

# Gourmia®

## 2 QT COMPACT AIR FRYER



USER MANUAL

# GAF236

# IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

FOR CUSTOMER SERVICE  
QUESTIONS OR COMMENTS  
VISIT [WWW.GOURMIA.COM](http://WWW.GOURMIA.COM)  
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MON-THU 9:00AM TO 6:00PM ET  
AND FRI 9:00AM TO 3:00PM ET  
LANGUAGES SUPPORTED: ENGLISH, SPANISH

Model: GAF236  
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[www.gourmia.com](http://www.gourmia.com)  
The Steelstone Group  
Brooklyn, NY

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## Congratulations on the purchase of your *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 units 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 love hearing from you! Share your thoughts, recipes, and photos with us.

@gourmia





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## IMPORTANT SAFEGUARDS

**Read all instructions before using the electric appliance.** The following basic precautions should always be followed:

1. This appliance is not intended for use by persons (including children younger than 8) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have supervision.
2. Check if the voltage indicated on the appliance corresponds to the local main voltage before you connect the appliance.
3. **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.
4. **Do not** operate any appliance with a damaged cord or plug, after the appliance malfunctions, or has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
5. 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 shall not be done by children unless they are older than 8 and supervised.
6. **Do not** let the cord hang over the edge of the table or counter or touch hot surfaces.
7. To protect against electric shock, **do not** immerse cord, plugs, or appliance in water or other liquid. **Do not** plug in the appliance or operate the control panel with wet hands.
8. **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 plug from wall outlet.
9. **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.
10. **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.
11. **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.
12. **Do not** let the appliance operate unattended. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. **Do not** use outdoors.
14. **Do not** touch the hot surfaces; use handle. During air frying, hot steam is released through the air outlet openings. Keep your hands and face at a safe distance from

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the steam and from the air outlet openings. Also be careful of hot steam and air when you remove the basket from the appliance.

15. After using the appliance, avoid contact with the hot metal inside. Unplug from outlet when not in use and before cleaning. Allow the appliance to cool before cleaning.

16. Immediately unplug the appliance if you see dark smoke coming out of the appliance. Wait for the smoke emission to stop before you remove the basket from the appliance.

17. For household use only.

## **CORD AND PLUG SAFETY**

- A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.
- Extension cords may be used if care is exercised in their use.
- If an extension cord is used:
  - a. The marked electrical rating of the extension cord should be at least equal to the electrical rating of the appliance; and
  - b. 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.



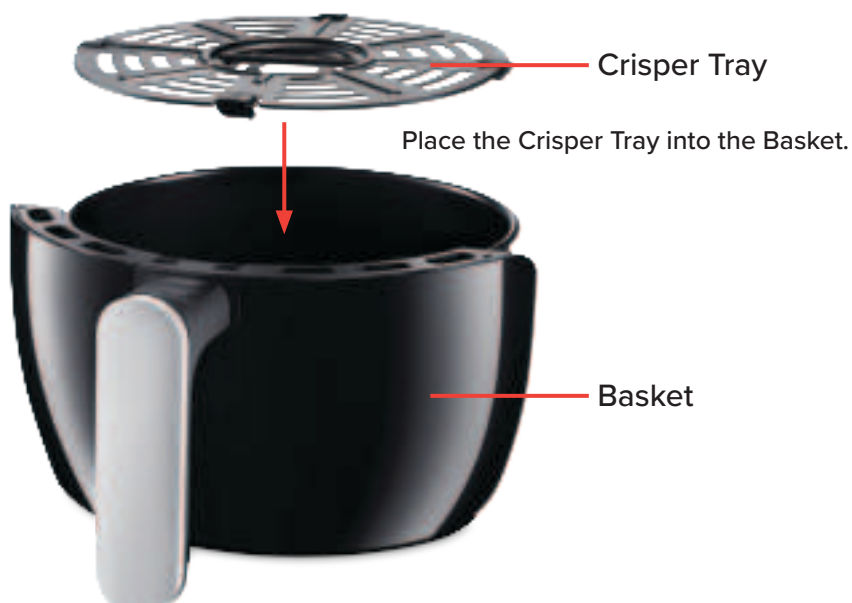
### **ELECTRICAL POLARIZED PLUG**

This unit 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 1000W
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**SAVE THESE INSTRUCTIONS**

# KNOW YOUR AIR FRYER





# USING YOUR AIR FRYER

## BEFORE FIRST USE

1. Remove all packaging stickers and labels from the air fryer, including the tape securing the Pan to the unit.
2. To pull out the Basket for cleaning, remove the tape securing it into place. Secure the unit with one hand and pull the handle straight back with the other hand.
3. Thoroughly clean the Basket and Crisper Tray with hot water, some dishwashing liquid, and a non-abrasive sponge.
4. Wipe the inside 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. It will go away after the first few uses.

## WARNING

**Do not fill the basket with oil, frying fat, or any other liquid** - this appliance works by circulating hot air.

**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 around the back and sides, and 4 inches of free space above the air fryer to allow for proper ventilation.

## USING YOUR AIR FRYER

1. Place the air fryer on a stable, horizontal, heat-resistant, and level surface.
2. Place the Crisper Tray into the Basket and slide it into the air fryer.
3. Plug the air fryer into an outlet.

## USING YOUR AIR FRYER

### PREHEAT

Preheating the air fryer before adding food will generally deliver the best results. When cooking multiple batches in a row, only preheat before the first batch.

#### To preheat:

- Turn the Temperature Knob to desired temperature.
- Turn the Timer Knob past the 10 minute mark and then back to 5 minutes. The Power Light will turn on and the air fryer will begin preheating.
- After 5 minutes, add food to the air fryer.

**Continue with step 6.**

**COOKING TIP: Use an oil mister or brush food with regular cooking oil for a crispier finish.**

4. Add food to the air fryer.
5. Turn the Temperature Knob to desired temperature.
6. Turn the Timer Knob past the 10 minute mark. Then turn the Timer Knob to desired time. The Power Light will turn on and cooking will begin.

### TURNING FOOD

Turning or tossing food halfway through the cook time will deliver evenly browned and crispy results.

**To cook without turning food, continue with step 9.**

7. Halfway through the cook time, remove the Basket carefully and place it on a heat-resistant surface.
8. Turn or toss the food using tongs and return the Basket to the air fryer to automatically resume cooking.

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## USING YOUR AIR FRYER

9. When your selected cook time has elapsed, the timer bell will ring. Remove the Basket carefully and place it on a heat-resistant surface.
10. Remove food from the Basket using tongs.

**Note:**

The air fryer automatically shut offs when cook time has elapsed.

To turn the air fryer off at any time, turn the Timer Knob to 0.

**Always** use caution when removing the Basket during/after cooking.

**Caution:** Carefully remove Basket - hot steam may escape!

**WARNING:** The Basket and food will be hot! Do not touch hot surfaces.

**Do not** use sharp or metal utensils to avoid scratching the nonstick surface.

**Do not** turn the Basket upside down, as any excess oil that has collected on the bottom of the Basket will leak onto the food.

### USING THE TIMER

**Option 1:** The timer is set for the entire cook time, without ringing to notify you halfway through to turn food. You can remove the Basket at anytime to check the food.

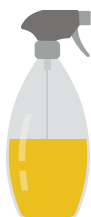
**Option 2:** The timer can be set to ring when it's time to turn food by setting the the timer to half of the total cook time. However, you will have to set the timer again for the remaining cook time after the Basket is replaced.

## COOKING TIPS

- For an extensive list of foods and their ideal amounts, temperature and time settings, along with preparation notes, see pages 13 through 15.
- Air fryers perform similar to ovens, refer to 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.
- Turning or tossing food halfway through cook time will deliver evenly browned and crispy results.
- Add 1 tablespoon of oil to fresh potatoes for a crispy result. Air fry the ingredients within a few minutes after adding the oil.
- **Do not** prepare 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.

**When spraying food for a crispier finish, we recommend using regular cooking oil instead of cooking spray, as this may damage the nonstick coating.**

### Recommended



Oil Mister / Spray Bottle


















### Not Recommended

















Cooking Spray

# INGREDIENT

## VEGETABLES




















INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
 Asparagus	1 bunch	Whole, trimmed	2 tsp	400°F	7–10 minutes
 Beets	4 medium	Whole, skin on	None	350°F	45–60 minutes
 Bell peppers (to roast)	4 medium	Whole	None	400°F	20–25 minutes
 Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	400°F	10–12 minutes
 Brussels sprouts	16 oz	Cut in half	1 Tbsp	400°F	15–20 minutes
 Butternut squash	1 small	Peeled, cut in 1-inch cubes	1 Tbsp	400°F	20–25 minutes
 Carrots	16 oz	Peeled, cut in ½-inch pieces	1 Tbsp	400°F	13–16 minutes
 Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	400°F	15–20 minutes
 Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	400°F	12–15 minutes
 Green beans	16 oz	Trimmed	1 Tbsp	400°F	8–10 minutes
 Kale (to make chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	15–20 minutes
 Mushrooms	16 oz	Cut in half	1 Tbsp	400°F	8–10 minutes
 Potatoes, russet	16 oz	Cut in 1-inch wedges	1 Tbsp	400°F	25–30 minutes
	16 oz	Hand-cut fries, thin	1 Tbsp	400°F	15–20 minutes
	16 oz	Hand-cut fries, thick	1 Tbsp	400°F	25–30 minutes
	4 whole (medium)	Pierced with fork	None	400°F	35–45 minutes
 Potatoes, sweet	16 oz	Cut in 1-inch cubes	1 Tbsp	400°F	15–20 minutes
	4 whole (medium)	Pierced with fork	None	400°F	35–45 minutes
 Zucchini	2 medium	Cut in half lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	12–15 minutes
 Eggplant	1 medium	Cut in quarters lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	15–18 minutes
 Tofu	16 oz	Cut in 1-inch cubes	1 Tbsp	375°F	15–18 minutes

# COOKING CHART

	INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
	POULTRY					
	Chicken breasts	2 breasts (12 oz each)	Bone-in	Brushed with oil	375°F	20–30 minutes
		2 breasts (8 oz each)	Boneless	Brushed with oil	400°F	15–20 minutes
	Chicken thighs	4 thighs (6 oz each) 4 thighs (10 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	25–35 minutes 18–25 minutes
	Chicken wings	16 oz	Drumettes & flats	1 Tbsp	400°F	20–25 minutes
	Turkey breast	4 cutlets (6 oz each)	Boneless	Brushed with oil	400°F	10–12 minutes
	FISH & SEAFOOD					
	Crab cakes	2 cakes (6 oz each)	None	Brushed with oil	375°F	10–12 minutes
	Lobster tails	4 tails (4 oz each)	Whole	None	375°F	5–8 minutes
	Salmon fillets	2 fillets (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	White fish fillets	2 fillets (6 oz each)	None	Brushed with oil	400°F	10–12 minutes
	Swordfish	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	Tuna	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	Shrimp	16 oz	Whole, peeled	1 Tbsp	375°F	7–10 minutes
	BEEF					
	Burgers	4 (4 oz each)	1-inch thick	None	400°F	8–10 minutes
	Meatballs	12 (2-inches thick)	2-inches thick	None	400°F	10–15 minutes
	Steak	2 steaks (8 oz each, 1-inch thick)	Bone-in	None	400°F	15–20 minutes
		2 steaks (8 oz each, 1-inch thick)	Boneless	None	400°F	10–15 minutes

# COOKING CHART

\*For best results flip or shake food half way through cooking

PORK & LAMB				
INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE
FROZEN FOODS				
 Bacon	6 strips	None	None	375°F
 Lamb chops	2 thick-cut, sirloin chops (6 oz each) 4 rib chops (4 oz each)	Bone-in Boneless	Brushed with oil	375°F 400°F
 Pork chops	2 thick-cut, bone-in chops (8 oz each) 4 boneless chops (6 oz each)	Bone-in Boneless	Brushed with oil	375°F 400°F
 Pork tenderloin	1 tenderloin (16 oz)	Cut in half	Brushed with oil	400°F
 Sausages	4 sausages	Whole	None	375°F
FROZEN CHICKEN				
 Chicken tenders	16 oz	None	None	400°F
 Chicken nuggets	16 oz	None	None	400°F
 Fish fillets	4 (6 oz each, unbreaded)	None	Brushed with oil	400°F
 Fish sticks	16 oz	None	None	400°F
 French fries	16 oz	None	None	400°F
 Egg rolls	16 oz	None	None	400°F
 Mozzarella sticks	16 oz	None	None	400°F
 Dumplings	16 oz	None	None	375°F
 Pizza	Personal size	None	None	375°F
 Pizza rolls	16 oz	None	None	400°F
 Shrimp	16 oz (breaded)	None	None	400°F
 Tater tots	16 oz	None	None	400°F
 Onion rings	16 oz	None	None	400°F
 Frozen vegetables	16 oz	None	1 Tbsp	400°F

# CLEANING & 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 and Crisper Tray, as this may damage the non-stick coating.

1. Clean the air fryer after every use.
2. Remove the plug from the outlet.
3. Let the air fryer cool down completely. Remove the Basket from the air fryer to cool it down quicker.
4. Clean the Basket and Crisper Tray in the dishwasher's top rack only or with hot water, dish soap, and a non-abrasive sponge.
5. If residue is stuck to the bottom of the Basket, fill it with hot water and dish soap and let it soak.
6. Wipe the outside of the air fryer with a moist cloth.
7. Clean the inside of the air fryer with hot water, dish soap and a cleaning brush to remove any food residue.
8. 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.

## GARANTEE AND SERVICE

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



# TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
The air fryer does not work.	The air fryer is not plugged in.	Plug the main plug into a grounded wall socket.
	You have not set the timer.	Turn the Timer Knob to set the required cook time to turn on the air fryer.
	The Basket is not put into the air fryer properly.	Slide the Basket into the air fryer properly.
The ingredients did not cook.	There are too many ingredients in the Basket.	Put smaller batches of ingredients in the pan. Smaller batches are fried more evenly.
	The set temperature is too low.	Turn the Temperature Knob to set the required temperature setting.
	The cook time is too short.	Turn the Timer Knob to set the required cook time.
The ingredients are fried unevenly in the air fryer.	Certain types of ingredients need to be shaken halfway through the cook time.	Ingredients that lie on top of or across each other (e.g. fries) need to be shaken halfway through the cook time.
Fried snacks are not crispy when they come out of the air fryer.	You used a type of snack meant to be cooked in a traditional deep fryer.	Use oven snacks or lightly brush some oil onto the snacks for a crispier result.
I cannot slide the Basket into the air fryer properly.	The Basket is overfilled.	Do not fill the Basket beyond max line.
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 Basket. The oil produces white smoke and the Basket may heat up more than usual. This does not affect the air fryer or the end result.
	The Basket still contains grease residue from previous use.	White smoke is caused by grease heating up in the pan. Make sure you clean the Basket properly after each use.
Fresh fries are fried unevenly in the air fryer.	Quality potatoes will give an even cook.	Use fresh potatoes and make sure they stay firm during frying.
	Potatoes are too starchy.	Rinse the potato sticks properly and dry 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 add the oil. Cut the potato sticks smaller for a crispier result. Add slightly more oil for a crispier result.

## **WARRANTY & SERVICE**

This Limited Warranty is for one full year from the date of purchase and requires proof of purchase. 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 the seller's discretion. In the event that repair isn't possible, the seller will replace the product/part. If product repair/replacement won't suffice, the seller 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.

The manufacturing company 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)**

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