

salton®

INDOOR HEALTH GRILL

MODEL SCG-4

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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.
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.

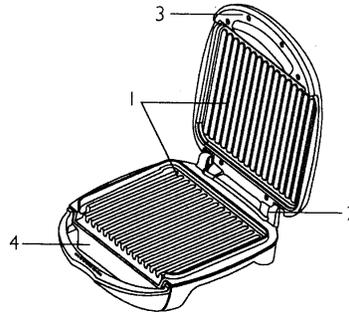
SAVE THESE INSTRUCTIONS

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. Top and Bottom Ribbed Grills
2. Hinge
3. Handle
4. Drip Tray
5. Indicator Lights (not shown)



BEFORE FIRST USE

Wash all cooking surfaces with a cloth dampened in warm soapy water to remove any residue from the manufacturing process.

Season all cooking surfaces with a light coating of vegetable oil. Remove excess with a paper towel.

HOW TO USE

Place your Salton Indoor Health Grill on a flat heat resistant surface close to a 120 volt wall outlet. Place the Drip Tray in the space provided at the front of the Grill. Plug into outlet. The red 'power' Indicator Light will glow. With the grill in the closed position preheat until the green 'Ready' Indicator Light comes on. Carefully place food on the cooking surface. Use care as some foods may 'spit' hot oil. The hinge will adjust to the thickness of the food. Cook until done to your taste. Check progress regularly as food is being cooked rapidly from both top and bottom. When cooking is completed, remove food and unplug the Grill.

NOTE:

1. The Grill may give off a small amount of smoke and odour when being used for the first time. This is normal and will disappear after the first use.
2. Do not use metal utensils as they can scratch the non-stick surface.
3. Meat, vegetables, etc. of the same thickness should be cooked at one time.
4. The bone on chops etc. should not be thicker than any part of the meat. The top grill must come in contact with the top surface of the meat. We suggest that you turn the meat during the cooking process if the top grill is not making contact.

TIME CHART FOR GRILLING

Food	Time (in minutes)
Beef steak 1/2" - 3/4" thick (12-19 mm) 1" - 1-1/2" thick (25-38 mm)	5 - 6 7 - 11
Hamburgers 4 oz. (112 grams) 8 oz. (224 grams)	5 - 7 8-10
Ham slices Fully cooked 1" thick (12 ml)	4 - 5
Chicken Breast half, without skin Thigh, without skin (increase cooking time for pieces with skin)	5 - 7 3 - 4
Fish Steaks, 1" (25 mm) thick Filletts, 1/2" (12 mm) thick	12 - 13 4 - 5
Panini Sandwiches	2 - 3
Tomato slice 1" (25 mm) thick	1 - 2
Onion slice 1/2" (12 mm) thick	4 - 6

CARE AND CLEANING

1. Unplug grill from outlet and let cool.
2. Remove the Drip Tray and remove waste. Wash in warm soapy or in the dishwasher.
3. Wipe the non-stick finish with a cloth or sponge dampened in warm soapy water. For stubborn spots use a plastic mesh pad, nylon brush or other products that are 'safe for cleaning non-stick surfaces'. Wipe with a clean cloth and allow to dry thoroughly.
4. Wipe the outside of the Grill with a cloth dampened in warm soapy water. NEVER IMMERSSE THE GRILL IN WATER OR ANY OTHER LIQUID.
5. The handle at the front of the grill is for raising the lid only. When the Grill is cool it may be moved by grasping the closed unit on both sides.

RECIPES

HAMBURGERS

1lb (450g) minced steak
salt and pepper
1 tbsp. (15 ml) finely diced green pepper
2 tbsp. (30 ml) finely diced onion
pinch of 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 4 oz. patties. Roll in plain flour and cook for about 5 - 7 minutes. Increase cooking time if patties are made large and 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 or 1 teaspoon (5 ml) dried
6 boneless chicken breasts

Mix first 5 ingredients together. Add chicken breasts and marinade for at least two hours, turning frequently.
Preheat Grill. Place on grill and cook for approximately 5 - 7 minutes. Baste often during cooking.

GRILLED VEGETABLES

1/2" (12 mm) 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. 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

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. Baste frequently and check for doneness. Fish should flake easily with a fork.

GRILLED CHICKEN PANINI SANDWICHES

2 soft bread buns

slices of cooked chicken

slices of roasted red peppers

2 slices of mozzarella cheese

slices of grilled mushrooms

Split bread buns in half lengthwise. Stuff with chicken, peppers, cheese and mushrooms. Preheat grill. Add sandwiches and grill until hot.

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 of the grounding-type 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 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 that period these defects will be repaired or the product will be replaced at SALTON's option without charge. 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 RETURN FOR SERVICE

1. Securely package and return the product PREPAID to: SALTON CANADA, 81A Brunswick, Dollard-des-Ormeaux, Quebec, H9B 2J5
2. Be sure to enclose your name, address, postal code and description of defect.
3. To ensure prompt "In-Warranty" service, be sure to include a proof of purchase. We recommend you take the necessary precaution of insuring the parcel.
4. For repairs not covered by the Warranty, you will be advised of the cost of repair in advance, and upon receipt of your cheque or money order, the repairs will be completed and the product returned to you.

Salton® **SALTON CANADA**
Salton 81A Brunswick
Salton Dollard-des-Ormeaux
 Quebec H9B 2J5
 Website: www.salton.com
 Service: service@salton.com