

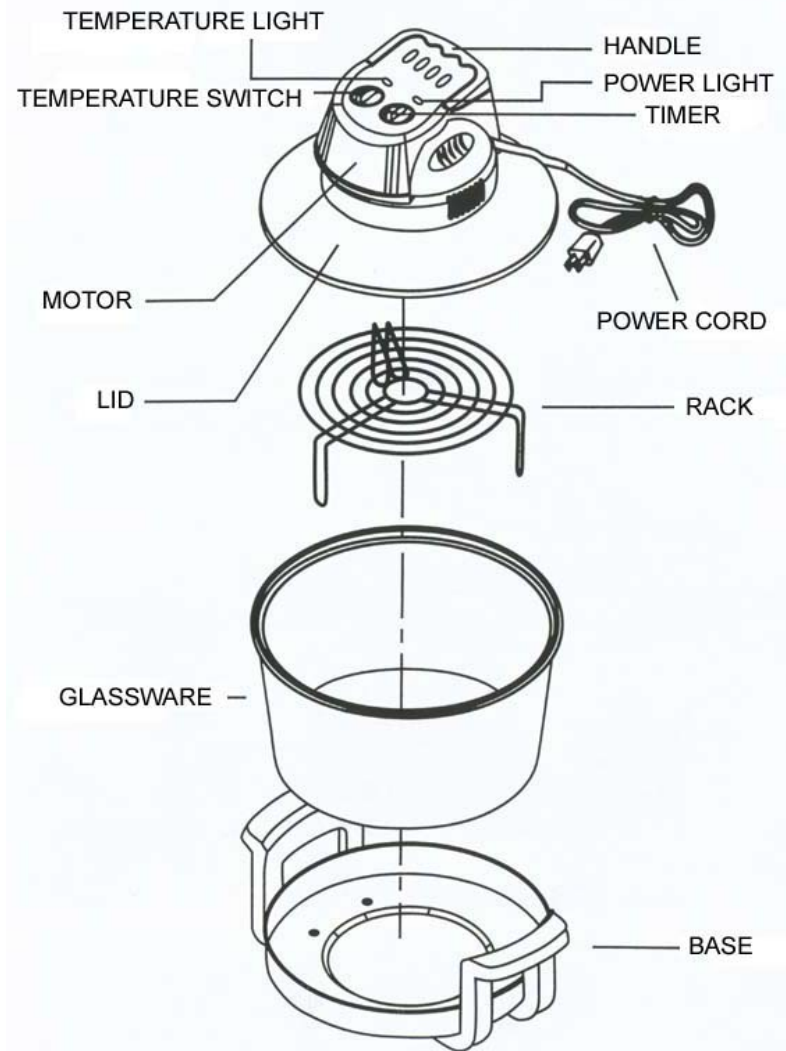


**SUNPENTOWN**

**SO-2000  
SUPER TURBO OVEN**



**COOKING INSTRUCTION**



## **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.

Note: The recipes provided in this booklet can be adjusted slightly due to individual cooking habits and methods. Please use the information provided as a reference.

### ATTENTION

1. Do not touch the glassware or lid during usage to avoid burning injury.
2. Please clean the unit after it cools down. Please clean the lid, but do not immerse in the water to avoid electrical current leakage.
3. Do not share the same outlet with other appliances while using this unit.
4. The unit has a safety switch. When the handle is pressed down, power is on; when the handle is lifted up, power is off.

### TABLE: COOK TIME AND TEMPERATURE

Food	Temperature (°F)	Time (Minutes)	Quantity
Whole Chicken	400	45	3 lb
Slice Meat	400	7-8	1 lb
Drumsticks	400	15	8 pieces
Fish	480	7-8	10 pieces
Clam	400	6-7	1 lb
Shrimp	480	5	1 lb
Corn	400	10	4 pieces
Peanut	400	5-7	1 plate
Cake	300	20	1 box
Yam	480	40	1 lb
Crab	480	15	4
Beacon	480	10	1 lb

### ROAST WHITE CRAB

#### Material:

<i>White Crab</i>	2
<i>(or other kinds of crab)</i>	
<i>Onion</i>	<i>1/3 (cut into strips)</i>
<i>Garlic</i>	<i>some (slices)</i>
<i>Chili</i>	<i>some (slices)</i>
<i>Egg</i>	2
<i>Aluminum Foil</i>	2 sheet

#### Ingredient Sauce:

<i>Butter</i>	<i>some</i>
<i>Milk</i>	<i>1 spoon</i>
<i>Black Pepper</i>	<i>1 spoon</i>
<i>Salt</i>	<i>little</i>
<i>MSG</i>	<i>little</i>
<i>Cooking Wine</i>	<i>2 spoons</i>

#### Steps:

1. Clean the crabs. Cut the crabs into 8 pieces. Break the crab legs and marinate with salt and cooking wine.
2. Spread butter on the aluminum foil, and place on it onion, garlic, chili, and two eggs.
3. Put the crabs on the top.
4. Mix the ingredient sauce and pour on top of the crabs.
5. Seal the aluminum foil and roast at 400°F for 15 minutes.

## **STEAK**

### Materials:

*Steak*                    *2 pieces*

### Sauce Ingredient:

*Soy Sauce*            *2 tablespoons*

*Black Pepper*        *1 tablespoons*

*Salad Oil*             *1 tablespoons*

*MSG*                    *little*

*Water*                  *2 tablespoons*

### Steps:

1. *Marinate the steak in the ingredient sauce for 30 minutes.*
2. *Roast the steak at 400°F for 5 minutes.*

## **SHRIMP ASPARAGUS ROLL**

### Materials:

*Shrimp*                    *11 oz*

*Asparagus*            *8 stalks*

*Ground Pork*         *3.5 oz*

*Shredded Green Onion* *1 teaspoon*

*Shredded Ginger*     *1 teaspoon*

### Ingredient Sauce:

*Soy Sauce*              *1 teaspoon*

*Cooking Wine*        *1 teaspoon*

*Salt*                      *little*

*Pepper*                 *1 teaspoon*

*MSG*                     *little*

*Starch*                  *little*

### Steps:

1. *Cut the asparagus into short stalks about 4 inches long.*
2. *Grind the shrimp and mix with ground pork and the ingredient sauce.*
3. *Spread sesame oil on sweet rice paper and wrap inside the shrimp mixture from step 2 and a stalk of asparagus.*
4. *Bake at 400°F for 10 minutes.*

## **BURGER**

### Materials:

<i>Ground Beef</i>	<i>11 oz</i>
<i>Onion</i>	<i>1 (small)</i>
<i>Toast</i>	<i>3 slices</i>
<i>Egg</i>	<i>1</i>

### Ingredient Sauce:

<i>Salt</i>	<i>1 teaspoon</i>
<i>Pepper</i>	<i>½ spoon</i>
<i>MSG</i>	<i>some</i>
<i>Cooking Wine</i>	<i>1 tablespoon</i>
<i>Sugar</i>	<i>1 tablespoon</i>
<i>Soy Sauce</i>	<i>1 tablespoon</i>

### Steps:

1. *Chop the onion into small pieces. Remove the edge of the toast, soak in water, wring to remove water and grind it. Mix the onion and toast crumb with ground beef and ingredient sauce. Freeze for half an hour.*
2. *Make the ground beef into burgers and spread butter on each side. Roast at 300°F-350°F for 10 minutes.*

## **TENDER LEMON CHICKEN**

### Materials:

<i>Chicken Leg</i>	<i>3 pieces</i>
<i>(Large, without Bones)</i>	
<i>Lemon</i>	<i>1</i>
<i>Chili</i>	<i>2 pieces</i>
<i>Ginger</i>	<i>4 slices</i>
<i>Green Onion</i>	<i>1 stalk</i>

### Ingredient Sauce:

<i>Soy Sauce</i>	<i>1 cup (110 c.c.)</i>
<i>Sugar</i>	<i>little</i>
<i>Salt</i>	<i>little</i>
<i>Cooking Wine</i>	<i>little</i>
<i>Sesame Oil</i>	<i>some</i>
<i>Pepper</i>	<i>some</i>

### Steps:

1. *Shred green onion, ginger, and chili, and mix with ingredient sauce. Marinate chicken legs for 30 minutes. Cut some openings on the chicken legs so that the flavor may go in.*
2. *Roast the chicken legs at 400°F for 15-20 minutes (depending on the size of the chicken legs).*
3. *Slice the chicken legs and decorate with few slice of lemon. Sprinkle some lemon juice before serving.*

## **BEEF STEW**

### Materials:

<i>Beef</i>	<i>27 oz</i>
<i>Pepper</i>	<i>1/4 tablespoon</i>
<i>Celery</i>	<i>2 stalks</i>
<i>Tomato</i>	<i>1</i>

### Ingredient Sauce:

<i>Potato</i>	<i>2</i>
<i>Onion</i>	<i>1</i>
<i>Cassia Leaf</i>	<i>2 pieces</i>
<i>Salt</i>	<i>1 tablespoon</i>
<i>Hot Broth</i>	<i>3 cups</i>

### Steps:

1. *Slice the beef.*
2. *Slice onion, celery, potato, tomato and cassia leaf and put into a casserole. Add hot broth, beef, salt and pepper. Cover the casserole with aluminum foil. Cook at 300°F for 30 minutes.*

## **MUSHROOM SHRIMP**

### Materials:

<i>Fresh Mushroom (Large)</i>	<i>10 pieces</i>
<i>or Dry Mushroom</i>	
<i>Milk</i>	<i>1 tablespoon</i>
<i>Butter</i>	<i>some</i>
<i>Garlic (slices)</i>	<i>some</i>
<i>Chili</i>	<i>some</i>
<i>Shrimp</i>	<i>10 pieces</i>
<i>Onion</i>	<i>half</i>

### Ingredient Sauce:

<i>MSG</i>	<i>little</i>
<i>Cooking Wine</i>	<i>2 teaspoons</i>
<i>Salt</i>	<i>little</i>
<i>Black Pepper</i>	<i>1 tablespoon</i>
<i>Cheese Powder</i>	<i>some</i>
<i>Aluminum Foil</i>	<i>1 sheet</i>

### Steps:

1. *Wash the fresh mushroom and place in salt water. Peel off the shrimp skin, and marinate with some salt and cooking wine.*
2. *Chop the onion into strips, and mix with garlic and chili.*
3. *Cut open the back of the shrimp (do not cut all the way). Place one mushroom on top of each shrimp on a plate.*
4. *Mix the ingredient sauce and pour on top of the shrimp. Spread some butter on top of the mushroom. Wrap the plate with aluminum foil.*
5. *Put the plate on the low rack, and roast at 482°F for 15 minutes.*

## ROAST PORK ROLL WITH SAND-TEA SAUCE (SHA-CHA JIANG)

### Materials:

<i>Pork</i>	<i>9 oz</i>
<i>Bamboo Root</i>	<i>1 piece</i>
<i>Mushroom</i>	<i>little</i>
<i>Green Onion</i>	<i>7 stalks</i>
<i>Green Pepper</i>	<i>1</i>

### Ingredient Sauce:

<i>Cooking Wine</i>	<i>1 tablespoon</i>
<i>Soy Sauce</i>	<i>2 tablespoons</i>
<i>Salt</i>	<i>1 teaspoon</i>
<i>Sugar</i>	<i>2 teaspoons</i>
<i>Pepper</i>	<i>½ teaspoon</i>
<i>Sand-Tea Sauce</i>	<i>3 teaspoons</i>
<i>(Sha-Cha Jiang)</i>	
<i>Sesame Oil</i>	<i>1 teaspoon</i>

### Steps:

1. *Cut the pork into thin slices and hit with the back or the side of the knife so they become soft. Marinate with the ingredient sauce.*
2. *Boil and slice the bamboo root. Soak and slice the mushroom. Chop the green onion and slice the green pepper.*
3. *Take a piece of pork and wrap around the bamboo root, mushroom, green onion, and green pepper. Roast at 400°F for 15-20 minutes.*

*Note: The materials used in the roll can be adjusted depending on the season and personal favor.*

## ROAST SALMON

### Materials:

<i>Salmon</i>	<i>2 pieces</i>
<i>Green Onion</i>	<i>4 stalks</i>
<i>Shredded Ginger</i>	<i>little</i>
<i>Chili</i>	<i>1 piece</i>

### Ingredient Sauce:

<i>Salt</i>	<i>little</i>
<i>Cooking Wine</i>	<i>little</i>
<i>Soy Sauce</i>	<i>2 tablespoons</i>
<i>Pepper</i>	<i>little</i>
<i>MSG</i>	<i>little</i>
<i>Sugar</i>	<i>little</i>

### Steps:

1. *Marinate each side of the salmon with salt and cooking wine for 5 minutes.*
2. *Chop the green onion, chili, and ginger.*
3. *Put green onion at the bottom of the plate. Put the salmon on top of the green onion. Put ginger and chili on top of the salmon. Pour ingredient sauce on the salmon. Cover the plate with aluminum foil. Bake at 300°F for 20 minutes.*

## **ROAST CHICKEN**

### Materials:

<i>Whole Chicken</i>	<i>1</i>
<i>Soy Sauce</i>	<i>3 tablespoons</i>
<i>Cooking Wine</i>	<i>2 tablespoons</i>
<i>Garlic</i>	<i>1 tablespoon (shredded)</i>

### Ingredient Sauce:

<i>Salt</i>	<i>2 teaspoons</i>
<i>Sugar</i>	<i>little</i>
<i>Red Chili</i>	<i>1 piece (chopped)</i>
<i>Ginger</i>	<i>little</i>
<i>Sesame Oil</i>	<i>little</i>

### Steps:

1. *Mix soy sauce, cooking wine, garlic, salt, sugar, red chili, sesame oil, and ginger together to be the ingredient sauce.*
2. *Spread the ingredient sauce on the chicken and marinate for an hour.*
3. *Roast the whole chicken in the oven at 300°F for 40 minutes.*

*Note: if you roast only half of the chicken, or drum sticks, or chicken wings, you can shorten the cooking time. For example, roasting chicken wings only takes 10-15 minutes.*

## **ROAST SQUID**

### Materials:

<i>Squid</i>	<i>1 piece</i>
<i>Radish</i>	<i>half</i>
<i>Green Garlic</i>	<i>half</i>
<i>Sorghum Wine</i>	<i>some</i>

### Steps:

1. *Remove the squid skin. Spread some sorghum wine on each side of the squid.*
2. *Cook at 300°F-350°F for 5 minutes. Slice the squid and serve with radish and slice garlic.*

## **ROAST YOUNG PIGEON**

### Material:

<i>Pigeon</i>	<i>2</i>
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### Ingredient Sauce:

<i>Five-Flavor Powder (Wu-Xiang Fen)</i>	<i>some</i>
<i>Sugar</i>	<i>1 teaspoon</i>
<i>Salt</i>	<i>some</i>
<i>Sesame Oil</i>	<i>1 teaspoon</i>
<i>Soy Sauce</i>	<i>3 tablespoons</i>
<i>Malt Sugar</i>	<i>some</i>

### Steps:

1. *Clean the pigeons and marinate with ingredient sauce.*
2. *Spread the malt sugar over the pigeon and roast at 400°F for 15 minutes.*



## ROAST MILKFISH STOMACH

### Materials:

<i>Milkfish Stomach</i>	<i>2 pieces</i>
<i>Green Onion (Chopped)</i>	<i>2 stalks</i>
<i>Garlic (Crushed)</i>	<i>3 cloves</i>
<i>Chili (Sliced)</i>	<i>2 pieces</i>
<i>Ginger (Sliced)</i>	<i>5 slices</i>

### Ingredient Sauce:

<i>Sand-Tea Sauce</i> <i>(Sha-Cha Jiang)</i>	<i>2 tablespoons</i>
<i>Soy Sauce</i>	<i>little</i>
<i>Sugar</i>	<i>little</i>
<i>Salt</i>	<i>little</i>
<i>Cooking Wine</i>	<i>little</i>
<i>Aluminum Foil</i>	<i>2 sheets</i>

### Steps:

1. *Clean the milkfish stomach and marinate with salt and cooking wine.*
2. *Put green onion, ginger, and chili into the ingredient sauce. Pour the sauce into the milkfish stomach.*
3. *Wrap the milkfish stomach with aluminum foil and roast at 450°F for 15 minutes.*

## SPONGE CAKE

### Material:

<i>Cake Flour</i>	<i>7 oz</i>
<i>Sugar</i>	<i>5 oz</i>
<i>Egg</i>	<i>4</i>

### Ingredient:

<i>Salad Oil</i>	<i>1 tablespoon</i>
<i>Concentrated Vanilla</i>	<i>1 teaspoon</i>
<i>Salt</i>	<i>little</i>
<i>Cream of Tartar</i>	<i>1 teaspoon</i>

### Steps:

1. *Separate the egg yolk and egg white.*
2. *Stir egg white till it is firm, add sugar and stir till it is well mix.*
3. *Add salad oil, salt, concentrated vanilla into egg yolk and stir.*
4. *Add egg yolk mixture into egg white and stir.*
5. *Add 1/3-1/2 of cake flour into the egg mixture and mix well. Repeat till all the cake flour is mixed.*
6. *Spread oil on the baking pan and pour the egg mixture into the baking pan.*
7. *Preheat the oven at 300°F for 3 minutes and put in the baking pan. Bake at 480°F for 10 minutes and bake at 375°F for 10 minutes.*

*Note: Do not open the lid while baking. Press the middle of the cake to check whether it bounces back. Or pierce a stick into the cake to check whether anything sticks to it. The cake is done if nothing sticks to it. Take it out from oven and place it up side down. Serve after it cools down.*

## **SAGO PUDDING**

### Materials:

<i>Large Sago</i>	<i>10 oz (1 1/3 cup)</i>
<i>Water</i>	<i>10 cups</i>
<i>Boiled Water</i>	<i>2 cups</i>
<i>Sugar</i>	<i>1 cup</i>
<i>Butter</i>	<i>3 tablespoons</i>
<i>Milk</i>	<i>1 cup</i>

### Ingredient:

<i>Corn Starch</i>	<i>5 tablespoons</i>
<i>Water</i>	<i>6 tablespoons</i>
<i>Egg yolk</i>	
<i>Vanilla Slice (Crushed)</i>	<i>3</i>
<i>Bean-Sand (Dou-Sha)</i>	<i>3</i>

### Steps:

- 1. Boil 10 cups of water and pour in sago. Cook at low heat for 5 minutes, till sago appears transparent.*
- 2. Boil 2 cups of water and add in sugar, butter and milk. Immediately add in corn starch. Turn off the heat and add vanilla. Add in egg yolk and mix well. Add in sago.*
- 3. Add half of the mixture into baking pan, add bean-sand (dou-sha), and add the other half. Pour over 2 tablespoon of oil and bake at 480°F for 20 minutes till the top appear golden brown.*

## **EGG YOLK BISCUIT**

### Materials:

<i>Flour</i>	<i>18 oz</i>
<i>Butter</i>	<i>9 oz</i>
<i>Sugar</i>	<i>2 oz</i>
<i>Egg Yolk</i>	<i>2</i>
<i>Bean-Sand</i>	<i>9oz</i>
<i>(Dou-Sha)</i>	
<i>Salty Egg Yolk</i>	<i>12</i>
<i>Hot Water</i>	<i>½ cup</i>

### Steps:

- 1. Wrap the salty egg yolk inside bean-sand (dou-sha).*
- 2. Mix flour, butter, sugar, and hot water together. Divide into 12 pieces and press them into thin skins.*
- 3. Wrap the bean-sand (dou-sha) inside the skin. Bake at 340°F for 10 minutes. Brush the egg yolk on the surface. Bake at 340°F for another 10 minutes.*

## **BEIJING ROAST DUCK**

### Materials:

<i>Malt Sugar</i>	<i>3 tablespoons</i>
<i>Cooking Wine</i>	<i>3 tablespoons</i>
<i>Vinegar</i>	<i>1 tablespoon</i>
<i>Warm Water</i>	<i>1 cup</i>
<i>Thin Bread</i>	<i>20 pieces</i>

### Ingredient Sauce:

<i>Sesame Oil</i>	<i>1 tablespoon</i>
<i>Sugar</i>	<i>2 tablespoons</i>
<i>Water</i>	<i>½ cup</i>
<i>Green Onion</i>	<i>20 stalks</i>
<i>(White Portion)</i>	

### Steps:

1. *Blow air into the duck so that the skin and the meat separate.*
2. *Drill a hole and take out the internal organs. Insert a small piece of bamboo into the duck to erect the back from the breast. Clean the inside with water.*
3. *Mix malt sugar (or honey) with cooking wine, vinegar, and warm water, sprinkle evenly on the duck, and let it sit for 20 minutes. Roast at 350°F for 40 minutes.*

## **GREAT MIX DISH**

### Materials:

<i>Turkey</i>	<i>3-4 cups (cut into small cubes)</i>
<i>Macaroni</i>	<i>8 oz</i>
	<i>(Cut into 4 Inches Pieces, Cooked, Drained)</i>
<i>Mushroom Can</i>	<i>2</i>
	<i>(4 oz Each Can, Sliced, Drained)</i>
<i>Butter</i>	<i>3 tablespoons</i>
<i>Flour</i>	<i>2 tablespoons</i>
<i>Turkey or Chicken Broth</i>	<i>2 ½ cups</i>
<i>Milk or Cream</i>	<i>1 cup (stir till bubble up)</i>
<i>White Wine</i>	<i>3 tablespoons</i>
	<i>(or any kinds of wine)</i>
<i>Italian Dry Cheese</i>	<i>1/3 cup</i>
<i>Bread Crumb</i>	<i>¼ cup</i>

### Steps:

1. *Spread some oil over a ceramic plate.*
2. *Mix macaroni, turkey, mushroom in a shallow pan together with butter and flour.*
3. *Add chicken broth, mix well, and cook till it gets dense.*
4. *Add cream and wine, and ingredient, mix well, and pour into the plate.*
5. *Cover the plate with aluminum foil and bake at 340°F for 1 ¼ - 1 ½ hours.*
6. *During the last half an hour, open the aluminum foil and sprinkle Italian dry cheese and bread crumb. Serve with the plate.*

## ROAST EGGPLANT WITH GROUND PORK

### Materials:

<i>Eggplant</i>	<i>Some</i>
<i>Egg</i>	<i>1</i>
<i>Ground Pork</i>	<i>Some</i>
<i>Flour</i>	<i>2 tablespoons</i>

### Steps:

1. *Add ingredients into the ground pork.*
2. *Slice the eggplant and between every two eggplant pieces, spread some ground pork.*
3. *Stir the egg with the flour.*
4. *Wrap the eggplant with the flour. Bake at 350°F for 15 minutes.*

## SMALL LEMON DESERT

### Materials:

<i>Cake Flour</i>	<i>8 oz</i>
<i>Baking Powder</i>	<i>2 teaspoons</i>
<i>Salt</i>	<i>little</i>
<i>Butter</i>	<i>5 oz</i>
<i>Egg</i>	<i>1</i>

### Ingredient:

<i>Lemon Skin Powder</i>	<i>2 teaspoons</i>
<i>Lemon Juice</i>	<i>1 ½ spoons</i>
<i>Sugar</i>	<i>2/3 cup</i>

### Steps:

1. *Mix butter with sugar, egg, lemon skin powder, and lemon juice.*
2. *Mix flour, baking powder, and salt. Add in the mixture from step 1. If the resulting mixture is too soft, put it in the refrigerator.*
3. *Make balls about ¾ inch of diameter, spread flour over them and place them on baking pan. Press each balls flat and place them on the baking pan on the lower rack. Bake at 350°F for 10 minutes. Cool off and sprinkle some sugar on the top.*

### **SPECIFICATION**

Voltage	120V~, 60Hz	Volume	3 Gallons
Wattage	1200W	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.

### **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.



**SUNPENTOWN INTERNATIONAL INC.**

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