

Breadman®

INSTRUCTION MANUAL



THE PANINI MAKER
MODEL TR350



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 handle. Use oven mitts or potholders.
3. To protect against electric shock do not immerse cord, plugs, or 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. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
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. To disconnect, turn the Temperature Dial to the "OFF" position, then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**



ADDITIONAL IMPORTANT SAFEGUARDS

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

CAUTION: This appliance is hot during operation and retains heat for some time after turning OFF. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning. Do not place anything on top of the appliance while it is operating or while it is hot.

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. If this appliance begins to malfunction during use, turn the Temperature Dial to the "OFF" position and immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
4. Do not leave this appliance unattended during use.
5. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use.

IMPORTANT: Wearing oven mitts, use the Lid Handle to hold the top cover (Lid) open while placing or removing food on the cooking surface to prevent accidental closing and injury.



POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). 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 in 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.

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.

Do not use an extension cord with this product.

ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

PLASTICIZER WARNING

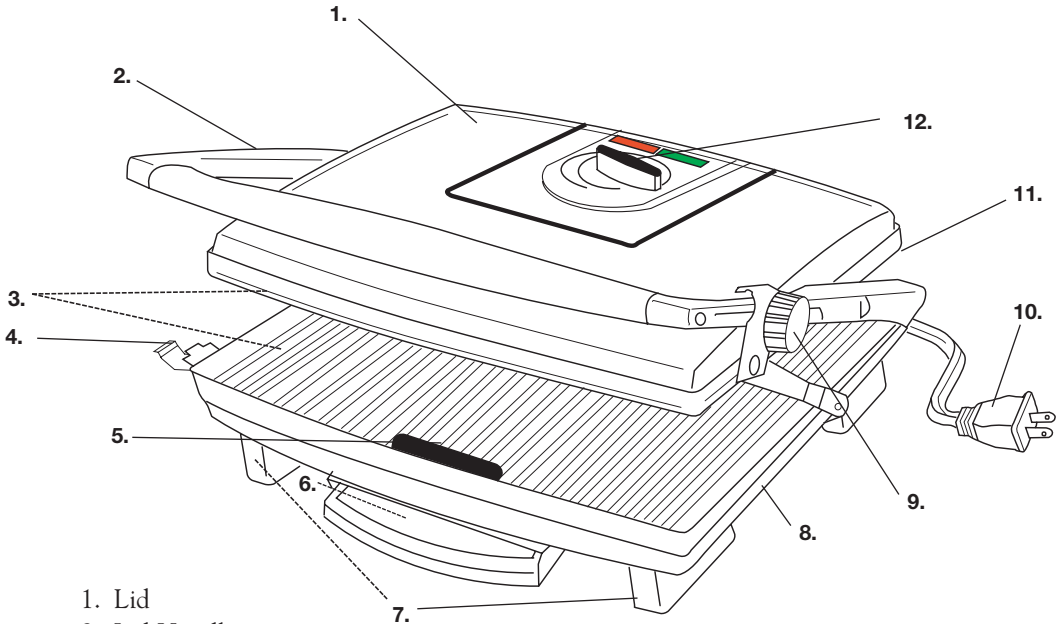
CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

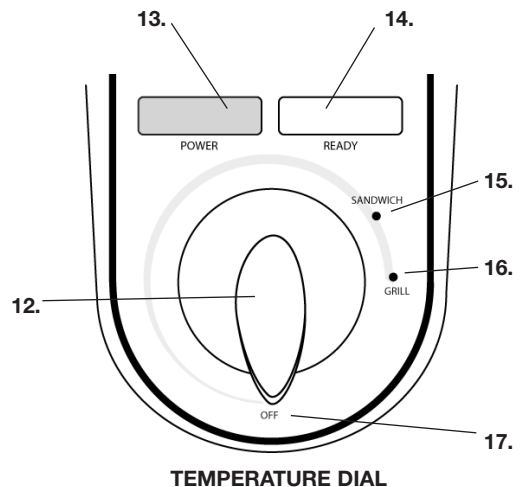


THE PANINI MAKER

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS



- 1. Lid
- 2. Lid Handle
- 3. Non-Stick Grilling Plates
- 4. Securing Latch
- 5. Drain Spout
- 6. Drip Tray (P/N 22846)
- 7. Non-Skid Feet
- 8. Cord Wrap (not shown)
- 9. Locking Knob
- 10. Polarized Plug
- 11. Floating Hinge System
- 12. Temperature Dial



TEMPERATURE DIAL



BEFORE FIRST USE

Before using your Breadman® Panini Maker, clean and pre-heat the non-stick Grilling Plates.

1. Carefully unpack Panini Maker.
2. Release the Securing Latch located on the left side of the Lid Handle. Wipe all surfaces with a cloth or sponge dampened with hot, soapy water. NEVER IMMERSE THE PANINI MAKER IN WATER. Rinse with a dampened cloth or sponge and wipe dry.
3. Slide Drip Tray out from under the lower Grilling Plate. Wash Drip Tray in hot, soapy water. Dry thoroughly and slide back into place before use.
4. To burn off residues on the Grilling Plates, it will be necessary to operate the unit for a few minutes before initial use. DO NOT PUT ANY FOOD ON THE GRILLING PLATES.
5. Set the appliance on a dry, clean and flat countertop surface where it can be easily plugged into an electrical outlet. Turn the Temperature Dial to the “OFF” position. Plug the Panini Maker into a 120V AC electrical outlet. The red POWER Light will illuminate.
6. Turn the Temperature Dial to the “SANDWICH” position. The Green READY Light will illuminate.

CAUTION: To avoid burns, care should be taken when handling the Panini Maker. The sides of the non-stick Grilling Plates are exposed and may be hot. Use oven mitts or potholders when handling hot surfaces.

7. You may notice a fine smoke haze and a slight odor while residues burn off.

NOTE: Some odor may still be detected during initial use; this is normal and should disappear after one or two uses.

OPERATING INSTRUCTIONS

1. Release the Securing Latch on the left side of the Lid Handle. Be sure the non-stick Grilling Plates are clean and free of dust. If necessary, wipe with a damp cloth. Set the appliance on a dry, clean, flat top surface.
2. Turn the Temperature Dial to the “OFF” position. Plug the Panini Maker into a 120V AC electrical outlet. The red POWER Light will illuminate.

NOTE: Before grilling foods, make sure the Drip Tray is fully inserted and in position under the lower Grilling Plate.

3. If grilling paninis, turn the Temperature Dial to the “SANDWICH” position. If grilling meat, fish, poultry, fruit or vegetables, turn the Temperature Dial to the “GRILL” position. The green READY Light will illuminate. (If grilling foods other than panini sandwiches, please see GRILL FUNCTION instructions on page 8.)
4. Allow the Panini Maker to pre-heat for approximately 4 to 5 minutes, or until the green READY Light turns off.
5. While the Panini Maker is preheating, we suggest that you prepare your panini and fillings.



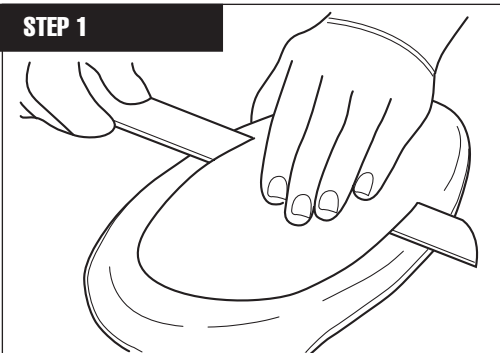
OPERATING INSTRUCTIONS *(Continued)*

Follow these simple steps to prepare the perfect panini for your friends or family. It is customary to prepare panini from a hearty loaf of bread. However, panini made from store-bought sliced breads or rolls can be delicious and simple to prepare.

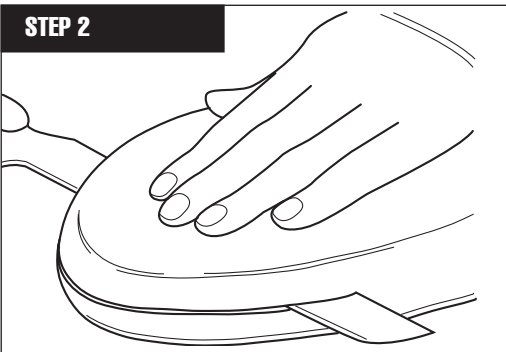
Panini Bread Technique

With a serrated knife, carefully trim off the top crust of the bread to make a flat surface. Leave as much bread as possible.

Flip the loaf over and repeat.



Place your hand firmly on top of the loaf so you can feel the position of the knife as it cuts evenly through the bread. Cut the loaf horizontally into 2 (1/2"-thick) slices.





OPERATING INSTRUCTIONS *(Continued)*

6. Assemble panini. Brush or spray both sides of the outside of the sandwich with olive oil or butter. When the Green READY Light goes out, your panini are ready to grill.

NOTE: Using a pot holder or oven mitt, hold the top cover (Lid) open when placing or removing food on the cooking surface to prevent accidental closing and injury.

7. Using a pot holder or oven mitt, center one or two panini, oiled side down, on the bottom non-stick Grilling Plate.
8. Grasp the Lid Handle and gently lower the top non-stick Grilling Plate. The Floating Hinge system will adjust to the thickness of your panini automatically. To ensure a perfectly grilled sandwich, make sure that the top non-stick Grilling Plate lies evenly on the top of the oiled panini.
9. If toasting an open face sandwich, center both halves of panini, oil side down, on the bottom Grilling Plate. Grasp the Handle and lower the Lid so that it is raised evenly above the food and is parallel to the bottom, roughly 1/2 inch above the panini halves. Turn the Locking Knob clockwise (away from you) to lock the Lid in the raised position.

CAUTION: When grilling in the open position, the top Grilling Plate and exposed sides of the Plate may be hot. Use oven mitts or potholders when handling hot surfaces if adjustments are necessary.

10. During grilling, the green READY Light will cycle on and off during cooking. This indicates that the thermostat is maintaining the proper cooking temperature to grill panini to perfection.

Make sure that the cord is kept well away from the non-stick Grilling Plates when in use.

11. Grill until the bread is toasted to your liking.
12. To remove your grilled panini, always use a plastic or wooden spatula.

NOTE: Never use a sharp or metal object as it may damage the non-stick surface of the non-stick Grilling Plates.

13. Allow panini to cool to a safe handling temperature before slicing.
14. If the Lid is locked in the open position, turn the Locking Knob counter-clockwise (towards you) to unlock the Lid. Turn the Temperature Dial to the "OFF" position and disconnect the plug from wall outlet when finished.



GRILL FUNCTION

Use the Breadman® Panini Maker to prepare meats, fish or veggies for your favorite panini. Or simply use the Grill to prepare side dishes or other wonderful meals. The Drain Spout and convenient removable Drip Tray keeps grease away from the meat for healthier cooking and easy cleanup.

NOTE: Before grilling, make sure the Drip Tray is fully inserted and in position under the lower Grilling Plate.

1. Turn the Temperature Dial to the “OFF” position. Plug the Panini Maker into a 120V AC electrical outlet. The red POWER Light will illuminate.
2. When grilling meat, fish, poultry, fruit or vegetables, turn the Temperature Dial to the “GRILL” position. The green READY Light will illuminate.

NOTE: Using a pot holder or oven mitt, hold the top cover (Lid) open when placing or removing food on the cooking surface to prevent accidental closing and injury.

3. Using a pot holder or oven mitt, When the Green READY Light goes out, place food on the bottom non-stick Grilling Plate.
4. Grasp the Lid Handle and gently lower the top non-stick Grilling Plate. The Floating Hinge system will adjust to the thickness of the food automatically. To ensure perfect grilling, make sure that all food being grilled is the same thickness and the top non-stick Grilling Plate lies evenly on the top of the food.
5. If grilling on an open Grill, center food to be grilled on the bottom Grilling Plate. Grasp the Handle and lower the Lid so that it is raised evenly above the food and is parallel to the bottom, roughly 1/2 inch above the food to be grilled. Turn the Locking Knob clockwise (away from you) to lock the Lid in the raised position.

CAUTION: When grilling in the open position, the top Grilling Plate and exposed sides of the Plate may be hot. Use oven mitts or potholders when handling hot surfaces if adjustments are necessary.

6. During grilling, the green READY Light will cycle on and off during cooking. This indicates that the thermostat is maintaining the proper cooking temperature to grill foods to perfection. Grill foods to desired temperature. Check the Grilling Chart for USDA recommended temperatures on page 10.
7. If the Lid is locked in the open position, turn the Locking Knob counter-clockwise (towards you) to unlock the Lid. Turn the Temperature Dial to the “OFF” position and disconnect the plug from wall outlet when finished.
8. Wearing oven mitts, remove grilled food using a plastic or wooden spatula.

NOTE: Never use a sharp or metal object as it may damage the non-stick surface of the non-stick Grilling Plates.



GRILLING CHART: *Fish, Meat and Poultry*

The following times are meant to be used as guidelines only. The times reflect a full grill of food. Place the fish skin side down if possible. Times will vary due to the cut and thickness of the meat being cooked. To be sure that the food is done, use a cooking thermometer. If the food does need more time to cook, check periodically so you do not over cook. Some cooked food temperatures are not recommended.

Food	Med/Rare (145°F)*	Med/Med Well (160°F)*	Well (170°F)*
Bratwurst, 5 total	N/R	16-18 min.	18-20 min.
Chicken Breast, (boneless/skinless) 1-1/2" thick, 6-8 oz each	N/R	N/R	8-11 min.
Chicken Breast (Frozen, boneless/skinless) 1-1/2" thick, 5-7 oz each	N/R	N/R	10-12 min.
Filet Mignon, 1-1/2" thick, 5 oz each	9-11 min.	11-13 min.	N/R
Fajita Beef (1/2" thick slices)	1-1/2-2 min.	2-2-1/2 min.	N/R
Fajita Chicken (1/2" thick slices)	N/R	N/R	2-3 min.
Ham Steak, 1/2" thick, 4 oz each	N/R	2-3 min.	3-4 min.
Hamburgers, 3/4" thick, 4 oz each	N/R	6-7 min.	7-8 min.
Hamburgers, 1" thick, 8 oz each	N/R	9-10 min.	N/R
Hot Dogs (Jumbo), 1 lb. total	N/R	5-6 min.	6-7 min.
Kabobs Beef	7-8 min.	8-10 min.	N/R
Kabobs Chicken	N/R	N/R	7-10 min.
Marlin Steaks, 1" thick, 8 oz each	5-6 min.	7-8 min.	N/R
NY/KC Strip, 1" thick, 12 oz each	6-7 min.	7-8 min.	9-10 min.
NY/KC Strip, (frozen) 1" thick, 12 oz each	12-13 min.	14-15 min.	16-17 min.
Pork Top Loin, 1/2" thick, 4 oz each	N/R	4-5 min.	6-7 min.
Pork Chop, 1 1/4" thick, 7 oz each	N/R	9-11 min.	12-14 min.
Rib Eye Steak, 3/4" thick, 6 oz each	5-6 min.	6-7 min.	7-8 min.
Rib Eye Steak (frozen), 3/4" thick, 6 oz each	9-10 min.	11-12 min.	13-14 min.
Rib Eye Steak, 1 1/4" thick, 14 oz each	12-14 min.	15-16 min.	17-18 min.
Rib Eye Steak (frozen), 1 1/4" thick, 14 oz each	14-16 min.	16-19 min.	N/R

*Internal Food Temperatures

N/R - Not Recommended



GRILLING CHART (Continued)

Food	Med/Rare (145°F)*	Med/Med Well (160°F)*	Well (170°F)*
Salmon Filet, 1" thick, 6 oz. each	8-10 min.	11-13 min.	N/R
Sausage Links	N/R	5-6 min.	6-7 min.
Sausage Patties, 1/2" thick	N/R	4-5 min.	6-7 min.
Sea Scallops, 10-20 count/pound	3-5 min.	N/R	
Shrimp, deveined, 26-30 count/pound	N/R	3-4 min.	N/R
Shrimp, deveined, 16-20 count/pound	N/R	4-5 min.	N/R
Swordfish, 1" thick, 11 oz. each	9-10 min.	11-12 min.	N/R
Tuna Steak, 3/4" thick, 6 oz. each	3-5 min.	5-6 min.	N/R
Turkey Burger, 3/4" thick, 4 oz. each	N/R	N/R	6-9 min.
Turkey Burger (frozen), 3/4" thick, 4 oz. each	N/R	N/R	8-10 min.

***Internal Food Temperatures** **N/R - Not Recommended**

PLEASE NOTE: The USDA recommends that meats such as beef and lamb, etc. should be cooked to an internal temperature of 145°F. Pork should be cooked to an internal temperature of 160°F and poultry products should be cooked to an internal temperature of 170°F - 180°F to be sure any harmful bacteria has been killed. When reheating meat/poultry products, they should also be cooked to an internal temperature of 165°F.



USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly must be performed by a qualified appliance repair technician.

CAUTION:

Do not immerse Panini Maker, cord, or plug in water or any other liquid.

Cleaning Instructions

To keep your Panini Maker operating properly, clean regularly.

1. Turn the Temperature Dial to the “OFF” position, unplug the Panini Maker and allow it to cool completely before cleaning.
2. NEVER IMMERSE THE PANINI MAKER IN WATER OR ANY OTHER LIQUID.
3. Slide Drip Tray out from under the lower Grilling Plate. Wash Drip Tray in hot, soapy water after each use. Dry thoroughly and slide back into place before next use or for storage.
4. Wipe the exterior with a soft, damp cloth. Dry thoroughly.
5. To remove any remaining food on the non-stick Grilling Plates, wipe with a soft, damp cloth or absorbent paper towel. If rubbing with a damp cloth fails to remove burnt-on food, use a non-metallic scrubbing pad to clean the non-stick Grilling Plates. Dry thoroughly.
6. Do not use steel wool, scouring pads, or abrasive cleaners or utensils to clean either the inside or the outside of this Panini Maker as they will damage the surfaces.
7. Make sure to hold the Lid by hand while cleaning to prevent accidental closing and injury.

Storage Instructions

Before storing your Panini Maker, unplug from the wall outlet and allow the Panini Maker to cool completely. Clean thoroughly.

1. Lock the non-stick Grilling Plates for storage, simply bring the non-stick Grilling Plates together and press the Securing Latch on the side of the Lid Handle.
2. Use the Cord Wrap on the bottom of the Panini Maker. Never wrap cord tightly around the appliance. Do not put any stress on cord where it enters unit, as this could cause cord to fray and break.
3. Store the Panini Maker in closed position (handles pointed up) for neat and compact storage or in its box or in a clean, dry place.



HINTS FOR BEST RESULTS

- Always preheat the Panini Maker before each use.
- Have all ingredients at hand before preparing panini.
- A wide variety of breads may be used, such as whole wheat and other whole grain bread.
- With the Panini Maker's non-stick Grilling Plates, it is not necessary to butter the outside of the bread. However, to encourage even browning of the bread, spreading a small amount of butter or extra-virgin olive oil is recommended.

NOTE: The Panini Maker is coated with a non-stick surface. Do not use non-stick sprays as they can cause build-up on the Cooking Plates. Use cooking oil instead.

- When using soft or liquid fillings, use thicker-sliced breads. Bread can be slightly toasted before filling is added.
- Most fresh fruits release juice when heated. It is preferable to use canned fruit; drain and pat fruit dry with a clean paper towel.
- Natural cheese such as Gouda, Swiss or Havarti blend well with other ingredients. Avoid using processed cheeses, as they tend to “run” under high temperatures and have little nutritional value.
- A teaspoon of sugar sprinkled on the buttered side makes grilled panini crispier and adds flavor when using sweet fillings.
- Remember that whole grain and sweet breads will grill quicker than white breads.
- After you have removed finished panini, close the Lid to retain heat while assembling more sandwiches.
- Wearing oven mitts, use a soft, absorbent paper towel to wipe the non-stick Grilling Plates clean after each use to avoid food contamination.



DRESS UP YOUR PANINI

Adding fresh dressings to your panini keeps sandwiches moist and flavorful. Use a food processor to prepare many of these creamy, herby spreads.

Olive Tapenade

2 cups pitted oil-cured black olives
3 tablespoons drained capers
3 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
2 gloves garlic
2 teaspoons fresh thyme or 1 teaspoon dried

Pulse in food processor until mixture is coarse but uniform.

Roasted Garlic & Shallot Smear

10 shallots (roasted)
5 heads garlic (roasted)
2 ounces olive oil
2 ounces Balsamic vinegar
2 anchovy filets (optional)
1 tablespoon chopped fresh rosemary
4 ounces goat cheese
Salt and pepper to taste

Cut the tops off garlic heads. Drizzle 1 tablespoon olive oil over each garlic head. Sprinkle salt on each. Wrap garlic heads in aluminum foil. Place in 425° - 450° oven for 40 to 45 minutes until the garlic is soft and browned.

Trim shallots. Sprinkle with olive oil and add salt. Wrap in 2 packets of aluminum foil. Place shallots into oven during the last 10 to 15 minutes of roasting the garlic. Roast until golden brown, about 15 minutes, then cool to room temperature.

Place peeled garlic and shallots into a food processor, add remaining ingredients and process until smooth. Refrigerate until needed.



DRESS UP YOUR PANINI (CONTINUED)

Vegetable Dressing

1 cup low-fat yogurt
3 tablespoons Dijon (or any spicy) mustard
freshly ground black pepper to taste
2 tablespoons low-fat cottage cheese
1/8 teaspoon Tabasco sauce
2 tablespoons minced shallots
1 clove garlic
1 teaspoon freshly squeezed lemon juice

Pulse in food processor until smooth.

Basil Pesto

2 cups packed fresh basil leaves
1/4 cup grated Parmesan cheese
3 tablespoons toasted pine nuts
1 teaspoon chopped garlic
1/2 teaspoon salt
1/3 cup extra-virgin olive oil

Combine the basil, Parmesan cheese, pine nuts, garlic and salt in blender jar. Purée on high speed. Slowly drizzle the oil through the feed tube and process until a smooth paste forms. Store in the refrigerator until ready to use.

Cooking Tip: Freeze pesto in small quantities to use for any cooking occasion.

Chili Mayo

1/4 cup natural mayonnaise
2 tablespoons chili sauce
1/4 teaspoon chili powder

Mix by hand in a medium bowl. Store in the refrigerator until ready to use.

Salad Dressings & Sauces

Use your favorite bottled natural salad dressings and sauces. Substitute low-fat dressings and sauces if you are watching fat or sugar intake. Try these favorites: red wine vinaigrette, ranch, jalapeno lime grille sauce, teriyaki sauce, all types of barbeque sauces, peppercorn ranch, ginger-carrot to name a few.



SOME VARIATIONS ON CREATING PANINI

Breads

Whole wheat, cracked wheat, rye, dense, chewy, grainy...

Cheeses

Asiago, blue cheese, cheddar, smoked cheddar, fontina, goat's cheese, gorgonzola, havarti, mozzarella, provolone, Swiss, Parmesan...

Dressings & Sauces

Olive Tapenade, Roasted Shallot Smear, Vegetable Dressing, Basil Pesto, Chili Mayo, red wine vinaigrette, ranch, jalapeno lime grille sauce, teriyaki sauce, all types of barbeque sauces, peppercorn ranch, ginger-carrot to name a few.

Poultry

Organically raised, drug and hormone-free cooked chicken and turkey breast...

Fish

Canned, oil-packed, white albacore tuna...

Oils

Extra-virgin olive oil, herbed olive oil, toasted, sesame seed oil, walnut oil, grapeseed oil, butter...

Vegetarian Additions

Artichoke hearts, asparagus, sliced avocado, fresh basil leaves, bean sprouts, coleslaw, grilled eggplant, gardinaire, roasted garlic, sliced mushrooms, grilled mushrooms, pitted olives, sliced sweet onion, green onions, grilled onions, fresh green and red peppers, roasted red peppers, hot peppers, sun-dried tomatoes, fresh tomatoes, grilled zucchini, asparagus...

Dressing recipes included in this Owner's Manual.



PANINI RECIPES

Chicken & Artichoke Panini with Olive Tapenade

8 slices whole grain peasants' bread
4-8 tablespoons fresh Olive Tapenade
4 pieces chicken breast butterfly cut, grilled
8 slices Provolone cheese (optional)
4 - 6 ounces sun-dried tomatoes
2 (6-oz.) jars drained and sliced artichoke hearts

To create a golden finish when grilled, brush each slice of bread with olive oil, one side only. To build the panini, start with one slice of bread, olive oil side down.

Spread a generous portion of Olive Tapenade on the top, dry side of the bread. Layer with chicken breast, cheese, tomatoes, and artichoke hearts.

Top with the remaining bread, making sure that the buttered side is facing up. Place assembled sandwiches on the Panini Maker.

Makes 4 panini

Hearty Club Panini on Rye

4 slices rye bread
2 - 4 tablespoons Chili Mayo
4 - 6 slices cooked turkey breast
shredded lettuce
4 thin slices tomato
4 thin slices sweet onion (optional)

Brush each slice of bread with butter or olive oil, one side only. To build the panini, start with one slice of bread, buttered side down.

Spread bread with Chili Mayo then layer turkey, lettuce, tomato, and onion if desired. Drizzle Chili Mayo over the top.

Top with the remaining bread, making sure that the buttered side is facing up. Place assembled sandwiches on the Panini Maker.

Makes 2 panini



PANINI RECIPES (CONTINUED)

Tuna & Avocado Panini

8 (1/2-inch thick) slices whole grain peasants' bread
2 - 4 tablespoons mayonnaise
2 - 4 tablespoons dijon mustard
4 - 8 cucumber slices, sliced lengthwise
4 - 8 slices red or sweet onion
1 (15-oz.) can water-packed white albacore chunky tuna (drained and flaked)
2 large or 4 small avocados, sliced lengthwise

To create a golden finish when grilled, brush each slice of bread with olive oil, one side only. To build the panini, start with one slice of bread, olive oil side down.

In a small bowl, mix the mayonnaise and mustard together. Spread the mayo/mustard on the top, dry side of the bread. Layer with cucumber slices, tuna, and avocado.

Top with the remaining bread, making sure that the olive oil side is facing up. Place assembled sandwiches on the Panini Maker.

Makes 4 panini

Variations:

For a lighter fare, prepare tuna salad using light mayonnaise, plain yogurt, or light sour cream.

Spice up your tuna with 1/4 teaspoon cayenne pepper, 1/2 teaspoon ground cumin, or crushed black pepper to taste.

Use rye bread or whole wheat.

Add cheese to make a Tuna Panini Melt: use 1/2 cup shredded cheddar, Swiss, colby or mozzarella.

Substitute salmon, chicken or ham salad.



PANINI RECIPES (CONTINUED)

Grilled Portabella Panini with Roasted Shallot Smear

8 portabella mushrooms (**Optional:** Use marinated portabella mushroom recipe and marinate as directed)

8 slices cracked grain bread

8 tablespoons Roasted Garlic & Shallot Smear

4 slices Asiago cheese, shaved thin

8 tablespoons extra-virgin olive oil

salt and pepper to taste

Prepare Portabella mushrooms by trimming the mushroom stems and then cutting in 1/4 inch slices. Brush both sides with oil. (Mushrooms may be marinated before cooking.) Place slices of mushrooms in a preheated frying pan for about 3 - 6 minutes. Do not overcook.

To create a golden finish when grilled, brush each slice of bread with olive oil, one side only. To build the panini, start with one slice of bread, olive oil side down.

Spread bread with Roasted Shallot Smear, then stack grilled portabella mushrooms and cheese. Season with salt and pepper to taste. Top with the remaining bread, making sure that the olive oil side is facing up. Place assembled sandwiches on the Panini Maker.

Makes 4 panini



PANINI RECIPES (CONTINUED)

Herb Frittata, Arugula & Roasted Pepper Panini

4 large organic free range eggs
3 tablespoons Parmesan grated
1 tablespoon Italian parsley, chopped
1 tablespoon chives, minced
2 teaspoons butter
salt and pepper

2 whole wheat rolls
2-3 ounces arugula
2 roasted red peppers
4-6 tablespoons extra-virgin olive oil

Whisk eggs together with Parmesan cheese and herbs. Season with salt and pepper. Heat an 8-inch non-stick skillet over high heat. Melt a teaspoon of butter in skillet and when it stops foaming, add half the egg mixture. Stir and shake until the bottom is set and lightly brown. Flip and cook the other side or place under the broiler until set. Remove from the pan and repeat with the remaining egg mixture.

Slice the rolls in half, generously drizzle both sides of the roll with olive oil. Place arugula on one side of the roll and top with roasted pepper. Cut frittata in half and place both halves on top of roasted pepper, drizzle with balsamic vinegar and top with other side of roll.

Repeat with remaining roll, then place both assembled panini on the Panini Maker.

Makes 2 panini



PANINI RECIPES (CONTINUED)

Mediterranean Wrap

1/2 cup hummus
1 cup grated carrots
1 cup chopped cucumber
1/4 cup pitted, chopped kalamata or oil-cured olives
1/2 red onion, thinly sliced
salt and pepper to taste
1 cup packed fresh basil, chopped
4 whole wheat or vegetable flavored tortillas (8 - 9 inch)

To create a golden finish on the tortillas when grilled, brush each tortilla with, one side only. To build the wrap, start with one tortilla, oil side down.

Spread the center of the tortilla with hummus, and then stack the carrots, cucumber, olives, red onion, and basil on top. Season with salt and pepper to taste. Fold the bottom side of the tortilla up one inch. Fold left side over, then wrap to the right.

Place assembled wraps, seam side down on the Panini Maker. Lower top non-stick Grilling Plate onto the oiled wrap, making sure it lies evenly on the wraps. Cook until golden brown, approximately 1 to 2 minutes.

Makes 4 grilled wraps

Tempeh Burrito

4 teaspoons tahini
1/2 cup tempeh
1 small tomato, thinly sliced
1/4 red onion, thinly sliced
1/4 cup chopped cucumber
1/2 cup crumbled feta cheese
1/4 cup pitted, chopped kalamata or oil-cured olives
1 cup packed fresh spinach, chopped
salt and pepper to taste
4 whole wheat or vegetable tortillas (8-9 inch)

To create a golden finish on the tortillas when grilled, brush each tortilla with, one side only. To build the wrap, start with one tortilla, oil side down.

Spread tahini all over the tortilla. Crumble tempeh in the center of the tortilla, and then stack the tomatoes, red onion, cucumber, feta cheese, olives, and spinach over the tempeh. Season with salt and pepper to taste. Fold the bottom side of the tortilla up one inch. Fold left side over, then wrap to the right.

Place assembled burritos, seam side down on the Panini Maker. Lower top non-stick Grilling Plate onto the oiled burrito, making sure it lies evenly on the burrito. Cook until golden brown, approximately 1 to 2 minutes.

Makes 4 burritos



PANINI RECIPES (CONTINUED)

Savory Quesadilla

1 red onion, thinly sliced
1 teaspoon minced fresh garlic
1 cup chopped walnuts
2 teaspoons walnut oil

16 cheese slices
1 cup drained, roasted red peppers, thinly sliced
4 cups packed fresh spinach, chopped
salt and pepper to taste

4 teaspoons Roasted Garlic and Shallow Spread, recipe page 10.

8 whole wheat or vegetable flavored tortillas (8-9 inch)

1 cup salsa

Heat an 8-inch non-stick skillet over medium-high heat. Add walnut oil and heat for a minute, then add the red onion and saute until it is slightly browned. Add the garlic and walnuts. Stir and cook until the garlic is lightly browned. Set aside.

Spread Roasted Shallot Smear to the edge of the tortilla. Add 2 slices of cheese, cutting to fit tortilla. Add red onion mixture, roasted pepper and spinach. Season with salt and pepper to taste. Add 2 more slices of cheese, cutting to fit tortilla. Top with another tortilla and brush the top with oil.

Place assembled quesadilla on the Panini Maker. Lower top non-stick Grilling Plate onto the oiled quesadilla, making sure it lies evenly on the tortilla. Cook until golden brown, approximately 1 to 1-1/2 minutes. Remove from Panini Maker and allow to cool 1 minute before cutting. Repeat with remaining ingredients.

Serve with salsa

Makes 4 quesadillas



PANINI RECIPES (CONTINUED)

Chocolate Panini

8 (1/2- inch) thick slices whole wheat bread, buttered on 1 side
4 - 8 ounces organic chocolate chips
whipped butter

Lay slices of bread, butter side down, on the Panini Maker. Sprinkle the chocolate chips chocolate evenly onto the 4 slices of bread. Then cover each with a second slice of bread, butter side up. Grill panini for 3-4 minutes or until bread is golden and chocolate is melted. Using a spatula, carefully turn each panini over to bake for another minute.

Let cool slightly before serving.

Makes 4 panini

Variations:

Cherry Chocolate Panini: Add 4 ounces dried cherries.
(Or any dried fruit of your choice.)

Chocolate Almond Panini: Add 4 ounces slivered almonds.
(Or any nut of your choice.)

Dad's Favorite: Add 4 tablespoons peanut butter
Chocolate, Peanut Butter and layer with sliced bananas
& Banana Panini

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