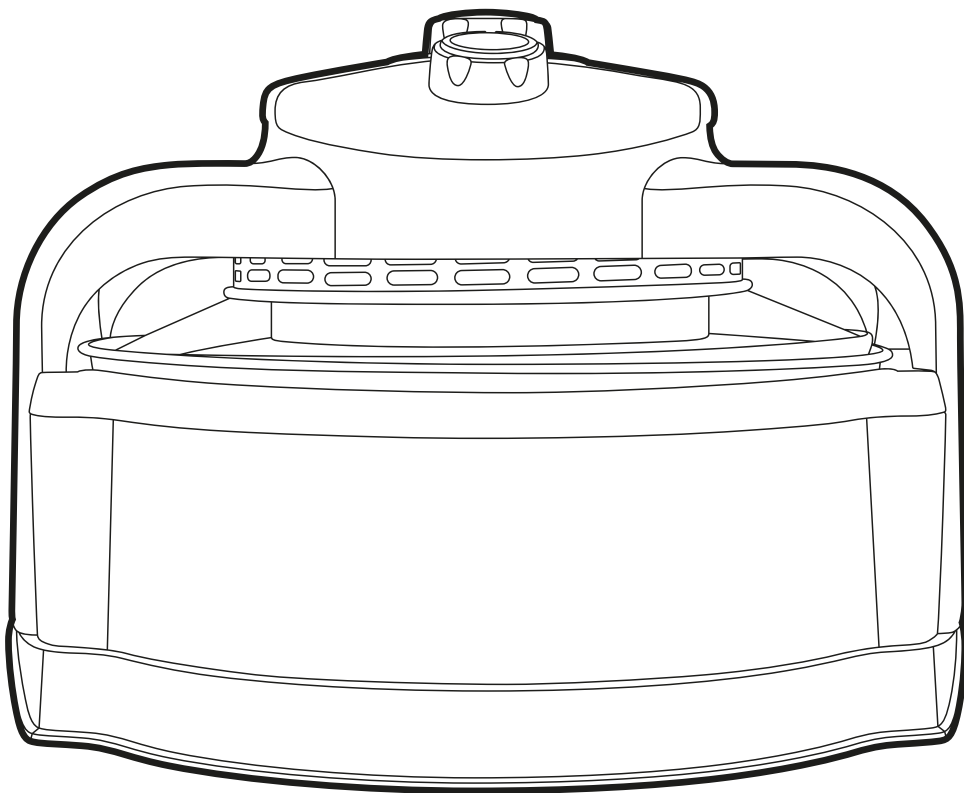


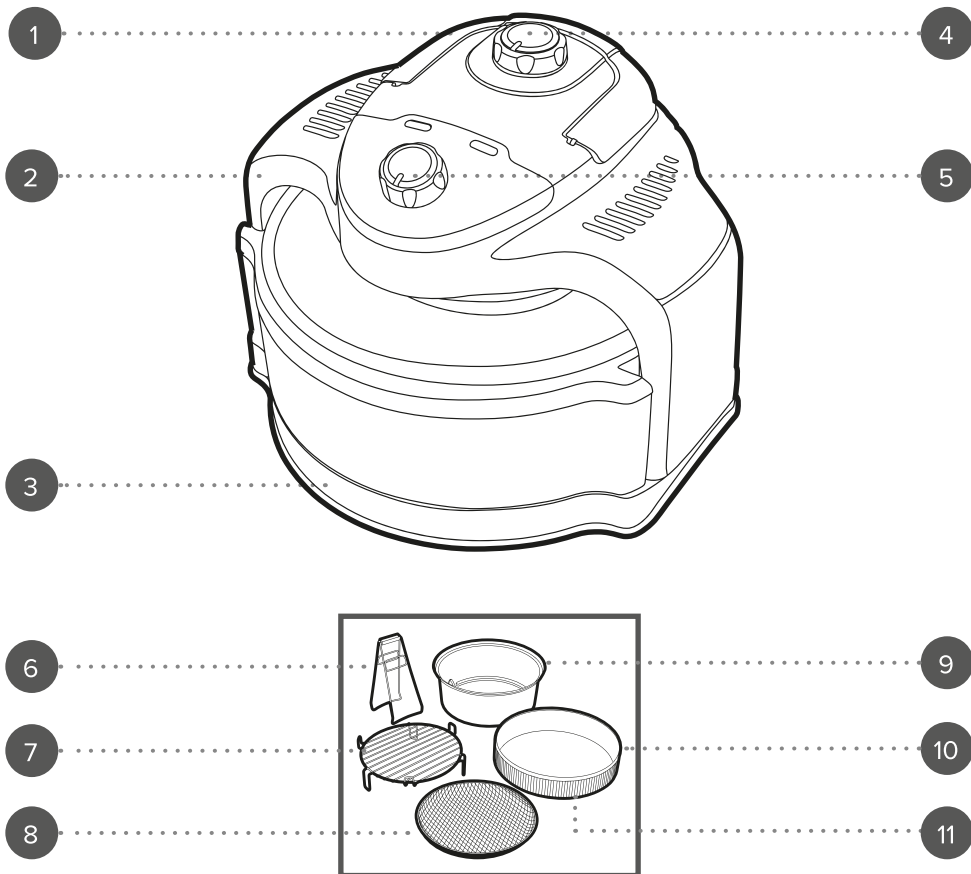
# User manual

Aerocook Pro

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## Description of parts



1. Safety handle
2. Lid
3. Air fryer oven base unit
4. Timer control dial
5. Temperature control dial
6. Tongs
7. Reversible grill rack
8. Mesh frying basket
9. Non-stick cooking bowl
10. Extender ring lip
11. Extender ring

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, 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 heat-resistant 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.

### Automatic switch-off

The air fryer oven 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 air fryer oven.
2. The cooking compartment is pulled away from the air fryer oven during cooking. In this case, the timer will pause; it will continue counting down when the cooking compartment is replaced.



**NOTE:** If the air fryer oven 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 air fryer oven.

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

Take care when opening the cooking compartment door of the air fryer oven, 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 air fryer oven when hot or with hot food inside, as oil or juices could spill from the baking/drip tray.

Cover the air fryer oven 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 air fryer oven; it must be kept clear at all times.

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

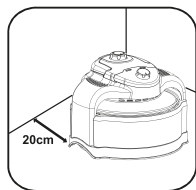
Touch the sharp ends of the rotisserie forks.

Leave the air fryer oven unattended when cooking at a high temperature or cooking flammable foods.

Position the air fryer oven 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.

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



**WARNING:** ENSURE THAT THE AIR FRYER OVEN HAS AT LEAST 20 CM OF FREE SPACE IN ALL DIRECTIONS BEFORE USE.

## Care and maintenance

The air fryer oven has a self-clean function. To use this, allow the air fryer oven to cool for approx. 15 minutes and then add warm water to the non-stick cooking bowl, filling it no more than 2–3 cm in depth. Add a small amount of mild detergent.

Plug in and switch on at the mains power supply. Set the temperature control dial to '**self-clean**' and the timer control dial to 5 minutes. When finished, allow to cool before removing the water and wiping clean. Allow to dry thoroughly before storing or reusing.

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

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

**STEP 2:** Clean the mesh frying basket, reversible grill rack, tongs and extender ring and non-stick cooking bowl in warm, soapy water, then rinse and dry thoroughly.

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



**NOTE:** The air fryer oven should be cleaned after each use. The air fryer oven main unit and accessories are not suitable for use in a dishwasher. The non-stick cooking bowl is suitable for use in a dishwasher.

## Instructions for use

### Before first use

**STEP 1:** Before connecting to the mains power supply, wipe air fryer oven 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 air fryer oven main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the air fryer oven or its accessories, as this could cause damage.

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



**NOTE:** When using the air fryer oven 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 air fryer oven during use. It is advised to run the air fryer oven 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.

## Assembling the air fryer oven

**STEP 1:** Place the non-stick cooking bowl inside the air fryer oven base unit, making sure that it is seated centrally.

**STEP 2:** Fit the desired accessories into the cooking compartment, until it is seated securely.

Grill foods by placing the reversible grill rack into the non-stick cooking bowl.

Air fry foods by placing the mesh frying basket on top of the reversible grill rack.

Cook larger foods by fitting the extender ring onto the top of the non-stick cooking bowl, if required.

**STEP 3:** Once the required accessories are in place, the lid can then be fitted on top of the extender ring. The extender ring can be found underneath the non-stick cooking bowl.



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

## Using the air fryer oven

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

**STEP 2:** Preheat the air fryer oven for approx. 10 minutes using the timer and temperature control dials; the air fryer oven does not need to be preheated to work efficiently. The green indicator light will switch off once the air fryer oven has reached the desired temperature.

**STEP 3:** Place the ingredients to be cooked into the non-stick cooking bowl or on top of the required cooking accessory, taking care not to overfill it. Slide the cooking accessory with food into the air fryer oven main unit.

**STEP 4:** Place the lid onto the cooking accessory.

**STEP 5:** Push the safety handle down until it clicks into place.

**STEP 6:** Use the temperature control dial to set the air fryer oven to the required heat setting.

**STEP 7:** Determine the cooking time required for the ingredients and use the timer control dial to set the desired time accordingly.

**STEP 8:** Some ingredients may require moving during the cooking cycle. Remove the cooking accessory containing the food by gently pulling it out from the air fryer oven main unit using heat-resistant gloves. Shake the food gently as required, then slide it back into the air fryer oven main unit and close the cooking compartment to continue cooking.

**STEP 9:** Once cooking is complete and the time has elapsed, the halogen infrared element and fan will switch off. If the ingredients are not cooked, close the cooking compartment 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 if the food is large or fragile. Lift the safety handle to remove the lid, taking care to avoid any hot steam escaping and hot food splashes. To stop the cooking process before the preset time has elapsed, lift the safety handle.



**NOTE:** The safety handle has an integrated safety switch which needs to be securely pressed down to allow cooking to commence. Always remove the lid using the safety handle to check that the safety switch is activated. Turn off the air fryer oven and wait for the timer to count down if the timer control has been set incorrectly. Other than when preheating the air fryer oven, do not operate the air fryer oven whilst it is empty.



**CAUTION:** Exercise caution when opening and closing the cooking compartment during use, as it will become very hot. Always check that food is cooked thoroughly and is piping hot before removing it from the air fryer oven.

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

## Air fryer oven functions

When using any of the functions, avoid foods being positioned too close to the halogen heating element. The extender ring should be used to increase the distance between the food and the halogen heating element and to create extra space for larger foods or larger quantities.

The cooking time will vary dependent upon the thickness of the food; a 4 cm thick steak will take longer to cook than a 2 cm thick steak.

Frozen foods such as burgers are likely to require a longer cooking time. To guarantee an even colour, foods can be turned periodically during the cooking process using the tongs.

## Grilling

When grilling, make sure that all foods are placed on the reversible grill rack and the temperature is set between 220–240 °C. Use the reversible grill rack as a high or low grill as required.

## Air frying

When air frying, place the foods into the mesh frying basket and position it on top of the reversible grill rack. Use the reversible grill rack as a high or low grill as required.

## Thawing

Although the air fryer oven can be used to cook food from frozen, the **'Thaw'** function can be used to defrost food at a low temperature by turning the temperature control to **'Thaw'**. This is the most efficient way to defrost without changing the quality or texture of the food. The length of time taken to defrost is dependent upon the food. To determine whether the food is defrosted thoroughly, use a fork to pierce the food.



**CAUTION:** Always check that food is thoroughly thawed before cooking. Follow normal cooking guidelines once thawed.

## Toasting

The air fryer oven can be used to toast a variety of foods, including bread, crumpets and bagels. The hot air in the air fryer oven will usually toast both sides of the food at the same time. To toast, use the reversible grill rack as a high grill rack and set the temperature to 220–230 °C. For best results, flip the toast/bagel halfway through.

## Hints and tips

To achieve optimum results when using the air fryer oven:

1. When cooking one food after another, wipe down the cooking accessory between uses.
2. When cooking foods without a marinade or sauce, coat them in oil to prevent sticking.
3. Avoid using metal utensils, abrasive cleaners or metal scouring pads as this could damage the non-stick coating.

## Cooking guide

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

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

Food item	Rack	Temperature	Approx. cooking time	Further instructions
<b>Vegetables</b>				
Crisps	Low	175 °C	15–20 mins	Spray with ½ tbsp oil and add thinly sliced potatoes to the mesh frying basket, using the reversible grill rack as a low grill.
Homemade chips/ sweet potato chips	Low	200 °C	20–25 mins	Parboil the potatoes, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Potato wedges/sweet potato wedges	Low	200 °C	10–20 mins	Cut the potatoes into wedges, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.



Food item	Rack	Temperature	Approx. cooking time	Further instructions
Oven chips (frozen)	Low	180–200 °C	15–20 mins	Add chips to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Roasted vegetables	Low	210 °C	35 mins	Add vegetables to the mesh frying basket, using the reversible grill rack as a low grill. Coat in oil and shake halfway through cooking.
Potatoes (roast, small, cut)	Low	200–250 °C	40–50 mins	Parboil the potatoes, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Potato (baked, medium sized)	Low	180–200 °C	50–70 mins	Use the reversible grill rack as a low grill and place the potato directly onto the rack.
Onion rings	High	220 °C	16 mins	Add onion rings to the mesh frying basket, using the reversible grill rack as a high grill. Turn halfway through cooking.
<b>Fish</b>				
Breaded fish fillets	Low	190 °C	15–20 mins	Arrange in a single layer in the mesh frying basket, using the reversible grill rack as a low grill. Use the extender ring. Turn halfway through cooking.
Grilled prawns	High	220 °C	8–10 mins	Use the reversible grill rack as a high grill and place the fish onto the rack. The extender ring should be used to increase the distance between the food and the heating element.
Cod steak (150 g)	High	190–200 °C	18–24 mins	Use the reversible grill rack as a high grill and place the fish onto the rack. The extender ring should be used to increase the distance between the food and the heating element.
Salmon fillets	High	220 °C	16 mins	Arrange in a single layer in the mesh frying basket and spray with oil, using the reversible grill rack as a high grill. Use the extender ring. Turn halfway through cooking.
<b>Poultry</b>				
Roast chicken (1.5 kg)	Low	180 °C	60–80 mins	Place chicken into the mesh frying basket, using the reversible grill rack as a low grill. Use the extender ring.
Chicken breast (300 g)	Low	180–200 °C	20–25 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Chicken wings	Low	175 °C	15 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Chicken legs/thigh	Low	220 °C	5–10 mins	Use the reversible grill rack as a low grill and place chicken onto the rack. Cook for approx. 5–10 mins, then turn the temperature down to 190 °C and cook for approx. 15–20 mins for thighs or approx. 5–10 mins for legs.

Food item	Rack	Temperature	Approx. cooking time	Further instructions
Chicken burger	Low	200 °C	12–15 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Duck breasts	Low	180 °C	30–40 mins	Use the reversible grill rack as a low grill, score the duck and place onto the rack.
<b>Meat</b>				
Sirloin steak	Low	200 °C	Well done: 20 mins Medium: 16 mins Medium rare: 14 mins Rare: 8 mins	Position steaks into the mesh frying basket, using the reversible grill rack as a low grill. Turn halfway through cooking.
Gammon joint (2 kg)	Low	160 °C	120–160 mins	Use the reversible grill rack as a low grill and place the gammon onto the rack. Cover loosely with foil. Use the extender ring. Remove the foil approx. 10 mins before the end of cooking.
Pork chop	Low	175 °C	12–15 mins	Place chops into the mesh frying basket, using the reversible grill rack as a low grill. Turn halfway through cooking.
Individual ribs	Low/ High	200 °C	5–8 mins	Place ribs into the mesh frying basket, using the reversible grill rack as a low grill. Cook for approx. 5 minutes, then move to the high grill and turn the temperature up to 225 °C for approx. 2–3 mins to crisp. Use the extender ring.
Rack of 4/5 ribs	Low	220 °C	20–25 mins	Place ribs onto mesh frying basket, using the reversible grill rack as a low grill. For extra caramelisation, change to the high grill rack after 15–20 mins and cook for 2–3 mins to crisp.
Lamb chop	Low	175 °C	5–20 mins	Place into the mesh frying basket, using the reversible grill rack as a low rack. Cooking time varies dependent on preferred taste.
Rack of lamb	Low	200 °C	25–30 mins	Place into the mesh frying basket, using the reversible grill rack as a low rack.
Minced beef based one pot dish (e.g. chilli con carne)	None	180 °C	30 mins	Add all ingredients directly into the non-stick cooking bowl and cook.
Chicken based one pot dish (e.g. chicken curry)	None	200 °C	40 mins	Add all ingredients directly into the non-stick cooking bowl and cook.

## **Storage**

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

## **Specifications**

Product code: EK2386

Input: 220–240 V ~ 50/60 Hz

Output: 1000 W



#### 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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**MADE IN CHINA.**

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