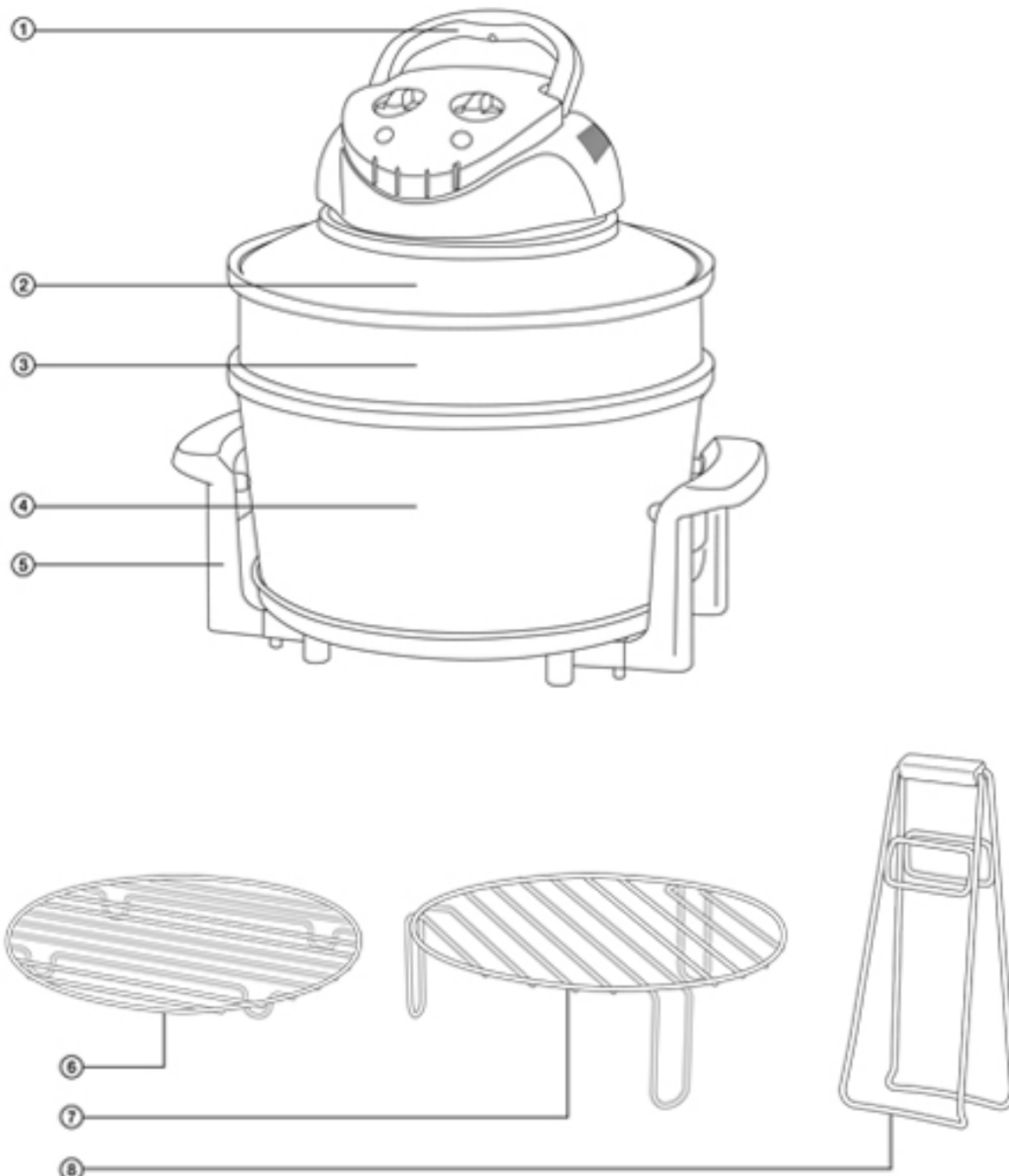


DESCRIPTION OF THE HALOGEN OVEN

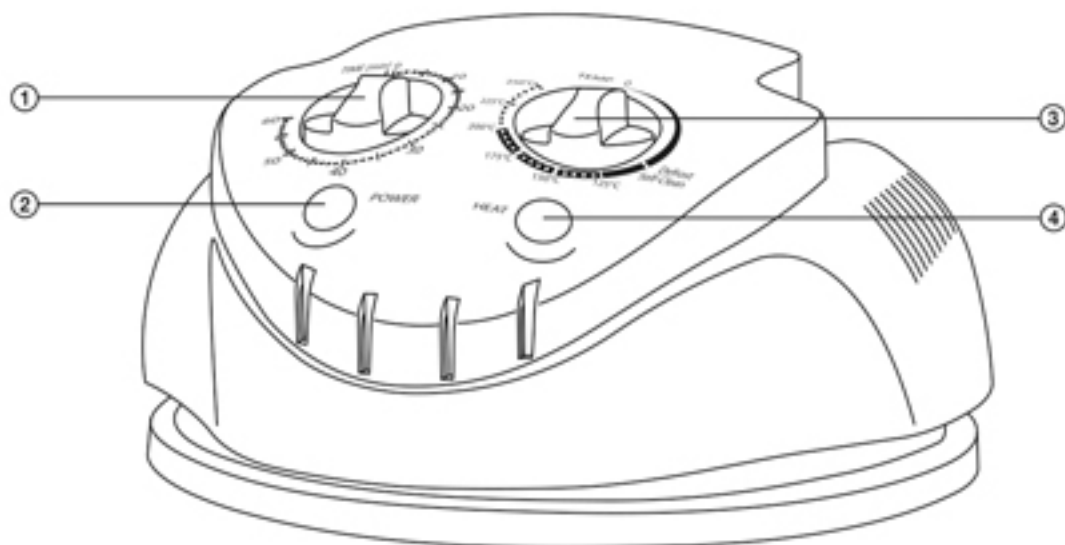
A



- ① Fold-down handle with a safety switch
- ② Lid with the control unit
- ③ Expansion attachment
- ④ Removable glass bowl

- ⑤ Stand with handles
- ⑥ Low rack
- ⑦ High rack
- ⑧ Tongs

DESCRIPTION OF THE CONTROL UNIT

B

- ① 60-minute timer
- ② POWER indicator light
- ③ Thermostat
Setting range 0–250 °C
- ④ Heat element operating light

BASIC CHARACTERISTICS OF A HALOGEN OVEN

- It can be used to prepare food in several ways, such as baking, grilling, stewing, toasting and defrosting.
- Preparing meals is up to 40 % faster than in a standard oven.
- It has a lower power consumption than a standard oven.
- It makes it possible to prepare healthy meals using only a minimum amount of fat.
- Circulation of hot air ensures that the meal is baked evenly.
- Self-clean function for easy and quick cleaning.
- Its compact size makes it suitable also when travelling.

METHODS FOR COOKING FOOD IN A HALOGEN OVEN

Roasting meat

- Insert the rack into the bowl. Place the meat on the rack and only add enough water so that the bottom of the bowl is covered. The roasting time depends on the size of the meat and the desired degree to which it is to be roasted.
- Roasted breaded meat. Roll portioned pieces of chicken meat (breasts, wings or drumsticks) in flour, then egg and then breadcrumbs and then dip it for a short time in cooking vegetable oil. Allow excess oil to drip off. Place the rack inside the bowl and place the meat on to it. The recommended cooking time and temperature are described in the chapter Cooking Guide.

Baking French fries

- In this halogen oven you can prepare French fries that are just as tasty as those cooked in a deep fryer but much healthier without the need to fry them in oil. Dip the French fries for a short time in cooking vegetable oil. Allow excess oil to drip off. Place the rack inside the bowl and evenly spread the French fries over it. The recommended cooking time and temperature are described in the chapter Cooking Guide.

Baking cakes, biscuits and bread

- Place the low rack into the bowl. Place the dough into a round baking bowl (or baking pan). Place the bowl on the rack. A space of 2 to 3 cm must remain between the baking bowl and the walls of the oven bowl so that air is allowed to circulate sufficiently. You may cover the dough with aluminium foil. Make sure that the aluminium foil is properly secured to the sides of the baking bowl. Uncover the dough before it has finished baking to allow its surface to bake a little.
- Baking cakes, biscuits or bread in a halogen oven is faster than in a standard oven and so it is necessary to regularly check it while baking.

Grilling meat

- Place the rack inside the bowl and place the meat on to it. In the middle of the grilling time turn over the thicker slices or larger pieces of meat. Just the same as when roasting, the grilling time depends on the size of the meat and the desired degree to which it is to be cooked.

Stewing vegetables

- Together with the main meal you can also prepare vegetables in the steam at the same time. Use aluminium foil to make a bag. Insert the vegetables into the bag and add a few drops of water. To add flavour you can use herbs or spices. Close the bag and place it on the bottom of the glass bowl. Add a cup of water. The main meal is prepared on the rack.
- You can cook fish in the same way. Place the fish into a bag made from aluminium foil, add a little water, lemon juice, herbs or spices and vegetables depending on your taste. The fish will be stewed in its own juices.

Toasting

- In this halogen oven you can easily and quickly heat up older bread or rolls. Place the rack inside the bowl and place the bread or rolls on it. The heated bread or rolls will have a crispy crust and will be soft inside.
- If you want to make older biscuits crunchy again, allow them to heat up for a few minutes at maximum temperature and they will again taste as if they were fresh.

Defrosting meals

- Foods will be defrosted in this halogen oven more evenly than in a microwave oven. Set the thermostat to the Defrost position. Select the defrosting time as necessary and regularly check the condition of the food every 5 to 10 minutes.
- When cooking frozen ready meals (e.g. pizza) set the temperature 20 °C lower and the cooking time 30 to 50 % shorter than indicated by the manufacturer of the frozen food for a standard oven.

HALOGEN OVEN COOKING GUIDE

TYPE OF FOOD	COOKING TIME	SETTING THE TEMPERATURE	TYPE OF RACK
Poultry <ul style="list-style-type: none"> Whole chicken Chicken pieces Turkey Duck 	35–40 min 15–20 min 60–90 min 50–60 min	200 °C 200 °C 200 °C 200 °C	Low High Low Low
Beef Roast beef (1.5 kg) <ul style="list-style-type: none"> Rare Medium rare Well done Steak <ul style="list-style-type: none"> Medium rare 	35–40 min 45–50 min 55–60 min 8–10 min	175 °C 175 °C 175 °C 250 °C	Low Low Low High
Mutton Lamb roast (2 kg) <ul style="list-style-type: none"> Medium rare Well done 	60–70 min 80–90 min	200 °C 200 °C	Low Low
Smoked goods <ul style="list-style-type: none"> Sausages 	10 min	200 °C	Low
Eggs <ul style="list-style-type: none"> Hard-boiled Soft-boiled Omelette 	6–7 min 4–5 min 10–12 min	200 °C 200 °C 175 °C	Low Low Low
Cake <ul style="list-style-type: none"> Without filling With filling 	20–25 min 35–40 min	200 °C 175 °C	Low Low
Danish pastry <ul style="list-style-type: none"> Without filling With filling 	10–12 min 25–30 min	200 °C 175 °C	High Low
Pastry from yeast dough <ul style="list-style-type: none"> Loaf of bread Bread rolls 	15–20 min 15–20 min	175 °C 175 °C	Low Low
Frozen goods <ul style="list-style-type: none"> Pizza 	10 min	200 °C	High
Seafood <ul style="list-style-type: none"> Fish Prawns Clams Lobster 	7–10 min 8–10 min 3–5 min 12–15 min	200 °C 200 °C 160 °C 175 °C	High High Low Low
Vegetables <ul style="list-style-type: none"> Baked potatoes (cut into quarters) French fries 	20–35 min 12–15 min	250 °C 200 °C	Low High



Note:

The above cooking times are only a reference.

CLEANING AND MAINTENANCE

- Before cleaning the appliance disconnect it from the el. power socket and allow it to cool down.
- Wash the glass bowl in a solution of warm water and kitchen detergent. Then rinse with clean water and wipe dry. To remove baked on food remains use a nylon brush.
- Clean the lid and the fan cover using a soft sponge moistened in a solution of warm water and neutral kitchen detergent. After applying the kitchen detergent wipe the lid and the fan cover using a lightly damp cloth and dry thoroughly.
- Do not submerge the lid under water or any other liquid and ensure that water or any other liquid do not enter the lid or the control unit.
- To clean any part of this appliance do not use steel wool, abrasive cleaning products or solvents.

Self-clean function

- Thanks to this function baked on food remains are removed from the glass bowl. This makes cleaning the glass bowl easier and faster.
- Fill the bowl up to about 4 cm with a solution of water and neutral kitchen detergent. If you used the rack for cooking, you can leave it in the bowl. Place the lid with the control unit on the bowl. Connect the power cord to the el. power socket.
- Turn the thermostat to the "self-clean" position and set the timer to 10 minutes. The halogen oven will commence the self cleaning programme. As the hot air circulates inside the bowl, baked on food remains are released from the wall of the bowl.
- After the self cleaning programme has finished, disconnect the appliance from the el. power socket and remove the lid with the control unit. Rinse out the bowl with clean water to remove all detergent and food remains. It will be necessary to finish washing the rack with a nylon brush.

**Note:**

If not all the food remains have been removed from the wall of the bowl you can restart the self-clean programme for a further 2 to 3 minutes.