

BIG BOSS™ DIGITAL OIL-LESS FRYER

WITH 8 PRESETS

INSTRUCTION
MANUAL

GREAT
FRIED TASTE
WITHOUT THE
FRYING



BIG BOSS™ DIGITAL OIL-LESS FRYER ITEM NO. 8925
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INTRODUCTION

Appliance that tops all ovens, stove tops and microwaves.

Traditional frying and cooking - reinvented. Introducing BIG BOSS™ Digital Oil-Less Fryer, the energy efficient tabletop cooker that combines conduction heat, convection & infrared technology leaving foods moist on the inside & browned & crispy on the outside without the use of added fats or oils.

- Triple Cooking Power: Conduction, Convection & Infrared Heat
- Prepares Crispy Fried Foods With Little Or No Oil
- Features 8 presets for hassle-free cooking
- Quickly Cooks From Frozen, No Thawing Time Needed
- Mesh Basket & 2 Racks Cook Multiple Foods At The Same Time
- Uses Less Energy, Cooking Up To 3x Faster

Three cooking elements working in uniform. Conduction directly heats the surface of the food for browning, roasting & flavor. Convection circulates the hot air, evenly distributing the heat for faster cooking. Gentle infrared heat cooks food from inside out, sealing in juices. Air Fry chicken and fish, stir fry veggies, roast turkey, broil steaks, grill meats, toast breads, steam vegetables and even make dessert - all without preheating or defrosting. The all digital control panel offers 8 presets that will guide you in the cooking process and make it much easier to operate. The glass dome allows you to see the cooking process. The lid's tight seal keeps hot air inside, so the BIG BOSS™ Digital Oil-Less Fryer will not heat up your kitchen. Includes extender ring for more capacity, mesh basket, sprayer and 2 cooking racks (low and high) so you can prepare a whole meal at once.



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 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 UNIT (LID, GLASS BOWL AND BASE)
- EXTENDER RING (1)
- COOKING RACKS (2)
- MESH BASKET (1)
- SPRAYER (1)
- 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, mesh basket, tongs and sprayer in hot soapy water and allow to dry completely.

WARNING: Do not immerse the lid with digital 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. 6-10)

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. If using mesh basket, place on top of the cooking rack (low or high).
5. Place the glass lid on top of the glass bowl. The lid should sit on the inner rim of the bowl.
6. If using extender ring, place it on top of the glass bowl. Then place the lid on.

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PARTS AND FEATURES

8 Presets

French Fries	450°F	20 min
Onion Rings	450°F	15 min
Breaded Fish	400°F	18 min
Breaded Chicken Pieces	375°F	35 min
Breaded Chicken Cutlets	400°F	20 min
Potato Chips	450°F	15 min
Potato Wedges	450°F	25 min
Thaw/Wash/Dehydrate	260°F	1 hour

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

1a. Time Display

1b. Temperature Display

1c. 8 Presets-french fries, onion rings, breaded fish, breaded chicken pieces, breaded chicken cutlets, potato chips, potato wedges, thaw/wash/dehydrate

1d. Power Button

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. High Cooking Rack-rack to cook foods

6. Low Cooking Rack-rack to cook foods

7. Glass Bowl-holds food to be cooked

8. Bowl Base-holds glass bowl

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

10. Sprayer-can be used to lightly spray foods with oil for air-frying



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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 racks/mesh basket 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. Refer to Suggested Cooking Times table (pp.11-15) 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 either on top of the lower or higher cooking rack. Refer to Suggested Cooking Times table (pp.11-15) 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 BIG BOSS™ Digital Oil-Less Fryer when cooking large foods such as a turkey (up to about 16 lb.). Your BIG BOSS™ Digital Oil-Less Fryer 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 on right.

5. Close the lid, lower the handle. Plug the power cord into the electrical outlet.

6. Once the unit is plugged in you will hear a short beep. Time LED display will show 0:00 and Temperature LED display will show 000.



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

USING 8 PRESETS:

IMPORTANT: Make sure that the handle is down and completely flat (you will hear a click when the handle is in closed position) before you use one of 8 presets. If the handle is not completely flat, you will not be able to operate the Digital Oil-Less Fryer. See Diagram on right.

7. Press one of 8 presets featured on the unit's lid (see below table) or refer directly to your fryer for the list of presets. Once selected, both LED displays will show the time and temperature; the small light will start blinking next to the chosen preset.

UNIT IS READY TO OPERATE



TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOKING TIME
French Fries	LOW	450°F	20 min
Onion Rings	LOW	450°F	15 min
Breaded Fish	LOW	400°F	18 min
Breaded Chicken Pieces	LOW	375°F	35 min

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOKING TIME
Breaded Chicken Cutlets	LOW	400°F	20 min
Potato Chips	LOW	450°F	15 min
Potato Wedges	LOW	450°F	25 min
Thaw/Wash/Dehydrate	LOW	260°F	1 hour

NOTE: The cooking time depends on the size, weight and thickness of the food to be cooked.

8. If you need to adjust the temperature or time, simply press "+" or "-" buttons to change the temperature (changes in 5°F increments for range of 120°F - 480°F) or time (changes in 1 minute increments for range of 1 min - 1 hour 59 minutes). To go back, just press the same preset again.

OPERATING WITHOUT PRESETS - SETTING THE TIMER:

IMPORTANT: Make sure that the handle is down and completely flat (you will hear a click when the handle is in closed position) before you use set time or temperature. If the handle is not completely flat, you will not be able to operate the Digital Oil-Less Fryer. See Diagram above.

9. Use the "+" or "-" buttons next to the time LED window (top window) to set the time. Time changes in 1 minute increments (1 min - 1 hour 59 minutes). Refer to cooking times/temperature guide for reference (pp. 11-15). **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.**

OPERATING WITHOUT PRESETS - SETTING THE TEMPERATURE:

IMPORTANT: Make sure that the handle is down and completely flat (you will hear a click when the handle is in closed position) before you use set time or temperature. If the handle is not completely flat, you will not be able to operate the Digital Oil-Less Fryer. See Diagram above.

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

10. Use the "+" or "-" buttons next to the temperature LED window (bottom window) to set the temperature. Temperature changes in 5°F increments (120°F - 480°F). Refer to cooking times/temperature guide for reference (pp. 11-15). **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.**

TURNING UNIT ON/OFF:

11. When time and temperature have been set, or you have selected one of the 8 presets, press the Power button to turn the unit ON. Once the unit is ON, the conduction lamp and the fan will turn on. The conduction lamp and fan will keep cycling on & off to maintain the set temperature.

12. 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 glass 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 glass lid.**

13. When done checking, **lower the handle until it snaps in. If the handle is not lowered properly, the unit will not operate.** Press the Power button to resume the operation.

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

15. 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 conduction lamp will turn off immediately once timer counts down to 0:00, while the 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 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.

16. Use the tongs provided to lift out the hot cooking racks with food. See Diagram on right.



USAGE-DEHYDRATING FOOD/PRE-HEATING/THAWING

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 1/16 th 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. Place the high cooking rack in first, then place the Mesh Basket over it.

5. Place the slices close together (but not touching) in one layer. Do not stack one on top of the other.

6. Close the lid. Lower the handle until it snaps in. **IMPORTANT: Make sure that the handle is down and completely flat (you will hear a click when the handle is in closed position) before you use set time or temperature. If the handle is not completely flat, you will not be able to operate the Digital Oil-Less Fryer.**

7. Choose the **THAW/WASH/DEHYDRATE** preset. Refer to individual cooking times on p.14-15. If you need to adjust the temperature or time, simply press "+" or "-" buttons to change the temperature (changes in 5°F increments for range of 120°F - 480°F) or time (changes in 1 minute increments for range of 1 min - 1 hour 59 minutes). To go back, just press the same preset again.

8. Press the Power button to turn on the unit.

9. It is recommended to check on the food every 15 minutes or so. Simply lift the handle up to turn the unit off. When done checking-lower the handle until it snaps in. Press the Power button to restart the unit.

10. 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.

PRE-HEATING

NOTE: Make sure to insert the trays/mesh basket inside the unit prior to pre-heating. If pre-heating is required, use the "+" or "-" buttons next to the time LED window (top window) to set the time to 10 minutes (1 minute increments). Set the temperature according to the recipe.

CAUTION: Before removing the glass 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 glass lid.

Follow the usage directions on pp. 7-10 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.

AIR FRYING SUGGESTED COOKING TIMES

OTHER 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 15.

AIR FRYING and STIR FRY

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME	NOTES
AIR FRYING				
Chicken Cutlets, boneless, breaded (4)	LOW	400°F	20 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz chicken pieces with oil.
Chicken Pieces, bone in, breaded (6)	LOW	375°F	35 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz chicken pieces with oil.
Chicken Wings (6 pieces)	LOW	375°F	30 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz chicken wings with oil. Turn wings after first 15 minutes.
Bacon (5 strips)	HIGH	400°F	10 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray. Turn bacon over after first 5 min.
Fish filets, breaded (2)	LOW	400°F	18 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz fish filets with oil.
French Fries - fresh	LOW	450°F	20 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz fries with oil. Turn over after first 10 minutes.
French Fries - frozen	HIGH	450°F	12 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz fries with oil. Turn over after first 6 minutes.
Potato Wedges	LOW	450°F	25 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz fries with oil.
Potato Chips	LOW	450°F	15 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz fries with oil.
Onion Rings - fresh	LOW	450°F	15 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz rings with oil. Turn over after first 8 minutes.

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TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME	NOTES
AIR FRYING Continued				
Egg Rolls (3) - frozen	LOW	450°F	15 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, spritz egg rolls with oil.
Homemade Egg Rolls (4) Fresh	LOW	400°F	20 min	Mesh Basket; arrange in single layer. Spray mesh basket with cooking spray, brush egg rolls with egg wash. Turn over after first 10 minutes.
STIR FRY				
Chicken Stir Fry	N/A	375°F	30 min	Cook in glass bowl, remove all racks & mesh basket

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 a Sprayer (included). Just fill it with your choice of oil. Then spray it lightly over the food prior to cooking.

OTHER SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
MEATS					
Beef Roast 3 lb.	LOW	400°F	45 min (R are) 50 min (M edium) 60 min (W ell)	80 min (Med rare)	15-20 min per lb. Use Extender Ring Turn every 15 min
Hamburger 1/4 lb.	HIGH	400°F	10/12/15 min (R/M/W)	12/15/18 min	Turn once
Hot Dogs	HIGH	400°F	8 min	10 min	Mesh Basket; arrange in single layer
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	350°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

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OTHER SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
MEATS Continued					
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
FISH					
Grilled Shrimp	HIGH	400°F	10 min	12 min	Mesh Basket; arrange in single layer; 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	Mesh Basket; arrange in single layer
Stuffed Flounder	LOW	400°F	15 min	18 min	Mesh Basket; arrange in single layer
Tilapia Fish Filet 4 oz.	HIGH	400°F	14 min	16 min	Mesh Basket; arrange in single layer
Whole Snapper 1 lb.	LOW	400°F	30 min	35 min	Mesh Basket
POULTRY					
Boneless Chicken breast thick	HIGH	400°F	13-15 min	15-18 min	Mesh Basket; arrange in single layer
Boneless Chicken breast thin	HIGH	400°F	10 min	13 min	Mesh Basket; arrange in single layer
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

OTHER SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
POULTRY Continued					
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)
VEGETABLES					
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
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
FRUITS AND ASSORTED					
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	Mesh Basket
Popcorn	LOW	420°F	9 min		Place in shallow pan, do not use oil
DEHYDRATING					
Soak fruit slices in lemon solution (1/2 cup water+1/2 cup of lemon juice) for 10 min. Use Mesh Basket; arrange in single layer					
Apples	HIGH	THAW/WASH	60 min		Use mesh basket, slice 1/16" thick; soak
Bananas	HIGH	THAW/WASH	60 min		Place peeled banana in freezer for 5 min; soak 5 min
Pears	HIGH	THAW/WASH	60 min		Use mesh basket, slice 1/16" thick; soak

HELPFUL TIPS / CLEANING AND CARE

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
DEHYDRATING Continued					
Peaches	HIGH	THAW/WASH	60 min		Use mesh basket, slice 1/16" thick; soak
Plums	HIGH	THAW/WASH	60 min		Use mesh basket, slice 1/16" thick; soak
Parsley	LOW	THAW/WASH	5 min		Use mesh basket
Tomatoes	HIGH	THAW/WASH	50-60 min		Use mesh basket, slice 1/16" thick

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

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, mesh basket, tongs and sprayer 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, 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. Lower the handle until it snaps in. **IMPORTANT: Make sure that the handle is down and completely flat (you will hear a click when the handle is in closed position) before you use set time or temperature. If the handle is not completely flat, you will not be able to operate the Digital Oil-Less Fryer.**

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 (+/-), leave the temperature setting as is (260°F)

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 conduction lamp will turn off immediately once timer counts down to 0:00, while the 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.