



Gourmia

MODEL# GAF 400

FREE FRY AIR FRYER





Welcome to *Naturally Delicious* Air Fried Foods from Gourmia!

With the purchase of the Free Fry Air Fryer, you are ready to enjoy the easy and naturally delicious world of air frying! We all love the satisfying crunchiness of fried foods and the sweet and savory flavors inside that crunchy exterior, but we also know that heavy fat comes with fried foods. Gourmia has created the perfect solution to the unwanted fat that used to come with frying – with the Free Fry Air Fryer!

From crispy shoestring potatoes sprinkled with sea salt to crisp eggrolls and fried chicken, everything you love about frying is now yours without the added guilt of heavy fat. With the large pan and basket included, you can air fry homemade appetizers and roast vegetables to perfection, or you can choose frozen snacks to quickly air fry as needed. With all the delicious foods you can air fry, the Free Fry Air Fryer is sure to become your favorite kitchen appliance.

The following pages of this manual offer full and complete instructions for all the functions and features of your Free Fry Air Fryer. Inside these pages, you'll find information on and instructions for assembly, operating, cleaning and maintenance of your Free Fry Air Fryer. Please read all safety instructions and complete directions carefully for safe usage at all times.

Thank you for your purchase! We hope you will enjoy all the innovative products brought to you by our family at Gourmia.

© 2016 Gourmia
www.Gourmia.com
The Steelstone Group
Brooklyn, NY

All rights reserved. No portion of this manual may be reproduced by any means whatsoever without written permission from The Steelstone Group, except for the inclusion of quotations in a media review.

Although every precaution has been taken in the preparation of this manual, The Steelstone Group assumes no responsibility for errors or omissions. Nor is any liability assumed for damages resulting from the use of the information contained herein. Although every effort has been made to ensure that the information contained in this manual is complete and accurate, The Steelstone Group is not engaged in rendering professional advice or services to the individual consumer; further, The Steelstone Group shall not be held responsible for any loss or damage allegedly arising from any information or suggestion in this manual.

10 9 8 7 6 5 4 3 2
1

Printed in China



SAFETY FIRST p. 7

FEATURES & FUNCTIONS p. 9

ASSEMBLY BEFORE USE p. 11

FREE FRY AIR FRYER CONTROL PANEL p. 13

STEP-BY-STEP AIR FRYING p. 15

FREE FRY AIR FRYER FOOD CHART p. 17

BEFORE FIRST USE & MAINTENANCE p. 19

TROUBLESHOOTING p. 21

GOURMIA IN YOUR KITCHEN! p. 23

WARRANTY & SERVICE p. 25

IMPORTANT SAFEGUARDS

When operating this electric appliance, basic safety instructions should always be followed. Refer to the following for these instructions.

1. **READ ALL SAFETY & USAGE INSTRUCTIONS BEFORE USING FREE FRY AIR FRYER.**
2. **EXERCISE EXTREME CAUTION: AVOID ELECTRICAL SHOCK.** DO NOT immerse cord, plug or the Free Fry Air Fryer Base in water or other liquid.
3. Do not operate the Free Fry Air Fryer close to walls or other obstructions. Allow free space on all sides and above the Fryer to allow air circulation. Do not place anything on top of the Fryer.
4. Do not operate the controls with wet hands.
5. During operation, hot steam or air escapes through the outlet vents. Keep face and hands away from the vents.
6. The Fryer Base, Pan and Basket get HOT during operation. Use potholders or mitts to handle the Pan and Basket when removing foods and do not touch the Base during frying.
7. UNPLUG the Free Fry Air Fryer from outlet when not in use or before cleaning. Do not let cord hang over edge of table or counter or touch hot surfaces.
8. Children should never use the Free Fry Air Fryer; close supervision is required when appliance is used near children.
9. The Free Fry Air Fryer Pan or Base should NOT be filled with oil. This Fryer does not use oil to operate.
10. Operate the Free Fry Air Fryer on a level surface well away from any hot gas or electrical burner, heat source, combustible spray cans or pressurized items.
11. Immediately unplug the Fryer if dark smoke escapes from the outlets during operation. Allow Fryer to cool and remove burned food particles from the Pan or interior of the Base. Re-start when cooled and cleaned.
12. Never operate the Free Fry Air Fryer with a damaged cord or plug or one that has malfunctioned or been damaged in any way. Immediately contact Customer Service for analysis. Do not use extension cords.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY



Electrical Polarized Plug: This Free Fry Air Fryer has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, the plug is intended to be used by inserting it into the electrical outlet only one way. If the plug does not fit securely into the outlet, turn the plug and re-insert. Do not modify this plug. If the plug does not fit the outlet securely, call a qualified electrician for assistance. DO NOT use this plug with extension cords of any kind.

WARNING: This product contains a chemical known to the State of California to cause cancer.

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

FEATURES & FUNCTIONS

A. Free Fry Air Fryer Base: The Free Fry Air Fryer Base houses the heating unit and fan circulation system to powerfully heat and maintain frying temperatures and air circulation during operation. The Fryer Base holds the Fryer Pan and Fryer Basket and contains the Intake and Outlet Vents for superior airflow performance.

The Free Fry Air Fryer Base also holds the Free Fry Air Fryer Control Panel for easy operation.

B. Air Fryer Pan: The Air Fryer Pan holds the Air Fryer Basket and, when assembled together, are inserted into the Fryer Base. Unique safety controls in the Fryer Base stop the Fryer operation if the Air Fryer Pan and Air Fryer Basket are removed during the frying process.

C. Air Fryer Basket: The lightweight and easy-to-use Fryer Basket sits in the Fryer Pan and is released when the Basket Release Button is pressed. Note that the Basket should not be over-filled with ingredients for best air frying results.

D. Air Outlet Vent: The Air Outlet Vent allows the steam and air to exhaust through the system and be released. Do not allow face or hands near this vent, as the steam and air released can be very hot.

E. Air Intake Vents: The Air Intake Vents are located on both the lower sides of the Fryer Base and underneath the Base. It is important to refrain from blocking these Intake Vents, as they work in conjunction with the powerful circulation system of the Air Fryer.

F. Free Fry Air Fryer Control Panel: The Free Fry Air Fryer Control Panel holds the "brains" of the Free Fry Air Fryer. Controls include Time and Temperature Dials and Light Indicators for Power and Heat.

G. Automatic Reset Button: If the Free Fry Air Fryer overheats for any reason, the protective Automatic Reset Button is triggered and the Fryer will stop operating. To reset, unplug the Base and allow the unit to cool completely. Locate the Reset Button on the bottom of the Base. Press the tip of a small screwdriver onto the Button. This will reactivate the Air Fryer. Re-start operation.



ASSEMBLY BEFORE USE

Assemble the Free Fry Air Fryer for use as follows:

1. With the power plug unplugged, place the Base on a firm flat surface (see Fig 1).
2. Remove the Fryer Pan from the Fryer Base. Move the clear plastic slide forward and press the Basket Release Button on top of the Fryer Pan Handle (see Fig 2).
3. The Basket will disengage from the Pan (see Fig 3).
4. When re-inserting the Fryer Pan and Basket into the Fryer Base (see Fig 4) make sure the Fryer Pan is completely secured (see Fig 5).

fig.1



fig.2



fig.3



fig.4



fig.5





FREE AIR FRYER CONTROL PANEL

- A. **Power Indicator Light:** The orange-colored Light will illuminate as soon as the Fryer Time Dial is set.
- B. **Heating Indicator Light:** The green-colored Light will illuminate as soon as both the Fryer Time Dial and Fryer Temperature Dial are set.
- C. **Fryer Time Dial:** Turn the Fryer Time Dial to choose your frying time. The Dial will set in 1 minute increments from 1 minute up to 60 minutes on the Dial clock.
- D. **Fryer Temperature Dial:** Turn the Fryer Temperature Dial to choose your frying temperature. The Dial will set temperatures ranging from 176°F to 392°F to accommodate a wide variety of air-fried foods. See the section, "Air Fryer Food Chart" on pp. 16-17 for further details.



STEP BY STEP AIR FRYING:

1. Place food in the Air Fryer Basket; do not overfill.
2. Place the filled Air Fryer Basket into the Air Fryer Pan and firmly press to lock the Pan into the Base.
3. Plug the Base into the outlet.
4. Set the Fryer Time Dial to selected minutes.
5. Set the Fryer Temperature Dial to selected temperature.
6. If food requires turning or tossing during the frying process, remove the Air Fryer Pan and Basket from the Base.

(Note: Removing the Air Fryer Pan and Basket will temporarily stop the Time and Temperature operation. No adjustments to Dials are needed.)

7. Place the Air Fryer Pan and Basket on a heat-proof surface and gently toss or turn ingredients with tongs or heat-proof spatula.
8. Replace the Air Fry Pan and Basket in the Base and firmly press to lock in place. Continue with the frying process.
9. When done, the Timer bell will sound and the Air Fryer will turn OFF.

(Note: The Air Fryer can be turned OFF at any time by turning the Fryer Time Dial to "0" minutes.)

10. Remove the Air Fryer Pan and Basket. Place on a heat-proof surface. Slide the clear plastic tab on the Pan handle forward and press the Basket Release Button. The Basket will disengage from the Pan.

(Note: Do not turn the connected Pan and Basket upside down to remove fried foods. Excess oil or food particles will fall from the Pan into the food.)

11. Remove the fried foods from the Basket after it is disengaged from the Pan.

FREE FRY AIR FRYER COOKING CHART

Hints & Tips

To prep homemade fries, wedges, cubes or shredded potatoes, dry potatoes thoroughly after cutting. Place prepared potatoes in a bowl. Add ½ tablespoon oil and any spices desired. Toss lightly before placing in Air Fryer Basket. Tossing or turning foods halfway through the frying process aids in browning and even frying. Use tongs or a heat-proof spatula and follow Step by Step directions (see p. 15).

Do not air fry excessively greasy foods, such as bacon or sausage.

Prepare frozen appetizers and snacks easily by placing the unthawed foods in the Air Fryer Basket and following directions on the Chart. If foods are not fully heated after frying, simple re-start the Dials and continue frying for a few additional minutes.

Instead of roasting fresh vegetables, such as bell peppers and onions, in a standard oven, toss up to 8 ounces in a bowl with salt, pepper and ½ tablespoon oil. Arrange in the Air Fryer Basket and set the Dials as indicated on the Chart.

Food	Min/Max
HOMEMADE	
Potatoes	
Shoestring Fries	10oz-16oz
Homestyle Fries	10oz-16oz
Wedges	10oz-16oz
Cubed	10oz-16oz
Shredded	8oz
Appetizers	
Filled Pastries	8oz-10oz
Fresh Wonton	6oz-8oz
Vegetables	
Peppers/Onions	8oz-10oz
Crispy Zucchini	6oz-12oz
Kale Chips	4oz-8oz
FROZEN PREPARED	
(un-thawed)	
Chicken Nuggets	4oz-8oz
Fish Sticks	4oz-8oz
Jalapeño Poppers	6oz-8oz
Mini Corn Dogs	6oz
Spring Rolls	4oz-8oz
Stuffed Mushrooms	6oz-8oz
Taquitos- all varieties	6oz
MEAT, POULTRY & SEAFOOD	
Beef, steak	4oz-16oz
Beef, hamburgers	6oz-8oz
Chicken, breast	4oz-8oz
Chicken, leg	4oz-8oz
Fish, fillet	4oz-8oz
Pork, chop	4oz-8oz
Shrimp	4oz-8oz

Time	Temp	Toss/Turn	Chef Notes
18-20	392°F	Yes	add ½ T oil before frying
18-20	392°F	Yes	add ½ T oil before frying
20-22	392°F	Yes	add ½ T oil before frying
18-20	392°F	Yes	add ½ T oil before frying
15-18	392°F	No	add ½ T oil before frying
10-12	356°F	No	
10-12	356°F	Yes	cook meat-filled wonton completely
10-15	356°F	Yes	toss with oil and spices before frying
8-10	392°F	Yes	sliced/dip in egg/coat with cracker crumbs
6-8	392°F	Yes	torn into pieces, toss with oil before frying
6-10	392°F	Yes	arrange in basket without crowding
6-10	392°F	Yes	arrange in basket without crowding
8-10	356°F	Yes	
8	356°F	No	arrange in basket without crowding
8-10	392°F	Yes	
6-10	356°F	Yes	
8	356°F	No	arrange in basket without crowding
8-12	356°F	No	add spices before frying
7-14	356°F	No	shape into small sliders/arrange in basket
10-13	356°F		boneless, skinless/add oil & spices before frying
18-22	356°F		cook until 160°F on thermometer
10-12	356°F		rub with oil and spices/crums before frying
10-14	356°F		rub with oil and spices/crums before frying
8-12	356°F		peel/dip in egg/coat with cracker crumbs



BEFORE FIRST USE

1. Remove all packaging material. Discard plastic bags.
2. Thoroughly clean the Air Fryer Basket and Pan in warm, soapy water or clean in the dishwasher.
3. Wipe the interior of the Air Fryer Pan with a damp cloth.
4. Gently wipe the exterior of the Base with a clean cloth, if needed.

MAINTENANCE

1. Clean the Free Fry Air Fryer after every use. Do not use harsh chemicals or scouring pads on any parts of the Fryer or accessories.
2. Wipe the interior of the Base with a slightly damp sponge or cloth. Dry thoroughly.
3. Wipe the exterior of the Base with a slightly damp cloth. Dry thoroughly.



FAQS & TROUBLESHOOTING

The Air Fryer is not operating.

Possible solutions:

- The Fryer is not plugged in correctly. Unplug and re-plug into outlet.
- The Timer Dial has not been set. Set the Time Dial.
- The Fryer Pan has not been properly inserted into the Base. Remove and replace the Fryer Pan securely in the Base.
- The Air Fryer has overheated. Locate the Automatic Reset Button and press. Re-start the Fryer.

The ingredients fried in the Air Fryer aren't completely cooked.

Possible solutions:

- The Basket is overfilled. Reduce contents of the Basket and re-start.
- The temperature is too low. Re-start with a higher temp.
- The time is too short. Re-start with more time on the clock.

Foods aren't evenly fried in the Air Fryer.

Possible solutions:

- Foods that fry in layers should be tossed or turned during frying for best results.
 - Fresh potatoes, cut or shredded, need to be rinsed and well-dried before frying.

Snacks are not crispy when fried in the Air Fryer.

Possible solutions:

- Try using a higher temperature and/or frying for a longer period of time.

I can't slide the Air Fryer Pan and Air Fryer Basket into the Base.

Possible solutions:

- The Air Fryer Basket is too full. Remove some food and re-try.
- The Air Fryer Basket is not correctly fitted in the Pan. Remove and re-try.

White smoke escapes from the Air Fryer while frying.

Possible solutions:

- Oil from food has leaked into the Fryer Pan and caused smoke. Clean and re-start.
- Oil from prior use in Fryer Pan has not been cleaned. Clean and re-start.

GOURMIA IN YOUR KITCHEN!

Did you know? Although Gourmia is the new kid on the block, we've already established ourselves as one of the leading manufacturers of creative and innovative kitchen products.

Check out these new kitchen appliances and check our website often for new product release information @ www.gourmia.com

Why not **Add** these Best-selling
Gourmia Appliances to your Kitchen!



Gourmia 8 Quart Smart Pot
Electric Pressure Cooker
GCP800

Gourmia 9 Quart Sous Vide
Water Oven Cooker
GSV550



Gourmia 2.2 Quart Automatic
Ice Cream, Gelato, Sorbet
& Frozen Yogurt Maker

GS1400



Gourmia Wide Mouth Fruit
and Vegetable Juice Extractor

GJ750



Gourmia Stainless Steel
Deep Fryer with
3 Frying Baskets

GDF500





WARRANTY & SERVICE

This Limited Warranty is for one full year from the date of purchase. It is applicable to the original purchaser only and is not transferable to a third party user. Repair or replacement of defective parts is solely at the seller's discretion. In the event that repair isn't possible, the seller will replace the product/part. If product repair/replacement won't suffice, the seller has the option of refunding the cash value of the product or component returned.

Product defects not covered under the Warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications or repair by unauthorized parties. The manufacturing company is not liable for any incidental or consequential damages incurred by such circumstances.

For Customer Service or Questions, Please call: 888-552-0033

Gourmia
www.gourmia.com



Gourmia

www.gourmia.com