

HEALTHY FRYER

Instruction Manual

Model: SM-AIR-1800



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:

A.Frying Basket

B.Handle

C.Grill

D.Air inlet

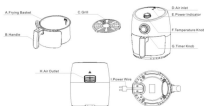
E.Power Indicator

F.Temperature Knob

G.Timer Knob

H.Air Outlet

I.Power Wire



Cautions:

- Please carefully read the manual before using the product.
- The product contains electronic and heating elements. Do not immerse it in water or wash with water right after being used.
- Do not cover the air inlet and outlet during the operating process.
- Do not touch the inside of the product while in use to avoid burns.
- Do not over-fill the basket or drawer with oil, it may cause a fire.
- High air temperature will flow out through the back when the Air Fryer is in use.

Security Warning:

- Do not use the AC power except 127 for (or 120V depending on the product) to avoid electric shock other accidents;
- Please exclusive use a socket above 7A(120V~)/12A(127V~) depending on the product).
- Do not pull on or twist the power cord
 - A damaged power cord must be repaired by manufacturer or maintenance department
- Please do not plug or unplug the Air Fryer with wet hands
- Please keep the plug clean
- Plug tightly otherwise it can cause short circuiting, smoking, or sparking
- Do not allow children to come into contact with the plug or Air Fryer
- Do not place the product too close to flammable or explosive material
- Please place the Air Fryer approximately 4 inches away from the wall
- This Air Fryer is not intended to be operated by means of an external timer or separate remote-control system

Instructions:

1. Insert power cable into socket
2. Pull the basket out from the air fryer;
3. Place the food into the fry basket (Do not exceed the maximum line or maximum weight);
4. Push the fry basket back into the appliance
5. Click the ON/OFF button
6. When you hear 5 beeps, the food is ready to be served. Pull the drawer out, place on heat resisting material.

(Note: For better cooking result, turn over the food by shaking the basket in the middle of cooking process or turn them over with a utensil.)

Care and Maintenance

1. Unplug the power cord and let it cool before cleaning products.
2. Wipe the outside of the Air Fryer with a damp cloth, should be cleaned after every use.
3. Wash the basket with hot water, liquid detergent, and a non-abrasive sponge. Remove any remaining food residue.
4. Do not place the power cord or the product into water.
5. Store in a cool and dry place.

Technical Specifications:

1. Rated Voltage: 127V
2. Rated frequency: 60Hz
3. Rated power: 1000W
4. Capacity: 2.0L
5. Net weight: 6.6 lbs.
6. Product Size: 10.24X8.28X10.83IN

Troubleshooting:

Problem	Possible Cause	Solution
Does not work	Power cord was not inserted securely into the socket	Insert the power cord into the socket and make sure its secure.
	Did not set the timer	Set the timer to desired cooking time
Food is rare when time's done		
	Temperature is set too low	Set to an appropriate temperature, re-fry food.
	Cooking time is too short (foods take longer to be cooked than deep frying)	Set an appropriate cooking time, re-fry food.
Did not fry food evenly	Some food items should be shaken in middle of cooking	In the middle of cooking, pull the drawer out and, shake, then push the drawer back to continue.
Fried food is not crisp	Some foods have to be fried with a little bit of oil	Add a thin layer of oil on the surface of the food
Cannot smoothly insert the drawer back	The drawer has too much food	The food material in the basket cannot exceed the max. line.
	The basket is not correctly placed in the drawer.	Press the button on the basket to easily put into the drawer.
	Handle bar stuck	Place the handle bar in horizontal position.
Smoking A lot		
	Fryer contains too much oil	Clean the drawer and basket after every use.

Cook book:



1. Asian Spicy Fries

- Potatoes-----4 pcs
- Oil-----2 teaspoons
- Salt-----1 teaspoon
- Pepper powder-----1 teaspoon
- Scallions powder-----1 teaspoon
- Red chili powder -----1/2 teaspoon

- Peel potatoes and cut 3/8-inch slices
- Place potato slices into a bowl of salt and water for at least 20mins
- Mix salt and pepper, powder/ oil, red chili powder in a bowl

□ Add the slices into the bowl and mix

- Set your Air Fryer to 180 degrees and timer to 5 minutes to preheat your air fryer;
- Place Fries into the basket and set the timer for 15-20 minutes (depending on the number of fries), and set the temperature to 390 degrees.

*Optional: Turn over the fries by shaking the basket in the middle of the cooking process for better cooking results.



2. Gold chicken wings

- Chicken wings-----2 pounds
- Garlic-----2 pcs
- Ginger powder-----2 teaspoon
- Cumin powder-----1 teaspoon
- Black pepper powder-----1 teaspoon
- Sweet chili sauce-----5 tbsp

- Set temperature to 200 degrees and timer to 5 minutes to preheat your air fryer;
- Stir garlic, ginger powder, cumin powder, black pepper, and salt together then coat the chicken wings;
- Put chicken wings into the basket evenly, set time to 15-20 minutes and set the temperature to 400 degrees.

Remove after or until they become golden brown.



3. Fried Chicken Nuggets

- Fresh chicken nuggets-----3 pounds
- Eggs -----3
- Flour-----1 cup
- Olive oil-----1 spoon
- White pepper powder-----1 teaspoon

- Set temperature to 200 degrees and timer to 5 minutes to preheat your air fryer;
- Stir eggs, flour, olive oil, white pepper, and a little bit of salt together then coat the chicken nuggets
- Place the chicken nuggets into the basket evenly and set timer to 15-20 minutes and set the temperature to

395 degrees. Remove after or until they become a golden-brown color.



4. Fried Lamb Chops

- Lamb chops-----3lbs (defrost to room temperature)
- Oil-----2 teaspoon
- Ground pepper powder-----1 teaspoon
- Crushed black pepper-----1 teaspoon
- Soy sauce-----1 teaspoon

- Set temperature to 200 degrees and timer to 2 minutes to preheat your air fryer;
- Mix seasonings
- Completely rub the lamb chops with the seasonings

and let it sit for 20 minutes

- Place the lamb chops into the basket and set the timer for 15 minutes with the temperature of 390 degrees
- Keep turning over the lamb chops every 5 minutes during the cooking process to make sure it cooks evenly.



5. Fried Lamb Kebabs

- Lamb (defrost to room temperature) -----3lbs
- Onion-----appropriate amount
- Egg-----1
- Cumin powder-----1 teaspoon
- Chili powder-----1 teaspoon
- Oil-----2 teaspoon

- Set temperature to 200 degrees and timer to 5 minutes to preheat your air fryer;
- Stir onion, egg, chili powder, oil, salt, cumin powder together and then coat the Lamb;

- Let the seasoned lamb sit for 20 minutes;
- Place lamb into the basket evenly, fry for 15-20 minutes and set the temperature to 400 degrees. Remove after or until they become brown.

6. Fried Pork Chops



- Pork chops-----3lbs (at room temperature)
- Eggs -----2
- 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 200 degrees and timer to 5 minutes

to preheat your air fryer;

- Mix the seasonings and then coat pork chops let it sit for 20 minutes;
- Place the pork chops into the basket and set the timer for 15 minutes with the temperature of 390 degrees
- Keep turning over the pork chops every 5-8 minutes during the cooking process to make sure it cooks evenly.



7. Fried squid

- Squid (Frozen)-----3 lbs.
- Oil-----2 tablespoon
- Salt-----1 teaspoon
- Cumin powder-----1 teaspoon
- Bread crumbs-----1 teaspoon
- Pepper powder-----1 teaspoon

- Set temperature to 200 degrees and timer to 5 minutes to preheat your air fryer;
- Stir Seasonings together and then coat the squid
- Put squid into the basket. Set the timer for 12-15 minutes and set the temperature to 365 degrees.

Remove the food or until they become a golden brown color.



8. Spicy Shrimp

- Shrimp-----10 pcs
- Oil-----2tablespoons
- Garlic Minced-----1 pc
- Black pepper-----1 teaspoon
- Chili powder-----1 teaspoon
- Sweet chili sauce-----100mg

- Set temperature to 200 degrees and timer to 5 minutes to preheat your air fryer;
- Rinse the shrimp
- Apply a thin layer of oil, place them into the basket and set the timer set for 5-8 minutes and the temperature at

395 degrees and remove until it has a crunchy golden layer;

- Mix sweet chili sauce with salt, garlic and black pepper in a pan, then coat your shrimp with this spicy sauce and it's ready to be served!



9. Fried lotus root

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

- Set temperature to 200 degrees and timer to 5 minutes to preheat your air fryer;
- Mix the flour, starch, oil and water into a paste, then coat the lotus root;
- Put coated lotus root into basket and set the timer for 12-15 minutes and set temperature to 395 degrees and fry until they are crunchy.



10. Fried Corn

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

- Set temperature to 200 degrees and timer to 5 minutes to preheat your air fryer;
- Apply a thin layer of olive oil to the corn, put into the basket and set the timer for 10 minutes, the temperature to 380 degrees.
- Remove the food once it has become a golden brown color

11. Fried dumplings



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

- Set temperature to 180 degrees and timer to 5 minutes to preheat your air fryer;
- Apply a thin layer of olive oil to the dumplings, and place dumplings into the basket evenly
- Set timer for 12-15 minutes and set the temperature at 375 degrees.
- Remove until they have a golden brown color.



12. CRUMBED FISH

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

Directions

- Preheat the Air Fryer to 180° F for 10 mins.
 - Mix the oil, eggs, and the breadcrumbs together,
 - Stir the mixture until it becomes loose and crumbly.
 - Dip fish fillets into the mix, keep dipping the fish fillets into it until it is fully and evenly covered.
 - Gently lay the crumbed fish fillets into the air tray and cook for 12 minutes at 380 degrees. Remove after the time or until they become a golden brown color.
- Serve immediately, squeeze a lemon over it for extra flavor

13. BAKED GARLIC PARSLEY POTATOES



Ingredients

- 3 Idaho potatoes
- 1 to 2 tablespoons of
- 1 teaspoon of parsley
- 1 tablespoon of garlic

Instructions

To make, wash the potatoes and puncture holes in them with a fork. Slice them as big or small as you'd like. Sprinkle the potatoes with olive oil and the seasonings, rubbing the potatoes to ensure they are evenly covered with the seasoning. Place them in the basket of your air fryer and put the basket back in. Cook them at 365 degrees for about 15 minutes, or until a fork can easily push through them. Top them with more of your favorite toppings or leave as is and they're ready to serve!

14. Fried Pickles

Ingredients

- 2 eggs
- bread crumbs
- grated Parmesan
- Pickles



Directions:

Slice the pickles into 1/4" thick

In a separate bowl mix the eggs

After cutting your pickles, coat them with egg, and bread crumbs

Preheat your Air Fryer to 180° for 5 mins

Insert your pickles in the basket and leave them in for about 5-10 minutes and set your temperature to 385 degrees

Remove them once they have turned a golden/brown color.

15. Fried Calamari

Ingredients

- 1 pound fresh calamari
- 2 cups milk
- 2 cups flour
- Salt and freshly ground black pepper
- 3 eggs
- Vegetable oil, for frying



- cut the bodies into thick rings, reserving the tentacles separately.
- Mix the milk in a large bowl, let rest for 5 minutes until it thickens.
- Add the calamari and soak in the buttermilk for up to 4 hours
- mix the flour, 1 teaspoon salt, 1 teaspoon black pepper. Beat the eggs in another bowl
- Remove the calamari from the buttermilk and drain. Dip into the beaten egg, and then the flour mixture.
- Add a little of oil and preheat your air fryer to 180 degrees for 10 minutes
- Add the calamari in the basket and let it fry for 10-15 minutes at 385 degrees
- Remove until they have turned golden brown or crispy.

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:
