

# salton®

## Health Grill



Instruction Booklet

Model : HG-1008

# 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.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Extreme caution must be used when moving an appliance containing hot liquids. Do not move the unit when it is still hot.
11. Prior to connecting or disconnecting plug from wall outlet, turn any control to "off".
12. This appliance is for Household Use Only. Do not use appliance for other than its intended use.
13. Do not leave unit unattended while in use.
14. Do not touch the metallic parts of the unit while the appliance is operating. These can become very hot.
15. Always unplug grill immediately after using and allow to cool before cleaning and storing.
16. Always place grill on a heat resistant surface.
17. Never place anything between the grill plate and the food i.e.: dish, aluminum foil, etc.

**SAVE THESE INSTRUCTIONS**

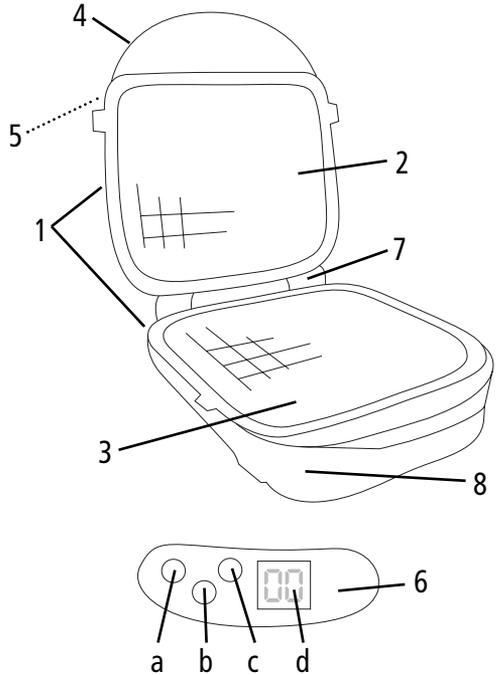
**HOUSEHOLD USE ONLY**

## POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

## DESCRIPTION OF PARTS

1. Grill Housing
2. Top Removable Grill Plate
3. Bottom Removable Grill Plate
4. Handle
5. Indicator Light
6. Timer
  - a) Reset Button
  - b) Set Button
  - c) Start Button
  - d) Digital Display
7. Hinge
8. Drip Tray



## BEFORE FIRST USE

1. Carefully unpack your Salton Health Grill and remove all packaging materials.
2. Wash the Grill Plates and Drip Tray in warm soapy water. (To remove the Grill Plates, see the Care and Cleaning section).
3. Rinse, dry and replace the Grill Plates on the Grill Housing.
4. Wipe the Grill Housing with a soft damp cloth.
5. Place your Salton Health Grill on a flat dry surface close to a 120 volt wall outlet.
6. Plug into the outlet and set the Timer for 15 minutes (see the How to Use section to set the Timer). 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

## Setting the Timer

1. Press the Set button to the required number of minutes. The Timer can be set for 1 minute to 99 minutes, in 1 minute increments. Each time you press the Set button, a minute will be added to your time.
2. When you are ready to start the Timer, press the Start button.
3. Once the time runs out, a continuous 'beep' will sound until you press the Reset button to turn off the Timer.

## Grilling

1. Place your Salton Grill on a flat dry surface close to a 120 volt wall outlet.
2. Place the Drip Tray in the space provided at the front of the Grill.  
Do not use the Grill without the Drip Tray in place.
3. Close the Grill and plug into a 120 volt A.C. outlet. NOTE: The Timer does not have to be used to operate the Grill. As soon as the Grill is plugged into the wall outlet it will start to heat up.
4. Preheat for 6 minutes. NOTE: You can use the Timer when preheating the Grill. Set the Timer for 6 minutes. When the Timer 'beeps', the Grill is preheated and ready for grilling.
5. Open the Grill and place food on the Bottom Grill Plate. Never grill food with the Grill opened flat.
6. Close the Cover and set the Timer for the required cooking time. Press the Start Button. Grill until food is done to your taste. NOTE: Check the progress about every 2 minutes as the food is cooking rapidly from both the top and bottom.

### IMPORTANT:

- Steam may escape from around the Handle. Use oven mitts when opening and closing the Grill.
  - Do not cut food on the non-stick Grill Plates.
7. When finished grilling, unplug the Grill and remove the food.  
IMPORTANT: Do not leave empty Grill plugged in.

## Helpful Grilling Hints

1. Always preheat the Grill for approximately 6 minutes for best cooking results.
2. Use boneless meat and poultry for even browning.
3. Place thicker pieces of meat toward the outside of the grill.
4. For maximum grilling performance, use meat that is 3/4" (19 mm) to 1" (25 mm) thick. Food that is 1/2" (13 mm) thick or less may not touch the Top Grill Plate.
5. Do not cook more than 1-1/4 lbs. (567 g) of meat at one time. More meat will produce a lot of juice and prevent browning.

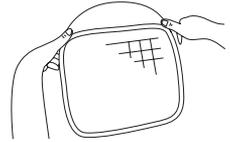
## CARE AND CLEANING

1. Unplug the Grill from the wall out and allow it to cool completely.
2. Remove the Drip Tray and dispose of waste. The Drip Tray can be washed in warm soapy water, rinsed and dried or placed on the top rack of the dishwasher.
3. Remove the Grill Plates (see below) and wash in warm soapy water. Rinse and dry. Do not place the Grills Plates in the dishwasher.
4. Wipe exterior Grill surfaces with a damp cloth.  
DO NOT IMMERSE GRILL IN WATER OR ANY OTHER LIQUID.
5. Reassemble the Grill when the Drip Tray, Grill Plates and Grill are completely dry.

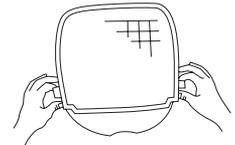
NOTE: Do not use the front handle when moving or storing the Grill. The cool Grill should be handled by grasping both sides. Store in a clean dry place.

### Removing the Grill Plates

**Top Grill Plate:** Place your thumbs on the plastic housing and your index fingers on the tabs of the Top Grill. Pull forward with your index fingers while pushing with your thumbs. The Top Grill plate will pop out of the locked position.



**Bottom Grill Plate:** Place your thumbs on the plastic housing and your index fingers on the tabs of the Bottom Grill Plate. Pull up with your index fingers while pushing down with your thumbs. Grill plate will pop out of locked position.



### Assembling the Grill Plates

NOTE: The Top and Bottom Grill plates are not interchangeable. The Bottom Grill Plate has only 3 raised sides. The 4th side allows fat to drain into the Drip Tray.

**Top Grill Plate:** Slide the two tabs at the back edge of the Top Grill Plate into the holes in the inside hinge. Squeeze the Top Grill Plate and the Cover of the Grill together until it locks into place.

**Bottom Grill Plate:** Slide the two tabs at the back edge of the Bottom Grill Plate into the holes in the outside hinge. Press down until the Bottom Grill Plate locks into place.

## 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. Remember that food is being cooked from the top and bottom simultaneously.

### 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' section. Cook for about 3-5 minutes each 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' section. Cooking time will depend on the thickness of the chicken. 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 follow the directions in the 'How to Use' section. Cook for approximately 4 minutes.

## 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 tbs. (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' section.

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**<sup>®</sup>

**SALTON CANADA**

Customer Service Department  
81A Brunswick, Dollard-des-Ormeaux,  
Quebec, Canada H9B 2J5  
website: [www.salton.com](http://www.salton.com)

E-mail: [service@salton.com](mailto: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.