

NARITA®



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NARITA®

Turbo Oven

Instruction Book

FASTER WITH LIGHT WAVE

NO-1300



Please read through this INSTRUCTIONS carefully before operation.

LIMITED WARRANTY

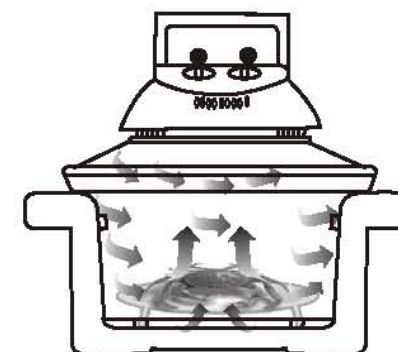
This unit is warranted against defective materials or workmanship for 1 year from the date of purchase. The warranty is valid for any manufacturing defects. This warranty covers operational defects incurred in normal use and does not apply in the case of damage, abuse, mishandling, accident, or failure to follow operation instructions. Narita shall have no responsibility for any damages incidental to defective equipment and its sole responsibility shall be for the repair or replacement as indicated, except for shipping and handling costs. There are no implied or expressed warranties of fitness or merchantability which extend beyond the above warranty. Returns under this warranty must be accompanied with a check for \$10.00 to cover shipping & handling.

Note: Any unit for reimbursement or repairing should be send back with original complete box to the authorized service representative.

Website: www.naritausa.com

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IMPORTANT SAFEGUARDS

When using electrical appliances, these basic safety precautions should always be followed

1. Read all Instructions.
2. Always switch power off before removing plug from wall outlet.
3. Remove plug by grasping the plug. *Do not pull the cord.*
4. Do not touch hot surfaces. Use handles or knobs and wear oven mitts.
5. To protect against electrical shock, do not immerse cord, plugs or motor assembly in water or other liquids.
6. Close supervision is necessary when this appliance is use by or near children.
7. Unplug from power outlet when not in use and before cleaning.
8. Allow the appliance to cool before putting on or taking off parts.
9. Do not operate the appliance with a damaged cord or plug.
10. If the appliance malfunctions or has been damaged service facility for examination, repair or adjustment.
11. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
12. Do not use outdoors. This applications is not design for outdoor usage.
13. Do not place the appliances on, near electric element (hot plate), a hot gas flame, or in a heated oven.
14. Do not let cord hang over edge of table or counter or touch hot surfaces.
15. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
16. Do not use appliance for purpose other than intended usage.

SAVE THESE INTRUCTIONS

1. Do not move of lift the turbo oven while the power cord is still connected to the wall outlet. Remove the plug from the wall outlet, then remove the top by using both hands, move carefully.
2. Before removing the lid:
 - a. Turn the timer off
 - b. Disconnect power cord.
 - c. Lift the top using carrying handle.
 - d. Place the top, preferably resting the stainless steel edge rim and the handle / plastic top on a flat surface.

Rolls	15-20	350°-F (175°C)	Low
Biscuits	10-20	375°-F (190°C)	Low
Muffins	15-18	375°-F (190°C)	Low
Cornbread	10-20	375°-F (190°C)	Low

Cookies			
Drop	8-10	375°-F (190°C)	High
Rolled	12-15	375°-F (190°C)	Low
Bar	12-20	375°-F (190°C)	Low

Frozen pizza	9	400°-F (200°C)	High
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Seafood

Fish	7-10	400°-F (200°C)	High
Shrimp	8-10	400°-F (200°C)	High
Steamed Clams	3-5	325°-F (165°C)	Low
Meringue	5-8	350°-F (175°C)	Low

Vegetables

Baked potatoes	20-35	475°-F (250°C)	Low
French Fried	10-12	400°-F (200°C)	High

TURBO OVEN COOKING GUIDE

Poultry	Cooking(munites)	Temperatures	Rack Position
Chicken			
Whole	35-40	400°F (200°C)	Low
Parts	15-20	400°F (200°C)	High
Turkey	60-90	400°F (200°C)	Low
Duck	50-60	400°F (200°C)	Low
Meats			
Beef Roast (3lb)			
Rare	35-40	350°F (175°C)	Low
Medium	45-50	350°F (175°C)	Low
Well	55-60	350°F (175°C)	Low
Steak			
Medium rare	8-10	475°F (250°C)	High
Lamb Roast (3.5lb)			
Medium	60-70	400°F (200°C)	Low
Well	80-90	400°F (200°C)	Low
Sausage	10	400°F (200°C)	Low
Eggs			
Poached	5-6	350°F (175°C)	Low
Soft-boiled	4-5	400°F (200°C)	Low
Omelets	10-12	350°F (175°C)	Low
Cake			
One Layer	20-25	350°F (175°C)	Low
Loaf	35-40	350° -F (150°C)	Low
Pastry			
Pie crust	10-12	400° -F (200°C)	High
Pie crust + filling	25-30	350° -F (175°C)	Low
Two Crust + filling	30-35	350° -F (175°C)	Low
Meringue	5-8	350° -F (175°C)	Low
Yeast Bread			
Loaf	15-20	350° -F (175°C)	Low

- Do not place the hot underside of the lid directly onto laminated surfaces, wood surfaced, paper, paper, plastic or other flammable surfaces. Put the lid only on heat resistant surface.
- Never place the lid on a chair or bench while it is plugged in and operating.
- Always place the top unit onto the bowl before plugging in the power cord and switching on.
- Keep the bowl sides at least 3" from other surfaces.
- Do not clean with metal scouring pads. Pieces may break off the pads and touch electrical parts, creating risk of electrical shock.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person on order to avoid a hazard.

INTRODUCING THE TURBO OVEN

The turbo oven is a new portable low cost devise that have all the advantages of larger turbo oven but at a fraction of the price. It lets you use conventional culinary skills to cool faster and better. You can easily take it to the table and serve directly from it. It will keep meals hot and save the hassle of cleaning.

- Turbo Oven cooks everything an oven cooks**

It is true multi purpose oven suited to prepared all kinds of dishes which would normally require a full size conventional kitchen oven.

- Turbo Oven cooks in many ways**

It can roast, bake, grill, cool, steam, reheat, or defrost.

- Turbo Oven is economical**

It consumes less than half the electricity of conventional ovens and approximately the same as regular microwave oven. As a result, it's compact size and requires less energy to heat up to achieve the same result. You can save time and money while your food is cooked to perfection.

- Turbo Oven is fast**

It cooks 20% to 60% faster than a conventional oven. This result from a combination of compact size, efficient design and fan forced heating principle.

- Turbo Oven travels everywhere**

It is portable and is great for holiday. You can use it at home, at the office or the wire rack, retention of fat is minimized to lower calories and cholesterol consumption.

TURBO OVEN

• Turbo Oven cooks evenly

Cooking with hot moving air, your food is perfectly roasted all over.

• Turbo Oven Is easy to operate

• You can watch your food cooking

• Food remains succulent and juicy (not dried out).

• Hot air will not produce smoke and won't burn your food.

Whether you cook for one, two, or for the whole family, the Turbo Oven will help you to save and money while your food being cooked to perfection.

TECHNICAL SPECIFICATIONS

Model	NO-1300
Rated Voltage	120V
Rated Wattage	1200W
Frequency	60Hz
Capacity	12L

HOW TO USE

1. Read all instruction and important safeguards.
 2. Remove all packaging materials and make sure items are received in good condition.
 3. Tear up all plastic bags as they can pose a risk to children.
 4. Wash the glass cooking bowl in warm, soapy water. Rinse and dry thoroughly.
 5. Place oven on a dry, level countertop or table. Keep the edge of the oven 2-4 inches away from any walls and objects on the countertop or table.
 6. Place the lid securely on the unit.
 7. Set the timer for minutes and preheat the oven to maximum temperature.
 8. After the timer has turned off and the oven has cooled, wipe the inside of the glass bowl again.
- * Do not use abrasive cleaners or scouring pads.
 * Do not immerse the lid, cord, or plug in water at any time.

To Use:

1. Place the low rack in the glass container and put food on the center of the rack. Allow a three-inch space between the food and the top of the oven. You may use the high rack for achieving crispiness or browning of food.

BUTTER OYSTER



Materials:

1. 3 oysters (about 600g), 50 butter and 2 pieces of cheese (available in supermarket)
2. A little ginger wine, moderate onion and parsley grain.

Operation:

Remove the intestines and viscera of the oysters and clean, dry the water content with towel.

Cook the butter, chop cheese and mix with the ingredients evenly and place on the oysters. Put the oysters on the baking pan and place the pan inside the light-wave/convection oven and heat with the temperature of 200°C for 4 minutes. Finally, take out and tear with hands.

FRIED CRAB WITH BEER



Materials:

1. 2 crabs (about 600g), 100g beer, moderate ginger and onion, a sheet of tinfoil
2. 1 spoon of starch
3. 1/3 spoon of salt, a little pepper and sesame oil, an egg white

Operation:

- A. Cut the crabs and keep the covers, mix starch with crabs evenly and put on the braising pan with tinfoil.
- B. Mix the salt, pepper, sesame oil and egg white with beer evenly and put into the crabs together with ginger and shallot, then pack with tinfoil and place on the grill of the light-wave/convection oven and heat with the temperature of 250°C for 10 minutes.

FRIED DUMPLING



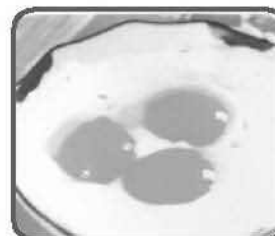
Materials:

1. 135g dumpling (25 pieces, available in supermarket)
2. Moderate peanut butter.

Operation:

Place the frying pan on the grill of oven, fill moderate peanut butter and preheat with light-wave/convection oven, then put all the dumpling into the frying pan one by one and heat with the temperature of 250°C for about 12 minutes.

NUTRITIVE FRIED EGG



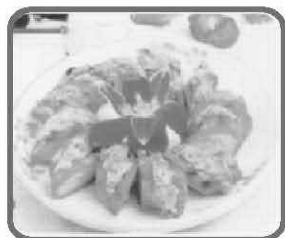
Materials:

1. 300g steamed bread (12g, available in supermarket)

Operation:

Put steamed breads on the pan and place the pan on the stand of light-wave/convection oven, set the temperature at 180°C and heat for 5 minutes.

STUFFED TOWEL GOURD



Materials:

1. 100g fish glue, 15 pieces of chopped towel gourd (about 300g), a sheet of tinfoil
2. Moderate starch
3. Half spoon of salt and monosodium glutamate, 150g water
4. 1 spoon of soy sauce, half spoon of cooked light soy sauce, moderate onion and pepper.

Operation:

Fill the ingredients shown in Material Item 2 into the towel gourds and spread the fish glue on the towel gourds. Then put the ingredients shown in Material Item 3 into the towel gourds and pack with tinfoil. Place them into the baking pan and heat with the temperature of 250°C for 10 minutes. Finally, take out and pour the ingredients shown in Material Item 4 on the towel gourds.

POP CORN



Materials:

1. 150g dry corn (available in supermarket or grocery)
2. 2 spoons of butter and moderate sugar powder

Operation:

Preheat and melt the butter with the light-wave/convection oven, mix the butter with dry corn evenly. Put the mixture into the light-wave/convection oven, heat with the temperature of 250°C for 20 minutes until the dry corn pops. Take out the pop corn and spread with sugar powder.

BAKED CASHEW SKIN WITH SALT



Materials:

1. 200g cashew
2. 1.5 spoons of butter, 1 spoon of salt, 1/3 spoon of sugar

Operation:

- Put butter onto a small bowl and melt in the light-wave/convection oven, then take out and add salt and sugar for standby.
- Place cashew on the baking pan and mix with regulated butter evenly. Put it into the light-wave/convection oven and heat with the temperature of 180°C for 6 minutes (note: turning once or twice shall be made during baking).

BAKED CORN



Materials:

1. 2 pieces of corns
2. 2 sheets of tinfoil

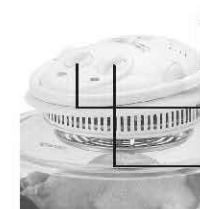
Operation:

Clean the corns and pack with tinfoil, place on the baking grill of the light-wave/convection oven and heat with the temperature of 250°C for 15 minutes.

2. Place the oven top unit on the glass container securely.
3. Insert the power cord into the proper electrical outlet.
4. To turn oven on, push the handle down until it securely snaps into place. If the handle is not down securely, the power will not turn on.
5. Set the timer to the desired time, The power light will illuminate.
6. Turn the temperature switch to the desired temperature. The temperature light will illuminate and cooking will begin.
7. When the cooking time has elapsed, the oven will turn off automatically. To ensure safety when the handle is lifted up, the power will turn off automatically. To turn the power back on, push the handle down.

Note: The thermostat accurately controls the temperature by switching the element "off" you will notice the temperature pilot light blinking "on" and "off". The timer will switch "off" after the present time period has passed and a bell will sound momentarily to alert you that the cooking time is over

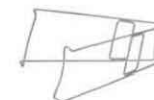
PARTS IDENTIFICATION



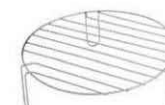
- Power Safety Handle
... when straight up, unit is off.
... when down, unit is on.
- Timer
... controls time the oven is on.
- Thermostat
... controls temperature.



- Glass Bowl
... removable for easy cleaning.
- Lower Rack.
... sits in bottom of glass bowl to allow air to circulate around food.



- Tongs
... for removing hot racks and food from oven



- Elevated Wire Rack
... to be placed in glass bowl over lower rack for dual level cooking.

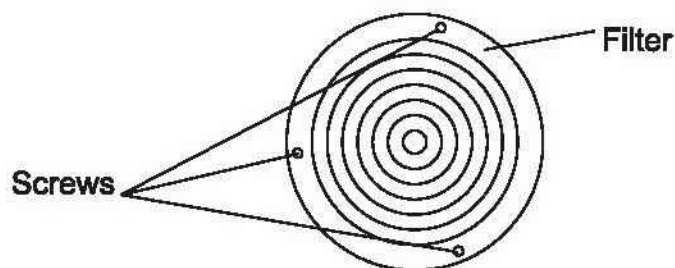
MAINTENANCE

Always unplug and let cool before cleaning.

1. Turn the oven OFF by turning the timer to zero(0) and unplugging the power cord from the wall immediately after cooking. Allow oven to cool completely.
 2. Wait until the glass cooking bowl is completely cool and then clean it thoroughly with warm, soapy water and a damp sponge or cloth. The glass cooking bowl and accessories are dishwasher safe. For tough cleaning jobs, pour 1/2 inch of water and some detergent into the glass cooking bowl. Replace the oven top/lid and set thermostat to 200°F. Set the timer to 15 minutes and watch as the turbo action softens and removes residue. Unplug and allow to cool before finishing cleaning.
 3. The grease filter is located on the underside of the oven top/lid. It can be removed and soaked if needed in hot detergent to remove grease. To remove the grease filter from inside the top oven unit, unscrew the three connector screws (see image below). This should be done only when the unit is unplugged and completely cool.
- * Do not use abrasive cleaners on oven or glass cooking bowl.
 - * Do not wash or immerse the oven top/lid, cord, or plug in water or any other liquid.
 - * The oven top/lid is NOT immersible or dishwasher safe.

Grease filter

Located on the underside of the oven top/lid



FOR A LIGHT CLEANING:

1. Using dishcloth or sponge with a mild dishwashing detergent and warm water, wipe glass bowl, lid and fan housing clean.
2. Rinse glass bowl well to remove all detergent.

BALSAM PEAR POT



Materials:

1. 1 piece of balsam pear, 100g shredded pork, 50g shrimps, 10g garlic, 6g light soy sauce, 8g sesame oil, 15g shredded soybean, 12k white sugar 5g salt and 10 starch.

Operation:

Remove both ends and seeds of balsam pear, cut it into segments and pickle with salt for five minutes. Peel off and chop garlic, clean and chop shrimps, then mix shredded pork, starch, garlic powder, shrimp paste evenly and pack with tinfoil on the oven grill, set the temperature at 220°C to heat for 18 minutes.

STEAMED WEEVER



Materials:

- 1 piece of weever, 15g shallot, 10g ginger, 5g salt, 3g monosodium glutamate, 10g cooking wine, 15 soy sauce.

Operation:

Clean weever and shallot and cut into slices or flowers. Peel off and chop garlic, then pick weever with shall and ginger slice and flavor for 20 minutes and pack with tinfoil, place in light wave/ convection oven, set temperature at 230°C to heat for 18 minutes.

EGG CAKE WITH SHREMP AND HOTBED CHIVES



Materials:

1. 4 pieces of 20g steeped shrimp, 40g hotbed chives, 10g steeped mushroom
2. Half spoon of salt, 1 spoon of monosodium glutamate, moderate pepper, sesame oil and peanut butter

Operation:

Firstly, mix egg, shrimp, hotbed chives, mushroom and the ingredients shown in Material Item 2 evenly, then pour into the preheated frying pan with oil and heat with the temperature of 175°C for 8-10 minutes.

COLOURED BEAN SPROUTS



Materials:

1. 500g bean sprouts, 10g shredded carrot, 10g green and red pepper respectively, 20g onion, 10g steeped shredded mushroom

Operation:

Preheat the pan, put in the ingredients shown in Material Item 2 and fry quickly with bean sprouts, then fill the ingredients shown in Material Item 3 and heat with the temperature of 250°C for 10 minutes while turning over the dish during the heating, finally add a little sesame oil and mix it up evenly.

GARLIC SPARERIBS

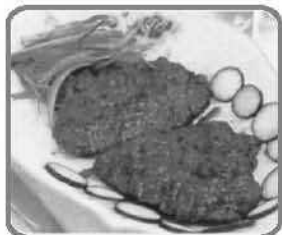
**Materials:**

1. 500g spareribs
2. Half spoon of salt and monosodium glutamate, 1.5 spoon of sugar, 1 egg, moderate pepper, 1 spoon of garlic juice, ¼ garlic salt, 3 spoons of glutinous rice power, 2 spoons of rice powder and starch, meat tenderiser, moderate edible powder and wine.

Operation:

Mix the ingredients shown in Material Item 2 with spareribs evenly and pickle for 30 minutes, then put it in the preheated light-wave/convection oven for heating about 18 minutes with the temperature of 250°C.

PAPRIKA STEAK

**Materials:**

1. 3 steaks (about 250g), 50g shredded onion
2. 1 spoon of salt, half spoon of monosodium glutamate and sugar, moderate wine, a little edible powder, 3 spoons of starch, half egg, moderate oil
3. 3 spoons of black pepper

Operation:

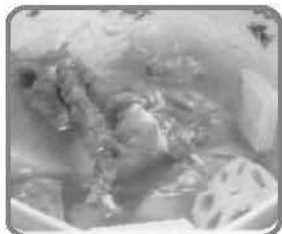
Mix the ingredients shown in Material Item 2 with steak evenly and pickle for 30 minutes, then put it on the preheated baking plate with oil for heating about 20 minutes with the temperature of 25°C. Spread the ingredient shown in Material Item 3 on the both sides of steak, put in shredded onion and then heat for 2 minutes (note: It shall depend on the requirement in different length of time).

RED POTTERY POT
BRAIZED RICE**Materials:**

1. Moderate rice and 2 red pottery pots
2. Some bacon (optional)

Operation:

- A. Clean the rice and put in the pot, fill water and heat for 20 minutes with the temperature of 250°C.
- B. If bacon is to be added, heat for 15 minutes with the temperature of 250°C and an other 5-8 minutes after bacon is filled in it.

LOTUS ROOT
& SPARERIB SOUP**Materials:**

1. 500g lotus root, 350g sparerib
2. 2 pieces of ginger, 1 piece of shallot, 2 bowls of clean water, 4 big spoons of white vinegar, 1 spoon of salt, 2 spoon of monosodium glutamate.

Operation:

Peel the lotus root and cut into chops. It is better to boil the sparerib in hot water for 2 minutes for removal of thin blood. Put water, lotus root, sparerib and other ingredients into the pot, then place the pot in the light-wave/convection oven, set the temperature at 220°C to heat for more than 1 hour.

NOTE:

- Never immerse the lid in any liquid.

If scrubbing is necessary, use a nylon or polyester mesh pad.

- Do not use a steel wool pad or abrasive material.

- Never use solvents or cleaning powers.

- Be careful not to get any liquids inside the lid.

RECIPES

Please refer to the **Quick Reference Card** for general guidelines regarding cooking time and methods.

TO STEAM VEGETABLES

To steam vegetables while to are baking or roasting, simply wrap vegetables in foil. **Secure the foil so that it will not be blown or sucked off by the fan.** Place foil wrapped bundles in turbo oven so that air can circulate around them (you can use the Dual Height Stand to create a platform above other foods already cooking). Steaming this way will take a little longer than steaming in pot. Fish can also be cooked in foil, steaming in its own juice. Add a little lemon juice and add a few sliced vegetables.

TO BAKE CAKES

Place cake tin on wire rack in bowl. If you require a very moist cake with almost no crust, secure a foil "tent" over the cake tin. You can remove the foil just before the cake is ready to allow the top to dry out slightly. Cakes will bake a little pickier in the Turbo Oven than they will in a turbo oven.

TO COOK PASTRIES, BISCUITS, ETC.

Place cake tin on wire rack in bowl. If you require a not so crisp finish cover with foil for first of cooking period. Pastries and biscuits will also cook a little quicker in turbo Oven.

HINTS

1. Avoid stacking food in an attempt to cook more food. If air cannot circulate around the food you will only fully cook the top. Always leave spaces for air to travel and use the dual height stand and perforated baking dish when necessary.
2. After food is cooked, turn thermostat down and keep fan running to maintain crispiness.
3. Remove the top and take the bowl to the table just before serving food.
4. To make cleaning of your turbo Oven even easier, spray the metal surface (wire rack, dual stand, perforated tray and the underside of the lid with a cooking spray before each use.
5. A meat Thermometer can be used to easily determine the extent of cooking. 160°F (70°C) is rare, 185°F (85°C) is medium, 215°F (102°C) is well Done.

BREAKFAST

CROISSANTS

For 3 or 4 croissants: Set thermostat at 220°F (105°C) and preheat turbo oven. Reheat croissants for 3 to 6 minutes. Frozen croissants will take 3 to 6 minutes. Frozen croissants will take 6 to 10 minutes.

BREAD ROLLS

For yesterday 'rolls: Wet your hands and handle one roll then place on dual height rack repeat with any other rolls. Set thermostat to 220°F (105°C), cook for approximately 10 to 12 minutes.

GRILLS BACON

Ovenrind and excess fat from bacon slices. Lay slices on dual height rack. Set thermostat to 450°F (230°C), cook for approximately 6 to 8 minute.

SAUSAGES

Place sausages on dual height rack. Set thermostat to 400°F (200°C), cook for approximately 10 to 12 minutes.

DAINTY FOR YOU ...

CRISP ROAST CHICKEN



Materials:

1. One chicken (about 750g)
2. Moderate bruised ginger and shallot, a spoon of salt, monosodium glutamate and sugar respectively, a pack of salty chicken powder, two spoons of sesame oil and oil each, moderate star anise flavor.
3. 2 spoons of light soy sauce and dark soy sauce respectively, 2.5 spoons of honey.

Operation:

- A. Mix the ingredients shown in Material Item 2 and spread on the chicken breast with little on the chicken body and pickle for more than one hour.
- B. Spread the ingredients shown in Material Item 3 on the superficial skin of the chicken, then put chicken in the preheated light-wave/convection oven for heating 15-18 minutes with the temperature of 220° C. During the toasting process, spread oil and turn over the chicken so as to be crisp and colored.

HONEYDEW BARBECUED PORK



Materials:

1. 500g streaky pork
2. 2 spoons of salt, 5 spoons of sugar, 2 spoons of monosodium glutamate, 1 spoon of peanut butter, 4 spoons of light soy sauce, 2 spoons of honey, moderate pepper and wine.

Operation:

Mix the ingredients shown in Material Item 3 with streaky pork evenly and pickle for 30 minutes, then put it in the preheated light-wave/convection oven for heating 8 minutes with the temperature of 200°C and finally take out for slicing.

EEL COOKING



Materials:

1. 2 pieces of eel (about 300g)
2. 3/4 spoon of salt, half spoon of monosodium glutamate and sugar, 2 spoon of seafood soy sauce, a little sesame oil and pepper, 2 spoons of starch.
3. Moderate barbecue juice (about 1 spoon)

Operation:

Clean and cut the eels and remove the water content, mix with the ingredients shown in Material Item 2 and pickle for more than 10 minutes, heat up 8-10 minutes on grill with the temperature of 200°C. Open the oven, spread the juice shown in Material Item 3 and then heat for 3-5 minutes.