

SALTER®

SINCE 1760

AEROCOOK^{PRO}

AIR FRY, ROAST, GRILL, BAKE AND STEW



Please retain instructions for future reference.

Safety Instructions

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

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 aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

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

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

This appliance contains no user serviceable parts, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.
Do not leave the appliance unattended whilst connected to the mains power supply.
Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.
Do not pull or carry the appliance by its power supply cord.
Do not use the appliance for anything other than its intended use.
Do not use any accessories other than those supplied.
Do not use this appliance outdoors.
Do not store the appliance in direct sunlight or in high humidity conditions.
Do not move the appliance whilst it is in use.
Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.
Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.
Switch off the appliance and disconnect it from the mains power supply before changing or fitting accessories.
Always unplug the appliance after use and before any cleaning or user maintenance.
Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.
Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.
Use of an extension cord with the appliance is not recommended. This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.
This appliance is intended for domestic use only. It should not be used for commercial purposes.
The outer surface or door may get hot during operation.



CAUTION: Hot surface – do not touch any sections or surfaces of the appliance that may become hot or the heating components of the appliance.

WARNING: Keep the appliance away from flammable materials.

Automatic Switch-off

The AeroCook Pro is fitted with an automatic switch-off.

This may activate if:

1. The set cooking time has elapsed. The timer will sound and the automatic switch-off will activate, turning off the AeroCook Pro.
2. The cooking compartment is pulled away from the AeroCook Pro during cooking. In this case, the timer will pause; it will continue counting down when the cooking compartment is replaced.

NOTE: If the AeroCook Pro needs to be turned off before the set cooking time has elapsed, switch off and unplug it from the mains power supply.

Dos and Don'ts

DO:

Check that the baking/drip tray is inserted in the lowest position when cooking with other accessories to catch any drips and make cleaning easier.

Make sure that the cooking rack and baking/drip tray is correctly aligned when inserting into the AeroCook Pro.

Wear heat-resistant gloves when adding or removing food or using the cooking accessories.

Take care when opening the cooking compartment door of the AeroCook Pro, as steam may be emitted.

Empty the baking/drip tray if it becomes too full with excess oil. Use a heatproof dish to collect excess oil, and dispose of it properly once it has cooled.

Use the rotisserie tongs when removing rotisserie accessories, taking care not to touch the heating element as these could still be hot after use.

DO NOT:

Move the AeroCook Pro when hot or with hot food inside, as oil or juices could spill from the baking/drip tray.

Cover the AeroCook Pro or its air inlets or outlets, as this will disrupt the airflow and could affect the cooking results and cause heat damage or fire.

Store anything on top of the AeroCook Pro; it must be kept clear at all times.

Touch the inside of the cooking compartment or any of the accessories when hot.

Touch the sharp ends of the rotisserie forks.

Leave the AeroCook Pro unattended when cooking at a high temperature or cooking flammable foods.

Position the AeroCook Pro directly against a wall or other surface, as the air outlet may cause heat damage.

Spray the heating element in the top of the inner unit with cleaning solution.

Turn the timer control dial in an anticlockwise direction as this will damage its accuracy.

Care and Maintenance

The AeroCook Pro has a self-clean function. To use this, allow the AeroCook Pro to cool for approx. 15 minutes and then add warm water to the non-stick cooking bowl, filling it no more than 2–3 cm in depth. Add a small amount of mild detergent. Plug in and switch on at the mains power supply. Set the temperature control dial to 'self-clean' and the timer control dial to 5 minutes. When finished, allow to cool before removing the water and wiping clean. Allow to dry thoroughly before storing or reusing.

Before attempting any cleaning or maintenance, switch off and unplug the AeroCook Pro from the mains power supply and allow it to cool fully.

STEP 1: Wipe the AeroCook Pro main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the mesh frying basket, reversible grill rack, tongs and extender ring and non-stick cooking bowl in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the AeroCook Pro main unit or lid in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the AeroCook Pro or accessories, as this could cause damage.

NOTE: The AeroCook Pro should be cleaned after each use. The AeroCook Pro main unit and accessories are not suitable for use in a dishwasher.

The non-stick cooking bowl is suitable for use in a dishwasher.

Description of Parts



1. AeroCook Pro base unit
2. Lid
3. 5 litre non-stick cooking bowl
4. Safety handle
5. Timer control dial
6. Temperature control dial

7. Extender ring
8. Extender ring lip
9. Mesh frying basket
10. Reversible grill rack
11. Tongs

Instructions for Use

Before First Use

STEP 1: Before connecting to the mains power supply, wipe the AeroCook Pro main unit with a soft, damp cloth and allow to dry thoroughly.

STEP 2: Clean all of the accessories in warm, soapy water, then rinse and dry thoroughly. Do not immerse the AeroCook Pro main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the AeroCook Pro or its accessories, as this could cause damage.

STEP 3: Place the AeroCook Pro main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

NOTE: When using the AeroCook Pro for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the AeroCook Pro during use. It is advised to run the AeroCook Pro at a high temperature without food in for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste.

Assembling the AeroCook Pro

STEP 1: Place the non-stick cooking bowl inside the AeroCook Pro base unit, making sure that it is seated centrally.

STEP 2: Fit the desired accessories into the cooking compartment, until it is seated securely.

Grill foods by placing the reversible grill rack into the non-stick cooking bowl.

Air fry foods by placing the mesh frying basket on top of the reversible grill rack.

Cook larger foods by fitting the extender ring onto the top of the non-stick cooking bowl, if required.

STEP 3: Once the required accessories are in place, the lid can then be fitted on top of the extender ring. The extender ring can be found underneath the non-stick cooking bowl.

NOTE: The air fryer comes preassembled. The cooking compartment should be closed securely before use, as not doing so will prevent the air fryer from working.

Using the AeroCook Pro

STEP 1: Plug in and switch on the AeroCook Pro at the mains power supply.

STEP 2: Preheat the AeroCook Pro for approx. 10 minutes using the timer and temperature control dials; the AeroCook Pro does not need to be preheated to work efficiently. The green indicator light will switch off once the AeroCook Pro has reached the desired temperature.

STEP 3: Place the ingredients to be cooked into the non-stick cooking bowl or on top of the required cooking accessory, taking care not to overfill it. Slide the cooking accessory with food into the AeroCook Pro main unit.

STEP 4: Place the lid onto the cooking accessory.

STEP 5: Push the safety handle down until it clicks into place.

STEP 6: Use the temperature control dial to set the AeroCook Pro to the required heat setting.

STEP 7: Determine the cooking time required for the ingredients and use the timer control dial to set the desired time accordingly.

STEP 8: Some ingredients may require moving during the cooking cycle. Remove the cooking accessory containing the food by gently pulling it out from the AeroCook Pro main unit using heat-resistant gloves. Shake the food gently as required, then slide it back into the AeroCook Pro main unit and close the cooking compartment to continue cooking.

STEP 9: Once cooking is complete and the time has elapsed, the halogen infrared element and fan will switch off. If the ingredients are not cooked, close the cooking compartment and use the timer control dial to adjust the cooking time accordingly. If the food is cooked, remove the cooking accessory containing the food from the cooking compartment using heat-resistant gloves, then empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tongs if the food is large or fragile. Lift the safety handle to remove the lid, taking care to avoid any hot steam escaping and hot food splashes. To stop the cooking process before the preset time has elapsed, lift the safety handle.

NOTE: The safety handle has an integrated safety switch which needs to be securely pressed down to allow cooking to commence. Always remove the lid using the safety handle to check that the safety switch is activated.

Turn off the AeroCook Pro and wait for the timer to count down if the timer control has been set incorrectly.

Other than when preheating the AeroCook Pro, do not operate the AeroCook Pro whilst it is empty.

CAUTION: Exercise caution when opening and closing the cooking compartment during use, as it will become very hot. Always check that food is cooked thoroughly and is piping hot before removing it from the AeroCook Pro.

WARNING: Nominal voltage is still present even when the AeroCook Pro is turned off. To fully turn off the AeroCook Pro, switch off and unplug it from the mains power supply. The AeroCook Pro will become very hot during use; take caution to avoid injury and always place on a heat-resistant surface.

AeroCook Pro Functions

When using any of the functions, avoid foods being positioned too close to the halogen heating element. The extender ring should be used to increase the distance between the food and the halogen heating element and to create extra space for larger foods or larger quantities. The cooking time will vary dependent upon the thickness of the food; a 4 cm thick steak will take longer to cook than a 2 cm thick steak. Frozen foods such as burgers are likely to require a longer cooking time. To guarantee an even colour, foods can be turned periodically during the cooking process using the tongs.

Grilling

When grilling, make sure that all foods are placed on the reversible grill rack and the temperature is set between 220–240 °C. Use the reversible grill rack as a high or low grill as required.

Air Frying

When air frying, place the foods into the mesh frying basket and position it on top of the reversible grill rack. Use the reversible grill rack as a high or low grill as required.

Thawing

Although the AeroCook Pro can be used to cook food from frozen, the 'Thaw' function can be used to defrost food at a low temperature by turning the temperature control to 'Thaw'. This is the most efficient way to defrost without changing the quality or texture of the food. The length of time taken to defrost is dependent upon the food. To determine whether the food is defrosted thoroughly, use a fork to pierce the food.

CAUTION: Always check that food is thoroughly thawed before cooking. Follow normal cooking guidelines once thawed.

Toasting

The AeroCook Pro can be used to toast a variety of foods, including bread, crumpets and bagels. The hot air in the AeroCook Pro will usually toast both sides of the food at the same time. To toast, use the reversible grill rack as a high grill rack and set the temperature to 220–230 °C. For best results, flip the toast/bagel halfway through.

Hints and Tips

To achieve optimum results when using the AeroCook Pro:

1. When cooking one food after another, wipe down the cooking accessory between uses.
2. When cooking foods without a marinade or sauce, coat them in oil to prevent sticking.
3. Avoid using metal utensils, abrasive cleaners or metal scouring pads as this could damage the non-stick coating.

Cooking Guide

The following is a guideline for cooking certain types of foods with the AeroCook Pro XL. This is a guideline only and cooking should always be monitored. Food should always be piping hot before serving.

Food Item	Rack	Temperature	Approx. Cooking Time	Further Instructions
Vegetables				
Crisps	Low	175 °C	15–20 mins	Spray with ½ tbsp oil and add thinly sliced potatoes to the mesh frying basket, using the reversible grill rack as a low grill.
Homemade chips / sweet potato chips	Low	200 °C	20–25 mins	Parboil the potatoes, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Potato wedges/ Sweet potato wedges	Low	200 °C	10–20 mins	Cut the potatoes into wedges, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Oven Chips (frozen)	Low	180–200 °C	15–20 mins	Add chips to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Roasted vegetables	Low	210 °C	35 mins	Add vegetables to the mesh frying basket, using the reversible grill rack as a low grill. Coat in oil and shake halfway through cooking.
Potatoes (Roast, small, cut)	Low	200–250 °C	40–50 mins	Parboil the potatoes, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Potato (baked, medium sized)	Low	180–200 °C	50–70 mins	Use the reversible grill rack as a low grill and place the potato directly onto the rack.
Onion Rings	High	220 °C	16 mins	Add onion rings to the mesh frying basket, using the reversible grill rack as a high grill. Turn halfway through cooking.
Fish				
Breaded fish fillets	Low	190 °C	15–20 mins	Arrange in a single layer in the mesh frying basket, using the reversible grill rack as a low grill. Use the extender ring. Turn halfway through cooking.

Grilled prawns	High	220 °C	8–10 mins	Use the reversible grill rack as a high grill and place the fish onto the rack. The extender ring should be used to increase the distance between the food and the heating element.
Cod Steak (150 g)	High	190–200 °C	18–24 mins	Use the reversible grill rack as a high grill and place the fish onto the rack. The extender ring should be used to increase the distance between the food and the heating element.
Salmon fillets	High	220 °C	16 mins	Arrange in a single layer in the mesh frying basket and spray with oil, using the reversible grill rack as a high grill. Use the extender ring. Turn halfway through cooking.
Poultry				
Roast Chicken (1.5 kg)	Low	180 °C	60–80 mins	Place chicken into the mesh frying basket, using the reversible grill rack as a low grill. Use the extender ring.
Chicken Breast (300 g)	Low	180–200 °C	20–25 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Chicken Wings	Low	175 °C	15 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Chicken Legs/Thigh	Low	220 °C	5–10 mins	Use the reversible grill rack as a low grill and place chicken onto the rack. Cook for approx. 5–10 mins, then turn the temperature down to 190 °C and cook for approx. 15–20 mins for thighs or approx. 5–10 mins for legs.
Chicken Burger	Low	200 °C	12–15 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Duck breasts	Low	180 °C	30–40 mins	Use the reversible grill rack as a low grill, score the duck and place onto the rack.
Meat				
Sirloin steak	Low	200 °C	Well done: 20 mins. Medium: 16 mins. Medium Rare: 14 mins Rare: 8 mins	

Gammon Joint (2 kg)	Low	160 °C	120–160 mins	Use the reversible grill rack as a low grill and place the gammon onto the rack. Cover loosely with foil. Use the extender ring. Remove the foil approx. 10 mins before the end of cooking.
Pork Chop	Low	175 °C	12–15 mins	Place chops into the mesh frying basket, using the reversible grill rack as a low grill. Turn halfway through cooking.
Individual Ribs	Low/ High	200 °C	5–8 mins	Place ribs into the mesh frying basket, using the reversible grill rack as a low grill. Cook for approx. 5 minutes, then move to the high grill and turn the temperature up to 225 °C for approx. 2–3 mins to crisp. Use the extender ring.
Rack of 4/5 Ribs	Low	220 °C	20–25 mins	Place ribs onto mesh frying basket, using the reversible grill rack as a low grill. For extra caramelisation, change to the high grill rack after 15–20 mins and cook for 2–3 mins to crisp.
Lamb Chop	Low	175 °C	5–20 mins	Place into the mesh frying basket, using the reversible grill rack as a low rack. Cooking time varies dependent on preferred taste.
Rack of Lamb	Low	200 °C	25–30 mins	Place into the mesh frying basket, using the reversible grill rack as a low rack.
Minced beef based one pot dish (e.g. chilli con carne)	None	180 °C	30 mins	Add all ingredients directly into the non-stick cooking bowl and cook.
Chicken based one pot dish (e.g. chicken curry)	None	200 °C	40 mins	Add all ingredients directly into the non-stick cooking bowl and cook.

Storage

Check that the AeroCook Pro is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the AeroCook Pro; wrap it loosely to avoid causing damage.

Specifications

Product code: EK2386
 Input: 220–240 V ~ 50/60 Hz
 Output: 1000 W



Recipes

Always check that the food is piping hot and cooked thoroughly before serving.

Chicken Casserole

Ingredients

400 g jersey royal potatoes, washed and peeled
400 g tin of peeled tomatoes
250 g white turnips, sliced
113 g chestnut mushrooms
60 g lardons
60 g unsalted butter
6 chicken thighs and breasts
2 large onions, thinly sliced
2 sticks celery, coarsely chopped
1 bouquet garni, including parsley, thyme and a bay leaf
Olive oil
Parsley, chopped
½ orange rind, finely chopped
Salt and pepper, to taste

Method

Preheat the AeroCook Pro to 220 °C.
Drizzle olive oil into the bottom of the non-stick cooking bowl.
Fry the lardons, onions, mushrooms and celery for approx. 5 minutes. Remove the bacon mixture and set aside.
Add the unsalted butter and chicken to the non-stick cooking bowl and fry the chicken joints in the melted butter until golden.
Return the bacon mixture and scatter the potatoes and turnips over the chicken. Add the tin of tomatoes and bouquet garni and then season to taste with salt and black pepper.
Make sure that all of the vegetables are submerged in the liquid. Cook for approx. 5–10 minutes to reach simmering point.
Turn the heat down to 160 °C and cook for approx. 1 hour or until tender.
Combine the parsley and orange rind and sprinkle over the casserole.
Serve immediately.

Crispy Sesame Fried Chicken

Ingredients

680 g chicken breast
150 g rolled porridge oats
112 g white rice flour
37 g toasted sesame seeds
118 ml chicken stock
1 tbspc chicken bouillon powder
1 tsp onion powder
1 tsp garlic powder
½ tsp curry powder
½ tsp dried basil
½ tsp dried oregano
½ tsp ground black pepper
½ tsp garlic powder
Spray oil
Salt, to taste

Method

Season the chicken with salt, pepper and garlic powder to taste and chill for approx. 4 hours.
Preheat the AeroCook Pro to 200 °C.
In a medium bowl, mix together the oats, sesame seeds, ½ tsp salt and chicken bouillon powder and set aside.
In another bowl, combine the rice flour, ½ tsp salt, onion powder, garlic powder, curry powder, basil, oregano and chicken stock.
Dip the chicken into the chicken stock and then roll in the sesame seed mixture.
Spray the chicken with oil and place into the mesh frying basket, using the reversible grill rack as a low grill. Cook for approx. 10 minutes until golden brown.
Serve immediately.

Chicken Nuggets

Ingredients

12 cream or plain crackers
2 skinless chicken breast fillets,
cut into 2–3 cm pieces
2 medium eggs
2 garlic cloves (optional)
1 lemon (optional)
2 tbspc dry parsley or 4 sprigs fresh
parsley (optional)
2 tbspc butter
Plain flour
Spray oil
Salt and pepper, to taste

Method

Peel the garlic and zest the lemon.
Put the crackers into a food processor with the butter, garlic, parsley, lemon zest and a pinch of salt and pepper and then process until the mixture is very fine. Pour these crumbs onto a plate. Sprinkle the flour onto a second plate. Crack the eggs into a small bowl and beat with a fork.
Dip one chicken piece at a time into the flour to coat, then into the egg mixture and then the crumbs. Repeat this process, ensuring the crumbs are compact and the chicken pieces are completely covered.
Preheat the Aero cook Pro to 180 °C.
Spray the chicken pieces with oil and place into the mesh frying basket, using the reversible grill rack as a low grill.
Cook for approx. 10–12 minutes until golden brown.
Serve immediately.

Chicken Wings

Ingredients

2.5 kg chicken wings
Spray oil

Dry Rub – Jamaican Jerk

75 g plain flour
1 egg, beaten
2 tbsp sugar
1 tbsp ground allspice
1 tbsp ground black pepper
4½ tsp onion powder
4½ tsp dried thyme, crushed
1½ – 3 tsp ground red pepper
1½ tsp salt
¼ tsp ground nutmeg
¼ tsp ground garlic cloves

Marinade – BBQ Chicken

3 cm piece of fresh ginger, peeled and grated
1 garlic clove, crushed
3 tbsp orange marmalade
2 tbsp honey
1 tbsp sesame oil
2 tsp soy sauce
1½ tsp Chinese five-spice
½ tsp grated orange zest

Method

Preheat the AeroCook Pro to 175 °C.
For the dry rub, in a small mixing bowl combine all of the dry rub ingredients. Sprinkle the mixture evenly over the chicken and rub in. Spray both sides of the chicken with oil. Place into the mesh frying basket, using the reversible grill rack as a low grill.
Cook for approx. 15 minutes until crispy.
For the marinade, in a large bowl combine all of the marinade ingredients.
Add the chicken to the mixture and coat completely. Leave to marinate for at least 2 hours, preferably overnight, turning occasionally.
Place the chicken into the mesh frying basket, using the reversible grill rack as a low grill. Cook for approx. 15 minutes.
Serve immediately.

Chinese Duck Stir-fry

Ingredients

50 g bean sprouts
1 duck breast
1 red pepper, cut into strips
1 red chilli, finely chopped
1 garlic clove, finely chopped
3 cm ginger, cut into thin strips
Handful of spring onions, cut into thin strips
Handful of baby carrots
Handful of sugar snap peas or mange tout
Handful of coriander leaves and stalks, finely chopped
1 tbsp mirin
1 tbsp soy sauce
1 tbsp honey
1 tbsp sesame oil
Spray oil

Method

Preheat the AeroCook Pro to 180 °C.
Score the skin of the duck breast and place skin side down into the non-stick cooking bowl.
Drizzle with the honey and cook for approx. 40 minutes. When the duck has cooked through, remove from the heat and leave to rest for approx. 5 minutes. Cut into slices.
Add the remaining ingredients into the non-stick cooking bowl, spray with oil and cook for approx. 2–5 minutes. Adjust the cooking time according to preference.
Serve immediately.

Sticky BBQ Ribs

Ingredients

4 racks of ribs
100 ml soy sauce

For the Marinade

100 g soft brown sugar
100 g ginger, peeled and finely grated
3 garlic cloves, peeled and crushed
200 ml tomato ketchup
100 ml rice wine
1 tbsp Dijon mustard

Method

Place the ribs into a large saucepan and cover with cold water. Add the soy sauce, gently bring to the boil and simmer for approx. 15 minutes. Remove the pan from the heat and leave to cool for approx. 30 minutes.

Meanwhile, for the marinade, combine the brown sugar and rice wine in a small pan. Heat gently until the sugar has dissolved. Add the ginger and the garlic and cook for approx. 10 minutes.

Add the remaining marinade ingredients and stir well. Continue to simmer for 2–3 minutes.

Pour into a bowl and set aside to cool.

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

Position the ribs in a large dish, place in the fridge and leave for approx. 2–3 hours, or overnight if possible.

Preheat the AeroCook Pro to 220 °C.

Place the ribs into the mesh frying basket, using the reversible grill rack as a low grill.

Cook for approx. 20–25 minutes.

Throughout the cooking process, brush the ribs with the marinade. For extra caramelisation of the marinade, after approx. 15–20 minutes, turn the reversible grill rack over and use as a high grill rack and cook for a further 2–3 minutes.

Serve immediately.





Roast Gammon Joint

Ingredients

2 kg gammon joint

Method

Preheat the AeroCook Pro to 160 °C.

Using the reversible grill rack as a low grill, place the gammon joint onto the rack. Cover loosely with foil and cook for approx. 2 hours.

Remove the foil and let the gammon joint brown for approx. 10 minutes, turn it and continue to brown for a further 20 minutes.

The extender ring should be used to increase the distance between the food and the heating element.

Cook until the juices run clear, as the cooking time will vary dependent upon the size of the joint.

Serve immediately.

Mustard Pork Chops

Ingredients

2 pork chops

Dijon mustard

Method

Preheat the AeroCook Pro to 175 °C.

Coat the pork chops with the Dijon mustard.

Place the chops into the mesh frying basket, using the reversible grill rack as a low grill. Cook for approx. 12-15 minutes until the fat becomes crispy.

The extender ring should be used to increase the distance between the food and the heating element. Turn over halfway through to caramelize both sides.

Serve immediately.

Lamb Bolognese

Ingredients

500 g lamb mince
400 g tin peeled, chopped tomatoes
125 g mushrooms, chopped
200 ml passata
70 ml red wine
2 lamb stock cubes
Large pinch of dried oregano
Fresh basil
Grated parmesan cheese
Salt and pepper, to taste
Pasta, to serve

Method

Preheat the AeroCook Pro to 180 °C.
Put an ovenproof dish inside the AeroCook Pro to heat through, with a drizzle of oil in the bottom.
Add the mince to dish and break down. Cook for approx. 5–10 minutes. Once the mince starts to brown, sprinkle over the stock cubes and then add the tomatoes, passata, dried herbs and seasoning to taste. Stir thoroughly to combine.
Lower the heat to 140 °C and cook for approx. 45 minutes, stirring occasionally.
Add the wine and mushrooms, bring back to the boil and simmer for a further 25 minutes.
Serve with pasta and garnish with grated parmesan and fresh basil, as desired.

Chilli Con Carne

Ingredients

800 g chopped tomatoes
500 g minced beef
400 g kidney beans
2 red peppers, deseeded and chopped
2 onions, chopped
2 garlic cloves, crushed
1 red chilli, deseeded and chopped (optional)
1 beef stock cube, crumbled and dissolved in hot water
2 tbsp olive oil
1 tbsp tomato puree
1 tsp chilli powder
1 tsp Worcestershire sauce
Salt and pepper, to taste
Rice, to serve

Method

Preheat the AeroCook Pro to 180 °C.
Drizzle olive oil into the bottom of the non-stick cooking bowl. Soften the onion and peppers in the oil for approx. 5 minutes.
Add the chilli powder and stir, then add the minced beef and fry until brown. Add the garlic, tomatoes, tomato puree, kidney beans, chilli, stock, Worcestershire sauce and season to taste.
Mix well, cover and cook in the AeroCook Pro for approx. 30 minutes.
Serve with the rice.

Beef Stew

Ingredients

500 g stewing steak, diced
3 carrots, peeled and chopped
3 celery sticks, chopped
1 onion, chopped
700 ml beef stock
125 ml red wine (optional)
2 tbsp sunflower oil
1 tbsp plain flour
1 tbsp cornflour
Mixed dry herbs
Salt and pepper, to taste

Method

Preheat the AeroCook Pro to 140 °C.
Fry the onion gently in the sunflower oil in the non-stick cooking bowl until soft. Remove and set aside. Increase the heat to 180 °C and fry the diced meat until it is sealed and brown.
Return the onion to the dish and add the plain flour, mixing well. Gradually add the wine and stock, stirring continuously.
Add the dry herbs to the sauce and simmer for approx. 4 minutes, stirring occasionally.
Check that the meat is tender. Add the carrots and celery and simmer for a further 25 minutes. Stir every 10 minutes. Mix in the cornflour to thicken.
Before serving, check that the vegetables are cooked to the required tenderness and the beef is soft.

Peppercorn Steak

Ingredients

2 x 200 g sirloin steak (1.5 cm–2.5 cm thick)
Black and white peppercorns, to taste

For the Sauce

50 g unsalted butter
2 shallots, finely diced
100 ml beef stock
2 tbsp Worcestershire sauce
2 tbsp brandy
2 tbsp double cream
1 tbsp Dijon mustard
1 tbsp olive oil
1 tbsp green peppercorns
Salt and pepper, to taste

Method

Pat the steaks with paper towels and press the black and white peppercorns into both sides. Cover with foil or plastic wrap and place in the fridge for approx. 2–3 hours.
Preheat the AeroCook Pro to 200 °C.
Using the reversible grill rack as a low grill, place the steaks onto the rack. Turn halfway through cooking. Cook dependent upon desired taste:

Well done	Approx. 20 minutes
Medium rare	Approx. 14 minutes
Rare	Approx. 8 minutes

Meanwhile, make the sauce.
Heat the oil and butter in a fry pan and cook the shallots over a medium heat until soft.
Add the Worcestershire sauce, brandy and stock to the pan.
Cook rapidly, deglazing the pan and stirring continuously. Add the green peppercorns, mustard and cream and season to taste.
Remove the steaks from the AeroCook Pro, leave to rest for approx. 5 minutes and then slice diagonally. Add to the sauce and stir in the meat juices.
Serve immediately.

Breaded Prawns

Ingredients

150 g plain flour
20–25 prawns, raw
1 egg, whisked
Spray oil
Breadcrumbs, to coat
Salt and pepper, to taste

Method

Prepare the prawns by removing the shells and deveining.

In a medium sized bowl, add the flour and coat each prawn.

Place the breadcrumbs into a separate bowl. Dip the flour-covered prawns into the egg and then roll in the breadcrumbs until completely covered. Preheat the AeroCook Pro to 220 °C.

Spray the prawns with oil and place into the mesh frying basket, using the reversible grill rack as a high grill. Cook for approx. 10 minutes, until golden brown and cooked through.

Serve immediately.





Vegetable Spring Rolls

Ingredients

- 300 g mung bean sprouts
- 57 g canned bamboo shoots
- 6 dried black mushrooms
- 4 sheets filo pastry, cut into 4
- 1 medium carrot
- ½ red bell pepper
- 2 ½ tbsp oyster sauce
- 2 tbsp oil for stir-frying
- 2 tbsp butter, melted
- 1 tbsp low sodium chicken broth or water
- 2 tsp light soy sauce
- 1 tsp sugar
- Spray oil
- Salt and freshly ground pepper, to taste

Method

To make the filling

For 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 approx. 20–30 minutes. Squeeze any excess liquid 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, soy sauce and sugar and set aside. Heat the oil in a fry pan, making sure that the pan is coated. When the oil is sizzling, stir-fry the vegetables, beginning with the mushrooms, and then add the bamboo shoots, bell pepper, mung bean sprouts and grated carrot, for approx. 1–2 minutes. Stir in the sauce ingredients and simmer for a further minute. Season with salt and freshly ground pepper to taste. Remove from the heat and cool. Roll out the filo pastry. 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 and then continue rolling into a cylinder. Brush with butter to seal the pastry. Preheat the AeroCook Pro to 180 °C. Spray the spring rolls with oil. Place them into the mesh frying basket, using the reversible grill rack as a high grill. Cook for approx. 25–35 minutes or until golden brown, turning once. The extender ring should be used to increase the distance between the food and the heating element. Serve immediately with desired dipping sauces.

Beer Battered Onion Rings

Ingredients

250 g plain flour
112 g breadcrumbs
2 large onions
1 egg
178 ml beer/ale
Spray oil

Method

Wash and peel the onions, cut into 6 mm thick rounds and separate the rounds into rings. In a mixing bowl, combine the flour, egg and beer; the consistency of the mixture should not be too runny but should be thin enough to coat the onion rings.

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

Preheat the AeroCook Pro to 225 °C.

Spray the onion rings with oil.

Place them into the mesh frying basket, using the reversible grill rack as a low grill.

Cook for approx. 5–8 minutes until golden brown.

Serve immediately.

Sweet Potato Wedges

Ingredients

2 sweet potatoes, cut into 12 wedges
1 tsp chilli flakes
Spray oil
Salt and pepper, to taste

Method

Preheat the AeroCook Pro to 200 °C.

Spray the potatoes with oil and mix to coat evenly. Add the chilli flakes, season to taste with salt and pepper and stir to combine.

Spread the potatoes into the mesh frying basket, using the reversible grill rack as low grill. Cook for approx. 10–20 minutes. Shake halfway through to evenly coat with oil.

If cooking more wedges using the high grill at the same time, the extender ring should be used to increase the distance between the food and the heating element.

Serve immediately.

Roast Potatoes

Ingredients

1 kg potatoes, halved
6 tbsp olive oil
Salt and pepper, to taste

Method

Peel the potatoes and cut them in half. Add the potatoes to a pan of cold salted water and bring to the boil.

Once boiling point has been reached, continue to cook for approx. 6 minutes and then drain and place into a large bowl.

Preheat the AeroCook Pro to 250 °C.

Spray the potatoes with oil and mix to coat evenly.

Spread the potatoes into the mesh frying basket, using the reversible grill rack as low grill. Cook for approx. 25 minutes. Shake to evenly coat with oil and then cook for a further 25 minutes or until crispy and golden.

If cooking more potatoes using the high grill at the same time, the extender ring should be used to increase the distance between the food and the heating element.

Season to taste and serve immediately.

Roasted Vegetables

Ingredients

12 cherry tomatoes on the vine
10 garlic cloves, left whole with skins still on
3 large chestnut mushrooms, quartered
2 white onions, quartered
1 butternut squash, skin removed and diced
1 red pepper, sliced
1 green pepper, sliced
1 yellow pepper, sliced
1 orange pepper, sliced
1 courgette, sliced at an angle
2 tbsp olive oil
1 tsp mixed herbs
Salt and pepper, to taste

Method

Preheat the AeroCook Pro to 210 °C.
Coat the vegetables in olive oil and season with salt, pepper and mixed herbs to taste.
Place into the mesh frying basket, using the reversible grill rack as a low grill. Cook for approx. 35 minutes and serve immediately.

Banana Pancakes

Ingredients

4 bananas, mashed, with 1 tsp lemon juice
1 egg
256 g plain flour
157 ml milk
2 tsp baking powder
2 tbsp icing sugar
¼ teaspoon salt
Spray oil
Greaseproof paper
Cinnamon sugar, to serve
Warm syrup, to serve

Method

Sift and mix all of the dry ingredients. Whisk together the milk and egg and add to the dry ingredients. Fold in the mashed bananas. If the batter seems too thick, add more milk; if the batter seems too thin, add more flour. The batter should mould onto the back of a spoon. Split the batter mixture into 4 equal sized pancakes, approx. 9 cm in diameter. Preheat the AeroCook Pro to 190 °C. Line the mesh frying basket with greaseproof paper, using the reversible grill rack as a high grill. The extender ring should be used to increase the distance between the food and the heating element. Make sure that there is enough space between each pancake, as they will increase in size when cooking. Spray the pancakes with oil and place into the mesh frying basket, cooking for approx. 12 minutes, until brown on both sides. Serve immediately with cinnamon sugar and syrup.

Orange or Lemon Cake

Ingredients

200 g self raising flour
150 g butter, melted
150 g sugar
2 eggs
3 tbsp icing sugar
2 tbsp milk
1 tsp orange or lemon essence
Zest and juice of 1 orange (or lemon)

Method

Beat the melted butter and sugar together until creamy and then stir in the flour, milk, orange or lemon essence and zest.

Pour the mixture into a greased loaf tin.

Preheat the AeroCook Pro to 180 °C.

Using the reversible grill rack as a low grill, place the loaf tin onto the rack.

Cook for approx. 30–40 minutes, until firm and cooked and then place onto a cooling rack to cool.

Mix the orange or lemon juice and icing sugar together and pour over the cooled cake. If lemon is being used, more sugar will be needed to add more sugar to balance out the sourness of the lemon. Serve immediately.



Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth ()

FOR UK USE ONLY - Plug fitting details (where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked **N** or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

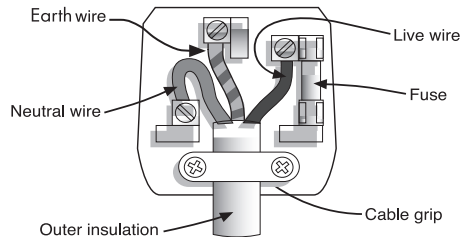
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (.

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt, consult a qualified electrician who will be pleased to do this for you.



Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

**UP Global Sourcing UK Ltd.,
Victoria Street, Manchester OL9 0DD. UK.
Edmund-Rumpler Straße 5, 51149 Köln. Germany.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department at www.salter.com

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Salter will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

Disposal of Waste Batteries and Electrical and Electronic Equipment



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

*To be eligible for the extended guarantee, go to guarantee.upgs.com/salter and register your product within 30 days of purchase.

3
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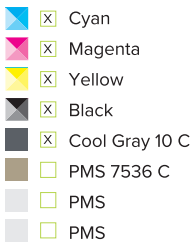




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