

SQ professional®

BLITZ HALOGEN OVEN

RECIPE
BOOK



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RECIPES

Please refer to the Quick Reference Card for general guidelines regarding cooking time and methods.

STEAMING VEGETABLES

To steam vegetables while you are baking or roasting, simply wrap vegetables in foil.

Secure the foil so that it will not be blown or sucked off by the fan. Place foil wrapped bundles in the halogen oven so that air can circulate around them (you can use the high cooking rack to create a platform above the foods already cooking).

Steaming this way will take a little longer than steaming in pot. Fish can also be cooked in foil, steaming in its own juice. Add a little lemon juice and add a few sliced vegetables.

BAKING CAKES

Place cake tin on wire rack in bowl. If you require a very moist cake with almost no crust, secure a foil "tent" over the cake tin.

You can remove the foil just before the cake is ready to allow the top to dry out slightly. Cakes will bake a little quicker in the halogen oven than they will in a conventional oven.

COOK PASTRIES, BISCUITS, ETC.

Place in perforated or other dish on wire rack. If you require a not so crisp finish, cover with foil for the first part of cooking period. Pastries and biscuits will also cook a little quicker in the halogen oven than in a conventional oven.

HINTS

Avoid stacking food in an attempt to cook more food. If air cannot circulate around the food you will only fully cook the top. Always leave spaces for air to travel and use the high cooking rack and perforated baking dish when necessary. After food is cooked, turn thermostat down and keep fan running to maintain crispiness.

To make cleaning of your halogen oven even easier, spray the metal surface (wire rack, dual stand, perforated tray and the underside of the lid) with a cooking spray before each use. A meat thermometer can be used to easily determine the extent of cooking: 70°C (158°F) is rare, 85°C (185°F) is medium, 102°C (216°F) is well done.



BREAKFAST

CROISSANTS

FOR 3 – 4 CROISSANTS

Set thermostat at **105°C** (221°F) and **preheat** the halogen oven. Reheat croissants for 3 to 6 minutes. Frozen croissants will take 6 to 10 minutes.



BREAD ROLLS

FOR YESTERDAY'S ROLLS: wet your hands and handle one roll then place on high cooking rack. Repeat with any other rolls. Set thermostat to **105°C** (221°F) heat for 5 to 10 minutes. Bread will be just like freshly baked.



GRILLED BACON

Remove the rind and excess fat from bacon slices. Lay slices on high cooking rack. Set thermostat to **230°C** (446°F) and cook for approximately 6 to 8 minutes or until cooked to taste.



MEAT

STUFFED BREAST OF VEAL

110g **BREAST OF VEAL**
1/4 lbs boned with a pocket cut in

2 tbsp **BUTTER**

GARLIC

SALT AND PEPPER

BABY POTATOES &
SNOW PEAS for garnishing

STUFFING

2 tbsp **BUTTER**

75g **ONIONS**
1/2 cup finely chopped

1 tbsp **LEMON JUICE**

1 tsp **LEMON RIND** grated

75g **MUSHROOMS**
1 cup diced

120g **BREADCRUMBS**
2 cups fresh white

1 EGG lightly beaten, cream to taste

Preheat frying pan, dissolve 1 tbsp butter, add chopped onions and fry until soft.

Add grated lemon rind, lemon juice, garlic and mushrooms. Fry together for 3 to 4 minutes. Set aside in a large bowl and add breadcrumbs, garlic, salt and pepper.

Bind together with egg and enough cream to form a firm consistency. Place stuffing into veal pocket and spread evenly. Sew up the cavity. Brush veal with soft butter and place on **LOW RACK** in the halogen oven.

Preheat to 163°C (325°F), cook for 20 minutes. Turn, brush with remaining butter again and cook 40 minutes with potatoes until ready. Serve with snow peas.

Pour juices from bowl over carved meat.

HONEY CHICKEN WINGS

1 kg CHICKEN WINGS
2 1/4 lbs

2 tbsp HONEY

2 tbsp TOMATO PASTE

MARINADE

2 tbsp LEMON JUICE

2 tbsp SOYA SAUCE

1 tsp CHOPPED GINGER

Trim excess fat from chicken wings and remove tips. Pat wings dry and place in a bowl. Combine lemon juice, soya sauce and ginger. Pour over chicken wings, turn and let stand for 3 to 4 hours while turning occasionally. Mix honey, tomato paste and 2 tbsp of chicken marinade in a bowl.

Place marinated chicken wings on **HIGH RACK** in the halogen oven. Roast for 10 minutes at **163°C** (325°F). Remove wings from the oven and roll them in honey and tomato mixture then roast for additional 10 min at **163°C** (325°F). Dip the wings in honey & tomato mixture again and roast for 5 min, then repeat and roast for final 5 minutes.

LAMB & APRICOT CASSEROLE

drizzle or spray OLIVE OIL

1 ONION chopped

2-3 cloves GARLIC crushed

450 g LAMB
1 lb diced

3 tsp HARISSA OR HOT CHILLI PASTE

2 tsp CINNAMON POWDER

200 ml RED WINE or RED GRAPE JUICE
7 oz

1 tin TOMATOES chopped

300-400ml HOT WATER OR STOCK
1 1/4 - 1 1/2 cup

1 tin CHICKPEAS drained

75g DRIED APRICOTS
1/2 cup chopped

FRESH CORIANDER LEAVES for garnishing

Preheat the halogen oven to **200°C** (392°F).

Heat the oil in a sauté/frying pan and cook the onion, garlic and lamb for 2 to 3 minutes. Add the harissa/chilli paste and stir well for 2 minutes.

Select a casserole dish that fits comfortably in the halogen oven. Place the lamb mixture in the casserole dish and add all the remaining ingredients. Ensure it is all well combined.

Cover the casserole with its lid or cover securely with tin foil and place on low rack. Cook for **50 minutes**.

Serve garnished with coriander leaves.

INDIVIDUAL BEEF WELLINGTONS

680 g FILLET STEAKS
1 1/2 lbs 4cm / 1.5" thick

1 tbsp BUTTER, GARLIC, SALT AND PEPPER

2 tbsp LIVERWURST liver sausage paste

1 tbsp BRANDY OR PEACH JUICE

1 pack FROZEN PUFF PASTRY thawed

1 EGG YOLK beaten with a little water

Preheat the halogen oven to **160°C** (320°F).

Trim excess fat from steaks, sprinkle with garlic, salt and ground pepper.

Place on **LOW RACK** in the halogen oven and cook for **4 minutes**. Remove and cool.

Mix liverwurst with brandy/peach juice and spread all over steaks. Roll out pastry and cut into 4 squares large enough to enclose each steak. Place steak in center of each pastry square and fold over to completely enclose. Seal seams with a little water and brush top with beaten egg yolk.

Place back on **LOW RACK** in the halogen oven and cook at **215°C** (419°F) for **15 minutes** or until golden brown.

ROAST CHICKEN

1 CHICKEN	whole
1 ONION	small
1 tbsp BUTTER	
60 g MUSHROOMS	$\frac{1}{2}$ cup
90 g BREADCRUMBS	1 $\frac{1}{2}$ cups soft
GARLIC	
SALT & PEPPER	
1 tbsp PARSLEY	chopped
1 tsp MARJORAM	dried
pinch NUTMEG	
1 EGG	
GRAVY	
1 tbsp FLOUR	
345 g CHICKEN STOCK	1 $\frac{1}{2}$ cups from cube
MUSHROOM STALKS	

Thoroughly clean inside of chicken and remove excess fat. Chop the mushroom stalks and keep aside. Peel and chop onion and lightly fry in butter until soft. Add mushrooms (hats only) and fry for another minute. Mix in crumbs, salt, pepper, parsley, lemon rind, marjoram, nutmeg and beaten egg. Put stuffing into the chicken and close the cavity. Sprinkle salt and pepper over chicken and rub into skin.

Place chicken on **LOW RACK** in the halogen oven. Bake at **163°C** (325°F) for 20 minutes. Turn and bake for approximately 20 minutes until chicken is tender and golden brown all over.

Take chicken scraps and juice plus a little fat from your bowl. Add 1 tbsp of flour and stir over heat until brown. Slowly add 360ml (1½ cup) of stock made from chicken stock cube and mushroom stalks.

Cook gravy stirring continuously, until it starts boiling. Add salt and pepper to taste.

FILLET STEAK SUPREME

900g FILLET STEAK	2 lbs whole
GARLIC	
SALT & PEPPER	
120 ml RED WINE OR HIGH QUALITY RED GRAPE JUICE	$\frac{1}{2}$ cup
2 CARROTS	grated
1 LEMON RIND	grated
1 ORANGE RIND	grated
1 ONION	large, chopped
2 tbsp PARSLEY	chopped
1 tbsp CREAM OR SOUR CREAM	

Marinade the whole fillet steak with garlic, salt, pepper and red wine/red grape juice in a covered dish for 4 hours, basting and turning occasionally. Drain meat and reserve the marinade.

Place meat on foil paper and cover it with carrots, lemon and orange rinds, onion, parsley and wrap in foil paper.

Place on **LOW RACK** in the halogen oven. Cook for **30 minutes** at **190°C** (374°F) then remove foil paper and cook a further 30 minutes. Remove meat and keep warm.

Add drippings to remaining marinade and cook until reduces to approximately 2 tablespoons. Stir in cream and simmer 1 minute.

Serve over sliced meat.



SEAFOOD

CREAMY FISH PIE

1kg	POTATOES	
2 1/4 lb		
450g	FISH FILLETS or PIECES OF FLAKY WHITE FISH	
1 lb		
250g	SALMON PIECES	optional
1/2 lb		
125g	SHRIMPS or PRAWNS	optional
1/4 lb		
220ml	MILK	
1 cup		
2 tbsp	BUTTER	
25g	ALL-PURPOSE FLOUR	
1/4 cup		
1 tsp	DRY MUSTARD	
	SALT & BLACK PEPPER	
	GRATED CHEESE	for topping

Boil or steam potatoes until tender, then mash them with a little butter and set aside.

Put the fish and milk in a pan and bring the milk to scalding point. Reduce the heat and simmer for 10 minutes or until the fish is cooked through. Drain the fish and reserve the milk for the sauce. Shred the fish and put it in a pie plate, ensuring that the plate will fit comfortably into the halogen oven.

Dissolve the butter in a pan and add the flour. Stir in the reserved milk stock and cook on mild heat until the sauce thickens, gently and continuously whisking to prevent the lumps from forming.

Add the mustard and season to taste, then pour over the fish.

Preheat the halogen oven to **205°C** (400°F). Cover the fish with mashed potatoes and sprinkle with grated cheese. Place the plate on the **LOW RACK** and bake for 20 to 25 minutes or until golden top.

All images are for illustration purposes only. Actual products may vary.

BAKED SALMON WITH HERBS

40g	BASIL	fresh
1 cup		
30g	DILL	fresh
3/4 cup		
2	LEMONS	juice
30-40ml	OLIVE OIL	
1 - 1 1/2 oz		
1	RED ONION, SLICED	
1	WHOLE SALMON	boned, trimmed and ready to cook

Preheat the halogen oven to **200°C** (392°F).

Place the herbs, lemon juice and olive oil in a food processor and whizz until combined.

Cut a piece of tin foil large enough to wrap the salmon. Butter the foil and cover it with sliced onions then place the salmon on the onion.

Stuff the salmon with half of the herb paste and cover it with the remaining paste. Fold the foil around the salmon and seal it well.

Place on **LOW RACK** and cook for 25 to 35 minutes on **200°C** (392°F), until it flakes easily.

Unwrap and serve with new potatoes and green vegetables.



VEGETABLES

ROAST VEGETABLES

VARIOUS VEGETABLES

GARLIC

SALT & PEPPER

Peel and clean vegetables, cut into similar size pieces. Pat dry and place in a large pot with 2 or 3 tbsp of vegetable oil add garlic, salt and pepper. Place lid on pot, shake and oscillate vigorously.

Place vegetables on **HIGH RACK** in the halogen oven and ensure that there is enough space for air to circulate, particularly around the perimeter.

Preheat halogen oven to **260°C** (500°F) and bake for approximately **30 to 45 minutes** at **182°C** (360°F). The cooking time will vary depending on the size of individual pieces and the total weight in the oven.

Meat can be roasted together with vegetables placed around it. You can also use perforated baking dish and a high cooking rack.

JACKET POTATOES IN FOIL

MEDIUM SIZE WASHED POTATOES (1 per person)

SOFT BUTTER

GARLIC

SALT & GROUND BLACK PEPPER

Ensure that potatoes are clean. Remove any black spots, bruises, faults, etc. Dry with paper towel. Rub a little softened butter onto potatoes and sprinkle with a garlic, salt and freshly ground black pepper. Wrap each potato in foil paper.

Place potatoes on **HIGH RACK** in the halogen oven around the meat and cook for **45 minutes** at **190°C** (374°F). Check with a fork to see that they are cooked through.

Serve with sour cream, chives, grated cheese and other garnishes. As a variation, mix a little soya sauce into the butter before rubbing into the potatoes instead of garlic and salt.

CAULIFLOWER AU GRATIN

1 CAULIFLOWER	small
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60g BUTTER	<small>1/4 cup</small>
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SMALL ONION	chopped
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3 tbsp FLOUR	
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360ml MILK	<small>1 1/2 cups</small>
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163g CHEDDAR CHEESE	<small>1 1/2 lb</small>
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SALT AND PEPPER	
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pinch NUTMEG	
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30g FRESH BREADCRUMBS	<small>1/2 cup</small>
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Remove stalks from cauliflower and cut into large flowerets. Cook in boiling salted water or steam until tender. Remove from heat and drain.

Dissolve 2 tbsp of butter in a pan over medium heat and cook chopped onion while stirring constantly until softened. Add flour and stir until smooth, and cook for 1 minute. Pour milk into the mixture while whisking it into a smooth sauce and cook until it starts simmering. Remove from heat and stir in half of the grated cheese until it melts. Sprinkle with pepper and nutmeg.

Place hot cauliflower flowerets of in a heat-proof dish that fits comfortably into the halogen oven. Pour hot cheese sauce over cauliflower, and sprinkle with remaining grated cheddar and bread crumbs.

Bake at **150°C** (302°F) for **15 to 20 minutes** until it is golden brown. If prepared dish is cooked from cold the cooking time will be extended by approximately 10 to 15 minutes.

SPINACH & FETA PIE



40g BUTTER
1 ½ oz

6 sheets FILO PASTRY

450g BABY LEAF SPINACH roughly torn
1 lb

250g FETA CHEESE crumbled
1 cup

Sprig FRESH DILL finely chopped

¼ tsp NUTMEG

SEASONING

SESAME SEEDS

Preheat the halogen oven to **200°C** (392°F).

Dissolve the butter in a saucepan. Choose a pie dish that fits comfortably in the halogen oven and grease with a little butter. Layer 3 sheets of filo pastry, brushing the melted butter between them. Ensure that the pastry layers are large enough to hang over the edge of the dish.

Place a thin layer of spinach leaves on the pastry, sprinkle with chopped dill, then cover with a layer of crumbled feta cheese. Season with black pepper and repeat, finishing with feta layer.

Cover with remaining filo pastry sheets and brush melted butter between the layers. Bring the edges together to form a crust and remove any excess pastry (you can also roll it onto the edge of the pie).

Brush with butter and sprinkle with sesame seeds. Place on a **LOW RACK** in the halogen oven and bake for **30-40 minutes** on **200°C** (392°F) until golden. Serve with a selection of fresh salad dishes and new potatoes.

HOMEMADE GOLDEN FRIES

3-4 LARGE POTATOES sliced into fries

spray OLIVE OIL or other nonstick cooking spray

PAPRIKA optional

SEA SALT

Preheat the halogen oven to **218°C** (425°F).

Put the potato slices in a bowl of water for a few minutes. Drain then steam or boil for 5 minutes and pot to the side.

Spray the baking sheet with olive oil. Put the drained potatoes on the baking sheet in a single layer. Spray with olive oil and sprinkle with paprika (this is optional, but it creates a golden colour and nice flavour).

Put on the **LOW RACK** and bake for **10-15 minutes**, then turn the fries over, spray them again and bake for another 10-15 minutes or until they are cooked. The cooking time depends on the thickness of fries. Serve sprinkled with sea salt.

As alternative you can try sprinkling the potatoes with herbs (oregano, rosemary, thyme, sage) or brushing them with mixture of melted butter and lemon juice for more tangy taste.



DESSERTS

UPSIDE-DOWN STRAWBERRY CHEESECAKE

115 - 155g	STRAWBERRIES	quartered or thickly sliced
225g	CREAM CHEESE	
8oz		
280-340g	GREEK YOGHURT	
5-6 oz		
2-3 tbsp	CRÈME FRAICHE or SOUR CREAM	
1 tsp	VANILLA PASTE	
1 - 2	LEMONS	juice and zest
6 - 8	DIGESTIVE BISCUITS	
2 - 3 tbsp	BROWN SUGAR	

Put the strawberries on the bottom of an ovenproof serving dish, that is big enough for 4-6 servings. Combine the cream cheese, yoghurt and crème fraiche, add the vanilla paste and stir well. Roughly peel the lemon with a vegetable peeler to remove the rind. Chop the rind finely before adding to the creamy cheese mixture. Add the juice of the lemon as well. If necessary add juice of one more lemon if you prefer more zesty flavour. Spoon the mixture over the strawberries carefully.

Place the biscuits in a sealable sandwich bag and use a rolling pin to crush them into crumbs. Mix the crumbs with brown sugar and sprinkle the mixture over the cheese. Put in the refrigerator for at least 30 minutes.

Preheat the halogen oven to **246°C** (475°F) and place the cheesecake on **HIGH RACK** for **3 minutes**, then serve.

You can use any berries, frozen or fresh instead of strawberries, or a mix. If you use frozen berries, defrost them in the halogen oven first. Use the **DEFROST** setting and place the fruit in an ovenproof serving dish on the low rack for 10 minutes before adding the cream and cheese mixture.

RASPBERRY & PASSION FRUIT PAVLOVA

8	EGG WHITES
300g	CASTER SUGAR
1 ½ cup	
1 tbsp	CORNFLOUR
3 tsp	VINEGAR OR LEMON JUICE
500ml	DOUBLE CREAM
2 cups	
350g	FRESH RASPBERRIES
2 cups	
2-3	PASSION FRUIT

Whip the egg whites in a large bowl until they form soft peaks. Add the sugar, little by little at the time and beat until the egg whites stiffen. Carefully fold in the cornflour and vinegar/or lemon juice.

Place a piece of baking paper on a browning tray. Ensure that you leave the 10-15 mm (½" – ¼") around the edge of a tray. Place thick dollops of the meringue mixture into the centre to form a thick circle. Smooth around the edges and wherever needed.

Preheat the halogen oven to **200°C** (392°F). Place the meringue on a **LOW RACK** and immediately turn the heat down to **135-150°C** (275-302°F). Bake for **1-1.5 hours** until cooked. Remove the meringue from the oven and let it cool. Store away in an air-tight container or decorate immediately.

Whip the double cream and spread it over the meringue. Decorate with fruit and serve. Alternatively make an Eton Mess by crumbling the meringue into a decorative bowl, add just half of the cream and a ball of vanilla ice cream and decorate with fruit.



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WARRANTY



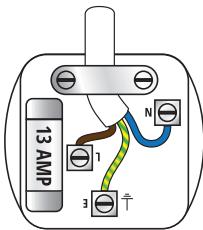
Send it to SQ Professional Ltd.
Purchase and include proof of purchase.
a warranty, say where and when it was
and description of the problem. If under
your name, address, day phone number,
if they advise you to return the product to
us, pack it carefully, include a note with
the problem - ring Customer Service -
consult your retailer. If that does not solve
fuse/circuit breaker. If it is still not working,
instructions, check the plug fuse and main
user-serviceable. If it is not working, read the
to help you without it. The product is not
the **Model No.** to hand, as we won't be able
if you ring Customer Service, please have

SERVICE

To avoid environmental and
health problems due to hazard-
ous substances in electrical
and electronic goods, appliances
marked with this symbol must
not be disposed of with household
municipal waste, but recovered, reused or
recycled.



ENVIRONMENTAL PROTECTION



The product must be earthed. It has a **13A**
BS1362 fuse in a 13A BS 1363 plug. To replace
the plug, fit the green-yellow wire to **N**. Fit
E, blue wire to **N** and the brown wire to **L**. Fit
the cord grip. If in doubt, call an electrician.
Do not use a non-wireable plug unless the
fuse cover is in place. If you remove the plug,
dispose of it.

WIRING INSTRUCTIONS

UK PLUGS ONLY

BREAD	TIME (min)	TEMPERATURE (°C / °F)	RACK	HALOGEN OVEN COOKING GUIDE continued			
				ROLLS	MUFFINS	BISCUITS	FROZEN PIZZA
15-20	175	347	LOW	10-20	175	347	100
15-20	200	392	HIGH	10-20	200	392	100
9	200	392	HIGH	20-25	200	392	100
35-40	150	302	LOW	20-25	190	374	100
Drop	8-10	190	374	Drop	12-15	190	374
Roller	8-10	190	374	Bar	15-20	190	374
Cookies	TIME (min)	TEMPERATURE (°C / °F)	RACK	Pie crust filling	25-30	175	347
PASTRY	TIME (min)	TEMPERATURE (°C / °F)	RACK	Two-crust filling	30-35	175	347
Meringue					5-8	175	347

SERVICE

COOKING METHOD		NOTE					
BAKING		Place food in a metal, silicon or tempered glass baking pan that is no more than 30cm / 12" in diameter. Leave enough room for the flow of hot air around the food being cooked. If you do not have a baking pan of the right size, you can shape aluminum foil into any type of use aluminum foil dishes and containers.					
BROILING		Like roasting, broiling time may vary depending on cut, size, amount of fat, etc. Place the food directly on wire rack. For very thick cuts of meat, turn the food at the halfway point.					
STEAMING		You can steam vegetables at the same time you cook your main dish by placing the vegetables in an aluminum foil pouch; add a few drops of water and seal the pouch.					
FRYING		You can also add a cup of water in the bottom pan, with savory herbs and spices to steam fish or vegetables. You can get the effect of deep-fried French fries without all the oil by dipping potato strips in polyunsaturated cooking oil. Allow excess oil to drain away and cook according to cooking guide.					
POULTRY		To make delicious fried chicken, dip chicken pieces in batter and then in cooking oil, drain excess oil and cook according to chart provided.					
VEGETABLES		Duck Turkey Chicken (parts) Chicken (whole)	50-60	200	392	LOW	Duck Turkey Chicken (parts) Chicken (whole)
MEAT		Lobster Stamed clams Shrimp French Fries Onion (small, whole) Peppers (halved) Parsnips (2cm strips)	60-90	200	392	LOW	Lobster Stamed clams Shrimp French Fries Onion (small, whole) Peppers (halved) Parsnips (2cm strips)
EGGS		Rare Medium Well done Steak medium rare LAMB ROAST 1.5kg (3.5 lb)	35-40	175	347	LOW	Rare Medium Well done Steak medium rare LAMB ROAST 1.5kg (3.5 lb)
SAUSAGE		Omelette Hard-boiled Soft-boiled 8-10 45 200 392 10-12 347 175 347 200 392 10 392 LOW	10	200	392	LOW	Omelette Hard-boiled Soft-boiled 8-10 45 200 392 10-12 347 175 347 200 392 10 392 LOW

HALOGEN OVEN COOKING GUIDE

COOKING METHOD		NOTE					
BAKING		Place the chart inside for baking baked foods. If the baked food starts browning to quickly reduce the temperature or cover it with baking paper or aluminum foil.					
BROILING		Alternatively you can pre-heat the oven before cooking or use an extension ring to create more distance between heating element and food.					
STEAMING		Like roasting, broiling time may vary depending on cut, size, amount of fat, etc. Place the vegetables in an aluminum foil pouch; add a few drops of water and seal the pouch.					
FRYING		You can also add a cup of water in the bottom pan, with savory herbs and spices to steam fish or vegetables. You can get the effect of deep-fried French fries without all the oil by dipping potato strips in polyunsaturated cooking oil. Allow excess oil to drain away and cook according to cooking guide.					

QUICK REFERENCE CARD continued

COOKING METHODS

QUICK REFERENCE CARD

Listed below are only guidelines. Please refer to the cooking instructions on food package.

COOKING TIMES

Cooking Method	Time	°C	°F	Rack	Note
Pre-Heating	5 min	250	482	as required	If pre-heating is required (albeit often heats quickly), set the temperature to max (250°C) and set the time control to 5 min. Halogen oven defrosts frozen food more evenly than microwave ovens.
Defrosting	65 min.	-	149	as required	Check every 5-10 min. To defrost the food set the temperature at 65°C and check every 5-10 minutes.
Repackaged frozen	reduce by 30%	20	68	as required	To cook frozen dinners reduce the temperature suggested on the pack. Keep in mind that the cooking time will also be reduced by 30% to 50% (for example 20 min. will become 14 min.). Your halogen oven will enable you to toast a wide variety of foods in-cluding bread, crumpets, pizza and bagels to perfection. The hot air in the oven will usually toast both sides of the food at once. To enable this ensure you use the high rack and set the temperature between 220-230°C / 428-446°C according to personal taste.
Toasting	-	220	428	as required	Check frequency until toasted to taste. This ensures that the halogen oven becomes a little soft or soggy. When snacking foods like crackers, chips and cookies became a little soft or soggy place them in the halogen oven for a few minutes at maximum temperature. They will become crunchy again.
Snacks	5 min	250	482	HIGH	To grill or barbecue place the meat on high rack, turn it regularly for even colour. Time of cooking depends on type and condition of meat (frozen, fresh). Set the oven to between 180 - 200°C / 356 - 392°F and cook for around 70 minutes on the low rack. Ensure that the food is fully cooked before serving.
Grilling & Roasting	-	220	428	LOW	Set the oven to between 180 - 200°C / 356 - 392°F and cook for 30 minutes. Turn the meat and cook for a further 15 - 20 minutes.
Pork	30 min	200	392	LOW	Set the oven to 200°C / 392°F, place the meat on the low rack and cook for approximately 30 - 40 minutes until crackling has formed. Reduce the temperature to between 180°C - 200°C, turn the pork and cook for a further 15 - 20 minutes.
Chicken	70 min	200	392	LOW	Set the oven to between 180 - 200°C / 356 - 392°F and cook for 30 minutes. Turn the meat on the low rack. Ensure that the food is fully cooked before serving.
Lamb/Beef	30 min	180	356	LOW	Set the oven to between 180°C - 200°C and cook for approximately 30 minutes. Turn the meat and cook for a further 15 - 20 minutes.
Fish (grilled)	10 min	130	266	HIGH	Check often until grilled to taste.

FOOD SAFETY

HINT - GRILL & BBQ: When barbecuing or grilling items, always use the thick side of the food when selecting the cooking times. For example, a 4cm thick steak will take longer to cook than a 1cm thick steak. It is important to select the thickness of the meat so that the meat is set between 220°C - 240°C. It is good for guidelines. Place a piece of lettuce on the bottom of the oven so that the meat does not touch the base of the oven. This will ensure that the meat is not undercooked.

HINT - ROASTING: When roasting increase the cooking time and reduce the temperature by approximately 10% when cooking medium rare meats. For larger pieces of meat use the exterior ring. Remember that the cooking time may vary depending on cut size and degree of meat doneness desired. Consult the cooking guide for guidelines. Place a piece of lettuce on the bottom of the oven so that the meat does not touch the base of the oven. This will ensure that the meat is not undercooked.

FOOD DURABILITY

Also, consider that frozen foods such as burgers, sausages, etc. are likely to require a longer cooking time. To ensure an even colour you may wish to turn your food during the grilling process.

Cooking time may vary according to the weight of the food and individual taste. When you become familiar with the oven you will be able to determine the best cooking times and temperatures to suit your personal preference. Use the tongs to remove the cookie racks.

Distribute the food evenly in the halo-gen oven to ensure an even flow of air all around the food. Avoid stacking food in an attempt to cook more food, if air cannot circulate around the food you will only fully cook the top. Always leave spaces for the

Always check your food has cooled fully before eating.

To ensure the food is cooked properly, use a cooking thermometer or pierce the food with a fork or skewer to check for doneness. If the food is undercooked, continue cooking until it reaches the appropriate internal temperature.

Cooking time depends on the size, weight,
etc. of the food to be cooked. For
example most meat comes with recom-
mended cooking times, but since halogen
ovens cook faster than conventional ovens,
you may need to allow less time to
cook the food.

COOKING WITH THE HALOGEN OVEN

Hint: You can spray the cooking rack with an non-stick spray or oil to prevent sticking.

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

The upper unit and lid/cooker assembly should be cleaned with a soft, damp lint free cloth moistened with a mild detergent solution only.

5 If the oven is particularly dirty, replace the lid and repeat the process for chapter 3 of 3 minutes.

- 4 When the timer switches **Off**, remove the lid and rinse bowl in warm water to remove all soap residue.

通过本章的阅读，你将了解到如何识别和防范各种常见的网络攻击。

CLEANING & CARE

MAINTENANCE

- Using dishsoction or sponge with a mild dishwashing detergent and warm water, wipe glass bowl, lid and fan house- ing clean.
 - Rinse glass bowl well to remove all detergent.
 - 1 The oven has a special self-cleaning setting:
Add warm water to the glass bowl
ensuring there is no more than a few centimetres (4cm - 1 ½") in depth and add a small amount of mild detergent.
 - 2 Replace the lid.
Set thermostat to "WASH" and set the timer for 10 minutes. The water and hot air circulation in the glass cooking bowl will help clean away some of the cooking stains. You can leave the cookin
 - 3 Cookin

LIGHI CLEANING

- **NOTE:** Never immerse the lid in any liquid and do not let any liquid enter any part of the lid.
 - Do not use abrasives or harsh cleaners, however, stubborn stains can be removed using a nylon scouring pad or brush.
 - Wash the cooking racks and cooking bowl in warm soapy water, rinse and dry thoroughly before use.
 - Ensure extra care is taken when handling the lid. The lid is much more fragile than the glass bowl, especially when wet.
 - Lining the glass bowl, especially when wet, down with a soft, damp, lint free cloth.

SELF-CLEANING GLASS BOWL

- Using dishwashing detergent or sponge with a mild dishtowel or sponge with a mild
 - disinfectant to remove all debris.
 - Rinse glass bowl well to remove all debris.
 - Wipe glass bowl, lid and fan house-
 - ter, clean.

WARNING: Never turn the time control anticlockwise as this may damage the timer. Always ensure that you set the correct time required.

NOTE: The thermostat accurately controls the temperature by switching the element "OFF", you will notice the temperature "ON" and "OFF" and the pilot light blinking "ON" and "OFF" and an audible ring.

Oven gloves or mitts are recommended when removing the glass lid. Dull edges or sharp corners in the oven will割伤 your hands.

14 Always remove the lid with the handle supplied as this will deactivate the safety switch and turn off the oven.

13 Your halogen oven will quickly heat up to the set temperature and maintain this temperature until the cooking time has elapsed. The fan and element will then both automatically switch off.

15 Insert the plug firmly into the wall outlet, then turn on the temperature and time.

16 Set the thermostat and timer as required. Check recipe or the quick reference card for recommended cooking time.

17 Place food centrally into the bowl on the cooking rack and ensure that the food is approximately 25 - 30mm (1 1/4") from the glass wall to allow maximum air circulation.

18 Allow to cool for 5 minutes with top unit removed. Ensure that the appliance has cooled sufficiently to allow for cleaning. Place food centrally into the bowl on the cooking rack and ensure that the food is approximately 25 - 30mm (1 1/4") from the glass wall to allow maximum air circulation.

19 Set timer for 5 minutes to remove any lubricants from the element (you will notice a slight burning odor).

20 Set thermostat to 250°C.

21 Plug the cord into power socket then press the switch again to release the handle, then push it down to start cooking.

22 Lift the lid handle and press the switch on the side of the handle. Place lid centrally and securely onto bowl.

23 Have all necessary elements in place (Cooking rack, tongs) and oven gloves are ready on hand.

24 Ensure that there is a suitable amount of surface space cleared to place the glass lid when removed from the Blitz Halogen Oven.

25 Ensure that the appliance is on stable and heatproof surface.

26 Before cooking with the Blitz Halogen Oven for the first time:

OPERATING INSTRUCTIONS

You can use anything that can be used in conventional ovens, such as oven safe pans, bowls, plates, tin foil, baking paper, etc. as long as the fan is not blocked and the lid can be closed fully.

USE OF COOKWARE IN HALOGEN OVEN

IMPORTANT - do not immerse the glass lid in water or place in a dishwasher. Once upturned from the mains power socket, the surface of the glass lid can be carefully wiped clean using a damp cloth or sponge.

Thoroughly wash the glass bowl, plastic base, cooking racks and tongs in hot soapy water and allow to dry completely.

After unpacking carefully check the plug or cable. Ensure that no parts are damaged or visually damaged such as missing.

BEFORE FIRST USE

⚠️ WARNING! ALL SURFACES OF THE OVEN GET VERY HOT. TOUCHING THESE SURFACES BEFORE THE OVEN COOLS MAY CAUSE A BURN. DO NOT TOUCH ANY PART OF THE OVEN OTHER THAN HANDLES, UNTIL IT HAS HAD A CHANCE TO COOL. HALOGEN ELEMENT IS VERY BRIGHT, NEVER LOOK DIRECTLY INTO THE ELEMENT.



EASY TO OPERATE

Cooking with hot moving air means your food is perfectly roasted all over.

COOKS EVENLY

Turbo wash action. Hot air circulation creates an automatic handling when hot.

SELF-CLEANING

It is portable and is great for holidays. You can use it at home, at the office or you can take it with you when you travel. The oven comes with a protective mesh for safe handling when hot.

TRAVELS EVERYWHERE

Because you always cook with hot air (dry roasting) and with the food suspended on the wire rack, retention of fat is minimized to lower calories and cholesterol consumption.

COOKS IN MANY WAYS

It can roast, bake, grill, cook, steam, reheat, or defrost.

ECONOMICAL

It consumes less than half the electricity of conventional ovens and approximates the same as a regular microwave oven. As a result, it is compact in size and requires less energy to heat up to achieve the same results. You can save time and money while your food is cooked to perfection.

FAST

It cooks 20% to 60% faster than a conventional oven.

HEATING PRINCIPLES

This results from a combination of a compact size, efficient design and fan forced heating principles.

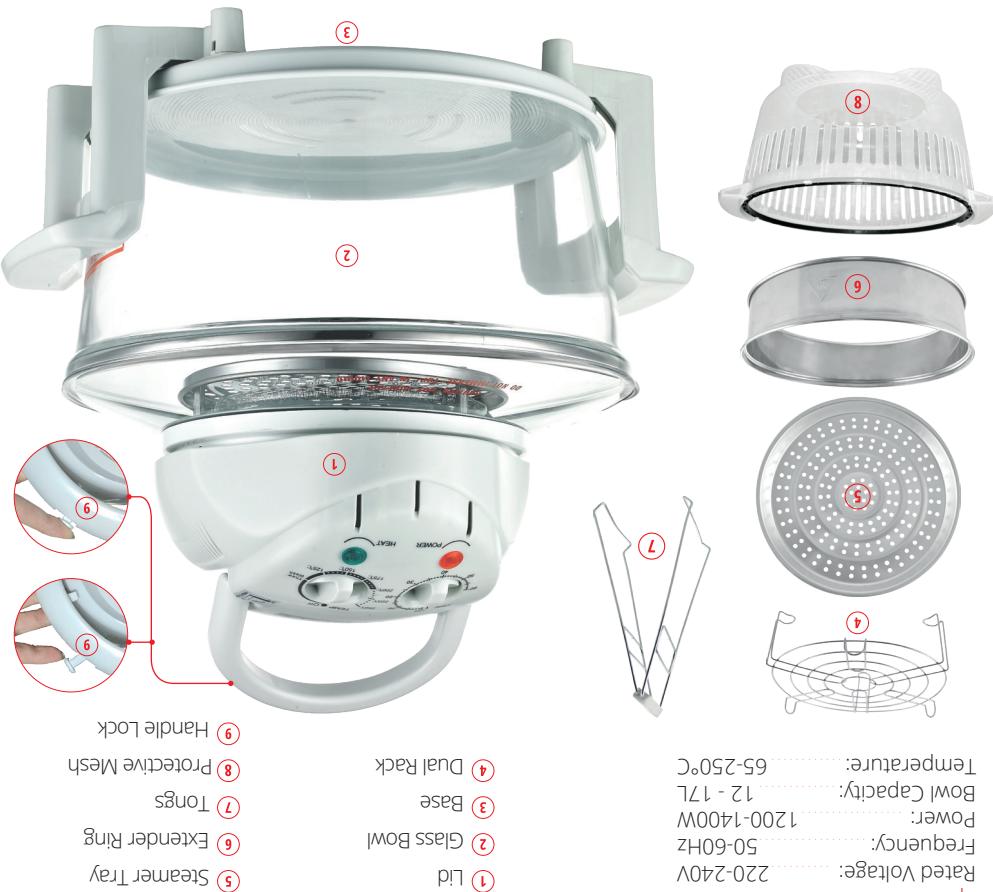
COOKS EVERYTHING A CONVENTIONAL OVEN COOKS

The Blitz Halogen Oven is a new portable low cost device that has all the advantages of larger convection oven but at a fraction of the price. It lets you use conventional culinary skills to cook faster and better. It can be placed on the table and food can be served directly, keeping meals hot, which saves the hassle of cleaning. Whether you cook for one or for the whole family, the Blitz Halogen Oven will help you to save time and money and cook your food to perfection.

INTRODUCING THE BLITZ HALOGEN OVEN

Due to hot parts and potential hazards the applicance is not suitable for the use of children under 8 years old. Even when adult at all times when using or cleaning the applicance. This is not a toy! The applicance can be used by persons with reduced physical, sensory or mental capabilities if they have been given supervision and instructions if appropriate. Please keep the applicance and cord out of the reach off children. Children over 8 must be supervised by an adult at all times when using or cleaning the applicance. Due to hot parts and potential hazards the applicance is not suitable for the use of children under 8 years old. Even when adult at all times when using or cleaning the applicance. This is not a toy! The applicance can be used by persons with reduced physical, sensory or mental capabilities if they have been given supervision and instructions if appropriate.

IMPORTANT!



FEATURES

HALOGEN OVEN PARTS

- IMPORTANT SAFEGUARDS**
- Basic safety precautions should always be followed when using electrical appliances, including wet when using electrical appliances, including the following:**
- 1 **Important:** read all instructions carefully before first use.
 - 2 Make sure the appliance is unplugged when not in use, before putting on or taking off parts, and before use, especially if hot oil or other hot liquids.
 - 3 Do not allow the power cord to hang over edge of table or counter or touch hot surfaces.
 - 4 To reduce the risk of an electrical shock or damage to the product, do not immerse the plug, cables or lid in water or other liquids.
 - 5 Unplug from mains power socket when not in use and before cleaning. Remove plug by grasping the plug. Do not pull the cord.
 - 6 If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
 - 7 Do not operate any appliance which a damaged cord or plug, or after the appliance malfunctions, was dropped or damaged in any manner.
 - 8 Do not touch hot surfaces. Surfaces remain hot even after the oven is switched off. Use handles, or after the Blitz Halogen Oven is switched off. Use handles, or avoid your warandy.
 - 9 Children should not use this appliance. Close supervision is necessary when any appliances are used near children.
 - 10 Do not attempt to disassemble the product. Unauthorized handling of the device may result in an electrical shock or damage to the device and persons, and will void your warranty.
 - 11 If the appliance malfunctions or has been damaged in any manner return it to the nearest authorized service station for test, repair or adjustment.
 - 12 The appliance should not be operated by means of an external timer-switch or by means of a separate system with remote control.
 - 13 Do not use attachments or accessories other than those supplied or recommended by the manufacturer. In-compatable parts create a hazard.
- SAFETY INSTRUCTIONS.**
- 1 When the appliance is not in use, turn the time and temperature dials to OFF position and disconnect the power cord. Never move or lift the oven lid or grill while the handle/plastic top rests on a flat surface.
 - 2 Before removing the lid:
 - a Turn the timer off,
 - b Disconnect power cord,
 - c Lift the top using carrying handle.
 - 3 Do not place the hot underside of the lid directly onto other flat/movable surfaces. Put the lid only on heat-resistant surfaces.
 - 4 Never place the lid on a chair or bench while it is plugged in and operating.
 - 5 Always place the top unit onto the bowl before plugging in the power cord and switching on.
 - 6 Keep the bowl sides away from other surfaces.
 - 7 Ensure that cables are placed safely to prevent slips, trips and falls.
 - 8 Do not clean with metal scouring pads. Pieces may break off of the pads and touch electrical parts, creating risk of electrical shock.

BEFORE OPERATING THIS UNIT, PLEASE CAREFULLY READ THE FOLLOWING INSTRUCTIONS.
SQPC 7183 09-19-18



BUILT HALOGEN OVEN INSTRUCTION MANUAL