

BEFORE YOU BEGIN COOKING

PREPARING YOUR FLAVORWAVE OVEN® TURBO



FOR THE FIRST TIME ONLY

The FLAVORWAVE OVEN® TURBO should be heated once before cooking with it. While preparing the oven according to the following instructions, the oven will give off a slight burning odor. The oven is actually burning off excess lubricants found in the oven's heating elements and will not harm you or the oven.

FOLLOW THESE EASY STEPS...

- Wipe the inside of the glass bowl with a damp sponge
- Secure lid on oven
- Set timer for 5 minutes
- Set thermostat to 240°C/500°F and turn oven on
- After timer has shut oven off, allow to cool for 5 minutes
- Wipe inside of the glass bowl with a damp sponge a second time

NOW YOUR FLAVORWAVE TURBO OVEN IS READY TO COOK YOUR FIRST MEAL!

IMPORTANT:

DO NOT WASH OR IMMERSE THE LID IN WATER OR IN DISHWASHER. THE OUTER SURFACE CAN BE CLEANED BY WIPING CAREFULLY WITH A DAMP DISH-CLOTH OR SPONGE.



For Model AX7970R, if the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

HOW TO OPERATE THE FLAVORWAVE OVEN® TURBO PLATINUM

(AX-797DH)

OPTIONAL ITEM



1. Plug one end of Power Cord into back of lid (AX-797DH) and the power plug in a standard AC outlet. Turn the power switch to the ON position.
2. The digital timer will display "00:00", temperature indicator light will stay at 60°C (wash) and the fan speed indicator light at "High". If not, press "Clear" button to bring out the above status.
Note: Please allow time tolerance of 5-7 min for 60 min timer setting.
3. Place lower wire rack in the glass bowl of the oven. (Note: Use the lower rack for all recipes unless otherwise noted). Place food directly on rack unless otherwise specified.
4. If the recipe required preheating, follow this procedure:
Press the "Pre-Heat" button, this will cause the oven to operate at its highest temperature and fan speed for 8 minutes. Preheating is complete when the timer reaches "00:00" and the fan light flashes. Press the up arrow to increase the preheating time, if needed.
5. Time Selection: press the "+" or "-" buttons lightly to raise or lower the time selected in increments of 1 minute up to 23 hours and 59 minutes. Holding the "+" button will cause the increment more quickly. The "Clear" button will reset the timer to zero. (Note: you may change the cooking time during cooking by pressing the "+" or "-" buttons).
6. Temperature Selection: Press the "Temp" button gently to move the temperature selector through the temperatures one at a time from left to right. A light will indicate the selected temperature. Once 240°C (500°F) is reached the cycle will start all over again at "wash" (Note: you may change the temperature setting during cooking by pressing the "Temp" button).

Flavorwave Platinum Oven Manual

Sarah Flower



Flavorwave Platinum Oven Manual:

The Everyday Halogen Oven Cookbook Sarah Flower, 2011-07-01 This book by nutritionist Sarah Flower is packed with delicious healthy and simple meals as well as general advice on how to use and maintain your Halogen Cooker Halogen Cookers are ideal for those who live alone or for cooking quick easy and nutritious family meals without the expense of heating up a conventional oven With your halogen oven you can cook up to 40% faster than with your conventional oven It can be used to bake grill defrost roast steam and brown and is the perfect one pot cooker Unlike a microwave it can cook brown and crispy pastry dishes and jacket potatoes How to get the most from your halogen cooker Weekly menu plans Soups and Casseroles Main Meals Quick snacks Cakes and desserts Stockists further information Halogen Cooking For Two Sarah Flower, 2011-06-24 Author of the bestselling Everyday Halogen Oven Cookbook Halogen ovens are perfect when cooking for two as they are so much cheaper to use than a conventional oven Once you have mastered the basics this machine will change the way you work in your kitchen When cooking for two you no longer have to waste energy heating a conventional oven You can create amazing dishes with the minimum of fuss washing up and waste Nutritionist Sarah Flower author of best selling The Everyday Halogen Oven Cookbook and Perfect Baking with your Halogen Oven is passionate about the benefits of the Halogen Oven In this book she demonstrates its practicalities and gives you recipes for delicious meals that are up to 40% quicker than with conventional ovens As with all of Sarah's recipe books she strives to create wholesome recipes that are simple to follow easy to prepare and good for you Many of my readers have contacted me to ask how they could adapt some of the core recipes featured in The Everyday Halogen Oven Cookbook so that they could cook them for two people I have carefully selected some of the most popular recipes from that book and reworked them to serve two I have also included a large number of new and exciting recipes which work really well for two these form the majority of the recipes in this book If you can't find your favourite recipe from my first book in the following pages but would like it adapted to serve two people please let me know via my website <http://www.sarahflower.co.uk> **WO-18A "Masterpiece" Oven**, 1960

Reviewing **Flavorwave Platinum Oven Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Flavorwave Platinum Oven Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Flavorwave Platinum Oven Manual Introduction

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