



Turbo *Healthy Living* **Broiler**

COOKS FOOD HEALTHIER, JUICIER, FASTER!

11 Liter
CAPACITY



*Stainless
Steel*

- BODY
- FAN BLADES • GREASE FILTER
- EXTENSION RING • RACKS



www.imarflex.com

CVO-700G

SPECIFICATION

MODEL NO.	:	CVO-700G
RATED VOLTAGE	:	230Va.c. 60Hz
POWER CONSUMPTION	:	1300 Watts

SAFETY PRECAUTIONS

1. Read all instructions carefully.
2. Before using the Turbo Broiler, check if the voltage indicated in this unit corresponds with the convenience outlet (230Va.c.).
3. Do not use any appliances with a damage cord or plug. If the cord is damaged it must be replaced with the same type and size by a qualified person or bring the unit to the nearest Imarflex authorized service center to avoid hazard.
4. Place Turbo Broiler securely in center of counter or work space.
5. Always unplug the unit before attempting to move it.
6. Secure the lid on the Turbo Broiler before turning on power.
7. Do not allow the lid to get wet.
8. Do not touch the glass bowl and lid or any surfaces on the heater assembly during operation. The air inside the cooking dome reaches a temperature of approximately 250°C / 485°F which makes the surface very hot and may causes burns.
9. Do not touch hot surfaces. Use the handles provided.
10. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.
11. Children should be supervised to ensure that they do not play with the appliance.
12. Use this appliance for its intended use as described in this Manual. Do not use any other accessories or attachments. They may result in fire, electrical shock or personal injury.
13. Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
14. Do not let the cord hang over the edge of the table or counter, or touch hot surfaces.
15. Do not place on or near gas stove, electric stove or in a heated oven.
16. Do not move the appliance while it contains hot food. Use extreme caution when removing hot lid, glass bowl and racks.
17. This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.
18. Do not leave the appliance unattended while in use.
19. Do not operate the appliance by means of an external timer or separate remote-control system.
20. ***For household use and similar applications only such as staff kitchen area in shops, offices, farm houses, clients in hotels, motels, other residential type, bed and breakfast type environments; not intended for any business purposes.***
21. Save these instruction manuals for future reference.

I. INTRODUCTION

With the IMARFLEX TURBO BROILER you can prepare delicious and healthy meals in less than half the time of traditional methods. What makes these superior results possible is our revolutionary approach to certain time-honored cooking methods.

Professional cooks have long known that they could improve upon traditional oven cooking by using a fan to accelerate the circulation of the oven's hot air.

This traditional convection oven consists of a fan mounted on one side of a metal box.

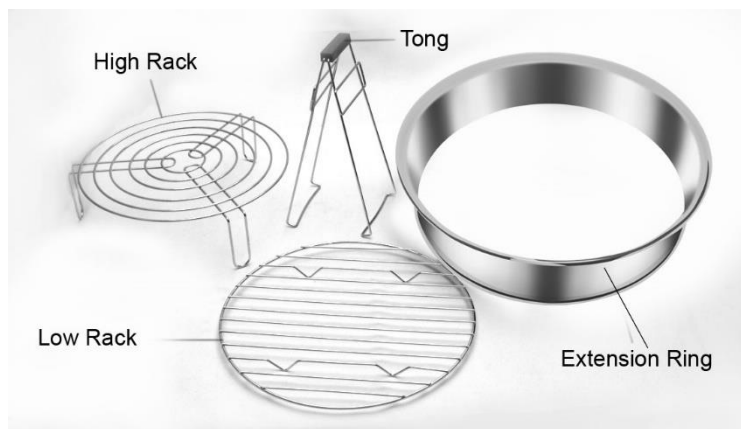
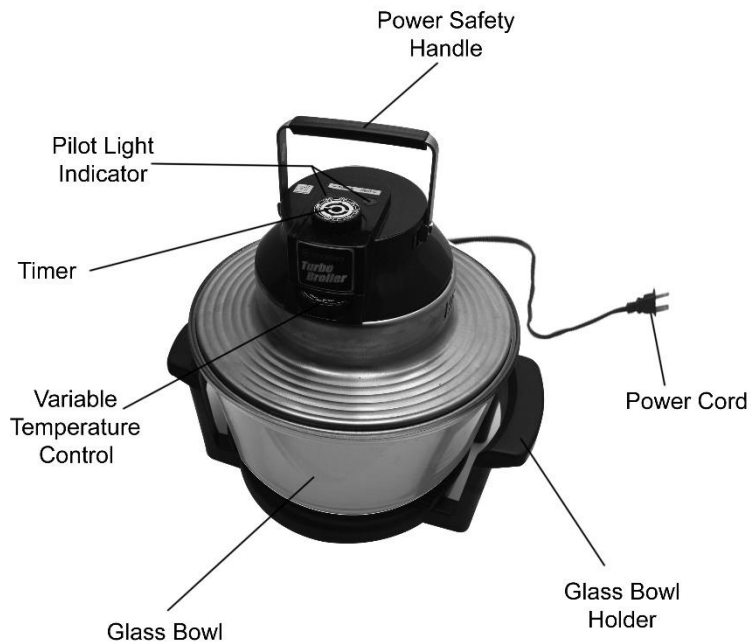
Improves upon traditional convection ovens in the following ways:

- Bowl is made of glass, so that you can clearly see what you are cooking from all sides.
- Combines a circular bowl with a fan mounted in the lid so that hot air currents move down over the food, around the bowl's sides, and then back up to the fan. This creates a tornado-like flow of constantly moving, super-heated air that cooks and browns food quickly and thoroughly.

Use racks that allow you to cook two levels of food at once. In addition, when meat, poultry or fish is cooked on the lower

- rack, fats and oils are blown away through the grating. You will cook lighter, more nutritious meals.

II. DESCRIPTION OF PARTS



You will find that, with the IMARFLEX TURBO BROILER, it is not necessary to add fat, oil, butter or margarine to most recipes. However, you can do so if you wish.



BEFORE YOU BEGIN COOKING

For initial use, slight burning odor might be smell, but this is normal.

FOLLOW THESE EASY STEPS...

- Wipe the inside of the glass bowl with a damp sponge
- Secure lid on Turbo Broiler
- Set timer for 5 minutes
- Set thermostat to 250 °C / 485°F and turn Turbo Broiler on
- After timer meets the desired time Turbo Broiler off, allow to cool for 5 minutes
- Wipe inside of the glass bowl with a damp sponge a second time.

NOW YOUR TURBO BROILER IS READY TO COOK FOR YOUR FIRST MEAL!

IMPORTANT:

- Wipe inside of the glass bowl with a damp sponge a second time.

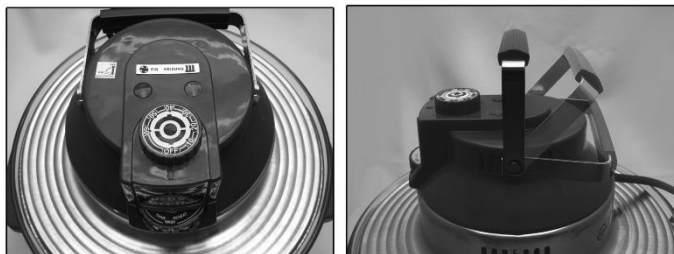
NOW YOUR TURBO BROILER IS READY TO COOK FOR YOUR FIRST MEAL!

IMPORTANT:

DO NOT WASH OR IMMERSE THE LID IN WATER OR IN DISHWASHER. WIPE IT WITH DAMP CLOTH.

HOW TO USE

1. Plug the power cord into the convenience outlet. (230Va.c.)
NOTE: HANDLE MUST BE PUSHED DOWN TO TURN TURBO BROILER ON.
2. Place either the low or the high rack inside the glass bowl of the Turbo Broiler.
NOTE: Use the lower rack for all recipes unless otherwise noted.
3. Place food directly on rack, unless otherwise specified.
4. Secure Turbo Broiler Head on the Glass Bowl.
5. To set the temperature
Turn the Thermostat Knob to the desired temperature.
NOTE: The pilot light will turn ON when the Turbo Broiler is switched ON (Yellow Light); the pilot light will turn OFF if the set temperature meets. The pilot light will remain OFF as long as the Turbo Broiler keeps the set temperature, as the temperature decreases, the thermostat will start working; the pilot light will turn ON again.
6. To set the Time
Turn the Timer Knob to desired cooking time.



7. Push safety handle down (until you hear a click sound) to turn ON.
8. When the timer reaches the end of the cooking cycle it will stop and you will hear a bell sound.
9. Carefully remove the lid of the Turbo Broiler.
10. Now you can remove your food from the Turbo Broiler. Remember, the food is hot inside the Turbo Broiler, pay extra attention. Use the Tongs provided to remove the rack and food from the Turbo Broiler as illustrated on the next page.

All glass surfaces of the Turbo Broiler get very hot. Touching these surfaces before Turbo Broiler cools will cause a burn. Do not touch any glass part of the Turbo Broiler until it has cooled down.



CLEANING AND MAINTENANCE

NOTE: ALWAYS UNPLUG THE TURBO BROILER BEFORE CLEANING

REMINDER: Make sure that the glass bowl of the unit cools down for at least 2 hours or until cool enough (30°C-50°C) before pouring water to avoid breakage.

LIGHT CLEANING

- Unplug and let it cool.
- Use a sponge or dishcloth with a mild dish washing detergent and warm water to wipe glass bowl clean.
- Rinse well to remove all detergent.
- Note: Never immerse the lid in any liquid.

NORMAL CLEANING

- Unplug and let it cool.
- Wipe lid and fan housing using a dishcloth or damp sponge with a mild dish washing detergent.
- Do not clean with steel wool pads or abrasive materials.
- Wash racks in mild dish washing detergent and water.
- Clean metal parts using a sponge or dishcloth with a mild dish washing detergent, then wipe clean. If scrubbing is necessary, use a nylon or polyester mesh pad.

DO NOT USE TURBO BROILER UNTIL IT'S COMPLETELY DRY

As a rule of thumb, when using recipes intended for conventional oven, temperatures will remain the same but cooking times will be less.

SELF CLEANING OF GLASS BOWL

- Put sufficient amount of tap water.
- Add one squeeze of mild dish washing detergent.
- Place lid and plug into the convenience outlet.
- Set heat control to "wash" and set timer for 10 minutes.
(The hot air circulation creates the Turbo Broiler action that helps release stubborn residue from bowl.)
- After cleaning rinse in warm water to remove all soap residue.

REMEMBER...

- Unplug Turbo Broiler before cleaning the lid

- Let Turbo Broiler cool before washing
- Never immerse the lid in water
- Do not add too much water on the glass bowl when self-cleaning.
- Do not let fan assembly get wet

DRYING THE TURBO BROILER

- The Turbo Broiler must always be kept dry after cleaning to avoid moisture in the lid.
- Make sure the Turbo Broiler is unplugged, leave lid slightly open and allow the Turbo Broiler to dry thoroughly.

TO AVOID BREAKAGE, ALLOW THE GLASS BOWL TO COOL BEFORE POURING WATER OR SELF CLEANING

III. HELPFUL HINTS

A HEALTHIER LIFESTYLE

With the IMARFLEX TURBO BROILER, you are always cooking with hot air (dry roasting) and with the food suspended on a rack.

As a result, retention of fat is minimized, leading to fewer calories, lower fat and cholesterol consumption and a healthier lifestyle.

COOKING TIPS

TO USE YOUR IMARFLEX TURBO BROILER TO ITS FULLEST POTENTIAL, HERE ARE A FEW COOKING TIPS TO REMEMBER...

- **DEPENDING ON FOOD TYPE, WEIGHT, VOLUME AND TEXTURE, FOOD SHOULD BE FLIPPED DURING THE COOKING CYCLE.**

- **WHENEVER POSSIBLE PLACE FOOD DIRECTLY ON THE RACK**

Cooking using a rack allows the hot air to circulate freely around the food, cooking it quickly and evenly without turning.

- **COOKING A COMPLETE MEAL AT ONCE**

By using two levels of racks, it is easy to cook an entire meal at once. Keep in mind that different foods and different weights of foods take different amounts of time to cook. Think ahead. Put the food that takes the longest amount of time to cook on the low rack.

Later on, during the cooking process, put the other food on the high rack. Now your complete meal of meat, potatoes and vegetables are all cooked together and will be ready at the same time.

- **PLACING FOODS FOR OPTIMUM COOKING**

When placing several pieces of food on the rack, be sure to leave at least 1/2-inch between the food and the side of the glass bowl. This space allows the air to flow freely through the Turbo Broiler.

Also avoid stacking food on food in order to cook more at one time.

The hot air must circulate freely in order to cook the food properly.

- **KEEPING FOOD CRISP**

After the food is cooked, turn the thermostat down, keeping the fan running. Your food will stay hot and crisp.

- **TO MAKE YOUR CLEAN-UP EVEN EASIER**

Before cooking, spray the Turbo Broiler, including the racks with a non-stick product first. Wiping away the grease and residue after cooking will be even easier.

- **ADAPTING RECIPES**

The cooking times in the recipes in this book should be used as a guide. You need to judge whether your piece of meat weighs less or more than that which is used in the recipe and slightly adjust your cooking time. When working with the Turbo Broiler for the first time, we suggest using a meat thermometer. Watch the cooking progress through the glass bowl. After a short time, you will easily be able to adapt your favorite recipes for the Turbo Broiler.

- **PREHEAT YOUR TURBO BROILER (when it is recommended by the recipe book)**

For optimum cooking, preheat your Turbo Broiler at 250 °C/ 485°F for six (6) minutes prior to cooking.

- **COOKING TIME**

Cooking times shown in this manual will vary depending on the volume, weight and mass of the food or the desired crispness you want.

- **CORN SHOULD NOT BE SHUCKED PRIOR TO COOKING.**

SELECTING YOUR FOOD

MEAT

Beef: Select rich, red, fine-textured meat with a light covering of fat (having a marbled appearance). Buy whole pieces and cut to suit – you can really save a lot.

Lamb: Select lean meat. Meat should be soft, pinkish-red and fine textured.

Pork: Select lean meat. Meat should be very light pink in color, fine textured and fresh smelling.

FISH

Whole: Select only fresh fish with full, clear eyes and bright gills – a sure sign of freshness. Also, scales should be bright and clean – not slimy. Fish should look and smell fresh from the sea. Flesh should be firm and spring back when touched.

Fillets: Select only firm fillets without discoloration that have a pleasant sea smell. Fillets must not be dull, soft or ooze water when touched.

POULTRY

Select only fresh meat or birds. Poultry should look and smell fresh.

VEGETABLES / FRUITS

Select firm, almost ripe fruit; check for bruises and blemishes – color should be clear and bright. Vegetables should be crisp and of good color. Try to avoid vegetables sold tightly packed in plastic wrap – they will spoil quickly. Never use vegetables that are soft or limp.

FOOD PREPARATION & PRESENTATION

PREPARATION

Careful preparation pays off in an appetizing, healthy and tasty meal(s).

Always remove excess fat. Clean and trim vegetables and garnishes, removing all bruises and blemishes. Use only the freshest meats and vegetables.

Always ensure that all items of the meal are cooked at the right time. This usually requires different starting times that must be planned ahead.

PRESENTATION

Try a few of these interesting ways to perk up your table and make any meal a festive occasion:

- Slice a freshly baked loaf of bread or dinner rolls into a basket lined with colorful napkins. Serve with butter or margarine, softened and mixed with grated cheese, garlic salt or your favorite seasoning.
- Main course meats are more attractive when displayed on a large platter surrounded by fresh parsley sprigs, carrot curls (made with a potato peeler) and radish roses.
- Serve sauces in a pretty piece of china or glassware. Drop in a ladle and bring to the table on a plate for easier passing between guests.
- Flowers on the table are always effective, but in a pinch use a grouping of your favorite figurines or house plants.
- Candles make dinner cozy, so turn down the lights and turn up the charm. Float small, flat candles in a large, clear bowl filled with water. The effect is magical.

TROUBLE SHOOTING GUIDE

TURBO BROILER HAS NO POWER	<ul style="list-style-type: none">• Check to see if the power cord is plugged into the convenience outlet.• Check to see if the convenience outlet is operational.• Turn the timer knob clockwise to 60 min and then turn back to the desired time.
TURBO BROILER NOT HEATING UP	<ul style="list-style-type: none">• Check if the thermostat is set to desired temperature.• Push the carry handle all the way down. <p>NOTE: This handle acts as a safety switch and will not allow the Turbo Broiler to work when in the up-right position.</p> <ul style="list-style-type: none">• Check the thermostat to see if it is set for a high enough temperature.