

AROMA[®]

AeroMatic™ Convection Oven



Instruction Manual & Recipe Guide

AST-910

Congratulations on your purchase of the **AROMA** AeroMatic™ Convection Oven. It will surely become one of the most useful and versatile appliances in your modern kitchen.

Please read all instructions before your first use.



Published By:

Aroma Housewares Co.
6469 Flanders Drive
San Diego, CA 92121
U.S.A.
1-800-276-6286
www.aromaco.com

© 2005 Aroma Housewares Company. All rights reserved.

IMPORTANT SAFEGUARDS

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

1. Read all instructions carefully before first operating.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical hazards, do not immerse cord, plug or the appliance itself in water or any other liquid.
4. Close supervision is necessary when the appliance is used by or near children.
5. Always unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning.
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 appliance to the nearest authorized service facility for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause hazards.
8. Do not use outdoors or while standing in damp area.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces, or become knotted.
10. Deformation or failure may take place when the cooker is used at unstable places, places exposed to water or humidity and other places adjacent to other heating sources.
11. Do not use the appliance for other than its intended use.
12. Always unplug from the base of the wall outlet. Never pull on the cord.
13. Extreme caution must be exercised when using or moving cooker/fryer containing hot oil or other hot liquids.
14. The oven 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.
15. Store in a cool, dry place.
16. 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.
17. When setting the top unit/lid down, always rest it on a metal rack or the included lid holder.
18. Do not place the oven too close to the edge of the table or countertop as the oven may be knocked off.
19. The glass cooking bowl and other parts become very hot. Be sure to use the handles and wear protective oven mitts or gloves.
20. Do not use the glass cooking bowl for other than its intended use.
21. Wait until glass cooking bowl and top unit/lid have completely cooled before moving or cleaning.
22. Do not use this appliance as a fryer. Do not fill with oil or attempt to deep fry. Such actions may cause fire and injury.
23. Save these Instructions.

SAVE THESE INSTRUCTIONS

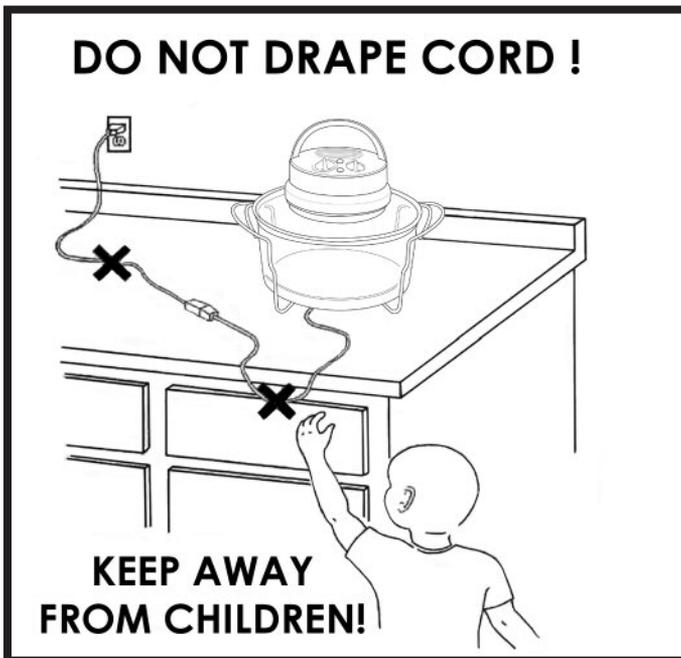
SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risk resulting from entanglement or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised.
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:

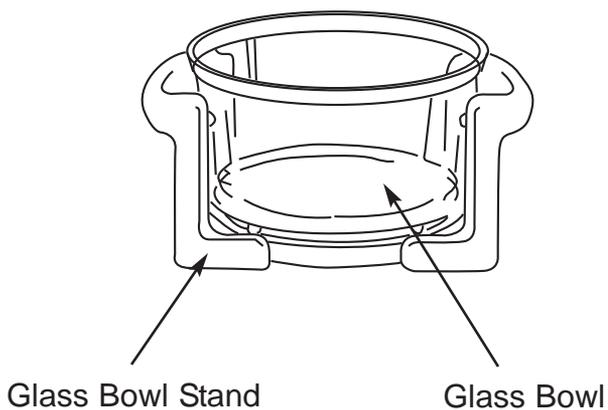
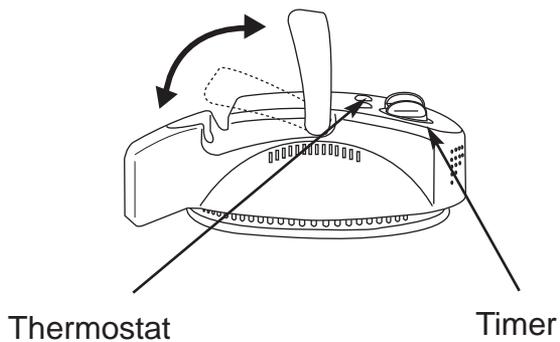
To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.



This appliance is for household use only.

PARTS IDENTIFICATION

Top Unit/Lid



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 glass bowl in warm, soapy water. Rinse and dry thoroughly.
 5. Position glass bowl on a dry, level countertop or table 2-4 inches away from any walls and objects on the countertop or table.
 6. Place the top unit/lid securely on the unit.
 7. Attach the power cord to the top unit/lid and plug into the proper electrical outlet.
 8. Set the timer for 5 minutes and heat the oven to its maximum temperature.
 9. After the timer has turned off and the oven has cooled, wipe the inside of the glass bowl again.
- **Do not use abrasive cleaners or scouring pads.**
 - **Do not immerse the lid, cord, or plug in water at anytime.**

To Use:

1. Place the low rack in the glass bowl and put food on the center of the rack. Allow a three-inch space between the food and the top of the oven. You may use the high rack for achieving crispiness or browning of food.
2. Place the top unit/lid securely on the glass bowl.
3. Before turning the appliance on, push the handle down until it snaps securely in place. If the handle is not completely down, the appliance will not turn on.
4. Set the timer to the desired time. The power light will illuminate.
5. Turn the temperature switch to the desired temperature. The temperature light will illuminate and cooking will begin. A blinking temperature light indicates temperature is being adjusted automatically.
6. When the cooking time has elapsed, the oven will turn off automatically.

Note:

- As a safety feature, the appliance will switch off when the handle is lifted up. To turn the appliance back on, swing the handle all the way down.
- During first use, you may detect an oily scent coming from the top unit/lid. The odor is not harmful to you or the appliance and should disappear during the initial heating step described above.
- Wooden, heat proof plastic, and nylon utensils are recommended for use with this appliance. Metal utensils may scratch the glass.

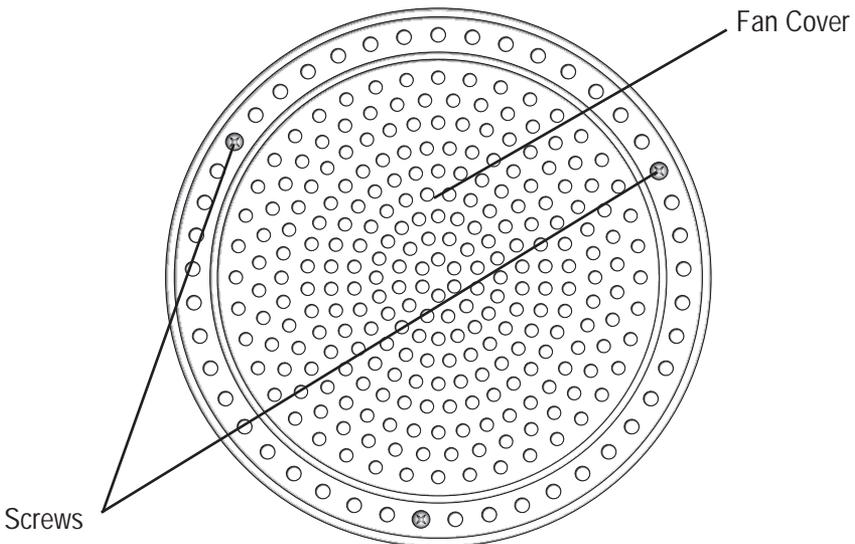
HOW TO CLEAN

Always unplug appliance and allow to cool completely before cleaning.

1. Turn the appliance OFF by turning timer to zero (0) and unplugging power cord from wall immediately after cooking. Allow unit to cool completely.
 2. Allow glass bowl to cool completely and then clean it thoroughly with warm, soapy water and a damp sponge or cloth. The glass bowl and accessories are dishwasher safe. For tough cleaning jobs, pour 1/2 inch of water and some detergent into glass bowl. Replace top unit/lid and set temperature to 200°F. Set timer to 15 minutes and allow residue to soften as it is heated. Unplug and allow to cool before continuing with cleaning.
 3. The fan cover is located on the underside of the top unit/lid. If needed, it can be removed and soaked in hot detergent to remove grease. To remove fan cover from under top unit/lid, unscrew the three screws (see image below) that hold fan cover in place. This should be done only when the appliance is unplugged and completely cool.
 4. Be sure to replace the fan cover prior to next use.
- Do not use abrasive cleaners on oven or glass cooking bowl.
 - Do not wash or immerse the top unit/lid, cord, or plug in water or any other liquid.
 - The top unit/lid is NOT immersible or dishwasher safe.

Fan Cover

Located on the underside of the top unit/lid



AEROMATIC OVEN COOKING

What is an AeroMatic™ Convection Oven?

The Aroma AeroMatic™ Convection Oven is part of a revolutionary new cooking trend. More and more, people are moving away from traditional bulky appliances in favor of portable, multiple-function devices like the AeroMatic™ Convection Oven. The AeroMatic™ Convection Oven bakes, steams, broils, grills, roasts and thaws frozen food. You can even cook foods that are traditionally fried. In fact, this oven cooks food faster than traditional ovens while using less energy! Its tempered-glass body allows you to watch as your food cooks to perfection. A built-in timer helps assure cooking perfection and reduces the possibility of burnt food.

How does it operate?

The AeroMatic™ Convection Oven consists of a heating element and a convection fan. The real magic in cooking with the AeroMatic™ Oven comes from the hot air that circulates around the food. As long as the food placed on the cooking rack has space around it, it will cook uniformly. When using the food rack, it is important to leave space between the food and the bottom of the top unit/lid.

For proper cooking, the top unit/lid must be set on the glass bowl so that it sits evenly and securely. This conserves heat and provides correct convection airflow. If the top unit/lid is not placed upon the glass bowl correctly, cooking time may be extended and the lid may vibrate.

BAKING & STEAMING COOKING TIPS

TURBO-BAKING

- When baking, be sure containers fit within the glass pot. Usually, a tube or bundt-cake pan is better to use than larger cake pans. Disposable aluminum foil mini-loaf pans also work well as they allow for faster and more even cooking. Preheating is not necessary for baking in this turbo-oven.
- For uncovered dishes, use temperatures 25 to 50°F lower than what would be used in a regular oven.
- The chart below serves as a rough guideline. Be sure to monitor your food while cooking and record the actual cooking time for future references.

FOOD	TIME (MIN)	TEMPERATURE
Biscuits	10 min	400°F
Cake (layer)	20 min	300°F
Cake (loaf)	35 min	300°F
Cookies	8 min	325°F
Brownies	20 min	300°F
Pie Crust	10 min	400°F
Pizza	12 min	400°F
Bread (rolls)	15 min	350°F
Bread (loaf)	30 min	325°F
Muffins	15 min	350°F

This chart is for reference only. Time may vary according to size or depth of mixture, composition of ingredients, and desired browning or crispness.

TURBO-STEAMING

- To steam, simply place your food in a separate bowl or small pan making sure that the food does not contact the sides of the container. Pour water or broth into the bottom of the bowl or pan using ½ c. of liquid for every 1 lb. of food. Cover tightly with aluminum foil making sure the food does not contact the foil. Place the neatly wrapped container into the turbo oven and cook at 350°F
- If preferred, use a small rack inside of the bowl or pan to keep your food elevated above the liquid.

BAKING & STEAMING RECIPES

Meat Loaf With Bacon Topping

2 lbs. of lean ground beef
2 fresh eggs
2 tsp. of garlic salt
1 small can of tomato paste (6 oz)
1 cup of uncooked oats (or 1 cup of bread crumbs)
½ cup of catsup
½ cup of chopped white onions (or 2 tbsp. of dry minced onions)
1 tsp. of black pepper
1 tbsp. of sugar
1 tbsp. of soy sauce or Worcestershire sauce
Several strips of bacon for topping

Mix all ingredients together, except the bacon slices. Grease loaf pan and pack meat mixture into a loaf approximately 5 in. wide, 10 in. long, and 3 in. high. Top with bacon slices. Bake, using the low rack, at 350°F for 1 hour. Cooking time may be reduced if baking two smaller pans instead of one large one.

Makes approximately 10 servings.

Whole Steamed Fish

Any whole fleshy white fish such as red snapper, flounder, or mullet
½ cup of water or broth
2 tsp. of lemon juice
1 ½ tbsp. of butter
Salt and Pepper to taste

Be sure fish is free of any loose scales. Butter and season all surfaces of the fish with salt, pepper, and lemon juice. Place the fish into a dish or small pan. Pour the water or broth into the dish or pan and cover tightly with aluminum foil. Steam the fish at 350 F for 20 to 30 minutes, depending on the size of the fish. Arrange it on an oval platter with lettuce as bedding.

BROILING & GRILLING RECIPES

TURBO-BROILING & TURBO-GRILLING

- Place food directly on the grill or rack without covering. Use the high rack to bring food closer to the source of heated air. The idea is to sear the surfaces and seal in the juices as quickly as possible.
- If the meat or fish is very lean, brush the grill or rack with cooking oil before arranging the meat/fish on the grill.
- For glazing affect, set the food about 4 inches away from the top heating unit. Apply the desired glaze and broil (400 to 475 °F) until the desired shade of brown is reached. Fruit jams, preserves, and jellies work well as a glaze for broiled or roasted meat.

Turbo-Grilled Prime Rib

6 lbs. of prime rib, cut into individual ribs
1/3 cup of Dijon mustard
2 tbsp. of red wine vinegar
¼ cup of olive oil
1 clove of garlic (minced)
½ tsp. of Worcestershire sauce
¼ tsp. of ground pepper

Arrange the ribs in a large shallow pan. Mix the rest of the ingredients in a small bowl and pour over the ribs. Coat evenly. Cover and let stand for about ½ hour. Lift prime rib bones from marinade. Arrange on rack and grill for 10-15 minutes at 400°F.

ROASTING TIPS

TURBO-ROASTING

- Roasting is a dry-heat method of cooking large pieces of meat uncovered on a rack, with or without a supporting pan. When cooking, be sure that the roast does not touch the lid or fan cover attached to the underside of the lid.
- Line the bottom of the glass pot with aluminum foil to catch drippings and juices.
- It is recommended that you use the low rack when roasting.
- There is no need to preheat, baste, or turn.
- A meat thermometer is recommended. Roasting time varies with type of meat, type of cut, size, and the amount of fat within the meat.
- A longer cooking time is required for frozen or partially thawed meats.
- If meat is lean, spray or brush vegetable oil onto the rack prior to roasting.

In the absence of meat thermometer, use the following table as a guide:

For the following meats, set temperature to 400°F. The times refer to the amount of timer per pound of meat

MEAT	TIME (MIN)	TEMPERATURE
Beef (rib, rump, chuck)	10 min	400°F
Pork Loin	20 min	300°F
Pork Rib	10 min	400°F
Ham (fully cooked)	12 min	400°F

This chart is for reference only. Time may vary according to size or depth of mixture, composition of ingredients and desired crispness.

ROASTING RECIPES

Roasted Whole Chicken

Wash and dry the chicken and rub it with desired spices or condiments. Let seasonings penetrate the chicken for a few hours (preferably overnight in the refrigerator) before roasting. Line the bottom of the glass bowl with aluminum foil to catch drippings. Roast at 400°F for about 10 minutes per pound. For crispier skin, increase the temperature to 450°F and continue to broil for an additional 5-10 minutes.

AIR-FRYING RECIPES & COOKING TIPS

TURBO-AIR FRYING- A healthier way of frying!

- Little or no oil is used, yet the effect is like pan-frying or deep-frying. If oil is used, only a thin layer of oil should be evenly applied to the food with the aid of a pastry brush.
- Use a rack to allow free circulation of hot air. Spray or brush vegetable oil onto the rack to facilitate removal of cooked food
- Once food has finished cooking, remove the top unit/lid from the cooking bowl; otherwise, the steam will cause the food to become soggy instead of crispy.
- NEVER FILL THE GLASS COOKING BOWL WITH OIL. THIS APPLIANCE IS NOT INTENDED TO BE USED AS A DEEP FRYER.

French Fries

Spread a single layer of frozen French fries straight from the package onto the steam basket. Brush with canola oil if needed. Bake at 400°F for 10 to 12 minutes.

FROZEN FOODS

Frozen Pizza

Make sure the diameter of the pizza is no more than 10 inches. Bake in a pizza pan on the low rack at 450°F for 8 to 10 minutes. For a crispier crust, place the pizza on the rack without a pan.

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. \$8.00 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. The Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service facility.

This Warranty gives you specific legal rights, which may vary from state to state and does not cover areas outside the United States.

AROMA HOUSEWARES COMPANY
6469 Flanders Drive
San Diego, California 92121
1-800-276-6286
M-F, 8:30 AM - 5:00 PM, Pacific Time
Website: www.aromaco.com