

# Healthy AirFryer

## INSTRUCTION MANUAL



AF455559 SS

110-120V 60Hz 1200W MADE IN P.R.C

RoHS EAC  CE   

## PACKAGE CONTENTS

- 1 x 4.5L Air Fryer
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- 1 x User Manual

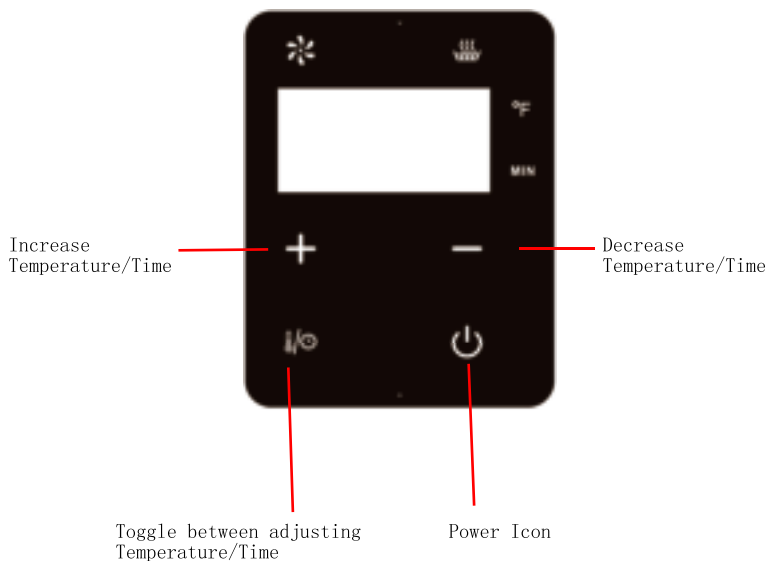
## SPECIFICATIONS

<b>Model No.</b>	AF455559 SS
<b>Rated Power</b>	1200W
<b>Power Supply</b>	110-120V 60Hz
<b>Capacity</b>	4.5QT
<b>Temperature Range</b>	80-200°C
<b>Time Range</b>	0- 60 min

## USING THE AIR FRYER

### Before First Use

1. Remove all packing materials, stickers or labels. Check that the air fryer has no visible damage and that no parts are missing.
2. Before using the appliance for the first time or before using it after prolonged storage, wash and dry the appliance and any accompanying accessories. These parts are safe to be cleaned in dishwasher.
3. Wipe inside and outside of the appliance with a cloth. And there is no need to fill the basket with oil and frying fat as the appliance works on hot air.



**IMPORTANT SAFEGUARDS****- FOR HOUSEHOLD USE ONLY**

1. Read all Instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electric shock do not immerse cord, plugs, or (state specific part or parts in question) in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place the appliance in the presence of explosive and/or flammable fumes.
11. Extreme caution must be used when moving an appliance containing hot oil or other liquids.
12. 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.
13. Do not use appliance for other than intended use.
14. Extreme caution must be used when moving fryer containing hot oil or other liquids.
15. Be sure handles are properly assembled to basket and locked in place. See detailed assembly instructions.
16. Do not immerse in water or any other liquid.

17. This appliance is intended for household use only.
18. CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE PROVIDED REMOVABLE CONTAINER.
19. Preheating of the appliance is not necessary.

**SPECIAL INSTRUCTIONS:**

A short power-supply cord (or detachable power-supply cord) is to be provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a long detachable power-supply cord or extension cord is used:

- 1) The marked electrical rating of the cord or extension cord should be at least as great as the electrical rating of the appliance;
- 2) The longer cord should be arranged so that it does not drape over the countertop or table top where it can be pulled on by children or tripped over unintentionally.

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into 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.

**Automatic Switch-off**

The appliance has built in timer, it will automatically shut down the appliance when count down to zero. You can manually switch off the appliance by turning timer knob to zero anticlockwise.

**Electromagnetic Fields (EMF)**

The appliance complies with all standards regarding Electromagnetic fields(EMF). Under proper handling, there is no harm for human body based on available scientific evidence.

## How to Use

### 1. Place the appliance on a stable, horizontal and even surface.

Do not place the appliance on non-heat resistant surface.

### 2. Put the basket tray into the basket.

Use the handle in the center of the tray to insert it into the air fryer basket. Press down to ensure it is secure and in a leveled position. There should be a small amount of space between the tray and bottom of the air fryer basket.

### 3. Place food on tray.

### 4. Put the air fryer basket into the Air Fryer.

Use the basket handle to insert air fryer basket into the Air Fryer. Push closed.

### 5. Plug in the Air Fryer.

The entire display will illuminate for a moment and then flash off. The Start/Stop button will remain illuminated.

**\*NOTE:** The Air Fryer will not turn on if the air fryer basket is not fully in place in the closed position

### 6. Turn on the Air Fryer.

Lightly press the power button to “wake” the Air Fryer. Once the Air Fryer is in wake mode, the time and temperature will toggle back and forth on the display and all buttons will be illuminated. You may now set your desired cooking time and temperature.

### 7. Set desired cooking time and temperature.

#### Adjust the Time:

The little clock icon located on the right of the display. Lightly press the  $\Delta$  or  $\nabla$  button to select desired time.

#### Adjust the Temperature:

The little thermometer icon located on the left of the display. Lightly press the - or + button to select desired temperature.

## 8. Start cooking.

After setting the time and temp, press the power button to start cooking. While the Air Fryer is cooking, all of the buttons will remain illuminated and the temperature and remaining time will toggle on the display.

To check the food while the Air Fryer is cooking, use the basket handle to gently pull out the air fryer basket. All of the buttons will turn off once you pull out the basket, but the program will be saved until you resume cooking. Use the basket handle to shake and redistribute the food inside the air fryer basket, if necessary, and push the air fryer basket to resume cooking.

## 9. Enjoy delicious air-fried food!

Once the timer completely counts down, the Air Fryer and the screen will turn off—only the power button will remain illuminated. The Air Fryer will also beep loudly 5 times, indicating that it is done cooking.

Use the basket handle to pull out the air fryer basket. Use protective gloves and/or tongs to carefully transfer the hot food to a serving plate.

**CAUTION:** The air fryer basket will be hot after cooking.

Place the hot air fryer basket on a wire rack or trivet to cool.

## 10. Unplug the Air Fryer.

Use the Cleaning and Maintenance instructions on page 11 to clean the Air Fryer and its parts after every use.

**CAUTION:** Do not touch the basket during and in short time after use, as it gets very hot. Only hold the basket by the handle.

## TIPS & TRICKS

### Settings

This table below will help you to select the basic settings for the ingredients.

Note:

\* Keep in mind that these settings are indications. As ingredients differ in origin, size, shape, and brand. We can't guarantee the best setting for your ingredients.

\* Because the rapid air technology reheats the air inside the appliance instantly, pull the pan briefly out of the appliance during hot air frying; barely disturbs the process.

### Tips:

- ❖ Smaller ingredients usually require a slightly shorter cooking time than larger ingredients.
- ❖ A larger amount of ingredients only requires a slightly longer preparation time, a smaller amount of ingredients only requires a slightly shorter preparation time.
- ❖ Shaking smaller ingredients halfway during the preparation time optimizes the end result and can help prevent unevenly fried foods.
- ❖ Add some oil to fresh potatoes for a crispy result. Fry your ingredients in the air fryer within a few minutes after you add the oil.
- ❖ Do not prepare extremely greasy ingredients, such as sausages, in the air fryer.
- ❖ Snacks like chicken nuggets and mozzarella sticks that can be prepared in an oven can also be prepared in the air fryer.
- ❖ The optimal amount for preparing crispy fries is 500 grams.
- ❖ Use pre-made dough to prepare filled snacks quickly and easily. Premade dough also requires a shorter preparation time than home-made dough.
- ❖ Place a baking tin or oven dish in the air fryer basket if you want to bake a cake or quiche or if you want to fry fragile ingredients or filled ingredients.
- ❖ You can also use the air fryer to reheat ingredients. To reheat ingredients, set the temperature to 300°F for up to 10 minutes.

- ❖ Do not remove the silicone tabs.

Please keep in mind that these temperatures and times are merely guidelines. Actual cooking times may vary depending on the size, shape, and amount of food. When air frying a new item, always make sure that your food is cooked properly before consumption. According to the USDA, the safe internal temperature for poultry is 73°C and for beef is 70°C.

## SETTING CHART

Ingredients	Min-Max amount (g)	Time (min)	Temperature (°F)	Shake	Extra information
<b>Potatoes</b>					
Thin frozen fries	300-700	9-16	400	shake	
Thick frozen fries	300-700	11-20	400	shake	
Home made fries (8*8 mm)	300-800	16-20	400	Shake	
Home made potato wedges	300-800	18-22	360	Shake	Add 1/2 tbsp of oil
Home made potato cubes	300-750	12-18	360	Shake	Add 1/2 tbsp of oil
Potato gratin	500	15-18	400	Shake	
<b>Meat &amp; Poultry</b>					
Steak	100-500	8-12	360		
Pork chops	100-500	10-14	360		
Hamburger	100-500	7-14	360		
Sausage roll	100-500	13-15	400		
Drumsticks	100-500	18-22	360		

Chicken breast	100-500	10-15	360		
<b>Snacks</b>					
Spring rolls	100-400	8-10	400	Shake	
Frozen chicken nuggets	100-500	6-10	400	Shake	
Frozen fish fingers	100-400	6-10	400		
Frozen bread crumbed cheese snacks	100-400	8-10	360		
Stuffed vegetables	100-400	10	320		
<b>Baking</b>					
Cake	300	20-25	320		
Quiche	400	20-22	360		
Muffins	300	15-18	400		
Sweet snacks	400	20	320		

## CLEANING & MAINTENANCE

1. Remove the mains plug from the wall socket and make the appliance cool down. **Note:** Remove the basket to let the air fryer cool down more quickly.
2. Wipe the outside of the appliance with a moist cloth.
3. Clean the basket tray and basket with hot water, some washing up liquid and a nonabrasive sponge.
4. Clean the inside of the appliance with hot water and non-abrasive sponge.

5. Clean the heating element with a cleaning brush to remove any food residues.

**Tip:** If dirt is stuck to the basket, fill the basket with hot water with some washing up liquid. Put the basket tray and the basket soak for about 10 minutes.

### Note:

- \* The basket tray and basket are dishwasher-proof.
- \* You can remove any remaining dirt by degrease liquid.
- \* Do not clean the basket tray, basket and the inside of the appliance by metal kitchen utensils or abrasive cleaning materials, as this may damage the non-stick coating of them.

## STORAGE

### Storage

1. Unplug the air fryer.
2. Make sure all parts are clean and dry.

## ENVIRONMENT

### Environment

Do not throw away the appliance with the normal household waste when it is exhausted, but hand it at official collection point for recycling. By doing this, you do contribution to environmental protection.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
The air fryer does not work	The appliance is not plugged in.	Put the mains plug in an earthed wall socket.
	You have not set the Timer.	Turn the timer knob to the required peroration time to switch on the appliance.
The ingredients fried with the air fryer are not done	The amount of ingredients in the basket is too big.	Put smaller batches of ingredients in the basket. Smaller batches are fired more evenly.
	The set temperature is too low.	Turn the temperature control knob to the required temperature setting.
The ingredients are fried unevenly in the air fryer	Certain types of ingredients need to be shaken halfway through the preparation time.	Ingredients that lie on top of across each need to be shaken halfway through the preparation time.
Fried snacks are not crispy when they come out of air fryer		Use oven snacks or lightly brush some oil onto the snacks for a crisper result.
I can't slide the pan into the appliance properly	There are too much ingredients in the basket.	Do not fill the basket beyond the Max indication.
	The basket is not placed in the pan correctly.	Push the basket down into the pan until you hear a click.

While smoke comes out from the appliance	You are preparing greasy ingredients.	When you fry greasy ingredients in the air fryer, a large amount of oil will leak into the pan. The oil produces while smoke and the pan may heat up. More than usual, This does not affect the appliance or the end of result.
	The pan still contains grease residues from previous use.	White smoke is caused by grease heating up in the pan. Make sure you clean the pan properly after each use.
Fresh fries are fried unevenly in the air fryer	You did not use the right potato type.	Use fresh potato sticks properly to remove starch from the outside of the sticks.
	You did not rinse the potato sticks properly before you fried them.	Rinse the potato sticks properly to remove starch from the outside of the sticks.
Fresh fries are not crispy when they come out of the air fryer	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you and the oil.
		Cut the potato sticks smaller for a crispier result.
		Add slightly more oil for a crisper result.

