

AROMA®

Multifunction Rotisserie Oven

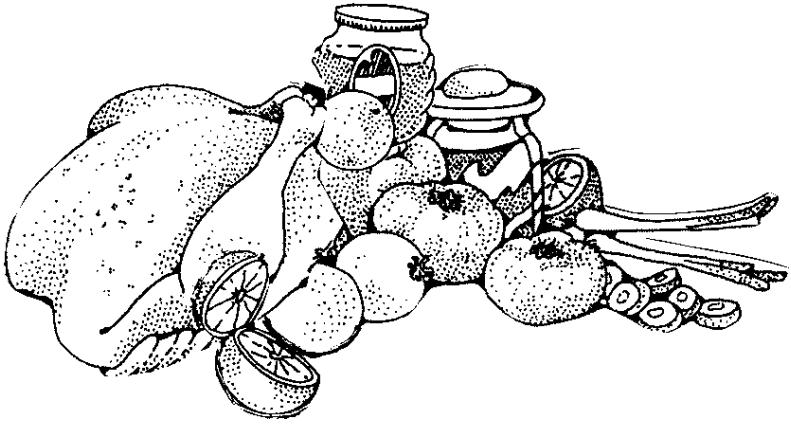


Instruction Manual & Recipe Book

ABT-3276

Congratulations!

Your AROMA® Rotisserie/Toaster Oven will surely be one of the most versatile and practical appliances in your home. It will make your cooking easier. Please read the following instructions carefully before your first use.



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IMPORTANT SAFEGUARDS

Basic safety precautions should always be taken when using electrical appliances, including the following:

1. **Important**: Read all instructions carefully before using the machine.
2. Do not touch **hot** surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug or the appliance itself in water or other liquid.
4. Close supervision is necessary when the appliance is used near children.
5. Prior to plugging appliance into the wall outlet, ensure all control switches are set to the "OFF" position. To disconnect, turn all control switches to "OFF" position, hold the plug, and then remove it from wall outlet.
6. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
7. 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.
8. Using attachments or accessories other than those supplied by the manufacturer can create a HAZARD. **DO NOT** use incompatible parts.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot burner or in a heated oven.
12. Extreme caution must be taken when removing the drip pan and disposing hot grease or other hot liquid.
13. Do not use the appliance for other than intended use.
14. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, causing a risk of shock hazard. Besides, metal-scouring pads may damage rotisserie finish.
15. When in use, keep oven a minimum of 10-12 inches away from walls & clear on top. Place on a stable, heat-resistant surface and in a well-ventilated area.
16. A fire may occur if the oven is covered or touching flammable material, such as curtains, draperies, or walls when it is in use. Do not store any items on top of the appliance when in operation.
17. Do not place any of the following or similar materials in or on the oven: paper, cardboard, plastic, etc.

SAVE THESE INSTRUCTIONS

CONTINUED IMPORTANT SAFEGUARDS

18. The oven becomes very hot when in use. (glass door, top, back, and side of the oven). Be sure to use handles and wear oven mitts or gloves.
19. Oversize foods or metal utensils must not be inserted in a toaster-oven as they may create a fire or risk of electric shock.
20. Extreme caution should be exercised when using containers constructed of other than metal or glass.
21. Do not store any materials, other than manufacturers recommended accessories, in this oven when not in use.
22. Do not cover crumb tray or any part of the oven with metal foil. This will cause overheating of the oven.

SHORT CORD INSTRUCTION

1. A short power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - ❖ The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - ❖ The longer cord should be arranged so that it will not drape over the counter- top or tabletop where it can be pulled on by children or tripped over unintentionally.

POLARIZED PLUG

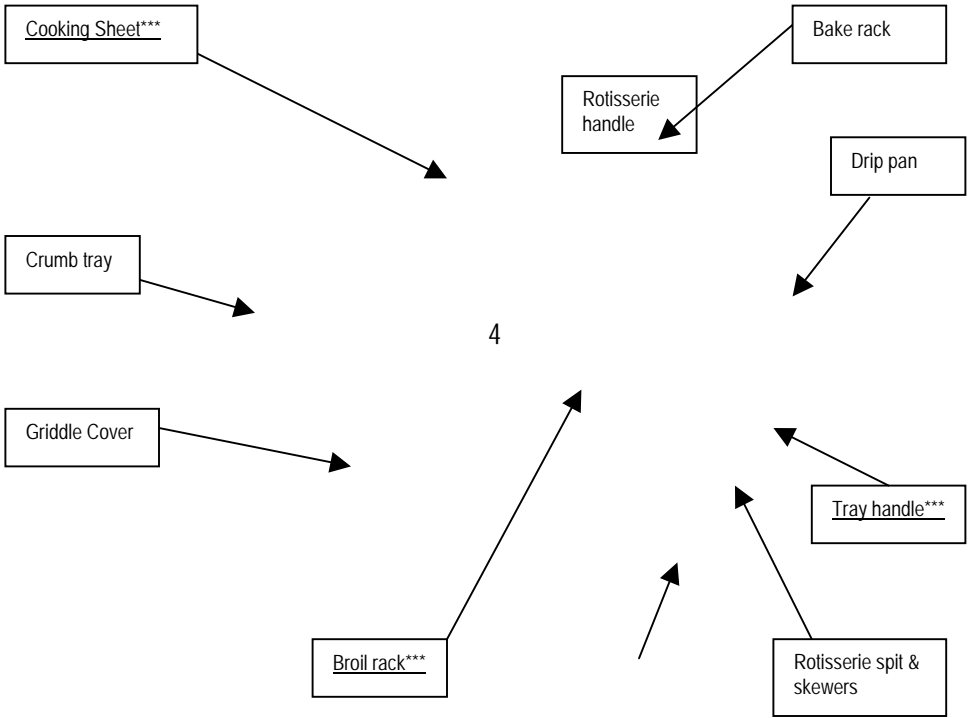
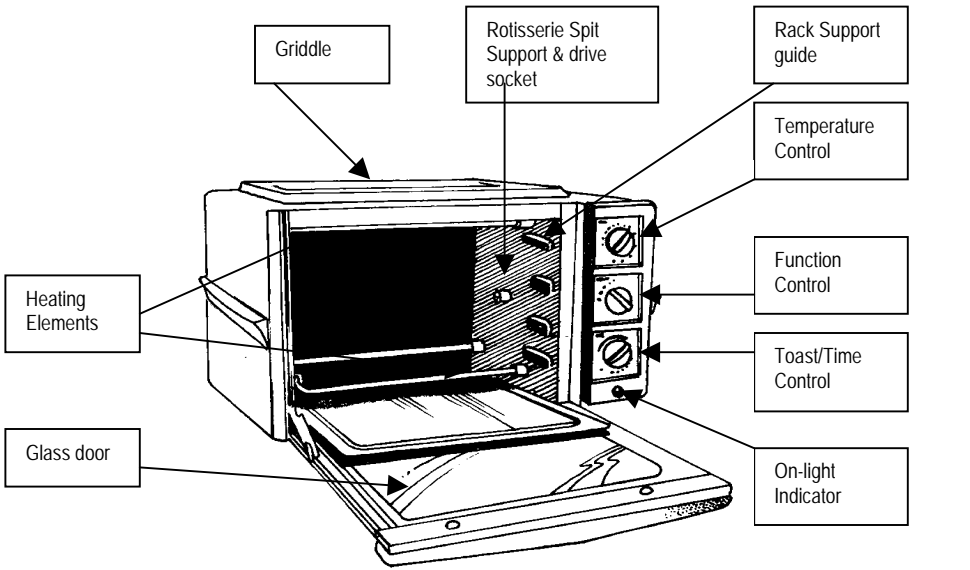
If this appliance has a **polarized plug** (one blade is wider than the other), follow the instructions below:

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.

This appliance is intended for Household Use Only.

PARTS IDENTIFICATION

1. TEMPERATURE CONTROL
2. FUNCTION CONTROL
3. TOAST/TIME CONTROL
4. ON-LIGHT INDICATOR
5. UPPER AND LOWER HEATING ELEMENTS
6. GLASS DOOR
7. RACK SLOT
8. ROTISSERIE SPIT SUPPORT AND DRIVE SOCKET
9. GRILL/GRIDDLE
10. DUST COVER
11. CHROME BAKE RACK X 2
12. CRUMB TRAY
13. DRIP PAN
14. ROTISSERIE HANDLE
15. ROTISSERIE SPIT & SKEWERS
16. BROIL RACK
17. COOKIE SHEET X 2
18. TRAY/RACK HANDLE
19. INSTRUCTION MANUAL WITH RECIPES



CONTROLS & ACCESSORIES

Your AROMA Rotisserie/Toaster Oven has great features and benefits with 11 accessories. Being familiar with them will help you to use your appliance to its fullest.

- ◆ **Temperature Control:** full range temperature from "150° F" to "Max" for you to choose your ideal temperature for a variety of cooking.
- ◆ **Function Control:** 5 function positions for 7 cooking settings: Keep Warm, Broil, Griddle, Rotisserie, Bake, Roast, and Toast.
- ◆ **Time/Toast Control:** Time Control turned counterclockwise to "STAY ON" position until it manually shuts off. As an auto timer with a bell signal or as a toaster, turn the control clockwise to your desired cooking time.
- ◆ **Drip Pan:** Used for roasting or broiling to avoid fat drippings and spattering. It is removable and ensures easy cleaning.
- ◆ **Broil Rack:** Used together with Drip Pan for broiling or roasting.
- ◆ **Grill/Griddle:** Half-ridged, half-skillet surface on the top of the oven is easy to use and easy to remove for cleaning.
- ◆ **Two-position Chrome Bake Rack:** Can be used either with Bake Rack edging facing down or edging facing up for a higher position cooking.
- ◆ **Rotisserie spit and skewers:** Holds the meat and allows it to roast evenly.
- ◆ **Rotisserie handle:** Easy for you to take the Rotisserie Spit out from the oven when your roast is done.
- ◆ **Continuous cleaning coating:** The inside wall of the oven has a special clean coating which cleans the oven itself while in operation.
- ◆ **Slide-out Crumb Tray:** Allows a convenient cleaning of the bottom of the oven.
- ◆ **Cookie Sheet:** Holds about 9-12 medium-sized cookies.
- ◆ **Dust Cover:** To be placed on top of the oven when it is not in use.

NOTE: When you unpack your shipping carton, check all the items carefully; make sure they are all received and are in good condition.

OPERATION INSTRUCTIONS

Before first using your Aroma Rotisserie/Toaster Oven

CLEANING:

1. Read all the instructions in the manual.
 2. Remove all packaging materials; make sure all items are received and are in good condition.
 3. Wash all the accessories with a small amount of mild detergent, using a sponge or dishcloth.
 4. Rinse thoroughly to remove soapy residue.
 5. Wipe body clean with a damp cloth.
- **Do not use abrasive cleaners or scouring pads.**
 - **Do not immerse the appliance in water at any time.**

BEFORE FIRST USE:

1. Due to the manufacturing process, smoke and odor may be emitted during the first few uses. It is normal and causes no harm.
2. We recommend pre-heating the oven to eliminate smoke and odor.
3. Be sure to place the oven on a flat, heat-resistant surface and pre-heat in a well-ventilated area.
4. Set the temperature control to the "OFF" position and plug into a **120V AC outlet**.
5. Pre-heat the oven for 30 minutes at the maximum temperature, or until smoke and odor are gone.
6. Turn the temperature control to the "OFF" position, remove the plug from wall outlet, and allow the oven to cool.

HELPFUL TIP

The Rotisserie/Toaster oven has been designed to utilize everyday recipes. However, cooking temperatures and times may vary. We recommend you monitor the cooking progress by checking your food frequently during operation to ensure ideal cooking results.

HOW TO USE:

1. Set the temperature to the "OFF" position.
2. Plug in the power cord. Always use the proper wall outlet.
3. Set your desired temperature.
4. Set the function to your cooking setting.
5. Place food onto Bake Rack, Broil Rack, Drip Pan or spit/skewer.
6. Set the Time/Toast Control to "either STAY ON" position or your desired cooking time.
7. When finished, turn the temperature dial to the "OFF" position and unplug.

TIP: Some recipes call for oven to be preheated. You might want to preheat 5 to 10 minutes prior to cooking time.

CARE AND CLEANING:

1. Set the temperature dial to the OFF position.
 2. Disconnect the plug from the wall outlet.
 3. Allow the unit to completely cool.
 4. Remove any food residue by using a non-abrasive cleaning pad.
 5. Wash cooking racks, pan and other items in warm, soapy water. All accessories are dishwasher safe.
 6. Clean the oven door with a sponge or dishcloth. Wipe dry with paper towel.
 7. Wipe body clean with a damp dishcloth.
- **Do not immerse the appliance in water or other liquid.**
 - **Do not use abrasive cleaners or scouring pads.**
 - **Do not use the oven or any of its accessories if they are still wet.**

CLEANING TIP:

The inside wall of the oven has a continuous cleaning coating and it cleans automatically while in operation. To protect the coating, only use a soft sponge or dishcloth if you wish to clean.

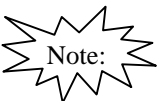
COOKING & RECIPES

ROTISSERIE

1. Temperature set: 450°F to Max
2. Function: Rotisserie
3. Remove the Dust Cover. Keep the Grill/Griddle as a top cover during operation.
4. Place the Drip Pan on the Bake Rack (edges facing down position) and then slide the Bake Rack into the lowest rack slot of the oven for fat drippings.
5. Insert Spit into one Skewer; make sure the Skewer pointed end is in the same direction of Spit pointed end; thumbscrew the Skewer.
6. Push the Spit all the way through into the center of roast or poultry.
7. Position the other Skewer into the Spit. Thumbscrew tight.
8. Place the pointed end of the Spit into the DRIVE SOCKET on the right hand of the oven wall, while the squared end of the Spit sits on the SPIT SUPPORT on the left hand of the oven wall.
9. Ensure the food is placed in the center of the SPIT; make necessary adjustment of the two SKEWERS.
10. Turn TOAST/TIME CONTROL to "STAY ON" Position.
11. Turn TOAST/TIME CONTROL to "OFF" position when food is done. Use Rotisserie Handle to remove the SPIT; first lift up the left side out of the SPIT SUPPORT and then pull the right side out of the DRIVE SOCKET. Place the food on cutting board or platter.

USEFUL TIPS:

- ◆ We suggest that chicken not weigh over five pounds.
- ◆ Always use cotton butcher's cord for Rotisserie to avoid food touching heating elements.
- ◆ For better flavor, season with your favorite seasoning.
- ◆ Use an independent timer and a reliable meat thermometer to check whether the meat is cooked.



Always remember to use mitts when you use the oven. It is Hot!

COOKING TIME & TEMPERATURE CHART

** Please note that the cooking times and temperatures given here are only as a guide. They may vary due to differences in meat size and temperature of refrigerated food. Desired doneness is based on personal preference. Adjust your cooking time and temperature for rare, medium, and well done.

Food	Weight	Temp. °F	Approx. Time
POULTRY			
Chicken (whole)	3-5 pounds	450	1 hr. 20-30 Min.
Cornish Hen	¾ to 1 ½ pounds	425-450	18-30 Min.
Duck (whole)	4-5 pounds	400	1 hr. 20 Min.
BEEF			
Roast Beef	3-5 pounds	450	1hr. 40-45 Min.
Veal Roast (boneless)	4-5 pounds	450-Max.	2 hrs. 20-30 Min.
PORK			
Pork Spareribs	3-5 pounds.	425-450	2 hrs. 15-30 Min.
Pork Roast	3-5 pounds	450	1 hr. 30 Min.
Smoked Ham (boneless)	4-5 lbs.	425-450	1 hr. 30-40 Min.

TERIYAKI ROTISSERIE CHICKEN

one whole chicken (about 4 lbs.)
 1/2 cup soy sauce
 ¼ teaspoon garlic salt
 ¼ teaspoon white pepper powder
 ¼ cup dry sherry
 ¼ cup sugar
 3 slices fresh ginger root
 1 ½ teaspoon honey
 3 tablespoons water
 1 ½ tablespoons cornstarch

Wash the whole chicken; rinse well and pat dry inside and out; pull excess fat. Set aside. Combine soy sauce, garlic salt, white pepper powder, dry sherry, ginger, and sugar in a small saucepan. Boil and simmer over medium heat for 2-3 minutes. Mix water with cornstarch. Stir to thicken the sauce. Set aside to

cool. Place the chicken in a large bowl. Brush or rub the sauce all over the chicken, inside out. Cover and refrigerate for a few hours. Use a cotton butcher's cord to tie the chicken. Coat the chicken with honey. Place the chicken on Rotisserie Spit to start. Follow the Rotisserie instructions. Use the Time and Temperature Chart in the book as a reference of your cooking time. Makes 4-6 Servings.

B.B.Q. PORK SPARERIBS

B.B.Q. Sauce (medium-size bowl)

¾ cup chili sauce

1 cup ketchup

¼ steak sauce

1 tablespoon Worcestershire sauce

1 tablespoon garlic, finely pressed

¼ cup fresh horseradish, finely grated

3 tablespoons dry mustard

1 tablespoon Tabasco sauce

1 tablespoon molasses

1 tablespoon red wine vinegar

½ cup dry red wine

1 tablespoon black peppercorn

3 tablespoons tequila

1 rack of pork spareribs, 3-4 lbs.

Wash pork spareribs and boil over medium heat for about 10-15 minutes or until meat turns white. Set aside to cool. Combine all the ingredients of B.B.Q. sauce in a bowl and mix well. Adjust seasonings to taste. Brush the ribs well on all sides with barbecue sauce. Following the Rotisserie instructions to position the rib on the Rotisserie Spit. Use Time and Temperature chart in the book as a reference to roast or until it is tender. Serve the ribs with the remaining sauce on the side. Makes 6-8 servings.

BUTTERY MUSTARD GAME HEN

two 1 ½ to 2- lbs. cornish game hen, thawed if frozen
¼ cup butter melted
¼ dijon mustard
2 cloves garlic, finely minced
1 ½ tablespoons fresh rosemary, minced or 2 teaspoons dry rosemary
salt and freshly ground black pepper to taste

Wash the hens; take necks and giblets out; rinse well and pat dry. Combine butter, mustard, minced Rosemary, and garlic in a bowl. Mix well and set aside. Tie legs together and twist wing tips under back. Brush the hens well with mustard mixture. Arrange the hens on the Rotisserie Spit according to the Rotisserie cooking instructions. Use the Cooking Time and Temperature Chart as a guide or until meat near thighbone is white and tender. Season with salt and black pepper to taste. Makes 4-6 servings.

ROASTING

1. Temperature: Desired setting
2. Function: ROAST
3. Remove the Dust Cover. Keep the Grill/Griddle as a top during operation.
4. Accessories to be used: Chrome Bake Rack, Broil Rack and Drip Pan
5. Slide Chrome Bake Rack with edge facing down into the lowest rack slot of the oven.
6. Place food on Broil Rack.
7. Place Broil Rack on the Drip Pan.
8. Place Drip Pan on the Chrome Bake Rack in the oven.
9. TIME/TOAST CONTROL to STAY ON position.

USEFUL TIPS:

- ◆ You can roast up to 6 lbs of cut meat.
- ◆ Use an independent timer and a reliable meat thermometer to check your food.
- ◆ Cooking temperature needs to be adjusted based on how you want your food done.
- ◆ Always use Rack Handle to take the rack out of the oven.
- ◆ You may use a small amount of cooking spray or oil on your Broil Rack.

COOKING TIME & TEMPERATURE CHART

FOOD/WEIGHT	OVEN TEMP.	INTERNAL TEMP. °F	COOKING TIME
POULTRY			
Whole Chicken 3-5 pounds	350	180	18-20 Min. per lb.
Cornish Hen ¾ to 1 ½ pound	350	180	¾ to 1 ¼ Hours
Turkey Breast 5-7 pounds	350	180	18 Min. per lb.
BEEF			
Rib eye, boneless 3 pounds	325-350	140-150	14-15 Min. per lb.
Standing Rib Roast 3-5 pounds	325	150-160	20-25 Min. per lb.
Brisket, first cut 5-6 pounds	375		30-35 Min. per lb.
PORK			
Rolled Pork Loin 3-5 pounds	325-350	160-170	25-30 Min. per lb.
Boneless Ham 3-5 pounds	325	140-160	20-24 Min. per lb.
Pork Ribs 3-5 pounds	325-350	140	12-14 Min. per lb.

RAOST PORK CHOPS

4-6 pork loin chops, 1" thick
 ¾ cup light season soy sauce
 1 tablespoon olive oil
 2 cloves garlic, finely minced
 3 tablespoons fresh ginger, finely minced
 2 tablespoons dry sherry
 1 tablespoon sugar
 half an onion, finely sliced
 salt and ground black pepper to taste

Wash and dry pork chops well. Remove excess fat. Set aside. Combine all ingredients except onion in a large bowl. Put pork chops in mixture and let marinate for a few hours; turn once halfway through marinating time. Follow Roasting instructions to place pork chops; add sliced onion on the chops. Roast

350°F for 15 minutes. Turn over and roast another 15 minutes or until cooked through.

LEMON GINGER GLAZED PORK LOIN

one 3-pound boneless pork loin
salt and freshly ground black pepper to taste
2 teaspoons rosemary leaves, freshly chopped
1 tablespoon fresh ginger, peeled & minced
1 cup dry white wine
¾ cup lemon marmalade
1 tablespoon unsalted butter, at room temperature

Wash and trim all the excess fat from the pork loin. Preheat the oven to 350°F. Place the pork loin in the Drip Pan, sprinkling it with salt, black pepper, rosemary and ginger.

Add white wine into the bottom of the Drip Pan, cook for 50 minutes, basting is needed. Take the Drip Pan out from the oven. Use a small bowl to mix marmalade with some pan drippings; pour over the meat. Continue to cook for another 35-45 minutes, basting during the last 15 minutes, or until the internal temperature reaches 150 °F - 160°F. Slice and serve it with pan juices.

Makes 4-6 servings.

ROAST LAMB

one 5-6 pound leg of lamb
½ large onions, thinly sliced
5-6 cloves garlic, chopped
1/3 cup extra virgin olive oil
½ cup dry red white
½ cup light soy sauce
2 ½ teaspoon fresh thyme leaves
salt and freshly ground black pepper to taste

Preheat the oven to 400°F. Wash and trim the thicker portions of fat from the lamb. Marinate lamb with all the ingredients except for onions. Cover and refrigerate overnight.; Take meat out from marinade, saving the remaining for basting. Place sliced onion on the meat. Follow Roasting instructions to cook 80-90 minutes for medium lamb, basting with reserved marinade. Cool before slicing. Makes 6-8 servings.

ROASTING BEEF RIBS

one 3-pound beef rib
olive oil
salt and garlic pepper
lemon juice

Wash, rinse, and dry the meat. Meat should be room temperature before preparing for roasting. Trim off all excess fat. Rub it well with olive oil, salt, pepper and lemon juice. Set aside for one hour. Place the ribs on the broil rack with the ribs facing upward. Follow the roasting instructions. Insert a reliable meat thermometer in the thick part of the meat. Baste with fat halfway through roasting. Use Cooking Time and Temperature Chart as a guide for the roasting. Make adjustments based on how you'd like your meat cooked. After it is done, let it sit for 10-15 minutes. Makes 6-8 servings.

ROAST BEEF TENDERLOIN

one 2-lb. Piece of beef tenderloin
2 ½ tablespoons butter, room temperature
3 teaspoons black peppercorns
3 teaspoons white peppercorns
garlic and salt to taste

Preheat oven to 375°. Wash and trim any excess fat.. Crush peppercorns. Place the meat on the broil rack, spread butter over meat, and sprinkle with crushed peppercorns. Follow the roasting instructions. Roast for about 40-50 minutes for medium. Let it cool. Makes 4 servings.

BROILING

1. Temperature setting: 450°F
2. Function: BROIL
3. Remove the Dust Cover. Keep Grill/Griddle as a top during operation.
4. Accessories to be used: Bake Rack, Broil Rack and Drip Pan
5. Place Broil Rack on the Drip Pan and then Place food on the Broil Rack.
6. Place the Drip Pan with Broil Rack on the Bake Rack.
7. Insert Bake Rack into the top rack slot of the oven.
8. Timer to ON position or set the desired cooking time.

USEFUL TIPS:

- ◆ For better results, oven needs to be preheated.
- ◆ Place food close to the top heating element for top browning but not to touch it.
- ◆ Brush food to be cooked with oil or sauce.
- ◆ Turn food over halfway through cooking time.

COOKING TIME & TEMPERATURE CHART

FOOD	THICKNESS/ WEIGHT	APPROX. COOKING TIME/ DESIRED DONENESS
PORK		
Pork Ribs	One rack	20-25 Min./ Well
Pork Chops	1 inch	25-28 Min./ Well
BEEF		
Sirloin/Porterhouse	1 inch	12-14 Min./ Rare
Rib Eye	1 inch	12-14 Min./ Rare
London Broil	1 inch	15-20 Min./ Medium
FISH		
Fish Steak	1 inch	12-15 Min./ Well
Fish Fillet	½ inch	8-10 Min./Well
Chicken Breast	Piece	25-40 Min./Well

Cooking Tip:

- ◆ Broil Fish Fillet directly in the Drip Pan. Turn it over halfway through your cooking time.

HAMBURGERS

- 1 lb. ground beef
- 1 egg, slightly beaten
- 1 teaspoon red wine
- ¼ onion, finely minced
- salt and pepper
- 1-2 tablespoon vegetable oil
- 1 teaspoon fresh ginger root, minced

Preheat oven for 5 minutes before cooking.

Place ground beef in a bowl, add egg, salt, wine, ginger and pepper. Mix well. Makes 4 meat patties. Brush burgers with vegetable oil on one side. Place them on the broil rack with oiled side down. Brush the top of the burgers. Follow the broiling instruction to position the rack, making sure not to touch the heating elements. Broil about 4-6 minutes, turn halfway through cooking.

LEMON & LIME BROILED FISH FILLETS

4 fish fillets, ½ inch thick
1 tablespoon vegetable oil
2 tablespoons lemon juice
2 tablespoons lime juice
1 ½ teaspoon honey
1 teaspoon Worcestershire sauce
¼ teaspoon onion powder
½ teaspoon garlic salt
1 teaspoon pepper
2 ½ teaspoons parsley, freshly chopped

Use a bowl to mix all the ingredients then marinate the fish. Refrigerate for two hours. Preheat the oven for 5 minutes. Place the marinated fish fillets into the Drip Pan. Place Drip Pan on the Bake Rack. Slide the Rack into the top Rack Slot, not letting food touch the heating elements. Use the Time and Temperature Chart as a cooking guide. Turn the fillets over halfway through cooking. Fish is done when it flakes easily with a fork. Make 4 servings.

BROILED CHICKEN BREAST

4 Chicken breasts, boned and skinned
½ teaspoon parsley, freshly chopped
1 ½ clove garlic, finely minced
1 teaspoon minced fresh rosemary
2 ½ tablespoons vegetable oil
2 tablespoons orange juice
2 ½ teaspoons honey
2 tablespoons fresh ginger, finely minced
1 teaspoon dry sherry

Preheat the oven for 5 minutes. Combine all the ingredients to marinate the chicken breasts. Cover and refrigerate overnight. Place marinated chicken on broil rack. Follow the broil instructions to place the rack and pan. Use Time and Temperature Chart as a cooking guide or broil until tops are lightly browned. Makes 4 servings.

BAKING

1. Temperature: Desired setting
2. Function: BAKE
3. Remove the Dust Cover. Keep Grill/Griddle as a top during operation.
4. Accessories to be used: Chrome Bake Rack, Cookie Sheet and Crumb Tray
5. Choose suitable baking pan or use foil.
6. Place item to be baked on the Chrome Bake Rack.
7. Insert Bake Rack into the rack slot of the oven
8. Set Timer to the desired baking time.

USEFUL TIPS:

- ◆ For baking temperature and time, follow the recipe instruction.
- ◆ Roasting bags, plastic or glass containers are not recommended. You may use Pyrex or Corning ware glass dish.
- ◆ When baking two racks of food at one time, rotate halfway through baking time.
- ◆ Baking cookies: Place Bake Rack on bottom and middle Rack Slot; rack facing up.
- ◆ Baking Pies: Rack on bottom and middle Rack Slot; Rack facing down and using cookie sheet.
- ◆ Baking Layer Cakes: Rack faced down on bottom Rack Slot and Rack faced up on middle Rack Slot.

CAULIFLOWER & CARROT CASSEROLE

1/2 lb. cauliflower
2 medium carrots
1 can cream of mushroom soup
1/8 teaspoon black pepper
1/2 cup milk
2.8 oz. can French fried onions
salt

Cut the cauliflower and the carrots in similar size. Mix them with soup, black pepper, and milk together in 1.5 qt. Casserole dish. Cover with foil and bake at 350° F until hot; stir occasionally; arrange French fried onions on top of vegetables mixture, along the casserole rim. Bake another 3-5 minutes at 425°F until onions are golden brown. Make 6-8 servings.

SWEET POTATO SOUFFLÉ

- 1 large or 2 small cans sweet potatoes
- ½ cup sugar
- 2 large eggs
- ¼ cup margarine, melt
- ½ cup light Karo syrup

Combine sugar, butter, syrup, and egg. Beat well until creamy. Stir in mashed potatoes; spoon mixture into 2-qt. Baking dish. Place baking dish on the Chrome Bake Rack and position it into the right RACK SUPPORT GUIDE. Bake at 350°F for 20-25 minutes.

LOW-FAT OAT BRAN BLUEBERRY MUFFINS

- ¾ cup oat bran
- ½ cup flour
- 2 ½ tablespoon brown sugar
- ¼ cup milk
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon vegetable oil
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups blueberries

Preheat the oven to 400°F.

Place the egg, sugar, milk, salt, and vanilla extract into a large bowl. Mix them well. Add flour, bran and baking powder into the bowl. Stir until it looks lumpy and uneven. Add blueberries. Grease a 6-cup muffin pan or line with paper cupcake liners. Fill each muffin cup 2/3 full. Bake about 18 minutes, or until the muffins split open and are golden brown.



Use the Cooking Time and Temperature Chart as a guide and reference.

GRIDDLE

1. Temperature setting: 450°F
2. Function: GRIDDLE
3. Set the Timer
4. Preheat approximately 5 minutes

USEFUL TIPS:

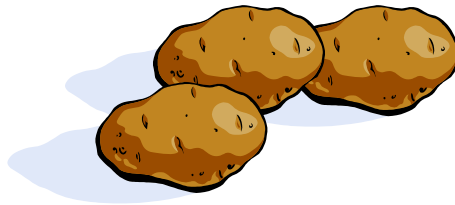
Use griddle for your side dish when you cook your main course.

- ◆ Ideal for a full breakfast: bacon, egg, pancakes, etc.
- ◆ Extreme caution should be exercised when taking griddle out for cleaning.
- ◆ Be very careful when using Griddle as it might spatter.

SWEET POTATO PANCAKES

- 2 cups mashed and cooked sweet potatoes
- 2 lightly beaten eggs
- 2 teaspoons dried minced onion flakes
- ½ teaspoon salt
- ¼ freshly ground black pepper
- 1 teaspoon curry powder
- 1 tablespoon all purpose flour
- 2-3 tablespoons vegetable oil

Preheat the griddle. Set vegetable oil aside. Use a medium-size mixing bowl to combine the mashed potatoes and eggs with the ingredients. Stir well. Use a pastry brush to spread the vegetable oil on the griddle. Spoon the potato mixture and spread it out to make pancakes. Cook one side until brown and then turn to cook the other side. Wrap the cooked pancakes in foil and keep them warm in oven. Makes 10-12 pancakes.



BLUEBERRY PANCAKES

- 1 cup egg substitute
- 1 cup milk
- 1 cup cold water
- 2 ½ cups flour, sifted
- ¼ cup safflower oil
- ¾ teaspoon light brown sugar
- ¼ teaspoon salt
- ¾ fresh blueberries
- 2 tablespoons unsalted butter, melted, cooled

Preheat the griddle. Beat egg substitute, milk and water lightly; Add the remaining dry ingredients. Stir well until almost smooth; there may be some lumps. Butter the griddle lightly, and cook until the bottoms are golden brown. Turn pancakes when topside is bubbly and cook the other side until it is brown. Makes 12 pancakes.

TOASTING

1. Temperature: 450°F
2. Function: TOAST
3. Remove the Dust Cover. Keep Grill/Griddle as a top cover during operation.
4. Insert Crumb Tray to the bottom of the oven.
5. Put food on Chrome Bake Rack with edge facing down; place it on Middle Rack Slot.
6. Set TIMER/TOAST CONTROL to desired darkness.

USEFUL TIPS:

- ◆ When you only have one or two items to toast, put them in the middle of the oven for better results.
- ◆ Best results for toasting are achieved when used for items too thick for a conventional toaster.
- ◆ Do not cover **CRUMB TRAY** with metal foil. This may result in overheating the oven.

Turn Time/Toast Control counterclockwise to choose your desired toast setting, light or dark.

SLOW COOKING

1. Temperature setting: 225-250 degrees.
2. Function: ROAST.
3. Remove the Dust Cover. Keep Grill/Griddle as a top during operation.
4. Use a casserole dish with cover for slow cooking.
5. Set the Timer.

USEFULTIPS:

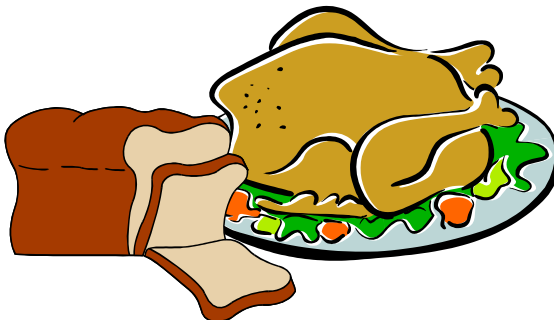
- ◆ Use slow cooking process to make a variety of foods such as spare ribs, stews, tender and juicy meats etc.
- ◆ Use cooking time in your recipe.
- ◆ Use an independent timer to remind you of the doneness of the food.

KEEP WARM

1. Temperature setting: WARM
2. Function: KEEP WARM
3. Remove the Dust Cover. Keep Grill/Griddle as a top during operation.
4. Set the Timer.

USEFUL TIP:

- ◆ Warming time over 30 minutes is not recommended as food might get dry.



LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$6.00 for shipping and handling charges to Aroma Housewares Company. Please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and they may vary from state to state.

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