

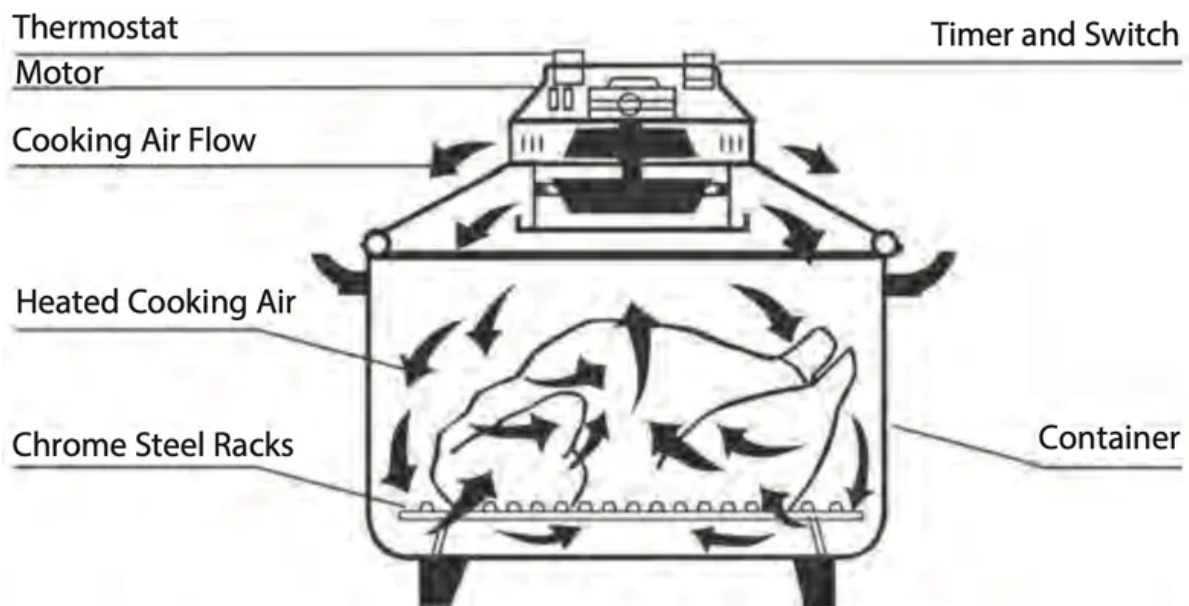
Operation

1. Put the steel racks into container, then put the food in. Note there is some space between the food and the oven lid.
2. Insert the oven plug according to the power specification. It is not allowed to share the same plug-set with other electrical appliances.
3. Turn the timer clockwise to your required time, then the red lamp lights up.
4. Set the temperature controller clockwise to your required temperature, then the green light turns ON. The convection starts working.
5. The green lamp can be turned off before the due time. This shows the oven has achieved the set temperature. When the oven's temperature becomes lower than what you need, the oven will automatically turn the heater on and the green lamp will also turn on to indicate heating process.

Important

1. When the convection oven works, the handles, which are linked to steel bar, will be expanded by heat and become loose, but the doesn't matter, they will be restored when the temperature goes back down to normal.
2. Don't put the oven lid directly on the desk after cooking, otherwise the desk will get burned. Place it on a dish, bowl or heat-resistant base.
3. The devices on the oven lid are not allowed to be washed in the water. Clean the lid with a piece of clean soft cloth in case it gets stained.
4. The oven body can be washed only after is completely cooled off.

Check these outstanding features:



Features

1. Multifunction

With a hot air circle and 149-482°F temperature range, the convection oven has a lot of functions:

- a. Cook food in different ways, including baking, roasting, grilling, toasting, broiling and BBQ .
- b. Defreeze frozen foods quickly
- c. Drying and sterilizing
- d. Oven lid can be placed on other containers to cook

2. Lowering Cholesterol

Modern medical science has proved that high cholesterol accounts for heart disease and blood vessel trouble. The hot moving air circle in the convection oven will decompose the fat tissue and lower the cholesterol content to minimum. So, the food cooked in this kind of oven is very helpful to your health.

3. Saving Time and Energy

Due to the high efficiency of the hot moving air in the oven, the cooking time and the consumed energy are reduced to minimum. Our experiment shows that the convection oven saves electricity up to 20% as compared to ordinary ovens.

4. Preserving the food's nutrition and the natural flavor.

High temperature and prolonged cooking time always destroy the food's nutrition and change its natural flavor. The temperature and time control in the convection oven can solve this problem.

Quick Reference Card

In this manual, you will find:

- How to roast
- How to steam
- How to bake
- How to fry
- How to broil
- How to defrost
- How to toast

How to Broil

- Place the food directly on the wire rack (low or high rack)
- For very thick cuts of meat , turn the food at the halfway point
- Like roasting, broiling time may vary depending on cut, size, amount of fat, etc.

How to Steam

- You can steam vegetables at the same time you cook your main dish by placing the vegetables in an aluminum foil pouch:
add a few drops of water and seal the pouch.
- You can also add a cup of water in the bottom pot, with savory herbs and spices to steam fish or vegetables. But just a little water.

How to fry

- You can get the effect of deep-fat French fries without all the oil by dipping potato strips in polyunsaturated cooking oil, allow excess oil to drain away and cook according to cooking guide.
- To make delicious fried chicken , dip chicken pieces in batter and then in cooking oil, drain excess oil and cook according to chart provided.

How to Toast

- You can get perfectly toasted bread and snack with the convection oven without preheating. Simply put the food directly on wire rack and watch it toast. It will be crisp on the outside and stay soft on the inside.
- You can also improve stale snack food like crackers, chips and even cookies by placing them in the convection oven for a few minutes at maximum temperature to bring back their crunchiness.

How to Defrost

- You can use the convection oven to defrost frozen food more evenly than a microwave ovens, simply set the temperature at 212°F and check the food every 5-10 minutes.

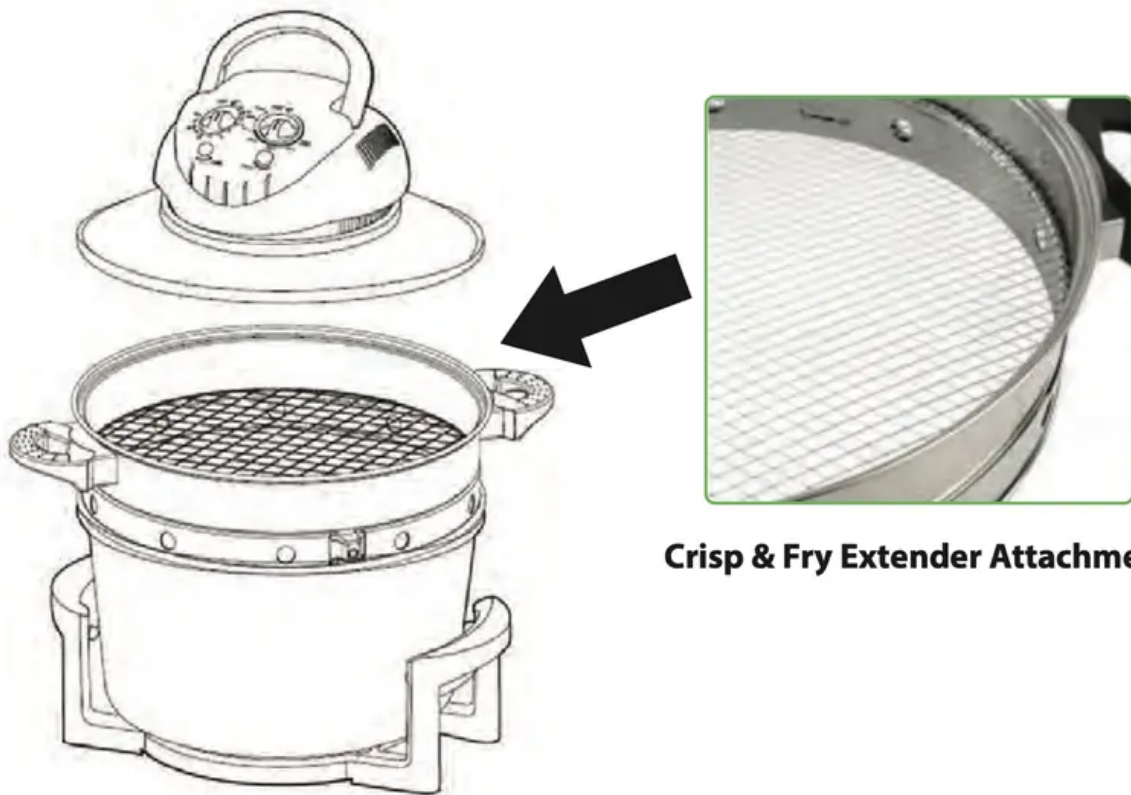
Optional Extender Ring Crisp & Fry Attachment Instructions

The Crisp & Fry Extender Attachment is easy to use -- and produces delicious results. This extender attachment serves as an optional cooking and food prep method when using your NutriChef Air Fry Halogen Oven.

Follow these steps to put deliciously crispy chips, snacks and more on your table:

1. Uncover the top lid of the Air Fry Halogen Oven.
2. Position the Crisp & Fry Extender Attachment securely over the glass cooking bowl.
3. Ensure the Crisp & Fry Extender Attachment air vents are set in the open position.
4. Place your food along with any necessary oils and flavorings onto the Crisp & Fry tray.
5. Close the top lid of the Air Fry Halogen Oven, then proceed to adjust your cooking Time & Temp settings.

Once done cooking with the Crisp & Fry Extender Attachment, allow the appliance to fully cook before cleaning. Carefully remove the extender attachment by its handles, clean the air fryer with hot soap and/or a mild detergent, and ensure to thoroughly dry before storage.



Crisp & Fry Extender Attachment

Warning and Guidelines

- Remember to distribute food evenly in the convection oven to ensure an even flow of air all around the food.
- The first time you try a recipe, check the cooking process through tempered glass bowl as the looking time of the convection oven is short.
- Since it is practical to place food directly on the wire rack, you may want to spray it with a non-stick spray to avoid sticking.
- The convection oven is self—cleaning. Simply put 2” of water in the bottom and set temperature at 100 for 10-12 minutes.
- For a very dirty oven, add some detergent to the water and wipe the stains if needed.

Selected Recipes

Lobster

Ingredients: Lobster 1 kg, gingerjuice, salt, sugar, liquor, pepper

Preserve the lobster in salt for about 10-15 minutes, then put them in the convection oven and cook 12-15 min with temperature of 284 - 320°F.

Crispy Chicken

Ingredients: Chicken, a little starch, some wine, malt sugar, honey, vinegar, warm water

1. Wash and clean the chicken with boiling water and then with cold water immediately.
2. Mix the starch, melt sugar, honey and vinegar with some water. Apply the mixture to the chicken with a brush several times. When the chicken dries, put it into the convection oven.
3. Bake the chicken 20 min with a temperature of 302 - 392°F. Then apply the mixture again and bake 10 min in low temperature.

Reference for Cooking

Food	Time	Temperature
Chicken	30-40 min	466°F - 482°F
Fish	10-15 min	266°F - 302°F
Cake	10-12 min	284°F - 320°F
Lobster	12-15 min	284°F - 320°F
Shrimp	10-12 min	302°F - 365°F
Sausage	10-13 min	348°F - 302°F
Peanut	10-15 min	284°F - 320°F
Roasted bread	8-10 min	248°F - 320°F
Potato	12-15 min	365°F - 392°F
Chicken wings	15-20 min	302°F - 365°F
Crab	10-13 min	284°F - 320°F
Hotdogs	5-8 min	374°F - 410°F
BBQ Spareribs	18-20 min	428°F - 464°F

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.