



**Gourmia**

# Digital Air Fryer

Model# GAF-570



**USER  
MANUAL**

Read this manual thoroughly  
before using and save it for  
future reference

Model: GAF-570  
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www.gourmia.com  
The Steelstone Group  
Brooklyn, NY

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## Welcome to the Exciting World of *Air Frying* from Gourmia

Congratulations on your purchase of the Air Fryer from Gourmia, exclusively designed for healthier cooking!

If you are one of those people who enjoy the great crisp of fried food, – that “crunchy” goodness when you bite into fried chicken, french fries, or crispy hot wings, but not the added calories- you’ve made the right choice.

With your new Gourmia Air Fryer preparing fresh and healthy fried foods, is only moments away. We’re confident that you’ll find your new Gourmia Air Fryer easy and fun to use, with the end results being a fresh air fried, great tasting food and snack.

The pages of this manual offer full and comprehensive instructions to guide you through the functions and features of the Gourmia Air Fryer. Inside this guide you will also find information on its modes of operation, complete step-by-step instructions for the operation, assembly, cleaning, and maintenance of your appliance.

Please read all safety instructions thoroughly to ensure safe usage at all times.

Thank you for your purchase! We sincerely hope you will enjoy this as well as all the many innovative products brought to you by our family at Gourmia.

## IMPORTANT SAFEGUARDS

Before using the electrical appliance, basic precautions should always be followed including the following:

1. This appliance is not intended for use by persons (including children younger than 8) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have supervision.
2. Check if the voltage indicated on the appliance corresponds to the local main voltage before you connect the appliance.
3. Do not use the appliance if the plug, the main cord, or the appliance itself is damaged. Always make sure that the plug is inserted properly into a wall outlet.
4. If the main cord is damaged, you must have it replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid a hazard.
5. Children should be supervised to ensure that they do not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
6. Keep the main cord away from hot surfaces.
7. Do not plug in the appliance or operate the control panel with wet hands.
8. Never connect this appliance to an external timer switch or separate remote-control system in order to avoid a hazardous situation.
9. Do not place the appliance on or near combustible materials such as a tablecloth or curtain. The accessible surfaces may become hot during use.
10. Do not place the appliance against a wall or against other appliances. Leave at least 10cm free space on the back and sides and 10cm free space above the appliance. Do not place anything on top of the appliance.
11. Do not use the appliance for any other purpose than described in this manual.
12. Do not let the appliance operate unattended.
13. During hot air frying, hot steam is released through the air outlet openings. Keep your hands and face at a safe distance from the steam and from the air outlet openings. Also be careful of hot steam and air when you remove the pan from the appliance.
14. After using the appliance, the metal cover inside is very hot, avoid contact with the hot metal inside after cooking.
15. Immediately unplug the appliance if you see dark smoke coming out of the appliance. Wait for the smoke emission to stop before you remove the pan from the appliance.

### FOR HOUSEHOLD USE ONLY

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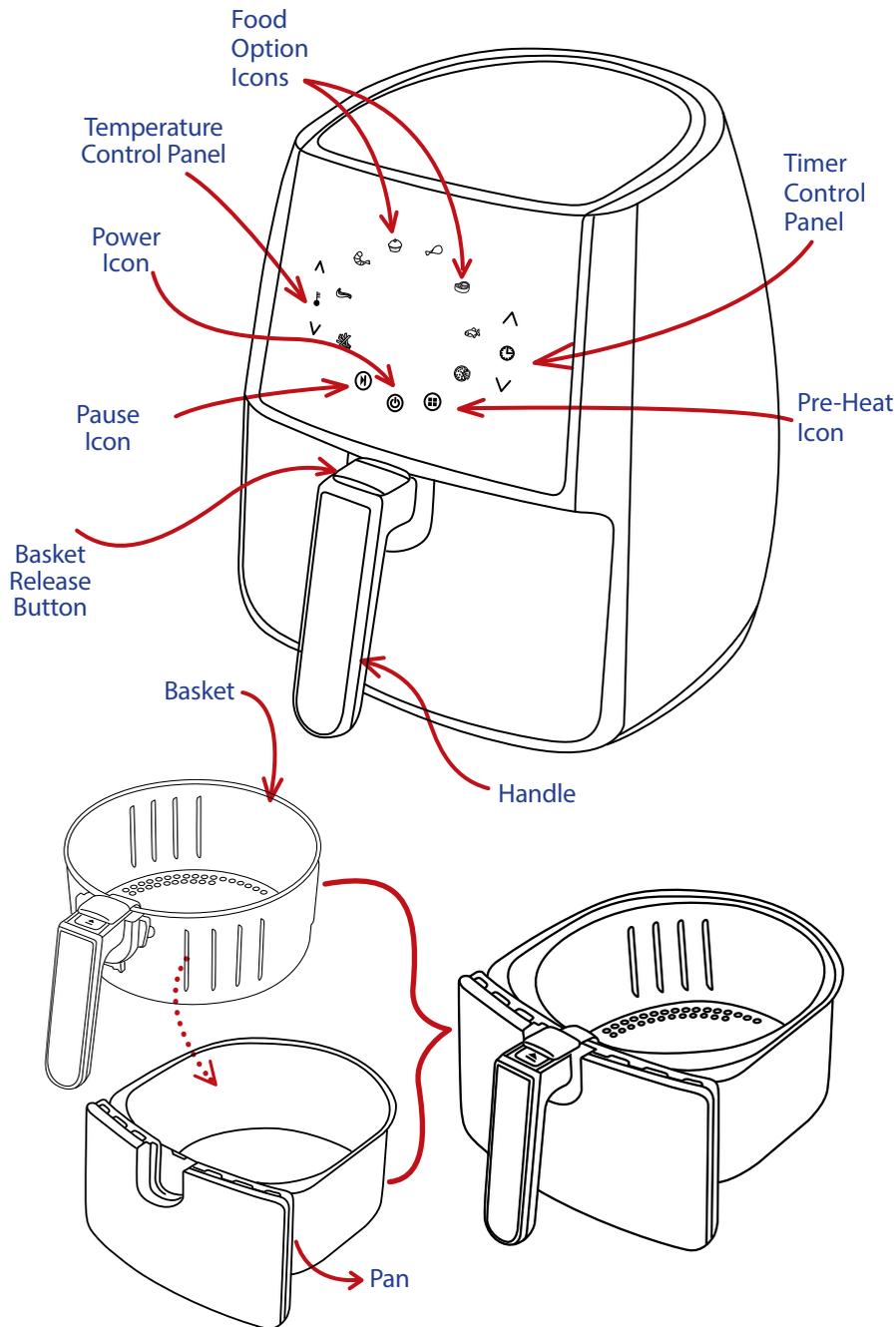
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## KNOW YOUR AIR FRYER



## Before Using The Air Fryer For The First Time

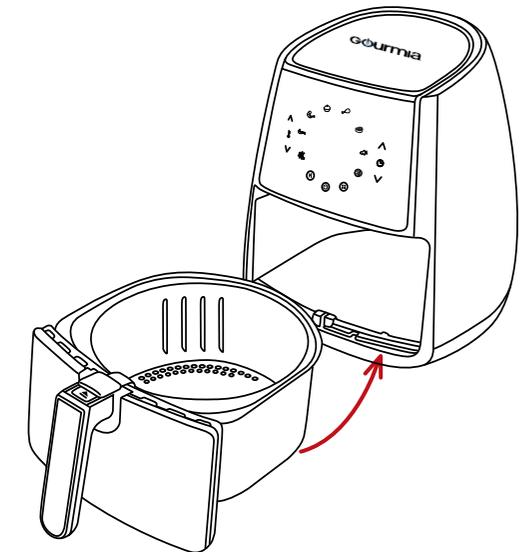
1. Remove all packaging material.  
Remove any stickers or labels from the appliance.
2. Thoroughly clean the basket and pan with hot water, some dishwashing liquid and a non-abrasive sponge.
3. Wipe the inside and outside of the appliance with a moist cloth.

## Using Your Air Fryer

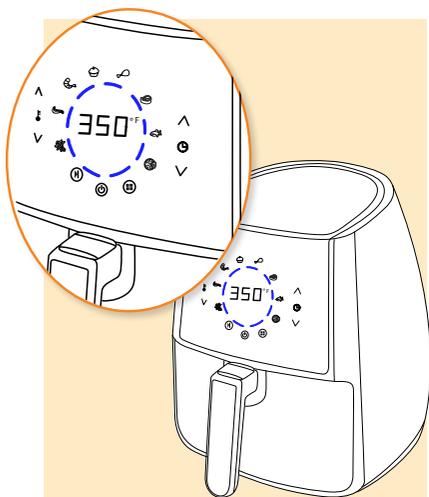
This is an air fryer that works on hot air.

- Do not fill the pan with oil or frying fat.
- Do not fill the pan with oil or any other liquid.
- Do not put anything on top of the appliance.
- Do not put anything on the air vents on the two sides of the appliance.

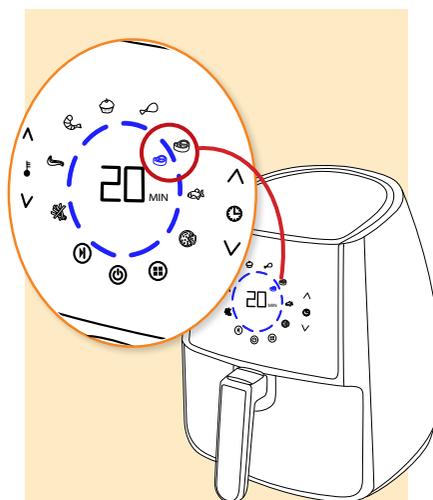
1. Place the appliance on a stable, horizontal, heat-resistant, and level surface.
2. Place the basket in the pan. Put the ingredients in the basket. (Do not overload) Slide the pan into the air fryer, Note: Never use the pan with-out the basket.
3. Plug in the machine into an electrical wall outlet. To turn on the appliance, press the power icon. A Blue ring of lights will appear, with temperature and time flashing.
4. Tap the desired food option icon. To adjust the preset settings, tap the temperature or timer arrows.
5. To start the Air Frying process, tap power icon again.



6. To pause the Air Fryer, press the Pause Icon.
7. To turn off the Air Fryer manually, pull out the basket. Slide the basket back in to resume air frying.

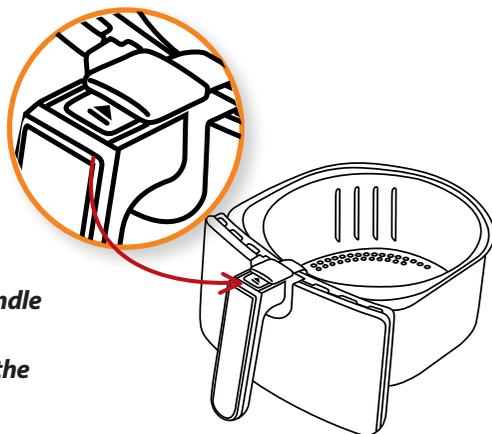


To turn on the appliance, press the power icon. A blue ring of lights will appear, with temperature and time flashing.



Tap the desired food option icon. To adjust the preset settings tap the temperature or timer arrows.

**Note:** Preheat Icon has three presets 180°F / 280°F / 380°F which will preheat within 5 minutes.



**CAUTION:**  
Do not press the button of the handle during shaking. This will release the handle!

8. Check if the ingredients are ready. If the ingredients are not ready yet, simply slide the pan back into the appliance and set the timer to a few extra minutes.

9. Some ingredients require shaking halfway through the preparation time (see 'Settings Chart' on page 12). To shake the ingredients, pull the pan out of the appliance by the handle and shake it. Then slide the pan back into the air fryer and continue to cook.

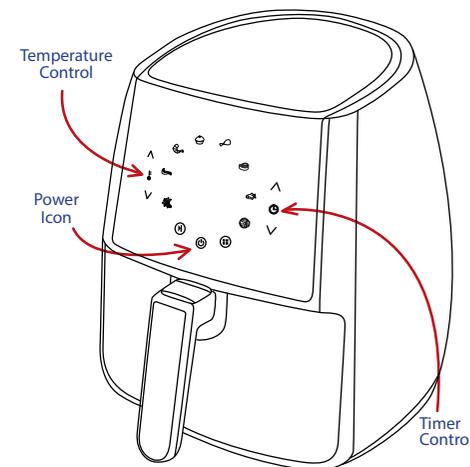
10. When you hear the timer bell ring five times, the set preparation time has elapsed. Pull the pan out of the appliance and place it on a heat-resistant surface.

**Note:** After the timer rings five times the air blower will stop after twenty seconds.

11. To remove small ingredients (e.g. fries), put the pan on a flat heat resistant surface, and press the basket release button and lift the basket out of the pan.

12. Empty the basket into a bowl or onto a plate. To remove large or fragile ingredients, use a pair of tongs!

13. When a batch of ingredients is ready, the air fryer is instantly ready for preparing another batch. No preheat is necessary.



*Tip:* Do not turn the basket upside down with the pan still attached to it, as any excess oil that has collected on the bottom of the pan will leak onto the ingredients.

*Tip:* After hot air frying, the pan and the ingredients are hot - avoid touching. Depending on the type of the ingredients in the air fryer, steam may escape from the pan.

*Tip:* Empty the basket into a bowl or onto a plate.

PROBLEM	POSSIBLE CAUSE	SOLUTION
The air fryer does not work.	The appliance is not plugged in.	Put the main plug in an earthed wall socket.
	You have not set the timer.	Tap the timer control icon to the required preparation time to turn on the appliance.
	The pan is not put into the appliance properly.	Slide the pan into the appliance properly.
The ingredients fried in the air fryer are not done.	The amount of ingredients in the basket is too much.	Put smaller batches of ingredients in the basket. Smaller batches are fried more evenly.
	The set temperature is too low.	Tap the temperature control icon to the required temperature setting. (see 'Settings Chart' on page 12).
	The preparation time is too short.	Tap the timer control icon to the required preparation time. (see 'Settings Chart' on page 12).
The ingredients are fried unevenly in the air fryer.	Certain types of ingredients need to be shaken halfway through the preparation time.	Ingredients that lie on top of or across each other (e.g. fries) need to be shaken halfway through the preparation time. (see 'Settings Chart' on page 12).
Fried snacks are not crispy when they come out of the air fryer.	You used a type of snack meant to be prepared in a traditional deep fryer.	Use oven snacks or lightly brush some oil onto the snacks for a crispier result.
I cannot slide the pan into the appliance properly.	There are too many ingredients in the basket.	Do not fill the basket beyond max line (see 'Settings Chart' on page 12).
	The basket is not placed in the pan correctly.	Push the basket down into the pan until you hear a click.
White smoke comes out of the appliance.	You are preparing greasy ingredients.	When you fry greasy ingredients in the air fryer, a large amount of oil will leak into the pan. The oil produces white smoke and the pan may heat up more than usual. This does not affect the appliance or the end result.
	The pan still contains grease residues from previous use.	White smoke is caused by grease heating up in the pan - make sure you clean the pan properly after each use.
Fresh fries are fried unevenly in the air fryer.	You did not use the right potato type.	Use fresh potatoes and make sure they stay firm during frying.
	You did not rinse the potato sticks properly before you fried them.	Rinse the potato sticks properly to remove starch from the outside of the sticks.
Fresh fries are not crispy when they come out of the air fryer.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you add the oil. Cut the potato sticks smaller for a crispier result. Add slightly more oil for a crispier result.

## AIR FRYING TIPS

- Smaller ingredients usually require a slightly shorter preparation time than larger ingredients.
- Shaking smaller ingredients halfway through the preparation time optimizes the end result and can help prevent unevenly fried ingredients.
- Add some oil to fresh potatoes for a crispy result. Fry your ingredients in the air fryer within a few minutes after you add the oil.
- Do not prepare extremely greasy ingredients such as sausages in the air fryer.
- Snacks that can be prepared in an oven can also be prepared in the air fryer.
- The optimal amount for preparing crispy fries is 500 grams.
- Use pre-made dough to prepare filled snacks quickly and easily. Pre-made dough also requires a shorter preparation time than homemade dough.
- Place a baking tin or oven dish in the air fryer basket if you want to bake a cake or quiche or if you want to fry fragile ingredients or filled ingredients.
- You can also use the air fryer to reheat ingredients. To reheat ingredients, set the temperature to 300°F up to 10 minutes.

*Note: Because the rapid hot air technology instantly reheats the air inside the appliance, pulling the pan out of the appliance during use, for a short amount of time will not affect the process.*

**Tip:** To reduce the weight, you can remove the basket from the pan and shake the basket only. To do so, pull the pan out of the appliance, place it on a heat-resistant surface and press the button of the handle.

**Tip:** If you set the timer to half the preparation time, your timer will ring when you have to shake the ingredients. However, this means that you have to set the timer again to the remaining preparation time after shaking. (see 'Settings Chart' on page 12).

**Tip:** If you set the timer to full preparation time, there is no timer bell during cooking. Before finishing, you can pull out the pan at any time to check the ingredients cooking condition. The power will shut down automatically and, will only resume after you slide the pan back into the appliance (timer always counts down in this situation).

## SETTINGS CHART (The chart below lists the basic settings for preparing your food.)

*The settings below are only indications-as ingredients differ in origin, size, shape as well as brand, we cannot guarantee the best setting for your ingredients.*

	Min-max (ounces)	Time (min.)	Temperature	Shake	Extra information
<b>POTATOES &amp; VEGETABLES</b>					
Thin frozen fries	7 oz.	8-12	400	shake every 5 min.	
Thick frozen fries	7 oz.	8-15	400	shake every 5 min.	
Frozen onion rings	10 oz.	8-14	400		
Roasted zucchini	2 oz or 6 slices	16-10	400	flip halfway	spray with oil
Roasted broccoli and peppers	4 oz	5-10	400	shake	spray with oil
Fresh thin fries	5 oz	8-12	400	shake every 5 min.	spray with oil
Fresh thick fries	5 oz.	10-20	400	shake every 5 min.	spray with oil
Fresh hash browns	2 oz.	20-25	350		
<b>MEAT &amp; FISH</b>					
Frozen chicken fingers	11 oz.	10-20	400	toss halfway	
Frozen fishsticks	10.5 oz.	10-20	400	toss halfway	
Fresh fish fillet	2-4 oz.	10-15	350	flip halfway	
Steaks (medium)	3.2 oz.	10-15	320	flip halfway	
Chicken breasts	1 Breast	20-25	350	flip halfway	
Chicken wings	3-7 Wings	20-30	350	flip halfway	
Chicken legs	1 Leg	20-25	350	flip halfway	
Chicken thigh	1 Thigh	20-25	350	flip halfway	
Hamburger	2 Burgers	10-20	350	flip halfway	
<b>BAKING</b>					
Cake	10 oz.	20-25	350		
Muffins	2 Oz.	10-20	350	pour batter into paper	muffin cups

**Air fryers perform similar to ovens- if your dish is not on the list, please refer to oven instructions on item packaging or recipe.**

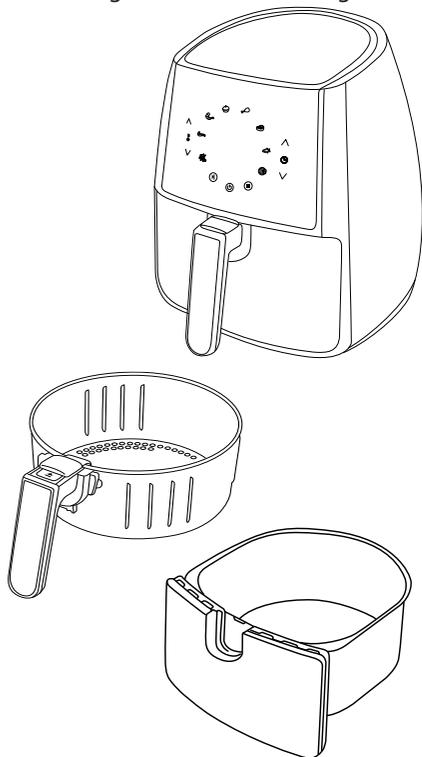
*Note: Add 3 minutes to the preparation time when you start frying while the air fryer is still cold.*



- *Do not turn the basket upside down with the pan still attached to it, as any excess oil that has collected on the bottom of the pan will leak onto the ingredients.*
- *Do not touch the pan or basket after use. Depending on the type of the ingredients in the air fryer, steam may escape from the pan.*

## CLEANING AND MAINTENANCE

- Clean the appliance after every use.
  - Make sure the appliance is completely cooled off before cleaning.
  - Do not use metal kitchen utensils or abrasive cleaning material, to clean the pan and the basket, as this may damage the non-stick coating.
1. Remove the main plug from the wall outlet and let the appliance cool down.  
Note: Remove the pan to let the air fryer cool down, quicker.
  2. Wipe the outside of the appliance with a moist cloth.
  3. Clean the pan and the basket with hot water, some dish-washing liquid and a non-abrasive sponge.
  4. Clean the inside of the air fryer with hot water and a cleaning brush to remove any food residues.



Tip: If dirt is stuck to the basket or the bottom of the pan, fill the pan with hot water and some dish-washing soap. Put the basket in the pan and let the pan and the basket soak for approximately 10 minutes.

### STORAGE

- Unplug the appliance and let it cool down.
- Make sure all parts are clean and dry.
- Put the air fryer on a clean and dry place.

### Environment

Do not throw away the appliance with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

### Guarantee and service

If you need service or information or if you have a problem, please visit our website or contact your distributor.

## WARRANTY & SERVICE

This Limited Warranty is for one full year from the date of purchase. It is applicable to the original purchaser only and is not transferable to a third party user. Repair or replacement of defective parts is solely at the seller's discretion. In the event that repair isn't possible, the seller will replace the product/part. If product repair/replacement won't suffice, the seller has the option of refunding the cash value of the product or component returned.

Product defects not covered under the Warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications or repair by unauthorized parties. The manufacturing company is not liable for any incidental or consequential damages incurred by such circumstances.

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QUESTIONS OR COMMENTS  
VISIT US @ GOURMIA.COM  
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OR CALL 888.552.0033**

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