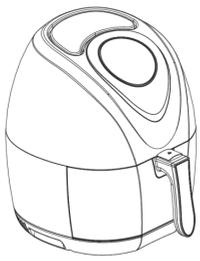


Health Fryer User Manual



Model: EIQAF2

Thank you for choosing electriQ.

Please read this user manual before using this health fryer and keep it safe for future reference.

Visit our website www.electriQ.co.uk for our entire range of products

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SAFETY INSTRUCTIONS

When using an electrical appliance, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury, including the following:

1. Read all instructions before using.
2. Ensure the voltage is compliant with the voltage range stated on the rating label, and ensure the earthing of the socket is in good condition.
3. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
4. Do not remove the drawer when the appliance is in use. Always set the timer to 0 before removing the drawer.
5. To protect against risk of electric shock, do not pour water on cord, plug and ventilation, immerse the appliance in water or any other liquid.
6. Unplug the appliance after using or before cleaning.
7. Do not cover the air inlet and outlet during operation. Do not touch the inside of the appliance as it can remain hot for some time.
8. Do not use accessories which are not recommended by Manufacturer.
9. Do not fill the basket with oil as it can catch fire.
10. Keep a 30cm gap around the appliance when in use as hot air will be vented out of the appliance when in use.
11. Metal sheet or other electric objects are not allowed to be inserted into the appliance to avoid fire and short circuit.
12. Do not place hands or any part of your body near the hot air outlet.
13. Only use the supplied power cable that comes with the device.
14. Do not place the appliance on or near any flammable items (such as paper, curtains, table cloths, etc.).
15. The appliance is not intended to be operated by means of an external timer or separate remote control.
16. Do not use outdoors.
17. Never clean with scouring powders or hard implements.
18. Please keep the instruction manual.
19. This appliance is not intended for use by people (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction.
20. Keep the appliance out of reach of children to avoid risk of scalds, burns or electric shock.
21. The plug must be removed before cleaning, maintaining or filling the appliance.

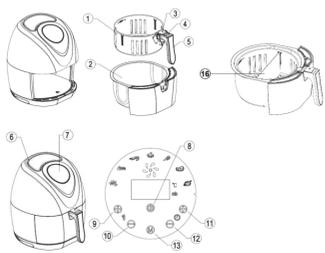
22. This appliance is intended to be used in household setting and not for commercial use.

Warning: Keep ventilation openings, in the appliance enclosure or in the built-in structure, clear of obstruction

SPECIFICATIONS

Model Number: EIQAF2
Rated Frequency: 50Hz
Rated Power: 1400W
Fry Basket Capacity: 3.2L
Net Weight: 4.7kg
Appliance Size: 293x343x332mm

PARTS AND FUNCTIONS



1. Fry Basket
2. Fry Drawer
3. Protective Cover
4. Push-release Button
5. Handle
6. Air Inlet
7. Control Panel
8. Power Button
9. Temperature Increase Button
10. Temperature Decrease Button
11. Time Increase Button
12. Time Decrease Button
13. Mode Select Button
14. Air Outlet
15. Power Cable
16. Divider

OPERATION INSTRUCTIONS

1. Remove the fry drawer by pulling the handle towards you.
2. Place the food into the fry basket (making sure not to exceed the MAX fill line). To cook more than one item at a time simply place the basket divider into the frybasket. Make sure the cooking temperatures and times of both items are similar so as not to undercook/burn one item.
3. Push the fry drawer back into the appliance.
4. Press the power button, the display will illuminate.

5. To use a pre-set mode, press the Mode Select button to choose the relevant cooking mode. The display will show the default temperature, wait and the default time will be displayed.
6. To alter the temperature, press the Temperature Increase or Decrease buttons. To alter the time, press the Time Increase or Decrease buttons.
7. Press the power button once more to start the cooking cycle. The display will show a spinning fan. The timer will count down.
8. When cooking time is complete, the appliance will beep 5 times.
9. Remove the fry drawer by pulling the handle towards you and place on a heat resistant surface.
10. The fry basket can be removed from the drawer by pressing the release button on the handle.

NOTE: For best results, turn the food over by shaking the basket in the middle of the cooking process. Take care to stop the appliance first and remove the basket from the appliance.

TIP: Where oil is required during frying use half a tablespoon of Vegetable, sunflower, sesame, ground nut, corn, soy, hazelnut or rapeseed oil. Drizzle it over the food in the basket before placing into the fryer.

MODES

The Health Fryer comes with 7 pre-set functions. These are purely for guidance and you should always check the food regularly. Should you need to cook your food for longer, you can manually select the temperature and time you want to cook for.

Food	Temperature (°C)	Time (mins)	Gram (g)
French Fries	200	20	400
Ribs	180	15	300
Shrimp	160	20	400
Cake	160	40	350
Chicken	180	25	400
Meat	160	20	400
Fish	180	20	400

CARE & MAINTENANCE

1. Unplug the power cord and let the appliance cool before cleaning.
2. The surface of the fryer can be cleaned using mild detergent and a soft cloth or sponge. Do not use a scouring cloth or strong abrasive as this will damage the surface. The fryer basket and handle are dishwasher safe.
3. Do not immerse the appliance in water.
4. Store the appliance in a cool dry place.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Does Not Work	Power not connected	Insert plug into wall outlet and turn on outlet
	Mode not selected	Follow the above operation instructions
Food isn't cooked when the timer ends	Too much food in the basket	Place less food in the basket
	Temperature is set too low	Increase the temperature and re-fry the food
Food not fried evenly	Food is overlapping and needs agitating	Safely remove the drawer during cooking and shake to separate overlapping food, replace the drawer
	Too much food in the basket	Do not exceed the MAX line on the basket
Drawer will not smoothly fit back into place	The basket is not correctly seated in the drawer	Make sure the basket is correctly seated in the drawer and try again
	Frying oily food	A small amount of smoke is normal
Smoking	Fryer contains oil from previous use	Clean the drawer and basket after use

RECIPIES

Garlic Mushrooms

Ingredients
Mushroom – 200g
Butter – 20g
Green garlic – 20g
Coriander Leaves – 20g
Egg – To coat
Breadcrumbs – To coat
Oil – For brushing
Salt
Pepper
Toothpicks

How to Cook

1. Separate the stems from the mushrooms.
2. Add finely chopped coriander, finely chopped garlic, finely chopped mushroom stems, salt and pepper to the butter. Mix well.
3. Stuff the mushroom caps with this mixture. Join the two caps together and secure with a toothpick.
4. Dip each piece in beaten egg and roll them in breadcrumbs.
5. Preheat the Health Fryer at 200°C. Brush the coated mushrooms with oil and cook for 8-10 minutes at 180°C in the Health Fryer.
6. Serve hot.

Spring Roll

Ingredients
Refined Flour – 100g
Corn Flour – 100g
Egg – 1
Seasoning – To taste
Soy Sauce – 10ml
Onion – 50g
Carrots – 50g
Cabbage – 50g
Ginger – 15g
Oil – 5ml and for brushing
Salt

How to Cook

1. Shred cabbage, slice onions, cut carrots into juliennes and finely chop the ginger.
2. In a bowl, mix refined flour; ¼ of the beaten egg and 5ml of soy sauce. Add water to make a free flowing thin batter.
3. Over a gas flame, heat a non-stick pan. Pour the batter and very quickly pour out the excess batter so as to have a very thin layer in the pan. Cook without browning. Dust a plate with refined flour. Remove the pancake on the plate. Repeat the process to make more pancakes.
4. Heat oil in another pan. Add ginger, carrot, onions, cabbage, seasoning and the remaining soy sauce. Stir fry for 2 minutes. Remove the vegetables and let them cool.
5. Divide the filling into equal parts in comparison to pancakes.
6. Fill the pancake with the vegetable mixture. Roll it and seal the sides with beaten egg or leftover pancake batter. Brush them with oil.
7. Preheat the Health Fryer for 5 minutes at 180°C.
8. Arrange the rolls in the Health Fryer and fry for 16 minutes at 180°C or until crisp.
9. Remove the rolls from the Health Fryer and cut into 3-4 smaller pieces or as desired.

Fried Prawns

Ingredients
Medium prawns – 10
Fresh bread crumbs – 40g
Ginger garlic paste – 5g
Coriander powder – 5g
Cumin powder – 5g
Lemon juice – 10ml
Turmeric – ½ tsp
Red chilli powder – ½ tsp
Oil – For brushing
Salt

How to Cook

1. De-shell and de-vein the prawns but retain the tail. Wash and pat dry.
2. Marinate the prawns in a mixture of all the ingredients except the bread crumbs and oil. Keep aside for 30 minutes.
3. Coat each prawn with bread crumbs.
4. Preheat the Health Fryer at 180°C.
5. Brush the prawns with oil and cook in the Health Fryer at 180°C for about 6-10 minutes or until golden brown.
6. Remove and serve hot.

Chicken Tikka

Ingredients
Boneless chicken cube – 200g
Vinegar – 20ml
Egg – 1
Roasted besan – 20g
Hung curd – 50g
Chilli powder – 5g
Garam masala powder – 5g
Red Chilli – 5g
Ginger garlic paste – 10g
Butter – For brushing
Salt
Orange red colour – a pinch

How to Cook

1. Clean, wash and pat dry chicken.
2. Mix all the ingredients together except oil and marinate the chicken for 2-3hrs.
3. Pre heat the Health Fryer at 180°C.
4. Brush the chicken with butter and fry for about 6-10 minutes or until the surface starts to brown.
5. Serve hot.

Melt in the Middle Chocolate Cake

Ingredients
Refined flour – 100g
Baking powder – 1tsp
Sugar powder – 80g
Egg – 1
Butter – 40g
Chocolate – 100g
Milk – 50ml

How to Cook

1. Add the baking powder to the refined flour. Pass them through a sieve and keep aside.
2. Melt the chocolate chunks in a double boiler over low heat with continuous stirring. Add milk to the mixture and blend it well. Remove the melted chocolate from the gas, add butter and stir well.
3. In a separate bowl break the egg, add sugar and beat them until a creamy consistency is reached.
4. Blend the egg and sugar mixture into melted chocolate. Add the refined flour little by little to avoid lumps. Mix the batter well.
5. Grease the moulds with butter and dust them with some refined flour. Pour the batter in the moulds.
6. Preheat the Health Fryer for 5 minutes at 180°C.
7. Arrange the moulds in the Health Fryer and bake for 4 minutes or until the outer crust is cooked and looks firm.

electriQ UK SUPPORT

Complete online support form on www.electriQ.co.uk/support

Service Line: 0871 620 1057

Office hours: 9AM - 5PM Monday to Friday

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PRODUCT DISPOSAL

Do not dispose this product as unsorted municipal waste. Collection of such waste must be handled separately as special treatment is necessary.
Recycling facilities are now available for all customers at which you can deposit your old electrical products. Customers will be able to take any old electrical equipment to participating civic amenity sites run by their local councils. Please remember that this equipment will be further handled during the recycling process, so please be considerate when depositing your equipment. Please contact the local council for details of your local household waste recycling centres.