

Healthy Choice[™]
AFO2300

23L AIR FRYER CONVECTION OVEN

ROTISSERIE FORK SET • ROTISSERIE HANDLE • WIRE RACK • MESH TRAY • BAKING TRAY • PAN HANDLE • CRUMB TRAY



Model: AFO2300 | **Batch:** PR4225

CAUTION:

TO AVOID DAMAGE TO YOUR BENCH TOP AND SPLASH BACK, DO NOT PLACE AIRFRYER DIRECTLY ON BENCH TOP.

Use air fryer on heat proof material and on a dry, level and even surface. Leave a minimum distance of 20cm from walls and other heat sensitive materials.

THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY.

PLEASE READ AND RETAIN INSTRUCTIONS FOR FUTURE REFERENCE.

The illustrations used in the manual are to illustrate the operation method and structure of the product. Where there is a small difference between the physical item and the illustrations, please take the physical as the standard.

ABOUT THE PRODUCT:

Your personal chef has arrived – and is equipped and ready to prepare meals for your entire family.

Whatever the occasion – the 23 Litre Air Fryer Convection Oven has got you covered. Loaded with a rotisserie fork set, rotisserie handle, wire rack, mesh tray, baking tray, pan handle and crumb tray, this innovative air fryer convection oven is packed and ready to make meals that will take your cooking to the next level (in just a fraction of the time!).

Better yet, this cutting-edge, circulating ‘turbo air’ technology and double-layer heating elements (on the top and bottom) cooks your food quickly with minimum oil, while still providing maximum taste. Simply add your ingredients into its huge 23 litre capacity and wait as the air fryer convection oven circulates ‘superheated’ air up to 230°C. Watch as your food toasts, bakes, broils, roasts, defrosts, proofs, ‘air fry’s’, or dehydrates its way to perfection behind the secure, glass viewing window on the oven’s durable, stainless steel housing body. This handy cooker is an ingenious, unique, all-in-one convection oven, toaster, fermenter, air fryer and dehydrator in one accommodating appliance.

This 23 Litre Air Fryer Convection Oven gives you the tools to cook your way to a healthier life – offering a low-fat, low-calorie, fast-cooking alternative that does not sacrifice taste or quality. The digitised display offers easy, modern pre-sets to help you find the corresponding cooking program. With an impressive 12 in-built cooking programs, you can choose from toast, bagel, pizza, bake, broil, cookies, roast, reheat, defrost, ferment, air fry and dry fruit (dehydrate). You can even set your own time up to 60 minutes and temperature between 40°C – 230°C, depending on the designated cooking program, as you cook a variety of meals.

With a rotisserie 360° food rotating option, you can enjoy a mouth-watering full-size chicken, cooked to perfection on the rotisserie fork set. Healthy eating doesn’t have to be boring – pave your own path with a new way to prepare delicious food, at just the touch of a button.

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Please use air fryer on heat proof material and on a dry, level and even surface. Leave a minimum distance of 20cm from walls and other heat sensitive materials.

Do not place the appliance against a wall or against a wall or against other appliances.

Hot air up to 160 Degrees expels through the rear vent of the appliance.

Leave at least 20cm clearance around the entire appliance, including directly above it.

Additional care should be taken when placing appliances on bench top surfaces or near splash backs where such materials (Acrylics, timber, stone etc.) do not have the high heat resistant properties.

Place the appliance on top of a heat resistant material between bench and appliance and further away from wall surfaces/ splash backs.

IMPORTANT SAFEGUARDS:

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

1. Read instructions carefully before use.
2. Remove and safely disregard any packaging material and labels before using this product for the first time. Ensure children and babies do not play with plastic bags or any packaging materials.
3. Before use, check that your local voltage corresponds with the specifications shown on the appliance nameplate located underneath or on the back of the appliance.
4. Always operate the appliance on a horizontal surface which is level, stable and non-combustible. Do not operate the appliance on or near combustible materials such as tablecloths or curtains.
5. Do not place the appliance on or near a hot gas or electric burner, or in a heated oven.
6. Never connect this appliance to an external timer or separate remote-control system.
7. Never use this appliance with an extension cord or power board. Ensure it is plugged into a dedicated power point and without any other appliances on the same outlet.
8. Do not turn on the power until the appliance and parts are in place as required. Make sure the door is closed before plugging in and switching on the power.

9. To protect against electric shock, do not immerse the cord, plug, or appliance in water or any other liquid. Do not expose the appliance to dripping or splashing and ensure that no objects filled with liquids such as vases are placed on the appliance. Do not put any water or other liquid into the main housing of the appliance through the vents. Do not rinse it under the tap.

10. Do not touch the appliance, power cord or power plug with wet hands.

11. Unplug from the outlet when not in use and before cleaning. Allow the appliance to cool down (if relevant) before putting on or taking off the parts, and before cleaning.

12. The appliance does not contain any serviceable parts inside. Do not attempt to open and repair the unit yourself. All components should only be serviced by a qualified technician.

13. Do not use the appliance if the plug, power cable or unit itself are damaged. If the power cord is damaged, you must have it replaced at a service centre with qualified persons in order to avoid a hazard.

14. Do not use the appliance for anything other than the intended use. It is for household use only. It is not to be used outdoors or for commercial purposes.

15. Close supervision is necessary when any appliance is used near children. Keep the appliance and power cord out of reach of children when it is in operation or during the cooling process.

16. This appliance is intended to be used in household and similar applications 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.

17. This appliance should be operated on a separate electrical power point from other operating appliances. If the power point is overloaded with other appliances, this appliance may not work properly.

18. Extreme caution must be used when moving an appliance containing hot food.

19. Leave enough open space from other objects while in use. Do not block air intakes or exhausts.

20. Do not place the appliance against a wall or against other appliances. Leave at least 20 centimetres of free space on the back and sides and above the appliance. Do not place anything on top of the appliance.

21. When the appliance is in operation, air is released through the air outlet vent. Keep your hands and face at a safe distance from the air outlet vent.
22. Do not touch the hot surfaces. The appliance's outer surfaces may become hot during use. The rotisserie stick will be hot. Wear oven mitts or use the rotisserie handle to remove it.
23. Do not cover the appliance while in use.
24. Do not let the cord hang over the edge of the table or counter.
25. Do not unplug the appliance by pulling on the cord.
26. This appliance is not designed to be used by people (including children) with a physical, sensory or mental impairment, or people without knowledge or experience, unless they are supervised or given prior instructions concerning the use of the appliance by someone responsible for their safety. Children must be supervised to ensure that they do not play with the appliance.
27. Do not leave the appliance operating while unattended.
28. The appliance may emit smoke during its first use. It is not defective, and the smoke will burn off within a few minutes.
29. Should the appliance emit black smoke, un-plug it immediately. Wait for the smoke to stop before removing the appliance's contents.

SHORT CORD INSTRUCTIONS:

Do not use with an extension cord. A short power supply cord is provided to reduce the risks resulting from being entangled in or tripping over a long cord.

OVERHEATING PROTECTION:

Should the inner temperature control system fail, the overheating protection system will be activated, and the appliance will not function. Should this happen, unplug the power cord and allow time for the appliance to cool completely before restarting or storing.

ELECTRIC POWER:

If the electrical circuit is overloaded with other appliances, this appliance may not operate properly. It should be operated on a dedicated electrical circuit (power point).

AUTOMATIC SHUT-OFF:

The appliance has a built-in shut-off device that will automatically shut down the unit when the timer LED reaches zero. You can manually switch off the appliance by selecting the Power Button. The fan will continue running for about 60 seconds to cool down the unit.

PREPARATION FOR USE:

Before using the Air Fryer Convection Oven for the first time:

Warning: when using for the first time, the appliance may emit slight odour which is not harmful and will disappear after a few minutes. This is because a protective oil was applied to protect parts from possible friction in transport.

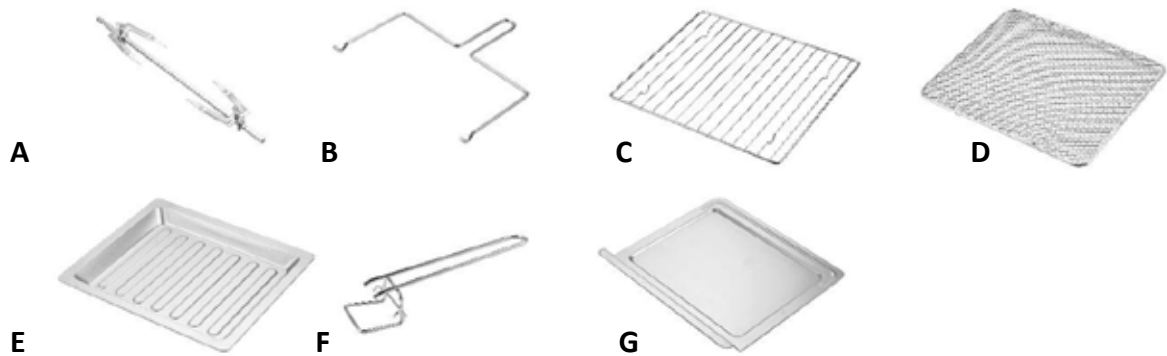
Carefully unpack the Air Fryer Convection Oven and remove all the packing materials.

Place the Air Fryer Convection Oven on a flat, heat-resistant non-flammable surface.

Use a soft sponge and soapy water to remove any dust on the surface that may happen during packing and transport. Allow the Air Fryer Convection Oven to dry before use.

PRODUCT USE AND ACCESSORIES:

*** Choose an accessory to use for different cooking styles.**



A. ROTISSERIE STICK, FORK AND SCREWS:

Use for roasts or a whole chicken.

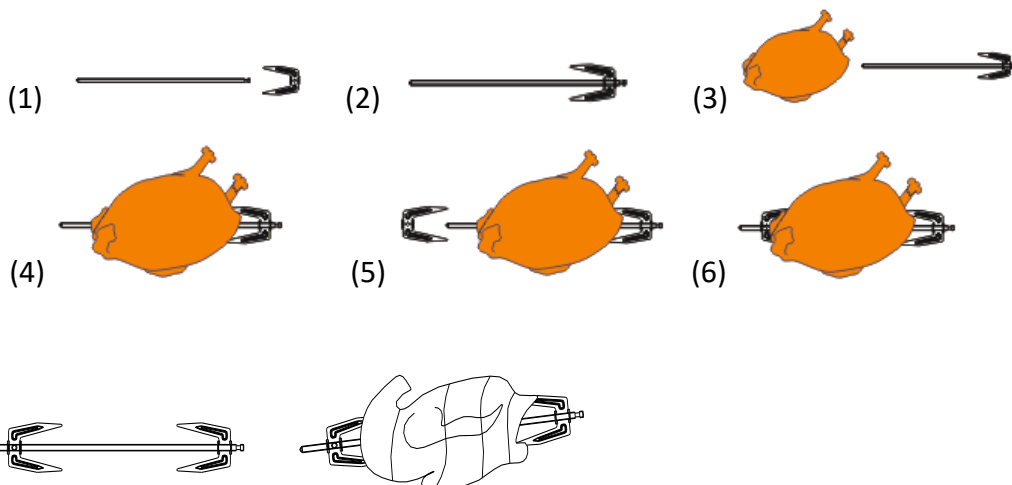
Force the shaft length ways through the meat and centre.

Slide the forks onto the shaft from either end into the meat. Then lock into place with the screws. There is an indentation point on the shaft for a screw. Ensure the other screw is fitted tightly to the stick.

You can adjust the screws closer to the middle if needed, but never outwards towards the ends.

Ensure that the roast meat or chicken are not too large and are able to rotate freely inside the Air Fryer Convection Oven.

Tie up the chicken or other roast meat with cooking string to hold it tightly around the rotisserie stick.



Note: The only modes which the rotisserie will turn are BROIL, ROAST and AIRFRY modes.

B. ROTISSERIE HANDLE:

Use to remove cooked roasts or chicken which have been cooked using the rotisserie.

Place under the rotisserie shaft and then lift gently.



C. WIRE RACK; D. MESH TRAY; E. BAKING TRAY:

Each of the above can be used for a wide range of foods. Each can slide into the Air Fryer Convection Oven. Ideal for multi-level cooking.

F. PAN HANDLE:

Used to assist with removing hot wire rack, mesh tray and baking tray from the unit.

G. CRUMB TRAY:

Install the crumb tray at the very bottom, inside the Air Fryer Convection Oven. Always keep the crumb tray in this position while using the appliance.

Note: Please use your own oven mitts to remove the crumb tray after the cooking is complete.

Note:


- The baking tray can also be used as a drip tray. Keep it in position inside the Air Fryer Convection Oven above the bottom element for gathering oil from fried food.
- The ingredients inside may increase in size during the cooking process, ensure that the heated volume of food will not touch the inside walls of the Air Fryer Convection Oven.

CONTROL PANEL:



When power is connected, the screen will be on.

To use the one of the 12 x pre-set cooking options, turn the SELECTOR DIAL.

When your selection is on the screen, press the START/STOP button  to start cooking.

The corresponding time and temperature of 12 menus and default menus are shown in the following table:

Function	Power (W)	UP Heat side	Bottom elements	UP Heat centre	Default Time	Default Temp.	Time Range	Temp. Range	Fan
Toast	1600	YES	YES	/	5min	230	1-60	100-230	/
Bagel	800	YES	/	/	15min	180	1-60	165/180/195 only	/
Pizza	1700	YES	/	YES	16min	200	1-60	170/185/200/215/230 only	YES
Bake	800	/	YES	/	30min	160	1-60	65-180	YES
Broil Rotisserie optional	800	YES	/	/	15min	180	1-60	160/180/200 only	/
Cookies	1600	YES	YES	/	11min	175	1-60	65-230	YES
Roast Rotisserie optional	1600	YES	YES	/	60min	175	1-60	65-230	YES
Reheat	1600	YES	YES	/	20min	150	1-60	100/120/150 only	/
Defrost	800	/	YES	/	30min	60	1-60	50/60/70/80 only	YES
Ferment	800	YES	/	/	60min	40	60-240	40/45/50 only	/
Airfry Rotisserie optional	1700	YES	/	YES	10min	200	8-60	180/200/230 only	YES
Dryfruit	1700	YES	/	YES	60min	40	30-180	40/45/60 only	YES

Note:

UP HEAT SIDE: the elements used will be the top front and rear elements, 2 only.

UP HEAT CENTRE: the elements used will be the top centre elements, 2 only.

Note:

FERMENT time range can be set between 60 – 240 minutes in 10 minute increments.

DRYFRUIT time range can be set between 30 – 180 minutes in 10 minute increments.

BROIL and ROAST and AIRFRY are the only two cooking modes in which the rotisserie will be turning.

TEMP BUTTON:

Press the TEMP button to manually set your own chosen temperature.

Once the TEMP button is pressed, turn the selector dial to make your selection.

Turning the selector dial clockwise increases the temperature.

Turning the selector dial anti-clockwise decreases the temperature.

TIMER BUTTON:

Press the TIMER button is pressed, turn the selector dial to make your selection.

Once the TIMER button is pressed, turn the selector dial to make your selection.

Turning the selector dial clockwise increases the timer.

Turning the selector dial anti-clockwise decreases the timer.

PAUSE/ START/STOP BUTTON :

During the cooking process, press the PAUSE/START/STOP button once to pause the cooking process.

The time will be blinking on the screen.

Press it again to resume the cooking process.

Press the PAUSE/START/STOP button and hold it for 5 seconds to stop the cooking process.

LIGHT BUTTON:

Press to have the internal light come on. Press again for the internal light to be off.

GENERAL OPERATION:

USING THE PRESET OPTIONS:

1. Choose which accessory to use inside the appliance depending on which best suits the food you wish to cook.
2. Place the ingredients and chosen accessory into the unit and shut the door. Plug the power cord into a 220 – 240V dedicated outlet.
3. Once the appliance is connected to a power point, it will be on.
4. Use the Selector dial to scroll through the pre-set options for each type of function.
5. When your chosen option is flashing on the screen, press the Selector dial to confirm to begin the cooking process.
6. When the countdown timer reaches 0:00, an audible alarm will sound. The fan will continue running for cooling down purposes.

Paused on a cooking function with no operation:

Press the PAUSE/START/STOP button and hold it for 5 seconds to exit the cooking process.

COOKING GUIDE:

Please refer to the below cooking guide on recommended use for a range of foods which yield great results using the air fryer programs.

Food Item	Time	Temperature	Comments
Thin frozen fries	15 – 16 mins	200°C	
Thick frozen fries	15 – 20 mins	200°C	
Homemade fries	12 - 18 mins	200°C	Add ½ tbsp. oil
Homemade potato wedges	18 – 22 mins	180°C	Add ½ tbsp. oil
Homemade potato cubes	12 – 18 mins	180°C	Add ½ tbsp. oil
Hash browns	15 – 18 mins	180°C	
Potato Gratin	15 – 18 mins	200°C	
Steak	8 – 12 mins	180°C	
Hamburger	7 – 14 mins	180°C	
Sausage roll	13 – 15 mins	200°C	
Chicken drumsticks	18 – 22 mins	180°C	
Chicken breast	10 – 15 mins	180°C	
Spring rolls	15 – 20 mins	200°C	Use oven ready
Frozen chicken nuggets	10 – 15 mins	200°C	Use oven ready
Fish fingers	6 – 10 mins	200°C	Use oven ready
Mozzarella sticks	8 – 10 mins	180°C	Use oven ready
Stuffed vegetables	10 mins	160°C	
Cake	20 – 25 mins	160°C	Use baking tin
Quiche	20 – 22 mins	180°C	Use baking tin/oven dish
Muffins	15 – 18 mins	200°C	Use baking tin
Sweet snacks	20 mins	160°C	Use baking tin/oven dish
Frozen onion rings	15 mins	200°C	

MAKING HOME MADE FRIES:

For the best results, we advise to use pre-baked fries. If you want to make home-made fries, follow the steps below:

1. Peel the potatoes and cut them into sticks.
2. Soak the potato sticks in a bowl of water for at least 30 minutes. Take them out and dry them with paper towels.
3. Pour 1/2 tablespoon of olive oil in a bowl, put the sticks on top and mix until the sticks are coated with oil.
4. Remove the sticks from the bowl with your fingers or with a kitchen utensil so that excess oil stays behind in the bowl. Put the sticks on the mesh rack.
5. Fit the mesh rack inside the Air Fryer Convection Oven.

6. Cook the fries for 12 – 18 mins at 200 Degrees.

USING THE ROTISSERIE:

- When the rotisserie stick is fitted inside the slots in the middle of the Air Fryer Convection Oven, use the BROIL or ROAST or AIRFRY pre-set mode for turning of the rotisserie.

The rotisserie will only turn when BROIL or ROAST or AIRFRY is used.

- The rotisserie fork is a great way to cook a roast chicken inside the Air Fryer Convection Oven as it allows even circulation and thorough cooking.

Note: The total weight of a chicken/meat cooked using the rotisserie stick should not exceed 2.5 kg, as the rotation will scrape the drip tray (use baking tray) in the bottom of the Air Fryer Convection Oven.

Please use the mesh tray or wire rack if cooking a large chicken.

Bind the legs and wings of the chicken with cooking string.

TIPS:

- Foods that are smaller in size usually require a slightly shorter cooking time than larger ones.
- Large quantities of food only require a slightly longer cooking time than smaller quantities.
- Flipping or turning smaller sized foods halfway through the cooking process ensures that all the pieces are evenly cooked.
- Misting a bit of vegetable oil on fresh potatoes is suggested for a crispier result. When adding a little oil, do so just before cooking.
- Snacks normally cooked in an oven can also be cooked in the Air Fryer Convection Oven.
- Use premade dough to prepare filled snacks quickly and easily. Premade dough also requires a shorter cooking time than homemade dough.
- Place an oven safe baking tin or dish (not included) inside the Air Fryer Convection Oven when baking a cake or a quiche. A tin or dish is also suggested when cooking fragile or filled foods.

TROUBLESHOOTING:

Problem	Possible Cause	Solution
The Air Fryer Convection Oven does not work.	The appliance is not plugged into the mains power.	Put the mains plug in an earthed wall socket.
	The oven door is not closed.	Ensure the door is closed.
The ingredients fried with the Air Fryer Convection Oven are not done.	There are too many ingredients.	Use smaller batches for more even cooking.
	The temperature is set too low.	Increase the cooking temperature.
	The preparation time is too short.	Increase the cooking time.
The ingredients are fried unevenly in the Air Fryer Convection Oven.	Certain types of ingredients need to be turned during the cooking process.	Turn the ingredients during cooking.
Fried snacks are not crispy when they come out.	You used a type of fried snack that is meant to be prepared in a traditional deep fryer.	Use oven snacks or lightly brush some oil onto the snacks for a crispier result.
Chips / fries are not cooked evenly.	You did not soak the potato sticks properly before cooking.	Soak the potato sticks in a bowl of water for at least 30 minutes, then take them out and dry them with paper towels.
	You did not use the right potato type.	Use fresh potatoes and make sure they stay firm during frying.
Fresh potato fries are not crispy when they come out.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you coat them with oil. Cut the potato into thinner sticks for a crispier result. Add slightly more oil for a crispier result.
White smoke comes out of the appliance.	You are preparing greasy ingredients.	Pay attention that the temperature is well-controlled to be under 180°C, when you fry greasy ingredients in the Air Fryer Convection Oven.
	There is excess oil inside the Air Fryer Convection Oven.	Wipe down the inside of the Air Fryer Convection Oven to remove excessive oil.
	Accessories have excess grease residue from previous cooking.	Clean each accessory after use.

CLEANING AND MAINTENANCE:

Note: *Unplug the Air Fryer Convection Oven and allow it to cool down completely before handling, cleaning or storing.*

- Wash in warm soapy water after use: wire rack, mesh tray, baking tray, crumb tray, rotisserie stick, forks, screws, rotisserie handle, pan handle.
Those parts are also dishwasher safe.
- The inside of the appliance can be cleaned with hot water, mild dish detergent and a non-abrasive sponge.
- After cooking greasy foods and once the Air Fryer Convection Oven has cooled, always clean the top of the interior. Removing grease will help keep its performance consistent.
- To remove crumbs, slide out the crumb tray and discard the crumbs. Wipe the crumb tray and place it back inside the appliance. To remove baked on grease, soak the crumb tray in hot, sudsy water or use non-abrasive cleaners. Never operate the Air Fryer Convection Oven without the crumb tray in place.
- Wipe the outer housing body with a soft damp cloth. Do not use detergents or cleaners.
- Do not immerse the power cord, plug or the housing body in water or any other liquids as it may result in damage, fire, electric shock or injury.

STORING:


- Allow the Air Fryer Convection Oven to cool down completely before storing.
- Store the Air Fryer Convection Oven in an upright position in a dry location.
- Do not place any heavy items on top of the Air Fryer Convection Oven during storage as this may result in possible damage to the appliance.

TECHNICAL SPECIFICATIONS:

Voltage:	220~240V
Power:	1700W
Frequency:	50/60 Hz
Temperature Range:	65°C – 230°C Use Cookies or Roast mode to set a temperature between the full range
Standard Time Setting Range:	1 - 60 mins
Defrost Temperature Range:	50/60/70/80°C
Defrost Time Setting Range:	1 – 60 min
Capacity:	23 litre inner chamber


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