

AROMA®



instruction manual

AST-900E

Turbo Wave Oven®

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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.

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IMPORTANT SAFEGUARDS

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

- Important: Read all instructions carefully before first use.**
- Do not touch hot glass surface. Use handles or knobs.
- To protect against electrical shock, fire, and injury to persons, do not immerse cord, plug or the appliance itself in water or any other liquid. See instructions for cleaning.
- Close supervision is necessary when the appliance is used by or near children. This appliance is not intended for use by children.
- Unplug from power outlet when not in use and before cleaning. Allow unit to cool before adding or removing parts and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
- The use of accessory attachments not recommended by Aroma Housewares, may result in fire, electrical shock or injury.
- Do not use outdoors.
- Do not let cord hang over the edge of the table, counter, or touch hot surfaces.
- Do not place on or near a gas or electric burner, or in a heated oven.
- Do not use the appliance for other than its intended use.
- Always unplug from the plug gripping area. Never pull on the cord.
- Extreme caution should be exercised when using or moving the appliance containing food or other hot liquids.
- The oven should be operated on a separate electrical circuit from other operating appliances. If the electric circuit is overloaded with other appliances, this appliance may not operate properly.
- Use only on a level, dry and heat-resistant surface.
- Do not move or lift the convection oven while the power cord is still connected to the wall outlet. Remove the plug from the wall outlet and the oven before removing the oven lid.
- To disconnect
 - Turn off the timer
 - Remove the plug from the wall outlet
 - Once lid has cooled lift the top with both hands using the lid handle
 - Rest the stainless steel rim of the lid on a flat surface
- Do not place the hot underside of the lid directly onto laminated, wood, paper, plastic and other flammable surfaces. Place the lid on a heat resistant surface or place it on the included metal rack.
- Do not place the oven too close to the edge of a table or counter, or on a chair, bench or other unstable surface.
- Always place the lid on the bowl before plugging in the power cord and turning on.
- Keep the sides of the bowl at least 3 inches from other objects or surfaces.
- During and after use, the glass cooking bowl and other parts will become very hot. Be sure to use the handles and wear protective oven mitts or gloves.

SAVE THESE INSTRUCTIONS



IMPORTANT SAFEGUARDS

(CONT.)

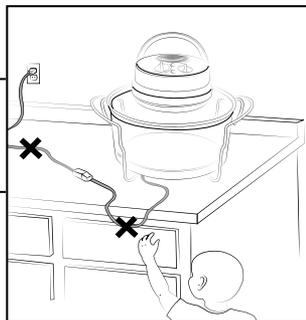
23. Do not clean with metal scouring pads as pieces may break off and touch electrical parts causing electric shock.
24. Do not use the glass cooking bowl for other than its intended purpose.
25. Wait until glass cooking bowl and the lid top have cooled completely before moving or cleaning.
26. Do not use this appliance as a deep fryer. Do not fill with oil or attempt to deep fry. Such actions may cause fire and injury.
27. To reduce the risk of electrical shock, cook only in the removable glass cooking bowl provided.

Short Cord Instructions

1. A short power-supply cord is provided to reduce the 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 countertop or tabletop where it can be pulled by children or tripped over unintentionally.
 - c.) The extension cord should be a grounding-type 3-wire cord.

DO NOT DRAPE CORD!

KEEP AWAY FROM CHILDREN!



Grounding Instructions

This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding-type plug to fit the proper grounding-type receptacle. The appliance has a plug that looks like figure (A).

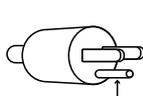


Figure (A)



CIRCUIT GROUNDING CONDUCTOR CONNECTED PROPERLY

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

Parts Identification

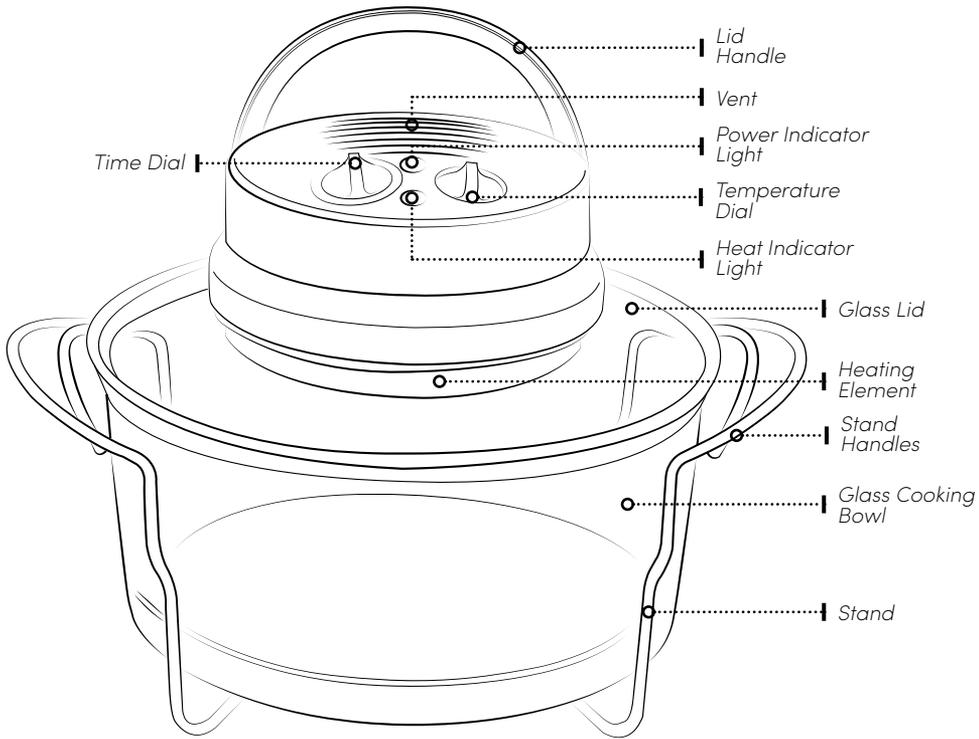
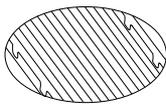


Plate Lifter



Low Rack



High Rack (x2)



Air Fry Basket

Controls/Functions

Time Dial

Manually set to desired time.
(0-60 minutes)

Temperature Dial

Manually set to desired temperature.
(200°F-475°F)

BEFORE FIRST USE

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of them properly as they can pose a suffocation or choking risk to children.
4. Wash the glass cooking bowl in warm, soapy water. Rinse and dry thoroughly.
5. Place oven on a dry, level countertop or table. Keep the edge of the oven at least 3 inches away from any objects.
6. Place the lid securely on the unit and attach the power cord to the oven top and the electrical outlet. Set the timer for 5 minutes and set the oven to maximum temperature (475°F).
7. Push the lid handle down until it securely snaps into place against the oven.
8. After the timer has turned off and the oven has cooled, wipe the inside of the glass bowl again.
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Note:

- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings.
- Any other servicing should be performed by Aroma® Housewares.

TO CLEAN

1. Turn the oven off by setting the timer to **Off** and unplugging the power cord from the electrical outlet. Then detach cord from lid immediately after cooking; allow the oven to cool completely.
2. After the glass cooking bowl has cooled completely, clean it thoroughly with warm, soapy water and a damp sponge or cloth. The glass cooking bowl and accessories are dishwasher safe.
3. For tough cleaning jobs, pour 2 inches of water and soap into the glass cooking bowl. Cover with the lid and set the **Time** dial to 12 minutes and the **Temp** dial to **Warm**. The oven will clean itself by softening and removing residue. When done heating, unplug and allow oven to cool before finishing cleaning.
4. The fan cover is located on the underside of the lid. It can be removed and soaked, if needed, in hot detergent to remove grease. To remove the fan cover, unscrew the 3 connector screws. This should be done only when the unit is unplugged and completely cool.
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TO CLEAN (CONT.)

5. The oven top and fan housing can be cleaned with a damp sponge or cloth. This should be done only when the unit is unplugged and completely cool.
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TROUBLESHOOTING

- **The oven will not turn on even though the timer has been set**

The lid handle is not locked down securely. Make sure the lid handle is locked down securely against the oven lid. As a safety function, the oven will not operate if the handle is not locked down.

- **Food is not cooking evenly or consistently**

Food hasn't been evenly placed on the rack to allow for the even flow of hot air. Make sure there is space between food and the surrounding area of the glass bowl, as well as between food and the heating element on the lid. Improper distribution of food will hinder the even flow of hot air around the food and overall cooking.
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USING TURBO WAVE OVEN®



Caution:

During and after use, the glass cooking bowl and other parts will become very hot. Be sure to use the handles and wear protective oven mitts or gloves.

NEVER FILL THE GLASS COOKING BOWL WITH OIL. THIS APPLIANCE IS NOT INTENDED TO BE USED AS A DEEP FRYER.

Note:

Wooden, heat-proof plastic or nylon utensils are recommended for use with this Turbo Wave Oven®. Some metal utensils may scratch the glass.

Helpful Hints:

To unlock the full potential of your Turbo Wave Oven® see *Cooking Instructions* on page **9 & 10** for an overview of its uses.

Save time and energy by toasting bagels, croissants, bread slices, French rolls and more. Set the temperature to 200°F and toast until desired darkness is achieved.

1. Place one of the racks in the glass bowl and place food evenly on the center of it, allowing at least 1 inch of space between the food and the surrounding bowl and 3 inches of space between the food and top of the bowl.
2. Place the lid on the glass cooking bowl securely, making sure it rests evenly.
3. Attach the power cord to the oven lid then plug into an available outlet.
4. Push the lid handle down until it securely snaps into place against the oven. To ensure safety, the power will not turn on if the handle is not down securely in place.
5. Set the **Time** dial to the desired time. The **Power** light will illuminate and cooking will begin. (See *Cooking & Baking* guides on page 10 for approximate cooking times.)
6. Turn the **Temp** dial to the desired temperature. The **Heat** light will illuminate and the oven will turn on. The **Heat** indicator light will turn on and off to automatically adjust and control the cooking temperature.
7. When the cooking time has elapsed, the oven will turn off automatically and a bell will sound. If food is done cooking, unplug the power cord from the electrical outlet and carefully remove the glass lid. If food is not fully cooked, allow to cook longer by re-setting cooking time depending on desired doneness.
8. Place lid on a heat-safe surface or unused rack. Lid will be extremely hot and should not be set directly on counter tops.
9. Carefully remove food using the plate lifter, oven mitts or other cooking utensils. Never lift by the bowl.
10. Allow the oven to cool before cleaning or storing. Both the glass bowl and glass lid will be hot.
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Cooking Instructions

TYPE OF COOKING	RACK OR PLATE	TEMP	PREPARATION INSTRUCTIONS
Broil/Grill	High Rack	375°F-425°	Place food directly on the rack without covering. If the meat or fish is very lean, brush rack with cooking oil before arranging the meat/fish on the grill.
Bake	Heat-Safe Bowl or Small Pan	Desired Temperature	Food can be left uncovered or covered with aluminum foil depending on preference.
Roast	Low Rack	Desired Temperature	Line the bottom of the bowl with aluminum foil to catch drippings and juices. When roasting, there is no need to preheat, baste or turn.
Air Fry	Low or High Rack	Desired Temperature	Place food directly on the rack without covering. If the meat or fish is very lean, brush rack with cooking oil before arranging the meat/fish on the grill.
Dehydrate	Low and High Rack	150°F-200°F	Slice food as thin as possible and place directly on racks.

Helpful Hints:

Broil/Grill: To create a glazing effect, set the food about 4 inches away from the top heating element. Apply the desired glaze and broil (400°F to 475°F) until the desired shade of brown is reached. Fruit jams, preserves and jellies work well as a glaze for broiled or roasted meat.

Bake: A tube or bunt-cake pan is easier to use than larger cake pans and disposable aluminum foil mini-loaf pans also work well as they cook faster and more evenly. Muffin-welled pans for cupcakes or individual muffins (4 to 6 wells) are excellent in small batches.

Roast: A meat thermometer is recommended. Roasting time varies with the type of meat, type of cut and the amount of fat and tenderness according to age or maturity of the meat. The thickness and weight of each piece should also be considered. If meat is lean, spray the rack and the side of the glass with a nonstick spray.

Air Fry: Spray the rack with a nonstick vegetable oil to facilitate the removal of cooked food.

Dehydrate: Dehydrating time varies with the type of food and thickness of the slices. For best and quickest results, slice food as thin as possible. Reset turbo oven in 1 hour increments until food is fully dry (4-8 hours).

Cooking & Baking

Baking Guide

FOOD	TIME (Minutes)	TEMPERATURE
Biscuits	8-10 Min	400°F
Bread (Loaf Pan)	25-30 Min	325°F
Bread (Rolls)	12-15 Min	350°F
Brownies	16-20 Min	300°F
Cake (Layer)	20 Min	300°F
Cake (Loaf)	35 Min	300°F
Cookies	6-8 Min	325°F
Muffins	12-15 Min	300°F
Pie Crust (With Filling)	8-10 Min	400°F
Pizza	8-12 Min	400°F

Cooking/Roasting Guide

FOOD	TIME (Minutes)	TEMPERATURE
Beef (Boneless)	20 Min	300°F
Beef (Rib, Rump, Chuck)	10 Min	400°F
Ham (with Bone, Fully Cooked)	12 Min	400°F
Pork (Boneless)	8 Min	325°F
Pork (Pork Loin with Bone)	20 Min	300°F
Pork (Ribs)	10 Min	400°F
Chicken (boneless)	10 Min	400°F



Caution:

These charts are for reference only. Always make sure foods are cooked thoroughly to prevent food-borne illness.

During and after use, the glass cooking bowl and other parts will become very hot. Be sure to use the handles and wear protective oven mitts or gloves.

NEVER FILL THE GLASS COOKING BOWL WITH OIL. THIS APPLIANCE IS NOT INTENDED TO BE USED AS A DEEP FRYER.

Note:

For uncovered dishes, the cooking temperature is 25°F to 50°F lower for baking in your Turbo Wave Oven®. Preheating the oven is not needed.

Helpful Hints:

When referencing cooking times for a conventional oven, reduce cook time by about 25% as a general rule of thumb. Use the clear glass bowl to monitor the food and be sure to record the actual cooking time for future use.

LIMITED WARRANTY

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

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, theft, brownouts or sags (damage due to low voltage disturbances).

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

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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 online 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:

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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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