Cuisinart

Instruction Booklet

使用说明书



Cuisinart® 美膳雅多功能煎烤机 Griddler/Grill•Panini

Q33

重要安全守则

使用此电器时,请务必遵守基本安全预防措施,其中包括:

- 1. 请阅读全部说明。
- 2. 请使用把手或调教按钮操作,不要触摸灼 热的表面。
- 3. 避免火灾和触电等危险,不要把电源线或插头浸没在水或其他液体内。
- 4. 儿童使用或在儿童附近使用电器时,一定要密切监督。
- 电器不使用时及在清洗之前,请始终拔掉 其电源。安装或拆卸部件,以及清洗电器 前,需让电器冷却。
- 6. 电源线或插头损坏时,或电器发生故障, 跌落引致任何损坏,操作异常时,请不要 使用电器。将电器送到就近的Cuisinart维 修中心进行检查、修理。
- 7. 不推荐使用除本机器提供外的附件,因其可能导致火灾、触电或人身伤害的风险。
- 8. 不要在室外使用。
- 9. 不要把电源线挂在桌子或柜台边上,或接触灼热表面。
- 10. 不要放在燃气炉/电炉上面或附近,或放在加热烤箱内。
- 11. 使用完毕后,请拔掉电源。
- 12. 不可将此电器用干其它用途。
- 13. 当移动含有热油或其他灼热液体的电器 时,必须极为小心。
- 14. 要断开电源,将控制器旋至OFF/关位置,然后从插座上拔下插头。
- 15. 警告:为降低火灾或触电的风险,产品必须只由专业人士修理。
- 16. 除非有人监督或指导如何使用,否则身体、感知或精神不健全(包括儿童)或缺乏经验和常识的人仕不能使用本电器。
- 17. 儿童必须在监护下使用此产品, 以确保儿 童不会耍玩产品。

妥善保管这些说明 只供家庭使用

特殊电线组件说明

配备短电源线,以降低较长电源线缠绕或绊 人的风险。

可提供较长的延长线,应小心使用。

如果使用长电源线,其标记的额定功率应至 少与电器的额定功率同样大,安排好较长的 电源线,令其不会从柜台或桌面上垂下来, 否则可能被儿童或动物拉掉或绊人。

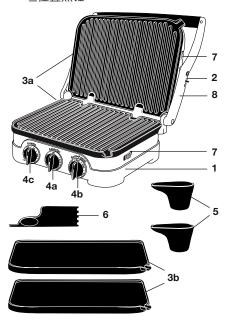
介绍

祝贺您购买了Cuisinart®多功能煎烤机。该产品实际上是多功能,四合一电器。铰链式浮顶、两套可分离式电炉和可转化的设计,将多功能煎烤机变成一个扒炉、三明治烤盘机或可供选择的大型双敞开式烤架或煎锅。双温度控制器和指示灯,使本产品使用起来很方便。只用几秒钟,就可在洗碗机中清洗好烤架、烤盘、油滴盘和清洗/擦拭工具。

部件和特性

- 底座和盖子:坚固结构,带有不锈钢可调 节盖子。
- 把手:坚固的金属铸造,可按食品的厚度调节盖子。
- 分离式烹饪盘:不粘锅,可在洗碗机内清洗,容易清理。
- a. 烤架:是烤牛排、汉堡包、鸡肉和蔬菜的 理想选择。
- b. 烤盘:可烤制完美的薄烤饼、鸡蛋、熏肉 和烤扇贝。
- 4. 控制器:"电源打开"和"准备烹饪"的 指示灯亮。
- a. 选择器:选择烤/三明治或煎功能。
- b. 烤/三明治:温度可调节,从"保温" 到"焦"烤。
- c. 煎:温度可调节从100°C到230°C。
- 5. 油滴杯: 收集油份, 可在洗碗机内洗涤。
- 6. 清洗/擦拭工具:帮助在烹饪后清理烤架或烤盘。
- 7. 烹饪盘释放按钮:向里推可解锁并取出 烹饪盘。

8. 铰链释放杆:可将盖子向后靠,便于在平 坦位置烹饪。



首次使用前:

除掉烤架上的所有包装材料和任何促销标签或贴纸。扔弃包装材料之前,确认包括新电器内的所有部件齐全(在"部件和特性"内列出)。您也可保存纸箱和包装材料,以便日后使用。

注释:油滴杯位于泡沫塑料物的左外侧。

首次使用您的Cuisinart®多功能煎烤机之前,用湿布擦拭底座、盖子和控制器,除掉运输留下的任何灰尘。彻底清理烤盘、油滴 杯和擦拭工具。烤架与杯盘、油滴盘和清洗工具可在洗碗机内洗涤。有关烹饪盘的拆卸,参考"装配说明"。

Cuisinart® 多功能煎烤机 无所不能:

煎烤机为主要的厨房电器,为您提供四种独立的烹饪选择。仅需改变烹饪盘,调节铰链,就可将其用作扒炉、三明治烤盘机、敞开式烤架或煎锅。参见"装配说明"和"操作说明"。

扒炉:

将Cuisinart® 多功能煎烤机用作扒炉,可烹饪汉堡包、无骨肉片和薄肉切片与蔬菜。

当您想短时间内烹饪某种食品或寻找健康的 烤肉方法时,扒炉可发挥最出色的功能。在 扒炉上烹饪时,食品会很快烹饪好,因为您 同时烧烤食物的两面,并且烹饪时能使油份 从肉上滴落然后沿烹饪盘排出。

将煎烤机用作扒炉时,建议使用烤盘。将盖子均衡放在食品顶部,直至达到需要的烹饪温度。煎烤机配备一个独特的把手和允许盖子调节食品厚度的铰链。您可轻松烧烤所有的东西,从切得薄薄的土豆到厚厚的牛腰肉,都可达到均匀效果。

在扒炉内烹饪多个食物时,重要的是食物的 厚度要一致,这样盖子会均匀地封闭食物。



Panini三明治烤盘机:

将Cuisinart® 多功能煎烤机用作三明治烤盘机,可烧烤三明治、面包和酥饼。

单词"Panini"为意大利语,表示烤三明治的意思。三明治可包含任何组合成分,如蔬菜、肉和铺在两片鲜烤面包之间的干酪片菜、肉和铺在两片鲜烤面包之间的干酪点,将三明治压在两个烤盘或烤架之间,并给三明治加速。通过多次都是,你会做出各种风味极佳的三明治或对制出、通常用于三明治的面包(一种扁平面包,烘焙面包、粉香酥脆的小圆面卷)、ciabatta面包(外型稍显半球形的矩形面包)和经典意大利面包厚片。

把煎烤机用作三明烤机用作三明烤机用作三明烤机时,建排茶架,是因为会使用的出现烤架和三明地烤然面包。的出现烤浆浆制备,根治的大量,根的一种大量,是一种大量的。



为三明治烤盘机使用时,使用方法和扒炉一样。Cuisinart®多功能煎烤机配备一个独特的把手和允许盖子调节所制备三明治厚度的铰链,使盖子平稳地摆放。向把手轻轻施加压力,按您的想法挤压与加热三明治。

烹饪多个三明治时,重要的是各三明治的厚度要一致,这样盖子会均匀地封闭三明治。

敞开式烤架:

Cuisinart® 多功能煎烤机用作敞开式烤架, 烹饪汉堡包、牛排、家禽(我们不推荐烹饪 带骨鸡肉,因为这样的鸡肉在敞开式烤架上 烹饪地不均匀)、鱼和蔬菜。

在敞开式烤架上烹饪是使用煎烤机的最通用方法。在敞开位置,可用于烧烤的面积为表面积的二倍(1290平方厘米)。您可选择在单独烤盘上烹饪不同类型的食品(不用担心它们串味)或烹饪大量同类食品。敞开位置也适合厚度不一的各种肉片,使您按自己的口味烧烤每片肉。



"敞开式烤架"指使用煎烤机时把盖子平放,产生两倍的平坦烹饪表面。在这个位置,您在烧烤的食物必须翻转烹饪。将煎烤机用作敞开式烤架时,应使用烤架。

烤盘:

将Cuisinart®多功能煎烤机用作煎锅来烹饪薄烤饼、鸡蛋、法式吐司、薯饼和早餐肉。使用烤盘功能是为两口之家或大家庭准备早餐的完美方法。大表面积使您可同时烹饪不同类型的食品或大量您喜欢的食品。

将煎烤机用作煎锅时,打开盖子,把盖子平放, 产生两倍的平坦烹饪表面。使用这个烹饪功能 时,应使用烤盘;烹饪时,建议多翻转食物。



装配说明:

将Cuisinart® 多功能煎烤机放在您想烹饪的 清洁平坦的表面上。

可用三种方法放置煎烤机:

闭合摆放 — 上盘/盖子平放在下盘/底座上。这时可使用扒炉或三明治烤盘机功能。



打开摆放 -



在降低把手进行烹饪之前,盖子将保持垂直 状态。降低把手之后,盖子会被释放并平放 在所烹制食物的顶部。这样,您可均匀从 上下两个面烹饪食物。当烹饪完成后提升把 手,打开煎烤机时,盖子仍处于平坦位置, 与下盘平行。为了将盖子锁定到垂直位置, 您必须在没有食物时关闭煎烤机,然后再将 其打开。

平坦摆放 - 上盘/盖子与下盘/底座在同一水平。上盘和下盘排列起来形成一个大烹饪表面。



此时煎烤机可用作敞开式烤架或煎锅。要把煎烤机调整到这个位置,将右臂上的铰链释放杆设置解除。左手放在把手上,用右手将释放杆向自己的方向滑动。并把把手向后推至盖子平放在柜台上成水平状态。在推动把手和盖子令其放回到关闭位置之前,该设备将一直处于这个位置。

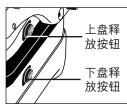
如果煎烤机已经 处于打开状态, 并希望将其调节平 坦摆放,则将把手 稍微向自己的方向轻



轻拉动,然后提升铰链释放杆。向后推动把手 直至盖子放置在平坦的位置。在提升铰链释放 开关之前稍微向前拉动把手,将从铰链上承受 一定的压力,从而更容易调整煎烤机。

插入烹饪盘:

控制器处在您正面时,将煎烤机调整到平坦摆放位置(见右图)。一次插入一个盘。每个盘都被设计成仅适合Cuisinart®多



功能煎烤机的上外盖或下外盖。"lower"或"upper"被压印到烹饪盘或煎锅内,让您清楚知道把盘固定在何处。托起下烤架/烤盘,使加热元件的中断器冲下。如果您朝向煎烤机,则油滴出口应在盘的向前右侧角处。把金属托架放在外盖的中心。倾斜盘的后端,用金属托架将中断器排列在盘的背部。将盘滑动到托架下面,然后向下推盘的前端。它将扣到位。旋转煎烤机,向第一盘那样,将匹配的烤架/烤盘插入到上外盖内。那样,将匹配的烤架/烤盘插入到上外盖内。

取出烹饪盘:

将煎烤机调节到平坦摆放位置(见右图)。



出,然后从底座内提出。按动另外一个盘释 放按钮,用同样方法取出另外一个烹饪盘。

放置油滴杯:

将煎烤机用作扒炉和三明治烤盘机时,只需

要一个油滴杯。





油份将沿烹饪盘从油份收集口流出进入油滴 杯。油份需要在烹饪后小心倾倒。油滴杯可 在洗碗机内清洗。

将煎烤机用作敞开式烤架或煎锅时,应使用 两个油滴杯。将油滴杯放在设备的两端,直 接放在油份喷口下面。正确组装煎烤机后, 将插头插入标准插座内。

操作说明:

正确组装煎烤机后, 准备开始烹饪。 将选择器向左旋转,选择"煎"功能,或向右旋转选择"烤·三明治"功能,这取决于您希望烹饪的食品。将旋钮旋转到某一功能后,红色指示灯亮,表明设备已经通电。

如果打算将煎烤机用作扒炉、三明治烤盘机 或平烤架,则把烤·三明治控制器旋转到需要 的烹饪温度。设置范围从保温到焦烤。

如果打算将煎烤机用作煎锅,则把煎锅控制器旋转到需要的烹饪温度。温度设置范围从100°C到230°C。

如果打算将煎烤机用作平烤架或煎锅,但不 需要整个表面,则使用底盘。

要达到操作温度,需要10分钟左右,视设置的温度档位而定。当恒温器达到操作温度后,所选控制器内的绿色指示灯指明煎烤机准备烹饪。操作期间,随着恒温器调节温度,灯继续亮起或熄灭。这是正常现象。

用温度控制器设定与维持烹饪表面的温度。 在烹饪期间您可根据烹饪盘上食物的类型随 时改变控制旋钮的设置。

烹饪期间处理煎烤机时始终要心。要打开煎烤机,抓住把手的黑色塑料区域。即使烹饪期间触摸把手的这部分也不烫手。把手臂由压铸铝制成,使用期间很热。烹饪期间或烹饪后不要马上触摸它们。

煎烤机外盖在使用期间也很热。盖子由不锈 钢制成,烹饪期间或烹饪后会很热,不要触 摸。如果需要调整盖子,则一定戴防热手 套,防止烫伤。

外盖的下部分由塑料制成,比较热但不会烫 伤你。如果需要在烹饪期间移动煎烤机,一 定要从底座处理。不要接触盖子。

处理之前始终让煎烤机冷却(最少30分钟)。

注释:首次使用煎烤机时,可能产生少许异味和少量冒烟。对于有不粘涂层表面的电器 而言,这是常见的。

煎烤机机配带一个黑色清洗/擦拭工具。完成 烹饪且设备彻底冷却后(至少30分钟),可 用其清洗烤盘和煎锅。在灼热表面上长时间 使用该清洗工具,将导致塑料熔化。

用户维护:

● 切勿使用金属器皿,因为它们会刮伤不粘 盘。而应使用木质或耐热的塑料器皿。

- 切勿使塑料器皿接触灼热的烤盘。包括 随带的清洗工具。
- 两次烹饪期间,刮掉过多的食品堆积物,通过油份槽进入油滴杯,然后在进行下次烹饪前用纸巾擦掉残余物。
- 确保煎烤机在清洗之前彻底冷却(至少 30分钟)。

清洗与护理:

注意:在清理电器之前,确保其完全冷却。 完成烹饪后,将控制器旋转到OFF/关位置, 从插座上拔掉电源线。处理之前,令设备冷 却至少30分钟。

用清洗/擦拭工具除掉烹饪盘上遗留的食品。 可手洗或在洗碗机中洗涤该擦拭工具。

处置油滴杯内的油份。可手洗或在洗碗机中洗涤油滴杯。按下"盘释放"按钮,从外盖上取下烹饪盘。确保处理前烹饪盘彻底冷却(至少30分钟)。可在洗碗机中洗涤烹饪盘。不要使用刀叉等金属物品清洗。不要使用白洁布进行清洗。否则可能损坏不粘涂层。

如果刚烹饪了海鲜,用柠檬汁擦拭烹饪盘, 防止海鲜味道转移到下次菜谱内。

外盖底座、盖子和控制旋钮可用柔软的干燥 布擦干净。切勿使用擦洗剂或粗糙垫。

保存:

保存之前一定确保煎烤机冷却干燥。 为便干储存,可将电源线缠绕在底座的后部。

不使用时,应将一套烹饪盘储存在煎烤机 内。另一套可和油滴杯和擦拭工具一起存放 在抽屉或橱柜内。

保修

三年有限保修

在您购买日期起三年内,在正常使用的情况下,如产品的质量或零件有任何问题,美康雅顾客服务中心将会为您免费提供维修或换货服务。

注意:此项保修不包括一切因错误使用、不依指示处理产品及意外损毁、遗失零件及经自行改造的产品,美康雅公司有权在不预先通知的情况下更改条款和说明书。如需获得此保修服务,请在购买后的一个月内,通过以下任何一种方式进行登记。

在线登记

请登入www.conair-asia.com登记。

邮寄登记

请在购买后一个月内,剪下并填写产品保修 卡,并连同购买凭证的复印件,寄到使用说明 书中所列出的任何一个美膳雅顾客服务中心。

保修期之后

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制造商:美康雅远东有限公司 地址:香港九龙观塘观塘道388号创纪之城

渣打中心35楼

电话:(852)27514604

生产商:福建漳州灿坤实业有限公司 地址:福建漳州龙池开发区灿坤工业园

IMPORTANT SAFEGUARDS

1. READ ALL INSTRUCTIONS.

- Do not touch hot surfaces; use handles or knobs.
- To protect against fire, electric shock, and injury to persons, DO NOT IMMERSE CORD OR PLUG in water or other liquids.
- 4. Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
- Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been damaged in any manner. Return the appliance to the nearest Cuisinart Repair Center for examination, repair or adjustment.
- The use of accessory attachments not recommended by Cuisinart may result in fire, electrical shock, or risk of injury to persons.
- 8. Do not use outdoors.
- 9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
- 10. Do not place on or near hot gas or electric burner, or in a heated oven.
- 11. Unplug the unit when finished using.
- 12. Do not use appliance for other than intended use.
- Extreme caution must be exercised when moving an appliance containing hot oil or other hot liquids.
- 14. To disconnect, turn control to OFF setting, then remove plug from wall outlet.
- 15. WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, ONLY AUTHORIZED PERSONNEL SHOULD DO REPAIRS.
- 16. This unit is not intended for use by people (including children) with reduced physical, sensory or mental capabilities, or by persons who lack experience or knowledge, unless they are supervised or have been given instructions beforehand on the use of the unit by a person responsible for their safety.
- 17. Children should be supervised to make sure they do not treat the unit like a toy.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS:

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

Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or animals, or tripped over.

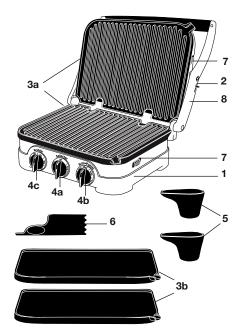
INTRODUCTION

Congratulations on your purchase of the Cuisinart® Griddler. This multifunctional product is actually four appliances in one. A hinged, floating cover, two sets of removable cooking plates and a convertible design turn the Griddler into a Contact Grill, a Panini Press, or your choice of a large, double Open Grill or Griddle. Dual temperature controls and indicator lights make this product easy to use. Dishwasher-safe grill plates, griddle plates, drip pans and a cleaning/scraping tool clean up in

seconds.

PARTS AND FEATURES

- **1. Base and Cover:** Solid construction with stainless steel self-adjusting cover
- Panini-Style Handle: Sturdy cast metal handle adjusts cover to accommodate thickness of food
- Removable Cooking Plates: Nonstick and dishwasher safe for easy cleanup
 - a. Grill Plates: Perfect for grilling steak, burgers, chicken and vegetables
 b. Griddle Plates: Prepare flawless pancakes, eggs, bacon and seared scallops
- 4. Controls: Indicator lights signal "power on" and "ready to cook"
 - a. Selector: Choose the Grill/Panini or Griddle function
 - **b. Grill/Panini:** Adjust temperature from "warm" to "sear"
 - **c. Griddle:** Adjust temperature from 100°C to 230°C
- Drip Cups: Collect grease and are dishwasher safe
- Cleaning/Scraping Tool: Helps clean grill or griddle plates after cooking
- 7. Plate Release Buttons: Push in to release and remove cooking plates
- **8. Hinge Release Lever:** Allows the cover to lay back for cooking in the flat position



BEFORE THE FIRST USE:

Remove all packaging materials and any promotional labels or stickers from your grill. Be sure all parts (listed under **Parts and Features**) of your new appliance have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

Note: Drips cups are located on outside of left polyfoam insert.

Before using your Cuisinart® Griddler for the first time, remove any dust from shipping by wiping the base, cover and controls with a damp cloth. Thoroughly clean cooking plates, drip trays and scraping tool. The grill and griddle plates, drip trays and cleaning tool are dishwasher safe. Refer to **Assembly Instructions** for plate removal.

THE GRIDDLER DOES IT ALL:

The Griddler is the ultimate kitchen appliance, offering you four separate cooking options. Simply change the cooking plates and adjust the hinge to use as a *Contact Grill, Panini Press, Open Grill or Griddle*. See **Assembly Instructions** and **Operating Instructions**.

Contact Grill:

Use the Griddler as a *Contact Grill* to cook burgers, boneless pieces of meat and thin cuts of meat and vegetables.

The Contact Grill function works best when you want to cook something in a short amount of time or when you are looking for a healthy method of grilling. When cooked on the Contact Grill, food will cook quickly because you are grilling both sides of the food item at the same time. The ribs on the grill plates combined with the grease spout at the corner of the plate allow the grease to drip from the meat and drain off the plates.

When the Griddler is used as a *Contact Grill* the grill plates are recommended. Rest the cover evenly on top of the food until it has reached the desired cooked temperature.

The Griddler was designed with a unique handle and hinge that allows the cover to adjust to the thickness of the food. You can easily grill anything from a thinly-sliced potato to a thick sirloin steak with even results.

When cooking more than one food item in the *Contact Grill*, it is important that the thickness of food items is consistent so the cover will close evenly on the food.



Panini Press:

Use the Griddler as a *Panini Press* to grill sandwiches, breads and quesadillas.

The word "Panini" is an Italian term for grilled sandwich. Panini can include any combination of ingredients such as vegetables, meat and cheese layered between two pieces of fresh baked bread. The sandwich is then pressed between two grill or griddle plates to toast the bread and warm the sandwich. Experiment to make a variety of savory or sweet sandwiches for any meal. We recommend using fresh baked bread to produce the best tasting Panini. Popular breads used for Panini are focaccia (a flat bread frequently baked with rosemary, salt and onion on top), michetta (a small round roll with a crisp crust), ciabatta (a rectangular bread with a slightly domed crust) and thick slices of classic Italian bread.

When the Griddler is used as a *Panini Press*, the grill plates are recommended. We recommend the grill plates because a traditional-style Panini sandwich will have grill marks on the bread. However, depending upon the type of sandwich you are preparing, you may wish to use the griddle plates. The Griddler functions as a *Panini Press* in the same manner that it functions as a *Contact Grill*. The Griddler was designed with a unique handle and hinge that

allows the cover to adjust to the thickness of the sandwich you are preparing, and to rest there evenly. Light pressure can be applied to the handle to press and heat the sandwich to your liking.



When cooking more than one Panini, it is important that the thickness of each sandwich is consistent so the cover will close evenly on the Panini.

Open Grill:

Use the Griddler as an Open Grill to cook burgers, steak, poultry (we do not recommend cooking bone-in chicken, since it does not cook evenly on an open grill), fish and vegetables.

Cooking on the *Open Grill* is the most versatile method of using the Griddler. In the open position, you have double the surface area (200 sq. inches) for grilling. You have the option of cooking different types of foods on separate plates without combining their flavors, or cooking large amounts of the same type of food. The open position also accommodates different cuts



of meat with varying thicknesses, allowing you to cook each piece to your liking.

"Open Grill" refers to using the Griddler with the cover laying flat, creating a double, flat cooking surface. In this position, the foods you are grilling will have to be turned over for cooking. When the Griddler is used as an *Open Grill*, the grill plates should be used.

Griddle:

Use the Griddler as a *Griddle* to cook pancakes, eggs, French toast, hash browns and breakfast meats.

Using the *Griddle* function is a wonderful way to prepare breakfast for two or for a large family. The large surface area allows you to cook a variety of different foods

at the same time, or large amounts of your favorite food.



When you use the Griddler as a *Griddle*, open the cover so it lays flat, creating a double, flat cooking surface. In this position, the foods you are preparing will have to be turned over for cooking. When using this cooking function, the griddle plates should be used.

ASSEMBLY INSTRUCTIONS:

Place Griddler on a clean flat surface where you intend to cook.

The Griddler can be positioned in three ways:

Closed Position –
Upper plate/cover
rests flat on lower
plate/base. This is
your starting and
heating position
when using the
Contact Grill or
Panini Press functions.



Open Position -

Upper plate/cover is open and in the 100° position. Open the cover to this position before using the Griddler as a Contact Grill or Panini Press.

To adjust the



Griddler to this position, simply lift the handle until you feel it come to a locking position. The unit will stay in this position until you close the cover or continue to open it to the Flat Position.

The cover will stay in the upright position until you lower the handle for cooking. When this is done, the cover will release itself so that it lies flat on the top of the food you are preparing. This allows you to cook your food evenly from both top and bottom. When you lift the handle to open the Griddler after cooking the cover will remain in the flat position, parallel with the lower plate. In order to lock the cover back into the upright position, you must close the Griddler, without any food in place, and open it again.

Flat Position – Upper plate/cover is level with lower plate/base. The upper and lower plates line up to create one large cooking surface. The Griddler is in this position when it is used as an Open Grill or Griddle.



To adjust the Griddler to this position, locate the hinge release lever on the right arm. With your left hand on the handle, use your right hand to slide the lever toward you. Push the handle back until the cover rests flat on the counter. The unit will stay in this position until

you lift the handle and cover to return it to the closed position.

If the Griddler is already in the open position and you wish to adjust it to the flat position, pull the

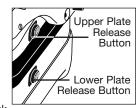


handle slightly toward you and then lift the hinge release lever. Push the handle back until the cover rests in the flat position. Pulling the handle forward slightly before lifting the hinge release switch will take some of the pressure off of the hinge and you will be able to adjust the Griddler more easily.

To insert cooking plates:

Adjust the Griddler to the Flat Position (see above) with the controls directly in front of you. Insert one plate at a time. Each plate is designed to fit in either the upper housing or the lower housing of the Griddler. The word "lower" or "upper" is embossed into each grill or griddle plate to let you know where to attach the plate. Pick up the lower grill/griddle plate with the cutouts for the heating element facing down.

If you are facing the Griddler the drip spout should be at the forward right-hand corner of the plate. Locate the metal brackets at the center of the housing. Tilt the back



end of the plate and line up the cutouts at the back of the plate with the metal brackets. Slide the plate underneath the brackets and push down the front end of the plate. It will snap into place. Turn the Griddler around and insert the matching grill or griddle plate into the upper housing as you did with the first plate.

To remove cooking plates:

Adjust Griddler to Flat Position (see above). Locate the plate release buttons on one side of the unit. Press firmly on button and the plate will pop up slightly



from the base. Grasp the plate with two hands, slide it out from under the metal brackets, and lift it out of the base. Press on the other plate release button to remove the other cooking plate in the same manner.

Position drip cups:

When using the Griddler as a Contact Grill or Panini Press, only one drip cup is needed.



Place the cup directly below the grease spout while cooking. Grease from the food will run off the plates through the grease spout and into the drip cups. Grease should be safely disposed of after cooking. The drip cups can be cleaned in the dishwasher.

When using the Griddler as an Open Grill or Griddle, both drip cups should be used. Place the cups at either end of the unit directly below the grease spouts.

Once the Griddler is assembled properly, plug the cord into a standard electrical outlet. You are now ready to begin cooking.

OPERATING INSTRUCTIONS:

Once the Griddler is assembled properly and you are ready to begin cooking, turn the Selector to the left to choose the Griddle function or to the right to choose the Grill/Panini function, depending on what you intend to cook. When the knob is turned to either function, a red indicator light will illuminate to indicate that the power is on.

If you intend to use the Griddler as a Contact Grill, Panini Press or Flat Grill, turn the Grill/ Panini Control to the desired temperature for cooking. Settings range from Warm to Sear.

If you intend to use the Griddler as a Griddle, turn the Griddle Control to the desired temperature for cooking. Temperature settings range from 100°C to 230°C.

If you intend to use the Griddler as a Flat Grill or Griddle, but you do not need the entire surface, use the bottom plate.

It may take up to 10 minutes to reach operating temperature, depending on the temperature level that was set. When the thermostat has reached operating temperature, a green indicator light inside the chosen control will indicate that the Griddler is ready for cooking. During operation, the light will continue to turn on and off as the thermostat regulates the temperature. This is normal.

The temperature controls are used to set and maintain the temperature of the cooking surface. You may vary the setting of the control knob at any time during cooking, and may wish to do so depending on the types of foods on the cooking plate.

Always exercise caution when handling the Griddler during cooking. To open the Griddler grasp the black plastic area of the handle. This part of the handle stays cool to the touch while cooking. The arms are made of die-cast aluminum and will become hot during use. Do not touch them during or immediately following cooking.

The Griddler housing will become hot during use. The cover is made of stainless steel and will become very hot and should not be touched during or immediately following cooking. If you need to adjust the cover be sure to use an oven mitt to prevent burns.

The lower housing is made of plastic, and while it will become very warm it will not burn you. If you need to move the Griddler during cooking be sure to handle it from the base only. Do not touch the cover

Allow the Griddler to cool down before handling (at least 30 minutes).

NOTE: The first time you use the Griddler, it may have a slight odor and may smoke a bit. This is normal and common to appliances with nonstick surfaces.

The Griddler comes with a black cleaning/scraping tool. This can be used for cleaning the grill and griddle plates after you have finished cooking and the unit has cooled down completely (at least 30 minutes). Using the cleaning tool on a hot surface for too long will cause the plastic to melt.

User Maintenance:

- * Never use metal utensils, as they will scratch the nonstick plates. Instead, use only wooden or heat-proof plastic utensils.
- * Never leave plastic utensils in contact with the hot grill plates. This includes the provided cleaning tool.
- * In between recipes, scrape excess food buildup through grease channels and into drip cups, then wipe off any residue with a paper towel before proceeding with next recipe.
- * Allow the Griddler to cool down completely (at least 30 minutes) before cleaning.

CLEANING AND CARE:

CAUTION: BEFORE CLEANING APPLIANCE, MAKE SURE IT HAS COOLED DOWN COMPLETELY.

Once you have finished cooking, turn the Selector Control to the OFF position and unplug the power cord from the wall outlet. Allow the unit to cool down for at least 30 minutes before handling.

Use the cleaning/scraping tool to remove any leftover food from the cooking plate. The scraping tool can be washed by hand or in the dishwasher.

Dispose of grease from drip cups. The drip cups can be cleaned by hand or in the dishwasher.

Press the Plate Release Buttons to remove plates from the housing. Be sure that the plates have cooled completely before handling (at least 30 minutes). The cooking plates can be washed in the dishwasher. Do not use metallic objects such as knives or forks for cleaning. Do not use a scouring pad for cleaning. The

nonstick coating can be damaged.

If you have been cooking seafood, wipe the cooking plate with lemon juice to prevent seafood flavor transferring to the next recipe.

The housing base, cover and control knobs can be wiped clean with a soft, dry cloth. For tough stains, dampen cloth. Never use an abrasive cleaner or harsh pad.

STORAGE:

Always make sure the Griddler is cool and dry before storing.

The power cord can be wrapped around the back of the base for storing.

One set of cooking plates should be stored in the Griddler when not in use. The other set can be stored in a drawer or cabinet, along with the drip cups and scraping tool.

WARRANTY

Limited Three-Year Warranty

This Cuisinart Appliance is guaranteed for consumer use for three year. Please fill in and return the Warranty Registration as instructed or log into www.conair-asia.com to register. This guarantee is no longer valid in case of alteration or repair by any unauthorized persons and only covers defects under normal use from the date of purchase.

If your product does not perform satisfactorily because of defects in materials or manufacture, it will be repaired or replaced under guarantee through the Cuisinart Service Centre. Cuisinart reserves the right to amend terms and specifications without prior notice. To obtain service under this warranty, please send in registration within one month of purchase through either one of the following ways.

ON-LINE REGISTRATION

Please log on to www.conair-asia.com.

BY MAIL

Please complete and send the warranty card and the copy of purchase receipt or any other proof of purchase to one of the Cuisinart Service Centre listed in this Instruction Booklet within one month.

OUT OF GUARANTEE

Call Cuisinart Service Centre in your region as listed in this Instruction Booklet for details of repair service. Or email to us at email_asia@ conair.com with your name, contact telephone number and email address and details of the fault.

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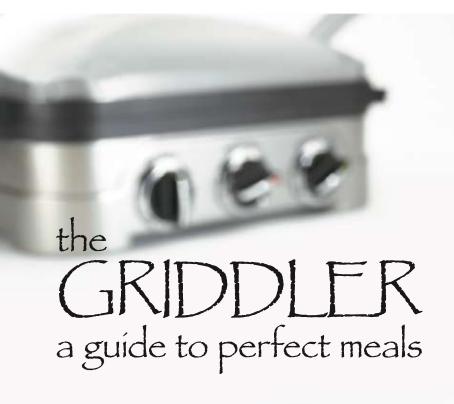
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SAVORYRECIPES

ON THE CLOSED GRILL
Grilled Green Beans with Feta
Mustard & Herb Grilled Pork Chops
The Best Hamburgers
THE PANINI PRESS Grill Plates:
Grilled Fresh Mozzarella & Tomato Panini
Sopressata, Provolone, Roasted Pepper & Pesto Paníní
Asparagus, Prosciutto, Roasted Pepper & Fontina Panini
Zucchini a Quattro Formaggio Panini
Griddle Plates:
Cuban Sandwiches
Chicken Quesadillas
Grilled Reubens
ON THE FLAT GRILL
Teriyaki Grilled Chicken & Pineapple
Spicy Grilled Flank Steak
Grilled Bananas with Vanilla Yogurt Cream
ON THE GRIDDLE
Blueberry Oat Buttermilk Pancakes
Cinnamon Sugar French Toast
Breakfast Sausages
Potato & Gorgonzola Cakes
COOKED FOOD TEMPERATURE CHART 29

ON THE CLOSED GRILL

Grilled Green Beans with Feta

Griddler Position: Closed Selector: Grill/Panini

Plates: Grill

Makes 4 servings

pound green beans, rinsed and drained 11/2 teaspoons extra virgin olive oil

1/4 teaspoon kosher salt

tablespoon fresh lemon juice

1/2 teaspoon basil

1/8 teaspoon freshly ground black pepper

cup crumbled feta cheese

Preheat Griddler on High.

Remove tips and tops from green beans. Place in a bowl and drizzle with olive oil. Toss to coat.

When Griddler has preheated, arrange half the green beans on the bottom grill plate. Close and grill for 8 minutes. Using a pair of heatproof tongs for nonstick cookware, remove the green beans and transfer to a bowl. Sprinkle with half the salt. Grill remaining green beans and add to the bowl. Sprinkle with the remaining salt, lemon juice, basil and pepper; toss to coat. Arrange green beans in a shallow serving bowl and sprinkle with crumbled feta cheese. If you want to add some more color, garnish with some diced tomatoes or diced roasted red pepper.

> Nutritional information per serving (¼ cup): Calories 61 (23% from fat) • carb 9g • pro. 3g • fat 3g • sat. fat 1g • chol. 3mg • sod. I 30mg • calc. 64mg • fiber 4g

Honey Dijon Grilled Turkey Cutlets

Griddler Position: Closed Selector: Grill/Panini

Plates: Grill

Makes 4 servings

- tablespoons dry sherry
- 2 2 ½ tablespoons Dijon-style mustard
- tablespoons honey
- tablespoon light soy sauce teaspoon powdered ginger
- turkey breast cutlets, each about 5-6 ounces and 1/2-inch thick

Place sherry, mustard, honey, soy, and ginger in a bowl; whisk to blend. Place turkey in marinade and let stand 15 minutes (it may be marinated longer if placed in refrigerator).

Preheat Griddler on High. When Griddler has preheated, drain the turkey cutlets and arrange on the bottom grill plate – discard remaining marinade. Close and grill for 5 minutes (add 30 to 60 seconds if meat has been marinated in the refrigerator for 1 hour or longer). Serve.

Nutritional information per serving: Calories 227 (7% from fat) • carb. I Ig • pro. 42g • fat 2g • sat. fat Ig • chol. 79mg • sod. 393mg • calc. 27mg • fiber 0g

Mustard & Herb Grilled Pork Chops

Griddler Position: Closed Selector: Grill/Panini

Plates: Grill

Makes 4 servings

tablespoons Dijon-style mustardtablespoons extra virgin olive oil

tablespoon raspberry (or other fruit flavor) vinegar

l tablespoon herbes de Provence

I tablespoon water

4 boneless pork loin chops, each about ¾-inch thick, about 5 ounces*

Place the mustard, olive oil, vinegar, herbes de Provence, and water in a small bowl. Whisk until emulsified (this may also be done in a blender or mini food processor). Reserve.

Trim any excess fat from the pork chops. Place in a shallow bowl or pie plate and add marinade. Coat thoroughly. Let marinate for 15 to 20 minutes at room temperature (for marinating longer, cover and refrigerate – remove from refrigerator 20 minutes before grilling).

Preheat Griddler on High. When ready, allow the excess marinade to drip off the chops and arrange the chops evenly spaced on the bottom grill plate. Close grill. Grill for 6 to 8 minutes, until the pork chops have reached an internal temperature of 160°F; do not overcook or the pork may become dry. Remove to a warm platter and allow to rest for 5 minutes before serving.

*When grilling in the closed position, it is important that the pork chops all be the same thickness for best results.

> Nutritional information per serving: Calories 334 (44% from fat) • carb. 2g • pro. 43g • fat I 6g • sat. fat 4g • chol. I 33mg • sod. 272mg • calc. I 4mg • fiber 0g

The Best Hamburgers

Griddler Position: Closed Selector: Grill/Panini

Plates: Grill

Makes 4 servings

1½ pounds freshly ground beef round or chuck (15% lean)

½ teaspoon kosher salt

4 teaspoon freshly ground black pepper

Preheat Griddler on High.

Working the ground chuck as little as possible, shape into four 6-ounce burger patties, about 4 inches in diameter. (The best way to do this is to use a 4-inch round cookie cutter). Place 6 ounces of meat in the cookie cutter and gently press to fill the cookie cutter evenly. It is important that all the burgers be of the same height for optimal grilling results.)

When Griddler has preheated place the burgers on the bottom grill plate, evenly spaced. Close the Griddler and grill for 4 to 6 minutes (until the internal temperature reaches from 140°F to 165°F) depending on personal preference.

Remove burgers and sprinkle with salt and pepper. Serve hot with your favorite condiments.

Nutritional information per serving (½ cup): Calories 254 (181% from fat) • carb 1g • pro. 30g • fat 20g • sat. fat 8g • chol. 87mg • sod. 324mg • calc. 7mg • fiber 0g

Variations:

Burgers may be seasoned for variety before they are grilled. Gently stir suggested seasonings or your own favorites into the meat, working the meat as little as possible for best texture.

- 1-2 cloves finely minced garlic
- 2-3 finely chopped green onions
 - teaspoon minced fresh ginger
- 1-2 tablespoons soy sauce
- 1-2 tablespoons Worcestershire sauce
- tablespoon minced capers
- 1-2 tablespoons minced imported olives
- 1-2 tablespoons barbecue sauce hot sauce to taste

minced jalapeno pepper to taste



THE PANINI PRESS

Grilled Fresh Mozzarella, Tomato &

Basil Panini Sandwiches

Griddler Position: Closed Selector: Grill/Panini

Plates: Grill

Makes 2 servings

4 slices (½-inch thick) crusty artisan bread* or individual focaccia sliced horizontally

I tablespoon extra virgin olive oil

4 ounces sliced fresh mozzarella (or fresh smoked mozzarella)

4-6 thin tomato slices (to fit across bread) kosher or sea salt and freshly ground pepper

8 large basil leaves

Preheat Griddler on High.

Lightly brush one side of each slice of bread with olive oil. Place two slices on work surface oiled side down. Layer with cheese and tomato. Season lightly with salt and pepper if desired. Stack basil leaves and roll into a cylinder. Slice the cylinder, using a sharp knife to get shreds of basil. Sprinkle the tomato with the basil shreds. Top with the other slices of bread, oiled side up.

Place the sandwiches on the preheated grill plates. Close the Griddler. Press lightly for 30 seconds and bake for 3 to 4 minutes until bread is grill marked and crispy, and cheese is melted. Serve hot.

*You can use plain artisan country bread or a flavored bread such as roasted garlic or rosemary bread. Slices should be about $7\times31/2\times1/2$ inches each.

Nutritional information per sandwich: Calories 365 (49% from fat) • carb. 29g • pro. 17g • fat 20g • sat. fat 9g • chol. 44mg • sod. 579mg • calc. 309mg • fiber 1g

Sopressata, Provolone, Roasted Pepper & Pesto Paníní

Griddler Position: Closed Selector: Grill/Panini

Plates: Grill

Makes 4 servings

- I long French baguette (about 22 inches long, 8 ounces)
- ounces thinly sliced Sopressata roasted red peppers, drained

4 ounces sliced provolone

4 teaspoons pesto

I teaspoon extra virgin olive oil

Cut off the two heels of the baguette and cut the baguette into two 10-inch lengths. Cut each in half horizontally.

Spread each half with I teaspoon pesto. Evenly layer the Sopressata on each bottom. Cut the roasted peppers to lay flat. Arrange the roasted peppers over the sopressata. Top with a layer of the provolone. Place top on sandwich. Cut in half crosswise to make 4 sandwiches total.

Preheat Griddler on High. When ready, open and place the sandwiches on the bottom grill plate. Lower cover and press lightly on the handle for 30 seconds.

Grill for 5 minutes, until the bread is golden, toasty and well marked, the filling is warm and cheese is melted. Serve warm.

Nutritional information per serving: Calories 565 (31% from fat) • carb. 69g • pro. 27g • fat 19g • sat. fat 8g • chol. 39mg • sod. 1601mg • calc. 271mg • fiber 1g

Asparagus, Prosciutto, Roasted Pepper & Fontina Panini

Griddler Position: Closed Selector: Grill/Panini Plates: Grill

Makes 4 servings

20 spears asparagus

4 ounces shredded Fontina cheese

I teaspoon herbes de Provence

2 roasted red peppers (about one 12-ounce jar, drained)

8 slices crusty country bread (each about 8x4x½)

4 teaspoons extra virgin olive oil

2 ounces thinly sliced Prosciutto (8 very thin slices)

Trim asparagus and peel. To cook to crisp tender, place in boiling water for about 2 minutes; drain and refresh in ice water to stop cooking – drain well before using. Place shredded cheese and herbes de Provence in a small bowl and toss to combine; reserve. Drain roasted peppers well and pat dry.

Preheat Griddler on High. Lightly brush one side of each slice of bread with the olive oil. Place 4 slices of bread on the work surface, oiled side down. Build the sandwiches in this order – shredded cheese, asparagus, roasted peppers, and Prosciutto – using equal amounts of each item on each sandwich. Top with the remaining sliced bread, oiled side up.

When Griddler has preheated, place two sandwiches on the bottom grill plate, evenly spaced. Lower cover and apply light pressure to handle for about 30



seconds. Grill panini for 3 to 3-1/2 minutes. Remove to a rack and keep warm (in oven preheated to 175°F). Grill remaining 2 sandwiches in the same way. Cut in half on the diagonal to serve.

Nutritional information per serving: Calories 366 (41% from fat) • carb. 34g • pro. 20g • fat 16g • sat. fat 7g • chol. 46mg • sod. 1088mg • calc. 201mg • fiber 3g

Zucchini a Quattro Formaggio Panini

Griddler Position: Closed Selector: Grill/Panini

Plates: Grill

Makes 4 servings

10 ounces zucchini, shredded (medium shred)

K teaspoon kosher salt

4 ounces fresh mozzarella, shredded

ounces Fontina, shredded

2 2 2 ounces sharp Provolone, shredded

tablespoons freshly grated Reggiano Parmesan or Asiago

Τ teaspoon dried basil

8 slices crusty country bread (about 8x4x½)

teaspoons extra virgin olive oil

Place shredded zucchini in a colander and toss with salt. Let stand for 20 minutes. After 20 minutes, rinse and press out as much liquid as possible. Place in a clean tea towel and squeeze until no more liquid is released. Place in a medium bowl with the four cheeses and the basil. Toss gently to combine. You should have about 3 cups.

Preheat Griddler on High. Lightly brush one side of each slice of bread with olive oil. Place 4 slices of bread on the work surface, oiled side down. Divide the shredded zucchini and cheese mixture evenly among the 4 slices of bread – making as even a layer as possible. Top with the remaining sliced bread, oiled side up.

When Griddler has preheated, place two sandwiches on the bottom grill plate, evenly spaced. Lower cover and apply light pressure to handle for about 30 seconds. Grill panini for 3 to 3-½ minutes. Remove to a rack and keep warm in an oven preheated to 175°F. Grill remaining 2 sandwiches in the same way. Cut in half on the diagonal to serve.

Nutritional information per serving: Calories 380 (49% from fat) • carb. 28g • pro. 20g • fat 21g • sat. fat 10g • chol. 52mg • sod. 665mg • calc. 390mg • fiber Ig



Cuban Sandwiches

Griddler Position: Closed Selector: Grill/Panini

Plates: Griddle

Makes 2 servings

- Cuban, French, Italian or Portuguese rolls, about 2½ to 3 ounces each
- tablespoon unsalted butter, softened
- tablespoon lowfat mayonnaise
- tablespoon brown deli mustard or Dijon-style mustard
- ounces thinly sliced ham
- ounces thinly sliced roast pork
- 3 3 2 ounces Swiss cheese
- long "sandwich" style slices dill pickle

Cut roll horizontally for sandwiches; place on work surface, cut sides up. Spread each cut side lightly with butter. Place mayonnaise and mustard in a small bowl; stir to blend. Spread mayonnaise/mustard mixture evenly on all 4 halves. Divide the ham, pork, Swiss cheese evenly and use to build sandwiches in that order. Top with pickle slices, then top half of roll.

Preheat Griddler on Low-Medium. When ready, arrange the sandwiches evenly spaced on the bottom griddle. Bake for 3 to 5 minutes, until bread is lightly browned and toasty, filling is warmed and cheese is melted. Serve hot.

> Nutritional information per serving: Calories 513 (36% from fat) • carb. 42g • pro. 39g • fat 20g • sat. fat 9g • chol. 87mg • sod. 1697mg • calc. 366mg • fiber 0g

Chicken Quesadillas

Griddler Position: Closed Selector: Grill/Panini Plates: Griddle

Makes 4 quesadillas

8-inch flour tortillas

2 teaspoons unsalted butter, melted

- cup shredded cooked chicken (about 5-6 ounces) 2
- ounces reduced fat shredded sharp cheddar cheése 1/3 cup sliced black olives (one 2.25oz. can, drained)
- cup finely sliced green onion (about 3 green onions)
- tablespoon finely chopped jalapeño pepper

salsa

Lightly brush one side of each tortilla with ½ teaspoon melted butter. Place on the work surface, buttered side down, Preheat Griddler on Low-Medium, Place chicken, olives, green onion, and jalapeño pepper in a medium bowl and

stir to blend. Divide mixture equally among the 4 tortillas, placing to one side of the tortilla. Fold each tortilla in half.

When Griddler has preheated place 2 tortillas on the bottom griddle and close. Bake quesadillas for 5 to 6 minutes — until chicken is hot, cheese is melted, and tortillas are lightly golden brown and crispy. Place on a rack in a low (175-200°F) oven to keep warm. Repeat cooking for remaining 2 quesadillas.

Cut quesadillas into wedges and serve with salsa.

Nutritional information per serving (1 quesadilla): Calories 255 (27% from fat) • carb. 27g • pro. 20g. • fat 8g • sat. fat 2g • chol. 42mg • sod. 556mg • calc. 169mg • fiber 2g

Grilled Reubens

Griddler Position: Closed Selector: Grill/Panini Plates: Griddle

Makes 4 servings

3/4 cup sauerkraut

8 teaspoons unsalted butter, softened 8 slices rye or pumpernickel bread

tablespoons prepared fat free or regular Thousand Island or Russian dressing, divided

4 ounces reduced fat sliced Swiss or Jarlsberg cheese

8 ounces thinly sliced corned beef

Rinse the sauerkraut and drain. Press out all water and place on a triple thickness of paper towels.

Brush one side of each slice of bread with softened butter. Place 4 slices bread on work surface, buttered side down. Spread each of those slices with dressing. Layer each with ½ ounce sliced cheese, 2 ounces corned beef, 3 tablespoons sauerkraut, and the remaining cheese. Top with the remaining bread, buttered side up.

Preheat the Cuisinart® Griddler on Medium. When ready arrange the sandwiches (depending on the shape of the bread, you will be able to cook 2 or 4 sandwiches) evenly spaced on the bottom griddle plate. Close and apply medium pressure for 10 seconds. Cook until bread is toasty, filling is warm and cheese is melted, about 4 to 5 minutes. Serve warm with mustard.

Nutritional information per serving (¼ cup): Calories 490 (233% from fat) • carb 40g • pro. 27g • fat 26g • sat. fat 12g • chol. 94mg • sod. 1489mg • calc. 409mg • fiber 5g

ON THE FLAT GRILL Teriyaki Grilled Chicken & Pineapple

Griddler Position: Flat Selector: Grill/Panini

Plates: Grill

8

Makes 4 servings

/ 3	cap low socially soly stace
3	tablespoons rice vinegar
2	tablespoons dry or medium dry sherry (or may use mirin)
2	tablespoons brown sugar, packed
2	teaspoons powdered ginger
1½	pounds boneless, skinless chicken thighs

cup low-sodium soy sauce

slices fresh pineapple, ½-inch thick

Place soy, sherry, vinegar, brown sugar, and ginger in a medium bowl and stir with a whisk to blend. Makes $\frac{1}{2}$ cup marinade – measure out and reserve $\frac{1}{2}$ cup.

Trim all visible fat from chicken and add chicken to marinade in bowl; stir to coat. Allow to marinate for 20 to 30 minutes (may marinate longer – cover and refrigerate). Pour remaining $\frac{1}{2}$ cup marinade over pineapple slices and marinate for 20 to 30 minutes.

Preheat Griddler on High. Drain the pineapple; reserve marinade in a small sauce pan. When ready, grill the pineapple slices for 2½ to 3 minutes per side. Remove to a warm plate and cover loosely.

Drain the chicken – add the marinade to the saucepan and bring to a boil. Reduce heat to low and simmer until chicken is ready (do not save and use marinade as a sauce unless you do this step). Arrange the chicken, "skin" side down, evenly spaced on the grill. Grill for 5 to 6 minutes per side – chicken juices should run clear and test 170°F when checked with an instant read thermometer. Transfer to warm plate and pour the simmered reserved sauce over the chicken. Serve with steamed brown or white rice.

Nutritional information per serving: Calories 486 (36% from fat) • carb. 30g • pro. 47g • fat 19g • sat. fat 5g • chol. 162mg • sod. 1012mg • calc. 44mg • fiber 2g

Spicy Grilled Flank Steak

Griddler Position: Flat Selector: Grill/Panini

Plates: Grill

Makes 8 servings

I tablespoon kosher salt tablespoon sweet paprika

teaspoons thyme
teaspoons marjoram
teaspoons granulated garlic
teaspoons dried minced onion
teaspoon freshly ground (coarse) black pepper
teaspoon cayenne pepper
teaspoon white pepper

beef flank steak, about 2 pounds

Place the salt, paprika, thyme, marjoram, granulated garlic, minced onion, black pepper, cayenne, and white pepper in a blender or food processor and process for 20 to 30 seconds. Makes about ¼ cup Spicy Rub.

Trim any visible fat from the flank steak, using a sharp knife. Score the meat in a cross-hatch pattern on both sides – do not cut through more than $\frac{1}{10}$ inch. Rub with I tablespoon of the Spicy Rub on each side (reserve the remainder for another time). Let stand 15 minutes or longer.

Preheat Cuisinart® Griddler on High-Sear. When ready, arrange the flank steak on the grill. Grill for 6 to 10 minutes per side, moving the steak only to turn, until steak is done to personal preference. Let stand 10 minutes before slicing. Slice on the diagonal, across the grain into thin slices. (A Cuisinart® Electric Knife makes this task easy.)

Nutritional information per serving (¼ cup): Calories 311 (60% from fat) • carb 1g • pro. 30g • fat 20g • sat. fat 8g • chol. 87mg • sod. 324mg • calc. 7mg • fiber 0g

Grilled Bananas with Vanilla Yogurt Cream

Griddler Position: Flat Selector: Grill/Panini

Plates: Grill

Makes 4 servings

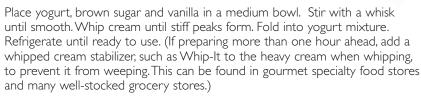
cup plain lowfat yogurt (may use fat free)

tablespoons brown sugarteaspoon pure vanilla extract

cup heavy cream

4 medium bananas 2 tablespoons unsalted butter, melted

tablespoons unsalted butter, melted
 tablespoons chopped candied ginger



Slice bananas on the diagonal into $\frac{1}{2}$ -inch slices – the longer the better for ease in turning.



Place in a bowl and drizzle with melted butter, toss very gently to coat evenly.

Preheat Griddler on Medium-High. When ready, arrange the bananas evenly spaced on both sides of the grill.

Grill for 2½ to 3 minutes on each side. Arrange in 4 dishes and top with Vanilla Yogurt Cream. Sprinkle with candied ginger to serve. May also be served with ice cream.

> Nutritional information per serving: Calories 295 (39% from fat) • carb. 43g • pro. 4g • fat 14g • sat. fat 8g • chol. 43mg • sod. 44mg • calc. I I 0mg • fiber 2g

ON THE GRIDDLE Blueberry Oat Buttermilk Pancakes

Griddler Position: Flat Selector: Griddle Plates: Griddle

Makes 16 pancakes

cup blueberries (fresh or frozen) cup all-purpose flour, divided

11/3 cups rolled oats (regular, not quick oats)

|/₄ |/₄ cup whole wheat flour cup brown sugar

Ī teaspoon baking soda teaspoon salt

½ 2 2 3 cups buttermilk

large eggs, lightly beaten tablespoons vegetable oil



Place the blueberries in a small bowl. Sprinkle with I tablespoon of the flour and toss to coat; reserve. Preheat Griddler to 350°F.

Place the remaining flour, oats, wheat flour, brown sugar (break up any lumps), baking soda, and salt in a medium bowl; stir with a whisk. Place the buttermilk, eggs and oil in a small bowl; stir. Add the liquid mixture to the dry ingredients and stir with a whisk until blended. Gently fold in the blueberries.

When Griddler has preheated, drop the batter onto the grill plates, using a scant guarter cup measure. Bake the pancakes for 2 to 3 minutes. When pancakes are bubbling on the top, turn and bake for an additional 2 to 3 minutes. Blueberry Oat Pancakes are best served hot. Pancakes can be kept warm by placing them on a rack on a baking sheet in a low (175-200°F) oven while baking the remainder.

Serve with warm syrup and butter as desired.

Nutritional information per pancake: Calories 121 (29% from fat) • carb. 18g • pro. 4g • fat 4g • sat. fat 1g • chol. 28mg • sod. 184 mg • calc. 47mg • fiber 1g

Cinnamon Sugar French Toast

Griddler Position: Flat Selector: Griddle Plates: Griddle

Makes 4 servings (2 slices per serving)

8 slices (preferably thick sliced) cinnamon swirl or cinnamon raisin bread

5 large eggs

cup evaporated fat free milk (not reconstituted)

4 cup half & half (may use fat free)

¼ teaspoon salt

l teaspoon cinnamon

tablespoon vanilla extract pinch nutmeg (freshly grated)

Arrange the bread in two 8x8x2-inch glass baking dishes. Whisk eggs, half-&-half, salt, spices, and vanilla until smooth but not foamy. Pour the batter over bread. Turn the bread over, let sit 5 minutes, then turn the bread over again.

Preheat the Cuisinart® Griddler to 325°F. When ready, arrange the soaked bread on the hot griddle. Cook until deep golden brown on each side, about 3 to 4 minutes per side. French toast can be kept warm by placing them on a rack on a baking sheet in a low (200°F) oven.

Serve with warm Cranberry Maple Syrup (recipe follows).

Nutritional information per serving: Calories 308 (31% from fat) • carb. 36mg • pro. 17 • fat 10g • sat. fat 4g • chol. 271mg • sod. 947mg • calc. 274mg • fiber 3g

Cranberry Maple Syrup

Makes 2 Cups

1½ cups real maple syrup

cup dried cranberries (may substitute dried apples, blueberries, or cherries)

Place the maple syrup and dried cranberries in a 1% quart saucepan. Bring to a simmer over medium low heat. Reduce heat to low and keep syrup warm until ready to serve. Leftover syrup may be placed in a resealable container and refrigerated to use at another time. Reheat to serve.

Nutritional information per serving: Calories 186 (0% from fat) • carb. 48mg • pro. 0 • fat 0g • sat. fat 0g • chol. 0mg • sod. 6mg • calc. 61mg • fiber 1g

Breakfast Sausages

Griddler Position: Closed or Flat

Selector: Griddle Plates: Griddle

Makes 10 sausage patties (about 1¾ ounces each)

ounces ground turkey (can use very lean)

4 ounces lean ground pork

1/3 cup very finely chopped tart apple tablespoon very finely minced onion

2 tablespoons chopped fresh parsley (1 tablespoon dried parsley)

teaspoon rubbed sage

1/2 teaspoon thyme teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/4 teaspoon paprika

Place all ingredients in a medium bowl and mix as for meatloaf — mixing thoroughly to distribute the seasonings evenly. Unlike ground meat for burgers, which should not be overmixed, it is important to completely mix the meat and seasonings. Shape into ten patties of equal size (about $1\frac{1}{4}$ ounces each, $1\frac{1}{2}$ to 2 inches in diameter). This may be done the night before, or sausage may be made ahead and frozen.

The sausage may be cooked using either the flat or closed griddle position. For closed griddle cooking, preheat the Griddler to 425°. Arrange the sausages evenly spaced on the hot griddle plate. Using the closed griddle, cook the sausages for 4 to 5 minutes, until they have reached an internal temperature of 170°F. This is a great, quick way to cook sausages for sausage biscuits or other breakfast sandwiches.

To cook the sausages on the flat griddle, preheat the Griddler to 375°F. In the flat griddle position, cook the sausages for 12 to 15 minutes total, turning once after 6 minutes. Cooking in the flat griddle position allows you to cook eggs or pancakes to accompany the sausages, either on one side of the Griddler or when finished cooking the sausages.

Recipe note:

It you have a Cuisinart® Food Processor, you may use it to chop your own freshly ground turkey and pork. Follow the instructions that accompany your processor. After chopping the meat, you may add the chopped apples, onions and seasonings using the pulse until completely combined.

Nutritional information per serving (¼ cup): Calories 75 (11% from fat) • carb Ig • pro. IIg • fat 3g • sat fat Ig • chol. 27mg • sod. 166mg • calc. 13mg • fiber 0g

Potato & Gorgonzola Cakes

Griddler Position: Flat Selector: Griddle Plates: Griddle

Makes 8 Cakes

2 large (10 ounces each) russet potatoes, peeled, thickly sliced

I teaspoon kosher salt, divided

½ cup finely crumbled gorgonzola cheese*

large egg, lightly beaten

tablespoon finely minced shallot
 tablespoon chopped fresh parsley
 teaspoon extra virgin olive oil
 teaspoon freshly ground pepper

Place potatoes in a medium saucepan and cover with water by I inch. Stir in ½ teaspoon salt. Bring to a boil over high heat. Reduce heat to medium and simmer for 15 to 18 minutes until potatoes are fork tender. Drain, reserving ¼ cup cooking liquid. Place potatoes in a bowl with reserved liquid. Mash potatoes using a potato masher or ricer. (Discard extra potatoes or reserve for another use.)

Measure out 2 cups of mashed potatoes and place in medium bowl. Add cheese, beaten egg, shallot, parsley, olive oil, remaining salt, and pepper. Stir to blend.

Preheat Griddler to 375°. When ready, scoop out potato mixture using a ¼-cup measure. Arrange 4 scoops on each side of the griddle. Cook for 5 to 6 minutes per side, until golden and crispy on the outside, and hot on the interior. Serve hot.

*Cheese may be varied to personal preference. Try crumbled Chevre or Feta, or grated Cheddar, Gouda, Parmesan, etc.

Nutritional information per serving: Calories 69 (37% from fat) • carb. 8g • pro. 3g • fat 3g • sat. fat 1g • chol. 31mg • sod. 255mg • calc. 37mg • fiber 1g



Cooked Food Temperature Chart

Check internal temperature, using an instant read thermometer.

Rare	Bright red center, lighter pink to outside	140°F
Medium	Light pink center, brown to outside	160°F
Well-done	Brown consistently throughout	170°F+

Beef

The USDA recommends cooking all ground beef to at least Medium (160°F) doneness, or until center is no longer pink.

Pork

Always grill using an instant read thermometer until the internal temperature reaches 160°F when tested.

Poultry

Boneless poultry breast should be cooked to an internal temperature of 170°F.

Ground poultry should be cooked to an internal temperature of 165-170°F. (The Cuisinart® Griddler is not recommended for cooking bone-in poultry.)

Seafood

Fin Fish - Cook until opaque and easily flaked with a fork.

Scallops – Cook until opaque and firm.

Shrimp — Cook until shrimp turn orange/red and flesh is pearly opaque.

Bacon

Cook bacon until crispy to taste.

Hot Dogs/Smoked Sausages

Although they are "precooked", we recommend cooking hot dogs and smoked sausages until the internal temperature is 165°F when tested with an instant read thermometer.

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