

STARLYF GLG-20974

STARLYF Oil Free Air Fryer GLG-20974 User Manual

Model: GLG-20974 | Brand: STARLYF

1. INTRODUCTION

Welcome to the STARLYF Oil Free Air Fryer GLG-20974 user manual. This appliance is designed to help you prepare a variety of delicious and healthier meals with significantly less oil. By utilizing rapid air circulation technology, it cooks food evenly and efficiently. Please read this manual thoroughly before first use to ensure safe operation, optimal performance, and proper maintenance of your new air fryer.

2. IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and injury. Please observe the following:

- Read all instructions before operating the appliance.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electric shock, do not immerse the cord, plugs, or the main unit in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let the cord hang over the edge of a table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to 'off', then remove plug from wall outlet.
- Do not use the appliance for other than intended use.
- Ensure the appliance is placed on a stable, heat-resistant surface, away from walls or other appliances to allow adequate air circulation.

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your STARLYF Oil Free Air Fryer:

- **Main Unit:** The primary housing of the air fryer.
- **Temperature Control Knob:** Used to set the desired cooking temperature (up to 200°C).
- **Timer Knob:** Used to set the cooking time (up to 30 minutes) and activate the appliance. Features an automatic shut-off.
- **Removable Basket:** The non-stick basket where food is placed for cooking. Capacity: 2.3 Liters.
- **Removable Container:** The larger non-stick container that holds the basket. Capacity: 3.8 Liters.
- **Handle:** For safely removing the basket and container from the main unit.



Image 3.1: Front view of the STARLYF Oil Free Air Fryer GLG-20974, showing the main unit, handle, and control knobs.



Image 3.2: Side view of the air fryer highlighting the 1400W power, 2.3L/3.8L capacity, and acoustic timer.



Image 3.3: The air fryer with its non-stick basket and container removed, showing the internal components.

4. SETUP

Follow these steps to set up your air fryer for the first time:

1. **Unpack:** Carefully remove the air fryer and all packaging materials from the box.
2. **Initial Cleaning:** Before first use, clean the basket and container with hot water, dish soap, and a non-abrasive sponge. Wipe the inside and outside of the appliance with a damp cloth. Ensure all parts are completely dry before use.
3. **Placement:** Place the air fryer on a stable, horizontal, and heat-resistant surface. Ensure there is at least 10 cm (4 inches) of free space at the back and sides of the appliance, and above it, to allow for proper air circulation.
4. **Power Connection:** Plug the power cord into a grounded wall outlet.

5. OPERATING INSTRUCTIONS

Operating your STARLYF Oil Free Air Fryer is straightforward:

5.1. Preheating (Optional)

For best results, especially with certain foods, preheating is recommended:

1. Pull the basket and container out of the air fryer.
2. Set the desired temperature using the temperature control knob.
3. Set the timer to 3-5 minutes. The appliance will start heating.
4. Once the timer rings, the air fryer is preheated.

5.2. Cooking Process

1. **Prepare Food:** Place the ingredients into the air fryer basket. For healthier cooking, only a teaspoon of oil is optional for some foods. Do not overfill the basket.
2. **Insert Basket:** Slide the basket and container back into the air fryer. Ensure it is fully inserted.
3. **Set Temperature:** Turn the temperature control knob to your desired cooking temperature (up to 200°C).
4. **Set Timer:** Turn the timer knob to the required cooking time (up to 30 minutes). The air fryer will begin heating.
5. **Monitor Cooking:** During cooking, you may pull out the basket to shake or turn the ingredients for even cooking. The air fryer will pause when the basket is removed and resume when reinserted.
6. **Automatic Shut-off:** The air fryer will automatically shut off when the timer reaches zero, indicated by an audible ring.
7. **Remove Food:** Carefully pull out the basket and container. Use tongs to remove the cooked food. Be cautious of hot steam.



Image 5.1: Close-up view of the temperature and timer control knobs on the STARLYF Air Fryer.

6. COOKING GUIDE

The STARLYF Oil Free Air Fryer is versatile, allowing you to fry, grill, gratinate, and bake. The following table provides general guidelines for common foods. Cooking times and temperatures may vary based on food quantity, size, and desired crispiness.

Food Item	Temperature	Time	Notes
Frozen Fries (thin)	180°C	15-20 min	Shake basket halfway.
Frozen Fries (thick)	180°C	20-25 min	Shake basket halfway.
Chicken Drumsticks	180°C	18-25 min	Turn halfway.
Steak/Fish Fillet	200°C	10-15 min	Turn halfway.
Vegetables (e.g., broccoli)	160°C	10-15 min	Lightly toss with oil.

The air fryer's rapid air circulation ensures even cooking without the need for excessive oil, resulting in crispy textures and flavorful dishes.



Image 6.1: The air fryer basket containing chicken and potatoes during the cooking process.



Image 6.2: Cooked fries being poured from the air fryer basket onto a plate, ready for serving.



Image 6.3: The air fryer with a serving of sweet potato fries, demonstrating its capability for various fried foods.

7. MAINTENANCE AND CLEANING

Regular cleaning ensures the longevity and optimal performance of your air fryer.

7.1. Cleaning Instructions

1. **Unplug and Cool:** Always unplug the appliance from the wall outlet and allow it to cool down completely before cleaning.
2. **Clean Basket and Container:** The non-stick basket and container can be cleaned with hot water, dish soap, and a non-abrasive sponge. For stubborn food residues, soak them in hot water for about 10 minutes.
3. **Clean Interior:** Wipe the inside of the appliance with a damp cloth. Avoid using abrasive cleaners or steel wool, as they can damage the non-stick coating.
4. **Clean Exterior:** Wipe the exterior of the air fryer with a damp cloth. Do not immerse the main unit in water or any other liquid.
5. **Dry Thoroughly:** Ensure all parts are completely dry before storing or using the appliance again.

7.2. Storage

Store the cleaned and dried air fryer in a cool, dry place, away from direct sunlight and out of reach of children.

8. TROUBLESHOOTING

If you encounter any issues with your air fryer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Air fryer does not turn on.	Appliance not plugged in. Timer not set.	Ensure the power cord is securely plugged into a grounded outlet. Turn the timer knob to the desired cooking time.
Food is not cooked evenly.	Basket is overfilled. Food not shaken/turned.	Do not overfill the basket. Shake or turn ingredients halfway through cooking.
White smoke comes from the appliance.	Grease residue from previous use. Fatty ingredients.	Clean the basket and container thoroughly after each use. For fatty foods, absorb excess oil with a paper towel.
Food is not crispy.	Too much moisture in food. Not enough cooking time/temperature.	Pat food dry before cooking. Increase cooking time or temperature slightly.

If the problem persists after trying these solutions, please contact customer support.

9. SPECIFICATIONS

Technical details for the STARLYF Oil Free Air Fryer GLG-20974:




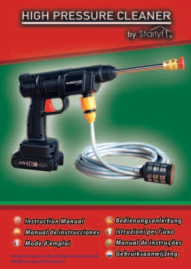
- **Brand:** STARLYF
- **Model Number:** GLG-20974
- **Power:** 1400 Watts
- **Voltage:** 220 Volts
- **Basket Capacity:** 2.3 Liters
- **Container Capacity:** 3.8 Liters

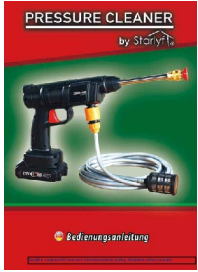
- **Temperature Range:** Up to 200°C
- **Timer:** Up to 30 minutes with automatic shut-off function
- **Material:** Stainless Steel (components), Non-stick coating (basket/container)
- **Color:** Black
- **Approximate Dimensions (Package):** 37.7 x 35.2 x 33.2 cm
- **Approximate Item Weight:** 4.59 Kilograms
- **Manufacturer:** Industex

10. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided at the time of purchase. If you require technical support or have questions not covered in this manual, please contact the retailer or the manufacturer, Industex, directly. Keep your proof of purchase for any warranty claims.

Related Documents - GLG-20974

	<p>Staryl Air Oven User Manual: Healthy Cooking with Hot Air Technology</p> <p>Comprehensive user manual for the Staryl Air Oven, detailing safety instructions, operation, parts, accessories, troubleshooting, and cleaning for healthy and efficient cooking.</p>
	<p>Staryl Pressure Cooker User Manual and Recipe Book</p> <p>User manual and recipe guide for the Staryl Pressure Cooker (Model VHGS LCIND0034). Learn about its features, operation, safety precautions, cleaning, and troubleshooting for efficient and delicious cooking.</p>
	<p>Staryl Pressure Cooker: User Manual & Operating Instructions</p> <p>Comprehensive user manual for the Staryl Pressure Cooker, covering setup, operation, safety warnings, cleaning, troubleshooting, and cooking times.</p>
	<p>Staryl High Pressure Cleaner: User Manual and Instructions</p> <p>Comprehensive instruction manual for the Staryl High Pressure Cleaner, covering setup, usage, maintenance, and safety guidelines. Learn how to operate your device effectively and safely.</p>



[Starlyf Pressure Cleaner User Manual and Instructions](#)

Comprehensive guide for operating, cleaning, and maintaining the Starlyf Pressure Cleaner. Includes safety warnings, product components, usage instructions, and technical specifications.



[Starlyf Therma Boost: User Manual & Guide for Efficient Radiator Heating](#)

Learn how to safely and effectively use the Starlyf Therma Boost radiator fan. This guide covers setup, operation, safety, and maintenance for optimal home heating.