

salton®

Health Grill



Instruction Booklet
Model HG-1025

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. 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 unit when it is still hot.
12. Prior to connecting or disconnecting plug from wall outlet, turn any control to 'Off'.
13. This appliance is for Household Use Only. Do not use appliance for other than its intended use.
14. Do not leave unit unattended while in use.
15. Do not touch the metallic parts of the unit while the appliance is operating. These can become very hot.
16. Always unplug grill immediately after using and allow to cool before cleaning and storing.
17. Always place grill on a heat resistant surface.
18. Never place anything between the grill plate and the food i.e.: dish, aluminum foil, etc.
19. **CAUTION:** This appliance generates heat during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to property caused by touching the sides or top while in use or during cooling.

SAVE THESE INSTRUCTIONS

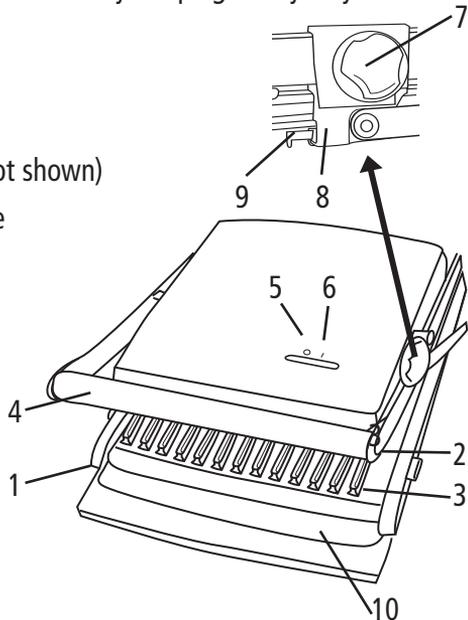
HOUSEHOLD USE ONLY

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 (not shown)
3. Bottom Removable Grill Plate
4. Handle
5. Red 'Power' Light
6. Green 'Ready' Light
7. Top Plate Adjustment Knob
8. Storage Lock Plate
9. Locking Tab
10. Drip Tray



BEFORE FIRST USE

1. Carefully unpack your Salton Health Grill. Remove all packaging materials.
2. Place the Grill on a flat, level surface close to a 120 volt wall outlet. Unlock the Storage Lock (see the Care and Cleaning section) and open the Grill Lid.
3. Remove the Grill Plates and Drip Tray and wash in warm soapy water. (To remove the Grill Plates and Drip Tray, see the Care and Cleaning section).
4. Rinse and dry. Replace the Grill Plates and Drip Tray. **NOTE: DO NOT** use the Grill without the Grill Plates and Drip Tray in position.

5. Wipe the outside of the Grill Housing with a soft damp cloth. NEVER immerse the Grill Housing, power cord and plug in water or any other liquid.
6. Close the Grill.
7. Plug into the wall outlet and heat for 10 minutes. This will burn off any residue left 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

Grilling

1. Place your Salton Grill on a flat dry surface close to a 120 volt wall outlet.
2. Slide 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, the Red 'Power' Light will illuminate. As soon as the Grill is plugged into the wall outlet it will start to heat up. When the Green 'Ready' Light comes on, the Grill has reached the correct temperature to start cooking.
4. Open the Grill and place food on the Bottom Grill Plate. Close the Lid and press down gently. **NOTE:** The Green 'Ready' Light will turn 'On' and 'Off' as the Grill cycles to keep the correct cooking temperature.
5. The Grill should only be used with the lid closed. If you do not want the Top Cooking Plate resting on the food, hold the lid in the desired position and with the other hand, turn the Top Plate Adjustment Knob clockwise until tight and the Top Plate will remain at the desired height.
6. 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 edges. 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 until the Green 'Ready' Light illuminates.
2. Use boneless meat and poultry for even browning.
3. Place thicker pieces of meat toward the back edge 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

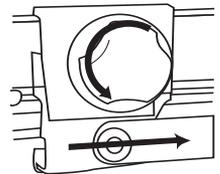
1. Unplug the Grill from the wall outlet and allow it to cool completely.
2. Remove the Drip Tray and dispose of waste. The Drip Tray can be washed in warm soapy water, rinsed and dried or placed on the top rack of the dishwasher.
3. Remove the Grill Plates and wash in warm soapy water. Rinse and dry.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

Storage Lock

The storage lock must be unlocked before using the Grill otherwise the Lid cannot be opened. When storing or transporting the Grill, the Storage Lock must be locked.

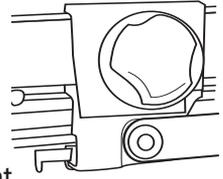
To Unlock

1. Turn the Top Plate Adjustment Knob counter-clockwise.
2. When the knob begins to loosen, slide the Storage Lock Plate towards the back of the Grill.
3. The lid can now be opened.



To Lock

1. Close the Lid.
2. Slide the Storage Lock Plate to the front of the Grill, covering the Locking Tab.
3. Turn the Top Plate Adjusting Knob clockwise until tight.



Top Plate Adjusting Knob

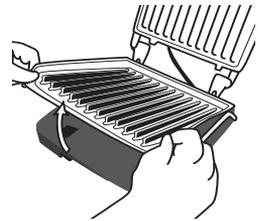
To adjust the height of the Top Grilling Plate while cooking, place food on grill. Lower the Top Grill Plate to the desired height. With your right hand, turn the Top Plate Adjusting Knob clockwise until tight. If you wish to raise or lower the Top Plate, turn the Top Plate Adjusting Knob counterclockwise to loosen and move the Top Plate.



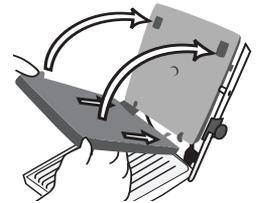
Removing the Grill Plates

NOTE: Never remove the Grill Plates when the Grill is hot.

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

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 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' section. Baste frequently.

Turkey and Cheese Sandwich

Spread 2 tbsp. mayonnaise on a whole wheat roll. Layer with sliced or shaved smoked turkey, 2 slices of mozzarella cheese and tomato slices. To toast, follow the directions in the 'How to Use' section.

Tuna Delight

Drain 1 can of tuna. Chop 2 tbsp. (30 ml) hot peppers and 2 tbsp. (30 ml) black olives. Mix tuna, peppers, olives and 2 tbsp. (30 ml) mayonnaise. Spread on a focaccia bread. To toast, follow the directions in the 'How to Use' section.

Veggie Sandwich

Mix 1/4 cup (85 ml) mayonnaise with 1 clove minced garlic. Spread mixture on 3 – 4 split Kaiser rolls. Layer with grilled vegetables, lettuce and tomato. Cover with top of roll. To toast, follow the directions in the 'How to Use' section.

Roast Beef Sandwich

Cut a baguette into sandwich size lengths, about 6" (15 cm). Split lengthwise and spread both pieces with mustard. Layer one side with sliced roast beef, Swiss cheese, red onion rings and lettuce. Cover with top of bread. To toast, follow the directions in the 'How to Use' section.

Italian Sausage Sandwich

Split soft bread rolls in half lengthwise. Fill each roll with cooked Italian sausage, roasted red peppers and a slice of mozzarella cheese. To heat, follow the directions in the 'How to Use' section.

Chicken Pita Sandwich

Split pitas to form pockets. Fill with grilled chicken breast slices, tzatziki sauce, lettuce and tomatoes. Do not overfill. To heat, follow the directions in the 'How to Use' section.

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.

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