

**SALTER®**  
Let's **GO Healthy.**



**AEROCOOK<sup>PRO</sup>**  
AIR FRY, ROAST, BBQ, GRILL, BAKE AND STEW

# SALTER®

## AeroCook Pro

Air fry, roast, BBQ, grill, bake and stew

*"I love creating delicious,  
healthier meals using my  
Salter AeroCook Pro"*

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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.

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 sharp or abrasive items with this appliance; use

only plastic or wooden spatulas to avoid damaging the non-stick surface.

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.

Always unplug the appliance after use and before any cleaning or user maintenance, unless 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.

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.



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

**Warning:** Keep the appliance away from flammable materials.

## Care and Maintenance

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



To manually clean the AeroCook Pro:

**STEP 1:** Switch off and unplug the AeroCook Pro from the mains power supply and allow to cool fully.

**STEP 2:** Wipe the AeroCook Pro base unit with a soft, damp cloth and dry thoroughly.

**STEP 3:** Wash the mesh frying basket, reversible grill rack, tongs, extender ring and non-stick cooking bowl in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the AeroCook Pro or lid in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the AeroCook Pro or accessories, as this could cause damage.

**Note:** The AeroCook Pro should be cleaned after each use. The non-stick cooking bowl is also suitable for dishwasher cleaning. Do not wash the other components using a dishwasher.

**Caution:** Take care not to wet the electrical components of the Aerocook Pro during cleaning and maintenance.

## 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

AeroCook Pro base unit

Lid

5 litre non-stick cooking bowl

2 litre extender ring

Mesh frying basket

Reversible grill rack

Tongs

Instruction manual

## Features

1000 W power

5-litre capacity with 2-litre silicone extender ring

250 °C heat without the need for preheating

Adjustable 60-minute timer

Variable temperature control up to 250 °C

Includes 1 mesh frying basket, 1 reversible grill rack and tongs

Healthy 'getting you started' recipes included

## Description of Parts



1. Ideal for grilling foods; can be used as a high or low grill rack by turning it over as required.
2. Perfect for air frying foods; allows hot air to circulate around the food for even cooking.
3. Increases the capacity of the AeroCook Pro to enable larger foods to be cooked. Ideal for use when the reversible grill rack is used as a high grill.

## Introduction

The AeroCook Pro is great for cooking delicious foods using little or no oil, providing a healthier way to create meals that the whole family can enjoy. The AeroCook Pro uses triple cooking technology so that foods are cooked to perfection, every time.

### Triple Cooking Technology

CONVECTION air circulates to cook foods evenly

INFRARED HEAT to cook food from the inside out

HALOGEN HEAT cooks food golden brown

## Instructions for Use

### Before First Use

**STEP 1:** Switch off and unplug the AeroCook Pro from the mains power supply. Using a soft, damp cloth, wipe the interior and exterior of the AeroCook Pro base unit, as well as the lid. Dry thoroughly.

**STEP 2:** Wash the mesh frying basket, reversible grill rack, tongs, extender ring and non-stick cooking bowl in warm, soapy water. Allow to dry thoroughly.

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

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

**Note:** When using the AeroCook Pro for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the AeroCook Pro during use.

### Assembling the AeroCook Pro

Switch off and unplug the AeroCook Pro from the mains power supply before assembling. The extender ring can be found underneath the non-stick cooking bowl.

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

**STEP 2:** Fit the desired accessories depending upon the food and method of cooking:

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

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

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

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

## Using the AeroCook Pro

**STEP 1:** Once the AeroCook Pro is assembled, place it onto a flat, stable, heat-resistant surface. Fit any required accessories following the instructions in the section entitled 'Assembling the AeroCook Pro'.

**STEP 2:** Place the ingredients to be cooked inside the non-stick cooking bowl or onto the chosen accessory, taking care not to overfill it. Do not place food directly into the AeroCook Pro base unit without first inserting the non-stick cooking bowl.

**STEP 3:** Place the lid onto the non-stick cooking bowl or the extender ring if using.

**STEP 4:** Push the safety handle down.

**STEP 5:** Plug in and switch on the AeroCook Pro at the mains power supply. Due to the triple cooking technology, the AeroCook Pro does not need to be preheated to work efficiently. However, if preheating is preferred, set the temperature control to the desired temperature and set the timer control to 10 minutes. The green indicator light will switch off once the AeroCook Pro has reached the desired temperature.

**STEP 6:** Set the temperature control dial to the required temperature (between 100–250 °C).

**STEP 7:** Determine the cooking time required for the ingredients and set the timer control dial to the desired time setting. The halogen infrared element and fan will activate. The green and red indicator lights will illuminate to signal that the AeroCook Pro is switched on and is heating up to the desired temperature.

**STEP 8:** Once the preset cooking time has elapsed, the halogen infrared element and fan will switch off. Lift the safety handle to remove the lid, taking care to avoid any hot steam escaping and hot food splashes. To stop the cooking process before the preset time has elapsed, lift the safety handle.

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

Take care to set the correct time using the timer control dial as turning it in an anticlockwise direction can cause damage. Turn off the AeroCook Pro and wait for the timer to count down naturally if the timer control has been set incorrectly. Other than when preheating the AeroCook Pro (for 10 minutes), do not operate the AeroCook Pro whilst the non-stick cooking bowl is empty.

The green indicator light and the internal halogen lamp will cycle on and off during the cooking process to maintain a steady temperature.

**Caution:** The underside of the AeroCook Pro will become very hot during use; always use heat-resistant oven gloves to remove the lid. Use the tongs to remove the mesh frying basket and reversible grill rack and do not place them onto any surfaces that may be damaged by heat. Always check that food is cooked thoroughly and is piping hot before removing it from the AeroCook Pro.

### **AeroCook Pro Functions**

When using any of the functions, avoid foods being positioned too close to the halogen heating element. The extender ring should be used to increase the distance between the food and the halogen heating element and to create extra space for larger foods or larger quantities.

The cooking time will vary dependent upon the thickness of the food; a 4 cm thick steak will take longer to cook than a 2 cm thick steak.

Frozen foods such as burgers are likely to require a longer cooking time. To guarantee an even colour, foods can be turned periodically during the cooking process using the tongs.

### **Grilling or Barbecuing**

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

### **Air Frying**

When air frying, place the foods into the mesh frying basket and position it on top of the reversible grill rack.

### **Thawing**

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

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



## Toasting

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

## Hints and Tips

To achieve optimum results when using the AeroCook Pro:

1. Place a sheet of aluminium foil onto the base of the non-stick cooking bowl to collect excess fat to help with cleaning. Greaseproof paper can also be placed onto the mesh frying basket to prevent food from sticking.
2. Spray the mesh frying basket with oil before placing any food onto it to prevent it from sticking.
3. When cooking one food after another, wipe down the non-stick cooking bowl between use.
4. When cooking foods without a marinade or sauce, coat them in oil to prevent sticking.
5. Avoid using metal utensils, abrasive cleaners or metal scouring pads as this could damage the non-stick coating.
6. To reduce the risk of scalding, remove the lid of the non-stick cooking bowl by lifting it away from the body.

## Cooking Guidelines

Cooking guidelines are provided for certain foods in the following tables. Always use these times as a guideline only as cooking times vary dependent upon size and thickness of food. Check that the food is cooked thoroughly and piping hot before serving.

## Vegetables

Food Item	Rack	Temperature	Approx. Cooking Time	Further Instructions
Crisps	Low	175 °C	15–20 mins	Spray with ½ tbsp oil and add thinly sliced potatoes to the mesh frying basket, using the reversible grill rack as a low grill.
Homemade Chips/ Sweet Potato Chips	Low	200 °C	20–25 mins	Parboil the potatoes, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Potato Wedges/ Sweet Potato Wedges	Low	200 °C	10–20 mins	Cut the potatoes into wedges, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Oven Chips (Frozen)	Low	180–200 °C	15–20 mins	Add chips to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.
Roasted Vegetables	Low	210 °C	35 mins	Add vegetables to the mesh frying basket, using the reversible grill rack as a low grill. Coat in oil and shake halfway through cooking.
Potatoes (Roast, Small, Cut)	Low	200–250 °C	40–50 mins	Parboil the potatoes, spray with ½ tbsp oil and add to the mesh frying basket, using the reversible grill rack as a low grill. Shake halfway through cooking.

Potato (Baked, Medium Sized)	Low	180–200 °C	50–70 mins	Use the reversible grill rack as a low grill and place the potato directly onto the rack.
Onion Rings	High	220 °C	16 mins	Add onion rings to the mesh frying basket, using the reversible grill rack as a high grill. Turn halfway through cooking.

**Fish**

Food Item	Rack	Temperature	Approx. Cooking Time	Further Instructions
Breaded Fish Fillets	Low	190 °C	15–20 mins	Arrange in a single layer in the mesh frying basket, using the reversible grill rack as a low grill. Use the extender ring. Turn halfway through cooking.
Grilled Prawns	High	220 °C	8–10 mins	Use the reversible grill rack as a high grill and place the fish onto the rack. The extender ring should be used to increase the distance between the food and the heating element.
Cod Steak (150 g)	High	190–200 °C	18–24 mins	Use the reversible grill rack as a high grill and place the fish onto the rack. The extender ring should be used to increase the distance between the food and the heating element.

Salmon Fillets	High	220 °C	16 mins	Arrange in a single layer in the mesh frying basket and spray with oil, using the reversible grill rack as a high grill. Use the extender ring. Turn halfway through cooking.
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## Poultry

Food Item	Rack	Temperature	Approx. Cooking Time	Further Instructions
Roast Chicken (1.5 kg)	Low	180 °C	60–80 mins	Place chicken into the mesh frying basket, using the reversible grill rack as a low grill. Use the extender ring.
Chicken Breast (300 g)	Low	180–200 °C	20–25 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Chicken Wings	Low	175 °C	15 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.
Chicken Legs/Thigh	Low	220 °C	5–10 mins	Use the reversible grill rack as a low grill and place chicken onto the rack. Cook for approx. 5–10 mins, then turn the temperature down to 190 °C and cook for approx. 15–20 mins for thighs or approx. 5–10 mins for legs.
Chicken Burger	Low	200 °C	12–15 mins	Use the reversible grill rack as a low grill and place the chicken onto the rack.

Duck Breasts	Low	180 °C	30–40 mins	Use the reversible grill rack as a low grill, score the duck and place onto the rack.
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## Meat

Food Item	Rack	Temperature	Approx. Cooking Time	Further Instructions
Sirloin Steak	Low	200 °C	Well done: 20 mins Medium: 16 mins Medium rare: 14 mins Rare: 8 mins	Position steaks into the mesh frying basket, using the reversible grill rack as a low grill. Turn halfway through cooking.
Gammon Joint (2 kg)	Low	160 °C	120–160 mins	Use the reversible grill rack as a low grill and place the gammon onto the rack. Cover loosely with foil. Use the extender ring. Remove the foil approx. 10 mins before the end of cooking.
Pork Chop	Low	175 °C	12–15 mins	Place chops into the mesh frying basket, using the reversible grill rack as a low grill. Turn halfway through cooking.



Individual Ribs	Low/ High	200 °C	5–8 mins	Place ribs into the mesh frying basket, using the reversible grill rack as a low grill. Cook for approx. 5 minutes, then move to the high grill and turn the temperature up to 225 °C for approx. 2–3 mins to crisp. Use the extender ring.
Rack of 4/5 Ribs	Low/ High	220 °C	20–25 mins	Place ribs onto mesh frying basket, using the reversible grill rack as a low grill. For extra caramelisation, change to the high grill rack after 15–20 mins and cook for 2–3 mins to crisp.
Lamb Chop	Low	175 °C	5–20 mins	Place into the mesh frying basket, using the reversible grill rack as a low rack. Cooking time varies dependent on preferred taste.
Rack of Lamb	Low	200 °C	25–30 mins	Place into the mesh frying basket, using the reversible grill rack as a low rack.
Minced Beef Based One Pot Dish (e.g. Chilli con Carne)	None	180 °C	30 mins	Add all ingredients directly into the non-stick cooking bowl and cook.
Chicken Based One Pot Dish (e.g. Chicken Curry)	None	200 °C	40 mins	Add all ingredients directly into the non-stick cooking bowl and cook.

## Storage

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

## Specifications

Product code: EK2386

Input: 220–240 V ~ 50/60 Hz

Output: 1000 W

## 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**.

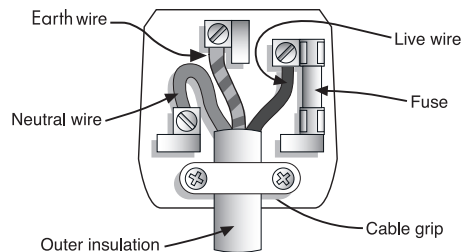
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked  $\perp$ .

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](mailto: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.



Go to [www.salterhousewares.co.uk](http://www.salterhousewares.co.uk)  
to register your product for a  
12 month guarantee.



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**SALTER®**

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