

**PROGRESS®**

Est. 1931

**3.2 LITRE  
HOT AIR FRYER**

Instruction manual

# **PROGRESS®**

Est. 1931

Please retain instructions for future reference.

## **Safety Instructions**

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

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not pull or carry the appliance by its power supply cord.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The outer surface or door may get hot during operation.



**CAUTION:** Hot surface – do not touch any sections or

surfaces of the appliance that may become hot or the heating components of the appliance.

**WARNING:** Keep the appliance away from flammable materials.

# PROGRESS®

Est. 1931

## **Automatic Switch-off**

The hot air fryer is fitted with an automatic switch-off.

This may activate if:

1. The set cooking time has elapsed. The timer will sound and the automatic switch-off will activate, turning off the hot air fryer.
2. The cooking compartment is pulled out from the hot air fryer during cooking. In this case, the timer will continue counting down until the cooking time has elapsed.

**NOTE:** If the hot air fryer needs to be turned off before the set cooking time has elapsed, switch off and unplug it from the mains power supply.

## **Dos and Don'ts**

### **Do:**

Check that the non-stick coated cooking basket is securely fitted before use. Not doing so will prevent the hot air fryer from operating. Only hold the cooking compartment by the cooking basket handle. Take care when removing the non-stick coated cooking basket, as steam may be emitted.

### **Do not:**

Invert the non-stick coated cooking basket with the cooking compartment still attached, as excess oil may collect at the bottom of the cooking compartment.

Cover the hot air fryer or its air inlets, as this will disrupt the airflow and could affect the cooking results.

Fill the cooking compartment with oil or any other liquid.

Press the basket release button whilst shaking the ingredients.

Touch the cooking compartment during or straight after use, as it gets very hot; only hold the cooking compartment by the handle.

Turn the timer control dial in an anticlockwise direction as this will damage its accuracy.



## **Care and Maintenance**

Before attempting any cleaning or maintenance, switch off and unplug the hot air fryer from the mains power supply and allow it to fully cool.

**STEP 1:** Wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the hot air fryer main unit in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the hot air fryer or its accessories, as this could cause damage.

**NOTE:** The hot air fryer should be cleaned after each use.

# PROGRESS®

Est. 1931

## Description of Parts



- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1. 3.2 Litre Hot Air Fryer main unit | 6. Plastic cover                |
| 2. Cooking compartment               | 7. Timer control dial           |
| 3. Non-stick coated cooking basket   | 8. Temperature control dial     |
| 4. Cooking basket handle             | 9. Orange power indicator light |
| 5. Cooking basket release button     | 10. Green heat indicator light  |

## Instructions for Use

### Before First Use

**STEP 1:** Before connecting the hot air fryer to the mains power supply, wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

**STEP 3:** Place the hot air fryer main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

**NOTE:** When using the hot air fryer for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the hot air fryer during use. It is advised to run the hot air fryer without food for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste of the food.

## Assembling the 3.2 Litre Hot Air Fryer

**STEP 1:** Fit the non-stick coated cooking basket into the cooking compartment, so that it is secure. Check that the plastic cover is concealing the cooking basket release button to avoid it being pressed during use.

**STEP 2:** Slide the cooking compartment into the hot air fryer main unit to close it.

**NOTE:** The hot air fryer comes preassembled. The cooking compartment should be closed securely before use, as not doing so will prevent it from working.

## Using the 3.2 Litre Hot Air Fryer

**STEP 1:** Plug in and switch on the hot air fryer at the mains power supply.

**STEP 2:** Preheat the hot air fryer for approx. 5 minutes by using the timer control and temperature control dials. The orange power indicator light and green heat indicator light will illuminate, signalling that the hot air fryer is heating up. Once it has reached the required temperature, the green heat indicator light will automatically switch off.

**STEP 3:** Remove the cooking compartment by pulling it out of the hot air fryer using the cooking basket handle. Place the cooking compartment onto a flat, stable, heat-resistant surface.

**STEP 4:** Place the ingredients into the non-stick coated cooking basket and then slide the cooking compartment back into the hot air fryer main unit to close it.

**STEP 5:** Use the temperature control dial to set the hot air fryer to the required heat setting.

**STEP 6:** Determine the cooking time required for the ingredients and use the timer control dial to set the time accordingly; the timer will begin to count down once released.

**STEP 7:** Some ingredients may require shaking halfway through the cooking time. Remove the cooking compartment by pulling the cooking basket handle out of the hot air fryer. The plastic cover must be concealing the cooking basket release button; take care not to release the hot non-stick coated cooking basket by pressing the cooking basket release button. Shake the cooking compartment gently and then slide it back into the hot air fryer main unit to close it and continue to cook.

**STEP 8:** Once cooking is complete and the preset time has elapsed, the timer will sound. Check whether the ingredients are ready by pulling the cooking compartment out from the hot air fryer using the cooking basket handle. If the ingredients are not cooked, close the cooking compartment and replace it back into the hot air fryer main unit. Use the timer control dial to adjust the cooking time accordingly. If the food is cooked, press the cooking basket release button to remove the non-stick coated cooking basket from the cooking compartment and then empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tongs (not included) if the food is large or fragile.

**NOTE:** Always preheat the hot air fryer before starting to cook or alternatively add approx. 3–5 minutes onto the cooking time. If the cooking time or temperature setting needs to be changed during use, simply use the timer or temperature control dials as required and the hot air fryer will automatically adjust the settings. During use, the green heat indicator light will cycle on and off to signal that it is maintaining the selected temperature.

**CAUTION:** Do not tip the food directly into a bowl or onto a plate, as excess oil may collect at the bottom of the cooking compartment and leak onto ingredients. Always remove the non-stick coated cooking basket from the cooking compartment.

Exercise caution when opening and closing the cooking compartment during use, as it will become very hot.

**WARNING:** Nominal voltage is still present even when the temperature control dial is turned to the off position. To permanently switch off the hot air fryer, turn it off at the mains power supply.

## Using the Non-Stick Coated Cooking Basket

The non-stick coated cooking basket is removable for ease of use.

**STEP 1:** To remove the non-stick coated cooking basket from the cooking compartment, push the plastic cover on the cooking basket handle forwards to reveal the cooking basket release button.

**STEP 2:** Press and hold the cooking basket release button and carefully lift the cooking basket handle to release the non-stick coated cooking basket.

**STEP 3:** Replace the non-stick coated cooking basket by fitting it into the cooking compartment, until it is secure.

**STEP 4:** Slide the plastic cover back into position, so that it conceals the cooking basket release button.

**WARNING:** Never press the cooking basket release button if the cooking compartment is elevated, as this could cause injury; only press it once the cooking compartment has been placed onto a flat, stable surface.

## Cooking Guide

The following is a guideline for cooking certain types of foods with the hot air fryer.

This is a guideline only and cooking should always be monitored. Food should always be piping hot before served.

### Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	300–700 g	12–16 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 3.2 Litre Hot Air Fryer'.
Thick frozen chips	300–700 g	12–16 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 3.2 Litre Hot Air Fryer'.
Home-made chips	300–800 g	18–25 mins	200 °C	Soak the chips in water for 30 minutes, then add ½ tbsp of oil and shake following the instructions in the section entitled 'Using the 3.2 Litre Hot Air Fryer'.

Home-made potato wedges	300–800 g	20–25 mins	180 °C	Part soak the potato wedges in water, then add ½ tbsp of oil and shake, following the instructions in the section entitled 'Using the 3.2 Litre Hot Air Fryer'.
-------------------------	-----------	------------	--------	---

## Meat and Poultry

Steak	100–500 g	6–15 mins	180 °C
Hamburger	100–500 g	15–20 mins	180 °C
Pork chops	100–500 g	18–22 mins	200 °C
Chicken breast	100–500 g	15 –22 mins	200 °C
Chicken drumsticks	100–500 g	15–22 mins	200 °C

## Snacks and Sides

Frozen chicken nuggets	100–500 g	6–10 mins	200 °C
Spring rolls	100–400 g	10–12 mins	200 °C
Stuffed vegetables	100–400 g	12–15 mins	160 °C

## Bake and Cakes

Quiche	400 g	20–22 mins	180 °C
Cupcakes	300 g	12–15 mins	160 °C
Muffins	300 g	10–12 mins	200 °C

## **A Step by Step Guide to Making Chips**

### **Home-made Chips**

**STEP 1:** Cut the potato into chips approx. 1 cm wide.

**STEP 2:** Place the chopped potatoes into a pan of cold water. Bring the water to the boil and parboil the potatoes for approx. 3 minutes.

**STEP 3:** Preheat the hot air fryer to 200 °C.

**STEP 4:** Drain the potatoes and dry thoroughly using a paper towel.

**STEP 5:** Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the non-stick coated cooking basket. Check that they are fully coated for best results.

**STEP 6:** Cook at 200 °C for 18–25 minutes.

**STEP 7:** Shake the chips regularly (approx. every 6 minutes) to make sure that they cook evenly.

**STEP 8:** Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

### **Frozen Chips**

**STEP 1:** Preheat the hot air fryer to 200 °C.

**STEP 2:** Add 300–700 g of frozen chips into the non-stick coated cooking basket.

**STEP 3:** Cook for 12–16 minutes.

**STEP 4:** Shake the chips regularly (approx. every 6 minutes) to make sure that they cook evenly.

**STEP 5:** Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

### **Storage**

Check that the hot air fryer is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the hot air fryer; wrap it loosely to avoid causing damage.

### **Specifications**

Product code: EK2818HP

Input: 220–240 V ~ 50/60 Hz

Output: 1300 W

**PROGRESS®**

Est. 1931

# DELICIOUS HEALTHY FOOD

Recipe ideas





## Beef Samosas

### Ingredients

100 g beef mince	½ thyme sprig	Milk, optional
½ packet of filo pastry	½ tbsp curry powder	Salt and pepper, to taste
½ onion, chopped	Spray oil	
½ shallot, minced		

### Method

In a large saucepan on a medium heat, add a drizzle of oil and the onion to soften, followed by the minced shallot. Add the beef mince and thyme to the pan and cook for approx. 5 minutes until the meat is browned and then remove from the heat. Add the curry powder to the mince mixture and season with salt and pepper.

Lay a sheet of filo pastry on a flat work surface and cut lengthways into thirds. Add a spoonful of the meat mixture to the top of each strip and then fold into triangles. Use a small amount of milk to seal the edges.

Continue this process until no beef mince mixture remains.

Preheat the hot air fryer to 200 °C.

Spray each samosa with oil, then place 2 samosas per time onto the non-stick coated cooking rack and cook for approx. 3 minutes.

Turn the samosas and then cook for a further 3 minutes, until both sides are crisp and golden brown.

## Grilled Prawns

### Ingredients

200 g jumbo prawns, washed and peeled	80 g melted butter 1 garlic clove, peeled and crushed	2 tbsp of lemon juice
--	---	-----------------------

### Method

Preheat the hot air fryer to 200 °C.

In a small bowl, mix the melted butter, lemon juice and garlic. Dip the prawns into the butter mix and place them directly onto the non-stick coated cooking rack. Grill the prawns for approx. 10–15 minutes, turning halfway through cooking.

## Salmon Croquettes

### Ingredients

½ tin pink salmon, drained, reserving the juice	16 g juice from drained salmon	¼ tsp Worcestershire sauce
40 g flour	½ egg	Spray oil
25 g breadcrumbs	¼ chopped spring onion	Pepper, to taste
	½ tsp baking powder	

### Method

In a bowl, mix together the salmon and the egg and then stir in the flour, pepper, onions and Worcestershire sauce.

Mix the baking powder with the salmon juice and beat until foamy. Pour into the salmon mixture and mix with a fork.

Preheat the hot air fryer to 200 °C.

Create croquette shapes from the mixture and cover with breadcrumbs. Spray with oil, place them onto the non-stick coated cooking rack and cook for approx. 15–18 minutes or until golden brown.

## Breaded Fish Fillets

### Ingredients

100 g cod fillets/loins (even in size for the best cooking results)	½ egg, beaten	Spray oil
40 g breadcrumbs	2 tbsp plain flour	Salt and pepper, to taste
	1 tbsp Parmesan cheese	
	Basil, dried	

### Method

Add some plain flour to a medium-sized bowl and coat the cod fillets in the flour.

In another bowl, mix together the breadcrumbs, Parmesan and basil. Dip the fillets into the egg and then coat the fish in the breadcrumb mixture. Add seasoning to taste.

Preheat the hot air fryer to 190 °C.

Spray the fish with oil on all sides, place the fillets onto the non-stick coated cooking rack and cook for approx. 15–20 minutes or until golden brown.



## Crispy Fried Chicken

### Ingredients

3 chicken legs or 2	40 ml buttermilk	¼ tsp ground sage
chicken thighs	½ tbsp Dijon mustard	Spray oil
50 g cornflakes	½ tsp paprika	Salt and pepper, to taste
30 g all-purpose flour	½ tsp cayenne pepper	

### Method

In a wide bowl or on a plate, season the flour with salt and pepper. Dip the chicken into the flour so that it is fully coated, tap against the bowl to shake off any excess flour and set aside. Discard the unused flour.

Place the cornflakes into a big, resealable bag, making sure that there is no air in the bag before sealing, and then run a rolling pin over the bag to crush. Pour the crushed cornflakes into a wide bowl or onto a plate.

In a large bowl, mix the buttermilk, mustard, cayenne pepper, paprika and sage. Dip the chicken pieces into the buttermilk mixture and then roll in the crushed cornflakes.

Preheat the hot air fryer to 200 °C.

Spray all over with oil and then arrange the chicken pieces onto the non-stick coated cooking rack and cook for approx. 5–10 minutes.

Reduce the temperature to 190 °C and cook for a further 20–25 minutes for thighs and 10–15 minutes for legs, checking that the chicken is thoroughly cooked before serving.

## Crispy Sesame Fried Chicken

### Ingredients

90 g chicken breast strips	1½ tsp salt	¼ tsp dried oregano
40 g rolled porridge oats	½ tsp garlic powder	¼ tsp ground black pepper
25 g self-raising flour	½ tsp onion powder	60 ml chicken stock
10 g toasted sesame seeds	½ tsp soy sauce	Spray oil
½ tbsp chicken	¼ tsp dried basil	
bouillon powder		

### Method

Coat the chicken with the ½ tsp salt, black pepper and garlic powder and then chill for approx. 4 hours.

In a medium-sized bowl, mix together the oats, sesame seeds, ½ tsp of salt and chicken bouillon powder and set aside. In another bowl, combine the flour, ½ tsp of salt, onion powder, basil, oregano, soy sauce and chicken stock. Dip the chicken into the chicken stock and then roll in the sesame seed mixture.

Preheat the hot air fryer to 200 °C.

Spray the chicken with oil, place it onto the non-stick coated cooking rack and cook for approx. 15–22 minutes or until golden brown.

## Japanese Style Fried Chicken

### Ingredients

175 g skinless, boneless chicken breast, cut into 1 inch cubes	½ tbsp minced garlic	¼ tsp salt
1 egg, lightly beaten	½ tbsp grated fresh ginger root	¼ tsp black pepper
1½ tbsp potato flour	½ tbsp sesame oil	¼ tsp chicken stock cube
½ tbsp rice flour	½ tbsp soy sauce	Spray oil
	¼ tsp white sugar	

### Method

In a large bowl, mix together the eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce and stock cube. Add the chicken pieces and stir to coat. Cover and refrigerate for approx. 30 minutes.

Preheat the hot air fryer to 200 °C.

Remove the bowl from refrigerator, add the potato flour and rice flour to the chicken and mix well.

Spray the chicken with oil, place it onto the non-stick coated cooking rack and cook for approx. 15–22 minutes or until golden brown.

## Chicken Nuggets

### Ingredients

6 cream or plain crackers	1 tbsp butter	½ lemon (optional)
1 skinless chicken breast fillet, cut into 2–3 cm pieces	1 tbsp dry parsley or 2 sprigs fresh parsley (optional)	Spray oil
1 garlic clove (optional)	Plain flour	Salt and pepper, to taste
1 medium egg		

### Method

To prepare the chicken, peel the garlic and zest the lemon. Put the crackers into a food processor with the butter, garlic, parsley, lemon zest and a pinch of salt and pepper and then process until the mixture is very fine. Pour these crumbs onto a plate.

Sprinkle the flour onto a second plate, and then crack the eggs into a small bowl to beat with a fork. Roll the chicken pieces in the flour until all sides are completely coated and then dip them into the egg, followed by the flavoured crumbs. Rub the crumbs onto the chicken pieces so that they stick; the chicken pieces should be totally coated.

Preheat the hot air fryer to 200 °C.

Spray the chicken pieces on all sides with oil, and place them onto the non-stick coated cooking rack and cook for approx. 10–15 minutes or until cooked through, golden and crisp.





## Peppercorn Steak

### Ingredients

200 g sirloin steak (1.5 cm–2.5 cm thick)	2 tbsp Worcestershire sauce	1 tbsp green peppercorns
50 g unsalted butter	2 tbsp brandy	Black and white peppercorns, to taste
2 shallots, finely diced	2 tbsp double cream	Salt and pepper, to taste
100 ml beef stock	1 tbsp Dijon mustard	
	1 tbsp olive oil	

### Method

Dry the steaks with kitchen paper and press the black and white peppercorns into both sides.

Cover with foil or plastic film and then refrigerate for approx. 2–3 hours.

Preheat the hot air fryer to 180 °C.

Place the steak onto the non-stick coated cooking rack and cook for approx. 6 (rare), 8 (medium) or 10 (well done) minutes depending upon preference. Turn the steak halfway through to caramelise on both sides.

Meanwhile, make the sauce. Heat the oil and butter in a fry pan and cook the shallots over a medium heat, until soft. Add the Worcestershire sauce, brandy and stock to the fry pan. Cook rapidly, scraping the bottom of the fry pan to incorporate the flavours. Add the green peppercorns, mustard and cream, then season to taste.

Remove the meat from the hot air fryer and leave to rest for approx. 5 minutes before cutting diagonally into slices. Add the meat to the sauce. Stir to combine the meat juices with the peppercorn sauce and to warm the meat through.

## Lightly-fried Lamb Chops with Rosemary and Garlic

### Ingredients

3 small lamb rib chops or 2 lamb loin chops	1 tbsp fresh rosemary, chopped	Fresh rosemary sprigs (optional)
1 tbsp minced garlic	½ tsp dried crushed red pepper	

### Method

In a small bowl, combine the garlic, rosemary and crushed red pepper. Rub about ¼ tsp of the mixture over both sides of each lamb chop.

Sprinkle the lamb chops with salt and put onto a plate, cover and refrigerate for approx. 30 minutes or preferably up to 4 hours.

Preheat the hot air fryer to 200 °C.

Place the lamb chops onto the non-stick coated cooking rack and cook for approx.

10 minutes, depending upon how well done the meat is required to be cooked. Shake halfway through.

Garnish the lamb chops with rosemary if desired.

## Pork Chop

### Ingredients

1 pork chop

Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.

Season the pork chop with salt and pepper.

Place the pork chop onto the non-stick cooking rack and cook for approx. 18–20 minutes.

The time it takes to cook the pork chop depends upon preference; flip it halfway through cooking for even colour and caramelisation.

## Mustard Pork Chop

### Ingredients

1 pork chop

Dijon mustard

### Method

Preheat the hot air fryer to 200 °C.

Coat the pork chop with a generous helping of Dijon mustard.

Place the pork chop onto the non-stick coated cooking rack and cook for approx.

18–20 minutes, until the fat goes crispy.

Flip the pork chop halfway through cooking for even colour and caramelisation.





## Roast Gammon Joint

### Ingredients

750 g gammon joint

Salt and pepper, to season

### Method

Preheat the hot air fryer to 180 °C.

Place the gammon onto the non-stick coated cooking rack and cover loosely with foil.

For a 750 g gammon joint, cook it for approx. 25 minutes, turn it over and then cook for a further 25 minutes. Remove the foil and let it brown for approx. 10 minutes, then turn it again to brown all over for a further 10 minutes.

Cooking times may vary, depending upon the shape or thickness of the joint.

Test with a skewer to make sure that the juices run clear.

Season to taste.

**Note:** Be careful when removing the cooking compartment from the hot air fryer as hot juices will have collected in the bottom; take care to avoid injury.

## Breaded Chicken Goujons

### Ingredients

25 g breadcrumbs

1 chicken breast

25 g cream cheese

Spray oil

### Method

Cut the chicken breasts into strips, spread with cream cheese evenly and then coat with the breadcrumbs.

Preheat the hot air fryer to 200 °C.

Lightly spray the chicken with oil, place it onto the non-stick coated cooking rack and cook for approx. 15–22 minutes, turning halfway through or until golden brown and firm to touch.

## Potato Wedges with Rosemary

### Ingredients

1 medium white potato, cut into small wedges	1 fresh rosemary sprig	Salt and pepper, to taste
1 garlic clove, crushed	Spray oil	

### Method

Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water.

Put the potato wedges into a bowl, add the remaining ingredients and mix together.

Preheat the hot air fryer to 180 °C.

Spray the wedges with oil so that each one is lightly coated, place them onto the non-stick coated cooking rack and cook for approx. 20–30 minutes or until golden brown and crispy on the outside.

It is recommended to shake the cooking compartment halfway through cooking, so that the wedges are cooked evenly.

## Onion Rings

### Ingredients

32 g all-purpose flour	80 ml buttermilk	Salt and pepper, to taste
1 large onion	Spray oil	

### Method

Wash, peel, and cut the onions into 5 mm thick rounds and then separate the rounds into rings.

In a wide bowl or on a plate, season the flour with salt and pepper. Dip the onion rings into the flour so that they are fully coated, tap against the bowl to shake off any excess flour and set aside. Discard the unused flour.

Dip the onion rings into the buttermilk until fully coated.

Shake off the excess buttermilk and coat in the flour for a second time.

Preheat the hot air fryer to 200 °C.

Spray the onion rings with oil, place them onto the non-stick coated cooking rack and cook for approx. 5–8 minutes or until golden brown.

It is recommended to shake the cooking compartment halfway through cooking, so that the onion rings are cooked evenly.

# PROGRESS®

Est. 1931

## Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

**Blue Neutral (N)**

**Brown Live (L)**

**Green/Yellow Earth ( $\perp$ )**

**FOR UK USE ONLY** – Plug fitting details  
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked  $\perp$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

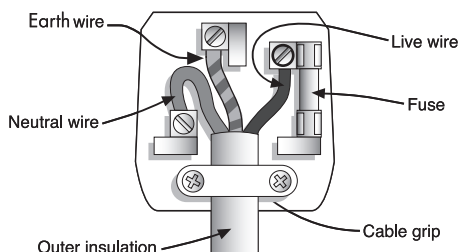
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



**UP Global Sourcing UK Ltd.,  
UK. Manchester OL9 0DD.  
Germany. 51149 Köln.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department at **[www.progresscookshop.com](http://www.progresscookshop.com)**

Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

### **Guarantee**

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



# PROGRESS®

Est. 1931

\*To be eligible for the extended guarantee,  
go to <https://guarantee.upgs.com/progress/> and  
register your product within 30 days of purchase.

Find us on 

[www.facebook.com/ProgressCookshop](https://www.facebook.com/ProgressCookshop)

Manufactured by:  
UP Global Sourcing UK Ltd.,  
**UK.** Manchester OL9 0DD.  
**Germany.** 51149 Köln.

Made in China.

CD150218/MD131120/V7

