

# AROMA®

## *Cool-Touch Health Grill*



## **Instruction Manual & Recipes**

**Model AHG-1125**

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# 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 touch hot surfaces or hang over the edge of a counter or table.
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 any control to "OFF" then remove plug from wall outlet.

**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.

## **KNOB ASSEMBLY**

1. Position the knob over the hole of the lid.
2. Push the screw through the hole on the bottom side of the lid.
3. Screw tightly into the knob.
4. Periodically tighten screw if needed.

## **BEFORE USING FOR THE FIRST TIME**

### **Clean**

1. Remove all packaging materials.
  2. Pull the cooking pan away from the plastic base.
  3. Wash the cooking pans, base, and lid with warm soapy water using a sponge or dishcloth. Rinse thoroughly to remove soap residue.
- **This appliance can be completely immersed in water.**
  - **Never immerse the power cord, plug or temperature selector in water or other liquid.**
  - **Do not use abrasive cleaners or scouring pads.**

# HOW TO USE

## **Inserting the Cooking Pan**

1. Place the cooking pan into the base assuring the power receptacle fits into the base opening.
2. Push down on the cooking pan, locking it securely to the base. (You will hear it snap into place).

## **Connecting the Temperature Selector**

1. Be sure the temperature selector is set at the "OFF" position.
2. Plug the power cord to the appliance first, and then plug cord into the wall outlet.

## **Conditioning the Non-Stick Surface**

Before using for the first time, we recommend conditioning the non-stick surface to insure stick-free cooking.

1. Apply a small amount of oil, or vegetable shortening to the non-stick surface.
2. Set the temperature selector to 250° F and heat for 15 minutes.

## **Cooking**

1. Turn the knob to the desired setting. The red indicator light will illuminate.
2. The light will go off when the cooking pan has reached the selected temperature.
3. When finished, turn the knob to the off position and unplug the power plug.

## **NOTE:**

- During operation the light will turn on and off indicating the proper temperature is being maintained.
- Metal utensils may scratch the non-stick surface. Wooden, heatproof plastic, and nylon utensils are recommended.

## HOW TO CLEAN

### AFTER USE

1. Disconnect the plug from wall outlet, and then remove the power cord from the appliance.
2. Allow the unit to completely cool.
3. Pull the cooking pan away from the plastic base.
4. Wash the cooking pan, base, and lid with warm soapy water using a sponge or dishcloth.
5. Rinse thoroughly to remove soap residue.
  - **This appliance can be completely immersed in water.**
  - **Never immerse the power cord, plug or temperature selector in water or other liquid.**
    - **Do not use abrasive cleaners or scouring pads.**

## 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	300° F
Hotdogs	15 minutes	275° 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 ¾ 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 cook it until 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 .*

## RECIPES

### TROPICAL CHICKEN AND PEPPER KEBABS

- 4 boneless, skinless chicken breasts (about 5 oz. each)
- 1 large green bell pepper
- 1 medium red bell pepper
- 1 medium orange bell pepper
- ½ can pineapple chunks (about 15 oz.)
- ½ teaspoon finely grated ginger
- ½ teaspoon finely grated garlic
- ¼ cup fresh squeezed lemon juice
- ¼ teaspoon salt
- 5 bamboo or metal skewers

Heat grill to 375°F degrees (180°C). Drain pineapple chunks from juice. Combine the pineapple juice, grated garlic, grated ginger, salt and lemon juice in a large bowl. Mix well. Cut chicken breasts into 1 1/2 –inch cubes. Place chicken in the pineapple mixture and mix well. Refrigerate the chicken for 20 minutes.

Take the chicken out from the refrigerator and drain. Thread chicken, pineapple and bell pepper on skewers alternately. Sprinkle some black pepper if desired. Place finished kebobs on grill surface and grill, turning frequently. Grill about 15 to 18 minutes. Serve hot.

### FRENCH TOAST

- 4 eggs
- 1/3 cup milk
- 1 teaspoon sugar
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- 8 slices of bread

Cooking oil, butter or margarine (for cooking)  
Powdered sugar, fruit, or syrup (optional toppings)  
Heat grill to 300°F degrees (149°C), then lightly grease the pan 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. 4 servings

### **ORANGE GLAZED PORK CHOPS**

- ¼ cup orange juice
- 4 medium pork chops, about 6 ounces each piece
- 1 teaspoon honey
- ¼ teaspoon fresh grated gingerroot
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup soy sauce
- 2 tablespoons vegetable oil
- 2 cups hot cooked rice

Marinate pork chops with salt, pepper and soy sauce. Rub the chops with honey.

Heat grill to 325°F degrees (165°C). Use a small sauce pan to boil grated ginger root, ½ teaspoon of soy sauce and orange juice. Salt the mixture to desired taste. Bring the sauce to boil and turn the heat off.

Oil the grill surface with vegetable oil. Grill pork chops for 10 minutes on each side.

Turn the temperature down to 275°F. Close the dome lid to cook the chops for 5 more minutes. Serve the pork chops hot over rice on warm plates and glaze with the boiled orange sauce. Garnish the plate with fresh peeled orange cloves.

### **CREAMY CHICKEN PASTA**

- 2 teaspoons butter or margarine
- 1 pound boneless/skinless chicken breast (cubed)
- 1 cup broccoli
- 1 cup frozen peas
- 1/2 cup red bell peppers
- 1 ½ cup spiral pasta noodles (cooked)
- 1/4 cup water
- 1/2 cup sour cream
- 1 tablespoon dill weed

Heat grill to 350°F degrees (175°C). Melt butter then add chicken, as the chicken is cooking stir in vegetables, pasta and water. Reduce heat to 150°F degrees (66°C), simmer 10-12 minutes stirring occasionally until vegetables are crispy but tender. Stir in sour cream, simmer 2 minutes and serve. **4** servings

### **MANDARIN BEEF**

- 1 pound lean, boneless round or sirloin steak
- 1 tablespoon vegetable oil
- 1 teaspoon soy sauce
- 2 teaspoon cornstarch
- ½ teaspoon sugar
- ¼ teaspoon white pepper
- 2 green onions (2 inch pieces)
- 1 large bell pepper (1/8 inch strips)
- 1 tablespoon ginger root (finely chopped)
- 2 cloves garlic (finely chopped)
- 1 teaspoon chili puree
- ¾ cup carrot (shredded)
- 1 tablespoon 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, 1 teaspoon soy sauce, cornstarch, sugar and white pepper in a medium bowl; stir in beef. Cover and refrigerate 30 minutes.

Heat grill to 325°F degrees (165°C). Coat pan 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. **4** servings

### **EASY PITA FAYITAS**

- 4 limes (juiced)
- 2 tablespoons olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon salt

- 1 clove garlic (minced)
- 1/8 teaspoon black pepper
- 1 pound top round or skirt steak (thinly sliced)
- 1 cup fresh mushrooms (sliced)
- 3 tablespoons fresh, chopped cilantro
- 1 small onion (thinly sliced)
- 1 small green or red pepper (thinly sliced)
- 6 pita pockets (cut in half)
- 1 cup Monterrey Jack or cheddar cheese (shredded)

Guacamole, salsa, sour cream, chopped tomatoes (optional)

Combine lime juice, 1 tablespoon olive oil, cumin, salt, garlic and black pepper in a bowl. Add beef and marinate at room temperature for 30 minutes. Heat grill to 375°F degrees (190°C) add remaining 1 tablespoon olive oil, onion, and green/red pepper, mushrooms and cilantro, stir. Cover and cook 1 to 2 minutes or until vegetables are tender. Remove vegetables and keep warm. Drain meat then sauté for 7 to 9 minutes or until done. Meanwhile, preheat oven to 350°F (175°C) and wrap pita pockets in aluminum foil and heat for 5 minutes.

Spoon meat and vegetables into center of warm pita pocket, sprinkle with cheese and serve.

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

# 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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