

salton®

Health Grill



Instruction Booklet
Model: HG-1002

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical hazards, do not immerse cord, plugs, or the appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
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 Salton for examination, repair or adjustment. See Warranty.
7. The use of accessories or attachments not recommended by Salton may cause hazards. NEVER use a probe other than the one supplied with this Grill.
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 gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot liquids. Do not move the Grill once it is hot. The Grill may become disassembled if moved.
12. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to 'OFF', then remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Do not leave unit unattended while in use.
15. Do not use under shelves or cupboards or near any surface where heat or steam may cause a problem. Place Grill at least 8" (20 cm) away from walls and curtains. Always leave sufficient space above and around the Grill to ensure adequate air circulation.
16. Never use the Grill without all parts fully assembled.

SAVE THESE INSTRUCTIONS
HOUSEHOLD USE ONLY

This Cast Iron Grill is made from the same material as most professional grills. The superior heat retention and distribution qualities of Cast Iron make it the most effective cooking surface producing perfect grilling results every time. Your food cooks faster, locking in the juices and flavour, while the sloping channels drain away unwanted fat.

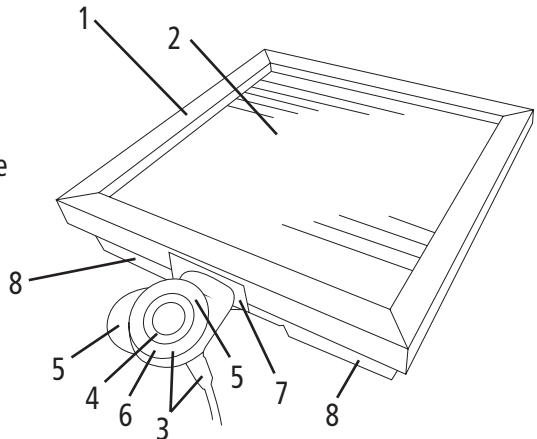
The Cast Iron cooking surface is handmade in a time-honoured tradition that creates distinct markings which make each grill one of a kind. These unique markings add to the character of this product without affecting its performance.

GROUNDING PLUG

To reduce the risk of electric shock this appliance has a grounded plug. (2 blades and 1 pin) If the plug does not fit fully into the electrical outlet contact a qualified electrician. Do not modify the plug in any way or use an adaptor.

DESCRIPTION OF PARTS

1. Frame
2. Grill Plate
3. Temperature Control Probe & Power Cord
4. Temperature Dial
5. Control Probe Release
6. Indicator Light
7. Grill Socket
8. Drip Trays



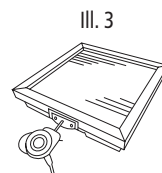
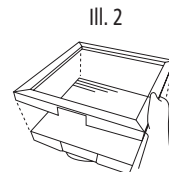
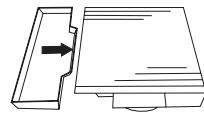
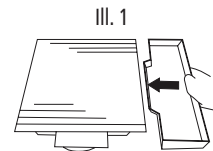
BEFORE FIRST USE

1. Carefully unpack your Salton Cast Iron Grill and remove all packaging materials.
2. Wash the Cast Iron Grill with a cloth or sponge dampened in warm soapy water. Rinse and dry.
3. Wash the Drip Trays and Frame in warm soapy water. Rinse and dry.
4. Place the Grill Plate on a flat, dry, heat resistant surface, close to a 120 volt A.C. wall outlet. Assemble the Drip Trays, Frame and Temperature Control Probe and Power Cord. (see the Assembling the Grill section)
5. With the Temperature Dial at the 'Off' position ('0'), plug the Temperature Control Probe into the Grill.
6. Plug into the wall outlet.
7. Turn the Temperature Dial to 'High'.
8. Let the Grill heat up for 10 minutes. This will burn off any residue from the manufacturing process. NOTE: There may be a small amount of smoke or odour during this time but it will not last longer than a few minutes.

HOW TO USE

Assembling the Grill

1. Place the Grill on a flat, dry, heat resistant surface, close to a 120 volt A.C. wall outlet.
2. Slide the Drip Trays under the sides of the Grill Plate until locked in position. (See III. 1)
3. Place the Frame over the Grill Plate and Drip Trays. (See III. 2)
4. Ensure that the Temperature Control Dial is in the 'Off' ('0') position and plug into the Grill Socket. (See III. 3)



Grilling

1. Assemble the Grill according to the directions above.
2. Plug the Power Cord into the wall outlet.
3. To preheat the Grill, turn the Temperature Control counterclockwise to the desired temperature setting. The Indicator Light will illuminate. When the Indicator Light goes out, the Grill is preheated. For optimum cooking results, the Grill should be preheated for 20 minutes.
4. Arrange food on the Grill.

NOTE: The Indicator Light will go on and off as the Grill maintains the preset temperature.

NOTE:DO NOT use metal utensils. Continued use of metal utensils will eventually mark the cooking surface. Use plastic or wooden utensils.

5. Check the Drip Trays while grilling and empty as needed to prevent overflowing.
6. When grilling is complete turn the Temperature Control clockwise to the off 'O' position and unplug from the wall outlet.
7. Follow the directions in the Care and Cleaning section to clean the Grill.

Helpful Grilling Hints

- Place the thickest part of the food to the outside of the Grill Plate
- If grilling food with skin on, place skin side down first
- Brush cut sides of vegetables with oil for even browning.
- To prevent food from sticking season* the grill before and after the first several uses. Sticking may also be reduced by using a lower grilling temperature.

*NOTE: To season the grill, brush cold grill surface with a layer of high quality vegetable oil such as corn or canola oil.

CARE AND CLEANING

1. When the Grill is warm, not hot, use paper towels to wipe excess grease or oil from the grill surface. Pour a little water on the cooking surface to soak stuck on food particles.
2. Let the grill cool completely.
3. Clean the Grill Plate with a sponge or cloth dampened in warm soapy water. To remove any stuck on food, use a soft bristled plastic brush and warm soapy water.
4. Remove the Drip Trays. Discard water, grease and oil. Wash the Drip Trays in warm soapy water. Rinse and dry.
5. Rinse the Grill with a damp cloth or sponge. Dry.
6. **DO NOT** immerse the Grill Plate, Temperature Control or Power Cord in water or any other liquid.
7. **DO NOT** use harsh abrasives, oven cleaners or scouring pads.
8. Before re-using the Grill ensure that it is completely dry.

GRILLING CHART

Food	Weight or Size	Time (minutes)	Dial Setting	Helpful Hints
Beef Sirloin, Rump, Rib Eye, Fillet	11 oz – 300g 1" (2.5 cm)	Rare: 2 minutes per side Medium: 5 minutes per side Well done: 10 minutes per side	15	Brush with a small amount of oil for better browning
Pork Chops, rib and loin	6 – 8oz 150 – 200 g 1 – 1-1/2" (2.5–4 cm)	10 minutes per side	13	Trim fat before grilling for best results
Lamb Loin, cutlets, leg steaks	6 – 8oz 150 – 200 g 1 – 1-1/2" 2.5 – 4 cm	8 minutes per side	13	Trim fat before grilling for best results
Chicken Breast, skinless, boneless Skin on and boneless Thigh, skinless	4 – 6 oz 100 – 150 g 4 – 6 oz 100 – 150 g 4 oz 100 g	9 – 10 minutes per side 10 – 12 minutes per side 7 – 9 minutes per side	12	Chicken is cooked when juices run clear
Meat burgers	4 oz – 100g 1/2" (1 cm) thick	5 – 6 minutes per side	14	Thicker burgers will take slightly longer
Sausages	Standard	10 minutes per side	14	Space evenly. Thicker sausages may take slightly longer.
Salmon Fillet	6 oz – 150 g 1" (2.5 cm) thick	4 minutes per side	13	Cook with skin side down first
White Fish Fillet	8 oz – 225 g 1/2" (1 cm) thick	4 – 5 minutes per side	13	Cook with skin side down. Fish is cooked when flesh turns opaque.

Prawns, raw, peeled and deveined	Medium Large	2 – 3 minutes per side 2 – 4 minutes per side	13	Prawns do not brown. For a special flavour, drizzle prawn with oil and sprinkle with lemon juice and pepper before grilling.
Eggplant	1/2" (1 cm) thick slices	4 – 5 minutes per side	15	Leave skin on for better shape retention. Before grilling brush with olive oil and sprinkle on herbs.
Mushrooms	1" (2.5 cm) diameter	4 – 5 minutes per side	15	Before grilling brush with olive oil and sprinkle on herbs
Onion	1" (2.5 cm) thick slices	6 minutes per side	15	Before grilling brush with olive oil and sprinkle on herbs, brown sugar or Worcestershire sauce
Zucchini	1/4 – 1/2" (5mm-1 cm) Thick slices	6 – 7 minutes per side	15	Before grilling brush with olive oil and sprinkle on herbs
Peppers	3.5" (9 cm) diameter	6 – 7 minutes per side	15	Before grilling brush with olive oil and sprinkle on herbs

Please note that the above grilling chart is only a guide.

RECIPES

Grilling times for the recipes below will depend on the thickness and temperature of the food. Check the progress after a few minutes to avoid overcooking.

Hamburgers

1lb (450g)	minced steak
	salt and pepper
1 tbsp. (15 ml)	finely diced green pepper
2 tbsp. (30 ml)	finely diced onion
pinch	mace
2 tbsp. (30 ml)	fresh bread crumbs or rolled oats
1	egg
1 tbsp. (15 ml)	finely chopped parsley

Pre-heat Grill. Brush with oil if desired. Mix all ingredients together and shape into patties of equal size. Follow directions in the 'How to Use — Grilling' section. Cook for about 5 - 6 minutes per side. Increase cooking time if patties are thick.

Barbecue Chicken

1/2 cup (125 ml)	oil
2 tbsp. (30 ml)	lemon juice
1/2 tsp. (3 ml)	salt
	freshly ground black pepper
	sprigs of fresh rosemary
6	boneless chicken breasts

Mix first 5 ingredients together. Add chicken breasts and marinade for at least two hours, turning frequently.

Preheat Grill. Follow directions in the 'How to Use — Grilling' section. Following the cooking time in the Grilling Chart. Baste often during cooking.

Grilled Vegetables

thick slices of zucchini, onions, large mushrooms, squash, eggplant, etc.

- 1 tsp. (5 ml) olive oil (optional)
- 1 tsp. (5 ml) balsamic vinegar
- 1/4 tsp. (1.5 ml) soya sauce

Preheat Grill.

Mix olive oil, balsamic vinegar and soya sauce. Toss vegetables in oil mixture. Place on Grill and cook for approximately 4 – 5 minutes per side.

Grilled Salmon Fillets

- 1 lb. (450 g) Salmon Fillets (skin on)

Lemon Dill Marinade:

- 1/3 cup (85 ml) olive oil
- 1/4 cup (60 ml) lemon juice
- 2 tbsp. (30 ml) chopped fresh dill (2 tsp. – 10 ml dried)
- 1 tsp. (5 ml) grated lemon rind
- 1/4 tsp. (1.5 ml) salt and pepper

Preheat Grill.

Cut salmon into 4 pieces.

Whisk marinade ingredients together in a shallow baking dish. Add fillets, cover and marinate for up to 30 minutes in the refrigerator.

Place on Grill. Follow the directions in the 'How to Use — Grilling' section. Cook for approximately 4 minutes per side. Baste frequently.

A short supply cord is provided to reduce the hazards of becoming entangled in or tripping over a long cord. Extension cords may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance. If the appliance is of the grounded type, the extension cord should be a grounded 3-wire cord. The extension cord should be arranged so that it will not drape over the counter top or table top, where it can be pulled on by children or tripped over.

LIMITED WARRANTY

Salton Canada warrants that this appliance shall be free from defects in material and workmanship for a period of one year from the date of purchase. During this 'in-warranty' period, defective products will be repaired or replaced at the discretion of the retailer and/or Salton Canada. A defective product should be returned to the original place of purchase within the retailer's stipulated return/exchange period*. If you do not wish or are unable to have a defective product replaced under warranty by the retailer, Salton Canada will repair or replace the defective product without charge. You may contact us for assistance by mail, e-mail, fax or telephone as listed below.

This warranty covers normal domestic usage and does not cover damage which occurs in shipment or failure which results from alteration, accident, misuse, abuse, glass breakage, neglect, commercial use or improper maintenance.

To ensure prompt 'in-warranty' service be sure you have an original proof of purchase. You may be asked to return the product to us along with a description of the defect and your address, zip/postal code.

For repairs not covered by the warranty, please contact us for assistance.

salton[®] **SALTON CANADA**

Customer Service Department
81A Brunswick, Dollard-des-Ormeaux,
Quebec, Canada H9B 2J5
website: www.salton.com

E-mail: service@salton.com
Fax: 514-685-8300
Tel: 514-685-3660

*Return/exchange policies at each retailer vary and may differ from the Salton Canada 1 year limited warranty period.