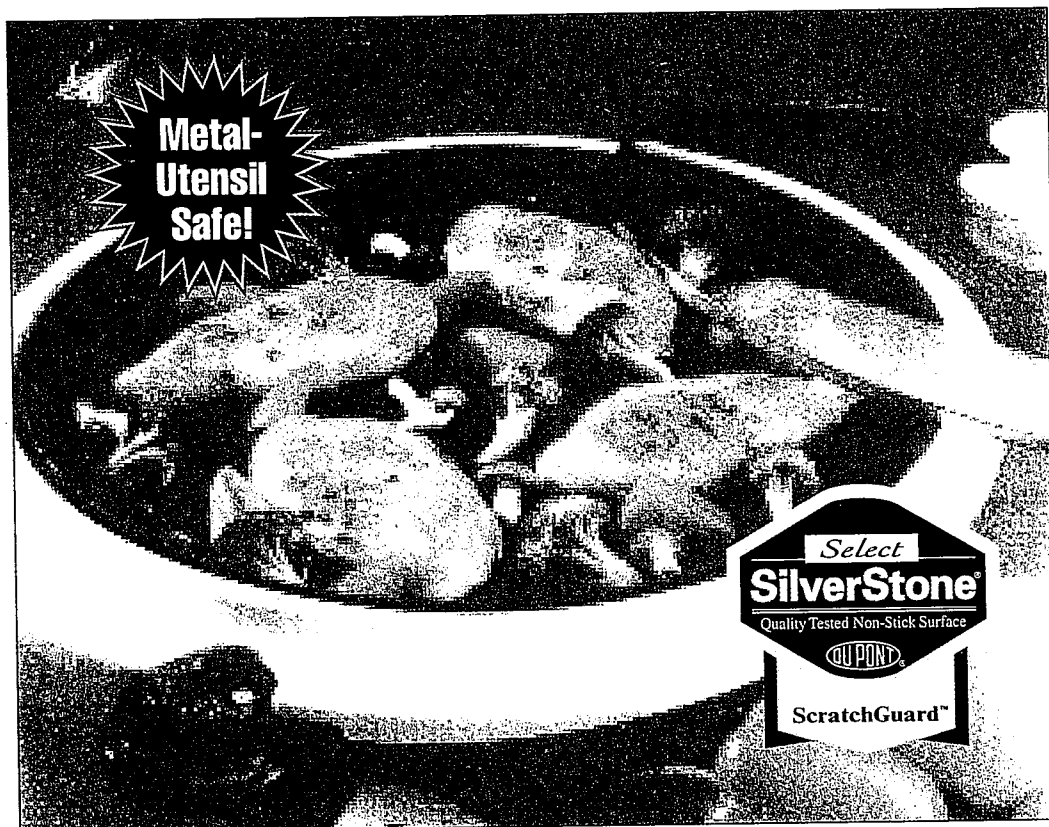


# cook's essentials™

HIGH PERFORMANCE KITCHENWARE



## ELECTRIC GRILL PAN

MODEL FR3

OWNER'S MANUAL & RECIPE GUIDE

1. The first part of the document is a letter from the President of the United States to the Congress, dated January 3, 1862. It is a very important document, as it contains the President's annual message to Congress. The letter is written in a formal, dignified style, and it is one of the most important documents in the history of the United States. It is a document that has been read and studied by many generations of Americans, and it is a document that has shaped the course of our nation's history.

2. The second part of the document is a letter from the Secretary of the War Department to the Secretary of the Navy, dated January 10, 1862. It is a very important document, as it contains the Secretary's report on the state of the war. The letter is written in a formal, dignified style, and it is one of the most important documents in the history of the United States. It is a document that has been read and studied by many generations of Americans, and it is a document that has shaped the course of our nation's history.

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# Important Safeguards

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

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug, or temperature control in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized Service Center for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Always attach temperature control to the appliance first, then plug cord into 120V AC wall outlet. To disconnect, turn temperature control to "OFF." Then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

**SAVE THESE INSTRUCTIONS**

**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY**



# ADDITIONAL IMPORTANT SAFEGUARDS

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

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
2. ***Unplug from outlet when not in use and before cleaning. To avoid electric shock, never immerse or rinse the temperature control of this appliance in water or any other liquid.***
3. If this appliance falls or accidentally becomes immersed in water while plugged into an electrical outlet, unplug it from the wall outlet immediately. ***Do not reach into the water!***
4. To reduce the risk of burns or other injuries, do not touch hot surfaces. Use handles or knobs cautiously during use. Use of protective oven mitts or gloves is recommended.
5. To reduce the risk of injury to persons or property, unplug this appliance before inserting or removing the temperature control or grill pan, or cleaning the appliance. Always keep the appliance unplugged from the wall outlet when not in use.
6. When using this appliance, provide adequate air space above and on the sides for air circulation. Do not operate this appliance touching or near curtains, wall coverings, clothing, dish towels or other flammable materials.
7. To reduce the risk of fire, do not leave this appliance unattended during use.
8. If this appliance begins to smoke or malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
9. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
10. **This appliance is for HOUSEHOLD USE ONLY!**

1. The first part of the paper is devoted to the study of the properties of the function  $f(x)$  defined by the equation

$$f(x) = \int_0^x \frac{1}{1+t^2} dt$$
for  $x \in \mathbb{R}$ . It is shown that  $f(x)$  is an odd function, i.e.,  $f(-x) = -f(x)$ . Moreover, it is proved that  $f(x)$  is strictly increasing on  $\mathbb{R}$  and that  $\lim_{x \rightarrow \pm\infty} f(x) = \pm\frac{\pi}{2}$ . The function  $f(x)$  is also shown to be concave down on  $(0, \infty)$  and concave up on  $(-\infty, 0)$ . Finally, it is established that  $f(x)$  is a bijection from  $\mathbb{R}$  to  $(-\frac{\pi}{2}, \frac{\pi}{2})$ .

2. In the second part of the paper, we consider the function  $g(x)$  defined by the equation  $g(x) = \int_0^x \frac{1}{1+t^4} dt$  for  $x \in \mathbb{R}$ . It is shown that  $g(x)$  is an even function, i.e.,  $g(-x) = g(x)$ . Moreover, it is proved that  $g(x)$  is strictly increasing on  $(0, \infty)$  and that  $\lim_{x \rightarrow \pm\infty} g(x) = \pm\frac{\pi}{4}$ . The function  $g(x)$  is also shown to be concave up on  $(0, \infty)$  and concave down on  $(-\infty, 0)$ . Finally, it is established that  $g(x)$  is a bijection from  $\mathbb{R}$  to  $(-\frac{\pi}{4}, \frac{\pi}{4})$ .

3. In the third part of the paper, we consider the function  $h(x)$  defined by the equation  $h(x) = \int_0^x \frac{1}{1+t^6} dt$  for  $x \in \mathbb{R}$ . It is shown that  $h(x)$  is an even function, i.e.,  $h(-x) = h(x)$ . Moreover, it is proved that  $h(x)$  is strictly increasing on  $(0, \infty)$  and that  $\lim_{x \rightarrow \pm\infty} h(x) = \pm\frac{\pi}{6}$ . The function  $h(x)$  is also shown to be concave up on  $(0, \infty)$  and concave down on  $(-\infty, 0)$ . Finally, it is established that  $h(x)$  is a bijection from  $\mathbb{R}$  to  $(-\frac{\pi}{6}, \frac{\pi}{6})$ .

4. In the fourth part of the paper, we consider the function  $k(x)$  defined by the equation  $k(x) = \int_0^x \frac{1}{1+t^8} dt$  for  $x \in \mathbb{R}$ . It is shown that  $k(x)$  is an even function, i.e.,  $k(-x) = k(x)$ . Moreover, it is proved that  $k(x)$  is strictly increasing on  $(0, \infty)$  and that  $\lim_{x \rightarrow \pm\infty} k(x) = \pm\frac{\pi}{8}$ . The function  $k(x)$  is also shown to be concave up on  $(0, \infty)$  and concave down on  $(-\infty, 0)$ . Finally, it is established that  $k(x)$  is a bijection from  $\mathbb{R}$  to  $(-\frac{\pi}{8}, \frac{\pi}{8})$ .

## **ADDITIONAL IMPORTANT SAFEGUARDS *(continued)***

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

1. The first part of the report is a general introduction to the project. It describes the purpose of the study and the objectives that were set at the beginning. It also provides a brief overview of the methodology that was used.

2. The second part of the report is a detailed description of the data that was collected. It includes information about the sources of the data, the methods used to collect it, and the characteristics of the data itself. This section is important because it provides the reader with a clear understanding of the data that was used in the analysis.

3. The third part of the report is a discussion of the results of the analysis. It describes the findings of the study and discusses their implications. This section is important because it provides the reader with a clear understanding of the results of the study and what they mean.

4. The fourth part of the report is a conclusion. It summarizes the findings of the study and provides a final statement about the results. This section is important because it provides the reader with a clear understanding of the overall findings of the study and what they mean.

5. The fifth part of the report is a list of references. It includes a list of all the sources that were used in the study. This section is important because it provides the reader with a clear understanding of the sources of the data and the methods used in the study.

6. The sixth part of the report is an appendix. It includes any additional information that was used in the study. This section is important because it provides the reader with a clear understanding of the additional information that was used in the study.



## **POLARIZED PLUG**

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, 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**

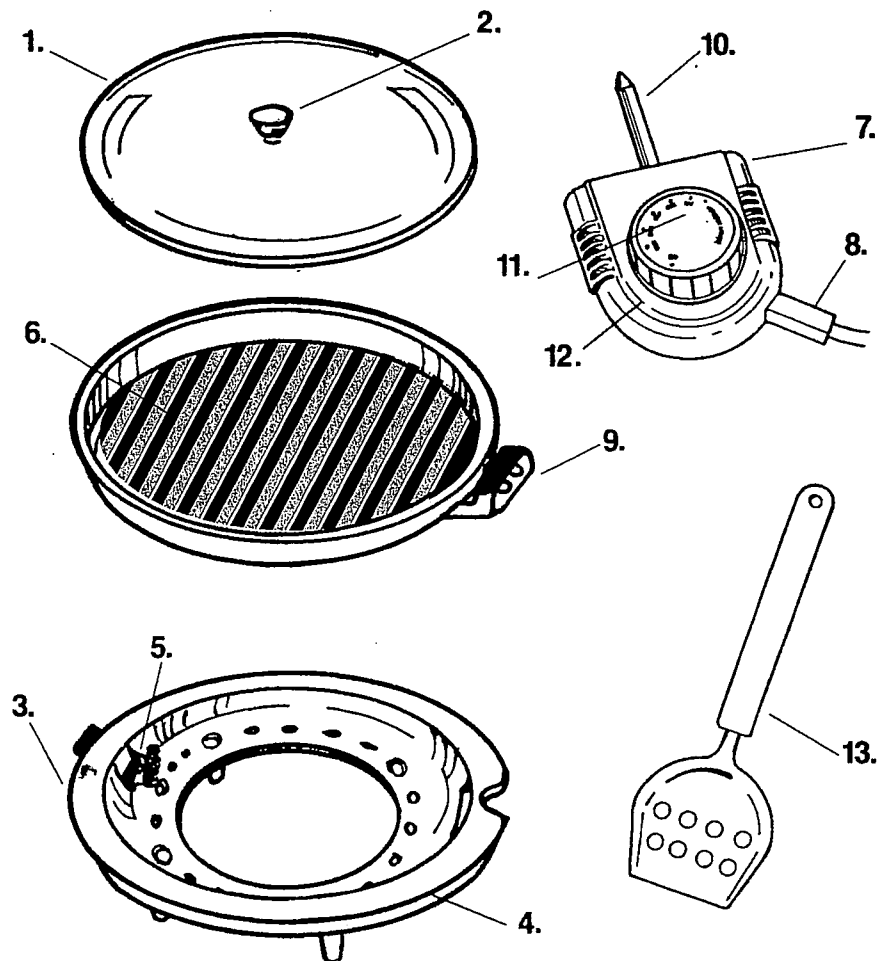
A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

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

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.



# GETTING TO KNOW YOUR FR3 ELECTRIC GRILL PAN



- |                        |                        |
|------------------------|------------------------|
| 1. Lid                 | 8. Power Cord          |
| 2. Lid Knob            | 9. Control Socket      |
| 3. Housing Base        | 10. Temperature Sensor |
| 4. Housing Handles     | 11. Temperature Dial   |
| 5. Hook Lever          | 12. Indicator Light    |
| 6. Grill Pan           | 13. Spatula            |
| 7. Temperature Control |                        |

1. The first part of the paper is devoted to a discussion of the general principles of the theory of the structure of the atom.

2. The second part of the paper is devoted to a discussion of the general principles of the theory of the structure of the atom.

3. The third part of the paper is devoted to a discussion of the general principles of the theory of the structure of the atom.

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5. The fifth part of the paper is devoted to a discussion of the general principles of the theory of the structure of the atom.

## THE LID

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

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

## COOKING TOOLS

The long spatula provided may be used with your FR3 Electric Grill Pan. The Grill Pan's non-stick surface is so tough even metal utensils can be used. However, surface marring may occur but will not affect the pan's cooking performance.

***CAUTION: Do not leave the plastic spatula on the grill pan surface when power is on.***

## THE PAN

The cooking pan is designed to saute, fry and grill. It is made with a non-stick surface that is fully immersible which makes cooking and clean-up easy!



# USER MAINTENANCE INSTRUCTIONS

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

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

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

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

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

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

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# INTRODUCTION

Congratulations on owning the FR3 Electric Grill Pan.

The grill pan's temperature is thermostatically controlled and adjustable from "Warm" to 420°F (215°C). Fast heat recovery, so necessary for precise cooking, is achieved with its 1200 watts of power. The interior is coated with a unique non-stick coating, enabling the food to be properly cooked without sticking. This special coating is metal-utensil safe!

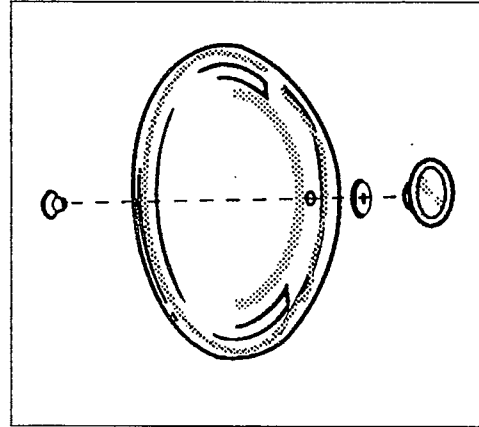
The FR3 Electric Grill Pan is so versatile that it can be used to prepare fish, chicken, chops, pizza and other delicious entrees. The recipes (beginning on page 18) are a tempting place to begin.



# BEFORE USING FOR THE FIRST TIME

## LID AND LID KNOB ASSEMBLY

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



## GENERAL PROCEDURES

- Make sure the appliance is unplugged. Remove the temperature control and grill pan, setting both aside.
- To detach the pan, gently pull the hook lever until the grill pan is released. Carefully lift the pan from its housing base.
- Completely wipe the grill pan with a damp cloth to remove all dust. Apply a thin coating of cooking oil for easy maintenance for next use.
- Wash housing base, lid and spatula with warm, sudsy water and rinse. Dry thoroughly before attaching the grill pan and inserting the temperature control.

1. The first part of the paper discusses the importance of the study and the objectives of the research.

2. The second part of the paper describes the methodology used in the study, including the data collection and analysis techniques.

3. The third part of the paper presents the results of the study, which show a significant positive correlation between the variables.

4. The fourth part of the paper discusses the implications of the findings and provides recommendations for future research.

5. The fifth part of the paper concludes the study and summarizes the main findings.

6. The sixth part of the paper discusses the limitations of the study and the need for further research.

7. The seventh part of the paper provides a detailed discussion of the theoretical framework and the research hypotheses.

8. The eighth part of the paper presents a detailed analysis of the data and the results of the statistical tests.

9. The ninth part of the paper discusses the practical applications of the findings and the potential for policy-making.

# INSTRUCTIONS FOR USE

## STEP 1: PREPARING THE FOOD

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

## STEP 2: ATTACHING THE GRILL PAN INTO THE HOUSING BASE

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

To attach the pan, set the pan into the housing base, with the control socket in its opening, and gently push the grill pan downward until the hook lever clicks.

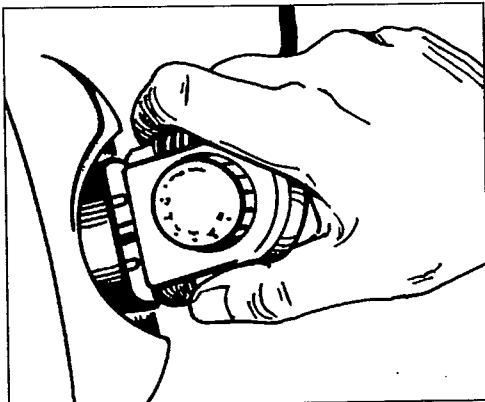
**WARNING:** *To avoid injury to persons and damage to the appliance, do not use the grill pan in an unstable position. Never attempt to use the grill pan without the housing base.*

## STEP 3: INSERTING THE TEMPERATURE CONTROL

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

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

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



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

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

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

## **STEP 4: OPERATING THE APPLIANCE**

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

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

Plug the cord into a standard 120V AC electrical wall outlet.

The temperature of the grill pan is controlled by turning the dial of the temperature control. The temperature control can provide a maximum temperature of 420°F (215°C).

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

Set the temperature dial according to the food prepared:

Temp. Dial	Food
420°F	Steak
350°F - 420°F	Barbecue, Teriyaki Chow Mein, Veggies
250°F - 350°F	Fish Eggs: scrambled, fried Bacon, Ham
Warm	Keep Warm

***PLEASE NOTE: The USDA recommends that meats such as beef, pork, etc. should be cooked to an internal temperature of 160°F and poultry products should be cooked to an internal temperature of 165°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 160-165°F.***

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## Operating the Appliance *(continued)*

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

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

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

When cooking food in the Electric Grill Pan, you may use the long plastic spatula provided with this appliance. Because of the unique non-stick coating on the grill pan, metal utensils may also be used.

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

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

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

1. The first part of the document is a letter from the President of the United States to the Congress, dated January 1, 1861.

2. The second part is a report from the Secretary of the Treasury, dated January 1, 1861.

3. The third part is a report from the Secretary of the Interior, dated January 1, 1861.

4. The fourth part is a report from the Secretary of the Navy, dated January 1, 1861.

5. The fifth part is a report from the Secretary of the War, dated January 1, 1861.

6. The sixth part is a report from the Secretary of the State, dated January 1, 1861.

7. The seventh part is a report from the Secretary of the Army, dated January 1, 1861.

8. The eighth part is a report from the Secretary of the Navy, dated January 1, 1861.

# COOKING GUIDE

## GRILLING

Cooking meat, poultry, seafood, and vegetables in the Electric Grill Pan with little or no oil over high heat (420°F). Food can be marinated before grilling and is generally cooked without the lid. Food is usually turned once to brown evenly on both sides.

## BRAISING

Searing food in a small amount of hot oil over moderate to high heat (375°- 420°F) until browned on all sides. Food is then slowly cooked in at least 2 cups (16-ounces) of liquid such as broth, vegetable puree, wine, or water over low heat (200°- 300°F), covered with the lid, until fork tender. Check during cooking and add more liquid as necessary. **DO NOT LET PAN BOIL DRY.**

## FRY/SAUTÉ

Food is cooked quickly in the hot oil over moderately high heat (375°-420°F) until evenly browned on all sides. Cover with lid (lid knob open) to reduce splattering.

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## **COOKING GUIDE**    *(continued)*

### **STEAMING**

Cooking food by exposing it to steam in a covered pan. Place at least 2 cups (16-ounces) of water in the Electric Grill Pan. Add vegetables or other food. Cover with lid. Turn temperature dial to 375°F. When water begins to boil, lower temperature dial to 300°F and cook until food is done. Check often, adding more water if necessary. **DO NOT LET PAN BOIL DRY.**

### **RE-HEAT**

Gradually bring cooked and cooled food back up to serving temperature. Preheat Electric Grill Pan with temperature dial set to 250°F. Place food to be re-heated in ribbed grill pan. Cover with lid and heat until food is warm, turning or stirring occasionally with the the plastic spatula or other plastic utensils. **DO NOT LET PAN BOIL DRY.**

### **WARM**

Keeping food at serving temperature with little or no additional cooking taking place. Once food has been prepared or re-heated to the serving temperature, turn the temperature dial down to "WARM." Stir food occasionally or as necessary. **DO NOT LET PAN BOIL DRY.**

THE UNIVERSITY OF CHICAGO

CHICAGO, ILL.

TO THE PRESIDENT OF THE UNIVERSITY OF CHICAGO  
FROM THE DEAN OF THE FACULTY  
SUBJECT: [illegible]

CHICAGO, ILL.

TO THE PRESIDENT OF THE UNIVERSITY OF CHICAGO  
FROM THE DEAN OF THE FACULTY  
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# COOKING CHARTS

## FRYING CHART

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
<b>BEEF</b>		rare: 2-3 min. each side medium: 3-4 min. each side well: 4-5 min. each side
Hamburgers 1/2-inch thick / 350°F	With or without extra fat	
Liver 1/2-inch thick / 350°F	Use 2 tablespoons fat	4-5 min. each side
Sandwich Steaks 1/4-inch thick / 350°F side	Use 2 tablespoons fat	rare: 1 min. each side medium: 1-1/2 min. each  well: 2 min. each side
Steak - Chuck 1-inch thick / 400°F	With or without extra fat	rare: 4 min. each side medium: 8 min. each side well: 11 min. each side
<b>CHICKEN</b>		
Chicken Breasts (boneless) / 350°F	Use 3-4 tablespoons fat, turning often	10-20 min.
Broiler Pieces / 350°F	Use 3-4 tablespoons fat, turning often	25-30 min.
<b>EGGS</b>		
Fried, 300°F	Use 1 tablespoon fat for each 2 eggs	3-5 min. total
<b>LAMB</b>		
Lamb Chops 1/2-inch thick / 350°F	With or without extra fat	medium: 19-21 min. total well: 24-26 min. total

*Note: All cooking times are approximate.*





## FRYING CHART *(continued)*

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
<b>PORK</b>		
Pork Chops 1/2-inch thick / 350°F 1-inch thick / 350°F	With or without extra fat	15-20 min. total 30-40 min. total
Bacon Slices, 350°F	Start in cold pan	5-7 min. total
Sausage Links/ 300°F	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	20 min. total
Brown 'N' Serve / 300°F	Turn sausage on all sides to brown.	7-8 min. total
Sausage Patties 1/2-inch thick / 300°F	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	6-7 min. total
<b>VEAL</b>		
Cutlets, Chops 1/8 to 1/2-inch thick / 350°F	Use 2 tablespoons fat	2-3 min. each side (cutlets) 5-10 min. each side (chops)
<b>FISH</b>		
Fish Fillet 1/2-inch thick / 350°F	Use 3-4 tablespoons fat	3-5 min. each side

*Note: All cooking times are approximate.*



## BRAISING CHART

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
<b>BEEF</b> Chuck Steak, London Broil, etc. 2-inches thick / 350°F brown 250°F finish	If desired, pound 1/4 to 1/2 cup flour into meat. Use 1/4 cup fat heated to 350°F to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 45 minutes to 1 hour, or until tender. Add more liquid as it becomes necessary.	55 min. to 1 hr. 20 min. total
<b>CHICKEN</b> Chicken Pieces / 350°F brown 250°F finish	If desired, coat chicken with seasoned flour. Using 1/4 cup fat for every 2 to 3 pounds of chicken, brown on all sides for 15 minutes at 350°F. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 30 minutes or until done. Add more liquid as it becomes necessary.	45 min. total
<b>LAMB</b> Lamb Chops 1/2-inch to 1-inch thick / 350°F brown 250°F finish	Use 2 tablespoons of fat heated to 350°F to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.	30 to 40 min. total
<b>PORK</b> Pork Chops 1/2-inch to 1-inch thick / 350°F brown 250°F finish	Use 2 tablespoons of fat heated to 350°F to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 30 to 40 minutes or until tender and completely cooked. Add more liquid as it becomes necessary.	40 min. to 1 hr. total
<b>VEAL</b> Veal Chops 1/2-inch to 1-inch thick / 350°F brown 250°F finish	Use 1/4 cup of fat heated to 350°F to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.	30 to 40 min. total

*Note: All cooking times are approximate.*

# THE HISTORY OF THE

REIGN OF KING CHARLES THE FIRST

IN WHICH ARE CONTAINED THE  
MOST IMPORTANT PASSES OF HIS  
MILITARY AND POLITICAL LIFE  
FROM HIS MARRIAGE TO HIS DEATH

BY JOHN RICHARDSON

IN TWO VOLUMES.  
THE FIRST VOLUME.  
FROM HIS MARRIAGE TO HIS DEPARTURE  
FOR SCOTLAND.

LONDON:  
PRINTED BY J. STURGEON, ST. MARTIN'S LANE.  
1764.

THE SECOND VOLUME.  
FROM HIS RETURN FROM SCOTLAND  
TO HIS DEATH.

LONDON:  
PRINTED BY J. STURGEON, ST. MARTIN'S LANE.  
1764.

THE HISTORY OF THE

# RECIPE GUIDE

## Mushroom Appetizer

3 tablespoons olive oil  
1/4 clove garlic, minced  
2 tablespoons lemon juice  
1/8 teaspoon tabasco sauce  
3 tablespoons chopped fresh parsley  
1/4 teaspoon salt  
20 small whole mushrooms, cleaned  
1/4 teaspoon dried oregano

Place all ingredients into grill pan and heat to 325°F (165°C) except mushrooms. Add mushrooms, coating all sides with sauce and serve with toothpicks.

Makes 20 appetizers

## Pepper, Onion and Potato

1 large green pepper, cut into 2 inch slices  
3 tablespoons butter or margarine  
1 large onion, sliced  
Paprika  
4 medium potatoes, peeled and sliced

Heat Electric Grill Pan at 350°F (175°C) and melt butter or margarine. Sauté peppers, onions and potatoes. Cook until done. Sprinkle paprika evenly over vegetables.

Makes 4 servings

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## **Stuffed Cocktail Meat Balls**

1 pound ground beef, lean  
Pimento-stuffed green olives  
1 egg, beaten  
1/2 cup vegetable oil  
1/2 teaspoon chili powder  
Salt and pepper to taste

Heat oil in grill pan to 325°F (165°C). Mix together beef, egg, chili powder, salt and pepper. Shape meat around each olive to make a ball double the size of the olive. Sauté meatballs until brown on all sides. Remove from pan, drain on paper towel. Keep warm in oven until all meatballs are done.

Makes about 25 to 35 meatballs

## **Sautéed Broccoli**

2 packages (10 oz. each) frozen broccoli spears, thawed  
1/2 cup sliced green olives, pitted  
Salt and freshly ground pepper  
1/4 cup onion, finely chopped  
Lemon wedges  
2 tablespoons butter or margarine

Cut broccoli into 1-inch pieces. Melt butter in the grill pan at 325°F (165°C). Sauté onion and broccoli until just tender, about 5 minutes. Stir in olives, cook 2 minutes.

Season to taste with salt and pepper. Serve with lemon wedges.

Makes 4 servings





## Stir-Fried Veggies

1 green pepper, cut into 1 inch pieces  
1/2 cup water chestnuts, sliced  
1/4 teaspoon salt  
1 medium onion, cut into 1 inch pieces  
1/4 cup water  
2 teaspoons soy sauce  
2 stalks celery, sliced diagonally into 1/2 inch pieces  
1 tablespoon dry sherry  
1/2 teaspoon sugar  
1 cup mushrooms, sliced  
1 tablespoon cornstarch  
1/2 cup bean sprouts  
2 tablespoons water  
2 carrots, sliced  
4 tablespoons vegetable oil  
1 can (6 oz.) bamboo shoots  
1 teaspoon sesame oil

Heat 2 tablespoons oil in the Electric Grill Pan at 375°F (190°C). Add green pepper and onions. Stir-fry 1 minute. Remove from pan. Add one tablespoon oil to grill pan. Then add celery and mushrooms and fry about 1 minute. Add bean sprouts and toss. Remove. Add remaining oil, then carrots and bamboo shoots. Stir-fry about 2 minutes. Add water chestnuts. Toss. Return vegetables to pan and sprinkle mixture with salt, water, soy sauce, sherry and sugar. In bowl, combine cornstarch, water and sesame oil.

Add to vegetables and continue tossing until sauce becomes slightly thickened.

Makes 4 servings



## Louisiana Gumbo

1/2 cup butter or margarine

1/4 cup flour

1 can (16 oz.) tomato puree

2 cups water

1 package (10 oz.) frozen okra

1 teaspoon salt

1 teaspoon onion powder

1 teaspoon basil

1 pound cod or halibut fillets, cut into 2-inch pieces

1 pound shrimp, peeled and deveined\*

1/2 pound flaked crabmeat

Red pepper sauce to taste

Hot cooked rice (optional)

In your Electric Grill Pan, melt butter with heat control set at 250°F. Stir in flour, blending until smooth. Add tomato puree, water, okra, salt, onion powder and basil. Stir together and bring mixture to a boil. Turn heat control down until light goes out (simmer point). Cover and simmer 30 minutes. Add cod, shrimp and crabmeat. Cover and simmer 15 to 20 minutes or until fish is tender. Add red pepper sauce to taste. Serve over rice, if desired.

Makes 6 to 8 servings

\*If frozen shrimp are used, thaw and drain completely.



## Jambalaya

- 1/4 cup vegetable oil
- 1 (3 pound) broiler fryer chicken, cut into 8 pieces
- 1 cup uncooked rice
- 1/2 cup chopped onion
- 1 can (10 3/4 oz.) chicken broth
- 1 can (8 oz.) tomato sauce
- 1 cup cubed cooked ham (1/2-inch cubes)
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper sauce (or to taste)
- 1 cup diced green pepper

In your Electric Grill Pan, heat oil with heat control set at 375°F. Cook chicken pieces 8 to 10 minutes on each side or until browned. Remove chicken from grill pan and drain fat except for 2 tablespoons. Add rice and onion to drippings. Sauté until golden, stirring frequently, about 3 minutes. Add chicken broth, tomato sauce, ham, salt and red pepper sauce. Place chicken pieces on top. Turn heat control down until light goes out (simmer point). Cover and simmer about 25 to 30 minutes adding more water if necessary. Add green pepper and cook 5 minutes longer.

Makes 6 servings



## Grilled Reubens

8 slices rye bread

2/3 cup Thousand Island salad dressing

1 pound corned beef, thinly sliced

1 can (8-1/2 oz.) sauerkraut, drained

1 pound Swiss cheese, thinly sliced

1/4 cup butter or margarine

Spread each slice of rye bread with approximately 2 tablespoons Thousand Island dressing. Layer corned beef, sauerkraut and Swiss cheese on 4 bread slices. Top each with remaining slices of bread.

In your Electric Grill Pan, melt butter with heat control set at 350°F. Add sandwiches. Cook for about 5 minutes on each side until golden brown.

Makes 4 sandwiches.

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## Savory Burgers

1/4 cup margarine or butter, softened

1 cup shredded American cheese

1/4 cup onion, chopped

1/2 teaspoon garlic powder

2 teaspoons Worcestershire sauce

3 hamburger buns, split in half

1 teaspoon salt

1-1/2 pounds ground beef

Dash of pepper

In small bowl, blend together butter and garlic powder. Spread evenly on hamburger buns. In medium bowl, combine ground beef, cheese, onion, Worcestershire sauce, salt and pepper and mix thoroughly. Shape into 6 patties, 1/2-inch thick. Heat grill pan to 375°F (190°C). Brown buttered buns in pan until golden. Remove from pan and keep warm. Reduce heat to 325°F (165°C). Pan-fry patties on each side to desired doneness.

Serve open-face on hamburger bun.

Makes 6 servings



## Hot Tuna Skillet Supper

- 1 large onion, thinly sliced
- 1 medium can peas, drained
- 1 small pepper, cut into 2 inch slices
- 1 garlic clove, crushed
- 4 oz. tomato sauce
- 1 large (15 oz.) can tuna, packed in water
- 3 tablespoons olive oil

Preheat oil in pan at 350°F (175°C). Add onions, pepper and garlic. Sauté until softened. Adjust temperature control to Simmer. Add tomato sauce and peas and let simmer for 5 minutes. Drain tuna fish and flake. Add to grill pan mixture and stir combining all ingredients.

Cook until thoroughly heated.

Makes 2 to 3 servings

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## Stuffed Flounder

2 pounds flounder or sole fillets  
1 package (8 oz.) frozen chopped spinach  
1/4 cup butter or margarine  
1 cup chopped onions  
1/3 cup pignoli nuts (pine nuts)  
1/4 cup Parmesan cheese  
1 teaspoon basil  
1 teaspoon salt  
1/2 teaspoon pepper  
1 egg, beaten  
1 cup fish or chicken broth  
1 bay leaf

Wash and dry fillets. Cook spinach according to package directions. Drain. Set aside. In your Electric Grill Pan, melt butter with heat control set at 350°F. Sauté onions and pignoli nuts about 3 to 4 minutes. In a large bowl combine sautéed onion mixture, spinach, cheese, basil, salt, pepper and egg. Mix well. Place about 2 tablespoons spinach filling onto each fish fillet. Fold ends over filling. Roll up jelly roll style. Secure with wooden picks. In your Electric Grill Pan, simmer white wine, broth and bay leaf with heat control set at 250°F. Carefully add fish rolls. Cover.

Cook at 250°F until fish flakes easily with a fork, about 15 to 20 minutes.

Makes 4 to 6 servings



## Hot Summer Fish-Fry

4 to 5 pieces fish fillets (sole)  
2 teaspoons pimento, chopped  
1/4 cup olive oil  
1/4 cup wine vinegar  
1 small onion, minced  
1/2 cup orange juice  
1 small garlic clove, crushed  
1 tablespoon lime juice  
2 green chili peppers (canned)  
Salt and pepper to taste

Heat olive oil in pan to 325°F (165°C). Sauté fish until lightly browned on both sides. Remove fish and drain on paper towel. Lower temperature to 250°F, add all other ingredients, blend well with mixing spoon and bring to boil. Let cook for 2 to 3 minutes. Place fish on serving platter lined with lettuce leaves. Pour sauce over fish.

Garnish with black olives and strips of pimento.

Refrigerate and serve well chilled.

Makes 2 to 3 servings

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$$A(x) = \sum_{n=0}^{\infty} a_n x^n$$

convergent for  $|x| < R$ .

The function  $f(x)$  is called the *exponential integral*

of the function  $A(x)$ .

It is known that the function  $f(x)$  is analytic

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## Turkey Tetrazzini

8 ounces uncooked linguini, broken into quarters

1/4 cup butter or margarine

1/4 cup flour

1 teaspoon salt

1/4 teaspoon white pepper

1 can (10.75 oz.) chicken broth

1 can (5.33 oz.) evaporated milk

1/2 cup dry white wine

1/2 pound fresh mushrooms, sliced

3 cups diced, cooked turkey

1/2 cup Parmesan cheese

Cook linguini according to package directions. Drain. Set aside. In your Electric Grill Pan, melt butter with heat control set at 250°F. Blend in flour, salt and pepper until smooth. Stir in chicken broth, evaporated milk and wine. Cook, stirring constantly, until thickened. Add mushrooms, turkey and cooked linguini. Combine thoroughly. Sprinkle with cheese. Turn heat control down until light goes out (simmer point). Cover and simmer 20 minutes.

Makes 4 to 6 servings

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## Chinese-Style Chicken with Cashew Nuts

2 whole chicken breasts, skinned and boned

1 tablespoon vinegar

1 tablespoon soy sauce

1 tablespoon corn starch

1 tablespoon sugar

Pinch of salt

1/2 tablespoon garlic powder

1 tablespoon dry sherry

3 to 4 tablespoons peanut oil

1 tablespoon vegetable oil

1 teaspoon minced ginger root

1 tablespoon bean sauce

1/2 cup roasted cashew nuts, unsalted

1 tablespoon hoisin sauce

Slice chicken breast into thin strips. Prepare marinade by combining corn starch, salt, sherry and vegetable oil in a medium bowl. Marinate chicken for several hours or overnight. Combine bean sauce, hoisin sauce, soy sauce, vinegar, sugar and garlic powder in a small bowl, set aside. Heat peanut oil in the Electric Grill Pan to 375°F (190°C). Add the chicken and stir-fry continuously until the meat is cooked about 5 to 8 minutes. Add more oil if necessary. Add the bean sauce mixture and half the cashews. Mix quickly and transfer to a serving platter.

Garnish with remaining cashews.

Makes 4 servings

1911-1912. The first year of the new century.

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## Chicken 'n Prosciutto

2 whole chicken breasts, split, skinned and boned

1/4 cup flour

1/4 cup butter or margarine

1/4 teaspoon rubbed sage

1/2 cup Marsala wine

4 thin slices prosciutto (Italian ham)

1 can chicken broth (10-3/4oz.)

Heat grill pan to 350°F (175°C). Rub each chicken breast with sage and dust with flour. Melt butter in pan and brown chicken on both sides. Remove chicken and set aside. Place a slice of prosciutto on each split chicken breast. Add wine. Using a mixing spoon, gently scrape bottom of pan and loosen any cooked particles. Add chicken broth and bring to boil. Put chicken back into pan. Reduce heat to Simmer. Simmer about 5 minutes or until sauce is slightly thickened.

Remove chicken from pan and spoon sauce over each breast.

Makes 4 servings

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## Pineapple Chicken

1 3-pound chicken, cut into eighths  
1 can pineapple chunks (20 oz.) drained. Reserve juice  
1 celery stalk, thinly sliced  
1 green pepper, chopped  
1/4 cup vegetable oil  
1 medium onion, chopped  
Salt, pepper, paprika, oregano

Preheat grill pan to 350°F (175°C). Add oil. Season chicken with spices and brown in oil. Reduce temperature to 300°F (150°C). Mix in vegetables and cover. Bake 1 hour, turning once.

Makes 3 to 4 servings

## Pineapple Fruit Sauce

1/2 cup orange marmalade  
1/4 cup catsup  
1/4 cup vinegar  
3 tablespoons pineapple juice

In a bowl, combine above ingredients. Remove lid of grill pan, add pineapple chunks and sauce. Cook covered for 15 minutes. Remove lid and let cook uncovered 15 to 20 minutes. Spoon sauce over chicken as it cooks, several times.





## Chicken Cacciatore

- 1 3-pound chicken, cut into eighths
- 1/2 teaspoon dried basil
- 2 tablespoons olive oil
- 1 bay leaf
- 1-1/2 cups onion, chopped
- 1/2 cup dry white wine
- 2 garlic cloves, minced
- 1/2 pound fresh mushrooms, sliced
- 1 can (16 oz.) whole tomatoes, drained
- 1/4 cup fresh parsley, minced
- Salt and pepper
- 1 jar (15 oz.) prepared spaghetti sauce

Heat olive oil in grill pan to 375°F (190°C). Brown chicken parts. Remove chicken, set aside. Add onions and garlic to pan and sauté until tender. Drain fat. Reduce temperature to Simmer. Add tomatoes, spaghetti sauce, basil, salt, pepper and bay leaf. Simmer 5 minutes. Return chicken parts to pan. Cover and simmer 45 minutes. Add wine, mushrooms and parsley. Cook uncovered 15 minutes. Arrange chicken on platter. Remove bay leaf from sauce. Pour sauce over chicken.

Serve with your favorite pasta.

Makes 4 servings



## Chicken and Dumplings

1 (5 to 6 pound) roasting chicken, cut in pieces  
4 cups chicken broth  
1 bay leaf  
1 teaspoon thyme  
1 teaspoon salt  
1/2 teaspoon pepper  
5 carrots, peeled and cut into 1-inch strips  
2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
1 tablespoon shortening  
1 egg  
2/3 cup milk  
2 teaspoons parsley  
1 teaspoon paprika

In your electric grill pan, place chicken, broth, bay leaf, thyme, salt and pepper. Bring to a boil with heat control set at 350°F. Turn heat control down until light goes out (simmer point). Cover and simmer 1 hour. Reserving liquid, remove chicken from pan. Remove skin from chicken. Cut strips of meat away from bone. Add carrots and chicken strips to broth. To make dumplings, combine flour, baking powder and salt. Cut the shortening in using a pastry blender or two knives. Mix together the egg and milk. Add to flour mixture. Add parsley and paprika. Mix until moistened. Drop dough by tablespoonful into a simmering broth. Turn heat control to 250°F. Cover and cook an additional 20 minutes or until dumplings are firm.

Makes 6 servings

1. The first part of the paper is devoted to the study of the

properties of the function  $f(x)$  defined by the equation

$$f(x) = \int_0^x f(t) dt + \int_0^x g(t) dt$$

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## Mexican Chicken

1 (2-1/2 - 3 pound) broiler-fryer chicken, cut into 8 pcs

Salt and Pepper

1/2 cup flour

2 tablespoons chili powder

1 teaspoon cumin

1/3 cup vegetable oil or vegetable shortening

1 cup chopped onion

1 clove garlic, minced

1-1/2 cups uncooked rice

1 can (14-1/2) tomatoes, coarsely chopped

3 cups water

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1 cup sliced, pitted ripe olives

Dash red pepper sauce

Sprinkle chicken with salt and pepper. Combine flour, chili powder and cumin in a plastic bag. Place chicken pieces in bag and shake to coat well. In your electric grill pan, heat oil with heat control set at 350°F. Brown chicken in hot oil 10 minutes on each side or until golden brown. Remove chicken from pan. Add onion and garlic to pan, sauté 4 to 5 minutes. Stir in rice, tomatoes and water. Arrange chicken over rice. Cover and turn heat control down until light goes out (simmer point). Simmer 35 to 40 minutes, adding more water if necessary. Sprinkle green and red pepper over chicken, cover and cook an additional 5 minutes. Toss in olives and heat through.

Makes 4 to 6 servings



## Sweet and Sour Pork

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

1/4 cup flour

2 tablespoons oil

2 tablespoons cornstarch

1/4 cup white vinegar

3 tablespoons chili sauce

1/4 teaspoon garlic powder

1/4 teaspoon ground ginger

1 jar (12 oz.) apricot preserves

1 small green pepper, cut in thin strips

1 small red pepper, cut in thin strips

1 can (11 oz.) Mandarin orange segments, drained

1 can (8 oz.) pineapple chunks, drained

Hot cooked rice (optional)

In a sturdy plastic bag, combine pork and flour. Shake well to coat. In your Electric Grill Pan, heat oil with heat control set at 350°F. Brown pork until golden brown on all sides, about 4 to 5 minutes. Dissolve cornstarch in vinegar. Stir in chili sauce, garlic powder and ginger. Add vinegar mixture and apricot preserves to pork. Heat to boiling. Turn heat control down until light goes out (simmer point). Add green and red peppers.

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

Makes 6 to 8 servings.

1. The first part of the document is a letter from the

author to the reader, in which he explains the purpose of the

document and the reasons for its existence.

2. The second part of the document is a list of the

main points of the document, which are discussed in the

body of the document.

3. The third part of the document is a list of the

conclusions of the document, which are discussed in the

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4. The fourth part of the document is a list of the

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## Bavarian Style Pork Chops

1/4 cup butter or margarine

2 pounds pork chops

1 can (27 oz.) sauerkraut

3 strips bacon

1 cup chopped onion

1/4 cup uncooked rice

1/2 teaspoon caraway seed

1 can (12 oz.) beer

In your Electric Grill Pan, melt butter with heat control set at 350°F. Fry pork chops, 4 at a time, until brown on each side. Repeat with remaining chops. Remove. To pan add sauerkraut, bacon, onion, rice and caraway seed. Mix well. Pour beer over mixture. Place pork chops on top of sauerkraut. Turn heat control down to 250°F. Cover and simmer 30 minutes or until pork chops are fork tender.

Makes 8 servings

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It is well known that the function  $f(x)$  is analytic in the whole plane if and only if the coefficients  $a_n$  satisfy the condition  $a_n = O(n!)$ . In this case the function  $f(x)$  is called an entire function. The function  $f(x)$  is called a function of finite order if the order of growth of the function  $f(x)$  is finite. The order of growth of the function  $f(x)$  is defined as the limit  $\lim_{n \rightarrow \infty} \frac{\log \log M(r, f)}{\log r}$  where  $M(r, f) = \max_{|z|=r} |f(z)|$ . The function  $f(x)$  is called a function of finite type if the type of growth of the function  $f(x)$  is finite. The type of growth of the function  $f(x)$  is defined as the limit  $\lim_{n \rightarrow \infty} \frac{\log M(r, f)}{r^n}$  where  $M(r, f) = \max_{|z|=r} |f(z)|$ .

2.

## Pineapple-Glazed Ham Steak

1 ham steak, 3/4 to 1 inch thick

1/4 cup brown sugar

3/4 cup orange juice

4 pineapple slices

Preheat grill pan to 325°F (165°C). Cook ham until lightly browned on both sides, 8 to 10 minutes per side. Remove from pan and place on platter. In a bowl, combine orange juice and brown sugar. Lower temperature to 250°F. Pour mixture into grill pan, and bring to boil. Add pineapple slices and cook til glazed. Arrange pineapple on top of ham. Pour sauce over ham and pineapple.

Makes 2 servings

1. *Pharmaceutical Innovation and the Role of Government*  
 2. *The Impact of Patent Law on Drug Development*  
 3. *The Role of Government in Regulating Pharmaceuticals*  
 4. *The Impact of Health Insurance on Drug Access*  
 5. *The Role of Government in Funding Pharmaceutical Research*

## Texas Chili

1/4 cup vegetable oil  
3 pounds beef chuck roast, cut into 1/2-inch cubes  
3 cloves garlic, minced  
4 to 6 tablespoons chili powder  
3 tablespoons oregano  
2 tablespoons ground cumin  
1 to 2 teaspoons cayenne pepper  
4 to 5 cups water  
1/4 cup corn meal  
1/2 cup water

In your Electric Grill Pan, heat oil with heat control set at 350°F. Brown meat and garlic in oil until meat loses its pinkness. Add chili powder, oregano, garlic, cumin and cayenne pepper. Stir, coating meat well. Add 4 to 5 cups of water and stir. Turn heat control down until light goes out (simmer point). Cover and simmer 45 minutes to an hour.

Meanwhile, make a thick, smooth paste of cornmeal and 1/2 cup water. Add to chili, stirring constantly to prevent lumps. Simmer uncovered, stirring occasionally 30 to 40 minutes longer or until tender.

Makes 6 to 8 servings



## Swedish Meatballs

1-1/2 pounds ground beef  
1-1/2 cups flavored breadcrumbs  
1/4 teaspoon pepper  
1 teaspoon nutmeg  
1 teaspoon paprika  
3/4 teaspoon salt  
2 eggs, beaten  
1/2 cup milk  
1/2 cup butter or margarine  
1/4 cup flour  
1 can (10-1/2 oz.) beef broth, undiluted  
1/2 cup water  
1 cup sour cream  
Hot cooked rice or noodles

Combine the first 8 ingredients; mix well and shape into 1-inch meatballs. Melt 1/4 cup butter (reserving remaining 1/4 cup butter) in In your Electric Grill Pan, with heat control set at 325°F. Cook meatballs, turning occasionally until browned. Remove meatballs from pan and drain well. Set aside.

Melt remaining 1/4 cup butter with heat control set at 325°F. Add flour to melted butter, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually stir in beef broth and water. Cook, stirring constantly, until thickened. Add sour cream; reduce heat to 250°F. Stir until well combined. Add meatballs. Heat thoroughly.

Makes 6 to 8 main dish servings

***Note: Meat balls can be served as an hors d'oeuvre.***

***Serve and keep warm in your Electric Grill Pan.***





## Boeuf Bourguignon

3 pounds stew beef, cut into 2-inch cubes

1/2 cup flour

2 tablespoons vegetable oil

12 small white onions, peeled

12 ounces fresh mushrooms, trimmed

3/4 cup Burgundy wine

3/4 cup beef broth

1 bay leaf

1 teaspoon salt

1/4 teaspoon pepper

In a sturdy plastic bag, combine beef and flour. Shake to coat well. In your Electric Grill Pan, heat oil with heat control set at 325°F. Brown beef cubes about 4 to 5 minutes. Add onions and mushrooms. Sauté until onions are brown and mushrooms are dark. Add wine and broth. Bring to a boil, stirring well. Add bay leaf, salt and pepper. Cover. Turn heat control down until light goes out (simmer point). Simmer 1-1/2 to 2 hours, stirring occasionally until meat is tender and sauce is thick.

Makes 4 to 6 servings



## Marinated Steak 'n Sauce

2-2-1/2 pounds round steak, sliced into strips

1 large onion, thinly sliced

1 tablespoon garlic powder

1 large green pepper, cut into 2-inch strips

1/4 cup oil

1/2 cup soy sauce

Marinate sliced steak in soy sauce and garlic powder for 30 minutes. Heat oil in the grill pan at 350°F (175°C). Add green peppers and onions. Cook until very tender. Remove from pan with plastic or wooden slotted spoon and set aside. Place marinated beef slices into grill pan and cook, turning frequently with spatula. Return onions and peppers to pan, and thoroughly heat, approximately 5 minutes.

Makes 4 servings

1. The first part of the paper discusses the importance of the study of the history of the United States. It is argued that the study of the history of the United States is essential for a full understanding of the country and its people. The author points out that the history of the United States is a complex and multifaceted one, and that it is important to study it from a variety of perspectives. The author also points out that the study of the history of the United States is important for the development of a sense of national identity and pride.

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## Pepper Steak

1-1/2 pounds top round steak  
1/3 cup vegetable oil  
3/4 teaspoon salt  
3 medium green peppers, cut in 1-inch pieces  
3 medium red peppers, cut in 1-inch pieces  
1-1/2 cups sliced celery  
1/2 cup finely chopped onion  
1 clove garlic, minced  
1-1/2 cups beef broth  
2 tablespoons cornstarch  
1/3 cup water  
1 tablespoon soy sauce  
Hot cooked rice (optional)

Slice steak diagonally into very thin slices, then cut slices into 2-inch pieces. In your Electric Grill Pan, heat oil with heat control set at 350°F. Brown meat in hot oil about 2 to 3 minutes. Sprinkle with salt. Add red and green pepper, celery, onion, garlic and cook 2 minutes. Add beef broth. Turn heat control dial to 250°F. Cover and cook until vegetables are tender crisp, about 10 to 12 minutes. Dissolve together cornstarch, water and soy sauce until smooth. Add to meat mixture. Cook and stir until thickened, about 3 to 4 minutes.

Serve over hot rice if desired.

Makes 6 servings

1. The first of these is the fact that the  
theoretical model of the system is  
based on the assumption that the  
system is in a steady state. This  
assumption is not valid for the  
system under consideration, since the  
system is in a transient state. The  
theoretical model is therefore not  
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applicable to the system under  
consideration.

## **Veal Marsala**

1 pound boneless veal cutlets, pounded thin  
1/4 cup flour  
3 tablespoons butter or margarine  
1/2 teaspoon salt  
Dash pepper  
1-1/2 cups thinly sliced mushrooms  
2 tablespoons butter or margarine  
2 tablespoons flour  
1/2 cup Marsala wine  
1 cup chicken broth  
Hot cooked rice or noodles (optional)

Slice the veal into 2 x 1/2-inch strips. In sturdy plastic bag, place veal and 1/4 cup flour. Shake to coat evenly. In your Electric Grill Pan, melt 3 tablespoons butter with heat control set at 325°F. When butter is bubbly, add veal strips and sauté quickly just until all sides are brown. Sprinkle with salt and pepper. Remove veal from pan. Keep warm. Add mushrooms to hot pan and sauté until limp. Add 2 tablespoons butter and 2 tablespoons flour, stirring well to combine. Add wine and broth, stirring constantly to loosen any brown bits. Cook for 2 minutes, stirring constantly. Add veal and simmer for 1 minute or until heated through. Serve over rice or noodles, if desired.

Makes 4 to 5 servings

1919/10/11

Dear Mr. [Name]

I have received

your letter of the 10th inst.

concerning

the matter of

the [Name] [Name]

and the [Name] [Name]

and the [Name] [Name]

and the [Name] [Name]

I am, Sir, very

truly yours, [Name]

I am, Sir, very truly yours, [Name]

Yours faithfully,



## Veal Cordon Bleu

12 veal scallops, very thin

2 eggs, lightly beaten with 1 teaspoon water

Salt and pepper to taste

6 slices prosciutto

1 cup flour

6 slices Gruyere cheese, thinly sliced

1-1/2 cups unseasoned bread crumbs

1-1/2 cups butter or margarine

Season veal scallops with salt and pepper. Place a ham slice in the center of each scallop, top each with a slice of cheese. Brush the outside edges of the scallops (around the ham and cheese) with the beaten egg mixture, then top with remaining scallops. Dip the filled pieces into the beaten egg mixture and then into the bread crumbs, coating well.

Refrigerate coated scallops for 2 hours.

Melt butter in the Electric Grill Pan at 375°F (190°C). Sauté the cutlets until brown on both sides. Transfer the cutlets to a serving platter and garnish with parsley sprigs.

Makes 4 to 6 servings



## Veal and Peppers

4 tablespoons olive oil  
1/4 cup fresh parsley, minced  
4 green or red peppers, cut in 2 inch slices  
1 teaspoon Italian seasoning  
1 teaspoon salt  
3 garlic cloves, crushed  
1/4 teaspoon pepper  
1-1/2 pounds cubed veal, cut from shoulder

Heat 3 tablespoons of oil in the grill pan to 325°F (165°C).  
Cook peppers until they are limp. Remove from pan and set aside. Add veal, parsley, Italian seasoning, salt and pepper. Sauté 4 to 5 minutes, or until tender. Add cooked peppers and remaining olive oil. Reduce temperature and simmer for 5 to 10 minutes.

Makes 4 servings



## Lamb with Eggplant

1 pound boneless lamb shoulder, chopped  
1 teaspoon sugar  
1/4 teaspoon dried oregano leaves  
1 medium onion, chopped  
1/2 teaspoon dried basil leaves  
1 large garlic clove, finely chopped  
1/4 teaspoon fennel seeds, crushed  
2 tablespoons olive or vegetable oil  
1 teaspoon salt  
1 small eggplant, pared, cut into 1-inch pieces  
1/8 teaspoon pepper  
4 ounces Mozzarella cheese, shredded  
2 cups tomato sauce

Heat oil in pan to 350°F (175°C). Cook meat, onion and garlic in grill pan until meat is brown. Add remaining ingredients, except cheese. Lower temperature and simmer covered until eggplant is tender, about 20 minutes. Remove cover and sprinkle cheese over mixture in pan. Simmer covered until cheese melts, about 3 minutes.

Makes 4 servings



# COOK'S ESSENTIALS™ WARRANTY

This Cook's Essentials™ product warranty extends to the original consumer purchaser of the product.

**Warranty on Coating:** This Cook's Essentials™ product features DuPont® Silverstone® Select with Scratchguard™. This superior non-stick coating is guaranteed to be free from defects in material and workmanship for as long as you own this product. Under normal household use, it will never chip, crack or peel.

**Warranty Duration:** All materials and workmanship, other than the non-stick coating, are warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

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

**Warranty Disclaimers:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Cook's Essentials™ any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Cook's Essentials™ option). The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

## Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 **between the hours of 8:00 am and 5:00 pm Central Standard Time** and ask for **CONSUMER SERVICE** stating that you are a consumer with a problem. Please refer to Model FR3 when you call.

**In-Warranty Service** for an appliance covered under the warranty period, no charge is made for service or postage. Please call for return authorization.

**Out-of-Warranty Service:** A flat rate charge by model is made for out-of-warranty service. Include \$8.00 for return shipping and handling.

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

Return the appliance to:

ATTN: Repair Department, Salton, Inc.  
550 Business Center Drive, Mt. Prospect, Illinois 60056

cook's essentials™ is a trademark of QVC, Inc.





## COOK'S ESSENTIALS™ WARRANTY

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**Warranty Duration:** All materials and workmanship, other than the non-stick coating, are warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

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

**Warranty Disclaimers:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Cook's Essentials™ any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Cook's Essentials™ option). The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

## Service and Repair

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Return the appliance to:

ATTN: Repair Department, Salton, Inc.  
550 Business Center Drive, Mt. Prospect, Illinois 60056

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Printed in China

3/99

# cook's essentials™

HIGH PERFORMANCE KITCHENWARE



## ELECTRIC GRILL PAN

MODEL FR3

OWNER'S MANUAL & RECIPE GUIDE

# Important Safeguards

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

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug, or temperature control in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized Service Center for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Always attach temperature control to the appliance first, then plug cord into 120V AC wall outlet. To disconnect, turn temperature control to "OFF." Then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

## SAVE THESE INSTRUCTIONS

**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY**

## Lamb with Eggplant

- 1 pound boneless lamb shoulder, chopped
- 1 teaspoon sugar
- 1/4 teaspoon dried oregano leaves
- 1 medium onion, chopped
- 1/2 teaspoon dried basil leaves
- 1 large garlic clove, finely chopped
- 1/4 teaspoon fennel seeds, crushed
- 2 tablespoons olive or vegetable oil
- 1 teaspoon salt
- 1 small eggplant, pared, cut into 1-inch pieces
- 1/8 teaspoon pepper
- 4 ounces Mozzarella cheese, shredded
- 2 cups tomato sauce

Heat oil in pan to 350°F (175°C). Cook meat, onion and garlic in grill pan until meat is brown. Add remaining ingredients, except cheese. Lower temperature and simmer covered until eggplant is tender, about 20 minutes. Remove cover and sprinkle cheese over mixture in pan. Simmer covered until cheese melts, about 3 minutes.

Makes 4 servings

## Veal and Peppers

- 4 tablespoons olive oil
- 1/4 cup fresh parsley, minced
- 4 green or red peppers, cut in 2 inch slices
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 3 garlic cloves, crushed
- 1/4 teaspoon pepper
- 1-1/2 pounds cubed veal, cut from shoulder

Heat 3 tablespoons of oil in the grill pan to 325°F (165°C). Cook peppers until they are limp. Remove from pan and set aside. Add veal, parsley, Italian seasoning, salt and pepper. Sauté 4 to 5 minutes, or until tender. Add cooked peppers and remaining olive oil. Reduce temperature and simmer for 5 to 10 minutes.

Makes 4 servings

## ADDITIONAL IMPORTANT SAFEGUARDS

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

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
2. ***Unplug from outlet when not in use and before cleaning. To avoid electric shock, never immerse or rinse the temperature control of this appliance in water or any other liquid.***
3. If this appliance falls or accidentally becomes immersed in water while plugged into an electrical outlet, unplug it from the wall outlet immediately. ***Do not reach into the water!***
4. To reduce the risk of burns or other injuries, do not touch hot surfaces. Use handles or knobs cautiously during use. Use of protective oven mitts or gloves is recommended.
5. To reduce the risk of injury to persons or property, unplug this appliance before inserting or removing the temperature control or grill pan, or cleaning the appliance. Always keep the appliance unplugged from the wall outlet when not in use.
6. When using this appliance, provide adequate air space above and on the sides for air circulation. Do not operate this appliance touching or near curtains, wall coverings, clothing, dish towels or other flammable materials.
7. To reduce the risk of fire, do not leave this appliance unattended during use.
8. If this appliance begins to smoke or malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
9. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
10. **This appliance is for HOUSEHOLD USE ONLY!**

## **ADDITIONAL IMPORTANT SAFEGUARDS (continued)**

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

### **Veal Cordon Bleu**

- 12 veal scallops, very thin
- 2 eggs, lightly beaten with 1 teaspoon water
- Salt and pepper to taste
- 6 slices prosciutto
- 1 cup flour
- 6 slices Gruyere cheese, thinly sliced
- 1-1/2 cups unseasoned bread crumbs
- 1-1/2 cups butter or margarine

Season veal scallops with salt and pepper. Place a ham slice in the center of each scallop, top each with a slice of cheese. Brush the outside edges of the scallops (around the ham and cheese) with the beaten egg mixture, then top with remaining scallops. Dip the filled pieces into the beaten egg mixture and then into the bread crumbs, coating well.

Refrigerate coated scallops for 2 hours.

Melt butter in the Electric Grill Pan at 375°F (190°C). Sauté the cutlets until brown on both sides. Transfer the cutlets to a serving platter and garnish with parsley sprigs.

Makes 4 to 6 servings

## Veal Marsala

- 1 pound boneless veal cutlets, pounded thin
- 1/4 cup flour
- 3 tablespoons butter or margarine
- 1/2 teaspoon salt
- Dash pepper
- 1-1/2 cups thinly sliced mushrooms
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1/2 cup Marsala wine
- 1 cup chicken broth
- Hot cooked rice or noodles (optional)

Slice the veal into 2 x 1/2-inch strips. In sturdy plastic bag, place veal and 1/4 cup flour. Shake to coat evenly. In your Electric Grill Pan, melt 3 tablespoons butter with heat control set at 325°F. When butter is bubbly, add veal strips and sauté quickly just until all sides are brown. Sprinkle with salt and pepper. Remove veal from pan. Keep warm. Add mushrooms to hot pan and sauté until limp. Add 2 tablespoons butter and 2 tablespoons flour, stirring well to combine. Add wine and broth, stirring constantly to loosen any brown bits. Cook for 2 minutes, stirring constantly. Add veal and simmer for 1 minute or until heated through. Serve over rice or noodles, if desired.

Makes 4 to 5 servings

## POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, 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.

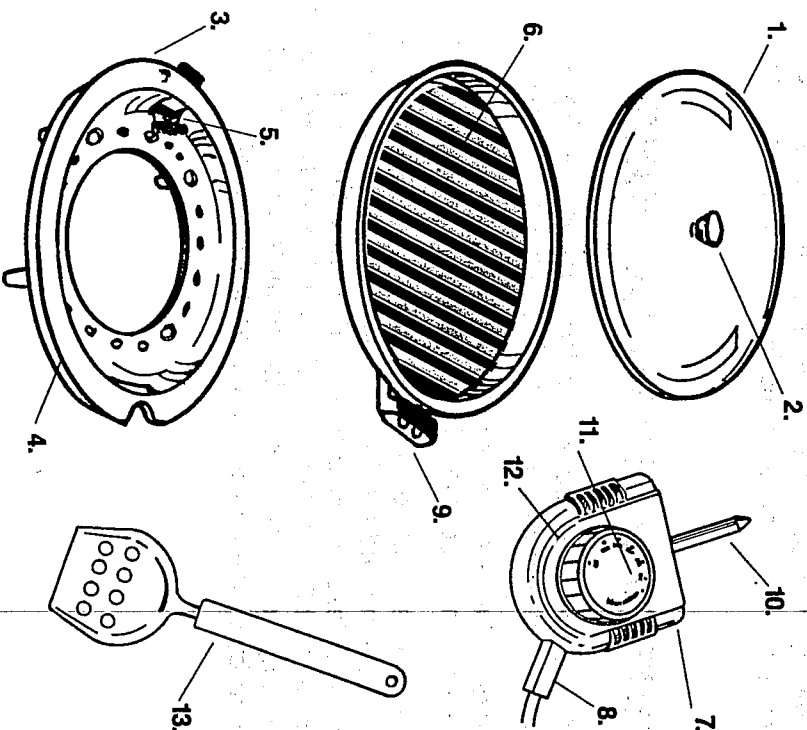
## SHORT CORD INSTRUCTIONS

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

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

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

# GETTING TO KNOW YOUR FR3 ELECTRIC GRILL PAN



1. Lid
2. Lid Knob
3. Housing Base
4. Housing Handles
5. Hook Lever
6. Grill Pan
7. Temperature Control
8. Power Cord
9. Control Socket
10. Temperature Sensor
11. Temperature Dial
12. Indicator Light
13. Spatula

## Pepper Steak

- 1-1/2 pounds top round steak
- 1/3 cup vegetable oil
- 3/4 teaspoon salt
- 3 medium green peppers, cut in 1-inch pieces
- 3 medium red peppers, cut in 1-inch pieces
- 1-1/2 cups sliced celery
- 1/2 cup finely chopped onion
- 1 clove garlic, minced
- 1-1/2 cups beef broth
- 2 tablespoons cornstarch
- 1/3 cup water
- 1 tablespoon soy sauce
- Hot cooked rice (optional)

Slice steak diagonally into very thin slices, then cut slices into 2-inch pieces. In your Electric Grill Pan, heat oil with heat control set at 350°F. Brown meat in hot oil about 2 to 3 minutes. Sprinkle with salt. Add red and green pepper, celery, onion, garlic and cook 2 minutes. Add beef broth. Turn heat control dial to 250°F. Cover and cook until vegetables are tender crisp, about 10 to 12 minutes. Dissolve together cornstarch, water and soy sauce until smooth. Add to meat mixture. Cook and stir until thickened, about 3 to 4 minutes.

Serve over hot rice if desired.

Makes 6 servings

## Marinated Steak 'n Sauce

2-2-1/2 pounds round steak, sliced into strips

1 large onion, thinly sliced

1 tablespoon garlic powder

1 large green pepper, cut into 2-inch strips

1/4 cup oil

1/2 cup soy sauce

Marinate sliced steak in soy sauce and garlic powder for 30 minutes. Heat oil in the grill pan at 350°F (175°C). Add green peppers and onions. Cook until very tender. Remove from pan with plastic or wooden slotted spoon and set aside. Place marinated beef slices into grill pan and cook, turning frequently with spatula. Return onions and peppers to pan, and thoroughly heat, approximately 5 minutes.

Makes 4 servings

## THE LID

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

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

## COOKING TOOLS

The long spatula provided may be used with your FR3 Electric Grill Pan. The Grill Pan's non-stick surface is so tough even metal utensils can be used. However, surface marring may occur but will not affect the pan's cooking performance.

**CAUTION: Do not leave the *plastic spatula on the grill pan* surface when power is on.**

## THE PAN

The cooking pan is designed to saute, fry and grill. It is made with a non-stick surface that is fully immersible which makes cooking and clean-up easy!

# USER MAINTENANCE INSTRUCTIONS

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

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

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

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

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

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

## Boeuf Bourguignon

- 3 pounds stew beef, cut into 2-inch cubes
- 1/2 cup flour
- 2 tablespoons vegetable oil
- 12 small white onions, peeled
- 12 ounces fresh mushrooms, trimmed
- 3/4 cup Burgundy wine
- 3/4 cup beef broth
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon pepper

In a sturdy plastic bag, combine beef and flour. Shake to coat well. In your Electric Grill Pan, heat oil with heat control set at 325°F. Brown beef cubes about 4 to 5 minutes. Add onions and mushrooms. Sauté until onions are brown and mushrooms are dark. Add wine and broth. Bring to a boil, stirring well. Add bay leaf, salt and pepper. Cover. Turn heat control down until light goes out (simmer point). Simmer 1-1/2 to 2 hours, stirring occasionally until meat is tender and sauce is thick.

Makes 4 to 6 servings



## Swedish Meatballs

1-1/2 pounds ground beef  
1-1/2 cups flavored breadcrumbs  
1/4 teaspoon pepper  
1 teaspoon nutmeg  
1 teaspoon paprika  
3/4 teaspoon salt  
2 eggs, beaten  
1/2 cup milk  
1/2 cup butter or margarine  
1/4 cup flour  
1 can (10-1/2 oz.) beef broth, undiluted  
1/2 cup water  
1 cup sour cream  
Hot cooked rice or noodles

Combine the first 8 ingredients; mix well and shape into 1-inch meatballs. Melt 1/4 cup butter (reserving remaining 1/4 cup butter) in your Electric Grill Pan, with heat control set at 325°F. Cook meatballs, turning occasionally until browned. Remove meatballs from pan and drain well. Set aside.

Melt remaining 1/4 cup butter with heat control set at 325°F. Add flour to melted butter, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually stir in beef broth and water. Cook, stirring constantly, until thickened. Add sour cream; reduce heat to 250°F. Stir until well combined. Add meatballs. Heat thoroughly.

Makes 6 to 8 main dish servings

***Note: Meat balls can be served as an hors d'oeuvre. Serve and keep warm in your Electric Grill Pan.***

## INTRODUCTION

Congratulations on owning the FR3 Electric Grill Pan.

The grill pan's temperature is thermostatically controlled and adjustable from "Warm" to 420°F (215°C). Fast heat recovery, so necessary for precise cooking, is achieved with its 1200 watts of power. The interior is coated with a unique non-stick coating, enabling the food to be properly cooked without sticking. This special coating is metal-utensil safe!

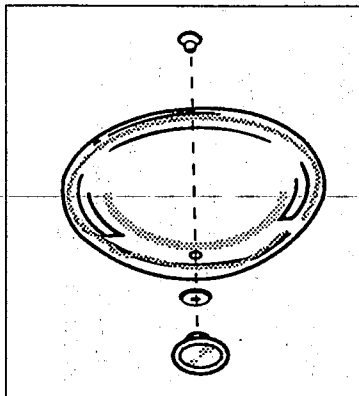
The FR3 Electric Grill Pan is so versatile that it can be used to prepare fish, chicken, chops, pizza and other delicious entrees. The recipes (beginning on page 18) are a tempting place to begin.

# BEFORE USING FOR THE FIRST TIME

## LID AND LID KNOB

### ASSEMBLY

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



### GENERAL PROCEDURES

- Make sure the appliance is unplugged. Remove the temperature control and grill pan, setting both aside.
- To detach the pan, gently pull the hook lever until the grill pan is released. Carefully lift the pan from its housing base.
- Completely wipe the grill pan with a damp cloth to remove all dust. Apply a thin coating of cooking oil for easy maintenance for next use.
- Wash housing base, lid and spatula with warm, sudsy water and rinse. Dry thoroughly before attaching the grill pan and inserting the temperature control.

## Texas Chili

- 1/4 cup vegetable oil
- 3 pounds beef chuck roast, cut into 1/2-inch cubes
- 3 cloves garlic, minced
- 4 to 6 tablespoons chili powder
- 3 tablespoons oregano
- 2 tablespoons ground cumin
- 1 to 2 teaspoons cayenne pepper
- 4 to 5 cups water
- 1/4 cup corn meal
- 1/2 cup water

In your Electric Grill Pan, heat oil with heat control set at 350°F. Brown meat and garlic in oil until meat loses its pinkness. Add chili powder, oregano, garlic, cumin and cayenne pepper. Stir, coating meat well. Add 4 to 5 cups of water and stir. Turn heat control down until light goes out (simmer point). Cover and simmer 45 minutes to an hour.

Meanwhile, make a thick, smooth paste of cornmeal and 1/2 cup water. Add to chili, stirring constantly to prevent lumps. Simmer uncovered, stirring occasionally 30 to 40 minutes longer or until tender.

Makes 6 to 8 servings

## Pineapple-Glazed Ham Steak

1 ham steak, 3/4 to 1 inch thick  
1/4 cup brown sugar  
3/4 cup orange juice  
4 pineapple slices

Preheat grill pan to 325°F (165°C). Cook ham until lightly browned on both sides, 8 to 10 minutes per side. Remove from pan and place on platter. In a bowl, combine orange juice and brown sugar. Lower temperature to 250°F. Pour mixture into grill pan, and bring to boil. Add pineapple slices and cook til glazed. Arrange pineapple on top of ham. Pour sauce over ham and pineapple.

Makes 2 servings

## INSTRUCTIONS FOR USE

### STEP 1: PREPARING THE FOOD

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

### STEP 2: ATTACHING THE GRILL PAN INTO THE HOUSING BASE

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

To attach the pan, set the pan into the housing base, with the control socket in its opening, and gently push the grill pan downward until the hook lever clicks.

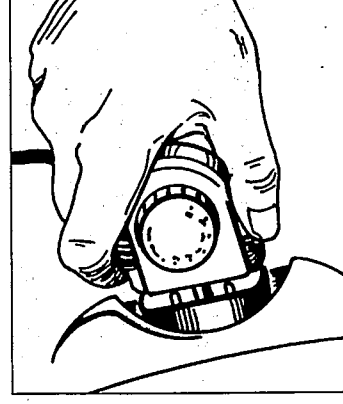
**WARNING:** *To avoid injury to persons and damage to the appliance, do not use the grill pan in an unstable position. Never attempt to use the grill pan without the housing base.*

### STEP 3: INSERTING THE TEMPERATURE CONTROL

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

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

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



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

## STEP 4: OPERATING THE APPLIANCE

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

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

Plug the cord into a standard 120V AC electrical wall outlet.

The temperature of the grill pan is controlled by turning the dial of the temperature control. The temperature control can provide a maximum temperature of 420°F (215°C).

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

Temp. Dial	Food
420°F	Steak
350°F - 420°F	Barbecue, Teriyaki Chow Mein, Veggies
250°F - 350°F	Fish Eggs: scrambled, fried Bacon, Ham
Warm	Keep Warm

**PLEASE NOTE:** *The USDA recommends that meats such as beef, pork, etc. should be cooked to an internal temperature of 160°F and poultry products should be cooked to an internal temperature of 165°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 160-165°F.*

## Bavarian Style Pork Chops

- 1/4 cup butter or margarine
- 2 pounds pork chops
- 1 can (27 oz.) sauerkraut
- 3 strips bacon
- 1 cup chopped onion
- 1/4 cup uncooked rice
- 1/2 teaspoon caraway seed
- 1 can (12 oz.) beer

In your Electric Grill Pan, melt butter with heat control set at 350°F. Fry pork chops, 4 at a time, until brown on each side. Repeat with remaining chops. Remove. To pan add sauerkraut, bacon, onion, rice and caraway seed. Mix well. Pour beer over mixture. Place pork chops on top of sauerkraut. Turn heat control down to 250°F. Cover and simmer 30 minutes or until pork chops are fork tender.

Makes 8 servings

## Sweet and Sour Pork

2 pounds boneless pork, cut into 1/2-inch cubes  
1/4 cup flour  
2 tablespoons oil  
2 tablespoons cornstarch  
1/4 cup white vinegar  
3 tablespoons chili sauce  
1/4 teaspoon garlic powder  
1/4 teaspoon ground ginger  
1 jar (12 oz.) apricot preserves  
1 small green pepper, cut in thin strips  
1 small red pepper, cut in thin strips  
1 can (11 oz.) Mandarin orange segments, drained  
1 can (8 oz.) pineapple chunks, drained  
Hot cooked rice (optional)

In a sturdy plastic bag, combine pork and flour. Shake well to coat. In your Electric Grill Pan, heat oil with heat control set at 350°F. Brown pork until golden brown on all sides, about 4 to 5 minutes. Dissolve cornstarch in vinegar. Stir in chili sauce, garlic powder and ginger. Add vinegar mixture and apricot preserves to pork. Heat to boiling. Turn heat control down until light goes out (simmer point). Add green and red peppers.

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

Makes 6 to 8 servings

## Operating the Appliance (continued)

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

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

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

When cooking food in the Electric Grill Pan, you may use the long plastic spatula provided with this appliance. Because of the unique non-stick coating on the grill pan, metal utensils may also be used.

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

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

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

# COOKING GUIDE

## GRILLING

Cooking meat, poultry, seafood, and vegetables in the Electric Grill Pan with little or no oil over high heat (420°F). Food can be marinated before grilling and is generally cooked without the lid. Food is usually turned once to brown evenly on both sides.

## BRAISING

Searing food in a small amount of hot oil over moderate to high heat (375° - 420°F) until browned on all sides. Food is then slowly cooked in at least 2 cups (16-ounces) of liquid such as broth, vegetable puree, wine, or water over low heat (200° - 300°F), covered with the lid, until fork tender. Check during cooking and add more liquid as necessary. **DO NOT LET PAN BOIL DRY.**

## FRY/SAUTÉ

Food is cooked quickly in the hot oil over moderately high heat (375°-420°F) until evenly browned on all sides. Cover with lid (lid knob open) to reduce splattering.

## Mexican Chicken

- 1 (2-1/2 - 3 pound) broiler-fryer chicken, cut into 8 pcs
- Salt and Pepper
- 1/2 cup flour
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1/3 cup vegetable oil or vegetable shortening
- 1 cup chopped onion
- 1 clove garlic, minced
- 1-1/2 cups uncooked rice
- 1 can (14-1/2) tomatoes, coarsely chopped
- 3 cups water
- 1/2 cup chopped green pepper
- 1/2 cup chopped red pepper
- 1 cup sliced, pitted ripe olives
- Dash red pepper sauce

Sprinkle chicken with salt and pepper. Combine flour, chili powder and cumin in a plastic bag. Place chicken pieces in bag and shake to coat well. In your electric grill pan, heat oil with heat control set at 350°F. Brown chicken in hot oil 10 minutes on each side or until golden brown. Remove chicken from pan. Add onion and garlic to pan, sauté 4 to 5 minutes. Stir in rice, tomatoes and water. Arrange chicken over rice. Cover and turn heat control down until light goes out (simmer point). Simmer 35 to 40 minutes, adding more water if necessary. Sprinkle green and red pepper over chicken, cover and cook an additional 5 minutes. Toss in olives and heat through.

Makes 4 to 6 servings

## Chicken and Dumplings

- 1 (5 to 6 pound) roasting chicken, cut in pieces
- 4 cups chicken broth
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 5 carrots, peeled and cut into 1-inch strips
- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon shortening
- 1 egg
- 2/3 cup milk
- 2 teaspoons parsley
- 1 teaspoon paprika

In your electric grill pan, place chicken, broth, bay leaf, thyme, salt and pepper. Bring to a boil with heat control set at 350°F. Turn heat control down until light goes out (simmer point). Cover and simmer 1 hour. Reserving liquid, remove chicken from pan. Remove skin from chicken. Cut strips of meat away from bone. Add carrots and chicken strips to broth. To make dumplings, combine flour, baking powder and salt. Cut the shortening in using a pastry blender or two knives. Mix together the egg and milk. Add to flour mixture. Add parsley and paprika. Mix until moistened. Drop dough by tablespoonful into a simmering broth. Turn heat control to 250°F. Cover and cook an additional 20 minutes or until dumplings are firm.

Makes 6 servings

## COOKING GUIDE (continued)

### STEAMING

Cooking food by exposing it to steam in a covered pan. Place at least 2 cups (16-ounces) of water in the Electric Grill Pan. Add vegetables or other food. Cover with lid. Turn temperature dial to 375°F. When water begins to boil, lower temperature dial to 300°F and cook until food is done. Check often, adding more water if necessary. **DO NOT LET PAN BOIL DRY.**

### RE-HEAT

Gradually bring cooked and cooled food back up to serving temperature. Preheat Electric Grill Pan with temperature dial set to 250°F. Place food to be re-heated in ribbed grill pan. Cover with lid and heat until food is warm, turning or stirring occasionally with the plastic spatula or other plastic utensils. **DO NOT LET PAN BOIL DRY.**

### WARM

Keeping food at serving temperature with little or no additional cooking taking place. Once food has been prepared or re-heated to the serving temperature, turn the temperature dial down to "WARM." Stir food occasionally or as necessary. **DO NOT LET PAN BOIL DRY.**

# COOKING CHARTS

## FRYING CHART

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
<b>BEEF</b> Hamburgers 1/2-inch thick / 350°F	With or without extra fat	rare: 2-3 min. each side medium: 3-4 min. each side well: 4-5 min. each side
Liver 1/2-inch thick / 350°F	Use 2 tablespoons fat	4-5 min. each side
Sandwich Steaks 1/4-inch thick / 350°F side	Use 2 tablespoons fat	rare: 1 min. each side medium: 1-1/2 min. each side well: 2 min. each side
Steak - Chuck 1-inch thick / 400°F	With or without extra fat	rare: 4 min. each side medium: 8 min. each side well: 11 min. each side
<b>CHICKEN</b> Chicken Breasts (boneless) / 350°F	Use 3-4 tablespoons fat, turning often	10-20 min.
Broiler Pieces / 350°F	Use 3-4 tablespoons fat, turning often	25-30 min.
<b>EGGS</b> Fried, 300°F	Use 1 tablespoon fat for each 2 eggs	3-5 min. total
<b>LAMB</b> Lamb Chops 1/2-inch thick / 350°F	With or without extra fat	medium: 19-21 min. total well: 24-26 min. total

*Note: All cooking times are approximate.*

## Chicken Cacciatore

- 1 3-pound chicken, cut into eighths
- 1/2 teaspoon dried basil
- 2 tablespoons olive oil
- 1 bay leaf
- 1-1/2 cups onion, chopped
- 1/2 cup dry white wine
- 2 garlic cloves, minced
- 1/2 pound fresh mushrooms, sliced
- 1 can (16 oz.) whole tomatoes, drained
- 1/4 cup fresh parsley, minced
- Salt and pepper
- 1 jar (15 oz.) prepared spaghetti sauce

Heat olive oil in grill pan to 375°F (190°C). Brown chicken parts. Remove chicken, set aside. Add onions and garlic to pan and sauté until tender. Drain fat. Reduce temperature to Simmer. Add tomatoes, spaghetti sauce, basil, salt, pepper and bay leaf. Simmer 5 minutes. Return chicken parts to pan. Cover and simmer 45 minutes. Add wine, mushrooms and parsley. Cook uncovered 15 minutes. Arrange chicken on platter. Remove bay leaf from sauce. Pour sauce over chicken.

Serve with your favorite pasta.

Makes 4 servings



## Pineapple Chicken

- 1 3-pound chicken, cut into eighths
- 1 can pineapple chunks (20 oz.) drained. Reserve juice
- 1 celery stalk, thinly sliced
- 1 green pepper, chopped
- 1/4 cup vegetable oil
- 1 medium onion, chopped
- Salt, pepper, paprika, oregano

Preheat grill pan to 350°F (175°C). Add oil. Season chicken with spices and brown in oil. Reduce temperature to 300°F (150°C). Mix in vegetables and cover. Bake 1 hour, turning once.

Makes 3 to 4 servings

## Pineapple Fruit Sauce

- 1/2 cup orange marmalade
- 1/4 cup catsup
- 1/4 cup vinegar
- 3 tablespoons pineapple juice

In a bowl, combine above ingredients. Remove lid of grill pan, add pineapple chunks and sauce. Cook covered for 15 minutes. Remove lid and let cook uncovered 15 to 20 minutes. Spoon sauce over chicken as it cooks, several times.

## FRYING CHART *(continued)*

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
<b>PORK</b>		
Pork Chops	With or without extra fat	15-20 min. total
1/2-inch thick / 350°F		30-40 min. total
1-inch thick / 350°F		
Bacon	Start in cold pan	5-7 min. total
Slices, 350°F		
Sausage Links/ 300°F	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	20 min. total
Brown 'N' Serve / 300°F	Turn sausage on all sides to brown.	7-8 min. total
Sausage Patties 1/2-inch thick / 300°F	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	6-7 min. total
<b>VEAL</b>		
Cutlets, Chops	Use 2 tablespoons fat	2-3 min. each side (cutlets)
1/8 to 1/2-inch thick / 350°F		5-10 min. each side (chops)
<b>FISH</b>		
Fish Fillet	Use 3-4 tablespoons fat	3-5 min. each side
1/2-inch thick / 350°F		

*Note: All cooking times are approximate.*

## BRAISING CHART

FOOD/PREHEAT TEMPERATURE	COOKING METHOD	TIME
<b>BEEF</b> Chuck Steak, London Broil, etc. 2-inches thick / 350°F brown 250°F finish	If desired, pound 1/4 to 1/2 cup flour into meat. Use 1/4 cup fat heated to 350°F to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 45 minutes to 1 hour, or until tender. Add more liquid as it becomes necessary.	55 min. to 1 hr. 20 min. total
<b>CHICKEN</b> Chicken Pieces / 350°F brown 250°F finish	If desired, coat chicken with seasoned flour. Using 1/4 cup fat for every 2 to 3 pounds of chicken, brown on all sides for 15 minutes at 350°F. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 30 minutes or until done. Add more liquid as it becomes necessary.	45 min. total
<b>LAMB</b> Lamb Chops 1 1/2-inch to 1-inch thick / 350°F brown 250°F finish	Use 2 tablespoons of fat heated to 350°F to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.	30 to 40 min. total
<b>PORK</b> Pork Chops 1 1/2-inch to 1-inch thick / 350°F brown 250°F finish	Use 2 tablespoons of fat heated to 350°F to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 30 to 40 minutes or until tender and completely cooked. Add more liquid as it becomes necessary.	40 min. to 1 hr. total
<b>VEAL</b> Veal Chops 1 1/2-inch to 1-inch thick / 350°F brown 250°F finish	Use 1/4 cup of fat heated to 350°F to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 250°F. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.	30 to 40 min. total

*Note: All cooking times are approximate.*

## Chicken 'n Prosciutto

- 2 whole chicken breasts, split, skinned and boned
- 1/4 cup flour
- 1/4 cup butter or margarine
- 1/4 teaspoon rubbed sage
- 1/2 cup Marsala wine
- 4 thin slices prosciutto (Italian ham)
- 1 can chicken broth (10-3/4oz.)

Heat grill pan to 350°F (175°C). Rub each chicken breast with sage and dust with flour. Melt butter in pan and brown chicken on both sides. Remove chicken and set aside. Place a slice of prosciutto on each split chicken breast. Add wine. Using a mixing spoon, gently scrape bottom of pan and loosen any cooked particles. Add chicken broth and bring to boil. Put chicken back into pan. Reduce heat to Simmer. Simmer about 5 minutes or until sauce is slightly thickened.

Remove chicken from pan and spoon sauce over each breast.

Makes 4 servings

## Chinese-Style Chicken with Cashew Nuts

2 whole chicken breasts, skinned and boned

1 tablespoon vinegar

1 tablespoon soy sauce

1 tablespoon corn starch

1 tablespoon sugar

Pinch of salt

1/2 tablespoon garlic powder

1 tablespoon dry sherry

3 to 4 tablespoons peanut oil

1 tablespoon vegetable oil

1 teaspoon minced ginger root

1 tablespoon bean sauce

1/2 cup roasted cashew nuts, unsalted

1 tablespoon hoisin sauce

Slice chicken breast into thin strips. Prepare marinade by combining corn starch, salt, sherry and vegetable oil in a medium bowl. Marinate chicken for several hours or overnight. Combine bean sauce, hoisin sauce, soy sauce, vinegar, sugar and garlic powder in a small bowl, set aside. Heat peanut oil in the Electric Grill Pan to 375°F (190°C). Add the chicken and stir-fry continuously until the meat is cooked about 5 to 8 minutes. Add more oil if necessary. Add the bean sauce mixture and half the cashews. Mix quickly and transfer to a serving platter.

Garnish with remaining cashews.

Makes 4 servings

## RECIPE GUIDE

### Mushroom Appetizer

3 tablespoons olive oil

1/4 clove garlic, minced

2 tablespoons lemon juice

1/8 teaspoon tabasco sauce

3 tablespoons chopped fresh parsley

1/4 teaspoon salt

20 small whole mushrooms, cleaned

1/4 teaspoon dried oregano

Place all ingredients into grill pan and heat to 325°F (165°C) except mushrooms. Add mushrooms, coating all sides with sauce and serve with toothpicks.

Makes 20 appetizers

### Pepper, Onion and Potato

1 large green pepper, cut into 2 inch slices

3 tablespoons butter or margarine

1 large onion, sliced

Paprika

4 medium potatoes, peeled and sliced

Heat Electric Grill Pan at 350°F (175°C) and melt butter or margarine. Sauté peppers, onions and potatoes. Cook until done. Sprinkle paprika evenly over vegetables.

Makes 4 servings

## Stuffed Cocktail Meat Balls

1 pound ground beef, lean  
Pimento-stuffed green olives  
1 egg, beaten  
1/2 cup vegetable oil  
1/2 teaspoon chili powder  
Salt and pepper to taste

Heat oil in grill pan to 325°F (165°C). Mix together beef, egg, chili powder, salt and pepper. Shape meat around each olive to make a ball double the size of the olive. Sauté meatballs until brown on all sides. Remove from pan, drain on paper towel. Keep warm in oven until all meatballs are done.

Makes about 25 to 35 meatballs

## Sautéed Broccoli

2 packages (10 oz. each) frozen broccoli spears, thawed  
1/2 cup sliced green olives, pitted  
Salt and freshly ground pepper  
1/4 cup onion, finely chopped  
Lemon wedges  
2 tablespoons butter or margarine

Cut broccoli into 1-inch pieces. Melt butter in the grill pan at 325°F (165°C). Sauté onion and broccoli until just tender, about 5 minutes. Stir in olives, cook 2 minutes.

Season to taste with salt and pepper. Serve with lemon wedges.

Makes 4 servings

## Turkey Tetrazzini

8 ounces uncooked linguini, broken into quarters  
1/4 cup butter or margarine  
1/4 cup flour  
1 teaspoon salt  
1/4 teaspoon white pepper  
1 can (10.75 oz.) chicken broth  
1 can (5.33 oz.) evaporated milk  
1/2 cup dry white wine  
1/2 pound fresh mushrooms, sliced  
3 cups diced, cooked turkey  
1/2 cup Parmesan cheese

Cook linguini according to package directions. Drain. Set aside. In your Electric Grill Pan, melt butter with heat control set at 250°F. Blend in flour, salt and pepper until smooth. Stir in chicken broth, evaporated milk and wine. Cook, stirring constantly, until thickened. Add mushrooms, turkey and cooked linguini. Combine thoroughly. Sprinkle with cheese. Turn heat control down until light goes out (simmer point). Cover and simmer 20 minutes.

Makes 4 to 6 servings

## Hot Summer Fish-Fry

4 to 5 pieces fish fillets (sole)  
2 teaspoons pimento, chopped  
1/4 cup olive oil  
1/4 cup wine vinegar  
1 small onion, minced  
1/2 cup orange juice  
1 small garlic clove, crushed  
1 tablespoon lime juice  
2 green chili peppers (canned)  
Salt and pepper to taste

Heat olive oil in pan to 325°F (165°C). Sauté fish until lightly browned on both sides. Remove fish and drain on paper towel. Lower temperature to 250°F, add all other ingredients, blend well with mixing spoon and bring to boil. Let cook for 2 to 3 minutes. Place fish on serving platter lined with lettuce leaves. Pour sauce over fish.

Garnish with black olives and strips of pimento.

Refrigerate and serve well chilled.

Makes 2 to 3 servings

## Stir-Fried Veggies

1 green pepper, cut into 1 inch pieces  
1/2 cup water chestnuts, sliced  
1/4 teaspoon salt  
1 medium onion, cut into 1 inch pieces  
1/4 cup water  
2 teaspoons soy sauce  
2 stalks celery, sliced diagonally into 1/2 inch pieces  
1 tablespoon dry sherry  
1/2 teaspoon sugar  
1 cup mushrooms, sliced  
1 tablespoon cornstarch  
1/2 cup bean sprouts  
2 tablespoons water  
2 carrots, sliced  
4 tablespoons vegetable oil  
1 can (6 oz.) bamboo shoots  
1 teaspoon sesame oil

Heat 2 tablespoons oil in the Electric Grill Pan at 375°F (190°C). Add green pepper and onions. Stir-fry 1 minute. Remove from pan. Add one tablespoon oil to grill pan. Then add celery and mushrooms and fry about 1 minute. Add bean sprouts and toss. Remove. Add remaining oil, then carrots and bamboo shoots. Stir-fry about 2 minutes. Add water chestnuts. Toss. Return vegetables to pan and sprinkle mixture with salt, water, soy sauce, sherry and sugar. In bowl, combine cornstarch, water and sesame oil.

Add to vegetables and continue tossing until sauce becomes slightly thickened.

Makes 4 servings

## Louisiana Gumbo

- 1/2 cup butter or margarine
- 1/4 cup flour
- 1 can (16 oz.) tomato puree
- 2 cups water
- 1 package (10 oz.) frozen okra
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon basil
- 1 pound cod or halibut filets, cut into 2-inch pieces
- 1 pound shrimp, peeled and deveined\*
- 1/2 pound flaked crabmeat
- Red pepper sauce to taste
- Hot cooked rice (optional)

In your Electric Grill Pan, melt butter with heat control set at 250°F. Stir in flour, blending until smooth. Add tomato puree, water, okra, salt, onion powder and basil. Stir together and bring mixture to a boil. Turn heat control down until light goes out (simmer point). Cover and simmer 30 minutes. Add cod, shrimp and crabmeat. Cover and simmer 15 to 20 minutes or until fish is tender. Add red pepper sauce to taste. Serve over rice, if desired.

Makes 6 to 8 servings

\*If frozen shrimp are used, thaw and drain completely.

## Stuffed Flounder

- 2 pounds flounder or sole filets
- 1 package (8 oz.) frozen chopped spinach
- 1/4 cup butter or margarine
- 1 cup chopped onions
- 1/3 cup pignoli nuts (pine nuts)
- 1/4 cup Parmesan cheese
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 egg, beaten
- 1 cup fish or chicken broth
- 1 bay leaf

Wash and dry filets. Cook spinach according to package directions. Drain. Set aside. In your Electric Grill Pan, melt butter with heat control set at 350°F. Sauté onions and pignoli nuts about 3 to 4 minutes. In a large bowl combine sautéed onion mixture, spinach, cheese, basil, salt, pepper and egg. Mix well. Place about 2 tablespoons spinach filling onto each fish fillet. Fold ends over filling. Roll up jelly roll style. Secure with wooden picks. In your Electric Grill Pan, simmer white wine, broth and bay leaf with heat control set at 250°F. Carefully add fish rolls. Cover.

Cook at 250°F until fish flakes easily with a fork, about 15 to 20 minutes.

Makes 4 to 6 servings

## Hot Tuna Skillet Supper

- 1 large onion, thinly sliced
- 1 medium can peas, drained
- 1 small pepper, cut into 2 inch slices
- 1 garlic clove, crushed
- 4 oz. tomato sauce
- 1 large (15 oz.) can tuna, packed in water
- 3 tablespoons olive oil

Preheat oil in pan at 350°F (175°C). Add onions, pepper and garlic. Sauté until softened. Adjust temperature control to Simmer. Add tomato sauce and peas and let simmer for 5 minutes. Drain tuna fish and flake. Add to grill pan mixture and stir combining all ingredients.

Cook until thoroughly heated.

Makes 2 to 3 servings

## Jambalaya

- 1/4 cup vegetable oil
- 1 (3 pound) broiler fryer chicken, cut into 8 pieces
- 1 cup uncooked rice
- 1/2 cup chopped onion
- 1 can (10 3/4 oz.) chicken broth
- 1 can (8 oz.) tomato sauce
- 1 cup cubed cooked ham (1/2-inch cubes)
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper sauce (or to taste)
- 1 cup diced green pepper

In your Electric Grill Pan, heat oil with heat control set at 375°F. Cook chicken pieces 8 to 10 minutes on each side or until browned. Remove chicken from grill pan and drain fat except for 2 tablespoons. Add rice and onion to drippings. Sauté until golden, stirring frequently, about 3 minutes. Add chicken broth, tomato sauce, ham, salt and red pepper sauce. Place chicken pieces on top. Turn heat control down until light goes out (simmer point). Cover and simmer about 25 to 30 minutes adding more water if necessary. Add green pepper and cook 5 minutes longer.

Makes 6 servings

## Grilled Reubens

8 slices rye bread  
2/3 cup Thousand Island salad dressing  
1 pound corned beef, thinly sliced  
1 can (8-1/2 oz.) sauerkraut, drained  
1 pound Swiss cheese, thinly sliced  
1/4 cup butter or margarine

Spread each slice of rye bread with approximately 2 tablespoons Thousand Island dressing. Layer corned beef, sauerkraut and Swiss cheese on 4 bread slices. Top each with remaining slices of bread.

In your Electric Grill Pan, melt butter with heat control set at 350°F. Add sandwiches. Cook for about 5 minutes on each side until golden brown.

Makes 4 sandwiches.

## Savory Burgers

1/4 cup margarine or butter, softened  
1 cup shredded American cheese  
1/4 cup onion, chopped  
1/2 teaspoon garlic powder  
2 teaspoons Worcestershire sauce  
3 hamburger buns, split in half  
1 teaspoon salt  
1 - 1/2 pounds ground beef  
Dash of pepper

In small bowl, blend together butter and garlic powder. Spread evenly on hamburger buns. In medium bowl, combine ground beef, cheese, onion, Worcestershire sauce, salt and pepper and mix thoroughly. Shape into 6 patties, 1/2-inch thick. Heat grill pan to 375°F (190°C). Brown buttered buns in pan until golden. Remove from pan and keep warm. Reduce heat to 325°F (165°C). Pan-fry patties on each side to desired doneness.

Serve open-face on hamburger bun.

Makes 6 servings