

Download Flavorwave Cooking Guide

flavorwave oven turbo platinum ® how to operate the flavorwave product & accessory diagram oven ® turbo (ax-767mh) flavorwave oven turbo platinum (ax-797dh) ® 1. Attach the Lid Holder as illustrated in fig. 1. Using Express Function - Setting "Level". This setting provides the highest cooking temperature of 400°F. The cooking times are 1 hour for Level 1, 45 minutes for Level 2, 30 minutes for Level 3, and 15 minutes for Level 4. • Press the "LEVEL" button. • The default "_" setting is indicated in the display panel. Finish cooking in Flavorwave Oven™. Lobster Tails 4 inch 400°F 6 min. 8 min. SHELLFISH VEGETABLES Corn on the cob either 400°F 10 min. Root Vegetables such as: 4 inch 400°F 25 min. Cut into 2 inch cubes Potatoes, Carrots, Spray with oil Turnips, Rutabagas, etc. Potatoes, whole 4 inch 400°F 45 min. 8 ounces each 1/2 Lengthwise 4 inch 400°F 30 min. • COOKING A COMPLETE MEAL AT ONCE II. USING YOUR FLAVORWAVE OVEN® TURBO By using two levels of racks, it is easy to cook an entire meal at once. Keep in mind that different foods and different weights of foods take different amounts of time to cook. Think ahead.