-----	1 teaspoon
-Chili powder-----	1 teaspoon
-Sweet chili sauce-----	100mg

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;

- Rinse the prawns after treatment;
- Apply a thin layer of salad oil to the prawns , slip fried baskets into the healthy fryer and the timer set for 5-8 minutes or until create crunchy golden layer;
- M mixer put sweet chili sauce with salt and pepper in a pan, ready to serve.

PS: Use different spices for different taste.





9. Fried lotus root

-Oil-----	2 teaspoon
-Lotus root-----	500g
-Starch-----	1 cup
-Flour-----	1 cup

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;
- Mix the flour, starch, salad oil and water into paste, then coated in the lotus root;
- Put coated lotus root into fried basket, slip fried baskets into the healthy fryer and the timer set for 12-15 minutes or baked until crunchy.

PS: Use different spices for different taste.



10. Fried Corn

-Corn-----	2 pcs
-Olive oil-----	2 teaspoon

- Set temperature to 390 degrees and timer to 5 minutes for preheating the healthy fryer;
- Apply a thin layer of olive oil to the corn, slip fried baskets into the healthy fryer and the timer set for 10 minutes or baked until Golden

PS: Use different spices for different taste.



11. Fried dumplings

-Dumplings (unfreezing)-----	10 pcs
-Olive oil-----	2 teaspoon

- Set temperature to 360 degrees and timer to 5 minutes for preheating the healthy fryer;
- Put dumplings into fried basket evenly;
- Apply a thin layer of olive oil to the dumplings , slip fried baskets into the healthy fryer and set time for 12-15 minutes OR until golden brown.

PS: Use different spices for different taste.

12. CRUMBED FISH



- 4 tablespoons Vegetable Oil
- 100 g Breadcrumbs
- 1 Egg, whisked
- 4 Fish Fillets
- 1 Lemon

Instructions

- Preheat the healthy fryer to 360 degrees
 - Mix the oil and the breadcrumbs together,
 - Stir the mixture until it becomes loose and crumbly.
 - Dip fish fillets into the egg, the shake of any residue; keep dipping the fish fillets into the egg mix until it is fully and evenly covered.
 - Gently lay the crumbed fish fillets into the air tray and cook for 12 minutes
- Serve immediately, squeeze or slice the lemon for serving.

13. BAKED GARLIC PARSLEY POTATOES



Ingredients

- 3 Idaho or Russet baking potatoes
- 1 to 2 tablespoons of olive oil
- 1 tablespoon of garlic
- 1 teaspoon of parsley

Instructions

To make, wash the potatoes and puncture holes in them with a fork. Sprinkle the potatoes with olive oil and the rest of the seasonings, rubbing the potatoes to ensure they are evenly covered with the seasoning. Place them in the potatoes of your healthy fryer and put them in the middle of the machine. Cook them at 392 degrees for about 40 minutes, or until a fork can easily push through them. Slice the potatoes and top them with your favorite toppings, like sour cream, butter, cheese and parsley.

Warranty Card:

Model		Sales Date	
Invoice Number		Retail Store	
Date	Content		Maintenance Staff (signature)

6 month warranty for the product. For inappropriate use to the product, product will not be exchanged. For abnormal damaged and exceeded the warranty period, product can be repaired with fee.

For any questions, please contact us.

Repair Record:
