



salton® multipot® air-wave health cooker



Instruction Booklet

Model HC1351

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. **DO NOT** touch hot surfaces. Use handles or knobs.
3. To protect against electrical hazards, do not immerse cord, plugs, or the appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children. Do not allow children to play with the appliance.
5. 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.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
7. **DO NOT** operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to Salton for examination, repair or adjustment. All servicing, other than cleaning, should be performed by an authorized service representative. See Warranty section.
8. The use of accessories or attachments not recommended by Salton may cause fire, electric shock or injury.
9. **DO NOT** use outdoors.
10. **DO NOT** let cord hang over edge of table or counter, or touch hot surfaces.
11. **DO NOT** place on or near a hot gas or electric burner, or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to 'OFF', then remove plug from wall outlet.
14. **DO NOT** use appliance for other than intended use.
15. **DO NOT** leave unit unattended while in use.
16. **DO NOT** open the main housing of the product. All servicing should be performed by an authorized service representative.
17. **DO NOT** use any other power cord with this appliance.
18. **DO NOT** touch the transparent cover. It will be very hot during use.

19. Always open Cover away from you so that the escaping steam is channeled away from your face.
20. **DO NOT** insert oversized foods or utensils into the oven as they may create a fire or risk of electric shock. There must be at least $\frac{3}{4}$ " (2cm) space between the food and the heater protection plate inside the cover.
21. A fire may occur if this Oven is covered by or touches flammable material, including curtains, draperies, walls, etc when in operation. **DO NOT** store any item on top of the appliance when in operation.
22. The oven can be turned off while using any of the functions by pressing the Start/Cancel button.

SAVE THESE INSTRUCTIONS

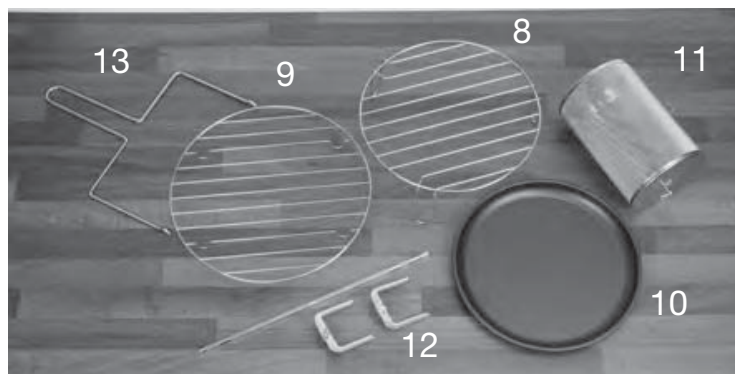
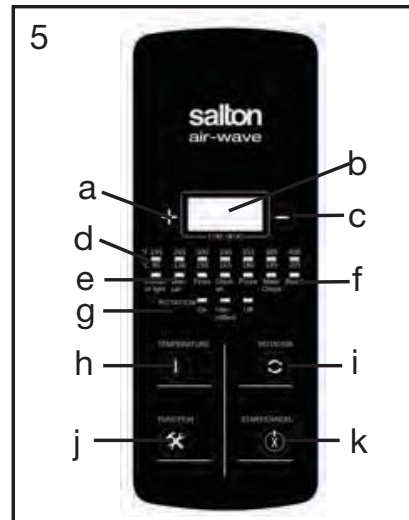
HOUSEHOLD USE ONLY

GROUNDING PLUG

To reduce the risk of electric shock this appliance has a grounded plug (2 blades and 1 pin). If the plug does not fit fully into the electrical outlet contact a qualified electrician. Do not modify the plug in any way or use an adaptor.

DESCRIPTION OF PARTS

1. Main Housing
2. Removable Transparent Cover
3. Drive Assembly
4. Base Bowl
5. Control Panel
 - a) '+' – Increase Time or Temperature
 - b) LED readout
 - c) '-' – Decrease Time or Temperature
 - d) Temperature Indicator Lights
 - e) 'Manual' -
 - f) Preprogrammed Settings
 - g) Rotation Indicator Lights
 - h) Temperature Control Button
 - i) Rotation Button
 - j) Function Button
 - k) Start/Cancel Button
6. Element with Infrared and Convection Fan
7. Safety On/Off Micro Switch (under Base Bowl)
8. High Cooking Rack
9. Low Cooking Rack
10. Sauté/Baking Pan
11. Rotisserie Drum
12. Rotisserie Kit
13. Rotisserie Tongs



BEFORE FIRST USE

1. Disassemble the Air Wave Health Cooker by following the directions in the 'How to Assemble/Disassemble' section.
2. Remove any manufacturing residue left on the removable parts by washing in warm soapy water. These include the Transparent Cover, Base Bowl, Rotating Drum, Rotisserie Kit, Tongs, High and Low Cooking Racks and Rack Handle. Dry thoroughly. NEVER IMMERSSE THE MAIN HOUSING OR CONTROL PANEL IN WATER OR ANY OTHER LIQUID.
3. Reassemble the Cooker by following the directions in the 'How to Assemble/Disassemble' section.
4. Close the Cover and plug into the wall outlet.
5. Preheat the Cooker without food, for 10 minutes to burn off any manufacturing residue. This is for the first time only. Do not preheat the oven for regular use.
6. Set the Cooker to a cooking time of 10 minutes by pressing the Function Button once then press the '+' button until 10 minutes is displayed in the LED readout.
7. Set the temperature by pressing the Temperature Button to 400°F (205°C).
8. Press the Start/Cancel Button.
9. The Cooker may release a slight burning smell or light smoke. This will disappear quickly and will only happen the first time the oven is used.
10. When the 10 minutes has elapsed allow the Cooker to cool down for 10 minutes before opening the Cover.

HOW TO ASSEMBLE / DISASSEMBLE

How to Assemble the Oven

1. Place the Base Bowl on the Main Housing so that the 2 round legs are at the front of the unit and the Micro Switch is at the back.
2. Re-assemble the Transparent Cover to the main housing by aligning the 4 locking tabs on the Cover with the raised areas on the main housing. NOTE: The Drive Shaft Hole in the Cover should be at approximately the 4 o'clock position.



3. Turn the Cover clockwise until it stops rotating.
NOTE: The Drive Shaft Hole should now be at the 6 o'clock position.



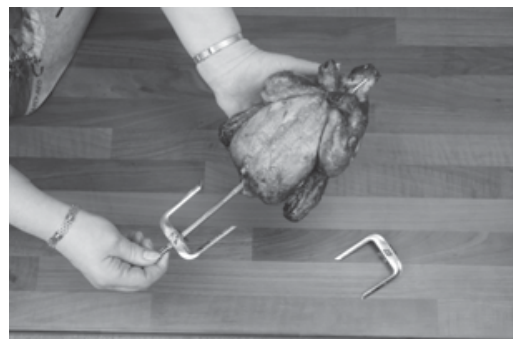
How to Disassemble the Oven

1. Turn all controls to off, unplug from the wall outlet and allow the appliance to cool completely. NOTE: Metal parts will retain residual heat for a significant time after the appliances has been switched off. Always ensure that the appliance has cooled completely before you attempt to disassemble or clean the appliance.
2. Remove the Transparent Cover from the main housing by turning the Cover counterclockwise until it stops. Gently pull the Cover towards you.
3. Lift the Base Bowl and remove.



How to Assemble the Rotisserie

1. Place one of the Rotisserie Forks onto the Rotisserie Shaft and screw down. Tighten the fixing screw until the Fork is held in position on the shaft.
2. Push the Rotisserie Shaft through the chicken or meat you wish to cook until the Fork engages with the food.
3. Place the other Rotisserie Fork onto the other end of the Rotisserie Shaft and push it along the rod until it engages with the food. Tighten the fixing screw to hold the Fork in position.



4. Place the assembled Rotisserie in position in the oven. The square end of the shaft must be placed in the drive end of the main housing.



5. The rounded end of the Shaft rests in the groove at the front of the Base Bowl.
6. CAUTION: Always check that there is sufficient space at the top and bottom for the food to rotate freely without causing an obstruction.

How to Assemble the Rotating Drum

1. Insert the shaft through the Rotating Drum.



2. Place the Rotating Drum in the center of the Shaft and tighten the fixing screws.



3. Place the assembled Rotating Drum in the oven ensuring that the square end of the shaft is placed in the drive end of the main housing.



4. The rounded end of the Shaft rests in the groove at the front of the Base Bowl.
5. NOTE: Do not overfill the Rotating Drum. When cooking French Fries allow room for sufficient movement when the Drum is rotating for even cooking.

Low and High Cooking Racks

The Low and High Cooking Racks can be used individually. They can also be used together to crisscross so that small food items do not fall through. Place the Lower Cooking Rack over the High Cooking Rack so that the legs on the lower rack fit through the holes in the high rack and the 2 cooking surfaces are together.

HOW TO USE

Manual Setting

1. Place the Cooker on a flat level heat resistant surface.
2. Ensure that the power cord is not touching any hot surface.
3. Always place the appliance so that you have enough room to open the Cover when cooking is complete.
4. Always have oven mitts ready to open the Cover and remove cooked food.
5. You may use any of your own oven safe pans, plates, aluminum foil, etc. that can be used in a conventional oven.
6. Assemble the Cooker. See 'How to Assemble/Disassemble' section.
7. Open the Transparent Cover and choose the required accessory.
8. Always make sure to leave sufficient space between the food and the Cover.
9. Close the Transparent Cover.
10. Insert the plug into the wall outlet.
11. Press the Function Button until the Indicator Light is lit for the Auto Menu setting.
12. Press the Temperature Button until the Indicator Light is lit above the temperature you require.
13. Set the Timer to the required time by pressing the '+/-' buttons. Time is shown in the LED Display.

14. Press the Rotation Button and choose between 'ON', 'Intermittent' or 'OFF'. The indicator light will change between the 3 settings as you press the Rotation Button. Rotation should only be used when you are using the Rotating Drum or the Rotisserie.
15. Press the Start/Cancel Button.
16. NOTE: When the Cooker reaches the preset temperature the Infrared Light will cycle on and off. The Infrared light will cycle on and off throughout the cooking process maintaining the selected temperature.
17. When the preset time has elapsed the cooking process is complete.

Pre-programmed Settings

1. Place the Cooker on a flat level heat resistant surface.
2. Ensure that the power cord is not touching any hot surface.
3. Always place the appliance so that you have enough room to open the Cover when cooking is complete.
4. Always have oven mitts ready to remove the open the Cover and remove cooked food.
5. You may use any of your own oven safe pans, plates, aluminum foil, etc. that can be used in a conventional oven.
6. Assemble the Cooker. See the How to Assemble/Disassemble section.
7. Open the Transparent Cover and choose the required accessory, with food.
8. Always make sure to leave sufficient space between the food and the Cover.
9. Close the Transparent Cover.
10. Insert the plug into the wall outlet.
11. If using the preset functions press the Function Button until the Indicator Light is lit for the function you require. Each of the programmed settings have a preset time and temperature.
12. Press the Start/Cancel Button.
13. NOTE: When the Cooker reaches the preset temperature the Infrared Light will go out and cycle on when the cooker drops below the preset temperature. The Infrared light will cycle on and off throughout the cooking process maintaining the preset temperature you have selected.
14. When the preset time has elapsed the cooking process is complete.

15. NOTE: All pre-set programs are a guide. Depending on the temperature and thickness of food you may have to adjust the time. Simply press on the '+ or -' Button to cook to your liking.

HELPFUL HINTS

- 1) Is your food cooked?
 - a) Steaks: rare, medium and well done
Rare: Flesh springs back when pressed lightly with a finger.
Medium: Flesh is less springy and takes more time to spring back.
Well-done: Very firm to touch with no spring back.
 - b) Chicken:
Pierce flesh with a fork and apply a little pressure to release juice. The juice will be clear when fully cooked.
 - c) Fish:
Fish flesh will turn from translucent to opaque when cooked. Take care not to overcook fish.
 - d) Meats over 2" (5 cm) thick: (roasts, ham, whole chickens, etc.)
Turn halfway through cooking, if you are NOT using the Rotisserie, to ensure even cooking. Always start with the top side facing down (the side you want 'up' when you serve). The exception is turkey which you do not need to turn.
 - e) Browning:
The distance from the heat source is important. The Air-Wave Health Cooker browns quickly so foods that need more than 18 – 20 minutes cooking time should be placed on the lower rack so they are further from the heat source to prevent over browning. Thin steaks and chops will be cooked before the surface goes a deep brown so these foods need to be closer to the heat source on the high rack.
- 2) Moisture may build up inside the Transparent Cover when cooked food is not removed soon after the cooking time has expired. This steam/moisture build-up can be avoided by removing the food soon after cooking is complete. If food is to be kept warm, reset the cooking temperature at a minimum level.

RECIPES and COOKING TIMES

COOKING GUIDE

Times and Temperatures

The following times shown in the table below are approximate and should only be used as a guide. Cooking times can vary depending on the temperature of the meat when placed in the Air-Wave Health Cooker, the thickness of the meat and also the quality of the meat.

The Air-Wave Health Cooker cooks 30% faster than a conventional oven so reduce the cooking time by 30% for recipes from your conventional oven cook books.

IMPORTANT NOTE: ALWAYS CHECK THE RESULTS BEFORE SERVING WITH AN INSTANT READ THERMOMETER, ESPECIALLY WHEN COOKING LARGE PIECES OF MEAT.

FOOD	RACK HEIGHT	SETTING	TIME (MIN)	TEMP °C	TEMP °F
Meat:					
Beef Roast 3 lb. (1.4 kgs)	Low	Manual	45 (rare) 50 (med) 60 (well)	180	355
Beef Roast 3 lb. (1.4kgs) - frozen	Low	Roast	70 (med/well)	180	355
Beef – steak 1” (2.5cm) Turn after 7 min.	High	Manual	10 (rare) 15 (med)	205	400
Hamburgers (1/4 lb) - turn once	High	Manual	10 (rare) 12 (med) 15 (well)	205	400
Hamburgers (1/4 lb.) - frozen - turn once	High	Manual	12 (rare) 15 (med) 18 (well)	205	400
Lamb Chops 1.5” (3.8cm)	High	Chop/Meat	20	195	385
Lamb Chops 1.5” (2.8cm) - frozen	High	Manual	30	205	400
Pork 3 – 4 lbs.(1.4 – 1.8 kgs)	Low	Roast	70	180	355
Pork Chops 3/4” (2cm)	High	Chop/Meat	20	195	385
Sausage – Italian - turn once	Low	Manual	15 – 20	195 – 205	385 - 400

FOOD	RACK HEIGHT	SETTING	TIME (MIN)	TEMP °C	TEMP °F
Fish:					
Lobster (whole)	High	Manual	15 – 20	165 – 180	330 – 355
Salmon steak 4 oz. (110 g)	High	Manual	10 – 12	165	330
Salmon steak 4 oz (110g) – frozen	High	Manual	15 – 18	165	330
Shrimp – grilled - crisscross racks	High	Manual	10	205	400
Shrimp – grilled – frozen - crisscross racks	High	Manual	12	205	400
Poultry					
Chicken - 4 lb. (1.8 kgs)	Low	Chicken	60	180 - 205	330 - 400
Chicken Breast, boneless (thick)	High	Manual	13 – 15	205	400
Chicken Breast, boneless – frozen	High	Manual	17 – 19	205	400
Chicken Breast, bone in	High	Manual	20 – 22	205	400
Chicken Legs	Low	Manual	23 – 26	205	400
Chicken Wings	Rotating drum	Fries	35	205	400
Miscellaneous					
French Fries (frozen)	Rotating Drum	Fries	35	205	400
Roasted Potatoes (see recipe section for cooking method)	Low	Manual	35 – 40	205	400
Baked Potatoes 6 ozs. (170g)	Low	Roast	70	205	400
Sweet Potatoes 6 ozs (170g)	Low	Fries	35	205	400
Pizza (12")	Low	Pizza	25	180	355

Internal Food Temperature Guide

FOOD		°F	°C
Beef, Lamb or Veal	Medium Rare	145	63
Beef, Lamb or Veal	Medium	160	70
Beef, Lamb, Pork or Veal	Well Done	170	77
Chicken Breast		170	77
Chicken Thighs or Wings		180	82
Fish and Shellfish		145	63
Ground Beef or Ground Pork		160	70
Ground Chicken or Ground Turkey		165	74

RECIPES

Poultry

Roast Turkey Breast

5 lb. (2.2kgs) turkey breast

2 tbsp. (30 ml) butter

1 tbsp. (15 ml) olive oil

Kosher salt, to taste

freshly ground black pepper, to taste

1 tbsp. (15 ml) poultry seasoning

- Spread butter underneath the turkey skin
- Brush the outside of the turkey breast with oil
- Sprinkle with salt, pepper and poultry seasoning
- Follow the directions in the HOW TO USE Pre-programmed settings. Use preprogrammed 'Chicken' setting.
- Allow the turkey breast to rest for 10 minutes so the internal temperature reads 165°F (74°C).

Fried Chicken

1 lg egg
½ cup (125 ml) buttermilk
whole chicken, cut in 8 pieces
1 cup (250 ml) bread crumbs

- In a shallow dish whisk egg and buttermilk together.
- Dip chicken in buttermilk and let soak for 5 minutes.
- Remove, then coat with bread crumbs.
- Spray lower rack with non-stick cooking spray.
- Cook at 385°F (195°C) for 35 minutes.
- Check internal temperature with an instant read thermometer. Use the Internal Temperature Chart at the beginning of the Recipe section. Add more cooking time if the temperature is below the chart reading.

Barbecue Chicken

½ cup (125 ml) oil
2 tbsp. (30 ml) lemon juice
½ tsp. (3 ml) salt
freshly ground black pepper
sprigs of fresh rosemary
6 boneless chicken breasts

- Mix first 5 ingredients together.
- Add chicken breasts and marinade for at least two hours, turning frequently.
- Remove chicken from the marinade and cook at 400°F (205°) for 10 – 15 minutes.
- Check internal temperature with an instant read thermometer. Use the Internal Temperature Chart at the beginning of the Recipe section. Add more cooking time if the temperature is below the chart reading.

Fish

Grilled Salmon Fillets

1 lb. (450 g) Salmon Fillets (skin on)

Lemon Dill Marinade:

1/3 cup (85 ml) olive oil

1/4 cup (60 ml) lemon juice

2 tbsp. (30 ml) chopped fresh dill (2 tsp.- 10 ml dried)

1 tsp. (5 ml) grated lemon rind

1/4 tsp. (1.5 ml) salt and pepper

- Cut salmon into 4 pieces.
- Whisk marinade ingredients together in a shallow baking dish.
- Add fillets, cover and marinate for up to 30 minutes in the refrigerator.
- Place salmon on the high rack.
- Follow the directions in the HOW TO USE Manual Setting.
- Set to 330°F (165°C) for 5 - 8 minutes depending on the thickness of the salmon.

Stuffed Sole

6 sole filets

1 tbsp. (15 ml) butter

½ cup (125 ml) onion, small dice

1 cup (250 ml) mushrooms, chopped

2 tbsp. (30 ml) fresh parsley

1 tbsp. (15ml) fresh dill

¼ tsp (5ml) each, salt and pepper

2 tbsp. (30 ml) white wine or chicken broth

1/3 cup (85ml) fresh bread crumbs

4 ozs. (112g) crab meat

2 ozs. (56g) cooked shrimp

6 slices lemon

- Melt butter in a medium sized pan.

- Add onions and mushrooms and cook for 2 minutes.
- Add parsley, dill, pepper, salt, white wine/chicken broth and bread crumbs. Mix until well combined.
- Add crab meat and shrimp. Stir lightly until combined.
- Divide the stuffing between each of the sole filets. Roll tightly.
- Spray lower rack with cooking spray. Place stuffed filets on the rack. Place 1 lemon slice on top of each filet.
- Follow the directions in the HOW TO USE Manual Setting.
- Set to 355°F (180°C) and cook for 15 – 20 minutes.

Vegetables

Grilled Vegetables

thick slices of zucchini, onions, large mushrooms, squash, eggplant, etc.

1 tsp. (5 ml) olive oil (optional)

1 tsp. (5 ml) balsamic vinegar

1/4 tsp. (1.5 ml) soya sauce

- Mix olive oil, balsamic vinegar and soya sauce.
- Toss vegetables in oil mixture.
- Spray the crisscross racks with a non-stick cooking spray.
- Place vegetables on the rack.
- Cook at 400°F (205°C) for 4 minutes. Turn the vegetables over and cook for an additional 4 – 5 minutes.

NOTE: Cooking times vary with the type and size of vegetables.

Roasted Potatoes

For best results we recommend the following procedure:

- Use medium size potatoes.
- Parboil for 10/12 minutes in boiling water.
- Strain and let cool.
- Toss potatoes in a bowl with olive or vegetable oil.
- Season with salt and pepper.
- Place the potatoes on the high rack and set for 20 minutes at 205°C (400°F).
- Turn over after 20 minutes and reset the timer for 20 minutes at 205°C (400°F).

NOTE: As soon as you turn ON the oven the Air Wave fan will blow off any excess oil, reducing the oil content on the potato.

Beef

Stuffed Peppers

6	green bell peppers
1 tbsp. (15 ml)	butter
1 tbsp. (15 ml)	olive oil
½ cup (125 ml)	onion, small dice
½ cut (125 ml)	celery, small dice
1 small can	diced tomatoes, (14.5 oz./428ml)
1 can	tomato sauce (8 oz./235ml)
1 tsp. (5 ml)	minced garlic
1 tsp. (5 ml)	dried oregano
½ tsp. (3 ml)	dried basil
2 tsp. (10 ml)	salt, divided
½ tsp. (3 ml)	ground black pepper, divided
1 lg.	egg
1-1/2 tsp (8 ml)	Worcestershire sauce

1-1/2 lbs. (.7 kgs) ground beef

1-1/2 cups (375 ml) cooked rice

- Cut tops off peppers and remove seeds and membranes.
- Chop edible top of peppers and set aside.
- Rinse peppers.
- Place in a large pot and cover with salted water.
- Bring to a boil, reduce heat, cover and simmer for 5 – 8 minutes.
- Drain and set aside to cool.
- Heat olive oil and butter in a large skillet over medium heat. Sauté onion, celery and pepper until tender. Add tomatoes, tomato sauce, crushed garlic, oregano, basil, half the salt and half the pepper. Simmer for 10 minutes. Allow to cool.
- In a large mixing bowl, combine egg with the remaining salt and pepper and Worcestershire sauce. Add ground beef, cooked rice and 1 cup of the tomato mixture. Use your hands to mix well.
- Stuff peppers with the meat mixture and place on the lower rack.
- Bake at 330°F (165°C) for 45 – 50 minutes.

CARE AND CLEANING

1. Ensure that the appliance is OFF.
2. Unplug from the wall outlet.
3. Allow the appliance to cool completely before cleaning. Metal parts will retain residual heat for a significant time after the appliance has been turned off. Always take great care to ensure that the appliance has cooled completely.
4. Disassemble the cooker by following the instructions in the 'How to Assemble / Disassemble' section. The Base Bowl, Cooking Racks, Sauté/Baking Pan, Rotating Drum Kit, Rotisserie Kit and Tongs can be washed in warm soapy water in a few minutes or placed in the dishwasher. The Transparent Cover should be washed in warm soapy water and not placed in the dishwasher. Harsh detergents may deteriorate the view through the Transparent Cover. Dry with a soft cloth.
5. **WARNING: Do not wash or immerse the Main Housing, heater/control assembly in water or any other liquid or in the dishwasher.** The outer surface of the Main Housing and heater/control assembly can be cleaned by wiping with a damp cloth. Dry with a soft cloth.
6. Do not use harsh detergents, chemical cleaners or abrasives on the plastic, non-stick and metal surfaces.
7. Follow the directions in the 'How to Assemble / Disassemble' section to reassemble the appliance.
8. All servicing, other than cleaning, should be performed by an authorized service representative. See Warranty section.

A short supply cord is provided to reduce the hazards of becoming entangled in or tripping over a long cord. Extension cords may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance. If the appliance is of the grounded type, the extension cord should be a grounded 3-wire cord. The extension cord should be arranged so that it will not drape over the counter top or table top, where it can be pulled on by children or tripped over.

LIMITED WARRANTY

****The original sales receipt is the only acceptable proof of purchase****

Salton Canada warrants that this appliance shall be free from defects in material and workmanship for a period of five (5) years from the date of original purchase. Salton Canada, at its sole discretion during this warranty period, will repair or replace a defective product or issue a refund. Any refund to the purchaser will be at a pro-rated value based on the remaining period of the warranty. All liability is limited to the amount of the purchase price. This warranty covers normal domestic usage and does not cover damage which occurs in shipment or failure which results from alteration, accident, misuse, abuse, glass breakage, neglect, improper maintenance, use contrary to the operating instructions or commercial use. This warranty is not available to retailers or other commercial purchasers or owners.

This warranty does not include the cost of shipping, which is to be borne by the customer.

TO OBTAIN PROMPT WARRANTY SERVICE:

Contact one of our many Service Centers found on our website
www.salton.com/customer-care

or

Securely package and return the appliance to us. Please enclose:

- Original proof of purchase
- The completed form below with a \$12.50 Return Shipping & Handling fee – either a cheque, money order or credit card (A personal cheque will delay return shipping by 2-3 weeks)

For added protection, we suggest that you use an insured delivery service with tracking information when returning your product. Salton Canada will not be held responsible for in-transit damage or for packages that are not received.

.....
Name _____

Address _____

City _____ Prov/State _____ Postal/Zip Code _____

Daytime Phone No. _____ Email _____

Product defect: _____

Type of payment Cheque/Money Order Visa MasterCard

Name on card _____ Expiry Date _____ CSV No _____

Card No. _____

To contact our Customer Service Department:

SALTON CANADA
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Dollard-des-Ormeaux, Quebec H9B 2J5
Canada

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