

AROMA[®]

Deluxe Health Grill With Titanium Coating



Instruction Manual &
Recipe Guide

Model: AHG-1460T

Congratulations on your purchase of the **AROMA** Health Grill. It will surely become one of the most practical appliances in your kitchen.

Please read all instructions before first use.



Published By:

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IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Important: Read all instructions carefully before first use.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug or the appliance itself in water or other liquid.
4. Close supervision is necessary when the appliance is used near children.
5. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance and drip tray.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. Do not use attachments or accessories other than those supplied or recommended by the manufacturer. Incompatible parts create a hazard.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Do not use the appliance for other than intended use.
12. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Metal-scouring pads may also damage the finish.
13. Always unplug from the base of the wall outlet. Never pull on the cord.
14. Store appliance in a cool, dry place.
15. Use only with 120V AC power outlet.
16. Extreme caution must be used when using or moving an appliance containing hot oil or other hot liquids and when emptying the drip tray.
17. Always attach temperature control probe to appliance first and then plug cord into wall outlet. To disconnect, turn control to the OFF position and unplug from outlet.
18. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and could cause burns.

SAVE THESE INSTRUCTIONS

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risk resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.

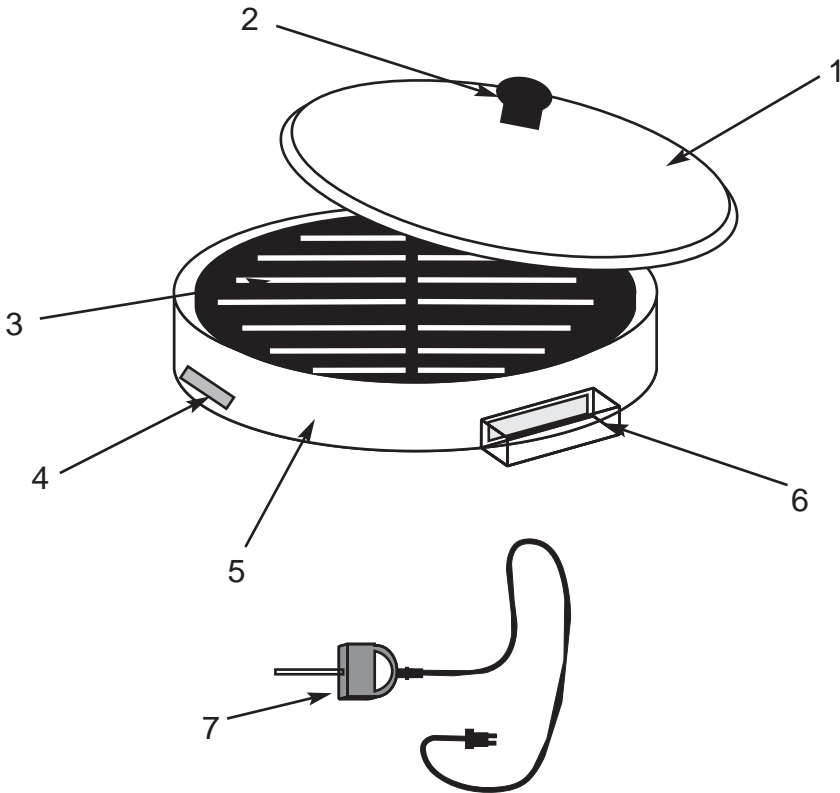
POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

This appliance is for household use only.

PARTS IDENTIFICATION



1. High dome, tempered glass lid
2. Cool-touch knob
3. Grilling surface with titanium nonstick coating
4. Removable drip tray
5. Cool-touch, detachable grill base
6. Power receptacle
7. Temperature control probe and power cord/plug

HOW TO USE

To Assemble Knob:

1. Position the knob over the hole of the lid.
2. Push the screw through the hole on the bottom side of the lid.
3. Screw tightly into the knob.
4. Periodically tighten screw if needed.

Before First Use:

1. Read all instructions and important safeguards.
2. Remove all packaging materials and make sure items are received in good condition.
3. Tear up any plastic bags as they can pose a risk to children.
4. Pull the cooking pan away from the plastic base.
5. Wash cooking pans, plastic base, and lid in warm soapy water. Rinse and dry thoroughly.
6. If desired, condition the titanium nonstick cooking surface with a small amount of oil.

NOTE:

- This appliance can be completely submersed in water but should be thoroughly dried prior to next use.
- Never immerse power cord, plug or temperature control probe in water or any other liquid.
- Do not use harsh abrasive or cleaners as they may damage the titanium coating.

To Use Deluxe Features:

Tilt Stand

The tilt stand is located on the base of your appliance. It is designed to separate excess grease and oil from your food.

Drip Tray:

The drip tray makes clean up quick and easy by collecting the grease and oil. Once cooled, the drip tray can be easily cleaned.

Steam Well

The steam well is located along the edge of the grill pan. To use, pour water into the steam well. It is not recommended that you use the tilt stand feature when steaming.

HOW TO USE

To Connect Cooking Pan to Base:

1. Place the cooking pan into the base assuring the power receptacle fits into the base opening.
2. Push down on the cooking pan, locking it securely to the base. It will snap into place.

To Connect Temperature Control Probe:

1. Be sure the temperature selector is set at the OFF position.
2. Plug the power cord into the appliance first, and then plug cord into the wall outlet.

To Cook:

1. Turn the knob to the desired setting. The red indicator light will illuminate.
2. The light will go off when the cooking pan has reached the selected temperature.
3. When finished, turn the knob to the OFF position and unplug from the outlet.

NOTE:

- During operation the light will turn on and off indicating the proper temperature is being maintained.
- Metal utensils may scratch the nonstick surface. Wooden, heatproof plastic, and nylon utensils are recommended.

COOKING GUIDE

Type of Food	Cooking Time	Temperature
Salmon/Fish	15-20 minutes	275°F
Bacon	15-20 minutes	275°F
Sausage Links	15-20 minutes	275°F
Hamburger	15-20 minutes	275°F
Hotdogs	10-15 minutes	275°F
Chicken Breast	20-30 minutes	300°F
Pork Chops	25-30 minutes	300°F
Steak (rare)	15-20 minutes	300°F
Steak (well done)	25-30 minutes	300°F
Lamb Cutlets	25-35 minutes	300°F

HOW TO CLEAN

Always unplug unit from wall first and then from the base and allow to cool completely before cleaning.

1. Pull the cooking pan away from the plastic base.
2. Wash cooking pans, plastic base, and lid in warm soapy water or in the dishwasher.
3. Rinse and dry thoroughly.

NOTE:

- Make sure the power inlet is completely dry prior to attaching the temperature control probe and plugging into the wall outlet.
- Never immerse power cord, plug or temperature control probe in water or any other liquid.
- Do not use harsh abrasive or cleaners as they may damage the titanium coating.

RECIPES

CHICKEN STIR-FRY

- 1 lb. boneless, skinless chicken breast, cut into 1/2 inch strips
- 2 tbsp. lime juice
- 2 tsp. chili powder
- 1 cup fresh mushrooms
- 1 cup bell pepper red or green, cut into thin slices
- 2 tbsp. vegetable oil
- 1/3 cup Picante sauce
- 2 tbsp. chopped fresh cilantro
- 1 medium tomato, chopped

Mix lime juice and chili powder in a medium bowl and stir in chicken strips. Cover and refrigerate 1 hour.

Heat grill to 325°F (165°C) degrees. Using 1 tablespoon of the oil, stir-fry the chicken with lime-chili marinade until the chicken is white, then remove from the grill. Using the remaining oil, stir-fry the mushrooms and bell pepper for 2-3 minutes or until crispy but tender. Stir in the chicken, picante sauce and cilantro. Serve with rice or pasta. Serves 4.

CREAMY CHICKEN & PASTA

- 2 tsp. butter or margarine
- 1 lb. boneless/skinless chicken breast (cubed)
- 1 cup broccoli
- 1 cup frozen peas
- 1/2 cup red bell peppers
- 1-1/2 cup spiral pasta noodles, cooked
- 1/4 cup water
- 1/2 cup sour cream
- 1 tbsp. dill weed

Heat grill to 350°F degrees (175°C). Melt butter and then add chicken. As the chicken cooks stir in vegetables, pasta and water. Reduce heat to 150°F degrees (66°C), simmer 10-12 minutes stirring occasionally until vegetables are crispy but tender. Stir in sour cream, simmer 2 minutes and serve. Serves 4.

RECIPES

EASY PITA FAJITAS

- 4 limes, juiced
 - 2 tbsp olive oil
 - ½ tsp ground cumin
 - ¼ tsp salt
 - 1 clove garlic, minced
 - ¼ tsp black pepper
 - 1 lb. top round or skirt steak, thinly sliced
 - 1 cup fresh mushrooms, sliced
 - 3 tbsp. fresh cilantro, chopped
 - 1 small onion, thinly sliced
 - 1 small green or red pepper, thinly sliced
 - 6 pita pockets, cut in half
 - 1 cup Monterrey Jack or cheddar cheese, shredded
- Guacamole, salsa, sour cream, chopped tomatoes (optional)

Combine lime juice, 1 tablespoon olive oil, cumin, salt, garlic and black pepper in a bowl. Add beef and marinate at room temperature for 30 minutes. Heat grill to 375°F degrees (190°C) add remaining 1 tablespoon olive oil, onion, and green/red pepper, mushrooms and cilantro, stir. Cover and cook 1 to 2 minutes or until vegetables are tender. Remove vegetables and keep warm. Drain meat from marinade and then sauté for 7 to 9 minutes on the grill until done. Meanwhile, preheat oven to 350°F (175°C) Wrap pita pockets in aluminum foil and heat in the oven for 5 minutes.

Spoon meat and vegetables into center of warm pita pocket, sprinkle with cheese and serve. Garnish as desired with guacamole, salsa, sour cream and chopped tomatoes. Serves 6.

RECIPES

ORANGE STIR-FRIED CHICKEN

- 1 lb. boneless,skinless chicken breasts,cut into 1/4 in. strips
- 1 tbsp. soy sauce
- 3 tsp. cornstarch
- 1 tsp. grated gingerroot or 1/2 tsp. ground ginger
- 1 clove garlic, finely chopped
- 1 medium size carrot
- ½ cup orange juice
- 2 tbsp. vegetable oil
- 3 cups mushrooms, thinly sliced
- 2 cups hot cooked rice

In a medium bowl, combine soy sauce, 1 teaspoon cornstarch, ginger and garlic. Stir in chicken, cover and refrigerate 30 minutes. Dissolve 2 teaspoons of cornstarch in the orange juice. Shred carrot.

Heat grill to 325°F degrees (165°C). Using 1 tablespoon of oil stir-fry the chicken with marinade until chicken is white, then remove from skillet. Add remaining tablespoon of oil, mushrooms and shredded carrots. Stir-fry 2 to 3 minutes or until mushrooms are golden and tender. Stir in chicken and orange juice mixture. Bring to a boil, stirring constantly for 30 seconds or until thickened. Serve over rice.

Serves 4.

FRENCH TOAST

- 4 eggs
- 1/3 cup milk
- 1 tsp. sugar
- ½ tsp. cinnamon
- 8 slices of thick bread
- Cooking oil, butter or margarine (for cooking)
- Powdered sugar, fruit, or syrup (optional toppings)

Heat grill to 300°F degrees (149°C), then lightly grease the pan with oil, margarine or butter. Mix together all ingredients except oil and toppings. Dip bread into mixture coating both sides of bread. Cook on grill until bread turns golden brown. Top with powdered sugar, fruit topping or syrup.

Serves 4.

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$6.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and which may vary from state to state and does not cover areas outside the United States.

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