

PROGRESS®

Est. 1931

TWINCOOK

Instruction manual



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Please retain instructions for future reference.

Safety Instructions

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.



Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The outer surface or door may get hot during operation.



CAUTION: Hot surface – do not touch any sections or surfaces of the appliance that may become hot or the heating

components of the appliance.

WARNING: Keep the appliance away from flammable materials.



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Automatic Switch-off

The air fryer is fitted with an automatic switch-off. This may activate if the set cooking time has elapsed, causing the timer to sound and the automatic switch-off to activate, turning off the air fryer.

NOTE: If the air fryer needs to be turned off before the set cooking time has elapsed, switch off and unplug it from the mains power supply.

Dos and Don'ts

Do:

Check that the cooking compartments are securely fitted before use.

Not doing so will prevent the air fryer from operating.

Only hold the cooking compartments by the cooking compartment handle.

Take care when removing the cooking compartments, as steam may be emitted.

Don't:

Invert the cooking compartments with the non-stick coated cooking trays still attached, as they may fall out and excess oil that may have collected at the bottom of the cooking compartments may pour out onto the plate.

Cover the air fryer or its air inlets, as this will disrupt the airflow and could affect the cooking results.

Fill the cooking compartments with oil or any other liquid.

Touch the cooking compartments during or straight after use, as they get very hot; only hold each cooking compartment by the cooking compartment handle.



Care and Maintenance

Before attempting any cleaning or maintenance, switch off and unplug the air fryer from the mains power supply and allow it to fully cool.

STEP 1: Wipe the air fryer main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the non-stick coated cooking trays and the cooking compartments in warm, soapy water, then rinse and dry thoroughly. Do not immerse the air fryer main unit in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the air fryer or its accessories, as this could cause damage.

NOTE: The air fryer should be cleaned after each use.

Description of Parts



- | | |
|---|---------------------------|
| 1. Twin Cook main unit | 8. Function buttons |
| 2. Cooking compartment (qty. 2) | 9. Sync/Match cook button |
| 3. Non-stick coated cooking tray (qty. 2) | 10. Power button |
| 4. Cooking compartment handle | 11. Start/Pause button |
| 5. Digital control panel | 12. Manual button |
| 6. Temperature control buttons | 13. LED display |
| 7. Time control buttons | |

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Instructions for Use

Before First Use

STEP 1: Before connecting the air fryer to the mains power supply, wipe the air fryer main unit with a soft, damp cloth and dry thoroughly.

STEP 2: Clean the non-stick coated cooking trays and the cooking compartments in warm, soapy water, then rinse and dry thoroughly.

STEP 3: Place the air fryer main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

NOTE: When using the air fryer for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside.

Allow for sufficient ventilation around the air fryer during use.

It is advised to run the air fryer without food for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste of the food.

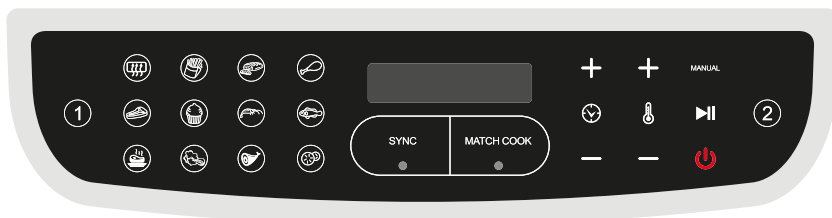
Assembling the Twin Cook

STEP 1: Fit the non-stick coated cooking trays into the cooking compartments, checking that they are seated securely.

STEP 2: Slide the cooking compartments into the air fryer main unit, checking that the cooking compartment numbers match the display numbers.

NOTE: The air fryer comes preassembled. The cooking compartments should be closed securely before use, as not doing so will prevent the air fryer from working.

Using the Control Panel



When the air fryer is plugged in and switched on at the mains power supply, the unit will beep and the power button will illuminate to indicate that it is being powered.

Tap the power button to switch the air fryer on.

Manual setting

The time and temperature can be set manually; time and temperature values are dependent on the food being cooked.

Lines will appear on the LED display, indicating the air fryer is ready to be programmed. Select the relevant compartment by tapping '1' or '2'. To adjust the setting manually, press the manual button then the time control buttons to change the cooking time, up to a max. of 60 mins (or up to a max. of 24 hours for dehydration). Tap the temperature control buttons to adjust the cooking temperature, from 50 to 200 °C (or max. 60 °C for dehydration). To use only one compartment, do not select any settings for the other. Press the start/pause button to begin cooking.

NOTE: Refer to the recipe booklet for additional information and cooking guidelines.

Preset Functions

Time and temperature settings can also be set using the function buttons, which automatically cycle between time and temperature presets for cooking various foods when pressed. These presets can then be adjusted using the time and temperature control buttons as required.

The time and temperature control buttons may be held down in order to quickly adjust the time or temperature.

Once time and temperature have been set, press the start/pause button to begin heating. Time and temperature can be changed during use.

Once cooking is complete and the preset time has elapsed, the timer will sound and the air fryer will switch off.

During cooking, the time and temperature can be adjusted at any time by tapping the drawer number and using the time and temperature control buttons.

If the cooking compartment is removed during cooking, cooking will be paused; reinsert the cooking compartment to resume the cooking process.

To switch off the air fryer, press and hold the power button.

Using the Sync Cook Setting

When cooking different foods in each compartment with different times and temperatures, use the 'sync' setting so that both compartments finish cooking at the same time.

STEP 1: Press the sync cook button; the button will illuminate to signal that the setting has been selected.

STEP 2: Tap '1' and set the required settings for the first cooking compartment, following the instructions in the section entitled 'Using the Control Panel'.

STEP 3: Repeat for the second cooking compartment by tapping '2'.

STEP 4: Press the start/pause button to begin cooking.



Using the Match Cook Setting

Use the match setting when using both cooking compartments to cook the same foods; cooking will finish at the same time for both compartments.

STEP 1: Press the match cook button; the button will illuminate to signal that the setting has been selected.

STEP 2: Set the required settings for both cooking compartments, following the instructions in the section entitled 'Using the Control Panel'.

STEP 3: Press the start/pause button to begin cooking.

NOTE: The power button will remain illuminated whilst the unit is plugged in.

Using the Twin Cook

STEP 1: Plug in and switch on the air fryer at the mains power supply; the air fryer will beep and the power button will illuminate to indicate that the unit is plugged in.

STEP 2: Tap the power button to switch on the air fryer; lines will appear on the LED display, indicating the air fryer is ready to be programmed.

STEP 3: Following the instructions in the section entitled 'Using the Control Panel'.

Use the time and temperature control buttons to increase or decrease the time or temperature as required.

STEP 4: Once preheated, remove the cooking compartment(s) by pulling it out of the air fryer using the handle. Position the cooking compartment(s) onto a flat, stable, heat-resistant surface.

STEP 5: Place the ingredients into the non-stick coated cooking tray and then slide the cooking compartment(s) back into the air fryer main unit to close it.

STEP 6: Use the digital control panel to set the cooking time and temperature as required for the ingredients. Time and temperature settings can also be set using the function buttons, which automatically cycle between time and temperature presets for cooking various foods when pressed. These presets can then be adjusted using the time and temperature control buttons as required.

STEP 7: Some ingredients may require shaking halfway through the cooking time. Remove the cooking compartment(s) from the air fryer main unit using the cooking compartment handle. Shake the cooking compartment(s) gently and then slide back into the air fryer main unit to continue cooking.

STEP 8: Once cooking is complete and the preset time has elapsed, the air fryer will beep several times and switch off. Check whether the ingredients are ready; if the ingredients are not cooked, close the cooking compartment(s) and replace back into the air fryer main unit. Use the digital control panel to adjust the cooking time accordingly. If the food is cooked, empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tongs (not included) if the food is large or fragile.



NOTE: Always preheat the air fryer before starting to cook. If the cooking time or temperature setting needs to be changed during use, use the time and temperature control buttons, as required. The air fryer will automatically adjust the settings. Let the air fryer cool down for approx. 30 minutes before handling or cleaning.

CAUTION: Do not tip the food directly into a bowl or onto a plate, as excess oil may collect at the bottom of the cooking compartment(s) and leak onto the ingredients or serving bowl. Exercise caution when opening and closing the cooking compartment(s) during use, as it will become very hot.

WARNING: Nominal voltage is still present even when the air fryer is switched off. To permanently switch off the air fryer, switch off and unplug from the mains power supply.



Cooking Functions

Icon	Function	Default Temperature	Default Time
	Reheat	180 °C	15 min
	Chips	200 °C	15 min
	Bake	200 °C	12 min
	Chicken	200 °C	20 min
	Steak	180 °C	20 min
	Desserts	160 °C	25 min
	Seafood	180 °C	8 min
	Fish	180 °C	10 min

	Lamb	180 °C	20 min
	Vegetable	160 °C	10 min
	Pork	180 °C	12 min
	Dehydrate	60 °C	6 hours



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Storage

Check that the air fryer is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the air fryer; wrap it loosely to avoid causing damage.

Specifications

Product code: EK4548P

Input: 220–240 V ~ 50/60 Hz

Output: 1450–1750 W



Notes



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Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth ($\perp$)

FOR UK USE ONLY – Plug fitting details (where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked $\perp$.

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ($\perp$).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

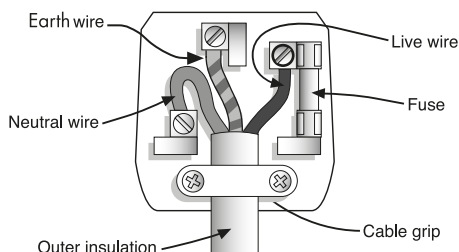
If in doubt, consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



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If this product does not reach you in an acceptable condition please contact our Customer Services Department at **www.progresscookshop.com**.

Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.





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*To be eligible for the extended guarantee,
go to **guarantee.upgs.com/progress** and register your
product within 30 days of purchase.

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