

**THE  
SHARPER  
IMAGE®**

# SUPER WAVE DIGITAL OVEN

WITH 8 PRE-PROGRAMMED SETTINGS

ROASTS, BAKES, BROILS, AIR FRIES, GRILLS, BOILS & STEAMS  
1300 Watt Power



INSTRUCTION MANUAL

*Customer Service: 1-800-423-4248*

*Printed in China*

*Super Wave Digital Oven ITEM NO.8246SI.*

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## INTRODUCTION

Forget about traditional ovens, stove tops and microwaves. Introducing The Sharper Image® Super Wave Digital Oven, a versatile cooker that combines infrared, carbon heat and convection technology keeping foods moist on the inside and browned and crispy on the outside without the use of added fats or oils.

- Combines Infrared, Carbon Heat & Convection Technology
- Digital Display To Set Your Own Time & Temperature
- Also Programmed With 8 Presets For Effortless Cooking
- Cooks From Frozen, No Need To Defrost
- Cooks Multiple Foods At The Same Time
- Uses Less Energy Than Conventional Ovens

Gentle infrared heat cooks food from inside out, sealing in juices. Carbon heat directly heats the surface of the food for browning. Convection circulates the hot air, evenly distributing the heat & speeds cooking up to 3 times faster. Unit takes the guesswork out of cooking with 8 presets: hamburger, steak, pork chops, salmon steak, chicken pieces, whole chicken, pizza and thaw/wash/dehydrate. You can also use your own temperature and time to roast chicken, bake fish, broil steaks, air fry chicken, grill meats, steam vegetables and even make dessert. Bring frozen foods straight from the freezer into the oven without defrosting. Includes 2 cooking racks (low and high) so you can prepare a whole meal at once. Taste the difference!



## IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. Keep oven 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 OVEN GETS VERY HOT.
11. Do not touch hot surfaces, use knobs or handles.
12. Always use the handle to remove the glass lid from the glass bowl.
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 glass lid must be completely closed.
23. Do not place paper, cardboard, plastic or other flammable materials inside the unit.
24. Always turn the unit OFF 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 racks.
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 OVEN UNIT (LID, GLASS BOWL AND BASE)
- EXTENDER RING (1)
- COOKING RACKS (2)
- TONGS (1)

### UNPACKING - BEFORE FIRST USE

Unpack the unit and remove all packaging materials. Before using the unit for the first time, thoroughly wash the glass bowl, plastic base, cooking racks and tongs in hot soapy water and allow to dry completely.

**WARNING:** Do not immerse the lid with digital panel controls, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid into the dishwasher.

### QUICK ASSEMBLY (See PARTS+USAGE instructions on pp. 6-8)

1. Place the plastic base on a stable heat proof surface. DO NOT place it near edge of countertop or table.
2. Place the glass bowl onto the plastic base.
3. Place the low and high cooking racks into the glass bowl.
4. Place the glass lid on top of the glass bowl. The lid should sit on the inner rim of the bowl.
5. If using extender ring, place it on top of the glass bowl. Then place the lid on.

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## PARTS AND FEATURES



### 1. Glass Lid with Digital Panel Controls-features super tight seal

**1a**-time LED Display

**1b**-temperature LED Display

**1c**-4 adjustment buttons ("+", "-")

**1d**-8 one touch preset buttons (Hamburger, Steak, Pork Chops, Salmon Steak, Chicken Pieces, Whole Chicken, Pizza, Thaw/Wash/Dehydrate)

**1e**-start/stop button

**2. Safety Handle**-automatically turns the unit off when the handle is raised (shown in OFF position).

**3. Extender Ring**-increases capacity in order to cook larger foods.

**4. High Cooking Rack**-additional rack for extra food

**5. Low Cooking Rack**-main rack to cook foods

**6. Glass Bowl**-holds food to be cooked

**7. Bowl Base**-holds glass bowl

**8. Tongs**-use to lift hot trays with food from glass bowl

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

### PRIOR TO USE: IMPORTANT:

- Place the oven 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 oven, so there is enough for cover when removed from the unit.
- Make sure you've placed the cooking racks inside the glass 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.

### ASSEMBLY-PLACING FOOD IN UNIT:

1. Open the glass lid and place the cooking racks inside, use one or both racks, depending on the amount of food. If only need to use 1 rack, use the lower rack.

**NOTE:** You may combine both trays to make it a grid when cooking foods like french fries. Just place the high cooking rack in first, then layer the low cooking rack over the high rack. Align to form a grid. See Diagram on right

2. Place food to be cooked directly on rack (preferred method). This will allow the hot air to circulate around the food to be able to cook it faster and more even.

3. You can increase the capacity of your Super Wave Oven when cooking large foods such as a turkey (up to about 16 lb.). Your Super Wave Oven comes with the Extender Ring that you can place on top of the glass bowl.

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

5. Close the lid. Plug the power cord into the electrical outlet. The LED displays will illuminate with 0:00 and 000.

### SETTING COOKING TIME AND TEMPERATURE:

6. You can set cooking time and temperature using one of the following methods:

**A.** Using the adjustment buttons (+/-) set the time (0:00-1:59) and the temperature (120-480°F). The cooking time advances in 1 minute increments, the temperature advances in 5°F increments. Press and hold the buttons to advance to desired number faster. Refer to cooking times/temperature guide on pp.10-12 for reference.

**B.** Using the one-touch preset buttons (Hamburger, Steak, Pork Chops, Salmon Steak, Chicken Pieces, Whole Chicken, Pizza, Thaw/Wash/Dehydrate). The Time and Temperature will display automatically (refer to guide on next page). Once the desired preset button is pressed, you can change the cooking time and temperature using the adjustment buttons (+/-).

**NOTE:** As soon as you press the chosen preset button, the small light next to the selection will start blinking. However the unit will not start to operate until you press the Start/Stop button.



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

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOKING TIME
Hamburger	HIGH	400°F	12 min
Steak	HIGH	400°F	10 min
Pork Chops	HIGH	400°F	16 min
Salmon Steak	HIGH	400°F	15 min

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOKING TIME
Chicken Pieces	LOW	400°F	20 min
Whole Chicken	LOW	460°F	45 min
Pizza (frozen)	HIGH	400°F	10 min
Thaw/Wash/Dehydrate	HIGH	260°F	60 min

**NOTE:** The cooking time depends on the size and weight of the food to be cooked. Most meats have recommended cooking times, those times should be used as a guide as the oven cooks faster than conventional ovens, so you may need to allow less time to cook the food.

### TURNING UNIT ON/OFF:

7. If you haven't lowered the handle, lower it now until it snaps in. The handle **MUST** be flat down in its stored position for the oven to operate. Press the Start/Stop button to start cooking.

**IMPORTANT:** The handle operates as a safety switch, as soon as it is lifted, the oven will stop operating. Once the unit is ON, the carbon lamp and the fan will turn on. The carbon lamp will keep cycling on & off to maintain the set temperature. It will go off when the required heat setting has been reached.

8. If at any time you need to check on the food, simply lift the handle up to stop the oven from operating. The cooking time and temperature displays will pause. **CAUTION: Before removing the glass lid always bring the handle to its upright position as this will activate the safety switch and stop the oven from operating. The oven 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 glass lid.** When done checking, lower the handle until it snaps in and press the Start/Stop button to resume cooking.

9. If at any time you need to turn the unit off before the timer is up, simply press the Start/Stop button.

10. When the timer on LED display counts down to 0:00, the oven will beep several times and will turn off automatically. **NOTE:** Unit's carbon lamp will turn off immediately once timer counts down to 0:00, while convection fan will stay on to allow the unit to cool off (approx. 1-3 min). 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 oven 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 racks with food. See Diagram on right.



## USAGE-DEHYDRATING FOOD/PRE-HEATING/THAWING

## SUGGESTED COOKING TIMES

### DEHYDRATING YOUR FRUITS, VEGETABLES AND HERBS

1. Wash the fruit or vegetables you are using and dry them. Peel the skin, if you prefer.
  2. Using a sharp knife, make slices about 1/16th of an inch. If using soft fruits like bananas or any other soft fruit, briefly place it in the freezer so it can harden. That will make the slicing much easier.
  3. Place fruit slices in a lemon juice solution of 1/2 cup water with 1/2 cup lemon juice for 10 minutes. When soaking banana slices, soak only for 5 minutes. Do not soak vegetables.
  4. Arrange both racks (high and low) on top of each other to form a grid. Just place the high cooking rack in first, then layer the low cooking rack over the high rack. Align to form a grid. **NOTE:** If dehydrating herbs, use the lower rack alone.
  5. Place the slices close together (but not touching) in one layer. Do not stack one on top of the other. Close the lid.
  6. Press the **THAW/WASH/DEHYDRATE** preset button. The Time and Temperature will display automatically. Once the preset button is pressed, you can change the cooking time using the adjustment buttons (+/-). Refer to individual dehydrating times on p.12.
  7. If you haven't lowered the handle, lower it now until it snaps in. The handle **MUST** be flat down in its stored position for the oven to operate. Press the Start/Stop button to start cooking.
- IMPORTANT: The handle operates as a safety switch, as soon as it is lifted, the oven will stop operating.** Once the unit is ON, the carbon lamp and the fan will turn on. The carbon lamp will keep cycling on & off to maintain the set temperature. It will go off when the required heat setting has been reached.
8. It is recommended to check on the food every 15 minutes or so. Simply lift the handle up to stop the oven from operating. The cooking time and temperature displays will pause. **CAUTION: Before removing the glass lid always bring the handle to its upright position as this will activate the safety switch and the oven will stop operating. The oven will be very hot. It is strongly recommended to use oven mitts when removing the glass lid.** When done checking, lower the handle until it snaps in and press the Start/Stop button to resume cooking.
  9. Most fruit will be pliable or leathery when done (you can bend it and it won't break). To check - tear a piece of dried fruit in half and if no moisture beads up on the inside and there is no stickiness on the outside, it's done.
  10. If at any time you need to turn the unit off before the timer is up, simply press the Start/Stop button.
  11. When the timer on LED display counts down to 0:00, the oven will beep several times and will turn off automatically.
- NOTE:** Unit's carbon lamp will turn off immediately once timer counts down to 0:00, while convection fan will stay on to allow the unit to cool off (approx. 1-3 min). Remove the lid.

**PRE-HEATING:** Make sure to insert the trays inside the oven prior to pre-heating. If pre-heating is required, set the required temperature using the adjustment buttons. Set the time 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 glass lid always bring the handle to its upright position as this will activate the safety switch and stop the oven from operating. The oven 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 glass lid.** Follow the usage directions on pp. 7 and 8 for complete instructions.

**THAWING:** Although you can cook from frozen using this infrared oven, 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.

**NOTE:** Refer to the below cooking times as a guide only. Time may vary according to the weight of the food, adjust to your preference. Always make sure to refer to the Internal Food Temperature guide on the page 13.

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
<b>MEATS</b>					
Bacon	LOW	400°F	10 min	16 min	Crisscross racks; turn after 5 min
Beef Roast 3 lb.	LOW	400°F	45 min (Rare) 50 min (Medium) 60 min (Well)	80 min (Med rare)	15-20 min per lb. Use Extender Ring Turn every 15 min
Hamburger 1/4 lb.	HIGH	400°F	10/12/15min (R/M/W)	12/15/18 min	Turn once
Hot Dogs	HIGH	400°F	8 min	10 min	Arrange both racks in crisscross pattern
Italian Sausage Links 1 lb.	LOW	400°F	15 min	22 min	Turn over
Lamb Chops 1 1/2" thick	HIGH	400°F	20 min	30 min	Turn after 5 min
Meat Loaf 2 lb.	LOW	350°F	40 min	60 min	Frozen loaf-cover w/foil half way through
Pork Chops 1/2" thick	HIGH	400°F	16-18 min	30 min	Turn after 10 min
Pork Roast 3 lb.	LOW	360°F	60 min	95 min	Fat side down, turn half way through
Sausage Patties 1/2 lb.	HIGH	400°F	10 min	15 min	Turn over
Shish Kabob Steak	LOW	400°F	10-12 min	15-18 min	Turn and baste
Spare Ribs	LOW	400°F	30 min	45 min	Turn, baste
Steak 1" Thick	HIGH	400°F	10 min (Med rare)	15 min (Med rare)	Turn after 7 min
<b>FISH</b>					
Breaded Fish	HIGH	400°F	10 min	12 min	Crisscross racks
Grilled Shrimp	HIGH	400°F	10 min	12 min	Crisscross racks; turn, baste
Salmon Steak 4 oz.	HIGH	400°F	15-18 min	25 min	Turn once
Sea Scallops 6 oz.	HIGH	400°F	15-18 min	20 min	Crisscross racks

## SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
<b>FISH continued</b>					
Stuffed Flounder	LOW	400°F	15 min	18 min	Crisscross racks
Tilapia Fish Filet 4 oz.	HIGH	400°F	14 min	16 min	Crisscross racks
Whole Snapper 1 lb.	LOW	400°F	30 min	35 min	
<b>POULTRY</b>					
Boneless Chicken breast thick	HIGH	400°F	13-15 min	15-18 min	Crisscross racks
Boneless Chicken breast thin	HIGH	400°F	10 min	13 min	Crisscross racks
Chicken Breast bone in	LOW	400°F	20 min	40 min	Breast side down, turn half way through
Chicken Legs	LOW	400°F	20 min	30 min	Turn half way through
Chicken Thighs	LOW	400°F	20 min	30 min	Turn half way through
Chicken Wings	LOW	400°F	20 min	30 min	Turn half way through
Cornish Hens 3 1/2 lb.	LOW	460°F	45 min	50 min	Breast side down, turn half way through
Quarter of Chicken	LOW	400°F	35 min	45 min	Turn half way through
Turkey Breast 3 lb.	LOW	460°F	1 hour	2 hours	Breast side down, turn half way through
Whole Chicken 4 lb.	LOW	460°F	45 min	90 min	Breast side down, turn half way through
Whole Turkey 6 lb.	LOW	350°F	1.5 hours (15 min/lb.)	2 hours 20 min	Use extender ring (23 min/lb. for frozen)
<b>VEGETABLES</b>					
Acorn Squash	LOW	400°F	30 min		Cut in half
Baked Potatoes 6 oz.	LOW	460°F	45 min		
Corn on the Cob (4)	LOW	400°F	8-10 min	12-15 min	Cook in 1 inch of water in bowl
Eggplant 1/2" thick slices	LOW	400°F	8-10 min		Turn half way through

## SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
<b>VEGETABLES continued</b>					
French Fries	HIGH	460°F	12 min	15 min	Crisscross racks
Roasted Garlic	HIGH	460°F	45 min		Wrap loosely in foil
Steamed Broccoli	HIGH	400°F	25 min		Wrap loosely in foil; add 1 tsp of water
Sweet Potatoes 6 oz.	LOW	400°F	35 min		
Vegetable Medley	HIGH	400°F	10 min		Wrap loosely in foil; add 1 tsp of water
<b>FRUITS AND ASSORTED</b>					
Baked Apples	LOW	400°F	25 min		Cook in a shallow casserole dish
Baked Pears	LOW	400°F	25 min		Cook in a shallow casserole dish
Pizza	HIGH	400°F		10 min	Crisscross racks to create a grid
Popcorn	LOW	420°F	9 min		Place in shallow pan, do not use oil
<b>DEHYDRATING</b> Soak fruit slices in lemon solution (1/2 cup water+1/2 cup of lemon juice) for 10 min					
Apples	HIGH	260°F	60 min		Crisscross racks, slice 1/16" thick; soak
Bananas	HIGH	260°F	60 min		Place peeled banana in freezer for 5 min; soak 5 min
Pears	HIGH	260°F	60 min		Crisscross racks, slice 1/16" thick; soak
Peaches	HIGH	260°F	60 min		Crisscross racks, slice 1/16" thick; soak
Plums	HIGH	260°F	60 min		Crisscross racks, slice 1/16" thick; soak
Parsley	LOW	260°F	5 min		Crisscross racks
Tomatoes	HIGH	260°F	50-60 min		Crisscross racks, slice 1/16" thick

## HELPFUL TIPS / CLEANING AND CARE

### ADAPTING RECIPES:

You can try your favorite recipe that is intended for conventional oven. Keep the cooking temperature the same, just reduce the cooking time, as it will cook much faster in this infrared oven. 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 glass bowl, plastic base, extender ring, cooking racks and tongs in hot soapy water and allow to dry completely. You may also place the glass bowl and cooking racks into the dishwasher.

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

**WARNING: Do not immerse the lid with digital panel controls, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid 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 GLASS BOWL

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

1. Pour approximately 1 to 2 inches of water into the glass bowl, add a small amount of mild dishwashing liquid.
2. Place lid on and plug into the electrical outlet.
3. Press the **THAW/WASH/DEHYDRATE** preset button. The Time and Temperature will display automatically. Once the preset button is pressed, change the cooking time to 10 min using the adjustment buttons (+/-).
4. When the timer on LED display counts down to 0:00, the oven will beep several times and will turn off automatically. **NOTE:** Unit's carbon lamp will turn off immediately once timer counts down to 0:00, while convection fan will stay on to allow the unit to cool off (approx. 1-3 min). Carefully open the lid and wait for the glass bowl to cool down before emptying the liquid inside.
5. Rinse the glass bowl in clean warm water to remove the soap residue.