

AROMA®

Roaster Oven *With Timer and Buffet Server*

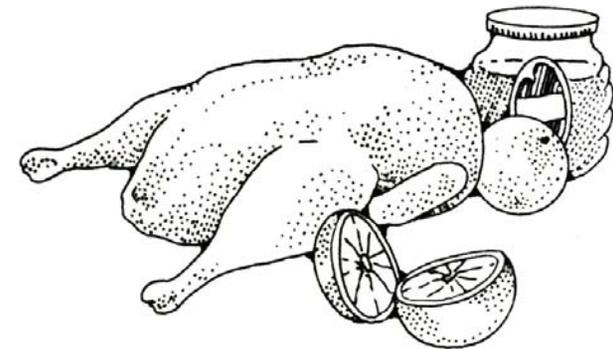


Instruction Manual & Recipes

**Congratulations on your purchase of AROMA
Roaster Oven.**

**Your new Roaster Oven with timer and buffet server
will be one of the most versatile cooking appliances in
your modern kitchen. Enjoy this wonderful AROMA
Roaster Oven.**

Read all instructions before your use.



Published By:

**Aroma Housewares Company
6469 Flanders Drive
San Diego, CA 92121
U.S.A.**

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IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Read all instructions before using.
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 any appliance is used by or near children.
5. 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.
6. 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.
7. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
10. Do not place on or near a hot burner or in a heated oven.
11. Extreme caution must be used when using or moving an appliance containing hot oil or other hot liquids.
12. Do not use the appliance for other than intended use.
13. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock.
14. Be sure to use on a heat resistant and even surface. Keep at least 4 inches away from walls and other flammables in a well-ventilated area.
15. 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, and then remove plug from wall outlet.
16. The timer must be set for the roaster oven to start operating.

**This appliance is intended for Household Use Only.
SAVE THESE INSTRUCTIONS**

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risks 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 table top where it can be pulled on by children or tripped over unintentionally.

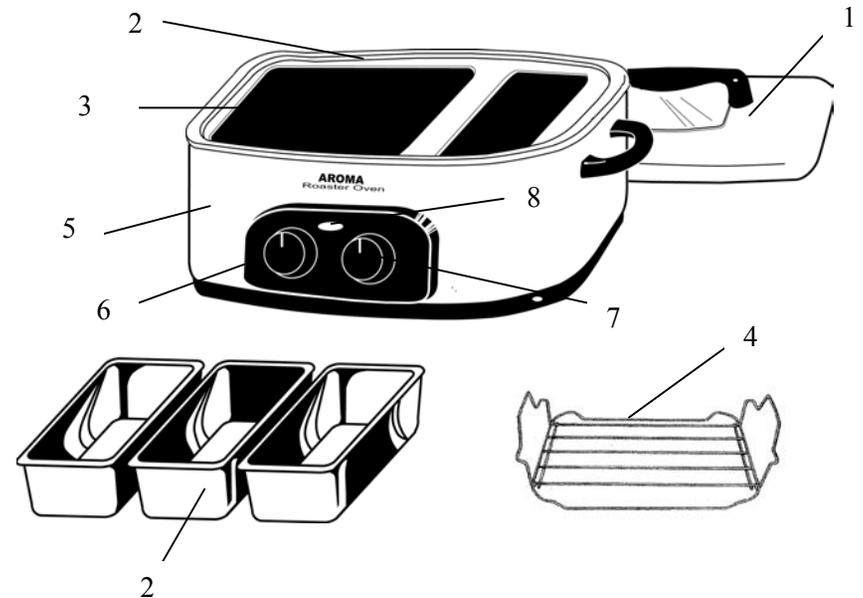
POLARIZED PLUG

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.

PARTS IDENTIFICATION

1. **Lid:** Includes assembling package of lid, lid handle, 1 piece of glass and 2 screws.
2. **Buffet Server:** Includes 3 serving trays and 1 tray holder frame.
3. **Removable Cooking Pan:** The cooking pan can be removed for easy cleaning after each use.
4. **Reversible Rack:** The rack permits easy placement of food into or removal of food from the cooking pan and allows grease to drain from food during cooking. The rack can be inverted for steaming.
5. **Roaster Oven Body:** It is heated with an electrical band heater surrounding the side wall to provide a “Ring of heat” for uniform heating of food inside the cooking pan.
6. **Timer:** can be set up to 3 hours or set oven Stay On.
7. **Temperature Control:** The temperature control automatically controls oven temperature at the set level.
8. **Indicator light:** It indicates that the roaster oven is energized and also indicates that the preset temperature is reached.



BEFORE USING

ASSEMBLE LID HANDLE AND VIEWING WINDOW

1. Locate the lid, lid handle (the ends of handle are attached with 2 screws) and 1 piece of glass
2. Unscrew the screws on the handle for use.
3. Use screw driver to screw one end of the handle first.
Do not screw too tight yet before inserting the glass.
4. Insert the glass (as the viewing window) onto the opening of the lid top.
When necessary, **use 2 pieces of tape on both sides of the glass to prevent it from moving when assembling the handle.**
5. After the glass is placed on the lid opening, screw the other end of the handle to the lid. Make sure both side of handle are tightly screwed.
6. **Remove the tape that were used for temporarily securing the glass before cooking.**

CLEAN

1. Remove all packaging materials.
 2. Wash the Cooking Pan, Lid, and any accessories with warm soapy water using a sponge or dishcloth.
 3. Rinse thoroughly to remove soap residue.
 4. Wipe body clean with a damp cloth.
- **Do not use abrasive cleaners or scouring pads.**
 - **Do not immerse the appliance in water at any time.**

PRE-HEAT BEFORE FIRST USE OF ROASTER OVEN

1. Slight smoke and odor may be emitted during the first few uses. We **recommend** pre-heating the Roaster Oven to eliminate the smoke and odor.
2. Ensure temperature control is set to the "OFF" position and plug into a 120V AC outlet ONLY.
3. Set timer and temperature. The timer must be set for the roaster oven to start operating. Pre-heat the oven for 30 minutes at 400°F or until smoke and odors no longer exist.

4. Turn the temperature control to the "OFF" position, remove the plug from wall outlet; allow it to cool.

HOW TO USE

ROASTING

1. Place the cooking pan into the oven body. Place the lid on the cooking pan.
2. Turn the Temperature control and Timer to the "OFF" position.
3. Plug in the power cord.
4. Set timer and temperature control to preheat roaster oven to desired temperature.
 - **Always preheat, keep warm and cook food at temperatures OVER 200°F. The roaster oven will not operate if you set temperature LESS THAN 200°F.**
 - The indicator light will shut off when the oven has reached the selected temperature. During operation the light will turn on and off indicating the proper temperature is being maintained.
5. Place rack into the cooking pan, place food on the rack, and replace lid. **CAUTION: the preheated roaster oven is HOT.**
6. When finished , turn the temperature dial to the "OFF" position and unplug.

BUFFET SERVING

1. Fill the roaster oven cooking pan with water. Make sure the water level does not touch the bottom of the serving trays.
2. Plug in the power cord, set temperature to 350°F and turn timer to "Stay On" position. Cover the roaster oven with lid and heat for about 30 to 35 minutes or until the water is boiling.
3. Remove the lid. Place **tray holder frame** on top of the cooking pan. Next, place serving trays with hot food on the frame for keeping warm.

4. Reduce the temperature to 250°F.
5. Check water level in roaster oven and add more water if necessary.
6. When finished serving, turn OFF timer and temperature control and carefully remove serving trays and frame from roaster oven. Empty the water left in oven when the oven is complete cool and clean accordingly.

HELPFUL TIPS

1. The Roaster oven has been designed to utilize everyday recipes. Keep in mind that temperatures and times may vary. We recommend checking your meals two to three times during operation to insure ideal cooking results.
2. Always pre-heat the oven unless recipe specifies otherwise.

CAUTION:

- **Always wear protective OVEN MITTS when moving any hot buffet trays, frame or the roaster oven cooking pan for your safety.**
- **DO NOT clean the roaster oven until it is cool completely.**

IMPORTANT NOTES

- **AVOID** lifting lid while cooking is in process to maintain the even cooking temperature inside the roaster oven. Use the viewing window on lid to check the food. Repeatedly removing the lid will result in heat loss and increase cooking time.
- When removing the lid after the cooking is finished, be careful to the steam escapes from the hot roaster oven.
- **NEVER** place food or liquid directly into the oven body.
- Do not overfill the roasting pan.
- Keep clear of steam vents located on the lid to prevent burns.

HOW TO CLEAN

AFTER USE

1. Disconnect the plug from the wall outlet.
2. Allow the unit to cool completely.
3. Wash the cooking pan, buffet serving trays, frame, rack, and lid with warm soapy water using a sponge or dishcloth.
4. Rinse thoroughly to remove soap residue.
5. Wipe body clean with a damp cloth.

CAUTION:

- **Do not immerse the appliance in water at any time**
- **Do not use abrasive cleansers or scouring pads.**

COOKING TIPS & RECIPES

ROASTING:

Roasting in your AROMA Roaster Oven will produce moist and tender meats. As a rule of thumb, you may use the same temperature and cooking time as a conventional oven.

1. To sear the meat before roasting, place butter or margarine on the cooking pan. Cover with the lid and sear meat on each side for 5-10 minutes or until lightly browned.
2. For the best browning result on poultry, brush melted margarine or honey evenly over the skin before roasting. Follow roasting chart directions to cook. At the last 30-45 minutes, increase temperature for 20-50°F for additional browning if needed.
3. If you would like to add liquid, for example beer, to enhance flavor, add at the last 30 minutes.
4. Since the thickness and condition of the meat may vary, you should check the meat 10 to 15 minutes before the finishing time to ensure best results.
5. Keep juice collected in the cooking pan to all to the meat while serving. It is delicious and nutritious.
6. Cooking meat to your desired doneness, use a meat thermometer to measure meat temperature at the final cooking time. Suggested temperatures are 140°F for rare, 160°F for medium and 170-180°F for well done. Please remember that pork should always be cooked to well done.
7. While roasting poultry or meat with fat content, add 2 cups of water to the bottom of the cooking pan to prevent burning smoke from the dripping oil.
8. It is recommended to roast dry for tender cuts of meat. Examples of these meats are ribs or sirloin.
9. The roasting times in the chart are approximated and should be used only as a guideline. Several factors may affect the actual cooking times like meat temperature, thickness, bone content, ingredients of stuffing, etc.

ROASTING GUIDE CHART:

	<u>Oven Temp.(°F)</u>	<u>Min./lb.</u>	<u>Approx. Time</u>
<u>Poultry</u>			
Whole Turkey, 10-17lb	350-400	13 to 18	2 to 3½ hrs.
Whole Turkey, 18-20 lb.	350-400	12 to 16	3 to 4½ hrs.
Whole Chicken, 4-6lb.	350	15 to 18	1 to 1½ hrs.
Whole Duck, 4-6lb.	400	18 to 24	1¼ to 3hrs.
<u>Beef/ Pork/ Lamb</u>			
Beef, 3-5lb.	325	15 to 20	¾ to 1¾hrs.
Pork, 3-5lb.	325	20 to 35	1 to 2¼ hrs.
Lamb, 5-8lb.	325	20 to 20	1½ to 3½ hrs.
Ham, 6-10lb.	325	15 to 25	1½ to 3½ hrs.

Note: This cooking guide is for your reference only. Adjust the amount of food and cooking time according to the capacity of your roaster oven. Do not overfill the roaster oven while cooking.

TERIYAKI ROAST CHICKEN

- 1 whole chicken (about 4 lb.)
- 1/2 cup soy sauce
- ¼ teaspoon garlic salt
- ¼ teaspoon white pepper powder
- ¼ cup dry sherry
- ¼ cup sugar
- 3 slices fresh ginger root
- 1 ½ teaspoon honey
- 3 tablespoons water
- 1 ½ tablespoons cornstarch

Wash the whole chicken; rinse well and pat dry inside and out; pull excess fat. Set aside. Combine soy sauce, garlic salt, white pepper powder, dry sherry, ginger and sugar in a small saucepan. Boil and simmer over medium heat for 2-3 minutes. Mix water with cornstarch. Stir to thicken the sauce. Set aside to cool.

Place the chicken in a large bowl. Brush or rub the sauce all over the chicken, inside out. Cover and refrigerate for couple of hours. Place the chicken on the rack and ready to roast. Use the Time and Temperature Chart in the book as a reference of your cooking time. Makes 4-6 Servings.

ROAST LAMB

1 5-6 pound leg of lamb
½ large onions, thinly sliced
5-6 cloves garlic, chopped
1/3 cup extra virgin olive oil
½ cup dry red wine
½ cup light soy sauce
2 ½ teaspoon fresh thyme leaves
salt and freshly ground black pepper to taste

Preheat the oven to 325°F. Wash and trim the thicker portions of fat from the lamb, boned. Marinate lamb with all the ingredients except for onions. Cover and refrigerate overnight. Take meat out from marinade, saving the remaining for basting. Place sliced onion on the meat. Place the lamb on the rack and follow roasting instructions, basting with reserved marinade. Let it sit cool before slicing. Makes 6-8 servings.

ROASTING BEEF RIBS

1 3-pound beef rib
olive oil
salt and garlic pepper
lemon juice

Wash, rinse and dry the meat. Let it come to room temperature before preparing it for roasting. Trim off all excess fat. Rub it well with olive oil, salt, pepper and lemon juice. Set aside for 1 hour. Place ribs on the rack with the ribs facing upward.

Use Cooking Time and Temperature Chart as a guide for the roasting. Baste with fat halfway through roasting. Make adjustment based on how you'd like your meat cooked. After it is done, let it sit for 10-15 minutes. Makes 6-8 servings.

BAKING:

AROMA Roasting Oven can bake your favorite cakes, pies, breads, pizza and casseroles to perfection. Always preheat the oven at 400°F for 20 minutes.

1. Place food on pan or foil paper for convenience and better results.
2. For even baking, use rack and place foods in the center of the rack.
3. Packaged convenience foods can be heated up in your roaster oven. Follow packaged directions for temperature and time.

BAKING GUIDE/ CHART:

	<i>Oven Temp.(°F)</i>	<i>Min./lb.</i>	<i>Approx. Time</i>
Bread	375	--	45 to 75 min.
Pie	375	--	45 to 60 min.
Cake	325	--	45 to 60 min.
Cookies	375	--	10 to 15 min.
Rolls	375	--	15 to 20 min.
Muffins	400	--	20 to 25 min.

LOW-FAT OAT BRAN BLUEBERRY MUFFINS

¾ cup oat bran
½ cup flour
2 ½ tablespoon brown sugar
¼ cup milk
1½ teaspoons baking powder
½ teaspoon salt
1 tablespoon vegetable oil
1 egg
1 teaspoon vanilla extract
2 cups blueberries

Preheat the oven to 400°F.

Place the egg, sugar, milk, salt and vanilla extract in a large bowl. Mix them well. Add flour, bran and baking powder into the bowl. Stir it until it looks lumpy and uneven. Add blueberries. Grease a 6-cup muffin pan or line with paper cupcake liners. Fill each muffin cup 2/3 full. Bake about 18-20 minutes, or until the muffins split open and golden brown.

CAULIFLOWER & CARROT CASSEROLE

1/2 lb. cauliflower
2 medium carrots
1 can cream of mushroom soup
1/8 teaspoon black pepper
1/2 cup milk
2.8 oz. can French fried onions
salt

Cut the cauliflower and the carrots in similar size. Mix them with soup, black pepper, and milk together in 1.5 qt. Casserole dish. Cover with foil and bake at 350° F or until hot; stir occasionally; arrange French fried onions on top of vegetable mixture, along the casserole rim. Bake another 3-5 minutes at 425°F until onions are golden brown. Makes 6-8 servings.

STEAMING:

Due to the temperature range and oven shape design, your roaster can serve as an ideal steamer, especially for serving in the case of a party.

1. Using the rack, place food in the heat-proof dish and keep the dish in the center of the oven.
2. Add the proper amount of water to the cooking pan. Always cover the lid while it is cooking.
3. Steaming is the easiest and healthiest way of cooking.

STEAMED BEEF WITH BROCCOLI

1/2 lb. beef (sliced thin against the grain.)

Marinade:

2 tsp soy sauce

1 tsp. Wine
½ tsp sugar
1 clove garlic, minced
1 tsp. minced ginger-root
1-tsp. cornstarch
1 tsp. sesame oil
1 tsp. oyster sauce
1 cup broccoli flowerets

Method:

Combine sliced beef with marinade in a heatproof dish. Pour hot water into cooking pan. Place the rack in a high position into the cooking pan. Place the dish on the rack and steam for about 10 minutes. Open lid and arrange broccoli around outer edge of the dish. Cover and steam for an additional 10 minutes. Ready to serve.

STEAMED STUFFED TOFU

1 16oz cube tofu
½ lb. boneless white fish fillet
½ lb. shrimp shelled and deveined
½ tsp. salt
1tbsp. Sesame oil
1 tbsp finely grated ginger
1 clove minced garlic
3 tbsp soy sauce
1/8 cup green onion, chopped
¼ tsp white pepper
1 tbsp rice wine
1 tbsp cornstarch
½ egg white

Method:

Gently rinse tofu cubes and place on a plate and allow to drain off excess liquid for several hours. Mince fish and shrimp, and combine with seasoning ingredients. Cut tofu in half lengthwise, and then divide each half into 4 pieces. Remove 1 tbsp tofu from each piece and stuff with a heaping tbsp filling (wet finger to smooth top off filling). Arrange stuffed tofu on heatproof plate and sprinkle with ginger. Follow the cooking instruction. Steam for 15 minutes. Drain off liquid, pour on soy sauce and sesame oil. Garnish with green onion. Makes 4 servings.

SLOW COOKING:

Because of the circular heating system, your roaster oven has become a great slow cooker for your favorite soups and stews.

1. For better flavor, meat and certain ingredients, such as garlic, can be browned first in the roaster oven at 425°F for 3-5 minutes. Then add vegetables, liquids and other ingredients for slow cooking
2. While in slow cooking, always keep the lid on to avoid losing water. Stirring is not necessary.

VEGETARIAN SOUP

2 tbsp peanut oil
6 cups water
1 small cabbage
1 tbsp soy sauce
½ cup carrots
1 tsp. sherry
3 celery stalks
1 tsp. salt
1 scallion
dash of pepper

Method:

Cut cabbage, carrots, celery and scallion into strips. Heat oil in the pot, add vegetables and stir-fry about 2-3 minutes or until they begin to soften. Add water, soy sauce, sherry, salt, and pepper to the cooking pot. Cook at 250°F-275°F for 2 hours.
Makes 4 servings.

BRAISED ABALONE MUSHROOM

10 pieces dried abalone (to be soaked overnight)
5 pieces dried scallop
15 pieces black mushrooms
15 pieces button mushrooms
2 tbsp oyster sauce
2 ½ cups water
2 tbsp oil
6 pips garlic (crushed)

1 ½ tsp. corn-flour for thickening

Method:

Combine all ingredients into cooking pot

Set temperature to 250°F-275°F for 2 hours; change temperature to 200°F for 4 – 6 hours. To serve, thicken it with corn flour and garnish with spring onion and parsley. Makes 4 servings.

ONION CHICKEN SOUP

12 oz chicken pieces

6 big onions

1 tsp peppercorn

salt to taste

8 cups water

4 slices ginger

Method:

Combine all ingredients into the cooking pot.

Set temperature to 250° F-275° F and cook for 2 hours, and then change temperature to 200° F for 4-6 hours or until it is done.

Makes 4 servings.



LIMITED WARRANTY

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

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. \$8.00 for shipping and handling charges to Aroma Housewares Company. 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 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 they may vary from state to state.

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