



SO-2007

**MULTI-FUNCTIONAL CONVECTION OVEN
WITH WOK BASE
&
NANO-CARBON FIBER & FAR INFRARED
HEATING ELEMENT**



INSTRUCTION MANUAL

Please read instructions thoroughly and keep for future reference.

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. All instructions should be read thoroughly.
2. The appliance becomes extremely hot when used. Always use the handle, being careful not to touch the hot surfaces.
3. To protect against electrical shock, do not immerse cord, plug or motor housing in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Do not pull cord when disconnecting the unit, as damage to the cord may result.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner.
7. Do not use outdoors. This appliance is for household use only.
8. Do not let cord hang over edge of table or counter or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner or in a heated oven.
10. Place on a heatproof surface. Do not place on top of plastic, vinyl, varnished wood or any surface that burns easily.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Use extreme caution when disposing of hot grease.
12. Be certain appliance is OFF before removing plug from wall outlet.
13. Do not use appliance other than intended use.
14. Unplug unit from outlet when not in use and before cleaning.
15. Fire hazard may occur if appliance is covered or touching flammable material (curtains, draperies, walls and the like) during operation.
16. Do not use abrasive cleaners or scouring pads when cleaning the unit.
17. Do not leave appliance unattended while in use.
18. Do not operate in the presence of explosive and/or flammable fumes.
19. This product is intended for household use only and not for commercial or industrial use.
20. An extension cord should not be used with the appliance.
21. When using the unit for the first time, allow motor to run for a few minutes in order to burn off any excess lubricants, which were used during the manufacturing of this item. Allow the smoke to pass before use.

TECHNICAL SPECIFICATION

MODEL	SO-2007
RATE	120V / 1200W
TEMPERATURE RANGE	THAW / 300 ~ 480°F
TIMER	0 ~ 60 Minutes
CORD LENGTH	45 in.
DIMENSION (wok base)	14" diameter x 3.5" depth
DIMENSION (top lid)	13.5" diameter x 2.5" depth
CAPACITY	12 Liters
NET WEIGHT	11.5 lbs
MOTOR	200 RPM

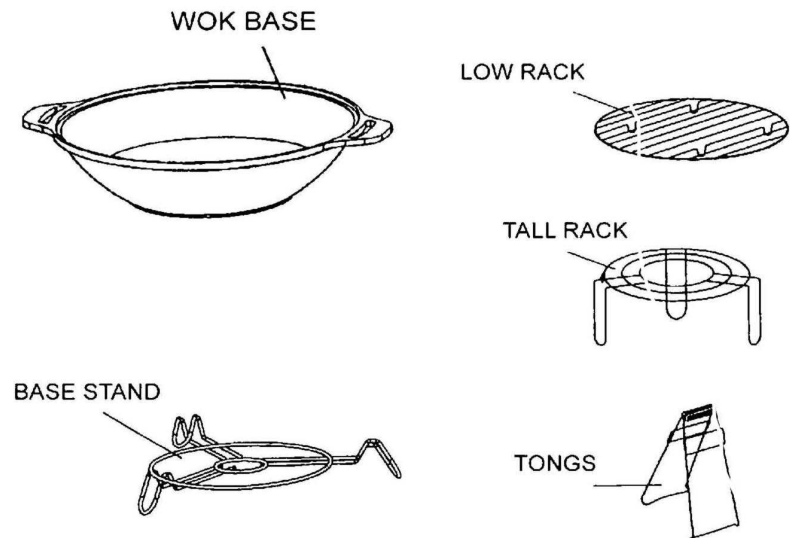
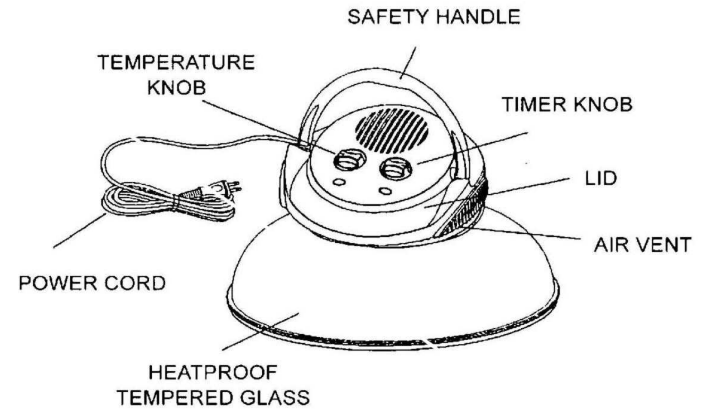
NANO CARBON FIBER & FIR TECHNOLOGY:

Nano Carbon Fiber & Far Infrared (FIR) Heating Element is capable of reaching temperature of 1,832°F in one second. Most other heating element averages 1,292°F in 3 minutes. Reinforced by quartz glass (with heat resistance at 2,372°F) for fast heat conduction and radiation. Emits FIR wavelengths of 3um to 20um. Extensive lifetime: up to 5,000 hours (approximately 10 years).

FEATURES OF SO-2003:

- Capable of reaching temperature of 392°F in 10 minutes.
- Deep heat penetration and instant heating – no defrosting necessary.
- Reduces cooking time by up to 30%.
- 30% energy efficiency.
- Emits 3um to 20um FIR wavelength to retain moisture (up to 10~15% more).
- Cooks and browns food evenly and quickly, retaining its nutrients.
- Meat sears quickly on the outside, sealing juices on the inside.
- Quick response to manual temperature changes.
- Heatproof tempered glass can withstand temperature variance up to 365°F.
- Motor = 2000 RPM
- Two fans for quick and even heat distribution.
- No soot or unsavory smoke produced.
- Adjustable temperature setting: 300 ~ 480°F.

PART IDENTIFICATION



Before initial use, remove all packaging materials and clean wok with lukewarm water. Make sure unit is placed on a level and heatproof surface, where a 15-amp outlet is within reach.

INSTRUCTIONS:

COOKING

- Place rack in wok and place food on center of rack for best air circulation.
- Set desired cooking temperature by turning TEMPERATURE dial clockwise.
- Set desired cooking time by turning TIMER dial clockwise.
- Push the safety handle down and unit will begin cooking. At this time, both HEAT and POWER indicators will light.
- Unit will emit an audible beep and shut off when cooking time is up.

NOTE

- Be sure the top lid is placed properly on the wok base.
- Please keep at least 1 cm of space between food and the top lid.
- To temporarily stop the unit during cooking process, lift handle up.
- Unplug unit after each use.

CAUTION

- The convection oven becomes extremely hot during operation. Do not touch glass during or immediately after operation, use handles.
- When lid needs to be lifted, place on a heatproof surface.
- Do not use if glass cracked.

CLEANING

- Always unplug unit before cleaning.
- Wok and racks can be washed with warm water and gentle detergent.
- Never immerse the top lid in water or any other liquid.
- Clean lid after each use (when cooled) by wiping with warm, damp dishcloth.
- If lid becomes greasy, turn lid over and remove the 3 screws. Remove the stainless filter and wash in warm water with gentle detergent. Allow to dry completely before re-assembling.

The recipes provided in this booklet can be adjusted slightly due to individual cooking habits and methods. Please use the information provided as a reference.

You can always use your favorite conventional oven recipes with this unit by adjusting the temperature or time slightly. Convection cooking uses circulated hot air and the Nano-Carbon technology will save energy and cooking time by approximated 25~30%.

Tips:

- If baking time of original recipe is less than 15 minutes: keep the original baking time but reduce temperature by 25~30°F.
- If baking time of original recipe is more than 15 minutes, bake at original temperature, but reduce cooking time by 25~30%.
- Always preheat (3 to 5 minutes), unless your recipe indicates otherwise.

TIME AND TEMPERATURE REFERENCE

Food	Temperature (°F)	Time (Minutes)	Quantity
Whole Chicken	400	35	3 lb
Drumsticks	375	15	8 pieces
Steak	400	10 ~ 15	16 oz
Pork Loin	400	20	2 lbs
Shrimp	450	5	1 lb
Corn	375	10	4 pieces
Cake	300	15	1 box

GARDEN FRESH PIZZA

- 1 baked pizza crust (10 oz / 12")
 - 2 Tbsp cider vinegar
 - 1 Tbsp olive oil
 - 1/2 clove garlic (minced)
 - 2 tsp shallots (minced)
 - 2 tsp chopped fresh basil leaves
 - 1/2 tsp of fresh thyme leaves
 - 1/2 tsp chopped fresh rosemary leaves
 - 1 cup mushrooms (sliced)
 - 1 cup yellow squash (sliced)
 - 3/4 cup Roma tomatoes (sliced)
 - 1/2 cup bell pepper (diced)
 - 1/2 cup green onions (thinly sliced)
 - Salt
 - 1 cup shredded mozzarella cheese
 - 1/4 cup grated parmesan cheese
1. In bowl, mix vinegar, olive oil, garlic, shallots, basil, thyme, and rosemary.
 2. Place crust on pan or baking sheet. Brush with all but 1 Tbsp of the vinegar mixture.
 3. Preheat oven for 3 minutes at 450°F.
 4. Layer vegetables over crust. Sprinkle lightly with salt.
 5. Spread mozzarella and Parmesan cheeses equally.
 6. Place on short rack and bake at 425°F for 10 minute s. Drizzle with remaining vinegar mixture.

Makes 4 to 6 servings.

PORTABELLA SOUFFLES

- 4 portabella mushrooms (approx. 1/4 lb each)
 - 2 ½ Tbsp butter
 - 3 Tbsp dried breadcrumbs (finely crumbed)
 - 1 ½ Tbsp garlic (minced)
 - ¼ cup all-purpose flour
 - ¼ tsp salt
 - ¼ tsp ground pepper
 - ¾ cup low-fat milk
 - 1 ¼ cup shredded sharp cheddar cheese
 - 2 Tbsp fresh chives (chopped)
 - 4 large eggs (separated)
 - Aluminum foil
1. Rinse and drain mushrooms. Trim stems off.
 2. Trim off tip of stems and finely chop stems, set aside.
 3. Place caps (cup side up) on baking sheet.
 4. Cut 4 sheets of foil (12" x 16"). Fold each sheet lengthwise in half and half again. Generously butter 1 side of each foil and dust with breadcrumbs. Wrap each foil strip (crumb side in) tightly around a mushroom cap. Overlap ends and secure.
 5. In a medium sized pan, melt 2 Tbsp butter over medium heat. Add garlic and mushroom stems and cook until stems are browned (approx. 8 minutes). Add flour, salt

- and pepper, stir for 1 min. Remove from heat and whisk in milk until smooth. Stir over high heat until boiling.
6. Remove from heat and add 1 cup of cheese. Stir until melted. Add chives and egg yolks and blend well.
 7. In bowl, whip egg whites with mixer on high speed until stiff, peaks form. Stir 1/3 of whites into cheese mixture. Then gently fold cheese mixture into remaining whites till blended.
 8. Preheat oven for 3 minutes at 400°F.
 9. Spoon mixture equally into mushroom caps. Sprinkle remaining cheese.
 10. Bake on short rack for 25 minutes at 375°F.
 11. Remove foils and transfer soufflés to plates with a wide spatula.

Makes 4 servings.

ROASTED GARLIC BUTTER CRAB

- 2 Whole crabs (approx. 1 lb each)
 - ½ medium onion (sliced)
 - ¼ cup garlic (sliced)
 - 1 red chili (sliced)
 - Aluminum foil (large enough to wrap crab)
 - 2 Tbsp butter
 - 1 Tbsp milk
 - 2 Tbsp cooking wine
 - 1 Tbsp black pepper
 - Dash of salt
1. Clean crabs and cut into 8 pieces. Marinate with salt and cooking wine for approx. 15 minutes.
 2. Spread butter on aluminum foil. Place crabs in the center. Fold sides of foil up but do not seal.
 3. Mix onion, garlic, chili, milk, pepper and salt in medium bowl. Pour over crab and seal aluminum foil.
 4. Preheat oven for 3 minutes at 425°F.
 5. Place on short rack and bake at 400°F for 12 minutes.

Makes 2 servings.

GRILLED SALMON

- 4 cloves garlic (minced)
 - ¾ cup olive oil
 - 2 tsp dried basil
 - 2 tsp salt
 - 2 tsp ground black pepper
 - 2 Tbsp fresh lemon juice
 - 2 Tbsp fresh parsley (chopped)
 - 4 salmon fillets (approx. 6 oz each)
 - Aluminum foil
1. In medium bowl, mix garlic, olive oil, basil, salt, pepper, lemon juice and parsley.
 2. Place salmon fillets in bowl and marinate for at least 1 hour, refrigerated, turning occasionally.
 3. Preheat oven for 3 minutes at 400°F.
 4. Arrange fillets in baking pan and pour marinade over salmon. Cover with aluminum foil.
 5. Place on short rack and bake at 375°F for 25 to 30 minutes, until easily flaked with a fork.

Makes 4 servings.

TENDER LEMON CHICKEN

- 4 boneless chicken breast halves
 - 1/3 cup fresh lemon juice
 - ¼ cup olive oil
 - 1 Tbsp Dijon mustard
 - 2 large cloves garlic (finely chopped)
 - 2 Tbsp red bell pepper (finely chopped)
 - ½ tsp salt
 - ¼ tsp ground black pepper
1. In medium bowl, mix lemon juice, olive oil, mustard, garlic, bell pepper, salt and pepper.
 2. Place chicken in bowl and marinate for at least 20 minutes, refrigerated.
 3. Preheat oven for 3 minutes at 425°F.
 4. Arrange chicken on shallow bake pan. Pour about ¼ cup of marinate over chicken.
 5. Place bake pan on short rack and bake at 400°F for 10 to 15 minutes.
 6. Garnish with lemon slices.

Makes 4 servings.

ROAST CHICKEN

- 1 whole chicken (approx. 4 lbs)
 - 2 Tbsp soy sauce
 - 2 Tbsp cooking wine
 - 1 Tbsp garlic (minced)
 - 2 tsp salt
 - 1 tsp sugar
 - 1 tsp ginger (minced)
 - 1 tsp sesame oil
1. Mix soy sauce, cooking wine, garlic, salt, sugar, ginger, and sesame oil.
 2. Marinate chicken in mixture for at least one hour, refrigerated.
 3. Preheat oven for 3 minutes at 350°F.
 4. Roast chicken at 325°F for 30~35 minutes.

Makes 4 servings.

HONEY GLAZED HAM

- 1 ready-to-eat ham (approx. 4 lb)
 - 3 Tbsp whole cloves
 - 3 Tbsp dark corn syrup
 - 1 ½ cups honey
 - ½ cup butter
1. Score ham and stud with whole cloves.
 2. Place ham in foil lined baking pan.
 3. Preheat oven for 5 minutes at 325°F.
 4. Heat corn syrup, honey and butter.
 5. Brush glaze over ham and bake for 50 minutes at 300°F.
 6. Baste ham every 10 minutes with glaze.
 7. Turn temperature up to 480°F for the last 5 minutes.

Makes 8 servings.

CREAMY LEMON PIE

- 20 Nilla wafers (crushed)
 - ½ cup flour
 - ¼ cup firmly packed brown sugar
 - ½ stick cold margarine
 - 1 package (8 oz.) Neufchatel cheese (softened)
 - ½ cup granulated sugar
 - 2 eggs
 - 2 Tbsp flour
 - 3 Tbsp grated lemon peel
 - ¼ cup fresh lemon juice
 - ¼ tsp baking powder
 - 2 tsp powdered sugar
1. Line 9" bake pan with foil (extending over sides).
 2. Preheat oven for 3 minutes at 375°F.
 3. Mix wafer crumbs, ½ cup flour and brown sugar in bowl.
 4. Cut in margarine with pastry blender until mixture becomes coarse crumbs. Press firmly to bottom and side of pan. Bake for 10 minutes at 350°F.
 5. Beat cheese and sugar with electric mixer on medium speed until well blended.
 6. Add eggs and 2 Tbsp flour. Mix well.
 7. Blend in 1 Tbsp lemon peel, lemon juice and baking powder. Pour over crust.
 8. Bake at 350°F for 20 ~ 25 minutes or until center is set.
 9. Cool completely. Cover and refrigerate for at least 2 hours.
 10. Garnish with powdered sugar and remaining grated lemon before serving.

Makes 6 to 8 servings.

DARK CHOCOLATE CHEESE CAKE

- 1 ½ cups all-purpose flour
 - 1 cup sugar
 - ¼ Tbsp unsweetened cocoa powder
 - 1 tsp baking soda
 - Dash of salt
 - 1 cup hot water
 - 1 ½ tsp instant coffee powder
 - ¼ cup vegetable oil
 - 1 Tbsp white vinegar
 - 1 tsp vanilla extract
 - 1 egg
 - 2 Tbsp sugar
 - 1 jar ready-to-spread Cream Cheese Frosting
1. Preheat oven for 3 minutes at 375°F.
 2. Grease and flour baking pan.
 3. In bowl, mix flour sugar, cocoa, baking soda and salt.
Combine hot water and coffee powder and add to mixture along with oil, vinegar, vanilla and egg.
 4. Mix until smooth and well blended.
 5. Spread evenly into prepared pan. Sprinkle with sugar.
 6. Bake at 350°F for 20 ~ 25 minutes, until inserted toothpick comes out clean.
 7. When cooled, spread with frosting.

Makes 10 to 12 servings.



Your Guarantee

If this product is found to be faulty as a result of faulty materials or workmanship within one year from date of purchase, it will be repaired free of charge.

This guarantee is subject to the following terms:

- Sunpentown must be notified of the fault.
- Proof of purchase must be presented to Sunpentown's nominated representative.
- The warranty will be void if the product is modified, misused or repaired by an unauthorized person.
- The warranty after repair will not be extended beyond the original one-year period.
- All replacement parts will be new or reconditioned.
- Parts, which are replaced, become the property of Sunpentown.
- The warranty applies for the use of the product in the USA only.

What is NOT COVERED:

- Warranty does not include freight charges.
- Incidental or consequential damage caused by possible defects with this product.
- Damage to product caused by improper power supply voltage, accident, fire, floods or acts of nature.
- Failure of product resulting from unauthorized modifications to the product.
- Improper installation or failure to perform the necessary maintenance.

This GUARANTEE is in addition to your Statutory Rights

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