

nutrichef



*PKCOV45*

Convection Oven Cooker  
Healthy Kitchen Countertop Cooking

**USER MANUAL**

## Important Safety Instructions

- **These basic safety precautions should always be followed:**

1. Read all instructions.
2. Always switch power **OFF** before removing plug from wall outlet.
3. Remove plug by grasping the plug. **DO NOT PULL THE CORD.**
4. To protect against electrical shock, do not immerse cord, plugs or motor assembly in water or other liquids.
5. Unplug from 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, hot gas flame or in a heated oven.
9. Do not let the cord hang over the edge of a table or counter or to touch hot surfaces. Always use 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 appliance for purpose other than 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, move carefully.
13. **Before removing the lid:** Turn the time off, disconnect the power cord. Lift the top using 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 surfaced, 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 service care. Do not operate if the appliance has damage or broken cable or plug, return the oven to authorized service centre 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 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 the traditional cooking way. While cooking, the convection oven produces a circle of hot moving air, which cooks the food all over evenly. The cooked food becomes a very delicious dish with its natural flavor and full nutrition.

The model of the convection oven is reasonably designed with attractive appearance. In it, there are a 250 - 480°F scope temperature controller (thermostat) and 0-60 minute scope timer. You may select the cooking temperature and cooking time for your food. The hot air inside the oven will never bring about smoke, nor will the food be burnt. Your kitchen is then clean and safe, free from contamination.

The convection oven not only saves you from the heavy kitchen work, but also makes your cooking enjoyable.

### • Operation

1. Put the steel racks into container, then put the food in. Note there is some space between the food and the oven lid.
2. Insert the oven plug according to the power specification. 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**. The convection starts working.
5. The green lamp can be turned off before the due time. This shows 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 heating process.

### • Important

1. When the convection oven works, the handles, which are linked to steel bar, will be expanded by heat and become loose, but the 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 in the 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 is completely cooled off.

## Check these outstanding features:

Thermostat

Timer and Switch

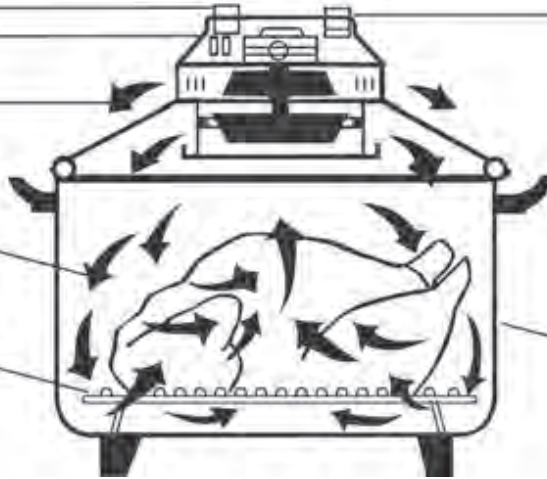
Motor

Cooking Air Flow

Heated Cooking Air

Chrome Steel Racks

Container



## Features

### 1. Multifunction

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

- a. Cook food in different ways, including baking, roasting, grilling, toasting, broiling and BBQ .
- b. Defreeze frozen foods quickly
- c. Drying and sterilizing
- d. Oven lid can be placed on other containers to cook

### 2. Lowering Cholesterol

Modern medical science has proved that high cholesterol accounts for heart disease and blood vessel trouble. The hot moving air circle in the convection oven will decompose the fat tissue and lower the cholesterol content to minimum. So, the food cooked in this kind of oven is very helpful to your health.

### 3. Saving Time and Energy

Due to the high efficiency of the hot moving air in the oven, the cooking time and the consumed energy are reduced to minimum. Our experiment shows that the convection oven saves electricity up to 20% as compared to ordinary ovens.

#### **4. Preserving the food's nutrition and the natural flavor.**

High temperature and prolonged cooking time always destroy the food's nutrition and change its natural flavor. The temperature and time control in the convection oven can solve this problem.

### **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 in the bottom pot, with savory herbs and spices to steam fish or vegetables. But just a little water.
  - **How to Fry**
    - You can get the effect of deep-fat French fries without all the oil by dipping potato strips in polyunsaturated cooking oil, allow excess oil to drain away and cook according to cooking guide.
    - To make delicious fried chicken , dip chicken pieces in batter and then in cooking oil, drain excess oil and cook according to chart provided.

- **How to Toast**

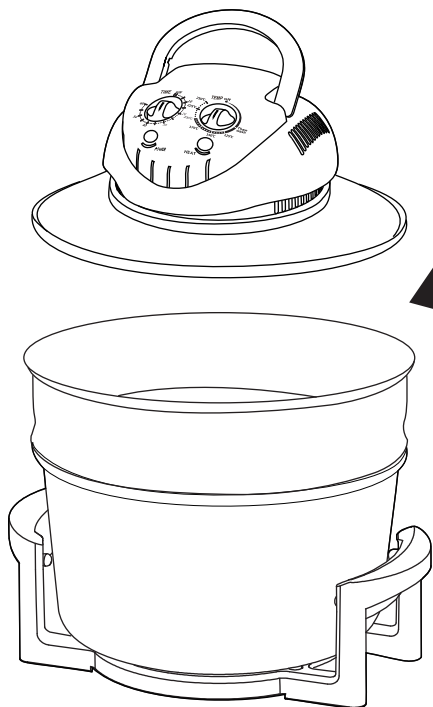
- You can get perfectly toasted bread and snack with the convection oven without preheating. Simply put the food directly on wire rack and watch it toast. It will be crisp on the outside and stay soft on the inside.
- You can also improve stale snack food like crackers, chips and even cookies by placing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

- **How to Defrost**

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

## Extender Ring Attachment

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



**Extender Ring Attachment**

## • **Warning and Guidelines**

- Remember to distribute food evenly in the convection oven to ensure an even flow of air all around the food.
- The first time you try a recipe, check the cooking process through tempered glass bowl as the looking time of 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 avoid sticking.
- The convection oven is self—cleaning. Simply put 2” of water in the bottom and set temperature at 100 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, gingerjuice, salt, sugar, liquor, pepper*

Preserve the lobster in salt for about 10-15 minutes, then put them in the convection oven and cook 12-15 min with 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, melt 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 20 min with a temperature of 302 - 392°F. Then apply the mixture again and bake 10 min in 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



**WARNING:**

This product can expose you to a chemical or group of chemicals, which may include "**Dibutyl Phthalate (DBP)**" which is known in the state of California to cause cancer, birth defects, or other reproductive harm.

For more info, go to <https://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 Fahrenheit
- 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



**Questions? Issues?**  
We are here to help!  
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