

# AROMA®

## PROFESSIONAL™

# Instruction Manual

## Electric Wok



**Questions or concerns about your electric wok?**

*Before returning to the store...*



Aroma's customer service experts are happy to help. Call us toll-free at **1-800-276-6286**.



Answers to many common questions and even replacement parts can be found online. Visit **[www.AromaCo.com/Support](http://www.AromaCo.com/Support)**.





The wok is an invention of pure necessity. In ancient times, the vast majority of people spent their lives in short of those things that the kings, emperors and warlords had in abundance. Even staple items like fuel, cooking oil, utensils and water were scarce. In these lands and living conditions, foods had to be cooked quickly and efficiently.

Though the wok may appear to be a rather recent addition to Asian kitchen cookery, it has been used for over two thousand years. The first woks were pottery models found in the Han Dynasty tombs. Similar pans have been found in India and southeast Asia. There is believed to have been a sharing of cultures and cooking techniques between these ancient civilizations.

The smooth, even distribution of intense heat is the wok's most distinctive feature. The semi-spherical curve and shape of the wok allow for a maximum cooking surface with very minimal fuel contact. It can be used to boil, braise, sauté, stir-fry, tempura-fry and steam. In any case, the cooking is done with little added oil or fat and with a wide range of seasonings and flavors.

For more information on your Aroma® Electric Wok, or for product service, replacement parts and other home appliance solutions, please visit us online at [www.AromaCo.com](http://www.AromaCo.com).

*The Food of China, E.N. Anderson [Yale University Press:New Haven] 1988 (p.184-185)*



[www.AromaTestKitchen.com](http://www.AromaTestKitchen.com)



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Published By:  
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[www.AromaCo.com](http://www.AromaCo.com)

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# 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 surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug or the appliance itself in water or other liquid.
4. Close supervision is necessary when the appliance is used by or near children. This appliance is not intended to be used by children.
5. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
7. Do not use attachments or accessories other than those supplied or recommended by Aroma® Housewares. Incompatible parts create a hazard.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Do not use the appliance for other than its intended use.
12. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Metal scouring pads may also damage the finish.
13. Always unplug from the base of the wall outlet. Never pull on the cord.
14. Extreme caution should be exercised when using or moving the appliance containing hot oil or other hot liquids.
15. The wok should be operated on a separate electrical circuit from other operating appliances. If the electric circuit is overloaded with other appliances, this appliance may not operate properly.
16. Store in a cool, dry place.
17. To disconnect, move the temperature controller to the “Low” position before unplugging the wok from the electric outlet.
18. Place the electric wok on a dry, flat and heat-resistant surface, and use it in a well-ventilated area.
19. Do not place the wok too close to the edge of the table or countertop as the wok might be knocked off.
20. The heating base and the other parts may become hot. Be sure to use the handles and wear protective oven mitts or gloves.
21. Check the handles on a regular basis to ensure that they are firmly attached to the pan.
22. This appliance is not intended for deep frying foods.

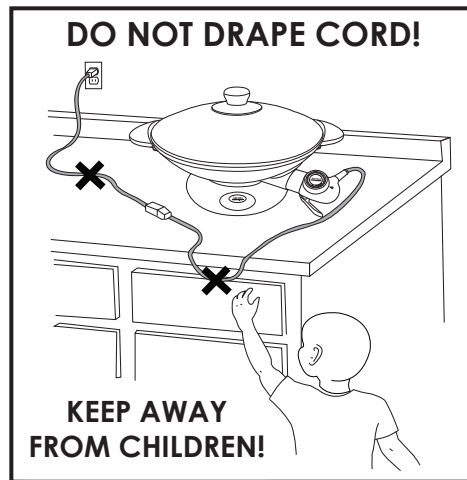
**SAVE THESE INSTRUCTIONS**



# IMPORTANT SAFEGUARDS

## Short Cord Instructions

1. A short power-supply cord is provided to reduce the risks 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 longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.



## Polarized Plug

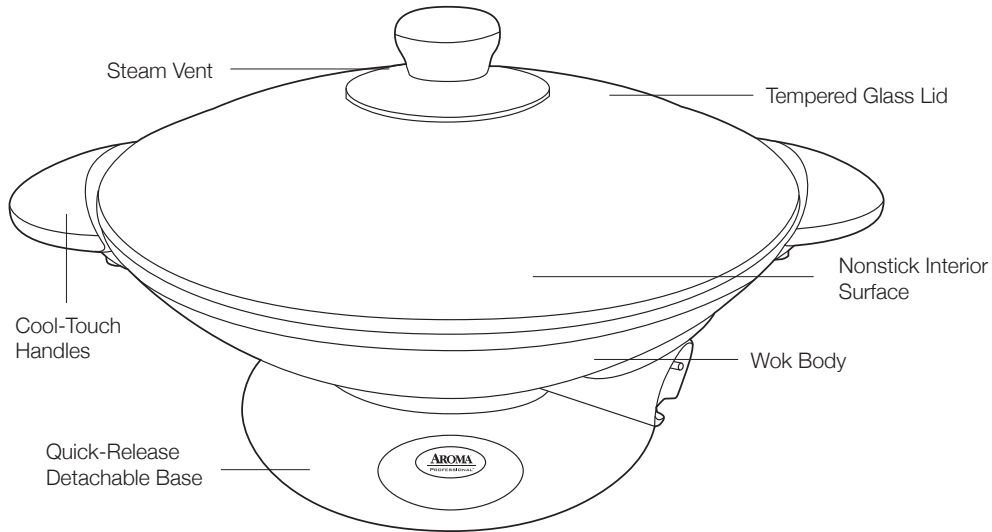
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into 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.

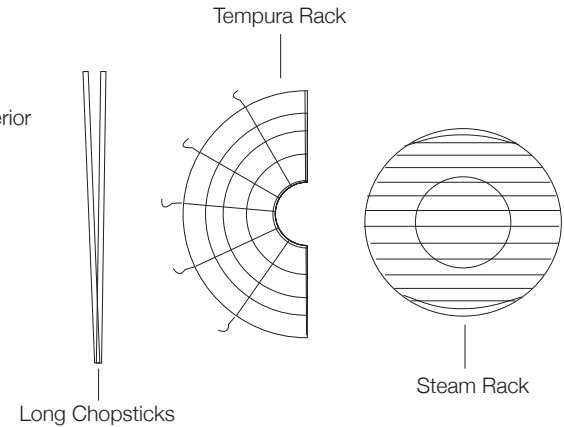
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.



# PARTS IDENTIFICATION



## Accessories





# BEFORE FIRST USE

1. Read all instructions and important safeguards.
2. Remove all packaging materials and ensure items are received in good condition.
3. Tear up all plastic bags as they can pose a risk to children.
4. Wash the wok in warm, soapy water. Rinse and dry thoroughly.
5. Place wok on a dry and level countertop or table. Keep the edge of the wok 2-4 inches away from any walls and objects on the countertop or table.
6. With the wok unplugged, turned to "Low" and completely cold, condition the nonstick cooking surface with 1 to 1½ tablespoons of cooking oil; use a kitchen paper towel to wipe it dry thoroughly.



## NOTE

- Do not use abrasive cleaners or scouring pads
- Do not immerse the wok, cord or plug in water at any time.



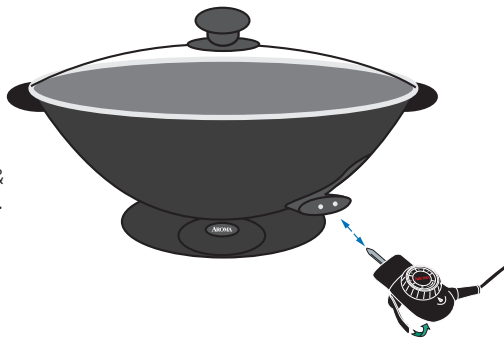
# TO USE WOK

1. Attach the temperature probe to the wok (see figure 2A) and plug it into an available electrical outlet.
2. Add cooking oil and adjust the cooking temperature to the desired setting. When the indicator light goes off, the temperature has been reached and the wok is ready.
3. When the oil is at desired temperature, add food and begin cooking.
4. Adjust steam vent to release or retain steam while cooking (see figure 3A to operate the steam vent).
5. When cooking is complete, move the temperature dial to "OFF" position and remove food from the wok immediately.
6. Unplug the power cord from the electrical outlet once cooking is complete. When cool, remove the temperature control probe. Allow the wok to cool completely before cleaning.

2A

## Trigger Release

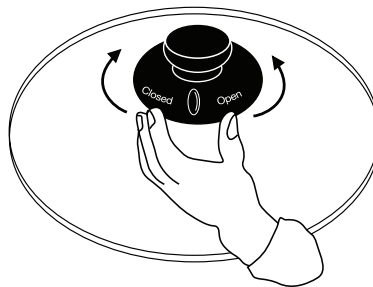
*Press trigger and insert temperature probe into wok. Release by pressing trigger & removing temperature probe.*



3A

## Steam Vent Operation

*Steam vent allows you to control desired moisture levels while cooking and steaming.*



### NOTE

- Do not cover the wok with lid when heating up the cooking oil.
- Use caution when operating steam vent to prevent burning hands or face.



### CAUTION

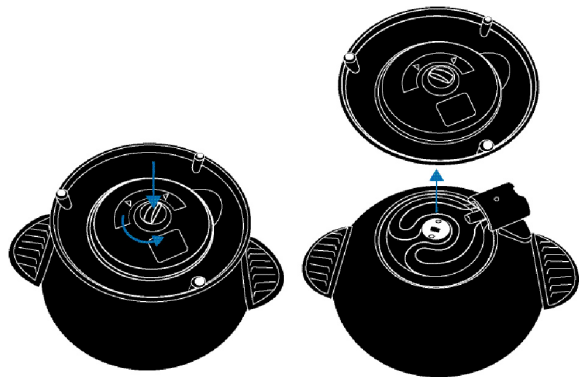
- The wok heats up fast. Be sure to prepare all the ingredients first and place them near cooking area before the wok is plugged in.
- Do not use metal or abrasive utensils that may damage the nonstick surface.
- Hold one of the wok handles with a hot pad or oven mitt when you stir-fry a large portion of food.
- Wok base can become extremely hot. Do not touch the base of the wok during or after cooking.



# TO CLEAN

**Always unplug the wok and allow it to cool completely before cleaning.**

1. Move the temperature dial to “OFF” position and unplug the power cord immediately after cooking. When cool, remove control probe and place aside.
2. To detach the quick-release base: Turn the wok over with bottom facing up and press down on release knob and turn counterclockwise to release. See figure 4A below.
3. The lid and the body can be entirely immersed in water for cleaning. Always use a soft sponge or dishcloth to clean the glass lid.
4. Clean thoroughly with warm, soapy water and a damp sponge or cloth. If necessary, add 2 cups of warm soapy water to the wok to soak for a half-hour and then clean.
5. Thoroughly rinse and dry appliance before storing or using again.
6. Reattach the wok base before storage. Turn wok over and line up the wok base with wok heating element and press knob in and turn clockwise to lock. Refer to figure 4A below for further instructions.



4A

## Detachable base

*This diagram depicts the steps to be taken to detach the base.*



**HELPFUL  
HINT**

- For even faster cleanup, the wok body, detachable base, glass lid and all accessories can be washed in the dishwasher!



**NOTE**

- The temperature control probe is NOT dishwasher-safe. Do not immerse temperature control probe in water or any other liquid.
- Do not use harsh abrasive cleaners or products that are not considered safe to use on nonstick coatings.
- Any other servicing should be performed by Aroma® Housewares Company.





# RECIPES

## Stir-Fried Beef with Snow Peas

### Ingredients

¾ pound	flank steak, thinly sliced
2 cups	snow peas, stem and strings removed
½ cup	sliced mushrooms
½ cup	sliced carrots or bamboo shoots
1 tablespoon	dark soy sauce
1½ teaspoons	cornstarch
¼ teaspoon	sugar
4 teaspoons	vegetable oil
1 teaspoon	sesame oil (optional)
½ teaspoon	salt

Marinate sliced beef in mixture of soy sauce, cornstarch, sesame oil and sugar. Set aside. Heat 2 tablespoons of vegetable oil in wok. Stir fry all the vegetables for about 2-3 minutes. Sprinkle with ½ teaspoon of salt while stirring. Remove, place in bowl and set aside. Heat the remaining oil in the wok. Add the marinated beef and stir constantly for 3-4 minutes or until it is almost done. Return the cooked vegetables to the wok and mix thoroughly. Serves 4.

## Mandarin Chicken

### Ingredients

1½ pounds	boneless, skinless chicken breasts, cut into ¾" cubes
1	egg white, slightly beaten
¾ tablespoon	salt
½ tablespoon	cornstarch
3	green onions, cut into ½" pieces
1½ tablespoons	hoisin sauce
¾ tablespoon	dark soy sauce
2 cups	vegetable oil
dash	white pepper

Season chicken cubes with egg white, salt, cornstarch and white pepper. Cover and refrigerate for 10-15 minutes. Heat oil in the wok. Stir fry chicken cubes for 2-3 minutes or until meat turns white, separating all pieces while stirring. Drain well and set aside. Pour out all but 2 tablespoons of oil from the wok. Heat the wok again and add green onions, hoisin sauce, then chicken. Stir well, then add soy sauce. Serves 4.



# RECIPES

## Stir-Fried Pork with Green Beans

### Ingredients

½ pound	lean pork cut into thin strips
1 cup	green beans
2	Chinese mushrooms, presoaked, sliced
½ cup	bamboo shoots, sliced into long shoestrings
1 stalk	celery, thinly sliced
1 teaspoon	salt
3 tablespoons	vegetable oil
¼ teaspoon	sugar
1 teaspoon	rice wine
1½ teaspoons	soy sauce
1 clove	garlic crushed
½	green onion, minced
¾ cup	chicken broth or water

### To Thicken:

- 2 teaspoons cornstarch
- 1 teaspoon sherry
- 1 tablespoon water
- 1 tablespoon oyster sauce

Blanch green beans for about 2 minutes, cut into 1" length. Set aside. Stir fry garlic in 2 teaspoons of heated oil with a little bit of salt. Add pork strips, stir fry quickly until meat whitens. Remove and set aside. Heat the remaining oil. Add green onion, mushrooms, bamboo shoots, celery and blanched green beans, stir fry for 2 minutes, then add soy sauce. Add the cooked pork and chicken broth and bring to a boil. Reduce heat, cover wok and cook for 1 minute. Add thickening ingredients and stir. Mix thoroughly. Serves 4.

## Asparagus in Crab Meat Sauce

### Ingredients

2 pounds	fresh asparagus
3 ounces	crab meat, fresh, frozen or canned
3 tablespoons	peanut oil
1 teaspoon	salt
1 cup & 2 tablespoons	chicken broth
2	egg whites, beaten
2 tablespoons	cornstarch, for thickening

Shred crab meat (if using canned crab meat, drain well). Remove white part of asparagus spears and peel tough skin. Cut diagonally into 2" lengths, rinse well and drain. Heat the wok with 2 tablespoons of oil. Stir fry asparagus. Add salt and 2 tablespoons of chicken broth. Cook for 3-4 minutes, or until soft. Remove and set aside. Heat 1 tablespoon of oil. Add shredded crab meat and stir fry for 30 seconds. Add asparagus with 1 cup of chicken broth and cornstarch. Stir fry for another 30 seconds. Beat egg white again and pour over crab meat and asparagus. Stir and heat thoroughly. Serves 4.



# RECIPES

## Rainbow Shrimp

### Ingredients

4 ounces	medium-sized peeled shrimp
1 cup	green peas
½ cup	diced carrots
¼ cup	diced bamboo shoots
1	green onion, cut 1" length
1	egg white, slightly beaten
2 teaspoons	cornstarch, divided
1 teaspoon	sherry
½ teaspoon	salt
2 slices	fresh ginger root
4 tablespoons	oil

### To Thicken:

- 2 teaspoons cornstarch
- 1 teaspoon sherry
- 1 tablespoon water
- 1 tablespoon oyster sauce

With knife, butterfly and de-vein shrimp. Combine shrimp with egg white, 1 teaspoon cornstarch, salt and sherry; refrigerate 10-15 minutes. Heat 1 teaspoon of oil, stir fry peas, carrot and bamboo shoots, sprinkled with salt, for 1 minute. Remove from wok and set aside. Heat the remaining oil and add green onion pieces and ginger. Add shrimp and stir until shrimp turns pink. Add vegetables and thickening ingredients. Stir well. Serves 4.

## Chicken Fried Rice

### Ingredients

1	skinless, boneless chicken breast, cut into small cubes
1 cup	cooked vegetables (sugar peas, carrots, chopped cabbage)
3	eggs, slightly beaten
3 cups	cooked long-grain rice, cooled
1 tablespoon	vegetable oil
½ cup	Chinese parsley
¼ cup	green onion, thinly sliced
1 or 2 tablespoons	dark soy sauce
1 teaspoon	salt
dash	white pepper

Marinate cubed chicken with cornstarch, soy sauce and sugar in a bowl. Refrigerate about 30 minutes. Heat the wok with 2 tablespoons of oil. Add chicken and stir fry until it turns white. Remove and set aside. Heat the wok with 1 tablespoon of oil; tilt wok to coat sides. Stir fry eggs until thickened. Heat the remaining oil in the wok. Add rice and 1 tablespoon of water. Cover and braise over low heat for 1 minute. Stir fry for 1 minute. Add eggs, chicken, vegetables, green onion and white pepper powder. Stir fry one minute. Serves 4.



# RECIPES

## Cathay Chicken

### Ingredients

8	small chicken drumsticks
2	green onions
4 slices	fresh ginger root
1 tablespoon	sherry
¼ cup	dark soy sauce
1 tablespoon	sugar
3 tablespoons	vegetable oil
-	Chinese parsley, for garnish

Wash chicken drumsticks. Pat dry. Cut green onion into 3 three pieces. Heat the wok with vegetable oil. Stir fry ginger root and green onion. Add drumsticks, sherry, soy sauce, sugar and ½ cup of water. Let drumsticks gently boil under medium heat until most of the juice is gone. Turn occasionally. Remove and set on plate. Garnish with parsley and serve. Serves 4.

## Stir-Fried Seasonal Vegetables

### Ingredients

1 tablespoon	cooking oil
1 tablespoon	minced garlic
2 teaspoons	minced ginger
6	fresh shiitake mushrooms (discard stems, caps sliced)
4	fresh bottom mushrooms, sliced
½ cup	baby corn, cut in half diagonally
1	small zucchini, cut in half lengthwise, thinly sliced
½	green bell pepper, sliced
½ teaspoon	cornstarch, dissolved in 1 tsp water
1	small onion, cubed
1	green onion, sliced

### Sauce:

- ⅓ cup chicken broth
- 2 tablespoons soy sauce
- 1 tablespoon vegetarian oyster-flavored sauce
- 1 teaspoon sugar

Set electric wok to “High.” Heat for 2 minutes. Add cooking oil, garlic, and ginger; cook, stirring until fragrant for about 30 seconds. Add remaining ingredients, except cornstarch solution; cover and cook for 4 minutes. Add cornstarch solution and cook, stirring until sauce boils and thickens. Serves 4.



# WARRANTY

## LIMITED WARRANTY

Aroma Housewares Company warrants its products against defects in material and workmanship for five years from provable date of purchase in the United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its discretion, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$20.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not apply if the warranty period expired; the products has been modified by any unauthorized service center or personnel; the defect was subject to abuse, improper use not conforming to product manual instructions, or environment conditions more severe than those specified in the manual and specification, neglect of the owner or improper installation; the defect was subject to Force Majeure such as flood, lightning, earthquake, other natural calamities, war, vandalism, theft, brownouts or sags (damage due to low voltage disturbances).

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside the United States.

AROMA HOUSEWARES COMPANY  
6469 Flanders Drive  
San Diego, California 92121  
1-800-276-6286  
M-F, 8:30 AM - 4:30 PM, Pacific Time  
Website: www.AromaCo.com

## SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service toll-free at:

1-800-276-6286  
M-F, 8:30AM-4:30PM, Pacific Time

Or we can be reached online at [CustomerService@AromaCo.com](mailto:CustomerService@AromaCo.com).

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

Date of Purchase: \_\_\_\_\_

Place of Purchase: \_\_\_\_\_



### NOTE

- Proof of purchase is required for all warranty claims.



# COOK'N<sup>®</sup> RECIPE BROWSER

Visit [AromaCo.com/cookn](http://AromaCo.com/cookn) to download your free Cook'n<sup>®</sup> Recipe Browser

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