

# TOWER®

BUILT FOR BETTER SINCE 1912

MODEL: T17177

## 9 LITRE VORTX VISION AIR FRYER



## USER MANUAL



GREAT BRITISH DESIGN, INNOVATION AND EXCELLENCE

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## IMPORTANT SAFETY INFORMATION

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Please read these safety **NOTES** carefully **BEFORE** using your Tower appliance.

These warnings have been provided in the interest of safety. Basic safety precautions should always be followed including the following:

### KEY SAFETY POINTS

#### CAUTION:

During operation:

- Surfaces are hot. **DO NOT** touch the hot surfaces.
- Hot steam is released through the air outlet openings. Keep your hands and face at a safe distance from the steam and from the air outlet openings.
- Hot steam and air may escape when the appliance cooking basket is opened.

#### GENERAL SAFETY

- **DO NOT** immerse cords, plugs or any part of the appliance in water or any other liquid.
- Close supervision is necessary when any appliance is used by or near children.

- Children should not play with the appliance.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance should not be undertaken by children without supervision.
- Take care when any appliance is used near pets.
- Switch off and unplug before fitting or removing accessories, after use and before cleaning.
- Allow the appliance to cool down for approximately 30 minutes before fitting or removing accessories or cleaning.

## IMPORTANT SAFETY INFORMATION

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- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer, its service agent or a similarly qualified person.
  - The use of accessory attachments is not recommended by the appliance manufacturer, apart from those supplied with this product.
  - **DO NOT** use the appliance outdoors.
  - **DO NOT** place the appliance on or near a hot stove top or heated oven.
  - Take care when moving the appliance, or removing accessories and food as hot oil or other hot liquids may be present.
  - This appliance is for household use only.
  - **DO NOT** place anything on top of the appliance.
  - **DO NOT** clean the appliance with metal kitchen utensils, caustic or abrasive cleaning agents or scouring sponges.
  - **DO NOT** use this appliance for anything other than its intended use.
- ### WHILST AIR FRYING
- Please ensure that the appliance is used on a stable, level, and heat resistant surface.
  - **DO NOT** place the appliance on or near combustible materials such as a tablecloth or curtain.
  - **DO NOT** place the appliance against a wall or against other appliances. Leave at least 10cm free space on the back and sides and 10cm free space above the appliance.
  - **DO NOT** place the appliance in the presence of explosive and/or flammable fumes.
  - **DO NOT** cover the air inlet and outlet during operation.
  - Any accessories, baking trays or oven dishes used in the appliance will become hot. Always use oven gloves when handling or removing anything from the appliance.

## IMPORTANT SAFETY INFORMATION

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- **DO NOT** place food that is still packed in plastic wrap or plastic bags in the appliance.
- **DO NOT** allow food to come into contact with the heating element of the appliance.
- If the appliance begins to emit smoke, unplug it immediately. Only open the door once the smoke has cleared. Remove burnt remnants.
- **DO NOT** leave this appliance unattended whilst operating.
- **DO NOT** place the appliance on a surface that can be grabbed by children or become entangled with the user.
- **DO NOT** let the supply cord touch hot surfaces.
- **DO NOT** carry the appliance by the power cord.
- **DO NOT** use any extension cord with this appliance.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.
- **DO NOT** pull the plug out by the cord as this may damage the plug and/or the cable.
- **DO NOT** plug and unplug with wet hands.

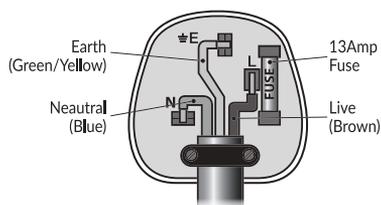
### PLUG AND CORD

- Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.
- **WARNING: DO NOT** let the cord hang over the edge of a table or counter, serious burns may result from the air fryer being pulled off the counter where it may

It is important that this instruction manual is retained for future reference.

If the appliance is given to someone else, it should always be accompanied by these operating instructions, as they form an integral part of the appliance.

# WIRING SAFETY FOR UK USE ONLY



**IMPORTANT:** As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are labelled in accordance with the following code:

**Blue neutral [N] Brown live [L] Green/Yellow [EARTH]** 

## PLUG FITTING DETAILS (WHERE APPLICABLE).

- Plug Fitting Details (Where Applicable). The wire labelled blue is the neutral and must be connected to the terminal marked [N].
- The wire labelled brown is the live wire and must be connected to the terminal marked [L].
- The wire labelled green/yellow must be connected to the terminal marked with the letter [E].
- On no account must either the brown or the blue wire be connected to the [EARTH] terminal.

- Always ensure that the cord grip is fastened correctly.
- The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.
- If in doubt consult a qualified electrician who will be pleased to do this for you.

## NON-REWIREABLE MAINS PLUG.

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug - disconnect it from the mains - then cut it off of the mains lead and immediately dispose of it in a safe manner. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

In the unlikely event the appliance develops a fault, stop using it immediately and seek advice from the Customer Support Team.

## THIS BOX CONTAINS

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- Instruction Manual
- 9L Air Fryer
- 2 x Basket Handles
- 2 x 4.5L Air Fryer Baskets
- 2 x Grill Plates

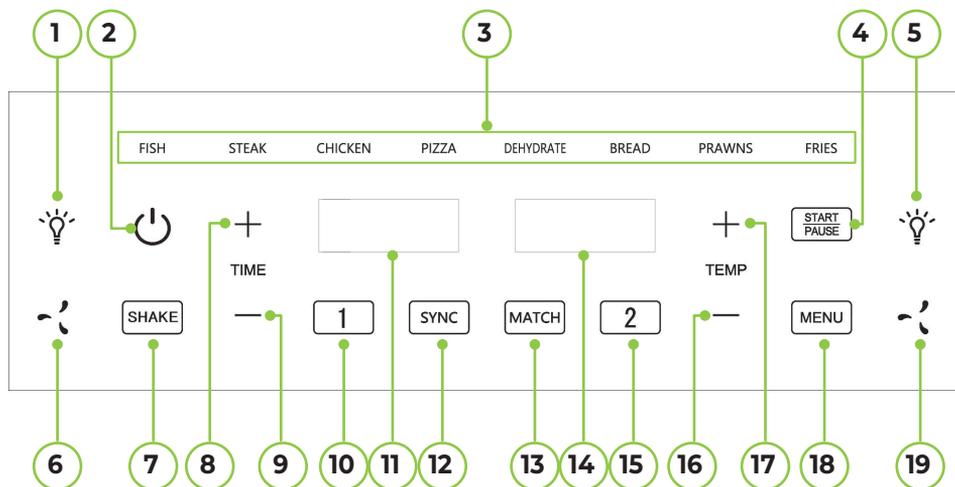


## SPECIFICATIONS

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RATED VOLTAGE	AC 220 - 240V~
FREQUENCY	50 - 60Hz
POWER CONSUMPTION	2400W
STANDBY	0.46W
OFF MODE	N/A
CAPACITY	9 Litre (2 x 4.5 Litres)
TEMPERATURE RANGE	80°C - 200°C
TIME RANGE	Up to 60 minutes

# GETTING TO KNOW YOUR AIR FRYER



## CONTROL PANEL AND DISPLAY

1. Basket 1 light key
2. Power key
3. Preset menu indicators
4. START/PAUSE key
5. Basket 2 light key
6. Basket 1 fan indicator
7. Shake key
8. Timer up key
9. Timer down key
10. Basket 1 key
11. Display 1
12. Sync cook key
13. Match cook key
14. Display 2
15. Basket 2 key
16. Temperature down key
17. Temperature up key
18. MENU key
19. Basket 2 fan indicator

# STRUCTURE OF YOUR APPLIANCE



# BEFORE FIRST USE

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## PREPARING FOR USE

1. Read all instructions and safety information carefully before first use. Please retain this information for future reference.
2. Remove your appliance from the packaging.
3. Check that there is no damage to the cord or any visible damage to the body.
4. Dispose of the packaging in a responsible manner.
5. Remove any stickers or labels from the appliance. DO NOT remove the rating label.
6. Thoroughly clean the grill plates and cooking baskets with hot water, some washing-up liquid and a non-abrasive sponge. Dry thoroughly.
7. Place the grill plates on the bottom of the cooking baskets before use.
8. Wipe the inside and outside of the appliance with a damp cloth. Dry thoroughly.
9. Do not fill the appliance with oil or frying fat. This appliance operates using hot air and requires very little to no oil.
10. Familiarise yourself with the control panel shown in the Specifications section.
11. Situate your appliance according to the Important Safety Instructions section.

**NOTE:** When using the appliance for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation around the appliance.

# USING YOUR AIR FRYER

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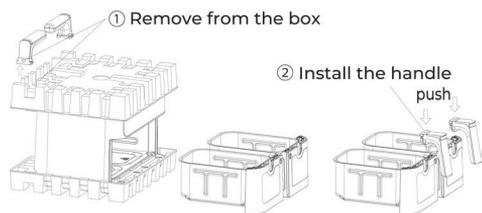
## AIR FRYER COOKING BASKET SAFETY SWITCH:

For your safety, this air fryer contains a safety switch in the cooking baskets, designed to keep it from accidentally turning on whenever the cooking baskets are not properly situated inside the appliance or the timer is not set. Before using your air fryer, please ensure that the grill plate is inside the cooking baskets and the cooking baskets are fully closed.

## INSTALLING THE BASKET HANDLES:

Remove the baskets and the handles from the packaging as described. Orientate the handle at the front centre of each basket as shown below. Press down on the top of the handle with your thumb and quickly tilt the handle left and right while applying pressure until the handle clicks down into place. Repeat this

process with the second basket until both basket handles are secure.



## REMOVING THE COOKING BASKETS:

The cooking baskets can be removed fully from the air fryer. Pull on the handle at any time to slide the cooking baskets out of the air fryer.

**NOTE:** If a cooking basket is removed from the main body of the air fryer when in operation the unit will automatically stop working and the control panel will show

# USING YOUR AIR FRYER

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'Pot' to indicate the cooking process has been paused. When the cooking basket is re-inserted, the air fryer will resume operation on the latest selected settings.

## TURNING THE APPLIANCE ON/OFF:

1. To use the appliance, begin by plugging it into a main socket, ensuring the socket switch is in the ON position.
2. Once the unit is plugged in, press the red Power Key to bring the appliance out of standby. There will be a sound prompt and the LED display will come on with the Power key turning green to indicate the unit has been turned on.
3. Press this key again when the unit is operating, paused or after exiting standby mode to turn the appliance off. If the air fryer is operating, the display will show 'END' for whichever basket was operating with a sound prompt as the appliance turns off after a few seconds. If the appliance is not operating then the display will simply turn off with the Power key turning red to indicate the appliance being in standby mode.

**NOTE:** The appliance will automatically enter standby mode if left without change for more than 1 minutes.

## SELECTING THE COOKING BASKETS:

This unit allows you to cook on either of its two cooking baskets separately or use both for simultaneous cooking.

1. To select the cooking basket you wish to use, on the unit's control panel press either the 1 key to select the left basket or the 2 key to select the right basket. The key will flash to show the corresponding basket has been selected.

2. Press the key to the other cooking basket at any time to select it. The key will begin to flash to show the second cooking basket has been selected.

**NOTE:** To select the second cooking basket while a cooking cycle is under way, simply press the other cooking basket key, program as needed, and press the START/PAUSE key to resume the cooking cycle.

## PRESET MENUS:

This unit is equipped with a choice of 8 presets: FISH, STEAK, CHICKEN, PIZZA, DEHYDRATE, BREAD, PRAWN and CHIPS.

1. To start cooking, begin by selecting the desired preset. To do this, press the MENU key on the unit's control panel to cycle through and select the available presets for a chosen basket.
2. The corresponding indicator will flash on the unit's control panel to show each preset has been selected, the default cooking time and temperature for that function or mode will be displayed on the unit's LED screen. On certain presets, the SHAKE indicator will flash while selecting to give the user an option to enable a shake reminder.
3. When the desired preset has been selected, press the START/PAUSE key to begin or resume the cooking cycle.
4. The unit will automatically start working and the remaining cooking time will begin to count down on the unit's LED display.

**NOTE:** Cooking times and temperatures for each preset can be manually adjusted, as detailed in the corresponding sections.

5. The default times and temperatures for each preset are as follows on the next page:

# USING YOUR AIR FRYER

Preset	Temperature (°C)	Timer (Minutes)
Fish	160	15
Steak	170	15
Chicken	200	25
Pizza	150	12
Dehydrate	70	8 hours
Bread	150	12
Prawn	180	8
Chips	200	20

**NOTE:** It is not possible to change presets midway through a cooking cycle. To change modes when a cooking cycle is underway, that cycle must first be paused, cancelled or ended before the new preset can be selected.

**NOTE:** The preset timers and temperature for each program should be adjusted if necessary to ensure the food is fully cooked. Adjustments can also be made during the cooking process. Refer to the “Setting The Temperature” and “Setting The Timer” sections of the manual for guidance on how to manually adjust each setting.

## SETTING THE TEMPERATURE:

The appliance’s cooking temperature can be set manually, from 80°C to 200°C.

1. While either side of the air fryer is selected, press the temperature up or down key to manually adjust the cooking temperature by increments of 5 degrees as shown on the LED display. Press the up key to increase the temperature or the down key to decrease it. This can be done on either side of the air fryer depending on if the left or right basket needs adjusting.

2. Alternatively, press and hold the temperature up or down keys to cycle through the available temperature options more quickly.
3. To change the temperature while in operation, select the basket you wish to adjust and use the temperature up or down key to make the desired changes

**NOTE:** Temperature default will differ according to the function or mode is selected. The dehydrate preset has different temperature ranges than other presets as described above.

## SETTING THE TIMER:

1. While either side of the air fryer is selected, press the timer up or down key to manually adjust the cooking timer by increments of 1 minute as shown on the LED display. Press the up key to increase the timer or the down key to decrease it. This can be done on either side of the air fryer depending on if the left or right basket needs adjusting.
2. Alternatively, press and hold the timer up or down keys to cycle through the available timer options more quickly.
3. To change the timer while in operation, select the basket you wish to adjust and use the timer up or down key to make the desired changes.

**NOTE:** Timer default will differ according to the function or mode is selected. The dried fruits preset has different timer ranges than other presets as described above, notably in this preset the timer changes in increments of 1 hour.

## THE SHAKE FUNCTION:

This unit includes automatic shake reminders to alert the user two thirds through the cooking process to shake or flip the ingredients. This shake reminder is shown as the shake indicator flashing while selecting cook programming. If you wish to turn off the shake function, then simply press the flashing shake key and there will be no reminder part way through cooking.

# USING YOUR AIR FRYER

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1. Once a third of a set cooking timer remains, the appliance will emit 4 sound prompts with the SHAKE indicator flashing. When this occurs, pull the cooking basket out of the air fryer and shake the ingredients before re-inserting the basket back into the air fryer to resume the cooking cycle.

**NOTE:** If the ingredients being air fryer are delicate, the shake indicator can be used to alert the user to gently flip the ingredients with a pair of tongs.

## THE LIGHT FUNCTION:

This unit include an interior light to allow ingredients to be better seen through the basket window. At any point when the appliance is turned on, press the LIGHT key to turn on the interior light on either side of the appliance. This light can be turned off by pressing the LIGHT key again or will automatically turn off after 1 minute.

## STARTING AND PAUSING THE COOKING PROCESS:

1. Once the appropriate function, timer and temperature have been selected, press the Start/Pause key on the unit's control panel to start the cooking process. Once the cooking process has been started, the basket fan indicator will illuminate to display the appliance is operating.
2. Press the Start/Pause key while the appliance is in operation to pause the cooking process and press the Start/Pause key again while the appliance is paused to resume it.
3. Alternatively, press the Power key to interrupt and cancel the cooking cycle, the unit then enters standby mode.

## COOKING WITH BOTH BASKETS:

1. To use either cooking basket of the air fryer on separate timer and temperature settings, first of all set the first basket's timer and temperature as desired for ingredients.
2. To select the other basket, press the opposing basket key and set the timer and temperature as desired for the different set of ingredients. If you wish for the second basket to use the same settings as the first programmed basket, then the match key can be pressed to copy the settings across both baskets. Any further changes made with the match function enabled will apply to both baskets.
3. Press the Start/Pause key and the currently selected baskets will begin operating. While operating each basket will alternate between displaying the air frying temperature and the remaining timer.
4. If any changes need to be made to timers or temperature, simply press the corresponding basket key followed by any timer and temperature changes can be made as needed. The Start/Pause key does not need to be pressed again after the changes are made as the air frying continues to operate.

**NOTE:** If the Start/Pause key is pressed while both baskets are in operation then both baskets will be paused. Pressing the Start/Pause key again will resume operation. If the appliance is left paused for 5 minutes, then the air fryer will stop working and enter standby mode.

# USING YOUR AIR FRYER

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## COOKING SEPARATE INGREDIENTS:

The simultaneous end function allows for two baskets of ingredients to be completed at the same time regardless of cooking time.

1. Follow the previously mentioned method for two basket cooking with different times for each basket.
2. Once both baskets are set, the SYNC key will be illuminated. Press this key to enable the simultaneous end function which will cause the key to flash.
3. To begin operation, press the Start/ Pause key which will enable the basket with the longest cook time to start, while the other will remain in standby mode with the corresponding display showing 'Hold'.
4. Once the longer timer has decreased to the same as the lower timer both baskets will be in operation until the timer has elapsed. For example, if the program for cooking basket 1 has a cooking time of 6 minutes, and the program in cooking basket 2 has a cooking time of 20 minutes, the unit will delay the start of the cooking process for cooking basket 1 by 14 minutes, so the two programs end at the same time.

## STARTING A COOKING SESSION

1. Once the correct cooking temperature and time have been selected for each basket as needed, press the START/ PAUSE key to start a cooking cycle. The unit's LED display and the indicator for the selected function or mode will remain illuminated with the available control keys also being illuminated.

**CAUTION!** DO NOT touch the cooking basket during and for some time after use, as it gets very hot. Only hold the cooking basket by the handle.

2. When the set preparation time has elapsed, the appliance will show 'End' on the display. The LED display will go out with the Power Key remaining

illuminated as the appliance enters standby mode with 5 sound prompts to alert the user that cooking is complete.

3. When this occurs, pull the cooking basket out of the appliance and place it on a heat-resistant surface.
4. Check if the ingredients are ready:
  - If the ingredients are not ready yet, simply slide the cooking basket back into the appliance and set the timer to a few extra minutes.
  - If the ingredients are ready, empty the cooking basket into a bowl or onto a plate. Take care if tilting the cooking basket, as any excess oil that has collected on the bottom of the cooking basket will leak onto the ingredients, and the grill plate may also detach from the cooking basket and fall onto the food.
  - When a batch of food is ready, the appliance is instantly ready for preparing another batch.
  - Unplug the appliance when the unit is not required for further cooking.

## TIPS:

- If the food is cold, increase the cooking time by 3 minutes.
- To remove large or fragile ingredients lift the ingredients out of the cooking basket with a pair of tongs.
- The cooking time will depend on the size of your ingredients. Smaller sizes may require a shorter cooking time.
- Shaking smaller ingredients and turning food halfway during the cooking time optimises the end result and can help prevent unevenly fried ingredients.
- For perfectly fluffy fries, it is recommended that potatoes be parboiled before frying.
- Add some oil to fresh potatoes for a crispy result. Fry your ingredients in the air fryer within a few minutes after you added the oil.

# USING YOUR AIR FRYER

- Be cautious of using extremely greasy ingredients in the air fryer.
- Snacks that can be prepared in an oven can also be prepared in the air fryer.
- Use pre-made dough to prepare filled snacks quickly and easily. Pre-made dough also required a shorter cooking time than home-made dough.
- When battering items, ensure they are battered in the correct order, so that they do not fall apart while crisping or frying. Items should first be coated in flour, then butter or egg, and finally breadcrumbs.
- The table below offers reference times and quantities for frying a variety of popular ingredients.

## SETTINGS TABLE:

**NOTE:** The table below will help you to select the basic settings for the ingredients. Keep in mind that these settings are indications. As ingredients differ in origin, size, shape and brand, the best settings for your ingredients cannot be guaranteed. Because the Rapid Air Technology instantly reheats the air inside the appliance, pulling the cooking basket briefly out of the appliance during hot air frying barely disturbs the process.

Action during cooking	Default Cooking Time (mins)	Default Temperature (°C)	Recommended amount of ingredients (g)	Action during cooking
FISH	20	180	400-500	Shake
FRIES	18	200	300-500	Shake
BACON	12	180	80-120	Shake
BAKE	12	180	100-150	
CHICKEN LEG	20	180	400-600	Shake
STEAK	14	180	150-200	Shake
VEGETABLE	10	150	200-300	Shake
PRAWN	12	160	350-500	Shake
CHICKEN	36	180	500-550	Shake

# TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
The air fryer does not work	The appliance is not plugged in.	Plug the appliance into an earthed wall socket.
	The timer has not been set.	Set the timer required.
	The ON/OFF key has not been pressed.	Press the ON/OFF key.
The ingredients are not done.	Too much food has been added to the unit.	Put smaller batches of ingredients in the air fryer. Smaller batches are fried more evenly.
	The set temperature is too low.	Set to an appropriate temperature, re-fry food.
	The cooking time is too short.	Set an appropriate cooking time, re-fry food.
Food is not evenly fried.	Certain foods need to be shaken midway through the cooking process.	Midway through the cooking process, pull the cooking basket out and shake it to separate the overlapped food material, then push the cooking basket back to continue.
Fresh fries are fried unevenly.	Wrong type of potatoes used.	Use fresh potatoes and make sure they stay firm during frying.
	The potato sticks were not rinsed adequately before frying.	Rinse the potato sticks properly to remove starch from the outside.
Fried snacks are not crispy when they come out of the unit.	Some food materials have to be fried with oil.	Coat the surface of the food with a thin layer of oil first, then start to fry them.
	Wrong type of snacks used.	Use oven snacks or lightly brush some oil onto the snacks for a crispier result.
Fresh fries are not crispy when they come out of the unit.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you add the oil. Cut the potato sticks smaller for a crispier result. Add slightly more oil for crispier result.
The appliance is smoking.	The ingredients have a high oil content.	Smoking will be normal.
	The unit contains grease from previous use.	White smoke is caused by grease heating up inside the air fryer. Clean the appliance properly after each use.
	Cooking settings have not been correctly programmed.	Adjust the cooking settings as required.
The unit is showing an unexpected message (E2 or E4.)	The sensor has malfunctioned or short circuited.	The unit will automatically self-diagnose and return to normal working mode. If this does not occur, unplug the appliance immediately and contact the Customer Service Team.

# CLEANING AND CARE

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**WARNING!** Do not immerse the appliance in water or any other liquid.

**NOTE:** Clean the appliance after every use.

1. Do not use metal kitchen utensils or abrasive cleaning materials to clean the cooking baskets and grill plates, as this may damage the non-stick coating.
2. Clean the cooking baskets and grill plates with hot water, some washing-up liquid and a non-abrasive sponge or brush.

**Tip:** If food residue is stuck to the grill plates or the bottom of the cooking baskets, leave them to soak in hot water and some washing-up liquid for a few hours or overnight.

3. DO NOT allow water or any other liquid to enter the unit.
4. Wipe the outside of the appliance with a damp cloth.
5. Wipe the inside of the appliance with hot water and a non-abrasive sponge.

6. Clean the heating element with a cleaning brush to remove any food residues.

7. Ensure all parts are thoroughly dry before use.

**NOTE:** The cooking basket is **NOT** dishwasher-proof. **NEVER** place the cooking basket in the dishwasher.

## STORAGE

- Ensure that the air fryer is cool, clean and dry before you store it.
- Store the power cord in the dedicated storage area.
- Store the appliance in a cool and dry place.

## DISPOSAL OF THE UNIT

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Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately.

Please visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk) or [www.recyclenow.co.uk](http://www.recyclenow.co.uk) for access to information about the recycling of electrical items.

Please visit [www.weeeireland.ie](http://www.weeeireland.ie) for access to information about the recycling of electrical items purchased in Ireland.

The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill.

Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



## CUSTOMER SUPPORT

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If you have any questions or concerns about your new product, please contact our helpful Customer Support Team:



**+44 (0) 333 220 6066**



**[www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)**

Please have your Model No. available. This can be found on the front cover of this instruction manual and on the appliance's rating label.

## ACCESSORIES/SPARE PARTS

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Spare part replacements and accessories are available to purchase via:

+44 (0) 333 220 6066

[www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)

PART NO	DESCRIPTION
T1717701	Grill Plate
T1717702	Left Basket
T1717703	Right Basket

# WEIGHTS AND MEASURES

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Check these charts for basic imperial to metric conversions of weights.

IMPERIAL	Metric
1/2 oz	15g
1 oz	30g
2 oz	60g
3 oz	90g
4 oz	110g
5 oz	140g
6 oz	170g
7 oz	200g
8 oz	225g
9 oz	255g
10 oz	280g
11 oz	310g
12 oz	340g
13 oz	370g
14 oz	400g
16 oz	425g
1 lb oz	450g

METRIC	IMPERIAL	US CUPS
250ml	8 fl oz	1 cup
180ml	6 fl oz	3/4 cup
150ml	5 fl oz	2/3 cup
120ml	4 fl oz	1/2 cup
75ml	2 1/2 fl oz	1/3 cup
60ml	2 fl oz	1/4 cup
30ml	1 fl oz	1/8 cup
15ml	1/2 fl oz	1 tablespoon



## HOMEMADE FRIES

### INGREDIENTS

2 large potatoes

½ tbsp. paprika

Pinch of salt

Pinch of pepper

1 tbsp. sunflower oil

1. Wash, peel and slice the potatoes.
2. Dry with kitchen paper.
3. Cut the potatoes into your desired length and thickness.
4. Bring a large pot of water to the boil with a pinch of salt. Add the chips and allow to part boil for 10 minutes.
5. Strain the fries and immediately run under cold water to stop them from cooking any more.
6. Pour the oil in a bowl, with the paprika, salt and pepper. Put the fries on top and mix until all the fries are coated.
7. Remove the fries from the bowl with your fingers or kitchen utensil so that the excess oil stays behind in the bowl.
8. Place the fries in the air fryer and then set the fryer to cook as per the suggested times/temperature in the Settings Table.

Variations: Try replacing ½ tbsp. of paprika with ½ tbsp. garlic powder, or ½ tbsp. of grated parmesan cheese.





## HONEY LIME CHICKEN WINGS

### INGREDIENTS

- 12 chicken wings
- 2 tbsp soy sauce
- 2 tbsp honey
- 1 ½ tsp salt
- ¼ tsp white pepper
- ¼ tsp black pepper
- 2 tbsp fresh lime juice

### METHOD

1. Place all the ingredients inside a large mixing bowl or zip-locked sealing bag and mix them well. Marinate in the refrigerator for at least 4 hours (preferably overnight)
2. Evenly scatter the chicken wings across the basket.
3. Cook the wings, turning halfway through as per the suggested time and temperature settings.





## MOLTEN CHOCOLATE LAVA CAKE

### INGREDIENTS

- 100g dark chocolate chips
- 100g unsalted butter
- 1 ½ tbsp. self-raising flour
- 2 eggs
- 2 ½ tbsp. sugar

### METHOD

1. Melt the chocolate and the butter, stirring all the time.
2. Stir the flour into the mixture, mix it in lightly and set the mixture aside.
3. In a separate mixing bowl, mix together the eggs and sugar until light and frothy. Mix in the chocolate sauce slowly until the ingredients are well blended together.
4. Pour the batter into an oven-safe cup or ramekin and place it inside the air fryer.
5. Turn the air fryer to 190°C for 6 minutes.
6. When ready, top with ice-cream and serve immediately.





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The product must be returned to the retailer with proof of purchase or a receipt.

The product must be installed and used in accordance with the instructions contained in this instruction guide.

It must be used only for domestic purposes.

It does not cover wear and tear, damage, misuse or consumable parts.

Tower has limited liability for incidental or consequential loss or damage.

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