

QUICK REFERENCE CARD

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CONVECTION OVEN

On this card you will find:

- How to roast;
- How to bake;
- How to broil;
- How to steam;
- How to fry;
- How to toast;
- How to defrost;
- A cooking chart for:
 - meat;
 - poultry;
 - seafood;
 - baked goods;
 - eggs;
 - vegetables
- General guidelines

How to roast

- Place meats directly on wire rack.
- Remember that cooking time may vary depending on cut, size and degree of doneness desired. Consult the cooking guide inside for guidelines.

How to bake

- Place food in a metal or tempered glass baking pan that is no more than 12" dia. to leave enough room for the flow of hot air around the food being cooked.
- If you do not have a baking pan of the right size, you can simply shape any type of pan you want by using aluminum foil.
- Consult the chart inside for guidelines regarding baked goods.

How to broil

- Place the food directly on wire rack.
- For very thick cuts of meat, turn the food at the halfway point.
- Like roasting, broiling time may vary depending on cut, size, amount of fat, etc.

How to steam

- You can steam vegetables at the same time you cook your main dish by placing the vegetables in an aluminum foil pouch; add a few drops of water and seal the pouch.
- You can also add a cup of water in the bottom pot, with savory herbs and spices to steam fish or vegetables.

How to fry

- You can get the effect of deep-fat french fries without all

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Convection oven cooking guide

Poultry

Chicken			
Whole	35-40 min.	400° F	Low
Parts	15-20 min.	400° F	High
Turkey			
	60-90 min	400° F	Low
Duck			
	50-60 min.	400° F	Low

Meats

Beef			
Roast (3 lb)			
rare	35-40 min.	350° F	Low
medium	45-50 min.	350° F	Low
well	55-60 min.	350° F	Low
Steak			
med rare	8-10 min.	475° F	High
Pork			
Roast (3.5 lb)	60-70 min.	375° F	Low
Chops	15-18 min.	400° F	Low
Lamb			
Roast (3.5 lb)			
medium	60-70 min.	400° F	Low
well	80-90min.	400° F	Low
Sausage			
	10 min.	400° F	Low

Eggs

Poached	5-6 min	350° F	Low
Soft-boiled	4-5 min.	400° F	Low
Omelette	10-12 min.	350° F	Low

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	Cooking time	Temperature	Rack position
Cake			
One layer	20-25 min.	350° F	Low
Loaf	35-40 min.	300° F	Low
Pastry			
Pie crust	10-12 min.	400° F	High
Pie crust + filling	25-30 min.	350° F	Low
Two-crust + filling	30-35 min.	350° F	Low
Meringue	5-8 min.	350° F	Low
Yeast bread			
Loaf	15-20 min.	350° F	Low
Rolls	15-20 min.	350° F	Low
Biscuits	10-12 min.	400° F	High
Muffins	15-18 min.	350° F	Low
Cornbread	10-20 min.	350° F	Low
Cookies			
Drop	8-10 min.	375° F	Low
Rolled	12-15 min.	375° F	Low
Bar	15-20 min.	375° F	Low
Frozen pizza	9 min.	400° F	High

Seafoods

Fish	7-10 min.	400° F	High
Shrimp	8-10 min.	400° F	High
Lobster	12-15 min.	350° F	Low
Steamed clams	3-5 min.	325° F	Low

Vegetables

Baked potatoes	20-25 min.	475° F	Low
French fries	12-15 min.	400° F	High

the oil by dipping potato strips in polyunsaturated cooking oil; allow excess oil to drain away and cook according to cooking guide.

-To make delicious fried chicken, dip chicken pieces in batter and then in cooking oil; drain excess oil and cook according to chart inside.

How to toast

- You can get perfectly toasted bread and snack with the Convection Oven without preheating time. Simply put the food directly on wire rack and watch it toast! It will be crisp on the outside and stay soft on the inside.

- You can also improve stale snack food like crackers, chips and even cookies by placing them in the Convection Oven for a few minutes at maximum temperature to bring back their crunchiness.

How to defrost

- You can use the Convection Oven to defrost frozen food more evenly than with microwave ovens, by setting the temperature at 125° and checking the food every 5-10 min.

- To cook frozen dinners, lower the suggested temperature by 50° (example: 450° to 400°). Cooking time will also be 30 to 50% less than conventionnal oven (example: 20 min. to 10-15 min.).

General guidelines and warning

- Remember to distribute food evenly in your Convection Oven to ensure an even flow of air all around the food.

-The first time you try a recipe, check the cooking process through the tempered glass wall; the Convection Oven is so fast!

- Since it is practical to place food directly on the wire rack, you may want to spray it with a non-stick spray to avoid sticking.

- The Convection Oven is self-cleaning. Simply put 2" of water in the bottom and set the temperature at 100° for 10-12 minutes. For a very dirty oven, add some detergent to the water and wipe the stains if needed.

- **The glass surfaces get hot!** - Always use oven mitts when manipulating the unit and use the insulated handle.

To get additionnal information, to obtain service undr your warranty or to make any comments, write to:

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