CONTENTS

INTRODUCTION .................................................................................. 3
IMPORTANT SAFEGUARDS ................................................................ 4
UNPACKING/ASSEMBLY .................................................................... 8
PARTS AND FEATURES ...................................................................... 9
USAGE ............................................................................................... 11
SUGGESTED COOKING TIMES ...........................................................15
HELPFUL TIPS ................................................................................... 16
CLEANING AND CARE ....................................................................... 17
INTRODUCTION

Forget about traditional ovens, stove tops and microwaves.
Introducing The Sharper Image Super Wave Oven, a versatile cooker that combines halogen heat, convection and infrared technology keeping foods moist on the inside and browned and crispy on the outside without the use of added fats or oils.

- Combines Halogen, Convection & Infrared Heat technology
- Cooks From Frozen, No Need To Defrost
- Cooks Multiple Foods at the Same Time
- Uses up to 80% Less Energy

Halogen directly heats the surface of the food for browning. Convection circulates the hot air, evenly distributing the heat. Gentle infrared heat cooks food from inside out, sealing in juices. Roast chicken, bake fish, broil steaks, air fry chicken, grill meats, steam vegetables and even make dessert. Bring frozen foods straight from the freezer into the oven without defrosting. Includes 2 stainless steel cooking racks (low and high) so you can prepare a whole meal at once. Taste the difference!

IMPORTANT SAFEGUARDS

Before using the electrical appliance, the following basic precautions should always be followed including the following:
1. Read all instructions.
2. Keep oven out of reach of children.
3. Before use check that the voltage of wall outlet corresponds to the one shown on the rating plate.
4. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
5. If the supply cord is damaged it must be replaced by the manufacturer or an authorized service agent or a qualified technician in order to avoid a hazard.
6. Do not let cord hang over edge of table or hot surface.
7. Do not immerse plug, cord or housing into water due to the risk of electric shock.
8. Close supervision is necessary when your appliance is being used near children.
9. 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 use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
10. Always wear protective, insulated oven mitts or gloves when removing food items or handling the unit. THE OVEN GETS VERY HOT.
11. Do not touch hot surfaces, use knobs or handles.
12. Always use the handle to remove the glass lid from the glass bowl.
13. Make sure the appliance is clean and dry prior to use.
14. Only place food in the appliance before setting the timer or after pre-heating.
15. Do not place near hot gas or electric burner.
16. The use of accessory not recommended by the manufacturer may cause injuries to persons.
17. Do not operate the appliance for other than its intended use.
18. Do not use outdoors.
19. Do not touch or stare directly into the bulb.
20. Do not move the appliance when in use.
21. Use extreme caution when handling or disposing of hot oils or other hot liquids.
22. Do not place oversized food into the appliance, the glass lid must be completely closed.
23. Do not place paper, cardboard, plastic or other flammable materials inside the unit.
24. Always turn the unit by moving knob to OFF position before removing the plug from the wall outlet.
25. Unplug from main power socket when not in use.
26. Always use the tongs provided when handling racks.
27. Servicing and repair should only be conducted by a qualified technician.

**WARNING: CAUTION HOT SURFACES:** This appliance generates heat and steam may escape during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

**CAUTION:** This appliance is hot during operation and retains heat for some time after turning off. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning.

- Position the appliance so that it is never against a wall or in a corner, against curtains or upholstery.
- When operating the appliance on a work surface keep the surrounding areas clear and free from clutter. Ensure adequate air space surrounding the appliance for circulation.
- Do not place anything on top of the appliance while it is operating or while it is hot.
- Do not operate this appliance with other major appliances plugged into the same power socket - there is a risk of blowing the fuse.
- Do not touch the hot appliance surfaces while the unit is on or while cooling.
- All users of this appliance must read and understand this User’s Manual before operating or cleaning this appliance.
- If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
- Do not leave this appliance unattended during use.
SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY.

Do not attempt to repair the appliance, contact a qualified service technician.
A short power supply cord is provided to reduce the hazards resulting from entanglement
or tripping over long cord.
Do not use extension cord as it can be pulled on by children causing the unit to tip over.

POLARIZED PLUG
This appliance has a polarized plug (one blade is wider than the other). To reduce the
risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug
does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified
electrician. Do not attempt to modify the plug in any way.

PACKAGE CONTENTS:

- MAIN OVEN UNIT (LID, GLASS BOWL AND BASE)
- COOKING RACKS (2)
- TONGS (1)

UNPACKING - BEFORE FIRST USE
Unpack the unit and remove all packaging materials. Before using the unit for the first
time, thoroughly wash the glass bowl, plastic base, cooking racks and tongs in hot
soapy water and allow to dry completely.
WARNING: Do not immerse the lid with control knobs, cord, or plug in water or any
other liquid. Do not use abrasive cleansers. Do not place glass lid into the dishwasher.

ASSEMBLY
1. Place the plastic base on a stable heat proof surface. DO NOT place it near edge of
countertop or table.
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.
1. **Glass Lid with Timer and Temperature Controls** - features super tight seal
   1a. Timer controls
   1b. Temperature controls
2. **Safety Handle** - automatically turns the unit off when the handle is raised (shown in OFF position).
3. **Stainless Steel High Cooking Rack** - additional rack for extra food
4. **Stainless Steel Low Cooking Rack** - main rack to cook foods
5. **Glass Bowl** - holds food to be cooked
6. **Bowl Base** - holds glass bowl
7. **Tongs** - use to lift hot trays with food from glass bowl
PRE-HEATING: NOTE: Make sure to insert the trays inside the oven prior to pre-heating. If pre-heating is required, set the required temperature using the temperature dial. Set the time controls to 10 minutes. Once the temperature has been reached, the Halogen light will turn off. Now you can open the lid and place the food inside.

CAUTION: When removing the glass lid always bring the handle to its upright position as this will activate the safety switch and turn the oven off. The oven will be very hot, it is strongly recommended to use oven mitts when removing the glass lid.

1. Open the glass lid and place the cooking racks inside, use one or both racks, depending on the amount of food. If only need to use 1 rack, use the lower rack.
2. Place food to be cooked directly on rack (preferred method). This will allow the hot air to circulate around the food to be able to cook it faster and more even. Close the lid. Make sure to lower the handle until it snaps in. The handle MUST be flat down in its stored position for the oven to operate. IMPORTANT: The handle operates as a safety switch, as soon as it is lifted, the oven will turn off.
3. Plug the power cord into the electrical outlet.
4. Set the temperature using the provided knob. Refer to cooking times/temperature guide for reference.

Setting the temperature: Select the required heat setting by turning the temperature control clockwise (from 70 F°/20 C° to 485 F°/250 C°). The oven will not turn ON until the cooking timer has been set. The cooking time depends on the size and weight of the food to be cooked. Most meats have recommended cooking times, those times should be used.
as a guide as the oven cooks faster than conventional ovens, so you may need to allow less
time to cook the food.
5. Set the timer using the provided knob. Refer to cooking times/temperature guide for
reference.
Setting the Cooking time: Select the required cooking time by turning the knob clockwise
(from 0 to 60 minutes). Once the time has been set, the fan and the halogen light will turn on
and the power (green) light will illuminate. The halogen light will go off when the required heat
setting has been reached. The halogen light will turn off by itself to maintain the set temperature.
6. If you haven’t lowered the handle already, make sure to lower it until it snaps in. The handle
MUST be flat down in its stored position for the oven to operate. IMPORTANT: The handle
operates as a safety switch, as soon as it is lifted, the oven will turn off.
7. If at any time you need to check on the food, simply lift the handle up to turn the oven off.
CAUTION: Before removing the glass lid always bring the handle to its upright position
as this will activate the safety switch and turn the oven off. The oven will be very
hot, it is strongly recommended to use oven mitts when removing the glass lid.
8. When the timer control reaches the OFF position, the oven will turn off automatically.
Remove the lid. Check to make sure the food is fully cooked. To ensure the food is cooked,
using a cooking thermometer or pierce the food with a fork to check for uncooked juices on
meats and poultry. When cooking vegetables, check for desired tenderness. Moisture may
build up inside the oven when cooked food is not removed soon after timer has gone off.
The steam/moisture build-up can be avoided by removing the food as soon as it is cooked.
9. Use the tongs provided to lift out the hot cooking
racks with food. See Diagram on right.

CAUTION: Before removing the glass lid always bring the handle to its upright position
as this will activate the safety switch and turn the oven off. The oven will be very
hot, it is strongly recommended to use oven mitts when removing the glass lid.
NOTE: Refer to the below cooking times as a guide only. Time may vary according to the weight of the food, adjust to your preference. Always make sure to refer to the Internal Food Temperature guide on the next page.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE</th>
<th>COOK TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornish Hens (3 pieces)</td>
<td>350°F</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Stuffed Sole (6 pieces)</td>
<td>350°F</td>
<td>12 minutes</td>
</tr>
<tr>
<td>Fried Chicken (8 pieces)</td>
<td>375°F</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Montreal Steak (2 pieces)</td>
<td>400°F</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Stuffed Peppers (5 pieces)</td>
<td>350°F</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Pork Roast (3 lbs)</td>
<td>350°F</td>
<td>1 hour</td>
</tr>
<tr>
<td>Turkey Breast (6lbs)</td>
<td>350°F</td>
<td>1 hour</td>
</tr>
<tr>
<td>Cinnamon Buns (8 pieces)</td>
<td>400°F</td>
<td>7-10 minutes</td>
</tr>
</tbody>
</table>

ADAPTING RECIPES:
You can try your favorite recipe that is intended for conventional oven. Keep the cooking temperature the same, just reduce the cooking time, as it will cook much faster in this infrared oven. You may use a meat thermometer to make sure the food is cooked. Refer to next page for Internal Food Temperature guide.

Internal Food Temperatures Guide
When cooking poultry, always cook to the internal temperature of 170-180°F. Another sign for cooked poultry is when the juices run clear.
Fish is done when it looks opaque and flakes easily with a fork. Shellfish such as shrimp, crab, or lobster will turn reddish pink on the outside and opaque on the inside.
You may also refer to the markings on your meat thermometer.

<table>
<thead>
<tr>
<th>INTERNAL FOOD TEMPERATURES GUIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium Rare Beef, Lamb or Veal</td>
</tr>
<tr>
<td>Fish and Shellfish</td>
</tr>
<tr>
<td>Medium Beef, Lamb or Veal</td>
</tr>
<tr>
<td>Ground Beef or Ground Pork</td>
</tr>
<tr>
<td>Pork</td>
</tr>
<tr>
<td>Ground Chicken or Ground Turkey</td>
</tr>
<tr>
<td>Well Done Beef, Lamb, Pork or Veal</td>
</tr>
<tr>
<td>Chicken Breast</td>
</tr>
<tr>
<td>Chicken Thighs or Wings</td>
</tr>
</tbody>
</table>

This is a list of the internal temperatures that different foods must reach to kill bacteria.
These are NOT the temperatures to use to cook the food.
Make sure you turn off and unplug the unit before cleaning it. **Always wait until the unit cools down completely.** Thoroughly wash the glass bowl, plastic base, cooking racks and tongs in hot soapy water and allow to dry completely. You may also place the glass bowl and cooking racks into the dishwasher.

**WARNING:** Do not immerse the lid with control knobs, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid into the dishwasher.

Once unplugged from the power outlet, the surface of the glass lid can be carefully wiped clean using a damp cloth or sponge. All parts must be dry before next use. When storing the unit, always make sure ALL parts are DRY, to avoid any moisture collecting in the lid.

**SELF CLEANING OF GLASS BOWL**

If the food particles seem to be stuck to the bottom and/or sides of the glass bowl, you can perform a self cleaning.

1. Pour approximately 1 to 2 inches of water into the glass bowl, add a small amount of mild dishwashing liquid.
2. Place lid on and plug into the electrical outlet.
3. Set temperature control to WASH setting, set timer to 10 minutes.
4. Once the timer goes off, carefully open the lid and wait for the glass bowl to cool down before emptying the liquid inside.
5. Rinse the glass bowl in clean warm water to remove the soap residue.