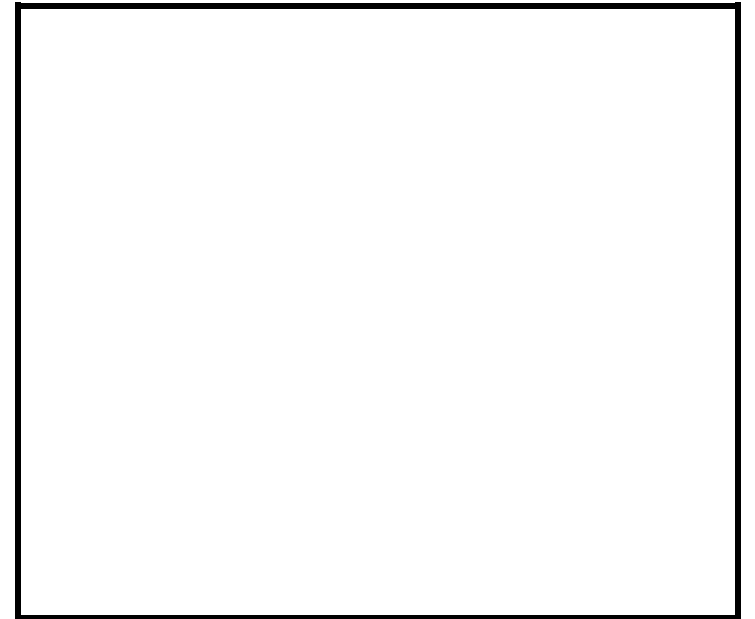


AROMA[®]

Health Grill Deluxe



**Instruction Manual
& Recipes**

Model AHG-1425X

IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Read all Instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse electrical cord in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may result in 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 burner or in a heated oven.
11. Extreme caution must be used when using or moving an appliance containing hot oil or other hot liquids.
12. Do not use the appliance for other than intended use.
13. Always attach plug to appliance first, and then plug cord into the wall outlet. To disconnect, turn any control to "OFF" then remove plug from wall outlet.
14. Do not use on plastic or synthetic tablecloths or any unstable place or by flammable goods.

SAVE THESE INSTRUCTIONS

ADDITIONAL IMPORTANT SAFEGUARDS

1. This appliance is for use with 110/120-voltage outlet.
2. Never impact this unit or drop from high place.
3. DO NOT touch plate surface while in use or before cool down, even when the power is switched to the "OFF" position.
4. DO NOT unplug the Temperature Controller before cool down.
5. DO NOT use metal utensils, as they will scratch the non-stick coating.

This appliance is intended for Household Use Only.

SAVE THESE INSTRUCTIONS

SHORT CORD INSTRUCTIONS

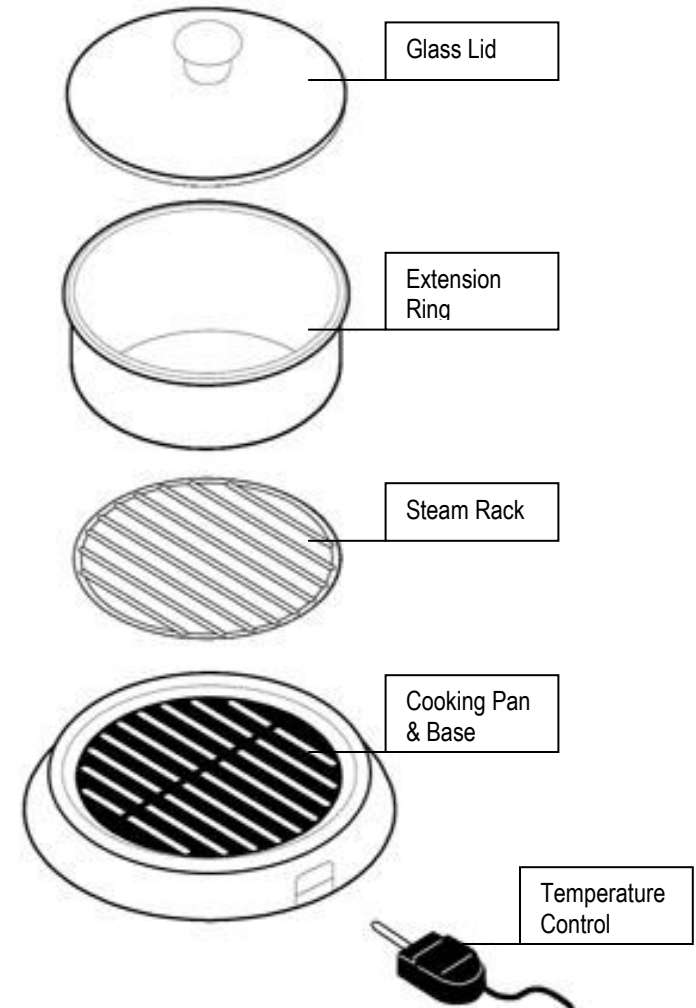
1. A short detachable power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
3. If a longer detachable power-supply cord or extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally, the extension cord should be a grounding-type 3-wire cord.

POLARIZED PLUG

If this appliance has a **polarized plug** (one blade is wider than the other) follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into 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.

PARTS IDENTIFICATION



HOW TO ASSEMBLE LID KNOB

ASSEMBLE LID KNOT BEFORE PLACING LID ON SKILLET.

1. Position the knob guard (flat black piece) over the hole in the lid. On the underneath side of the lid, push the screw through the hole, and then attach the knob onto the screw.
2. Periodically tighten screw if needed.

HOW TO CLEAN

COOKING SURFACE MUST BE COMPLETELY COOLED BEFORE CLEANING OR DISPOSING OF COOKING GREASE.

DISPOSE OF GREASE BY WIPING SURFACE CLEAN WITH A PAPER TOWEL. DO NOT POUR THE GREASE DIRECTLY FROM THE COOKING PAN.

1. Prior to cleaning, turn the temperature control to "OFF". Unplug from the wall outlet, and then remove the power cord from the unit.
2. Allow the Health Grill to completely cool.
3. To release cooking pan, insert fingers into the indented section of the white base pull up until you feel the pan has released.
4. Wash the cooking pan and base unit with a sponge or dishcloth in warm soapy water.

Note: To protect the non-stick surface, do not use any abrasive cleaners or scouring pads.

HOW TO USE

CONNECTING PLUG:

1. Place the cooking pan into the base unit with control receptacle in the opening.
2. Push down until you hear the cooking pan snap into place. Make sure the pan is locked securely into the base.

BEFORE USING:

SEASON THE NON-STICK COOKING SURFACE. APPLY A SMALL AMOUNT OF COOKING OIL AND SET TEMPERATURE TO 250° F DEGREES. WHEN THE SKILLET HEATS TO THE SET TEMPERATURE, TURN OFF AND COOL COMPLETELY. PROCEED WITH THE FOLLOWING INSTRUCTIONS.

1. PLUG THE UNIT IN:

- a. Place the cooking pan into the plastic base with the control receptacle in the opening.
- b. Push the cooking pan down until you hear it snap into place. Make sure the cooking pan is locked securely in the base.
- c. Plug the temperature controller into the socket.
- d. Plug the cord into a standard 110/120-voltage outlet.

2. SET THE TEMPERATURE:

- a. Turn the temperature controller to the desired setting, The light will come on indicating the power is on, and will go off when the skillet is heated to the selected temperature.

3. COOKING:

- a. With the lid on, preheat the skillet for 5-10 minutes; remove lid.
- b. Start cooking once the indicator light goes off.
- c. It takes approximately 8 minutes to reach the maximum temperature selection.
- d. Cook food to desired doneness.

4. AFTER USE:

- a. Turn to "OFF", and unplug the cord from the wall outlet.
- b. After cooling completely, unplug the temperature controller.

NOTE:

The temperature controller has continuous number settings from 0-425°F degrees. The suggested cooking temperature listed in the recipes can be adjusted to achieve the results you prefer. The recipe cooking times will vary with size and weight of food, temperature selection and desired doneness.

HELPFUL HINTS:

The non-stick-cooking surface allows you to cook a variety of foods with little or no additional cooking oil. To drain excess fat or drippings, use a small spoon. **DO NOT** pour fat or drippings directly from skillet. When using very lean ground meats such as, turkey, chicken, ground chuck or round they do not need to be drained.

RECOMMENDED COOKING UTENSILS:

Use only wood, nylon or heat proof plastic utensils. Metal utensils will scratch the non-stick surface of your appliance.

DO NOT:

Cut any food while still in pan, as this will damage the non-stick-cooking surface. Remove food with large spatula to a cutting board or surface.

USE YOUR EXTENSION RING & STEAM RACK

With the two accessories- **extension ring** and **steam rack**, you have turned your Health Grill into a roaster oven and a steamer. It allows you to roast and steam your food fast, delicious and most of all -healthy.

STEAMING:

- 1) Put water in the cooking pan.
- 2) Place the steam rack.
- 3) Place the extension ring on top of the cooking pan.
- 4) Lay food across the steam rack.
- 5) Place the glass lid and set temperature to 200°F to 220°F.

A heat proof dish or a bowl can be used to place the food in. Most food steams in approximately 10 to 15 minutes. Hard vegetables such as carrots may take longer. When finished steaming, turn the temperature selection to "OFF" and unplug the cord from the wall outlet. Allow a few minutes for steam to evaporate before lifting the lid.

*****Check water frequently and add water if needed during steaming.**

ROASTING:

- 1) Place steam rack in the cooking pan.
- 2) Place extension ring on top of cooking pan.
- 3) Lay food on the steam rack.
- 4) Place glass lid and set temperature according to your recipes.
- 5) When finished roasting, turn the temperature selection to "OFF" position and unplug the cord from the wall outlet. Allow a few minutes for steam to evaporate before lifting the lid.

RECIPES

CHICKEN STIR-FRY

1lb boneless/skinless chicken breast(cut into ½ inch strips)
2tbsp lime juice
2tsp chili powder
1 C. fresh mushrooms
1 C. bell pepper red or green (cut into thin slices)
2tbsp vegetable cooking oil
1/3 C. medium picante sauce
2tbsp chopped fresh cilantro
1 medium tomato (chopped)

Mix lime juice and chili powder in a medium bowl; stir in chicken strips. Cover and refrigerate 1 hour.

Heat skillet to 325° F (165° C) degrees. Using 1 tablespoon of the oil, stir-fry the chicken with marinade until the chicken is white, then remove from the skillet. Using the remaining tablespoon of oil, stir-fry the mushrooms and bell pepper for 2-3 minutes or until crispy but tender. Stir fry the chicken, picante sauce and cilantro. Serve with rice or pasta. 4 servings.

9

FRENCH TOAST

4 eggs
1/3 C. milk
1tsp. sugar
½ tsp. cinnamon
½ tsp. vanilla
8 slices of bread

Cooking oil, butter or margarine (for cooking) powdered sugar, fruit, or syrup (optional toppings).

Heat skillet to 300° F (149°C), then lightly grease the pan with oil, margarine or butter.

Mix together all ingredients except oil and toppings. Dip bread into mixture coating both sides of bread, cook until bread turns golden brown. Top with powdered sugar, fruit topping or syrup.
4 servings

CREAMY CHICKEN PASTA

2 tsp. butter or margarine
1lb boneless/skinless chicken breast (cubed)
1C broccoli
1C frozen peas
½ C red bell pepper
1 1/2C spiral pasta noodles (cooked)
1/4C water
1/2C sour cream
1tbsp dill weed

Heat skillet to 350° F degrees (175°C). Melt butter, then add chicken. As chicken is cooking stir in vegetables, pasta and water. Reduce heat to 150° F degrees (66°C), simmer 10-12 minutes stirring occasionally until vegetables are crispy but tender. Stir in sour cream, simmer 2 minutes and serve. 4 servings

10

ORANGE STIR FRIED CHICKEN

1lb boneless/skinless chicken breasts (cut into ¼ inch strips)
1tbsp soy sauce
3tsp. cornstarch
1tsp grated gingerroot (1/2 tsp if ground ginger)
1 clove garlic (finely chopped)
1 medium carrot
1/2C orange juice
2tbsp. Vegetable oil
3C. mushrooms (thinly sliced 8oz)
2C. hot cooked rice

In medium bowl, combine soy sauce, 1tsp cornstarch, gingerroot and garlic. Stir in chicken, cover and refrigerate 30 minutes. Dissolve 2 tsp of cornstarch in the orange juice. Shred carrot.

Heat skillet to 325° F degrees (165°C). Using 1 tbsp of oil stir fry the chicken with marinade until chicken is white, then remove from skillet.

Add remaining tablespoon of oil, mushrooms and carrot; stir fry 2 to 3 minutes or until mushrooms are crispy but tender. Stir in chicken and orange juice mixture, bring to boil stirring constantly for 30 seconds or until thickened. 4 servings

MANDARIN BEEF

1lb lean, boneless round or sirloin steak (cut into 2 in strips)
1tbsp vegetable oil
1tsp soy sauce
2tsp cornstarch
½ tsp sugar
¼ white pepper
2 green onions (2 inch pieces)
1 bell pepper (1/8 inch strips)
1tbsp ginger root (finely chopped)
2cloves garlic (finely chopped)
1or2 tsp chili puree with garlic
¾ C carrot (shredded)
1tbsp soy sauce

Trim excess fat from beef and cut strips across grain into 1/8 inch slices. Stack slices and cut into thin strips. Mix oil, 1tsp soy sauce, cornstarch, sugar and white pepper in a medium bowl; stir in beef. Cover and refrigerate 30 minutes.

Heat skillet to 325° F degrees (165°C). Coat the pan with vegetable oil, add beef with marinade, ginger root and garlic; stir fry for 3 minutes or until beef is brown. Add bell pepper and chili puree, continue stir frying for 1 minute. Stir in onions, carrot and 1 tablespoon soy sauce continually stirring and cook for 30 seconds. Serve hot over rice. 4 servings

EASY BEEFY FAJITA PITAS

3 limes (juiced)
2tbsp olive oil
½ tsp ground cumin
¼ tsp salt
1 garlic clove (minced)
1/8 tsp black pepper
1lb top round or skirt steak (thinly sliced)
1C fresh mushrooms (sliced)
3tbsp fresh, chopped cilantro
1 small onion (thinly sliced)
1 small green or red pepper (thinly sliced)
5 pita pockets (cut in half)
1C monterey jack or cheddar cheese (shredded)
Guacamole, salsa, sour cream, chopped tomatoes (optional).

Combine lime juice, 1 tbsp olive oil, cumin, salt, garlic and black pepper in a bowl. Add beef and allow to stand at room temperature for 30 minutes. Heat skillet to 375° F degrees (190°C) add remaining 1 tbsp olive oil, onion, and green & red pepper, mushrooms and cilantro, stir gently. Cover and cook 1 to 2 minutes or until vegetables are tender. Remove vegetables and keep warm. Drain meat then sauté for 7 to 9 minutes or until done. Meanwhile, preheat oven to 350° F degrees (175°C) and wrap pita pockets in aluminum foil and heat for 5 minutes.

Spoon meat and vegetables into center of warm pita pocket, sprinkle with cheese and serve.

Garnish as desired, with guacamole, salsa, sour cream chopped tomatoes. 6 servings

TIPS FOR SUCCESSFUL PIZZA:

Use you favorite crust

***All recipes mentioned here are in this book.

- Always place crust in cold skillet
- The California Pizza crust recipe is a simple basic crust. Start from a mix.
- When using a mix (about 6oz) you will need two packages to fill the skillet.
- A pre-baked, ready made pizza crust is best for recipes like vegetarian pizza.
- Mini pizza snacks can be made on toasted muffins as recommended in the quick and easy pizza snacks recipe.
- Pizza kit (20.5 oz) – store in the refrigerator. Place crust in skillet and heat to 300°F degrees (149°C) cover and cook 5 minutes. Reduce the temperature to 250°F degrees (120°C) top with sauce and cheese, cover, cook 6 to 8 minutes more.
- For extra browning on thick crusts-prepare crust as directed and then flip crust over and put on the toppings, then reduce temperature to 250° F degrees (120°C) cover and cook until cheese melts.

PREPACKAGED/PREMADE CRUST:

Frozen Pizza – remove all paper or plastic packaging, place pizza in skillet and set temperature to 250° F degrees (120°C), cook 15 to 25 minutes more or until cheese is melted.

Refrigerated or deli-style - remove all plastic or paper wrapping, leaving pizza in aluminum foil container, place in skillet and set temperature to 300°F degrees (149°C), cover and cook 5 minutes. Reduce temperature to 250°F degrees (120°C), cover and cook until cheese is melted. Approximate cooking time at this temperature for an 8 inch (10.5-oz) is 10 to 12 minutes or until cheese is melted; for a 12 inch (11lb. 13oz)is 25 to 30 minutes or until cheese is melted.

CALIFORNIA PIZZA

1pkg	active dry yeast
½ C	warm water
1 ½ tsp	sugar
½ tsp	salt
1tbsp	oil
1 1/2 C	all purpose flour
½ tsp	oregano
1tsp	butter or margarine, melted
1tsp	parmesan cheese(grated)
¾ C	pizza sauce(bottled or your homemade recipe)
1C	mozzarella cheese (shredded)
1C	black olives
1C	fresh mushrooms
1C	sliced pepperoni

Combine yeast, water, sugar, salt and oil in mixing bowl. Blend in flour and oregano, stir to mix well. Knead dough on lightly floured surface for 1 minute, cover and allow to rise 15 minutes. Put dough in skillet and pat out evenly, brush top of crust and edges with melted butter. Sprinkle evenly with 2 tablespoons of grated parmesan cheese.

Set temperature to 300° F degrees (149°C) cover and cook 5 minutes. Top with sauce, add black olives, mushrooms, pepperoni and sprinkle with remaining parmesan and mozzarella cheese. Reduce temperature to 250° F degrees (120°C), cover and cook 10-12 minutes. 6 servings

VEGETARIAN PIZZA

2tbsp	oil
4	cloves of garlic (minced)
4	medium tomatoes
1 16oz	ready made pizza crust/or italian bread shell
¼ C	parmesan cheese (grated)
1 C	mozzarella cheese (shredded)

Heat skillet to 300°F degrees (149°C). Add oil and sauté onion stirring frequently until onion is golden brown. Add garlic, red pepper and zucchini, continue to sauté stirring frequently, 2 to 3 minutes or until pepper is crispy and tender. Remove vegetables from skillet. Meanwhile, combine ricotta cheese, parsley and thyme. Set aside.

Reduce temperature to 250° F degrees (120°C) and place bread shell in skillet, top side down. Cover and heat 4 minutes, then turn the shell over. Spoon ricotta mixture over pizza crust/bread shell and sprinkle with parmesan and mozzarella cheese. Spoon cooked vegetables over all , cover then cook 10 to 15 minutes, or until hot and the crust is crisp. 6 servings.

QUICK AND EASY PIZZA SNACKS

4	English muffins
½ C	pizza sauce
1 C	mozzarella cheese (shredded)
	add toppings of your choice

Split muffins apart with a fork and place cut side down in a single layer in the skillet. Cover and cook 4 minutes. Reduce temperature to 150° degrees (66°C) then turn muffins over. Top muffins with 1 tablespoon each of, pizza sauce and cheese then add you favorite toppings. Cover and cook 5 minutes more. 8 servings

TIPS FOR STEAMING FOOD:

- Steaming is the choice for a chef to cook fresh food, such as seafood and preserve nutrients.
- Steamed food maintains its natural taste and nutrition of the food is all well retained.
- When you steam food, always bring water to boil first.
- Use a heat-resistant plate or a large bowl.
- Watch closely the water level in the cooking pan to prevent it from boiling dry.
- Always be very careful when you open the steamer. **IT IS VERY HOT.** Use oven mitts.

COOKING/STEAMING CHART FOR FRESH VEGETABLES

VETETABLES	COOKING TIME (minutes)
Asparagus	8-10
Bean Sprouts	4-5
Beans, Green	10-12
Broccoli	10-12
Cabbage	10-12
Carrots	8-10
Cauliflower	12-14
Corn	8-10
Peas	8-10
String Beans	8-10
Squash	10-12
Zucchini	10-12

*** This cooking chart is for reference only.

STEAMED BEEF WITH BROCCOLI

1/2 lb beef sliced thin against the grain (other meats and/or vegetables can be used for variety.)

Marinade

2 tsp soy sauce	1 tsp rice wine
1/2 tsp sugar	1 clove garlic, minced
1 tsp minced ginger root	1 tsp cornstarch
1 tsp sesame seed oil	1 tsp oyster sauce
1 cup broccoli florets	

Combine sliced beef with marinade in a hot proof dish. Pour the proper amount of water in the cooking pan. Follow the steaming instruction. Steam for about 10 minutes. Open lid and arrange broccoli around outer edge of the dish. Cover and steam for an additional 5 to 7 minutes. Serve with rice.

STEAMED EGG CUSTARD

- 4 large eggs
- 4 oz chicken, thinly sliced
- 1 pint chicken broth
- 4 oz fish shred
- 1 tsp salt
- 4 medium shrimps
- 2 tsp cooking wine
- 6 green beans, sliced to 2" length

Beat the eggs well with chicken broth in a large bowl. Add salt and cooking wine. Divide the chicken, fish, shrimp and green beans into 4 small bowls and pour the egg mixture over. Pour the proper amount of water in cooking pan. Follow the steaming instruction. Place the 4 bowls on the steam rack. Steam until the custard has set.

GINGER CHICKEN

4 small chicken breast (skin removed and boned)
2 tbs fresh ginger (minced)
1 tsp garlic powder
salt and pepper to taste

Season chicken in a large bowl and set aside for about 15 minutes.
Place seasoned chicken on a hot proof dish. Pour the proper amount
of water into the cooking pan. Follow the steaming instruction. Place
the dish on the steam rack. Steam about 10-15 minutes or until it is
done.

4 servings

TIPS FOR ROASTING:

1. For the best browning result on poultry, brush melted margarine or honey evenly over the skin before roasting. Follow roasting chart directions to cook. At the last 30-45 minutes, increase temperature for 20-50°F for additional browning if needed.
2. If you would like to add liquid, for example beer, to enhance flavor, add at the last 30 minutes.
3. Since the thickness and condition of the meat may vary, you should check the meat 10 to 15 minutes before the finishing time to ensure best results.
4. Keep juice collected in the cooking pan to all to the meat while serving. It is delicious and nutritious.
5. Cooking meat to your desired doneness, use a meat thermometer to measure meat temperature at the final cooking time. Suggested temperatures are 140°F for rare, 160°F for medium and 170-180°F for well done. Please remember that pork should always be cooked to well done.
6. While roasting poultry or meat with fat content, add 2 cups of water to the bottom of the cooking pan to prevent burning smoke from the dripping oil.
7. It is recommended to roast dry for tender cuts of meat. Examples of these meats are ribs or sirloin.
8. The roasting times in the chart are approximated and should be used only as a guideline. Several factors may affect the actual cooking times like meat temperature, thickness, bone content, ingredients of stuffing, etc.
9. To speed up your cooking time, you may set at higher temperature to your desired doneness.

TERIYAKI ROAST CHICKEN

1 whole chicken (about 4 lb.)
1/2 cup soy sauce
1/4 teaspoon garlic salt
1/4 teaspoon white pepper powder
1/4 cup dry sherry
1/4 cup sugar
3 slices fresh ginger root
1 1/2 teaspoon honey
3 tablespoons water
1 1/2 tablespoons cornstarch

Wash the whole chicken; rinse well and pat dry inside and out; pull excess fat. Set aside. Combine soy sauce, garlic salt, white pepper powder, dry sherry, ginger and sugar in a small saucepan. Boil and simmer over medium heat for 2-3 minutes. Mix water with cornstarch. Stir to thicken the sauce. Set aside to cool.

Place the chicken in a large bowl. Brush or rub the sauce all over the chicken, inside out. Cover and refrigerate for couple of hours. Place the chicken on the steam rack, set the temperature to 425°F and ready to roast. Cooking time is approximately 45 minutes or until it is done.

ROASTING BEEF RIBS

1 3-pound beef rib
olive oil
salt and garlic pepper
lemon juice

Wash, rinse and dry the meat. Let it come to room temperature before preparing it for roasting. Trim off all excess fat. Rub it well with olive oil, salt, pepper and lemon juice. Set aside for 1 hour. Place ribs on the steam rack with the ribs facing upward. Set the temperature of 400°F and cook about 40-45 minutes or until it is done. Makes 4 servings.

ROAST BEEF

1 (3-5 pound) sirloin tip roast
1/2 cup of beef broth
1/2 tsp of freshly ground pepper
1 clove garlic (minced)
1/2 cup dry red wine
1/2 tsp salt (optional)
1 1/2 tsp worcestershire sauce
2 tbslp olive oil
1 bay leaf
2-3 carrots (peeled and sliced)
1-2 onions (coarsely chopped)
2-3 potatoes (sliced)

Preheat to 400°F. Rub pepper over roast and set aside. Heat olive oil. Saute onions & garlic in pan for about 5-10 minutes. Add beef broth, Worcestershire sauce, red wine, salt and bay leaf. Simmer for 2-3 minutes longer.

Place Roast on the steam rack and pour ingredients over top. Add carrots, onions & potatoes. Cook for approximately 40 to 45 minutes or to desired doneness. Serves 4-6

CRISPY FRIED CHICKEN & POTATO WEDGES

1 2 ½ pound chicken (cut up)
½ cup grated parmesan cheese
2 tsp olive oil
2 cup of bread crumbs
1 cup of milk

1 pound potatoes (about 7 small potatoes)
1 tblsp of dry mustard
½ tsp garlic salt
½ tsp ground cumin

Cut potatoes into wedges. Combine mustard, garlic salt & cumin in a large bowl; mix well. Add potatoes and toss well with mixture.

Preheat grill to 425°F. Crush bread crumbs and place in a plastic bag; add parmesan cheese, salt and pepper. Brush chicken with oil; pour milk into shallow baking dish; add chicken turning to coat. Place chicken; one piece at a time into plastic bag; shake to coat evenly. Repeat until all pieces are coated. Place chicken on the steam rack. Arrange potatoes and cook for 35 minutes.

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$6.00 for shipping and handling charges to Aroma Housewares Company. Please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and they may vary from state to state.

AROMA HOUSEWARES COMPANY
6469 Flanders Drive
San Diego, California 92121
1-800-276-6286
1-619-587-8866
M-F, 8:30 AM - 5:00 PM, Pacific Time

