

# AROMA<sup>®</sup>

## *Electric Skillet*



Instruction Manual &  
Cooking Guide

*Models: AFP-1200G*

Congratulations on your purchase of the **AROMA** Electric Skillet. 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 carefully before first use.
2. Do not touch hot surfaces. Use handles or knobs.
3. Use only on a level, dry, and heat-resistant surface.
4. To protect against electric shock, do not immerse cord, plug or the appliance itself in water or any other liquid.
5. Close supervision is necessary when the appliance is used near children. This appliance is not intended to be used by children.
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. 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 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. Do not use the appliance for other than intended use.
13. Extreme caution must be used when using or moving an appliance containing hot oils or other hot substances.
14. Do not clean with metal scouring pads as small particles may break off the pad and contact electric parts, creating a risk of electric shock. Metal scouring pads may also damage the finish.
15. Avoid sudden temperature changes when using the skillet.
16. Use only with 120V AC power outlet.
17. Use only the Aroma® Temperature Control Probe when operating the appliance.
18. Always ensure that handles are assembled and securely fastened before use.
19. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.

## 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.

## POLARIZED PLUG

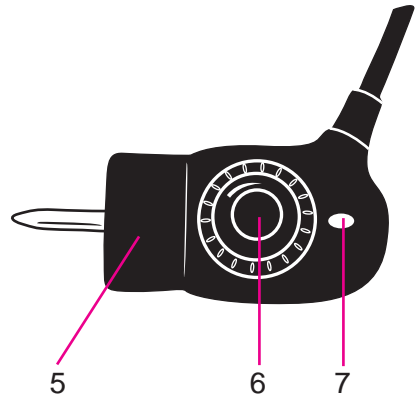
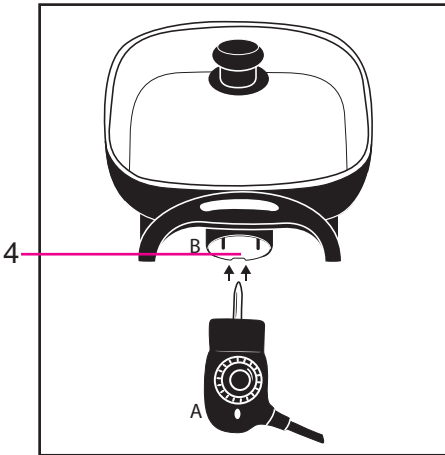
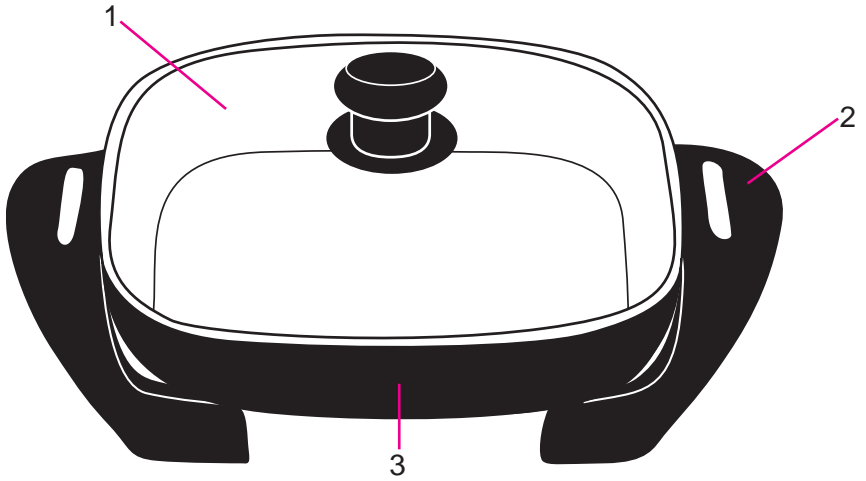
This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

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



1. Lid
2. Handles
3. Skillet
4. Temperature Control Socket
5. Temperature Control Probe
6. Temperature Control Dial
7. Indicator Light

# HOW TO USE

## Before First Use

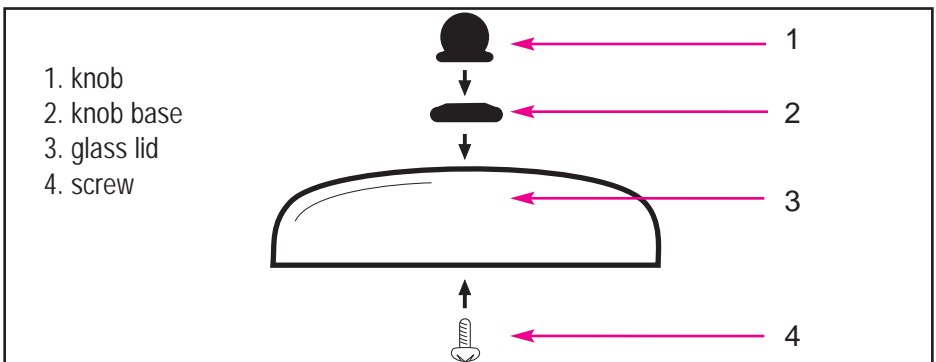
1. Read all instructions and important safeguards.
  2. Remove all packaging materials and make sure items are received in good condition.
  3. Tear up all plastic bags as they can pose a risk to children.
  4. Assemble the lid using the instructions below.
  5. Wash the skillet and lid using the cleaning instructions on page 6.
- **Do not use abrasive cleaners or scouring pads considered unsafe for use on non-stick surfaces.**
  - **Do not immerse the temperature-control probe in water or any other liquid.**

## Assembling the Lid

For packaging purposes, the knob for the lid has been packed separately. You will need a common Phillips screwdriver to assemble the lid.

To assemble the lid (see diagram below):

1. Insert the lid screw through the glass lid, knob base, and into the knob.
2. Tighten the screw with a Phillips screwdriver.



## CAUTION:

- To prevent injury or damage to the product, make sure that the knob has been tightly fastened to the lid before use.

## Conditioning of the Cooking Surface

The non-stick cooking surface on the inside of the skillet must be conditioned to ensure non-stick cooking. Follow a couple simple steps to condition the cooking surface.

1. With a cloth or paper towel, apply cooking oil to the inside surface of the skillet.
2. Wipe off any excess oil with a clean towel. Your skillet is now ready to use. You will not need to condition your skillet again.

# HOW TO USE

## Using Your Electric Skillet:

*Heat settings for you electric skillet are controlled through the temperature control probe. To make a temperature selection, align the indicator light with the appropriate temperature setting on the temperature control dial.*

1. Making sure that the temperature control dial has been set to "OFF", insert the temperature control probe firmly into the socket on the side of the skillet. Plug the cord into an electric outlet. (See Diagram on page 3.)
2. Begin heating the skillet by turning the temperature control knob to the desired setting. The indicator light will illuminate as the skillet starts to heat.
3. Once the skillet reaches the selected temperature setting, the indicator light will turn off. The skillet is now ready for food to be added. While the food is cooking, the indicator light will turn on and off indicating that the selected temperature is being maintained.
4. After cooking has finished, set the temperature control dial to the "warm" setting to keep food at serving temperature
5. If you wish to move the skillet for serving, be sure to set the temperature control dial to "OFF" and remove the temperature control probe.

## CAUTION:

- Avoid using metal utensils when cooking or serving from the skillet. Metal utensils may damage the non-stick surface of the skillet. To preserve the non-stick coating, we recommend using plastic coated or wooden spatulas (suitable for high temperatures).
- Be careful when removing the temperature control probe as parts of the skillet may remain hot for a long time.
- Always tilt the lid away from yourself when uncovering the skillet to avoid burns from steam.

# HOW TO CLEAN

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

1. Make sure that the temperature control probe has been removed.
  2. Wash the skillet and its lid with a non-abrasive sponge or dishcloth in hot soapy water. The lid can also be washed in a dishwasher (top rack only).
  3. Rinse and dry the skillet and lid thoroughly.
  4. Store your electric skillet in a dry place. Wind the power cord into a coil and secure it with a twist fastener.
- **Do not use abrasive cleaners, scouring pads, or other materials considered unsafe for use on nonstick coatings.**

## NOTE:

- **Do not immerse the temperature-control probe, cord, or plug in water or any other liquid.**

## CAUTION:

- Do not attempt to cool the heated cooking surface by pouring cold water into the skillet. The sudden temperature change may cause the cooking surface to warp.
- Do not immerse the temperature control probe, power cord, or plug in water or any other liquid.
- Make sure that the temperature probe socket, located on the side of the skillet, is completely dry prior to use.



# COOKING GUIDES

Food Selection	Temperature Settings	Approximate Time
Pancakes	375°F	1-3 min
French Toast	350°F	4-5 min
Bacon	375°F	4-7 min
Hash Browns	375°F	8-10 min
Eggs	300°F	2-5 min
Hamburgers	375°F	5-12 min
Fish	350°F	6-9 min
Pork Chops	375°F	10-15 min
Ham Steak Slices	350°F	10-15 min
Sausage	350°F	10-12 min
Potatoes	325°F	10-12 min
Chicken	375°F	10-15 min

*The temperatures and times given in the above table are only for reference. Actual times and temperatures may vary due to differences in temperature and consistency of the food. Be sure to adjust cooking times and temperatures to your particular recipe.*

# RECIPES

## ITALIAN CHEESE CHICKEN BREAST STIR FRY

2 Medium Skinless Chicken Breasts  
2 oz. Fresh Parsley, chopped  
4 oz. Shredded Italian Cheese  
2 oz. White Onion, finely chopped  
2 tbsp Vegetable Oil  
1 tsp Fresh Garlic, minced  
½ tsp Salt  
1 tsp Cornstarch  
½ tsp Rice Wine  
White Pepper to taste

Cut the chicken breasts into 1-inch pieces. Marinate the chicken pieces with salt and cornstarch in a medium bowl. Refrigerate for 20 minutes.

Preheat the skillet to 375° F. Add vegetable oil, garlic and onion to the skillet, and cook for 1 minute. Add the chicken and continue to stir-fry for about 5 to 6 minutes. When the chicken is about half cooked and begins generating juices in the skillet, add the parsley and shredded Italian cheese. Stir-fry to melt the cheese for about 2 minutes. Add the rice wine and white pepper and salt to taste. Cover the skillet with the lid and let the chicken simmer for about 3 minutes. Serve immediately with pasta or white rice. Makes 4 servings.

## POTATO FRITTATA

16 oz. Lean Turkey Sausage  
2 Green Onions, chopped  
4 Russet Potatoes, thinly sliced  
½ cup Sliced Mushrooms  
½ Green Bell Pepper, chopped  
8 Eggs

Cook the sausage, continually stirring, at 375° F until the sausage browns. Drain and remove the sausage from the skillet, but save about 2 tablespoons of the oil drippings. Combine the green onions, potatoes, mushrooms and bell pepper together and add to the skillet. Cook the vegetables until the potatoes are brown and tender. In a large bowl, combine the sausage and potato mixture with 8 beaten eggs. Pour the entire mixture back into the skillet, and spread the mixture evenly. Cover the skillet with the lid and cook at 375° F for about 15-20 minutes.

# RECIPES

## BLUE CHEESE BURGERS

- 1 ½ lbs. Lean Ground Beef
- ¼ cup Onion, finely chopped
- 1 Garlic Clove, pressed
- ¼ tsp Salt
- ¼ tsp Pepper
- 2 oz. Bleu Cheese, crumbled
- 4 Hamburger Buns

Combine the ground beef, onions, garlic, salt and pepper together and mix thoroughly. Shape the beef mixture into eight thin patties. Sprinkle crumbled bleu cheese on top of four of the patties and then cover each of the patties with one of the remaining patties. Place the burgers in the skillet and cook at 375° F for about 15 minutes, turning once. Serve patties on hamburger buns.

## TURKEY WITH MUSHROOM SAUCE

- 4 Turkey Cutlets
- ½ cup All-Purpose Flour, divided
- 1 Garlic Clove, pressed
- ½ tsp Salt
- ½ tsp Pepper
- ¼ cup Butter or Margarine, divided
- 1 cup Sliced Mushrooms
- 1 can Chicken Broth (14.5 oz.)

Season the turkey with salt and pepper and coat with ¼ cup flour. Melt 1 tablespoon of butter in the skillet. Add the turkey and cook at 375° F until lightly browned (about 3-5 minutes per side); drain any excess oil or fat. Transfer the turkey to a warm serving tray and cover to keep warm. Heat the remaining butter in the skillet and add mushrooms and garlic. Saute for about 5 minutes. Stir in the remaining flour and cook until the sauce bubbles. Slowly add 1 can of chicken broth into the skillet, stirring continuously, until the sauce thickens slightly. Drizzle the sauce over turkey and serve.

# RECIPES

## BARBECUE CHICKEN

- 4 Chicken Breasts
- ½ cup Butter or Margarine
- ¾ cup Lemon Juice
- 2 tsp Garlic Salt
- 2 tbsp Cumin
- 2 tbsp Cayenne Pepper
- 1 tsp Salt
- ½ tsp Pepper

Set the skillet temperature to 300° F and melt the butter in the skillet. Add lemon juice, garlic salt, cumin and cayenne pepper to the skillet. Pour ½ of this marinade into a large bowl. Pierce the chicken in several places and sprinkle with salt and pepper. Place the chicken in the bowl with the marinade, turning occasionally to coat the chicken. Turn the skillet temperature to 375° F. Place the chicken into the skillet, brushing with the reserved marinade. Grill, turning and basting the chicken with the marinade occasionally, until the chicken is thoroughly cooked (about 15 minutes).

## BEEF STEW

- 4 cups Water
- 5 Beef Bouillon Cubes
- 1 tsp Worcestershire Sauce
- 2 cups Cooked Beef, cubed
- 6 Carrots, Peeled and cut into chunks
- 1 Medium Onion, chopped
- 2 tbsp Flour
- 1 Garlic Clove, Minced
- 1 Small Bay Leaf

Set the skillet temperature to 350° F. Add water and bouillon cubes to the skillet and bring to a boil until the bouillon cubes completely dissolve. Add Worcestershire sauce and a dash of pepper to the skillet. Add beef, carrots and garlic to the skillet and stir until the sauce begins to boil, adjusting the temperature if necessary. Place the bay leaf on top, then cover with the lid and reduce heat. Simmer for about 30 minutes or until the vegetables become tender. Pour about ½ of the liquid into a small bowl and blend with flour. Increase the temperature of the skillet again to bring the stew to a boil. Slowly add the flour mixture to the stew and stir continuously until the stew thickens. Remove the bay leaf and serve.

# 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. \$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 which may vary from state to state and does not cover areas outside the United States.

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