

SALTER



Low Fat Fryer

The versatile cooking solution, just spray and fry

 OVER 250 YEARS OF GREAT BRITISH DESIGN & INNOVATION

SALTER

Low Fat Fryer

The versatile cooking solution,
just spray and fry

*"My Salter Low Fat Fryer
allows me to prepare healthier
fried food with less or no oil"*

| CONTENTS | PAGE |
|------------------------------|-------|
| Safety Instructions | 4–5 |
| Getting Started | 6 |
| In the Box | 6 |
| Features | 6 |
| Description of Parts | 7 |
| Instructions for Use | 8 |
| Before Using the Fryer | 8 |
| Preparing the Fryer | |
| for Cooking | 8 |
| Cooking Food | 8–9 |
| Fryer Settings | 9 |
| Frying | 9 |
| Grilling or Barbecue | 9 |
| Steaming | 10 |
| Thaw Setting | 10 |
| Toasting | 10 |
| Using the Fryer with | |
| Specific Food Types | 11 |
| Biscuits and Pastries | 11 |
| Bread Rolls and Garlic Bread | 11 |
| Cakes | 11 |
| Eggs | 11 |
| Fish | 11 |
| Frozen Food | 12 |
| Pies | 12 |
| Roasting Meat | 12 |
| Vegetables | 12 |
| Cooking Times Guidelines | 13 |
| Further Guidelines | 14 |
| Hints and Tips | 14 |
| Dos and Don'ts | 14 |
| Cleaning and Maintenance | 15 |
| Specifications | 15 |
| Recipes | 17–69 |
| Wiring Page | 70 |
| Guarantee | 71 |

Please read all of the instructions carefully and retain 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.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, 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 reach of children.

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 overload the appliance.

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 cover the appliance.

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.

Always unplug the appliance after use and before any cleaning or user maintenance (except when using the 'Self-Clean' function).

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.

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

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

Never place the lid onto any surface whilst hot, doing so could damage the worktop; use the lid stand provided.

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

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 lid or the outer surface of the appliance may get hot during operation.

Warning: Keep the appliance away from flammable materials.



Caution: Hot Surface - Do not touch the hot section or heating components of the appliance. Always use the handle, which operates the safety cut-out.

Caution: Take care not to pour water on the heating element.

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

12 litre glass cooking bowl

Insulated base with handles

Mesh tray

High grill rack

Low grill rack

Tongs

Lid stand

Oil sprayer

Instruction manual

Features

Prepare healthier fried foods with little or no oil

Also great for baking, roasting, grilling and steaming

Triple cooking power: halogen, convection and infrared

Uses less energy and cooks up to 3 x faster

12 litre total capacity

Power: 1400 W

Removable bowl for easy cleaning

Accessories include:- high rack, low rack, lid stand, tongs, mesh tray, & oil sprayer

Includes 50 recipes

Description of Parts



Instructions for Use

Before Using the Fryer

Ensure that the fryer is not connected to the mains power supply and wipe down the lid/cooker assembly with a soft, damp, lint-free cloth.

Wash the mesh tray, grill racks and removable glass bowl in warm water using a mild household detergent, rinse and allow to dry thoroughly.

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

Note: During the first use, there may be a slight odour; this is completely normal and will disappear after a few uses.

Preparing the Fryer for Cooking

Place the removable glass bowl securely onto the base ensuring that it is seated centrally.

Place the low grill rack or the high grill rack into the bottom of the bowl, with the mesh tray balanced on top, according to the food type being cooked.

Alternatively, both racks can be used: i.e. the high grill rack can be 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.

Once the food has been placed onto the tray, place the lid/cooker assembly onto the removable glass bowl.

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

Cooking Food

Push the safety handle down. Plug the mains power supply cord into the mains power socket and switch on if applicable.

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

Set the thermostat to the required temperature (between 125 °C–250 °C) and the halogen infrared element will come on.

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

Preheating the fryer for approximately 3 minutes before cooking commences will give better results with certain recipes, although it is possible to cook food without preheating. Other than this short preheat, do not operate the fryer whilst the removable glass bowl is empty.

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

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

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

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

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 count down naturally.

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

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.

Fryer Settings

Frying

When frying, if two grill racks are required to be used at once, ensure that the right food is placed onto the correct rack as specified in the recipes. Cook as per the recipe for the food placed onto the high grill rack but be aware of the distance between the heating element and the food, as this will affect cooking times. Once cooked, remove the high grill rack and continue to cook the food on the low rack for half of the time again.

When cooking one food after another, ensure that the removable glass bowl has been wiped down with some kitchen roll before putting in fresh food; this will prevent the fryer from smoking.

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

Be sure to spray the grill racks and mesh tray with oil before placing food onto them, as this will prevent it from sticking.

Grilling or Barbecuing

When grilling or barbecuing, ensure that all food items are placed onto the high grill rack and the temperature is set to between 220 °C–240 °C. It is important to consider the thickness of the food when selecting the cooking time. For example, a 4 cm thick steak will take longer to cook than a 2 cm thick steak. Also, consider that frozen foods such as burgers are likely to require a longer cooking time. To ensure an even colour, food should be turned periodically during the grilling process.

Handy Tip: Place a sheet of foil at the bottom of the removable glass bowl to collect excess fat for easier cleaning. Greaseproof paper can be placed onto the mesh trays to prevent food from sticking.

Steaming

When steaming meat, fish or vegetables, ensure that the vegetables are placed onto the low grill rack and that the high grill rack is used for meat or fish (if wrapping in tin foil).

Before starting the cooking process, fill the removable glass bowl with cold water to a level just below the low grill rack. For the best results, set the temperature to between 180 °C–200 °C. The food to be cooked 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.

Thaw Setting

The fryer has a thaw setting, which is a low temperature that should be used to defrost food. This is indicated on the thermostat.

The cooking duration depends upon the size and weight etc. of the food to be cooked. Most meat, for example, comes with a recommended cooking time and this should be used as a guide. As the fryer cooks faster than conventional ovens, cooking times may need to be reduced.

To determine whether the food is cooked, use a cooking thermometer or pierce the food with a fork or skewer to check that the juices run clear on meat, poultry etc. or for tenderness when cooking vegetables.

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

Toasting

The fryer will enable toasting of a wide variety of food including bread, crumpets and bagels. The hot air in the fryer will usually toast both sides of the food at once. To enable toasting, ensure that the high grill rack is used and that the temperature is set to between 220 °C–230 °C, according to personal taste. For the best results, flip the food over half way through the cooking programme.

Using the Fryer with Specific Food Types

Biscuits and Pastries

Place a baking tray onto the high grill rack containing the mixture. Set the fryer to between 220 °C–230 °C 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 onto the low grill rack and heat at 200 °C for approximately 5–7 minutes.

Cakes

To bake cakes, ensure that the fryer is preheated to between 220 °C–230 °C for approximately 3 minutes. If using a pre-prepared cake mix, deduct 10 °C from the recommended cooking temperature. Place the prepared cake mixture in a cake tin onto the low grill rack in the fryer. Cooking times will vary according to cake size.

Eggs

Place between 1–3 eggs onto the low grill rack. Set the temperature to 200 °C and the timer to approximately 6–10 minutes, depending upon whether soft or hard-boiled eggs are required.

Handy Tip: Use the tongs when removing the eggs from the fryer to avoid injury.

Fish

Fish can be cooked in a number of ways in the fryer, including steaming, grilling and baking. In order to steam fish, season to taste and wrap it in a sheet of tin foil. The fryer should be set to between 200 °C–250 °C for approximately 13–15 minutes (depending upon the weight of the fish) and the fish placed onto the high grill rack. The high grill rack can also be used for grilling fish and the fryer should be set to around 230 °C. To bake the fish, use the low grill rack and set the fryer to between 180 °C–200 °C for approximately 15–20 minutes.

Handy Tip: Cooking times may need to be adjusted according to taste and the weight of the fish.

Frozen Food

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

Pies

Using the high grill rack, set the fryer to 220 °C. For cooked pies, heat for approximately 8–12 minutes. Increase the time to approximately 20–25 minutes for frozen or uncooked pies.

Roasting Meat

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

Chicken: Set the fryer to around 230 °C for approximately 15 minutes per pound.

Pork: Set the fryer to 220 °C and place the pork onto the low grill rack for approximately 30–40 minutes or until crackling has formed. Then reduce the temperature to between 180 °C–200 °C, turn the meat and cook for an additional 20 minutes.

Lamb/Beef: Set the fryer to between 180 °C–200 °C, 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 onto the low grill rack in the fryer, ensuring that there is a 1 cm gap between each parcel. Set the timer to approximately 10–15 minutes and the temperature to 220 °C.

Handy Tip: Use both grill racks to enable cooking of a wide variety of vegetables. Ensure that the slower cooking vegetables are placed onto the high grill rack, as the temperature is hotter near the top of the fryer.

Cooking Times Guidelines

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

| Food Item | Shelf | Temperature | Approximate Cooking Time | Further Instructions |
|-------------------------|-------|-------------|--------------------------|---|
| Fish Bites | Low | 185 °C | 8 mins. | |
| Fish Fillet | Low | 190 °C | 15–20 mins. | |
| Chicken Bites/Strips | Low | 200 °C | 10–12 mins. | |
| Chicken Wings | Low | 175 °C | 10 mins. | |
| Chicken Legs/Thigh | Low | 220 °C | 5–10 mins. | Then turn the temperature down to 190 °C and cook for approximately 15–20 mins. for thighs and 5–10 mins. for legs. |
| Chicken Burger | Low | 200 °C | 12–15 mins. | |
| Chicken Breast | Low | 200 °C | 12–15 mins. | Ensure that the breasts have been flattened so that they are all the same thickness. |
| Pork Chop | Low | 175 °C | 12–15 mins. | |
| Individual Ribs | Low | 190 °C | 5 mins. | Then move to the high grill rack at 225 °C for approximately 2–3 mins. to crisp. |
| Rack of 4/5 Ribs | Low | 220 °C | 25 mins. | For extra caramelisation, change to the high grill rack after 15–20 mins. and cook for 2–3 mins. |
| Lamb Chop | Low | 175 °C | 5–10 mins. | Cooking time depends upon how well done the chop is required to be cooked. |
| Prawns/Shrimp in Batter | High | 180 °C | 5 mins. | |

Further Guidelines

| Food Item | Temperature | Time Taken |
|--------------------------------------|---------------|-------------|
| Roast Chicken (1.6 kg) | 180 °C–230 °C | 65–80 mins. |
| Roast Beef (1 kg) | 180 °C–190 °C | 60–75 mins. |
| Cod Steak (150 g) | 190 °C–200 °C | 18–24 mins. |
| Chicken Breast (300 g) | 180 °C–200 °C | 20–25 mins. |
| Peppers, halved | 190 °C–200 °C | 25–30 mins. |
| Onion (whole, small) | 180 °C–200 °C | 60–70 mins. |
| Potatoes (roast, small, cut) | 190 °C–210 °C | 25–40 mins. |
| Parsnips (strips - 2 cm diameter) | 200 °C | 25–40 mins. |
| Potato (baked, medium sized) | 180 °C–200 °C | 50–70 mins. |
| Yorkshire Pudding (frozen) | 180 °C–200 °C | 10–15 mins. |
| Oven Chips (frozen) | 180 °C–200 °C | 15–20 mins. |

Hints and Tips

The fryer enables almost any type of food to be cooked to perfection. The guide in this manual is there for reference when cooking further recipes. Once the fryer has been used several times, it will become easier to determine the best cooking times and temperatures to suit personal preferences.

Dos and Don'ts

Do: Ensure that the safety cut-out handle is engaged and in the secure position when using the fryer. If the safety handle has not clicked into place, the fryer will not operate.

Do: Use the safety cut-out handle when removing the lid/cooker assembly.

Do: Place food onto a grill rack to ensure good air circulation.

Do: Unplug the fryer from the mains power socket when not in use and before attempting any cleaning or maintenance.

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.

Do not: Leave the fryer unattended whilst cooking.

Do not: Touch the outer casing of the fryer.

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

Care and Maintenance

Before cleaning, always disconnect the fryer from the mains power supply and allow to fully cool for approximately 15 minutes.

The fryer has a 'Self-Clean' function but can also be cleaned manually. To clean manually, wipe the lid/cooker assembly with a soft, damp, lint-free cloth moistened with a mild detergent solution only.

Wash the grills racks, mesh tray and removable glass bowl in warm, soapy water; rinse and dry thoroughly.

Never immerse the lid/cooker assembly in water or any other liquid.

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

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

To use the 'Self-Clean' function, add warm water to the removable glass bowl, ensuring that there are no more than a few centimetres in depth and add a small amount of mild detergent.

Turn the fryer on, select the 'Self-Clean' function and programme the timer for 5 minutes.

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

Specification

Product Code: EK1950

Voltage: 220–240 V

Frequency: 50 Hz

Power: 1200–1400 W



Low Oil Recipes

Low Fat Fryer

The versatile cooking solution, just spray and fry

SALTER

Chicken Nuggets

Ingredients

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



Method

Preheat the fryer to 180 °C.

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 and a pinch of salt and pepper, then process until the mixture is very fine. Pour these crumbs onto a plate. Sprinkle the flour onto a second plate, then crack the eggs into a small bowl and beat with a fork. Roll the chicken pieces in the flour until all sides are completely coated, then dip them into the egg, followed by the flavoured crumbs. Rub the crumbs onto the chicken pieces so that they stick; the chicken pieces should be totally coated. Spray the chicken pieces on all sides with oil and cook them on the low grill rack in the mesh tray for approximately 10–12 minutes, until cooked through, golden and crisp.

Chicken Wings

Ingredients

2½ kg chicken wings

Dry Rub – Jamaican Jerk

1 egg, beaten

75 g plain flour

2 tbsp sugar

4½ tsp onion powder

4½ tsp dried thyme, crushed

1 tbsp ground allspice

¾ tsp ground nutmeg

¼ tsp ground garlic cloves

1½ to 3 tsp ground red pepper

1 tbsp ground black pepper

1½ tsp salt

Marinade – BBQ Chicken

2 tbsp clear honey

3 cm piece of fresh ginger, peeled and grated

1 garlic clove, crushed

1½ tsp Chinese five spice

2 tsp soy sauce

3 tbsp orange marmalade

½ tsp grated orange zest

1 tbsp sesame oil

Method

Preheat the fryer to 175 °C.

Dry Rub

In a small mixing bowl, stir together all of the ingredients. Sprinkle the mixture evenly over the chicken and rub it in with your fingers. Using the oil sprayer, spray all 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 of 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 onto 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.



SALTER

Crispy Fried Chicken

Ingredients

4 chicken pieces (2 legs and 2 thighs)
64 g all purpose flour
500 g cornflakes
160 ml buttermilk
2 tbsp Dijon mustard
¼ tsp cayenne pepper
1½ tsp paprika
¾ tsp ground sage
Vegetable oil
Salt and pepper, to taste



Method

Preheat the fryer to 220 °C.

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 of pepper. Dip the chicken into the flour so that it is fully coated, tap against the bowl to shake off any excess flour and set aside. Discard the unused flour. Place the cornflakes into a big, resealable bag, making sure that there is no air in the bag before sealing, then run a rolling pin over the bag to crush. 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 mixture and then roll in the crushed cornflakes. Arrange the chicken pieces in the mesh tray on the low grill rack, spray all over with oil and cook for approximately 5–10 minutes. Reduce the temperature to 190 °C and cook for a further 15–20 minutes for thighs and 5–10 minutes for legs.

Breaded Chicken Goujons

Ingredients

2 chicken breasts
50 g bread crumbs
50 g cream cheese



Method

Preheat the fryer to 200 °C.

Cut the chicken breasts into strips, spread the cream cheese evenly over the chicken, then coat with the breadcrumbs. Lightly spray the chicken with oil and place into a mesh tray on the low grill rack. Cook for approximately 10 minutes or until golden brown and firm to touch.

SALTER

Chicken Burger

Ingredients

2 chicken breasts
1 egg, beaten
½ onion, grated finely
75 g plain flour
75 g bread crumbs
Seasoning, to taste (salt, pepper, chillies,
seasoning of choice)



Method

Preheat the fryer to 200 °C.

Remove all of the excess fat from the chicken and cut it into 2½ cm chunks. Using a blender, pulse the chicken cubes until coarsely chopped. Place the chicken into a mixing bowl, add the onion and seasoning of choice and mix until combined. Mould the mixture into 4–5 even sized balls, then flatten into patties. Roll each burger in plain flour, coat in the whisked egg, then fully coat in the breadcrumbs. Spray both sides of the burger with oil and place the burgers on the low grill rack and cook for approximately 12–15 minutes or until golden brown.

Crispy Sesame Fried Chicken

Ingredients

680 g of chicken breast
1 tsp garlic powder
150 g rolled porridge oats
37 g toasted sesame seeds
1 tbsp chicken bouillon powder
½ tsp curry powder
112 g white rice flour
37 g self raising flour
118 ml chicken stock
1 tsp onion powder
1 tsp salt
½ tsp dried basil
½ tsp dried oregano
½ tsp ground black pepper



Method

Preheat the fryer to 200 °C.

Coat the chicken with the salt, black pepper and garlic powder then chill for approximately 4 hours. In a medium bowl, mix together the oats, sesame seeds, ½ tsp of salt and chicken powder then set aside. In another bowl, combine the rice flour, ½ tsp of salt, onion powder, curry 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 tray and cook for approximately 10 minutes or until golden brown.

SALTER

Japanese Style Fried Chicken

Ingredients

1½ lbs skinless, boneless chicken breast, cut into
1 inch cubes
2 eggs, lightly beaten
½ tsp white sugar
1 tbsp minced garlic
1 tbsp grated fresh ginger root
1 tbsp sesame oil
1 tbsp soy sauce
¼ tsp of a chicken stock cube
3 tbsp potato flour
1 tbsp rice flour
½ tsp salt
½ tsp black pepper



Method

Preheat the fryer to 200 °C.

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, then cover and refrigerate for approximately 30 minutes. Remove the bowl from refrigerator, add the potato flour and rice flour to the chicken and mix well. Spray the chicken with oil and place in the mesh tray 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
128 g all purpose flour
136 g dry bread crumbs
2 tsp dried parsley
1 tsp dried thyme
1 tsp dried oregano
1 tsp dried rosemary
¼ tbsp garlic powder
32 g grated Parmesan cheese
2 large eggs
60 ml whole milk
Vegetable oil
½ tbsp salt
1 tsp black pepper



Method

Preheat the fryer to 200 °C.

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 of the strips are covered then place them into the mesh tray on the low grill rack.

Cook for approximately 10 minutes or until golden brown.

SALTER

Stir Fried Chicken and Vegetable Noodles

Ingredients

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



Method

Preheat the fryer to 225 °C.

Mix the soy, oyster and chilli sauces together and set aside. Cook the noodles according to the pack instructions, drain and set aside. Spray the chicken on all sides with the groundnut oil, then place the chicken into the mesh tray on the low grill rack for approximately 5 minutes. When cooked, remove the low grill rack and place the chicken directly into the removable glass bowl. Add all of the vegetables and two tbsp of the ready-made sauce, just to coat. Cook for approximately 2 minutes at 225 °C, then add the noodles and the remaining sauce and cook for a further 4 minutes. The vegetables can be cooked for longer depending upon personal taste.

Red Pepper and Noodle Stir Fry

Ingredients

250 g rice/egg noodles
150 g mushrooms, sliced
100 g bean sprouts
2 red peppers, seeds removed, sliced
2 yellow peppers, seeds removed, sliced
200 g broccoli
2 spring onions, sliced
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 225 °C.

Prepare the noodles according to the instructions on the packet, then toss them in a little sesame oil and set aside. Add the peppers, mushrooms and broccoli to the removable glass bowl, 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 when serving.

SALTER

Chinese Duck Stir Fry

Ingredients

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



Method

Preheat the fryer to 150 °C.

Score the skin of the duck breast and place skin side down into a cold frying pan. Set over a medium heat and fry gently until the skin has browned, then turn the breast over and drizzle with honey. When the duck has cooked through, remove it from the heat and leave to rest for approximately 5 minutes before cutting into slices. Cook the noodles by following the instructions on the packet. Add all of the ingredients to the removable glass bowl (except for the duck and noodles), spray the ingredients with oil and cook for approximately 2–5 minutes. Adjust the cooking time according to personal taste. Add the noodles and heat for a further 2 minutes. Serve with the duck.

Sea Salted Crisps

Ingredients

2 medium white potatoes

Seasoning of choice, for example sea salt, vinegar or chilli



Method

Preheat the fryer to 175 °C.

Peel and wash the potatoes, then thinly slice and drop into cold, salted water. The potatoes can be sliced by hand but it is recommended that a mandolin slicer is used. Pat the potatoes dry, then spray with oil, making sure they are completely covered, then sprinkle with sea salt. Place as many slices as possible into the mesh tray on the low grill rack. Cook for approximately 15–20 minutes, until golden brown. When the crisps are cooked, season and mix to coat evenly.

SALTER

Chips or Sweet Potato Chips

Ingredients

4 potatoes or sweet potatoes
Olive oil



Method

Preheat the fryer to 200 °C.

Peel the potatoes and cut into chips.

Add the chips into a pan of cold salted water and bring them to the boil. Once boiling point has been reached, drain them and place them into a large bowl.

Using the oil sprayer, spray the chips with the olive oil and mix to coat evenly.

Spread the chips out in the mesh tray on the low grill rack and cook for approximately 20–25 minutes. Shake the mesh basket half way through cooking to make sure that the chips cooked evenly.

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 200 °C.

Wash and dry the potatoes but do not peel them. Cut the potatoes into large wedges and place them into a bowl. Add the remaining ingredients to the bowl and mix together. Spray the wedges with oil so that each one is lightly coated. Place the wedges into the mesh tray on the low grill rack and cook for approximately 10 minutes or until golden brown and crispy on the outside.

Mozzarella Dippers

Ingredients

Mozzarella cheese block - drained
150 g dry breadcrumbs, cracker crumbs,
cornflakes crumbs, or panko (Japanese
breadcrumbs)
2 tbsp flour
2 large egg whites, lightly beaten
Salt and pepper, to taste
Sauce for dipping



Method

Preheat the fryer to 200 °C.

Cut the mozzarella into even strips, lengthways. Place the cheese into the freezer for approximately 1 hour before cooking, as this will prevent the cheese from oozing out too much during the cooking process. Place the flour, egg whites and crumbs into three separate dishes, then add the salt and pepper to the flour. Dip one cheese stick at a time into the flour to coat, then into the egg whites, followed by the crumbs. Dip the cheese sticks into the egg a second time, then into the crumbs again, squeezing to help them stick; the cheese needs to be completely covered with crumbs or it will leak out. Spray each cheese stick lightly with oil and place into the mesh tray. Cook on the high grill rack for approximately 2–3 minutes or until golden brown. Season and serve immediately with the dip of choice.

Scotch Eggs

Ingredients

400 g sausage meat
150 g plain flour
6 hard boiled eggs
1 egg
7 tbsp fine dried breadcrumbs
1 egg, beaten



Method

Preheat the fryer to 200 °C.

Hard boil 6 eggs (following the process on page 11) and once the eggs are boiled, remove the shells. Dust a flat surface with flour and roll out the sausage meat to form 6 patties about 5 mm thick; they must be big enough to cover the hard boiled eggs. Wrap the sausage meat around each of the eggs then roll the sausage-covered eggs in plain flour. In a small bowl, whisk an egg and roll the floured sausage balls in the whisked egg until fully coated, then roll in the breadcrumbs until fully encrusted. Repeat the last two steps so that each egg has two coats of breadcrumbs. Spray each Scotch egg with oil and cook on the low grill rack for approximately 10–12 minutes or until golden brown. Turn the egg half way through to achieve an even colouring.

Onion Rings

Ingredients

2 large onions
112 g breadcrumbs
3 tbsp salted butter
1 egg, well beaten
Vegetable oil
Salt and pepper, to taste



Method

Preheat the fryer to 225 °C.

Wash and peel the onions, cut into 5 mm thick rounds, then 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 breadcrumb mixture until they are fully covered. Spray the onion rings with oil, then place into the mesh tray on the low grill rack and cook for approximately 5–8 minutes or until golden brown.

Beer Battered Onion Rings

Ingredients

2 large onions
150 g plain flour
178 ml of beer/ale
1 egg
112 g breadcrumbs
Salt and pepper, to taste



Method

Preheat the fryer to 225 °C.

Wash and peel the onions, cut into 6 mm thick rounds, then separate the rounds into rings. In a mixing bowl, mix together 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, then roll the rings in the breadcrumbs until completely covered. Spray the onion rings with oil, then place into the mesh tray on the low grill rack and cook for approximately 5–8 minutes or until golden brown.

SALTER

Beef Samosas

Ingredients

300 g beef mince
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 250 °C.

In a large saucepan, add a drizzle of oil then add the onion to soften, followed by the minced shallot. Add the beef mince and thyme to the pan and cook for approximately 5 minutes until the meat is well done, then 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 to the top of each strip and then fold into triangles. Continue this process until no beef mince mixture remains. Spray each samosa with oil, then place into the mesh tray on the high grill rack and cook for approximately 5 minutes until both sides are crisp and golden brown.

Vegetable Spring Rolls

Ingredients

300 g mung bean sprouts
6 dried black mushrooms
½ red bell pepper
1 medium carrot
2 oz 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 12 cm)
2 tbsp oil for stir-frying



2 tbsp butter, melted
Salt and/or freshly ground pepper, to taste (optional)

Method

Preheat the fryer to 180 °C.

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 20–30 minutes). Once this has been done, 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 (or water), soy sauce and sugar then set aside. Heat the oil in a frying pan, making sure that the pan is coated. When the oil is sizzling, stir-fry the vegetables, beginning with the mushrooms, then adding 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 to taste with salt and 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. Spray the rolls with oil and place into the mesh tray 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.

SALTER

Cajun Fried Fish Fillets

Ingredients

910 g fish fillets
380 g cornflour
3 eggs, lightly beaten
125 ml milk
125 ml lager
3 tbsp mustard
½ to 1 tbsp Tabasco sauce
½ to 1 tsp cayenne pepper, divided (or to taste)
Vegetable oil
2 tbsp salt
2 tsp black pepper



Method

Preheat the fryer to 185 °C.

In a mixing bowl, whisk together the eggs, milk, lager, mustard, Tabasco and half of the salt and pepper. Cut the fish fillets into bite-sized pieces, then place the fish into the egg mixture, coating well.

Cover the mixture and refrigerate for approximately 1 hour.

Combine the cornflour 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 cornflour, ensuring that it is evenly coated. Spray the fish top and bottom with oil, place into the mesh tray on the low grill rack and cook for approximately 8 minutes or until golden brown.

Breaded Fish Fillets

Ingredients

453 g cod fillets/loins (even in size for best cooking results)

75 g breadcrumbs

2 tbsp Parmesan cheese

4 tbsp plain flour

1 egg, beaten

Basil

Vegetable oil

Salt and pepper, to taste



Method

Preheat the fryer to 190 °C.

Add some plain flour to a medium sized bowl and coat the cod fillets in the flour. In another bowl, mix together the breadcrumbs, Parmesan and basil. Dip the fillets into the egg, then coat the fish in the breadcrumb mixture. Using the oil sprayer, spray the fish with oil on all sides and place the fillets into the mesh tray on the low grill rack. Cook for approximately 15–20 minutes or until golden brown.

Breaded Prawns

Ingredients

20–25 prawns, uncooked

150 g plain flour

1 egg, whisked

Breadcrumbs, to coat

Salt and pepper, to taste



Method

Preheat the fryer to 180 °C.

Prepare the prawns, removing the shell and the vein. In a medium sized bowl, add the flour, then coat each prawn. Place the breadcrumbs into a separate bowl, dip the flour-covered prawns into the egg, then roll in the breadcrumbs until completely covered. Spray the prawns with oil and position them approximately on the mesh tray, then place on the high grill rack. Cook for approximately 5 minutes or until golden brown.

Salmon Croquettes

Ingredients

1 tin pink salmon, drained,
reserving the juice
32 g juice from drained salmon
75 g flour
1 egg
½ chopped green onion
½ tsp Worcestershire sauce
1 tsp baking powder
Vegetable oil
Pepper, to taste



Method

Preheat the fryer to 200 °C.

In a bowl, mix together the salmon and the egg, then stir in the flour, adding the pepper, onions and Worcestershire sauce. Mix the baking powder with the salmon juice and beat until foamy. Pour into the salmon mixture and mix with a fork.

Create croquette shapes from the mixture and place them into the mesh tray.

Position them on the high grill rack and cook for approximately 12–15 minutes or until golden brown.

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 190 °C.

Fry the salt and black pepper in a frying pan over a medium/low heat and toss until the salt darkens. Remove from the heat and stir in the five-spice powder, then leave to cool. If using a rack of ribs, cut the ribs along the individual bones. Rub lightly with the salt and pepper mixture, then cover and refrigerate for approximately 2 hours. After 2 hours, spray the ribs with oil and place in the mesh tray on the low grill rack for approximately 5 minutes. Move the ribs up to the high grill rack and cook at 225 °C for a further 2–3 minutes or until crispy.

Sticky BBQ Ribs

Ingredients

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



Method

Preheat the fryer to 220 °C.

Put the ribs into a large saucepan and cover with cold water. Add the soy sauce and gently bring to a simmer. Simmer for approximately 15 minutes and 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 heating gently until the sugar has melted. Add the ginger and the garlic and cook for approximately 10 minutes. Add in the rest of the marinade ingredients and stir well until everything has combined. Simmer for several more minutes, then pour into a bowl and leave to cool. Take the ribs from the pan 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, place in the fridge and leave for approximately 2–3 hours or overnight if possible. Place the ribs into the mesh tray, 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 periodically. 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 175 °C.

Coat the pork chops with a generous helping of Dijon mustard. Put the chops into the mesh tray and place on the low grill rack. Cook for approximately 12–15 minutes until the fat goes crispy. Turning over half way through will caramelize both sides.

Light-Fried Lamb Chops with Rosemary and Garlic

Ingredients

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



Method

Preheat the fryer to 175 °C.

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 onto a plate, cover and refrigerate for approximately 30 minutes or preferably up to 4 hours. When ready to cook, place the chops into the mesh tray on the low grill rack and cook for approximately 5–10 minutes, depending upon how well done the meat is required to be cooked.

Garnish the pork with rosemary if desired and then serve.

SALTER

Banana Pancakes

Ingredients

256 g all purpose flour
157 ml milk
1 egg
4 bananas, mashed and sprinkled
with 1 tsp lemon
2 tsp baking powder
2 tbsp icing sugar
¼ tsp salt
Vegetable oil
Greaseproof paper
Cinnamon sugar, to serve
Warm syrup, to serve



Method

Preheat the fryer to 190 °C.

Sift and mix all of the dry ingredients, then whisk together the milk and egg and add to the dry ingredients. Fold in the mashed bananas; if the batter seems too thick, add a little more milk and if the batter seems too thin, add more flour. The batter should mould on a spoon. Line the mesh tray with greaseproof paper on the high grill rack and split the batter mixture into 4 equal sized patties, approximately 9 cm diameter. Please be aware that the pancakes will increase in size when cooking, so make sure there is enough space between each one. 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 and sliced banana.

Vanilla Brioche

Ingredients

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



Method

Preheat the fryer to 225 °C.

Cut the brioche into thick slices. Whisk the eggs with the milk and vanilla essence, then dip the brioche into the egg mixture, ensuring that any excess is drained off. Spray the brioche with oil and place into the mesh tray 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.



Roasting and Baking **Recipes**

Low Fat Fryer

The versatile cooking solution, just spray and fry

Easy Roast Chicken

Ingredients

1.5 kg whole chicken
Soy sauce to brush
1 large onion
1 garlic bulb
Salt and pepper, to taste



Method

Preheat the fryer to 180 °C.

Wash and pat dry the chicken, removing the neck and any giblets. Peel the onion and place whole, inside the chicken. Brush the skin of the chicken with soy sauce, then, under the skin on the breast and legs, add the garlic cloves. Spray the chicken with oil and place in the fryer on the low grill rack and cook for approximately 40 minutes until thoroughly cooked.

Tandoori Chicken

Ingredients

4 large chicken breasts, cut into medium sized 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
2½ cm fresh Ginger, grated
Juice and zest 1 Lemon
100 g low fat natural yoghurt
Olive oil



Method

Preheat the fryer to 200 °C.

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
2 large onions, sliced
175 g ready to eat dried apricots, chopped
1 garlic clove, crushed
1 red chilli, finely chopped
1 cm fresh root ginger, peeled and crushed
4 tbsp malt vinegar
2 tbsp curry powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
1 tbsp granulated sugar
1 tsp peppercorns
Long grain rice
4 pitta breads
4 tbsp olive oil



Method

Preheat the fryer to 200 °C.

In a large bowl, mix together the vinegar, curry powder, herbs, garlic, ginger, chilli and sugar. Add the diced chicken to this mixture and leave to marinate for approximately 20 minutes; the chicken can be marinated 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 fryer and cook for approximately 20 minutes. Check that the chicken is cooked thoroughly and add the apricots, then 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)
400 g jersey royal potatoes, washed and peeled if necessary
400 g tin of peeled tomatoes
250 g white turnips, sliced
113 g chestnut mushrooms
60 g lardons
2 large onions, thinly sliced
2 sticks celery, coarsely chopped
60 g unsalted butter
1 bouquet garni (including parsley, thyme and bay leaf)
Chopped parsley mixed with the finely chopped rind of half an orange
Olive oil
Salt and pepper, to taste



Method

Preheat the fryer to 175 °C.

Place an ovenproof dish into 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 pieces in the melted butter (adding 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, then season to taste with salt and black pepper. Make sure that all of 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 160 °C and cook for approximately 1 hour or until tender.

Sprinkle parsley and orange over the casserole and serve immediately.

SALTER

Chilli Con Carne

Ingredients

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



Method

Preheat the fryer to 180 °C.

Place an ovenproof dish into the 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 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 seasoning (to taste). Mix well, cover and cook in the fryer for approximately 30 minutes. Serve with rice.

Peppercorn Steak

Ingredients

2 200 g sirloin steak (1.5 cm–2.5 cm thick)
2 shallots, finely diced
2 tbsp Worcestershire sauce
2 tbsp brandy
100 ml beef stock
2 tbsp double cream
1 tbsp Dijon mustard
1 tbsp olive oil
1 tbsp green peppercorns
50 g unsalted butter
Black and white peppercorns, to taste
Salt and pepper, to taste



Method

Preheat the fryer to 200 °C.

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

Cover with foil or cling film and place in the fridge for approximately 2–3 hours.

Once complete, put the steak on the low grill rack of the fryer in the mesh tray and cook for approximately 5–10 minutes. Turn half way through to caramelise on both sides. Meanwhile, make the sauce.

Heat the oil and butter in a frying pan and cook the shallots over a medium heat until soft. Add the Worcestershire sauce, brandy and stock to the frying pan. Cook rapidly, scraping the bottom of the pan to incorporate the flavours. Add the green peppercorns, mustard and cream, then season to taste. Remove the meat from the fryer, slice it diagonally and add the meat to the sauce. Stir to combine the meat juices with the peppercorn sauce and to warm the meat through.

SALTER

Beef Stew

Ingredients

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



Method

Preheat the fryer to 140 °C.

Put an ovenproof dish into the fryer to heat through, with a drizzle of oil in the bottom. Fry the onion gently in the sunflower oil until soft, then remove and set aside. Turn up 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 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 that 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 to the required tenderness.

Pork Chops

Ingredients

2 large pork chops
Salt and pepper, to taste



Method

Preheat the fryer to 175 °C.

Season the pork chops with salt and pepper.

Add the pork chops to the low grill rack and cook for approximately 15 minutes.

The time it takes to cook the chops depends upon your preference; turn half way through for even colour and caramelisation.

Roast Gammon Joint

Ingredients

2 kg gammon joint



Method

Preheat the fryer to 160 °C.

Put the gammon on the low grill rack and cover loosely with foil. Cook it for approximately 1 hour, turn it and cook for another 1 hour. Remove the foil and let it brown for approximately 10 minutes, then turn it again to brown all over for a further 10 minutes. Depending upon the shape or thickness of the joint, cooking times may vary. Test with a skewer to make sure the juices run clear.

Rack of Lamb

Ingredients

2 6 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 200 °C.

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 a foil lined baking sheet and place the racks of lamb on the low grill rack of the fryer. Cook for approximately 20–25 minutes. Cover the racks of lamb with foil if they look as if they are overcooking. Divide the lamb and transfer it to 4 plates.

Serve with roast potatoes, green beans and carrots.

Lamb Bolognaise

Ingredients

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



Method

Preheat the fryer to 200 °C.

Put an ovenproof dish inside the fryer to heat through with a drizzle of oil in the bottom. Add the mince to the dish and using a wooden spoon, break up the strands of mince so that they can cook evenly. Cook for approximately 5–10 minutes, removing the dish occasionally to break the strands of mince further. Once the mince starts to brown, remove the dish from the heat. Add the tomatoes, passata, dried herbs and seasoning, then stir thoroughly. Return the dish to the fryer and cook until it reaches simmering point. Lower the heat to 140 °C and cook for approximately 45 minutes, stirring occasionally. Add the lamb stock, wine and mushrooms, then bring back to the boil and simmer for a further 25 minutes. Serve with pasta, sprinkle with Parmesan cheese and season with salt and pepper, to taste.

Tuna and Sweetcorn Pasta Bake

Ingredients

200 g penne pasta
1 tin tuna, drained
4 tbsp sweetcorn
100 g crème fraîche
50 g Red Leicester cheese, grated
3 tbsp grated Parmesan cheese
Salt and pepper, to taste



Method

Preheat the fryer to 180 °C.

Boil 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, then 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, until the cheese is golden and crunchy.

Grilled Prawns

Ingredients

700 g jumbo prawns, washed and peeled

160 g melted butter

1 garlic clove, peeled and crushed

2 tbsp of lemon juice



Method

Preheat the fryer to 220 °C.

In a small bowl, mix the melted butter, lemon juice and garlic. Dip the prawns into the butter mix and arrange directly onto the high grill rack in the fryer. Grill the prawns for approximately 8–10 minutes.

Spinach and Feta Pie

Ingredients

250 g feta cheese, crumbled
400 g baby leaf spinach, roughly torn
40 g butter, melted
6 sheets filo pastry
¼ tsp nutmeg
Sesame seeds
Salt and pepper, to taste



Method

Preheat the fryer to 200 °C.

Melt the butter in a saucepan or place it in a bowl in the fryer, making sure that it does not burn. Layer three sheets of filo pastry in the bottom of a pie dish (make sure that the dish fits comfortably within the fryer), brush melted butter between the sheets and allow them to hang over the edge, leaving 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.

Spanish Omelette

Ingredients

4 large eggs, beaten
300 g Maris Piper potatoes, peeled
and chopped into 1 cm pieces
1 red pepper, finely chopped
½ red onion, finely chopped
100 g Feta cheese
Olive oil



Method

Preheat the fryer to 225 °C.

Put an ovenproof dish into 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 and 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 but be careful not to 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 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 courgette, sliced at an angle
1 tsp of mixed herbs
2 tbsp olive oil
Salt and pepper, to taste



Method

Preheat the fryer to 210 °C.

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.

Sweet Potato Wedges

Ingredients

2 sweet potatoes, cut into 12 wedges

4 tbsp olive oil

1 tsp chilli flakes

Salt and pepper, to taste



Method

Preheat the fryer to 200 °C.

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

Place the potato wedges on the foil-covered low grill rack of the 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

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



Method

Preheat the fryer to 250 °C.

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 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; cover them with foil if necessary.

SALTER

Sea Salt and Cracked Black Pepper Jacket Potatoes

Ingredients

4 large sized baking potatoes

Sea salt

Cracked black pepper

Topping of choice



Method

Preheat the fryer to 200 °C.

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 topping of choice.

Orange or Lemon Cake

Ingredients

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



Method

Preheat the fryer to 180 °C.

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, then place on 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 balance out the sourness of the lemon.

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 (\perp)

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

The wire coloured **BLUE** is the **NEUTRAL** wire 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 \perp .

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

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 BS1362 and be ASTA approved.

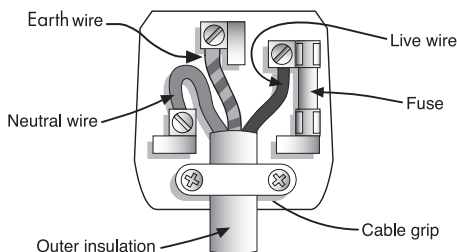
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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 one that is 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 POWER SUPPLY**, 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.



SALTER

**UP Global Sourcing,
Victoria Street,
Manchester, OL9 0DD. UK.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

Telephone: 0161 934 2240*

*Telephone lines are open Monday – Friday, 9am – 5pm (Closed Bank Holidays)

Email: customercare@upgs.com

Fax: 0161 628 2126

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

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective. Reasonable proof of purchase must be provided.

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

In line with our policy of continuous development we reserve the right to change this product, packaging and documentation specification without notice.

Consumables are not guaranteed i.e. plug and fuse.

The crossed out wheelie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



MADE IN CHINA.

Distributed by:

UP Global Sourcing,
Victoria Street,
Manchester
OL9 0DD. UK.

SALTER

CD030614/MD050615/V4