



PKCOV45

Convection Oven Cooker

Healthy Kitchen Countertop Cooking

USER MANUAL

READ ALL THE INSTRUCTION BEFORE USING

CONTENTS OF THE INSTRUCTION MANUAL

SAFETY NOTICES	3
CONVECTION OVEN COOKING	3
APPLIANCE DESCRIPTION	4
APPLIANCE USE	5
COOKING WITH THE EXTENSION RING	8
APPLICATION EXAMPLES	9
CLEANING	10
SPECIFICATIONS	11

SAFETY NOTICES

When using electrical appliance, basic safety notices should be followed, including the following:

- Read all the instructions and keep in a safe place for the future reference.
- Do not touch hot surfaces. Use Tongs (10) provide to lift racks or oven gloves when removing hot containers.
- To protect from the electrical shock, never immerse Power Cord (6), plug or Lid- Motor Black (2) into the water or any other liquid.
- Close supervision is necessary when any appliances are used by or near children or infirm persons.
- Children should be supervised to ensure that they do not play with the appliances.
- Unplug from outlet when not in use. Unplug before putting on or taking off parts.
- Always unplug by grasping the plug, do not pull on the power cord (6).
- Do not operate any appliance with a damaged Cord (6) or plug, or after the appliance malfunctions or if it has been damaged in any manner. Refer to a suitably qualified person for examination, repair or adjustment.
- The use of the accessory attachments other than those supplied with the appliances is not recommended by the manufacturer as it may cause injuries.
- Do not use outdoors. This appliance is for household use only.
- Do not let the Cord (6) hang over edge of table or counter or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or on a heater oven.
- Extreme caution must be used when moving an appliance containing hot foods, water or other hot liquids.
- Do not use the appliance for other than intended use.
- Do not use still wool or any abrasive scourers clean the appliance as they will damage the surface

CONVECTION OVEN COOKING

Using circulating air, the convection oven cooks food quickly, efficiently and uses much less energy than conventional cooking methods. Another benefit is reduced clean up time. Because it can cook on more than one level, the convection oven will cook dishes that would normally require numerous pots and pans to wash. In fact, one of the many features of the convection oven is that it helps to clean itself! The hot air method of cooking ensures an even distribution of heat around the food. One of the effects of this is that surface of meat etc. is quickly sealed so it retains much of the succulence of original flavor that is often lost with the conventional methods.

There are very few dishes that need fat to assist in the cooking process when cooked in the convection oven. Less fat in cooking is always healthier.

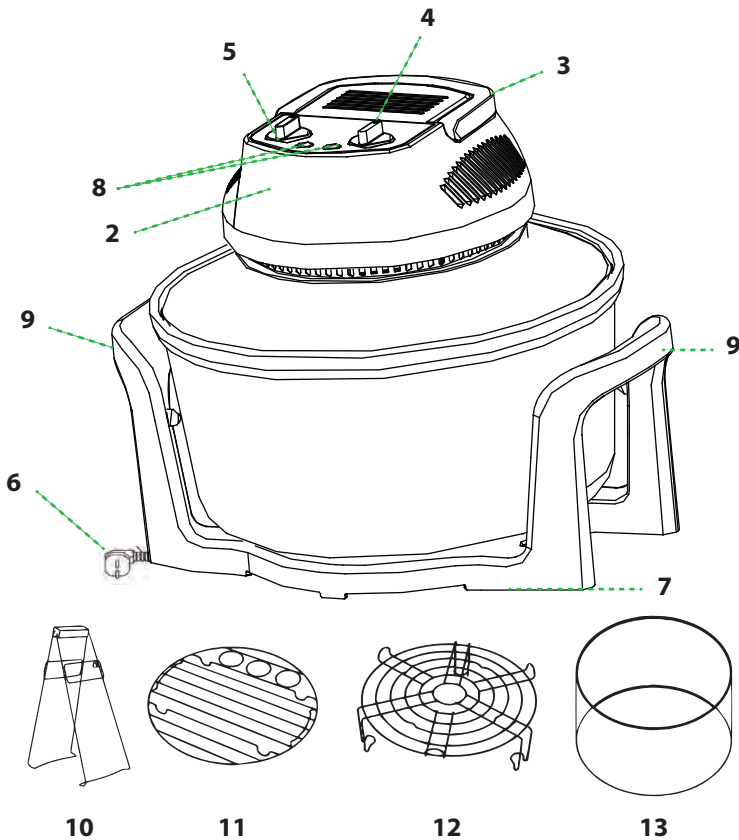
APPLIANCE DESCRIPTION

- | | |
|---------------------------|---------------------|
| 1. Bowl | 8. Indicator Lights |
| 2. Lid- Motor Block | 9. Stand Handles |
| 3. Safety Handle | 10. Tongs |
| 4. Thermostat (255-480 F) | 11. Low Rack |
| 5. Timer (60 minutes) | 12. High Rack |
| 6. Power Cord | 13. Extension Ring |
| 7. Stand | |

Attached Tongs to the rack- there are invaluable when removing hot food from the convection oven, but can also be used to place the food into the base as well.

There are two controls on the convection oven

- 1. Thermostat:** Sets the cooking temperature from 255°F to 480°F
- 2. Timer:** The timer dial is marked in minutes and has a reminder bell, which sounds when the cooking time is completed.



APPLIANCE USE

IMPORTANT

Safety Handle:

The convection oven will not work unless the Safety Handle (3) is fully <<clicked>> into the down position. If you need to remove the Lid (2) during the cooking process, lifting the Safety Handle (3) will stop the heater and the turbo fan while you attend to the dish. Simply replace the lid (2) and place the Safety Handle (3) in the down position to resume cooking.

TIPS

- If possible pre-heat the oven for 3 minutes before using.
- Always place food on the rack to ensure good air circulation.
- Leave at least 1cm gap between items on the same rack.
Again this ensures good air circulation.
- When food is cooked it can be kept hot by turning the Thermostat (4) down to 300°F until ready to serve

Operating Convection Oven

1. Prepare the Bowl (1). While cooking the surface of the Bowl (1) will be considerably hot, be sure to place the appliance on a heatproof surface.
2. Place the rack in the Bowl (1) and place food in the center of the rack to receive best air circulation. Allow 1cm space between food and Bowl (1).
3. Cover the Bowl (1) with the Lid (2), be sure it is sealed correctly
4. Plug the Cord (6) into wall outlet.
5. Turn the Thermostat (4) to temperature desired
6. Set the Timer (5) using the reference table as a guide> Push Handle (3) back to start. The red and green indicator lights will go on to indicate that cooking has started.
7. The convection oven will automatically shut off when cooking time has been reached
8. When roasting, line bottom of the Bowl (1) with foil to catch dripping (for easy clean up).

Thawing Food

The convection oven will thaw most foods. Simply place onto one of the wire Racks (11,12), set the Thermostat (4) to **THAW** and allow approximately 40 minutes per kg. Large items like meat joints should be turned at least once during the thawing process. Any liquids or juices from thawed food should be thoroughly cleaned from the Bowl (1) before cooking.

Frozen Food

Large items like meat joints or poultry cannot be cooked from frozen and must be thawed thoroughly first. However, some foods cook best from frozen. Simply follow the cooking instructions on the packaging as a guideline. It is often the case that cooking time is shorter in the convection oven it is more efficient convectional oven.

Toasting

You can toast almost anything in the convection oven: bread, bagels, pizza, crumpets etc. For better results use the High Rack (12) and set temperature to 428-446 F depending upon your preference. It is unlikely that the item you are toasting will need to be turned over halfway through cooking. The hot circulation air will usually toast both sides at once.

Grilling

As with toasting, items to be grilled should be placed on the High Rack (12) and should be between 428-464 F. When deciding the best temperature setting to use, consider the thickness of the food. A 3 cm thick steak would require a lower temperature and longer cooking time than a 1 cm thick steak. Also remember that frozen food like burgers need a longer cooking time. You may wish to turn the food halfway through the grilling process to ensure even coloring.

Baking and Steaming

The temperature for cooking of uncovered dishes is usually 68 to 104 F lower than in the traditional oven. No pre-heating is necessary in convection oven when baking. Ordinarily, the centre of a cake batter will be moist, while the section closest to rim of the baking pan will be done first. For this reason, a bunt cake pan or tube pan is better to use than the larger layered cake pans.

SUGGESTED BAKING TIMES AND TEMPERATURES FOR CONVECTION ROASTER

FOOD	TEMPERATURE (°F)	MINUTES
Brownies	300	18-20
Buns	390	10-12
Cakes, layer	300	18-20
Cakes, loaf	300	30-35
Cornbread	356	18-20
Cookies: drop	320	8-10
Cookies: rolled	320	10-12
Muffins	356	12-15
Pies/pastries/pie crust	390	8-10
With filling (no top crust)	320	25-30
With filling (two crusts)	356	35-40
Breads, rolls	356	12-15
Loaf	320	25-30

The process of cooking and cooking time may vary, depending on depth and size of mixture or preparing dish.

Grilling and Broiling

For broiling or grilling with a convection oven, the temperature should be set between 428-480°F. No pre-heating is necessary in convection oven when baking. Food should be placed on the rack without covering. To bring the food closer to source of the heating air, the High Rack (12) should be used. Add hickory liquid smoke or mesquite to get a smoky flavor. Any seasonings should be applied to the surface of the meat. If the fish or meat is lean, spray the rack or grill with non-stick vegetable oil, or brush with cooking oil prior to arranging the fish/ meat on the grill. This will minimize food sticking to the grill.

For browner or more seared surfaces, broil on both sides as with thick stocks or steaks. For thinner pieces, no turning is necessary.

Roasting

Lining bottom of the Bowl (1) with aluminum foil (leaving an inch of rim) will catch drippings if desired. To let hot air freely circulate, use low Rack (11). The propelled hot air cooks meat evenly and seals in the juice. Turning and basting is not necessary. A meat thermometer is recommended. However, without one, go by the time temperature table given here, or follow the chart given for the conventional or regular ovens and subtract 77°F.

Roast Whole Chicken

Rinse chicken thoroughly and add desired seasonings. Spices such as garlic, black pepper and salt are suggested. Before roasting, allow seasonings to penetrate for a few hours. Base of the Bowl (1) can be lined with aluminum foil to catch drippings. Roast for approximately 30 minutes per 1 kg at 390°F.

Whole Roasts

With Fatty portion facing upward put meat directly on low rack. Put seasoning to your tastes. Insert meat thermometer. Temperature for roasting is usually 77°F less than for regular or conventional roasting. Cooking time depends on type and size of roast

Cakes

Pre-heat the oven to 428-446°F for 3 minutes. When selecting an appropriate cake tin to use, be sure that it will fit comfortably in the Bowl (1). Always place the cake tin on the Low Rack (11) - never directly onto the bottom of the Bowl (1). When using the recipes from elsewhere, deduct 50°F from the recommended cooking temperature. Cooking time depends entirely upon the size of cake you are making but it is easy to monitor its progress with the see-through glass Bowl (1)

Biscuits and Pastries

You may use your own special frying pan (make sure the frying pan is allowed to be used in the ovens like this!) and place it on the Low Rack (11). Don't forget to lightly grease the pan you are going to use first. The best temperature for biscuits and pastries is 428-446°F. Cooking times various but is generally 12-15 minutes for biscuits.

Pies

Pre-cooked (unfrozen) pies could not be easier. Place on High Rack (12) and cook for 8-12 minutes at 428°F. Frozen or uncooked pies use the same position and temperature, but increase the cooking time usually to 20-25 minutes. This can vary depending on the size and content of the pie.

Eggs

Hard or soft-boiled eggs are unbelievably easy in the convection oven. For s start, there is no boiling involved! Simply place up to 6 eggs into the pan and put the pan on the High Rack (12). Set the temperature to 390°F set the Timer (5) to 6 minutes for soft-boiled or 10 minutes for hard-boiled. Always use the Tongs (10) to carefully remove the eggs after cooking.

Bread Rolls

To reheat fresh bread rolls, wrap each roll with foil, place on the Low Rack (11) and heat at 390°F for 5-7 minutes. If the rolls are a few days old they can be <<refreshed>> by brushing them with a little milk, placing them on the High Rack (12) and heating for 6-9 minutes at 356°F.

COOKING WITH THE EXTENSION RING (13)

If you need to cook something of a larger size, for example: whole chicken, turkey, stuffed turkey, mean you can put the Extension Ring (13) on the top of the Bowl (1). Then extension Ring (13) makes the Bowl (1) Bigger, it gives an extra volume you need for cooking. Now all the ingredients you would like to cook will fit into the Bowl (1) with the Extension Ring (13) perfectly well. You can cook several dishes at one and the same time!

Note: *Make sue you properly fixed the Extension Ring (13)!*

APPLICATION EXAMPLES

REFERENCE TABLE OF TIME AND TEMPERATURE FOR COOKING VARIOUS FOODS

TEMPERATURE (°F)	BAKING CLASS	QUANTITY	MINUTES
390	Whole Chicken	2 1/4 kg	70-75
390	Drumsticks	8 paces	15
480	Fish	10 paces	7-8
390	Clam	500 g	5-7
480	Shrimps	500 g	5
480	Corn	4 paces	10
300	Cake	1 case	20
480	Potato	500 g	25
480	Red Prawn	4 paces	15
480	Crab Meat	500 g	10

FOR MEATS WEIGHING FROM 1-1.5 KG, SET TEMPERATURE AT 390°F AND COOK FOR THE FOLLOWING (APPROXIMATE) TIMES

TYPE OF MEAT	MINUTES
BEEF, BONELESS, WHOLE ROAST	RARE:15-20 MEDIUM:20-25 WELL DONE:25-30
BEEF, RIB ROAST, RUMP OR CHUCK	RARE:15-20 MEDIUM:20-25 WELL DONE:25-30
HAM WITH BONE & FULLY COOKED	MEDIUM:12-15
PORK, LOIN (BONELESS)	WELL DONE:20-25
LOIN WITH BONE	WELL DONE: 25-30

Remember – all times are a guideline only. Times may vary depending on the time of cooking, temperature selected and your individual preferences.

CLEANING

- This appliance has an auto clean function.
- Set the Thermostat (4) to the <<**THAW/WASH**>> position, add a little detergent and set the Timer (5) for about 10 minutes. The unit will heat up for 1-2 minutes and then swirl the water around to clean the pot. Rinse pot.
- NEVER immerse the lid – Motor Black (2) in water or other liquid. To clean the lid
- Mother Block (2), wipe with a soft damp cloth only.
Use mild detergent if necessary.

Large Capacity, Extra Wide Cooking Glass Bowl



Convection Oven Cooker, Healthy Kitchen Countertop Cooking

Features:

- Hassle-Free Electric Convection Oven Cooker
- Ability to Cook, Bake, Grill, Steam Broil, Roast & Air-Fry!
- Built-in Fan Circulates Air for Effective & Even Cooking
- Super-High Temperature Food Prep for Moist & Savory Meals
- Smart Meal Prep: Healthy Cooking without Adding Any Extra Oil
- Lab Tested to Prepare Meals Faster than Conventional Ovens
- Cooks Thoroughly & Retains Flavor for All Inserted Ingredients
- Temperature & Time-Setting Adjustable
- Large Capacity, Extra Wide Cooking Glass Bowl
- Removable Heating Oven Top Lid
- High-Powered Heating Element
- Convenient Tabletop Design
- LED Indicator Lights
- Easy-to-Use Rotary Controls
- Automatic Power-Off When Timer Expires
- Safe for Placement on Any Counter / Tabletop
- Easy-to-Clean & Heat Resistant Glass Cooking Bowl
- Perfect for Meats, Steak, Pork, Chicken, Vegetables & More!

What's in the Box:

- Convection Oven
- Glass Bowl
- Tabletop Stand
- Height Extending Insert
- (2) Tiered Cooking Racks
- Tongs

Technical Specs:

- Cooker Type: Convection Oven
- Heating Element Power: 1000 Watt
- Food Capacity: 18+ Quarts
- Max. Temperature Reached: 480 °F Fahrenheit
- Max. Time Setting: Up to 60 Minutes
- Power Cable Length: 2.5' Ft.
- Power: 120V
- Size (L x W x H): 13.4" x 15.8" x 13.8"



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