

BAKES, BROILS, AIR FRIES, GRILLS, BOILS & STEAMS 1300 Watt Power Customer Service: 1-800-423-4248 Printed in China Super Wave Oven ITEM NO.8217SI. The Sharper Image® name and logo are registered trademarks. Manufactured and Marketed by EMSON®. New York, NY 10001, USA under license. © The Sharper Image. All Rights Reserved.CONTENTS INTRODUCTION.. . 2 IMPORTANT SAFEGUARDS .. .. 3 UNPACKING/ASSEMBLY... .. 5 INTRODUCTION Forget about traditional ovens, stove tops and microwaves.IMPORTANT SAFEGUARDS Before using the electrical appliance, 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.UNPACKING - ASSEMBLY PARTS AND FEATURES PACKAGE CONTENTS: 2 MAIN OVEN UNIT (LID, GLASS BOWL AND BASE) EXTENDER RING (1) COOKING RACKS (2) TONGS (1) 1a 1 8 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.USAGE-BASICS (Refer to p. 6 for Parts Identification) USAGE-BASICS (Refer to p. 6 for Parts Identification) PRIOR TO USE: IMPORTANT: - Place the oven on a stable, heat-proof surface and make sure it is not near the edge of the table or countertop. - Make sure that the power cord is not touching any hot surface. - Always have enough space around the oven, so there is enough for cover when removed from the unit.USAGE-DEHYDRATING FOOD / PRE-HEATING / THAWING DEHYDRATING YOUR FRUITS, VEGETABLES AND HERBS 1. Wash the fruit or vegetables you are using and dry them. Peel the skin, if you prefer. 2. Using a sharp knife, make slices about 1/16th of an inch. If using soft fruits like bananas or any other soft fruit, briefly place it in the freezer so it can harden. That will make the slicing much easier. 3. Place fruit slices in a lemon juice for 10 minutes. SUGGESTED COOKING TIMES TYPE OF FOOD RACK COOKING HEIGHT TEMP. COOK TIME (from fresh) COOK TIME (fresh) COOK TIME (fresh) COOK TIME (fresh) COOK TIME (fresh) COOK TIM frozen) SUGGESTED COOKING TIMES NOTES TYPE OF FOOD RACK COOKING HEIGHT TEMP. COOK TIME (from fresh) COOK TIME (from frozen) NOTES FISH continued Stuffed Flounder LOW 400 F° 15 min 18 min Crisscross racks VEGETABLES continued Tilapia Fish Filet 4 oz. HIGH 400 F° 14 min 16 min Crisscross racks Whole Snapper 1 lb.HELPFUL TIPS / CLEANING AND CARE ADAPTING RECIPES: You can try your favorite recipe that is intended for conventional oven. Keep 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 Internal Food Temperature guide below. Internal Food Temperatures Guide When cooking poultry, always cook to the internal temperature of 170-180ºF. Page 23Before using the electrical appliance, 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 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 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 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 accessories 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 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 handling or dispo by moving knob to OFF position before removing the plug from the wall outlet.IMPORTANT SAFEGUARDS IMPORTANT SAFEGUARDS25. 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 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 malfunctioning use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning 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, contact a qualified electrician. Do not attempt to modify the plug in any way. 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. Page 3CONTENTSINTRODUCTION.. 2IMPORTANT SAFEGUARDS.. ... 3UNPACKING/ASSEMBLY... . 5PARTS AND FEATURES .. **6USAGE-BASICS 7USAGE-DEHYDRATING FOOD** 9USAGE-PRE-HEATING 9USAGE-THAWING 9SUGGESTED COOKING TIMES .. 10HELPFUL TIPS. 13CLEANING AND CARE .. 1312Halogen 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 extender ring for more capacity and 2 cooking racks (low and high) so you can prepare a whole meal at once. Taste the difference!Combines Halogen, Convection & Infrared Heat TechnologyUses Less EnergyCooks Multiple Foods At The Same TimeCooks From Frozen, No Need To DefrostForget about traditional ovens, stove tops and microwaves. Introducing The Sharper Vave 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. INTRODUCTIONPage 45UNPACKING - ASSEMBLYMAIN OVEN UNIT (LID, GLASS BOWL AND BASE)EXTENDER RING (1)COOKING RACKS (2)TONGS (1)PACKAGE CONTENTS: 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.UNPACKING - BEFORE FIRST USE1. 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 bowl.4. Place the glass bowl. 5. If using extender ring, place it on top of the glass bowl. Then place the lid on. QUICK ASSEMBLY (See PARTS+USAGE instructions on pp. 6-8)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. Extender Ring-increases capacity in order to cook larger foods.4. High Cooking Rack-additional rack for extra food5. Low Cooking Rack-main rack to cook foods6. Glass Bowl-holds food to be cooked7. Bowl Base-holds glass bowl86345172PARTS AND FEATURES61a1bPage 59USAGE-DEHYDRATING FOOD/ PRE-HEATING / THAWINGDEHYDRATING YOUR FRUITS, VEGETABLES AND HERBS1. Wash the fruit or vegetables you are using and dry them. Peel the skin, if you prefer.2. Using a sharp knife, make slices about 1/16th of an inch. If using soft fruits like bananas or any other soft fruit, briefly place it in the freezer so it can harden. That will make the slicing much easier.3. Place fruit slices in a lemon juice solution of 1/2 cup water with 1/2 cup lemon juice for 10 minutes. When soaking banana slices, soak only for 5 minutes. Do not soak vegetables. 4. Arrange both racks (high and low) on top of each other to form a grid. Just place the high cooking rack in first, then layer the low cooking rack were the high rack. alone.5. Place the slices close together (but not touching) in one layer. Do not stack one on top of the other.6. Close the lid. Do not lower the handle yet.7. Set the temperature knob to 60 minutes (for fruits). Refer to individual cooking times on p.12.8. Lower the handle until it snaps in, this will turn the unit ON. 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.9. It is recommended to check on the food every 15 minutes or so. Just simply lift the handle up to turn the oven off. When done checking-lower the handle until it snaps in.10. Most fruit will be pliable or leathery when done (you can bend it and it won't break). To check -tear a piece of dried fruit in half and if no moisture beads up on the inside and there is no stickiness on the outside, it's done. THAWINGAlthough you can cook from frozen using this infrared oven, we offer you an option to thaw frozen foods. This way it is done in most efficient way without changing the quality or texture of the food.PRE-HEATINGNOTE: Make sure to insert the trays inside the oven prior to pre-heating. If pre-heating is required, set the required 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. If using extender ring, be extra careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the glass lid.Follow the usage directions on pp. 8+9 for complete instructions.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 lnternal Food Temperature guide on the page 13. SUGGESTED COOKING TIMESMEATSBeef Roast 3 lb.45 min (Rare)50 min (Medium)60 min (Well)400 F°LOW80 min (Med rare)15-20 min per lb. Use Extender RingTurn every 15 minFISHTYPE OF FOOD NOTESCOOKINGTEMP.RACKHEIGHTCOOK TIME(from fresh)COOK TIME(from frozen)400 F°Turn after 7 minSteak 1" Thick HIGH10 min (Med rare) 15 min (M rare)350 F°LOWFrozen loaf-cover w/foil half way through40 min 60 minMeat Loaf 2 lb.400 F°Turn onceHIGHHamburger 1/4 lb.10/12/15 min (R/M/W)12/15/18 min400 F°LOWFat side down, turn half way through60 min 95 minPork Roast 3 lb.Turn after 10 min400 F°HIGH16-18 min 30 minPork Chops 1/2" thickTurn over400 F°HIGH10 min 15 minSausage Links 1 lb.Turn, baste400 F°LOW30 min 45 minSpare RibsTurn after 5 min400 F°HIGH20 min 30 minLamb Chops 1 1/2" thickCrisscross racks; turn after 5 min400 F°LOW10 min 16 minBaconCrisscross racks; turn, baste400 F°HIGH10 min 12 minGrilled ShrimpCrisscross racks400 F°HIGH10 min 12 minBreaded FishTurn once400 F°HIGH15-18 min 25 minSalmon Steak 4 oz.10Page 67PRIOR TO USE IMPORTANT:- Place the oven on a stable, heat-proof surface and make sure it is not near the edge of the table or countertop.- Make sure that the power cord is not touching any hot surface. Always have enough space around the oven, so there is enough for cover when removed from the unit.- Make sure you've placed the cooking racks inside the glass bowl prior to pre-heating and/or cooking.- Always have the oven mitts ready to remove the lid and cooked food.-You may use any oven safe pans, plates, tin foil, etc. that can be used inside the conventional oven. ASSEMBLY-PLACING FOOD IN UNIT: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.NOTE: You may combine both trays to make it a grid when cooking foods like french fries. Just place the high rack over the high rack. Align to form a grid. See Diagram on right2. 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.3. You can increase the capacity of your Super Wave Oven comes with the Extender Ring that you can place on top of the glass bowl.4. Just place the flat part of the extender ring over the glass bowl's lip. The extender has its own lip that will create a perfect seal with the unit's lid. See Diagrams above and on right.5. Close the lid. Do not lower the handle yet.Plug the power cord into the electrical outlet.SETTING THE TEMPERATURE: 6. Set the temperature knob to desired temperature by turning the knob clockwise. Refer to cooking times/temperature guide for reference.NOTE: The cooking times and weight of the food to be cooked. Most meats have recommended cooking times, those times should be used as a guide as the ovencooks faster than conventional ovens, so you may need to allow less time to cook the food.USAGE-BASICS (Refer to p. 6 for Parts Identification)EXTENDER RINGTop (with lip)Bottom (flat)SETTING THE TIMER: 7. Set the timer knob to desired time by turning the timer controls, DO NOT rotate the knob counterclockwise, as it may damage the timer. If you have set the timer for longer than required, turn the oven off and wait for the timer to naturally countdown to the desired time. To turn the oven off, bring the handle to its upright position as this will activate the safety switch. TURNING UNIT ON/OFF:8. Lower the handle until it snaps in, this will turn the unit ON. 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. Once the unit is ON, the halogen lamp and the fan will turn on. The power (red) and heat (green) lights will illuminate. The halogen lamp and the fan will turn off. Once the unit is ON, the halogen lamp and the fan will turn off. when the required heat setting has been reached.9. 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 up to turn the oven off. CAUTION: Before removing the glass lid always bring the handle up to turn the oven off. CAUTION: Before removing the glass lid always bring the handle up to turn the oven off. careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the glass lid. 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. NOTE: To ensure the food is cooked, use a cooking thermometer or pierce the food with a fork to check for uncooked juices on meats and poultry. When cooking 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.12. Use the tongs provided to lift out the hot cooking racks with food. See Diagram on right.USAGE-BASICS (Refer to p. 6 for Parts Identification)8Page 7SUGGESTED COOKING TIMES SUGGESTED COOKIN frozen)460 F°Breast side down, turn half way throughWhole Chicken 4 lb, LOW45 min 90 min400 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down, turn half way through20 min 40 min20 F°LOWBreast side down half way through20 min 30 minChicken Thighs400 F°LOWTurn half way through20 min 30 minChicken Legs400 F°LOWTurn half way through400 F°LOW1 hours (15 min/lb.) 2 hours 20 minWhole Turkey 6 lb.Breast side down, turn half way through400 F°LOW1 hour 2 hoursTurkey Breast 3 lb.Turn half way through400 F°LOW35 min 45 minQuarter of ChickenBreast side down, turn half way through460 F°LOW45 minBaked Potatoes 6 oz.Cut in half400 F°LOW30 minAcorn SquashTurn half way through400 F°LOW8-10 minEggplant 1/2" thick slicesCook in 1 inch of water in bowl400 F°LOW8-10 min 12-15 minCorn on the Cob (4)12TYPE OF FOOD NOTESCOOKINGTEMP.RACKHEIGHTCOOK TIME(from fresh)COOK TIME(fresh)COOK TIM shallow pan, do not use oil420 F°LOW9 minPopcornCrisscross racks400 F°HIGH10 minPizzaFRUITS AND ASSORTEDDEHYDRATINGCrisscross racks400 F°HIGH14 min 16 minTilapia Fish Filet 4 oz.400 F°LOW30 min 35 minWhole Snapper 1 lb.VEGETABLES continuedWrap loosely in foil460 F°HIGH45 minRoasted GarlicWrap loosely in foil; add 1 tsp of water400 F°HIGH25 minSteamed BroccoliWrap loosely in foil; add 1 tsp of water400 F°HIGH25 minSteamed BroccoliWrap loosely in foil; add 1 tsp of water400 F°HIGH10 minVegetable Medley400 F°LOW35 minSweet Potatoes 6 oz.Crisscross racks460 F°HIGH12 min 15 minFrench FriesTHAW/WASHHIGH60 minApplesCrisscross racks, slice 1/16" thick; soakTHAW/WASHHIGH60 minBananasPlace peeled banana in freezer for 5 min; soak 5 minTHAW/WASHHIGH60 minPearsCrisscross racks, slice 1/16" thick; soakTHAW/WASHHIGH60 minPearsCrisscross racks, slice 1/16" thick; soakTHAW/WASHIGH60 minPearsCrisscross racks, slice 1/16" thick; soakTH minParsleyCrisscross racksTHAW/WASHHIGH50-60 minTomatoesCrisscross racks, slice 1/16" thick11Soak fruit slices in lemon solution (1/2 cupwater+1/2 cup of lemon juice) for 10 min Ask the publishers to restore access to 500,000+ books.

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