

AROMA[®]

8-Quart *Roaster Oven*



Instruction Manual & Recipe Guide

Model ART-808

Congratulations on your purchase of **AROMA** Roaster Oven. Your new Roaster Oven is one of the most versatile, efficient, and economical cooking appliances in your modern kitchen.

With this Roaster Oven, you can prepare meat or vegetables, bake breads or cakes, steam seafood or cook homemade soups and stews in a convenient and healthy way. The Roaster Oven is portable, easy to use and saves energy.



Published By:

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

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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. This appliance is not intended to be used by 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 gas or electric 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.
15. Keep at least 4 inches away from walls and other flammables in a well-ventilated area.
16. 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.
17. Do not store any materials, other than manufacturers recommended accessories, in this oven when not in use.

SAVE THESE INSTRUCTIONS

SHORT CORD INSTRUCTION

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

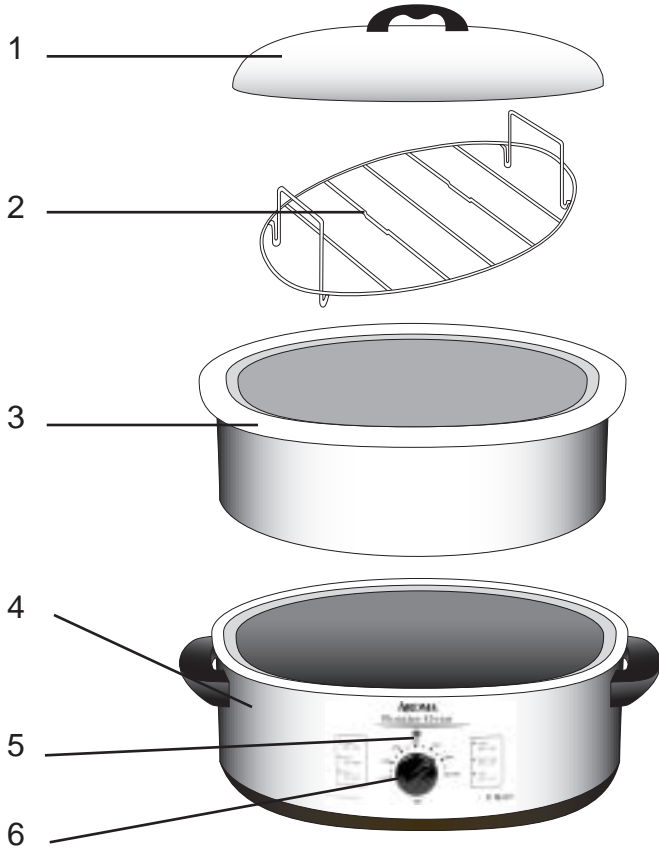
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

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



1. Lid: The lid has built-in steam vents. When lifting or removing lid, avoid the vent holes and tilt the lid away to divert the escaping steam.
2. Roasting/Steaming 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 also be used for steaming.
3. Removable Cooking Pan: The cooking pan can be removed for easy cleaning after each use.
4. 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.
5. Indicator light: Indicates that the roaster oven is in the heating process. The light goes off when set temperature is reached.
6. Temperature Control: The temperature control thermostatically controls oven temperature at the set level.

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 and discard all plastic bags, as they can pose a risk to children.
4. Wash the roasting pan, lid and any accessories in warm soapy water, using a sponge or dishcloth. Rinse and dry thoroughly.
5. Wipe body clean with a damp cloth.
 - Do not use abrasive cleaners or scouring pads.
 - Do not immerse the roaster oven body, cord or plug in water at any time.

Preheat:

Due to the manufacturing process, smoke and odor may be emitted during the first few uses. We recommend preheating the roaster oven to eliminate the smoke and odor.

1. Ensure temperature control is set to the "OFF" position and plug into a 120V AC outlet.
2. Preheat the oven for 30 minutes at 400°F or until smoke and/or odors no longer exist.
3. Turn the temperature control to the "OFF" position, remove the plug from wall outlet and allow the unit to cool.

Helpful Tips:

- The roaster oven has been designed to utilize everyday recipes, although temperature and time may vary. Check your meals two to three times during operation to ensure ideal cooking results.
- Always preheat the oven unless the recipe specifies otherwise.
- Premade or frozen items can be heated in roaster oven. Follow directions on package for temperature and time.

How To Use:

1. Place the cooking pan into the oven body. Place the lid on the cooking pan.
2. Set the temperature dial to the "OFF" position.
3. Plug in the power cord.
4. Preheat Roaster Oven to desired temperature.

The indicator light will shutoff when the oven has reached the selected temperature. During operation the light will blink continually while the proper temperature is being maintained.
5. Place rack into the cooking pan, place food on the rack and replace lid.
6. When finished, turn the temperature dial to the "OFF" position and unplug.

CAUTION:

- Never place food or liquid directly into the oven body. Use provided roasting pan.
- Do not overfill the roasting pan.
- When in use, lift lid carefully so steam escapes away from you.
- Repeatedly removing the lid will result in heat loss and increased cooking time.

HOW TO CLEAN

Always unplug unit and allow to completely cool before cleaning.

1. Wash the cooking pan, rack and lid with warm soapy water using a sponge or dishcloth.
2. Rinse thoroughly to remove soap residue. Dry thoroughly before returning the cooking pan and accessories to main body of roaster oven.
3. Wipe body clean with a damp cloth.
 - Do not use harsh abrasive cleaners.
 - This appliance is NOT dishwasher safe.
 - Do not wash immerse roaster oven body, cord or plug in water or any other liquid.

COOKING TIPS AND INSTRUCTIONS

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.

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.

For the best browning results on poultry, brush melted margarine or honey evenly over the skin before roasting. Follow roasting chart directions to cook. For the last 30-45 minutes, increase temperature by 20-50°F for additional browning if needed.

If you would like to add liquid, such as beer or both, to enhance flavor, add at the last 30 minutes.

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.

Use a meat thermometer to measure internal meat temperature toward the end of the cooking cycle. 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.

While roasting poultry or meat with mid to high fat content, add 2 cups of water to the bottom of the cooking pan to prevent burning smoke from the dripping oil.

It is recommended to dry roast tender cuts of meat, such as ribs or sirloin.

The roasting times in the chart are approximate 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.

COOKING TIPS AND INSTRUCTIONS

Roasting Chart:

	<u>Oven Temp.(°F)</u>	<u>Min./lb.</u>	<u>Approx. Time</u>
<u>Poultry</u>			
Whole Turkey, 8-10lb	350-400	13 to 18	2 to 3fi hrs.
Whole Chicken, 4-6lb.	350	15 to 18	1 to 1fi hrs.
Whole Duck, 4-6lb.	400	18 to 24	1/ to 3 hrs.
<u>Beef/ Pork/ Lamb</u>			
Beef, 3-5lb.	325	15 to 20	fi to 1fhrs.
Pork, 3-5lb.	325	20 to 35	1 to 2/ hrs.
Lamb, 5-8lb.	325	20 to 30	1fi to 3fi hrs.
Ham, 6-9lb.	325	15 to 25	1fi to 3fi hrs.

Note: Turkey and other items may vary is size and shape. Please ensure that the item will fit in the roaster oven before purchase. In order to properly close the lid, do not place any item over 5 inches in height in the roaster oven.

TERIYAKI ROAST CHICKEN

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

Wash the whole chicken; rinse well and pat dry inside and out. 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 and out. Cover and refrigerate for couple of hours. Place the chicken on the rack and ready to roast. Use the Roasting Chart as a reference of your cooking time. Makes 4-6 Servings.

COOKING TIPS AND INSTRUCTIONS

Roast Lamb

1, 5 to 6 pound leg of lamb
1/2 large onion, thinly sliced
5-6 cloves garlic, chopped
1/3 cup extra virgin olive oil
1/2 cup dry red wine
1/2 cup light soy sauce
2-1/2 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 marinade for basting. Place sliced onion on the meat. Place the lamb on the rack and follow roasting instructions. Baste with reserved marinade. After cooking is complete, let lamb sit for 5-10 minutes before slicing. Makes 6-8 servings.

Beef Ribs

1, 3-pound beef rib
Olive oil
Salt and garlic pepper
Lemon juice

Wash, rinse and dry the meat. Allow meat to reach room temperature before preparing it for roasting. Trim off excess fat. Rub with olive oil, salt, pepper and lemon juice. Set aside for 1 hour. Place ribs on the rack with the ribs facing upward. Use Roasting Chart as a guide for the roasting. Baste with marinade or juices 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 before slicing. Makes 6-8 servings.

COOKING TIPS AND INSTRUCTIONS

BAKING:

The Aroma® Roaster Oven can bake cakes, pies, breads, pizza and casseroles to perfection. Always preheat the oven.

- Place food on pan or foil paper for convenience and better results.
- For even baking, make sure food is centered on the rack inside the oven.

Baking Guide:

Food	Oven Temp	Approx. Time
Bread	375°	45-75 min.
Pie	375°	45-60 min.
Cake	325°	45-60 min.
Cookies	375°	10-15 min.
Rolls	375°	15-20 min.
Muffins	400°	20-25 min.

Low Fat Oat Bran Blueberry Muffins

- 3/4 cup oat bran
- 1/2 cup flour
- 2-1/2 tablespoon brown sugar
- 1/4 cup milk
- 1-1/2 teaspoons baking powder
- 1/2 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 well. Add flour, bran and baking powder. Stir until mixture appears lumpy and uneven. Do not overmix. Add blueberries. Grease a 6-cup muffin pan or line with paper cupcake liners. Fill each muffin cup 2/3 full and place muffin pan into the preheated roaster oven. Bake about 18-20 minutes, or until the muffins split open and are golden brown. Makes 6 muffins.

COOKING TIPS AND INSTRUCTIONS

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:

The temperature range and oven shape design transform your roaster into a steamer, ideal for creative and healthy cooking.

- Using the provided rack, place food in a heat-proof dish and keep the dish in the center of the oven.
- Add the proper amount of water, a maximum of 1-cup, to the cooking pan. Always keep lid on while steaming. Note: Be careful not to boil all of the water out of the pan. If this occurs, add more water.

Steaming Guide:

VEGETABLE	AMOUNT OF WATER	STEAMING TIME
Asparagus	1/2 Cup	10 Minutes
Broccoli	1/4 Cup	5 Minutes
Cabbage	1 Cup	15 Minutes
Carrots	1 Cup	15 Minutes
Cauliflower	1 Cup	15 Minutes
Corn	1 Cup	15 Minutes
Eggplant	1-1/4 Cup	20 Minutes
Green Beans	1 Cup	15 Minutes
Peas	1/2 Cup	10 Minutes
Spinach	1/2 Cup	10 Minutes
Squash	1/2 Cup	10 Minutes
Zucchini	1/2 Cup	10 Minutes

COOKING TIPS AND INSTRUCTIONS

Steamed Beef with Broccoli

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

Marinade:

2 teaspoons soy sauce	1 teaspoon wine
1/2 teaspoon sugar	1 clove garlic, minced
1 teaspoon minced ginger-root	1 teaspoon cornstarch
1 teaspoon sesame oil	1 teaspoon oyster sauce
1 cup broccoli flowerets	

Combine sliced beef with marinade in a heat-proof 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 Tofu With Seafood Stuffing

1 16oz cube tofu
1/2 lb. boneless white fish fillet
1/2 lb. shrimp shelled and deveined

Seasoning:

1/2 teaspoon salt
1 tablespoon Sesame oil
1 tablespoon finely grated ginger
1 clove minced garlic
3 tablespoons soy sauce
1/8 cup green onion, chopped
1/4 teaspoon white pepper
1 tablespoon rice wine
1 tablespoon cornstarch
1/2 egg white

Gently rinse tofu cubes and place on a plate and allow excess liquid to drain off 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 tablespoon tofu from each piece and stuff with a heaping tablespoon filling (wet finger to smooth top of filling). Arrange stuffed tofu on heat-proof plate and sprinkle with ginger. Steam for 15 minutes. Drain off liquid, then top with soy sauce and sesame oil. Garnish with green onion. Makes 4 servings.

COOKING TIPS AND INSTRUCTIONS

SLOW COOKING:

The roaster oven's circular heating system allows you to use this appliance as a slow cooker for your favorite soups and stews.

- 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
- While in slow cooking, always keep the lid on to avoid losing water. Stirring is not necessary.

Vegetarian Soup

2 tablespoons peanut oil
6 cups water
1 small cabbage
1 tablespoon soy sauce
1/2 cup carrots
1 teaspoon sherry
3 celery stalks
1 teaspoon salt
1 scallion
Dash of pepper

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.

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. \$8.00 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