

cook's essentials®

HIGH PERFORMANCE KITCHENWARE



DEEP DISH ELECTRIC GRILL PAN

MODEL FR5 BGER

OWNER'S MANUAL & RECIPE GUIDE

Important Safeguards

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

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug, or temperature control 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.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner.
7. The use of accessory attachments not recommended by the manufacturer may cause 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 gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Always attach temperature control to the appliance first, then plug cord into a grounded-type 230V AC wall outlet. To disconnect, turn temperature control to "OFF." Then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

ADDITIONAL IMPORTANT SAFEGUARDS

WARNING: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
2. ***Unplug from outlet when not in use and before cleaning. To avoid electric shock, never immerse or rinse the temperature control of this appliance in water or any other liquid.***
3. If this appliance falls or accidentally becomes immersed in water while plugged into an electrical outlet, unplug it from the wall outlet immediately. ***Do not reach into the water!***
4. To reduce the risk of burns or other injuries, do not touch hot surfaces. Use handles or knobs cautiously during use. Use of protective oven mitts or gloves is recommended.
5. To reduce the risk of injury to persons or property, unplug this appliance before inserting or removing the temperature control or grill pan, or cleaning the appliance. Always keep the appliance unplugged from the wall outlet when not in use.
6. When using this appliance, provide adequate air space above and on the sides for air circulation. Do not operate this appliance touching or near curtains, wall coverings, clothing, dish towels or other flammable materials.
7. To reduce the risk of fire, do not leave this appliance unattended during use.
8. If this appliance begins to smoke or malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
9. The cord to this appliance should only be plugged into a grounded-type 230V AC electrical wall outlet.
10. **This appliance is for HOUSEHOLD USE ONLY!**

ADDITIONAL IMPORTANT SAFEGUARDS *(continued)*

11. Use care not to drop, hit or impact the temperature control against hard surfaces, as it could affect the temperature reading. Do not use the appliance if the temperature control is damaged.
12. Do not use this appliance if any part is cracked or damaged, or if the grips are loose, weakened, or broken.
13. Do not use this appliance in an unstable position.
14. Never use the lid when preheating the appliance.
15. This appliance should not be cleaned or operated by children.
16. Only use the temperature control and deep dish grill pan provided with this appliance. Do not attempt to use any other temperature control, pan, or other such attachment with this appliance. Do not attempt to use the temperature control or grill pan provided with this appliance for any other use or with any other appliance.
17. This instruction and safety booklet should be saved. To reduce the risk of injury, anyone who assembles, operates, or cleans this appliance must read all instructions and safety precautions.

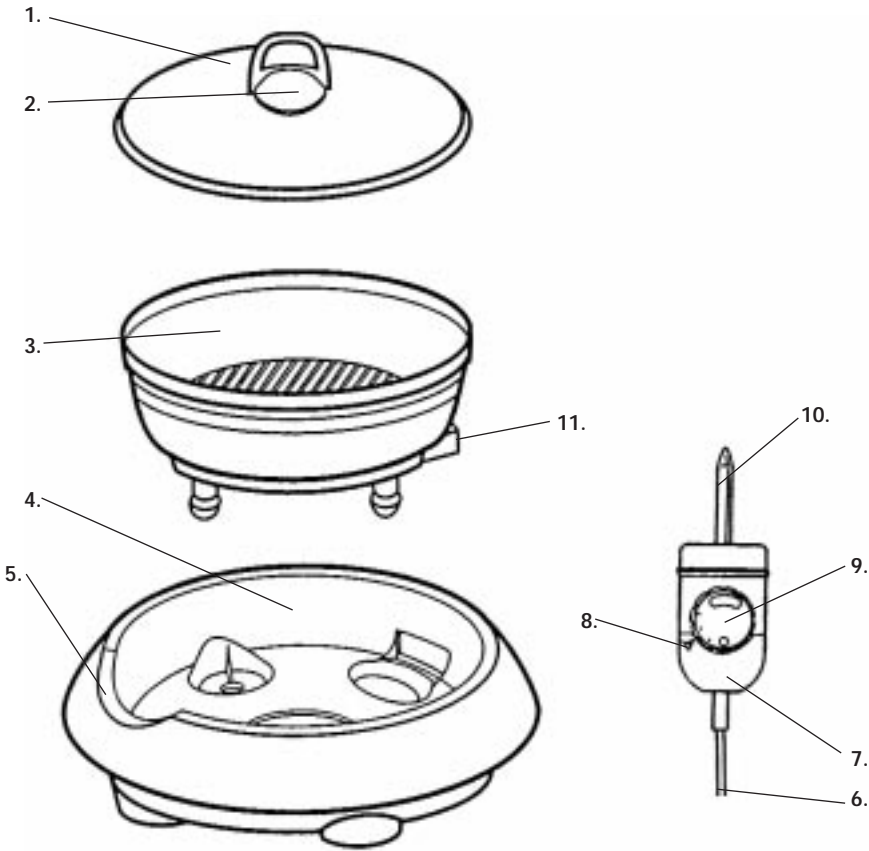
SHORT CORD INSTRUCTIONS

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer 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 unintentionally.

GETTING TO KNOW YOUR FR5 BGER DEEP DISH ELECTRIC GRILL PAN



- 1. Lid
- 2. Lid Knob
- 3. Deep Dish Grill Pan
- 4. Housing Base
- 5. Indented Base
- 6. Power Cord

- 7. Temperature Control
- 8. Indicator Light
- 9. Temperature Dial
- 10. Temperature Control Pin
- 11. Control Socket

A NOTE REGARDING YOUR NEW COOK'S ESSENTIALS® DEEP DISH ELECTRIC GRILL PAN FEATURING DUPONT® SILVERSTONE® SELECT WITH SCRATCHGUARD™

Congratulations on your purchase of Cook's Essentials® Deep Dish Electric Grill Pan featuring DuPont® SilverStone® Select with ScratchGuard™. The special coating on your Deep Dish Electric Grill Pan has been designed to add durability and ease of use and cleaning. The special ceramic fillers in the coating make it safe for use with metal utensils. Please note that minor surface marring may occur, but will not affect the non-stick performance.

Care and cleaning of your Deep Dish Electric Grill Pan is a snap with the ScratchGuard™ coating, as it has been designed to be completely non-stick. Washing or rinsing with warm, soapy water and a sponge or a cloth is all that is needed. Do not use steel wool, coarse scouring pads or harsh abrasives on any surface coated with ScratchGuard™.

THE LID

The lid is designed to be loose fitting so steam can escape during cooking. Lift and lower lid with lid knob using extreme caution; keep hands and face away from escaping steam. For safety, the lid should never be used while preheating or preparing fried foods. The lid can be used for roasted dishes, hamburgers, etc.

***CAUTION! THE LID IS MADE OF GLASS.
HANDLE WITH CARE.***

USER MAINTENANCE INSTRUCTIONS

WARNING: To avoid electric shock, unplug from outlet when not in use and before cleaning. Use care not to allow any moisture to contact the control socket during cleaning. Carefully rinse the grill pan in warm, soapy water. A damp soft cloth may be used to wipe off the temperature probe.

1. Before cleaning, unplug the appliance from the wall outlet and allow to cool.
2. Gently remove the temperature control from the control socket prior to disassembling. ***A damp soft cloth may be used to wipe off the temperature probe.*** Dry the temperature control and socket pins with a dry, soft cloth or paper towel.
3. Then remove the grill pan from its housing base by gently pulling up on the grill pan (where the base is indented) to release it. Clean the non-stick pan by carefully rinsing and wiping with warm soapy water. Then wipe it with a dry, soft cloth or paper towel.
Be sure to dry thoroughly.

Note: Be sure the socket pins are completely dry before using the product.

4. Clean lid and housing base with a soft sponge or cloth moistened with water and mild detergent, and then wipe with a clean, damp cloth.

Note: Handle glass lid with care to prevent chipping or breaking. It may become slippery when cleaning.

5. Do not use steel wool, scouring pads or abrasive cleaners on any part of this appliance.
6. This appliance should be cleaned after every use.

INTRODUCTION

Congratulations on owning the FR5 BGER Deep Dish Electric Grill Pan.

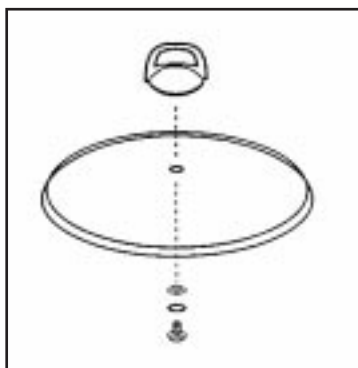
The grill pan's temperature is thermostatically controlled and adjustable from "Warm" to 215°C. Fast heat recovery, so necessary for precise cooking, is achieved with its 1300 watts of power. The interior is coated with a unique non-stick coating, enabling the food to be properly cooked without sticking. This special coating is metal-utensil safe!

The FR5 BGER Deep Dish Electric Grill Pan is so versatile that it can be used to prepare fish, chicken, chops, pizza and other delicious entrees. The recipes (beginning on page 17) are a tempting place to begin.

BEFORE USING FOR THE FIRST TIME

LID AND LID KNOB ASSEMBLY

1. Unscrew the lid knob from inside of the lid.
2. Position the knob and its base on the outside of the lid, at its topmost point, then screw the lid knob to the top of the lid. (See sketch at right.) Both the knob and its base must always be on the exterior of the lid during cooking.
3. Periodically check to make sure the knob is securely fastened onto the lid. Always tighten by hand; do not over tighten.



GENERAL PROCEDURES

- Make sure the appliance is unplugged. Remove the temperature control and grill pan, setting both aside.
- To detach the pan, gently pull up on the grill pan (where the base is indented) until the grill pan is released. Carefully lift the pan from its housing base.
- Completely wipe the grill pan with a damp cloth to remove all dust.
- Wash housing base and lid with warm, sudsy water and rinse. Dry thoroughly before attaching the grill pan and inserting the temperature control.

INSTRUCTIONS FOR USE

STEP 1: PREPARING THE FOOD

Before assembling and using the grill pan, prepare and organize all foods to be cooked.

STEP 2: ATTACHING THE GRILL PAN INTO THE HOUSING BASE

Before attaching the grill pan, first make sure the appliance is unplugged and resting on a stable surface.

To attach the pan, set the pan into the housing base, with the control socket in its opening, and gently push the grill pan downward until it is locked in place.

WARNING: To avoid injury to persons and damage to the appliance, do not use the grill pan in an unstable position. Never attempt to use the grill pan without the housing base.

STEP 3: INSERTING THE TEMPERATURE CONTROL

CAUTION: The temperature control is designed to yield precise results. Use care not to drop, hit, or impact it against hard surfaces.

Never pull on the cord of the temperature control. Always grip the body of the control when handling.

NOTE: The grill pan and housing base must be assembled prior to inserting the temperature control.



Before inserting the temperature control into the appliance, make sure the dial is set to the "OFF" position. Make sure the temperature control is unplugged from the wall outlet and the grill pan is securely attached to the base.

Insert the temperature control completely and securely into the control socket.

Set the temperature dial according to the food prepared:

Temp. Dial	Food
200°C	Steak
175°C- 200°C	Barbecue, Teriyaki Chow Mein, Veggies
120°C - 175°C	Fish Eggs: scrambled, Bacon, Ham
Simmer	Simmer
Warm	Keep Warm

INSTRUCTIONS FOR USE

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Never pull on the cord of the temperature control. Always grip the body of the control when handling.

NOTE: The grill pan and housing base must be assembled prior to inserting the temperature control.

Before inserting the temperature control into the appliance, make sure the dial is set to the "OFF" position. Make sure the temperature control is unplugged from the wall outlet and the grill pan is securely attached to the base.

Insert the temperature control completely and securely into the control socket.

STEP 4: OPERATING THE APPLIANCE

WARNING: At all times during and after cooking, make sure the appliance is in a stable position, to reduce the risk of spilling hot contents.

Before plugging in the appliance, make sure the grill pan and temperature control are securely in the appliance, and the dial to the temperature control is "OFF."

Plug the cord into a standard 230V AC electrical wall outlet.

The temperature of the grill pan is controlled by turning the dial of the temperature control. The temperature control can provide a maximum temperature of 200°C.

To preheat the grill pan, remove the lid and set the temperature dial to the desired temperature by aligning the desired temperature with the indicator light on the body of the control. The indicator light will go on. When the indicator light goes off, the selected temperature has been reached.

PLEASE NOTE: The USDA recommends that meats such as beef, pork, etc. should be cooked to an internal temperature of 70°C and poultry products should be cooked to an internal temperature of 75°C to be sure any harmful bacteria has been killed.

When reheating meat/poultry products, they should also be cooked to an internal temperature of 70°C-75°C.

OPERATING THE APPLIANCE *(continued)*

WARNING: Do not place your hands under the housing base during use.

NOTE: During cooking, the indicator light will cycle on and off, indicating that the grill pan is maintaining the selected temperature.

Creaking noise may occur during cooking. This is normal. The noise results from the thermal expansion of the grill pan as it heats.

CAUTION: Do not leave any plastic utensils on the grill pan surface while it is plugged in or hot.

When you have finished cooking, turn the temperature dial to the "OFF" position and unplug the cord from the wall outlet. Do not touch hot surfaces! Use caution when serving hot foods.

Allow the appliance to cool before removing any part of the appliance or cleaning it. After it has cooled, gently remove the temperature control from the control socket, and then remove the grill pan from the housing base by gently pulling up on the grill pan (where the base is indented) to release it. Clean the appliance by following the User Maintenance Instructions on page 7.

COOKING CHARTS

FRYING CHART

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
BEEF		
Hamburgers 1.5cm thick / 175°C	With or without extra fat	medium: 3-4 min. each side well: 4-5 min. each side
Liver 1.5cm thick / 175°C	Use 2 tablespoons fat	4-5 min. each side
Sandwich Steaks 7mm thick / 175°C	Use 2 tablespoons fat	medium: 1-1/2 min. each side well: 2 min. each side
Steak - Chuck 2.5cm thick / 200°C	With or without extra fat	medium: 8 min. each side well: 11 min. each side
CHICKEN		
Chicken Breasts (boneless) / 175°C	Use 3-4 tablespoons fat, turning often	10-20 min.
Broiler Pieces / 175°C	Use 3-4 tablespoons fat, turning often	25-30 min.
LAMB		
Lamb Chops 12mm thick / 175°C	With or without extra fat	medium: 19-21 min. total well: 24-26 min. total

Note: All cooking times are approximate.

FRYING CHART *(continued)*

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
PORK		
Pork Chops 12mm thick / 175°C 2.5cm thick / 175°C	With or without extra fat	15-20 min. total 30-40 min. total
Bacon Slices / 175°C	Start in cold pan	5-7 min. total
Sausage Links/ 150°C	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	20 min. total
Brown 'N' Serve / 150°C	Turn sausage on all sides to brown.	7-8 min. total
Sausage Patties 12mm thick / 150°C	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	6-7 min. total
VEAL		
Cutlets, Chops 3mm to 12mm thick / 175°C	Use 2 tablespoons fat	2-3 min. each side (cutlets) 5-10 min. each side (chops)
FISH		
Fish Fillet 12mm thick / 175°C	Use 3-4 tablespoons fat	3-5 min. each side

Note: All cooking times are approximate.

BRAISING CHART

FOOD/PREHEAT TEMPERATURE

COOKING METHOD

TIME

BEEF

Chuck Steak,
London Broil, etc.
5cm thick /
175°C brown
100°C finish

If desired, pound 1/4 to 1/2 cup flour into meat. Use 1/4 cup fat heated to 175°C to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 100°C. Cover and cook for 1 hr. 10 min. to 2 hrs. 10 min., or until tender. Add more liquid as it becomes necessary.

1 hr. 30 min.
to
2 hr. 30 min.

CHICKEN

Chicken Pieces /
175°C brown
100°C finish

If desired, coat chicken with seasoned flour. Using 1/4 cup fat for every 2 to 3 pounds of chicken, brown on all sides for 15 minutes at 175°C. Add 2 to 3 cups of liquid. Turn heat control down to 100°C. Cover and cook for 30 minutes or until done. Add more liquid as it becomes necessary.

45 min. total

LAMB

Lamb Chops
12mm to
25mm thick /
175°C brown
100°C finish

Use 2 tablespoons of fat heated to 175°C to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 100°C. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.

30 to 40 min.
total

PORK

Pork Chops
12mm to
25mm thick /
175°C brown
100°C finish

Use 2 tablespoons of fat heated to 175°C to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 100°C. Cover and cook for 30 to 40 minutes or until tender and completely cooked. Add more liquid as it becomes necessary.

40 min. to
1 hr. total

VEAL

Veal Chops
12mm to
25mm thick /
175°C brown
100°C finish

Use 1/4 cup of fat heated to 175°C to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 100°C. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.

30 to 40 min.
total

Note: All cooking times are approximate.

RECIPE GUIDE

Pepper, Onion and Potato

1 large green pepper, cut into 4cm slices

3 tablespoons butter or margarine

1 large onion, sliced

Paprika

4 medium potatoes, peeled and sliced

Heat Deep Dish Electric Grill Pan at 175°C and melt butter or margarine. Sauté peppers, onions and potatoes.

Cook 30 minutes or until done. Sprinkle paprika evenly over vegetables.

Makes 4 servings

Jambalaya

1/4 cup vegetable oil
4 chicken breast halves, skinless and boneless
1 cup uncooked rice
1/2 cup chopped onion
1 can (300g) chicken broth
1 can (225g) tomato sauce
1 cup cubed cooked ham (1cm cubes)
1/2 teaspoon salt
1/4 teaspoon red pepper sauce (or to taste)
1 cup diced green pepper

In your Deep Dish Electric Grill Pan heat oil with heat control set at 175°C. Cook chicken pieces 8 to 10 minutes on each side or until browned. Remove chicken from grill pan and drain fat except for 2 tablespoons. Add rice and onion to drippings. Sauté until golden, stirring frequently, about 3-5 minutes. While cooking rice and onions, cut chicken into strips. Add chicken broth, tomato sauce, ham, salt and red pepper sauce. Place chicken breast strips on top. Turn heat control down until light goes out (simmer point). Cover and simmer about 25 to 30 minutes, adding more water if necessary. Add green pepper and cook 5-10 minutes longer.

Makes 4 servings

Hot Summer Fish-Fry

2 pieces fish fillets (orange roughy)

1 teaspoon pimento, chopped

1/4 cup olive oil

2 tablespoons wine vinegar

1/2 cup minced onion

1/4 cup orange juice

1 small garlic clove, crushed

2 teaspoons lime juice

1 green chili peppers (canned)

Salt and pepper to taste

Heat olive oil in Deep Dish Electric Grill Pan to 175°C. Sauté fish until done and lightly browned on both sides. Remove fish and drain on paper towel. Lower temperature to 120°C, add all other ingredients, blend well with mixing spoon and bring to boil. Let cook for 2 to 3 minutes. Place fish on serving platter lined with lettuce leaves. Pour sauce over fish.

Garnish with black olives and strips of pimento.

Refrigerate and serve well chilled.

Makes 2 to 3 servings

Turkey Tetrazzini

225 grams uncooked linguini, broken into quarters

1/4 cup butter or margarine

1/4 cup flour

1 teaspoon salt

1/4 teaspoon white pepper

1 can (300g) chicken broth

1 can (150g) evaporated milk

1/2 cup dry white wine

1/2 pound fresh mushrooms, sliced

3 cups diced, cooked turkey

1/2 cup Parmesan cheese

Cook linguini according to package directions. Drain. Set aside. In your Deep Dish Electric Grill Pan, melt butter with heat control set at 120°C. Blend in flour, salt and pepper until smooth. Stir in chicken broth, evaporated milk and wine. Cook, stirring constantly, until thickened. Add mushrooms, turkey and cooked linguini. Combine thoroughly. Sprinkle with cheese. Turn heat control down until light goes out (simmer point). Cover and simmer 20 minutes.

Makes 4 to 6 servings

Mexican Chicken

4 chicken breast halves, boneless

Salt and Pepper

1/4 cup flour

1 tablespoon chili powder

1/2 teaspoon cumin

1/3 cup vegetable oil or vegetable shortening

1 cup chopped onion

1 clove garlic, minced

1-1/2 cups uncooked rice

1 teaspoon salt

1 can (400g) tomatoes, coarsely chopped

3-1/2 cups water

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1 cup sliced, pitted ripe olives

Dash red pepper sauce

Sprinkle chicken with salt and pepper. Combine flour, chili powder and cumin in a plastic bag. Place chicken breasts in bag and shake to coat well. In your Deep Dish Electric Grill Pan, heat oil with heat control set at 175°C. Brown chicken in hot oil 10 minutes on each side or until golden brown. Remove chicken from pan. Add onion and garlic to pan, sauté 4 to 5 minutes. Stir in rice, salt, tomatoes and water. Arrange chicken over rice. Cover and turn heat control down until light goes out (simmer point). Simmer 35 to 40 minutes, adding more water if necessary. Sprinkle green and red pepper over chicken, cover and cook an additional 5-10 minutes. Toss in olives and heat through.

Makes 4 servings

Sweet and Sour Pork

1-1/2 pounds boneless pork, cut into 1/2-inch cubes

1/4 cup flour

2 tablespoons oil

2 tablespoons cornstarch

1/4 cup white vinegar

3 tablespoons chili sauce

1/4 teaspoon garlic powder

1/4 teaspoon ground ginger

1 jar (340g) apricot preserves

1 small green pepper, cut in thin strips

1 small red pepper, cut in thin strips

1 can (310g) Mandarin orange segments, drained

1 can (220g) pineapple chunks, drained

Hot cooked rice (optional)

In a sturdy plastic bag, combine pork and flour. Shake well to coat. In your Deep Dish Electric Grill Pan, heat oil with heat control set at 175°C. Brown pork until golden brown on all sides, about 4 to 5 minutes. Dissolve cornstarch in vinegar. Stir in chili sauce, garlic powder and ginger. Add vinegar mixture and apricot preserves to pork. Heat to boiling. Turn heat control down until light goes out (simmer point). Add green and red peppers.

Cover and simmer 15 minutes. Stir in orange segments and pineapple. Heat 2 minutes more. Serve over rice, if desired.

Makes 6 to 8 servings

Bavarian Style Pork Chops

- 1/4 cup butter or margarine
- 2 pounds pork chops
- 1 can (750g) sauerkraut
- 3 strips bacon
- 1 cup chopped onion
- 1/4 cup uncooked rice
- 1/2 teaspoon caraway seed
- 1 can (340g) beer or chicken broth

In your Deep Dish Electric Grill Pan, melt butter with heat control set at 160°C. Fry pork chops, 4 at a time, until brown on each side. Repeat with remaining chops. Remove. To pan add sauerkraut, bacon, onion, rice and caraway seed. Mix well. Pour beer over mixture. Place pork chops on top of sauerkraut. Turn heat control down to 120°C. Cover and simmer 45-60 minutes or until pork chops are fork tender.

Makes 6 servings

Beef Bourguignon

1-1/2 pounds stew beef, cut into 5cm cubes

1/2 cup flour

1/4 cup vegetable oil

3 small onions, quartered

225 grams fresh mushrooms, sliced

3/4 cup Burgundy wine

3/4 cup beef broth

1 bay leaf

1 teaspoon salt

1/4 teaspoon pepper

In a sturdy plastic bag, combine beef and flour. Shake to coat well. In your Deep Dish Electric Grill Pan, heat oil with heat control set at 160°C. Brown beef cubes about 8 - 10 minutes. Add onions and mushrooms. Sauté until onions are brown and mushrooms are dark. Add wine and broth. Bring to a boil, stirring well. Add bay leaf, salt and pepper. Cover. Turn heat control down until light goes out (simmer point). Simmer 1-1/2 to 2 hours, stirring occasionally until meat is tender and sauce is thick. Remove bay leaf.

Makes 4 servings

Stir-Fried Veggies

1/4 cup vegetable oil
1 green pepper, cut into 2.5cm pieces
1 medium onion, cut into 2.5cm pieces
2 stalks celery, sliced diagonally into 1cm pieces
2 carrots, thinly sliced
1 cup mushrooms, sliced
1/2 cup bean sprouts
1 can (170g) bamboo shoots
1/2 cup water chestnuts, drained and sliced
1/4 teaspoon salt
1/4 cup water
2 teaspoons soy sauce
1 tablespoon dry sherry
1/2 teaspoon sugar
1 tablespoon cornstarch dissolved in 2 tablespoons water
1 teaspoon sesame oil

Heat 1/4 cup oil in your Deep Dish Electric Grill Pan at 175°C. Add green pepper, onions, celery and carrots and stir fry 2-5 minutes. Then add mushrooms, bean sprouts, bamboo shoots and water chestnuts and stir fry 2 minutes. Sprinkle mixture with salt, 1/4 cup water, soy sauce, sherry and sugar.

In a bowl, combine cornstarch and water mixture and sesame oil. Add to vegetables and continue tossing until sauce becomes slightly thickened.

Makes 4 servings

Tamale Pie

- 1 pound ground turkey
- 3 tablespoons oil
- 1/2 cup chopped onion
- 3/4 cup yellow corn meal
- 1-1/2 cups milk
- 1 egg, beaten
- 1/2 cup water
- 1 package (7g) chili seasoning mix
- 1/2 teaspoon salt
- 1 can (425g) whole kernel corn, drained
- 1 can (425g) diced tomatoes
- 1 can (60g) sliced ripe olives, drained

- 1 cup grated cheddar cheese

In your Deep Dish Electric Grill Pan, heat oil with heat control set to 160°C. Brown turkey and onions until meat loses its pinkness. In a bowl combine corn meal, milk, egg, water, chili mix, salt, corn, tomatoes and olives. Pour corn meal mixture on top of meat mixture. Turn heat control down until light goes out (simmer point). Cover and simmer 30-40 minutes. Sprinkle cheese over top, cover and cook an additional 2-3 minutes.

Makes 6 to 8 servings

Chili

- 1 pound ground turkey
- 3 tablespoons oil
- 1 cup chopped onion
- 1 can (425g) tomato sauce — onion, celery and green pepper style
- 1 can (425g) tomatoes — garlic style
- 1 can (425g) spicy chili beans
- 1 teaspoon chili powder
- 2 tablespoons dill pickle juice

In your Deep Dish Electric Grill Pan, heat oil with heat control setting at 160°C. Brown turkey and onions until meat loses its pinkness. Stir in tomato sauce, tomatoes, beans, chili powder and pickle juice. Turn heat control down until light goes out (simmer point). Cover and simmer 30-40 minutes.

Makes 4 to 6 servings

Cajun Dirty Rice

- 1 pound ground turkey
- 3 tablespoons oil
- 1 cup chopped green onions
- 2 cups chopped celery
- 1 cup chopped green pepper
- 2 cloves garlic, minced
- 3 cups beef broth
- 1/2 cup parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon thyme
- 1 cup uncooked rice

In your Deep Dish Electric Grill Pan, heat oil with heat control set at 160°C. Brown turkey, onions, celery, pepper and garlic until meat loses its pinkness. Stir in broth, parsley, salt, black pepper, red pepper, thyme and rice. Turn heat control down until light goes out (simmer point). Cover and simmer 30-40 minutes or until moisture is absorbed.

Makes 6 to 8 servings

Chicken Cacciatore

3 tablespoons olive oil
4 chicken breast halves, skinless and boneless
1-1/2 cups chopped onion
2 cloves garlic, minced
1 can (425g) whole tomatoes, drained
1 jar (425g) prepared spaghetti sauce
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon pepper
1 bay leaf
1/2 cup dry white wine
1/2 pound fresh mushrooms, sliced
1/4 cup fresh parsley, minced

Heat olive oil in Deep Dish Electric Grill Pan to 175°C. Brown chicken. Remove chicken and set aside. Add onions and garlic to Grill Pan and sauté until tender. Reduce temperature to simmer. Add tomatoes, spaghetti sauce, basil, salt, pepper and bay leaf. Simmer 5 minutes. Return chicken to pan. Cover and simmer 45 minutes. Add wine, mushrooms and parsley. Cook uncovered 15 minutes. Arrange chicken on platter. Remove bay leaf from sauce. Pour sauce over chicken. Serve over pasta.

Makes 4 servings

Chicken with Cashew Nuts

4 chicken breast halves, skinless and boneless

1 tablespoon corn starch

1 tablespoon dry sherry

1 tablespoon vegetable oil

1 tablespoon black bean sauce

1 tablespoon hoisin sauce

1 tablespoon soy sauce

1 tablespoon vinegar

1 tablespoon sugar

1/2 tablespoon garlic powder

1 teaspoon minced ginger root

1/4 cup peanut oil

1/2 cup roasted cashew nuts, unsalted

Slice chicken breast into thin strips. Prepare marinade by combining corn starch, sherry and 1 tablespoon vegetable oil in a medium bowl. Marinate chicken for several hours or overnight. Combine bean sauce, hoisin sauce, soy sauce, vinegar, sugar, garlic powder and ginger in a small bowl and set aside. Heat peanut oil in your Deep Dish Electric Grill Pan to 175°C. Add chicken and stir-fry continuously until the meat is cooked about 5 to 8 minutes. Add more oil if necessary. Add the bean sauce mixture and half the cashews. Mix quickly and transfer to a serving platter.

Garnish with remaining cashews.

Makes 4 servings

LIMITED ONE YEAR WARRANTY

Warranty: This cook's essentials® product is warranted by the manufacturer to be free from defects in materials or workmanship for a period of (1) year from the original purchase date. This product warranty covers only the original consumer purchaser of the product.

Warranty Coverage: This manufacturer's warranty is void if the product has been damaged by accident in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel, normal wear and tear, improper assembly, installation or maintenance abuse or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished with the product or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Implied Warranties: ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE DATE OF PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Warranty Performance: During the above one-year manufacturer's warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at our option) when the product is returned to the Repair Center, or the purchase price refunded. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair: Should the appliance malfunction, you should first call toll-free 1 (800) 233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE stating that you are a consumer with a problem. Please refer to model number when you call.

In-Warranty Service (USA): For an appliance covered under the manufacturer's warranty period, no charge is made for service or postage. Call for return authorization (1 800 233-9054).

Out-of Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$8.00 (U.S.) for return shipping and handling. We will notify you by mail of the amount of the charge for service and require you to pay in advance for the repair or replacement.

For Products Purchased in the USA, but Used in Canada: You may return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the USA address listed below. Please note that all customs duty/brokerage fees, if any, must be paid by you and we will require you to pay the cost of customs duty/brokerage fees to us in advance of our performing any service.

Risk During Shipment: We cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem, your full return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

To Return the Appliance, ship to:

Attn: Repair Center
708 South Missouri Street
Macon, MO 63552

To Contact us, please write to or call:

Repair Department
P.O. Box 7366
Columbia, MO 65205-7366
1(800) 233-9054

Limitation of Remedies: No representative or person is authorized to assume for the manufacturer any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract. Repair, replacement or refund shall be the sole remedy of the purchaser under this warranty, and **in no event shall the manufacturer be liable for any incidental or consequential damages, losses or expenses.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Legal Rights: This manufacturer's warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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