



**salton®**

**health grill**



## **Instruction Booklet**

Model: HG1764

# IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.
3. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.
4. **DO NOT** operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Check appliance regularly. Return appliance to the manufacturer for examination, repair or electrical or mechanical adjustment. All servicing, other than cleaning, should be performed by an authorized service representative. See Warranty section. The use of accessories or attachments not recommended may cause hazards.
5. To protect against electrical hazards, do not immerse cord, plugs, or the appliance in water or other liquid. Do not allow the cord to touch any hot parts of the grill.
6. Always operate the grill on a heat resistant, even and stable surface. Do not place close to the wall or any flammable materials.
7. **DO NOT** bend the power cord or wrap it around the appliance.
8. **DO NOT** use accessories or attachments other than those supplied by the manufacturer.
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. **DO NOT** touch hot surfaces. Use handles or knobs.
12. **DO NOT** move the grill during cooking or before cooling.
13. **DO NOT** leave unit unattended while in use.
14. **DO NOT** use outdoors.
15. 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.
16. Prior to connecting or disconnecting plug from wall outlet, turn any control to "off".
17. This appliance is for Household Use Only. Do not use appliance for other than its intended use.

18. **CAUTION:** Never place anything between the grill plate and the food i.e.: aluminum foil, heat proof dishes, etc. This may cause a build-up of heat inside the grill and may cause damage.
19. **CAUTION:** To avoid overheating, food should never be covered by any solid or flexible material such as an aluminum tray, aluminum foil or trays made of other heat resistant material.
20. Before using the Grill always check that the heating element is correctly installed in the body. Do not connect to the wall outlet until the Drip Tray has been filled to the MAX line with water.
21. Extreme caution must be used when moving an appliance containing hot liquids. Do not move the unit when it is still hot.
22. **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.
23. **DO NOT** use charcoal or any other solid or liquid fuel to operate the grill.
24. **NEVER** use the Grill without having filled the Drip Tray to the MAX line with water. There should be enough water to last approximately 1 hour, depending on the grill temperature.  
NOTE: The water level will decrease during cooking. Add water when the level is low and ensure not to splash water onto the Control Panel/Element.
25. The Grill will be hot during use. Only touch the protected Temperature Knob area to set the cooking temperature. When handling food on the Grill always use tongs or a spatula. Never use metal utensils.
26. **NEVER** operate the Grill unless all parts have been assembled. When the Control Panel/Element is detached from the Grill never plug it into the wall outlet. Serious burns may occur.

## SAVE THESE INSTRUCTIONS

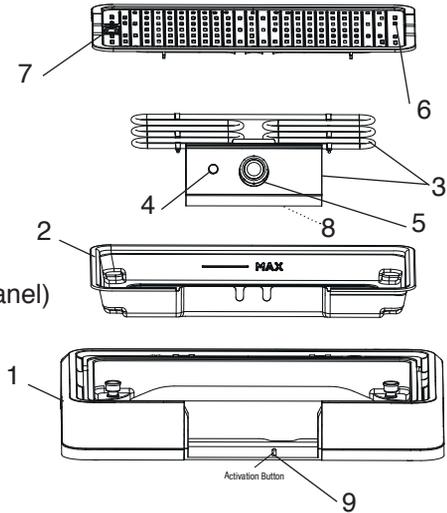
### HOUSEHOLD USE ONLY

#### 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. Base
2. Drip Tray
3. Control panel / Element
4. Indicator Light
5. Temperature Control Knob
6. Grill Plate
7. Water Refill Hole
8. Safety Switch (under control panel)
9. Activation Button



## BEFORE FIRST USE

1. Read all instructions carefully and keep them for future reference.
2. Remove all packaging, labels, etc.
3. Wipe the Control Panel/Element with a damp cloth. Ensure that water does not enter the Control Panel during cleaning. Dry with a soft cloth.  
**IMPORTANT: NEVER IMMERSE THE CONTROL PANEL/ ELEMENT OR POWER CORD IN WATER OR ANY OTHER LIQUID.**
4. Wash the Grill Plate, Base and Drip Tray in warm soapy water to remove any residue from the manufacturing process. Dry all parts thoroughly with a soft cloth.  
NOTE: Never use any metal objects, scouring pads or harsh abrasive cleansers to clean any part of the Grill.  
NOTE: The Grill Plate and Drip Tray are dishwasher safe.
5. Before using the Grill Plate for the first time, it must 'seasoned' by brushing with a small amount of oil, butter or margarine. Allow it to remain on the Grill Plate for a few minutes then wipe off excess with a paper towel.
6. Follow the instructions in the Assembly section to assemble the Grill.
7. Once the Base and Drip Tray are assembled, fill the Drip Tray to the MAX line with water. Then assemble Control Panel/Element and Grill Plate.
8. Place the Grill on a flat surface, close to a 120 volt wall outlet in a well ventilated area. Place the Grill a minimum of 30 cm (12") away from walls and any flammable surfaces.
9. Turn the Temperature Control to the highest setting (#5). Leave on for 5 minutes to burn off any manufacturing oils and the oil from the seasoned Grill Plate.  
NOTE: The First Time Use process may create a little smoke.

## **ASSEMBLY**

1. Place the Drip Tray on the supports on the inside of the Base.
2. Place the Power Cord in the space between the Drip Tray and the Base. There is a notch in the Base so the power cord will not interfere with fitting the top and bottom of the Control Panel even with the top and bottom of the Base. The power cord should be positioned so it will come out under the side or back of the Grill.

NOTE: If the Control Panel does not fit even with the top and bottom of the Base, the Activation Switch will not engage and the Grill will not turn on.

3. Place the Grill Plate so it completely covers the Drip Tray. There are Grill Plate Supports underneath the Grill Plate.

## **HOW TO USE**

1. Place the Grill on a flat surface, close to a 120 volt wall outlet in a well ventilated area. Keep the Grill a minimum of 30 cm (12") away from walls and any flammable surfaces.
2. Follow the Assembly and First Time Use instructions.
3. Ensure the Drip Tray is filled to the MAX line with water. NEVER move the Grill during cooking. The water in the Drip Tray will be hot.
4. Plug into the wall outlet.
5. Turn the Control Knob to the desired setting. The indicator light will illuminate. When the Indicator Light goes out, the Grill is preheated. This will be approximately 5 minutes on the highest setting.

NOTE: The Indicator Light and will cycle on and off as the grill maintains the chosen temperature.

6. Place the food on the grilling surface.
7. The water level in the Drip Tray decreases during cooking. The MAX amount of water is good for approximately one hour of grilling time. The water level can be checked by looking through the Water Refill Hole. If additional water is needed pour water slowly through the Water Refill Hole. Ensure that water does not splash onto the Control Panel/Element.
8. When finished cooking, turn the Control Knob to Off position and unplug from the wall outlet.
9. Allow the Grill to cool completely before disassembly and cleaning.

### **Grill Temperatures Settings:**

- 1 - 100°C / 212°F - Low setting
- 2 - 140°C / 284°F - Medium low setting
- 3 - 170°C / 338°F - Medium setting
- 4 - 200°C / 392°F - Medium high setting
- 5 - 220°C / 428°F - High setting

## COOKING GUIDES

The following table is a guide. The amount of time depends upon the thickness and desired degree of doneness of food.

### Grill Temperature Chart

| Food                     | Temperature   |
|--------------------------|---------------|
| Chicken breast, boneless | 170°C (338°F) |
| Chops: Lamb, Pork, Veal  | 170°C (338°F) |
| Fish                     | 170°C (338°F) |
| Hamburgers               | 200°C (392°F) |
| Shrimp                   | 170°C (338°F) |
| Spare ribs               | 170°C (338°F) |
| Steak                    | 220°C (428°F) |
| Vegetables               | 220°C (428°F) |

### Internal Temperature Guide

It is recommended meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed.

| Food                          | Suggested Internal Temperature              |
|-------------------------------|---|
| Ground Turkey/Chicken         | 74°C (165°F)                                |
| Ground Beef, Lamb, Pork, Veal | 71°C (160°F)                                |
| Whole Turkey/Chicken          | 82°C (180°F)<br>77°C (170°F) for the breast |
| Goose and Duck                | 82°C (180°F)                                |
| Fresh Beef, Veal, Lamb        | 63°C (145°F)                                |
| Fresh Pork                    | 71°C (160°F)                                |
| Re-heating meat & poultry     | 74°C (165°F)                                |

## HELPFUL HINTS

1. For best browning results and grill marks when cooking hamburgers, steaks, hot dogs, sausages, chicken and other meats, adjust the Temperature Control to the highest setting.
2. Use a low or medium low setting to reheat previously cooked foods or to keep food warm.
3. Cook delicate foods such as fish on the medium setting.

4. If desired when grilling, brush barbecue sauce on food during the last 5 – 10 minutes of cooking.
5. Par-boil ribs before grilling.
6. For best results, it is recommended to use a paper towel and dry meat or poultry before grilling.
7. Do not operate the Grill for longer than 3 hours. If longer use is necessary, unplug from the wall outlet and allow to cool for approximately 30 minutes. Dispose of any waste from the Drip Tray before reusing.
8. To avoid transfer of bacteria from raw foods always use separate utensils and dishes when handling raw and cooked foods.
9. Do not use metal utensils on the Grill Plate as they may scratch the non-stick surface. Use plastic or rubber utensils. Do not cut food on the Grill Plate.

## CARE AND CLEANING

1. Turn the Temperature Control Knob to the Off position and unplug the Grill from the wall outlet.
2. Allow all parts of the Grill to cool completely, including the contents in the Drip Tray.
3. Remove the Grill Plate.
4. Remove the Control Panel / Element. Wipe the Control Panel / Element with a damp cloth. **NEVER IMMERSER THE CONTROL PANEL / ELEMENT OR THE POWER CORD IN WATER OR ANY OTHER LIQUID.**
5. Remove the Drip Tray and dispose of waste.
6. The Base, Drip Tray and Grill Plate can be washed in warm soapy water or the Drip Tray and Grill Plate can be placed in the dishwasher. **NOTE:** For stubborn spots on the Grill Plate, use a soft plastic mesh pad. Rinse with clear water and dry thoroughly. Never use any metal objects, scouring pads or harsh abrasive cleansers on any part of the Grill.
7. All servicing, other than cleaning, should be performed by an authorized service representative. See Warranty section.

## 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.

## The Perfect Hamburger

|                 |                                   |
|-----------------|-----------------------------------|
| 450g (1lb)      | ground beef                       |
|                 | salt and pepper                   |
| 15 ml (1 tbsp.) | finely diced green pepper         |
| 30 ml (2 tbsp.) | finely diced onion                |
| 15 ml (1 tbsp.) | Worcestershire sauce              |
| 30 ml (2 tbsp.) | fresh bread crumbs or rolled oats |
| 1               | egg                               |
| 15 ml (1 tbsp.) | finely chopped parsley            |

1. Follow directions in the 'How to Use' section.
2. Preheat Grill.
3. Brush with oil if desired.
4. Mix all ingredients together and shape into patties of equal size.
5. Cook for about 3-5 minutes each side or until the internal temperature reaches 71°C /160°F (for medium).

Increase cooking time if the hamburger patties are thick.

## Easy Barbecue Chicken

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

1. Mix first 5 ingredients together.
2. Add chicken breasts and marinade for at least two hours, turning frequently.
3. Follow directions in the 'How to Use' section.
4. Preheat Grill.

Cook until the internal temperature reaches 74°C (165°F).  
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.

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

1. Follow directions in the 'How to Use' section.
2. Preheat Grill.
3. Mix olive oil, balsamic vinegar and soya sauce.
4. Toss vegetables in mixture.
5. Place on Grill.

Cook for approximately 4 minutes.

## Herb Grilled Salmon Fillets

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

Lemon Dill Marinade:

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

1. Cut salmon into 4 pieces.
2. Whisk marinade ingredients together in a shallow baking dish.
3. Add fillets, cover and marinate for up to 30 minutes in the refrigerator.
4. Follow the directions in the 'How to Use' section.
5. Preheat Grill.
6. Place salmon on Grill.
7. Baste frequently.

## Grilled Tuna Tataki With Asian Sesame Crust

|                  |   |
|------------------|---|
| 170 g (4 6 oz.)  | tuna steaks                                   |
| 125 ml (1/2 cup) | low-sodium soy sauce                          |
| 60 ml (1/4 cup)  | chopped scallions, white and light green part |
| 30 ml (2 tbsp.)  | fresh lemon juice                             |
| 5 ml (1 tsp.)    | sesame oil                                    |

|                   |  |
|-------------------|--|
| 5 ml (1 tsp.)     | grated fresh ginger                                      |
| 125 ml (1/2 cup)  | sesame seeds, white and black combined,<br>or white only |
| 2.5 ml (1/2 tsp.) | cornstarch   |

1. In a large zip-loc bag, combine the soy sauce, chopped scallions, lemon juice, sesame oil and fresh ginger. Seal the bag and shake until the mixture is well combined. Add the tuna steaks and turn in the bag to coat them completely with the marinade.
2. Press the excess air out of the bag, seal and let marinate in the refrigerator for about 20 minutes.
3. Coat the grill lightly with oil or a non-stick spray.
4. Preheat your grill to the highest temperature setting.
5. Place the sesame seeds on a plate or a shallow dish.
6. Remove the tuna steaks from the bag, brushing the scallions off the steaks and reserving the marinade.
7. Coat the tuna steaks in the sesame seeds on all sides, pressing the seeds into the steak so they'll stick.
8. Follow the directions in the 'How to Use' section.
9. Place the tuna steaks on the grill.
10. Grill for about 3 minutes (longer if you prefer your tuna cooked through).
11. Use tongs to flip the tuna steaks and cook for 3 minutes on the other side.
12. Remove from grill and keep warm.
13. Pour the marinade into a small saucepan and bring to a boil. Add the cornstarch and stir with a whisk. Cook for about 3 to 4 minutes, until the sauce thickens.
14. To serve, slice the tuna steaks diagonally into thin slices. Fan the slices on a plate and drizzle with the sauce.

### **Herb Grilled Sweet Potato Fries**

|                 |   |
|-----------------|---|
| 6               | large sweet potatoes                    |
| Pinch           | salt                                    |
| 75 ml (5 tbsp.) | olive oil                               |
| 10 ml (2 tsp.)  | garlic powder                           |
| 10 ml (2 tsp.)  | oregano                                 |
| 10 ml (2 tsp.)  | finely chopped fresh thyme leaves       |
| 30 ml (2 tbsp.) | fresh flat-leaf parsley, finely chopped |

1. Place the potatoes in a large pot of cold water, add 10 ml (2 tsp.) of salt and cook until potatoes are tender, but still firm, about 15 minutes.

Drain and let cool slightly.

2. While the potatoes are cooling, combine 30 ml (2 tbsp.) of the oil, the garlic, oregano and thyme in a bowl. Toss the cooled potatoes with the mixture.
3. Slice each potato in half lengthwise then slice each half into 3 or 4 wedges, depending on the size.
4. Brush the wedges with the remaining 45 ml (3 tbsp.) of oil and season with salt.
5. Follow the directions in the 'How to Use' section. Preheat the grill on high.
6. Grill potatoes until lightly golden brown and just cooked through, about 6 minutes.
7. Remove to a platter and immediately toss with the remaining oil mixture and chopped parsley.

### **Grilled Pork Tenderloin With Apricot Glaze**

2 pork tenderloins, trim fat and silver skin

#### **BBQ Rub**

|                   |                   |
|-------------------|-------------------|
| 15 ml (1 tbsp.)   | paprika           |
| 10 ml (2 tsp.)    | salt              |
| 5 ml (1 tsp.)     | black pepper      |
| 5 ml (1 tsp.)     | ground rosemary   |
| 2.5 ml (1/2 tsp.) | granulated garlic |

#### **Apricot Glaze**

|                  |                      |
|------------------|----------------------|
| 150 ml (2/3 cup) | apricot jam          |
| 70 ml (1/2 cup)  | rice vinegar         |
| 1                | clove garlic, minced |
| 5 ml (1 tsp.)    | fine brown sugar     |
| 5 ml (1 tsp.)    | honey                |
| 5 ml (1 tsp.)    | reserved BBQ Rub     |

1. For the BBQ rub, stir all the dry ingredients together. Set aside 5 ml (1 tsp.) of this for the glaze.
2. Follow the directions in the 'How to Use' section. Preheat the grill on 170°C (338°F)
3. Rub the two pork tenderloins with the BBQ rub and grill until they reach an internal temperature of 71°C (160°F), turning the pork occasionally.
4. While the pork is grilling, prepare the glaze.

## Apricot Glaze

1. Heat all ingredients over medium heat, whisking until evenly blended.
2. During the last 10 minutes of grilling, baste the pork generously with the glaze.
3. Any remaining glaze can be returned to a simmer and then used as a sauce.
4. To serve, let the pork rest for 10 minutes before slicing and serving.

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**

**\*\*The original sales receipt is the only acceptable proof of purchase\*\***

Salton Appliances (1985) Corp. warrants that this appliance shall be free from defects in material and workmanship for a period of five (5) years from the date of original purchase. Salton Appliances (1985) Corp., at its sole discretion during this warranty period, will repair or replace a defective product or issue a refund. Any refund to the purchaser will be at a pro-rated value based on the remaining period of the warranty. All liability is limited to the amount of the purchase price. 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, improper maintenance, use contrary to the operating instructions or commercial use. This warranty is not available to retailers or other commercial purchasers or owners.

This warranty does not include the cost of shipping, which is to be borne by the customer.

**TO OBTAIN PROMPT WARRANTY SERVICE:**

Contact one of our many Service Centers found on our website  
www.salton.com/customer-care

or

Securely package and return the appliance to us. Please enclose:

- Original proof of purchase
- The completed form below with a \$12.50 Return Shipping & Handling fee – either a cheque, money order or credit card (A personal cheque will delay return shipping by 2-3 weeks)

For added protection, we suggest that you use an insured delivery service with tracking information when returning your product. Salton Appliances (1985) Corp. will not be held responsible for in-transit damage or for packages that are not received

This warranty does not include the cost of shipping, which is to be borne by the customer.

.....

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov/State \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Daytime Phone No. \_\_\_\_\_ Email \_\_\_\_\_

Product defect: \_\_\_\_\_

Type of payment      Cheque/Money Order       Visa       MasterCard

Name on card \_\_\_\_\_ Expiry Date \_\_\_\_\_ CSV No \_\_\_\_\_

Card No. \_\_\_\_\_

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