

HELLER

Instruction Manual

Air Fryer 1350W

Model: HAF1350



READ AND SAVE THESE INSTRUCTIONS

IMPORTANT

Please read and follow the instructions in this user manual even if you feel you are familiar with the product, and find a place to keep it handy for future reference.

For your convenience record the complete model number (located on the product identification plate) and the date you received the product, together with your purchase receipt and attach to the warranty and service information. Retain in the event that warranty service is required.

NOTE: The rating of this product (as marked on the product identification plate) is based on specific loading tests. Normal use or the use of other recommended attachments may draw significantly less power.

IMPORTANT SAFEGUARDS

When using any electrically powered product, basic safety precautions should always be followed, including the following:

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT

WARNING! - to reduce the risk of fire, electrical shock or injury to persons or property:

- Always operate the product from a power source of the same voltage, frequency and rating as indicated on the product identification plate.
- Remove the unit from its packaging and check to make sure it is in good condition before using.
- Do not let children play with parts of the packaging (such as plastic bags).
- Close supervision is necessary when the product is used by or near children or infirm persons. Do not allow children to use it as a toy.
- Do not operate any product with a damaged cord or plug, or after the product malfunctions, or is dropped or appears damaged in any way. Return the complete product to the place of purchase for inspection, repair or replacement.
- Before unplugging the power cord, be sure to turn the power off. When touching the unit, be sure your hands are dry to prevent electrical shock. Do not plug in the appliance or operate the control panel with wet hands.
- Never connect this appliance to an external timer switch to avoid a hazardous situation.
- Never install the unit where it is exposed to direct sunlight, excessive moisture/rain, dust and lack of ventilation near any heat sources.
- During cooking operation, hot steam is released through the air outlet openings from the unit. Keep your hands and face at a safe distance from the steam and from the air outlets. Be careful of hot steam and air when removing the pan from the appliance.
- Immediately unplug the appliance if you see dark smoke coming from it. Wait for smoke to stop before you remove the pan from the appliance.
- The baking tray becomes extremely hot when it is used in the air fryer. Always use oven gloves when handling the baking tray.
- Never immerse the appliance in water nor rinse it under the tap as it contains electrical components and heating elements.
- Do not let any water or other liquid enter the appliance to prevent electric shock.
- Do not overfill the pan to avoid the contents from coming into contact with the heating elements.
- Do not fill the pan with oil as this may cause a fire hazard.

- Never touch the inside of the appliance while it is operating.
- To reduce the risk of electric shock, do not immerse or expose the product or flexible cord to rain, moisture or any liquid other than those necessary for correct operation of the product.
- Unplug from the power outlet when not in use and before cleaning. Allow to cool completely (30-50 mins) before putting on or removing parts, and before cleaning.
- Do not let cord hang over edge of table or counter or touch hot surfaces, including the Air Fryer.
- Oversized foods or metal utensils must not be inserted in an appliance as they may create a fire or risk of electric shock.
- Operate the appliance on a level surface, well away from any hot gas or electrical burner, heat source, combustible spray cans or pressurized items.
- Do not operate the Air Fryer when empty.
- Do not use the appliance for other than its intended use.
- Do not use outdoors. **FOR INDOOR USE ONLY.**
- Do not leave the appliance unattended when switched on.
- The use of attachments or accessories not recommended or sold by the product distributor may cause personal or property hazards or injuries.
- A fire may occur if the oven is covered, near or touching flammable material, including the curtains, draperies, tablecloth, combustible materials, walls, etc., when in operation. Do not store any item on top of the appliance when in operation.
- Do not place the appliance against a wall or against other appliances. Allow sufficient space around the appliance for proper air flow and opening of the air outlets and unit when cooking. Leave at least 15cm of free space at the back, side and above the appliance.
- Do not place any of the following materials in the air fryer: cardboard, plastic, paper, or anything similar.
- This appliance is intended to be used in a normal domestic/household only and similar applications such as:
 - Staff kitchen areas in shops, offices and other working environments;
 - Farm houses;
 - By clients in hotels, motels and other residential type environments;
 - Bed and breakfast type environments.
- **CAUTION:** Do not add or pour liquids of any kind inside the Air Fryer. Spills may cause electrical shock or severe injury.
- Extreme caution must be used when moving a drip pan containing hot oil or other hot liquids.
- Never leave a working appliance unattended, even for a short period of time – always switch it off. Please unplug the appliance from the power supply when not in use.
- Use this appliance as described in this manual. Any other uses, not recommended by the manufacturer, may cause fire, electric shock, or injury to persons and may void the warranty.
- 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.
- Make sure the ingredients prepared in this appliance come out golden- yellow instead of dark or brown. Remove any burnt remnants. Do not fry fresh potatoes at a temperature above 180°C (to minimize the production of acrylamide).
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Children should be supervised to ensure that they do not play with the appliance.
- **WARNING:** If the supply power cord is damaged, the power cord must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

- **WARNING:** This appliance uses hot air only to fry food. Do not fill the pan with any liquid, oil or frying fat.

SAVE THESE INSTRUCTIONS

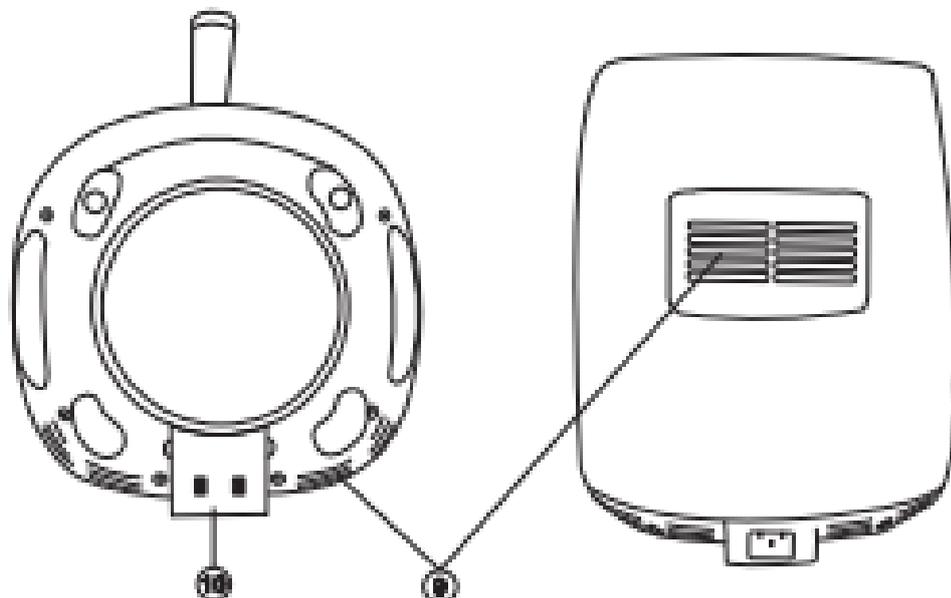
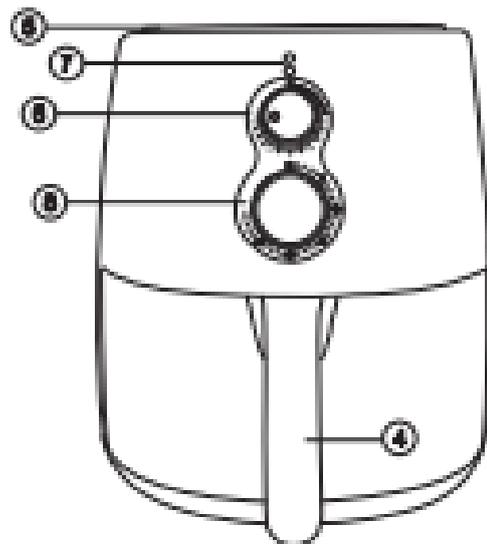
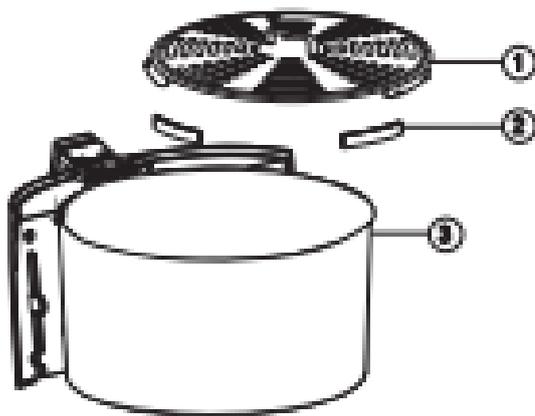
BEFORE FIRST USE

Before use, remove all packaging and inspect the appliance for any damage. If there appears to be any damage, please take the unit back to place of purchase for a replacement. Remove any stickers or labels from the appliance. Wipe clean the inside and outside of the appliance with a moist cloth.

FEATURES

1. Baking Tray
2. Silicon Mats
3. Pan
4. Handle
5. Air Inlet
6. Temperature Control Knob (0-200°C)
7. Heating Light
8. Timer (0-30 mins)
9. Air Outlet
10. Power Cable Socket

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PREPARING FOR USE

1. Place the unit on a stable, horizontal and level surface.
2. Do not place the appliance on non-heat resistant surfaces.
3. Place the baking tray into the pan (Fig.3).
4. Pull the power cable out of the storage compartment in the bottom of the appliance.

NOTES:

- Do not fill the pan with any liquid, oil or frying fat.
- Do not put anything on top of the appliance. This disrupts the airflow and affects the hot air frying result.

OPERATING INSTRUCTIONS (HOT AIR FRYING)

NOTE: Before inserting the plug into a power outlet, make sure that the correct voltage being used corresponds to what is indicated on the rating label, and that the socket has an earth facility.

WARNING: This appliance uses hot air only to fry food. Do not fill the pan with any liquid, oil or frying fat.

The Air Fryer can prepare a large range of ingredients.

1. Insert the power plug into in an earthed wall socket.
2. Carefully pull the pan out of the air fryer (Fig.4). Ensure the baking tray is in the pan (Fig.3).
3. Put your ingredients in the pan (Fig.5).

Caution: Do not fry ingredients inside the pan without the baking tray installed.

4. Slide the pan back into the air fryer (Fig.6).

Caution: Do not touch the pan or baking tray during operation and some time after use as it is still very hot. Allow the pan, baking tray and unit to cool down first. Only hold the pan by the handle.

5. Turn the temperature control knob to the required temperature. See the settings guide included to determine the right temperature (Fig.7).
6. Determine the required preparation time for the ingredient. Refer back to the settings guide.
7. To switch on the appliance, turn the timer knob to the required time (Fig.8). Add 3 minutes to the time when the appliance is cold.

Note: If you prefer, you can also preheat the appliance without any ingredients prior to cooking. To do this, set the required temperature then turn the timer to 5 minutes or more and wait until the heating light goes out. Stop the device, place your food in the pan and cook as normal.

OPERATIONAL NOTES:

- The heating light comes on until the required temperature is achieved (Fig.9)
 - During the hot air frying process, the heating light comes on and goes out periodically. This indicates that the heating element is turning on and off to maintain the set temperature.
 - Excess oil from the ingredients is collected on the bottom of the pan.
8. Some ingredients require shaking halfway through the preparation time. To shake the ingredients, pull the pan out of the appliance by the handle and - without removing the baking tray from the space contents whilst using the handle. Finally, slide the pan back into the air fryer to resume (Fig.10).
 9. When you hear the bell, the set time has elapsed. Pull the pan out of the appliance and place it on a heat-resistant surface.

Note: You can also switch off the appliance manually. To do this, turn the temperature control knob to 0 (Fig.11).

10. 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. After air frying, the pan and the ingredients will be hot.

Caution: Depending on the type of ingredients in the air fryer, steam may escape from the pan. Take extra caution when removing the pan or when near the unit.

Tip: Use tongs, a serving spoon, or similar utensil to aid the removal of fragile or large amounts of ingredients (Fig.12).

11. You don't need to wait to use the air fryer again straight after cooking a set of ingredients. There may be an excess amount of oil or remnants in the pan after several cycles, or certain types of food, which you may want to remove before continuing to fry. In such a case, wait for the appliance to cool down and follow the correct procedure outlined in the "Cleaning" section.

AUTOMATIC SWITCH-OFF

This appliance is equipped with a timer. When the timer has counted down to 0, the appliance produces a bell sound and switches off automatically. To switch off the appliance manually, turn the timer knob anticlockwise to 0.

CARE & CLEANING

NOTE: If the power cord set of this appliance becomes damaged, discontinue use. Repairs should be undertaken only by a qualified technician.

CAUTION:

- Do not use harsh detergents, chemical cleaners or solvents as they may damage the surface finish of the plastic components and the paint finish.
- Your appliance must be switched OFF via the main power supply and unplugged and allow it to cool down before proceeding with any cleaning, assembling or disassembling.

Note: Remove the pan to let the air fryer to cool down more quickly.

- After each use, clean and dry the appliance. Use a damp/moist cloth to clean the exterior of the unit. **Note: DO NOT IMMERSE THE UNIT IN WATER.**
- Clean the appliance after every session to avoid oil and residues building up.
- Pan and baking tray should be washed in warm soapy water and a non-abrasive sponge. **(Note: MUST WASH PAN AND BAKING TRAY BY HAND; DO NOT PLACE IN DISHWASHER).** You can use a degreasing agent to remove any remaining deposits on the pan and baking tray.

Tip: For particularly stubborn deposits, try filling the pan with hot water and detergent mix and leave it to soak for 10 minutes or so. You can leave the baking tray in position if required.

- Clean the inside of the appliance with damp cloth and a non-abrasive sponge.
- Clean the heating element with a cleaning brush to remove any food residues.
- Make sure the pan, baking tray and the appliance are dry before storing or operating.
- Reassemble the unit first before storing. Store it in a cool, dry place.

COMMON SETTINGS FOR FRYING

The table below helps you to select the basic settings for the ingredients you want to prepare.

Note: Keep in mind that these settings are indications. As ingredients differ in origin, size, shape and brand, we cannot guarantee the best setting for your ingredients.

Because the Rapid Air technology instantly reheats the air inside the appliance, pulling the pan briefly out of the appliance during hot air frying barely disturbs the process.

	Min-Max Amount (g)	Time (min)	Temperature (°C)	Shake	Extra Information
Potato & Fries					
Thick frozen fries	300-700	23-25	200	Shake	
Thin frozen fries	300-700	18-22	200	Shake	
Home-made fries (8 x 8 mm)	300-800	22-25	200	Shake	add 1/2 tbsp of oil
Home-made potato wedges	300-800	18-22	200	Shake	add 1/2 tbsp of oil
Home-made potato cubes	300-750	12-18	200	Shake	add 1/2 tbsp of oil
Rosti	250	15-18	180		
Potato gratin	500	18-22	180		
Meat & Poultry					
Steak	100-500	13-15	200		
Pork chops	100-500	10-14	180		
Hamburger	100-500	7-14	180		
Sausage roll	100-500	13-15	200		
Drumsticks	100-500	23-25	200		
Chicken breast	100-500	10-15	180		
Snacks					
Spring rolls	100-400	8-10	200	Shake	Use oven-ready
Frozen chicken nuggets	100-500	6-10	200	Shake	
Frozen fish fingers	100-400	13-15	180		
Frozen breadcrumb cheese snacks	100-400	8-10	180		
Stuffed vegetables	100-400	13-15	180		
Baking					
Cake	300	23-25	160		Remove the baking tray from the pan and bake in your own bake ware.
Quiche	400	20-22	180		
Muffins	300	15-16	200		

Tips:

1. Smaller ingredients usually require a slightly shorter preparation time than larger ingredients.
2. A larger quantity of ingredients only requires a slightly longer preparation time than smaller quantities.
3. Shaking smaller ingredients halfway through the preparation time optimizes the end result and can help to prevent unevenly-fried food.

4. Apply some oil to fresh potatoes for a crispy result. Fry your ingredients in the air fryer within a few minutes of adding the oil.
5. Do not prepare extremely greasy ingredients such as sausages in the air fryer.
6. You can also use the air fryer to reheat ingredients. To do this, set the appliance to 150 °C for up to 10 minutes.

Making Home-Made Fries

For the best results, we advise the use of pre-baked (e.g. frozen) fries as these often have an oily coating.

If you would rather make home-made fries, follow the steps below:

1. Peel the potatoes and cut them into sticks of your preferred size.
2. Soak the sticks in a bowl of water for at least 30 minutes, take them out and sit them on kitchen paper to dry.
3. Pour 1/2 tablespoon of olive oil into a bowl, put the sticks on top and mix until they are coated with oil.
4. Remove the sticks from the bowl with your fingers or a kitchen utensil so that excess oil stays behind in the bowl. Put the sticks on the baking tray in the frying drawer.

Note: Do not tip the bowl to put all the sticks into the pan in one go, otherwise you risk excess oil collecting at the bottom.

5. Fry the sticks according to the settings in the table.

SPECIFICATIONS

Model	Description	Voltage	Frequency	Wattage
HAF1350	Air Fryer 1350W	220-240Vac	50/60Hz	1350W

ENVIRONMENT FRIENDLY DISPOSAL



This marking indicates that this product should not be disposed of with other household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable re-use of material resources. To dispose of your appliance correctly, please contact or take it to your local refuse/ recycling centre. Alternatively, contact your local council or information on your local re-use centre. Please make this product environmentally safe for recycling.



CUSTOMER SERVICE

Australian Customer Service

GAF Control (Sales) Pty Ltd
 P.O Box 19
 Altona North Victoria 3025
 Phone: 1300 659 489
 Hours: 9am-5pm (EST) Mon-Fri

www.gafcontrol.com.au

*This product may vary slightly to the product illustrated due to ongoing product development.

Recipe Book

Fried Chicken Wings

Ingredients:

6 x pieces Chicken Wings

Chili Sauce

Salt

1 x Tspn of Garlic Powder/ Paste

1 x Tspn of Ginger Powder/ Paste

Cooking Methods:

1. Clean the chicken wings, prick with toothpick or knife.
2. Mix the ingredients (Chili Sauce, Salt, Garlic and Ginger Powder/ Paste) into the chicken wings, put into refrigerator for 1 hour.
3. Pre-heat the air fryer on 200°C for 5 minutes.
4. Put the chicken wings into the air fryer basket, set time for 15 minutes. Repeat several times, until the chicken wings turn to be golden colour or until cooked.

Fried Chips

Ingredients:

400g of Potato

Cooking Methods:

1. Peel off the potato skin and cut into strip shapes.
2. Place into water for 10 minutes to remove the starch.
3. Get rid of water using paper towels to soak up the water.
4. Put into air fryer with 200°C for 15 minutes or until cooked.

Fried Chicken Salad

Ingredients:

Chicken Breast

Vegetables (any of your choosing)

Cherry Tomatoes

1 x Egg

Honey Mustard Sauce

Milk

Salt

Cooking Methods:

1. Clean the vegetables and cherry tomatoes, marinade the chicken breast with milk for 10 minutes.
2. Dry the chicken breast with the paper towel, chop into a suitable size, spread with salt and pepper powder, cover with flour-egg-bread flour in order.
3. Put into air fry cooking 200°C for 15 minutes or until cooked.

Fried Lotus Root

Ingredients:

300g of Lotus Root
½ Tspn of Salt
1 x Egg
Bread Flour

Cooking Methods:

1. Peel off the skin of root, cut into pieces and spread with salt.
2. Cover with flour-egg-bread flour in order.
3. Pre-heat the air fryer for 5 minutes for 180°C.
4. Put the lotus root into air fryer cooker for 15 minutes or until cooked.

Fried Jam Shrimp

Ingredients:

200g of Shrimp
1 x Onion
1 x Egg
Corn Flour
Garlic
Bread Flour
Ginger
Tomato Sauce
Sugar

Cooking Methods:

1. Clean and devein shrimp.
2. Dry shrimp and spread with salt and pepper powder.
3. Mix egg and corn flour, cover it on shrimp.
4. Cover shrimp again with bread flour.
5. Put ready shrimp into air fryer cooking for 180°C for 7 minutes.
6. Cook chopped leek, ginger, garlic with tomato sauce in pan together.
7. Add sugar, corn flour remains to the cooked shrimp together into pan stir-fry until cooked.

Fried Shrimp

Ingredients:

150g of Shrimp
50g of Flour
Egg
Salt
Pepper Powder

Cooking Methods:

1. Clean and devein shrimp.
2. Add salt and pepper powder to the shrimp and marinade for 10 minutes.

3. Mix the marinade shrimp with flour, egg and bread flour in order.
4. Put into air fryer cooking 200°C for 12 minutes or until cooked.

BBQ Lamb Chops

Ingredients:

6 x Lamb Chops
Pepper Powder
2 x Tbspn of Olive Oil
2 x Tbspn of Lemon Juice
1 x Tbspn of Mixed Herbs

Cooking Methods:

1. Add salt, mixed herbs, lemon juice, olive oil and pepper powder on lamb chops. Once marinade, refrigerate the lamb chops for 1 hour.
2. Preheat air fryer to 160°C for 3 minutes.
3. Put marinade lamb chops into air fryer cooking for 20 minutes. Then turn up temperature to 200°C and fry for 5 minutes one side and turn it over to the other side. After turning the other side over, also fry for 5 minutes or until cooked.

Baked Corn

Ingredients:

2 x Cobs of Corn
2 x Tspn of Melted Butter

Cooking Methods:

1. Heat air fryer to 200°C.
2. Clean corn and remove stigma. Brush the corn cobs with the melted butter.
3. Put the corn cobs into the basket, put the basket in the air fryer, set 10 minutes and bake until it turns brown.

Fried Fish Steak

Ingredients:

Fish
Flour
Bread Flour
1 x Egg

Cooking Methods:

1. Add salt and pepper powder to the fish.
2. Cover the fish with flour, egg and bread flour in order.
3. Put into air fryer for 200°C for 15 minutes or until cooked.
4. Plate the cooked fish together with tartare sauce.

Fried Chicken Nugget

Ingredients:

500g of Chicken
200ml of Milk
Salt
Pepper Powder
Soy
Sugar
1 x Egg
Corn Flour

Cooking Methods:

1. Clean chicken and marinade in bowl with 1 glass of milk.
2. Mix with salt and pepper powder.
3. Marinade again with mixed soy, white sugar and egg.
4. Mix again with corn flour.
5. Cover the chicken with bread flour.
6. Put marinade chicken into air fryer cooking 200°C for 20 minutes or until cooked.

Fried Peanut

Ingredients:

300g of Peanuts
Peanut Oil
Salt

Cooking Methods:

1. Preheat air fryer to 150°C for 5 minutes, remove the basket and place peanuts into the basket, toss a few teaspoons of peanut oil into the basket.
2. After 2 minutes, toss the peanuts up from the basket and then fry for another 2 minutes with 180°C. Repeat the process until the peanuts are cooked.
3. When the peanuts are completely cooked, add salt to the cooked peanuts.

Fried Cheese

Ingredients:

100g of Cheese
1 x Egg
Bread Flour

Cooking Methods:

1. Cut the cheese to 1.2 x 1.2 x 7cm.
2. Cover the cheese with flour, egg, and bread crumbs in order.
3. Cover the cheese with egg and bread crumbs again.
4. Put the cheese into air fryer cooking for 10 minutes or until cooked at 180°C.