

Healthy Choice
EO425R

PORTABLE OVEN

WITH ROTISSERIE



Model no: EO425R

Batch no: PR4013

INSTRUCTION MANUAL

PLEASE READ AND RETAIN THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Household use only.

1. POWER

- Oven: 1350w 230v
- Hotplate: 1700w 230V
- **Oven and hotplates cannot operate simultaneously.**
- **WARNING! THIS APPLIANCE MUST BE EARTHED!**

2. IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

READ ALL INSTRUCTIONS

- Never use the oven if it is damaged in any way.
- TO protect against electrical shock, do not immerse the cord or plug in water or any other liquid.
- Do not operate any appliance with a damaged cord or plug.
- Do not let power cord hang over the edge of the table or kitchen work top or touch hot surfaces.
- Ensure that the appliance is placed on a firm level surface and close to an electrical outlet.
- Always ensure that you have disconnected the plug from the wall outlet before proceeding to clean the oven.
- Make sure that electrical cable does not come into contact with the heated parts of the oven.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Do not touch hot surfaces, use handles or knobs.
- Do not use outdoors.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Do not use the appliance for anything else other than its intended use.
- Do not sprinkle water on the glass window whilst it is still very hot as this could cause the glass to crack.
- Never immerse the heating element in water. Even a drop of water may damage the parts and cause an electric shock.
- DO NOT leave the hot plates "ON" without pots-except for pre-heating - for a maximum 3 minutes.
- No liability can be accepted for any damage caused by noncompliance with these instructions or any other improper use or mishandling.

- This appliance is not intended of use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised or given instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by a service agent or a similarly qualified person in order to avoid a hazard.
- This appliance is intended to be used in household and similar environments such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.

3. USE

BEFORE USING FOR THE FIRST TIME

Ensure that the distance between the oven and the wall (back &side) is at least 25cm.

When using the oven for the first time, place oven on max setting for 5 minutes. Do not place anything in the oven during this period. The oven may generate smoke during this period, this is normal. Then smoke will burn off safely in a few minutes.

4. COOKING TIPS

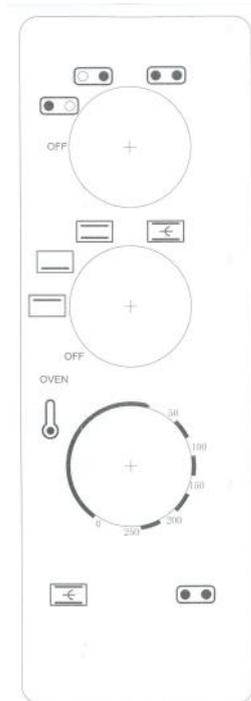
Before placing the food in the oven to be grilled, oil the grill pan.

If the food to be cooked is oily or greasy, such as roast chicken etc., use two pieces of aluminum foil, place one on the grill pan and use the other to cover the food. This avoids oil or grease splashing during operation.

5. OPERATING THE UNIT

Plug the cable into the wall socket. This appliance must be earthed!

Control Panel



Top control Knob - OFF /Left/ Right/ Both Hotplate

Middle control knob - OFF/ Top Heating Elements/ Bottom Heating Elements / Both Heating Elements/ Both Heating Elements & Rotisserie function

Bottom Control Knob - Thermostat for oven control

Switch – A 3 x position switch for Oven ON/ OFF/ Hotplates

- The top heating element is ideal for grilling, the bottom element is ideal for baking.
- For the top, bottom or both elements, set the desired temperature on the bottom control knob.
- The oven will cycle temperature as set on the control knob.

Please Note: If the Switch is in the “O” (OFF) position, neither the rotisserie nor the hotplates will operate.

6. HOTPLATES

Ensure the switch is on the hotplates position.

Turn the top control knob to your chosen hotplates operation method:

Left hotplate, right hot plate, both hotplates.

The hot plates do not have an adjustable setting. It will be on at full heat.

Place a pot or pan on to the desired element and commence with cooking.

When you have finished using the hotplates, move the top control knob to the off position and ensure the switch is put into the off position.

Hotplates power:

Large element(left) 850w-1000w/220v-240v

Small element (Right) 650w-700w/220v-240v

Both elements (left & right) 1500w-1700w/220v-240v

7. OVEN

Ensure the switch is on the oven on position.

Turn the middle control knob to your chosen oven operation method:

Top element, bottom element, both elements or rotisserie function.

Then turn bottom control knob to your chosen oven temperature.

When you have finished using the oven, move the middle control knob to the off position, turn the oven temperature dial to 0 and ensure the switch is put into the off position.

Oven and hotplates cannot operate simultaneously.

8. ROTISSERIE FUNCTION

Add the rotisserie stick to the rotisserie holes inside the oven.

Use the chicken forks and screws to hold the food: eg: whole chicken onto the rotisserie stick.

Use kitchen string to tie up meat tightly onto the stick.

Ensure the switch is on the oven on position.

Turn the middle control knob to the rotisserie position.

Turn the bottom control knob to your chosen oven temperature.

When you have finished using the oven, move the middle control knob to the off position, turn the oven temperature dial to 0 and ensure the switch is put into the off position.

9. MAINTENANCE AND CLEANING

Disconnect the oven by removing the plug from the wall outlet. Allow the oven to cool.

Always clean the painted and enamel parts of the oven after each use. Keep the oven open to allow it to dry properly.

Ensure that all acidic materials (lemon and oils) are cleaned immediately after use.

The stainless-steel grill pan, rotisserie stick, chicken forks and screws can be easily cleaned, with mild detergent and a damp cloth.

The grill pan is dishwasher safe.

The rotisserie stick, chicken forks and screws are dishwasher safe.

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