



**User Manual | GAF784**

**7-Qt Stainless Steel  
Digital Air Fryer**

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**Model: GAF784** | © 2025 Gourmia | 1.0

The Steelstone Group Brooklyn, NY | [Gourmia.com](https://www.gourmia.com)

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## **Congratulations on the purchase of your Digital Air Fryer from Gourmia!**

Here at Gourmia, we're all about helping cooks make easy, healthy, and delicious meals an everyday possibility. We know how fast-paced life is and that sometimes a home-cooked meal doesn't make the top of the priority list, no matter how bad you want it. Our dependable, easy-to-use appliances are here to help you change that. We're giving you the tools to eat better and healthier without spending hours in the kitchen prepping and cooking.

We want you to get the most out of your air fryer, which is why our team is available to help with any questions you may have. Whether you have a question with setup or need some guidance on which preset to use, we're happy to walk you through it. Welcome to the ease of cooking with Gourmia.

This manual provides instructions for all of the air fryer's functions and features along with directions for assembling, operating, cleaning, and maintaining the appliance. Please read all safety instructions and directions for safe usage at all times. Keep this manual for future use.

Thank you for choosing Gourmia!

We'd love to hear about the delicious dishes you're creating! Share your thoughts, recipes, and photos with us.

      @gourmia

# IMPORTANT SAFEGUARDS

**Read all instructions before using the electric appliance.  
For household use only.**

The following basic precautions should always be followed:

1. This appliance is not intended for use by children or persons with reduced physical, sensory, or mental capabilities, or a lack of experience and knowledge, unless they have supervision.
2. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they **DO NOT** play with the appliance. Cleaning and user maintenance **SHOULD NOT** be done by children unless they are supervised.
3. Check if the voltage indicated on the appliance corresponds to the local main voltage before you connect the appliance.
4. **DO NOT** use the appliance if the plug, the main cord or the appliance itself is damaged. Always make sure that the plug is inserted properly into a wall outlet.
5. **DO NOT** operate any appliance with a damaged cord or plug, after the appliance malfunctions, or if the appliance has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
6. **DO NOT** let the cord hang over the edge of the table or counter, nor let it touch hot surfaces.
7. To protect against electric shock, **DO NOT** immerse cord, plugs, or appliance in water or other liquid.
8. **DO NOT** plug in the appliance or operate the control panel with wet hands.
9. **NEVER** connect this appliance to an external timer switch or separate remote-control system in order to avoid a hazardous situation. To disconnect, turn off the appliance, then remove the plug from wall outlet.
10. **DO NOT** place the appliance on or near combustible materials such as a tablecloth or curtain. The accessible surfaces may become hot during use. **DO NOT** place on or near a hot gas or electric burner, or in a heated oven.
11. **DO NOT** place the appliance against a wall or against other appliances. Leave at least 4 inches of free space on the back and sides and 4 inches of free space above the appliance. **DO NOT** place anything on top of the appliance.
12. **To avoid the risk of fire: NEVER** use parchment paper or other liners while cooking, unless there is food on top of the liner to weigh it down and keep it secured in place.
13. **DO NOT** use the appliance for any other purpose than described in this manual. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
14. **DO NOT** leave the appliance unattended when plugged in.
15. **EXTREME CAUTION** must be

used when moving an appliance containing hot oil or other hot liquids.

16. **DO NOT** touch the hot surfaces; use the handle. During air frying, hot steam is released through the air outlet openings. **Keep your hands and face at a safe distance from the steam and from the air outlet openings.** Also be careful of hot steam and air when you remove the basket from the appliance.
17. After using the appliance, avoid contact with the hot metal inside.
18. Unplug from outlet when not in use and before cleaning. Allow the appliance to cool before cleaning
19. **IMMEDIATELY** unplug the appliance if you see dark smoke coming from the appliance. Wait for the smoke emission to stop before you remove the basket from the appliance.
20. **DO NOT** use outdoors.

## SAVE THESE INSTRUCTIONS

### Cord and Plug Safety

1. A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.
2. Extension cords may be used if care is exercised in their use.
3. If an extension cord is used:
  - The marked electrical rating of the extension cord should be at least equal to the electrical rating of the appliance.
  - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

### Electrical Polarized Plug

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, the plug is intended to be used by inserting it into the electrical outlet only one way. If the plug does not fit securely into the outlet, reverse the plug and re-insert. If it still does not fit, contact a qualified electrician for assistance. Do not modify the plug in any way.



**Power: 120V~ 60Hz 1,500W**

## Before First Use

1. Remove all packaging, stickers, and labels, including the tape securing the *basket* to the air fryer.
2. To pull out the *basket* for cleaning, secure the air fryer with one hand and pull the *basket* handle straight back with the other hand.
3. Remove all packaging from inside the *basket*. Thoroughly clean the *basket* and *crisper tray* with hot water, dishwashing liquid, and a non-abrasive sponge. Dry thoroughly.
4. Wipe the inside chambers and outside of the air fryer with a moist cloth.

**NOTE: During the first few uses, there might be a “hot plastic” smell.** This is perfectly normal in new air fryers as the material is heated for the first time. The smell will go away after the first few uses.



### WARNING:

**DO NOT** put anything on top of the air fryer.

**DO NOT** place the air fryer against a wall or against other appliances. It is important to leave at least 4 inches of free space above and around all sides of the air fryer to allow for proper ventilation.

**DO NOT** fill the *basket* with oil, frying fat, or any other liquid; this appliance works by circulating hot air.

#### To avoid the risk of fire:

- **NEVER place the air fryer on any cooking surface, including gas or electric cooktops, even if the surface is cool / turned off.**
- If using parchment paper or other liner, **ALWAYS** be sure there is food on top of the liner to weigh it down and keep it safely secured in place.

## Oil Spray

When spraying food for a crispier finish, we recommend using regular cooking oil instead of cooking spray, as the latter may damage the accessories.

### Recommended



Oil Mister / Spray Bottle

### Not Recommended



Cooking Spray

# Know Your Air Fryer

## Control Panel / Display



## Crisper Tray

Place the *crisper* tray into the bottom of the *basket*.



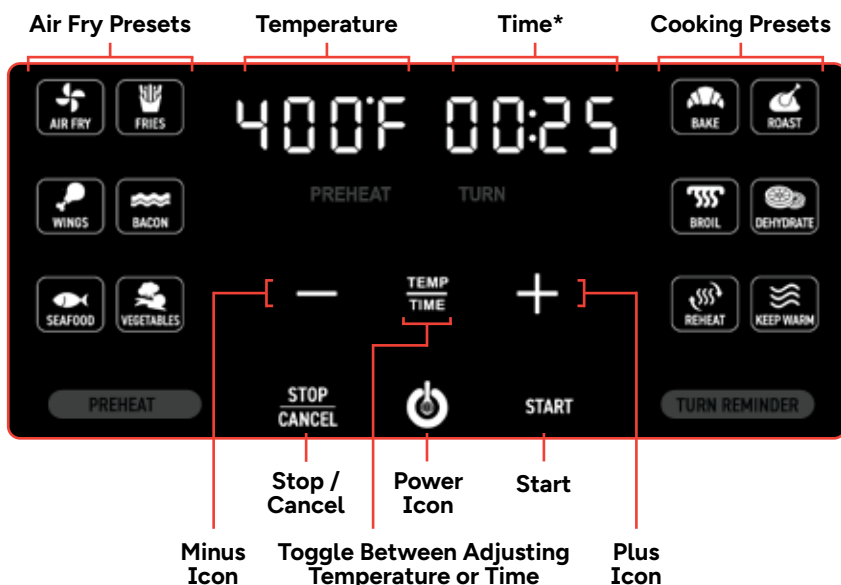
The silicone bumpers on the *crisper* tray must be left on during use. They are food grade and BPA-free. The bumpers can be removed for cleaning.

**NOTE:** If the *crisper* tray does not fit inside the *basket*, turn the bumpers inward so the *crisper* tray can slide to the bottom of the *basket*.

## Basket



## Control Panel / Display



\*The air fryer's cook time can be adjusted in 1-minute increments. Seconds cannot be adjusted. For dehydrate, cook time can be adjusted in 30-minute increments.



**PREHEAT** will appear in red on the display when preheat is enabled.

Tap **PREHEAT** to enable or disable preheating. Set before tapping **START**.

**TURN** will appear in red on the display when turn reminder is enabled.

Tap **TURN REMINDER** to enable or disable a turn reminder halfway through cook time. Set before tapping **START**.



## Display Messages

Below are messages and indicators for guided cooking prompts.



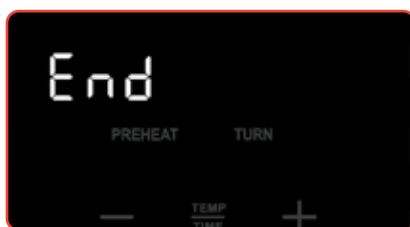
Air fryer is preheating.



Air fryer is done preheating, ready for food.



Air fryer is ready for you to turn your food.



Cooking has ended.

## Toggle Fahrenheit and Celsius

To toggle between displaying temperature in Fahrenheit (°F) and Celsius (°C), press and hold **TEMP TIME**.

## Mute Air Fryer

To silence the air fryer's beeping sound, press and hold **STOP CANCEL**. Press and hold **STOP CANCEL** again to turn the sound on.

**NOTE:** The air fryer will still beep for guided cooking prompts.

# Using Your Air Fryer

## Set Up Your Air Fryer



1. Place air fryer on a stable, level, and heat-resistant surface.



2. Place the *crisper tray* into the bottom of the *basket* and slide the *basket* into the air fryer.

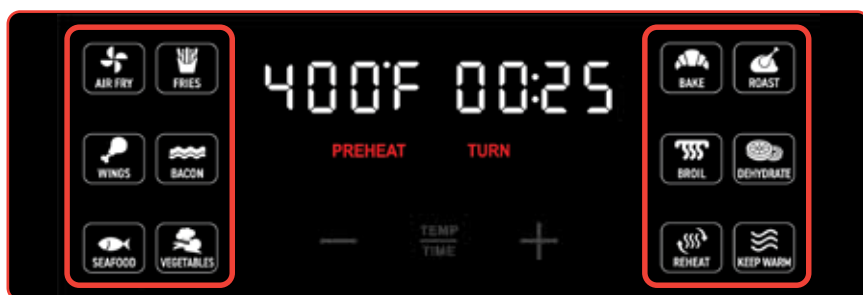


3. Plug air fryer into an outlet.



4. Tap *power icon* to turn on air fryer.

## Select Your Settings



1. Tap desired preset. The *display* will show the preset's temperature and time.



2. Tap **TEMP TIME** to adjust temperature / time.  
Tap *plus* and *minus* icons to increase and decrease temperature / time.

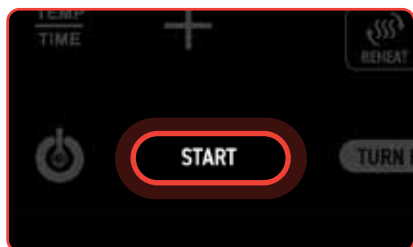


3. Tap **PREHEAT** / **TURN REMINDER** to enable or disable these settings.  
**PREHEAT** / **TURN** appear in red on the *display* when those settings are enabled.

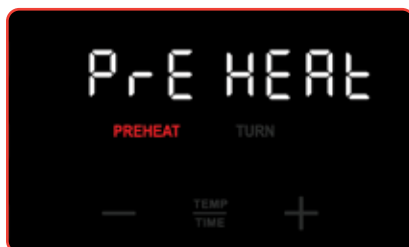
**PREHEAT** and **TURN REMINDER** are on by default for select presets. See **Presets Chart** on page 15.

## Preheat / Start Cooking

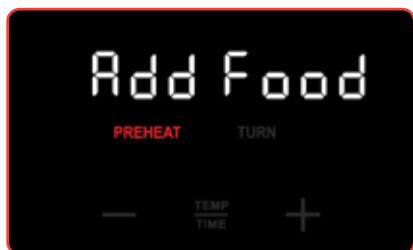
### A. If **PREHEAT** is **Enabled**:



1. Tap **START**.



2. Display will show **Preheat**. Air fryer begins preheating.



3. Once preheated, air fryer will beep and display will show **Add Food**.

**WARNING:** The *basket* will be hot! Do not touch hot surfaces.



4. Remove the *basket* carefully, place food inside, and return it to the air fryer to automatically begin cooking.

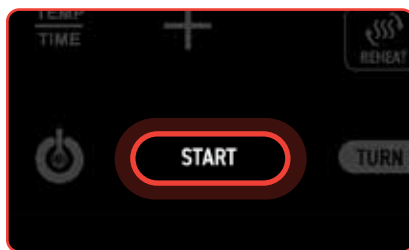
**NOTE:** If the *basket* is not removed, the cook time will begin regardless.

Continue to **Turn Reminder** on next page.

### B. If **PREHEAT** is **Disabled**:



1. Remove the *basket*, place food inside, and return it to the air fryer.



1. Tap **START**.

## ⚠ WARNING:



**USE CAUTION** when removing the *basket* during / after cooking - hot steam may escape!



**The basket will be hot after preheating / cooking.**  
**DO NOT** touch hot surfaces!  
**ALWAYS** use the basket handle. Keep the basket out of the reach of children and pets.



**DO NOT** use sharp or metal utensils which can scratch the nonstick surface.

## Turn Reminder

If **TURN REMINDER** is disabled skip to **End of Cook Time** on next page.



1. Halfway through cook time, air fryer will beep and *display* will show **Turn Food**.

2. Remove *basket* carefully and place on heat-resistant surface.

**NOTE:** If *basket* is not removed, cooking will continue.



3. Turn the food using non-metal tongs.



4. Return the *basket* to the air fryer to automatically resume cooking.

## End of Cook Time



1. When your selected cook time has elapsed, the air fryer will beep and the *display* will show **End**.
2. Remove the *basket* carefully and place it on a heat-resistant surface. Remove food from the *basket* using non-metal tongs.



### WARNING:

**Do not** turn the *basket* upside down, as any excess oil collected on the bottom of the *basket* can drip onto food. Additionally, the hot *crisper tray* may fall out of the *basket* and cause a burn.

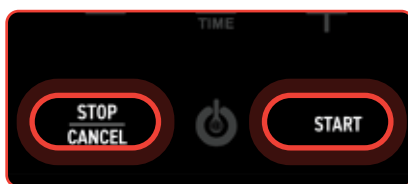


## Pause / Stop / Cancel Cooking

Tap **STOP CANCEL** to stop cooking.

Tap **START** to resume cooking.

Tap **STOP CANCEL** twice to cancel cooking.



## Turn off Air Fryer







Press the *power icon* to turn off the air fryer.







Unplug the air fryer from the outlet when not in use.



## Presets Chart

The following default settings are a starting point. Cooking temperature and time will vary depending on the type, amount, and thickness of food.

Air fry Presets	TEMPERATURE		TIME		PREHEAT		TURN REMINDER	
	DEFAULT	RANGE	DEFAULT	RANGE	DEFAULT	TOGGLE	DEFAULT	TOGGLE
 AIR FRY	400° F	170-400° F	20 min	1-60 min	ON	✓	ON	✓
 FRIES	400° F	170-400° F	15 min	1-60 min	ON	✓	ON	✓
 WINGS	400° F	170-400° F	25 min	1-60 min	ON	✓	ON	✓
 BACON	375° F	170-400° F	6 min	1-60 min	OFF	✓	OFF	✓
 SEAFOOD	375° F	170-400° F	10 min	1-60 min	ON	✓	ON	✓
 VEGETABLES	400° F	170-400° F	20 min	1-60 min	ON	✓	ON	✓

cooking Presets	TEMPERATURE		TIME		PREHEAT		TURN REMINDER	
	DEFAULT	RANGE	DEFAULT	RANGE	DEFAULT	TOGGLE	DEFAULT	TOGGLE
 BAKE	325° F	170-400° F	25 min	1-120 min	ON	✓	OFF	✓
 ROAST	400° F	170-400° F	25 min	1-120 min	ON	✓	ON	✓
 BROIL	400° F	400° F	12 min	1-60 min	ON	✓	ON	✓
 DEHYDRATE	135° F	90-170° F	8 hr	30min-24hr	OFF	—	OFF	✓
 REHEAT	300° F	170-400° F	15 min	1-60 min	OFF	✓	OFF	✓
 KEEP WARM	200° F	150-200° F	30 min	1 min-8hr	OFF	—	OFF	—

✓ indicates **PREHEAT** and **TURN REMINDER** can be enabled or disabled by tapping **PREHEAT** and/or **TURN REMINDER** before tapping **START**.

See the **Air Fry Cooking and Dehydrate Charts** on pages 64 through 67 of the **Gourmia Recipe Book** for more foods.

## Cooking Tips

For an extensive list of foods and their ideal amounts, temperature and time settings, along with preparation notes, see the **Air Fry Cooking Chart and Dehydrate Chart** on pages 64 through 67 of the **Gourmia Recipe Book**.

- Check food for desired doneness a few minutes before cook time elapses and cook a little longer if necessary.
- Always ensure raw proteins reach food-safe temperature.
- Air fryers perform similar to ovens; follow oven instructions on item packaging or recipe.
- Snacks that can be prepared in an oven can also be prepared in the air fryer.
- Smaller ingredients usually require a slightly shorter cook time than larger ingredients.
- Preheating the air fryer before adding food will generally deliver the best results (see **Preheat** on bottom of page 8).
- When cooking multiple batches in a row, only preheat before the first batch.
- Turning food halfway through cook time will deliver evenly browned and crispy results (see **Turn Reminder** on bottom of page 8).
- Toss fresh potatoes with 1 tablespoon of oil for a crispy exterior. Air fry the ingredients within a few minutes after adding the oil.
- Do not cook foods that will produce a large amount of grease in the air fryer.
- Place a baking pan or an oven-safe dish or pan in the basket to bake a cake or quiche or to air fry fragile or filled ingredients.



# Cleaning and Maintenance



## WARNING:

**NEVER immerse cord, plug, or air fryer in water or any other liquid.**

**Do not** use metal kitchen utensils or abrasive cleaning material to clean the *basket* or *crisper tray*, as this may damage the nonstick coating.



## Cleaning

**NOTE:** Clean the air fryer after every use.

1. Unplug the air fryer from the outlet before cleaning.
2. Let the air fryer cool down completely before cleaning. Remove the *basket* from the air fryer to cool it down quicker.
3. Clean the *basket* and *crisper tray* in the dishwasher's top rack only, or with hot water, dish soap, and a non-abrasive sponge.
4. If residue is stuck to the bottom of the *basket*, fill it with hot water and dish soap and let it soak.
5. Wipe the outside of the air fryer with a moist cloth.
6. Clean the inside of the air fryer with hot water, dish soap and a cleaning brush to remove any food residue.
7. Ensure the air fryer is completely dry before using.

## Storage

- Unplug the appliance and let it cool down.
- Make sure all parts are clean and dry.
- Store the appliance in a clean and dry place.

## Environment

Do not throw away the appliance with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

## Guarantee and Service

If you need service or information or if you have a problem, please visit [www.gourmia.com](http://www.gourmia.com).

# Troubleshooting

Problem	Possible Cause	Solution
The air fryer does not work.	The air fryer is not properly plugged in.	Plug the main plug into a grounded wall socket.
	The timer has not been set.	Tap <i>plus</i> and <i>minus</i> icons to set the required cook time to turn on the air fryer properly.
	The <i>basket</i> is not put into the air fryer properly.	Slide the <i>basket</i> into the air fryer properly.
The <i>basket</i> does not fit inside the air fryer.	The <i>basket</i> is overfilled.	Do not over fill the <i>basket</i> .
The ingredients did not cook.	The set temperature is too low.	Tap <i>plus</i> and <i>minus</i> icons to set the required temperature setting.
	The cook time is too short.	Tap <i>plus</i> and <i>minus</i> icons to set the required cook time.
Food is cooked unevenly.	Some foods especially smaller items need to be turned halfway through the cook time.	Turn food halfway through the cook time. (See <b>Turn Reminder</b> on page 13.)
Food is not crispy enough.	The air fryer <i>basket</i> was overfilled. Many foods need oil to brown and crisp properly.	Cook in smaller batches, keep food in a single layer. Coat food with a small amount of oil.
White smoke comes out of the air fryer.	You are preparing greasy ingredients.	When you fry greasy ingredients in the air fryer, a large amount of oil will leak into the <i>basket</i> . The oil produces white smoke and the <i>basket</i> may heat up more than usual. This does not affect the air fryer or the end result.
	The <i>basket</i> still contains grease residue from previous use.	White smoke is caused by grease heating up in the <i>basket</i> . Make sure you clean the <i>basket</i> properly after each use.
Display shows E1.	NTC open circuit.	Please contact customer service.
Display shows E2.	NTC short circuit.	Please contact customer service.
Display shows E3.	NTC temperature over 500°F.	Please contact customer service.

# Warranty and Service

This Limited Warranty is for one full year from the date of purchase and requires proof of purchase from an authorized seller. It is applicable to the original purchaser only and is not transferable to a third party user. Repair or replacement of defective parts is solely at Gourmia's discretion. In the event that repair isn't possible, Gourmia will replace the product/part. If product repair/replacement won't suffice, Gourmia has the option of refunding the cash value of the product or component returned.

Product defects not covered under the Warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications or repair by unauthorized parties. Gourmia is not liable for any incidental or consequential damages incurred by such circumstances.

Only valid within the United States.

**Register your product at  
[www.gourmia.com/warranty](http://www.gourmia.com/warranty)**

## For Customer Service, Questions or Comments

**Visit**      [gourmia.com](http://gourmia.com)

**Email**     [info@gourmia.com](mailto:info@gourmia.com)

**Call**        888.552.0033

Mon-Thu 9:00 a.m. to 6:00 p.m. Et

Fri 9:00 a.m. to 3:00 p.m. Et

Languages: English, Spanish, French



We'd love to hear from you!

888.552.0033

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