

# AROMA<sup>®</sup>

## 5-Quart Professional Wok



Instruction Manual &  
Authentic Cooking Guide

AEW-306

[www.AromaCo.com](http://www.AromaCo.com)

# IMPORTANT SAFEGUARDS



Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Important: Read all instructions carefully before first use.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug or the appliance itself in water or other liquid.
4. Close supervision is necessary when the appliance is used by or near children. This appliance is not intended to be used by children.
5. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. Do not use attachments or accessories other than those supplied or recommended by the manufacturer. Incompatible parts create a hazard.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Do not use the appliance for other than intended use.
12. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Metal scouring pads may also damage the finish.
13. Always unplug from the base of the wall outlet. Never pull on the cord.
14. Extreme caution should be exercised when using or moving the appliance containing hot oil or other hot liquids.
15. The wok should be operated on a separate electrical circuit from other operating appliances. If the electric circuit is overloaded with other appliances, this appliance may not operate properly.
16. Store in a cool, dry place.
17. To disconnect, move the temperature controller to OFF position before unplugging the wok from the electric outlet.
18. Place the electric wok on a flat and heat-resistant surface, and use it in a well-ventilated area.
19. Do not place the wok too close to the edge of the table or countertop as the wok might be knocked off.
20. The heating base and the other parts may become hot. Be sure to use the handles and wear protective oven mitts or gloves.
21. Check the handles on a regular basis to ensure that they are firmly attached to the pan.

**SAVE THESE INSTRUCTIONS**

# Short Cord Instructions

1. A short power-supply cord is provided to reduce risk resulting from entanglement or tripping over a longer cord.



## Polarized Plug

This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

This appliance is for household use only.

Congratulations on your purchase of the **AROMA** Electric Wok. It will surely become one of the most useful and versatile appliances in your modern kitchen.

Please read all instructions before your first use.



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# A Wok Through History

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The wok is an invention of pure necessity. In ancient times whatever the kings, emperors, and warlords may have had in plenty, the vast majority of commoners spent their lives short of. Even staple items like fuel, cooking oils, utensils, and even water were scarce. In these lands and living conditions foods had to be cooked quickly and efficiently.

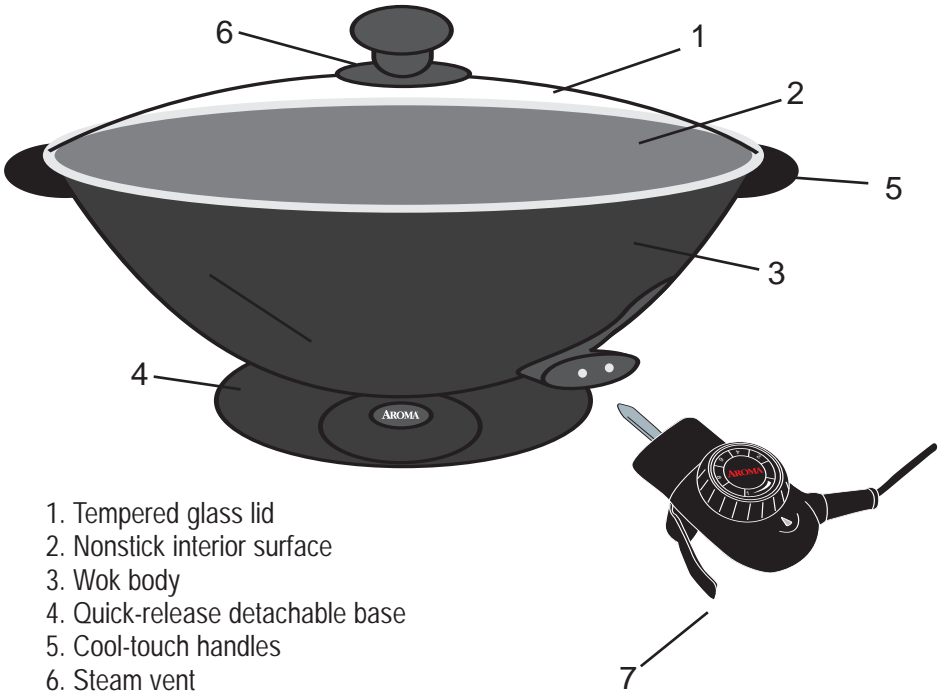
The wok may appear to be a rather recent addition to Asian kitchen cookery. However, it has been used for over two thousand years. The first woks were pottery models found in the Han Dynasty tombs. Similar pans have been found in India and southeast Asia. There is believed to be a sharing of cultures, and cooking techniques between these civilizations.

The semispherical curve and shape of the wok allows for a maximum cooking surface with a very minimal fuel contact. The smooth even distribution of high heat is the wok's most distinctive feature. The wok is an ultimate tool of kitchen convenience. It can be used to boil, sautee, stir-fry, tempura-fry, and steam. In any case, the cooking is done with little fat and with a wide range of seasonings and flavors.



# PARTS IDENTIFICATION

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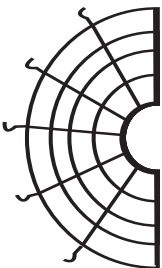


1. Tempered glass lid
2. Nonstick interior surface
3. Wok body
4. Quick-release detachable base
5. Cool-touch handles
6. Steam vent
7. Trigger-release temperature probe

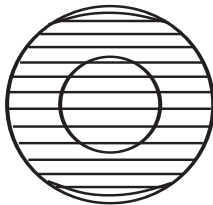
A



B



C



## Accessories

- A. Long chopsticks
- B. Tempura rack
- C. Steam rack

# HOW TO USE

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1. Attach the temperature probe to the wok (see figure 2A below) and plug it into a proper electrical outlet.
2. Add cooking oil and adjust the cooking temperature to the desired setting. When the indicator light goes off, the temperature has been reached and the wok is ready.
  - ∅ Do not cover the wok with lid when heating up the cooking oil.
3. When the oil is at desired temperature, add food and begin cooking.
4. Adjust steam vent to release or retain steam while cooking. See figure 3A below to operate the steam vent.
  - ∅ Use caution when operating steam vent to prevent burns to hands and face.
5. When cooking is complete, move the temperature dial to OFF position and take the food out of the wok right away.
6. Unplug the power cord from the wall immediately after you are finished cooking. When cool, remove the temperature control probe. Allow the wok to cool completely before cleaning.



## CAUTION:

- The wok heats up fast. Be sure to prepare all the ingredients first and place them near cooking area before the wok is plugged in.
- Do not use metal or abrasive utensils that may damage the nonstick surface.
- Hold one of the wok handles with a hot pad or oven mitt when you stir-fry a large portion of food.
- Wok base can become extremely hot. Do not touch the base of the wok during or after cooking.

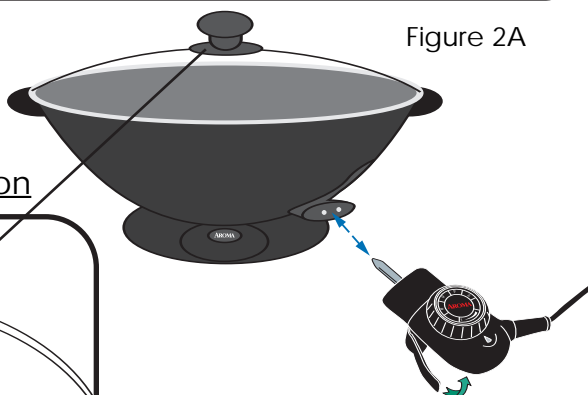
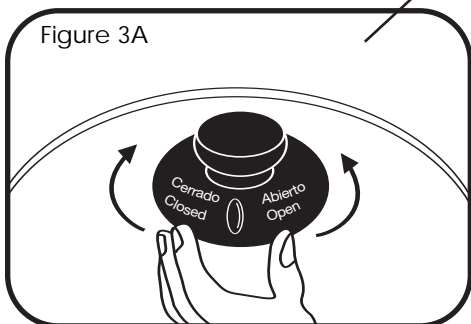


Figure 2A

## Steam Vent Operation

Figure 3A



Steam vent allows you to control desired moisture levels while cooking and steaming.

## Trigger Release

Press trigger and insert temperature probe to wok. Release by pressing trigger & removing temperature probe.



# HOW TO CLEAN

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1. Move the temperature dial to OFF position and unplug the power cord immediately after cooking. When cool, remove control probe and place aside.
2. To detach the quick-release base: Turn the wok over with bottom facing up and press down on release knob and turn counterclockwise to release. See figure 4A below.
3. Always use a soft sponge or dishcloth to clean the wok, wok base, and glass lid. Do not fully immerse in water.
4. Clean thoroughly with warm, soapy water and a damp sponge or cloth. If necessary, add 2 cups of warm soapy water to the wok to soak for a half-hour and then clean.
5. Thoroughly rinse and dry appliance before storing or using again.
6. Reattach the wok base before storage. Turn wok over and line up the wok base with wok heating element and press knob in and turn clockwise to lock. Refer to figure 3A below for further instructions.

- ∅ Do not use harsh abrasive cleaners or products that are not considered safe to use on nonstick coatings.
- ∅ The temperature control probe, wok, and wok base are NOT dishwasher safe. Do not immerse temperature control probe in water or any other liquid.

## Detachable base

This diagram depicts base removal, reverse the steps to reattach base.

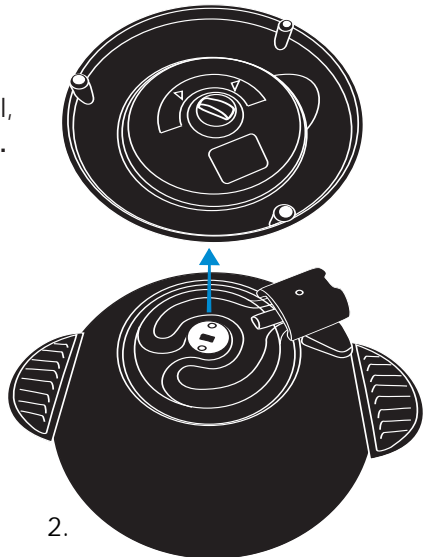
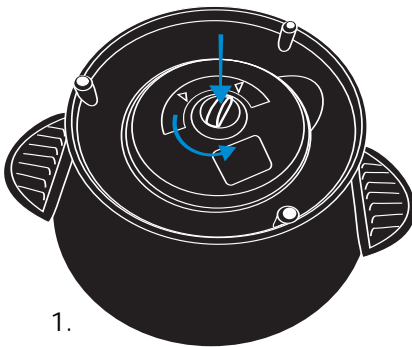


Figure 4A





## Stir-Fried Beef with Snow Peas

- 1 lb. flank steak, thinly sliced
- 2 cups snow peas, stem and strings removed
- 1 cup sliced mushrooms
- 1 cup sliced carrots or bamboo shoots
- 1 tbsp dark soy sauce
- 1 tsp cornstarch
- 1/2 tsp sugar
- 4 tsp vegetable oil
- 1 tsp sesame oil (optional)
- 1 tsp salt

Marinate sliced beef in mixture of soy sauce, cornstarch, sesame oil and sugar. Set aside. Heat 2 tbsps of vegetable oil in wok. Stir-fry all the vegetables for about 2-3 minutes. Sprinkle with 1/2 tsp of salt while stirring. Remove, place in bowl and set aside. Heat the remaining oil in the wok. Add the marinated beef and stir constantly for about 3-4 minutes or until it is almost done. Return the cooked vegetables to the wok and mix thoroughly. Serves 4.

## Mandarin Chicken

- 1 lbs. boneless, skinless chicken breasts, cut into 1" cubes
- 1 egg white, slightly beaten
- 1 tbsp salt
- 1 tbsp cornstarch
- 3 green onions, cut into 1" pieces
- 1 tbsp hoisin sauce
- 1 tbsp dark soy sauce
- 2 cups vegetable oil
- dash of white pepper

Season chicken cubes with egg white, salt, cornstarch and white pepper. Cover and refrigerate for 10-15 minutes. Heat oil in the wok. Stir-fry chicken cubes for 2-3 minutes or until meat turns white, separating all pieces while stirring. Drain well and set aside. Pour all but 2 tbsps of oil from the wok. Heat the wok again and add green onions, hoisin sauce, then chicken. Stir well, then add soy sauce. Serves 4.

# Stir-Fried Pork with Green Beans

1 lb. lean pork cut into thin strips  
1 cup green beans  
2 dried Chinese mushrooms, presoaked, sliced  
1 cup bamboo shoots, sliced into long shoestrings  
1 stalk celery, thinly sliced  
1 tsp salt  
3 tbsp vegetable oil  
1/2 tsp sugar  
1 tsp rice wine  
1 tsp soy sauce  
1 clove garlic crushed  
1 green onion, minced  
1 cup chicken broth or water

To Thicken:  
2 tsp cornstarch  
1 tsp sherry  
1 tbsp water  
1 tbsp oyster sauce

Blanch green beans for about 2 minutes, cut into 1" length. Set aside. Stir-fry garlic in 2 tsp of heated oil with a little bit of salt. Add pork strips, stir-fry quickly until meat whitens. Remove and set aside. Heat the remaining oil. Add green onion, mushrooms, bamboo shoots, celery, and blanched green beans, stir fry for 2 minutes, then add soy. Add the cooked pork and chicken broth and bring to boil. Reduce heat, cover wok and cook for 1 minute. Add thickening ingredients and stir. Mix thoroughly. Serves 4.

# Tempura Shrimp

12 large sized shrimp  
1 cup flour  
1 egg  
1 cup all purpose flour  
1/2 cup ice water  
Vegetable oil (for frying)

Prepare the shrimp by peeling and deveining, leaving the tails on. Make a thin slice down the body of each shrimp (on the inside of the shrimp, where the legs were). Dry each piece with paper towel. Place flour in a medium-sized bowl, pour the ice water over the flour and mix in the egg lightly. Be careful to not overmix the batter. Dip shrimp in the batter by holding the tail coating evenly. Meanwhile, place tempura rack on wok and add oil to wok (about 2-3 inches of oil). Heat the oil to 350 degrees. Carefully place shrimp 4-5 at a time in the batter and cook for approximately 2 minutes, until golden brown. Then remove from cooked shrimp from oil and place on tempura rack to drain. Serves 4 .

# Stir-Fried Seasonal Vegetables

1 tbp cooking oil  
1 tbsp minced garlic  
2 tsp minced ginger  
6 fresh shiitake mushrooms;  
(discard stems, caps sliced)  
4 fresh bottom mushrooms, sliced  
1/2 cup baby corn, cut in half diagonally  
1 small zucchini, cut in half lengthwise,  
thinly sliced  
1/2 green bell pepper, sliced  
1/2 tsp. cornstarch dissolved in 1 tsp. water  
1 small onion, cubed  
1 green onion, sliced

## Sauce:

1/3 cup chicken broth  
2 tbsp soy sauce  
1 tbsp vegetarian oyster-flavored sauce  
1 tsp sugar

Set electric wok to high. Heat for 2 minutes. Add cooking oil, garlic, and ginger; cook, stirring, until fragrant, about 30 seconds. Add remaining ingredients except cornstarch solution; cover and cook for 4 minutes. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Serves 4

# Chicken Fried Rice

1 skinless, boneless chicken breast, cut into small cubes  
1 cup of cooked vegetables (sugar peas, carrots, chopped cabbage)  
3 eggs, slightly beaten  
3 cups cooked long-grain rice, cool  
1 tbsp vegetable oil  
1 cup Chinese parsley  
1/2 cup green onion, thinly sliced  
1 or 2 tbsp dark soy sauce  
1 tsp salt  
Dash of white pepper

Marinate cubed chicken with cornstarch, soy sauce, and sugar in a bowl. Refrigerate about 30 minutes. Heat the wok with 2 tbsps of oil. Add chicken and stir-fry until it turns white. Remove and set aside. Heat the wok with 1 tbsp of oil; tilt wok to coat sides. Stir-fry eggs until thickened. Heat the remaining oil in the wok. Add rice and 1 tbsp of water. Cover and braise over a slow heat for 1 minute. Stir-fry for 1 minute. Add eggs, chicken, vegetables, green onion and white pepper powder. Stir-fry one minute. Serves 4.

## Wok Chicken Salad

2 chicken breasts, de-boned  
1 head iceberg lettuce, shredded  
1 cup seasoning soy sauce  
1 clove of garlic, grated  
1 small piece ginger, minced  
2 tsp sugar  
1 tsp Lawry's Seasoning  
1 cup Chinese parsley  
1/2 cup green onion, thinly sliced  
2 tbsp sesame seeds  
Sesame oil  
Oil for deep frying  
Celery salt for taste

Marinate chicken with soy sauce, garlic, sugar and 1/2 tsp Lawry's Seasoning in a bowl. Refrigerate for about one hour. Heat oil and stir-fry chicken until golden brown. Drain and cool. Shred chicken. Season to taste with celery salt and additional Lawry's Seasoning. Place in a large bowl. Mix well with green onion, Chinese parsley and lettuce. Sprinkle with sesame seeds and a little sesame oil. Serve chilled. Serves 4.

## Cathay Chicken

8 small chicken drumsticks  
2 green onions  
4 slices fresh ginger root  
1 tbsp sherry  
1/2 cup dark soy sauce  
1 tbsp sugar  
3 tbsp vegetable oil  
Chinese parsley for garnish

Wash chicken drumsticks. Pat dry. Cut green onion into 3 three pieces. Heat the wok with vegetable oil. Stir-fry ginger root and green onion. Add drumsticks, sherry, soy sauce, sugar, and fi cup of water. Let drumsticks gently boil under medium heat until most of the juice is gone. Turn occasionally. Remove and set on plate. Garnish with parsley and serve. Serves 4.



# LIMITED WARRANTY



Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$8.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights which may vary from state to state and does not cover areas outside the United States.

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