



SO-2005

DIGITAL CONVECTION OVEN
with
6-PRE-PROGRAMMED SETTINGS



INSTRUCTION MANUAL

Please read instructions thoroughly and keep for future reference.

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. All instructions should be read thoroughly prior to first use.
2. **THIS OVEN GETS EXTREMELY HOT** while in use. Always use with the base, being careful not to touch the hot surfaces.
3. To protect against electrical shock, do not immerse the cord, plug or motor housing in water or any other liquid.
4. Close supervision is necessary when this appliance is used by or near children.
5. Do not pull by the cord when disconnecting from the electrical outlet, as this may damage the cord.
6. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
7. Do not operate this appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner.
8. Do not use outdoors. This appliance is for household use only.
9. Do not let cord hang over edge of table or counter or come in contact with hot surfaces.
10. Do not place on or near a hot gas or electric burner or in a heated oven.
11. Place on a heatproof surface. Do not place on top of plastic, vinyl, varnished wood or any surface that burns easily.
12. Use extreme caution when moving this appliance if it contains hot oil or other hot liquids. Allow to cool off prior to disposing hot grease.
13. Ensure this appliance is OFF before removing the plug from the wall outlet.
14. Do not use this appliance other than described in this manual.
15. Unplug the unit from the outlet when not in use and before cleaning.
16. Fire hazard may occur if appliance is covered or touching flammable material (curtains, draperies, walls and the like) during operation.
17. Do not use abrasive cleaners or scouring pads when cleaning the unit.
18. Do not leave appliance unattended while in use.
19. Do not operate in the presence of explosive and/or flammable fumes.

20. This product is intended for household use only and not for commercial or industrial use.
21. An extension cord should not be used with the appliance.
22. Do not touch or stare directly into the bulb.
23. Do not move the oven when in use.
24. Do not place oversized food into the oven, the glass lid must be completely closed.
25. Never place paper, cardboard, plastic or other flammable materials inside the unit.
26. When using the unit for the first time, allow motor to run for a few minutes in order to burn off any excess lubricants, which were used during the manufacturing of this item. You may see a small amount of smoke during the first few uses.

WARNING

This appliance generates heat and steam may escape during use. Proper precautions must be taken to prevent the risk of burns, fires or other injury to persons or damage to property.

CAUTION HOT SURFACES

This appliance is hot during use and retains heat for some time after turning off. Always use oven mitts when handling hot materials and allow to cool before cleaning.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in 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.

SAVE THESE INSTRUCTIONS

This versatile cooker combines infrared, conduction heat and convection technology to keep foods moist on the inside yet browned and crispy on the outside – all without the use of added fats or oils.

Infrared heat cooks food from inside out, sealing in juices. Conduction heat targets the surface of the food for browning. Convection circulates the hot air to cook the food evenly and speeds cooking up to 3 times faster. Pre-programmed settings take the guesswork out of cooking: hamburger, steak, pork chops, salmon steak, chicken pieces, whole chicken, pizza and thaw/wash dehydrate. You can also manually set the cooking time and temperature.

FEATURES OF SO-2005:

- Combines Infrared, Conduction Heat & Convection technology
- Digital display with adjustable time and temperature
- 6 programmed setting for effortless cooking
- Deep heat penetration and instant heating – no defrosting necessary.
- Cooks and browns food evenly and quickly, retaining its nutrients
- Meat sears quickly on the outside, sealing juices on the inside
- Quick response to manual temperature changes
- Heatproof tempered glass can withstand temperature variance up to 365°F
- Two cooking racks (low & raised) for cooking multiple foods
- No soot or unsavory smoke produced.
- Adjustable temperature: 120 - 480°F (in 5°F increments)
- Timer: up to 1 hour and 59 minutes

PART IDENTIFICATION



1. Glass Lid with Digital Control Panel

- 1a. Time display
- 1b. Temperature display
- 1c. Adjustment buttons: Increase (+) and Decrease (-)
- 1d. 6 one-touch program buttons

2. Safety Handle – Automatically turns off the unit when handle is raised.

3. Extender Ring –Increases capacity to cook larger foods

4. High Cooking Rack –additional rack for extra food

5. Low Cooking Rack –main rack for cooking food

6. Glass Bowl

7. Bowl Base

8. Tong

Before initial use, remove all packaging materials and clean glass bowl, plastic base, cooking racks and tongs with hot soapy water and allow to dry completely/

WARNING: Do not immerse the lid with digital controls, cord or plug in water or any other liquid. Do not place lid in the dishwasher.

ASSEMBLY:

- Place unit on a level and heatproof surface, where a 15-amp outlet is within reach.
- Place the glass bowl onto the plastic base.
- Place the low and high cooking racks into the glass bowl.
- Place the glass lid on top of the glass bowl. The lid should sit on the inner rim of the bowl.
- If using extender ring, place it on top of the glass bowl, then place the lid on the ring.

INSTRUCTIONS:

Always have oven mitts ready to remove the lid and cooked food. Any oven safe pans, plates, cookware can be used inside this oven.

PLACING FOOD IN OVEN:

- Open the lid and place the racks inside, use one or both racks, depending on the amount or type of food.
- You may combine both racks to make a grid when cooking foods like French fries. Place the high rack in first, then layer the low rack over the high rack, align to form a grid.
- Place food to be cooks on rack – this will allow the hot air to circulate around the food for faster and even cooking.
- If extender ring is needed, place the flat part of the extender ring over the glass bowl. The ring has its own lip that will create a perfect seal with the lid.
- Close the lid. Plug the power cord into outlet. The LED displays will illuminate 0:00 and 000.

MANUAL COOKING TIME & TEMPERATURE SETTING

- Use the adjustment buttons (+/-) to manually set the time (0:00 to 1:59) and the temperature (120 to 480°F)
- Cooking time advances in 1 minute increments, the temperature is in 5°F increments. Press and hold the buttons to advance faster.

PRE-SET PROGRAMS

- If using one-touch preset buttons, the time and temperature will display automatically.
- The cooking time and temperature can still be adjusted with the adjustment buttons (+/-).
- When a program is selected, the indicator light next to the selection will start blinking. However, unit will not start to operate until you press the confirm button.

PROGRAM	RACK	DEFAULT TEMP	DEFAULT TIME
Hamburger	High	400°F	12 min
Steak	High	400°F	10 min
Pork Chops	High	400°F	16 min
Salmon Steak	High	400°F	15 min
Chicken Pieces	Low	400°F	20 min
Whole Chicken	Low	460°F	45 min
Pizza (frozen)	High	400°F	10 min
Thaw/Wash/Dehydrate	High	260°F	60 min

NOTE: The cooking time depends on the size and weight of the food. Most meats have recommended cooking times, those times should be used as a guide as this oven cooks faster than conventional ovens, you may need to adjust cooling time accordingly.

TURNING UNIT ON/OFF:

- Be sure handle is fully lowered. The handle must be flat down for the oven to operate.
- Press the confirm button to start cooking.
NOTE: the handle operates as a safety switch, as soon as it is lifted, the oven will stop operating. Once the unit is ON, the carbon lamp and fan will turn on. The carbon lamp will cycle on and off to maintain set temperature – it will go off when the required heat setting has been reached.
- If at any time you need to check the food, simply lift the handle up to stop operation. The cooking time and temperature displays will pause.
CAUTION: before removing the glass lid, be sure handle is in the upright position as this will activate the safety switch and stop the oven's operation. The oven will be very hot. If using the extender ring, be extra careful as it will get very hot during cooking process. Use oven mitts when removing the glass lid.
- When down checking, lower the handle until it snaps in and press the Start/Stop button to resume cooking.
- If at any time you need to turn off the unit before timer is up, simply press the Start/Stop button.
- When the timer counts down to 0:00, the oven will beep several times and will turn off automatically.
NOTE: The carbon lamp will turn off immediately once timer counts down to 0:00, while convection fan will stay on to allow the unit to cool off (approx 1 to 3 minutes).
- Remove lid and check to make sure food is fully cooked.
NOTE: to ensure food is cooked, use a cooking thermometer or pierce the food with a fork to check for uncooked juices on meats and poultry. When cooking vegetables, check for desired tenderness. Moisture may build up inside the oven when cooked food is not removed soon after timer has gone off. The steam/moisture build-up can be avoided by removing the food as soon as cooking is done.
- Use provided tong to lift out the food and/or racks

DEHYDRATE FUNCTION

To dehydrate fruits, vegetable and herbs

- Wash and dry the fruits or vegetables. Peel the skin, if desired.

- Slice the fruits/vegetables into 1/16" inches thickness. If using soft fruit like bananas, briefly place in the freezer to harden, this will make slicing easier.
- Place fruit slices in a lemon juice solution of ½ cup water with ½ cup lemon juice for 10 minutes. When soaking banana slices, soak only for 5 minutes. Do not soak vegetables.
- Arrange both racks (high and low) to form a grid.
NOTE: if dehydrating herbs, use the lower rack alone.
- Place the slices close together, but not touching in one layer. Do not stack on top of the other. Close the lid.
- Press the THAW/WASH/DEHYDRATE preset button. The time and temperature will display automatically. Adjust time/temperature if needed by using the adjustment (+/-) buttons.
- Lower the handle and press the Start/Stop button.
NOTE: it is recommended to check the food every 15 minutes.
- Most fruit will be pliable or leathery when done (bending without breaking). To check – tear a piece of dried fruit in half and if no moisture beads up on the inside and there is no stickiness on the outside, it's done.

THAWING

Although you can cook from frozen food, there is also the option to thaw frozen foods first:

PRE-HEATING

- Make sure the racks are place inside the oven prior to pre-heating.
- If pre-heating is required, set the required temperature using the adjustment buttons. Set the time to 10 minutes. Once the temperature is reached, the conduction heat light will turn off. You can now open the lid and place food insde.

CARE & CLEANING

- Make sure oven is turned off and unplugged.
- Always wait until the unit cools down completely.
- Thoroughly wash the glass bowl, plastic base, extender ring, cooking racks and tongs in hot soapy water and allow to dry completely. Glass bowl and cooking racks are dishwasher safe.
- When washing the cooking racks, do not soak in water for long periods of time. Once washed, best to dry with cloth or paper towel. This will preserve the surface and will extend the life of the racks.
- Once unplugged, the glass lid surface can be wiped clean using a damp cloth or sponge.

WARNING: Do not immerse the lid, cord or plug in water or any liquid. Do not use abrasive cleaners. Do not place the lid in dishwasher. All parts must be dry before next use. When storing the unit, be sure ALL parts are dry, to avoid any moisture collecting in the lid.

SELF CLEANING OF GLASS BOWL

If food particles are stuck on the bottom or sides of glass bowl, you can perform a self cleaning.

- Pour approximately 1 to 2 inches of water into the bowl, add a small amount of mild dishwashing liquid.
- Place lid on and plug into outlet.
- Press the THAW/WASH/DEHYDRATE preset button. The time and temperature will display automatically.
- Change the cooking time to 10 minutes using the adjustment buttons.
- When the timer counts down to 0:00, carefully open the lid and wait for the glass bowl to cool down before emptying the liquid inside.
- Rinse the glass bowl in clean warm water to remove soap residue.

TECHNICAL SPECIFICATION

Model: SO-2005

Capacity: 12.0 Quarts Glass bowl / With Extender ring: 5.0L

Rate: 120V / 1300W

SUGGESTED COOKING TIMES

Please refer to the below cooking times as a guide only. Time may vary according to the weight of food, adjust to your preference.

You can use your favorite conventional oven recipes with this unit and decrease the cooking time by approximate 25 to 35%. Because this oven cooks faster than conventional ovens.

FOOD	RACK	TEMP	TIME (min) (fresh/frozen)	Notes
MEATS				
Bacon	Low	400°F	10 /16	Crisscross racks. Turn after 5 min.
Hamburger (1/4lb)	High	400°F	10/12 (rare) 12/15 (med) 15/18 (well)	Turn once
Hot dogs	High	400°F	8/10	Crisscross racks
Sausage links (1lb)	Low	400°F	15/22	Turn once
Lamp chops (1 ½" thick)	High	400°F	20/30	Turn after 5 min
Meat loaf (2lbs)	Low	350°F	40/60	Frozen: cover w/foil half way through
Pork chops (1/2" thick)	High	V	16-18/30	Turn after 10 min
Pork roast (3lbs)	Low	360°F	60/95	Fat side down. Turn half way
Shish kabob	Low	400°F	10-12/15-18	Turn and baste
Spare ribs	Low	400°F	30/45	Turn, baste
Steak (1" thick)	High	400°F	10/15 (med rare)	Turn after 7 min
SEAFOOD				
Breaded fish	High	400°F	10/12	Crisscross racks
Shrimp	High	400°F	10/12	Crisscross racks Turn, baste
Salmon steak (4oz)	High	400°F	15-18/25	Turn once

FOOD	RACK	TEMP	TIME (min) (fresh/frozen)	Notes
SEAFOOD (continued)				
Scallops (6oz)	High	400°F	15-18/20 min	Crisscross racks
Fish fillet (4oz)	High	400°F	14/16	Crisscross racks
Whole fish (1lb)	Low	400°F	30/35 min	
POULTRY				
Chicken breast (boneless thick)	High	400°F	13-15/15-18	Crisscross racks
Chicken breast (boneless thin)	High	400°F	10/13	Crisscross racks
Chicken breast (bone in)	Low	400°F	20/40	Breast side down Turn halfway
Chicken legs / thighs / wings	Low	400°F	20/30	Turn halfway
Cornish hen (3 1/2 lbs)	Low	460°F	45/50	Breast side down Turn halfway
Chicken quarter	Low	400°F	35/45	Turn half way
Turkey breast (3lb)	Low	460°F	60/120	Breast side down Turn halfway
Whole chicken (4lb)	Low	460°F	45/90	Breast side down Turn half way
Whole turkey	Low	350°F	15/23 min/lb	Use extender ring
VEGETABLES				
Squash	Low	400°F	30	Cut in half
Baked potatoes	Low	460°F	45	
Corn on the cob (4)	Low	400°F	8-10/12/15	Cook in 1 inch of water in bowl
Eggplant (1/2" slices)	Low	400°F	8-10	Turn halfway
French fries	High	460°F	12/15	Crisscross racks
Roasted garlic	High	460°F	45	Wrap in foil
Steam broccoli	High	400°F	25	Wrap in foil. Add 1tsp of water
Sweet potatoes	Low	400°F	35	
Vegetable medley	High	400°F	10	Wrap in foil. Add 1tsp of water

FOOD	RACK	TEMP	TIME (min) (fresh/frozen)	Notes
ASSORTED				
Baked apples or pears	Low	400°F	25	Cook in shallow casserole dish
Pizza	High	400°F	10	Crisscross racks
Popcorn	Low	420°F	9	Use shallow pan. Do not use oil
DEHYDRATING (soak fruit slices in 1:1 lemon/water solution for 10 min)				
Apples / pears / peaches / plums	High	260°F	60	Crisscross racks. 1/16" thick slices
Bananas	High	260°F	60	Soak 5 min
Parsley	Low	260°F	5	Crisscross racks
Tomatoes	High	260°F	50-60	Crisscross racks. 1/16" thick slices

INTERNAL FOOD TEMPERATURE GUIDE

This is a list of the internal temperature that different food must reach to kill bacteria. These are NOT the temperature to use to cook the food.

Beef, lamb or veal (med rare)	145°F
Beef, lamb or veal (med)	160°F
Beef, lamb, pork or veal (well done)	170°F
Chicken breast	170°F
Chicken thighs or wings	180°F
Fish and shellfish	145°F
Ground beef or pork	160°F
Ground chicken or turkey	165°F
Pork	160°F

When cooking poultry, always cook to the internal temperature of 170-18°F. Another sign of cooked poultry is when the juices run clear. Fish is done when it looks opaque and flakes easily with a fork. Shellfish (shrimp, crab or lobster) will turn reddish pink on the outside and opaque on the inside.



Your Guarantee

This guarantee is subject to the following terms:

- Sunpentown must be notified of the fault.
- Proof of purchase must be presented to Sunpentown's nominated representative.
- The warranty will be void if the product is modified, misused or repaired by an unauthorized person.
- The warranty after repair will not be extended beyond the original one-year period.
- All replacement parts will be new or reconditioned.
- Parts, which are replaced, become the property of Sunpentown.
- The warranty applies for the use of the product in the USA only.

What is NOT COVERED

- Damage due to installation error, product abuse and/or misuse.
- Incidental or consequential damage caused by possible defects with this product.
- Damage to product caused by improper power supply voltage, accident, fire, floods or acts of nature.
- Failure of product resulting from unauthorized modifications to the product.
- Improper installation or failure to perform the necessary maintenance.
- Normal wear and tear on parts or replacement of parts designed to be replaced.
- Damage to personal property from use of product.
- Replacement or repair of household fuses, circuit breakers, wiring or plumbing.

This GUARANTEE is in addition to your Statutory Rights

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