

# cookworks

## Health Fryer

Model No. DF7003T-CB



## Care & Instruction Manual

For household and indoor use only


Please read these instructions before use and retain for  
future reference



## **ELECTRICAL SAFETY**

- You should only plug the appliance into a 220V-240V AC, 50Hz supply. Connecting it to other power sources may damage the appliance and will invalidate the guarantee.
- Switch off and unplug when not in use and before cleaning the appliance.
- Keep the appliance and its cord out of reach of children less than 8 years.
- Do not allow children to use the appliance without supervision.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep fryer housing, cable, and plug dry and away from areas where it is likely to get splashed. Never immerse in water.
- Do not pull on the cable to disconnect from the mains supply.
- Do not operate the appliance if damaged or after it malfunctions. In the event the supply cord is damaged, in order to avoid a hazard it must only be replaced by a qualified service engineer, with a suitably approved part.
- This appliance must be positioned so that the plug is accessible and the plug socket is within easy reach of the power cord.
- This appliance must be plugged into an earthed socket outlet.

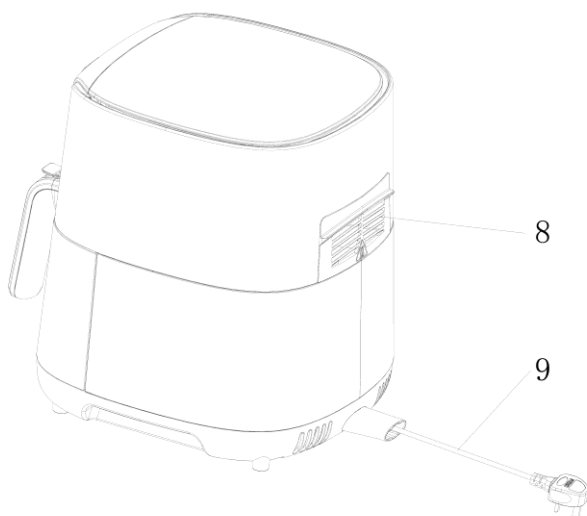
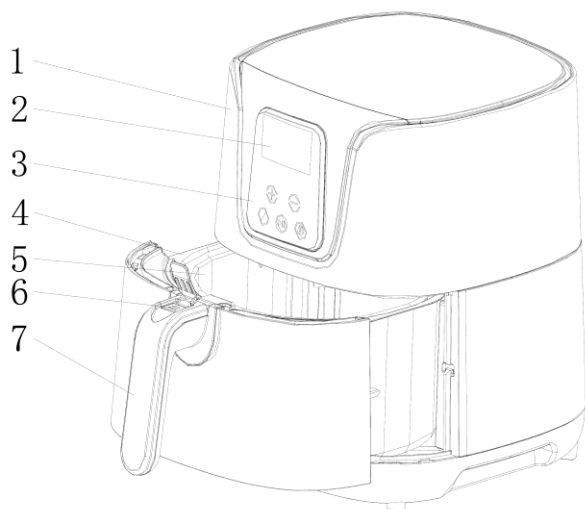
## WARNING!

- This appliance is intended exclusively for use in domestic households. It is not suitable for commercial use.
  - Place the appliance on a flat, stable surface with adequate ventilation and away from other sources of heat. Minimum distances around the appliance for adequate ventilation is 10cm. Do not cover or restrict ventilation openings.
  - Place all foodstuffs to be cooked into the frying basket (not the bowl). **Do not fill the bowl with oil.**
  - Never leave the fryer unattended during use or move the fryer when hot.
  - The surfaces of the fryer will become hot during use. Do not touch; wear oven gloves when handling the appliance during and immediately after use. Note the heating element is subject to residual heat after use.
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- 
- Do not use the fryer on, near or under surfaces that are heat sensitive or those that may be damaged by steam.
  - Do not over fill the frying basket.
  - To help prevent burns; stand back when removing food from the fryer and allow the steam to escape. Do not reach over the appliance while it is in operation.
  - Only use with the parts provided and as described in this manual. This appliance can cause personal injury if misused.
  - Do not operate the fryer using a timer or separate remote control.
  - Do not cover and allow the fryer to cool completely before storing.
  - In the unlikely event that dark smoke is emitted from the fryer, immediately unplug the fryer, ventilate the room and wait for the smoke to stop before removing the frying basket.

## **FOOD SAFETY**

- Thoroughly defrost frozen meat, poultry, fish and seafood in the refrigerator before cooking unless cooking from frozen advice is provided by the food packaging.
- Keep raw meat and poultry separate from cooked foods.
- Always wash hands after handling raw meat and poultry, before handling any ready to eat foods.
- Wipe and disinfect surfaces that have been in contact with raw meat and poultry.
- Use separate utensils for handling raw meat/poultry and cooked food or wash them thoroughly between use.
- To check whether meat, particularly poultry, is cooked, pierce the flesh with a skewer or fork; the juices should run clear. Ensure the product is piping hot throughout.
- Fish is cooked when it appears opaque and can be flaked easily.

## PARTS



- |                              |                                    |
|------------------------------|------------------------------------|
| 1. Fryer housing             | 6. Basket release button and cover |
| 2. Display                   | 7. Frying basket handle            |
| 3. Touch panel control       | 8. Ventilation grill               |
| 4. Bowl (removable)          | 9. Power cable                     |
| 5. Frying basket (removable) |                                    |

## REMOVING AND FITTING THE FRYING BOWL

The frying bowl and the frying basket share a handle when the bowl is fitted in the fryer.

- To remove the bowl assembly from the fryer, pull the handle outward.
- To refit the bowl assembly from the fryer, push the handle towards the fryer.

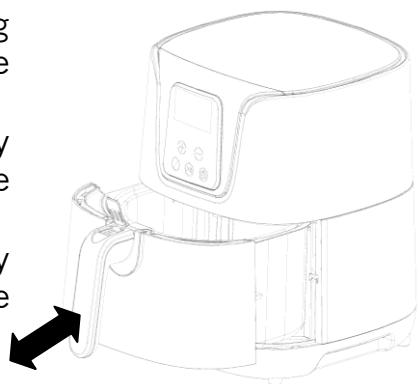


Fig.1

## SEPARATING THE FRYING BOWL FROM THE FRYING BASKET

To prevent accidental release the basket release button is fitted with a clear plastic cover. To release the basket from the bowl assembly.

1. Lift plastic cover.
2. Press the release button and lift out the basket.
3. To refit the basket, align the handle with the slot in the bowl and lower into position. A click will be heard when the basket engages.

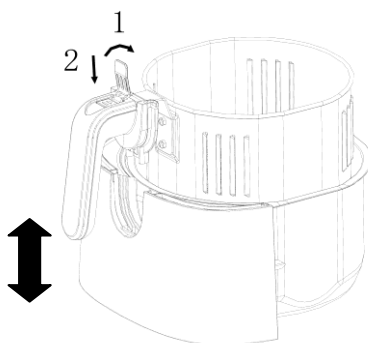
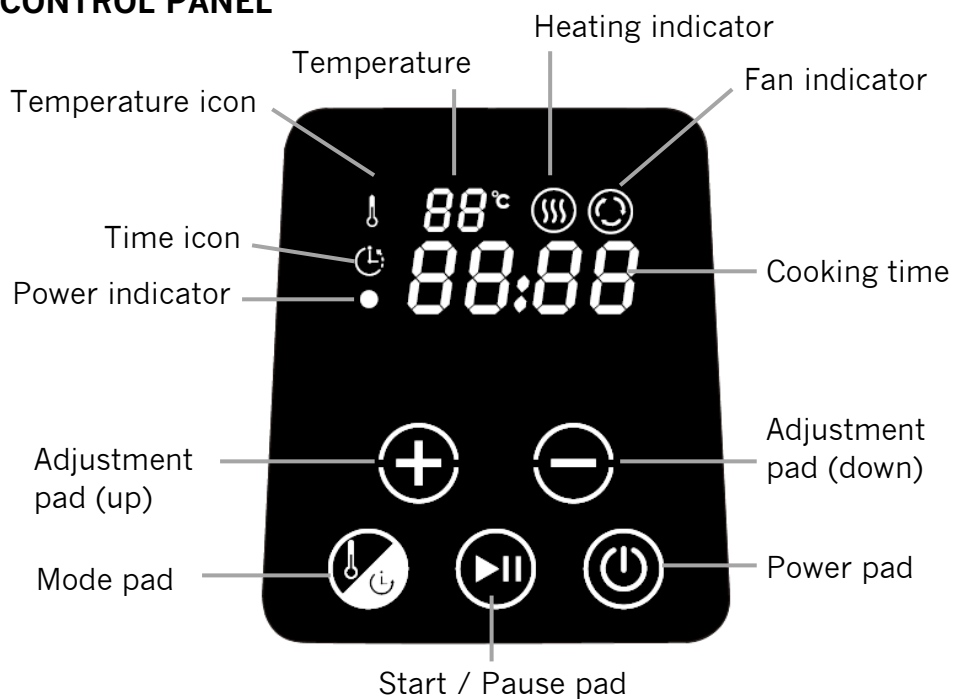


Fig.2

## BEFORE FIRST USE

1. Lift out the basket and remove the protective cardboard underneath the bowl and between the bowl and the basket. Dispose of all packaging safely.
2. Clean in accordance with the cleaning section of these instructions.
3. Become familiar with -
  - The parts of the fryer – See page 5
  - How to fit and remove the frying bowl – See fig. 1
  - How remove and fit the frying basket – See fig. 2

## CONTROL PANEL



## TO USE

1. Place the fully assembled fryer on a stable, flat, heat resistant surface and away from flammable materials and surfaces that may be damaged by steam. Check that the plug will reach a socket and that it can be accessed without reaching over the fryer.
2. Pull out and fully unwind the cable, plug in and switch on the display will activate briefly, a bleep will be heard and the power indicator will illuminate (red). For your safety do not allow the cable to dangle over the edge of units
3. Preheat the fryer for 5 minutes before use. Press the POWER pad and the display will activate.
4. Press the MODE pad and the temperature will flash in the display. Using the adjustment (+/-) pads, set the temperature to the desired cooking temperature.

5. Press the MODE pad again and the operation time will flash in the display. Using the adjustment (+/-) pads, set the cooking time to 5 minutes (5:00).
6. Press the START / PAUSE pad. The heating & fan indicators will illuminate, the operation time will start to count down and the fryer will start to operate.
7. When timer reaches 0:00, five bleeps will be heard and the fryer will switch off.
8. Remove the frying bowl from the body of the fryer and place on a heat resistance surface.
9. Place the food to be cooked into the frying basket taking care not to overfill and allowing sufficient space between the items for the hot air to circulate during cooking. Do not fill beyond  $\frac{2}{3}$  full for most foods and a maximum of 500g of chips.
10. Refit the frying bowl and basket into the fryer.
11. Set the temperature and desired cooking time and press the START / PAUSE pad.
12. When the fryer has reached the required cooking temperature the heating indicator will extinguish and illuminate again when it next heats.
13. Halfway through the cooking time, remove the bowl, shake or turn the food over. The fryer will automatically switch off as the frying bowl / basket is removed and switch on again when the bowl is refitted.
14. When the cooking time has been completed, remove the frying bowl and basket and check that the food is cooked.
15. If the food requires further cooking, refit the bowl and basket and set the timer for the extra cooking time required.
16. When frying is complete, remove the basket from the bowl (fig. 2) and empty contents onto a plate or serving bowl.
17. When cooking has been completed, switch off at the mains supply and allow to cool fully (at least 3 hours) before cleaning the fryer.

## **GENERAL COOKING ADVICE FOR USING YOUR HEALTH FRYER.**

This health fryer is great for when you want to eat fried food but with a lower fat content. It can also bake or roast and many snacks that can be prepared in an electric fan oven can be cooked in this health fryer. For air fryer recipes, techniques and specific cooking times consult a specialist recipe book. Some general advice follows.

- If making homemade fries / potato wedges, wash and dry the potatoes and toss in spoonful of cooking oil to coat the fries before placing into the frying basket.
- For crispier fries cut chips into smaller sticks or coat with more oil.
- Do not overfill the frying basket and separate food where possible. Take care not to fill the basket beyond  $\frac{2}{3}$  full for most foods and a maximum of 500g of chips.
- Rinse raw starchy foods (e.g. potatoes) with water and pat dry to help prevent them from sticking together.
- After frying do not leave the food in the frying basket for too long as the steam will soften any coatings.
- Raw foods usually require frying at a lower temperature than cooked or partially cooked foods.
- The cooking time will vary according to the shape, thickness and composition of the food.
- Smaller pieces will cook quicker than larger pieces. For best results, ensure pieces of food are similar in size.
- Arrange the food with spaces between the pieces to hot air to pass through.
- Cook foods with a lighter flavour before those with stronger flavours to help prevent flavour taint.
- The health fryer can also be used to reheat small quantities of food. Set timer for 10 minutes and the temperature to 150°C. Always check food is piping hot before eating.

## FRYING CHART

- All the times stated in the table are a guide only - always check that the centre of the food is piping hot.
- The times will vary according to personal choice, size or thickness of food being cooked (e.g. one large piece will take longer to cook than several smaller pieces of an equivalent weight) and the starting temperature of the food (fridge or room temperature).
- Always check food packaging for any recommended cooking times and temperatures stated.

<b>Food</b>	<b>Temp (°C)</b>	<b>Air fry time (minutes)</b>	<b>Max food weight</b>	<b>Action at half way</b>
Cake (cup cakes)	180	10-15	500g	-
French Fries (from frozen)	200	15-20	500g	Shake
Fish (fillets & steaks)	200	15-22	500g	Turn
Chicken (wings & drumsticks)	200	15-22	500g	Turn
Meat (chops & steaks)	200	10-20	500g	Turn
Shrimp	180	10-18	500g	Shake

## CLEANING

Clean after each use.

1. Switch off and unplug the fryer and allow it to cool completely.
2. Wipe the inside and outside of the fryer housing with a soft damp cloth soaked in soapy water. Rinse and dry surfaces with a soft dry cloth. Do not use detergent or abrasives as these may scratch the surface. **Never immerse the fryer housing in water.**
3. The heating element maybe brushed with a soft cleaning brush to remove any food debris.
4. Wash the frying bowl and basket in hot water with a little washing up liquid. Rinse and dry thoroughly. Do not use detergent or abrasives as these may scratch the surface. Not suitable for the dishwasher.
5. After cleaning, reassemble the fryer for storage.

## TROUBLESHOOTING

Observation	Possible cause
Appliance does not work	Not plugged in.
	Timer not set.
Uneven cooking	Food not turned or shaken at halfway point.
Food not cooked fully	Basket too full.
	Cooking temperature too low.
	Cooking time too short.
Bowl does not close fully	Basket not fully engaged into bowl.
	Too much food in basket.
White smoke emitted	Food being cooked is greasy.
	Bowl not cleaned properly from previous use.

## TECHNICAL SPECIFICATION

Cookworks Health Fryer	
Model	DF7003T-CB
Cat No	7698329
Rated Voltage & Frequency	220 - 240V AC 50- 60Hz
Rated Power Input	1300W
Bowl capacity	4 litre
Basket capacity	3 litre
Temperature range	80 – 200C
Timer	0 – 60min
Class rating	I (earthed)
BS 1362 fuse	10A
Product dimensions (external)	385 x 280 x 316 mm
Product weight (net)	4.9 kg approx.



## RECYCLING ELECTRICAL PRODUCTS

You should now recycle your waste electrical goods and in doing so help the environment.

This symbol means an electrical product should not be disposed of with normal household waste. Please ensure it is taken to a suitable facility for disposal when finished with.

Visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk), click on “bank locator” and enter your postcode to find your nearest recycling site.



## PLUG / WIRING ADVICE

The wires in this mains lead are coloured in accordance with the following UK electrical code: BLUE = NEUTRAL

BROWN = LIVE

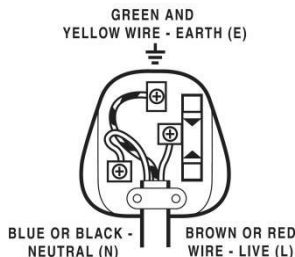
GREEN + YELLOW = EARTH

### Non-rewireable plug

This appliance may be fitted with a “non-rewireable” plug. If you need to change the fuse in a “non-rewireable” plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the appliance must not be used.

### Rewireable plug

The colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in a rewireable plug. **Rewireable plugs should only be replaced by a suitably competent person. If in doubt, consult a qualified electrician.**



The BLUE wire must be connected to the terminal marked with the letter N

The BROWN wire must be connected to the terminal marked with the letter L

The GREEN & YELLOW wire must be connecting to the terminal marked with the letter E or the earth symbol (⊥).

Produced in China for and imported by

Argos Limited,  
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## PRODUCT GUARANTEE

This product is guaranteed against manufacturing defects for a period of



Year

This product is guaranteed for twelve months from the date of original purchase.

Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual. A replacement copy of this instruction manual can be obtained from [www.argos-support.co.uk](http://www.argos-support.co.uk)
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.

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