

# AROMA®

*Professional Rotisserie Oven/Grill*



## Instruction Manual

*Model: ABT-285*

Congratulations!

Your **AROMA** Professional Rotisserie Oven/Grill will surely become one of the most versatile and practical appliances in your home.

Please read the following instructions carefully before your first use.



Published By:

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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 proper wall outlet, ensure all control switches are set to the "OFF" position. To disconnect, turn all control switches to "OFF" position, and then remove plug 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 touch hot surface, hang over the edge of a counter or a table.
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 tray and disposing hot grease or other hot liquid. Always use two hands when moving unit.
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, involving a risk of electric shock. Also, 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 toaster-oven is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any items on top of the appliance when in operation.
17. Do not put any of the following or similar materials in or on the oven: paper, cardboard, plastic, and the like.

## SAVE THESE INSTRUCTIONS

# ADDITIONAL IMPORTANT SAFEGUARDS

- Oversize foods or metal utensils must not be inserted in a toaster-oven as they may create a fire or risk of electric shock.
- The oven becomes very hot when in use. (glass door, top, back, and side of the oven). Be sure to use handles and wear protective oven mitts or gloves.
- DO NOT touch the interior parts until they have completely cooled.
- Extreme caution should be exercised when using containers constructed of other than metal or glass.
- Do not store any materials, other than manufacturers recommended accessories, in this oven when not in use.
- When the oven door is open, DO NOT set anything on the door-it might break the glass.

## 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.

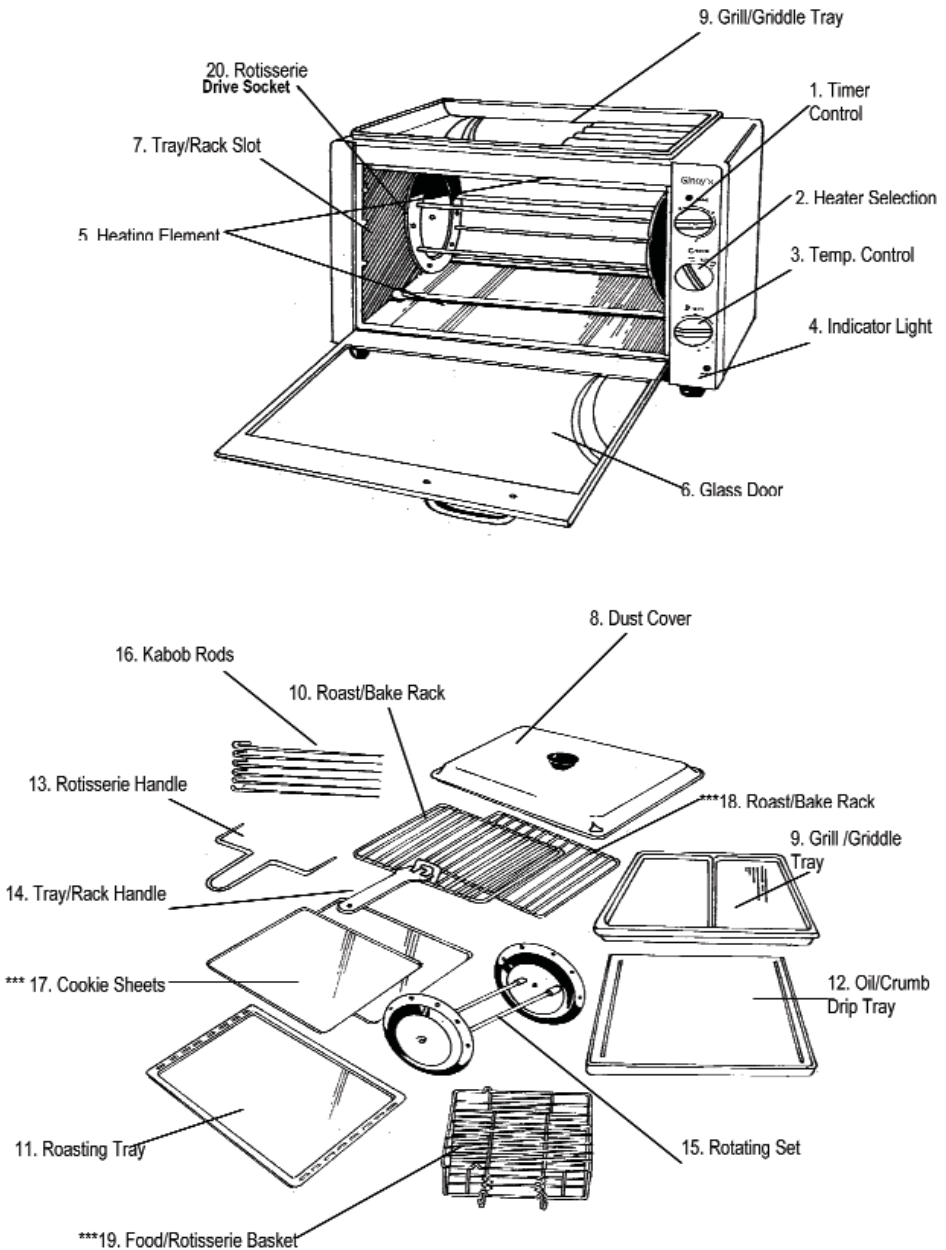
## POLARIZED PLUG

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 way.

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

# PARTS IDENTIFICATION



**NOTE: \*\*\* ITEMS ARE OPTIONAL.**

# CONTROL & ACCESSORIES

Your Aroma Professional Rotisserie Oven/Grill has great features and benefits with a full accessories package. Being familiar with them will help you to use your appliance to its fullest.

- Temperature Control: A fully adjustable temperature control (to 470°F) allows you to choose your ideal temperature for a variety of cooking.
- Heater Selection: Offers choices of different heating settings for many cooking requirements such as UPPER for griddle/grill and broil and ALL/Rotisserie for Rotisserie, Roast, Bake, etc.
- Timer Control: 60-minute timer with bell alert feature.
- Non-Stick Drip and Crumb Tray: Use for roasting or broiling to avoid fat drippings and spattering. It is removable and ensures easy cleaning.
- Dust Cover: To be placed on top of the oven when it is not in use.
- Griddle/Grill: Half-ridged, half-skillet surface on the top of the oven is easy to use and easy to remove for cleaning.
- Chrome Roast / Bake Rack: Use for baking, roasting, and broiling.
- Cookie Sheet: Each holds about 9-12 medium-size cookies.
- Rotisserie Rotating set: Holds meat and poultry and allows it to roast evenly.
- Rotisserie handle: Easy for you to take the Rotisserie Rotating set out from the oven when your roast is done.
- Non-stick Food basket: Allows you to put all kinds of food into it for rotisserie.
- Kabob Rods: Snap-On design makes operation an easy task.
- Non-stick Coated Roasting Tray: Can be used to either roast or bake food to prevent oil from dripping onto the lower heating element.
- Tray/Rack Handle: Used to remove tray or rack from the oven.

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

# OPERATION INSTRUCTONS

Before first using your Professional Rotisserie Oven/Grill

## CLEANING:

1. Read all the instructions carefully in the manual.
  2. Remove all packaging materials; make sure all items are received and are in good condition.
  3. Remove the sticker from the glass door.
  4. Wash all the accessories with a small amount of mild detergent, using a sponge or dishcloth.
  5. Rinse thoroughly to remove soapy residue.
  6. Wipe body clean with a damp cloth. Be careful not to touch the heating elements.
- 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. This is normal and causes no harm.
2. We recommend that you pre-heat 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 to the "OFF" position before plugging into a proper 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 completely.

## HOW TO USE

1. Set the temperature to the "OFF" position.
2. Plug in the power cord to the proper wall outlet.
3. Set your desired temperature.
4. Set the Heater Selection to your desired setting.
5. Place food onto the roast/bake rack or roasting tray or rotisserie rotating set.
6. Set the Timer and begin to cook.
7. When finished, turn all the control switches to "OFF" position and unplug right away.

### NOTE:

- The Indicator Light will come on once you set the timer and cooking temperature and select your heater functions. It indicates that the oven is in operation.
- During operation, the light will turn on and off indicating the proper temperature is being maintained.

## HOW TO CLEAN

1. Turn all control switches to the "OFF" position.
  2. Disconnect the plug from the wall outlet.
  3. Allow the unit to cool completely.
  4. Remove any food residue by using a non-abrasive cleaning pad.
  5. Wash cooking racks, trays and other items in warm, soapy water.
  6. Clean the oven door with a sponge or dishcloth. Wipe dry with paper towel.
  7. Wipe body clean with a damp cloth.
- 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.



# HELPFUL TIPS

- The Everything Oven Plus 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.
- Some recipes call for the oven to be preheated. You might want to preheat 5 to 10 minutes prior to cooking time.
- Always use non-abrasive cooking utensils since metal may scratch the surfaces.
- Always use oven mitts to protect from burns and injuries.
- To protect and prolong the life of your non-stick coated roasting tray, you may line the tray with aluminum foil (shiny side down).
- DO NOT place any items on the oven door while it is open. This may cause the glass to break and may result in injury.
- Extreme caution should be exercised when you open the glass door.
- When the oven is not in use, remember to turn all the control switches to "OFF" position and unplug the unit.
- Some of the cooking may cause oil to drip on the heating elements. The oil will vaporize and cause some smoke. If smoke is not excessive, it will not harm the oven or food.

# COOKING & RECIPES (ROTISSERIE)

1. Temperature set: 450 F-475°F
2. Heater Selection: All/Rotisserie
3. Remove the Dust Cover. Keep the Griddle Tray as a top cover during operation.
4. Thumbscrew the two spit rods on one of the rotating wheel that has a pointed end. Mount the chickens. If you cook two chickens at one time, place them vertically. If you cook only one chicken at a time, you can place it horizontally.
5. Ensure the food is placed in the center of the spit rods.
6. Position the other rotating wheel onto the spit rods.
7. Mount the rotating set. Put the "pointed" end into the drive socket on the right side of the oven wall first, and then press down the "Rod" end to the drive socket on the left side of the oven wall.
8. Set the Timer and begin to cook.
9. When food is done, turn all the control switches to "OFF" position. Use Rotisserie Handle to remove the Rotating Set; first lift up the left rotating wheel out of the drive socket, and then pull the right wheel out of the right drive socket. Place the food on cutting board or platter.

## USEFUL TIPS:

- If you cook two chickens at one time, we suggest each chicken not weigh over five pounds.
- Always use cotton butcher's cord for rotisserie to avoid food touching heating elements.
- For better taste, season with your favorite seasoning.
- Use an independent timer and a reliable meat thermometer to check whether the meat is cooked.

## NOTE:

- Always remember to use protective 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, or well done.

Food	Weight	Temp (F)	Approx Time
<b>POULTRY</b>			
Chicken (whole)	3-5 lbs	450	1 Hr. 15 - 30 Min.
Cornish Hen	3/4 to 1 1/2 lbs	425-450	18 - 30 Min.
Duck (Whole)	4-5 lbs	400	1 Hr. 20 Min.
<b>BEEF</b>			
Roast Beef	3-5 lbs	450	1 Hr. 40 - 45 Min.
Veal (Roast) (boneless)	4-5 lbs	450-Max	2 Hrs. 20 - 30 Min.
<b>PORK</b>			
Pork Spareribs	3-5 lbs	425-450	2 Hrs. 15 - 30 Min.
Pork Roast	3-5 lbs	450	1 Hr. 30 Min.
Smoked Ham (boneless)	4-5 lbs	425-450	1 Hr. 30 - 40 Min.

## TERIYAKI ROTISSERIE CHICKEN

- |                                |                            |
|--------------------------------|----------------------------|
| 1 whole chicken (about 4 lbs.) | ¼ cup sugar                |
| 1/2 cup soy sauce              | 3 slices fresh ginger root |
| ¼ teaspoon garlic salt         | 1 ½ teaspoon honey         |
| ¼ teaspoon white pepper powder | 3 tablespoons water        |
| ¼ cup dry sherry               | 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 and out. Cover and refrigerate for 2-12 hours. Use a cotton butcher's cord to tie the chicken. Wrap it tightly to keep legs and wings from falling on to heating elements. Coat the chicken with honey. Mount the chicken on rotating set. 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 the rack 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. Follow the Rotisserie instruction to position the rib on the Rotisserie Spit Rods or place it in the Food Basket. 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

2 1 ½ to 2- lbs. cornish game hen, thaw 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.

### Kabob Rods Use

- Place food onto kabob rods.
- Kabob Rods easily snap into holes on Rotating Set. Place pointed end into hole first, then snap "hooked" end into place.
- Space kabob Rods at even intervals around the Rotating Set to distribute weight and ensure even cooking.
- Follow the rotisserie instructions to mount the rotating set inside the oven.

### Food Basket Use

- The Food Basket is supplied for foods that will not work on skewers. It is ideal for whole fish, fish steaks, fish fillets, sausages, chops, ribs, or even vegetables.
- Place food into basket. Balance the weight evenly.
- Close basket and carefully slide rotisserie spit rods through basket and secure to the wheel.

## COOKING & RECIPES (ROASTING)

1. Temperature: Desired setting
2. Heater Selection: All/Rotisserie
3. Remove Dust Cover. Use Griddle Tray as a top cover when the oven is in operation.
4. Accessories to be used: Chrome Roast/Bake Rack or Roasting Tray or Food Basket.
5. Place food on the Rack or Roasting Tray.
6. Set the Timer and begin to cook.
7. When food is done, turn all the switches to "OFF" position.

### USEFUL TIPS:

- You may use a small amount of cooking spray or oil on your rack or tray.
- Use an independent timer & a reliable meat thermometer to check your food.
- Internal meat temperature will vary based on the desired doneness of your food; usually 140°F for rare, 160°F for medium, and 170-180°F for well done. Determine by simply inserting a meat thermometer.
- You may also select "UPPER" heater function and place your food closer to the top heating elements when you do your roasting.

# COOKING TIME & TEMPERATURE CHART

Food Weight	Oven Temp	Internal Temp (F)	Cooking Time
<b>POULTRY</b>			
Whole Chicken 3-5 lbs	350	180	18 - 20 Min. per lb
Cornish Hen 3/4 to 1 1/2 lbs	350	180	3/4 to 1 3/4 Hours
Turkey Breast 5-7 lbs	350	180	18 Min. per lb.
<b>BEEF</b>			
Rib Eye, boneless 3-5 lbs	325-350	140-150	14 - 15 Min. per lb.
Standing Rib Roast 3-5 lbs	325	150-160	20 - 25 Min. per lb.
Brisket, first cut 5-6 lbs	375		30 - 35 Min. per lb.
<b>PORK</b>			
Rolled Pork Loin 3-5 lbs	325-350	160-170	25 - 30 Min. per lb.
Boneless Ham 3-5 lbs.	325	140-160	20 - 24 Min. per lb.
Pork Ribs 3-5 lbs	325-350	140	12 - 14 Min. per lb.

## ROAST PORK CHOPS

4-6 pork loin chops, 1" thick 3/4 cup light season soy sauce 1 tablespoon olive oil 2 cloves garlic, finely minced 3 tablespoons fresh ginger, finely minced	2 tablespoon dry sherry 1 tablespoon sugar half an onion, finely sliced salt and ground black pepper to taste
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Wash and dry pork chops well. Remove excess fat. Set aside. Combine all except onion in a large bowl. Place 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 pork chops. Roast 350 F for 15 minutes. Turn over and roast another 15 minutes or until cooked through. Makes 4-6 servings.

## LEMON GINGER GLAZED PORK LOIN

one 3-lb. boneless pork loin  
salt and freshly ground black pepper to taste  
2 teaspoons rosemary leaves, finely chopped  
1 tablespoon fresh ginger, peeled & minced  
1 cup dry white wine  
 $\frac{3}{4}$  cup lemon marmalade (orange can be substituted)  
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 Roasting Tray, sprinkling it with salt, black pepper, rosemary, and ginger. Add white wine into the bottom of the Roasting Tray and cook for 50 minutes; basting is needed. Take the Roasting Tray 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 lb. leg of lamb  
 $\frac{1}{2}$  large onion, thinly sliced  
5-6 cloves garlic, chopped  
 $\frac{1}{3}$  cup extra virgin olive oil  
 $\frac{1}{2}$  cup dry red wine  
 $\frac{1}{2}$  cup light soy sauce  
2  $\frac{1}{2}$  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-lb. beef rib  
olive oil  
salt and garlic pepper  
lemon juice

Wash, rinse, and dry the meat. Let it stand at room temperature before preparing for roasting. Trim off all excess fat. Rub well with olive oil, salt, pepper, and lemon juice. Set aside for one hour. Place the ribs in the Roasting Tray with the ribs facing upward. Insert a reliable meat thermometer in the thick part of the meat. Baste with drippings halfway through roasting. Use Cooking Time and Temperature Chart as a guide for the roasting. When ribs are done, take out of oven, 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 F. Wash and trim any excess fat. Crush peppercorns. Place meat in the Roasting Tray, spread butter over the meat, and sprinkle with crushed peppercorns. Roast for about 40-50 minutes for medium doneness. Cool before slicing. Makes 4 servings.



# COOKING & RECIPES (ROASTING)

1. Temperature setting: 450 F
2. Heater Selection: Upper
3. Remove Dust Cover. Keep the Griddle Tray as a top cover when the oven is in use.
4. Accessories to be used: Roasting Tray or Chrome Roast/Bake Rack
5. Insert into the TOP or MIDDLE rack slot
6. Set Timer for broiling

## USEFUL TIPS:

- For best results, oven needs to be preheated.
- Place food close to top heating element for top browning (don't let food 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
<b>PORK</b>		
Pork Ribs	One Rack	20 - 25 Min./ Well
Pork Chops	1 inch	25 - 28 Min./ Well
<b>BEEF</b>		
Sirloin/Porterhouse	1 inch	12 - 14 Min./ Well
Rib Eye	1 inch	12 - 14 Min./ Well
London Broil	1 inch	15 - 20 Min./ Well
<b>FISH</b>		
Fish Steak	1 inch	12 - 15 Min./ Well
Fish Fillet	1/2 inch	8 - 10 Min./ Well
Chicken Breast	2 Pieces	20 - 25 Min./ Well

## Cooking Tip:

- Broil Fish Fillet directly in the roasting tray. Turn it over halfway through your cooking time.
- You may use a small amount of cooking spray or oil on your bake rack or roasting tray.
- You may also use a heatproof dish to be placed on the bake rack for broiling..

## HAMBURGERS

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

Preheat oven for 5 minutes before cooking.

Place ground beef in a bowl, add egg, salt, wine, ginger, and pepper. Mix well. Make 4 meat patties. Brush burgers with vegetable oil on one side. Place them on the rack with oiled side down. Brush the top of the burgers. Follow the broiling instruction to position the rack, and make 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 teaspoon Worcestershire sauce
1 tablespoon vegetable oil	¼ teaspoon onion powder
2 tablespoons lemon juice	½ teaspoon garlic salt
2 tablespoons lime juice	1 teaspoon pepper
1 ½ teaspoon honey	2 ½ teaspoons parsley, freshly chopped

Use a bowl to mix all the ingredients, then marinate the fish. Refrigerate for about 2 hours. Preheat the oven for 5 minutes. Place the marinated fish fillets into the roasting tray. Slide the tray into the top rack slot, not letting the tray 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. Makes 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 Roasting Tray. Follow the broil instruction to place the tray. Use Time and Temperature Chart as a cooking guide or broil until tops are lightly browned. Makes 4 servings.

# COOKING & RECIPES (BAKING)

1. Temperature: Desired setting
2. Heater Selection: All/Rotisserie
3. Remove Dust Cover. Keep Griddle Tray as a top cover when you bake.
4. Accessories to be used: Chrome Roast/Bake Rack or Roasting Tray
5. Choose suitable baking pan or use foil
6. Place item to be baked on the Rack or Tray
7. Insert into proper rack slot
8. Set Timer and begin to bake

## USEFUL TIPS:

- For baking temperature and time, follow the recipe instruction.
- Roasting bags, plastic, or glass containers are not recommended, but you may use heatproof glass dishes such as Pyrex or Corning ware.
- When baking two racks of food at one time, rotate halfway through baking time.

## 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  
two 8-oz. cans of French Fried onions  
salt

Cut the cauliflower and the carrots in similar size. Mix them with soup, black pepper, 1 can of French Fried onions and milk together in 1.5 qt. Casserole dish. Cover with foil and bake 350°F until hot; stir occasionally; arrange the remaining can of French Fried onion on top of vegetables mixture, along the casserole rim. Bake another 3-5 minutes at 425°F or until onions are golden brown. Makes 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 slot. Bake at 350 F for 20-25 minutes.

## LOW-FAT OAT BRAN BLUEBERRY MUFFINS

¾ cup oat bran  
½ cup flour  
2 ½ tablespoons 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 425 F.

Place the egg, sugar, milk, salt, and vanilla extract into a large bowl. Mix 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 18-20 minutes, or until the muffins split open and are golden brown.

**NOTE:** Use the Cooking Time and Temperature Chart as a guide and reference. Actual cooking time may vary.

# COOKING & RECIPES (GRILL/GRIDDLE)

1. Temperature setting: 450 F-470°F
2. Heater Selection: Upper
3. Set to desired time
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.
- You may slide the Roasting Tray into the top rack slot when you use griddle. This will help you to keep the heat at the top for ideal cooking.

## SWEET POTATO PANCAKES

- |   |                                |
|---|--------------------------------|
| 2 cups mashed and cooked sweet potatoes | ¼ freshly ground black pepper  |
| 2 lightly beaten eggs                   | 1 teaspoon curry powder        |
| 2 teaspoons dried minced onion flakes   | 1 tablespoon all-purpose flour |
| ½ teaspoon salt                         | 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 or 4 eggs | ¾ teaspoon light brown sugar                  |
| 1 cup milk                     | ¼ teaspoon salt                               |
| 1 cup cold water               | ¾ fresh blueberries                           |
| 2 ½ cups flour, sifted         | 2 tablespoons unsalted butter, melted, cooled |
| ¼ cup safflower oil            |   |

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.

## COOKING & RECIPES (TOASTING)

1. Temperature: 450 F
2. Heater Selection: ALL/ROTISSERIE
3. Remove the Dust Cover.
4. Keep Griddle Tray as a top cover when the oven is in operation
5. Put food on Chrome Roast/Bake Rack; place it into the middle or top rack slot.
6. Set the Timer

### 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.

## COOKING & RECIPES (KEEP WARM)

1. Temperature setting: 220°F-240°F
2. Heater Selection: Lower, Upper, or All/Rotisserie
3. Remove the Dust Cover. Keep the Grill/Griddle as a top during operation.
4. Keep Griddle Tray as a top cover when you use the oven
5. Place the dish on the rack; make sure to use heatproof dish.

### USEFUL TIP:

- Warming time over 30 minutes is not recommended, as food might get dry.
- When you select Lower, place the rack into lower rack slot; when you select Upper, place rack close to top heating element. If you select All/Rotisserie, place food in the middle for warming.

# 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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