



IMPORTANT NOTICE

This product is not suitable for use in combination ovens and microwaves with grills.

Food looks and tastes better when cooked on the Microwave Fat-free Fryer. The special browning plate enables you to combine the speed of microwave cooking with the aesthetic brown "cooked look" associated with conventional cooking. The Fryer enables you to brown, grill or fry a variety of foods in your microwave. Suitable for 31.5cm+ diameter turntables. Do not place the Fryer directly on the bottom surface of the microwave. Always place this on the glass turntable.

USE AND CARE INSTRUCTIONS

- Hand wash with soapy water, rinse and dry taking care not to immerse completely in water.
- Lightly oil the plate with butter or oil before pre-heating. This will ensure the plate heats thoroughly.
- Pre-heat the Fat-free Fryer on high for the following times depending on the power of your microwave:
400W - 5mins 500W - 4min
600W - 3mins 700W - 2min
800W - 1 1/2min
- If more butter or oil is desired this should be placed on the Fat-free Fryer before adding food. If no oil fat is required, wipe off now.
- All foods (except pizza) should be thawed thoroughly before placing on the pre-heated Fryer.
- Excess moisture left in the food will impair the browning performance.
- Place food on the Fryer and microwave the first side for half the recommended cooking time.
- Turn food over and complete the cooking cycle.
- If additional browning is required or additional food needs to be cooked then pour off excess fat and liquid and wipe the cooking surface clean, pre-heat the Fat-free Fryer for 1 minute to regain required cooking temperature before cooking additional foods.
- **CLEAN THOROUGHLY AFTER EACH USE**
- **ALWAYS USE OVEN GLOVES WHEN USING THE FAT-FREE FRYER**

SOME STANDARD RECIPES FOR USE WITH YOUR FAT-FREE FRYER

Steak in brandy sauce

- 2 rump or sirloin steaks
- 1/2oz butter
- 1 tablespoon brandy

2 tablespoon double cream, salt, butter both sides of steaks

Pre-heat the Fryer as advised. Press steaks onto griddle and cook for 2-3 minutes (subject to taste preference). Turn over steaks and cook for a further 2-3 minutes at 100% power. Remove steaks, pour brandy onto the Fryer and heat for 10-15 seconds. Pour sauce over steaks and serve.

British Breakfast

- 2 sausages (skinless)
- 2 rashers of bacon
- 1 egg
- 1 tomato (halved)

Pre-heat Fryer for a minute.

Place sausages, tomato and bacon on the Fryer, cook on 100% power for 1 minute 20 seconds, Crack egg onto the Fryer. Turn the food over and cook for a further 1 minute to 1 minute 20 seconds.

ALWAYS ENSURE FOOD IS COOKED THOROUGHLY!

DISPOSAL:

- Dispose of the packaging at your local recycling centre.
- Dispose of paper and carton separately from plastic bags at your local recycling centre.
- Dispose of the item at the end of its lifespan at your local authorised household waste recycling centre.

Head Office, 11 Bridge Street,
Bishop's Stortford CM23 2JU
Tel: 0844 482 4400*
Fax: 01279 756 595
www.coopersofstortford.co.uk

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