

# AROMA®



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## instruction manual

AEW-307

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**Electric Wok**

*Questions or concerns about your Aroma product?*

**[www.AromaCo.com/Support](http://www.AromaCo.com/Support)**

**1-800-276-6286**

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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.

**REGISTER YOUR PRODUCT**



**Activate your warranty. Registration is quick and easy.**

Be notified of:

- new product releases
- new test kitchen recipes
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1-800-276-6286 | [www.AromaCo.com](http://www.AromaCo.com)

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# IMPORTANT SAFEGUARDS

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

- 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 cord, plug or the appliance itself in water or other liquid.
4. Close supervision is necessary when the 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 unit 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. Contact Aroma® customer service for examination, repair or adjustment.
7. Do not use attachments or accessories other than those supplied or recommended by Aroma® Housewares. Incompatible parts create a hazard.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Do not use the appliance for other than its intended use.
12. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Metal scouring pads may also damage the finish.
13. Always unplug from the base of the wall outlet. Never pull on the cord.
14. Extreme caution should be exercised when using or moving the appliance containing hot oil or other hot liquids.
15. The wok 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.
16. Store in a cool, dry place.
17. To disconnect, move the temperature controller to the off position "0" before unplugging the wok from the electric outlet.
18. Place the electric wok on a dry, flat and heat-resistant surface, and use it in a well-ventilated area.
19. Do not place the wok too close to the edge of the table or countertop as the wok might be knocked off.
20. The heating base and the other parts may become hot. Be sure to use the handles and wear protective oven mitts or gloves.
21. Check the handles on a regular basis to ensure that they are firmly attached to the pan.
22. This appliance is not intended for deep frying foods.
23. Use only CTW300B temperature controlling plug manufactured by KAIKAI ELECTRIC APPLIANCES CO LTD.

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## SAVE THESE INSTRUCTIONS

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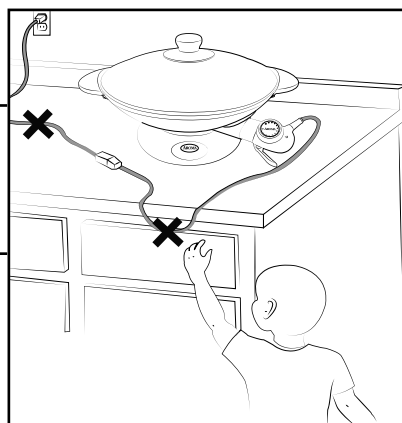
# IMPORTANT SAFEGUARDS

## 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.) If the appliance is of the grounded type, the extension cord should be a grounding 3-wire cord.

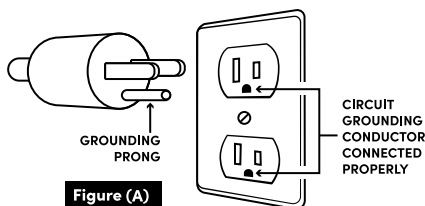
**DO NOT DRAPE CORD!**

**KEEP AWAY FROM CHILDREN!**



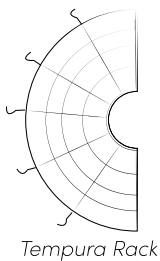
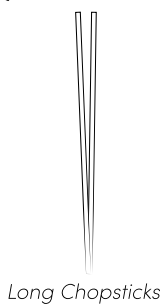
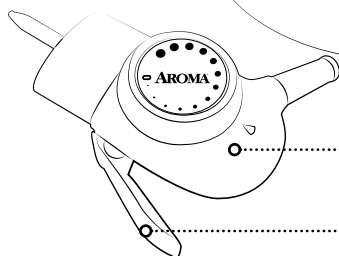
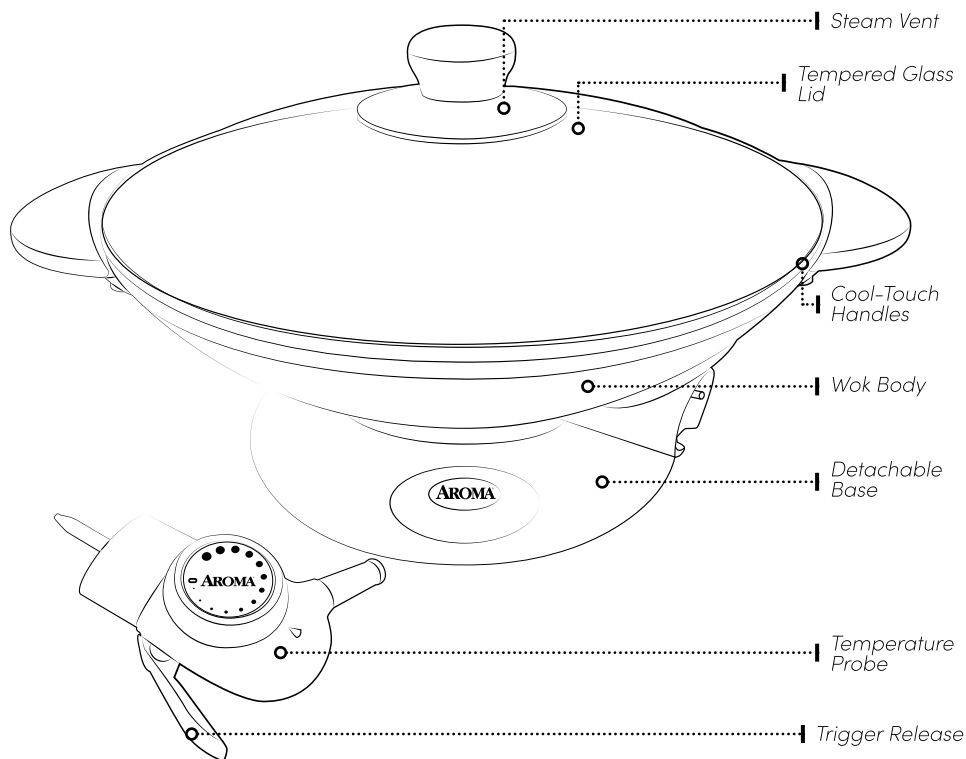
## Grounding Instructions

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).



# THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

# Parts Identification



## Controls/Functions

### **Trigger Release**

### **Temperature Probe**

Allows you to set wok temperature to heat up to 450°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 risk to children.
4. Wash lid, steam rack bases, drip tray and heating element cover in warm, soapy water. Rinse and dry thoroughly.
5. Wipe food steamer base clean with a damp cloth.

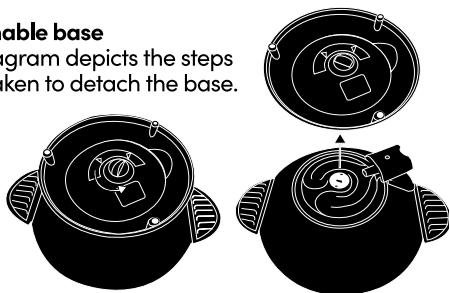
## TO CLEAN

1. Move the temperature dial to off position "0" and unplug the power cord immediately after cooking. When cool, remove control probe and place aside.
2. To detach the base: Turn the wok over with bottom facing up and turn the knob counterclockwise to release. (See figure 4A).
3. The lid and the body can be entirely immersed in water for cleaning. Always use a soft sponge or dishcloth to clean the glass lid.
4. Clean thoroughly with warm, soapy water and a damp sponge or cloth. If necessary, add 2 cups of warm soapy water to the wok to soak for a half-hour and then clean.
5. Thoroughly rinse and dry appliance before storing or using again.
6. Reattach the wok base before storage. Turn wok over and line up the wok base with wok heating element and press knob in and turn clockwise to lock.

### Detachable base

This diagram depicts the steps to be taken to detach the base.

4A



6.



## Caution:

The temperature control probe is NOT dishwasher-safe. Do not immerse temperature control probe in water or any other liquid.

## Note:

- Do not use harsh abrasive cleaners or products that are not considered safe to use on nonstick coatings.
- Not satisfied with your Aroma® purchase? Our product experts can help! **Before returning, contact Customer please Service at 1-800-276-6286** for product support, helpful tips and more!

## Helpful Hints:

For even faster cleanup, the wok body, glass lid and all accessories can be washed in the dishwasher!

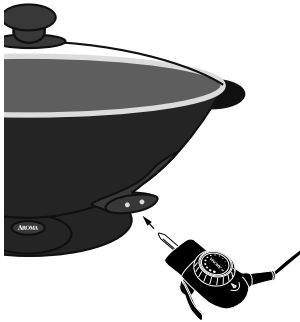
# To Use Wok

1. Attach the temperature probe to the wok by firmly inserting until click is audible (see figure 2A) and plug it into an available electrical 120V AC outlet.
2. Add cooking oil and adjust the cooking temperature to the desired setting. When the indicator light goes off, the temperature has been reached and the wok is ready.
3. When the oil is at desired temperature, add food and begin cooking.
4. Adjust steam vent to release or retain steam while cooking (see figure 3A to operate the steam vent).
5. When cooking is complete, move the temperature dial to off position "0" and remove food from the wok immediately.
6. Unplug the power cord from the electrical outlet once cooking is complete. When cool, remove the temperature control probe (see figure 2B). Allow the wok to cool completely before cleaning.

2A

## Insert Temperature Probe

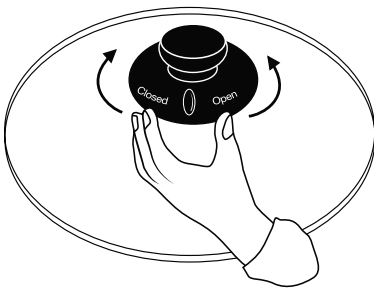
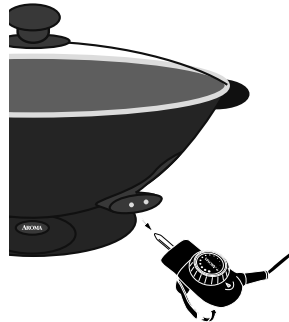
*Insert temperature probe into wok until it clicks into place.*



2B

## Trigger Release

*Release by pressing trigger & removing temperature probe.*



3A

## Steam Vent Operation

*Steam vent allows you to control desired moisture levels while cooking and steaming.*



## Caution:

Do not cover the wok with lid when heating up the cooking oil.

Use caution when operating steam vent to prevent burning hands or face.

## Note:

- The wok heats up fast. Be sure to prepare all the ingredients first and place them near cooking area before the wok is plugged in.
- Do not use metal or abrasive utensils that may damage the nonstick surface.
- Hold one of the wok handles with a hot pad or oven mitt when you stir-fry a large portion of food.
- Wok base can become extremely hot. Do not touch the base of the wok during or after cooking.

# RECIPES

## *Stir-Fried Beef with Snow Peas*

¾ lb.	flank steak, thinly sliced
2 cups	snow peas, stem and strings removed
½ cup	sliced mushrooms
½ cup	sliced carrots or bamboo shoots
1 tbsp.	dark soy sauce
1½ tsp.	cornstarch
¼ tsp.	sugar
4 tsp.	vegetable oil
1 tsp.	sesame oil (optional)
½ tsp.	salt

Marinate sliced beef in a mixture of soy sauce, cornstarch, sesame oil and sugar. Set aside. Heat 2 tablespoons of vegetable oil in wok. Stir fry all the vegetables for about 2-3 minutes. Sprinkle with ½ teaspoon of salt while stirring. Remove, place in bowl and set aside. Heat the remaining oil in the wok. Add the marinated beef and stir constantly for 3-4 minutes or until it is almost done. Return the cooked vegetables to the wok and mix thoroughly.

**SERVES 4.**  
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## *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 chicken with egg white, salt, cornstarch and white pepper. Cover and refrigerate for 10-15 minutes. Heat oil in the wok. Stir fry chicken for 2-3 minutes or until meat turns white, separating all pieces while stirring. Drain well and set aside. Pour out all but 2 tablespoons of oil from the wok. Heat the wok again and add green onions, hoisin sauce, then chicken. Stir well, then add soy sauce.

**SERVES 4.**  
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For additional recipes, visit us at  
[www.AromaCo.com](http://www.AromaCo.com)



# RECIPES

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## *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 crab meat (if using canned crab meat, drain well). Remove white part of asparagus spears and peel tough skin. Cut diagonally into 2" lengths, rinse well and drain. Heat the wok with 2 tablespoons of oil. Stir fry asparagus. Add salt and 2 tablespoons of chicken broth. Cook for 3-4 minutes, or until soft. Remove and set aside. Heat 1 tablespoon of oil. Add shredded crab meat and stir fry for 30 seconds. Add asparagus with 1 cup of chicken broth and cornstarch. Stir fry for another 30 seconds. Beat egg whites again and pour over crab meat and asparagus. Stir and heat thoroughly.

**SERVES 4.**  
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## *Cathay Chicken*

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

Wash chicken drumsticks. Pat dry. Cut each green onion into 3 pieces. Heat the wok with vegetable oil. Stir fry ginger root and green onions. Add drumsticks, sherry, soy sauce, sugar and ½ cup of water. Let drumsticks gently boil under medium heat until most of the juice is gone. Turn occasionally. Remove and set on plate. Garnish with parsley and serve.

**SERVES 4.**  
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# RECIPES

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## *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	stalk celery, thinly sliced	
1 tsp.	salt	
3 tbsp.	vegetable oil	
¼ tsp.	sugar	
1 tsp.	rice wine	<b>To Thicken:</b>
1 ½ tsp.	soy sauce	2 tsp. cornstarch
1	clove garlic crushed	1 tsp. sherry
½	green onion, minced	1 tbsp. water
¾ cup	chicken broth or water	1 tbsp. oyster sauce

Blanch green beans for about 2 minutes, cut into 1" length. Set aside. Stir fry garlic in 2 teaspoons of heated oil with a little bit of salt. Add pork strips, stir fry quickly until meat whitens. Remove and set aside. Heat the remaining oil. Add green onion, mushrooms, bamboo shoots, celery and blanched green beans, stir fry for 2 minutes, then add soy sauce. Add the cooked pork and chicken broth and bring to a boil. Reduce heat, cover wok and cook for 1 minute. Add thickening ingredients and stir. Mix thoroughly.

**SERVES 4.**  
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For additional recipes, visit us at  
[www.AromaCo.com](http://www.AromaCo.com)

## LIMITED WARRANTY

Aroma Housewares Company warrants its products 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. \$20.00 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**



**Activate your warranty.  
Registration is quick and easy.**

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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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