

THANE ~~HOUSEWARES~~

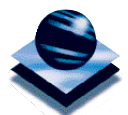


TURBO

USER'S GUIDE



THANE ~~HOUSEWARES~~



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TROUBLE SHOOTING GUIDE

Thank You...

On behalf of the entire team at Thane Housewares, we appreciate your recent purchase of the FLAVORWAVE OVEN® TURBO.

This cooking system will provide you with healthy and tasty meals for many years to come.

We worked long and hard to make this the best cooking appliance available and, only after extensive testing, added it to our family of quality products for the home.

Enjoy your FLAVORWAVE OVEN® TURBO.

... and, once again, thank you.

<p><i>OVEN WILL NOT TURN ON</i></p>	<ul style="list-style-type: none"> • Check to see that the power cord is plugged into AC outlet. • Check to see that the AC outlet is operational. • Turn the timer knob clockwise to 60 min and then turn back to the desired time. • Check that the thermostat is set to desired temperature. • Push the carry handle all the way down.
<p><i>OVEN WILL NOT HEAT UP</i></p>	<p>NOTE: This handle acts as a safety switch and will not allow the oven to work when in the up-right position.</p> <ul style="list-style-type: none"> • Check the thermostat to see that it is set for a high enough temperature.
<p><i>LID OR GLASS BOWL IS CRACKED</i></p>	<ul style="list-style-type: none"> • Order replacement part from the service department.

TECHNICAL SPECIFICATIONS	
Weight :	21 lbs.(9.5 kg)
Bowl Diameter :	12 in.(305 mm)
Bowl Capacity :	12 qrts.(11.0 liters)
Bowl Depth :	6.6 in. (167 mm)
Cook Temp. Range :	150°F- 500°F(65°C-260°C)
Voltage/Cycles :	110V/120V - 60Hz
	220V/240V - 60Hz
Wattage :	1300W

QUICK REFERENCE GUIDE

- Listed cooking time is for reference only • Cooking time may vary depending on food type, weight, volume and texture
- Food should be flipped during the cooking cycle.

ITEMS	COOKING TIME		FOOD INTERNAL TEMP.		OVEN TEMP.		SETTING	COOKING & SERVING TIPS
	Fresh Food	Frozen Food						

MEATS AND FISH

Beef Rib Roast	28	minutes per pound (medium-rare)	38	63°C (145°F)	205°C (400°F)	Grill on lower rack, top with tomato paste
Meat Loaf (2 pound)	31	minutes per pound (medium)	41	71°C (160°F)	205°C (400°F)	Grill on lower rack, top with tomato paste
Hamburgers - 4 Burgers (1/4 pound each)	50-60	minutes (rare)	60-70	73°C (163°F)	175°C (350°F)	
Hot Dogs (1 1/2 to 2 ounces each)	16	minutes (medium)	20	65°C (149°F)	205°C (400°F)	Grill on upper rack
Rib Eye or Strip Steak (1 inch thick)	20	minutes (well done)	24	75°C (167°F)	205°C (400°F)	
Snapper (Whole)	10	minutes	13			Upper rack
Salmon Steak	26	minutes (10 min per side) - (rare)	30	65°C (149°F)	205°C (400°F)	Upper rack
Grilled Shrimp	31	minutes (12 min per side) - (medium)	35	70°C (158°F)	205°C (400°F)	Upper rack
Lobster Tails	26	minutes	35	65°C (149°F)	205°C (400°F)	Peel and place 6 to 8 shrimp on each skewer
Pork Loin Roast	12-14	minutes	15-17			Split and discard undershell. Upper rack
Pork Chops (1/2 inch thick)	18	minutes per pound	21	65°C (149°F)	205°C (400°F)	Bottom rack
Sausage Patties (1 pound)	29	minutes	34	73°C (163°F)	185°C (360°F)	Upper rack
Leg of Lamb	16	minutes	15-18	73°C (163°F)	240°C (460°F)	Upper rack
Lamb Chops	26	minutes per pound (rare)	20	73°C (163°F)	200°C (390°F)	Cook at 240°C for first 20 minutes
Breaded Fish	31	minutes per pound (Medium)	29	65°C (149°F)	200°C (390°F)	
Bacon (1 pound)	36	minutes per pound (Well)	34	70°C (158°F)	200°C (390°F)	
CHICKEN (3 1/2 pound)	21	minutes (medium)	25	75°C (167°F)	205°C (400°F)	
Quarter	11-13	minutes less than package directs	11-13	65°C (149°F)	175°C (350°F)	Grill on upper rack
Half	12-16	minutes	15-18			Grill on lower rack
Whole	31	minutes	35	82°C (180°F)	240°C (460°F)	Lower rack. Brush with sauce, if desired, in last 10 minutes
Chicken Breasts	41	minutes per pound	45	82°C (180°F)	240°C (460°F)	Lower rack
Turkey (Un-stuffed)	21	minutes per pound	25	82°C (180°F)	240°C (460°F)	Lower rack
Turkey Breast (Half-3 pounds)	26-31	minutes per pound	31-35	82°C (180°F)	240°C (460°F)	Season before Roasting
Cornish Hens	45-60	minutes per pound	60-70	82°C (180°F)	240°C (460°F)	Season before Roasting
VEGETABLES	26	minutes per pound	29	82°C (180°F)	240°C (460°F)	
Baked Potato (6 to 8 ounces)	41	minutes	30	85°C (185°F)	205°C (400°F)	Lower rack. Spray rack with non-stick coating
Corn on the Cob (4 ears) Unshucked	26	minutes	30	60°C (140°F)	205°C (400°F)	Lower rack. Unshucked and soak in water
French Fries	16	minutes or until crisp (spray lightly with oil to make fries browner)	18-20	85°C (185°F)	230°C (450°F)	Lower rack. Spray rack with non-stick coating



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SAFETY PRECAUTIONS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:
Read all instructions, safeguards, and warnings before using the appliance.

 **To reduce the risk of burns, electrocution, fire, or injury to persons.**

1. Do not place appliance where it can fall or be pulled into water or other liquid.
2. Do not reach for an appliance that has fallen into water. Unplug immediately!
3. Always pull handle up to "off" position before plugging or unplugging oven.
4. Place oven securely in center of counter or work space.
5. Always unplug oven before attempting to move it.
6. Secure the FLAVORWAVE OVEN® TURBO lid on the oven before turning on power.
7. Always turn oven off before removing lid and always place lid on the lid rack. Never set it down directly on the counter. Always leave at least 2 inches between the oven lid and counter top or other surfaces.
8. Use two hands when moving the oven.
9. Do not allow the lid to get wet.
10. The oven can not be placed near the wall (while using)
11. 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 260°C/500°F which makes the surface very hot and may cause burns.
12. 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.
13. Children should be supervised to ensure that they do not play with the appliance.
14. Use this appliance for its intended use as described in this brochure. Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
15. Never operate this appliance if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to an authorized customer service center for inspection, repair, or adjustment.
16. 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.
17. Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
18. Do not let the cord hang over the edge of the table or counter, or touch hot surfaces.
19. Do not place on or near a hot gas or electric burner or in a heated oven.
20. Do not move the appliance while it contains hot food. Use extreme caution when removing hot lid, glass bowl and cooking racks.

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 / FRUIT

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 dinners 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.



TURBO



TURBO

• **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 wire 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 oven.

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 oven, including the racks and pans, with a non-stick product first. Wiping away the grease and residue after cooking will be even easier.

• **ADAPTING RECIPES**

As a rule of thumb, when using recipes intended for conventional ovens, temperatures will remain the same but cooking times will be less. 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 FLAVOR WAVE OVEN® TURBO 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 FLAVOR WAVE OVEN® TURBO.

• **PREHEAT YOUR OVEN (when it is recommended by the recipe book)**

For optimum cooking, preheat your oven at 250°C/480°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.**

- 21. This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.
- 22. Do not disassemble the product. There are no user serviceable parts.
- 23. Do not leave the appliance unattended while in use.
- 24. Use the handle when lifting the lid from the base.
- 25. Do not touch hot surfaces. Use the handles provided.
- 26. Turn the unit "off" before removing the lid to check or turn food. The lid and heater/control assembly should be placed on the lid holder.
- 27. Use caution when disposing of hot grease.
- 28. This appliance is not intended to be operated by means of an external timer or separate remote-control system.

SAVE THESE INSTRUCTIONS

I. INTRODUCTION

THE FLAVORWAVE OVEN® TURBO STORY THE NEXT GENERATION IN COOKING™

With the FLAVORWAVE OVEN® TURBO you can prepare delicious, healthful 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.

The FLAVORWAVE OVEN® TURBO improves upon traditional convection ovens in the following ways:

- The FLAVORWAVE OVEN® TURBO bowl is made of glass, not metal, so that you can clearly see what you are cooking from all sides.
- The FLAVORWAVE OVEN® TURBO 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.
- The FLAVORWAVE OVEN® TURBO uses cooking 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.

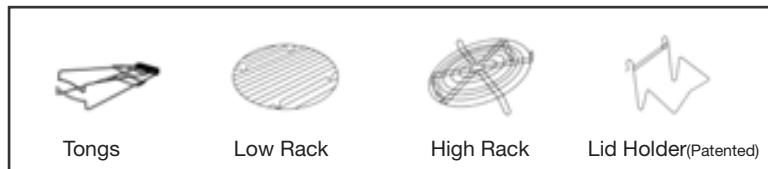
II. USING YOUR FLAVORWAVE OVEN® TURBO

PRODUCT & ACCESSORY DIAGRAM

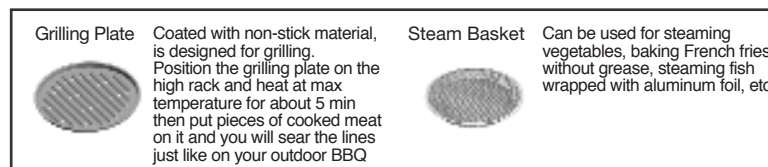
**FLAVORWAVE OVEN® TURBO
(AX-767MH)**



STANDARD ACCESSORIES



OPTIONAL ACCESSORIES



III. HELPFUL HINTS

A HEALTHIER LIFESTYLE

With the FLAVORWAVE OVEN® TURBO, you are always cooking with hot air (dry roasting) and with the food suspended on a wire rack. As a result, retention of fat is minimized, leading to fewer calories, lower fat and cholesterol consumption and a healthier lifestyle.

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

We recommend the following steps to further improve your health:

1. Eat a variety of foods including items from all food groups daily.
2. Eat less butter, fat and sauces.
3. Eat less sugar and sweets.
4. Eat plenty of fruits and vegetables (preferably steamed).
5. Drink only moderate amounts of alcohol.
6. Drink plenty of water every day.
7. Use less processed foods—eat more fresh food instead.
8. Eat less at a time, but eat regularly.
9. Use fat, oil, butter and margarine sparingly.
10. Use salt sparingly.
11. Dry roast your food as often as possible.

COOKING TIPS

TO USE YOUR FLAVORWAVE OVEN® TURBO 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 WIRE RACK**
Cooking on a wire rack allows the hot air to circulate freely around the food, cooking it quickly and evenly without turning.

CLEANING YOUR OVEN

⚠ ALWAYS UNPLUG THE OVEN BEFORE CLEANING

LIGHT CLEANING

- Unplug oven and let 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 oven and let 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 wire 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 THE OVEN UNTIL IT'S COMPLETELY DRY

SELF CLEANING OF GLASS BOWL

- Add tap water until the water reaches the mark level on the bowl holder in fig.4.
- Add one squeeze of mild dish washing detergent.
- Replace lid and plug in.
- Set heat control to "wash" and set timer for 10 minutes. (The hot air circulation creates the turbo action that helps release stubborn residue from bowl.)
- After cleaning rinse in warm water to remove all soap residue.



Fig.4

DISHWASHER-SAFE GLASS BOWL

The glass bowl and wire racks may also be washed in the dishwasher.

However, never wash the lid in a dishwasher or immerse it in liquid. Remove the glass bowl from its stand before dish washing.

REMEMBER...

- Unplug oven before cleaning the lid
- Let oven cool before washing
- Never immerse lid in water
- Do not add water above the line marked on the glass bowl when self cleaning
- Do not let fan assembly get wet



Fig.5

DRYING THE OVEN

- The oven must always be kept dry after cleaning to avoid moisture in the lid.
- Make sure the oven is unplugged, leave lid slightly open and allow the oven to dry thoroughly as illustrated in fig.5.

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

OPTIONAL ACCESSORIES CONTINUED

Browning Tray



Is a special accessory for your Flavorwave Turbo Oven. It serves the purpose of browning, or making food crisp by oxidizing.

Breakfast Tray



is ideal for preparing your favorite breakfast. Just place pieces of bread, bacon and eggs on the rack and cook at the same time

Extender Ring



The Flavorwave Turbo Extender Ring makes it possible to cook larger turkeys, chickens, hams etc. Insert the Extender Ring between the glass bowl and the lid and increase the height of the Flavorwave Turbo bowl by an additional 3" (9 cm)

Quick Skillet with non-stick coating



Place the Quick Skillet onto the metal skillet holder, put the FlavorWave Oven Turbo lid with halogen heater on top and you are ready to prepare your quick skillet dishes. Please refer to the "How to operate the FlavorWave Oven Turbo Instructions" to set temperature and time.

Roast Rack

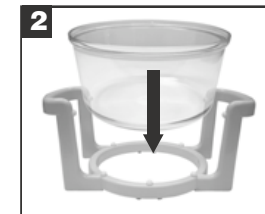


When roasting a whole turkey/chicken you may use the Roast Rack. Place the Roast rack on the Low rack and then position a whole turkey/chicken. **Note:** Must be used with the extender ring"

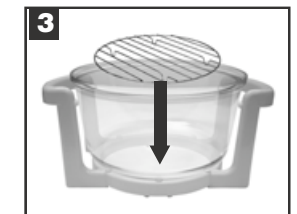
PART ASSEMBLY DIAGRAM



1 Place the bowl holder on a firm surface.



2 Place the glass bowl inside the bowl holder.



3 Place wire rack(s) inside the glass bowl.



4 Place the lid on the glass bowl.



5 Assembly is now complete

BEFORE YOU BEGIN COOKING

PREPARING YOUR FLAVORWAVE OVEN® TURBO

! FOR THE FIRST TIME ONLY

The FLAVORWAVE OVEN® TURBO should be heated once before cooking with it. While preparing the oven according to the following instructions, the oven will give off a slight burning odor. The oven is actually burning off excess lubricants found in the oven's heating elements and will not harm you or the oven.

FOLLOW THESE EASY STEPS...

- Wipe the inside of the glass bowl with a damp sponge
- Secure lid on oven
- Set timer for 5 minutes
- Set thermostat to 250°/482°F and turn oven on

- After timer has shut oven off, allow to cool for 5 minutes
- Wipe inside of the glass bowl with a damp sponge a second time

NOW YOUR FLAVORWAVE TURBO OVEN IS READY TO COOK YOUR FIRST MEAL!

IMPORTANT:

DO NOT WASH OR IMMERSE THE LID IN WATER OR IN DISHWASHER. THE OUTER SURFACE CAN BE CLEANED BY WIPING CAREFULLY WITH A DAMP DISH-CLOTH OR SPONGE.



For Model AX767MH. 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.

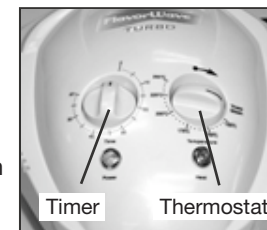
HOW TO OPERATE THE FLAVORWAVE OVEN® TURBO (AX-767MH)

1. Attach the Lid Holder as illustrated in fig. 1.
2. Place either the low or the high rack inside the glass bowl of the oven.
NOTE : Use the lower rack for all recipes unless otherwise noted.
3. Place food directly on rack, unless otherwise specified.
4. Secure lid on oven.
5. Plug the power cord in to an electrical outlet

NOTE: HANDLE MUST BE PUSHED TO THE HORIZONTAL POSITION TO TURN OVEN ON. WHEN HANDLE IS IN VERTICAL POSITION, OVEN IS OFF.

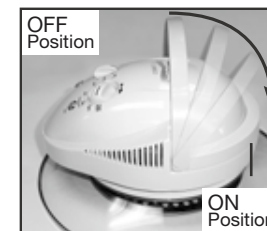
Thermostat

6. Turn the thermostat knob clockwise to set thermostat to the desired temperature referring to "Quick reference Guide".
NOTE: During cooking time, when the oven reaches the preset temperature, it will shut off then it will start again automatically (this is normal).



Timer: To Set Timer

7. Turn the timer knob clockwise to 60 min and then turn back to the desired time.
Note: Please allow time tolerance of 5-7 min for 60 min timer setting.
8. Push safety handle down (until you hear a click sound) to "ON" position.
9. When the timer reaches the end of the cooking cycle it will stop and you will hear a bell sound.
10. Carefully remove the lid and place it in the lid holder as illustrated in fig. 3.
11. Now you can remove your food from the oven. Remember, the food is hot inside the oven, pay extra attention. Use the Tongs provided to remove the rack and food from the oven as illustrated in fig. 2.



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

