

# AROMA®

## *1.9 Qt. Deep Fryer*



Instruction Manual &  
Cooking Guide

*Model: ADF-175RN*

Congratulations on your purchase of the **AROMA** deep fryer. It will surely become one of the most practical appliances in your kitchen.

Please read all instructions before first use.



Published By:

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# IMPORTANT SAFEGUARDS

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

1. Read all instructions before first use.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse the appliance or electrical cord in water or other liquid.
4. This appliance is not intended to be used by children. Close supervision is necessary when the appliance is used near children.
5. Do not leave appliance unattended while in use.
6. 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.
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. Do not use attachments or accessories other than those supplied or recommended by the manufacturer. Incompatible parts create a hazard.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot burner or in a heated oven.
12. Extreme caution must be used when using or moving an appliance containing hot oil or other hot liquids.
13. Use only metal cooking utensils in the fryer as rubber or plastic utensils will become damaged from the hot oil. Do not leave metal utensils in the fryer as they will become dangerously hot.
14. Do not use the appliance for other than intended use.
15. To disconnect power, unplug the deep fryer from wall outlet.
16. Push the open button to open the lid. As the lid may pop up quickly, use the other hand to guide it as it opens.
17. The maximum capacity of the frying basket for food is 4 lbs.
18. Extreme caution should be used when removing the fryer containing hot oil.

## SAVE THESE INSTRUCTIONS

## SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risk 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:
  - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
  - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.

## POLARIZED PLUG

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 other way.

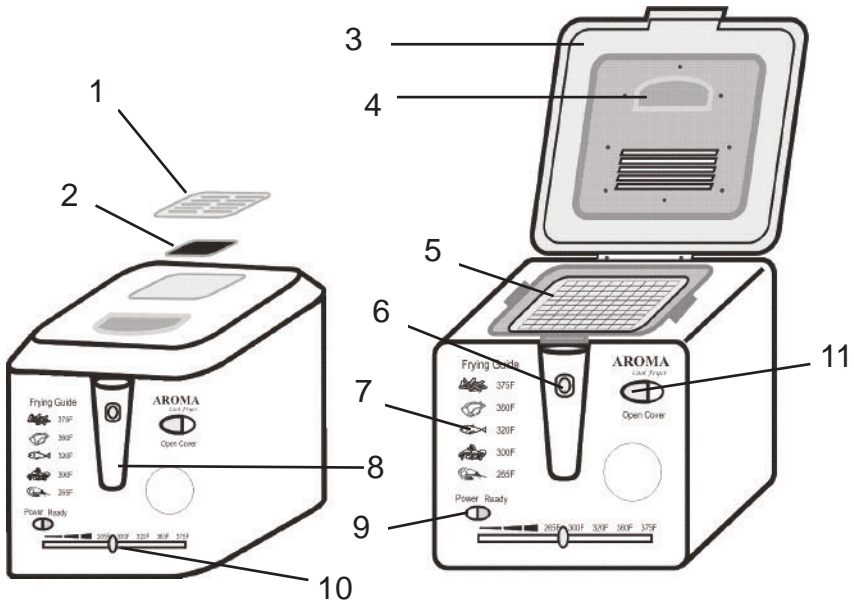
## BREAKAWAY PLUG

As required by Consumer Products Safety Commission, a magnetic breakaway power cord is provided for this deep fryer. This safety feature allows the cord to be disconnected easily as to prevent an individual from accidentally pulling the cord and spilling the contents of the deep fryer on him or herself or someone nearby.

ONLY the breakaway cord provided by the manufacturer can be used for this deep fryer. Do not use any other breakaway cord which is NOT provided by the manufacturer for this specific model as it may cause serious damage and/or injury.

**This appliance is for household use only.**

# PARTS IDENTIFICATION



- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1. Detachable filtering vent        | 6. Basket handle release           |
| 2. Replaceable charcoal filter      | 7. Frying food / temperature guide |
| 3. Detachable Lid                   | 8. Raise / Lower basket handle     |
| 4. See-through glass viewing window | 9. Ready light                     |
| 5. Removable frying basket          | 10. Frying temperature control     |
|                                     | 11. Open lid button                |

## FOR REPLACEMENT FILTER:

- Replacement filters are available through Aroma Housewares Customer Service Department at 1-800-276-6286.
- The life of the filter varies according to the type of food fried and the frequency of use.
- Aroma Housewares Company recommends the filter be replaced after 30 times of operation.

# HOW TO USE

## Before First Use:

1. Read all instructions and important safeguards.
  2. Remove all packaging materials and make sure items are received in good condition.
  3. Tear up all plastic bags as they can pose a risk to children.
  4. Wash the frying basket and nonstick frying pot with a sponge or discloth in warm soapy water. Completely dry the entire bottom of frying pot.
  5. Wipe the body clean with a damp cloth.
  6. Place the deep fryer on a level, stable surface.
- **Do not use abrasive cleaners or scouring pads.**
  - **Do not immerse the appliance in water at any time.**

## Oil Selection:

1. We recommend the following oils for healthier deep-frying: corn, canola, or blended vegetable oil. These oils are cholesterol-free and low in saturated fat.
2. We do not recommend using peanut oil, soy oil, sunflower oil, or lard that may drip and deteriorate quickly when heated. Heavy flavored oil such as olive oil should also be avoided.
3. We do not recommend mixing old and new oil together as this spoils new oil quicker.
4. The number of times that the frying oil can be reused would depend on the food that is fried in it. For example, when foods such as coated fish battered with bread or cracker crumbs are fried frequently, the oil will need to be replaced more often.

## Preheat Oil:

1. Turn the temperature control to the lowest temperature and make sure that the fryer is unplugged.
2. Wipe dry the nonstick frying pot and fill it with oil no higher than the MAX level line and no lower than MIN level line. Oil level must always be between the minimum and maximum line marks.
3. Plug the fryer into a wall outlet, and the power light will illuminate red.
4. Close the lid by pressing down until it snaps closed.
5. Set the temperature control to the desired degree and the fryer will begin heating the oil.
6. When the green light illuminates, your deep fryer is ready for frying.

# HOW TO USE CONTINUED

## To Fry:

1. For foods that are *not coated* with batter, place directly in the frying basket. Be sure not to fill fryer basket more than 2/3 full. Over filling will cause food to cook improperly.
2. Lower basket into oil. Be sure to align the handle in the center and fold into place.
3. For foods *coated* with batter, first lower frying basket into oil and then gently place foods directly into oil. This will prevent the coated food from sticking to the bottom of the fry basket.
4. Close the lid by pressing down until lid clicks shut. Lower the frying basket handle.
5. See the Deep Frying Time Table on page 6 for recommended cooking times.
6. When frying is complete, lift the fry basket out of the oil by simply lifting the fry basket handle. Now the frying basket is raised and the excess oil will drain.
7. Push the OPEN button to open the lid.
8. Carefully remove the fried food from the frying basket. Be cautious of the hot oil that might spatter from the frying pot.
9. When finished, unplug deep fryer from the wall outlet to turn off. Allow the oil to cool completely before moving or cleaning the appliance.

## CAUTION:

- Lid pops up quickly; use the other hand to guide the lid when opening.
- Always shake frozen foods to remove ice particles prior to frying. Pat dry fresh-cut French fries and other damp foods before frying.

# HOW TO CLEAN

*Always unplug unit and allow to cool completely before cleaning.*

## **Changing Oil:**

The oil does not need to be changed after each use. We recommend changing the oil after using approximately 5 to 8 times or sooner when frying heavily flavored or battered foods. The oil should be completely changed when it has symptoms as follows: unpleasant odor, smoke when frying and/or the color becomes darker.

## **Storing Oil:**

*Be sure the fryer has completely cooled (approximately 4 hours) and is unplugged prior to storing the oil.*

1. Before storing the oil, be sure to filter out any food particles that may be left in the oil.
2. **To filter oil:** Pour the oil into a container, and then wipe the inner pot with a paper towel to remove any food particles. Place paper filter in the frying basket and pour the oil through the paper filter back into the fryer or another container.
3. The oil may be stored in the fryer at room temperature (only if the fryer is used on a regular basis) or you may store the oil in a separate container in the refrigerator.

## **To Clean:**

1. Wash the basket and lid with a sponge or dishcloth in warm soapy water.
  3. To clean the interior pot, pour warm water and dish soap into the pot and use a sponge or dishcloth to remove grease. Empty the pot and rinse with warm water.
  4. Dry the pot completely (inside and outside) before next use.
  5. Clean the body of the fryer with a damp cloth and then dry.
- **Do not use harsh abrasive cleaners or products that are not considered safe to use on nonstick coatings.**
  - **Do not attempt to cool the unit by pouring cold water into it.**

# COOKING GUIDES

FOOD SELECTION	QUANTITIES	TEMP. (F°)	FRYING TIME
French Fries (fresh)	10 oz.	350°	6-7 min.
French Fries (frozen)	10 oz.	350°	9-10 min.
Chicken Strips (fresh)	12 oz.	340°	8-9 min
Chicken Breasts, Thighs and Legs	8 oz.	370°	9-11 min.
Fish (fresh)	8 oz.	340°	4-6 min.
Fish (frozen)	8 oz.	340°	7-8 min.
Onion Rings (fresh)	6 oz.	350°	3-4 min.
Zucchini	10 oz.	300°	3-4 min.
Egg Rolls (frozen)	12 oz.	370°	5-6 min.
Doughnuts	2 pieces	370°	6-7 min.

*Cooking times and temperatures given here are only a guide. They may vary due to differences in meat and temperature of refrigerated food. Adjust your cooking time and temperature to your preference.*

## Helpful Hints for Deep Frying:

- Prepare food to be fried in equal size and thickness so that they will fry more evenly and at the same speed.
- Do not fill the frying basket over 2/3 full. If too much food is fried at the same time, food may not be fried crispy and evenly.
- Before deep frying, always remove excess moisture or ice crystals from food by rubbing with paper towel. Moist food may cause excess foaming and spattering of oil.

## CAUTION:

- To avoid overflowing or splashing oil, do not quickly drop the frying basket quickly into the hot oil. Lower slowly into oil.
- When frying, hot steam will escape through the edge of the lid. This is normal. Avoid this area when the fryer is in use.
- The fryer may give off a slight odor and smoky haze during the first use. This is normal and will not harm you or the product. If it continues after the first few uses, stop using, disconnect and contact customer service.
- When opening the lid, be extremely cautious of the hot oil as it could splash.

# COOKING GUIDES CONTINUED

## Batter Suggestions:

*Coating the food with batter to fry not only gives you a delicious taste but also preserves the juice and essence of food after deep frying.*

### Egg Coating

- Mix 2 whole eggs with 1 ½ teaspoon of vegetable oil, and add a dash of salt and pepper.

### Crispy Coating

- Beat ½ cup milk and one whole egg together. Separately combine ½ cup flour and your favorite seasonings (salt, pepper, garlic etc.). Dip food into milk and egg mixture then coat in seasoned flour.

### Egg Batter

- Mix 2 egg yolks, ¾ cup flour, 1 ½ teaspoon oil, ½ teaspoon salt and 1 cup of milk. The amount of milk should be adjusted to create the density of the batter desired. Dip food in batter and fry.

### Beer Batter

- Combine 1 ½ cups flour and 1 ½ cups beer thoroughly in a large bowl. Cover and allow the batter to sit at room temperature for 3 hours or so. Dip food in batter and fry.

## Helpful Tips for Frying Food Coated with Batter

- Check that the food is evenly and thinly sliced as it helps to ensure the food is fried evenly and perfectly.
- Shake off the excess flour or coating such as bread crumbs before frying.
- For foods coated with batter, first lower frying basket into oil and gently place foods directly into oil. This will prevent coated foods from sticking to the bottom of the fry basket.
- Do not fill the basket more than 2/3 full.

# RECIPES

## Deep Fried Onion Blossom

Canola oil or blended vegetable oil for frying

1 large onion

2 eggs

½ cup beer

½ cup milk

2 cups all-purpose flour

½ teaspoon baking soda

½ teaspoon black pepper

Preheat oil to 375° F. Peel onion and cut the bottom off. Cut the onion into ¾-inch wedges without cutting all the way through the base.

Soak onion in ice cold water until wedges open approximately 7-12 minutes. Drain onion and pat dry. Mix together eggs, beer and milk. In a separate bowl mix flour, baking soda and black pepper.

Dust the onion with the flour mixture. Dip the onion in the batter. Re-dust with the flour mixture. Shake off the excess. Make sure that the onion is completely coated.

Carefully lower the blossom into hot oil being very careful to avoid splattering. Cook for 2 minutes. Turn onion and cook for an additional 2 minutes or until golden brown. Lift the cooked blossom from the oil. Sprinkle with salt and pepper to taste.

## Vegetarian Egg Rolls

Corn oil for frying

6 egg roll wrappers

2 green onions, minced

¼ lb. minced white button mushrooms

2 oz. grated carrot

1 teaspoon minced ginger and garlic

2 soaked and minced dried black mushrooms

1 teaspoon sesame oil

1 teaspoon salt

¼ cup bean sprouts

1 teaspoon chopped roasted peanuts

# RECIPES CONTINUED

Preheat oil to 375 °F. Heat 2 teaspoons of corn oil in a fry pan over medium heat. Add garlic, ginger and green onions. Cook for 2 minutes. Add button mushrooms and black mushrooms. Cook for 3 minutes. Add salt to taste. Stir in peanuts, carrots, bean sprouts and sesame oil, turn off heat.

To prepare egg roll wrappers put 2 ½ teaspoons filling in each one. Roll up, tucking in edges over filling. Seal the edge with a drop of thick flour paste.

Deep fry 3 rolls at a time for approximately 4-6 minutes or until the egg rolls are golden brown on all sides. Carefully lift the cooked egg rolls from the fryer. Let drain in the basket then pat dry with paper towels.

## Fried Chicken Tenders

Vegetable oil for frying  
4 boneless, skinless chicken breasts  
1 cup bread crumbs  
1 teaspoon lemon juice  
1 tablespoon dried basil leaves  
1 cup flour  
½ teaspoon of salt and pepper  
½ cup milk

Preheat oil to 350°F. Cut the chicken into even strips, about 1 inch x 2 inch. Marinate chicken with salt, pepper, basil leaves and lemon juice for about 30 minutes. Coat chicken breasts evenly with flour and bread crumbs.

Deep fry chicken strips at 350°F for 8-10 minutes. Let drain in the basket and serve with honey mustard or ranch dressing.

# RECIPES CONTINUED

## Fried Jumbo Shrimp

Canola oil for frying  
14 large shrimp in the shell  
1 teaspoon salt  
½ teaspoon white pepper  
3 teaspoons corn starch  
1 teaspoon Japanese rice wine

Preheat oil to 350°F. Peel and devein shrimp by cutting a slit on the shell along the back of shrimp and removing black ribbon. Season shrimp with rice wine and salt. Let it sit about 20 minutes.

Evenly dust each shrimp with cornstarch. Add shrimp to the frying basket and lower into oil. Fry 4 - 5 minutes or until shrimp have reached desired color and crispness.

Let drain in the basket then pat dry with paper towels. Garnish with lettuce leaves and lemon slices.

## Fontina Cheese Fritos (Fritters)

Corn oil for frying  
¾ lb. chilled fontina cheese  
2 eggs, with yolks and whites separated  
½ cup minced fresh basil  
1 ½ cups unbleached flour  
2/3 cup ice water  
1 teaspoon baking powder  
3 teaspoon olive oil  
Salt to taste

Preheat oil to 350°F. Cut cheese into 1-inch cubes. Mix wine, egg yolks and garlic in a bowl. Add baking powder, flour, ½ teaspoon salt, olive oil and water. Mix until smooth. Let rest at room temperature for 2 hours.

Beat egg whites with a pinch of salt until barely stiff. Fold into batter along with minced basil.

Dip cheese chunks into batter. Drip off excess batter. Lower cheese chunks into oil until golden, approximately 1-1 ½ minutes. Drain and remove from basket. Serve immediately.

# RECIPES CONTINUED

## Aroma's Favorite Fried Bananas

Canola oil for frying  
1 cup all purpose flour  
½ teaspoon salt  
1 tablespoon sugar  
1 egg, lightly beaten  
1 cup milk  
¼ cup powder sugar  
2 teaspoons vegetable oil  
3-5 bananas, cut into 1 inch lengths

Preheat oil to 370°F. Mix flour, sugar and salt in a large bowl. Combine and mix egg, milk and 2 teaspoons of heated vegetable oil in another bowl. Combine egg mixture with flour paste.

Stir with a fork or whisk until the batter is smooth. Dip each 1inch long banana length into batter, allowing excess batter to drip off. Lower frying basket into the pre-heated oil of the deep dryer.

Slowly place battered banana with a draining spoon (or other metal utensil) into frying basket, one at a time. Fry all bananas until golden brown, about 3 to 4 minutes. Drain excess oil by placing bananas on a clean paper towel. Sprinkle fried bananas with powder sugar and serve immediately.

# LIMITED WARRANTY

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

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 payable to Aroma Housewares Company. Before returning an item, 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 the 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 which may vary from state to state and does not cover areas outside the United States.

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