

PROGRESS®

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Go Healthy

**4.5 Litre Digital
Hot Air Fryer**

Instruction Manual

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Est. 1931

Please retain instructions for future reference.

Safety Instructions

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The outer surface or door may get hot during operation.



Caution: Hot surface – do not touch any sections or surfaces of the appliance that may become hot or the heating

components of the appliance.

Warning: Keep the appliance away from flammable materials.

Automatic Switch-off

The hot air fryer is fitted with an automatic switch-off. This may activate if the set cooking time has elapsed, causing the timer to sound and the

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Est. 1931

automatic switch-off to activate, turning off the hot air fryer.

Note: If the hot air fryer needs to be turned off before the set cooking time has elapsed, switch off and unplug it from the mains power supply.

Dos and Don'ts

Do:

Check that the non-stick coated cooking basket is securely fitted before use. Not doing so will prevent the hot air fryer from operating. Only hold the cooking compartment by the cooking basket handle. Take care when removing the non-stick coated cooking basket, as steam may be emitted.

Don't:

Invert the non-stick coated cooking basket with the cooking compartment still attached, as excess oil may collect at the bottom of the cooking compartment.

Cover the hot air fryer or its air inlets, as this will disrupt the airflow and could affect the cooking results.

Fill the cooking compartment with oil or any other liquid.

Press the non-stick coated cooking basket release button whilst shaking the ingredients.

Touch the cooking compartment during or straight after use, as it gets very hot; only hold the cooking compartment by the handle.

Care and Maintenance

Before attempting any cleaning or maintenance, switch off and unplug the hot air fryer from the mains power supply and allow it to fully cool.

STEP 1: Wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the hot air fryer main unit in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the hot air fryer or its accessories, as this could cause damage.

Note: The hot air fryer should be cleaned after each use.

Description of Parts



- | | |
|--|--------------------------------|
| 1. 4.5 Litre Digital Air Fryer main unit | 7. Digital control panel |
| 2. Cooking compartment | 8. Temperature control buttons |
| 3. Non-stick coated cooking basket | 9. Timer control buttons |
| 4. Cooking basket handle | 10. Mode button |
| 5. Cooking basket release button | 11. Power button |
| 6. Plastic cover | 12. LED display |

Instructions for Use

Before First Use

STEP 1: Before connecting the hot air fryer to the mains power supply, wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

STEP 3: Place the hot air fryer main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

Note: When using the hot air fryer for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the hot air fryer during use. It is advised to run the hot air fryer without food for approx. 10

PROGRESS®

Est. 1931

minutes before first use; this will prevent the initial smoke or odour from affecting the taste of the food.

Assembling the 4.5 Litre Digital Air Fryer

STEP 1: Fit the non-stick coated cooking basket into the cooking compartment, until it is seated securely. Slide the plastic release button cover backwards so that it is concealing the release button, to avoid it being pressed during use.

STEP 2: Slide the cooking compartment into the hot air fryer main unit to close it.

Note: The hot air fryer comes preassembled. The cooking compartment should be closed securely before use, as not doing so will prevent it from working.

Using the Digital Control Panel

When the hot air fryer is plugged in and switched on at the mains power supply, the unit will beep and the power button will illuminate to indicate that it is being powered.

Tap the power button to switch on the hot air fryer.

The LED display will alternate between '180 °C' and '15 MIN'. These are the default cooking settings; if other settings are required, the time and temperature can now be programmed.

Press the timer control buttons (↑ or ↓) to change the cooking time, up to a max. of 30 mins.

Press the temperature control buttons (↑ or ↓) to adjust the cooking temperature, between 80–200 °C.

The ↑ and ↓ buttons may be held down in order to quickly adjust the time or temperature.

Once time and temperature have been set, tap the power button to begin heating. A red heating icon will appear to indicate that the hot air fryer is heating up, and the rotating LEDs around this icon indicate that the fan is operating. The red light will switch on and off throughout cooking to indicate that the hot air fryer is regulating temperature.

The time and temperature can also be set using the 'MODE' button. This will automatically cycle between time and temperature presets for cooking various foods. These presets can then be adjusted using ↑ or ↓ to increase or decrease the time or temperature as required. Once cooking is complete and the preset time has elapsed, the timer will sound and the hot air fryer will switch off. During cooking, the time and temperature can be adjusted at any time using ↑ and ↓.

If the cooking compartment is removed during cooking, cooking will be paused; reinsert the cooking compartment to resume the cooking process. The hot air fryer will switch off after 2 hours if the cooking compartment has not been reinserted.

To switch off the hot air fryer, tap the power button again. The red heating icon will no longer be visible and the hot air fryer will switch off after 20 seconds.

Note: The power button will remain illuminated whilst the unit is plugged in.

Using the 4.5 Litre Digital Air Fryer

STEP 1: Plug in and switch on the hot air fryer at the mains power supply; the hot air fryer will beep and the power button will illuminate to indicate that the unit is plugged in.

STEP 2: Tap the power button to switch on the hot air fryer; the LED display will alternate between '180 °C' and '15 MIN', indicating that the time and temperature are ready to be programmed.

STEP 3: Following the instructions in the section entitled 'Using the Digital Control Panel', preheat the hot air fryer for approx. 5 minutes. Use ↑ or ↓ to increase or decrease the time or temperature if required.

STEP 4: Once preheated, remove the cooking compartment by pulling it out of the hot air fryer using the handle. Place the cooking compartment onto a flat, stable, heat-resistant surface. Check that the plastic cover is over the basket release button to avoid it from being released accidentally.

STEP 5: Place the ingredients into the non-stick coated cooking basket and then slide the cooking compartment back into the hot air fryer main unit to close it.

STEP 6: Use the digital control panel to set the cooking time and temperature as required for the ingredients. The time and temperature can also be set using the 'MODE' button. This will automatically cycle between time and temperature presets for cooking various foods. These presets can then be adjusted using ↑ or ↓ to increase or decrease the time or temperature as required. Then press the power button to begin cooking.

STEP 7: Some ingredients may require shaking halfway through the cooking time. Remove the cooking compartment by pulling the cooking basket handle out of the hot air fryer. The plastic cover must be concealing the cooking basket release button; take care not to release the non-stick coated cooking basket by pressing the cooking basket release button. Shake the cooking compartment gently and then slide it back into the hot air fryer main unit to close it and continue to cook.

STEP 8: Once cooking is complete and the preset time has elapsed, the hot air fryer will beep several times and switch off. Check whether the ingredients are ready by pulling the cooking compartment out from the hot air fryer using the cooking basket handle. If the ingredients are not cooked, close the cooking compartment and replace it back into the hot air fryer main unit. Use the digital control panel to adjust the cooking time accordingly. If the food is cooked, press the cooking basket handle release button to remove the non-stick coated cooking basket from the cooking compartment and then empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tongs (not included) if the food is large or fragile.

Note: Always preheat the hot air fryer before starting to cook or alternatively add approx. 3–5 minutes onto the cooking time. If the

PROGRESS®

Est. 1931

cooking time or temperature setting needs to be changed during use, simply use the timer or temperature control buttons as required and the hot air fryer will automatically adjust the settings.

Caution: Do not tip the food directly into a bowl or onto a plate, as excess oil may collect at the bottom of the cooking compartment and leak onto the ingredients or serving bowl. Always remove the non-stick coated cooking basket from the cooking compartment. Exercise caution when opening and closing the cooking compartment during use, as it will become very hot.

Warning: Nominal voltage is still present even when the hot air fryer is switched off. To permanently switch off the hot air fryer, turn it off at the mains power supply.

Using the Non-Stick Coated Cooking Basket

The non-stick coated cooking basket is removable for ease of use.

STEP 1: To remove the non-stick coated cooking basket from the cooking compartment, push forward the plastic cover to reveal the cooking basket release button.

STEP 2: Press and hold the cooking basket release button and carefully lift the cooking basket handle to detach the basket.

STEP 3: Replace the non-stick coated cooking basket by fitting it into the cooking compartment, until it is secure.

STEP 4: Slide the plastic cover back into position so that it conceals the cooking basket release button.

Warning: Never press the cooking basket release button if the cooking compartment is elevated, as this could cause injury; only press it once the cooking compartment has been placed onto a flat, stable surface.

Cooking Guide

The following is a guideline for cooking certain types of foods with the hot air fryer. This is a guideline only and cooking should always be monitored. Food should always be piping hot before serving.

Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	300–700 g	12–16 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 4.5 Litre Digital Air Fryer'.
Home-made chips	300–800 g	15–20 mins	200 °C	Follow the full instructions in the section entitled 'A Step by Step Guide to Making Chips'.
Home-made potato wedges	300–800 g	15–20 mins	200 °C	Part soak the potato wedges in water to remove the starch, add ½ tbsp of oil and shake following the instructions in the section entitled 'Using the 4.5 Litre Digital Hot Air Fryer'.

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Est. 1931

Meat and Poultry

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Steak	100–500 g	Well done: 10 mins Medium: 8 mins Rare: 6 mins	200 °C	Turn over halfway through the total cooking time.
Hamburger	100–500 g	15–20 mins	180 °C	Turn over halfway through the total cooking time.
Pork chops	100–500 g	10–15 mins	200 °C	Turn over halfway through the total cooking time.
Chicken breast	100–500 g	15–22 mins	200 °C	Always check that chicken is cooked thoroughly.
Chicken drumsticks	100–500 g	15–22 mins	200 °C	Always check that chicken is cooked thoroughly.

Snacks and Sides

Food	Amount	Approx. Cooking Time	Temperature
Frozen chicken nuggets	100–500 g	6–10 mins	200 °C
Spring rolls	100–400 g	8–10 mins	200 °C
Stuffed vegetables	100–400 g	12–15 mins	160 °C

Bakes and Cakes

Food	Amount	Approx. Cooking Time	Temperature
Quiche	400 g	20–22 mins	180 °C
Cake	300 g	14–20 mins	160 °C

A Step by Step Guide to Making Chips

Home-made Chips

STEP 1: Cut the potato into chips approx. 1 cm wide.

STEP 2: Place the chopped potatoes into a pan of cold water. Bring water to the boil and parboil the potatoes for approx. 3 minutes.

STEP 3: Preheat the hot air fryer to 200 °C.

STEP 4: Drain the water from the potatoes and dry thoroughly using kitchen towel.

STEP 5: Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the cooking basket. Check they are fully coated for best results.

STEP 6: Cook at 200 °C for 15–20 minutes.

STEP 7: Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

STEP 8: Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

Frozen Chips

STEP 1: Preheat the hot air fryer to 200 °C.

STEP 2: Add 300–700 g of frozen chips into the non-stick cooking basket.

STEP 3: Cook for 12–16 minutes.

STEP 4: Shake the chips regularly (approx. every 6 minutes) to make sure that they cook evenly.

STEP 5: Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

Storage

Check that the hot air fryer is cool, clean and dry before storing in a cool, dry place.

Never wrap the cord tightly around the hot air fryer; wrap it loosely to avoid causing damage.

Specifications

Product code: EK4221PH

Input: 220–240 V ~ 50/60 Hz

Output: 1300 W

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Est. 1931

Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth (\perp)

FOR UK USE ONLY – Plug fitting details (where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked \perp .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\perp).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

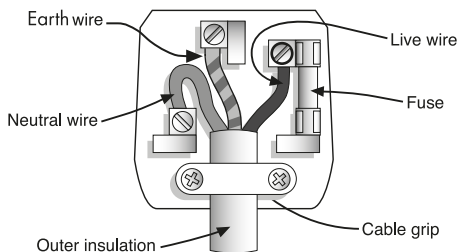
If in doubt, consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



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If this product does not reach you in an acceptable condition please contact our Customer Services Department at www.progresscookshop.com

Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.


The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



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*To be eligible for the extended guarantee,
go to <https://guarantee.upgs.com/progress/>
and register your product within 30 days of purchase.

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