

AROMA[®]

Stainless Steel Convection Oven



Instruction Manual

Model: ABT-266SC

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$6.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and which may vary from state to state and does not cover areas outside the United States.

AROMA HOUSEWARES COMPANY
6469 Flanders Drive
San Diego, California 92121
1-800-276-6286
M-F, 8:30 AM - 5:00 PM, Pacific Time
Website: www.aromaco.com

Congratulations on your purchase of the **AROMA** Convection Oven. It will surely become one of the most versatile and practical appliances in your home. Its Pro-Vection cooking system can produce juicier and better tasting food in comparison to a regular toaster oven. And more, the convection cooking process cuts down your cooking time by 30%. Please read all important safeguards and instructions before first use.

Published By:

Aroma Housewares Co.
6469 Flanders Drive
San Diego, CA 92121
U.S.A.
1-800-276-6286
www.aromaco.com

© 2003 Aroma Housewares Company All rights reserved.

IMPORTANT SAFEGUARDS

1. Important: Read all instructions carefully before first use.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse the appliance, cord, or plug in water or other liquid.
4. Close supervision is necessary when the appliance is used near children. This appliance is not intended for use by children.
5. Prior to plugging appliance into the wall outlet ensure temperature control is set to the "OFF" position. To disconnect, turn the temperature control to the "OFF" position, then remove plug from wall outlet.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause fire, electric shock or injury.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot burner or in a heated oven.
12. Extreme caution must be taken when removing the broiler tray and disposing of hot grease or other hot liquid.
13. Do not use the appliance for other than intended use.
14. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, causing a risk of shock.
15. While in use, keep oven at least 4 inches away from walls. Place on a stable, heat-resistant surface and in a well-ventilated area.
16. A fire may occur if the oven is covered or touching flammable material, such as curtains, draperies, walls, and the like, when in operation. Do not store any items on top of the appliance when in operation.
17. Do not put any of the following or similar materials in or on the oven: paper, cardboard, plastic etc.
18. Extreme caution should be used when using container constructed of other than metal or glass.
19. This appliance is "OFF" when both the Time and Temperature Control are in the "OFF" position.
20. Always wear protective, insulated oven mitts when placing or removing anything from the oven.
21. This appliance has a tempered, safety glass door. The glass is stronger than ordinary glass and more resistant to breakage. Avoid scratching the glass door or nicking edges. If the glass door has a scratch or nick, stop using the oven and contact Aroma Customer Service.

SAVE THESE INSTRUCTIONS

COOKING GUIDES & RECIPES

SLOW COOKING

1. Temperature setting: 225-250 degrees.
2. Function: Slow Cook
3. Use a casserole dish with cover for slow cooking.
4. Set TIMER to ON Position to start.

USEFUL TIPS:

- Use the slow cooking process to make a variety of foods such as spare ribs, stews, tender and juicy meats etc.
- Follow the cooking time in your recipe.
- Use an independent timer to remind you of the doneness of the food.

TOASTING

1. Temperature: 450°F.
2. Function: TOAST
3. Insert CRUMB TRAY to the bottom of the oven.
4. Put food on CHROME BAKE RACK with edge facing down; place it on MIDDLE SUPPORT RACK GUIDE.
5. Set TIMER/TOAST CONTROL to desired darkness.

USEFUL TIPS:

- When you only have one or two items to toast, put them in the middle of the oven for better results.
- Do not cover CRUMB TRAY with metal foil. This may overheat the oven.

DEFROSTING

1. Temperature setting: Select the ? position in temperature control
2. Function: Defrost
3. TIME to ON position to start.

USEFUL TIP:

- For defrosting, this oven uses the convection device to circulate air for thawing frozen food in an efficient way. However, the time needed to defrost the food depend on the weight and the kind of the food. Please select the "defrost" function in the Function Control, and check the food every 20 minutes.

COOKING GUIDES & RECIPES

Stuffed Manicotti

12 jumbo manicotti shells
2 eggs, beaten
1 15-oz. container ricotta cheese
1 cup parmesan cheese, grated and divided
2 cups mozzarella cheese, shredded
1 10-oz. can tomato sauce
1 tsp. Italian seasoning
1/2 tsp. basil
1/4 tsp. garlic powder

Preheat oven to 350°F. Cook pasta for half the instructed time on the package. Rinse and drain pasta and set aside. Mix eggs, ricotta, mozzarella, 1/2 cup parmesan, and Italian seasoning. Stuff pasta with cheese mixture and place in a large, greased baking dish. Mix tomato sauce, garlic powder and basil. Pour over pasta and sprinkle with remaining parmesan. Bake for 20 minutes.

Snickerdoodles

1 cup shortening
1-1/2 cups sugar
2-3/4 cups All-purpose flour
1 tsp. baking soda
1 tsp. cream of tartar
2 eggs
Sugar Mixture (2 tbsp. Sugar and 2 tsp. Cinnamon)

Preheat oven to 400°F. Beat shortening and sugar with electric mixer at medium speed until light and fluffy. Add flour, baking soda, cream of tartar and eggs to mixture and beat well. Shape cookie dough into 1-inch balls. Spread sugar mixture on a plate. Roll cookies in sugar mixture. Place 1-2 inches apart on a greased cookie sheet. Bake about 10 minutes, until golden brown.

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risk resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.

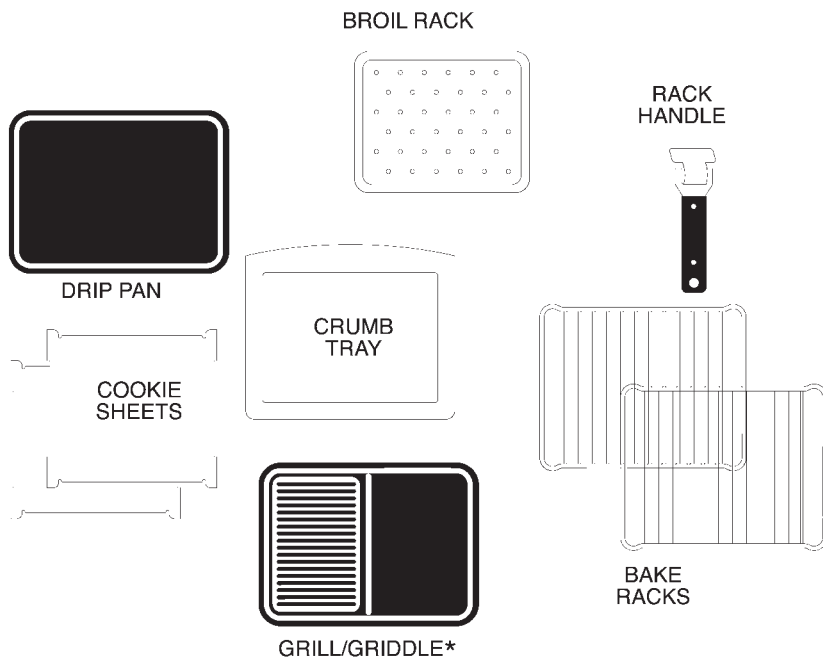
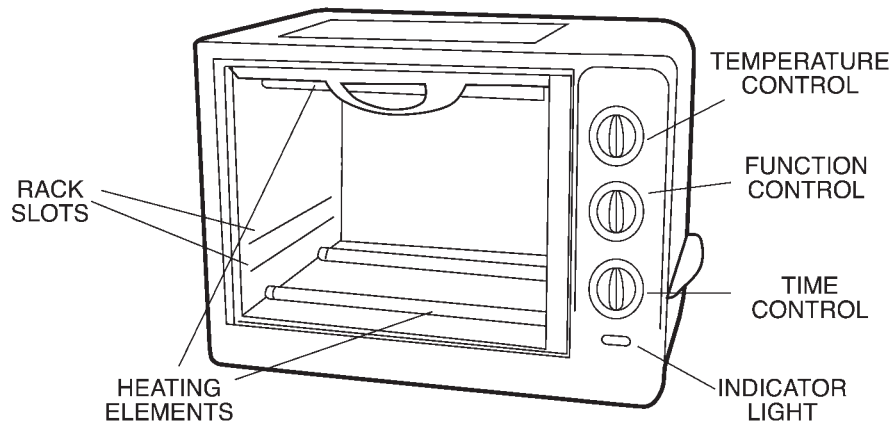
POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

This appliance is for household use only.

PARTS IDENTIFICATION



COOKING GUIDES & RECIPES

BAKING

1. Temperature: Desired setting
2. Function: BAKE/ROAST
3. Accessories to be used: CHROME BAKE RACK, CRUMB TRAY.
4. Choose suitable baking pan or use foil.
5. Place item to be baked on the CHROME BAKE RACK.
6. Insert BAKE RACK in the RACK SUPPORT GUIDE
7. Set TIME to ON position.

USEFUL TIPS:

- For baking temperature and time, follow the recipe instruction.
- Roasting bags, plastic or glass containers are not recommended.
- When baking two racks of food at once, rotate halfway through baking time.
- Baking cookies: Place BAKE RACK on bottom and middle RACK SUPPORT GUIDE; rack facing up.
- Baking Pies: RACK on bottom and middle RACK SUPPORT GUIDE; face down and use cookie sheet.
- Baking Layer Cakes: RACK faced down on bottom RACK SUPPORT GUIDE and faced up on middle RACK SUPPORT GUIDE.

COOKING GUIDES & RECIPES

Lemon Broiled Salmon

4 salmon steaks
1/4 cup lemon juice
1/4 cup light brown sugar
1/4 cup honey
4 tbsp. butter

Preheat broiler. Combine lemon juice, brown sugar, honey and butter. Microwave about 1 minute, or until heated thoroughly. Stir. Place salmon on greased broiler pan and brush with juice mixture. Broil, turning once and basting with juice mixture, until fish is flaky (about 10 minutes).

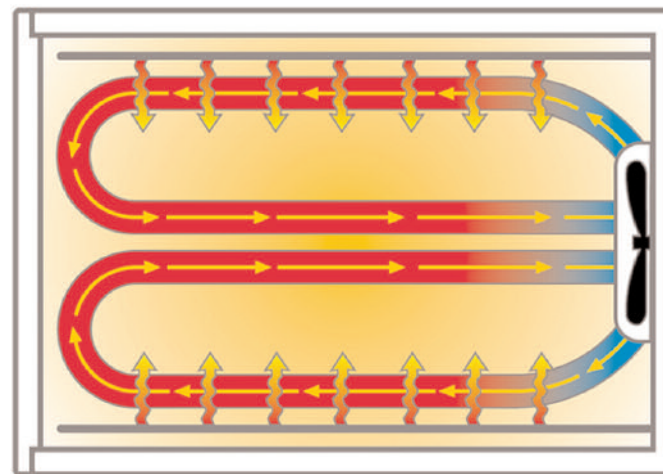
Broiled Chicken Thighs

1 pkg. Italian salad dressing mix
1/4 cup vegetable oil
1/4 cup red wine vinegar
2 tbsp. brown sugar
2 tbsp. soy sauce
1 tsp. thyme
1/2 tsp. cayenne pepper
1/2 tsp. cinnamon
6 chicken thighs

Preheat broiler. Combine all of the ingredients and pour half of the marinade into a large bowl; reserve the other half. Pierce chicken with a fork and add to bowl, turning to coat each piece thoroughly. Drain chicken and place on broiler pan. Broil for 25 minutes, or until juices run clear. Turn and baste frequently with reserved marinade.

THE BENEFITS OF CONVECTION COOKING

The Aroma Convection Oven with "Pro-Vection" can cook juicy and delicious food better than traditional or toaster ovens. The unique convection device of this oven helps circulate the hot air that is generated by both heating elements. It cooks and penetrates the food evenly and efficiently while it seals in the juices and saves you time and energy by cutting cooking time by 30%.



- The circulating hot air created by the convection feature cooks and browns the food more effectively than the natural flow of hot air in a traditional oven.

CONTROLS & ACCESSORIES

Your Convection Oven has many great features and benefits. Being familiar with them will help you to use your appliance to its fullest potential.

- **Temperature Control:** Full range temperature, from "Warm" to "Max", for you to choose your ideal temperature setting for a variety of cooking.
- **Function Control:** 5 function positions: Toast, Bake/Roast, Broil, Slow Cook and Defrost to cook every virtually any meal.
- **Time/Toast Control:** This function allows you to set the oven to turn off in a given amount of time or to remain on until manually turned off. To use timer, with signal bell, turn clockwise to the desired amount of time. To set the oven to remain on, turn control counterclockwise to "STAY ON." Oven will not turn off until manually returned to the off position.
- **Chrome Bake Rack:** Can be used either with baking rack edging facing up or facing down for a higher positioning.
- **Continuous Cleaning:** The inside walls of the oven have special coating, which continuously cleans the oven while in operation.
- **Crumb Tray:** Crumbs and food residue are collected in the crumb tray for easy clean up.
- **Enamel Pan:** Can be used when cooking food that may drip through rack guides.

COOKING GUIDES & RECIPES

BROILING

1. Temperature setting: 450°F
2. Function: BROIL
3. Accessories to be used: CHROME BAKE RACK and DRIP PAN.
4. Put food on CHROME BAKE RACK first and then place the RACK on DRIP PAN.
5. Insert DRIP PAN into to TOP SUPPORT RACK.
6. Timer: Set to "STAY ON" position or appropriate timer selection.

USEFUL TIPS:

- For better results, oven needs to be preheated.
- Place food close to, but not touching, the top heating element for browning.
- Brush food with oil or sauce.
- Turn food over halfway through cooking time.
- Broil Fish Fillet directly in the DRIP PAN. Turn it over halfway through your cooking time.

Cooking Time and Temperature Chart

FOOD	THICKNESS/ WEIGHT	APPROX. COOKING TIME/ DESIRED DONENESS
Pork Ribs	One Rack	20-25 min. - Well
Pork Chops	1 inch	25-28 min. - Well
Sirloin/Porterhouse	1 inch	12-14 min. - Rare
Rib Eye	1 inch	12-14 min. - Rare
London Broil	1 inch	15-20 min. - Medium
Fish Steak	1 inch	12-15 min. - Well
Fish Fillet	1/2 inch	8-10 min. - Well
Chicken Breast	Piece	25-40 min. - Well

* Please note that cooking time and temperature given here are only a guide and may vary due to differences in meat size and temperature of refrigerated food.

COOKING GUIDES & RECIPES

Roasted Rosemary Chicken

1 3-lb. chicken
1/2 onion
1 clove garlic
3 sprigs parsley
1 tbsp. olive oil
1/4 tsp. thyme
1/2 cup white wine
1/2 tsp. rosemary leaves, crushed
Salt and pepper

Preheat oven to 350°F. Rub chicken with salt and pepper. Cut onion into wedges. Place onion wedges, parsley and garlic in chicken cavity. Place chicken in a roasting pan and sprinkle with olive oil, rosemary and thyme. Pour wine around chicken and Roast for 50-60 minutes, basting occasionally.

Honey-Roasted Pork

1 rolled pork loin (about 4 lbs.)
1/4 cup honey
2 tbsp. Dijon mustard
2 tbsp. orange juice
1 tsp. cider vinegar
1/2 tsp. Worcestershire sauce
1/8 tsp. garlic powder
1/4 tsp. tarragon

Preheat oven to 350°F. Cut slits in outer edges of meat. Blend honey, mustard, orange juice, tarragon, vinegar, Worcestershire sauce and garlic powder. Place roast in baking dish and brush with honey mixture. Roast for 60-70 minutes, basting occasionally.

HOW TO USE

Before First Use:

1. Read all instructions and important safeguards.
 2. Remove all packaging materials and make sure items are received in good condition.
 3. Tear up all plastic bags as they can pose a risk to children.
 4. Wash accessories in warm soapy water. Rinse and dry thoroughly.
 5. Wipe body clean with a damp cloth.
- **Do not use abrasive cleaners or scouring pads.**
 - **Do not immerse the appliance cord or plug in water at any time.**

Preheating:

Due to the manufacturing process, smoke and odor may be emitted during the first few uses. It is normal and causes no harm. We recommend preheating the oven to eliminate the smoke and odor.

1. Place the oven on a flat, heat-resistant surface and in a well-ventilated area.
2. Ensure temperature control is set to the "OFF" position and plug into a 120V AC outlet.
3. Preheat the oven for 30 minutes at the maximum temperature or until smoke and odor no longer exist.
4. Turn the temperature control to the "OFF" position, remove the plug from wall outlet, and allow the oven to cool.

HELPFUL TIP:

- The Convection Oven has been designed to utilize everyday recipes, but temperature and times may vary. We recommend checking your meals two to three times during operation to ensure ideal cooking results.

To Operate the Oven:

1. Set the temperature to the "OFF" position and plug into the wall outlet.
2. Select temperature setting and cooking function.
3. Place food onto the rack or baking tray.
4. Set the Time/Toast Control to "OVEN ON" position.
5. When finished, turn the temperature dial to the "OFF" position and unplug.

HOW TO CLEAN

Always unplug unit and allow to cool completely before cleaning.

1. Set the temperature dial to the "OFF" position.
 2. Disconnect the plug from the wall outlet.
 3. Allow the unit to cool completely.
 4. Remove any food residue by using a non-abrasive cleaning pad.
 5. Wash cooking rack and tray in warm soapy water. 6. Clean the oven door with a sponge or dishcloth and wipe dry.
 7. Wipe body clean with a damp cloth.
- **Do not use harsh abrasive cleaners or products that are not considered safe to use on non-stick coatings.**
- **This appliance is NOT dishwasher safe. Do not immerse appliance, cord, or plug in water or any liquid.**

CAUTION:

- The Convection Oven is extremely hot when in use.

CLEANING TIP:

- The inside wall of the oven has a coating that cleans automatically while in operation. To protect the coating, only use a soft sponge or dishcloth if you wish to clean.

COOKING GUIDES & RECIPES

ROASTING

1. Temperature: Desired setting
2. Function: BAKE/ROAST
3. Accessories to be used: CHROME BAKE RACK, DRIP PAN
4. Slide the CHROME BAKE RACK with edge facing down into the oven; lay it at the lowest position.
5. Place food on the DRIP PAN
6. Place DRIP PAN on the CHROME BAKE RACK in the oven.
7. TIME/TOAST CONTROL to "STAY ON" or appropriate time position.
8. TIMER to OFF position when food is done.

USEFUL TIPS:

- Use an independent timer and a reliable meat thermometer to check your food.
- Cooking temperature needs to be adjusted based on how you prefer your food to be cooked.
- We do not recommend cooking poultry or meat over 5 lbs.
- For better taste, add your favorite seasoning.

CAUTION:

- The Convection Oven is extremely hot when in use.

Cooking Time and Temperature Chart

FOOD/WEIGHT	OVEN TEMP	INTERNAL TEMP	COOKING TIME
Whole Chicken (3-5 lbs.)	350	180	18-20 min. per lb.
Cornish Hen (3/4 to 1-1/2 lbs.)	350	180	3/4 to 1-1/4 hours
Turkey Breast (5-7 lbs.)	350	180	18 min. per lb.
Rib Eye, boneless (3 lbs.)	325-350	140-150	14-15 min. per lb.
Standing Rib Roast (3-5 lbs.)	325	150-160	20-25 min. per lb.
Brisket, first cut (5-6 lbs.)	375		30-35 min. per lb.
Rolled Pork Loin (3-5 lbs.)	325-350	160-170	25-30 min. per lb.
Boneless Ham (3-5 lbs.)	325	140-160	20-24 min. per lb.
Pork Ribs	325-350	140	12-14 min. per lb.

* Please note that cooking time and temperature given here are only a guide and may vary due to differences in meat size and temperature of refrigerated food.