

cook's essentials®

HIGH PERFORMANCE KITCHENWARE



ELECTRIC GRILL PAN

MODEL FR6 BGER

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 230V 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, 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 230V 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 appliance to the nearest authorized Service Center for examination, repair or adjustment.
12. Do not use this appliance if any part is cracked or damaged, or if the grips are loose, weakened, or broken. Return appliance to the nearest authorized Service Center for examination, repair or adjustment.
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.

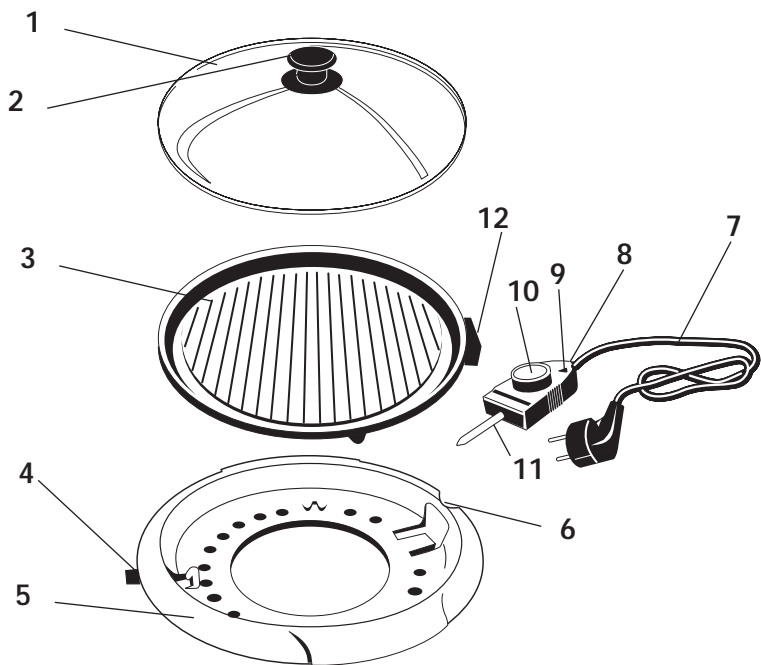
SHORT CORD INSTRUCTIONS

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 FR6GBER ELECTRIC GRILL PAN



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

A NOTE REGARDING YOUR NEW COOK'S ESSENTIALS® ELECTRIC GRILL PAN FEATURING DUPONT® SILVERSTONE® SELECT WITH SCRATCHGUARD™

Congratulations on your purchase of Cook's Essentials® Electric Grill Pan featuring DuPont® SilverStone® Select with ScratchGuard™. The special coating on your Electric Grill Pan has been designed to add durability and ease of use and cleaning. The special ceramic fillers in the coating make it safe for use with metal utensils. Please note that minor surface marring may occur, but will not affect the non-stick performance.

Care and cleaning of your Electric Grill Pan is a snap with the ScratchGuard™ coating, as it has been designed to be completely non-stick. Washing or rinsing with warm, soapy water and a sponge or a cloth is all that is needed. Do not use steel wool, coarse scouring pads or harsh abrasives on any surface coated with ScratchGuard™.

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.***

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 non-stick 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.

INTRODUCTION

Congratulations on owning the FR6 BGER Electric Grill Pan.

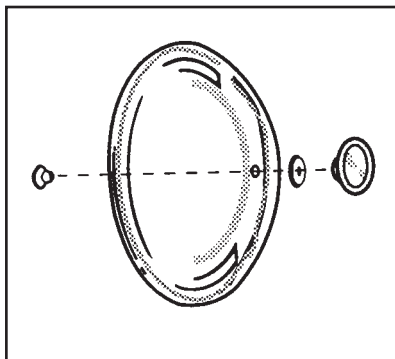
The grill pan's temperature is thermostatically controlled and adjustable from "Warm" to 215°C. Fast heat recovery, so necessary for precise cooking, is achieved with its 1300 watts of power. The interior is coated with a unique non-stick coating, enabling the food to be properly cooked without sticking. This special coating is metal-utensil safe!

The FR6 BGER 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.

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.

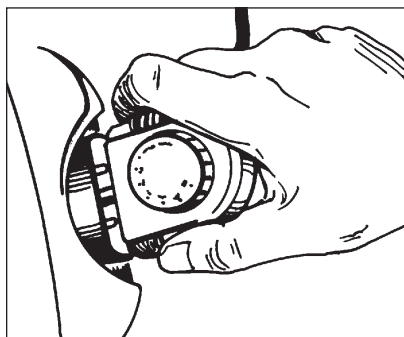
WARNING: To avoid injury to persons and damage to the appliance, do not use the grill pan in an unstable position. Never attempt to use the grill pan without the housing base.

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 230V 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 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
215°C	Steak
175°C - 215°C	Barbecue, Teriyaki Chow Mein, Veggies
120°C - 175°C	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 70°C and poultry products should be cooked to an internal temperature of 75°C to be sure any harmful bacteria has been killed.

When reheating meat/poultry products, they should also be cooked to an internal temperature of 70-75°C.

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.

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 (200°C). 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 (190°- 215°C) until browned on all sides. Food is then slowly cooked in at least 2 cups (450grams) of liquid such as broth, vegetable puree, wine, or water over low heat (90°C- 150°C), 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 (190°C-215°C) until evenly browned on all sides. Cover with lid (lid knob open) to reduce splattering.

COOKING GUIDE *(continued)*

STEAMING

Cooking food by exposing it to steam in a covered pan. Place at least 2 cups (450grams) of water in the Electric Grill Pan. Add vegetables or other food. Cover with lid. Turn temperature dial to 190°C. When water begins to boil, lower temperature dial to 150°C 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 120°C. Place food to be re-heated in ribbed grill pan. Cover with lid and heat until food is warm, turning or stirring occasionally. **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 reheated 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
BEEF		
Hamburgers 1.5cm thick / 175°C	With or without extra fat	rare: 2-3 min. each side medium: 3-4 min. each side well: 4-5 min. each side
Liver 1.5cm thick / 175°C	Use 2 tablespoons fat	4-5 min. each side
Sandwich Steaks 7mm thick / 175°C	Use 2 tablespoons fat	rare: 1 min. each side medium: 1-1/2 min. each side well: 2 min. each side
Steak - Chuck 2.5cm thick / 200°C	With or without extra fat	rare: 4 min. each side medium: 8 min. each side well: 11 min. each side
CHICKEN		
Chicken Breasts (boneless) / 175°C	Use 3-4 tablespoons fat, turning often	10-20 min.
Broiler Pieces / 175°C	Use 3-4 tablespoons fat, turning often	25-30 min.
EGGS		
Fried, 150°C	Use 1 tablespoon fat for each 2 eggs	3-5 min. total
LAMB		
Lamb Chops 12mm thick / 175°C	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
PORK		
Pork Chops 12mm thick / 175°C 25mm thick / 175°C	With or without extra fat	15-20 min. total 30-40 min. total
Bacon Slices, 175°C	Start in cold pan	5-7 min. total
Sausage Links/ 150°C	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	20 min. total
Brown 'N' Serve / 150°C	Turn sausage on all sides to brown.	7-8 min. total
Sausage Patties 12mm thick / 150°C	Turn sausage on all sides to brown. Sausage should be well done with no trace of pink.	6-7 min. total
VEAL		
Cutlets, Chops 3mm to 12mm thick / 175°C	Use 2 tablespoons fat	2-3 min. each side (cutlets) 5-10 min. each side (chops)
FISH		
Fish Fillet 12mm thick / 175°C	Use 3-4 tablespoons fat	3-5 min. each side

Note: All cooking times are approximate.

BRAISING CHART

FOOD/PREHEAT TEMPERATURE

COOKING METHOD

TIME

BEEF

Chuck Steak,
London Broil, etc.
5cm thick /
175°C brown
120°C finish

If desired, pound 1/4 to 1/2 cup flour into meat. Use 1/4 cup fat heated to 175°C to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 120°C. 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

CHICKEN

Chicken Pieces /
175°C brown
120°C 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 175°C. Add 2 to 3 cups of liquid. Turn heat control down to 120°C. Cover and cook for 30 minutes or until done. Add more liquid as it becomes necessary.

45 min. total

LAMB

Lamb Chops
12mm to
25mm thick /
175°C brown
120°C finish

Use 2 tablespoons of fat heated to 175°C to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 120°C. Cover and cook for 20 to 30 minutes or until tender. Add more liquid as it becomes necessary.

30 to 40 min.
total

PORK

Pork Chops
12mm to
25mm thick /
175°C brown
120°C finish

Use 2 tablespoons of fat heated to 175°C to brown meat 5 to 10 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 120°C. 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

VEAL

Veal Chops
12mm to
25mm thick /
175°C brown
120°C finish

Use 1/4 cup of fat heated to 175°C to brown meat 5 minutes on each side. Add 2 to 3 cups of liquid. Turn heat control down to 120°C. 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.

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 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 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 lb. 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 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 (280g 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 2.5cm pieces. Melt butter in the grill pan at 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 2.5cm pieces
1/2 cup water chestnuts, sliced
1/4 teaspoon salt
1 medium onion, cut into 2.5cm pieces
1/4 cup water
2 teaspoons soy sauce
2 stalks celery, sliced diagonally into 1cm 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 (170g) bamboo shoots
1 teaspoon sesame oil

Heat 2 tablespoons oil in the Electric Grill Pan at 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 (450g) tomato puree

2 cups water

1 package (280g) frozen okra

1 teaspoon salt

1 teaspoon onion powder

1 teaspoon basil

1 pound cod or halibut fillets, cut into 5cm 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 120°C. 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 (300ml) chicken broth

1 can (225g) tomato sauce

1 cup cubed cooked ham (1cm 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 190°C. 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 (240g) 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 175°C. 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, 12mm thick. Heat grill pan to 190°C. Brown buttered buns in pan until golden. Remove from pan and keep warm. Reduce heat to 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 5cm slices
1 garlic clove, crushed
120g tomato sauce
1 large (425g) can tuna,
3 tablespoons olive oil packed in water

Preheat oil in pan at 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

Stuffed Flounder

- 2 pounds flounder or sole fillets
- 1 package (225g) 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 175°C. 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 120°C. Carefully add fish rolls. Cover.

Cook at 120°C 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 165°C. Sauté fish until lightly browned on both sides. Remove fish and drain on paper towel. Lower temperature to 120°C, 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

Turkey Tetrazzini

225grams 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 (300ml) chicken broth

1 can (150g) 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

120°C. 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

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 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

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 (300ml)

Heat grill pan to 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

Pineapple Chicken

1 3-lb. chicken, cut into eighths
1 can pineapple chunks (550g) 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 175°C. Add oil. Season chicken with spices and brown in oil. Reduce temperature to 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-lb. 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 (425g) whole tomatoes, drained
1/4 cup fresh parsley, minced
Salt and pepper
1 jar (425g) prepared spaghetti sauce

Heat olive oil in grill pan to 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 2.5cm 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 175°C. 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 120°C. Cover and cook an additional 20 minutes or until dumplings are firm.

Makes 6 servings

Mexican Chicken

1 (2-1/2 - 3 lb.) 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 (400g) 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 175°C. 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 (340g)apricot preserves
1 small green pepper, cut in thin strips
1 small red pepper, cut in thin strips
1 can (310g)Mandarin orange segments, drained
1 can (220g)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 175°C. 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

Bavarian Style Pork Chops

1/4 cup butter or margarine

2 pounds pork chops

1 can (750g) sauerkraut

3 strips bacon

1 cup chopped onion

1/4 cup uncooked rice

1/2 teaspoon caraway seed

1 can (340g) beer

In your Electric Grill Pan, melt butter with heat control set at 160°C. 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 120°C. Cover and simmer 30 minutes or until pork chops are fork tender.

Makes 8 servings

Pineapple-Glazed Ham Steak

1 ham steak, 20mm to 25mm thick

1/4 cup brown sugar

3/4cup orange juice

4 pineapple slices

Preheat grill pan to 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 120°C. 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

Texas Chili

1/4 cup vegetable oil
3 pounds beef chuck roast, cut into 12mm 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 175°C. 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 (300ml 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 2.5cm meatballs. Melt 1/4 cup butter (reserving remaining 1/4 cup butter) in In your Electric Grill Pan, with heat control set at 160°C. 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 160°C. 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 120°C. 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 5cm cubes

1/2 cup flour

2 tablespoons vegetable oil

12 small white onions, peeled

340grams 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 160°C. 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 lbs. round steak, sliced into strips

1 large onion, thinly sliced

1 tablespoon garlic powder

1 large green pepper, cut into 5cm 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 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

Pepper Steak

1-1/2 pounds top round steak

1/3 cup vegetable oil

3/4 teaspoon salt

3 medium green peppers, cut in 2.5cm pieces

3 medium red peppers, cut in 2.5cm 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 175°C. 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 120°C. 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

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 50x12mm 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 160°C. 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

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 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 5cm slices

1 teaspoon Italian seasoning

1 teaspoon salt

3 garlic cloves, crushed

1/4 teaspoon pepper

1-1/2 lbs. cubed veal, cut from shoulder

Heat 3 tablespoons of oil in the grill pan to 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 2.5cm pieces
- 1/8 teaspoon pepper
- 120g Mozzarella cheese, shredded
- 2 cups tomato sauce

Heat oil in pan to 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

Guarantee

Two-year manufacturer's guarantee: Cook's Essentials® electric griddles enjoy a period of guarantee of 2 years from the date of purchase. The guarantee is limited to material and manufacturing defects. All defects that arise from damage during transport, improper use or handling are excluded.

Worry-free guarantee: Should you not be satisfied with our product, send it back to us and you will receive your money back or a replacement at no extra charge.

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