

PROGRESS®

Est. 1931

AIRCOOK

PRO XL

Instruction manual

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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.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

This appliance contains no user serviceable parts, 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.

Switch off the appliance and disconnect it from the mains power supply before changing or fitting accessories.

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.

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Automatic Switch-off

The AeroCook Pro XL is fitted with an automatic switch-off.

This will activate if:

1. The set cooking time has elapsed. The timer will sound and the automatic switch-off will activate, turning off the AeroCook Pro XL.
2. The cooking compartment is pulled out from the AeroCook Pro XL during cooking. In this case, the timer will pause; it will continue counting down when the cooking compartment is replaced.

NOTE: If the AeroCook Pro XL 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 baking/drip tray is inserted in the lowest position when cooking with other accessories to catch any drips and make cleaning easier.

Make sure that the cooking rack and baking/drip tray is correctly aligned when inserting into the AeroCook Pro XL.

Wear heat-resistant gloves when adding or removing food or using the cooking accessories.

Take care when opening the cooking compartment door of the AeroCook Pro XL, as steam may be emitted.

Empty the baking/drip tray if it becomes too full with excess oil. Use a heatproof dish to collect excess oil, and dispose of it properly once it has cooled.

Use the rotisserie tongs when removing rotisserie accessories, taking care not to touch the heating element as these could still be hot after use.

DO NOT:

Move the AeroCook Pro XL when hot or with hot food inside, as oil or juices could spill from the baking/drip tray.

Cover the AeroCook Pro XL or its air inlets or outlets, as this will disrupt the airflow and could affect the cooking results and cause heat damage or fire.

Store anything on top of the AeroCook Pro XL; it must be kept clear at all times.

Touch the inside of the cooking compartment or any of the accessories when hot.

Touch the sharp ends of the rotisserie forks.

Leave the AeroCook Pro XL unattended when cooking at a high temperature or cooking flammable foods.

Position the AeroCook Pro XL directly against a wall or other surface, as the air outlet may cause heat damage.

Spray the heating element in the top of the inner unit with cleaning solution.

Care and Maintenance

Before attempting any cleaning or maintenance, switch off and unplug the AeroCook Pro XL from the mains power supply and allow it to fully cool.

STEP 1: Wipe the AeroCook Pro XL main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean any accessories with warm, soapy water, then rinse and dry thoroughly.

Never use harsh or abrasive cleaning detergents or scourers to clean the AeroCook Pro XL or its accessories, as this could cause damage.

NOTE: The AeroCook Pro XL should be cleaned after each use.

The cooking compartment door features a door latch switch, which enables it to be removed from the AeroCook Pro XL main unit for easy cleaning. Carefully pull the door latch switch to the left and remove the cooking compartment door. To reattach, pull the door latch switch to the right and realign the cooking compartment door with the hinges on the AeroCook Pro XL main unit. Once aligned, release the door latch switch to lock the cooking compartment door back into position.

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Description of Parts



1. AeroCook Pro XL main unit
2. Cooking compartment
3. Power indicator light
4. Temperature indicator light
5. Rotisserie button
6. Temperature control dial
7. Timer control dial
8. Air outlet
9. Air inlet
10. Door handle

11. Baking/drip tray
12. Mesh trays
13. Rotisserie bar
14. Rotisserie tongs
15. Rotisserie forks
16. Rotisserie fork tightening screw
17. Rotisserie bar bracket (inside)
18. Rotisserie bar rotating slot (inside)
19. Accessory slots
20. Door latch switch

Instructions for Use

Before First Use

STEP 1: Before connecting to the mains power supply, wipe the AeroCook Pro XL main unit with a soft, damp cloth and allow to dry thoroughly.

STEP 2: Clean all of the accessories in warm, soapy water, then rinse and dry thoroughly. Do not immerse the AeroCook Pro XL main unit in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the AeroCook Pro XL or its accessories, as this could cause damage.

STEP 3: Place the AeroCook Pro XL main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

NOTE: When using the AeroCook Pro XL 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 AeroCook Pro XL during use. It is advised to run the AeroCook Pro XL at a high temperature without food in for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste.

Using the AeroCook Pro XL

STEP 1: Plug in and switch on the AeroCook Pro XL at the mains power supply.

STEP 2: Preheat the AeroCook Pro XL for approx. 5 minutes using the timer and temperature control dials. The power and temperature indicator lights will illuminate and the fan will turn on.

STEP 3: Place the ingredients on top of the required cooking accessory (mesh tray or baking/drip tray). Slide the cooking accessory with food into the required slot in the AeroCook Pro XL main unit.

STEP 4: Gently close the cooking compartment until it clicks shut.

STEP 5: Use the temperature control dial to set the AeroCook Pro XL 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 moving during the cooking cycle. Remove the cooking accessory containing the food by gently pulling it out from the AeroCook Pro XL main unit using heat-resistant gloves. Shake the food gently as required, then slide it back into the AeroCook Pro XL main unit and close the cooking compartment to continue cooking.

STEP 8: Once cooking is complete and the time has elapsed, the timer will sound. Check whether the ingredients are ready by carefully opening the cooking compartment. If the ingredients are not cooked, close the cooking compartment door and use the timer control dial to adjust the cooking time accordingly. If the food is cooked, remove the cooking accessory containing the food from the cooking compartment using heat-resistant gloves, 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 AeroCook Pro XL before starting to cook. Alternatively, add approx. 3–5 minutes onto the cooking time. If the cooking time or temperature settings need to be changed during use, simply use the timer or temperature control dials, as required. The AeroCook Pro XL will automatically adjust the settings.

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

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WARNING: Nominal voltage is still present even when the AeroCook Pro XL is turned off. To fully turn off the AeroCook Pro XL, switch off and unplug it from the mains power supply. The AeroCook Pro XL will become very hot during use; take caution to avoid injury and always place on a heat-resistant surface.

Using the Rotisserie

The rotisserie can be used to cook large foods, such as whole chicken or meat joints. Prepare the food to be cooked by skewering it with the rotisserie bar, making sure that the bar goes through the centre of the food. Use the two rotisserie forks to hold the food in place. Put one fork on either end of the rotisserie bar with the forks pointing inwards, then use them to clamp the food securely. Tighten them into place with the tightening screws. It should be possible to rotate the rotisserie bar without the food slipping.

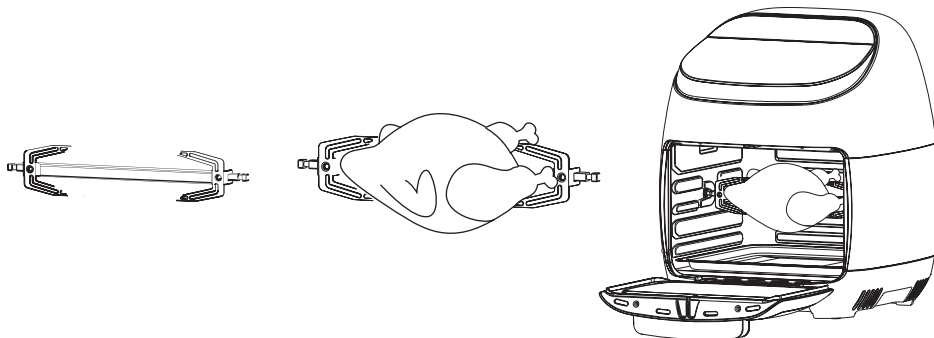
Carefully place the larger end of the rotisserie bar into the rotating socket at the right side of the cooking compartment, then gently lower the smaller end of the rotisserie bar into the rotisserie bar bracket at the left side of the cooking compartment. The rotisserie bar should be able to spin freely in the bracket.

NOTE: Food must be able to turn fully and should not rub against any side of the cooking compartment whilst rotating.

Always use the baking/drip tray to catch any drips from food being cooked using the rotisserie feature.

Cook the food using the instructions in the section entitled 'Using the AeroCook Pro XL', but make sure that the rotisserie button is pressed prior to beginning the cooking cycle to guarantee even cooking.

Always use the rotisserie tongs to remove hot food.



Cooking Guide

The following is a guideline for cooking certain types of foods with the AeroCook Pro XL. This is a guideline only and cooking should always be monitored. Food should always be piping hot before serving.

Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	300–700 g	18–20 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the AeroCook Pro XL.
Thick frozen chips	300–700 g	18–20 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the AeroCook Pro XL.
Home-made chips	300–800 g	20–25 mins	200 °C	Follow the full instructions in the section entitled 'A Step by Step Guide to Making Chips'.
Home-made potato wedges	300–800 g	20–25 mins	180 °C	Part soak the potato wedges in water to remove the starch, add ½ tbsp of oil and shake following the instructions in the section entitled 'Using the AeroCook Pro XL.

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Meat and Poultry

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Steak	100–500 g	Well done: 18 mins Medium: 16 mins Rare: 14 mins	200 °C	Turn over halfway through the total cooking time.
Burgers	100–500 g	13–15 mins	180 °C	Turn over halfway through the total cooking time.
Pork chops	100–500 g	18–22 mins	200 °C	Turn over halfway through the total cooking time.
Chicken breast	100–500 g	15–22 mins	200 °C	Always check that chicken is cooked thoroughly.
Chicken drumsticks	100–500 g	15–22 mins	200 °C	Always check that chicken is cooked thoroughly.

Snacks and Sides

Food	Amount	Approx. Cooking Time	Temperature
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

Bakes and Cakes

Food	Amount	Approx. Cooking Time	Temperature
Quiche	400 g	20–22 mins	180 °C
Cake	300 g	16–18 mins	180 °C
Muffins	300 g	16–18 mins	160 °C

A Step by Step Guide to Making Chips

Home-made Chips

Preheat the AeroCook Pro XL to 200 °C.

Cut the potatoes into chips approx. 1 cm wide.

Place the chopped potatoes into a pan of cold water and bring to the boil. Parboil for approx. 3 minutes.

Drain the water from the potatoes and dry thoroughly with a paper towel.

Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the baking/drip tray. Slide the baking/drip tray into the AeroCook Pro XL, making sure that they are fully coated for best results.

Cook at 200 °C for 18–20 minutes.

Shake the chips regularly (approx. every 6 minutes) so that they all cook evenly.

Once cooked through and crispy, remove from the AeroCook Pro XL, season and enjoy.

Frozen Chips

Preheat the AeroCook Pro XL to 200 °C.

Add 300–700 g of frozen chips to the baking/drip tray. Slide the baking/drip tray into the AeroCook Pro XL.

Cook at 200 °C for 18–20 minutes.

Shake the chips regularly (approx. every 6 minutes) so that they all cook evenly.

Once cooked through and crispy, remove from the AeroCook Pro XL, season and enjoy.

Storage

Check that the AeroCook Pro XL is cool, clean and dry before storing in a cool, dry place.

Never wrap the cord tightly around the AeroCook Pro XL; wrap it loosely to avoid causing damage.

Specifications

Product code: EK3661P

Input: 220–240 V ~ 50/60 Hz

Output: 2000 W



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DELICIOUS HEALTHY FOOD

Recipe ideas



Katsu Chicken Curry

Ingredients

2 chicken breast fillets
1 egg
Panko breadcrumbs (or 2 slices of bread, crumbed)

For the Katsu Curry Sauce:

2 garlic cloves
300 ml chicken stock
1 cm fresh ginger, grated
1 tbsp medium curry powder
2 tbsp plain flour
1 tbsp soy sauce
2 tsp honey
1 tsp vegetable oil

Method

Preheat the AeroCook Pro XL to 180 °C for 5 minutes.

Flatten the two chicken breasts using a tenderiser or rolling pin.

Coat the two pieces of chicken in beaten egg and then in the panko breadcrumbs.

Add the chicken breasts to the baking/drip tray and cook at 180 °C for approx. 20 minutes, turning over halfway through.

Whilst the chicken is cooking, prepare the katsu curry sauce. Gently fry the garlic cloves in oil, add the curry powder and mix.

Add the chicken stock gradually, stirring to avoid lumps and then leave to reduce. Thicken using the plain flour, if necessary.

After approx. 5 minutes, add the soy sauce and honey and reduce down for a further 5 minutes.

Once the chicken is cooked thoroughly, remove from the AeroCook Pro XL and pour over the curry sauce. Serve with rice.

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Soy and Garlic Chicken Thighs/Drumsticks

Ingredients

4 chicken thighs/drumsticks
2 cloves of garlic, chopped finely
3 tbspc soy sauce
3 tbspc honey
2 tbspc oil
½ tsp ground ginger
½ tsp Worcester sauce
Garlic salt

Method

Preheat the AeroCook Pro XL to 200 °C for 5 minutes.

Combine all of the ingredients, apart from the chicken thighs to create a marinade.

Coat the chicken thighs generously in the mixture. Leave to marinate for 2–3 hours, or overnight.

Add the chicken thighs to the baking/drip tray and cook at 200 °C for 20–25 minutes or until cooked thoroughly (depending upon the size of the thighs).

Serve with mashed potatoes and/or an easy salad.

Pork Steaks with Apple

Ingredients

2 pork steaks
1 red apple
½ red onion
1 tsp mustard
1 tsp vegetable oil
1½ tsp fresh rosemary
½ tsp fresh thyme

Method

Preheat the AeroCook Pro XL to 200 °C for 5 minutes.

Season the pork steaks with salt and pepper before rubbing generously with the mustard and a little oil.

Finely slice the apple and onion. Soften in a frying pan with oil, then add the fresh herbs and turn the heat right down. Once softened, remove from the heat.

Add the pork steaks to the baking/drip tray and cook at 200 °C for 20–25 minutes.

Remove the pork steaks from the AeroCook Pro XL and add the apple and onion mixture to the top. Put the pork steaks back into the AeroCook Pro XL and continue to cook for a further 5 minutes.

Serve with new potatoes.



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Lamb Cutlets with Garlic and Rosemary

- 4 lamb cutlets
- 2 garlic cloves, chopped
- 1 tbsp fresh rosemary, chopped
- 1 tbsp olive oil

Method

Preheat the AeroCook Pro XL to 180 °C for approx. 5 minutes.

Combine the garlic cloves with the fresh rosemary and olive oil in a bowl to create a marinade.

Coat the lamb cutlets generously in the mixture. Leave to marinate for 2–3 hours, or overnight.

Add the lamb cutlets to the baking/drip tray and cook at 180 °C for 10–15 minutes or until cooked to preference.

Serve with roast potatoes and sautéed vegetables.

Sirloin Steak with Mushrooms

- 2 sirloin steaks
- 250 g mushrooms
- 50 ml double cream
- 2 tsp mustard
- 2 tsp garlic paste

Method

Preheat the AeroCook Pro XL to 180 °C for approx. 5 minutes.

In a pan, sweat the mushrooms in vegetable oil and the garlic paste. Add the mustard and double cream and turn down to a lower heat to reduce.

Rub pepper into the two steaks.

Add the pork steaks to the baking/drip tray and cook at 180 °C for 20–25 minutes or until cooked to preference.

Serve the steaks coated with the garlic mushroom sauce.

Sea Bass Fillets with Roasted Vegetables

2 seabass fillets
5 cherry tomatoes
1 red onion
1 courgette
1 red pepper
1 yellow pepper
2 tsp dried oregano
Fresh rosemary (sprig)
Rock salt
Lemon juice
Spray olive oil

Method

Preheat the AeroCook Pro XL to 180 °C for approx. 5 minutes.

Roughly chop the vegetables into similar sized pieces. The smaller the pieces, the quicker they will cook.

Add to the baking/drip tray and spray with oil. Season with the fresh rosemary sprigs and dried oregano.

Cook the vegetables at 180 °C for approx. 20 minutes.

Spray the fish fillets with oil, then rub with rock salt and a lemon wedge. Add to the baking/drip tray and cook, along with the vegetables for a further 10–15 minutes until the fish is cooked thoroughly and the vegetables are starting to brown slightly.

Serve the sea bass fillet on top of the roasted vegetables.

Chips

Par boiled – 200 °C for 30–35 minutes

Not par boiled – 200 °C for 50–60 minutes

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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.

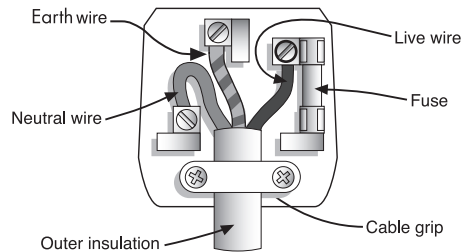
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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.



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If this product does not reach you in an acceptable condition please contact our Customer Services Department at 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.

Disposal of Waste Batteries and Electrical and Electronic Equipment



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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

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Manufactured by:
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