

# SPT<sup>®</sup>

SO-2004

**CONVECTION OVEN**  
with  
***SUPER TURBO OVEN***



## **INSTRUCTION MANUAL**

Please read instructions thoroughly and keep for future reference.

## PART IDENTIFICATION



1. **Glass Lid with Control Panel Conduction**  
1a. Time display  
1b. Temperature display
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**

## COOKING METHOD

This product cooks food by circulating hot air inside the glassware. It preserves the juice inside the food for great flavor.

## FEATURES

- Cook with hot air circulation. No soot is produced.
- Easy to Operate. No need to turn the food.
- Safe and economic. Designed with thermostat and timer.
- Heat enduring glassware. Food is visible during cooking.
- Cooking with hot air circulation preserves the juice inside the food and keeps its original flavor.
- Glassware is washable, different from conventional oven.
- May be used for defrost.

## OUTLET SELECTION

- Choose a 15Amps (or larger) outlet.
- Do not share the same outlet with other appliance.

## USING INSTRUCTION

- Place rack inside the glassware. Put food on top of the rack. Leave at least half an inch of distance from the lid.
- Cover the lid and press down the handle. Connect to a 120V outlet. Turn the timer knob to set the cooking time. The power light lights up, indicating the power is on. The fan starts to run.
- Then turn the temperature knob to set the cooking temperature. The temperature light lights up, indicating the oven starts cooking (if the temperature light is switch between on and off, it means the oven is adjusting the temperature automatically).
- There is an alarm once the timer is off. The power shuts off and the light goes out.
- To set the timer for 10 minutes or less, please turn the timer knob to 20 minutes before setting the desire cooking time.

## COOKING TIMER AND TEMPERATURE GUIDE

The recipes provided in this booklet are examples and can be adjusted to fit your individual cooking habits and methods. Please use the information provided as a reference.

You can use your favorite conventional oven recipes with this unit by adjusting the temperature or time slightly. Convection cooking uses circulated hot air and the Nano-Carbon technology will save energy and cooking time by approximated 25~30%.

### Tips:

- If the baking time of original recipe is less than 15 minutes: keep the original baking time but reduce temperature by 25~30°F.
- If the baking time of original recipe is more than 15 minutes: bake at the original temperature, but reduce the cooking time by 25~30%.
- Always preheat (3 to 5 minutes), unless your recipe indicates otherwise.

Food	Temperature (°F)	Time (Minutes)	Quantity
Whole Chicken	400	35	3 lb
Drumsticks	375	15	8 pieces
Steak	400	10 ~ 15	16 oz
Pork Loin	400	20	2 lbs
Shrimp	450	5	1 lb
Corn	375	10	4 pieces
Cake	300	15	1 box

## GARDEN FRESH PIZZA

- 1 baked pizza crust (10 oz / 12")
  - 2 Tbsp cider vinegar
  - 1 Tbsp olive oil
  - 1/2 clove garlic (minced)
  - 2 tsp shallots (minced)
  - 2 tsp chopped fresh basil leaves
  - 1/2 tsp of fresh thyme leaves
  - 1/2 tsp chopped fresh rosemary leaves
  - 1 cup mushrooms (sliced)
  - 1 cup yellow squash (sliced)
  - 3/4 cup Roma tomatoes (sliced)
  - 1/2 cup bell pepper (diced)
  - 1/2 cup green onions (thinly sliced)
  - Salt
  - 1 cup shredded mozzarella cheese
  - 1/4 cup grated parmesan cheese
1. In bowl, mix vinegar, olive oil, garlic, shallots, basil, thyme, and rosemary.
  2. Place crust on pan or baking sheet. Brush with all but 1 Tbsp of the vinegar mixture.
  3. Preheat oven for 3 minutes at 455°F.
  4. Layer vegetables over crust. Sprinkle lightly with salt.
  5. Spread mozzarella and Parmesan chesses equally.
  6. Place on short rack and bake at 419°F for 10 minutes.  
Drizzle with remaining vinegar mixture.

*Makes 4 to 6 servings.*

## **PORTABELLA SOUFFLES**

- 4 portabella mushrooms (approx. 1/4 lb each)
  - 2 ½ Tbsp butter
  - 3 Tbsp dried breadcrumbs (finely crumbed)
  - 1 ½ Tbsp garlic (minced)
  - ¼ cup all-purpose flour
  - ¼ tsp salt
  - ¼ tsp ground pepper
  - ¾ cup low-fat milk
  - 1 ¼ cup shredded sharp cheddar cheese
  - 2 Tbsp fresh chives (chopped)
  - 4 large eggs (separated)
  - Aluminum foil
1. Rinse and drain mushrooms. Trim stems off.
  2. Trim off tip of stems and finely chop stems, set aside.
  3. Place caps (cup side up) on baking sheet.
  4. Cut 4 sheets of foil (12" x 16"). Fold each sheet lengthwise in half and half again. Generously butter 1 side of each foil and dust with breadcrumbs. Wrap each foil strip (crumb side in) tightly around a mushroom cap. Overlap ends and secure.
  5. In a medium sized pan, melt 2 Tbsp butter over medium heat. Add garlic and mushroom stems and cook until stems are browned (approx. 8 minutes). Add flour, salt

- and pepper, stir for 1 min. Remove from heat and whisk in milk until smooth. Stir over high heat until boiling.
6. Remove from heat and add 1 cup of cheese. Stir until melted. Add chives and egg yolks and blend well.
  7. In bowl, whip egg whites with mixer on high speed until stiff, peaks form. Stir 1/3 of whites into cheese mixture. Then gently fold cheese mixture into remaining whites till blended.
  8. Preheat oven for 3 minutes at 401°F.
  9. Spoon mixture equally into mushroom caps. Sprinkle remaining cheese.
  10. Bake on short rack for 25 minutes at 374°F.
  11. Remove foils and transfer soufflés to plates with a wide spatula.

Makes 4 servings.

### **ROASTED GARLIC BUTTER CRAB**

- 2 Whole crabs (approx. 1 lb each)
  - ½ medium onion (sliced)
  - ¼ cup garlic (sliced)
  - 1 red chili (sliced)
  - Aluminum foil (large enough to wrap crab)
  - 2 Tbsp butter
  - 1 Tbsp milk
  - 2 Tbsp cooking wine
  - 1 Tbsp black pepper
  - Dash of salt
1. Clean crabs and cut into 8 pieces. Marinate with salt and cooking wine for approx. 15 minutes.
  2. Spread butter on aluminum foil. Place crabs in the center. Fold sides of foil up but do not seal.
  3. Mix onion, garlic, chili, milk, pepper and salt in medium bowl. Pour over crab and seal aluminum foil.
  4. Preheat oven for 3 minutes at 455°F.
  5. Place on short rack and bake at 401°F for 12 minutes.

*Makes 2 servings.*

### **GRILLED SALMON**

- 4 cloves garlic (minced)
  - ¾ cup olive oil
  - 2 tsp dried basil
  - 2 tsp salt
  - 2 tsp ground black pepper
  - 2 Tbsp fresh lemon juice
  - 2 Tbsp fresh parsley (chopped)
  - 4 salmon fillets (approx. 6 oz each)
  - Aluminum foil
1. In medium bowl, mix garlic, olive oil, basil, salt, pepper, lemon juice and parsley.
  2. Place salmon fillets in bowl and marinate for at least 1 hour, refrigerated, turning occasionally.
  3. Preheat oven for 3 minutes at 401°F.
  4. Arrange fillets in baking pan and pour marinate over salmon. Cover with aluminum foil.
  5. Place on short rack and bake at 374°F for 25 to 30 minutes, until easily flaked with a fork.

*Makes 4 servings.*

## **TENDER LEMON CHICKEN**

- 4 boneless chicken breast halves
  - 1/3 cup fresh lemon juice
  - ¼ cup olive oil
  - 1 Tbsp Dijon mustard
  - 2 large cloves garlic (finely chopped)
  - 2 Tbsp red bell pepper (finely chopped)
  - ½ tsp salt
  - ¼ tsp ground black pepper
1. In medium bowl, mix lemon juice, olive oil, mustard, garlic, bell pepper, salt and pepper.
  2. Place chicken in bowl and marinate for at least 20 minutes, refrigerated.
  3. Preheat oven for 3 minutes at 455°F.
  4. Arrange chicken on shallow bake pan. Pour about ¼ cup of marinate over chicken.
  5. Place bake pan on short rack and bake at 401°F for 10 to 15 minutes.
  6. Garnish with lemon slices.

Makes 4 servings.

## **ROAST CHICKEN**

- 1 whole chicken (approx. 4 lbs)
  - 2 Tbsp soy sauce
  - 2 Tbsp cooking wine
  - 1 Tbsp garlic (minced)
  - 2 tsp salt
  - 1 tsp sugar
  - 1 tsp ginger (minced)
  - 1 tsp sesame oil
1. Mix soy sauce, cooking wine, garlic, salt, sugar, ginger, and sesame oil.
  2. Marinate chicken in mixture for at least one hour, refrigerated.
  3. Preheat oven for 3 minutes at 347°F.
  4. Roast chicken at 329°F for 30~35 minutes.

Makes 4 servings.

## **HONEY GLAZED HAM**

- 1 ready-to-eat ham (approx. 4 lb)
  - 3 Tbsp whole cloves
  - 3 Tbsp dark corn syrup
  - 1 ½ cups honey
  - ½ cup butter
1. Score ham and stud with whole cloves.
  2. Place ham in foil lined baking pan.
  3. Preheat oven for 5 minutes at 329°F.
  4. Heat corn syrup, honey and butter.
  5. Brush glaze over ham and bake for 50 minutes at 320°F.
  6. Baste ham every 10 minutes with glaze.
  7. Turn temperature up to 482°F for the last 5 minutes.

*Makes 8 servings.*

## **CREAMY LEMON PIE**

- 20 Nilla wafers (crushed)
  - ½ cup flour
  - ¼ cup firmly packed brown sugar
  - ½ stick cold margarine
  - 1 package (8 oz.) Neufchatel cheese (softened)
  - ½ cup granulated sugar
  - 2 eggs
  - 2 Tbsp flour
  - 3 Tbsp grated lemon peel
  - ¼ cup fresh lemon juice
  - ¼ tsp baking powder
  - 2 tsp powdered sugar
1. Line 9" bake pan with foil (extending over sides).
  2. Preheat oven for 3 minutes at 383°F.
  3. Mix wafer crumbs, ½ cup flour and brown sugar in bowl.
  4. Cut in margarine with pastry blender until mixture becomes coarse crumbs. Press firmly to bottom and side of pan. Bake for 10 minutes at 347°F.
  5. Beat cheese and sugar with electric mixer on medium speed until well blended.
  6. Add eggs and 2 Tbsp flour. Mix well.
  7. Blend in 1 Tbsp lemon peel, lemon juice and baking powder. Pour over crust.
  8. Bake at 347°F for 20 ~ 25 minutes or until center is set.
  9. Cool completely. Cover and refrigerate for at least 2 hours.
  10. Garnish with powdered sugar and remaining grated lemon before serving.

*Makes 6 to 8 servings.*

### **DARK CHOCOLATE CHEESE CAKE**

- 1 ½ cups all-purpose flour
- 1 cup sugar
- ¼ Tbsp unsweetened cocoa powder
- 1 tsp baking soda
- Dash of salt
- 1 cup hot water
- 1 ½ tsp instant coffee powder
- ¼ cup vegetable oil
- 1 Tbsp white vinegar
- 1 tsp vanilla extract
- 1 egg
- 2 Tbsp sugar
- 1 jar ready-to-spread Cream Cheese Frosting

1. Preheat oven for 3 minutes at 383°F.
2. Grease and flour baking pan.
3. In bowl, mix flour sugar, cocoa, baking soda and salt. Combine hot water and coffee powder and add to mixture along with oil, vinegar, vanilla and egg.
4. Mix until smooth and well blended.
5. Spread evenly into prepared pan. Sprinkle with sugar.
6. Bake at 347°F for 20 ~ 25 minutes, until inserted toothpick comes out clean.
7. When cooled, spread with frosting.

*Makes 10 to 12 servings.*

### **EMERGENCY**

1. Please unplug the unit immediately if any unusual circumstances occur.
2. If there is any crack to the glassware and glass lid, please clean with glove immediately to avoid any injury.

### **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
<b>MEATS</b>				
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
<b>SEAFOOD</b>				
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.

### **SPECIFICATION**

Voltage	120V~, 60Hz	Volume	3 Gallons
Wattage	1300W	Dimension	15 ¼ x 13 x 13 ¾ inches
Temperature Range	About 120°F ~ 480°F	Timer	60 Minutes
Power Cord Length	5 ½ Feet	Weight	16 Lbs.



### **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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