

# AROMA®

*CoolFry™*

## *Deep Fryer*

With Removable Nonstick Frying Pot



**Instruction Manual &**

**Cooking Guide**

*Model: ADF-172T*

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 or 1.8kg.
18. The overall capacity of the appliance is 4.5 liters and maximum oil capacity is 2 liters. Do not exceed maximum capacity.

## 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.

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

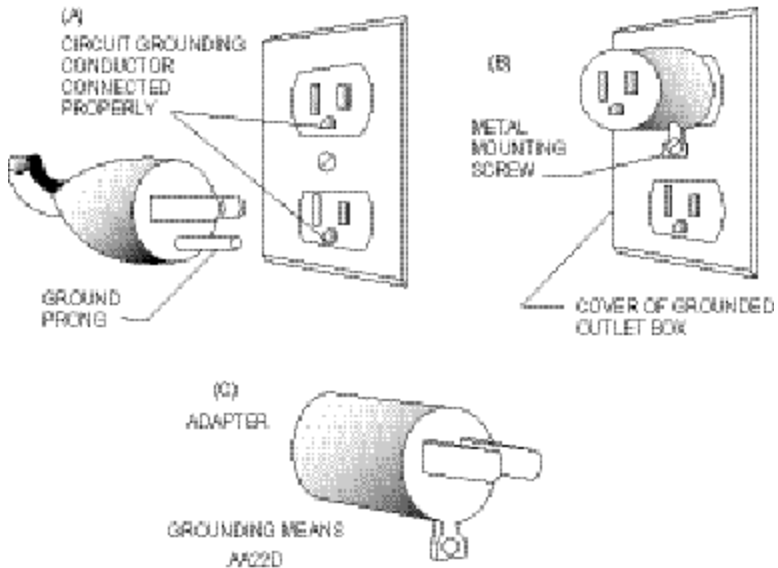
# GROUNDING INSTRUCTIONS

## Grounding Instructions (For Canadian Users)

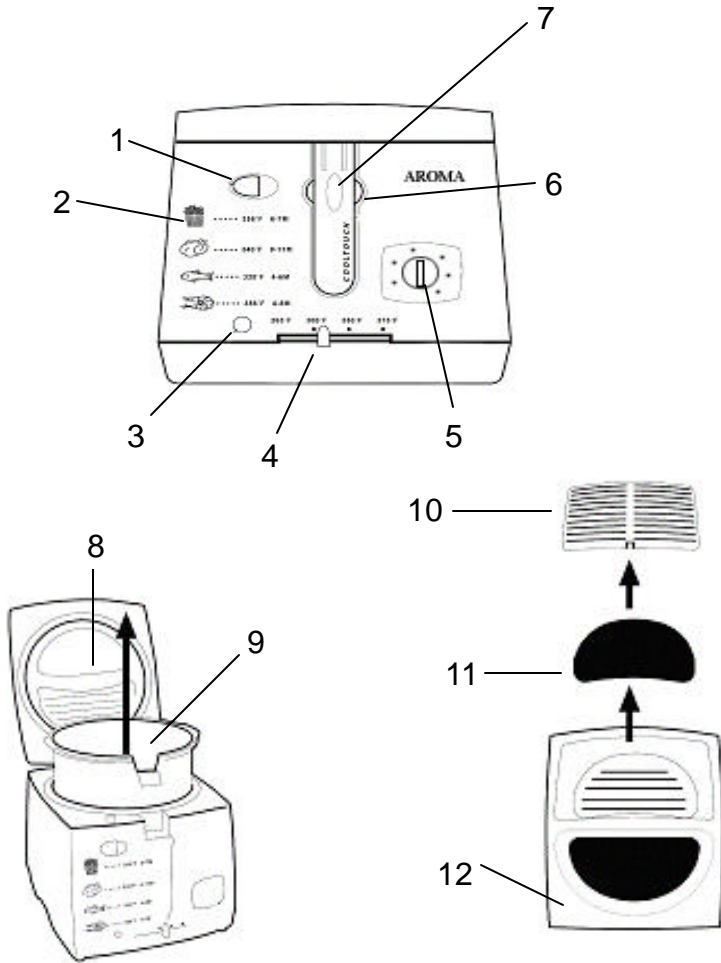
This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding-type plug to fit the proper grounding-type receptacle.

The appliance has a plug that looks like sketch A. An adaptor, sketch B, should be used for connecting sketch-A plug plugs to two-plugs to two-prong receptacles.

The grounding tab, which extends from the adaptor, must be connected to a permanent ground such as a properly grounded outlet box as shown in sketch C using a metal screw.



# PARTS IDENTIFICATION



## Parts Identification:

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1. Open lid button               | 7. Basket handle release            |
| 2. Frying food/temperature guide | 8. See-through glass viewing window |
| 3. Ready light                   | 9. Removable non-stick cooking pot  |
| 4. Frying temperature control    | 10. Detachable filtering vent       |
| 5. 30-minute timer               | 11. Replaceable charcoal filter     |
| 6. Raise/Lower basket handle     | 12. Detachable Lid                  |

# HOW TO USE

## **Before First Use:**

1. Read all instructions and important safeguards.
  2. Remove all packaging materials and make sure that all 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 dishcloth in warm soapy water. Completely dry the entire bottom of frying pot before use.
  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. Heavily flavored oils 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 fish battered with bread or cracker crumbs are fried frequently, the oil will need to be replaced more often.

## **Preheat Oil:**

1. Position 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 frying 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 frying basket out of the oil by simply lifting the frying 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.
- **The maximum capacity of the frying basket for food is 4 lbs.**



# 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.

## **How to Clean:**

1. Be sure the fryer is unplugged and has completely cooled before cleaning.
2. Wash the bucket and lid with a sponge or dishcloth in warm soapy water.
3. To clean the inner pot, remove the inner pot from the deep fryer, pour some 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. Dry the pot completely before putting it back into the deep fryer.
4. Clean the body of the fryer with a damp cloth and then dry.

## **CAUTION:**

- **Do not immerse cord, plug or deep fryer body in water. The inner pot can be immersed to clean. Remove from deep fryer first.**

# 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.
Chicken Drumettes	Fill basket 1/2 full	375°	7-8 min.
Fish (fresh)	8 oz.	320°	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	2-3 pieces	370°	6-7 min.

**Note:** *This chart is for your reference only. Slightly adjust time as needed.*

## **CAUTION:**

- To avoid overflowing or splashing oil, do not 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. When pushing the OPEN button to open the lid, the lid may open up quickly. Please use the other hand to hold the lid first.

# 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 tsps of vegetable oil, and add a dash of salt and pepper.

### **Crispy Coating**

- Beat ½ cup of milk and one whole egg together. Separately combine ½ cup of 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 of flour, 1 ½ tsps of oil, ½ tsp of 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 of flour and 1 ½ cups of beer 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 frying 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 of beer

½ cup of milk

2 cups of all-purpose flour

½ tsp of baking soda

½ tsp of 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 the onion in ice cold water for approximately 7-12 minutes, until the wedges open. Drain the onion and pat it dry. Mix the eggs, beer and milk together. 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 minced green onions

¼ lb. of minced white button mushrooms

2 oz. of grated carrot

1 tsp of minced ginger and garlic

2 soaked and minced dried black mushrooms

1 tsp of sesame oil

1 tsp of salt

¼ cup of bean sprouts

1 tsp of chopped roasted peanuts

## RECIPES CONTINUED

Preheat oil to 375 °F. Heat 2 tsps of corn oil in a fry pan over medium heat and add garlic, ginger and green onions. Cook for about 2 minutes. Add button mushrooms and black mushrooms. Cook for about 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 tsps of 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 and skinless chicken breasts  
1 cup of bread crumbs  
1 tsp of lemon juice  
1 tbsp of dried basil leaves  
1 cup of flour  
½ tsp of salt and pepper  
½ cup of 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 tsp of salt  
½ tsp of white pepper  
3 tsps of corn starch  
1 tsp of Japanese rice wine

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

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

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. of chilled fontina cheese  
2 eggs with yolks and whites separated  
½ cup of minced fresh basil  
1 ½ cups of unbleached flour  
2/3 cup of ice water  
1 tsp of baking powder  
3 tsps of olive oil  
Salt to taste

Preheat oil to 350°F. Cut cheese into 1-inch cubes. Mix egg yolks and garlic in a bowl. Add baking powder, flour, ½ tsp of 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 into batter. Drip off excess batter. Lower cheese 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 tsp salt  
1 tbsp sugar  
1 egg, lightly beaten  
1 cup milk  
¼ cup powdered sugar  
2 tsps vegetable oil  
3-5 bananas, cut into 1 inch long pieces

Preheat oil to 370°F. Mix flour, sugar and salt in a large bowl. Combine and mix egg, milk and 2 tsps 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 piece of banana into the batter and allow excess batter to drip off. Lower frying basket into the preheated oil of the deep fryer.

Slowly place battered banana pieces 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 powdered sugar and serve immediately.

## **CALL FOR FILTERS**

- Replacement of the filter is available through AROMA 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.

# 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.

AROMA HOUSEWARES COMPANY  
6469 Flanders Drive  
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FOR ORDERING PARTS OR IF YOU HAVE ANY COMMENTS ABOUT THIS  
PRODUCT, PLEASE CONTACT AROMA CUSTOMER SERVICE DEPARTMENT AT  
**1-800-276-6286.**