

KitchenHero

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LOW FAT FRYER

THE ALL IN ONE COOKING SOLUTION

INCLUDES OIL SPRAYER AND 50 RECIPES

Instruction Manual



Please read all instructions carefully and retain for future reference.

Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging inside the box and either store or dispose of carefully.

In the Box

Lid/cooker assembly

10.5 Qt glass cooking bowl

4.5 Qt extender ring

Insulated base with handles

2 fryer/mesh baskets

High grill rack

Low grill rack

Tongs

Lid stand

Oil sprayer

Instruction manual

Features

15.4 Qt capacity with extender

Halogen infrared element

Multiple cooking settings

2 fryer baskets

2 grill racks

Tongs

Safety Instruction

When using electrical appliances, basic safety precautions should always be followed.

This appliance can only be used by children from 8 years and above, persons with reduced physical, sensory or mental capabilities, or those short of experience or knowledge, if they have been given supervision or instructions concerning use of the appliance in a safe way and understand the hazards involved.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children should be supervised to ensure they do not play with the appliance.

This appliance should not be operated by means of an external timer or separate remote control system.

The surfaces can become very hot during operation and remain hot for some time after the unit is switched off. Do not touch the lid or sides of the oven without protective oven gloves.

All metal items used in the oven, such as the fryer baskets, can get very hot during use. Please be careful when removing these items from a hot oven. Always use heat-resistant oven gloves or the tongs supplied.

Do not use this appliance outdoors.

Never place the lid on any surface whilst hot, doing so could damage work tops; use the lid stand provided.

Do not touch hot surfaces; always use the handle, which operates the safety cut-out.

Do not use the appliance near curtains or other flammable materials.

Ensure there is sufficient ventilation around the appliance to allow the escape of heat and steam.

To protect against electric shock, do not immerse the appliance in water or any other liquids.

This appliance contains no user serviceable parts. All repairs should only be carried out by a qualified engineer. Improper repairs may place the user at risk of harm.

Do not operate the appliance after a malfunction or if it has been dropped or damaged in any way.

Do not leave the appliance unattended whilst connected to the mains power supply.

This appliance must be unplugged from the power supply after use and whilst any maintenance such as cleaning is carried out (except when using the self-clean function).

Always use the appliance on a stable, heat-resistant surface.

Care must be taken when removing the bowl from the unit; it should not be removed whilst the unit is hot. The heater assembly and stand must be supported when lifting the bowl from the stand.

Do not use this appliance for any purpose other than that for which it is designed.

Ensure the supply cord is kept away from heat or sharp edges that could cause damage.

This appliance is not intended to be operated by means of external timer or separate remote-control system.

Do not submerge the lid/cooker assembly in water or any other liquid.

If the supply cord or plug is damaged, it must be replaced by a qualified engineer in order to avoid a hazard. Keep the supply cord out of reach of children.

Do not cover.

This appliance is intended for domestic use only and should not be used for commercial purposes.

Description of Parts



Instructions for Use

Before Use

Ensure the appliance is not connected to the mains supply and if necessary remove any packaging; then wipe down the lid/cooker assembly with a soft, damp, lint-free cloth. Wash the racks, baskets and glass cooking bowl in a mild household detergent, rinse and allow to dry completely.

Note: When heating for the first time, vapour may be emitted. This is normal and will soon subside.

Ensure there is sufficient ventilation around the fryer.

Note: When cooking with the fryer for the first time, it is advised that you do not leave it unattended as food can burn quickly when the user is not familiar with the appliance.

Preparing the Cooking Bowl

Place the glass cooking bowl securely onto the base, ensuring it is seated centrally. Put the low grill rack or the high grill rack in the bottom of the bowl, with a fryer basket balanced on top, according to the food type being cooked.

Alternatively, both grill racks could be used i.e. the high grill rack placed over the low grill rack in order to create two layers of racking. This will enable two types of food to be cooked at the same time.

If cooking on both racks at the same time, ensure you use the extender ring provided.

Once the food has been placed in the basket or baskets, place the lid assembly onto the bowl.

Ensure the handle is pushed down and secure so that the safety cut-out is reset.

Cooking Food

Push the safety handle down, insert the plug into the mains socket and switch on if applicable.

Set the required cooking time using the timer control; the red light will illuminate and the fan will come on.

Note: Please take care to select the correct time. Do not try to turn the dial backwards (anticlockwise) as this may damage the timer. Turn the unit off and wait for the timer to naturally count down to the desired time.

Set the thermostat to the required temperature (257-482°F) and the halogen infrared element will come on.

The green heat light will illuminate to show that cooking has commenced.

Preheating the fryer for 3 minutes before cooking will give better results with certain recipes, although it is possible to cook food without preheating.

Other than this short preheat, do not operate with the bowl empty.

Note: The green heat light and the internal halogen lamp will cycle on and off during cooking to show that the set temperature is being maintained.

At the end of the cooking time, the timer will ring and cooking will cease. The halogen lamp and fan will also switch off.

Raise the safety handle to remove the lid/cooker assembly of the fryer, being careful of hot splashes and steam.

Caution: The underside of the lid/cooker assembly will be very hot, take care not to touch it and avoid contact with anything that may be damaged by heat.

Ensure that food is thoroughly cooked and piping hot before removing from the fryer.

Use the supplied tongs to remove the grill racks from the fryer.

Do's and Don'ts

When removing the lid/cooker assembly, always use the safety cut-out handle.

Do not place the underside of the lid/cooker assembly directly onto the work surface or power cord. It is very hot and may cause injury or damage to work surfaces etc. Use the lid stand provided.

Always place food on one of the racks to ensure good air circulation.

When cooking, ensure the safety cut-out handle is engaged and in the down position. If the handle is not clicked into place, the Low Fat Fryer will not work.

Unplug the appliance from the mains socket when not in use and before cleaning.

Do not remove the grill racks with bare hands, always use heat-resistant oven gloves and the tongs.

Do not leave the fryer unattended whilst cooking; always check food to ensure it does not burn.

Take care not to touch the outer casing of the fryer.

Do not immerse the lid/cooker assembly in water or any other liquids.

Thaw Setting

The Low Fat Fryer has a thaw setting which is a low temperature that should be used to defrost food, this is indicated on the temperature dial.

Please Note: Always ensure food is adequately thawed before cooking.

The cooking duration depends on the size and weight etc. of the food to be cooked. Most meat, for example, comes with a recommended cooking time and these should be used as a guide. As The Low Fat Fryer cooks quicker than conventional ovens, you may need to allow less time to achieve the desired state of readiness.

To determine if the food is cooked, use a cooking thermometer or pierce the food with a fork or skewer to check for uncooked juice on meats, poultry etc. or tenderness when cooking vegetables.

Cleaning and Maintenance

The Low Fat Fryer is a self-cleaning appliance.

Add warm water to the glass bowl, ensuring that there is no more than a few centimetres in depth and add a small amount of mild detergent.

Turn the appliance on, set to wash and programme the timer for 5 minutes.

The swirling action of the water in the glass cooking bowl will now clean away most cooking stains.

To remove any further stains, see below:

Before cleaning, always disconnect the appliance from the mains supply and allow to fully cool for 15 minutes before adding any water to the bowl.

Only clean the upper unit and lid/cooker assembly with a soft, lint free cloth, moistened with a mild detergent solution.

Never immerse the appliance in water or any other liquids.

Do not use abrasive or harsh cleaners, however stubborn stains can be removed using a nylon scouring pad or brush.

Wash the fryer baskets, grill racks and cooking bowl in warm, soapy water; rinse and dry thoroughly.

Ensure extra care is taken when handling the glass bowl, especially when wet.

Hints and Tips

The Low Fat Fryer enables you to cook almost any type of food to perfection. The guide in this manual is there for your reference when you are cooking your own dishes. Once you become more accustomed to the Low Fat Fryer, you will be able to determine the best cooking times and temperatures to suit your personal preferences.

Frying

When frying, if you wish to use two shelves at once, ensure the right food is placed on the correct rack as specified in the recipes. If you want to cook two foods which require the low grill rack, use the extender ring to increase the height of the fryer and use both the low and high grill racks. Cook as per the recipe for the food placed on the high grill rack. Once cooked, remove the high grill rack and continue to cook the food on the low rack for half of the time again.

If cooking one food after another, ensure you wipe the bowl with some kitchen roll before putting in fresh food; this will stop the fryer from smoking.

Any food not covered in a marinade must be sprayed all over with oil.

Ensure to spray the grill racks and baskets with oil before placing food on them, as this will prevent it sticking.

	Shelf	Temperature	Time	Further Instructions
Fish Bites	Low	365°F	8 mins.	
Fish Fillet	Low	374°F	15-20 mins.	
Chicken Bites/ Strips	Low	392°F	10-12 mins.	
Chicken Wings	Low	347°F	10 mins.	
Chicken Legs/ Thigh	Low	428°F	5-10 mins.	Then turn temp. down to 374°F and cook for 15-20 mins. for thigh and 5-10 mins. for legs.
Chicken Burger	Low	392°F	12-15 mins.	
Chicken Breast	Low	392°F	12-15 mins.	Ensure breasts have been flattened so that they are all the same thickness.
Pork Chop	Low	347°F	12-15 mins.	
Individual Ribs	Low	374°F	5 mins.	Then move to the top shelf at 437°F for 2-3 mins. to crisp.
Rack of 4/5 Ribs	Low	428°F	25 mins.	For extra caramelisation, change to the high rack after 15-20 mins. and cook for 2-3 mins.
Lamb Chop	Low	347°F	5-10 mins.	Cooking time depends on how rare you like it.
Prawns/Shrimp in Batter	High	356°F	5 mins.	

Frozen Food

Larger foods like meat joints or poultry cannot be cooked from frozen and must be thawed thoroughly before cooking. Some foods can be cooked from frozen and may actually cook better, simply follow the manufacturer's guidelines. However, cooking times in the Low Fat Fryer are often faster, therefore check and adjust accordingly.

Toasting

The Low Fat Fryer will enable you to toast a wide variety of food including bread, crumpets, pizza and bagels. The hot air in the fryer will usually toast both sides of the food at once. To enable this, ensure you use the high rack and set the temperature between 428°F and 446°F according to personal taste. For best results, flip the toast/bagel over half way through.

Grilling or Barbecuing

When grilling or barbecuing, ensure all items are placed on the high grill rack and the temperature is set between 428°F and 464°F. It is important to consider the thickness of the food when selecting the cooking times. For example, a 1.5 inch thick steak will take longer to cook than a 0.78 inch thick steak. Also, consider that frozen foods such as burgers are likely to require a longer cooking time. To ensure an even color, you may wish to turn your food during the grilling process.

Handy Tip: Place a sheet of foil at the bottom of the bowl to gather excess fat for easier cleaning. Grease-proof paper can be placed on mesh racks to stop food from sticking.

Steaming

When steaming meat, fish or vegetables, ensure that the vegetables are placed on the low grill rack and the high grill rack is used for meat or fish (if wrapping in aluminum foil). Before starting the cooking process, fill the bowl with cold water to a level just below the low grill rack. For the best results set the temperature between 356°F and 392°F. The food you cook will dictate the amount of time required, it may also be necessary to place the food in a piece of foil on the low rack.

Fish

Fish can be cooked in a number of ways in the Low Fat Fryer, including steaming, grilling and baking. In order to steam fish, wrap in a sheet of foil, seasoned to taste. The fryer should be set between 392°F and 482°F for approximately 13-15 minutes (depending on the weight of the fish) and the fish placed on the high grill rack. The high grill rack can also be used for grilling fish and the fryer should be set to around 446°F. To bake the fish, use the low grill rack and set the fryer to between 356°F and 392°F for approximately 15-20 minutes.

Handy Tip: You may wish to adjust cooking times according to taste and weight of the fish.

Roasting Meat

Cooking times for roasting meat can vary greatly according to weight and personal taste. The details below are purely a guide for you to adapt.

Chicken: Set the fryer to around 446°F for approximately 15 minutes per pound.

Pork: Set the fryer to 428°F and place the pork on the low grill rack for approximately 30-40 minutes or until crackling has formed. Then reduce the temperature to between 356°F and 392°F, turn the meat and cook for an additional 20 minutes.

Lamb/Beef: Set the fryer to between 356°F and 392°F. Cook the meat for approximately 30 minutes before turning. Continue to cook for a further 15-20 minutes.

Handy Tip: Reduce the cooking temperature by approximately 10% and increase the cooking times when cooking marinated meats.

Vegetables

Wash and prepare the vegetables as normal. Wrap each type of vegetable into foil parcels and place on the low grill rack in the fryer, ensuring a 0.4 inch gap between each parcel. Set the timer to approximately 10-15 minutes and the temperature to 428°F.

Handy Tip: Use both grill racks to enable you to cook a variety of vegetables. Ensure you put the slower cooking vegetables on the high grill rack, as the temperature is hotter nearer the top of the fryer.

Eggs

Place between 1 and 3 eggs on the low rack of the fryer. Set the temperature to 392°F and the timer to approximately 6-10 minutes, depending on whether you require soft or hard-boiled eggs.

Handy Tip: Use the tongs when removing the eggs from the fryer to avoid burning your hands.

Pies

Using the high grill rack, set the fryer to 428°F. For cooked pies heat for approximately 8-12 minutes. Increase the time to approximately 20-25 minutes for frozen or uncooked pies.

Cakes

To bake cakes, ensure the fryer is preheated between 428°F-446°F for approximately 3 minutes. If using a cake mix, deduct 50°F from the recommended cooking temperature. Place the prepared cake mixture in a cake tin on the low grill rack in the fryer. Cooking times will vary according to cake size.

Biscuits and Pastries

Place a split tray on the high grill rack containing the mixture. Set the fryer to around 428-446°F and cook for approximately 12-15 minutes. Refer to recipes where applicable.

Bread Rolls and Garlic Bread

To reheat bread rolls or garlic bread, wrap each roll in foil, place on the low grill rack and heat at 392°F for 5-7 minutes.

Cooking Times Guidelines

Please Note: The temperatures and times detailed below are all approximate and should be used as a guideline only. Additional food volume will require increased cooking times.

	Temperature	Time Taken
Roast Chicken (1.6kg)	356-446°F	65-80 mins.
Roast Beef (1kg)	356-374°F	60-75 mins.
Cod Steak (150g)	374-392°F	18-24 mins.
Chicken Breast (300g)	356-392°F	20-25 mins.
Peppers, halved	374-392°F	25-30 mins.
Onion (whole, small)	356-392°F	60-70 mins.
Potatoes (Roast, small, cut)	374-410°F	25-40 mins.
Parsnips (Strips - 2cm diameter)	392°F	25-40 mins.
Potato (baked, medium sized)	356-392°F	50-70 mins.
Yorkshire Pudding (frozen)	356-392°F	10-15 mins.
Oven Chips (frozen)	356-392°F	15-20 mins.

Specification

Product Code: EK1501SWFOB

Voltage: 120V

Frequency: 60Hz

Power: 1300W



Low Oil Fryer Recipes

Low Fat Fryer

The All in One Cooking Solution



Chicken Nuggets

Ingredients

2 skinless chicken breast fillets
12 cream or plain crackers
¼ stick of butter
2 garlic cloves (optional)
1 lemon (optional)
½ cup dry parsley or 4 sprigs fresh parsley (optional)
Plain flour
2 medium eggs
Salt and pepper, to taste



Method

Preheat the fryer to 360°F.

To prepare the chicken, peel the garlic and zest the lemon.

Put the crackers into a food processor with the butter, garlic, parsley, lemon zest with a pinch of salt and pepper.

Process until the mixture is very fine and then pour these crumbs on to a plate.

Sprinkle the flour on to a second plate, then crack the egg into a small bowl and beat with a fork; cut the chicken into 0.78-1.18 inch pieces.

Roll the chicken pieces in the flour until all sides are completely coated, then dip into the egg, followed by the flavored crumbs.

Rub the crumbs on to the chicken pieces so that they stick, the chicken pieces should be totally coated.

Using the oil sprayer, spray the pieces top and bottom with oil and cook them on the low grill rack with the mesh basket for approximately 10-12 minutes, until cooked through; golden and crisp.



Chicken Wings

Ingredients

5lbs chicken wings

Dry Rub – Jamaican Jerk

1 egg, beaten

½ cup plain flour

⅞ cup sugar

4 ½ tsp onion powder

4 ½ tsp dried thyme, crushed

1 tbsp ground allspice

1½ to 3 tsp ground red pepper

¾ tsp ground nutmeg

¼ teaspoon ground garlic cloves

1 ½ tsp salt

1 tbsp ground black pepper



Marinade – BBQ Chicken

2 tbsp clear honey

1 garlic clove, crushed

2 tsp soy sauce

1½ tsp Chinese five spice

1¼ inch piece of fresh ginger, peeled and grated

3 tbsp orange marmalade

½ tsp grated orange zest

Method

Preheat the fryer to 350°F.

Dry Rub

In a small mixing bowl, stir together all the ingredients. Sprinkle the mixture evenly over the chicken and rub in with your fingers. Using the oil sprayer, spray both sides of the chicken with oil, then place on the low grill rack and cook for approximately 10 minutes until crispy.

Marinade

In a large bowl mix together all the marinade ingredients. Add the chicken to the mixture and coat completely. Leave to marinate for at least 2 hours, or overnight if you can, turning occasionally. The chicken wings need to be placed on the low grill rack and cooked until sticky.

Please Note: Any rub or marinade can be used with this method. It is just important to remember to spray a dry rub with oil for cooking but not a marinade.



Crispy Fried Chicken

Ingredients

4 chicken pieces (2 legs and 2 thighs)
2oz all purpose flour
16oz cornflakes
15 fl. oz buttermilk
2 tbsp Dijon mustard
¼ tbsp cayenne pepper
1 ½ tsp paprika
¾ tsp ground sage
Vegetable oil
Salt and pepper, to taste



Method

Preheat the fryer to 430°F.

Rinse the chicken in cold water and pat dry with kitchen roll.

In a wide bowl or on a plate, season the flour with salt and ¼ tsp pepper.

Dip the chicken into the flour so that it is fully coated, tap against the bowl to shake off excess flour and set aside.

Discard the unused flour.

Crush the cornflakes by placing them in to a big resealable plastic bag, making sure that there is no air in the bag before sealing; run a rolling pin over the bag to crush the cornflakes.

Pour the crushed cornflakes into a wide bowl or onto a plate.

In a large bowl, mix the buttermilk, mustard, cayenne pepper, paprika and sage.

Dip the chicken pieces into the buttermilk and then roll in the crushed cornflakes.

Arrange the chicken pieces in the mesh basket on the low grill rack.

Using the oil sprayer, spray the chicken all over and cook for approximately 5-10 minutes.

Turn the temperature down to 370°F and cook for a further 15–20 minutes for thighs and 5-10 minutes for legs.



Breaded Chicken Goujons

Ingredients

2 chicken breasts
2oz bread crumbs
2oz cream cheese

Method

Preheat the fryer to 390°F.

Cut the chicken breasts into strips.

Spread the cream cheese evenly over the chicken then coat with the breadcrumbs.

Using the oil sprayer, lightly spray the chicken with oil and place into a mesh basket on the low grill rack.

Cook for approximately 10 minutes until golden brown and firm to touch.



Serves
2

Chicken Burger

Ingredients

2 chicken breasts

1 egg, beaten

Half an onion, grated finely

½ cup plain flour

½ cup bread crumbs

Seasoning to taste

(salt, pepper, chillies, your personal preference)

Method

Preheat the fryer to 390°F.

Remove all the excess fat from the chicken and cut into 1 inch chunks.

Using a blender pulse the chicken cubes until coarsely chopped.

Place the chicken into a mixing bowl, add the onion and your seasoning of choice and mix until combined.

Using your hands mould the mixture into 4-5 even sized balls, then flatten into patties.

Roll each burger in plain flour, whisked egg, then fully coat in the bread crumbs.

Using the oil sprayer, spray both sides of the burger with oil.

Place the burgers on the low grill rack and cook for approximately 12-15 minutes until golden brown.



Crispy Sesame Fried Chicken

Ingredients

1½ lbs of chicken breast
½ tsp ground black pepper
1 tsp garlic powder
1 cup rolled/porridge oats
¼ cup toasted sesame seeds
1 tbsp chicken bouillon powder
½ tsp curry powder
¾ cup white rice flour
¼ cup self raising flour
¾ cup chicken stock
1 tsp onion powder
½ tsp dried basil
½ tsp dried oregano
½ tsp salt



Method

Preheat the fryer to 390°F.

Coat the chicken with the salt, black pepper and garlic powder then chill for 4 hours.

In a medium bowl, mix together the oats, sesame seeds, ½ tsp salt and chicken powder then set aside.

In another bowl, combine the rice flour, ½ tsp of salt, onion powder, basil, oregano and chicken stock.

Dip the chicken into the chicken stock and roll in the sesame seed mixture.

Using the oil sprayer, spray the chicken with oil, then place on the low grill rack in the mesh basket and cook for approximately 10 minutes until golden brown.

Serves
4

Japanese Style Fried Chicken

Ingredients

1 ½ lbs skinless, boneless chicken breast, cut into 1 inch cubes
2 eggs, lightly beaten
½ tsp white sugar
1 tbsp ground garlic
1 tbsp grated fresh ginger root
1 tbsp sesame oil
1 tbsp soy sauce
¼ tsp chicken stock cube
3 tbsp potato starch
1 tbsp rice flour
Salt and pepper, to taste



Method

Preheat the fryer to 390°F.

In a large bowl mix together the eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce and stock.

Add the chicken pieces and stir to coat.

Cover and refrigerate for approximately 30 minutes.

Remove the bowl from refrigerator, add the potato flour and rice flour to the meat and mix well. Using the oil sprayer, spray the chicken with oil.

Place the chicken in the mesh basket on the low grill rack and cook for approximately 10 minutes or until golden brown.



Breaded Turkey Strips

Ingredients

4 turkey breasts, sliced into strips
4oz all purpose flour
4.5oz dry bread crumbs
2 tsp dried parsley
1 tsp dried thyme
1 tsp dried oregano
1 tsp dried Rosemary, crushed
¼ tbsp garlic powder
1oz grated Parmesan cheese
2 large eggs
¼ cup whole milk
Vegetable oil
½ tbsp salt
1 tsp black pepper



Method

Preheat the fryer to 390°F.

In a medium sized bowl, combine the flour, bread crumbs, parsley, thyme, oregano, Rosemary, garlic powder, salt, pepper and Parmesan cheese.

In a separate bowl, whisk the eggs and milk together.

Dip the turkey strips into the egg mixture, then in the flour mixture.

Using the oil sprayer, spray the turkey strips with oil.

Make sure all the strips are covered then place in the mesh basket on the low grill rack.

Cook for approximately 10 minutes until golden brown.

Serves
4

Salt and Pepper Spare Ribs

Ingredients

12 pork spare ribs

½ tsp five spice powder

Vegetable oil

2 tbsp sea salt

2 tsp freshly ground black pepper

Method

Preheat the fryer to 440°F.

Stir-fry the salt and black pepper in a skillet over a medium/low heat; toss until the salt darkens.

Remove from the heat and stir in the five spice powder; leave to cool.

If using a rack of ribs then cut the ribs along the individual bones.

Rub lightly with the salt and pepper mixture, then cover and refrigerate for 2 hours.

Using the oil sprayer, spray the ribs with oil and place in the mesh basket on the low grill rack for approximately 5 minutes.

Move the ribs up to the high grill rack and cook at 437°F for a further 2-3 minutes until crispy.



Sticky BBQ Ribs

Ingredients

2lbs baby back or pork loin rib racks, cut into blocks of 4

Marinade

3.75oz soft brown sugar

½ cup rice wine

3.75oz ginger, peeled and finely grated

3 garlic cloves, peeled & crushed

½ cup tomato ketchup

1 tbsp Dijon mustard

½ cup soy sauce



Method

Preheat the fryer to 430°F.

Put the ribs into a large saucepan and cover with cold water.

Add the soy sauce and gently bring to a simmer.

Simmer for 15 minutes, then take the pan off the heat and leave to cool for half an hour, in the liquid.

Meanwhile make the marinade by putting the brown sugar and rice wine into a small pan and heat gently until the sugar has melted.

Add the ginger and the garlic and cook for approximately 10 minutes, this will take away the rawness of the garlic, then add the rest of the marinade ingredients and give it a good stir until everything has combined well.

Simmer for a couple more minutes then pour into a bowl and leave to cool.

Take the ribs from the pot and whilst warm, brush all over with the marinade; refrigerate the remaining marinade for use later on.

Pack the ribs into a large tray or dish and place in the fridge; leave overnight if possible, if not 2-3 hours will be ok.

Place the ribs in the mesh basket, curved side up on the low grill rack and cook for approximately 20–25 minutes.

Throughout the cooking process it is beneficial to brush the ribs with the marinade a few times.

For extra caramelisation of the marinade, change to the high grill rack after approximately 15-20 minutes and cook for a further 2-3 minutes.



Mustard Pork Chops

Ingredients

2 pork chops
Dijon mustard

Method

Preheat the fryer to 350°F.
Coat the pork chops in a generous helping of
Dijon mustard.
Put the chops in the mesh basket and place on the
low grill rack.
Cook for approximately 12–15 minutes until the fat goes crispy.



Light-fried Lamb Chops with Rosemary & Garlic

Ingredients

18 small lamb rib chops
2 tbsp minced garlic
1 ½ tbsp fresh Rosemary, chopped
1 tsp dried crushed red pepper
3 tbsp olive oil
Fresh Rosemary sprigs (optional)

Method

Preheat the fryer to 350°F.

In a small bowl combine the garlic, Rosemary and crushed red pepper.

Rub about ¼ tsp of the mixture over both sides of each chop.

Sprinkle the chops with salt and put on to a plate, cover and refrigerate for approximately 30 minutes; preferably up to 4 hours.

When ready to cook, place the chops in the mesh basket on the low grill rack and cook for approximately 5–10 minutes, depending on how well done you like the meat to be.

Garnish the pork with Rosemary, if desired, then serve.



Serves
4

Cajun Fried Fish Fillets

Ingredients

2lbs fish fillets
3 eggs, slightly beaten
½ cup of milk
½ cup of light beer
3 tbsp mustard
½-1 tbsp Tabasco sauce
½ to 1 tsp cayenne pepper, divided (or to taste)
12oz corn starch
Vegetable oil
2 tbsp salt, divided
2 tbsp black pepper, divided



Method

Preheat the fryer to 365°F.

In a mixing bowl, whisk together the eggs, milk, light beer, mustard, Tabasco and half of the salt and pepper.

Cut the fish fillets into bite sized pieces; place the fish in the egg mixture, coating well, cover and refrigerate for about 1 hour.

Mix the corn starch with the remaining salt and pepper in a shallow wide bowl or on a plate.

Remove the fish from the egg mixture and dip into the corn starch, ensuring it is evenly coated.

Using the oil sprayer, spray the fish top and bottom with oil, place in the mesh basket on the low grill rack and cook for approximately 8 minutes until golden brown.



Breaded Fish Fillets

Ingredients

1lb cod fillets/loins
½ cup bread crumbs
2 tbsp Parmesan cheese
Basil
⅓ cup plain flour
1 egg, beaten
Salt and pepper, to taste

Method

Preheat the fryer to 370°F.

Add some plain flour to a medium sized bowl and coat the cod fillets in the flour.

In another bowl mix together the bread crumbs, Parmesan and basil.

Dip the fillets into the egg, then coat the fish in the bread crumb mixture.

Using the oil sprayer, spray the fish with oil on both sides and place the fillets in the mesh basket on the low grill rack.

Cook for approximately 15–20 minutes until golden brown.



Serves
2

Breaded Shrimp

Ingredients

20–25 shrimp, uncooked
1 cup plain flour
1 egg, whisked
Breadcrumbs, to coat
Salt and pepper to taste

Method

Preheat the fryer to 250°F.

Prepare the shrimp, removing the shell and the vein.

In a medium sized bowl add the flour; coat each shrimp in the flour.

Place the bread crumbs in a separate bowl.

Dip the flour covered shrimp into the egg then roll in the breadcrumbs until completely covered.

Using the oil sprayer, spray the shrimp with oil and position in the mesh basket and place on the high grill rack.

Cook for approximately 5 minutes, until they turn golden brown.



Salmon Croquettes

Ingredients

1 can pink salmon, drain and reserve the juice

1 egg

½ cup flour

½ chopped green onion

½ tsp Worcestershire source

¼ cup juice from drained salmon

1 tsp baking powder

Vegetable oil

Pepper, to taste



Method

Preheat the fryer to 200°F.

In a bowl, mix together the salmon and the egg; stir in the flour, then add the pepper, onions and Worcestershire sauce.

Mix baking powder into the salmon juice and beat until foamy.

Pour into the salmon mixture and mix with a fork.

Place the croquette shapes into the mesh basket, place on the high grill rack and cook for approximately 12–15 minutes, until golden brown.

The inside should be of a clumping consistency, not a wet one.

Serves
2

Stir Fried Chicken and Vegetable Noodles

Ingredients

2 skinless chicken breasts, cut into strips
8oz dried egg noodles or fresh egg noodles
4 spring onions, trimmed and sliced
Small knob of fresh ginger, finely chopped or grated
8oz bean sprouts
1 large carrot, cut into matchsticks
4oz baby sweetcorn, halved lengthways
6oz mange tout, finely sliced lengthways
2 tbsp soy sauce
2 tbsp oyster sauce
2 tbsp sweet chili sauce
Groundnut oil



Method

Preheat the fryer to 440°F.
Mix the soy, oyster and chili sauces together and set aside.
Cook the noodles according to the pack instructions, drain and set aside.
Using the oil sprayer, spray the chicken top and bottom with the groundnut oil.
Cook the chicken on the low grill rack in the mesh basket for approximately 5 minutes.
When cooked remove the low grill rack and place the chicken directly in the glass bowl.
Add all of the vegetables and two tbsp of the pre-made sauce, just to coat.
Cook for 2 minutes at 437°F, then add the noodles and remaining sauce; cook for a further 4 minutes.
If you do not like your vegetables too crunchy then cook for a few minutes longer.



Red Pepper and Noodle Stir Fry

Ingredients

8oz rice/egg noodles
2 red bell peppers, seeds removed, sliced
2 yellow bell peppers, seeds removed, sliced
8oz broccoli
2 spring onions, sliced
3.75oz bean sprouts
2 tbsp soy sauce
1 tbsp Nam Pia fish sauce
Handful of fresh coriander, rinsed and chopped
½ lime
1 tbsp sesame oil
Vegetable oil



Method

Preheat the fryer to 440°F.

Prepare the noodles according to the instructions on the packet then toss them in a little oil and set aside.

Add the peppers, mushrooms and broccoli to the glass bowl and using the oil sprayer, spray lightly with the oil and cook for approximately 2 minutes.

Add the rest of the vegetables and sauce then cook for a further 2 minutes.

The noodles can be added at this point (optional) or the stir-fry can be poured over them later.

Serves
2

Chinese Duck Stir Fry

Ingredients

1 duck breast
1 tbsp honey
8oz egg noodles
1 tbsp olive oil
1 tbsp sesame oil
1 red chili, finely chopped
1 garlic clove, finely chopped
1.2 inch ginger, cut into thin strips
Handful of baby carrots
Handful of sugar snap peas or mange tout
1 red bell pepper, cut into strips
Handful of spring onions, cut into thin strips
1 tbsp mirin
1 tbsp soy sauce
Handful coriander leaves and stalks, finely chopped.



Method

Preheat the fryer to 300°F.
Score the skin of the duck breast and place skin side down on a cold skillet.
Set over a medium heat and fry gently until the skin has browned.
Turn the breast over and drizzle with honey.
When the duck has cooked through, remove from the heat and leave to rest for approximately 5 minutes, then cut into slices.
Cook the noodles following the instructions on the packet.
Add all of the ingredients to the glass bowl (except for the duck and noodles), using the oil sprayer, spray the ingredients with oil and cook for approximately 2-5 minutes.
The timing depends on how crunchy you like the vegetables.
Add the noodles and heat for a further 2 minutes; serve with the duck.



Sea Salted Chips

Ingredients

2 medium white potatoes

Seasoning of your choice, for example sea salted, salt and vinegar and chili

Method

Preheat the fryer to 350°F.

Peel the potatoes and wash.

Thinly slice the potatoes and drop into cold, salted water.

You can try to slice the potatoes by hand but we suggest using a mandolin slicer.

Pat the potatoes dry, then using the oil sprayer, spray the potatoes with oil on all sides.

Make sure they are completely covered, then sprinkle with sea salt.

Place as many slices as possible into the mesh basket on the low grill rack.

Add the high grill rack and mesh basket into the unit, this stops the chips from moving when cooking.

Cook for approximately 15-20 minutes until golden brown.

When the chips are cooked, sprinkle your choice of seasoning all over and mix to coat evenly.



Serves
2

Chips or Sweet Potato Fries

Ingredients

4 potatoes or sweet potatoes

Olive oil

Method

Preheat the fryer to 390°F.

Peel the potatoes and cut into fries, add the fries into a pan of cold salted water and bring them to the boil.

Once boiling point has been reached, drain them and put them into a large bowl.

Using your oil sprayer, spray the fries with enough oil to fully coat and toss them with your hands.

Spread the fries evenly onto the mesh tray on the low rack for 20-25 minutes.

Shake the mesh tray half way through to make sure the fries are evenly cooked.

If you want to cook more fries on the high rack and low rack at the same time then make sure you use the extender ring provided so the fries on the high rack do not burn.



Potato Wedges with Rosemary

Ingredients

3 medium white potatoes
Vegetable oil
1 fresh Rosemary sprig
2 garlic cloves, crushed
Salt and pepper, to taste

Method

Preheat the fryer to 390°F.
Wash and dry the potatoes but don't peel them.
Cut the potatoes into large wedges and place into a bowl.
Add the remaining ingredients to the bowl and mix together.
Using the oil sprayer, spray the wedges with oil so that each one is lightly coated.
Place the wedges into the mesh basket on the low grill rack and cook for approximately 10 minutes.
If you want to cook more wedges on the high grill rack at the same time then make sure you use the extender ring provided, so that the wedges on the high grill rack do not burn.



Serves
2-3

Mozzarella Dippers

Ingredients

Mozzarella cheese block - drained

2 tbsp flour

2 large egg whites, lightly beaten

1 cup dry bread crumbs, cracker crumbs, cornflake crumbs or panko (Japanese bread crumbs)

Salt and pepper, to taste

Sauce for dipping



Method

Preheat the fryer to 390°F.

Cut the mozzarella into even strips, lengthways from the block of cheese.

Place the cheese into the freezer for at least 1 hour before cooking as this will prevent the cheese from oozing too much during the cooking process.

Place the flour, egg white and crumbs into three separate dishes; add the salt and pepper to the flour.

Dip one cheese stick at a time into the flour to coat, then into the egg white, followed by the crumbs.

Dip the cheese sticks into the egg a second time, then the crumbs again, squeezing to help them stick.

The cheese needs to be completely covered with crumbs or it will leak out.

Using the oil sprayer, spray lightly with oil and place in the mesh basket.

Cook on the high grill rack for approximately 2-3 minutes until golden brown.

Serve immediately with the dip of your choice.



Scotch Eggs

Ingredients

1lb sausage meat
6 hard boiled eggs
1 egg
7 tbsp fine dried breadcrumbs
1 egg, beaten
1 cup plain flour

Method

Preheat the fryer to 390°F.

To boil the eggs, follow the process on page 11.

Once the eggs are boiled, remove the shells.

Roll the sausage meat out on to plain flour to form six patties about 0.2 inch thick; they must be big enough to cover the egg.

Wrap sausage meat around each of the eggs then roll the sausage covered eggs in plain flour.

In a small bowl whisk one egg and roll the floured sausage balls in the whisked egg until fully coated.

Coat the sausage covered egg in bread crumbs until encrusted.

Repeat the last two steps so that each egg has two coats of bread crumbs.

Using the oil sprayer, spray each Scotch egg with oil and cook on the low grill rack for approximately 10–12 minutes until golden brown.

Turn the egg half way through to achieve an even coloring.



Serves
6

Onion Rings

Ingredients

2 large onions
¾ cup of bread crumbs
3 tbsp salted butter
1 egg, well beaten
Vegetable oil
¾ tsp salt
⅛ tsp pepper

Method

Preheat the fryer to 430°F.

Wash and peel the onions, cut into 0.2 inch thick rounds; separate the rounds into rings.

In a medium sized pan, melt the butter, mix in the breadcrumbs, then add the salt and pepper; the mixture should be of a lumpy consistency.

Dip the onion rings into the beaten egg so that they are fully coated, then dip the onion rings into the bread crumb mixture until they are fully covered.

Using the oil sprayer, spray the onion rings with oil then place in the mesh basket on the low grill rack and cook for approximately 5–8 minutes until golden brown.



Beer Battered Onion Rings

Ingredients

2 large onions
1 cup of plain flour
¾ cup of beer/ale
1 egg
¾ cup of bread crumbs
Salt and pepper, to taste

Method

Preheat the fryer to 430°F.

Wash and peel the onions then cut into 0.24 inch thick rounds; separate the rounds into rings.

In a mixing bowl, mix the flour, egg and beer; the consistency of the mixture shouldn't be too runny, but thin enough to coat the onion rings.

Add the breadcrumbs to a bowl, coat each of the onion rings in the beer mixture then roll in the bread crumbs until completely covered.

Using the sprayer, spray the onion rings with oil, then place in the mesh basket on the low grill rack and cook for approximately 5–8 minutes until golden brown.



Serves
6-8

Beef Samosas

Ingredients

12oz ground beef
1 onion, chopped
1 shallot, minced
1 thyme sprig
1 tbsp curry powder
1 packet of filo pastry
Vegetable oil
Salt and pepper, to taste

Method

Preheat the fryer to 480°F.

In a large saucepan add some oil and cook the ground beef with the onion, shallot and thyme. Cook for approximately 5 minutes, until the meat is well done and remove from the heat.

Add the curry powder and season with salt and pepper.

Lay a sheet of filo pastry on a flat work surface and cut lengthways into thirds.

Add a spoonful of the meat mixture at the top of each strip, then fold into triangles.

Continue this process until no ground beef mixture remains.

Using the oil sprayer, spray each samosa with oil.

Place in the mesh basket on the high grill rack and cook for approximately 5 minutes until both sides are crisp and golden brown.



Vegetable Spring Rolls

Ingredients

2 cups mung bean sprouts
6 dried black mushrooms
½ red bell pepper
1 medium carrot
2oz canned bamboo shoots
2½ tbsp oyster sauce
1 tbsp low-sodium chicken broth or water
2 tsp light soy sauce
1 tsp sugar
4 sheets filo pastry, each cut into 4 (roughly 15 x 12cm)
2 tbsp oil for stir-frying
2 tbsp butter, melted
Salt and pepper, to taste



Method

Preheat the fryer to 350°F.

To make the filling:

Roughly 30 minutes ahead of time, rinse and drain the mung bean sprouts to give them time to dry thoroughly.

Soak the mushrooms in warm water to soften (for approximately 20 to 30 minutes).

Squeeze any excess water out of the mushrooms and slice thinly.

Dice the red bell pepper, grate the carrot and finely chop the bamboo shoots.

In a small bowl combine the oyster sauce, chicken broth (or water), soy sauce and sugar then set aside.

Heat two tbsp of oil in a skillet, swirling so that it coats the pan.

When the oil is sizzling, stir-fry the vegetables, starting with the mushrooms, then the bamboo shoots, bell pepper, mung bean sprouts and grated carrot for approximately 1-2 minutes.

Stir in the sauce ingredients and simmer for a further minute.

Season with salt and/or freshly ground pepper if desired. Remove from the heat and cool.

To make the spring rolls:

Wait for the vegetable mix to cool, then place a spoonful of the vegetable mix into the middle of a filo rectangle, at one end.

Roll the pastry around the vegetables to create a cylinder, halfway along the sheet, fold in the ends to seal the spring roll, then continue rolling into a cylinder.

Brush with butter to seal the pastry.

Using the oil sprayer, spray the rolls with oil and place in the mesh basket on the high grill rack. Cook for approximately 20–25 minutes or until golden brown, turning once. Serve with hot mustard, sweet and sour or plum sauce.

Makes
16

Banana Pancakes

Ingredients

8oz all purpose flour
2 tsp baking powder
2 tsp powdered sugar
¼ tsp salt
⅔ cup of milk
1 egg
4 bananas, mashed and sprinkled with 1 tsp lemon
Wax paper
Vegetable oil



Method

Preheat the fryer to 370°F.

Sift and mix all dry ingredients; whisk together the milk and egg and add to the dry ingredients. Fold in the mashed bananas; if too thick add a little more milk and if batter seems too thin, add more flour.

Batter should mould on a spoon.

Line the mesh basket with wax paper on the high grill rack and split the batter mixture into 4 equal sized patties, approximately 3.5 inch diameter.

Please be aware that the pancakes will increase in size when cooking, so make sure there is enough space between each one.

Using your oil sprayer, spray the patties with oil and cook them until they are brown on both sides.

Cooking time should be approximately 10 minutes.

Keep warm and just before serving sprinkle with cinnamon sugar and serve with warm syrup.



Vanilla Brioche

Ingredients

- 1 brioche loaf
- 3 eggs, lightly beaten
- 1 tsp vanilla extract
- 1 cup of milk
- 3 tbsp honey
- 2 ripe bananas
- 1 punnet blueberries
- 2 tbsp mascarpone cheese
- ½ tsp cinnamon (mixed into the mascarpone)

Method

Preheat the fryer to 435°F.

Cut the brioche into thick slices.

Whisk the 3 eggs with the milk and vanilla extract; dip the brioche into the egg mixture, ensuring that any excess is drained off.

Using the oil sprayer, spray the brioche with oil and place in the mesh basket on the high grill rack.

Cook for approximately 4–6 minutes, turning once, until golden brown.

To serve, top with sliced banana, blueberries, honey and a dollop of mascarpone cheese.



Serves
4



Roasting and Baking Recipes

Low Fat Fryer

The All in One Cooking Solution

Easy Roast Chicken

Ingredients

40oz whole chicken
1 large onion
1 garlic bulb
Soy sauce, to brush
Chicken seasoning
Salt and pepper, to taste

Method

Preheat the fryer to 350°F.
Wash and pat dry the chicken, removing the neck and any giblets .
Peel and place the whole onion inside the chicken.
Brush the skin with soy sauce.
Add cloves of garlic under the skin, on the breast and legs.
Using the oil sprayer, spray the chicken with oil and place in the Low Fat Fryer on the low grill rack and cook for approximately 40 minutes.



Tandoori Chicken

Ingredients

4 large chicken breasts, cut into medium pieces
1 large onion, finely chopped
2-3 garlic cloves, crushed
1 tsp coriander powder
1 tsp cayenne pepper
1 tsp chilli powder (or fresh chillies, finely chopped)
1 tsp curry powder
2 tsp turmeric
2-3 tsp paprika
1 inch fresh ginger, grated
Juice and zest 1 Lemon
½ cup low fat natural yoghurt
Olive oil



Method

Preheat the fryer to 390°F.

In an ovenproof dish, mix the onion, garlic, herbs, spices, lemon juice and zest, olive oil and yoghurt.

Add the chicken pieces and mix well until the chicken is covered.

Cover the dish and leave to marinade for approximately 2-3 hours in the fridge.

Once the chicken is marinated, place the ovenproof dish on the low grill rack of the fryer and cook for approximately 20-25 minutes.

Serve on a bed of rice.



Simple Chicken Curry

Ingredients

8 boneless, skinless chicken breasts, diced
4 tbsp malt vinegar
2 tbsp curry powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
1 garlic clove, crushed
1 red chili, finely chopped
0.4 inch fresh root ginger, peeled and crushed
4 tbsp granulated sugar
4 tbsp olive oil
2 large onions, sliced
1 tsp peppercorns
6oz ready to eat dried apricots, chopped
Long grain rice
4 pitta breads



Method

Preheat the fryer to 390°F.

In a large bowl mix together the vinegar, curry powder, herbs, garlic, ginger, chili and sugar.

Add the diced chicken to this mixture and leave to marinate for approximately 20 minutes; you can marinate the chicken overnight for a stronger flavour.

Heat the oil in a large frying pan and cook the onions over a medium heat for approximately 10 minutes or until they begin to turn golden. Add the peppercorns and cook for a further 20-30 seconds.

Transfer the onions to a casserole dish and add the chicken together with any remaining marinade.

Put the casserole dish on the low grill rack of the Low Fat Fryer and cook for approximately 20 minutes.

Check that the chicken is cooked thoroughly and add the apricots, cover the dish and cook for a further 5 minutes.

Serve with the long grain rice and pitta breads.



Chicken Casserole

Ingredients

6 chicken pieces (a range of thighs and breasts)
2oz lardons
2 large onions, thinly sliced
2 sticks celery, coarsely chopped
¼ lb chestnut mushrooms
2oz unsalted butter
14oz jersey royal potatoes, washed and peeled if necessary
9oz white turnips, sliced
14oz tin of peeled tomatoes
Chopped parsley mixed with finely chopped rind of half an orange.
1 bouquet garni (including parsley, thyme and bay leaf)
Salt and pepper, to taste



Method

Preheat the fryer to 350°F.

Put an ovenproof dish in the fryer to heat through, with a drizzle of olive oil in the bottom.

Add the butter to the dish and fry the lardons, onions, mushrooms and celery for approximately 5 minutes.

Remove the vegetables with a slotted spoon and set aside.

Fry the chicken joints in the melted butter (add more butter if necessary), until golden.

Return the bacon mixture to the dish and scatter the potatoes and turnips over the chicken.

Add the tin of tomatoes and bouquet garni; season to taste with salt and black pepper.

Make sure all the vegetables are submerged in the liquid.

Return the dish to the fryer and cook for approximately 5-10 minutes to reach simmering point.

Turn the heat down to 320°F and cook for approximately 1 hour or until tender.

Sprinkle parsley and orange over the casserole and serve immediately.

Serves
4

Lamb Bolognese

Ingredients

1lb ground lamb
16oz tin peeled, chopped tomatoes
2 lamb stock cubes
 $\frac{3}{4}$ cup passata
Dried oregano, large pinch
Approximately $\frac{1}{4}$ cup red wine
4oz mushrooms, chopped
Fresh basil
Grated Parmesan cheese
Salt and pepper, to taste



Method

Preheat the fryer to 390°F.

Put an ovenproof dish inside the fryer to heat through, with a drizzle of oil in the bottom.

Add the ground lamb to the dish; using a wooden spoon, break up the strands of mince so they can cook evenly.

Cook for approximately 5–10 minutes, removing the dish occasionally to break the strands of ground lamb.

Once the ground lamb starts to brown, remove the dish from the heat.

Add the tomatoes, passata, dried herbs and seasoning; stir thoroughly.

Return the dish to the fryer and cook until it reaches simmering point.

Lower the heat to 284°F and cook for approximately 45 minutes, stir occasionally.

Add the wine and mushrooms, bring back to the boil and simmer for a further 25 minutes.

Serve with spaghetti or pasta.



Rack of Lamb

Ingredients

2 six bone lean racks of lamb
6 tbsp honey
3 tbsp soy sauce
2 tbsp Dijon mustard
2 tbsp chopped mint
Salt and pepper, to taste

Method

Preheat the fryer to 390°F.

In a bowl, mix together the honey, soy sauce, Dijon mustard and mint.

Put the racks of lamb, fat side up, on a chopping board.

Season to taste with salt and pepper and brush the honey mixture on both sides.

Transfer to an aluminum foil lined baking sheet and place the racks of lamb on the low grill rack of the Low Fat Fryer.

Cook for approximately 30-35 minutes.

Remember to cover the racks of lamb with aluminum foil if they look as if they are overcooking.

Divide the lamb and transfer to 4 plates.

Serve with roast potatoes, green beans and carrots.



Serves
4

Chilli Con Carne

Ingredients

1lb ground beef
2 onions, chopped
2 red peppers, deseeded and chopped
2 garlic cloves, crushed
1 red chili, deseeded and chopped (optional)
2 400g tins chopped tomatoes
2 tbsp olive oil
1 tsp chili powder
14oz tin kidney beans
1 tbsp tomato puree
1 tsp Worcestershire sauce
1 beef stock cube, crumbled and dissolved in a little hot water
Salt and pepper, to taste



Method

Preheat the fryer to 350°F.

Put an ovenproof dish in the Low Fat Fryer to heat through, with a drizzle of olive oil in the bottom.

Soften the onion and peppers in the oil for approximately 5 minutes.

Add the chili powder and stir, then add the ground beef and fry until brown.

Next, add the garlic, tomatoes, tomato puree, kidney beans, seasoning, chili, stock and Worcestershire sauce.

Mix well, cover and cook in the Low Fat Fryer for approximately 30 minutes.

Serve with rice.



Peppercorn Steak

Ingredients

2 7oz sirloin steak (¾ – 1 inch thick)
2 shallots, finely diced
2 tbsp Worcestershire sauce
2 tbsp brandy
½ cup beef stock
2 tbsp double cream
1 tbsp olive oil
1.5oz unsalted butter
1 tbsp Dijon mustard
1 tbsp green peppercorns
Black and white peppercorns, to taste
Salt and pepper, to taste



Method

Preheat the fryer to 390°F.

Dry the steaks with kitchen paper and press the black and white peppercorns into both sides.

Cover with aluminum foil or plastic wrap and place in the fridge for approximately 2-3 hours.

Put the steak on the low grill rack of the Low Fat Fryer in a mesh basket and cook for approximately 5-10 minutes.

Turn half way through to caramelize on both sides.

Meanwhile make the sauce.

Heat the oil and butter in a skillet and cook the shallots over a medium heat until soft but not brown.

Add the Worcestershire sauce, brandy and stock to the skillet.

Cook rapidly, scraping the bottom of the pan to incorporate the flavors.

Add the green peppercorns, mustard and cream, season to taste.

Remove the meat from the fryer and slice it diagonally; add the meat to the sauce.

Stir to combine the meat juices with the peppercorn sauce and to warm the meat through.

Serves
2

Beef Stew

Ingredients

1lb stewing steak, diced
1 onion, chopped
3 carrots, peeled and chopped
3 celery sticks, chopped
1 tbsp plain flour
1½ cup beef stock
1 small glass red wine (optional)
2 tbsp sunflower oil
Mixed dry herbs
Seasoning, to taste



Method

Preheat the fryer to 280°F.

Put an ovenproof dish in the fryer to heat through, with a drizzle of oil in the bottom.

Fry the onion gently in the sunflower oil until soft, remove and set aside.

Turn up the heat to 350°F and fry the diced meat until it is sealed and brown.

Return the onion to the dish and add the flour, mix well.

Gradually add the wine and stock, stirring each time some liquid is added.

Add the dry herbs into the sauce, return the dish to the fryer and simmer for approximately 4 minutes, stirring occasionally.

Check the meat is tender, then add the carrots and celery and simmer for a further 25 minutes.

Before serving, check that the vegetables are cooked as soft as you like them.



Pork Chops

Ingredients

2 large pork chops
Olive oil
Salt and pepper, to taste

Method

Preheat the fryer to 390°F.
Season the pork chops with salt and pepper.
Add the pork chops to the low grill rack and cook for approximately 20 minutes.
The time it takes to cook the chops depends on your preference; turn half way through for even color and caramelisation.



Serves
2

Roast Gammon Joint

Ingredients

4lb gammon joint

Method

Preheat the fryer to 320°F.

Put the gammon on the low grill rack and cover loosely with aluminum foil.

Cook it for approximately 1 hour, turn it and cook for another 1 hour.

Remove the aluminum foil and let it brown for approximately 10 minutes, then turn it again to brown all over for a further 10 minutes. Depending on the shape or thickness of your joint, times may vary a bit. Test with a skewer to make sure the juices run clear.



Tuna & Sweetcorn Pasta Bake

Ingredients

7oz pasta
1 tin tuna, drained
4 tbsp sweetcorn
3 tbsp grated Parmesan cheese
1.5oz Red Leicester cheese, grated
3.5oz crème fraîche
Salt and pepper, to taste
Penne pasta



Method

Preheat the fryer to 450°F.

Stew the pasta in salted water for a couple of minutes less than instructed on the packet.

Drain once cooked.

Mix the crème fraîche and Parmesan together and season with salt and pepper.

Add this to the drained pasta along with the tuna and sweetcorn.

Transfer to an ovenproof dish, sprinkle the Red Leicester on top and cook on the low grill rack of the fryer for approximately 12 minutes, until the cheese is golden and crunchy.

Serves
Approx
4

Broiled Prawns

Ingredients

1.5lb jumbo prawns (washed and peeled)
5oz melted butter
1 garlic clove (peeled and crushed)
2 tbsp lemon juice

Method

Preheat the fryer to 430°F.
In a small bowl, mix the melted butter, lemon juice and garlic.
Dip the prawns in the butter mix and arrange directly onto the high grill rack in the Low Fat Fryer.
Broil the prawns for approximately 8-10 minutes.



Spinach & Feta Pie

Ingredients

9oz feta cheese, crumbled
14oz baby leaf spinach, roughly torn
1.5oz butter, melted
6 sheets filo pastry
¼ tsp nutmeg
Sesame seeds
Salt and pepper, to taste

Method

Preheat the fryer to 390°F.

Melt the butter in a saucepan or place it in a bowl in the fryer to melt, making sure it does not burn.

Layer three sheets of filo pastry in the bottom of a pie dish (make sure the dish fits comfortably within the Low Fat Fryer), brush melted butter between the sheets and allow them to hang over the edge, to give you enough to form the sides of the pie.

Add a thin layer of spinach leaves, a layer of crumbled feta and a little nutmeg, then season with black pepper. Repeat this, finishing with a feta layer.

Cover with more filo pastry sheets, again brushing each with melted butter. Bring the edges together to form a crust and remove any excess pastry.

Brush the pie with melted butter and sprinkle on some sesame seeds.

Place on the low grill rack and bake for approximately 30-40 minutes, until golden.



Serves
Approx
4

Spanish Omelette

Ingredients

4 large eggs, beaten
10oz Maris Piper potatoes, peeled and chopped into 0.4 inch pieces
1 red pepper, finely chopped
½ red onion, finely chopped
3oz feta cheese

Method

Preheat the fryer to 430°F.

Put an oven proof dish in the fryer to heat through, with a drizzle of olive oil in the bottom.

Add the potatoes to the hot oil and stir to coat. Cook until the potatoes are evenly coloured on all sides.

Add the pepper and onion with a little more olive oil and stir to coat evenly; cook for a further 5 minutes.

Remove the dish from the fryer and add the beaten eggs; shake the dish to evenly spread the eggs, do not stir as the eggs will scramble.

Put the dish back into the fryer and crumble feta cheese over the top, along with salt and pepper to taste and cook for a further 5 minutes until golden and set.



Roasted Vegetables

Ingredients

4 small new potatoes, skins scrubbed not peeled
1 red, 1 green, 1 yellow, 1 orange bell pepper, deseeded and thickly sliced
2 white onions, quartered
10 garlic cloves, left whole with skins still on
12 cherry tomatoes on the vine
3 large chestnut mushrooms, quartered
1 zucchini, sliced at an angle
1 tsp mixed herbs
2 tbsp olive oil
Salt and pepper, to taste



Method

Preheat the fryer to 410°F.

Place all of the ingredients into a large, round, deep roasting dish, coated in the olive oil.

Season to taste and sprinkle on the mixed herbs.

Place in the fryer on the low grill rack and cook for approximately 35 minutes.

Serves
2

Sweet Potato Wedges

Ingredients

2 sweet potatoes, cut into 12 wedges

4 tbsp olive oil

1 tsp chili flakes

Salt and pepper, to taste

Method

Preheat the fryer to 480°F.

Put the potato wedges in a bowl, pour over the oil and mix to cover evenly. Add the chili flakes, season to taste with salt and pepper and stir to combine.

Place the potato wedges on the aluminum foil-covered low grill rack of the Low Fat Fryer and cook for approximately 10-15 minutes, until the potatoes are tender and golden brown.

Sprinkle with sea salt to serve



Roast Potatoes

Ingredients

2lbs potatoes, halved
6 tbsp olive oil
Salt and pepper, to taste

Method

Preheat the fryer to 480°F.

Half-fill a large saucepan with cold water. Put the potatoes in the pan; add a pinch of salt and cover. As soon as the water boils, reduce the heat and cook for approximately 6 minutes.

Drain the potatoes and shake them in a colander to roughen the edges.

Pour the oil and potatoes into a roasting tin and place in the Low Fat Fryer and cook for approximately 25 minutes. Carefully turn them over and cook for a further 25 minutes. Check that the potatoes do not burn, covering them with aluminum foil if necessary.



Serves
4

Sea Salt & Cracked Black Pepper Jacket Potatoes

Ingredients

4 large sized baking potatoes

Olive oil

Sea salt

Cracked black pepper

Method

Preheat the fryer to 390°F.

Wash and prick the potatoes; season with the sea salt and cracked black pepper.

Place the potatoes in the fryer on the low grill rack and cook for approximately 40 minutes.

Remove and serve with the topping of your choice.



Orange or Lemon Cake

Ingredients

7oz self raising flour
2 eggs
5oz butter
2 tbsp milk
5oz sugar
3 tbsp icing sugar
1 tsp orange (or lemon) essence
Zest and juice of 1 orange (or lemon)

Method

Preheat the fryer to 450°F.

Firstly, beat the melted butter and sugar together until it turns creamy. Add the eggs and beat again, then stir in the flour, milk, orange (or lemon) essence and zest.

Pour the mixture into a greased loaf tin and place on the low grill rack. Cook for approximately 30-40 minutes, until firm and cooked; place on a cooling rack to cool.

Mix the orange (or lemon) juice and icing sugar together and pour over the cooled cake.

If you're using lemon, you will need to add more sugar to overcome the sourness of the lemon.



Serves
4

90 DAY LIMITED WARRANTY

This product has been manufactured and tested to the highest quality standards. This Limited Warranty offered covers defects in material or workmanship in new condition products. This warranty extends to the original consumer purchaser only and is non-transferable. Only consumers purchasing this product from authorized retailers or resellers may obtain coverage under our limited warranties.

How Long Does Coverage Last

All materials & workmanship are warranted to the purchasing consumer for a period of ninety (90) days from the documented date of purchase.

What Is Covered

This product is warranted against defects in material or workmanship. Within the ninety (90) day period, Warrantor will repair or replace product or parts, on its own accord, any product or the products parts only that proved defective because of improper workmanship and/or material, under normal installation, use, service, and maintenance. If the product is discontinued or no longer available a replacement may be made with a product of equal or greater value.

What Is Not Covered

- A. Conditions, malfunctions or damage not resulting from defects in material or workmanship.
- B. Conditions, malfunctions or damage resulting from: normal wear and tear, improper installation, improper maintenance, misuse, abuse, negligence, accident or alteration.
- C. Accessories, connected materials and products, or related products not manufactured by Warrantor.
- D. This warranty does not cover any shipping and handling charges which may incur.

How To File A Claim

To request warranty service, you will need to provide:

1. The sales receipt or other evidence of the date and place of purchase
2. A description of the problem.

Contact customer service at: info@smartworksproducts.com, or by calling 732-412-7447 for further instructions.

Warranty Disclaimers

This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Warrantor any other liability in connection with the sale of Warrantors products. There shall be no claims for defects or failure under any theory of tort, contractor commercial law including but not limited to, negligence, gross negligence, strict liability, breach of warranty, and breach of contract.

Note

Manufacturer cannot assume responsibility for loss or damage during incoming shipment of product. For your protection, carefully package the product for shipment, & insure it with the carrier. Be sure to enclose the following with your appliance: Full Name, Address, Best Contact Phone Number, Email Address, a note describing the problem you experienced & a copy of your original dated receipt.

Distributed by:

Meridian Point Products, Somerset, NJ



Intertek
3079590



CD230113/MD000000