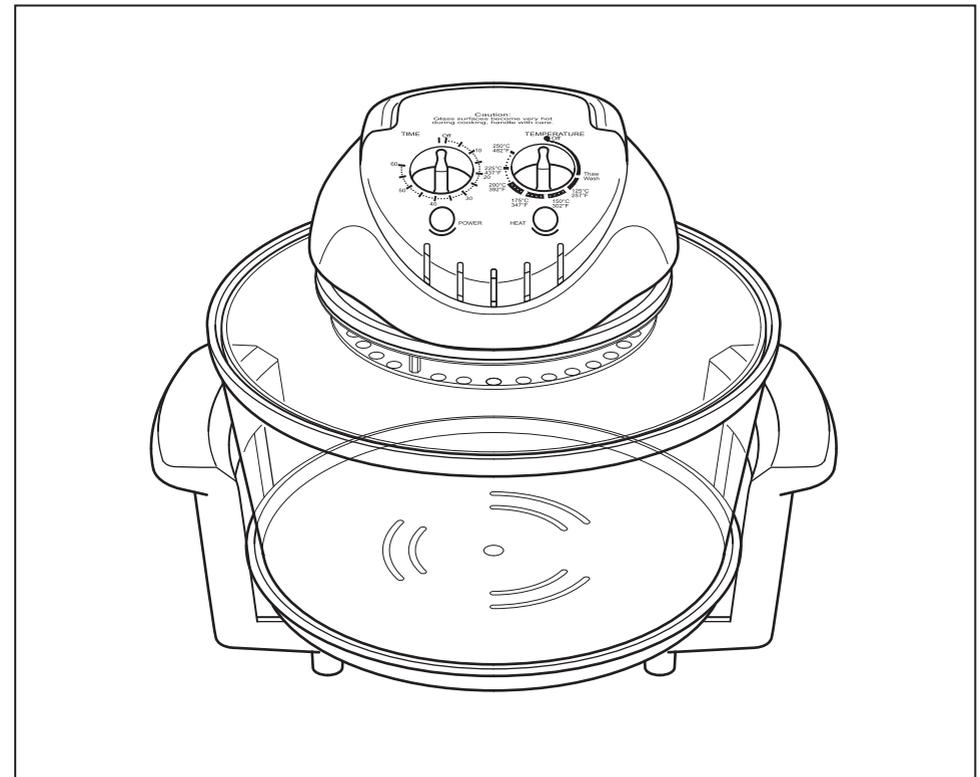




# Halogen Oven



Product code: V0811



**JML**

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# Instructions

# Halogen Oven

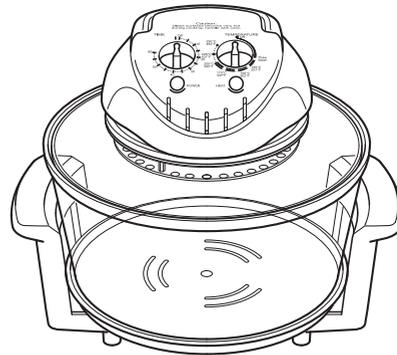
Thank you for purchasing the JML Halogen Oven.

JMLs Halogen Oven uses technology that cooks using infrared waves from a halogen light source. It cooks 40% faster than a conventional oven, pre-heats more quickly and roasts, bakes, defrosts and grills.

Unlike a microwave, food cooked in this oven is heated evenly without hot and cold spots and without sogginess. It's energy efficient, easy to use and has a self cleaning function.

Faster, quicker, cleaner!

To make the best use of this product and to use it safely, please read these instructions thoroughly and keep for future reference.



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## Safety Warnings & Advice

For indoor use only.

Always wear protective, insulated oven gloves or mitts when removing food items or handling the Halogen Oven - **THE OVEN GETS VERY HOT.**

Unplug from the mains power socket when not in use.

Check the power cord and electric plug for signs of damage before use, do not use if damaged.

Always use the tongs provided.

Always use the handle to remove the glass lid from the glass bowl.

Ensure the Halogen Oven is clean and dry before use.

Keep the Halogen Oven out of reach of children and pets.

Only place food in the Halogen Oven before setting the timer or after pre-heating.

**WARNING!** - Only use on a safe, stable, heat-proof work surface

**WARNING!** - **DO NOT** touch the hot surfaces. Surfaces remain hot even after the Halogen Oven is switched off.

**WARNING!** - When operating the Halogen Oven on a work surface keep the surrounding areas clear and free from clutter. Ensure adequate air space surrounding the Halogen Oven for circulation.

**DO NOT** operate the Halogen Oven with other major appliances plugged into the same power socket – there is a risk of fusing the circuit.

**DO NOT** stare directly into the bulb.

**DO NOT** move the Halogen Oven when in use.

**DO NOT** immerse the glass lid, power cord or electric plug in water or other liquid.

**DO NOT** use in a manner other than directed.

**DO NOT** leave the product unattended whilst in use.

**DO NOT** place the Halogen Oven on or near a hot gas or electric hob or in a heated oven.

**DO NOT** allow the power cord to hang over the edge of surfaces.

**DO NOT** allow the power cord to touch any hot surfaces.

**DO NOT** disassemble or modify the Halogen Oven in any way.

**DO NOT** put oversized food into the Halogen Oven; the glass lid must be completely shut.

**DO NOT** use any accessories other than those supplied with the Halogen Oven.

**DO NOT** cover the Halogen Oven when in use.

**DO NOT** place paper, cardboard, plastic or other flammable materials in the Halogen Oven.

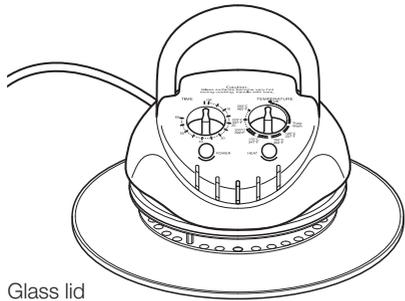
**DO NOT** touch the halogen bulb.

**DO NOT** attempt to repair the Halogen Oven, if necessary contact the Customer Helpline.

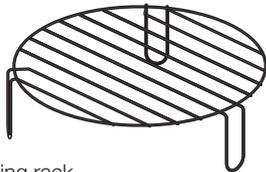
**DO NOT** operate the Halogen Oven near where aerosol products are being used.

**EXTREME** caution must be used when handling or disposing of hot oils or other liquids.

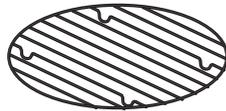
# Your Halogen Oven



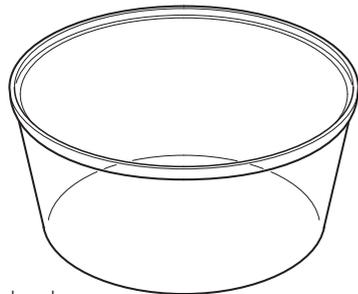
Glass lid



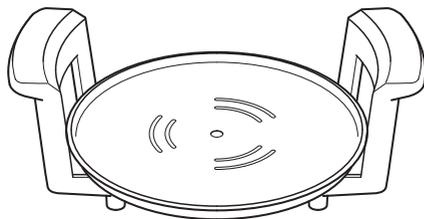
High cooking rack



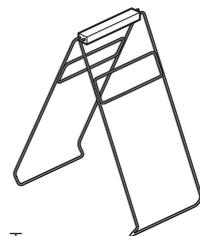
Low cooking rack



Glass bowl



Plastic base



Tongs

## Before use

Thoroughly wash the glass bowl, plastic base, cooking racks and tongs in hot soapy water and allow to dry completely.



**Important: DO NOT** immerse the glass lid in water or place in a dishwasher.

Once unplugged from the mains power socket, the surface of the glass lid can be carefully wiped clean using a damp cloth or sponge.

All parts must be completely dry before use.

## Assemble your Halogen Oven

1. Place the plastic base on a stable heatproof surface.
2. Place the glass bowl onto the plastic base.
3. Place the low and high cooking racks into the glass bowl.
4. Place the glass lid on top of the glass bowl. The lid should sit on the inner rim of the bowl.

# Using your Halogen Oven

## First check that:

- The Halogen Oven is plugged into an earthed mains power socket (the red power light will be illuminated).
- The power cord is not touching anything hot.
- The Halogen Oven is on a stable heatproof surface.
- You have a space cleared to place the glass lid when removed from the Halogen Oven.
- You have placed the required cooking rack inside the glass bowl.
- You have oven gloves ready to remove the cooked food.

## What cookware items can be used in your Halogen Oven?

Any oven safe pans, bowls, plates, tin foil etc. that can be used in a conventional oven.

## Operation

### Setting the temperature

Select the required heat setting by turning the temperature control in a clockwise direction (from 20°C to 250°C). The Halogen Oven will not turn on until the cooking time has been set.

Place the food in the glass bowl, using the cooking rack as required.

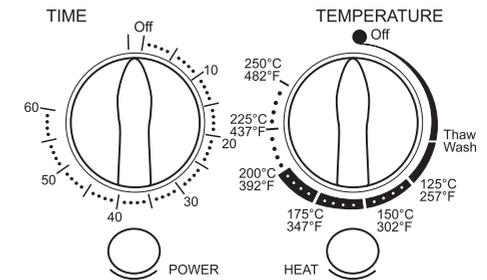
**Important Note:** The handle operates as a safety switch; as soon as it is lifted the Halogen Oven will turn off.

The handle **MUST** be flat down in its stored position for the Halogen Oven to operate.

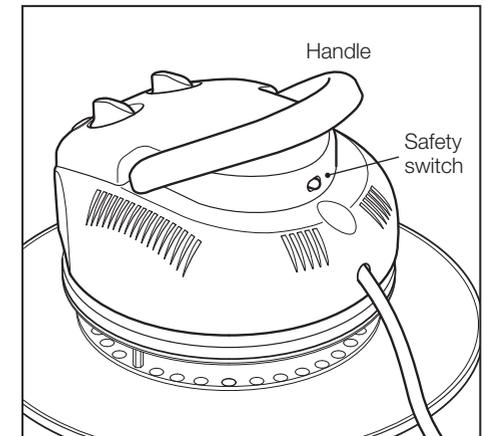
### Setting the cooking time

Select the required cooking time by turning the control in a clockwise direction (from 0 to 60 minutes). Once the time has been set the halogen light will turn on and the green heat light will illuminate.

The halogen light will turn off when the required heat setting has been reached, the halogen light will then turn itself on and off to maintain the set temperature. When the timer control reaches the off position the Halogen Oven will turn itself off.



Control panel



# Using your Halogen Oven

## Pre-heating

If pre-heating is required, set the required temperature and set the time control to 10 minutes. Once the temperature has been reached the Halogen light will turn off, the food can now be placed in the glass bowl and the correct cooking time can be set.

**Caution:** Take care the Halogen Oven will be hot.

**Important Note:** The time control **MUST NOT** be turned backwards (anticlockwise) this may damage the timer. Take care to set the correct time required. If the time set is longer than required, turn the Halogen Oven off and wait for the timer to naturally count down to the time you require.

**Warning: DO NOT** touch the surface of the Halogen Oven – it will get extremely hot when in use and will remain hot for some time after.

When removing the glass lid always use the handle as this will operate the safety switch and turn the Halogen Oven off. The Halogen Oven will be very hot; it is strongly recommended that oven gloves be used when removing the glass lid.

## Thaw setting

The Halogen Oven has a thaw setting which is a low temperature that should be used to defrost foods.

**Important Note:** Always ensure food is adequately thawed before cooking.

## Cooking

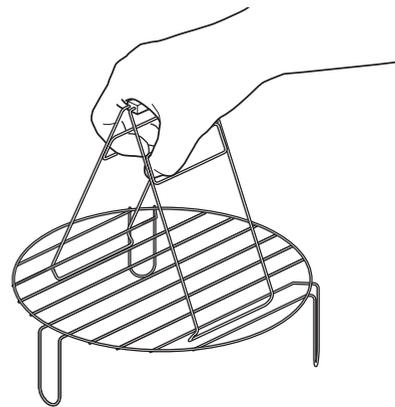
The cooking time depends on the size and weight etc. of the food to be cooked. Most meat, for example comes with a recommended cooking time, these times should be used as a guide as the Halogen Oven cooks faster than conventional ovens, so you may need to allow less time to cook the food. For guidance, refer to the 'Cooking times' table on page 6.

To ensure the food is cooked use a cooking thermometer or pierce the food with a fork or skewer to check for uncooked juice on meats, poultry etc. When cooking vegetables check for tenderness.

Moisture may build up inside the Halogen Oven when cooked food is not removed soon after cooking time has expired. The steam/moisture build-up can be avoided by removing the food as soon as it is cooked.

Use the tongs provided to lift out the cooking racks.

**Always ensure food is piping hot inside before serving.**



Using the tongs

# Cooking times

## Halogen Oven cooking times

Food	Temperature	Time
Roast Chicken (1.6kg)	200°C	70 min
Roast Beef (1kg)	180°C	75 min
Cod Steak (150g)	200°C	24 min
Chicken Breast (350g)	190°C	20 min
Peppers (halved)	200°C	34 min
Onion (whole, small)	200°C	60 min
Potatoes (roast, small, cut in two)	200°C	36 min
Parsnips (strips – 2cm diameter)	200°C	36 min
Potato (baked, medium size)	200°C	75 min
Onion (quarter)	200°C	60 min
Yorkshire pudding (ready made)	200°C	12 min
Oven Chips (frozen)	200°C	18 min

## Suggested recipe ideas

The following recipe temperatures and cooking times are for guidance only; timings may vary according to the weight of the food and individual taste.

**Always ensure food is piping hot before serving.**

### Baked crumb-topped Cod

**Ingredients** (serves 4):

- 4 x 150g skinless firm white cod steaks
- 1 beef steak tomato
- 1 medium leek
- 4 tablespoons stuffing mix
- 100g grated mature Cheddar cheese

### Method:

1. Pre-heat the Halogen Oven to 200°C (400°F).
2. Wash and pat dry the fish steaks and place on a baking sheet lined with baking paper.
3. Thinly slice the tomato. Trim and shred the leek. Arrange the sliced tomato over the fish so they overlap and then pile on the leek.
4. Sprinkle over the stuffing mix, and top with the cheese.
5. Bake in the Halogen Oven for 10 – 15 minutes or until tender and cooked through.

## Suggested recipe ideas continued

### Macaroni Bake

**Ingredients** (serves 4):

125g leeks, thinly sliced  
150g macaroni  
2 red onions, finely sliced  
1 pepper, finely chopped  
15ml table spoon olive oil  
150ml carton natural yogurt  
150g light cream cheese  
400g can chopped tomatoes, drained  
Salt and freshly ground black pepper  
65g Cheddar cheese, grated

**Method:**

1. Pre-heat the Halogen Oven to 180°C (350°F).
2. Put the leeks into a saucepan of boiling water. Bring back to the boil and drain.
3. Cook the macaroni in a large pan of boiling salted water for 10 – 12 minutes and drain.
4. Mix together the onions and peppers. Heat the oil in a large frying pan and fry for 3 – 4 minutes until softened but not brown.
5. In a bowl, mix together the yogurt, cream cheese, tomatoes and seasoning. Mix in the macaroni and the vegetables.
6. Put into a suitable (oven safe) dish and sprinkle with grated cheese. Bake for 20 – 30 minutes until golden.

### Open Apple Pie

**Ingredients** (serves 6):

Base: 450g shortcrust pastry mix  
Filling: 500g Bramley apples, peeled, cored and chopped  
1 pinch ground cloves  
5ml teaspoon ground cinnamon  
1 pinch freshly grated nutmeg  
50g raisins  
70g caster sugar  
Top: 1 medium size egg, beaten  
20g caster sugar

**Method:**

1. Pre-heat the Halogen Oven to 200°C (400°F).
2. For the pastry base: make up the pastry as per the pack instructions, use  $\frac{3}{4}$  to line a 23cm pie dish. Cut the remaining rolled pastry into strips 1cm wide.
3. For the filling: Combine together all the filling ingredients and pile into the pastry-lined pie dish.
4. To top: Top with the pastry strips to form a lattice. Glaze with a little of the egg and sprinkle sugar over the top.
5. Cook for 25 – 35 minutes in the Halogen Oven.
6. Serve immediately with ice cream or cream.

## Suggested recipe ideas continued

### Classic English Fruit Cake

**Ingredients** (serves 10):

170g unsalted butter  
170g light brown sugar  
4 medium sized eggs  
100ml apple juice  
170g sultanas  
170g raisins  
170g currants  
250g plain flour  
55g ground almonds  
2 x 15ml tablespoons black treacle  
1 x 5ml teaspoon mixed spice  
 $\frac{1}{2}$  x 5ml teaspoon grated nutmeg  
 $\frac{1}{2}$  x 5ml teaspoon freshly ground cinnamon  
1 x 15ml table spoon bicarbonate of soda  
55g toasted flaked almonds, chopped  
255g mixed dried fruit, chopped  
30g glacé cherries, halved  
2 – 3 x 15ml tablespoons sherry

**Method:**

1. Pre-heat the Halogen Oven to 140°C (290°F).
2. Whisk the butter and sugar together until light and fluffy.
3. Beat the eggs and add to the butter, a little at a time, beating well between each addition.
4. Stir in the treacle.
5. Sift the flour and dry ingredients together, add the fruit and stir into the butter mixture. Stir in the sherry and add just enough apple juice to moisten.
6. Turn the mixture into a deep, 25cm (9 inch) prepared cake tin (ideally a ring shaped tin) and bake in the Halogen Oven for 45 minutes – 1 hour. If cooked, a skewer will come out clean, when inserted into the middle of the cake.
7. Leave to cool in the tin for 15 minutes before lifting onto a wire rack to cool.

# Cleaning & Care



**Caution: DO NOT** attempt to wash the glass bowl or lid until they cool down to room temperature. If cold water is poured on the glass while it is still hot, it could crack or break the glass.

## Self-cleaning - 'Wash'

The Halogen Oven has a special self-cleaning setting 'Wash' on the temperature control, which should be used to wash the glass bowl:

1. Remove any food and drain away any fat from the glass bowl.
2. Allow the Halogen Oven to cool.
3. Add approximately 1.5cm of cold water into the glass bowl with a squirt of washing up liquid. Replace the glass lid and turn the temperature control to 'Wash'.
4. Set the time control to 10 - 15 minutes, depending on how dirty the glass bowl is.  
The combination of the heat, the swirling motion caused by the fan and the washing up liquid will clean the glass bowl quickly and efficiently.  
The cooking racks can be left in the glass bowl when cleaning to soften any stuck on deposits.
5. Allow the Halogen Oven to cool.
6. You may need to use a washing up brush to remove stubborn deposits before rinsing and wiping dry.

## General Cleaning and Care

Before cleaning ensure the Halogen Oven is turned off, unplugged from the mains and cool. All parts, EXCEPT the glass lid and the plastic base are dishwasher safe.

**DO NOT** use abrasive cleaners or scouring pads on the metal or plastic surfaces.

The outer surface of the glass lid should only be wiped clean with a damp cloth.

**Warning:** When hot, do not place the glass lid on or close to any flammable or combustible items. It may cause fire or explosion.

# Guarantee

This product is unconditionally guaranteed for one year against all defects of workmanship and materials. This guarantee does not affect your statutory rights. If you have any problems or queries about this product please contact JML.

**JML Customer Helpline: 0800 781 7831**

# Technical Information

## Technical Information

Glass bowl external diameter	33cm
Glass bowl internal depth	16cm
Glass bowl volume	12 Litres
Power consumption	1300W
Power supply	220-240V~50Hz AC

## Fuse & mains plug replacement (UK & Ireland only)

This appliance is fitted with a BS 1363 13-amp plug. If you have to replace the fuse, only use those that are ASTA or BSI approved to BS 1362 and with a rated current of 13 amps.

Should you need to replace the plug; the wires in the power cord are coloured in the following way:

Blue – Neutral      Brown – Live      Green & Yellow – Earth

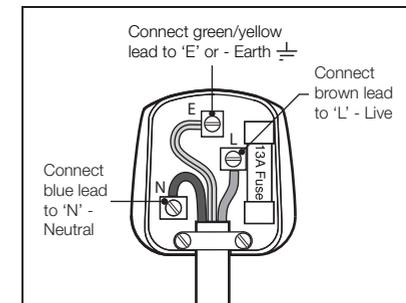
As the colours of the wires in the power cord may not correspond with the coloured markings identifying the terminals in your plug, and proceed as follows:

The wire that is coloured green & yellow must be connected to the terminal in the plug that is marked with the letter E or by the earth symbol

The wire that is coloured blue must be connected to the terminal that is marked with the letter N.

The wire that is coloured brown must be connected to the terminal that is marked with the letter L.

If the power lead is damaged, it must be replaced by a qualified electrician.



## Disposal and the environment

This product is covered by the waste electrical and electronic equipment (WEEE) regulations. It should not be discarded with normal household waste, but taken to your local collection centre for recycling. For further information, please contact the local authority or approved disposal agency.