

## 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 260°C/500°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.**

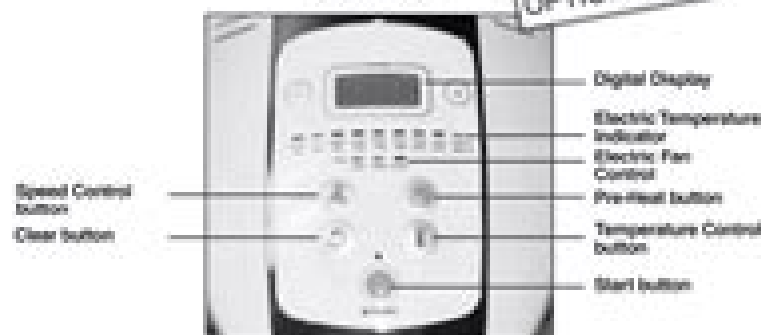


For Model AX797DM, if the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

## HOW TO OPERATE THE FLAVORWAVE OVEN® TURBO PLATINUM

(AX-797DH)

OPTIONAL ITEM



1. Plug one end of Power Cord into back of lid (AX-797DH) and the power plug in a standard AC outlet. Turn the power switch to the ON position.
2. The digital timer will display "00:00", temperature indicator light will stay at 65°C (wash) and the fan speed indicator light at "High". If not, press "Clear" button to bring out the above status.  
Note: Please allow time tolerance of 5-7 min for 60 min timer setting.
3. Place lower wire rack in the glass bowl of the oven. (Note: Use the lower rack for all recipes unless otherwise noted). Place food directly on rack unless otherwise specified.
4. If the recipe required preheating, follow this procedure:  
Press the "Pre-Heat" button, this will cause the oven to operate at its highest temperature and fan speed for 5 minutes. Preheating is complete when the timer reaches "00:00" and the fan light flashes. Press the up arrow to increase the preheating time, if needed.
5. Time Selection: press the "+" or "-" buttons lightly to raise or lower the time selected in increments of 1 minute up to 23 hours and 59 minutes. Holding the "+" button will cause the increment more quickly. The "Clear" button will reset the timer to zero. (Note: you may change the cooking time during cooking by pressing the "+" or "-" buttons).
6. Temperature Selection: Press the "Temp" button gently to move the temperature selector through the temperatures one at a time from left to right. A light will indicate the selected temperature. Once 260°C (500°F) is reached the cycle will start all over again at "wash" (Note: you may change the temperature setting during cooking by pressing the "Temp" button).

# Flavorwave Cooking Guide

**Sarah Flower**



## **Flavorwave Cooking Guide:**

**Halogen Cooking For Two** Sarah Flower, 2011-06-24 Author of the bestselling Everyday Halogen Oven Cookbook Halogen ovens are perfect when cooking for two as they are so much cheaper to use than a conventional oven Once you have mastered the basics this machine will change the way you work in your kitchen When cooking for two you no longer have to waste energy heating a conventional oven You can create amazing dishes with the minimum of fuss washing up and waste Nutritionist Sarah Flower author of best selling The Everyday Halogen Oven Cookbook and Perfect Baking with your Halogen Oven is passionate about the benefits of the Halogen Oven In this book she demonstrates its practicalities and gives you recipes for delicious meals that are up to 40% quicker than with conventional ovens As with all of Sarah's recipe books she strives to create wholesome recipes that are simple to follow easy to prepare and good for you Many of my readers have contacted me to ask how they could adapt some of the core recipes featured in The Everyday Halogen Oven Cookbook so that they could cook them for two people I have carefully selected some of the most popular recipes from that book and reworked them to serve two I have also included a large number of new and exciting recipes which work really well for two these form the majority of the recipes in this book If you can't find your favourite recipe from my first book in the following pages but would like it adapted to serve two people please let me know via my website <http://www.sarahflower.co.uk> **The Healthy Halogen Cookbook** Sarah Flower, 2013-08-22 In this book Sarah Flower author of best selling The Everyday Halogen Oven Cookbook has returned to her nutritionist roots She has produced tasty recipes that are designed for those who love the halogen oven and want to lead a healthier lifestyle Sarah believes you can maintain a healthy lifestyle without counting calories or giving up the food you love This book is packed with 150 delicious recipes including some family favourites and a few of her most popular recipes adapted and given a new healthy twist You'll find recipes such as Healthy turkey burgers Healthy lamb biryani Mustard pork loin chops with golden mash Chicken fricassee Garlic and chilli lamb chops Roasted one pot chicken with sweet potato and squash Pollock and vegetable casserole Vanilla and blueberry brulee As a working mother of two Sarah knows how hard it is to balance work family life and healthy eating She uses her halogen cooker every day to produce healthy flavourful recipes that are simple to follow and are loved by everyone including her kids **The Everyday Halogen Oven Cookbook** Sarah Flower, 2011-07-01 This book by nutritionist Sarah Flower is packed with delicious healthy and simple meals as well as general advice on how to use and maintain your Halogen Cooker Halogen Cookers are ideal for those who live alone or for cooking quick easy and nutritious family meals without the expense of heating up a conventional oven With your halogen oven you can cook up to 40% faster than with your conventional oven It can be used to bake grill defrost roast steam and brown and is the perfect one pot cooker Unlike a microwave it can cook brown and crispy pastry dishes and jacket potatoes How to get the most from your halogen cooker Weekly menu plans Soups and Casseroles Main Meals Quick snacks Cakes and desserts Stockists further information **JCPenney [catalog].**, 2002 **Journal of the**

**American Dietetic Association** ,1988      **Lodging, Restaurant and Tourism Index** ,2001      **Lodging and Restaurant Index** ,1988      Wave Oven Recipes Cookbook Darnell McGavock Sr.,2021-02-26 100 recipes for countertop cookers

**Best Nuwave Cookbook** Judy Preston,2018-05-08 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away      *The Ultimate Nuwave Air Fryer Cookbook* Air Fryer Lab,2021-05-25 55% OFF for Bookstores NOW at 20 32 instead of 36 95 DISCOVER DELICIOUS TIME SAVING AND EASY TO COOK NUWAVE AIR FRYER RECIPES Your Customers Will Never Stop to Use This Cookbook Would you like to eat your favorite foods like pizza fried chicken onion rings and even cakes all in one place Do you feel sick and tired of the same old boring meals that take hours to cook If you answered Yes to at least one of these questions please read on Inside this Nuwave Cookbook you ll discover nicely structured and very detailed easy to cook recipes for just about any occasion you can think of And you won t even need 10 different kitchen appliances to cook them tons of kitchen space and cooking time saved In fact you ll only need one You DON T have to spend much time cooking because you can make a delicious meal for the whole family in just 30 minutes Take a look at what you ll discover inside Healthy and Low Fat NUWAVE Air Fryer Recipes for just about every occasion you desire Breakfast Recipes Amazing Poultry Meat and Fish Seafood Recipes Healthy collection of Vegetable and Soups Recipes Special categories about Snack Dessert Detailed instructions cooking time and even expanded nutritional information included this is how you don t lose your body shape while eating delicious and well balanced food Lots of photos of the final result find out immediately what you re going to cook And you don t have to be an experienced chef to make it work for you This cookbook will effortlessly put the cooking knowledge in your mind while you are already enjoying your first amazing convection oven meals So don t wait Buy it NOW and let your customers get addicted to this amazing book      **NuWave Air Fryer Oven Cookbook** Amy Whitelegge,2020-12-02 Nuwave Air Fryer Oven Cookbook 2020 The best of Nuwave Air Fryer Oven Cookbook You Will Need in Your Kitchen What will you look find in this book An Nuwave Air Fryer Oven Cookbook for Beginners Follow detailed

instructions on how to start using your Nuwave Air Fryer Toaster Oven you will find mouth watering recipes that are very easily and quickly to make Just get your Nuwave Air Fryer Toaster Oven ready and open cookbook it will guide you cook your like meal through the simplified steps About Nutritional Information All meals included nutritional information which will be useful if you are following a diet or simply want to check your daily calorie intake in check Also keep track of your healthy state A variety of recipes for all tastes In this book included 500 recipes you will never get tired of the daily meals also you can cook it use different ways such as crisp bake roaster and so on I hope you will enjoy this Nuwave Air Fryer Oven

Cookbook for your daily meals Now start cooking **NuWave Oven Cookbook for Beginners** Anthony Jones,2020-04-11 Discover How to Cook Mouth Watering NuWave Oven Recipes That Will Allow You to Fry Food in a Healthy Way Who said that pizza doughnuts and chicken wings can t be a part of a healthy diet With the help of an air fryer you can give your food a crispy fried texture without deep frying it actually NuWave Oven has become incredibly popular once people became aware of their potential This appliance works by circulating super hot air which cooks the food giving it a nice golden brown color and making the food crispy The greatest thing about NuWave Oven is that you can use them to make practically anything from heating frozen foods and making chicken wings to baking donuts and extra crispy cookies an air fryer is a perfect choice But what if you re not experienced in using an NuWave Oven or you re not that good at cooking Well that s what this NuWave Oven cookbook for beginners will help you out with It contains many delicious recipes that are written in a beginner friendly way The book will guide you step by step through the cooking process Just carefully follow the instructions and there is no way that you will make a mistake The end result will be perfectly prepared food every single time Here s what you can learn from our cookbook How to use an NuWave Oven like a pro The right way to prepare appetizers and snacks NuWave recipes for cooking poultry pork beef and lamb and seafood the healthy way Tasty vegetable recipes that can be served on any occasion Using a NuWave Oven is an excellent way to cook food the healthy way since it doesn t require much oil These recipes will allow you to get all the great tastes you love in your favorite fried foods without the fat Oh and if you have any dietary restrictions don t worry This cookbook has plenty of great recipes that cater to all your specific needs With the help of this cookbook you can impress your friends and family with your new cooking skills Numerous pages of mouth watering recipes are just one click away Scroll up click on Buy Now with 1 Click and Get Your Copy Now Click and Get Your Copy Now

**NuWave Bravo XL Convection Air Fryer Oven Cookbook for Beginners** Ray Blaisdell,2021-07-29 NuWave Bravo XL Convection Air Fryer Oven Cookbook for Beginners Amazingly Easy Recipes to Fry Bake Grill and Roast with NuWave Bravo XL Convection Air Fryer Oven Cookbook The NuWave Bravo XL Convection Air Fryer Oven is an easy way to cook delicious healthy meals Rather than cooking the food in oil and hot fat that may affect your health the machine uses rapid hot air to circulate around and cook meals From this cookbook you will learn Benefits of Using NuWave Bravo XL Convection Air Fryer Oven Functions and Specifications Basic Steps to Get Started Ways to UseNuWave Bravo XL s Cooking functions Cleaning

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filling meals with nothing but a few ingredients and your Nuwave We even included the most popular recipes people search for gourmet pizza turkey enchiladas creamy eggs chicken casserole creamy german chocolate cake ookbook **Nuwave Oven** Daniel Isaccs,2017-06-19 NuWave Oven Recipes 100 Delicious Recipes for Clean Eating Party Food Everyday Family and Easy On The Go Do you want to cook great meals for your family and friends with the convinience of the revolutionary Nuwave Oven Are you wanting to eat more healthy but your struggling to find the time to cook at home The Nuwave Oven is helping families all over the world cook great tasting dishes with the convinience of extra time and a more versitile kitchen You Will Learn The Following What is the Nuwave Oven What the Benefits of the Nuwave oven are Party Food Recipes Everyday Family Favourites Recipes Easy On The Go Recipes Healthy Dishes How to maximise your relationship with your kitchen Whether you just want to learn more about the Nuwave Oven or already understand it and want extra help making Awesome Dishes this book is for you So don t delay it any longer Take this opportunity by buying this Nuwave Oven Recipe Book now You will be shocked by how many faces you can turn with your Amazing Dishes cooked in the Nuwave Oven Don t Delay And Scroll Up To Buy With 1 Click [Nuwave Air Fryer Oven Cookbook for Beginners](#) Jeniffer Parker,2019-10-16 Nuwave Air Fryer Oven Cookbook for Beginners Amazingly Easy Recipes to Fry Bake Grill and Roast with Your Nuwave Air Fryer OvenThe Nuwave Air Fryer Oven is an easy way to cook delicious healthy meals Rather than cooking the food in oil and hot fat that may affect your health the machine uses rapid hot air to circulate around and cook meals This allows the outside of your food to be crispy and also makes sure that the inside layers are cooked through Nuwave Air Fryer Oven allows us to cook almost everything and a lot of dishes We can use the Nuwave Air Fryer Oven to cook Meat vegetables poultry fruit fish and a wide variety of desserts It is possible to prepare your entire meals starting from appetizers to main courses as well as desserts Not to mention Nuwave Air Fryer Oven also allows homemade preserves or even delicious sweets and cakes Benefits of the Nuwave Air Fryer Oven Healthier oil free meals It eliminates cooking odors through internal air filters Makes cleaning easier due to lack of oil grease Air Fryers are able to bake grill roast and fry providing more options A safer method of cooking compared to deep frying with exposed hot oil Has the ability to set and leave as most models and it includes a digital timerEnjoy



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