Gourmia Air Fryer

Model# GAF-355

USER MANUAL
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!

The Gourmia Air Fryer allows you to enjoy everything from fried chicken to onion rings and everything in between—without soaking in unhealthy fat. Now you can bake, roast, grill, broil, toast and air fry a wide variety of foods using little to no oil, resulting in food that is just as delicious as ever, but without the grease.

With Gourmia’s rapid hot air technology, the Gourmia Air Fryer perfectly cooks all of your family favorite fried foods quickly and efficiently. We’re confident that you’ll find your new compact Air Fryer from Gourmia easy and fun to use.

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 designed for household use only.
2. Do not place the appliance against a wall or against another appliance. Leave at least 5 inches of free space on the back, sides and above the appliance.
3. Do not place anything on top of the appliance.
4. Do not use the appliance for any other purpose than described in this manual.
5. Do not leave the appliance unattended when in use.
6. Any accessible surfaces may become hot during use.
7. Do not place the appliance on or near combustible materials, such as a tablecloth or curtain.
8. Let the appliance cool down for 30 minutes before handling or cleaning.
9. Do not cover the air inlets and air outlets when the appliance is working.
10. Do not immerse the appliance in water or rinse under the tap due to electrical and heating components.
11. Never use the air fryer without the cooking chamber in place.
12. Keep all ingredients in the cooking chamber to prevent any contact with the appliance’s heating elements. Do not overfill the basket.
13. During hot air frying, hot steam is released. Keep your hands and face at a safe distance from the steam and from the air outlets. When removing the pan after from the appliance after hot air frying, hot steam will escape—be careful!
14. Do not touch the inside of the hot air fryer during or immediately after use, it will be very hot. Always only hold by the handle. Always use oven mitts.
15. Keep all cords away from hot surfaces.
17. Do not use the appliance if there is any damage to the plug, cord or other parts.
18. Check that the voltage indicated on the appliance fits the voltage for your outlet.
19. Immediately unplug the appliance if dark smoke escapes from the appliance.
20. Do not let any liquid enter the appliance (aside for what is needed for cooking in the pan) to prevent electrical shock or short-circuiting.
21. Do not use with an extension cord, it must be plugged into a wall outlet.
22. Always unplug the appliance when not in use.

FOR HOUSEHOLD USE ONLY

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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 near the air vent on the back of the appliance.

1. Place the appliance on a stable, horizontal and heat-resistant, level surface.
2. Plug the machine into an electrical wall outlet.
3. Remove the cooking chamber from the air fryer. Place crisping insert in the bottom of the cooking chamber.
4. Place the ingredients in the cooking chamber. Spray with cooking oil for a crispier finish.
5. Slide the cooking chamber back into the air fryer.

NOTE: Do not overfill the cooking chamber, as it may affect the quality of the food. (For amounts, see ‘Settings’ chart)
6. To turn on the appliance, turn the timer knob clockwise.
Green and red lights will appear.

7. Turn the temperature knob to desired temperature to start air frying.

8. When the desired temperature is met, the green light will go off. Once the timer has elapsed the appliance will turn off.

9. Pulling out the basket in middle of cooking, will shut off the appliance. But, the timer will continue going.

10. Pushing the basket back into the appliance will turn it back on, and continues the cooking process.

11. Some ingredients require shaking halfway through (see 'Settings' Chart on page 12). At the halfway point, pull the cooking chamber out of the air fryer by the handle and shake it. Then slide the cooking chamber back into the air fryer.

12. When you hear the timer bell, the set preparation time has elapsed. Pull the cooking chamber out of the appliance and place it on a heat-resistant surface.

13. Check to make sure the ingredients are ready. If the ingredients are not fully cooked, simply slide the cooking chamber back into the appliance and set the timer for a few extra minutes.

**WARNING:**
The cooking chamber and the ingredients are hot after hot air frying. Depending on the moisture content of the ingredients in the fryer, steam may escape from the cooking chamber.

14. To remove ingredients, lift the ingredients out of the cooking chamber using tongs (not included).

**CAUTION:**
There may be excess liquid at the bottom of the cooking chamber after cooking cycle is complete. Do not turn the cooking chamber upside down.
AIR FRYING TIPS

• Smaller ingredients require a shorter amount of cooking time than larger ingredients.

• Shaking smaller ingredients halfway during the preparation time optimizes the end result and can avoid unevenly fried ingredients.

• Never overfill, as this will damage the air fryer. Use caution when removing the cooking chamber from the unit, as contents will be very hot.

• A small amount of water (3-4 tbsp.) can be added to the cooking chamber for steaming food. Use caution when removing the cooking chamber from the unit, as ingredients and any remaining steam or water will be very hot.

• Frozen foods, such as fries, chicken nuggets and fish sticks can be prepared by following the cooking chart.

• Snacks that can be prepared in an oven can also be prepared in the air fryer.

• Place an oven safe dish in the air fryer cooking chamber when baking a cake or quiche.

• For a crisp texture- spray oil over ingredients in the cooking chamber.

• Use the air fryer to reheat food by setting the temperature to 300°F for 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.
## SETTINGS CHART
(The chart below lists the basic settings for preparing your food.)

<table>
<thead>
<tr>
<th>POTATOES &amp; VEGETABLES</th>
<th>Min-max (ounces)</th>
<th>Time (min.)</th>
<th>Temperature</th>
<th>Shake</th>
<th>Extra information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin frozen fries</td>
<td>7 oz.</td>
<td>8-12</td>
<td>400</td>
<td>shake every 5 min.</td>
<td></td>
</tr>
<tr>
<td>Thick frozen fries</td>
<td>7 oz.</td>
<td>8-15</td>
<td>400</td>
<td>shake every 5 min.</td>
<td></td>
</tr>
<tr>
<td>Frozen onion rings</td>
<td>10 oz.</td>
<td>8-14</td>
<td>400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted zucchini</td>
<td>2 oz or 6 slices</td>
<td>16-10</td>
<td>400</td>
<td>flip halfway</td>
<td>spray with oil</td>
</tr>
<tr>
<td>Roasted broccoli and peppers</td>
<td>4 oz.</td>
<td>5-10</td>
<td>400</td>
<td>shake</td>
<td>spray with oil</td>
</tr>
<tr>
<td>Fresh thin fries</td>
<td>5 oz.</td>
<td>8-12</td>
<td>400</td>
<td>shake every 5 min.</td>
<td>spray with oil</td>
</tr>
<tr>
<td>Fresh thick fries</td>
<td>5 oz.</td>
<td>10-20</td>
<td>400</td>
<td>shake every 5 min.</td>
<td>spray with oil</td>
</tr>
<tr>
<td>Fresh hash browns</td>
<td>2 oz.</td>
<td>20-25</td>
<td>350</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEAT &amp; FISH</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen chicken fingers</td>
<td>11 oz.</td>
<td>10-20</td>
<td>400</td>
<td>toss halfway</td>
<td></td>
</tr>
<tr>
<td>Frozen fishsticks</td>
<td>10.5 oz.</td>
<td>10-20</td>
<td>400</td>
<td>toss halfway</td>
<td></td>
</tr>
<tr>
<td>Fresh fish fillet</td>
<td>2-4 oz.</td>
<td>10-15</td>
<td>350</td>
<td>flip halfway</td>
<td></td>
</tr>
<tr>
<td>Steaks (medium)</td>
<td>3.2 oz.</td>
<td>10-15</td>
<td>320</td>
<td>flip halfway</td>
<td></td>
</tr>
<tr>
<td>Chicken breasts</td>
<td>1 Breast</td>
<td>20-25</td>
<td>350</td>
<td>flip halfway</td>
<td></td>
</tr>
<tr>
<td>Chicken wings</td>
<td>3-7 Wings</td>
<td>20-30</td>
<td>350</td>
<td>flip halfway</td>
<td></td>
</tr>
<tr>
<td>Chicken legs</td>
<td>1 Leg</td>
<td>20-25</td>
<td>350</td>
<td>flip halfway</td>
<td></td>
</tr>
<tr>
<td>Chicken thigh</td>
<td>1 Thigh</td>
<td>20-25</td>
<td>350</td>
<td>flip halfway</td>
<td></td>
</tr>
<tr>
<td>Hamburger</td>
<td>2 Burgers</td>
<td>10-20</td>
<td>350</td>
<td>flip halfway</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BAKING</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cake</td>
<td>10 oz.</td>
<td>20-25</td>
<td>350</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muffins</td>
<td>2 oz.</td>
<td>10-20</td>
<td>350</td>
<td>pour batter into paper muffin cups</td>
<td></td>
</tr>
</tbody>
</table>

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.

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**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.
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 air fryer with a moist cloth.

3. Clean the cooking chamber and crisping insert with hot water, some dishwashing 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.

5. Clean the heating element with a cleaning brush to remove any food residue.

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.