

GERMAN
POOL

Express Healthy Air Fryer

CKF-110



Please read these instructions and warranty information carefully before use and keep them handy for future reference.

Online Warranty Registration



USER MANUAL

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Safety Instructions


Please read all of the instructions carefully and retain for future reference.

- When using electrical appliances, basic safety precautions should always be followed.
- Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.
- Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children should be supervised to ensure that they do not play with the appliance. Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.
- This appliance is not a toy.
- This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.
- Keep the appliance and its power supply cord out of the reach of children.
- Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.
- Keep the power supply cord away from any parts of the appliance that may become hot during use.
- Keep the appliance away from other heat emitting appliances.
- Do not immerse the appliance in water or any other liquid.
- Do not operate the appliance with wet hands.
- Do not leave the appliance unattended whilst connected to the mains power supply.
- Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.
- Do not use sharp or abrasive items with this appliance; use only plastic or wooden spatulas to avoid damaging the non-stick surface.

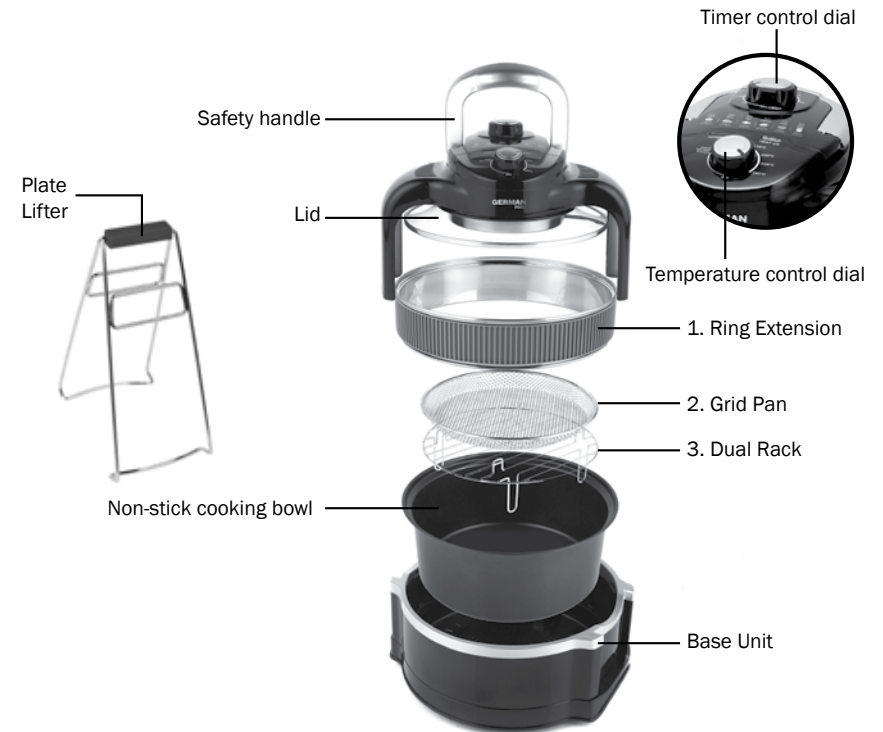
Safety Instructions

- Do not use the appliance for anything other than its intended use.
- Do not use any accessories other than those supplied.
- Do not use this appliance outdoors.
- Do not store the appliance in direct sunlight or in high humidity conditions.
- Do not move the appliance whilst it is in use.
- Always unplug the appliance after use and before any cleaning or user maintenance, unless using the self-clean function.
- Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.
- Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.
- Use of an extension cord with the appliance is not recommended.
- This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.
- This appliance is intended for domestic use only. It should not be used for commercial purposes.

 **Caution:** Hot surface - do not touch any sections or surfaces of the appliance that may become hot or the heating components of the appliance.

 **Warning:** Keep the appliance away from flammable materials.

Product Structure



1. Ring Extension: Increases the capacity of the appliance to enable larger foods to be cooked. Ideal for use when the dual rack is used as a high grill.
2. Grid Pan perfect for air frying foods; allows hot air to circulate around the food for even cooking.
3. Dual Rack: Ideal for grilling foods; can be used as a high or low grill rack by turning it over as required.

Operating Instructions

The appliance is great for cooking delicious foods using little or no oil, providing a healthier way to create meals that the whole family can enjoy. The appliance uses triple cooking technology so that foods are cooked to perfection, every time.

Triple Cooking Technology

CONVECTION air circulates to cook foods evenly.

INFRARED HEAT to cook food from the inside out.

HALOGEN HEAT cooks food golden brown.

Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging inside the box and either store or dispose of safely.


Before First Use

STEP 1: Switch off and unplug the appliance from the mains power supply. Using a soft, damp cloth, wipe the interior and exterior of base unit, as well as the lid. Dry thoroughly.

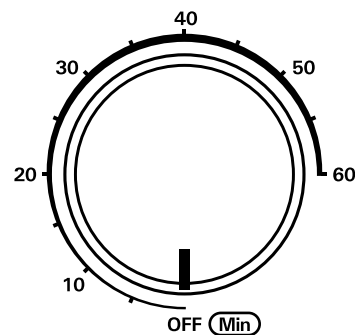
STEP 2: Wash the grid pan, dual rack, plate lifter, ring extension and non-stick cooking bowl in warm, soapy water. Allow to dry thoroughly.

Do not immerse the appliance base unit or lid in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the appliance or its accessories, as this could cause damage.

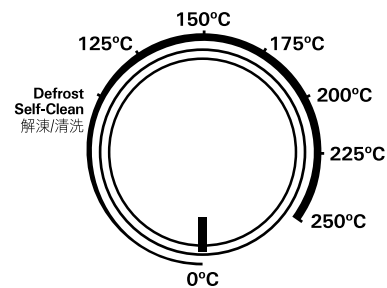
 **Note:** When using the appliance for the first time, a slight odor may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the appliance during use.

Control Panel



Timer

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Temperature

Operating Instructions

Assembling

Switch off and unplug the appliance from the mains power supply before assembling. The extender ring can be found underneath the non-stick cooking bowl.

STEP 1: Place the non-stick cooking bowl inside the appliance base unit, making sure that it is seated centrally.

STEP 2: Fit the desired accessories depending upon the food and method of cooking. Grill foods by placing the dual rack into the non-stick cooking bowl.

Air fry foods by placing the grid pan on top of the dual rack. Cook larger foods by fitting the ring extension onto the top of the non-stick cooking bowl, if required.

STEP 3: Once the required accessories are in place, the lid can then be fitted on top of the ring extension or onto the non-stick cooking bowl.

Operating

STEP 1: Once the appliance is assembled, place it onto a flat, stable, heat-resistant surface. Fit any required accessories following the instructions in the section entitled 'Assembling'.

STEP 2: Place the ingredients to be cooked inside the non-stick cooking bowl or onto the chosen accessory, taking care not to overfill it. Do not place food directly into the appliance base unit without first inserting the non-stick cooking bowl.

STEP 3: Place the lid onto the non-stick cooking bowl or the ring extension if using.

STEP 4: Push the safety handle down.

STEP 5: Plug in and switch on the appliance at the mains power supply. Due to the triple cooking technology, the appliance does not need to be preheated to work efficiently. However, if pre heating is preferred, set the temperature control to the desired temperature and set the timer control to 10 minutes. The green indicator light will switch off once the appliance has reached the desired temperature.

STEP 6: Set the temperature control dial to the required temperature (between 125-250 °C).

STEP 7: Determine the cooking time required for the ingredients and set the timer control dial to the desired time setting. The halogen infrared element and fan will activate. The green and red indicator lights will illuminate to signal that the appliance is switched on and is heating up to the desired temperature.

STEP 8: Once the preset cooking time has elapsed, the halogen infrared element and fan will switch off. Lift the safety handle to remove the lid, taking care to avoid any hot steam escaping and hot food splashes. To stop the cooking process before the preset time has elapsed, lift the safety handle.

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Operating Instructions



Note: The safety handle has an integrated safety switch which needs to be securely pressed down to allow cooking to commence. Always remove the lid using the safety handle to ensure that the safety switch is activated.



Take care to set the correct time using the timer control dial as turning it in an anticlockwise direction can cause damage. Turn off the appliance and wait for the timer to count down naturally if the timer control has been set incorrectly. Other than when preheating the appliance (for 10 minutes), do not operate the appliance whilst the non-stick cooking bowl is empty.

The green indicator light and the internal halogen lamp will cycle on and off during the cooking process to maintain a steady temperature.

Operating Instructions



Caution: The underside of the appliance will become very hot during use; always use heat-resistant oven gloves to remove the lid. Use the plate lifter to remove the accessories and do not place them onto any surfaces that may be damaged by heat.

Always check that food is cooked thoroughly and is piping hot before removing it from the appliance.

Functions

When using any of the functions, avoid foods being positioned too close to the halogen heating element. The extender ring should be used to increase the distance between the food and the halogen heating element and to create extra space for larger foods or larger quantities.

The cooking time will vary depending on the thickness of the food; a 4 cm thick steak will take longer to cook than a 2 cm thick steak.

Frozen foods such as burgers are likely to require a longer cooking time. To guarantee an even colour, foods can be turned periodically during the cooking process using the plate lifter.

Grilling Or Barbecuing Effect

When grilling or barbecuing, make sure that all foods are placed on the dual rack and the temperature is set between 220-225 °C. Use the dual rack as a high or low grill as required.

Air Frying Effect

When air frying, place the foods into the grid pan and position it on top of the dual rack and the temperature is set between 220-240 °C.

Operating Instructions

Defrosting

The appliance can be used to cook food from frozen, the 'Defrosting' function can be used to defrost food at a low temperature by turning the temperature control to 'Defrosting'. This is the most efficient way to defrost without changing the quality or texture of the food. The length of time taken to defrost is dependent upon the food. To determine whether the food is defrosted thoroughly, use a fork to pierce the food.



Caution: Always check that food is thoroughly defrosted before cooking. Follow normal cooking guidelines once defrosted.

Toasting

The appliance can be used to toast a variety of foods, including bread, crumpets and bagels. The hot air in the appliance will usually toast both sides of the food at the same time. To toast use the dual rack as a high grill and set the temperature to 220-230°C. For best results, flip the toast/bagel halfway through.

Hints and Tips

To achieve optimum results when using the appliance:

1. Place a sheet of aluminum foil onto the base of the non-stick cooking bowl to collect excess fat to help with cleaning. Grease-proof paper can also be placed onto the grid pan to prevent food from sticking.
2. Spray the grid pan with oil before placing any food onto it to prevent it from sticking.
3. When cooking one food after another, wipe down the non-stick cooking bowl between uses.
4. When cooking foods without a marinade or sauce, coat them in oil to prevent sticking.
5. Avoid using metal utensils, abrasive cleaners or metal scouring pads as this could damage the non-stick coating.
6. To reduce the risk of scalding, remove the lid of the non-stick cooking bowl by lifting it away from the body.

Operating Instructions

Cooking Guidelines

Cooking guidelines are provided for certain foods in the following tables. Always use these times as a guideline only as cooking times vary dependent upon size and thickness of food. Check that the food is cooked thoroughly and piping hot before serving.

Vegetable

Food Item	Rack	Recommended Temperature	Recommended Cooking Time	Further Instructions
Crisps	Low	175°C	15-20 mins	Spray with 1/2 tbsp oil and add thinly sliced potatoes to the grid pan, using the dual rack as a low rack.
Homemade Chips/ Sweet Potato Chips	Low	200°C	20-25 mins	Parboil the potatoes, spray with 1/2 tbsp oil and add to the grid pan, using the dual rack as a low rack. Shake halfway through cooking.
Potato Wedges/ Sweet Potato Wedges	Low	200°C	10-20 mins	Cut the potatoes into wedges, spray with 1/2 tbsp oil and add to the grid pan, using the dual rack as a low rack. Shake halfway through cooking.
Oven Chips (Frozen)	Low	175-200°C	15-20 mins	Add chips to the grid pan, using the dual rack as a low rack. Shake halfway through cooking.
Roasted Vegetables	Low	200-225°C	35 mins	Add vegetables to the grid pan, using the dual rack as a low rack. Coat in oil and shake halfway through cooking.
Potatoes (Roast, Small, Cut)	Low	200-250°C	40-50 mins	Parboil the potatoes, spray with 1/2 tbsp oil and add to the grid pan, using the dual rack as a low rack. Shake halfway through cooking.

Operating Instructions

Vegetable

Food Item	Rack	Recommended Temperature	Recommended Cooking Time	Further Instructions
Potato (Baked, Medium Sized)	Low	175-200 °C	50-70 mins	Use the dual rack as a low rack and place the potato directly onto the rack.
Onion Rings	High	200-225 °C	16 mins	Add onion rings to the grid pan, using the dual rack as a high rack. Turn halfway through cooking.

Fish

Food Item	Rack	Recommended Temperature	Recommended Cooking Time	Further Instructions
Breaded Fish Fillets	Low	175-200 °C	15-20 mins	Arrange in a single layer in the grid pan, using the dual rack as a low rack. Use the extender ring. Turn halfway through cooking.
Grilled Prawns	High	225 °C	8-10 mins	Use the dual rack as a high rack and place the prawns onto the rack. The extender ring should be used to increase the distance between the food and the heating element.
Cod Steak (150 g)	High	175-200 °C	18-24 mins	Use the dual rack as a high rack and place the steak onto the rack. The extender ring should be used to increase the distance between the food and the heating element.
Salmon Fillets	High	225 °C	16 mins	Arrange in a single layer in the grid pan and spray with oil, using the dual rack as a high rack. Use the extender ring. Turn halfway through cooking.

Operating Instructions

Poultry

Food Item	Rack	Recommended Temperature	Recommended Cooking Time	Further Instructions
Roast Chicken (1.5kg)	Low	175 °C	60-80 mins	Place chicken into the grid pan, using the dual rack as a low rack. Use the extender ring.
Chicken Breast (300g)	Low	175-200 °C	20-25 mins	Use the dual rack as a low rack and place the chicken onto the rack.
Chicken Wings	Low	175 °C	15mins	Use the dual rack as a low grill and place the chicken onto the rack.
Chicken Legs/Thigh	Low	175-225 °C	10-30 mins	Use the dual rack as a low rack and place chicken onto the rack. Cook for approx. 5-10 mins, then turn the temperature down to 175-225 °C and cook for approx. 15-20 mins for thighs or approx. 5-10 mins for legs.
Chicken Burger	Low	200 °C	12-15 mins	Use the dual rack as a low rack and place the chicken onto the rack.
Duck Breasts	Low	175 °C	30-40 mins	Use the dual rack as a low rack, score the duck and place onto the rack.

Operating Instructions

Meat

Food Item	Rack	Recommended Temperature	Recommended Cooking Time	Further Instructions
Sirloin Steak	Low	200 °C	Well done : 20 mins Medium : 16 mins Medium rare: 14 mins Rare : 8 mins	Position steaks into the grid pan, using the dual rack as a low rack. Turn halfway through cooking.
Gammon Joint (2 kg)	Low	150-175 °C	120-160 mins	Use the dual rack as a low rack and place the gammon onto the rack. Cover loosely with foil. Use the extender ring. Remove the foil approx. 10 mins before the end of cooking.
Pork Chop	Low	175 °C	12-15 mins	Place chops into the grid pan, using the dual rack as a low rack. Turn halfway through cooking.
Individual Ribs	Low/ High	200 °C, 225 °C	5-8 mins	Place ribs into the grid pan, using the dual rack as a low rack. Cook for approx. 5 minutes, then move to the high rack and turn the temperature up to 225 °C for approx. 2-3 mins to crisp. Use the extender ring.
Rack of 4/5 Ribs	Low/ High	220 °C	20-25 mins	Place ribs onto mesh frying basket, using the dual rack as a low rack. For extra caramelization, change to the high grill rack after 15-20 mins and cook for 2-3 mins to crisp.

Operating Instructions

Meat

Food Item	Rack	Recommended Temperature	Recommended Cooking Time	Further Instructions
Lamb Chop	Low	175 °C	5-20mins	Place into the grid pan, using the dual rack as a low rack. Cooking time varies dependent on preferred taste.
Rack of Lamb	Low	200 °C	25-30mins	Place into the grid pan, using the dual rack as a low rack.
Minced Beef Based One Pot Dish (e.g. Chilli con Carne)	None	175 °C	30mins	Add all ingredients directly into the non-stick cooking bowl and cook.
Chicken Based One Pot Dish (e.g. Chicken Curry)	None	200 °C	40mins	Add all ingredients directly into the non-stick cooking bowl and cook.

Care And Maintenance

The appliance has a self-clean function. To use this, allow the appliance to cool for approx. 15 minutes and then add warm water to the non-stick cooking bowl, filling it no more than 2-3 cm in depth. Add a small amount of mild dish soap. Plug in and switch on at the mains power supply. Set the temperature control dial to 'self-clean' and the timer control dial to 5 minutes. When finished, allow to cool before removing the water and wiping clean. Allow to dry thoroughly before storing or reusing.



To manually clean the appliance:

STEP 1: Switch off and unplug the appliance from the mains power supply and allow cooling fully.

STEP 2: Wipe the appliance base unit with a soft, damp cloth and dry thoroughly.

STEP 3: Wash the grid pan, dual rack, late lifter, extender ring and non-stick cooking bowl in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the appliance or lid in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the appliance or accessories, as this could cause damage.



Note: The appliance should be cleaned after each use. The non-stick cooking bowl is also suitable for dishwasher cleaning. Do not wash the other components using a dishwasher.



Caution: Take care not to wet the electrical components of the appliance during cleaning and maintenance.

Storage

Check that the appliance is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the appliance; wrap it loosely to avoid causing damage.

Technical Specifications

Model	CKF-110
Voltage	220V
Power	1000W
Frequency	50/60Hz
Net Weight	3.2kg
Dimensions	(H)202mm (W)317mm (D)284mm

Specifications are subject to change without prior notice.

If there is any inconsistency or ambiguity between the English version and the Chinese version, the Chinese version shall prevail. Refer to www.germanpool.com for the most up-to-date version of the Operating Instructions.

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請仔細閱讀所有說明並妥善保管。

- 使用產品時，應始終遵守基本的安全守則。
- 接通電源前，應先確認所使用的電壓與產品上標示的電壓相符。
- 本產品可由8歲及以上年齡的兒童以及肢體不健全、感知或精神上有障礙或缺乏相關經驗和知識的人士使用，但前提是有人對他們使用本產品進行監督或指導，以確保他們安全使用，並且讓他們明白相關的危害。
- 不得讓兒童玩耍本產品。不要讓兒童在無人監督的情況下進行清潔和保養。
- 本產品不是玩具。
- 如電源線、插頭或其他部件出現故障、損壞，須由符合資格的專業電工進行維修。不當維修將造成危險。
- 請將本機及其電源放置於兒童接觸不到的地方。
- 主機和電源線應避開熱源或尖銳邊緣，以免造成損壞。
- 使用過程中本機會發熱，請避免讓電源線接觸到機身部件。
- 請勿將本機放在其他會發熱的產品附近。
- 請勿將本機浸入水或其他液體中。
- 請勿用濕手操作本產品。
- 請勿將已連接到主電源的產品放置在無人看管的地方。
- 請勿通過拉拽電線將插頭從主電源上拔下，應先關閉產品，並用手拔下插頭。
- 請勿使用尖銳或磨損的物品；只能使用塑膠或木製刮鏟以避免損壞內鍋的不粘塗層。
- 請勿將設備用於預定用途以外的任何其他用途。
- 除本產品附贈的配件以外，請勿使用其他配件。
- 不得在戶外使用。
- 請勿將設備存放在陽光直射或高濕度的環境中。
- 請勿在使用中移動設備。
- 除非使用自動清洗功能，否則在使用之後和任何清潔或維護之前應始終拔下電源插頭。
- 在進行任何清潔、維護或存放產品前，請務必確保產品已完全冷卻。
- 應始終放置在平穩、耐熱，且高度舒適的工作檯上使用本產品。
- 避免使用電源延長線。
- 本產品不應通過外部計時器或單獨的遠程控制系統進行操作，本設備隨附的產品除外。
- 本產品僅限於家庭使用，不得用於商業用途。

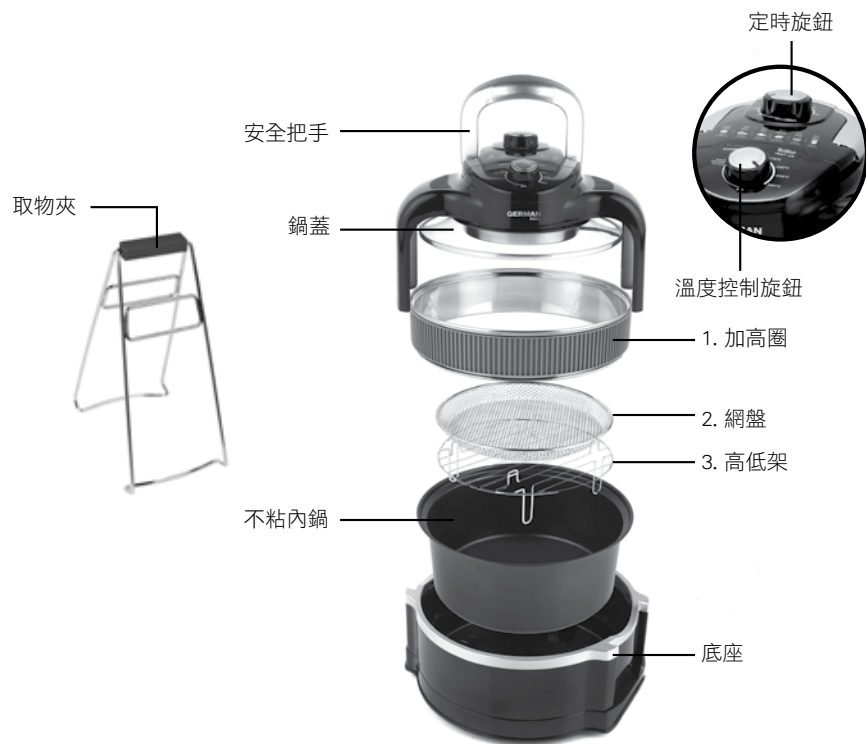


注意：高溫表面 - 請勿觸摸設備可能變熱的任何部分或表面或設備的加熱組件。



警告：切勿將產品放在接近易燃物的地方。

產品結構



1. 加高圈：烹調較大食物時，可使用加高圈增加產品容量；
2. 網盤：特別適用於氣炸功能，通過熱空氣循環以達到均勻的烹調效果；
3. 高低架：燒烤時，可根據需要將烤架轉換成高架或低架。

操作說明

以空氣炸鍋烹調食物時，只需使用少量油或不使用油，低脂健康。三重加熱技術，每次都能輕鬆做到完美的烹調效果。

三重加熱技術

熱對流：空氣循環讓食物均勻受熱；

紅外線加熱：由內而外均勻滲透；

環形光波管加熱：將食物烹調至金黃色。

使用前

從箱子中取出產品。

拆除所有包裝。

將包裝放在包裝箱內，並妥善保管或處置。

初次使用前

步驟1：關機並拔下插頭。用柔軟的濕布擦拭產品的內部、外部以及鍋蓋並晾乾。

步驟2：用溫番梘水清洗網盤、高低架、取物夾、加高圈及不粘內鍋，晾乾。

請勿將產品底座或鍋蓋浸入水或任何其他液體中。

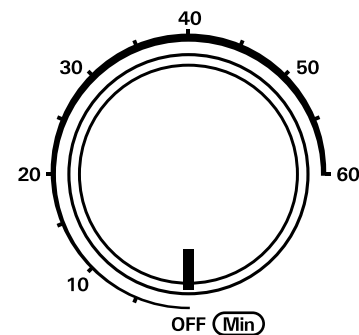
切勿使用刺激性或研磨性清潔劑或清潔用品清洗電器及其附件，否則可能造成損壞。

⚠ 注意：首次使用時，可能會產生異味。此屬正常現象，且異味會很快消失。使用時應確保設備周圍良好通風。

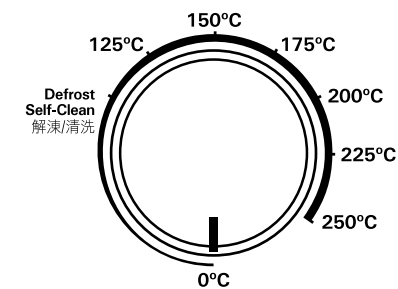
觀看操作視頻



控制面板



定時旋鈕



溫度控制旋鈕

操作說明

安裝說明

安裝之前，請關閉設備並拔掉電源插頭。加高圈位於不粘內鍋下方。

步驟1：將不粘內鍋放入底座內，確保其放置於中央位置。

步驟2：根據食物和烹飪方法使用所需的配件。燒烤時，可將高低架放在不粘內鍋內。
氣炸食物時，可將網盤放置在高低架上。必要時，可將加高圈放在不粘內鍋上方，以增大空間烹調較大食物。

步驟3：配件放置好後，可將鍋蓋蓋在加高圈或不粘內鍋上方。

使用方法：

步驟1：將空氣炸鍋放置在平穩的耐熱檯面上。按照“安裝說明”章節的內容安裝所需的配件。

步驟2：將食材放入不粘內鍋內或所需配件上，注意請勿放置過多食材。請勿將食物直接放在空氣炸鍋底座上。

步驟3：必要時，可將加高圈放在不粘內鍋上。

步驟4：按下安全把手。


步驟5：插上插頭並打開電源開關。產品特有三重加熱技術，無需預熱即可高效運作。
若有需要預熱，可設定所需溫度，並將時間設定為10分鐘。達到設定溫度後，綠色指示燈將熄滅。

步驟6：通過旋轉溫度控制旋鈕設定所需溫度（設定範圍125~250℃）。

步驟7：根據所選食材設定烹飪時間，並通過旋轉定時旋鈕進行調節。環形光波管及風扇啟動，綠色和紅色指示燈將亮起，表示空氣炸鍋已啟動並正在加熱。

步驟8：預設烹調時間結束後，環形光波管和風扇將關閉。提起安全把手以取下鍋蓋，取下鍋蓋時，應小心高溫蒸氣溢出和高溫食物飛濺。提起安全把手即可中斷烹調。


操作說明

 **注意：**安全把手處裝有安全開關，需要將手柄完全按下產品方可運作。請務必通過提起安全把手取下蓋子，以確保安全開關已啟動。



通過定時控制旋鈕設定烹調時間，請留意逆時針旋轉可能會損壞旋鈕。若設定的時間不正確，請關閉電器並等待旋鈕自然倒計時結束。除了預熱器具（10分鐘）之外，不粘內鍋空著時請勿開機。

綠色指示燈和爐內環形光波管將在烹飪過程中反覆開關，以保持溫度穩定。

 **警告：**使用過程中，產品底部會變得非常熱；請始終使用隔熱手套取下蓋子。請使用取物夾取下隨機配件，請勿將高溫配件放在任何不耐熱的表面上。將食物取出前，請務必檢查食物是否徹底煮熟。

操作說明

功能

當使用任何功能時，應避免將食物放置在過於靠近環形光波管的位置。應使用加高圈以增加食物與環形光波管之間的距離，為較大食物或較大量食物創造更多空間。

烹調時間取決於食物的厚度，例：4厘米厚的牛扒比2厘米厚的牛扒需要更長的烹調時間。

冷凍食品如漢堡可能需要更長的烹飪時間。為了保證色澤均勻，烹飪時可用夾翻轉食物。

燒烤效果

使用燒烤功能時，請確保所有食物均放置在高低架上，建議溫度設定範圍為200-225°C，可根據需要將高低架調轉及調整合適溫度。

氣炸效果

使用氣炸功能時，應將食物放入高低架上或網盤中，並將網盤放置在高低架上，建議溫度設定範圍為225-250°C。

解凍

本產品可用於直接烹飪冷凍食品，將溫度控制旋鈕扭至“解凍”處，即可在低溫下解凍食品。這是在不改變食物質素或質地的情況下最有效的解凍方法。解凍時間長短取決於食物。要確定食物是否徹底解凍，請用叉子刺穿食物。



注意：烹飪前，請務必檢查食物是否完全解凍。解凍完成後，按照烹飪指引烹調即可。

烘烤效果

產品可用於烘烤麵包、鬆餅和百吉餅等。設備內的高溫空氣會同時烘烤食物的兩側。將高低架翻轉為高架，建議將溫度設置為175-250°C之間。為了獲得最佳效果，可中途翻轉食物。

烹調貼士

為了達到最佳效果：

1. 可在不粘內鍋底部鋪上一層錫紙，以收集多餘的油脂，方便清潔。在網盤上放置防油紙可防止食物粘附。
2. 網盤上噴油可避免食物粘附。
3. 連續烹調食物時，可在每次使用間隔擦拭內鍋。
4. 在烹調沒有調料或醬汁的食物時，可在食物表面塗油避免粘附。
5. 避免使用金屬器具、磨蝕性清潔劑或金屬擦清洗內鍋，否則可能會損壞不粘塗層。
6. 為減少燙傷風險，請將鍋蓋提起以取下不粘內鍋鍋蓋。

操作說明

煮食時間表

下表中提供了部分食物的煮食時間以供參考，因為烹飪時間取決於食物的大小和厚度。在食用前請檢查食物是否徹底煮熟。

蔬菜

食物名稱	烤架	建議烹調溫度	建議烹調時間 (約)	烹調指引
薯片	低架	175°C	15-20分鐘	網盤上噴上半茶匙食用油，將切薄片的薯仔放在網盤；使用低架。
自家製薯條/番薯條	低架	200°C	20-25分鐘	將薯仔煮至半熟，網盤上噴上半茶匙食用油，將食物放在網盤上，使用低架，不時翻轉食物。
薯角/番薯角	低架	200°C	10-20分鐘	將薯仔切成角狀，網盤上噴上半茶匙食用油，將食物放在網盤上，使用低架，不時翻轉食物。
薯條 (冷凍)	低架	175-225°C	15-20分鐘	將食物放在網盤上，使用低架，不時翻轉食物。
烤野菜	低架	210°C	35分鐘	將食物放在網盤上，使用低架，在蔬菜表面塗油，不時翻轉食物。
薯仔 (烤, 小塊薯仔)	低架	200-250°C	40-50分鐘	將薯仔煮至半熟，網盤上噴上半茶匙食用油，將食物放在網盤上，使用低架，不時翻轉食物。
薯仔 (烤焗, 中型薯仔)	低架	175-200°C	50-70分鐘	使用低架，將薯仔直接放在烤架上
洋蔥圈	高架	200-250°C	16分鐘	將洋蔥圈放在網盤上，使用高架，中途翻轉食物。

操作說明

魚類

食物名稱	烤架	建議烹調溫度	建議烹調時間 (約)	烹調指引
炸魚柳 (附麵包屑)	低架	175-200°C	15-20分鐘	將魚柳放在網盤上，使用低架和加高圈，中途翻轉食物。
烤蝦	高架	225°C	8-10分鐘	將烤架翻轉作高架用，將大蝦放在烤架上，使用加高圈增加食物與加熱器的距離。
鱈魚扒 (150 g)	高架	175-200°C	18-24分鐘	將烤架翻轉作高架用，將鱈魚放在烤架上，使用加高圈增加食物與加熱器的距離。
三文魚柳	高架	225°C	16分鐘	將魚柳放在網盤上，掃上食用油，使用高架及加高圈。中途翻轉食物。

操作說明

家禽

食物名稱	烤架	建議烹調溫度	建議烹調時間 (約)	烹調指引
烤雞 (1.5 kg)	低架	175°C	60-80分鐘	將雞肉放在網盤上，使用低架及加高圈。
雞胸 (300 g)	低架	175-200°C	20-25分鐘	使用低架，將雞肉放在低架上。
雞翼	低架	175°C	15分鐘	使用低架，將雞翼放在低架上。
雞腳/雞髀	低架	175-225°C	10-30分鐘	使用低架，將雞肉放在低架上。烹調約5-10分鐘，隨後將溫度設定為175-225°C再烹調約15-20分鐘 (雞髀) 或約5-10分鐘 (雞腳)。
雞肉漢堡	低架	200°C	12-15分鐘	使用低架，將雞肉放在低架上。
鴨胸	低架	175°C	30-40分鐘	使用低架，在鴨胸上劃數刀，將雞肉放在低架上。

操作說明

肉類

食物名稱	烤架	建議烹調溫度	建議烹調時間 (約)	烹調指引
西冷牛扒	低架	200°C	全熟: 20分鐘 五成熟: 16分鐘 三成熟: 14分鐘 一成熟: 8分鐘	將牛扒放在網盤上, 使用低架, 中途翻轉食物。
豬腳 (2 kg)	低架	150-175°C	120-160分鐘	使用低架, 將豬腳放在低架上。將錫紙覆蓋在豬腳上, 使用加高圈, 程式結束前10分鐘揭掉錫紙。
豬扒	低架	175°C	12-15分鐘	將豬扒放在網盤上, 使用低架, 中途翻轉食物。
單條肋骨	低架/ 高架	200°C, 225°C	5-8分鐘	將豬肋骨放在網盤上, 使用低架, 烹調約5分鐘, 隨後將低架翻轉作高架使用, 將溫度設為225°C 烘烤約2-3分鐘至表面酥脆, 搭配加高圈使用。
4/5肋排	低架/ 高架	220°C	20-25分鐘	將豬肋排放在網盤上, 使用低架。隨後將低架翻轉作高架使用, 烘烤15-20分鐘至金黃色, 再烘烤約2-3分鐘至表面酥脆。
羊扒	低架	175°C	5-20分鐘	將羊扒放在網盤上, 使用低架。烹調時間根據喜好設定即可。
羊架	低架	200°C	25-30分鐘	將羊架放在網盤上, 使用低架。
免治牛肉醬 (如墨西哥香辣肉醬)	/	175°C	30分鐘	將所有食材直接放入不粘內鍋即可。
雞肉為主的料理 (如咖喱雞)	/	200°C	40分鐘	將所有食材直接放入不粘內鍋即可。

清潔與保養

本產品設有自動清洗功能。使用此功能前, 請讓設備冷卻約15分鐘, 然後將溫水加入不粘內鍋中, 水的深度不應超過2-3厘米。隨後加少量溫和洗滌劑。插上插頭並打開主電源, 將溫度控制旋鈕扭至“自動清洗”, 將定時旋鈕扭至5分鐘。運行完畢後待其冷卻, 然後將水倒出並擦乾淨, 待其完全乾燥後方可存放或重新使用。

觀看操作視頻



手動清潔:

步驟1: 關機並拔下電源, 待其完全冷卻。

步驟2: 用柔軟的濕布擦拭產品底座並徹底晾乾。

步驟3: 用溫番梘水清洗網盤、高低架、取物夾、加高圈及不粘內鍋, 然後沖洗乾淨。

請勿將器具或鍋蓋浸入水中或任何其他液體中。切勿使用刺激性或磨蝕性清潔劑清洗電器或配件, 否則可能會造成損壞。



注意: 每次使用後都應該清潔產品。不粘內鍋可用洗碗碟機清洗。除不粘內鍋外, 其他配件不應放置於洗碗碟機內清洗。



注意: 清潔和維護時請注意不要弄濕產品電器元件。

儲存

產品應收藏於乾燥涼爽處, 收藏前應確保產品乾淨、乾爽。切勿將電源線緊密纏繞在設備上; 應將電線輕輕包裹, 避免損壞電源線。

技術規格

型號	CKF-110
電壓	220V
功率	1000W
頻率	50/60Hz
淨重	3.2kg
機身尺寸	(H)202mm (W)317mm (D)284mm

產品規格及設計如有變更，恕不另行通知。
中英文版本如有出入，一概以中文版為準。
本產品使用說明書以 www.germanpool.com 網上版為最新版本。

保用條款

此保用提供德國寶產品之機件在正常使用下壹年保用 (自購買日起計算)。

* 貴戶須在購機十天內，以下列其中一種方式向本公司登記資料，保用手續方正式生效：

- 1) 填妥本公司網頁內之保用登記表格
www.germanpool.com/warranty



- 2) 填妥保用登記卡，郵寄至本公司。

Warranty Terms & Conditions

Under normal operations, the product will guarantee a 1-year full warranty provided by German Pool (effective from the date of purchase).

* This warranty is not valid until customer registration information is received by our Service Centre within 10 days of purchase via one of the following means:

- 1) Visit our website and register online:
www.germanpool.com/warranty



- 2) Complete all the fields on the attached Warranty Card and mail it back to our Customer Service Centre.

另請填妥以下表格並與正本發票一併保存，以便維修時核對資料。用戶提供之所有資料必須正確無誤，否則免費保用將會無效。 Please fill out the form below. This information and the original purchase invoice will be required for any repairs. Warranty will be invalidated if information provided is found to be inaccurate.

型號 Model No. : **CKF-110**

機身號碼 Serial No. : _____ 發票號碼 Invoice No. : _____

購買商號 Purchased From : _____ 購買日期 Purchase Date : _____

1. 未能出示購買發票正本者，將不獲免費維修服務。
2. 用戶應依照說明書的指示操作。本保用並不包括：
 - 上門安裝、檢驗、維修或更換零件之人工以及一切運輸費用；
 - 因天然與人為意外造成的損壞 (包括運輸及其他)；
 - 電源接合不當、不依說明書而錯誤或疏忽使用本機所引致之損壞。
3. 於下列情況下，用戶之保用資格將被取消：
 - 購買發票有任何非認可之刪改；
 - 產品被用作商業或工業用途；
 - 產品經非認可之技術人員改裝或加裝任何配件；
 - 機身編號被擅自塗改、破壞或刪除。
4. 總代理有權選擇維修或更換配件或其損壞部份。
5. 產品一經被轉讓，其保用即被視作無效。

1. Customer who fails to present original purchase invoice will not be eligible for free warranty service.
2. Customer should always follow the operating instructions. This warranty does not apply to:
 - labour costs for on-site installation, check-up, repair, replacement of parts and other transportation costs;
 - damages caused by accidents of any kind (including material transfer and others);
 - operating failures resulting from applying incorrect voltage, improper usage, and unauthorized installations or repairs.
3. This warranty is invalid if:
 - the purchase invoice is modified by an unauthorized party;
 - the product is used for any commercial or industrial purposes;
 - the product is repaired or modified by unauthorized personnel, or unauthorized parts are installed;
 - the serial number is modified, damaged or removed from the product.
4. German Pool will, at its discretion, repair or replace any defective part.
5. This warranty will be void if there is any transfer of ownership from the original purchaser.

客戶服務及維修中心

香港

九龍灣啟興道1-3號

九龍貨倉10樓

電話：+852 2333 6249

傳真：+852 2356 9798

電郵：repairs@germanpool.com

澳門

澳門俾利喇街145號

寶豐工業大廈3樓

電話：+853 2875 2699

傳真：+853 2875 2661

Customer Service & Repair Centre

Hong Kong

10/F, Kowloon Godown

1-3 Kai Hing Road, Kowloon Bay,
Kowloon, Hong Kong

Tel : +852 2333 6249

Fax : +852 2356 9798

Email : repairs@germanpool.com

Macau

3/F, Edificio Industrial Pou Fung,

145 Rua de Francisco Xavier Pereira,
Macau

Tel : +853 2875 2699

Fax : +853 2875 2661

此保用只適用於香港及澳門

This warranty is valid only in Hong Kong and Macau

German Pool (Hong Kong) Limited

Hong Kong

Room 113, Newport Centre Phase II, 116 Ma Tau
Kok Road, Tokwawan, Kowloon, Hong Kong
Tel: +852 2773 2888
Fax: +852 2765 8215

China

8th, Xinxiang Road, Wusha Industrial Park,
Daliang, Shunde, Foshan, Guangdong
Tel: +86 757 2980 8308
Fax: +86 757 2980 8318

Macau

3/F, Edificio Industrial Pou Fung,
145 Rua de Francisco Xavier Pereira, Macau
Tel: +853 2875 2699
Fax: +853 2875 2661



香港《S MARK》
安全認證



中國標榜/家電行業
十大影響力品牌



CEO非凡品牌大賞



香港優質商標



香港工商業獎



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香港《Q標》
優質服務證書



香港名牌十年成就獎
HONG KONG TOP BRAND TEN YEAR
ACHIEVEMENT AWARD

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