



Somersize®



**5 Liter
Electronic Deep Fryer
Instruction & Recipe Book**

www.suzannesomers.com

Congratulations on the purchase of your Somersize Electronic Deep Fryer! Americans have a long-standing love affair with fried foods because they are so crispy and delicious. Now you can ensure perfect frying every time. The Somersize Electronic Deep Fryer is a large capacity flash fryer, with the heating element right in the oil. This keeps your oil nice and hot no matter how many batches you fry! And, less oil soaks into the food, keeping it crisp without being greasy. Plus, you'll love the cool touch handles, digital temperature control and timer. Best of all, the oil pan removes for easy clean up. So go ahead and fry big batches of shrimp, chicken, onion rings, fries and more! You'll get perfect results every time.

Enjoy!

A handwritten signature in cursive script that reads "Suzanne Somers". The signature is written in black ink and is positioned below the "Enjoy!" text.

Suzanne Somers



Somersize®

Model
F1066SS

ONE (1) YEAR LIMITED WARRANTY

Somersize warrants this product to be free from defects in material and workmanship for a period of one (1) year from the date of the original purchase, when utilized for normal household use, subject to the following conditions, exclusions and exceptions.

If your appliance fails to operate properly while in use under normal household conditions within the warranty period, return the complete appliance and accessories, freight prepaid to

Somersize, 94 Main Mill Street, Door 16, Plattsburgh, NY 12901

If the appliance is found to be defective in material or workmanship, **Somersize** will repair or replace it free of charge. Proof of purchase date and \$ 18.95 to cover the cost of return shipping and handling must be included. *

The liability of **Somersize** is limited solely to the cost of the repair or replacement of the unit at our option. This warranty does not cover normal wear of parts and does not apply to any unit that has been tampered with or used for commercial purposes. This limited warranty does not cover damage caused by misuse, abuse, negligent handling or damage due to faulty packaging or mishandling in transit. This warranty does not cover damage or defects caused by or resulting from damages from shipping or repairs, service or alterations to the product or any of its parts, which have been performed by a repair person not authorized by **Somersize**.

This warranty is extended to the original purchaser of the unit and excludes all other legal and/or conventional warranties. The responsibility of **Somersize** if any, is limited to the specific obligations expressly assumed by it under the terms of the limited warranty. **In no event is Somersize** liable for incidental or consequential damages of any nature whatsoever. Some states do not permit the exclusion or limitation of incidental or consequential damages, so the above may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

***Important: Carefully pack item to avoid damage in shipping. Be sure to include proof of purchase date and to attach tag to item before packing with your name, complete address and phone number with a note giving purchase information, model number and what you believe is the problem with item. We recommend you insure the package (as damage in shipping is not covered by your warranty). Mark the outside of your package "ATTENTION CUSTOMER SERVICE". We are constantly striving to improve our products, therefore the specifications contained herein are subject to change without notice.**



OWNERSHIP REGISTRATION CARD

Please fill out and mail the product registration card within ten (10) days of purchase. The registration will enable us to contact you in the unlikely event of a product safety notification. By returning this card you acknowledge to have read and understood the instructions for use, and warnings set forth in the accompanying instructions.

RETURN TO **Somersize**, 94 Main Mill Street, Door 16, Plattsburgh, NY 12901

Model F1066SS

Appliance model

Date purchased

Name of store

Owner's name

Address

City

State

Zip code

IMPORTANT SAFETY INSTRUCTIONS

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

1. Read all instructions for use carefully and look at the illustrations before you start using the appliance.
2. **Do not** touch hot surfaces, always use handles or knobs.
3. To protect against electrical shock, do not immerse cord and plug of this appliance in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow 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, has been dropped or damaged in any manner. Return the appliance to **Somersize** for examination, repair or adjustment. See warranty.
7. **Never** plug in before the control panel is installed in the body of the fryer and the heating element is placed in the oil container.
8. **Never** overfill the fryer with oil. Fill only between the minimum and maximum levels, as indicated inside the oil container.
9. Be sure handle is properly assembled to the basket and locked in place. See detailed assembly instructions.
10. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
11. Always insert heating element in the appliance first, then plug into the wall outlet. To disconnect, remove plug from wall outlet then wait for the unit to cool completely before removing the heating element.
12. Extreme caution must be used when moving any appliance containing hot oil or other hot liquids.
13. **Do not** leave appliance unattended while in use.
14. **Do not** use outdoors.
15. **Do not** let cord hang over the edge of the table, counter or touch hot surfaces.
16. **Do not** place on or near a hot gas or electric burner, or in a heated oven.
17. **Do not** use appliance for other than intended household use.
18. Ensure that the basket handle is correctly assembled and locked in place. (See assembly instructions.)
19. **Do not** allow children to use appliance without adult supervision

SPECIAL SAFETY INSTRUCTIONS

- A short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. **An extension cord (or longer detachable cord) is not recommended for use with Somersize Electronic Deep Fryers.**
- **Never** plug in the control panel before it is installed in the body of the fryer with the heating element inside the oil container.
- **Do not** immerse the control panel and heating element inside the oil container.
- When opening the lid after frying, first release the lid by the latch with your finger, then wait a moment to allow the steam inside to escape before opening fully.
- To avoid a circuit overload, do not operate another high wattage appliance on the same circuit.
- This appliance has a polarized plug (one blade is wider than the other). 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.

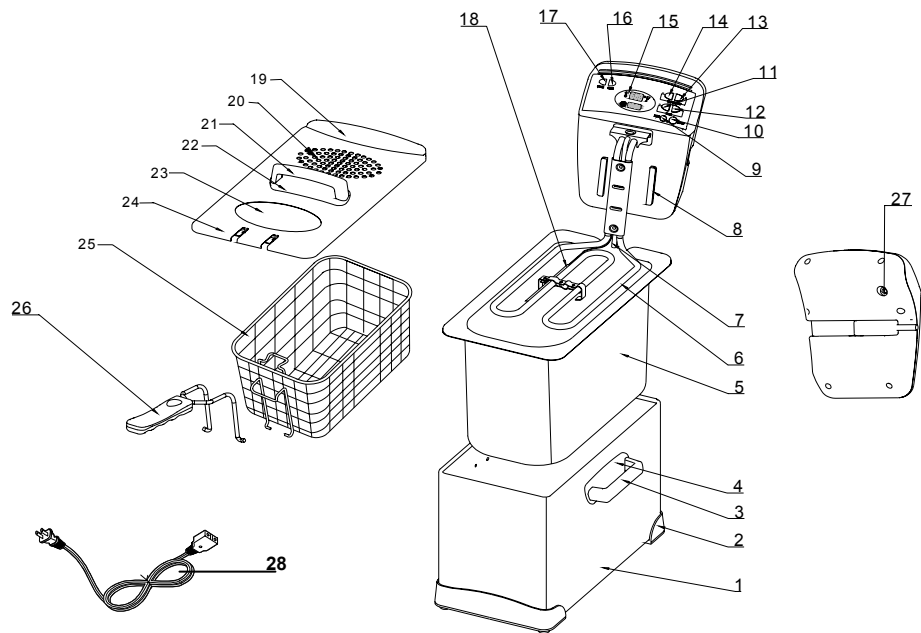


POLARIZED PLUG

WARNING: To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not modify the plug in any way.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

GETTING TO KNOW YOUR SOMERSIZE ELECTRONIC DEEP FRYER



- | | |
|---|-----------------------------|
| 1. Body | 16. Ready Indicator Light |
| 2. Support Foot | 17. Power Indicator Light |
| 3. Body Handle | 18. Sensor |
| 4. Body Handle Plate | 19. Decorative Plate |
| 5. Oil Container | 20. Removable Filter |
| 6. Heating Element | 21. Lid Handle |
| 7. Temperature Sensor | 22. Lid Handle Plate |
| 8. Control Panel | 23. Window |
| 9. Function Reset Button | 24. Lid Cover |
| 10. Power Button | 25. Frying Basket |
| 11. / 12. Timer Adjustable Button | 26. Basket Handle |
| 13. / 14. Temperature Adjustable Button | 27. Thermostat Reset Button |
| 15. Digital Display | 28. "Break Away" Power Cord |

Illustrations may differ from actual product.

Technical Specifications

Voltage: 120V., 60Hz.
 Power: 1800 Watts
 Oil Capacity: 5 Liters

Sides, Sauces & Garnishes

SOMERSIZE SECRET SAUCE

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 1 cup

Look for dill relish in your grocery store. Don't use sweet relish... it's loaded with sugar. Or you can simply buy this delicious secret sauce; just open the jar and enjoy!

Prep time: 2 minutes

½ cup Somersize Ketchup
 ½ cup mayonnaise
 1 tablespoon plus 1 teaspoon dill pickle relish
 Sea salt and freshly ground black pepper to taste

Place ketchup, mayonnaise and relish into a mixing bowl. Stir thoroughly. Season lightly with salt and pepper. Store refrigerated in an airtight container for up to a week.

SPICY COCKTAIL SAUCE

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 2¼ cups

I have a delicious Somersize Cocktail Sauce already prepared, but you can also start with Somersize Ketchup and spice it yourself. If you don't like it hot, you can leave out the cayenne pepper and cut back on the horseradish.

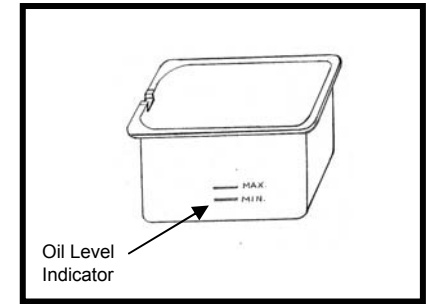
Prep time: 2 minutes

2 cups Somersize Ketchup
1 tablespoon lemon juice
3 tablespoons prepared horseradish
1½ teaspoons Worcestershire sauce
1 teaspoon cayenne pepper
Sea salt and freshly ground black pepper to taste

Mix all ingredients together. Refrigerate in an airtight container for up to 10 days.



- 1. ELECTRONIC CONTROL**
Easy to operate and read control panel. Provides accurate temperature and cook time setting. (See cooking chart for suggested temperatures and cooking times.)
- 2. TEMPERATURE SETTINGS**
A wide range of available settings for more precise cooking.
- 3. RESET BUTTON**
Quickly shut OFF fryer with the press of a button.
- 4. READY LIGHT**
The ready light will turn "Green" when the correct temperature has been reached.



- 5. FILL LEVEL INDICATOR**
Indicates maximum and minimum levels of cooking oil for proper cooking.
- 6. COOL TOUCH BODY**
For added protection during cooking.
- 7. SAFETY OVERLOAD FUSE**
Fryer will shut OFF to prevent possible overheating.



- 8. BREAK AWAY POWER CORD**
The power supply cord is designed to "Break Away" from the fryer body in the event that the power cord is inadvertently pulled. This is intended to prevent the tipping of the appliance and hazardous spillage of hot oil.

OPERATING INSTRUCTIONS

Before Using Your Somersize Electronic Deep Fryer

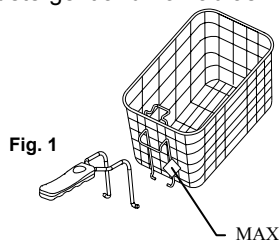
Make sure the fryer is unplugged. Wash the frying basket and oil container in hot, soapy water. Wipe dry thoroughly. Wipe the removable heating control panel and heating elements with a damp, soapy cloth. Wipe dry thoroughly.

NOTE: Any water left in the oil container or on the frying basket can cause heated oil to splatter or "pop" during cooking. Special care should be taken to ensure that the removable oil filter in the cover is completely dry, otherwise the removable filter will not function properly. If it is not dry, steam may be trapped within the fryer during use and cause serious burns when opened.

Assembling Your Somersize Electronic Deep Fryer

Caution: Never turn on the fryer when the oil pan is empty. Always ensure the fryer is out of the reach of children. Always use fryer on a flat, heat resistant surface.

- All components with the exception of the electrical parts, can be washed in warm soap water. Dry thoroughly before use.
- Use basket handle to remove the frying basket. Always make sure the basket handle is securely attached to the basket. Attach the handle to the frying basket, insert the metal part of the handle inside the metal bracket on the frying basket. (Fig. 1)
- Lift the control panel with heating element out of its slots by pushing it up from the bottom with one hand while holding the body of the deep fryer with your other hand.
- Remove the oil container.
- Clean the oil container and the frying basket with hot water, dishwashing liquid or other non-poisonous detergent and non-abrasive sponge.



WARNING: Never immerse the control panel in water or any other liquids.

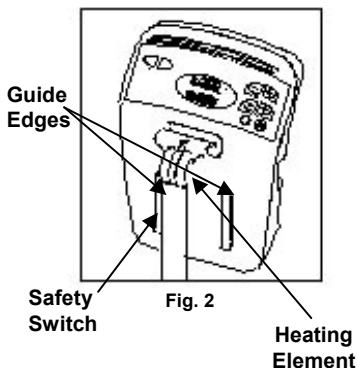
WARNING: All components must be completely dried before filling with oil or using. Special care must be taken to ensure the washable oil filter in the lid is completely dry, otherwise the removable filter will not function properly and may lead to steam being trapped within the fryer during use.

WARNING: Never exceed "MAX" line when filling the basket with food.

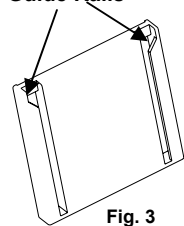
Installing the "Control Panel With the Heating Element" Into its Place

- Lift up the control panel with heating element. (Fig. 2)
- Insert the "guide edges" on the control panel into the "guide rails" mounted on the metal body. (Fig. 3)
- Slide the "guide edges" down till the end.

IMPORTANT NOTICE: The automatic safety switch ensures that the unit will not operate unless the control panel has been inserted into the "guide rails" on the metal body correctly.



Back of Main Body Guide Rails



Sides, Sauces & Garnishes

FRIED HERBS

PRO/FATS AND VEGGIES - LEVEL ONE

You can't believe how great fried herbs taste! For a more elegant garnish, tie an assortment of herbs into small "bouquets" with kitchen twine and fry until crisp.

Prep time: 2 minutes

Cooking time: 4-8 minutes

Peanut or vegetable oil for frying

2 cups fresh herbs such as; sage leaves, sprigs of parsley, rosemary sprigs, thyme sprigs, basil leaves, or oregano sprigs

Sea salt to taste

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Make sure herbs are completely dry before frying to keep oil from splattering. Place a small handful of herbs into Frying Basket and lower into hot oil. Fry until crispy, about 1 minute. Drain on paper towels. Repeat until all herbs are fried. Sprinkle with salt.

ONION RINGS

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

Onion rings! I love my fryer.

Prep time: 4 minutes

Cooking time: 12 minutes

Peanut or vegetable oil for frying

1/3 cup Somersize Bake 'n Fry Mix

1/3 cup grated Parmesan cheese

2 large eggs, beaten

2 large onions, cut into 1/2-inch thick slices

Sea salt to taste

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Mix Somersize Bake 'n Fry Mix and Parmesan cheese together in a shallow bowl. Place beaten eggs into a separate shallow bowl.

Separate onion slices into individual rings. Pat dry with paper towels. Dip onions into egg then dredge in Bake 'n Fry mixture. Place onions into Frying Basket in a single layer (you can overlap a little; if you put too many in at one time, they will clump together) and lower basket into hot oil. Fry for about 2 minutes, or until golden brown. Drain on paper towels. Sprinkle with salt. Repeat until all onions are cooked.

OPERATING INSTRUCTIONS

Using Your Somersize Deep Fryer

WARNING: Never plug in the Somersize Deep Fryer before filling with oil to specified level. Always make sure control panel is securely in place in the body and the heating element is inside the oil in the container before plugging in.

IMPORTANT: Ensure the control panel is fitted correctly to the main unit otherwise the unit will not function. This is not a defect. This product is fitted with a safety switch to prevent the unit from turning on accidentally.

- Make sure the oil level in the oil container is between the "minimum" and "maximum" lines inside the oil container.
- The frying basket should not be immersed in the oil during the pre-heating.
- Replace the lid cover.
- Plug the appliance into a 120-volt outlet. The unit will beep.
- Press the power button. The unit will beep and the power indicator light will come on. The upper screen will display 320°F and the lower screen will display __:__. This means that it is in constant boiling status.
- Set the required temperature – The temperature is adjustable from 155°F to 385°F in 5°F increments. If you want to elevate the temperature, press the "+" temperature button. When you press the button the unit will beep. If you want to lower the frying temperature, press the "-" temperature button. When you press the button the unit will beep again and the upper screen will display the temperature that you set. When the set temperature is reached, the green ready indicator light come on. (Fig. 4)
- Timer: The maximum time on the timer is 15 minutes. If you want to add time, please press "+" timer button. If you want to decrease the time please, press "-" timer button. The lower screen will display the time that you set.
- Reset function: If you press the function reset button, the unit is in default status. The default temperature is 320 °F and the default time is 00:00.

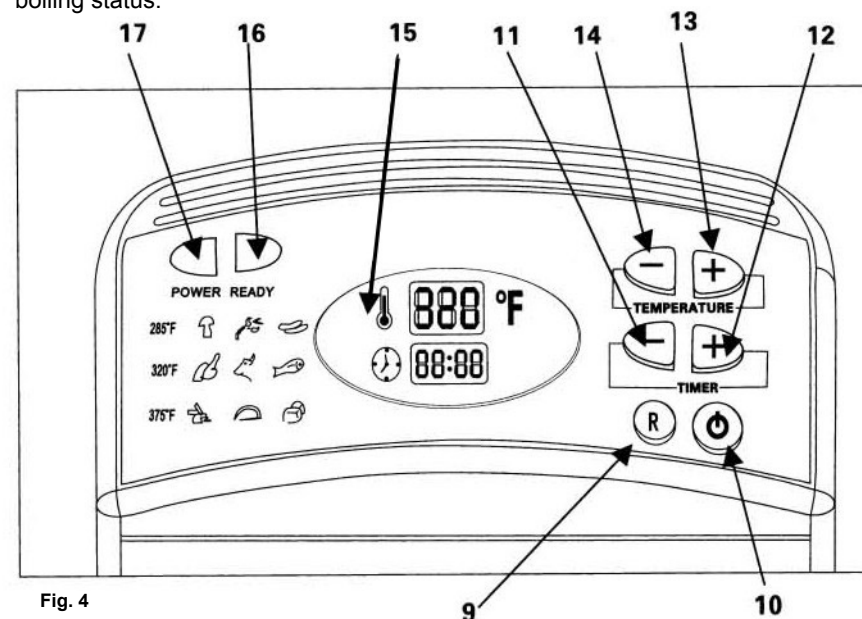


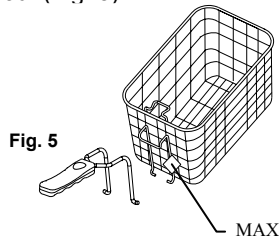
Fig. 4

- | | |
|---|-----------------------------------|
| 9. Function Reset Button | 15. Digital Display |
| 10. Power Button | 16. Ready Indicator Light (green) |
| 11. / 12. Timer Adjustable Button | 17. Power Indicator Light (red) |
| 13. / 14. Temperature Adjustable Button | |

OPERATING INSTRUCTIONS

Filling the Frying Basket

- **Do not** fill the frying basket when it is immersed in oil.
- Place the food in the frying basket. **Do not** overfill it and never exceed the maximum quantities. For optimum results and shorter frying time, basket should be only 1/2 full.
- The basket has approximately 1.5 lb. food capacity. It will hold 4-5 average size pieces of chicken.
- **Do not** fill the basket higher than the MAX line on the basket with frozen food. (Fig. 5)



Frying Food

WARNING: When frying foods, remove the frying basket from the Somersize Electronic Deep Fryer before filling with frozen food because oil will spatter and can cause burns.

WARNING: When frying frozen foods such as French Fries, you should not exceed 1.25 lb. (350 grams) or less. Clean off any ice from frozen food prior to frying. Failure to do so may cause fryer to overflow when food is placed in oil.

CAUTION: Never plug in the control panel when it is not assembled to the fryer body. Do not immerse the control panel, power cord or plug in water or any other liquid.

CAUTION: This unit should not be used to boil water.

- Always use the frying basket to fry food.
- Always close the cover during frying.
- When the oil is pre-heated, ready indicator light will come on indicating the desired oil temperature has been reached.
- Slowly lower the frying basket into the hot oil. Lowering the frying basket too quickly can result in the oil overflowing and splashing.
- Replace the cover carefully.
- It is normal for steam to escape through the sides of the cover while frying.
- Avoid standing too close to the deep fryer while it is cooking.

WARNING: When opening the cover after frying, lift up the cover slightly, then wait to allow steam to escape before opening the cover completely. Keep face away from unit to avoid burns caused by escaping steam.

Frying Tips

- To avoid condensation buildup on the cover window - rub a little cooking oil on window.
- **Do not** mix different oils or new and old oil together.
- Replace oil regularly. In general, oil used to fry food with protein, (such as poultry, meat and fish) should not be reused. When oil is used mainly to fry potatoes and is filtered after each use, it can be used up to 8 to 10 times, but do not use the same oil for more than 6 months.
- Always replace all oil as soon as it starts foaming when heated or when color becomes dark or when it has a rancid smell or taste or becomes syrupy.
- Make sure that the food to be fried is dry.
- Remove loose ice from frozen food before frying.
- To cook evenly, pieces should be the same size and thickness.
- Thicker pieces will take longer to cook.

Sides, Sauces & Garnishes

CELERY ROOT FRIES

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

Here's a way to have fries without the potatoes! My Celery Root Fries are wonderful. The thinner you cut the celery root, the crunchier they will be.

Prep time: 12 minutes

Cooking time: 12- 24 minutes

Peanut or vegetable oil for frying

2 large celery roots

2 large egg whites, beaten until slightly foamy

2 teaspoons Somersize Citrus Champignon Mushroom Rub

Sea salt and freshly ground black pepper to taste

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Peel away outer skin of celery root. Slice celery root into 1/8-inch thick slices. Cut these slices into 1/4-inch wide strips to form fries. Place egg whites into a shallow bowl. Dip celery root into egg whites then sprinkle with mushroom rub.

Place 1/3 of the celery root into Frying Basket and lower basket into hot oil. Fry until golden brown, 6-8 minutes. Drain on paper towels. Repeat until all celery root is cooked. Season with salt and pepper.

HERBED ZUCCHINI RIBBONS

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

The zucchini, dill, mint, and lime are sublime together! If you have a Somersize Su-Chef, use the ribbon blade to cut the zucchini.

Prep time: 10 minutes

Cooking time: 4-8 minutes

Peanut or vegetable oil for frying

4 medium zucchini, cut lengthwise into very long thin ribbons

1 tablespoon fresh dill, chopped

1 teaspoon fresh mint, chopped

Sea salt and freshly ground black pepper to taste

1 lime, cut into wedges

Preheat oil in the Somersize Electronic Deep Fryer to 350° F.

Blot zucchini ribbons dry with paper towels. The drier the zucchini, the crispier it will be when fried.

Place ¼ of the zucchini into Frying Basket and lower into hot oil. Fry until crisp and golden brown, 1-2 minutes. Drain on paper towels. Sprinkle with herbs and salt. Repeat with remaining zucchini. Squeeze with lime wedges before serving.

Using Solid Fat

WARNING: It is **NOT RECOMMENDED** to put solid shortening in the oil container or the frying basket.

- If using solid vegetable shortening, melt it first in a separate pan and then very carefully pour the melted fat into the oil container.
- Previously used solid vegetable shortening which has curdled and hardened in the oil container should be removed from the oil container and melted in a separate pan before reusing.

WARNING: If you try to melt the solidified fat in the oil container, there is a risk of warm melted fat suddenly sputtering from below through the still solid top layer of fat. Therefore use **only** the following procedure:

- Make sure the fat is at room temperature. If the fat is very cold, there is a greater risk of splashing.
- Using a fork, carefully make some holes in the fat. Make sure the cover is securely closed while fat is melting. Heat fat slowly - on lowest temperature setting.

CAUTION: Never plug in the Somersize Electronic Deep Fryer before filling with oil to specified level. Always make sure Somersize Electronic Deep Fryer is properly and completely assembled before using or plugging into wall outlet.

IMPORTANT: Ensure the control panel is fitted correctly to the main unit, otherwise the unit will not function. This is not a defect. This product is fitted with a safety switch to prevent the unit from turning on accidentally.

- Set the required temperature by turning the temperature/timer control knob. – The temperature is adjustable from 155° F to 375° F.

Filling the Container With Oil

WARNING: Never plug in the Deep Fryer before filling with oil to specified level. Always make sure control panel is securely in place in the body and the heating element is inside the oil in the container before plugging in.

- Use blended vegetable oil, pure corn oil or canola (rapeseed) oil. Do not use olive oil, margarine, lard or drippings.
- The oil level must always be maintained between the minimum and the maximum levels marked inside the oil container. Check the oil level before each use. For best results, keep the oil close to the maximum level (19 cups/4.5 liters). (Fig. 6)
- Never mix different oils and fats together. Do not mix old and new oil.

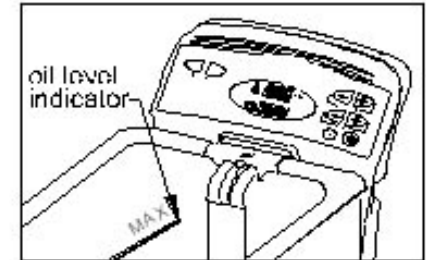


Fig. 6

Pre-Heating

CAUTION: Never plug in the Somersize Electronic Deep Fryer before filling with oil. Always unplug the appliance when not in use.

- Make sure the oil level in the oil container is between the "minimum" and "maximum" lines inside the oil container.
- The frying basket should not be immersed in the oil during the pre-heating.
- Close cover.
- Plug the appliance into a 120-volt outlet.
- Press the power button to turn the unit on. The power indicator light will come on, showing that the power is on.
- Set the temperature to the desired temperature setting.

OPERATION INSTRUCTIONS

Temperature Settings

The following cooking times reflect only the approximate time needed to fry one basket 1/2 full. The exact time may be different depending on actual quantity, personal cooking preferences, size and thickness of pieces, etc. In general, use lower settings for delicate foods (vegetables, fish) and higher settings for frozen foods, French Fries and chicken.

Food	Cooking Time	Temp.
French Fries	6-9 minutes	375°F
Fish Fillets	3-5 minutes	320°F
Chicken Fingers	6-8 minutes	350°F
Chicken Pieces	13-20 minutes	350°F
Fried Zucchini	3 minutes	320°F
Fried Mushrooms	3 minutes	320°F
Onion Rings	3 minutes	320°F
Donuts	3-5 minutes	350°F
Apple Beignets	4 minutes	350°F
Shrimp	4-6 minutes	320°F

To Store or Reuse Cooking Oil

- Make sure the Somersize Electronic Deep Fryer is unplugged and the oil has cooled (approximately 2 hours) before attempting to clean or store the Somersize Electronic Deep Fryer.
- The oil does not need to be changed after each use. We do not recommend storing and reusing oil that was used for frying high protein foods such as poultry, fish or other meats. When oil is mainly used to fry potatoes and is filtered after each use, it can be used 8 to 10 times. However, do not use the same oil for longer than 6 months.
- Please read and follow all instructions in this manual for best results with your Somersize Electronic Deep Fryer.

- To filter the oil, first make sure the oil has cooled and then empty the oil from the oil container into a storage container or bottle. (Fig. 7) wash and dry the oil container and basket. To reuse, refill the oil container with the oil, pouring the oil through a wire strainer or paper filter. (Fig. 8)



Fig. 7

Storing used oil



Fig. 9

Filtering used oil

Cleaning Instructions

WARNING: Always press the power button to stop the heating element from heating and remove the plug from the wall socket before cleaning. Allow the Somersize Electronic Deep Fryer and the oil to cool completely (approximately 2 hours) before cleaning. Never immerse the control panel, cord, plug or main enclosure in water or any other liquid.

- **Never** immerse the control panel, cord, plug or main enclosure in water or any other liquid.
- **Do not** place the control panel, cord, plug or main enclosure in the dishwasher.
- Clean the control panel and main enclosure only with a damp cloth.
- The oil container, frying basket and cover can be washed in the top rack of the dishwasher. To remove the cover, open it and lift it straight up.
- **Do not** use any type of abrasive pad or steel wool to clean the power cord magnetic socket.
- **Do not** use alcohol or cleaning solutions to clean Somersize Electronic Deep Fryer.

Entrees

CRAB CAKES WITH LEMON AIOLI

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings / 8 crab cakes

As an appetizer or a main dish, these crab cakes are delicious!

Prep time: 10 minutes

Cooking time: 4-6 minutes

Peanut or vegetable oil for frying

For Lemon Aioli:

3 garlic cloves, pressed

1 cup mayonnaise

2 teaspoons fresh lemon juice

Sea salt and freshly ground black pepper

For Crab Cakes:

1 pound lump crabmeat, well drained

½ cup mayonnaise

¼ cup green onions, thinly sliced

1 teaspoon grated lemon peel

1 tablespoon fresh parsley, chopped

⅛ teaspoon cayenne pepper

¼ teaspoon sea salt

2 large egg yolks, beaten

¼ cup Somersize Bake 'n Fry Mix

¼ cup grated Parmesan cheese

To make Lemon Aioli: Combine garlic, mayonnaise and lemon juice in a small bowl. Season with salt and pepper. May be made 2 days ahead if kept covered and chilled.

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

To make Crab Cakes: Place crab meat into a mesh strainer and push gently to extract any excess moisture. Combine crab meat in a bowl with mayonnaise, green onions, lemon peel, parsley, cayenne pepper, salt, and egg yolks. Shape mixture into eight patties. If mixture is not binding, add an additional spoonful of mayonnaise.

Combine Somersize Bake 'n Fry Mix and Parmesan cheese in a shallow dish. Press crab cakes gently into mixture to coat both sides. Cover with plastic wrap and refrigerate for at least 1 hour.

Place ½ of the crab cakes into Frying Basket and lower into hot oil. Fry until golden brown, about 2-3 minutes. Repeat with remaining crab cakes. Serve with Lemon Aioli.

SOUTHERN FRIED CHICKEN

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

This recipe can be made with any parts of the chicken, with or without skin; but if you prefer breasts and thighs, make them boneless. They cook faster and the coating doesn't get too dark while the chicken cooks thoroughly.

Prep time: 35 minutes

Cooking time: 24 minutes per batch

Peanut or vegetable oil for frying

- 2/3 cup Somersize Bake 'n Fry Mix
- 2/3 cup grated Parmesan cheese
- 1 tablespoon paprika
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 2 large eggs, beaten
- 3 pounds chicken pieces

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Combine Somersize Bake 'n Fry Mix, Parmesan cheese, paprika, black pepper, and cayenne pepper in a shallow bowl. Place eggs into a separate shallow bowl.

Dip chicken into egg then dredge in Bake 'n Fry mixture. Place chicken, a few pieces at a time, into Frying Basket and lower basket into hot oil. Fry until chicken is browned and cooked through, 10-24 minutes (depending upon size of chicken pieces). Drain on paper towels.

OPERATION INSTRUCTIONS

Detachable "Break Away"

Power Cord

Your Somersize Electronic Deep Fryer has been specifically designed with your safety in mind. Your Somersize Electronic Deep Fryer has a unique detachable power supply cord. This power supply cord is designed to "Break Away" from the fryer in the event that the power cord or fryer is inadvertently pulled or tugged. This is intended to prevent the tipping of the appliance and hazardous spillage of hot oil. It is **NOT** intended to disconnect the fryer during normal use.

To connect the power cord - note the instructions on the cord plug area - "THIS SIDE UP". Place cord into opening - you will feel the magnetic pull. Slide cord into slot until it connects. (Fig. 10)



Fig. 10

CAUTION: Do not use the "Break Away" power cord to disconnect the Somersize Electronic Deep Fryer. Always disconnect plug from electrical outlet first before removing the power cord.

WARNING: The "Break Away" power cord is only for accidental disconnection of the Somersize Electronic Deep Fryer. It is not to be removed during normal operation. If the cord should be disconnected from the unit during operation, the user should **immediately unplug the power cord** from the electrical wall outlet before any attempt to reconnect the magnetic cord back to the Somersize Electronic Deep Fryer unit. Do not come in contact with the magnetic connection of the power cord while it is plugged into electrical wall outlet. Injury can occur.

CAUTION: Do not attempt to defeat the magnetic cord connection by attempting to permanently attach the power cord to the Somersize Electronic Deep Fryer.

How To Reset the Deep Fryer

If for some reason the deep fryer stops heating, the reason might be that the safety reset switch has disconnected. To reconnect the deep fryer, follow the instructions below:

- Allow the deep fryer to cool completely.
- Remove the control panel from the unit.
- Push the thermostat reset button located on the back of the control panel with the back of a ball point pen. (Fig. 11) The unit will beep to indicate that it has re-set.

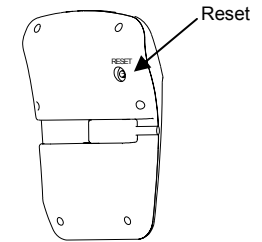


Fig. 11

APPETIZERS

DEEP FRIED ROMAN ARTICHOKES
FRITO MISTO
SPINACH PARMESAN NUGGETS
SCALLOPS WRAPPED WITH BACON
HOT & SPICY CHICKEN WINGS

ENTREES

TEMPURA SHRIMP & VEGGIES
CHICKEN KIEV
TURKEY DRUMSTICKS
SOMERSIZE CHICKEN NUGGETS
SOUTHERN FRIED CHICKEN
CRAB CAKES WITH LEMON AIOLI

SIDES, SAUCES & GARNISHES

HERBED ZUCCHINI RIBBONS
CELERY ROOT FRIES
ONION RINGS
FRIED HERBS
SPICY COCKTAIL SAUCE
SOMERSIZE SECRET SAUCE

Appetizers

SOMERSIZE CHICKEN NUGGETS

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

Everyone loves chicken nuggets. Now you can make them the Somersize way! Serve them with my Celery Root Fries (pg 23). This is Somersize fast food at its best. Try these nuggets served over a bed of lettuce with Somersize Ranch Dressing and sliced red onion for a great tasting salad.

Prep time: 5 minutes

Cooking time: 9 minutes

Peanut or vegetable oil for frying

$\frac{2}{3}$ cup Somersize Bake 'n Fry Mix

$\frac{2}{3}$ cup grated Parmesan cheese

2 large eggs, beaten

4 boneless, skinless chicken breasts (or 12 chicken tenders)

Somersize BBQ Sauce, for dipping

Preheat oil in the Somersize Electronic Deep Fryer to 350° F.

Combine Somersize Bake 'n Fry Mix and Parmesan cheese in a shallow bowl. Place beaten eggs into a separate shallow bowl. Cut chicken breasts into 1-inch by 2-inch pieces (not necessary for chicken tenders).

Dip chicken into egg, then roll in Bake 'n Fry mixture. Place $\frac{1}{3}$ of the chicken pieces into Frying Basket and lower into hot oil. Fry until deep golden brown, about 3 minutes, or until cooked through. Drain on paper towels. Repeat until all chicken is cooked. Serve immediately with Somersize BBQ Sauce.

Entrees

TURKEY DRUMSTICKS

PRO/FATS - LEVEL ONE

Makes 4 servings

I have always loved deep fried turkey, but it's a lot of work to heat a huge pot of oil and lower an entire turkey into it. Here's a way get crispy, delicious, turkey legs without the mess!

Prep time: 3 minutes

Cooking time: 34-40 minutes

Peanut or vegetable oil for frying

4 small turkey drumsticks (turkey wings work well too)
2 tablespoons Somersize Tuscan Sea Salt Rub
or Somersize Holiday Turkey Seasoning

Preheat oil in the Somersize Electronic Deep Fryer to 350° F.

Rub turkey legs generously with sea salt rub or turkey seasoning. Place 2 of the turkey legs into Frying Basket and lower into hot oil. Fry until well browned, 17-20 minutes, depending upon size. Repeat with remaining turkey legs. Drain (on paper towels) and allow to cool for at least 5 minutes before serving.

Entrees

DEEP FRIED ROMAN ARTICHOKES

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

When has finger food tasted so good? You might want to make a double batch; they disappear in a flash!

Prep time: 6 minutes

Cooking time: 30 minutes

Peanut or vegetable oil for frying

3 large artichokes (about 12 ounces each)
2 lemons, halved
Lemon wedges, for garnish
Sea salt to taste

Preheat oil in the Somersize Electronic Deep Fryer to 350° F.

Trim stems, leaving at least 1 inch of stem on the artichokes. Cut off top 1½ inches of the artichokes with a serrated knife. Snap off outer layers of leaves until pale yellow leaves with pale green tips are exposed. Trim dark green fibrous parts from base and sides of artichoke with a paring knife. Rub cut surfaces of artichokes with lemon.

Trim thick sides off of the stems to expose pale inner stem. Cut off any green tops of the leaves then cut artichoke lengthwise into quarters to create 4 wedges. Cut out purple leaves and fuzzy choke. Rub cut surfaces with lemon.

Pat artichokes dry with paper towels. Place half of the artichokes in Frying Basket and lower into hot oil. Fry until tender, about 15 minutes. Drain well (on paper towels) and season with salt. Repeat with remaining artichokes.

Appetizers

FRITO MISTO

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 6 servings

Frito Misto is Italian for a mixed fried plate of food. I think it's a perfect appetizer for a weekend party or when your family gathers. A taste treat to please everyone!

Prep time: 10 minutes

Cooking time: 12 minutes

Peanut or vegetable oil for frying

- 1 fennel bulb, sliced into ¼-inch pieces
- ½ pound calamari, cleaned and cut into ½-inch rings
- ½ pound halibut, cut into 1-inch cubes
- 3 eggs, beaten
- 1 cup Somersize Bake 'n Fry Mix
- 1 cup grated Parmesan cheese
- 1 recipe Spicy Cocktail Sauce (p. 26)

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Blot fennel, calamari and halibut with paper towels. Set aside.

Place beaten eggs into a medium bowl. Mix Somersize Bake 'n Fry Mix and Parmesan cheese together in a separate bowl.

Dip fennel first into egg, then into Bake 'n Fry mixture. Set aside on paper towels. Dip calamari and halibut first into egg, then into Bake 'n Fry mixture and set aside on paper towels.

Place ½ of the fennel into Frying Basket and lower into hot oil. Fry for 2-3 minutes, or until golden brown. Drain on a baking sheet lined with paper towels. Repeat with remaining fennel.

Place ½ of the calamari into Frying Basket and lower into hot oil. Fry for 3-4 minutes, or until golden brown. Drain on a baking sheet lined with paper towels. Repeat with remaining calamari.

Place ½ of the halibut into Frying Basket and lower into hot oil Fry for 2-3 minutes, or until golden brown. Drain on a baking sheet lined with paper towels. Repeat with remaining halibut. Serve with Spicy Cocktail Sauce.

Entrees

CHICKEN KIEV

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

This classic Russian dish is perfect for Somersize entertaining. In the traditional version the chicken is wrapped around chilled herbed butter, but I love the extra flavor of Swiss cheese. Roll them a day in advance and chill, for an easy dinner party.

Prep time: 8 minutes

Cooking time: 6-7 minutes

Peanut or vegetable oil for frying

- 4 chicken breasts, boneless and skinless
- Sea salt and freshly ground black pepper to taste
- 4 (1-inch cube) Swiss cheese cubes, about 4 tablespoons
- 2 tablespoons fresh chives or green onions, chopped
- 4 long, flat toothpicks
- 3 large eggs, beaten
- ½ cup grated Parmesan cheese

Preheat oil in the Somersize Electronic Deep Fryer to 350° F.

Place chicken breasts between 2 sheets of plastic wrap. Using a meat tenderizer or a small saucepan, pound chicken until it is ¼-inch thick. Season chicken with salt and pepper on both sides.

Place 1 cube of Swiss cheese in the center of each chicken breast. Sprinkle with chives or green onions. Fold two thinnest edges of chicken over cheese. Fold one long end over, then fold over other end to form a package. Secure with toothpicks. Dip chicken into egg then dredge in Parmesan cheese.

(Can be made a day in advance and chilled.)

Place chicken into Frying Basket and lower basket into hot oil. Fry chicken for 6-7 minutes, or until cooked through.

Entrees

TEMPURA SHRIMP & VEGGIES

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

Tempura is a classic Japanese batter, usually a Somersize no-no. Here's my legal version. For variety add mushrooms, celery root, or broccolini.

Prep time: 5 minutes

Cooking time: 13 minutes

Peanut or vegetable oil for frying

4 large egg whites, beaten until slightly foamy
1 cup Somersize Bake 'n Fry Mix (not mixed with cheese)
1 zucchini, cut into ¼-inch slices
1 small red onion, cut in half and sliced into ¼-inch strips
12 green beans, ends trimmed
1 pound large shrimp, peeled and deveined
8 sprigs curly parsley

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Place egg whites into a shallow bowl. Place Bake 'n Fry Mix into a separate shallow bowl. Dip vegetables into egg whites then into Somersize Bake 'n Fry Mix. Place ¼ of the vegetables into Frying Basket and lower basket into hot oil. Fry until light golden, about 2 minutes. Drain (on paper towels). Repeat until all vegetables are fried.

Dip shrimp into egg whites then into Somersize Bake 'n Fry Mix. Place ½ of the shrimp into Frying Basket and lower basket into hot oil. Fry until light golden, about 2 minutes. Drain (on paper towels). Repeat until all shrimp are cooked.

Blot parsley with paper towels to dry. (If parsley is wet it will splatter.) Place parsley into Frying Basket and lower basket into hot oil. Fry for about a minute, or until crunchy. Drain (on paper towels). Garnish tempura with parsley before serving.

Appetizer

SPINACH PARMESAN NUGGETS

PRO/FATS AND VEGGIES - LEVEL ONE

Makes 4 servings

A scrumptious appetizer...and completely legal!

Prep time: 5 minutes

Cooking time: 2-4 minutes

Peanut or vegetable oil for frying

1 (10-ounce) package frozen, chopped spinach, thawed and drained
¼ cup green onion, finely sliced
1 large egg, beaten
2 large egg yolks, beaten
½ cup grated mozzarella cheese
¼ cup fresh basil leaves, chopped
¼ teaspoon sea salt
Freshly ground black pepper to taste
⅔ cup grated Parmesan cheese

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Place spinach on paper towels and squeeze to remove as much moisture as possible.

In a medium bowl combine spinach, onion, eggs, mozzarella, basil, salt, pepper, and ½ of the Parmesan cheese. Stir until well combined. Roll mixture into nuggets about an inch across, squeezing out excess moisture as you go. Dredge nuggets in remaining Parmesan cheese.

Place half of the spinach nuggets into Frying Basket and lower basket into hot oil. Fry until nuggets are browned, 1-2 minutes. Drain (on paper towels). Repeat with remaining nuggets.

Appetizer

SCALLOPS WRAPPED WITH BACON

PRO/FATS - LEVEL ONE

Makes 4 servings

These scallops can be served as an appetizer with Somersize Chipotle BBQ Sauce or placed on some fresh greens for a beautiful salad. For variety you can also make this recipe using large, peeled shrimp instead of the scallops.

Prep time: 5 minutes

Cooking time: 8-10 minutes

Peanut or vegetable oil for frying

12 large scallops, about 2-inches across

1-2 tablespoons Somersize Red Thai Curry Sea Salt Rub

12 pieces thinly-sliced bacon, uncooked

Somersize Chipotle BBQ Sauce, for dipping

Preheat oil in the Somersize Electronic Deep Fryer to 320° F.

Blot scallops with paper towels to dry. Sprinkle salt rub all over scallops.

Wrap a slice of bacon around each scallop and secure with a toothpick. Place ½ of the scallops into Frying Basket and lower basket into hot oil. Fry until bacon is crisp, 4-5 minutes. Drain (on paper towels). Repeat with remaining scallops. Serve immediately with Somersize Chipotle BBQ Sauce.

Appetizers

HOT & SPICY CHICKEN WINGS

PRO/FATS - LEVEL ONE

Makes 2 dozen

These little wings are a great Level One treat. Serve with celery sticks and Somersize Ranch Dressing. You can also use ¼ cup of my Somersize Spicy Porcini Italian Mushroom Rub in place of the seasonings below; it tastes great!

Prep time: 10 minutes

Cooking time: 40 minutes

Peanut or vegetable oil for frying

24 chicken wings

2 tablespoons oil

1½ tablespoons sea salt

2 tablespoons paprika

½ teaspoon cayenne pepper

1 teaspoon dried oregano

2 teaspoons onion powder

2 teaspoons garlic powder

Preheat oil in the Somersize Electronic Deep Fryer to 350° F.

Place wings into a large bowl and toss with oil. Mix salt, paprika, cayenne, oregano, onion, and garlic powder together and sprinkle over wings. Toss to coat wings evenly with spices. Place wings into Frying Basket and lower basket into hot oil. Fry in batches of six wings, until golden and crispy, about 10 minutes per batch. Drain (on paper towels).

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