

COOKLITE™ AERO FRYER

1000 Watts

LITTLE OR NO OIL
CRISP & CRUNCHY!



*Heart Healthy
Alternative*

INSTRUCTION MANUAL

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INTRODUCTION

A healthy way to enjoy all your favorite foods at home. Prepare fried foods with the absolute minimum fat content!

- Prepares **crispy fried foods with no oil**.
- Quickly **cooks from frozen**, no thawing time needed.
- Uses **less energy**, cooking up to 3 times faster.
- **Mesh basket & reversible racks** for high & low cook multiple foods at the same time.
- 2.5L/2.6QT **extension ring** and **tongs** included.

Triple Cooking Power

- *HALOGEN*
directly heats the surface
- *CONVECTION*
circulates air to speed cooking
- *INFRARED HEAT*
cooks food from inside out



IMPORTANT SAFEGUARDS

Before using the electrical appliance, the following basic precautions should always be followed including the following:

1. Read all instructions.
2. Keep unit out of reach of children.
3. Before use check that the voltage of wall outlet corresponds to the one shown on the rating plate.
4. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
5. If the supply cord is damaged it must be replaced by the manufacturer or an authorized service agent or a qualified technician in order to avoid a hazard.
6. Do not let cord hang over edge of table or hot surface.
7. Do not immerse plug, cord or housing into water due to the risk of electric shock.
8. Close supervision is necessary when your appliance is being used near children.
9. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
10. Always wear protective, insulated oven mitts or gloves when removing food items or handling the unit.

THE UNIT GETS VERY HOT.

11. Do not touch hot surfaces, use knobs or handles.
12. Always use the handle to remove the lid.
13. Make sure the appliance is clean and dry prior to use.
14. Only place food in the appliance before setting the timer or after pre-heating.
15. Do not place near hot gas or electric burner.
16. The use of accessories not recommended by the manufacturer may cause injuries to persons.
17. Do not operate the appliance for other than its intended use.
18. Do not use outdoors.
19. Do not touch or stare directly into the bulb.
20. Do not move the appliance when in use.
21. Use extreme caution when handling or disposing of hot oils or other hot liquids.
22. Do not place oversized food into the appliance, the lid must be completely closed.
23. Do not place paper, cardboard, plastic or other flammable materials inside the unit.
24. Always turn the unit by moving knob to OFF position before removing the plug from the wall outlet.

IMPORTANT SAFEGUARDS

25. Unplug from main power socket when not in use.
26. Always use the tongs provided when handling rack and mesh basket.
27. Servicing and repair should only be conducted by a qualified technician.



WARNING: CAUTION HOT SURFACES: This appliance generates heat and steam may escape during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

CAUTION: This appliance is hot during operation and retains heat for some time after turning off. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning.

- Position the appliance so that it is never against a wall or in a corner, against curtains or upholstery.
- When operating the appliance on a work surface keep the surrounding areas clear and free from clutter. Ensure adequate air space surrounding the appliance for circulation.
- Do not place anything on top of the appliance while it is operating or while it is hot.
- Do not operate this appliance with other major appliances plugged into the same power socket - there is a risk of blowing the fuse.
- Do not touch the hot appliance surfaces while the unit is on or while cooling.
- All users of this appliance must read and understand this User's Manual before operating or cleaning this appliance.
- If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
- Do not leave this appliance unattended during use.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY.

Do not attempt to repair the appliance, contact a qualified service technician.

A short power supply cord is provided to reduce the hazards resulting from entanglement or tripping over long cord.

Do not use extension cord as it can be pulled on by children causing the unit to tip over.

POLARIZED PLUG

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

UNPACKING - ASSEMBLY

PACKAGE CONTENTS:

- MAIN UNIT (LID, NON-STICK BOWL AND BASE)
- EXTENDER RING (1)
- REVERSIBLE COOKING RACK (1)
- MESH BASKET (1)
- TONGS (1)
- SPRAYER (1)

UNPACKING - BEFORE FIRST USE

Unpack the unit and remove all packaging materials.

The extender ring is stored inside the base, under the non-stick bowl.

Before using the unit for the first time, thoroughly wash the non-stick bowl, plastic base, cooking rack, mesh basket and tongs in hot soapy water and allow to dry completely.

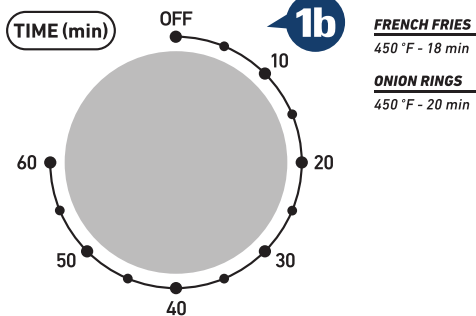
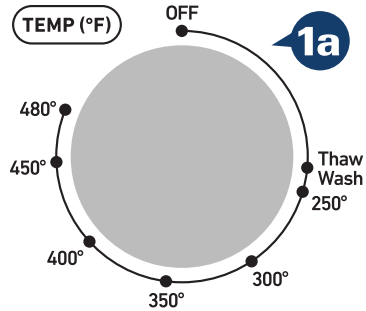
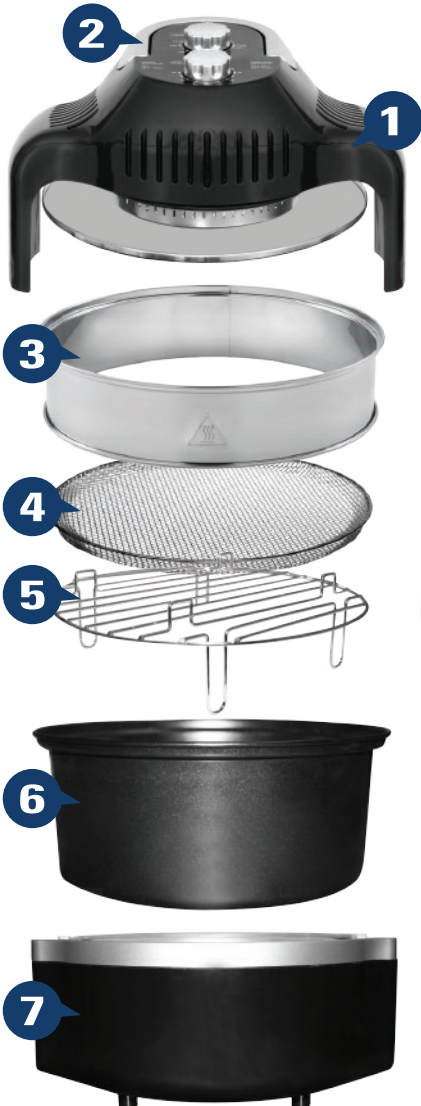
WARNING: Do not immerse the lid with control knobs, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place the lid and base into the dishwasher.

QUICK ASSEMBLY (See PARTS+USAGE instructions on pp. 6-9)

1. Place the plastic base on a stable heat proof surface. DO NOT place it near edge of countertop or table.
2. Place the non-stick bowl inside the plastic base.
3. Place the reversible cooking rack into the non-stick bowl. Flip for high/low position.
4. If using mesh basket, place on top of the cooking rack.
5. Place the lid on top of the non-stick bowl. The lid should sit on the inner rim of the bowl.
6. If using extender ring, place it on top of the bowl. Then place the lid on.



PARTS AND FEATURES



CHICKEN
425 °F - 30 min

FISH
425 °F - 18 min

FRENCH FRIES
450 °F - 18 min

ONION RINGS
425 °F - 20 min

- 1. Lid with Timer and Temperature Controls**-features super tight seal
 - 1a**-temperature controls
 - 1b**-timer controls
- 2. Safety Handle**-automatically turns the unit off when the handle is raised (shown in ON position)
- 3. Extender Ring**-increases capacity in order to cook larger foods
- 4. Mesh Basket**-perfect for air-frying
- 5. Reversible Cooking Rack**-rack to cook foods, reversible (flip for high or low)
- 6. Non-stick Bowl**-holds food to be cooked
- 7. Base**-holds non-stick bowl
- 8. Tongs**-use to lift hot rack and basket with food from non-stick bowl
- 9. Sprayer**-can be used to lightly spray foods with oil for air-frying

USAGE-BASICS (Refer to p. 6 for Parts Identification)

PRIOR TO USE: IMPORTANT:

- Place the unit on a stable, heat-proof surface and make sure it is not near the edge of the table or countertop.
- Make sure that the power cord is not touching any hot surface.
- Always have enough space around the unit, so there is enough for cover when removed from the unit.
- Make sure you've placed the cooking rack/mesh basket inside the non-stick bowl prior to pre-heating and/or cooking.
- Always have the oven mitts ready to remove the lid and cooked food.
- You may use any oven safe pans, plates, tin foil, etc. that can be used inside the conventional oven.

PRE-HEATING

NOTE: Make sure to insert the rack/mesh basket inside the unit prior to pre-heating. If pre-heating is required, set the required temperature using the temperature dial. Set the time controls to 10 minutes. Once the temperature has been reached, the Halogen light will turn off. Now you can open the lid and place the food inside.

CAUTION: Before removing the lid always bring the handle to its upright position. This will activate the safety feature and turn the unit off. The unit will be very hot. If using extender ring, be extra careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the lid.

Follow the usage directions on pp. 7-8 for complete instructions.

THAWING

Although you can cook from frozen using this unit, we offer you an option to thaw frozen foods. This way it is done in most efficient way without changing the quality or texture of the food. Thawing time will vary depending on the type of food you are thawing and how frozen it is.

ASSEMBLY-PLACING FOOD IN UNIT:

1. Open the lid and place the reversible cooking rack inside. Flip it to select high or low position. Refer to Suggested Cooking Times table (pp.9-12) and recipe book for more info.
2. Place food to be cooked directly on rack or Mesh Basket (included). This will allow the hot air to circulate around the food to be able to cook it faster and more even. When air frying foods like french fries, onion rings, chicken or fish, use the Mesh Basket. See Diagram on right. Place the Mesh Basket on top of the reversible cooking rack. Refer to Suggested Cooking Times table (pp.9-12) and recipe book for more info.

NOTE: Although no oil is necessary to air fry food using this unit, you have an option to use a Sprayer (included). Just fill it with your choice of oil. Then spray it lightly over the food prior to cooking (1 to 3 sprays).

3. You can increase the capacity of your fryer when cooking larger foods using the provided Extender Ring that can be placed on top of the non-stick bowl.

4. Just place the flat part of the extender ring over the bowl's lip. The extender has its own lip that will create a perfect seal with the unit's lid. See Diagrams on right.

5. Close the lid. Do not lower the handle yet. Plug the power cord

M the electrical outlet.



MESH BASKET



SPRAYER

EXTENDER RING



**Top
(with lip)**

Bottom (flat)

SETTING THE TEMPERATURE:

6. Set the temperature knob to desired temperature by turning the knob clockwise. Refer to cooking times/temperature guide for reference (pp. 9-12). **NOTE: The cooking time depends on the size, weight and thickness of the food to be cooked. Most meats have recommended cooking times, those times should be used as a guide as this unit cooks faster than conventional ovens, so you may need to allow less time to cook the food.**

SETTING THE TIMER:

7. Set the timer knob to desired time by turning the knob clockwise (from 0 to 60 minutes).

IMPORTANT: When turning the timer controls, DO NOT rotate the knob counterclockwise, as it may damage the timer. If you have set the timer for longer than required, turn the unit off and wait for the timer to naturally countdown to the desired time.

TURNING UNIT ON/OFF:

8. Lower the handle until it snaps in, this will turn the unit ON. The handle MUST be flat down in its stored position for the unit to operate.

IMPORTANT: The handle is a safety feature. To turn the unit off, bring the handle to its upright position. Once the unit is ON, the halogen lamp and the fan will turn on. The power (red) and heat (green) lights will illuminate. The halogen lamp along with heat (green) light will keep cycling on & off to maintain the set temperature. It will go off when the required heat setting has been reached.

9. If at any time you need to check on the food, simply lift the handle up to turn the unit off. **CAUTION: Before removing the lid always bring the handle to its upright position. This will activate the safety feature and turn the unit off. The unit will be very hot. If using extender ring, be extra careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the lid.**

When done checking-lower the handle until it snaps in.

10. When the timer control reaches the OFF position, the unit will turn off automatically. Remove the lid. Check to make sure the food is fully cooked.

NOTE: To ensure the food is cooked, use a cooking thermometer or pierce the food with a fork to check for uncooked juices on meats and poultry. When cooking vegetables, check for desired tenderness. Moisture may build up inside the unit when cooked food is not removed soon after timer has gone off. The steam/moisture build-up can be avoided by removing the food as soon as it is cooked.

11. Use the tongs provided to lift out the hot cooking rack with food.

UNIT IS READY TO OPERATE



SUGGESTED COOKING TIMES

IMPORTANT: REFER TO THE BELOW COOKING TIMES AS A GUIDE ONLY. TIME MAY VARY ACCORDING TO THE WEIGHT, SIZE AND THICKNESS OF THE FOOD - ADJUST TO YOUR PREFERENCE. ALWAYS MAKE SURE TO REFER TO THE INTERNAL FOOD TEMPERATURE GUIDE ON PAGE 13.

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME	NOTES
CHICKEN				
Chicken Pieces, bone in, breaded (6)	HIGH	425°F	30 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & chicken with cooking spray, turn chicken after first 15 min.
Chicken Wings (6 pieces)	HIGH	425°F/ 420°F	28 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & wings with cooking spray, turn wings after first 14 min. Lower temperature for next 14 min.
Popcorn chicken	HIGH	425°F	15 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & chicken with cooking spray, turn chicken after first 10 min.
Boneless chicken breasts, breaded	HIGH	425°F/ 420°F	20 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & chicken with cooking spray, turn after first 5 min. Lower temperature for next 15 min.
Chicken tenders	HIGH	425°F	10 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & chicken with cooking spray, turn chicken after first 5 min.
Chicken Lo Main	N/A	425°F/ 400°F	5 min/ 10 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook vegetables for first 5 mins. Lower temperature, add chicken for next 10 min.
Chicken asparagus Stir fry	N/A	400°F/ 375°F	5 min/ 15 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook chicken for first 5 mins. Lower temperature, add vegetables for next 15 min.
Chicken Fajitas (chicken strips)	N/A	450°F/ 375°F	5 min/ 15 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook chicken for first 5 mins. Lower temperature, add vegetables for next 15 min.
Spanish chicken	N/A	450°F/ 375°F	5 min/ 20 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook beef for first 5 mins. Lower temperature, add vegetables for next 20 min.
Sweet & Sour Chicken Bites with peppers & onions	N/A	425°F/ 350°F	8 min/ 12 min	Extender ring. Cook in bowl, remove rack & mesh basket. Add vegetables after first 8 mins.

SUGGESTED COOKING TIMES

BEEF/PORK				
Meatballs	LOW	375°F	20 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, turn meatballs after first 10 min.
Beef Fajitas (skirt steak strips)	N/A	450°F/ 375°F	5 min/ 15 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook chicken for first 5 mins. Lower temperature, add vegetables for next 15 min.
Beef stew (beef cubed)	N/A	425°F/ 350°F	5 min/ 25 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook beef for first 5 mins. Lower temperature, add vegetables for next 25 min.
Sausage & peppers	N/A	400°F/ 350°F	5 min/ 20 min	Extender ring. Cook in bowl, remove rack & mesh basket. Add vegetables after first 5 mins.
Spare ribs (2 lbs)	N/A	375°F/ 350°F	25 min/ 35-45 min	Extender ring. Cook in bowl, remove rack & mesh basket. Add sauce after first 25 mins. Lower temperature for next 35-45 min.
Frittata (sausage) 6 eggs	N/A	425°F/ 400°F	5 min/ 20 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook sausage for first 5 mins. Lower temperature, add eggs for next 20 min.
Bacon (5 strips)	HIGH	400°F	6-7 min	Extender ring. Mesh Basket; arrange in single layer. Turn bacon over after first 3 min. Adjust cooking time for less/more crispy.

SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME	NOTES
FISH / SEAFOOD				
Fish fillets, breaded (2)	HIGH	425°F	18 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & fish with cooking spray, gently turn fish after first 9 min.
Tilapia fillets (3)	HIGH	425°F	16 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & fish with cooking spray, gently turn fish after first 8 min.
Salmon fillets (3)	HIGH	425°F	16 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & fish with cooking spray, gently turn fish after first 8 min.
Butterfly shrimp	HIGH	425°F	8 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & fish with cooking spray.
Shrimp Egg Rolls - fresh	HIGH	450°F	20 min	Extender ring. Mesh Basket; arrange in single layer. Brush egg rolls with egg wash. Spray mesh basket & egg rolls with cooking spray. Turn over after first 10 minutes.
Oysters (shelled)	HIGH	450°F	8 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & oysters with cooking spray.

DESSERT / BREAD				
Zeppole	HIGH	450°F	25 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray.
Corn bread	N/A	375°F	25 min	Extender ring. Cook in bowl, remove rack & mesh basket. Spray sides and bottom of bowl with cooking spray.
Bread pudding	N/A	375°F	30 min	Extender ring. Cook in bowl, remove rack & mesh basket. Spray sides and bottom of bowl with cooking spray.
Brownies	N/A	325°F	30 min	Extender ring. Cook in bowl, remove rack & mesh basket. Spray sides and bottom of bowl with cooking spray.

SUGGESTED COOKING TIMES

VEGETABLES				
Zucchini sticks	HIGH	425°F/ 400°F	16 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & zucchini with cooking spray, turn after first 8 min. Lower temperature for next 8 min.
Mushroom caps	HIGH	425°F/ 400°F	16 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & mushrooms with cooking spray, turn after first 8 min. Lower temperature for next 8 min.
Eggplant (slices)	HIGH	425°F	15 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & eggplant with cooking spray, turn after first 5 min.
Onion Rings - fresh	HIGH	450°F	16 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & onion rings with cooking spray. Turn over after first 8 min.
French Fries - fresh	HIGH	450°F	20 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & fries with cooking spray. Turn over after first 10 min.
Sweet Potato Fries - fresh	HIGH	450°F	20 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & fries with cooking spray. Turn over after first 10 minutes.
Potato wedges - fresh	HIGH	450°F	28 min	Extender ring. Mesh Basket; arrange in single layer. Spray mesh basket & fries with cooking spray. Turn over after first 14 min.
Ratatouille	N/A	450°F/ 400°F	10 min/ 15 min	Extender ring. Cook in bowl, remove rack & mesh basket. Cook vegetables for first 10 mins. Lower temperature, add diced tomatoes for next 15 min.

NOTE: Refer to our Recipe Book (included) on how to prepare additional foods.

NOTE: Although no oil is necessary to air fry or stir fry food using this unit, you have an option to use some oil. Spray oil lightly over the food prior to cooking.

HELPFUL TIPS / CLEANING AND CARE

ADAPTING RECIPES:

You can try your favorite recipe that is intended for conventional oven or fryer. Keep the cooking temperature the same, just reduce the cooking time, as it will cook much faster in this unit. You may use a meat thermometer to make sure the food is cooked. Refer to Internal Food Temperature guide below.

Internal Food Temperatures Guide

When cooking poultry, always cook to the internal temperature of 170-180°F. Another sign for cooked poultry is when the juices run clear. Fish is done when it looks opaque and flakes easily with a fork. Shellfish such as shrimp, crab, or lobster will turn reddish pink on the outside and opaque on the inside.

You may also refer to the markings on your meat thermometer.

Beef, Lamb or Veal - Medium Rare	145°F
Beef, Lamb or Veal - Medium	160°F
Beef, Lamb, Pork or Veal - Well Done	170°F
Chicken Breast	170°F
Chicken Thighs or Wings	180°F
Fish and Shellfish	145°F
Ground Beef or Ground Pork	160°F
Ground Chicken or Ground Turkey	165°F
Pork	160°F

This is a list of the internal temperatures that different foods must reach to kill bacteria.

These are NOT the temperatures to use to cook the food.

CLEANING AND CARE

Make sure you turn off and unplug the unit before cleaning it. **Always wait until the unit cools down completely.** Thoroughly wash the non-stick bowl, plastic base, extender ring, reversible cooking rack, mesh basket, tongs in hot soapy water and allow to dry completely. You may also place the non-stick bowl, reversible cooking rack and mesh basket into the dishwasher.

When washing cooking rack and mesh basket, do not soak it in water for long periods of time. Once washed, do not let air dry; dry the cooking rack and mesh basket thoroughly with cloth or paper towel. This will preserve the surface and will extend the life of the cooking rack and mesh basket.

WARNING: Do not immerse the lid with control knobs, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid and base into the dishwasher.

Once unplugged from the power outlet, the surface of the glass lid can be carefully wiped clean using a damp cloth or sponge. All parts must be dry before next use. When storing the unit, always make sure ALL parts are DRY, to avoid any moisture collecting in the lid.

SELF CLEANING OF BOWL

If the food particles seem to be stuck to the bottom and/or sides of the bowl, you can perform a self cleaning.

1. Pour approximately 1 to 2 inches of water into the bowl, add a small amount of mild dishwashing liquid.
2. Place lid on and plug into the electrical outlet.
3. Set temperature control to WASH setting, set timer to 10 minutes.
4. Once the timer goes off, carefully open the lid and wait for the bowl to cool down before emptying the liquid inside.
5. Rinse the bowl in clean warm water to remove the soap residue.

COOKLITE™ AERO FRYER ITEM NO. 9349/9473

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