



T17005

Safety and Instruction Manual

PLEASE READ CAREFULLY



Health Fry 3.2 Litre Air Fryer

TOWER®

over 100 years of quality

1912 Midland Metal Spinners was founded by George Cadman, who was then 65 years old, as a metal holloware manufacturing company, in St. Mark's Street, Wolverhampton. They later moved into the Tower and Fort Works in Pelham Street, which ultimately gave rise to the famous Tower brand name.

1937 Tower exhibited some of their latest holloware designs at the British Industries Fair. As you can see from the original poster, their stand No. A410 must have been a great sight as it promoted their "Beautiful, inexpensive, untarnishable Plate, at prices all can afford to pay".



A Healthy Alternative

Want to cook healthily using less oil? Tower's handy Air Fryer uses revolutionary air blast technology requiring little or no oil to fry, roast, grill or bake. The 3.2 litre capacity serves up healthy portions.

Air frying allows you to enjoy the taste of deep fried food, but at only 10% fat, it really is the healthiest alternative. All you need to do is lightly coat the food in oil and the hot air will fry it for you. Air frying uses hot circulating air to cook food that's crispy on the outside and moist inside at higher speeds.

1961 Tower became one of the largest manufacturers of aluminium holloware, electric kettles, tea pots and other household articles with over 1,000 employees.

1974 Russell Hobbs took ownership of the expanding Tower brand.



Towerbrand

CONTENTS:

Please read this Manual carefully **BEFORE** using the Air Fryer for your own safety.

Thank you for purchasing this Tower Air Fryer from the Tower range of products.

It has been designed to provide many years of trouble-free cooking. There are many benefits to using a Tower Air Fryer:

- Simple to use controls allow you to cook great tasting meals quickly and efficiently.
- Generous 3.2L capacity non-stick basket holds enough for the whole family.
- A healthy alternative to cooking traditionally deep fried food.
- The rapid air circulation system allows for faster cooking and saves energy.
- Revolutionary AirBlast Technology requires little or no oil.
- Great for frying, roasting, grilling and baking.
- Easy to clean with dishwasher safe parts.
- Large 1 kilogram basket, big enough to cook food for all the family.
- The AirBlast technology evenly and quickly cooks food.
- Air Fried food retains its nutritional value, but still has the taste of delicious fried food.

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1 SPECIFICATIONS:

Components

This box contains:

Frying Basket

Instruction Manual

Pan



Structure of your appliance:

- | | |
|------------------------|------------------------------------|
| 1. Temperature Control | 4. Basket release button |
| 2. Control Panel | 5. Basket handle |
| 3. Frying Basket | 6. Air outlet openings (not shown) |

Technical Data

Description:	Health Fry 3.2L Air Fryer
Model:	T17005
Rated Voltage:	220-240V ~50/60Hz
Power Consumption:	1350 Watts

Documentation

We declare that this product conforms to the following product legislation in accordance with the following directive(s):

2004/108/EC	Electromagnetic Compatibility Directive.
2006/95/EC	Low Voltage Directive.
2011/65/EU	Restriction of Hazardous Substances Directive.
1935/2004/EC	Materials & Articles in Contact With Food (LFGB section 30 & 31).
2009/125/EC	Eco-Design of Energy Related Products

RKW Quality Assurance, United Kingdom.

Guarantee

The spares and accessories are guaranteed for 1 year from date of purchase.

The main body and housing are guaranteed for the extended free warranty subject to registration.

If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase.

Refund or replacement is at the discretion of the retailer.

Should you encounter problems or require a replacement part, contact The Tower Customer Service Department on: 0333 220 6066.

Any necessary spare parts may be ordered from the Tower website.

Your warranty becomes void should you decide to use non Tower spare parts. Spare parts can be purchased from www.towerhousewares.co.uk

2 IMPORTANT SAFETY INFORMATION

Please read these notes carefully **BEFORE** using your Tower appliance

- Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.
- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer, its service agent or a similarly qualified person.
- **WARNING:** Do not let the cord hang over the edge of a table or counter, serious burns may result from the Air Fryer being pulled off the counter where it may be grabbed by children or become entangled with the user.
- Do not carry the appliance by the power cord.
- Do not use any extension cord with this appliance.
- Do not pull the plug out by the cord as this may damage the plug and/or the cable.
- Switch off at the wall socket then remove the plug from the socket when not in use or before cleaning.
- Switch off and unplug before fitting or removing tools/ attachments, after use and before cleaning.
- Close supervision is necessary when any appliance is used by or near children.
- Children should not play with the appliance.
- 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.
- Cleaning and user maintenance should not be undertaken by children without supervision.
- Take care when any appliance is used near pets.
- Do not use this product for anything other than its intended use.
- This appliance is for household use only.

- This appliance includes a heating function.
- Please ensure that the appliance is used on a stable, level, and heat resistant surface.
- Do not immerse cords, plugs or any part of the appliance in water or any other liquid.
- Do not use the appliance outdoors.
- Do not place the Air Fryer on or near combustible materials such as a tablecloth or curtain.
- Do not place the Air Fryer against a wall or against other appliances. Leave at least 10cm free space on the back and sides and 10cm free space above the appliance.
- Allow the Air Fryer cool down for approx. 30 minutes before you handle or clean it.
- Make sure the food prepared in the Air Fryer comes out golden-yellow instead of dark brown. Remove burnt remnants.
- During hot air frying, hot steam is released through the air outlet openings. Keep your hands and face at a safe distance from the steam and from the air outlet openings.
- Hot steam and air may escape when you remove the pan from the Air Fryer.
- Any baking trays or oven dishes used in the Air Fryer will become hot. Always use oven gloves when handling or removing anything from the Air fryer.
- **WARNING:** Do not fill the Air Fryer pan with oil as this may cause a fire hazard.
- Always put ingredients to be fried in the basket. Do not press the basket release button during shaking.
- Do not place anything on top of the Air Fryer.
- Ensure that food is completely dry before adding any oil to it and/or putting it in the Air Fryer.
- In the unlikely event the appliance develops a fault, stop using it immediately and seek advice from the service department:
0333 220 6066

3 USING YOUR APPLIANCE

Automatic switch off:

The Tower Air Fryer has a built in timer, which will automatically shut down the Air Fryer when timer reaches zero. You can manually switch off the Air Fryer by turning the temperature and timer knob anti-clockwise to zero.

Removing the Frying Basket:

The pan and frying basket can both be removed fully from the Air Fryer. Pull on the handle to slide the pan and frying basket out of the Air fryer. Push the handle release button cover forwards. There is a small button on the top of the handle. Push it down and lift upwards to remove the frying basket from the pan.



Using the appliance:

1. Place the Air Fryer on a stable, horizontal and even surface. Do not place the Air Fryer on non-heat resistant surfaces.
2. Put the basket in the pan. Do not fill the pan with oil or any other liquid.
3. Pre heat the Air Fryer for 3 minutes when it is cold. After warming up, carefully pull the pan out of the Air Fryer. The Air Fryer will stop heating after the pan is pulled out.
4. Place the ingredients in to the basket, then replace the basket back into the Air Fryer.
5. Select the correct timings and temperature for the ingredients. See the reference table to determine the correct temperature.
6. To start the Air Fryer, turn the timer knob to the correct timing.

Note: If the Air Fryer has not been pre-heated, add 3 minutes onto the required time setting.

7. The power light and heat indicator light will come on, and the timer will begin counting down the set cooking time.
8. During the cooking process the heat indicator light will cycle on and off as it maintains the set temperature.
9. Some ingredients may require shaking in the pan during cooking. Check the reference table for notes. To shake ingredients, pull the pan out of the Air Fryer using the handle and shake the pan before sliding it back into the Air Fryer. Caution: Do not press the button of the handle during shaking.
10. When cooking is finished, the timer bell will ring. Pull the pan out of the Air Fryer using the handle and place it on a heat-resistant surface.
11. If the food is ready, serve. To remove small ingredients (e.g. fries), press the basket release button and lift the basket out of the pan and pour. Lift large or fragile ingredients out of the pan using a pair of tongs.
12. If the food is not quite cooked enough, simply put the pan back into the Air Fryer and set the timer for a few extra minutes.

Settings:

The below reference table will help you to select the basic settings for preparing different types of food.

Keep in mind that these settings are indications, as ingredients differ in origin, size, shape and brand, we cannot guarantee the best settings for your ingredients.

Because the rapid air technology reheats the air inside the appliance instantly, pulling the pan out briefly barely disturbs the process.

Small ingredients usually require a slightly shorter preparation time than larger ingredients.

Shaking smaller ingredients halfway during the cooking time optimizes the end result and can help prevent unevenly fried ingredients.

Do not prepare particularly greasy foods such as sausage in the Air Fryer.

Any snacks that can be cooked in a conventional oven can also be cooked in the Air Fryer.

You can use your Tower Air Fryer to reheat food easily. Simply set the temperature to 150°C for up to 10 minutes.

Reference Table

Reference table of time and temperature for cooking various foods

Food type	Min – Max amount (g)	Time (min)	Temp (°C)	Shake	Extra information
Thin frozen fries	100 – 400	9 – 16	200	Shake	
Thick frozen fries	100 – 400	11 -20	200	Shake	
Homemade fries (8 x 8mm)	100 – 400	10 – 16	200	Shake	Add ½ tbsp. oil
Homemade potato wedges	100 – 400	18 – 22	180	Shake	Add ½ tbsp. oil
Homemade potato cubes	100 -350	12 – 18	200	Shake	Add ½ tbsp. oil
Rosti	250	15 – 18	180	Shake	
Potato gratin	400	15 – 18	200	Shake	
Steak	100 – 400	8 – 12	180		
Pork chops	100 – 400	8 – 12	180		
Hamburger	100 – 400	10 – 15	180		
Sausage roll	100 – 400	13 – 15	200		

Food type	Min – Max amount (g)	Time (min)	Temp (°C)	Shake	Extra information
Drumsticks	100 – 400	18 – 22	180		
Chicken breast	100 – 400	10 – 15	180		
Spring rolls	100 – 400	8 – 10	200	Shake	Use oven-ready
Frozen chicken nuggets	100 – 400	6 – 10	200	Shake	Use oven-ready
Frozen fish fingers	100 – 400	6 – 20	200		Use oven-ready
Frozen breaded cheese snacks	100 – 400	8 – 10	180		Use oven-ready
Stuffed vegetables	100 – 400	10	160		
Cake	300	20 – 25	160		Use baking tin
Quiche	300	20 – 22	180		Use baking tin/oven dish
Muffins	300	15 – 18	200		Use baking tin
Sweet snacks	400	20	160		Use baking tin/oven dish

Note: The Air Fryer uses hot air heating technology . Never pour oil or fat into the fryer.

Tips: Try soaking your raw cut fries in cold water for 30 minutes and then dry well before putting in the Air Fryer.

Be careful not to overfill the Air Fryer basket with food.

For a great even brown crisp, toss fries multiple times during cooking.

Remove fries quickly once the cooking process is complete to ensure they stay crispy.

Thinly slice and separate onions.

Cut all vegetables into small pieces to make sure they cook properly.

The Air fryer can also be used to reheat ingredients. To reheat, set the temperature to 150°C for up to 10 minutes.

Recipes

Homemade fries

Ingredients:

2 large potatoes

½ tbsp. paprika

Pinch of salt

Pinch of pepper

1 tbsp. sunflower oil.

1. Wash, peel and slice the potatoes.
2. Dry with kitchen paper.
3. Cut the potatoes into your desired length and thickness.
4. Bring a large pot of water to the boil with a pinch of salt. Add the chips and allow to part boil for 10 minutes.
5. Strain the fries and immediately run under cold water to stop them from cooking any more.
6. Pour the oil in a bowl, with the paprika, salt and pepper. Put the fries on top and mix until all the fries are coated.

7. Remove the fries from the bowl with your fingers or kitchen utensil so that the excess oil stays behind in the bowl.
8. Place the fries in the basket, then set the time & temperature as shown on the reference table.

Variations: try replacing the ½ tbsp. of paprika with ½ tbsp. garlic powder, or ½ tbsp. of grated parmesan cheese.

Bacon and Egg Breakfast Muffin

- 1 free range egg
 - 1 strip of bacon
 - 1 English muffin
 - Cheese to slice
 - Pinch of pepper and salt to taste
1. Crack the egg into a small ramekin or oven proof dish.
 2. Cut the English muffin in half and layer cheese on one half.
 3. Place the muffin, bacon and egg (in the ramekin) into the Air Fryer basket.
 4. Turn the Air Fryer to 200°C for 6 minutes.
 5. Once it's cooked, assemble your breakfast muffin and enjoy.
 6. Tip: try adding some mustard on the muffin for extra flavour.

Metric	Imperial	US cups
250ml	8 floz	1 cup
180ml	6 fl oz	3/4 cup
150ml	5 floz	2/3 cup
120ml	4 floz	1/2 cup
75ml	2 1/2 floz	1/3 cup
60ml	2 floz	1/4 cup
30ml	1 floz	1/8 cup
15ml	1/2 floz	1 tablespoon

Prosciutto and Mozzarella sandwich

- 2 slices of bread
 - 2 slices of prosciutto
 - 2 slices of tomato
 - 2 slices of mozzarella cheese
 - 2 basil leaves
 - ½ pinch of salt & pepper
 - 1 tsp. of olive oil
1. Lay prosciutto and mozzarella cheese on top of one slice of bread. Add the second slice of bread on top, making a sandwich.
 2. Put the sandwich into your Air Fryer for 5 minutes at 200°C
 3. Once the timer bell has rung, carefully remove the sandwich.
 4. Remove the top slice of bread and drizzle the tsp. of olive oil over the mozzarella.
 5. Add the pinch of salt and pepper to season and top with tomato and basil.
 6. Put the second slice of bread on top and serve.

Check this chart for basic imperial to metric conversions of weights.

Food Allergies

Important Note: Some of these recipes may contain nuts and/or other allergens. Please be careful when making any of our sample recipes that you are **NOT** allergic to any of the ingredients. For more information on allergies, please visit the Food Standards Agency's website at: www.food.gov.uk

More Air Fryer recipes and recipe books can be found online and in local book stores and retailers.

Imperial	Metric
1/2 oz	15g
1 oz	30g
2 oz	60g
3 oz	90g
4 oz	110g
5 oz	140g
6 oz	170g
7 oz	200g
8 oz	225g
9 oz	255g
10 oz	280g
11 oz	310g
12 oz	340g
13 oz	370g
14 oz	400g
15 oz	425g
1 lb	450g

4 CLEANING & CARE

The pan and basket are dishwasher safe.

Remove plug from the mains socket, and allow the appliance to cool down before cleaning.

Note: removing the frying pan for the Air Fryer will help the Air Fryer to cool faster.

Do not immerse the lid unit of the appliance in water and make sure no water enters the appliance.

Clean the base unit by wiping it with a damp cloth. A little detergent can be added if the appliance is heavily soiled.

Do not use scouring pads, steel wool or any form of strong solvents or abrasive cleaning agents to clean the appliance, as they may damage the outside surfaces of the appliance.

Clean all accessories in warm soapy water, do not use any scouring pads, steel wool or any strong solvents or abrasive cleaning agents when cleaning accessories.

For stubborn dirt or oil in the pan or basket, soak them in hot water with some detergent for 10 minutes.

Make sure that the appliance is cleaned after every use.

IMPORTANT!

Allow to dry fully after cleaning before using again.

Do not use the appliance if damp. Ensure the appliance is completely clean and dry before storing.

Storage

Unplug power cord from the power outlet and clean as instructed.

Allow the appliance to dry fully.

Store on a flat, dry level surface out of reach of children.

5 RECYCLING

DISPOSAL OF THE UNIT

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately.

Please visit www.recycle-more.co.uk or www.recyclenow.co.uk for access to information about the recycling of electrical items.

Please visit www.weeeireland.ie for access to information about the recycling of electrical items purchased in Ireland.

The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill.

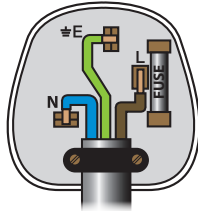
Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



6 WIRING SAFETY FOR UK USE ONLY

IMPORTANT

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:



The wires in the mains lead are coloured in accordance with the following code:


Blue neutral [N] **Brown** live [L]
Green/Yellow [EARTH] 

Plug Fitting Details (Where Applicable).

The wire coloured blue is the neutral and must be connected to the terminal marked [N] or coloured black.

The wire coloured brown is the live wire and must be connected to the terminal marked [L] or coloured red.

The wire coloured green/yellow must be connected to the terminal marked with the letter [E] or marked .

On no account must either the brown or the blue wire be connected to the [EARTH] terminal .

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

The specially designed lid release button helps you to open the lid of the fryer easily and safely.

Push the button for the fryer lid to automatically open. This keeps your hands safely out of the way as steam to escape from the Deep Fat Fryer.

To remove the lid altogether, lift the lid to the vertical position and pull upwards.

WARNING:
 This Appliance **MUST** be Earthed

7 WARRANTY



**We hope that you will enjoy
your Tower Air Fryer for
many years.**

**As a thank you for
purchasing one of our
fantastic products,
we are giving you 3 years
peace of mind.**

To receive your 3 year
guarantee, simply register
your appliance
online by visiting

www.towerhousewares.co.uk



This product is guaranteed for 12 months from the date of original purchase.

If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase.

Refund or replacement is at the discretion of the retailer.

The Following Conditions Apply:

- The product must be returned to the retailer with proof of purchase.
- The product must be installed and used in accordance with the instructions contained in this instruction guide.
- It must be used only for domestic purposes.
- It does not cover wear and tear, damage, misuse or consumable parts.
- Tower has limited liability for incidental or consequential loss or damage.

This guarantee is valid in the UK and Eire Only.

The standard one year guarantee is only extended to the maximum available for each particular product upon registration of the product within 28 days of purchase. If you do not register the product with us within the 28 day period, your product is guaranteed for 1 year only.

To validate your extended warranty, please visit www.towerhousewares.co.uk and register with us online. Alternatively, call our customer registration line on 0333 220 6066 .

Please note that length of extended warranty offered is dependent on product type and that each qualifying product needs to be registered individually in order to extend its warranty past the standard 1 year. Extended warranty is only valid with proof of purchase.

8 TROUBLE SHOOTING & FAQ'S

Questions	Answers
How long should I leave the AirWave Air Fryer to cool before storing it?	We recommend leaving the AirWave Air Fryer for 30-45 minutes to cool before storing.
My homemade fries are not crispy enough.	Ensure that the fries are completely dry before adding oil to them and putting them in the Air Fryer. Try cutting the potatoes into thinner, smaller fries and adding slightly more oil for a crispier result.
The basket will not fit in place correctly.	You may have placed too many ingredients in the basket. Make sure you do not fill the basket beyond the maximum fill line.
How big is the Air Fryer basket?	The Air Fryer basket is 3.2L.
My food has not cooked uniformly.	The food may not be cut uniformly. Make sure everything is cut to the same shape and size for good, even cooking.
How much cooking oil do I need to use?	Frozen part fried foods require no added oils. You only need to add ½ - 1 tbsp. of oil for other foods.
What is the capacity of the basket?	The AirWave Air Fryer has a large 1 kilogram basket. This is big enough to cook a family sized portion of chips.
White smoke is coming out of the Air Fryer.	This is normal if you are preparing greasy ingredients, because a large amount of oil leaks into the pan. This does not affect the appliance or the end result.

9 YOUR RECEIPT

Affix your store receipt to this page for safe keeping.



TOWER®

thank you!

We hope you enjoy your appliance for many years. As a thank you for purchasing one of our fantastic products, we are giving you an extra 2 years peace of mind.

***To receive your extra 2 years guarantee, register your appliance online by visiting:**

www.towerhousewares.co.uk

Should you have a problem with your appliance, or need any spare parts, please call our Service Department on:

0333 220 6066

Your warranty becomes void should you decide to use non Tower spare parts. Spare parts can be purchased from www.towerhousewares.co.uk



great british design, innovation and excellence since 1912