

SALTER[®]

SINCE 1760



4.5 Litre Digital Hot Air Fryer

The easier way to a healthier lifestyle

THE HEALTHIER ALTERNATIVE FOR LOW FAT COOKING

SALTER®

4.5 Litre Digital Hot Air Fryer

The easier way to a healthier lifestyle

"My Salter air fryer is a healthier way to fry"

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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 the 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.

Keep hands, fingers, hair and any loose clothing away from the rotating tools of the appliance.

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 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.

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 of the appliance may get hot during operation.



Caution: Hot surface – do not touch the hot section or heating components of the appliance.

Take care not to pour water on the heating element.

Warning: Keep the appliance away from flammable materials

Automatic Switch-Off

The hot air fryer 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 hot air fryer.

2. The cooking compartment is pulled out from the hot air fryer during cooking. In this case, the timer will pause; it will continue counting down when the cooking compartment is replaced.

Note: If the hot air fryer needs to be turned off before the set cooking time has elapsed, press the 'On/Off' button.

Dos and Don'ts

Do:

Ensure that the non-stick coated cooking basket is securely fitted before use. Not doing so will prevent the hot air fryer from operating.

Only hold the cooking compartment by the cooking basket handle.

Do not:

Do not invert the non-stick cooking basket with the cooking compartment still attached, as excess oil may collect at the bottom of the cooking compartment and could leak into the ingredients.

Do not cover the hot air fryer or its air inlets, as this will disrupt the airflow and could affect the frying results.

Do not fill the cooking compartment with oil or any other liquid.

Do not press the non-stick coated cooking basket release button whilst shaking the ingredients.

Do not touch the cooking compartment during or straight after use, as it gets very hot and could emit steam; only hold the cooking compartment by the handle.

Care and Maintenance

Before attempting any cleaning or maintenance, ensure that the hot air fryer is unplugged from the mains power supply and has fully cooled.

STEP 1: Wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the removable cooking basket in warm, soapy water, then rinse and dry thoroughly.

STEP 3: Do not immerse the hot air fryer main unit in water or any other liquid.

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

Note: The hot air fryer should be cleaned after each use.

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 safely.

In the Box

4.5 Litre Digital Hot Air Fryer main unit

Cooking compartment

Removable, non-stick coated cooking basket

Instruction manual

Features

1400 W power

4.5 litre capacity

Removable, non-stick coated cooking basket

30-minute timer with automatic switch-off

Digital LCD display

Cooks healthy meal with hot air circulation – requires little or no oil

Description of Parts



Introduction

A healthier way to fry without losing any of the flavour, the hot air fryer is extremely versatile and is a perfect alternative to low fat cooking. Utilising hot air, it cooks delicious food using little or no oil, meaning that treats can still be enjoyed, even when leading a healthy lifestyle.

Instructions for Use

Before First Use

STEP 1: Switch off and unplug the hot air fryer from the mains power supply.

STEP 2: Wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

STEP 3: Clean the removable cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the hot air fryer main unit in water or any other liquid.

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

STEP 4: Place the hot air fryer main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

Note: When using the hot air fryer 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 hot air fryer during use. It is advised to run the hot air fryer without food for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste of the food.

Assembling the Hot Air Fryer

STEP 1: Fit the non-stick coated cooking basket into the cooking compartment, until it is secure. Ensure that the plastic cover is covering the release button to avoid it being pressed during use.

STEP 2: Slide the cooking compartment into the hot air fryer main unit to close it.

Note: The hot air fryer comes preassembled. The cooking compartment must be closed securely before use; not doing so will prevent it from working.

Using the Hot Air Fryer

STEP 1: Plug in and switch on the hot air fryer at the mains power supply.

STEP 2: To turn on the hot air fryer, press the 'On/Off' button; the LED display will illuminate.

STEP 3: Preheat the hot air fryer for approx. 10 minutes by using the timer control and temperature control buttons. The temperature indicator light will flash to signal that hot air fryer is heating up.

STEP 4: Once it has reached the required temperature, the temperature indicator light will automatically switch off. The hot air fryer will beep 5 times to signal that the cycle has ended.

STEP 5: Remove the cooking compartment by pulling it out of the hot air fryer using the handle. Place the cooking compartment on a flat, stable, heat-resistant surface.

STEP 6: Place the ingredients into the non-stick coated cooking basket and then slide the cooking compartment into the hot air fryer main body to close it.

STEP 7: Turn on the hot air fryer by pressing the 'On/Off' button; the LED display will illuminate.

STEP 8: Use the temperature control buttons to set the hot air fryer to the required heat setting.

STEP 9: Determine the cooking time required for the ingredients and use the timer control buttons to set the time accordingly.

STEP 10: Press the 'On/Off' button to begin cooking. The fan indicator will illuminate and the temperature indicator light will flash to signal that the hot air fryer is

cooking the ingredients. The hot air fryer will regulate the temperature throughout the cooking process, causing the temperature indicator light to flash on and off or extinguish completely.

STEP 11: Some ingredients may require shaking halfway through the cooking time. Using the cooking basket handle, carefully pull the cooking compartment out from the hot air fryer main unit and shake it gently. The plastic cover must cover the release button to avoid it being pressed during use. The timer will automatically pause when the cooking compartment is pulled out from the hot air fryer main unit and will only continue to count down once the cooking compartment has been replaced.

STEP 12: Replace the cooking compartment and continue to cook.

STEP 13: Once cooking is complete and the set time has elapsed, the hot air fryer will switch off and beep 5 times.

STEP 14: Check whether the ingredients are ready by carefully opening the cooking compartment. If the ingredients are not cooked, close the cooking compartment and use the timer control buttons to adjust the cooking time accordingly. If the food is cooked, empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tongs (not included) if the food is large or fragile.

Note: Always preheat the hot air fryer before starting to cook or alternatively add approx. 3–5 minutes onto the cooking time. If the cooking time or temperature setting needs to be changed during use, simply use the timer or temperature control buttons as required and the hot air fryer will automatically adjust the settings. During use, the LCD display will cycle between the time and temperature to signal that it is maintaining the selected temperature.

Caution: Do not tip the food directly into a bowl or onto a plate, as excess oil may collect at the bottom of the cooking compartment and could leak into the ingredients.

Warning: To permanently switch off the hot air fryer, ensure it is turned off at the mains power supply.

Using the Non-Stick Coated Cooking Basket

The non-stick coated cooking basket is removable for ease of use.

STEP 1: To remove the non-stick coated cooking basket from the cooking compartment, lift the plastic cover on the handle to reveal the handle release button.

STEP 2: Press and hold the handle release button and carefully lift the handle to

release the non-stick coated cooking basket.

STEP 3: Replace the non-stick coated cooking basket by fitting it into the cooking compartment, until it is secure.

STEP 4: Lower the plastic cover back into position, so that it covers the handle release button.

Warning: Never press the handle release button if the cooking compartment is elevated, as this could cause injury; only press it once the cooking compartment has been placed onto a flat, stable surface.

Cooking Guide

The following is a guideline for cooking certain types of foods with the hot air fryer. This is a guideline only and cooking should always be monitored. Food should always be piping hot before served.

Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	300–700 g	12–16 mins.	200 °C	Shake the chips every 6 minutes during cooking, following instructions in the section entitled 'Using the Hot Air Fryer'.
Thick frozen chips	300–700 g	12–16 mins.	200 °C	Shake the chips every 6 minutes during cooking, following instructions in the section entitled 'Using the Hot Air Fryer'.
Home-made chips	300–800 g	18–25 mins.	200 °C	Follow the full instructions in the section entitled 'A Step by Step Guide to Making Chips'.

Home-made potato wedges	300–800 g	18–25 mins.	200 °C	Part soak the potato wedges in water to remove the starch, then add ½ tbsp of oil and shake every 6 minutes during cooking.
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Meat and Poultry

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Steak	100–500 g	16–20 mins.	200 °C	Turn over halfway through the total cooking time.
Hamburger	100–500 g	7–14 mins.	180 °C	Turn over halfway through the total cooking time.
Pork chops	100–500 g	12–16 mins.	200 °C	Turn over halfway through the total cooking time.
Chicken breast	100–500 g	15–22 mins.	200 °C	
Chicken drumsticks	100–500 g	15–22 mins.	200 °C	

Snacks and Sides

Food	Amount	Approx. Cooking Time	Temperature
Frozen chicken nuggets	100–500 g	6–10 mins.	200 °C
Spring rolls	100–400 g	8–10 mins.	200 °C
Stuffed vegetables	100–400 g	12–15 mins.	160 °C

Bakes and Cakes

Food	Amount	Approx. Cooking Time	Temperature
Quiche	400 g	20–22 mins.	180 °C
Cake	300 g	20–25 mins.	180 °C
Muffins	300 g	12–16 mins.	180 °C

A Step by Step Guide to Making Chips

Home-made Chips

STEP 1: Preheat the hot air fryer to 200 °C.

STEP 2: Cut the potato into chips approx. 1 cm wide.

STEP 3: Place the chopped potatoes into a bowl of water and soak for approx. 30 minutes to remove the starch.

STEP 4: Rinse the chopped potatoes with cold water using a colander. Dry thoroughly using kitchen towel.

STEP 5: Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the cooking basket. Ensure that they are fully coated for best results.

STEP 6: Cook at 200 °C for 18–25 minutes.

STEP 7: Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

STEP 8: Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

Frozen Chips

STEP 1: Preheat the hot air fryer to 200 °C.

STEP 2: Add 300–700 g of frozen chips into the cooking basket.

STEP 3: Cook for 12–16 minutes.

STEP 4: Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

STEP 5: Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

Storage

Before storing, ensure that the hot air fryer is cool, clean and dry. Never store the hot air fryer whilst it is wet.

Never wrap the cord tightly around the hot air fryer; wrap it loosely to avoid causing damage.

Store in a cool, dry place.

Specifications

Product code: EK2205

Input: 220–240 V ~ 50/60 Hz

Output: 1400 W



SALTER®

Let's **GO Healthy.**

Hot Air Fryer Recipes

THE HEALTHIER ALTERNATIVE FOR
LOW FAT COOKING

Recipes

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

Breaded Fish Fillets

Ingredients

200 g cod fillets/loins (even in size for the best cooking results)	1 egg, beaten 4 tbsp plain flour 2 tbsp Parmesan cheese Basil	Vegetable oil Salt and pepper, to taste
75 g breadcrumbs		

Method

Preheat the hot air 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.

Spray the fish with oil on all sides, then place the fillets into the non-stick coated cooking basket and cook for approx. 15–20 minutes or until golden brown.

Season to taste and serve whilst hot.

Salmon Croquettes

Ingredients

1 tin pink salmon, drained, reserving the juice 75 g flour 50 g breadcrumbs	32 g juice from drained salmon 1 egg 1 tsp baking powder ½ chopped green onion	½ tsp Worcestershire sauce Vegetable oil Pepper, to taste
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Method

Preheat the hot air fryer to 200 °C.

In a bowl, mix together the salmon and the egg, then stir in the flour, adding the breadcrumbs, 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, spray with the oil and then place them into the non-stick coated cooking basket and cook for approx. 12–15 minutes or until golden brown.

Grilled Prawns

Ingredients

200 g jumbo prawns, washed and peeled 160 g melted butter	1 garlic clove, peeled and crushed 2 tbsp of lemon juice
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Method

Preheat the hot air fryer to 200 °C.

In a small bowl, mix the melted butter, lemon juice and garlic. Dip the prawns into the butter mix and place them directly into the non-stick coated cooking basket. Grill the prawns for approx. 8–10 minutes.



Chicken Nuggets

Ingredients

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

Method

Preheat the hot air fryer to 200 °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 in the non-stick coated cooking basket for approx. 10–15 minutes or until cooked through, golden and crisp.

Crispy Fried Chicken

Ingredients

2 chicken pieces	1 tbsp Dijon mustard	Vegetable oil
250 g cornflakes	1 tsp paprika	Salt and pepper, to taste
32 g plain flour	¾ tsp ground sage	
80 ml buttermilk	¼ tbsp cayenne pepper	

Method

Preheat the hot air fryer to 200 °C.

In a wide bowl or on a plate, season the flour with salt and 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 non-stick coated cooking basket, spray all over with oil and cook for approx. 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 cream cheese
50 g bread crumbs	Vegetable oil

Method

Preheat the Hot air fryer to 200 °C.

Cut the chicken breasts into strips, spread the cream cheese evenly over the chicken, then coat with the bread crumbs.

Lightly spray the chicken with oil, place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown and firm to touch.

Crispy Sesame Fried Chicken

Ingredients

180 g of chicken breast	1 tsp garlic powder	½ tsp dried oregano
75 g rolled porridge oats	1 tsp onion powder	½ tsp ground black pepper
50 g self raising flour	1 tsp soy sauce	118 ml chicken stock
20 g toasted sesame seeds	1 tsp salt	Vegetable oil
1 tbsp chicken bouillon powder	½ tsp dried basil	

Method

Preheat the Hot air fryer to 200 °C.

Coat the chicken with the salt, black pepper and garlic powder then chill for approx. 4 hours.

In a medium bowl, mix together the oats, sesame seeds, ½ tsp of salt and chicken bouillon powder then set aside. In another bowl, combine the flour, ½ tsp of salt, onion powder, basil, oregano, soy sauce and chicken stock. Dip the chicken into the chicken stock and roll in the sesame seed mixture.

Spray the chicken with oil, then place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown.

Japanese Style Fried Chicken

Ingredients

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

Method

Preheat the hot air fryer to 200 °C.

In a large bowl, mix together the eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce and stock cube. Add the chicken pieces and stir to coat, then cover and refrigerate for approx. 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, then place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown.

Tandoori Chicken

Ingredients

2 large chicken breasts, cut into medium sized pieces	2–3 tsp paprika	(or fresh chillies, finely chopped)
1 large onion, finely chopped	2 tsp turmeric	1 tsp curry powder
2½ cm fresh ginger, grated	1 tsp cayenne pepper	50 g low fat natural yoghurt
2–3 garlic cloves, crushed	1 tsp coriander powder	Juice and zest 1 lemon
	1 tsp chilli powder	Olive oil

Method

Preheat the hot air 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 it to marinade in the refrigerator for approx. 2–3 hours.

Once the chicken has marinated, place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes.



Chinese Duck Stir Fry

Ingredients

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

Method

Preheat the hot air fryer to 170 °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 approx. 5 minutes before cutting into slices.

Cook the noodles by following the instructions on the packet.

Add all of the ingredients to the non-stick coated cooking basket (except for the duck and noodles), spray the ingredients with oil and cook for approx. 7–10 minutes. Adjust the cooking time according to personal taste.

Add the noodles, increase the temperature to 200 °C and heat for a further 2 minutes.

Serve with the duck.

Pork Chops

Ingredients

2 pork chops	Salt and pepper, to taste
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Method

Preheat the hot air fryer to 200 °C.

Season the pork chops with salt and pepper.

Add the pork chops to the non-stick coated cooking basket and cook for approx. 10–15 minutes.

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

Mustard Pork Chops

Ingredients

2 pork chops	Dijon mustard
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Method

Preheat the hot air fryer to 200 °C.

Coat the pork chops with a generous helping of Dijon mustard.

Place the pork chops into the non-stick coated cooking basket and cook for approx. 10–15 minutes, until the fat goes crispy.

Turning the pork chops halfway through will caramelize both sides.

Roast Gammon Joint

Ingredients

600 g gammon joint

Method

Preheat the hot air fryer to 180 °C.

Place the gammon into the non-stick coated cooking basket and cover loosely with foil. Cook it for approx. 25 minutes, turn it over and then cook for a further 25 minutes. Remove the foil and let it brown for approx. 10 minutes, then turn it again to brown all over for a further 10 minutes.

Cooking times may vary, depending upon the shape or thickness of the joint.

Test with a skewer to make sure that the juices run clear.

Peppercorn Steak

Ingredients

200 g sirloin steak

(1.5 cm–3.2 cm thick)

2 shallots, finely diced

2 tbsp Worcestershire sauce

2 tbsp brandy

2 tbsp double cream

1 tbsp Dijon mustard

1 tbsp olive oil

1 tbsp green peppercorns

100 ml beef stock

50 g unsalted butter

Black and white peppercorns,
to taste

Salt and pepper, to taste

Method

Preheat the hot air fryer to 200 °C.

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

Cover with foil or plastic film and then refrigerate for approx. 2–3 hours.

When ready to cook, place the steak into the non-stick coated cooking basket and cook for approx. 8–14 minutes. Turn the steak halfway 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 hot air 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.

Lightly-Fried Lamb Chops with Rosemary and Garlic

Ingredients

10 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 hot air fryer to 200 °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 lamb chop.

Sprinkle the lamb chops with salt and put onto a plate, cover and refrigerate for approx. 30 minutes or preferably up to 4 hours.

When ready to cook, place the lamb chops into the non-stick coated cooking basket and cook for approx. 10–15 minutes, depending upon how well done the meat is required to be cooked.

Garnish the lamb chops with rosemary if desired and then serve.



Roasted Vegetables

Ingredients

12 cherry tomatoes on the vine
10 garlic cloves, left whole with skins still on
4 small new potatoes, skins scrubbed not peeled

3 large chestnut mushrooms, quartered
2 white onions, quartered
1 red, 1 green, 1 yellow pepper, deseeded and thickly sliced

1 courgette, sliced at an angle
2 tbsp olive oil
1 tsp mixed herbs
Salt and pepper, to taste

Method

Preheat the hot air fryer to 200 °C.

Place all of the ingredients into a large, round dish or bowl, coated in the olive oil. Season to taste and sprinkle on the mixed herbs. Place into the non-stick coated cooking basket and cook for approx. 25–30 minutes. Stir halfway through to ensure that all of the vegetables are cooked through.

Note: Alternatively, the ingredients can be place directly into the non-stick coated cooking basket.

Beef Samosas

Ingredients

200 g beef mince
1 packet of filo pastry
1 onion, chopped

1 shallot, minced
1 thyme sprig
1 tbsp curry powder

Vegetable oil
Salt and pepper, to taste

Method

Preheat the hot air fryer to 200 °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 approx. 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 4 samosas per time into the non-stick coated cooking basket and cook for approx. 5 minutes.

Turn the samosas and then cook for a further 5 minutes, until both sides are crisp and golden brown.

Roast Potatoes

Ingredients

800 g potatoes, quartered

6 tbsp olive oil

Salt and pepper, to taste

Method

Preheat the hot air fryer to 200 °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 approx. 6 minutes. Drain the potatoes and shake them in a colander to roughen the edges.

Place the potatoes into the non-stick coated cooking basket and drizzle with the oil. Cook for approx. 15 minutes. Carefully turn them over and cook for a further 15 minutes. Check that the potatoes do not burn; cover them with foil if necessary.

Sweet Potato Wedges

Ingredients

2 sweet potatoes, cut into small wedges

4 tbsp olive oil
1 tsp chilli flakes

Salt and pepper, to taste
Sea salt, to taste

Method

Preheat the hot air fryer to 200 °C.

Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water.

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 into the non-stick coated cooking basket and cook for approx. 18–25 minutes, until the potatoes are tender and golden brown.

It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the wedges are cooked evenly.

Sprinkle with sea salt to serve.

Potato Wedges with Rosemary

Ingredients

2 medium white potatoes, cut into small wedges

2 garlic cloves, crushed
1 fresh rosemary sprig

Vegetable oil
Salt and pepper, to taste

Method

Preheat the hot air fryer to 200 °C.

Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water.

Put the potato wedges into a bowl, add the remaining ingredients and mix together.

Spray the wedges with oil so that each one is lightly coated, place them into the non-stick coated cooking basket and cook for approx. 18–25 minutes or until golden brown and crispy on the outside.

It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the wedges are cooked evenly.



Sea Salted Crisps

Ingredients

2 medium white potatoes Sea salt or a seasoning of choice

Method

Preheat the hot air 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, spray with oil, making sure they are completely covered and then sprinkle with sea salt. Place as many slices as possible into the non-stick coated cooking basket and cook for approx. 15–20 minutes, until golden brown.
When the crisps are cooked, season and mix to coat evenly.

Onion Rings

Ingredients

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

Method

Preheat the hot air fryer to 200 °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 them into the non-stick coated cooking basket and cook for approx. 5–8 minutes or until golden brown.
It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the onion rings are cooked evenly.

* Any recipe images used in this instruction manual are intended for illustrative purposes only.

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** 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**.

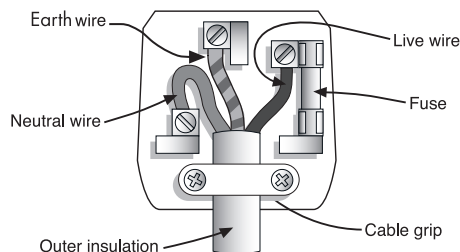
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked \perp .

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 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 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**, 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.**

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, 9 am–5 pm (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

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.

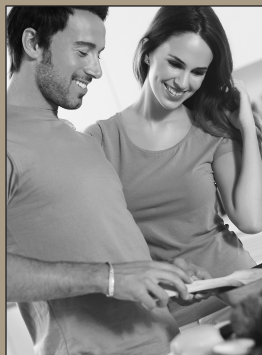
Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are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

The crossed out wheellie 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.





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