







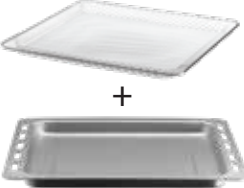
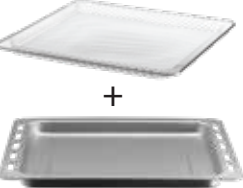





AIR FRY *Cooking Chart and Tips*

The default settings are a starting point. Cook time will vary depending on the amount of food, thickness, and brand.

						
PRESETS	 FRIES	 WINGS	 BACON	 SNACKS	 VEGETABLES	 SEAFOOD
TEMPERATURE	425°F	425°F	400°F	425°F	400°F	400°F
TIME	8 - 30 min	20 - 35 min	7 - 12 min	8 - 15 min	8 - 60 min	8 - 25 min
DEFAULT TIME	18 min	25 min	10 min	12 min	25 min	10 min
AMOUNT	16 oz. medium cut, frozen	9 large / 12 small	5-6 slices	12 pieces	16 oz. 1" pieces tossed with 2 tsp veg. oil	6-8 oz. bonless filets
TRAY						
TRAY POSITION	Center	Fry Basket - Center Baking Pan - Bottom	Fry Basket - Center Baking Pan - Bottom	Center	Center	Center

Note: For WINGS, BACON and other greasy foods, use the Baking Pan as a drip tray.

Monitor cooking progress to determine ideal settings.

For best results:

- Spread food out in single layer in Fry Basket - do not overcrowd.
- Rotate Fry Basket halfway through cook time.



GOURMIA

AIR FRY *Step by Step*

Gourmia

Please read the included User Manual for important safeguards and complete instructions before using the Gourmia Air Fryer Oven.

1

Tap Power Icon



2

Tap desired
Preset cook mode



3

Tap Time Arrows
to adjust cook time
for desired doneness



Flip page for
recommended cook time

4

Tap Start/Pause Icon
to begin cooking



Display will show



5

Once preheated,
Display will show



Add food,
cooking will begin

6

When done display
will show



Enjoy!



Fry Basket



Oven Rack



Baking Pan



Crumb Tray

Ensure the Crumb Tray is in the bottom of the Air Fryer Oven