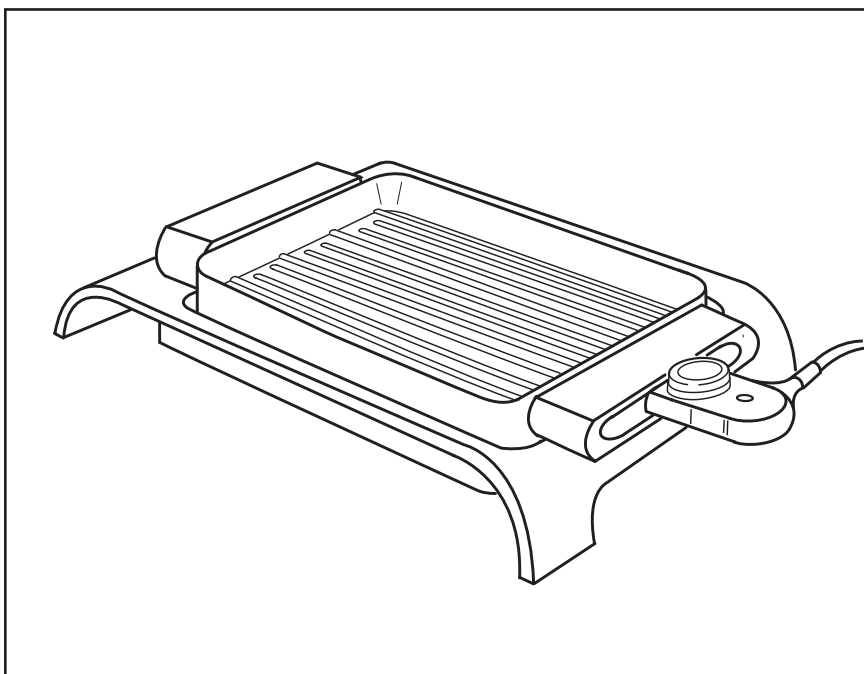


**cook's essentials®**

**HIGH PERFORMANCE KITCHENWARE**



## **REVERSIBLE GRILL/GRIDDLE**

MODEL CERG75

OWNER'S MANUAL

# 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 handles or knobs. Use oven mitts or potholders.
3. To protect against electric shock, do not immerse cord, Temperature Control Probe or plug 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. Always attach plug to appliance first, then plug into the wall outlet. To disconnect, turn the Temperature Control Knob to "OFF", then remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Do not operate the Grill without the Grill Base and Drip Tray in place.

## 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 injury to persons or damage to 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, 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.

## 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.

## Temperature Control Probe

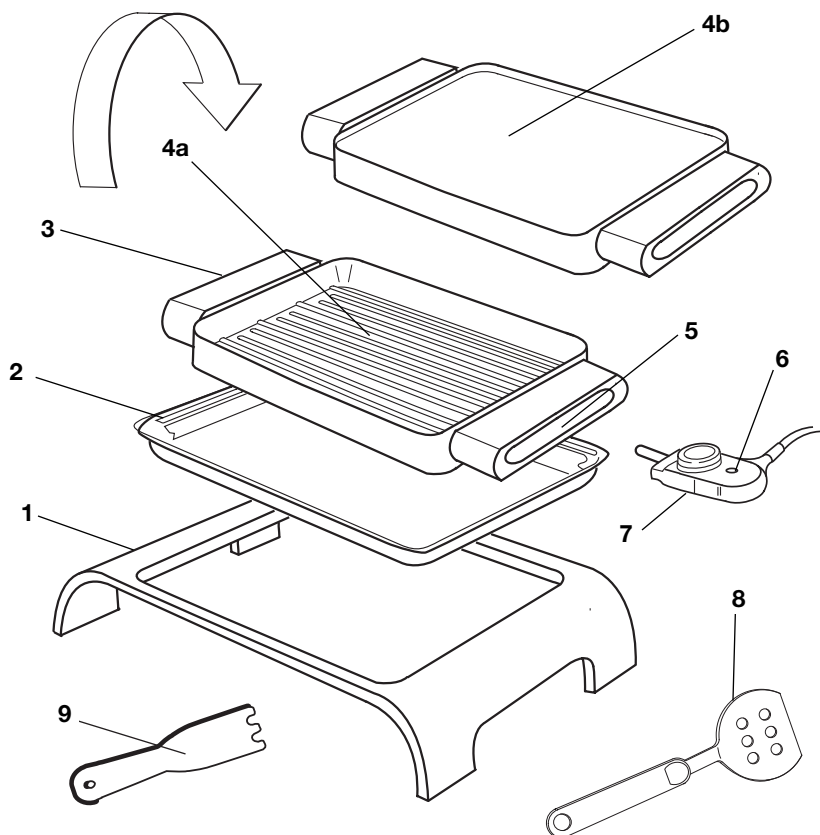
Use only the Temperature Control Probe (P/N 22406) supplied with this product. Using any other type of Temperature Control Probe may cause fire, electric shock, or injury.

The Temperature Control Probe is designed to yield precise results. Use care not to drop, hit, or impact it against hard surfaces. Dropping or banging it could change its calibration and make the temperature settings inaccurate.

Never pull on the cord of the Temperature Control Probe. Always grip the body of the Temperature Control Probe when handling.

**NOTE:** The Temperature Control Probe is not immersible.

# Getting to Know Your cook's essentials® CERG75 Reversible Grill/Griddle



- |   |  |
|---|--|
| 1. Grill Base (P/N 22403)   | 5. Probe Receptacle                      |
| 2. Removable Drip Tray (P/N 22404)                                    | 6. Thermostat Light                      |
| 3. Cool Touch Handle  | 7. Temperature Control Probe (P/N 22406) |
| 4. Dupont® Scratch Guard™ Coated Reversible Cooking Plate (P/N 22405) | 8. Plastic Spatula, Griddle (P/N 20493)  |
| a. Grilling Surface   | 9. Plastic Spatula, Grill (P/N 20166)    |
| b. Griddle Surface  |  |

# Introduction

Congratulations on your purchase of the cook's essentials® Reversible Grill/Griddle with Dupont® Scratch Guard™ coated cooking plates. Enjoy delicious, healthy meals in minutes with this compact and versatile appliance.

Lightweight and easy to use, the CERG75 is a healthful alternative for cooking. The Non-Stick Grilling Plate is designed to channel fats and excess liquids away from the food and safely into an integrated Drip Tray. Turn the Grilling Plate over and your Grill becomes a large, non-stick Griddle that allows you to cook a wide variety of foods sufficient for the largest of today's families.

## Features

### **Dupont® Scratch Guard™ Cooking Surface**

Covers both sides of the Reversible Cooking Plate for reduced fat cooking and easy cleaning.

### **Grilling Surface**

Sears in the juices and flavors of your favorite foods, and allows fats to drip through the grill ribs for healthy, fat free cooking.

### **Griddle Surface**

Large, smooth, non-stick cooking surface with uniform temperature conduction for cooking food items such as pancakes, hash browns, eggs, grilled cheese sandwiches, chopped vegetables, etc.

### **Heat settings**

Variable heat settings provide perfect control in a multitude of cooking tasks.

### **Temperature Control Probe**

The Temperature Control Probe is thermostatically controlled to ensure constant temperature, and is removable for portability and easy cleaning.

### **Removable Drip Tray**

Collects fats and juices during cooking. Dishwasher safe for easy cleaning.

### **Grill Base**

Supports the Drip Tray and Reversible Cooking Plate. Made from durable heat resistant Nylon.

# How To Use the cook's essentials®

## Reversible Grill/Griddle

**WARNING:** Charcoal or similar combustible fuels must not be used with this appliance.

1. **Before using the Grill for the first time, remove the protective film from the Cooking Plate.** Wash the Drip Tray and Cooking Plate in warm soapy water. See *User Maintenance Instructions*.
2. Place the Drip Tray into the Grill Base.
3. Place the Reversible Cooking Plate, preferred side up, on the Drip Tray.  
**NOTE:** Drip Tray and Grill Base MUST always be in place when using the Grill.
4. Turn the Temperature Control Probe to "OFF" and insert it fully into the receptacle on the Cooking Plate. Plug the cord into a 120V AC electrical outlet.
5. **To preheat:** Turn the Temperature Control Probe dial to the desired heat setting, or the heat setting recommended in the Cooking Chart. The Thermostat Light will illuminate. **Note:** The Thermostat Light on the Temperature Control Probe indicates the Grill is heating. The light will remain ON until the set temperature has been reached and then will cycle ON and OFF as needed to maintain the set temperature.
6. Allow the Cooking Plate to preheat except where noted on the Cooking Chart. The preheat time will depend on the heat setting selected. If a high heat setting is selected, a longer preheat time is required.
7. Carefully place the items to be cooked on the Cooking Plate and allow the food to cook until done. Consult the Cooking Chart in this book. **Do not leave Grill unattended during use!**
8. When finished cooking, turn the Temperature Control Probe to "OFF".
9. Scratchguard™ is metal-utensil safe, but please note that minor surface marring may occur. However, minor marring will not affect the non-stick performance. Using plastic or wooden utensils are recommended to keep your non-stick surface looking new. Do not use sharp utensils (i.e. knives, forks, etc.). This could damage the non-stick surface.
10. Disconnect the plug from the wall outlet and allow the Grill to cool completely.
11. When cool, carefully remove the Grill Plate using the Cool Touch Handles. Place Grill Plate on a heat-safe, stable surface.
12. Now the Drip Tray may be removed and emptied. **Be sure the liquid has cooled before removing Drip Tray.**

# Grilling Hints and Tips

- Use tender cuts of meat for grilling.
- Marinate tougher cuts of meat to tenderize them before grilling.
- To avoid drying out meat and fish, do not pierce with a utensil.
- Adjust heat setting gradually and only as necessary. Cooking foods at too high a temperature can cause them to dry out.
- Better cooking results will be achieved with boneless cuts of meat, chicken and fish.
- Cut the edge of the meat in several places to prevent curling of the meat.
- If grilling more than one item, select foods of even thickness. This will promote consistent doneness and appearance.
- For grilling small portions, make sure meat is centered on Grill. When grilling larger portions, distribute evenly and allow one inch space between foods to promote uniform cooking.
- When grilling fish or chicken breast fillets, tuck extremely thin parts under to prevent overcooking.
- If food is under-cooked when removed from Grill, simply return to Grill for additional cooking time.



# Grill Cooking Chart

FOOD	COOKING TIME	TEMPERATURE
<b>Poultry</b>		
Chicken Tenders	10-15 min.	400°F
Turkey Burgers, 4 oz	20-25 min.	400°F
<b>Beef</b>		
Hamburgers, 4 oz	20-30 min.	400°F
Hamburgers, 8 oz	25-35 min.	400°F
Steak, 3/4 inch thick.	10-15 min.	450°F
<b>Pork</b>		
Ham Steak, 1/2 inch thick	10-15 min.	350°F
Loin Chops, 1/2 inch thick	25-35 min.	350°F
Sausage Links	20-30 min.	350°F Do not Preheat
Sausage Patties, 3/8 inch thick	15-25 min.	350°F Do not Preheat
<b>Miscellaneous</b>		
Bratwurst	30-40 min.	400°F
Hot Dogs	15-20 min.	400°F
Grilled Vegetable Slices, 1/4 - 1/2 inch thick	10-20 min.	450°F

NOTE: These are recommended guidelines only. Personal taste and thickness of cut may vary cooking times. Always check for doneness and always use fresh, refrigerated foods.

**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.

# Griddle Cooking Chart

FOOD	COOKING TIME	TEMPERATURE
<b>Pork</b>		
Bacon	10-15 min.	325°F Do not preheat the appliance. Turn bacon often while cooking.
<b>Fish</b>		
Filets, 1/2 inch thick	8-12 min.	400°F
Steaks, 1 inch thick	12-15 min.	400°F
<b>Miscellaneous</b>		
Eggs	2-5 min.	350°F
French Toast	6-8 min.	350°F
Grilled Sandwiches	4-6 min.	350°F
Hamburger Buns Do not turn	1-3 min.	350°F
Hash Browns	15-20 min.	425°F
Pancakes	3-5 min.	375°F
Texas Toast	2-4 min.	425°F

Turn all food items halfway through cooking time.

# User Maintenance Instructions

This cook's essentials® Reversible Grill/Griddle requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

**WARNING:** *To avoid electric shock, unplug from outlet when not in use and before cleaning. Do not immerse Temperature Control Probe, Cord or Plug into water or other liquid.*

**CAUTION:** *To avoid accidental burns, allow your Grill to cool thoroughly before cleaning.*

1. Before cleaning, turn the Temperature Control Probe to "OFF", unplug it from the wall outlet and then remove it from the Probe Receptacle. Allow the Grill to cool completely.
2. **Cleaning Cooking Plate and Drip Tray:** Wipe the Cooking Plate with an absorbent paper towel or a sponge. Runoff will drip into the Drip Tray. Carefully remove the Reversible Cooking Plate, using the Cool Touch Handles. Place the cooking plate on a heat safe, stable surface. Empty the Drip Tray into an appropriate container. Wash the Reversible Cooking Plate, Spatulas and Drip Tray with warm soapy water. Rinse and dry thoroughly. **Do not wash the Reversible Cooking Plate in the dishwasher.**  
**Important:** Always make sure the Probe Receptacle is completely dry before reinserting the Temperature Control Probe.
3. **Stubborn build-up:** If necessary, use a non-metallic scrubbing pad to clean the Cooking Plate and a stiff, non-metallic brush to clean between the grill ribs. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the Grill.
4. **Cleaning Temperature Control Probe:** If necessary, wipe with a damp cloth and dry thoroughly. **Do not immerse the Cord, Plug or Temperature Control Probe in water or any other liquid!**
5. **Cleaning Grill Base:** Wipe with a damp cloth or wash with warm, soapy water. Rinse and dry. **Do not wash the Grill Base in the dishwasher.**

## Storage

Unplug unit, allow to cool, and clean before storing. Store in its box in a clean, dry place. Never store it while it is hot or still plugged in. Never wrap cord tightly around the appliance as it could cause the cord to fray and break.

# Recipes

## **Toast L'Orange**

3 eggs  
1/3 cup milk  
1/3 cup orange juice  
1 1/2 Tbsp. sugar  
1 1/3 tsp. orange peel  
1/4 tsp. salt  
2 Tbsp. vegetable oil  
8 slices cinnamon bread

1. Preheat the Griddle on 400°F for 10 minutes.
2. Whisk together the eggs, milk, orange juice, sugar, orange peel and salt.
3. Brush the Griddle with vegetable oil.
4. Dip both sides of bread in the egg mixture. Place on Griddle and cook 4-6 minutes, turn over and continue cooking another 4-6 minutes or until hot.

Serves 4

## **Champ's Sausage Without Guilt**

4 slightly beaten egg whites  
1 1/3 cups finely chopped onion  
2 cups finely chopped fresh apple  
1 cup seasoned bread crumbs  
1/2 cup snipped fresh parsley  
1 tsp. sea salt  
2 tsp. ground sage  
1/2 tsp black pepper  
1/4 tsp. Cayenne pepper  
2 lb. ground turkey breast

1. Make the sausage by combining the egg white, onion, apples, breadcrumbs, parsley, salt, sage, black pepper, and cayenne pepper. Add the ground turkey and mix well. Shape into 12 patties.
2. Preheat the Grill on 400°F for 10 minutes.
3. Place the patties on the Grill for 10-15 minutes, turn and continue cooking for another 10-15 minutes or until the meat is no longer pink and the juices run clear.

Serves 12

## **Soy-Sesame Marinated Pork Loin Chops**

1/2 cup low sodium soy sauce  
2 Tbsp. ground ginger  
2 cloves garlic  
1/4 tsp. black pepper  
3 Tbsp. sesame oil  
2 Tbsp. sesame seed  
9 pork loin chops, 1/2" thick, boneless

1. Combine the soy sauce, ginger, garlic, pepper, sesame oil and sesame seed in a flat glass pan.
2. Remove all visible fat from the pork. Add to the marinate mixture and marinate in the refrigerator 1 to 2 hours or overnight.
3. Preheat the Grill on 350°F for 10 minutes.
4. Place pork loins on the Grill for 25-35 minutes, or until done according to your preference.

Serves 9





