

MICRO CHEF GRILL



Owner's Manual

Save These Instructions - For Household Use Only

Model: #KK-1501



Do not use *The Micro Chef Grill™* until you have read this manual thoroughly.

Warranty Information Inside

Restaurant Results & More!



Experience a New Era in Home Cooking

Our revolutionary cooking system will change the way you prepare delicious individual and family meals.

Now in a fraction of the time, you will bake, sauté, stew, steam, roast, fry or grill all your favorite foods and recipes from scratch, and with “home cooked” results. Even your steaks, chops, and burgers will have that “restaurant” look and flavor.

The *Micro Chef Grill™* has been engineered to provide you and your family with years of healthy home cooked gourmet meals and snacks. But first, proper care and handling of this unit must be followed.

Before using the *Micro Chef Grill™* we recommend that you read this entire manual until you are fully familiar with its proper use, warnings, cautions, and instructions for care and cleaning.

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Important Safeguards



- Read everything contained in this manual before using the **Micro Chef Grill™** Cooking System.
- When using this cooking system, handle all hot surfaces with dry pot holders or cooking mitts. Handling hot surfaces with wet cooking mitts or pot holders can produce steam causing serious burns to skin.
- Children should not be permitted to use this or any kitchen appliance.
- The **Micro Chef Grill™** Cooking System may generate extreme heat and steam during operation. All necessary precautions must be taken to avoid personal injury or accidental fire.
- The **Micro Chef Grill™** Cooking System is protected with ceramic coatings (except steam tray). If this coating appears to be missing, damaged or even scuffed, discontinue use immediately and contact customer service.
- The use of kitchen utensils other than those made of plastic or wood might damage the system.
- The **Micro Chef Grill™** Cooking System operates with home microwave ovens only. Never use the **Micro Chef Grill™** components with any other cooking appliance.
- After use, do not clean or store the **Micro Chef Grill™** Cooking System until it has thoroughly cooled. The **Micro Chef Grill™** Base Unit and Grill Press Lid may require as much as 60 minutes to thoroughly cool down for storage.
- Always lift the unit by the handles located on its base using dry oven mitts or pot holders.
- Maximum preheat time for unit is 3 minutes ... do not exceed. Preheat the Grill Press Lid with the Base Unit only (never by itself). The Base Unit may be heated by itself.
- NEVER exceed 15 minutes Maximum Accumulated Cooking Time. If additional "cook time" is needed, allow 5 minutes for cooling.
- Should sparking, arcing, or any other unusual malfunction occur during cooking operation, cut power to microwave immediately and discontinue all further use of the **Micro Chef Grill™** unit. Contact customer service.
- If the microwave oven begins to smoke, do not open the microwave door until smoke has dispersed. Turn the microwave off and disconnect from the electric power outlet. You may open the microwave door when smoke is no longer present.
- To prevent overheating, do not leave the appliance unattended when cooking.

Important Safeguards



with oil or fat. Do not use the appliance to fry food. If flames should ever occur, do not attempt to put out with water. Turn off the microwave and disconnect the appliance from the electric power outlet main electric supply and leave the door closed to smother any flames. You may open the microwave door when smoke is no longer present.

- NEVER use the *Micro Chef Grill™* Cooking System with a microwave oven that has a power rating exceeding 1350W.
- Avoid overfilling the unit with liquids that might expand or boil over the top. A “boil over” could damage the Base Unit and cause possible personal injury.
- The *Micro Chef Grill™* Cooking System is designed for home use only.
- Never use the *Micro Chef Grill™* Cooking System in a microwave that does not have a turntable.
- Remove all metal racks or shelves from microwave interior before using the *Micro Chef Grill™* Cooking System.
- **CAUTION:** The lid is hot—do not place grill side down on the counter.

Countertop Warning

During the cooking process, the Base Unit and Grill Press Lid can reach temperatures as high as 500 degrees Fahrenheit. When removing unit from microwave oven always place on heat resistant surface.

Note: The Base Unit and Grill Press Lid contain heat elements that work with your microwave oven to generate the unique cooking power for the system. Allow Base Unit and Grill Press Lid to cool completely between recipes. Avoid skin contact while hot.

Caution: Never saturate or submerge the *Micro Chef Grill™* Base Unit or Grill Press Lid in water or any other liquid.

CLEANING OF THE BASE UNIT AND GRILL PRESS LID should only be done with a slightly damp soft cloth. To clean, use a damp cloth or sponge to remove spatters or food particles, then wipe clean with dry towel. Never place the Base Unit Or Grill Press Lid in a dishwasher.

Note: Do not disassemble the Base Unit or Grill Press Lid. Doing so will disable the unit and void the product warranty.

**SAVE THESE INSTRUCTIONS.
FOR HOUSEHOLD ONLY.**

Micro Chef Grill™ Parts & Accessories



Grill Press Lid

Contains microwave activated heat element.



Support Ring

Remove before using as a grill press.



Base Unit

Contains microwave activated heat element.



Silicone Muffin Pan

(May be Sold Separately)

Use to cook a variety of foods including muffins, cupcakes, omelets, and poached eggs. Paper cupcake liners can be used but are not necessary. When cooking or reheating, always add approx. 1 cup water into the Base Unit before inserting. When using a batter, fill only $\frac{3}{4}$ full. Many foods will bake in 6-8 minutes. See recipe for exact times. For microwave use only.



Steam Tray

(May be Sold Separately)

Use to steam foods like fish or veggies. When cooking or reheating, always remember to add approx. 1 cup water into the Base Unit before inserting. Many foods will steam in 3-5 minutes. See recipe for exact times. For microwave use only.

Important

Your *Micro Chef Grill™* has been shipped with the components shown above.

Check everything carefully before use. If any part is missing or damaged do not use this product, and contact shipper using the customer service number located on the back of this owner's manual.

21st Century Microwave Cooking



Until today, you've probably been using your microwave oven primarily for heating up leftovers, thawing frozen foods or making popcorn. Well ... that's about to change.

Our designers and engineers have developed the **Micro Chef Grill™** Cooking System, a revolutionary breakthrough in food preparation. Using the compact **Micro Chef Grill™** components along with the Free Recipe Guide, you will prepare all your favorite foods in a fraction of the time it would take using conventional cooking methods.

At the heart of the **Micro Chef Grill™** Cooking System, is the Base Unit and Grill Press Lid with their "Micro Magic" heating elements. These components capture microwaves and can achieve cooking temperatures up to 500 degrees Fahrenheit. This gives you the ability to bake, fry, sear, grill, steam and roast any food, any time, fresh or frozen, right in your microwave. Your food will taste and look like it was cooked on a stovetop, flame broiler or oven, but in a fraction of the time with much more flavor! All **Micro Chef Grill™** components are ceramic, so you can use less oil to make hassle-free, nutritious, and "heart healthy" meals. Also, with the exception of the Base Unit and Grill Press Lid, the components are dishwasher safe so clean up is a breeze. So whether you cook for one, two, or more, **Micro Chef Grill™** cookware delivers the impossible... great, tasty, homemade meals right from your microwave.

Important - Microwave Wattage

Similar to conventional cooking, the "Wattage" of your microwave might be compared to the "Height" of the flame. The higher the wattage the hotter the cooking environment ... "wattage" determines the time needed to complete the process. Therefore, it is critical to determine the wattage of your microwave oven. Most microwaves have a label or small plate that states the wattage. Your microwave's instruction manual should also list the wattage.

You may also contact the manufacturer or retailer for this information.

Our recipes have been written for an 1100 Watt microwave oven. Please adjust your "cook times" accordingly (see chart, page 10).

Your microwave must have a revolving turntable and the interior must measure 12" wide x 12" deep x 7" high.

Using the Micro Chef Grill™



Until today, you've probably been using your microwave oven primarily for heating up leftovers, thawing frozen foods or making popcorn. Well ... that's about to change.

Remember, for health reasons, great care should be taken to make certain that all food is cooked properly. Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature
Ground Meats	160°F (71.1°C)
Beef, Pork, Veal & Lamb Steaks, Chops, Roasts	145°F (62.8°C) and allow to rest for at least 3 minutes
Ham (Uncooked) Fresh or Smoked	145°F (62.8°C) and allow to rest for at least 3 minutes
Fully Cooked Ham (To Re heat)	Reheat cooked ham packaged in USDA-inspected plants to 140°F (60°C); all others to 165°F (73.9°C)

Product	Minimum Internal Temperature
All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry and stuffing)	165°F (73.9°C)
Eggs	160°F (71.1°C)
Fish & Shellfish	145°F (62.8°C)
Leftovers	165°F (73.9°C)
Casseroles	165°F (73.9°C)

Source: United States Department of Agriculture, Food Safety and Inspection Service

Using the Micro Chef Grill™



Before First Use

- Before making your first meal in your Micro Chef Grill cooking system, wipe all pans with a soapy nonabrasive sponge to assure clean safe cooking. DO NOT submerge lid or base in water.
- For quick searing, preheat your Base Unit with the Grill Press Lid for 2½ minutes in your microwave.
- When using cooking oil or butter for flavoring your foods, use half the amount suggested for a regular recipe.
- Always let meats rest after cooking as per chart on page 5 before serving to retain all the flavors and juices.
- When grilling, do not turn the food repeatedly. Let the foods sit on the pan surface to sear. Remove and lift a corner to determine if it is grilled to your liking. This will help seal all the natural juice and flavors on the inside.

Always

- Always allow your *Micro Chef Grill™* Cooking System to cool completely before cleaning. Use a damp cloth and wipe dry.
- Always use plastic or wooden utensils when cooking on any nonstick surface to prevent scratching.

Never

- Never clean any part of your *Micro Chef Grill™* cookware with abrasive or metal scouring pads.
- Never submerge your Base Unit or Grill Press Lid into water.
- Never use metal utensils on your *Micro Chef Grill™*.
- Never use if protective coatings are scratched, damaged or missing.
- Before storing, allow 60 minutes for cooling.



Stand Up Lid

THE LID WILL BE HOT. DO NOT PLACE GRILL SIDE DOWN ON THE COUNTER. IT WILL RUIN COUNTER SURFACES. Handle on the Grill Press Lid should be used to stand it as shown here, preventing dripping or heat damage to counter top surfaces.

Conversion Chart



Timing is Everything

We have created our Recipe Guide using a microwave oven that is 1100 watts. The following chart will help you adjust your “cook times” according to the wattage of your microwave oven.

Note: Microwave must have a revolving turntable and the interior must measure 12” wide x 12” deep x 7” high.

Recipe Time 1100 Watts	Convert to 800 Watts	Convert to 900 Watts	Convert to 1200 Watts	Convert to 1350 Watts
MIN:SEC	MIN:SEC	MIN:SEC	MIN:SEC	MIN:SEC
01:00	01:22	01:13	01:00	00:49
02:00	02:45	02:27	01:50	01:38
03:00	04:08	03:40	02:45	02:27
04:00	05:30	04:53	03:40	03:16
05:00	06:53	06:07	04:35	04:04
06:00	08:15	07:20	05:30	04:53
07:00	09:38	08:33	06:25	05:42
08:00	11:00	09:47	07:20	06:31
09:00	12:23	11:00	08:15	07:20
10:00	13:45	12:13	09:10	08:09

Care & Cleaning

- Place the cooking surface of the Base Unit or Grill Press Lid under a slow stream of warm running water. Scrub gently with a soft cloth or non-abrasive sponge and mild detergent to remove all food residue.
- The ridged base of the Grill Press Lid may require extra care to remove any particles that might collect between the ridges.
- Never use abrasive scouring pads as they will harm the coating.
- While the *Micro Chef Grill™* is made of extremely durable materials, avoid rough handling to prevent scratching of ceramic or non-stick cooking surfaces.
- Dry thoroughly and store assembled to save space.

Manufacturer's Sixty Day Limited Warranty

The manufacturer warrants that all parts and components are free of defects in materials and workmanship for 60 days from the date the product is received. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Procedure for Warranty Repairs or Replacement:

If warranty service is necessary, the original purchaser must pack the product securely and send it postage paid with a description of the defect, proof of purchase, and a check or money order for \$24.99 to the following address:

Tristar Products Inc., 500 Returns Road, Wallingford, CT 06495.

MICRO CHEF **GRILL**

We are very proud of the design and quality of our
Micro Chef Grill™.

This product has been manufactured to the highest standards.
Should you have any problem, our friendly customer service staff
is here to help you.

973-287-5164



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