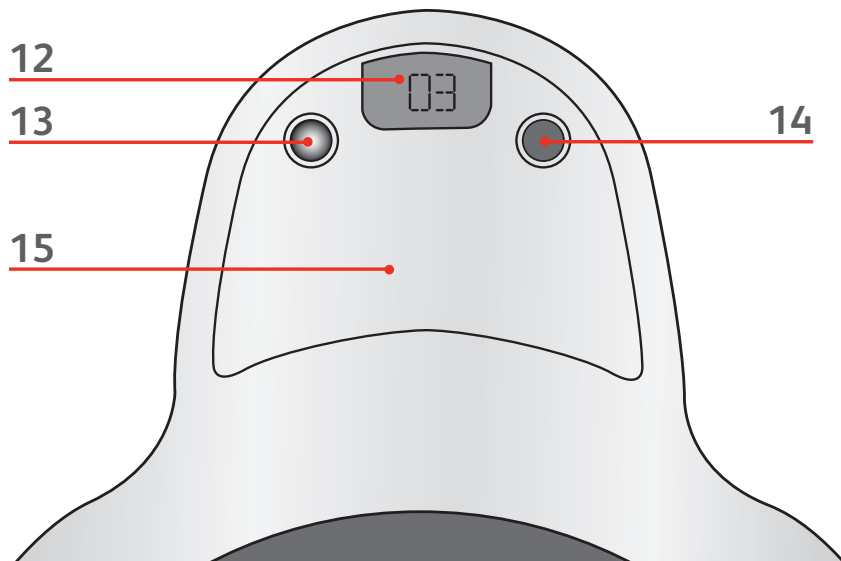
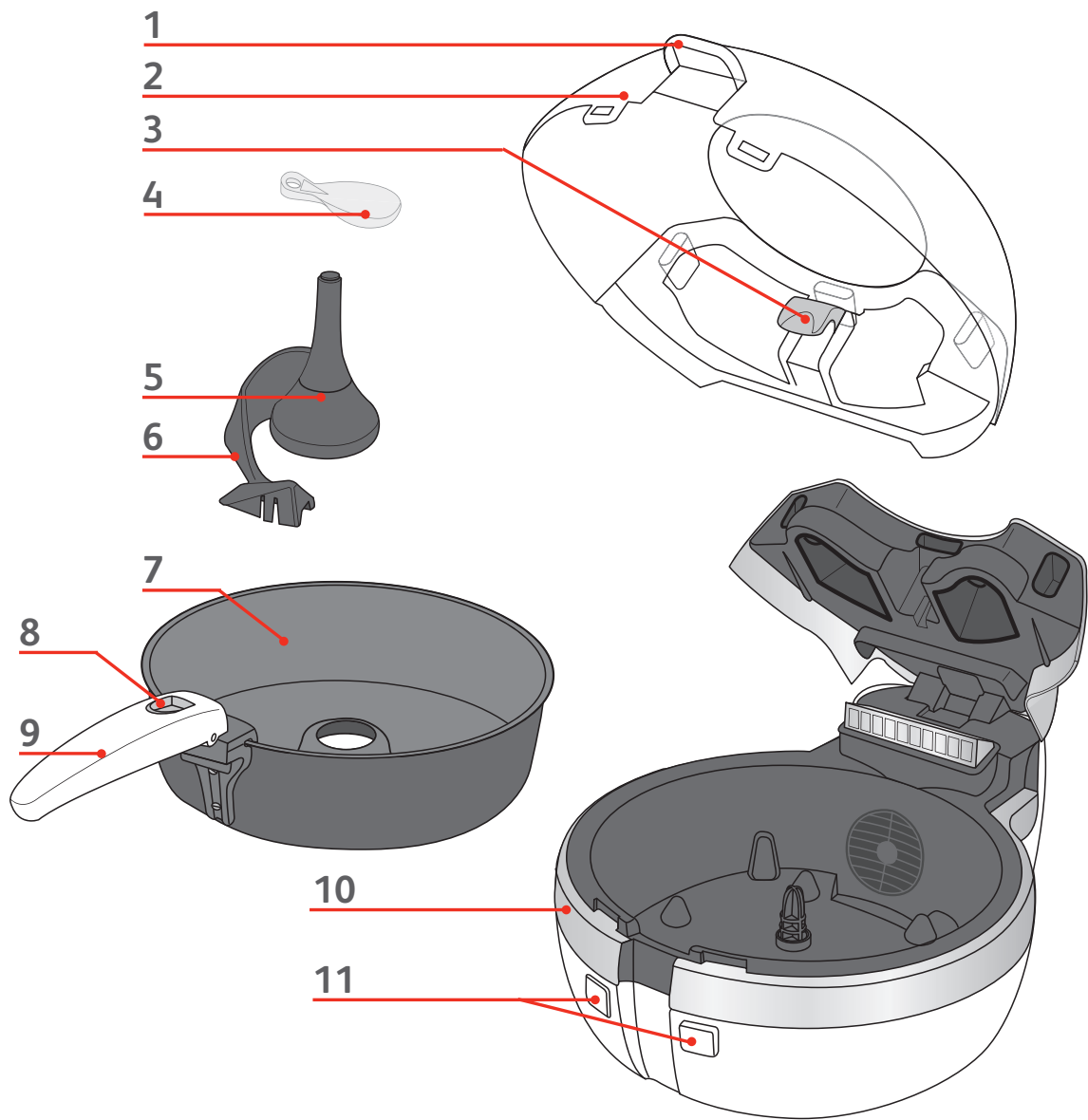


# Tefal<sup>®</sup>

## ActiFry



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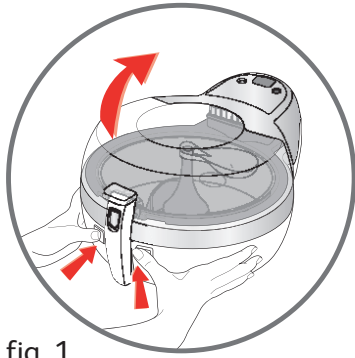


fig. 1

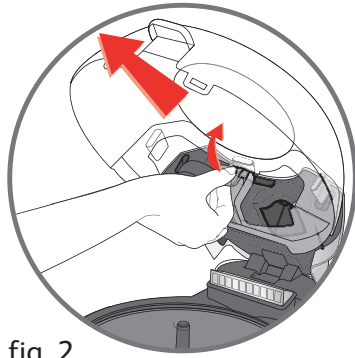


fig. 2

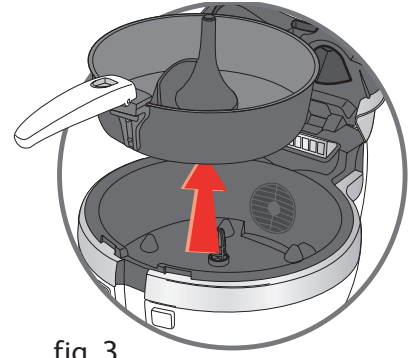


fig. 3

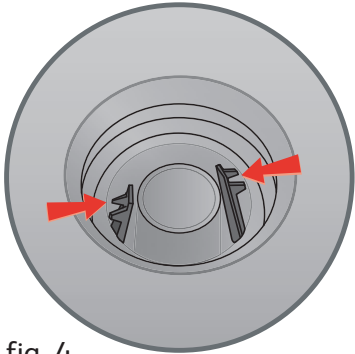


fig. 4

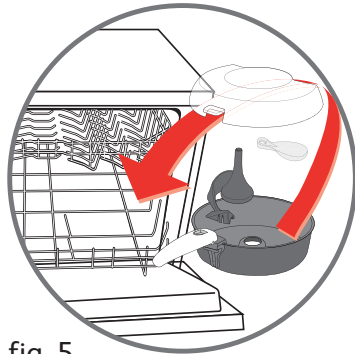


fig. 5

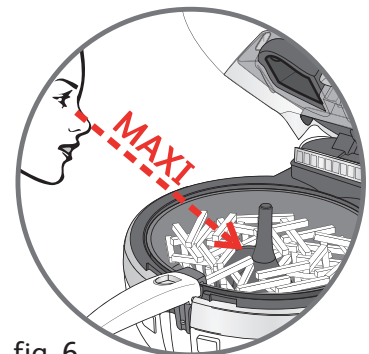


fig. 6



fig. 7



fig. 8

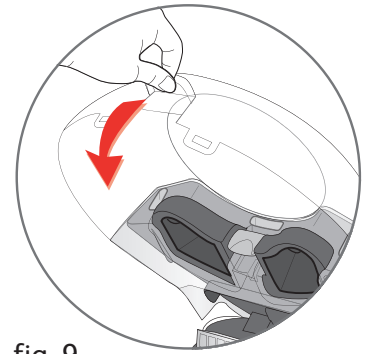


fig. 9

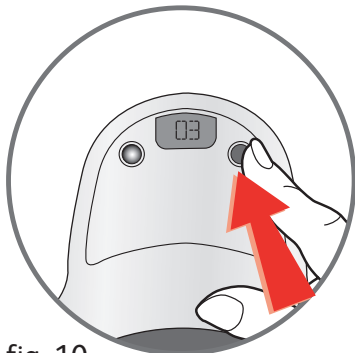


fig. 10



fig. 11

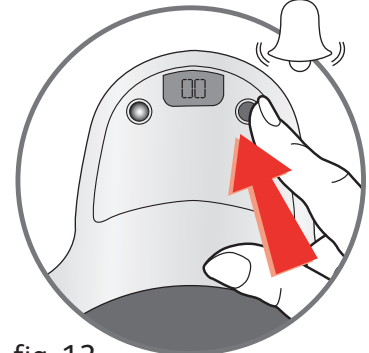


fig. 12



fig. 13



fig. 14

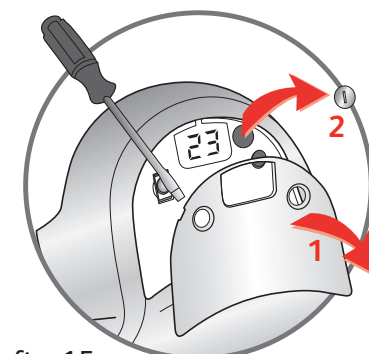


fig. 15

# Tefal

## Nutritious & Delicious

### Innovating for your health's sake

Nutrition is about having a varied and well balanced diet... however it is also about far more than just the ingredients. How they are prepared and cooked can significantly affect their nutritional value, and have a major impact on their taste and texture.

Nutrition is therefore also about the differences in composition between the many preparation methods and cooking appliances available today. With this in mind, **Tefal** has developed a specific range of appliances that are dedicated to NUTRITION FOR GREATER PLEASURE: ingenious culinary appliances which preserve the nutritional integrity and enhance the true taste of the ingredients.

### Bringing you unique solutions

**Tefal** invests in research to bring you unique solutions with nutritional benefits that are validated by scientific studies.

### Informing you

For many years **Tefal** has been bringing you appliances which help in the preparation of your meals by providing speed, convenience and ease of use.

Each day, the **Tefal** Nutritious and Delicious range will help you by :

- preserving the quality of the natural ingredients that are essential to your diet,
- limiting the use of fat,
- rediscovering the natural tastes and flavours of food,
- reducing the time spent on the preparation of meals.

Within this range of products, *ActiFry* enables you to prepare 1 kg of potatoes into homemade chips with just 1 spoonful (14 ml) of your favourite oil !

## Welcome to the world of *ActiFry* !

### Make real tasty chips just the way you like them!

*ActiFry* chips are delicious with a crispy coating on the outside and soft and tender inside thanks to the patented technologies: the stirring paddle which gently mixes the food and evenly disperses the oil, and the unique warm air heating system. Choose your ingredients, oil, spices, herbs and seasonings...and let *ActiFry* take care of the rest.

### Only 3% fat\*: 1 spoonful (14ml) of oil is enough!

One spoonful of the oil of your choice allows you to make real chips from 1kg of potatoes. You can be sure of using exactly the right amount, thanks to the graduated spoon that is supplied with the appliance.

*\*1 kg of potatoes prepared then cut into fresh chips, to a thickness 13x13 mm, cooked until -55% of weight loss with 14 ml of oil.*

### Chips and so much more!

*ActiFry* enables you to cook a wide variety of recipes.

- In addition to chips and potatoes, you can vary your meals with stir fry cooked vegetables, tender and succulent minced meat dishes, meatballs and crispy fried prawns, shellfish and fruit.



: the **+** *ActiFry*

The recipe book supplied has been specially created for you by our team of home economists and nutritionists. Apart from traditional chips there are also innovative "fun" ideas for flavoured chips plus recipes for healthy and tasty main meals and even some desserts too!

- The **+** *ActiFry* cooks frozen food very well too. Frozen foods are a good alternative to fresh products. They are practical and conserve the products' nutritional qualities and taste.

## For the best results with your *ActiFry* , we advise following our recommendations on the type of potatoes and oil to use.

### The potato: balance and pleasure on a daily basis!

Potatoes are an excellent source of energy and contain vitamins. Potatoes vary enormously in size, shape and taste according to the variety, climate and growing conditions. Each variety has its particular cropping time, yield, size, colour, keeping quality and culinary uses. A potato's characteristics when cooked may vary according to its origin and seasonality.

#### Which variety should I use ?

As a general rule, we suggest that you use special potatoes that have been recommended for chipping. In many supermarkets the information on the packaging tells you which varieties are suitable for making chips. We recommend varieties such as King Edward and Maris Piper for good results.

When potatoes have been freshly harvested, they have a higher water content, we recommend cooking the chips for a few more minutes.

#### Where should I store potatoes?

The best place to store potatoes is in a dark cellar or cool cupboard (between 6 and 8°C), away from the light.

#### How should I prepare potatoes for *ActiFry* ?

To obtain the best results, you must ensure that the chips do not stick together. With this in mind, wash the whole potatoes and then cut them into chips using a sharp knife or chip cutter. The chips should be of equal size so that they cook at the same time. Wash the chipped potatoes in plenty of cold water until it runs clear in order to remove as much of the starch as possible. Dry the chips thoroughly using a clean highly absorbent tea towel. The chips must be perfectly dry before putting them in the *ActiFry* otherwise they will not turn crispy. To check that they are dry enough pat them with paper kitchen towel just before cooking. If there is any wetness on the paper dry them again. Remember the cooking time of the chips will vary according to the weight of chips and the batch of potatoes used.

#### How should I cut the potatoes?

The size of a chip influences how crunchy or soft it is. The thinner your chips, the more crunchy they will be and conversely, thicker chips will be softer inside. You can cut your chips to the following thickness according to your tastes:

American style: 8 x 8mm / Thin: 10 x 10mm / Standard: 13 x 13mm

In *ActiFry* the maximum recommended chip thickness is 13 x 13 mm.

### Try a variety of different oils for good health

You can vary the type of oil depending on your choice with 1 *ActiFry* spoonful of oil for 1 kg of potatoes. Choose a different oil every time you cook!

With *ActiFry*, you can use a very wide variety of oils:

- Standard oils : olive oil, grape seed oil, corn oil, groundnut (peanut) oil, sunflower oil, soya oil\*
- Flavoured oils : oils infused with aromatic herbs, garlic, chilli, lemon...
- Speciality oils : hazelnut\*, sesame\*...

(\*cook according to the manufacturers instructions)

With its low quantity of oil for each use, the technology of *ActiFry* helps in providing a healthier, nutritionally balanced diet.



With *ActiFry*, you can make chips with a better nutritional quality. For extra flavour, you can add 1 or 2 additional spoonfuls of oil for even more taste but this will increase the fat content.

## With + *ActiFry*, make tastier, healthier chips just as you like them!

# Important recommendations

## Safety instructions

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- For your safety, this appliance complies with the safety regulations and directives in effect at the time of manufacture (Low-voltage Directive, Electromagnetic Compatibility, Food Contact Materials Regulations, Environment...).
- Check that the power supply voltage corresponds to that shown on the appliance (alternating current).
- Given the diverse standards in effect, if the appliance is used in a country other than that in which it is purchased, have it checked by an approved service centre.
- This appliance is designed for domestic use only. In case of professional use, inappropriate use or failure to comply with the instructions, the manufacturer accepts no responsibility and the guarantee does not apply.
- Read and follow the instructions for use. Keep them for future use.

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## Connecting to the power supply

- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Return the appliance to your point of purchase.
- Do not use an extension lead. If you accept liability for doing so, only use an extension lead which is in good condition and is suited to the power of the appliance.
- If the power supply cord is damaged, it must be replaced by the manufacturer. Return to your point of purchase. Do not take the appliance apart yourself.
- Do not leave the cord hanging.
- Do not unplug the appliance by pulling on the cord.
- Always unplug the appliance immediately after use ; when moving it ; prior to any cleaning or maintenance.

## Using the appliance

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- Use on a flat and stable, heat resistant work surface, away from any water splashes or any sources of heat.
- When in operation, never leave the appliance unattended.
- This appliance is not designed to be used by people (including children) with a physical, sensory or mental impairment, or people without knowledge or experience, unless they are supervised or given prior instructions concerning the use of the appliance by someone responsible for their safety.
- Children must be supervised to ensure that they do not play with the appliance.
- This electrical appliance operates at high temperatures which may cause burns. Do not touch the hot surfaces of the appliance (lid, metal parts...).
- Do not switch on the appliance near flammable materials (blinds, curtains...) or close to an external heat source (gas stove, hot plate...etc.).
- In the event of fire, never try to extinguish the flames with water. Unplug the appliance. Close the lid, if it is not dangerous to do so. Smother the flames with a damp cloth.
- Do not move the appliance when it is full of hot food.
- Never immerse the appliance in water!



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## Cooking

- This appliance is not suitable for recipes with a high-liquid content (eg. soups, cook-in sauces...).
- Never turn on the appliance if the cooking pan is empty.
- Do not overfill the cooking pan, never exceed the indicated quantities or maximum food level mark (for chips only).

## Description

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- |  |  |
|--|--|
| 1. Cool touch area of the lid                  | 9. Cooking pan handle  |
| 2. Transparent lid                             | 10. Base   |
| 3. Latch for removing lid                      | 11. Lid opening buttons  |
| 4. Measuring spoon (14ml)                      | 12. Digital timer  |
| 5. Maximum food level markers (for chips only) | 13. On/Off switch  |
| 6. Removable mixing paddle                     | 14. Timer setting button   |
| 7. Non-stick removable cooking pan             | 15. Removable control panel (for access to the battery compartment only) |
| 8. Cooking pan handle release button           |  |

## Quick introduction for use

### Before first use

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- To remove the lid – **fig. 1**, press the lid opening buttons (11) at the same time and lift the latch (3) to take off the lid – **fig. 2**.
  - Remove the measuring spoon.
  - Lift the handle to a horizontal position until you hear a “click” as it locks.
  - Take out the cooking pan – **fig. 3**.
  - Turn the cooking pan upside down and unclip the removable paddle by squeezing the two pins – **fig. 4**.
  - All the removable parts are dishwasher safe – **fig. 5** or can be washed with a soft sponge and washing up liquid.
  - Wipe the base of the appliance using a damp cloth and washing up liquid.
  - Rinse and dry the parts carefully before putting them back together.
  - To re-fit the paddle into the pan push it down until it clicks into place. This may be a little stiff when the appliance is new.
  - During its first use, the appliance may give off a slight odour: this is not harmful and it will disappear quickly. It has no effect on the functioning of your + ActiFry.
- Remove all the stickers and any packaging. Never immerse the base in water.**

### Preparing food

- For chips, never exceed the maximum level indicated on the paddle – fig. 6. Do not leave the measuring spoon inside the pan when cooking food.**
- Place the food in the cooking pan, distributing it evenly, making sure that you respect the maximum quantity (see cooking tables p. 6 to 8).
  - Add the oil to the food with the spoon – **fig. 7**, spreading it evenly (see cooking tables p. 6 to 8).  
(1 spoonful of oil = 14 ml of oil)
  - Unlock the handle and fold it completely into its housing – **fig. 8**.
  - Close the lid – **fig. 9**.

## Cooking

### Set the cooking time

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- Press the timer setting button to set the time. Hold down the button until desired time is featured on the display – **fig. 10** (see cooking tables p. 6 to 8).
  - Now release. The selected time (in minutes) is displayed and the countdown starts.
  - If you make a mistake or to delete the selected time, hold down the button for 2 seconds then set the time again.
- BE CAREFUL: the timer signals the end of the cooking but does not switch off the fryer.**

## Starting the cooking

When you open the lid, the appliance stops working.

- Press the On/Off switch, the cooking begins thanks to the hot air circulation inside the cooking enclosure – fig.11. The paddle rotates slowly in a clockwise direction.

## Taking food out

- Once cooking is completed, the timer beeps. To stop the beeping signal, press the timer setting button – fig.12.
- Press on On/Off to stop the appliance – fig. 13 and open the lid.
- Lift the handle until you hear a “click” that it locks and take out the cooking pan – fig. 14.
- Serve at once.

To avoid any risk of burns do not touch the lid or any part other than the cool touch area.

## Table of cooking times

The cooking times below are only a guide and may vary according to the variety and batch of potatoes used. We recommend using varieties such as King Edward and Maris Piper for chips and potato recipes.

### Potatoes

	TYPE	QUANTITY	OIL	COOKING TIME
Chips standard thickness 13mm x 13mm	Fresh	1000 g*	1 spoonful oil	40 - 45 min
	Fresh	750 g*	3/4 spoonful oil	35 - 37 min
	Fresh	500 g*	1/2 spoonful oil	28 - 30 min
	Fresh	250 g*	1/4 spoonful oil	24 - 26 min
Potatoes (quartered)	Fresh	1000 g*	1 spoonful oil	40 - 42 min
	Frozen	750 g	None	14 - 16 min
Diced potato	Fresh	1000 g*	1 spoonful oil	40 - 42 min
	Frozen	750 g	None	30 - 32 min
Chips	Frozen - suitable for deep frying only	750 g Standard 13mm x 13mm	None	35-40 min
	Frozen - 2 way or 3 way cook suitable for oven and grill (and deep frying).	750 g Thin 10mm x 10mm	None	30-32 min
		500 g American Style 8mm x 8mm	None	25-27 min

\*Weight of unpeeled potatoes

## Other vegetables

	TYPE	QUANTITY	OIL	COOKING TIME
Courgettes	Fresh, in slices	750 g	1 spoonful oil + 150 ml cold water	25 - 35 min
Sweet peppers	Fresh, in slices	650 g	1 spoonful oil + 150 ml cold water	20 - 25 min
Mushrooms	Fresh, in quarters	650 g	1 spoonful oil	12 - 15 min
Tomatoes	Fresh, in quarters	650 g	1 spoonful oil + 150 ml cold water	10 - 15 min
Onions	Fresh, in rings	500 g	1 spoonful oil	15 - 25 min



## Meat - Poultry

To add flavour to meat and poultry, mix some spices (such as paprika, curry, mixed herbs, thyme.....) with the oil.

	TYPE	QUANTITY	OIL	COOKING TIME
Chicken nuggets	Fresh	750 g	None	18 - 20 min
	Frozen	750 g	None	18 - 20 min
	Frozen	12 pieces (160 g)	None	12 - 15 min
Chicken drumsticks	Fresh	4 to 6	None	30 - 32 min
Chicken legs	Fresh	2	None	30 - 35 min
Chicken breasts (boneless)	Fresh	6 (about 750 g)	None	10 - 15 min
Chinese Spring Rolls	Fresh	4 to 8 small	1 spoonful oil	10 - 12 min
Lamb chops	Fresh (2.5 cm to 3 cm thick)	2 to 6	None	20 - 25 min*
Pork chops	Fresh (2.5 cm thick)	2 to 3	None	18 - 23 min*
Pork fillet	Fresh	2 to 6 thin slices or strips	1 spoonful oil	12 - 15 min
Sausages	Fresh	4 to 8 (pricked)	None	10 - 12 min
Chilli Con Carne	Fresh (made from minced beef)	500 g	1 spoonful oil	30 - 40 min
Beef steak	Fresh (rump or sirloin cut into 1 cm thick strips)	600 g	None	8 - 10 min
Meatballs	Fresh	12 pieces	None	18 - 20 min

\*Turn halfway through cooking

## Fish - Shellfish

	TYPE	QUANTITY	OIL	COOKING TIME
Breaded scampi	Frozen	18 pieces (280 g)	None	10 min
Monkfish	Fresh cut in pieces	500 g	1 spoonful oil	20 - 22 min
Prawns	Cooked	400 g	None	10 - 12 min
Jumbo King prawns	Frozen and thawed	300 g (16 pieces)	None	12 - 14 min

## Desserts

	TYPE	QUANTITY	OIL	COOKING TIME
Bananas	Cut in slices	500 g (5 bananas)	1 spoonful oil + 1 spoonful brown sugar	4 - 6 min
	Wrapped in tinfoil	2 bananas	None	20 - 25 min
Cherries	Whole	Up to 1000 g	1 spoonful oil + 1 to 2 spoonful sugar	12 - 15 min
Strawberries	Cut in quarters if large or halves if small	Up to 1000 g	1 to 2 spoonful sugar	5 - 7 min
Apples	Cut in wedges	3	1 spoonful oil + 2 spoonful sugar	15 - 18 min
Pears	Cut in pieces	Up to 1000 g	1 to 2 spoonful sugar	8 - 12 min
Pineapple	Cut in pieces	1	1 to 2 spoonful sugar	8 - 12 min

## ActiFry cooking hints and tips

- Do not add salt to chips while the chips are in the pan. Only add salt once the chips are removed from the appliance at the end of cooking.
- When adding dried herbs and spices to Actifry, mix them with some oil or liquid. If you try sprinkling them directly into the pan they will just get blown around by the hot air system.
- Please note that strong coloured spices may slightly stain the paddle and parts of the appliance. This is normal.
- For best results, use finely chopped garlic instead of crushed garlic to avoid it adhering to the central paddle.
- If using onions in ActiFry recipes, they are best thinly sliced instead of chopped as they cook better. Separate the onion rings before adding them to the pan and give them a quick stir so that they are evenly distributed.
- With meat and poultry dishes, stop the appliance and stir the pan once or twice during cooking so that the food on top does not dry out and the dish thickens evenly.
- Prepare vegetables in small pieces or stir fry size to ensure they cook through.
- This appliance is not suitable for recipes with a high-liquid content (eg. soups, cook-in sauces...).

## Easy cleaning

### Cleaning the appliance

- Leave it to cool down completely before cleaning.
- Open the lid – fig. 1 and lift the latch to take off the lid – fig. 2.
- Lift the handle to horizontal position until you hear a “click” as it locks – fig. 3.
- Take out the cooking pan.
- Turn the cooking pan upside down and unclip the removable paddle by squeezing the two pins – fig. 4.
- All the removable parts are dishwasher safe – fig. 5 or can be washed with a soft sponge and washing up liquid.
- Clean the base of the appliance using a damp cloth and washing up liquid.
- Rinse and dry parts carefully before putting them back together.
- If food gets stuck or burnt on to the pan or paddle, leave them to soak in warm water before cleaning.
- The appliance has a non-stick cooking pan: the browning and scratches which may appear after long term use do not present any problems and are normal.
- We guarantee that the non-stick coating complies with regulations concerning materials in contact with foodstuffs.

**Never immerse the base in water.**

**Do not use harsh or abrasive cleaning products or scourers.**

**To retain the non-stick qualities of the cooking pan for as long as possible, do not use metal utensils when serving food.**

## Environment protection first!

### Timer battery

This appliance uses a button battery – L1154.

- To change the battery remove the control panel with a small flat bladed jewellers screw driver. Prise the control panel up by inserting the screwdriver into the gap at the top of the panel. Remove the white battery cover and replace the battery – fig 15. To protect the environment do not throw the old battery in your regular waste but take it to a suitable collection point.
  - Insert a new battery, put the battery cover back on and clip the control panel back on.
- ⓘ Your appliance contains valuable materials which can be recycled.
- ➔ When you decide to replace your appliance, take out the battery and leave the appliance at a local civic waste collection point.



## If your fryer is not working correctly

PROBLEMS	CAUSES	SOLUTIONS
The appliance is not working.	The appliance is not plugged in.	Check that the appliance is plugged in correctly.
	The On-Off switch is not fully pressed down.	Press on the On/Off switch.
	You have pressed down the On-Off switch but the appliance is not working.	Close the lid.
	The motor is running but the appliance does not heat.	Contact your point of purchase.
	The paddle does not turn.	Check that the paddle is correctly positioned. If the problem continues, contact your point of purchase.
Food is not cooking evenly.	The paddle has not been installed.	Fit the paddle.
	The food has not been cut in regular size pieces.	Cut food to the same size.
	The chips have not been cut in regular size pieces.	Cut the chips to the same size.
	The paddle has been installed correctly but it does not turn.	Check that it has been pushed down and clicked in position. If the problem continues, contact your point of purchase.
The chips are not crispy enough.	The wrong variety of potatoes has been used.	Choose a variety of potato recommended for chips.
	The potatoes are insufficiently washed and/or not completely dried.	Wash the potatoes for a long time to remove excess starch, then drain and dry them before cooking. They must be completely dry.
	The chips are too thick.	Cut the chips thinner. The maximum chips dimensions are 13mm x 13 mm.
	There is not enough oil for the quantity of chips.	Increase the oil quantity (see cooking tables p. 6 to 8).
The chips break up during the cooking.	The potatoes used are recently harvested and hence have a high water content.	Reduce the quantity of potatoes down to 800 g and adjust the cooking time.
The food stays on the edge of the cooking pan.	The cooking pan is too full.	Respect the maximum quantities indicated in the cooking tables.
Cooking liquids have flowed into the base of the appliance.	The paddle is not positioned correctly or the seal of the paddle is defective.	Make sure that the paddle is correctly positioned. If the problem continues, contact your point of purchase. Do not use ActiFry for making soups or recipes with a high liquid content.
The timer does not work.	The battery is dead.	Change the battery (see fig. 15).
The appliance is unusually noisy.	You suspect the motor is not working correctly.	Contact your point of purchase.
The paddle stops turning during cooking.	The paddle is not positioned correctly.	Using an oven glove, push the paddle downward until it clicks into place. If this does not work, contact your point of purchase.

If you have any product problems or queries please contact our Customer Relations Team Helpline:

0845 602 1454 - UK / (01) 4610390 - Ireland  
or consult our website - [www.tefal.co.uk](http://www.tefal.co.uk)

