

LAKELAND

INSTRUCTION BOOKLET

TOUCHSCREEN AIR FRYER



Model: 31796

LAKELAND TOUCHSCREEN AIR FRYER

Thank you for choosing the Lakeland Touchscreen Air Fryer.

Please take a little time to read this booklet before getting started and keep it in a safe place for future reference.

Our Touchscreen Air Fryer helps you cook your favourite food the healthier way, using little or no oil.

Versatile, quick and convenient, the top grill circulates hot air to cook your food evenly from all directions, so you can cook meat, fish, poultry and seafood to perfection. Fantastic for frozen foods like French fries and scampi too, and you can fry up to 500 grams of crisp, delicious, guilt-free home-made chips with just a single teaspoon of oil.

With a more compact footprint than other air fryers, there's no messy oil to change and less of the odours associated with traditional deep fat fryers. It's simple to use with an LED touchscreen control panel, and a clear countdown timer helps you keep track of progress.

Here at Lakeland, our award-winning family-owned business still offers the same excellent quality, value for money and exceptional customer service as when we founded the company back in the 1960s.

Our products are hand-picked and thoroughly tested so you can be sure that everything you purchase will be a pleasure to use for many years to come.

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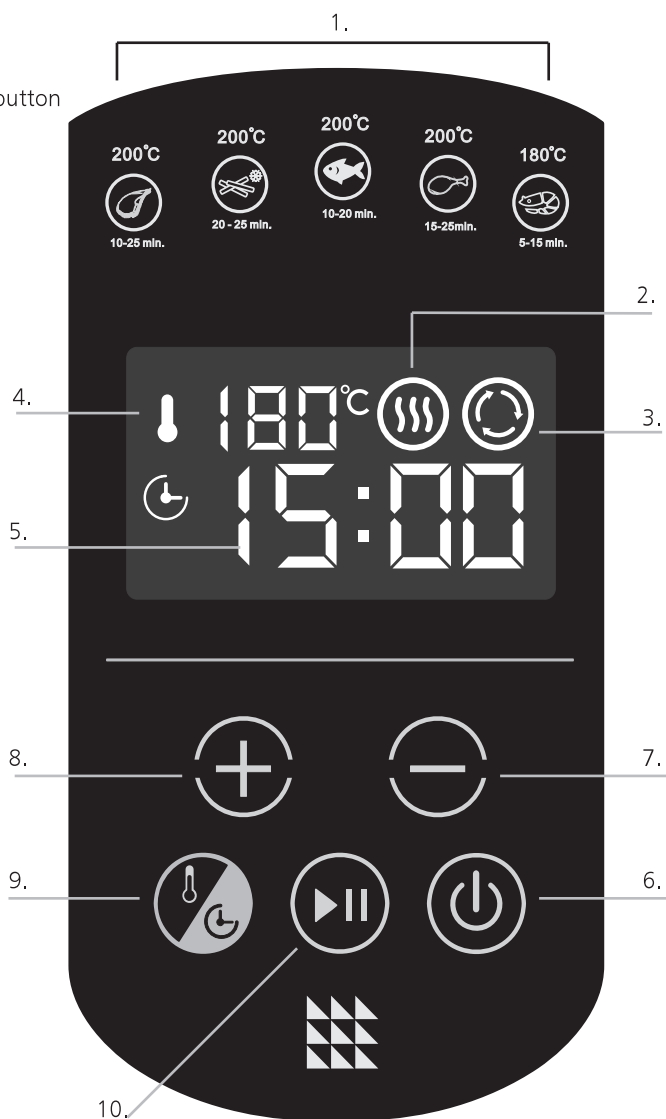
PRODUCT FEATURES

1. Air vents
2. Cord storage
3. Cord and plug
4. Control panel
5. Digital display
6. Power light
7. Pan
8. Basket
9. Basket release button
10. Basket button cover
11. Basket handle
12. Cooking cavity and heating element



CONTROL PANEL

1. Guide to cooking times
2. Heating light
3. Motor light
4. Temperature
5. Time (MM:SS)
6. On/Off button
7. Decrease (-) button
8. Increase (+) button
9. Time /Temperature set button
10. Start/Pause button



SAFETY CAUTIONS

Carefully read all the instructions before using the appliance and keep in a safe place for future reference. Always follow these safety cautions when using the appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described in this instruction book.

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised.
- Make sure your electricity supply matches the voltage shown on the appliance.
- Ensure all packaging materials and any promotional labels or stickers are removed from the appliance before the first use.
- Always inspect the appliance before use for noticeable signs of damage. Do not use if damaged or has been dropped. In the event of damage, or if the appliance develops a fault contact the Lakeland customer care team on 015394 88100.
- Do not use this appliance if the lead is damaged. If the lead is damaged it must be replaced with a special lead. Contact the Lakeland customer care team on 015394 88100.
- Always use the appliance on a dry, level, heat resistant surface.
- Unplug from the mains when not in use and before cleaning. To disconnect, turn the socket to “off ” and remove the plug from the mains socket.
- Do not use any accessories or attachments with this appliance other than those recommended by Lakeland.
- To protect against fire, electric shock or personal injury, do not immerse cord, plug or lid in water or other liquids.
- Do not leave the lead hanging over the edge of a kitchen table or worktop. Avoid contact between the lead and hot surfaces.
- For indoor use only.
- For domestic use only.
- This appliance should be used for preparation of food as described within the instructions for use that accompany it.
- Always ensure that your hands are dry before removing the plug from the mains socket. Never pull the plug out of the mains socket by its lead.
- To avoid injury or possible fire, do not cover the appliance when in use.

- Do not connect this appliance to an external timer or remote control system.
- An extension cable may be used with care. The electrical rating of the cable should be at least as great as the appliance. Do not allow the cable to hang over the edge of the worktop or touch any hot surfaces.
- This appliance complies with the basic requirements of Directives 2014/30/EU (Electromagnetic Compatibility) and 2014/35/EU (Low Voltage Directive).
- **WARNING:** A cut off plug inserted into a 13amp socket is a serious safety (shock) hazard. Ensure the cut off plug is disposed of safely.
-  **CAUTION:** The plastic bags used to wrap this appliance or the packaging may be dangerous. To avoid risk of suffocation, keep these bags out of reach of babies and children. These bags are not toys.
- Keep the Air Fryer, plug and lead away from hot ovens, flames and other hot surfaces.
- The Air Fryer must be used in a well ventilated area, at least 30cm away from walls and other surfaces to allow sufficient airflow.
- **DO NOT** operate the Air Fryer empty, and never fill beyond the 'MAX' mark on the side of the basket.
- **DO NOT** fill the pan with oil or any other liquid.
- **DO NOT** place food directly into the heating cavity, or allow food to come into direct contact with the heating element. **Never add food to the pan without the basket in place, always cook food in the basket.**
- **DO NOT** leave the Air Fryer unattended during use.
- **The Air Fryer, basket and pan will remain hot some time after use,** switch off and unplug the Air Fryer and let it cool completely before moving, cleaning or storing.

WARNING – HOT SURFACES

- All surfaces marked with this  symbol will get very hot during use.
- To prevent injury, **DO NOT TOUCH.**
- Switch off and unplug the Air Fryer and let it cool completely before touching these surfaces.
- Be careful when removing the pan and basket as burning hot steam can escape, and hot fat can spit and burn, always use the pan handle. Use oven gloves.
- During use, hot steam is released through the air vents - keep your hands and face at a safe distance.

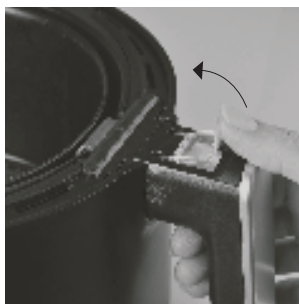


USING THE TOUCHSCREEN AIR FRYER FOR THE FIRST TIME

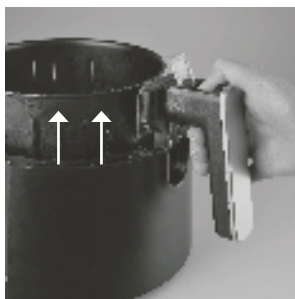
- Unpack the Touchscreen Air Fryer and remove all the packaging materials.
- Before first use, wipe the main unit with a clean damp cloth.

TO REMOVE THE PAN FROM THE BASKET

- Pull the basket handle out from the cooking cavity and place on a dry level surface.



- Lift the basket button cover.



- Press the basket release button with your thumb and lift the basket handle to remove the basket.

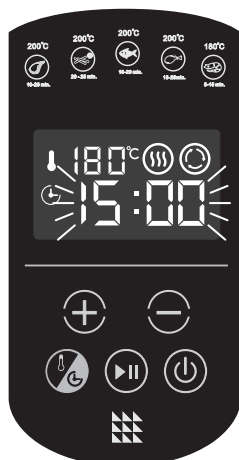
- Wash the basket and pan with hot, soapy water, rinse and dry thoroughly. Both parts are also dishwasher safe.
- Make sure that all parts are clean and dry before assembling the product.
- Lower the basket into the pan until you hear a click when they attach.
- Slide the pan and basket back into the cooking cavity.
- The Air Fryer is now ready to use.

INSTRUCTIONS FOR USE



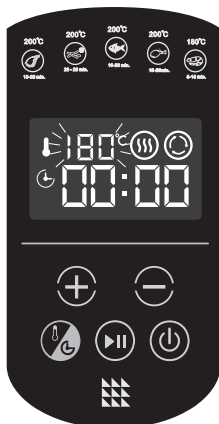
- **PLEASE NOTE:** This is an oil free fryer that works on hot air **DO NOT** fill the pan with oil or any other liquid. Do not exceed the 'MAX' mark when putting your ingredients into the basket.

- Place the Air Fryer on a flat heat resistant surface near a socket. The Air Fryer must be used in a well ventilated area, at least 30cm away from walls and other surfaces to allow sufficient airflow.
- When using the Air Fryer for the first time you may notice a slight burning smell. This is normal for a new heating element and will disappear after a few uses.
- Plug in and switch on the Air Fryer at the socket, the appliance will beep, the display will briefly illuminate and the power light will illuminate blue.
- Press and hold the ON/OFF button , there will be a beep.



- The control panel will illuminate and show the default temperature of 180°C. The default time of 15:00 minutes will be flashing.

- To set the cooking time, use the (+) or (-) buttons – these will increase or decrease in 1 minute increments up to 60:00 minutes. You can press and hold the (+) or (-) buttons to skip quickly through the time.
- **NOTE:** When setting the cooking time add around 2 minutes to allow the Air Fryer to heat up.
- Press the TIME/TEMPERATURE button  to change from time to temperature.



- To set to the temperature, use the (+) or (-) buttons – these will increase or decrease the temperature in 10°C increments from 80-200°C. You can press and hold the (+) or (-) buttons to skip quickly through the temperatures.

- When setting your cooking cycle, if no buttons are pressed for 5 seconds, the temperature and time will start to flash. Press the time/temperature set button  to start again.

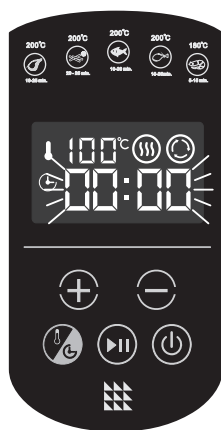


- To start, touch the START/PAUSE button  and the motor light  and heating light  will illuminate and the Air Fryer will start heating. The timer will start to count down in seconds.

- After around 2 minutes when the Air Fryer has heated up to temperature, the heating light  will go out. It will come back on during cooking if the Air Fryer drops below temperature for example, when you are adding food.
- Slide the pan and basket out of the Air Fryer using the handle.
- The Air Fryer will automatically go into 'pause' mode and the display lights will go out.
- Add your food to the basket, do not to exceed the 'MAX' mark on the inside. Never add food to the pan without the basket in place, always cook food in the basket. Excess oil from your food is drained through the basket into the pan during cooking.
- Slide the pan and basket back into the Air Fryer, when the pan is replaced the cooking cycle will automatically continue.

CHECKING YOUR FOOD

- We recommend checking your food during cooking and shaking ingredients gently halfway through to prevent unevenly cooked food.
- Slide the pan and basket out of the Air Fryer using the handle.
- The Air Fryer will automatically go into 'pause' mode and the display lights will go out, gently shake your ingredients. When the pan is replaced the cycle will automatically continue.
- Do not use metal utensils with the pan and basket, this will damage the non-stick coating, use heat resistant plastic or wooden utensils if you need to turn your food.
- **When checking ingredients, place the pan and basket on a heat resistant board.**



- Temperatures and timings can be altered during the cooking cycle if your food needs longer.
 - 'Pause' the Air Fryer using the START/PAUSE button (play/pause icon), there will be a beep and the time on the display will flash, cooking is paused.
 - Increase the time if needed.
 - Press the TIME/TEMPERATURE set button (thermometer icon) again and increase the temperature if needed.
 - Press the START/PAUSE button (play/pause icon) again to continue the cooking cycle.
 - When cooking has finished, the Air Fryer will beep and the time will flash 00:00.
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- Check your food is ready. If not, slide the pan back into the cooking cavity and set the time for an additional 5 minutes.
 - When removing food, do not turn the pan and basket upside down as any hot oil residue which has drained into the bottom of the pan will spill onto your food. Place the pan on a heat resistant surface, remove the basket from the pan and tip your food onto a plate or remove with tongs.
 - Press and hold the POWER button (power icon) until the Air Fryer turns off and the power light goes out.
 - The motor fan may continue to run until the appliance has cooled down. When the fan has stopped, switch off and unplug at the socket.
 - Allow the appliance to cool down completely before moving, cleaning or storing.

A GUIDE TO INGREDIENTS and HINTS AND TIPS

- Do not cook extremely oily or greasy food, such as sausages, in the Air Fryer. Hot oil can spit onto the heating element and cause the appliance to smoke.
- You can cook snacks that would normally be cooked in an oven in the Air Fryer.
- You can use the Air Fryer to reheat ingredients, set the temperature to 150°C for 10 minutes.
- Cut food into even sizes for even cooking.

CHIPS

We recommend Maris Piper and King Edward potatoes for making chips. Store them in a dark cellar or in a cool cupboard away from light.

When you have peeled your potatoes, wash them thoroughly before cutting, and wash again once they have been cut - this will remove the starch.

Dry the chips using a highly absorbent clean tea towel or kitchen towel.

Coat your chips in oil and cook within a few minutes.

PLEASE NOTE: This is an oil free fryer that works on hot air **DO NOT** fill the crisper drawer with oil or any other liquid.

The thinner the chips, the crispier they will be. The thicker the chips, the fluffier on the inside they will be.

Change the cooking time according to the thickness of your chips. If you prefer chips to be crispy, try cooking for a couple more minutes.

To add a different taste to your chips, you can coat them in different types of oil.

You can also cook frozen chips in the Touchscreen Air Fryer, as they are pre-cooked there is no need to add oil.

RECIPES

Please note that all spoon measurements are standard metric, so 1 tsp is 5ml and 1 tbsps is 15ml. We recommend using a set of measuring spoons for accurate results.

SALT AND SICHUAN PEPPER SALMON WITH WASABI MAYONNAISE – Serves 2

Ingredients	Quantity
Sea salt	½ tsp
Sichuan pepper	1 tsp
Vegetable oil	1 tbsps
Salmon fillets (skin on)	2 x 200g
Mayonnaise	75g
Wasabi paste	1 tsp
Fresh coriander	1 tsp, finely chopped
Lime juice	1 tsp

WHAT YOU DO

Using pepper grinder or pestle and mortar, grind the salt and pepper until fine. Combine pepper mixture, oil and fish in medium bowl, cover and stand for 5 minutes.

Set the Air Fryer timer to 15 minutes and the temperature to 180°C.

Place the fish in the Air Fryer. Cook fish, skin side down, for approximately 15 minutes (depending on thickness of fillet). No need to turn.

Meanwhile, combine the mayonnaise, wasabi, coriander and lime juice in a small bowl.

Serve fish with wasabi mayonnaise, together with watercress and a slice of lime, if desired.

CROQUE-MONSIEUR - Serves 2

Ingredients	Quantity
Butter	10g
Cheddar cheese	40g, coarsely grated
Plain flour	2 tsp
Milk	5 tbsps
Fresh flat-leaf parsley	2 tsp, finely chopped
Wholemeal bread	4 slices
Thinly sliced ham	90g

WHAT YOU DO

To make the cheese sauce, melt butter in small saucepan, add flour, cook, stirring until mixture bubbles and thickens. Gradually add milk, stirring until sauce boils and thickens. Remove from heat, stir in cheese and parsley.

Spread the sauce on all four pieces of bread (otherwise the bread will curl up), top two slices with ham then top with remaining bread.

Set the Air Fryer timer to 10 minutes and the temperature to 180°C.

Place one round of sandwich in the Air Fryer. Cook for approximately 10 minutes, turn halfway (5 minutes either side), or cook until browned both sides.

Repeat with the other sandwich.

HONEY-MUSTARD PORK CUTLETS WITH PEAR SALAD - Serves 4

Ingredients	Quantity
Pork cutlets	4 (940g)
Groundnut oil	2 tbsp
Honey	2 tbsp
Dijonnaise	2 tbsp
Pear	1, large unpeeled
Mixed salad leaves	60g
Lemon wedges	to serve

TIP: If you have time, marinate the cutlets, cover them and put them in the refrigerator for 2 hours or overnight. Dijonnaise is available from delis and most supermarkets. If you can't find it, use 1½ tablespoons mayonnaise mixed with ½ tablespoon Dijon mustard.

WHAT YOU DO

Combine pork, oil, honey and Dijonnaise in a large bowl and season.

Set the Air Fryer timer to 25 minutes and the temperature to 180°C.

Cook pork for 25 minutes, turn halfway through cooking time.

Cover and stand for 5 minutes.

Cut unpeeled pear into long thin strips. Place pear and salad leaves in a medium bowl and toss gently to combine.

Serve the cutlets with pear salad and lemon wedges.

FAVOURITE FISHCAKES - Makes 8

Ingredients	Quantity
Skinless firm white fish fillets	400g
Floury potatoes	600g, chopped coarsely
Spring onions	2, sliced thinly
Egg	1, beaten lightly
Panko breadcrumbs	110g
Lemon wedges	to serve
Salt and pepper	to season

TIP: Panko are Japanese-style breadcrumbs that give an extra-crispy texture. They are available at large supermarkets and delis. Use ordinary breadcrumbs if you can't find them.

For improved flavour, add either 400g of cheese or 2 tbsp mayonnaise to the fishcake mix.

WHAT YOU DO

Place the fish on an oiled, lined baking tray and season. Place under a pre-heated grill for 12 minutes or until just cooked through and allow to cool.

Boil, steam or microwave potatoes until tender then drain. Mash the potatoes until smooth.

Flake the cooled fish into the mashed potato and mash until fish breaks into smaller pieces. Add the spring onion, egg and half the breadcrumbs, stir to combine. Season to taste.

With damp hands, shape mixture into 8 patties. Place on a baking tray and refrigerate for 1 hour.

Coat the patties in the remaining breadcrumbs.

Set the Air Fryer timer to 17 minutes and the temperature to 180°C.

Place the fishcakes in the Air Fryer and cook for 17 minutes (turn over halfway through) until golden in colour.

Serve with lemon wedges.

PROSCIUTTO-WRAPPED HALLOUMI - Makes 24 bite-size pieces

Ingredients	Quantity
Halloumi cheese	250g
Prosciutto	6 slices, 90g
Lemon juice	1 tbsp
Garlic clove	1, crushed
Baby gherkins	227g, drained
Fresh mint leaves	1 tbsp, to garnish

WHAT YOU DO

Cut halloumi into 24 bite-size pieces and cut prosciutto slices into 4 pieces. Wrap halloumi with prosciutto to make a parcel.

Set the Air Fryer timer to 4 minutes and the temperature to 180°C.

Cook halloumi for 4 minutes until prosciutto starts to crisp.

Combine the lemon juice and garlic and drizzle over the parcels - the lemon helps to dispel the saltiness of the prosciutto. Season to taste.

Garnish with mint leaves and serve with gherkins.

Best served hot, but can be eaten cold.

A GUIDE TO COOKING TIMES

Here is a guide to cooking times for different types of food.

This is a guide only, times will vary depending on whether the food is in season, its size, thickness and your preference on how well you like your food cooked (e.g. steak).

For frozen food, use the cooking times and temperatures on the packet.

Whilst you are getting to grips with cooking times, monitor your food and cook for a couple more minutes if needed.

Ensure food is thoroughly cooked before serving.

FOOD	AMOUNT (g)	TIME (min)	TEMP (°C)	SHAKE?	ADDITIONAL INFORMATION
MEAT					
Steak	100-500	10-20	200	No	Use tongs to turn halfway through.
Pork Chops	100-500	10-25	200	No	
Burger	100-500	15	200	No	
CHIPS AND FROZEN FOOD					
Sweet potato wedges	300-500	15-20	200	Yes	Mix in a bowl with 1-2 tsp of oil, salt, pepper and paprika (optional).
Home-made chips	300-500	20-25	200	Yes	Cut potato into 1cm chips. Mix in a bowl with 1-2 tsp of oil.
Thin frozen chips	300-500	20	200	Yes	Do not add oil.
Thick frozen chips	300-500	25	200	Yes	
Frozen chicken nuggets	100-500	10-15	200	Yes	
Frozen fish fingers	100-400	6-10	200	No	Use tongs to turn halfway through.
Frozen scampi	100-500	15	200	Yes	
FISH & SEAFOOD					
Fish	100-500	10-20	200	No	Use tongs to turn halfway through.
Prawns	100-500	8-12	180	Yes	Use cooked prawns, thaw if frozen.
King prawns	100-500	9-14	180	Yes	
POULTRY					
Drumsticks	100-500	20-15	200	No	Use tongs to turn halfway through.
Chicken breast	100-500	15-20	200	No	

FREQUENTLY ASKED QUESTIONS

Question: Why is the Touchscreen Air Fryer not working?

Answer: Check that the appliance is plugged in and switched on at the socket and the power light is illuminated.

The Touchscreen Air Fryer has overheat protection. If the inner temperature has exceeded a safe working temperature of 380°C there is a fault and the fuse has cut out. Contact the Lakeland customer care team.

Question: Why is my food not cooked properly?

Answer: There may be too much food in the basket – check the recommended amount on the table on page 13. Alternatively, put smaller batches into the Air Fryer – this will ensure food is cooked more evenly.

The temperature may be too low, increase the cooking temperature.

The cooking time may not be long enough, cook for another 5 minutes.

Question: Why is the food cooked unevenly?

Answer: Some foods, such as chips and nuggets, need to be shaken half-way through cooking.

Question: Why are the home-made chips not crispy?

Answer: Ensure you use the right type of potato (some give better results). When preparing the chips, make sure they are the same size, wash and dry them before putting in the Air Fryer to remove the starch and lightly coat with oil to obtain a crisper result.

Question: Why will the pan not slide into the Air Fryer?

Answer: The basket is overfilled – remove some of the food and make sure it does not exceed the 'MAX' mark.

The basket may not be placed into the pan correctly. Push the basket down into the pan until you hear it click.

Question: Why is there excess steam coming out of the Air Fryer?

Answer: The ingredients you are cooking are too greasy to be cooked in the Air Fryer, the oil and fat from the ingredients may have splashed onto the heating element. Switch off the Air Fryer and clean - see 'Care and Cleaning'.

There may be residues from previous cooking, make sure the basket and pan are cleaned properly after each use.

CARE AND CLEANING

- Unplug the Air Fryer and let it cool completely before cleaning.
- Clean thoroughly before using for the first time and after every use.
- Check the parts for wear or damage after every few uses.
- Do not use abrasive cleaners or steel wool.
- Never immerse the base in water or any other liquid.
- To clean the base unit and control panel, wipe with a clean, damp cloth and dry thoroughly before storing.
- To clean the pan and basket, wash in hot, soapy water using a non-abrasive sponge. The pan and basket are also dishwasher safe.
- If ingredients are stuck to the basket or pan, soak for 10 minutes before cleaning and use a sponge or soft bristled brush to dislodge.
- Clean the cooking cavity using a damp, non-abrasive cloth.
- Clean the heating element using a clean dry brush .
- Store the Touchscreen Air Fryer with the power cable gently pushed back into the cord storage area in the base of the appliance. Never wrap it tightly around the product.

ELECTRICAL CONNECTIONS

THIS APPLIANCE MUST BE EARTHED

The appliance is fitted with a fused three-pin plug to BS1363 which is suitable for use in all homes fitted with sockets to current specifications.

CHANGING THE 10 AMP FUSE

Use a 10 amp BS1362 fuse. Only BSI or ASTA approved fuses should be used. If you are unsure which plug or fuse to use, always refer to a qualified electrician.

Note: After replacing or changing a fuse on a moulded plug which has a fuse cover, the cover must be refitted to the plug; the appliance must not be used without a fuse cover. If lost, replacement fuse covers can be obtained from an electrical shop. This appliance complies with the following EU Directives: 2014/35/EU (Low Voltage Directive) and 2014/30/EU (EMC Directive).

RECYCLING YOUR ELECTRICALS

Along with many other high street retailers, Lakeland has joined a scheme whereby customers can take their unwanted electrical products to recycling points set up around the country.

Visit **www.recycle-more.co.uk** to find your nearest recycling point.



Lakeland

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