

# HELLER

Instruction Manual

## Air Fryer 12L

Model: HAF12



**READ AND SAVE THESE INSTRUCTIONS**

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

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**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.
- Never install the unit where it is exposed to direct sunlight, excessive moisture/rain, dust and lack of ventilation near any heat sources.
- 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 before putting on or removing parts, and before cleaning.
- This appliance is intended to be used in household 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.
- **NOTE:** Before using, ALWAYS place the appliance on a heat-resistant glass, wood or stone surface. Do not place on any counter or table that may be affected by high heat.
- Do not touch the surface of the appliance when HOT. Use pot holders or oven mitts when handling the Air Fryer.
- Allow sufficient space around the appliance for proper air flow and opening of the glass door when cooking.
- Do not let cord hang over edge of table or counter or touch hot surfaces, including the Air Fryer.

- When opening the glass door while roasting or cooking, heat and steam may escape. Stand away from the door and use pot holders or oven mitts to handle any hot surfaces of the door of the unit.
- Extreme caution must be used when moving a drip pan containing hot oil or other hot liquids.
- Do not cover the crumb tray or any part of the oven with metal foil. This may cause the unit to overheat.
- 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 or touching flammable material, including the curtains, draperies, walls, etc, when in operation. Do not store any item on top of the appliance when in operation.
- Do not place any of the following materials in the oven: cardboard, plastic, paper, or anything similar.
- This appliance has a tempered, safety glass door. The glass is stronger than ordinary glass and more resistant to breakage. Tempered glass can still break around the edges. Avoid scratching the door surface or nicking the edges.
- This product is intended for normal domestic/household use only.
- 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 fan 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.
- 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.

**SAVE THESE INSTRUCTIONS**

## BEFORE FIRST USE

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1. Read all material and warning stickers and labels.
2. Remove all packing materials, labels, and stickers.
3. Wash all parts and accessories used in the cooking process with warm soapy water. NOTE: Only the accessories are dishwasher safe.
4. Wipe the inside and outside of the cooking Unit with a clean moist cloth.

NOTE: Never wash or submerge the cooking Unit in water.

NOTE: When using this unit, never fill any cooking vessel with oil or liquid of any kind. This Unit cooks with hot air only

## PREPARING FOR USE

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Place the appliance on a stable, level, horizontal and heat resistant surface.  
Select the cooking accessory for your recipe.

### A Versatile Appliance

The Rotisserie Air Fryer is designed to cook a wide variety of your favorite foods. The charts and tables provided within this manual and the Recipe Guide will help you get great results. Please refer to this information for proper time/temperature settings and proper food quantities.

## WARNING

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- NEVER put anything on top of the appliance.
- NEVER cover the air vents on the top and back of the cooking Unit.
- NEVER fill any cooking vessel with oil or liquid of any kind. This Unit cooks with hot air only.
- NEVER use the air fryer door as a place to rest a hot Fry Basket filled with food. The Hot Fry Basket could damage the air fryer door or cause the Unit to tip. Personal injury could result.
- ALWAYS use mitts when removing hot air flow racks.

## ROTISSERIE AIR FRYER PARTS & ACCESSORIES

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### 1. Rotating Basket

Great for fries, roasting nuts, and other snacks. Use Rotisserie Fetch Tool to place basket into Unit.



### 2. Oil Tray

Cook with the Drip Pan in place for easy clean ups.



### 3. Dehydrating racks

Can be used not only for dehydration but also to cook Crispy snacks or reheat items like pizza.



## UNIT SPECIFICATIONS

Model	Voltage	Power	Function	Temperature	Display
HAF12	AC 220-240V 50/60Hz	1800W	Rotation	65° C - 200° C	LED Touch Screen

### Important

Please make sure that your rotisserie air fryer has been shipped with the components that you ordered (as some accessories may be sold separately). Check everything carefully before use. If any part is missing or damaged, do not use this product. Contact shipper using the customer service number located in the back of owner's manual.

NOTE: Some accessories may not be included with the purchase.

### Warning:

Forks, Skewers, and other metal parts with this unit are sharp and will get extremely hot during use. Great care should be taken to avoid personal injury. Wear mitts or gloves



### 1. Power on/off start button

Once the power is turned on, the power button will light up. Pressing the power button once will make the entire panel glow and selecting the power button a second time will activate the cooking process. During the cooking process, pressing the power button will turn off the unit. The fan will continue to run for 20 seconds to "cool down" the device.

### 2. Internal Light

This button will help you check the cooking progress while the appliance is running. Note: Opening the door during cooking will pause the unit. If the door is open, the internal light will come on.

### 3. Rotate Button

Select this button when cooking anything using barbecue mode. The function can be used with any preset. The icon will flash when in use.

#### 4. Temperature Control Button

Use these buttons to increase or decrease the cooking temperature at 5°C intervals from 65°C to 200°C. (Except dehydrator mode)

#### 5. Time Control Button

These buttons allow you to select the cooking time accurate to every minute. Except for the dried fruit mode, all modes are 1-60 minutes. The interval between dried fruits is 30 minutes and the operating time is 2-24 hours.

#### 6.LED Digital Display

During the cooking process, the digital display will switch between the temperature and the remaining time.

#### 7-14. Cooking Presets

Choosing any of them will set the time and temperature as the default settings for specific foods. You can use the time and temperature buttons to change these presets and view the cooking presets on the next page.

#### 15.Working Indicate Lights

During the cooking process, these lights will flash one after another, and will continue to flash for 20 seconds once turned off.

### PRESET BUTTON

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Cooking time for while roasted chicken will vary with weight. Use meat thermometer to check internal temperature as per chart below.

Using the Rotisserie Air Fryer Without Presets

Once you are familiar with the Rotisserie air fryer you may want to experiment with your own.

### Warning

Never use a cooking vessel filled with cooking oil or any other liquid with this unit! Fire hazard or personal injury could result.

Preset Button	Temperature	Time
7. French Fries	200°C	20 mins.
8. Steaks/Chops	200°C	20 mins.
9. Fish	200°C	10 mins.
10. Shrimp	200°C	10 mins.
11. Chicken	190°C	25 mins.
12. Cake	200°C	45 mins.
13. Rotisserie	190°C	25 mins.*
14. Dehydrator*	30° C	8 hrs. (*2-24 hrs.)

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## COOKING WITH THE ROTISSERIE AIR FRYER

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1. Place the ingredients on Air Flow Rack, one of the Rotisserie accessories, or in the Rotating Mesh Basket.
2. Put the Air Flow Rack, Rotating Mesh Basket or Rotisserie Spit, into the unit and shut the air fryer door. Plug the power cord into the 110V, dedicated outlet.
3. When Rotating Mesh Basket or Rotisserie and food is in place, Press the Power Button once (page 4)
4. Select a Preset function as shown on page 8 or manually set the Temperature and then the Time (page 4). Refer to the detailed Control Panel instructions on page 4.
5. Press the Power Button to begin cooking cycle.

NOTE: You may open the air fryer door to view the rotisserie at any time during the process to check the progress.

NOTE: Consult the Charts in this manual or the Recipe Guide to determine the correct settings.

## TIPS

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- Foods that are smaller in size usually require a slightly shorter cooking time than large ones.
- Large quantities of food only require a slightly longer cooking time than smaller quantities.
- "Flipping" or turning smaller sized foods halfway through the cooking process, assures that all the pieces are evenly fired.
- Misting a bit of vegetable oil to fresh potatoes is suggested for a crispier result. When adding a little oil, do so just before cooking.
- Snacks normally cooked in air fryer can also be cooked in the Rotisserie air fryer.
- Use pre-made dough to prepare filled snacks quickly and easily. Pre-make dough also requires a shorter cooking time than homemade dough.
- Place a baking tin or air fryer dish in the Rotisserie air fryer when baking a cake or quiche. A tin or dish is also suggested when cooking fragile or filled foods.
- You can use the Rotisserie air fryer to reheat foods simply set the temperature to 150 degrees.

### Important

#### Removing the Cooked or Hot Food

When removing cooked or hot food use the Rotisserie Fetch Tool.

Or Mitts. Fetch Tool can also be used with Rotisserie Spit.

### WARNING:

During the cooking process, the Rotating Mesh Basket and other accessories will become very hot. When you remove it to check on the progress, make sure you have a trivet or a heat resistant surface nearby to set it down on. NEVER place the Rotating Mesh Basket directly on a countertop or table.

Cooking accessories will get hot during the air frying process. Wear mitts and handle with care to AVOID INJURY.

## PLACE AIR FLOW RACKS INTO UNIT

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1. Insert Drip Tray into bottom of the Unit.
2. Place Air Flow Rocks into Unit by sliding through the side grooves and onto the back lip (fig. A)
3. Place Air Flow Racks closer to the top heating element for faster cooking and added crisp (fig. B).
4. Rotate the Air Flow Racks mid-cycle for even cooking.

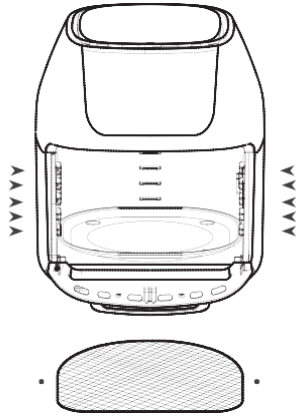


Figure. A

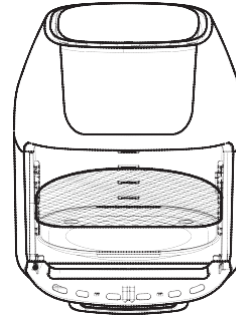


Figure. B

## CLEANING

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Clean the Rotisserie air fryer after each use. The Rotating Mesh Basket and other accessories are made of durable stainless steel and are dishwasher safe.

Never use abrasive cleaning materials or utensils on these surfaces. Caked on food should be soaked for easy removal in warm soapy water.

1. Remove the power cord from the wall socket and be certain the appliance is thoroughly cooled before cleaning.
2. Wipe the outside of the appliance with a warm moist cloth and mild detergent
3. Clean both sides with warm soapy water on a damp cloth. Do not soak or submerge the door in water or wash in the dishwasher.
4. Clean the inside of the appliance with hot water, a mild detergent, and a nonabrasive sponge.
5. If necessary, remove unwanted food residue from the upper screen with a cleaning brush.

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## Storage

Unplug the appliance and let it cool down thoroughly.

Make sure all components are clean and dry.

Place the appliance in the clean, dry place.



## SETTINGS

This table will help you select the correct temperature and time for best result. As you become more familiar with the Rotisserie Air fryer cooking process, you may adjust these settings to suit your own personal tastes.

	Min-max Amount (g)	Time (min)	Temperature (°C)	Shake	Extra information
Potatoes & fries					
Thin frozen fries	450-1000	9- 16	200	shake	
Thick frozen fries	450-1000	11-20	200	shake	
Home-made fries (8×8mm)	450-1200	16-10	200	shake	Add 1/2 <u>tblsp</u> of oil
Home-made potato wedges	450-1200	18-22	180	shake	Add 1/2 <u>tblsp</u> of oil
Home-made potato cubes	450-1100	12-18	180	shake	Add 1/2 <u>tblsp</u> of oil
<u>Rosti</u>	350	15-18	180	shake	
Potato gratin	750	15-18	200	shake	
Meat & Poultry					
Steak	150-750	8-12	180		
Pork chops	150-750	10-14	180		
Hamburger	150-750	7-14	180		
Sausage roll	150-750	13-15	200		
Drumsticks	150-750	18-22	180		
Chicken breast	150-750	10-15	180		
Snacks					
Spring rolls	150-600	8-10	200	shake	Use oven-ready
Frozen chicken nuggets	150-750	6-10	200	shake	Use oven-ready
Frozen fish fingers	150-600	6-10	200		Use oven-ready
Frozen bread crumbed <u>cheese snacks</u>	150-600	8-10	180		Use oven-ready
Stuffed vegetables	150-600	10	160		
Baking					
Cake	450	20-25	160		Use baking tin
Quiche	600	20-22	180		Use baking tin/oven dish
Muffins	450	15-18	200		Use baking tin
Sweet snacks	600	20	160		Use baking tin/oven dish

The table above will help you choose the basic settings for the ingredients selected.

\* Add 3 minutes to cooking time when starting with a cold appliance.

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

**Tip**

Set the Timer to 1/2 the time needed for the recipe and the Timer bell will alert you when it's time to "flip" your food. When you hear the timer bell, the pre-set preparation time has elapsed.

## TROUBLESHOOTING

Problem	Possible Cause	Lösung
The Rotisserie air fryer does not work	The appliance is not plugged in. You have not turned the Unit on, by setting the preparation time & temperature	Plug power cord into wall socket. With basket in place, set the Temperature and Time. Check that door is closed.
Food not cooked	The Rotating Mesh Basket is overloaded. The temperature is set too low.	Use smaller batches for more even frying. Raise Temperature and continue cooking
Food is not fried evenly	Some foods need to be "turned" during the cooking process.	See General Operations in this manual.
White smoke coming from Unit	Oil is being used. Accessories have excess grease residue from previous cooking.	Wipe down to remove excess oil. Clean the Rotating Mesh Basket after each use.
French fries are not fried evenly	Wrong type of potato being used. Potatoes not rinsed properly during preparation.	Use fresh, firm potatoes. Use cut sticks and pat dry to remove excess starch.
Fries are not crispy	Raw fries have too much water	Dry potato sticks properly before misting oil. Cut sticks smaller. Add a bit more oil.

## QUESTIONS

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1. Can I prepare foods other than fried dishes with my Rotisserie air fryer?  
You can prepare a variety of dishes including steaks, chops, burgers, and baked goods. See the Recipe Guide.
2. Is the Rotisserie air fryer good for making or reheating soups and sauces?  
Never cook or reheat liquids in the Rotisserie air fryer.
3. What do I do if the Unit shuts down while cooking?  
As a safety feature, the Rotisserie air fryer has an Auto Shut-Off device that prevents damage from overheating. Unplug and allow the Unit to cool down. Plug back in and restart with the Power Button.
4. Does the Unit need time to heat up?  
Pre-heating is needed when you are cooking from a “cold start”, add 3 minutes to the cook time to compensate.
5. Is it possible to shut off the Unit at any time?  
Press the Power Button once or open the door.
6. Can I check the food during the cooking process?  
You can remove the Rotating Mesh Basket at any time while cooking is in progress. During this time, you can “flip” the contents on the Air Flow Racks if needed to ensure even cooking. Time and temperature will resume where you left off.
7. Is the Rotisserie air fryer dishwasher safe?  
Only the accessories are dishwasher safe. The Unit itself containing the heating coil and electronics should never be submerged in liquid of any kind or cleaned with anything more than a hot, moist cloth or nonabrasive sponge with a small amount of mild detergent.
8. What happens if the Unit still does not work after I have tried all the troubleshooting suggestions?  
Never attempt a home repair. Contact the manufacturer and follow the procedures set forth by the warranty. Failure to do so could render your warranty null and void.

## SPECIFICATIONS

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Model	Description	Voltage	Frequency	Wattage
HAF12	Air Fryer 12L	220-240Vac	50/60Hz	1800W

## CUSTOMER SERVICE

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### 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](http://www.gafcontrol.com.au)

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

# Recipe Book

## Roaster Asparagus Pancetta Bundles

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**Feeds:** 8 Servings  
**Prep time:** 15 minutes  
**Cooking time:** 30 minutes

### Ingredients:

- 32 Thin Asparagus Spears
- 8 Very thin slices pancetta, halved
- Lemon wedges

### Directions:

Trim the asparagus spears to 6-inch lengths. For each bundle, wrap half a pancetta slice around the middle of 2 asparagus spears.

Add 2-3 tablespoons of water to the Crumb & Drip Tray and slide back into place. Press the top of the Rotating Basket with Handle tabs together to remove the lid and open the basket. Arrange 8 bundles on an angle in one layer and replace the Basket lid so the bundles fit snugly.

Place the loaded Rotating Basket with Handle into the Oven chamber with the square tip end toward the Drive Port, resting the handle on the Handle Port. Press down into place until it locks securely. Close the Glass Door. Set the Temperature to 250°C and the Timer to 15 minutes. Roast until the asparagus are tender and the pancetta is crisp. Transfer to a platter. Repeat with the remaining bundles. Serve with lemon wedges.

## Slow Roasted Salmon with Green Sauce

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**Feeds:** 6 Servings  
**Prep time:** 15 minutes  
**Cooking time:** 50 minutes

### Ingredients:

- 1/3 cup + 1 tablespoon extra virgin olive oil
- 1¾ teaspoons kosher salt
- 1 teaspoon freshly ground pepper
- 1 (11/2-pound) wild salmon fillet with skin
- ½ large bundle fresh dill + 2 tablespoons chopped fresh dill
- ½ bunch fresh thyme
- Zest and juiced of 1 large lemon
- ¼ cup chopped fresh parsley
- ¼ cup finely chopped shallots
- 2 tablespoon capers, drained and coarsely chopped

### Directions:

With the tip of a small, sharp knife, pierce the skin side of the salmon and 1 inch intervals; transfer to a large bowl. Add 1 tablespoon oil, 1 teaspoon salt and ½ teaspoon pepper and toss to coat.

Add 2-3 tablespoons of water to the Crumb & Drip Tray and slide back into place. Press the top of the Rotating Basket with Handle tabs together to remove the lid and open the basket. Line the bottom of the basket with the dill and thyme sprigs. Add the salmon, skin side down, and replace the Basket lid. Place the loaded Rotating Basket with Handle into the Oven chamber with the square tip end toward the Drive Port, resting the handle on the Handle Port. Press down into place until it locks securely. Close the Glass Door. Set the Temperature to 125°C and the timer to 50 minutes. Roast until the instant-read thermometer inserted into the side of the salmon registers 49°C. (A small knife should slide easily through the flesh). Transfer the salmon to a platter.

Meanwhile, in a medium bowl, whisk together the remaining 1/3 cup oil, 2 tablespoons dill, 3/4 teaspoon salt and 1/2 teaspoon pepper, lemon zest and juice, parsley, shallots and capers. Drizzle the sauce over the salmon.

## Tex Mex Roasted Shrimp Cocktail

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**Feeds:** 4 Servings  
**Prep time:** 20 minutes  
**Cooking time:** 10 minutes

### Ingredients:

- 2/3 cup chili sauce
- 1/3 cup ketchup
- 1/4 chopped fresh cilantro
- 2 tablespoons prepared drained horseradish
- 1 small jalapeno chili, minced
- 1/2 teaspoon lime zest
- 1 tablespoon fresh lime juice
- 16 jumbo shrimp
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

### Directions:

**Cocktail Sauce:** In a medium bowl, stir together the chili sauce, ketchup, cilantro, horseradish, jalapeno and lime zest and juice. Refrigerate.

Shell and devein the shrimp, leaving the tails on. In a large bowl, toss together the shrimp, oil, salt and pepper.

Add 2-3 tablespoons of water to the Crumb & Drip Tray and slide back into place. Press the top of the Rotating Basket with Handle tabs together to remove the lid and open the basket. Fill with the shrimp in one layer and replace the Basket lid so the bundles fit snugly. Place the loaded Rotating Basket with Handle into the Oven chamber with the square tip end toward the Drive Port, resting until it locks securely. Close the Glass Door. Set the Temperature to 250°C and the Timer to 10 minutes. Roast until the shrimp are just opaque in the centre. Serve with the cocktail sauce.

## Spice Rubbed Cornish Game Hens

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**Feeds:** 2 Servings  
**Prep time:** 15 minutes  
**Cooking time:** 1 hour

### Ingredients:

- 1 tablespoon brown sugar
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1 teaspoon ground ginger
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon freshly ground pepper
- $\frac{1}{8}$  teaspoon ground cinnamon
- 2 (1 to 1 $\frac{1}{4}$ -pound) Cornish game hens
- Lime wedges

### Directions:

In a small bowl, combine the brown sugar, cumin, coriander, paprika, ginger, salt, garlic powder, pepper and cinnamon. Rub the hens with the spice mixture. Remove the lock screws on the Drive end of the Chicken Roaster with Handle. Slide the hens onto the Spit, centering the hens in the middle of the Spit. Tie the legs together with kitchen string and once around the wings.

Add 2-3 tablespoons of water to the Crumb & Drip Tray and slide back into place. Place the loaded Chicken Roaster with Handle into the Oven chamber with the square tip end toward the Drive Port, resting the handle on the Handle Port. Press down into place until it locks securely. Close the Glass Door. Set the Temperature to 225°C and the Timer to 1 hour. Roast until an instant-read thermometer inserted into the thickest part of the thigh, not touching the Spit, registers 74°C. Place the hens on the Rack over a cutting board and let it stand 5 minutes. Remove the Spit and cut off the kitchen string. Serve the hens with lime wedges.

## Spice Rubbed Cornish Game Hens

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**Feeds:** 2 Servings  
**Prep time:** 15 minutes  
**Cooking time:** 1 hour

### Ingredients:

- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons Dijon mustard
- Zest and juice of 1 small lemon
- 1 tablespoon extra virgin olive oil
- 2 teaspoons chopped fresh rosemary
- 2 cloves garlic, crushed with garlic press
- 2 (1 to 1 $\frac{1}{4}$ -pound) Cornish game hens
- 4 fresh sage leaves
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon freshly ground pepper

**Directions:**

In a small bowl, stir together the parsley, mustard, lemon zest and juice, thyme, rosemary and garlic. With fingertips, gently separate skin from meat on each hen breast, being careful not to break skin. Tuck 2 sage leaves under the skin of each hen. Place the hens in a large plastic zip-close bag. Add the marinade, squeeze out the air and seal the bag. Marinate the hens in the refrigerator at least 2 hours or up to 8 hours.

Add 2-3 tablespoons of water to the Crumb & Drip Tray and slide back into place. Remove the lock screws on the Drive end of the Chicken Roaster with Handle. Slide the hens onto the Spit, centering then hens in the middle of the Spit. Tie the legs together with kitchen string and once around the wings. Sprinkle the hens with the salt and pepper. Place the loaded Chicken Roaster with Handle into the Oven chamber with the square tip end toward the Drive Port, resting the handle on the Handle Port. Press down into place until it locks securely.

Close the Glass Door. Set the Temperature to 250°C and the Timer to 50 minutes. Roast until an instant-read thermometer inserted into the thickest part of the thigh, not touching the Spit, registers 74°C. Place the hens on the rack over a cutting board and let it stand 5 minutes. Remove the Spit and cut off the kitchen string.