Polder Cooking Thermometer/Timer/Clock

Directions for Use *Over-done foods only detract from the taste and nutrients of food and under-cooking certain foods like pork, ham or chicken can be hazardous to your health.* Because of different types and weights and shapes of meat, it is even more difficult to determine the exact length of time to cook meat to your desired taste. This electronic thermometer ensures you that your food will be cooked to your preferred taste by pre-setting the cooking temperature simply and easily. In order to give you the best cooking results, please follow the instructions below for maximum usages for this product.

Battery Installation:
• Remove the battery compartment cover and insert the AAA battery into the compartment.
• The correct direction for battery is displayed in bottom of the compartment.

To Change Reading from Fahrenheit to Celsius
• The switch is located on the base of the thermometer. For example: to change from Fahrenheit to Celsius, just move the button from the left (F°) to the right (C°).

To Set Clock:
• Press and hold the MODE button for 3 seconds until flashing.
• Press HR to choose between 12 or 24 hour settings.
• Press the START/STOP button to confirm.
• Press the HR button and then the MIN button to choose the hour and minutes.
• Press START/STOP to set the clock.

To Use Countdown Timer:
• Press MODE button to choose timer mode.
• Press HR or MIN buttons to desired setting.
• Press START/STOP to begin countdown.
• Press START/STOP button again to suspend the timer.
• Press START/STOP again to resume the timer.
• Press START/STOP to turn off alarm. Timer will recall last setting.

To Clear Timer:
• Press START/STOP then press the HR and MIN buttons simultaneously.

To Use (Count-up Timer) Stopwatch:
• Clear the timer to *0:0000*.

• Press START/STOP.
• Press START/STOP again to suspend timer.
• Press HR and MIN simultaneously to reset the timer to *0:0000*.

To Set Lower and Upper Limit Temperature Alerts: "▼" "▲"
• The upper limit and the lower limit presets can be used to monitor the temperatures higher than or lower than, or monitor temperatures within a preset range.
• The timer and the HI/LO temperature alerts can be worked simultaneously.

For Upper Limit Temperature Alert:
• Insert the plug of the stainless steel probe into the thermometer unit. Press the ALERT button to select the Upper Limit Temperature Alert. When selected, the Upper Limit Temperature Alert will show a flashing display "▲". Press the DOWN or UP buttons to enter the proper temperature. (The default value is 392°F/200°C).

For Lower Limit Temperature Alert:
• Press the ALERT button to select the Lower Limit Temperature Alert. When selected the Lower Limit Temperature Alert will show a flashing display "▼". Press the DOWN or UP buttons to enter the proper temperature. (The default value is +14°F/-10°C).

For "within a temperature range" Alert:
• Set the value of the Upper Limit "▲" smaller than the value of the Lower Limit "▼". (Example: Set Upper limit to 160°F and lower limit to 170°F so that the temperature range is between 160°F-170°F.)

To turn off the ALERT feature: Press the ALERT button until "---" shows in the display.

MAX/MIN feature: Press MIN/MAX button once to display the last high temperature, again for last low temperature and again to return to current temperature.

Directions for Cooking:
1) Switch to desired reading (F° or C°).
2) Pre-heat the oven to desired temperature.
3) Sterilize the metal probe.
4) Set the desired temperature alert
5) Insert the point of the thermometer into the center of the meat. Do not place near the bone or gristle as this will not give you an accurate temperature reading.
6) Put the meat into the oven with the metal probe in place.

directions for use continued:

The electronic unit must be placed outside of the oven.
The probe wire will be held in place by the oven door.
7) Make sure the sensor plug on the other end of the wire is well plugged into the thermometer. The temperature of the food can now be seem on the display under THERMOMETER/TEMP.
If water drops or vapors get inside the plug in the opening of the thermometer it will result in a bad contact and thus an incorrect temperature reading. Dry the sensor plug with a cloth every time before plugging it into the thermometer.
8) The temperature alarm will automatically sound when the inner temperature reaches your preset temperature. The alarm will sound for 30 seconds.
9) The alarm will continue to remind you at 30 second intervals until you press the START/STOP button.
10) When the food is ready, remove the metal probe out of the meat with a heat resistant glove. **DO NOT TOUCH THE PROBE OR WIRE WITH YOUR BARE HAND.**
When Cooking in a Barbeque or Smoker:
• Use as an instant read thermometer while Barbecuing. If using as a continuous read thermometer please note:
• **BE CAREFUL NOT** to sever or damage the lead or probe with cooker lid.
• **DO NOT EXPOSE** the probe or lead to direct flames.
• **DO NOT EXPOSE** the metal probe to temperatures over 200°C or 392°F. Doing so will only deteriorate the durability of the wire. Once the probe is inserted into the meat, it will read the inner temperature of the food only.
CAUTIONS
• **ALWAYS WEAR** A HEAT RESISTANT GLOVE WHEN TOUCHING THE METAL PROBE OR WIRE DURING OR JUST AFTER COOKING. **DO NOT TOUCH** IT WITH YOUR BARE HANDS.
• **KEEP THE METAL PROBE AND WIRE AWAY FROM CHILDREN.**
• **STERILIZE THE METAL PROBE** BEFORE EACH USE.

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TABLE OF SUGGESTED COOKING TEMPERATURES

Cut of Meat	Inner doneness	Inner Temperature of food		
		F° or	C°	undercooked
Beef	Medium rare	145°	63°	139°F/59°C
	Medium	160°	71°	
	Well done	170°	77°	
Pork	Medium	160°	71°	159°F/70°C
	Well done	170°	77°	
Ham	Fully cooked	140°	64°	
Lamb	Medium rare	150°	66°	144°F/62°C
	Medium	160°	71°	
Turkey	Breast	170°	77°	169°F/76°C
	Dark meat	180°	82°	
	Whole (bone)	180°-185°	82°-85°	
Chicken	Whole pcs (bone)	180°	82°	179°F/81°C
	Boneless	165°	74°	
Duckling		180°-185°	82°-85°	179°F/81°C

Note: Cooking continues after removal, so you may want to remove the meat a little early.