

Important

1. when the convection oven works, the handles, which are linked to steel bar, will be expanded by heat and become loose, but the doesn't matter, they will be restored when the temperature goes back down to normal.
2. Don't put the oven lid directly on the desk after cooking, otherwise the desk will get burned. Place it on a dish, bowl or heat-resistant base.
3. The devices on the oven lid are not allowed to be washed in the water. Clean the lid with a piece of clean soft cloth in case it gets stained.

The oven body can be washed only after is completely cooled off. 1. 当对流炉工作时，与钢筋连接的手柄会因受热膨胀而变松，但没关系，温度降至正常时手柄就会恢复。

2. 做饭后不要直接把炉盖放在桌子上，否则桌子会被烧坏的。把它放在碟子、碗或耐热的底座上。
3. 炉盖上的设备不允许用水清洗。用一块干净的软布把盖子擦干净，以免弄脏。
4. 炉体只有完全冷却后才能清洗。

Check these outstanding features:

Features

1. Multifunction:

With a hot air circle and 65-250°C temperature range, the convection oven has a lot of functions:

- a. cook food in different ways, including baking, roasting, grilling , toasting , broiling and BBQ .
- b. defreeze frozen foods quickly
- c. drying and sterilizing
- d. oven lid can be placed on other containers to cook

1. 多功能:

热空气循环和 65 - 250° C 的温度范围,对流烤箱有很多功能:

- a. 做饭以不同的方式,包括烤,烤,烤,烤,烤,烧烤。
- b. 速冻食品解冻快
- c. 烘干杀菌
- d. 炉盖可以放在其他容器上烹饪

2. Lowering cholesterol

Modern medical science has proved that high cholesterol accounts for heart disease and blood vessel trouble. The hot moving air circle in the convection oven will decompose the fat tissue and lower the cholesterol content to minimum. So, the food cooked in this kind of oven is very helpful to your health.

2. 降低胆固醇

现代医学已经证明，高胆固醇会导致心脏病和血管疾病。对流炉内的热风循环会分解脂肪组织，使胆固醇含量降至最低。所以，在这种烤箱里做的食物对你的健康很有帮助。

3. Saving time and energy

Due to the high efficiency of the hot moving air in the oven, the cooking time and the consumed energy are reduced to minimum. Our experiment shows that the convection oven saves electricity up to 20% as compared to ordinary ovens.

3.节省时间和精力

由于烘箱内热空气的高效流动，使烘箱的蒸煮时间和消耗的能量降到最低。我们的实验表明，与普通烤箱相比，对流烤箱可以节省 20% 的电能。

4. Preserving the food's nutrition and the natural flavor.

High temperature and prolonged cooking time always destroy the food's nutrition and change its natural flavor. The temperature and time control in the convection oven can solve this problem.

4. 保存食物的营养和天然风味。

高温和长时间的烹饪会破坏食物的营养，改变食物的自然风味。对流炉的温度和时间控制可以解决这一问题。

Quick Reference Card

On this card you will find :

How to roast,	How to bake ,	How to broil ,
How to steam,	How to fry ,	How to defrost,
How to toast .		

How to Broil 如何烤

- place the food directly on the wire rack (low or high rack)
- For very thick cuts of meat , turn the food at the halfway point
- Like roasting, broiling time may vary depending on cut, size, amount of fat, etc.
- -将食物直接放在铁丝架上(低架或高架)
- -切得很厚的肉，在中途把食物翻过来
- -就像烘焙一样，烘焙时间可能会因切料、大小、脂肪量等而有所不同。
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How to Steam

- You can steam vegetables at the same time you cook your

Main dish by placing the vegetables in an aluminum foil pouch: add a few drops of water and seal the pouch.

- You can also add a cup of water in the bottom pot, with savory herbs and spices to steam fish or vegetables ,But just a little water.

你可以在煮菜的同时蒸蔬菜

主菜:将蔬菜放入铝箔袋中:加入几滴水，密封袋中。

-你也可以在底锅里加入一杯水，加上香喷喷的香草和香料来蒸鱼或蔬菜，但只要一点点水

How to fry

- You can get the effect of deep-fat French fries without all the oil by dipping potato strips in polyunsaturated cooking oil, allow excess oil to drain away and cook according to cooking guide.
- To make delicious fried chicken , dip chicken pieces in batter and then in cooking oil, drain excess oil and cook according to chart provided.
- -多不饱和食用油浸泡薯条条，让多余的油排掉，按照烹饪指南烹饪，不需要用油就能达到油炸的效果。
- -要制作美味的炸鸡，先将鸡块浸在面糊中，然后放入食用油中，沥干多余的油，然后根据提供的表格烹饪。
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How to Toast

-You can get perfectly toasted bread and snack with the convection oven without preheating. Simply put the food directly on wire rack and watch it toast. It will be crisp on the outside and stay soft on the inside.

-You can also improve stale snack food like crackers, chips and even cookies by placing them in the convection oven for a few minutes at maximum temperature to bring back their crunchiness.

-使用对流烤箱，无需预热，即可完美烤面包和小吃。简单地把食物直接放在铁丝架上，看着它烤面包。外面会很脆，里面会很软。

-你也可以改善不新鲜的零食，如饼干，薯条，甚至饼干，把他们放在对流炉在最高温度下几分钟，恢复他们的松脆。

How to Defrost

-You can use the convection oven to defrost frozen food more evenly than a microwave ovens, simply set the temperature at 100°C and check the food every 5-10 minutes.

-你可以用对流烤箱比微波炉解冻冷冻食品更均匀,简单地设置温度为 100° C 和检查食品每 5 - 10 分钟。

General guidelines and warning

-Remember to distribute food evenly in the convection oven to ensure an even flow of air all around the food.

-The first time you try a recipe, check the cooking process through tempered glass bowl as the looking time of the convection oven is short.

-Since it is practical to place food directly on the wire rack, you may want to spray it with a non-stick spray to avoid sticking.

-The convection oven is self-cleaning. Simply put 2" of water in the bottom and set temperature at 100 for 10-12 minutes.

-For a very dirty oven, add some detergent to the water and wipe the stains if needed.

-记得在对流炉中均匀分配食物，确保食物周围的空气流通均匀。

-第一次尝试菜谱时，由于对流炉的外观时间较短，应通过钢化玻璃碗检查烹饪过程。

-由于直接把食物放在铁丝架上可行的，你可能想用不粘的喷雾剂喷它，以避免粘住。

-对流炉自动清洗。只需在底部放 2 英寸的水，并将温度设为 100，持续 10-12 分钟。

如果烤箱很脏，可以在水里加一些洗涤剂，如果需要的话可以擦去污渍。

Selected recipes

Lobster

Ingredients:

Lobster 1 kg, ginger juice, salt, sugar, liquor, pepper

Preserve the lobster in salt for about 10-15 minutes, then put them in the convection oven and cook 12-15 min with temperature of 140-160°C.

龙虾

成份:

龙虾 1 公斤，姜汁，盐，糖，白酒，胡椒

用盐保存龙虾大约 10 - 15 分钟,然后把它们放在对流烤箱和煮 12 - 15 分钟温度 140 - 160° C。

Crispy chicken

Ingredients:

Chicken, a little starch, some wine, malt sugar, honey, vinegar, warm water

1. Wash and clean the chicken with boiling water and then with cold water immediately.

2. Mix the starch, malt sugar, honey and vinegar with some water. Apply the mixture to the chicken with a brush several times. When the chicken dries, put it into the convection oven.

3. Bake the chicken 20 min with a temperature of 150 – 200°C. Then apply the mixture again and bake 10 min in low temperature

Reference for cooking.

Food time temperature

Chicken 30-40 min 180-200°C

Fish 10-15 min 130-150°C

Cake 10-12 min 140-160°C

Lobster 12-15 min 140-160°C

Shrimp 10-12 min 150-180°C

Sausage	10-13 min	120-150°C
Peanut	10-15 min	140-160°C
Roasted bread	8-10 min	120-140°C
Potato	12-15 min	180-200°C
Chicken wings	15-20 min	150-180°C
Crab	10-13 min	140-160°C
Hot dogs	5-8 min	190-210°C
BBQ Spareribs	18-20min	220-240°C

IMPORTANT INFORMATION FOR CORRECT DISPOSAL OF THE PRODUCT IN ACCORDANCE WITH EC DIRECTIVE 2002/96/EC.

At the end of its working life, the product must not be disposed of as urban waste.

It must be taken to a special local authority differentiated waste collection centre or to a dealer providing this service.

Disposing of a household appliance separately avoids possible negative consequences for the environment and health, deriving from inappropriate disposal and enables the constituent materials to be recovered to obtain significant savings in energy and resources. As a reminder of the need to dispose of household appliances separately, the product is marked with a crossed-out wheeled dustbin.