

Cuisinart®

INSTRUCTION BOOKLET



Cuisinart® Express Oven Air Fry™

TOA-65XA

CONTENTS

Important Safeguards	2
Before First Use	3
Special Cord Set Instructions	3
Features and Benefits	4
Getting to Know Your Control Panel	5
Setting the Clock and Oven Tone Volume	5
General Operation	6
To Change Time, Temperature, or Function.	6
Oven Rack and Pan Positions	7
Tips and Hints	7
Cleaning and Maintenance	15
Troubleshooting	16

IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

1. **Read all instructions.**
2. **UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING. Allow to cool before cleaning or handling, putting on or taking off parts.**
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electric shock, do not place any part of the Express Oven Air Fry in water or other liquids. See instructions for cleaning.
5. This appliance should not be used by or near children or individuals with certain disabilities.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned, has been dropped or damaged in any way or has been dropped in water. Return the Express Oven Air Fry to the store or retailer where purchased for examination and or repair.

7. The use of accessory attachments not recommended by Cuisinart may cause injury.
8. Do not use outdoors.
9. Do not let cord hang over the edge of the table or countertop where it could be pulled on inadvertently by children or pets, or touch hot surfaces, which could damage the cord.
10. Do not place the Express Oven Air Fry on or near a hot gas or electric burner or in a heated oven.
11. Do not use the Express Oven Air Fry for anything other than its intended purpose.
12. Extreme caution should be exercised when using containers constructed of materials other than metal or glass in the oven.
13. To avoid burns, use extreme caution when removing the Express Oven Air Fry accessories or disposing of hot grease.
14. **When not in use, always unplug the appliance.** Do not store any materials other than manufacturer's recommended ovenproof accessories in the Express Oven Air Fry.
15. Do not place any of the following materials in the Express Oven Air Fry: paper, cardboard, plastic and similar products.
16. Do not cover Crumb Tray or any part of the oven with metal foil. This will cause overheating of the oven.
17. Oversize foods, metal foil packages and utensils must not be inserted in the Express Oven Air Fry, as they may involve a risk of fire or electric shock.
18. A fire may occur if the Express Oven Air Fry is covered or touching flammable materials such as curtains, draperies or walls when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
19. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
20. Do not attempt to dislodge food when the Express Oven Air Fry is plugged into electrical outlet.

21. **WARNING:** To avoid possibility of fire, NEVER leave the Express Oven Air Fry unattended during use.
22. Use recommended temperature settings for all cooking/baking, roasting and air-frying.
23. Do not rest cooking utensils or baking dishes on glass door.
24. Do not operate your appliance in an appliance garage or under a wall cabinet. When storing in an appliance garage, always unplug the appliance from the electrical outlet. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the appliance as it closes.
25. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
26. To disconnect, press Start/Stop to ensure cooking is stopped, then remove plug from wall outlet.
27. This 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.
28. Children should be supervised to ensure that they do not play with the appliance.
29. The appliances are not intended to be operated by means of an external timer or separate remote-control system.
30. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and others working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.
31. The temperature of accessible surfaces may be high when the appliance is operating.



[symbol IEC 60417-5041 (2002-10)] Caution, hot surface

BEFORE FIRST USE

1. Place the Express Oven Air Fry on a flat, level surface.
2. Ensure there is minimum distance of 15cm of space from the wall, sides and above. Do not use on heat sensitive surfaces.

NOTE: OBJECTS SHOULD NOT BE STORED ON THE TOP OF THE OVEN. IF THEY ARE, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR OVEN. THE EXTERIOR WALLS CAN GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.

3. Check that the Crumb Tray is in place and that there is nothing in the oven.
4. Insert Quick Tips Guide on the bottom left side of the appliance.



5. Plug power cord into a suitable 230/240v power outlet.

SAVE THESE INSTRUCTIONS

Please read and keep these instructions accessible. These instructions will help you use the Express Oven Air Fry to its fullest, so that you will achieve consistent, professional results.

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Extension cords are available and may be used if care is exercised in their use.

If an extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be tripped over unintentionally or pulled on by children.

FOR HOUSEHOLD USE ONLY - NOT INTENDED FOR COMMERCIAL USE

FEATURES AND BENEFITS

1. Control Panel

Large LCD, dial and intuitive buttons make the appliance easy to use (see details on page 5).

2. Cool-Touch Handle

Handle designed to stay cool during cooking.

3. Interior Light

Interior light to easily view food while cooking.

4. Viewing Window

Large viewing window to check progress.

5. Wire Oven Rack

Can be inverted to create extra height.

6. Rack Positions

A. Position 1 is the bottom position and this is recommended when cooking larger foods (e.g. whole chicken).

B. Position 2 has a 50% auto-stop feature, so the rack stops halfway out of the oven. The oven rack can be removed from Position 2 by lifting the front of the rack and sliding it out.

NOTE: Refer to page 7 for suggested rack positions with different functions.

7. Easy-Clean Interior

The sides of the oven's interior have a non-stick coating.

8. Pull-Out Crumb Tray

The Crumb Tray comes already positioned in your oven. The tray slides out from the lower front of the oven to clean.

9. Air Fryer Basket

Use the basket when using the Air Fry, Grill or Dehydrate functions

to optimise your cooking results. We recommend setting the Air Fryer Basket in the Baking Tray/Drip Pan.

10. Baking Tray/Drip Pan

A Baking Tray/Drip Pan is included for your convenience. Use alone when baking or roasting. Use Baking Tray/Drip Pan with Air Fryer Basket when air-frying, grilling or dehydrating.

11. Quick Tips Guide

Built-in guide with recommendations and tips on how to use the appliance. Before first use, slide in place.



GETTING TO KNOW YOUR CONTROL PANEL



1. Frozen Button

This adjusts the settings for frozen foods when used with the Toast, Crumpets, Pizza and certain Air Fry preset functions. The frozen icon ❄️ will display on the LCD screen.

2. Super Convection Button

This adjusts the fan speed to Super Convection for use on Bake, Grill, Roast, Proof, Slow and Reheat functions. It is preset on Pizza, Dehydrate and all Air Fry functions. Super Convection can achieve faster cooking results and enhanced browning. When the fan icon is displayed on the screen, Super Convection is set. When the icon is NOT showing, normal convection fan speed is set.

3. Light Button

To turn on/off the interior oven light, press the light button 🏠. The interior light will turn off automatically after 20 seconds.

4. Air Fry Function Button

Press to take you directly to the Air Fry function and presets. Press again to toggle between other functions menu.

5. Dual Cook

Use to program two-stage cooking operation automatically.

6. Start/Stop Button with Indicator Light

Use to start and stop cooking. Indicator will illuminate when cooking.

7. Selector Dial

Rotate to scroll through options on the LCD screen. Press centre of dial to confirm selections.

8. LCD Screen

Displays cooking functions, toast shade and slices, temperature, cooking/countdown timer, clock time, fan speed and frozen.

SETTING THE CLOCK

The clock can only be set when the oven is not cooking and the time is displayed on the screen.

To set the clock:

1. If LCD is not displaying the clock, scroll through the function menu until clock is displayed.
2. Press and hold the Selector Dial for 3 seconds.
3. The clock hour will flash; turn the Selector Dial to set hour, then press to confirm.
4. The clock minutes will flash; turn the Selector Dial to set minutes, then press to confirm.

NOTE: If nothing is pressed, clock will automatically set to currently displayed time.

EXPRESS OVEN AIR FRY TONE VOLUME

The tone volume can only be adjusted when the time is displayed on the screen.

1. Press Air Fry and Dual Cook buttons simultaneously for 3 seconds.
2. The number 2 (default setting) or currently selected setting will display.
3. Use the Selector Dial to set preferred tone level: 0 (off/tones deactivated), 1 (low), or 2 (high).
4. Once your selection is displayed, press the Selector Dial to confirm.

OPERATING YOUR EXPRESS OVEN AIR FRY

1. Place the appropriate rack, pan, and/or basket in the position recommended in the chart on page 7.
2. Use the Selector Dial to scroll through functions or press the Air Fry button to go directly to presets. Press again to toggle to other cooking functions.
3. When desired function is flashing, press the Selector Dial to confirm. The Start/Stop button will flash and LCD screen will display the last selected or default temperature and time (shade and slices for Toast and Crumpet settings).
4. **A.** To use displayed settings, press Start/Stop to begin operation. The Start/Stop button will illuminate, indicating the appliance is cooking.
B. To change settings:
 - Turn the Selector Dial to choose desired temperature (or shade)
 - Press the Selector Dial to confirm; time (or slices) will flash
 - Turn the Selector Dial to choose desired time (or slices)
 - Press the Selector Dial to confirm
 - If desired, press the Frozen or the Super Convection Fan button
 - Press Start/Stop to begin operation. The button will illuminate, indicating the appliance is cooking.

NOTE: Bake and Pizza have a preheating stage during which display will show "Preheat"; once preheat is complete, oven will beep and display will show "Ready"; countdown timer will begin.

5. When countdown timer reaches 0:00, oven will beep three times and heaters will turn off.

NOTE: Cooking process can be cancelled before countdown timer reaches 0:00 by pressing Start/Stop.

NOTE: AFTER COOKING, FAN WILL REMAIN ON FOR COOLING PURPOSES.

TO CHANGE TIME, TEMPERATURE, OR FUNCTION DURING COOKING CYCLE

To change time: During the cooking cycle, use the Selector Dial to add or decrease time. The new countdown time will be displayed, and cooking will continue.

To change temperature: During the cooking cycle, press the Selector Dial until the current temperature flashes. Turn the Selector Dial to desired temperature and cooking will continue at the new temperature.

To change function: You must press Start/Stop to stop the current program. Then turn the Selector Dial and press it to select another function. Press Start/Stop again to continue cooking cycle.

NOTE: When the Express Oven Air Fry is in use, opening the door will suspend the heaters and countdown timer and discontinue working. When the door closes the heaters and countdown timer will resume.

INTUITIVE ELEMENT TECHNOLOGY

The Express Oven Air Fry features 6 individual elements that have been programmed to direct the heat exactly where it is needed most for each function and cooking style.

Each of the oven's functions are preset with specific combinations and temperatures, however these can be adjusted to suit your own cooking needs.

Note that elements may operate on different power levels depending on the function selected so they may not all be functioning at full power at the same time.

OVEN RACK AND PAN POSITION DIAGRAMS

Please refer to the chart below for suggested Oven Rack, Baking Tray/Drip Pan, and Air Fryer Basket positions.

Rack Position 1 and Position 2 are marked on the right side housing when the door is opened.



Air Fryer Basket



Baking Tray/Drip Pan



Oven Rack

SUGGESTED RACK/PAN/BASKET POSITIONS

Function	Position 2			Position 1		
Air Fry	X			X		
Toast			X			
Crumpet			X			
Bake		X	X		X	X
Grill	X	X	X	X	X	X
Pizza					X (fresh)	X (frozen; inverted rack)
Roast		X	X		X	X
Dehydrate	X					
Proof			X		X	X
Slow		X	X		X	X
Reheat	X	X	X	X	X	X
Warm	X	X	X	X	X	X

AIR FRY FUNCTION

TIP: For best results, use the provided Air Fryer Basket fitted into the Baking Tray/Drip Pan.

The Air Fry function can be used at 90°C – 230°C for up to 1 hour. This function is used to air fry food and meals as a healthy alternative to deep frying in oil. A high fan speed and multiple heating elements circulate hot air from the top down to prepare a variety of meals that can be both delicious and healthier than traditional frying.

• Default setting: 220°C; 12minutes

- Many foods that can be fried can be air-fried without using excess amounts of oil. Air-fried foods will taste lighter and be less greasy than deep-fried foods.
- Air-frying doesn't require oil, but a light spray can enhance browning and crispiness. Use an oil sprayer or a nonstick olive oil cooking spray to keep it extra light, a pastry brush to evenly coat, or pour a little oil into a bowl, add food, and toss.
- Most oils can be used for air-frying. Olive oil is preferred for a richer flavour. Vegetable, canola or grapeseed oils are recommended for milder flavours.
- An assortment of coatings can be used on air-fried foods. Some examples of different crumb mixtures include: breadcrumbs, seasoned breadcrumbs, panko breadcrumbs, crushed cornflakes and potato chips. Various flours, including gluten-free, and other dry foods like cornmeal work very well.
- Most foods do not need to be turned during cooking, but larger items, like chicken drumsticks, should be turned halfway through the cooking cycle to ensure they are evenly cooked and browning results.
- When air-frying large quantities of food that fill the pan, toss food halfway through the cooking cycle to ensure evenly cooked results and colour.
- Use higher temperatures for foods that cook quickly, like bacon and chips. Use lower temperatures for foods that take longer to cook, like crumbed chicken.
- Foods will cook more evenly if they are cut into the same-size pieces.
- Please note that many foods release water when they cook. When cooking large quantities for an extended period of time, condensation may build up, which could leave moisture on your countertop.

The chart below lists recommended amounts, cooking times and temperatures for various types of food that can be air-fried in the Express Oven Air Fry. If portions exceed recommendations, you can toss occasionally while cooking to ensure crispiest, and even browning results. Smaller amounts of food may require less time. For best air fry results, use the oven light to periodically check on the cooking food.

NOTE: When air-frying, always use the Air Fryer Basket with the Baking Tray/Drip Pan. For all foods below, we suggest using the upper position (Position 2). for best results unless otherwise stated below.

Food	Recommended Amount	Temperature	Time	Shelf Position	Cooking Instruction
Bacon	250g (about 5 rashers)	200°C	8 to 10 minutes	2	For all foods in the chart Air Fryer Basket with Baking Tray/Drip Pan using rack upper position (Position 2) unless otherwise stated.
Chicken Wings	900g (about 10) - Max 1.4kg	200°C	20 to 25 minutes	1	Avoid sugary marinades as this may result in burning of the sugar. Best cooked in a single layer. Better on rack (Position 1).
Frozen Chips/Fries	450g - 900g	220°C	12 to 25 minutes	2	When cooking a larger volume (Position 1) rack may be required. Toss once during cooking for even browning.
Frozen Wedges	450g - 900g	220°C	12 to 25 minutes	2	When cooking a larger volume (Position 1) rack may be require. Toss once during cooking for even browning.
Frozen Snacks e.g. Spring Rolls	500g	200°C	8 to 10 minutes	1	
Frozen Chicken Nuggets	400g	220°C	8 minutes	1	
Frozen Fish Fingers	450g - 900g	220°C	8 minutes	1	
Hand Cut Chips	450g - 900g	200°C	15 to 20 minutes	1	
Salt & Pepper Squid	500g	200°C	10 minutes	1	
Vegetables e.g. Sliced Eggplant	500g	200°C	10 to 15/20 minutes	1 and 2	Lightly spray with olive oil all over vegetables. For slices cut 1-½cm thick and cook for 10 mins. For larger cut vegetables 4cm x 4cm cook for 15-20 mins. Use rack Position 1 for thin slices , rack Position 2 for thicker pieces of vegetables. Turn halfway through cooking to evenly brown.

NOTE: Air frying doesn't require oil, but a light coating can enhance browning and crispiness. Use an oil sprayer or a nonstick olive oil cooking spray to keep it extra light, a pastry brush to evenly coat, or pour a little oil into a bowl, add food, and toss.

USING AIR FRYER PRESETS

In addition to being able to program the temperature and time for air-frying, the Express Oven Air Fry has convenient, easy-to-use presets for your fried favourites—chips, chicken wings, chicken nuggets, snacks, and vegetables. To use Air Fryer presets, follow these steps:

1. Press the Air Fry button or scroll through function menu and select Air Fry.
2. Turn the Selector Dial to scroll through preset functions. When desired preset is flashing, press the Selector Dial to confirm selection.
3. Preset temperature and time will display.
 - A. To use displayed settings, press Start/Stop to begin
 - B. To change settings, see OPERATING YOUR EXPRESS OVEN AIR FRY on page 6

NOTE: Most presets can be used with frozen or fresh foods. See below for details:

- Chips Default is for frozen chips or wedges.
- Wings Default is for fresh chicken wings.
- Nuggets..... Default is for frozen pre-cooked nuggets.
- Snacks Default is for frozen pre-cooked snacks.
- Vegetables Default is for fresh vegetables.

NOTE: Fan speed cannot be changed for Air Fryer presets; it is always on High.

TOAST FUNCTION

Toast shade can be set from 1 to 7 using 1 to 6 slices. This function is used to toast bread and other items; both fresh and frozen items can be used.

NOTE: After using the Toast Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- **Default: Shade 4; 3-4 slices; not frozen**
 - For best results and more evenly toasted items:
 - If toasting two pieces, centre them in the middle of the oven rack
 - Four pieces should be evenly spaced—two in front, two in back
 - Six pieces should be evenly spaced—three in front, three in back
 - If toast is lighter than you like, time can be added (up to 1 minute) by turning the Selector Dial before toasting is complete
 - Shade Guide: Light (1, 2) • Medium (3, 4, 5) • Dark (6, 7)
 - For toasting frozen bread press the Frozen button before toasting
- WARNING:** Always use Position 2 for toasting. Do not invert rack in Position 2 as this may result in burning.

PRESETS FOR Air Fry	Recommended Amount	Preset Temps	Pre set Time - default	Other notes
Chips	450g -900g	220°C	12 minutes	Large amounts require tossing to evenly brown
Wings	900g (about 15 wings)	200°C	25 minutes	
Nuggets	400g	220°C	8 minutes	
Snacks	500g	200°C	6 minutes	E.g. - spring rolls, samosas
Vegetables	500g	200°C	10 minutes	Sliced eggplant, zucchini, pumpkin, sweet potato

CRUMPET FUNCTION

Crumpet shade can be set from 1 to 7 using 1 to 6 crumpets. This function provides full heat on the top and half heat on the bottom to toast both sides of crumpet halves; both fresh and frozen crumpets can be used.

NOTE: After using the Crumpet Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- **Default: Shade 7; 3 to 4 slices; not frozen**
- For best results, put your crumpets on the rack with the lighter side facing up
- If crumpets are too light, time can be added (up to 1 minute) by turning the Selector Dial before toasting is complete
- For toasting frozen crumpets press the Frozen button before toasting



BAKE FUNCTION

Bake has a preheating stage during which display will show “Preheat”; once preheat is complete, oven will beep. Place food in oven and display will show “Ready”; countdown timer will begin.

Bake can be used at 90°C – 230°C for up to 2 hours. Baking is recommended for a variety of foods you would normally prepare in a conventional oven.

Default: 180°C for 30 mins.

NOTE: After using the Bake Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- The oven defaults to normal convection fan speed (i.e.  not displaying on screen) for more delicate items like custards and eggs, as well as most baked foods like muffins, cakes and biscuits
- You can select the option of Super Convection fan speed (i.e.  displaying on screen), for most baked foods that require even browning, like heartier baked foods and breads
- When using the Super Convection function, cooking times and temperatures may need to be reduced—start checking food about 5 to 10 minutes before the end of the suggested cooking time

- **Important:** All of our recipes were specially developed for the Express Oven Air Fry and have been tested in our Cuisinart Test Kitchen

GRILL FUNCTION

Grill is set at 230°C only and for up to 2 hours. The Grill function can be used for beef, chicken, pork, fish, and more. It also can be used to top-brown casseroles and gratins.

Default: 230°C for 5 mins

NOTE: After using the Grill Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.


- For best results, use the provided Air Fryer Basket fitted into the Baking Tray/Drip Pan to grill
- Never use glass oven dishes to grill
- Be sure to keep an eye on food – items can brown quickly when grilling

PIZZA FUNCTION

Pizza can be used at 170°C – 230°C for up to 2 hours. This function can be used to cook fresh or frozen pizza.

Default: 230°C for 10 mins.

NOTE: After using the Pizza Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.


- Pizza has a preheating stage during which display will show “Preheat”; once preheat is complete, oven will beep. Place pizza in oven and display will show “Ready”; countdown timer will begin
- For freshly made pizza, place directly on Baking Tray/Drip Pan
- For frozen pizza, invert the Wire Rack and place in shelf Position 1 After selecting Pizza function, press the Frozen button setting ( will display). Place pizza directly onto rack once oven has preheated
- Pizza can also be cooked on a pizza stone

ROAST FUNCTION

Roast can be used at 90°C – 230°C for up to 2 hours.

Default: 180°C for 45 mins.

NOTE: After using the Roast Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- Refer to the roasting chart on page 12 for cooking temperatures and times. The Dual Cook function can be used to pre-brown at a high temperature first automatically reducing to a lower temperature for a longer roasting time. This is ideal for a pork roast
- Warm up vegetables and brown by roasting them; as they caramelise, they become sweet and delicious
- As some foods roast faster, begin checking progress at least 5 to 10 minutes before the end of suggested cooking time
- Using the Super Convection setting, roasts can cook up to 50% faster with enhanced browning using the Super Convection function. After selecting the Roast function press the Super Convection button . The icon will display on the screen
- Cooking times will need to be adjusted. We suggest you check your roast at least 20 minutes before the suggested total cooking time

ROAST CHART (Convection vs. Super Convection)

The roasting times on page 12 show the default convection recommendations and recommendations when using the Super Convection function.

Use the Super Convection function to significantly reduce roasting time and enhance browning results whilst maintaining moist, juicy results.

We suggest checking your roast at least 20mins before the total cooking time. The use of a meat thermometer is recommended to get perfect roasting results.

DEHYDRATE FUNCTION

Dehydrate can be used at 40°C – 95°C for up to 72 hours. This function turns the Express Oven Air Fry into a dehydrator that lets you dry or dehydrate food. The built-in fan and low heat are used to create a flow of hot air that reduces the water content found in fresh foods. Dehydrated food will continue to retain the vast majority of its original nutritional value.

• **Default: 55°C for 2 hours; Super Convection**

NOTE: After using the Dehydrate Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- Lemon juice can be used to pretreat fruits and vegetables to prevent browning
- Drying times can greatly vary due to the thickness of cuts and relative humidity (see chart on page 13)
- Check foods often for dryness
- Do not overcrowd; foods should be arranged in a single layer with little to no overlap


PROOF FUNCTION

Proof can be used at 25°C – 40°C for up to 2 hours. Use this function to proof bread or pizza dough.

Default: 35°C for 45 mins.

NOTE: After using the Proof Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- Allow dough to complete at least one rise at room temperature
- Shape dough and place on the Baking Tray/Drip Pan or separate baking dish such as a loaf pan and then put directly in the oven in Position 1
- Dough is ready when doubled in size. Start checking around 20 minutes
- Once time elapses, complete dough preparation and bake according to recipe

ROAST CHART	CONVECTION			SUPER CONVECTION 		
	TIME/WEIGHT	TEMPERATURE	NOTES	TIME/WEIGHT	TEMPERATURE	NOTES
Chicken (Unstuffed)	20min/500g	180°C	For stuffed chicken adjust time: 25min/500g	15min/500g	180°C	For stuffed chicken adjust time: 20min/500g
Beef (Blade, Round) Medium Rare	25min/500g	200°C 160°C	<ul style="list-style-type: none"> • Preheat oven at 200°C for 10min • Reduce to 160°C & place beef in oven TIP: Go to page 15 to use the Dual Cook Function	20min/500g	200°C 160°C	<ul style="list-style-type: none"> • Preheat oven at 200°C for 10min • Reduce to 160°C & place beef in oven TIP: Go to page 15 to use the Dual Cook Function
Pork Loin (Rolled or Bone-in) Blush Pink	15min/500g	230°C 180°C	<ul style="list-style-type: none"> • Cook at 230°C for 30min any size • Reduce to 180°C & cook for 15min/500g TIP: Go to page 15 to use the Dual Cook Function	10min/500g	230°C 180°C	<ul style="list-style-type: none"> • Cook at 230°C for 25min any size • Reduce to 180°C & cook for 10min/500g TIP: Go to page 15 to use the Dual Cook Function
Lamb (On Bone) Medium Rare	25min/500g	180°C		20min/500g	180°C	

* For all roasts, it is recommended you remove the meat from the refrigerator 30 minutes prior to cooking

* Opening the oven during cooking may affect the overall cooking time

* It is recommended to allow any roast to sit covered with foil for 20 minutes before cutting to serve

DEHYDRATE CHART

The chart below lists recommendations on how to dehydrate different foods. These are guidelines only. Drying times can vary due to thickness of cuts and relative humidity.

CATEGORY	FOOD	PREPARATION	TEMPERATURE	FAN SPEED	TIME
Herbs/Spices	Basil, Chives, Cilantro, Dill, Mint, Oregano, Parsley, Rosemary, Sage, Thyme	Rinse in cold water; pat dry	40°C–50°C	Low	3 to 6 hours until stems are brittle and leaves crumble easily
Herbs/Spices	Garlic	Peel cloves; halve lengthwise	40°C–50°C	High	6 to 12 hours
Herbs/Spices	Ginger Root	Peel; grate or slice thinly	40°C–50°C	Low	2 to 6 hours
Fruit	Apples	Peel and core; slice thinly	60°C	Low	4 to 10 hours
Fruit	Apricots, Bananas, Figs, Mangos, Melons, Nectarines, Pineapples, Pears, Plums	Wash; core, deseed or pit fruit; remove rinds from melons or some peels; thinly slice	60°C	High	6 to 12 hours
Fruit	Cranberries, Blueberries	Dip in boiling water to burst skins	60°C	High	10 to 18 hours
Fruit	Cherries	Wash; pit	60°C	High	12 to 24 hours
Fruit	Citrus	Wash; thinly slice	60°C	Low	2 to 12 hours
Fruit	Grapes	Wash; leave whole	60°C	High	10 to 36 hours
Vegetables	Beans (Green/Wax), Broccoli, Cauliflower, Corn*, Mushrooms, Peas*, Peppers, Potatoes*, Onion, Squash, Tomatoes	Wash, peel and deseed as necessary; *blanch; cut or slice into uniform pieces; remove corn from cob; peas can be left whole	55°C–65°C	High	6 to 12 hours
Vegetables	Beetroot	Steam until tender; peel and thinly slice	55°C–65°C	High	3 to 10 hours
Vegetables	Leafy Greens (Kale, Spinach)	Wash; dry thoroughly; remove stems, tear leaves into small pieces if necessary	55°C–65°C	Low	3 to 6 hours
Meat	Pork/Beef	Remove fat and gristle; cut into uniform strips; marinate if desired; pat off excess oil during drying	70°C	High	4 to 15 hours
Fish	Lean Fish	Cut into uniform strips; marinate if desired	55°C–60°C	High	Until firm and dry

SLOW COOK CHART

CATEGORY	FOOD	AMOUNT	TEMP	TIME
Meat	Ribs, Short Ribs, Shanks	1.25kg maximum	150°C	2 to 4 hours
Meat	Roasts	1.25kg maximum	150°C	2 to 4 hours
Poultry	Whole Chicken, Chicken Thighs	1.5kg – 2.5kg roaster chicken; 1.25kg maximum for pieces	150°C	4 to 4½ hours for whole chicken, 1½ to 2 hours for thighs
Poultry	Duck Legs	1.25kg maximum	110°C	2 to 3 hours
Fish/Seafood	Whole Fish, descaled and gutted; fillets, skinned if desired	1kg whole fish, 1.25kg maximum fillet	100°C to 150°C	30 minutes for fillets; 1 to 2 hours for whole fish
Vegetables	Slow-roasted Tomatoes, Root Vegetables, etc.	1.25kg	125°C	1 to 2 hours

SLOW COOK FUNCTION

Slow can be used at 40°C – 150°C for up to 12 hours. Use this function to cook at low temperatures — perfect for braising, slow cooking and more.

Default: 100°C for 2 hours.

NOTE: After using the SLOW COOK Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- For slow-cooked dishes with crispy exteriors and soft interiors, place ingredients directly on the Baking Tray/Drip Pan
- For results that are most similar to recipes cooked in a slow cooker, place ingredients into a covered, ovenproof dish with liquid coming up one-third of the way
- When using the Slow Cook function, it is important to seal the cooking dish well with foil or a secure fitted lid.

REHEAT FUNCTION

Reheat can be used at 90°C – 230°C for up to 2 hours. Use this function to reheat leftovers.

Default: 120°C for 20 mins.

NOTE: After using the Reheat Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

WARM FUNCTION

Warm can be used at 60°C – 150°C for up to 2 hours. Use this function to keep food warm once cooked.

Default: 70°C for 30 mins.

NOTE: After using the Warm Function for the first time, the oven's Smart Memory function will remember your last setting and revert to this rather than the default setting. This is provided that your oven is not turned off and unplugged at the power since last use.

- One great way to use the Dual Cook feature described below is to add Warm at the end of a cooking function so your dish is held at the proper serving temperature

DUAL COOK

Dual Cook is a special feature that enables you to combine two cooking functions with temperatures and timings and run them consecutively. This is ideal for those recipes that require multiple cooking steps. Some examples are:

- Starting a casserole or a dish like nachos, use Bake to heat through and then switch to Grill for a melted and browned cheese top.
- Beginning a dish on a higher heat to achieve a crispy crust and then reducing temperature for tender results similar to slow cooking.
- Baking a dish then switching to the Keep Warm function to keep food ready until serving
- Browning pork rind at a high temperature on Air Fry to produce crackling then switching to the Roast function to complete cooking.

The functions that you may program using Dual Cook are Bake, Grill, Roast, Pizza, Slow, Warm and Air Fry.

1. Press the Dual Cook button
2. The oven will display available functions for the first cooking cycle. Turn the Selector Dial to desired function and press the Selector Dial to set.
3. Set temperature for this function, then press the Selector Dial. Time will now flash. Set time, then press Selector Dial.
4. LCD screen will then show functions that can be selected for the second stage. Repeat steps 2 and 3 to program second function, temperature and time.

Start/Stop will flash, indicating you are able to initiate cooking cycle

5. Press Start/Stop to start cooking on the first function.
6. When the first cycle is finished, the oven will automatically switch to the second cooking function.

7. When time reaches 0:00 and the second function cycle is completed, the oven will beep and heating elements will turn off.

NOTE: When the oven is running in the first function, you may check your settings for the second function by pushing the Dual Cook button. The display will show the second function settings for a few seconds and then revert to display for the first function.

CLEANING AND MAINTENANCE

- Always unplug the oven from the electrical outlet and allow it to cool completely before cleaning
- The oven interior has a non-stick coating which needs to be cleaned as per below, after every use. The slide out Crumb Tray should be checked and cleaned after every use if required.
- Do not use abrasive cleaners, as they will damage the finish. Simply wipe the exterior with a clean, damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not directly onto the toaster oven, before cleaning
- To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Remove any residue from cleaners with a clean, damp rag. Never use harsh abrasives or corrosive products. These could damage the oven surface. Never use steel wool pads, etc., on interior of oven
- Cleaning the accessories:
 - Oven Rack and Crumb Tray should be hand-washed in hot, sudsy water, or use a nylon scouring pad or nylon brush, and thoroughly rinsed. These items are NOT dishwasher safe.
 - Baking Tray/Drip Pan and Air Fryer Basket are stainless steel, dishwasher safe or can be hand-washed in hot, sudsy water, or use a nylon scouring pad or nylon brush, and thoroughly rinsed.
- After cooking greasy foods and once your oven has cooled, always clean top of oven interior. If this is done on a regular basis, your oven will perform like new. Removing the grease will help to keep toasting consistent, cycle after cycle
- To remove crumbs, slide out the front Crumb Tray and discard crumbs. Wipe clean and replace. To remove baked-on grease, soak the tray in hot, sudsy water or use nonabrasive cleaners. Never operate the oven without the Crumb Tray in place

TROUBLESHOOTING		
Operation	Why won't my appliance turn on?	Make sure your appliance is plugged into a functional 230/240v power outlet.
		Make sure the oven door is closed, as it has an auto-cut out feature when the door is ajar.
		Call Consumer Service at 1800 808 971.
	Why does the fan remain on after cooking?	The fan remains on for cooling purposes.
	Why does the light turn off?	The light only stays on for 20 seconds each time the Light button is pressed to conserve energy. This is normal.
Programming	Can I change my cooking function when the appliance is already cooking?	You need to first interrupt the current cooking function by pressing Start/Stop. Then the appliance will go back to selection menu and desired cooking function can be chosen.
	Can I change the time or temperature when the appliance is already cooking?	Yes. Simply turn the Selector Dial during cooking to add time. To change the temperature, press the Selector Dial and, when the temperature is flashing, turn the Selector Dial to increase/decrease temperature.
Cooking	Why is my food not crispy or fried evenly?	Some foods may require more oil than others. If not crispy enough, spray, brush or add some oil on the food.
		Make sure food is spread evenly in one single layer in the Air Fryer Basket with no overlap. If food still overlaps, toss or flip food halfway through cooking cycle.
		Put the food in for additional cooking time. Make sure to check periodically until food reaches desired brownness. Do not leave oven unattended.
	Why is my food undercooked?	If you put too much food in the basket, try with smaller batches of food and single layers, rather than stacking food on top of each other.
		The temperature might be too low. Use the Selector Dial to increase temperature.
	Why does condensation and steam come out of my appliance?	When preparing greasy foods, oil may leak into the pan which may produce steam. This will not affect the appliance or the end result. It may fog up the viewing window on the sides or corners.
		When preparing foods with a high moisture content, the water evaporates out of the food and causes condensation. This will not affect the appliance or the end result. It may fog up the viewing window on the sides or corners
The pan, basket, or bottom of the oven may contain grease residue from previous use. Make sure to clean the pan, basket and oven interior after each use. Remove and clean the crumb tray after each use.		
Cleaning	Are the parts dishwasher safe?	The Baking Tray/Drip Pan and the Air Fryer Basket are stainless steel and dishwasher safe.
		Do not put the Crumb Tray or the Wire Rack in the dishwasher; instead, hand-wash with warm, sudsy water.
	How do I clean tough-to-remove food residue from my accessories?	To remove baked-on grease, soak the accessories in hot, sudsy water or use a nonabrasive cleanser.

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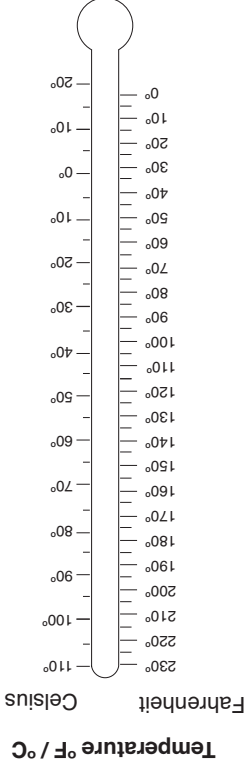
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WEIGHTS, MEASURES AND CONVERSIONS

Liquids		
Metric	cup	Imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml	⅓ cup	3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

Metric cup & spoon sizes		
cup	metric	spoon
¼ cup	60ml	¼ teaspoon
⅓ cup	80ml	½ teaspoon
½ cup	125ml	1 teaspoon
1 cup	250ml	2 teaspoon (equal to 4 teaspoons)
		metric
		1.25ml
		2.5ml
		5ml
		10ml
		20ml



$$^{\circ}\text{F} = \frac{9}{5} \times ^{\circ}\text{C} + 32$$

$$^{\circ}\text{C} = \frac{5}{9} (^{\circ}\text{F} - 32)$$

Banana Cake

Makes 8 servings

4	Ripe bananas
125ml	Light olive oil
3	Eggs
2	Teaspoons vanilla extract
225g	Wholemeal self raising flour
225g	Brown sugar
1	Teaspoon mixed spice
	Nonstick cooking spray

1. Lightly spray a 7cm-deep, 10cm x 20cm (base measurement) loaf pan with oil. Line with kitchen paper allowing the excess to fold up over the longer sides.
 2. Mash bananas and place into a bowl with olive oil, eggs and vanilla – whisk to combine.
 3. Add flour, sugar and mixed spice and stir to combine.
 4. Spoon into the prepared loaf pan and top with slices of banana then bake for 40 minutes or until cooked when tested with a skewer.
 5. Preheat oven (10 minutes) with the rack in Position 2. Select Bake (Low Fan) to cook at 180°C
- Stand in tin for 5 minutes before removing to a cooling rack to cool completely.

4. When cool to touch, place wax paper over top and turn over on flat surface. Carefully pull off parchment. Using sharp scissors, trim the wax paper, and cut the leather into five 6cm wide strips. Roll up each strip and seal with fun tape or baking twine. Store at room temperature in an airtight container up to a week.

Raspberry White Chocolate Muffins

Makes 12 servings

White chocolate buds	95g
Caster sugar	125g
Plain self-raising flour	330g
Raspberries, frozen	125g
Egg, lightly whisked	1
Canola oil	125ml
Buttermilk	185ml

Get everyone involved in creating their own wonton at your next party. Sure to make a sweet memory.

Makes 24 wontons

Chocolate-Peanut Butter-Banana:

¼	Cup thickened cream
30g	Dark cooking chocolate, finely chopped
½	Cup smooth peanut butter
24	1½ cm thick slices of banana, (about 2 ripe bananas)

Wontons:

1	Egg
1	Tablespoon water
24	Wonton wrappers, square
	Nonstick cooking spray
	Icing sugar for dusting

1. Heat cream in a saucepan over low - medium heat until just simmering. Remove from heat, add chocolate and let stand for about 3 minutes. Using a

heatproof spatula or whisk, stir until smooth and shiny. Allow to cool slightly.

2. Meanwhile, in a small bowl, mix the egg with 1 tablespoon of water. Lay out

wonton wrappers, starting with 12 (keeping the remaining 12 covered with a damp towel). Working quickly, put one slice of banana into the center of

each wrapper, topped with 1 teaspoon of peanut butter and 1 teaspoon of chocolate ganache. Use your finger to paint the edges of each wrapper with

the egg wash. Shape each wonton by pinching the opposing corners of each square together. Repeat with remaining 12 wrappers.

3. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Arrange wontons

in the Air Fryer Basket. Lightly spray with oil. Slide basket into rack Position 2. Select Air Fry with temperature set to 180°C for 8 minutes, cooking until golden brown. Remove wontons from basket.

5. Select Bake to cook at 180°C for 20 minutes.

4. Spoon mixture into the cases and bake for 20 minutes or until golden and

cooked through. Remove muffins to a cooling rack and repeat baking process with the remaining muffin mix.

3. Combine egg, oil and buttermilk whisk together. Once whisked, add to the

dry ingredients. Gently stir until just combined. Ensure not to over mix.

2. Combine chocolate, sugar and flour in a large bowl. Coarsely chop half the

raspberries then add all raspberries to the bowl.

- Punch down the dough, reshape into a ball and cover the bowl again with a clean piece of plastic wrap. Let rise for 1 hour.
- Gently punch down the dough and shape into a tight, large round.
- Line the Baking Tray/Drip Pan with baking paper. Put the dough round on the prepared pan and place into the Oven Position 1. Select Proof with temperature set to 30°C for 30 minutes.
- Remove dough and preheat oven by selecting Bake with High Speed fan at 190°C for 30 minutes. Once the oven beeps to signal that it is preheated, cut an X into the top center of the loaf with a serrated knife, brush with the egg wash and put back into rack Position 1.
- Bread should be nicely browned and sound hollow when tapped on the base. Remove bread from the oven and cool completely on a wire rack before slicing.

SWEET TREATS

Pinapple Leather Rolls-Ups

Makes 5 Pineapple Leather Roll-Ups

3	Cups cubed, fresh pineapple
1	Teaspoon, fresh lemon juice
1-2	Tablespoons honey, to taste (optional)
	Nonstick cooking spray

- Combine pineapple, lemon juice and honey (if using) into a blender or food processor and blend/process until smooth.
- Line the Baking Tray/Drip Pan with parchment paper, leaving some overhang around the sides, and spray with nonstick cooking spray. Pour the pineapple mixture onto the parchment and using a rubber or offset spatula, spread evenly over the entire surface area of the pan.
- Put the pan in Position 2. Select Dehydrate and set the temperature to 60°C for 12 hours, checking for dryness at 6 hours. The fruit leather is done when it's no longer sticky to touch and starts to pull off parchment easily.

- Place the mayonnaise, chipotle and lemon juice into a bowl and stir well to combine.
 - Cut sweet potato into slices about 2cm thick. Cut each slice into 3-4 wedge pieces. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Put the cut sweet potatoes into the basket. Spray with oil, sprinkle with salt and toss. Spread out into a single layer.
 - Put the assembled basket into the oven in rack Position 2. Select Air Fry with temperature set to 200°C for 15 minutes, cooking until golden brown and crispy. Toss once during cooking.
- When sweet potatoes are ready serve with chipotle mayonnaise.

Rustic Italian Bread

This airy and crusty loaf proves that making artisanal-style bread at home has never been easier.

Makes 1 large round loaf (about 12 servings)

1¾	Teaspoons active dry yeast
¾	Teaspoon caster sugar
1	Cup warm water
3	Cups bread flour
¼	Cup wheat bran
1½	Teaspoons flaked salt
½	Tablespoons olive oil
1½	Egg wash (1 egg and 1 tablespoon cold water whisked together)

- In a measuring cup, dissolve the yeast and sugar in the warm water. Let stand 5 minutes, or until mixture is foamy.
- Put the flour, wheat bran and salt in the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds. Add the oil. With the machine running, slowly add the liquid through the feed tube and process until a dough ball forms. Continue processing 1 minute to knead the dough. Shape the dough into a ball and put in a large bowl that has been lightly oiled. Cover the bowl tightly with plastic wrap and let the dough rise for 1 hour, until doubled in size.
- In a measuring cup, dissolve the yeast and sugar in the warm water. Let stand 5 minutes, or until mixture is foamy.
- Put the flour, wheat bran and salt in the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds. Add the oil. With the machine running, slowly add the liquid through the feed tube and process until a dough ball forms. Continue processing 1 minute to knead the dough. Shape the dough into a ball and put in a large bowl that has been lightly oiled. Cover the bowl tightly with plastic wrap and let the dough rise for 1 hour, until doubled in size.

SIDES AND BREADS

Perfect accompaniments to main courses cooked quickly with minimal ingredients and barely any cleanup.

“Crisp” Brussel Sprouts
The tasty, sweet and spicy sauce makes these brussel sprouts a favourite side dish.

Makes 4 servings

450g	Brussel sprouts
1	Teaspoon flaked salt
1	Tablespoon honey
2	Teaspoons chilli sauce
1	Teaspoon fresh lime juice
	Nonstick cooking spray
	Olive oil spray

1. Place the Air Fryer Basket onto the Baking Tray/Drip Pan and lightly coat with cooking spray.

2. Trim the bottom of each brussel sprout and then cut in half lengthwise. Arrange the halved sprouts in the basket and then sprinkle with salt and lightly coat with olive oil.

3. Place the prepared basket into rack Position 2. Select Dual Cook. First, set to Air Fry at 150°C for 20 minutes, and then Air Fry again at 180°C for 10 minutes. Sprouts should be soft yet crispy.
4. While sprouts are cooking, stir together the honey, sriracha and lime juice in a medium-size mixing bowl. Once the brussel sprouts are ready, toss in the sauce and serve immediately.

French Fries

These crispy fries can be served with any of your favorite seasonings or sauces.

Makes 2-3 servings

500g	Sebago potatoes, peeled
1	Teaspoon flaked salt or seasoning salt
	Olive oil spray

1. Cut potatoes into 1cm thick slices, and then into thin strips about 1cm wide. Pat dry well with kitchen paper towel.

2. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Put the dried potatoes into the pan. Spray with oil and sprinkle with salt and toss. Spread into a single layer.

3. Put the assembled basket into rack Position 2. Select Air Fry – Chips (not Frozen) with the temperature set to 200°C for 15 minutes, cooking until desired crispiness is achieved.

When French fries are done, transfer to a serving bowl. Taste and adjust seasoning as desired.

Sweet Potato Fries with Chipotle Mayo

More nutritious alternative to regular French fries.

Makes 2 to 3 servings

Chipotle Mayonnaise:	
½	Cup whole egg mayonnaise
½ - 1	Tablespoon chipotle chilli sauce
¼	Teaspoon fresh lemon juice
Sweet Potato Wedges:	
450g	Unpeeled sweet potatoes, washed
1	Teaspoon flaked salt
	Olive oil spray

Open-Faced Croque Monsieurs

A French café favourite.

Makes 2 servings

1/2 Cup bottled béchamel sauce for the sandwiches:

- 2 Slices sourdough bread**
- 1 Tablespoon Dijon mustard**
- 4 Slices Leg ham**
- 4 Slices Swiss cheese**
- Nonstick cooking spray**

1. To assemble the sandwiches . Lightly coat Air Fryer Basket with nonstick cooking spray and place onto Baking Tray/Drip Pan. Place the bread slices into the basket. Spread the top of each slice with some mustard and layer with 2 slices of ham. Spoon béchamel over the ham and top with 2 slices of cheese.

2. Put the prepared basket on pan into rack Position 2. Select Grill for 20 minutes, checking at 15 minutes. Sandwiches are done when the cheese is melted and golden brown.

Crispy Squid Vietnamese Salad

Makes 2 to 4 servings

- 360g Pack frozen squid chips**
- 1 Large carrot, cut into julienned strips**
- 1 Baby cucumber, halved lengthwise and thinly sliced**
- 1 Small red onion, halved and thinly sliced**
- 1/2 Cup fresh coriander leaves**
- 1/4 Cup fresh mint leaves, torn**
- 2 - 3 Tablespoons bottled Vietnamese salad dressing**
- Olive oil spray**

Place the Air Fryer Basket onto the Baking Tray/Dripping Pan.

Add squid and spray moderately with olive oil. Select Air Fry with temperature set to 200°C cook for 6 minutes or until lightly golden.

While squid is cooling prepare the salad by combining carrot, cucumber, onion and herbs toss together. Add squid and drizzle with Vietnamese dressing.

Makes 1 pizza, 6 slices

1 Large fresh pizza base (30cm max)

3/4

Cup tomato pizza sauce

2 tablespoons grated Parmesan

100g

Fresh Buffalo mozzarella cheese, thinly sliced

1

Tablespoon extra virgin olive oil

Cup tightly packed basil leaves, thinly sliced

1/4

Nonstick cooking spray

1. Lightly spray a 30cm pizza tray with cooking oil. Put the pizza base on the tray. Add sauce to the centre of the dough. Leaving a 3cm border for the

Salmon with Harissa and Preserved Lemon-Glaze

North African flavours uniquely shine in this glaze, which is sure to kick up your salmon routine.

Makes 4 servings

4 200g portions salmon or ocean trout fillet, skin on

2 Teaspoons of olive oil

¼ Cup honey

2-3

Teaspoons harissa (depending on heat preference)

2 Teaspoons preserved lemon, finely chopped

Freshly chopped herbs (parsley, coriander, dill)

Lemon wedges for serving

Flaked salt, for seasoning

1. Remove salmon from refrigerator about 20 minutes prior to cooking. Rub fresh side with olive oil and season with salt. Place skin-side down on the Baking Tray/Drip Pan.

2. In a small bowl, whisk together honey, harissa (to taste) and preserved lemon. Pour glaze over salmon, and using a pastry brush or spoon, spread evenly over flesh.

3. Put the pan into rack Position 1. Select Slow and set temperature to 100°C and cook for 45 minutes, checking for doneness at 30 minutes; cooking time varies depending on thickness of fillet. Salmon is done when the flesh flakes easily with a fork at the thickest part. Ideally it should still have a slightly darker orange colour.

Transfer to a serving platter. Spoon any leftover glaze from pan over fish. Garnish with freshly chopped herbs and lemon wedges and serve immediately.

Fish Tacos

Get a taste of Baja and the beach with these fish tacos – guilt free!

Makes 6 tacos

400g

White boneless & skinned fish fillets (perch, boneless fillet)

1

Teaspoon flaked salt

½

Cup plain flour

1

Free-range egg, lightly beaten

2

Cup panko breadcrumbs

½

Cup finely shredded cabbage

6

Cup fresh coriander leaves, roughly chopped

Corn tortillas

Olive oil spray

Nonstick cooking spray

Avocado slices, sour cream and lime wedges to serve

1. Cut fish into strips about 4cm wide.

2. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the fish. Season the flour with salt and pepper.

3. Coat fish strips in the flour and shake off the excess before dipping into egg allowing excess to drain then coat evenly with the breadcrumbs. Spray both sides liberally with olive oil.

4. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Coat the Air Fryer Basket well with nonstick cooking spray. Spray both sides of fish with olive oil and place into the Air Fry Basket. Select Air Fry with the temperature set to 200°C and cook for 9 minutes; turn fish pieces and cook for an additional 3 - 5 minutes, or until evenly crispy.

5. Reserve cooked fish and then heat tortillas for about 2 - 3 minutes at 150°C, until soft and pliable. Serve tacos, each with 2 pieces of fish. Top with shredded cabbage, coriander, avocado and sour cream. Squeeze over fresh lime.

Chicken Tenders

Kids of all ages will love this homemade version of the frozen standby.

Makes about 4 servings

500g	Chicken tenderloins, halved
¾	Cup plain flour
2	Large eggs, lightly beaten
1 ½	Cups panko breadcrumbs
	Flaked salt
	Freshly ground black pepper
	Olive oil spray
	Nonstick cooking spray

1. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the chicken. Season the flour with salt and pepper.
2. Coat chicken pieces in the flour and shake off the excess before dipping into egg allowing excess to drain then finally coating evenly with the breadcrumbs. Spray both sides liberally with olive oil.
3. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Generously coat the basket with nonstick cooking spray. Put the prepared tenders into the basket and put into rack Position 2. Select Air Fry – Nuggets (not frozen) with temperature set to 200°C for 15 minutes, turn halfway through, cooking until chicken is evenly browned on both sides.

Serve immediately.

Makes 4 to 6 servings

2kg	Whole chicken
1	Lemon, halved
1	Tablespoon extra virgin olive oil
1	Large red onion
1	Small sweet potato, halved lengthwise & cut into thick slices
1	Large carrot, cut into thick slices
½	Teaspoon flaked salt
	Freshly ground black pepper

1. Pat the chicken dry and put onto the Baking Tray/Drip Pan. Juice half the lemon over the chicken and drizzle with half the oil. Sprinkle with salt and season with pepper. Place the lemon halves into the chicken's cavity.
2. Put the Baking Tray/Drip Pan with the chicken into rack Position 1. Select Roast and set fan speed to HiGH – with temperature set to 180°C for 60 minutes. When there is 20 minutes remaining in cooking remove tray and place vegetables around the chicken drizzle with remaining oil. Return to oven to complete cooking.
3. Check juices are running clear and rest chicken covered in foil for 10 minutes before serving.

Classic Roast Chicken & Veggies

Simple spices go a long way in this roast chicken recipe.

Five-Spice Seasoning for Chicken Wings with Dipping Sauce

DO NOT skip the sauce with these crispy spiced wings.
Any leftover sauce can be drizzled over steamed rice.

Enough seasoning for 20 wings. Makes about 2/3 cup sauce

1 Teaspoon flaked salt

1 Teaspoon Chinese five spice powder

Dipping Sauce:

1/4 Cup fish sauce

1/4 Cup caster sugar

1 Garlic clove, finely chopped

1/2 Birds eye chilli (seeded and thinly sliced)

1 Teaspoon fresh lime juice

1 Teaspoon chopped fresh coriander

1 Teaspoon chopped fresh mint

1 Teaspoon finely shredded carrots

1 Teaspoon thinly sliced green shallots

1. Sprinkle the salt and five-spice powder over the chicken wings. Cook as instructed in preceding recipe.

2. While wings are cooking, prepare the dipping sauce. Place the fish sauce, sugar, garlic and chilli in a small saucepan set over low – medium heat. Cook 5 minutes to dissolve the sugar. Remove to cool to room temperature. Once cool, add the remaining ingredients and stir to combine.

Transfer to a serving bowl and serve alongside the hot wings.

Makes 6 servings

Dry rub:

900g American style pork ribs

2 Tablespoons packed light brown sugar

3 Tablespoons chilli powder

1 Teaspoon flaked salt

1/2 Teaspoon smoked paprika

1/2 Teaspoon freshly ground black pepper

1/2 Teaspoon dried oregano

1/2 Teaspoon garlic powder

1/4 Teaspoon cayenne pepper

BBQ sauce to serve

1. Stir dry rub ingredients together in a small bowl.

2. Rub spices all over the ribs and refrigerate for at least 2 hours, but preferably overnight.

3. When ready to cook, arrange ribs on the Baking Tray/Drip Pan and put into rack Position 1. Select Low and set temperature to 95°C for 2 1/2 hours.

4. When cooking is complete, cut into individual ribs and serve with barbecue sauce if desired.

Smoky-Oven Roasted Ribs

Roasted Vegetables with Rice Medley and

Feta

Makes 2-4 servings

1 Small peeled sweet potato

2 Large peeled carrots

1 Red onion

250g

Packet cooked rice medley, warmed

Olive oil spray

1. Cut potato and carrots into 3cm thick slices and halve again. Cut onion into quarters.

2. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Add the potato and carrot then spray moderately with olive oil. Select Air Fry with temperature set to 200°C. Cook for 6 minutes, turn vegetables and add onion.

3. Cook a further 4 minutes or until lightly golden and the potato is cooked. Remove and cool slightly before cutting into smaller chunks.

4. Heat rice as per packet instructions and place into a bowl. Add the vegetables, coriander and feta. Gently toss to combine.

Macaroni Cheese with Bacon, Spinach and Bocconcini

Makes 4 servings

2 Cups dried macaroni pasta

500g Jar macaroni cheese pasta sauce

100g

Sliced ham, diced

220g

Bocconcini cheese

60g

Baby spinach leaves

1/2

Cup panko crumbs

250g

Packet cooked rice medley, warmed

Olive oil spray

Freshly ground black pepper

1. Lightly grease a 4 cup baking dish.
2. Cook pasta according to pack instructions. Drain and place into a large bowl, add sauce and ham then break the cheese balls in half and add to the bowl. Season well with pepper.
3. Spoon half of the pasta into the prepared dish then make a layer with the best spinach leaves. Top with remaining pasta trying to cover the spinach the best you can.
4. Select Dual Cook with rack in position 2. First set to Bake at 180°C for 20 minutes then Air Fry at 110°C for 4 minutes (or until crumbs are golden).
5. Sprinkle the top with panko crumbs and spray the crumbs evenly with olive oil. Once preheated, put the baking dish into the oven and cook.

Buffalo Chicken Wings

For a healthier option than deep-frying, Air Fry chicken wings. The Express Oven Air Fry™, makes them extra crispy with no oil and little preparation.

Makes about 15 wings

900g

Chicken wings*

3/4

Teaspoon flaked salt

1/4

Cup bottled buffalo sauce

Nonstick cooking spray

1. Place the Air Fry Basket into the Baking Tray/Drip Pan.
2. Generously coat the Air Fryer Basket with nonstick cooking spray. Reserve.
3. Put the chicken wings into the basket. Sprinkle with salt.
4. Put the assembled basket into rack Position 2. Select Air Fry preset Chicken Wings with temperature set to 200°C for 25 minutes or until golden and crispy.
5. When chicken wings are done, toss immediately in sauce.

1. Lightly grease, a 4 cup baking dish-with the salt and pepper.
2. Season lamb shanks then heat oil in a large frying pan over medium – high heat. Sear the shanks on both sides until lightly golden. Transfer to baking dish.
3. Pour the tomato pasta sauce and water over the shanks. Add rosemary sprigs. Cover dish well with foil sealing the edges. With slow cooking it is important to keep the dish well covered to retain steam to assist in the cooking and prevent drying out.

Italian Tomato Lamb Shanks

Makes 4 servings

The Express Oven Air Fry™, not only air-fries, but it also bakes, grills and roasts—with use of the Super Convection function to put a full meal on your table in record time!

MAIN COURSES

1. Lightly grease a 6 cup baking dish.
 2. Spread corn chips over the base of the dish then dollop on the beans and sprinkle with cheese.
 3. Preheat the oven with the rack in Position 2. Select Dual Cook. First set to Bake at 180°C for 5 minutes and then Grill for 5 minutes.
 3. Once preheated, put the nachos into oven. Keep an eye on the nachos while they are cooking – some cheeses melt and brown more quickly than others .
- Serve immediately with salsa, guacamole, sour cream and coriander.

Indian Style Roast Pork Belly

Makes 4-6 servings

1 kg Piece pork belly

4 Chat potatoes

1/3 Cup Greek style plain yoghurt

2 Tablespoons bottled korma curry paste

4. Select the Slow function with the rack in position 2 and cook at 150°C for 3 hours or until the meat is falling away from the bone.
- Serve with mashed potatoes.

1. Preheat the oven on Bake 200°C with the rack in Position 2 (10 minutes).
2. Combine korma paste and half the yoghurt in a small bowl. Rub well over the flesh side and then sparingly over the skin side. Cut potato into halves and place into a 3- 4 cup baking dish.
3. Place pork on top of potatoes and cover with a piece of kitchen paper. Cover dish very well with foil sealing the edges. Cook for 1½ hours – remove foil slightly crisp.

Serve with naan bread and pickled chutney.

4 Lamb shanks
1/2 Teaspoon flaked salt
2 Teaspoons olive oil
500g Jar Napolitana tomato pasta sauce
1/2 Cup water
3 Sprigs rosemary Cracked black pepper

Crispy Chickpeas

Quickly transform a plain can of chickpeas into a crispy snack.

1 400g chickpeas, drained (about 1½ cups)

1/4 Teaspoon flaked salt

1/2 Teaspoon ground cumin

Freshly ground black pepper

1. Place the Air Fry Basket into the Baking Tray/Drip Pan. Pat the chickpeas well dry with kitchen paper towel then place into a bowl and spray liberally with oil. Sprinkle with salt, cumin and pepper and transfer to the Air Fryer Basket.

2. Put the assembled basket into rack Position 2. Select Air Fry. Set the temperature to 180°C for 15 minutes, cooking until chickpeas are fragrant and lightly browned. It is normal that they may pop a little during the cooking process.

Allow to cool and serve warm.

Veggie Chips with Rosemary & Sea Salt

Worth the effort – better than store bought!

Makes 4 to 6 servings

700g Root vegetables (beetroot, sweet potato and parsnip)

Olive oil, for brushing

2 Teaspoons fresh rosemary, finely chopped

2 Teaspoons flaked sea salt

1. Place the Air Fry Basket onto the Baking Tray/Drip Pan. Reserve.

2. Using a mandoline, cut vegetables into 3mm slices. Pat dry with kitchen paper towel. Arrange as many slices as possible in a single layer in the Air Fry Basket, avoiding any overlap. Brush both sides of the slices with olive oil and sprinkle with rosemary and salt.

Kale Chips

Kale chips make a light snack on their own, but they can also be crumbled

and used as a salad topper.

Makes 4 servings

4 Stems curly kale, tough stems removed

Olive oil spray

1/4 Teaspoon flaked salt

1. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Tear the large kale leaves into smaller pieces and place into the basket. Spray liberally with oil and then sprinkle with salt. Put the assembled basket into rack Position 1.

2. Select Dehydrate and set temperature to 160°C with Low fan, start checking at 3 hours. Dehydrate until kale is bright and crispy.

NOTE: Kale can take anywhere from 3 to 6 hours.

Vegetarian Nachos

The key to these nachos is to layer some of the cheese between two layers of chips. That way everyone gets a bit of cheese with every bite!

Makes 4 servings

175g Packet plain corn chips

1 Cup grated 4 cheese blend

435g Can refried beans

3/4 cup Chunky and thick tomato salsa

Guacamole and sour cream for serving

Fresh coriander leaves (optional)

BREAKFAST AND SMALL BITES

Prosciutto Egg Cups

Makes 6 individual servings

4	Long slices prosciutto, cut in half
6	Free range eggs
1/3	Cup milk
1/3	Cup goats cheese, crumbled
1	Tablespoon chopped fresh flat leaf parsley
1	Teaspoon flaked salt
1/4	Freshly ground black pepper
	Nonstick cooking spray

1. Lightly spray 4 x ¾ cup ramekins with nonstick cooking spray and place onto the Baking Tray/Drip Pan. Line the ramekins with prosciutto layering one half over the other to cover base and sides allowing excess to slightly overhang the ramekins.
2. In a bowl, whisk together the eggs, milk, salt and pepper. Stir in crumbled goat's cheese.
3. Divide egg mixture between the ramekins.
4. Place into the oven on in rack Position 2. Select Air Fry and set the temperature to 160°C for 10 to 12 minutes, cooking until egg is set. Run a knife along the edge of each cup to loosen from pan.

Spanish Tortilla

A traditional tapas recipe, these can be enjoyed with some marinated olives, a green salad and crusty bread.

Makes 6 servings

1	Unpeeled Desiree potato cut into 12 thin slices
1	Teaspoon flaked salt
5	Large eggs
2	Tablespoons chopped roasted red capsicum
	Chopped fresh parsley to garnish (optional)
	Nonstick cooking spray
	Freshly ground black pepper

1. Lightly spray ¾ cup ramekins with nonstick cooking spray and place onto the Baking Tray/Drip Pan.

2. Divide the onion slices evenly among the ramekins. Place 2 slices of potato in each cup and sprinkle with half the salt. Put into the Oven on the oven rack in Position 1. Select Air Fry and set the temperature to 200°C for 10 minutes.
3. While the onions and potatoes are cooking, beat the eggs, add the capsicum and remaining salt season with pepper. Once the potatoes and onions are ready, evenly pour egg into ramekins. Place ramekins back into the oven, select Air Fry, and set the temperature to 160°C for 8 minutes, cooking until egg is set.

Serve in ramekins.

RECIPES

These mouthwatering recipes are just a sampling of what the Express Oven Air Fry™ can do.

SMALL BITES

Prosciutto Egg Cups	3
Spanish Tortilla	3
Crispy Chickpeas	4
Veggie Chips with Rosemary & Sea Salt	4
Kale Chips	4
Vegetarian Nachos	4

MAIN COURSES

Italian Tomato Lamb Shanks	5
Indian Style Roast Pork Belly	5
Roasted Vegetables with Rice Medley and Feta	6
Macaroni Cheese with Bacon, Spinach and Bocconcini	6
Buffalo Chicken Wings	6
Five-Spice Seasoning for Chicken Wings with Dipping Sauce	7
Smokey-Oven Roasted Ribs	7
Chicken Tenders	8
Classic Roast Chicken & Veggies	8
Salmon with Harissa and Preserved Lemon-Glaze	9
Fish Tacos	9
Open-Faced Croque Monsieur	10
Pizza Margherita	10
Crispy Squid Vietnamese Salad	10

SIDES AND BREADS

“Crisp” Brussel Sprouts	11
French Fries	11
Sweet Potato Fries with Chipotle Mayo	11
Rustic Italian Bread	12
SWEET TREATS	
Pineapple Leather Roll-Ups	12
Dessert Wontons Two Ways	13
Raspberry White Chocolate Muffins	13
Banana Cake	14



Recipe Booklet
Instruction Booklet on reverse side

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