

# AROMA®

## Health Grill



### Instruction Manual & Recipes

*Model: AHG-1435*

# IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Read all Instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse electrical cord 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 the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock or injury.
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 burner or in a heated oven.
11. Extreme caution must be used when using or moving an appliance containing hot oil or other hot liquids.
12. Do not use the appliance for other than intended use.
13. Always attach plug to appliance first, and then plug cord into the wall outlet. To disconnect, turn temperature control to "OFF" then remove plug from wall outlet.
14. Do not use on plastic or synthetic tablecloths or any unstable place or by flammable goods.

**SAVE THESE INSTRUCTIONS**

## **ADDITIONAL IMPORTANT SAFEGUARDS**

1. Never impact this unit or drop from high place.
2. DO NOT touch grill surface while in use or before cool down, even when the power is switched to the "OFF" position.
3. DO NOT unplug the Temperature Control before the unit cools down.
4. DO NOT use metal utensils, as they will scratch the non-stick coating.

**This appliance is intended for Household Use Only.**

**SAVE THESE INSTRUCTIONS**

## SHORT CORD INSTRUCTIONS

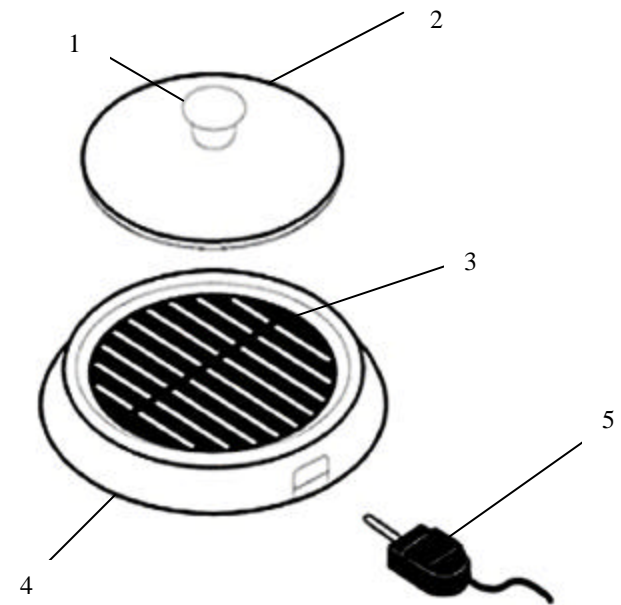
1. A short detachable power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
3. If a longer detachable power-supply cord or extension cord is used:
  - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
  - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally, the extension cord should be a grounding-type 3-wire cord.

## POLARIZED PLUG

If this appliance has a **polarized plug** (one blade is wider than the other), follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

## PARTS IDENTIFICATION



1. Cool-Touch Knob
2. Dome Tempered Glass Lid
3. Non-stick Grilling Surface
4. Cool-Touch Body / Grill Base
5. Temperature Control Probe

## HOW TO USE

### **ASSEMBLE LID KNOB BEFORE PLACING LID ON GRILL.**

1. Position the knob guard (flat piece) over the hole in the lid. On the underneath side of the lid, push the screw through the hole, and then attach the knob onto the screw.
2. Periodically tighten screw if needed.

### CONNECTING PLUG:

1. Place the cooking pan into the base unit with control receptacle in the opening.
2. Push down until you hear the cooking pan snap into place. Make sure the pan is locked securely into the base.

### **PROCEED WITH THE FOLLOWING INSTRUCTIONS:**

#### 1. PLUG THE UNIT IN:

- a. Place the cooking pan into the plastic base with the control receptacle in the opening.
- b. Push the cooking pan down until you hear it snap into place. Make sure the cooking pan is locked securely in the base.
- c. Plug the temperature controller into the socket.
- d. Plug the cord into a standard 110/120-voltage outlet.

#### 2. SET THE TEMPERATURE:

- a. Turn the temperature controller to the desired setting, the light will come on indicating the power is on, and will go off when the skillet is heated to the selected temperature.

#### 3. COOKING:

With the lid on, preheat the grill for 5-10 minutes, and remove lid.

- a. Start cooking once the indicator light goes off.
- b. It takes approximately 8 minutes to reach the maximum temperature selection.
- c. Cook food to desired doneness.
- d. Instructions for steaming: add about 1/3 cup of water on the grill surface. Place food in the center of the grill surface. Set the

temperature control to 425° F and cover with glass lid. Do not leave the grill unattended when steaming is in process; add more water if needed. Be cautious of the hot steam escaping from the grill when removing the lid.

4. **AFTER USE:**

- a. Turn to "OFF", and unplug the cord from the wall outlet.
- b. After cooling completely, unplug the temperature controller.

**NOTE:**

The temperature controller has continuous number settings from 0-425°F degrees. The suggested cooking temperature listed in the recipes can be adjusted to achieve the results you prefer. The recipe cooking times will vary with size and weight of food, temperature selection and desired doneness.

**HELPFUL HINTS:**

The non-stick cooking surface allows you to cook a variety of foods with little or no additional cooking oil. To drain excess fat or drippings, use a small spoon. DO NOT pour fat or drippings directly from skillet. When using very lean ground meats such as, turkey, chicken, ground chuck or round they do not need to be drained.

**RECOMMENDED COOKING UTENSILS:**

Only use wood, nylon or heatproof plastic utensils. Do not use metal utensils because it may scratch the non-stick surface of your appliance.

**CAUTION:**

Do not cut any food while still in pan, as this will damage the non-stick-cooking surface. Remove food with large spatula to a cutting board or surface.

## COOKING GUIDE

Food Item	Cooking Time	Temperature
Salmon/Fish	15-20 minutes	300° F
Bacon	15-20 minutes	275° F
Sausage Links	20 minutes	275° F
Hamburger	15-20 minutes	325° F
Hotdogs	15 minutes	300° F
Chicken Breast	15-20 minutes each side	325° F
Bone in Pork Chops	10-12 minutes each side	300° F
Steak (rare)	6 minutes each side	350° F
Steak (well done)	6-8 minutes each side	350° F
Lamb Cutlets	6-7 minutes each side	325° F

### Notes:

- Meats and fish are based on  $\frac{3}{4}$  inch thickness.
- Tips for cooking All Meats: cook at high temperature of 350° F to brown each side and turn down to 275° F to continue cooking it to reach your desired doneness.
- Tips for cooking Pork: It is recommended to bread pork first and cook on health grill to reserve its juices.
- This cooking chart is for reference only. Times and temperatures settings may vary upon your desired doneness .



## HOW TO CLEAN

1. Before you start cleaning, turn off the temperature control. Unplug the grill from the wall outlet, allow to cool. Unplug the temperature control from grill.
2. Do not start any cleaning or grease disposal before the grill is completely cool.
3. Dispose of grease left on the grill surface after cooking by using a plastic spoon. Do not pour the grease directly from the grill pan.
4. Gently release the grill pan from the cool-touch base by sliding it out.
5. Wash the grill pan and base with warm soapy water using a soft cloth or sponge.
6. Rinse the grill with water and wipe it dry with soft cloth or paper towel.

### CAUTION:

- Do not use abrasive cleaners or cleaning pads when cleaning the product as it may damage the non-stick cooking surface of the grill and the finish of cool-touch grill base.
- Always wait for the product to be completely cool before starting to clean it.
- Do not immerse the cord or plug of the grill in any liquid for cleaning.

# RECIPES



*The AROMA Health Grill is perfect for cooking many of your favorite Barbecue recipes. Try it!*

## **ITALIAN CHICKEN GRILL DELIGHT**

- 4 skinless chicken breast, about 4 1/2 oz. each
- ¼ cup chopped white onion
- ¼ cup chopped fresh rosemary
- 1tbsp sun dried tomato chips (in ¼ inch pieces)
- 1tsp grated fresh lemon peel
- ½ tsp cornstarch
- ½ tsp pepper and salt
- 4 tbsp Canola oil

To prepare the marinate for chicken breasts: Combine grated lemon, Canola oil, onion, rosemary, sun dried tomato and salt in a medium bowl. Marinate chicken breasts in the bowl and rub the chicken with the mixture. Place the bowl in the refrigerator for about 30 minutes.

Heat grill to 375° F degrees (190°C). Take the marinated chicken from the refrigerator, rub the chicken with cornstarch. Lightly oil the grill surface with cooking spray. Reserve the marinate mixture. Grill the chicken for about 10-12 minutes on one side. Brush with the reserved marinate when desired. Sprinkle the chicken breast with pepper. Chicken is done when meat is pierced with a fork and juices run clear. Serve with hot pasta.

## **BARBECUED BABY BACK RIBS**

- 2 sides baby back ribs, racks weigh 1 ¾ lbs.
- 2 cups spicy, thick barbecued sauce (commercial brand is ok)
- ½ tsp. salt
- 1tbsp honey

Cut each side of ribs to fit into the health grill, cut it into as few pieces as possible so that the more juices can be reserve in the rib after cooking. Marinate the ribs with 1 cup of spicy barbecue sauce and rub with salt.

Set the grill to 200° F. Place the ribs on the grill and cover with lid. Slowly grill for 9 hours. Turn the ribs to the other side after grilling for 4 hours. After cooking for 9 hours, check the doneness and tenderness of the ribs.

Set the temperature to 375° F, add one more cup of barbecue sauce to the rib and continue grilling for 20 minutes. Turn the ribs frequently to make it evenly grilled and covered with sauce. Serve hot with grilled corn-on-the-cob or grilled vegetables.

### **SIZZLING CAJUN FISH FILLET**

4 catfish fillet  
4 tsp Cajun seasoning  
2 tsp Tabasco sauce  
2 tsp melted vegetable margarine  
½ tsp salt  
½ tsp dry parsley

Heat grill to 375° F degrees (190°C). Pat fish fillet dry with paper towel. Mix the Cajun seasoning, Tabasco sauce, and parsley in a small bowl. Salt to taste. Sprinkle the Cajun seasoning evenly on the fillets, on both sides. Oil the pre-heated grill surface with margarine. Place fish fillets on the grill and cook for about 6 to 7 minutes on one side. Carefully turn to other side and cook for another 4 minutes. Serve hot with grilled or steamed vegetables. Makes 4 servings.

### **MUSHROOM CHICKEN STIR-FRY**

1lb boneless/skinless chicken breasts (cut into ¼ inch strips)  
1tbsp soy sauce  
2 tsp oyster sauce  
3tsp cornstarch  
1tsp grated fresh gingerroot (1/2 tsp if ground ginger)  
1 clove garlic (finely chopped)  
1 medium carrot, shredded  
10 oz. washed and sliced button mushrooms  
2tbsp vegetable oil  
2 cup hot cooked rice

In medium bowl, combine soy sauce, 1tsp cornstarch, gingerroot and garlic. Stir in chicken, cover and refrigerate 30 minutes. Shred carrot and cut it into 1 1/2 inch-wide thin slice.

Heat grill to 400° F degrees (200°C). Using 1 tablespoon of oil stir-fry chicken with marinade until chicken is white, then remove from grill. Add remaining tablespoon of oil, mushrooms and carrot; stir fry 2 to 3 minutes or until mushrooms are crispy but tender. Stir in chicken and oyster sauce, bring to boil stirring constantly for 30 seconds or until thickened. Makes 4 servings

### **LOW FAT BEEF TENDER**

1lb. lean, boneless round or sirloin steak (cut into 2 in strips)  
1tbsp vegetable oil  
1tsp soy sauce  
2tsp cornstarch  
½ tsp sugar  
¼ tsp white pepper  
2 green onions (2 inch pieces)  
1 bell pepper (1/8 inch strips)  
1tbsp ginger root (finely chopped)  
2 cloves garlic (finely chopped)  
2 tsp chili puree with garlic  
¾ cup carrot (shredded)  
1tbsp soy sauce

Trim excess fat from beef and cut strips across grain into 1/8 inch slices. Stack slices and cut into thin strips. Mix oil, 1tsp soy sauce, cornstarch, sugar and white pepper in a medium bowl; stir in beef. Cover and refrigerate 30 minutes.

Heat grill to 375° F degrees (190°C). Coat the grill surface with vegetable oil, add beef with marinade, ginger root and garlic; stir fry for 3 minutes or until beef is brown. Add bell pepper and chili puree, continue stir frying for 1 minute. Stir in onions, carrot and 1 tablespoon soy sauce continually stirring and cook for 30 seconds. Serve hot over rice. Makes 4 servings.

### **EASY BEEF FAJITA PITAS**

3 limes, juiced  
2 tbsp olive oil  
½ tsp ground cumin  
¼ tsp salt  
1 garlic clove, minced  
1/8 tsp black pepper  
1lb top round or skirt steak, thinly sliced to 1 1/2 inch length  
1cup fresh mushrooms, sliced  
3 tbsp fresh, chopped cilantro  
1 small onion, thinly sliced  
1 small green or red pepper, thinly sliced  
4 pita pockets, cut in half  
1 cup Monterey jack or cheddar cheese, shredded  
Guacamole, salsa, sour cream, chopped tomatoes, optional

Combine lime juice, 1 tbsp olive oil, cumin, salt, garlic and black pepper in a bowl. Add beef and allow to stand at room temperature for 30 minutes. Heat grill to 375° F degrees (190°C) add remaining 1 tbsp olive oil, onion, and green & red pepper, mushrooms and cilantro, stir gently. Cover and cook 1 to 2 minutes or until vegetables are tender. Remove vegetables and keep warm.

Cook beef and sauté for 7 to 9 minutes or until done. Meanwhile, preheat oven to 400° F degrees (200°C) and wrap pita pockets in aluminum foil. Spoon meat and vegetables into center of warm pita pocket, sprinkle with cheese and serve.

Garnish as desired, with guacamole, salsa, sour cream chopped tomatoes. Makes 6 servings.

### **FRENCH TOAST**

5 eggs  
1/3 cup milk  
1 tsp sugar  
½ tsp cinnamon  
½ tsp vanilla  
8 slices of bread

Cooking oil, butter or margarine (for cooking) powdered sugar, fruit, or syrup (optional toppings).

Heat grill to 300° F (149°C), and then lightly grease the grill surface with oil, margarine or butter.

Mix together all ingredients except oil and toppings. Dip bread into mixture coating both sides of bread, cook until bread turns golden brown. Top with powdered sugar, fruit topping or syrup.

Makes 4 servings.

## MAKING PIZZAS:



### TIPS FOR SUCCESSFUL PIZZA

#### Use you favorite crust

\*\*\*All recipes mentioned here are in this book.

- Always place crust in cold skillet.
- The California Pizza crust recipe is a simple basic crust. Start from a mix.
- When using a mix (about 6oz) you will need two packages to fill the grill.
- A pre-baked, ready-made pizza crust is best for recipes like vegetarian pizza.
- Mini pizza snacks can be made on toasted muffins as recommended in the quick and easy pizza snacks recipe.



- Pizza kit (20.5 oz) – store in the refrigerator. Place crust in grill and heat to 300°F degrees (149°C) cover and cook 5 minutes. Reduce the temperature to 250°F degrees (120°C) top with sauce and cheese, cover, cook 6 to 8 minutes more.
- For extra browning on thick crusts-prepare crust as directed and then flip crust over and put on the toppings, then reduce temperature to 250° F degrees (120°C) cover and cook until cheese melts.

**PREPACKAGED/PREMADE CRUST:**

**Frozen Pizza:** remove all paper or plastic packaging, place pizza in grill and set temperature to 250° F degrees (120°C), cook 15 to 25 minutes more or until cheese is melted.

**Refrigerated or deli-style:** remove all plastic or paper wrapping, leaving pizza in aluminum foil container, place in grill and set temperature to 300°F degrees (149°C), cover and cook 5 minutes. Reduce temperature to 250°F degrees (120°C), cover and cook until cheese is melted. Approximate cooking time at this temperature for an 8 inch (10.5-oz) is 10 to 12 minutes or until cheese is melted; for a 12 inch (11lb. 13oz) is 25 to 30 minutes or until cheese is melted.

**CALIFORNIA PIZZA**

1pkg	active dry yeast
½ cup	warm water
1 ½ tsp	sugar
½ tsp	salt
1tbsp	oil
1 1/2 cup	all-purpose flour
½ tsp	oregano
1tsp	butter or margarine, melted
1tsp	parmesan cheese (grated)
¾ cup	pizza sauce (bottled or your homemade recipe)
1 cup	mozzarella cheese (shredded)
1cup	black olives
1cup	fresh mushrooms
1cup	sliced pepperoni

Combine yeast, water, sugar, salt and oil in mixing bowl. Blend in flour and oregano, stir to mix well. Knead dough on lightly floured surface for 1 minute, cover and allow to rise 15 minutes. Put dough in grill and pat out evenly, brush top of crust and edges with melted butter. Sprinkle evenly with 2 tablespoons of grated Parmesan cheese.

Set temperature to 300° F degrees (149°C) cover and cook 5 minutes. Top with sauce, add black olives, mushrooms, pepperoni and sprinkle with remaining Parmesan and mozzarella cheese. Reduce temperature to 250° F degrees (120°C), cover and cook 10-12 minutes. Makes 6 servings

### **VEGETARIAN PIZZA**

2 tbsp	oil
4	cloves of garlic (minced)
4	medium tomatoes
1 16oz	ready-made pizza crust/or Italian bread shell
¼ cup	Parmesan cheese (grated)
1 cup	mozzarella cheese (shredded)

Heat skillet to 300°F degrees (149°C). Add oil and sauté onion stirring frequently until onion is golden brown. Add garlic, red pepper and zucchini, continue to sauté stirring frequently, 2 to 3 minutes or until pepper is crispy and tender. Remove vegetables from skillet. Meanwhile, combine ricotta cheese, parsley and thyme. Set aside.

Reduce temperature to 250°F degrees (120°C) and place bread shell in grill, topside down. Cover and heat 4 minutes, then turn the shell over. Spoon ricotta mixture over pizza crust/bread shell and sprinkle with Parmesan and mozzarella cheese. Spoon cooked vegetables over all, cover then cook 10 to 15 minutes, or until hot and the crust is crisp. Makes 6 servings.

### **QUICK AND EASY PIZZA SNACKS**

4	English muffins
½ cup	pizza sauce
1 cup	mozzarella cheese (shredded)
optional	add toppings of your choice

Preheat grill to 300°F. Split muffins apart with a fork and place cut side down in a single layer in the grill. Cover and cook 4 minutes. Reduce temperature to 150° degrees (66°C) then turn muffins over. Top muffins with 1 tablespoon each of, pizza sauce and cheese then add your favorite toppings. Cover and cook 5 minutes more. Makes 8 servings.



## STEAMING FOOD:



### TIPS FOR STEAMING

- When you steam food, always bring water to boil first.
- Watch closely the water level in the cooking pan to prevent it from boiling dry.
- Always be very cautious to the hot steam escaping from the grill when opening the lid. Use protective oven mitts.

■ Steaming is a great choice for chefs to cook fresh food, such as seafood and vegetables and preserves nutrients. Steamed food maintains its natural taste and the nutrition of food can be well retained.

### STEAMING CHART FOR FRESH VEGETABLES

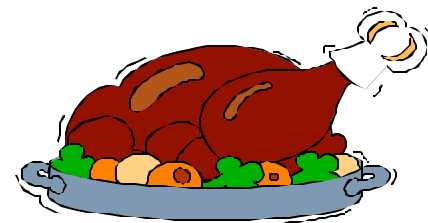
VEGETABLES	COOKING TIME (minutes)
Asparagus	8-10
Bean Sprouts	4-5
Beans, Green	10-12
Broccoli	10-12
Cabbage	10-12
Carrots	8-10
Cauliflower	12-14
Corn	8-10
Peas	8-10
String Beans	8-10
Squash	10-12
Zucchini	10-12

\*This cooking chart is for reference only. Slightly adjust the time when necessary.

### **STEAMED BEEF WITH BROCCOLI**

1/2 lb beef sliced thin against the grain  
2 tsp soy sauce  
1 tsp rice wine  
1/2 tsp sugar  
1 clove garlic, minced  
1 tsp cornstarch  
1 tsp minced ginger root  
1 tsp sesame seed oil  
1 tsp oyster sauce  
1 cup broccoli florets

Combine sliced beef with marinade in a bowl. Pour the proper amount of water in the cooking pan. Follow the steaming instruction. Steam for about 10 minutes. Open lid and arrange broccoli around outer edge of the grill. Cover and steam for an additional 5 to 7 minutes. Serve with rice.



# LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$6.00 for shipping and handling charges to Aroma Housewares Company. Please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and they may vary from state to state.

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