

# AMERICAN RANGE

QUALITY COOKING EQUIPMENT

PROFESSIONAL QUALITY COOKING EQUIPMENT

## USE AND CARE MANUAL FOR **ELECTRIC WALL OVENS**

MODEL NUMBERS:

AROFE-30, AROSE-30, AROFSE-230, AROFFE-230, AROSSE-230



DESIGN



CLASS



FUNCTION

RETAIN THIS MANUAL FOR FUTURE REFERENCE

DESIGNED & BUILT IN USA  
PROFESSIONAL COOKING EQUIPMENT

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**WARNING: If the information in this manual is not followed exactly, electrical shock or fire may result causing property damage, personal injury or death**

- **INSTALLATION AND SERVICE MUST BE PERFORMED BY A QUALIFIED INSTALLER, SERVICE AGENCY OR THE SUPPLIER**
- Do not store or use gasoline or other flammable vapors and liquids in the vicinity of this or any other appliance
  - Before beginning, please read all instructions carefully.
  - Not doing so may void the warranty.
  - Please observe all local and national codes and ordinances.
  - Do not remove any permanent warning labels or plates from this product
  - Please ensure that this product is properly grounded.
  - Consumers should retain these instructions for local inspectors and for future use.

## IMPORTANT FOR YOUR SAFETY



*This manual has been prepared for qualified personnel only. In-field start-ups and adjustments must be done by those qualified to install electric cooking equipment.*

## BEFORE YOU USE YOUR OVEN

- Remove all wrapping and packing materials
- Remove any tape or protective plastic
- Remove and save this manual for future reference
- Check and make sure you have all the necessary parts listed below

## Carton Contents

Parts supplied with this oven include:

### 30 inch

Fixed rack guides

(2) oven racks (model AROFG-30)

(4) oven racks (model AROFG-230)

(4) Wood screws for securing Wall Oven to kitchen cabinet

## SHIPPING DAMAGE CLAIM PROCEDURE

The equipment is crafted carefully and inspected by skilled personnel before leaving the factory.

The transportation company assumes full responsibility for safe delivery of this equipment after it leaves our factory.

### What to do if shipment arrives damaged:

- **Visible loss or damage:** Make note on the freight bill or express delivery and have it signed by the delivery person. File a claim for damages **immediately** regardless of the extent of the damages.
- **Concealed loss or damage:** If damage is noticed after unpacking, notify the transportation company immediately and file a “Concealed Damage” claim with the transportation company. This should be done within fifteen (15) days of the delivery to you.
- **Retain container for inspection.**

## **INSTALLATION INSTRUCTIONS**

### **Cooking appliances must be connected only to the electrical service type identified on the rating plate**

1. Make a written record of the information on the rating plate located underneath the control panel on the front of the oven.
2. Open the oven door to access and read the rating plate.  
This plate contains the model and serial number of this unit.
3. Write the information on the front cover of this manual for easy reference should the need to communicate with this company ever occur.
4. Installation of this oven should be performed by qualified, certified and licensed persons.
5. Service should be performed by persons who are familiar with American Range oven equipment.

### **CABINET PREPARATION:**

- This oven is a built-in unit.
- The oven is zero-clearance safe against combustible surfaces.
- Any openings in the wall behind the oven must be sealed. Please review the cut-out drawing (see appendix) for the oven to ensure the bottom support inside the cabinet is properly constructed.
- The bottom edge of cabinet doors must be a minimum 4" from the top of the top edge to the oven.

### **GENERAL INSTRUCTIONS:**

1. Always keep the oven area clear and free from combustible materials, gasoline and other flammable vapors and liquids.
2. For proper operation of the oven do not obstruct the flow of air and ventilation needed for the proper combustion in the oven.
3. Proper clearance must be provided in front of the oven for ease of use and servicing.
4. The complete installation must comply with local codes.

## **SECURING OVEN WITH WOOD SCREWS**

All ovens must SECURED to kitchen cabinetry using the provided wood screws.

1. Install the wood screw through the vertical side trim holes
2. Upon installing the wood screw, ensure the wall oven is securely attached

## **ELECTRICAL CONNECTION**


- The oven must be electrically grounded in compliance with local codes or, in the absence of local codes, with the National Electrical Code, ANSI/NFPA70.
- This oven requires a 240 VAC, 20 ampere electrical supply to operate. A four conductor "pig-tail" is provided at the back of the unit for electrical service connection and grounding protection against shock.
- The electrical service in the building must be equipped with proper ground wiring.

## **POWER REQUIREMENTS FOR THIS OVEN**

- 240VAC, 60Hz, 20AMP, single phase
- Always disconnect electric supply using the household circuit breakers before servicing.

## SAFETY INSTRUCTIONS

**This oven has been designed to be safe and reliable for household use only and is not approved for outdoor use. Read the manual and instructions for use and follow basic safety precautions carefully.**

1. Do not use aluminum foil or oven liners to line the oven bottom or sides of the oven. Excess heat accumulates under the foil and could cause  damage to the finish.
2. Never cover any slots or holes inside the oven.
3. Covering the vents or openings inside the oven will result in poor baking performance.
4. The oven must have adequate ventilation and fresh air so that the by products of incomplete combustion such as formaldehyde and benzene can be eliminated if a gas leak should occur.
5. This oven must be installed by a qualified technician or licensed plumber who has read and is familiar with the instructions in this manual.
6. Do not store or use corrosive chemicals, vapors, flammables, or non-food products in or near this appliance.
7. This appliance was designed to heat and cook food. Other uses such as heating a corrosive chemical or material will damage the oven and could result in personal injury.
8. Never use the oven to heat a room because of possible carbon monoxide emissions and soot.
9. Overheating the oven for long periods of time could cause damage to the oven materials. Do not use the oven as storage. Store broil pan outside of the oven for safety.
10. Use a 2 piece broil pan when broiling to prevent grease fires in the oven.
11. If a fire occurs in the oven, turn off the oven and don't open the door.

**Contact an authorized repair technician if this range is not working properly. Do not use the oven if it has been damaged.**

***Have a CLASS C fire extinguisher close by and know how to use it. Consult with your local fire department regarding proper operating techniques and procedures for using this class of fire extinguisher.***

## **CAUTIONS**

1. To prevent burns, always use a dry pot holder for moving a hot pan or skillet.
2. Do not touch a hot burner.
3. For oven fires in a pan or skillet, smother flames with a tight fitting lid, cookie sheet or metal tray. Turn off and be careful to not burn yourself. If the flames do not go out immediately, evacuate the premises and call the fire department.
4. Never use water to put out a grease fire; never use a wet rag or towel to smother a fire.
5. Cooking with high heat should always be attended; do not leave the oven unattended. Food can boil over and hot grease in a pan can ignite.
6. **Caution should be used when small children are around the oven while cooking. Treats and toys should not be stored around or in the oven. This could attract children to climb on or around the oven to reach the item. Children should not climb, stand or sit on open oven doors or on any part of the oven.**

## **REMOVING OVEN(S) FROM CABINET FOR SERVICE UNIT**

1. Shut off the main electrical supply using the household circuit breakers.
2. Remove the mounting screws located on the vertical trim on both sides of the oven
3. Pull the oven out from the cabinet; be mindful of the power cord  
Note: Do not pull the oven using the oven door handle

## USING THE OVEN

### Before baking or broiling:

Independently, turn the oven burners on for 20-minutes respectively.

This will burn off the manufacturing oils used by the factory.



Turn the selector knob to Bake and set the thermostat knob to 450°F. Run the oven for 2-hours.

- Allow the oven to cool for 10-minutes.
- Upon completing the oven cycle, turn the selector knob to Broil. Turn the thermostat knob to broil and allow the broiler to run for 20-minutes.
- There may be an odor during these respective functions

### All model ovens have three cooking methods available:

- INNOVECTION® -CONVECTION
- Traditional Bake
- Broil
- Fan – Cool Down (used to cool your oven temperature rapidly)

### WHAT IS THE CONVECTION COOKING PROCESS?

- Convection is the process of cooking with hot air that is mechanically circulated by a fan in a continuous pattern around the food
- Cooking results can be faster than cooking charts suggest and food should be checked for doneness perhaps 5 - 15 minutes early.
- Oven temperatures should be lowered 25°F in most cases.
- Multiple racks of food can be cooked at the same time with even browning and even cooking times.

### Other Features:

- This oven can also be used at low temperatures to dehydrate food, warm plates or for very slow cooking at a low heat.
- The fan only can be used to defrost frozen foods.

**The thermostat on every oven is factory checked for accuracy.**

## **AMERICAN RANGE PROFESSIONAL WALL OVENS**

- INNOVECTION®-CONVECTION is the unique, proprietary convection system created by American Range engineers.
- INNOVECTION®-CONVECTION uses two fans at the back of the oven to circulate hot air more evenly around the oven. Air is also vented into the oven through side vents to create a more uniform and fast cooking process. Circulating hot air reaches all areas of the oven and eliminates any hot or cold spots.
- The bake burner is rated at 2,200 Watts, the broil burner is 3,500 watts.

### **OVEN FEATURES:**

- Your new Professional Oven is equipped with state-of-the-art bake and infrared broil burners.
- Each oven has its own temperature control knob that cycles the burners off and on to maintain the proper heat.
- All models have 6 rack positions and the large 30" oven includes 3 racks.
- When cooking with INNOVECTION®-CONVECTION, any rack is suitable.

### **HOW TO COOK WITH INNOVECTION-CONVECTION:**

1. INNOVECTION®-CONVECTION fan-circulated hot air browns all food surfaces quickly.
2. The circulating hot air seals in juices in meats and vegetables.
3. This cooking process eliminates the need to baste with additional fat or juices.
4. Meat and poultry are roasted in an uncovered shallow pan that allows the circulating hot air to quickly brown all food surfaces.
5. This roasting process enhances flavors and keeps the inside of food moist and juicy.
6. Some recipes or meats adapted to INNOVECTION®-CONVECTION will cook faster than the expected time in a recipe or chart and should be checked about 5 to 10 minutes early.
7. For best results when cooking with INNOVECTION®-CONVECTION we recommend that low sided pans be used.
8. The circulating hot air needs to reach all sides of the food for the best cooking results.
9. It is suggested that the oven temperature be lowered 25° for all recipes and to reduce the cooking time by 10 to 15%.
10. Multiple racks of food can be successfully cooked at one time such as three racks of cookies or breads.
11. A meal of meat and vegetables can be cooked on different racks concurrently while conserving energy.

12. For best results always preheat the oven before INNOVECTION® - CONVECTION baking.
13. Condensation occurs during cooking and water could appear on the cooler panel outside of the oven door.
14. Caution should be used when opening the oven door during the cooking

## TO BEGIN COOKING

1. Adjust the racks for the best cooking position before turning on the oven.
2. Insert rack with the back safety rail in the up position towards the rear of the oven. Lift and slide the rack into the desired position.
3. Push in and turn the Oven Selector Knob to the bake, convection or broil position. This will activate the respective heating elements.
4. Turn the temperature setting knob clockwise to the correct oven temperature.
5. The blue indicator light on the oven panel glows indicating the burner is on and cycles off when the oven is at the correct temperature.

Turn the oven temperature knob and the selector switch knobs to the off position when finished cooking; be sure the two knobs are completely in the off position

## TRADITIONAL BAKE:

- Traditional Bake is the standard way to bake and is best when one rack of food is cooked at a time.
- Any food item can be baked in the traditional manner but some foods can only be baked in the traditional way for the best results.
- Traditional baking is best for foods that need to be covered and or cooked for a long time, such as casseroles, and slow cooked roasts in liquid.
- Traditional bake is best for custard pies such as pumpkin, quiches, or nut pies such as pecan.
- Traditional baking is also best for recipes that call for very high temperatures, such as meringue toppings.


For best results use a single rack for traditional baking.

- Before turning on the oven, position the oven racks to the desired baking position for the food being cooked.
- Most single rack baking of cakes, pies and cookies will be in the center of the oven. Numbering the rack positions, start from the bottom rack position which is one, to the top.
- Most roasting will be at rack position one or two depending on the size and quantity of food being roasted.
- A cake will usually be baked on rack three or in the center rack position of the oven.

## BAKING CHART

Food	Traditional temperature	Traditional time	Innovection Convection temperature	Innovection Convection time
Yeast bread	375°F	30-35 min.	350°F	25-35 min.
Quick Bread	375°F	30-35 min.	350°F	20-25 min.
Muffins	375°F	15-20 min.	350°F	12-15 min.
Angel Food Cake	375°F	35-45 min.	350°F	30-35 min.
Bundt Cake	350°F	45-50 min.	325°F	35-40 min.
Sheet layer 9x13	350°F	40-50 min.	325°F	30-35 min.
Cake, layer round 8" or 9"	350°F	30-35 min.	325°F	25-30 min.
Cookie/choc chip	375°F	10-12 min.	350°F	8-10 min.
Pie shell	425°F	10-12 min.	400°F	7-9 min.
2 crust fruit pie	375°F	55-60 min.	350°F	50-55 min.
Custard	350°F	35-40 min	Not recommended	
Baked potato	375°F	60-75 min.	350°F	50-55 min.
Lasagna	375°F	55-60 min.	350°F	45-50 min.
Soufflé	350°F	45-50 min.	325°F	35-45 min.
Quiche	400°F	25-30 min	Not recommended	

## ROASTING CHART

Food	Traditional Setting	Innovection Convection Setting	Roast Time Min/lb.	Internal Temperature
Beef Rib Roast	325°F	300°F 	20-min. per lb. 25-min. per lb. 30-min. per lb.	Rare-140°F Medium-155°F Well -170°F
Beef Tri Tip	325°F	300°F	30-min. / lb.	Med.-155°F
Lamb-leg	325°F	300°F lb min	30	Med-145°F
Pork Loin	325°F	300°F	35 min. / lb.	Med-well 170°F
Chicken – whole	375°F <del>350°F</del>	350°F <del>325°F</del>		175° thigh
Stuffed	375°F			
Turkey unstuffed	325°F <del>300°F</del>	300°F <del>325°F</del>		175°F thigh

W  
h

ole, unstuffed, poultry such as chicken and turkey should be placed on rack 1 or 2 with the legs and cavity opening pointing towards the back of the oven.

### TO USE THE BROILER:

When using broil, the rack position depends on the food, and the thickness of the meat. Rack position one is at the bottom of the oven, and the positions number up as a ladder with six being at the top.

- The oven door should remain closed during broil
- Most broiling uses rack positions three or four counting from the bottom.
- Push in oven knob and turn to the broil setting; the blue indicator light will come on.
- When inspecting the food, open the oven door no more than 2 inches.
- For best results, broil small, flat cuts of meat such as steaks, hamburgers, chops or boneless chicken breasts.

## BROIL CHART

Food	Weight and Size	Rack	Time
Steak	12 oz. and 1"	3	Rare: 10 min. Med: 12 min. Well: 15 min.
Hamburger	4 oz. and ½"	4	10 min.
Chicken Pieces	1 lb.	3	15 to 20 min.
Pork Chop's	1 lb. and ¾"	3	14 min.
Salmon Steak	1 lb.	4	8 to 10 min.

### KEEP YOUR OVEN CLEAN

To keep your oven operating properly, clean after each use. This prevents build-up of soil and grease. Grease and soil will be more difficult to clean if it has been allowed to sit and cook onto the oven.

### TO CLEAN THE EXTERIOR OF THE OVEN

The exterior is brushed stainless steel.

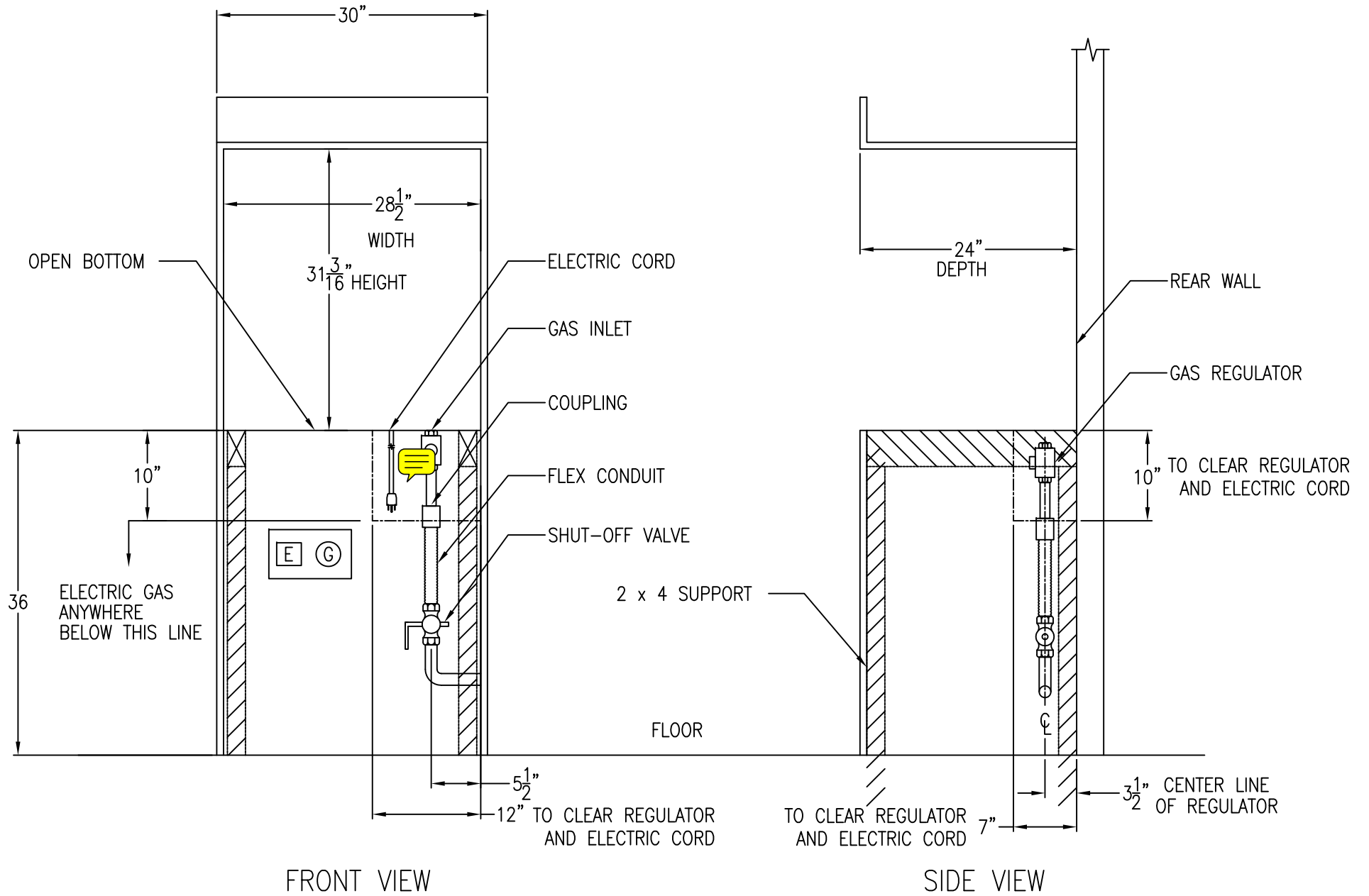
1. Wash all exterior surfaces with hot water and dish detergent such as Ivory Liquid, or Joy.
2. Rub stubborn spots with baking soda or liquid cleaner such as Windex All Surface Cleaner or 409.
3. Do not use abrasives on stainless steel. Use rough towels, sponges or soft plastic scrubbers. **RUB ONLY WITH THE "GRAIN"**.
4. Mild scouring cleaners can be used, such as Bon Ami or Cameo.
5. Do not use steel wool pads or green rough Scrubee's.

### TO CLEAN THE OVEN

The oven cavity is porcelain with steel rack guides and racks. The infra-red broil element and bake elements both have glass shields that are easy to clean. Most soil is burned off by the intense heat, here's how to handle the remaining:

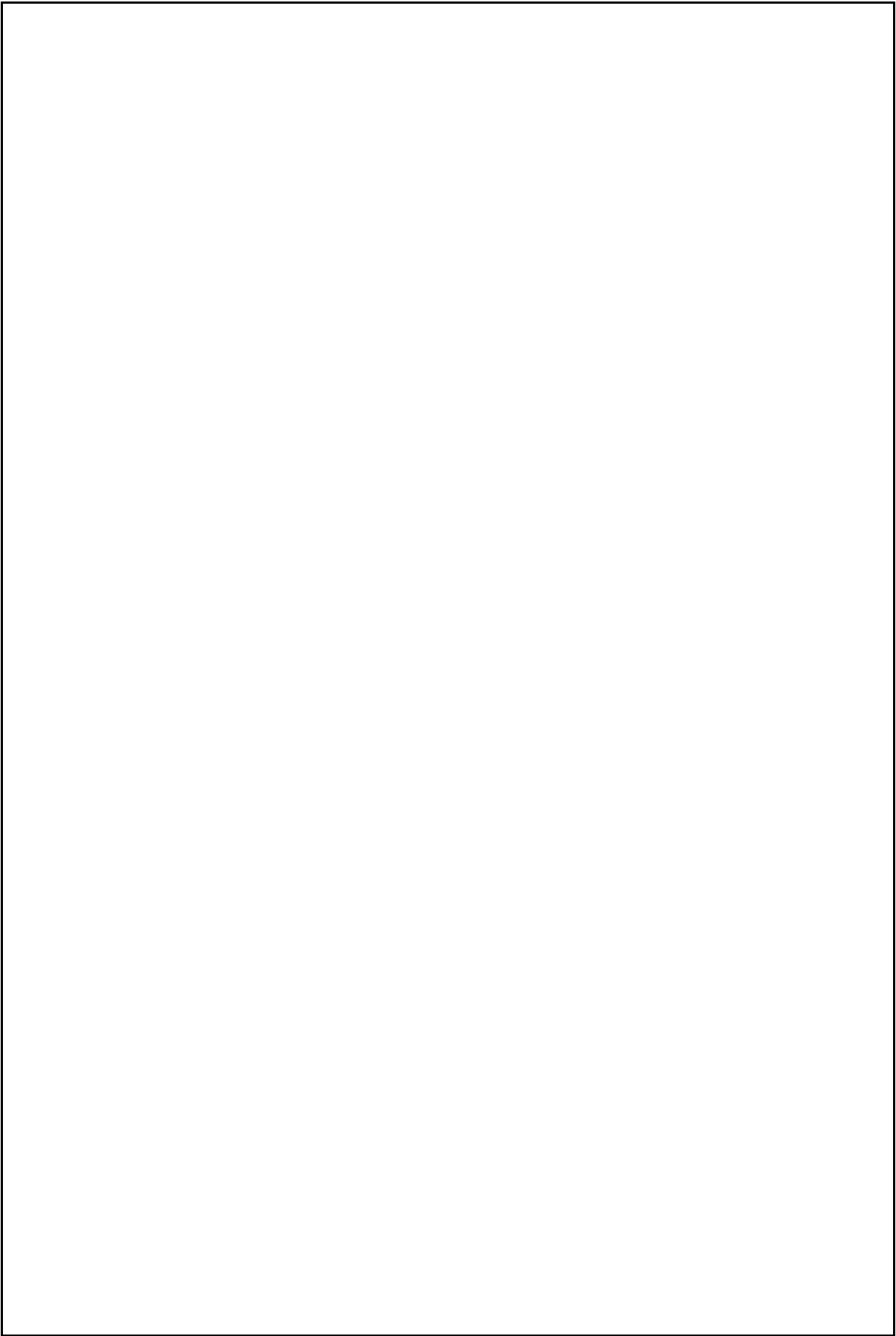
1. Turn the unit off.
2. Wash the interior with soap and water. For stubborn stains make a paste with baking soda and water and rub with a sponge or nylon pad.
3. Use mild scrubbing compounds designed for glass ceramic cooktops.
4. Do not use steel wool pads or abrasive sponges or scrubbers.
5. If necessary, spray oven cleaner can be used. **DO NOT SPRAY OVEN CLEANER INTO THE CONVECTION FANS OR ONTO THE BAKE OR BROIL GLASS SHIELDS.**
6. Do not use scouring powders on the glass shields; windex may be used on the window.

# AMERICAN RANGE SINGLE WALL OVEN – CUTOUT DIMENSIONS





Drawing Area





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