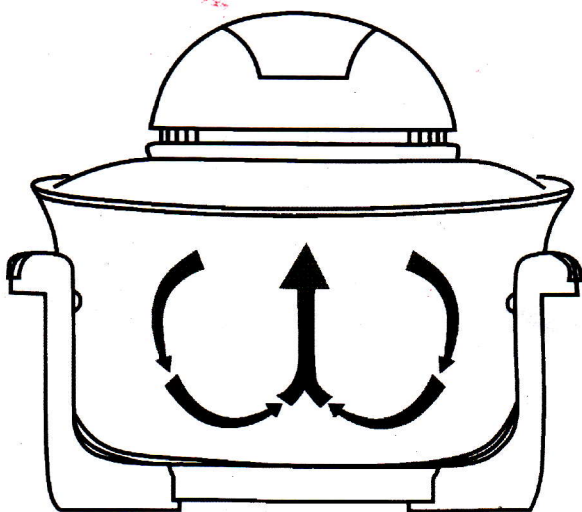


# Halogen Convection Oven



# Important Safety Instructions

**When using electrical appliances, these basic safety precautions should always be followed**

1. Read all instructions.
2. Always switch power **off** before removing plug from wall outlet.
3. Remove plug by grasping the plug. **Do not pull the cord.**
4. To protect against electrical shock, do not immerse cord, plugs or motor assembly in water or other liquids.
5. Do not allow children to play with this appliance. Close supervision is necessary when this appliance is in use.
6. Unplug from power outlet when not in use and before cleaning.
7. Allow the appliance to cool before putting on or taking off parts.
8. Do not operate if the appliance has a damaged cable or plug.
9. Do not use outdoors. This appliance is not designed for outdoor use.
10. Do not place the appliance on, or near electrical equipment, hot gas flame or in a heated oven.
11. Do not use with an external timer.
12. Do not let the cord hang over the edge of a table or counter or to touch hot surfaces.
13. Always use on a stable flat surface.
14. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
15. Do not use appliance for purpose other than intended usage.
16. Do not move or lift the convection oven while the power cord is still connected to the wall outlet. Remove the plug from the wall outlet, then remove the top by using both hands, move carefully.
17. Before removing the lid:
  - a) turn the timer off.
  - b) Disconnect the power cord
  - c) Lift the top using carrying handle.
  - d) Place the top, preferably resting the stainless steel edge rim and the handle / plastic top on a flat surface.
18. Do not place the hot underside of the lid directly onto laminated surfaces, wood surfaced, paper plastic or other flammable surfaces. Put the lid on a heat resistant surface.
19. Never place the lid on a chair or bench while it is in operation.
20. Always place the top unit onto the bowl before plugging in the power cord and switching on.
21. Keep the bowl sides at least 3" from the other surfaces.
22. Do not clean with metal scouring pads. Pieces may break off of the pads and touch electrical parts creating risk of electrical shock.
23. No user service care. Parts to be returned to your supplier in case of fault.
24. The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety

## INTRODUCING THE CONVECTION OVEN

The Convection oven is a new portable low cost device that has all the advantages of a larger convector oven but at a fraction of the price. It lets you use conventional culinary skills to cook faster and better. You can easily take it to the table and serve directly from it. It will keep meals hot and save the hassle of cleaning.

- **The Convection Oven can cook everything an oven can cook**  
It is a true multi purpose oven suited to prepare all kinds of dishes which would normally require a full size conventional kitchen oven.
- **The Convection Oven cooks in many ways**  
It can roast, bake, grill, cook, steam, reheat or defrost.
- **The Convection Oven is economical**  
It consumes less than half the electricity of a conventional oven and approximately the same as a regular microwave oven. As a result, it's compact size and requires less energy to heat up to achieve the same results. You can save time and money while your food is cooked to perfection.
- **The Convection Oven is fast**  
It cooks 20% to 60% faster than a conventional oven. This results from a combination of compact size, efficient design and fan forced heating principles.
- **The Convection Oven cooks fat free**  
Because you always cook with hot air (dry roasting) and with the food suspended on the wire rack, retention of fat is minimised to lower calories and cholesterol consumption.
- **The Convection Oven travels everywhere**  
It is portable and is great for holidays. You can use it at home, at the office or you can take it with you when you travel (hotels, motels, holiday homes, travel homes, caravans, etc.)
- **The Convection Oven is self cleaning**  
The hot air circulation creates an automatic turbo wash action.
- **The Convection Oven cooks evenly**  
Cooking with hot moving air, your food is perfectly roasted all over.
- **The Convection Oven is easy to operate**
- **You can watch your food cooking from all sides.**
- **Food remains succulent and juicy (not dried out).**
- **Hot air will not produce smoke and won't burn your food**  
Whether you cook for one, two or for the whole family, the convection oven will help you to save time and money while your food is being cooked to perfection.



## RECIPES

Please refer to the **Quick Reference Section** for general guidelines regarding the cooking times and methods.

### ► TO STEAM VEGETABLES

To steam vegetables while you are baking or roasting, simply wrap vegetables in foil. Secure the foil so that it will not be blown or sucked off by the fan. Place foil wrapped bundles in the convection oven so that air can circulate around them (you can use the high rack to create a platform above the other foods already cooking). Steaming this way will take a little longer than steaming in the pot. Fish can also be cooked in foil, steaming in its own juice. Add a little lemon juice and add a few sliced vegetables.

### ► TO BAKE CAKES

Place cake tin on wire rack in the bowl. If you require a very moist cake with almost no crust, secure a foil "tent" over the cake tin. You can remove the foil just before the cake is ready to allow the top to dry out slightly. Cakes will bake a little quicker in the Convection Oven than they will in a conventional oven.

### ► TO COOK PASTRIES, BISCUITS ETC.

Place in perforated or other dish on wire rack. If you require a not so crisp finish, cover with foil for the first part of cooking. Pastries and biscuits will also cook slightly quicker in the Convection Oven.

## HINTS

1. Avoid stacking food in an attempt to cook more food. If air cannot circulate around the food you will only fully cook the top. Always leave spaces for air to travel and always use the high rack and perforated baking dish when necessary.
2. After food is cooked, turn thermostat down and keep fan running to maintain crispness.
3. Remove the top and take the bowl to the table to serve
4. To make cleaning your convection oven easier, spray the metal surfaces (wire rack, high rack, perforated tray and underside of the lid) with a cooking spray before each use.
5. A meat thermometer can be used to easily determine the extent of cooking.

## BREAKFAST

### ► CROISSANTS

For 3 or 4 croissants: Set thermostat at 105C (220F) and preheat convection oven. Heat croissants for 3 to 6 minutes. Frozen croissants will take 6 to 10 minutes.

### ► BREAD ROLLS

For yesterday's rolls: Wet your hands and handle one roll then place on dual height rack, repeat with other rolls. Set thermostat to 105C (220F) and heat for 5 to 10 minutes. Bread will be just like freshly baked.

### ► GRILLED BACON

Remove rind and excess fat from bacon slices. Lay slices on high rack. Set thermostat to 450°F (230°C). cook for approximately 6 to 8 minutes or until cooked as you desire.

### ► SAUSAGES

Place sausages on high rack. Set thermostat to 200C (400F), cook for approx 10 to 12 minutes.

## MEAT

### ► CROWN ROAST OF LAMB

2 Best end necks of lamb, each with 6-7 cutlets	2 Tablespoon of chopped parsley
1/2 Cup of onion chopped	1/2 Lemon, finely grated
1/2 Cup of celery chopped	1 Tablespoon of lemon juice
1 Apple peeled and chopped	1 Small egg
2 Tablespoon of butter	Garlic, salt and ground pepper
3 Tablespoon of dried apricots, soaked overnight	2 Tablespoon of flour
	3 Cups of beef stock
	1/2 Cup of fresh white breadcrumbs

Cut away the shin bones and ease out the shoulder blades from both joints. Trim each cutlet bone to a depth of 1". Bend the joints around fat side inside and sew together to form a crown. Cover the exposed bones with foil paper.

Saute the onion, celery and apple in butter until brown. Drain, dry and chop the apricots. Stir into the pan with the next five ingredients. Season well, cool. Fill the stuffing into the crown of lamb and weigh the joint. Place the joint on low rack in the convection oven.

Roast at 350°F (175°C) for 25 minutes per pound, then baste with juice from bowl. Roast for a further 25 minutes at 400°F (200°C) baste occasionally and cover tightly with foil paper if necessary to prevent overcooking exposed top/thin sections.

Remove foil paper. Replace with cutlet frills, serve with roast potatoes, pumpkin and steamed beans. Separate cutlets at the table as required.

### ► STUFFED BREAST OF VEAL

3 1/4 lbs breast, boned with pocket cut	STUFFING continued:
2 tbsp butter	1 Tablespoon lemon rind grated
Garlic, salt and pepper	1 Cup of diced mushroom
	2 Cups of fresh white breadcrumbs
STUFFING:	1 Egg, lightly beaten
1 Tablespoon butter	1/2 cup of finely chopped onions
1 tablespoon of lemon juice	Cream

Preheat frying pan. Melt 1 tbsp of butter in the pan and fry onions until soft. Add lemon rind and juice, garlic and mushrooms. Fry together for 3 to 4 minutes. Set aside in a large bowl. Add breadcrumbs, garlic, salt and pepper to fry vegetables. Bind together with egg and enough cream to form a firm consistency.

Place stuffing into veal packet and spread evenly. Sew up cavity. Brush veal with soft butter and place on a low rack in the convection oven.

Preheated to 163°C (325°F), cook for 20 minutes. Turn, brush again and cook at 150°C (300°F) for 20 minutes. Turn, brush again and cook approximately for 40 minutes with potatoes until ready. Serve with peas.

Pour juices from bowl over carved meat.



## ► HONEY CHICKEN WINGS

2 1/4 lbs chicken wings  
2 Tablespoons of honey  
3 Tablespoons of tomato puree

MARINADE:  
2 tablespoons of lemon juice  
3 tablespoons of soy sauce  
1 tablespoon of chopped ginger

Trim excess fat from chicken wings and move tips. Pat wings dry and place in a bowl. Combine lemon juice, soy sauce and ginger. Pour over chicken wings, turn and let stand for 3 to 4 hours while

turning occasionally. Mix honey, tomato puree and 2 tbsp of marinade.

Remove chicken wings and place on high rack in the convection oven roaster. Roast for 10 minutes at 163°C (325°F). Remove wings and roll in honey/tomato mixture. Return wings to rack and cook for 5 minutes. Remove and roll in mixture again and cook for final 5 minutes.

## ► ROAST CHICKEN

1 Chicken  
1 Small onion  
2 Tablespoon of butter  
1/2 Cup of mushrooms  
1 1/2 Cup of soft breadcrumbs  
1 Tablespoon of chopped parsley  
1 Pinch of nutmeg

1 Teaspoon grated lemon rind  
1/4 Teaspoon dried marjoram  
garlic, salt, pepper  
1 Egg

Clean inside of the chicken and remove excess fat. Peel and chop onion. Add to pan and lightly fry in butter until soft. Add mushrooms and fry another minute. Mix in crumbs, salt, pepper, parsley, lemon rind marjoram, nutmeg and beaten egg. Put stuffing into chicken and close the opening and sprinkle salt and pepper over chicken and rub into skin. Place chicken on low rack in Halogen Roaster. Bake at 163°C (325°F) for 20 minutes. Turn and bake for another 20 minutes after adding any potatoes to be cooked. Turn and bake for final approx 20 mins until chicken is tender and golden brown all over.

### GRAVY:

Take scraps and juice plus a little fat from your bowl. Add 1 tbsp of flour and stir over heat until brown. Slowly add 1 1/2 cups of stock made from chicken stock cube and mushroom stalks. Cook gravy, stirring continuously, until boiling. Add salt and pepper to taste.

## ► FILLET STEAK SUPREME

2lbs whole fillet steak  
garlic, salt and pepper  
1/2 Cup of red wine  
1 Tablespoon cream or sour cream  
Rind of one lemon, grated

Rind of one orange, grated  
1 Large onion, chopped  
2 Tablespoon chopped parsley  
2 grated carrots

Marinate whole fillet steak with garlic, salt pepper and red wine in a covered dish for 4 hours, basting and turning occasionally. Drain

meat, reserving marinade. Place meat on foil paper and spread with carrots, lemon and orange rinds, onion, parsley and wrap in foil paper.

Place on low rack in the Convection Oven and cook for 30 minutes at 375°F (190°C) remove foil paper and cook for a further 30 minutes. Remove meat and keep warm. To remaining marinade, add rippings, cook to reduce to 2 tbsp. Stir in cream and simmer for 1 minute. Serve over sliced meat.

## ► INDIVIDUAL BEEF WELLINGTONS

1 1/2 lbs 4" thick fillet steaks  
1 tablespoon butter  
1 packed frozen puff pastry, thawed  
1 egg yolk, beaten with a little water

1 tablespoon brandy  
2 tablespoons liverwurst  
Garlic, salt and pepper

Trim excess fat from steaks. Sprinkle with garlic, salt and ground pepper. Place on low rack in the Convection Oven preheated to 320°F (160°C) and cook for 4 minutes. Remove and cool. Mix liverwurst

with brandy and spread all over steaks. Roll out pastry and cut into 4 squares large enough to enclose each steak. Place steak in centre of each pastry square and fold over to completely enclose. Seal seams with a little water and brush top with beaten egg yolk. Place back on low rack in the Convection Oven and cook at 420°F (215°C) for 15 minutes or until golden brown. Serves 4.

## ► ROLLED RIB ROAST

4 lbs rolled rib of beef  
Salt and Pepper  
2 tablespoons red wine

2 tablespoons of water  
2 tablespoons of flour  
Extra Water

Trim excess fat from meat. Sprinkle with salt and pepper and rub in well. Place meat in a greased baking dish and pour wine and water over meat. Marinade for 4 hours. Cook on low rack in the Convection Oven. Cook at 320°F (160°C) for 1 hour. Turn meat and cook at

350°F (175°C) for a further approximate 40 minutes for rare, 50 minutes for medium or 1 hour for well done. Serves 6.

## ► ROAST BEEF WITH POTATOES

1 1/2 lbs 4" thick fillet steaks  
1 packed frozen puff pastry, thawed  
2 tablespoons liverwurst  
1 egg yolk, beaten with a little water

1 tablespoon brandy  
1 tablespoon butter  
Garlic, salt and pepper

Weigh the rib the wipe the meat with a clean damp cloth. Peel the potatoes and cut them into large even-sized pieces. Place the meat on low rack in the Convection Oven. Roast the meat at 320°F

(160°C). Allow 20 minutes per lb plus 25 minutes extra for a rib without a bone, with 25 minutes left, turn the potatoes over when they have browned on one side. Serve the potatoes surrounding the dish with carrots and gravy.

## ► JAPANESE CHICKEN WINGS

1lb chicken wings  
1/2 cup soy sauce  
1 tablespoon finely chopped  
fresh ginger

1/4 cup of sake or dry sherry  
1 clove crushed garlic

Trim excess fat, remove tips from chicken wings and pat dry. Place wings in a bowl. Combine soy sauce, garlic, ginger, sake or dry sherry. Pour mixture over chicken wings. Toss well. Cover and allow

to marinade for 3 hours, turn wings now and again. Place chicken wings on high rack in the Convection Oven and cook at 350°F (175°C) for 10 minutes. Check progress. Turn or move wings as necessary. Cook for a further 8 to 10 minutes until golden brown.



## ► CHINESE ROAST CHICKEN

3lbs roasting chicken, chicken wings or drumsticks	1 teaspoon five-spice powder
1/3 cup soy sauce	1 teaspoon crushed garlic
1 tablespoon honey	1 teaspoon finely grated ginger
	1 tablespoon sesame oil

Marinate the chicken pieces or jointed chicken in the other ingredients for at least **2** hours, turning pieces now and then. Arrange in a single layer on rack in the Convection Oven and cook

at **400°F (200°C)** for **15** minutes for wings, **20** minutes for legs, thighs. **30** minutes for 1/4 or 1/2 chicken. Turn and cook until ready. Serves **6**.

## ► VEAL WITH MANGOES

3 1/4 lbs veal, boned and trussed	1 lb sliced mango
1 cup dry white wine	1/2 cup flour
1/2 cup grand marnier	3 tablespoon butter
1 tablespoon brandy	pinch of thyme
1/2 cup orange juice	garlic, salt and pepper

Brush veal with soft butter. Sprinkle with garlic, salt and pepper.

Place veal on high rack in the Convection Oven. Cook at **350°F (175°C)** for **20** minutes. Turn and brush meat again this time with prepared sauce and cook for **40** minutes at **320°F (160°C)**. Turn and brush again and cook for a further approximately **40** minutes until ready.

## VEGETABLES

### ► ROAST VEGETABLES

Vegetables of your choice	Garlic, Salt
Ground Black Pepper	

Peel and clean vegetables. Cut into similar size pieces. Pat dry and place in a large pot with **2** or **3** tbsp of vegetable oil add garlic, salt and pepper. Place lid on pot, shake and oscillate vigorously. Place vegetables on high rack in the Convection Oven **leaving space for air to circulate particularly around the perimeter.**

Set Convection Oven to **500°F (260°C)** and bake for approximately **30** to **45** minutes at **360°F (182°C)**. The cooking time will vary depending on the size of individual pieces and the total weight in the oven. Vegetables can be roasting while meat is cooking by placing around the meat and/or by utilising the high rack and perforated baking dish.

### ► JACKETED POTATOES IN FOIL

Medium size washed potatoes (1 per person)	Soft Butter
	Garlic, Salt
	Ground Black Pepper

Make sure potatoes are clean. Remove any eyes, bruises, faults etc. Dry with paper towel. Rub a little softened butter onto potatoes. place on foil paper. Sprinkle with a little garlic, salt and freshly ground black pepper. Wrap up in foil paper. Place potatoes on high

rack in the convection Oven around the meat and cook for **45** minutes at **375°F (190°C)** check with a fork to see that they are cooked through. Serve with sour cream, chives, grated cheese and cooked bacon pieces.

For a variation, mix a little Soy Sauce into the butter before rubbing into the potatoes omitting the garlic salt.

## TECHNICAL SPECIFICATIONS

Rated Voltage	220~240V
Rated Wattage	1200~1400W
Frequency	50Hz
Capacity	12L

## OPERATING INSTRUCTIONS

### ► Before cooking with your Convection Oven for the first time:

- Wipe glass bowl clean with a damp sponge
- Place lid centrally and securely onto bowl
- Plug the cord into power point
- Set thermostat to 480°F (250°C)
- Set timer for 5 minutes to remove any lubricants from the element (you will notice a slight burning odour)

**NOTE: Be careful to keep the sides at least 3" from any other surface**

1. Place food centrally in the bowl on the high rack keeping the food approximately 1 to 1 1/4" from the glass wall to allow maximum air circulation.
2. Place lid on bowl.
3. Insert the plug firmly into the wall outlet.
4. Set the thermostat and time as required. Check recipe or the **quick reference section** for recommended cooking temperature and time.
5. Your Convection Oven will quickly heat up to the set temperature and maintain this temperature until the selected time expires. The fan and element will then both switch **"off"**

**NOTE:** The thermostat accurately controls the temperature by switching the element **"off"** you will notice the temperature pilot light blinking **"on"** and **"off"**.

The timer will switch **"off"** after the preset time period has passed and a bell will sound momentarily to alert you that the cooking time is over.

## MAINTENANCE

**Always unplug and let cool before cleaning.**

### ► FOR A LIGHT CLEANING

1. Using dishcloth or sponge with a mild dishwashing detergent and warm water, wipe glass bowl, lid and fan housing clean.
2. Rinse glass bowl well to remove all detergent.

**NOTE:**

- **Never immerse the lid in any liquid.**  
If scrubbing is necessary, use a nylon or polyester mesh pad.
- **Do not use a steel wool pad or abrasive material.**
- **Never use solvents or cleaning powders.**
- **Be careful not to get any liquids inside the lid.**

## QUICK REFERENCE SECTION

### CONVECTION OVEN

In this section you will find:

**HOW TO ROAST, HOW TO BAKE, HOW TO BROIL, HOW TO STEAM, HOW TO FRY, HOW TO TOAST, HOW TO DEFOST.**

**A cooking chart for:**

**Meat, poultry, seafood, baked goods, eggs and vegetables. This is a basic guide only. Please ensure food is thoroughly cooked through before serving.**

#### ► How to Roast

Place meats directly on wire rack.

Remember that cooking time may vary depending on cut size and degree of cooking required. Consult the cooking guide inside for guidelines.

#### ► How to Bake

Place food in a metal or tempered glass baking pan that is no more than 12" diameter. To leave enough room for the flow of hot air around the food being cooked.

If you do not have a baking pan of the right size, you can simply shape any type of pan you want by using aluminum foil. Consult the chart inside for guidelines regarding baked goods.

#### ► How to Broil

Place the food directly on wire rack.

For very thick cuts of meat, turn the food at the halfway point.

Like roasting, broiling time may vary depending on cut size, amount of fat, etc.

#### ► How to Steam

You can steam vegetables at the same time you cook your main dish by placing the vegetables in an aluminium foil pouch: add a few drops of water and seal the pouch.

#### ► How to Fry

You can get the effect of deep-fat french fries without all the oil by dipping potato strips in polyunsaturated cooking oil, allow excess oil to drain away and cook according to cooking guide. To make delicious fried chicken, dip chicken pieces in batter and then in cooking oil. drain excess oil and cook according to chart provided.

## QUICK REFERENCE SECTION continued

#### ► How to Toast

You can get perfectly toasted bread and snack with the Convection Oven without preheating. Simply put the food directly on wire rack and watch it toast. It will be crisp on the outside and stay soft on the inside.

You can also improve stale snack food like crackers, chips and even cookies by placing them in the convection oven for a few minutes at maximum temperature to bring back their crunchiness.

#### ► How to Defrost

You can use the Convection Oven to defrost frozen food more evenly than a microwave oven, simply set the temperature at **125°F (50°C)** and check the food every **5-10 minutes**.

To cook frozen dinners, lower the suggested temperature by **50°F (20°C)**.

Example: **450°F (225°C)** to **400°F (205°C)**. Cooking time will also be 30 to 50% less for the Convection Oven. (Example **20 minutes** to **10-15 minutes**).

#### ► GENERAL GUIDELINES AND WARNING

Remember to distribute food evenly in the Convection Oven to ensure an even flow of air all around the food.

The first time you try a recipe, check the cooking process through the tempered glass wall. Always check that the food is thoroughly cooked through before serving.

Since it is practical to place food directly on the wire rack, you may want to spray it with a non-stick spray to avoid sticking.

The Convection oven is self cleaning. Simply put 2" of water in the bottom and set the temperature at 100 for **10-12 minutes**.

For a very dirty oven, add some detergent to the water and wipe the stains if needed.

**NOTE: The glass surfaces get hot!**

Always use oven mitts when moving the unit and use the insulated handle, never lift by the bowl.



**These times below are only a guide, ensure food is thoroughly cooked through before serving**

## **CONVECTION OVEN COOKING GUIDE**

	Cooking (minutes)	Temperature	Rack Position
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- Roast Meat**

Beef	16 min per 1lb + 20 mins	180 - 190°C	low rack
Lamb	16 min per 1lb + 20 mins	180 - 190°C	low rack
Pork	24 min per 1lb + 20 mins	180 - 190°C	low rack

- Steak**

Rare	3 min each side	250°C	high rack
Medium	5 min each side	250°C	high rack
Well done	7 min each side	250°C	high rack

- Other Meat**

Sausage	5-8 min each side	250°C	high rack
Pork Chop	6-8 min each side	250°C	high rack
Lamb Chop	6-8 min each side	250°C	high rack
Chicken	35-40 min	190 - 200°C	low rack
Chicken Parts	15 - 20 min	190 - 200°C	high rack

- Cake**

One Layer	20 - 25	200°C	low rack
Loaf	35 - 40	150°C	low rack