

nutrarchef™



USER GUIDE

Convection Oven Cooker

Healthy Kitchen Countertop Cooking

PKCOV45.5

Important Safety Instructions

These basic safety precautions should always be followed:

1. **Read all instructions.**
2. Always switch the power **OFF** before removing the plug from the wall outlet.
3. Remove the plug by grasping it. **DO NOT PULL THE CORD.**
4. To protect against electrical shock, do not immerse the cord, plugs, or motor assembly in water or other liquids.
5. Unplug from the power outlet when not in use and before cleaning.
6. Allow the appliance to cool before putting on or taking off parts.
7. Do not use outdoors. This appliance is not designed for outdoor use.
8. Do not place the appliance on or near electrical equipment, a hot gas flame, or in a heated oven.
9. Do not let the cord hang over the edge of a table or counter or touch hot surfaces. Always use it on a stable flat surface.
10. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
11. Do not use the appliance for a purpose other than its intended usage.
12. 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, then remove the top by using both hands and move carefully.
13. **Before removing the lid:** Turn the timer off, disconnect the power cord. Lift the top using the carrying handle. Place the top, preferably resting the stainless steel edge rim and the handle/plastic top on a flat surface.
14. Do not place the hot underside of the lid directly onto laminated surfaces, wood surfaces, paper, plastic, or other flammable surfaces. Put the lid on a heat-resistant surface.
15. Always place the top unit onto the bowl before plugging in the power cord and switching on.
16. Do not clean with metal scouring pads.
17. No user-serviceable parts. Do not operate if the appliance has damage or a broken cable or plug. Return the oven to an authorized service center or qualified persons.
18. The appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.

A Tradition of Quality: Convection Oven

Introduction

The multi-function convection oven has brought an end to traditional cooking methods. While cooking, the convection oven produces a circle of hot moving air, evenly cooking the food all over. The resulting cooked food is a delicious dish with its natural flavor and full nutritional value.

The model of the convection oven is reasonably designed with an attractive appearance. Inside, there is a temperature controller (thermostat) with a range of 250 - 480°F and a timer with a range of 0-60 minutes. You can select the cooking temperature and time for your food. The hot air inside the oven will never produce smoke, nor will the food be burnt. Your kitchen remains clean and safe, free from contamination. The convection oven not only saves you from heavy kitchen work but also makes your cooking enjoyable.

Operation

1. Place the steel racks into the container, then put the food in.
Note that there should be some space between the food and the oven lid.
2. Insert the oven plug according to the power specifications.
It is not allowed to share the same plug-set with other electrical appliances.
3. Turn the timer clockwise to your required time; then, the red lamp lights up.
4. Set the temperature controller clockwise to your required temperature; then, the green light turns ON, and the convection starts working.
5. The green lamp can be turned off before the due time. This shows that the oven has achieved the set temperature. When the oven's temperature becomes lower than what you need, the oven will automatically turn the heater on, and the green lamp will also turn on to indicate the heating process.

Important

1. When the convection oven works, the handles, which are linked to the steel bar, will expand due to heat and become loose. However, this doesn't matter; they will be restored when the temperature goes back down to normal.
2. Don't put the oven lid directly on the desk after cooking; otherwise, the desk will get burned. Place it on a dish, bowl, or heat-resistant base.
3. The devices on the oven lid are not allowed to be washed with water.
Clean the lid with a piece of clean soft cloth in case it gets stained.
4. The oven body can be washed only after it is completely cooled off.

Outstanding Features

Thermostat

Timer and Switch

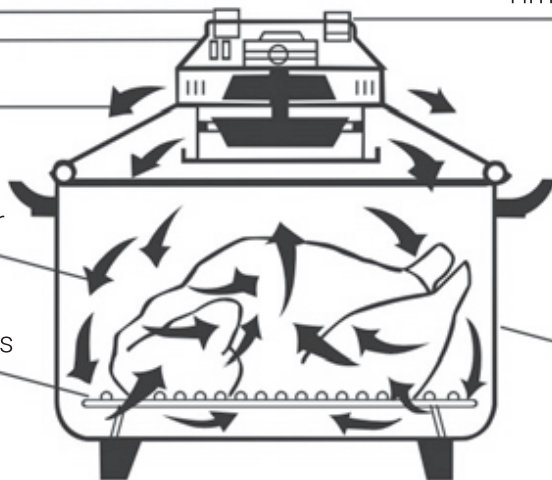
Motor

Cooking Air Flow

Heated Cooking Air

Chrome Steel Racks

Container



Features

1. Multifunction:

With a hot air circle and a temperature range of 250-480°F, the convection oven offers a variety of functions:

- a. Cook food in different ways, including baking, roasting, grilling, toasting, broiling, and BBQ.
- b. Defrost frozen foods quickly.
- c. Dry and sterilize.
- d. The oven lid can be placed on other containers to cook.

2. Saving Time and Energy:

Due to the high efficiency of the hot moving air in the oven, the cooking time and energy consumption are minimized. Our experiments show that the convection oven saves electricity up to 20% compared to ordinary ovens.

3. Preserving Food's Nutrition and Natural Flavor:

High temperature and prolonged cooking time often destroy the nutrition and alter the natural flavor of food. The temperature and time control in the convection oven address this issue, preserving the food's nutrition and natural flavor.

Quick Reference Card

In this manual, you will find:

- How to Broil
- How to Steam
- How to Fry
- How to Toast
- How to Defrost



How to Broil

- Place the food directly on the wire rack (low or high rack).
- For very thick cuts of meat, turn the food at the halfway point.
- Like roasting, broiling time may vary depending on cut, size, amount of fat, etc.

How to Steam

- **You can steam vegetables at the same time you cook your main dish by placing the vegetables in an aluminum foil pouch:**
Add a few drops of water and seal the pouch.
- You can also add a cup of water to the bottom pot, with savory herbs and spices, to steam fish or vegetables. Use just a little water.

How to Fry

- You can achieve the effect of deep-frying French fries without all the oil by dipping potato strips in polyunsaturated cooking oil, allowing excess oil to drain away and cooking according to the cooking guide.
- To make delicious fried chicken, dip chicken pieces in batter and then in cooking oil, drain excess oil, and cook according to the provided chart.

How to Toast

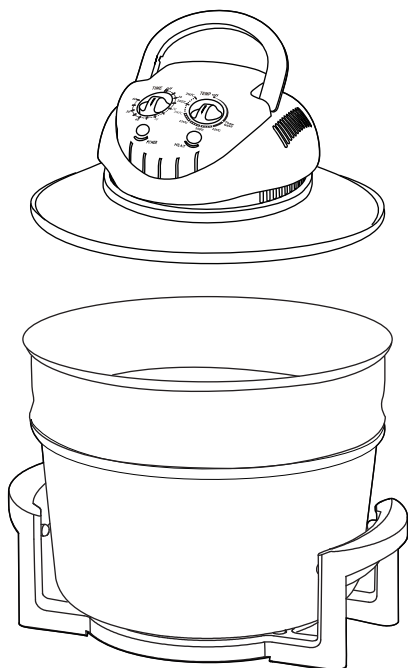
- You can achieve perfectly toasted bread and snacks with the convection oven without preheating. Simply place the food directly on the wire rack and watch it toast. It will be crisp on the outside and soft on the inside.
- You can also revitalize stale snack foods like crackers, chips, and even cookies by placing them in the convection oven for a few minutes at the maximum temperature to restore their crunchiness.

How to Defrost

You can use the convection oven to defrost frozen food more evenly than microwave ovens. Simply set the temperature to 212°F and check the food every 5-10 minutes.

Extender Ring Attachment

The extender ring sits on top of the glass bowl and allows a larger joint to be cooked, as the heating head is raised higher.



Extender Ring Attachment

Warnings and Guidelines

- Remember to distribute food evenly in the convection oven to ensure an even flow of air around the food.
- The first time you try a recipe, monitor the cooking process through the tempered glass bowl, as the cooking time in the convection oven is short.
- Since it is practical to place food directly on the wire rack, you may want to spray it with a non-stick spray to prevent sticking.
- The convection oven is self-cleaning. Simply add 2 inches of water to the bottom and set the temperature to 100°F for 10-12 minutes.
- For a very dirty oven, add some detergent to the water and wipe the stains if needed.

Selected Recipes

Lobster

Ingredients:

Lobster 1 kg, ginger juice, salt, sugar, liquor, pepper

Preserve the lobster in salt for about 10-15 minutes, then put them in the convection oven and cook for 12-15 minutes at a temperature of 284 - 320°F.

Crispy Chicken

Ingredients:

Chicken, a little starch, some wine, malt sugar, honey, vinegar, warm water

1. Wash and clean the chicken with boiling water and then with cold water immediately.
2. Mix the starch, melted sugar, honey, and vinegar with some water. Apply the mixture to the chicken with a brush several times. When the chicken dries, put it into the convection oven.
3. Bake the chicken for 20 minutes at a temperature of 302 - 392°F. Then apply the mixture again and bake for 10 minutes at a low temperature.

Reference for Cooking

Food	Time	Temperature
Chicken	30-40 min	466°F - 480°F
Fish	10-15 min	266°F - 302°F
Cake	10-12 min	284°F - 320°F
Lobster	12-15 min	284°F - 320°F
Shrimp	10-12 min	302°F - 365°F
Sausage	10-13 min	348°F - 302°F
Peanut	10-15 min	284°F - 320°F
Roasted bread	8-10 min	250°F - 320°F
Potato	12-15 min	365°F - 392°F
Chicken wings	15-20 min	302°F - 365°F
Crab	10-13 min	284°F - 320°F
Hotdogs	5-8 min	374°F - 410°F
BBQ Spareribs	18-20 min	428°F - 464°F

California Prop 65 Warning

 WARNING:

This product contains Dibutyl phthalate (DBP) which is known to the state of California to cause cancer birth defects and other reproductive harm. Do not ingest.
For more info go to: www.P65warnings.ca.gov

Features:

- Hassle-Free Electric Convection Oven Cooker
- Ability to Cook, Bake, Grill, Steam Broil, Roast & Air-Fry!
- Built-in Fan Circulates Air for Effective & Even Cooking
- Super-High Temperature Food Prep for Moist & Savory Meals
- Smart Meal Prep: Healthy Cooking without Adding Any Extra Oil
- Lab Tested to Prepare Meals Faster than Conventional Ovens
- Cooks Thoroughly & Retains Flavor for All Inserted Ingredients
- Temperature & Time-Setting Adjustable
- Large Capacity, Extra Wide Cooking Glass Bowl
- Removable Heating Oven Top Lid
- High-Powered Heating Element
- Convenient Tabletop Design
- LED Indicator Lights
- Easy-to-Use Rotary Controls
- Automatic Power-Off When Timer Expires
- Safe for Placement on Any Counter/Tabletop
- Easy-to-Clean & Heat Resistant Glass Cooking Bowl
- Perfect for Meats, Steak, Pork, Chicken, Vegetables & More!

What's in the Box:

- Convection Oven
- Glass Bowl
- Tabletop Stand
- Height Extending Insert
- (2) Tiered Cooling Racks
- Tongs

Technical Specs:

- Cooker Type: Convection Oven
- Heating Element Power: 1200 Watt
- Food Capacity: 18+ Quarts
- Max. Temperature Reached: 480°F
- Max. Time Setting: Up to 60 Minutes
- Power Cable Length: 3.28' Ft.
- Power: 120V
- Product Dimension (L x W x H): 16.1" x 12.2" x 13.0" -inches

The logo for NutriChef, featuring the brand name in a white, lowercase, sans-serif font. A small trademark symbol (TM) is positioned at the top right of the letter 'f'. The text is centered within a horizontal rectangular bar that has a green-to-yellow gradient.

Questions? Comments?

We are here to help!

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