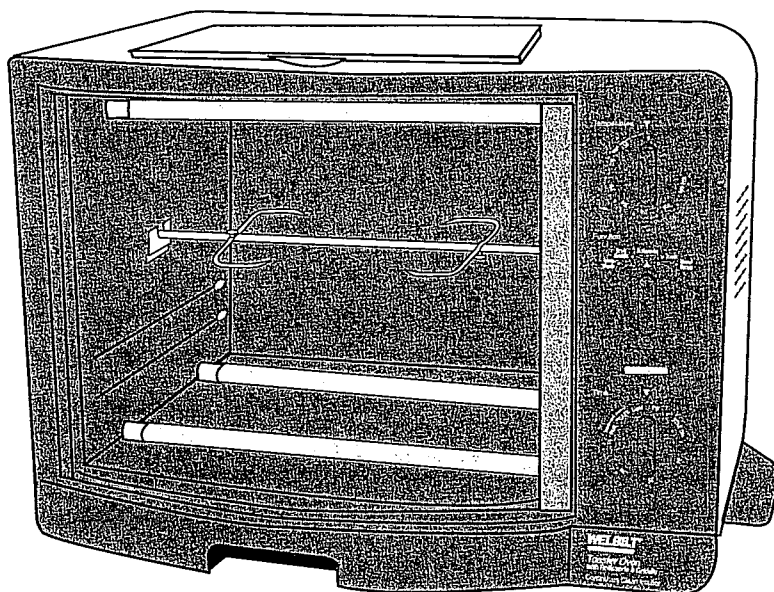


TOASTER OVEN-ROTISSERIE-GRIDDLE

MODEL TR660 A



INSTRUCTION MANUAL

WELBILT®

HOUSEHOLD USE ONLY

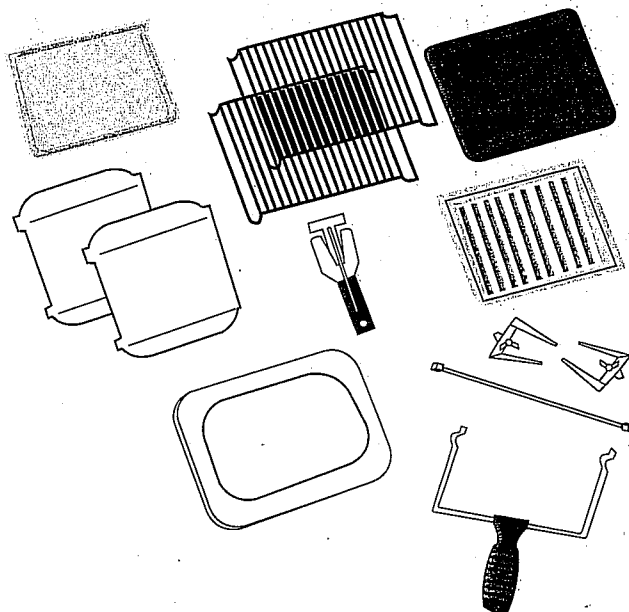
TR660 A

Notice

BEFORE OPERATING THIS OVEN CHECK FOR THE
FOLLOWING

- **(2) COOKIE SHEETS LOCATED ON SIDE
OF STYROFOAM INSERTS**
- **STICKER ON OVEN DOOR GLASS HAS
BEEN REMOVED**
- **THERE IS NO PACKING MATERIAL
REMAINING INSIDE THE OVEN**

BEFORE DISCARDING OVEN BOX ENSURE YOU
HAVE THE FOLLOWING PARTS



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.
3. Close supervision is necessary when any appliance is used by or near children.
4. To protect against electric shock, do not immerse cord, plug, or any parts of the oven in water or other liquids.
5. Do not let cord hang over edge of table or counter, or touch hot surfaces.
6. Do not operate appliance with damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest Authorized Service Center for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause hazard or injury.
8. Do not place on or near a hot gas or electric burner, or in a heated oven or in a microwave oven.
9. When operating the oven keep at least four inches of space on all sides of the oven to allow for adequate air circulation.
10. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning.
11. To disconnect, turn the control to OFF, then remove the plug. Always hold the plug, but never pull the cord.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Do not cover CRUMB TRAY or any part of the oven with metal foil. This may cause overheating of the oven.
14. Use extreme caution when removing tray or disposing of hot grease or other hot liquids.
15. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock.
16. Oversized foods or metal utensils must not be inserted in a toaster-oven as they may create a fire or risk of electric shock.

17. A fire may occur if the oven is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on the oven during operation.
18. Extreme caution should be exercised when using containers constructed of anything other than metal or glass.
19. Do not place any of the following materials in the oven: cardboard, plastic, paper, or anything similar.
20. Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
21. Always wear protective, insulated oven mitts when inserting or removing items from the hot oven.
22. This appliance has a tempered, safety glass door. The glass is stronger than ordinary glass and more resistant to breakage. Tempered glass can break, but the pieces will not have sharp edges. Avoid scratching door surface or nicking edges. If the door has a scratch or nick, contact our toll-free consumer relations line before using the oven.
23. Do not use outdoors.
24. Do not use appliance for other than intended use.
25. This appliance is for **HOUSEHOLD USE ONLY**.

SAVE THESE INSTRUCTIONS

This unit has a short power supply cord to reduce the risk resulting from becoming entangled in or tripping over a long cord. An extension cord may be used if you are careful in its use:

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

Your oven is equipped with a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug must fit into a polarized outlet only one way. If plug does not fully fit into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician.

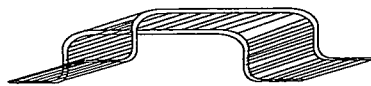
Do not attempt to defeat this safety feature.

Caution: To reduce the risk of fire or shock do not operate the unit unless the removable top tray is in place.

Components and Functions

- A. TEMPERATURE CONTROL
- B. FUNCTION CONTROL (toast, bake/roast, rotisserie, broil/griddle, and keep warm)
- C. TOAST/TIME CONTROL
- D. POWER-ON LIGHT
- E. BAKE RACKS ** (2)
- F. CRUMB TRAY
- G. DRIP PAN
- H. BROIL RACK
- I. COOKIE SHEETS (2)
- J. TRAY/RACK HANDLE
- K. UPPER & LOWER HEATING ELEMENTS
- L. CURVED GLASS DOOR
- M. DOOR HANDLE
- N. RACK SUPPORT GUIDES (TOP & BOTTOM)
- O. ROTISSERIE SPIT
- P. ROTISSERIE FORKS WITH SCREWS
- Q. ROTISSERIE SPIT SUPPORT & DRIVE SOCKET
- R. ROTISSERIE HANDLE
- S. GRIDDLE
- T. GRIDDLE COVER
- U. ACCESSORY STORAGE DRAWER

****NOTE: WHEN REFERENCE IS MADE, THROUGHOUT THIS MANUAL, TO THE CHROME BAKE RACKS FACING UP OR DOWN, PLEASE REFER TO THE FOLLOWING:**



Rack Facing Up



Rack Facing Down

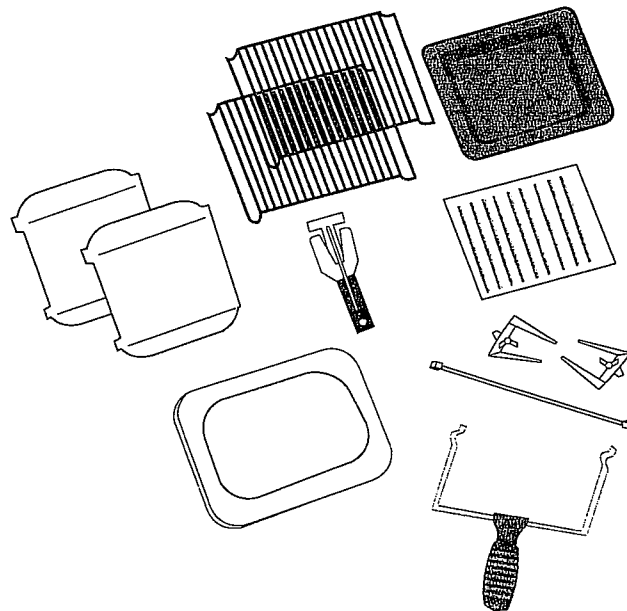
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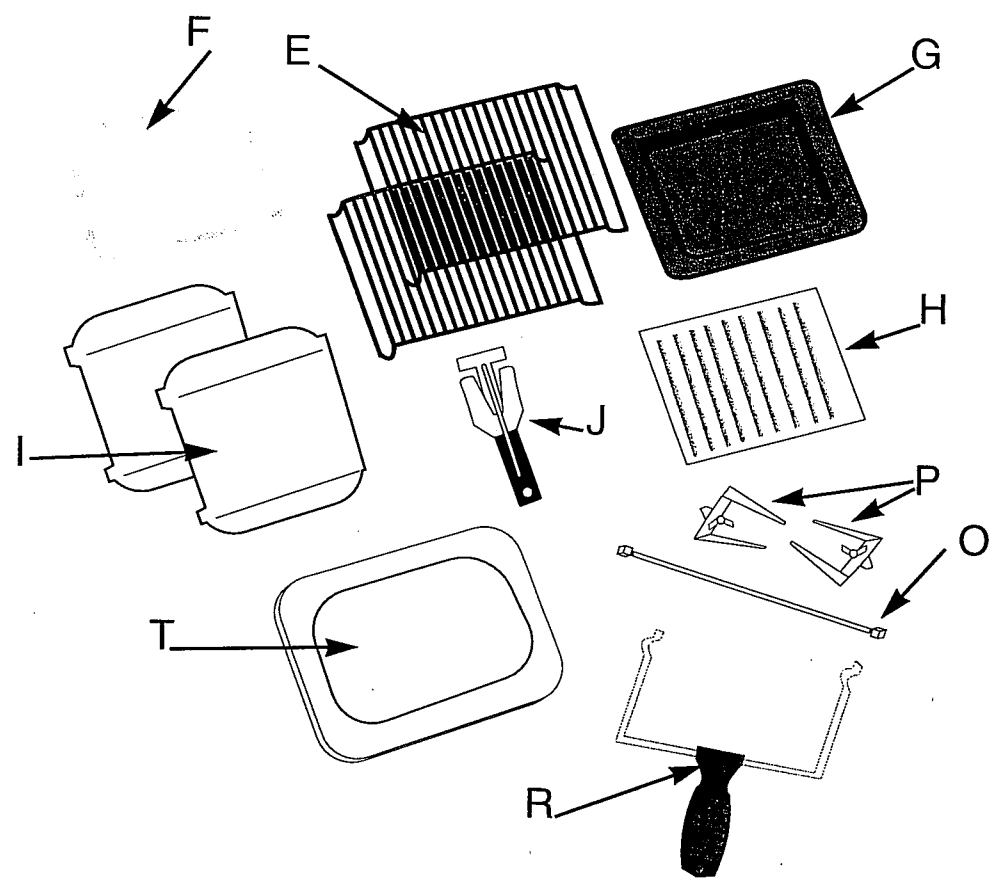
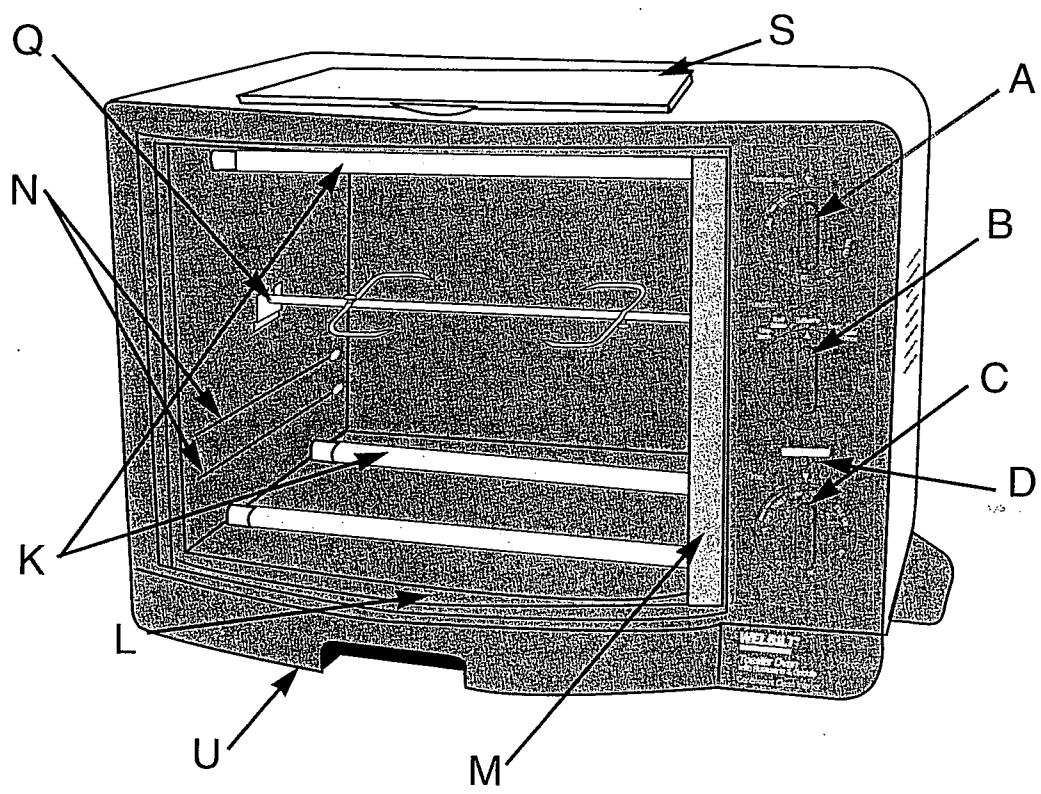
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Before Using Your Toaster Oven-Rotisserie-Griddle

Before using your Toaster Oven-Rotisserie-Griddle for the first time, be sure to:

1. Read all of the instructions included in this manual.
2. Remove the sticker from the door.
3. Make sure that oven is unplugged and the TOAST/TIME CONTROL is in the OFF position.
4. Remove the racks, pans, cookie sheets, rotisserie spit, and griddle. Wash them in hot sudsy water or in the dishwasher.
5. Thoroughly dry all accessories and re-assemble in oven. Plug oven into outlet and you are ready to use your new Welbilt® Toaster Oven-Rotisserie-Griddle.
6. After re-assembling your oven, we recommend that you run it at the MAX temperature on the TOAST FUNCTION for approximately 15 minutes to eliminate any packing oil that may remain after shipping.

Using Your Toaster Oven-Rotisserie-Griddle

Please refer to illustration on page 5 and familiarize yourself with the following oven functions and accessories prior to the first use:

- **Temperature Control (A)** - Choose the desired temperature up to 450° MAX for broiling, rotisserie, or griddle.
- **Function Control (B)** - This oven is equipped with five positions for a variety of cooking needs:

Bake/Roast - Cakes, pies, cookies, poultry, beef, pork, etc.

Toast - Bread, muffins, frozen waffles, etc.

Rotisserie - Can cook up to a 5-pound roast or chicken.

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Toast - Bread, muffins, frozen waffles, etc.

Rotisserie - Can cook up to a 5-pound roast or chicken.

Broil/Griddle - For broiling fish, steak, poultry, and pork chops, etc., or use the griddles for grilling sandwiches, bacon, eggs, pancakes, and French toast.

Keep Warm - Keep foods warm for up to 30 minutes.

- **Toast/Time Control (C)** - When you turn the control to the left, (counterclockwise) the oven will stay ON until it is manually shut off. To activate the timer segment of the control, turn to the right (clockwise) to toast or use as a timer. This function also has a bell that rings at the end of the programmed time.
- **Power-On Light (D)** - It is illuminated whenever the oven is turned on.
- **2 Bake Racks (E)** - For toasting, baking, and general cooking in casserole dishes and standard pans.
- **2 Cookie Sheets (I)** - Each sheet holds approximately 9-12 medium size cookies.
- **Drip Pan & Broil Racks (G, H)** - For use in broiling and roasting meat, poultry, fish, and various other foods. The BROIL RACK allows fat drippings to drip into the DRIP PAN and away from the food. This will help prevent spattering that could result in smoking and flare-ups.
NOTE: Always use the DRIP PAN with the BROIL RACK when roasting and broiling meats, fish, and poultry.
- **Tray/ Rack Handle (J)** - Allows you to pick up the BAKE RACK, BROIL PAN & RACK, and COOKIE SHEETS when they are hot.
- **Griddle (S)** - Excellent for cooking breakfast, lunch, snacks, and dinners or just as a keep-warm area for already cooked foods.
- **Rotisserie (O, P, Q)** - Roasts a variety of meats and poultry that are very tender and juicy inside, and browned to perfection outside.
- **Rotisserie Handle (R)** - Used for removing the ROSTISSERIE SPIT from the oven after your roast is done.

Note: Sugar and salt based foods have a tendency to stick to all surfaces and are very hard to clean when cooking these types of foods with the Drip Pan, Broil Rack and Griddle, soak and clean them immediately after use.

Rotisserie Cooking

We recommend that you do not cook a roast larger than 5 pounds on the ROTISSERIE. Season with salt, pepper, your favorite seasoning, or baste with barbecue sauce or vegetable oil, as desired.

Operation

- Set TEMPERATURE CONTROL to MAX.
- Turn FUNCTION CONTROL to ROTISSERIE. Insert pointed end of SPIT through FORK, making sure the points of FORK face in the same direction as pointed end of the SPIT. Slide FORK towards square of the SPIT and secure with thumbscrew.
- Place food to be cooked on the SPIT by running the SPIT directly through the center of the food.
- Place the second FORK into the other end of the roast or poultry and secure FORK with the thumbscrew.
- Check that the food is centered on the SPIT.
- Insert the pointed end of the SPIT into the DRIVE SOCKET, located on the right-hand side of the oven wall. Make sure the square end of the SPIT rests on the SPIT SUPPORT, located on the left-hand side of the oven wall.
- Slide the DRIP PAN into the lowest position to catch the food drippings.
- Turn the TOAST/TIME CONTROL to the ON position.
- Use the Rotisserie Guide for suggested roast times. Check doneness with a reliable meat thermometer. Use an independent timer to remind you to check the meat temperature.
- When complete, turn the TOAST/TIME CONTROL to the OFF position.
- Remove the SPIT by placing the hooks of the ROTISSERIE HANDLE under the grooves on either side of the SPIT. Lift the left side of the SPIT first by lifting it up and out. Then, pull the SPIT out of the DRIVE SOCKET and carefully remove the roast from the oven. Take the meat off of the SPIT and place on cutting board or platter.
- For delicious gravy, skim the fat from the drippings of the DRIP PAN and add water or broth to make 1 1/2 cups gravy. Thicken with cornstarch or flour.

Rotisserie Guide

*Times are for Rare, add 15 mins. for Medium and 30 mins. for Well Done.

<u>Food</u>	<u>Weight</u>	<u>Temp.</u>	<u>Approx. Time</u>
Chicken	4-5 lbs.	MAX	1 hr. 30 mins.
Pork Roast	4-5 lbs.	MAX	1 hr. 45 mins.
Roast Beef*	3-4 lbs.	MAX	1 hr. 30 mins.
Cornish Hen (2)	1 1/2 lbs. ea.	MAX	1 hr.
Pork Spareribs (1 Rack)	3-4 lbs.	MAX	2 hrs.
Smoked Ham (Boneless)	4-5 lbs.	MAX	1hr. 45 mins. - 2 hrs.
Veal Roast (Boneless)	4-5 lbs.	MAX	2 hrs. 30 mins.

Using the Griddle

The GRIDDLE, located on top of the oven, is a very convenient way to cook a large variety of foods without having to use many pots and pans. It is also perfect for cooking your dinner side dishes while using the ROTISSERIE or BROILING meat, fish, or poultry. Food can be kept warm while cooking items within the oven itself or while cooking elsewhere. The GRIDDLE is ideal for grilled cheese sandwiches, bacon, eggs, French toast, pancakes, hamburgers, or hot dogs.

NOTE: Pull the oven out from under the cabinets when using the GRIDDLE because it is possible to get some spatter on the underside of cabinets. Care should be taken not to use the GRIDDLE near things that you don't want spattered, such as curtains or other appliances.

Operation

- Set TEMPERATURE CONTROL to MAX.
- Turn FUNCTION CONTROL to BROIL/GRIDDLE.
- Turn TOAST/TIME CONTROL to ON. Preheat for 5 minutes and begin cooking.
- When complete, turn TOAST/TIME CONTROL to OFF position.
- Use extreme caution when removing the GRIDDLE for cleaning. Wait until it cools down; then remove, being careful not to spill any hot liquid that may be in it.
- The GRIDDLE is dishwasher safe.

Roasting in Your Oven

Roast your favorite cut of meat to perfection. The oven can cook up to an 8-pound chicken or turkey and up to a 6-pound roast. A guide has been provided to assist you with roasting times. However, we suggest that you periodically check the cooking progress with a thermometer.

Operation

- Place the BAKE RACK in the oven at the lowest position, facing down.
- Place food to be cooked on the BROIL RACK and then place the BROIL RACK on to the DRIP PAN.
- Place the DRIP PAN on the BAKE RACK.
- Set TEMPERATURE CONTROL to the desired temperature.
- Turn FUNCTION CONTROL to BAKE/ROAST.
- Turn the TOAST/TIME CONTROL to the ON position.
- To check or remove roast, use the TRAY/RACK HANDLE provided to help you slide the roast in and out.
- Turn the TOAST/TIME CONTROL to OFF when cooking is complete.

Roasting Guide

*Times are for Medium. Subtract 15 mins. for Rare and add 15 mins. for Well Done.

<u>Type/Cut</u>	<u>Oven Temp.</u>	<u>Roast Wt.</u>	<u>Roasting Time</u>	<u>Temp. of Finished Roast</u>
Beef*				
-Eye of Round	325	3-5 lbs.	1 hr. 30 mins.-2 hrs.	150-160
-Standing Rib	325	4 lbs.	2 hrs. 25 mins.- 3 hrs.	150-160
-Top Round Roast	375	3 1/2 lbs.	2 hrs.	150-160
Pork				
-Loin (boneless)	325	3-5 lbs.	2 hrs. 30 mins.-3 hrs.	170
-Loin (with bone)	325	3-5 lbs.	2 hrs. 30 mins.-3 hrs.	170
-Ham (smoked)	325	5-7 lbs.	1 hr. 50 mins.-2 hrs. 25 mins.	140
Chicken (whole)	350	3-5 lbs.	1 hr. 25 mins.-1 hr. 50 mins.	190
Turkey (breast)	350	6-8 lbs.	2 hrs. - 2 hrs. 30 mins.	190
Cornish Hen	350	1-1 1/2 lbs.	1 hr.-1 hr. 25 mins.	190

NOTE: All roasting times are based on meats at refrigerator temperature. Frozen meats may take considerably longer. Therefore, use of a meat thermometer is highly recommended.

Broiling/Top Browning

For best results, it is recommended that you preheat the oven for 5 minutes on MAX, trim excess fat from meat and dry any moisture that may be on the food.

Operation

- Set TEMPERATURE CONTROL to MAX.
- Turn FUNCTION CONTROL to BROIL/GRIDDLE.
- Preheat the oven.
- Place the BROIL RACK on to the DRIP PAN.
- Place the food on the BROIL RACK and slide into the TOP RACK SUPPORT GUIDE.
- Food should be placed as close as possible to the top heating element without touching it.
- Brush food with sauces or oil, as desired.
- Turn TOAST/TIME CONTROL to ON.
- Turn food over midway through the prescribed cooking time.
- Turn the TOAST/TIME CONTROL to OFF when broiling is complete.

Broil Guide

*Fish fillets are delicate and should be broiled directly in the DRIP PAN without the BROIL RACK. Turn fillets over carefully midway through broiling.

<u>Type/Cut</u>	<u>Weight/Thickness</u>	<u>Desired Doneness</u>	<u>Broil Time</u>
Beef			
-Porterhouse/Sirloin	1 inch	Medium	15-20 mins.
-London Broil	1 inch	Medium	15-20 mins.
-Rib Eye	1 inch	Medium	15-20 mins.
-Hamburger	8 ounces	Medium	20-25 mins.
Pork			
-Chops	3/4 inch	Well	20-25 mins.
-Ribs	1 rack	Well	25 mins.
Chicken	pieces	Well	30-40 mins.
Fish			
-Fillets*	1/2 inch	Well	10-15 mins.
-Steak	1 inch	Well	18-20 mins.

Baking

Bake your favorite cookies, cakes, pies, brownies, etc. The bakeware that will fit in your oven are: a bundt pan, 6-cup muffin pan, 9-inch pie pan, 9-inch square pan, 9-inch loaf pan, and an Angel Food cake pan. We do not recommend the use of roasting bags or plastic or glass containers in the oven.

NOTE: When using a single rack, position the BAKE RACK in the bottom SUPPORT GUIDE, facing up.

Operation

- Place the BAKE RACK in the bottom SUPPORT GUIDE, depending on the height of the pan or according to recipe directions.
- Preheat the oven as directed in the recipe.
- Place item to be baked on the BAKE RACK.
- Set TEMPERATURE CONTROL to desired temperature.
- Turn the FUNCTION CONTROL to BAKE/ROAST.
- Turn the TOAST/TIME CONTROL to ON.
- Turn the TOAST/TIME CONTROL to OFF when complete.

Baking on 2 Racks

Two racks of cakes, cookies, or pies can be baked at the same time. However, it is necessary to rotate them (i.e. move the top to the bottom and the bottom to the top) halfway through the cooking time.

Positioning of the Bake Racks

Cookies-Use either or both SUPPORT GUIDES with racks face up.

Layer Cakes-Rack should be face down on the bottom position and face up on the top position.

Pies-Use either or both SUPPORT GUIDES with both racks face down and place COOKIE SHEETS under the pies to catch any spills or drips.

Baking Guide

Follow the package or recipe instructions for baking times and temperature.

Toasting

Large capacity oven allows for toasting: 4 to 6 slices of bread, 6 English muffin halves, frozen waffles, or frozen pancakes. When toasting only 1 or 2 items, place the food in the center of the oven.

Operation

- Set the TEMPERATURE CONTROL to MAX.
- Turn the FUNCTION CONTROL to TOAST.
- Place food to be toasted on the BAKE RACK.
- Ensure CRUMB TRAY is in place.
- Turn TOAST/TIME CONTROL to desired darkness.
- Bell will signal the end of the TOAST cycle.

NOTE: BAKE RACK should be positioned in the TOP GUIDE, face up.

Keep Warm

Keep cooked food warm for up to 30 minutes. Longer periods of time are not recommended as food will become dry or spoil.

Operation

- Set the TEMPERATURE CONTROL to 175°.
- Turn the FUNCTION CONTROL to KEEP WARM.
- Turn the TOAST/TIME CONTROL to ON.
- Turn the TOAST/TIME CONTROL to OFF when finished with KEEP WARM.

Slow Cooking

This cooking process is an excellent way to attain very juicy and tender meals from cuts of meat such as rump roasts and briskets. You can also cook spare ribs, stews, soups, and a large variety of other foods. This is done by cooking 6-10 hours at the BAKE/ROAST setting (between 225-250 degrees). Use cooking times given in your favorite recipe.

Operation

- Set the TEMPERATURE CONTROL to 225°.
- Turn the FUNCTION CONTROL to BAKE/ROAST.
- Place food to be cooked in a covered casserole dish.
- Turn the TOAST/TIME CONTROL to ON.
- Time the cooking according to the recipe.
- Turn the TOAST/TIME CONTROL to OFF when you have completed slow cooking.

Care and Cleaning

BE SURE TO UNPLUG THE OVEN AND ALLOW IT TO COOL BEFORE CLEANING.

Your oven features a Quick-Clean non-stick coating. Any spattering that occurs while cooking, wipe the walls with a damp sponge, cloth or nylon scouring pad, and mild detergent. **DO NOT USE STEEL WOOL SCOURING PADS, ABRASIVE CLEANERS OR SCRAPE THE WALLS WITH A METAL UTENSIL, AS ALL OF THESE METHODS MAY DAMAGE THE QUICK-CLEAN COATING.**

All accessories should be washed in hot sudsy water or can be cleaned in a dishwasher. The door can be wiped clean with a damp sponge and wiped dry with a paper or cloth towel. Clean the outside with a damp sponge. **DO NOT USE AN ABRASIVE CLEANER, AS IT MAY DAMAGE THE EXTERIOR FINISH.**

DO NOT USE AN ABRASIVE CLEANER OR STEEL WOOL SCOURING PAD ON THE DRIP PAN, AS IT MAY DAMAGE THE PORCELAIN ENAMEL FINISH.

LET ALL PARTS AND SURFACES DRY THOROUGHLY PRIOR TO PLUGGING OVEN IN AND USING.

Recipes

Fruit Glazed Rotisserie Ribs

Control Settings

Temperature: MAX

Function: Rotisserie

1 rack (3-3 1/2 lb.) pork spareribs
1/4 cup peach preserves
1/4 cup apricot preserves
1/4 cup ketchup
2 tablespoons orange juice
1 tablespoon soy sauce
1 teaspoon lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

Position 1 fork at the opposite end of the spit from where the point is located and secure into position by tightening the thumbscrew. Thread the fork through the ribs using an over and under method. Place the second fork on to the spit and secure it into the meat. Tighten down the thumbscrew. Insert the pointed end of the spit into the right side of the oven and place the left side of the spit into the spit support. Place the drip pan in the oven in the lowest position to catch the drippings. Turn the toast/time control to ON and allow to cook for 1 3/4 to 2 hours. While the ribs are cooking, combine the remaining ingredients in a small saucepan and heat until the preserves melt. Stir until blended. Simmer for about 20 minutes. Brush the sauce on the ribs with a pastry brush during the last 30 minutes of cooking. When the meat is cooked, remove from the oven using the rotisserie handle. Reserve remaining sauce to serve with the ribs*.

Makes 4 servings.

* Recipe makes about 1 cup of sauce. It can be doubled if more sauce is desired.

Recipes

Griddle Corn Cakes with Tomato Salsa

Control Settings

Temperature: MAX

Function: Griddle

1 can (1lb.) whole kernel corn, drained
1 egg
2 teaspoons vegetable oil
1/3 cup low-fat milk
1/4 teaspoon garlic powder
2 teaspoons dried minced onion flakes
1/2 cup flour
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons vegetable oil

Salsa:

1 large tomato, chopped
1 teaspoon chili powder
1 teaspoon dried minced onion flakes
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/2 teaspoon dried cilantro or parsley

Preheat the griddle. Combine corn, egg, oil, and milk in a mixing bowl. Combine dry ingredients and stir into the corn mixture. Spoon 1 teaspoon of oil on to the griddle and spread with a pastry brush. Spoon half of the mixture on to the griddle with heaping tablespoons. Cook 3-5 minutes on the first side and turn when golden brown. Cook 3-5 minutes on the second side. Wrap cooked pancakes in foil and keep warm in the oven while making remaining pancakes. Repeat cooking process. While pancakes are cooking, combine salsa ingredients. Top each corn cake with salsa or serve separately.

Makes about 12 griddle cakes and 1 cup salsa.

Recipes

Potato Pancakes

Control Settings

Temperature: MAX

Function: Griddle

2 large potatoes, grated
2 teaspoons dried minced onion flakes
1/4 teaspoon garlic powder
1/2 teaspoon salt
1/8 teaspoon black pepper
1 egg
1 tablespoon flour
1-2 teaspoons vegetable oil

Preheat the griddle. Rinse starch off the potatoes after grating, and squeeze out excess liquid. In a mixing bowl, combine potatoes and remaining ingredients, except for vegetable oil. Spoon 1 teaspoon of oil on to the griddle and spread with a pastry brush. Spoon half of the mixture on to the griddle with heaping teaspoons. Cook 3-5 minutes on the first side and turn when golden brown. Cook 3-5 minutes on the second side. Wrap cooked pancakes in foil and place them in the oven to keep warm while making the remaining pancakes. Repeat cooking process.

Makes about 12 pancakes.

Recipes

Teriyaki Rotisserie Beef Roast

Control Settings

Temperature: MAX

Function: Rotisserie

3-4 lb. top round or sirloin tip beef roast

1/4 cup soy sauce

1/2 cup water

1 tablespoon ketchup

1 teaspoon honey

1/4 teaspoon garlic powder

1/4 teaspoon onion salt

2 tablespoons apricot, peach, or pineapple preserves

2 teaspoons cornstarch

Position one fork at the opposite end of the spit from where the point is located and secure into position by tightening the thumbscrew. Insert the spit through the roast so that both prongs of the fork are inserted into the meat. Make sure that the spit is centered and the roast is well balanced. Place the second fork on to the spit and secure it into the meat. Tighten down the thumbscrew, and insert the pointed end of the spit into the right side of the oven and place the left side of the spit into the spit support. Place the drip pan in the oven at the lowest position to catch the drippings. Turn the toast/time control to ON and allow to cook for approximately 1 1/2 hours for Rare, 1 3/4 hours for Medium or 2 hours for Well Done**. While the meat is cooking, combine the remaining ingredients in a small saucepan. Simmer for 10 minutes. Spread the sauce on the roast with a pastry brush during the last 30 minutes of cooking. Reserve the remaining sauce to serve with the meat. When the meat is cooked, remove from the oven using the rotisserie handle. Skim fat from the drippings in the drip pan and add juices to the reserved sauce. Heat and serve with meat.

Makes 6-8 servings.

** Check the internal temperature with a reliable oven thermometer at about 1 1/4 hours. Differences in shape and thickness of cuts of meat may alter cooking times.

Recipes

Jeweled Breakfast Muffins

Control Settings

Temperature: 375
Function: Bake/Roast
Rack Position: Top
Rack Orientation: Face Down

3/4 cup flour
1 1/2 teaspoon baking powder
1/2 teaspoon salt
1/4 cup sugar
2 tablespoons vegetable oil
1 egg
2/3 cup low-fat milk
1 teaspoon vanilla
1/2 cup chopped dried fruit*
(such as mixed apricots, cherries, apples, and raisins)

Spray a 6-cup muffin pan with vegetable oil spray or line with paper cupcake liners. Combine dry ingredients in a mixing bowl. Combine remaining ingredients and stir into the flour mixture, just until blended. Fill each cup to within 1 inch of the top. Bake 18-20 minutes, until tops of muffins are golden brown.

Makes 6 muffins.

* Substitute candied fruit (citron) for special holiday muffins.

Recipes

Peach Melba Pie

Control Settings

Temperature: 400
Function: Bake/Roast
Rack Position: Bottom
Rack Orientation: Face Up

2 9-inch prepared piecrusts
1 lb. frozen peach slices
10 ounces frozen raspberries, thawed and drained
1/4 cup sugar
1/4 cup flour
1/2 teaspoon almond extract
1/4 teaspoon ground cinnamon

Line a 9-inch pie plate with one of the piecrusts. Combine all the remaining ingredients in a large bowl. Pour into the pie plate and top with the remaining crust. Place the pie on to the cookie sheet and bake for 40-50 minutes, until golden brown.

Makes one 9-inch pie.

Recipes

Low-Fat Oat Bran Banana Apple Muffins

Control Settings

Temperature: 400
Function: Bake/Roast
Rack Position: Top
Rack Orientation: Face Down

1/4 cup applesauce
3/4 cup oat bran
1/2 cup flour
3 tablespoons brown sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon cinnamon
1 tablespoon vegetable oil
1 tablespoon honey
1 banana, mashed
1/4 cup skim milk
2 tablespoons raisins
1 egg

Spray a 6-cup muffin pan with vegetable oil spray or line with paper cupcake liners. Combine dry ingredients in a mixing bowl. Combine remaining ingredients and stir into flour mixture. Fill each muffin cup 2/3 full. Bake about 15-18 minutes, until tops of muffins are golden brown.

Makes 6 muffins.

Recipes

Chicken Rolls Stuffed with Wild Rice and Sun-dried Tomatoes

Control Settings

Temperature: 350
Function: Bake/Roast & Broil
Rack Position: Top
Rack Orientation: Face Down

4 ounces long grain wild rice mix with herbs and spices*
1 tablespoon pesto (see following recipe)
6 sun-dried tomatoes, softened in boiling water
8 ounces mozzarella, Fontina or havarti cheese
3 large whole skinless boneless chicken breasts, cut in half and flattened
2 cups chicken broth
2 tablespoons white wine
1 teaspoon Worcestershire sauce
1 teaspoon cornstarch

* Substitute desired flavor of long grain rice for herb and spice long grain wild rice.

Follow package directions for the preparation of the rice mix. Allow to cool for about 10 minutes. Stir in pesto and sun-dried tomatoes. Cut half of the cheese into small cubes and stir into rice mixture. Slice the remaining cheese into six portions for use later in the recipe. Measure the rice mixture and divide into 6 portions. Place a portion of rice on each of the chicken pieces and spread to within an inch of the edges. Roll each breast and place seam side-down on the drip pan. Combine broth, wine, and Worcestershire sauce. Pour 1 cup liquid over chicken in the pan. Place the drip pan into the oven and roast at 350° for 30 minutes. Place one slice of the reserved cheese on each of the chicken rolls. Turn temperature control to max and function control to broil and cook until the cheese melts and begins to brown (about 5-7 minutes). Heat remaining cup of broth and pour over the chicken.

Makes 6 servings.

Recipes

Crostini

Control Setting

Temperature: MAX
Function: Toast
Rack Position: Top
Rack Orientation: Face Up

6 slices Italian or other crusty bread
6 slices tomato, roasted red or green peppers or pimiento
6 slices mozzarella, Fontina, or havarti cheese

Toast the bread for 3 minutes and carefully remove from oven. Spread each slice with about 1 tablespoon of pesto (see recipe below). Top each slice of bread with tomato or pepper, and then with cheese. Return to oven and toast for 5-7 minutes, or until the cheese is melted and lightly browned.

Pesto

1 cup basil, parsley or spinach leaves, firmly packed
1 clove garlic
2 tablespoons grated Parmesan cheese
1 tablespoon pignoli nuts
1 tablespoon olive oil

In a food processor, combine all pesto ingredients until the greens are chopped and the mixture is smooth.

Makes 6 open-faced sandwiches.

Recipes

Mexican Turkey and Rice Casserole

Control Settings

Temperature: 350
Function: Bake/Roast
Rack Position: Top
Rack Orientation: Face Down

1 tablespoon olive oil
1 medium onion, chopped
1 clove garlic, crushed
1 1/2 lbs. ground turkey
8 ounces Mexican-style rice mix
2 cups water
8 ounces Spanish-style tomato sauce
1 teaspoon chili powder
1/2 teaspoon salt
4 ounces sharp cheddar cheese, grated
1 jar (14 ounces) salsa

In a large nonstick frying pan, brown onion and garlic in oil until golden brown. Add turkey and continue to cook until browned. Stir in rice and add any seasonings included with the rice. Stir in water, tomato sauce, chili powder, and salt. Simmer for 2 minutes. Pour contents of the frying pan into an 8-inch square baking dish or 1 1/2 quart casserole dish. Cover tightly with foil and bake for 20 minutes. Remove casserole from the oven and top with grated cheese. Place casserole back into oven. Turn temperature control to max and function control to broil and cook until the cheese melts and begins to brown (about 5 minutes). Spoon salsa over the casserole before serving or serve separately.

Makes 6 servings.

Recipes

Lemon & Lime Broiled Salmon

Control Settings

Temperature: MAX
Function: Broil
Rack Position: Top
Rack Orientation: Face Up

1 tablespoon olive oil
2 tablespoons lemon juice
2 tablespoons lime juice
1 teaspoon honey
1 teaspoon Worcestershire sauce
2 tablespoons mayonnaise
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
2 teaspoons freshly chopped parsley
1 teaspoon freshly chopped dill
1/2 teaspoon salt
1 teaspoon pepper
4 salmon steaks cut 3/4-1 inch thick

Combine all ingredients, except for the fish. Place salmon in a deep dish or sturdy plastic bag and pour combined mixture over fish. Cover and refrigerate. Marinate for several hours, if time permits. Preheat oven. Place broil rack on to the drip pan. Place fish on the rack. Slide drip pan into the oven at the top position. If fish touches the elements, place the pan in the middle rack position. Broil for 15-20 minutes, turning the fish over midway through cooking time. Test fish for doneness at 12 minutes. Fish is done when it is lightly browned and flakes easily with a fork.

Makes 4 servings.

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