

THE
SHARPER
IMAGE®

SUPER WAVE OVEN

ROASTS, BAKES, BROILS, AIR FRIES, GRILLS, BOILS & STEAMS
1300 Watt Power



INSTRUCTION MANUAL

Customer Service: 1-800-423-4248
Printed in China

Super Wave Oven ITEM NO.8217SI.

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INTRODUCTION

Forget about traditional ovens, stove tops and microwaves.

Introducing The Sharper Image® Super Wave Oven, a versatile cooker that combines halogen heat, convection and infrared technology keeping foods moist on the inside and browned and crispy on the outside without the use of added fats or oils.

- Combines Halogen, Convection & Infrared Heat Technology
- Cooks From Frozen, No Need To Defrost
- Cooks Multiple Foods At The Same Time
- Uses Less Energy

Halogen directly heats the surface of the food for browning. Convection circulates the hot air, evenly distributing the heat. Gentle infrared heat cooks food from inside out, sealing in juices. Roast chicken, bake fish, broil steaks, air fry chicken, grill meats, steam vegetables and even make dessert. Bring frozen foods straight from the freezer into the oven without defrosting. Includes extender ring for more capacity and 2 cooking racks (low and high) so you can prepare a whole meal at once. Taste the difference!



IMPORTANT SAFEGUARDS

Before using the electrical appliance, the following basic precautions should always be followed including the following:

1. Read all instructions.
2. Keep oven out of reach of children.
3. Before use check that the voltage of wall outlet corresponds to the one shown on the rating plate.
4. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
5. If the supply cord is damaged it must be replaced by the manufacturer or an authorized service agent or a qualified technician in order to avoid a hazard.
6. Do not let cord hang over edge of table or hot surface.
7. Do not immerse plug, cord or housing into water due to the risk of electric shock.
8. Close supervision is necessary when your appliance is being used near children.
9. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
10. Always wear protective, insulated oven mitts or gloves when removing food items or handling the unit.
THE OVEN GETS VERY HOT.
11. Do not touch hot surfaces, use knobs or handles.
12. Always use the handle to remove the glass lid from the glass bowl.
13. Make sure the appliance is clean and dry prior to use.
14. Only place food in the appliance before setting the timer or after pre-heating.
15. Do not place near hot gas or electric burner.
16. The use of accessories not recommended by the manufacturer may cause injuries to persons.
17. Do not operate the appliance for other than its intended use.
18. Do not use outdoors.
19. Do not touch or stare directly into the bulb.
20. Do not move the appliance when in use.
21. Use extreme caution when handling or disposing of hot oils or other hot liquids.
22. Do not place oversized food into the appliance, the glass lid must be completely closed.
23. Do not place paper, cardboard, plastic or other flammable materials inside the unit.
24. Always turn the unit by moving knob to OFF position before removing the plug from the wall outlet.

IMPORTANT SAFEGUARDS

25. Unplug from main power socket when not in use.
26. Always use the tongs provided when handling racks.
27. Servicing and repair should only be conducted by a qualified technician.



WARNING: CAUTION HOT SURFACES: This appliance generates heat and steam may escape during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

CAUTION: This appliance is hot during operation and retains heat for some time after turning off. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning.

- Position the appliance so that it is never against a wall or in a corner, against curtains or upholstery.
- When operating the appliance on a work surface keep the surrounding areas clear and free from clutter. Ensure adequate air space surrounding the appliance for circulation.
- Do not place anything on top of the appliance while it is operating or while it is hot.
- Do not operate this appliance with other major appliances plugged into the same power socket - there is a risk of blowing the fuse.
- Do not touch the hot appliance surfaces while the unit is on or while cooling.
- All users of this appliance must read and understand this User's Manual before operating or cleaning this appliance.
- If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
- Do not leave this appliance unattended during use.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY.

Do not attempt to repair the appliance, contact a qualified service technician.

A short power supply cord is provided to reduce the hazards resulting from entanglement or tripping over long cord.

Do not use extension cord as it can be pulled on by children causing the unit to tip over.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in 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.

UNPACKING - ASSEMBLY

PARTS AND FEATURES

PACKAGE CONTENTS:

- MAIN OVEN UNIT (LID, GLASS BOWL AND BASE)
- EXTENDER RING (1)
- COOKING RACKS (2)
- TONGS (1)

UNPACKING - BEFORE FIRST USE

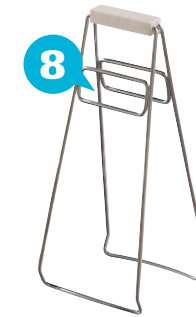
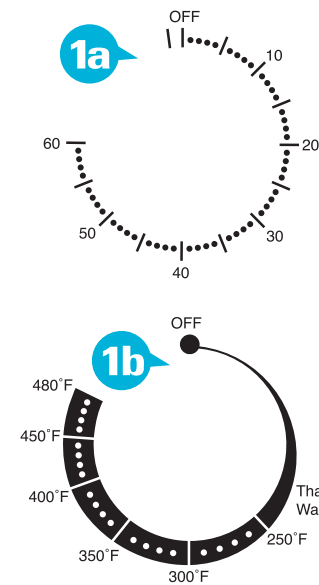
Unpack the unit and remove all packaging materials. Before using the unit for the first time, thoroughly wash the glass bowl, plastic base, cooking racks and tongs in hot soapy water and allow to dry completely.

WARNING: Do not immerse the lid with control knobs, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid into the dishwasher.

QUICK ASSEMBLY (See PARTS+USAGE instructions on pp. 6-8)

1. Place the plastic base on a stable heat proof surface. DO NOT place it near edge of countertop or table.
2. Place the glass bowl onto the plastic base.
3. Place the low and high cooking racks into the glass bowl.
4. Place the glass lid on top of the glass bowl. The lid should sit on the inner rim of the bowl.
5. If using extender ring, place it on top of the glass bowl. Then place the lid on.

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1. **Glass Lid with Timer and Temperature Controls**-features super tight seal
 - 1a-timer controls
 - 1b-temperature controls
2. **Safety Handle**-automatically turns the unit off when the handle is raised (shown in OFF position).
3. **Extender Ring**-increases capacity in order to cook larger foods.
4. **High Cooking Rack**-additional rack for extra food
5. **Low Cooking Rack**-main rack to cook foods
6. **Glass Bowl**-holds food to be cooked
7. **Bowl Base**-holds glass bowl
8. **Tongs**-use to lift hot trays with food from glass bowl

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USAGE-BASICS (Refer to p. 6 for Parts Identification)

PRIOR TO USE: IMPORTANT:

- Place the oven on a stable, heat-proof surface and make sure it is not near the edge of the table or countertop.
- Make sure that the power cord is not touching any hot surface.
- Always have enough space around the oven, so there is enough for cover when removed from the unit.
- Make sure you've placed the cooking racks inside the glass bowl prior to pre-heating and/or cooking.
- Always have the oven mitts ready to remove the lid and cooked food.
- You may use any oven safe pans, plates, tin foil, etc. that can be used inside the conventional oven.

ASSEMBLY-PLACING FOOD IN UNIT:

1. Open the glass lid and place the cooking racks inside, use one or both racks, depending on the amount of food. If only need to use 1 rack, use the lower rack.

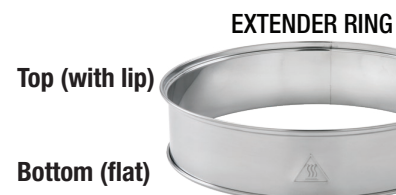
NOTE: You may combine both trays to make it a grid when cooking foods like french fries. Just place the high cooking rack in first, then layer the low cooking rack over the high rack. Align to form a grid. See Diagram on right

2. Place food to be cooked directly on rack (preferred method). This will allow the hot air to circulate around the food to be able to cook it faster and more even.

3. You can increase the capacity of your Super Wave Oven when cooking large foods such as a turkey (up to about 16 lb.). Your Super Wave Oven comes with the Extender Ring that you can place on top of the glass bowl.

4. Just place the flat part of the extender ring over the glass bowl's lip. The extender has its own lip that will create a perfect seal with the unit's lid. See Diagrams above and on right.

5. Close the lid. Do not lower the handle yet. Plug the power cord into the electrical outlet.



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SETTING THE TEMPERATURE:

6. Set the temperature knob to desired temperature by turning the knob clockwise. Refer to cooking times/temperature guide for reference.

NOTE: The cooking time depends on the size and weight of the food to be cooked. Most meats have recommended cooking times, those times should be used as a guide as the oven cooks faster than conventional ovens, so you may need to allow less time to cook the food.

USAGE-BASICS (Refer to p. 6 for Parts Identification)

SETTING THE TIMER:

7. Set the timer knob to desired time by turning the knob clockwise (from 0 to 60 minutes).

IMPORTANT: When turning the timer controls, DO NOT rotate the knob counterclockwise, as it may damage the timer. If you have set the timer for longer than required, turn the oven off and wait for the timer to naturally countdown to the desired time. To turn the oven off, bring the handle to its upright position as this will activate the safety switch.

TURNING UNIT ON/OFF:

8. Lower the handle until it snaps in, this will turn the unit ON. The handle MUST be flat down in its stored position for the oven to operate. **IMPORTANT:** The handle operates as a safety switch, as soon as it is lifted, the oven will turn off.

Once the unit is ON, the halogen lamp and the fan will turn on. The power (red) and heat (green) lights will illuminate. The halogen lamp along with heat (green) light will keep cycling on & off to maintain the set temperature. It will go off when the required heat setting has been reached.

9. If at any time you need to check on the food, simply lift the handle up to turn the oven off.

CAUTION: Before removing the glass lid always bring the handle to its upright position as this will activate the safety switch and turn the oven off. The oven will be very hot. If using extender ring, be extra careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the glass lid.

When done checking-lower the handle until it snaps in.

10. When the timer control reaches the OFF position, the oven will turn off automatically. Remove the lid. Check to make sure the food is fully cooked.

NOTE: To ensure the food is cooked, use a cooking thermometer or pierce the food with a fork to check for uncooked juices on meats and poultry. When cooking vegetables, check for desired tenderness. Moisture may build up inside the oven when cooked food is not removed soon after timer has gone off. The steam/moisture build-up can be avoided by removing the food as soon as it is cooked.

12. Use the tongs provided to lift out the hot cooking racks with food. See Diagram on right.



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USAGE-DEHYDRATING FOOD/PRE-HEATING/THAWING

SUGGESTED COOKING TIMES

DEHYDRATING YOUR FRUITS, VEGETABLES AND HERBS

1. Wash the fruit or vegetables you are using and dry them. Peel the skin, if you prefer.
 2. Using a sharp knife, make slices about 1/16th of an inch. If using soft fruits like bananas or any other soft fruit, briefly place it in the freezer so it can harden. That will make the slicing much easier.
 3. Place fruit slices in a lemon juice solution of 1/2 cup water with 1/2 cup lemon juice for 10 minutes. When soaking banana slices, soak only for 5 minutes. Do not soak vegetables.
 4. Arrange both racks (high and low) on top of each other to form a grid. Just place the high cooking rack in first, then layer the low cooking rack over the high rack. Align to form a grid.
- NOTE:** If dehydrating herbs, use the lower rack alone.
5. Place the slices close together (but not touching) in one layer. Do not stack one on top of the other.
 6. Close the lid. Do not lower the handle yet.
 7. Set the temperature knob to **THAW/WASH** and the timer knob to 60 minutes (for fruits). Refer to individual cooking times on p.12.
 8. Lower the handle until it snaps in, this will turn the unit ON. **The handle MUST be flat down in its stored position for the oven to operate.**

IMPORTANT: The handle operates as a safety switch, as soon as it is lifted, the oven will turn off.

9. It is recommended to check on the food every 15 minutes or so. Just simply lift the handle up to turn the oven off. When done checking-lower the handle until it snaps in.
10. Most fruit will be pliable or leathery when done (you can bend it and it won't break). To check -tear a piece of dried fruit in half and if no moisture beads up on the inside and there is no stickiness on the outside, it's done.

PRE-HEATING

NOTE: Make sure to insert the trays inside the oven prior to pre-heating. If pre-heating is required, set the required temperature using the temperature dial. Set the time controls to 10 minutes. Once the temperature has been reached, the Halogen light will turn off. Now you can open the lid and place the food inside.

CAUTION: When removing the glass lid always bring the handle to its upright position as this will activate the safety switch and turn the oven off. The oven will be very hot. If using extender ring, be extra careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the glass lid.

Follow the usage directions on pp. 8+9 for complete instructions.

THAWING

Although you can cook from frozen using this infrared oven, we offer you an option to thaw frozen foods. This way it is done in most efficient way without changing the quality or texture of the food.

NOTE: Refer to the below cooking times as a guide only. Time may vary according to the weight of the food, adjust to your preference. Always make sure to refer to the Internal Food Temperature guide on the page 13.

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
MEATS					
Bacon	LOW	400 F°	10 min	16 min	Crisscross racks; turn after 5 min
Beef Roast 3 lb.	LOW	400 F°	45 min (Rare) 50 min (Medium) 60 min (Well)	80 min (Med rare)	15-20 min per lb. Use Extender Ring Turn every 15 min
Hamburger 1/4 lb.	HIGH	400 F°	10/12/15min (R/M/W)	12/15/18 min	Turn once
Hot Dogs	HIGH	400 F°	8 min	10 min	Arrange both racks in crisscross pattern
Italian Sausage Links 1 lb.	LOW	400 F°	15 min	22 min	Turn over
Lamb Chops 1 1/2" thick	HIGH	400 F°	20 min	30 min	Turn after 5 min
Meat Loaf 2 lb.	LOW	350 F°	40 min	60 min	Frozen loaf-cover w/foil half way through
Pork Chops 1/2" thick	HIGH	400 F°	16-18 min	30 min	Turn after 10 min
Pork Roast 3 lb.	LOW	350 F°	60 min	95 min	Fat side down, turn half way through
Sausage Patties 1/2 lb.	HIGH	400 F°	10 min	15 min	Turn over
Shish Kabob Steak	LOW	400 F°	10-12 min	15-18 min	Turn and baste
Spare Ribs	LOW	400 F°	30 min	45 min	Turn, baste
Steak 1" Thick	HIGH	400 F°	10 min (Med rare)	15 min (Med rare)	Turn after 7 min
FISH					
Breaded Fish	HIGH	400 F°	10 min	12 min	Crisscross racks
Grilled Shrimp	HIGH	400 F°	10 min	12 min	Crisscross racks; turn, baste
Salmon Steak 4 oz.	HIGH	400 F°	15-18 min	25 min	Turn once
Sea Scallops 6 oz.	HIGH	400 F°	15-18 min	20 min	Crisscross racks

SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
FISH continued					
Stuffed Flounder	LOW	400 F°	15 min	18 min	Crisscross racks
Tilapia Fish Filet 4 oz.	HIGH	400 F°	14 min	16 min	Crisscross racks
Whole Snapper 1 lb.	LOW	400 F°	30 min	35 min	
POULTRY					
Boneless Chicken breast thick	HIGH	400 F°	13-15 min	15-18 min	Crisscross racks
Boneless Chicken breast thin	HIGH	400 F°	10 min	13 min	Crisscross racks
Chicken Breast bone in	LOW	400 F°	20 min	40 min	Breast side down, turn half way through
Chicken Legs	LOW	400 F°	20 min	30 min	Turn half way through
Chicken Thighs	LOW	400 F°	20 min	30 min	Turn half way through
Chicken Wings	LOW	400 F°	20 min	30 min	Turn half way through
Cornish Hens 3 1/2 lb.	LOW	460 F°	45 min	50 min	Breast side down, turn half way through
Quarter of Chicken	LOW	400 F°	35 min	45 min	Turn half way through
Turkey Breast 3 lb.	LOW	460 F°	1 hour	2 hours	Breast side down, turn half way through
Whole Chicken 4 lb.	LOW	460 F°	45 min	90 min	Breast side down, turn half way through
Whole Turkey 6 lb.	LOW	350 F°	1.5 hours (15 min/lb.)	2 hours 20 min	Use extender ring (23 min/lb. for frozen)
VEGETABLES					
Acorn Squash	LOW	400 F°	30 min		Cut in half
Baked Potatoes 6 oz.	LOW	460 F°	45 min		
Corn on the Cob (4)	LOW	400 F°	8-10 min	12-15 min	Cook in 1 inch of water in bowl
Eggplant 1/2" thick slices	LOW	400 F°	8-10 min		Turn half way through

SUGGESTED COOKING TIMES

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOK TIME (from fresh)	COOK TIME (from frozen)	NOTES
VEGETABLES continued					
French Fries	HIGH	460 F°	12 min	15 min	Crisscross racks
Roasted Garlic	HIGH	460 F°	45 min		Wrap loosely in foil
Steamed Broccoli	HIGH	400 F°	25 min		Wrap loosely in foil; add 1 tsp of water
Sweet Potatoes 6 oz.	LOW	400 F°	35 min		
Vegetable Medley	HIGH	400 F°	10 min		Wrap loosely in foil; add 1 tsp of water
FRUITS AND ASSORTED					
Baked Apples	LOW	400 F°	25 min		Cook in a shallow casserole dish
Baked Pears	LOW	400 F°	25 min		Cook in a shallow casserole dish
Pizza	HIGH	400 F°		10 min	Crisscross racks to create a grid
Popcorn	LOW	420 F°	9 min		Place in shallow pan, do not use oil
DEHYDRATING Soak fruit slices in lemon solution (1/2 cup water+1/2 cup of lemon juice) for 10 min					
Apples	HIGH	THAW/WASH	60 min		Crisscross racks, slice 1/16" thick; soak
Bananas	HIGH	THAW/WASH	60 min		Place peeled banana in freezer for 5 min; soak 5 min
Pears	HIGH	THAW/WASH	60 min		Crisscross racks, slice 1/16" thick; soak
Peaches	HIGH	THAW/WASH	60 min		Crisscross racks, slice 1/16" thick; soak
Plums	HIGH	THAW/WASH	60 min		Crisscross racks, slice 1/16" thick; soak
Parsley	LOW	THAW/WASH	5 min		Crisscross racks
Tomatoes	HIGH	THAW/WASH	50-60 min		Crisscross racks, slice 1/16" thick

HELPFUL TIPS / CLEANING AND CARE

ADAPTING RECIPES:

You can try your favorite recipe that is intended for conventional oven. Keep the cooking temperature the same, just reduce the cooking time, as it will cook much faster in this infrared oven. You may use a meat thermometer to make sure the food is cooked. Refer to Internal Food Temperature guide below.

Internal Food Temperatures Guide

When cooking poultry, always cook to the internal temperature of 170-180°F. Another sign for cooked poultry is when the juices run clear. Fish is done when it looks opaque and flakes easily with a fork. Shellfish such as shrimp, crab, or lobster will turn reddish pink on the outside and opaque on the inside.

You may also refer to the markings on your meat thermometer.

Beef, Lamb or Veal - Medium Rare	145°F
Beef, Lamb or Veal - Medium	160°F
Beef, Lamb, Pork or Veal - Well Done	170°F
Chicken Breast	170°F
Chicken Thighs or Wings	180°F
Fish and Shellfish	145°F
Ground Beef or Ground Pork	160°F
Ground Chicken or Ground Turkey	165°F
Pork	160°F

This is a list of the internal temperatures that different foods must reach to kill bacteria.

These are NOT the temperatures to use to cook the food.

CLEANING AND CARE

Make sure you turn off and unplug the unit before cleaning it. **Always wait until the unit cools down completely.** Thoroughly wash the glass bowl, plastic base, extender ring, cooking racks and tongs in hot soapy water and allow to dry completely. You may also place the glass bowl and cooking racks into the dishwasher.

When washing cooking racks, do not soak them in water for long periods of time. Once washed, do not let air dry, dry racks thoroughly with cloth or paper towel. This will preserve the surface and will extend the life of the cooking racks.

WARNING: Do not immerse the lid with control knobs, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid into the dishwasher.

Once unplugged from the power outlet, the surface of the glass lid can be carefully wiped clean using a damp cloth or sponge. All parts must be dry before next use. When storing the unit, always make sure ALL parts are DRY, to avoid any moisture collecting in the lid.

SELF CLEANING OF GLASS BOWL

If the food particles seem to be stuck to the bottom and/or sides of the glass bowl, you can perform a self cleaning.

1. Pour approximately 1 to 2 inches of water into the glass bowl, add a small amount of mild dishwashing liquid.
2. Place lid on and plug into the electrical outlet.
3. Set temperature control to WASH setting, set timer to 10 minutes.
4. Once the timer goes off, carefully open the lid and wait for the glass bowl to cool down before emptying the liquid inside.
5. Rinse the glass bowl in clean warm water to remove the soap residue.

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