

# GOURMIA®

## 4 QT DIGITAL AIR FRYER

# USER MANUAL



**GAF486**

# IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

FOR CUSTOMER SERVICE  
QUESTIONS OR COMMENTS  
VISIT [WWW.GOURMIA.COM](http://WWW.GOURMIA.COM)  
EMAIL [INFO@GOURMIA.COM](mailto:INFO@GOURMIA.COM)  
OR CALL 888.552.0033  
MON-THU 9:00AM TO 6:00PM ET  
AND FRI 9:00AM TO 3:00PM ET  
LANGUAGES SUPPORTED: ENGLISH, SPANISH

Model: GAF486  
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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 *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 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. 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.
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. **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.
13. **Do not** leave the appliance unattended when plugged in.
14. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
15. **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.

16. 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.

17. 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.

18. Do not use outdoors.

19. 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 1300W
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SAVE THESE INSTRUCTIONS

# KNOW YOUR AIR FRYER

Display /  
Control Panel



Crisper Tray



Place the **crisper tray** into the **basket** with the arrow on the tray facing the back of the **basket**.

Basket

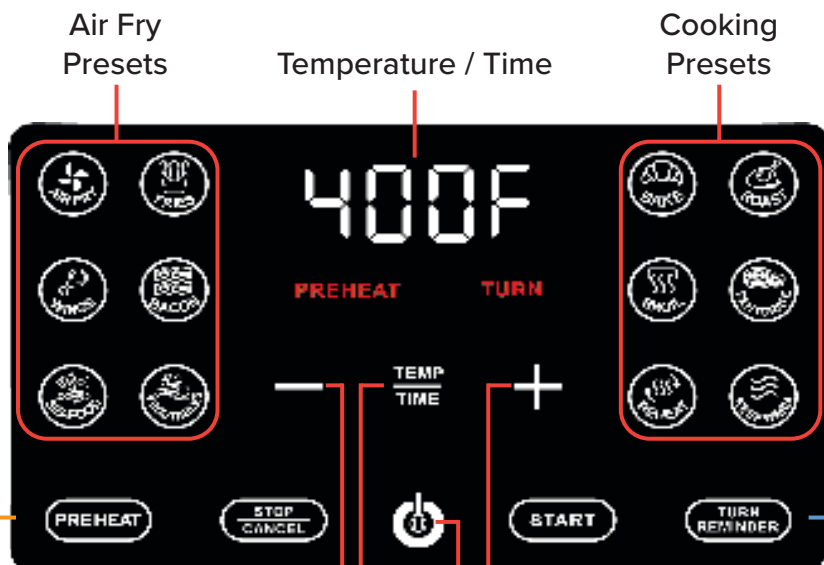


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# KNOW YOUR AIR FRYER

## DISPLAY AND CONTROL PANEL



Air Fry  
Presets

Temperature / Time

Cooking  
Presets

Decrease  
Temperature / Time

Increase  
Temperature / Time

Toggle between adjusting  
Temperature / Time

Power Icon

## GUIDED COOKING PROMPTS

### 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.

Tap **PREHEAT** before **START** to enable or disable preheating. When preheating is enabled, **PREHEAT** appears in red on the *display*.

### TURN REMINDER

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

Tap **TURN REMINDER** before **START** to enable or disable *turn reminder*. When *turn reminder* is enabled, **TURN** appears in red on the *display*.

## DISPLAY AND SOUND

Below are the **display** indicators and notifications for the **guided cooking prompts**.

### PREHEAT

*Preheat* is enabled.

### TURN

*Turn Reminder* is enabled.

OPEN

The basket is outside of the air fryer.

PRE HEAT

The air fryer is preheating.

Add Food

The air fryer is preheated.

Turn Food

Reminder to turn or toss food.

End













The cook time has elapsed.

### 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:** When muted, there will be quicker and fewer beeps for **guided cooking prompts** and when the cook time has elapsed.

# PRESETS CHART

	TEMPERATURE		TIME		PREHEAT		TURN REMINDER	
	DEFAULT	RANGE	DEFAULT	RANGE	DEFAULT	TOGGLE	DEFAULT	TOGGLE
 AIR FRY	400F	170-400F	20 min	1-60 min	on	✓	off	✓
 FRIES	400F	170-400F	15 min	1-60 min	on	✓	on	✓
 WINGS	400F	170-400F	25 min	1-60 min	on	✓	on	✓
 BACON	375F	170-400F	6 min	1-60 min	off	✓	off	✓
 SEAFOOD	375F	170-400F	10 min	1-60 min	on	✓	on	✓
 VEGETABLES	400F	170-400F	20 min	1-60 min	on	✓	on	✓
 BAKE	325F	170-400F	25 min	1 min-2 h	on	✓	off	✓
 ROAST	400F	170-400F	25 min	1 min-2 h	on	✓	on	✓
 BROIL	400F	400F	12 min	1-60 min	on	✓	on	✓
 DEHYDRATE	135F	90-170F	8 h	30 m-24 h	off	n/a	off	✓
 REHEAT	300F	170-400F	15 min	1-60 min	off	✓	off	✓
 KEEP WARM	200F	150-200F	30 min	1 min-8 h	off	n/a	off	n/a

**NOTE:** A check mark indicates *preheat* and *turn reminder* can be enabled or disabled by tapping **PREHEAT** / **TURN REMINDER** before tapping **START**.

## BEFORE FIRST USE

1. Remove all packaging stickers and labels from the air fryer, including the tape securing the **basket** 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.

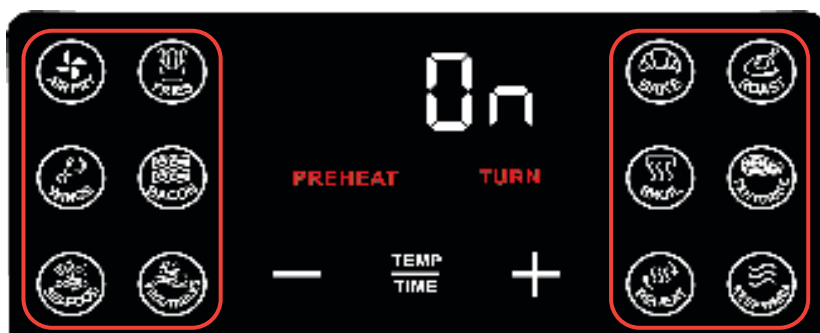
**Do not** place the air fryer against a wall or against other appliances. It is important to leave at least 4 inches of free space around the back and sides, and 4 inches of free space above the air fryer to allow for proper ventilation.

# USING YOUR AIR FRYER

1. Place the air fryer on a stable, level and heat-resistant surface.
2. Place the **crisper tray** into the **basket** and slide it into the air fryer.
3. Plug the air fryer into an outlet.
4. Tap the **power icon** to turn the air fryer on.



5. Tap the desired **preset**.



The **display** will show the **preset** temperature and time.

6. Tap **TEMP / TIME** to adjust temperature / time.



- Tap + and - icons to increase and decrease temperature / time.



## GUIDED COOKING PROMPTS

**Preheat** and **turn reminder** are on by default for recommended presets.

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

# USING YOUR AIR FRYER

## WITH PREHEAT ENABLED

7. Tap **START**.

The **display** will show “Preheat” (P-R-E H-E-A-T) and the air fryer will begin preheating. Once preheated, the air fryer will beep and the **display** will show “Add Food” (A-d-d F-o-o-d).

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

8. 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.

## WITH PREHEAT DISABLED

7. Remove the **basket**, place food inside, and return it to the air fryer.
8. Tap **START**.

**COOKING TIP:** Spray food with cooking oil for a crispier finish.

## WITH TURN REMINDER ENABLED

- Halfway through the cook time, the air fryer will beep and the **display** will show “Turn Food” (T-u-r-n F-o-o-d).
- Remove the **basket** carefully and place it on a heat-resistant surface.
- Turn or toss the food using non-metal tongs.
- Return the **basket** to the air fryer to automatically resume cooking.

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

# USING YOUR AIR FRYER

When your selected cook time has elapsed, the air fryer will beep and the **display** will show “End” (E<sub>nd</sub>).

9. Remove the **basket** carefully and place it on a heat-resistant surface.
10. Remove food from the **basket** using non-metal tongs.

## CAUTION:

**Always** use caution when removing the **basket** during/after cooking - hot steam may escape!

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

**Do not** use sharp or metal utensils which can scratch 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.

## STOP / CANCEL COOKING

Tap **STOP / CANCEL** once to stop cooking.

Tap **START** to resume cooking.

Removing the **basket** from the air fryer during cooking will stop cooking.

Returning the **basket** to the air fryer will automatically resume cooking.

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

## TURN OFF AIR FRYER

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

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

## 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**.
- 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.
- Turning or tossing food halfway through cook time will deliver evenly browned and crispy results. (See **TURN REMINDER** on page 9).
- Add 1 tablespoon of oil to fresh potatoes 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 & 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.

- Clean the air fryer after every use.
- Unplug the air fryer from the outlet before cleaning.
- Let the air fryer cool down completely before cleaning. Remove the **basket** from the air fryer to cool it down quicker.
- Clean the **basket** and **crisper tray** in the dishwasher's top rack only or with hot water, dish soap, and a non-abrasive sponge.
- If residue is stuck to the bottom of the **basket**, fill it with hot water and dish soap and let it soak.
- Wipe the outside of the air fryer with a moist cloth.
- Clean the inside of the air fryer with hot water, dish soap and a cleaning brush to remove any food residue.
- 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) or contact your distributor.

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.
	The timer has not been set.	Tap + and - icons to set the required cook time to turn on the air fryer.
	The <b>basket</b> is not put into the air fryer properly.	Slide the <b>basket</b> into the air fryer properly.
The <b>basket</b> does not fit inside the air fryer.	The <b>basket</b> is overfilled.	Do not fill the <b>basket</b> beyond max line.
The ingredients did not cook.	There are too many ingredients in the <b>basket</b> .	Put smaller batches of ingredients in the <b>basket</b> . Smaller batches are fried more evenly.
	The set temperature is too low.	Tap + and - icons to set the required temperature setting.
	The cook time is too short.	Tap + and - icons to set the required cook time.
The ingredients are fried unevenly.	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. (See <b>TURN REMINDER</b> on page 9.)
Fried snacks are not crispy.	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.
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 <b>basket</b> . The oil produces white smoke and the <b>basket</b> may heat up more than usual. This does not affect the air fryer or the end result.
	The <b>basket</b> still contains grease residue from previous use.	White smoke is caused by grease heating up in the <b>basket</b> . Make sure you clean the <b>basket</b> properly after each use.
Fresh fries are fried unevenly.	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.	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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