

# cecotec

## **CECOFRY FLIP&GRILL 4500**

Freidora dietética/ Air fryer



Manual de instrucciones  
Instruction manual  
Manuel d'instructions  
Bedienungsanleitung  
Manuale di istruzioni  
Manual de instruções  
Handleiding  
Instrukcja obsługi  
Návod k použití

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## SAFETY INSTRUCTIONS

Before using the appliance, read the following instructions carefully. Keep this instruction manual for future reference or new users.

- All safety instructions must be closely followed when using the appliance.
- When using electrical and electronic appliances, basic precautions must always be followed to reduce the risk of fire, electrical shock, and injury.
- This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children must not play with the appliance. Cleaning and user maintenance should not be carried out by unsupervised children.
- Keep this appliance and its power cable out of reach of children under the age of 8.



- This symbol means "caution, hot surface". The temperature of the accessible surfaces may be high when the appliance is in operation.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Do not immerse the cable, plug, or any other non-removable part of the appliance in water or any other liquid. Do not expose the electrical connections to water.
- This device is designed for domestic use only and is not intended for bars, restaurants, farmhouses, hotels, motels, and offices.
- Position the appliance in such a way to avoid spillage of hot liquids. Be especially careful with the handle.

- Make sure the voltage of your mains supply matches the voltage requirements specified in the rating label of the appliance.
- We recommend that the room where you intend to use the appliance is equipped with a working extractor fan or is well ventilated.
- Incorrect or improper use can damage the appliance and be dangerous for the user. Use the device only for the purposes described in this manual.
- Unplug the appliance from the mains supply before moving it, carrying out any cleaning or maintenance task, or when not in use.
- Do not use outdoors.
- Check the power cable regularly for visible damage. If the cable is damaged, it must be repaired by the official Cecotec Technical Support Service to avoid any type of danger.
- Do not twist, bend, pull, or damage the power cable. Protect it from sharp edges and heat sources. Do not allow the cable to touch hot surfaces. Do not let the cable hang over the edge of the working surface or worktop.
- Do not use extension cords, unless advised by a qualified electrician. Using the wrong type of extension cable could cause damage to the appliance or injuries to the user.
- Do not use the appliance if its cable, plug, or housing are damaged, nor after it malfunctions or has been dropped or damaged in any way.
- The appliance should not be used in potentially dangerous locations, such as flammable, explosive, chemical-laden, or wet atmospheres.
- Place the appliance on an even, heat-resistant surface. Be careful when placing the basket out of the air fryer. Place the handle inwards to prevent spillage of what's inside. Do

not place the appliance near heat sources, places with high humidity levels, or combustible materials.

- Do not insert or allow fingers or foreign objects to enter any ventilation or exhaust openings, as it could cause electrical shock or fire.
- Do not fill the basket with oil to avoid causing a fire hazard.
- Do not touch the interior of the appliance while in operation.
- Always place the ingredients to be cooked inside the basket to prevent them from touching the heating elements.
- Make sure your hands are dry before handling the plug or switching on the appliance.
- Unplug the appliance from the outlet when not in use or when it is being cleaned. Allow it to cool down completely before attaching or removing parts and before cleaning the appliance.
- Do not leave the appliance unsupervised while plugged to the mains.
- Cleaning and maintenance must be carried out according to this instruction manual to make sure the appliance operates properly.
- Do not place the appliance against the wall. Leave a safety distance of 10 cm on the back of the appliance and 10 cm on each side. Do not place any object on top of the appliance when in use.
- Hot steam is released through the air outlet openings of the appliance during operation. Keep your hands and face at a safety distance from the steam and from the air outlet openings. Hot air may come out when removing the basket from inside the appliance.
- Immediately unplug the appliance if you notice black smoke coming out of it. Wait until the smoke disappears to remove the basket from the appliance.

- We recommend the use of gloves when touching the basket and rack.
- Do not try to repair the appliance by yourself.
- Supervise children to prevent them from playing with the appliance.

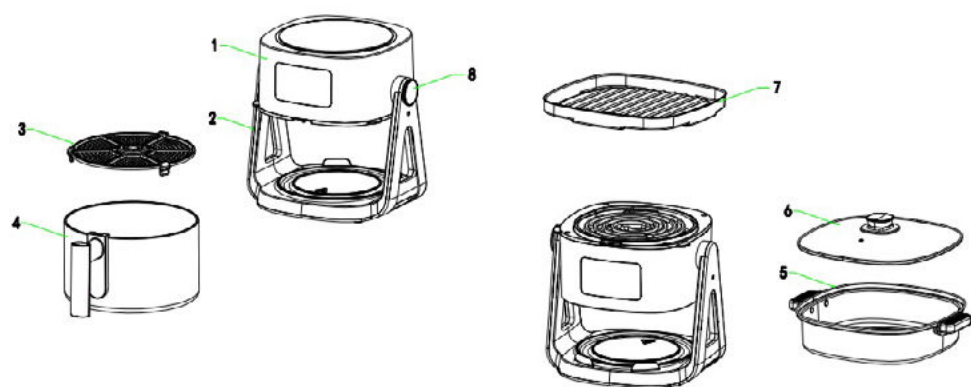


Fig./Img./Abb./Rys./Obr. 1

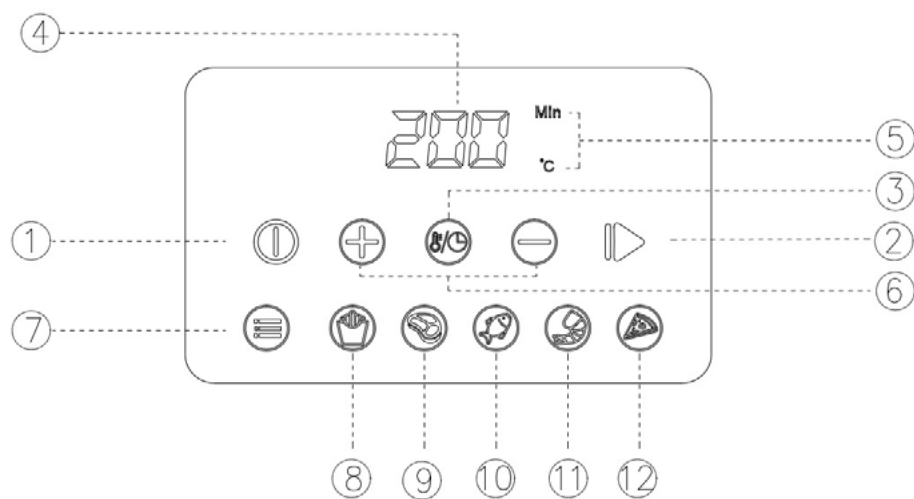


Fig./Img./Abb./Rys./Obr. 2

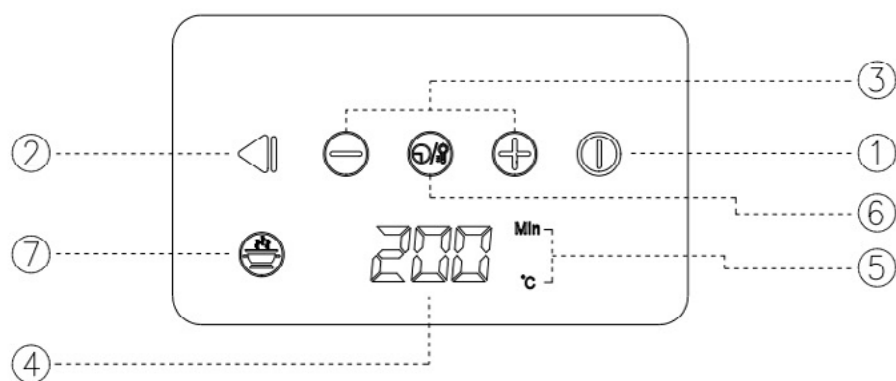


Fig./Img./Abb./Rys./Obr. 3



## 1. PARTS AND COMPONENTS

Fig. 1

1. Main body
2. Base
3. Rack
4. Basket
5. Frying basket drawer
6. Basket lid
7. Grill
8. Flip spring knob
9. Heating element

Fig. 2

1. Power icon
2. Start/Pause icon
3. Time/temperature icon
4. Time/Temperature display
5. Measuring units
6. Increase/decrease icons
7. Menu selector icon
8. Air fry mode icon
9. Bake menu icon
10. Grill menu icon
11. Slow cook menu icon
12. Fast cook menu icon

Fig. 3

1. Power icon
2. Start/Pause icon
3. Increase/decrease icons
4. Time/Temperature display
5. Measuring units
6. Time/temperature icon
7. Stew menu

### NOTE:

the graphics in this manual are schematic representations and may not exactly match the device.

## 2. BEFORE USE

- This appliance is packaged in a way as to protect it during transport. Take the device out of its box and remove all packaging materials. You can keep the original box and other packaging elements in a safe place. This will help you prevent damage to the device when transporting it in the future. In case the original packaging is disposed of, make sure all packaging materials are recycled accordingly.
- Make sure all parts and components are included and in good conditions. If there is any piece missing or in bad conditions, contact the Official Cecotec Technical Support Service immediately.
- Remove the stickers or labels if any of them prevent you from using the product or if you want to use it directly.
- Clean the surface and the inside of the product with a wet soft cloth.
- The fryer fries with air, do not pour oil or fat into the fryer, only if you intend to add flavour and in very small doses.
- Do not place things on top of the product, or you will block the airflow and reduce the heating effect of the hot air.
- The handle of the glass lid must be installed manually. Insert the screw from the bottom and the handle from the top. Turn until it is tight.

### Box content

- Cecofry Flip&Grill 4500 Air Fryer
- Basket drawer
- Basket lid
- Grill
- Instruction manual

## 3. OPERATION

- Place the device on a flat, stable surface.

**WARNING:** do not place the appliance on any surface that is not heat resistant.

- Plug the appliance to an earthed wall socket.
- Carefully remove the basket from the air fryer and put the food into the basket.

**NOTE:** The food in the basket must not exceed the height of the maximum mark or the frying effect will worsen. In some cases, in which there is too much food, the food may not finish cooking.

- Put the basket back in the air fryer. You will notice that it fits just by pressing forward.

## ENGLISH

- Select the desired function by pressing the corresponding icon on the control panel. Select the cooking mode, time and temperature manually.

**WARNING:** Do not touch the fryer shortly after use, as this may cause burns.

### Using the digital control panel

Depending on how the fryer is turned, the panel can be used in two ways.

#### Air fryer mode

- Power icon: Once the fryer is switched on, the power icon will illuminate. Pressing the power icon for the first time will illuminate the entire panel. Pressing the power icon a second time will return the appliance to standby mode.
- Start/Pause icon: When you have selected the menu, press this icon to start the fryer.
- Time/temperature icon: press this icon to see the time and temperature at any time. It can also be used to modify the parameters during the cooking process or before selecting a mode.
- Time/temperature display: it is the area of the display in which these two parameters are shown.
- Increase/decrease icons: these icons are used to increase or decrease the cooking temperature in intervals from 80 °C to 200 °C ; or they are used to select the exact cooking time to the minute, from 1 min to 60 min in all modes.
- Menu selector icon: this icon is used to select from the five pre-set menus offered by the fryer.
- Air fry menu: in this menu the default temperature is 200 degrees, and the time is 20 minutes.
- Bake menu: in this menu the default temperature is 180 degrees, and the time is 25 minutes.
- Grill menu: in this menu the default temperature is 200 degrees, and the time is 10 minutes.
- Slow cook menu: in this menu the default temperature is 150 degrees, and the time is 40 minutes.
- Fast cook menu: in this menu the default temperature is 200 degrees, and the time is 25 minutes.

In the following summary table, you can see each of the menus with their respective default settings.

Preselection icon	Temp.	Time
AirFry	200 °C	20 min
Bake	180 °C	25 min
Grill	200 °C	10 min
Slow Cook	150°C	40 min
Fast Cook	200 °C	25 min

### Grill/pot mode

- Power icon: Once the fryer is switched on, the power icon will illuminate. Pressing the power icon for the first time will illuminate the entire panel. Pressing the power icon a second time will return the appliance to standby mode.
- Start/Pause icon: When you have selected the menu, press this icon to start the fryer.
- Time/temperature icon: press this icon to see the time and temperature at any time. It can also be used to modify the parameters during the cooking process or before selecting a mode.
- Time/temperature display: it is the area of the display in which these two parameters are shown.
- Increase/decrease icons: these icons are used to increase or decrease the cooking temperature; or they are used to select the exact cooking time to the minute.
- Stew menu: in this mode the default temperature is 250 degrees for the corresponding accessory and the time is 30 minutes.

### To place the pot or grill, you will need to follow the steps below:

1. Switch off and unplug the fryer from the mains.
2. Remove the basket and store it. You can use it as a container.
3. Pull out the flip spring knob. This will unlock the fryer and allow you to turn it over.
4. Turn the fryer upside down while pulling out the flip spring knob to leave the heating element at the top. This shall be parallel to the straight surface on which the fryer leans. Then, you can release the flip spring knob and let it return to its original position.
5. You will notice that the display has changed interface. Some symbols, although perfectly recognisable, will be displayed upside down, but will still serve the same purpose.
6. You can now place either the pot or the grill on the heating element as desired. You will notice that the parts fit together.
7. Reconnect the fryer to a mains socket.

### Tips for cooking with the fryer

- If it is necessary, you can adjust the timer so that preheating lasts 3 minutes without inserting food. When preheating is complete and the indicator lights stop flashing, you can insert the fryer basket and the food.

## ENGLISH

- Then, you can select the desired cooking process, temperature, and time.
- Excess oil from the food will accumulate at the bottom of the fryer.
- When the timer beeps, the cooking time is up. Remove the basket from the fryer and put it on the heat-resistant platform. Next, check if the food for doneness. If not, place the basket back in the air fryer and set the timer for a few more minutes.
- Due to the different sources, sizes, shapes, and brands of food, we cannot guarantee that the parameters are optimal.
- Removing the basket from the air fryer will not affect cooking thanks to the fast airflow fryer technology.
- If the products are started cold, it will take about 3 minutes longer to cook.
- Do not cook foods with a high oil content, such as sausages.
- Compared to large foods, smaller foods will need slightly less cooking time.
- If the amount of food is excessive or insufficient, simply add or slightly reduce the cooking time.
- During cooking, turning some small foods can improve the cooking effect and make the food fry well.

## 4. CLEANING AND MAINTENANCE

- Clean the product each time it is used to avoid the formation of solid residues that can lead to odours.
- The fryer, basket and interior are non-stick. Do not use metallic or abrasive materials to clean the fryer, as they may deteriorate the non-stick coating with the passing of time.
- Unplug the appliance to cool it down.

NOTE: remove the basket to allow the appliance to cool down more quickly.

- Wipe the outside of the product with a damp cloth.
- Clean the fryer thoroughly with hot water, soap, and a non-abrasive sponge. You can use degreaser to clean the remaining stains.

NOTE: If stains adhere to the bottom or basket of the fryer, add hot water with a little detergent and immerse the basket for about 10 minutes.

- Clean the inside of the appliance with hot water and a non-abrasive sponge.
- Clean the heating elements with a cleaning brush to remove food residues. It is important to keep the heating element in good condition to prevent food from sticking and burning. This will prevent unnecessary odours and progressive deterioration of the device.
- Make sure all components are clean and dry.
- None of the components are dishwasher safe.

## 5. TROUBLESHOOTING

Problem	Cause	Solution
The fryer is not working	It is not plugged in.	Plug the power cord into the outlet.
	The timer has not been set.	Set the timer.
	The basket is not correctly positioned.	Insert the basket.
Food is not fully cooked.	There is too much food in the basket	Redistribute the food in the basket or add a smaller amount.
	The temperature selected is too low.	Set the desired temperature.
	Cooking time is too short	Set the timer for the required cooking time.
Food is not fried equally in the air fryer.	Some ingredients may require stirring during the cooking process.	If some foods are on top or overlap with others (such as French fries), it is necessary to turn them over while cooking.
Fried desserts are not crispy.	They have to be cooked in another kind of device.	Choose desserts baked in the oven or add a little oil to desserts.
Problem	Cause	Solution
It is not possible to put the basket back into the fryer.	There is too much food in the basket	Food in the basket of the fryer must not exceed 4/5 of its volume.
	The basket of the fryer is not positioned correctly.	Place the basket in the fryer until you hear the "click".
White smoke comes out of the appliance.	You are cooking food with a high oil content.	When cooking foods with a high oil content, the fryer will be hotter than normal and white smoke will come out of the fryer. But this will not affect the cooking of the food.
	Old oil stains remain in the fryer	Make sure that the fryer is properly cleaned after use.

ENGLISH

Chips are unevenly fried.	French fries are not properly immersed in water before frying.	Soak the fries for at least 30 minutes, remove them and drain the water on a kitchen towel.
	You have not used the right potatoes	Use fresh potatoes and make sure they do not fall out of the basket when frying.
French fries made with an air fryer are not crispy.	The oil and water content are not adequate.	Add a little oil to the fresh potatoes to make them crispier. Be sure to drain the water well before adding oil. Cutting French fries thinner can make them crispier.

6. TECHNICAL SPECIFICATIONS

Product reference: 04952  
Product: Cecofry Flip&Grill 4500 Air Fryer  
Voltage: 220-240 V  
Frequency: 50/60 Hz  
Power: 1500 W

Technical specifications may change without prior notification to improve product quality.  
Made in China | Designed in Spain

7. DISPOSAL OF OLD ELECTRICAL AND ELECTRONIC APPLIANCES



This symbol indicates that, according to the applicable regulations, the product and/or batteries must be disposed of separately from household waste. When this product reaches the end of its shelf life, you should dispose of the cells/ batteries/accumulators and take them to a collection point designated by the local authorities.

Consumers must contact their local authorities or retailer for information concerning the correct disposal of old appliances and/or their batteries. Compliance with the above guidelines will help protecting the environment.

## 8. TECHNICAL SUPPORT AND WARRANTY

Cecotec shall be liable to the end user or consumer for any lack of conformity that exists at the time of delivery of the product under the terms, conditions, and deadlines established by the applicable regulations.

It is recommended that repairs be carried out by qualified personnel.

If at any moment you detect any problem with your product or have any doubt, do not hesitate to contact the official Cecotec Technical Support Service at +34 963 210 728.

## 9. COPYRIGHT

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