Scan to access delicious recipes and cooking charts to use with your Cuisinart Gourmet Pro

Cuisinart®

Gourmet Pro

Combi Oven with Convection, Steam & Air Fry

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IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USING

When using any electrical appliance, especially when children are present, **basic safety precautions should always be taken to reduce the risk of fire, electric shock and/or injury, including the following:**

- Never leave unattended while cooking to avoid possibility of fire.
- This appliance is intended for **HOUSEHOLD USE ONLY** and similar applications such as:
  - staff kitchen areas in shops, offices & other working environments;
  - farmhouses;
  - clients in hotels, motels and other residential type environments;
  - bed and breakfast settings
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack experience and knowledge unless, they have been given instruction and or guidance concerning use of the appliance by a person responsible for their safety.
- Use only on an appropriate benchtop & indoors only, sitting away from flammable materials such as curtains, draperies and walls of similar nature as a fire may occur if comes in contact or becomes covered during operation.
- Do not place on or near a hot gas, electric burner, or in a heated oven.
- Do not use appliance for other than its intended use.
- This appliance is for 220V~240V use only. Check voltage to be sure the voltage indicated on the nameplate agrees with your voltage.
- Plug cord to wall outlet. To safely disconnect, press "Start / Stop" to stop cooking cycle and remove plug from electrical outlet.
- To avoid the possibility of the unit being accidentally pulled off the working area, which could result in damage to the unit or personal injury, do not let the cord hang over the edge of a table or benchtop.
- To avoid damage to the cord and possible fire or electrocution hazard, do not let cord come into contact with any hot surfaces including a stovetop.
- Do not operate this appliance if it has been dropped or damaged (including the cord) in any manner or is not operating correctly.
- Do not operate this appliance in an appliance cabinet or under a wall cabinet. When storing in an appliance cabinet, always unplug the unit from the electrical outlet. Not doing so could create a risk of fire, especially if the unit is in contact with the walls of any cabinetry or on closing the cabinet door and touching the unit.
- Keep hands hair and clothing away during operation to reduce the risk of injury.
- Always unplug from the electrical outlet when not in use before putting on or taking off parts and before cleaning.
- The use of attachments not recommended by Cuisinart may be hazardous.
- At no time, before or during cooking and cleaning immerse unit, plug or cord in water, or any other liquids – this is to protect against the starting of a fire and electric shock that could induce injury to persons. If the unit, plug or cord should fall into water or other liquids, unplug the cord from the electrical output immediately. DO NOT reach into the water.

- Do not cover crumb tray or any part of the oven except the baking pan with aluminium foil – this will cause overheating of the oven. Do not place paper, plastic or cardboard products in the oven.
- The top of the oven, steam vents and any other opening should always be clear 15cms of any other object while in use.
- **Caution hot surface:** The temperature of accessible surfaces may be high when the appliance is operating. Surfaces marked with this symbol will be very hot to touch during use – only use handles and/or knobs. DO NOT TOUCH until the unit has cooled down.
- Oversized foods, aluminium food packages and utensils must not be inserted in the oven as this can create a risk of fire or electric shock.
- No object should ever be rested on the glass door. This includes cooking utensils and baking dishes.
- Do not place sealed or airtight containers into the oven.
- Extreme caution should be exercised when using containers constructed of materials other than metal, glass or ceramic in the oven.
- Use extreme caution when removing trays, pans, racks or disposing of grease and oils or when moving the unit itself that may contain hot oils or grease to avoid burns.
- Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
- Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Do not cover crumb tray or any part of the oven except the baking pan with aluminium foil – this will cause overheating of the oven.
- **Caution:** Do not immerse in water.
- **Caution:** The heating element surface is subject to residual heat after use.
- The appliances are not intended to be operated by means of an external timer or separate remote-control system.

SPECIAL CORDSET INSTRUCTIONS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be tripped over unintentionally or pulled on by children.

SAVE THESE INSTRUCTIONS

BEFORE THE FIRST USE

Before using your Gourmet Pro Oven for the first time, remove any dust from shipping by wiping the base, cover and controls with a damp cloth. Be sure to thoroughly clean all accessories before first use. The oven rack, baking tray, cooking basket and crumb tray are dishwasher safe. Rinse water reservoir in hot, sudsy water.

Ensure the **top of the oven**, steam vents and other opening should always be clear at least 15cms of any cabinet or other objects while in use.

Allow at least 5cms clearance for the **sides and back of oven** from wall or cabinet surfaces.

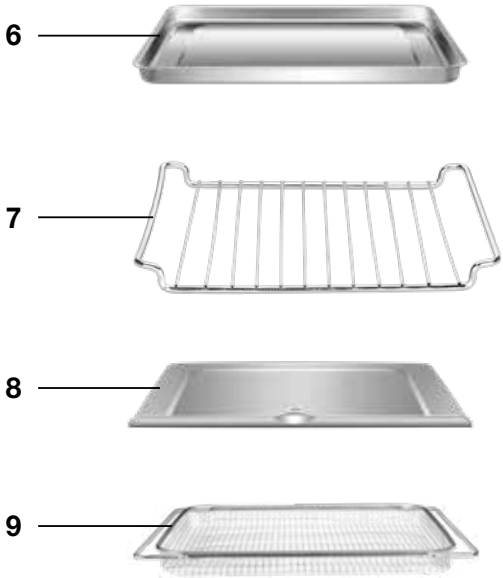
Important: Never place objects such as food / trays / baking dishes to rest on the oven door when open. This will damage the operation of the door. Do not use on heat-sensitive surfaces.

DO NOT STORE ITEMS ON TOP OF THE OVEN. IF YOU DO, REMOVE THEM BEFORE YOU TURN YOUR OVEN ON. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE.

Preheat your oven for 15 minutes before the first use to remove any residual fumes from the oven. It is normal to smell a little odour on the first use as the heating elements are coated with a protective film against corrosion. It is normal operation for steam and/or smoke to be vented from the top rear of the oven . Ensure you allow adequate clearance and ventilation whilst in use.

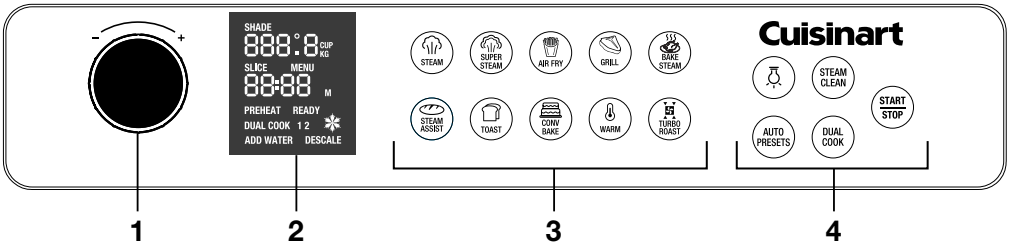
1. Place the oven and appropriate accessories on a clean, dry, flat surface. Make sure oven interior and accessories have been cleaned and dried thoroughly before use. Plug the oven into a 230/240V powerpoint.
2. Open the unit using the handle on the door, pulling it downward until it rests comfortably in place.
3. Before cooking, position the oven rack for the cooking function being used. Refer to the Rack Position Guide on page 11 for proper positioning. Never operate the oven without the drip tray in place.

PARTS & FEATURES



1. **Water Reservoir**
   1L removable water tank (BPA Free) used for all functions that require steam as well as for oven steam cleaning.
2. **Touch Control Panel & LCD display**
   Displays information such as cooking mode, menu functions, pre-heating, temperature, timer, oven light, steam cleaning, clock, water refilling and descaling reminders. See Getting to Know Your Control Panel on page 8. Functions and settings are selected by pressing with your finger on the required setting.
3. **Selector Dial**
   Turn the dial to adjust options such as presets, temperature and time that appear on the LCD screen, press the control dial to confirm the selection.
4. **Drip tray**
   The drip tray comes already positioned in your oven & is designed to collect excess liquid. The drip tray slides out from the bottom front of the oven.
5. **Start/Stop**
   Starts & stops the active function, cooking time & temperature selected. Press and hold the Start/Stop for 3 secs to turn the oven off and into standby.
6. **Baking Tray**
   For use when baking or roasting. When air frying or grilling - always position underneath the cooking basket to catch any crumbs/residue when using the basket (see page 10).
7. **Oven Rack**
   Three shelf positions for multiple cooking functions: See page 10.
8. **Crumb Tray**
   Sits underneath the heating elements to catch crumbs. **Always remove when using the steam functions to allow excess water to exit the oven.**
9. **Cooking Basket**
   Use for air-frying, grilling or steaming.
10. **Stainless Steel Interior**

GETTING TO KNOW YOUR CONTROL PANEL



1. **Selector Dial**
   Turn the dial to set the cooking time and temperature, adjust measurements eg weight in preset menu, change the toast settings (toast color, number of slices) or set the clock.
   Press down on the dial to confirm selection.
2. **Control panel screen display**
   LCD display shows clock, temperature, cooking time, auto preset menu, measurement, frozen, preheat, ready, add water, descale & dual cook.
3. **10 Cooking Functions**
   STEAM, SUPER STEAM, AIR FRY, GRILL, BAKE STEAM, STEAM ASSIST, TOAST, CONV BAKE, WARM, TURBO ROAST.
   The default temperature and cooking time for each setting is shown in the table below.
   These times and temperatures can be adjusted according to your preference.

FUNCTION	DEFAULT SETTING	TEMPERATURE RANGE	TIME RANGE	TEMPERATURE INCREMENTS	CONVECTION FAN SPEED	PRE-HEAT	CHANGE TEMP	CHANGE TIME	REQUIRES WATER IN TANK
STEAM	100°C 30 MINS	40-100°C	1-60 MINS	5°C	LOW	NO	YES	YES	YES
SUPER STEAM	120°C 20 MINS	50-200°C	1-60 MINS	5°C	LOW	NO	YES	YES	YES
AIR FRY	200°C 20 MINS	180-230°C	1-45 MINS	10°C	HIGH	NO	YES	YES	NO
GRILL	230°C 20 MINS	FIXED AT 230°C	1-120 MINS	FIXED AT 230°C	LOW	NO	NO	YES	NO
BAKE STEAM	180°C 30 MINS	110-230°C	1-120 MINS	10°C	LOW	NO	YES	YES	YES
STEAM ASSIST	180°C 20 MINS	50-230°C	1-120 MINS	5°C	LOW	NO	YES	YES	YES
TOAST	SHADE: 4 SLICE: 3-4 FROZEN: OFF	FIXED TEMP			LOW	NO	NO	NO	NO

FUNCTION	DEFAULT SETTING	TEMPERATURE RANGE	TIME RANGE	TEMPERATURE INCREMENTS	CONVECTION FAN SPEED	PRE-HEAT	CHANGE TEMP	CHANGE TIME	REQUIRES WATER IN TANK
CONV BAKE	180°C 20 MINS	50-230°C	1-120 MINS	10°C	LOW	YES	YES	YES	NO
WARM	60°C 30 MINS	50-150°C	1-120 MINS	10°C	LOW	NO	YES	YES	NO
TURBO ROAST	180°C 20 MINS	180-230°C	1-120 MINS	5°C	HIGH	YES	YES	YES	YES

4. **Operational Functions plus Auto Pre-set Menu**
   The operational functions include Oven light, Steam Clean, Dual Cook and Start / Stop

   START / STOP – Press once to start or pause the cooking function.
   Press and hold for 3 secs to stop or cancel a cooking function

   STEAM CLEAN – Injects steam into the oven to loosen any grease or residue on the inside and allow for an easy wipe clean. The duration of the auto steam clean function is 45 minutes.

   LIGHT – Activates the oven's internal light for 2 mins at which time the light will switch off automatically or press again to turn off.

   DUAL COOK – Combines 2 cooking functions with temperature and timing to run consecutively (refer to page 26).

   AUTO PRESETS – Offers 20 default cooking menus (refer to page 21).

5. **Oven Rack & Pan Positions**
   Please refer to the chart for suggested oven rack, baking tray/drip pan, and cooking basket positions.
   Rack position 1, 2 and 3 are marked on the right hand side of the door housing when the door is open.

SUGGESTED RACK/PAN/BASKET POSITIONS

	Position 1 (Bottom shelf)			Position 2 (Middle shelf)			Position 3 (Top shelf)		
Function									
Steam		X	X*	X	X	X*			
Super Steam		X	X*	X	X	X*			
Air Fry				X			X		
Grill							X	X	X
Bake Steam		X	X		X	X			
Steam Assist		X	X		X	X			
Toast						X			
Conv Bake		X	X		X	X			
Warm		X	X		X	X			
Turbo Roast		X	X	X	X	X			

* Using suitable steaming trays or containers

WHEN COOKING WITH STEAM

The following functions require water in the reservoir to operate: STEAM, SUPER STEAM, BAKE STEAM, STEAM ASSIST and TURBO ROAST. If no water is available (or runs out during cooking), ADD WATER will display in the control panel screen display, and the oven will continue to emit a prompt sound, at which point the machine will stop working. At this point, please add water to the water tank. After adding water, press START / STOP, and the oven will resume operation.

Fill the water reservoir with filtered water if using a function requiring steam. Remove reservoir by lifting vertically, using the integrated handle. Invert and remove reservoir cap and fill. Replace cap and return reservoir so that it is properly seated in its original position.

After using the Steam Oven, ensure the water reservoir is emptied.

IMPORTANT: Please note that many foods release water when they cook. When cooking large quantities or foods that contain a high level of moisture, condensation is likely to build up and escape from the oven. This could leave moisture on your benchtop.

OPERATING INSTRUCTIONS

When you use the oven for the first time, once you have set up the clock, the touch screen will be blank except for the Start/Stop light . To activate the functions screen press START /STOP or turn the selector dial . The functions will illuminate to 50% brightness.

SETTING THE CLOCK

When the appliance starts for the first time, it will display the clock and the hours in the default time of 12:00 will be flashing.

To change the time:

1. Turn the selector dial to set the hour, then press the dial to confirm.
2. The minutes of the clock will now be flashing. Turn the selector dial to set the minutes and press the selector to confirm.
3. Turn the selector dial to toggle between showing PM and not showing anything (indicating AM).

NOTE: If no action is taken, the time will be automatically set to the current displayed time after 5 seconds, and the system time will be in 12-hour format.

If you want to reset the time, press START / STOP while the oven is in standby mode to enter sleep mode, and then press and hold the selector dial to adjust the clock.

The oven has 2 modes:

SLEEP/OFF MODE

When the oven is in SLEEP/OFF mode, only the clock will be visible. In sleep mode, the appliance can be awakened and entered to standby mode by pressing the START / STOP function or turning the control dial. The oven will then switch to stand by mode.

STANDBY MODE

In standby mode, all touch panel function buttons will light up to 50% brightness. At this time, you can select the desired cooking mode or function to operate. If there is no operation in standby mode, the machine will enter sleep mode after 5 minutes, or press START / STOP to let the oven enter to sleep mode.

DIAL SELECTOR

This used to adjust to clock settings, temperature and time as well as select Auto Presets.

During a cooking function you can pause and add or reduce the cooking time or adjust temperatures by turning the dial, the START/STOP will flash. The time remaining will also flash. Turn the dial to adjust the time up or down then press the selector to confirm. The temperature will now flash. Turn the dial to adjust the temperature up or down.

Press START / STOP to recommence the program function.

RETURNING TO STANDBY MODE DURING OPERATION

If at any stage you would like to cease cooking or cancel a function and return to the standby mode to select another function, press and hold START / STOP down for 3 seconds. This will end the current program and the unit will return to standby mode.

USING THE OVEN LIGHT

Touch the "" function on the control touch panel to turn the oven light on.

Touch the "" function again to turn off the oven light.

NOTE: When the light is on it will automatically switch off after a period of 2 minutes. When opening the oven door, the light automatically switches on.

CHANGING THE OVEN LIGHT BULB

WARNING: Always unplug the oven and allow to cool before replacing the bulb. Use only a G9 type 220~240V 25W halogen bulb.

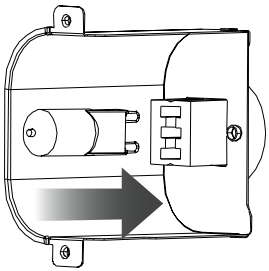
The light is positioned at the rear of the oven cavity on the right hand side, however access to the light bulb is outside of the oven on the back wall.

As you look at the back of the oven, the removable back panel is located on the far left hand side. The removable panel should be printed with “Lightbulb access” so that you can easily identify it.

To remove the panel, use a Phillips head screwdriver and turn the screw anti-clockwise until loose. Once the panel has been removed, you will see the lightbulb inside. To remove the light, place your fingers on the outside of the light housing and gently pull towards you.

To insert the new bulb, line up the bulb with the socket and push into the socket gently.

To replace the removable panel, line the screw up with the hole and use a Phillips head screwdriver to turn clockwise until the panel is secured.



COOKING FUNCTIONS

STEAM

Suggested rack placement: position 1 or 2. Remove crumb tray.

When using this mode, please ensure that the water in the water tank is sufficient.

From standby mode:

1. Select Steam on the touch control panel. The Steam function will be solid at 100% brightness. The default temperature for super steam is 100°C, and default time is 30 minutes, with an adjustable temperature range of 40-100°C and an adjustable time range of 1-60 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start steaming.

There is no preheating of the oven required on the steam function - food should be placed in oven before selecting cooking function and pressing START, as preheat time is minimal and incorporated into overall cooking time.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

IMPORTANT: Remove drip tray and empty before using this function.

STEAMING COOKING CHART

Food	Qty.	Preparation	Approx. Cooking Times
Artichokes	4 (large)	Trimmed	100-120 mins
Asparagus	450g	Trimmed	10-12 mins
Broccoli	2 cups	4cm florets	20 mins
Cauliflower	2 cups	4cm florets	20-25 mins
Corn	2 cobbs	Husked	20 mins
Green Beans	2 cups	Trimmed	15 mins
Snow Peas	2 cups	Trimmed	10 mins
Potatoes (New)	450g	Whole	40-45 mins
Prawns	500g (peeled)	Peeled & devined	12-15 mins
Fish; Ocean Trout, Salmon, Swordfish	500g	Cut into portion sizes	18-20 mins

SUPER STEAM

Suggested rack placement: position 1 or 2. Remove crumb tray.

Super Steam uses steam plus the additional heat of the top elements. It is the perfect setting for steamed vegetables and cooking rice and custards. Put vegetables in the lower or middle rack position and set up to 120°C for at least 20 minutes.

When using this mode, please ensure that the water in the water tank is sufficient.

From standby mode:

1. Select Super Steam on the touch control panel. The Super Steam function will be solid at 100% brightness. The default temperature for super steam is 120°C, and default time is 20 minutes, with an adjustable temperature range of 50-200°C and an adjustable time range of 1-60 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start steaming.

There is no preheating of the oven required on the super steam function - food should be placed in oven before selecting cooking function and pressing START, as preheat time is minimal and incorporated into overall cooking time.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

IMPORTANT: Remove drip tray and empty before using this function.

STEAMING TIPS

It is recommended that vegetables, seafood, and other proteins must use a steam temperature of no less than 100°C.

- When cooking all vegetables/proteins, we recommend placing the ingredients on a baking pan or suitable heatproof container and then placing them into the oven for cooking.
- When cooking seafood, we recommend adding a small amount of wine or other flavored liquid to the bottom of the baking pan to enhance the flavor.
- When cooking with steam, juices easily accumulate in the baking pan. If the baking pan is filled with juice after cooking, please let it cool and carefully remove it.

Note: As Super Steam uses additional heat, never use any containers that aren't oven-proof.

AIR FRY

Air fried foods are a quick and healthy alternative to deep frying in oil. A high-speed fan and multiple heating elements circulate hot air from the top down to prepare a variety of meals that can be both delicious and healthier than traditional frying. Many foods that are usually fried can be air-fried without using excess amounts of oil. Air-fried foods will taste lighter and be less greasy than deep-fried foods. Air-frying doesn't require oil, but a light spray can enhance browning and crispiness. Use an oil sprayer or a non stick olive oil cooking spray to keep it extra light, a pastry brush to evenly coat, or pour a little oil into a bowl, add food, and toss.

Suggested rack placement: position 3. **Always use the provided cooking basket with the baking tray on the shelf below to catch any crumbs.**

From standby mode:

1. Select Air Fry on the touch control panel. The Air Fry function will be solid at 100% brightness. The default temperature for air fry is 200°C, and default time is 20 minutes, with an adjustable temperature range of 180 - 230°C and an adjustable time range of 1-45 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start air frying.

There is no preheating of the oven required on the air fry function - food should be placed in oven before selecting cooking function and pressing START, as preheat time is minimal and incorporated into overall cooking time.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

AIR FRY TIPS

Most oils can be used for air-frying. Olive oil is preferred for a richer flavour. Vegetable, canola or grapeseed oils are recommended for milder flavours.

An assortment of coatings can be used on air fried foods. Some examples of different crumb mixtures include;

- breadcrumbs,

- seasoned breadcrumbs

- panko breadcrumbs

- crushed cornflakes

- crushed potato chips.

Various flours, including gluten-free, and other dry foods like cornmeal also work very well.

- Pre-spray the cooking basket to avoid any breaded or marinade coated food sticking to the basket.
- Most foods do not need to be turned during cooking, but larger items, like chicken drumsticks, should be turned halfway through the cooking cycle to ensure they are evenly cooked with browning results.
- When air-frying large quantities of food such as chips that fill the basket, toss food halfway through the cooking cycle to ensure evenly cooked results and browning.
- Use higher temperatures for foods that cook quickly, like bacon and chips.
- Use lower temperatures for foods that take longer to cook, like crumbed chicken.
- Foods will cook more evenly if they are cut into the same-size pieces.

AIR FRYING COOKING CHART

The chart below lists recommended amounts, cooking times and temperatures for various types of food that can be air-fried in the Gourmet Pro oven. If portions exceed recommendations, you can toss occasionally while cooking to ensure crispiest, and even browning results. Smaller amounts of food may require less time. For best air fry results, use the oven light to periodically check on the cooking food.

We suggest using the upper position 3 for best results unless otherwise stated.

Food	Recommended Amount	Temperature	Approx. Time	Shelf Position	Cooking Instruction
Bacon	250g (about 5 rashers)	200°C	9 to 10 mins	3	Place bacon in the cooking basket and place in shelf position 3 (top) with the baking tray in position 2 (middle) to catch any fats.
Chicken Wings	900g (about 10) - Max 1.4kg	200°C	20 to 25 mins	2	Avoid sugary marinades as this may result in burning of the sugar. Best cooked in a single layer. Turn once during last 5 mins of cooking
Frozen Chips/Fries	450g - 900g	220°C	12 to 25 mins	3	When cooking a larger volume (Position 2) rack may be required. Toss once during cooking for even browning.
Frozen Wedges	450g - 900g	220°C	12 to 25 minutes	3	When cooking a larger volume (Position 2) rack may be required. Toss once during cooking required for even browning.
Frozen Snacks e.g. Spring Rolls	500g	210°C	8 to 10 mins	2	Place in a single layer in basket.
Frozen Chicken Nuggets / Tenders	400g	220ºC	8 mins	2	Place in a single layer in basket.
Frozen Fish Fingers	600g	220ºC	10 mins	2	Place in a single layer in basket. Do not layer. Turn after 5 mins.
Fresh Hand Cut Chips	450g - 900g	200°C	15 to 20 mins	2	Spray well with oil before frying.
Frozen Salt & Pepper Squid	500g	210°C	10 mins	2	Toss halfway
Quick roasted vegetable medley e.g Cut into cubes Eggplant Sweet Potato Zucchini Capsicum Onion	500g	200°C	15-20 mins	2 or 3	Lightly spray with olive oil all over vegetables. For slices cut 1-½cm thick and cook for 10 mins. For larger cut vegetables 4cm x 4cm cook for 15-20 mins. Use rack Position 3 for thin slices , rack Position 2 for thicker pieces of vegetables. Turn halfway through cooking to evenly brown.

TURBO ROAST

This function uses the unique combination of a high speed fan with convection heat and steam to achieve a crisp outside, tender juicy inside and less time it takes to roast in a standard oven. For a roast chicken quicker than ordering takeaway, use the "TurboRoast Chicken" Auto Pre-set N.1 (page 21) to cook a roast you can boast in 40mins (1.5kg or less size).

When using this mode, please ensure that water in the water tank is sufficient.

Suggested rack placement: position 1 or 2.

Turbo Roast has a preheating stage during which display will show PREHEAT; once preheat is complete, the oven will beep. Display will show READY and the countdown timer will begin.

From standby mode:

1. Select Turbo Roast on the touch control panel. The function will be solid at 100% brightness. The default temperature for Turbo Roast is 180°C, and default time is 20 minutes, with an adjustable temperature range of 180-230°C and an adjustable time range of 1-120 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start preheating.
4. Once the oven has preheated and display shows ready. Add food to the oven.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

ROAST CHART	TURBO ROAST		
	TIME/ WEIGHT	TEMP.	NOTES
Chicken (Unstuffed)	15mins/500g	180°C	For stuffed chicken adjust time: 20mins/500g
Beef (Blade, Round) Medium Rare	20mins/500g	200°C 160°C	Preheat oven at 200°C Reduce to 160°C & place beef in oven
Pork Loin (Rolled or Bone-in) Blush Pink	10mins/500g	230°C 180°C	Cook at 230°C for 25mins any size Reduce to 180°C & cook for 10mins/500g TIP: Go to page 26 to use the Dual Cook Function
Lamb (On Bone) Medium Rare	20mins/500g	180°C	

CONVECTION BAKE

Almost anything you bake in a standard oven can be baked in your Gourmet Pro oven, but usually with reduced cooking time. Baking is recommended for a variety of foods you would normally prepare in a conventional oven such as cakes, cookies, custards, pies and breads.

Convection bake has a preheating stage during which display will show PREHEAT; once preheat is complete, the oven will beep. Display will show READY and the countdown timer will begin.

NOTE: Use the recipe and temperature you would use in a standard oven, however, baking time may need to be shortened. It is recommended to check food at least 10 minutes prior to the baking time specified in the recipe. Cakes may benefit by covering with foil half way through baking to prevent cracking or overcooking on the top.

Suggested rack placement: position 1.

From standby mode:

1. Select Convection Bake on the touch control panel. The Convection Bake function will be solid at 100% brightness. The default temperature for Convection Bake is 180°C, and default time is 20 minutes, with an adjustable temperature range of 50 - 230°C and an adjustable time range of 1-120 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start preheating.
4. Once the oven has preheated the display will show ready. Add food to commence baking.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

BAKE STEAM

The combination of baking & steaming means crispy outside & juicy inside results, in less time, using little to no oil when roasting with steam alone. Even & moist heat benefits many types of foods, from silky custards to effortless browned braised & tender dishes.

Suggested rack placement: position 1. Remove crumb tray.

This function can be used to reheat foods / leftovers without drying them out.

When using the Bake Steam mode, please ensure that water in the tank is sufficient.

From standby mode:

1. Select Bake Steam on the touch control panel. The Bake Steam function will start flashing. The default temperature for Bake Steam is 180°C, and default time is 30 minutes, with an adjustable temperature range of 110 - 230°C and an adjustable time range of 1-120 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start baking.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

STEAM ASSIST

The Steam Assist function simulates a bakers oven with an initial burst of steam followed by convection baking for crispy crusts & perfectly soft risen interiors. Use the Steam Assist function for other recipes that use yeast as the leavening agent and bakery / pastry items.

When using this mode, please ensure that water in the tank is sufficient.

Suggested rack placement: position 1.

From standby mode:

1. Select Steam Assist on the touch control panel. The Steam Assist function will be solid at 100% brightness. The default temperature for Steam assist is 180°C, and default time is 20 minutes, with an adjustable temperature range of 50-230°C and an adjustable time range of 1-120 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start baking.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

GRILL

The Grill function is perfect for making open cheese melts, browning the top of lasagne or grilling vegetables.

Suggested rack placement: position 2 or 3. Use the provided cooking basket with the baking tray on the shelf below to catch any residue.

From standby mode:

1. Select Grill on the touch control panel. The Grill function will be solid at 100% brightness. The temperature for Grill is 230°C, and default time is 20 minutes, with an adjustable time range of 1-120 minutes.
2. Rotate the selector dial to adjust the cooking time and press START / STOP to start grilling.

There is no preheating of the oven required on the grill function. Food should be placed in oven before selecting cooking function and pressing START, as preheat time is minimal and incorporated into overall cooking time.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

TOAST

Suggested rack placement: position 2. Place in middle shelf. Both top and bottom elements activate.

From standby mode:

1. Select Toast on the touch control panel. The Toast function will be solid at 100% brightness.
   The default number of bread slices is 3-4 pieces and the default toast shade is 4.
2. Rotate the selector dial to adjust the shade colour from 1-7. Shade 1 is the lightest shade, and shade 7 the darkest. Press the selector dial to confirm.
3. Rotate the selector dial again to adjust the number of bread slices. Select from 1-2, or 5-6 slices. Press the selector dial to confirm.
4. If the bread is frozen, rotate the dial again to select the frozen bread option.
   A snowflake icon will appear if the frozen function is selected. Press the selector dial to confirm and press START/STOP to start toasting.

To PAUSE toasting press START / STOP. If the bread is not frozen, press START/STOP to start toasting. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

NOTE: Use the crumb tray provided when cooking toast. For most even cooking, place the toast in the centre directly onto the wire rack.

WARM

Suggested rack placement: position 1 or 2.

From standby mode:

1. Select Warm on the touch control panel. The Warm function will be solid at 100% brightness.
   The default temperature for Warm is 60°C, and default time is 30 minutes, with an adjustable temperature range of 50-150°C and an adjustable time range of 1-120 minutes.
2. Rotate the selector dial to adjust the cooking temperature and press to confirm.
3. Rotate the selector dial again to adjust the cooking time and press START / STOP to start warming.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown while cooking is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

IMPORTANT - ELEMENT OPERATION

The oven uses an intuitive element control to adjust the usage of elements based on the function selected and the temperature. As a result, not all elements will activate or may turn off and on during the cooking cycle. Elements may also glow red, while others don't or operate at a reduced power. This is normal operation.

AUTO PRESETS AND DUAL COOK FUNCTIONS

AUTO PRESETS

Auto presets take the guesswork out of cooking with in-built programs for the cooking functions, times and temperatures for commonly cooked recipes such as roasts, lasagnes, chips, rice, vegetables and cakes. Select the program number from the chart below, enter the weight (or other details) when prompted, press START / STOP and let the oven do all of the work (and cooking) for you!

USING THE AUTO PRESET MENU

From standby mode:

1. Select the Auto Preset function and the preset number will start flashing underneath the MENU description in the control panel. Each preset number correlates to a built in menu program which can be found in the Auto Preset Cooking Chart.

NOTE: The auto pre-set menu is printed on the inside of the oven door for your easy reference.

2. Rotate the selector dial to select the desired menu number from 1-20, and press to confirm selection.
3. For menu options that require a weight to be selected, the weight in kg will flash in the control panel. Turn the selector dial to select the weight and press to confirm selection.
4. Press START/STOP to commence cooking.

A default total cooking time and temperature will display in the control panel. If you wish to adjust the temperature up or down, press selector dial. The temperature will start to flash in the display and at this point, you can use the selector dial to adjust the temperature up or down. Press START / STOP again to re-commence cooking.

5. Throughout the cooking process press START / STOP to pause, and press again to resume cooking.
6. For some of the preset functions, there are 2 cooking settings that have been automatically programmed (for example bake steam at 180°C and then air fry at 230°C) The temperature and total cooking time will display. When the oven automatically switches to the second function, you will hear an audible beep, and the temperature will adjust to reflect the new setting.
7. After the program is finished, 3 BEEP audible sound will be heard, indicating that the operation has been completed, and the oven will automatically return to standby mode.

IMPORTANT NOTE: At any time whether the oven is paused or working, press and hold the START / STOP button for about 3 seconds to end the current program, and the oven will return to standby mode.

TO ADJUST PRESETS

You can change the time or temperature of any auto presets at any time during the cooking. Turn the selector dial to change the cooking time. To change the temperature, press the selector dial, the temperature will flash. Turn the selector dial to increase or decrease. Press START/STOP to recommence cooking.

AUTO PRESET COOKING MENU

Preset No.	Menu	Preset Description	Options	Shelf/Rack Position	Instructions	What you need to know
1	Turbo Roast Chicken	Turbo Fast roasting with steam, finished off at a higher temperature for crispy skin	Select by Weight 1.5kg or less - Default cooking time 40 mins 2kg or less - Default cooking time 50 mins 2.5kg or less - Default cooking time 60 mins	Baking tray - position 1 or 2	Ensure the water tank is full before starting. Oven will PREHEAT beforehand for a few minutes. Add chicken when it shows READY. Cover chicken with foil to rest for 10 minutes for best results after cooking.	Temperature and times may adjust on the display whilst cooking - this is normal. Temperature and times can be changed at the start and during cooking if required.
2	Roast Pork	Pork cooked on high temperature for crispy crackling and finished by roasting	Select by Weight 1.5kg or less - Default cooking time 70 mins 2kg or less - Default cooking time 80 mins 2.5kg or less - Default cooking time 90 mins	Baking tray - position 1 or 2	Times & Temperature based on medium rare - rolled pork loin. Cover with foil to rest for at least 10 minutes after cooking for best results.	Temperature and times can be changed at the start and during cooking if required.
3	Roast Lamb	Lamb roasted with added steam for moist tender result	Select by Weight 1.5kg or less - Default cooking time 55 mins 2kg or less - Default cooking time 65 mins 2.5kg or less - Default cooking time 75 mins	Baking tray - position 1 or 2	Ensure the water tank is full before starting.Times and Temperature based on medium- rare easy carve leg bone out. Cover with foil to rest for at least 10 minutes after cooking for best results.	Temperature and times can be changed at the start and during cooking if required.
4	Pork Belly	High heat for crispy cracking followed by roasting	Select by Weight 1kg or less - Default cooking time 60 mins 1.5kg or less - Default cooking time 70 mins 2kg or less - Default cooking time 80 mins	Baking tray - position 1 or 2		Temperature and times can be changed at the start and during cooking if required.
5	Roast Beef	Beef roasted with added steam for moist tender result	Select by Weight 1.5kg or less - Default cooking time 60 mins 2kg or less - Default cooking time 70 mins	Baking tray - position 1 or 2	Ensure the water tank is full before starting.Times & Temperature based on medium rare - beef rump roast. Cover with foil to rest for at least 10 minutes after cooking for best results.	Temperature and times can be changed at the start and during cooking if required.

Preset No.	Menu	Preset Description	Options	Shelf/Rack Position	Instructions	What you need to know
6	Roast vegetables	Baked vegetables with steam finished with a higher temperature for a crispy result	1kg	Baking tray - position 3	Ensure the water tank is full before starting.	Temperature and times can be changed at the start and during cooking if required.
7	Pizza	High temperature for perfect pizza results	Use a suitable 25cm pizza tray	Oven rack - position 2	Oven will PREHEAT beforehand for a few minutes. Add Pizza when it shows READY.	Temperature and times can be changed at the start and during cooking if required.
8	Chicken Drumsticks	Baked with added steam for tender results. Finished with high temperature for crispy skin	1kg to 1.5kg	Cooking basket in position 3 with baking tray under	Ensure the water tank is full before starting. Note: Store bought marinated drumsticks need to be monitored to ensure skin does not burn. May need to consider reducing temperature.	Temperature and times can be changed at the start and during cooking if required.
9	Lasagne	Convection cooking	2kg	Baking tray - position 2	Pre-set is based on 2kg lasagne.	Temperature and times can be changed at the start and during cooking if required.
10	Grilled Fish	Grills fish and finishes off with a short burst of air fry for added crisp and browning	2cm thick	Cooking basket in position 3 with baking tray under	Based on fresh fish fillet around 2cm in thickness.	Temperature and times can be changed at the start and during cooking if required.

Preset No.	Menu	Preset Description	Options	Shelf/Rack Position	Instructions	What you need to know
11	Frozen Chips	High temperature for golden crispy results	Select by Weight 500g or less - Default cooking time 20 mins 900g or less - Default cooking time 30 mins	Cooking basket in position 3 with baking tray underneath	For best results, shake the basket once half way through cooking.	Temperature and times can be changed at the start and during cooking if required.
12	Frozen Snacks	High temperature for golden crispy results	Select by Weight 500g or less - Default cooking time 10 mins 900g or less - Default cooking time 15 mins	Cooking basket in position 3 with baking tray underneath	For best results, shake the basket once half way through cooking.	
13	Chicken Schnitzel	High temperature for golden crispy results	500grams or 1kg	Cooking basket in position 2 with baking tray underneath	For best results turn halfway during cooking.	
14	Steamed Rice	Steamed for light fluffy results		Cooking Rack in position 3	Ensure the water tank is full before starting. Ratio 1 cup rice to 1.5 cups of water. Cover with foil to steam.	
15	Bread Proofing	Low temperature steaming for the perfect rise	Default 40°C	Baking tray - position 1	Ensure the water tank is full before starting.	Temperature can be adjusted using the dial selector.

Preset No.	Menu	Preset Description	Options	Shelf/Rack Position	Instructions	What you need to know
16	Frozen Dumplings	Steamed dumplings with a glossy finish	500grams	Cooking rack position 2	Ensure the water tank is full before starting.	
17	Cake	For baking packet mixes		Cooking rack position 1	Oven will PREHEAT beforehand for a few minutes. Add cake pan when it shows READY.	Use a 20cm round cake pan
18	Baked Custard	Steamed for a silky result	Up to 5 ramekins	Cooking rack position 2	For best results turn halfway during cooking. Ensure the water tank is full before starting.	
19	Plate warming	Gently warms a stack of plates before serving		Cooking rack position1	Ensure the water tank is full before starting.	
20	Bottle / Jar Sterilsation		100°C Steam for 15 mins	Cooking Rack in position 1	Ensure the water tank is full before starting.	

DUAL COOK

Dual Cook is a special feature that enables you to combine two cooking functions with different temperatures and timings and run them consecutively. This is ideal for recipes that require multiple cooking steps, e.g.

- Starting a casserole or a dish like nachos, use CONV BAKE to heat through and then switch to Grill for a melted and browned cheese top.
- Beginning a dish on a higher heat to achieve a crispy crust and then reducing temperature for tender results similar to slow cooking.
- Baking a dish then switching to the Warm function to keep food ready until serving.
- Browning pork rind at a high temperature on Air Fry to produce crackling then switching to the Turbo Roast function to complete cooking.

From standby mode:

1. Select Dual Cook on the touch control panel. The Dual Cook function will start be solid at 100% brightness and the screen will display “Dual Cook 1”.

   Choose the first cooking function from: STEAM, SUPER STEAM, AIR FRY, GRILL, BAKE STEAM, STEAM ASSIST, CONV BAKE, WARM, or TURBO ROAST.
2. Rotate the selector dial to adjust the cooking temperature for the first cooking function and press to confirm.
3. Rotate the selector dial again to adjust the cooking time.
4. Press the selector dial again and the display will show “Dual Cook 2”.
   Choose the second cooking function from: STEAM, SUPER STEAM, AIR FRY, GRILL, BAKE STEAM, STEAM ASSIST, CONV BAKE, WARM, or TURBO ROAST.
5. Rotate the selector dial to adjust the cooking temperature for the second cooking function and press to confirm. Rotate the selector dial to adjust the cooking time and press START / STOP to begin cooking.

To PAUSE cooking press START / STOP. To RESUME cooking press START / STOP again.

The timer display will countdown each function ‘DUAL COOK 1’ and ‘DUAL COOK 2’ while cooking is in progress so that you are aware of the cooking time remaining. The program will automatically switch from Dual cook 1 to Dual cook 2. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

NOTE: If selecting cooking functions with steam, please ensure there is sufficient water in the water reservoir.

NOTE: If at any stage you would like to cease cooking or cancel the function and return to standby mode, press and hold START/STOP for 3 seconds. This will end the current program.

CLEANING & MAINTENANCE

- Always wait for the machine to completely cool down before cleaning.
- **Check and empty the drip tray before each use.** This slides out of the front base of the oven.
- Be sure to unplug the oven from the power socket.
- Do not use abrasive cleaners, which may damage the surface of the oven. When cleaning the outer wall of the oven, simply wipe it with a clean, damp cloth and dry it thoroughly. Apply detergent to a cleaning cloth before cleaning, not directly to the surface of the oven.
- When cleaning the inner walls, wipe with a damp microfiber cloth and a mild detergent solution or with a sponge sprayed with a detergent solution.
- Do not use abrasive or corrosive cleaning products, which may damage the oven surface. Do not use tools such as wire brushes to clean the inner walls of the oven.
- Baking pan, frying basket, and crumb tray should be hand-washed with a hot dish soap solution or cleaned with a nylon pad or nylon brush. These parts are made of stainless steel and are dishwasher safe.
- After cooking greasy food, it is important to clean the inside of the oven after cooling to avoid steam melting grease affecting the cooking effect the next time you use it. Removing grease helps keep the consistent cooking over time.
- When cleaning crumbs, pull out the crumb tray and empty it, wipe it clean and put it back in place. To remove residual oil, soak the crumb tray in a hot detergent solution or wash it with a non-abrasive detergent.
- Do not wrap cord around the machine. The cord storage board on the rear side of the machine should be used.
- Other maintenance services shall be completed by authorized maintenance personnel.
- **When the drip tray is removed and emptied, it is also recommended to regularly unscrew the black drip cover located underneath the oven where the drip tray sits and clean it with water and dishwashing liquid.**

AUTO STEAM CLEAN

Remove crumb tray, rack, baking pan and cooking basket. Wash these separately.

From standby mode:

1. Select Steam Clean on the touch control panel. The Steam Clean function will be solid at 100% brightness. The default temperature for is 100°C, and default time is 45 minutes. The temperature on STEAM CLEAN cannot be adjusted.
2. Press START / STOP to start steam cleaning.

To PAUSE cleaning press START / STOP. To RESUME cleaning press START / STOP again.

The timer display will countdown while cleaning is in progress so that you are aware of the cooking time remaining. When the program is finished, the oven will BEEP 3 times to indicate that the program is complete. The oven will then automatically return to standby mode.

Wipe out oven walls with a damp microfiber cloth and a mild detergent solution. Leave door ajar to dry out.

AFTER USING, THE STEAM FUNCTIONS OR SELF-CLEAN

- Always remove any excess water or moisture from the oven walls and racks using kitchen paper or cloth after using any steam functions or self-clean.
- Leave the door in the ajar position to allow oven to air dry for a period.
- Ensure there is no moisture under the crumb tray. Remove the crumb tray when steaming or using self-clean.
- Remove and empty the slide-out drip tray at the base of the oven after each use.
- We recommended emptying the water reservoir after each use.
- Replace with fresh water each time you need to use a steam function.
- When the drip tray is removed and emptied, it is also recommended to regularly unscrew the black drip cover located underneath the oven where the drip tray sits and clean it with water and dishwashing liquid.
- Altough tap water is fine, the use of filtered water in the water reservoir is preferred to reduce scale buildup.

WATER SHORTAGE

If the water tank is short of water, "ADD WATER" will display in the control panel, and the oven will continue to emit a prompt sound, at which point the machine will stop working.

At this point, please add water to the water tank. After adding water, press START / STOP, and the oven will resume operation.

DESCALE

‘DESCALE 0:32’ will appear and flash with in the control panel display with a beeping sound after 50 hours of steaming. When this appears you will need to decalcify the oven for the display to stop flashing.

1. Fill the water tank with water and add an appropriate amount of distilled white vinegar to the water reservoir. The ratio should be 1 cup vinegar to 1 cup water.
2. Press the Steam Clean function and the oven will automatically start the descaling program.
3. After around 20 minutes when the first stage of descaling is complete ‘Descale 0:12’ will flashing with continuous beeping to alarm user to remove the water tank, rinse and add clean fresh water.
4. Press ‘start/stop’ after adding fresh clean water to the tank to continue the process.
5. Once the process is complete, the oven will enter Standby Mode. Descaling program is completed.
6. Remove the water tank and rinse out with fresh clean water.
7. Re-fill half the water reservoir with filtered water, install it back into the machine, select the Steam function, and run for 30 minutes to remove residual vinegar from the oven.
8. Finally, use a clean cloth to dry the remaining water inside the oven.

TROUBLESHOOTING:

The oven is making a gurgling and/or pumping sound during operation.	This is the operation of the steam pump and is completely normal when using a function / preset using steam.
Why is my unit beeping?	Steam reservoir is empty and will indicate 'ADD WATER' on the display screen. Remove and refill with water, then replace. See page 10 for instructions.
Why is water is leaking onto the counter?	Drip tray is not in place, or it may be full. Always check before each use and empty after use.
When cooking with high moisture content foods, steam and moisture may escape from the oven door.	This is normal operation.
The interior of the stainless steel oven is showing marks/stains like rust.	Water heated and dried in the oven can create mineral deposits that are brown in colour and look like rust. These deposits can be cleaned off the surface but will return during regular use. Water quality can vary in different states so this may be more pronounced.
Can the crumb tray be left inside oven when steaming/baking?	The crumb tray should be removed when steaming/ baking/roasting to allow any moisture content to exit via the drainage hole on the base floor of the oven.
The oven elements don't all glow red when heating. Are they faulty?	The oven features smart temperature control that regulates the number of elements used and adjusts the temperature to ensure even heat. This means that not all elements need maximum power at the same time and certain elements will be off depending on the cooking method selected. Note the middle top element is designed to only operate during the Air Fry function.
Steam escapes through the gaps around the oven door.	When using steam-related functions, a large amount of steam is generated in the oven cavity. This is normal and some steam may escape around the door gap.
The fan is still working after cooking.	Once you have finished cooking, the cooling fan will continue to work between 5 to 10 minutes to cool down the electronic components. **Please do not unplug your oven until the fan stops.**

NOTES:

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