

AROMA[®]



instruction manual

ANW-102

Carbon Steel Wok

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AROMA®

To Enhance and Enrich Lives.

Here at Aroma we strive to make a difference—to design and distribute products that enhance and enrich people's lives.

Aroma offers an array of exceptional products to make cooking simple and satisfying. Discover other countertop appliances and cookware from our current product lineup to complement your kitchen.

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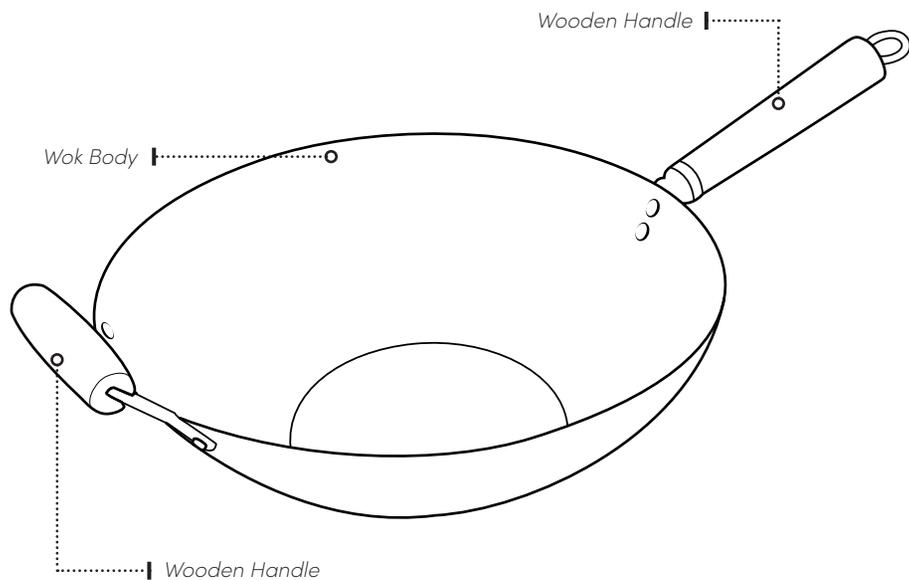
IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using Aroma cookware, including the following:

1. **Important: Read all instructions carefully before first use.**
2. To avoid personal injury and/or property damage, never leave cookware unattended on a hot burner, as the cookware may get extremely hot and cause a fire.
3. Never leave children unattended in the kitchen while food is cooking. Keep small children away from hot surfaces.
4. Never attempt to use this cookware in the microwave or oven.
5. It is recommended to use potholders or oven mitts to move the cookware during or after cooking, as the handles might be hot.
6. To reduce the risk of burns or spills, the handle of the cookware should be positioned so that it is turned inward and does not extend over adjacent surface units or past the edge of the stove top.
7. Do not use the cookware for anything other than its intended use.
8. Extreme caution must be used when moving the cookware containing food, hot oil or other liquids.
9. This cookware is compatible with gas, electric, ceramic cooktops, radiant and induction cooktops.
10. To save energy and reduce the risk of burns, do not use this cookware directly on a coal burner or on a burner that is too small for the cookware base.
11. To prolong the life of the cookware's nonstick coating, avoid extreme changes in temperature and preheat over low heat for at least 20 seconds before cooking.
12. Use only wooden or silicone utensils on this cookware. Metal or sharp-edged utensils will damage the nonstick coating over time.
13. To avoid scratching your cooktop, never slide or drag the cookware. Always lift by the handles.
14. Never place hot cookware directly onto the surface of a table or counter. Use a hot pad or oven mitts.
15. Never preheat cookware without oil.
16. Always make sure that the cookware's handle is secure before use. To tighten, simply twist the metal hanging loop at the end of the handle.
17. To avoid damage to the cookware, do not expose the handles to flame or excessive heat. Never place cookware in the oven. Do not use cookware if handles become damaged.

SAVE THESE INSTRUCTIONS

Parts Identification



Wok Body

- 1.5mm carbon steel construction disperses heat rapidly and evenly
- Consistent heat distribution prevents hot spots

Wooden Handles

- Wooden construction for heat resistance and superior grip

THIS COOKWARE IS FOR HOUSEHOLD USE ONLY.

BEFORE FIRST USE

1. Read all instructions and important safeguards.
2. Tear up all plastic bags and dispose of them properly as they can pose a risk to children.
3. Wash the wok in hot, soapy water and dry thoroughly.
4. Once dry, lightly grease the pan with nut or vegetable oil. This will increase the life of the pan and prevent sticking. For best results, lightly oil the wok before each use.

WOODEN HANDLE ASSEMBLY

1. Align the holes found on the bottom of the wooden handle with the small metal spires on the metal bracket.
2. Push the wooden handle in towards the metal bracket and secure into place.
3. Slide the flat washer followed by the spring washer onto the corkscrew so that flat washer stays on the outside.
4. Insert the corkscrew into the middle of the wooden handle and screw in until completely tightened.

TO CLEAN

1. Allow the wok to completely cool before attempting to clean it. Washing the wok while still hot may cause damage to the nonstick coating.
2. To remove stubborn stains, soak the wok in warm, soapy water for about one hour before handwashing.
3. Using a soft sponge, hand wash the wok body using hot, soapy water.
4. Thoroughly dry the wok and store.

Helpful Hints:

Cook at low to medium temperatures to achieve optimum results, enhance flavors and preserve nutritional values.

Note:

- The wok is dishwasher safe, but hand washing is recommended as dishwasher detergent can reduce the nonstick performance over prolonged use.
- To avoid damaging the nonstick surface coating, never use scouring pads, steel wool or other abrasives.
- Your Aroma[®] cookware is designed for cooking, not for storing food, so always be sure to clean it immediately after use.

HEATING AROMA[®] COOKWARE

1. Add a small amount of cooking oil to the wok, and preheat on low for at least 20 seconds.
2. Increase heat to medium-high.
3. Once hot, reduce the heat by a third and place food inside.
4. If you are cooking with oil or fat, the kitchen spoon test will help you determine whether the cookware has reached the right cooking temperature. Simply hold a dry wooden spoon in the oil or fat – if bubbles form, it is the perfect time to add food to the wok.
5. Depending on the type of fat or oil that was added to the wok, refer to the "Smoke Point Table" on page 7 to assure the wok does not reach the smoke point temperature.

USING ON CERAMIC STOVETOPS

Always lift pots and pans when moving them on stovetops. Stovetops of this type are subject to low manufacturer tolerances. Even when there is light residue between the surface of the stovetop and the base of the pan (from salt, sugar, etc.), dragging pots or pans can scratch the surface of ceramic stovetops.

Helpful Hints:

It is important to choose oils or fats best suited for the desired cooking temperature you plan to use. Different types of fats and oils have varying levels of heat stability and smoke points.

The smoke point is the temperature at which the fat or oil begins to burn and visible smoke forms.

Smoke Point Table

The following table lists the smoke points of various fats and oils, or the temperature at which each fat begins to burn.

Product	Smoke Point °F
Peanut oil (refined = hot-pressed)	446°F
Peanut oil (unrefined = cold-pressed)	338°F
Palm oil	428°F
Coconut oil	365°F - 401°F
Lard	250°F - 424°F
Clarified butter	401°F
Butter	347°F
Most refined oils	less than 392°F
Cold-pressed grapeseed oil	266°F - 374°F
Cold-pressed olive oil	266°F - 347°F
Soybean oil	415°F
Sunflower oil (refined)	410°F - 437°F
Sunflower oil (unrefined)	225°F
Sesame oil (unrefined)	351°F
Safflower oil	302°F

Note:

Dietary fats, margarines and most native or cold-pressed oils (e.g. native safflower or sunflower oil) are generally not suitable for frying. Always refer to the individual product packaging for more information on how to properly cook or heat the product.

RECIPES

Stir-Fried Beef with Snow Peas

¼ lb.	flank steak, thinly sliced
2 cups	snow peas, stem and strings removed
½ cup	mushrooms, sliced
½ cup	carrots or bamboo shoots, sliced
1 tbsp.	dark soy sauce
1½ tsp.	cornstarch
¼ tsp.	sugar
4 tsp.	vegetable oil
1 tsp.	sesame oil (optional)
½ tsp.	salt

Marinate the sliced beef in a mixture of soy sauce, cornstarch, sesame oil and sugar then set aside. Heat 2 tablespoons of vegetable oil in the wok. Add in all vegetables and stir-fry for about 2-3 minutes. Sprinkle the vegetables with ½ teaspoon of salt and mix. Remove the vegetables from the wok and set aside. Heat the remaining oil in the wok. Add the marinated beef and stir constantly for 3-4 minutes or until the beef has mostly browned. Return the cooked vegetables to the wok and mix. Allow the beef to finish cooking then serve.

SERVES 4.

Mandarin Chicken

1½ lbs.	boneless, skinless chicken breasts, cut into ¾" cubes
1	egg white, slightly beaten
¾ tbsp.	salt
½ tbsp.	cornstarch
3	green onions, cut into ½" pieces
1½ tbsp.	hoisin sauce
¾ tbsp.	dark soy sauce
2 cups	vegetable oil
dash	white pepper

Season the chicken with egg whites, salt, cornstarch and white pepper. Cover and refrigerate for 10-15 minutes. Heat oil in the wok then add in the chicken. Stir fry the chicken for 2-3 minutes or until the meat is no longer pink, making sure to separate all pieces while stirring. Remove the chicken and set aside. Pour out all but about 2 tablespoons of oil from the wok. Heat the wok again then add in green onions, hoisin sauce, soy sauce and the cooked chicken. Stir well then serve.

SERVES 4.

RECIPES

Asparagus in Crab Meat Sauce

2 lbs.	fresh asparagus
3 oz.	crab meat, fresh, frozen or canned
3 tbsp.	peanut oil
1 tsp.	salt
1 cup & 2 tbsp.	chicken broth
2	egg whites, beaten
2 tbsp.	cornstarch, for thickening

Shred the crab meat (if using canned crab meat, drain well). Remove the white part of the asparagus spears and peel away any tough skin. Cut the spears diagonally into 2" lengths then rinse well. Heat the wok with 2 tablespoons of oil then stir-fry the asparagus spears. Once slightly browned, add salt and 2 tablespoons of chicken broth and allow it to cook for 3-4 minutes, or until the asparagus spears are soft. Remove the spears and set aside. Heat 1 tablespoon of oil in the wok. Add shredded crab meat and stir-fry for 30 seconds then add asparagus, 1 cup of chicken broth and cornstarch. Stir-fry for another 30 seconds. In a small bowl, beat the egg white then pour it over the crab meat and asparagus. Allow the egg to fully cook then serve.

SERVES 4.

Soy Sauce Chicken

8	small chicken drumsticks
2	green onions
4	fresh ginger root slices
1 tbsp.	sherry
¼ cup	dark soy sauce
1 tbsp.	sugar
3 tbsp.	vegetable oil
-	Chinese parsley, for garnish

Thoroughly wash the chicken drumsticks then pat dry. Cut the green onion into three equal pieces. Heat the wok with vegetable oil then add in the ginger root and green onion and stir-fry until fragrant. Add in the chicken drumsticks, sherry, soy sauce, sugar and ½ cup of water and allow the drumsticks to gently simmer on medium heat, turning the drumsticks occasionally. Once the chicken is no longer pink, remove and set on a serving plate. Garnish with parsley and serve.

SERVES 4.

For additional recipes, visit us at

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RECIPES

Stir-Fried Pork with Green Beans

- ½ lb. lean pork, cut into thin strips
- 1 cup green beans
- 2 Chinese mushrooms, presoaked, sliced
- ½ cup bamboo shoots, sliced into long shoestrings
- 1 celery stalk, thinly sliced
- 1 tsp. salt
- 3 tbsp. vegetable oil
- ¼ tsp. sugar
- 1 tsp. rice wine
- 1½ tsp. soy sauce
- 1 garlic clove, crushed
- ½ green onion, minced
- ¾ cup chicken broth or water

To Thicken:

- 2 tsp. cornstarch
- 1 tsp. sherry
- 1 tbsp. water
- 1 tbsp. oyster sauce

Cut the green beans into 1" lengths then blanch for about 2 minutes. Once browned, remove and set aside. Heat 2 teaspoons of oil in the wok then stir-fry the garlic and a pinch of salt until fragrant. Add in the pork strips and stir-fry until the meat is no longer pink and each side is slightly browned. Remove the strips and set aside. Heat up the remaining oil then add in the green onion, mushrooms, bamboo shoots, celery and blanched green beans and stir-fry for 2 minutes. Once all ingredients have browned, pour in soy sauce, chicken broth and the cooked pork and bring the mixture to a boil. After the mixture has boiled, reduce the heat to low. Stir in the thickening ingredients then cover the wok and allow it to simmer for 2-5 minutes. Serve by itself or with rice.

SERVES 4.

For additional recipes, visit us at
www.AromaCo.com or at www.AromaTestKitchen.com

LIMITED WARRANTY

Aroma Housewares Company warrants the product against defects in materials and workmanship for one year from a provable date of purchase in the United States. This warranty does not cover stains, scratch marks, dents or discoloration. If this product is discontinued, we will replace it with similar product of equal value.

Within this warranty period, Aroma Housewares Company will repair or replace, at its discretion, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$25.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not apply if the warranty period expired; the product has been modified by any unauthorized service center or personnel; the defect was subject to abuse, improper use not conforming to product manual instructions, or environmental conditions more severe than those specified in the manual and specification, neglect of the owner or improper installation; the defect was subject to Force Majeure such as flood, lightning, earthquake, other natural calamities, war, vandalism or theft.

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

SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service toll-free at:

1-800-276-6286

M-F, 8:30am-4:30pm, Pacific Time

Or we can be reached by email at:

CustomerService@AromaCo.com

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

- Date of Purchase:

- Place of Purchase:

Aroma Housewares Company
6469 Flanders Drive, San Diego, CA 92121, U.S.A.
1-800-276-6286 | www.AromaCo.com
M-F, 8:30am - 4:30pm, Pacific Time

Note:

Proof of purchase is required for all warranty claims.



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