

AROMA[®]

5-QUART Electric Wok

Instruction Manual &
Authentic Cooking Guide



A WOK THROUGH HISTORY

The wok is an invention of pure necessity. In ancient times, the vast majority of people spent their lives in short of those things that the kings, emperors, and warlords had in abundance. Even staple items like fuel, cooking oil, utensils, and water were scarce. In these lands and living conditions, foods had to be cooked quickly and efficiently.

Though the wok may appear to be a rather recent addition to Asian kitchen cookery, it has been used for over two thousand years. The first woks were pottery models found in the Han Dynasty tombs. Similar pans have been found in India and southeast Asia. There is believed to have been a sharing of cultures and cooking techniques between these ancient civilizations.

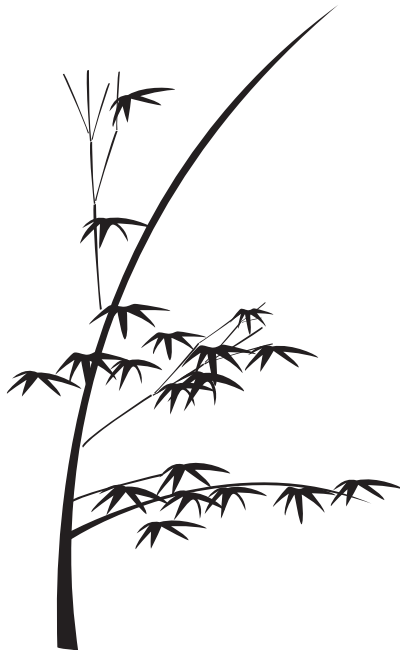
The smooth, even distribution of intense heat is the wok's most distinctive feature. The semi-spherical curve and shape of the wok allow for a maximum cooking surface with very minimal fuel contact. It can be used to boil, braise, sauté, stir-fry, tempura-fry, and steam. In any case, the cooking is done with little added oil or fat and with a wide range of seasonings and flavors.

For other kitchen appliance solutions and recipe ideas, please visit us online at www.AromaCo.com.

Published By:

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IMPORTANT SAFEGUARDS

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

1. Important: Read all instructions carefully before first use.
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 by or near children. This appliance is not intended to be used by children.
5. 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.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return to the nearest authorized service facility for examination, repair or adjustment.
7. Do not use attachments or accessories other than those supplied or recommended by the manufacturer. Incompatible parts create a hazard.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Do not use the appliance for other than intended use.
12. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Metal scouring pads may also damage the finish.
13. Always unplug from the base of the wall outlet. Never pull on the cord.
14. Extreme caution should be exercised when using or moving the appliance containing hot oil or other hot liquids.
15. The wok should be operated on a separate electrical circuit from other operating appliances. If the electric circuit is overloaded with other appliances, this appliance may not operate properly.
16. Store in a cool, dry place.
17. To disconnect, move the temperature controller to the "Off" position before unplugging the wok from the electric outlet.
18. Place the electric wok on a flat and heat-resistant surface, and use it in a well-ventilated area.
19. Do not place the wok too close to the edge of the table or countertop as the wok might be knocked off.
20. The heating base and the other parts may become hot. Be sure to use the handles and wear protective oven mitts or gloves.
21. Check the handles on a regular basis to ensure that they are firmly attached to the pan.

SAVE THESE INSTRUCTIONS

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce the 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:
 - 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 countertop or tabletop where it can be pulled by children or tripped over unintentionally.



POLARIZED PLUG

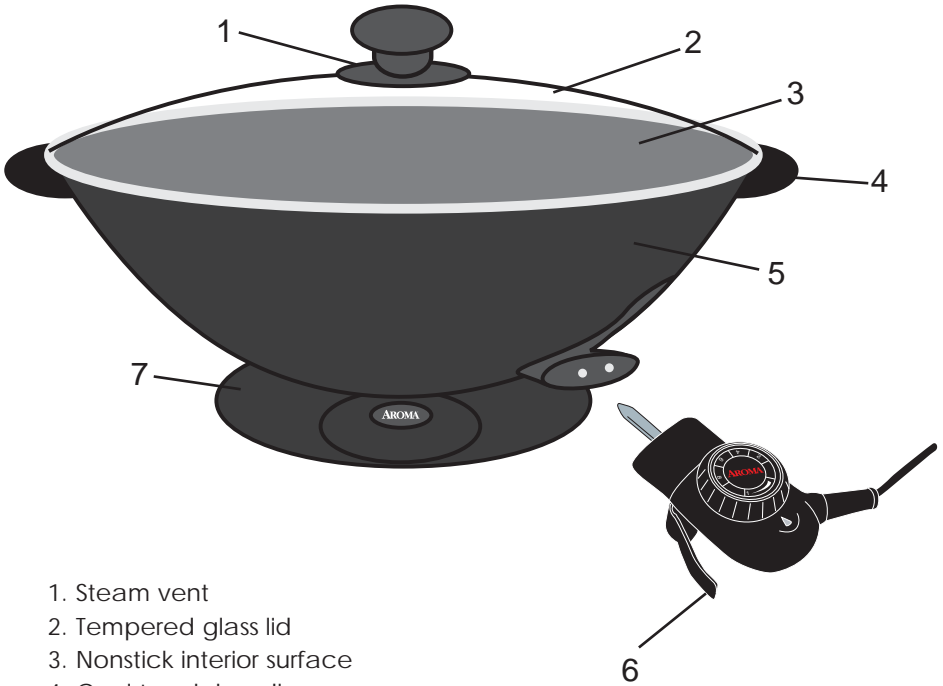
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

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.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

This appliance is for household use only.

PARTS IDENTIFICATION



1. Steam vent
2. Tempered glass lid
3. Nonstick interior surface
4. Cool-touch handles
5. Wok body
6. Trigger release temperature probe
7. Quick-release detachable base

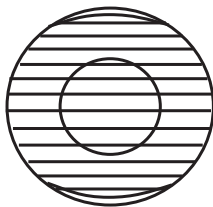
A



B



C



Accessories

- A. Long chopsticks
- B. Tempura rack
- C. Steam rack

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 wok in warm, soapy water. Rinse and dry thoroughly.
 5. Place wok on a dry and level countertop or table. Keep the edge of the wok 2-4 inches away from any walls and objects on the countertop or table.
 6. With the wok turned off and completely cold, condition the surface with 1 to 1½ tablespoons of cooking oil; use a kitchen paper towel to wipe it thoroughly.
- Ø Do not use abrasive cleaners or scouring pads.
 - Ø Do not immerse the wok, cord or plug in water at any time.

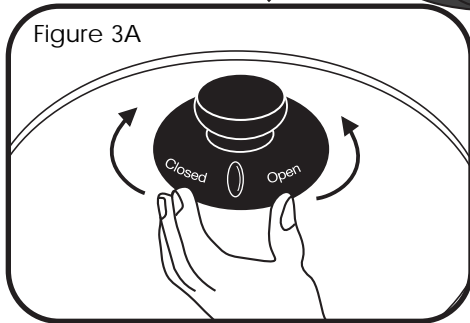
To Cook:

1. Attach the temperature probe to the wok (see figure 2A on the next page) and plug it into a proper electrical outlet.
 2. Add cooking oil (or water, if steaming) and adjust the cooking temperature to the desired setting. When the indicator light goes off, the temperature has been reached and the wok is ready.
- Ø Do not cover the wok with the lid when heating up the cooking oil.
3. When cooking with the lid on, adjust the steam vent to release or retain steam while cooking. (See figure 3A on the next page to operate the steam vent.)
- Ø Use caution when operating the steam vent to prevent burning hands or face.
5. When cooking is complete, move the temperature dial to “Off” position and take food out of the wok right away.
 6. Unplug the power cord from the wall immediately after you have finished cooking. When cool, remove the temperature control probe. Allow the wok to cool completely before cleaning.

HOW TO USE

Steam Vent Operation

Steam vent allows you to control desired moisture levels while cooking and steaming.



Trigger Release

Press trigger and insert temperature probe into wok. Release by pressing trigger & removing temperature probe.



Figure 2A

! CAUTION:

- The wok heats up fast. Be sure to prepare all the ingredients first and place them near cooking area before the wok is plugged in.
- Do not use metal or abrasive utensils that may damage the nonstick surface.
- Hold one of the wok handles with a hot pad or oven mitt when you stir-fry a large portion of food.
- Wok base can become extremely hot. Do not touch the base of the wok during or after cooking.

HOW TO CLEAN

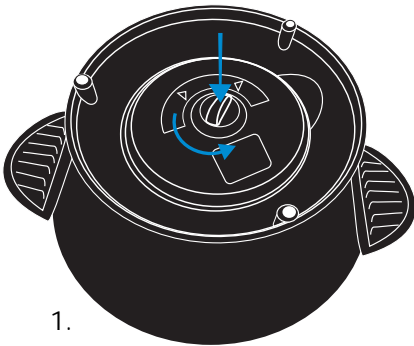
Before cleaning, allow your wok to cool completely.

1. Move the temperature dial to “Off” position and unplug the power cord immediately after cooking. When cool, remove control probe and place aside.
2. To detach the quick-release base: Turn the wok over with bottom facing up and turn the release knob counterclockwise to release. (See figure 4A below.)
3. The lid, the wok body and the detachable base are all dishwasher safe for easy cleanup.
4. Remember: the temperature control probe is NOT dishwasher safe and may only be cleaned with a damp sponge or dishcloth. Always unplug before cleaning.
5. Reattach the wok base before storing. Turn wok over and line up the wok base with wok heating element. Press down hard on the knob and turn clockwise to lock. (Refer to figure 4A below for further instructions.)

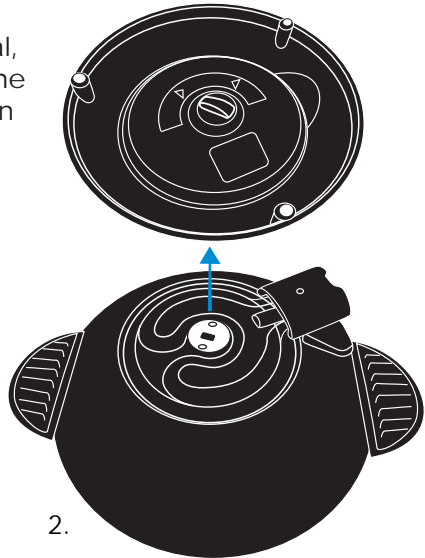
- Do not use harsh abrasive cleaners, products or utensils that are not considered safe to use on nonstick coatings.
- The temperature control probe is NOT dishwasher safe. Do not immerse temperature control probe, cord or plug in water or any other liquid.

Detachable base

This diagram depicts base removal, When reattaching base, reverse the steps and remember to push down hard on the knob before turning clockwise.



1.



2.

Figure 4A

HELPFUL HINTS

STIR-FRY

TIP: When cooking stir-fry, preparation usually requires more time than cooking, so make sure to have all the necessary ingredients ready before heating up your wok!

1. Chop ingredients into thin, bite-sized pieces for evenly-cooked stir-fry. The temperature control should be turned to maximum heat. Wait to add ingredients until the wok has heated up completely.
2. First add the denser vegetables that take the longest to cook, and then add the meat, letting it brown before stirring. Always stir-fry with lean meat.
3. Finally, clear the center of the wok, pushing food up the sides before adding sauce, so it can fully thicken.

Stir-Fry Favorites: Beef, Chicken, Lamb, Pork, Veal, Onion, Mushrooms, Peppers, Scallions, Bamboo shoots, Water Chestnuts, Zucchini & Snow Peas

TEMPURA

TIP: When making the batter for tempura, always use sifted flour and ice-cold water.

1. Turn temperature dial to medium heat and add oil, allowing it to heat up completely before adding other ingredients. Add a drop of the batter to the oil - if the batter immediately rises, you are ready to cook tempura!
2. Dip the batter-coated food into the hot oil using a skewer or fork. Note that cooking time is shorter for seafood (2 minutes) and longer for vegetables (4-5 minutes). Once batter turns slightly brown, remove it from the oil and place on tempura rack to drain.

Tempura Favorites: Shrimp, Scallops, Calamari, Chicken Breast Cubes, Steak Cubes, Mushrooms, Asparagus, Japanese Eggplant, Green Beans & Squash

HELPFUL HINTS

BRAISE (SLOW COOK)

TIP: Braising is a technique that is typically used to tenderize tough cuts of meat. Braising tender cuts of meat will most likely cause them to become overcooked and dry.

1. Heat up wok to high heat and add oil. Once the surface is hot, add vegetables or meat and cook until meat is browned, then turn heat to low.
2. Add stock, wine, water or other sauce to wok until food is simmering, but not completely covered, and cover with the lid. When braising, it's important that the steam is not released too quickly, as this might cause the meat to dry out.

Braising Favorites: Ribs, Shanks, Poultry Legs & Thighs.

STEAM

TIP: Always use high heat to steam vegetables. Since steam is hotter than boiling water, vegetables will cook faster and will absorb less water.

1. Place steam rack inside the wok. Cut vegetables into small pieces and place on top of the steam rack. Bring an inch or two of water to a boil over high heat.
2. Cover with lid, adjust steam vent, and monitor carefully so food doesn't over cook. Cooking time usually varies from 10 to 15 minutes depending on the vegetable.

Steaming Favorites: Fish, Asparagus, Broccoli, Cabbage, Carrots, Cauliflower, Corn, Eggplant, Green Beans, Spinach, Squash, Zucchini

AUTHENTIC RECIPES

Stir-Fried Beef with Snow Peas

¾ lb. flank steak, thinly sliced
2 cups snow peas, stem and strings removed
½ cup sliced mushrooms
½ cup sliced carrots or bamboo shoots
1 tbsp dark soy sauce
1½ tsp cornstarch
¼ tsp sugar
4 tsp vegetable oil
1 tsp sesame oil (optional)
½ tsp salt

Marinate sliced beef in mixture of soy sauce, cornstarch, sesame oil and sugar. Set aside. Heat 2 tbsps of vegetable oil in wok. Stir-fry all the vegetables for about 2-3 minutes. Sprinkle with ½ tsp of salt while stirring. Remove, place in bowl and set aside. Heat the remaining oil in the wok. Add the marinated beef and stir constantly for about 3-4 minutes or until it is almost done. Return the cooked vegetables to the wok and mix thoroughly. Serves 4.

Mandarin Chicken

1½ lbs. boneless, skinless chicken breasts, cut into ¾" cubes
1 egg white, slightly beaten
¾ tbsp salt
½ tbsp cornstarch
3 green onions, cut into ½" pieces
1½ tbsp hoisin sauce
¾ tbsp dark soy sauce
2 cups vegetable oil
dash of white pepper

Season chicken cubes with egg white, salt, cornstarch and white pepper. Cover and refrigerate for 10-15 minutes. Heat oil in the wok. Stir-fry chicken cubes for 2-3 minutes or until meat turns white, separating all pieces while stirring. Drain well and set aside. Pour all but 2 tbsps of oil from the wok. Heat the wok again and add green onions, hoisin sauce, then chicken. Stir well, then add soy sauce. Serves 4.

AUTHENTIC RECIPES

Stir-Fried Pork with Green Beans

½ lb. lean pork cut into thin strips

1 cup green beans

2 dried Chinese mushrooms, presoaked, sliced

½ cup bamboo shoots, sliced into long shoestrings

1 stalk celery, thinly sliced

1 tsp salt

3 tbsp vegetable oil

¼ tsp sugar

1 tsp rice wine

1½ tsp soy sauce

1 clove garlic crushed

½ green onion, minced

¾ cup chicken broth or water

To Thicken:

2 tsp cornstarch

1 tsp sherry

1 tbsp water

1 tbsp oyster sauce

Blanch green beans for about 2 minutes, cut into 1" length. Set aside. Stir-fry garlic in 2 tsp of heated oil with a little bit of salt. Add pork strips, stir-fry quickly until meat whitens. Remove and set aside. Heat the remaining oil. Add green onion, mushrooms, bamboo shoots, celery, and blanched green beans, stir fry for 2 minutes, then add soy. Add the cooked pork and chicken broth and bring to boil. Reduce heat, cover wok and cook for 1 minute. Add thickening ingredients and stir. Mix thoroughly. Serves 4.

Asparagus in Crab Meat Sauce

2 lb. fresh asparagus

3 oz. crab meat, fresh, frozen or canned

3 tbsp peanut oil

1 tsp salt

1 cup and 2 tbsp. chicken broth

2 egg whites, beaten

2 tbsp cornstarch for thickening

Shred crab meat. (If using canned crab meat, drain well). Remove white part of asparagus spears and peel tough skin. Cut diagonally into 2" lengths, rinse well and drain. Heat the wok with 2 tbsps of oil. Stir-fry asparagus. Add salt and 2 tbsps of chicken broth. Cook for 3-4 minutes or until soft. Remove and set aside. Heat 1 tbsp of oil. Add shredded crab meat and stir-fry for 30 seconds. Add asparagus with 1 cup of chicken broth and cornstarch. Stir-fry for another 30 seconds. Beat egg white again and pour over crab meat and asparagus. Stir and heat thoroughly. Serves 4.

AUTHENTIC RECIPES

Rainbow Shrimp

4 oz. medium-sized peeled shrimp

1 cup green peas

½ cup diced carrots

¼ cup diced bamboo shoots

1 green onion, cut 1" length

1 egg white, slightly beaten

2 tsp cornstarch, divided

1 tsp sherry

½ tsp salt

2 slices fresh ginger root

4 tbsp oil

To Thicken:

2 tsp cornstarch

1 tsp sherry

1 tbsp water

1 tbsp oyster sauce

With knife, butterfly and de-vein shrimp. Combine shrimp with egg white, 1 tsp cornstarch, salt and sherry; refrigerate 10-15 minutes. Heat 1 tsp of oil, stir-fry peas, carrot and bamboo shoots, sprinkled with salt, for 1 minute. Remove from wok and set aside. Heat the remaining oil and add green onion pieces and ginger. Add shrimp and stir until shrimp turn pink. Add vegetables and thickening ingredients. Stir well.

Serves 4.

Chicken Fried Rice

1 skinless, boneless chicken breast, cut into small cubes

1 cup of cooked vegetables (sugar peas, carrots, chopped cabbage)

3 eggs, slightly beaten

3 cups cooked long-grain rice, cool

1 tbsp vegetable oil

½ cup Chinese parsley

¼ cup green onion, thinly sliced

1 or 2 tbsp dark soy sauce

1 tsp salt

Dash of white pepper

Marinate cubed chicken with cornstarch, soy sauce, and sugar in a bowl. Refrigerate about 30 minutes. Heat the wok with 2 tbsps of oil. Add chicken and stir-fry until it turns white. Remove and set aside. Heat the wok with 1 tbsp of oil; tilt wok to coat sides. Stir-fry eggs until thickened. Heat the remaining oil in the wok. Add rice and 1 tbsp of water. Cover and braise over a slow heat for 1 minute. Stir-fry for 1 minute. Add eggs, chicken, vegetables, green onion and white pepper powder. Stir-fry one minute. Serves 4.

AUTHENTIC RECIPES

Wok Chicken Salad

2 chicken breasts, de-boned
1 head iceberg lettuce, shredded
½ cup seasoning soy sauce
1 clove of garlic, grated
1 small piece ginger, minced
2 tsp sugar
1 tsp Lawry's Seasoning
½ cup Chinese parsley
¼ cup green onion, thinly sliced
2 tbsp sesame seeds
Sesame oil
Oil for deep frying
Celery salt for taste

Marinate chicken with soy sauce, garlic, sugar and ¼ tsp Lawry's Seasoning in a bowl. Refrigerate for about one hour. Heat oil and deep-fry chicken until golden brown. Drain and cool. Shred chicken. Season to taste with celery salt and additional Lawry's Seasoning. Place in a large bowl. Mix well with green onion, Chinese parsley and lettuce. Sprinkle with sesame seeds and a little sesame oil. Serve chilled. Serves 4.

Cathay Chicken

8 small chicken drumsticks
2 green onions
4 slices fresh ginger root
1 tbsp sherry
¼ cup dark soy sauce
1 tbsp sugar
3 tbsp vegetable oil
Chinese parsley for garnish

Wash chicken drumsticks. Pat dry. Cut green onion into 3 three pieces. Heat the wok with vegetable oil. Stir-fry ginger root and green onion. Add drumsticks, sherry, soy sauce, sugar, and ½ cup of water. Let drumsticks gently boil under medium heat until most of the juice is gone. Turn occasionally. Remove and set on plate. Garnish with parsley and serve. Serves 4.

AUTHENTIC RECIPES

Stir-Fried Seasonal Vegetables

1 tbp cooking oil
1 tbspc minced garlic
2 tsp minced ginger
6 fresh shiitake mushrooms;
(discard stems, caps sliced)
4 fresh bottom mushrooms, sliced
1/2 cup baby corn, cut in half diagonally
1 small zucchini, cut in half lengthwise,
thinly sliced
1/2 green bell pepper, sliced
1/2 tsp. cornstarch dissolved in 1 tsp. water
1 small onion, cubed
1 green onion, sliced

Sauce:

1/3 cup chicken broth
2 tbspc soy sauce
1 tbspc vegetarian oyster-flavored
sauce
1 tsp sugar

Set electric wok to high. Heat for 2 minutes. Add cooking oil, garlic, and ginger; cook, stirring until fragrant for about 30 seconds. Add remaining ingredients except cornstarch solution; cover and cook for 4 minutes. Add cornstarch solution and cook, stirring until sauce boils and thickens. Serves 4.

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in the 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. \$14.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a 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, which may vary from state to state, and does not cover areas outside the United States.

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