

# Convection Oven

/ GVACO28



## Instruction Manual

12  
MONTH

MANUFACTURER'S  
WARRANTY

# GVA

THE 'V' STANDS  
FOR VALUE.

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## Technical Specifications

Voltage	220-240 V / 50/60Hz
Rated power	1200-1400W
Container capacity	Ø 300 x 150 mm
Gross weight	9.70 kg
Net weight	7.15 kg
Thermal link	AC250V,10A,157 °C

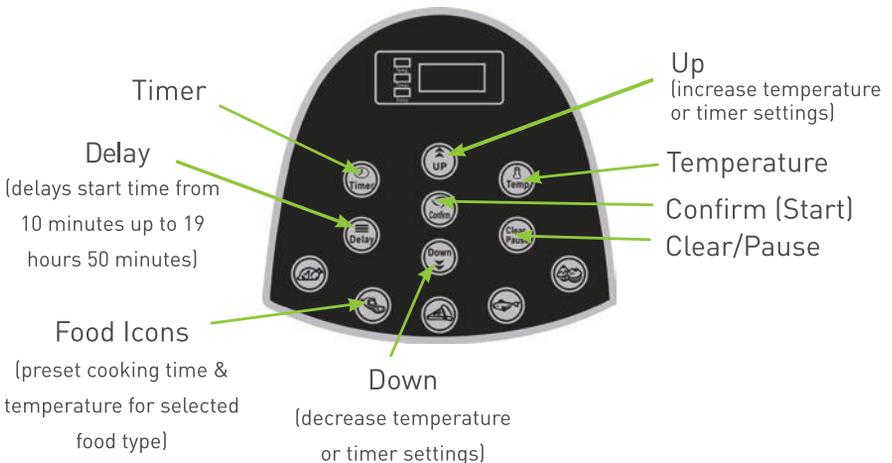
## **Important Safety and General Instructions**

Please keep this user manual in a safe place along with your purchase receipt and carton for future reference. The safety precautions enclosed herein reduce the risk of fire, electric shock and injury when correctly adhered to.

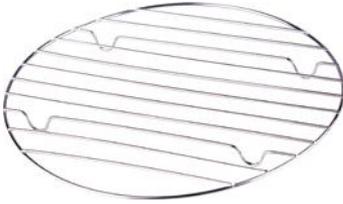
1. Read all instructions before using the Convection Oven.
2. NEVER place food directly on the bottom of the Glass Cooking Bowl, as the bottom of the food will not cook evenly. Always use a rack or pan when cooking. Note: Most pans can be used in this oven as long as it is a BAKING pan and fits comfortably inside the oven.
3. DO NOT touch hot surfaces. The temperature of the outer surface can get very hot while the Convection Oven is in operation. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning. Allow the unit to cool thoroughly before putting in or taking out parts. Always use the handles when moving the unit.
4. DO NOT use the Convection Oven for other than its intended use.
5. Before turning on, ensure the electrical voltage and frequency of the circuit corresponds to those indicated on the rating label of the appliance.
6. To protect against the risk of electric shock, do not immerse this Convection Oven, cord set or plug in water or any other liquid.
7. The Convection Oven is not intended to be operated by means of an external timer or any type of separate remote control system.
8. The use of attachments which are not recommended or sold by the manufacturer may cause fire, electric shock or injury.
9. This appliance is designed for indoor use only. DO NOT use outdoors.
10. DO NOT use an extension cord unless completely necessary with this product. If an extension cord is used please ensure that it has a rating equal or exceeding the rating of this appliance.
11. DO NOT pull or carry by cord, use cord as a handle, close a door on the cord, or pull cord around sharp edges or corners. Keep cord away from heated surfaces.
12. DO NOT bend or damage the power cord.
13. Always unplug the Convection Oven when not in use. To disconnect from the power supply, grip the plug and pull from the power socket. Never pull by the cord. The power plug must be removed from the power socket before cleaning, servicing, maintenance or moving the Convection Oven.
14. Never force the plug into an outlet.
15. DO NOT place the appliance near a hot gas or electric burner.
16. DO NOT cover the appliance whilst in use. If it is covered there is a risk of fire.
17. Improper installation may result in the risk of fire, electric shock and/or injury to persons.
18. If the supply cord or plug is damaged, DO NOT use the appliance. Please return to your place of purchase along with your receipt for a refund or exchange.
19. The manufacturer or retailer is not responsible for any eventual damages caused by improper or faulty use.
20. The unit has no user-serviceable parts contained within. Do not attempt to repair, disassemble or modify the appliance.
21. Always operate on a dry level surface. Operating on sinks or uneven surfaces must be avoided.
22. DO NOT clean with metal scouring pads.

23. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
24. DO NOT move or lift the convection oven while the power cord is still connected to the wall outlet. All metal items inside the oven, such as the oven racks, can get very hot during cooking. Please be careful when removing these items from the oven, always use the tongs supplied.

## Parts List

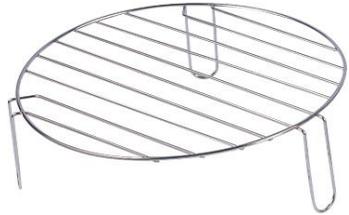


## Accessory List



### **Low Rack**

Suitable for roasting, steaming and baking (best for bulkier foods)



### **High Rack**

Used for grilling, toasting and dry frying (cooks food faster)



### **Tongs**

Use to add or remove food, plates, and racks from the Oven



### **Extender Ring**

Increases the size of the oven up to 5 litres. Should also be used when roasting and baking

## **Features of Your GVA Convection Oven**

Your convection oven is a multifunction cooker, it can be used as the following:

- Standard Oven
- Grill
- Broiler Oven
- Deep Fryer
- Microwave Oven
- Slow Cooker
- Toaster Oven
- Rotisserie
- Electric Frying Pan
- Electric Steamer

### **Lowering cholesterol**

Modern medical science has proved that high cholesterol accounts for heart disease and blood vessel trouble. The hot moving air cycle in the convection oven works to decompose the fat tissue and lower the cholesterol content to a minimum. By lowering the fat content and cholesterol your convection oven is the healthier way to cook your meals.

### **Saving time and energy**

Due to the high efficiency of the hot moving air in the oven, the cooking time and energy consumption are reduced. Our testing shows that the convection oven saves up to 20% of electricity as compared to ordinary ovens, whilst cooking your food in less time.

### **Preserving the food's nutrition and natural flavor.**

High temperatures and prolonged cooking time can destroy the food's nutrition and change its natural flavor. The temperature and time control along with the ovens cooking methods ensure that the nutritional value and natural flavors are retained.

Hot moving air circulates around the food, this tornado like air flow cooks the food evenly. Meanwhile meat sears quickly on the outside, while locking in the natural juices on the inside, releasing only the fat and cholesterol.

### **Easy to Operate**

Just set the time and temperature, then add the food. The glass bowl is removable, making it easy to clean. The GVA Halogen Oven includes a digital timer and 5 handy cooking pre-sets to save you time and simplify cooking even further.

## **Before using your oven for the first time**

Read the safety instructions in this manual before operating. Before using this appliance for the first time, follow steps below:

1. Remove all packing materials and literature from the oven. Make sure that the oven is in good condition and there are no missing parts or damage to the glass bowl.
2. Select a flat, heat-resistant, non-flammable surface to operate the Convection Oven on.
3. Wash the glass bowl in warm soapy water or in the dishwasher. Dry thoroughly before use.
4. NEVER submerge the lid unit in water or any other liquid. Only the glass bowl and racks are dishwasher safe.
5. Before first use, turn on the empty Convection Oven, heating at maximum temperature for 5 minutes. This will eliminate any odours from within the oven, and also burn off any excess lubricants that may have been used in the manufacturing process.
6. Allow the appliance to cool to room temperature.
7. Wipe the inside of the glass bowl with a damp cloth. DO NOT use abrasive cleaners or scouring pads.

NOTE: A slight amount of smoke and a burning smell may be emitted during the first few uses. Do not be alarmed, this is normal.

## Operating your Convection Oven

Cooking Pre-Set Default:

For your convenience the GVA Digital Halogen Convection Oven is fitted with a range of default settings found on the digital control panel. Each button has been allocated a particular preset time and temperature suitable for the food type.

Please note, the time and temperatures listed in the table below are default settings and may need to be adjusted for various food sizes or quantity, food manufacturer instructions, and /or individual taste. All preset default setting can be adjusted once started by selecting the temperature and/or timer control buttons, followed by the up and down buttons.

<b>Selection</b>	<b>Time (Mins)</b>	<b>Temperature (°C)</b>	<b>Function (Example)</b>
Chicken	30	230°C	Roast Chicken
Meat	30	180°C	Roast Meat/Grilling Meat
Pizza	12	220°C	Pizza/Pies
Bread	10	200°C	Bread
Fish	15	220°C	Fish Fillets/Whole Fish

Additional Guide to Manual Cooking

<b>Food</b>	<b>Time (Mins)</b>	<b>Temperature (°C)</b>
Cake	10-12 min	140-160°C
Medium Prawns	10-12 min	150-180°C
Sausages	10-13 min	120-150°C
Roasted Bread	8-10 min	120-140°C
Potatoes &Vegetables	12-15 min	180-200°C
Chicken wings	15-20 min	150-180°C
Hot dogs	5-8 min	190-210°C
BBQ Spareribs	18-20 min	220-240°C
Thick Chips	25-30 min	230-250 °C
Fried Chicken Pieces	20-25 min	230-250 °C

# How to use your Halogen Digital Convection Oven

## **How to Roast**

Place food directly on the low rack. Using the low rack for roasting is recommended as it ensures the food is cooked more evenly both inside and out, without burning the food's exterior. Using the high rack allows food to be positioned closer to the heat source for crisping, browning or for foods to be cooked "well done".

It is not necessary to use oil for roasting, but you may do so for foods that tend to become dry in an oven.

Roasting time may vary depending on the type of meat or other food, type of cut, amount of fat, thickness and/or weight of the item.

It is recommended that you flip your food halfway through the cooking cycle to ensure that it is cooked through evenly.

## **How to Bake**

Use any oven-proof baking dish, preferably nonstick, that will fit comfortably inside the oven. Place it on the low rack. Take special care in baking, as desserts are especially delicate and easy to overcook. Lower the temperature slightly and turn the baking dish around if too much browning occurs in one area.

## **How to Broil**

Place the food directly on the wire rack (low or high rack depending on the cut). For very thick cuts of meat, turn the food over 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, and then adding a few drops of water before sealing the pouch.

You can also add a cup of water with savory herbs and spices into the bottom glass bowl, to steam fish or vegetables.

## **How to Fry**

You can get the effect of deep-fried Chips without all the oil, by dipping potato strips in polyunsaturated cooking oil. The excess oil will drip away while cooking for healthier Chips!

To make delicious fried chicken, dip chicken pieces firstly in batter and then in cooking oil. The excess oil will drip away while cooking for healthier Chicken!

## **How to Defrost**

You can use the convection oven to defrost frozen foods more evenly than a microwave oven, simply set the temperature at 100°C and check the food every 5-10 minutes.

## Cooking Food

1. Before cooking, it is suggested that you spray the inside of your convection oven (and racks etc) with a nonstick product first (eg spray cooking oil).
2. Place the glass cooking bowl securely onto the stand ensuring it is placed centrally and sits securely.
3. Position the cooking rack in the glass bowl. The type of rack used will be dependent on the type of food being cooked. The high rack is best for grilling, broiling, crisping or cooking well done cuts of meat. The low rack is best for baking, roasting etc. You can also cook using both racks as shown in the picture below.



4. Once the food has been placed onto the rack, lower the lid onto the glass cooking bowl, ensuring the lid sits inside the rim of the bowl.
5. Plug into the wall socket and switch on. The digital display will show “1:00”, if you press the temperature button, it will show 60°C.
6. Choose one of the preset settings and press confirm. Or set the required temperature and time by pressing the temperature and /or timer followed by the up and down buttons to the required cooking time and temperature, then press the confirm button to proceed to the next stage.

NOTE: The maximum temperature setting is 250°C and maximum cooking time is 3 hours. You can adjust the cooking time or temperature at any point during the cooking process.

NOTE: For convenience, the temperature can be displayed as Celsius and Fahrenheit, by simply pressing the temperature button to cycle through the display options.

7. Once the time and temperature has been selected, press the confirm button. A beep will sound, the oven fan will start and the halogen convection oven light will glow illuminating the contents of the bowl.

NOTE: The internal halogen lamp will cycle between bright and dim during cooking to show that the set cooking temperature is being maintained.

8. If you are required to pause cooking, simply press the Clear/Pause button. The unit will stop until the Clear/Pause button is pressed again.
9. If a program needs to be changed or restarted, simply hold down the Clear/Pause button for 2 seconds. The program will return to the default setting and you can then restart your cooking process
10. At the end of the cooking time, the oven will beep, cooking will cease and the halogen lamp will switch off. Depending on the temperature of the unit, the fan may remain on in order to dissipate the remaining heat helping prolong the life of the unit.

Ensure that you use the supplied tongs, heat resistant mitts or other appropriate utensils to remove the food from the appliance. Do not touch the food or the appliance or any of the internal accessories as they may be extremely hot.

## **Using the Delay Settings**

The delay function allows you to delay the start of the cooking. Note: The unit must be in standby mode i.e. plugged in with the main socket turned on.

First, set the temperature and time required as mentioned above. Then press the DELAY button, the default setting is 6:00 (6 hours). Simply press the UP/DOWN button to select the desired time to lapse prior to starting. Once selected, press the CONFIRM button 2 times to start the countdown.

Note: The maximum delay time is 19 hours 50 minutes.

The Delay Time will be displayed and the indicator light of "TIME" will be on and the delay time will begin to count down. The oven will turn on when it counts down to the cooking time.

Care must be taken when using this feature so you do not create a health hazard by placing food that will spoil during the delay time (e.g. fresh chicken and other meats should NEVER be left at room temperature for more than a few minutes), so as not to risk food poisoning by allowing bacteria to breed in the oven while it is in the delay period.

## Using the Extender Ring

The use of the extender ring will ensure better all-round cooking as it increases the distance between the cooking element and the food. It is ideal for roasting and baking food (like roast meats, cakes etc) where special care needs to be taken to ensure the outside of the food is not burnt but the inside is properly cooked.

In order to connect the extender ring you need to increase the length of the 'neck'. To do this you press 'Neck Extender' button to extend the neck of the oven, and then place the extender ring on the glass bowl to increase the capacity or to cook food slower. Once the extender ring is in place, close the lid by lowering it onto the bowl, ensuring that it is correctly centred at the same time. Once the lid is on correctly you can continue to use the appliance as normal.



## Cleaning your oven

The glass cooking bowl can be cleaned using the self-cleanse option.

1. Add some warm water to the glass cooking bowl ensuring it is no more than a few centimetres in depth.
2. Add a small amount of mild detergent.
3. Set the temperature to 80°C and the timer to 10 minutes.
4. Press the confirm button and the oven will start the cleaning process.
5. The fan from the convection oven will swirl the water and this will clean off most stains.

If you would prefer to manually clean your oven:

1. Turn off your oven and allow it to cool down completely.
2. Use a clean sponge or dishcloth with a small amount of dishwashing liquid and warm water to wipe the bowl clean
3. Clean the racks in a similar fashion to the bowl.

NOTE: Never immerse the Lid in liquid to clean.

## Recommended Recipes for your Oven

### ROAST CHICKEN



- 1 Chicken
- 1 Small onion
- 2 Tablespoon of butter
- 1/2 Cup of mushrooms
- 1 1/2 Cup of soft breadcrumbs
- 1 Tablespoon of chopped parsley
- 1 Pinch of nutmeg
- 1 Teaspoon grated lemon rind
- 1/4 Teaspoon dried marjoram
- Garlic, salt, pepper
- 1 Egg

Clean inside of the chicken and remove excess fat. Peel and chop onion. Add to pan and lightly fry in butter until soft. Add mushrooms and fry another minute. Mix in crumbs, salt, pepper, parsley, lemon rind, marjoram, nutmeg and beaten egg. Put stuffing into chicken and close the opening and sprinkle salt and pepper over chicken and rub into skin. Place chicken on low rack in Halogen Convection Oven. Bake at 163°C for 20 minutes. Turn and bake for another 20 minutes after adding any potatoes to be cooked. Turn and bake for final approx 20 minutes until chicken is tender and golden brown all over.

### GRAVY

Take scraps and juice plus a little fat from your bowl. Add 1 tbsp of flour and stir over heat until brown. Slowly add 1 1/2 cups of stock made from chicken stock cube and mushroom stalks. Cook gravy, stirring continuously, until boiling. Add salt and pepper to taste.

### STUFFED BREAST OF VEAL



- 1.5kg breast, boned with pocket cut
- 2 tbsp butter
- Garlic, salt and pepper
- STUFFING continued:
- 1 Tablespoon grated lemon rind
- 1 Cup of diced mushroom
- 2 Cups of fresh white breadcrumbs
- 1 Egg, lightly beaten
- 1/2 cup of finely chopped onions
- 1 Tablespoon butter
- 1 Tablespoon of lemon juice
- Cream

Preheat frying pan. Melt 1 tablespoon of butter in the pan and fry onion until soft. Add lemon rind and juice, garlic and mushrooms. Fry together for 3-4 minutes. Set aside in large bowl. Add bread-crumbs, garlic, salt and pepper to fried vegetables. Bind together with egg and enough cream to form a firm consistency.

Place stuffing into veal pocket and spread evenly then reseal the cavity. Brush veal with soft butter and place on a low rack in the Halogen Convection Oven.

Preheated to 163°C, cook for 20 minutes. Turn, brush again and cook at 150°C for 20 minutes. Turn, brush again and cook for approximately 40 minutes with potatoes until ready. Serve with peas. Pour juices from bowl over carved meat.

## CHINESE ROAST CHICKEN



- |   |                                 |
|---|---------------------------------|
| 1.5kg roasting chicken, chicken wings or drumsticks | 1 teaspoon five-spice powder    |
|   | 1 teaspoon crushed garlic       |
| 1/3 cup soy sauce                                   | 1 teaspoon finely grated ginger |
| 1 tablespoon honey                                  | 1 tablespoon sesame oil         |
- Marinate the chicken pieces or chicken in the other ingredients for at least 2 hours, turning pieces now and then.

Arrange chicken in a single layer on the low rack in the Halogen Convection Oven and cook at 200°C for 15 minutes for wings, 20 minutes for legs, thighs, 30 minutes for 1/4 or 1/2 chicken. Turn and cook until ready – be sure to check chicken has cooked evenly all the way through before serving. Serves 6.

## HONEY CHICKEN WINGS



- |                               |                                 |
|-------------------------------|---------------------------------|
| 0.7kg chicken wings           | MARINADE:                       |
| 2 Tablespoons of honey        | 2 tablespoon of lemon juice     |
| 3 Tablespoons of tomato puree | 3 tablespoons of soy sauce      |
|                               | 1 tablespoons of chopped ginger |

Trim excess fat from chicken wings and remove tips. Pat wings dry and place in a bowl. Combine lemon juice, soy sauce and ginger. Pour over chicken wings, turn and let stand for 3 to 4 hours while turning occasionally. Mix honey, tomato puree and a tbsp of marinade.

Remove chicken wings and place on high rack in the Halogen Convection Oven. Roast for 10 minutes at 163°C. Remove wings and roll in honey/tomato mixture. Return wings to rack and cook for 5 minutes. Remove and roll in mixture and cook and final 5 minutes.

## INDIVIDUAL BEEF WELLINGTON



- |  |                          |
|--|--------------------------|
| 0.7kg 4"thick fillet steaks                                  | 1 tablespoon brandy      |
| 1 tablespoon butter  | 2 tablespoons liverwurst |
| 1 packed frozen puff pastry, thawed. Garlic, salt and pepper |                          |
| 1 egg yolk, beaten with a little water                       |                          |

Trim excess fat from steaks. Sprinkle with garlic, salt and ground pepper. Place on low rack in the Halogen Convection Oven preheated to 160°C and cook for 4 minutes. Remove and cool. Mix liverwurst with brandy and spread all over steaks. Roll out pastry and cut into 4 squares large enough to enclose each steak. Place steak in centre of each pastry square and fold over to completely enclose. Seal seams with a little water and brush top with beaten egg yolk. Place back on low rack in the halogen convection oven and cook at 215°C for 15 minutes or until golden brown. Serves 4.



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