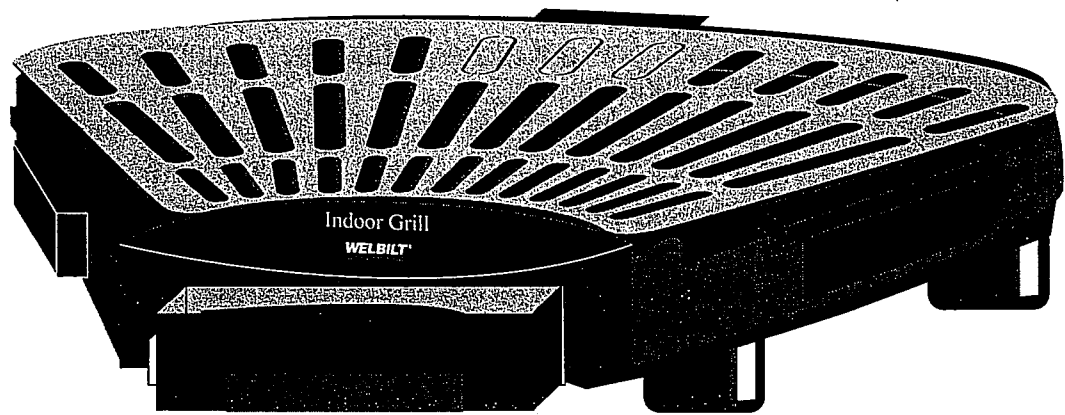


INDOOR HEALTHY GRILL

MODEL GC101



INSTRUCTION MANUAL

WELBILT[®]

HOUSEHOLD USE ONLY

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 electric shock, do not immerse cord 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. 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 cause injuries.
8. Do not let cord hang over the edge of table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner, or in a heated oven.
10. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
11. Always attach temperature control dial to appliance first, then plug cord in the outlet. To disconnect, remove plug from wall outlet.
12. Do not use outdoors.
13. Use only with plug provided.
14. Do not use appliance for other than intended use.
15. This appliance is for HOUSEHOLD USE ONLY.

SAVE THESE INSTRUCTIONS

This appliance has temperature control with polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. **Do not attempt to defeat this safety feature.**

If needed, an extension cord may be used if you are careful in its use:

1. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
2. An extension cord must be arranged so that it will not drape over the counter or tabletop where it can be pulled on by children or tripped over accidentally.

BEFORE USING YOUR HEALTHY GRILL

This appliance is designed for indoor use only. Do not use charcoal, lighter fluids, or gases with this appliance.

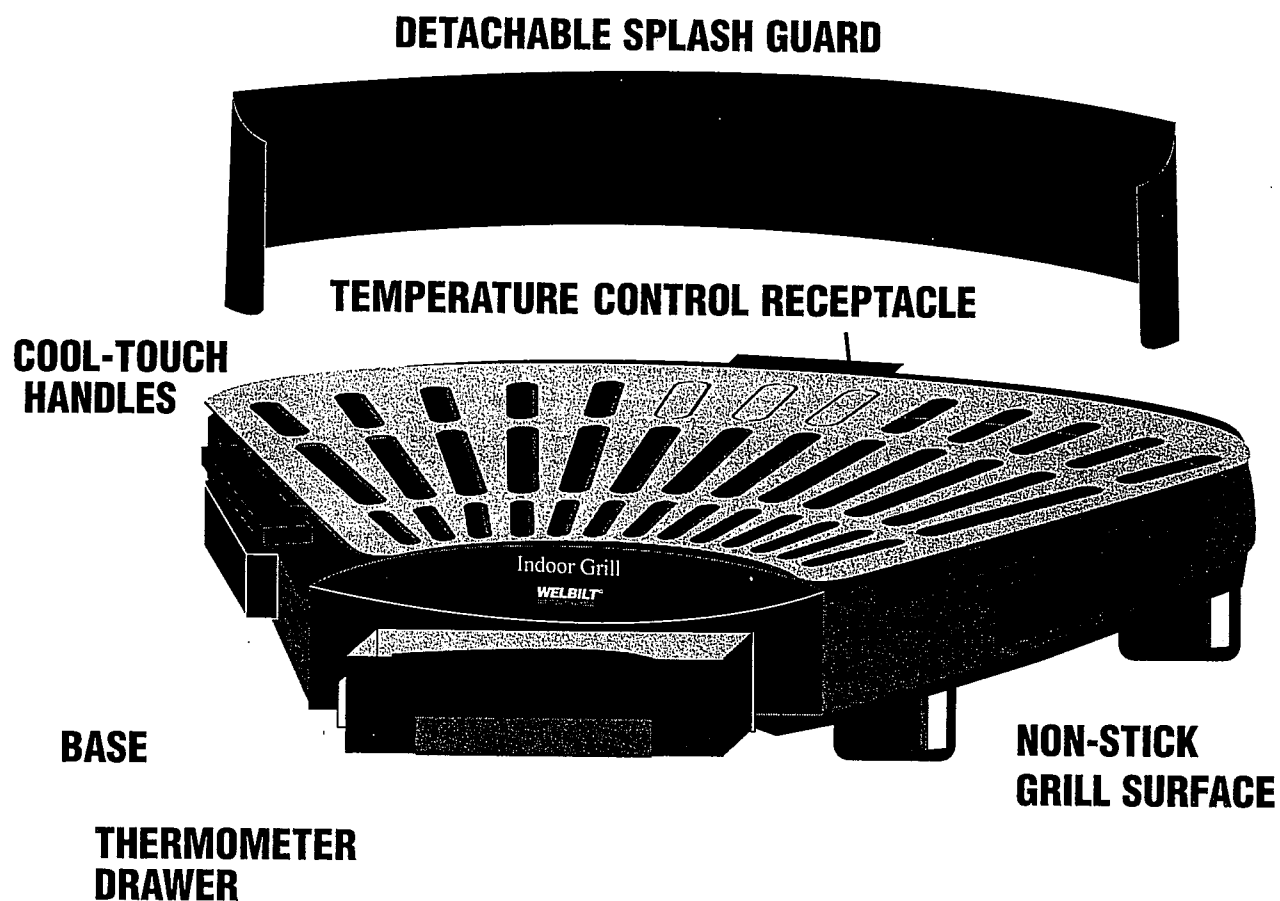
Carefully unpack the INDOOR HEALTHY GRILL and remove all packaging materials. Wipe the surfaces with a clean, damp cloth or sponge, then dry with another cloth. This will remove any dust that may have settled during packaging.

CAUTION: DO NOT IMMERSE THE TEMPERATURE CONTROL AND POWER CORD IN WATER OR ANY OTHER LIQUID.

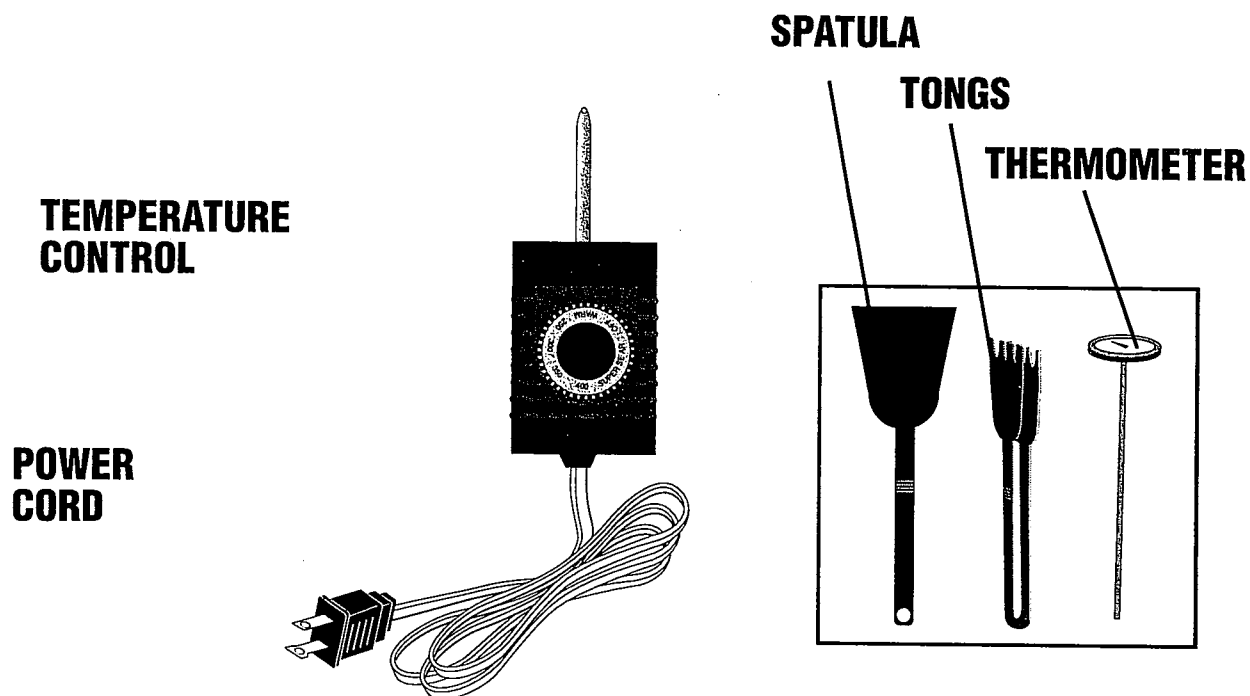
CAUTION: USE ONLY WITH THE TEMPERATURE CONTROL PROVIDED.

Set the INDOOR HEALTHY GRILL on a clean, dry counter or sturdy table away from an open flame or hot burners.

COMPONENTS AND FUNCTIONS



ACCESSORIES INCLUDED:



USING YOUR INDOOR HEALTHY GRILL

1. Place the BASE on a flat, level surface, such as a countertop or table.
2. Place the GRILL PLATE onto the BASE. The GRILL PLATE is for indoor grilling only. The BASE doubling as drip pan catches drippings and is dishwasher safe for easy cleaning.
3. Turn the TEMPERATURE CONTROL to the OFF position. Insert it into the TEMPERATURE CONTROL RECEPTACLE. Plug the POWER CORD into a 120-volt 60 Hz AC only outlet.

IMPORTANT: Be sure that this is the only appliance on the electrical circuit.

4. Turn the TEMPERATURE CONTROL to the desired temperature. The LIGHT will illuminate, indicating that the grill is preheating. When the light goes out, the GRILL SURFACE is preheated to the selected temperature and is ready for use. During cooking, the light will go on and off indicating the surface temperature is being maintained.
5. Use only wood, nylon, or heat-proof plastic utensils. Metal utensils will scratch the NON-STICK GRILL SURFACE. Never cut food with a knife on the NON-STICK GRILL SURFACE.

CARE AND CLEANING

After using, unplug the POWER CORD from the outlet. Before cleaning, allow the unit to cool completely. Remove the TEMPERATURE CONTROL from the grill plate. If necessary, wipe the TEMPERATURE CONTROL and POWER CORD with a damp cloth.

CAUTION: DO NOT IMMERSE THE TEMPERATURE CONTROL AND POWER CORD IN WATER OR OTHER LIQUID.

Pour any grease that has accumulated in the BASE into a disposable container. Wash the grill plate and base in hot, soapy water. Rinse and dry. The GRILL PLATE and BASE are immersible.

Do not use scouring pads or harsh cleaners on any part of the appliance. If necessary, use a nylon bristle brush.

Do not let the GRILL PLATE or BASE soak overnight. This could damage the non-stick coating.

GRILL GUIDE

Use the following easy guidelines for successful grilling:

1. Preheat the GRILL PLATE prior to cooking until the LIGHT goes out. Food should be fully thawed and close to room temperature when starting to cook.
2. Marinate meats before grilling for extra flavor and tenderness, if desired. Marinades with added sugar will cause meats to brown more quickly.
3. Turn food once during grilling unless otherwise directed.
4. If desired, brush with barbecue or other sauce during last 5 to 10 minutes of grilling.
5. Unplug from outlet and allow grill to cool completely before disposing of grease that has accumulated in the BASE.

FOOD	TEMPERATURE	COOKING TIME*
Fish: <i>Whole</i>	350°	12-16 min.
Steaks	350°	15-20 min.
Shrimp	350°	6-8 min.
Chicken:		
<i>Boneless Breast</i>	350°	18-22 min.
<i>Pieces, Bone-In</i>	350°	22-32 min.
Beef Steaks:		
<i>1-inch thick</i>	450°	10-15 min.
<i>3/4-inch thick</i>	450°	8-12 min.
Hamburgers	400°	10-12 min.
Chops:		
<i>Lamb</i>	350°	10-16 min.
<i>Pork</i>	350°	15-20 min.
<i>Veal</i>	350°	10-20 min.
Ribs, Partially Cooked:		
<i>Spare Ribs</i>	350°	15-20 min.
<i>Country-Style</i>	350°	20-25 min.
Kabobs	350°	10-20 min.
Hot Dogs, Fully-Cooked	400°	6-8 min.
Sausages:		
<i>Smoked</i>	400°	6-8 min.
<i>Fresh, Partially Cooked</i>	350°	10-15 min.

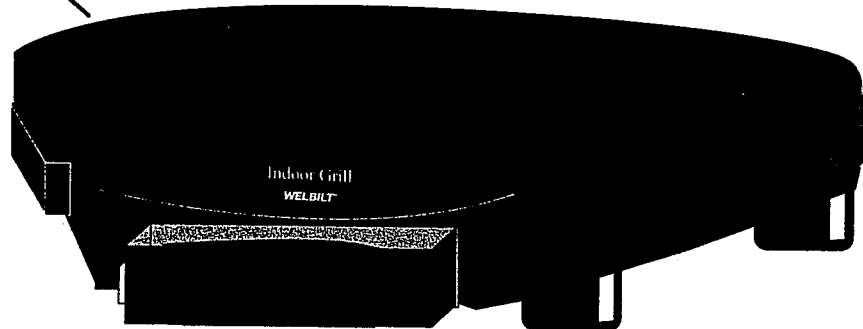
*Total cooking time except where noted.

TIPS FOR COOKING ON THE HEALTHY GRILL

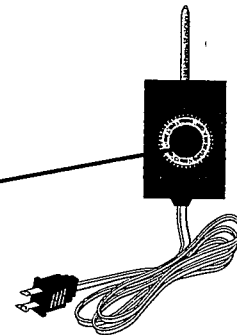
- Insert the TEMPERATURE CONTROL into GRILL PLATE. Make sure the dial is in the OFF Position.
- Plug POWER CORD into wall outlet. Turn the dial to desired temperature.
- Preheat GRILL until LIGHT goes out before adding food.
- When grilling fish, use a large flat spatula to turn the fish.
- When grilling kabobs, soak bamboo skewers in water at least 30 minutes before using to prevent burning.
- Use caution when grilling meat containing fat, such as beef, pork, sausages, and chicken with skin, as grease may spatter.
- Use separate utensils and platters for raw and cooked meat, or thoroughly wash platter used for raw meat before placing cooked meat on it.
- Tender meat cuts, such as sirloin and tenderloin, are generally more suitable for grilling than less-tender meat cuts, such as round or rump. Marinate less-tender meat cuts in meat tenderizer before grilling.
- Always marinate in a tightly covered non-metal dish, and turn the food occasionally. Be sure to refrigerate all meats while marinating. Heavy plastic bags are also convenient for marinating — add the food and marinade, then tightly seal the bag. Turn the bag now and then to redistribute the marinade.
- When grilling kabobs, turn and brush with marinade frequently until meat and vegetables are done. Leave a little space between foods threaded on skewer for more even cooking.
- When grilling chicken, turn several times during cooking to be sure that it is thoroughly cooked inside.
- Slash fat around the edges of steaks and chops to prevent curling. Avoid cutting into the meat.
- Before grilling, partially cook ribs and uncooked smoked or fresh sausages for best results. If not partially cooked, these meats may become over-browned on the outside before the center is done.
- Do not use foil on the GRILL.

REPLACEMENT PARTS ORDER FORM

Base



**Temperature
Control**



If you would like to order replacement or spare parts for your INDOOR HEALTHY GRILL, please call our Consumer Relations Center at 1-800-872-1656. We accept VISA, MasterCard, or Discover. Please refer to **Model GC101** when placing your order.

LIMITED WARRANTY

What is Covered and For How Long?

This warranty covers all defects in workmanship or materials in the mechanical and electrical parts, arising under normal usage and care, in this Welbilt® product for a period of 12 months from the date of purchase provided you are able to present a valid proof-of-purchase. A valid proof-of-purchase is a receipt specifying item, date purchased, and cost of item. A gift receipt with date of purchase and item is also an acceptable proof-of-purchase. Product is intended for household use only. Any commercial use voids the warranty.

YOU MUST KEEP YOUR ORIGINAL PROOF-OF-PURCHASE TO OBTAIN WARRANTY SERVICE.

Who is Covered?

The original retail purchaser or gift recipient who can provide proof-of-purchase.

What Will Be Done?

During the applicable warranty period within normal household use, we will repair or replace, at our discretion, any mechanical or electrical part which proves defective, or replace unit with a comparable model.

How Can You Get Service?

Call 1-800-872-1656.

DO NOT RETURN THIS WELBILT® PRODUCT TO APPLIANCE CO. OF AMERICA, LLC

All service must be performed by an ACA authorized Service Center. A valid proof-of-purchase must be submitted to obtain warranty service. Maintain a copy of proof-of-purchase for your records. In the event service is required:

- a. ACA is not responsible for loss or damage during incoming shipment.
- b. Carefully package product for prepaid shipment and insure it with the carrier. Be sure to enclose any accessories related to your problem.
- c. Retain tracking information for your protection in case of loss or damage in shipment.

THIS LIMITED WARRANTY COVERS UNITS PURCHASED AND USED WITHIN THE UNITED STATES AND DOES NOT COVER:

- * Damages from improper installation.
- * Damages in shipping.
- * Defects other than manufacturing defects.
- * Damages from misuse, abuse, accident, alteration, lack of proper care and maintenance, or incorrect current or voltage.
- * Damage from service by other than an authorized dealer or service center.
- * Any transportation and shipping charges.

MANUFACTURER MAKES NO WARRANTY, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION, ANY WARRANTIES OF FITNESS OR MERCHANTABILITY, EXCEPT AS EXPRESSLY SET FORTH ABOVE WITH RESPECT TO SUCH PRODUCTS OR PARTS THEREFOR. NOR SHALL MANUFACTURER HAVE INCURRED ANY OTHER OBLIGATIONS OR LIABILITIES ON ITS PART OR BE LIABLE FOR ANY ANTICIPATED OR LOST PROFITS, INCIDENTAL DAMAGES, CONSEQUENTIAL DAMAGES, TIME CHARGES OR ANY OTHER LOSSES INCURRED IN CONNECTION WITH THE PURCHASE, INSTALLATION, REPLACEMENT, OR REPAIR OF SUCH PRODUCTS OR ANY PARTS THEREFOR WHETHER ORIGINAL EQUIPMENT OR INSTALLED AS A REPLACEMENT COVERED BY THIS WARRANTY OR OTHERWISE; AND MANUFACTURER DOES NOT AUTHORIZE ANY PERSON TO ASSUME FOR MANUFACTURER ANY OTHER LIABILITY IN CONNECTION WITH THE PRODUCTS OR PARTS THEREFOR.

Manufacturer assumes no liability for delay in performing its obligations hereunder if failure results, directly or indirectly, from any cause beyond its control, including but not limited to acts of God, acts of government, floods, fires, shortages of materials, strikes and other labor difficulties, or delays, or failures of transportation facilities.

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ATTACH PROOF-OF-PURCHASE HERE

IMPORTANT NOTICE

PLEASE DO NOT RETURN TO STORE
If you have any problem with the unit contact
ACA Consumer Relations Center for service

PHONE: 1-800-872-1656

Please read operating instructions before using this
product
Please keep original box and packing materials in the event that
service is required

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