



# OIL-LESS FRYER & ROASTER COOKING GUIDE



**QUICK &  
EASY**



**Roasts**



**Turkey/Chicken**



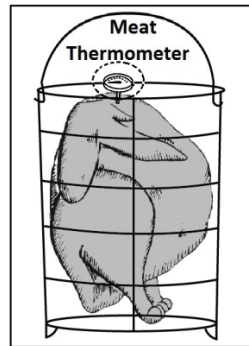
**Ribs**

# PREPARING YOUR TURKEY or CHICKEN

Max Weight of Poultry: 20 pounds.

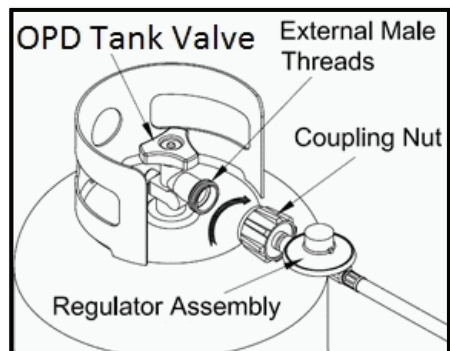
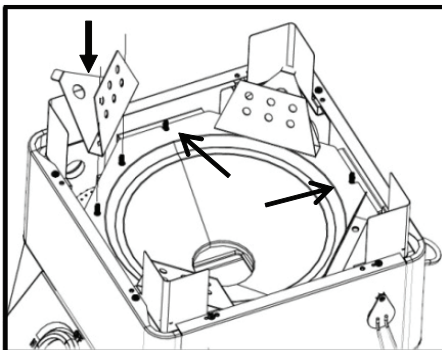
Estimated Cooking Time: 6 – 9 minutes per pound.

1. Fully assemble the Oil-less Fryer & Roaster.
2. Fully Defrost the poultry and remove giblets, neck and all items inside the cavity of your Bird. Remove metal or plastic straps that might have been used to tie the legs together.
3. Season your Bird (Tip: Dry rub or injectable marinade works great!)
4. Place your Bird inside the poultry basket with legs on bottom and wings on top, breast facing up.
5. Insert meat thermometer in the top breast area. Keep it inserted during the entire cooking process.



## IGNITING THE OIL-LESS FRYER & ROASTER

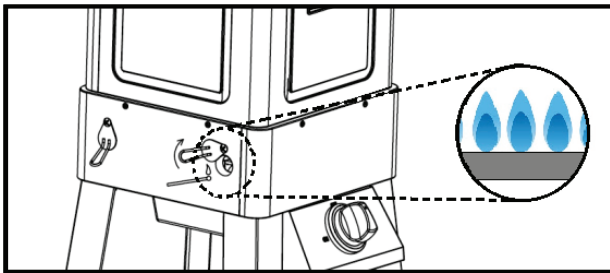
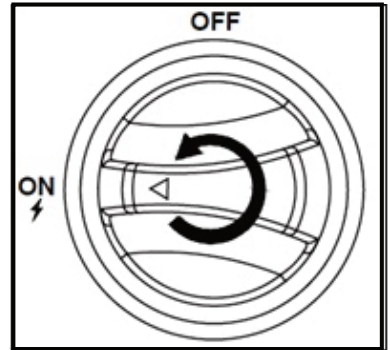
1. Double check that the grease collector and the four heat reflectors are properly installed.
2. Make sure the control knob is at OFF position.
3. Open lid and remove the poultry basket when lighting.
4. Do not lean over the appliance while lighting.
5. Connect the regulator to a 20LB gas tank.



6. Open OPD tank valve by one turn.

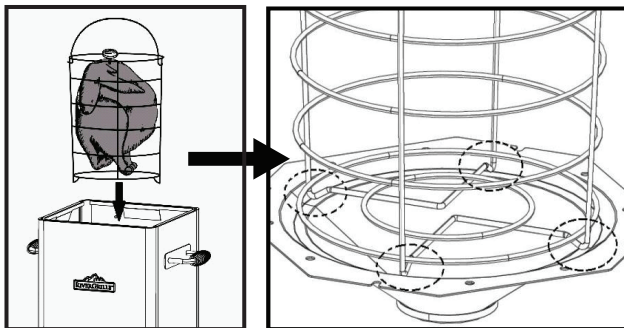
7. Turn the control valve of the appliance counter-clockwise until a sharp “click” sound is heard.

8. Observe through each of the ignition holes if all 4 corners of the burner are lit. If not, turn off the control valve immediately. Wait 5 minutes. Repeat step 7.



9. There is only one setting on the control valve. Once the burner is lit in all 4 corners, just leave it on.

10. Place the poultry basket with your Bird into the Oil-less Fryer & Roaster with basket legs on the ribs of the grease collector.



11. Close the lid and let your Bird cook for 6 – 9 minutes per pound. Always keep lid closed during entire cooking process.

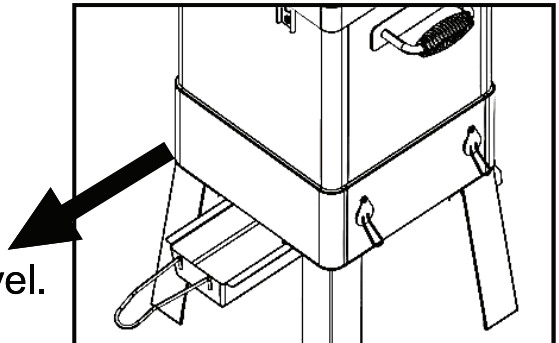
## COOKING YOUR BIRD

1. Recommend cooking time: 6 - 9 minutes per pound.
2. For every 30 minutes, check the reading of the meat thermometer. When the temperature reaches 150°F, check the temperature more frequently.
3. When the temperature reaches 165°F, check the internal temperature of your Bird at few different locations especially the breast and thighs in order to make sure that all areas reach 165°F.
4. If the temperature does not reach 165°F, keep cooking your Bird and check the internal temperature every 10 minutes.
5. When your Bird is done, remove the poultry basket from the Oil-less Fryer & Roaster and place on a baking sheet or large platter. Allow your Bird to rest for 15 minutes before removing from the poultry basket and carving.

### NOTE:

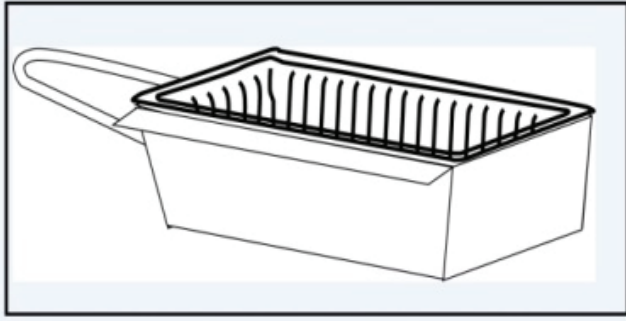
During the cooking process, check the grease level inside the grease tray periodically in order to prevent oil overflow.

Slide out the grease tray half way and check the grease level.



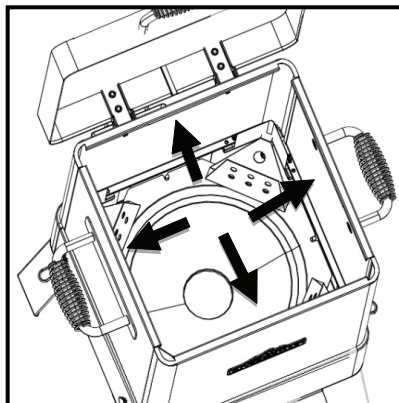


## GREASE TRAY SIZED TO HOLD A DISPOSABLE ALUMINUM TRAY



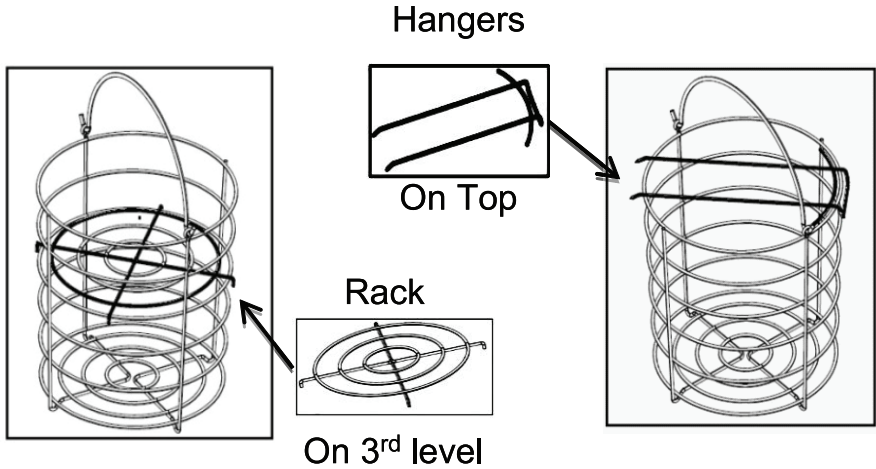
### CLEANING INSTRUCTIONS

1. After cooking, leave the burner on for another 15 minutes with lid closed in order to burn away the grease inside the Oil-less Fryer & Roaster.
2. If there is any residue on the grease collector, remove it and wash it with warm soapy water.
3. After using, season the internal body side walls with vegetable oil to prevent rusting, the same way you would with a cast iron skillet.

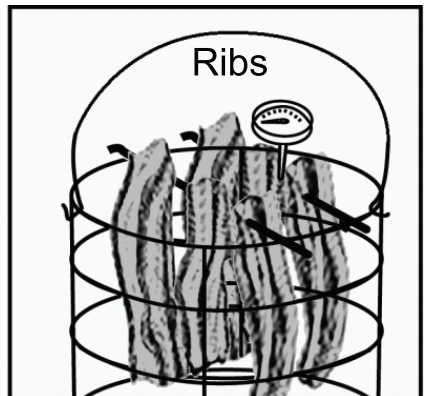
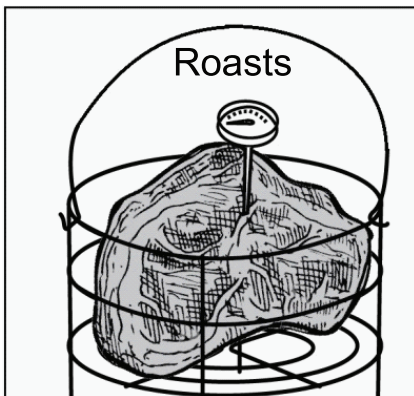


## ADDITIONAL COOKING TIPS

Your Oil-Less Fryer & Roaster can also cook different kinds of food including chicken, roasts, pork shoulder, ribs, etc. Optional racks and hangers can be used.



- Place the roasting rack in the basket on the 3<sup>rd</sup> level. Then place your roast or other large cut of meat on the rack to roast.
- To cook ribs, a rib hanger is required. Just hang the ribs by the hanger and place it on top of the basket.



1. Insert meat thermometer in the top of the food. Keep it inserted during the entire cooking process.
2. Check the temperature every 30 minutes until the internal temperature reaches the recommended USDA temperature.
3. When the food is done, remove the basket from the Oil-less Fryer & Roaster and place on a baking sheet or large platter. Allow the meat to rest for 15 minutes before removing from the basket and carving.

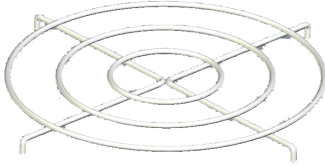
USDA Recommended Internal Cooking Temperatures	
<b>Ground Meat</b>	
Beef, Pork, Veal, Lamb.....	160°F(71.1°C)
Turkey, Chicken.....	165°F(73.9°C)
<b>Fresh Beef, Veal, Lamb</b>	
Medium Rare.....	145°F(62.8°C)
(let stand 3 minutes before cutting)	
Medium.....	160°F(71.1°C)
Well Done.....	170°F(76.7°C)
<b>Poultry</b>	
Chicken & Turkey, whole.....	165°F(73.9°C)
Poultry Parts.....	165°F(73.9°C)
Duck & Goose.....	165°F(73.9°C)
<b>Fresh Pork</b>	
Medium Rare.....	145°F(62.8°C)
(let stand 3 minutes before cutting)	
Medium.....	160°F(71.1°C)
Well Done.....	170°F(76.7°C)

For additional information, please contact our customer service at (888) 837-1380, Mon to Fri, 8:00 a.m. – 5:00 p.m. Pacific Standard Time or [customerservice@rankam.com](mailto:customerservice@rankam.com)

## Optional Accessories Available

Please visit [www.homedepot.com](http://www.homedepot.com) for more information

**Model # BA2258301-RG**  
**Roasting Rack**



**Model # BA2258401-RG**  
**Rib Rack**



**Model # AC2257201-RG**  
**Oil-less Fryer & Roaster Cover**



Should you encounter any problem  
or

Obtaining replacement parts

**CALL US FIRST.**

Do not return product to the store.

**WE CAN HELP.**

**Rankam (China) Manufacturing Co. Ltd.**

18/F., New Lee Wah Centre,

88 Tokwawan Road, Kowloon, Hong Kong

Please contact Rankam Customer Service at

[customerservice@rankam.com](mailto:customerservice@rankam.com)

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