

60cm 7 Function Oven with Manual Minute Minder

MODEL: IO607M



KEY

- 1 Mode Selector:** Use this knob control to select the type of oven mode.
- 2 Timer:** Use this to select a cooking time. If you don't want to select a time frame, rotate the knob to 'Manual Cook' to use the oven.
- 3 Temperature:** Use this control to select a temperature (in Celsius).

OVEN MODES EXPLAINED

Light: This turns on the oven lamp.

Bake: Conventional cooking using the top and bottom elements.

Fan Bake: This uses the top and bottom elements with the fan. The fan distributes heat evenly around making it suitable for roasts and cakes.

Grill: This activates the top grill element. Great for grilling cheese.

Fan Grill: This uses the fan and the grill element at the same time. It is ideal for getting some surface colour while roasting.

Pastry Bake: This will provide you crispy bases from the bottom element as the fan will circulate the heat without overcooking the top.

Defrost: Use this to defrost, perfect for frozen meals.

Congratulations on your new InAlto 60cm 7 Function Oven with Manual Minute Minder

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USING YOUR OVEN

The following table is a quick guide to cooking some common types of food. All times specified are for the cooking time, so please pre-heat the oven beforehand (5 minutes for Grill, 15 minutes for all other functions).

Please note, cooking times are approximate and may vary according to personal taste and different recipes.

FOOD TYPE	
Vegetables	30–45 minutes in an oven pre-heated to 220°C is best for veggies such as carrots, onions, potatoes, pumpkin
Chicken & Turkey	This will depend on how big your bird is, but 180°C will ensure that the meat is cooked without drying out the skin. As a rule, allow 45 minutes per kg, plus an additional 20 minutes.
Pork, Beef & Lamb	Higher temperatures are better for red meat, although be sure to check on how your guests like their beef done!
Fish	Fish fillets can generally be cooked for 10–15 minutes at 200°C, but be sure you check it's done before you plate it up.

If cooking or defrosting frozen food, please always follow the instructions on the packet.