

## Flama 678FL

# Flama 678FL Air Fryer User Manual

Model: 678FL | Brand: Flama

## INTRODUCTION

Thank you for purchasing the Flama 678FL Air Fryer. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your appliance. Please read this manual thoroughly before first use and keep it for future reference.

## IMPORTANT SAFETY INSTRUCTIONS

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

- Read all instructions before use.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electric shock, do not immerse cord, plugs, or appliance 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 cord hang over edge of 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 appliance for other than intended use.

## PRODUCT OVERVIEW

The Flama 678FL Air Fryer is designed for healthy cooking with minimal oil. It features a compact design and intuitive controls.



**Figure 1:** Front view of the Flama 678FL Air Fryer. It shows the digital display panel at the top with various cooking presets indicated by icons, a central control knob, and a large viewing window for the cooking chamber. The brand name "FLAMA" is visible on the lower front panel. The unit has a black top and silver-colored front with handles.

### Components:

- **Digital Control Panel:** Displays time, temperature, and cooking presets.
- **Control Knob:** Used to adjust time, temperature, and select cooking modes.
- **Cooking Chamber:** Main area for food preparation.
- **Removable Basket/Tray:** For holding food during air frying.
- **Handles:** For safe handling of the appliance.

### SETUP AND FIRST USE

#### Unpacking:

1. Carefully remove the air fryer and all packaging materials from the box.
2. Remove any stickers or labels from the appliance.
3. Inspect the appliance for any damage. Do not use if damaged.

#### Before First Use:

1. Clean the removable basket/tray and any other removable parts with warm soapy water. Rinse thoroughly and dry completely.
2. Wipe the exterior of the appliance with a damp cloth. Do not immerse the main unit in water.
3. Place the air fryer on a stable, heat-resistant surface, away from walls and other appliances, ensuring adequate ventilation.
4. Plug the power cord into a grounded electrical outlet.

5. It is recommended to run the air fryer empty for about 10-15 minutes at 180°C (350°F) during the first use to eliminate any manufacturing odors. A slight odor or smoke may be present; this is normal. Ensure the area is well-ventilated.

OPERATING INSTRUCTIONS

Basic Operation:

1. Prepare your food and place it in the air fryer basket/tray. Do not overfill.
2. Slide the basket/tray back into the air fryer until it clicks into place.
3. Press the power button to turn on the appliance. The digital display will illuminate.
4. Use the control knob to select the desired cooking temperature and time. The display will show the selected settings.
5. Press the start button (often indicated by a play/pause icon) to begin the cooking process.
6. During cooking, you may pause the process by pressing the start/pause button, or by pulling out the basket/tray. The air fryer will resume once the basket/tray is reinserted.
7. Some recipes may require shaking or flipping food halfway through cooking.
8. Once the cooking time is complete, the air fryer will beep and automatically shut off.
9. Carefully remove the basket/tray using oven mitts. Transfer food to a serving dish.
10. Unplug the appliance after use.

Pre-set Functions:

The Flama 678FL Air Fryer comes with several pre-set cooking functions for common dishes. These are typically indicated by icons on the control panel (e.g., fries, chicken, fish, steak, cake, shrimp, pizza, vegetables). To use a pre-set:

1. Turn on the appliance.
2. Rotate the control knob to cycle through the pre-set icons.
3. Once the desired pre-set is highlighted, press the control knob or start button to confirm and begin cooking. The air fryer will automatically set the optimal time and temperature for that specific food type.
4. You can typically adjust the time and temperature of a pre-set after selection if needed.

Temperature and Time Guidelines:

The following table provides general guidelines. Actual cooking times and temperatures may vary based on food quantity, size, and desired crispness.

Food Item	Temperature (°C/°F)	Time (Minutes)	Notes
French Fries (frozen)	180-200°C / 350-400°F	15-25	Shake halfway
Chicken Wings	180-200°C / 350-400°F	18-25	Flip halfway
Fish Fillet	160-180°C / 320-350°F	10-15	
Vegetables (mixed)	160-180°C / 320-350°F	10-18	Toss halfway

CLEANING AND MAINTENANCE

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

Before Cleaning:

- Always unplug the air fryer from the power outlet and allow it to cool completely before cleaning.

Cleaning the Basket/Tray and Accessories:

- The removable basket/tray and any other accessories are typically dishwasher safe or can be washed by hand with warm water and a non-abrasive sponge.
- For stubborn food residue, soak the parts in warm soapy water for about 10-15 minutes before cleaning.
- Do not use metal scouring pads or abrasive cleaning materials, as these can damage the non-stick coating.
- Rinse thoroughly and dry completely before reassembling or storing.

Cleaning the Main Unit:

- Wipe the exterior of the air fryer with a damp cloth.
- Clean the interior of the appliance, including the heating element, with a soft, damp cloth. For difficult spots, a small brush can be used.
- Never immerse the main unit in water or any other liquid.
- Ensure all parts are dry before plugging the appliance back in.

TRUBLESHOOTING

Before contacting customer support, please refer to the following common issues and their solutions:

Problem	Possible Cause	Solution
Air fryer does not turn on.	Not plugged in; power outlet issue; basket not properly inserted.	Ensure the power cord is securely plugged into a working outlet. Check if the basket/tray is fully inserted until it clicks.
Food is not cooked evenly.	Overfilled basket; food not shaken/flipped.	Do not overfill the basket. Shake or flip food halfway through cooking.
White smoke coming from the appliance.	Grease residue from previous use; high-fat food.	Clean the basket/tray and the interior thoroughly. For high-fat foods, drain excess oil from the basket during cooking.
Food is not crispy.	Too much moisture; not enough oil (if applicable); temperature too low.	Pat food dry before air frying. Lightly coat with oil if desired. Increase temperature or cooking time.

PRODUCT SPECIFICATIONS

Brand: Flama

Model: 678FL

Dimensions (L x W x H): Approximately 0.03 x 33.21 x 34.28 cm (0.01 x 13.07 x 13.5 inches) -Note: The provided length of 0.03 cm seems unusually small and might be a data entry error. Please refer to product packaging for accurate dimensions.

Weight: Approximately 5.48 Kilograms (12.08 lbs)

EAN: 5601545067036

Color: Multicolored (typically black and silver)

**Power:** (Information not provided in source, typical for air fryers is 1500-1800W)

**Capacity:** (Information not provided in source)

Specifications are subject to change without notice.

WARRANTY AND CUSTOMER SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product packaging or visit the official Flama website. Do not attempt to repair the appliance yourself.





**Manufacturer:** Flama


**ASIN:** B0DV9RG2F8

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This manual is for informational purposes only. Flama is not responsible for any damages or injuries resulting from improper use of this product.

Related Documents - 678FL

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