

AROMA[®]
PROFESSIONAL



instruction manual

ABT-316B

Turbo Convection Air Oven

Questions or concerns about your Aroma product?

www.AromaCo.com/Support

1-800-276-6286

**DISCOVER
more of our
products!**



Digital Rice & Grain Multicookers



Rice & Grain Cookers



Electric Kettles



Indoor Grills



...and More!

AROMA®

To Enhance and Enrich Lives.

Here at Aroma we strive to make a difference—to design and distribute products that enhance and enrich people's lives.

Aroma offers an array of exceptional products to make cooking simple and satisfying. Discover other countertop appliances and cookware from our current product lineup to complement your kitchen.

REGISTER YOUR PRODUCT



**Activate your warranty.
Registration is quick and easy.**

- Be notified of:
- new product releases
 - new test kitchen recipes
 - sales and promotions
 - ...and more!

SCAN TO REGISTER
AromaCo.com/registration



[/AromaHousewares](https://www.instagram.com/AromaHousewares)



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 metal surfaces. Use the handles or knobs.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against fire, electrical shock and injury to persons, do not immerse the power cord, plug or appliance in water or any other liquid. See instructions for cleaning.
5. Close supervision is necessary when any appliance is used by or near children. This appliance is not intended to be used by children.
6. Unplug from the wall outlet when not in use and before cleaning. Allow the unit to completely cool before putting on or removing parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged power cord or plug, or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by Aroma® Housewares, may result in fire, electrical shock or injury.
9. Do not store materials other than the manufacturer's recommended accessories inside the oven when not in use.
10. Do not use outdoors.
11. This appliance is for household use only.
12. Do not allow the power cord to touch hot surfaces or hang over the edge of a table or counter.
13. Do not place near a hot gas or electric burner or in a heated oven.
14. Extreme caution must be used when moving the appliance while containing hot food.
15. Do not use the appliance for anything other than its intended use.
16. Do not clean with metal scouring pads. Pieces may break off the pad and touch electrical parts, creating a risk of electrical shock.
17. Do not insert oversized foods or metal utensils into the oven as they may create a fire or risk of electric shock.
18. Extreme caution must be used when placing containers other than metal or glass inside the oven.
19. Do not place paper, cardboard, plastic, or other flammable materials inside the oven.
20. Keep at least 4 inches away from walls and other flammables in a well-ventilated area.
21. Prior to plugging the appliance into a wall outlet, ensure that the temperature control dial is set to the MIN position.
22. To disconnect, turn the temperature control dial to the MIN position and the timer to "0", then remove the plug from the wall outlet.
23. Use only with a 120V AC power outlet.
24. This appliance should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, this appliance may not operate properly.
25. Do not cover the oven or place any materials on top of the oven body.
26. A fire may occur if the oven is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on top of the appliance when in operation.
27. Do not cover the crumb tray or any part of the oven with metal foil. This will cause the unit to overheat and risk electrical shock.
28. Use extreme caution when opening the oven door during or after cooking.

continued on the next page >>

SAVE THESE INSTRUCTIONS

Published By:
Aroma Housewares Co. | 6469 Flanders Drive, San Diego, CA 92121, U.S.A.
1-800-276-6286 | www.AromaCo.com

©2021 Aroma Housewares Company | All rights reserved.



IMPORTANT SAFEGUARDS

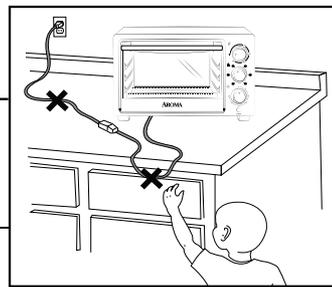
- Hot steam will escape and may cause scalding.
- 29. Always unplug the power cord from the plug gripping area. Never pull on the power cord.
- 30. Do not attempt to move the appliance while heating.
- 31. Never leave the appliance unattended while operating.
- 32. Always wear protective, insulated oven gloves when inserting or removing items from the hot oven.
- 33. The appliance is not intended to be operated by means of an external timer or separate remote-control system.

Short Cord Instructions

1. A short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a.) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b.) The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.
 - c.) If the appliance is of the grounded type, the extension cord should be a grounding 3-wire cord.

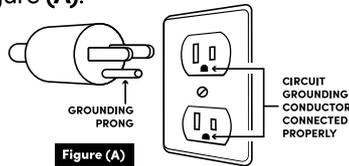
DO NOT DRAPE CORD!

KEEP AWAY FROM CHILDREN!



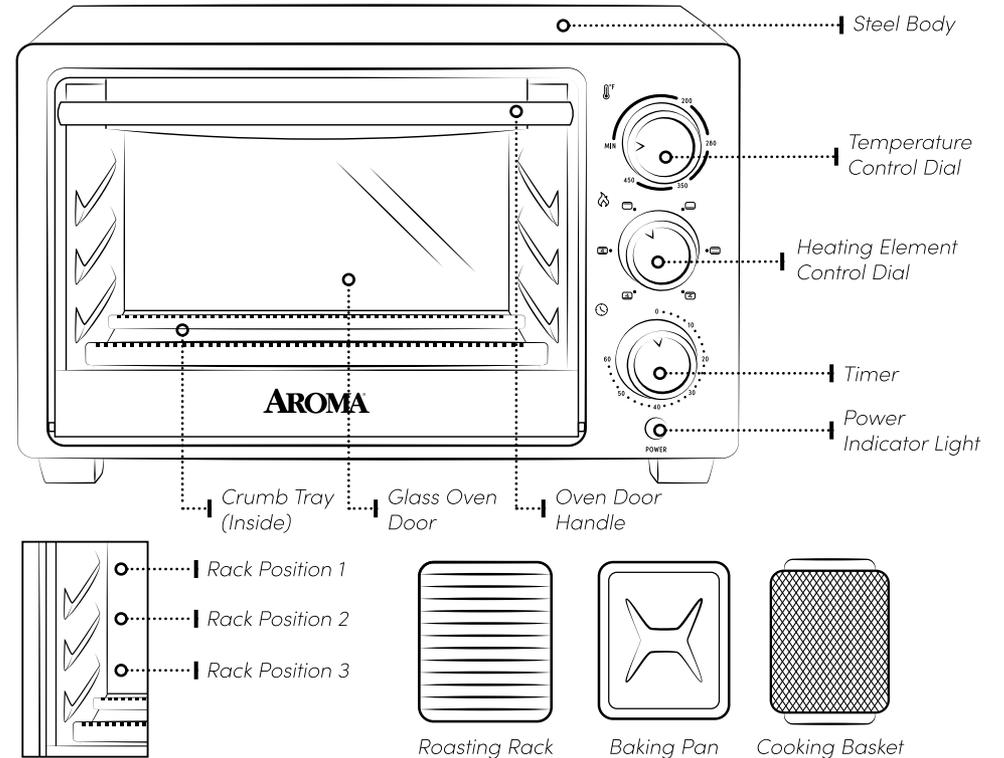
Grounding Instructions

This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding-type plug to fit the proper grounding-type receptacle. The appliance has a plug that looks like figure (A).



THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

Parts Identification



Controls/Functions

Power Indicator Light

Illuminates when the power cord is plugged in and the timer is set.

Temperature Control Dial

Turn the dial to the desired temperature to begin heating up to 450°F.

Timer

Adjusts the amount of time that the oven will maintain the input temperature and heating element setting, up to 60 minutes.

Heating Element Control Dial

Sets the oven to **Broil**, **Bake**, **Toast**, **Turbo Broil**, **Convection Bake**, or **Turbo Roast**.

Broil (☰)

Direct top-only heating. Recommended for preparing steak, and crisping or browning foods to perfection.

Bake (☐)

Steady bottom-only heating. Recommended for preparing casseroles, brownies, and meats.

Toast (☷)

Steady top and bottom heat. Recommended for bread, bagels, and small pastries.

Turbo Broil (☰)

Intense top heat with convection for maximum air flow. Recommended for evenly crisp foods from chicken wings to veggies and more.

Convection Bake (☐)

Steady and even bottom heat with convection. Recommended for pies, flaky pastry, and roasted veggies.

Turbo Roast (☷)

Evenly circulated top and bottom heat. Recommended for cooking pot roast and other large cuts of meat to perfection.

BEFORE FIRST USE

Due to the manufacturing process, it is normal for slight smoke and odor to be emitted during the oven's first use. We recommend following the steps below to clean and preheat the oven prior to first use in order to eliminate the smoke and odor.

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of them properly as they can pose a risk to children.
4. Wash all accessories in warm, soapy water.
5. Wipe the oven's body clean with a damp cloth.
6. Dry all parts and accessories thoroughly then reassemble for use.
7. Ensure that the temperature control dial is turned to the MIN position then plug the power cord into an available 120V AC outlet.
8. Turn the temperature control dial to 400°F, the heating element control dial to **Turbo Roast** , and set the timer for 30 minutes. The roaster oven will begin to heat.
9. Once any smoke and/or odors have ceased to emit, the oven will be ready for first use. To turn the oven off, ensure that the temperature control dial is turned to the MIN position, and the timer is set to the "0" position then remove the plug from the wall outlet.
.....

TO CLEAN

1. Ensure that the temperature control dial is turned to the MIN position, and the timer is set to the "0" position then remove the plug from the wall outlet.
2. Allow the unit to completely cool.
3. Wash all accessories in warm, soapy water or place on the top rack of the dishwasher.
4. Wipe the oven's body clean with a damp cloth.
5. Dry all parts and accessories thoroughly then reassemble for next use.
.....

6.



Caution:

Do not immerse the steel oven body in water while cleaning. Instead, wipe the interior and exterior with a damp cloth and dry thoroughly.

Do not use harsh abrasive cleaners, scouring pads, or sharp utensils to clean the oven and accessories.

Note:

- Any other servicing should be performed by Aroma® Housewares.
- Not satisfied with your Aroma® purchase? Our product experts are ready to help! **Before returning, contact Customer Service at 1-800-276-6286** for product support, helpful tips and more!

TROUBLESHOOTING

The timer is not counting down or ringing when set for a short duration.

- Turn the dial past the 10 minute mark to engage the timer switch, then turn back to the desired time setting. If the timer still will not count down, please contact Aroma® Customer Service at 1-800-276-6286.
.....

USING THE OVEN

Refer to the "Cooking Functions" table on page 8 as needed for recommended rack positions and use guidelines for Broil, Bake, Toast, Turbo Broil, Convection Bake and Turbo Roast.

1. Slide the roasting rack, cooking basket, or baking pan into the recommended rack position for the desired cooking function.
2. Plug the power cord into an available 120V AC wall outlet.
3. Adjust the temperature control dial to the desired temperature, up to 450°F.
4. Turn the heating element control dial to the desired function.
5. For all functions except **Toast**, allow the oven to preheat at least 5 minutes then place food onto the roasting rack, cooking basket, or baking pan.
6. Securely close the oven door.
7. Turn the timer dial to the desired amount of cook time, up to 60 minutes. The power indicator light will illuminate as the timer begins to count down.
8. Occasionally check the food for doneness, refraining from opening the oven door too often to prevent heat loss.
9. Once the cooking time has elapsed, the timer will ring and the oven will enter standby mode.
10. Remove food from the oven carefully while wearing protective heat-resistant oven mitts or gloves.
11. After removing the food, turn the temperature control dial to the MIN position, ensure that the timer is set to "0", and remove the plug from the wall outlet to turn the oven off. Allow the oven to completely cool before any cleaning or maintenance.
.....



Caution:

To prevent food-borne illness, always make sure food is cooked thoroughly before serving.

During and after use, the steel body, oven door, and other accessories will become extremely hot. Be sure to use the oven door handle and wear protective heat-resistant oven mitts or gloves.

Use only on a level, dry and heat-resistant surface.

Note:

- Using a reliable meat thermometer to monitor your foods as they cook is crucial to obtaining delicious results, however, refrain from opening the oven door too often to prevent heat loss and lessen total cook time.
- For all functions except **Toast**, always preheat the oven for at least 5 minutes before placing ingredients inside, unless the recipe specifies otherwise.
- See the "Temperature & Time Tables" on page 9 for recommended cooking times and temperature settings for the **Bake** and **Toast** functions.

7.

Cooking Function Recommendations Table

Function	Suggested Accessory	Suggested Rack Position	Convection	Preheat Time	Cooking Tips
Broil (☰)	Roasting Rack or Baking Pan	Position 1	--	10 Min.	· For best results when broiling, set the temperature control dial to 450°F.
Bake (☲)	Roasting Rack or Baking Pan	Position 2 Position 3	--	10 Min.	· For extra large foods, it is recommended to use <i>Rack Position 3</i> . · Heat-safe baking dishes may be inserted on top of the roasting rack.
Toast (☰)	Roasting Rack	Position 2	--	--	· For best results when toasting, set the temperature control dial between 350°F-450°F.
Turbo Broil (☰)	Cooking Basket or Baking Pan	Position 1 Position 2	✓	5 Min.	· For best results, lightly mist foods with cooking oil before placing into the oven.
Convection Bake (☲)	Roasting Rack or Baking Pan	Position 2 Position 3	✓	5 Min.	· For extra large foods, it is recommended to use <i>Rack Position 3</i> . · Heat-safe baking dishes may be inserted on top of the roasting rack.
Turbo Roast (☲)	Roasting Rack or Baking Pan	Position 2 Position 3	✓	5 Min.	· For extra large foods, it is recommended to use <i>Rack Position 3</i> . · Heat-safe baking dishes may be inserted on top of the roasting rack.

Bake Temperature & Time Table

Food	Temperature	Time
Bread	375°F	45-75 Minutes
Pie	375°F	45-60 Minutes
Cake	325°F	45-60 Minutes
Cookies	375°F	10-15 Minutes
Rolls	375°F	15-20 Minutes
Muffins	400°F	20-25 Minutes

Toast Temperature & Time Table

Food	Temperature	Time
Bread	450°F	Light: 3 Minutes Medium: 4 Minutes Dark: 5 Minutes
Bagel	375°F	Light: 4 Minutes Medium: 5 Minutes Dark: 6 Minutes
English Muffin	350°F	Light: 3 Minutes Medium: 4 Minutes Dark: 5 Minutes
Pastry	350°F	Light: 5 Minutes Medium: 6 Minutes Dark: 7 Minutes

Note:

- When using the **Turbo Broil** or **Broil** functions with the cooking basket or roasting rack, it is recommended to slide the baking pan underneath in *Position 2* or *3* to serve as an additional drip tray.
- For best results and to prevent food sticking, lightly coat the roasting rack, baking pan, or cooking basket with cooking oil prior to placing inside the roaster oven.

Note:

- These charts are for reference only. Actual cooking times may vary and may be affected by altitude, humidity, outside temperature and ingredient thickness.

RECIPES

Prime Rib

2 lb.	prime rib
1 tbsp.	salt
1 tbsp.	pepper
½ tsp.	garlic powder

Season the prime rib with salt, pepper and garlic powder then refrigerate overnight. Place the baking pan in *Position 2* and preheat the oven to 400°F on **Turbo Roast**. Once the oven has preheated, place the meat on the baking pan and roast for 15 minutes. Adjust the heat to 300°F and cook for an additional 30 minutes. Once the meat is done, remove from the oven and allow it to rest for 10 minutes before carving or slicing.

SERVES 4.
.....

Parmesan Garlic Cauliflower Bites

1 lb.	cauliflower, cut into small florets
1 tbsp.	oil
½ tsp.	salt
½ tsp.	pepper
½ tsp.	garlic powder
¼ cup	olive oil
¼ cup	parmesan cheese, finely grated
1 tbsp.	parsley, chopped
1 tbsp.	lemon juice

Place the cooking basket in *Position 2* and preheat the oven to 400°F on **Turbo Broil**. Meanwhile, in a large bowl, combine the cauliflower, olive oil, salt and pepper and toss to coat evenly. Once the oven has preheated, place the cauliflower into the cooking basket and bake for 25 minutes. While the cauliflower is baking, mix together the rest of the ingredients in a large bowl. Once finished baking, carefully remove the cauliflower and toss in the parmesan mixture.

SERVES 4.
.....

RECIPES

Avocado & Egg Toast

2	slices of sourdough bread
1	ripe avocado, halved (skin on)
2	eggs
1 tsp.	butter
--	salt and pepper, to taste

Preheat the oven to 450°F on **Turbo Broil**. Spread butter onto each of the sourdough slices. Remove the seed from the avocado and crack an egg into each half. If you are using large eggs, some excess avocado may need to be scooped out to fit the entire cracked egg inside. Place the avocado halves and the sourdough slices on the baking pan then insert the pan into *Position 2*. Heat the oven to 450°F on **Turbo Broil** and allow the food to cook for 10 minutes. Carefully remove from the oven, scoop the avocado and egg onto the toast and serve.

SERVES 2.
.....

Cheese Pizza

8 oz.	pizza dough
1 tbsp.	corn meal
1 tsp.	olive oil
½ cup	pizza sauce
1 cup	mozzarella, grated

Remove the baking pan from the oven and preheat to 450°F on **Convection Bake**. Meanwhile, coat the baking pan with olive oil, then sprinkle the corn meal on top. Stretch the pizza dough and spread it evenly into the prepared pan. Spread the pizza sauce onto the dough, leaving a ½-inch space on all sides, then top with the mozzarella cheese. Insert the baking pan into *Position 2* and allow the pizza to cook for 15 minutes then serve.

SERVES 4.
.....



To Enhance and Enrich Lives.



www.AromaCo.com